



We're In Touch

Promoting Massage Therapy through
Education and Professionalism



A Letter from Your President

Spring 2013

Happy Spring, as the gardens begin to awaken we see new growth and tiny tender green sprouts, the earth smells so rich and delectable; my senses soar and embrace this time of year.

As gardeners use the dark days of winter to peruse seed catalogs and plan, your volunteer chapter leaders met for a Strategic Planning session in January. We brainstormed and gathered ideas, took the input, sifted it down to a list of items that would have the biggest impact to the majority of our members. We identified chapter meeting structure, member orientation, chapter marketing, technology and mentoring as areas to focus on.

We began with the cultivation of the chapter meeting, the January membership business meeting was delivered in 26 minutes and this was our first attempt. I want to invite you to join me at the May 5th Annual meeting in Manchester. We will be rolling out more changes at this event to include vendors, goodie bags, more raffles, more networking time, less meeting time and special pricing. We are looking for door greeters and a videographer for this event. If you wish to be involved for a day, please let me know. Starting in 2014 we envision a NH Annual Spring Meeting that will be a multiday event with an array of education choices and an evening of food and fun. Some of the planned items are:

1. A student kick start program to expose our newest potential members to information on products, supplies, resume writing and interview techniques.
2. Training for the new Mentor program, and a chance to browse an expanded vendor hall.
3. Great opportunities to catch up with old friends and make new ones as you meet the student scholarship winners.

This is in the early planning stage if you would like to be involved in bringing this to fruition, now is the time.

As with all gardens it is work but enjoyable work. To then sit back and enjoy the fruits of your labor as flowers blossom, fresh produce fills the table and you've provided a place for the bees and butterflies to work and play.

May your Spring be an awakening.

Julie

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BOARD OF DIRECTORS

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NATIONAL CONVENTION

2013 Delegates:

Laura Wakeford and Roseanne Beaurivage

Alternates: Donna Paris; Jason Nadeau

COMMITTEE CHAIRS

BENEVOLENCE

Rosanne Beaurivage

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EDUCATION

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HOSPITALITY

Open Position

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Laura Wakeford

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Michelle

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NERC

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CO-CHAIR

Ramona Cavasin

439 Middle St
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603-430-2815
Education_co@amta-nh.org



NEWSLETTER

Allyssa Bedard

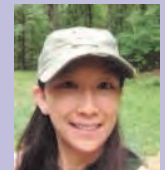
4E John Tyler St.
Merrimack, NH 03054
603-321-6387
newsletter@amta-nh.org



WEBMASTER

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VOLUNTEER

COORDINATOR

Diane Rondeau

82 Palomino Lane, Suite 501
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volunteer@amta-nh.org



SPORTS

MASSAGE

Ann Maloney

87 McGregor St., Suite 3200
Manchester, NH 03102
(603) 714-4953
sportsmassage@amta-nh.org

Summer Newsletter Ad Deadline: June 1, 2013

NUMBERS TO NOTE

National AMTA

847/864-0123 www.amtamassage.org
877/905-2700

NH Health and Human Services

800/852-3345

National Certification Board for Therapeutic Massage and Bodywork

800/296-0664 www.ncbtmb.com

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Classified Ads \$10.00 per 25 words

AMTA-NH Chapter Education
Judy Harrington
PO Box 275, Hampton, NH 03842



AMTA -NH Education
ETHICS! &
COMPLETING the MOVEMENT

Schedule

Sunday: May 5, 2013- Two CEH Classes
8:30am Registration- 9-12 Noon class, **Lunch & Chapter Business Meeting 12-1:30pm** 1:30pm-4:30pm class **Lunch Included in Workshop Fee**

Where: Seacoast Career School, 670 North Commercial Street, Manchester, NH 03101

Questions? Call Judy Harrington
603-926-8450, Ext. 1 education@amta-nh.org
Ramona Cavin at 603-430-2815
education_co@amta-nh.org

2013 FALL CLASSES

ANATOMY TRAINS - 18 CEHs
10/18, 19 & 20, 2013



SPECIAL MEMBER PRICING AT \$285 BEFORE OCTOBER 1st.
Also, member (3) payment plan available mail only! Check our website for more details!

And Sunday, October 20th

is celebrating

Breast Awareness Month

Presenting

Dimensional Massage Therapy for Soft-tissue Dysfunctions of the Head, Neck and Shoulders. All issues associated with Breast Cancer and chest/breast surgeries, this is a must do class! 6 CEHs

ETHICS for Massage Therapist
6 CEHs

presenter Martha Cooke
Requirement for NCBTMB

COMPLETING the MOVEMENT - 3 CEHs

presenter
Sheryl Wookey

TOTAL 6 CEHs

AMTA-NH CHAPTER EDUCATION



Sunday, May 5, 2013
Seacoast Career School
670 N. Commerical Street
Manchester, NH

www.amta-nh.org

ETHICS FOR MASSAGE THERAPIST - 6 CEHs also offering
COMPLETING THE MOVEMENT - 3 CEHs



ETHICS....ABOUT THE COURSE

Program seeks to explore the importance and increase the participants understanding of boundaries. Participants will be provided with education about trauma, violence, and how these actions impact a wide range of people in our society. Participants will learn how to best intervene and communicate with clients who share risk, discuss safety issues in their lives show signs of violation through injury and otherwise. Students will be given challenging ethical problems regarding clients who it is revealed are at risk and will be given the opportunity to learn steps to resolve and refer and will actually work through a variety of challenging client situations to gain practical skills.

ABOUT THE INSTRUCTOR

This program will be presented with enthusiasm, energy and sensitivity by Martha Cooke, an ethics and communication teacher at Cortiva Institute (formerly Muscular Therapy Institute). Additionally Martha has extensive experience working with survivors and perpetrators of violence and has educated and trained lay and professional folks for many years on how to best recognize and support those harming and being harmed in our society. Participants will leave with a broader understanding and sensitivity of violence in our society and how it impacts everyone and with some skills to best provide helpful support while taking care of themselves and their clients gently.

COMPLETING THE MOVEMENT ABOUT THE COURSE

"using energetic meridian awareness to promote healing of self and others"
"FIGHT or FLIGHT" in reaction to a physical or emotional stimulus often gets the big press, while the "FREEZE" reaction is a major physical coping mechanism that body workers frequently encounter. The resultant congealed energy may create mental or physical dis-ease.

Would you like to explore how this "freeze" may show up in the body's energetic meridians, and possibilities for "thawing" (completing the energetic movement)?

During this lecture, Licensed Acupuncturist Sheryl Wookey will share her integration of meridian therapy theory and ten years of clearing frozen energy. The first half of the program will review energetic meridian pathways and common stress collection spots and potential associated emotions. Having a knowledge of potentially stored emotions and locations enables the practitioner to anticipate possible responses and hold a safe environment for all. The second half will be an introduction to various techniques including "THE BARS", clinical examples, and Q&A.

Stock your toolkit with techniques that can keep the energy moving in yourself and your clients. A gift that empowers and keeps on giving!

ABOUT THE INSTRUCTOR

Sheryl Wookey, Lic Ac NH Master of Acupuncture (Japanese and Chinese Acupuncture) from NESABoston 2003. She served on the NH Board of Acupuncture Licensing two terms. Member of the New England Holistic Health Assoc., presenting Acupuncture and stress reduction techniques solo and on panels for the public.



Speaker at massage school and local high school. Student teacher in NESAB clinic. Sheryl's focus is on sharing easy practical tips, tools and techniques for you and your clients, gleaned from her last 10 years of practice.
www.wookeenergy.com
603-944-6550 for questions on this seminar.

REGISTRATION FORM

(Please Print)

Name _____
Address _____
City _____ State _____
Zip _____
Phone # _____
Cell # _____
Email _____
AMTA # _____

PLEASE CIRCLE YOUR CHOICE

ETHICS FOR MASSAGE THERAPIST
6 CEHs 9-4:30PM

AMTA-NH members \$45
Non Members \$90 by April 22, after \$120

COMPLETING THE MOVEMENT

3 CEHs 9-12 noon
AMTA-NH members \$45
Non Members \$60 by April 22, after \$90

ONLINE REGISTRATION at
www.amta-nh.org

Courses are Lecture Style, no tables

Workshop fees are non-refundable

Lunch is included in the workshop fee
Business Meeting 12-1:30pm on Sunday

Please make checks payable to:
AMTA-NH Chapter
Send to:
Judith M. Harrington
PO Box 275, Hampton, NH 03842
Hampton, NH 03842

Report from the Board

First item of business is to introduce this new caption to you. Various ideas arise from chapter meetings, board meetings and most recently the Strategic Planning Meeting held in Bedford on January 4 & January 5. About 14 Board Members, Committee Chairs and a few general members met over two days to discuss some suggestion from members and to brainstorm on the direction of the chapter. This new section “Report from the Board” will be used in each newsletter to give you insight into what is going on behind the scenes, invite you to get involved and share plans for the future of the chapter. The reports will be issued by the President or one of the Vice Presidents.

There were six major topics at the Strategic Planning Meeting, two of which we will discuss here. Your input is welcomed and expected, so please take a few minutes and send an email along or make a call to let your voice be heard.

The Chapter will be creating a Facebook Group for Members Only. Allyssa Bedard, our Newsletter Editor, will manage the group, coordinate postings and approve invitations to join the Group. In an upcoming e-blast, you will be advised as to how you may join the group and we hope you do. This forum may be used to share information on events you are doing, asking for advice on products and equipment from other members and other such uses. Please note that Board Members are not permitted to endorse products so we will be silent on those postings—but your fellow members may certainly chime in!

In line with improving communication between members and with the Board, AMTA-NH Chapter is introducing an in-state mentorship program. At the Strategic Planning Meeting, it was discussed that sometimes it’s nice to have guidance from someone who understands your state—the economics, the demographics and the personality of the clients you are serving. Our program will mirror the national program which you can review at <http://www.amtamassage.org/mentor/Mentoring-Program-Overview.html>. Just like the National program, the mentor program serves as way for experienced therapists to give back by supporting new therapists, therapists changing the focus on their practices or maybe going out on their own for the first time.

Here are next steps in creating the Mentorship Program:

1. Coordinate and train both the Mentors and the Mentees. If you would like to participate (as either a Mentor or a Mentee), please email me.
2. Set a training dates (once we have 4-6 mentors & mentees).
 - a. We will have a joint session and separate sessions for both parties so everyone understands what to expect.
 - b. We can then pair you up and off we go.
3. Review participation & get feedback. Your input will be important in shaping the program and making it fit a NH practice.
4. Consider: Whether **to be** a Mentor: Remember that your experience prior to your massage career may be valuable to another member. You may be a massage therapist for only a year or two, but your previous experience in marketing, sales, customer service or even another aspect of healthcare may provide valuable insight for a member seeking advice in these areas.
5. Consider: Whether **to have** a Mentor: You may be a massage therapist for a long time & are shifting your practice focus or you may be a new therapist just starting out. Either way—a good reason to get some advice.

Thank you for your attention. I look forward to hearing from all interested parties. Keep an eye out for the e-blast from Allyssa regarding the Facebook Group. I hope to see you at the Annual Chapter Meeting on May 5 at Seacoast Career Schools in Manchester.

Jeanie Gorski, 1st Vice President, 1stvp@amta-nh.org or 603-721-9326.



Education Review: Cranial Sacral Technique Exploration Day with Don Ash

On Sunday, January 27th the AMTA-NH had forty participants gathered in Portsmouth NH to explore Craniosacral Technique with instructor Don Ash, P.T., CST-D.

Don's fluid way of introducing CST's origins, philosophy and principles created an atmosphere of calm attention. He emphasized that in CST we are "working with the patient to regain health and our work is based on gently joining with the patient in a field of compassionate touch. Our field is an inner living ocean of watery fluid that permeates and surrounds the brain and spinal cord. Our Standard, if you will, is to blend with the patient, listen to their body, and encourage the body to heal itself."

Don went into more detail on the definitions of Craniosacral Therapy, Craniosacral System, Craniosacral Rhythm, Whole Body Evaluation, Listening and Touch as understood in CST.

We joined in partners to experience how to palpate the Craniosacral rhythm and induce therapeutic still points, and how to treat restrictions in the transverse diaphragm.

Important dialogue was had about the characteristics of energy and intention, and how, through the awareness of energy and intention, significant shifts can occur in a patient.

Participants thoroughly enjoyed the day and wanted more time with Don & CST technique.

-Ramona Cavin



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- Jun 14-16 Fri-Sun ~ Mana Lomi® level 1 ~ 27 CEs

Clinton, CT ~ Stone Temple Institute

- Sep 5 Thu ~ Mana Lomi® shoulder Treatment ~ 8 CEs
- Sep 6-8 Fri-Sun ~ Mana Lomi® level 1 ~ 27 CEs

Greenfield, New Hampshire ~ private home

- Sept 1 Thu ~ Anywhere/Anytime (chair) ~ 8 CEs
- Sep 13-15 Fri-Sun ~ Mana Lomi® level 1 ~ 27 CEs

Mana Lomi® Teacher
Barbara Helynn Heard, LMP
lomilomi practitioner 16 years *NCBTMB #287333*
lomilomi teacher 8 years *WA massage license MA 00009734*

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Keep the energy goin' round!

Have you thought about the energetics of a group such as ours? The energy of giving and adding good touch to the world is positive-promoting! Good for our hearts and every heart we connect with, however we sometimes forget about ourselves until our energetic well is nearly dry. Our chapter has a little remedy... to give back to you the members...to complete an energetic loop . We take care of one another.

NH AMTA is **all of us**. We have a great group of positive professionals who love what we do! Thank you for supporting the whole by attending workshops, meetings, and our regional conferences. Another way to support the whole is to be part of the community and reach out to one another. The benevolence committee mission is about taking care of each other within the profession because sometimes we burn -out or face illness, or just need a group hug. Benevolence sends sentiments and small gifts to express our heartfelt solidarity and support to fellow members and their families. Good positive energy, prayers and kind words.

Please contact Benevolence when you hear of any massage therapist receiving recognition, awards, having babies (or grandchildren). Drop a memo when one of our colleagues adds a degree to their L.M.T. Title! Keep us in the loop with news of illness, accident or surgery.

We try to customize a sentiment with quality cards, favorite colors, flower or animal... so passing along any personal information is helpful including hospital/family address to make sure it arrives ASAP. If you can deliver a bouquet even better, just check with us first about reimbursement.

Thanks so much for helping to make this small chapter a big-hearted community!

Rosanne Beaurivage
Benevolence



Membership Committee

Laura Wakeford

WELCOME

It has been said that "many hands lighten the load". Certainly true, however I also choose to believe "many people, sharing the same intent, make it fun". In 2012 Membership focused on reaching out to the student population and sharing the benefits of being a member of the American Massage Therapy Association. We will certainly continue to travel to each school in NH to make presentations, but I would love more company in 2013! Some of you have expressed interest in visiting your school with me, do not be surprised when I call you to join me. It really is rewarding and fun!

As I compile the list of new members each month and see so many joining at the student and graduate level I can't help but wonder two things: How can AMTA make that first year so fabulous and valuable that those members move on to a Professional membership? and, How can we reach out to LMT's who are not yet part of AMTA-NH? Perhaps the answer to the first question is for each of us to take advantage more of what your membership has to offer. No doubt you will feel part of a really **fun** group of people who **share the same intent**.

A warm welcome to:

Peter Costa, Manchester
Kathryn Cotsibas, Londonderry
Alyson Hadley, Rye
Dorothy Roth, Stratham
Susan Wiley, Merrimack
Michelle Atlas, Newmarket
Aaron Buell, Dover
Amy Casey, Laconia
Katherine Cummings, Londonderry
Sarah Cunningham, Merrimack
Kate Dobrowski, Warner
Rebecca Jenkins, Hampton
Pamela Kesheb, Milan
Samantha Kobs, Canterbury
Melissa Lynch, Hudson
Rick Mitchell, Concord
Jennifer Simoneau, Amherst
James Gauthier, Danville
JW Hardy, Londonderry
Shelley Lachance, Center Tuftonboro
Jennifer Morin, Dover
MJ Schatz, Exeter
Natalya Sysyn, Hancock



Laura and Julie presenting Samantha Kobs with her scholarship.

Did you know AMTA New Hampshire Chapter has a Facebook page? "Like" it, be a "friend", stay informed about what is going on in our chapter or just check out the pictures!

One easy way to answer the 2nd question is: Don't keep your membership a secret. Heading to a non AMTA sponsored continuing education class? Share why you are a member and some benefits you love with the therapists around you. Check out the rewards of AMTA's Refer A Friend program! Our New Hampshire Chapter, of 633 Licensed Massage Therapists, welcomed 23 new members this winter.

Come check out our Annual Meeting on May 5th at the Seacoast School in Manchester! Lots of door prizes to give away!! Must be present to win!

Come see what is happening in YOUR chapter!

Attention: Call for Candidates

At this year's Annual Meeting on May 5, 2013, we will conduct elections for 1st and 3rd Vice President, as well as Treasurer. These are all 2 year terms. We will also elect Delegates for the 2013 and the 2014 National Convention and Alternate Delegates for the 2013 National Convention. Our Delegate will be elected for 2 years and our Alternate will be for a 1 year term. All candidates must be Professional Members in Good Standing. All candidates must submit their resume and application for the office they are seeking to the Commissioner on Candidacy (Rosanne Beaurivage) by Monday April 29, 2013.

AMTA encourages all eligible members to consider running for officer or delegate positions. To the best of our ability, we subsidize travel to National Convention or other meetings appropriate to the position and reimburse necessary expenses. We need your participation in this process. Please read the following page for information on the responsibilities of delegates. Please read page 12 for the job descriptions of Vice President and Treasurer. Information on where to send your resume will follow the job descriptions on page 12.

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CranioSacral Therapy 1 (CS1)

NY	New York	May 16-19, 2013
ON	Toronto	May 23-26, 2013
MA	Boston	Aug 15-18, 2013
CT	Hartford	Sep 5-8, 2013
ME	Portland	Sep 5-8, 2013
ON	Ottawa	Sep 5-8, 2013
NH	Portsmouth	Oct 24-27, 2013

CranioSacral Therapy 2 (CS2)

ON	Toronto	May 23-26, 2013
CT	Hartford	Sep 5-8, 2013
NY	New York	Oct 17-20, 2013

SomatoEmotional Release 1 (SER1)

MA	Boston	Dec 12-15, 2013
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SomatoEmotional Release 2 (SER2)

MA	Boston	Aug 15-18, 2013
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CranioSacral Therapy and the Immune Response (CSIR)

NY	New York	Oct 17-20, 2013
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Additional dates and locations at Upledger.com

The House of Delegates

Delegate and Alternate Delegate Candidates Needed

The House of Delegate (HOD) positions are an alternating two year term. This way there will always be a seasoned delegate and someone who is coming on board...as membership grows we may get additional delegates. Alternates are elected for a one-year term.

It is hoped that a two year commitment will help delegates to better understand the process. Yet the term has the potential for many unforeseen circumstances that might cause a delegate to withdraw or be unable to attend both HOD meetings at convention. This requires that an elected alternate step in...so that is why we urge many of you to consider running and getting involved in House of Delegates. Top vote will become delegate, but alternates are essential to ensure we participate/utilize our votes and fulfill our duties. An ample alternate pool is our insurance for this. Alternates will serve as if a delegate -getting familiar with the chapter business and HOD schedule and step up if needed sometime in the term.

To be a NH AMTA delegate or alternate one must be :

- ◆ Professional member in good standing, abiding by AMTA Code of Ethics.
- ◆ Regularly attend NH AMTA membership meetings .
- ◆ Regularly attend most NH board meeting/keep up with minutes on-line.
- ◆ Have reliable internet and computer access, able to receive email, reports & documents from National.
- ◆ Be willing to write, assist or sponsor a HOD recommendation or position statement. (You will get a lot of support doing this)
- ◆ Report/ write to membership and newsletter.
- ◆ Attend national convention, including House of Delegate orientation and meeting....requiring air-travel, with the Chapter reimbursing your expenses for registration, travel, hotel & meals.

If you have questions or comments, please feel free to contact Rosanne Beaurivage and/or Laura Wakeford, delegates for 2012-2013.

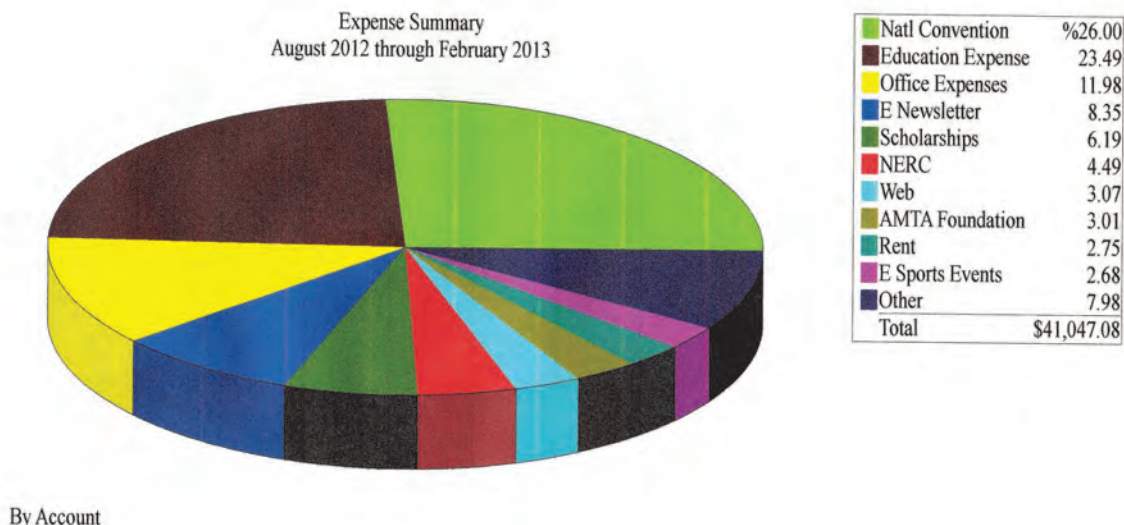
Respectfully submitted.

Rosanne Beaurivage

Hello Members! Below is an up-to-date look at how our chapter is doing financially. In this graph, you can see the various expenses of our chapter. This allows us to give you, the member, a better picture of how your membership dollars are helping us run a great chapter.

Do you have some ideas?

***Come share them
at the next
Chapter meeting
on May 5 in
Manchester, NH!***



Make it YOUR Chapter!

Your chapter is creating a list of volunteers interested in participating in a variety of ways. You can participate for a few hours, a day or an ongoing basis. Not sure what suits you, try something out—no long-term obligations are necessary in most cases.

By participating in different events, you get an insider's view of how the chapter works, get to meet other massage and healthcare professionals, make a difference in the Chapter and even in the State. Do you have an idea for volunteering that you do not see here? Great!! Write it in and let me know.

I look forward to working with you to build your practice, inform the public about the benefits of massage, and participate in community events all around the State.

Regards,
Diane Rondeau

AMTA-NH Chapter Volunteer Information Form

Name _____ Address _____

City _____ State _____ Zip _____ Phone _____

Email (optional) _____

I am interested in volunteering with the following committees:

___ **Awards Committee** identifies chapter members that deserve recognition for contributing to AMTA and/or the massage therapy profession in an outstanding and altruistic manner.

___ **Education Committee** provides educational opportunities to chapter members at chapter meetings and/or as independent educational events.

- ___ **Benevolence Committee** identifies chapter members in need of support or recognition from their fellow AMTA members.

___ **Sports Massage Team** organizes chapter members to provide massage therapy at sporting events throughout the state (sports training required).

___ **Massage Volunteer Committee** represents the AMTA and themselves by participating in community service events which have requested massage therapy be provided. This may be an athletic event, healthcare expo, charitable event, massage awareness event (maybe even an event YOU suggest!)

___ **Membership Committee** collects and prepares written reports for the newsletter and contacts the national office for census figures before each board and chapter meeting; welcomes new members by phone or mail; and maintains contact with the state-approved massage schools.

___ **Newsletter Committee** is responsible for timely publication and distribution of the chapter's quarterly newsletters. Photographers, writers, and graphic designers are welcome.

___ **Webpage Committee** maintains and updates the chapter's website.

___ **National Convention Delegates** are elected at the Annual Chapter Meeting to represent the Chapter at the National convention the following year. Delegates have a vote at the House of Delegates' meeting, attend Chapter meetings, and report to the membership on convention educational seminars.

___ **Outreach/Public Relations Committee** organizes participation in local community events providing a venue for public awareness of the benefits of massage therapy and the AMTA. Duties can include: consistent communication with local businesses and Chambers of Commerce in member's area regarding massage opportunities at community events; dissemination of information to the public about massage therapy in the area; and onsite volunteering at local events.

I prefer to volunteer: ___one time only ___one-day projects only ___as much as possible

Mail this to: Diane Rondeau, 82 Palamino Lane #501., Bedford, NH 03110 or

email Diane at volunteer@amta-nh.org with your contact information and the selected committees.

Volunteer Coordinator

Diane Rondeau



VOLUNTEER EVENTS FOR 2013!!!

Spring can't come soon enough and with spring comes growth and this means growth for us as Massage Therapists through Volunteering!!!!

We are so excited to present some wonderful upcoming events that you may be able to help us with in 2013.

Currently, we are looking for volunteers for These events which may be an "all day" opportunity, spend just half the day or even a few hours.

Legislative Day Tuesday May 7th- Concord N.H. 9:30-2:30. This is your opportunity to show those in Concord who make decisions about our professional and personal lives the benefits of massage by providing brief chair massages to legislators and their staff. Show them our skill, knowledge and educate them on why we value this profession and the clients we serve. Bring your promotional materials. Additional info, such as the exact room, will be emailed to volunteers closer to the event. Parking is minimal so carpooling is recommended.

Hemophilia Family Camp-Friday July 26th: Joy Jones, an AMTA-NH member in the Lakes Region, has been coordinating this event for years and reports that everyone who provides chair massage walks away with a big smile (in addition to the smiles of the participants). Joy will be the point person on-site again this year, but the Chapter is helping to coordinate volunteers. We hope with this early notification of the date and time, you will make it one of your charitable efforts. The camp is designed to bring families together to share, exchange and support one another. Sometimes a young person is newly diagnosed, other times a teen is learning how to self infuse. It is a good, yet stressful time for the parents. That is where we come in. Joy is looking for massage therapists to provide massage from 10- Noon and from 1-3:30. The afternoon is the busiest time so we are looking for 3 volunteers for the morning and 6 volunteers for the afternoon. The Camp is held at Geneva Point Conference Center right on Lake Winnepesaukee. All volunteers are welcome to enjoy the grounds before or after providing massage, use the changing facilities and the camp will provide lunch for us all from Noon to 1pm.

NEW HAMPSHIRE ASSOCIATION OF NATUROPATHIC DOCTORS CONVENTION- Nov 1-2 (Friday and Saturday) Held in Nashua, NH TENTATIVE

This is an awesome way to network and massage approximately 150 Naturopathic Doctors!!!! These are potential referral sources for your practice. Before attending, research the NDs in your area and come armed to introduce yourself to them specifically. Maybe even send them an email that you will be attending and providing massage & invite them to your chair ahead of time. In addition to the doctors, there are vendors from various aspects of the natural health industry with whom you can network while the doctors are in session.

In past years, NHAND has provided us with a booth at no cost because we provided the massage. This booth is priced at over \$900 for other vendors—we get exposure to their members for doing what we love. We are still awaiting confirmation of our attendance at this year's event. However, we would like you to reserve this time on your calendar if it is an area of interest to you.

SEEKING DIVERSITY: We are looking for new events this year to provide treatment and massage education to new groups.

- Do you have a military/national guard contact who might help us investigate providing massage at deployment and return events at Pease International?
- Do you know a non-profit group, support group or other agency who may be interested in a presentation on the benefits of massage as well as volunteer chair massage during our presentation?
- Are you involved with a charitable organization where we might thank the volunteers by providing massage?
- Is there a cancer, Alzheimer's, autism, red cross blood drive, etc..... fundraiser in your neck of the woods where we might provide education on massage to special needs groups?

Thank you for your participation in your chapter and helping us help others

For all these events and items, please contact me at volunteer@amta-nh.org or by phone at [603-540-8967](tel:603-540-8967) to volunteer or share your contact information.

Diane Rondeau

Have a wonderful Spring!!!!

Position Title:**Chapter Vice President (1st and 3rd)**

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 two years of AMTA membership.

A Professional AMTA member in good standing.

Sign a Volunteer Code of Conduct

Term of Office

The First and Third Vice Presidents shall be elected every odd year for a term of two (2) years or until successors are elected.

Time Commitment

The time commitment averages 5 - 8 hours per week, depending on Chapter activities. The time commitment may be higher before and/or during certain Chapter events or actions.

Position Title:**Treasurer****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:

Experience with bookkeeping, accounting or financing

Responsibilities:

Serves as a voting member of the chapter board

Is a signatory on all chapter accounts

In cooperation with the President, conducts the regular day-to-day financial business affairs to the Chapter

Completes and submits financial reports

Manages and oversees Chapter Budget

Manages Chapter finances and keeps accurate records of all income and expenses in QuickBooks

Term of Office: Two Year Term

Time Commitment: Averages 5 hours per week

Resume and applications for open positions should be sent to:

Roseanne Beaurivage

34 River Rd.

Penacook, NH 03303

Or emailed to her at **Rosanne@newww.com**



Joe, Ramona, Diane and Jason working at the strategic planning meeting in January.

Sports Massage

Ann Maloney

Hello Sports Massage team members and potential members,

As the new chair of the team I'd like to introduce myself. My name is Ann Maloney. I've been a practicing therapist for over 10 years. I currently work out of New Era Medicine at CMC in Manchester. I work with Physiatriests Dr. Powen Hsu and Dr. Rocco Chappini, focusing on rehab massage. I have been teaching in the massage therapy program at Hesser College for the past 5 years.

Looking at the sports massage team and the direction to go in the future, I would like your input so this is truly a team collaboration. I would like to see us doing a lot more local events that could be run within your home community. This will allow for more networking amongst local therapists as well as the opportunity to increase your client base by serving your community.

These are the categories of events I would like to see the Sports Massage Team support and am looking for your input:

- **Special Needs:** I would like to add an event target for special needs clients to our calendar. I have reached out to NH Special Olympics and will let you know what we can do for them. This will require training for working with the diversity of the special needs community and I am working with a special needs massage therapist Laura Pace to develop that training for you.
- **Community Service/Fundraising Events:** We added The Prouty event in Hanover last year which was a great success. I look to add events that service the nonprofit community in NH.
- **Local Runs & Fun Events:** Rotary 5K & 10K, Manchester City Marathon, Family 5K events, etc.

After each event, we will assess its value to the team and decide whether it should remain on the calendar for the following year. In 2013, we will not support the Mt. Washington Road Race due to a lack of interest from local licensed therapists and the distance for those not in the immediate area. If you feel strongly about this event, please feel free to contact the race director Josh Nemzer-DMSE, Race Director/Volunteer Coordinator, Phone: (617) 201-3091, josh@dmsesports.com to volunteer.

I welcome having regional "captains". If you would like to represent your region of New Hampshire by participating in the development of our team and selecting local events, I would love your help and would be glad to host a team meeting on a Saturday or Sunday afternoon in April (maybe a pizza lunch meeting) to formalize our plans for 2013. Let me know if you can attend and we'll pick a date and a place. I will be looking for you at the AMTA-NH Chapter Annual Meeting on Sunday May, 5, and would be glad to have lunch with you.

Your input about events in your area is requested by April 1 so that we can prepare a team calendar by the AMTA-NH Chapter Annual Meeting on Sunday, May 5.

My contact information is:

Ann Maloney LMT CST
87 McGregor St., Suite 3200
Manchester, NH 03102
603-714-4953
sportsmassage@amta-nh.org

Sports Team Members at The Prouty, July 2012, Hanover, NH



Upcoming Events in 2013



April 25-27 Massage Therapy Foundation Research Conference,
Seaport Hotel Boston, MA

May 5 **AMTA-NH Chapter Annual Meeting & Elections**
Energetic Awareness, Completing the Movement. Using meridian
awareness to free self and others – Sheryl Wookey, Seacoast Career
School, 3 CEHs
Ethics and Communications—Martha Clarke, 6 CEHs,
Seacoast Career School

September 25-28 AMTA National Convention, Ft. Worth, TX

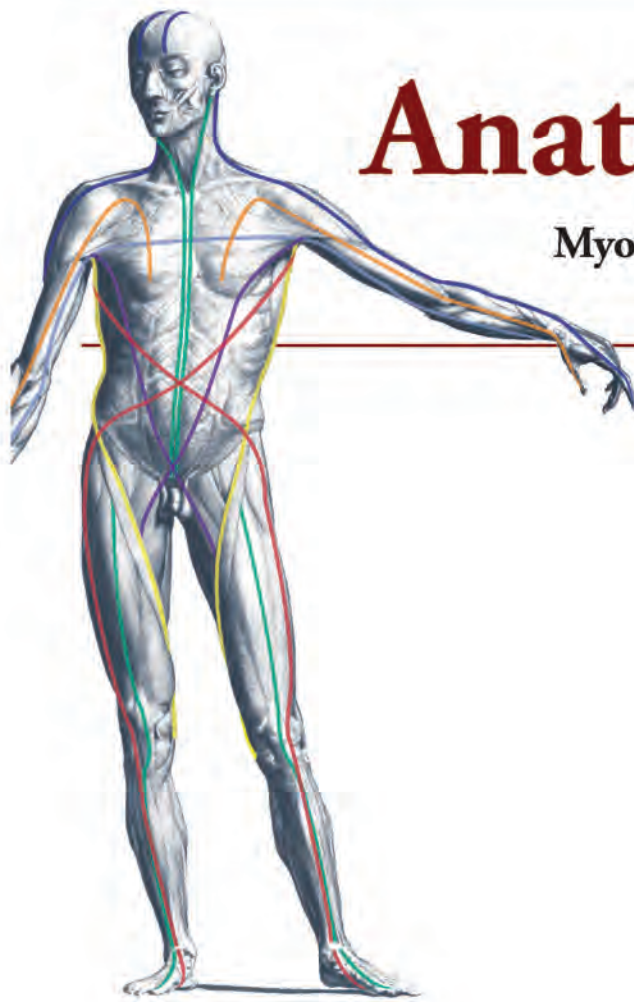
October 18-20 Anatomy Trains—Eli Thompson 18 CEHs **SERESC, Bedford, NH**

For ALL education and event details,
please visit our website: www.amta-nh.org and click on “upcoming events”



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- Gain effective myofascial and fascial techniques
- Develop treatment strategies specific to your clients' structural patterns



Eli Thompson has been practicing massage therapy since 1999 and KMI Structural Integration since 2003. In 2005, he became a Certified Teacher of Kinesis. With a background in mechanical engineering, a history of Martial Arts, and a family of five, Eli is effectively able to weave complex scientific theories into the constant movement and humanity of life. He finds satisfaction in conveying to his students "the seamless wonder of our bodies, our minds, and our experience of life itself".

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2013 Calendar

**Look for the CUT OUT Education Forecast on Page 14
for a list of all our events this year!**

We are now on Facebook. Look up AMTA New Hampshire or go to
<http://www.facebook.com/pages/AMTA-New-Hampshire-Chapter/216875128346096>



AMTA-NH Members:

Learn about chapter operations and get involved with developing issues by attending open board meetings. Please email president@amta-nh.org in advance.