

F A L L 2 0 1 1 E D I T I O N

MESSAGE *matters*

AMTA CONNECTICUT CHAPTER NEWSLETTER

✕ President's Message ✕

Originally, I had my President's message written and ready to go for the newsletter deadline, then Tropical Storm Irene hit and I lost power for four days. We had a great time at home, but I could not get any "business" done. When the power came back on, I was overwhelmed by everything that I needed to get caught up on, and I couldn't get to my computer to get to my electronic responsibilities. Marilyn Waters patiently asked me for my message, and something was holding me from getting to it... until today. Today is 9/11/11. As I sit to write this, I am deeply touched by so many people in our chapter. I have received many messages from members of our Community Service Massage Team, which was MERT in 2001. Their stories move the soul and are too personal to publish here. They are personal insights of the events 9/11 that have changed how we live our daily lives, and reflect the loss that we all experienced.

I would like to quote Lee Stang. "It amazes me, the resiliency of the individual. Faced with unbelievable tragedy, we found camaraderie, kindness, compassion, and surprisingly a renewed faith in the good of people. We found strength in 'teamwork' that we often just talk about and not always experience. We forged friendships that are bound by tragedy but flourish with the spirit of goodness and renewal. We helped people cope and deal with a lot of things and grew ourselves sometimes in ways that surprised us. As a team we recognized that we were certainly not the most important part of the efforts in NY but we were a very valuable component. "

In India, they say life is a garland with birth at one end, death at the other. In between are all the dreams, thoughts, sorrows, joys, and pleasures – all of the flowers that make up the garland. It is up to us how we deal with all of the flowers in the middle - to appreciate the beauty of each flower whether it is giving you pleasure or pain.

Being the President of your chapter, I have been honored to hear and experience so many different dreams, sorrows, joys, and pleasures from our members. You are always in my thoughts and prayers, and I appreciate the beauty that each and every one of you brings to our chapter. I am so proud to say that our Chapter continues to strive to be the best it can be.

Whether in Joplin, Missouri, Springfield, MA, Ground Zero, NYC, or across the great state of Connecticut, we have one of the greatest groups of dedicated professionals in our organization. I am grateful to be your President.

Looking forward to seeing you in October!

~ Scott

board of directors *and* committee chairs



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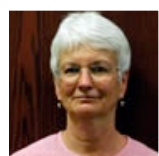
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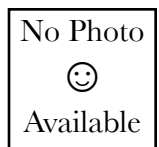
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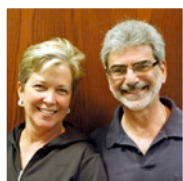
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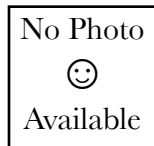
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community service massage team

CSMT Update

~Carol Radzunas, Chair

The 2011 Women's Expo held on September 10th & 11th was a very successful event for us. We raised approximately \$1200 for Arthritis Foundation. Nine participating MT's gave 148 massages over the two days. Way to go!

The NBC Health & Wellness Festival is being held again this year in the Convention Center in Hartford on October 1st & 2nd. This event is a combination Community Service and Sports Team event, with a little bit of healthy competition between the teams! These events are great venues to showcase massage as a health benefit, our AMTA chapter, our teams of dedicated volunteers, ourselves and our businesses. Contact Carol Radzunas if you are interested in participating: sanuzdar@gmail.com



Finally, I have been remiss in sending out "thank you's" to all participants of our previous events this year - the May Arthritis Walks, and the Mission of Mercy. Please forgive me, I will be getting to that soon, but in the meantime, please know that you are all so appreciated, more than mere words could say! Thank you all for stepping up, we are a great, award-winning chapter because of you!

& Upcoming

BLUE SHIRT TRAINING NOVEMBER 19TH & 20TH

For those of you interested in becoming official "Blue Shirt" members of the Community Service Massage Team, another training seminar has been scheduled for November 19th & 20th. We are still working on a venue, but if you would like to participate in this next seminar, please contact Carol Radzunas at 203-901-3824 or sanuzdar@gmail.com.

Space will be limited.

***The Four Agreements* by Don Miguel Ruiz - and Some Thoughts I've had.....**

~Carol Radzunas, CSMT Chair

The Four Agreements, written in 1997 by Don Miguel Ruiz, is simply a list of four nuggets of wisdom, handed down through generations of Toltec descendants in southern Mexico. The basic words of *The Four Agreements* provide an inspired guide for living life, an outline for personal development. Though they are short statements, they contain power for molding behavior, enhancing communication, enriching relationships.



Agreement 1: Be Impeccable With Your Word

Agreement 2: Don't Take Anything Personally

Agreement 3: Don't Make Assumptions

Agreement 4: Always Do Your Best

As we moved through this volunteer season especially with the Community Service Team commitments to the Arthritis Foundation in May, I was somewhat disappointed by the number of my colleagues who signed up to participate in events, but then did not come, or even attempt to call to cancel. I was reminded of first of the four agreements: Be Impeccable With Your Word. To Mr. Ruiz, this means that we should always “speak with integrity and say only what [we] mean, be a person of [our] word.” Speaking with integrity means that we should be saying those things that are honest and sincere. Saying only what we mean is just that - so if we say that we will be at an event, then we need to be there, barring illness or family emergency. We are known by our word - is it our “bond,” is our “yes” truly a **yes**?

Please remember that if you sign up to attend an event, you are being counted on to be there - the coordinator of the event is anticipating your hands, your smile, your energy. We all realize that “Life Happens” and sometimes it is beyond our control, but a phone call is always appreciated, even if we get it later via voicemail. Trustworthiness is priceless and so, if you've found your “yes” being something less than **yes** lately, please join me in a journey of personal development, ponder the Four Agreements, open the door to the room for improvement, grow toward excellence.

Community Service Team: Emergency Division Update

~Lee Stang

It has been a busy season for the CSMT Emergency Division. Actually it has been one of our busiest seasons to date with the exception of 9/11. As we come up on the 10th anniversary of that devastating event, we look at how we have evolved as a Team. Getting the word out about our Team has been a challenge yet this year we have made huge inroads with local organizations.

We joined VOAD (volunteer organizations active in disasters) and this has connected us to numerous organizations that can call upon our services. We have connected in a big way with the CT Red Cross and director of their emergency response, Chris Baker. Through this connection we participated in a major Red Cross shelter drill. **Our plan:** deploy 6 teams throughout CT to local shelters. **Our goal:** work with members of the Red Cross shelter team and educate staff on the value of having our Team on-site. **The reality:** a tornado ripped through neighboring Massachusetts and the Red Cross was deployed; the shelter drill was down-sized. **Our response:** we sent three teams to locations that were staffed for the shelter drill. **The results:** these ambassadors of our chapter and Team did a marvelous job at promoting not only the AMTA, but also the value of massage for responders. As of this writing, we have been in touch with the Red Cross regarding a possible deployment during the Hurricane Irene Response.

During this time, the tornados in Missouri flattened Joplin and our sister Chapter jumped to respond. As they did not have a established team they called upon CT to help out. Our Team instructors Lee Stang and Deb Van Ohlen spent time helping them establish their guidelines and training program. Lee and Deb traveled to Joplin and conducted their first Team Leader training. A whirlwind tour (arriving Friday, teaching Saturday and leaving Saturday night) left the Missouri Team in good shape with at least 10 solid leaders. They deployed the following week working with volunteers, firefighters and FEMA in the Joplin area. We have been in touch with other AMTA chapters and seem to be the 'go to Team' when someone wants to start one in their region.



Missouri Chapter with trainers Deb & Lee



A tired Tornado Response Team in Springfield

In the mean time there was the tornado north of us. As Massachusetts Chapter does not have a team they invited us to respond. We were invited to the Red Cross headquarters in Springfield then to the Monson to work with responders at the local church. Three teams responded working for three days providing some needed relief to workers.

As this article is being written we await word on possible deployment relating to hurricane Irene. We have possibilities with the Red Cross and the Olde Saybrook Police Department. If you are interested in being part of this dynamic team contact Carol Radzunas, Sue Barrett or Lee Stang via our website. We can always use "a few good members"!



AMTA CT Chapter Autumn Meeting

Sunday, October 30th, 2011
Holiday Inn, North Haven

Doors open 10AM
Business Meeting 11-1PM
Free Continuing Education 2-6PM

- NMTAW wrap up
- National Convention recap
- Raffles
- Committee updates to take us through the end of the year!
- Looking forward to seeing you there!



**AMTA Connecticut Chapter presents:
4 hours NCBTMB continuing education workshop
“FAST (Fascial Adhesion and Scar Tissue) Release Method”**

**Instructor: Marjorie Brook
Sunday, October 30, 2011- 2pm-6pm
Location: Holiday Inn, North Haven, CT
(After our meeting- no cost to members)**

About the workshop: Fascia is the connective tissue which holds us together, and also serves as a communication network for our physical and emotional body. The slightest kink, adhesion, or scar (physical or emotional) has major ramifications on the body's ability to function.

The lecture focuses on the physiological and psychological effects of scar tissue and adhesions, indications and contraindications of fascial release, and orthopedic and neurological considerations of fascial treatments.

What you'll learn:

Assess fascial restrictions throughout the body, how to break down scar tissue and adhesions from superficial to deep fascia, indications and contraindications related to disease, injuries, joint replacements, and aging factors, long and short term effects of scar tissue (physiological and psychological), natural treatments for scars, client communication, proper body mechanics, understand emotional restrictions and how to work with clients, awareness of the effects of fascia and its importance for well-being.

What to bring: pen and paper

**About the presenter: Marjorie Brook, LMT,
International Educator/Therapist/Author**

Ms. Brook has been a nationally certified, NYS Licensed Massage Therapist since 1997. She realized the importance of treating scar tissue from the start of her practice. Her experiences and studies led her to develop 2 specialized techniques: FAST Release Method and FAST Therapy. She teaches her techniques internationally through her company, Brook Seminars Bodywork Education. Additionally, she has published books. Her articles have appeared in *Massage today, Magazine, Massage World (UK), and American Fitness Magazine.*

Her teaching style: “I understand that people learn and process information differently so my presentations are tailored to reach across that spectrum. Humor and group participation are vital in creating an atmosphere of comfort and it engages students to ask questions as well as contribute information. As I must understand my students, I emphasize that they must know their clients- in addition to proper body mechanics- in order to be successful.”

JOIN US & HOSTS: THE NEW HAMPSHIRE CHAPTER *for the*
2012 NEW ENGLAND REGIONAL CONFERENCE

MARCH 15 - 18TH

FRAMINGHAM, MA

FEATURING:

Dianne Polseno
Ralph Stevens
Jenn Sommermann
Michael
McGillicuddy

TOPICS:

Breema
Cranial Pain
Medical Conversation
Geriatric
Marketing
Spotting A Mole
Lumbar/Pelvic Pain
Much...
Much..
More

NOTE:

Although registration is not open yet, you can register at the Sheraton Framingham by calling 508-879-7200. Rooms are \$115 per night double occupancy and please mention AMTA to receive that special rate.

The award winning New England Regional Conference is second to none for value and fun. It was been recognized by the AMTA at last year's National Convention so come see what all the fuss is about and why your friends and colleagues continue to attend NERC year after year. We expect that registration will open by late November so keep checking the CT Chapter website for more information and the full schedule of events. If you have any questions, please contact a NERC representative. We hope to see you in the spring!!

Kerry Methot
shannon saunders

*There's something
for Everyone!*

Scholarship General Information

Purpose: To promote massage therapy continuing education.

Award: Full registration cost to attend the **2012 New England Regional Conference*** at the early registration rate.

*Note - hotel accommodations are booked separately and are **not** covered by the scholarship.

Rules of Entry:

- Applicant must be a **Professional Member** of the **AMTA CT Chapter** for at least one year and in good standing.
- Applicant cannot have been a recipient of the scholarship within the last two years.
- Applicant must complete all information and submit completed application to Lisa Dann, 3rd Vice President, AMTA CT Chapter. (Instructions on the Application)
- Winner will be announced at the January 2012 Chapter meeting. **Applicant must be present to win.**
- Winner **must** register for the Conference by the deadline for early registration. (You will have time to register after the selection process). **Early registration rate** will be reimbursed by the CT Chapter. (Failure to register at the early registration rate will result in the winner being responsible for the cost difference.)
- Winner **must** submit a written article for the CT Chapter Newsletter following the conference describing their conference experience.

Applications must be emailed or postmarked by **December 7, 2011**.
An email confirmation will be sent to you when we have received your application.

Once again, the AMTA CT Chapter is very proud to provide our Members with the opportunity to attend the New England Regional Conference by way of the Perry Plouffe Memorial Scholarship. This year there are two Perry Plouffe Memorial Scholarships available.

The **CT Chapter Perry Plouffe Memorial Scholarship** for the **New England Regional Conference** was established in 1995 in honor of Pierrette (Perry) Plouffe as a tribute to her commitment both to the AMTA and to the education and professional development of massage therapists.

If you are interested in applying for one of the scholarships, please read the **Scholarship General Information** and then submit your completed application form to Lisa Dann, CT Chapter 3rd VP.

Scholarship General Information, Rules of Entry, and the Application are available in the Fall edition of the CT Chapter Newsletter and on the CT Chapter Website.

All completed applications must be emailed or postmarked by **December 7, 2011**, in order to be eligible for consideration by the Scholarship Committee.

Questions?

Contact Lisa Dann, 3rd Vice President, AMTA CT Chapter via email at:

3rdvp@amtactchapter.org



Perry Plouffe Memorial
2012 New England Regional Conference Scholarship

Official Application for the Perry Plouffe Memorial Scholarship

Please type or print legibly. All information must be complete and all questions must be answered.

Incomplete applications will be disqualified.

Applicant Information

Name _____ Address _____

City _____ ST _____ Zip _____

Phone _____ ☐ home ☐ cell ☐ work Phone _____ ☐ home ☐ cell ☐ work

Email _____

AMTA Membership Number: _____ Member Since (month/year): _____

Using a separate document or sheet of paper, please answer the following questions in their entirety.

1. Please tell the Scholarship Committee why you are applying for this scholarship? Be sure to include an explanation of financial need and any other special circumstances or considerations.
2. Describe any volunteer and/or community service activities you have been involved in that are **specific to the AMTA or the CT Chapter**. List events, projects and/or committees on which you serve or have served, positions held, dates, etc.
3. Describe any general volunteer or community service you have been involved in your local community or elsewhere in Connecticut. List events, dates, etc.
4. Have you ever been nominated for or received a Chapter Award? If so, please describe.
5. Which Chapter Meetings did you attend last year? (check as appropriate)
☐ January ☐ April ☐ July ☐ October
6. What else would you like the Scholarship Committee to know about you or have us consider when reviewing your application?

Thank you for your interest in the **AMTA CT Chapter Perry Plouffe Memorial Scholarship!**

Applications must be emailed or postmarked by December 7, 2011. An email confirmation will be sent to you when we have received your application.

Please send your completed application by email or regular mail to: Lisa Dann
Email: 3rdvp@amtactchapter.org **Mail:** 200 Taylor Road, Colchester, CT 06415

Welcome New Members!

Ansonia: Lauren Smith, Leticia Solis

Avon: Christine Storms

Bethel: Erica Atkins

Bloomfield: Clifford Downer

Bolton: Jennifer Lappen

Branford: Sonia Cintron

Bridgeport: Lynnette Hernandez

Bristol: Mark Richards

Brooklyn: Amy Luther

Canterbury: Lisa Nicoll

Cheshire: Rhonda Hatje

Columbia: Linda Brennan, Kathrine Riquier

Coventry: Nicole Banks

Cromwell: Noelle Salwocki

Danbury: Erin Goeing

East Hartford: Katherine Gervais

East Haven: Leanna Velez

Enfield: Michael Bovia, Nicole Hunt

Granby: Christine Cosby

Groton: Jeanette Zelinski

Guilford: Dianne Berg

Hamden: Aisha Elm

Hartford: Sydnie Gruszczynski

Harwinton: Jennifer Gleason

Ledyard: Jenny Lewis, Ashley Osmer

Marlborough: Barry Phelps

Meriden: Pamela McNamee, Christina Siering

Middletown: John Bell, Claudine Romegialli

Milford: Nicole Barry, Ed Dridge, Staci Morel

Morris: Erin Schumacher

Naugatuck: Mary Marino, Katherine Rice, Jodi Roberti

New Britain: Michele Rival

New Haven: Perry Robertson

Niantic: Stephanie Sherburne

North Windham: Cara Tarricone

Norwalk: Madeleine Corliss

Norwich: Jennifer Falman, Hongtao Shao

Plainville: Patricia Kisluk

Poquonock: Cassandra Stewart

Rocky Hill: Danuta Wilk

Salem: Shannon Smith

Sandy Hook: Ann Nichols, Lo-I Ruefanacht

Sherman: Judith Grundvig

Simsbury: Todd Motyl

Southington: Nathan Santoni

Stratford: Sara Zwicharowski

Terryville: Tommi Langston

Thomaston: Danielle SanAngelo

Vernon: Amanda Currier, Jeremy Walker

Waterford: Athanasios Angelis

West Haven: Adrienne Mayo

Wethersfield: Linda Pelletier

Windsor: Janice Carter

Wolcott: Sara Skudziendki

Woodstock: Jenny Sullivan

SPECIAL OLYMPICS - JUNE 11 AND 12, 2011

~ Shirley Cooper, Coordinator

Michael Adanti Student Center, Southern Connecticut State University, New Haven, CT

On Saturday, June 11 the weather was overcast, cool (in the low 70's) and then rained around 3 o'clock as we were leaving for the day. We did a total of 171 people and one service dog named Wednesday(a sheltie cross). As usual the line was constant and as one parent said, "her daughter only looked forward to the massage and wouldn't mind missing anything else". Matt DeMichele and Blaine Hurie brought their sportsmassage class to experience the event. I know they all enjoyed themselves.

Students participating were: Edin Ahmetovic, Anibet Baez, Jerica Baez, Steve Crews, Kayla Jenkins, Teresita Marquez, Renee Stockman, Becky Szewczul, Katie Thayer, and Susan Zasciurinskas.

One student from Richard Testa and Laura Stevenson-Flom's class and one student from Jim Miccio's class.

Professional s were Sue Barrett, Brian Gordon, Vilis Gulbis and Carol Radzunas.

A special thank you to Shaleen Barrett, Sue's daughter, who came and helped out by bringing the participants to the therapist's tables.

On Sunday, June 12 the weather was still overcast and cool(low 70's)but no rain. We did a total of 74 people and one service dog(a yellow lab). We were comfortably busy throughout the day.

We had one student, Michele Durbois from Jim Miccio's class and three professionals: Brian Gordon, Vilis Gulbis and Mary Hatch.

A special thank you to Christopher Hatch, Mary's son, who came helped out by bringing the participants to the therapist's tables.

Once again, a rewarding experience in bringing massage to such a special group of people who just love to come and receive sportsmassage.



FAIRFIELD HALF MARATHON - JUNE 28TH, 2011

Our first event... I could hardly contain my enthusiasm. For me, it was a dream come true, since what brought me to massage therapy was my husband's involvement in marathons and triathlons. I would volunteer and support him at many of them, but yearned to contribute in a more meaningful way.

Finding out that part of our curriculum was to volunteer at a sporting event was a welcome surprise, and that fact that it was the Fairfield Half Marathon, held on beautiful Jennings Beach, made the experience that much more inspirational.

The big day arrived and I had my car packed with all the necessary supplies. I left in plenty of time to get there and arrived at 7:30. Plenty of time to park and unload, I thought. Alas, the police, while well intentioned, re-routed me five times through the back streets, and a half hour later, I finally navigated my way into the parking lot where volunteers were allowed.

Although I was quietly panicked about arriving late, I was greeted with a warm smile by my teachers, and upon looking around and chatting with classmates, realized I certainly wasn't the last one to arrive. Phew!

Setting up was a breeze, and the atmosphere was electric. Music was playing, children were running to and fro, vendors were setting up, and athletes paced, looking nervous. All the things you expect to see at a race.

We heard the announcer proclaim the start, and enjoyed some down time, walking on the beach for a bit and getting a breather before the work would begin. In what seemed like no time at all, the winners passed the finish line, and streams of athletes poured in to our tent area. Once checked in, they were ushered in an organized fashion to our tables, where we established a friendly rapport, and worked on the areas specific to their needs.



The athletes were warm (very warm, in fact), friendly and grateful to have our trained touch on their tired, sore muscles. We stretched, we compressed, we supported their recovery. And in short order, the event was finished.

We each took care of six to seven finishers, and I enjoyed meeting every one of them. It was a delightful learning experience, and an excellent way to practice our new skills. I'm already looking forward to the next event!

~ Elizabeth Beller





Working at an orthopedics surgeon's office as an administrative assistant, I have seen different types of athletes (and non-athletes) walk through the doors, heard their stories and often wished I could contribute more to their recovery. When I started my journey to become a massage therapist, I was very excited to hear that there was a course covering sports massage and that I would have the opportunity to participate in providing body work at an event. It was clear that doors were opening for me to do more and the event day could not come soon enough.

Finally the day came for the Fairfield Half Marathon. I had made my list, checked it twice and all my tools were packed. When I finally made it to the tent, I was taken aback. Most of the space was occupied already while many of my classmates had yet to arrive. Before I knew it, volunteer massage therapists had to set up tables outside of the tent where neither they nor the runners would be protected from the sun. The race was about to start but the tables were not being used for pre-event massage. This picture was not aligning with my expectations for the day. I couldn't understand why the runners wouldn't take advantage of getting a massage before their race. I wanted to put my hands to work and demonstrate my skills.



After a while, I heard the magic words: "Go to your tables, the runners are starting to line up." They were such music to my ears. As my first client approached, the reality hit me. I could encounter a problematic situation at any moment and I'd have to respond fast and accurately. But I was not alone; many of my fellow volunteers were feeling the same. So with the athletes' well-being in mind, I began working. As I reminded myself that massage will aid the runners with a faster recovery, the nervousness dissipated.

Quickly, all the tables were occupied. My colleagues and I were giving these runners the best care we could in the small amount of time assigned. Each athlete expressed different needs and we were prepared to address them. We all became alive; suddenly we could really apply what we were taught in the classroom. My clients would walk away already feeling slightly better: the recovery process had begun. At the end of each session, I grew more confident in the work I was providing. My experience at the event validated my decision to embark in this journey to become a massage therapist. This is where I belong.

~ B. Josie Mingot



PETIT FOUNDATION 5K - JULY 17TH, 2011

~Lee Stang, Event Coordinator

Aprox # of Event Participants: 2500

Given: 246 (98 pre event)

What might you ask was the Sports Team doing on Sunday morning July 17 at 9:30? Well, eating eggs, potato pancakes, fruit smoothies, and breakfast wraps; oh hot dogs too! This was the inter-event menu supplied by vendors at the Petit foundation race in Plainville! Our Team had already been working pre-event for a couple of hours so when the race began our 'signer inners' Bridget Healy and Tom Cushman took over and had vendors running to our tent with grub!



This was the fourth year for this event and our Team is tremendously well received and now looked for. And boy did we look good with 24 Red Shirt therapists filling the tent. As you looked around you saw nothing but professionalism, good solid event work, enthusiasm, camaraderie, and just plain FUN! Seasoned therapist combined with our newest 'red shirt' members doing what they do best; promote massage by doing!

This event continues to grow with over 3000 participants (2500 runners) this year. Although it is a festive atmosphere now, everyone keeps an eye on the overall reason we are there. To promote the kindness and altruistic ideals of the Petit women. Our Team did just that providing over 245 massages to pre and post event runners and walkers. We had three excellent sign in helpers in Bridget, Tom and 10 year old who passed out more water than anyone I have seen at an event! Congratulations to another job well done by this nationally recognized CT Sports Massage Team.



STEEPLE CHASE BIKE TOUR – AUGUST 13TH, 2011

~Karen Jensen & Mellissa Johnson, Event Co-coordinators

Aprox # of Event Participants: 350

Messages Given: 85

Event Coordinator's Recap for Website & Newsletter:

This was the 20th annual Steeple Chase Bike Tour and the Sports Team's third year participating. This year the event was moved to a new location this which allowed us to be right in the middle of all the action. This was a great opportunity to be visible to the riders both leaving and arriving. Most of the riders commented that the route changes were a great improvement as well. It was a beautiful day—which started with the 20 mile riders, then the 35 milers rolled in, followed by the 65.5 milers, and before long the 100 milers stumbled in. Eleven therapists were able to give massage to 85 riders who were all excited to have us there. It was a pleasure to work with such a diversity of therapists. Some were first timers to a Sports Team Event while others were seasoned red shirts. Also, the therapists came from all corners of the state. As always, I am most impressed by the commitment, professionalism, and dedication of the all therapists who participated—a terrific group of volunteers with



Remaining 2011 Sports Events

DATE	EVENT	CONTACT
Saturday October 15th 11am - 3pm (Prime Time!)	ING Hartford Marathon Bushnell Park, Hartford **Shuttle Bus Service Available** (More Bus Info in Upcoming EBlast)	Questions: Richard Testa 860-302-9202 Register: Laura Stevenson-Flom Laurasf58@gmail.com
Thursday November 24th 8am - 12 pm	Manchester Road Race Bennett School, Manchester	Shirley Cooper 860-658-5810 (No Email Please)



Saturday, October 15th

Hartford Marathon 10am – 3pm

Space at Hartford Marathon from 10-3 is UNLIMITED and the Experience gained at this Event is PRICELESS!

Free and Convenient BUSING!

On Saturday, October 15th, Buses will transport our therapists to and from Bushnell Park. They will leave from the DOT Parking Lot on the Berlin Tpke, Newington promptly at 10am and return therapists by 3pm.

For questions: email Richard at richard.testa@snet.net

To Register: email Laura at laurasf58@gmail.com

Request for Placement on the CT AMTA Sports Team 2012 Calendar

Event Name:

Sponsoring Organization:

Name, Telephone Number & Email of Contact Person:

Event Date: Amount of Time Therapists are being requested for:

Event Location: Tent? Facility? Open Air? On-Site Parking?

Number of Anticipated Participants: Years Event Has Been Held:

Has AMTA CT Sports Massage Team participated before? # Years:

Is it a Charitable Event: Is the Event Publicized?

Will the CT Sports Massage Team be the only Massage Therapists at the event (REQUIRED)?

Why do you think having the CT Sports Massage Team would benefit your event?

Signed:

Submitted by: Mailed Faxed Emailed

Date:

Thank you for your request to be considered for the CT Sports Massage Team *2011 Calendar*. This application does not guarantee Team participation. Your application will be reviewed and you will be notified on or before March 1, 2011 if we will be able to accommodate your event.

The AMTA Connecticut Sports Massage Team is an all volunteer group of Nationally Certified, Licensed & Insured Massage Therapists. Therapists are not compensated for their services but the Team does request a stipend from the Event to defray the cost of participation and inclusion in any pre & post event publicity.

Laura Stevenson-Flom

Director

sportsdirector@amtactchapter.org

Request must be RECEIVED on or before January 30, 2012.

Mail to: Laura Stevenson-Flom, Director, AMTA CT Sports Massage Team, 20 Carriage Dr., Colchester, CT 06415
or Fax to 860.537.0829

Updated 9.1.1

national massage therapy awareness week

Massage Therapy—The Future of Preventative Medicine

National Massage Therapy Awareness Week October 23-29, 2011

NMTAW is a nationwide effort to increase public awareness of the many benefits of massage therapy. Our theme this year encourages the public to view massage as an important part of their health care. NMTAW gives us as massage therapists the opportunity to share with the community massage therapy's contribution to health and wellness.



The reasons to get involved are endless—to promote your profession, to build your business, to meet fellow massage therapists, to network with your community, and many more. The AMTA CT chapter has the ability to make NMTAW 2011 as big of celebration as we want!

In honor of NMTAW's fifteen anniversary AMTA has put together a list of **15 Ways to Celebrate NMTAW**—log on to the AMTA CT chapter's NMTAW website on-line to learn more about getting involved! www.amtactchapter.org/cr_nmtaw.htm You can look at reports from previous years for inspiration and find all the necessary resources to sponsor your own event.

Be sure to check out the AMTA's on-line resources as well. Don't miss their **Volunteer Connections!** This great feature allows therapists to post events that they are coordinating in order to attract volunteers. It also gives members a great opportunity to see what is happening in their community and allow them to step up and say **"Count me in!"**

What will you do to celebrate? Be sure to **REPORT** how you celebrated NMTAW 2011. Just log on the AMTA CT chapter website's NMTAW webpage and download the "event report form." Submit your form to AMTA National by November 1, 2011 for consideration in an AMTA publication. Also, be sure to email your completed form to Karen Jensen theblackant@hotmail.com to be printed in the CT chapter newsletter.



Your Vote Counts!

Be among the professional members that shape our association. Vote for our national leaders. AMTA is the premier professional organization and needs top leadership to be a strong voice and guide us to the future. Your vote is needed to ensure that the organization, remains on top and continues to be well represented.

Get to know the candidates by linking up with them on facebook, linked-in or twitter. Ask them questions or read what someone else asked. Find out what their vision and goals are for the future of AMTA and the massage profession. If the candidate established any social media sites, you can access the information at the bottom of each candidate's bio information page found on the [AMTA official election website](#)

Your voice counts in this organization. Make a decision to support one of our core values, 'to be a membership driven organization' and **vote**. That is what 'member driven' means. **Join in, become a more informed voter and cast your vote by December 1.**

2011 Election Timeline

November 1-5: A link to the online ballot will be sent via electronic mail to all voting members.

December 1: Completed ballots are due.

January 1: Results will be announced no later than January 1 on the AMTA website.

March 1: New officers assume office.

Please contact Gail Friedman at 877-905-2700 x168 or gfriedman@amtamassage.org if you have questions.

How to Report Unethical Behavior and Illegal Practices

The question often comes up about policing our own profession if a therapist or establishment is practicing inappropriately. Members want to know what recourse we have with the state and what they will do if contacted.

Begin the process by calling the CT Department of Public Health (DPH): (860) 509-7552. They will send you a form to fill out, which needs to be notarized by a notary public before you send it back.

You will need the following information: Practitioner's name; the name of the business where they are practicing; and the business address and phone number. Also, your name, address, and phone number where the DPH can contact you.

Write your specific concerns as 1. 2. 3.etc. and then specify your complaint with only as much detail as necessary to give them a solid background so they can make a sound decision.

After attaching any documentation you have to support the complaint, you want to check to make sure that everything is legible, clearly written and notarized. It is a good idea to make a copy of everything for your files before sending it to:

*CT Dept. of Public Health
ATTN: Investigation Unit
410 Capitol Avenue
Hartford, CT 06106*

The department looks over the complaint and decides whether or not to go forward with disciplinary action. If so, it goes to the legal department for further action. The next step is a hearing for a decision.

In the past there have been cases where therapists have had their licenses revoked, had to practice under supervision, and/or received recommendations for counseling. It is in the best interest of our profession to follow through with the process when we know of practices that could be damaging to our reputation.

BUFU (By Us For Us) List

graciously managed by CSMT chair Carol Radzunas

Looking for Massage Gear or Space? Got Gear or Space to unload? Make that connection here! Contact Carol Radzunas at sanduzar@gmail.com with items you are seeking or selling and she'll do her best to connect you with someone who has what you need.

Items for Sale/Rent:

- Bon Vital Foot Lotion - ½ of 36oz w/pump
- Position for LMT in OLd Lyme
- 2 Oakworks Massage Chairs
- Cupping Machine - never used
- Oakworks One Massage Table w/Shiatsu option
- Weekend space for rent - Litchfield Green
- Earthlite Caress Face Cradle w/"soft petals"
- 2 spaces - sublease arrangement, flexible weekday/weekend hours Wallingford

Items/Persons Needed:

- business associates needed - Middletown
- Space to Rent - Madison
- Hot Towel Cabinet
- Portable Wooden Massage Table
- Space to Rent - East Hartford
- PortalPro Massage Chair

*****If you previously sent information regarding items for sale, or if you were looking for something and found it, please contact Carol and let her know so she can check it off her list. Thank you*****



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What is Ashiatsu Oriental Bar Therapy®?

"Ashi" means foot and "-atsu" means pressure. In Ashiatsu Oriental Bar Therapy (AOBT), the therapist uses gravitational forces and distributes their body weight by holding onto bars on the ceiling while using their feet to apply painless pressure to the client. With AOBT the feet are used in line with standard western massage fundamentals and anatomy, on massage tables with the clients face resting comfortably in a face cradle. This powerful modality gives your client the pressure they want and eliminates the stress and strain on your body. Imagine ending a six or seven hour work day and having energy to spare! This is what AOBT can offer you!



Barefoot Basics © - 25 CE's - \$595

October 21 - 23, 2011

November 18 - 20, 2011

December 9 - 11, 2011

Anterior and Side Lying © - 8 CE's - \$199

October 24, 2011

November 21, 2011

December 12, 2011

Re-Invent yourself and your massage career in our introductory 3-Day workshop at Stone Temple Institute, Clinton CT.

To register and for more information please contact Nell McGriff, LMT, Authorized Instructor, CT License #005749 at 203.915.7197 or mccgriffnell@yahoo.com. For more information visit www.deepfeet.com.

Fall Workshops with Richard Harris

October 2nd

Raindrop Therapy™ and Vita Flex Techniques

Raindrop Technique™ is a powerful, non-invasive tool for assisting the body by utilizing the antiviral, antibacterial and anti-inflammatory action of several key essential oils. Vita Flex Technique is a specialized form of foot and hand massage that is exceptionally effective in delivering the benefits of essential oils throughout the body. Essential oils are applied to contact points, and energy is released through electrical impulses created by contact between the finger tips and reflex points.

By integrating Vita Flex and simple massage techniques, the power of essential oils brings the body into structural and electrical alignment.

During this hands-on workshop you will become familiar with the therapeutic benefits of the nine essential oils used in the Raindrop Technique™ and gain an understanding of the practical applications of therapeutic grade essential oils and how to integrate them into massage.

You will have the opportunity to practice Raindrop Technique™ on a partner and will be supplied with your own essential oil kit. As heat packs are applied during the session, students are also asked to bring two bath towels and table linens to the workshop.

Bring: Massage table linens and two bath towels

October 16th

Feng Shui Aromatherapy Balancing Body, Home & Life with Fragrance

The underlying principle of Feng Shui is that we are intimately connected to and affected by our environment on an energetic level.

In this exciting workshop students will use therapeutic-grade essential oils to explore basic Feng Shui principles such as diagnosing and improving chi flow, working with the bagua, and making Feng Shui adjustments to imbalances in the body, workplace and home. We will also discuss clutter and how it affects your life and destiny.

Students will also learn basic essential oil chemistry and application, the therapeutic effects of specific oils and how to integrate them into their massage practice and life.

By integrating aromatherapy and the power of fragrance students will take home many practical ways to create a more harmonious environment that will better support their own health, happiness and prosperity as well as that of their clients.

Participants will receive their own Feng Shui essential oil kit and are encouraged to bring floor plans of their business or home.

Bring: Floor plans of your business or home

Workshop Info:

Dates: Sunday October 2nd OR Sunday October 16th

Time: 9.30am- 5.30pm

CE Hrs: 7

Cost: \$165 per workshop (includes \$25 materials fee)

Location: 35 Cold Spring Rd, Building 100, Suite 124, Rocky Hill. CT 06067

To register: Contact Richard Harris at Richard@agrowingpractice.com

or by phone at 860 836 1458



Richard Harris is owner of A Growing Practice LLC—a three dimensional business integrating aromatherapy, feng shui and bodywork.

Richard graduated in 1995 from the Connecticut Center for Massage Therapy where he now teaches hand-on and energy classes. He also presents advanced workshops in Raindrop Therapy and Vitaflex techniques and the integration of aromatherapy into massage.

Richard is certified in Feng Shui Studies graduating from the New England School of Feng Shui where he teaches advanced workshops in Feng Shui garden design. Richard works with his clients to assist them in manifesting their intentions for their living and work spaces. He specializes in Feng Shui and Space Clearing for the home, business and landscape.

Richard Harris is approved by the National Certification Board for Therapeutic Massage and Bodywork as a continuing education Approved Provider

classes at the bodymind center for thai massage

Thai Level I Training: Nov 19 & 20, Dec 3 & 4.

Tuition: \$675 - NCBTMB CE HRS: 32. call for info, enrolling now

An Eastern Approach to Ethics:

Sunday Oct 23 9:00 - 6:00 *or*

2 Wednesday Eves, Nov 30 & Dec 7

\$125. *Satisfies NCBTMB Requirements*

Thai for the Table

Nov 29 & 30

Tuition: \$250 - NCBTMB CE HRS: 16

Thai for Low Back Pain

Saturday Dec 10 9:00 - 3:00

Tuition: \$125

Mindfulness Meditation Group

Wed Oct 19, 26, Nov 2, Nov 9 - 6:45 - 8:00 PM

For more information please contact:

the bodymind center for thai massage

860.913.7500

95 kitts lane, newington ct

www.bodymindthai.com



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REGISTER WITH: Barbara Helynn Heard ~ barbaraheard@msn.com
206 323-5871 ~ NCBTMB approved provider #287333-00

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Level 1 ~ 27 CE's ~ our foundation class,
learn a full body routine

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- Apr 20-22, Clinton, CT
- Jun 2-4, Hoboken, NY
- Jun 8-10, Waldoboro, ME
- Sep 7-9 Burlington, VT
- Sep 14-16, Pawtucket, RI

Nov 9-18 southern NH

- Level 2a ~ 27 CE's
learn lower body treatment
- Level 2b ~ 27 CE's
learn upper body treatment
- Ho'oponopono ~ 20 hours
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- ✓ *Reminder calls made for you (optional)*
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- ✓ A way to enhance your massage sessions?
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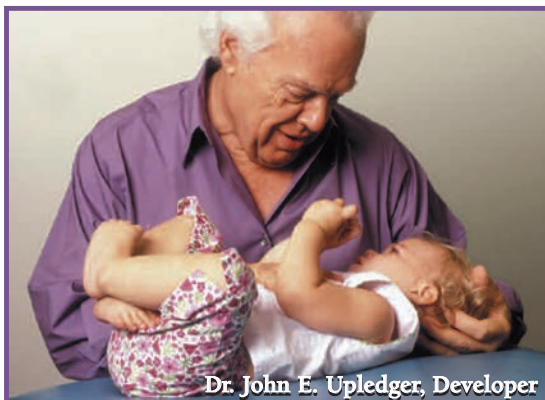
with Maureen Stott, LMT, Certified QT Practitioner & Instructor

WHEN? Saturday, October 8th and Sunday, October 9th or
First two 2012 workshops: Saturday, January 21st and Sunday, January 22nd or
Saturday, April 21st and Sunday, April 22nd
Time: 9:30 am - 5:00 pm both days

WHERE? Therapeutic Massage Center of Vernon
149 Grove Street, Vernon, CT

COST? **SAVE \$50.00** Pay \$295.00 if payment is received 7 days before the workshop.
Six or few days, the cost is \$345.00. **TO REGISTER:** Email: TMCV@comcast.net or
Phone: 860-872-3172 Registration is complete upon receipt of the check.

For more information or dates of future workshops visit: www.TMCV-Office.com or www.quantumtouch.com.



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Boston, MA	December 8-11, 2011
Toronto, ON	December 8-11, 2011
Portsmouth, NH	March 8-11, 2012
Portland, ME	March 22-25, 2012

CranioSacral Therapy 2

New York, NY	October 20-23, 2011
Portsmouth, NH	November 10-13, 2011

Advanced CranioSacral Therapy

New York, NY	November 7-11, 2011
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CranioSacral Therapy for Pediatrics

Boston, MA	December 8-11, 2011
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CST Around Death and Dying

Portsmouth, NH	October 20-23, 2011
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newsletter information

Advertising in the Newsletter

All advertising must be prepaid and emailed to the newsletter editor by the deadline. Please email your ad as a .doc file or .pdf file with a minimum 300 dpi resolution to: newsletter@amtactchapter.org.

Type	Approx. Size	CT AMTA Member	Non-Member
Full page	6¼" W x 9½" H	\$150.00	\$200.00
Half page	6¼" W x 4¾" H	\$75.00	\$100.00
Quarter page	3" W x 4¾" H	\$50.00	\$65.00
Business Card	3½" W x 2¼" H	\$20.00	\$30.00

15% discount by paying in advance for a full year (4 issues)

Classified Ad Fees

Members - 30 words \$5. Additional words 10¢ each.

Non-Members - 30 words \$10. Additional words 10¢ each.

Payment Information

Please make checks payable to: *AMTA CT Chapter*

You will receive an email confirmation of receipt of your ad.

If you do **not** receive a confirmation, please contact the newsletter editor.

Mail payment to: AMTA CT Chapter Treasurer
147 Leesville Road
Moodus, CT 06469

Submissions

Send your submissions for the newsletter (articles, ads, letters to the editor) to Marilyn Waters at newsletter@amtactchapter.org

2011/12 Deadlines

<u>Due to Editor</u>	<u>Delivery Date</u>
November 30	December 30
February 24, 2012	March 22, 2012

Not Receiving Your Newsletter?

As an AMTA CT chapter member, you receive electronic copies of your chapter newsletter quarterly. We receive your eMail addresses from National AMTA. If you do not have an eMail address on file at National office, you will receive a hard copy by first class postal service.

If you are not receiving your electronic copies of the newsletter, please contact the national office by eMailing Silas Dameron at Sdameron@amtamassage.org to insure that they have your current email address on file. If National has your current eMail address on file correctly, please be sure to put the AMTA CT Chapter on your white list.

If you do not have an eMail address on file at National, and you are not receiving your hard copy in the mail, contact National office at 877-905-2700 to update your mailing address. Hard copies are available upon request. Please eMail your 2nd Vice President, Kerry Methot, at 2ndVP@amtactchapter.org.

Editorial Policy - Please Note:

The American Massage Therapy Association, AMTA CT Chapter, and the newsletter editor reserve the right to edit and/or refuse any submitted article or advertisement and assume no responsibility for errors, omissions, corrections, or modifications in publication. Neither the AMTA CT Chapter, nor the chapter newsletter editor guarantees, warrants, or endorses any product, service, or referral advertised herein, nor do they express any opinion in regard to massage therapy.



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Want to Exhibit at the next Chapter Meeting?

Please contact JoAnn Parady, Treasurer, 3 weeks before the chapter meeting. Payments must be mailed in advance. 6' table - \$10.00 for chapter members; \$20.00 for non-members.

Autumn Chapter Meeting

Sunday October 30th, 2011

Holiday Inn, North Haven

Doors Open at 10am

Business Meeting 11am-1pm

Free Continuing Education from 2-6pm