



THE TRAINED TOUCH

Fall 2015

The South Dakota American Massage Therapy Association Newsletter

Volume 8 Issue 2

Michael Uriarte DC Returns to South Dakota as Presenter of the Fall Convention



Michael has invested his time and talent developing a practical, easy-to-learn and easy-to-use system to help people overcome pain, increase range of motion and enjoy better posture. For more than 20 years he has been deeply involved in research and development of the MYK System.

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Fall Convention Course Overview

Acid Reflux

~ Treatment and Prevention ~

A soft tissue approach, that may be done by massage therapists, to help those who suffer with acid reflux and prevent it from returning.

Many times there is an issue with either the:

1. Esophageal Sphincter? It is abnormally relaxed and allows the stomach's acid to flow back into the esophagus.
2. Diaphragm? It is not functioning properly to assist the esophageal sphincter in closing tightly.
3. Stomach? The stomach is producing too much acid for the body to handle.

This class focuses on:

1. Postural Analysis Assessment- Specific to each organ so if someone has Acid Reflux you will know from their specific postural imbalances what needs to be treated.
2. Soft Tissue Treatment - which muscles to address to impact each specific nerve pathway that helps with this condition.
3. This class is almost all hands on with assessment and treatment so that after the class you will have the confidence to help anyone with this condition.

SDAMTA Chapter Board Members



SD OFFICERS 2015-2016

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SDAMTA Delegates & Chairs

SD DELEGATE ROSTER 2015-2016

Delegate 2015 HOD:

Dawn Menning
(See Nominations/Awards Chair)

1st Alternate 2015 HOD:

Patricia Bleeker
(See 2nd Historian)

2nd Alternate 2015 HOD:

Jeanne Thune
(See 1st VP)

2016 HOD Delegate:

1st Alternate 2016 HOD:

Bianca Resch
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2nd Alternate 2016 HOD

Patricia Bleeker
(See Historian)

SD CHAIRS ROSTER 2015-2016

Historian Chair

Patricia Bleeker
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Mitchell, SD 57301
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Education Chair

Grace Lonning
(See 3rd VP)

Benevolence Chair

Stacy Sprengeler
404 16th Ave NE
Aberdeen, SD 57401
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SD CHAIRS ROSTER 2015-2016 CONTINUED

Membership/Recruitment/Public Relations Chair

Jeanne Thune
(See 1st VP)

Nominations/Awards Chair

Dawn Menning
1228 S. Lincoln
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605-290-3918
healingessential@yahoo.com

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Valerie Rowen
(See Treasurer)

Newsletter Chair

Gwen Larson
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Don't forget to check us out
on the Web and on Facebook.

www.amtasd.org
www.amtamassage.org
Facebook: AMTA South
Dakota Chapter

Stay Connected:





**AMTA South Dakota Chapter
50th Anniversary T-shirt Design
Contest**

We are encouraging all mem-
bers to participate in a T-shirt
Design Contest as part of the
kick off events leading up to
AMTA South Dakota Chapter

celebrating 50 years in 2017! All levels of artistic ability
welcome!

Rules:

The contest is open to all current South Dakota **AMTA**
members.

The winning entry will be based on **idea** rather than the
level of artistic ability. We want as many members to
submit their ideas on paper as much as possible! What
comes to your mind when we say “50 years of **AMTA** in
SD”? Draw out your design to the best of your ability
and join the fun!

All designs need to be at least 8 ½” X 11” in size, although
you may make your design larger.

All entries shall be due by Friday, September 18st, 2015.

Entries can be mailed, emailed or handed to
Dawn Menning at healingessential@yahoo.com or
1228 South Lincoln Street, Aberdeen, SD 57401

Designs should reflect the significance of the Massage Pro-
fession, the **AMTA** mission statement and core values,
the state of SD, the fact that we are 50 years strong,
etc....
(please see ideas on page 7)

AMTA Mission Statement – To serve **AMTA** members
while advancing the art, science and practice of mas-
sage therapy.

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Welcome New Members!

February

- Kevin Alexander.....Box Elder
- Kiayanna Berg.....Sturgis
- Jennifer Buckley.....Keystone
- Beth Burkhart.....Custer
- Robin England.....Spearfish
- Heather Flynn.....Rapid City
- Kimberly Franzen.....Rapid City
- Anna Hatle.....Rapid City
- Deborah Jacobs.....Sturgis
- Ashley Jensen.....Rapid City
- Madalyn Kusser.....Gettysburg
- April Rerdon.....Rapid City
- Debra Shepard.....Sturgis
- Sara Weber.....Piedmont
- Lexy Loeker.....Yankton

March

No Activity

April

- Loni Fox.....Wessington Springs
- Stacey Jarvis.....Sioux Falls

May

- Jill Brotherton.....Rapid City
- Ray Burns.....Belle Fourche
- Judy Dawkins.....Rapid City
- Nadine Janis.....Rapid City
- Susan Dedekam.....Rapid City
- McKayla Harrington.....Spearfish



5 Years

- Nancy Bauer~ Mitchell**
- Susanne Decker~ Sioux Falls**

- Jada Emery~ Madison**
- Desiree Morehouse~ Rosholt**
- Renae Trudeau~ Sioux Falls**
- Amanda Wek~ Sioux Falls**

10 Years

- Lauralee Hatch~ Black Hawk**
- Rachael Odens~ Yankton**

15 Years

- Christine Ellwein~ Pierre**

20 Years

- Carmen Vellinga~ Sioux Falls**

CONVENTION REGISTRATION FORM

Fall Convention September 25–27, 2015
AmericInn, Aberdeen, South Dakota

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

Registration Rates by September 15th 2015:

AMTA Member (Member ID # _____)	\$170
First Time (Member) Attendees and Students	\$130
Non-Members	\$200
At the Door	Add \$40

Total Amount Enclosed: \$ _____ Check # _____

Make checks payable to: AMTA-SD

Send registration and fee to: **Val Rowen; 327 South Fort St. Pierre, SD 57501**

No confirmation letter will be sent

19 CEU Hours (16 course work & 3 optional ethics)

No Shows are non-refundable

Credit Cards & 2-party checks are not accepted

Tables, linens and oils are needed

Hotel Info for Fall Convention

AmericInn Lodge & Suites

Event Center

Room Rate : \$99.90

301 Centennial St. S

Aberdeen, SD 57401

Phone – 605-225-4565

Ask for “SD American Massage Therapy Association” rate.

Rate available until August 24th 2015

Convention Schedule

Friday, September 25th, 2015

8:00 –8:30 a.m. Registration

8:30-12:30pm. Michael Uriarte

12:30-1:30pm Lunch (on your own)

1:30-5:30 Michael Uriarte

Saturday, September 26th, 2015

8:00-12:00pm. Michael Uriarte

12:00-1:00pm. Lunch (on your own)

1:00-5:00 Michael Uriarte

~OPTIONAL~

Sunday, September 27th, 2015

8:00-11:00 (Ethics) Michael Uriarte

AMTA -SOUTH DAKOTA CHAPTER
MEMBER SPOTLIGHT**NAME:** Tara Hall**CITY:** Aberdeen**FAMILY:** Husband Jeff, son John 14, daughter Crystal 34 and her husband Omar Romero and my 2 grandkids Sebastian 10 and Cristiano 4 who live in Tucson AZ.**HOW LONG HAVE YOU BEEN DOING MASSAGE?** I opened my own business, Tara Hall Therapeutic Massage on April 2004. This April it has been 11 years.**HOW LONG HAVE YOU BEEN AN AMTA MEMBER?** I started attending the AMTA educational conferences in 2003. I didn't join until 2010, while attending the National AMTA convention I met the national staff on the elevator opening morning and they invited me to sign up and walked me through the whole enrollment on the spot online. The AMTA president invited me to a private gathering in the presidential suite later on that week. I was very impressed to see many of the instructors there and felt warmly welcomed.**WHAT GOT YOU INTERESTED/STARTED IN MASSAGE THERAPY?** I moved from Minneapolis to Aberdeen to work for the Bureau of Indian Affairs, Dept. of Interior as the Great Plains Regional Personnel Officer in April of 1998. My job was stressful and required lots of travel. I met my husband and got married that same year. In 2001 we had our son John and I resigned and became a stay at home mom. I've always loved receiving massage and depended on them during my pregnancy. I decided to learn massage and I studied under Susan Hoffman's Healing Hands Clinic in Leola.**YOUR FAVORITE TECHNIQUE:** I strongly believe in continuing education and I incorporate the various techniques I've learned and intuitively work with clients customizing each massage to meet their needs. I prefer doing full body massages for either 60 or 90 minutes.**YOUR BIGGEST CHALLENGE AS A THERAPIST:** With years of repeat clients friendships develop and it's tempting to visit and "catch up" with clients. I believe some of that is fine, as long as it's client lead and focused. Clients are paying good money for our complete attention on their body. It's difficult for clients to be put in a position where they have to ask the MT to be quiet, so I try not to put them in that position. No or minimal talking lends itself to a better massage and the client is better able to focus on how fabulous they feel.**YOUR BEST MEMORY OF BEING A MASSAGE THERAPIST:** Can't pick just one. The births are miracles, the first timers are refreshing and those transitioning/hospice are powerful.**WHAT WOULD YOU TELL NEW PEOPLE IN OUR FIELD?** Always maintain your personal hygiene, be focused and present at all times with your client, don't complain and have fun and smile**WHAT ARE YOUR HOBBIES?** Researching, gardening, horses and traveling**ANYTHING ELSE THAT YOU WOULD LIKE TO SHARE ?** (Something nobody knows about you or would be surprised to know about you): I went to Victory country school until 6th grade. No running water, cooked our food on the stove during winter and we had to use the "out houses" for restrooms.



President's Message

A heartfelt thank you to all who attended our Spring Conference in April. I appreciate the participation and input of those in attendance during our very informational class with Mary Ann Foster, as well as, during the Annual Membership Meeting.

We welcomed some new volunteers to our team and gained some valuable insight from members to guide us in future planning.

Our goal of community continues to be at the core of what we do as a Chapter, so hearing from you is essential. Surveys, open discussion at conferences and Annual Membership Meetings are just a few of the avenues available to give input.

My hope is that we as Chapter volunteers shall go forth and "serve our members while advancing the art, science and practice of massage therapy" (quoting AMTA President, Jeff Smoot). How great is that!?! It seems a worthy goal to me.

Our National Convention is coming up soon. AMTA National Convention is in Pittsburgh, PA, August 19-22, 2015. We have a couple of capable and passionate ladies (Jeanne Thune and Dawn Menning) attending as delegate and representing us at the Chapter Volunteer Orientation Program. I can't wait to hear about their experiences upon their return.

As always, I heartily encourage members to attend our National Convention. Connecting with other therapists at this level is such a great way to remind us of the big picture of our AMTA organization and the profession of massage therapy.

I wish each of you the very best and please know that I am very proud to serve as the AMTA Chapter President for this great state of South Dakota. Have a fabulous summer and hope to see you at Fall Conference in Aberdeen!

Christine Ellwein,

Chapter President



Our Presenter for Spring Convention in Pierre was Mary Ann Foster. She is showing Dawn Menning how to treat Karen Peschong.

Fall Convention – Ethics

The need to have Ethics offered at our conferences every 2 years was discussed at the Annual Meeting in April. It seems that some members prefer to have it available, while others do not feel it's necessary. So, the Board made the decision to try something new this Fall.

Dr. Mike Uriarte will teach a 3 hour course on Sunday, from 8:00 – 11:00, for anyone that wishes to attend. The cost is included in the registration fee for the conference. The completion certificates for the 16 hours of continuing education will be given at the end of the day on Saturday. So, those that choose not to attend on Sunday will have what they need to leave that night if they so desire. The Ethics course is a separate certificate and will be given after the class on Sunday. Likewise, if someone should want to attend just the Ethics course, we can allow that to be done as well. The fee would be based on a prorated hourly rate. If you have questions about this, please contact Grace Lonning at 605-216-3211.

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Core Values of **AMTA**

We are diverse and nurturing community working with integrity, respect and dignity.
 We are a nonprofit member-driven organization of ethical professionals.
 We embrace consistency in education.
 We endorse professional standards.
 We affirm and promote the benefits of massage therapy as validated by research.

South Dakota State:

Flower – American Pasque Flower
 Bird – Pheasant
 Tree – Black Hills Spruce
 Motto – “Under God the people rule”
 Nickname – “The Rushmore State”
 Fossil – Triceratops
 Mammal – Coyote
 Insect – Honey Bee
 Fish – Walleye
 Mineral – Rose Quartz
 Gemstone – Fairburn Agate
 Flag – Light Blue with yellow rays of the Sun are main colors
 Jewelry – Black Hills Gold
 “Dakota” is what the Sioux People called themselves when state was formed.
 Find out more information at [enchanted learning.com](http://enchantedlearning.com) and search SD



Voting

All entries will be displayed at the 2015 Fall Conference in Aberdeen and voted on by the members of AMTA SD chapter. (see disclaimers below)

Winner

The winner of the contest will receive ****free registration** for an **AMTA SD Conference** of your choice, to be used within one calendar year after receiving the prize. Prize valued up to \$200.

**Disclaimers

All members of **AMTA SD**, including Board Members and 50th Anniversary Committee Members are welcome to participate.
 All submitted entries become the sole property of **AMTA SD** to be used in any way that the Chapter Board sees fit. (advertising, newsletter, merchandise, etc.)
 The Board, in conjunction with the 50th Anniversary Committee, has final decision on all ties and/or reserves the right to combine the most popular entries to co-create a new design idea.
 In the event of a tie or the decision to use more than one idea to create a new design, the prize will be split accordingly amongst the winners. (For instance 2 people win, both will receive half off a **AMTA SD Conference** of choice)

For Question, comments and concerns regarding the 50th Anniversary Logo Design Contest, please contact:

Dawn Menning, 50th Anniversary Committee Chair

healingessential@yahoo.com

605-290-3918 (text ok too)

For comments, ideas or a desire to get involved in the 50th Anniversary Celebration please contact one of the committee members listed below.

50th Anniversary Committee Members – Patricia Bleeker, Suzanne Braun, Tara Hall, Dawn Menning, Karen Peschong, Amber Rasmussen, Stacy (Simon) Sprengler, Angie Tennant

Thank You and Best of Luck!!



Professional Member

Gwen Larson
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Calendar of Events

Conventions

AMTA-SD Fall Convention
September 25-27th, 2015
AmericInn Event Center
301 Centennial St. S
Aberdeen, SD 57401

AMTA-Spring Convention/Business Meeting
April 29-30th, 2016
The Crossroads Hotel
and Huron Event Center
Huron, SD 57350

National Conventions

AMTA National Convention
August 19-22, 2015
David L. Lawrence Convention Center
Pittsburgh, PA 15222

