

The First International AS4QoL Meeting (IAS4QoLM-2015) at Kyoto Campus Plaza on Aug 8, 2015

The IAS4QoLM-2015 started with speakers assuming their respective seats in front of the audience at 14:00 hr as scheduled. After a brief introduction of the first speaker (Ms. Rieko Takeda), Rieko introduced about Music Therapy I in the U.S.A. to the audience, followed by the introduction of Music Therapy 2 in the U.S.A. by Ms. KIM Hae San. Dr. Sako Ikegami then spoke of her experience growing up with different peoples and in different cultures. We then had coffee break or 15 minutes. As we were cautious of possible noise generated by our entertainment program and would not want to violate rules and regulations of using the Kyoto Campus Plaza facilities, we had the tap-dancing moved to the banquet time. As the Chin-Don demonstration was scheduled at the end, it was placed as originally planned.

After the coffee break, Dr. Tomoko Adachi presented findings on gender equality, and finally Prof. Ohya spoke of various aspects of cancer and disease prevention. Susumu spoke of certain bad lifestyle practices, such as smoking, that could trigger cancers in human bodies.

There were numerous questions from the floor, and experiences from the music therapists were something that left much impression and hope in us for the those with a troubled mind. As for discrimination – like it or not – exists in every corner of the world, and Sako had the opportunity to tell us of her good, bad and ugly experiences in the States and Japan. On gender equality in Japan, Tomoko spoke of silent male vs female ratio in different groups, and answered questions that were looked promising; however, time will tell if gender equality will be established one day. The details of the presentations will be published in JAS4QoL Vol 1(3) when the manuscripts are in place. Probably the proceedings of the talks will be posted by mid September 2015.

After the last speaker, Susumu, we all adjourned for a small light meal subsidized with fees from participants and contribution from AS4QoL. All guests and speakers for the meeting were invited for the banquet. While all were helping themselves to something western and Japanese, the tap-dancing unfurled. Ms. Erina Sato introduced the dancers (Ms. Mari Fujibayashi and her assistant). Although all present were mesmerized by the rhythm and gracious moves of the duo, the stumping and tapping on the wooden board by tap-dancers were tremendous, and therefore created much vibrations and ‘noise’ to the staff of campus-plaza. Eventually the vibrations and all exceeded their limitations, and the staff had to intervene as we were kind of creating ‘too much noise’ to the other parties using the same facility for their meetings at the same time. We had but to cut short the tap-dancing program; despite all participants wanted to see more of it. That was the best we could show within the regulations and rule of the rented facilities. Then, Prof. Hata introduced and brought his young and ardent troop of Chin-Don performers in: this time, they were careful not to raise an alarm for the campus-plaza staff to step in. The Chin-Don performance was done well with much fun and laughter from the participants (would have been better if they could increase the volume of the drum/gong beats), and it was new to many, especially Hae San - who voluntarily without any obligation (all speakers are) - came all the way from South Korea to give us her talks and experience. All went well and all were exhausted: mentally satisfied, hunger-resolved, mood relaxed much with the tap-dancing and Chin-Don performance, and most of all: numerous useful and new findings that we had all learned to be a more-rounded human being

By about 20:30 hr, foods were lavished well, and participants were tired out, and unwillingly all but opted to call it a day. We had the materials for dancing packed, chairs and tables returned to their original positions and storage sites, and the meeting then came to a close. We returned the keys and other rented utensils to the campus-plaza office, and left for our respective homes recalling those many sweat moments of curiosity, enlightening moments, laughter, interesting comments and the shining enthusiasm overflowing from speakers' faces and voice when they delivered their findings.

Although unpleasantly demarcated by a momentous wet-blanket by the campus-plaza staff (we should not blame them, it was their duty to act anyway), the meeting went well, and it is a very awakening experience and exposure to various topics related with quality-of-life.

A very big 'Thank you' to all the participants for contributing big and small, and for coming and making the meeting a success. Special grateful words for all the speakers and performers for giving us such a wonderful experience and sharing of your discoveries: Gracious gratitude to you all. Of course, last but not least, many thanks to the help, devotion, and giving of AS4QoL committee members, without whose contribution the meeting would not have materialized.

Now the ball has started rolling, and let us work harder to make future meetings more exciting, beneficial and sharing for all joining our wagon of mission and passion.