

MESSAGE MATTERS

AMTA CT Chapter Newsletter

NEW LOCATION!

Register for our Annual Election Meeting
 Sunday April 28th- **New Location - New Time!!**
 (see page 3 for details)

PRESIDENT'S MESSAGE

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Spring is right around the corner. It's a time that always reminds me that with the change in weather comes new beginnings, a fresh start and new growth. Trees and flowers begin to bloom, the days get longer and the weather turns warmer. We spend more time outside and somehow that sunlight recharges our souls and minds.

With the change in seasons, there will be many different opportunities for you to participate in chapter

events. If you are currently on the sports massage team, take a look at the team calendar on our website. Pick an event or two to sign up for and come out to help CT athletes recover from their events much quicker because you were there. Not on the team?? No worries, there will be at training in April for you to attend that will qualify you to join this national award winning team, details inside.

The community service massage team also has numerous opportunities for you to choose from. These include our continued presence at the Dental Mission of Mercy, The Ride 2 Recovery which is a brand new event and of course

National Massage Therapy Awareness week. These charity events are a great way to get out in the community to offer massage as well as promote AMTA massage therapists and the profession. All of these events can be found on our website amtactchapter.org.

Lastly I would like to invite you all to attend our annual chapter meeting April 28 in Cromwell (**note: this is a new site**, look for directions and information on the back page). At our largest chapter meeting of the year, you will all have an opportunity to run for positions on the Board of Directors (BOD), as a delegate or perhaps an alternate to 2013 National Convention in Dallas/Ft Worth. AMTA professional members will also have a very important opportunity to elect BOD members and delegates. Just come to the chapter meeting, oh and don't forget to bring your appetite, as a full breakfast will be served. The chance to cast a vote in this election to choose leadership that will guide the chapter is a very important one! I truly hope you don't miss this opportunity to consider running in the election, to vote, eat, mingle, shop and network. Bring a friend with you and let's set an attendance record!! See you soon.

Cheers,

Kerry

Why attend a meeting?

You could win a fabulous prize in our raffle!
(must be in attendance by 9:45am to be eligible)

Look who won at our January meeting:

Dianne Davis won her yearly dues!

Santina Giuliana - Nurturing Essentials

Maryla Radziszewski - Young Living

Kevin Delehanty - DVD

Lyanne Cyr - Biofreeze

Bonnie Buongiorne - Helios

Eric Steinbeck - Auromere

Maria Sullo - Biofreeze

Amy Waite - Clean Well

This could be **YOU!** Come to the Annual
Breakfast Buffet Meeting on April 28th.
(See next page for details on registering

Many of you were looking for
contact information for one of our
vendors at the January meeting.

Here's how you can contact her:

Venice Walters

YOR Health Independent
Representative

Tel: (203) 606-4315

Email:

YORHealthyLife@yahoo.com

Website:

www.YORHealth.com/

Lifetimehealth1

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THE 2013 ANNUAL CHAPTER BREAKFAST MEETING

April 28, 2013 9:00am to 1:30pm

New Location: Crowne Plaza Hotel, 100 Berlin Rd. Cromwell, CT Exit 21 off I91 N/S

Doors open at 9am, Breakfast Buffet at 9:30am Business Meeting 10:30am to 1:30pm

Elections, Raffles, NERC Wrap-up, Networking, Committee Updates, and *FUN!!*

Details on Elections can be found at www.amtactchapter.org/elections.

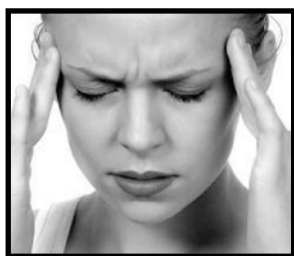
ONLINE REGISTRATION IS REQUIRED TO ATTEND THIS MEETING Registration opens 4/1/2013 until 4/21/2013 or until room capacity is reached, so register early!
(There will be NO registration at the door)

Go to: www.2013annualmtg.eventbrite.com

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EDUCATION FOLLOWING THE ANNUAL MEETING 2pm to 6pm

“Headaches: Assess, Treat and Resolve Within 4 Minutes” with Michael Uriarte, DC



Free to AMTA CT Chapter Members. 4 CEs

This class will focus on different types of headaches, how to assess them using the yes/no test and the location of the headache to narrow which nerve pathway is the problem. **See page 5 for more details.**

ONLINE REGISTRATION IS REQUIRED FOR THIS WORKSHOP Registration opens 4/1/2013 until 4/21/2013 or until room capacity is reached, so register early!
(There will be no registration at the door)

First come, first served, no wait list, so register today!

Go to www.annualedu.eventbrite.com

You **must** register for both the **meeting** and the **workshop** if you are attending both.

education

Greetings, fellow AMTA members!

In January, Patrick Ingrassia had 130 participants in his class about advanced chair massage technique. People noted on their evaluation forms that they valued the emphasis on saving their bodies, new techniques such as using the knees as a massage tool, demonstrations on both sides of the body, and that they loved the hands-on practice (especially very useful for those just beginning practice). They rated Patrick as a knowledgeable, dynamic presenter with a sense of humor.

Patrick has communicated that he will be back in Connecticut this year as a guest instructor in various massage schools. Incidentally, for those of you who did inquire, he confirmed that he is single.

For AMTA CT Chapter, this workshop was the first in a new venue, the Hilton Garden Inn in Windsor. It was the first time that we sent the handout electronically and in advance. It was also the first time we asked for online registration.



We want to thank you all for your patience as we smooth out the bumps in the registration process. We reviewed the procedure we used in January and also reviewed the timely comments of those in attendance. We also held a meeting to seek revision to the process.

Please note that we will continue to ask for online registration and provide an electronic file of the handout in advance. We will allow registered people to enter the room ½ hour (1:30 pm, in most cases) before the class. If there should be any available seats, we will open up registration at 10 minutes before the class starts (usually 1:50pm).

We will set up a table in the hall outside of the classroom where we will collect- at the end of the workshop- completed records of transcript and evaluations. There you will receive your certificate of completion.

Happy spring!
Stay green and growing.

Pat Shimchick

UPCOMING EDUCATION

Continuing Education Workshop

Sunday, April 28, 2013

2-6pm following the chapter meeting

Crowne Plaza Hotel

100 Berlin Rd., Cromwell



Headaches- Assess, treat and resolve within 4 minutes

4 CE hours

With Michael Uriarte, DC

Bring: paper and pen, computer or tablet if desired

No massage table needed

To receive CE credit, you must bring your AMTA membership number.

This class will focus on different types of headaches, how to assess them using the yes/no test and the location of the headache to narrow which nerve pathway is the problem. Dr. Uriarte will show you which specific muscles to address in order to clear the nerve pathway problem. Learn these 4 minute techniques which can balance posture and relieve the headache with lasting results.

About the Presenter:

Dr. Uriarte (pronounced yardee) is a certified NCBMT provider, with 15 years of chiropractic practice experience in Shawnee Mission, Kansas. He founded and developed the MyoKinesthetic System, which is a muscle movement technique that corrects and balances the nervous system. He has authored articles for *Massage Therapy Journal* (A Fresh Approach to Pain Relief, summer 2004) and *Massage Magazine* (The Myokinesthetic System, September, 2010.) Additionally, he has presented at many AMTA conventions (state, regional, and national.)

Dr. Uriarte is an expert at taking complicated information and presenting it in an easy-to-learn format. He is a high energy, easygoing instructor who makes it his policy to have fun. He firmly believes that "If you're not having fun, then you cannot learn."

Continuing Education Workshop

Wednesday July 17

8-10pm following the chapter meeting

Crowne Plaza Hotel

100 Berlin Rd., Cromwell

Demystifying CPR and AED

2 CE hours

With Sung Pak, LMT

Bring: paper and pen, computer or tablet if desired

No massage table needed

To receive CE credit, you must bring your AMTA membership number.

Being an LMT, we have a giving and caring personality and we tend to sacrifice ourselves to help others in need, especially, someone in pain. It would be of no surprise to see the willingness of an LMT to provide CPR assistance in a cardiac arrest situation. Therefore, having clarity and expectation of a real life cardiac situation will only provide better preparedness and personal safety awareness.

The CPR lecture will focus on:

- Demystifying the information we've been taught in a CPR / AED class

- What we were taught in classroom vs. what happens in real life situation

- Choking victim and how that relates to CPR

- How to prepare yourself - equipment needed to protect yourself and still be able to provide CPR

- Personal / scene safety precautions

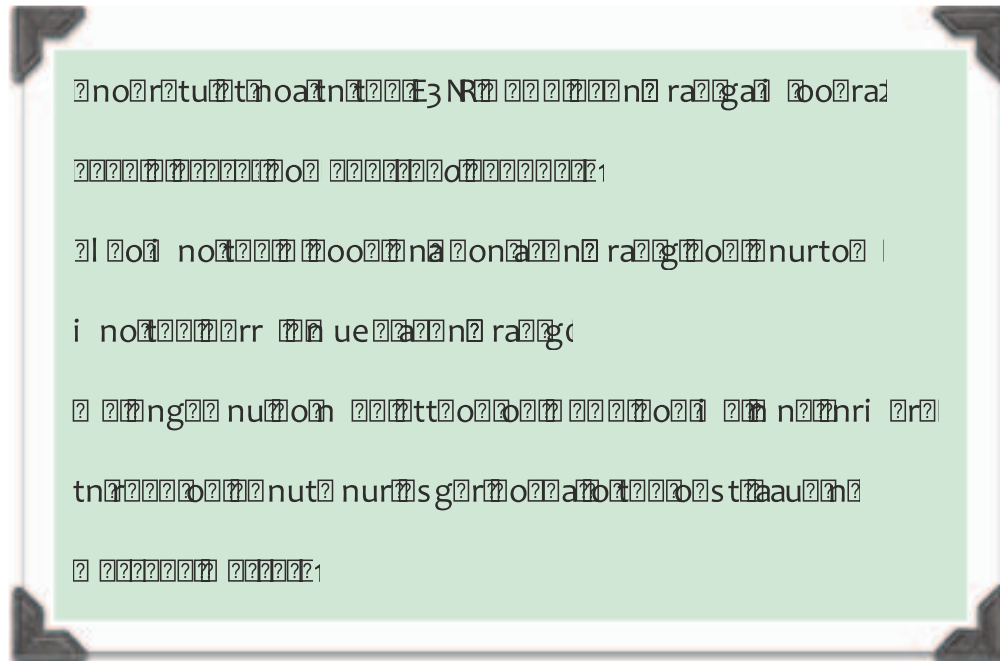
- Preparing for psychological impact

- Legal / certification / ethical issues

About the Presenter:

Being influenced by the eastern philosophy, Sung learned the importance of the body/mind connection at an early age. While obtaining his first degree black belt in Tae Kwon Do, Sung mastered the skills of balanced body and origination of all movement. With his experience in massage therapy, personal training and Pilates, Sung believes in mixing all aspects of bodywork to enhance the balance in body & mind. Sung has worked with nationally ranked athletes, as well as clients recovering from injury & surgery. Being a CPR / AED & First Aid instructor for the American Heart Association, Sung teaches throughout New York and Connecticut. Sung and his wife and their two children, reside in Sleepy Hollow, NY. He is a volunteer for the Sleepy Hollow Ambulance Corps.

NERC recap



Greetings Chapter Members!

By the time you read this, we will have completed the 30th annual New England Regional Conference, which was hosted by the Rhode Island Chapter last month. There is a lot of planning that goes into these conferences, so I can safely say it was fun AND educational! Each of the five New England states involved with NERC has the opportunity to host. It is determined by alphabetical order. This would put Vermont Chapter in line to host next year, however, Vermont has chosen to concentrate on matters within their state.

This leaves the next chapter in line to host...that's right, Connecticut Chapter is going to host NERC 2014! Save the date on your calendars, March 20-23, 2014! The theme is Massage: It makes a world of difference! As I said before, there is a lot of planning going into this conference so Cass Crewdson has once more, graciously agreed to lend us her experience as a NERC representative on the planning committee.

AMTA Connecticut Chapter has a rich and proud history! Let's make next years NERC another occasion that lives up to Connecticut standards!

Shannon Saunders
CT NERC Representative



2013 Delegate and Alternate Delegate Elections Are Here....

Eligibility: Per AMTA bylaws, delegates have a term limit of three consecutive terms. If a member has served as delegate in 2009, 2010, and 2011/12, that would constitute three consecutive terms, and would be ineligible to run for delegate in 2013, but they are able to run for alternate. All delegates and alternates must be a Professional member in good standing, must be a member of the chapter whose members they represent, must sign the AMTA Delegate Code of Conduct, and shall not be an AMTA National Board member or National Committee Chair.

Eligible members elected as delegate in 2013 will serve a two-year term starting in 2013 in Fort Worth, TX, and in 2014 in Denver, CO.

Call for nominations from the floor, will happen if we do NOT have three or more members running for the position of delegate in 2013. We will ask each candidate if they are willing to accept the nomination. We may accept as many candidates as are interested if a call for nominations is open. Once nominations are closed, and candidates have signed the delegate Code of Conduct, we will call each candidate up alphabetically to deliver a 2-minute speech if they desire.

The delegate with the highest number of votes fills delegate number 1 slot; the delegate with the second highest number of votes fills the 2nd slot, and so on. Delegates begin serving at the same time as newly elected chapter officers. Since our chapter has 5 delegates, we elect three delegates during the odd numbered years, and we elect two delegates during the even numbered years.

Beginning this year, alternate delegate elections will be held separately. A member can run for both delegate and alternate if they wish. If a member is elected as a delegate, their candidacy for alternate is null and void. The term of alternate delegate is a **one** year term and the eligibility is the same as a delegate. There is NOT a term limit for alternate. If an alternate is called upon to replace a delegate they will complete

the term of the delegate that they are replacing. Since our chapter sends 5 alternate delegates to convention, the top three alternates elected in the odd years and the top two alternates during the even numbered years will accompany the delegates to National Convention. All alternates that are elected but not in the "seated alternate" position may take the place of an alternate attending the convention if that alternate is unable to fulfill their duties, or if that alternate needs to take the place of an elected delegate.

To email your application, please fill out the **Board and Delegate Application**, and send this document (and/or your resume) as an email attachment to coc@amtactchapter.org.

To mail your application, send the **Board and Delegate Application** and/or your resume to:

Commission on Candidacy
c/o Nurturing Hands, LLC
777 Farmington Ave.
West Hartford, CT 06119

When you arrive at the Annual Chapter Meeting, you will be required to fill out a Code of Conduct form before elections begin.

Your Candidate application must reach the COC no later than Sunday, April 21, 2013. Applications will not be accepted after this date. Nominations from the floor will only occur if there are any open positions for which there are no candidates running.

To check out the National House of Delegate Toolkit, go to the www.amtactchapter.org/elections page. 2013 AMTA National Convention is in Fort Worth, TX and 2014 is in Denver, CO. Looking forward to seeing you there!!!

It is time for chapter elections!

The positions that are available in May 2013, along with the job descriptions, are listed below.

These are two year positions.

1st Vice President and 3rd Vice President: The Vice President positions have similarities. Generally speaking they are elected to assist the President in achieving chapter goals and effecting the policies and or decisions made by the Chapter Board. Each Vice President when accepting the position agrees to step into the role of President if the position becomes vacant.

Vice Presidents will be assigned supervisory responsibility of a committee. They may assume the role of Chair or Member. They then take on the role of Leader, Planner, Mentor and at times Mediator for the chapter in relation to those committees. Vice Presidents also work to foster an environment of unity on the approved objectives of the chapter. It is their responsibility to work to get as many members as possible involved in the operations of the Chapter.

In addition to these responsibilities, our Chapter's 1st and 3rd Vice Presidents work with specific committees. It is anticipated that as a new board comes together these roles may change. Annual elections are a time of growth for our chapter. Creative individuals that wish to get involved can have a large impact on the overall organization of our board.

1st Vice President: responsibility in addition to the above currently includes overseeing the following committees: Public Relations, and Massage Therapy Awareness Week.

3rd Vice President: responsibility in addition to the above currently includes overseeing the following committees: Awards and Recognitions, Chapter Meeting Planning, and Volunteer Committee.

Treasurer:

Treasurer responsibilities include the maintenance of the financial integrity of the chapter. This includes such things as check writing, maintaining all chapter financial accounts, preparing and reporting the yearly budget (to chapter and national), and monitoring and

controlling expenditures. The Treasurer distributes petty cash, makes bank deposits monthly and maintains acceptable accounting records. The Treasurer also prepares the chapter tax records and consults with the Chapter President about all budgetary matters.

In short it is the responsibility of the Treasurer to assure that the Chapter finances are sound and in working order! The Treasurer oversees expenditures and receivables and makes the board and chapter membership aware of the financial viability of the Chapter.

These are one year positions.

Membership Director: Obtain and maintain the current membership list from National AMTA. Keep the AMTA CT Board of Directors and Ambassador Chair apprised of the membership list in a timely fashion including numbers of new members and dropped members. This position is also responsible for building our membership. They can do this by developing a membership committee that does presentations to various schools in the state, contacts new members to encourage their participation as well as contacting dropped members to encourage further association with the Chapter.

This is a position that can be fun and creative. It can give someone the great opportunity of meeting new people and developing new and innovative programs with the assistance of the Board of Directors and other committee members.

Sports Director: In general, the Sports Director is responsible for the coordination of all aspects of the CT Sports Massage Team. This includes, confirming dates, times and coordinators for ongoing team events. This individual seeks out additional events that would give Team Members experience with national, international, professional and amateur athletes. They must work with the Board of Directors to constantly fine tune the operating standards for the Team, including qualifications of members,

maintaining sports team boxes, statistics and publicity.

The Sports Team Director can be a co-directorship, and oversees the year-end Team banquet/party.

Education Director: In general this position is responsible for organizing all aspects of continuing education for the chapter membership. This includes researching, contacting, negotiating with and working out logistics of workshops to meet the CE Hour requirements of the AMTA. They work closely with the Treasurer to secure contracts with presenters. They are also responsible for the documentation of all workshops including CE certificates; sign in sheets, evaluation forms, and equipment.

The Education Director is really responsible for a tremendous part of the outreach program to our members. This position researches current trends, listens to members on what they want to learn and then puts great programs together. They work with the 2nd Vice President and the Communications Committee to ensure appropriate publicity for the workshops. The CT Chapter has a great reputation for excellent CEU programs.

Remember these are but general summaries of the positions up for re-election! There is always that clause at the end of job descriptions that says, "Carry out other responsibilities as assigned or delegated by the chapter president".

Eligibility: currently to hold a position as a CT Chapter Board Member one must be a professional member, have served as a chair or member of a committee, standing committee or subcommittee for at least 1 year within 3 years prior to the election.

To email your application, please fill out the **Board and Delegate Application**, and send this document (and/or your resume) as an email attachment to coc@amtactchapter.org.

To mail your application, send the board and Delegate Application and/or your resume to:
Commission on Candidacy
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Your Candidate application must reach the COC no later than Sunday, April 21, 2013. Applications submitted after this date will not be accepted. Nominations from the floor will only occur if there are any open positions for which there are no candidates running.

Important Note:

When you arrive at the annual chapter meeting you will be required to fill out a Code of Conduct form for each position for which you are a candidate before elections begin.



amta
american massage therapy association®
connecticut chapter

[[See Instructions for sending on next page.]]

Candidate Eligibility Form

Note: must be a professional member in good standing.

Name _____ AMTA# _____

Address _____

City/State/Zip _____

Phone (home) _____ (business) _____

Email address _____ Date Joined AMTA? _____

Please check which office you are applying for (*one form for each position applied for*):

- ☐ CT Chapter Officer _____ (please enter position applied for)
- ☐ Delegate
- ☐ Alternate Delegate

- In your estimation, what are the qualifications you have for the office you are seeking?
(*You may provide a separate resume*)

- Academic and Professional Education:

- Why do you want to serve in this position?

- Professional, community, life experience, and AMTA involvement:

Your signature below indicates that the information provided in your Candidate Application is accurate and that permission is granted for the verification of that information.

Signature _____ **Date:** _____

To send by postal mail:

Print out this form, fill it out, and mail to:

Commission on Candidacy

c/O Nurturing Hands, LLC

777 Farmington Ave.

West Hartford, CT 06119

To email:

Fill out this document on your computer.

“Save as” whatever file name you choose.

Attach document to an email addressed to:

coc@amtactchapter.org

**Applications MUST be in the hands of the Commission on Candidacy
by Sunday, April 21st.**

2013 Sports Massage Team Coordinator Update

(Recap from the 1/28/13 Event Coordinator Meeting)

- **Director's Overview**

A teleconference with the Sports Massage Team's Coordinator's served as a means to update and tidy up our policies and procedures. It was way back in 2009 when we held the last Coordinator's Meeting and we thought it was appropriate that we brought the group together for a review of old policies and an introduction of new ones. These are a few of the items that might be of interest to our Team Members:

- **Therapist Protocol**

We are now asking all our SMT therapists to register with the Event Coordinator via Email. When registering, LMT's will be asked to provide the Coordinator with their AMTA # and License #. When the Coordinator receives the Email, they will respond as an acknowledgment. If it is a 1st Time therapist, the email will include the SMT Therapist Protocol.

- **NEW: Event Sign-In for Volunteers**

The SMT now has a great new and improved Event Sign-In that has been designed to replace the Therapist Sign-In Sheet. When a therapist registers, Coordinators will get their name, email address, AMTA and License #'s. The day of the Event, that Spreadsheet will be used as the Sign-In Sheet. Therapists will sign, verifying that the information is correct and that they attended that Event. If a therapist happens to attend without pre-registering (we are hoping each therapist does pre-register though), the Coordinator will add their information to the form. We have implemented this so that we will have a clear, readable and accurate account of who have participated in SMT Events. The old sheets were often times impossible to read and incomplete. This allows new Policy will help the Chapter "count each volunteer therapist in" and be include in other Chapter activities, such as the SMT Annual Awards Party and the Chapter Volunteer Party that is held every two years.

- **Reinforcing the SMT Dress Code**

The SMT dress code is Red Shirts for Team Members, White AMTA Volunteer Shirts for LMT that are not yet Team Members and the CCMT provided Black Shirts for Students, Black Slacks (Black knee length shorts ok for summer events) and Closed toe sneakers/shoes. Red Shirts are awarded at the end of the season, after an AMTT CT Chapter LMT completes an approved 16 CE Credit Hour Sports Class and attends a minimum of two SMT Events.

University of Saint Joseph Indoor Sprint Triathlon

Location: St. Joseph University, West Hartford, CT

Coordinator's Name: Scott Raymond

Event Day Weather: Cold and Gray!

Number of LMT's: 8

Number of RED Shirts: 5

Number of CCMT MT3 Students: 5

Messages Given: 84

Event Coordinator's Recap:



On Sunday, February 17th, as part of University of Saint Joseph's celebration of National Girls and Women in Sports Day, women of all ages and sizes participated in the 7th annual sprint indoor triathlon. This triathlon is a great opportunity for beginners to learn what it takes to do a triathlon in a safe, indoor space!



The AMTA CT Chapter Sports Team was honored to be invited back to provide massage to all of the participants of this amazing event. There were 96 triathletes performing in 8 separate heats of 12. Each heat of 12 triathletes sprinted through a 20 minute swim, followed by a 20 spinning bike, ending with a 20 minute run around the track, and it's all indoors!! We had 5 seasoned red shirts along with 3 of our newest volunteers, 3 students from the CCMT Groton Campus, and two students from the CCMT Newington Campus performing 84 massages and having a GREAT time!! It is a wonderfully timed event to start out our 2013 Sports Massage season. Thanks to everyone at St. Joe's and [Team Training New England](#) for sponsoring a great event to warm us up during a cold February!

Colchester 1/2 Marathon

Location: Colchester, CT

Coordinator's Name: Stephen B Callis

Event Day Weather: overcast/showers

Number of RED Shirts: 6

Number of CCMT MT3 Students: 6

Messages Given: 49 pre 69 post

Approx. # of Event Participants: 486

Event Coordinator's Recap:

On February 23rd, the event went very well, in spite of only having a third of therapist that we normally have. All the therapists did a great job and I was very proud of them. We thank them for participating in the event.





AMTA CT Sponsored -- 2 Day/16 CE EVENT SPORTS MASSAGE CERTIFICATION WORKSHOP

For AMTA members only

**Saturday, April 20th & Sunday, April 21st, 2013
9am to 5pm each day**

Richard Testa, LMT, CKTP & Laura Stevenson-Flom, LMT, CKTP, Instructors

***Please Note: There is a Mandatory Assigned Event which you must attend
Prior to receiving Certification.***

Event Choices:

Fairfield ½ Marathon, 6/23rd; Niantic Bay ½ Marathon, 9/22nd; Hartford Marathon, 10/12th

Class Location: Holiday Inn Express Conference Center
2104 North Broad Street (Berlin Turnpike)
Meriden, CT

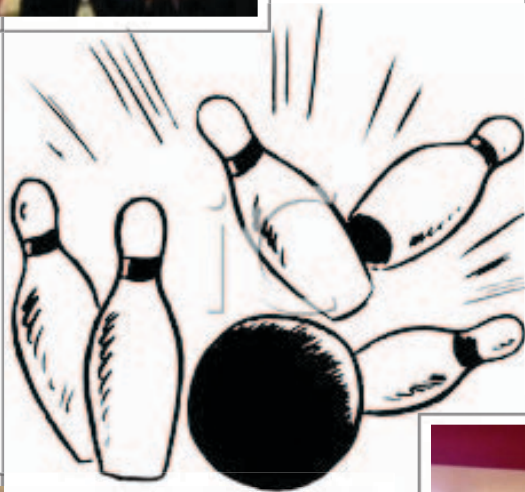
Professional Connecticut AMTA Member	\$110.00
Student AMTA CT Member	\$85.00
Out-Of-State AMTA Member	\$160.00

For information: call Richard Testa @ 860-302-9202

You **MUST** register online at <http://smtcert2013.eventbrite.com>

Be sure that you are able to attend BOTH CLASS days **AND** ONE of the mandatory events. There are no refunds after you have registered online.

The Sports Massage Team had a *BALL* Bowling!



Congrats to our new Red Shirts!

2013 AMTA CONNECTICUT SPORTS MASSAGE TEAM SCHEDULE

Calendar Subject to Change Please Check Web for Updates!*

DAY/TIME	DATE	EVENT	COORDINATOR CONTACT INFO
Sunday 9-1	April 7th	Stratton Faxon Greater Danbury 1/2 Marathon and 5K http://www.jbsports.com/?page_id=197	Rocky Perez handsatworkcmt@gmail.com
Sunday 8-12:30	April 28th NEW EVENT!	Cheshire 1/2 Marathon & 5K www.cheshirehalfmarathon.org	Questions: Richard Testa @ 860-302-9202 Register: Laura Stevenson-Flom Laurasf58@gmail.com
Sunday 12 – 4	June 2 nd	MS Tour for the Cure Griffin Center, Windsor http://www.nationalmssociety.org/chapters/ctn/fundraising-events/bike-ms/event-details-windsor/index.aspx	Linda Lane 203-237-4987 linlane@mailstation.com
Saturday & Sunday 10 – 3	June 8 th & 9 th	Special Olympics SCSU, New Haven http://www.soct.org/calendar/calendar.shtml	Shirley Cooper 860-658-5810 No Email Please
Sunday 8 – 1	June 23 rd	Fairfield ½ Marathon Fairfield http://www.fairfieldhalf.org/index.html	Kerry Methot kerrmet@att.net
Sunday 7:30-11:30 am	July 14 th	Petit Foundation 5K Race Plainville **RED SHIRTS ONLY Please** http://petitfamilyfoundation.org/ways_to_support/participate_in_events/road_race/	Lee Stang lstang@bridgestohealth.net
Saturday 11am-5pm	August 17 th	Steeple Chase Bike Tour Windham Hills, Willimantic	Karen Jensen theblackant@hotmail.com
Sunday 8:30-1	September 22 nd	Niantic Bay ½ Marathon Rocky Neck State Park, Niantic http://nianticbayhalfmarathon.com/cms/index.php	Shannon Saunders shannonsgreat@gmail.com
Saturday 7:30-11:30 (limited#) **10:30-3 (Prime Time!)**	October 12 th	ING Hartford Marathon Bushnell Park, Hartford **Shuttle Bus Service Available** http://www.hartfordmarathon.com/events/ing_hartford_marathon.htm	Questions: Richard Testa @ 860-302-9202 Register: Laura Stevenson-Flom Laurasf58@gmail.com

Please check website calendar <http://amtactchapter.org/events/sports-team/> for updates

treasurer's report

AMTA - Connecticut Chapter Projected Budget Report				
March 1, 2013 - February 28, 2014				
INCOME				
Description		Projected 12-13	Actual	Projected 13-14
Dues & Fees		\$ 82,656.00	\$ 84,140.80	\$ 84,000.00
Education Workshops		\$ 3,000.00	\$ 847.88	\$ 2,500.00
New England Conf.		\$ 1,500.00	\$ 2,129.55	\$ 2,000.00
Newsletter Ads		\$ 2,500.00	\$ 2,567.30	\$ 2,500.00
Exhibitors		\$ 350.00	\$ 310.00	\$ 350.00
Sportsmassage		\$ 250.00	\$ 415.00	\$ 300.00
Misc.		\$ 1,000.00	\$ 600.00	\$ 1,000.00
Interest			\$ 602.71	
TOTALS		\$ 91,256.00	\$ 91,613.24	\$ 92,650.00
EXPENSES		Projected 12-13	Actual	Projected 13-14
Pres. Fund		\$ 1,000.00	\$ 545.00	\$ 1,000.00
Convention		\$ 18,000.00	\$ 20,380.53	\$ 15,000.00
Education		\$ 6,500.00	\$ 3,480.37	\$ 5,000.00
Sportsmassage		\$ 5,000.00	\$ 3,853.65	\$ 5,000.00
Government Relations		\$ 19,000.00	\$ 119.86	\$ 19,000.00
Misc.		\$ 8,000.00	\$ 11,622.63	\$ 10,000.00
Communications		\$ 5,000.00	\$ 8,241.96	\$ 8,500.00
Newsletter Postage		\$ 5,000.00	\$ 3,449.44	\$ 5,000.00
Newsletter Printing		\$ 17,000.00	\$ 18,642.82	\$ 18,000.00
Membership Services		\$ 15,000.00	\$ 14,870.94	\$ 15,000.00
Officer's Expenses		\$ 500.00	\$ 116.15	\$ 500.00
Public Relations		\$ 5,000.00	\$ 4,245.08	\$ 5,000.00
Rent		\$ 4,000.00	\$ 3,350.00	\$ 4,000.00
New England Conf.		\$ 3,500.00	\$ 4,332.76	\$ 4,000.00
Insurance			\$ 677.83	
TOTALS		\$ 112,500.00	\$ 97,929.02	\$ 115,000.00
This projected budget report will be voted upon at the CT Chapter Annual meeting on April 28, 2013 at the Crowne Plaza, Cromwell, CT				
Respectfully submitted,				
JoAnn Parady, Treasurer				

new members

Fairfield County

Brent Addenbrooke
Miriam Avila
Todd Banks
Angela Bayer
Michael Dancy
Joseph Ernst
Sean Flynn
Nicole Gallo
Shauna Mason
Jaclyn Neumuller
Jessica Pack
Eva Romero
Ezra Staton
Jitka talak

Hartford County

Jill Bellospirito
Christine Boone
Daniel Collin
Jennifer Davis

Jeffrey Dudek
Carli Eleveld
Bethany Goodrich
Kelly Lephart
Jessica Maher
Alfonso Morris Jr
Matthew Myers
Allison Osborne
Monica Peters
Carmen Rojas
Megan Rudman
Christine Storms
Jennifer Valentine
Dawn Wood

Litchfield County

Claudia Larsson
Amporo Pino

Middlesex County

Laura Anderson

Ryan Reed
Stefanie Riccardo

New Haven County

Krista Berry
David Bray
Adam Curtis
Sophia Kagan
Anthony Marini
Steve Matson
Chelsea Raccio
Sam Troilo
Matthew Zajkowski

New London County

Cynthia Adams
Jefery Claxton
Ronald Croxton
Victoria Forrer
Sylvie Laflamme
Loan Le

Marcia Malhoit
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Amy Waite

Windham County

Pamela Knapp
Kaitlyn Kress

Baltimore, MD

John Paty

New York, NY

Anthony DiFrancisco

Westchester County

Paul Ciacci
JoAnne Ferguson



Milestone Members



15 Years

Daniel Alt
Betty Ashmore
Ann Brett
Christine Cartwright
Eric Cheffer
Suzanne Cyr
MaryAnn Demko
Ariadne Drakonakis-Kambas
Alane Faulise
Deirdre Ferraro
Linda Friez
Roberta Gilsenan
Jodi Godere
Debra Hassell
Kathleen Humpage
Carol Kelsey-Smith
Susan Krick
Theresa Lassauze
Dawn Lowell
Michelle Mclean
Donna McMannus
Carol Meade
Jason Miller
Claudia Munn

Virginia Phillips
Roxana Pickering
Marcia Rothwell
Jennett Royer
Judith Sanford
Linda Scanlon
Sarah Sharkey
Jacqueline Simard
Michelle Spadaccini
Laurie Theroux
Cindee Tine
Dawn Turcott
Pamela Verrastro
Barbara Vollero
Catherine Zahorsky

20 Years

Ethel Anderson-Krenkel
Margaret Bbilinski
Diana D'Angelo
Jodie Moriarty
Leonard Porcello
Rebecca Rehel
Laurie Sabourin
Connie Santoro

Grover Small
Maureen Stott

25 Years

Mary Biyak
Lydia Brewster
Kathleen Crewdson
Joan Gagliardi
Patricia Gaidosz
David Hoff
Charlotte Johnson
Sara Keleher
Karen Parker
Suzanne Sieff

30 Years

Carol Bufithis
Charis Tondreau

31 Years

Karen Emerick
Susan Klaus
Will Parks



community service massage team

Community Service Massage Team

The CSMT has gotten off to a running start this year with a packed March schedule and a full calendar of events. Charity Coordinator, Sue Barrett, and Emergency Coordinator, Lee Stang, have been busy filling our calendar with many wonderful ways for our Chapter Members to volunteer and fulfill the CSMT Mission Statement: *"To respond to the needs of the communities within Connecticut with the power of compassionate, professional touch in order to promote the health and welfare of humanity."* Our calendar is posted on the website and CSMT Chair, Christine Decarolis will make sure to keep you up to date!

Charity Division

The Charity Division charity continues to be the Channel 3 Kids Camp. The Channel 3 Kids Camp is a sanctuary for children all year long regardless of economic, physical or developmental ability to come play, learn and grow without barriers. The CSMT will be fundraising for the C3KC at the CT Home & Remodeling Show in March as well as at the 16th annual Golf Event. Additionally, we will be going to the camp to provide massage to the camp councilors during the summer.

The CT Dental Mission of Mercy (CT MOM) will be in June at the Webster Bank Arena in Bridgeport. Last year's event provided over \$1.3 million in Dental Services over two days to nearly 2000 individuals. Our volunteers provided massage to the dentists, hygienists and other CTMOM volunteers over those two days providing in total over 430 massages and volunteering \$7,500 in services. We expect this year to be even bigger!

Coordinator Sue Barrett is looking for Team Leaders to help her coordinate the various events on our calendar. So if you've taken the Team Leader training and there's an event you'd like to be involved in, please contact her at csmtcharity@amtactchapter.org. For those of you not online, you may call/text Christine Decarolis at 860-796-2571 to volunteer.

Emergency Division

Our Team management continues to make headway into the upper echelons of Connecticut's Emergency Management System. During the Sandy Hook deployment the team assigned to the State Armory was able to effectively network with state officials to make our presence literally felt more. That has led to an invitation for members to be involved in a Region 4 Mass Dispensing Training Day. This is an educational day that involves the dispensing of medications should a mass emergency happen. This is the first time that we have been invited to such an event and it says to us that agencies throughout the state that respond to disasters are really starting to understand our role within emergencies. By the time you are reading this we should have sent a group of representatives to this event.

Our Team is also partaking in a day long retreat for those 'professionals who deal with many kinds of trauma'. This event is put on by the CT Conference UCC and the American Association of Pastoral Counselors. Again this is an opportunity for us to further educate groups on the power of touch during crisis. The response from our Team has been tremendous to all call ups which allows us to make quicker decisions on whether we can participate and or deploy to various locations.

Finally, our Team Trainers, Lee Stang and Deby VanOhlen are preparing to hold our first 'Training the Trainer' class. This will be held mid-March and is designed to train some of our Team Leaders to be Responder Trainers. This will allow us to hold Responder Trainings on a timelier manner in the future.

So things keep moving along for the Emergency Division of the CSMT. Our Team Chair, Christine Decarolis and Coordinator Lee Stang thank all our members for stepping up and saying 'Count Me In'. They also thank our members for their patience during call ups and sign ups. This is a great Team of professionals with which to work. You make the CT Chapter Proud!

national massage therapy awareness week

- Are you looking for a fun and creative way to promote your business?
- Are you interested educating your community about the many benefits of massage therapy?
- Are you looking for new opportunities to connect with fellow massage therapists?
- Are you looking for a positive way to represent your profession?

Then join the CT AMTA Chapter's NMTAW committee in planning a great celebration for **National Massage Therapy Awareness Week October 20-26, 2013.**

The NMTAW committee helps to organize and execute events and actions during NMTAW. There are many ways to get involved: writing facebook posts, sending press releases to local media, or coordinating a chair massage event are just a few examples. If you have some passions or talents you would like to share please join today!!

The NMTAW committee is looking for new University Day sites. What better venue to education about the benefits of massage therapy than at higher education institutions. The students, faculty, and staff are always extremely welcoming and happy see us and to learn all about massage therapy. If you are interested in coordinating a site near you please contact Karen Jensen theblackant@hotmail.com.

We need your creativity to help determine a theme. Please share your best ideas with Karen Jensen theblackant@hotmail.com by April 21, 2013. Submissions will be voted on during the April chapter meeting and the winning NMTAW 2013 theme will be announced on-line.



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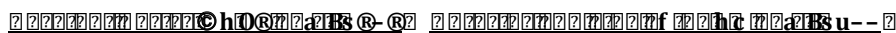
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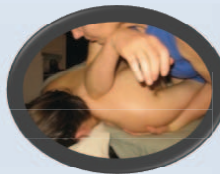


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MASSAGE CLASSES

Cortiva Institute, Hoboken, NJ

May 30 Thu ~ Hands & Feet Treatment

May 32-Jun 2 ~ Level 1 (full body)

Downeast School of Massage, Waldoboro, ME

Jun 6 Thu ~ Anywhere/Anytime (chair/floor)

Jun 7-9 ~ Level 1 (full body)

Touchstone Healing Arts, Burlington, VT

Jun 13 Thu ~ Anywhere/Anytime (chair/floor)

Jun 14-16 ~ Level 1 (full body)

Stone Temple Institute, Clinton, CT

Sep 5 Thu ~ Shoulder Treatment

Sep 6-8 ~ Level 1 (full body)

Private home, Greenfield, NH

Sep 12 Thu ~ Anywhere/Anytime (chair/floor)

Sep 13-15 ~ Level 1 (full body)

Inner Wisdom Studio, Pawtucket, RI

Nov 21 Thu ~ Anywhere/Anytime (chair/floor)

Nov 22-24 ~ Level 2 (specific treatment work)

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Classes:

Monday, April 1, 2013, Integrated Energy Therapy, Basic Level, 9-5 pm

Instructor: Hallie Sawyers, LMT

Sunday, April 7, 3-5pm FREE Introductory Presentation on the

"Sacred Art of Living and Dying" Presented by Barbara (Bassett) O'Neil, LMT

April 28, 2013 Your Left ...No Your Other Left- Body Mechanics 8 CEU

April 29, 2013 The Whole Picture

Client Communications 6 Ethics CEU

June 23-24, 2013

Scar Tissue Release 16 CEU

Instructor: Marjorie Brook, LMT



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www.Massage4CT.com

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**Dr. Enda Butler, Osteopath,
London, England**
British School of Osteopathy



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"Marjorie Brook is one of those people who becomes essential to your well-being. She transcends the term "practitioner, and becomes teacher and guide as well. Marjorie is at the forefront of making bodywork what it should be, accessible, understandable, and effective for every human being from infant to athlete, special needs to spectacular performer."

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www.autismfitness.com



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June 23-24, 2013 Scar Tissue Release

16CEU

Integrated Therapeutic Stretching- Find out more about the latest research on fascia — Biotensegrity, a new approach to understanding how our bodies work — and learn how to restore a patient's overall wellness through physiological reeducation. This course series is rooted in the principles of Integrated Therapeutic Stretching™, or ITS — an intricate, dynamic form of stretching based on the elemental actions of joints, ligaments, and muscles. The goal of ITS is to help the body become more efficient, thanks to an increased range of motion and the re-education of muscles.

August 25-26, 2013 Integrated Therapeutic Stretching-Upper Body
16CEU

Proprioception & Body Mechanics -This course is designed to increase body awareness for you and your clients. The information presented can easily be integrated into your therapeutic practice with immediate effect.

April 28, 2013 Your Left ...No Your Other Left- Body Mechanics 8 CEU

Client Communications- Clients generally book sessions with therapists because they're in physical pain. They are usually unaware that their symptoms have roots in an emotional issue. The body responds to the way we think, feel and act — and this mind-body connection should be acknowledged before, during, and after each bodywork session.

April 29, 2013 The Whole Picture-Client Communications 6 Ethics CEU

Location: A Healing Trail Wellness Center 500 Burlington Rd –RT 4
Harwinton, CT 06791

For more information or to register please visit
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April 14th - Wallingford, CT (*Hosted by Carol Meade*)

May 19th - Vernon, CT

June 9th - Vernon, CT

July 14th - Vernon, CT

Cost? \$200



For information about future classes, more information about Access Consciousness, questions, how to register for a class, or to schedule a Bars session, visit www.TMCV-Office.com or email TMCV@TMCV-Office.com



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- **CPR & First Aid** **April 20th and June 15th**

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- **Scientific Basis for Energy Work**

& Its Use in Healthcare Today **May 25th**

This 8 hour CE seminar will focus on the scientific basis for energy work. Quantum Physics, Standard Model Theory, and the use of energy in diagnostic modalities will be discussed. The assessment of the Chakras with a pendulum and the use of intuitive energy work will be demonstrated. **\$150/8 CE credits**

Class sizes are limited to 12 students. Deposit required to hold your spot.

All classes are held from 9:00am to 6:00pm. Checks can be sent to the address below.

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Dr. Calatayud is approved by the NCBTMB as a continuing education Approved Provider
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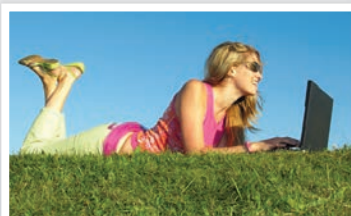
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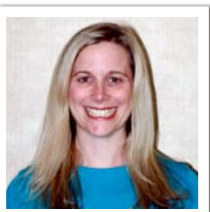
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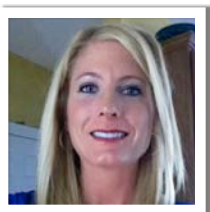
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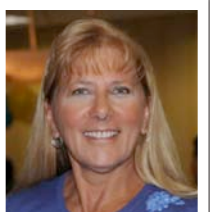
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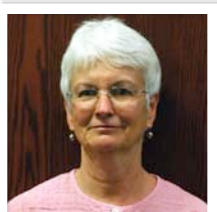
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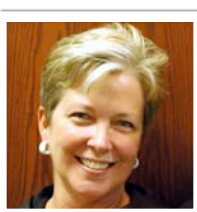
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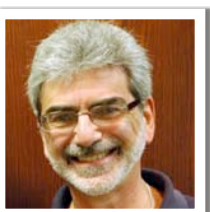
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CT Sports Team Co-Directors
sportsdirector@amtactchapter.org



Scott Raymond

*Immediate Past President
Govt Relations Chair*
impastpresident@amtactchapter.org



Christine Decarolis

Community Relations Chair
csmt@amtactchapter.org



Sue Barrett

CSMT-Charity Division
csmtcharity@amtactchapter.org



Tami Taylor

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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

2013 Deadlines

<u>Due to Editor</u>	<u>Delivery Date</u>
May 17, 2013	June 17, 2013
August 27, 2013	September 27, 2013
November 26, 2013	December 26, 2013

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Additional words 10¢ each.

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

Submissions

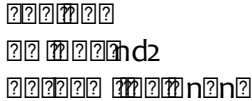
Send your submissions for the newsletter (articles, ads, letters to the editor) to Marilyn Waters at newsletter@amtactchapter.org

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.



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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.

Sunday April 28th

Doors Open at 9:00am 222Y 2227221 722277777 2

Breakfast Buffet at 9:30am 222777777 2 77222222277722mm22222 227777

Business Meeting 10:30am -1:30pm2mmmmmm77722222 772222Y 222777 77Y 222221 772222277772

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See page 3 for details and registration links.