

# AMTA Mascot

AMERICAN MASSAGE THERAPY ASSOCIATION NEWSLETTER — LATE SUMMER 1996

## • President's Message •

**H**I, EVERYONE! I'M VERY excited to serve as your newly elected Chapter President. The last 10 months has been a challenge and a great learning experience. It has been your support and sharing of talents and ideas that made it all worth while. Thank you for your support.

We missed those of you who weren't able to attend our Chapter's Annual Convention and elections. I hope to involve all of you in future elections.

Each of you are essential to our continued growth and success. We have a wonderful group of individuals that's been elected to serve as your Board of Directors. I have no doubt that we will see more exciting changes in the future.

I want thank our Education Committee for their great raffle idea as a way to help those of you who would like to attend the AMTA National Convention in New Orleans this October.

We didn't have any qualifying nominees run for the offices of 2nd Vice-President and Treasurer. However, Don Trottier has accepted an appointment as 2nd VP and Carolyn Rowse as Treasurer, so we have a complete Board of Directors.

We have very important changes taking place in our profession and there is always a place for each of you to be involved. I wish you all success.  
—Diane Curran



## Promote Massage, Help the Needy!

The local chapter of the AMTA is encouraging its members and licensed massage therapists in Utah who are not currently members of AMTA to participate in the 1st Annual "WILL MASSAGE FOR FOOD!" campaign this November.

In an attempt to promote positive awareness about massage therapy while at the same time helping care for the homeless, the chapter is asking for

massage therapists to accept can goods in return for cash discounts on massage and bodywork sessions.

They are asking licensed therapists to accept up to five canned food items for a \$5.00 discount. They are asking massage schools to honor this promotional campaign up to 3 canned food items for a \$3.00 discount on sessions at their student clinics.

All food items will be donated to the *Traveler's Aid Society* to help

feed the homeless. In addition to this campaign to care for less fortunate, Diane Curran will be requesting Utah Governor Michael Leavitt to declare November as *Massage Therapy Awareness Month* in the state.

Even though the primary purpose of the campaign is to collect food to feed the homeless, this

also gives people throughout the state the opportunity to discover first hand — *no pun intended* — the many benefits of massage therapy.

The local chapter will be sending out releases to the press and media in October and request participating schools and therapists post this article plus the enclosed flyer at their places of business. ★

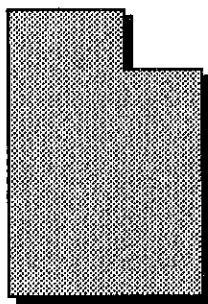


## August Massage Conf at Snowbird

The AMTA's multi-state Regional Massage Educational Conference convenes this weekend, August 16-17-18, at Salt Lake's Snowbird Ski Resort. Massage therapists and students from Utah, Idaho, Nevada, Wyoming, Montana, Colorado, Arizona and New Mexico are invited to attend any portion or all of the conference.

The main theme of the conference is **Carpal Tunnel Syndrome & Repetitive Motion Dysfunction**. Keynote speaker at the conference is **Dr. Ben Benjamin**, noted author and President of the Muscular Therapy Institute in Cambridge, Mass. His doctorate is in sports medicine. He will be presenting sessions on...

(continued pg 2, col 2)



## UTAH IN THE NEWS!

### • General Meetings •

General chapter meetings are held quarterly in different parts of the state. Active participation at these meetings and concurrent seminars is strongly encouraged. Local area groups or organized units occasionally meet to learn from each other and guest speakers. Information on each unit and group is listed below.

Our next general meeting will be Nov 2, at the Hampton Inn at Sandy.

### • Northern Unit •

North Utah massage therapists meet the 3rd Thursday every month. Call Diane Curran at 394-1220.

### • Capitol Area •

For information about the Capitol group, call Randy at 355-6300.

### • Central Area •

For info on Utah County down to Delta areas, call Roger at 374-6959.

### • Eastern Area •

For info on Wasatch and Summit County areas, call Carole at 647-9167.

### • Southern Unit •

For info about the Southern Unit, call Chris Geis at 634-0354.

## CALENDAR OF EVENTS

### LOCAL CHAPTER:

November 2

*Hydrotherapy CEU Workshop  
at Hampton Inn — Sandy, UT  
Randy Nikola  
(see page 3 article)*

### REGIONAL EVENTS:

August 16-18, 1996

*Rocky Mountain Regional  
AMTA Massage Conference  
Snowbird Resort, UT  
(see page 1 article)*

### NATIONAL EVENTS:

Oct 2-6, 1996

*AMTA National Convention  
Clarion Hotel  
New Orleans, LA*

### **Snowbird Conference**

*(continued from pg 1)*

Repetitive Stress Injuries, and the  
Soul of Ethics.

*Mark Beck*, author of "Maladys Theory and Practice of Therapeutic Massage" which is used as the standard in massage theory in schools and state exams will be lecturing on Structural Muscular Balancing.

In addition to these two nationally noted presenters, our own *Billy Weaver*, straight from the Atlanta Olympics, will be discussing Overuse Syndrome and the Triathlete. This will prove invaluable to those therapists wanting to help out at the 2002 Winter Olympics in SLC.

For more info on the conference, call Bonnie Anderson at 801-392-2677.

This publication is published quarterly by the Utah Chapter of the American Massage Therapy Association AMTA, a non-profit professional organization of licensed massage therapists and students preparing to enter the field.

This publication welcomes contributions from readers. Articles for publication must be typewritten and include a legible signature, address and telephone number. Copyright material must accompany written permission by its holder.

The Utah Chapter reserves the right to edit material for space and clarification; accept or reject materials; and assumes no responsibility for errors, omissions, corrections or modifications in publications.

Submit contributions to:

AMTA Mascot Newsletter Editor  
455 South 300 East, #103  
Salt Lake City, UT 84111-3218

### **SUBMISSION DEADLINE**

**Sept 25, 1996** for the  
**Autumn '96 Issue** of the  
**AMTAMascot.**

### **Utah AMTA Board of Directors**

President:	Diane Curran
1st VP:	Ray Pippin
2nd VP:	Don Trotter
3rd VP:	Madeline Brockish
Secretary:	Melene Rose
Treasurer:	Carolyn Rowse

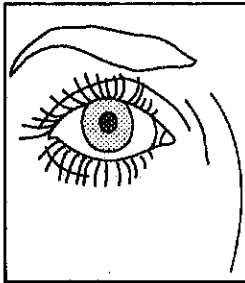
### **Auxiliary Positions**

PR Chair:	
ED Chair:	Deb Adams & Pam Hanni
Sports Chair:	Mark Livingston
Law & Legislative Chair:	Ray Pippin
Massage Emergency Response Leader:	
Member at Large:	Roger Whiling
Librarian:	Denise Tully



Please notify the newsletter editor so you don't miss an issue of the **AMTAMascot.** Notify national too!

## Accessing Intuition Workshop



The Utah Chapter of the AMTA held a spring educational workshop at the Yarrow in Park City on May 18th. More than 25 massage therapists were in attendance to hear Malia Howland speak on "Accessing Intuition".

Malia, who works at Awakening Spirit Massage School, was assisted by Susan Fullmer, an intuition professional who is also a massage therapist. Ardys Dance, originally scheduled to conduct the workshop was called out of the country for a family emergency. (Her daughter-in-law fell into a coma while stationed in Russia with Ardys' son, Michael. After several days in a coma, her daughter-in-law passed away.) Malia assisted by Susan, did an excellent job filling in.

Malia spoke at the morning session on her expertise in intuitive readings and explained how intuitiveness can be interpreted as an energy process to access information that we, as massage therapists, can use to act on and use practically.

According to Malia, "intuition is a direct perception of truth". She went on to discuss, the 3rd eye, grounding, centering and its relationship to keeping information real.

The afternoon session continued with a hands on exchange and proved to be very surprising and revealing to most of those in attendance. ★

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The education committee welcome your suggestions and ideas for future programs and would appreciate your input. Deb / Pam at 801-392-9074 or Carolyn at 298-9552.

## Chapter Elections Held

On May 18th at the Yarrow Hotel in Park City, the Utah Chapter held its annual officer and delegate elections. We had a good turnout compared to elections in years past.

Those chapter members elected to positions were:

- Diane Curran, *Chapter President* for a two year term
- Ray Pippin, *1st Vice President* for a one year term
- Madeline Brockish, *3rd Vice President* for a one year term
- Melene Rose, *Secretary* for a two year term

Positions left vacant during the elections included the 2nd Vice President and Treasurer. Later appointments to those positions included:

- Don Trottier, *2nd Vice President* for a two year term
- Carolyn Rowse, *Treasurer*

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## A Warm Welcome to New Members & Transfers



- Kimberly Downing of Salt Lake City
- Robert Goodick of Salt Lake City
- Jenelle Klinger of Salt Lake City
- Marsha Noorlander of Ogden
- Ben Sorcic of Sandy
- Sarah Wendle of Salt Lake City
- Elaine Williams, Salt Lake (218)

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## Best Wishes to Friends

- Kevin Adams  
PO BOX 1021  
Buffalo, WY 82834



## HYDROTHERAPY Workshop Slated for Nov. 2, 1996



RJ Nikola, author of "Creatures of Water", will be the featured speaker at our chapter's quarterly workshop. The workshop is scheduled for November 2, 1996 at the Hampton Inn at Sandy (10600 South exit & I-15).

A general chapter business meeting will precede the full day workshop. The tentative schedule is as follows:

- General Mtg . . . . . 9:00 am
- Hydro Lecture . . . . . 10:00 am
- Catered Lunch . . . . . 12:45 pm
- Lecture/Hands on . . . 1:30 pm
- Pool/Spa time . . . . . 4:30 pm

Cost of the workshop (including lunch) is \$30 for AMTA members, \$40 for non-members, and \$20 students. *stuffed chicken breast \$8.50*

Randy, who had taught hydrotherapy at UCMT for a number of years and who presently teaches at Awakening Spirit Massage School wrote a professional hydrotherapy textbook for his students entitled "Creatures of Water". His research included interviews and hands on study at rehabilitative clinics, physical therapy facilities, and health spas in Europe and America. His book is currently being used as required reading at massage schools in 13 states around the country, and the number continues to grow.

Randy will be discussing the historic background of hydrotherapy; water's benefits and properties; the physics behind water healing; cold, hot, and contrast applications; reflexive effects of hydrotherapy; and balneology (the study of bathing for therapeutic purposes). His lectures are both entertaining and informative. Enjoy the day and receive 6 CEUs. ★

Carolyn Rowse  
 3264 S. Plumtree Lane  
 Bountiful, UT 84010



DO NOT FORWARD — Address Correction Requested

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**Articles In This Issue of AMTAMascot Include:**

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- Officer Election Results
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**Utah Chapter AMTA Mission Statement**

- 1) Provide a forum whereby massage/bodywork professionals can continue their knowledge and skills in an educational atmosphere
- 2) Promote an image of high ethics among other health care professions as well as the general public in local communities
- 3) Create an empowered voice in furthering the development of favorable legislation on state, county, and local levels.

**Hydrotherapy — Uses In Your Clinic or Home**  
 Nov 8, 1996 — Hampton Inn at Sandy



Presented by Randy Nikola, author of "CREATURES OF WATER"  
 Workshop covers a brief historical background of hydrotherapy; water's many benefits and properties; the physics behind water healing; cold, hot, and contrast applications; reflexive effects of water; and balneology (the study of bathing).  
 @ CEUs: \$30/AMTA members, \$40/non-AMTA, \$20/Students.  
 RSVP to Deb or Pam at 392-9074 ASAP.  
 Includes Luncheon, some tables and foot baths needed.  
*Workshop*