

Idaho In Touch

A Publication of the American Massage Therapy Association - Idaho Chapter Vol. 15 No. 1 Spring 2008

MESSAGE FROM THE PRESIDENT

Dear Members,

I can't believe it was four years ago I was voted in as President. It has been one of the best experiences of my life. I'm excited to be done, and yet I want to continue because I know I will miss not being so involved. With everything that's changed in my life the last year or so, I'm going to let someone else have the opportunity that has been my pleasure.

I have learned so much about the AMTA and its members. It has also helped me grow as an individual. It's a wonderful organization, and I'm proud to say I'm part of it and that I have a say in whatever happens on a National level. Each of you have that opportunity to serve as a member and be a part of a group of people who care about the needs of our Idaho Chapter and are able to make a difference. The AMTA organization is there so you can be involved. It is a member driven organization. Our state has a lot of members out there that are leadership material. I like seeing more and more members get involved, so that there are more than just a few people "running the show." We all have opinions, and each is creative and unique.

If you are interested in serving as a volunteer and being part of an exceptional organization, call me or your Unit Representative today. There are several elected positions available. There are Candidate Resumes included in this newsletter. Feel free to call me, and I will let you know about the position you are interested in.

Our State Convention is coming up, and it's a chance to get great training, meet other like-minded therapists, see old friends, and meet new ones. Plus you can get involved with the Member meeting, volunteer for a position available, and enjoy the benefits of leadership in the AMTA-Idaho Chapter.

I hope to see each of you at the State Convention. Stay warm and safe. Sincerely, Brenda Foster

MEMBER PROFILE

Name - Trisha Pennell, Eastern Unit Representative
City of residence? Rigby

Family status, children? Single, no children

Where do you practice? Rigby and Idaho Falls

Where did you receive your massage training?

A Gift of Health School of Massage

What are your specialties? Low back and neck pain

Why did you become a massage therapist?

I became a massage therapist because I wanted to help others since I experienced how much it helped me and my mom

What did you do before you became a massage therapist?

Retail

What are your hobbies and past times?

Reading, counted cross-stitch, camping,

4-wheeling, spending time with my family

What other talents besides massage do you have?

I am a good listener and good at helping others with their problems

What are your retirement goals? Not sure; I have a while before I can get that far

How do you protect your arms and hands? I stretch my arms and hands several times a day and receive regular massage



WELCOME NEW MEMBERS!

Northern Unit

Aaron Agostinelli	Post Falls
Andrea N. Bacon	Hayden
Brenden Biggs, Jr.	Rathdrum
Oliver Holmsrom	Post Falls
Shawna Kincella	Coeur d' Alene
Liliya Moss	Post Falls
Eric Nowak	Coeur d' Alene
Tawnya Wysong	Post Falls

Western Unit

Enid Atkinson	Boise
Ron Fisse	Caldwell
Robin Gallagher	Nampa

Welcome!! Look for your unit representatives in the "AMTA-Idaho Officer Roster" later in the newsletter and feel free to contact them for information. You can log on to the chapter WEB

page at www.amtaid.org.

CHAPTER ELECTIONS COMING UP! VOLUNTEERS NEEDED!

Chapter elections will be held at the Annual Member Meeting during our spring convention May 3, 2008. All members are encouraged to attend this meeting, regardless of whether or not you attend the remainder of the convention. This is a chance for you to use your right to vote and your right to volunteer to serve. The following elected positions are open to candidates:

- President
- Second Vice President
- Secretary
- Central Unit Assistant Representative
- Eastern Unit Representative
- Eastern Unit Assistant Representative
- Northern Unit Assistant Representative
- Western Unit Representative
- Delegate 2009
- Delegate Alternate 2009

The following appointed positions are open:

- Newsletter Editor
- Membership Chairman

If you would like to serve your chapter, fill out the candidate resume enclosed in this newsletter and mail it to Brenda Foster by April 15, 2008, at PO Box 532, Rexburg, Idaho 83440. If you have questions about the responsibilities and rewards of holding an office, you can call Brenda at 208-351-8282 or e-mail her at

BmassageID@yahoo.com.

BENEFITS OF VOLUNTEERING

Volunteering to serve as an officer in the chapter is an exciting opportunity that provides many benefits:

- ★ Attend the Annual AMTA-Idaho Officers Retreat and Leadership Training, expenses paid
- ★ Learn more about the association, how it is structured, and how it functions
- ★ Get to know other officers and therapists and exchange ideas on work and leadership
- ★ Experience the fulfillment and reward that comes from becoming a contributing member of the world's largest non-profit massage association
- ★ Build your confidence and professionalism through attendance at meetings, workshops, and conventions with other professionals

To volunteer, simply contact Brenda Foster at 208-351-8282, BmassageID@yahoo.com, or PO Box



532, Rexburg, Idaho 83442.

PLEASE UPDATE!!

If your contact information has recently changed, please contact the AMTA National Office at 1-847-864-0123 or info@amtamassage.org so that we can keep current on this information. Contact information includes name, mailing address, telephone, and e-mail address. It is vital that we have updated information in order to keep you informed of current events happening within our chapter. Thank you for helping us better serve you.

CONTINUING EDUCATION

April 4-6, 2008: My Body, My Earth: The Practice of Somatic Archaeology with Ruby Gibson. See details in the ad next column.

May 2-4, 2008: AMTA-Idaho State Convention held in Idaho Falls at the Red Lion Inn! Three great continuing education classes offered:

- * Massage for the Cancer Patient by Jaime Elswick, 18 CE's
- * Structural Relief Therapy: Low Back by Taya Countryman, 12 CE's
- * Ethics: Transference by Mary Ann Doshier, 3 CE's

Contact Trisha Pennell at 208-521-4416 or trisha@juno.com with questions. Details and a registration form are included on the last page of this issue of *Idaho In Touch*. Mark the dates now in your appointment book, and plan to attend! You'll be rewarded with education, comradery, fun, and food! See you there! AMTA-Idaho Chapter is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider, #450392-07.

June 2-3, 2008: AMTA-Nevada State Convention held in Las Vegas at the Gold Coast Hotel and Casino. Idaho members invited. Classes offered:

- * Seeing the Body's Patterns: Insights Into Unraveling Holding Patterns by Judith Aston, 4 CE's
- * Aqua Somatic Therapy by Paul St. John, 16 CE's
- * Introduction to Healing Touch by Vickie Smith, 3 CE's
- * Positioning and Limitations for Pregnant Clients in Medical Massage by Michelle Viesselman, 8 CE's
- * Creating Client Relationships by David Otto, 4 CE's

Early registration by April 30, 2008, is \$240 for AMTA members and \$300 for non-AMTA members. See www.AMTA-NV.org for further details. Contact Shari Mirgon at 775-450-7454 or ShariMirgon@AMTA-MV.org with questions or registration. AMTA-Nevada Chapter is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider, #407142-00.

IDAHO IN TOUCH Advertising Information

½ page - 7" wide x 5" high

\$65 per ad for one insertion

\$58 per ad for multiple insertions

¼ page vertical - 3.5" wide x 5" high

\$45 per ad for one insertion

\$40 per ad for multiple insertions

¼ page horizontal - 7" wide x 2.5" high

\$45 per ad for one insertion

\$40 per ad for multiple insertions

Business card size

\$20 per insertion

Camera-ready, black and white ads must be submitted with payment by deadline date.

Deadline dates:

February 15, May 15, August 15, November 15

Publish dates:

March 1, June 1, September 1, December 1

Make checks payable to AMTA-Idaho and mail with ad to: Gayla Nickel, 445 Marjacq Avenue, Idaho Falls, Idaho 83401.

AMTA-IDAHO OFFICER ROSTER 2008

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Education Chairman

Mary Butler (see N. Unit Assist Rep)
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Chapter Delegate 2007

Leadership Chairman

Gayla Nickel (see Newsletter Editor)

Chapter Alternate Delegate 2007

Tammie Wood (see E. Unit Assist. Rep)

Chapter Delegate 2008

Gayla Nickel (see Newsletter Editor)

Chapter Alternate Delegate 2008

Margaret Linda Smeltz (see Treasurer)



AMTA-IDAHO CANDIDATE RESUME

Please print or type

Name AMTA I.D. #
Office you are seeking
Home address
Telephone (W) Telephone (H)
Number of years in massage Year you joined AMTA
Massage school attended
Date of completion Number of hours
Other related schooling

Current massage license
List AMTA chapter and national offices held, with dates (include committees)

Relevant community or professional experience

Qualifications for office you are seeking

Are you currently able to commit the appropriate time for the performance of your duties?

What are your reasons and objectives for seeking this office?

“At Board meetings I understand that I must be present, focused and courteous; that I must put aside my private life for the duration of the function; that I will refrain from introducing distracting influences to other Board Members; and that I will be prepared to transact the business of the Association.”

Mail to: AMTA-ID Board of Directors
c/o Brenda Foster
PO Box 532, Rexburg, Idaho 83442

Signature

The Idaho Chapter of the American Massage Therapy Association
invites you to the

Annual AMTA-Idaho State Convention

May 2-4, 2008, at the Red Lion Hotel, 475 River Parkway, Idaho Falls, Idaho

CONVENTION SCHEDULE

Friday, May 2

8:00 - 9:00 Breakfast
8:00 - 10:00 Registration
10:00 - 12:00 Bodywork Training (Cancer)
12:00 - 1:00 Lunch (on your own)
1:00 - 5:00 Bodywork Training (Cancer)
6:30 - 9:00 AMTA-Idaho BOD Meeting
Elected officers required to attend
Appointed officers invited to attend
Members welcome

Saturday, May 3

7:00 - 8:00 Registration and breakfast
8:00 - 12:00 Bodywork Training (Cancer and SRT)
12:00 - 1:00 Lunch (on your own)
1:00 - 5:00 Bodywork Training (Cancer and SRT)
5:00 - 6:00 Free time
6:00 - 7:00 Banquet
7:00 - 8:30 AMTA-Idaho Annual Member Meeting
All chapter members are encouraged to attend

Sunday, May 4

7:00 - 8:00 Breakfast
8:00 - 12:00 Bodywork Training (Cancer and SRT)
12:00 - 1:00 Lunch (on your own)
1:00 - 4:00 Ethics Training

REGISTRATION

Please fill out the form below, detach, and send with check or money order payable to AMTA-Idaho. Mail to Trisha Pennell at 420 North 4200 East, Rigby, Idaho 83442. For further information, contact Trisha at 208-745-7620 or strisha@juno.com

Registration Form

Name _____ Phone _____ E-mail _____
Address _____ Zip Code _____

Please check your choices below:

I am attending the Massage for Cancer training
 I am attending the Structural Relief Therapy training
 I am attending the Ethics training
 I am attending the Saturday evening banquet

Please check all of the following that apply:

AMTA member registration fee paid and postmarked by April 1, 2008 _____ \$350
AMTA member registration fee paid and postmarked after April 1, 2008 _____ \$375
Non-AMTA member registration fee paid and postmarked by April 1, 2008 _____ \$375
Non-AMTA member registration fee paid and postmarked after April 1, 2008 _____ \$400
Guest fee for Saturday evening banquet only _____ \$ 30
Sunday Ethics training *ONLY* (no meals included) _____ \$ 50

TOTAL FEE ENCLOSED \$ _____

Approved Provider #450392-07

HOTEL RESERVATIONS

Call 1-800-RED-LION (733-5466) for reservations at the hotel. Use the code 28201 or 0805massage, and ask for a reservation with the "massage therapy group." Rates are \$89.95 for falls view, \$79.95 for city view, \$74.95 for cabana room plus taxes. Reservations must be made no later than April 15, 2008, to get the group discount.

CONVENTION FEES

The convention fees (listed below) cover the training(s) of your choice, breakfasts, and the banquet on Saturday night.

TRAINING OFFERED

Massage for the Cancer Patient with Jaime Elswick. Learn how to work with cancer patients in treatment and in recovery. 18 CE's.

Structural Relief Therapy for the Low Back and Pelvis with Taya Countryman. Learn a protocol to stabilize the pelvis treating sciatic and complex low back pain. 12 CE's.

Ethics with Mary Ann Doshier. Learn how to deal with transference and countertransference. 3 CE's.

CANCELLATION POLICY

Written notice must be sent to Trisha Pennell and postmarked no later than April 23, 2008, to receive a refund of all but \$50 of your registration fee. Cancellations made between April 24 - May 1, 2008, will require a forfeiture of \$100. In the case of a "No Show," no refund will be granted. Upon receipt of your registration, you will be sent a confirmation e-mail or letter and logistical information regarding the convention and location. A map of Idaho Falls is available upon request.