



THE TRAINED TOUCH

Spring 2016

The South Dakota American Massage Therapy Association Newsletter

Volume 10, Issue 1

LEE STANG RETURNS to South Dakota Conference

Lee Stang came to South Dakota for the first time in the Fall of 2014 to present “Massage and Movement: a dynamic approach to massage”. It was very well received by the class participants and as many discovered in taking that work back to their clients; it has made a difference in peoples’ lives. Lee tells therapists not to stop what they’re doing in their office that is working for them now, but to add this approach and see the results.

Lee has been a presenter at the National AMTA Convention several times, so if you’ve always wanted to experience the level of education that is taught there, you can do that by attending the South Dakota AMTA Spring Conference in Huron.

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President’s Message

Individual commitment to a group effort-that is what makes team work, a company work, a society work, a civilization work.-Vince Lombardi

Hello friends,

Welcome to all new AMTA Chapter members and greetings to all members. The New Year is well under-way and soon it will be time for the Spring Conference and the Annual Membership Meeting. These past four years your Chapter President have been both challenging and rewarding. It is my hope that my commitment to serving in this position and supporting this group of professionals has made a positive difference.

I have been reflecting on this time shared with you. When elected in 2012 I had a four month-old baby boy and I have been attempting to balance my roles in private and professional life throughout my terms. I waited until age 40 to have my first child and most certainly desire to treasure every moment of mothering my sweet boy!

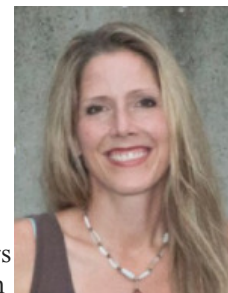
I know that I am not alone in the quest for balance. I am certain that each of you have many responsibilities and find it challenging at times to navigate life fulfilling all of your individual roles as professionals, parents, spouses, siblings, mentors, volunteers, etc. My point is that no matter what is going on in our lives we are capable of making a commitment to something worthwhile.

Our AMTA organization and the field of massage therapy deserve our commitment. We will shape the future of this profession through our volunteerism with organizations such as AMTA. That is amazing and powerful. We must be willing to show up and care about what happens. This is why I committed to this position as Chapter President even when it was the least convenient time in my life to do so. Sometimes doing the right thing is not the easy thing.

I am not the best-ever Chapter President, but I am good enough. I show up and I care. I also know that if I can do these things, you can too. We need people to step forward as volunteers for this Chapter and lead us into the future-people who will commit to continuing to further the art and science of massage in South Dakota.

Please consider a role as a leader in our Chapter. In addition to Chapter President, Treasurer, and 2nd Vice-President, we are in need of a Newsletter Editor and Conference Chair.

Thank you for the opportunity to serve you. I am truly grateful.



~Christine Ellwein

SDAMTA Chapter Board Members

SD OFFICERS 2015-2016



President

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2nd Vice President

Tara Hall
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3rd Vice President

Grace Lonning
405 8th Ave. NW #207
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SDAMTA Delegates & Chairs

SD DELEGATE ROSTER 2015-2016

Delegate 2015-2016 HOD:

Dawn Menning
1228 S. Lincoln
Aberdeen, SD 57401
605-290-3918
healingessential@yahoo.com

1st Alternate 2015 HOD:

Patricia Bleeker
320 W 6th Ave
Mitchell, SD 57301
tlmassage@gmx.com

2nd Alternate 2015 HOD:

Jeanne Thune
(See 1st VP)

1st Alternate 2016 HOD:

Bianca Resch
820A 9th Ave
Brookings, SD 57006
Bianca.resch@hotmail.com

2nd Alternate 2016 HOD:

Patricia Bleeker
(See 1st Alternate 2015)

SD CHAIRS ROSTER 2015-2016

Education and Newsletter Chair

Grace Lonning
(See 3rd VP)

Benevolence Chair

Stacy Sprengeler
404 16th Ave NE
Aberdeen, SD 57401
605-216-6667
simonsez6667@gmail.com

Membership/Recruitment/Public Relations Chair

Jeanne Thune
(See 1st VP)

Nominations/Awards Chair

Dawn Menning
(See Delegate HOD 2015)

Website Chair

Karen Peschong
Attunement Specialists, LLC
420 4th St NE, Suite 143
Watertown, SD 57201
605-878-1001
karen.peschong@gmail.com

Government Relations Chair

Valerie Rowen (See Treasurer)

Open Positions in the SD - AMTA Chapter

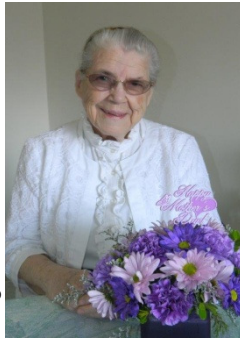
Newsletter Editor ~ This position is open and available for a creative and enthusiastic member of our Chapter. We are required to put out 3 newsletters each year. They can be in the form of direct mail or electronic email. In recent survey's the membership has voted to continue the hard copy for at least 2 of the 3 newsletters. The Editor is responsible for gathering the information from the Board Members, Chairpersons and others to put into the publication. And from there, the Editor sees the piece through editing, printing and mailing. There are specific details pertaining to the position available from our current Editor, Gwen Larson or past Editor, Grace Lonning. The National AMTA website also has all of the guidelines for Chairpersons on it's Intranet website.

Education Chairperson ~ This position is open to a member with a passion and love for learning with great organizational and communication skills. The Education Chairperson is responsible to line up presenters to teach at our Spring and Fall Conferences as well as find the locations and venue to hold the event. This person can also call on helpers from the area in which the conference is to be held to find a venue. The Education Chairperson oversees the running of the conference from beginning to end. That would include travel and rooms for the presenter, conference meals, handouts, certificates and any miscellaneous things that might arise. This position description can also be found on the National AMTA Intranet website.

If you have an interest in discussing either of these positions, please contact a Board Member or President Christine Ellwein.

SDAMTA Chapter Member Spotlight

NAME: E. Marie Anderson
CITY: Sisseton, SD
FAMILY: Darwin, Husband of 68 years
 Daughter, Colleen & her husband, Daryl
 With their 3 children and 3 grandchildren;
 Daughter, Ingrid & her husband, Gary
 With their 2 children



HOW LONG HAVE YOU BEEN DOING MASSAGE?
 I started doing Reflexology in 1955
HOW LONG HAVE YOU BEEN AN AMTA MEMBER?
 33 years (I think)

WHAT GOT YOU INTERESTED/STARTED IN MASSAGE THERAPY?
 I do Reflexology. I wanted to do something to help people. I was the first one in my family who learned Reflexology and then my brother and his wife started. My brother's wife went on to be an instructor.

YOUR FAVORITE TECHNIQUE:
 Reflexology and Relaxation

YOUR BIGGEST CHALLENGE AS A THERAPIST:
 I was requested by a client to come and see her in the nursing home. This lady had nerve problems that made it difficult for her to control her hand and leg/foot movements. Her legs would go up and down, her hands would move continuously, and her speech was difficult to understand. I gave her 60 treatments and she was able to get out of the nursing home, become employed, got married and continued on with a 'normal' life.

YOUR BEST MEMORY OF BEING A MASSAGE THERAPIST:
 I have met some clients, AMTA members and other therapists that have become close friends over the years. I loved going to conferences and continuing my education.

WHAT WOULD YOU TELL NEW PEOPLE IN OUR FIELD?
 Do not give up on the challenges you face!

WHAT ARE YOUR HOBBIES?
 Volunteering in the community for over 30 years, American Legion Auxiliary, VFW Auxiliary, provided support for cancer patients, took blood pressures at the senior center, and headed up a singing group called the Meadowlarks. We go around once a week and sing at senior centers, nursing homes and the like. I also enjoy crocheting, knitting, embroidery and scrapbooking.

ANYTHING ELSE THAT YOU WOULD LIKE TO SHARE?
 My name was spelled wrong on my birth certificate, so I go by E. Marie. I am originally from Penn Township, Grampian, Pennsylvania. I met my husband, who was in the service, and moved to a farm on Buffalo Lake in South Dakota in 1947 after getting married. I am a Breast Cancer Survivor since 1981. I have worked as a Nurse's Aide and a Medication Aide in a nursing home for almost 10 years. I have been a Reflexologist, and worked in places such as the Sisseton Livestock Auction Lunchroom, 2 different resorts on the lake, and was a substitute teacher for about 6 weeks.



Welcome New Members!

Paige Athey	Milbank
Angela Drown	Harrisburg
Carrie Straw.....	Hill City
Joy Zuraff	Sioux Falls
Shelly Binner	Spearfish
Lexi Eckmann	Huron
Sonya Fernau.....	Fairfax
Nathalia Gillenwater.....	Rapid City
Kenneth Grosch.....	Sturgis
Kayci Kirwan	Spearfish
Kaitlynn Kullnat	Howard
Chantelle McKee.....	Rapid City
Marcela Moreno.....	Spearfish
Kayla Nelson	Pierre
Tracie Palmer	Sturgis
Jacquelinee Provencio.....	Rapid City
TyAnn Schuelke.....	Opal
Brenda Wheeler	Whitewood



2016 Anniversaries

- 5 years**
Natasha Estes, Sioux Falls
- 10 years**
Donald Roberts, Rapid City
- 20 years**
Kristine Skorseth, Brookings
- 25 years**
Evelyn Conn, Lake Andes



2015 Fall AMTA Conference Participants in Aberdeen

50th Anniversary News

Members of the **amta** – South Dakota Chapter will proudly gather to celebrate it's 50th Anniversary the weekend of **September 22 & 23, 2017 at Cedar Shore Resort, Oacoma, SD.**

The 50th Anniversary committee is actively seeking Your (the member) ideas regarding what and/or whom you would like to see at YOUR conference. Please let us know if you have an idea or someone in mind for entertainment such as speaker(s), music performers, magic performer, hypnosis, etc. We will need to book this soon, so please get your ideas/information in ASAP. Thank you to those members who have already submitted ideas/information.

At the 2015 Fall Conference in Aberdeen, members voted for and gave input on 6 design ideas that were submitted by **amta** South Dakota members for the 50th Anniversary Logo Design Contest. Thank you to all the members who voted and took the time to put down your ideas and input on each of the entries. A special Thank you to Sheila Graebow, Brenda Lanz, Dawn Menning, Kris Skorseth, Stacy Sprengeler and Jeanne Thune for submitting their entries in the contest, each of your ideas are appreciated and were well received.

The winner of the contest and the 'Free Conference Registration of Choice' is Dawn Menning. Dawn took her original winning idea and combined it with the ideas and input from the members at the 2015 Fall Conference. She designed more logos... There was more voting..., more input... and there will be more decisions to be made about it before it can be unveiled... So Stay tuned! We will have the design ready to view for pre-orders at the 2016 Fall Conference in Rapid City.

We would like to emphasize the importance of the members input...**your input**... in the planning of the 50th Anniversary Celebration and Fall Conference. We would love to hear your thoughts and ideas so feel free to contact one of the committee members: Patricia Bleeker, Suzanne Braun, Tara Hall, Karen Peshong, Amber Rasmussen, Stacy Sprengeler, Angie Tennant or the 50th Anniversary Commttee Chair, Dawn Menning at 605-290-3918 or healingessential@yahoo.com

Chapter Awards

Each spring we give awards at our Annual **AMTA** meeting. Go to www.amtamassage.org/awards for more detailed information. If you do not have a computer, please feel free to call Dawn Menning. (see roster for details)

Certificate of Appreciation

- Can be awarded to **AMTA** member or **non-member**
- Recipient(s) are to have contributed to enrich the lives of others and promote awareness of massage which may or may not include massage.

Meritorious Award

- Active **AMTA** member for at least one year
- Acknowledges diligent volunteerism done in an altruistic manner
- Only one nominee from each chapter can be a recipient

Distinguished Service Award

- Must be an **AMTA** member and massage therapist
- There can be more than one recipient in any given year
- Recipient must contribute to the massage profession in outstanding manner
- Recipient shall not have received this awarded in the previous year
- Acknowledges diligent volunteerism done in an altruistic manner

**** Please contact any member of the Chapter Board or the Chapter President if you know anyone who would be a great nominee of these awards, we are interested in hearing who your nominations would be and why. Thank-you!!**

Massage Therapy Law Revised

HB 1027, a bill to revise certain provisions to the massage therapy practice act is progressing through the 2016 Session of the South Dakota Legislature. The revisions included clean-up of obsolete language such as grandfathering and initial terms of Board members. It adds use of feet in the definition of massage.

Other changes include making it a misdemeanor offense for an owner/manager to knowingly employ unlicensed practitioners, a petty offense to not display your massage license and adjustment to the language regarding granting licenses to qualified/licensed professionals moving into South Dakota from out of state. It also shortens the term of a temporary license and stipulates continuing education providers must be licensed somewhere and limits out of state instructors to teaching 10 days/year without obtaining a SD license.

You can view the entire bill at http://legis.sd.gov/Legislative_Session. Search for HB 1027. To hear a complete explanation from South Dakota Board of Massage Therapy Executive, Jennifer Stalley, click on Audio for either of the Committee Hearings.

Pending approval of the Senate, the bill will be signed by Governor Dugaard and go into effect July 1, 2016.

~Valerie Rowen – Government Relations Chair

SD Chapter of AMTA Officer Position Descriptions

Position Title: Chapter President

Purpose

The Chapter President sets the direction and pace of the Chapter's activities based on the vision that has been determined by the Chapter membership, Chapter Board of Directors, and other Chapter Officers. The Chapter President serves as a leader, planner, mentor, mediator, and facilitator.

Eligibility:

In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair within the last two years.
- Completed one term year as a National Standing Committee Chair or National Board member within the last two years.

Position Title: Chapter Vice President (1st, 2nd or 3rd)

Purpose

The Chapter Vice President will assist the Chapter President in achieving Chapter goals and effecting policies and/or decisions made by the Chapter Board of Directors.

Eligibility

In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair or member, within the last two years. Completed one term year as a National Standing Committee Chair or National Board member within the last two years.

Position Title: Chapter Treasurer

Purpose

The Chapter Treasurer ensures the integrity of the fiscal affairs of the Chapter.

Eligibility

In addition to being a Professional member in good standing, and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair or member, within the last two years. Completed one term year as a National Standing Committee Chair or National Board member within the last two years.
- Completed one year of AMTA membership and have experience in bookkeeping, accounting or finance.

Position Title: Delegate to the House of Delegates (HOD) Eligibility

Must be a professional member in good standing of the Chapter to which they are assigned Must sign the AMTA Chapter Volunteer Code of Conduct.

Agrees to uphold and abide by National AMTA Articles of Incorporation, Bylaws, Policy, Code of Conduct, Rules of Engagement, and Job Description.

Shall not be an AMTA National Board member.

EDITORS NOTE: To view the complete Job Descriptions go to www.amtamassage.org Sign in as a member, go to "AMTA Chapters" then to "Chapter Management Resources" and "Job

SDAMTA Spring Conference Instructor Biography

Lee Stang has been teaching massage since 1996 both locally and nationally. She specializes in Orthopedic Massage technique and theory with the goal of providing seminars that will allow therapists to gain a better understanding of the 'whys' of our work. Lee has trained extensively with Whitney Lowe and is a teaching associate in the OMERI program. Lee's teaching is anatomically based focusing on the specific application of techniques to best improve functional movement and decrease pain in our clients. Her seminars are interactive and provide participants with tools that can be integrated immediately and effectively into their practices.

Professionally, Lee is a Core Massage Therapist with the Women's Tennis Association and travels internationally providing massage to players of the Women's Tennis Tour. She currently practices in Mills River, North Carolina recently relocating from Connecticut. She specializes in Orthopedic and Sports Massage.



Unlocking the Pelvis: The Hip Connection (8 CE)

We move our bodies in a variety of ways each day to perform activities of daily living, work, and play and even in relaxation. The ability to move free and without restriction is of great importance and if it does not occur, the ability to assess and regain that fluidity is invaluable. This is particularly true of the hip and pelvic region which will affect what is happening further up the body as well as into the legs and feet. Understanding the structures involved in creating movements throughout the hip and pelvis including muscles, joints, and bony structures can help us unlock any restrictions and limitations that may occur. This can assist in restoring a more fluid pattern of movement within the hip and pelvis. We will see how addressing issues through the hip and pelvis will translate further up and down the body.

In this class we will explore these areas in detail including:

- The anatomy of this complex region;
- The causes of restriction and limitation;
- The assessment of this area of the body and the communication of this information to our clients;
- Techniques that can be immediately applied in your practice to help unlock this pivotal area of the body including active and passive movement, range of motion, manual resistance, myofascial release and more;
- Techniques that client may try, outside of the massage, that will help to keep movement patterns free of restriction.

Unlocking the Feet: Improving Foot and Ankle Mobility (8 CE)

Our feet: taken for granted by most; are called upon to absorb forces up to three and four times our body weight. They absorb shock, initiate locomotion and allow for adaptation to movements on uneven surfaces. They anchor the kinetic chain. This workshop will provide the tools and techniques that will significantly increase range of motion and free "stuck" areas in the foot, ankle and lower leg region. The ranges of the 33 joints in the foot will be improved through the release of soft tissues and the mobilization of the bony structures. Through improved articulation in these areas, movement in the entire body can improve creating greater balance, efficient movement and improved performance. This workshop will take a detailed look at the 26 bones, 33 joints and over 100 muscles, tendons and ligaments that make up the amazing structure called the foot.

CONFERENCE REGISTRATION FORM

Spring Conference April 29–30, 2016
 Crossroads Hotel/Huron Event Center, Huron, SD

NAME _____
 ADDRESS _____
 CITY, STATE, ZIP _____
 PHONE _____
 EMAIL ADDRESS _____

Registration Rates:

- AMTA Member (Member ID # _____)\$175
- First Time Attendee or Student (with Proof).....\$140
- Non-Members.....\$200
- At the DoorAdd \$40

Prices include Friday evening dinner; please include \$20 for guest plate.

Total Amount Enclosed: \$ _____ Check # _____

- **NOTE:** Class size is limited

Make checks payable to: AMTA–SD

Send registration and fee to: **Val Rowen, 803 N. Harney Court, Pierre, SD 57501–4716**

No confirmation letter will be sent

- 16 CEU Hours
- No Shows are non-refundable
- Credit Cards & 2-party checks are **not** accepted
- Tables, linens and oils are needed

Room Rates & Reservations

Crossroads Hotel/Huron Event Center
 100 4th St SW
 Huron, SD 57350
605-352-3204
1-800-876-5858

Rates: **\$82.99**+tax (1-4 people per room)

RESERVATIONS MUST BE MADE BY:
 March 29, 2016 to receive this rate
 (SD-AMTA)

CONVENTION SCHEDULE

Friday, April 29, 2016

8:00-8:30 am Registration
 8:30-12:30 pm Lee Stang - Hip work
 12:30-1:30 pm Lunch
 1:30-5:30 pm Lee Stang
 6:30-9:00 pm Dinner/Annual Meeting

Saturday, April 30, 2016

8:00-12:00 pm Lee Stang - Foot work
 12:00-1:00 pm Lunch
 1:00-5:00 pm Lee Stang



Grace Lonning, LMT
Newsletter Editor
405 - 8th Avenue NW #207
Aberdeen, SD 57401

Calendar of Events

Local Conferences

AMTA-SD Spring Conference/Business Meeting

April 29th and 30th 2016

Huron, SD

Lee Stang returns!

One day Feet

One day Hips

AMTA-Fall Conference

September 23rd and 24th 2016

Rapid City, SD

Randy Heaps, National Presenter

ACE Cupping Level 1

National Conventions

AMTA National Convention

October 26-29, 2016

Wisconsin Center

400 W. Wisconsin Ave

Milwaukee, WI 53203

