



hands in motion

AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

president's message



Greetings to all. As I am wanting to do, a reminder that with the change of seasons don't forget to take a moment to change or clean the filter in your furnace. The air in Salt Lake gets scrubbed clean and crisp, at least for a while, and our thoughts begin to focus on the holidays and all the energy around preparation. Take some time for yourself and to enjoy the moment.

There has been a lot of activity at the hill the past few months. Kirk Jorgensen writes about it in his report about licensing in the state. One of the constant forces in the State is our AMTA Chapter. No other organization has stood up for massage and our right to practice it.

There are some changes at the national level. The Chapter fee for dues has been \$30 per year for at least the past 15 years. The AMTA National Board of Directors has decided to do away with the Chapter fees beginning January 1. That means that your professional dues will now be \$235 per year rather than \$265. This means that at the Chapter level, our budget has been cut by about \$21K. Surprisingly, the local Board of Directors is proposing to provide more educational opportunities to the members in Utah with even less money. This came about as Gerri Allen, Education Chair, was talking with a member who had some suggestions to bring education to the further reaches of the State. There is a small group of teachers who are willing to donate their time and efforts to offer educational events in much smaller groups around the State. Don't be surprised if you get a call to help coordinate a small gathering in your local area. In fact, if you are interested please contact Gerri Allen.

I am pleased to say that over the past two years, our membership has risen from about 550 to 720 members. As a Chapter, we are fiscally strong and active. We introduced legislation that would require continuing education for license renewal. Our educational events have been well attended compared to some previous years. We are in need of some new faces on the volunteer side of the Chapter. You can be as active as you wish, from making a few phone calls to running an event; from being a delegate to being a board member; from hosting a small networking group to helping plan the state convention. No matter what, your skills can be used in a variety of ways. I encourage you to think about lending a hand to the Chapter.

This is my last letter as President for the Chapter. I have been privileged to have served with a board and committee chairs that have supported me over the past two years. As I leave the chair I will not be going away. I make a commitment to stay involved with the chapter and focus my attention on smaller chunks of work. This year I took the opportunity to present some research on the effects of energy work on children on the autism spectrum in Boston and my colleague, Jan Cendese, went to Chicago to present at a conference there. I wish to continue research but along a different line. I am amazed at how little research is out there about the effects of massage on the human body. I believe that research is key to our future and I wish to be a part of that.

I thank the many people that have come to classes, come to board meetings, my fellow board members and committee chairs who have worked so hard, volunteering to make the AMTA-UT Chapter a success. I look forward to seeing you all at our annual state convention and business meeting.

Roger Olbrot

mission statement

The mission of the Utah Chapter of the American Massage Therapy Association is to advance the art and science of massage therapy as a visible means of treatment and preventative practice; and to foster the professional practice of massage therapy in a virtuous, prudent, and proficient manner so as to maintain the good health and well-being of the citizens of Utah

delegate report

At some point, every person has to face the existential question of whether he or she has found meaning in life. It's my belief that you find something about being a massage therapist fulfilling on a cosmic level... it fulfills your 'purpose' or somehow answers that question. I know it's a bit philosophical, but I just wanted to put it out there that we on the AMTA Utah Chapter Board sincerely hope that we add meaning to your life, our member.

We are a living body of therapists, and I want you to know that; That's what I experienced in Fort Worth this year as I participated in the House of Delegates. Although I came prepared having read the proposed position statements and having participated in the Delegates' Forum, I was sincerely moved by some of the discussion while the House was in session, and I was honored by the opportunity to bring your concerns to the floor on your behalf. I want you to know that I not only listened to conversation, but I was part of the conversation, and it was thrilling (seeing parliamentary procedure in action—with a talented moderator—it was priceless).

I was fairly surprised that the position statement about anxiety ("It is the position of the American Massage Therapy Association that massage therapy can assist in reducing the symptoms of anxiety.") was the only position statement to pass the House. I hope I can do an adequate job explaining the objections others had to the other position statements, so you can understand why they did not pass.

First, the position statement about massage therapy improving health generally ("It is the position of the AMTA that massage therapy can improve health through its effects on the physical, mental and social wellbeing of an individual."). I thought this position would pass for sure, since it seems really straightforward. In the Utah Chapter's polls, one hundred percent of you responded that you agreed with this statement. Why didn't it pass? Well, if you have ever tried to edit anything by committee, you know that everyone thinks they can improve upon a given document. The longer the document, the more there is to criticize. I sincerely feel that if the author Ann Blair Kennedy had been more selective about the studies she included as references (thirty-nine of them), it would have strengthened the document and made it more 'passable'. (To be 'acceptable' there is only a minimum requirement of eight references.) There was definitely adequate supporting research, but some of the smaller or tangentially-related studies were pinpointed as irrelevant. In the House, it is all or nothing. The document itself cannot be changed, other than simple copy-

editing. Some Delegates felt that anything official must be perfectly refined. Call me a realist—I still voted in favor of the position statement, because as a whole I felt it was true to what we practice.

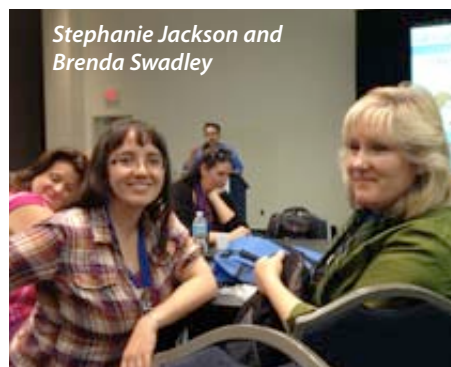
Secondly, the position statement about massage improving quality of life for cancer patients ("It is the position of the American Massage Therapy Association (AMTA) that massage therapy can improve health related quality of life for cancer patients."). This was the most controversial of the three position statements. Many therapists felt that it was an inappropriate position to take, because consumers might interpret this to mean that all massage therapists are trained in oncology massage. There are over 200 types of cancer, and varying indications and contraindications for each type. The consensus among delegates is that the AMTA doesn't want to create confusion by using a qualifier to describe

the 'right' kind of massage therapist that a consumer should seek out... that opens up some liabilities. It's my opinion that every person on this earth is responsible to be his or her own authority, especially when it comes to advocating for your own health, finding the right practitioners and so forth—so I didn't think that the proposed statement is misleading in any way. However, although the position statement passed our legal department and the position statement review commission, a majority of the delegates could not get on board with it.

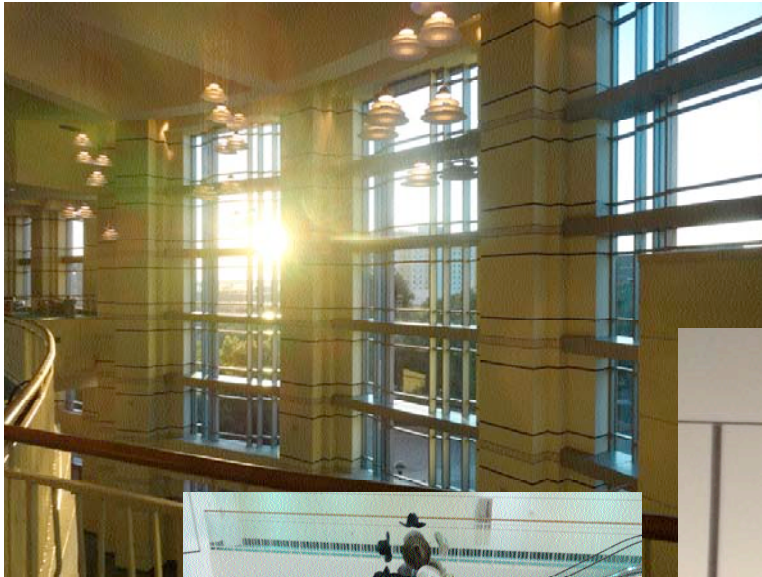
What does this mean going forward? Well, I felt the need to be an ongoing part of the conversation, and although I don't think I will be carving out time from my family life to write position statements, I would be thrilled to help any of you who may feel so inspired. It is part of my job as a delegate, to present any recommendations or position statements brought forward by you, to the House of Delegates. If you would like to learn more, please visit AmtaMassage.org/PositionIntro.html.

Let me also now make a plug for volunteering with AMTA Utah Chapter. While I was speaking with a national board member at Convention, he said that volunteering is a "privilege of membership". If you truly want to get the most out of your membership with us, get involved. You can join a committee if you are not the type to run for elected office. We always need helping hands, particularly for organizing and executing our education and convention classes. Changes are coming to AMTA. I invite you to join us as a volunteer, and I guarantee your service can add excitement and extra meaning to your life.

Stephanie Jackson, LMT
2013-2014 Delegate, Utah Chapter



*Stephanie Jackson and
Brenda Swadley*



Ted Itami receiving his 40-year pin from Winnona Bontrager, AMTA National President

delegate report for 2013 national convention in fort worth, texas

by Brenda Swadley

There were three position statements that delegates voted on this year at the AMTA National Convention in Fort Worth, Texas. Two position statements failed and one passed. The position statement passed by the House of Delegates stated: "It is the position of the American Massage Therapy Association (AMTA) that massage therapy can assist in reducing the symptoms of anxiety."

One of the two position statements not passed by the House of Delegates stated: "It is the position of the American Massage Therapy Association (AMTA) that massage therapy can improve health related quality of life for cancer patients." Several delegates expressed concern that massage therapists working with cancer patients need to have a high level of competence to work with this

particular population.

The second position statement which was not passed by the House of Delegates stated: "It is the position of the American Massage Therapy Association (AMTA) that massage therapy can improve health through its effects on the physical, mental and social wellbeing of an individual."

Position statements express the position of the association on professional or public policy issues. Approved position statements are posted on the AMTA website. Every three years position statements are reviewed for relevancy.

Thank you for allowing me the opportunity to serve as a delegate for the Utah Chapter AMTA.

CVOP

by Jennifer Hanna

Going to CVOP was a privilege, a great learning experience and fun! Not knowing what to expect, left us open to all opportunities. CVOP – Chapter Volunteer Orientation Program is held yearly in Evanston, IL, where the AMTA National Headquarters are located. National invites Board Members from all Chapters to receive volunteer training to aid in their volunteer duties. This year Gerri Allen and I attended on behalf of the Utah Chapter.

As we arrived, we were greeted by both local and national AMTA volunteers. We also had the good fortune to meet many of the national staff members. It was so nice to put faces with the names of many people we have either heard of or talked to at the national office. What an amazing place to be, with this combination of volunteers and employees, all with the main purpose of positively promoting and supporting us!

The following three days were a flurry of information gathering and networking. The focus of our meetings was how to really engage and connect with our members, so that not only our chapter, but also our profession, will thrive.

It seemed like perfect timing for this type of training, as we are

working toward making some additions to our massage law. Due to the changes to our law, we are really making connections with our current members along with many non AMTA therapists. I believe it has been quite some time since so many Utah AMTA members have been actively involved with their chapter, asking questions, voicing opinions, and attending meetings. Non AMTA therapists are becoming more aware of what a strong organization AMTA is.

Hopefully, we will be able to take what we learned from both the programs we attended and the fabulous ideas from other chapters, and build stronger relationships with our members. Oh, did I mention we had members from 48 different states in attendance? What a fun group of people!

I would be negligent if I didn't mention the amazing location of the training. Evanston is a beautiful city with a small college town feel. It is a mere 45 minute ride on the "L" to get to downtown Chicago. Chicago has just about anything you could possibly want to see or do. We made several trips into Chicago and also did a lot of walking around Evanston. I would love to go back again for more training and more sightseeing.

engage connect thrive

AMTA Utah Chapter 2014 Convention

This is a continuation of the AMTA National 2013 theme. The message of these three elements spoke loudly, and as volunteers, we agree that by working together we can strengthen the membership and the Board of Directors using these elements.

- Engaging the members by offering savvy, worthwhile opportunities in an interactive environment.
- Connecting our members through service and education. Offering a place to find like-minded professionals that hold a standard of excellence where we connect and receive support from each other.
- Thrive. Take these new experiences and use them to better your community, your practice, & yourself.

We look forward to seeing you in February 2014!

Have you ever been to our Annual Dinner Meeting?

The Annual Meeting is at the Provo Marriott on Saturday afternoon at 4:30 pm and includes Dinner, Elections, reports from Board Officers, Budget discussion and approval by membership, President's Address and Keynote Speaker.

Why attend the Annual Dinner Meeting?

Get informed on laws and legislation that effect our profession. Listen to and add your voice to your association that works diligently to safeguard our profession. Meet new people and have face time with peers. Did we mention that dinner was included for free? Yes, FREE!

Online Registration for Convention/Annual Meeting – www.amtautah.org, follow the Education Link

Descriptions:

Upper Extremity

Cadaver Lab / Segmental Bodywork

Day 1: Advanced concepts in anatomical gross examination.

- General review of human anatomy and physiology.
- Specific focus on upper extremities and musculature and nervous systems relating to the practice of massage therapy.

Whether providing Swedish, Deep Tissue, Sports, Neuromuscular, Rolfing, Hellerwork, Aston-Patterning, Feldenkrais, or Trager techniques knowing the complex structure and system of the human body is paramount. The Advanced Anatomy Cadaver Workshop was developed specifi-

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cally for massage therapist graduates and students who are working in the field of massage therapy. (6 hours - in process of becoming NCBTMB approved)

Day 2: Ivan Lach will be presenting injury repair protocols for the shoulder girdle, elbow and wrist joints. He will include assessment protocols for each joint and then demonstrate treatment options for the area. Whether it is a tendon strain or ligament sprain, his command of the English language and humor will leave you smiling and walking away with techniques that you can begin incorporating into your practice immediately. (8 hours - NCBTMB approved)

MYK System

MYK System Upper Body Posture never lies, according to Dr. Uriarte, who says "Posture is the outward expression of the nervous system." In this eight-hour class, you will learn how to assess, treat, and resolve headaches within four minutes using Upper Body Posture graph (rather than polygraph), and how to read postural imbalances to reveal the primary nerve cause. Get ready for a simple technique with lasting results.

MYK System Lower Body Similar to the Upper Body course, you will learn how to find Lower Body postural imbalances, specific nerve pathway problems, and which muscles to work on to achieve results. This six-hour course includes how to assess using the "five fast ways" to determine a problem and five-minute treatments that balance the posture.

daily convention schedule

Friday:

Registration /Class 8:00 am -4:00 pm
Annual Meeting & Dinner: 4:30-7:30 pm
(Dinner served at 6 pm)

Saturday:

Class 9:00 am-6 pm

Location:

Provo Marriott Hotel & Convention Center
101 West 100 North Provo, UT 84601
1-800-777-7144



dr. michael uriarte An internationally known speaker, Dr. Michael Uriarte (pronounced your yard e) is the driving force behind the MyoKinesthetic System. A Chiropractor by training — he received his degree from Palmer College of Chiropractic — Dr. Uriarte has invested his time and talent into developing a practical, easy-to-learn and easy-to-use system to help people overcome pain, increase range of motion, and enjoy better posture.

For more than 15 years, Dr. Uriarte has been deeply involved in research and development of the MyoKinesthetic System while managing his office in Overland Park, Kansas. He developed this technique in the early 90s, and has refined the system over the course of several years in his clinic before sharing the system with other healthcare professionals.

From massage therapists to athletic trainers to physical therapists to chiropractors, Dr. Uriarte has taught his ground-breaking technique to any healthcare provider who makes the comfort and well-being of their patients their number one priority. Dr. Uriarte is an expert at taking complicated information and presenting it in an easy-to-learn format. He is a high-energy, easy-going instructor who makes it his policy to have fun. He firmly believes that "If you are not having fun, then you cannot learn."



jonathan bennion Co-Founder, Director of Education, and Master Dissector at Institute of Human Anatomy, Jonathan found his love for teaching 5 years ago while attaining his degree in Health Promotion and Education at the University of Utah. During his pre-medical coursework he took an anatomy course from Professor Mark Nielsen. He was asked to be one of Professor Nielsen's teaching assistants and immediately fell in love with teaching and learning about the human body. During his time at the University of Utah, Jonathan spent many hours in the cadaver lab receiving training in teaching and dissection.

For the last 4 years he has been a full time instructor at the Utah College of Massage Therapy where he teaches Anatomy and Physiology, Kinesiology, and Pathology. Jonathan is recently married and enjoys rock climbing and playing basketball.

ivan lach Ivan Lach studied sport science with emphasis on physiotherapy at the University of Palacky in former Czechoslovakia. He attended the Therapeutic Massage Training Institute in Charlotte, North Carolina where he graduated in 1994. He holds National Certification for Therapeutic Massage and Bodywork since 1996. Ivan specializes in manual therapy treatments addressing orthopedic to postural dysfunctions. Lach's passion for strength and conditioning reflexes is in working with clients to reduce and eliminate their pain using research based corrective exercises. The primary goal of his practice is to help people to become pain free. He is currently on the faculty of Myotherapy College of Utah where he's been teaching since 1997. As an educator, Ivan teaches classes and seminars on local and national level.



convention registration form

february 7-8, 2014



	Friday	Saturday
Option 1 2-Days	Upper Extremity	
Option 2 2-Days	MYK System	
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

2-Day Upper Extremity (Cadaver Lab/Segmental) \$ 195 / 145 / 245

2-Day MYK System \$ 195 / 145 / 245

Dinner and Annual Meeting \$ 0.00

Dinner and Annual Meeting with Guest \$ 35.00

Guest Name _____

Postmarked after January 24, 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 24!

You may also register online at www.amtautah.org

* Required



government relations

by Kirk Jorgensen

As many of you know, the Licensing Act which defines the practice of Massage Therapy in Utah is scheduled to be repealed this summer, July 2014. Our chapter's first priority with the state legislature is to ensure reinstatement of the law. Typically, laws such as the Massage Therapy Practice Act are scheduled for automatic repeal in a separate law which is known as a "sunset" law which establishes a review process for various laws. The law which governs massage therapy is scheduled for repeal after a 10 year period which ends July 1, 2014.

According to a summary of the Legislative Oversight and Sunset Act, "The purpose of a sunset review is to evaluate whether a statute or agency (including any state authority, board, commission, department, division, or office) is meeting a clear public purpose and to improve the ability of state government to meet and fulfill legitimate public purposes." Up until this year the legislature used a different criteria for evaluating the legitimacy for a statute or agency. This year that criteria changed.

Previously the criteria was to determine if the law met a rational reason for protecting the public. That seems pretty straightforward and it seems pretty rational that the public should have some protection regarding massage therapy. The new criteria is to determine if the law is warranted by a compelling reason to protect the public from a present, recognizable and significant harm. So the legislature wanted to hear from us, the profession, as to the compelling reasons the public needs protection regarding massage therapy and what present, recognizable and significant harms they need to be protected against. This puts us as a profession in what appears to be an awkward position of telling government officials how badly clients of massage therapy can be damaged and hurt. Actually, this isn't awkward at all, since we know the powerful nature of massage therapy and the dramatic effects it can produce in the body. When done properly, with knowledge and skill, it can be beneficial. When done improperly, without knowledge and skill, it can be detrimental and harmful. The former is, of course, the more common and this is because of training, education and professionalism, which is governed by the law, the very law we want to protect against automatic repeal.

The automatic nature of the sunset act is that unless the legislature takes affirmative action to reinstate the law it will be repealed at the set date. The AMTA-Utah Chapter Board decided we needed to take action and we did this by testifying at two separate meetings of the Occupational and Professional Licensure Review Committee. The Massage Therapy Practice Act was the first law to go through this newer, more comprehensive review. The review was something of a learning experience for the legislators as well as those of us seeking reinstatement of the Massage Therapy Practice Act.

The first meeting was September 17th and also testifying at this committee meeting was Sharon Muir, the Utah Massage Board Chair. She shared statistics regarding DOPL's actions in overseeing and administering the massage therapy profession, specifically listing disciplinary actions taken by the agency. Ms. Muir also testified about the scope of practice and education requirements that ensure public safety. Roger Olbrot, AMTA-Utah Chapter President and Kirk Jorgensen, Chapter Secretary and Government Relations Chair testified representing the profession speaking generally about the education and examination requirements set forth in the law that serve to protect the public. Ron Findlay also testified in support of reinstatement of the law. The result of that meeting was the committee voting to gather more information since they did not feel a "compelling" reason had been established for regulating massage therapy by the state.

The second meeting was October 15th. We utilized research done by the Massage Therapy Research Foundation and AMTA's National Government Relations office in preparing for the meeting. Roger testified to the inadequate nature of certification as it exists as a replacement to licensing since there is no agreement or oversight as to the qualifications and specifications of the various certifications out there. Further, there exists no mechanism for the public to determine the validity or value of one certification over another. For example, Joe Jones could offer a "Sports Massage Certificate" which requires no knowledge or training in anatomy, physiology, kinesiology or contraindications, but appears on the face of it to be similar to a program/certification that does require these essential elements. Both Roger and Kirk testified regarding insurance claim statistics and how these claims indicate harm and potential harm from massage therapy. Other studies were cited that indicate how individuals (more often untrained) performing massage therapy had caused a number of very serious complications and injuries, which constitute "present, recognizable and significant" harm. These were in some cases medical studies in which doctors had reported the cases in which patients were harmed by massage therapy.

It was noted by the Sen. Valentine, the committee Co-Chair, that in the medical profession "board certification" is a common requirement for doctors obtaining privileges within institutions such as surgical centers, clinics and hospitals. Since massage therapists are largely self-employed a similar mechanism for qualifying massage practitioners for the public would not have the same effect. The discussion ended with a motion to recommend reinstatement to the legislature of the Massage Therapy Practice Act for another 10 years. This does not guarantee the reinstatement of the licensing act, but it is an important step in going forward into the 2014 legislative session.

utah chapter amta elections 2014-2015

your **chance** to vote!
your **opportunity** to run!

At the Annual meeting of Utah Chapter State Convention scheduled for Friday, February 7, 2014, elections will be held for the following positions:

President	(2-Year Term)
2nd Vice President	(2-Year Term)
3rd Vice President	(Bal of Term 1-year)
Secretary	(2-Year Term)
Treasurer	(Bal of Term 1-year)
Delegate	(2-Year Term)
Alternate Delegate	(1-Year Term)

Qualifications - Candidates must be professional members in good standing and sign the Chapter Volunteer Code of Conduct. The individual must have a strong working skill with the computer for email.

Delegates - Represent the Utah Chapter at the AMTA National convention, September 17-20, 2014, in Denver, CO. and Pittsburgh, PA. August 19-22, 2015 The responsibility of the delegates is to represent the views of the Utah chapter and to vote on topics regarding AMTA National By-Laws and position statements.

There is a delegate position open for a one two-year term and one alternate position open for a one-year term.

One delegate and one alternate will be elected by ballot at the Annual Meeting. The Candidate receiving the most votes will serve the two-year term. The alternate will be elected by a separate ballot and the Candidate receiving the most votes will serve the one-year term. Interested Candidates must select on the ballot each position they are running for.

To ensure that all candidates meet qualifications for a chapter position, no nominations will be taken from the floor and only applications received prior to the deadline will be on the ballot.

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 January 30, 2014 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

For a complete listing of job duties, convention costs, responsibilities, relationships, time commitment, authority, accountability, etc. login to the AMTA website.

utah chapter amta 2014-2015 **proposed budget**

	Projected for 2013-2014	Projected for Mar 2014 to Feb 28, 2015
Projected Income		
Member Dues	\$38,689	\$19,289
Benevolent Fund	\$500	\$-
Newsletter - Advertising	\$200	\$200
Website	\$0	\$-
Education Workshops	\$5,300	\$7,761
Interest and Dividends	\$69	\$69
Misc.Fundraiser	\$0	\$-
State Convention	\$10,530	\$9,250
Sports Team	\$750	\$-
Reserves	\$0	\$15,000
TOTAL INCOME	\$56,038	\$51,569

PROJECTED EXPENSES		
Benevolent Fund	\$500	\$-
Education Workshops	\$4,650	\$9,500
Legislative Services	\$11,000	\$10,000
Newsletter	\$1,428	\$2,110
Telephone	\$2,400	\$-
National Convention	\$4,214	\$4,206
President Meeting	\$800	\$1,060
Membership	\$4,800	\$3,950
WebSite	\$1,761	\$2,542
Library	\$0	\$-
Supplies/Postage/Copies	\$500	\$650
Chamber of Commerce	\$0	\$-
Office Assistant	\$2,000	\$1,014
Awards	\$225	\$225
Sports Team	\$835	\$-
Misc./Petty Cash	\$500	\$500
State Convention	\$14,908	\$10,955
MERT	\$0	\$-
Expansion/Recruiting-School visit	\$415	\$1,307
Chapter Volunteer Orientation	\$1,870	\$250
Insurance Bond	\$250	\$250
MassageTherapy Foundation		
Donation	\$636	\$750
BOD Strategic Planning Meeting	\$1,800	\$2,300
TOTAL EXPENSES	\$55,492	\$51,569
PROJECTED RESERVE	\$17,528	\$(0)

member highlight: ted itami

By Stephanie Jackson

I was surprised as I sat at the Business Meeting in Fort Worth, as our own Ted Itami received his 40-year membership pin. Yes, that's right, he's been a member since June 1973, and he says that the AMTA has "undergone a vast evolution" since then. He was the 292nd member to join... I'm only about 200,000 past that. We enjoyed a small dinner together with all the Utah Chapter members who made it to National Convention this year.

Ted has a strong background as a volunteer with our organization. During the 1970s and 1980s, he held every volunteer position available at the Chapter level, including Chapter President for Idaho. From 1978-1984 he served on the AMTA National Board of Directors on various committees and in several positions including Western District Director, 2nd Vice President and 3rd Vice President. In 1986 he received the National Meritorious Award, which he calls one of his "crowning achievements", for laying out the foundation of the current Personal and Property Liability Insurance Program. Notably, he is also a past recipient of the Idaho State Meritorious Award.

But he was not the first massage therapist in his family. His father was a 1942 Charter Member of the American Medical Massage Association, and he demonstrated at their national convention.

From 1973 to 1999, he practiced massage in Idaho at the Lava Hot Springs Foundation. This was the height of his massage career; he worked relentlessly on recruiting clientele. But after twenty-six

years, it was time to move on, so he sold the lease to another massage therapist and began anew.

He says that massage has not always been easy, but "I never gave up on massage therapy," explaining that he made a bad business decision in building a too-large massage clinic for the number of potential clients in Pocatello.

He had received his bachelor's degree in physical education from Idaho State University in 1974, so he decided to turn his practice toward athletic training, first volunteering at Idaho State University football and basketball camps. This opened the door to working in sports medicine with doctors, physical therapists and young athletes.

In 2003, Ted and his wife Lona relocated to Salt Lake City, and Ted worked as a teacher first at Myotherapy Institute of Utah (when founder Jim Foster was there) at then at Utah Career College. However, he says his favorite teaching job was as Idaho State University, where he founded and directed the massage program, which was only the 2nd massage program in the country to be offered at a four-year college.

His favorite thing about convention this year? Meeting with old friends. Some, he says, have even more experience than he does.

Ted has enjoyed working with senior citizens for much of his career, so he now volunteers at the West Jordan Senior Center for a couple hours per week to "give back". He practices mainly out of his home studio in West Jordan. By his own count, he has given over 62,000 treatments, and he says, "I'm still counting". By all means Ted, live long and prosper. Congratulations on your massage practice, and on your upcoming 40th wedding anniversary.

To learn more about Ted and his massage practice, visit TedItami.com.



welcome new members

July 2013

Celeste Bates, Graduate
Kristy Bingham, Graduate
Susan Engar, Graduate
Malory Pigott, Professional Active
Seth Sage, Professional Active
Rosalie Schuette, Graduate
Cherisa Sisneros, Professional Active
Sarah Stevenson, Graduate

August 2013

Jessica Adkins, Student
Kim Anderson, Student
Brice Anderson, Student
Brianna Barmore, Student

John Bench, Student
Aimee Bisel, Student
Laura Blocker, Student
Jeffrey Clark, Graduate
Sara Davis, Student
Nathan Gardner, Graduate
Cerra Harning, Student
Amber Hayes, Student
Larisa Hobson, Student
Elizabeth Hoyle, Student
Stephanie Kevern, Student
Ella-Maureen Kilpack, Student
Lizbeth Lemus, Student
Deborah Luke, Graduate
Colton McDonald, Student

Kathryn McGough, Student
Brilyn Miller, Student
Michael Moretti, Student
Davine Naulty, Student
Natasha Nicol, Student
Ryan Osguthorpe, Student
Racheal Osguthorpe, Student
Sarah Pack, Student
Jessica Pierce, Student
Grace Rivas, Student
Jaydan Ropelato, Graduate
Meranda Rowberry, Student
Jacob Slone, Student
Marcy Sommerfield, Student
Meagan Stanworth, Student

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Thomas Steadman, Student
Chiaki Steadman, Student
Candyann Sweatfield, Student
Julia Tucker, Graduate
Saidee Walling, Student
Michelle Weaver, Student
Amy Webster, Student
Kirstin Williams, Student
Aubrie Woodhouse, Student
Kaitlin Wright, Student
Luxia Yang, Graduate

September 2013

Deidra Bennett, Student
Lesia Burgess, Graduate
Hannah Daines, Student
Emma Decker, Student
Lisa Duckworth,
Professional Active
Spencer Escobar, Graduate
Tracy Hover, Graduate
Matt Oakley, Professional Active
Samantha Rosser, Graduate
Vernonica Scarth, Graduate
Michelle Snell, Graduate
Tammie Sparks, Graduate
Chris Weber, Professional Active

October 2013

Cecilia Alberto Gurvacio,
Student
Kelle BaLey, Student
Annette Bankhead, Student
Lisa Barton, Student
Tiffany Beckett, Student
Bryson Brown, Student
Linda Carmichael, Graduate
Angela Clark, Student
Sue Corder, Student
Lee Cupples, Student

Kathern Durnell,
Professional Active
Emily Freshman, Student
Maryssa Fullmer, Student
Carly Glover, Student
Madison Gray, Student
Melissa Green, Student
Brooke Gregory, Student
Alexandra Griffith, Student
Reidesel Gurierrez, Student
April Hancock, Student
Whitney Hardman, Student
Cheyenne Hernandez, Student
Megan Hewett, Student
Jamie Hoffman, Student
Cindy Howell, Graduate
Kimberly Jarvinen, Graduate
Meg Jones, Student
Jaehong Lee, Student
Sharon Longtin, Student
Tai Ly, Student
Taira McMurray, Student
Madison Qualls, Student
Erik Robbins, Student
Aubree Ruth-Shurtz, Student
Laurie Scherbel, Student
Kylie Stacey, Student
Robert Thill, Student
Jordyn Thomas, Student
Vanessa Timmons, Student
Sylvia Wagner,
Professional Active

Sara Ward, Student
Sofia Waterman, Student
Ashtyn Wescott, Student
Caroline White, Graduate
Larry White, Student
Cambria Young, Student
Jennifer Zaugg, Student

On behalf of the Board of Directors, welcome to the Utah Chapter of the AMTA. 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 your membership and the Chapter. Use your gift certificate toward any upcoming education class. Happy to have you aboard.

Carolyn Redington, Membership Chair.
801-661-7602. bodybasics2@msn.com

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

February 20, 2013

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3rd Vice President

Vacant

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Brenda Swadley

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2013 Alternate 3

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Ivan Thompson

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appointed positions

Chapter Convention Chair

801-703-3334

Gerri Allen

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Education Chair

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Gerri Allen

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Finance Chair

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Brenda Swadley

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Government Relations Chair

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Kirk Jorgensen

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Membership Chair

801-661-7602

Carolyn Redington

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Office Assistant

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Carolyn Redington

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Standing Rules / Policy Chair

801-485-7887

Susan DeLegge

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Website Coordinator

801.560.7370

Kirk Jorgensen

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*Required Appointments as per Utah Chapter Standing Rules