



amta
american massage therapy association®
— SOUTH DAKOTA CHAPTER —

CRANIAL SACRAL EDUCATOR COMING TO SPRING 2019 CONFERENCE

Wahneta T. Dimmer



"I am Wahneta, a farm girl from Wisconsin. I attended Luther College in Decorah, Iowa for undergraduate work in Art and Communications. I traveled extensively before settling down in Cedar Rapids, Iowa to start a business and a family. I attended Carlson College of Massage in 2000. I am licensed by the State of Iowa and a member of the American Massage Therapy Association since 2000.

My massage work includes Swedish, Deep Tissue and Hot Stone. My life has been forever changed by the additions of Reiki and Craniosacral Therapy. I am a Usui Reiki Master, a Karuna Reiki Master. I practice Lymphatic Drainage and Ashiatsu. I also do Chakra Balancing, Intuitive Healing, Sound Healing & Crystal Reiki. As part of my training, I have been working for eight years with applying Craniosacral techniques to unwinding Meridians, Bones, Soft Tissue, Past Trauma and so much more.

I am fortunate to be a Lead Instructor with Carlson College of Massage Therapy in Stone City, IA. I am a teaching assistant for Upledger Institute. I also teach Holy Fire 2 Usui & Karuna Reiki, Crystal Reiki, Beginning Crystals and Aromatherapy & Herbology for daily use and most recently, Craniosacral Therapy with Clinical Applications. Classes are available for all levels or for those interested in learning about spiritually guided life force energy.

In addition to being devoted to my work, I spend time with my two beautiful children, Kael & Ava and my husband Todd. They are part of the guiding force in my life. We enjoy spending time in the yard. We have rose bushes & perennials and we plant a large vegetable garden during the growing season. We share our lives with a menagerie of four-legged creatures, all as quirky as we are. In my spare time, I enjoy watercolor painting, crafts with my kids, neighborhood BBQ's and enjoying the great outdoors.

My goals are to raise two healthy children, enjoy a passionate marriage, to sustain a thriving massage therapy business and to be a mentor to others in the field and to someday return to the art that is one of my God-given talents. I am so thankful to be fulfilling my spiritual mission by providing healing therapies for those around me and leading people to the light. As we heal ourselves & the people around us, so we heal the earth."

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FROM THE ARCHIVES

Learn about what it cost a past officer back in 1972 to attend an AMTA National Convention when Florence Wall visits Washington, D.C. (Page 8)

Stay in the know with all your
amta Chapter News!

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

Find us on
Facebook



AMTA SOUTH DAKOTA
Chapter Facebook Group



Be a part of our community!

VOLUNTEERING OPPORTUNITIES

AVAILABLE TO ALL MEMBERS

Are you wanting to find ways to be involved? Our chapter currently has several positions available and we are looking for applicants!

Not sure if you're the one for the job? You can find detailed descriptions on our website or you can request one at amtasd.newsletter@gmail.com.

Volunteering is a great way to meet members and learn more about AMTA.



HOW TO APPLY:

If you want to apply for a position please fill out the [application](#) found on our website or attached with this email.

If you want to get involved but know that a position isn't for you, we are always looking for members to help with other activities. A lot of work goes into our education conferences and an extra set of hands is always helpful. If you want to help with this Spring Conferences in any way please contact:

Jenna Williams

amta.sdnewsletter@gmail.com

"When we volunteer, we create joy within ourselves by sharing our joy and passion with others"

~ author unknown

Keep reading to find out about our volunteer opportunities!

DID YOU KNOW?

COMMUNITY CORNER



We send our condolences to:

Our chapter President Dawn Menning as she lost her mother in October.

If you would like to submit anything to the community corner, please email

amtasd.benv@gmail.com.

As always we hope to find all our members in good health and great spirits this time of year as Mother Nature likes to put us to the test!

Spring can't come soon enough!

AMTA SD Open Positions for Annual Election on Friday, April 26, 2019

Chapter Board Member

(Two-year term)

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

(Two-year term)

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.'

AMTA SD Open Positions for Annual Election

Delegate to the Assembly of Delegates (AOD) (Two-year term)

While not an eligibility requirement, the Delegate position should not be considered as an "entry level" volunteer position. Applicants for the position of Delegate should be encouraged to consider the following questions when choosing to become a candidate for the position.

1. What is the context of health and wellness in my state?
2. What are the things that are impacting massage therapy in my state? (including but not limited to): a. Education requirements b. Regulation c. Continuing education d. Cultural issues e. Socio-economics f. Diversity g. Employment practices

Eligibility • Must be a professional member in good standing for at least 1 year • Must be assigned to the Chapter they are elected to serve • Must have a basic understanding of technology (e.g. email, online discussion boards, mobile applications) • Must sign the AMTA Chapter Volunteer Code of Conduct and AOD Code of Conduct. • Shall not be an AMTA National Board member, National Standing Committee Chair, National Commission Chair, or the Moderator of the Assembly of Delegates.

Authority Delegate is given authority by National Bylaws and Policies and through election by the Chapter membership.

Accountability Delegate is accountable to fulfill their duties through reporting the activities of the Assembly as well as the meeting outcomes.

Purpose: Delegate represents the massage therapy profession in the AOD and related activities as they pertain to the profession in their state.

Delegate works with her/his Chapter members and fellow Chapter Delegates, as well as Delegates from other Chapters and Assembly of Delegates Operations Committee (AODOC), to follow timelines and carry out the assignments and charges applicable to the AOD function.

Responsibilities: 1. Responds to applicable chapter communications on a regular and timely basis via phone, e-mail, or other appropriate means. 2. Provides written reports to the Chapter Board as requested. 3. Participates in discussions on the volunteer HUB as they pertain to AOD agenda items, discussion items and AOD duties. 4. Attends chapter meetings as requested by the Chapter Board to address agenda items pertaining to the work of the Delegates. 5. Maintains a working knowledge of materials provided for the AOD meeting. 6. Prepares and reviews all necessary materials prior to all AOD meetings. 7. Attends and participates in the AOD meeting at National Convention. 8. At least annually, Delegate reports the actions of the AOD to the Chapter membership. 9. Participates in the selection of the AMTA position statement ideas to be sent to the writing group per policy. 10. Provides input to the AOD think tank through the lens of the massage therapy profession in their specific state. Input may be provided at the annual AOD meeting and the Volunteer HUB during their term of service.

dmm 2019

CHAPTER AWARDS

WHO WILL GET YOUR NOMINATION?

Chapter Awards

Listed below are the chapter awards that the chapter can give to those deserving of recognition. Each spring we give awards at our Annual **AMTA** meeting, listed are those whom any member can nominate someone for. Of course, if you are unsure of which award you think your nominee should attain, please submit their information and we can assist in making that decision.

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, the Awards & Nominations Chair, 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!! **



2019 SPRING NEWSLETTER - PRESIDENT'S MESSAGE

Greetings!

It is the year 2019 and it is going to BE a JOY-filled year! You may be wondering how I know that? I know that because it is the intention, the mindset, that I am seeing for myself in 2019. I well know that there will always be bumps in the road" on this journey called life, yet I also know that with the right attitude I can achieve anything!



When I look at the future of 2019, I see many opportunities to grow both personally and professionally. I see opportunities to network with other Licensed Massage Therapists and professionals while making new friends and connecting with those friends I haven't seen in a while, as I learn new skills and fine tune my current talents. I see opportunities to explore new approaches, journey down untraveled roads and experience other points of view. For me, friends, these are the opportunities that create JOY in my life.

Two things that has given me much JOY in the past and I am sure will continue to be JOY-filled for me, have been assisting others on their healing journeys as a Licensed Massage Therapist and my active involvement with the AMTA SD Chapter.

If you are interested, there are upcoming opportunities within the AMTA SD Chapter that may cause stirrings of JOY for you as well! The first event I would like to invite you to is the AMTA SD Chapter Annual Membership Meeting held on Friday evening, April 26th, 2019 at Arrowwood Cedar Shores in Oacoma, SD in conjunction with the AMTA SD Spring Conference. It is always fun to get dressed up, sit down to enjoy a meal together, partake in chapter business, watch joyous expressions on members faces as they receive an award and mingle with friends and colleagues at the annual meeting. When you register for the Spring Conference please remember to mark if you will be attending the banquet so that we are well prepared. I look forward to seeing you there!

Of course, there are other events throughout the year that you may also find Joyful, such as the AMTA SD Fall Conference in September and National Convention in October. Another opportunity is to volunteer with AMTA SD Chapter. There are one-time volunteer activities, like participating in a Massage School Visit, to longer term volunteer roles like running for voting board member, secretary or delegate in the 2019 Annual Meeting Elections. Please feel free to approach any chapter volunteer and discuss your interest in AMTA SD events and activities.

I invite each of you to experience a Joyful 2019! Please take as many opportunities to experience as much JOY as you can in both your personal and professional lives. In closing I would like to share a quote with you by a man who has inspired me over the years. The statement Fred Rogers makes in this quote is something that I feel shares a quality that I treasure amongst my LMT and AMTA colleagues.

"The thing I remember best about the successful people I've met all through the years is their obvious delight in what they're doing, and it seems to have very little to do with worldly success. They just love what they're doing, and they love it in front of others." ~Fred Rogers

Come on out and join in the fun!

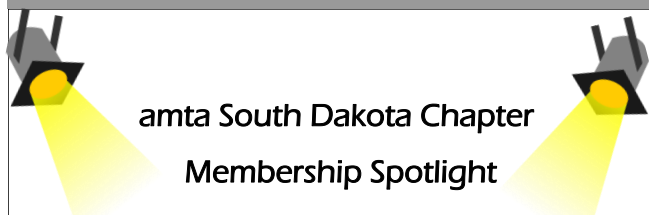
Joyously Yours

Dawn Menning, AMTA SD Chapter President



2019 CALENDAR OF EVENTS AND TIMELINES

- ◇ Jan 5, 2019 Deadline for Spring Newsletter
- ◇ **April 25, 2019 Spring Board Meeting**
- ◇ **April 26-27, 2019 Spring Conference**
- ◇ Arrowwood Resort by Cedar Shores
Oacoma, SD
- ◇ April 26, 2019 Annual Membership Meeting Oacoma, SD
- ◇ June 1, 2019 Newsletter Deadline for Summer Newsletter
- ◇ June 2019 National and Chapter Leadership Training & Planning-TBA
- ◇ **September 19, 2019 amta SD Chapter Board Meets Sioux Falls, SD**
- ◇ **September 20& 21, 2019 amta SD Fall Conference Sioux Falls, SD**
- ◇ October 21-22, 2019 CVOP-Indianapolis, IN
- ◇ October 23, 2019 Chapter Leadership Training and Assembly of Delegates
- ◇ **October 24-27, 2019 amta National Convention Indianapolis, IN**



Name: Heather Faini
City: Sioux Falls

Family: Victor (husband),
Evy

**How long have you been
doing massage?** 2 year



How long have you been an AMTA Member?
(please list any volunteer positions you may have
held and/or currently hold) 2 Years

**What has been/is your favorite memory as an AM-
TA Member?**

Attending my first conference as I was welcomed
with open arms, literally.

**What got you interested/started in Massage Thera-
py?**

My husband has severe allergies and a chronic
asthmatic. So I liked the idea of being able to help
him and others in a holistic way.

What is your favorite technique?

I have always felt confident in my touch so I would
say deep pressure as well as my most recent
learned technique, cupping.

What is your biggest challenge as a therapist?

Understanding my worth and what to charge.

**What is your best memory of being a massage
therapist?**

I've always especially loved feedback from a per-
son who has never experienced a massage before
me.

**What would you tell new people coming into mas-
sage therapy?**

Believe in yourself and your hands, because with
practice they will do amazing things.

What are your hobbies and other interests?

Frisbee golfing, hiking, being a mom, and rummag-
es.

Is there anything else you would like to share?
(Something nobody knows about you or would be
surprised to know about you):

I was a youth leader for a mission trip where we
took a charter bus to Virginia, I kept getting woken
up by the kids because I was "sleeping with my
eyes open" which really creeped them out.

MEMBERSHIP REPORT SPRING 2019 (October 2018 – February 2019)

NEW MEMBERS:

*Alexander Grimes: Sioux
Falls*

Sara Christians:

Sioux Falls

Michelle Selland:

Sioux Falls

Elicia Kortus:

Sioux Falls

Kimberly Kluth:

Mitchell

Carrie Semich:

Rapid City

Theresa Riibe:

Centerville

Crystal Huggins:

Sioux Falls

Bobbi Nuhsbaumer:

Redfield

Teresa Lienau:

Piedmont

Kerri Zwart:

Sioux Falls

Virginia Nepp:

Sioux Falls

*Natalia Spender Rodo-
vich: Rapid City*

Thea Winans:

Rapid City

Ashley Colbert: Sturgis

*Lauramarie Martinez
Valenzuela: Rapid City*

Lacy Kreachbaum:

Rapid City

Andrea Drageset:

Fort Pierre

MEMBERSHIP

ANNIVERSARIES:

5 YEARS:

Emmie Arndt

Regina Dixon

Natasha Fritz

Jori Glodt

Jennifer Greene

10 Years:

Bridget Ortman

Jennifer Thomas

15 Years:

Sheila Grabow

Barbara Gutierres

20 Years:

Kathy Heller

25 Years:

Grace Lonning

NATIONAL NEWS

LIMITED GRANTS AVAILABLE FOR NATIONAL ATTENDEES

NATIONAL CONVENTION INDIANAPOLIS, IN

October 24-27, 2019

Once again, the South Dakota Chapter of AMTA is offering a limited number of \$200 stipends to members who attend the National Convention in Indianapolis, IN, October 24-27. Up to 10 stipends at \$200 each will be awarded on a first come, first served basis determined by the order members send a written or emailed request to the Financial Administrator, Amber Rasmussen (see address below).

These funds will be distributed after the National Conference when each qualifying member, who has reserved a stipend, submits a copy of their registration receipt along with Request for Payment form to Amber.

There is an expectation of members who take advantage of this opportunity bring some of their enthusiasm and knowledge they are sure to gain at an AMTA National Conference back to share with our local Chapter.

FOR MORE INFORMATION OR TO RESERVE A SPOT CONTACT: Amber Rasmussen

@ 605-209-5003 or email her at amtasd.fin@gmail.com.

FROM THE AMTA SOUTH DAKOTA ARCHIVES

This last August Patricia Bleeker, Dawn Menning, Heather Vetter and Jennine Dolphus attended the 75th Anniversary National Convention in Washington, D.C. Here are some fun facts to see what has changed over the years for our organization.

AMTA Celebrated 75 years at the National Convention held in Washington DC, August 6 - 10, 2018. (It was organized in 1943.)

The price to attend the Convention at the early bird rate was \$395.00. Room cost was \$200.00 a night; shared with 2 other ladies.

My flight was \$676.60.

The Past:

In 1972 Our president Florence Wal went to the 27th AMTA National Convention in Washington DC. Where they presented her a pin for 35 years in the massage profession. (The South Dakota AMTA chapter, started in 1968, was in its 4th year.)

The price of National Convention was \$25.00.

The price of the room was \$15.00.

Airline tickets were \$1800.00.

Cost of gas was 50 cents per gallon, approximately \$80.00 round trip. (Florence drove with her husband, because airline tickets were too expensive at that time.)

The 1972 Convention program was as follows:

Monday and Tuesday tours galore that will meet every member's interest in the field of history, legislation, art, finance, FBI, churches. All tours are free.

Monday, Tuesday, and Wednesday evening - a special Seminar for instructors and teachers of massage - anyone interested is welcome. Held from 9:00pm until midnight. No fee.

Wednesday - opening session, introductions, chapter reports, exhibits.



L-R 2018 National Convention attendees-Patricia Bleeker, Dawn Menning, Jennine Dolphus, Heather Vetter

Afternoon: 3 hour workshop a demonstration of Massage Techniques, Hydrotherapy, and Special Manipulations.

Evening: Get Acquainted Social - Music, Inspiration, Crowning of AMTA 1972 King and Queen, Fellowship, Fun, Refreshments.

Thursday morning- visit to White House.

Afternoon: Business Meeting, National Reports,

Evening: Lectures - "Associate Massage with Psychotherapy" and "Effects of Massage on the Kidneys" followed by a Yoga class.

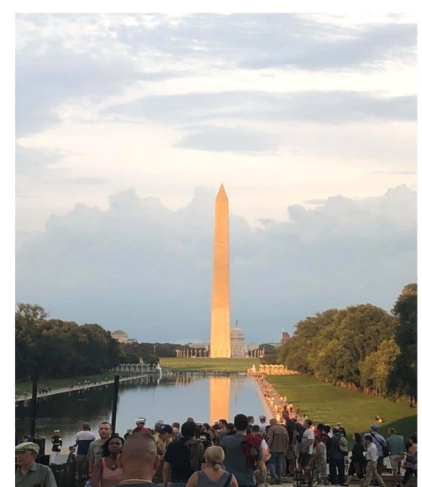
Friday - State & National Officer's Breakfast. Sharing Chapter problems and successes. Business Meeting, Nomination of Officers. Open Forum.

Evening- Tour of the Kennedy Centre.

Saturday - Final workshops

Evening: Reception and Banquet Dinner, Music, Speaker, Installation of Officers, Entertainment Square Dance, Ballroom Dancing.

Sunday - Farewell, Breakfast, Devotion.



Washington Monument, 2018



White House 1972

RESERVATIONS & SCHEDULE

SPRING 2019 CONFERENCE SCHEDULE

FRIDAY APRIL 26TH

Cedar Shores Ballroom

Registration

7:15am - 8:00am

Class 8:00am - 12:30pm

Lunch 12:30pm - 1:45pm

Class 1:45 pm - 5:00PM

Banquet and Annual meeting

Wheeler Room

630pm

SATURDAY APRIL 27TH

Cedar shores Ball Room

Class 8:00 am - 12:30 pm

Lunch 12:30 pm - 1:45 Pm

Class 1:45 Pm - 5:00 pm

RESERVATIONS

Arrowwood Resort and Conference Center

at Cedar Shore, Oacoma, SD

Room Rates: \$89.95/Night + Tax

– Call (888) 697-6363 to book your room

– Be sure to mention you are booking for the amta Conference to receive the correct rate

Cedar shores has a Full service restaurant that will be open from 7am to 9pm daily

CLICK BANNER BELOW TO REGISTER ONLINE



ONLINE REGISTRATION

NOW OPEN FOR 2019 SPRING CONFERENCE

CRANIAL SACRAL WITH WAHNETA T. DIMMER

VISIT OUR WEBSITE FOR ANY FURTHER INSTRUCTIONS



CONFERENCE REGISTRATION FORM

Spring 2019 Conference

April 26,27 2019

Arrowhead Resort and Conference Center

1500 Shoreline Drive, Ocoma, SD 57365

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____

EMAIL ADDRESS _____

EMERGENCY CONTACT INFORMANTION _____

Registration Rates:

AMTA Member (Member ID # _____) \$160

First Time AMTA Member or Student (with Proof) . \$120

Non-Members\$200

At the Door Add \$40

1 Buffet ticket per registration, each additional.....\$25

Total Amount Enclosed: \$ _____ Check # _____

Make checks payable to: **AMTA-SD** Send registration and fee to: **AMBER RASMUSSEN**

NO CONFIRMATION LETTER WILL BE SENT

8330 HEATHER DR.

RAPID CITY, SD 57702-7706

- 16 CEU HOURS
- NO SHOWS ARE NON-REFUNDABLE
- 2-PARTY CHECKS ARE NOT ACCEPTED / CREDIT CARDS ACCEPTED THROUGH ONLINE REGISTRATION
- TABLES, LINENS AND OILS ARE NEEDED