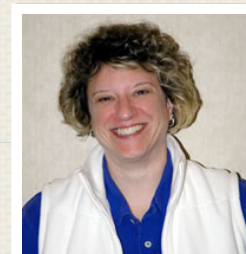


MASSAGE MATTERS

You gain strength, and confidence by every experience in which you really stop to look fear in the face... You must do the thing you think you cannot do.

-Eleanor Roosevelt



President's Message

Hello friends! I am honored to be addressing you as the new Connecticut Chapter President. I chose to share this quote in my first official President's message because it is so true. The decision to become the next President was not an easy one nor was it taken lightly. I actually almost did not run and it was mostly because of fear, the fear of the unknown. In hindsight, that is just crazy because with your help and the support of a wonderful and hardworking board of directors, I just know that we will continue to grow and shine in the National spotlight. With that, I will need your collective help just like you have always helped in years past. After all, success is a group effort.

This has been an exciting year so far with many great things still to come. Our Sports Massage Team is going strong having completed 4 events so far. You can check out the full schedule on our brand spanking new Connecticut Chapter website at www.amtactchapter.org. Come out and support the team at any scheduled event and if you are not on the team, consider joining us. It is great fun plus you are providing much needed help to athletes all over CT. A huge thank you goes out to our web manager, Marilyn Holt. Her countless hours of expertise and hard work paid off, the site looks amazing. Best of all it is user friendly so if you haven't checked it out yet, please visit us. We also became the first chapter in the country to have a mobile app!! Simply type in our website address on your smart phone and up pops a clean and streamlined version of the website giving you easy access to directions and information while you are on the go.

More exciting news, our Sports Massage team co directors, Laura Stevenson-Flom and Rich Testa along with Lee Stang will be representing us in London for the summer Olympics! The athletes that they will touch don't know how lucky they are to have

you all there. Good luck and safe travels to all of you, we cannot wait to hear about your adventures across the pond!

Have you ever wondered your Board of Directors does?? If you are interested in learning more, come to our September 12th BOD meeting at 7pm, location to be announced on our website. See the Board in action and discover what the responsibilities are for each position and you might consider running in the April elections. Remember that our standing rules state the if you would like an item to be put on the agenda it has to be submitted to the President and Secretary 30 days prior to the meeting. Please e-mail president@amtactchapter.org. If you are planning on attending, please contact me 2 weeks prior to the meeting so we may expect you.

Our next chapter meeting is Wednesday July 18th at the Cromwell Courtyard Marriott. Bring a friend or colleague. The doors open at 5pm for a social hour with the business meeting scheduled from 6pm-8pm. Yet another free educational session immediately following with Allissa Haines who will be presenting "Using Facebook for your Massage Business" from 8pm-10pm. This is guaranteed to be an energetic and informative class. Laptops and tablets are welcomed but not necessary to attend. More details, including directions are on the website, I look forward to seeing you there.

Until then, enjoy the last few weeks of what has been a beautiful spring as we all anticipate those nice long hot summer days!

Cheers,
Kerry L. Methot
President

In Memory of Dianne Polseno

~remembered by Kerry Methot

The massage profession lost a true legend on May 12, as Dianne Polseno passed away after a hard fought battle, (and I do mean battle) with cancer. She was diagnosed in early September of last year and bravely chronicled her journey through cancer and its many twists and turns on her Caring Bridge account. Ever the teacher, she left us STILL teaching, which was her life, right to the end sharing her story in all its honesty. It struck me that this woman who was so fascinated with anatomy and the human body would have loved to teach a class on how so quickly cancer could take over a very healthy body. She would have been her usual animated powerful self, explaining difficult to understand anatomy and physiology with props and gadgets until we all got it.

Ever the optimist, she tried in all of her entries to put a positive spin on her trips to the doctor, the chemo (flushes) and radiation (beams) and her daily struggles. She left us chuckling as she exchanged what she thought were bad and cold medical terminology, for something more palatable. She didn't get too down, she had dip days, called her portacath internal jewelry and renamed doctors and even the giant radiation machine thinking her cells would absorb the negative terminology. It was her daily life, how to LIVE with cancer. It was personal, it was scary, it was optimistic, honest and intense. It was Dianne.

She ended most of her entries with a statement that SHE was praying for US, her support system, which included her friends, colleagues, former students and family all of us who reached out to say hi or send a kind word.

She was a nurse, massage therapist, addictions counselor, teacher, anatomist, writer, author, mentor and friend. The most PASSIONATE educator I ever had, she simply loved to teach. In 2006, that passion was rewarded with the prestigious Jerome Perlinski National Teacher of the Year. During her acceptance speech, she reminded everyone in the audience "they are all teachers, in that all therapists can have an impact on the lives of their clients"

Dianne Polseno had a huge impact on my life and the lives of many of my good friends. I am a better person and certainly a better massage therapist because of her. I will miss our many great chats about the profession and about life. She supported me at every turn and never said no to presenting for us at the New England Regional Conference even when she was very busy. She pushed me hard to run for President and last fall told me I had to run, "because I have cancer and I demand it!" It made me laugh, and I know it made her smile when she found out I did run and became President. At conventions or conferences, we often had to sneak off to have our chats because if you tried to do it publicly, people would line up to say hi, ask a question, shake her hand or just give her a hug. She was a rockstar!

She made me laugh and laugh hard, like that can't catch your breath kind of laugh. She was tough and opinionated especially in regards to ethics, no grey in her world, it was right or wrong, simple as that. I told her once that I didn't always agree with her, but that she always made me think, THAT is the mark of a great teacher!

In the end, she lost her battle. She has left this world way too prematurely but has left a legacy that will resonate within many of us forever. In an entry in March she said she didn't want to be a victim and when times got tough, she would start a gratitude list. Today Dianne, you are on the top of many of our gratitude lists. We are grateful to simply have met you.



Three CT Massage Therapists selected to the London 2012 Olympic Games



The London 2012 Olympic Committee has announced that Richard Testa of Southington, Laura Stevenson-Flom of Colchester and Lee Stang of Southington have been selected to the Medical Team as a Sports Massage Practitioners.

Testa, Stevenson-Flom and Stang were chosen from among 250,000 Games Maker applications. In the selection offer the committee stated, "Selecting our volunteers is a very tough job, but we were really impressed with (your) interview – we know (you've) got the passion, enthusiasm and commitment needed to make the Games happen." Individually, Richard, Laura and Lee had to demonstrate a high level of mastery in sports massage techniques and have professional experience with elite athletes at national or international sporting events and championships.

While all three CT Massage Therapy Specialists acknowledge that it is an opportunity of a lifetime to be chosen as a London 2012 Games Maker Volunteer, they are responsible to finance 100% of their trip including air transportation, lodging and expenses. Regardless, they are extremely excited to play an important role in the 2012 Olympic Games.

Community Service Team

The community service massage team is off to a running start this year with 2 successful events under our belts for 2012. The telethon went really great. We helped the Channel 3 Kids Camp raise \$80,000 at their 3 hour telethon, in March. Our CSMT members took calls for donations that amounted to \$12,000.

We had 14 dedicated CSMT members that arrived at 5:30am, despite the snowy, nasty weather for their on the job training on how to answer phones to the take donations properly starting at 6:00am. The AMTA was the first organization to present a check that morning. The donation made was for \$1000, from the CT. Chapter.

Scot Haney and Olessa Stepanova both received chair massage that day along with some of staff of the Kids Camp as well. Everyone was pleased with the work that our CSMT did and are looking forward to seeing us at the next event which will be the Motorcycle Ride event on July 8th from 10:00am-5:00pm. The event starts in Ellington and ends at the Sun Valley Campground in Stafford, where we will be providing chair massage. The Antique Car Show will follow in September on the 23rd, in Rocky Hill, more info to follow.

We are still in need of 3 coordinators for these events. Please contact Sue Barrett for more information about either event and watch you emails. If you have already signed up, you will be receiving confirmation and event details through email soon.

Remember, everyone who has attended the trainings in the past can earn their Blue Shirts by participating in the upcoming events. So check your schedules and contact Sue Barrett to say, "COUNT ME IN".

Sue Barrett

2012 CT Mission of Mercy - March 23rd & 24th

Though the day dawned a little on the grey side, it did not seem to dampen the sunny enthusiasm of all of the volunteers at the 5th annual CT Mission of Mercy, the "MOM" as it is affectionately known as. It was also the 5th year of CT AMTA's participation as well and once again, CT's massage therapy community stepped up and answered the volunteer-call.

Eighteen therapists committed time to this 2-day charity event which takes place in a different location every year, this year it was in Danbury, the campus of Western CT State U. Over 1600 volunteer dentists, hygienists, oral surgeons, and various others came together once again to run a free clinic for underinsured and uninsured individuals on a first-come-first-served basis, and AMTA was there behind the scenes helping these wonderful volunteers feel as great physically as they were feeling spiritually and emotionally as they gave their time and talents to help the less-fortunate of the community. As this group set a new MOM record of assistance to 2008 patients over just 2 days, the massage therapists gave 467 much-appreciated massages. For some MT's, it was the first time participating in an event like this - fast paced, busy, non-stop, but oh-so fun! For others, it was multi-years, but no less fun.

At the end of each day, those of us who'd been there drove to our homes in a tired stupor, but so glad to have been a part of something so special. Less than a week later, the coordinating committee of the CT Foundation For Dental



Outreach was already back to planning for next year's MOM, slated at this time to take place in New London. If you have never participated in one of these MOM's, I would encourage you to think about it for next year, you won't be sorry, it is hard work, but fun and also a great way to promote yourself, especially if you live in or near the community where the outreach is taking place; however, the dental volunteers are from all over the state, so opportunities for promotion abound. If you have any questions about this event or would like more information, please feel free to email me or call me, my contact

info is below. For those of you who have participated in the past, expect me to be calling on you again - I have all of your numbers!!!

Finally, I would like to thank the CT Chapter and all members for the privilege of serving as your Community Service Massage Team Chair this past year. Although I dearly love charity work, I found that heading the CSMT was requiring much more time than I had to devote to it, and as a result, the team was suffering, so I stepped down. I am so very glad to welcome Christine Decarolis as the new CSMT Chair and ask all of you to please come out and support her by volunteering for CSMT events coming up soon, thanks!

Carol Radzunas sanuzdar@gmail.com
203 901-3824

New England Regional Conference

2012



There were 315 attendees at NERC 2012 where Ralph Stevens was the keynote speaker and gave a moving speech about research giving massage therapy a voice. He was excited about being the speaker and that energy transferred to words as he talked of massage being a legitimate healthcare option. Nancy Porambo, AMTA National Vice President, presented a class on fibromyalgia that gave more light to those clients suffering with this condition. It was another fun filled networking weekend!

Thank you CT Chapter BOD for all your support and thank you CT volunteers for stepping up and being counted in!

2013

Next year's NERC is already shaping up - so save the date! It will be held **March 14-17, 2013**. We will again be gathering at the Framingham, MA Sheraton where the small but mighty state of RI will be hosting the festivities with the theme, ***"One Heart, Many Hands!"*** Watch the website and newsletter for the announcement of when to apply for the Perry Plouffe scholarship.

Let's make NERC 2013 an even bigger and better networking weekend!
See you there!

Shannon Saunders & Tami Taylor
CT Chapter NERC Representatives

Notes from the Director of Education

Greetings, fellow AMTA members!

We had a very successful April CE workshop (Intro to Thai Massage for the Table). Rick Haesche and Nicole Arel graciously allowed us to use our brand new camera to enhance the visual learning process for 108 members. Lee Stang volunteered to operate the camera. Thank you. Lee.

As a result, we are actively recruiting member volunteers to assume responsibility for filming future hand-on presentations.

I am also looking for members who can assist with registration or end of workshop procedures.

If you are inclined to volunteer, please contact me at education@amtactchapter.org. I would greatly appreciate your help.

Additionally, the number of members attending **without AMTA member number** is increasing. We cannot award a CE certificate of completion without this number. You will be responsible for presenting this number at registration.

Some suggestions:

- Enter the number into your cell phone contact info.
- Always carry your membership card with you.
- Include the info on your business card and carry that with you.
- How about a tattoo?

Seriously, folks, it is becoming a problem. Please help.

I am looking forward to another interesting year as we, AMTA members, pursue lifelong learning, always green and growing, as we acquire knowledge and apply it thoughtfully to our practice.

Professionally yours,

Pat Shimchick

UPCOMING EDUCATION

Continuing Education Workshop

Cromwell Courtyard Marriott
Wednesday, July 18, from 8-10pm
Following the Summer Chapter Meeting

Using Facebook for Your Massage Business, 2CE's
With Allissa Haines, LMT

Bring: paper and pen, computer or tablet if desired
To receive CE credit, you must bring your AMTA membership number.

Facebook. People are on it, businesses are on it and it's a big mish mash of friends, family, clients, and potential clients. You'll learn how it can be an effective marketing tool for your business and how to use it properly, without compromising your integrity, violating boundaries, or tearing out your hair.

Attendees will learn how to

- determine if Facebook is a useful component of a marketing plan for them
- interact with clients and potential clients on Facebook
- create a Facebook page
- drive clients and potential clients to the Facebook page
- use Facebook as a cross-referral tool with other businesses



About the Presenter:

Allissa Haines is a Licensed Massage Therapist with a full private practice in Plainville, MA. She creates marketing and business resources for massage therapists at www.writingabluestreak.com and is an educator at www.massagelarning.com, an online learning center for massage therapists and students. She is also a marketing consultant, professional speaker, and a frequent snacker.

Continuing Education Workshop

Holiday Inn, North Haven

Sunday, October 28, from 2-6pm

Following the Fall Chapter meeting

Filling the Well: Caregiving for the Therapist, 4 CE's

With Carol Bufithis

Bring: paper and pen/pencil- no massage table required

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

Once again, we have the opportunity to examine and tweak our own caregiving behaviors that help us maintain our massage practice. The question is: "Are we renewed or depleted when working with clients?" The workshop will provide tools to maintain and sustain a long term massage practice. At the end of the day you will feel renewed and rejuvenated.

Participants will be able to:

- recognize behavior patterns as a therapist
- identify unsupportive behaviors for the caregiver
- assess rescuer tendencies
- examine boundaries patterns
- practice grounding and centering exercises
- use relaxation techniques to release stress
- discover what nurtures them
- create positive self-talk



About the presenter:

Carol Bufithis (BS, LMT) established Therapeutic Massage Center (Middlefield, CT) in 1983 and continues to have a private practice there. She has been a faulty member of CT Center for Massage Therapy since 1984. Currently, Carol teaches Personal and Professional Development courses. She is also a participant in the Teacher Training program, where she teaches a class titled "Teaching from Your Authentic Self".

Additionally, Carol presents continuing education seminars on **Ethics** and **Self Care**, which have been offered in CT and at NERC.

2012 AMTA Connecticut Sports Massage Team Schedule

Calendar Subject to Change Please Check Website calendar <http://www.amtactchapter.org/events/sports-team/> for updates

Day/Time	Date	Event/Location	Contact
Sunday 8am-1pm	June 24th	Fairfield 1/2 Marathon Fairfield http://jbsports.com/ffhalf.htm	Kerry Methot kerrmet@att.net
Sunday 7:30am-11:30am	July 15th	Petit Foundation 5K Race Plainville **RED SHIRTS ONLY PLEASE**	Lee Stang lstang@bridgestohealth.net
Saturday 10am-4pm	August 18th	Steeple Chase Bike Tour Windham Hills, Willimantic	Karen Jensen theblackant@hotmail.com
Sunday 8:30am-1pm	September 23rd	Niantic Bay 1/2 Marathon Rocky Neck State Park, Niantic http://nianticbayhalfmarathon.com/cms/index.php	Shannon Saunders shannonsgreat@gmail.com
Saturday 8am-11:30am	October 13th	ING Hartford Marathon Bushnell Park, Hartford **Shuttle Bus Service Available**	Questions: Richard Testa 860-302-9202 Register: Laura Stevenson-Flom Laurasf58@gamil.com
Thursday 8am-12pm	November 24th	Manchester Road Race Bennett School, Manchester	Shirley Cooper 860-658-5810 No Email Please

PLEASE NOTE: Fidelco Walk-a-Thon **POSTPONED UNTIL THE FALL!**

The Sports Massage Team is Seeking Event Photographers!

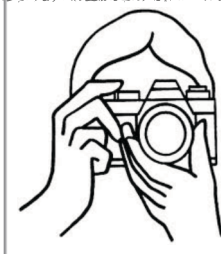
We are looking for a couple of people who enjoy taking pictures that would come to Events on the Sports Team Schedule. And you don't have to be on the Sports Team to Volunteer! You will be provided with a Memory Card for your digital camera and all you have to do is snap away!

Next thing you know, you'll see your pictures up on the web and in the newsletter!

If you have any interest, please email sportsdirector@amtactchapter.org

Thanks in advance!

Laura & Richard



Stratton Faxon Greater Danbury Half Marathon & 5K, April 1st

~ Shala Kinsling, April, 2012 CCMT Graduate

As a student enrolled in the full time program of CCMT/ Newington campus, I was fortunate enough to be able to volunteer with the AMTA CT Sports Team at the Stratton Faxon Greater Danbury Half Marathon and 5K race which was held in Danbury, CT on April 1, 2012. There were a few reasons why I wanted to participate in this event....one being that it was close to where I live and the other, after participating with my CCMT classmates at another event, I was hooked!!! Although I was excited to participate in this event, I was also nervous. This was my first time volunteering without my CCMT classmates and I was unsure how it would be working with LMTs with different levels of experience, since I was still just a student! But all the volunteers were so helpful and were so willing to offer advice and share their experiences. What a great team to be a part of!!

It was really a fun and exciting 4 hours! We did pre and post-event massages on so many athletes of different fitness levels and range of age. Some athletes knew exactly what they wanted worked on and some were just so happy to get a massage, even if it was for only 10 minutes! It was so much fun talking with the athletes and hearing their stories, some of them were going to be running in the Boston Marathon!

This was such a great experience for me and I can't wait to volunteer again.....but the next time as a Licensed Massage Therapist!!!



Shala Kinsling



Boston Marathon, April 16th

~Michele Willis, LMT

HEY! Let's sign up to volunteer as a Sports Massage Therapist at the Boston Marathon! We were excited!! Sure we have had volunteered at other events though the AMTA but nothing was this BIG. Not one of us had much experience under our belts, but we thought "hey, what do we have to lose?" Attending some of the other events we knew that there was plenty of staff and medical personal to assist if we needed it. So without hesitation we went ahead and filled out the application. Now all we had to do was wait and see if we were going to be accepted and where we would be assigned. Let me tell you, waiting was easier said than done as the days went by, waiting, anticipating, and trying to be patient....wanting to know NOW. Then finally the email came.....We got accepted for post event!! Yay! Celebrate, Party, balloons, whistles....

That's when reality hit! Oh my goodness what are we thinking? What did we just do? How are we going to get to Boston? What happens if someone has a muscle cramp on my table? Should we back out? What now?

We pulled ourselves together and buckled down. Made all the arrangement we needed to make. Everything was in place...Now the real excitement starts!

The day of the Marathon we got up early and hopped on a train with our massage tables and we were on our way to Boston. Once we arrived at our destination, we were able to set up our tables, relax and breathe for a little while. Then the athletes started to arrive and one by one they filed up our tables with their tired and exhausted bodies. We were nervous and excited all at the same time, but we knew we could do it. Sports Massage is something we love, the excitement, the adrenaline, the energy and the athletes. As soon as we started massaging and stretching our first athlete each one of us relaxed, focused and our confidence took over. We surprised ourselves when we had to respond with cramp control...instincts kicked in and we remembered everything we were taught and practiced while in school. The whole day was filled with non- stop excitement and adventure! From the moment we got out of bed, to getting on the train, the crowds (probably not as big as previous years because of the unusual warm temperature for the month of April) meeting all the runners from all over the world, and all the volunteers.

For me to be a volunteer at the oldest marathon in the world was an awesome experience....The volunteer jacket was an added bonus.



Jim Miccio, Martha "Griff" Griffin, Laura, Richard & Deborah Testa



Susan Zasciurinskas, Michelle Willis & Tommi Langston

Sports Team Member of the Year

"Vilis! Please come up here!", Laura Stevenson-Flom called out at the 2012 Annual Spring AMTA meeting.

I sat there as if not hearing my own name and then realizing she was calling me, I got up and made my way up front, totally surprised at this unexpected event. I managed a "Thank you!!" and pictures. "Wow!! Certainly was not prepared for this!"

Upon reflection, I say that I accept this award on behalf of all of the members of the Sports Massage Team who all are deserving of recognition. I volunteered for the first time as a class member in 2008 at CCMT when Laura was my instructor. A bunch of us went to the Fairfield Half Marathon to do Sports Massage. I was then a student member of the AMTA.

I have gone since. My favorite events are the "Special Olympics" and the "MS Bike Ride" where you can share your skills and give to persons that certainly have been given a tougher path in life yet have a great outlook.

I feel that volunteering at these community events gives us each an opportunity to be advocates for the benefits of therapeutic massage through the people that we work on.

Regards and Thank You!....Vilis



Laura, Vilis, & Richard

Welcome New Members!

Fairfield County

Samantha Abrahams
Nicole Ashkenazi
Karen Clark
Patricia Dooher
David Kosh
Emily Lange
Kenneth Luttmann
Terri Munoz
Pauline Papanikolaou
Tara Rose
Lisa Sorkin
Laurel Walsh
Xiao Wang
Grace Williams
Jennifer Zwerin

Litchfield County

Victoria Perazzini
Tracy Wilkins

Queens, NY

Weimo Gambino

Tolland County

Leila Berthiaume

Middlesex County

Crystal Pavis
Teresa Resnick
Renee Stockman

Hartford County

Angela Amato
Daniel Blajda
Molly Bouffard
Ann Brunetti
Bronwyn Burns
Doreen Buque
Lara Ciosek
Danielle Cushman
Mary McCue
Molly Roberts
Marisol Rodriguez
Crystal Simmons
Ariel Temianka

Windham County

Cheryl Baskin
Carrie Grey
Krystal Hilton
Brook Holman

New London County

Francis Cowgill
Ann-Kristin Hillgren

Westchester, NY

Dean Michael Cera
Dorothyann Freifeld
Estee Fremont
Deborah McIntosh

New Haven County

Margie Bedard
Katie Biga
Lisa Eldracher
Susan Loftus
Katie Morissette
Anaika Ocasio
Smokey Regan

Introducing a New Student Member Benefit: An Essay Contest

Are you an AMTA Student Member? Could you use some help paying for massage school, supplies, or even gas? The AMTA CT Chapter can help.

With the rising costs of fuel, food, school, and just about everything else, the AMTA CT Chapter realized we wanted to do more for our Student Members. We offer a scholarship for Professional Members to attend the New England Regional Conference (NERC), so why not something for Student Members? The Board of Directors is happy to announce a new kind of benefit for Student Members: our Student Essay Contest.

Who Can Apply?

All AMTA Student Members who are enrolled in a Massage Therapy Program at an accredited Massage Therapy School can apply. Applicants **must be AMTA Student members, in school, and in good academic standing** at the contest deadline: **September 30, 2012**. Applicants must also be chapter members.

What Do I Have to Do?

To apply for this benefit, simply write a two-page essay on the given topic and send it to the Membership Director by September 30th. Our topic is: **“What do you think your biggest challenge will be as a massage therapist, and how can the AMTA CT Chapter help you meet that challenge?”** Entries must be:

- Typed (in Microsoft® Word or PDF)
- Set at 12 pt font size
- Two (2) single-spaced pages in length, maximum 650 words (articles are not included in word count)
- Formatted so the top, bottom, and side margins are no more than 1”

What Can I Win?

Based on the number of well-written entries received, we will select up to three winners. The First Place winner will receive a \$400 check, the Second Place winner will receive a \$250 check, and the Third Place winner will receive a \$100 check.

How is a Winner Selected?

A team of five Professional Active members has volunteered to review the essays. A sixth team member will verify the information you provide on the application. Your personal information will be hidden from the review panel. Essays will be judged on relevance to the essay topic, writing skills, grammar, style, creativity, and originality.

Please see the following application for complete details. The application is also available on our web site:

www.amtactchapter.org.

We will feature the winning essays in a future newsletter and on our web site. We look forward to reading your essays and learning what more we can do to help our Student Members.

Happy Writing!!

Becca Torns-Barker, Membership Director

Student Essay Contest Application

Essay topic: What do you think your biggest challenge will be as a massage therapist, and how can the AMTA CT Chapter help you meet that challenge?

Who: All AMTA Student Members enrolled in a Massage Therapy Program at an accredited Massage Therapy School. Applicants **must be AMTA Student members, in school, and in good academic standing** at the Contest deadline: September 30, 2012. Chapter membership also required.

What: A state-wide Essay Contest sponsored by the Connecticut Chapter of the AMTA. Up to three winners will be selected to receive the following: 1st Place = \$400 check, 2nd Place = \$250 check, and 3rd Place = \$100 check. Submissions are **due September 30, 2012**.

Where and When:

Winners will be announced at the October chapter meeting, which is Sunday, October 28th, at the North Haven Holiday Inn. Applicants must be present.

How: Email or snail mail application and essay by September 30th. Email with the subject line "AMTA CT student essay contest" to Becca Torns-Barker at: membership@amtactchapter.org.

Snail-mail to: Becca Torns-Barker
281 Hartford Tpke., Ste. 404
Vernon, CT 06066
ATTN: Student Essay Contest

Entries will be judged on relevance to the essay topic, writing skills, grammar, style, creativity, and originality. Entries must be:

- Typed (in Microsoft® Word or PDF)
- Font size 12 pt
- Two (2) single-spaced pages in length, maximum 650 words
- Formatted so the top, bottom, and side margins are no more than 1"

We will feature the winning submissions in our newsletter and on our web site.

Applicant Information

Please type or print legibly. All information must be complete and all questions must be answered. Incomplete applications will be disqualified.

Name: _____ Address: _____

City: _____ ST: _____ Zip: _____

Phone: _____ ☐ home ☐ cell ☐ work AMTA Membership Number: _____

Email: _____

School Name: _____ School Website: _____

City: _____ ST: _____ Zip: _____

School Phone: _____

National Massage Therapy Awareness Week

Join the AMTA CT Chapter in celebrating National Massage Therapy Awareness Week October 21-27. NMTAW is a nationwide effort to increase public awareness and promote the benefits of massage.

At our April chapter meeting members voted for the theme for NMTAW 2012.
And the winner is....

Massage Therapy Research—The Why of What We Do.

At the 2011 AMTA National Convention in Portland, OR 3 new position statements with supporting research were approved through the House of Delegates. These position statements join 6 other existing AMTA Position Statements. Massage Awareness Week is the perfect opportunity to share this important research with our community, our clients, and our colleagues. You can choose one Position Statement to highlight or choose to use them all. We all know the many benefits of massage—NMTAW this is our chance to let everyone else know!

For the past five years CT members have joined together to participate in **University Day**, which targets higher education institutions providing chair massage and distributing information to students, faculty, and staff. This is a great atmosphere to open the discussion of the research behind what massage therapy does. Whether you would like to add a new University or join an existing site you can log on to www.amtactchapter.org to say “COUNT ME IN!”

Whether you like working on a team or just doing your own thing NMTAW offers everyone an opportunity to promote their business as well as our profession. Members of the **Community Service Team** or the **Sports Massage Team** may want to join together with other members from the team for an event. You can partner with other therapists in your town or even therapists working in the same office. What happens during NMTAW 2011 is up to you!

Are you interested in getting more involved but not sure how?

***Join the NMTAW 2012 Publicity Team.**

Let's get the word out for NMTAW 2012. With radio, newsprint, social media, local access television the opportunities are endless. If any of these areas interest you contact Karen Jensen @ theblackant@hotmail.com to be part of the NMTAW 2012 Publicity Team.

***Log on to the website to get more information** -- www.amtactchapter.org click on Community Service and follow the links to the NMTAW webpage. You can find a list of all 9 AMTA Positions Statements with their supporting research as well as resources for conducting your own event or ways of connecting with existing events. Please email Karen Jensen at theblackant@hotmail.com with any questions or suggestions.

WEST HARTFORD OFFICE RENTAL

Beautiful, fully furnished space available for a Massage Therapist, Acupuncturist, Holistic Healer, Reiki Practitioner, Reflexologist, Midwife or similar. Shared space with several other Massage Therapists in a quiet, serene office. Treatment room is fully furnished, including a massage table. Complete turn-key operation, so all you need are your working supplies.

Large waiting room, full bathroom off waiting room, lots of windows, off street parking, single story building (no stairs for clients to climb), respectful environment, easy access from I-84 in both directions and from all points in West Hartford.

This is the perfect opportunity for a new graduate, a part-time practitioner or someone new to the area looking to build their practice without overspending paying for a location.

Please contact Cailin Lawler at 860-508-3336 for more information and rates and days/times available. You may also visit my website at www.BalanceMassageCT.com.

FOR RENT

Individual room for rent in beautiful, historic old Victorian house in busy, downtown Wallingford, across from Town Hall.

\$500/mo includes utilities, use of main waiting area w/amenities, washer & dryer, shared spacious restroom. Handicapped accessible. Shared sublease arrangements also possible.

Wallingford is a very active community, many opportunities for promotion.

Please call Carol Radzunas at 203 901-3824, or email sanuzdar@gmail.com.

MASSAGE THERAPIST NEEDED

YMCA of Greater Hartford
DOWNTOWN BRANCH
241 Trumbull Street
Hartford, CT. 06103



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Downtown YMCA is looking for an outgoing, motivated Massage Therapist to join our team. We need someone who is a people person and knows how important massage therapy can be in helping to aid healing.

Candidate MUST be CERTIFIED and/or LICENSED according to city and state requirements. Must be available to work flexible hours including evenings and Saturdays and be a self starter. Qualified candidate must be a team player, a quick learner, and have a professional demeanor.

Please submit a cover letter and resume to Alison Scannell, LMT/Business Manager, at alison.scannell@ghymca.org. Resumes accepted until June 25, 2012. Candidate MUST be CERTIFIED and/or LICENSED according to city and state requirements.

the bodymind center for thai massage

Thai Massage Sessions:

Monday ~ Saturday by appt.

Aching Neck, Shoulders, Elbows, Wrists, or Low Back? Tendonitis? Headache? Tingling fingers?

Offering Thai Massage, Cupping, Scraping, Herbal Compresses, & other therapies to treat soft tissue injury, pain, repetitive stress, and chronic muscle tension as well as many other complaints. These are deep, different, and effective approaches to common complaints.

Sessions Discounted for LMTs and MT students

Open Mat Monday

Check our website: www.bodymindthai.com
for details about this unique monthly event!

For information please contact Rick at:

**the bodymind center for
thai massage**

95 kitts lane, newington ct
www.bodymindthai.com 860.913.7500

Upcoming Classes:

Thai for the Table

Saturday and Sunday, August 4 & 5

Tuition: \$250 - NCBTMB CE HRS: 14

Bring stretching, compression, yoga, & the practice of mindfulness to your clients with this 2-day exploration of Thai Massage translated to the Massage Table. *Sponsored by Steiner Education Group & Hosted by the Connecticut Center for Massage Therapy, Newington, CT.*

Thai Massage Level I Certification

Two weekends: Oct 13 & 14, 27 & 28

Tuition: \$675 - NCBTMB CE HRS: 32

Eastern Approaches to Ethics

Mindfulness Massage as a practice of Ethics. A unique approach!

Two Wednesday evenings:

Sept 26 & Oct 3 6:30 - 9:45

This class meets NCBTMB Ethics Requirements

The bodymind center for thai massage is approved by the National Certification Board for Therapeutic Massage and Bodywork as an approved continuing education provider.

Discover the benefits of **Upledger**

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The Upledger Institute International is endorsed by the
International Alliance of Healthcare Educators



CranioSacral Therapy 1

Washington, DC	Aug 9-12
Boston, MA	Aug 23-26
Hartford, CT	Sep 6-12
Portland, ME	Sep 20-23
New Jersey Shore, NJ	Nov 1-4

CranioSacral Therapy 2

Portsmouth, NH	Sep 13-16
Baltimore, MD	Sep 20-23
New York, NY	Oct 18-21

SomatoEmotional Release 1

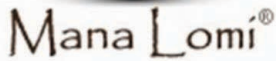
Boston, MA	Aug 23-26
New York, NY	Oct 18-21

CS Applications for Conception, Pregnancy & Birthing 1

Boston, MA	Dec 6-9
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Additional dates and locations at Upledger.com

Ui **UPLEDGER
INSTITUTE
INTERNATIONAL**





"THE BARS" Training

With Maureen Stott, LMT and Bars Facilitator

What are The Bars? It is an energetic body process that contains 32 bars of energy that, when run, assist you in releasing all thoughts, ideas, attitudes, decisions, and beliefs that you have ever stored or decided were important about anything, which have limited your capacity to have something different show up in your life with ease. It is the first class of Access Consciousness - a dynamic set of tools and information designed to transform any area of your life.

Some of what you will learn in this one-day class:

- ✓ The 32 Bar points and the area of life associated with each point
- ✓ The power of being in a question
- ✓ The "Clearing Statement" that is used to bring up energies and clear them
- ✓ How to empower yourself and others to live a life of ease, joy & glory
- ✓ How to open yourself and other to receiving

You can receive up to 8 NCBTMB - approved CEhours

When and Where? All classes are Sundays from 9:30am to 6:00pm, **June 24th** - Wallingford (*Sponsored by Carol Meade of Massage2Movement*)

July 15th - Vernon, CT

August 12th - Vernon, CT

September 16th - Vernon, CT

October 14th - Vernon, CT



Cost? \$200/\$100 to repeat

How to Register? Go to www.bars.accessconsciousness.com and click on "Classes," "Find a Class," and from the drop down menu choose the month of the class you wish to take, "Access Bars" and "Maureen Stott."

For more information, questions, to schedule a Bars session, or dates of future workshops, visit the "Workshops" tab at www.TMCV-Office.com or email TMCV@TMCV-Office.com



83 Boston Post Road, Waterford, CT. (860) 443-0800
www.time4healing.com

Continuing Education at Center for Healing Therapies

Center for Healing Therapies, LLC is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. Provider Number 451799-11

A refund is offered if you need to cancel the class. You can do so up to one week before with a \$20 fee applied. No show/No refund.

Ethics in the Round “Your Gut Check” – **Nileen Drzewianowski, LMT**

We are busy... we are in the groove, like a well oiled machine we just keep going, never stopping to assess where we are with our clients, our lives or our businesses. This class will give you the opportunity to reflect and re-evaluate your core values and principles as a professional massage therapist.

Sat, 9/8/12: 9:00am-3:30pm, Sun, 12/9/12:10am-4:30pm

Certificate of Attendance for 6 CE hours of Ethics will be provided. This includes 2 hours of NCBTMB Standard V requirement.

Cost: \$85

It’s All About Energy –Amy Martin, APRN, RhD & Nileen Drzewianowski, LMT

A two week, eight hour interactive experiential workshop. Come and learn what you’ve always wondered about regarding the mysteries of ENERGY. Hands on experience will have you understanding the reality of energy’s impact on you, as well as your energy’s effect on others. Learn how to read energy, understand it, protect yourself from toxic energy, use healing energy for yourself and others, raise your energy, calm it and see it for the gift that it is.

Sat, 8/11/12: 9:00am-1:30 pm and Sat, 8/18/12: 9:00am-1:30 pm
Certificate of Attendance for 8 CE hours will be provided. Cost: \$160

Intro. to Hot Stone Massage –Johanna Gierhart-Straub, LMT

A 6 hour introductory class you will learn the indications and contraindications of hot stone massage, the set up and care of your stones, choose your own set of 13 stones and begin to become acquainted with using hot stones in your practice. Items to bring: table, linens, several hand towels, lotion/oil.

Sun, 10/21/12: 9am-4:30pm

Certificate of Attendance for 7 CE hours will be provided.

Cost: \$180, (maximum class size of 20)

Foot Reflexology –Johanna Gierhart-Straub, LMT

Sun, 7/29/12: 9am-5:30pm

Certificate of Attendance for 7 CE hours will be provided.

Cost: \$140

Traditional Thai Massage –Rob Martin, LMT, BCSI (NCBTMB Provider #451372-10)

This 4 day training will cover history and philosophy of Thai massage, proper ergonomics for the therapist, wai khru, sen lines, supine, prone, and seated positions.

Fri, 10/5/12, Sun, 10/7/12, Fri, 10/12/12 and Sun, 10/14/12: 8:30am-5:30pm all days

Certificate of Attendance for 32 CE hours will be provided.

Cost: \$600

Postpartum Doula Training –Jacqueline Kelleher, PCD (DONA) CD (DONA), CLC

A three day class. As a certified postpartum doula, you gain a respected credential. DONA International certification means that you have met a high international standard, ensuring mothers and families that you will adhere to the highest standards of conduct and ethics. As a certified postpartum doula, you will be prepared to offer the families you serve evidence-based information and support on infant feeding, emotional and physical recovery from childbirth, infant soothing and coping skills for new parents

Fri, 6/29/12, Sat, 6/30/12 and Sun, 7/1/12: 8:00am-6:00 pm all days

Certificate of Attendance for 27 CE hours will be provided.

Cost: \$400 (30 day advanced registration discount \$375)

Inner Sanctuary Training –Amy Martin, APRN, RhD

A two day class. This is a powerful imagery technique for daily use. You will learn to create a place of peace within your consciousness where you will feel restored and enlightened! If you’ve always thought Meditation was too difficult, but you are seeking a way to consistently calm and center yourself, this class will give you the tools you need.

Fri, 6/8/12: 6:00pm-9:00 pm & Sat, 6/9/12:10:00am-3:00 pm

Fri, 10/19/12: 6:00pm-9:00 pm & Sat, 10/20/12:10:00am-3:00 pm

Certificate of Attendance for 8 CE hours will be provided.

Cost: \$200 (includes book)

Additional Offerings: RoHun Transpersonal Psychotherapy, Acupuncture, Raindrop Therapy, CranioSacral Therapy, Hypnosis, Monthly Woman’s Healing Circle, Drumming, Hula Hooping and more. Go to www.time4healing.com for more information.

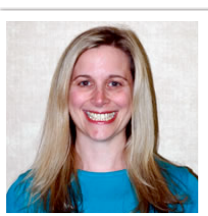
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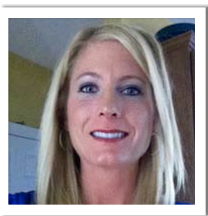
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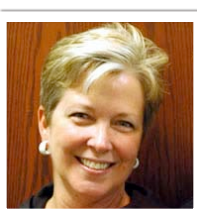
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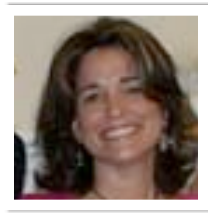
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Full page	6¼" W x 9½" H	\$150.00	\$200.00
Half page	6¼" W x 4¾" H	\$75.00	\$100.00
Quarter page	3" W x 4¾" H	\$50.00	\$65.00
Business Card	3½" W x 2¼" H	\$20.00	\$30.00

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If you are not receiving your newsletter in the mail, please contact the national office of the AMTA by emailing [Silas Dameron](mailto:Silas.Dameron@amtamassage.org) at Sdameron@amtamassage.org. All contact information used by our chapter comes directly from the national office, including your email address. We cannot add or change anything at the chapter level. Please make sure all of your contact information is up to date by logging in at www.amtamassage.org.

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Moodus, CT 06469

Submissions

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

newsletter@amtactchapter.org

2012 Deadlines

<u>Due to Editor</u>	<u>Delivery Date</u>
May 18, 2012	June 18, 2012
August 28, 2012	Sept. 28, 2012

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.

summer chapter meeting

Cromwell Courtyard Marriott

6 Sebethe Drive, Cromwell, CT

(exit 21 off Interstate 91 N or S)

BRING A FRIEND OR COLLEAGUE!!

Doors open at 5pm: Social time, refreshments, networking, exhibitors

6-8pm: Business Meeting

8-10pm: Free Education: **Using Facebook for Your Massage Business**
with Allissa Haines, LMT 2 CE's

Highlights:

- NERC 2012 Wrap Up
- Meet your new Board of Directors
- Raffle prizes
- Committee updates
- Connect with old friends
- Welcome new members
- Benefits of being an AMTA member