The TRAINED TOUCH
The SDAMTA Newsletter
August 2001

President's Message

Well it's hard to believe that summer is already more than half over and it's almost time for the Fall convention. I'm looking forward to seeing all of you in Rapid City on September 28-30. We should have a good time learning and having fun with our speaker, James Waslaski, presenting his pain management and orthopedic massage.

Earlier this summer I had an opportunity to learn and have fun on a personal level, in a spiritual network class. Allow me to share some things that I think apply to our chapter also, in terms of the individuals making up our chapter.

I would like to quote the Bible from Corinthians, chapter 12: verses 17-21 and 25-26: "If the whole body were an eye where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? God has arranged the parts in the body, every one of them, just as He wanted them to be. If they were all or part, where would the body be? As it is, there are many parts, but one body. The eye cannot say to the hand, "I do not need you!" "….so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it. If one part is honored, every part rejoices with it."

This is saying that we are all diverse, but we are called to serve without division. In short, diversity is not division, but on the flip side, unity is not conformity. Unity is not achieved by being alike. Unity is achieved by having the same purpose.

Just as the human body has different parts to make up the whole, it has one purpose. Our chapter is your body of fellow massage therapists. Even though we as individuals of this chapter are diverse in regard to our different gifts and abilities, we each have one purpose.

What is that purpose? I think it is summed up in "A Massage Therapist's Prayer."

Let me dedicate my life today
To the care of those who come my way,
Touching each with a healing hand
And gentle art for which I stand;
And then tonight, when day is done,
Let me rest in peace if I've helped just one.

I think you will agree that we don't have to be all the same to have the same purpose, do we?

Sheldon L. Haas, President

SDAMTA CHAPTER OFFICERS AND COMMITTEE CHAIRPERSONS

President ..... **Sheldon Haas**
2101 W 41st St, Ste 21
Sioux Falls, SD 57105
605-335-8558

1st Vice-President ..... **Kristine Skorseth**
1453 6th St
Brookings, SD 57006
605-692-2225

2nd Vice-President ..... **Brenda Lanz**
221 N 2nd St
Aberdeen, SD 57401-3445
605-229-0396

3rd Vice-President ..... **Gene Sederstrom**
808 S Minnesota Ave
Sioux Falls, SD 57104
605-334-2555

Secretary/Treasurer ..... **Cindy Wicks**
821 San Marco Blvd
Rapid City, SD 57702
605-348-7138

Immediate Past President ... **Lois Hazen**
45124 305th St
Volin, SD 57072
605-267-2276

Education Chair ..... **Grace Lonning**
420 S Lincoln
Aberdeen, SD 57401
605-226-1226

Legislative Chair ..... **Valerie Hinzman**
327 S Fort St
Pierre, SD 57501-4716
605-945-0013

Membership/ Public Relations Chair ..... **Monni Birkeland**
1119 Main St
Sturgis, SD 57785
605-347-3538

Mert Chair ..... **Kathy Boehler**
719 12th St W
Mobridge, SD 57601
605-845-2147

Nominations Chair ..... **Patti Koupal**
3615 Canyon Lake Dr, Ste 3
Rapid City, SD 57702
605-388-3700

Tradeshow Chair ..... **Sandy Berg**
PO Box 469
Milbank, SD 57252
605-432-5002

Historian ..... **Rocky Helgelien**
1509 9th Ave SE
Watertown, SD 57201-4335
605-882-5792

Newsletter Editor ..... **Kathy Doak**
PO Box 3081
Rapid City, SD 57709
605-343-1006

Legislative Committee .....

Patricia Bleeker
320 W 6th Ave
Mitchell, SD 57301
605-996-0512

and

Kristine Skorseth
1453 6th St
Brookings, SD 57006
605-692-2225

Congratulations to the New Officers and Chairpersons:

1st Vice-President: Kristine Skorseth
3rd Vice-President: Gene Sederstrom
Secretary/Treasurer: Cindy Wicks
Membership Chair: Monni Birkeland
Newsletter Editor: Kathleen Doak

A special thanks to outgoing officers and chairpersons for your dedication to South Dakota American Massage Therapy Association!

SDMA Chapter Newsletter Advertising Guidelines

To advertise in this newsletter, please provide black and white ad copy. Your ad should include a border. (DO NOT submit negatives.)

Ad Size	Ad Rate Member	Ad Rate Non-Member
Business Card (3-1/2"w x 2"h)	$10	$20
1/4 Page (3-1/2"w x 4-1/2"h)	$20	$30
1/2 Page (7-1/2"w x 4-1/2"h)	$40	$50
Full Page (7-1/2"w x 9-1/2"h)	$80	$90

Make check payable to:
SDAMTA Newsletter
Send ad copy with payment to:
Kathleen Doak
PO Box 3081
Rapid City, SD 57709
605-343-1006

Meritorious Awards

If you or someone you know received the Meritorious Award for the missing years below; or if the name and year don't match please let me know. We would like to have an accurate account. Also, if you have any information prior to 1981, let me know that as well.

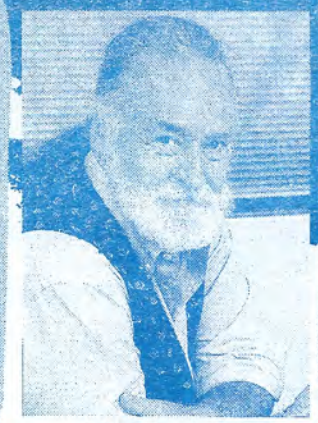
1981	Fern Hegg
1982	Vern Jeffries
1983	Vern Jeffries
1984	
1985	
1986	
1987	
1988	
1989	
1990	Susan Hoffman
1991	Alice Smith
1992	Sylvia Arioso
1993	Kathleen Doak
1994	Julia Fuhrman
1995	Florence Waltner and Vern Jeffries
1996	Pat Weller
1997	Grace Lonning
1998	Margaret Verville
1999	R. Jean Schmidt
2000	Brenda Lanz

Thank You!
Kris Skorseth, 605-692-2225, email: complete@itctel.com

Congratulations to:

Sharon Swan
Tracie Bollinger
Mary Ellwanger
Sally Halley
Bobbi Rosemore
Catrina Brossart
Sylvia Arioso
Susan Hoffman
Deb Crestan
Carol Geffre
and Kris Skorseth!

They all won door prizes at the Spring 2001 Convention.


John F. Barnes, PT

Fascial-Pelvis
Myofascial Release

This seminar will teach you a logical, step-by-step progression of techniques for treating back pain, pelvic pain, fibromyalgia, and menstrual problems in a comprehensive and effective manner.

Fascial-Pelvis Techniques for the:

- Erector Spinae
- Pelvic Floor
- Sacro-Iliac Joints
- Quadratus Lumborum
- Lumbar Area
- Psoas
- Lower Extremities
- Sacrum

Sioux Falls, SD
October 26, 27, 28, 2001

Register Today!... Call 1-800-FASCIAL
Visit our website www.myofascialrelease.com

CONVENTION TOPIC: PAIN MANAGEMENT & SPORTS INJURY

Participants will earn 18 hours of Category A continuing education credits. Please bring your table, sheets and oil.

James Waslaski, past chair of the AMTA National Sports Massage Education Council, is an author and international lecturer, pioneering deep pain free medical and sports massage treatments. Lecturing worldwide approximately 40 weeks-ends per year, James received the 1999 International Achievement Award for educating medical practitioners towards integrated pain free healing. Drawing from over 25 years in the medical profession, and lessons learned from Olympic and professional athletes such as the World Champion New York Yankees, he will give you the tools to combine all modalities and eliminate the most complicated pain conditions.

The unique seminars offered by James Waslaski go far beyond the traditional sports massage training by addressing all the common medical and orthopedic conditions found in most clients. You will learn to release immediately by combining sequences of functional assessment: myofascial release, n.m.t., frictioning, muscle energy, p.n.f. stretching, neuromuscular reeducation, structural balancing, patient home care, and much more. This will allow you to obtain permanent results in even the most challenging and complicated clients. The seminar will also address cervical pain and upper extremity conditions such as rotator cuff injuries, bicipital tendonitis, thoracic outlet, frozen shoulder, rhomboid pain, mid and upper back pain, medial and lateral epicondylitis, and carpal tunnel syndrome. This new format will allow over 60% hands on learning.

As a dedicated life long learner, James has effectively integrated education from the world's leading structural bodyworkers, osteopathic physicians, chiropractors, physical therapists, exercise physioligists, nutritionists, and athletic trainers, in order to eliminate the most complicated pain conditions and assure peak performance. The seminars will focus on the entire body, with emphasis on restoring pain free joint range of motion throughout the body and complete structural balance. You will be addressing chronic pain and sports injury conditions with emphasis on knowing the underlying causes and pathology of each condition. Information outlined in the AMTA's applicant's bulletin to take the national sports massage exam will be covered, and will tie into working at a major sporting event to immediately apply the newly learned skills. There will be a certificate of medical/orthopedic completion given, and you will be placed on a list of preferred therapists for treatment of chronic pain and injuries. This list will be available for hospitals, sportsmedicine centers, professional sports teams, colleges, etc. to identify you as a specialist in medical and orthopedic massage.

Brian J. Barnes

John F. Barnes' son is the Director of the Myofascial Release Treatment Center in San Francisco, CA, and is the seminar leader of the Myofascial Mobilization Seminars.

Myofascial Release

Myofascial Mobilization Workshop

Develop an exciting and lucrative career in helping others by deepening your therapeutic effectiveness. This introductory "hands-on" seminar will introduce the theory of Myofascial Release. Participants will learn Myofascial Mobilization techniques focusing on the upper and lower extremities, cervical, thoracic, and lumbar areas.

Fargo, ND

September 29 & 30, 2001

"The seminar was excellent — one of the best I have been to. The instructors were very helpful with hand placement and pressure. I'll be able to incorporate and utilize techniques learned at this course immediately."

Develop Your "Hands-On" Expertise . . . Call 1-800-FASCIAL

Visit our Website at **www.myofascialrelease.com**

CONFERENCE REGISTRATION FORM

Fall Convention 2001, Rapid City SD, September 28-30

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____

EARLY REGISTRATION RATES MUST BE POSTMARKED BY SEPTEMBER 10, 2001
**** Add $10 if registering at the door**

Make checks payable to: SDAMTA
Send registration and fee to: Cindy Wicks, 821 San Marco Blvd, Rapid City SD 57702

*Early Registration Rates***

- ❑ AMTA MEMBER $95.00
- ❑ Student in Massage School $80.00
- ❑ Non-Member $130.00
- ❑ Guest Luncheon Friday $10.00
- ❑ Guest Luncheon Saturday $10.00
- ❑ New Member (25% discount to first time attendance of new members)

Total Amount Enclosed $ _____

Lunches on Friday and Saturday will be included in your registration as there will be no banquet.

ROOM RESERVATIONS

Quality Inn, 1902 LaCrosse St, Rapid City SD
1-800-228-5151

Room Rates: **Convention Prices**
$59 All Rooms

Deadline for room reservation: September 14, 2001

Make reservations early as we only have a block of 15 rooms due to several conventions at this same time.

CONVENTION SCHEDULE

FRIDAY, September 28, 2001

8:00 am	Registration
9:00 am - Noon	James Waslaski
Noon	Luncheon (included)
1:00 - 5:00 pm	James Waslaski

SATURDAY, September 29, 2001

9:00 am - Noon	James Waslaski
Noon	Luncheon (included)
1:00 - 5:00 pm	James Waslaski

SUNDAY, September 30, 2001

9:00 am - Noon	James Waslaski

The Need for Touch

It has become necessary because there's a famine of touch in our country. Therapists say that if massage did nothing but provide an avenue for people to be touched in a safe and caring environment, that alone would justify its existence. In spite of advertising pleas to "reach out and touch someone," we have precious little physical contact with our friends, family members and co-workers.

Yet touch is like food - a basic nutrient for survival - so basic that babies deprived of it die. Because our culture provides so few opportunities for nurturing contact, one of the most significant benefits of massage is the comfort of human caring conveyed by the therapist.

Perhaps massage is the harbinger of a new language of interaction, a language which can teach us non-verbally, at deeper levels, how to live - and not to live; how to combine work, goals, problem-solving, and relaxation; how to relate with other human beings in a way other than attack and defense.

Massage is a language which speaks of gentleness and connection, trust and receiving, peace and alertness, efficiency and creativity. All it takes is two hands to communicate it and a body open to listening. What it says is universal.

Kathy Doak
PO Box 3081
Rapid City, SD 57709

ADDRESS CORRECTION REQUESTED

Upcoming Events . . .

AMTA National Convention
October 17-18, 2001
Quebec, Canada

National Massage Awareness Week
October 21-27, 2001

Spring SDAMTA Convention
April 2002
Pierre, SD