



AMTA Wisconsin chapter

www.amtawi.org



AMTA – WI Chapter Officers

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Alternate Delegates

Sandy Wojtecki Tamel

Ronnie Artero Frederick

Jacci Horstman

Ruta Jaras

Jaime Ehmer

Committee Chairs

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Awards

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Commission on Candidacy

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CMST

Mary Schweiger

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Vacant

Education

Casey Guilfoyle

Government Relations

Lynn Kutz

Membership

Kelsey Lyons

National Convention

Casey Guilfoyle

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The AMTA Purpose

The purpose 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 the Article and to undertake such other desirable activities as the Board of Directors may determine.

Connecting Hands

This newsletter is published 3 times per year from 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 of opinions contained in this publication do not necessarily reflect those of the AMTA-WI Chapter.

2016 AMTA Wisconsin Chapter Election Results

We would like to congratulate our newest AMTA-WI Board Members!



Our new Chapter President is Mindy Murkley-Kruckenber. Lynn Kutz (Not pictured) has transitioned on to the position of Immediate Past President. Kelsey Lyons was re-elected as 2nd Vice President. Douglas Radtke was elected by special election into the role of 3rd Vice President, for one year term. This year's two Members at Large are Terry Bauer and Joanna Jones-Holden. We elected Douglas Radtke and Andrea Meunch into the two open Delegate positions. Our five alternate delegates for this year are Sandy Wojtecki Tamel, Ronnie Artero Frederick, Jacci Horstman, Ruta Jaras, and Jamie Ehmer.

The position of Secretary was Vacant as no candidates came forward during the election meeting. Melissa Barbour (Not Pictured) was elected to the vacant position by the Board of Directors at a later time.

Thank you and congratulations to them all!



Mindy Murkley-Kruckeberg and Casey Guilfoyle, educated attendees of the Wisconsin Student Nurses Association 2016 Annual Convention about the benefits of massage and how to locate a member.



John Botsford
Accepting the
President's Award
for
Notable Member



A Word From AMTA-WI's Incoming President

Mindy Murkley-Kruckeberg

I am excited to serve as your Chapter President. I look forward to accomplishing many new things with you. These next 2 years will teach me many new skills. Along with many new gratifying times, there will be some difficult trying times as well. During those times, I hope I am able to reach out and ask for your support.

I will be the first to admit I will not know all the answers. I can promise you that I will do my very best to be the president you all deserve, and can count on. I am excited to get to know more of you and hear your needs, concerns, and joyful times as a Massage Therapist. I look forward to helping you make a positive impact to our profession.

A few things about me: Almost two years ago, I was in a pretty bad car accident. I suffered a few broken bones and a traumatic brain injury. I have relearned how to do many things. I have also had to adjust and learn new ways of doing things. Now as I reflect, I knew I wasn't truly happy because I was working at a factory job full time and massage scarcely parttime. I wasn't living true to myself and following my own passion in life.

Being able to help people through massage, reaching out to our communities and educating the benefits of massage, volunteering for our chapter in many different ways is so rewarding. The feeling of helping make a difference whether it's huge, or small, is still moving forward. I am very compassionate and try to imagine myself in others shoes before I make a decision.

I am happily married, my husband is very supportive. We have 4 children, two in their twenties and two teenagers. I am a housewife. Thank you for your vote of confidence.



Registration now open!

Join us Oct. 26-29 in Milwaukee, Wisconsin

Keynote Speaker

Robin Roberts

Don't miss our "Host Chapter Event" Spooktacular Costume Party
Friday, October 28, 8-10pm. Tickets are limited, and available alongside

National Convention Registration at amtamassage.org



Note from the Chapter Immediate Past President

Lynn Marie Kutz, LMT

“To succeed, you need to find something to hold on to, something to motivate you, something to inspire you. “ ~ Tony Dorsett

As I write this I am in the final weeks of serving as your Chapter President. I do feel that my term of service has been a success - You have inspired me and motivated me. I have learned and have grown in these past two years. I believe I am a better therapist and a better person for having attempted the position. It is time to move on, though not away from AMTA. I shall be serving as Immediate Past President, supporting your new Chapter President (whomever that may be - we won't know until elections shortly before this edition is published - we're holding open the space to report on that!) and the members.

I have had the opportunity to meet many of you in person, and to interact by phone, email, and facebook. Most of the contacts have been questions about licensing and continuing education. I have happy to direct you to the resources that hold your answers.

You have enriched my life. Thank you. If you happen to host a Meet & Greet at a time and place I am available, I will attend. AMTA is about community. Thank you for being a part of my professional community. I look forward to using my newly found “extra” time to expand my Life Coaching services.

It Doesn't Cost Money to Volunteer for AMTA Wisconsin

Your Chapter thrives and grows thanks to the time you and your fellow members devote to the profession. It can be fun and very rewarding. Any mileage to required in-person meetings is reimbursed, and required overnight lodging is covered (at shared room rate), meals may be provided, and more.

We are currently seeking members to assist with tasks within the chapter.

If you are willing to devote a few hours here or there, or on on-going basis, please reach out to us at amtawi@ymail.com.

Newsletter Tasks (may be split among several volunteers) volunteer to coordinate collection of content & coordinate editing, layout volunteer, someone to coordinate printing, mailing & emailing.

Meet & Greets All members are welcome to “Host” an event in their area, by selecting a location, date & time - our Membership Committee will coordinate getting the word out.

Sports Massage and Community Service Massage Team (CSMT) Always seeking new events & members willing to lend a hand for both paid and unpaid events. The CSMT - Emergency Response division seeks members willing to be trained to provide comfort massage to responders at disasters within the state.

Advertising Seeking a volunteer to track advertising across website and newsletter, possibly solicit advertising.

Social Media All members are welcome to submit guest blog posts on a variety of massage career related topics. Volunteers are being sought to assist with content generation for facebook and Twitter posts (For example, one could be responsible to “Self-Care Sunday” posts, another for “Research Thursday” posts).

Delegates Elected at Spring Chapter meetings for two year terms - to research House of Delegates proposed recommendations and Position Statements, present to chapter members at meeting, and attend the HOD at National Convention. Alternate Delegates are elected for one-year terms to replace any delegates who need to step down.



Ethical Dimensions

Ethics: Terrain of Transformation

Kathy Ginn, L.M.T., NCTMB

The study and exploration of ethics reaches far beyond a professional requirement. It is more than good intentions, knowing and following, to the best of one's understanding, an external code of ethics and regulatory laws. Ethics has to do with the most interesting parts of human life: intimacy, authenticity, spiritual nourishment, inner development, service, forgiveness, fear, inner values, character, emotions, power and love.

Ethics education is the terrain of self - development and transformation. Our work becomes a spiritual practice that reflects our inner journey. We have chosen a vocation that requires constant renewal of mind, heart and spirit – if we want to avoid burnout, take joy in our work and grow in service to others. Yes, we do learn many skills and techniques along the way, but probably the most worthy skill is the ability to offer clients support, trust and companionship – a shared presence. I have attempted over the years, to offer a unique and meaningful approach to ethics education, and inspire others to explore the elements of healing that go beyond technique. Ethics education offers more than simply guiding others into what to do, or how to do it; it is an invitation to travel within, to quietly sit in the questions and discover the self who steps into the session room. This is the deep root of ethics education!

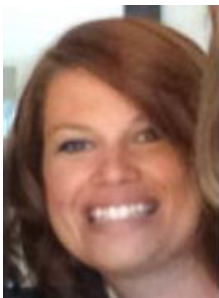
His Holiness The Dalai Lama said we must be on the journey of repairing our own hearts and actions, before we can offer healing to others. Touch connects us deeply to our clients, whether we work in a spa, clinic or private practice. Our touch establishes a trust with clients that is unique among the helping professions. As a result, the client-practitioner relationship is often a complex and delicate matter. Being in this profession as both a practitioner and teacher has afforded me the gift and opportunity to consistently learn, grow, make mistakes and start all over again. I have continued over the years to develop my understanding of how our practice with clients becomes reflective of our inner life and supports our spiritual development. Our profession has a code of ethics; however, this is often not enough. Many situations require a decision that is based on something deeper.

My invitation to you -- Become still and quiet. Reflect upon the Prayer of St. Francis ~ Make me an Instrument and **notice what you notice!**

May we continue to Learn, Grow and live in Peace!

Kathy has been active in the field of massage therapy & bodywork since 1991. Kathy is a Right Use of Power facilitator, Hakomi trained bodyworker and an NCBTMB Approved provider. She served with the NCBTMB ethics committee for 8 years, and currently serves on the Board of the Right Use of Power Institute – located in Boulder, CO. She is currently on faculty at East West Healing Arts Institute. She offers continuing education through TIBIA in Madison, travels statewide and nationally. She offers continuing education in Ethics, Somatic Education and Business Development. Kathy also offers mentoring for those who seek her service. You may visit her website at: www.ethicaldimensions.com

If you have ideas you would like to share with the members, please consider submitting a "Guest Blog Post" to lynnkutz@aol.com. Some ideas for Guest Blog Post: My Favorite Ways to Market, Integrating New Massage Techniques into an Existing Practice, 10 Great Self-Care Tips to Share with Clients, Ethics of Retail Sales, To Accept Tips or Not? Your experience and imagination are the limit for what you can submit! Submissions may be edited and/or shared through other chapter resources. Photos are also appreciated! Check out the blog at <http://amtawiblog.weebly.com>



Helping Hands to Help More Hearts

Kelsey Lyons, LMT, BS, CNA

I recently read a blog about working as a Massage Therapist in a franchise and how it was hard for her to do massage correctly when she was stressed about time and only having 5 or 10 minutes between clients. I completely agreed with everything she said and it got me thinking about my 11 years in the massage therapy field. I have worked in so many different settings: owning my own business, spa, franchise, hospital, hospice care, and colleges. By working in so many different settings, I have learned so many wonderful (and horrible) things that have made and helped me grow and develop my skills. I am following my role models/mentors and hoping to be an expert in this field like them one day. But it's crucial to keep learning everyday to get to that goal and not become stagnant.

A few weeks ago, I got to have good conversations with some of my former students. I realized that everyone has room to grow and learn. More importantly, we need to help each other! I told my students how significant it is to me that they do well. And not just them but all Massage Therapists, even if they are at a "competitor." My explanation for this "weird" comment is what a friend told me last week, she told me about her first and only massage she had many, many years ago. Long story short, it wasn't good: she never wanted a massage again. I told her that it's like getting your hair done, you just need to find the right person for you that does what you're looking for. Unfortunately, that one Massage Therapist changed her thoughts and ideas about my career and passion. Simply put, I can't have that!

Instead of wishing bad on my competitors, I want and offer help to them. I wonder what society would be like if others did this in other fields. I believe we would get better services and products if people would help each other. Probably wishful, socialist thinking but it's an interesting idea. Maybe we can help the franchises finally realize the benefit of talking and communicating with clients for longer than 5-10 mins. Maybe we can make sure Massage Therapists are learning and growing so they don't hurt someone or make them feel uncomfortable. Maybe changing another Massage Therapist will be the difference for a cancer patient continuing massage treatments while getting chemo that will help that person heal! In my opinion, the bigger picture is more important than whether or not my competitor is making more money than me.

Please check out the website event page to see the new listing of community service massage team events. We are going to have lots of fun helping our communities this year!



Amazing Self Care Tips to Avoid Burnout

Mindy Murkley-Kruckeberg, LMT

Relaxation Techniques: There are many different types of relaxation techniques, see what works for you. These can really make a difference to help you fall asleep and unwinding after a long day.

Breathing Exercise: Place one hand on your abdomen right beneath your rib cage. Inhale slowly through your nose (8 seconds) drawing a deep breath into your lungs. Your chest should move only slightly, while your stomach rises, pushing your hand up. Hold for 4 seconds. As you exhale (7 seconds), just let yourself go and imagine your entire body becoming loose and limp. Repeat a few times until you feel tension melt away.

Progressive Muscle Relaxation: Bring your thoughts to your muscles, stopping at each area of the body from head to toe (or toe to head), paying attention to individual areas where tension exists. As you pause at each area, tense and relax each muscle, trying to release unnecessary tension.

Visual (Guided) Imagery: Imagine tension flowing out of your body from top to bottom. Visualize tension draining down your shoulders and arms and out through your fingertips into the air, down your thighs and legs, and out through the soles of your feet into the ground. Imagining yourself in a relaxing place on the beach or a place that you've always wanted to go. Take time to imagine the specific details of what you see, hear and feel in this place.

Mindfulness Meditation: Find a comfortable position sitting or lying down. While focusing on your breath, allow your thoughts, feelings, and physical sensations to flow over you, entering and leaving your awareness. You will notice your mind wandering, gently just refocus on your breath. It takes time to get used to quieting your mind and fully relaxing. Try for smaller durations of time, 15-30 mins then increase.

Yoga: Yoga means 'union' or 'connection' (This is a very general definition). In Sanskrit, the word 'yoga' is used to signify any form of connection. Yoga is both a state of connection and a body of techniques that allow us to connect to Conscious connection to something allows us to feel and experience that thing, person, or experience. The experience of connection is a state of yoga, a joyful and blissful, fulfilling experience. Awareness is the secret of yoga.

AMTA - WI Meet and Greet

What is a "Meet and Greet"?

It's a casual "get-together" with fellow Massage Therapists in your area. You can come to network, talk, meet, and simply have fun!

It's FREE!

Check out our Facebook Page and Website for more details.
Adding dates and locations all the time!

Spirituality: Many people find comfort and strength in their spiritual or religious beliefs. Reflecting on your personal values, ethics and beliefs through prayer, meditation, or other means can be a helpful.

Exercise: There is strong evidence that regular physical activity reduces health risks and lessens the symptoms associated with some common chronic mental health disorders. The most important thing to remember is to set a realistic and attainable goal. Keep it fun and simple! Here are some of the possible benefits of exercise: Reduced psychiatric symptoms, stress resulting from burning off stress chemicals such as adrenaline, release of endorphins (chemicals that have a naturally relaxing and calming effect on the body), improved memory, sleep and focus, better regulation of mood, increased energy, weight loss, boosts sense of accomplishment and self-esteem.

Nutrition: A healthy diet is a big part of any successful self-care plan. Nutrition has been linked with emotional, physical, and cognitive health. Eating a healthy diet gives your brain and your body the vitamins and minerals needed to stay well. Your diet affects: the brain neurochemistry that controls mood and response to stress, the way your brain and body interact, the higher brain functions that control learning, memory and intellectual functioning. The key is balance. There are many resources on the market that can help you incorporate foods into your diet. Everyone has their own unique eating styles.

American Massage Therapy Association is happy to share the opportunity for Self-Care and the way Massage Therapy can reduce stress and enrich your life. For more information about Massage Therapy go to <http://www.amtawi.org>.



Branch Out – Take Your Skills to the Next Level with Upledger CranioSacral Therapy...

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\$100 PER MONTH**

Upcoming Classes:

Additional dates and locations at Upledger.com

CRANIOSACRAL THERAPY 1 (CS1)	
Chicago, IL	Jun 2 - 5, 2016
Minneapolis, MN	Jun 2 - 5, 2016
Milwaukee, WI	Jul 14 - 17, 2016
CRANIOSACRAL THERAPY 2 (CS2)	
Minneapolis, MN	Jun 2 - 5, 2016
Milwaukee, WI	Jul 14 - 17, 2016
Chicago, IL	Nov 3 - 6, 2016
SOMATOEMOTIONAL RELEASE 1 (SER1)	
Minneapolis, MN	Nov 10 - 13, 2016
Milwaukee, WI	Dec 8 - 11, 2016
CST TOUCHING THE BRAIN 1: Stimulating Self-Correction Through the Glial Interface (CTTB1)	
Minneapolis, MN	Aug 18 - 21, 2016
CST FOR LONGEVITY: Reversal of the Aging Process (CSIR)	
Minneapolis, MN	Aug 11 - 14, 2016,
CST FOR LONGEVITY: Applications to the Treatment of Alzheimer's & Dementia (CSLAD)	
Woodward, WI	Aug 27 - 28, 2016

The Upledger Institute International is endorsed by the International Alliance of Healthcare Educators



**John Matthew Upledger, CEO
and John E. Upledger, DO, OMM,
developer of CranioSacral Therapy**

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TO REGISTER, USE PRIORITY CODE WI AMTA 4-16



AMTA Wisconsin Education Event Late Summer 2016

Friday & Saturday, August 26 & 27, 2016

Aurora BayCare Sports Medicine

1160 Kepler Drive, Green Bay, WI 54311

Agenda for AMTA Wisconsin Late Summer 2016 Education Event

Friday, August 26, 2016 9 a.m. - 4:30 p.m.

8:00 am - 9:00 am Registration, Coffee & Tea

9:00 am - Noon Give them *Hope: Working with People in Pain* - 6 CE with Jason Erickson

Noon - 1:30 pm Lunch ~ on your own

1:30 - 4:30 pm Give them *Hope: Working with People in Pain* - 6 CE with Jason Erickson **continued**

Saturday, August 27, 2016 9 a.m. - 6:30 p.m.

8:00 am - 9:00 am Registration, Coffee & Tea

9:00 am - Noon *Functional Integrated Therapy* - 8 CE with Mark Carangelo

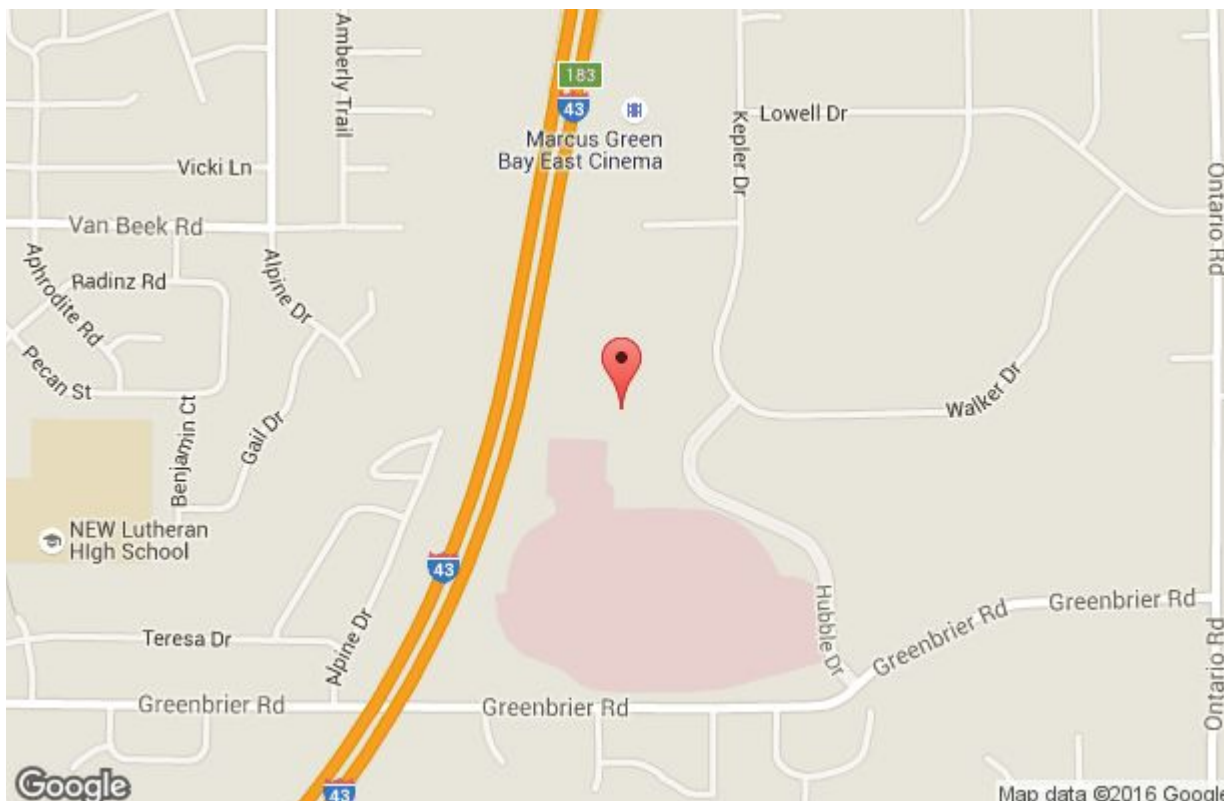
Noon - 1:30 pm Lunch ~ on your own

1:30 - 6:30 pm *Functional Integrated Therapy* - 8 CE with Mark Carangelo **continued**



Directions & Parking Information to Aurora BayCare Sports Medicine:

Aurora BayCare Sports Medicine Building is located at 1160 Kepler Drive, Green Bay WI 54311, next to Aurora Hospital. Complimentary Parking lots available out front and to side.





AMTA Wisconsin Education Event

Late Summer 2016

Friday & Saturday, August 26 & 27, 2016

Aurora BayCare Sports Medicine

1160 Kepler Drive, Green Bay, WI 54311

Friday, August 26th, 2016 9 a.m. - 4:30 p.m.

***Give Them Hope: Intro to Working with People in Pain* 6 CE** **Jason Erickson, NCTMB, CMT, CPT, CES, CAIST, BBA, BA, AA, NCBTMB #308**

Give Them Hope: Intro to Working with People in Pain introduces important concepts from pain science to help massage therapists understand the neurology of pain and how it applies in practice, starting with client education and applying it to massage and bodywork treatment methods. This class provides a framework of understanding that may enhance all forms of massage and bodywork. Participants learn to apply pain science and dermoneuromodulation (DNM) concepts to client education and hands-on massage. These applications reflect an interactive approach that considers the nervous system of the patient from skin cell to sense of self.

Hands-on applications include gentle positioning of limbs and torso to affect deeper nerve trunks, and is combined with skin stretch to affect cutaneous fields of nerves that branch outward into skin. Included are simple ways of explaining the nervous system and pain mechanisms as part of treatment, plus some simple, effective ways to get clients in pain to start moving with greater ease and confidence.

- Introduction to basic pain science and pain as a biopsychosocial (BPS) phenomenon
- Overview of CNS and PNS processing (relevant to any kind of massage/bodywork)
- Overview of the cutaneous nerves, with examination of “tunnel syndromes”
- Positioning for comfort, with massage/skin stretch to reduce pain
- Gentle strategies for reintroducing movement and self-empowerment to people in pain

This class focuses extra attention on how to work with people that have severe and/or chronic pain. Participants do not disrobe and are recommended to wear layered athletic clothing. *Student Materials:* Massage Table, Sheets are optional but bolster, extra pillows and blankets are recommended. Participants may receive a class handout. Dermoneuromodulation (DNM) YouTube Preview - <https://www.youtube.com/watch?v=sHFeXsHTUel>

Early Registration by 7/26/16: \$100/Member/Student; \$150 Non-Member

Regular Registration: \$150 Member/Student \$200 Non-Member



About Jason Erickson

CMT, CPT, CES, CAIST, BBA, BA, AA, NCBTMB #308

Jason Erickson is current president of AMTA Minnesota chapter and Master of Ceremonies for the San Diego Pain Summit. He has earned certifications in orthopedic massage, Active Isolated Stretching, pre/post-natal massage, personal training, corrective exercise, fascia work, Circular Strength Training, and other disciplines.

A former combat athlete and office worker, Jason had many injuries and lived with debilitating chronic pain for over a year. His journey back to pain-free health inspired him to leave the corporate world to become a trainer, a therapist, and an educator. Jason co-owns Keep In Touch Massage of Eagan, MN, works part time at Burn Personal Training in Bloomington, MN, and works with elite athletes at Grandma's Marathon, the Half Marathon National Championships, and other events. He works primarily with people in pain and with athletes at all levels. He can be reached via e-mail to JasonEseminars@gmail.com



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Aurora BayCare Sports Medicine
1160 Kepler Drive, Green Bay, WI 54311

Saturday, August 27th, 2016 9 a.m. - 6:30 p.m.

Functional Integrated Therapy with Mark Carangelo, LMT NCBTMB # 399100-00

FIT is a one of a kind multidisciplinary approach developed by Mark Carangelo. FIT integrates pain science, development neuromuscular sequencing, movement screenings, rolling patterns and crawling, vestibular reading balance, manual muscle testing, parasympathetic ns activation, osteopathic alignments, orthopedic assessments, (passive, active, resistive and special tests) along with myofascial release, trigger point therapy, stretching, corrective exercise (client home care) and joint mobilizations to facilitate an overall balance of the body resulting in structural integration, pain free movement and enhanced overall performance. As therapists, we need to assess movement patterns and make corrective methods for the client's long term health. People compensate for faulty movement patterns and the proper assessment is key to correction of these compensation patterns. Reprogramming the CNS will allow for the client to regain the proper motor control sequencing. We should be looking at the body from the inside out not the other way around.

It is paramount to make an accurate assessment of the condition in which your client presents. If the therapist assesses the patient has a stability issue over a mobility issue the correction can be quite different. Stability calls for developmental sequencing via rolling. These specific evaluations need to be correctly assessed to assure the proper treatment is conducted. Understanding how we function as humans is a major part of FIT.

Student Materials: Massage Table, Sheets, Oil/Lotion

Early Registration by 7/26/16: \$160/Member/Student; \$200 Non-Member
Regular Registration: \$210 Member/Student \$250 Non-Member



About Mark Carangelo, LMP, NCBTMB # 399100-00

Mark Carangelo is an author, presenter, and owner of an accredited massage therapy school who lectures year round on acute pain, chronic pain and is a movement specialist. He has developed Functional Integrated Therapy (FIT) for the manual therapist seminar series and DVD series. Mark presents nationwide, at state conventions, such as the AMTA and is a presenter for The Red Bank Holistic Learning Center.

His audience includes massage and physical therapists, as well as athletic trainers, chiropractors, nurses, physicians, occupational therapists, and high-end sports and athletic trainers. Mark works for the Columbia U. sports medicine staff as a manual therapist and is a consultant for the UCLA football strength staff and has been on the New York Jets strength and conditioning staff and works with many elite athletes from UFC MMA fighters to world class swimmers. Mark, has amassed hundreds of thousands of hours of clinical experience and his school is recognized as one of the most complete in the USA. He is also the past co chairman of the New Jersey massage and bodywork licensing board. <http://www.massageschoolnewjersey.com/>

ADA assistance is available upon request.



AMTA Wisconsin Education Event Late Summer 2016

Friday & Saturday, August 26 & 27, 2016

Aurora BayCare Sports Medicine

1160 Kepler Drive, Green Bay, WI 54311

Hotels:

Comfort Inn & Suites By Carlton

850 Kepler Drive, Green Bay, WI 54311

(920) 288-0101

hotels.countryinns.com

Room block for **AMTA WI** #409439 (by phone) Room Rate: \$87.00 rate with option of a Queen, King, or 2 Double Beds. There is free Wi-Fi and breakfast. Other amenities include an exercise room, an indoor pool, whirlpool tub and a kids' pool. Rate good until **August 5, 2016**.

Super 8 Green Bay I-43 Business Park

2911 Voyager Drive, Green Bay, WI 54311

(920) 406-8200

super8.com

Room block for **AMTA WI** (by phone) Room rate of \$59.99 with option of King, or 2 Double Beds, if no Packer Events. \$159.99 Hotel has complimentary continental breakfast, a heated indoor pool, sauna and fitness center. Rate good until **August 11, 2016**.

Restaurants Nearby:

Greenbrier Cafe \$ American Restaurant (Breakfast, Lunch and Dinner)

Located in: Aurora BayCare Medical Center

Address: 2845 Greenbrier Rd, Green Bay, WI 54311

Phone: (920) 288-3663

The Greenbrier Café offers a selection of hot and cold foods, soups and a salad bar, as well as a wide variety of beverages and desserts. Full meal service is available during the following hours:

Breakfast: 7 a.m. to 10 a.m.; Lunch: 11 a.m. to 1:30 p.m.; Dinner: 4:30 p.m. to 6:30 p.m. Open til midnight.

El Sarape Restaurant \$\$ Mexican Food (Lunch & Dinner)

Address: 2030 E. Mason Street, Suite H-1, Green Bay, WI, 54302

Phone: (920) 468-8792

website: www.elsarape-gb.com

Colorful chainlet for casual Mexican fare including hearty portions of classic fare & margaritas. Open 10 a.m. - 10 p.m.

Mackinaws Grill & Spirits \$\$ American Food (Lunch & Dinner)

Address: 2925 Voyager Drive (I-43 and East Mason) | Green Bay, WI 54311

website: <http://www.mackinaws.com/>

Phone: (920) 406-8000

Comfortable, rustic, casual American restaurant & sports bar. Gluten-free, Vegetarian options Hours:

Monday – Saturday 11:00 a.m. till 1:00 a.m., serving food till 10:00 PM. Cabin Bar is always open

“late” especially Friday and Saturday when bar time prevails (2:30).

There are multiple other fast food restaurants near the East Towne Mall including:

Culver’s, Starbucks, Qdoba, Fazoli’s, Applebee’s, McDonalds, Noodles & Company, Perkins, etc.



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1160 Kepler Drive, Green Bay, WI 54311

Register ONLINE at amtawi.org or MAIL in your registration.

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Home / Mobile Phone _____ Work Phone _____

Email Address _____

AMTA Member # _____ ** must provide number to receive member discount**

Check the workshops you plan to attend.

Workshop	CE Hours	<input checked="" type="checkbox"/>	Presenter	Price Before 7/26/16		Price After 7/26/16	
				Member or Student Other	Non Member of Other	Member or Student Other	Non Member of Other
Give Them Hope: Working with People in Pain	6		Jason Erickson 9:00 a - 4:30 p	\$100	\$150	\$150	\$200
Functional Integrated Therapy	8		Mark Carangelo 9:00 a - 6:30 p	\$160	\$200	\$210	\$250

Register **online** at amtawi.org or **mail** to: Casey Guilfoyle, Education Chair, 7080 Lower Rd, Sobieski, WI 54171

*Registration price includes materials.

Credit Card: Name on Card: _____

Card Type (Circle one): Visa MC Discover AMEX

Credit Card Number _____ Expiration Date (mm/yyyy): _____

Make Checks Payable to: **AMTA-WI** Amount Paid \$ _____ Check # _____

ADA assistance is available upon request

What is the conference refund /cancellation policy? Full refund minus \$30.00 administrative fee.

No refunds will be issued for cancellations less than 72 hours prior to the event.

Registration minimums need to be met 30 days prior to event or classes will be cancelled.

Approved AMTA-WI Chapter Meeting Minutes

July 25, 2015 * The Hotel Mead, Wisconsin Rapids



Meeting called to order at 6:31pm by Lynn Kutz, President

Board Members, Committee Chairs and Delegates Present: Lynn Kutz (President), Casey Guilfoyle (1st VP/Education), Kelsey Lyons (2nd VP/Membership), Mindy Murkley-Kruckeberg (3rd VP/Awards/Finance/Alternate Delegate), Marilyn Heckert (Treasurer), AnnMarie Kolb (Secretary), Mya Rowe (Immediate Past President/Alternate Delegate), Jacci Horstman (Member-At-Large/Delegate), Liz Lehr (Member-At-Large), Tom Reich (Social Media/Display), Mary Schweiger (Commission on Candidacy/Community Service Massage Team) Cynthia Licht (Delegate), Jon Botsford (Delegate), Ken Ring (Delegate), Sara Wendt (Delegate) and Marialyce Dorman (Alternate Delegate).

Lynn Kutz assigned Janelle Moskonas as Sergeant-At-Arms for this meeting.

Lynn Kutz assigned Mindy Murkley-Kruckeberg as Timekeeper for this meeting.

Quorum: 29 professional members present. Quorum is 15 voting members.

MOTION: Casey Guilfoyle moved to approve the Chapter minutes from the March 7, 2015 meeting as printed in the April Connecting Hands. Ken Ring seconded. All approved.

Call for new business: Lynn Kutz asked for new business to be added to the agenda. Nothing was added from the floor. MOTION: Kelsey Lyons moved to accept the agenda as presented. Marilyn Heckert seconded. All approved.

Delegate Position Statements:

1. Proposed Position Statement: Portability. Jacci Horstman read the summary of statement: regulations, in statute and/or rules, should provide options for portability of credentials, which can be used to help meet the licensing, certification, or registration requirements of massage therapists across the United States. After questions and comments the AMTA-WI Chapter votes to pass this statement, with 23 votes for, 6 against.
1. Proposed Position Statement: Massage for Burn Scars. Sara Wendt read the summary of statement: Massage therapy may assist in the rehabilitation of burn scars. Discussion took place. The AMTA-WI chapter votes to pass this statement, with 28 votes for, 5 against, 2 abstentions.

1. Recommendation Indiana Chapter (Human Trafficking). Jon Botsford presented the summary of the recommendation: Therefore be it resolved, that the house of Delegates recommend to the National Board of Directors that a work group or operation committee be established to research and recommend a plan that the AMTA can use to develop support material and create a guide for working with Homeland Security, the Human Trafficking Task Force, and other organizations working on human trafficking. The Chapter approved this recommendation unanimously.
1. Recommendation Wisconsin Chapter (Online CE's). Ken Ring presented the recommendation: Therefore be it resolved that the House of Delegates recommends that the National Board of Directors offer complimentary online CE for members. The Chapter approved this recommendation unanimously.
1. Recommendation Wisconsin Chapter (Media Education). Cynthia Licht read the recommendation: Therefore be it resolved that the House of Delegates recommends to the National Board of Directors that the Board commission the creation of a model journalist/media education kit for Chapter use. Discussion took place about the drafting this statement took place and it was asked what this might look like. The Chapter voted unanimously for this recommendation.

Awards: Lynn Kutz awarded Mindy Murkley-Kruckeberg the Meritorious Award for our Chapter. Mindy will receive a plaque from National. Mindy Murkley-Kruckeberg presented the Humanitarian Award to Nancy Rezmer for her exemplary volunteerism in the Chapter and out in the community. Mindy also presented the Years of Membership awards to those who have been with the AMTA for 5, 10, 15, 20 and 25 years. Certificates were handed out at the end of the meeting.

BOD and Committee Chair reports:

Education: Casey Guilfoyle reported on upcoming Education Events. She reminded us to check the website for all dates mentioned.

Government Relations: Lynn Kutz reported the update on the Animal Massage legislation is in the August Newsletter. Lynn reported that Governor Walker approved a Proclamation for Massage Therapy Awareness week. She also let members know that AMTA-WI is 60 years old this year. She let membership know that a PDF copy of the Proclamation is available on our website.

Newsletter: Lynn Kutz reported that we need a newsletter editor.

Sponsorship: Mindy Murkley-Kruckeberg reported that she has contacted various vendors to get door prizes and advertising in the newsletter.

Sports Massage: Ronnie Artero Frederick reported that we are looking for therapists to connect with her with events in YOUR area. We have printed sports massage booklets.

Membership: Kelsey Lyons reported that we currently have 2052 members in our chapter. Kelsey reported that we are hosting Meet & Greets all over the state. If you would like to host one, please contact her and give her some dates! Meet & Greets are social gatherings for massage therapists to connect and chat about our profession. Kelsey reported that she is working on offering Massage on the Hill in the State Capital hopefully in October during Massage Awareness week.

School Liaison: Kelsey Lyons is looking find a new liaison. She is working on getting AMTA-WI into all Wisconsin massage schools with information about the AMTA.

Treasurer: Marilyn Heckert reported that we are currently on track in our budget. Currently in our checking we have \$75, We have \$91,692.43 in Government Relations account. Money Market account has \$10,110.01. Marilyn encouraged the membership to continue to give that \$20 for the chapter contribution. Marilyn fielded questions about the money from the floor.

Social Media/Display: Lynn Kutz reported on behalf of Tom Reich, Chair: Reminded the membership to like us on Facebook, LinkedIn, Pinterest, Blog. Check out our website. The Chapter Display is always available to the members to borrow for events for free. Looking for guest blog posts.

Commission on Candidacy: Mary Schweiger explained that she is looking for candidates for President, Second Vice President, Secretary, 5 Alternate Delegates, 2 Members At Large, and 2 Delegates. These elected Delegates will attend the WI and CA National Meeting.

Website: Casey Guilfoyle is a member of the committee and let the membership know that we are in need of a chairperson. It is a one year commitment or longer.

MOTION: Casey Guilfoyle moved to adjourn the meeting. Jon Botsford seconded. All approved.

Lynn Kutz adjourned the meeting at 8:21pm.

Respectfully submitted by AnnMarie Kolb, Secretary.

Government Relations Updates

Thank you to all members who have taken action on the legislative issues

SB 568 to eliminate the massage credentialing board and consolidate it into the physical therapy board did not advance beyond hearings this legislative session. There was considerable opposition from all professions the bill would have affected. AMTA Wisconsin Chapter will continue to monitor to see if this reappears in the future.

Lynn Kutz testified at an Assembly “Red Tape Review” where sections of our Admin Code were scrutinized. This was utilized as an opportunity to introduce concepts for our proactive legislative effort. During the hearing also addressed questions from legislators regarding our continuing education, amount of liability insurance, and the length of licensing periods.



The proactive legislative effort the Chapter authorized last year continues. The contract with our lobbyist runs through Dec 31, 2016. Rep Tittl, Lynn Kutz and our Lobbyist Steven Conway testified before the Assembly committee hearing. At the Senate Committee hearing members Lynn Kutz, Mary Schweiger, and Casey Guilfoyle testified, as well as our bill sponsors Senator Harsdorf, Representative Tittl.

The Bills SB 747 / AB 870 encountered opposition from the WCA (Wisconsin Chiropractic Association) and the physical therapy association. Amendments were introduced that were able to eliminate their opposition. passed hearings, but did not make it to the floor for votes. We will continue to create and enhance relationships with law enforcement, anti-human trafficking organizations and legislators to have the updates you have requested passed into law.



Rep Tittl and Sen Harsdorf testifying in favor of our Massage Bill



CONTINUING EDUCATION

6225 University Avenue, Suite 210, Madison, WI 53705 • 608-238-7378 • www.tibiainc.com
Like us on Facebook and Go to: <https://clients.mindbodyonline.com> for class descriptions and registration

Acupressure

3 CE Hours Each • Cheri Haines

Essential AcuTouch: Sinus Relief
Apr 27

Essential AcuTouch: Facial
May 25

Essential AcuTouch: Neck Ease
June 22

Essential AcuTouch: Happy Feet
August 24

Essential AcuTouch: Good Night's Sleep
September 28

Wednesdays, 6-9p

Each \$75 (\$60 if paid two weeks prior)
+ \$2 materials fee paid to instructor

Crystals

Crystal Energy Balancing

8 CE Hours • Cheri Haines

Jun 11 (Sa), 9a-6p

\$180 (\$160 if paid by 5/28/16)
+ \$5 materials fee paid to instructor

Eastern Bodywork

Meridian Massage *

32 CE Hours • Cheri Haines

Apr 7-10 (Th-Su), 9a-6p

\$720 (\$640 if paid by 2/24/16)
+ \$15 materials fee paid to instructor

Core Connection *

16 CE Hours • Cheri Haines

July 23 & 24 (Sa/Su), 9a-6p

\$360 (\$320 if paid by 7/9/16)
+ \$8 materials fee paid to instructor

Tender Touch *

16 CE Hours • Cheri Haines

Aug 13 & 14 (Sa/Su), 9a-6p

\$360 (\$320 if paid by 7/30/16)
+ \$8 materials fee paid to instructor

Essential AcuTouch

16 CE Hours • Cheri Haines

Oct 1 & 2 (Sa/Su), 9a-6p

\$360 (\$320 if paid by 9/17/16)
+ \$8 materials fee paid to instructor

* **Prerequisite:**

Essence of Qi or its equivalent

Ethics

Ethics as Power and Boundaries

6 CE Hours • Kathy Ginn

April 22 (Fr), 10a-5p

\$140 (\$120 if paid by 4/8/16)

Ethics as Right Use of Power

3 CE Hours • Kathy Ginn

June 3 (Fr) or Aug 5 (Fr), 10a-1p

\$75 (\$60 if paid two weeks prior)

Professional Self Care & Awareness

6 CE Hours • Kathy Ginn

Dec 4 (Su), 10a-5p (Oconomowoc)

\$140 (\$120 if paid by 11/20/16)

Massage/Bodywork

Prerequisite: Must be a massage therapist

**Somatic Awareness in the
Session Room**

6 CE Hours • Kathy Ginn

April 3 (Su), 10a-5p

\$140 (\$120 if paid by 3/20/16)

Your Happy Working Body

4 CE Hours • Leora Weitzman

May 22 (Su), 9a-1p

\$100 (\$80 if paid by 5/8/16)

Muscle Whispering

4 CE Hours • Leora Weitzman

May 22 (Su), 2-6p

\$100 (\$80 if paid by 5/8/16)

Dismantling Tension Patterns

7 CE Hours • Leora Weitzman

Jun 17 (Fr), 9a-5p

\$160 (\$140 if paid by 6/3/16)

State Continuing Education
(pending NCBTMB approval)

Chair Massage**

3 WI CE Hours • Leora Weitzman

Apr 25 (Mo), 9:30a-12:30p

\$75 (\$60 if paid by 4/11/16)

Treating the Neck**

3 WI CE Hours • Leora Weitzman

July 27 (We), 6-9p

\$75 (\$60 if paid by 7/13/16)

**Prereq: Must be a massage therapist

TIBIA's Signature Courses ***

Take two or more signature classes in
order and pay half price for each

Energy and Transformation:

**Foundation Workshop . . .
the power of choice**

11 CE Hours

Apr 29 & 20 (Fr/Sa), 6-9p & 9a-6p
&/or

Sept 16 & 17 (Fr/Sa), 6-9p & 9a-6p
\$350 (\$300 if paid two weeks prior)

Energy in Action

8 CE Hours

May 5 (Th), 9a-6p &/or

Aug 26 (Fr), 9a-6p

\$240 (\$200 if paid two weeks prior)

Energy 1

8 CE Hours

*Prerequisites: Energy in Action and
Foundation Workshop*

May 6 (Fr), 9a-6p &/or

Aug 27 (Sa), 9a-6p

\$240 (\$200 if paid two weeks prior)

Energy 2

8 CE Hours

Prerequisite: Energy 1

May 7 (Sa), 9a-6p

\$240 (\$200 if paid by 4/24/16)

Intuitive Bodywork/Massage:

8 CE Hours Each

*Prerequisites: Energy in Action,
Foundation Workshop and must be a
massage therapist*

Intuitive Bodywork

Sep 23 (Fr), 9a-6p

\$240 (\$200 if paid by 9/9/16)

Intuitive Bodywork 2

Prerequisite: Intuitive Bodywork

Oct 21 (Fr), 9a-6p

\$240 (\$200 if paid by 10/7/16)

Intuitive Bodywork 3

Prerequisite: Intuitive Bodywork 2

May 13 (Fr), 9a-6p &/or

Nov 18 (Fr), 9a-6p

\$240 (\$200 if paid two weeks prior)

*****TIBIA Grads/Reviewers:
Half Price on Signature Courses**

2016 Calendar of Events for AMTA Wisconsin Chapter Members

More events may be added & all dates are subject to change.

If you have an event for Sports Massage Team or Community Service Massage Team – Outreach please contact us
Please visit amtawi.org/events for up to date list or watch your monthly Member News emails & Newsletter.

April 9 Spring Education Event - Madison, WI

April 20 Meet & Greet - at TIBIA 7-8:30 pm Madison

April 21 Meet & Greet - at NWTC 5-7pm Green Bay

May 12-16 Massage Therapy Foundation Research Conference - Seattle, WA

May 15 Chapter Board of Directors Meeting - 3-6pm Online

May 18 Meet & Greet - at TIBIA 7-8:30 pm Madison

May 22 Cellcom Marathon Sports Massage Green Bay **

June 1 Submission deadline - Massage Therapy Foundation Student Case Report Contest

June 4 RollerDerby Sports Massage – Milwaukee **

June 15 Meet & Greet - at TIBIA 7-8:30 pm Madison

June 26 Chapter Board of Directors Meeting* - 3-6pm Online

July 20 Meet & Greet - at TIBIA 7-8:30 pm Madison

July 23-24 Scenic Shore 150 Sports Massage – Manitowoc/Sturgeon Bay **

July 28-31 Act 14 Ride - Outreach Massage **

Aug 7 Chapter Board of Directors Meeting* - 3-6pm Online

Aug 10-11 Outreach Massage Milwaukee **

Aug 26-27 Late Summer Education Event - Green Bay

Functional Integrated Therapy 8 CE, Intro to Working with People in Pain 6 CE

Sep 7 Early Bird deadline - National Convention Registration

Sep 18 Chapter Board of Directors Meeting* - 3-6pm Online

Date/Location TBA Membership Meeting Position Statements & Recommendations - All members encouraged to attend

Oct 3 Entry Deadline - Practitioner Case Report – Massage Therapy Foundation

Oct 23-29 20th National Massage Therapy Awareness Week®

Oct 25 National Chapter Leadership Training - Milwaukee (Chapter Volunteers only)

Oct 25 AMTA House of Delegates Meeting*

Oct 26-29 AMTA National Convention Milwaukee

Oct 28 Host Chapter Event - Spooktacular Costume Party 8-10pm

Nov 12 AMTA-WI Chapter Volunteer Development Training (Chapter officers & Invited Volunteers only)

Nov 13 AMTA-WI Chapter Board Budget Planning (Chapter Officers & Committee Chairs only)

Dec 18 Chapter Board of Directors Meeting* - 3-6pm Online

----- **2017** Known dates -----

Jan 29 Chapter Board of Directors Meeting* - 3-6pm Online

Feb 23-24 AMTA 2017 Schools Summit - Boston, Massachusetts

Mar 12 Chapter Board of Directors Meeting* - 3-6pm Online

Mar 15 Deadline for Chapter to Submit recommendations to National Office for HOD consideration

Apr 1 Application Deadline Community Service Grant – Massage Therapy Foundation

Sept 13-16 AMTA 2017 National Convention Pasadena, CA

**Win a Full Registration to the
2016 AMTA National Convention**
Must be registered for AMTA-WI's
Late Summer Education Event
Drawing to be held at the Chapter CE Event
*If winner has already registered,
a refund will be issued to you

* Members are welcome to observe House of Delegates Meeting and open Chapter Board Meetings.

** Volunteers needed. Some may be paid events, see website.



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