

Connecting Hands



The American Massage Therapy Association Wisconsin Chapter
Volume 17-01

Promoting Wellness Through Massage
Winter 2010



JOIN US

Plan on Attending the Chapter
Meeting
February 21, 2010
12 pm
Marriot Madison West

*Election of Chapter Officers
Budget Approval
Valuable Door Prizes
and more*

Be present to help decide the
future of your profession
If joining us for dinner and not
attending the education
sessions please see the
registration page for informa-
tion on meal cost.

Important Delegate Policy Change

Recently the National Board of Directors adopted a new policy regarding delegate elections. The old policy was to elect delegates at each annual meeting to serve for the following years' convention. Terms were of one year in length and all of the delegates were elected at the same annual meeting. Wisconsin is allotted five delegates, the maximum allowed for any chapter.

The new policy that will take effect in 2011, will change a delegate's term of service to two years, in odd years three delegates will be elected for a term of two years, even years two delegates will be elected to a term of two years. The schedule below indicates how the elections will occur in the future. No elections for delegates will occur in February 2010.

February, 2009

delegates elected for 2010 Convention in Minneapolis, Minnesota

February, 2010

No delegate elections to be held

February, 2011

3 delegates elected for two-year term

2 delegates elected for a one-year term

February, 2012

2 delegates elected for a two-year term

February, 2013

3 delegates elected for two-year term

The National Convention in 2011 will be held in Portland, Oregon, the 2012 location has yet to be announced.

What's Inside

Delegate Reports from
Orlando

Class Reviews from
LaCrosse Conference

Ethical Dimensions

A Critical 3 Minutes for Your Profession

In November 2009 the Massage Licensing Bill was finally introduced to the Wisconsin Legislature, BUT IT WILL NOT PASS if our 33 State Senators and 99 Assembly Representatives do not hear from many hundreds of us! Please, please tell their staff person that you support AB588/SB388, the Massage Licensing Bill. To find out how to contact your State Senator and State Assembly Representative, go to www.legis.state.wi.us or call 800-362-9472. Click on Who Represents Me? and then pick up the phone or send them an email. Letters are also fine, especially handwritten ones.

AMTA - WI Chapter Officers

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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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Delegates '10 Convention
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Barb Mitchell, Emily Ilg,
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Erin Witthun, Ellen Wittwer.
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Toll Free Phone: 877-905-2700.

Fax: 847-864-1178

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

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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

Presidents Report

This is my last message to you as President for the Wisconsin Chapter. Thank you so much for giving me this wonderful opportunity. Leading this Chapter was possible due to the dedication and hard work of the Board of Directors, volunteers, and members. Thank you for your tireless efforts and dedication to the massage therapy profession and for providing myself and each other encouragement, time, effortless assistance, overall advice, suggestions, and constructive criticism. I feel honored to have been able to work with all of you. I learned so much about our profession, the organization on a state as well as a national level, and about myself as a massage therapist and as an individual.



The past four years, I and the Board of Directors continued to focus on establishing a foundation for the board officers and members to work from. We supported the needs of the association's members in the massage therapy field. We updated the policy manual, chapter goals and objectives, developed rules of engagement and delegate policies through team building workshops, created committee job descriptions, established new committees, and continued to offer low cost educational seminars, legislative opportunities, and growth of the chapter. We even were able to accomplish additional work because everyone gave advice when asked, provided support when needed, and showed dedication to continue learning and accepted each other's strengths and differences. We also had fun! I am looking forward to the new vision of the 2010 elected President, offer support to his or her goals, and participate in future events.

Please consider getting involved with your Chapter. You can devote as much or as little time as possible. Please contact any of the board members, volunteers, or membership to ask about volunteer opportunities and how you can get involved.

Please welcome Mya Rowe as the new treasurer. Mya will be transitioning into the role as treasurer over the next few months. She will begin learning her job responsibilities by observing the bookkeeping that National and the Chapter maintain. She will also be taking a training course in Quickbooks in order to understand and apply the treasurer's fiscal responsibilities. Please see page 17 for Mya's biography.

I look forward to serving the membership as Immediate Past President in February, 2010 and participate on various committees including the new nominating committee. Hope to see you in February!

Believe, Imagine, and Dream!

Amy

Newsletter Committee Chair

Kay S. Peterson

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 at:

essentialmassage@sbcglobal.net & mikerude@mac.com

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

Typed or handwritten submissions are also welcome,

they should be mailed to:

Essential Massage

4330 Golf Terrace #209

Eau Claire, WI 54701

Advertising Rates

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

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

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Madison Area Technical College

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Seeking Part Time Massage Therapy Instructors

Madison Area Technical College is looking to build a pool of qualified candidates to teach continuing education courses for the Therapeutic Massage program.

We are currently accepting applications for the 2009-2010 academic year; however teaching appointments may extend into the 2010-2011 academic year and into the future.

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- WICMT

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Craniosacral Therapy

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Mayan Abdominal Massage



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Ethical Dimensions



It is the day after Thanksgiving as I sit and write this column. It is a beautiful sunny and warm day. This issue will be arriving at your home in January. We more than likely will have a blanket of snow on the ground. Our view will look

quite different than it does today. The seasons of Wisconsin ~ perhaps parallel the seasons of our lives. I believe there are also seasons to ethical development. Winter can be a season of quiet reflection, a time of slowing down, and listening to the quietness winter so beautifully offers each and every one of us.

In this column I would like to invite you into the winter season of ethical development ~ the exploration of the *Soul of Service*.

Rachel Naomi Remen hones the experience and value to both in the following excerpts in which she distinguishes service from helping or fixing.

"We serve with ourselves. We draw from all of our experiences. Our limitations serve, our wounds serve, even our darkness can serve. The wholeness in us serves the wholeness in others and the wholeness in me ... Service ... is an experience of mystery, surrender, and awe ... A server knows that he or she is being used and has a willingness to be used in the service of something greater, something essentially unknown. Everyone who has ever served through the history of time serves the same thing. We are servers of the wholeness and mystery of life. The bottom line, of course, is that we can fix without serving or helping. I think I would go so far as to say that fixing and helping may often be the work of the ego, and service the work of the soul ... Our service serves us as well as others. That which uses us strengthens us. Over time, fixing and helping are draining and depleting. Over time we burn out. Service is renewing. When we can serve, our work itself will sustain us."

I am forever grateful to have met Cedar Barstow, my mentor and dear friend. She introduced me to the concept of Ethics as Soul work. She helped me see the biggest container for ethics is social consciousness and personal development. I have some-how always known, perhaps intuitively at first that it is "who we are" which has the greatest potential for harming or helping our clients. I invite you to travel along with me, and together explore Ethics as Soul Work.

What do ethics at the level of soul work ask of us? This is what I have come to learn, explore and continue to practice and teach: (even amongst all the mistakes I have made.)

- ◆ On-going personal and spiritual work.
- ◆ An ability to be authentic, and at the same time, be in service to others.
- ◆ The humility to know and take responsibility when we've made a mistake.
- ◆ The ability to put our own needs aside in order to be of service.
- ◆ Access to a sense of unity and oneness.
- ◆ Thorough knowledge of self and an ability to use our strengths as resources and minimize the impact of our vulnerabilities.
- ◆ A capacity to be in the presence of suffering and woundedness with compassion.
- ◆ A calling to "make real" our gifts and intentions.
- ◆ A willingness to have influence.

"Listen to the silence; for it has much to say."

Kathy will be offering *Ethics as Soul Work* at the AMTA conference this February in Madison.

Kathy Ginn is currently in private practice in Madison, WI. She has been active in the field of massage therapy and bodywork since 1991, and also serves as a mentor. She teaches both Ethics and Business courses locally and nationally. She is on staff at both TIBIA and East ~ West Healing Arts Institute. She serves on the NCBTMB Ethics and Standards committee and also volunteers with AMTA on a national level. She is an approved provider with NCBTMB. You may visit her website @ <http://www.ethicaldimensions.com>

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Report from Orlando

by Michael Rude, WCMT

In a word, Awesome!! That is how I would describe the 66th AMTA National Convention in sunny Orlando Florida. Everything about that week was great. The conference itself, the workshops, the House of Delegates meeting, the hotel, the pool, the weather and the food were all beyond my expectations. Did I mention the pool? Held at the beautiful Rosen Shingle Creek Resort the conference was host to over 1,800 attendees. It was an eye-opening week of learning, networking and being a part of the process of change in our association.

Judy Stahl, AMTA board president began the Opening Session and Award ceremony on Thursday. She talked about how the AMTA National is helping people all over the country with an emphasis on how the association helped the victims of Hurricane Katrina by getting them new equipment and supplies so they could resume their practices. She included a touching video of one woman's experience and how this enabled her get back on her feet after this tragedy.

Elizabeth Lucas, Executive Director spoke next about how to promote your practice with Massage Awareness Week and other avenues such as the social networking sites like Facebook, Twitter and LinkedIn. She stated that even though the total number of people getting a massage is down, most likely because of the economy, the number of people getting a massage for the first time is up. Which is great news! We just need to keep them coming back.

The next speaker was Diana Thompson, Executive Director of the Massage Therapy Foundation. She spoke on how the foundations mission of supporting scientific research, education and community service is helping

those in our communities. She spoke about a program called "Win Win" in which they studied the behaviors of adolescent girls and the choices they make in regards to food. After getting massage they found that the girls made better choices with food. They ate more fruits and vegetable and drank more water and ate less chips and unhealthy snacks and drank less soda. Diana was joined on stage by Judy Stahl who presented the Foundation with a check for \$535,867.00 to continue their great work. This is Diana's last year and she was stepping down as Executive Director of the Foundation after 4 years of service. Judy awarded her with the Distinguished Service award. It was a moving and emotional moment.

The keynote speaker was an avocado farmer turned self empowerment advocate, Tony Burroughs. A great storyteller, his focus was on living with intention. As he says "our thoughts create our world " and he believes that you can " get proficient at manifesting your own destiny". He told a couple of stories of how this philosophy came true in his own life. A gentle and confident man, he was an inspiring speaker.

He ended his speech with the thought that " we always have the option to see ourselves in our highest light". Namaste Tony!

The awards were next and Wisconsin was well represented. Jean Nygren was there to receive her 25 year pin. She was later seen that night at a local Greek restaurant dancing up a storm in celebration. Opa!! Wanda Beals was awarded a 30 year pin, but was not present to accept her award. Amy Appel was there to receive her Meritotious Award and made us all very proud. Congratulations to all of our Wisconsin representatives.

I'm so grateful to have had the opportunity to represent our state as a delegate and would recommend it to all AMTA-WI chapter members. It truly was an experience I will never forget.



Jean Nygren receives her 25 year pin



Amy Appel receives her award from AMTA President Judy Stahl



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NMT - Upper (Grafton 3/19 - 3/21/2010)

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1/6, 2/10, 5/5

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Madison Open House: 9:30am
1/9, 2/13, 5/8

DEPERE

2200 American Boulevard
De Pere, WI 54115
920-338-9500
De Pere Open House: 6pm
1/7, 2/11, 5/6

Report from Orlando

by Robin Brauner, WCMT

I arrived at the beautiful Rosen Shingle Creek Resort in Orlando, FL Tues, Sept 22, had an excellent Cuban dinner, and a refreshing dip in one of the resort's three pools. Wednesday was the orientation meeting for the House of Delegates where the Parliamentary Procedures of the house were explained and demonstrated. The political process was much to my surprise a very fun and fascinating meeting! The AMTA really knows how to bring fun into what could be drab and mechanical. Thursday morning at the awards ceremony we had a keynote speaker, Tony Borroughs, speak to us on the power of intention. After that, lunch was provided to the first time attendees of the conference as a way to meet and greet other newcomers. The House of Delegates convened for a meeting where we discussed four position statements and two recommendations proposed. Mike Rude has included a detailed report on the outcome of these proposals.

Thursday evening was arguably the most fun filled evening as the conference participants from the Wisconsin chapter all gathered at a fabulous Greek restaurant called Taverna Opa. There it was encouraged to dance on tables, catch flying stacks of napkins the waiters would throw like confetti, and of course yell an exuberant, "Opa!"

Friday I had the privilege of taking Whitney Lowe's class on The Evaluation and Treatment of Nerve Injuries. Whitney is an incredible speaker who delivers complex concepts in a very clear, concise way and encourages crit-

ical thinking skills. He is attentive to everyone's questions and very knowledgeable. I would highly recommend his class if the opportunity would come before you. He believes that as we are the front runners encountering our clients pain often times before the doctors, this information could be very beneficial in evaluating client conditions that arise. We learned specific tests used to evaluate if the pain that is present is caused by a nerve injury or impingement. If the pain is re-created that would be a positive test for these specific conditions. Treatment strategies were suggested but not demonstrated in this class, which saved time but left me (as a hands on and visual learner) desiring a bit more thorough instruction. Regardless of that, my practice is sure to benefit from the tests learned.

Saturday I took the Myoskeletal Alignment class offered by another brilliant teacher, Erik Dalton. Ken Ring will be writing more about this class. All I'll offer is it was amazing; He has wonderful visual tools and his techniques are instantly applicable to one's practice. The conference was wrapped up by a dinner/dance Saturday night where there were fun people everywhere! Everyone had a great time!

I'd like to thank the AMTA Wisconsin chapter for electing me to serve as your delegate. It was an incredible and very educational experience in many ways. I found it fascinating and an honor to observe and participate in our association's political system where change and growth happens at the core. I hope this report has carried you along for the ride and you've had at least a fraction of the amount of fun I had!

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Lotus Hands I

Instructor: Doug Bertram, L.Ac, MTCM, LMT
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Cost to Lakeside Graduates: \$270

Lotus Hands II

Instructor: Doug Bertram, L.Ac, MTCM, LMT
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Class Review

by Cynthia "Sam" Licht, NCBTMB, WCMT

Review of Essential Strategies for Today's Complex Massage Cases presented by Dr. Bryan A. Born, DC on September 12 and 13 of 2009 at AMTA WI Chapter Fall Meeting in La Crosse, WI.

As a second generation chiropractor Born's passion for helping people is apparent in his engaging and enthusiastic teaching style. What many of us imagined would be a very dry, rather boring seminar proved to be a lively and thought - provoking two days. He offered very practical advice on how to adjust the pressure of massage techniques by using a system he has developed called TILE, which stands for tolerance, incremental, light and energy. We also reviewed some of the new acronyms for conditions such as Peptic Ulcer Disease, PUD or Medial Tibial Stress Syndrome, MTSS.

Born gave the participants many case studies which we collaborated on to test our new understanding of how medications can affect massage. We used his self-published book, The Essential Massage Companion, as our resource on which to base our decisions. It proved to be a valuable enough tool for me to purchase along with a CD that includes his intake forms. He has a website that updates for any new medications although he believes that understanding the different classes of drugs and their

effects on the system provides a strong base to make informed choices that will provide the safest and most effective massage therapy for each client's individual need.

Dr. Born's presentation was filled with valuable information that, to my knowledge, has not been accessible to the massage professional in any other format. We covered medications ranging through pain/anti-inflammatory, corticosteroid, cholesterol lowering, chemotherapy and circulatory medications. The two days we spent learning and discussing seemed to barely skim the surface of the innumerable medications and their applications and side effects based on different illnesses, diseases or symptoms. Understanding the processes of each class of medication was an essential part of choosing how to alter a massage session, such as knowing that corticosteroids suppress the immune system. From this solid base our learning expanded.

Throughout his presentation Dr. Born advocated the numerous benefits of massage therapy. He encouraged us all to believe in the power and significance our touch provides and he follows through with that belief in his book by including various affirmations and positive statements such as, "Your compassionate touch may be the best gift you give your client." I left this seminar confident in knowing that with the information he generously gave the services I provide will be safer, more effective and appropriate to each individual's needs.



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Here's a look at the courses you won't find anywhere else!

Freeing the Power to Heal: The Foundation Workshop:

16 CE Hours

January 9 & 10, 2010 - 9a-6p
February 13 & 14, 2010 - 9a-6p
May 15 & 16, 2010 - 9a-6p
\$300

*

Energy in Action*:

16 CE Hours

February 27 & 28, 2010 - 9a-6p
May 22 & 23, 2010 - 9a-6p
\$310 (\$280**)

Transformational Bodywork 1*:

8 CE Hours

March 13, 2010 - 9a-6p
\$250 (\$225**)

*Freeing the Power to Heal:
The Foundation Workshop is a
prerequisite for these classes.

**Price discounts for paying tuition
two weeks prior to class date.

*** Training: Intuitive Space is a
prerequisite for this training

TRAINING:

Intuitive Space*:

30 CE Hours

January 12, 19, 26, February 2, 9,
16, 23, March 2, 9, 16, 2010
6:30-9:30p
\$900 (\$750**)

*

Intuitive Support ***:

30 CE Hours

January 11, 18, 25, February 1, 8,
15, 22, March 1, 8, 15, 2010
6:30-9:30p
\$900 (\$750**)

Additional class offerings

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January 2, 16, 23, February 6, 13;
9a-6p & February 27, 2010; 9a-1p,
\$720 (\$660**) + \$35 materials fee

*

Body Basics for Body Burnout: Self Care for Bodyworkers:

14 CE Hours

January 23 & 24, 2010; 9a-5p
\$310 (\$280**)

*

Ethics as Soul Work & World Service:

8 CE Hours

January 31, 2010 - 9a-6p
\$160 (\$140**)

**Price discounts for paying tuition
two weeks prior to class date.

Intro to Myofascial Release:

20 CE Hours

February 19, 2010; 6-10p
February 20 & 21, 2010; 9a-6p
\$440 (\$400**)

*

Massage for People Living with Cancer:

24 CE Hours

February 19, 20, & 21, 2010 - 9a-6p
\$400 (\$360**)

*

Myofascial Healing Workshop:

14 CE Hours

March 6 & 7, 2010 - 9a-5:30p
\$290 (\$250**)

Visit www.tibiainc.com for a
complete list of our courses

Nutrition for Massage Therapists:

6 CE Hours

March 4, 11, & 18, 2010 - 6:30-8:30p
\$140 (\$120**)

*

Crystal Energy Balancing:

8 CE Hours

April 11, 2010 - 9a-6p
\$180 (\$160**)

*

Intro to Myofascial Unwinding:

14 CE Hours

April 17 & 18, 2010 - 9a-5:30p
\$290 (\$250**)
\$200 each if 2 or more register together

*

Deep Tissue Techniques:

16 CE Hours

April 24 & 25, 2010 - 9a-6p
\$310 (\$280**) + \$10 materials fee

Report from Orlando

by Ken Ring, WCMT

As an alternate in the field of possible Delegates representing the Wisconsin Chapter I was grateful to receive the call in late summer and readily accepted the opportunity, offered, to be of service once again in this way. Arriving late to the table of educational choices; some choices were already 'sold out'. I sent my application in with my first, second, third and forth selections for the education conference program. Indeed the opportunity to participate as a delegate was in and of itself an education for me. Electronic voting was an added technological advance since my last time as delegate in the late 90s. Honored to be chosen to influence the direction of how the AMTA was to proceed with my vote interested me.

Then I received the call from AMTA National Office that many of my first choices for class selections were no longer available and they were going to place me in what was available. I decided to flow with it and let spirit guide the process. I felt quite fortunate to be involved at this level and anything else would be a bonus. My good friend Brad Enerson who was Wisconsin Chapter board member here years ago called me from Los Vegas where he now lives and is treasurer on the Nevada board told me of this teacher Eric Dalton. Brad was attending the convention and highly recommended Mr. Dalton. I was intrigued and mused if there was a chance to get into his workshop. Knowing it was not on my list of options, I let it go. Yet, I was determined to check on the possibility.

Upon arriving at the convention, I was impressed with the Shingle Creek Resort and soon came to appreciate the care that the host chapter, Florida, put into this event to assure us the best outcome and experience. Intrigued I wondered if it might be possible to host this event in Madison. As a delegate, I was reminded I must not be late to the delegate meetings or I would lose the option and responsibility of having my vote count on proposals that were introduced this year. I took great care to listen to that reminder and the importance of the responsibility and was on time. I felt a real part of this process with 141 of my colleagues.

The opportunity to grow and improve my professional expertise and connections is important to me. There was a respectful teaching staff on board. I was most impressed meeting and studying with Eric Dalton. Late the second evening of the convention, important delegate meetings behind me, I was returning to my room from a 12th floor Florida Chapter hosted celebration, that I met Mr. Dalton. Our paths crossed at a side party or gathering in a first floor lounge, when a tall slender blond, self-assured man in his middle years entered the lounge area. After a cordial introduction, awareness dawned; this was the teacher of whom my friend Brad spoke. After some conversation, motivated, I asked him if there was a way to be in his workshop Saturday. He said absolutely! Just come on over and we'll make it work. In brief, I did just that. I was fortunate to be in the right place at the right time.

I was thrilled and excited. Everything fell into place. Arriving early I met Suzanne from Georgia, a great partner, right away as she set up her table. Soon the large room filled abuzz with many tables being set up. For the next 8 hours Mr. Dalton, true to his word did make it work. A multi media presentation with two big screens showing live on-site demonstration and prerecorded video, explaining in detail, was made available to about a 100 enthused classmates. About half dozen of Dalton's accomplished advanced students were there to assist. It was a smooth well orchestrated operation. I felt at home and in good care.

Eric Dalton's class focus was on myoskeletal Alignment for Scoliosis, Sciatic and Sacroiliac Pain and its relief. He reviewed and explained from sources such as Ida Rolf as well as his own evolved technique. He gave credit where it was due. He delivered with precision, but it was his warm and compassionate manner and ease of delivery that impressed me. His techniques and style were a refreshing approach to deep work, precisely oriented, and backed up by the scientific and hands-on research. Dalton guided us with ease through demos, from sacral base decompression, sacral roll and warming the lumbar fascia, to treating functional and structural scoliosis. Careful attention was given to goals and landmarks while walking us through every action and his handouts were comprehensive and easy to follow. Even though there were sometimes three to a table he made sure we all had a chance to work and practice his special techniques.

Mr. Dalton had a mutual fan base of other knowledgeable teachers, such as Jim Waslaski and others who visited the room. He never failed to acknowledge them to the class, not missing a beat. Showing that kind of respect to his comrades in this work was a noble gesture. It graced admiration of others in service in this work. One of the last conversations I had with Dalton was a request that he come and teach at a location here in Wisconsin. I extended the invitation, we shared a deep hug and he said he would consider it though he would prefer Chicago as a location because of size.

In closing, I am on track to participate more with Mr. Dalton, I have now found a new mentor for further training in going forward as an integrated massage practitioner and bodyworker. In retrospect, this convention was a special time for me because of the responsibility as a delegate, the opportunity to study and meet with others on a national level and meet top cutting edge teachers. I recommend this opportunity to every member of our association. I encourage all AMTA members to attend this annual national convention and definitely to run for the delegate position. The next one will be held in a closer neighboring city, Minneapolis MN.



The Best Way To Predict The Future Is To Help Create It.

Learn new skills or expand current ones.

Being a volunteer creates opportunities for unlimited personal growth.

There are many opportunities to volunteer

either as a committee chair, committee member

or serve on the Board of Directors or Delegate to the National Convention.

To volunteer, mail in the Chapter Volunteer Information Form on the opposite page or attend the Annual Chapter meeting held in February of each year and nominate yourself or have a friend nominate you. We encourage you to run for offices even if they are held by a sitting Board of Directors member. Democracy works when everyone gets involved!

In February 2007 the Professional Voting Members present at the
Annual Chapter Meeting in Madison
will elect the following volunteer positions:

- **President** • **2nd Vice President** • **Secretary**
- Delegates for Portland in 2011 will be elected in February 2011
see article on the cover for an explanation of the policy change.

A. Qualifications:

Candidates for the Board of Directors and all Delegates must be Professional Members in good standing.

A candidate for the office of Chapter President shall 1) have held an elected office or appointed chair position on the AMTA-WI Chapter Board of Directors within the preceding four years and 2) hold active professional membership classification for one year prior to candidacy.

B. Duties:

1. Chapter officers are required to attend a minimum of four (4) Board Meetings annually, which include "conference call" board meetings and minimum of two (2) Chapter Meetings, except for good cause shown.

2. At both Chapter Meetings each officer will present a written report/s given orally of a summary of committee activities.

3. Each officer is required to contribute 2 written submissions annually for publication in the Chapter's newsletter.

4. Each Vice-President is required to Chair or Co-Chair one committee.

C. Benefits:

1. All Chapter Officers' registration fees for educational functions hosted by the Wisconsin Chapter will be waived if the requirements are met by the officers while in term. Non compliance of required duties, as defined by section B. 1,2,3 & 4 would result in benefits being revoked.

Chapter policy also allows that board members and committee chairs have expenses related to conducting Chapter business reimbursed including telephone, postage, supplies, and mileage for travel to meetings. Meals may also be provided as part of a board meeting.

Please submit form on preceding page if interested, or attend the Chapter Meeting to be nominated and participate in the voting process.

Report from Orlando

by Ann Marie Kolb, WCMT

Back in 2008, at the February Chapter Meeting, there was the vote for Delegates to represent the State of Wisconsin at the National AMTA Convention. It was announced that these Delegates would get to go to Orlando, FL. My first thought was, "I would love to go to Orlando, and bring my family!" If you recall, this was also an election year and we were being bombarded with debates and slander and whatnot. I was actually paying attention to all of this for the first time in my life. I still don't understand politics very well, but it was history to me and I was going to be a part of it. This is the stuff we only read about in our history books as kids, and I was there in it, making history.

So, our President, Amy Remillard, called for nominations at that February 2008 Chapter Meeting. Many were nominated, some accepted, some declined. We, as a Chapter, are allowed to send 5 delegates. This number is based on our membership numbers. We are lucky enough to be allowed the most votes, along side large states like Texas and California! As the secretary of the chapter, I was thinking about my odds: should I run and guaranty my trip to Orlando as a Delegate, or chance that I get re-elected in 2009, and go as a Board Member. As the call for nominations, was coming to an end, I decided to be nominated. I sat there thinking about all the history being made around me with the Presidential Election happening. It fueled my interest in what goes on in that Delegate room. I was truly interested in representing our state at that National Convention. The votes were tallied and I was elected at 1 of 5 to attend. WOW!!! This is going to be great.

And it was! As the weeks, drew closer to our trip, I started to fear what might happen. I was only told we would be voting on some "stuff". I was getting regular mailings from the National AMTA office with "Proposition Statements" and "Recommendations". I thought, "What in the world did I get myself into?" I was instructed that I must not be late, or the doors would close and I would lose a vote for our state. I was on time to both the orientation meeting and the House of Delegate Session. We had to vote on 4 proposition statements this year. As I read them all, I felt these were "no brainer" statements, things we as therapists know, our client know, but the public may not. The debating was interesting. People stated that they

were not going to vote yes on something because it said MAY instead of WILL. In the end, the House voted to pass 2 of the statements. This means that the AMTA will back these words when we tell people that massage reduces pain. We also passed one of the two recommendations. So, we now wait to see if the National Board will pass our recommendation to hire someone to visit the schools and promote our organization.

I have been thinking about it, and I think I will run again some day to represent our Chapter again. We were informed that effective in 2010, with the next election being at our February 2011 Chapter Meeting, Delegates will hold a 2 year term. So, if you are interested, the National Convention will be in Oregon in 2011 and North Carolina in 2012. See you on the ballot!



Your 2009 Wisconsin Delegates;
Mike Rude, Robin Brauner, Ann Marie Kolb and Ken Ring



Wisconsin Polarity
Center for Energetic Awareness
c/o DeKoven Center
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Racine, WI 53403

- **Associate Polarity Practitioner Program beginning January 2010**
- **Polarity is a system of energetic touch, reflex and acupressure points that balance energy flow in the body.**
- **Polarity involves energetic bodywork, Polarity Yoga, food and self-awareness**

Classes are forming now!

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(262) 634-0257

flex-ability@sbcglobal.net

www.wisconsinpolarity.com



Precision Neuromuscular Therapy for the Neck and Head

with Doug Nelson

Neck pain accounts for a great percentage of visits to massage therapy offices. Headaches alone account for over 80 million visits to the doctor's office per year. The number of new whiplash cases is over one million per year. The neck is a daunting area to study, so fascinating because of its complexity, yet the neck is a work of artistic beauty. The neck is subject to all the stresses and imbalances of the body below, yet it carries this task remarkably well.

To treat the neck well, you must know the corresponding musculature and functional relationships thoroughly. More complex than probably any other area, vertebral mechanics also play a major role in understanding muscle function. We will explore limitations in all planes- forward flexion, extension, lateral flexion, and rotation. You will be amazed at the changes PNMT can produce in ROM limits!

In this seminar, participants learn how to efficiently evaluate and treat patients with various types of head and neck pain including headaches, whiplash, herniated disks, military neck, reverse curve, and reduced range of motion. You will learn strategies to determine the most effective treatment protocols to make a massive difference in the way your client feels. This seminar is designed to be a "hands on" experience and the style of therapy is easy to learn; you can utilize the techniques taught in class immediately. Students will also find it a great review of the anatomy and function of the neck musculature.

The Neck and Head seminar has several sections. First, we will explore contraindications and screening procedures for the neck. We will then explore restrictions in every plane of movement, probably one of the most common reasons people want neck therapy. New information about headache treatment, ocular pain, and orofacial issues have also been added. At the end of the seminar, you will put the sections of the seminar together with real world treatment protocols. We think you will find the PNMT Head and Neck seminar to be immediately and profoundly useful!

The founder and principle instructor of Precision NMT seminars, Doug has taught hundreds of seminars and to various populations from physician's conferences to educational seminars for lay people.

Full biographical information at: nmtmidwest.com.

What to Bring: massage Tables (one for every two participants) linens, lubricant, pen and paper. Wear loose comfortable clothing.

Nurturing The Mother

with Claire Marie Miller

This is a three day course in which you will learn Full Body Pregnancy Massage, Preconception Massage, Prenatal and Couples Yoga, Anatomy and Physiology for Pregnancy and Birth, Massage for Labor and Birth, Postpartum Massage, and Mother Roasting Newborn, Infant Massage, Dad's Massage - a Simple Shiatsu Blessingway and Other Sacred Tools (optional 2hr), Marketing, Resources, and Ethics Nurturing the Pregnant Couple Class.

"Nurturing the Mother is very natural and deeply intuitive. You will learn tools that are beyond technique. It is about healing fear around pregnancy and birth and embracing the sacredness and joy of welcoming a new life." -Lucy Hagan, LMT, Pikesville, MD



Claire graduated from the Boulder School of Massage Therapy in 1979. Soon after newly married and pregnant, she taught her first pregnancy massage class called Pleasant Pregnancy. The journey of pregnancy and massage was further developed through receiving extensive massages, from a mother of three teens who shared her mothering wisdom as she massaged Claire.

Full biographical information at: nurturingthemoth.com.

What to Bring: massage table with sheets, lubricants, pillows for bolstering, pen and paper for note taking

The 4 Pillars of Business Creating Your Practice From the Inside ~ Out

with

Kathy Ginn



Whether you are exploring your career options, working for someone else, or in private practice this course is for you. This course covers 4 fundamental aspects that will guide you into work you love. This framework includes:

- Value of Purpose ~ finding work that offers you meaning and purpose.
 - Value of Commitment ~ what are you willing to commit to?
 - Value of Discipline ~ what disciplines are required?
 - Value of Knowledge & Skill ~ putting into practice the proven and innovative business methods that have brought success to others. This class begins with a time of self-exploration ~ finding the inner fire that will inspire and guide you along your way. In this portion Kathy will also help you recognize and challenge both your internal and external barriers. The class then travels to the 2nd pillar of commitment. What are you truly committed to? Gently, but with great passion, we visit the 3rd pillar of discipline. What disciplines are required to establish and maintain professional momentum? And finally we visit the 4th pillar, the actual practice of business skills and development. Here we cover topics such as establishing your plan of action, creating a business plan, educational marketing, client retention, establishing a referral program, designing promotional material, therapeutic communication, self-management, networking, diversification to increase income, and much more! This class promises to inspire and motivate each participant to a level of excellence, along with offering practical business skills and personal development. Kathy invites you to explore your own path and define success on your own terms.
- Individual mentoring is offered upon completion of course.

Ethics as Soul Work & World Service—Creating One's Own Inner Ethical Code

with Kathy Ginn

In this class we will explore Ethics from this greater context. Weaving soul work and world service with ethics offers the student an opportunity for personal and professional development that encompasses spirit, values, virtuous character traits and being in true service to others. In this greater context ethics is about reverence for life, treating all people with respect and acting honorably. We can impact the world one client at a time. This class promises to inspire and engage the participant to a higher level of ethics, integrity and selfhood.

Kathy has been active in the profession of massage therapy and bodywork since 1991. She believes the study of ethics reaches far above a philosophy of "avoiding legal issues" to a philosophy of service with the highest regard for humanity.

**Full biographical information at: ethicaldimensions.com
May we continue to grow, explore and live in peace.**



*American Massage Therapy Association
Wisconsin Chapter*

**ANNUAL CHAPTER MEETING & EDUCATION CONFERENCE
February 20-22, 2010**

**Marriot Madison West 1313 John Q. Hammons Drive
Middleton, WI 53562 (1-608 831-2000)**

\$112 per night. Reserve by January 21, 2010 for special rates!

Three Day Classes

2/20/10 - 2/22/10 (choose one)

Precision Neuromuscular - Head and Neck with Doug Nelson 19 CE's
Nurturing the Mother - Massage Certification with Claire Marie Miller 24 CE's

Two Day Class

2/21/10 - 2/22/10

The 4 Pillars of Business - Creating your practice from the inside out - with Kathy Ginn 10 CE's

One Day Classes

2/20/10

Ethics as Soul Work & World Service - Creating One's Own Inner Ethical Code- with Kathy Ginn 6 CE's

2/21/10

(choose one per day may not be combined with either three day class)

CPR/AED Full Certification Sunday - Time to be Determined

CPR/AED Re-Certification Sunday - Time to be Determined

Saturday 2/20/10

_____ Ethics as Soul Work AMTA-WI Member or student

Before 2/1/10

\$50.00

After 2/1/10

\$70.00

_____ Ethics as Soul Work non-member

\$100.00

\$120.00

Saturday - Monday 2/20/10 & 2/22/10 * tables needed

Before 2/1/10

After 2/1/10

_____ PNMT Neck & Head AMTA-WI Member or student

\$225.00

\$245.00

_____ PNMT Neck & Head non-member

\$395.00

\$415.00

_____ Nurturing Mother AMTA-WI Member or student

\$225.00

\$245.00

_____ Nurturing Mother non-member

\$450.00

\$475.00

Sunday - Monday 2/21/10 & 2/22/10

Before 2/1/10

After 2/1/10

_____ Ethics 4 Pillars AMTA-WI Member or student

\$100.00

\$120.00

_____ Ethics 4 Pillars non-member

\$200.00

\$220.00

Sunday 2/21/09

Before 2/1/09

After 2/1/09

_____ CPR/AED Training

\$40.00 includes manual

\$50.00

_____ CPR/AED re-Certification

\$20.00 includes manual

\$30.00

Sunday 2/21/10 12:00 - 1:00 pm Lunch Only _____ \$15.00 (There is no charge for attending the Chapter Meeting)

Name: _____

Address: _____ City _____ St. _____ Zip _____

Telephone: _____ AMTA Member No. _____

Amount _____ Payment Method _____

Visa/MC # _____ Exp. Date _____

(Make sure your **billing address** for this card is printed above on the address line)

Ideas for Future Presenters? _____ Bringing Table yes/no _____

ALL CLASSES INCLUDE LUNCH ON ALL DAYS.
COST OF LUNCH MAY NOT BE DEDUCTED FROM
REGISTRATION PRICE

Make Checks payable to:

AMTA-WI Chapter

Mail to:

Mya Rowe

W3830 Timberlane Rd.

Granton, WI 54436

(715) 937-3115

amypowerhands@yahoo.com

New Treasurer Bio

Mya Rowe, WCMT, NCTMB
Treasurer, AMTA - WI chapter
www.massagemyaonline.com

I am very excited to be the new AMTA - WI Chapter Treasurer. I wanted to be the treasurer because I enjoy being involved with AMTA and helping whenever I can. I have been the Education Committee Co-Chair for almost a year, and I really enjoy being a part of the planning and organizing of the chapter conferences. After taking some time and thinking about the duties of the treasurer's position, I feel that with my background in bookkeeping and taking care of finances for my own businesses, I will be able to confidently serve the Wisconsin Chapter as treasurer.




For those who don't know me - I am a Wisconsin


Certified Massage Therapist and owner of Massage By Mya in Neillsville. I and my husband, Steve, own a dairy farm in Granton, where I get my daily workout - milking cows and feeding calves! I have recently gone back to school, and I am working on a Nursing degree at UW-Eau Claire. My goal is to become a licensed Nurse-Midwife so that I can include midwifery with my massage therapy practice. I like to spend my free time with my family. I don't have any children of my own, but I have lots of nieces and nephews that love spending time with Aunt Mya and Uncle Steve on the farm. I also like to relax by playing the piano and singing - karaoke is a huge favorite! I enjoy sharing music with others by giving lessons and directing the music at church.

I look forward to serving the AMTA - WI Chapter as the new treasurer. I promise to fulfill my duties to the best of my ability. I also promise to always represent the AMTA and the rest of the massage therapy community in a professional and appropriate manner.

2010 CONTINUING EDUCATION



Excellence in Massage & Shiatsu Career Training



BEN BENJAMIN, PH.D

Special Guest - Exclusive Offering

Assessment & Treatment of Shoulder Injuries 3/27 & 3/28

Limited enrollment. Register now!

UPCOMING CONTINUING EDUCATION COURSES

IN-DEPTH COURSES

Spa & Resort Techniques	1/5 - 4/15
Craniosacral Techniques	1/6 - 4/14
East West Applications for Special Populations	1/6 - 4/14
Spa & Resort Techniques	5/3 - 8/18
East West Applications for Special Populations	5/5 - 8/18
Lymph Drainage Massage	5/6 - 8/12
Thai Massage	5/6 - 8/12

Visit www.CenterPointMN.com for details

Call now to register 612-617-9090

Introduction to Thai Massage Workshop

by *Laura Haberstroh, WCMT*

The AMTA-WI Chapter Fall conference held on 9/12-9/13, 2009 took place on the second largest river of the world, on the banks of the Mississippi, in La Crosse, Wisconsin. It was a beautiful, early fall weekend.

I was an appreciative and eager participant in the 2-day Introduction to Thai Massage Workshop, presented by Lyrea Crawford.

Lyrea is a continuing education provider, approved by the NCBTMB and practices Thai Massage in Hillsboro, Wisconsin, as well as teaching workshops in Rochester, MN, Hillsboro and Madison, WI.

Therapists from Stevens Point, Appleton, Madison, Waterford and Chippewa Falls, as well as local therapists attended the workshop from Sparta and La Crosse. The Intro to Thai Massage students came to the workshop prepared with their foam mattress pads, sheets and pillows in order to work on the floors of the La Crosse

Convention Center. Time was spent viewing demonstrations and working with a partner going through the traditional techniques, which involved stretching, rhythmic acupressure and proper body mechanics, while incorporating effective breathing techniques.

Even though I practice yoga twice a week, I found this modality to be quite challenging physically. It was very important to be mindful of body mechanics while providing Thai massage, as well as being mindful of the recipient. Thai massage, however challenging is very rhythmic and comforting to both the giver and receiver. The slow, rhythmic compressions create a meditative response.

In conclusion, I found the Introduction to Thai Massage to be very enlightening in both learning hands on, as well as being the receiver of this type of massage therapy. I felt the relief of myofascial restrictions letting go as well as confronting a bit of emotional trauma of an old injury to my right leg and hip.

The teaching assistants were so helpful and intuitive to the class needs and provided Lyrea support so we could cover all of the material in a timely manner. It was definitely a worthwhile experience and I would encourage AMTA members to attend these wonderfully organized and educational workshops.



Learn how to give Traditional Thai Massage!

Upcoming Level 1 classes:

March 12-15, 2010

in Madison, WI

July 23-26, 2010

in the Richland Center, WI area

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 recent WI-AMTA conference in LaCrosse. 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"

March 29, 2010 in Rochester, MN

April 12, 2010 in Madison, WI



MILWAUKEE
SCHOOL OF MASSAGE, LLC

Spring 2010 CE Classes Milwaukee School of Massage, LLC

NCBTMB Continuing Education Approved Provider #450429-07
All Continuing Education classes are open
to the public & massage therapists



BENEVOLENT TOUCH

With Mary McCanna, WCMT 2373-046

Thursday, January 21, 2010 • 9:00am – 1:00pm • 4 CE Hours • \$60

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

Class description: Learn how you can enhance the quality of life for those with Alzheimer's Disease, other forms of dementia, special needs, or sensory loss due to aging. This workshop will provide you with the skills to give positive tactile contact to these people... enhancing their feelings of security and belonging, reducing agitation and anxiety, and even the need to wander away.

PROFESSIONAL ETHICS AS SOUL WORK

With Kathy Ginn

Sunday, February 7, 2010 • 9:00am - 6:00pm • 8 CE Hours • Fee \$160 (\$140 if paid by 1/24)

Class description: In this class we will explore Ethics from this greater context. Weaving soul work with ethics offers the student an opportunity for personal and professional development that encompasses spirit, values, virtuous character traits and being in true service to others. In this greater context ethics is about reverence for life, treating all people with respect and acting honorably. We can impact the world one client at a time. This class promises to inspire and engage the participant to a higher level of ethics, integrity and selfhood.

THE SPIRIT'S JOURNEY

With Amy Wilinski, MBA, OTR, Energy Practitioner

Saturday, February 20, 2010 • 5:00pm - 10:00pm • 5 CE Hours • Fee \$100

Class description: This introductory class to shamanism stirs your soul to the inner knowing of the interconnectedness of all of creation. We will guide you in developing the shaman's art of journeying. Journeying is an ancient practice of shamans (medicine people) in which they learn to change their state of consciousness at will in order to enter into the other levels of consciousness and receive Divine guidance and healing. It is here that we connect deeply with Spirit on a personal level and can receive guidance for our lives. Join us as we journey to meet our Power Animal/Spirit Helper. Receive the Bands of Power & Protection; one the 9 Munay-Ki Rites from Peru. Feel your body connect to the heartbeat of Mother Earth as we participate in a healing Drum Wash ceremony. Our day completes with a Drumming/Fire Ceremony where we honor the gifts in our life. This is a wonderful day of connecting with Spirit at a very deep and personal level.

AWAKENING YOUR INTUITION

With Amy Wilinski, MBA, OTR, Energy Practitioner

Sunday, February 21, 2010 • 9:30am - 3:30pm • 6 CE Hours • Fee \$100

Class description: Awaken to the gift of your Sixth sense! We all carry within us the ability to connect with our intuition and receive guidance from Spirit. Awakening Your Intuition will help you to determine your primary channel for receiving Divine guidance (e.g. clairvoyant, clairaudient, clairsentient, claircognizant). You will receive the Seer's rite which has been handed down from the Shaman of Peru to assist you in perceiving the invisible world of Spirit. Experience meditations to open your 3rd Eye and ear chakras. This experiential workshop will teach you how to see/sense the aura/energy fields around yourself and others. Know that you are not alone on your journey here on earth as we journey to the spirit world to connect with your guide or angel. Join us for this powerful day of connecting with Spirit!

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

With Julie Zettel, NCTMB, WCMT 1285-046

Monday, March 15, 2010 • 1:00pm – 4:00pm • 3 CE Hours • Fee \$75

(Fee includes materials, consultation, and custom flower essence blend)

Class description: Explore the benefits of expanding self-awareness while gaining an understanding of how the soul speaks. We'll learn to support and care for the needs of the soul and in turn create richer, deeper, and more joyful life experiences. Flower essences are tinctures of liquid consciousness that heal by inspiration and eventual change. They act as an educating principal. This class is introductory in nature and will detail the variety of tools used to select the appropriate essences. Each participant will receive a private consultation and a blend of essences for personal use.

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

With Julie Zettel, NCTMB, WCMT 1285-046

Monday, March 29, 2010 • 1:00pm – 4:00pm • 3 CE Hours • \$50

Class description: We'll look at the theory and practice of working with flower essences and their remarkable ability to facilitate body-soul healing. In addition to using them sublingually, there are several essences that can be considered and used topically that are helpful for massage therapists to enhance their healing work. Field research, working with clients responsibly, and certification options will also be addressed.

Spring 2010 CE Classes

Milwaukee School of Massage, LLC

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

Class description: LomiLomi is an ancient sacred Hawaiian healing massage. It is a powerful spiritual practice that unites heart, body, and spirit. In this class we will cover history and culture and will give demonstrations of the different styles of LomiLomi.

ACU-YOGA

With Susan Lorentzen, LaC, CMT, Yoga Instructor

Saturday, April 17, 2010 • 1:00pm – 4:00pm • 3 CE Hours • Fee \$50

Class description: This class combines acupressure and traditional yoga to help relax muscle tension, while balancing your body's energies in the process. Acupressure uses points and meridians to manipulate your body energy, while yoga uses controlled breathing while holding the body in specific postures. With Acu-yoga postures, you will be naturally and easily stretching muscles, acupressure points and nerves, opening the meridians and allowing the energy to circulate. This gentle technique stimulates your natural ability to heal yourself and helps the body to balance as a whole.

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)

Class description: This course is aimed at promoting knowledge and skills that foster Professionalism, Integrity, and Personal Responsibility. The container for this course is to provide access to basic ethics education along with exploring our beliefs, attitudes, and history around power. Experiential topics include, but are not limited to: grounding in the felt sense of the power differential, exploring the many ways of establishing and maintaining boundaries, awareness of personal power styles, and gaining skills in handling the multiple dynamics of the therapeutic relationship. This class promises to be inspiring, engaging and nourishing! For further course information please visit: www.ethicaldimensions.com.

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

Class description: In this class we will teach Lomi Ha'a Maui Ola, The Dance of the Angels. This style is literally a prayer in motion that brings balance of your past, present, and future. We will begin with the foundation of this practice, which is prayer, breath, and flight.

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

Class description: We will continue the practice of Lomi Ha'a Maui Ola, The Dance of the Angels. We will further our practice of flight and introduce bone washing, a technique that releases stagnate energy surrounding the bones.

BENEVOLENT TOUCH

With Sandy Anderson

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

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

Class description: Learn how you can enhance the quality of life for those with Alzheimer's Disease, other forms of dementia, special needs, or sensory loss due to aging. This workshop will provide you with the skills to give positive tactile contact to these people...enhancing their feelings of security and belonging, reducing agitation and anxiety, and even the need to wander away.

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)

Class description: We will teach you how to select your personal stones. You will learn to clean, bless, charge, and heat your stones. You will also learn how to use your stones to heal the body through heat, meditation, and prayer.

REGISTER BY PHONE WITH A DEBIT/CREDIT CARD • TO REGISTER BY MAIL: SEND CHECK & REGISTRATION TO:

Milwaukee School of Massage LLC • Continuing Education Program • 830 E. Chambers Street • Milwaukee, WI 53212

Make check payable to: Milwaukee School of Massage. Registration deadline is 4 days prior to class date. A \$20 non-refundable fee will be charged for cancellation after deadline

Name _____	Address _____
City _____	State _____ Zip _____ Phone _____
E-mail (optional) _____	Fee Enclosed \$ _____
Registering for class(es) _____	

MSM is a small, intimate school. Our maximum enrollment per class is 14 students. We recommend you plan to register at least two weeks before the class is offered.

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



Laura Lenz, nctmb
(414) 530-0949 - msmced@yahoo.com
www.milwaukeschoolofmassage.com

Candidate for President

Kay S. Peterson, WCMT

I have served on the AMTA-WI Chapter Board of Directors since 1996, during these years I have learned many things, developed some great communication skills and have met and worked with some truly wonderful people. My experience has led me to the decision to run for the position of President during our February elections.



If elected to serve as your Chapter President I will strive to improve the chapter communications through our website, newsletter and direct contact with the membership. I plan to build on the strong team building that has occurred in the past few years by continuing our communication workshops with Kathy Ginn and by developing a schedule of regular committee meetings through the use of the internet. Every volunteer will feel a part of a team working to make every member's experience better.

I will work diligently to increase member involvement through volunteerism. There will be a role to play for every member interested in taking part. Whether it be a one time short term commitment of 15 minutes at a Chapter event or a commitment of many hours serving as a committee chair. One of my goals is to get a strong Sports Massage Team up and running with Team Captains in various locations across the state. There are many great athletic events during every season of the year, in every part of this great state. Events that we could have a presence at, helping to raise money for the benefactors of fundraisers and raising awareness of massage therapy as a respected profession among the public. Another goal is to work with a yet to be formed committee to redesign our website to include more timely information, interactive features and more.

I would like to ask for your vote in February and should I succeed during the election I will ask for your support and participation in making the AMTA-WI Chapter an instrument of positive healthcare change for the future.



Business Coaching for Massage Therapists

Are you going to be another MT who graduates from massage school and goes on to an entirely different career?

Do you want a full time massage practice but you're weak in the make-a-business-happen arena?

Are you just so worn out from school that you can't think about the future let alone building a business?

We will deal with the practical issues of building a viable business, covering all areas from choosing your name and logo, to marketing your business into a fully booked practice. You will build a solid foundation and a business that runs smoothly, on its way to being self-sustaining. And this will give you the time and energy to focus on your real passion which is to be the best practitioner that you can be.

Coaching moves you past your barriers and into the Business you are Committed to having.

Elisabeth L Norton, LMT, CMT 608-658-1841
elisabeth@areallybiglife.com www.areallybiglife.com

Elisabeth L Norton, has been an independently practicing massage therapist since 1996. She has taught sciences and bodywork at massage schools since 1998 and has mentored and coached recent graduates to create full practices of their own for the past 10 years. She is committed to the field of massage therapy being grounded in integrity, professionalism, and authentic communication.

Rules of Engagement for AMTA-WI Chapter Volunteers

Rules of engagement are common sense rules that are acceptable behaviors not tied to any parliamentary order. This commitment encourages civility, courtesy and good humor in and outside of the boardroom for elected or appointed AMTA volunteers.

As a Board member and volunteer of AMTA-WI Chapter:

- I will be present and fully prepared for meetings with a report and supporting documents. I will conduct all discussions of board business in the presence of all board members. Everyone is expected to voice his or her opinions. Meeting decorum is respectful, and no member will reproach another for speaking honestly.
- I will respond to all board communications (email, regular mail and phone) within 3 business days.
- I will refrain from knowingly withholding factual information about board matters or Chapter business.
- I will respect and give fair consideration to diverse and opposing viewpoints.
- I will be clear about my role and duties as a board member or volunteer and be mindful of AMTA's mission and core values.
- I will fulfill my designated commitments, and work with other board members in a spirit of cooperation to help them fulfill their commitments.
- When making decisions, I will consider that we serve the entire AMTA-WI chapter membership.
- I will be accountable to, accepting of and supportive of decisions made by the Board as a whole when I leave the Board table.
- I will be mindful that not knowing is not an excuse for not acting or not making a decision.
- I will raise any concerns before and/or during the Board meeting, instead of after the meeting is completed and the decision have already been made.
- I will pay close attention to the impact of my words in communicating with and about others.

Composed and Approved by the AMTA-WI Chapter Board on December 9, 2007

What is a Board of Directors?

The AMTA-WI Chapter Board of Directors consists of two parts that work together to serve the membership, they are Chapter Officers and Committee Chairs.

Chapter Officers are elected at the Annual Meeting by the professional members present to do the management of the chapter business. These positions consist of President, 1st Vice President, 2nd Vice President, 3rd Vice President, Treasurer, Secretary and Immediate Past President.

At the election on February 21, 2010 the positions up for election will be:

President: candidates for this position must be professional members in good standing for at least one year prior to candidacy and have served as a Chapter Officer during the past four years. Amy Remillard has served two terms and by the rules dictated by AMTA policy cannot seek re-election to this position. This is an open seat. Kay Peterson, the current 1st VP intends to run for this position.

2nd Vice President: candidates for this position must be professional members in good standing. Ellen Wittwer currently holds this position. Ellen plans to seek re-election.

Secretary: candidates for this position must be professional members in good standing. The duties of the secretary include taking minutes of Chapter and Board of Directors meetings. Presenting the minutes to the Board of Directors in a timely fashion for corrections and approval to be printed in the Chapter newsletter. AnnMarie Kolb does not intend to seek re-election to this position. This is an open seat.

Due to the vacancy that will occur at the position of President should Kay Peterson our current 1st VP be elected to that position a process of succession will occur. Succession is a process whereby following an election a newly vacated position is offered to the next VP in line. In this years case the 2nd VP will be asked if they choose to move into the 1st VP position, if they decline the 3rd VP will be asked if they choose to do so. If both decline the Board of Directors would appoint a 1st VP. Should one of the two VPs accept, the Board of Directors would appoint someone to fill their current position. Therefore those interested in serving on the Board of Directors can make their desire known to the Board for consideration to be appointed to the 3rd VP position.

Open seats are a good opportunity to see the democratic process in action, if you feel you have the time to commit to this important work please consider either nominating yourself or having a friend nominate you for consideration.

The above positions are not simply roles of honor, they require a commitment of time and energy and in many cases an adherence to deadlines. All vice presidents must chair or co-chair a committee in addition to attending board and chapter meetings. It is expected that all board members will contribute to discussion and voice their opinions as well as be present to vote on policy issues and chapter business matters. A full list of rules of engagement appears on the opposite page.

Committee Chairs are appointed by the Chapter President and are reappointed annually. Current committee chair openings include, finance chair, sports massage chair, membership chair and MERT chair. Other chair positions can be created based upon a perceived need of a volunteer. It is the sincere hope of the chapter Officers that all committee chairs begin to take part in Board of Directors meetings. Attending meetings allows committee chairs to discuss the needs of their committee, feel more fully involved in the processes of the chapter and voice their opinions regarding issues to be voted on by the Chapter Officers.

Thank you,
Your AMTA-WI Chapter Board of Directors

Massage Day at the State Capitol

On Tuesday, October 27, 2009 we celebrated National Massage Therapy Awareness Week with a lobby day at the Capitol. There were 38 MT's, massage therapy students and faculty from Lakeside School of Massage Therapy, East-West Healing Arts Institute and TIBIA Massage School. We started the day 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! In November Senate Bill 388 was introduced by Senators Hansen, Taylor, Wirsch, Ellis, Olsen and Risser. The companion bill in the Assembly, AB588 was introduced by Representatives Berceau, Kaufert, Pope-Roberts, Suder, Van Roy, Hilgenberg, Staskunas, Ballweg and Molepske, Jr. SB388/AB588 now needs to travel successfully through various committees and the floors of the houses. If all goes smoothly, it could be on the Governor's desk by spring for signature. For the text of the bills, go to www.amtawi.org.

Pictured at left is Brian Rieselman, staff person at Representative Therese Berceau's office, getting a chair massage

Cupping is Massage

Cupping is an ancient therapy that is widely popular today

Cupping achieves excellent results for a range of issues therapists are called on to deal with



Workshops and Modern Equipment
January 29 - 30 - Madison, Wisconsin



CUPPINGTHERAPY.ORG
425.999.2225



Cupping is now covered by insurance companies

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.

Please welcome the following members who have joined the AMTA-WI Chapter from October 1st through December 1st, 2009.

Emily M Amidon, Milwaukee
 Mary Michele Atkinson, La Crosse
 Susanne A. Benton, Madison
 Jessica R Beyer, Oconto Falls
 Lori Brasch, North Prairie
 Stephanie R Casperson, Milwaukee
 Arteaga V Chapman, Milwaukee
 Sandra Cutts, Sussex
 Douglas K Ender, Holmen
 Anna Gauthier, Waukesha
 Alyssa Gillespie, Milwaukee
 Crystal Grainger, Palmyra
 Wendy KW Grapentine, Middleton
 Timothy Hardy, Kewaskum
 Heather Johndro, Green Bay
 Laura D. Keller, Kenosha
 Leslie Kim, Middleton
 Deneen Klein, Burlington
 Christine Kloppenberg, Minneapolis
 Angela Kraybill, Lancaster
 Sharon E Kubicki, Kenosha

Megan Landaver, Oshkosh
 Jennifer Lemke, Waukesha
 Dawn Lessard, Milwaukee
 Mark M Malmstedt, Pell Lake
 Susan Manske, Milwaukee
 Antonio Martinez, Milwaukee
 Shellie R. May, Hartland
 Tracy A. McCarty, Milwaukee
 Dana O'Neill, Hartford
 Toni Osiecki, Stevens Point
 Amber Petrowski, Menomonee Falls
 Arijana Plavulj, Milwaukee
 Suzette Marie Plemel, Green Bay
 Cheryl L. Popp, Wisconsin Dells
 Lisa M Poppie, Dalton
 Elizabeth F. Preller, Hudson
 Antionette M. Pries, Green Bay
 Julie Rahlf, Kewaskum
 Bailey Rauwald Oconomowoc
 Rebecca Reuteler, New Berlin
 Dawn Revers, Dodgeville
 Laurie A. Rickert, Twin Lakes
 Teresa Schaepe, Milwaukee
 Amy Schmidt, Burlington
 Amy Smart, Spring Green
 Kimberlee J Taddei, Milwaukee
 Lori Thomas, Burlington
 Lorraine M. Tolkacz, South Milwaukee
 Rebecca Vondrak, Colgate
 Kristin Waligora, Pleasant Prairie
 Lindsey A Witty, Elkhorn
 Tracy Yager, Reedsburg
 Khue Yang, Green Bay
 Jessica Zarling, Milwaukee

LaCrosse Conference



HELP WANTED

AMTA members who have an interest in helping our organization continue to grow. Talented in providing assistance in educational events, registration hospitality, supply handling for promotional materials. Enthusiasm a definite plus. Public relations skills, such as a hearty smile and a willingness to promote our profession of massage therapy are also highly desirable.

Seeking sports massage team chair

Help organize events which represent the WI-Chapter AMTA.

This is an excellent opportunity to show-off your leadership skills as well as your sport massage therapy skills and knowledge. Lead a group of eager therapists who support athletic events.

Seeking Scholarship Committee Chair

Encourage members to submit articles to the quarterly newsletter for the decision of scholarship recipient. Responsible for choosing the current year AMTA- WI CHAPTER scholarship winner. Qualifications necessary: an interest in reading and an enthusiasm for massage therapy subject matter.

Welcoming committee

Seeking friendly members to welcome new members to the AMTA- WI CHAPTER. Promoting the AMTA for future growth. Public Relations skills a plus.

To inquire about these positions, please contact:

YOUR CHAPTER PRESIDENT OR SIMPLY STEP UP TO ANOTHER VOLUNTEER AT THE NEXT CHAPTER EDUCATION EVENT

Candidate for 2nd Vice President

Hello AMTA Wisconsin Chapter members, I, Ellen M. Wittwer am seeking re-election for 2nd Vice President on the board. My goal is to eventually run for President, so I would like to get some more experience to prepare for that position. Working on the board has been very rewarding and I would love to continue to serve the chapter as 2nd Vice President and Awards Chair. I believe I have done a good job thus far and would like to do more for the chapter, so Please consider re-electing me as 2nd Vice President in February.

Thank you!!!

Ellen M. Wittwer



*Strength that has effort in it is not
what you need.*

*You need the strength that is the result
of ease.*

Ida Rolf



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

- **The Polarity of Reflexology**, taught by: Cynthia Atha, RPP, RPE, CR
- May 1 -2, 2010
- Explore Reflexology through the elements on the hands, feet and body.
- NCTMB CEU's pending
- Wisconsin Polarity is an approved program with the American Polarity Therapy Assoc.

Carrie Massey, BA, WCMT, RPP, RPE
(262) 634-0257

flex-ability@sbcglobal.net

www.wisconsinpolarity.com



fun



in



Orlando



Board Minutes

AMTA-WI Board Meeting

September 12, 2009

LaCrosse, WI – LaCrosse Center

Meeting called to order at 7:25pm by Amy Remillard.

Board Members and Committee Chairs present: Amy Remillard (President), Kay Peterson (1st VP/Newsletter Editor/Education), Ellen Wittwer (3rd 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), Lynn Kutz (Display Board Chair), and Mike Rude (Newsletter Editor)

Approval of Meeting Minutes. MOTION: Kay Peterson moved to approve the minutes from July 9, 2009 as corrected. Betsy Krizenesky seconded. All approved.

Board/Committee Reports

President: Amy Remillard reported that we have no membership numbers to report at this time.

1st Vice President/Newsletter Chair: Mike Rude reported that the October Connecting Hands is waiting for corrections.

2nd Vice President/Awards: Ellen Wittwer reported that she will hand out awards tomorrow for the Chapter Meritorious Award and Humanitarian Award. She will also hand out the 25 and 30 year member awards.

3rd Vice President/Outreach: Erin Witthun reported that Amy Remillard organized chair massage for Love 4 Life on August 23, 2009 for the Smith Family in Occonomowoc, WI. The event was very successful. Erin also reported that Betsy Krizenesky will be organizing a day at the Capitol in October for National Massage Therapy Awareness week. Secretary: AnnMarie Kolb handed out updated Policy Manuals. She asked that we look at them and get updates to her before November. She also reported on the February nomination board, set in the lobby, with information about the upcoming elections.

Education Committee Report: Amy Appel reported that we had a lot of door prize donations this time for our September Education Conference, including a brand new massage table. She reported that we have 39 students here this weekend. The February Conference is February 20-22, 2010 in Madison. The Fall 2010 conference is start-

continued on page 29

Learn Body Memory Recall

Body Memory Recall (BMR) is a premier massage therapy modality that supports the natural release of protective muscle guarding, fascial restrictions and suppressed bioenergy that has accumulated from old injuries, stored emotions, stress, surgeries, abuse and trauma.

BMR integrates myofascial release, cranial sacral therapy, visceral myofascial release and energy work into one simplified approach. This intro seminar will provide you with training in these techniques and the BMR healing path which ultimately transforms body memory at the cellular level.



Instructor: Jonathan A. Tripodi is a pioneer in the field of mind-body therapy and the founder of the Body Memory Recall (BMR) approach. For the past eighteen years, he has uncovered the secrets of body memory and it's relationship to pain, stress, illness and behavior. He currently practices BMR at Global Healing Therapies in Virginia Beach, VA. Jonathan is also the author of "Freedom from Body Memory – The Courage to Let Go of the Past & Live Creatively" available at www.freedomfrombodymemory.com. His book is provided to all students who register for his entry level seminar "Intro to Body Memory".

Register by calling
757.491.2033
or visit

www.BodyMemory.com

Introduction to Body Memory

March 25-28, 2010

Milwaukee, WI

Lakeside School of
Massage Therapy

21 NCTMB approved
contact hours

ing to be put together, looking to have the conference in Appleton.

Immediate Past President/Law & Legislation: Betsy Krizenesky reported that after much waiting, it looks like the circulation memo will be sent out this week (September 14th). Betsy asked that we all contact our state legislators and ask that they be a sponsor for our proposed bill.

Betsy also reported that Tuesday October 27, 2009 will be the Massage Awareness Week event at the State Capital in Madison.

Display Unit Chair: Lynn Kutz reported that she is testing a fix to the current Display Unit. The current unit is still functional; however it is in need of many repairs. She reported on a new banner system/sign system to replace the

Display Unit.

Lynn reported that the Yahoo! Group is a great tool to post photos from conferences and other information. She reported that we currently have 49 members on the group, and she would like to see the group double in the next month.

Continuing and New Business

Mike Rude proposed that we change/update the AMTA-WI Chapter Website. He asked that we gather ideas of what we would like to see in a website. He feels we should pay someone professional to design a new website. He also proposed that we have an e-newsletter. Much discussion

took place. Amy Remillard asked that we all email each other website update ideas to the Board. Have all of them submitted by the November Board Meeting.

Amy Remillard asked who will be attending the November 14 Board of Director meeting. She reminded us that this is the budget meeting, so have your proposals in by then.

Amy Remillard reported that all 4 delegates for the AMTA National Convention in Florida September 23-26, 2009 will be in attendance at tomorrow's Chapter meeting.

Amy Remillard reported that she received Shane Granzow's resignation letter on August 29, 2009.

MOTION: Kay Peterson moved to accept Shane Granzow's resignation. Erin Witthun seconded. All approved.

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

Meeting adjourned at 9:20pm by Amy Remillard

CLOSED MEETING: To discuss the resignation of Shane Granzow.

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Pre- & Perinatal Massage Therapy Certification Workshop

32 Hour Specialization Certification
*Empowering You to Nurture
the Births of Mothers and their Babies*
Course Developer: Carole Osborne



- *Move far beyond basic adaptations for maternity massage
- *Practice and receive feedback in over 80 advanced techniques that enhance pregnant, laboring, and postpartum women's comfort, health, and enjoyment.
- *Increase competency and confidence to safely meet the challenges of the childbearing year.
- *Become a certified pre- and perinatal massage therapy specialist.

May 20 - 23, 2010

A Relaxed You
11121 S. Kedzie Ave.
Chicago, IL 60655

Call A Relaxed You at (773) 239-5300
to register today. Class meets four consecutive
Thurs. - Sun., 9am - 6pm. 32 contact hours.
Don't miss it! Tuition: \$575

Respectfully submitted by AnnMarie Kolb, Secretary

AMTA-WI Chapter Meeting

September 13, 2009

LaCrosse, WI - LaCrosse Center

Meeting called to order at 12:17pm by Amy Remillard.

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

Approval of Minutes: MOTION: Jean Nygren moved to approve the minutes from February 22, 2009. Karen Streif moved to second. All approved.

Roll Call of Board of Directors

Officer Reports

President: Amy Remillard reported that AMTA National sent membership

1st VP/Newsletter: Kay Peterson reported that the newsletter is going to the printer this week. She asked for volunteers to write articles about classes from this conference. Laura Haberstroh volunteered to write an article on the Thai Massage Class. Sam Licht volunteered to write an article on the Observation class.

Kay also reported on the winner of the Education Scholarship. She encouraged more members to submit articles for upcoming conferences.

2nd VP/Awards: Ellen Wittwer reported that the Board is trying to be more accessible at the Education Conferences. We are wearing our tie dyed shirts today!

3rd VP/Outreach: Erin Witthun introduced herself to the chapter. She explained what her Committee will be looking for and doing in the future. She reported that she organized her first event at the Wausau at the Relay for Life.

Secretary: AnnMarie Kolb reported that we are trying to organize the February Elections by getting nominations now.

Immediate Past President/Law & Legislation: Betsy Krizenesky reported on the status of our massage licensing bill. She encouraged all of us to contact our Legislators by phone, email, fax or mail. She reported that many legisla-

tors don't know how to vote on bills because they don't hear from Constituents. Betsy is looking for volunteers to come to the Capitol to meet with legislators on Tuesday, October 27 for National Massage Awareness week.

Education Committee: Amy Appel reported that the next AMTA-WI Education Conference will be on February 22 - 24, 2010 in Madison, WI. Doug Nelson and Claire Marie Miller will be doing 3 day classes. Kathy Ginn will be presenting an ethics course and a business course. First Aid and CPR classes will also be offered. The registration form will be in the next Connecting Hands.

Display Board Chair: Lynn Kutz reported that the display unit is available to borrow. She reported that the unit is old and we are looking at new options to replace it. She also encouraged the membership to join the Yahoo! Group to connect with other therapists, find roommates at Conferences and post photos.

Newsletter: Mike Rude reported that we would like to find a massage therapist who designs websites, or massage savvy person who can do the site with us.

House of Delegates: The following House of Delegates will be at the AMTA National Convention September 23 - 26, 2009 in Orlando, FL: Mike Rude, Robin Brauner, Ken Ring and AnnMarie Kolb. Mike Rude and Robin Brauner presented the 2 recommendations that will be voted on at the House of Delegate meeting on September 24, 2009. Membership voted that the Delegates vote yes on the recommendation to hire a representative to visit schools. Membership voted that the Delegates vote yes on the second recommendation.

Awards: Ellen Wittwer gave out the Chapter Meritorious Award to Amy Appel. She also gave out the Humanitarian Award to Amy Remillard. Both of these members were nominated for the same award at the National level. Ellen mentioned that these ladies were nominated by the Chapter members, not the Board of Directors. Ellen also handed out chapter member awards for 25 - 30 years in the organization. The only member in attendance was Jean Nygren.

MOTION: Ken Ring moved to adjourn the meeting. Mya Rowe seconded. All approved.

Amy Remillard adjourned the meeting at 1:19pm.

Door Prizes were awarded by the Education Committee.

Respectfully submitted by AnnMarie Kolb, Secretary

AMTA - WI Chapter Budget

Categories	Approved Budget Fiscal Year 3/01/09 – 2/28/10	Actual Year To Date 3/01/09 – 12/10/09	Proposed Budget Fiscal Year 3/01/10 – 2/28/11
REVENUE			
Advertising (Newsletter)	\$6,000.00	\$3,260.00	\$5,000.00
Checking Interest	\$4,000.00	\$2.19	\$10.00
Education Revenue	\$33,000.00	\$18,315.00	\$35,000.00
National Dues: Chapter Fees	\$36,000.00	\$22,335.00	\$36,000.00
National Dues: Disbursements	\$50,000.00	\$36,287.02	\$50,000.00
Total Revenue	\$134,250.00	\$80,474.21	\$126,010.00
EXPENSES			
Awards Committee	\$1000.00	\$125.58	\$1,000.00
Bank Charges (Credit Card Fees)	\$500.00	\$683.45	\$1,300.00
Board Meetings	\$1,600.00	\$857.92	\$1,700.00
BOD Mileage	\$5,000.00	\$5,921.61	\$5,000.00
Chapter Insurance Expense	\$1,500.00	\$503.00	\$1,500.00
Chapter Voicemail	\$270.00	\$226.80	\$300.00
Delegate Allowance	\$9,500.00	\$5,747.53	\$9,500.00
Display Unit Committee	\$0.00	\$52.50	\$200.00
Education Expense	\$54,600.00	\$34,160.96	\$47,000.00
L&L Expense: L&L Lobbyist	\$16,200.00	\$15,310.13	\$16,200.00
L&L Expense: L&L Travel	\$600.00	\$587.50	\$400.00
L&L Expense: Consultant	\$0.00	\$0.00	\$1200.00
L&L Expense: Phone	\$100.00	\$0.00	\$0.00
L&L Expense: Postage	\$3,600.00	\$970.17	\$1,000.00
L&L Expense: Printing	\$1,200.00	\$226.66	\$1,200.00
L&L Expense: Supplies	\$50	\$96.44	\$50.00
L&L Expense: Other	\$0.00	\$380.00	\$0.00
Total L&L Expense	\$21,570.00	\$17,570.90	\$20,050.00
Marketing	\$2,000.00	\$866.96	\$2,500.00
Massage Therapy Foundation	\$1,800.00	\$1,718.00	\$1,800.00
Membership Committee	\$1,000.00	\$0.00	\$1,000.00
MERT	\$300.00	\$0.00	\$300.00
National Convention BOD	\$6,000.00	\$3,285.28	\$6,000.00
National Conv. President	\$2,500.00	\$1,701.43	\$2,000.00
Newsletter Expense	\$9,500.00	\$8,281.98	\$9,500.00
Office Supplies	\$200.00	\$0.00	\$200.00
Postage & Shipping	\$100.00	\$331.02	\$100.00
Printing	\$100.00	\$22.33	\$100.00
Sports Massage Committee	\$500.00	\$324.94	\$500.00
Volunteer Training	\$3,500.00	\$1,172.66	\$5,000.00
Website	\$275.00	\$168.00	\$5,000.00
Total Expenses	\$122,815.00	\$83,722.85	\$121,550.00
Overall Gain (loss)	\$11,435.00	(\$3,248.64)	\$4,460.00
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	\$313.29

Space does not allow for the full detailed report of each category; however this information is available to any member upon request.

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

February 20 - 22, 2010

AMTA-WI

conference in Madison

September 22-25, 2010

AMTA National Convention

Minneapolis Convention Center

Minneapolis, MN