



# California Currents

NEWSLETTER FOR THE CALIFORNIA CHAPTER OF THE AMERICAN MASSAGE THERAPY ASSOCIATION FALL 2019

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## President's Message

Wow! Where did this year go? It's hard to believe it's already December and the Holidays are upon us. It feels like the last month has been one of the busiest for our chapter.

In October, the annual AMTA National Convention was held in Indianapolis. Our Chapter was well represented. Thanks to those that were able to attend and I hope the education and conference festivities met your expectations.

There have been some shifts in volunteer positions. In September the Chapter board voted to place me on the California Massage Therapy Council board. Last week I attended the first meeting as a board member. It was a very full but productive day.

With the appointment to the CAMTC board, I will not be seeking re-election to the Chapter board. It has been my pleasure serving as your president for the last year and a half. I've learned a lot and feel blessed for the experience.

Keep your eyes peeled for the election announcement. You may decide to run and serve all of our members as a part of the chapter board. Last year elections were held electronically for the first time so every member will have the chance to vote.

Once the holidays are complete it will be full speed ahead for our Annual Education Conference and Business Meeting in Santa Ana. I look forward to seeing you there!

*John Lambert, CMT #278*



The AMTA-California Chapter shares the concerns of everyone in our state and throughout the country for the safety of all who are in the path of the fires that continue to ravage California. Our hearts go out to all of those impacted by this disaster.

## Camp Pendleton Family Day, A Review of a Day in Service

August 30, 2019

By Allys Moreno

"So, I think I'm going to come in on Thursday and do Michael's thing on Friday." Says Cynthia Sykes, my fellow massage therapist from Massachusetts. "The Marine thing is on Friday?" Is my reply. "Saw it in the newsletter. Okay, maybe I'll go. I'll let Wendy (Givens) know and maybe she'll come down (from Ojai).

Thus starts our journey of back to back volunteer events. Family Day at Camp Pendleton (12 years) and Best Buddies (11 years) in San Simeon. I'm very fortunate to have such lovely people in my life. We have been volunteering together over 10 years

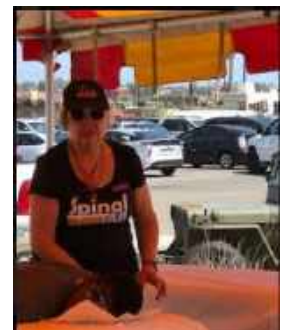
"Why volunteer?" You might ask. It's a great way to give back to our community. To touch people who might otherwise not get the chance to experience massage. Or to help a worthwhile cause, Cynthia organizes massage for participants in the MS Ride and Best Buddies Challenges. It's an opportunity to network with other therapist, hear their stories, their wisdom and maybe review a move or two that usually stays in your tool bag or learn something new. The volunteer therapists are very generous with their time and talent. Meet some fun people and make new friends.

The morning of Family Day, we three amigas enjoy a lovely breakfast then set our GPS for Camp Pendleton. We follow Michael's precise instructions and arrive at the venue. Michael is already there rounding up platforms for us to set up our work station right on the beach.

It's a beautiful day with an incredible view. The Marines are grateful for the work. One Marine from Florida tells me how to put a gator to sleep.

This event is a bit different from others, I get to give back to the brave men and women who keep my country safe, they are willing to give their lives for all of us. It's a great honor to be a part of this event. Thank you Michael for coordinating with the Marines so we could have this experience

*Thank you to our volunteers: Charlene Andrews, Brian Burchiarelli, Wendy Givens, Wendy McDaniel, Allys Moreno, Tabitha Patton, Michael Roberson, Evangelina Rodriguez, Cynthia Sykes, Ayrica Talbert, Ambra Welch-Quintanilla, Jason Yarbrough, Jessie Jacavano and Gator Beach Bash Coordinator, Cynthia Matinez, Co-Founder, Comfort, Words and Promise.*





## Why I Volunteer: A Review of the Best Buddies Challenge— Hearst Castle

September 7, 2019

By Wendy Givens

The first time I decided to contribute my time and massage skills to the Best Buddies cause I said YES not only for the usual altruistic reason of giving back but also because I wanted to step outside my spa life and re-visit my sports massage training roots. Providing post-event massage was literally hundreds of hours of my massage education and, call me a few towels short of a full hot cabby, I missed it!

For the past 10 years I have volunteered by providing massage therapy to cyclist that have ridden between 100 and 15 miles along the beautiful California Central Coast. We, massage therapists, support those who raise funds for Best Buddies, an international non-profit dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for individuals with intellectual and developmental disabilities.

That first year of lending my hands I got everything I wanted out of my donated time... the fast paced environment, a collaborative group of massage professionals & students and the fifteen minute challenge of how to show up in a helpful way for each body on my table. I was also very impressed with Cynthia, the massage team leader, who was incredibly organized and really made me feel valued for volunteering my time. I enjoyed my experience so much I went back year after year to a widening circle of familiar faces and made new friends with really amazing therapists, like the group from MassageLab in San Francisco.

My favorite tradition began about 3 years after I started volunteering, a big group dinner! After the event we all gather around a big table and share a meal, rehash our day and get to know each other better. Cynthia makes a speech thanking us all profusely and raffles off prizes. And, if I'm still not ready to go to sleep, there is a massage table set up for giving and receiving or a raucous game of cards, sometimes both.

I still remain in awe of the cyclists who show up to raise money for this incredible cause. But as the years have rolled by, my reasons for volunteering have changed subtly and yet meaningfully. My top reason for volunteering (11 years at this event) has become deeply personal; I now simply show up to connect with my Best Buddy massage family.



\*photos of some of the Volunteers Extraordinaire! 1) Allys Moreno, Cynthia Sykes, Wendy Givens 2) Ambra and Rachel Welch-Quintanilla, 3) Allys Moreno, 4) James Roddy, 5) T-shirt memories, 6) Wendy Givens, 7) Xuizi Ma, Anthony Rutherford, Tim Cowen 8) Liv Gutierrez, Elizabeth Peralta, Emily Watts 9) Andres Padilla

To the entire Massage Team: Rachel and Ambra Quintanilla-Welch, Julie, Cynthia Sykes, Allys Moreno, Michael Roberson, Wendy Givens, CJ Escudero, Favi Camacho, Tami Weismann, Mary Romaine, Laura Romaine, Gillian Healey, Rosi Beltrani, Michelle Mangano, Celina Sahagun, Janice Thomas, Kira Padget, Kirsten Hansen, Hope Garcia, Livier Gutierrez, Elizabeth Peralta, Emily Watts, Brittany Ramierz, Angela Green, Andres Padilla, Xuizi Ma, Dong Mei Menchaca, Jie Feng, Amanda Grahle, Loren Doukenick, Tamara Valentine, Shawn delValle, Dennis Julianna, Michael Fisher, James Roddy, Tim Cowen, Anthony Rutherford, Armando Roseli, THANK YOU!



MTF & NCBTMB's **FREE** 2019 Research Webinar series will continue with Part III: How to Find Quality Resources, Taking place **December 3**. Sign up now and check out the first two webinar recordings here: <http://massagetherapyfoundation.org/2019webinar/>

Are you aware of the resources the **Massage Therapy Foundation** provides? From their website, [www.MassageTherapyFoundation.org](http://www.MassageTherapyFoundation.org), here is their list of resources available.

[E-Books](#)

[Research Perch Podcast](#)

[Research Infographics](#)

[Research Posters](#)

[Writing Case Reports: Free Five-Part Webinar Series](#)

[Research Literacy Courses](#)

[IJTMB](#) (International Journal of Therapeutic Massage and Bodywork)

[Research Tools](#)

[Meta-Analysis on Massage Therapy and Pain Database](#)

[Student and Faculty Tools](#)

[Community Service Resources](#)

[Outreach Center](#)

[Communicator Archives](#)



## Follow Your Pathway to Success

### Discover Upledger CranioSacral Therapy...

#### Upcoming Classes:

##### CRANIOSACRAL THERAPY 1 (CS1)

San Francisco, CA	Jan 9 - 12, 2020
Los Angeles, CA	Feb 27-1, 2020
Big Sur, CA	May 17 - 22, 2020
San Diego, CA	Jun 25 - 28, 2020

##### CRANIOSACRAL THERAPY 2 (CS2)

Albuquerque, NM	Jan 23 - 26, 2020
Los Angeles, CA	Feb 13-16, 2020
San Francisco, CA	May 7 - 10, 2020

##### SOMATOEMOTIONAL RELEASE 1 (SER1)

Big Sur, CA	Jul 12-17, 2020
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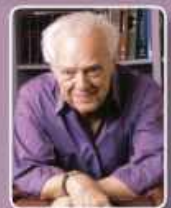
##### SOMATOEMOTIONAL RELEASE 2 (SER2)

San Diego, CA	Feb 13-16, 2020
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CST TOUCHING THE BRAIN 1; Stimulating Self-Correction Through the Glial Interface (CTTB1)  
Los Angeles, CA Feb 27 - 1, 2020

"Great experience. As a massage instructor and having been the director of a massage school, I appreciated how well all aspects of this workshop came together - admin and curriculum."

— Natalie K., LMT



John E. Upledger, DO, OMM  
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and locations:

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## Meeting our Community Where They Are!

SuperFrog® IRONMAN® Review

Sunday, September 15, 2019

Michael Roberson and Kevin Whitfield

One of the best things I like about Community Outreach Events, is that many of those I participate in, I have clients who are involved in the event as well. It is a way to show my support to my clients as they support my business. For Kevin, he welcomes the opportunity to work with Athletes and Military communities. Volunteering also presents the opportunity to meet and work with therapists, and student massage therapists with the mindset of providing massage/bodywork for athletes in an event Scenario. The SuperFrog also offers the opportunity to work with Military athletes from across the country and around the world.

I asked Kevin, "Why should you be there?" Kevin said, working or volunteering bodywork services at the events is access to the body(s) in a post event scenario. These scenarios sharpens one's observational, analytical and communication skills. I understand therapist need to make a living, but if you are good with the occasional community service, this is a good way to meet that commitment. As organizers realize their participants are looking forward to having that post event bodywork session, they'll be more inclined to add Massage/body work to their overall budget or allow therapist to charge at the events.

Tents are set up to provide shade, music is playing to keep the crowds and athletes motivated, food and drink ready to replenish spent energy and a massage area to welcome and begin the recovery of the day's events. I have to say, spending the day out on the beach and boardwalk, is not a bad way to use your day.

I was in great company! Kevin Whitfield was our coordinator (as well as for Oceanside), Kirstina Kox, Guillermo Macias, Nikki Warner, Michael Roberson, and a student from ICOSH. Thank you for lending your skills to these athletes.

Note; If you are interested in community service opportunities. We will be needing therapist to provide services for the 2020 **Stand Down** (February 6-9 in Vista, and June (TBA) in San Diego). Working with Veterans and active Military. Also, **IRONMAN® Oceanside** (April 4) and **SuperFrog®** (September 20) Imperial Beach,

Contact Kevin Whitfield at [resettherapyfitness@gmail.com](mailto:resettherapyfitness@gmail.com)



## Phoenix Society World Burn Congress

Anaheim Hilton and Convention Center, Anaheim

October 2-5, 2019

Bonni Kelley

I had the opportunity to train with Jen Hartley a few years ago when her Burn Scar Training was offered as a post conference workshop after our 2014 Chapter Education Conference. I was really moved by the work and the exceptional job Jen and her team do to prepare you for the work.

I volunteered that year for the World Burn Conference (WBC) and was moved by my experience. We are working on burn survivors, families and caregivers. Despite the adversity that many of them have endured they are an amazing example of strength, humor and fortitude.

Volunteering for this event was at first a little daunting since I had only worked on the burn survivors in my class, but was assured that I'd have support when needed. As promised there was always someone to ask but truth be told the clients were well informed and often had my answer.

The WBC massage volunteers were an inspiration to work with and we had fun while working the event. I always enjoy working with other therapists to see the different modalities and techniques they draw upon for each client. Fast forward 5 years WBC comes back to Anaheim! AMTA had Jen Hartley Burn Scar classes throughout the state giving more therapists a chance to learn this rewarding work. We had a large contingent of therapists working 4 days on the participants in a large, spacious room. Jen and team ran with enthusiasm and efficiency the clients in 10 or 20 min slots to available therapists.

One client that really touched me was a young 7 year old that was reluctant to have his massage and was really missing his mom since he was attending with his aunt. I knelt down to be able to see eye to eye and assured him that I would only work where he asked me to work if he wanted me to work just on his big toe that was ok. As he relaxed onto the table we talked about some of his favorite times of the conference and other small talk. He continued to request work on different areas finally asking to have his hands worked which were where he was most severely burned. It was a joy and honor as I watched him relax and almost dose off as I worked. His sweet relaxed face will bring me joy for years to come from my experience of WBC 2019.

This by far is one of my favorite events to volunteer with. I encourage my fellow members to train in this work and volunteer for this impactful event YOU WILL BE INSPIRED!!! (WBC returns to Anaheim, 2024)





## Indianapolis Delegate Assembly 2019 by Stacey DeGooyer & Karl Reid-Cramer

### What it is:

The Assembly of Delegates is a gathering, on the Wednesday of National Convention, where representatives from all AMTA Chapters come together to discuss specific *Position Ideas and Discussion Topics*. *Prior to arriving at the convention, the elected delegates from each Chapter share the proposed Position Ideas and Discussion Topics via email and the online Delegate Forum. The Forum is a virtual discussion board and gets the communication going.*



CA Delegates Stacey DeGooyer (2019-2020) and Karl Reid-Cramer (2019) at the 2019 Delegate Assembly in Indianapolis

For 2019 the following items were “on the table”:

1. Proposed Position Statement Idea regarding **online education**, authored by Whitney Lowe (AMTA-WA), which did not pass
2. Discussion Topic Proposal regarding **speaking the same language**, authored by Debra B. Gallup (AMTA-SC)
3. Discussion Topic Proposal regarding **levels of education**, authored by Sue Barrett (AMTA-CT)

### From the eyes of a first-time delegate (Karl’s impressions):

Going to the National Conference as a delegate and as a member for the first time was a life changing experience. Watching the inner workings of the Assembly of Delegates and participating in the table discussions is a process that I greatly enjoyed. Delegates from across the nation were given the chance to represent their state’s perspective and contribute to the national conversation. It is fascinating to know that not all states have the same laws and regulations regarding the field of massage therapy. The passion that the fellow delegates displayed was admirable.

Even though the experience was very overwhelming, it was very eye opening to see what is happening around the nation and how it affects us as massage therapists. It has left a lasting impression and is fueling me to run for the delegate position in the next election. I look forward to continuing to serve the AMTA California chapter.

### From a seasoned delegate’s perspective (Stacey’s impressions):

The format has changed from rectangular tables in long rows where delegates sat next to their own chapter, to a room full of round tables and representatives from 9 different chapters sitting together. Partway through the Assembly we switched to a 2nd table and had the opportunity to engage with an entirely different group and learn about other sets of nuances and situations. Being curious about each other’s perspective and sharing our different questions, concerns, experiences was enlightening, enhancing and sometimes outlook-changing. The delegates at my table brought their bounty of experience as massage therapists... including but not limited to teachers, researchers, new-to-the-field, lymph specialists, varied levels of education, working in regulated and non-regulated states, self-employed, spa work, school owners, volunteers and business professionals. After the roundtable tête-a-tête, delegates were invited to step to the microphone and address the moderator (Lee Stang) to express their sentiments for the whole delegation to hear.

*(Delegates’ Report concludes on page 8)*

(Delegates' Report concludes from page 7)

### Why it's great to participate:

Participation is the biggest take-away from the National Conference. There are endless amounts of opportunities that are presented to us as members while attending the annual conference. Keynote speakers that inspire and ignite the drive to keep moving forward in the face of adversity. To think out of the box and find ways to work smarter to achieve our goals. Educational classes ranging from building and retaining clients to a full-day workshop on Traditional Thai massage and how to apply it to your table. Above all the camaraderie that is fostered between the other massage therapists that you meet from the rest of California and across the country. These other massage therapists are more than just our colleagues, they become our friends.

### More information:

Click [Assembly of Delegates](#) to learn more about what our association has to offer. If you are interested in submitting Position Statement Ideas or Discussion Topics, the link will outline the process.

AMTA-CA is allotted two delegates. Elections are staggered, so each year we elect a delegate for a 2-year term. It is a fun way to volunteer and support AMTA's mission of "*advancing the art, science and practice of massage therapy.*"

## California Chapter Scholarship Program

The California Chapter offers an opportunity of a total of 6 Scholarships per year.

The Scholarships that are directed to Professionals Members are:

**The Judy Dean Continuing Education Scholarships for Professional Members** and

**The Dorothy Swartzberg Long Service Volunteerism**

Also offered are Scholarships for our Students Members

**The Centa Sprengel Continuing Education Scholarship for Student Members.**

Have you been a Chapter Volunteer? Assisted at an Educational Event? or Participated in a Community Outreach Event? **You Qualify!**

Scholarship forms are on page 30. Get them in as soon as possible.

Deadline has been extended to **Monday, January 17!**

Send your applications to [info@amta-ca.org](mailto:info@amta-ca.org)

AMTA will award one massage therapy student

**\$5,000** this March!



### Massage Therapy Journal Scholarship

One Current Student \$5,000 Scholarship, Deadline to Submit **January 31, 2020.**

Recipient will be Announced March 2020.

"Why do you want to be a massage therapist?" Your answer could be worth \$5,000!



**APPLY  
TODAY!**

**Massage  
Therapy  
Journal**

**\$5,000**

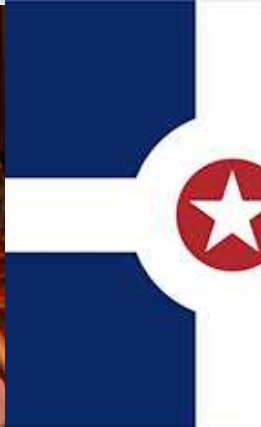
**AMTA  
Scholarship**





Congratulations!

**CVOP  
2019**



**AMTA  
2019  
NATIONAL  
CONVENTION** October 24-26  
Indianapolis, IN







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  - Lumbar-Pelvic region
  - Lower Extremities combined with a Cadaver Lab
  - Upper Extremities combined with a Cadaver Lab.

FREE samplers of NHI's Advanced Neuromuscular Therapy course are offered at various times during the year at all of our campuses throughout the state. The full 450-Hour ANMT Program is offered year-round at the following campuses:

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The ANMT program will allow you to confidently evaluate and differentiate between myofascial pain and dysfunction as opposed to injury. Advanced techniques allow you to increase the value you provide for your clients.

If you have specific questions about the program, and would like to speak directly to our Advanced Neuromuscular Therapy Program Director, please call Cynthia Ribeiro at 800-315-3552 ext 217.

Visit [nhi.edu](http://nhi.edu) or call 1-800-315-3552 for more information

**Technique Focus:**  
**Myofascial Release**

**John F Barnes, PT, LMT**



## **Myofascial Release**

The health professions had ignored the importance of an entire physiological system, the fascial system that profoundly influences all other structures and systems of the body. This glaring omission had severely affected our efforts and the lasting quality of our efforts. Including Myofascial Release into our current treatment regimens allows us to provide a more comprehensive Approach to our clients that are safe, cost effective and consistently effective.

It is felt that each time we experience a trauma, undergo an inflammatory process or surgery the fascia becomes restricted. These restrictions act like a concentric layers of an onion. These adaptive layers slowly tighten until we begin to lose our physiologic adaptive capacity (our margin of error). Therefore, we slowly tighten, losing our flexibility and spontaneity of motion. These powerful restrictions begin to pull us out of our three-dimensional orientation with gravity. The goal of Myofascial Release is to help return the individual's physiological and adaptive capacity by increasing space and mobility and resorting three-dimensional balance and returning the structure to as close as potentially possible to its vertical orientation with gravity. This equilibrium allows the individual's self-correcting mechanisms to come into play and alleviate pain and restore proper function.

Fascial restrictions can exert tremendous tensile forces on the neuromuscular-skeletal and other pain sensitive structures when restricted. This enormous pressure (more than 2,000 pounds per square inch) can create the very symptoms that we have so long been trying to eliminate. This knowledge frees us from only trying to relieve symptoms and gives us the tools we need to find and eradicate the cause and effect of our client's complex problems.

The techniques of the John F. Barnes' Myofascial Release used are utilized in a wide range of settings; pain, movement restriction, spasm, spasticity, neurological dysfunction, i.e., cerebral palsy, head and birth injury, CVA's, scoliosis menstrual and pelvic pain and dysfunction, headaches, temporomandibular pain and dysfunction, geriatric, sports injuries, pediatrics, chronic fatigue syndrome, fibromyalgia, traumatic and surgical scarring, acute and chronic pain.

*(Barnes concludes on page 13)*



*(Barnes concludes from page 12)*

traumatic and surgical scarring, acute and chronic pain.

Myofascial restriction can produce crushing pressures on pain sensitive structures. At first the elastic component of the fascia will release, and at some point in time the collagenous barrier will be engaged. This barrier cannot be forced (it is too strong). One waits with gently pressure, and as the collagenous aspect releases, the therapist follows the motion of the tissue, barrier upon barrier until freedom is felt.

The development of one's tactile and proprioceptive senses enhances the 'feel' necessary for the successful completion of these techniques. We are all born with this ability to feel the releases and the direction in which the tissue seems to move from barrier to barrier. When we first learn Myofascial Release, we can perform these effective techniques mechanically and with a little practice allows us to rediscover the 'feel' and move to a higher level of achievement.

Myofascial Release should be combined with massage, bodywork, and energy techniques. We are discussing an Approach that, when combined with the valuable skills we now possess, acts as a facilitator and intensifier of treatment for more consistent effectiveness and results for our clients.

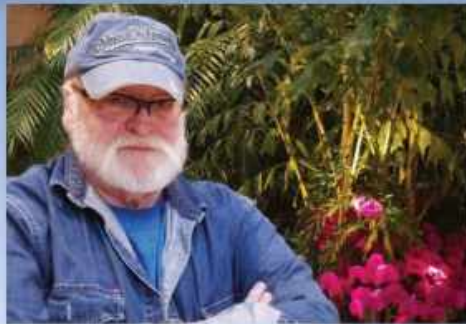
This is a total Approach incorporating a physiological system, that when included with massage therapy, acts as a catalyst yielding impressive results.



#### ABOUT THE AUTHOR

*John F. Barnes, PT, LMT is the President of the Myofascial Release Treatment Centers in Sedona, AZ and Malvern, PA and is the owner of Myofascial Release Seminars. John F. Barnes, PT, LMT has trained over 100,000 therapists and physicians in his highly successful Myofascial Release Approach®. He was named one of the most influential persons in the therapeutic profession in the last century in one of the leading therapeutic publications whose featured article was titled "Stars of the Century." In addition, John F. Barnes, PT, LMT has been a keynote speaker at the American Back Society Symposiums for over 25 years and presented Myofascial Release at their recent symposium whose theme was the most important advances in healthcare in the last century.*





Learn . . .

John F. Barnes, PT, LMT  
International lecturer, author,  
and authority on Myofascial Release.

# Myofascial Release

## UPCOMING NEVADA & ARIZONA SEMINARS!

### Las Vegas, Nevada



#### FASCIAL CRANIUM

(Prerequisites:  
MFR I, Unwinding,  
MFR II, Rebounding)

March 5-8  
( $\frac{1}{2}$  days), 2020

### Sedona, Arizona

#### MYOFASCIAL RELEASE I

March 19-22 ( $\frac{1}{2}$  days), 2020

#### MYOFASCIAL UNWINDING

March 23-25, 2020

#### MYOFASCIAL RELEASE II

March 26-29 ( $\frac{1}{2}$  days), 2020



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# Government Relations Update



From Carolyn Veal-Hunter, with Sloat Higgins Jensen & Associates (Our Lobbyist)

RE: AB 5 (Gonzales)

DATE: September 23, 2019

The purpose of AB 5 (Gonzales) was introduced and has been signed by Governor Gavin Newsom to codify and expand on a recent California Supreme Court decision *Dynamex Operations West v. Superior Court* (2018) 4 Cal. 5th 903. Specifically, AB 5

1) Provides that a person providing labor or services for remuneration must be considered an employee unless the hiring entity demonstrates that all of the following conditions are satisfied:

- a) The person is free from the control and direction of the hiring entity in connection with the performance of the work, both under the contract for the performance of the work and in fact.
- b) The person performs work that is outside the usual course of the hiring entity's business; and
- c) The person is customarily engaged in an independently established trade, occupation, or business of the same nature as that involved in the work performed.

In the bill, only a select few occupations were exempted from the Dynamex test. The licensed occupations that were exempted included:

- a) Licensed insurance brokers.
- b) Licensed physicians and surgeons, dentists, podiatrists, psychologists, lawyers, architects, engineers, private investigators, veterinarians, and accountants, provided that the medical fields listed above are not covered by a collective bargaining agreement.

Provides that, for the following occupations, the applicable test for determining if an individual is an employee or an independent contractor is the predecessor test to *Dynamex* developed by the California Supreme Court in *Borello* or relevant statute:

For the following occupations AB 5 left the *Borello* test in place

*(AB 5 concludes on page 16)*

*(AB concludes from page 15)*

For the following occupations AB 5 left the Borello test in place

- c) Registered securities broker-dealers, investment advisors, or their agents and advisors.
- d) A direct salesperson, provided that the salesperson's compensation is based on actual sales, rather than wholesale purchases or referrals.
- e) Commercial fisherman, except as per the provision of unemployment insurance benefits. This provision will become inoperative on January 1, 2023.
- f) Real estate licensees and repossession agents, as provided under existing licensure provisions in the Business and Professions Code.

AB 5 also continues to apply the Borello employment test to professional contracts if the contracting entity can demonstrate all of the following:

- a) The individual maintains a business location, which may include the individual's residence, that is separate from the hiring entity. Nothing prevents an individual from choosing to perform services at the location of the hiring entity.
- b) If work is performed more than six months after the effective date of this section, the individual has a business license, in addition to any required professional licenses or permits for the individual to practice in their profession.
- c) The individual has the ability to set or negotiate their own rates for services performed.
- d) Outside of project completion dates and reasonable business hours, the individual has the ability to set their own hours.
- e) The individual is customarily engaged in the same type of work performed under contract with another hiring entity or holds themselves out to other potential customers for the same work.
- f) The individual customarily and regularly exercises discretion and independent judgment in the performance of the services.

Though many **licensed** professions, including physical therapists, franchisees, certain contracted health care workers, interpreters and translators, land surveyors, landscape architects, geologists and geophysicists also sought exemptions, the author soundly resisted such an amendment.

In that the Borello test still applies in the circumstances noted above massage therapists that truly meet the noted points in the Borello test need not be reclassified as employees.

*Nothing in this memo is intended to serve as legal advice and the contracting entities should seek professional legal advice to confirm any determination of employment status.*



## Subtalar Joint: The Body's Steering Wheel

Erik Dalton, Ph.D.



Perfect foot structure isn't needed to walk comfortably, yet our clients do require good functional movement in several key joints to lessen wear and tear and reduce damaging knee, hip and low back compensations. Correcting these problems can be as simple as manually balancing the foot to allow increased motion in a single fixated area such as the talocalcaneal or subtalar joint (Fig 1). My mentor, the late Dr. Philip Greenman used to say: "The subtalar is the body's steering wheel and the most important joint you didn't know you had." Located just below the ankle, where the calcaneus (heel bone) and the talus (ankle bone) meet, it primarily does only two things...roll in and roll out (Fig. 2). Pain from plantar fasciitis and medial shin splints often have roots in a dysfunctional talocalcaneal articulation where the talus has glided forward on calcaneus and become fixated there.

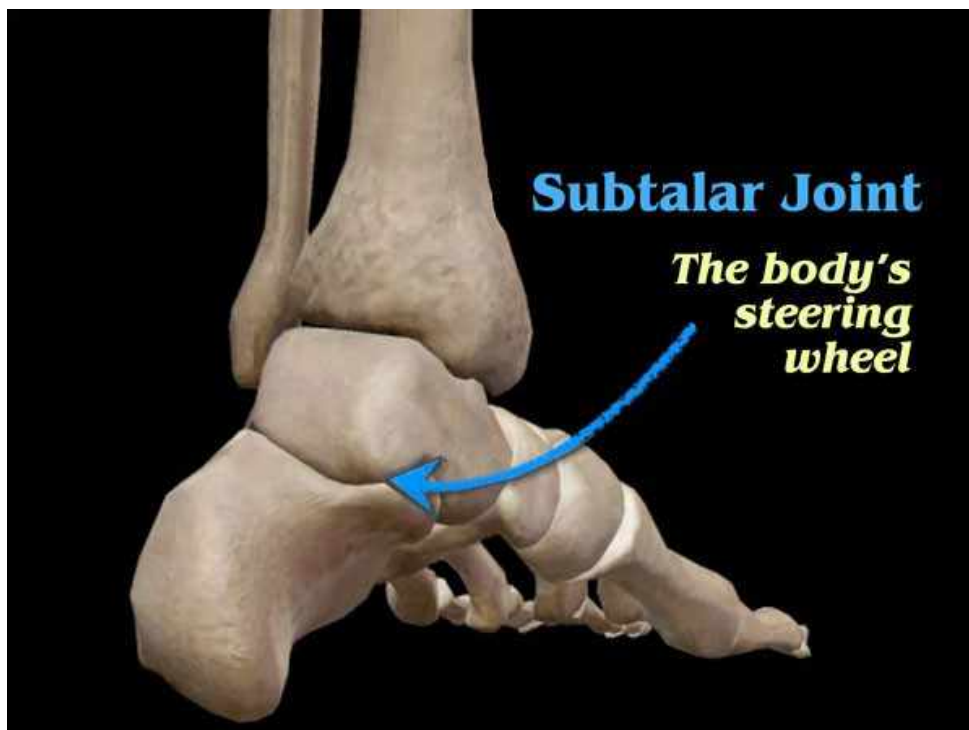


Fig. 1 – Subtalar Joint

Another area that commonly becomes restricted due to protective muscle guarding from ankle injuries is the talocrural joint (Fig. 3). During healthy gait, this joint should  
*(Dalton continues on page 18)*

Erik Dalton serves as Executive Director of the Freedom From Pain Institute, a school committed to the research and treatment of chronic pain conditions. Dr. Dalton shares his wide therapeutic background in massage, Rolfing®, and osteopathy in his entertaining continuing education (CE) workshops, home study courses, books, and videos.

With over thirty years educating massage therapists around the world, Erik Dalton is among the best teachers a professional bodyworker could ever study with. He has worked tirelessly to develop a system of manual therapy that addresses and heals pain patterns at their very core. Armed with a comprehensive understanding of the intricate interplay between mind and body, structure and function, massage therapists who've studied Myoskeletal Alignment Techniques with Erik Dalton are changing the face of chronic pain the world over. For more information on Erik Dalton and his Myoskeletal Alignment Technique, please go to:

[www.erikdalton.com](http://www.erikdalton.com)

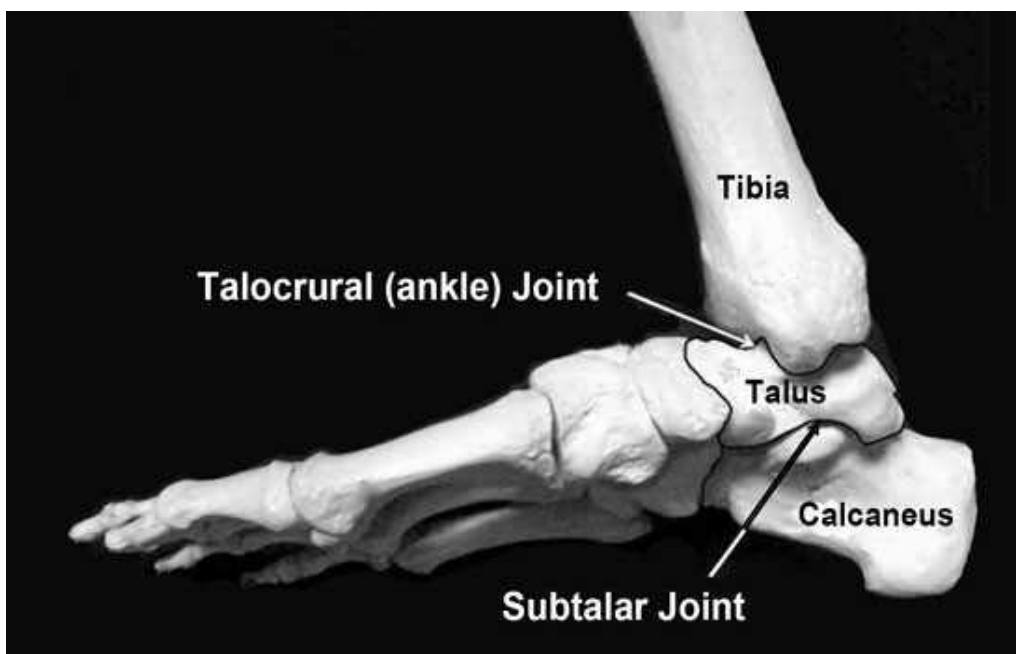
*Dalton continued from page 17)*

dorsiflex 15 degrees. If the ankle is restricted in dorsiflexion, the knee and hip will not fully extend. This can result in back pain from decreased hip flexor mobility and repeated extension and rotation of the lumbar spine during gait. Since the mid-foot joints control motion of the foot anteriorly, clients often notice a dramatic difference in the ability to bend their toes and walk more freely when treated with graded exposure stretching techniques such as those shown in the accompanying MAT video.



*Fig. 2 – Inversion / Eversion... roll in and roll out.*

These are just a couple of examples of how a limitation in one spot can affect something else much farther up the kinetic chain. So, if your clients have foot, knee, hip or low back pain and have been struggling to get relief, try mobilizing the foot and ankle joints using these graded exposure soft tissue stretches.



*Fig. 3 – Talocrural (ankle) Joint*

*(Dalton continues on page 19)*



*(Dalton continued from page 18)*

## **Homework**

For home self-care, I suggest that my clients practice rocking back and forth with the feet dorsiflexed. I call this “dorsi-rocking” and it’s one the best ways to fully restore function of the feet, ankles, knees, hips, and pelvis. The act of dorsiflexing the feet while rocking has a prying effect on the posterior hip capsules, which reflexively activates the pelvic floor. This then allows the hips, pelvis, and deep abdominal musculature to maintain proper alignment and operate more efficiently when gravitationally loaded (such as in squatting and lunging). By allowing the joints to work independently, yet synchronously (the way Mother Nature intended), this simple corrective exercise enhances the hands-on myoskeletal therapy by resetting postural proprioception, improving balance and reducing foot and ankle pain.

## **ACTION: Mobilize Feet & Ankles**



- Therapist grasps client's foot and abducts client's extended leg off the table
- Therapist's right webbed hand grasps below the medial and lateral malleoli and his left drapes over his right
- Therapist places client's foot and ankle between his slightly flexed knees
- Therapist drops his body weight back to decompress the ankle

*(Dalton continues on page 20)*

*(Dalton continued from page 19)*

- Therapist twists his hips to mobilize the ankle and foot bones
- To restore calcaneal alignment for those with a hyperpronated foot, therapist brings the foot into supination, asks client to pronate against his resistance to a count of 5 and relax, and therapist supinates the arch by inverting the ankle
- To restore mobility to the bones of the arch, therapist's fingers push the arch up as the therapist drops his weight back causing plantar flexion of client's foot
- **ACTION:** Restore dropped navicular and cuneiform in hyperpronated foot



- Right sidelying client flexes his right hip and knee and therapist's right hand grasps client's right forefoot
- Therapist's left hand pulls toes into plantar flexion while his fisted right hand contacts the navicular and cuneiform bones
- Client is asked to pull his toes toward his nose against therapist's resistance to a count of 5 and relax
- Therapist's knuckles strip the arch to help lift the hyperpronated foot

*(Dalton concludes on page 21)*



*(Dalton Concludes from page 20)*

**ACTION:** One-legged leg balancing to mobilize ankle and strengthen arch, ankle, and leg muscles



- Standing client places his right foot on a “wobble” platform and flexes his left knee to 90 degrees to increase strength and improve whole-body proprioception
- Client attempts to hold for 30 seconds to a minute (2 to 3 sets) and repeats on both feet daily





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## Technique Focus

### Syndesmosis Ankle Sprains

by Whitney Lowe



**Whitney Lowe,** directs the Academy of Clinical Massage, offering certification and advanced training to therapists worldwide. His career spans two decades and includes extensive clinical work, research, publication and teaching in advanced and orthopedic massage. He is the author of Orthopedic Assessment in Massage Therapy. His Academy of Clinical Massage can be found at:

[https://  
www.academyofclinicalmassage.com/](https://www.academyofclinicalmassage.com/)

Where workshops, blogs (like this one), books and other resources are available for your use.

*\*This article was published in the November 2018 issue of Massage Magazine and can be found on Whitney's blog.*

Ankle sprains are the most commonly occurring lower extremity soft-tissue injury. An estimated 85% of all ankle injuries involve ligament sprains. Of the various ligaments around the ankle, the majority of injuries occur to the ligaments on the lateral side of the ankle, primarily the anterior talofibular. When injuries are severe, they may also include damage to the calcaneofibular ligament.

While the lateral ankle sprain is the most common ankle ligament injury, it is not the only one. Failure to recognize other types of ligamentous injury, such as a syndesmosis sprain may lead to inappropriate treatment and prolonged disability.

Due to the number of joints in the ankle region, numerous ligaments are needed to maintain joint stability. Most of the joints in the foot and ankle have significant movement capability. However, that same degree of mobility is not present in a syndesmosis joint.

A syndesmosis is a fibrous joint with very little mobility where two bones connect with ligaments or some other connective tissue membrane. The syndesmosis in the ankle where ligament sprains may occur is the distal tibiofibular syndesmosis. It is the tough fibrous connection that holds the distal ends of the tibia and fibula together.

The distal tibiofibular syndesmosis is composed of several ligaments and connective tissues. They include the lower margin of the interosseous membrane, interosseous ligament, anterior tibiofibular ligament, posterior tibiofibular, and transverse tibiofibular ligaments (Figure 1). Because the syndesmosis ligaments are more proximal than the other ligaments commonly injured in an ankle sprain, the syndesmosis injury is often called a *high ankle sprain*.

Injuries to the ankle syndesmosis are most likely to result from excessive rotation of the ankle (adduction or abduction of the foot), extremes of dorsiflexion, or combinations of dorsiflexion with adduction or abduction.

Sports played on turf with cleated shoes are one of the most common means of producing syndesmosis sprains. For example, suppose an athlete has a cleated shoe that digs into the turf and keeps the ankle relatively immobile. If that person falls forward (causing dorsiflexion of the foot) at the same time that s/he is attempting to  
(Lowe concludes on page 24)

*(Lowe concludes from page 23)*



turn to the side (causing rotational stress in the ankle), injury to the syndesmosis is likely.

The common lateral ankle ligament injuries are usually not difficult to identify because the injured ligaments are superficial, making their palpation much easier.

However, in the syndesmosis joint, palpation of the injured ligaments is not easy because other soft tissues obscure the ligaments. Therefore, several special orthopedic tests are used to help identify the syndesmosis sprain.

In addition to other essential factors from the history, visual examination, and range-of-motion evaluations, the

squeeze test and external rotation stress test may be used to evaluate syndesmotomic injury. In the squeeze test the distal tibia and fibula are gently squeezed together proximal to the syndesmosis joint. If this procedure reproduces the client's pain, damage to the syndesmosis ligaments is likely.

In the external rotation stress test, the practitioner uses one hand to stabilize the tibia and fibula while the other hand gently externally rotates (abducts) the foot. The foot is in a neutral position or slightly dorsiflexed when you perform the rotational movement. If this movement reproduces the client's primary pain, there is a good chance that the distal tibiofibular syndesmosis is involved in the injury.

It is essential to recognize an injury to the ankle syndesmosis because an incorrectly identified problem may lead to errors in treatment or prolonged disability. If your client has sustained an ankle injury, determine the primary tissues injured so you can provide appropriate treatment or referral. Syndesmosis sprains may become chronic instability problems in the ankle if they are not adequately evaluated and treated.

**Do you have a topic, modality or technique you would like to know more about?**

**Send an email to [editor@amta-ca.org](mailto:editor@amta-ca.org) and**

**we will do our best to get your choices into an upcoming California Currents issue. This newsletter is a resource for you.**

**How can we make it work to meet your needs?**

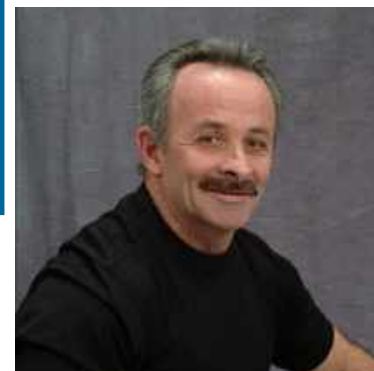
**Let us hear your thoughts.**



## Technique Focus

# Manual Therapy to Eliminate Multiple Nerve Compression Patterns in the Upper and Lower Body

By James Waslaski



James Waslaski is an Author & International Lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 8 Orthopedic Massage and Sports Injury DVDs, and authored manuals on Advanced Orthopedic Massage and Client Self-Care. His new book: Clinical Massage Therapy: A Structural Approach to Pain Management, was published by Pearson Education in 2011. James is a Certified Personal Trainer with NASM. He presents at state, national and international massage, chiropractic, and osteopathic conventions, including keynote addresses at the FSMTA, World of Wellness, New England Regional Conference, the World Massage Festival, and Australian National Massage Conventions. His audience includes massage and physical therapists, as well as athletic trainers, chiropractors, osteopaths, nurses and physicians. James received the 1999 FSMTA International Achievement Award, and was inducted into the 2008 Massage Therapy Hall of Fame. James was awarded Massage Therapist of The Year in 2012 at the Canadian Massage Conference. He was also nominated and awarded by his peers and colleagues the designation of Teacher of The Year 2015 at the World Massage Festival.

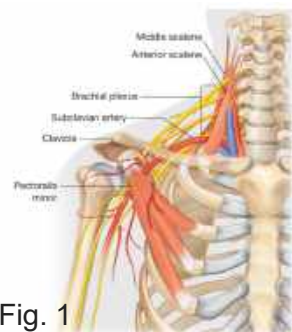


Fig. 1



Fig. 2



Fig. 3

In the upper body, the current traditional medical system so often confuses severe clinical conditions such as Thoracic Outlet (Fig. 1), Pronator Teres Syndrome (Fig. 2), and Carpal Tunnel Syndrome (Fig. 3). This training was developed to bridge the gap between chiropractors, physical therapists, osteopaths, and massage therapists. Many clients that get treated for upper body nerve compression patterns will have nerves chronically compressed in multiple areas between the brain, spinal cord, neck, shoulder, arm, wrist, hand and fingers. Too often just addressing the area of the brain and spinal cord, spinal nerve root compression, and joint fixations on nerves is not enough to treat the various nerve compression

patterns seen in our clients. Scar tissue can play a significant role, so nerve glides and nerve flossing are critical after properly treating abnormal scarring adhesions that compromise nerve conductivity. This article, and our dynamic multimedia presentation will highlight cervical, shoulder, arm, wrist and hand work to eliminate multiple nerve crush phenomenon.

Therapists need to understand and apply specific tests such as the Spurling Test indicating spinal nerve root compression. Applying the Adson's Maneuver Test indicates scalene involvement on nerve and vascular compression between the 1st and 2nd rib and clavicle. Applying the Eden's Test indicates costoclavicular syndrome, followed by the Wright Abduction Test indicating the role of the pectoralis minor on the brachial plexus of nerves. Applying the bicipital aponeurosis tendinosis test indicates scar tissue blocking the medial nerve at the elbow. Once those nerve patterns are cleared, you then perform the Pronator Teres Test indicating the role of the pronator teres on the median nerve. You will finish with tests such as the Phalen's Test, Tinel's Test, and the Tethered Median Nerve Stress Test indicating true and rare carpal tunnel problems.

The highlight of the seminar portion, will be the hands on techniques that will eliminate the musculoskeletal cause of each area of nerve compression, starting from the brain and spinal cord area, before evaluating and treating nerve compression patterns further down the kinetic chain into the shoulder, arm, elbow, wrist, hand and fingers. It is important to release each single area of nerve compression, by treating the cause of the Spurling test before proceeding to the Adson's and Eden's test. By following this protocol, the manual therapist will avoid getting false positive tests in the distal extremity, *(Waslaski continues on page 26)*

(Waslaski continued from page 25)

such as those that indicate rare and isolated carpal tunnel syndrome condition. In my experience, and based on a lot of patient testimonials, many carpal tunnel surgeries would not be necessary if this process of assessment and treatment was followed. If you think of a garden hose; when a garden hose has multiple kinks in it, we know you cannot go to the last kink and expect to restore flow of water when the previous kinks have not been addressed. The axoplasmic flow through nerves are very similar to that garden hose example in that if nerves higher up the kinetic chain are not released first, the flow further down is severely compromised producing false positive nerve tests. In addition to evaluating and releasing multiple areas of nerve compression in the upper body, therapists will learn life changing techniques to release complicated frozen shoulder (Fig. 4) problems. This will be vital to addressing the treatment of the Wright Abduction Test, as it involves stretching the pectoralis minor muscle without compromising the joint capsule of the shoulder.



Fig. 4

Based on myofascial pain studies presented at Harvard Medical School, and research dating back to 1946, participants will learn new techniques that will forever change the way they approach myofascial pain, joint fixation pain, ligament pain, muscle-tendon strain pain, and nerve entrapment pain in the low back, hip and lower extremities. Too often the clinical diagnosis will focus too much on the area of clinical symptoms when dealing with peripheral nerve entrapments, without freeing up the proximal nerve entrapments that feed the peripheral nerves. Examples are people diagnosed with conditions such as foot drop, anterior lateral myofascial pain syndrome (shin splints), tarsal tunnel syndrome, tibial and fibular nerve compression deficits, and Morton's neuroma that have multiple uncorrected areas of nerve entrapment in the low back, hip, thigh and knee areas. Aligning the spine and freeing up nerve compression from the brain, spinal cord, and spinal nerve roots is not enough. Manual therapists must also remove the soft tissue restrictions that cause compression, bulging and various stress situations on discs and spinal nerve roots. In the low back, about 90% of patients suffering from disc injuries and spinal stenosis probably do NOT require surgery.



Fig. 5

Straight Leg Raise Test (Laseque's)  
Braggard's Test



Fig.7



Fig.9

These innovative structurally-oriented routines offer pain-free multi-modality methods for achieving immediate and permanent results for nerve entrapments throughout the kinetic chain of the lower body. We must look beyond things like disc herniation, compression of lumbar nerve roots, and spinal stenosis. You must start by evaluating for leg length discrepancies using the Weber-Barstow Maneuver (Fig. 5), and by eliminating things like an up-slipped sacrum, sacral torsion patterns (Fig.6), and other contributors of spinal stenosis. You can do the Straight Leg (Laseque's sign) and Braggard's test (Fig. 7) to evaluate for L5/ S1 bulges and herniations, but if there is an un-corrected leg length discrepancy, up-slipped sacrum, or sacral torsion, causing an un-level sacral base for L5/S1 to sit on, the therapies to treat the cause of the bulging or herniated disc are never successful.

After restoring a level sacral base, the slump test will identify the role of hamstring strains, and adductor strains affecting the sciatic nerve. Treating that scar tissue must be followed up with specific nerve flossing and nerve glide techniques and other corrective exercises. You must then evaluate and treat fixated fibular head patterns and tibial torsion patterns (Fig 9.) blocking the tibial, fibular and peroneal nerves. You must then evaluate and eliminate the cause of tarsal tunnel. Tarsal tunnel is often the result

of excessive over-pronation that stretches the tibial nerve, or excessive supination of the ankle that compresses the tibial nerve or simply a hyper mobile or fixated ankles that can affect the nerves at the ankle (Fig 10). Abnormal scar tissue that develops from ankle sprains or strains must also be addressed, followed

Is the distal nerve pain starting higher up in the lower back, hip and knee?



Fig.6

Slump Test



Fig.8

Tarsal Tunnel Test



Fig.10



(Waslaski concludes from page 26)

by deep tissue therapy and joint mobilization techniques, needs proper assessment and treatment protocols. In addition, improper footwear plays a vital role in foot strike and metatarsal compression patterns that contribute to tarsal tunnel and Morton's Neuroma. You cannot treat clinical conditions like sciatica, tarsal tunnel, or Morton's neuroma if you do not free up the multiple fascial nerve adhesions and entrapments that adhere to and compromise nerve conductivity.

Morton's Neuroma Test &  
Thumb Index Squeeze Test



The seminars will incorporate dazzling 3-D functional anatomy and human dissection models to support this multi-disciplinary approach for assessment, treatment and correction of multiple nerve entrapment pain. Revolutionary techniques to release advanced stage hip capsule problems (Fig.12) will be highlighted in this presentation.



Pelvic stabilization, for low back and nerve problems, is never complete without releasing the hip capsular patterns, and activating the glutes using muscle spindle cell techniques.

This amazing lower body nerve course was launched in Ireland to leading Osteopaths, Physiotherapists, Manipulative Therapists, and Massage Therapists. Many of those therapists, after attending multiple Integrated Manual Therapy & Orthopedic Massage trainings with James Waslaski over the past 15 years, have said "This was by far the best course James has ever taught in the UK".

Teaching seminars throughout the world has made it obvious that educators need to brilliantly combine, visual, kinesthetic, and auditory learning styles that cater to every type of learner. The use of two screens in each presentation allows manual therapists to visualize the underlying pathology of each clinical condition. These nerve correction courses are sure to bridge the gap in the world of manual therapy and will take the practice of any manual therapist to a whole new level.

I would like to thank a number of my colleagues that have influenced me writing this article; Whitney Lowe for introducing me to the importance of Orthopedic Assessment and Clinical Reasoning, Benny Vaughn, and Michael McGillicuddy for mentoring me in Clinical Sports Massage. Erik Dalton for mentoring me in Myoskeletal Alignment Techniques. Randy Clark and Paul St. John for teaching me the importance of evaluating for true leg length discrepancies, and Aaron Mattes for his emphasis on Corrective Exercises. I have many other great teachers and mentors, but these industry pioneers have influenced this article *and have contributed to my consistent growth in this amazing world of manual therapy.*

*References; Dr. Erik Dalton- Myoskeletal Alignment Techniques; Paul ST. John & Randy Clark-Neurosomatic Educators & Posturology; Whitney Lowe –Functional Assessment in Massage Therapy; Aaron Mattes-Active Isolated Stretching; James Waslaski-Clinical Massage Therapy-A Structural Approach to Pain Management.*







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## California Chapter Scholarship Program

The California Chapter offers an opportunity of a total of 6 Scholarships per year. The Scholarships are directed to Professionals Members (**Judy Dean Continuing Education Scholarships for Professional Members**) and (**Dorothy Swartzberg Long Service Volunteerism**), as well as to Students Members (**Centa Sprentzel Continuing Education Scholarship for Student Members**).

### Purpose:

The AMTA-CA scholarship program:

- ⇒ encourages lifelong continuing education and professional advancement in the field of therapeutic massage and bodywork;
- ⇒ assists individuals in meeting their continuing education requirements;
- ⇒ motivates members to volunteer;
- ⇒ empowers members to nominate deserving grassroots members as scholarship recipients;
- ⇒ fosters participation in the AMTA-CA Continuing Education Conference and Annual Business Meeting.

### Program:

- ⇒ Each year the AMTA-CA Scholarship Committee offers several scholarships to deserving nominees from its At-Large-Area. The scholarship consists of a complimentary full-conference registration package for the AMTA-CA Continuing Education Conference and Annual Business Meeting and a \$100 expense voucher (neither travel nor lodging are included). The voucher shall be redeemed by the Chapter Financial Administrator after the recipient submits the voucher with verification of having attended a full slate of Continuing Education classes, the Annual Business Meeting, and submitted a 200-400-word Conference commentary to be integrated into a "*California Currents*" article.

### Process:

- ⇒ Members can submit qualified nominees application to the Chapter Office Administrator **by November 30**.
- ⇒ The Chapter Office Administrator forwards copies of the nominee applications to the Scholarship Committee members.
- ⇒ From the pool of qualified applications received by **November 30**, the Scholarship Committee chooses by lottery 6 Scholarship recipients from the Chapter's At-Large-Area.



## California Chapter Scholarship Program

### Qualifications:

**For Professional Members** (Judy Dean Continuing Education Scholarships for Professional Members and Dorothy Swartzberg Long Service Volunteerism for Professional Members)

- ⇒ Nominees must be "Graduate, Active Professional, Inactive Professional or Retired Professional" members in good standing in the AMTA-CA. (Judy Dean Continuing Education Scholarship for Professional Members)
- ⇒ Nominees must have fulfilled multiple and significant At-Large-Area, or Chapter volunteer positions over a long and continuing span of years. (Dorothy Swartzberg Long Service Volunteerism for Professional Members)
- ⇒ Nominees must not be a prior recipient of the AMTA-CA Judy Dean Continuing Education Scholarship for Professional Members or Dorothy Swartzberg Long Service Volunteerism for Professional Members in the past 5 years

**For Student Members** (Centa Sprentzel Continuing Education Scholarship for Student Members)

- ⇒ Nominees must be AMTA-CA Student Members in good standing.
- ⇒ Nominees must have fulfilled a significant At-Large-Area volunteer position within the prior 2 years.
- ⇒ Nominees must not be a prior recipient of the AMTA-CA Centa Sprentzel Continuing Education Scholarship for Student Members.

### For All Nominees

- ⇒ Nominees agree to attend the AMTA-CA Continuing Education Conference and Annual Business Meeting and fulfill all required activities.
- ⇒ Nominees must have fulfilled a significant At-Large-Area volunteer position in the prior two (2) years.
- ⇒ Nominees must not have received an AMTA-CA Continuing Education Scholarship within the prior five (5) years.
- ⇒ Nominees must agree to attend the AMTA-CA Continuing Education Conference, Annual Business Meeting and fulfill all required activities.

### Scholarship Details and Requirements:

- ⇒ Recipient shall receive one non-transferable complementary full-conference registration package for the AMTA-CA Continuing Education Conference and Annual Business Meeting (neither travel nor lodging are included).
- ⇒ Recipient's Convention name badge shall identify her/him as "Scholarship Recipient".
- ⇒ Recipient shall verify successful attendance at a full slate of Continuing Education classes at the Conference and the Annual Business Meeting.
- ⇒ Recipient shall submit a 200-400-word Continuing Education Conference and Annual Business Meeting review to the Chapter Newsletter Editor which may be integrated into a "*California Currents*" article.
- ⇒ After the recipient submits the \$100 expense voucher with verification of having fulfilled all Scholarship requirements, the Chapter Financial Administrator shall redeem the voucher.

## California Chapter Scholarship Program Submission Form

I am submitting for your consideration for the:

- ☐ Judy Dean Continuing Education Scholarships for Professional Members
- ☐ Dorothy Swartzberg Long Service Volunteerism for Professional Members
- ☐ Centa Sprengel Continuing Education Scholarship for Student Members

**Nominator's Testimony:** "I hereby nominate the following AMTA-CA member for an AMTA-CA Continuing Education Scholarship. I have verified that this nominee is an AMTA-CA Member in good standing, has fulfilled the significant volunteer position(s) noted below within the prior 2 years, has not received an AMTA-CA Continuing Education Scholarship in the past, and has agreed to attend the AMTA-CA Continuing Education Conference and Annual Business Meetings, fulfilling all required activities if she/he receives a Scholarship."

\_\_\_\_\_, \_\_\_\_/\_\_\_\_/\_\_\_\_.  
Nominator's Signature Date

Nominee's Contact Information: (Please print clearly and legibly.)

Name: \_\_\_\_\_ Home: \_\_\_\_\_

Address: \_\_\_\_\_ Mobile: \_\_\_\_\_

City, Zip: \_\_\_\_\_

AMTA ID#: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Nominee's Testimony:** "I testify that I am an AMTA-CA Member in good standing, have fulfilled the significant volunteer position(s) noted below within the prior 2 years, have not received an AMTA-CA Continuing Education Scholarship in the past, and have agreed to attend the AMTA-CA Conference and Annual Business Meeting and fulfill all required activities if I receive a Scholarship."

\_\_\_\_\_, \_\_\_\_/\_\_\_\_/\_\_\_\_.  
Nominee's Signature Date

Nominee has held the following AMTA-CA At-Large-Area volunteer position(s) within the prior two (2) years.  
Dates & positions held:

In 150-words or less, persuade us why the Nominee should receive a Scholarship. (submit on additional page if necessary)

**Submit this completed form to the Chapter Office Administrator ([info@amta-ca.org](mailto:info@amta-ca.org)) annually by November 30**

Page 3 of 3

# Welcome to Our New Members

(September, October and November)

## New Student Members

Abigail Puente	Ariana Hooper	Ching Chen	Dragon Terry	Ismael Morales
Adaiah Dotson	Ariana Daub	Chloe Kiene	Edelyn Ortiz	Isreal Anguiano
Aden Sinclair	Arianna Lozano	Chris Briggs	Edgar Arambula	Jackeline Hernandez
Adriana Hernandez	Ariel Spicer	Christian Clark	Eduardo Partida	Jackie Garcia
Adrienne Vega	Aristotle Pineda	Christian Vasquez	Elizabeth Johnson	Jacob Gist
Aichun Yu	Arlene Allado	Christian Graves	Emille Rosdick	Jacqueline Carranza
Aide Nunez-Quiros	Arlene Rangel	Christina Martinez	Emily Burton-Boehr	Jadira Vega
Aimee Foster	Ashleigh Lineberry Marioni	Christina Alvarez	Enrique Guadarrama	Jaelen Alexander
Ajay Alvarez	Ashley Pineda	Christopher Grall	Erik Urpa	Jaime Arellano
Akari Takahashi	Asia Cofield	Christopher Rodriguez Rivera	Erica Gibbs	Janelle Padilla
Akilah Thomas	Asyia Gandanllas	Chunling Chen	Erica Mercado	Jared Kesler
Alex Bailey	Audrey Molony-Benjamin	Chunyu Sa	Erik Boyd	Jasmine James
Alexander De Castro	Austin Cummings	Chunyu Li	Ervin Green	Jasmine Eiseman
Alexander Myers	Austin Constantin	Cindy Nelson	Estrella Campos	Jasmine Richardson
Alexandra Nagy	Ayako Garrett	Citlali Rodriguez	Eva Lustre	Jason Rosen
Alexandra Dimitruk	Boaxia Shi	Cjamblica Frett	Evelyn Eve	Jayde Mays
Alexandre Vasquez	Barbara Murdock	Clinay Cameron	Fardowsa Ainay	Jeffrey Mays
Alicia Guajardo	Belinda Lim	Cole Smith	Fernandez Brandon	Jenise Perez
Alina Rodger	Beverly Jones	Cooper Simpkins	Fernando Alcocer	Jenn Hals
Alisha Parker	Bianca Torres	Corrine Shane	Freddie King	Jennifer Kovacs
Alisha Daily	Bing Li	Creshae Knight	Gabriel Escalante	Jenniffer Cuevas
Allen Rogers	Bjarki Haraldsson	Crysta Kavanaugh	Gabriela Banuelos	Jarald Coronel
Almira Timerbulatova	Breanna Lussier	Crystal Aragon	Garion Lipscomb	Jerome Gingco
Alyssa Elpusan	Breanna Rochin	Crystie Zamagni	Gary Town	Jesenia Mojica
Amanda Salcedo	Brenda Llamas	Cynthia Sanchez	Gary Gilbert	Jesse Lee
Amy Zimmerman	Brenda Tellez	Cynthia Anderson	Genevieve Parra	Jessica Wetch Bahr
Amy Koren	Brian Bergenholtz	Daisy Perez	Gerardo David	Jessica Sherrills
Amy Ngo	Brian Du	Dakota Ragland	Gregory Csik	Jessica Soto
Amy Sanchez	Britney Pickering	Dakotah Hovland	Griselda Ramirez	Jessika Ochs
Ana Calderom	Brittany McGinnis	Damila Hoang	Guixia Wang	Jianling Wang
Ana Robles	Brittany Rodriguez	Dana Charles	Guizhen Liu	Jillian Itow
Analisa Hernandez	Brittany Sykes	Danelli Gallegos-Serrano	Gurwinder Singh	Jim Narang
Andrea Reyes Andrade	Caitlin Doble	Danette Ellsworth	Haijiang Huang	Jina Palamidesi
Andrea De Loa	Caitlyn Genovese	Daniel Torres	Hailey Hofman-Miller	Jing Xu
Andres Ramos	CaLisa Lee	Daniel Pitts	Han Wang	Jinhul Peng
Angel Stewart	Camdoce Jaues	Daniel Moreno	Hana Kazarian	Jiro Smith
Angel Romero	Carlin Martin	Daniela Bolero	Hanna Matsumoto	Joanna Huitron
Angel Galvan	Candice Hayes	Daniela Carpio	Hao Zhang	Joanna Ruha
Angela Story	Carlin Martin	Darin Baker	Jasani Bates	Joe Corona
Angela Collins	Carmen Mariz	Dario McConnie-Saad	Heather Hudgings	John Fallon
Angela Sabedra	Caroline Rothrock	Davonne Villomar	Heather Magness	John Nelmda
Anise Cobb	Carressa Rancifer	Dawn Von Rueden-Zeek	Helena vanRhee	John Gastaldo
Ann Marie Henry	Casey Hackmeyer	Daymanet Condonick	Henry Vega	Joke Saunders
Anna Standrowicz	Cassey Martinez	Dejon Joseph	Heriberto Ramos	Jonathan Bianco
Annalisa Ruchlis	Cassandra Caldwell	Delawn Hardy	Hiroyuki Saito	Jonathan Villalobos
Annette Bly	Cassandra Gouge-Schajer	Dena Kier	Holly Zepeda	Jonathan Lee
Annika Bilet	Catherine Sintoplertchaiyakul	Depeng Xu	Hope Goens	Jonathan Closson
Anthony Collins	Catherine Mcneely	Derwin Ganiron	Hu Cui	Jonathan Carrera
Anthony Ladagana	Celina Romero	Desiree Tobias	Huaming Huang	Jordan Freeman
Antonio Wingster	Cesar Olivas	Desiree Carter	Hubing Yu	Jorge Hernandez
Antonio Lopez	Chantel Wilson	Desmond Carter	Hugo Cruz	Jose Molina
Antwanetta Frazier	Charles Torres	Destiny Leon	Isaac Estrada	Josh Peraldo
Araceli Santana	Charlotte Davenport	Devyn Ellis	Isabella Storm	Joshuah Le
Ardese Guillory	Cheng Huen	Deyan Xu	Isabella Serrano	Jouani Odero
Ariana Anonuevo	Chet Smith	Donna Yu	Isabelle Carbajal	Juan Gonzales
	Chevaughn Eley	Donna Cometa	Isaiah Almaraz	Judith Schulz



Jujur Manurung	Logan Boccaleoni	Nataly Bojorquez	Savannah Cioffoletti	Uriel Saldivar
Julia Sanchez	Lori Pearson	Natasha Iwuchukwu	Seantel Owens	Urijah Sailes
Julia Saputo	Lorin Salmon	Natsuda Dumrongpanich	Serena James	Valerie Russell
Julius Arciaga	Lucia Michell	Nga Dang	Shae Lynch	Valerie Sbrocca
JunMei Liu	M Carlson	NhuNguyet Pham	Shamekia Shabazz	Venus Consul
Kailey Knapp	Madelyn Taylor	Nicole Pulliam	Shanice Gowler	Vicky Sunseri
Kanard Kaevalin	Magdalena Sanchez	Nicole Yu	Shaouhuan Zhou	Victor Gonzalez
Karen Rodriguez	Makayla Patti	Nicole Abellansoa	Shari Taylor	Victoria Sanchez
Karen West	Makayla Miller	Nitphat Theerachotrat	Sharon Borrows	Victoria Rojas
Karly Odell	Marcelo Seisdodos	Norma Lopez Guzman	Shatshada Rungvaradiskun	Victoria Clark
Karohqueen Omadhebo	Marcus Menchan	Norma Pauline Humes	Shauna White	Victoria Nguyen
Katherine Reilly	Maria Smith	Nutura Kalima	Shawana Clark	Victoria Dodd
Katherine Contreras	Maria Melin Reyes	Oliva Avila	Shawnnea Solomon	Victoria White
Katherine Stielau	Marianne Robbins	Omunique Amey	Shefali Bulchandani	Virgina Seaberry
Kathrine Camper	Maribel Salazar	Oscar Alcala	Shelia Castro	Vivia Olazo Lopez
Kathy Cuevas	Mariela Barrios	Paige Kirk	Shereen Ibrahim	Weiyang Cao
Katie Dulgeroff	Maritza Reyes	Pannita Bungkadanara	Sheridan Bunyan-Naulty	Wendy Santiesteban
Kayla Gray	Marlena Arganda	Parisa Kamankesh	Shufeng Wang	William Martinez
Kaylee Maldonado	Maureen Zannoni	Paul Vega	Shuyun Wang	William Mogensen
Kechelle Smith	Max Erikson	Payton Ricard	Sierra Gibo	Xia Zhang
Kee Hanks	Maya Barak	Peter Mcmahorn	Suerra Cuicca	Xiaorong Zhi
Keirstin Porter	Meguni Sugiyama	Philip Brady	Sierra-Marie Billesbach	Xichun Ly
Kellee Farr	Mei Li	Phoebe Schueler	Silvia Bueno	Xin Wen
Kelly Loranger	Melanie Silva	Phuong Le	Sitrae Matthews	Yamilette Martinez
Kelsea Ryan	Melanie Kimes	Phuong Nguyen	Skylar Cripe	Yan Li Apostu
Kendra Okere	Melanie Ramierez	Pomjanat Hirapattanalak	Snow Vo	Yan Asturias
Kenniya McCall	Mekicia McKenzie	Precious Ortega	Stephanie Ramsey	Yan Zhao
Kentrell Short	Melissa Ponce	Priscilla Abranko	Stephanie Light	Yanfeng Chen
Kevin Tat	Melissa Millard	Priscilla Tamborini	Stephanie Ibarra	Yanhui Jones
Kevin Officer-Combs	Melissa Montano	Qiping Han	Stephen Stone	Yara Saldana
Kiana Presley	Melissa Valencia	Quinderique Jackson	Steven Gallegos	Ye Mi
Kim Westendorf	Melissa Russi	Radhika Jit	Steven Cantilado	Yessenia Delgadillo
Kimberly Foster	Meng Dai	Raelyn Sherouse	Susan Turville	Yi Xian
Kimberly Barrera	Meng Gong	Randy Hose	Susana Abundis	Yi Feng
Kimberly Sosa	Micha Kradin	Raquel Ayala	Suzanne Cookson	Yim Chiu
Kirsten Mcdonald	Michael Steadham	Raven Lewis	Sydney Sedmock	Ying Cui
Krista Cordova	Michael Gans	Raymundo Gonzalez	Tabitha Loosli	Yufang Li
Kristan O'Keefe	Michael Stoker	Rene Cota	Tamara Haight	Yumei Deng
Kristina Nanninger	Michael Mirabelli	Reynaldo Tamio	Tamyjah Jordan	Yury Ulyanov
Kristine Fontes	Michelle Ngo	Rickeya Smith	Tanya Manning	Zach Mendoza
Kristyn Marshman	Mickayala Blauser	Riva Lu	Tarah Bergquist Locke	Zhenhong Guan
Kykei Hernandez	Min Li	Robert Plouffe	Taylor McLeacn	Zhizheng Liu
La Shell Cowan	Min Xu	Robert Kalman	Taylor Cubberly	Zhongyan Shao
Lacey Hernandez	MingChao Liu	Roberto Chavez	Teeresa Bussararungsee	Zining Tang
Lacreasha Sellers	Mingjie Yang	Rodsarin Chitphakdithai	Teresa Diaz-Hernandez	Zoe Johnson
Lan Yu	Minh Ngo	Rogelio Velasco	Teresa Matson	<b>Graduate Members</b>
Laquitta Moore	Miracle Tuiaana	Ronna Powers	Teri Kolder	Allen Armagnac
Latasha Dubois	Miranda Jones	Roy Felton	Terrell Smith	Allison McGuruire
Laura Greene	Mima Montufar	Ruby Puryear	Thais Siehl	Andrea Arroyo-Flores
Lauren Hirsch	Monica Vigil	Rungwara Jarasrutaikul	Theodore Jones	Ariana Hernderson
Lei Jiang	Monica Hughes	Ryan Shepard	Therese Espinal	Arisara Luangsuwimol
Lena Perry	Monique Denham	Sabrina Norwood	Thomas Justesen	Am McCain
Liang Linghui	Morgan King	Sabrina Pomsyda Sostenes	Tia-Lynn Rounsoville	Buapad Audgunta
Liliana Shaw	Muskaan Hehil	Samantha Andrews	Tiara Johnson	Callie De Paul
Lina Sun	Mya Bond	Samantha Alcantar	Timothy Peckinpaugh	Caprice Purnell
Lindsay Gelotti	MyLinh Ho	Samantha Townsend	Tina Mai	Claudette Davis
Lindsay Pierce	Na Zhao	Samantha Baca	Tina Martinez	Damien Comiso
Lindsay Davis	Na An	Samantha Enriguez	Tina Alvarez	Dongmei Chen
Lindsay Zulick	Naida Rivera	Samuel Davis	Tommy Chee	Elli May Ell
Lisa Arnold	Nancy Kumarasamy	Sara Guadarrama	Tonya Durden	Eric Garza
Lixia Xu	Nancy Plancarte	Sarah Thiebaud	Tracy Azevedo	Hared Perez
Liyuan Wang	Nasia James	Sara Williamson	TreverClark	Hsin Yen Liu
Liza Chautla	Natalie Sargent	Sara Gittler	Tteyanna Matthews	Joel Richey
Lizandra Murray	Natalie Rodriguez	Sasimaphom Krittayakian	TuyetHni Ngo	Katherine Taplin
Lizabeth Ortega de Vidales	Natalie Turza	Saul Castanon	Tyler Wootton	Kristina Knox

Laraine Galloway	Amy Polzin	Deanna Bottoni	Jonathan Stewart	Octavio Perez
Lauren Newkirk	Amy Raab	Dejanae Byrd	Jonathan Leyva	Olga Goyda-Cuellar
Leander Stewart	Andre Gonzalez	Delia Presciado	Kadijah Pointer	Primavera Barron
Marissa Yarnell	Anette Grajeda	Dennis Torres	Katherine Boyko	Randy Worthington
Michael Shaughnessy	Angelique Arnold	Dianna Jacob	Kristina Kennedy	Raquel Williamson
Minette Mederios	Angie Chavez	Dongqing Ye	Kristine Acopian	Raquel Welsh
Nancy Cisneros	Anjelica Del Villar	Doris Wu	Laila Solaris	Rebecca Millhouse
Naruechol Talaichang	Angelique Arnold	Dorothy Brooks	Laura Sadler	Rhiannon Martini
Nathanicha Sankum	Angie Chavez	Dulce Ochoa	Laurie Burkhalter	Rhonda Taylor
Nisant Ashley	Anjelica Del Villar	Elizabeth Espana	Lawson Adams	Richard Kozloff
Olivia Martinez	Anthony Moss	Erin Easterly	Lina Wang	Robert Nakamura
Payden Vonich	Arlene Cerda	Erin Parente	Lindsey Porter	Roberto Cobian
Pol Babi	Ashley Boyd	Estela Harrison	Luana Lija	Rosa Zelaya
Pranee Benbassat	Barbara Merschen	Felicia Veloz	Maria Korta	Samantha Hu
Rocio Marquez	Beth Youngdoff	Gennady Kozlov	Marissa Rodriguez	Sara Beckley
Sheri Kean	Beverlyn Andaluz	Gretchen Sturkey	Martha Gomez	Scott Kimball
Sudana Sawangwatthanonn	Brant Dhitanishi	Haley Dearden	Martha Gomez	Siriporn Wongsoi
Tile Pan	Brenden Logan	Isaiah Rivera	Mary Walther	Stan Grod
Wendell Inghram	Brittany Paul	Jaclyn Romero	Mary Johnson	Tamra Olinski
Wenli Ferreira	Changyi Ren	Jaclyn Noell Robinson	Martha Gomez	Tania Mills
Xiaoling Xiong	Charlene Goodman	Jacqueline Juppe	Mary Walther	Tommy Cassarrubias
Yan Jiang	Chris Aguirre	Jamie John	Mary Johnson	Vanessa Aguilera
Yaowapha Baeza	Christal Sonaggera	Jared Millhouse	Masrifatul Lyons	Vicki Alvarez
Yuli Liu	Christina Mitchell	Havier Heurta	Melay Gebremeskel	Vilma Reyes
Zhaohui Hu	Christine Esler	Jazmyn Anderson	Melinda Hudson	Wendy Padilla
	Claudia Cabrera	Jennifer Nelson	Michelle Molinari	William Fritter
	CuiFan Liu	Jennifer Castillo	Miguel Ochoa	Yunia Ramirez
<b>Professional Members</b>	Daniel Aguirre	Jessica Bojorquez	Nick Dacosta	<b>WELCOME!</b>
Alberti Mascarenas	Danny Bynum	Jessica Helwig	Nina Lucchetti	
Alyssa Benkowski				



# Recognizing Special Anniversaries

*(September, October and November)*

## **Celebrating 5 Years**

Alan Crick  
 Alison Taylor  
 Amanda Barber  
 Amanda Upchurch  
 Angela Schulz  
 Anjanette Brown  
 Arya Shoushtari  
 Ashley Bleile  
 Beth Tanning  
 Binh Nguyen  
 Brian Abram  
 Britney Galicia-Carrillo  
 Brooke Kaufman  
 Callie Teigen  
 Carressa Robinson  
 Christopher Miller  
 Clay Hawley  
 Corey Hollis  
 Cynthia Gasparri-Lusnia  
 Dawn Freitas  
 Deanna O'Brien  
 Dylan Branch  
 Dylan Walker  
 Edward Semplinski  
 Elizabeth Alderete-Gener  
 Elizabeth Acorn  
 Ellen Fogel  
 Emillie Kvietkus-Ferreira  
 Hannah Mocaby  
 Jacklyn Sussman  
 Jaclyn Fernandez  
 Jacqueline McGuire  
 Jamere Dalley  
 Janet Carmickle  
 Jessica Dodge

Jody Taylor  
 Johanna Lamboy  
 Johnina Ruiz  
 Joshua Moctezuma  
 Julie Welch  
 Kam Leitner  
 Katie Russ  
 Kimberly Cole  
 Kristal Reyes  
 Kristyn Powell  
 Lauren Bahem  
 Lauren Manierre  
 Leah Brual  
 Lennye Tran  
 Lisa Thompson  
 Lydia Flaig  
 Madeleine Dodge  
 Mae Corley  
 Margaret Lydon  
 Mary Avilla  
 Marygrace Roa  
 Megan Martin  
 Michael Laughridge  
 Michael Bukraba  
 Nancy Culter Dye  
 Nicole Martin  
 Pamela Calk  
 Paul Ornelas  
 Paula Chase  
 Rachael Bouch  
 Ranjot Skywalker  
 Richard Rhodes  
 Robin Lee-McGee  
 Sabrina Balster  
 Sarah Buteux  
 Sarah Wood

Serena Arnold  
 Stephanie Smisek  
 Susan Riddle  
 Sylvia Delgadillo  
 Tara Patrick  
 Thais Alves  
 Therese Dillion  
 Toni Grant  
 Vasily Salov  
 Yachiyo Hishiki

## **Celebrating 10 Years**

Cindi Scott  
 Erik Jaffe  
 Gary Mendelson  
 Jennifer Alviso  
 Jill Lamphere  
 Johnie Kelly Jr.  
 Julie Brown  
 Kathy Wiechmann  
 Kimberlie Manuel  
 Lori Prior  
 Monica Zorman  
 Nathan Luczanski  
 Sheila Horowitz  
 Veronica Hernandez

## **Celebrating 15 Years**

Allyn Hall-Turner  
 Anke Rice  
 Catherine Sheehy  
 Catherine Whisett  
 Chuck Worley  
 Cindy Morabito  
 David Davis  
 Gwen Yee  
 Kathleen Bean  
 Kristen Swanson

Lila Ann Frechette  
 Sarah Walls  
 Yolanda Calderon

## **Celebrating 20 Years**

Joanne Alvarado  
 John Savely  
 Karen Frampton-McMillian  
 Nadine Nolan-Coash  
 Nicole Ventura  
 Patrick Fischer

Pattie Phipps  
 Rene Mooshy  
 Renee Flores  
 Sarah Renner  
 Stacey Wilder

## **Celebrating 25 Years**

Babette Curran  
 Jacquelyn Poulin  
 Robert Cutter

## **Celebrating 30 Years**

Bruce Doneux  
 Diane Farrow-Lapin  
 Doreen Blanchard  
 Janet Freibergs  
 Margaret Foard

Pamela Hammon  
 Thomas Benson

## **Celebrating 35 Years**

Kristine DeBerg  
 Linda Bertaut  
 Ruby Harper



## Community Outreach Events

### February 6-9 Stand Down, Green Oak Ranch, Vista

For Veterans who have lost everything and are living on the streets of San Diego, this event provides and opportunity to meet with representatives from Veterans Affairs and with representatives from many community services. Massage therapists will join other allied health professionals, providing massages to participating Veterans. Note that all participants are freshly showered before services. This is a 3-day event. You can volunteer for 1 –3 days. **Kevin Whitfield** is the contact person [resettherapyfitness@gmail.com](mailto:resettherapyfitness@gmail.com) 858.668.9710

### March 13-14 The California Chapter Annual Massage and Bodywork Educational Conference, Santa Ana.

We could use your assistance in Welcoming our members, Checking in/out of workshops, Parliamentarian, Sergeant at Arms, Packing swag bags and more things may come up as we get closer to our conference dates. Please fill out the Volunteer Resume (page 39) and send it to [info@amta-ca.org](mailto:info@amta-ca.org).

### Saturday, April 4 Oceanside IRONMAN, Oceanside

This is a popular IRONMAN event for Southern California. We will be providing post-event massages to those athletes who have completed a swim, ride and run 70.3 miles, on the Boardwalk of Oceanside Beach. Arrive by 8am – Done by 5pm. Food, T-shirt. **Kevin Whitfield** is the contact person [resettherapyfitness@gmail.com](mailto:resettherapyfitness@gmail.com) 858.668.9710

### June (Date TBA) Stand Down, San Diego, San Diego High School Upper Athletic Field

For Veterans who have lost everything and are living on the streets of San Diego, this event provides and opportunity to meet with representatives from Veterans Affairs and with representatives from many community services. Massage therapists will join other allied health professionals, providing massages to participating Veterans. Note that all participants are freshly showered before services. This is a 3-day event. You can volunteer for 1 –3 days. **Kevin Whitfield** is the contact person [resettherapyfitness@gmail.com](mailto:resettherapyfitness@gmail.com) 858.668.9710

### Date TBA Camp Pendleton Family Day Massage Event, Del Mar Beach, Camp Pendleton, San Diego

This is the 13th annual event with some 3,000+ Marines and their families from 3<sup>rd</sup> Track. Arrive on base by 10 am and you will be off base by 5pm. Bring your tables and supplies. You will be working on the beach, on top of platforms, with a great view of the festivities and the ocean. Other community organizations will be participating with free food, fun, games, music, and more. This is a great event celebrating “FAMILY”. \*\*This event requires your contact information, ID, and proof of liability insurance, ahead of time for access on base. Please commit to **Michael Roberson**, the current coordinator for this event, [handsonoc@aol.com](mailto:handsonoc@aol.com), as soon as possible if you are planning to attend.\*\* *(the date has not been set; it is usually at the end of August or first of September)*

### Saturday, September 12 Best Buddies® Challenge, Hearst Castle, San Simeon

This is the 12th year we have participated in this event. We will be providing post massage to the athletes who complete cycling 100 miles (or less). Volunteers are guaranteed 1 nights shared room accommodations, car pooling stipend, T-shirt, door prizes, free food and SWAG bag. All of this and a great location near Hearst Castle, on the coastline. **Cynthia Sykes** is the coordinator, [cynsykes46@gmail.com](mailto:cynsykes46@gmail.com) 781.588.0864 (She lives in MA, 3hrs ahead of CA time, DO NOT CALL AFTER 7PM)

### Sunday, September 20 SuperFrog® IRONMAN®, Imperial Beach, San Diego

This IRONMAN® is one that allow members of the military to qualify for the World’s Championship and has about 80% military participation. We will be providing post-event massages to those athletes and service men/women on the Boardwalk of Imperial Beach. Parking is provided to early arrivals. Arrive by 8am – Done by 5pm. Food, T-shirt, music and ocean view are there for all of us to enjoy. **Kevin Whitfield** is the contact person [resettherapyfitness@gmail.com](mailto:resettherapyfitness@gmail.com) 858.668.9710

*Is there an event you would like to see us participate in? If so, please let us know. We would like to be included to those causes you think are important. Please send us information at least 3 months in advance. Send to [editor@amta-ca.org](mailto:editor@amta-ca.org).*



## 2020-2021 CALIFORNIA CURRENTS PUBLICATION INFORMATION

The American Massage Therapy Association, California Chapter newsletter, [California Currents](#), is scheduled to have 4 issues a year. Currently, the [California Currents](#) has a circulation of over 7,700, reaching our members and massage schools. All issues will be sent green, via email, posted to our Chapter website ([www.ca.amtamassage.org](http://www.ca.amtamassage.org)) and to our Chapter Facebook page.

Issue	Last Date for Submissions	Date to be Published
Winter	January 27, 2020	February 3, 2020
Spring	April 27, 2020	May 11, 2020
Summer	August 3, 2020	August 19, 2020
Fall	November 2, 2020	November 16, 2020
Winter	January 18, 2021	February 1, 2021

*\*\*dates are subject to change.*

Submissions of articles and pictures should be sent in .jpg format and/or word document. Submissions should be sent to Michael Roberson, Chapter Newsletter Editor, at [editor@amta-ca.org](mailto:editor@amta-ca.org). Your support to AMTA-CA is very much appreciated.

As of now, Chapters are no longer permitted to solicit or accept advertising for chapter newsletters, websites, etc. This includes free and paid advertising, job postings, etc. This change is effective immediately. To those who have advertised with us, thank you for your support and we hope your return on the investment was to your satisfaction.

*From your Chapter Board,*

*We would like to wish you a Happy Thanksgiving!*

*A Very Merry Christmas!*

*A Joyful Hanukkah*

*and a Blessed and Successful New Year!*

*We look forward to seeing you at an upcoming workshop, community outreach event and/or our Chapter Conference.*

*Thank you for what you do to promote advancing the art, science and practice of massage therapy.*

**AMTA-CA CHAPTER**  
**Candidate and Volunteer Resume Form**

Please print or type

Yr joined

Name \_\_\_\_\_ AMTA I.D. # \_\_\_\_\_

Home Address \_\_\_\_\_

Phone (w) \_\_\_\_\_ (h) \_\_\_\_\_

Email \_\_\_\_\_

Years in massage \_\_\_\_\_ CAMTC # \_\_\_\_\_ Massage license? \_\_\_\_\_ City/County \_\_\_\_\_

Massage school attended/# of hours \_\_\_\_\_

Date of completion \_\_\_\_\_ Other related schooling \_\_\_\_\_

I am interested in volunteering in the following areas: (details can be found on the Chapter website)

**Board of Directors:** ☐ **President** ☐ **Secretary** ☐ **Financial Administrator** ☐ **Board Member**

☐ **National Convention Delegate**

**Appointees/Chairs:** ☐ **Awards** ☐ **Exhibitors** ☐ **Parliamentarian** ☐ **Budget (Member At Large)** ☐ **Government Relations**

☐ **Sergeant at Arms** ☐ **Committee on Candidacy** ☐ **Newsletter Editor** ☐ **Social Media** ☐ **Conferences/Workshops**

☐ **Sports Massage** ☐ **Education Chair (Region: ☐ N ☐ C ☐ S)** ☐ **Website** ☐ **Northern Rep** ☐ **Southern Rep**

☐ **Other** \_\_\_\_\_

**You want to serve, but not sure where?** What skills do you have? and How much time do you want to give? Let us know and we will reach out to you. \_\_\_\_\_

Relevant community or professional experience \_\_\_\_\_

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

Other Qualifications \_\_\_\_\_

FOR THOSE SEEKING 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? \_\_\_\_\_

At Board meetings, I understand that I must be present, focused and courteous; that I must put aside my private life for the duration of the function; that I will refrain from introducing distracting influences to other Board Members and that I will be prepared to transact the business of the Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please submit Candidate and Volunteer Resume Form to **info@amta-ca.org**. If you have any questions about the position, please ask any of the current board members. Additional information on all roles can be found on the chapter website, **www.ca.amtamassage.org**. Thank you for your submission.



# Calendar of Upcoming Events

**Monday, January 17** **EXTENSION Last Day** to Submit Chapter Scholarship Nominations

Tuesday, January 14 Chapter Board Meeting, Call In

January 31 **Last Day** to submit [Massage Therapy Journal \\$5,000 Student Scholarship](#)

February 6-9 Community Outreach Opportunity, **Stand Down, Vista**

Tuesday, February 11 Chapter Board Meeting, Call In

**February 13-14** **AMTA Schools Summit, Hollywood, CA**

Tuesday, March 11 Chapter Board Meeting, Call In

**Friday, March 13** **California Chapter Welcome Vendor Reception**  
DoubleTree Hotel, Santa Ana

**Saturday, March 14** **California Chapter Annual Continuing Education Conference and Business Meeting**  
DoubleTree Hotel, Santa Ana

Saturday, March 14 Chapter Board Meeting, Face to Face  
*\*future Chapter Board Meetings will be posted after conference*

Saturday, April 4 Community Outreach Opportunity, **IRONMAN® Oceanside, San Diego**

**Sunday, May 31** **Last Day** to submit for the [Rick Boden Healer at Heart \\$10,000 Student Scholarship](#)

June (TBA) Community Outreach Opportunity, **Stand Down, San Diego**

**August 27-29** **National AMTA Convention, Phoenix, AZ**

TBA **Last Day** to submit for the [AMTA \\$2,500 Summer Student Scholarship](#)

TBA Community Outreach Opportunity, **Family Day Camp Pendleton, Oceanside, San Diego**  
*\*date to be confirmed*

Saturday, September 12 Community Outreach Opportunity, **Best Buddies Challenge-Hearst Castle, San Simeon**

Sunday, September 20 Community Outreach Opportunity, **SuperFrog® IRONMAN®, Imperial Beach, San Diego**

**October 18-24** **National Massage Therapy Awareness Week**

*\*Note: Chapter Board Meetings are open to all members. Please contact our Chapter President for access to the call. Meetings are generally, 7.30pm-8.30pm and are subject to change.\**

# California Currents Contacts

## Chapter Board

### President

John Lambert  
president@amta-ca.org



### Secretary

Phil Okazaki  
secretary@amta-ca.org



### Financial Administrator

Michael Roberson  
treasurer@amta-ca.org



### Board Member

Megan Martin  
lstvp@amta-ca.org



### Board Member

Bonni Kelley  
2ndvp@amta-ca.org



## Appointees

### Northern Representative

Open  
northernrep@amta-ca.org

### Southern Representative

Open  
southernrep@amta-ca.org

### Government Relations Chair

Open  
gr@amta-ca.org

### Newsletter Editor

Michael Roberson  
editor@amta-ca.org

### Appointee to CAMTC

John Lambert

### Educational Coordinators

Northern: Ryia Suising  
Central: Megan Martin  
Southern: Sarah Berkke

## Northern Regions

East Bay  
Far North  
Golden Gate  
Greater Sacramento  
Monterey Bay  
Napa Valley  
Redwood Empire  
Silicon Valley

## Southern Regions

Desert Resorts  
Gold Coast  
Inland Empire  
Los Angeles-South Bay  
Mid State  
Orange County  
San Diego

## Chapter Administrator

Jeff Milde

Calma Association  
Management, LLC



## Elected Delegates

- 1) Stacey DeGooyer (2019-2020)
- 2) Karl Reid Kramer (2019)

## Chapter Website

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

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Association-California-Chapter](https://www.facebook.com/Amta-CA-American-Massage-Therapy-Association-California-Chapter)

## National Website

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

California Chapter's  
Phone Number

**916-382-8542**

and EMAIL ADDRESS

[info@amta-ca.org](mailto:info@amta-ca.org)

And National:

[American Massage Therapy Association  
- AMTA](https://www.facebook.com/American-Massage-Therapy-Association-AMTA)

National's Office  
Phone Number

**847.9051638**