



THE TRAINED TOUCH

FROM THE PRESIDENT'S DESK

Greetings!

I would like to thank the members of the AMTA-SD Chapter for the opportunity to serve as your Chapter President for the upcoming 2 years. I am looking forward to meeting more of the members and experiencing fun, educational conferences while working together to grow our chapter! At this time I would also like to thank you for your patience with me as I adjust into my new position and transition out of the Awards & Nominations Chair and 50th Committee Chair positions.

As the Interim Chapter Awards Chair and the Chapter President, I would like to encourage each of you to be on the lookout and note which members are stepping up to contribute to the AMTA-SD Chapter. Who is stepping up in their communities? Are there massage events happening in your area with AMTA members actively raising awareness about the Massage Profession and the AMTA-SD Chapter? Are there members doing things to contribute to the chapter that deserve recognition? If you have answered yes to any of the questions above, or know anyone who fits the above questions, please let the next Awards Chair, any board member or myself know.

I would also like to encourage each of you to promote these activities and events yourselves. Let members know of the event ahead of time, show us during and after your event to share with the members how you did! Two ways in you can do this: 1. Submit a short write up, and a photo (if possible) to the Newsletter Chair*, Jenna Williams.

2. Post pictures and short write-ups about your events on the AMTA-SD Chapter Facebook Page. "Brag a little", if you will, about the fabulous acts that you and other members perform. Let's hear about the educational, promotional, and fun stuff that members are doing! Let's celebrate and promote each other, our chapter, and us!

In the spring issue of the newsletter look for an announcement asking members for nominations for Chapter Awards. Please know that each member of the SD Chapter is eligible to submit a nomination. Criteria for Certificate of Appreciation Award: Nominee is usually a member of AMTA, with exceptions being made in the past for "outside professionals" who have contributed to the chapter. Any and all members that contribute to our chapter are eligible to be nominated. Nominations may be written up and turned in at any time to the Awards Chair. Nominations are reviewed and selected to receive awards by the AMTA-SD Board of Elected Officers before the Annual Meeting in April.

Note: Every effort will be made to print your article(s). However, all photos and articles are subject to printing via the discretion of the Newsletter Chair and are dependent upon available space in the newsletter.

Here is wishing you a fabulous summer! I look forward to seeing each you at the Fall Conference in Rapid City!

Sincerely

Dawn Menning

Chapter President, AMTA-SD



FIND US ON FACEBOOK

There is nothing better than to see the passion for massage and the great community we have with our AMTA Chapter. In an age of technology ever changing we as a chapter want to keep up the best we can!

Please visit our Facebook page and post your photos of AMTA events and any other information/events/news you as a member feel is pertinent to share with fellow AMTA SD members.

Check it out!

www.facebook.com

Search AMTA South Dakota Chapter .

Click **JOIN** if you're not already a member!



SDAMTA CHAPTER BOARD MEMEMBERS

SD AMTA DELEGATES AND CHAIRS

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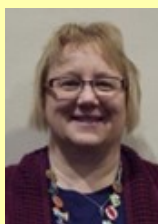
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SD CHAIRS ROSTER 2016-2017

Benevolence: Chair

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Historian:

Patricia Bleeker – see above

50th Anniversary Chair:

Dawn Menning – see above

2017-2018 Delegate:

Patricia Bleeker – see above

2017 1st Alt Delegate:

Suzanne Braun
28790 338th Ave.
Gregory, SD 57533
suzbr2000@yahoo.com
605-842-5595

SD DELEGATE ROSTER 2016-2017

2016 Delegate:

Dawn Menning – see above

2016 1st Alt Delegate:

Bianca Resch
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Bianca.resch@hotmail.com

2016 2nd Alt Delegate:

Patricia Bleeker
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tlcmassage@gmx.com
605-996-0512

SD CHAIRS ROSTER 2016-2017

Membership/Recruitment/Public Relations:

Jeanne Thune – see 1st VP

Government Relations:

Val Rowen – see Treasurer

Nominations/Awards:

Dawn Menning—see President

POSITION OPENING!

In search of a member who would be interested in volunteering for your chapter as Awards & Nominations Chair. Interested members may contact the current Interim Awards & Nominations Chair, Dawn Menning. Dawn would be more than happy to answer any questions you may have, provide you with position description and be available to assist you as your mentor. Please see roster for contact information."

SDAMTA Chapter Member Spotlight

Grace Lonning

CITY: Aberdeen / Madison

FAMILY: I've been married to Stuart

for over 36 years. We have 2 married daughters.

Lindsay and her husband, Tucker, are expecting

their first child in July. Kelsey and her

husband, Brad, have 2 boys. Jameson and

Jackson are 3 and infant less than one month.

HOW LONG HAVE YOU BEEN DOING MASSAGE?

I'm in my 23rd year of doing massage.

HOW LONG HAVE YOU BEEN AN AMTA MEMBER? I joined the AMTA right out of school in 1993.

WHAT GOT YOU INTERESTED/STARTED IN MASSAGE THERAPY? I had been in a minor car accident that left me with headaches. After trying many things for relief, a massage therapist is the one that accomplished it. I wanted to be able to help people the way she helped me!

YOUR FAVORITE TECHNIQUE: I have found the "Cranial base release hold" that's taught in the Upledger Cranial-Sacral level 1 course is just awesome. Clients love how it feels and it's such an effective release.

YOUR BIGGEST CHALLENGE AS A THERAPIST: To know when to leave an area to rest, and not overwork it is one of the challenges. Another is to tell a client that you just can't schedule them because the schedule is already full. As a therapist, it's important to know your own limitations and stick to them!

YOUR BEST MEMORY OF BEING A MASSAGE THERAPIST: Having a client that I'd never worked on before tell me that the massage was the best she had ever received, and she'd had many of them in her travels ... hand me a \$100 bill (back when \$50 was the going rate) and thank me. It's so nice to know that the work I do compared well with other therapists work around the country.

WHAT WOULD YOU TELL NEW PEOPLE IN OUR FIELD? To give the client your undivided attention... it's all about them, when they are on your table. If they choose quiet – you're quiet... If they choose light conversation, it's what they choose to share with you and it stays in the room.

WHAT ARE YOUR HOBBIES? I love the outdoors! I enjoy running/walking, biking, water sports, hiking, camping ... A lot of things! And ... wine on the deck on a pretty summer evening looking out at the lake! Life is good and God is great! J

ANYTHING ELSE THAT YOU WOULD LIKE TO SHARE? (Something nobody knows about you or would be surprised to know about you): I'm the seventh child in a Catholic family raised in Minnesota ... but I was named after a Hurricane!



| | |
|------------------------|-------------|
| Bethany Hall | Sioux Falls |
| Wendy Johnson | Watertown |
| Chancie Turner | Kadoka |
| Martie Coblentz | Sioux Falls |
| Sarah Haines | Sioux Falls |
| Cathy Cavigielli | Howard |
| Amanda W. Walker | Sioux Falls |
| Kelsey Burns | Sioux Falls |
| Luke Coleman | Rapid City |
| Gabby Dates | Rapid City |
| Lyle Fischer | Rapid City |
| Christina Hammer | Madison |
| Kayla Kartak | Mitchell |
| Valerie Kruse | Interior |
| Denise Steele | Summerset |
| Krista Vanden Bosch | Sioux Falls |
| Lindsey Compton | Rapid City |
| KennethGrosch | Sturgis |
| Joanna Bott | Huron |
| Melissa Frey | Kaylor |
| Samantha Larson | Sioux Falls |
| Willow Schnabel | Parkston |
| Satara Atwood | Sioux Falls |
| Dina Fulton | Sioux Falls |
| Leeann Duffy Holtquist | Custer |
| TraceySchmidt | Madison |

ANNIVERSARIES

30 years

Shannon P. Parham

Kathleen G. Wright

20 years

Sandy Berg

Ruth Katherine Huber

Heather M. Schroeder

15 years

E Love Burland

10 years

June Kasyoki

Keri Lee Johnson

5 years

Nothing for this time period.

There are a total of **260** members as of June 30, 2016

AMTA South Dakota 2016 Awards
Annual Meeting – April 29th, 2016
Huron, SD

PRESIDENT'S AWARD

This beautiful soul, a North Dakota native has been a massage therapist for 10 years and an AMTA member for nearly 5 years. She has been attending our conferences since 2005 and began her volunteer experience in 2014 as Awards/Nominations Chair. She is a hard-working, full-time therapist, practicing in Aberdeen, SD.

She has had a wealth of experience serving on Boards in a various positions including President. She is multi-talented and creative, expressing this through her work with clients and interactions with colleagues. She holds an AAS in Commercial Art from Bismarck State College as well as being a Reiki Master.

She loves art, photography, nature, gardening, and her human and feline family members. I love serving with this lady because she is warm, kind, respectfully diligent, committed and equal to any task. I see her as our future leader.

Her skills and experience are much needed and well appreciated. She makes volunteering joyful work with a presence that is balanced and poised. She is guided to deal effectively with all matters at hand and radiate this ability to others. Her heart and mind are open and she is generously sharing her gifts with us.

Thank you, Dawn Menning, for being an important part of our AMTA South Dakota Chapter family. I can't wait to see the things you will do for this Chapter. Please accept the President's Award on my behalf.-Christine Ellwein, Chapter President.

MERITORIOUS AWARD

This year's recipient of the Meritorious Award, Christine Ellwein, is a twenty-year veteran in the field of massage therapy; seventeen of those years in the AMTA fold. And the majority of those years, serving as a volunteer with this organization.

But massage was not her first passion. Obtaining a degree in Art before attending massage school, today she combines those two loves in her newly established private practice, "The Art of Massage." Her creativity and interest in the natural wonders of gemstones, crystals and minerals are reflected in her office surroundings where she further enhances her bodywork with exploration of the wonders of essential oils.

Christine was raised in the water. Swimming and aquatics have been a constant in her life since she was a very young child. She teaches water aerobics and is also a "Beach Body Coach." Family is a vital focus of Christine's life. She is married to Jeremy, stepmother to 19 year old Morgan and completely devoted to the rearing of the newest love in her life, four year old son, Finley.

Besides balancing her commitments to family, career and her community, Christine has also been the AMTA –SD Chapter's only representative on the South Dakota Board of Massage Therapy for three years. Over the past eleven years Christine has served on the AMTA-South Dakota Chapter Board in almost all positions from Delegate to today, the culmination of 4 years as President.

She has willingly volunteered to serve wherever she was needed and truly cares about the future of our Chapter and service to its members. Christine has always maintained a good working

relationship with our National office and has a great understanding of the resource they can be to us on the state level tries to be a good resource, herself, for Chapter Chairs and Officers

Christine is a sensitive soul who has worked to provide professional leadership to our Chapter and we are honored to present the 2016 Meritorious Service Award in recognition of her dedicated spirit.

DISTINGUISHED SERVICE AWARD

This lady is strong and capable. Whatever the task, she does it with skill, competence and "Grace". She works and walks in "Grace". Her efforts are held in the highest possible regard. She always works for the highest and best for all concerned. I think she could leap a tall building in a single bound.

She has been a massage therapist, AMTA member and Nationally Certified therapist for almost 23 years. She has built a successful practice in Aberdeen the past 18 years. Her Distinguished Service to our Chapter includes serving in several roles. Newsletter Editor, Membership/Recruitment Chair, Education Chair, 3rd VP are a few of the positions she has held. She has stepped up to the plate to help out in times of dire need and under personally difficult circumstances, balancing everything beautifully. She received the Meritorious Award in 1997 which was the first year she attended National Convention, which was the beginning of her advocacy of the importance of attending these events. She feels fortunate to have developed some wonderful friendships through her years of involvement with our South Dakota Chapter and we feel fortunate that she has shared her wealth of knowledge and experience with us.

I am so happy to have had the honor of working with this dynamic, professional and multi-talented lady and I wish her the best as she transitions to a new Chapter moving into retirement in the near future. We have truly been "Grace"d with her presence.

Thank you, Grace Lonning. Please accept the Distinguished Service Award on my behalf.-Christine Ellwein, SD Chapter President

DISTINGUISHED SERVICE AWARD

This lady is clearly an outstanding professional, mentor and colleague. She is a leader for those of us in the massage therapy profession in South Dakota. For several years she has been a major proponent of licensure for South Dakota massage therapists and for the professional and ethical practice of massage therapy here. She has been in the forefront, not only in the way she conducts her own private practice, but also publicly for the Chapter as Government Relations Chair.

She has served as an extraordinary role model to us all. She has practiced the past 27 years in Pierre, SD. She joined AMTA right out of massage school and has served in other Chapter Board Positions, such as 1st Vice-President, and Treasurer. She takes a very active role in her church, her family and community. She enjoys cake decorating, pistol shooting, pheasant hunting and spending time with her beloved husband.

I am personally blessed by her friendship and it is with great appreciation for her dedication, diligence and service to the AMTA South Dakota Chapter that I present the Distinguished Service Award to Valerie Rowen.



(awards continued...)

FUN AT SPRING CONFERENCE 2016

Certificate of Appreciation

For volunteering to gather articles, design, edit, and distribute the AMTA SD Chapter Newsletter, Thank You Gwen Larson. We appreciate you and all have done to assist and support the members and the SD Chapter.

Certificate of Appreciation

The Volunteer receiving this certificate of appreciation is known for her seemingly endless dedication and commitment to AMTA members and the AMTA SD Chapter. Thank You Kris Skorseth for volunteering to be the appointed chapter secretary until 2017 Annual Meeting. Thank you for all the support you provide to the members and volunteers, for all the things you do that may go unseen to the eyes of many, and for being a team player in assisting the making of the AMTA SD Chapter a success.

30 Year AMTA Members

This year we are honoring 2 women for 30 years of dedicated membership to our South Dakota and National Chapters. Congratulations to Shannon Parham and Kathleen Wright who will be celebrating 30 years in 2016.

(presented with framed certificates)

50TH ANNIVERSARY UPDATE

The 50th Anniversary Committee has been busy planning and preparing for our chapter's 50th Anniversary Celebration September 22-23, 2017 at Cedar Shores Resort in Oacoma, SD. As a committee we are interested in what the AMTA-SD Members (You) would like and we are grateful for those of you who have already offered your ideas and suggestions. Each of your input is important.

At this time we are seeking your ideas and thoughts for the entertainment portion of the 50th Anniversary Banquet. What kind of entertainment would you like to see?

Please email your suggestion to Dawn at healingessential@yahoo.com. If email is not an option for you, you can also text or call me at 605-290-3918. Suggestions will be taken until midnight CST on Monday, September 19, 2016. Thank You, we are anxiously awaiting your responses!



SDAMTA Fall Conference Instructor Biography



Randy Heaps has been practicing massage and bodywork for a decade. Introduced to the massage world when a spine injury and subsequent surgery forced him out of the electrical trade, Randy chose to be re-trained in massage therapy. Before even completing his entire program at the Southern California School of Massage, Randy was asked by the owners to become an instructor. Randy taught at SCSM for 3 years, teaching a variety of classes including Deep Tissue, Reflexology, Back & Shoulder Soft Tissue Release, Office and Chair Massage and Swedish/American Massage.

The Southern California School of Massage closed its doors after a successful 30 year run, and Randy went to become an instructor and eventual Director at the School of Holistic Touch. At SOHT, he taught a variety of classes that included: Structural Kinesiology, Deep Tissue, Foot Reflexology, Office & Chair Massage, Magnet Therapy, Hot Stone Massage, Swedish/American, Hospital Massage and Powder Massage.

In 2006, Randy attended Anita Shannon's Massage Cupping workshop. Impressed by the technique and its' amazing results, when Anita approached Randy about training him to teach, he jumped at the chance. For the next year, Randy accompanied Anita all over the country on an intense training course at trade shows and workshops, further enriching his knowledge in the field of Massage Cupping Bodywork. In 2008, Mrs. Shannon created the Massage Cupping Therapy Association and appointed Randy its first President.

ACE Level 1 Cupping Will Be Taught At the Fall Conference

What is ACE Massage Cupping™ Therapy?

A wonderful ancient tool has found its place in the contemporary world of health care. ACE Massage Cupping™ is a modern form of vacuum therapy, and the incredible results that this simple treatment produces have truly impressed those who experience its subtle power.

By creating suction and vacuum pressure, ACE Massage Cupping™ is used to soften tight muscles and tone attachments, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, move deep inflammation to the skin surface for release, and drain excess fluids and toxins by opening lymphatic pathways.

ACE Massage Cupping™ therapy is incredibly versatile and the basic movements can easily be customized to accomplish a wide variety of techniques, from lymphatic drainage to deep tissue release. This complements many health modalities ranging from spa treatments and medical massage to chiropractic, physical and occupational therapies.

Source: www.massagecupping.com/ACE

Fall Conference – 16 CE credits

Rapid City

Massage Cupping – ACE Level 1

Presenter: Randy Heaps of California

Check him out on this web site:

www.massagecupping.com/ACE

CONFERENCE REGISTRATION FORM

Fall Conference September 23-24, 2016
Howard Johnson Rapid City, South Dakota

NAME _____
ADDRESS _____
CITY, STATE, ZIP _____
PHONE _____
EMAIL ADDRESS _____

Registration Rates:

Registration Rates by September 13th, 2016

| | |
|--|----------|
| AMTA Member (Member # _____) | \$170 |
| First Time (Member) Attendee and Students..... | \$130 |
| Non-Member..... | \$210 |
| At the door..... | Add \$40 |

Total Amount Enclosed: \$ _____ Check # _____

NOTE: Class size is limited

Make checks payable to: AMTA-SD

Send registration and fee to: **Valerie Rowen, 327 S. Fort Street, Pierre, SD 57501-4716**

No confirmation letter will be sent

- 16 CEU Hours
- No Shows are non-refundable
- Credit Cards & 2-party checks are **NOT** accepted

Participants should bring: Table, linens, oil, 3 small towels, 2 bath towels and a light blanket.

Room Rates & Reservations

Hotel Info for Fall Conference

Howard Johnson

950 North Street

Rapid City, SD 57701

605-737-4656 1-888-737-4657

Room Rate \$64.00 + tax

Reservations must be made by 8-23-2016. Ask for "SD American Massage Therapy Association" room rate.

72 HOUR CANCELLATION POLICY

Conference Schedule

Thursday September 22, 2016

7:00 pm Meeting

Friday, September 23rd, 2016

| | |
|------------------|--------------|
| 8:00 – 8:30 a.m. | Registration |
| 8:30 - 12:30 | Randy Heaps |
| 12:30 – 1:30 | Lunch |
| 1:30 – 5:30 | Randy Heaps |

Saturday, September 24th, 2016

| | |
|--------------|-------------|
| 8:00 – 12:00 | Randy Heaps |
| 12:00 – 1:00 | Lunch |
| 1:00 – 5:00 | Randy Heaps |

NATIONAL NEWS

GRANTS TO ATTEND NATIONAL CONVENTION AVAILABLE

Once again the South Dakota Chapter of the AMTA is offering a limited number of \$200 stipends to members who attend the AMTA National Convention in Milwaukee, October 26-29, 2016. Up to ten stipends at \$200 each will be awarded on a first come, first served basis determined by the order members send a written or emailed request to Chapter Treasurer, Valerie Rowen (see address on page 2 of this newsletter.)

These funds will be distributed *after* the National Convention when each qualifying member, who has reserved a stipend, submits a copy of their registration receipt along with a Request for Payment form to Valerie.

There is an expectation that members who take advantage of this opportunity bring some of the enthusiasm and knowledge they are sure to gain at an AMTA National Convention back to share with our local Chapter. It's exciting to have National relatively close again this year and will be wonderful to have a large contingency from South Dakota in attendance.

Contact Valerie soon with questions and to reserve a spot on the list! Email at valerieandrickr@mncomm.com or call 605-945-0013.



Jenna Williams, LMT
Newsletter Editor
PO Box 327
Warner, SD 57479

UPCOMING EVENTS & LOCAL CONFERENCES

AMTA – SD Fall Conference
September 23-24, 2016
Howard Johnson
950 North Street
Rapid City, SD 57701

*Thursday 9/22 7 PM
AMTA-SD Board Meeting
All members invited to attend.*

AMTA – SD Spring Conference
April 28-29th, 2017
The Crossroads Hotel and
Huron Event Center
Huron, SD 57350

Fall Conference and 50th Anniversary
- September 22-23, 2017
Cedar Shores Resort, Oacoma, SD

NATIONAL CONVENTIONS

AMTA National Convention

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

NEWSLETTER DEADLINES

November 4, 2016 ; January 8, 2017