



# AMERICAN MASSAGE THERAPY ASSOCIATION

## Alabama Kneads

Summer 2012

### Chapter Board Members

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**BOD at Large Place 2**

*Paul Wolff*  
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### A Message from Your New AMTA-AL Chapter President

This past year has been very exciting. Our chapter has been empowered with excitement about its future. Let me catch everyone up on what's been happening. I believe it all started with the tornadoes that passed through our Beautiful state. The tragedy that engulfed our paths was devastating. I personally live in Cullman and was only a half mile from the path of the tornado. I know some of our AMTA-AL Chapter members were truly affected from this disaster. This in turn, brings me back to accomplishments our chapter has been through this past year. There were great efforts by our MERT (Massage Emergency Response Team) Coordinator to bring massage therapy to our Red Cross Stations all across our state. There were AMTA – massage therapists spread over Alabama in over 5 cities helping bring the stress level down of hundreds of volunteers. I would like to thank Liz Mawhinney for doing such a wonderful job in all her work. Now, because the Tornado caused our chapter's annual meeting to be postponed from April until August brings me to our next accomplishment. The meeting/ luncheon was a great success with all the volunteering for our chapter's committees. I love our Facebook Page which was devel-

oped from a discussion in that meeting. If you haven't joined, you should check it out. Then our 2012 annual convention was one of the most successful conventions this chapter has seen in many years. An awesome instructor, fellowship, great food at a beautiful resort by the beach with more members wanting to get involved. The next exciting thing is the fact our Website is actually in process of being updated. And, now we have decided to have another awesome meeting held in Huntsville in November. But, before that we will have an ethics class offered in Florence on August 4.

I have been a member of the AMTA since 1990. I started volunteering on our board in 1999. My time spent working for our state chapter has been extremely rewarding. Now as the President, I truly hope to bring great opportunities with wonderful choices of continued education and community outreach.

Please keep watching for emails and newsletters for future events. Don't forget to join our Facebook to stay connected.

See you soon.

LaDonna Ward

AMTA- AL CHAPTER PRESIDENT

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# Alabama Kneads

American Massage Therapy Association  
Alabama Chapter

This newsletter is published quarterly by the Alabama Chapter of the AMTA. A non-profit professional organization of licensed massage therapists and students preparing for licensure.

Alabama Kneads welcomes contributions from our readers. Information for publication must be submitted on disk or email. Copyright material must be accompanied with a release from its holder. Please mail contributions to:

**Alabama Kneads**  
AMTA AL-Chapter  
PO Box 55207  
Birmingham, Alabama 35255  
205-328-9995

**Website: WWW.AMTA-ALCHAPTER.ORG**  
**Email: greatmassage@bham.rr.com**

## Advertising Rates Per Issue

Business Card	2 x 3 1/2	\$25
1/4 Page	3 1/2 x 4 1/2	\$40
1/2 Page	4 1/2 x 7 1/2	\$55
Full Page	7 1/2 x 10	\$75
Classified	25 words or less Free to AMTA members	

All advertisements must be prepaid. All advertisements must be on disk in standard format (word, jpg or tif), or emailed to the above address. Please make check payable to AMTA-AL Chapter.

## Submission Deadlines

2/21, 5/21, 8/21, 11/21

The Alabama Chapter reserves the right to edit materials for clarification and where appropriate for space, accept or reject materials and assumes no responsibility for errors, omissions, corrections or modification in publication. The opinions contained in this publication do not necessarily reflect those of the staff or of this publication, AMTA or the AL Chapter.

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David Findlayson  
Sharon Bryant

Silver Linings, llc is proud to once again present  
“Mukti” Michael Buck of the Vedic Conservatory

Join us for this **3 Day Thai on the Table Course**

*This course is IDEAL for ANYONE desiring to incorporate the impactful application of massage and movement therapy with the benefits of yoga.*



- How to apply the **2-hour sequence of Thai-Yoga Bodywork asanas and techniques**, including **transitions** on a table.
    -
  - How to **use breath, meditation, mantra, bandha**, and **Yogic techniques** to enhance the **quality** of the **session**.
    -
  - To comprehend the theories of **releasing the energy** on a **physical, emotional, and spiritual level**.
    -
- \*\$350.00 – (24 CEU's for NCTMB & T.H.A.I.) Please check your professional organization for approval on accreditation possibilities

**July 27-29<sup>th</sup>, 2012 from 9am-5pm**

*\*Early bird rate valid **if registered & paid in full BY June 29th**;  
\$375 for all registrations taken **AFTER June 29th***

PLEASE CONTACT April Jones (205) 401-5010 or [thehealingartscenter@yahoo.com](mailto:thehealingartscenter@yahoo.com) to register.

All capable participants will need to bring their massage tables and necessary sanitation supplies.

To find out more information, please visit

[www.thevedicconservatory.com](http://www.thevedicconservatory.com) or [www.thehealingartscenter.blogspot.com](http://www.thehealingartscenter.blogspot.com)

Silver Linings, llc is located in the Birmingham's Five Points South  
1805-11<sup>th</sup> Avenue South, B'ham, Al 35205

# Introducing Your New AMTA-AL Chapter Board of Directors

Hello everyone,

My name is Cynthia Taylor, I have been a licensed Massage Therapist since 1997. I have a full time practice in Homewood and also teach at the Birmingham school of massage.

I am pleased to be serving on the Board of the Alabama Chapter of the AMTA.

After the first meeting with our new President I walked away with excitement about the Chapter's future and with new and exciting opportunities for all of us to share and serve.

I look forward to seeing familiar and new faces at our next meeting.

Cynthia Taylor

Massage Therapist LMT,NMT

License#293

205-821-0911

taylorbrm2@aol.com

My name is Leisa Stewart and I have been an AMTA member since 2008. I have a human and equine practice in Shelby County, Alabama. It is a privilege and an honor to be able to serve the members of the AMTA-AL Chapter. Our first meeting with our new Board was a huge success and we are all very excited about our Chapter's future. We are planning to bring some quality CEU providers to our state, update our website, and implement more committees so more of you can get involved with our Chapter. It is going to take a lot of work, but with your help, I am certain we can accomplish our goal. I look forward to meeting you at our next member meeting in November.

Liz Mawhinney

Community Outreach and Massage Emergency Response Team

I am looking forward to a new year together as we reach out to our communities. With more AMTA massage therapists present at local events we can spread the word about how and what we do to help folks feel better. Whether we will be working at the Red Cross

Centers in a disaster (we pray not) or at Spa Day at Children's Hospital we can bring health and vitality into our neighbors' lives through healing touch. Being on the CO-MERT team will allow us to work together in this endeavor. Please contact me at [theinnerbliss@aol.com](mailto:theinnerbliss@aol.com) or 205-540-2438 to host a class in your area.

The amta as a community building organization has supported my career and enriched my life in many important ways. It provides a forum for the exchange of ideas and connects massage therapy professionals across the United States. I have gained strong friendships and learned important business practices through volunteering time with the amta-al chapter. The amta establishes standards for individual state meetings and elections, as well as national conventions with elected state delegates. This gives amta-al chapter volunteers the opportunity and support to participate in national issues. As a new board member for the Alabama chapter, I attended the Chapter Volunteer Orientation Program (cvop) in Chicago Illinois. This was a great workshop that both motivated and educated. The tour of the national offices gave me a sense of how our organization holds us all together. I've met wonderful people and traded many state pins from all around the country. At the state level we assist with and provide educational opportunities for members locally. All these personal interactions along with professional liability insurance have made amta a very good value for me. As 1<sup>st</sup> vice president and state delegate I will bring 13 years of experience as a full time massage therapist, 11 years as a massage school instructor with the Birmingham school of massage and 3 years as amta-al board volunteer. I will thoughtfully vote on issues presented and support board decisions that affect all of us.

Come be a part, volunteer, love what you do.

Greg Howie LMT 813

**American Massage Therapy Association**

Alabama Chapter

**Continued Education**

**And**

**Luncheon**

**Saturday August 4, 2012**

**FLORENCE, AL**

**Hampton Inn Florence – Midtown**

2281 Florence Blvd. Florence, AL 35630 256-764-8888

**2 Hrs – CEU's - \$20**

**Professional Ethics for Massage Therapist**

Instructor – LaDonna Ward

**Class** 10<sup>am</sup> – 12<sup>noon</sup>

**Luncheon** 12<sup>pm</sup> – 2<sup>pm</sup> (Free)

**Come have lunch to see what your chapter is doing for you**

**Please contact - LaDonna Ward – 256-962-0149 or [ldward12@yahoo.com](mailto:ldward12@yahoo.com)**

**TO RESERVE SPACE IN CLASS (PAY AT DOOR)**

If attending complimentary luncheon without attending class, all we ask is to please RSVP

# AMTA-AL Chapter Board Meeting

March 30, 2012

Meeting called to order by LaDonna Ward at 6:50pm.

## ATTENDANCE FOR MEETING:

President - Joe Bright - Not Present  
1st Vice President- LaDonna Ward  
2d Vice President - Jeff Spears  
3d Vice President - Gregg Howie  
Treasurer - Ron Jorganic  
Secretary - RJ Castille  
BOD 1 - Liz Mawhinney  
BOD 2 - Not Present

## DISCUSSION ON CONVENTION - THINGS NEEDED:

Foam board - Benefits of AMTA-AL  
Cost reduction for CEU with AMTA-AL  
Presence of State AMTA  
Special guest instructors  
LaDonna responsible for benefits foam board  
T-Shirts to sell will have only AMTA symbol with AL Chapter underneath, with # of reasons to receive massage from AMTA Therapist. Pink - 24, Royal Blue - 24, Black - 24

Rooms: We have 26 nights to be filled by 14 Apr 12 or we will have to pay. Need nights for James - beach front room for James

Meet and greet at 1900 with James giving little speech- LaDonna to confirm with James W.

Cindy Taylor and Leisa will be sitting at the table taking care of sign in etc.

If we receive members payment within 5 days of deadline - accept the check for \$220.00 i. If members need to pay with credit card - Jeff will allow members to pay him and he will pay AMTA-AL.

50 people in 2K square feet - is about all the room can

handle. Possibly fit 54 people. Descision to be made by 14 Apr 12.

Ron will try to obtain credit card or debit card.

Food -

Lunch from 12-2. Need to spend \$3100 for food over the weekend.

Liz responsible: Meet and greet will have h'd with cash bar - expecting 30 - and break food.

Saturday luncheon - \$33 per person selection Bama Bayou. That will be \$1650 for 50 people, not including gratuities, taxes, etc m. Annual Board Meeting - suggested to be held at PBR Thursday night "IF" we are able to go on Thursday,decide when to hold it after 15Apr12 . If not, suggest to have Thursday night at BSM 26 Apr 12.

Membership meeting on Saturday -

Election of Board positions. Nominations from the floor.

Delegates will be elected.

Treasurer report

Board Meeting Notes

Door prizes -

Roxanne - Biofreeze, biotone, sombre, bonvon, vital

LaDonna - checking on free massage table

Jeff - DVD Ron - KMI for anatomy train.

Correction on last board meeting - time of class 3 to 2, BOD 2 and 2VP up for election.

Leisa needs help with website - sorting out all the stuff.

Leisa will set up for "Go to Meeting" on website.

Resend letter for schools to visit - send next week.

Please give feedback (again) so we can get it out..

LaDonna adjourned meeting at 9:30pm.



## AMTA 2012 National Election

Have you considered participating with fellow members at the National level? You can choose to run for an elected office for the National Board of Directors or the Commission on Candidacy. Serving at the national level is a great way to meet some wonderful, dedicated people in the profession. Go to the AMTA website at [www.amtamassage.org](http://www.amtamassage.org) to find more information.

# AMTA-AL Chapter Board Meeting

April 26, 2012

Call to order: 8:05 p.m. by LaDonna Ward, 1st VP.

## AGENDA APPROVED:

LaDonna motioned/Leisa 2d, all approved.

## OLD BUSINESS:

Discussion of details for convention

Reading of minutes Approved. Ron motioned to approve minutes, LaDonna 2d motion all approved.

## REPORT OF OFFICERS:

President - Not Present

1st VP - Report all preparation for conference going well. Thank you to everyone for doing their part and pitching in. Hopefully everything will go well next week.

2d VP - Not Present.

3d VP - Nothing to report.

Treasurer - Budget for 2012-2013 starting in Mar 2012 - Feb 2013 is \$45,189.00 Revenue - \$48K. Most of our expenses will be in first quarter due to annual convention. Future events will be planned based on funds.

Greg motions to approve, Roxanne 2d, all approved.

Expenses for Annual Convention were \$18,820 some adjustments may be made at later date.

We have monies in an investment account Morgan/Keegan in the amount of some \$11K. Ron contacted Morgan/Keegan to update account information with treasurers name.

Secretary-no report

BOD 1&2 - no report

## NEW BUSINESS:

Dates for our regular quarterly meetings are: 1st week-end of August, November, Feb, May. August 2012 meeting will be in Florence, AL more information to follow. May 2013 Annual Convention will be back in Orange Beach. All other locations to be announced at later date in

newsletter.

Kelly Lott - Cold Stone Therapy, for Migraine Headaches

Ann Pauley - The Art of Assessing the Body, Mind, and Spirit

Natalie Cecelia - Bamboo Fusion

Karen Kelly - Energy Training Tuning Forks

Hal Richardson - AIS

Marjorie Brooks - Scar tissue & AIS

Roxanne recommends we give list to members to mark which topics they are most interested in with "other" column for their suggestions. After which we make take those topics most suggested for our guest instructors at following meeting if funding and availability of instructors permit.

Leisa recommends we update committees. Relooking, renaming, reorganizing with committee chairs reporting to certain VP's. We need to leave the paper with the trees and go digital with newsletter, etc.

CVOP - President is requested to attend therefore president will attend.

## REPORT OF CHAIRS:

Government Relations - Ron the proposed Tennessee law to move massage therapy under commerce which would have changed the laws and professionalism. It did not pass and stays under Health. We have 1500 active massage therapist in AL 452 establishments and 16 schools. New massage licenses approved were 33 for AL. There were inspections of massage schools and information on findings can be found on State board website once the Board Meeting minutes of April 13th are posted.

MERT - setting a date for certification class and will be presented at the convention.

Ron motioned to adjourn the meeting, Greg 2d motion and all were in favor. Meeting adjourned at 9:35p.m..

## AMTA – Alabama Tees

Your board has several tee shirts for sale. Colors are black, pink, and royal blue (Dodger Blue).

Sizes – S, M, L, XL, or XXL. Most sizes are available.

The AMTA emblem with Alabama Chapter is on the front and on the back:

“See an AMTA Massage Therapist  
Relieve Stress  
Reduce Pain  
Relax Muscles”

Cost is \$10.00 per shirt with \$5.00 shipping and handling. To order - contact Ron Joganic:

Telephone – 205-655-2193

Email – joganics@msn.com

# AMTA-AL Membership Meeting

## Perdido Beach Resort, Orange Beach, AL

### May 5, 2012

The meeting was called to order by 1st VP LaDonna Ward at 12:50 p.m.

#### **PRESENT FOR MEETING:**

President - Joe Bright  
1st VP - LaDonna Ward  
2nd VP - Jeff Spears  
3rd VP - Greg Howie  
Treasurer - Ron Joganic  
Secretary - Roxanne Castille  
BOD 1 - Liz Mawhinney  
BOD 2 - Leisa Stewart  
Professional members - 25

LaDonna introduced the board members and herself to the attendees. LaDonna then appointed Sergeants' at Arms Heather Harris and Patty Lamon. The Professional members are counted and 25 present.

#### **APPROVAL OF THE AGENDA:**

LaDonna recommended that the Awards and Rules be struck from the agenda. Heather Harris motioned that they be removed and Ron Joganic second the motion. All were in favor.

#### **APPROVAL OF 2012 BUSINESS MEETING MINUTES:**

Roxanne read the minutes from Feb 4, 2012. Shannon Preston motioned to approve minutes, Mary Cerruti 2d the motion and all were in favor.

#### **PRESIDENTS REPORT:**

None.

#### **TREASURERS REPORT AND APPROVAL OF THE BUDGET:**

Questions were asked: What was miscellaneous? T-Shirts & bags for convention were two examples of miscellaneous.

Why the difference in travel? To & from CVOP & National. LaDonna further explained CVOP & National. Are there incentives to recruit new members? That would be addressed later in meeting. Robin Sandlin moved to approve the treasurer's report and Greg Howie 2d the motion all were in favor.

#### **COMMITTEE REPORTS:**

Newsletter - Jeff Spears reported the deadline for newsletter is May 22, 2012. It was also announced Kristie Williams is taking Jeff's place. Ron mentioned electronic newsletter and Jeff has done that and requested you let him or Kristie know if you can accept email newsletters. If you do not have a computer a newsletter will be mailed to you.

Question - Do we have state's website? The one that is visible is outdated however Leisa Stewart is working on a new website and should be up and running soon.

Website - Leisa Stewart - has contracted with a company for new website. If you have any suggestions let her know. Keith Warren (from AL Board of Massage) stated to send link for state and he will make sure it gets on the State's websites.

Government Relations - Ron Joganic - None

Membership Chair - 428 professional and student members, one transferred, and 15 renewals. Question from the floor- Are we going to contact folks and find out why they are not renewing? Yes.

MERT - Liz Mawhinney - currently will offer class in Birmingham. National wants more community outreach. If interested contact Liz.

#### **NEW BUSINESS:**

- a. Awards - were struck
- b. Chapter fee - All were in favor of keeping Chapter fee at \$20.00.
- c. Standing rules - were struck.
- d. President Joe Bright awarded Jeff Spears the Meritorious Award for 2011. The many personal hours and dedication Jeff gave unselfishly to the betterment of the AMTA-AL Chapter was above and beyond any other. Jeff had words of wisdom for the group and stated he will be taking some time to rejuvenate.

#### **NOMINATIONS AND ELECTIONS - CHAPTER BOARD POSITIONS**

Kristie Williams - nomination committee chair.

Candidate for President - LaDonna Ward

Candidate for 2d VP - Roxanne Castille

Candidate for Secretary - Leisa Stewart

Kristie read all the candidates statements for reasons why they would like to serve in the positions nominated.

Floor was opened for other nominees for positions listed above. There were no other nominees for any of the positions.

Election for President - LaDonna Ward - all were in favor none opposed. LaDonna Ward voted in as new President of AMTA-AL Chapter

Election for 2VP - Roxanne Castille - all were in favor none opposed.

Roxanne Castille voted in as new 2d Vice President.

Election for Secretary - Leisa Stewart - all were in favor none opposed.

Leisa Stewart voted in as new Secretary.

#### **NEW OFFICERS INSTALLATION AND OATH OF OFFICE:**

Kristie read the oath all officers stated "I do" new officers are now in place - positions effective immediately.



## NOMINATIONS AND ELECTIONS OF CHAPTER DELEGATES:

Nominations of Greg Howie for the Junior Delegate and Ron Joganic as Senior Delegate. No other nominations. All were in favor of Greg Howie - Junior Delegate with Ron Joganic serving as Senior Delegate, none opposed. Alternate Delegates will be LaDonna Ward and Roxanne Castille.

## FINAL COMMENTS:

LaDonna Ward - new President encouraged all to get involved stating: There are several ways to become involved by social media, using facebook, helping to recruit new members. She stated that we would be revisiting/reorganizing the committees and looking for more committee members in all areas. We want to grow our Chapter

making it better.

Heather Harris - a previous board member suggested talking to board members and find out about committees and board positions and the perks that go along with them.

LaDonna thanks Cindy Taylor for all her assistance working the convention. LaDonna also thanked Joe Bright and Jeff Spears for their years of service, loyalty, and unselfish dedication to the Alabama Chapter. Their knowledge and expertise will be missed but surely will be called upon from time to time.

LaDonna motioned the meeting be adjourned Greg 2d the motion and the meeting was adjourned at 1:32 p.m.

Minutes submitted for approval by Roxanne Castille.

# AMTA-AL Chapter Board Meeting

## May 31, 2012

The meeting was called to order at 6:43 p.m. by LaDonna Ward, chapter president.

## ATTENDING:

LaDonna Ward, President  
Greg Howie, 1<sup>st</sup> VP  
Roxanne Castille, 2<sup>nd</sup> VP  
Liz Mawhinney, 3<sup>rd</sup> VP  
Leisa Stewart, Secretary  
Ron Joganic, Treasurer  
Cynthia Taylor, BOD at Large I  
Paul Wolff, BOD at Large II

## MEETING AGENDA:

LaDonna motioned to approve Meeting Agenda, Leisa seconded, motion carried.

## OLD BUSINESS:

Discussion of success of annual convention. No negative feedback from attendees. All attendees were pleased with the clinician (James Waslaski) and the resort.

## REPORT OF OFFICERS:

### ***President's Report***

After discussions with National, it has been brought to LaDonna's attention that National has not been receiving much in the form of necessary and/or required documentation from our Chapter the last few years. They are very pleased we are revamping the Chapter and willing to help in any way to update information.

Gail Freidman ([gfheidman@amtamassage.org](mailto:gfheidman@amtamassage.org)) needs our Roster, Minutes, and Election results within 15 days of this meeting. Silas Dameron ([sdameron@amtamassage.org](mailto:sdameron@amtamassage.org)) also needs copies of Minutes from our Annual Meeting(s) and this meeting within 15 days of this meeting, and to continue forwarding Minutes within 15 days of future

meetings. Leisa will handle this.

LaDonna brought to the Board's attention that the President is supposed to be supplied with a laptop. LaDonna and Roxanne will compare pros/cons and prices of laptops, iPads, etc. and make a determination as to which will be the best option and purchase same not to exceed \$700. ***Leisa motioned to approve, Paul seconded, motion carried.***

### ***First Vice President's Report***

No report.

### ***Second Vice President's Report***

No report.

### ***Third Vice President's Report***

There will be a MERT Training opportunity on June 6, 2012 from 1:30 PM to 5:30 PM in order to acquire new volunteers. LaDonna indicated she had been instructed to start phasing out the term "MERT". It was determined we will begin to transition to a new term by November. Determination of a new name has been tabled in order to discuss further.

### ***Treasurer's Report***

Concerned about sending three people to National Convention and maintaining budget. It was determined that after decision to only have two member meetings this year and any additional Board Member meetings via telephone/video conference, it will allow significant savings and we will be able to afford three people to go to the National Convention. The additional savings will also allow us to budget Mike Donovan's visit.

Ron is working on obtaining access to the Morgan Keegan account.

Greg executed signator card for Chapter checking ac-

count and Ron will forward to bank. Ron Joganic, LaDonna Ward, and Greg Howie will be signatories on checking account.

Discussion was made regarding an AMTA Chapter American Express card for the President and Treasurer to cover Chapter expenses. Ron will call Ruth Cox and get a card for LaDonna and him. **Ron motioned to approve, Paul seconded, motion carried.**

Discussion was made regarding a Square card account in order to accept debit/credit cards for Chapter merchandise and convention dues. Ron said he would take care of this before the November Member Meeting.

#### **Secretary's Report**

Leisa still needs input on the verbiage for the website pertaining to Chapter history, an "about" page, and our Mission Statement. She would also like to update committees in order to get more members involved. Discussion was tabled to be discussed at a later time.

#### **BOD At Large 1**

No report.

#### **BOD At Large 2**

No report.

#### **REPORT OF CHAIRS:**

##### **Award Committee:**

Ron Joganic will be the recipient of our 2012 Meritorious Award.

##### **Newsletter Committee:**

Decision to hold off on the newsletter until July in order to have website up and running, information about the Fall CEU and Member Meeting, etc. Leisa moved to approve motion, Paul seconded, motion carried.

#### **NEW BUSINESS:**

In order to save funds and provide members with better CEU opportunities, we discussed having a big annual convention/member meeting in the Spring and then one other smaller convention/member meeting in the Fall. Our Fall meeting will be held in Huntsville, Alabama the first weekend in November. Our Board Meeting will be Friday evening, November 2 @ 6:00 PM. We will bring in a clinician for Saturday. Class will begin Saturday morning at 10:00 am, lunch/member meeting from 12:00-2:00, and class will resume from 2:00-6:00. Board Members will require hotel accommodations for one night, per diem and travel expenses to/from Huntsville, AL. Allison Kirk will begin calling clinicians and hotels to determine costs for November meeting and report back to Board.

Began discussions for next year's annual convention and decision to let Education Committee handle same. Discussed necessity of an expensive resort in lieu of a less expensive facility, but maintaining top-level clinician. Will include the Education Committee in our next meeting/conference call to instruct them as to how to proceed with planning next year's annual convention. Education Committee (Allison Kirk) will need to begin contacting potential clinicians and convention facilities to obtain information in order to make a determination and then put plans

into effect.

LaDonna would like to concentrate our efforts on communication with members and bringing in new members/renewals. It was decided that the Board/Membership Committee members will call every member to let them know we are here for them, discuss their vision for our Chapter, inform them of their membership benefits, let them know our plans for our Chapter, etc. Our goal is to get more members involved and let members know we're working for them. Board Members are to get familiar with the AMTA, Membership Benefits, Article 16, etc. in order to be able to answer any member questions correctly. If it's something the Board Member cannot answer, they are to call National and obtain the correct answer and call the member back with the proper answer. LaDonna will draft a 30-40 second script for us to follow and provide us with our list of who to call. We plan to call all members within the next three months.

We also discussed a "Welcome" packet to send to new members and transferring members. It is still under discussion, but the packet will contain a listing of Board Members and their contact information, committees and committee chairs, the Chapter calendar, website information, a Chapter t-shirt, etc. Upon receipt from National of a new/transfer member joining, a member of the Membership Committee will call each individual, introduce themselves, etc., get their t-shirt size and forward the packet.

We also discussed a similar plan with renewal members, but instead of sending them a New Member Packet, having anniversary pins in recognition of the number of years they've been a member of the AMTA. A member of the Membership Committee will call each renewal, introduce themselves, discuss any items of interest with the member and ask for any suggestions as to how we can serve them better.

Mike Donovan from National will be coming towards the end of October for a recruiting trip to all state massage schools. He would like a couple of board members to travel with him. There are 21(?) schools in the State of Alabama. We need to map out a two-week tour for him and determine which Board Members will be accompanying him. Need someone to take charge of this, determine dates with Mike, schedule dates with the schools, make travel arrangements, etc.

Leisa motioned to adjourn the meeting, Paul seconded the motion and all were in favor. Meeting adjourned at 9:45P.M.

# Cold Stone Therapy for Migraine Headaches

American Massage Therapy Assoc. – AL Chapter Quarterly Meeting

Saturday November 3, 2012

Huntsville, AL

Specific location –TBA

6 CEU's

Class Time: 8 a.m. - 11 (Luncheon for all 11-1) class returns 1-4 p.m.

Cost - \$120 for AMTA Members

\$150 – Non-members

Send Attendee slip at bottom of page with money to  
Ron Joganic 2000 Stone Mill Road, Trussville, AL 35173

Questions – Ron 205-655-2193

[joganics@msn.com](mailto:joganics@msn.com)

Kelly Lott created this innovative workshop designed specifically for massage therapists, body workers and spa practitioners who want to offer their clients an alternative and dramatic relief treatment for all kinds of headaches.

Workshop includes lecture on migraines and symptoms, hands on practice to perform strategic placement of hand crafted cold marble stones to decrease the pressure of dilated blood vessels, sinus congestion, and the use of specially formulated aromatherapies for migraines and the most common types of headaches, as well as specific headache point massage strokes. Tuition includes how-to handouts and four spa foot towels.

Marble stones, specialized aromatherapy and instructional DVD will be available for purchase at a student discount rate.

## Student Requirements:

**Do not wear base makeup or perfume/cologne**

Massage table/bolster

1 set of sheets

4 bath towels

2 hand towels

3 washcloths (dark color preferred)

1 medium size metal bowl

1 blanket

1 trash bag for used sheets and towels

Be looking for the next newsletter and emails for more information on this Continued Education offering.

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Name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

AMTA Member \_\_\_\_ (\$120 enclosed) Non- Member \_\_\_\_ (\$150 enclosed)

I am sending a check \_\_\_\_ Cash \_\_\_\_



Alabama Kneads  
PO Box 55207  
Birmingham, Alabama 35255

### **Upcoming Meetings:**

**August 4, 2012  
Florence, AL  
See page 5**

**November 3, 2012  
Huntsville, AL  
See page 11**