



Keeping in Touch

The Official Newsletter of the
Vermont Chapter of the AMTA

July

2008

President's Message

Hello and Welcome to summer! I thought it would never get here. I hope you all enjoy the sunshine we receive during this time of year. As medical professionals, we all know that we need the sun for the vitamin D it provides, but we also know that we need to wear sunblock to avoid the chance of getting skin cancer.

It is also a great time of year to get out and exercise. Physical health is necessary now, so as we get older, we can live longer lives and enjoy doing it. So, I encourage you to enjoy the sun and the exercise and be happier, healthier humans.

Soon, I will be attending the Chapter Volunteer Orientation Program near the National offices. At this event, we learn ways of running meetings, how to do our chapter financials, and how to recruit new volunteers. It is an informative meeting and it is taught in a fun way, so we don't get too bored. I hope



to bring home some new information that will help me better serve as your president.

We have our annual meeting coming up in November. I would like to encourage you to come to the meeting and see what we do and how we run our meeting. I would also like to encourage you to volunteer for our chapter. We

are in need of a 2nd and 3rd vice president, a pr chairperson, and a membership chairperson. We also just need people who work behind the scene and help when we need them. Feel free to approach me at the meeting or call me anytime at (802) 265-4800 if you wish to volunteer.

That is all for now, so I hope you all have a safe, and happy summer in our lovely state of Vermont.

Your Chapter President,
Jennifer Smith

For Sale

Comfort Craft Model 800 multi lift table with a #10 Top shape for Sale for \$3000. (Over \$5000 NEW) It's had very little use since I got this one new in 2006. I'm no longer doing the structural, NMT or sports work that this table is great for. Contact: Brad Highberger sleeperhouse@verizon.net or cell phone 802-730-4955

AMTA-VT Chapter Board of Directors

President

Jennifer Smith
P. O. Box 466
Bomoseen, VT 05732
(802) 265-7049
mswiz.smith@comcast.net

1st Vice President-Gov Relations

Chris Widlund
545 Stebbins Rd.
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(802) 654-7600 x6
clwidlund@verizon.net

2nd Vice President

open position

3rd Vice President-Membership

open position

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Historian

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Education

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Treasurer

Graham Rae
157 Valentine Ave
Derby Line, VT 05830
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grhamassage@gmail.com

Immediate Past President/ 2008 HOD/National Awards Com'tee

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Video Librarian

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32 Belmont Ave.
Brattleboro, VT 05301
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Sports Massage Chair

open position

Photographer

Rich Royer
P.O. Box 851
Barton, VT 05822
(802) 525-0084
royer@bratonvt.net

Mission

The Mission of the Vermont Chapter of the American Massage Therapy Association is to advance the profession of massage therapy by educating the community on the benefits of massage and providing continuing education to members while maintaining a professional approach balancing body, mind, and spirit.

Goals

1. To establish massage therapy as integral to the restoration and maintenance of good health and complimentary to other therapeutic processes.
2. To enhance the professional development and personal growth of members.
3. To increase public awareness of the massage therapy profession.
4. To increase access to quality massage.
5. To be an influential member of the health care community.
6. To be a leader and resource for issues in the field of massage therapy including definitions, practice and educational standards, legislation, and regulation.
7. To enhance and promote the balance of body, mind, and spirit.
8. To continue the chapter's growth, development, organizational effectiveness, and visibility.

VT Chapter AMTA Website
www.amta-vermont.org

VT Chapter AMTA Webmaster

Roland Smith
(802) 265-7049
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Keeping In Touch

Deadlines

Oct 1, 2008
January 1, 2009
April 1, 2009

Keeping in Touch is published quarterly by the Vermont Chapter of the AMTA. To place an ad or to post an event to our calendar please contact the Newsletter Editor:

Judith Suarez
250 W Stage Coach Rd
Putney, VT 05346
(802) 258-6511
handart@sover.net

Keeping In Touch

Advertising Rates

Classified Ad (per 25 words)	\$ 10
Business Card	\$ 15
Quarter Page	\$ 35
Half Page	\$ 55
Full page	\$ 100
Insert	\$ 100*

* Advertiser must provide 200 non-folded copies of insert.

If your copy is not camera-ready, you will be charged an additional \$12 for design and set-up.

The Vermont Chapter of the AMTA is proud to host
Orthopedic Massage for the Upper Body

Presented by James Waslaski
Burlington, Vermont

November 7-9, 2008



*James is coming back to Vermont because you asked for him!
Last time it was lower body this time its upper body!!*

James Waslaski is an author and international lecturer who has pioneered deep, pain-free orthopedic massage and sports injury treatments. All Jim's seminars utilize his unique multidisciplinary approach, blended from disciplines around the world, resulting in structural integration, pain free movement and enhanced performance.

www.orthomassage.net

Course Description

Upper Body: addresses pelvic stabilization and upper extremity injuries. The conditions covered include low back pain, sciatica, SI joint dysfunction, scar tissue, frozen shoulder, thoracic outlet, rotator cuff injuries, bursitis, bicipital tendonosis, cervical pain, whiplash injuries, compressed discs, rhomboid pain, mid and upper back pain, medial and lateral epicondylitis, carpal tunnel syndrome and arthritis.

Seminar Format

These seminars focus on the entire body, with emphasis on restoring pain free range of motion throughout the body and integrating complete structural balance. Practitioners will address chronic pain and other injury conditions with emphasis on understanding and correcting the causes and pathology of each specific condition. This format includes assessment, treatment and individualized client home care.

- You will receive **18 hours of continuing education**
- All Jim's seminars are approved for CEU's by NCTMB and the Florida Department of Health
- You will receive a hot veggie lunch on Saturday
- You will receive a special hotel rate of \$89.95/night with a reservation prior to October 8, 2008

Registration Information

AMTA Members & Students	Early \$225	On Site	\$275
Non-Members	Early \$250	On Site	\$300

Regular fee for this workshop is \$350

Cancellations: We will be able to refund 90% of your registration until October 28, 2008, after that time your registration is transferable but not refundable. Deadline for early registration is September 30, 2008.

Name _____ Phone _____
Address _____ City _____
State _____ Zip _____ Email _____

Payment Type:

Check _____ Credit Card# _____
Exp Date _____ Name on Card _____

Checks made out to:
VT AMTA
Mail to: George Glass
PO Box 2722
Manchester Center, VT 05255

Schedule for the weekend:

Friday

Registration
5:30-6:00pm

Class
6:00-10:00pm

Sunday

Class
8:30-12:00pm

Lunch
12:00-1:00pm

Class
1:00-4:00pm

Saturday

Class
8:00am-12:00pm

Lunch/AMTA Vermont Chapter
Annual Meeting
12:00-2:00pm

Class
2:00-5:30pm



Best Western Windjammer

1076 Williston Road

South Burlington, VT 05403-5718

Reservations (802) 651-0636

Indicate to Joe that you are with the "Vermont Massage" group

Contact: George Glass at (802) 362-3344 or glashand@sover.net for more information or questions.

Note: Please make a copy of both sides of this flyer for your records.

Vermont AMTA Board of Directors Meeting April 27, 2008 10:30 AM; Bomoseen, VT

Meeting called to order at 10:30 AM Chapter President, Jennifer Smith welcomed the VT. Board of Directors

Attendance: Jennifer Smith, Chris Widlund, George Glass, Lindsay Crossman, Kathleen Fleury, Graham Rae. Introductions were made.

Kathleen, secretary pro-temp for the morning, read the minutes from November 2007 BOD meeting. Lindsay made a motion to accept the minutes as read, Chris seconded, all were in favor. Minutes were accepted without discussion, correction, or issue.

Committee Reports

Treasurer – George reported a \$16,000+ profit from the 2008 NERC. The Chapter balance will now be over \$30,000 in all accounts. His suggested possible usage of the funds to send a second representative to CVOP, produce a chapter pin for sale, raise the stipend for meritorious winner, and sponsor a VT Chapter PR event once a year. He asked for other ideas.

George recommended “In Good Standing Rules” that BOD officers attend all meetings, volunteer, and fulfill all responsibilities according to the Strategic Plan to receive education discount and perks. He also suggested “standing rules” to fully inform the membership of covered reimbursements and monies available based on the chapter budget. George brought forth a motion, Lindsay seconded, and all were in favor.

Education – George gave names of several possible presenters for the annual fall meeting and one will be chosen by mid May. He recommends a two-person committee consisting of one who is computer savvy to act as registrar.

NERC – Lindsay said NERC was a big success with over 500 attendees including exhibitors, where the VT Chapter realized a \$16,000 gross profit. This success was due to on-line registration, great presenters, and Jill Moran-conference coordinator.

Government Relations – Chris shared more information and movement toward state licensure. She listed “benefits of professional licensure” and offered a plan of action. To further discussion within the chapter a blog may be set up on the chapter website along with links to “Government Relations”.

Public Relations – Lindsay said she will follow up on the welcome center brochures.

Unfinished Business

Strategic Plan was discussed and changes tabled until the fall meeting.

New Business

1 George suggested we adopt a standing rule pertaining to a stipend for our NERC representatives. To qualify for this stipend the representative must:

- attend 75% of NERC planning meetings
- must be an AMTA member in good standing.

The total stipend for 2 NERC representatives shall be 10% of chapter conference profits with a minimum of \$200 each and maximum of \$500 each. In a hosting year maximum will be \$750 each. George made a motion we accept this rule, Graham seconded, all were in favor and this measure passed.

2 Jennifer asked that we make the above rule applicable immediately for the 2008 conference for our representatives, Lindsay and Chris. Kathleen made a motion we accept, Karen seconded, all were in favor. Lindsay and Chris abstained from the vote.

3 Lindsay offered the name of member Terye Wohnus as a NERC representative.

4 CVOP (Chapter Volunteer Orientation Program) was discussed and Jennifer will be attending the seminar in July.

5 A state chapter pin to be designed and sent to all new and current members was discussed. Lindsay offered to oversee the pin production and she made a motion we create and distribute a state pin, Karen seconded, all were in favor.

6 In lieu of absent chair members, Chris offered to be temporary Membership Chairperson and Lindsay offered to be temporary Public Relations Chairperson. As acting membership chair Chris will create a promotional letter for distribution with the new state pins. Jennifer will call and send letters to the absent chair members.

7 Plans are in place for a chapter sponsored educational event. Offering CEU's and lunch at a fee of \$25 for AMTA's and \$50 for non-AMTA's. Sunday May 31, 2009 is the tentative date and a flyer design will be presented at the November meeting.

8 Chris requested \$800 for an online and mail survey pertaining to Vermont licensure. Mailing lists could be acquired from ABMP, NCBTMB, and Vt. schools. The BOD will vote via e-mail at a later date.

9 Jennifer appointed Graham Rae to the position of chapter treasurer.

10 Kathleen recommended we raise the meritorious monies to \$600. Karen made a motion, Kathleen seconded, all were in favor. This increase is effective immediately.

11 Jennifer proudly announced that Lindsay is our 2008 Meritorious Award winner.

12 BOD's will meet on August 24, 2008 in Jeffersonville, Vermont.

Lindsay made a motion we adjourn, Chris seconded and all were in favor. Meeting adjourned at 3PM.

Respectfully Submitted,
Karen S. Rarick, Secretary

Vermont AMTA Newsletter

Judith Suarez, Editor
250 West Stage Coach Road
Putney, VT 05346

Cutting Edge
ORTHOPEDIC MASSAGE SEMINAR

UPPER BODY ORTHO MASSAGE
Boston, Massachusetts
November 14-16, 2008
\$350⁰⁰

Contact: Suzy Blumin 305-773-4994
Email: relax2002@msn.com

Location: Spring Hill Suites by Marriott
43 Newbury Street (US 1 North)
Peabody, Massachusetts 01960 USA
Phone: 1-978-535-5000


20 CEUs

Multi-Discipline Approach
for chronic pain and sports injuries

ASSESSMENT, TREATMENT & SELF CARE SEMINARS COVERING, BUT NOT LIMITED TO, THE FOLLOWING CONDITIONS:

UPPER BODY Whiplash, Rotator Cuff Injuries, Thoracic Outlet, Frozen Shoulders, Carpal Tunnel Syndrome, Elbow Pains, Low Back Pains, Scoliosis, Sciatica, SI Joint Pains, etc.	LOWER BODY Low Back pain, Frozen Hips, Sciatica, SI Joint Pain, Bulging Discs, Complicated Knee Pain, IT Band Pain, Hamstring Strains, Meniscus Tears, Achilles Tendons, Shin Splints, Plantar Faciitis, etc.
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ORTHOPEDIC MASSAGE & PAIN MANAGEMENT



James Waslaski
Author, Industry Leader
& International Lecturer
2008 Inductee
Massage Therapy Hall of Fame

For additional seminar information:
www.orthomassage.net
800-643-5543

Orthopedic Massage Certification Test administered at all locations for those who pre-qualify.

Per Anesthetics & Biofreeze
Thera-Band
PROSSAGE

Special Sports Support Request

Its that time of year again. We are within a month from this years MS bike ride in Castleton VT. I am looking to 6-10 massage therapists that we willing to provide sports massage for \$1/ min. We will be working on Saturday and Sunday Aug 9-10. Housing (Castleton College Dorms, you will need to bring a sleeping bag and pillow) and meals are provided. Please let me know if you are interested or have any additional questions.

Leanne Jillson, LMT
802-999-6804