



# Hands in Motion

A Publication of the AMERICAN MASSAGE THERAPY ASSOCIATION of UTAH

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## St. George Welcomes State Convention Attendees



In anticipation of warmer weather, meeting new and old friends and earning some continuing education classes, thirty brave souls ventured to the southern end of the state for the Fifth Annual Utah State Convention held Feb. 25-27, 2005 at the Ramada Inn in St. George, Utah.

Friday night's "Come Alive in 2005" attendees were welcomed by

the Chapter Board Members, light refreshments, prize drawings and an inspiring keynote address by Karen Lessman-Hughes.

Karen is an old friend to the massage profession and to many therapists in attendance as a teacher and colleague. Her "Staying Alive Since 1985" remarks were in perfect sync with the convention's theme as she spoke on what has kept her in the profession. Karen's reflection on working with people and her clients made her a part of the community with a passion for relationships in every aspect. She stated that her clients in many instances were the inspiration that kept her going. Seeing people change and heal was part of the love of getting up and going to work every day.

### Upcoming National Conventions:

2005 - Albuquerque, New Mexico

2006 - Atlanta, Georgia

2007 - Cincinnati, Ohio



Karen Lessman Hughes, Keynote Speaker

Karen spoke on balancing your work life and personal life. How important it is to take time to play, to recreate or to "re-create yourself." "Balancing means giving and receiving. It is important to balance your physical, mental and emotional health. Be engaged in your balance and what you tell your clients", Karen said. That thinking has kept her in the 'thrivent' arena for a long time.

The next morning Karen took a group of us (who got up early enough) to the newly constructed Desert Rose rock Labyrinth and sculpture garden located in the residential artist community of Kayenta just south of Ivins, Utah. Although the weather was a little chilly, the experience of walking the Labyrinth with the sun coming up and the almost full moon still in the sky, was a glorious and exhilarating experience. This Lybyrinth was defined by more than 1,800 indigenous rocks and was patterned after the classic eleven-circuit path of the famous 17th century Charters Cathedral Labyrinth in France. The walk was a peaceful and wonderful place to quiet your mind. Thank you, Karen, for once again giving so much and sharing your wonderful life with us.

Saturday, the attendees split up into their registered classes and chose either "Flexibility Fitness and Fluency" Presented by Jill Bielawski; a presentation on eating disorders presented by Laurie Nisson and Corinee Draper or Massage Integration, Clinical Work with DC/Drs presented by Mark Waters.

A delicious dutch oven dinner was served at the end of the day and followed up by lively music performed by local musicians. The feedback from those who attended was very positive and a good learning experience.

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## President's Message

Well it is springtime in Utah. With the amount of snow and rain that we have received it is likely to have a great impact on our water resources and perhaps even campfires in the state. I wish to take the opportunity here to thank Pam Hanni and Deb Adams for their many years spent on the state Board of Directors for the AMTA. Both of them will be sorely missed on many levels. Most recently, Pam served as the 2<sup>nd</sup> Vice President overseeing the state convention and the education series. Debbie served as the secretary. At the state convention, Ray Pippen was elected as 2<sup>nd</sup> Vice President. His duties will be to oversee the Law and Legislation for AMTA in the state. Ray spent several years on the state Board of Massage and has many years of involvement in such legal affairs. Leslie Jensen was elected as Secretary. Leslie gave up her position as Education Chair to move into the secretarial position. Welcome!

Sadly, Roger Whiting passed away in February. His crowning achievement was receiving his 30-year pin at the recent AMTA National Conference in Nashville last October. Roger's legacy is his pioneer spirit in massage in Utah. I can't imagine what it was like to be a male in Utah County living as a massage therapist 30 years ago. Roger spoke to everyone about massage. Sitting during the final services, I listened to every one of his family members speak on how important massage was to Roger. Roger served the Board of Directors in AMTA Utah as Historian, Member at Large, Parliamentarian, and as a Vice President.

We are currently looking to fill the position of Education Chair and Member at Large. Please contact Carolyn Rowse for details. You can find her email listed elsewhere in this publication.

Finally, the Board of Directors has decided to move ahead with some major changes in the massage law. Ray Pippen is heading up the task. He will be more than happy to share with information about specifics in the proposal. Highlights include a two tiered approach to licensing and required continuing education. Ray has prepared draft ZERO for review.

If you have any questions or concerns about the Utah chapter, please feel free to contact me at [rmolbrot@usa.net](mailto:rmolbrot@usa.net).

## Calendar of Events

- April 16** - BOD, 9-11, SLC Library, 3rd Floor, NE Corner
- May 21** - BOD, 9-11, SLC Library, 3rd Floor, NE Corner
- June 11** - CPR - First Aid Classes - See page 8 for registration
- July 7-10** - CVOP, Chapter Volunteer Orientation Program, Chicago, IL No BOD
- August 20** - Member Celebration (Luau) BOD, Time TBA
- September 17** - CEU - Working on People with Special Needs (MS, Fibromyalgia, etc.)  
\$60.00 Non-Members FREE for members - Ogden, Utah - Lunch not included in price - Time, Place TBA
- September 19-25** - National AMTA Convention, Albuquerque, NM
- October 24-29** - National Massage Therapy Awareness Week
- November 11-13** - Officers Retreat (BOD) - Strategic Planning Meeting
- November 19** - CEU - Lower Back, Ian Lach (6 Hours) \$60 Non-Members \$50 Members  
Lunch Included - Time and Place TBA
- December 3** - Officer Party
- Janauy 21, 2006** - BOD, 9-11, SLC Library, 3rd Floor, NE Corner
- February 17-19, 2006** - State Convention - Time and Place TBA



New Board Members - Dave Hunter, Lesli Jensen, Carolyn Rowse,  
Ivan Thompson and Ray Pippin



# New Members

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The Board of Directors welcomes the following new members to the Chapter and invites them to participate in Chapter activities and Continuing Education Classes.

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## Joined December 2004

Rebecca Baltezore	Student
Amber Camphuysen	Professional
Bethany Canada	Student
Katie Carlson	Student
Jason Christensen	Student
Marie Clark	Student
Amanda Dees	Student
Frederick Gibson	Student
Lydia Giusto	Student
Nancy B. Glagola	Professional
Debbie Goodrich	Professional
David H. Horton	Student
Chelsie Marcusen	Student
Julie Matthews	Student
Najah Salleh	Student

## Joined February 2005

Barbara J. Cobb	Professional
Monica A. LaCome	Professional
Jeffrey R. McLaren, Sr.	Student
James E. Moore, Jr.	Student
Arleen Pietrzak	Student
Denise Rager	Student
Michelle Stout	Professional
Joan Thompson	Professional
Gina M. Vigor	Professional
Jodie Lee Willis	Student
Shauna Willis	Student
Melissa Young	Professional

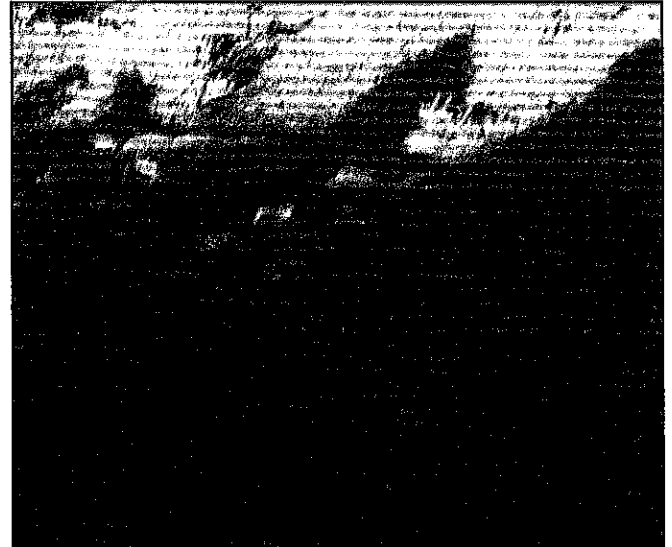
## Joined January 2005

Mike Arnson	Professional
Stefanie Bowman	Professional
Samone Burgess	Student
Michael Evans	Student
Jody Fowler	Student
Janet S. Gerth	Student
Jennifer Groves	Professional
Leitha Harvey	Student
Ryan Hodgson	Student
Andrea Jensen	Student
Cherush Jepperson	Professional
Belina Kellough	Student
Alice Kolb	Student
Rebecca LeBlanc	Professional
Brooke Liddell	Professional
Margaret Miller	Professional
Angie Millgate	Student
Amber Miyake	Student
Devon Pape	Student
Bret Pullman	Student
Victoria Rios	Student
Tina Sejkora	Student
James Stevenson	Student
Betsy Telschaw	Student
Natalie K. Winklesky	Professional

# CONVENTION HIGHLIGHTS



Roger Olbrot, Marsha Noorlander and Don Trottier enjoying dinner and music



Morning shadows in Kayenta



New AMTA members, Ivan and Joan Thompson



Walking the Labyrinth

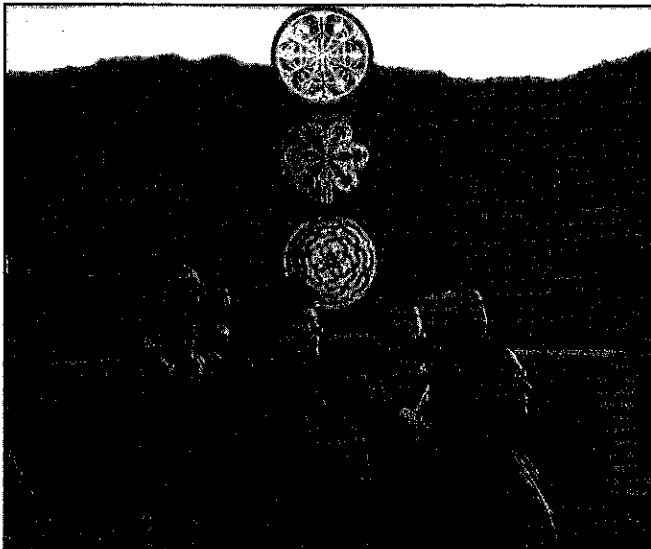
# CONVENTION HIGHLIGHTS



Joan Thompson, Anita Egbert at registration

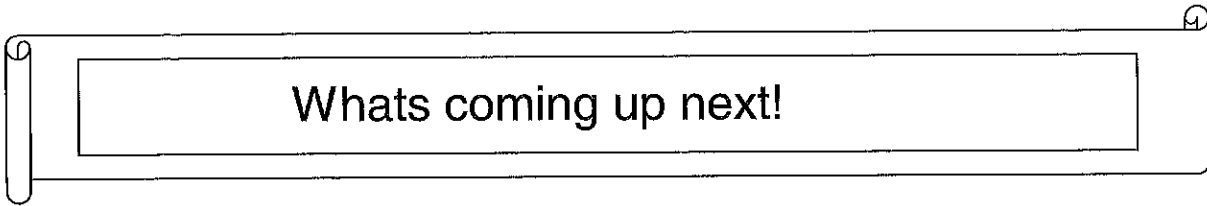


Bonnie Anderson, Kaye Peacock and Jenelle Kingler, get acquainted before class



Maggie Pelayo in the Labyrinth

# Continuing Education Classes



## Certification Classes For

**What:** Cardiopulmonary Resuscitation (CPR) – 9:00 a.m. – 12:00 \$20.00  
First Aid - 1:00 p.m. – 4:00 p.m. - \$30.00

**When:** Saturday, June 11, 2005

**Where:** West Valley Family Fitness Center  
5415 West 3100 South (5600 West)

You may choose one class or both. The Chapter Business meeting will be held during the lunch hour. Lunch is not included with this class, but a snack bar is located on the premises.

Registration Form – Complete , detach and send with your check payable to Utah Chapter AMTA to: Carolyn Rowse  
3264 South Plumtree Lan  
Bountiful, Ut 84010

Deadline to Register is: May 31<sup>st</sup>, 2005 – No refunds after June 5th

Name _____	Phone _____
Address _____	Email _____
City/State Zip _____	
<input type="checkbox"/> CPR	\$20.00
<input type="checkbox"/> First Aid	\$30.00
Total Enclosed:	_____



## AMTA UTAH CHAPTER BOARD MEMBERS

### President

Roger Olbrot  
801-916-8752  
[rmolbrot@usa.net](mailto:rmolbrot@usa.net)

### 1<sup>st</sup> Vice President

Carolyn Rowse  
801-298-9552  
[Bodybasics2@msn.com](mailto:Bodybasics2@msn.com)

### 2<sup>nd</sup> Vice President

Raymond E. Pippin  
801-782-3717  
[pippinre@relia.net](mailto:pippinre@relia.net)

### 3<sup>rd</sup> Vice President

David Hunter  
801-450-5466  
[healinghands4u@msn.com](mailto:healinghands4u@msn.com)

### Treasurer

Brenda Swadley  
801-763-9417  
[Master\\_touch\\_massage@hotmail.com](mailto:Master_touch_massage@hotmail.com)

### Secretary

Lesli Jensen  
801-458-8899  
[nrgwork@yahoo.com](mailto:nrgwork@yahoo.com)

### Immediate Past President Law and Legislation chair

Ron Findlay 801-864-7477  
[nik\\_777@yahoo.com](mailto:nik_777@yahoo.com)

### Member at Large

Position Open

### Education Chair

Position Open

### Web Master

Therron Ricks  
801-879-3853  
[trickse@hotmail.com](mailto:trickse@hotmail.com)

### Membership Chair

Michelle Spencer  
801-292-8177  
[healinghands101@hotmail.com](mailto:healinghands101@hotmail.com)

### Sports Chair

Jennifer Pruetz  
801-253-4039  
[zenergybodywork@yahoo.com](mailto:zenergybodywork@yahoo.com)

### Delegates 2005-Albuquerque

Ron Findlay  
Carolyn Rowse  
Brenda Swadley, Alternate

### Delegates 2006 - Atlanta

Dave Hunter  
Ivan Thompson  
[Advancedtherapeuticmassage@yahoo.com](mailto:Advancedtherapeuticmassage@yahoo.com)  
Ray Pippin, Alternate

### Quartz Facts

- ☼ Quartz is piezoelectric. It produces an electric charge when compressed, allowing it to disperse negative energy from the air around it.
- ☼ Keeping quartz close to your body will help to protect you from day to day stress.
- ☼ Placing quartz on your computer will help to keep it running smoothly. It protects the machine against the negative energy you give out when you're in a bad mood. The word quartz comes from the Old Saxon *querklufterz* which means "cross-vein ore.

☼ Natural quartz has straight edges but these can be smoothed out to form balls and pebbles. The shape of the crystal has no effect on its magical abilities.

☼ Quartz's amplifying abilities can help to increase your psychic awareness. To activate your crystal you will need to carry it in your pocket for a week. This attunes the crystal to your body's energy.

☼ Holding your crystal in your hand before you sleep can help you to remember your dreams.

## In Memory of Roger Whiting

Roger Whiting, one of AMTA Utah Chapter's most beloved members passed away February 8, 2005.

As board members of the Utah chapter, no other name is more recognized in the long history of the chapter's members. Roger has been here since anyone else can remember. Roger was one of Utah's longest active members in our chapter's history. He recently received his thirty-year pin in Nashville Tennessee in October, 2004. Roger beamed in receiving this pin, he was so very proud of his achievement.

Roger probably contributed more to this chapter than any other member has. He has always been involved in the Utah chapter and has always had a serious role in the board's activities, we have much to thank for his time and commitment. He was serving as member at large and also parliamentarian at the time of his passing.

Roger began his massage career back in 1974. His wife had arthritis and he was looking for a way to help her. He studied and later became a certified therapist. He developed a true love for his work and chose to make a career of massage therapy. For thirty-one years Roger has touched thousands of people and enriched their lives through his touch. He has taught many of us some of the skills he possessed yet many will say that he was one of those rare "true healers."

Roger will be missed so much. His smile, his strength, his love for massage, his wonderful sense of humor, and his love for and skill for dancing are things we will not soon forget. He was one of the most caring and giving people I have ever met. I spent a lot of time rooming with him at national conventions and learned much from a man whom I thought wouldn't have had much interest. We cannot hope to replace Roger as, there is no one like him, nor will there ever be. But this I will tell you, there will be many women lamenting in Albuquerque, New Mexico this fall as Roger is not there to dance the night away at convention. No one, and I mean, no one, could cut a rug like Roger Whiting. Roger we will not forget you.

Ron Findlay



Roger Whiting and Board members. One of his last duties as a past President and Parliamentarian

## In Loving Memory



**ROGER LEIGH WHITING**

February 25, 1925 – February 8, 2005

Advertise in the next edition of *Hands In Motion*. If you are a massage therapist and need to get some information out to other members regarding classes, services, products, etc., you can place an ad in the next issue. Deadline for submission is June 1, 2005 for the July edition.

Space rates are as follows:

1/8 page \$25.00      1/2 page \$100.00  
1/4 page \$50.00      Full page \$200.00

Send your ad to:      Carolyn Rowse  
Utah Chapter AMTA  
3264 S. Plumtree Lane  
Bountiful, Ut 84010  
Bodybasics2@msn.com

The *Hands in Motion* newsletter welcomes contributions from members. If you have a success story or massage related article, please feel free to submit it for publication. Please include your name and telephone number. Electronic submissions by email in Microsoft Word would be appreciated

Members can now access AMTA National staff and resources by phone free of charge just by calling 877-905-2700

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