

# 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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# Message from the President

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## Find a new path...

That was this year's theme for our 2016 AMTA-Idaho Annual State Convention and continues to be the mantra for our chapter as a whole.

So many connotations in four words. And then there are those three little dots... those three little dots that feel like a cliffhanger from your favorite television series and you have to wait until next season to discover their meaning (unless you binge-watch all episodes, thank you, Netflix! In which case the dots are a foreign concept to you...)

Within the massage realm, how does “find a new path” translate for you? Are you finding a new-to-you modality that you are now incorporating into every client's massage? Did you take Claire Marie Miller's “Nurturing the Mother” class at convention and are now considering only working on expectant mothers? Or was it Larry Green's “Touch for Health” that awakened your mind to energy work? Are you considering adding an adjunct profession, such as teaching, that is symbiotic with your work as a massage therapist? Or considering a whole new profession but still allowing room for your massage clients because you can't bear the thought of stepping away completely?

For our chapter, “finding a new path” most certainly includes incorporating the thoughts and ideas of a whole new volunteer board of directors and committee chairs. Our

chapter elections took place in March and we hit the ground running only two weeks later at our yearly Strategic Planning Retreat. We call it a “retreat” but don't let that word fool you. We worked. We worked hard. We brainstormed. We listened. We learned. Most importantly, we planned. We have so many plans!

This new path for me, as your new chapter president, has been the proverbial roller coaster ride thus far, complete with hairpin turns, unexpected drop-offs, mammoth inclines and harrowing downhills to navigate. In two short months, two board members resigned (due to a relocation and a new career opportunity), the licensing law was opened and, subsequently, changed and two ECC members had family concerns that prevented them from attending the convention they worked so tirelessly to plan. We gained two committee volunteers I had not met previously. I conducted my first board meeting. I held my first annual member meeting, knees shaking the entire time. I met some of the nicest people on the planet in Pocatello. Our AMTA

**“This new path for me, as your new chapter president, has been a proverbial roller coaster ride.”**

National President, Nathan Nordstrom, told me that if it isn't hard, we're not growing. I'm feeling ten feet tall right now.

I am so thankful to have Deserae, Donna, Kylie, Jami, Justin, and Hayley on the roller coaster with me, hands up and in for the ride!

**-Becky Olinger, President**

# REPORT on the AMTA IDAHO STATE CONVENTION



Gorgeous Pocatello was the site for this year's convention and it did not disappoint! A huge shout-out to our ECC team for all of their hard work and tireless energy: Hayley Lowry, Donna Hoffman, Nancy Bigham, Deserae Johnson and Becky Olinger.

The ice cream social, National AMTA President Nathan Nordstrom's guest appearance, a pre-convention workshop, Claire Marie Miller, an interactive Student and 1st timer's luncheon...it was an event of firsts! Here are what some of our therapists had to say about the event: "It was a pleasure meeting you and again thank you for putting on such a wonderful convention"

"I love you! I wanted to say again, thank you for a great job to you and the rest of the ladies. You did a fantabulous job! This was my first of many and I will hold the memories close and dear to my heart. I am grateful for Claire Marie Miller for helping us with our CEUs and love her already. I felt the energy so strong (I didn't want to come home). I will try hard not to miss any conventions as they are uplifting and it helps build my confidence as a new MT... Thank you again for a fabulous weekend. I will be forever grateful."

"I felt almost home when I went to Pokey and met you. You are such an encouragement to me. Keep up the good work and I will promote AMTA from here as my business continues to grow. This past weekend was a fantastic time for me. Your team all did an outstanding job in making us feel welcomed and valued! Thanks so much!"

Stay tuned as preparations are already underway for next year's convention, which will be held in Northern Idaho. Donna Hoffman, our new Event Coordination Committee Chair, has been in touch with 2 fantastic educators who are thrilled at the prospect of presenting in Idaho!

-Becky Olinger, Chapter President



**Above:** Claire Marie Miller receiving her 30 year recognition for being a member of AMTA.

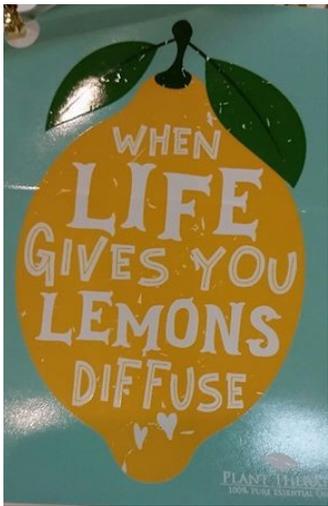


**Left:** Members practicing skills taught in Claire Marie Miller's Nurturing Mothers Spa Course

**Below:** Members with Larry Green enjoying Touch for Health I & II







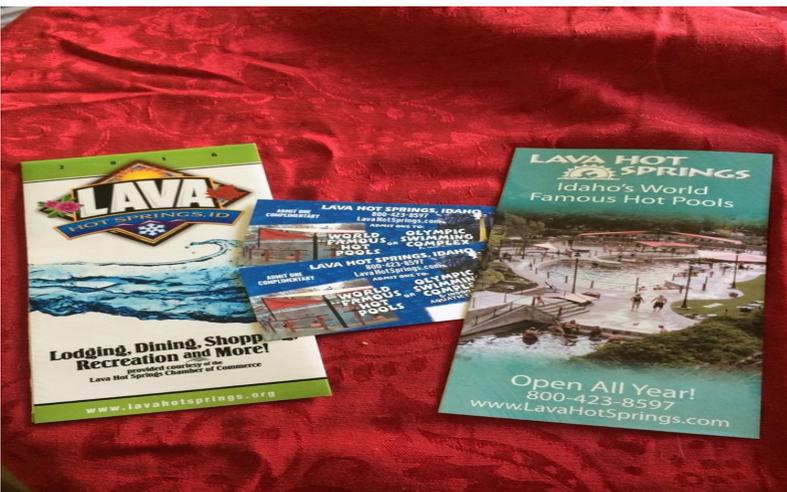
If you missed this years AMTA-Idaho's convention, you missed your chance to bid on many wonderful auction items donated from wonderful companies! We collected a grand total of \$953! All the money went right to the Massage Therapy Foundation. Some of our big ticket items came from The Upledger Institute, The Barral Institute, and the D'Ambrogio Institute who each donated a 4 day course! Custom Craftworks hit the spot with a backnobber and a stool. Earthlite was very popular with the new graduates with a table warmer, flannel sheet set, and bottles of massage oil and lotion. Rock Tape rocked it with a set of Rock Balls, rolls of Rock Tape, and a bottle of Rock Sauce Chill. Kelly Lott's Migraine Miracle Pro Set and Face Toning Massage DVD had some fierce bidding going on. SacroWedgy also had a bidding war with a 5 piece set of SacroWedgy items. Aesthetic Video Source sent two awesome gift certificates to Videoshelf.com and Jumoz.com. Clinicsence sent a gift certificate for 6 months free to their on-line scheduling program which includes so much more. They also included two books titled 15 Practical & Proven Ways to Grow Your Massage Business. Performance Health outdid themselves once again with 5 Therapearl products, a Biofreeze retail starter kit, and four 1/2 gallon bottles of Bon Vital massage products! Topricin was a popular favorite with a 3 pack of their Pain Relief, Foot Therapy, and For Children Jr creams.

We had some local and Idaho favorites donate also. Lava Hot Springs was popular with 4 individual passes as was the Pocatello Zoo with four 1 day passes. Our own Deserae Johnson made 2 wooden Idaho shaped wall hanging which were beautiful. Nancy Wood made a large tote with handprints of her grandson which had a bidding war going back and forth. Shu's Idaho Running Company of Boise sent two back packs full of goodies such as socks, hats, shirts, gift certificates, and other fun stuff.

Our two instructors this year also donated items for our auction. Claire Marie Miller gave two pairs of reflexology socks, two Integrative Reflexology Cloth Posters and a Hot Rockin' Reflexology and Sweet Feet Aromatherapy DVD. Larry Green donated a 3 DVD set called The Top Ten Pain Releasers by Arlene Green.

Our Swag Bags were loaded. Many of the above companies also sent literature, coupons, and samples to be included in our bags. Scrip Companies sent lots of fun Bon Vital samples. A big Thank You goes out to Soothing Touch for sending full size bottles of unscented Jojoba massage lotion for everyone.

Thank you to all these great companies and individuals who made our AMTA Idaho convention just that much better!



-Donna Hoffman

# Installation of **OFFICERS**



Top Photo: *Installation of Vice President & 2nd Vice President. Deserae Johnson & Donna Hoffman*

Middle Photo: (Left to Right) Deserae (1st VP), Becky (President), & Donna (2nd VP)

Bottom photo: *Installation of Chapter President. Becky Olinger*

# Meet our Volunteers



**Idaho Chapter President** Becky Olinger

Family: I am married to saintly, hilarious, and supportive Bryan, who is a cardiovascular technologist at St. Joseph Regional Medical Center in Lewiston. We have a combined family of 6 kiddos (Adam, Zac, Alex, Toni, Devin, and Marcus), 2 dogs (Macy and Shamus), 7 e54wchickens (Debra, Penny, Lenny, Shelly, Amy, Bernadette, and Raji) and 38 goldfish/koi (I will spare you from listing their names). Our children range from 12 to 29 years old and keep us laughing, growing and loving.

Career: LMT for 8 years. Attended Moscow School of Massage Therapy, which closed immediately after my graduation. I think I broke it. Prior to becoming a massage therapist, I was a paper maker and safety geek for Potlatch Corp/ Clearwater Paper Corp.

AMTA member: 8 years

Hobbies: chickens, gardening, attending concerts, chickens, camping, watching my youngest, Marcus, compete in sports and academics, and, oh, did I mention chickens?

**1st Vice President** Deserae Johnson



Deserae earned her Associate's degree for Massage Therapy from Broadview University and has been a Licensed Massage Therapist in the Treasure Valley since 2013. She specializes in Deep Tissue, Sports Massage, Myofascial Release and Prenatal Massage. She has spent the last 3 years working with the Boise State Athletes and has had the pleasure of working with many NFL and PGA athletes as well. She can be found providing free massage at the finish line of most local marathons and triathlons. She also volunteers on the American Massage Therapy Association Idaho Chapter board.

In her spare time she enjoys trail running with her two dogs, dirt bike riding, hiking, camping, woodworking and going to car shows with her husband and son in their 1959 Chevrolet Impala.

**2nd Vice President** Donna Hoffman



Hi everyone. My name is Donna and I am your VP2. A bit about me. I have 4 wonderful grown kids three of which are in various medical professions. I am also blessed to be grandma to 8 awesome active little ones. They are all local (Lewiston & Moscow) and keep me very busy, which I love! I was born and raised in the Air Force and married into the Navy, so the military has been a big part of my life as it has my kids. Two years ago I moved my mother in to live with us as she has dementia. Having my massage studio at home is working great as it gives me the opportunity to be a full time caregiver to my mother and a thriving business owner.

**Marketing Chair** Jami Slaughter



I am from Buhl( near Twin Falls), Idaho. My husband and I lived in the Seattle/Tacoma area for 5 years and I began my massage training there. I have been a massage therapist for 16 years. In 2014, I completed my Bachelors at ISU in professional technical education. I own and operate my own massage therapy business in Twin Falls.

For fun my husband, daughter and I enjoy golfing, kayaking and spending time outdoors.

**Newsletter Editor** Kylie Dunder



Originally from Sparks, NV, I moved to Pocatello for school at ISU where I completed my AAS Massage Therapy, AAS Physical Therapy Assistant, and BS Health Science. I graduated from massage school in 2012 and have owned my massage therapy business since then in Pocatello. I specialize in deep tissue, clinical custom massage, sports massage, and Advanced Muscle Reconditioning as well as spa treatment for a change of pace every now and then. Our home is full of fur babies and I just can't get enough of them. My husband and I love to camp, hike, snowshoe, garden and take our Jeep out to get muddy as often as possible.

**Delegate** Justin Solace



Justin holds a BA in Psychology, is a Board Certified Massage Therapist, Corrective Exercise Specialist, Orthopedic Massage therapist, certified in Myoskeletal Alignment, and is currently pursuing his Masters in Kinesiology at Boise State University. Justin has been involved with manual healthcare since 2007 combining manual therapy, strength training, stability exercise, structural integration and mindfulness to achieve long lasting results with his clients.

# SPRING CLEANING FOR YOUR HEALTH

GUEST ARTICLE ON KRISTINMCGEE.COM

BY STEPHANIE KIRYLYCH  
MARCH 2016

Can you feel that? Flashes of spring. We set the clocks ahead this weekend, the sun is shining brighter, and you can see the ground. Spring is almost here!

The transition to spring is the perfect time to not only clean your closet but to peek into the corners of your health and wellness and dust off the winter cobwebs. Here are my five tips for a health and wellness spring cleaning.

## Get moving

Chances are you weren't as active as you'd like to be during the winter months. It was dark when you got up for work and dark when you got home so the couch and your sweats were probably calling your name. Even if you were active this winter, spring is a chance to shake things up a bit. Take long walks outside to enjoy the warmth of the sun and fresh air. Reinvigorate your fitness routine with the goal of some kind of movement everyday. Maybe commit to trying a new class (like SoulCycle, Pure Barre, or hot yoga) each month.

## Dry brushing

How's your skin feeling after the longest winter ever? I'm a huge fan of dry brushing and the spring is the perfect time to start. Dry brushing is exactly what you think it is: brushing your dry skin. You use a natural bristle brush with a long handle and brush your skin (starting at your feet) using long sweeping motions toward your heart. You want to overlap your strokes and work up to your head. Dry brushing is an ideal way to remove the dead and dry skin cells left from winter and unclog your pores. I've even read that regular dry brushing can help with cellulite by breaking down the trapped toxins and allowing your body to eliminate them. It stimulates the lymphatic system which helps you detoxify.

## Eat more raw foods

If you're anything like me, you couldn't handle being within 20 miles of a cold salad since November. This winter has been all about roasted root vegetables, soups, hot teas, and warming spices like ginger and cayenne. The mere mention of a salad or green juice got me shivering. I'm finally ready to add raw foods back into the rotation. Raw foods are an important part of the wellness way. Raw foods are overflowing with important nutrients and enzymes that our bodies need. Start adding something raw to each meal. I throw in obscene amounts of raw spinach in my morning smoothie, top my scrambled eggs with sprouts (one of the best foods out there!), and have a salad with my dinner.

## Clear your mind

Everyday is an opportunity to start fresh, to let go of the *shoulds* and choose to see things differently. The end of winter and awakening of spring is the perfect moment to shed your limiting beliefs, fear, and stress and begin anew. Use this free-writing exercise to clear out the junk and focus on what matters:

- Set a timer for 10 minutes and write down everything going on in your head. Your "to-do" items, stresses, shoulds, fears...get it all out on paper.



- Don't stop to edit yourself. Just keep writing until the timer goes off.
- Once the 10 minutes are up, turn to a fresh page and write down how you want to feel and 3 things you can do to support each feeling. For example, I want to feel energized. I will nourish my body with whole foods. I will move everyday. I will get 8 hours of sleep every night.

Our minds can get clogged with the noise and taking 10 minutes to clear your mind allows you to silence the chaos. You can use this technique whenever you are feeling overwhelmed, stuck, and uninspired.

## Brighten up your space

Our space can have a huge impact on how we feel. Are you feeling stressed? Take a look around your space. Is it cluttered? Use this time to declutter and jazz up your space. My nightstand had become a dumping ground for my ever-growing pile of books I want to read, ticket stubs, meditation materials like essential oils and turbans, and notebooks. It definitely didn't make me feel calm as I was waking up or settling in for the night. I removed everything and started fresh. I added an inspirational print and stacked a few of my favorite books. Now I feel calm and inspired when I look at my nightstand. Pick one room or even one area of a room to focus on. What can you discard? Can you add some personal touches to create a warm and inviting environment? Our environment is an important part of our overall health and wellness.

## How are you going to focus on your health and wellness this spring?



*Kristin McGee is a leading yoga and Pilates instructor and healthy lifestyle expert based in New York City. She is an ACE certified personal trainer who regularly trains celebrity clients in New York and Los Angeles. She serves as Health's contributing fitness editor and is frequently seen on national TV. Her latest in a large collection of fitness DVDs is YogaSlim. Follow her on Twitter @KristinMcGee and like her page on Facebook.*

# WELCOME NEW MEMBERS

Lucy	Amos	Arco
Aura	Boone	Ucon
Aura	Boone	Ucon
Baylie	Fluckiger	Rexburg
Jennifer	Fogle	Boise
Molly	Helland	Coeur D Alene
Maria	Kilgo	Eagle
Chris	Kreid	Potlatch
Makenna	Langford	Rexburg
Rebeca	Ortiz	Tetonia
Amanda	Pankratz	Coeur D Alene
Jolene	Peterman	Boise
Nellie	Reinwand	Idaho Falls
Ariel	Simmons	Idaho Falls

## VOLUNTEER!

Get Involved as a volunteer for the AMTA Idaho Chapter! There are many benefits and opportunities for professional growth. Please see [page 15](#) for available positions and details.

### WELCOME! THANK YOU FOR JOINING THE AMTA-IDAHO CHAPTER

LOOK FOR YOUR CHAPTER VOLUNTEERS ON THE AMTA-ID OFFICER ROSTER ([PAGE 15](#)) AND CONTACT THEM WITH ANY QUESTIONS YOU MAY HAVE.

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# Government Relations Update: Spring 2016

*Submitted by Becky Olinger, Government Relations Liaison*

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Idaho Legislative Update-Idaho Board of Massage Therapy

2-12- 2016

House Bill 433, Student Tuition Work Off/Credit, had been presented to the House Business Committee. Representative Sims presented the bill on behalf of a constituent from her area. The purpose of the bill is to allow students the ability to work off their tuition. The House Business Committee heard the bill. After discussion, Ms. Kris Ellis asked the House Business Committee to hold the bill for a week, allowing interested parties the ability to draft additional suggested changes. The House Business Committee agreed to hold the bill for a time certain of one week. The Board discussed the preference to put the Student Tuition Work Off/Credit under Idaho Code 54-4002. By doing this the Board would be able to promulgate rules. The Board discussed the possibility of creating a provisional permit for the students use. It would be required that the provisional permit holder work under a supervisor. Ms. Chatburn and Ms. Nickel were charged with working with other interested parties to draft suggested changes to the proposed law change and to speak on the Board's behalf.

2-16- 2016

With regard to House Bill 433, the Student Tuition Work Off/Credit: The Student Tuition Work Off/Credit was written into the definition of compensation in Idaho Code 54-4002(3) and will not be considered a form of compensation in Idaho. Discussion was also held on adding the two following sections to Idaho Code 54-4007 "(10) Establish requirements for a student tuition credit program" and "(11) Establish requirements for a temporary permit". This will grant the Board the ability to oversee the Student Tuition Work Off/Credit program and give them the ability to create provisional and temporary permits. After discussion these two sections were drafted as proposed changes. All parties agreed these changes were beneficial to students enrolled in a massage therapy program that offers the Student Tuition Work Off/Credit program.

3-7- 2016

House Bill 433 was rescinded and reintroduced as HB-519. This bill redefines compensation in Idaho Code 54-4002 to include that a Tuition Work-Off Program not a form of compensation, and the bill will also allow the Board the ability to draft rules for temporary license or provisional permits. If the bill passes, it will go into effect once the Governor signs it because it contains an emergency clause. The Board determined that they would like to invite a representative from each registered massage therapy school to the next meeting. The Board requested school representatives attend so they may discuss with the Board proposed rule changes for the Tuition Work-Off program and implementation of HB-519. The Board is to draft questions in regard to writing proposed rules for review by all members at the next scheduled meeting. The Board Chair asked the audience to pass the word around to invite their association representatives to the next meeting as well. The Board asked Ms. Anderson to contact the Associated Bodywork & Massage Professionals, ABMP-ID, as well as the American Massage Therapy Association, AMTA-ID, and extend an invitation out to them to attend the next meeting as well.

5-23- 2016

HB 519 was passed into law, which allows for a tuition work-off program. Ms. Nickel explained that the bill was the result of much compromise and that even though it was not fully supported by all interested parties, The House made it clear that if it did not pass, the entire massage therapy licensing law would be repealed. The Board is now charged with establishing the requirements for the program and the Board will also establish a temporary license and a provisional license. The Board asked for guideline suggestions from the Board and the audience. The Board then established an ad-hoc committee to complete these tasks to be co-chaired by Ms. King and Mr. Weston. The committee will also include one representative from each interested massage school and a State Board of Education member.

The next meeting will be held July 18. 2016.

# Member Meeting Overview

By Deserae Johnson—1st Vice President

The AMTA-ID Annual Member Meeting was held on May 13, 2016 in Pocatello, ID at the state convention. Becky introduced the new-old board members in their new positions of Donna Hoffman 2nd VP and Deserae Johnson as 1st VP. Donna, Deserae and Becky were all sworn in as official board members, making Becky the newest AMTA-ID chapter President. There are still open board positions available and any questions or interest in volunteering would be greatly appreciated. The positions are: Treasurer, Secretary, and 3rd VP.

Becky talked about Suzie's move, not only to another state, but also from the President's position and how she will be greatly missed.

Becky went over the budget and announced a few money saving changes, such as getting rid of the chapter storage unit.

The House of Delegates report included the results of the motions handled at last year's National meeting. The results are as follows: The Burn Scars motion was not approved. The Portability of Credentials was approved. For recommendations: Creating an operations committee for research for Human Trafficking was approved, to offer complimentary CEU's was not approved, and to create a media education kit for chapter use was approved.

The election results for 2016 are as follows: Becky Olinger - Presidnet, Deserae Johnson - 1st VP, Donna Hoffman - 2nd VP, Justin Kobbe-Solace - Delegate, Deserae Johnson - Alternate Delegate. (Becky stepped down from her position as Delegate which moved Justin from Alternate Delegate into Delegate and Deserae to Alternate Delegate.)

Of all of the matters at hand, everything was voted on in unanimous fashion.

Of all of the matters at hand, everything was voted on in unanimous fashion.

## AMTA – Idaho Facebook & Webpage Report

I am so pleased to announce that we have a new Facebook Administrator! Jamie Slaughter is our newly appointed Marketing Chair and with that, takes on our chapter Facebook page, as well. She has posted pictures from our convention, informative articles and changed up our page's cover photo with her own beautiful photograph. Check it out and invite your therapist friends to do the same.

Our Facebook interest has increased by 35 followers since February. Our recent convention helped bolster

our followers. Jami, along with our new newsletter, Kylie Dunder, are working on putting together a marketing plan to attract more advertisers which will bring more funds to our chapter's working budget.

Our chapter's website, [id.amtamassage.org](http://id.amtamassage.org) continues to change and update. I will be taking a Wordpress class to learn the tricks and tasks that make editing more fluid.



Contact Kylie Dunder for details  
208-705-0725  
[Newsletter.amtaid@gmail.com](mailto:Newsletter.amtaid@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:

Mar. 1 • June 1 • Sept. 1 • Dec. 1

# Upcoming EVENTS

- AMTA National Convention: October 26 to 29th, 2016  
Milwaukee, Wisconsin  
<http://www.amtamassage.org>
- 2016 Fall Educational Event: September 24th, 2016  
Boise, ID
- Fall Board of Directors Meeting: August 17th, 2016 @ 9:00am  
via conference call
- AMTA 2017 Idaho State Convention: April 20 to 23rd, 2017  
Northern Idaho



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american **massage therapy** association®

# Idaho



**2nd VP and ECC**  
Donna Hoffman



**President**  
Becky Olinger



**2nd VP and  
ECC Committee**  
Deserae Johnson

Note: See next page for  
contact information.



**Marketing Chair**  
Jami Slaughter



**Newsletter Editor**  
Kylie Dunder



**Elections Coordinator**  
Hayley Lowry

## AMTA-IDAHO OFFICER ROSTER

### **President**

Becky Olinger  
Lewiston, ID  
208-305-3438  
[president.amtaid@gmail.com](mailto:president.amtaid@gmail.com)

### **First Vice President**

Deserae Johnson  
Kuna, ID  
208-409-0422  
[VP1.amtaid@gmail.com](mailto:VP1.amtaid@gmail.com)

### **Second Vice President**

Donna Hoffman  
Lewiston, ID  
406-210-1093  
[VP2.amtaid@gmail.com](mailto:VP2.amtaid@gmail.com)

### **Third Vice President**

Open

### **Secretary**

Open

### **Treasurer**

Open

### **Leadership Chairman**

Open

### **Marketing Chairman**

Jami Slaughter  
Buhl, ID  
208-539-4323  
[Marketing.amtaid@gmail.com](mailto:Marketing.amtaid@gmail.com)

### **Commission on Candidacy Chair**

Donna Hoffman  
Lewiston, ID  
406-210-1093  
[coc.amtaid@gmail.com](mailto:coc.amtaid@gmail.com)

### **ECC Committee Member**

Deserae Johnson  
(see 1st VP)

### **Chapter Delegate 2016-17**

Justin Solace  
Boise, ID  
208-515-8895

### **Chapter Alternate Delegate 2015**

Deserae Johnson  
(see 1st VP)  
[Altdelegate.amtaid@gmail.com](mailto:Altdelegate.amtaid@gmail.com)

### **Newsletter Editor**

Kylie Dunder  
Pocatello, ID  
208-705-0725  
[Newsletter.amtaid@gmail.com](mailto:Newsletter.amtaid@gmail.com)

### **Education Chairman**

Open

### **Government Relations Chairman**

Open

### **Membership Chairman**

Open

### **Facebook Administrator**

Jami Slaughter  
(see Marketing)

### **Website Administrator**

Becky Olinger  
(see President)

### **Event Coordination Committee Chair**

Donna Hoffman  
(see 2nd VP)

### **Elections Administrator**

Hayley Lowry  
Pocatello, ID  
208-540-1028  
[Elections.amtaid@gmail.com](mailto:Elections.amtaid@gmail.com)

### **Chapter WEB page**

[www.id.amtamassage.org](http://www.id.amtamassage.org)

### **National WEB page**

[www.amtamassage.org](http://www.amtamassage.org)

