

Connecting Hands



The American Massage Therapy Association Wisconsin Chapter
Volume 17-02

Promoting Wellness Through Massage
Spring 2010



Two Down, Three to Go!

After the Assembly Health Committee arrived at an amendment to the massage licensing bill that made everyone comfortable, the full Assembly voted to pass AB588, as amended, on Thursday, February 25, 2010. Both votes were unanimous, indicating a very welcome bipartisan effort in these contentious times. In mid March AB588/SB388 went before the Senate Health Committee and will hopefully pass out of committee to the full Senate for a vote. The final step will be to go to the Governor's desk for his signature, all of which needs to happen yet this Spring or the bill will die. Check www.amtawi.org for updates and in the meantime, a big thank you to everyone who has contacted their Wisconsin Assembly Representative and State Senator to express support. Every voice counts!

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Thank You, AMTA-WI Chapter!

By Betsy Krizenesky, WCMT



For the past 12 years I have had the privilege of serving the AMTA-WI Chapter Board of Directors as an officer. While I will remain on the board as the Law & Legislation Committee Chair, as of the February 2010 elections the AMTA-WI has a new President, Kay Peterson. My position as Immediate Past President is now occupied by Amy Remillard. This is an appropriate time to thank you, the membership, for entrusting me with this responsibility all these years! Some of the tangible benefits of the position have been travel to and attendance at many national conventions; as well as numerous continuing educational opportunities here in Wisconsin. The intangibles are numerous: marvelous, sustaining friendships with fellow board members; learning opportunities from our superb lobbyists about the workings of the legislature; excellent leadership training; a constantly deepening appreciation for the unique profession of massage therapy; and of course many meaningful conversations and friendships formed with massage therapists from across the state and the country. It is heartwarming to see the swell of new volunteers that came forward in February and I look forward to getting to know them.

AMTA - WI Chapter Officers

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Term ends 2012



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Term ends 2011



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Term Ends 2012



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Term ends 2012



The AMTA Purpose

The purposes of the AMTA shall be; To advance the science and art of massage and related techniques; To raise and maintain the standards of the massage profession; To foster a spirit of cooperation and the exchange of ideas and techniques among its members and others who are part of the massage profession; To promote legislation that supports and upholds, and oppose legislation that harms and damages, the massage profession; To protect and preserve the rights of its members; To enhance the public's understanding and appreciation of massage; To further the broad objective of improving conditions of life, or individual well being, in our society through utilization of the professional knowledge and skills of massage therapy; To advocate the rights and interests of persons seeking massage therapy as health care; To conduct any other activity in connection with the purposes stated in this Article and to undertake such other desirable activities as the Board of Directors may determine.

Connecting Hands

This newsletter is a quarterly publication of the AMTA Wisconsin Chapter, (AMTA-WI) a non-profit professional massage therapy association. This publication welcomes contributions from readers. Articles for submission may be presented in any format, but must include the name, address and phone number of the writer. Copyright materials must be accompanied by written permission by its holder. The Wisconsin Chapter reserves the right to edit material for space and clarification; accept or reject materials; and assumes no responsibility for errors, omissions, corrections or modifications to publications. The beliefs or opinions contained in this publication do not necessarily reflect those of the AMTA-WI Chapter.

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Website: www.amtamassage.org

Email: info@amtamassage.org

For address changes, insurance questions, etc.

Wis. Dept. of Regulation & Licensing

1400 E. Washington Ave.

PO Box 8935

Madison, WI 53708-8935

Fax: 608-267-0644

608-266-2112 Automated line for credential applications

608-266-7482 For complaint forms

Website: <http://drl.wi.gov> (new web address)

To check law updates, licensee status, etc.

Wis. Educational Approval Board

PO Box 8696

Madison, WI 53708-8696

Phone: 608-266-1354

Fax: 608-264-8477

To verify a school's status, make reports

National Certification Board

1901 South Meyers Road suite 240

Oakbrook Terrace, IL 60181-5243

800-296-0664 for applications

Website: www.ncbtmb.com

For application downloads, updates, etc

President's Report

Ahh Spring!

Kay S. Peterson, WCMT

President AMTA-WI Chapter



Having been a life long gardener, as Spring begins to make it's long awaited appearance I am filled with the hope that this time brings. This is a time for new beginnings; choosing the seeds for the gardens, pruning back old growth to make way for the new, trying a new variety of tomato or perhaps harkening back to the old days with an heirloom variety. As the new President of the AMTA-WI Chapter I find many of the same type of decisions before me. In the coming years I will build off of the old standards that have proved themselves valuable throughout the history of the association. Things that do not seem to be working for us will be trimmed away to allow for new ways to emerge. With many fresh voices on the Board of Directors we will be introduced to new ideas that we will try. I look forward to this time of change.

I look forward to continuing my work with Betsy Krizenesky as Law & Legislation Chair; this will be the year after about a fourteen-year move toward licensure that we finally achieve this goal. Of this I am confident.

Amy Remillard will now serve as Immediate Past President and Membership Chair as well as serving on the Nominating Committee, I will trust in her advice on moving the chapter ahead.

Ellen Wittwer as 1st VP has already begun playing a strong role, this past weekend she attended the National Board of Directors meeting in Evanston, representing Wisconsin among those assembled. Both Amy and Ellen have agreed to work with me in making fair decisions that do not require a full board vote.

Alan Weld has found a new call to volunteer as our new Finance Chair; there are other long time members who have expressed interest in volunteering as well. Look for more names to appear as time goes by.

Some of the new faces on the Board of Directors include Amy Appel as 2nd VP, Amy is from Hixton near Black River Falls and she has been Co-Chair of the Education Committee for the past two plus years. Her experience in attending Board Meetings during this time inspired her to put her name in for a position that opened following the election at the Annual Meeting. Amy has a direct and honest approach to life, is not afraid to speak her mind or to accept the ideas of others.

Mya Rowe has attended several board meetings in her

continued on page 7

Newsletter Committee Chair

Cynthia "Sam" Licht

Layout/Design

Mike Rude

Editorial Committee

Board of Directors

Deadlines

November 30 (January Issue)

February 28 (April Issue)

May 31 (July Issue)

August 31 (October Issue)

Submissions will be accepted by email to:

brthmrk@yahoo.com & amtawikay@charter.net

Advertisement should be sent in PDF format by email to the above address.

Typed or handwritten submissions are also welcome, they should be mailed to:

Cynthia Licht

2017 Mississippi St.

La Crosse, WI 54601

Advertising

Kay Peterson, amtawikay@charter.net

Advertising Rates

Full Page - \$175 1/2 Page - \$90

1/4 Page - \$50 1/8 Page - \$30

Classifieds & Personals - \$8, (20 words or less)

Professional Networking- FREE to all AMTA members and Chapters.



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2nd Quarter (April - July) 2010 CE Classes

Milwaukee School of Massage, LLC

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All Continuing Education classes are open
to the public & massage therapists



INTRODUCTION TO LOMILOMI (1 OF 3) - LAST TIME THIS CLASS WILL BE OFFERED! DON'T WAIT!

With Ann Fuggiasco, LMT, CYI, Reiki Master

Monday, April 12, 2010 • 9:00am – 12:00pm • 3 CE Hours • Fee \$50

THE SUN IN UNION WITH THE AWAKENING OF HUMAN CONSCIOUSNESS, A BODYWORKERS' CONNECTION WITH FLOWER ESSENCES (3 OF 3)

With Julie Zettel, NCTMB, WCMT 1285-046 • Monday, April 12, 2010 • 1:00pm – 4:00pm • 3 CE Hours • Fee \$50

ACU-YOGA

With Susan Lorentzen, LaC, CMT, Yoga Instructor • Saturday, April 17, 2010 • 1:00pm – 4:00pm • 3 CE Hours • Fee \$50

ETHICS AS RIGHT USE OF POWER

With Kathy Ginn • Sunday, April 18, 2010 • 10:00am – 5:00pm • 6 CE Hours • Fee \$120 (\$110 if paid by 4/3)

BEGINNING LOMILOMI (2 OF 3) - LAST TIME THIS CLASS WILL BE OFFERED! DON'T WAIT!

With Ann Fuggiasco, LMT, CYI, Reiki Master • Monday, April 19, 2010 • 9:00am – 4:00pm • 6 CE Hours • \$100

MUNAY-KI RITES TRAINING (3 DAY CLASS) - MUST ATTEND ALL THREE CLASSES

With Amy Wilinski, MBA, OTR, Energy Practitioner

Sundays, April 25, May 16 & June 27, 2010 • 9:00am – 4:00pm • 18 CE Hours • \$175 per class

ADVANCED LOMILOMI (3 OF 3) - LAST TIME THIS CLASS WILL BE OFFERED! DON'T WAIT!

With Ann Fuggiasco, LMT, CYI, Reiki Master • Monday, April 26, 2010 • 9:00am – 4:00pm • 6 CE Hours • \$100

BENEVOLENT TOUCH

With Sandy Anderson - Please note: Class will be held at St. Ann Center, 2801 E. Morgan Ave., Milwaukee

Thursday, April 29, 2010 • 9:00am – 1:00pm • 4 CE Hours • \$60

HAWAIIAN HOT STONES - LAST TIME THIS CLASS WILL BE OFFERED! DON'T WAIT!

With Ann Fuggiasco, LMT, CYI, Reiki Master

Saturday, May 1, 2010 • 9:00am – 6:00pm • 8 CE Hours • Fee: \$120 (including healing stones)

CARE OF THE SOUL WITH FLOWER ESSENCES (1 OF 3)

With Julie Zettel, NCTMB, WCMT 1285-046 - (fee includes materials, consultation, and custom flower essence blend)

Thursday, May 13, 2010 • 10:00am – 1:00pm • 3 CE Hours • Fee: \$75

MEDIUMSHIP TRAINING

With Amy Wilinski, MBA, OTR, Energy Practitioner

Friday, May 21 & Saturday, May 22, 2010 • Fri: 3:00pm – 10:00pm Sat: 8:30am – 3:30pm • 12 CE Hours • Fee: \$350

THE SPIRIT'S JOURNEY

With Amy Wilinski, MBA, OTR, Energy Practitioner

Saturday, May 22, 2010 • 4:30pm – 10:00pm • 5 CE Hours • Fee: \$100

TRUSTING YOUR INTUITION

With Amy Wilinski, MBA, OTR, Energy Practitioner

Sunday, May 23, 2010 • 9:00am – 3:00pm • 5 CE Hours • Fee: \$100

TOUCHING THE SOUL - USING FLOWER ESSENCES TO COMPLIMENT MASSAGE (2 OF 3)

With Julie Zettel, NCTMB, WCMT 1285-046

Thursday, May 27, 2010 • 10:00am – 1:00pm • 3 CE Hours • Fee: \$50

HOT STONE MASSAGE (2 DAY CLASS)

With Lee Ann Baum, WCMT

Saturday, June 5 & Sunday, June 6, 2010 • 10:00am – 5:00pm both days • 12 CE Hours • Fee: \$250

THE SUN IN UNION WITH THE AWAKENING OF HUMAN CONSCIOUSNESS, A BODYWORKERS' CONNECTION WITH FLOWER ESSENCES (3 OF 3)

With Julie Zettel, NCTMB, WCMT 1285-046 • Thursday, June 10, 2010 • 10:00am – 1:00pm • 3 CE Hours • Fee: \$50

**For more information or to
register by phone please contact:**



Laura Lenz, nctmb

(414) 530-0949 - msmced@yahoo.com

www.milwaukeechoolofmassage.com

Ethical Dimensions

by Kathy Ginn, WCMT

Q. I recently graduated from massage school and I am looking forward to establishing my own practice. Is it important to establish policies in my practice, and what type of client files do I need?



This is a great question. The answer to the first part of this question is answered with a big **YES!!** Practice policies are one of the surest ways to establish clarity between you and your client. A policy statement is a useful vehicle for creating boundaries that foster trust, safety, and comfort. Policies clearly define the expectations for both client and practitioner. Policies often can circumvent potentially awkward situations, provide means for conflict resolution and demonstrate professionalism. Ultimately policies offer the practitioner a way to manage one's practice that holds clear intention for both client and massage therapist. I often offer the following illustration; what would happen if parents did not offer rules, guidelines, or boundaries within the family unit? The house-hold would probably feel chaotic, lots of misunderstandings, conflict, and ... now you know the rest of the story! Establishing practice policies must be a high priority item.

One of the first questions you can ask yourself is; what areas of the client / therapist relationship are important to you? It is also important to understand the laws of the land. The following are suggested areas your policies may be frame-worked around:

- Cancellation & no-shows.
- Fee structure.
- Issues around sexual boundaries (dating, etc.)
- Limits around confidentiality.
- Grievance process.
- Office etiquette (perfumes, cell phones, influence of alcohol or drugs, etc.)
- Working with minors.
- Dual-role relationships.
- Illness (both client & therapist)
- Time parameters for session.
- Client records.
- Draping.
- Informed consent.
- Client's rights & responsibilities.
- Availability by phone or e-mail outside of session, if applicable.

*you may also include: educational credentials, scope of practice.

Policy statement can be designed in various formats: resembling a letter, a page with bulleted or numbered items, or a combination of the two.

Be mindful of the following:

- How to communicate policies to your client. (1st appointment)
- Are you willing to enforce your policies?
- Think about the impact each policy has on the therapeutic relationship.
- Establish client friendly policies.
- It is important your clients read, understand, and sign your policies.
- Periodically review your policies.

Client Files:

- Welcome letter along with your professional bio.
- Health history, documentation form.
- Informed consent.
- Information release (as needed.)
- Practice policies.
- Client feedback form.

Be mindful of the seeds you plant ~ and ~ have fun dancing with the tulips!

Kathy Ginn, WCMT, is currently in private practice in Madison, WI. She has been active in the field of massage therapy and bodywork since 1991. She teaches Ethics and Business courses both locally and nationally. She is on staff at both TIBIA Massage School and East-West Healing Arts Institute. Kathy served with the NCBTMB ethics committee for the past 8 years, and currently serves with the AMTA teacher development committee. Kathy is an NCBTMB approved provider.

You may visit her website @
<http://www.ethicaldimensions.com>

find us on facebook

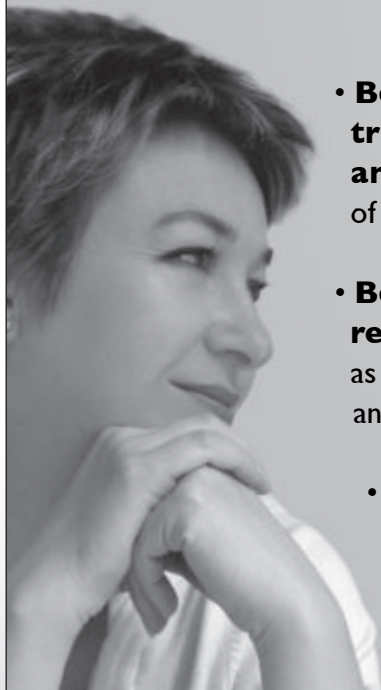


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Questions? Contact Megan, 414-372-4345 ext. 17 or megan@lakeside.edu.

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Dates: 4/23-4/25/10; Hours: 24; Cost: \$360
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Certified Infant Massage Teacher (CIMT) Training

Instructor: Tina Allen
Dates: 5/14-5/16/10; Hours: 24; Cost: \$650
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Certified Pediatric Massage Therapist Training

Instructor: Tina Allen
Dates: 5/22-5/23/10; Hours: 16; Cost: \$450
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capacity as Co-Chair of the Education Committee. It was during one of these meetings in 2009 that she volunteered to fill the vacated seat of Treasurer, she was elected to serve one year at the Annual Meeting. Mya has proven herself to be diligent, honest and intelligent, is a great team player with a kind and patient demeanor.

Terry Bauer was elected the new Chapter Secretary. Terry lives and works in Eau Claire, in her short time on the board has already proven to be willing to take direction, prompt in getting the minutes to the rest of us and unafraid of expressing herself during meetings.

Corrin Burnell also accepted a nomination to serve as Secretary, was narrowly defeated and decided to attend the board meeting that evening anyway. Erin Witthun resigned her position during the meeting as she was preparing to deliver her first child who was born the following day. Congratulations to Erin and her husband on beginning their new family. Corrin accepted the position of 3rd VP, made vacant by this resignation. Corrin stepped right into the role making and seconding motions during her first meeting.

I am very excited by the energy exhibited thus far. I believe we have a strong team that will work together to enhance the Chapter and the profession in the coming years.



Learn how to give Traditional Thai Massage!

Upcoming Level 1 classes:

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in Madison, WI

*Please check the website for advanced classes
& other locations.*

Nuad Bo Rarn (Traditional Thai Massage) is a beautiful and elegant therapeutic healing modality. It embodies the practice of "loving-kindness" and consists of slow rhythmic compressions on the muscles, gentle flowing stretches and thumb presses on specific energetic pathways.

Lyrea Crawford is an experienced instructor who has studied in Thailand. She was a presenter at the September, 2009 WI-AMTA conference. Lyrea Crawford is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a **continuing education Approved Provider**.



*A complete upcoming class schedule, class descriptions,
instructor information and registration details available at:*

www.lyreacrawford.com

Questions? Call 608-549-2023



***"Luk Pra Kob, the
Art of Thai Herbal
Compresses"***

**April 12, 2010 in
Madison, WI**

*Please check the website for
other dates & locations.*

Class Review

Only Man In The Room

by Ken-Adi Ring, WCMT

There are few newsletters I read more thoroughly than *Connecting Hands* because it lends itself so well to our AMTA community. In addition to discovery of what my associates in this industry are doing or talking about, it is in *Connecting Hands*, one can find out what CE class, course or conference one might chose to participate in next. I look forward to our Annual Chapter meeting and Conference which occurs every February. Here many take advantage of the very reasonable world-class trainings offered by the AMTA Wisconsin chapter. No less this

year.

What surprised me is that, I changed my first choice to learn NMT from one of the industries best instructors, Doug Nelson, to considering taking *Nurturing The Mother Pregnancy Massage* with instructor, Claire



Marie Miller. I have not had enough experience in this area. I felt drawn to it. My wife, Sally and I used to be called in to deliver prenatal massage at a local Madison area hospital. Less than a week before the conference I had a conversation with Mya Rowe, our registration queen, and was encouraged to step into it, so I did. I was intrigued by the quote "healing fear around pregnancy and birth and embracing the sacredness and joy of welcoming a new life" in the winter newsletter training description. That hook got me, I am all about healing, sacredness and joy.

Upon arrival at the Marriott hotel, and after signing in, I stepped into the room where a circle of 30 fellow students, all women, was about to begin. Feeling at first like a fish out of water, the only man in the room, I was warmly welcomed. Comments I paraphrase, such as: your testosterone energy will help balance the group and someone to hold space for the father and the masculine; and I was thanked for 'being a brave one'. This helped to break the ice. I was invited to sit in an empty chair next to the instructor, and join the process of sharing the story our own birth. This was a stirring and somewhat emotional time of sharing.

Claire Marie Miller emphasized the importance of our story at various times throughout the weekend. In fact,

I heard it mentioned that more technique and practice and less story was what some wanted. However, I was very appreciative of the stories each woman told and found it of value. Yes, there was a good deal of sharing. I felt the instruction and practice in every detail of tremendous value, too, but being a man, I had a rare glimpse into the world of 30 women sharing from their heart. I sometimes felt a tear wanting to emerge, as feelings were deep. When it came to me, I was one of two admitted breech births in the circle. The other happened to be, coincidentally, a woman sitting right next to me.

Soon after this first session we were immersed into a PowerPoint enhanced guided demonstration and practice period that rounded out the remainder of the day. Since I was student number 31 we were 3 to a table, in a room full of pairs. Two women were welcoming enough to embrace me and work with me. One of them very skilled and experienced the other in her first semester as a new student. Me? I was one of the eldest in the class. We were a unique trio, though later in the weekend we changed partners. I appreciated working with different partners, and learned something from each.

Learning more about side lying massage techniques and proper pillow propping and positioning for comfort of the pregnant mom became very useful on day two when we were given the opportunity to work on real pregnant expectant moms in various stages of their pregnancy. WOW! What an honor this was for me and I guess for everyone in the room, students and moms alike, to be present to so much fertile life. I was happy and honored to be assisting in the process of making the moms and evolving babies as comfortable as possible. When massaging an expectant mom we were really massaging two, we were reminded.

In this three-day intensive we trained in pregnancy, labor, postpartum and newborn/infant massage techniques. We also learned about the appropriate points and areas to massage using the modalities of reflexology and barefoot shiatsu. Instructor, Claire Marie Miller says, "By nurturing the mothers we nurture the foundation that builds our future". We experienced a very bonding process.

There were many aspects of the training. One of our teaching aids was the video 'Giving Birth' which for me was so profound a piece that I purchased a copy to have and to share with members of my extended family and community, especially my nieces and daughter. Our instructor emphasized the importance and possibility that lies in natural childbirth, and that fathers are a very impor-

Welcome New BOD Third Vice President

Corrin Burnell, WCMT

I am very excited to be Third Vice President of the AMTA Wisconsin Chapter.



I have been part of the AMTA since 2005 after my graduation from Lakeside School of Massage Therapy in Milwaukee. I am proud to be a member and look forward to helping where ever can.

For those who don't know me.... I have been a certified massage therapist since 2005 working in Fond du Lac at Creations Hair Studio, where I rent space. I was born and raised in Fond du Lac. I married my husband Toby in 2007. We have four kids Brennan 15, Kalina 12, Allie 11, and Gabby 10. We have two cats (Tiger and Silver) and a dog named MO. The cats were a Mother's Day present to me and MO came into our family on a vacation to Jefferson City, Missouri. He was free outside a Wal-Mart, and took my heart in an instant. He's been a mama's boy from that day on! I enjoy spending time with my family. Having four kids takes a lot of hobby time for now, but I enjoy the laughter and love of them every day.

I look forward to serving you as Third Vice President of the AMTA- Wisconsin Chapter. I will do my best in this position and promise to always represent the AMTA and the rest of the massage community with respect and professional conduct.

WOW

Look at this great opportunity!

It's that time again, time for our annual essay contest. AMTA- WI Chapter is offering a free enrollment to the continuing education offerings in September.

The winner may choose one of the following workshops in Appleton on September 11 & 12, 2010

Pillowssage

with Karen Kowal from Mother Earth Pillows

2 - day workshop

Advanced Chair Massage

with Patrick Ingrassia from the Nayada Institute of Massage

1 - day workshop

Lymphatic Drainage

with Elisa Di Falco from The Manual Lymph Drainage Institute

2 - day workshop

Here is what you need to do

Write a one-page essay on the topic

"How a Client Encouraged Me to Pursue Continuing Education"

Send to Corrin Burnell at

ctburnell@gmail.com or mail to:

N10548 Velvet Beach Rd. Malone, WI 53049

All entries must be received by May 15, 2010

Winner will be notified by phone or email.

The winning essay will appear in the July issue of Connecting Hands. Education is very important to our careers; we never stop learning. In addition to formal continuing education let's not forget that every new client, every new session, and every conversation with our clients is a learning experience.

This is a great opportunity! Don't miss out!

Gaia's Touch Stone Massage Workshops

Gaia's Touch Stone Massage offers Heated Stone Massage workshops.

Workshops are scheduled in 2010 for

Wausau, WI May 1 & 2 • De Pere, WI May 15 & 16

For more information and our complete schedule check out us out at

www.gaiastouch.com



Class Review

Precision Neuromuscular Therapy
for the Head and Neck
with Doug Nelson
by Cynthia "Sam" Licht, WCMT

Precision is a keyword in describing Nelson's approach to his application and process of massage therapy. I would add several other adjectives to further define his approach.

He has a passion and fascination about the wonders of the body and how we as massage therapists, can affect it that is infectious and inspiring. His approach makes learning complex skills fun. I won't say that learning them was easy because it certainly challenged me as a therapist with 20 plus years of experience and training in NMT. We all struggled together but we all achieved together with Nelson's excellent teaching skills. His ability to utilize different methods to help each person learn in the manner that was effective for them gave more and more clarity to each skill.

Nelson used some fascinating stories of his successes and failures that put his point across very clearly



what works for his techniques and why. He cited amazing statistics that highlighted the amount of research he has done to understand why certain techniques work better than others. He discussed and clarified different ways of treating trigger points but most essential *why* and how each works in the neuromuscular system.

The Marriott's facilities were superb which well complimented the high level of teaching and quality of information provided by the presenter. Nelson is so knowledgeable and it is such a pleasure to learn from someone who represents our profession at the very highest levels of skill and achievement.

Last but not least, I was easily able to go back to my practice and immediately implement skills that I learned from the seminar. I enjoy sharing new techniques with my clients, getting their feedback and letting them know that I am keeping advanced training a priority. Our Wisconsin Chapter does a fantastic job of providing top-level education for its members- Experience it!!

We would like to welcome Cynthia "Sam" Licht as our new Newsletter Chairperson. Sam will begin her responsibilities immediately and be responsible for the July issue of Connecting Hands.

If you would like to become a volunteer for any of the many opportunities available please check page 23.



Wisconsin Polarity
Center for Energetic Awareness
c/o DeKoven Center
600 21st St,
Racine, WI 53403

New Classes Offered ...

The Polarity of Reflexology May 1-2 12 Ceu's
Polarity techniques and Reflexology will be used to study reflex points, triads of the elements on the feet and essential energy medicine skills. Cynthia L. Atha RPE, Reflexologist

Associate Polarity Practitioner Certification

This holistic approach to health and wellness consists of six levels beginning with the Introductory Course May 15-16. 15 CEU's per level.

Carrie Massey - Director
BA, RMT, RPP, RPE
(262) 634-0257
flex-ability@sbcglobal.net



www.wisconsinpolarity.com

Welcome our New BOD Secretary



Well hello! I'm Terry Bauer your new AMTA Secretary. I graduated in May Of 2008 from the Chippewa Valley Technical College. I own Shâqat Massage located in Eau Claire. I have been married for 21 years and have 2 kids and many animals. I love to fish, camp, learn and ride my motorcycle. I look forward to serving you in the next two years. I promise to do my best to serve you to the best of my ability.



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NEW CEU SEMINARS!

NCBTMB APPROVED SEMINARS:

Basic Acupressure Part 1 - April 9-11, Grafton

Basic Acupressure Part 2 - May 14-16, Grafton

- Learning the first 50 important acu-points
- Chinese medical theory: Yin Yang, Five Phases, Qi and Blood, channel theory
- Treatments for stimulating inner richness and a calm mind
- Learning the unique acupressure release technique
- Qi Gong exercises: body movement and Daoist meditation
- Applications of various point combinations for treating fatigue, insomnia, menstrual problems, general stress, depression, gastro-intestinal disorders, release of specific tensions and pains
- Local and distal point theory
- Self-acupressure techniques

Gaia's Touch Heater Massage -May 15-16. **DePere**

This is a fun, interactive two day hands on experience where massage therapists learn a full body hot stone massage routine. Participants will learn:

- Proper heating and care of stones
- Safe application of heated stones to client's skin
- Contraindications to hot stone therapy
- A full body heated stone routine

The frequent exchanges in this two day workshop give participants both training in the use of hot stones and an opportunity to receive over three hours of heated stone massage, great for kinesthetic learners. Participants receive a set of 48 basalt massage stones

ADDITIONAL CEU SEMINARS:

Lymphatic - April 10 or April 17 or May 1, Grafton

Ayurveda Dynamics of Rejuvenation - April 23-25, Grafton

Lomi Lomi I&II - April 23-25, Grafton

PNMT Lower - May 14-16, Grafton

Ancient Chinese Beauty & Rejuvenation Secrets - May 21-23, Grafton



Prep. For National Exam - May 22, Grafton

Preparation for taking the national exam. Participants will review anatomy, physiology, kinesiology, pathology, muscular, skeletal, massage assessment and application and professional standards, ethics, business & legal practices. Learning strategies will be developed, in addition to valuable test taking suggestions that will guide the participant toward the best results in the exam.

To register contact Jena at 262-376-1011
or Grafton@BlueSkyEdu.org

Go online to www.BlueSkyMassage.com
for more information or view our full
list of CEU seminars. *Join us on Facebook!*



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email: info@BlueSkyEdu.org

GRAFTON

350 Double Tree Lane
Grafton, WI 53024
262-376-1011
Grafton Open House: 6pm
5/5, 6/2, 7/7

MADISON

2005 West Beltline Highway, Suite 201
Madison, WI 53713
608-270-5245
Madison Open House: 9:30am
5/8, 6/5, 7/10

DEPERE

2200 American Boulevard
De Pere, WI 54115
920-338-9500
De Pere Open House: 6pm
5/6, 6/3, 7/8

Massage Therapists Join Together to Create a New Business Model

by Alan Weld, WCMT



I am gathering information and writing a paper about Massage Therapists who share space and or expenses. I offer a description of the situation that I work in below. Please contact me if you work in a shared environment and would like to share information on how you are organized.

In Madison, there is a group of therapists that share office space and related office expenses. There is no CEO, and management decisions are made as a group. Everyone is self-employed. The name on the door is Alternative Therapy Center of Madison.

There are four treatment rooms, a waiting area, a storage room, and an office. Time is divided into half day "shares". A share is either 8 am to 2 pm or 2 pm to 8 pm for a specific room and a specific day of the week. An

example would be every Monday from 8 am to 2 pm The cost for one share in our office is approximately \$70 per month.

The lease is held in one person's name. It is a 3-month revolving lease. The landlord allows all of the shareholders to write checks directly to the landlord. One week prior to month end, an accounting is provided to all of the shareholders detailing the expenses for that month along with the upcoming month's rent. The number of "shares" divides it. Each person pays based on the number of shares they have. Shared expenses include bottled water, paper goods, and office supplies.

There are many components of running a business that we do not share. Each person does his or her own marketing, scheduling, and laundry. Each person sets their own rates and their own hours. We are working on a web-site.

There is no business organization that I know of for what we do. It is like a cooperative. We call it "sharing expenses" and it keeps our costs down. I look forward to further developing this concept into a model that can be shared. It may even lead to the creation of a legal organization that we can use. I look forward to hearing from you. Alan Weld e-mail 1787-046@sbcglobal.net.

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www.thai-massage.org

INSTITUTE OF
Thai Massage

**AMTA – WI Chapter
Fall Educational Conference and Chapter Meeting
September 11-12, 2010
Radisson Paper Valley Hotel - Appleton, WI**

Saturday, September 11, 2010

Registration & Vendors beginning at 8:00

- **Manual Lymphatic Drainage** 9:00 – 4:00
 - (This class continues through Sunday)
 - **Pilossage** 9:00 – 4:00
(This class continues through Sunday)
 - **"Fire-side" Chat** No – Charge 8:30

Sunday, September 12, 2010

- *Registration & Vendors Beginning at 7:00*
- **Manual Lymphatic Drainage** 9:00 – 12:00, 3:00 – 5:30
- (This includes additional time/break for chapter meeting)
 - **Pilossage** 8:00 – 12:00, 3:00 – 5:00
(This includes time/break for chapter meeting)
 - **Advanced Chair Massage** 8:00 – 12:00, 3:00 – 5:00
 - (This includes time/break for the chapter meeting)
 - **Chapter Meeting/Lunch** – 12:00 – 3:00

Manual Lymphatic Drainage 12.5 CEs 2 Day Class

Please Bring:

Sweater, Sheets, Pen/Pencil, Yoga Mat, Massage Table (one for every two participants), Loose comfortable clothes, Camera, Bathing Suit

Before 08/13

After 08/13

<i>AMTA member or student</i>	<i>\$200.00</i>	<i>\$220.00</i>
<i>Non – member</i>	<i>\$260.00</i>	<i>\$280.00</i>

Pillossage 12 CEs 2 Day Class

Please Bring:

Tables (one for every two participants)

Face cradle covers

Before 8/13 After 8/13

<i>AMTA member or student</i>	<i>\$250.00</i>	<i>\$270.00</i>
<i>Non – member</i>	<i>\$355.00</i>	<i>\$375.00</i>

Advanced Chair Massage 6 CEs 1 Day Class

Please Bring:

Seated Chair (one for every two participants)

Lubricant

Face cradle covers

Before 8/13 After 8/13

<i>AMTA member or student</i>	<i>\$160.00</i>	<i>\$180.00</i>
<i>Non – member</i>	<i>\$195.00</i>	<i>\$215.00</i>

Hotel rooms:

Radisson Paper Valley Hotel

\$89 + tax / per night if reserved before 8/13/10.

Radisson Paper Valley Hotel
 333 West College Avenue,
 Appleton, WI 54911
 920-733-8000 or 1-800-333-333

REGISTRATION PAGE

Please Detach and send to:

Mya Rowe
 P.O. Box 131, Neillsville, WI 54456
 myarowe@yahoo.com 715-937-3115

 Please print clearly.

First Name _____ Last Name _____

Address _____ City _____

State _____ Zip _____

Home Phone _____ Work Phone _____

Email Address _____

AMTA member # _____

Method of payment: Check / VISA / MC

Amount Paid

Check #

Credit Card #

Exp. Date

Check below if you are only having lunch and are NOT participating in classes:

Saturday lunch

Sunday lunch

AMTA Member Lunch \$15

Non – member Lunch \$25

Circle appropriate option, if a member enter member number above

****Lunch is included for class participants. If you are not participating in any classes and will be attending the chapter meeting with lunch, you will need to submit payment. If you are only attending the chapter meeting with no lunch, you do not need to submit payment or register.**

Circle which class you are taking:

Manual Lymphatic Drainage

Pilossage

Advanced Chair Massage



Foundations of Manual Lymph Drainage :

Elisa G. DiFalco, MS, OT, CLT-LANA NCB Approved Provider # 450512-07

Elisa began working for Dr. Robert Lerner "Pioneer of Lymphedema Treatment" over a decade ago and became the owner and Clinic Director of Lymphedema Treatment Services upon his retirement. Her clinic served as the "clinic day" site for MLD certification located in Ft. Lauderdale, FL. As educator and business owner, she recognized the need for specialized MLD studies to meet the expanding market. Professor

DiFalco has served to educate insurance companies like Humana, trained the elite spas of; The Diplomat, The Ritz-Carlton, & The Grove Park Inn and worked on celebrities. She is also a guest lecturer for universities and educates healthcare professionals through continuing education, peer reviewed research and radio broadcasts. She is the author of numerous articles and most recently, a book.

Course Description:

A comprehensive "must have" course for all healthcare professionals. Course covers the MLD basics in a fun and interactive format. History, A&P, compression, exercise and a basic hands on MLD sequence is covered. Attendees will be able to perform a basic full body MLD routine. You too can be effective with MLD in just 2-days.



Pilossage:

Karen Kowal, RN, LMT, NCTMB NCB Approved Provider # 451143-09

"Pilossage" it's not just a HOT Pillow, it's how you use it!

Pilossage™ & Thermal Connective Tissue Release Techniques

Karen Kowal, RN, LMT, NCTMB has launched an exciting and original modality into the world of Massage Therapy! Known as the founder of Mother Earth Pillows®, Karen remains active in nursing as a member of ASPMN (American Society of Pain

Management Nurses). She is committed to promoting Massage and Thermal Therapy as vitally important therapeutic approaches for a wide range of conditions with symptoms of pain. You will learn how to integrate application of specific sequences through heated flax pillows as you add compression and stretching. These protocols offer deep therapy without pain and amazing relaxation responses using profoundly effective hands-on techniques. Karen teaches in a compelling and down-to-earth manner so you can readily apply these techniques in your practice. If clients come to you with chronic pain or high levels of stress & tension, these techniques will readily achieve treatment goals.



Advanced Chair Massage:

Patrick Ingrassia, LMT NCB Approved Provider # 333930-00

Patrick creates an exciting educational environment that allows his students to immediately benefit from his workshops with ease. He has trained massage therapists at top destination spas, massage schools, and conferences around the United States, Canada, Costa Rica, and Mexico for over 17 years. Patrick developed the BodySaver Method of Massage to address the

issues with injury and burnout that stop Massage Therapists from reaching their potential. Patrick is a contributor to Massage Massage and Massage Therapy Canada magazines as well as Massage Magazine. He is a NYS Licensed Massage Therapist, Registered Thai Massage Therapist & Instructor, Kripalu Certified Bodyworker, Certified Personal Trainer, and Yoga Teacher. Find out more about Patrick, BodySaver Massage, and Niyada's courses at <http://www.niyadausa.com>

The massage chair is a powerful and often under utilized tool for providing therapeutic work for clients of all ages and physical abilities—without oils or lotions. The BodySaver Method allows therapists to provide deep tissue massage and range of motion stretching techniques while preventing the repetitive stress injury and burnout issues that shorten the careers of massage therapists. Whether part of your regular menu, or in a spa, corporate, or in-service setting, massage therapists can offer full therapeutic treatments anywhere. Chair massage is also wonderful for those clients who have limited mobility, are aging, or who have concerns about removing their clothing. This course is experiential and immediately useful in your practice.

By the end this course, you will have learned the skills to provide up to a 30 minute THERAPEUTIC chair massage.

New Members

Hello fellow MT's! For more information on member benefits and resources to support you in your practice go to the AMTA-WI website at www.amtawi.org and the AMTA National website at www.amtamassage.org.

Currently we have 1,769 members with 1,540 as active professional members, 195 students, 1 supporting member, 3 professional retired, and 30 Inactive professional members.

Please welcome the following New Members who have joined the AMTA-WI Chapter in February 2010.

Tina	Ageton	Kenosha	Bruce A.	Gerlinger	Osseo
Angela Marie	Allmon	Mukwonago	Brenda Lynn	Johnson	Barron
Colleen	Bowman	Waterlood	Ashley Carryn	Jorgensen	Hartland
Karla Elizabeth	Branstad	Siren	Ciara Rita	Kammes	Hazel Green
Megan L	Brooks	West Salem	Laura D.	Keller	Kenosha
Anthony J	Bublitz	Madison	Darrin David	Lovejoy	La Crosse
Tatiana	Bulat	Madison	Erin	Maas	Milwaukee
Rebecca	Claussen	Oshkosh	April M	Matter	Glenwood City
Tori	Craig	Waunakee	Joseph	Mundschau	Deerfield
Elizabeth	Davis	Waukesha	Amanda Marie	Pade	Kenosha
Shelbie	Degener	Pleasant Prairie	Wendy Lou	Peche	Suamico
Roxanne	DeTrude	Waupaca	Terry L.	Pietrowski	Edgar
Andrew	Dinkins	Milwaukee	Kaylie	Sampson	Appleton
Robert Allen	Doerflinger	Germantown	Meghan	Spees	Waukesha
Cindy C.	Duerner	Madison	Jennifer	Tagliapietra	Clintonville
Jennifer Ann	Erickson	Sparta	Ginger M.	Tierney	Salem
Robin Kangas	Estola	Hurley	Jessica	Vertz	Dousman
Jade Robin	Estola	Hurley	Melissa	Young	Milwaukee
Lisa Marie	Fox	Watertown	Marlene	Ziemer	Hartford
			Julie	Zuleger	Oshkosh

Prairie Creek

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tant part of that process from start to completion. "This film shows what is possible for 95% of all mothers and babies – who can and should birth normally and naturally. Care of the expectant mother is the most important part of the birthing process.

There were two women who were pregnant in our class and one of them, Erin, was due within a week and was rushed to the birthing unit and gave birth on the third day of our weekend. We were all waiting with expectation for the news while carrying on our third day of class. Around noon a baby girl was born.

For me, and others, the process of rediscovering the beauty and possibility of natural childbirth was huge. Some of us in the room wished we could go back to experience a different story. Now we are grateful to have learned and to be a part of new moms and baby's pregnancy and birthing experience. I am forever transformed by this learning experience and will never see the process of pregnancy and giving birth and those that do quite the same. Nurturing the mother and participating in welcoming new life is truly a sacred and joyous process; a miracle. I would recommend this training to anyone and think more men might consider it.

Classifieds

Administrative support needed:

Position is part time -project dependent.

I am looking for someone with administrative / computer skills. Applicant must be a fast learner, organized, creative, clear communication skills, exceptional work ethic, and willing to work in a collaborative relationship. Position is located in Deerfield, WI. Many of the projects can be worked on from your home! This is a great opportunity for a massage therapist to diversify their income! Pay is project dependent. Position is Independent Contractor status.

Please contact: Kathy Ginn @ 608-334-8592

OFFICE SPACE AVAILABLE

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Part time office space available. Share with 4 other massage therapists. Great location! Quiet, clean, and spacious office. Great for someone who is starting out, or for the seasoned therapist. Rent is very reasonable!

Please feel free to contact Kathy Ginn @ 608-334-8592



Health and Healing Zone

Continuing Education Classes

Reiki Level 1 8 hrs – May 7, 2010 / August 6, 2010 / December 3 – 5, 2010 at Blue Sky Grafton

Reiki Level 2 8 hrs – June 18, 2010 / October 8, 2010

Reiki Advanced Level 7 hrs – 1 day class April 23, 2010 / June 4, 2010 / October 22, 2010

Reiki Master Level 7 hrs – 1 day class April 24, 2010 / June 5, 2010 / October 23, 2010

Karuna Reiki® Master – 18 hrs – 2 day class June 25 & 26, 2010 / January 21 – 22, 2011

Swedish Stone Massage ^{SM 5-2001} – 15 hrs – 2 day class May 21 & 22, 2010 / November 6 & 7, 2010

Rainessence Reiki Massage ^{SM 12-2004} – 4 hrs – 1 day class October 15, 2010

Sounds of Healing – 6 hrs- 1 day class November 20, 2010

Reiki Stone Therapy ^{SM 2001} – 7 hrs – 1 day class July 16, 2010

Susan Cossette is an NCBTMB approved provider #388145-00 for continuing education classes for massage therapists & bodyworkers. The above classes are held in Appleton WI. Please contact me if you are interested in organizing a class anywhere in the US. If you successfully organize 6 **confirmed** students (not including self) for a local class you, as the organizer, will receive your class free of charge. For more information about the classes or to register go to **www.healthandhealingzone.com** Email hhzonereikibal@aol.com or call/text 920-428-2181



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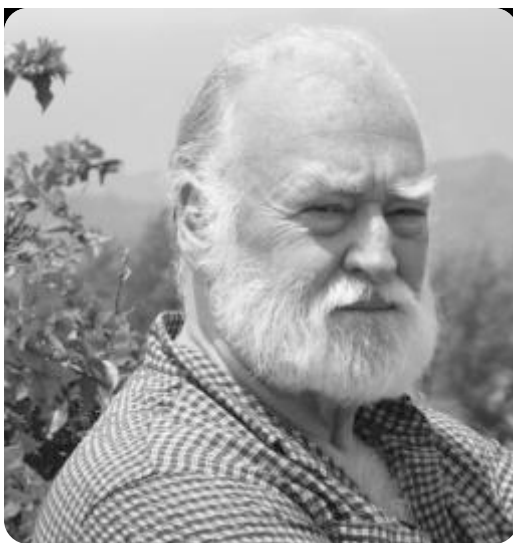
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Class Review

Ethics as Soul Work.....Kathy Ginn

by Amy Appel, WCMT

2nd VP, Education Committee Chair



When making my final preparations for my trip to Madison for our educational conference, I began to think about and anticipate the class that I would be taking this time. "Ethics as Soul Work.....hmm", I thought. For some reason the name of the class struck me like a lightening bolt from the sky. I was so struck that I found it necessary to contact Kathy and share my feelings with her. One of the things I discussed was my prior aversion to the topic of ethics. I just could not understand what all the fuss about ethics was for. I just figured that ethical behavior was something so full of common sense that there couldn't possibly be a need to have a class about it or continuing education around it. Then I met Kathy. Then I took a class with Kathy. Then everything I thought about ethics changed. Of course I have enjoyed previous classes with Kathy and have never heard anything but positive feedback about her classes.

When I think of the ways in which I serve my world, and the various volunteer activities in which I participate, I am often filled with a feeling of gratitude for the chance and capability to give in many ways. When I think of the lives and bodies that I have changed on my table, I am often filled with a sense of, "How did I do that?" I am of the belief

that I was born to serve, but that wasn't always how I felt. When I began to think about massage as a career, I wanted to "help" people, make a bunch of money, and "fix" problems of my own. I did no volunteer work. For me however, it left a gigantic space in my soul that needed to be filled. Massage therapy was the beginning to filling that space. I began understanding that massage could be so much more than relief from minor muscle aches and becoming aware of ways to use massage therapy to "give" to the world. Then I began my long journey into the world of volunteering by becoming an Emergency Medical Responder. In the years since, I have found many ways to volunteer. Through this process, I have discovered what "Soul Work" really is. Until taking this class with Kathy, I never put a name on it.

Kathy has an energy about her that is so integrated, she is so thoughtful and intentional. She makes it very clear that she is listening. She is contemplative of everything that is shared with her. She provides the opportunity to be heard by her ears as she listens and gives the indicative "um hmm". But she also provides that sacred opportunity to be heard by providing us with thought provoking questions to our souls. And our souls were answering, even when nothing was heard with ears. Kathy shared with us and contemplated with us the differences between "fixing", "helping", and "serving". What amazing concepts, how nice to bring about such clarity. It was very nice to begin the process of defining my purpose.

I am really looking forward to my continuation of this exploration, and I know that many of the people who took Kathy's class feel the same.



MASSAGE CUPPING™ THERAPY

Certified Massage Cupping Educator, Diane Williamson, will teach the basics of Massage Cupping™ Bodywork Therapy, Face Lift and Drainage, Aromatherapy Cocoon Wrap for Cellulite Reduction and Micro-Magnetic Cupping for scar work. This very ancient technique has been modified into a modality for use by massage therapists. Register for either the 22-hour course (\$395) or 16-hour course (\$295) NCBTMB approved workshops. The 16-hour workshop is only available to those who have previously taken a shorter course with the originator, Anita Shannon, or those who have been using and practicing with the DVD. Full certification is awarded upon completion of the take home exam or the three-day workshop. Contact Diane at 847-387-9445 or diane.williamson@comcast.net.

2010 Schedule

Burlington, WI: May 21-23. Rochester, MN: Aug 6-8. Niles, IL: March 19-21, June 4-6, Sept 10-12, Oct 22-24, and Dec 3-5. Decatur, IL: April 9-11, Aug 27-29 and Nov 5-7 (Some class sizes are limited so register early. Diane will hold your credit card information and bill two weeks prior to the class.)

Volunteer Opportunities

Chapter Website

It is the hope of the AMTA-WI Board of Directors to form a dynamic team interested in helping create and design a new interactive, user friendly website. Elements to be included are onsite registration, slide shows of recent events and much more. Your ideas are needed to make this great. Use of gotomeeting.com will allow committee members from across the state to participate right from home. Time commitment will vary depending on your level of interest, from a few hours to long-term maintenance commitments.

Finance Committee

Our newly formed finance committee is looking for a non-board of directors' member to be a part of the team. Responsibilities will include attendance at four gotomeeting.com meetings per year, voicing thoughts and concerns regarding the financial health of the Chapter.

Sports Massage Team Members, Captains and Chair

The idea of a strong and dynamic Sports Massage Team has long been a dream of many members. This could be the year to make it a reality. There are likely thousands of events across the state during all seasons of the year. The dream is to have regional captains who will work together with a Chairperson. The captains will help select events, decide policies and attract member volunteers to provide high quality massage services at sporting events.

Scholarship Committee

Join Corrin Burnell in helping select the winner of our annual essay contest. This is a great way to get involved as a volunteer with a small time commitment.

Nominating Committee

This committee will be responsible for contacting likely volunteer/candidates to run for elected positions on the Board of Directors at the Annual Chapter Meeting in February. The committee will collect resume' information, determine eligibility; collect a photo and brief bio for publication in the January issue of Connecting Hands.

Massage Emergency Response Team

This committee is a team of therapists who respond by providing massage therapy to emergency and support personal when requested. Emergency situations may include: tornado, floods, earthquake or man-made disasters. Therapists will receive specific MERT training as part of their preparation for this team.

See page 23 of this Connecting Hands for the Volunteer form, or check on-line at amtawi.org



MAIL TO: Kay Peterson
2330 Golf Terrace #209
Eau Claire, WI 54701
715 835-2746
amtawikay@charter.net

AMTA-WI Chapter Volunteer Information Form

Personal Data

Name _____ Address _____

City/State _____ Zip _____ Email Address _____

Phone (Home) _____ Phone (Work) _____

I am interested in working with the following committees

___ **Awards Committee** is responsible for identifying chapter members that deserve recognition for contributing to AMTA and/or the massage therapy profession in an outstanding manner and diligent volunteerism done by an AMTA member in an altruistic manner.

___ **Education Committee** is responsible for providing educational opportunities to chapter members at chapter meetings and/or as independent education events.

___ **Law & Legislation Committee** is responsible for monitoring legislation that might influence the scope and practice of massage therapy and when directed by the board, leading the chapter effort to affect legislation.

___ **Membership Committee:** Prepares quarterly written reports for the newsletter and contacts the national office for census figures before each board and chapter meeting. Welcomes new members by mail or phone and maintains contact with the state approved massage schools.

___ **Massage Emergency Responder Team** members are to respond to emergency situations throughout the state when called upon by local emergency support staff. Members must keep current membership in the AMTA -MERT Team.

___ **Health and Business Outreach Committee** is responsible for leading the chapter's effort to inform the public about the importance of utilizing Wisconsin Certified Massage Therapists.

___ **Newsletter Committee** is responsible for the timely publication and distribution of the chapter's quarterly newsletter. Opportunities exist for writers, photographers and desk-top publishers.

___ **Sports Massage Team** is responsible for massage therapists to provide massage therapy at sporting events throughout the state.

___ **Scholarship Committee** is responsible for reading essays and awarding scholarships to members.

___ **Webpage Committee** is responsible for maintaining the chapter website.

___ **National Convention Delegates** are elected at the Annual Chapter Meeting to represent the Chapter at the convention the following year. Besides having a vote at the House of Delegates meeting, delegates attend Chapter meetings to garner member opinions. They also attend and report to the membership on convention education sessions.

Board of Directors: (circle desired position) President, First VP, Second VP, Third VP, Secretary, Treasurer

Skills & Talent Assessment

I prefer ___ a one day project ___ one time project (may last more than 1 day) ___ ongoing project

My skills include ___ accounting ___ computer expertise ___ desk-top publishing ___ marketing

___ communications ___ organizing ___ motivating people ___ listening

Please list any additional special skills you have that you believe would be of value to your organization.

BOD Minutes

AMTA-WI Board Meeting

July 26, 2009

Altoona, WI – Kay Peterson's House

Meeting called to order at 10:55am by Amy Remillard.

Board Members and Committee Chairs present: Amy Remillard (President), Kay Peterson (1st VP/Newsletter Editor/Education), AnnMarie Kolb (Secretary), Erin Witthun (3rd Vice President/Outreach). Ellen Wittwer (2nd Vice President/Awards) and Betsy Krizenesky (Immediate Past President/ Law & Legislation) joined us by phone.

Approval of Meeting Minutes. MOTION: Kay Peterson moved to approve minutes as corrected. Shane Granzow seconded. All approved.

Board/Committee Reports

President: Amy Remillard reported that as of June 30, 2009 there are 1830 AMTA-WI members.

1st Vice President/Newsletter Chair: Kay Peterson reported that for the first time in her history with our chapter newsletter, we have past due advertising. Newsletter went out on time. Kay reported that there are a couple of members that would like to sell equipment at the next chapter conference in the vendor area. After discussion, we need to write up a liability policy.

2nd Vice President/Awards: Ellen Wittwer reported on her CVOP experience. She did a lot of networking and learned a lot. Ellen ordered our new shirts to be worn at our Education Conferences.

3rd Vice President/Outreach: Erin Witthun reported that she did chair massage at the Wausau Relay for Life Event. Erin has not received any more offers to come to events. She is doing research on what other chapters do currently. Connecticut Chapter raises money at events to support an organization, like American Cancer Society. After some discussion, the board decided that we should ask the chapter for their opinion on who our Chapter should support this same way.

Treasurer/Sports Massage: Shane Granzow reported on the reports from National say that we have the following moneys in our accounts: \$32,422.88 in our Checking Account, \$125,593.15 in the Edward Jones Investment account, and \$98,865.22 in the Tri City CD. Our total assets are \$256,881.25 at the end of May.

Shane also reported that we are going to team up with Sports in Wisconsin. This will allow us an opportunity to work at the Summer and Winter Badger State Games in the next year. He has contacted the Special Olympics and Transplant Olympics and other organizations to get out into the community doing Sports Massage.

Shane is also working with Judy Wu to get our website updated with forms we can print off, including the Expense

Report form.

Secretary: AnnMarie Kolb handed out updated Policy Manuals. She asked that we look at them and get corrections to her before September.

Immediate Past President/Law & Legislation: Betsy Krizenesky reported that as of July 26, 2009 our bill has yet to be circulated by Representative Berceau's office to get assembly sponsors so that it can be formally introduced to the legislature. This is due mostly to the preoccupation by legislators with the budget but now that is done, we should be able to move forward. She has frequent communication with Rep Berceau's office helping them respond to constituent concerns and objections, also with our lobbyists. Tom Fonfara (colleague of Tony Driessen) has said he would very much like to get it introduced and through at least one committee by November. She cannot over emphasize the importance of constituent contacts for the success of this bill. Just as soon as we get the OK from Rep Berceau's office we will do a mass mailing to members with a sample letter.

Education Committee Report: Erin Witthun reported for Amy Appel and Mya Rowe. They toured the LaCrosse Center. The Board of Director meeting will be on the Saturday night at 7pm. Amy is still waiting to get a contract back from Bryan Born. As of now there are small numbers registered. The committee has set a date of February 20-22, 2010 for the next Educational Conference and Chapter Meeting to be held in Madison, WI. Display Unit Chair: Amy Remillard reported that Lynn Kutz is working on getting numbers and new Display unit information and our Yahoo!/Facebook stuff.

Old and New Business

Delegate Policy: Amy Remillard reported that AMTA National has changed the Delegate terms for the next election year. Those who were elected in 2009 will serve in 2010 AND 2011. NEW POLICY: Whereas delegates/alternates are elected by the Professional Members to attend the Annual National Convention as representatives of the AMTA-WI Chapter they shall serve in that capacity, attending the convention following the year in which they were elected.

The AMTA-WI Chapter shall cover delegate expenses incurred by said attendance (maximum amount to be determined by the Chapter Board of Directors and approved by the membership at the Chapter Annual Meeting) provided the Delegate fulfills the duties described in the Chapter Policy Manual regarding Delegates.

Reimbursement shall occur after completion of all duties has been satisfied and proper documentation in the form of original receipts has been submitted to the Chapter Treasurer, with the exception of the registration fee, which will be paid prior to the convention.

Exceptions may be granted on a case-by-case basis after discussion and approval by a majority vote of the Board of Directors.

Alternate duties will be assumed at the time of acceptance of the position of Delegate to fulfill the remainder of the term.

MOTION: Kay Peterson moved to accept the new delegate policy as written. Ellen Wittwer seconded. All approved.

BOD/Committee Chair Consequences: Amy Remillard reminded us of a discussion we had at another meeting about Committee Chairs and a policy regarding them attending meetings.

NEW POLICY: Committee Chair Responsibilities

13. Attend a minimum of two Board of Director Meetings per year; either in person or via teleconference.
14. Attend and present an oral report at a minimum of one Chapter Meeting annually.
15. Provide a written report to be published in Connecting Hands a minimum of 2 issues per year.
15. Submit proposed budget to Treasurer before November BOD meeting. Seek and obtain approval of expenses to be covered by budgeted Chapter funds.
16. Seek and obtain approval from the Board of Directors for all activities to be done under the name of the AMTA-WI Chapter.
17. Failure to follow these responsibilities will lead to termination of the Chair Position or non-reimbursement of expenses incurred.

MOTION: Kay Peterson moved to accept all new committee chair responsibilities policy. Ellen Wittwer seconded. All approved.

Chapter Officer Responsibilities

Kay Peterson wanted to remind the Board that we are all editors of the newsletter. It is our responsibility to correct and respond to mail from the editor.

We are adding NEW POLICY to the current Policy Manual for Board of Directors.

MOTION: Shane Granzow moved that this policy be added to our current policy: Serve as a member of the editorial team for the Connecting Hands newsletter. Editorial duties include thorough checking of the accuracy and grammatical correctness of each issue of the newsletter in a timely fashion, response by email by indicated deadline. Betsy Krizenesky seconded. All approved.

Job and Committee Chair Descriptions:

Erin Witthun presented the job description of the Outreach Committee from Maine.

Rules of Engagement:

As a group we looked over the Rules of Engagement to be sure they still pertain to us.

Upcoming Board of Director meetings: September 12, 2009 6:00pm at the LaCrosse Center. November 14 in Madison and February 20 in conjunction with the Chapter Conference and meeting.

MOTION: Shane Granzow moved to adjourn the meeting. Erin Witthun seconded. All approved.

Meeting adjourned at 12:53pm by Amy Remillard

AMTA-WI Board Meeting

November 15, 2009

Madison, WI - Best Western InnTowner

Meeting called to order at 12:56pm by Amy Remillard.

Board Members and Committee Chairs present: Amy Remillard (President), Kay Peterson (1st VP/Newsletter Editor/Education), Ellen Wittwer (2nd VP/Awards), AnnMarie Kolb (Secretary), Erin Witthun (3rd Vice President/Outreach) and Betsy Krizenesky (Immediate Past President/ Law & Legislation), Mya Rowe & Amy Appel (Education Committee).

Approval of Meeting Minutes. MOTION: Ellen Wittwer moved to approve the minutes from September 12, 2009 as corrected. Erin Witthun seconded. All approved.

Board/Committee Reports

President/Membership/Treasurer: Amy Remillard reported on the changes in AMTA National Policy for Delegate Elections. We will not have elections in 2010 for Delegates. At the 2011 Chapter Meeting, the delegates will be elected for the Portland, OR AMTA-National Convention.

Amy reported that we have total 1815 members in AMTA-WI Chapter.

Amy reported on the Treasurer status. She recommended that we get proof of mileage before reimbursements are made. She also recommends that we have someone besides the President and Treasurer look at all expense reports before reimbursements.

Amy Remillard asked that we get a social networking system in place for the Chapter. Amy Appel volunteered to start a Facebook page.

Prior to our Board Meeting, the idea of a Nominating Committee was discussed. Amy suggested we implement this idea. The Immediate Past President will become the Nominating Committee Chair. This will take effect in February 2010.

Mass emailing was discussed to get more AMTA-WI information out to membership. (Constant Contact, is a program we could use.)

1st Vice President/Newsletter Chair: Kay Peterson reported that Laura Haberstroh submitted her article about Thai Massage. Laura called Kay to say she enjoyed writing and is entertaining the idea of being on the Newsletter Committee.

Kay reported that all outstanding newsletter bills are now paid in full.

Newsletter deadline is November 30th, 2009. Send articles to Mike Rude and to Kay.

2nd Vice President/Awards: Ellen Wittwer presented Amy Remillard with an outgoing president award.

Ellen wanted suggestions on Committee T-shirts. Discussion took place.

Ellen reported that she attended the Treasurer and

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Membership meetings at the AMTA National Convention. She brought back a lot of information.

Ellen talked about the pin contest. Discussion about pins for chapter members and delegates for 2010 took place.

3rd Vice President/Outreach: Erin Witthun reported the National Massage Therapy Awareness Week day at the Capitol was a huge success. She enjoyed being able to be a part of the event.

Erin was contacted by "Get Your Guts In Gear" bike ride to get massage therapists at their event.

Secretary: Ann Marie Kolb reported that we generated one nomination to the board at the September Education Conference for the February elections.

Immediate Past President/Law & Legislation: Betsy Krizenesky reported that on Tuesday, October 27, 2009 there were 38 MT's and MT students from Lakeside School, East-West and TIBIA at the Capitol for National Massage Therapy Awareness week. AMTA-BOD members participating were Erin Witthun, Lynn Kutz, Mya Rowe and Betsy Krizenesky. We started the day learning about our message at the DeWitt, Ross and Stevens office of our lobbyists, Tom Fonfara and Alice O'Connor; then moved to the Capitol to do chair massage and interact with the public; broke for lunch, then went in teams to a total of 80 legislative offices. The day was a great success, as we ended up with enough Senate and Assembly sponsors to introduce our bill!

On Monday, November 9, 2009, Senate Bill 388 was introduced by Senators Hansen, Taylor, Wirth, Ellis, Olsen and Risser cosponsored by Representatives Berceau, Kaufert, Pope-Roberts, Suder, Van Roy, Hilgenberg, Staskunas, Ballweg and Molepske, Jr.. It was referred to the Senate Committee on Health, Health Insurance, Privacy, Property Tax Relief and Revenue. If all goes smoothly, it could be on the Governor's desk by spring for signature.

Education Committee: Amy Appel reported that the education committee has another member: Erin Collier. Erin is a practicing Massage Therapist and instructor at The Salon Professional Academy in Eau Claire.

Mya Rowe will be making room reservations for the February conference. At this time, Mya has received 6 registrations for the conference. Amy Appel has sent contracts to each of the presenters as well as a room layout request form and copy of the itinerary. Erin Collier is working on door prizes, and goodie bags for registrants.

Amy Appel reported that the September 11-12, 2010 conference will be at the Radisson Paper Valley in Appleton. The classes to be offered include Advanced Chair Massage, Lymphatic Drainage and Pilossage.

Amy presented a vendor request form, for those wanting to have a table at upcoming Education Conferences.

Continuing and New Business

MOTION: Erin Witthun moved that an official mileage mapping

program (ie. Mapquest, GoogleMaps) print out, with origin and destination locations, be attached to reimbursement forms, effective November 16, 2009. Ellen Wittwer seconded. All approved.

Amy Remillard appointed Mya Rowe as Treasurer. Mya accepted the appointment. She is the AMTA-WI treasurer; her term runs until February 2011.

Amy Remillard presented the proposed budget for 2010-2011. We will have a teleconference on November 29, 2009 at 7pm to finalize the budget and meet the newsletter deadline.

MOTION: Ellen Wittwer moved to adjourn the meeting. Erin Witthun seconded. All approved.

Meeting adjourned at 3:49pm by Amy Remillard

CLOSED MEETING: To discuss Shane Granzow's resignation process.

Respectfully submitted by AnnMarie Kolb, Secretary

AMTA-WI Board Meeting November 29, 2009 Teleconference

Meeting called to order at 7:07pm by Amy Remillard

Board members and committee chairs present: Amy Remillard (President), Kay Peterson (1st Vice President/Newsletter Editor), Erin Witthun (3rd VP/Outreach), Ellen Wittwer (2nd VP/Awards), AnnMarie Kolb (Secretary), Betsy Krizenesky (Immediate Past President/ L&L), Mya Rowe (Treasurer) and Amy Appel (Education Chair)

Meeting was called to discuss the budget for the 2010/2011 year. We reviewed line by line and set a budget proposal to be approved by membership at the February 2010 Chapter Meeting in Madison, WI.

MOTION: Betsy Krizenesky moved to adjourn the meeting. Ellen Wittwer seconds. All approved.

Meeting adjourned at 8:31pm by Amy Remillard.

Respectfully submitted by AnnMarie Kolb, Secretary.

AMTA - WI Chapter Budget

Categories

Approved Budget

Fiscal Year

3/01/10 – 2/28/11

REVENUE

Advertising (Newsletter)	\$5,000.00
Checking Interest	\$10.00
Education Revenue	\$35,000.00
National Dues: Chapter Fees	\$0.00 **
National Dues: Disbursements	\$50,000.00
Total Revenue	\$90,000.00

EXPENSES

Awards Committee	\$1,000.00
Bank Charges (Credit Card Fees)	\$1,300.00
Board Meetings	\$1,700.00
BOD Mileage	\$5,000.00
Chapter Insurance Expense	\$1,500.00
Chapter Voicemail	\$300.00
Delegate Allowance	\$9,500.00
Display Unit Committee	\$200.00
Education Expense	\$47,000.00
L&L Expense: L&L Lobbyist	\$16,200.00
L&L Expense: L&L Travel	\$400.00
L&L Expense: Consultant	\$1200.00
L&L Expense: Phone	\$0.00
L&L Expense: Postage	\$1,000.00
L&L Expense: Printing	\$1,200.00
L&L Expense: Supplies	\$50.00
L&L Expense: Other	\$0.00
Total L&L Expense	\$20,050.00
Marketing	\$2,500.00
Massage Therapy Foundation	\$1,800.00
Membership Committee	\$1,000.00
MERT	\$300.00
National Convention BOD	\$6,000.00
National Conv. President	\$2,000.00
Newsletter Expense	\$9,500.00
Office Supplies	\$200.00
Postage & Shipping	\$100.00
Printing	\$100.00
Sports Massage Committee	\$500.00
Volunteer Training	\$5,000.00
Website	\$5,000.00

Total Expenses **\$121,350.00**

Overall Gain (loss) \$(30, 000.00)

Edward Jones General Account	\$57,886.45	Gain (loss)	\$330.00
Edward Jones L&L Account	\$83,465.62	Gain (loss)	\$2,015.62
TriCity CD	\$100,396.86	Interest	\$1,531.64

****Motion to waive chapter fees for 2010/2011 passed.**

2010 Board of Directors Meetings

The Board of Directors consists of elected Chapter Officers and Committee Chairs. Elected members have a voice and a vote; Committee Chairs have a voice at all meetings. All members are welcome to attend Board of Directors Meetings. Attending meetings is an excellent way to determine if volunteering as a board member is in your future. If you are interested in attending please contact Kay Peterson @ amtawikay@charter.net

February 21, 2010 (completed)

April 11 - 7 pm Sunday gotomeeting.com teleconference

June 6 - 4 pm Sunday face to face meeting, Stevens Point

September 10 - 7 pm, Appleton

Communication workshop with Kathy Ginn all BOD members including committee chairs urged to attend September 11 - 6 pm BOD meeting all BOD members including committee chairs urged to attend

October 24 - 11am Budget meeting attendance for all BOD members Stevens Point

February 4 - 7 pm Oconomowoc Workshop with Kathy Ginn all BOD members, delegates should plan on attending

February 5 - 6:30 pm BOD meeting the evening prior to the Annual meeting, all Chapter Officers and Committee Chairs

February 6 - 7pm the evening following Chapter meeting and elections all delegates newly elected BOD members and committee chairs.

Connecting Hands

c/o Essential Massage
4330 Golf Terrace #209
Eau Claire, WI 54701

Presorted
Standard
**U.S. Postage
Paid**
Eau Claire, WI
Permit # 1557

Calendar

September 11-12, 2010
AMTA-Fall Chapter Conference
Radisson Paper Valley Hotel
Appleton, WI

September 22-25, 2010
AMTA National Convention
Minneapolis Convention Center
Minneapolis, MN
For information and to register
www.amtamassage.org