

Idaho In Touch

A Publication of the
American Massage Therapy Association-Idaho Chapter

TO SUPPORT OUR MEMBERS
AND PROMOTE THE HIGHEST
PROFESSIONAL STANDARDS

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Spring 2016
VOL. 25
NO. 1



amta
american massage therapy association

President's Address

A Message From Our President... About Our President

As some members may already be aware, we experienced a changing of the guard within our chapter's leadership. Our president, Suzie Lindberg, resigned in January as her husband, Jeff, accepted a dream-job offer in Bozeman, Montana. Suzie and Jeff, along with their four-legged kiddos, Sally and Squeek, will be moving to Montana in April. Following chapter board approval and pursuant to national bylaw, I am now serving as president. She has been working closely with me to ensure a smooth transition.

Suzie did an exceptional job of bringing our chapter up to meet the high standards expected of AMTA. She led with precision and fairness and with a wicked sense of humor. She was objective in her decision making. She cares a great deal about each one of the volunteers in our chapter and always showed her appreciation, whether in the form of an email, a phone call or a witty card. She helped us all realize the importance of volunteerism that

pushed us to take our positions more seriously.

During Suzie's two-term presidency, our chapter lost several volunteers on the board due to retirements, health issues and relocations. Suzie donned all of those hats gracefully and without complaint, and yet continued to bring in new ideas and concepts for those many positions. She brought our chapter into the digital age by initiating online elections, converting our volunteer training manual to a digital format and creating short training video clips. She helped navigate through the uncharted territory of new website formatting. She brought with her a wealth of knowledge from past professions, which made her incredibly well-rounded. She attended every Idaho Board of Licensing meeting, armed with tough questions and meaningful feedback. She fostered many positive relationships with other chapters' leadership, taking advantage of every networking opportunity. In her first year of presidency, she implemented a Strategic Planning Weekend for our board wherein we

dig deep into the inner workings of the chapter. She also integrated games, created thought-provoking podcasts, and prepared delicious gourmet meals - sometimes with the help of her equally amazing parents.

Suzie breathed new life into our chapter with her ideas, leadership, sense of humor and unwavering compassion. We thank her for her many contributions and selfless service to our chapter and our profession. We wish her all the best in her future adventures exploring Montana's rivers and running trails. She will be greatly missed.

-Becky



Letter From the Editor

Dear Members,

I have really enjoyed my experience working on the newsletter for the past four years. I owe so much to AMTA and all the volunteers. Being part of this organization has allowed me the opportunity to push myself, to grow, and to create. I've also enjoyed networking and I'm thankful for the opportunity I've had to give back to an association that has given me so much. The time has come to say goodbye and pass the torch on. Upon presidential appointment and board approval, Kylie Dunder will be taking over as

Newsletter Editor and I am excited to see what new and fresh ideas she brings. I leave you in very capable hands. Kylie is creative, driven, and most importantly passionate about the massage industry. I wish you all well and thank you for the opportunity you've given me to work on this project. All my best.

—Hayley Lowry



Facebook/Website Report

Submitted by Becky Olinger

Our Facebook page has garnered quite a bit of interest this year. We now have 545 followers, which is an increase of over 50 followers from this same time last in 2015. We definitely see an increase after a chapter event. I am reminding all members to visit our page as often as possible and invite your massage therapist Facebook friends to “like” our page. Click the Facebook logo to take you directly to our AMTA Idaho page for updates and information about our chapter and upcoming events.



2016 AMTA Idaho Annual Convention

Clarion Inn - Pocatello, ID May 12-15, 2016



Larry Green
Touch For Health I & 2
2 Day Workshop

Touch for Health I (Pre-Convention 2 Day Workshop - 16 CEU's NCBTMB and 8 CEU's Idaho State Board of Licensing) is for laypeople and health professionals. You will learn the art of muscle testing and the basic procedure to balance the body's muscles and acupuncture meridians as presented in Dr. John Thie's book, Touch for Health. Learn skills to increase your energy level, reduce stress and pain, increase mental clarity and enhance immune system function. The basic balancing system includes how to test and correct 14 muscles/meridians, including the spinal reflexes, neurolymphatic reflexes, neurovascular points, and meridians. You will also learn how to assess nutritional support for the muscles, how to effectively reduce emotional stress and pain by touch.

Touch for Health II (2 Day Workshop - 16 CEU's NCBTMB and 4 CEU's Idaho State Board of Licensing) This course builds on the skills taught in level 1. Learn 14 new muscle tests and additional corrections especially helpful for back pain, strengthening the core muscles, assessing the legs and neck. The Five Elements theory and Middy/Midnight law from acupuncture will be applied through a process for muscle and meridian corrections. Three self balancing techniques will be taught along with other pain control skills and short cuts to improve efficiency.

Larry Green is one of the most experienced Touch For Health Kinesiology instructors in the country. Larry has been teaching and using Touch For Health Kinesiology for 25 years, and is the creator of the Miracle Workers Training. You can find more at www.USkinesiology.com

Pregnancy Massage: Nurturing the Mother Spa Course (2 Day Workshop - 16 CEU's NCBTMB and Idaho State Board of Licensing)

In this course you will learn anatomy and physiology for pregnancy and birth, pregnancy massage demonstration and practice, cautions and contraindications for pregnancy massage, guidelines for pregnancy massage for each trimester, massage cautions and variations for high risk pregnancies, and postpartum massage with the principle of mother roasting, the application of heat along with specific bodywork techniques for the recovery and realignment of the mother.

Ethics (3 Hour Workshop - 3 CEU's NCBTMB and Idaho State Board of Licensing) In this cooperative setting the group will learn to discern appropriate ethical choices as a massage therapist. Through discussion and questions this ethics course will support creating the template for making "balanced professional choices."

Claire Marie Miller's pioneering work with pregnancy, postpartum, labor, fertility, and infant massage was born out of personal experience and her passion for the creative process of birth and healing. She has been involved with the health profession since 1974 when she began work as a radiologic technician. In 1979, she graduated with honors from the Boulder School of Massage Therapy



Claire Marie Miller
Pregnancy Massage: Nurturing
the Mother Spa Course
2 Day Workshop
Ethics
3 Hour Workshop

2016 AMTA - Idaho Annual Convention Schedule

Times	Wed, May 11th	Thur, May 12th	Fri, May 13th	Sat, May 14th	Sun, May 15th
8:00am		TFH 1 Day 2 Pre-Convention Course Begins		TFH 2 OR Pregnancy Day 2 Begins	
8:30am	Registration Opens		Registration Opens		Registration Opens
9:00am	TFH 1 Day 1 Pre-Convention Course Begins		TFH 2 OR Pregnancy Day 1 Begins		Ethics Begins
12:00pm			AMTA-ID Annual Chapter Meeting (Anyone welcome to attend)	First Timers and Students Luncheon	Ethics Ends at 12:00pm
5:00pm		TFH 1 Day 2 Ends Silent Auction Begins Meet & Greet Vendor Expo 5-8pm		TFH 2 OR Pregnancy Ends	
6:00pm	TFH 1 Day 1 Pre-Convention Course Ends		TFH 2 OR Pregnancy Ends		
7:00pm				Silent Auction Ends Banquet	

*Times are tentative and may change as the dates get closer.

Hotel

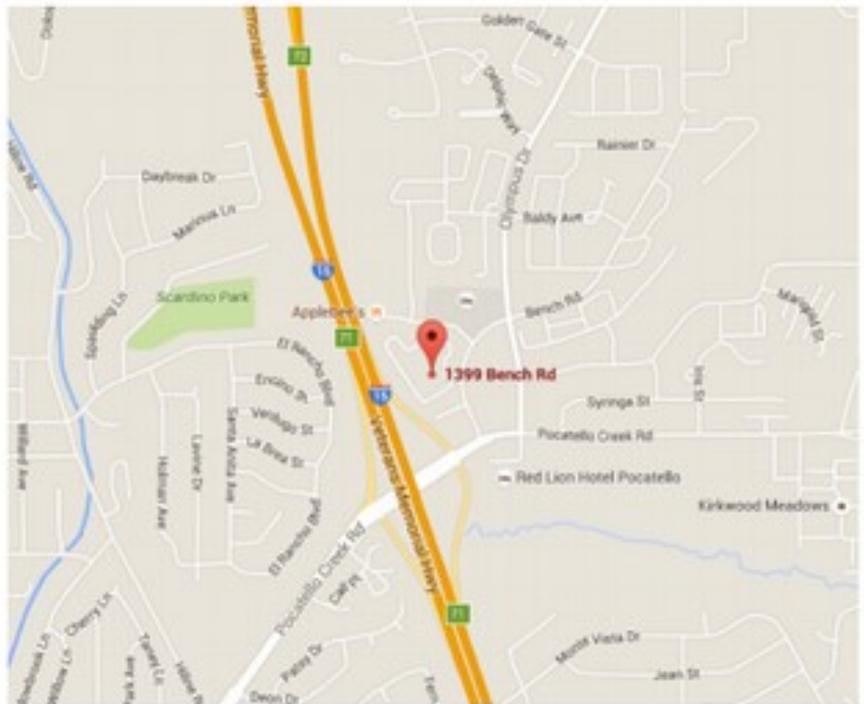
Clarion Inn - Pocatello, ID

Clarion Inn amenities include free Wi-Fi, free parking, indoor pool, hot tub, gym, bar, restaurant and business center.

Be sure to mention the AMTA - Idaho Conference to get the best rates.

Standard Room Rate - \$99/night + surcharges and taxes

1399 Bench Rd Pocatello, ID 83201 208.237.1400



Registration

Online: <http://2016amta-idaho.bpt.me>

Mail: Please fill out form below, detach, and mail with check or money order payable to "AMTA-Idaho." Address the envelope to Becky Olinger at 1027 7th Ave. Lewiston, ID 83501.

Questions? Visit <http://id.amtamassage.org/events> or contact Becky Olinger at 208.305.3438 or president.amtaid@gmail.com.

Cancellation Policy: Refund requests will be handled by the AMTA Idaho Chapter and issued after the event has ended.



2016 AMTA-IDAHO STATE CONVENTION REGISTRATION

Register: **Online:** <http://2016amta-idaho.bpt.me> or **By Mail:** Fill out this form and return with payment (check or money order payable to AMTA-Idaho) to Becky Olinger 1027 7th Ave. Lewiston, ID 83501
 Visit www.id.amtamassage.org/events or contact Becky Olinger (208)305-3438
President.amtaid@gmail.com for more info.

Name:		AMTA Member Rate Member #:	NON-AMTA Member Rate	Student Rate (must be currently enrolled in a massage program)	TOTAL
Email:		<input type="text"/>			
Phone:		Expiration:			
Address:		<input type="text"/>			
Pre-Convention Class? ** Touch for Health 1 on May 11-12, 2015 - 16 CEUs* (includes TFH 1&2 manual)	Repeating TFH1? Send us a copy of your certificate first for a special rate.	\$335 <input type="text"/>	\$335 <input type="text"/>	\$235 <input type="text"/>	
Full Convention Registration: 19 CEUs Includes: ➤ 2 day course ➤ Saturday night banquet ➤ Sunday Ethics	Banquet Choice: (choose one) <input type="checkbox"/> Regular <input type="checkbox"/> Vegan Class Choice: (choose one) <input type="checkbox"/> Nurturing the Mother <input type="checkbox"/> Touch for Health 2**	REGULAR RATE \$329 <input type="text"/>	REGULAR RATE \$349 <input type="text"/>	REGULAR RATE \$199 <input type="text"/>	
Additional Banquet Tickets	\$25 EACH (Please enter the number of total tickets per meal choice) <input type="checkbox"/> Regular Meal _____ <input type="checkbox"/> Vegan _____ TOTAL TICKETS _____ X \$25 = \$ _____				
Ethics Only – 3 CEUs	ONLY make a selection here if you are not attending full convention.	FREE! <input type="text"/>	\$45 <input type="text"/>	FREE! <input type="text"/>	

*The Touch for Health 1&2 Manual is required for this class. If you do not have a manual, one can be purchased by contacting Larry Green at greentfh@mindspring.com

**Please note that while all 100% of CEUs offered are NCBTMB approved, the Idaho State Licensing Board has approved Nurturing the Mother for 16 CEUs, Ethics for 3 CEUs, TFH1 for 8 CEUs and TFH2 for 4 CEUs. You can find an explanation for the difference between NCBTMB & State approvals [here](#).



Elections open March 15th and close March 31st

ELECTIONS ONLINE

Submitted by Hayley Lowry (Elections Coordinator)

AMTA Idaho will hold its second Online Elections this year. Voting opens March 15th and closes March 31st.

Although most of these positions have candidates who are running unopposed, it is important that you vote! Please show your support by participating in the voting process.

2015 Election Timeline

March 15th –March 31st: Online voting is open.
April 1st: Election results are announced.
April 22nd through April 24th: All chapter volunteers (board members, delegates, committee chairs, etc) are REQUIRED to attend the Strategic Planning Retreat.

Thank you to Donna Hoffman for serving as our COC Committee Chair.

Watch for specific voting instructions to come via email from Simply Voting Inc. If you have any questions please email coc.amtaid@gmail.com or call Hayley at (208) 540-1028

Thank you!

Please find a list of those running for office below. You will also find their candidate resumes included in the newsletter.

List of Candidates

Office

Chapter President
1st Vice President
3rd Vice President
Secretary

Name

Becky Olinger
Deserae Johnson
Donna Hoffman
Nancy Bigham

Alternate Delegate
Alternate Delegate

Deserae Johnson
Justin Kobbe Solace



Elections Candidates' Resumes

Please take time to get to know our candidates by clicking the resume images below to open their full resume.

AMTA-IDAHO ELECTION CANDIDATE RESUME

Please print or type

Name Becky Ollinger AMTA I.D. # 220895

Home Address 1027 7th Ave Lewiston ID 83501

Phone (w) 208-305-3438 (h) _____ (fax) _____

Email beckyollinger@hotmail.com

Years in massage 7.5 Years in AMTA 7.5 Massage license # MASG-1597 State Idaho

Massage school attended & location/# of hours Moscow School of Massage, 850 hours

Date of completion 6/05/2009 Other related schooling _____

I am interested in volunteering in the following areas – positions in **BOLD** are elected positions and this form will serve as your submission to the Commission on Candidacy for elections:

Awards Government Relations Marketing & Communication Education Membership

Commission on Candidacy Conventions/Workshops **Delegate** **Alternate Delegate**

Board of Directors: (choose one) **President** **1st VP** **2nd VP** **3rd VP** **Secretary** **Treasurer**

Relevant community or professional experience: I have been Interim AMTA-ID President for the last 2 months once our current president resigned to move out of state. I have been an AMTA-ID VP for one year.

List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees):

2010-2012: N. Unit Rep. Asst. (U), 2012-2015: N. Unit Rep (U), 2013-2014: Alternate Delegate (C), 2015-2016:

Delegate (C), 2012-Current: Website/Facebook Admin (C), 2015-2016: 1st VP (C), Jan 2016-present, Pres (C)

Other Qualifications:

I have also assisted in coordinating chapter events, including the Annual State Convention over the last 5 years.

I have also attended National's Chapter Volunteer Orientation Program.

FOR THOSE SEEKING TO RUN FOR A BOARD OF DIRECTOR POSITION

How many hours a week do you estimate will be required to perform the duties of this office? 25ish

Are you currently able to commit the appropriate time for the performance of your duties? **YES** **NO**

What are your reasons and objectives for seeking this office? I feel confident in the path that our former President, Suzie Lindberg, has our Chapter heading. I am excited to see what our members will decide for the future of our chapter and our profession.

AMTA-IDAHO ELECTION CANDIDATE RESUME

Please print or type

Name Nancy Bigham AMTA I.D. # 1246328

Home Address 2620 Erwin Ct Idaho Falls Id 83401

Phone (w) 208-351-0998 (h) 208-520-2478 (fax) _____

Email mountainbreezmassage@gmail.com

Years in massage 20 Years in AMTA 4or5 Massage license # masg-129 State ID

Massage school attended & location/# of hours Fuller School of Massage Va Beach Va, 374

Date of completion April 1994 Other related schooling Orlando Institute Winter Park Fl Dec 1994

I am interested in volunteering in the following areas – positions in **BOLD** are elected positions and this form will serve as your submission to the Commission on Candidacy for elections:

Awards Government Relations Marketing & Communication Education Membership

Commission on Candidacy Conventions/Workshops Delegate Alternate Delegate

Board of Directors: (choose one) President 1st VP 2nd VP 3rd VP Secretary Treasurer

Relevant community or professional experience: I have been serving on the ECC committee, also as the Chapter Board Secretary. I would very much enjoy being the GRC as well I believe.

List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees):
ECC 2015-16, Education Chair 2015-16, Board Secretary fall of 2015-16.

Other Qualifications:

I have been a practicing professional for 20 years. I have a firm desire to help promote the profession, and be of service to the AMTA Chapter any way I can.

FOR THOSE SEEKING TO RUN FOR A BOARD OF DIRECTOR POSITION

How many hours a week do you estimate will be required to perform the duties of this office? 10

Are you currently able to commit the appropriate time for the performance of your duties? YES NO

What are your reasons and objectives for seeking this office? I would like to serve to the best of my ability and so far this opportunity to serve has been very rewarding. I would very much like to continue.

AMTA-IDAHO ELECTION CANDIDATE RESUME

Please print or type

Name Deserae Johnson AMTA I.D. # 1283178

Home Address 1654 W. Boise St. Kuna, ID 83634

Phone (w) 208-409-0422 (h) _____ (fax) _____

Email cmbidaho@gmail.com

Years in massage 2 Years in AMTA 3 Massage license # MAS-1035 State Idaho

Massage school attended & location/# of hours Broadview University Boise, ID 1000+ Hrs

Date of completion 06/14/13 Other related schooling _____

100+ Hrs Externship with BSU Athletic Department and Track & Field Team

I am interested in volunteering in the following areas – positions in **BOLD** are elected positions and this form will serve as your submission to the Commission on Candidacy for elections:

Awards Government Relations Marketing & Communication Education Membership

Commission on Candidacy Conventions/Workshops Delegate Alternate Delegate

Board of Directors: (choose one) President 1st VP 2nd VP 3rd VP Secretary Treasurer

Relevant community or professional experience: Served on the AMTA-ID board for 1 year as Western Unit

Rep. 6+ mo on AMTA-ID ECC board and Alt Delegate, attended AMTA National 2015 Delegates as ID Alt Delegate.

List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees):

AMTA ID - 2014-2015 Western Unit Rep, 2014-2015 ECC board member, 2015 Alt Delegate

Other Qualifications:

Helped plan 2015 AMTA-ID fall education class and meeting, annual convention, and 2016 annual convention.

Attended 2015 National Convention House of Delegates voting/meeting.

FOR THOSE SEEKING TO RUN FOR A BOARD OF DIRECTOR POSITION

How many hours a week do you estimate will be required to perform the duties of this office? 3-5

Are you currently able to commit the appropriate time for the performance of your duties? YES NO

What are your reasons and objectives for seeking this office? Would like to continue working with the board and dedicate more of my time to helping improve our chapter and make better experiences for its members.

AMTA-IDAHO ELECTION CANDIDATE RESUME

Please print or type

Name Donna Hoffman AMTA I.D. # 142355

Home Address 3757 Country Club Dr. Lewiston, ID 83501

Phone (w) 406-210-1093 (cell) (h) 406-210-1093 (cell) (fax) _____

Email 3dmassage@gmail.com

Years in massage 15 Years in AMTA 15 Massage license # mass-15 State Idaho

Massage school attended & location/# of hours Montana School of Massage ^{Missoula MT} 650 hours

Date of completion 2001 Other related schooling _____

Biotone Spa School and various conventions

I am interested in volunteering in the following areas – positions in **BOLD** are elected positions and this form will serve as your submission to the Commission on Candidacy for elections:

Awards Government Relations Marketing & Communication Education Membership

Commission on Candidacy Conventions/Workshops **Delegate** **Alternate Delegate**

Board of Directors: (choose one) **President** **1st VP** **2nd VP** **3rd VP** **Secretary** **Treasurer**

(some positions may not appear on this form. Please write it below if necessary)

Position I am running for (or interested in): 3rd VP

Relevant community or professional experience: _____

List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees):

AMTA-ID Northern Unit Rep Assistant 2011-2015, AMTA-ID Events

Coordination Committee 2015-current, AMTA-ID Commission on Candidacy

Other Qualifications: Chair 2015-current

FOR THOSE SEEKING TO RUN FOR A BOARD OF DIRECTOR POSITION

How many hours a week do you estimate will be required to perform the duties of this office? 5-10 hours

Are you currently able to commit the appropriate time for the performance of your duties? YES NO

What are your reasons and objectives for seeking this office? I have always been a

helper. At this time of my life I can contribute more to AMTA-ID.

AMTA-IDAHO ELECTION CANDIDATE RESUME

Please print or type

Name Justin Kette Solace AMTA I.D. # 222653

Home Address 4604 Maplewood Dr Boise ID 83703

Phone (w) 208 284 2647 (h) 208 515 8895 (fax) _____

Email Hybridpainrelief@gmail.com

Years in massage 8 Years in AMTA 6 Massage license # MAS-708 State ID

Massage school attended & location/# of hours Body Mechanics - Olympia, WA 860

Date of completion 11/08 Other related schooling BA - Psychology

MK - BSW - current

I am interested in volunteering in the following areas – positions in **BOLD** are elected positions and this form will serve as your submission to the Commission on Candidacy for elections:

 Awards Government Relations Marketing & Communication Education Membership

 Commission on Candidacy Conventions/Workshops Delegate Alternate Delegate

Board of Directors:(choose one) President 1st VP 2nd VP 3rd VP Secretary Treasurer

Relevant community or professional experience: Education Chair - AMTA-ID 2012-2014

National Educator w/ OMERI and Orthopedic Massage + Pain Management

List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees):

Education Chair 2012-2014

Other Qualifications:

Helped write and lobby state license, ~~Area~~ Educator/

Speaker for 5 years

FOR THOSE SEEKING TO RUN FOR A BOARD OF DIRECTOR POSITION

How many hours a week do you estimate will be required to perform the duties of this office? _____

Are you currently able to commit the appropriate time for the performance of your duties? YES NO

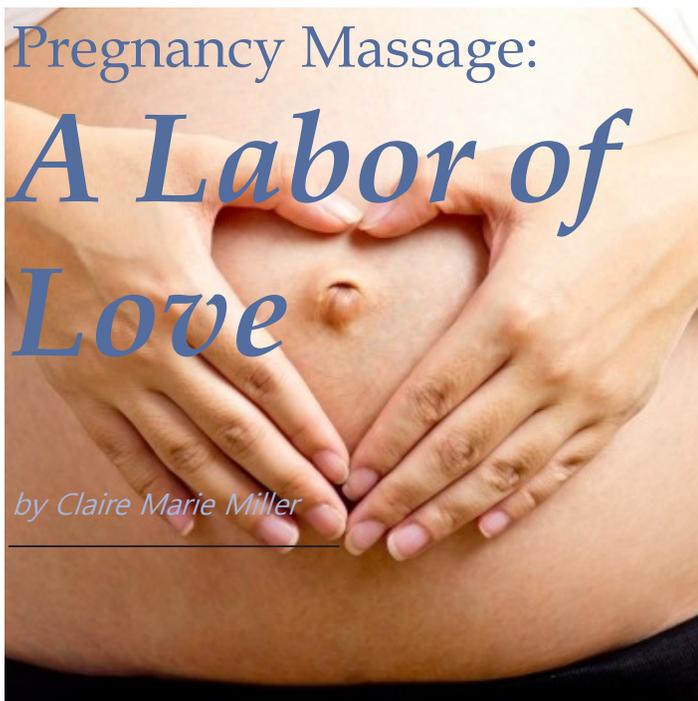
What are your reasons and objectives for seeking this office? _____

WELCOME NEW MEMBERS

WELCOME! THANK YOU FOR JOINING THE AMTA-IDAHO CHAPTER

Check the officer map & roster ([pg. 14-15](#)) and contact a board member in your area with any questions you may have. Also, stay up to date by visiting our [Facebook page](#) and/or [website](#)!

Erwin	Barralaga Mejia	Idaho Falls	ID
Brooke	Bodrero	Boise	ID
Melissa	Bradley	Blackfoot	ID
Deena	Broncho	Pocatello	ID
McKenzi	Brown	Pocatello	ID
Jonathan	Brubaker	Rexburg	ID
Kevin	Earl	Boise	ID
Emily	Fackrell	Victor	ID
Katie	Gull	Pocatello	ID
Gary	Gutierrez	Meridian	ID
Bethany	Howell	Moscow	ID
Natalie	Huls	Careywood	ID
Michael	Jones	Saint Anthony	ID
Kristy	Kalbfleisch	Garden City	ID
Emily	Lagana	Idaho Falls	ID
Danni	Medina	Rexburg	ID
Indigo	Perkins	Boise	ID
Rutilio	Ramirez	Nampa	ID
Taylia	Redfox	Pocatello	ID
Deanna	Richey	Rexburg	ID
Laura	Scott	Boise	ID
Michelle	Smith	Caldwell	ID
Jason	Spencer	Mountain Home	ID
Shelly	Spratling	Sugar City	ID
M'Kenzi	Torres	Idaho Falls	ID
Keri	Wahwassuck	Garden City	ID
Justin	Williams	Rigby	ID
Brenda	Wood	Pocatello	ID
Marla	Woodard	Coeur D Alene	ID



In the Nurturing the Mother® workshop you will learn not only how to give a safe and effective pregnancy massage but to honor your client and her sacred mission, to grow and birth a healthy baby. Pregnancy Massage is a massage that involves a life changing experience for your client. This is why your intention is as important as your technique. As a pregnancy massage therapist, you are taking part in the journey of new life and it can change you too. It opens you up to the commitment we have to the future generations, to help them come into this life with a healthier way of growing inside the womb and through a gentle sacred birth with a bonded family. This form of massage inspires me to honor the mother and to massage her with constant awareness.

In my career, I have had the privilege of being part of many family stories. As massage therapist we go so far beyond what many healthcare practitioners do for their clients. When the client spends more time with you than her OB, you should understand what is unfolding in the pregnancy.

You also have another client on the table, the baby. The baby will feel your hands, hear your voice and sense the deep relaxation state of mother. Yes, you may rub her belly and the baby with permission and breast draping. I have had the joy of watching many moms and therapists feel the baby bliss when connecting with that little spirit. It is safe to do abdominal massage on the mother and baby after the 4th month. The baby is usually moving around at this time of development. I am often asked, “does the

baby feel this and how do they benefit?” I have a client’s story that has been published so I may share it with you. This client had lost a baby to group B strep. It is an intense story that occurred during hurricane Hugo, there was the kind of drama that would make a Gray’s Anatomy story.

As this mother approached the date of the one-year anniversary of the loss of her first child, the baby she conceived three months after her loss, was showing signs of distress. The diagnosis was placenta insufficiency. This condition is a result the baby not growing well and is receiving all the nutrients from the placenta. This can be seen on the ultrasound. After a month of regular massage, including belly massage, the baby completely caught up to his normal weight and size and was born very healthy. I am sure that the massage both increased circulation and decreased stress hormones. Tiffany Fields at the Touch Research Institute has studied all of these benefits for pregnancy massage.

For the mother, you will open up her body with more space, allowing better breathing and easier movement. This is a powerful massage protocol that will address all of her general needs. She will have a decrease in heartburn, as well as pregnancy induced swelling, relief from aching lower back and hips, and a deep restful experience. Techniques you will learn include lymphatic drainage, reflexology, assisted stretching, myofascial release in the lower back, and side lying positioning with pillows.

There is more, what if you get invited to the birth? You will learn tools to assist your client through labor with massage and doula style support information. I do recommend if it is your passion to attend births, that you take doula training. You will find them at www.dona.org.

When mom and baby return home, postpartum massage can ease the transition for both. Specific techniques for mommy’s neck, what to do for a mom post C-section, and how to help a colicky baby feel better and get more rest with mom. All these techniques will round out this important training.

Claire Marie Miller © 2009

Upcoming EVENTS

Online Chapter Elections

March 15-31

Strategic Planning Retreat

April 22-24
McCall, ID

2016 AMTA State Convention:

May 12-15, 2016
Pocatello, Idaho
See [page 5-8](#) for the registration packet

2016 AMTA National Convention:

October 26-29, 2016
Milwaukee, Wisconsin



Contact Newsletter Editor for details:
amta.idaho.newsletter@gmail.com

Deadlines:

Feb. 15 • May 15 • Aug. 15 • Nov. 15

Advertising Costs

- Full Page: \$85 per ad
- ½ page: \$65 per ad
- ¼ page vertical: \$45 per ad
- ¼ page horizontal: \$45 per ad
- Business card size: \$20 per ad

Discounts available for multiple insertions.

Publish dates: 2nd week of March • First of June

First of September • First of December



COC Rep and ECC
Donna Hoffman



President
Becky Olinger



ECC Committee
Deserae Johnson



Treasurer
Suzie Lindberg



Secretary
Nancy Bigham



2nd Vice President
Hayley Lowry



amta
american **massage therapy** association®

Idaho

Note: See next page for
contact information.

AMTA-IDAHO OFFICER ROSTER

President

Becky Olinger
Lewiston, ID
208-305-3438
unitrep.amtaid@gmail.com

First Vice President

Open

Second Vice President

Hayley Lowry
Pocatello, Idaho
208-540-1028
hayley.lowry@gmail.com

Third Vice President

Open

Secretary

Nancy Bigham
Idaho Falls, ID
208-520-2476
secretary.amtaid@gmail.com

Treasurer

Suzie Lindberg
Boise, Idaho
208-908-9757
president.amtaid@gmail.com

Leadership Chairman

Open

Marketing Chairman

Open

Commission on Candidacy Chair

Donna Hoffman
Lewiston, ID
406-210-1093
3dmassage@gmail.com

Commission on Candidacy

Open

ECC Committee Member

Deserae Johnson
Kuna, ID
208-409-0422
cmbidaho@gmail.com

Chapter Delegate 2015-16

Becky Olinger
(see 1st VP)

Chapter Alternate Delegate 2015

Deserae Johnson
(see ECC Committee Member)

Newsletter Editor

Amta.idaho.newsletter@gmail.com

Education Chairman

Nancy Bigham
education.amtaid@gmail.com
(see Secretary)

Facebook Administrator

Becky Olinger
(see 1st VP)

Website Administrator

Becky Olinger
(see 1st VP)

Event Coordination Committee Chair

Becky Olinger
(See 1st VP)

Elections Administrator

Hayley Lowry
(See 2nd VP)

Chapter WEB page

www.id.amtamassage.org

National WEB page

www.amtamassage.org

