



AMERICAN MASSAGE THERAPY ASSOCIATION

Alabama Kneads

Winter 2009

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In Memory of Bill George

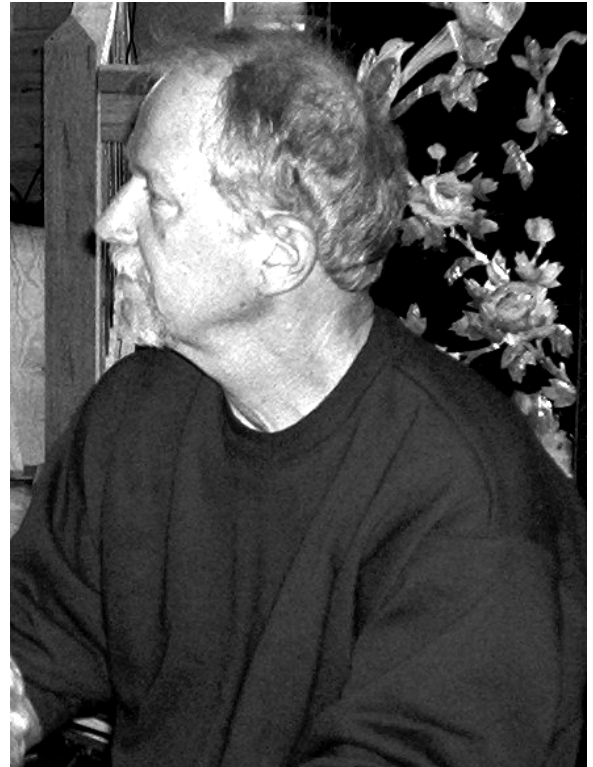
by Robin Sandlin

On November 11, 2008, our AMTA-AL Chapter lost one of our Board Members, our 2nd VP and President Elect to cancer. For those of you who never had the pleasure of meeting Bill at any meeting or any CEU classes, it is truly your loss.

Bill was one of my dearest friends and the first close friend I had when I became a Board Member, we had met several different times at classes and I fell in love with his warmth & sense of humor. He always reminded me of the comedian George Carlin.

Two years ago at a Quarterly Board meeting with CEU classes in Birmingham, Bill & I were partnered up learning Myofascial Release when he told me he had just been diagnosed with 2 different types of cancer & they didn't know which one to treat first. I was struck silent. We had gone all weekend without him saying a word, had supper together, laughed had drinks, you would have never known but that was Bill.

For the record, Bill George had been an AMTA member for several years and served on our Board for many years also in different positions such as BOD at Large, treasurer and the most recent, 2nd VP and had planned to be our next President in 2010. Bill not only had a



private practice, worked another full time job I believe with the Water Works Board in Tuscaloosa, but was the official Massage Therapist for the University of Alabama's Women's Swim Team.

Our Chapter has lost a good man. He wanted to see us grow and become the best Chapter we could be. I will miss his charm, his sense of humor, and the gift he had of making everyone feel like they were the most important person in the room, but most of all I will miss my friend.

Please continue to remember his family in your prayers.

Alabama Board of Massage Therapy

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House of Delegates 2008 Phoenix, AZ

Greetings to all from beautiful and very hot Phoenix, AZ. It has been an exciting and tiring week. When you attend a convention of this size (between 800 and 900) massage therapist from all over the U.S. it's a little over whelming. Everywhere you go, people have the same name badge and carry the same back pack a you, so you know you have something in common: (your all involved in massage therapy).

Let me begin by saying ,thank you, for giving me the opportunity to serve as your delegate. Serving these last 2 years has helped me grow as a person and as a massage therapist. I had to let go of some personal fears: claustrophobia and a fear of flying, ha. I got to drive to Cincinnati, Ohio last year for the convention but had to fly to Phoenix in a hollow metal tube, high above the ground with someone at the controls that I didn't know and no way out until we landed. The good news is, I survived, my husbands arm and hand are another question.

Orientation for the HOD began on Wed. evening. Our Moderator Dan Barrows opened the meeting from there we learned parliamentary procedures, learned to use our key pads for voting and most important: we went through mock position statements and recommendations. During this time we saw how the meeting would be handled the next day. Wednesday's meeting is always fun & more laid back. Since the position statements and recommendations were mock, so were the arguments for & against, it was very comical. The meeting on Wed. & Thurs. went much smoother than last year. Before and after the meetings give you a chance to meet the other delegates swap State Pins, which is one of the things I really enjoy.

The HOD meeting on Thursday

was very intense & serious. We were voting on 4 position statements and 4 recommendations, the most we've had to vote on at one meeting.

There was also new business to address and election for the National HODOC. Listed below are abbreviated list of things voted on & whether or not it passed. Even though we vote for something to pass, it then is sent on to the HODOC for further review and they have the final say after listening to arguments for and against & take that into consideration when making their final decision. Of the recommendations we voted on last year, only 2 passed through the HODOC & they can be seen on the AMTA website amtamassage.org.

This years Position Statements were:

1.It is the position of the American Massage Therapy Association (AMTA) that massage has been shown to aid in postoperative pain relief. (PASSED)

2.It is the position of the American Massage Therapy Association (AMTA) that newborns (especially pre-term infants) may benefit from massage therapy. (PASSED)

3.It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be a valuable component of a wellness program. (PASSED)

4.It is the position of the American Massage Therapy Association (AMTA)massage therapy can be an integral part of health care. (Failed)

This years Recommendations:

1.IN Recommendation: chapter Representatives addressing National Board at open meetings. (FAILED)

2.IL Bylaw Recommendation: New requirement to be added to

Professional Active Membership category. (PASSED)

3.IN Bylaw Amendment Recommendation: Removal of Delegates term. (PASSED)

4.CT. Bylaw Amendment Recommendation: Each chapter being allowed to determine their delegate's term. (PASSED)

On Illinois recommendation, Marcia Martin had written out a very good response against. Even though it passed, we found other states in the same position we are in as far as having to show "proof of insurance" before we can apply for a license. Massachusetts, South Dakota & Minnesota are the same boat. One good thing is that a HODOC member is from South Dakota, and she mouthed to me "good job", regarding Marcia's response. So, we should have a little help in that area. If the HODOC passes it, we will have to deal with it & possibly do some changes of our own.

After the voting we also elected 3 new HODOC members: John Combe, OR., Shirley Cooper, CT., and Patrick Malone, IL.

All in all this meeting was much smoother than last year & was very enjoyable & I learned a lot. Later that evening, my husband & I met up with four of the HODOC members & set beside them for a late supper. Since Alabama is right on the front row of the meetings they knew who I was & started up a conversation about the meeting & then on to just enjoying getting to know one another. We talked & laughed for a couple of hours. I found them to be very gracious & a lot of fun.

Again, thank you for allowing me to serve & I look forward to being a delegate again in the future.

Love & peace to all,

Robin Sandlin

HOD Representative 2008



Above: Robin Sandlin at the Diamond Backs baseball game on Thursday evening of the AMTA National Convention

Below: Robin Sandlin and some of the National Board HODOC Members enjoying a late supper & drinks in downtown Phoenix.



A Window into the House

By Marcia Martin, HOD Representative 2008

As one of the two delegates from Alabama, I felt very honored to represent our state in the House this year at the National Convention in Phoenix. I want to thank the AMTA Alabama Chapter for this opportunity which was dramatic for me. It was not only informative and an opportunity to meet many people, but was actually fun.

I was the first at the microphone to speak in opposition of the proposed change to membership requirements that would require licensure before becoming a Professional Member. I presented our argument that it may prevent and adversely effect our membership in the state since the board requires Alabama therapists

to show proof of insurance before a license is granted.

The arguments for stated that it would not prevent Associate Membership. It did pass even though we, among many other states with a similar licensure requirement opposed the measure.

It was very exciting to be in the House of Delegates and see the workings of our organization from a different angle, like a window into another world of the AMTA and I look forward to next year in Florida.

Thank you again, Chapter members, for this excellent opportunity to help our organization on the national level and let our voices be heard from the state of Alabama.



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Alabama Chapter AMTA
 Annual Convention & Business Meeting
 April 24-26, 2009
 ~ Orange Beach, Alabama ~

Scheduled Presenters

Introduction to Myofascial Release - 6 hrs with Margaret "Wendy" Arthur, MD

Wendy went to Medical School at the University of Alabama School of Medicine Birmingham, Alabama and graduated in 1984. Her private practice is Whole Health Access in Homewood, Alabama. She is the Director of Complementary and Holistic Healthcare at Clayton College of Natural Health. She has had many articles published, most recently "Sustained Energy Through Nutrition" in *Massage Magazine* July of 2008. Her certifications include: Myofascial Release Therapy in level I, II, III, unwinding, advanced unwinding, cervical-thoracic, fascial pelvis, rebounding, Women's Health, skill enhancement session.

Kinesiology and 4 Everyday Complaints - 4 hrs with Karl Keenlyne, B.S., D.C., C.S.C.S

Karl graduated from Northwestern College of Chiropractic Minneapolis, Minnesota in 1997. He has a Bachelor of Science and Human Biology from University of South Dakota and a Certification in Strength and Conditioning from the National Strength and Conditioning Association. His private practice is in Mobile, Alabama at Moffett Road Chiropractic, P.C. Karl has taught Kinesiology at The Mobile Institute of Soft Tissue Therapy, Mobile School Of Massage Therapy and Capps College.

Ethics 101 - 2 hrs, Ethics - Standard V Roles and Boundaries - 2 hrs , Business ~ 20 Easy Steps to Success - 2 hrs with Denise P. Walker, LMT

Denise has been a Licensed Massage Therapist since 1993. She has been a passionate advocate of the profession from teaching and school owner to being a member of the Alabama Board of Massage Therapy and serving as President of the Alabama Chapter of the AMTA. Denise owns Full Circle Massage Therapy, Inc., a group practice in Mobile, Alabama. She teaches continuing education in Business, Ethics, Body Mechanics, Pregnancy, Deep Tissue and Lemurian Healing.

Class sizes are limited ~ Registration will be accepted by post mark date on envelopes. If class size reaches capacity, you will be notified.

Alabama Chapter AMTA ~ Annual Convention & Business Meeting ~ April 24-26, 2009

Hotel Accommodations

The Island House Hotel
 26650 Perdido Beach Blvd., Orange Beach, AL 36561
800-264-2642

Please mention AMTA Group #2284621

Standard Double Queen \$130 plus tax

www.islandhousehotel.com

Please contact hotel or go online for directions

Classes end at 4pm on Friday, if you are planning to go on the Cruise at 6:00pm, make sure you register. We meet at 5:45pm and will be leaving out of Zeke's Landing which is across the street from the hotel.

You will be on your own for Lunch and Dinner on Friday, *BUT there will be appetizers on the Cruise that evening!* There are plenty of restaurants in the area. Please ask for locations at the front desk when you check in.

Friday Evening - Meet & Greet
 2 Hour Sunset Cruise on the
 100 foot *Miss Celeste*

Make sure you register so we know how many of ya'll to expect

Appetizers will be provided
 ~ BYOB / Ice Chest & Wind Breaker ~

Please join us for *FREE* Lunch on Saturday during our Business Meeting and Elections! *again make sure you register so we know how many of ya'll to expect*

& Saturday Night - don't miss out on our
LUAU PARTY Dinner & Dancin'

Pick & Choose Option
\$20 per CE Hour AMTA Member

Day	Class	Time	CE Hours	Fee	Check if attending
Friday	Ethics 101	9am-11am	2	\$40	
	Ethics R & B	12pm-2pm	2	\$40	
	Business	2pm-4pm	2	\$40	
	Dinner Cruise	6pm-8pm	---	\$10	
	- Guest(s)			\$10	
Saturday	Myofascial Release	8am-12pm & 3pm -5pm	6	\$120	
	Business Meeting (Free Lunch)	12:30pm-2:30pm	---	\$0	
	--Guest(s)			\$0	
	Luau Dinner & Dancing	7pm – until	---	\$40	
	- Guest(s)			\$10	
Sunday	Kinesiology	9am-1pm	4	\$80	

Full Convention Weekend

All 16 CE Hours
Cruise ~ Lunch
Luau Dinner & Dancing
_____ \$340

Early Registration—
Must be post marked
by April 3, 2009
_____ \$320

Annual Convention & Business Meeting

Saturday Lunch includes your choice of one of the following (Please check one):

- _____ Chicken Salad Croissant,
 _____ Turkey & Swiss Croissant,
 _____ Tuna Salad Croissant,
Lunch includes a Garden Salad w/ house dressing, Potato Salad and Dessert

Mark for guest(s) attending

LUAU DINNER & DANCING

Pull that Hawaiian Shirt out of the closet and find you a grass skirt! Please join us for a Luau Themed Party!
Hula Lessons & Limbo Contest

Our Hawaiian Buffet Feast will include:

Hawaiian Style Sweet & Sour Chicken, Shrimp Kabobs, Grilled Pork, Grilled Fish, Roasted Ribs, New Potatoes, Green Bean Casserole, Relish Tray w/ Vegetables & Cheese, Pasta Shrimp Salad, Hawaiian Fruit Tray, Bread Pudding & Coconut Pie

Name: _____ Address: _____

AMTA #: _____ State License #: _____

* Contact #1: _____ Contact #2: _____

Email: _____

Credit Card: _____ Number: _____ Expiration Date: _____

Signature: _____

If paying by Credit Card: Amount to be charged \$ _____

If paying by Check or Money Order : CK Total\$ _____ Check Number: _____ or Money Order: \$ _____

Mail Form to: Alabama Kneads 2152 Airport Blvd., Ste. 103 Mobile, Al 36606.
Questions: email heatherharris70@yahoo.com or call 251-473-8040 and ask for Heather.
Please retain a copy of this for your records.

President's Corner



Dear Members,

I hope this newsletter finds you all in good health and spirit.

I'm sure that, in this time of economic turmoil, many of you have seen your business suffer, as I have. Yes, some clients will see massage as a luxury that can be given up when times are rough. On the other hand, this stressful time can be looked on as an opportunity.

It's not that we want to take advantage of a bad situation, but we do have a valuable service to offer. It may be that many may find that massage is a cost effective way to relieve pain and tension. We do have to get that message out though. It's up to you to find creative ways to reach new clients. They're there, believe me; all you have to do is work to get them.

Hang in there, and keep doing the good work that you do.

Jeff Spears

Karl Crowe Scholarship

We shall offer a
100% deduction for one person,
66% off for the second and,
33% off for the third for
any new members coming to our
quarterly trainings.

Please email your president for more info.
(greatmassage@bham.rr.com)

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

Attention: Misty Greene

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Website: WWW.AMTA-ALCHAPTER.ORG

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Advertising Rates Per Issue

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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	\$15

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

Spring Issue Deadline

March 31, 2009

Summer Issue Deadline

June 30, 2009

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 and/or the AL Chapter.

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AMTA-AL Chapter Quarterly Meeting
November 8, 2008

Meeting called to order at 7:25pm by Robin Sandlin.
Board Members present: Robin Sandlin – Acting
President, Joe Bright – BOD at Large Place 2,
Jan Robb – Treasurer and acting secretary, and
Mary Cerruti – BOD at Large Place 1.

OLD Business:

Robin read minutes from last meeting which included:

- February board meeting will be held in Lake Guntersville, Al.
- Annual convention April 25-27, 2009 in Orange Beach, Al which will include myofascial release, reflexology, ethics, and the cruise. Looking for local entertainment.
- Joe is still looking for a Native American Indian Flute (cedar) for Len Daley.
- Jan will take back over the website and work with someone to get it up and running for the same price that was approved last year of \$200.00 to get it up and running and \$35.00 per hr maintenance. Joe nominated Jan and Mary seconded the motion.
- Jan motion to approve the minutes and Joe second the motion.

Report of Chairs:

- Jeff – not here
- Heather – not here
- Bill – not here, but Joe would like to let everyone know that due to his health, he is resigning.
- Robin – HOD report was emailed to everyone. Robin enjoyed the time she spent and wanted to thank everyone for the opportunity. Robin will send an email with her notes, some which included the removal of delegates' term, Illinois recommendation, etc.
- Mary – reported on Massage Therapy week. Eight therapists massaged at the National Guard massaged 66 people from October 23-34, 2009. Mary will send the report to Jennifer at National. She will include Jan whom massaged 22 people at Providence Hospital October 25. Also she would like to mention that she has received a call about a vendors' booth for our next annual convention in April. Mary will contact Heather to give her the information.
- Jan – Treasurer report's Regions Bank has \$14, 975.00 as of October 31, 2008 and Morgan Stanley has a balance of \$11,054.00. She also stated that from November of 2007 to November 2008, there was a deficit of \$3194.08. This was due to several reasons. Unexpected expense of 3 computers for Joe, Heather and Jan. The second reason was an over budget of 4,030.50 for the Annual Convention last year.

New Business:

- Joe has purchased the new projector and speakers for the next annual convention which cost approximately \$594.00.
- Jan mentioned that the Al-AMTA would like to do something in the honor of Joe's mom whom passed away this week. Joe suggested that her favorite tree is a Arkansas black apple tree for approximately \$20.00 and give it to Joe to plant in her honor. Robin will purchase this and give it to Joe. Jan motion to accept this and Robin second it
- Robin mentioned that we would also like to do something for Bill when the occasion arises. Joe suggested that we might donate something to the USA swim team but would ask his wife.

Jan motion to adjourn the meeting at 8:55pm, Joe seconded the motion.

AMTA-AL Chapter Quarterly Board Meeting
Birmingham, Al.

Saturday, November 9, 2009

Robin, 3rd VP (acting president) calls the meeting to order at 12:30pm.

Board Members present: Robin Sandlin- 3rd VP;
Jan Robb – Treasurer;
Joe Bright – BOD at Large Place 2; and
Mary Cerruti-BOD at Large Place 1.

Report of Officers:

- Mary – reported on massage therapy week during October 19-25, 2008 where 66 massages were given to the National Guard and Family between 8 therapists. Jan also massaged 22 people at Providence Hospital Business Office.
- Robin – HOD Phoenix, Arizona-will give more information in the news letter.
Position statements:
 - ◇ AMTA – post operation pain released passed.
 - ◇ Newborn – passed
 - ◇ Wellness programmed – passed
 - ◇ Health Care – failed
 - ◇ Recommendation – Indiana, coming to National Convention, addresses the Board but failed. See details on the AMTA-National Website. Illinois active category passed. Indiana length of time for delegates passed. Connecticut determined length of time passed.
- Jan, Treasurer reported that the chapter over spent last year by \$ 3000.
- Joe reports that Bill has resigned.
- Heather reports by Robin- from last meeting that the next annual convention will be held in Orange Beach, Al., for the weekend of April 27, 2009. Wendy Author will be teaching Introduction to Myofascial Release for 6 hours, Lori Azzerella will teach Reflexology for 4-6 hours, and Denise Walker will teach Ethics for 4 hours. Joe is looking for a North American Flute, Jan will be updating the website and Heather is looking for someone to take over the newsletter. Robin also states that our next Board retreat will be held in Lake Guntersville, Al. She also states that she has donated a massage table to Wallace State during massage week.
- Jan motions to accept the minutes and Mary has seconded it.

New Business:

- Hal talks about the board taking out the temporary license, taking out some of the language and anyone interested in calling in a complaint must sign a formal report. Also if anyone is interested in serving on the state board, can send their resume, but must have 2 years experience, and the governor picks. Also they are looking for a public member. Meetings are held in Montgomery and Birmingham. Legislation is also in the works for Instructors to have 4 years of experience instead of the 2 at this time. Please make sure that everyone has their license and license number on any advertisement as well as an establishment license. Also if there is a change in your address you can change it on the Alabama State Board website.

Jan motion to close meeting at 1:05pm, and Joe has second the motion.



Alabama Kneads
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Gadsden, Alabama 35902

In This Issue:

**AMTA House of Delegates
Updates**

**2009 AMTA Alabama Chapter
State Convention Information
April 24-26, 2009
Orange Beach, AL**

Welcome New Members!

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