



# hands in motion

AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

## president's message



Well, how was that storm for our first big winter storm of the season in the SLC area? I hope you all fared well, traveled safely and enjoyed the snowfall. (Don't forget that the change of seasons is a good time to change the air filter in your furnace.)

This year has been one of transition on many levels for

many of us. With the economic woes in the country and the rest of world, the recent elections, and the change of seasons I cannot help but to have a sense of excitement for change. Upcoming changes in the health care system in America may have an impact on our profession. What that may look like is yet to be seen. You can be sure that the AMTA-UT Board of Directors, BOD, is keeping our ears to the wire looking to see how massage therapy may be affected.

Recently the BOD completed a weekend retreat where we spent about 15 hours discussing the next fiscal year, and planning for the future. One of the themes that emerged is one of involvement, of getting more of you, our members involved in the chapter. Involvement has many facets. For some it means coming to an educational class, for others it means serving on the BOD, or volunteering to chair a committee, or even make a few phone calls. To this end, the BOD has decided to host small gatherings around the state. What we envisioned these looking like is a get-together for a lunch, cup of coffee, tea, hot chocolate, or a dinner. In Utah County, some

of the gatherings have had a short training class while others involved a pot luck.

I am looking for people from the entire state willing to call a few local members and meet together to discuss matters of our profession. There is a small amount of money in the budget set aside to help offset the cost of these Meet-N-Greets. If you have an interest, please contact me directly. A phone call, text, or email works well. I can get you a list of members close to your area and give you a few simple guidelines.

We have planned a wonder State Convention for February. All the details are listed later in the newsletter. There are links to the website where you can read about the event and you can register for the conference. In short there is a 3-day Lower Body Myofascial class, a 2-day Aromatherapy class, and a 1-day Ethics class. All of the classes have NCBTMB approval, for those of you who are NCBTMB certified. It promises to be fun and full of great networking opportunities.

Lastly, I want to encourage all of you to come to the Annual Membership Meeting which will be held on Saturday February 9. It is held in conjunction with the State Convention. You need not attend the educational classes to come to the meeting. There, we will be voting for Treasurer, 1st and 3rd Vice President, a Delegate, and Alternate Delegates. If you wish to run for any of these positions, please contact Carolyn Redington or myself.

I look forward to seeing you in February. I hope you all have a safe and blessed Holiday Season.

*Roger Olbrot*



AMTA SALT LAKE 2013

February  
8, 9 & 10, 2013

University Guest House  
& Conference Center  
Salt Lake City, Utah

**ther·a·peu·tic** (thr-pytk) also **ther·a·peu·ti·cal** (-t-kl) adj.

1. Having or exhibiting healing powers
2. Tending to cure or restore to health

**di·men·sion** (d-mnshn, d-) n.

1. A measure of spatial extent, especially width, height, or length.
2. Extent or magnitude; scope.

This year's theme gives us an opportunity to recognize there are many paths to take in our profession to accomplish the work we set out to do and that we massage therapists are a force to be reckoned with. We as a group and each of us as individuals, no matter how we are known, have the opportunity to bring something good, something healing, something restorative into the life of each client we touch.

Join us this year for three days of NCBTMB approved training (up to 21 continuing education hours) from dedicated professionals that offer superior information relative to your practice, spirited and lively instruction and a truly enjoyable classroom experience. Meet other amta therapists in the state.



AMTA SALT LAKE 2013

# convention 2013

Friday – Saturday – Sunday February 8, 9 & 10, 2013  
University Guest House & Conference Center  
110 S Fort Douglas Blvd | Salt Lake City, Utah | 84113-5036



## REGISTRATION OPTIONS (EARLY BIRD DISCOUNT)

### 3-Day Myofascial Techniques – Lower Body

AMTA Member \$325 / NON-AMTA Member \$405 / Student \$305

### 3-Day Ethics & Aromatherapy

AMTA Member \$305 / NON-AMTA Member \$385 / Student 285

### 2-Day Aromatherapy

AMTA Member \$280 / NON-AMTA Member \$345 / Student \$260

### 1-Day Ethics

AMTA Member \$25 / NON-AMTA Member \$40 / Student \$25

Post-marked on or before January 25, 2013.

Regular pricing (\$25 increase) goes into effect after January 25th!

Registration Deadline is February 2.

## Daily Class Schedule

8:30 – 9:00	Registration
9:00 – 10:30	Classroom Instruction
10:30 – 11:00	Morning Break
11:00 – 12:30	Classroom Instruction
12:30 – 2:00	Lunch Break
2:00 – 3:15	Classroom Instruction
3:15 – 3:30	Afternoon Break
3:30 – 5:00	Classroom Instruction

Room Rate = \$99 Plus Tax

Reservations 801-587-1000 Toll-Free 888-416-4075

[www.universityguesthouse.com](http://www.universityguesthouse.com)

Conference registration online at [www.amtautah.org](http://www.amtautah.org)  
follow the Education link.

## ethics class

This six hour ethics class will take a look at how massage therapy has been used, it's reputation historically and it's progress in the last few years. We will cover professionalism, legal and ethical requirements, confidentiality, business practices, roles and boundaries, and prevention of sexual misconduct.



**Meade Steadman, LMT** graduated from the Myotherapy College of Utah in 1996 and has been working full time as a practicing LMT ever since. Having owned a small business for many years before his massage practice, he started teaching Practice Building courses at the Myotherapy College of Utah in 1997 and branched out to teaching several other classes including Swedish Massage, Sports Massage, Acupuncture and Ethics. Along with

MCU, Meade has been teaching home study students at the Myotherapy Institute of Massage with additional classes including Pregnancy Massage, Tai Chi and Reflexology. Meade lectured at the University of Utah's Stress Management class on the benefits of Massage Therapy. In 2003 Meade began working with Aesthetic Video Source as the featured expert for Swedish Massage and to date has completed over 14 massage videos which have won several Telly Awards. In 2011 Meade taught a 6 hour Ethics course at the amta Utah Chapter convention.

## aromatherapy the basics

During this two day workshop we will be exploring a variety of essential oils, their uses, and safety precautions. We will be creating and analyzing blends, discussing carrier mediums, and experiencing spa treatments. The class includes a kit with carrier oils, a variety of essential oils and salts and scrubs for extra special spa treatments.



**Susan Sharp**, local aromatherapist began her journey with essential oils nearly 20 years ago as founder of Scentsations Lotions & Oils. She has received aromatherapy training under several internationally renowned greats in the industry; including Jeanne Rose and Valarie Worwood. Susan is a long time member of National Association for Holistic Aromatherapy, which keeps her knowledge fresh. Currently she is CEO of Scena Essentials, a Utah locally

owned and web based business specializing in essential oils and natural body care products. She is also an adjunct Instructor at Healing Mountain Massage School and Myotherapy College of Utah. She is looking forward to sharing her knowledge in this hand-on workshop.

# myofascial techniques for the lower body

Join Anna Gammal and Roger Olbrot in delving into the space within, the fascia of the lower body. This course is designed for the therapist interested in learning a more clinical approach to massage. In this course you will review the basic hand techniques of myofascial release. You will see fascia in motion. You will learn how to feel its tension and learn several techniques for releasing tension between fascia, skin, muscles and bones. Myofascial massage aims to free the body of pain and increase the range of motion thereby bringing about a greater sense of balance in the body. You will learn direct and indirect techniques for accessing and releasing the fascia in the lower body. Along with both general and specific muscle and regional applications of myofascial stretching, you will learn ways to treat some common lower body ailments such as Sacroiliac joint dysfunction, sciatic pain treatment, knee conditions, compartment syndromes, and plantar fasciitis. Stretching exercises are a necessary part of any myofascial release. You will learn how to apply stretching to aid in the work.

Participants should bring massage tables, sheets, a cream or lotion suitable for deep tissue type work (oil and scented lotions are not recommended). Please wear layered clothing such that the full lower body and back may be accessed, e.g. shorts. A text book will be distributed the first day of class.



**Anna Gammal** is a graduate of Bancroft School of Massage Therapy and the founder of Body n' Beyond Massage Therapy in Hopkinton, MA.

Since 1998, she has built a successful practice working with clients with chronic pain and injuries as well as with athletes during event preparation and recovery. An athlete herself, Anna was the 1989 3rd National Champion of her native Greece in the 10K meter run.

Recently, Anna went to the London 2012 Olympic Summer Games as a member of the Medical Team for Sports

Massage. Gammal worked with athletes across all Olympic events at the Athlete's Village. Anna has made it her life mission to assist others in reaching their full potential in their sport. This was Anna's second time working with the Olympics; Anna was the Co-Director of the Athens 2004 Olympic Games Sports Massage Team. Since 2003, she has served as a therapist for elite athletes competing in the Boston Marathon.

Anna is certified in Myofascial Therapy, Trigger Point, Clinical Massage, Sports Massage, Orthopedic Massage, Pre- and Post-natal massage, and Brain Therapy. She is also a Reiki I practitioner, a personal trainer, and a certified practitioner of Neurolinguistic Programming (NLP) and hypnotherapy.

Beyond her practice, Anna is a massage therapy instructor. She is a visiting faculty member of The Myotherapy College of Utah and teaches Myofascial Therapy seminars in the U.S. and internationally.

For more information or to book an appointment with Anna, please go to her website at [www.bodynbeyond.com](http://www.bodynbeyond.com) or contact her at 508-435-5656 or [annagammal@comcast.net](mailto:annagammal@comcast.net).

Body n' Beyond Massage Therapy is located at 225 Wood Street, Hopkinton, MA 01748.



**Roger Olbrot**, a native of the Chicago area, began his studies at Trinity Christian College in Palos Heights, Illinois. There he received bachelor degrees in Biology and Chemistry. He went on to graduate studies at Ball State University where his emphasis was Medical and Environmental Microbiology. He worked in the area of environmental remediation for 14 years. He attended Awakening Spirit Massage School in Salt Lake City. Since graduation, he has

studied over 2000 hours in the area of sports massage and orthopedic massage and is the founder and President of R&R Bodyworks LLC. He is the President of the Utah chapter of the American Massage Therapy Association Utah Chapter. He has been the director of Education at Myotherapy College of Utah since 2002. Besides being an administrator, he also teaches a variety of classes in Anatomy, Pathology, Sports Massage, Orthopedic Testing, Medical Massage, and Hydrotherapy. He is a dedicated teacher, mentor, and friend. Among the notable events, he directed the massage therapy for the 2002 Olympic Winter Games in Salt Lake City 2002, co-directed the massage therapy for the International Gay Games in Sydney Australia 2002, and co-directed the massage therapy for the 2004 Olympic Summer Games in Athens, Greece and a wide variety of sporting events around the State of Utah. Besides keeping a private massage therapy practice specializing in Sports and Orthopedic massage, he teaches internationally and within the United States. He currently resides in Salt Lake City.

## come be part of our annual meeting

Keynote Speaker – Celeste Allen-Metz, LMT, HTIA

Annual Chapter Meeting is at the University Guest House & Conference Center on Saturday night and includes Dinner and Silent Auction with proceeds going toward the Roger Whiting Benevolence Fund, Elections, Reports from Board Officers, Budget discussion and approval by the membership, President's Address and our special Keynote Speaker, Celeste Allen-Metz, BS, LMT, HTIA, certified Qi Gong Instructor.

All amta members are welcome to attend the Silent Auction. Utah Chapter Members are invited to the Reception/Dinner & Annual Meeting & Elections.

Saturday, February 9, 2013 (registration is required-there is no charge)

5:00 – 6:00	Meet and Mingle, Silent Auction
6:00 – 7:00	Dinner – Alpine Room
7:00 – 9:00	Annual Chapter Meeting – Alpine Room

Door Prizes will be awarded at the Annual Meeting!!

# convention registration form



	Friday	Saturday	Sunday
Option 1 3-Days	Myofascial Techniques - Lower Body		
Option 2 3-Days	Ethics & Aromatherapy		
Option 3 2-Days		Aromatherapy	
Option 4 1-Days	Ethics		
RSVP to Annual Meeting		Annual Meeting	

NAME First\* \_\_\_\_\_ Last\* \_\_\_\_\_

Address\* \_\_\_\_\_

City\* \_\_\_\_\_ State\* \_\_\_\_\_ Zip\* \_\_\_\_\_

Circle One: Cell Home Work # \_\_\_\_\_

email address \_\_\_\_\_

Membership Type (Check One:)  Professional/Active  Student/Graduate  Non-AMTA Member

## Registration Options\*

Circle Appropriate Price  
Professional / Student / Non-AMTA

3-Day Myofascial Techniques \$ 325 / 305 / 405

3-Day Ethics and Aromatherapy \$ 305 / 285 / 385

2-Day Aromatherapy \$ 280 / 260 / 385

1-Day Ethics \$ 25 / 25 / 40

Dinner and Annual Meeting \$ 0.00

Dinner and Annual Meeting with Guest \$ 35.00

Guest Name \_\_\_\_\_

Postmarked after January 25, 2013 \$ 25.00

**Total** \$ \_\_\_\_\_

Meal Options:  Chicken  Vegetarian

**Send check for full amount and registration form to:** AMTA Utah Chapter  
c/o Robyn Ryther  
3699 South 4565 West  
West Valley City, Utah 84120

**Register Now and take advantage of Early Registration Discounts!**

**Regular Pricing goes into effect after January 25!**

**You may also register online at [www.amtautah.org](http://www.amtautah.org)**

\* Required



# 2012 amta national convention news from raleigh

## delegates report

Thank you all so much for electing me as one of your delegates. I have enjoyed my responsibilities over the last 2 years. The best parts are the national meetings. The first meeting, we reviewed the rules we operate under (Robert's Rules and a few of our own) and how we would conduct our business so new delegates (possibly you) have a full understanding of how it works. Prior to going to national you should be aware that they have about 2 hrs. of online video to watch that walks you through the process; required watching. When national sends the link for the position papers etc., one goes online and reads them and then prints them. Then you look at the research that is available to support them. Then hold a meeting with the other delegates of the chapter. We discussed the positions pros and cons, the strengths of the research and the kinds of objections we had heard at last year's meeting from other chapters' delegates in preparation for what objections could arise. Then at the membership meeting we presented the proposals to the membership and they voted. Some of the other chapters have numerous meetings with the membership where the members have read through the statements, background information, rationale, and references knowing there is a very short time between releasing them on the national website and National convention:

- **It is the position of the American Massage Therapy Association (amta) that massage therapy can be effective in reducing low back pain.** (122 for – 7 against). Passed with no discussion.
- **It is the position of the American Massage Therapy Association (amta)**

The 2012 amta National Convention in Raleigh, North Carolina, was attended by nearly 1400 massage therapists.

I had the opportunity to represent the Utah Chapter as a delegate at the 2012 convention. This year, the Utah Chapter sponsored a member meeting in August to obtain input from our members regarding the position statements and recommendations to be voted on at the House of Delegates' meeting during the 2012 National amta Convention.

Wednesday afternoon, we attended the preliminary meeting for the House of Delegates, which greeted delegates with procedures on a mock position statement as well as mock recommendation proposal to familiarize the delegates with debate and voting protocol. This year we had an entertaining a cappella rendition of "Rub It In, Rub It In" by Ken Swenson.

Thursday we completed the work of the House of Delegates. Three position statements were passed by the House of Delegates, and three position statements failed.

(See Susan DeLegge's article for the individual items which were voted on.)

—Brenda Swadley

**that creating public health initiatives which promote massage therapy for health and wellness would benefit the public.** I voted for (53 for – 83 against). Defeated. Discussion against was on the basis of our being judgmental in the background information section buy using the words such as bad and good behaviors.

- **It is the position of the American Massage Therapy Association (amta) that massage therapy can be good for health.** (for 82 – against 55) (weighted #'s for 19838 – against 34062). Defeated. The weighted vote needed 25548 for to pass. The objections were that the "statement was too general".

- **It is the position of the American Massage Therapy Association (amta) that massage therapy can help improve sleep.** (for 102 – against 33). Passed.

- **It is the position of the American Massage Therapy Association (amta) that massage therapy can be a beneficial part of an integrative treatment plan for those who suffer with fibromyalgia syndrome.** (for 113 – against 23). Passed.

- **It is the position of the American Massage Therapy Association (amta) that massage therapy can assist in the rehabilitation of burn scars.** (for 61 – against 77) went down. The biggest objection to this position statement was that a new therapist with 350 hrs. of education and very little practice or no specialized training could take this statement and work on someone with new burn scars and/or newly grafted skin. The other objection was that the word compression was used a lot and there were questions of compression being manual or wraps and covering. The research spoke of both massage therapy and compression is an integral part of burn recovery. The Florida chapter delegation spoke of compression meaning something different in other countries and some of the research that came from all over the world. The national AMTA's work group with the

assistance of the Massage therapy foundation vet these position papers for enough good research that part of the process has already been done. We were reminded of this in the meeting making me feel comfortable voting for it. I would like to think that no therapist works beyond their training.

- **Bylaw Amendment Recommendation IA Bylaw Amendment Recommendation: If a delegate is unable to attend the HOD Orientation or HOD Business Meeting due to circumstances beyond their control an Alternate, according to the order of votes received in that same Chapter elections, shall assume the Delegate position for the HOD meeting of that session, or, upon resignation, for the remainder of the unexpired term".** (for 108 – 29 against) passed. The national board will now look at this and how they should rework the bylaws.

- **Recommendation in Recommendation: Therefore, be it resolved that the House of Delegates recommend to the National Board of Directors that Chapters, if they wish, may submit documentation to the National AMTA to reimburse for funds spent visiting schools. Discussion was on the lines of needing fairer distribution and a better way for the smaller chapters who need it most to be put in higher consideration. Also that the nation board could look at this and make adjustments if they choose to put it in consideration. I wanted the HOD to make sure it was worded properly so that the national board would if implemented make it a fairer set up for the smaller chapters.** (for 101 – against 35) passed.

Thank you again for sending me as one of your delegates. I spoke at both meetings I cannot tell you which position papers I went to the podium to speak for only if someone else had not said it.  
—Susan DeLegge delegate 2012 report.

# amta utah chapter goes **green** with the newsletter

We're excited to announce that we're Going Green with our Chapter Newsletter. At this year's Chapter Volunteer Orientation Program (CVOP) in July nearly half of the chapters reported that they have already gone green. AMTA National Board encourages chapters to go green and for good reasons.

**What does "Going Green" mean? What are the reasons?** It means that starting next March the chapter newsletter will be delivered electronically. By eliminating the printed newsletter the chapter will be saving paper, postage, printing, energy, resources and money!

#### **What do I have to do to go green along with the chapter?**

We will send each issue of the newsletter to you in email. Just make sure your email is correct in your profile at [amtamassage.org](http://amtamassage.org) (the AMTA National website). To update your profile, click "sign in" then enter the information requested such as your membership number and password. Once you have signed in click on your name to go to your profile page. Then click "Edit Account Details" and update your email address. AMTA Utah Chapter receives a list of members from the National Organization each month and we email to that list, plus any former members that have not removed themselves from our mailing list. Our email service (Constant Contact) is serious about preventing "spam" so they allow you to remove yourself from our mailing list. If you have removed yourself from the mailing list we can't add you back. You have to do that yourself.

Going Green with AMTA is the right thing to do, it's better for the environment and the chapter aligns with behavior that honors our connectedness and holism. We are joining the community of responsibly conscious individuals and organizations that care about environment and the environment of the future.

**Are there other benefits to going green?** Besides saving money, using less paper and energy, we'll save printing and postage costs. Do you realize that it costs about a \$1 just for postage to send each copy of the newsletter? Electronic distribution allows us to get you important information much faster. It takes about a week or two for the paper newsletter to get delivered by the post office. We've tracked the post office's performance of the last few years and the delivery speed and accuracy has been less than perfect and very costly. An electronic format allows you quicker, nearly instant access to supporting content, such as web pages, phone numbers, email addresses and media content like pictures and videos. The electronic format also lets you have access to the newsletter on your smart phone or other mobile devices such as a tablet or reader.

**Can I keep getting the printed newsletter in the mail?** Yes. But there's a catch (see the italicized type below). You need to opt OUT of getting all electronic communications from AMTA Utah Chapter. To opt out of getting electronic communications from AMTA Utah Chapter you need to take a few steps to update your profile at [amtamassage.com](http://amtamassage.com)

1. sign into your account with your membership number and password.
2. Click you name to go to your profile page
3. click on "Update Subscriptions"
4. click on "Chapter Information"
5. enter the email address you are removing from amta Utah Chapter's email list
6. click "Unsubscribe"

Unsubscribing from all communications from amta Utah Chapter will remove your name from the email list – which is permanent – and you will no longer receive any emails from amta Utah Chapter. And you will receive only the printed newsletter in the mail. You can always re-subscribe to emails anytime at the amta Utah Chapter website (this will allow you to get the emails and the printed newsletter). [www.amtautah.org](http://www.amtautah.org)

Feel like helping with the newsletter? Let us know, there's always something you can do to help. Something large or something small, we all know that many hands make light work. We hope you'll enjoy the new electronic newsletter coming to your email inbox in March of 2013!



## in remembrance

On Friday, November 9, one of the very impactful members of our chapter, Ray Pippin, passed away. Ray joined our chapter in 1996. He became very active serving in a number of positions including Vice President and Chairman of the Laws & Legislation Committee. He worked tirelessly to help re-write our law in 1999 for passage in 2001. He served on the Utah Board of Massage for many years. He was an Apprentice Supervisor and became the mentor for several people. We owe many thanks to him for our being able to practice massage as we do today. Please join in remembering him and his family.

# american massage therapy association utah chapter **leadership roster**

November, 2012

## board of directors

<b>President</b> 801-916-8752	<b>Roger Olbrot</b> rmolbrot@usa.net
<b>Imm. Past President</b> 801-870-8229	<b>Lisa Moen</b> bodyworkersetc@comcast.net
<b>1st Vice President</b> 801-573-7382	<b>Jennifer Hanna</b> jpzenegy@yahoo.com
<b>2nd Vice President</b> 801-589-7291	<b>Ivan Thompson</b> amtincijit@yahoo.com
<b>3rd Vice President</b>	<b>Vacant</b>
<b>Treasurer</b> 801-209-4103	<b>Robyn Ryther</b> rryther@comcast.net
<b>Secretary</b> 801-560-7370	<b>Kirk Jorgensen</b> kirk_jorgensen@yahoo.com

## elected delegates

<b>2011-2012</b> 801-485-7887	<b>Susan DeLegge</b> s.delegge@comcast.net
<b>2012-2013</b> 801-879-0070	<b>Brenda Swadley</b> master_touch_message@hotmail.com
<b>Alternate 2012</b> 801-589-7291	<b>Ivan Thompson</b> amtincijit@yahoo.com
<b>Alternate 2013</b> 801-560-7370	<b>Kirk Jorgensen</b> kirk_jorgensen@yahoo.com

## appointed positions

<b>Awards Chair</b> 801-589-7291	<b>Ivan Thompson</b> amtincijit@yahoo.com
<b>Commission on Candidacy</b> 801.879.0069	<b>Carolyn Redington</b> bodybasics2@msn.com
<b>Convention Chair</b> 801-703-3334	<b>Gerri Allen</b> wahoo437@yahoo.com
<b>Education Chair*</b> 801-870-8229	<b>Lisa Moen</b> bodyworkersetc@comcast.net
<b>Finance Chair</b> 801-879-0070	<b>Brenda Swadley</b> master_touch_message@hotmail.com
<b>Historian*</b> 801-560-7370	<b>Kirk Jorgensen</b> kirk_jorgensen@yahoo.com
<b>Member At Large*</b> 801-589-7291	<b>Ivan Thompson</b> amtincijit@yahoo.com
<b>Membership Chair*</b> 801.879.0069	<b>Carolyn Redington</b> bodybasics2@msn.com
<b>Newsletter Editor*</b> 801.455-4818	<b>Scott Perry</b> scottperry07@gmail.com
<b>Office Assistant</b> 801.661.7602	<b>Carolyn Redington</b> bodybasics2@msn.com
<b>Sports Massage Team*</b> 801-589-7291	<b>Ivan Thompson</b> amtincijit@yahoo.com
<b>Standing Rules Chair</b> 801-485-7887	<b>Susan DeLegge</b> s.delegge@comcast.net
<b>Website Coordinator*</b> 801.560.7370	<b>Kirk Jorgensen</b> kirk_jorgensen@yahoo.com

\*Required Appointments as per Utah Chapter Standing Rules

# amta utah chapter 2013-2014 **proposed budget**

PROJECTED Mar. 1, 2012 thru Feb. 28, 2013	PROJECTED Mar. 1, 2013 thru Feb. 28, 2014
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## PROJECTED INCOME

Member Dues	\$ 36,279	\$ 38,689
Benevolent Fund	\$ 500	\$ 500
Newsletter-Advertising	\$ 200	\$ 200
Education Workshops	\$ 5,563	\$ 5,300
State Convention	\$ 15,335	\$ 10,530
Sports Team	\$ 0	\$ 750
Reserves	\$ 16,982	\$ 0
Interest and Dividends	\$ 0	\$ 69
<b>TOTAL PROJECTED INCOME</b>	<b>\$ 74,859</b>	<b>\$ 56,038</b>

## PROJECTED EXPENSES

Benevolent Fund	\$ 500	\$ 500
Education Workshops	\$ 6,300	\$ 4,650
Legislative Services	\$ 8,000	\$ 11,000
Newsletter	\$ 5,700	\$ 1,428
Telephone	\$ 3,684	\$ 2,400
National Convention	\$ 8,565	\$ 4,214
President Meeting		\$ 800
Membership	\$ 6,176	\$ 4,800
Website	\$ 1,931	\$ 1,761
Supplies/Postage/Copies	\$ 500	\$ 500
Office Assistant	\$ 4,680	\$ 2,000
Awards	\$ 500	\$ 225
Sports Team	\$ 600	\$ 835
Misc./Petty Cash	\$ 500	\$ 500
State Convention	\$ 22,360	\$ 14,908
Expansion and Recruiting	\$ 0	\$ 415
Chapter Volunteer Orientation	\$ 1,870	\$ 1,870
Insurance Bond	\$ 250	\$ 250
AMTA Foundation Donation	\$ 600	\$ 636
BOD Strategic Planning Retreat	\$ 1,800	\$ 1,800
<b>TOTAL PROJECTED EXPENSES</b>	<b>\$ 74,516</b>	<b>\$ 55,492</b>

## PROJECTED RESERVE

<b>\$ 342</b>	<b>\$ 546</b>
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## welcome new members

Brooke Adams, Professional  
Gabriela Aguillon, Professional  
Yuliia Bacon, Professional  
Kylee Bahr, Student  
Joshiah Bates, Graduate  
Alicia Baumon, Professional  
River Benavides, Graduate  
Christina Bennett, Graduate  
Heber Blackner, Graduate  
Meisha Brimhall, Graduate  
Matther Carter, Professional  
Celeste Cluff, Graduate  
Justin Cottle, Graduate  
Heather Cronin, Graduate  
Katelyn DeGraw, Graduate  
Leslie Flitton, Graduate  
JoAnn Geerlings, Graduate  
Aaron Godar, Graduate  
Caroline Hanlin, Professional  
Andrea Marie Hendricks,  
Tiffany Holloway, Graduate  
Mya Hyde, Graduate  
Melissa Humphries, Graduate  
Amy Jacobsen, Graduate  
Tera Judd, Professional  
Kayla Ludllo, Graduate  
Janie May, Graduate  
Phillip McCarroll, Graduate

Catherine McMillen, Professional  
Collene Meeks, Graduate  
Lindsey Mortensen, Graduate  
Jordan Newton, Graduate  
Heather Pedersen, Graduate  
Julie Phillips, Graduate  
Kent Redford, Graduate  
Eric Richardson, Graduate  
Samantha Ritter, Professional  
Carly Skowron, Professional  
Tai Marie Smith, Graduate  
Kassandra Strickland, Graduate  
Brian Welch, Graduate  
Carol Winegar, Graduate

**On behalf of the Massage Board, welcome to the Utah Chapter of the amta.** Please feel free to contact any Board Member if you have any questions or concerns regarding your membership. In your welcome packet you will find helpful information regarding the Chapter. Use your gift certificate towards registration on the upcoming Utah Chapter State Convention in February 2013. Hope to meet all of you.

Carolyn Redington, Membership Chair  
801-661-7602 Bodybasics2@msn.com

## utah chapter amta elections 2013-2014

### Your Chance to Vote! Your Opportunity to Run!

At the Annual meeting of Utah Chapter State Convention scheduled for Saturday February 9, 2013, 7:00 p.m., elections will be held for the following positions:

- 1st Vice President
- 3rd Vice President
- Treasurer
- Delegate
- Alternate Delegate

All candidates must complete the candidate application form, sign the Chapter Volunteer Code of Conduct Form, attach a resume be postmarked or emailed before the deadline of February 1, 2013, and sent to:

**Carolyn Redington or Bodybasics2@msn.com**  
271 Mill Street, Bountiful, UT 84010

An online version of the application form is available at the Utah Chapter website – [www.amtautah.org/files/CandidateApplication2013.pdf](http://www.amtautah.org/files/CandidateApplication2013.pdf).

For a complete listing of job duties, responsibilities, relationships, time commitment, authority, accountability, etc. login to the amta website and go to: [http://www.amtautah.org/?page\\_id=1755](http://www.amtautah.org/?page_id=1755)

**Also, we'll be voting on these Utah Chapter Proposed Standing Rules:**  
<http://www.amtautah.org/files/Chapter/Rules/ProposedUtahChapterStandingRules-2013.pdf>