

AMTA Mission Statement

The mission of the AMTA is to develop and advance the art, science and practice of massage therapy in a caring, professional and ethical manner in order to promote the health and welfare of humanity.



August 2010


One of the top educators in our field, the scenic backdrop of the mighty Mississippi River . . . toss in great company, good food and unique entertainment. You now have a highly-rated recipe for a must-attend weekend! Don't miss out — Mark Your Calendar *NOW!*

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2010 Fall Convention
Presented by AMTA Iowa Chapter





James Waslaski


September 11-12, 2010
 Grand Harbor Resort & Waterpark
 350 Bell Street • Dubuque, Iowa 52001


Pelvic Stabilization Review & Orthopedic Massage for Complicated Knee Conditions

and

Orthopedic Massage for Complicated Shoulder Conditions (includes BONUS section on forearm, wrist, and hand conditions)

12 CE Hours





MASTER OF THE SUPERNATURAL – BRIAN IMBUS

Saturday, September 11, 2010 at 7:00 p.m.
Grand Harbor Resort

Brian Imbus is an Internationally recognized Mentalist that has performed or thousands of audiences for the past 18 years. "Can this man read minds?" This is just one question you will be asking yourself after witnessing Brian's performance.

For more info visit www.brianimbus.com

**AMTA IOWA CHAPTER
BOARD OF DIRECTORS**

President *	Terry Eicher 125 Fayette St. Denver, IA 50622 (319) 830-7118 tesseicher@msn.com
Immediate Past President *	Chris Rider 2024 Western Road Iowa City, IA 52240 (319) 337-9456 Crider2024@aol.com
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Treasurer *	Ken Swenson 521 Main St. Osage, IA 50461 (641) 732-5616 ommc@osage.net

* denotes eligibility to vote

**AMTA IOWA CHAPTER
COMMITTEE CHAIRS**

Education Chair	Jeanna Tellin 208 6th Ave. Hiawatha, IA 52233 (319) 551-1955 jtellinmt@yahoo.com
Parliamentarian/Awards Chair	Wayne Pakulis 1118 38th St. S.E. Cedar Rapids, IA 52403 (319) 365-7774
Public Relations Chair	Kathy Valant 125 3rd Ave SW Dyersville, Iowa 52040 (563) 875-4628 katydid03@iowatelecom.net
Membership Chair	Joyce McKinley 908 Cottonwood Ave. Iowa City, IA 52240 (319) 338-5756 bodymyrgrth@yahoo.com
MERT Chair	Ken Swenson 521 Main St. Osage, IA 50461 (641) 732-5616 ommc@osage.net

The AMTA Goals

To serve its members, the public, and profession, the AMTA pursues the following goals:

- To establish massage therapy as integral to the maintenance of good health.
- To promote high standards in providing massage therapy to the public.
- To increase access to quality massage therapy for all persons.
- To be an influential member of the health care community.
- To be a leader and resource for issues in the field of massage therapy including definition, practice and education standards, legislation and regulations.
- To enhance the professional development and personal growth of members.
- To continue AMTA's growth, development, organizational effectiveness and visibility.

In pursuit of the above goals, AMTA will be guided by the value of competency and care.

This newsletter is published quarterly by the Iowa Chapter of the American Massage Therapy Association (AMTA), a non-profit professional massage therapy association. This publication welcomes contributions from readers. Articles for publication must be type written, and include a legible signature, address and phone number. Copyright material must be accompanied by written permission by its holder.

The Iowa Chapter reserves the right to edit material for space and clarification; accept or reject material; and assumes no responsibilities for errors, omissions, corrections, or modifications in publications. The beliefs and opinions contained in this publication do not necessarily reflect those of the Iowa Chapter of the AMTA.

DEADLINES

for Newsletter Information and Ads

Oct 9, 2010 (for publication end of November)
Jan 8, 2011 (for publication end of February)
April 9, 2011 (for publication end of May)

ADVERTISE:

Classified Ad	Member	Non-Member
Business card size	17.00	23.00
1/6 page	35.00	44.00
1/4 page	46.00	65.00
1/2 page	66.00	95.00
Full page	100.00	145.00

Multiple ad discounts – save up to 30% -- contact editor for details

Submit ad and payment to:
Cindy Pancratz, editor

3165 Nightengale Lane, Dubuque, IA 52003
cincia57@aol.com
(563) 556-5491

Make checks payable to: AMTA Iowa Chapter

From the President . . .



Greetings fellow AMTA Iowa Chapter Members,

I hope everyone has been able to find some time this

summer to enjoy friends and family. As much as it pains me, it is on the AMTA calendar to begin thinking about fall already. With that I would like to encourage all of you to attend our fall chapter meeting. We have James Waslaski back, and those who have had the pleasure of taking a class with James know it will be another great education session. If you have not been to a class with James, or have not been to one of our conventions recently and are considering attending, expect some great education, making friends, and having a lot of fun! Hope to see you there!

This fall also brings another exciting AMTA event very close to home. The AMTA National Convention will be held at the Minneapolis Convention Center, 1301 2nd Ave S., Minneapolis, MN, www.minneapolisconventioncenter.com

Expand your knowledge with 20 plus hours of continuing education, including special programming options for teachers,

researchers, students, and those working in spa or healthcare environments.



Experience what the industry's leading manufacturers have to offer massage therapists, and see hundreds of products you need and use under one roof. Grow and nurture your network by connecting with colleagues and finding your center in one of the country's most creative cities. Join thousands of massage therapists who have discovered AMTA's National Convention as their source for inspiration, renewal and Balance.

We would love to have an Iowa Chapter get-together, so if you plan to attend please contact me, and we will all plan to meet as a group. This is really a great experience and at an affordable rate as it is so close. Let's have a great turnout – call your friends

and travel together! For more information and registration, go to the National web-site.

Hope to see you in the fall!

Terry Eicher, PRESIDENT

Convention Coordinator update . . .



pleased to welcome James Waslaski to Iowa again! James is a wonderful presenter and well known in Iowa. The weekend of education will provide you with a variety of his expertise -- he will be teaching Pelvic Stabilization Review & Orthopedic Massage for Complicated Knee Conditions, as well as Orthopedic Massage for Complicated Shoulder Conditions which also includes a BONUS section on forearm, wrist, and hand conditions. You will not want to hesitate registering for this one! Spaces fill quickly with his classes! And remember, there will be plenty of social time on Saturday evening as we are entertained by Brian Imbus, world-renowned hypnotist and mentalist. Brian was with us at the Spring Convention and his show proved to be a show-stopper! This event is free to attendees and their guests so bring your smiles and laughter, and join us for an incredible night!
SEE YOU AT GRAND HARBOR!

Brianne Goetzinger, 1ST VICE PRESIDENT/CONVENTION COORDINATOR

Advertisement

Room to lease at Massage Therapy Associates

1825 29th Street NE
Cedar Rapids, Iowa

Great location off interstate

Medical complex building
Shared room \$200

Contact Mary Kay Grodt
319-362-8358

We hope you'll join us at the Grand Harbor Resort for this wonderful time of year! Especially in September, there's nothing better than the beauty of Grand Harbor! Our convention is held at the Grand River Center (connecting to the Grand Harbor Resort), and I am

MEMBERSHIP RECOGNITION PROGRAM AWARDS FOR CHAPTER LONGEVITY

20 YEARS

Johnny Blythe
Margaret Nelson
Carol Meyer
Wayne Pakulis
Pamela Worden

15 YEARS

Dale Johnson
Joan Knockel
Tracy Erichsen
Kimberly Thonpson
Sharon Kelch
Dawn Clark
Julie Grau
Dena Jackson

10 YEARS

Patricia Peterson
Brenda Ceilly
Tracy Fuller
Wahnetta Dimmer
Heather Fuhrmeister
Christy Lenaers
Tamara Braymen
Susan Hamann
Denise Bane
Carrie Solon
Carol Petrick
Cameron Wold
Christine Messer
Sharon Happel
Joan Wilson



The AMTA Iowa Chapter would like to offer many sincere thanks to these members for their years of faithful service in the massage profession, and as committed, renewing members of AMTA in our local chapter. We would also like to welcome the following members into the Iowa Chapter. Thank you all for choosing to make AMTA your professional association. We encourage you to attend our local conventions, enjoy our website and contact us with questions and concerns you may have. We look forward to continued success and wish you all the best as you move forward into productive careers as Massage Therapists and body workers. Again, thank you for participating with us.

WELCOME
TO THE AMERICAN MASSAGE THERAPY
ASSOCIATION IOWA CHAPTER

January

Jessica Lee Moose
Travis L. Richardson
Cynthia Lea Barber
Zach Hogan

Deborah Fredrichs
Kally Jo Jones
Ruth M. Bloxham
Susan J. Hudek

Kristi Jameson
Sandra K. Campbell
Doris Pfister
Teresa Lunn Burke

Heather Thomas
Lisa Stick
Karla Marie Gallo

February

Stormy Kolden
Carl Marquette
Mary Beth Thesing
Christine Holecek
Anne Bishop
Makenzie Kennedy
Diana Risse
Kristine Quandahl
Marian Schuett

Ashley Albers
Janis Conley
Holly Wellman
Yasha Lockard
Stephanie Bergfeld
Anne Sigwarth
Nikalit Troy
Michael Lokken-Hopkins

Molly Martlin
Hannah Zahs
Heidi Hansen
Tameca Day
Courtney Hundley
Lara Martinsen-Burrell
Emily Woods
Margaret Hartogh-Maurer

Danielle Lanus
Izaac Holt
Janelle Rubner
Jessica Purdy
Lisa Gillespie
Lisa Lyons
Ashley Campbell
Beth Ann Griggs

March

Nicole Hutchcroft
Tami Chance
Allison Thompson
Elizabeth Kenney
Jenni Lynne Huinker

Carol Rivermoon
Tara Henkenius
Leslie Gray
Gerri Green

Tracey Zwiefel
Jacki Wettstein
Kristina Kitchell
Jana Klosterboer

Norma Peterman
Bill Dale
Carolyn Schmitz
Brandon Boyd

continued on next page

Law & Legislation update . . .



Whether it is the warm weather, softball being in full swing, or maybe the fact that my oldest is leaving for college next month but my goodness, how the summer is flying by.

This time of the year is very quiet on the legislative front. The 2010 Legislative session has been

closed for a while now; however you can always review the summary at the IDPH website. Here are a couple of links that might interest you. The first is the summary of the 2010 legislative session (bills and such) and the second is a nice little Powerpoint presentation that the IDPH has put together as a wrap-up of the legislative session. Since this is in electronic format you should be able to just click on the link. If that doesn't work just cut and paste the address into your web browser.

2010 Legislative Summary -

http://www.idph.state.ia.us/adper/common/pdf/legis/2010_final_summary.pdf

2010 Legislative Wrap Up PPT -

http://www.idph.state.ia.us/adper/common/pdf/legis/2010_wrapup.pdf

I also wanted to give a quick update on where we are in regards to the work we are doing on our AMTA Iowa Chapter

website. We have run into a few snags with transferring from one web hosting service to another, however by the time this newsletter is finished, I hope we are on the new website. This will continue to be a work in progress so you will see some drastic changes right away and then over time we will improve the site based on feedback we are receiving from the membership. Please do not hesitate to contact me via email at wolfiii98@hotmail.com or stop by and grab me at any of our conventions and let me know what type of improvements you would like to see. While I can't promise that we will implement them all, I can promise that we'll look at each one and determine what makes sense for our chapter.

Lastly, wanted to once again remind everyone about NMTAW running from Oct 24-30, 2010 and to urge you all to get out and do something to promote our wonderful profession. Also, don't forget that the AMTA National Convention is in our backyard this year up in MN -- would love to see you all up there.

That is all from me for this newsletter. Have a safe rest of your summer, and remember if you ever have any questions or concerns, I'm available to help.

Dan Schmidt - 2ND VICE PRESIDENT/LAW AND LEGISLATION



Membership update cont'd

*******WELCOME TO OUR NEWEST MEMBER SCHOOL*******

The Original LaJames College in Mason City, Iowa

April

Jennifer S. Anderson
Laura Claps
Mary Gorsch

Barbara Howard
Robert B. Novak
Amber J. Revell

Shannon S. Anderson
Ashley German
Melinda Warren

Jessica Hummel
Scott Redman
Katelyn Grimm

May

Katherine F. Braun
Jolene D. Fank
Kaylee Kramer-Assibey
Wendy L. Young

Mindy Renee Ceaser
Sara E. Frederick
Amanda Pierson

Tracy Donaldson
Cory J. Green
Lisa Twait

Kari Eberhart
Rebecca Helgerson
Jessica D. Wilkens

June

William Albrecq
Jennifer Knapp
Megan Schoon

Karen Dluhos
Susan Meyer
Ashley Wagner

Kristin Dunne
Kristie Padawich
Maggie Ann Weltha

Rochel Fischer
Makenzie Pohlman
Jedediah James Wolf

Our current membership total as reported by the AMTA national office is 686 members. We continue to grow as people recognize the excellent value of a membership in the American Massage Therapy Association. If you believe you may be interested in hearing more about volunteering with our chapter please contact me. We need your skills to help us spread the word to young therapist looking for a solid support and networking system. We hope some of you will want to share your member benefits with others. Thanks again for making Iowa a great chapter.

Respectfully Submitted,
Joyce L. McKinley, MEMBERSHIP CHAIR

MASSAGE WORKS Supplies & Equipment

**Now you can shop local to buy all
your massage supplies!**

**Biotone, Earthlite, Soothing Touch, Sacred Earth, Bon
Vital, Khepra, Wally's Naturals, Anatomical Chart
Thermophores, Pressure Positive Tools,
Sheets, lotions/oils/creams, Thumb tools, Sacro
Wedgy, Music, Ice Packs, Pneumatic Stools, Bolsters,
Face Cradles, Crescent Covers & SO MUCH MORE!
Stop in today.....Stop paying shipping charges**

5006 EP True Parkway
West Des Moines, Iowa
515.225.2233
1.877.392.9638

email: massageworkswdm@mac.com

website: www.massageworksupplies.com

**Hours: Mon - Wed & Fri 10-5:30
Thurs 1-8**

1st Sat of the month 10-3

find us on: Facebook - Massage Works
Twitter - @massageworksia

Public Relations update . . .

Hello to Everyone!
National Massage Therapy Awareness Week is right around the corner. I would like to take this opportunity to remind you what NMTAW is about. As massage therapists this is the perfect opportunity to educate our



community about massage therapy: by donating a massage to a local radio station or hosting an event; contact a deserving group in your community and donate chair massages to their members; contact your local health care providers and offer to make a presentation on how massage can make a difference for their clients/patients. Become an advocate for your profession!

This is also a great time to promote massage and your business! Host an open house and invite those clients that have not been in recently. Ask your local paper to do a spotlight on your business for NMTAW! You can invest as much or as little time as you want. This week is about YOU!

Last year our chapter had several very successful events. If you are interested in hosting an event in your area or are looking for ideas, please contact me: Kathy Valant, 563-543-3910. I will be happy to get you started!!!! Or go to <http://www.amtamassage.org/member/nmtaw-q-a.html> for ideas!!! I am looking forward to seeing many of you in Dubuque in September!!!! Please stop by my booth and say *Hello!*

Kathy Valant, PUBLIC RELATIONS CHAIR

Education update . . .



Hello everyone,
I hope summer is treating you all well! Has fall crossed your mind yet? Well, it's time to think about the convention in September . . . at the awesome Grand Harbor Resort Hotel in Dubuque. I hope to see you there!

Due to the policy changes with the National By-Laws, delegate elections will be taking place at the Annual meeting, which is held every March. Therefore there will be NO DELEGATE ELECTION this fall. In March, 2011, we will be starting the new election process for delegates. At that time, please consider serving your AMTA Iowa chapter.

As education chairperson, it is my pleasure to serve you. If anyone has any questions, please contact me at 319-551-1955 or jtellinlmt@yahoo.com.

Jeanna Tellin, EDUCATION CHAIR

REFERENCES

AMTA-Iowa Website
www.amtaiowa.org

**Iowa Board of Massage
Therapy Examiners**
Professional Licensure Bureau
Lucas State Office building, 5th Floor
321 E. 12th St.
Des Moines, IA 50319-0075
Phone 515-281-6959

AMTA
500 Davis Street, Ste 900
Evanston, IL 60201-4659
Phone: 847-864-0123
Toll Free: 877-905-2700
Fax: 847-864-1178
www.amtamassage.org

NCBTMB
1901 S. Meyers Rd., Ste 240
Oakbrook Terrace, IL 60181-5243
Phone: 630-627-8000
800-296-0664 (automated info. line)
www.ncbtmb.com

James Waslaski



September 11-12, 2010
AMTA Fall Convention
 Dubuque, Iowa



This program is eligible for credit (12) hours of your CE requirements.
 The AMTA - Iowa Chapter is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider.

PERMIT NO. 276
 GRINNELL, IOWA
 PAID
 U.S. POSTAGE
 FIRST CLASS

Brienne Goetzinger, 1st VP
 AMTA - IA Chapter
 2203 East 140th St. N.
 Grinnell, IA 50112



GRAND RIVER CENTER
 500 Bell Street
 Dubuque, IA 52001



Grand Harbor
 RESORT AND WATERPARK

AMTA Group Rate \$129 / Night
 (plus tax)

For hotel reservations
 call: (563) 690-3270
 by August 20, 2010
 (group rate not applicable after)



Fee Schedule:	Pre-Reg.	After Aug. 27
<input type="checkbox"/> AMTA Member	\$200	\$225
<input type="checkbox"/> Non-member	\$265	\$290
<input type="checkbox"/> Current Massage Student	\$190	\$215
<input type="checkbox"/> Saturday Lunch ONLY \$25		

(check box below)
 Registration fee includes: 12 CE Hours, Saturday & Sunday Hot Buffet Breakfast, Saturday luncheon, Saturday night social, Break food, & ALL class materials

SATURDAY LUNCHEON: Vegetarian / Meat (only)
 * If no choice indicated, you will receive a meat choice.
 * On-site/late registrations may not receive a meat choice.

TOTAL AMOUNT ENCLOSED \$ _____ (Checks made payable to: AMTA - IA Chapter)

CREDIT CARD PAYMENT: Visa / Mastercard (only) Name on Card _____
 Card# _____ / _____ / _____ / _____ Exp. ____ / _____

Signature: _____

Send registration form with full payment to:
 Ken Swenson, Treasurer
 AMTA - IA Chapter
 521 Main Street
 Osage, IA 50461

Our Speaker

James Waslaski

James Waslaski is an Author & International Lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 6 Orthopedic Massage and Sports Injury DVDs, and authored manuals on Advanced Orthopedic Massage and Client Self-Care. James presents at state, national and international massage, chiropractic, and osteopathic conventions including keynote addresses at the FSMTA, World of Wellness, and Australian National Massage Conventions. His audience includes massage and physical therapists as well as athletic trainers, chiropractors, osteopaths, nurses and physicians. James received the 1999 FSMTA International Achievement Award and was inducted into the 2008 Massage Therapy Hall of Fame. www.orthomassage.net

Course Details

Pedicle Stabilization & Complicated Knee Conditions

This dynamic, multimedia presentation will review a structural and multidisciplinary approach for treating low back pain, sciatica, bulging discs, SI joint dysfunction, and complicated knee conditions. We will be sharing cutting edge research on myofascial pain, scar tissue mobilization, trigger points, and joint pain. Modalities used will be functional assessment, myofascial release, NMT, joint capsule work, myofascial alignment, active isolated stretching, and strengthening protocols, specific to each clinical condition. Participants will also be learning our revolutionary technique for releasing complicated hip capsule problems. After Pelvic Stabilization, we will address Patella femoral Pain, Patella Tendinitis, Chondromalacia, IT Band Friction Syndrome, Flared Posterior Tibial Head Pain, Anterior Knee Rotation, Medial & Lateral Collateral Ligament Sprains, Medial and Lateral Meniscus Tears, ACL & PCL Sprains, Popliteal Pain, Hamstring Strains and Plantaris Strains. The key to this seminar is that all muscle groups that affect the hip and knee will be brought into balance prior to treating the clinical symptoms, and the client will be given custom designed self care for each specific condition, to eliminate pain forever. 70% Hands on training. Mats or tables required. www.orthomassage.net

Orthopedic Massage for Complicated Shoulder Conditions

Based on myofascial pain studies presented at Harvard Medical School and tendinitis vs. tendinosis research dating back to 1946, participants will learn new techniques that will forever change the way they approach myofascial, trigger points, and tendon pain. These innovative structurally-oriented routines offer pain-free multi-modality methods for achieving immediate and permanent results for Rotator Cuff Injuries, Shoulder Impingement, Bursitis, Pecoralis Minor Tendinitis, Bicipital Tendinitis, Rhomboid Pain, and Thoracic Outlet. Participants will also take a detailed look at "Double-Crush Phenomenon": The Role that cervical conditions play on weakness, numbness and tingling into the shoulder, arms and hands. Ground-breaking Frozen Shoulder connections will highlight this dynamic interactive workshop. James will incorporate dazzling 3-D functional anatomy and human dissection models to support his multi-disciplinary approach for assessment, treatment and self care of each condition. This dynamic multimedia presentation entails theory, real case studies, and 70% hands-on training. www.orthomassage.net

Orthopedic Massage for Complicated Elbow, Forearm, Wrist and Hand Conditions

Based on myofascial pain studies presented at Harvard Medical School and tendinitis vs. tendinosis research dating back to 1946, participants will learn new techniques that will forever change the way they approach myofascial pain, trigger point pain, nerve compression pain, and tendon pain. These innovative structurally-oriented routines offer pain-free multi-modality methods for achieving immediate and permanent results for Medial and Lateral Elbow Pain, Muscle-Tendon Strains, Nerve Entrapments, Pronator Teres Syndrome, Carpal Tunnel Syndrome, Progressive Joint Arthritis, and Trigger Finger. You will also take a detailed look at "Double (or triple) Crush Phenomenon": The role cervical, thoracic, and elbow conditions play on numbness, weakness and tingling in the arms and hands. James will incorporate dazzling 3-D functional anatomy and human dissection models to support his multi-disciplinary approach for assessment, treatment and self care of each condition. This dynamic multimedia presentation entails theory, real case studies, and 70% hands-on training. www.orthomassage.net

What to bring:

- 1) One massage table per 2 people.
- 2) Wear loose fitting clothes and dress in layers. The room temperature is difficult to control to meet everyone's temperature needs.
- 3) Bring energy for a fun-filled weekend and SMILES!

PROGRAM AGENDA

FRIDAY, SEPTEMBER 10

3:00 PM AMTA Board Meeting
(open to the public, not required by attendees)

SATURDAY, SEPTEMBER 11

7:00 AM Registration Begins
7:00-9:00 Hot Breakfast Buffet / Exhibits Open
9:00 Class Begins
10:30-10:50 Break / Exhibits Open
10:50-12:30 Class Resumes
12:30-2:00 PM Luncheon / Business Mtg
2:00-2:30 Exhibits Open
2:30-5:00 Class Resumes / END of Day 1

5:00-7:00 PM Exhibits Open
5:45 BIG RAFFLE! (Don't miss it!)
6:00-7:00 Happy Hour - Catch up with old classmates & new friends!
7:00 Brian Imbus, World-Renowned Hypnotist/Mentalist

SUNDAY, SEPTEMBER 12

7:30-9:00 AM Hot Breakfast Buffet / Exhibits Open
9:00 Class Begins
10:30-10:50 Break / Exhibits Open
10:50-12:00 PM Class Resumes
12:00-1:00 Lunch / Exhibits Open
1:00-3:00 Class Resumes / END of Class

Questions?

Call Brannee (641) 236-4089 or e-mail to brannee@ppmail.com

PLEASE NOTE:

You MUST keep this schedule for state verification of CE hours. There will be NO partial CE credits given. Participants must be present for the entire program to receive CE hours.

AMTA - Iowa Chapter 2010 Fall Convention Registration Form

Grand Harbor Resort, 500 Bell St., Dubuque, Iowa

* Must be postmarked by Aug. 27th for pre-registration discount *

Name _____
(Please print clearly and use copy for add'l registrations, even if only for meals)

Address _____
City / State / Zip _____
Phone () _____
E-Mail _____
Emergency Contact _____
Phone () _____

AMTA Membership # _____
AMTA Member Status? Profess. / Associate / Student (circle) _____

Current Massage Student? Yes / No Name of School _____
Is this your first time at an Iowa Chapter Convention? Yes / No (circle) _____



Carlson College of Massage Therapy

www.carlsoncollege.com

“Let Us Put A Profession Into Your Hands”

October 2010

October 1-2

Neck Specifics *with* Mario Castro

5:30 to 9:30 p.m. Friday Oct 1

9:00 a.m. to 5:00 p.m. Sat. Oct 2

\$215.00 12 CE Hours

October 29-30

Hot Stone Massage *with* Linda Reicks

6:00 to 9:00 p.m. Friday Oct 29

9:00 a.m. to 4:00 p.m. Sat. Oct 30

\$180.00 9 CE Hours (ONLY 12 spaces!)

November 2010

November 12-13

Shoulder Specifics *with* Mario Castro

5:30 to 9:30 p.m. Friday Nov 12

9:00 a.m. to 5:00 p.m. Sat. Nov 13

\$215.00 12 CE Hours

December 2010

December 3-4

Low Back Specifics *with* Mario Castro

5:30 to 9:30 p.m. Friday Dec 3

9:00 a.m. to 5:00 p.m. Sat. Dec 4

\$215.00 12 CE Hours

December 17-19

Orthopedic Massage for Upper Body Conditions and Pelvic Stabilization *with* James Waslaski

5:30 to 9:30 p.m. Friday Dec 17

9:00 a.m. to 6:00 p.m. Sat. Dec 18 AND Sun Dec 19

\$350.00 by 12/3 (after 12/3 \$395) 20 CE Hours

James Waslaski is coming to CCMT!!!

December 17-19, 2010 James will be doing his entire **Upper Body Seminar** and then he will RETURN in April 2011 for the entire **Lower Body Seminar!** What a great opportunity to learn from one of the BEST in the industry...right here in IOWA!

PLAN AHEAD and register NOW as most of James' workshops sell out months in advance!

YOU ARE INVITED TO THE ALL SCHOOL CCMT REUNION

Please join us from 1pm-4pm on
Saturday, October 16 for an afternoon
of catching up with friends,
reminiscing and FUN!

This is a family friendly event and picnic style snacks
will be served.

**Please RSVP by September 17th to
carlsoncollege@carlsoncollege.com**

IMPORTANT!!! PLEASE NOTE:

All workshops require a deposit of 50% the workshop cost. This is to reserve your space in class.

This deposit is non refundable and non transferable.

To register for a class please send your 50% registration fee deposit, Iowa massage license number and the name of the class you wish to attend to: CCMT 11809 CR X-28 Anamosa, IA 52205

Credit card payments please call 319-462-3402 to register over the phone for any of the listed classes.

AMTA IOWA CHAPTER
Business Meeting
Gateway Hotel and Conference Center
Ames, Iowa
March 26, 2010

1. **Call to order:**

President Terry Eicher called the meeting to order at 12:45 PM. She welcomed everyone to our annual AMTA Iowa Chapter Spring 2010 Convention and Business Meeting. Terry thanked the membership for attending the convention, and the time commitment to further their education.

2. **Present:**

President - Terry Eicher, Immediate Past President - Chris Rider, First Vice President - Brianne Goetzinger, Second Vice President - Dan Schmidt, Treasurer - Kathy Schutte, Secretary - Jeanne Griebel, Education Chair – Jeanna Tellin, Parliamentarian/Awards Chair - Wayne Pakulis, Public Relations Chair/ Delegate – Kathy Valant, MERT Chair/ Delegate - Ken Swenson, Membership Chair - Joyce McKinley, Delegate – Kathy Valant, 1st Alternate Delegate – Jill Ellsworth

3. **Absent:**

Third Vice President– Cindy Pancratz

4. **Approval of Minutes:**

Secretary, Jeanne Griebel submitted the minutes from the September 12, 2009 Business Meeting for approval.

President Terry Eicher asked the membership for final approval. Johnny Blythe **MADE A MOTION**

Approve the minutes from September 12, 2010 meeting. Mary Dengler – **SECONDED -- MOTION CARRIED.**

5. **Reports of Officers:**

5A. **President – Terry Eicher:**

President Terry Eicher informed the membership that the National Convention will be held in Minneapolis Minn. on September 22nd thru the 25th. She encouraged the membership to try to attend being the Convention is within driving distance.

Terry welcomed Kathy Valant to the Public Relations Chair, and thanked Kathy Schutte, who will not be running for the treasurer's position, for all she has done in that position.

Terry also welcomed all the First timers as well as general membership.

She went on to thank Brianne for the excellent job she has done with the multiple presenters as well as an awesome convention.

5B. **Immediate Past President - Chris Rider:**

Chris informed the membership of the Judy Robuck CE Gift Motion that was presented at the BOD Meeting. Starting next convention we will have one guest here that is a student or a recent graduate attending the convention at no charge in honor of Judy Robuck. The BOD will be letting the membership know what the requirements for being eligible for the gift. For those who don't remember Judy, a bouquet of flowers with her picture and obituary is out on the table in the entrance.

Chris thanked everyone for being at the convention and encouraged everyone to get to know each other and welcome the first-timers.

5C. **First Vice President – Brianne Goetzinger:**

Brianne thanked everyone for attending the Convention. Because this convention is a little different than usual at the end of the convention please let her know if there was something that didn't work or things that worked well so she can have feedback for the future.

There were 178 members attending this convention.

Due to the different format of the convention things will be different. The attendee must fill out the surveys and turn them at the table out side the class room to get their certificate of attendance.

There will be a big raffle following class at 5:45 P.M. Tickets for the social must be purchased by 2:30 P.M. before the class resumes. This assures there will be enough space for everyone. Remember, this amount will be reimbursed at the door. There will be Happy Hour from 6-7 P.M. and the doors for the entertainment room will open at 6:30P.M., where pizza will be served. Everyone is welcome for dinner. The entertainment will start at 7P.M.

She wanted to thank all of the donations and vendors without them we would not have all the gifts to give away. Be sure to shop all the vendors.

Brianne thanked several people for helping this weekend, Erika Dohrer-Smith, Jan Warnke, And Vickie Setterberg, Dan Schmidt, and Terry Eicher, as well as the entire BOD for all there help.

5D. **Second Vice President – Dan Schmidt:**

The first legislative session for 2010 is winding sown with the Target adjournment being March 31. In this fist session of 2010, there was no new legislation introduced regarding Massage Therapy.

At the last Iowa State Massage Therapy Licensure board meeting there was a discussion about Chest Massage and Lymphatic Massage. The first part of the discussion was an education to the board members (especially those not from a massage background) on what Chest and Lymphatic Massage is and why it is a suitable therapy for certain clients. The second part of the discussion was geared toward how the board can help protect the public. Lots of ideas were presented however it was decided that a committee within the board would be created to develop ideas and bring a motion to the board on what course of action should be taken. There were two things that He wanted to stress:

- As of now there is no motion to the Iowa Licensure board for change to the code to limit chest massage and /or lymphatic massage.
- Before any change of code or rules can take place, there will be communication to AMTA and its membership on what change they are contemplating and a solicitation of thought that can be communicated to the State Board.

His plan is to take the website down starting April 12th; it will be down for a week, for them to do the work over the next month and have the site up and running before the May publication of the next newsletter. It will have the same address with the same look and will be easy to use.

5E. **Third Vice President—Cindy Pancratz**

Jeanne Griebel reported in the absence of Cindy Pancratz:

February 2010 launched our first "green" newsletter. We sent approximately 140 actual printed newsletters, based on the e-mail list the National office provided. Because of absolutely zero response from members, Cindy is assuming everyone received, and is happy with the version they chose.

According to the printer/postage costs for this edition \$337.57, and for November 2009 (our last printed edition) \$2012.23, the chapter saved approx \$1675 for just the February issue. Multiplying that over 4 times each year, the chapter should save an average of \$6700 a year.

5F. **Treasurer—Kathy Schutte:**

Treasurer Kathy Schutte presented the summery 2009-2010:

Summary 2009-2010

Kathy presented to the membership the Banking Summary from Iowa AMTA Summary of 2008 – 2009

TOTAL INCOME \$81,571.58 TOTAL EXPENSES \$84,447.88 TOTAL CASH ON HAND \$177,616.18

Approval of 2009-2010 Budgets

PROPOSED BUDGET 2009-2010 \$85,950.00

Terry then asked the membership to review the budget summary for 2009-2010 and the proposed budget for 2009-2010 for final approval. Mary Dengler

MADE – A - MOTION – to accept summary for 2009-2010 and the proposed budget for 2009-2010 as Treasurer Kathy Schutte presented it. Kathy Lutz **SECONDED – MOTION – CARRIED.**

Kathy thanked the entire membership as well as the BOD for the wonderful experience she had in the position. She encouraged everyone to get involved.

5. **Election of Officers:**

President Terry Eicher informed the membership the positions up for election on the Executive Board were: President, 2nd Vice President/Law & Legislation, Treasurer and Secretary.

Terry read the requirement for being eligible to run for an Executive Office to the membership. Terry then opened the floor for nominations for the position of President. Wayne Pakulis nominated Terry Eicher. Terry then asked if there were any other nominations with none, through a voice vote Terry Eicher was elected President. Terry then opened the floor for nominations for the position of Second Vice President. Thomas Bockoven nominated Dan Schmidt. Terry asked Dan if he accepted the nomination. Dan accepted. Terry then asked if there were any other nominations with none, through a voice vote, Dan Schmidt was elected Second Vice President.

Terry informed the membership that the position of Treasurer will only be a one year term. The reason for the difference is to try to get the President and Treasurer on different years. Terry then opened the floor for nominations for the position of Treasurer. Chris Rider nominated Ken Swenson for the position of Treasurer. Terry asked Ken if he accepted the nomination. Ken accepted. Terry then asked if there were any other nominations. With none, through a voice vote, Ken Swenson was elected Treasurer. Terry then opened the floor for nominations for the position of Secretary. Brianne Goetzinger nominated Jeanne Griebel for Secretary. Terry asked Jeanne if she would accept the nomination and Jeanne accepted. Terry then asked if there were any other nominations for the position of Secretary. Having none, Jeanne was elected Secretary by voice vote.

6. **Reports of Committee Chairs:**

6A. **Education Chair – Jeanna Tellin:**

Jeanna invited everyone to stop at the Education Booth if they need information regarding renewal or any other requirements and she also now has lapel pins so if anyone needs something it is at her booth.

6B. **Parliamentarian/Awards Chair – Wayne Pakulis:**

Wayne told the membership that at our September Convention we present awards to members who are deserving of special recognition for their volunteer work on behalf of our chapter. He asks that the membership please let him know if they know anyone who is deserving of this award.

Wayne then told the membership that at the National Convention held in Florida last September. The AMTA Iowa Chapter was presented with the Give The Chapter A Hand Award for excellence. This award was presented to the Chapter who displayed proper functioning of chapter affairs, finance's in order and any other services that Chapters are involved in. Wayne thanked the Iowa Chapter for having such a wonderful Board and was proud to be a member of such a wonderful Chapter.

6C. **Public Relations Chair – Kathy Valant:**

Kathy told the membership that she would be available at the PR Table for anyone who needs anything. She went on to report for Jill Ellsworth in her absence. She reported that National Massage Therapy Awareness Week was a big success, east verses west. The East won with 279 and West 254 events. Congratulations to the East. As promised Jill will take a pie in the face tomorrow after lunch.

October 24-30th is National Massage Therapy Awareness Week this year so if anyone is interested or has any ideas for events please take one of Kathy's cards she has available at the PR Booth.

6D. **MERT Chair – Ken Swenson:**

Ken told the membership MERT stands for Massage Emergency Response Team. The last deployment was May 31, 2008 at Parkersburg and new Hartford. He is trying to get organized to be able to attend the Firemen's Convention as well as other organizations involved with civil Defense as well as trying to coordinate a mock disaster for training. For those members who have expressed an interest in getting mote involved with MERT, Ken has your name and will be getting in touch with them with more details.

6E. **Membership Chair - Joyce McKinley:**

Joyce read the names of the members who were Five, Ten, and Fifteen Years members and presented them with a certificate of recognition. She then reported that she had two membership presentations, one at Carlson College of Massage Therapy, Anamosa, Iowa, and one at La James International College, Iowa City, Iowa. She is pursuing a visit with Salon Professional Academy of Johnston, Iowa.

Joyce ordered new chapter Items: there are 400 items — clear, blue, and purple key fobs with Iowa logo and the bill is on its way to Kathy Schutte from Newton Manufacturing. The collective bill should be around \$375.00 to be split between the membership budget and the board budget. She was thinking of selling them to the general members for a small fee and the other fobs will go in the new member packets. The money will be put back into the chapter funds. Joyce told the BOD that there are a total of 675 members in the Iowa Chapter:

- 606 Professional members
- 69 Student
- 97 new members founded since August 1, 2009

6F. **Delegates – Kathy Valant, Ken Swenson /1st Alternate Delegate – Jill Ellsworth:**

The Delegates did not have anything to report on.

7. **Presidents Award:**

Terry presented the Presidents award to Brianne Goetzinger for the outstanding job she has done with the position of First Vice President.

8. **Swearing in of Officers:**

Brianne Goetzinger did the swearing of the President, Third Vice President, Treasurer, and Secretary.

9. **Announcements:**

Vicki Cox, an educator at our AMTA Iowa Chapter Convention and a member of AMTA Indiana Chapter, told the membership that she as an educator she has seen several conventions as well as many chapters, and the AMTA Iowa Chapter is the best convention, Chapter and membership she has seen and congratulated the Chapter on there outstanding work and encouraged the general membership to become more involved with the board positions as well as chairs. It is an excellent learning experience.

9. **Adjournment:**

Johnny Blythe **MADE- A -MOTION** to adjourn the meeting. Marsha Willetts **SECONDED – MOTION CARRIED.**

The meeting was adjourned at 1:30 P.M.

Respectfully submitted,

Jeanne S. Griebel

Jeanne Griebel, SECRETARY



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Continuing Education Fall 2010

The following courses may or may not be, presented by providers, approved by AMTA, NCBTMB or by the State of Iowa, Bureau of Professional Licensure. If you are interested in a particular course, check with that provider concerning approval and pre-requisites. **The AMTA - Iowa Chapter is not responsible for provider approval of the courses listed below.** These listings are general information only. Please follow the links provided for more accurate information on class schedules.

SEPT

	Hot River Rock Therapy (contact for dates & credits) www.itmwtraining@aol.com	Davenport 563-445-1055
11-12	AMTA-IA Chapter Fall Convention/James Waslaski 12 CE www.amtaiowa.org	Dubuque 641-236-4089
17-19	Medical Massage Certification Program—Module 3 (Lower Knee, Leg, Ankle, Foot) 21 CE www.ralphstephens.com	Des Moines 888-570-9040
18-21	Seitai Shitatsu—Lymph (contact for dates and credits) WIHA@rconnect.com	Decorah 800-874-0905
18-19	Myofascial Release for Headaches and TMJ (contact for credits) www.hacmassage.com	St. Louis, MO 866-647-8080

OCTOBER

1-2	Neck Specifics with Mario Castro 12 CE www.carlsoncollege.com	Anamosa 319-462-3402
9-10	Whole Body Reflexology Part two (contact for credits) itmwtraining@aol.com	Davenport 563-445-1055
9-12	Sacred Hot Stone Massage (contact for credits) WIHA@rconnect.com	Decorah 800-874-0905
22-24	Myofascial Release for the Cervical—Thoracic Region (contact for credits) www.hacmassage.com	St. Louis, MO 866-647-8080
29-30	Hot Stone Massage with Linda Reicks 9 CE www.carlsoncollege.com	Anamosa 319-462-3402

NOVEMBER


12-13	Shoulder Specifics with Mario Castro 12 CE www.carlsoncollege.com	Anamosa 319-462-3402
13-14	Whole Body Reflexology Part Three (contact for credits) itmwtraining@aol.com	Davenport 563-445-1055
13-16	Traditional Thai Massage (contact for credits) WIHA@rconnect.com	Decorah 800-874-0905
20-21	Medical Massage for the Abdominal Wall & Shoulder Girdle 21 CE www.ralphstephens.com	Des Moines 888-570-9040

DECEMBER

3-4	Low Back Specifics with Mario Castro 12 CE www.carlsoncollege.com	Anamosa 319-462-3402
8-11	Business & Professional Ethics (contact for credits) WIHA@rconnect.com	Decorah 800-874-0905
11-12	Whole Body Reflexology Part Four (contact for credits) itmwtraining@aol.com	Davenport 563-445-1055
17-19	Orthopedic Massage/James Waslaski (for Upper Body Conditions and Pelvic Stabilization) 20 CE www.carlsoncollege.com	Anamosa 319-462-3402

CINDY PANCRATZ
NEWSLETTER EDITOR
3165 NIGHTENGALE LANE
DUBUQUE, IA 52003

Calendar of Events

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- Sept 10, 2010** **AMTA-IA BOD Meeting
Dubuque**
- Sept 11-12, 2010** **AMTA-IA Fall Convention
Dubuque**
- Sept 22-25, 2010** **AMTA National Convention
Minneapolis, MN**
- Oct 24-30, 2010** **National Massage Therapy
Awareness Week**