



#GetVaccinated

We have confirmation that 'that light' is indeed the end of the tunnel!

You are seeing, like we all are, camps announcing runs for 2021; with loads of work scheduling and rescheduling for 2022. So that is good news, finally. We anticipate that 2022 is going to be busier than 2019 which no one thought possible. Will COVID still be around? We all know it will. We all know we will have to be vigilant, clean, concerned and aware. Our workplace is going to be a bit different. For me personally one of the biggest things I have learnt over the past 16 months is that we are way way down the priority list. We got shut down without a whimper, we have had almost no help and now we as an industry are working out how to open back up, once again on our own.

But, we've got this ... right? Over the past months there have been meetings and plans and tables and budgets; all about working with COVID. The one big issue we keep looking at and it just stares back, is the one of what happens if/when a person on a bus gets COVID. Whether they left the bubble or if it wasn't their fault...(think FOH exposure, or merch or security or or or)...what on earth do we do about that?

Just think that through for a minute. If you are looking to work in 2021, think about everything you can do to help us avoid this sort of intractable problem. Think about the realities of travel, insurance, borders, and even the bad press for the whole industry because of a cancelled show.

Make a considered decision about getting vaccinated when it becomes available for you.

Like I said..."we've got this....together"

Matt Deherly

Latest Information for USA Crew

TOURING PROFESSIONALS ALLIANCE | KITCHEN

<https://www.touringprofessionals.com>

The TPA Kitchen is continuing in the Bay Area and Nashville!

Please sign-up for provided hot, take-home, amazing meals and let your industry friends know too!

Don't cook for the night and let a restaurant prepare meals for you and your family.

Next week is our last in Oakland, CA on Tuesday, May 25th and Thursday, May 27th.

Nashville will be on the next four Tuesdays - May 25th, June 1st, June 8th and June 15th.

We will be announcing additional cities soon.

We are thankful to expand this program and support our crews!



Sustainability

- TPA SUSTAINABILITY TIP -

JUST SAY NO TO SINGLE-USE WATER BOTTLES, COFFEE CUPS, CUTLERY AND PLATES

On your next tour bring your own reusable water bottle & coffee cup; utilize water refill stations. When in catering choose the reusable cutlery, plates and bowls over disposable ones.

MINIMIZE FOOD WASTE ON TOUR

Work with the experienced non-profit [Musically Fed](#) which collects leftover backstage meals and distributes the food to organizations that feed the homeless, hungry and food insecure. In addition to overseeing the collection and distribution, Musically Fed carries all the required food handling insurance and certificates so the tour, promoter, venue or caterer does not have to deal with the legal requirements that comes with donating meals to those in need.



Follow us on social media and spread the word!

www.touringprofessionals.com

[@thetouringprofessionals](https://www.instagram.com/thetouringprofessionals)

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Health & Wellness



MINDFUL PRE-PRODUCTION
ROAD WORTHY IDEAS ON HEALTH & WELLNESS

BY MICHAEL LOBUE

~HEALTH & WELLNESS ADVOCATE & MENTOR~

"LET'S GET IT STARTED"

THE BLACK EYED PEAS

Change is in the air, both in nature and in our industry, as we start to see new signs of life and begin to head towards the recovery portion of this journey. Given these changes, it's probably a good time to drop in to see what condition our condition is in and make the most of our remaining "downtime"; let's get it started.

First up, the easy stuff like making sure travel & vaccination docs are up to date. Maybe refreshing the online profile and reaching out to some associates with a quick check in is a good idea. It probably makes sense to check what is in those road cases too and get them stocked, so we can happily avoid a frantic deployment later.

Just like those tactile items, now is a good time to turn inward as well, focusing on our physical, mental & emotional health in much the same manner. Perhaps an annual physical or a prescription refill is in order. Maybe we want to start moving our bodies a little more, so we can physically sustain the inevitable demands that are to come. It's a scientific fact that moving our bodies helps to enhance our mental and emotional states, reducing stress, anxiety & depression too which a sweet added bonus!

One thing is for sure, **eventually we will ALL be back on the road.** Though the diesels are not humming yet, when we get the green light, we should be prepared and ready to roll out. If you have made gains during this time, defend them.

If you want to make a change, it's never too late, go for it now.

Most importantly, stay strong & stay human.

EVERY DAY IS A NEW LOAD IN... EVERY DAY WE BEGIN AGAIN

HEALTH & WELLNESS RESOURCES



Backline is a 501(c)(3) non-profit that connects music industry professionals and their families with mental health and wellness resources—streamlining access to a network of trusted organizations and care providers that understand the unique challenges of working in the music business.

Backline provides a safe, private, and immediate place to go for help. Backline also provides many [free exclusive offers](#) to wellness resources!

<https://backline.care/exclusive-offers/>

Subscribe to Backline's newsletter to receive monthly updates.

TPA + TPG = 5/25/21 WEB PRESENTATION

- MATT KANSY -

FROM TOURING TO HEALTH & WELLNESS COACH

TPA H&W is again joining forces with the **TPG** to present a May web event with **Matt Kansy**. Matt is a registered dietician, an author and the co-host of the podcast [Radio Check-Life In The Concert Touring Industry](#). A former production professional himself, turned health & wellness coach, Matt will share a wealth of advice on how we can keep ourselves healthy now and when we get back out on the road.

It's only an hour, it's free and you can [sign up here](#); please come join the conversation!

<https://www.eventbrite.com/e/matt-kansy-from-touring-to-health-wellness-coach-tickets-153405517031>

Tip of the Month

'FRIENDS ARE REALLY IMPORTANT... WE HELP EACH OTHER WHENEVER WE CAN, SO IT'S A TWO-WAY STREET, AND SUPPORTING THEM UPLIFTS ME.'

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing.

This can be online, by phone or seeing someone in person.

Follow us on social media and spread the word!

www.touringprofessionals.com

@thetouringprofessionals

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