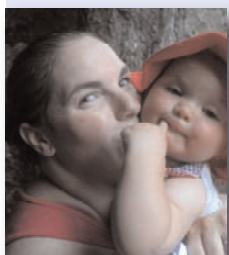




Keeping in Touch

Summer 2011

MEMBER SPOTLIGHT LEANNE JILLSON TAPLEY



The Chapter's Sports Massage Chairperson is Leanne Jillson Tapley. She's aptly suited to this position as sports massage is her passion. As a UVM grad in

small business management and marketing, she soon tired of her desk job and opted for massage school which had always interested her. She spent 2005 in Las Vegas at the Utah School of Massage Therapy.

After graduation Leanne worked for a time at the Woodstock Inn in Vermont until she opened her own office in Woodstock specializing in deep tissue and sports massage. She spent two and a half years working as a physical therapy aide with PT Peter Mayock at Ottauquechee Physical Therapy where she honed her skills in manual muscle release, trigger point, and muscle movement. Leanne has made quite a name for herself in sports massage and is often referred by doctors and other manual therapists. She is looking forward to the New England Regional Conference in Framingham, MA next March where she's hoping to take classes in structural movement. Leanne's husband, AJ, is a registered nurse and supervisor at the Ascutney Hospital. He heartily supports Leanne's profession. Leanne and AJ make their home in Windsor along with their year old baby girl, Addison.

In her leisure time, which is in short supply with a one year old, Leanne is an ardent bike rider. Her favorite event is the Prouty Bike Ride and Challenge which offers 20-200 mile bike events and 5-10k walking events. The last Prouty attracted over

– continued on page 2

PRESIDENT'S MESSAGE

Luckily, the days are still warm even as the nights grow colder! We are looking forward to our November Annual Educational Event on Nov. 5-7, 2011 with Shannon Gilmartin of ACE Cupping and having a chance to spend time with folks from around the state – and country! We already have registrations rolling in, so please make sure you register early; space is limited! I'm so thankful that this type of cupping is a powerful tool to help us provide deep tissue techniques to our clients without the discoloration that's typical in other modalities. I had a chance to experience it and felt that it truly helped separate fascia from muscle in a very relaxing, therapeutic manner. I can't wait to take the workshop with all of you!

Thank you LynnAnn Prom and Catrin Steward for becoming our New England Regional Conference (NERC) planning coordinators! NERC is a fantastic, high-quality, low cost educational opportunity that will happen March 15-18, 2012 in Framingham, MA and that provides a substantial source of revenue for the Vermont chapter. Without coordinators like LynnAnn and Catrin, we would not benefit from this event! Thanks to all of you who volunteered to help with this effort – we would like to encourage you to be in touch regarding other opportunities with the chapter.

At our chapter membership meeting on November 5th, we will be holding elections for certain Board of Director positions, including Vice President, Treasurer, and House of Delegates representative. We would also like to name certain members to help us coordinate our upcoming educational events (Education chair), revitalize our efforts to promote state licensure for massage therapists (Government Relations chair), and effectively organize all the chapter members who are offering their time and assistance to the chapter (Chapter Volunteer chair). I am particularly interested in making sure we have quarterly "Meet & Greet" massage swaps among AMTA therapists in all four corners of our state, but I need to ask for four regional representatives who can contact local therapists to participate – I have the location reservations all sorted out! If you are interested in this level of involvement with the chapter or would simply like to know how you could become better acquainted with local AMTA members, please contact me at amy@amta-vermont.org.

If you would like to keep up to date on the most recent AMTA-VT information, please make sure you check out the chapter's blog at <http://blog.amta-vermont.org/>. Our chapter is attempting to reach all of our members in multiple ways. For those of you who choose not to be connected electronically, a quarterly postcard will alert you to upcoming dates and

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– *President’s Message, continued from page 1*

resources for the next 3 months. Otherwise, you will all receive 3 electronic newsletters during the fall, spring, and winter quarters. Our summer newsletter is our only print newsletter and will also be distributed electronically. Between those quarterly newsletters, you can see what our chapter is up to by following us on Twitter, Facebook, or on the chapter blog.

Many of your chapter Board of Directors members are attending the National Convention in Portland this year from Oct 19-22, 2011. If you have are considering attending, we would love to know that you’re there and connect with you! Please contact me at amy@amta-vermont.org so we can make arrangements to connect you with other Vermont chapter members at the National Convention.

AMTA is the only massage organization that has local representation, and we want to make your chapter dues work for you! If you are interested in connecting with local therapists, becoming more involved in your local area, or connecting with Vermont’s chapter, please contact us at the chapter hotline at 802-552-0217 or info@amta-vermont.org. One of our Board of Directors members will answer your call, text, or email within 48 hours and welcome you to our thriving chapter!



by Amy Holibaugh

– *Member Spotlight, continued from page 1*

5,000 participants and raised 2.39 million dollars used locally for cancer patient care and research. She has also coached the Woodstock High School girl’s ice hockey team for the last three years.

Leanne enjoys her private practice working with repeat clients where she can see results. Her biggest challenge is dealing with clients to help them understand that healing is a process and can take time, and also that every therapist will have a different approach to an issue.

Patience is the advice she gives to new therapists. A massage practice doesn’t appear magically after school and she suggests, “take time to study, hone your skills, and find your own niche.” Also she recommends you have a back-up plan to broaden your education and profession beyond pure massage. Concerned with the burnout rate of massage therapists, Leanne is just about to finish up her Masters Degree in Sports Management for a future in the business world to supplement her massage practice.

Events are the spice of life for Leanne. While in massage therapy school in Utah, she had the opportunity to intern in manual therapy on some very big Hawaiian and Samoan men of the semi pro football team, the Las Vegas Island Warriors. She used mostly stretching and range of motion and appreciated the experience. As the sports massage chairperson of the AMTA-Vermont Chapter, Leanne receives and advertises statewide sporting events seeking massage therapists. So if you know of an event you think might be of interest contact Leanne through the chapter website at www.amta-vermont.org. The most popular sports event for massage therapists has been the MS Bike Ride in Castleton, Vermont in August each year. It’s a great event for fund raising and a fun event to work. Thanks Leanne for your volunteer time for the chapter!



WE’RE LOOKING FOR YOU! Your Chapter Newsletter wants to hear about events and news about you and your massage practice. Send items to Membership Chairperson, Karen Rarick, at Karen@amta-vermont.org.

JOHNSON STATE COLLEGE INTEGRATIVE MEDICINE DAY - SEPTEMBER 11

Amy Billings is coordinating the next Integrative Medicine Day for Johnson State College on Sunday, Sep 11 at Dreaming Mountain in Johnson.

There will be a morning and an afternoon session. The morning session will start at 9 am with introductions and sessions will go from 9:30-12:30. Lunch will run from 12:30-1:00. The afternoon session will begin with introductions at 1:00 and sessions will go from 1:00 to 4:30. Compensation for the morning session will be \$90 and compensation for the afternoon session will be \$90. We will not be able to offer practitioners a session this time as we have more students and have shortened the length of the day; however, I will be sending the brochure out ahead of time if you want to set up a trade with another practitioner over the lunch break or at the end of the day. If you are interested in participating, please contact Amy at pictureofhealth@harmanna.com.

CVOP Networking Across the Chapters

This July I was given the chance to attend the Chapter Volunteer Orientation Program (CVOP) at the AMTA National headquarters in Evanston, Illinois. I wanted to attend so that I could get a better understanding of how to perform my position within our chapter.

What an opportunity! I met therapists from every state that had recently taken positions within their chapters as well. We had general leadership training and instruction on how to represent the AMTA and our individual chapters.

Where CVOP really shines is in the breakout sessions. We divided into smaller groups and worked on various scenarios. These sessions showed how important teamwork is for your chapter and allowed us to see how each other's states function.

Thank you for letting me represent our state, I came home with lots of great ideas for Vermont! I would recommend CVOP for anyone that has wanted to get more involved in our chapter but isn't sure of how everything works. Feel free to email me with any questions: laura@amta-vermont.org



by Laura Bull

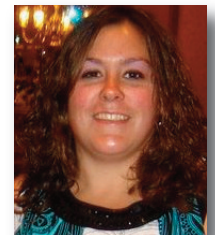
National Massage Therapy Awareness Week Getting the Word Out

In my last article about National Massage Therapy Awareness Week (NMTAW) I discussed the importance of this week to educate and support your community through massage.

So now it's time to set up all of your events and get the word out about them! It's time to show your pride and let your community know what you're doing and, more importantly, what Massage Therapy can do for them. Here are some ideas:

- Write a brief press release and include all the info about NMTAW-dates (October 23rd-29th), your specific events, and some benefits of Massage Therapy. Send this to any local publications and include your contact info.
- Is there a local radio station you could contact and get some airtime? Sweeten the deal by offering a gift certificate to give away on air. You could ask a question about massage that the listener must answer in order to get the prize!
- Create flyers and take them to your event locations and just to hang around town. Include dates, times, locations, and cost of your events.
- Send an email or postcard to existing clients, ask them to bring a friend!

Remember, your chapter and organization are behind you all the way! Check the national website, www.amtamassage.org for tips on NMTAW, or send me an email at laura@amta-vermont.org with any questions. I would love to hear what you did and how it went. Happy Awareness Week!



by Laura Bull

AMTA-VT CELEBRATES 25 YEARS!

25 years ago a small group of massage therapists felt a void of community among their peers. With this in mind, they approached AMTA Nationals with the idea of creating a State Chapter to meet the needs of therapists in Vermont. Up to this point a massage therapist could be a member of AMTA, but if they wanted to belong to a state chapter, they had to look outside of Vermont. Some folks looked to the closest border to find a chapter they could belong to (i.e. New York, Massachusetts or New Hampshire). But most therapists did have that close community that a state chapter provides.

On August 4th, 1986, six Vermont massage therapists and the Eastern District Director for AMTA got together in Woodstock, VT. And this is where the AMTA-Vermont Chapter was born.

So, let's celebrate - On Saturday, November 5th, we will be having a shindig to applaud our 25 years of success and prepare for 25 more years. The party will be at Charlie B's at Stoweflake Mountain Resort.

Whether you are attending the Annual Education Workshop (the same weekend) or not, mark you calendar. We will have munchies, music and much frivolity.



Reflections on 2011 NERC

Rachelle Ackerman was the recipient of the AMTA-Vermont Chapter's 2011 Perry Plouffe Scholarship. This scholarship pays for registration and meals at the AMTA New England Regional Conference. Our annual White Elephant Silent Auction funds this scholarship.

I think anyone who has been in full-time practice for more than a couple of years must have shared my experience: I love my work, I feel it's important and fulfilling (after all, I help people to feel good and they're always happy to see me), but after a while it just gets....stale. Never boring—how can something as fascinating as the human body be boring? But stale. In need of rejuvenation, NERC was the perfect antidote for this.

In my thirteen years of full-time practice, learning something new has never failed to reignite my passion for my profession. But NERC has done so in a multifaceted way. **Learning new skills came together with networking, perusing the trade show, and professional collegiality to create a true feeling of community.**

My husband and I are both self-employed, he in a profession that has been extremely hard-hit by the recession. Massage hasn't exactly been untouched by it either, so there is absolutely no way I could have attended NERC this year without the help of the Perry Plouffe scholarship. I am deeply grateful to the VT chapter for making this opportunity available.

I attended NERC once before, many years ago. It was worthwhile then, but I don't remember it being as much a total experience as it is now. The NERC committee does a splendid organizational job, with nary a glitch in any aspect of the conference. When things run smoothly, it is easy to overlook the tremendous amount of work and planning that must have gone into creating that seamless flow. There was, I thought, the perfect balance of workshop time and free time in which to visit the exhibitors, have conversations or get some fresh air. One of the things that I really appreciated was the inclusion of all meals with the conference (I don't recall that being the case when I attended before). This allowed for more opportunities to connect with others, critique the workshops, discuss interesting topics, and meet new people. As the Perry Plouffe recipient I was also invited to share a hotel room with the Vermont chapter delegation and got to know two fantastic people as a result.

If I had to assign a theme to NERC this year, it would probably be entitled "A Seat At The Table." From the ethics workshop I attended on Thursday night to the keynote address on Saturday to workshops in between and after, mention of the new mandate in the national health care reform bill to include alternative modalities in patient care kept coming up. Doctors are now required to discuss all treatment options with their patients if licensed health care professionals provide those options. That and the fact that massage topped the list of all CAM therapies for patient out-of-pocket spending last year has gotten more and more in the mainstream medical community to take notice of our profession. As one presenter put it, "Whether you like it or not, you ARE sitting at the table now."

This new level of recognition and status puts a greater onus than ever on us within the profession to act like professionals. We need to be informed about what we do and educate others. We need to represent what we do truthfully. The wider world of scientific research needs to expand studies to include much more on touch therapies, which are woefully lacking in credible scientific data to support our intuitive understanding of what we do. One of the shocking things I learned in Tracy Walton's workshop on cancer massage research was that our long-held belief that massage reduces cortisol levels is actually not supported by the scientific data. This revelation led me to question how many of the physiological effects that I learned in massage school (and later taught to my students at community college) have really been scientifically vetted, and how many may just be likely assumptions. The Massage Therapy Foundation, about which I knew very little prior to the conference, is doing some great work to further the field of research and massage.

The highlight of the entire conference for me was Whitney Lowe's 6-hour workshop on Active Release Techniques. Oddly, there wasn't a lot that I learned that was really new to me; in part, his written work that I've come across is so clear that the in-person workshop served more as review than new information. But what pleasure is to see such a masterful presenter! He was engaging, congenial, organized, clear, great at time management, and humble all at once.

I think the level of congeniality all around was something that set NERC 2011 apart. I have been at some other workshops and conferences where egos have been overinflated. At NERC, I did not hear one single put-down of a professional by another. I did not hear anyone claim that their technique was superior to others'. There was a culture of mutual respect that was inspiring.

And so, I return to my office inspired. **Inspired to carry with me that sense of mutual respect and to extend it to my clients, inspired to share newly acquired techniques, inspired to become more involved with research and with furthering massage as a profession.**

2011 Perry Plouffe Scholarship Application

To be eligible you must: • be in good standing with the AMTA-VT. • be a Professional Member for at least one year.
• have not been chosen for the scholarship in the past ten years.

Complete the application below and email or snail mail it to the AMTA-VT Awards Chair:

Amy Holibaugh, 197 Harrell Street, Suite 2, Morrisville, VT 05661

All applications must be postmarked by December 1, 2011.

Name: _____

Street: _____ City: _____

State: _____ Zip: _____ Phone: _____

Email: _____ AMTA Membership # _____

1. Please list volunteer services you have done in the last year:

2. Please give a reason you would like to attend New England Regional Conference this year:

3. How long have you been practicing massage? _____

4. How long have you been an AMTA member? _____

AGREEMENT

If selected for this scholarship, I hereby agree (1) to participate as a volunteer throughout the conference, (2) to attend all classes I have signed up for at the 2010 New England Regional Conference and (3) write an article for the Vermont Chapter's "Keeping In Touch" newsletter regarding my experiences at the conference to be submitted to the AMTA-VT Communications Chair by May 15 of the conference year. If I unable to fulfill the above responsibilities (1,2,3), I agree to reimburse the AMTA-VT for the full amount of the scholarship.

Signature _____ Date _____

History

Perry Plouffe was the driving force behind the creation of the AMTA New England Regional Conference (NERC.) Perry was also involved in the organization of the AMTA National Convention as well. In the early days of the AMTA NERC he was the Conference Coordinator and worked tirelessly on all aspects of the conference. In short she did it all. While on a scouting trip for a Vermont Hosted AMTA NERC Perry hit some black ice on I-89 and died as a result of the ensuing one car accident. Shortly after Perry's death the AMTA NERC Planning Committee (PC) decided to institute a scholarship in her name. Currently, each AMTA New England Chapter offers at least one scholarship to one of their members which pays for a full pre-registration to attend the AMTA NERC.

Pre-requisites for Selection

- Must be in good standing with the AMTA-VT Chapter.
- Must be a Professional Member for at least one year.
- Must have not been chosen for the scholarship in the past ten years.
- Must sign & date with snail mail and email address.
- Must complete and return Perry Plouffe Scholarship Application by email or snail mail.
- All applications must be postmarked by 10/15.

Considerations for Selection

- Any volunteer service
- Subjective: Reason(s) applicant would like to attend AMTA New England Regional Conference.
- Number of years in practice as a massage therapist.
- Number of years as Professional Member of the AMTA-VT Chapter.
- Subjective: financial need.

Responsibilities of the Scholarship Winner

- Must agree to participate as a volunteer throughout the conference
- Must attend all classes they have signed up for at the (year) AMTA New England Regional Conference.
- Must write an article for the Vermont Chapter, AMTA's "Keeping in Touch" newsletter regarding their experience at the AMTA New England Regional Conference to be submitted to the AMTA-VT Chapter Communications Chair by May 15 of the conference year.
- Must reimburse the AMTA-VT Chapter for the full amount of the scholarship if unable to fulfill these responsibilities.

AMTA-VT Sports Massage Report

Leanne Jillson Tapley is volunteering with the Chapter as the Sports/Events Massage Chair. In this role, she is the one to contact if you hear of an event which needs on-site massage therapists. She'll pass that information on to the rest of our membership and help maintain our contacts with different events from year to year. If you're interested in participating in an upcoming event, contact the organizer directly, but you can contact Leanne to see if there are any carpooling opportunities (802-999-6804 or ljillson33@aol.com).

We'd also love for you to represent AMTA-VT when you do volunteer, so please contact membership@amta-vermont.org about getting a free chapter T-shirt to wear at your events! Have someone take your photo "in action" and send it to newsletter@amta-vermont.org to be included in future newsletters!

Upcoming events:

FJG Race To The Top Of Vermont, Stowe Mountain Resort, Stowe
Sunday, August 28, 2011 @ 9:00 AM <http://www.catamounttrail.org>

32nd GMAA Round Church Women's Run 5K & 10K, Round Church, 25 Round Church Road, Richmond
Saturday, August 20, 2011 @ 08:30 AM <http://www.gmaa.net/schedule.php?raceid=RC2011>

Millstone Grind XC MTB Race and MTB Marathon, Millstone Quarry, 59 Little John Road Graniteville-East Barre -
Sunday, August 21, 2011

Kelly Brush Century Ride, Middlebury College Football Stadium, Middlebury- Saturday, September 10, 2011 @ 7:30 AM
<http://tinyurl.com/3wjlas4>

2011 Maple Leaf Half Marathon and 5K Run/Fun Walk, Manchester Recreation Center, Manchester Center - Saturday,
September 10, 2011 @ 9:00 AM <http://www.manchestervtmapleleaf.com/>

6th Annual IDIC 15 Road Race, Killington Recreation Fields and Killington Skyship, Killington
Sunday, September 18, 2011 @ 10:00 AM <http://www.idic15race.com>

28th Leaf Peepers Half Marathon and 5K Race, Vermont State Office Complex, Waterbury
Sunday, October 2, 2011 @ 11:00 AM <http://www.coolrunning.com/major/11/leafpeepers>

RaceVermont.com 2011 Fall Half Marathon, Shelburne Health & Fitness at the Field House,
Shelburne - Sunday, November 6, 2011 @ 8:00 AM <http://racevermont.com>



by Leanne Jillson Tapely

2012 AMTA New England Regional Conference

You know how amazing the AMTA New England regional Conference is every year! Ever wonder who is behind the scenes making it go off without a hitch? Thanks to the NERC Planning Committee, a group of twelve New England chapter representatives, and Jill Moran, the conference coordinator, you get to take amazing classes, network with peers, buy massage goodies and dance the night away at the Dinner/Dance.

Each New England chapter is responsible for sending to representatives to Planning Committee meetings through out the year. Last year, Vermont was wonderfully represented by Terye Wohnus. Joan Milgram and Lindsay Crossman (alternate). Together with the rest of the Planning Committee these three chapter heroes made 2011 the best year yet!

The 2012 New England Regional Conference is being hosted by New Hampshire. Lynn Ann Prom and Catlin Steward are excited to represent our Vermont chapter this year.

If you are interested in being involved with 2012 NERC, please contact Amy Holibaugh, amy@amta-vermont.org.

AMTA-VT Board of Directors Meeting Minutes

July 24, 2011

Members in attendance - Amy Holibaugh, President, Communications chair; Michelle Robbins, GR chair; Laura Bull, Secretary; PR chair; Chris Widlund, Co-Ed chair; Andrea Altman, Co-Ed chair; Karen Rarick, Membership; Rich Royer, Photographer.

Call to order at 10:07am

Agenda - Call for additional agenda items, nothing added. Andrea motioned to approve agenda, Chris seconded it, all in favor.

New Positions - Amy updated BOD on Chris Widlund and Catrin Steward taking new communications positions. LynnAnn Prom has taken on the role of NERC representative and we are looking for another. Sports Massage is looking for a new chair. We are in the process of obtaining a new Government Relations committee. Laura Bull asked for NERC rep commitments which can be found on Google Docs.

Chapter Calendar - Amy has updated the chapter calendar on Google and asked for anything else to be added. Chris needs a list of dates/events for the printed newsletter and asked Laura to submit that.

Committee Updates - Membership - 192 members, pins in the works, T-shirts for 25th anniversary in the works.

Communications - Chris is taking over newsletter and e-communications. Catrin Steward is advertising manager. Catrin is contacting past advertisers. We have a live web form for advertising acceptance. Facebook contact is increased and going well. We are continuing to look for a webmaster. We have a blog available at our AMTA website.

Public Relations - focus is on NMTAW, Laura would like to see chair massage happen with the legislators. Amy will talk to a contact and get back to Laura in August. Andrea, Amy, and Michelle will see if there is interest on the student level.

Government Relations - Amy is working with 3 people in hopes of forming a new GR committee. LLAP funds are expiring, Amy inquired to nationals as to whether funds could be used in other ways but they are only for a lobbyist or GR specific. We will regroup and reapply next year. An August meeting is tentatively scheduled with the people Amy has been talking to for GR. Chris clarified the LLAP funds we received were only for lobbyists, we were denied other funds that could be used for more purposes. Next application AMTA-VT will be very specific

Sports Massage - We are looking for a SM committee head, possibly LeeAnn

NERC August meeting is coming up. NERC can bring in money for the chapter, but only if VT is represented at meetings. Due to no representatives meeting the criteria of attending 75% of the NERC meetings, no stipend will be given for 2011 reps.

HOD Position statements are on google docs, e-blasts on position statements will be sent out to members in August. HOD will work differently this year, allowing changes to happen on the floor. Laura Bull is no longer an alternate.

Chapter Finances - We received a check for \$2,800 from NERC. This amount is lower than expected due to extra expenses at NERC. We sent a check for \$200 to the Massage Therapy Foundation. Funds on Hand is just over \$16,000.

Standing Rules - creating criteria and award for Perry Plouffe scholarship -creating criteria and award for Meritorious award -NERC eligibility and stipend Standing rules are chapter specific, bylaws are national. Chris will update the StandingRules document, put it on google docs and Amy will check whether we can vote by email.

Educational Weekend - Board meeting 10am, Friday, November 4. AMTA-VT pays for Friday night hotel room. AMTA-VT pays for presenter and one TA's hotel room for Fri, Sat, Sun. Chris and Andrea will work out the schedule for lunch breaks, sat meeting during the weekend. Andrea will be in charge of the menu. Contract is signed with Shannon Gilmartin, her fee is \$2200, workshop signup is open. No early bird discount. Chris brought up the idea of giving a voucher to all participants signed up for the class. Voucher would be \$50 towards purchase of Cupping kit. Amy and Karen will be creating list of members with milestone years of membership who are receiving discount towards education. Perry Plouffe scholarship and White Elephant auction will be as last year. Laura asked if there was any documentation to advertise educational weekend to non-members. Info is on our blog and Chris will create a poster and send it via e-mail. Chris has received a proposal for a 2012 Educator/Presenter with Reflexology. Laura Bull also mentioned a woman that teaches a workshop called Kinessage. The idea of an exhibit hall was presented by Laura Bull.

CVOP - Laura Bull was the VT rep. She thanked the BOD and will submit her report to Chris for the newsletter.

Newsletter - Pieces are submitted to Chris and put on Google Docs for the summer newsletter.

Elections - Elections are in November, any parts we want take on or leave should be sent to Amy

Next Meeting - Thursday, October 20, at the National Convention approx. 11 am-1 pm (Oregon time) 2-4 pm VT time, phone meeting for those not attending. This is a budget meeting, each chair should have their proposed budget.

Follow-ups - Michelle- contacting students for NMTAW Laura- PR piece, CVOP piece, Dates to Chris, Meeting minutes, contact Kinessage presenter Karen-member anniversaries Andrea-lodging costs/availability, menus, students for NMTAW Amy-contacting people that maybe interested in positions, calendar, phone tree, standing rules vote, NMTAW-legislators, NERC rep gifts and stipend explanation, talk with LynAnn for NERC, next meeting agenda, member anniversary, exhibitors for 25th anniversary. Chris- newsletter, postcards with imp. Dates to members, schedule for Educational weekend.

Meeting adjourned at 12:19pm

AMTA-VT Government Relations Report

Many of you have been inquiring about the Chapter's next move in our pursuit of massage therapy licensure and regulation. Although we were dismayed that the Office of Professional Regulation (OPR) did not see an immediate need to pursue licensure, its decision has clearly motivated many of you to offer your assistance in helping the Chapter with its next steps.

Last year, Chris Widlund applied for and secured an LLAP grant from National AMTA to assist us with lobbying efforts after the Sunrise Application phase. However, we were unable to utilize those funds for anything other than lobbying. The Chapter does intend to apply for LLAP funds again next year, with the express purpose of gathering public opinion around the issue of licensure, creating a central repository that will help us collect examples of "demonstrated need", and writers to assist in resubmitting a Sunrise Application. At this point, it has been suggested to the Chapter that a second Sunrise Application is appropriate.

It's important for this work to include AMTA-VT members, but also those from ABMP and therapists who choose not to affiliate with professional organizations. I'd like to keep VIMS (Vermont Initiative for Massage Standards) as the central point of our work toward regulation so that our efforts are not organization-driven. However, based on your outreach to AMTA-VT, I'd like to gather a small group of volunteers who are interested in pursuing these next steps in regulating massage in Vermont. If you have colleagues or friends who are not AMTA members, please encourage them to join this conversation – their contributions are equally important! As we are "regrouping", please contact Amy at amy@amta-vermont.org to let us know that you'd like to be included in our work. Thank you so much for doing this important work with us!

AMTA-VT Treasurer's Report

2011 New England Regional Conference

We received a dividend check for \$2858.60 from this years conference. We budgeted for a \$4000 dollar income from NERC. So we have a difference of -\$1141.40. I talked to Allissa Haines, 2011 NERC Chair, about the decrease income for this year. Here is a summary of her explanation:

2011 NERC was a very successful conference. The NERC planning committee decided prior to the conference to take on several more expenses than it has in past years. Those expenses included housing & meals for chapter representatives, Thursday through Sunday. Historically this cost has fallen to the individual chapters. As this is a change in NERC policy, we will need to account for this in our future budgets.

Massage Therapy Foundation Dollar Per Member Campaign

On July 13, a check for \$200 was sent to the Massage Therapy Foundation as our contribution to their annual Dollar per Member Campaign.

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By Chris Widlund

Profit and Loss

Balance Sheet

	Mar - May '11		May 31, '11
Income		ASSETS	
Bank Interest	21.62	Current Assets	
National Dues Income		Checking/Savings	
Chapter Portion of Dues	1,619.56	CD 327204	2,365.25
Chapter Fees	<u>1,060.00</u>	CD 331633	2,269.19
Total National Dues Income	2,679.56	CD 700282546	2,125.39
Newsletter Advertising	<u>33.92</u>	Checking	374.18
Total Income	2,735.10	Money Market	<u>9,020.78</u>
		Total Checking/Savings	<u>16,154.79</u>
Expense		Total Current Assets	<u>16,154.79</u>
Chapter Leadership Development		TOTAL ASSETS	<u>16,154.79</u>
BOD Dues Reimbursement	<u>510.00</u>	LIABILITIES & EQUITY	
Total Chapter Leadership Development	510.00	Equity	
Communications		Opening Bal Equity	19,576.05
Other Communications	45.00	Retained Earnings	-2,646.28
Website	<u>84.00</u>	Net Income	<u>-774.98</u>
Total Communications	129.00	Total Equity	<u>16,154.79</u>
Insurance	48.99	TOTAL LIABILITIES & EQUITY	<u>16,154.79</u>
Meetings	46.41		
Membership	38.80		
Miscellaneous			
Void	<u>0.00</u>		
Total Miscellaneous	0.00		
National Convention			
N.C. Stipends			
HOD Delegate	1,200.00		
President	<u>1,200.00</u>		
Total N.C. Stipends	<u>2,400.00</u>		
Total National Convention	2,400.00		
New England Conference			
NERC Lodging	268.10		
State Gift	<u>17.63</u>		
Total New England Conference	285.73		



Positions

Andrea Altman, Chris Widlund, and Amy Holibaugh created job posting descriptions and expectations for the positions of: Webmaster, Newsletter Editor, Electronic Communications Manager, and Advertising Manager. They were sent via eblast and posted on FB and the website. After Amy reviewed applications, Chris Widlund was offered and accepted the Newsletter Editor and Electronic Communications Manager position and Catrin Steward was offered and accepted the Advertising Manager. KelliWise of www.pint-sizedsites.com will to serve as the chapter resource for web design.

Website

- Folks are using the website more! Web “traffic” is up by 37% in the last month!
- Essential Oil webinars were offered via NetMeeting by Marty Harger of DoTERRA Essential Oils, so an additional webpage was created called Events Archive to house the links to the webinars.
- Registration is open for the Nov. educational event and the e-commerce site is functioning.
- The Perry Plouffe scholarship form is also available electronically on the website and accepting applications.
- Chris Widlund has set up an AMTA-VT blog with our website so that we don't have to create extra pages on the website for every “story” that we have. It serves as an interim information piece for those who don't have Facebook and may want more recent information than our quarterly newsletters permit.

Blog

AMTA-VT now has a Chapter blog. This is where you can find out what is happening in the chapter right now. You can access the blog through the Chapter website by clicking on “Blog” in the upper right hand corner of the page, or you can access it at <http://blog.amta-vermont.org/>.

Facebook

Chris' recent work has clearly improved our Facebook following! We have an increase of 12% new “likes” (people following us on Facebook) in the last month. The level of engagement from our followers has also increased by 45% in the last month! Keep those comments coming on Facebook!

Advertising

Our e-commerce site to place advertising is now available. Catrin's first job will be to contact past advertisers, however she will also be following up on emails that we receive to see if those CEU providers would like to advertise.

Call-Em-All

The feedback I received seemed positive and that we should utilize this service when we need member participation. However, I'd like to propose that I send one out to correspond with the chapter “upcoming events” postcards that Chris is publishing (these are at the same time as e-newsletters, but not the summer print publication).

Google Voice

Just a reminder that our chapter number is (802) 552-0217 and we will install a calling widget on our website. Right now, voicemails are forwarded to Amy.

Collaterals

Karen Rarick has prices and mock-ups for the chapter pin and 25th anniversary logo on the member t-shirts. We're looking forward to sharing these with our Chapter members!



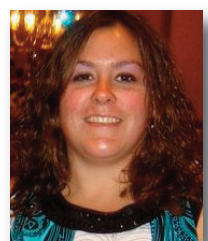
by Amy Holibaugh

AMTA-VT Membership Report

Members - The Chapter has 192 members as of June 2011.

Pins - Chapter pins are in the works. 2 proofs were sent to the BOD for a decision. 500 cloisonné pins will be ordered at a total cost of \$735. This is \$1.47/pin for 1.5 inch round style. We can get 750 pins for \$990. (1.32/pin). I'm waiting for the revised proof of the round pin and will send it to the BOD for the final approval before ordering.

T-shirts - The 25th anniversary t-shirts are being designed. The shirts will either be white or natural, style G200 100% 6.1 oz. cotton. The Chapter will be ordering 200 shirts in a graduated size run to hand out at the November meeting. I'm waiting for a price quote to determine if the shirts will have printing on one side or two. The design is planned with the large logo on the front and space for vendor advertising on the back. More information will be forthcoming at the July 24th meeting.



by Laura Bull

Proposed Position Statements

The following are proposed position statements that the House of Delegates will be voting on accepting or not at the AMTA National Convention. The position statements are written by AMTA members and based on extensive research and documentation. It is the job of the HOD to decide if the proposed statements meet all the requirements and are in alignment with the AMTA philosophy in order to become an official position statements of the AMTA. Please see www.amta-massage.com for the full proposed position statements.

#1 - Depression

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in reducing the symptoms of depression.

#2 - Tension Headaches

It is the position of the American Massage Therapy Association (AMTA) that massage can be effective therapy for those who suffer from tension headaches.

#3 - Athletic Training

It is the position of the American Massage Therapy Association (AMTA) that those who participate in exercise programs, as well as athletes, can benefit from massage therapy.

#4 - Anxiety

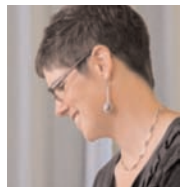
It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in reducing anxiety and its symptoms.

#5 - Fibromyalgia

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in managing signs and symptoms of fibromyalgia syndrome.

#6 - Licensure

It is the position of the American Massage Therapy Association (AMTA) that there should be fair and consistent licensing of massage therapy in all states that can lead to portability of practice.



By Chris Widlund

MEMBERS SPEAK

Each quarter, we ask members to log their opinions or ideas through a survey on the AMTA-VT Facebook page. This time, we asked: **"What are the tips you have for (or as) runners, bikers, or triathletes to avoid kyphosis and winged scapulae?"**



One piece of feedback included the yoga practice of Uddiyana Bhandha, or the **"upward abdominal lock."**

Yoga Journal suggests that its therapeutic value is typically for the digestive and reproductive system, but its action requires the mid scapulae to stay down toward the pelvis at all times, but the very front top of the shoulders (attached to the collar bone) should raise (especially for those who are kyphotic). The entire chest to head interconnected fascia and energetic patterns are affected.

Similarly, other feedback included a simple up-back-down action for the shoulders to reposition the scapulae. Simply shaking out the arms or mentally envisioning a lengthening of the neck should produce a physical softening of the levator scapulae muscles.

Remember to join in the conversation and add to our collective knowledge by clicking on the question text above!

As we become responsible consumers and creators of research, it's important to be aware of the findings in other fields and to attend to the details of the studies. For example, this one recently caught my eye:

Massage Impairs Postexercise Muscle Blood Flow and "Lactic Acid" Removal

This study tested the hypothesis that one of the ways sports massage aids muscle recovery from exercise is by increasing muscle blood flow to improve "lactic acid" removal. Wiltshire (2010) found that massage actually impairs removal of lactate and H⁺ from muscles after strenuous exercise because massage mechanically impedes blood flow.

I was pleased to see research on one of the topics I believe we've all be taught in school, but disappointed to see that my "knowledge" was incorrect. So, I thought I would look into the study details. It turns out that only 12 participants were tested (most research methodology experts would tell you that you need at least 40 per condition to make it valid and reliable).

The study also measured "strenuous exercise" as isometric handgrip exercises for two minutes. Most athletes I know are utilizing their quads more than their forearms and for much longer than two minutes.

I also wondered whether the study measured or varied the amount of pressure or constriction applied by the massage, since the main premise was that massage mechanically impedes blood flow. I didn't see any variation reported in the study and wondered if the results might be different if a lymphatic drainage or massage cupping technique were used.

So, while I'm intrigued by these study findings and I'm sure they are valid, I also believe that they are valid for the conditions under which they were tested. This is a perfect example of a study which begs for continuing study with different conditions, numbers of subjects, muscle groups used, and lengths of time for exercise.

Please take the time to check out the original study abstract at:

Wiltshire, E.V. (2010). Massage Impairs Postexercise Muscle Blood Flow and "Lactic Acid" Removal. *Medicine & Science in Sports & Exercise* 42(6), 1062-1071 retrieved on July 14, 2011 from http://journals.lww.com/acsm-msse/Abstract/2010/06000/Massage_Impairs_Postexercise_Muscle_Blood_Flow_and.4.aspx.



Each year, the AMTA-Vermont Chapter hosts a **WHITE ELEPHANT SILENT AUCTION** at its Annual Meeting. Funds raised from this auction are used to support the Perry Plouffe Scholarship. This scholarship provides full registration for one AMTA-VT member to attend the AMTA New England Regional Conference (NERC) each year.

Please bring any massage or business-related supplies to donate to the auction when you arrive on Saturday morning. Class participants & meeting attendees have the opportunity to bid on the donated items throughout Saturday & Sunday. Bidding will close at the end of class on Sunday.

The highest bidder for each item will be announced on Monday lunch. Winners can pay for their items with cash, check, or credit card on Monday afternoon. Thank you for supporting our Chapter's dedication to continuing education!

ARE YOU INTERESTED IN WORKING WITH A MASSAGE THERAPY & BODYWORK STUDENT FROM THE COMMUNITY COLLEGE OF VERMONT?

As part of the massage degree program, students are asked to complete a course called *Community and Work Experience*. The course consists of a seminar component and 80-90 hours in a field placement. The field placements are ideally designed to include a service learning component, which means that the field placement work fulfills specific needs of the employer or organization for which they are working while allowing them to expand on their learning under the supervision of an expert in their field.

If you are interested in working with a CCV Massage Therapy and Bodywork student in Northern Vermont, please contact Kelly Strunk, Coordinator of Academic Services at 802-748-6673 or by email at kelly.strunk@ccv.edu.

Self Care Corner Ayurvedic Breathing Exercises

The ancient sages from India recognized the breath as important for balancing and de-stressing one's body, mind and spirit.

Considered the "healing side of yoga," Ayurveda is a 5,000-year-old healing science from India that provides a natural, balanced approach to optimal health according to each individual's natural constitution, or "dosha." Here are some stress-reducing breathing exercises for every personality.

Ayurvedic Breathing Exercises

Kapha balancing – for those of the Kapha dosha, or during spring.

(Kaphas may feel sluggish, often experience respiratory conditions and gain weight easily.)

1. Bring your chin toward your chest and inhale deeply through your nose.
2. Extend your head back and exhale through your mouth.
3. Repeat this exercise 16 times, twice a day.

Pitta balancing – for those of the Pitta dosha, or during summer.

(Pittas tend to run warm, get easily irritated and impatient and experience heated digestion.)

1. Open your mouth to form an "O" shape. With your mouth in this position, form a funnel with your tongue and place it between your lips.*
2. Slowly inhale through your tongue and feel the breath reach your heart.
3. Relax the tongue and mouth, and then exhale through your mouth.
4. Repeat this exercise 16 times, twice a day.

** If you cannot form a funnel, bring your teeth together and inhale through your teeth instead.*

Vata balancing – for those of the Vata dosha, or during fall.

(Vatas can be anxious and absentminded and experience flatulence and constipation.)

1. Inhale through your nose, filling your lungs to full capacity.
2. Hold the breath for three seconds, followed by a slow mouth exhale.
3. Repeat this exercise 16 times, twice a day.

Tridosha balancing – ideal for all doshas, any time of the year.

1. Turn your head to the left and slowly inhale through your nose, filling your lungs to full capacity.
2. Turn your head to the right and exhale through your mouth, repeat 16 times.
3. Repeat the process starting with your head to the right another 16 times.
4. Repeat this exercise twice a day.

AMTA-VT IMPORTANT DATES

OCTOBER 19TH-22 AMTA National Convention—Portland, OR

OCTOBER 23RD-29TH National Massage Therapy Awareness Week

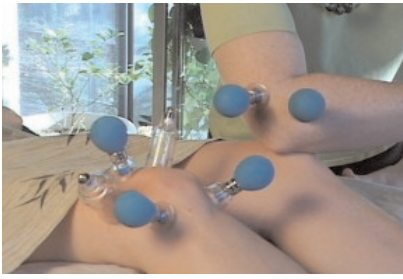
NOVEMBER 5TH-7TH AMTA-VT Annual Educational Weekend and 25th Anniversary Celebration—Stowe, VT

DECEMBER 1ST Perry Plouffe Scholarship applications due

JANUARY 15TH, 2012 Annual Strategic Planning and Kickoff Meeting

MARCH 16TH-18TH, 2012 AMTA New England Regional Conference—Framingham, MA

AMTA-VT Annual Education Workshop



AMTA-Vermont is proud to announce **Massage Cupping Therapy, Level 1** with **Shannon Gilmartin, Massage Cupping™** as our 2011 Annual Education Workshop, **November 5th through the 7th.**

Treat yourself to a weekend in the Green Mountains AND earn 22 CE credits and a Massage Cupping Certification.



Massage Cupping™ bodywork therapy is versatile and can easily be modified to accomplish a range of results, **from lymphatic drainage to deep tissue release.** By creating suction and negative pressure, **Massage Cupping™ is used to soften tight muscles and tone attachments, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways.** This bodywork therapy complements many healthcare modalities ranging from spa treatments to medical massage and physical therapy. This workshop teaches massage therapists and bodyworkers how to incorporate a modified version of the ancient cupping therapy into their current practice. Learn how to safely and effectively harness the subtle power of this amazing technique!



Under the backdrop of Mount Mansfield, Vermont's highest and most majestic peak, is **Stoweflake Mountain Resort & Spa**, Stowe's renowned AAA Four-Diamond luxury resort. While there you will discover the exquisite combination of facilities unrivaled anywhere in New England, as well as hospitality inspired by the family who has owned and operated Stoweflake for three generations. Enjoy their 50,000 square foot, world-class spa, state-of-the-art fitness facilities, two award-winning restaurants and luxurious accommodations.

Class participants will receive a discount on all Stoweflake spa services and a discounted room rate of \$119 per night.

Shannon Gilmartin, CMT is a Nationally Certified Massage Therapist and Certified Massage Cupping Practitioner, Educator. She has been working with Massage Cupping™ since 2003. She apprenticed for two years with Anita Shannon, creator of Massage Cupping™ bodywork therapy, and now teaches this fascinating technique with more focus on rehabilitative aspects of therapeutic bodywork.



This Massage Cupping™ bodywork workshop is NCBTMB approved for 22 credit hours of continuing education and is **3 Day Certification workshop** (Level I). The course is based on the original Massage Cupping workshops by Anita Shannon. **AMTA members receive a \$50 discount off class registration price.**

\$345 for AMTA-VT members & students/**\$395** for non-members.

Register NOW to save your spot!

LODGING DETAILS FOR 2011 AMTA-VT NOVEMBER WORKSHOP

Stowe Mountain Resort & Spa hotel rooms are available to class participants at a special rate of \$119.00 + tax per night. This rate is applicable for single, double, or even triple occupancy. Shared occupancy is up to the individual. You must book your own room by calling 802-253-7355 or 800-253-2232, and asking to speak with Reservations. Please say you are booking for the "AMTA-VT group", so you can receive the discounted rate. There are other groups booking rooms at Stoweflake over that same weekend, so please call as soon as you can to confirm a room.

Class participants will receive a generous discount of 25% off all Spa Services for the weekend. Spa treatments can be booked by calling 802-760-1083. Advanced reservations are recommended.

As a hotel guest you will have free, unlimited access to the Sports Club with its full weight room, sauna, steam room, hot tub, swimming pools, and locker rooms. If you choose to book a Spa treatment, you will get additional free Spa access, which includes the Spa Sanctuaries, the Mineral Soaking Tub, and the Waterfall.

If you are planning to eat at Stoweflake's on-site restaurant for Sunday or Monday lunch, please ask if an AMTA-VT discount is available at that time.

Registration Form for 2011 AMTA-VT November Workshop

2011 AMTA-VT Annual Education Workshop
Massage Cupping Therapy, Level 1
with Shannon Gilmartin, Massage Cupping™
November 5-7, 2011

First Name: _____

Last Name: _____

Mailing Address: _____

City/State/Zip: _____

Phone #1: _____

Phone #2: _____

Email: _____

Please check one:

\$345 – AMTA member – AMTA # _____ (must include for the discount)

\$345 – Student – School _____ (must include for the discount)

\$395 – Non-member

Payment can be made with check, money order or credit card. Please make checks/money orders payable to “AMTA Vermont Chapter”

Circle one: Visa MasterCard

Card Number: _____

Exp. Date _____ CV code (3-digit # on back): _____

Name (as it appears on the card): _____

Billing address (if different from above): _____

Please register ONLINE at www.amta-vermont.org/events.html or mail this form with your check, money order, or credit card info to:

Chris Widlund, AMTA-Vermont Treasurer
545 Stebbins Road
Jeffersonville, VT 05464

SEE PAGE 13 FOR LODGING DETAILS.

Meet the Chapter Leadership

We will be holding elections for open positions at the November annual meeting. Open positions are: 1st Vice President, 3rd Vice President, Treasurer, Historian, and House of Delegates.

We are also interested in welcoming members into roles assisting with Government Relations, Sports/Events Massage, the New England Regional Conference, or local AMTA Massage Mixers. Anyone interested in details about the positions or interested in becoming more involved with the chapter should contact amy@amta-vermont.org.

Board of Directors

Amy Holibaugh, President
Karen Rarick, 1st VP
Michelle Robbins, 2nd VP
Andrea Altman, 3rd VP
Chris Widlund, Treasurer
Laura Bull, Secretary
George Glass, Immediate Past President

Committee Chairs

Amy Holibaugh, Communications Chair
Karen Rarick, Membership Chair
Laura Bull, Public Relations

Chapter Volunteers

LynnAnn Prom, NERC Representative
Catlin Steward, NERC Representative,
Advertising Manager
Chris Widlund, HOD Delegate, Newsletter
Editor, Electronic Communications Manager
Michelle Robbins, HOD Delegate
(alternate)
Rich Royer, Photographer



Amy R. Holibaugh serves as the Vermont chapter President and Communications Chair.

Although she started off as pre-med with aspirations to complete studies in ethnobotany, applied psychology in health care caught her eye as an undergrad. After completing her Master's degree in social psychology from the University of Connecticut, she worked with an international market research firm in Connecticut and tried to find a way to attend massage school. That opportunity arose when she moved to Vermont to marry her husband, Ian Turkle, and began a career with the Community College of Vermont. She completed her Associate Degree in Massage Therapy and Bodywork in 2004 and received national certification in the same year. As a full-time employee of CCV, she's had the great joy of working with faculty, practitioners, and students to develop massage curriculum, teach massage courses, and participate in an educational program that has a science-based focus and approach. She also coordinates CCV's online offerings in allied health, psychology, and social work and works with CCV faculty to integrate technology that benefits teaching and learning in the face-to-face classroom.

Amy currently provides massage at the Stoweflake Mountain Resort and Spa in Stowe and at state and national conferences throughout the year. Amy also enjoys snowboarding, swimming, mountain biking, hiking, geocaching, cooking with local and home-grown products. Amy lives in Hyde Park with Ian, their 5 year-old daughter Rowan, and their (almost!) 2-year old daughter Lyra.



Karen Rarick serves as Chapter 1st Vice President and Membership Chair.

Karen's fascination with the workings of the human body and compassionate touch led her to study massage therapy at Bridgewater Therapeutics in Vermont in 1990. As a nationally certified and N.H. licensed therapist, variety is the spice of life for Karen. In the winter, she is a therapist at the Spa at the Woods at the Killington ski area, and in the summer, she works at the New Life Hiking Spa at Killington. Time at her Rutland office affords Karen the opportunity to work with a variety of clients utilizing her learned skills to help facilitate relaxation, reduce pain, and restore balance to body and spirit.

Graduating with a Bachelor's Degree in Healing Science from the Brennan School of Healing in 2006, Karen is able to add a whole new dimension of full-spectrum healing to her bodywork treatments. This healing work also fits nicely with her work with cancer clients. Her passion for animals and work as a veterinary technician naturally draws her to hands-on work with all creatures.

She's an avid biker, hiker, and enjoys snowshoeing. When not working on her little red farmhouse in Ira, you'll find Karen wild gardening or playing with her six Cavalier King Charles Spaniels and two cats.

In the past, Karen has been a member of the Vermont Sports Massage Team and volunteers at Vermont sports events each year. In 2007, she became Secretary for the Vermont AMTA chapter. In 2008, she also became Membership Chairperson and Video/DVD Librarian. Karen says, "It's been a delight, an honor, and a lot of fun to serve on the Vermont Chapter Board of Directors."



Michelle Robbins serves as Chapter 2nd Vice President and HOD Delegate alternate.

Michelle is the owner of Inside Out Body Therapy, a practice that combines therapeutic bodywork with digestive and environmental health. She has been a massage therapist since 1999 when she began as an intern with her mother, Beata Golau. Michelle graduated from the Utah College of Massage Therapy in 2003, and has since practiced massage in a variety of settings.

Currently, she is the massage supervisor at the Green Mountain Inn in Stowe, and maintains her private practice in Morrisville. She is also an instructor at the Community College of Vermont, teaching Introduction to Massage, Swedish Massage, Professional Self-Development for Bodyworkers, and a course in word processing and spreadsheets.

Michelle's passion for bodywork is two-fold: She loves the deep quality of interacting with clients in session and the outreach opportunities inherent in instructing future therapists and working with groups of current therapists.



Andrea Altman serves as Chapter 3rd Vice President

Andrea is a Nationally Certified Massage Therapist, Colon Hydro-therapist, and a Nutritional Consultant. She graduated from Johnson State College with a BS in Environmental

Science and has a MS in Nutrition from the University of Bridgeport. She graduated from the Scherer's Academy of Natural Healing in 1996, and has been practicing bodywork for the past 14 years.

Her private practice, Connecting Rhythms-Bodywork, is located in Hyde Park and offers a variety of services such as massage, colonics, and nutritional consultations. She currently teaches a variety of classes at the Community College of Vermont, and at Johnson State College in the Wellness Alternative Medicine program.

Andréa has facilitated numerous workshops on massage, reflexology, stress reduction, relaxation, and wellness. She enjoys teaching others how to massage, so that everyone can experience the power of touch and the benefits of bodywork.



Chris L. Widlund serves as Chapter Treasurer, HOD Delegate and she was hired in June as Newsletter Editor and Electronic Communications Manager.

Chris is a Washington State Licensed Massage Practitioner focused on helping her clients bring balance to their lives by reducing pain, increasing movement and deepening their connection with their bodies. She has been in private practice since 2003 working with people of all ages. As a graduate of the Brian Utting School of Massage in Seattle, WA, she was privileged to receive training of the highest standards in both academics and techniques of massage therapy. Since her original training, Chris has gone on to specialize in Myofascial Release, Neuromuscular Therapy and CranioSacral Therapy. Chris regularly works with other healthcare practitioners to facilitate their patients' recovery from injury or chronic pain at her private practice, Stillpoint Therapeutic Massage & Bodywork, LLC.

Chris' passion with the abilities of the human body began at an early age. As a professional modern dancer, following a Bachelor of Fine Arts from the University of Illinois, she discovered that massage therapy and other types of bodywork addressed her body's need to heal quickly and completely from various injuries. With a love of and respect for the human body, the medical field attracted her. She has worked as a Surgical Assistant, a Health Care Associate in Women's Health as well as worked for a rural ambulance service as an Emergency Medical Technician (EMT). Chris has also taught Wilderness Emergency Medicine.

Chris is a Professional Member of the American Massage Therapy Association (AMTA). Since 2006, she has served on the Board of Directors for the local Vermont AMTA Chapter. As the AMTA-VT Government Relations Chair, Chris spent working with local massage therapists and the state government to lay the groundwork for licensing massage therapy in Vermont. She has since retired from this position but continues to support this movement. Currently, Chris is the Chapter Treasurer.

One of Chris's beliefs is that, through education, practitioners can affect more patients than the one in their own hands. In 2010 she returned to the educational field as a Teaching Assistant in CranioSacral Therapy for the Upledger Institute and the New England Center for CranioSacral Therapy. In this new and exciting role, Chris helps new practitioners take conceptual ideas and transfer them into "ah-ha" moments they feel in their hands.

As a therapist, Chris approaches the human body with respect and awe. She listens to the story of each body and through that story aids her client in finding movement and health.



Catrin Steward serves as NERC Representative and she was hired in June as Advertising Manager.

She lives in a small city that is often mistaken for a big city by people who haven't left

Vermont for a while. The mountains, the lakes, and the creative energy of this state keep her nourished and happy. She is blessed with a brilliant and sweet twelve-year-old daughter. Sometimes, her daughter even agrees to go hiking with Catrin, thus making her the luckiest mom in the world.

Catrin practices massage therapy in Burlington at Touchstone Healing Arts. She is a big fan of relaxation, but that doesn't mean superficial, or "fluffy" massage. Her work is deep and slow - strong but gentle. She likes working with people who know (or will come to know) that massage works for them. It's also exciting for her to work with people who are new to getting bodywork and might be a little nervous. She sees herself as a facilitator. Ideally, her regular clients are gaining insight into how to live in a less stressful way between massages. Catrin respects the wisdom of the human body. Patience and curiosity are great tools to her for keeping her techniques effective and focused.



Rich Royer serves as the Chapter Photographer. For the last 10 years, Rich has been volunteering at North Country Hospital in Newport and at Circus Smirkus. Last year he completed 1000 volunteer massages between the two organizations.

Rich proclaims, "It feels good!"

Rich also works with Relay for Life, the local recreation center, two cancer survivors' organizations and the Orleans County Fair.

Rich earned a Bachelor of Science degree in Marketing from the University of Illinois and a certification in therapeutic massage from the New England Academy of Therapeutic Sciences in New Hampshire.

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*Deep yet gentle, clinically
 focused Hawaiian massage*
 1 & 3 day workshops
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 September 2011
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 barbaraheard@msn.com
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 us on Facebook!*



AMTA-VERMONT



American Massage Therapy Association
VERMONT CHAPTER
197 Harrell Street, Suite 2
Morrisville, Vermont 05661

AMTA-VT Annual Education Workshop



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AMTA members receive a \$50 discount off class registration price.

\$345 for AMTA-VT members & students/**\$395** for non-members.

Register NOW to save your spot!

FOR MORE INFORMATION SEE PAGE 13.



AMTA-VT