THE TRAINED TOUCH

Fall 2015

The South Dakota American Massage Therapy Association Newsletter

Volume 9 Issue 3

AMTA South Dakota 2014 Awards
Annual Meeting – April 25th, 2015
Pierre, SD

INSIDE THIS ISSUE

AMTA SD 2014 Awards	1
SD-AMTA Officers	2
Website and Facebook Information	2
2015 Fall Conference in Aberdeen	3
New Members	3
Anniversaries	3
Spotlight	4
Officer Position Description	5
Officer Position Description (cont.)	6
President's Message	7
Announcement from National	7
Calendar of Events	8

President's Award:
When it comes to going the extra mile, this member is considered to be a "Road Scholar". She knows the roads and she knows the sights. If you happen to come to a South Dakota AMTA conference by air, chances are she will be welcoming you at the airport and driving you to your destination, all the while contributing to your comfort and enjoyment.
Thank you, Amber Rasmussen, for all those road trips to the airport and convention center, as well as the "roads traveled" in between. Thank you for your volunteerism in "Road Assistance" for our conference speakers when our conferences are in held the Black Hills Area. Your hospitality speaks volumes and contributes to our chapter in a many ways. Thank you, Amber.

Meritorious Award
This young woman has been noted as being "Genuine", "Loving", "willing" and "always with a smile on her face". Emily Kippes has been such a wonderful volunteer this past year. Her enthusiastic, "Can-do" attitude is almost infectious! She stepped up to take over the Newsletter Editor position and taught herself how to put together and publish the one piece that ties all of us together and keeps everyone informed. She does it with a smile and her face and love in her heart. Thank You, Emily.

Distinguished Service Award
Dawn is the kind of person that hits the ground running. When she took on our AMTA Chapter patch/logo she was resilient and relentless. Often times we didn't respond to her email messages and then when we did we had numerous questions at the last minute. Dawn just smiled and took a deep breath in and continued to work with all of us and never gave up. The end result, thanks to Dawn's hard work, was our totally cool patch, tat turned out even better than any of us had imagined. Dawn is an awesome massage therapist that believes in continuing education and she never gives up. She is a strong woman and we appreciate the gifts she brings to AMTA and we are grateful she is not only the Awards Chair but also our 50th Anniversary Chair~ Thank you!

25 Year AMTA Members
This year we are honoring 2 women for 25 years of dedicated membership to our South Dakota and National Chapters.
Congratulations to Kay Johnston ~ 7/20/90 and Evelyn Conn ~11/28/90
(presented with engraved business card holders and framed certificates)

40 Year AMTA Member
R. Jean Schmidt has celebrated 40 years of being an AMTA member and we honor her with a framed certificate of achievement.

SDAMTA Chapter Board Members

SD OFFICERS 2015-2016

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
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1st Vice President
Jeanne Thune
48153 334th St.
Jefferson, SD 57038
712-635-4301 Cell
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2nd Vice President
Tara Hall
38846 124th St.
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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 South Fort Street
Pierre, SD 57501-2415
605-295-1330 Cell
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Secretary
Brenda Drobny
P.O. Box 41
Roscoe, SD 57471
605-228-9505
brendaschurr@gmail.com

SDAMTA Delegates & Chairs

SD DELEGATE ROSTER 2015-2016

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

1st Alternate 2015 HOD:
Patricia Bleeker
(See 2nd Historian)

2nd Alternate 2015 HOD:
Jeanne Thune
(See 1st VP)

2016 HOD Delegate:

1st Alternate 2016 HOD:
Bianca Resch
820A 9th Ave
Brookings, SD 57006
605-695-0188
bianca.resch@hotmail.com

2nd Alternate 2016 HOD
Patricia Bleeker & Dawn Menning
(See Historian) (See Chair Roster)

SD CHAIRS ROSTER 2015-2016

Historian Chair
Patricia Bleeker
320 W 6th Ave
Mitchell, SD 57301
605-996-0512
tlcmassage@gmx.com

Education Chair
Grace Lonning
(See 3rd VP)

Benevolence Chair
Stacy Sprengeler
404 16th Ave NE
Aberdeen, SD 57401
605-216-6667
simonsez6667@gmail.com

SD CHAIRS ROSTER 2015-2016 CONTINUED

Membership/Recruitment/Public Relations Chair
Jeanne Thune
(See 1st VP)

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

Website Chair
Karen Peschong
Attunement Specialists LLC
420 4th St NE, Suite 143
Watertown, SD 57201
605-878-1001
karen.peschong@gmail.com

Government Relations Chair
Valerie Rowen
(See Treasurer)

Newsletter Chair
Gwen Larson
20205 477th Ave
White, SD 57276
605-633-1494
gbblarson@hotmail.com

Don't forget to check us out on the Web and on Facebook.

www.amtasd.org
www.amtamassage.org
Facebook: AMTA South Dakota Chapter

Stay Connected:

5 Year~

Tara Hall	Aberdeen
Susan Jacobs	Sioux Falls
Daniel Johnson	Sioux Falls
Desmond Jones	Brookings
Katrina Knecht	Houghton
Donna O'Brien	Aberdeen
Jodi Peterson	Watertown
JuliAnna Stern	Webster

10 Year~

Marta Christopherson	Sioux Falls
Keri Jonson	Deadwood
Deb Koolstra	Sioux Falls
Lisa Mueller	Faulkton
Lori Peters	Flandreau

15 Year~

Debra Cristan	Rapid City
Terry Wagoner	Spearfish

25 Year~

Kay Johnston	Hermosa

WILL BE ADDING A PICTURE HERE FROM FALL CONFERENCE IN ABERDEEN

Welcome New Members!

June

April Rendon	Rapid City

July

Lisa Mentele	Mitchell

August

Angel Anderson	Brookings
Candice Andrews	Rapid City
Gwen Artz	Spearfish
Carole Benda	Rapid City
Lindsey Parkinson	Sioux Falls
Brooke Scheessele	Philip
Arden Yee	Sioux Falls

September

Ryan Baird	Canton
Matthew Caffee	Sioux Falls
Natasche Dannen	Harrisburg
Kristi Davidson	Sioux Falls
Jennine Dolphus	Aberdeen
Robert Glasco	Sioux Falls
Sophie Griffith	Sioux Falls
Alexa Hahne	Sioux Falls
Heather Hecht	Yankton
James Johanneson	Sioux Falls
Alexa Keller	Sioux Falls
Mina Keppen	Sioux Falls
Joy Pinos	Sioux Falls
Jaelee Soulek	Chamberlain
Amber Weber	Hartford
Megan Whaley	Brookings
Arden Yee	Sioux Falls

Transfers

Breanna Bullingtion from NE	Brookings

AMTA SOUTH DAKOTA CHAPTER MEMBER SPOTLIGHT

NAME:
Christine Ellwein

CITY:
Pierre

FAMILY:
Husband-Jeremy, Step-Daughter-Morgan (19), Son-Finley (3), Cats-Big Guy, Lola, Zorro

HOW LONG HAVE YOU BEEN DOING MASSAGE?
19 years

HOW LONG HAVE YOU BEEN AN AMTA MEMBER?
16 years

WHAT GOT YOU INTERESTED/STARTED IN MASSAGE THERAPY? A strong desire to give loving care to and help people with hands-on healing work.

YOUR FAVORITE TECHNIQUE: Pregnancy Massage, but love using multiple techniques tailoring sessions to client needs.

YOUR BIGGEST CHALLENGE AS A THERAPIST: Finding a balance with work schedule and being a Mom. Finding time for self-care with a busy schedule.

YOUR BEST MEMORY OF BEING A MASSAGE THERAPIST: Knowing very special people through long term client-therapist relationships. Making a positive difference in how they feel throughout years of their lives. The unconditional love that flows freely while I do this work.

WHAT WOULD YOU TELL NEW PEOPLE IN OUR FIELD? Keep learning. Trust your instincts and intuition. Be professional, trustworthy and kind. Treat others as you would like to be treated.

WHAT ARE YOUR HOBBIES? There is not much time for more than work and family and my volunteer duties these days, but I do some gardening. And, I strive to stay fit by teaching water aerobics classes and as a Beachbody Coach. I work with DoTerra essential oils and enjoy learning new ways to use them.

SD Chapter of AMTA Officer Position Descriptions

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 and/or National Board member within the last two years.
Responsibilities & Commitments: This is a two (2) year term / accountability to membership by virtue of election and to the Chapter Board and membership through reporting activities. Attend and presides over, or delegates authority, maintains order and expediently conducts business at all chapter meetings and Board meetings. Amongst other duties, the President supervise the affairs of the Chapter and It's documents and records. Time commitment is approx. 5 – 15 hours per week, depending on activity of the Chapter. The time commitment will be higher before and/or during certain National and Chapter events.

Chapter Vice President
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 within the last two years, Completed one term year as a National Standing Committee Chair and/or National Board member within the last two years.
Responsibilities & Commitments: This is a two (2) year term /accountability to membership by virtue of election and to the Chapter Board and membership through reporting activities. A voting member of the BOD, serves as role in committee chair positions, and serves in place of the president as needed. Attends Chapter board and member meetings, carries out delegated duties, maintains orderly records, amongst other duties. Time commitment is approx. 5-8 hours per week.

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 within the last two years, Completed one term year as a National Standing Committee Chair and/or National Board member within the last two years. Must also have experience in bookkeeping, accounting or finance.
Responsibilities & Commitments: This is a two (2) year term / accountability to membership by virtue of election and to the Chapter Board and membership through reporting activities. Voting member of the BOD. Time commitment is approx. 5 hours/week. Time commitment is considerably greater for short durations during preparation for budget, annual reports, etc.

Delegate to the House of Delegates (HOD)
Purpose: To represent his/her Chapter members in the HOD and related activities, informs the Chapter of timelines and facilitates the Chapter's influence in the HOD.

Continued on page 6

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.

Responsibilities & Commitments: This is a two (2) year term /
accountability to membership by virtue of election and to the Chapter Board and membership through reporting activities. Attends all Chapter meetings and reports to the members and the Board, communicates matters that come before the HOD and reports back to the Chapter and Board. Casts informed votes on behalf of the Chapter Members at National. This position has no Chapter board voting privileges. The delegate Time commitment 2 - 4 hours/month with considerable more time before and during National Convention.

Committee Chair Positions
The next two positions are Chapter Officer Committee Chair Positions; to be eligible the individual must be a member in good standing and must meet the guidelines outlined in the Chapter's Standing Rules.
All terms are appointed for one year or until successors are appointed. Duties for all Chair Personnel include, but are not limited to: be available to receive feedback from the members for input to committee deliberations and to communicate, in an informed manner, information regarding actions of said committee. Prepare and deliver all required reports to the chapter board, ensure that committee adequately researches and deliberates the issues before it and prepares and submits proposals of the committee to the chapter board. Committee chairs are also expected to attend all meetings and trainings as authorized and act as the representative for the committee.

Education Chair
Purpose: To provide educational opportunities for chapter members at chapter meetings and/or independent educational events.
Responsibilities & Commitments: Work with the board to plan and budget proposed educational events for the upcoming year, assure that 60% of the educational events sponsored by the chapter are eligible for continuing education credit and coordinate the logistics of educational events ad the activities of the chapter members participating in these events. Time commitment is approx. 5 hours per week, this time will vary by quantity and type of projects underway.

Newsletter Chair
Purpose: The purpose of the newsletter chair is for the creation and publication of a timely and informative newsletter and the fiscal soundness of the publication.

Responsibilities & Commitments: Identify topics and issues to be covered in the publication and solicit articles from chapter board members, committee chairs, the chapter membership and outside contributors, as appropriate. Work with the board to create publication schedule and budget. Solicit advertising, within AMTA's advertising guidelines, to help offset the publication costs. Time commitment is approx. 5 hours per week, this time will vary by quantity and type of projects underway.

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

We will be voting for <u>President</u>, <u>Treasure</u> and <u>2nd VP</u> at the April 2016 business meeting in Huron
If anyone is interested in any of these position or has any questions please contact
Dawn Menning, Christine Ellwein or any one of the board members. Thank You!

President's Message

"Often the hands will solve a mystery that the intellect has struggled with in vain"-Carl Jung

So true, so true....I am grateful to be doing healing work with my hands, and when I think of the month of October I think of celebrating massage therapy as an AMTA member. I celebrate our profession every day of my practice, don't get me wrong. But, in October as we are encouraged to participate in AMTA's National Massage Therapy Awareness Week (NMTAW) AND our National Convention has occurred along with our South Dakota Chapter Fall Conference, it is truly reason to celebrate. This is the perfect time to make certain your Find A Massage Therapist profile is active and has current information. Go to www.amtamassage.org to do this. Always be sure to keep your contact information current with our National Office.

A great big THANK YOU to all who attended and helped with the Fall Conference in Aberdeen a few weeks ago. The camaraderie and fun we had while learning with Dr. Uriarte made this conference a great success. A special thanks to Grace Lonning as Conference Chair for all her efforts in planning this event. And, thank you to E. Marie Andersen and her daughters for gracing us with her presence. She is an inspiration and a joy to us all. This lady gives me hope that I can keep loving this work, as she does, for many years to come.

Take Care and Keep in Touch,

Christine

From National Convention Pittsburgh:
Thank you for the opportunity to represent South Dakota at the annual CVOP Chapter Volunteer Orientation Program along with the National AMTA Convention in Pittsburgh, Pennsylvania.

Jeanne Thune and Dawn Menning attended the CVOP training and Chapter Leadership training workshop. These workshops are held annually to help chapter volunteers learn leadership and team building skills to help make our positions easier and more enjoyable. It is also a great time to meet fellow massage therapists around the 50 states and get ideas for our chapter as well as business practice ideas. At the AMTA National Convention, Dawn was Delegate for South Dakota and voted at the House of Delegates session. Our opening keynote speaker was Scott Hamilton, Olympic Figure Skater who shared his passion for massage therapy in his health journey through cancer, brain tumor and skating injuries. The continuing education opportunities and the large vendor show with the latest massage tools and supplies are fantastic.
I would encourage you to attend a National Convention sometime in your massage career, perhaps next year...October 26-29 in Milwaukee, Wisconsin !

Gwen Larson
AMTA-SD Newsletter Editor
20205 477th Ave
White, SD 57276

Calendar of Events

Conference

AMTA-SD Spring Conference and Business Meeting
April 29th and 30th 2016
Huron, SD
Lee Stang returns!
One day Feet
One day Hips

AMTA-Fall Conference
September 23rd and 24th 2016
Rapid City, SD
Randy Heaps, National Presenter
ACE Cupping Level 1

National Convention

AMTA National Convention
October 26-29, 2016
Wisconsin Center
400 W. Wisconsin Ave
Milwaukee, WI 53203