THE TRAINED TOUCH

Summer 2014

Volume 7 Issue 2

The South Dakota American Massage Therapy Association Newsletter

FALL CONVENTION PRESENTS
Massage & Movement: a dynamic Approach to Massage

This is the core focus of Bridges to Health Seminars. Our seminars look at ways to improve how the body moves in general and what effect injury and or illness may have on this movement. Our core seminar, *Massage & Movement: a dynamic approach to massage* looks at techniques that are anatomically based and designed to help both facilitate movement and restore lost movement patterns. Many of the problems that clients come to us with involve poor mobility; restriction caused by injury, poor postural patterns, and repetitive motion activities. Often these result in furthering pain and the creation of a vicious cycle of immobility issues. In attempting to improve mobility throughout the body it is necessary to move it! Even during the massage. See page 5 for more information…..

Valerie Rowan Celebrated 25 Years in Business at the Spring Convention and she says "Valerie thanks everyone for the flowers and for sharing this special day!"

INSIDE THIS ISSUE

Fall Conference Instructor Biography	5
Fall Conference Course Overview	1
SD-AMTA Officers and Chairpersons	2
AMTA National Elections	3
President's Message	3
New Members	3
Conference Registration Form	4
Conference Schedule/Room Rates	4
SDBMT Renewal September 30th	7
Be a Winner!	5
Calendar of Events	8

SDAMTA Offers Top Notch Education

Massage Therapists have the opportunity to attend high quality continuing education classes in South Dakota. The SDAMTA Chapter has been bringing nationally accredited presenters to the conventions for many years. This year is no different. Lee Stang has been an instructor at the National AMTA Convention several times. She comes to us from Connecticut and is on her way to teach at the National Convention in Denver, after spending time teaching at our Fall Convention in Keystone. Her work is extremely easy to incorporate into your work, and will get good results for your clients. If you have never attended a SDAMTA Convention, you're strongly encouraged to join us for this one! It's in a beautiful location in the Black Hills and is sure to be a wonderful experience on many levels. See you there!

SDAMTA Chapter

Board Members

SD OFFICERS 2014-2015

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
Tara Hall
38846 - 124th St
Aberdeen, SD 57401
605-225-7203 Home
605-228-1183 Cell
tarahall@nrctv.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 2014-2015

Delegate 2014 HOD:
Kris Skorseth
(See secretary)

1st Alternate 2014 HOD:
Tara Hall
(See 2nd VP)

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

2015 – 2016 HOD Delegate:
Dawn Menning
(See Nominations/Awards Chair)

1st Alternate 2015 HOD:
Patricia Bleeker
(See Historian)

2nd Alternate 2014 HOD:
Jeanne Thune
(See Membership/Recruitment))

SD CHAIRS ROSTER 2014-2015

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

Conference Site Coordinator
Open

Newsletter Chair
Emily Kippes
1218 South Rowley Street
Mitchell, SD 57301
605-999-9362
emmyk07@yahoo.com

SD CHAIRS ROSTER 2014-2015 CONTINUED

Education Chair
Grace Lonning
(See 3rd VP)

Membership/Recruitment/Public Relations Chair
Jeanne Thune
48153 – 334th St.
Jefferson, SD 57038
712-635-4301 Cell
605-232-1911 Home Officel
jeannethune@hotmail.com

Nominations/Awards Chair
Dawn Menning
1228 S. Lincoln
Aberdeen, SD 57401
605-290-3918
healingessential@yahoo.com

Website Chair
Karen Peschong
(see 1st VP)

Government Relations Chair
Valerie Rowen
(See Treasurer)

Tradeshow Chair
Nicole Hooth
Tranquil Touch Massage
502 S. 6th St.
Milbank, SD 57252-2527
605-949-0634 Work
nhooth@itcmilback.com

DID YOU KNOW?

The "Massage Today" magazine is a FREEpublication for licensed massage therapy professionals? This trade journal contains excellent articles including current news and techniques.

To register for a free subscription, go to www.massagetoday.com/circulation/new.php. You may also call 714-230-3150.

Don't miss out on this valuable resource!

President's Message

Greetings Friends,

I would like to thank all who attended the Spring Conference and Annual Membership Meeting in Fort Pierre April 25-26. It was a wonderful learning experience with instructor Daniel Carney presenting Core Myofascial Therapy.

Elections for Chapter officers were held at the Annual Meeting. I will proudly be serving a second term as your Chapter President. Tara Hall will be joining the Board as 2rd Vice-President and Valerie Rowen was appointed for an additional year as Chapter Treasurer. We have two brand new Chapter volunteers this year! Please join me in giving a warm welcome to Newsletter Chair-Emily Kippes and Nominations/Awards Chair-Dawn Menning. A veteran volunteer-Jeanne Thune has also accepted the position of Membership and Recruitment Chair. I am so grateful to serve with these capable and talented individuals. Thank you for your willingness to share your time and talents with our Chapter. It is essential that we have new volunteers to keep our Chapter going strong well into the future.

There are some exciting events ahead this September. The Fall AMTA South Dakota Chapter Conference will be held at the K Bar S Lodge in Keystone, SD. This will be a very unique setting for a conference set in the beautiful Black Hills. We are planning some special networking opportunities throughout this weekend so make sure to attend. The other big event to plan for is National Convention in nearby Denver, Colorado. The dates are September 17-20 and the keynote speaker is Doctor Mehmet Oz! National Conventions are an experience like no other. Consider attending this year. If you have questions, ask a Chapter volunteer. We are here to serve.

Until we meet again, have a fabulous summer. I appreciate each of you and look forward to our time together at future Chapter events.

Christine Ellwein
Chapter President

NATIONAL ELECTIONS

amta
american massage therapy association

Get Involved: Run for an AMTA Elected Position

Serve your profession by running for an AMTA elected office on the National Board of Directors or the Commission on Candidacy! ***AMTA is a leader in advancing the massage therapy profession, and we're led by volunteers elected by our membership.***

Application Process

- Review the position criteria. Candidate applications will be available on July 1 and must be completed by Sept. 1.
- Take the following online courses (log-in required): *About Non-Profit Associations*, *Responsibilities and Communications throughout AMTA* and *Risk Management for Associations*.
- Once the courses are completed, fill out the online application packet.
- Once the Commission on Candidacy determines that you meet the position requirements, your candidate profile will be added to AMTA's Election page.
- As a candidate, you can choose to begin using social media.

If you're interested in serving, contact Colleen Leeders, AMTA staff liaison to the Commission on Candidacy.

CONVENTION REGISTRATION FORM

Fall Convention September 12-13th, 2014

K-Bar-S Lodge, Keystone, South Dakota

NAME _____

ADDRESS_____

CITY, STATE, ZIP_____

PHONE_____

EMAIL ADDRESS_____

Registration Rates by September 5th:

AMTA Member (Member ID #).....$170

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

Non-Members $200

At the Door .....Add $40

(All Prices INCLUDE lunch on both days!)

Total Amount Enclosed: $_____ Check #_____

Make checks payable to: AMTA-SD

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

No confirmation letter will be sent

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

Room Rates & Reservations

K-Bar-S Lodge
434 Old Hill City Road
Keystone, SD 57751

605-716-7971

Room Rates: **$93.99** plus tax
(Must be reserved by 08/11/14)
Refrigerators available for $10/night

www.**kbarslodge**.com

CONVENTION SCHEDULE

Friday, September 12th, 2014

8:00am -8:30 am	Registration
8:30am - 12:30pm	Lee Stang
12:30pm - 1:30pm	**Lunch INCLUDED**
1:30pm - 5:30pm	Lee Stang

Saturday, September 13h, 2014

8:00am - 12:00pm	Lee Stang
12:00pm - 1:00pm	**Lunch INCLUDED**
1:00pm - 5:00pm	Lee Stang

Meet Lee Stang:

Lee Stang has been teaching massage since 1996 both locally and nationally. She specializes in Orthopedic Massage technique and theory with the goal of providing seminars that will allow therapists to gain a better understanding of the 'whys' of our work. Lee has trained extensively with Whitney Lowe and is a teaching associate in the OMERI program. Lee's teaching is anatomically based focusing on the specific application of techniques to best improve functional movement and decrease pain in our clients. She brings her extensive experience in clinical massage and working with athletes at various venues including the Olympics, Paralympics and her travels as a Core Massage Therapist on the professional women's tennis tour to her teachings. Her seminars are interactive and provide participants with tools that can be integrated immediately and effectively into their practices.

Our Massage & Movement seminar focuses on bringing your massage from the realm of a 'passive' massage to a 'dynamic' massage. We show you how to incorporate passive, active and pin and move techniques into your massage to release hypertonic muscles by broadening and lengthening muscle fibers, engaging weakened muscles, improve the flexibility and range of motion by locating and releasing adhesions and scar tissue and decrease pain in your clients. You will learn to fully and confidently engage your clients actively in this process. You will learn to work more easily but more effectively. This seminar will provide you with techniques that you can use tomorrow in your practice.

WELCOME NEW MEMBERS

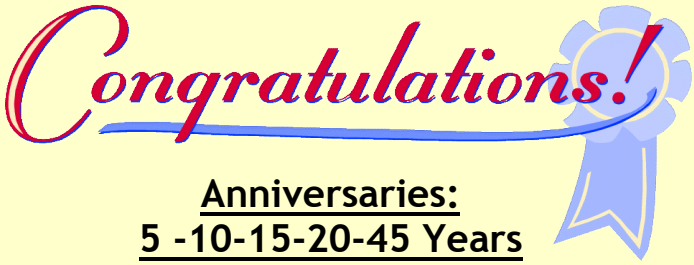
Betty Jean Shields	Sioux Falls, SD
Jade Sarsland	Ludlow, SD
Michelle Brouwer	Sioux Falls, SD
Shawn Goodman	Pierre, SD
Kristina Schiltz	Mitchell, SD

Jean Schmidt (retiring at 42 years), George Stroppel and Dawn Menning during Spring Conference.

The Winner who wasn't …

At the Spring Convention Business Meeting the name of a member was drawn to win registration to the National Convention in Denver. This was a $395 value, but the member had to be present at the convention. **Rebecca Voss**, of Webster, was the member drawn, but (unfortunately) not present! Everyone should plan to attend the Spring Convention next year for a chance to win your registration to the 2015 National Convention in Pittsburgh, Pennsylvania

We will be drawing the name of a member at the Fall Convention for a chance to win $200. The member must be present to win. Do you feel lucky?



Anniversaries:
5 -10-15-20-45 Years

45 Years

George W. Stroppel	Midland

20 Years

Val Rowen	Pierre
Dwight Schaeffer	Winner

15 Years

Julie Ames-Curtis	Custer
Rev. David Smith	Sioux Falls

10 Years

Mary Cwach	Aberdeen
Lynette Stugelmeyer	Buffalo
Jeanne Thune	Jefferson

5 Years

Debra Foley	Lake Norden
Bridget Ortman	Canistota
Jennifer L. Pfeiffer	Aberdeen
Bobby White	Sioux Falls

Check out your SD Chapter website:
www.amtasd.org
Or email us: amtasd@gmail.com

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 Therapeutic Massage and Bodywork:
48 hours every 4 years (6 hours Ethics).
Web site – www.NCBTMB.org
Phone number – 888-802-6600

Federation of State Massage Therapy Boards
FSMTB Executive Office
Phone: 913.681.0380 Fax: 913.681.0391
Email: info@fsmtb.org

South Dakota License Renewals Due September 30th, 2014

All active massage therapy licenses will expire on September 30th. You must renew your license by this date to avoid expiration. Failing to renew your license will require you to submit a new application for licensure, subject to all current educational requirements. The Board will begin accepting renewal applications on August 1st. You will be able to submit your renewal application via mail or via the Board's new online renewal system. All renewal applications must be postmarked or submitted by September 30th. To renew your license, you will need to submit a renewal application, $45 fee, proof of at least $250,000 in malpractice insurance and proof of at least 8 hours of continuing education between January 1, 2012 and September 30th, 2014.

Prorated Continuing Education

Eight hours of continuing education are required for each licensee every 2 years. To renew your license, please prove the following number of CE hours based on the date your original license was issued:

Before 10/1/12	**8 Hours**
10/1/12 - 3/31/13	**8 Hours**
4/1/13 - 9/30/13	**6 Hours**
10/1/13 – 3/31/14	**4 Hours**
4/1/14 – 9/30/14	**2 Hours**

IF YOU HAVE QUESTIONS, PLEASE CALL OR EMAIL:
South Dakota Board of Massage Therapy
PO Box 340 (mailing address)
Pierre, SD 57501
P: (605)224-1721/F: (605)425-3032
SDBMT@midwestsolutionssd.com

Advertising Rates

Advertise in our newsletter and help your business grow!

	Member	Non-Member
Full Page	$150	$200
Half Page	$75	$100
Quarter Page	$50	$65
Business Card	$20	$30

Contact Emily Kippes at emmyk07@yahoo.com for more information

Emily Kippes, LMT, CMT
1218 South Rowley Street
Mitchell, SD 57301

Calendar of Events

State Conventions

AMTA-SD Fall Convention
September 12-13, 2014
K Bar S Lodge
Keystone, SD

AMTA-SD Spring Convention/Business Meeting
April 24-25, 2015
Pierre, SD

AMTA - SD Fall Convention
September 25-26, 2015
Aberdeen, SD

Deadline for article submission for the next newsletter is October 30, 2014. Please E-mail articles, news and any questions to: emmyk07@yahoo.com

National Conventions

National Massage Therapy Awareness Week
October 19-25, 2014

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