

the trained touch

THE amta SOUTH DAKOTA NEWSLETTER



amta
american massage therapy association®
— SOUTH DAKOTA CHAPTER —

amta South Dakota Spring Conference 2017

REGISTER
NOW

WHAT SHOULD YOU KNOW?

WHEN:

April 28 and 29, 2017

WHERE: Huron SD

WHO: James Waslaski

will be presenting

Integrated Manual Therapy

&

Orthopedic

Massage

For

Upper Body

Conditions.



The

Crossroads

Hotel &

Huron Event Center

Huron, SD

YOUR amta RESOURCES

amta national website

www.amtamassage.org

South Dakota amta Website

<http://www.amtasd.org/>

Facebook amta Group

<https://www.facebook.com/groups/SouthDakotaAMTA/>

MORE ON **JAMES WASLASKI** ON PAGE 2.... **IMPORTANT NEWS** ON PAGE 5! **CHECK IT**

The **amta** South Dakota Chapter

Spring Conference

Presents

JAMES WASLASKI

Integrated Manual Therapy Orthopedic

Massage for Upper Body Conditions

James Waslaski is an Author & International Lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 8 Orthopedic Massage and Sports Injury DVDs, and authored manuals on Advanced Orthopedic Massage and Client Self Care. His new book: Clinical Massage Therapy: A Structural Approach to Pain Management, was published by Pearson Education in 2011.

James is a Certified Personal Trainer with NASM. He presents at state, national and international massage, chiropractic, and osteopathic conventions, including keynote addresses at the FSMTA, World of Wellness, New England Regional Conference, the World Massage Festival, and Australian National Massage Conventions. His audience includes massage and physical therapists, as well as athletic trainers, chiropractors, osteopaths, nurses and physicians.

James received the 1999 FSMTA International Achievement Award, and was inducted into the 2008 Massage Therapy Hall of Fame. James was also awarded Massage Therapist of the Year by One Concept in Canada as well as Teacher of the year in 2015 by the World Massage Festival.

2017 **amta** SD Chapter

And

National Calendar of Events

February 4	SD Chapter Board & Chair Retreat	Agar, SD
April 27	SD Chapter Board Meeting – 7pm	Huron, SD
April 28	SD Chapter Spring Conference – James Waslaski - daytime SD Chapter Annual Business Meeting, Banquet & Elections - evening	Huron, SD
April 29	SD Chapter Spring Conference - daytime	Huron, SD
June 1-3	AMTA National Board Meeting/Training	San Diego, CA
September 11-12	Chapter Volunteer Orientation Program (CVOP)	Pasadena, CA
September 12	AMTA National Board Meeting - daytime Chapter Presidents Council Meeting - evening	Pasadena, CA
September 13	Chapter Leadership Training – morning House of Delegates Meeting - afternoon	Pasadena, CA
September 14-16	AMTA National Convention	Pasadena, CA
September 21	SD Chapter Board Meeting - 7pm	Oacoma, SD
September 22	SD Chapter Fall Conference – Susan Salvo – daytime SD Chapter 50 th Anniversary Banquet and Celebration - evening	Oacoma, SD
September 23	SD Chapter Fall Conference – Susan Salvo – daytime	Oacoma, SD
October 22-28	National Massage Therapy Awareness Week® (NMTAW)	All 51 Chapters www.amtamassage.org/NMTAW

*See amta National calendar of events and contact information for more details and events not listed here.

SD amta CHAPTER BOARD MEMBERS

President:



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

IPP:



Christine Ellwein
208 W Dakota Ave.
Pierre, SD 57501
christinegors@hotmail.com
605-222-9266

1st VP:



Jeanne Thune
370 W. Anchor Dr., Ste. 217
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JeanneThune@hotmail.com
712-635-4301

2nd VP:



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4612 Serenity Ct.
Rapid City, SD 57703
amberdee@midco.net
605-209-5003

3rd VP:



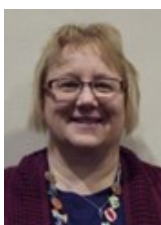
Grace Lonning
6608 Lenora Hts,
Wentworth, SD
glonning@hotmail.com
605-216-3211

Treasurer:



Valerie Rowen
327 S. Fort St
Pierre, SD 57501
valerieandrickr@mncomm.com
605-945-0013

Interim Sec:



Kristine Skorseth
307 6th St., Ste. 3
Brookings, SD 57006
kristinegeezer@gmail.com

SD CHAIRS ROSTER 2016-2017

Benevolence: Chair

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

Education Chair:

Juli Ames-Curtis
11936 Hay Creek Rd
Custer, SD 57730
pahasapaha@gmail.com
970-391-9921

Newsletter:

Jenna Williams
P.O. Box 327
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jhwilliams485@gmail.com
605-252-1509

Website:

Karen Peschong
47258 162nd St.
Strandburg, SD 57265
Karen.peschong@gmail.com
605-878-1001

Historian:

Patricia Bleeker – see above

50th Anniversary Chair:

Brenda Lanz

2017-2018 Delegate:

Patricia Bleeker – see above

2017 1st Alt Delegate:

Suzanne Braun
28790 338th Ave.
Gregory, SD 57533
suzbr2000@yahoo.com
605-842-5595

SD DELEGATE ROSTER 2016-2017

2016 Delegate:

Dawn Menning – see above

2016 1st Alt Delegate:

Bianca Resch
820A 9th Ave
Brookings, SD 57006
605-695-0188
Bianca.resch@hotmail.com

2016 2nd Alt Delegate:

Patricia Bleeker
320 W 6th Ave.
Mitchell, SD 57301
tlcmassage@gmx.com
605-996-0512

SD CHAIRS ROSTER 2016-2017

Membership/Recruitment/Public Relations:

Jeanne Thune – see 1st VP

Government Relations:

Val Rowen – see Treasurer

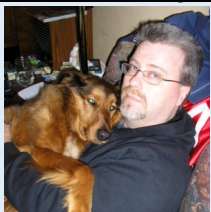
Nominations/Awards:

Dawn Menning—see President

Check out
PAGE 6
and
learn about
the
new
board
structure
for your amta
chapter!

AMTA -South Dakota Chapter Member Spotlight

Name: Sheldon Haas
City: Sioux Falls
Family: Wife and 4 daughters



How long have you been doing massage? Since 1988

How long have you been an AMTA Member? (please list any volunteer positions you may have held and/or currently hold)
Member since 1992 have been 1st VP, President and Immediate Past President

What have been/is your memory as an AMTA Member?
All the good times with my Massage friends at conferences

What got you interested/started in Massage Therapy?

Had a lot of different injuries and was impressed and intrigued how much massage helped me so wanted to get into it myself.

What is your favorite technique? No real favorite I'm an kind of an eclectic blend styles together.

What is your biggest challenge as a therapist? Getting older can't do as much as I used too so moral of the story is don't get old.

What is your best memory of being a massage therapist?
When someone leaves feeling a whole lot better then when they came in

What would you tell new people coming into massage therapy? Be willing to work hard and treat people well and go the extra mile.

What are your hobbies and other interests? Really enjoy reading the Bible, having deep spiritual discussions, hunting & fishing, watching pro football, going to National parks, being at the lake, spending time with family.

Is there anything else you would like to share? (Something nobody knows about you or would be surprised to know about you): Listening to classic rock from the 80's like Journey, The Cars, The Police, Def Leppard, Queen, Boston etc...so an old Rock and Roller.

Benevolence Chair

This new chair position started in September 2014. The duty of the Benevolence chair is to extend sympathy and congratulations, in an appropriate manner, to members of the amta SD chapter, on behalf of the chapter.



Stacy Sprengeler is our chapter's first Benevolence Chair. Stacy would like to invite all amta SD Members to contact her directly in the event that a member has a major illness/hospitalization, death, and/or an event where congratulations are in order. For more information or to contact Stacy, please email her at simonsez6667@gmail.com or you can call or text her at 605-216-6667.

Thank you to those members that have already contacted Stacy so that she could send out a card in a timely matter.

DON'T MISS IT!

50th Anniversary

SAVE THE DATE!!

amta South Dakota Chapter

50th Anniversary

Come one, Come all to the

Fall 2017 Conference

Where: Cedar Shores in Oacoma

When: September 22 and 23, 2017

Presenter: Susan Salvo



New Members

November

Student , Hope Fawcett , Rapid City
Student, Martina Loobly, Whitewood
Student , Casey Pesch, Hot Springs
Student, Christina Schwiteer, Rapid City
Student , Michael Turgeon, Rapid City

December

Student, Jade Jones, Dallas
Professional Active, Dominique Traversie, Spearfish

Anniversaries

10 years

Rebecca Gruba, Pierre



70 total members as of January 1, 2017

Fun Facts we have 59 new members
54 one year members
23 two year members

UPDATE ON GOING DIGITAL

We strive to ensure that our members receive pertinent information and currently do so through the chapter newsletter, emails and phone calls. The amta national data base is where we get information on how to contact you. Here some answers to questions you may have.

- **When will this change happen?**

Your response **must be received before**

MAY 1, 2017 to still receive the paper copy. (see attachment on page 8.)

- **How will I receive the digital copy?**

Your digital copy will be received via email and uploaded to the South Dakota amta website.

We ask each amta SD member to make sure that if you ***change your name, move, or change your contact information*** in anyway, you make those updated changes to your amta account through the national website, email or phone number.

- **How can I change my mailing address, phone number or email address?**

You can:

⇒**edit your account online,**

⇒email **info@amtamassage.org**

or

⇒**call AMTA at 1-877-905-0577.**

- **How do I update my information online?**

To update your information: sign in to your member account at <http://www.amtamassage.org>, then click on "your account" and under your information, in blue lettering, you will see "update your amta account details" click on that and make your changes. It really is that simple.

If you have not yet created your amta member account, I would recommend that you do so.

For any questions regarding newsletter delivery you may contact :

Jenna Williams
Newsletter Editor
jhwiliams485@gmail.com

The position descriptions below are a shorter, highlighted version of the full-length position descriptions. For the full-length version, please contact Dawn Menning, Interim Awards & Nominations Chair. Thank You. (see Roster for contact information)

- ♦ **Chapter Board Member (formerly VP)**

Purpose: Assists the Chapter President in achieving Chapter goals and implementing decisions made by the Chapter Board.

Eligibility: In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement: Completed one year of AMTA membership.

Is accountable to membership, Chapter Board, and AMTA National Board by virtue of election. This is a 2-year term. Time commitment averages approximately 5-8 hours a week, depending on Chapter activities. The time commitment may be higher before and/or after Chapter events or actions.

Responsibilities: Is a voting member of the Chapter Board. Attends Chapter Board, Chapter membership, and any Chapter committee meetings for which the Chapter Board Member has responsibility. Is available to receive direct feedback from members for input to the Chapter Board, and to communicate appropriate information regarding actions of the Chapter Board. Maintains communication with Chapter membership through regular reports, and reports at Chapter membership and Chapter Board meetings. Maintains orderly records of activities and timelines relevant to his/her position during their term and supplies the incoming Chapter Board Member with those records to ensure a smooth transition.

- ♦ **Chapter Secretary**

Purpose: The Chapter Secretary is the official keeper of the Chapter records and is responsible for recording, maintaining and updating Chapter records during her/his term of office.

Eligibility: In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement: Completed one year of AMTA membership.

Is accountable to membership, Chapter Board, and AMTA National Board by virtue of election. This is a 2-year term. Time commitment is approximately 2-4 hours per week, dependent upon Chapter activities.

Responsibilities Is a voting member of the Chapter Board. Distributes announcements of Chapter Board meetings and Chapter membership meetings... Attends Chapter Board and membership meetings and ensures that attendance, votes and the proceedings of the meetings are recorded, maintained and retained according to the National record retention guidelines. Submits required reports and volunteer rosters to the National Office. Distributes minutes of Chapter Board meetings to Board members. Provides access to minutes from Chapter meetings to the Chapter membership upon request. Maintains orderly records of activities and timelines relevant to his/her position during their term and supplies the incoming Secretary with those records to ensure a smooth transition.

- ♦ **Alternate to the House of Delegates - Two (2) elected each year.**

Purpose: Alternate Delegate stays informed and ready to assume delegate positions (thereafter represents her/his Chapter Members in the HOD and related activities, informs the Chapter of timelines, and facilitates the Chapter's influence in the HOD)

Eligibility: In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement: Completed one year of AMTA membership. Shall not be a member of the AMTA National Board)

Is accountable to the members of the Chapter by virtue of election. These are 1-year terms. The time commitment averages about 2-4 hours a month, may be more, closer to the gathering of the HOD.

Alternate to the House of Delegates (continued)

Responsibilities: Supporting the purposes and performing responsibilities of the House of Delegates as described in By-laws, Policy, and Delegate Position Description should they succeed to the position of Delegate. Maintains a working knowledge of materials prior to the HOD, Prepares and reviews all necessary materials prior to meetings and attends the Chapter Annual Business meetings.

Note: The HODCC provides materials and training.

◇ The Awards and Nominations Chair

Purpose: To gather nominations for Chapter Awards and Chapter Elections. Assist the Board in Elections process and Awards process.

Eligibility: a Professional member in good standing and signing the Chapter Volunteer Code of Conduct.

Is accountable to the chapter board by virtue of appointment and reports to the chapter president or designated Board Member. The term is one (1) year or until successor is appointed. Time commitment is approximately five (5) hours per week, however, the time will vary by quantity and type of projects underway.

Responsibility: Works closely with the Board of Directors to prepare /present for the elections and awards part of the Annual Chapter Membership Meeting. Write articles for the chapter newsletter (open positions for elections, seeking awards nominations, awards articles, Membership Spotlight, announcements, etc..) Maintains communication with Chapter Membership through regular reports, and reports at Chapter Membership and Chapter Board Meetings. Maintains orderly records of activities and timelines relevant to his/her position during their term and supplies the incoming Awards and Nominations Chair with those records to ensure a smooth transition.

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, interim Awards and Nominations Chair for more information. (See the roster printed in the newsletter).

◇ 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 myself (Dawn) if you know anyone who would be a great nominee for any of these awards. We are interested in hearing who your nominations would be and why. Thank-you!! ****

AMTA New Chapter Board Structure

In June 2016 AMTA's national board approved a new chapter board structure to provide consistency among all chapters. The new structure is part of a multi-year culture initiative focusing on the value of the volunteer experience.

Some positions and titles have changed and the new structure will be complete in 2018. At that time, all chapters will have 5 elected board members: President, (2) Board Members, Secretary and Financial Administrator. Below are the positions up for election in 2017 and subsequently in 2018.

If you have any further questions about the process leading up to these changes or If you have questions about our elections or are interested in becoming a candidate for our AMTA -SD Chapter Board, please contact Dawn Menning at 605-290-3918.

2017 Chapter Elections

Both positions are for a two-year term (2017-2019)

Board Member (new title – replaces 1st Vice President)

Secretary

*Please see open position description information in this newsletter.

** We are also electing 2 Alternate Delegates – each is a one-year term.

After 2017 elections, the **2017-2018 Chapter Board** will consist of:

President

Board Member

Board Member

Secretary

Financial Administrator

2018 Chapter Elections

All positions are for a two-year term (2018-2020)

President

Board Member

Financial Administrator

(new title – replaces Treasurer)

Free AMTA Membership for Students

This fall, the AMTA Board of Directors took a bold step to support the future of the profession by extending free Student membership to all students in AMTA member schools. The board recognizes that it is a challenge for massage school students to pay the costs of their education and look forward to their careers. This move gives students the opportunity to use AMTA resources, including the ability to connect with Professional members at **chapter** meetings, to increase their knowledge of the realities of the profession.

CONFERENCE REGISTRATION FORM CONFERENCE REGISTRATION FORM

Spring Conference April 28-29, 2017

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\$210

At the DoorAdd \$40

Registration fee includes Friday night banquet buffet. For special dietary requests contact: please contact

Juli at 979-391-9921 or pahasapaha@gmail.com.

Total Amount Enclosed: \$_____ Check # _____

- NOTE: Class size is limited

Make checks payable to: **AMTA-SD**

Send registration and fee to: **Valerie Rowen 327 S. Fort Street, 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. Bring a blanket to keep warm if room is cold.

CONFERENCE SCHEDULE

Friday

7:15-7:45AM CHECK IN/REGISTRATION*
7:45-8:15AM MEET & GREETs
8:15-12:15 **JAMES WASLASKI**
12:15-1:30PM LUNCH
1:30-5:50PM **JAMES WASLASKI**
6:30-8:30PM DINNER/MEETING

SATURDAY

7:45-11:45AM **JAMES WASLASKI**
11:45-1:00PM LUNCH
1:00-5:00PM **JAMES WASLASKI**

*Early start times are due to the requests for a longer lunch break

Rooms & 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)

Please call by **MARCH 28** to receive this rate. Remember to state you are with the SD amta conference.



Jenna Williams, LMT
Newsletter Editor
PO Box 327
Warner, SD 57479

UPCOMING EVENTS & LOCAL
CONFERENCES

amta – SD Spring Conference
April 28-29th, 2017
The Crossroads Hotel and
Huron Event Center
Huron, SD 57350
James Waslaski Presenting

Fall Conference and 50th Anniversary
- September 22-23, 2017
Cedar Shores Resort, Oacoma, SD
Susan Salvo Presenting

National Convention
September 14-16, 2017
Pasadena, CA

NEWSLETTER
ARTICLE
DEADLINES

JULY 10, 2017

FINAL NOTOICE: Please detach and return if you would like to continue receiving a paper copy of the newsletter. Please mail form by **MAY 1, 2017** to: **Amber Rasmussen 4612 Serenity Court Rapid City, SD 57703**

Name (please print) _____

Current Mailing Address _____

amta Member : ☐ **YES** ☐ **NO**

***Friendly reminder please make sure all correspondence information is current on your amta account.**