



Alabama Kneads

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Newsletter Highlights

Summer Edition 2013/ AMTA Alabama Chapter

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Exciting Website Changes!!!

2013 Annual convention News

*MRT Certification in Cullman 6/23/13
Massage Mingle to Follow*

Ride 2 Recovery Update

2013 Massage Tour Info!!

National NEWS!!!!



Are you a Mentor for our state???

Are you involved???

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Alabama Kneads

American Massage Therapy Association
Alabama Chapter

This newsletter is published quarterly by the Alabama Chapter of the AMTA. A non-profit professional organization of licensed massage therapists and students preparing for licensure.

Alabama Kneads welcomes contributions from our readers. Information for publication must be submitted on disk or email. Copyright material must be accompanied with a release from its holder. Please mail contributions to:

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Advertising Rates Per Issue

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1/4 Page	3 1/2 x 4 1/2	\$40
1/2 Page	4 1/2 x 7 1/2	\$55
Full Page	7 1/2 x 10	\$75
Classified	25 words or less Free to AMTA members	

All advertisements must be prepaid. All advertisements must be in standard format (word, jpg or tif), emailed to the above address. Please make check payable to AMTA-AL Chapter.

Submission Deadlines

2/10, 5/10, 8/10, 11/10

The Alabama Chapter reserves the right to edit materials for clarification and where appropriate for space, accept or reject materials and assumes no responsibility for errors, omissions, corrections or modification in publication. The opinions contained in this publication do not necessarily reflect those of the staff or of this publication, AMTA or the AL Chapter.

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A Word From Our Chapter President

Greetings,

It's only been a few weeks since returning from the Annual Convention in Orange Beach. It never ceases to amaze me at the beauty of our gorgeous beaches.

Another wonderful convention was had by all attendees. There were 6 different classes and instructors offered.

The choices of education and the social events were beyond everyone's expectations.

Just to go ahead and put a plug in for next year, it will be in Birmingham and the Instructor will be Susan Salvo, the renowned Author and Teacher. Hope you will go ahead and put this on your agenda for the 1st weekend in May. The time we all get to spend getting to know one another is priceless and the education will be amazing, I promise.

For the past year, there have been a few common topics of discussion among the AMTA Alabama Chapter Board of Directors. These topics include the following: How to make AMTA members truly aware of ALL BENEFITS of being a member? How to retain and build our membership? How do we get members involved with volunteering their time for THE AMTA CAUSE?

Two of the main goals of the AMTA are Public Awareness for massage therapy and Community Service.

These are just a few of the focuses we have taken upon ourselves to try to become successful at accomplishing. I feel unless YOU (the member) know what we are shooting for as your volunteer leaders, then there is no way you can know how to help us.

We have already been trying to put a little buzz in the State about Massage Mingles. We believe these small gatherings will help our membership get to know one another. And once people get to know one another, there is more of a tendency to want to do things together.

The Massage Mingles can be a gathering at Starbucks? Or meet for Dinner? Or invite others to your massage facility? Or a Cook out? Or a 5:30 Happy Hour? Or maybe even bowling? The idea is to get together and learn who your competition is so they can become your colleagues instead.

You can go to our website and learn more about offering your time to volunteer for the Alabama Chapter and get connected.

Be looking for more information about Massage Mingles in your area and do your best to attend. Then look for opportunities in your community to volunteer your time for community service events. Come on and give back to your community. If you don't do it, then who will?

Please read your emails that come from me or our AMTA-AL Chapter. Every email will be full of information that is going to keep you up to date with what's going on around our state and what kinds of events we will be bringing to your area.

Thank you,

LaDonna Ward

Meeting Minutes for May: http://www.amta-alchapter.org/archived_board_minutes.aspx

Ride 2 Recovery

Last year, AMTA Chapters participated in community service events around the country with Ride 2 Recovery (R2R), a charitable organization benefiting U.S. military veterans. AMTA members provided post-event recovery massage to wounded veterans and other participants of the 5-7 day bicycle rides with approximately 200-500 riders in each event.

There were two cities in Alabama that are part of the Gulf Coast Ride. Our responsibility was to have massage therapists waiting at the finish line in Mobile and Orange Beach. Riders were expected in Mobile on Monday, March 4th at the Holiday Inn, Hwy 90 West and continued their journey, riding into Orange Beach on Tuesday, March 5th at the Hilton Garden Inn, Perdido Beach Blvd.

Alabama was a small portion of this several hundred mile ride and we were the 3rd state they had been through since they started their journey. We were the 1st state that had massage therapist waiting on them. So, you can imagine to they were in great need when arriving in Mobile.

There were 14 Massage Therapist in Mobile and 4 therapists in Orange Beach. The Volunteers came from as far as Scottsboro, Cullman and Birmingham to massage these athletes. The rest of the volunteers were locals within that city.

I personally will never forget the look on the rider's faces when they entered into that Atrium and saw all those massage tables and massage chairs sitting there waiting on them. I actually saw 2 men cry in disbelief that we were actually there for them. They were so touched by us wanting to be there for them. Of course, we were so moved by their dedication for their cause and just the fact they were our heroes for just being soldiers for our great Country. Most all the riders had been wounded and some were still healing.

At this point, all I can say is I hope to see you there next year.

LaDonna Ward
President





THAI ON THE TABLE

July 27 & 28, 2013

Michael (Mukti) Buck of the Vedic Conservatory is returning to Birmingham for his **Thai on the Table** workshop. This classical Ayurvedic style of bodywork is for massage therapists, medical professionals, martial artists, dancers, yoga and health enthusiasts. You'll learn 3,000 year-old techniques using rhythmic compressions, breathing arts and acupressure. You can incorporate this healing art into your practice with clients, patients and loved ones.

Thai on the Table will be **July 27 & 28**, 9 a.m. – 6 p.m. and will be held at Birmingham School of Massage, 1776 Independence Ct., Birmingham, AL 35216. The workshop fee is \$295 for 16 CEUs. Wear gym/yoga clothes. Contact Liz at **205-540-2438** to register. Visit Mukti's website: Vedicconservatory.com & Vedicconservatory.net to learn more about this amazing bodywork!

CALL AND ASK ABOUT EARLY REGISTRATION DISCOUNTS!!!!



Going green is on everyone's mind and every little bit helps! you can reduce your carbon footprint by [renewing your membership](#) online or by phone. [renew now](#) and eliminate the need for a paper renewal notice in the mail!

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*John M. Upledger, CEO
and John E. Upledger, DO, OMM,
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CranioSacral Therapy 1 (CS1)

Tampa, FL	Jun 6-9, 2013
Raleigh, NC	Jul 25-28, 2013
Birmingham, AL	Aug 1-4, 2013
Atlanta, GA	Dec 5-8, 2013

CranioSacral Therapy 2 (CS2)

Atlanta, GA	Sep 12-16, 2013
Cleveland, OH	Sep 19-22, 2013

SomatoEmotional Release (SER1)

Raleigh, NC	Jul 25-28, 2013
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CST Touching The Brain 1; Stimulating Self-Correction Through Glial Interface (CTTB1)

Raleigh, NC	Sep 25-29, 2013
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CranioSacral Protocols for Common Conditions 1 (CPCC1)

Raleigh, NC	Nov 20-24, 2013
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Additional dates and locations at Upledger.com

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AMTA T-Shirts!!

Advertise yourself and AMTA!
Let people know why an AMTA Therapist is different!

BUY A T-SHIRT TODAY!!!!
\$15.00 each
Contact Ron Joganic for your size and Color!!!

205-655-2193
joganics@msn.com

Become a Mentor!

shape the future of massage therapy:
become a mentor!



The new **amta** Mentoring Program helps guide those new to the profession on their path to success.

As an experienced **amta** member*, we invite you to be a part of this important Member Only benefit. By signing up as a Mentor you can share your wisdom, give back to the profession and expand your professional network. Mentors offer guidance, friendship and support to their Mentees.

*We ask that Mentors have at least five years of professional Massage Therapy experience.

goals of the amta's mentoring program

- Assist massage therapists who are new to the profession with goal setting, communication and success planning
- Help massage therapists adjust to and navigate their new career
- Allow Mentors to give back to the profession and **amta**
- Encourage Mentees to realize their full potential

why participate?

- Network and community involvement
- Foster lasting friendships
- Share mutual interests
- Develop leadership skills
- Sharpen communication skills
- Free benefit for all **amta** members

I'm interested in more information about the mentoring program!

Turn in this form after the presentation to your Chapter Representative, **or** Go to www.amtamassage.org/mentor to create a profile*, **or** Email mentoring@amtamassage.org for more information.

name

phone

email

best way to contact you

Once you complete a Mentor profile on the **amta** website, Mentees will search for you based on location, skills, work setting, etc. and request a relationship with you by email. You can accept or deny the request based on availability. You decide how many Mentees you would like to Mentor at any given time.

* www.amtamassage.org/mentor also includes links to resources to assist and guide program participants.

mailing address

500 davis street, suite 900 | evanston, il 60201-4695

Tell your massage therapist friends about AMTA's Refer a Friend program. Need help?

Check out our [tips and tools section](#).

1. Enter your friend's contact information in the form below. Add a second and third friend if you can! If it's easier, give us a call with your friend's information.
2. We'll take it from there!
3. For each friend that joins, you'll receive a \$20 gift card! No joke, (or strings attached) let us reward you for being an ambassador for **AMTA**! Plus, any friend that joins will receive a low introductory rate AND a special gift when they become an **AMTA** member.

Questions? Visit our [Refer a Friend FAQ](#) or call us toll free at 877.905.2700.



So why should I go to the National Convention?

AMTA offers the highest quality continuing education

Engage your mind with over [35 continuing education opportunities](#) at Convention! AMTA is an NCBTMB approved provider. We submit all education sessions for state approval.

When you're not learning, you'll have plenty of opportunities to socialize

Connect with your peers! You'll never get bored at Convention with AMTA's [social opportunities and special events!](#) Connect with old friends while you make new ones!

Save money while you stay comfortably

The [AMTA host hotels](#) are offering Convention attendees reduced rates if you reserve your room early.

Convention offers multiple ways to expand your practice

Let your practice Thrive! Browse the latest in massage products and technology at the [most robust exhibit hall](#) the industry has to offer.

Fort Worth has so much to offer

Cowboy culture! Art museums! Shopping! Fort Worth is an [amazing place to explore.](#)

You benefit when you register early

[Register by July 15](#) so you get the early bird rate and the classes you want before they fill up!



[Spreading the Word to Millions](#)

AMTA is hitting the road with its multi-faceted consumer awareness program and promoting the health benefits of massage and importance of choosing an AMTA member. Check back regularly for ongoing updates from the tour!

[Register to Volunteer](#) and Get involved in this AWESOME World Wide Event!



Have you checked out our chapter website lately???

www.amta-alchapter.org



For what is happening throughout the state check out our events calendar:

<http://www.amta-alchapter.org/events1.aspx>



Looking for a Job? We have a Job bank on the site!

http://www.amta-alchapter.org/amtaal_job_bank.aspx



Want to volunteer?

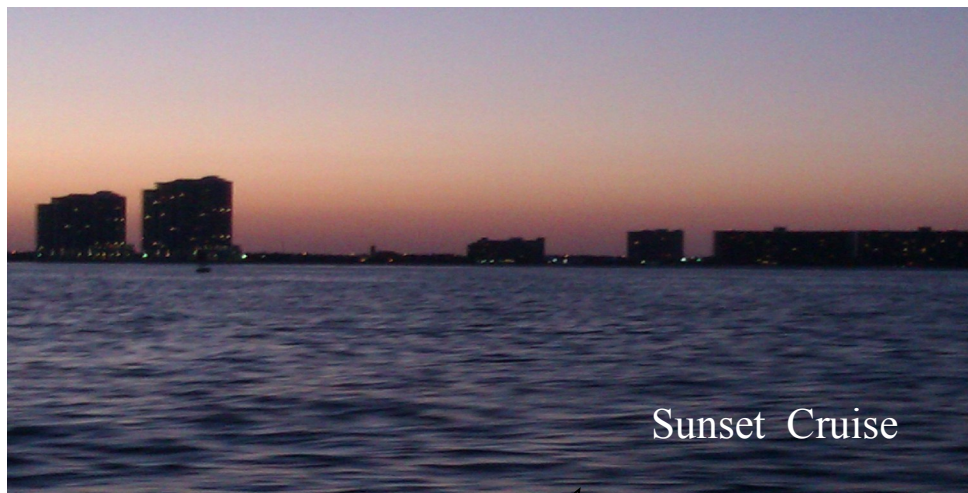
http://www.amta-alchapter.org/volunteer_opportunities0.aspx

Our local Chapter is Growing and we want you to take advantage of all the opportunities that YOUR Chapter Fees Cover!!!

Update your information so that we can stay better connected with our members:

[Click Here to Update!](#)

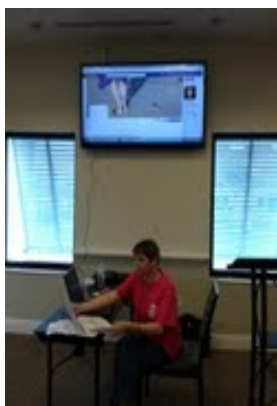
**Did you attend our AL-Chapter Annual convention?
Here are some snap shots of that Great Event!!**



Sunset Cruise



Carpal Tunnel Class



For your Business!



Massage Mingle FUN!!!

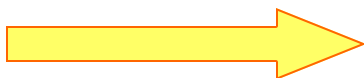




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Cullman, AL 35055

ATTENTION: If you are receiving this through Postal Mail but would like to receive it through EMAIL please contact me at 256-590-6689 or kristiej.williams@gmail.com

Massage Mingle
To Follow



Upcoming Meetings:

MRT is coming your way, June 23rd Cullman AL and July 21st Gulf Shores AL !! Check out the details on our website

www.amta-alchapter.org

Also be on the lookout for the NOVEMBER meeting, We will be posting information soon!!