

AMTA SC - STAYING IN TOUCH

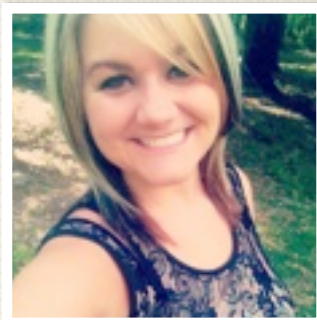
Editor's Corner

Hey y'all! I am Katie your new newsletter editor! I am from the Charleston, SC area and have been a licensed massage therapist for two years and became a member of AMTA in 2012. Last August I decided to volunteer with AMTA-SC. I wanted to be more involved, have a community of massage therapists to network with around the state and try to contribute in any way I possible. Having a background in photography and graphics I have taken over the newsletter and help update the AMTA-SC Facebook page. I have also recently been elected as AMTA-SC's Delegates. If there is anything you would like added or changed within the newsletter or social media, please let me know. If you would also like to volunteer, please don't hesitate to contact one of us, there is plenty to go around and great people to work with. I look forward to keeping you updated and entertained. :)

"Take Care of your body, it's the only place you have to live."

-Jim Rohn

Take Care,
Katie Heatley, LMT
Newsletter Editor
Delegate
katie@amta-sc.org



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AMTA- SC Mini Convention

Rock Hill, SC March 16th-17th 2013

AMTA-SC's Community Service Fundraiser for 2013

The annual AMTA-SC Community Service fundraiser was held at the spring convention in March. This year's charity of choice was The Michael J. Fox Foundation for Parkinson's Research due to an AMTA-SC "family" member being diagnosed with the disease. The AMTA-SC Board chose the Michael J. Fox Foundation due to their dedication to finding a cure for Parkinson's disease through an aggressively funded research agenda and their dedication to ensuring the development of improved therapies for those living with Parkinson's today. The event raised \$277.10 which our Treasurer Amy Alexander sent on to the Foundation in honor of our beloved member. - Debra Gallup



Annual AMTA-SC

Elections

The AMTA-SC Chapter held their annual elections for the positions of 1st Vice President, 3rd Vice President, Treasurer, Delegate and Alternate Delegate at the Annual Chapter meeting held during the Spring Mini-Convention on March 16th in Rock Hill, SC. The positions were voted on by the professional members of the chapter who were present during the meeting. The results of the election were as follows: Tony Ruggiero, 1st Vice President; Amanda Rose, 3rd Vice President; Amy Alexander, Treasurer; Katie Heatley, Delegate and Martha Ervin, Alternate Delegate. The Board and Delegates look forward to a busy and exciting year in the AMTA-SC Chapter.

Debra Gallup

Thank You! Thank You!

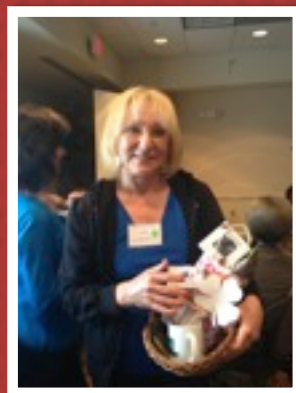
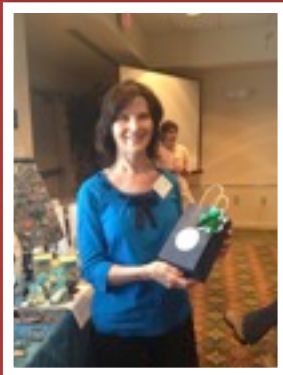
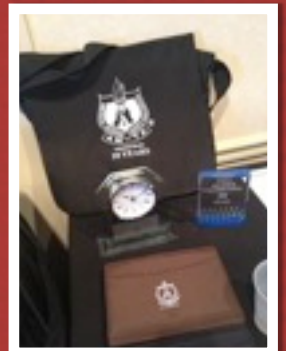
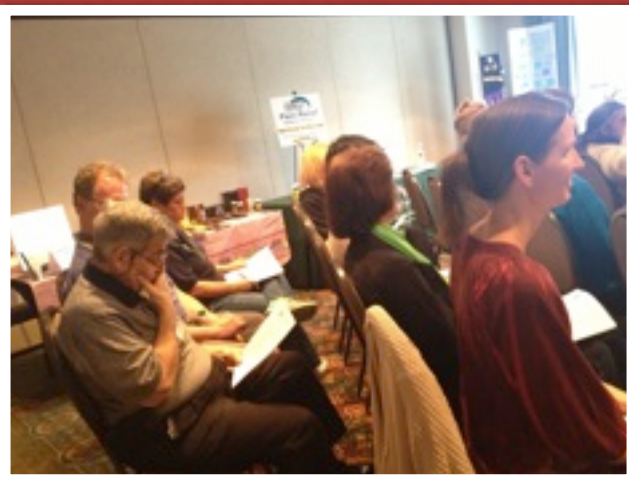
Thanks to our sponsors of this year's Spring Mini-Convention held in Rock Hill, SC. The event was elevated by the donation of time and product. A special thanks to our vendors Penelope Bakatsias of SkyeTurtle Designs for her handcrafted jewelry, candles and accessories, Betty Rhodes with all-natural Real Time Pain Relief, and Charlene Ryals with OrganoGold beverages, lotions and supplements. We appreciate their kindness and generosity.

Door prizes, participant bag contributions, and Michael J. Fox Foundation for Parkinson's Research fundraiser contributors included Better Life Apparel, Biotone, Sombra, Topricin, the Publishers of Save Your Hands, Nancy Dail, Taya Countryman, Custom Craftworks, Real Bodywork Corporation, Kinesio USA and TIR Massage Stone. We extend our deepest gratitude and hope you the members remember your chapter sponsors when making your business decisions.

Thanks to our members who participated in this year's event and made the social especially fun for all.

Kathy China
Social Chair

PHOTOS FROM MINI CONVENTION



SPS - Strategic Planning Summit

You may know LOL and OMG... but do you know SPS? The AMTA-SC Chapter had an awesome SPS on February 7-10, 2013 in Clemson, SC. Notice our website, amta-sc.org, and you will see the current board volunteers are from all over the state. Although there is a monthly conference call to keep current on the status of upcoming events, it is necessary to meet face to face for a period of time to do some heavy duty AMTA-SC Chapter planning. It's called the Strategic Planning Summit – SPS. There was a lot of business accomplished and members that attended the annual chapter meeting in Rock Hill on March 16 can attest to how much was achieved.

SPS convened at Clemson Outdoor Lab Thursday evening to get reacquainted with each other and socialize before the meeting started Friday morning. A packed agenda included committee reports, finalizing the mini-convention in March, the chapter business meeting, planning/organizing upcoming continuing education for our members and finally, the budget to be able to accomplish all of the previous mentioned activities.

Although we have lost money at our mini-convention the last couple of years, we are not in the business to make a profit, we try to break even so that it is a win-win environment with great continuing education at a very affordable price for our members. It is our goal to keep this philosophy in our future course offerings.

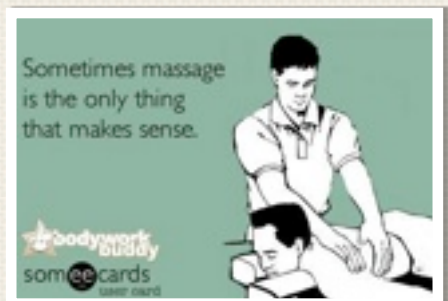
It was at the SPS that we decided to send one more piece of advertising for our mini convention and a postcard was created and sent off as we continued our meeting. We found out at the mini convention the post card brought more attendance and the appreciation to send a post card closer to the date of the meeting was requested to be done for future courses. Finally, at the SPS we cracked down on the budget, everything had to be 'tightened', cut, cut and discussion ensued!

Of the committee reports given; including social (organizing door prizes, raffle tickets for our annual charity organization for the year), the membership report from Kevin, with him actually visiting massage therapy schools to encourage AMTA-SC membership, website development/update, and newsletter update (always appreciating articles), the education committee was a primary focus for our chapter. We are committed to quality continuing education for our members. Mary Beth, our new head and soul of the education committee had a plethora of names and subjects we could choose from. We narrowed down a few so that she and Katie could put together a slide show of those that generated the most interest. The slide show was a continuous stream playing in the vendor room at mini convention. Members were asked to vote on what interested them for future courses. There truly is a lot

involved in getting a quality speaker and setting the location and the dates to appeal to the entire state, that being said, we are currently working close to 18 months in advance! The awards committee got certificates together for outstanding members and anniversary members to be presented at the mini convention. With mini bathroom breaks and simple catered meals we enjoyed the beautiful setting of the Clemson Outdoor Lab; a wooded retreat area with cabins and meeting facilities. We are hoping to have the SPS there again in 2014. You are invited to attend as a member but can benefit by attending if you are volunteering for the board. Benefits for volunteering include your room and board while you attend the meeting and 'board bucks' you may use on future AMTA-SC chapter continuing education.

I hope I have given you a better understanding of your AMTA-SC Chapter board and its annual SPS. Take care and hope to see you at the next AMTA-SC meeting.

- Martha Jo Ervin, AMTA- SC Secretary

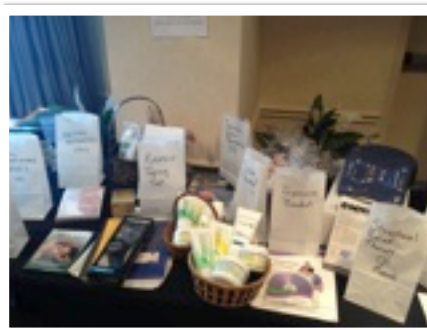
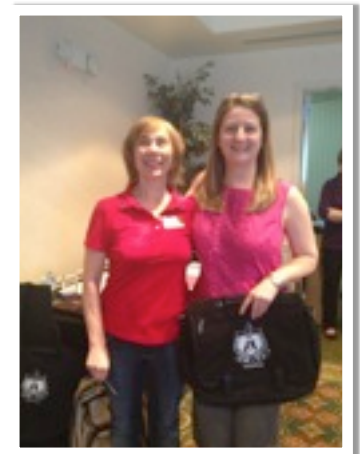


In Other News...

I attended a subcommittee meeting of the Medical, Military, Public and Municipal Affairs Committee at the SC Legislature on May 1, 2013 to voice our support for the amendments to the Massage Practice Act. The legislators had several questions for the LLR Attorney and Carolyn Talley Porter. The subcommittee passed the bill after some discussion with the recommendation for approval along to the entire committee. I had a discussion with the Chair of the Sub-Committee after the meeting and he felt that it should pass through the committee with no problem and be on the Governor's desk for her

signature before long. I would ask that you all contact your South Carolina House Representatives to support the bill #S-214. It will clean up some old language in the Massage Practice Act and also reconfigure the State Panel overseeing the Massage Therapists in SC. It will expand the current panel and give it Board powers to deal with disciplinary matters. Something that is much needed in our State. I will keep you all informed of the progress of the bill and I will send out an email blast when the bill is signed by the Governor.

Thank you,
Tony Ruggiero, NCTMB, LMT



President's Address

Our Spring Mini-Convention in Rock Hill was a success. We had great presenters, great vendors and the Chapter Meeting, of course. We also had a really fun Social Gathering with games and prizes. If you missed it, consider attending next spring. It will be on the coast and we are still working on details.

For now, mark your calendar for November 2-3, 2013. We will have Claire Marie Miller's Integrative Reflexology class in the Columbia area. It should be really good, as she is a nationally known and respected instructor. People who have taken her classes speak highly of her. Registration will be available soon, and we are continuing our tradition of making the fall class very affordable for members.

It is hard to believe we are almost half way through this year. It seems like time is going by so fast. I know I have been busy, maybe that is why it seems like that to me. There are things I keep putting off for "when I am not busy", but that time hasn't gotten here. I know I can't keep waiting for that mythical time.

Recently a friend was suddenly very sick and will be in the hospital for another month. It makes me realize that life can change in an instant. I want to make sure that the ways I am spending my time and energy are consistent with values that are dear to me. I will make time to decide which things are important and do them, and which things can just be crossed off the list.

I hope you each have a productive and happy summer,

Rena McLendon

"Dream as if you'll live forever. Live as if you'll die tomorrow." - James Dean

FUTURE EDUCATION OPPORTUNITIES!

Fall of 2013

Columbia area; Claire Marie Miller; Integrative Reflexology; November 2-3 2013; 16 hours
Registration: Members – early = \$199, late - \$299; Nonmembers – early = \$250, late - \$350.

From Claire's site: The four theories of Integrative Reflexology: 1. Structural Alignment is the fascial model from Ida Rolf the creator of Rolfing®. Ida Rolf called the feet the tattletalers. They let you know where the client is holding their fascial tension. 2. Zones have long been the common theory for reflexology. It is believed that if the zone in the foot corresponds to the zone that follows the body up from the foot. Zones are basically a grid on the feet and on the body and matching parts. 3. Meridians are energy pathways that Chi (energy) flows through. In many states reflexology is considered energy work, not body work and meridians are the connection to energy work. The direct connection between meridians and reflexology is an important piece in Claire's method of Integrative Reflexology®. 4. Proprioceptors are the nerves that tell you where you are located in space. They are the information gathering nerves. They are part of the intelligence system. Your feet are intelligent and tell you where your body is out of balance.

**Integrative Reflexology
Spa 16 CE class
Claire Marie Miller,
Instructor
November 2-3, 2013**

**Class will be held at:
Hilton Garden Inn Columbia/Northeast
8910 Farrow Rd.
Columbia, SC 29203**

**Phone: [\(803\)807-9000](tel:(803)807-9000)
Website: www.ColumbiaSouthCarolinaHotel.com**

**Please call before October 18th, 2013 to get AMTA
group rate.
King room - \$119.00 per night
Two Queen room - \$129.00 per night**

Sign up Now!

New AMTA Members

Sharon Adams	Yameena Grott	Michael Vincent Murray
David Baker	Natasha Hatcher	Jay Norton
Greg Balaam	LeQuinta Hughes	Kristen Richards
Lacey Bennett	Marie Jones	Leslie Rogers
Samantha Bronson	Rebekah Ivie	Patricia Sellers
Mary E. Brown	Keysha Jeter	Terry Rochelle Smith
Brooke Cramer	Shanelle Johnson	Jessica Spatz
Valerie Crook	Sarah Kennedy	Millicent C. Thompson
Steven Daigle	Angela Lockhart	Ashley Vaughn
Mario Dean	Nicole Mackinnon	Scottie Visser
Catharine Fowler	Miranda Martin	Kevin White
Suzette Freeman	Shawn Moore	Saleda J. Wiles
Veronica Grilli	Melissa Moore	Christine Wilson

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UPLDGER INSTITUTE INTERNATIONAL

CranioSacral Therapy 1 (CS1)
 FL: Tampa Jun 6-9, 2013
 NC: Raleigh Jul 25-28, 2013
 AL: Birmingham Aug 1-4, 2013
 KY: Lexington Sep 5-8, 2013

CranioSacral Therapy 2 (CS2)
 GA: Atlanta Sep 12-15, 2013
 FL: Palm Beach Nov 14-17, 2013

SomatoEmotional Release 1 (SER1)
 NC: Raleigh Jul 25-28, 2013

SomatoEmotional Release 2 (SER2)
 FL: Palm Beach Nov 21-24, 2013

The Brain Speaks (TBS)
 FL: Palm Beach Aug 15-18, 2013

Additional dates and locations at Upledger.com