

# HARP NOTES

Newsletter of the Australian Therapeutic Harpists Association

## Calendar of Events:

### ♦ April 2020

**IHTP Level 1 & 2, ESM in  
Melbourne, Australia**

### ♦ July 1-15, 2020

**Harp Retreat in Iona,  
Scotland**

**Level 1 & 2 IHTP to follow in  
UK.**

### ♦ July 26 - 31, 2020

**World Harp Congress,  
Cardiff, Wales.**



## President's Report

It is my pleasure to present the ATHA Presidents Report for this edition.

It was only on the 30th March of this year that we officially launched the Australian Therapeutic Harpists Association. Since that first meeting we have had 39 therapeutic harp practitioners, students and friends from around Australia, join our association. This has been pleasing for the hard working ATHA committee. This willingness to support the association by joining as a member and participating on the committee is enabling the association to grow.

At this point, I would like to take this opportunity to thank the committee members, in particular -

Carol Booth - a diligent and organised Secretary with the dual role of documenting the monthly minutes and keeping a close and watchful eye on our Constitution, ensuring that it is up to date and reflects our purpose, vision and goals. Thank you Carol.

Kerryn Viner - Our Treasurer who keeps our accounts and finances in order and also has been responsible for the collating, publishing and distribution of our excellent quarterly newsletter "Harpnotes"

## Recent graduates.

Ruth Shepherd - IHTP

Catherine Lyons-Nash - IHTP

***Congratulations!***

Linky (Anna) - As Vice President, Linky has always been willing to step up when required and does a great job keeping our website up to date.

Nicky Lock - Committee member who has worked tirelessly as leader of our Standards Committee and has brought invaluable experience and wisdom to our meetings.

Catherine Lyons - Nash - Committee Member - As a busy Secretary of the Perth Harp Society, Catherine has always found the time to call in and contribute thoughtfully to our meetings. Catherine is also responsible for the design of our logo and instrumental, along with Linky, in the design of our new badges which will be forwarded to all full members of the ATHA.

I would also like to thank Vimukti Warr, Rosemary Hallo and Robyn Lucienne for their contributions to our meetings as well.

The members of the Committee give of their time freely, meet monthly via Zoom and have contributed thoughtfully, enthusiastically with a real commitment to the development of ATHA. It's been a pleasure to work with such a professional group of harpists.

Our goal into the future is to not only build on our marketing, promotional, recruiting and fundraising agenda but also to work for our members to ensure training, mentoring, educational, employment and research opportunities. As a very young organisation, we still have a lot of work ahead to be done but we are well on the way to promoting therapeutic harp in this country. Thank you.

Christine Middleton - President.

### **Outcome of AGM - October 5, 2019**

Firstly, thank you to all those members who called in via Zoom to the AGM and to all of you who sent in an apology. It was encouraging to have such interest in our AGM. With many thanks also to Catherine Lyons-Nash for providing her home in Perth for this meeting.

I would like to take this opportunity to once again thank the outgoing office bearer Carol Booth who has done an amazing job for the past 18 months on the ATHA committee. Carol has agreed to stay on the new committee and take on the responsibility for our Constitution and Policy folder for which we are deeply grateful.

New Office Bearers for 2019-2020 are -

President - Christine Middleton

Vice President - Catherine Lyons - Nash

Secretary - Anna Muller (Linky)

Treasurer - Kerry Viner

Thanks also to outgoing committee member Robyn Lucienne and welcome to the new committee -

Nicky Lock, Carol Booth, Carolann Wake & Vimukti Warr

An outcome of the AGM agenda is that Nicky Lock has agreed to set up and chair a training sub-committee to explore other options for delivery of training in therapeutic harp in Australia. Thank you Nicky for taking on this project which is a progressive step forward in the development and future of ATHA.

AGM minutes, Treasurer's Report & President's report have been emailed to all members.

Christine Middleton

## WA Harp Festival

When the committee members of the Harp Society of Western Australia heard that world-renowned Soloist, Alice Giles, would visit Perth again in 2019, they seized the opportunity to create something special for local harpists. The Perth Harp Festival began to develop, taking the form of a small-town World Harp Congress. Multiple masterclasses, workshops, exhibits and concerts evolved as we found that other presenters were serendipitously planning to be in Perth during the Festival.

Visiting UK Harpist, Lauren Scott, played a concert featuring music from her upcoming CD, *Beyond the Horizon*. Lauren followed the inspiring concert with a fantastic class on extended techniques, which included attaching clips and papers to the strings and using small, foam-bladed fans to play sustained notes on the harp strings. Liza Jensen, Camac Harp's Principal Touring Technician, was on a rare stop in Perth to do harp regulation. She gave maintenance workshops on pedal and lever harps.

Finding her a fount of knowledge, we all wished we could have her for longer. ATHA's President, Christine Middleton, made her way to Perth after travelling across Australia. She and I presented a therapeutic harp information session to a group of harpists, some of whom shared their own stories about playing therapeutic harp in Western Australia. Christine also held an ATHA information stand.

Kerryn Viner created the stand display and joined us for the first day of the Festival.

Other workshops included 'Scrolling Score' with Catherine Ashley, 'Sing and Play' with Eliza Bourgault, 'Performance Psychology' and a rhythm workshop with Tim White (WAAPA) and 'Storytelling with the Harp' with Jenny Hill. WA Music Co. had a wonderful display of harps for sale, there were displays by Harps and Harps and Carter Harps and a Reverie Harp was available for people to try.

The Western Australian Academy of Performing Arts generously offered their teaching spaces and auditorium for the Festival. Thirty harpists attended the Festival over three days. One lady travelled from New Zealand and another flew down from Hong Kong! The event culminated in a concert that featured many Festival participants playing solos and playing in an ensemble that had been directed by Alice Giles. Alice played solo pieces that were received very well by the audience, who were floored by the incredible volume and beauty she drew from the harp.

The Festival brought so many harpists together in a friendly, supportive and fun environment. A great time was had by all!



Catherine Lyons-Nash

Secretary

The Harp Society of Western Australia Inc.



You may have seen the recent article online by ABC Mid North Coast about Carol Booth playing her harp to calm horses after being evacuated during the recent horrific fires in NSW.

It is a beautifully written article that features Carol's journey so far as a Therapeutic Harpist, and also gives great information and exposure to the work of therapeutic harpists.

Carol is now safely back home on her property which was spared.

Follow the link below to read the article.

<https://mobile.abc.net.au/news/2019-11-16/doctor-plays-harp-to-calm-horses-at-bushfire-evacuation-centre/11703944?pfmredir=sm>



## Alison Ware's Workbook is here!

I am so pleased to be able to advise that "The Therapeutic harp workbook" is now available at the RRP of AU\$44 plus postage and handling. This is the first Australian offering providing information on working as a Therapeutic harpist.

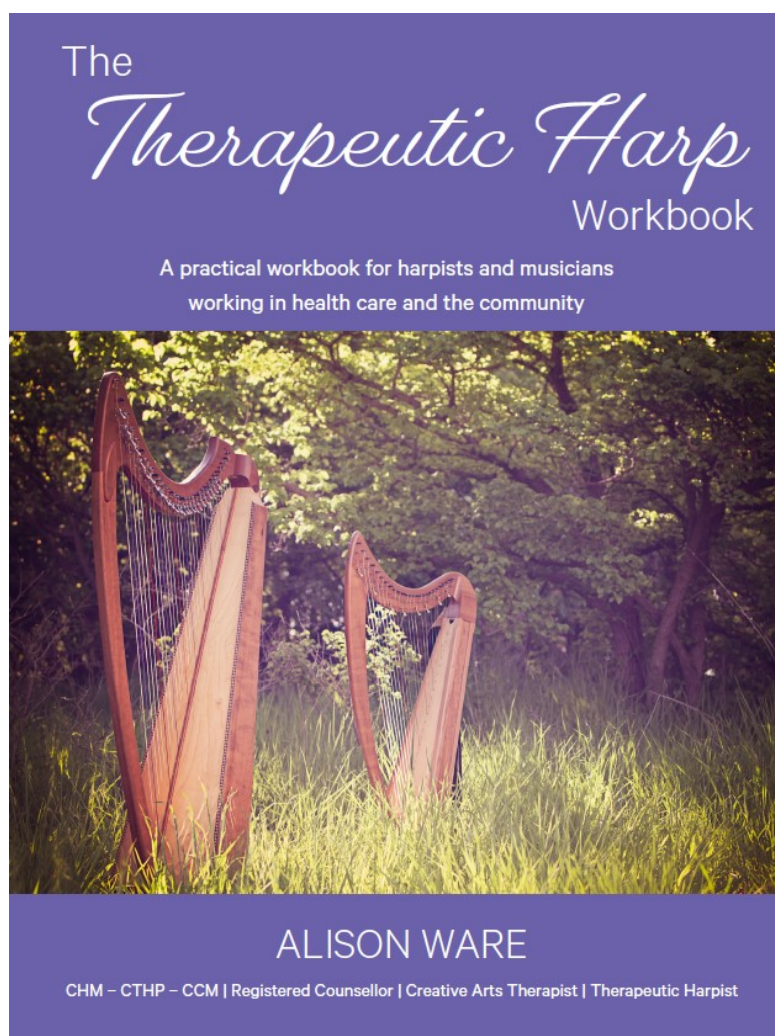
It has been a huge effort to get this first book out!

Thanks must go to my husband and family for their ongoing support, the amazing Sylvie Blair and Dalida from #BookPod whose expertise and support made the publishing process so much easier.

Thank you to Christine Middleton, Carla Whitely, Bernadette O Rourke, Carolann Wake, Kerryn Viner, Jenni Sawell, Shirley Allott and Lyn Evans for contributions. Thank you to TCH and CHH staff for their ongoing support for the Therapeutic harp service.

The cost per book is AU \$44 plus postage and handling. Please note the price for postage and handling will vary depending on location and delivery method.

To order, please contact me via [gentleharp@grapevine.com.au](mailto:gentleharp@grapevine.com.au)



### What's it about?

The Therapeutic Harp workbook is a practical guide exploring the wonderful world and nuances of Therapeutic Harp. This relatively new profession uses the harp to support a person's physical, emotional and spiritual wellbeing in healthcare facilities and in the community. The harp has been an instrument of transformation and healing since ancient times and a recent resurgence in its use in healthcare has seen the profession of therapeutic harp grow.

Drawing on 12 years of clinical practice, Alison provides guidance and suggestions for all musicians wanting an insight into the deeper aspects of playing in a therapeutic style within health care and community environments.

By using case studies, practical strategies, journaling and art activities, this workbook will assist and further develop your understanding of therapeutic harp. Topics include what is therapeutic harp; finding a training program; self-care; professional practices; musical development; artistry and explores the spiritual aspects of playing music at the bedside of the ill. Also included are inspirational stories from other therapeutic harp practitioners.

The therapeutic harp workbook encourages you to dream big as you create and develop a new way of offering your music.

Thankyou for your support and I hope the book becomes a useful resource. It is the first in a trilogy - with two more to come!

Alison Ware

I'll hang my harp on the weeping willow-tree and may the world go well with thee.

Cornish folk song

The Wanton Willow Tree.

As I hung my harp in the willow tree

It turned its weeping face to me

And asked in tones, unpleasantly sharp,

Why not yourself instead of the harp.

Kind invitation but it lacked

As you'll agree the grace of tact,

And ladies don't hang at ease

Amongst the leaves of tactless trees.

So, I refused, which taught that tree,

A lesson in civility

And you, my readers, how in fact

A question should be asked with tact .

Contributed by Carla Whitley



# Angel Bells

Cath Connelly

Part One

Harp

Part One of the Harp part. The music is in 6/8 time. The right hand plays a series of chords and eighth notes, while the left hand plays a continuous eighth-note pattern. The piece ends with a double bar line.

Part Two

Part Two of the Harp part. The music continues in 6/8 time. The right hand plays a series of eighth notes and chords, while the left hand continues the eighth-note pattern. The piece ends with a double bar line.

The third system of the Harp part. The music continues in 6/8 time. The right hand plays a series of eighth notes and chords, while the left hand continues the eighth-note pattern. The piece ends with a double bar line.

The fourth system of the Harp part. The music continues in 6/8 time. The right hand plays a series of eighth notes and chords, while the left hand continues the eighth-note pattern. The piece ends with a double bar line.

2 Angel Bells

Part Three

Part One

The image shows a handwritten musical score for a piece titled 'Angel Bells'. It consists of three systems of music, each with a treble and bass staff. The first system is labeled 'Part Three' and the second 'Part One'. The score includes various musical notations such as notes, rests, and fingerings. Handwritten annotations in blue ink are present: '4 3 2 1 9' under the first measure of Part Three, '4 3 2 1 2' under the first measure of Part One, and 'CEGGE' under the fifth measure of Part One. The third system is unlabeled and appears to be a continuation of the piece.

With huge thanks to Cath Connelly for giving us permission to print her music in this edition of the newsletter. Just in time to learn for Christmas.

Don't forget that fabulous information is often being posted on the Facebook page of 'The Australian Therapeutic Harp Alliance'.

Enquiries about ATHA can be directed to;

Christine Middleton - President. [christine.mi@bigpond.com](mailto:christine.mi@bigpond.com)

Linky Muller - Secretary. [harplink@icloud.com](mailto:harplink@icloud.com)

Catherine Lyons-Nash - Vice-President [clyonsnash@hotmail.com](mailto:clyonsnash@hotmail.com)

Kerryn Viner - Treasurer. [beached@me.com](mailto:beached@me.com)