# THE TRAINED TOUCH

February 2014

*The South Dakota American Massage Therapy Association Newsletter*

Volume 7, Issue 1


## Daniel Carney to Present COREBODYWORK at April Convention

**Daniel Carney, LMT, NCTMB**

Daniel Carney graduated from the CORE Institute School of Massage Therapy & Structural Bodywork, in Tallahassee, Florida, in 1997. Since then, Daniel has worked professionally with clients using CORE Somatic Therapies exclusively.

In 1998, he began assisting George Kousaleos, founder and director of the CORE Institute, in teaching CORE Myofascial Therapy. In 2002, he began teaching on his own. In 2004, Daniel was accepted to the Athens Health Services Sports Massage Team responsible for providing sports massage to the athletes of the Olympic Games in Athens, Greece.

In addition to his massage therapy practice, Daniel is a strength & conditioning coach, and owns a gym - CrossFit Missoula. Throughout his career, Daniel has worked with a wide range of clientele, from professional and recreational athletes wanting to improve their performance, to those looking for pain relief and a return to normal function.

Daniel now lives in Missoula, Montana, with his wife and two children. Though Daniel is a bodywork nerd and spends much of his time immersed in his work, his most favorite thing is being around his family and exploring Montana wilderness, which he will never get enough of.

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## Governor Appoints New Board Member

Governor Dennis Daugaard has appointed Christine Ellwein to the State Board of Massage Therapy. The Boards Executive Secretary, Jennifer Stalley had this to say about Christine:

Christine has practiced since 1996, following graduation from the South Dakota School of Massage Therapy. She has been an AMTA member since 1997, continuously serving on the AMTA South Dakota Chapter Board in various positions since 2006. Christine's appointment is for a 3-year term.

She joins the four other members of the Board to oversee the licensure and regulation of massage therapists in South Dakota.

***Editors Note:** On behalf of the SDAMTA; We'd like to Congratulate Christine on this appointment!

# SDAMTA Chapter
## Board Members

### SD OFFICERS 2013-2014

**President**
Christine Ellwein
722 West Pleasant Drive
Pierre, SD 57501
605.222.9266
christinegors@hotmail.com

**Immediate Past President**
Sheldon Haas
Midwest Massage Therapy
1904 S Wayland Ave
Sioux Falls, SD 57105
605.335.8558
sheldonnlee@gmail.com

**1st Vice President**
Karen Peschong
Attunement Specialists Therapeutic Massage & Bodywork
420 4th St NE, Suite 143
Watertown, SD 57201
605.878.1001
karen.peschong@gmail.com

**2nd Vice President**
Sandy Berg
116 England St
LaBolt, SD 57246
605.949.9401
healthykneads2@hotmail.com

**3rd Vice President**
Grace Lonning
405 8th Ave NW #207
Aberdeen, SD 57401
605.725.4400
massagetherapy@nvc.net

**Treasurer**
Valerie Rowen
Touch of Wellness
327 S Fort Street
Pierre, SD 57501-2415
605.295.1330 Cell
605.945.0013 Work
valerieandrickr@mncomm.com

**Secretary**
Kris Skorseth
Prairie Breeze Massage & Bodywork, LLC
307 6th Street, Suite #3
Brookings, SD 57006
605.692.5262
kristinegeezer@gmail.com

# SDAMTA Delegates & Chairs

**SD DELEGATE ROSTER 2013-2014**

**Delegate 2013-2014 HOD:**
Kris Skorseth
(see secretary)

**1st Alternate 2013 HOD**:
Suzanne Braun

**2nd Alternate 2013 HOD:**
Patricia Bleeker
320 W 6th Ave
Mitchell, SD 57301
pjbleeker@amx.com

**1st Alternate 2014 HOD**:
Tara Hall
38846 124th St
Aberdeen, SD 57401
605.225.7203 Home
605.228.1183 Cell
tarahall@nrctv.com

**2nd Alternate 2014 HOD:**
Lauralee Hatch
6739 W Elmwood Dr
Black Hawk, SD 57718
heavenlytouchrc@yahoo.com

**SD CHAIRS ROSTER 2013-2014**

**Historian Chair**
Patricia Bleeker
320 W 6th Ave
Mitchell, SD 57301
pjbleeker@amx.com

**Education and Newsletter Chair**
Grace Lonning (see 3rd VP)

**Membership/Recruitment/Public Relations Chair**
Tara Hall
38846 124th St
Aberdeen, SD 57401
605.225.7203 Home
605.228.1183 Cell
tarahall@nrctv.com

**Nominations/Awards Chair**
Sheldon Haas (see IPP)

**Website Chair**
Karen Peschong (see 1st VP)

**Government Relations Chair**
Valerie Rowen (see Treasurer)

# SD-AMTA Business Meeting Agenda

Friday, April 25th, 2014 6:30 p.m. at RedRossa

1. Call to Order
2. Roll Call and Introductions
3. Call for New Business
4. Approval of the Agenda
5. Approval of the 2013 Business Meeting Minutes
6. Treasurer's Report
7. Committee Reports
8. New Business
   a. Awards
9. Nominations and Elections – Chapter Board Positions
10. Officer Installation – Oath of Office
11. Nominations and Elections – House of Delegates
    a. Delegates
    b. Alternates
12. Final Comments
13. Adjourn

## Nominations Needed

Your chapter is welcoming any nominations for this annual business meeting elections.

Positions that are coming up for election are:

* **President**
* **2nd Vice President**
* **Treasurer**
* **Delegate**

Also taking nominations for:

* **Meritorious Award**
* **Distinguished Service Award**
* **Certificate of Appreciation**

If you have any nominations please contact Sheldon Haas or a board member. Please see contact info on roster page thank you!

**Note:** Elected position job descriptions can be found on page 7 of this newsletter

## Great Opportunities in 2014

- **CoreBodywork** in Fort Pierre. April 25th and 26th. Be present at the Annual Business Meeting and ***you could win*** paid registration to the National Convention in Denver!
- **Massage and Movement** with Lee Stang presenting in Keystone, SD: September 12th – 14th. Being held at the K Bar S Lodge. Member ***drawing of $200,*** must be present to win!
- **AMTA National Convention** in Denver, Colorado: September 17th – 20th.

K Bar S Lodge, Keystone, SD

## Welcome New Members!

**October**
Jennifer Greene..... Estelline
Heidi Waldner ..... Mitchell
**November**
Regina Dixson..... Madison
Helen Moss ..... N Sioux City
Kim Rupp ..... Sturgis
Angelique Weeks..... Vermillion
**December**
Jori Diederich ..... Pierre
Michael Kaderabek ..... Worthing
**January**
Gerry Baynard ..... Sioux Falls
Rebecca Halbkram..... Sioux Falls
Brenna Niles ..... Custer
Sara Shald..... Sioux Falls
Nancy Blair..... Rapid City
Natasha Fritz ..... Hazel
Jordan Johnson..... Castlewood
Amanda Navarro ..... Rapid City

## $$ Grants to National Convention $$

**South Dakota AMTA Professional Members are invited to apply for a $200 Grant to attend the National Convention being held in Denver, September 17th – 20th this year.** The Board voted to approve a grant for 10 members to each receive $200 towards their registration for the event.

Board President, Christine Ellwein, said, "We feel that it's important for as many members of our Chapter to attend the National Convention as possible, since its relatively close this year. And we want to help make it more affordable." The Board also noted that they hope to see those recipients of the Grant money become more actively involved in the Chapter committees and other positions.

Anyone interested in receiving the Grant should send a written request to Val Rowan. The Grants will be awarded on a first come – first serve basis. Her email address is : valerieandrickr@mncomm.com Her mailing address is: 327 S Fort Street, Pierre, SD 57501

# CONVENTION REGISTRATION FORM

Spring Convention April 25-26, 2014

AmerericInn, Fort Pierre, South Dakota

NAME _____

ADDRESS_____

CITY, STATE, ZIP_____

PHONE_____

EMAIL ADDRESS_____

## Registration Rates by April 15th:

AMTA Member (Member ID # ) ..... $150

Student in South Dakota Massage School ..... $50

Non-Members ..... $180

At the Door ..... Add $40

Total Amount Enclosed: $_____ Check #_____

Make checks payable to: AMTA-SD

Send registration and fee to: **Val Rowen; 327 – S Fort St.; Pierre, SD 57501**

No confirmation letter will be sent

- 15 CEU Hours
- No Shows are non-refundable
- Credit Cards & 2-party checks are not accepted
- Tables, linens and oils are needed

## Room Rates & Reservations

AmericInn & TeTon
Conference Center
312 Island Drive
Fort Pierre, SD

**800-634-3444**

**605-223-2358**

Room Rates: **$89.99** plus tax
(must be reserved by 03/25/14)

## CONVENTION SCHEDULE

**Friday, April 25th, 2013**

| | |
|---|---|
| 8:00am - 9:00am | Registration/Continental Breakfast |
| 9:00am - 1:00pm | Daniel Carney |
| 1:00pm - 2:00pm | Lunch (on your own) |
| 2:00pm - 5:00pm | Daniel Carney |
| 6:30pm - 8:30pm | Annual Meeting Dinner at Redrossa Italian Grille |

**Saturday, April 26st, 2013**

| | |
|---|---|
| 8:00am - 12:00pm | Daniel Carney |
| 12:00pm - 1:00pm | Lunch on your own |
| 1:00pm - 5:00pm | Daniel Carney |

# CORE Sports & Performance Bodywork ~ April 25-26th

This 2-day seminar will examine the four basic styles of performance inherent in all athletic disciplines. Utilizing structural integration and myofascial therapy theories and techniques that are appropriate for each style of performance, participants will focus on developing training and event protocols for endurance, sprint, power, and multi-skilled athletes. Presentations on performance mechanics, somatotypes, and the balancing of the autonomic nervous system will highlight a comprehensive study of advanced therapies for the athletic performer.

Approximately 60% of the class is hands on. There are 4 hours of lecture, 4 hours demonstrations, and then the rest (approx 8 hours) are student exchanges.

**(Editor's note.)When Daniel was asked if this work would apply to most clients, this was his response:**

Yes, I believe these strategies and techniques are fully applicable to any massage therapists typical client, and throughout the course I tend to highlight this. What most of our clients want, whether an athlete or not, generally speaking, is to reduce their pain and return to normal function. This class takes the theories and practice of structural integration and myofascial therapy and applies them to a goal oriented environment (i.e. improving human performance).

For athletes, this might mean helping them return to their athletic training so they can get back into competition. For the a non-athlete, this might mean getting out of pain, so they can return to work and continue to financially support their family.

For the massage therapist working with athletes, this class introduces a potentially a new framework for addressing their clients' needs. And for the massage therapist working in a clinical setting and specializing in pain management, or a therapist looking to increase their understanding and effectiveness in this area, it provides clear strategies and mechanically efficient techniques for doing so.

This is one of my favorite courses to teach because it is densely packed with valuable information for the massage therapist who wants to affect meaningful, positive change in their clients' lives while learning to work smarter, not harder.

## You Might Need to Know….

Have you needed to know where to find the information about requirements to renew your license, membership, or certification? Here's some information that might help:

**South Dakota State Massage Therapy License:**
8 CE hours every 2 years.
Web site - http://massage.sd.gov
Phone number – 605-271-7103

**AMTA Membership Renewal:**
48 hours every 4 years
Web site – www.amtamassage.org
Phone number – 877-905-0577

**National Certification Board of Therapeautic Massage and Bodywork:**
48 hours every 4 years ( 6 hours Ethics).
Web site – www.NCBTMB.org
Phone number – 888-802-6600

## Board Retreat

The Board and Committee Chairs held a working retreat on February 7th and 8th. Kris Skorseth hosted the event at her cabin near Hendricks, Minnesota

Pictured from left to right back row: Brenda Lanz, Tara Hall, Sheldon Haas, Christine Ellwein, Kris Skorseth and Val Rowan. Seated: Sandy Berg and Karen Peschong Not pictured: Grace Lonning

## President's Message

Hello Friends,

When cold and dreary Winter days leave us feeling uninspired, the ability to do meaningful healing work and maintain lasting therapeutic relationships with clients is more than enough to keep our passion afire. I feel fortunate to be doing the work that I do as a licensed massage therapist and as an AMTA volunteer.

I have a feeling many of you have the same passion for this wonderful work and believe that being an AMTA member is an important part of what makes you successful.

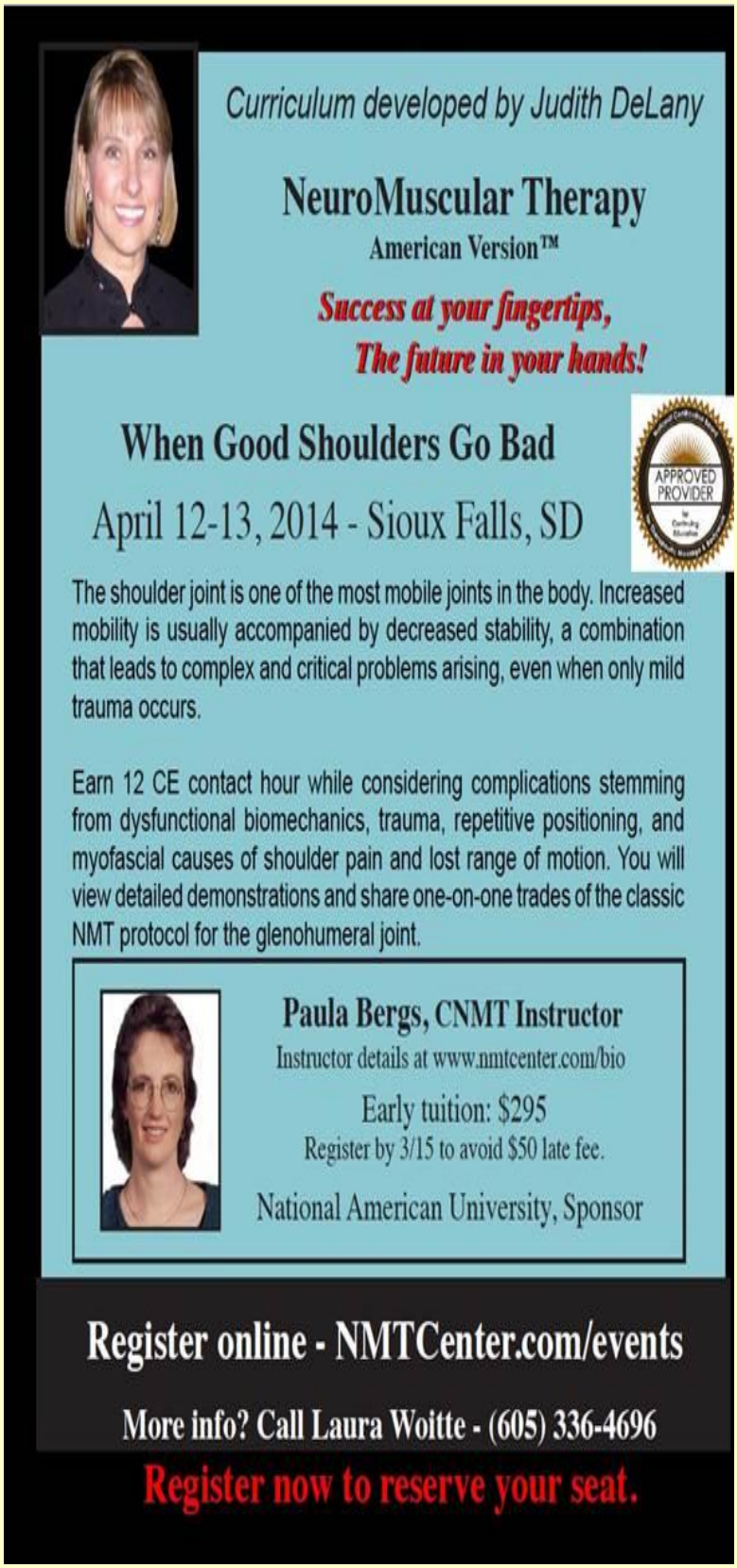
I encourage each of you to take full advantage of the benefits your AMTA membership offers. At the Chapter level we offer many networking opportunities via Newsletter, Website, Chapter Volunteer opportunities and Conferences.

At our Conferences in the Spring and Fall we are able to bring high quality educational offerings to you at an incredibly reasonable rate. The opportunity to connect with peers and enhance your skills face to face is invaluable to a professional massage therapist.

The Annual Meeting is held in conjunction with the Spring Conference and gives all professional members the opportunity to vote in Chapter elections. As in the past, I encourage each of you to attend our Spring Conference and Annual Membership Meeting. Our Chapter Board desires your feedback and wants to serve you, the member, to the best of our abilities.

Thank you for the wonderful opportunity to serve as your Chapter President the past almost two years. I wish each of you the best in the New Year.

Warmly,
Christine Ellwein, President



# SD Chapter of AMTA Officer Position Descriptions

**Position Title: Chapter President**
**Purpose**
The Chapter President sets the direction and pace of the Chapter's activities based on the vision that has been determined by the Chapter membership, Chapter Board of Directors, and other Chapter Officers. The Chapter President serves as a leader, planner, mentor, mediator, and facilitator.
**Eligibility**
In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:
- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair within the last two years.
- Completed one term year as a National Standing Committee Chair or National Board member within the last two years.

**Position Title: Chapter Vice President (1st, 2nd or 3rd)**
**Purpose**
The Chapter Vice President will assist the Chapter President in achieving Chapter goals and effecting policies and/or decisions made by the Chapter Board of Directors.
**Eligibility**
In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:
- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair or member, within the last two years.
- Completed one term year as a National Standing Committee Chair or National Board member within the last two years.

**Position Title: Chapter Treasurer**
**Purpose**
The Chapter Treasurer ensures the integrity of the fiscal affairs of the Chapter.
**Eligibility**
In addition to being a Professional member in good standing, and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:
- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair or member, within the last two years.
- Completed one term year as a National Standing Committee Chair or National Board member within the last two years.
- Completed one year of AMTA membership and have experience in bookkeeping, accounting or finance.

**Position Title: Delegate to the House of Delegates (HOD)**
**Eligibility**
- Must be a professional member in good standing of the Chapter to which they are assigned
- Must sign the AMTA Chapter Volunteer Code of Conduct.
- Agrees to uphold and abide by National AMTA Articles of Incorporation, Bylaws, Policy, Code of Conduct, Rules of Engagement, and Job Description.
- Shall not be an AMTA National Board member.

**EDITORS NOTE:** To view the complete Job Descriptions go to www.amtamassage.org Sign in as a member, go to "AMTA Chapters" then to "Chapter Management Resources" and "Job

Grace Lonning, LMT
Newsletter Editor
405 – 8th Avenue NW #207
Aberdeen, SD 57401

# Calendar of Events

## State Conventions

**AMTA-SD Spring Convention/Business Meeting**
April 25-26, 2014
AmericInn
312 Island Drive
Fort Pierre, SD 57532

**AMTA-SD Fall Convention**
September 12-14, 2014
K Bar S Lodge

Deadline for article submission for the summer newsletter is June 30, 2014. Please E-mail articles, news and any questions to: massagetherapy@nvc.net

## National Conventions

**AMTA 2014 National Convention**
September 17-20, 2014
Colorado Convention Center
700 14th Street
Denver, CO 80202

**AMTA 2015 National Convention**
August 19-22, 2015
Pittsburgh, PA