



Rally Is A Great Success!

*“After 13 years,
the effort to license
massage therapists
is nearing completion.”*



In This Issue

| | |
|---------------------------------------|-------|
| Rally Success | 1 |
| President's Message | 2 |
| Gov't Relations Update | 3 |
| Continuing Education Seminars | 4 |
| Chapter Volunteer Information Form .. | 5 |
| Caution for Massage Therapists | 5 |
| Member's Corner | 6 |
| AMTA Annual Convention | 6 |
| New Members | 7 |
| Massage Emergency Response Team ... | 7 |
| AMTA-PA Chapter Officers | 8 |
| In Memoriam | 8 |
| Synergy News | 9 |
| Berry Method® of Massage Class ... | 10-11 |
| Unit News | 12 |
| Inspiration Corner | 12 |
| Wellness Marketplace | 13-19 |
| Calendar of Events | 20 |
| NCTMB Class Update | 20 |

See Page 2 for
more exciting
details!

The Balanced Body

The Balanced Body is published by the Pennsylvania Chapter of the American Massage Therapy Association and distributed as benefit of membership. The Newsletter is published three times per year in **February, June and October.**

ADVERTISING RATES

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CONTRIBUTIONS: Articles, letters and similar submissions should be limited to 1100 words (approximately 1.5 pages), and be free of tabs, indents and other formatting. If possible, submissions should be sent by email, floppy disks or CD. If attached to email, files should be in MS Word, or can be copied onto the actual email. Your address and phone number must be included. **Photos should be high contrast 35 mm prints or 300 dpi digital.**

NEXT DEADLINE: Friday, January 6, 2006.

**Please note submissions of articles and advertisements will not be accepted after the deadline date. Please submit any contributions for the next newsletter to: Fe S. Tubio
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Questions? Call (724) 449-9275 or E-mail to: tubio@thesafety.net**

The PA Chapter reserves the right to edit material where appropriate for space and clarification, and to accept or reject materials including advertising, we assume no responsibility for errors and omissions. The beliefs and opinions contained in this publication do not necessarily reflect those of the staff, officers or of the AMTA-PA Chapter. This newsletter follows the advertising and editorial guidelines of the Massage Therapy Journal.

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President's Message

by Nancy M. Porambo, MS, NCTMB

A heartfelt thank you is extended to all those who attended the rally for massage therapy licensure in Harrisburg on October 16, 2005! I was overwhelmed by the tremendous outpouring of support that was exhibited during the rally. School owners and therapists representing massage therapy organizations from across the state coalesced in a united effort to showcase their support of the bill for licensure. Primary sponsor of the bill, Keith McCall (D), Carbon County, spoke about the journey the bill had made to arrive at the Capitol and assured the attendees that it had tremendous support on the House and Senate level. Dr. Leena Gupta, Director of the massage therapy program at Lehigh Valley College and President Elect of National AMTA,

motivated the group with her inspiring words "this bill is for the people!"

After 13 years, the effort to license massage therapists is nearing completion. Poised on the cusp of closure, I'm compelled to reflect on the many faces the bill took to bring it to the form it appears in today. The vision of the original drafters of the bill has never changed; to protect the interests of practicing massage therapists through the state by setting educational standards and bringing the profession to a higher level of professional awareness. Through the process of writing and rewriting the bill, the AMTA Board of Directors had the responsibility of making difficult decisions regarding language. Each decision was weighted with the knowledge that it would affect every student and practicing massage therapists across the state. The goal to share information with members of other organizations was achieved by working with and attending coalition meetings held throughout the state for many years.

Several chapter presidents that preceded me shared a common vision and shepherded the pursuit of licensure during their tenure. We are indebted to the efforts of Cheryl Siniakin, current National AMTA By-Laws Chair, Bob Jantsch, Owner and Director of the Pittsburgh School of Massage and Retta Flagg, Immediate Past President and past Chair of the National House of Delegates and remain grateful for their continued support and commitment. We have carried their vision forward.

As the bill moves through the Professional Licensure Committee and readies itself for a vote, we are positive that our efforts will bear fruit. Successful

passage of this bill will make Pennsylvania the 38th state in the nation to license massage therapy. With

licensure, comes the professional recognition massage therapists deserve. According to a recent overview of the massage therapy profession by our national organization, more Americans are incorporating massage therapy into their wellness programs than ever before. Seventy Four percent of Americans polled would suggest massage therapy to others!

Based on the outpouring of support from consumers, massage therapy is destined for continued growth and acceptance. With licensure at hand, we are positioned to receive the recognition worthy of our profession and the endorsement of the public as a mainstay for personal health and wellness. Many thanks to all who have made phone calls and sent letters to their legislators! Together, we can make a difference. ■



"I was overwhelmed by the tremendous outpouring of support that was exhibited during the rally."

The Rally would not have been possible without the commitment, time and organization of the following AMTA volunteers:

Nina Kottcamp, 3rd VP for organizing the bus in York;
Leena Gupta of the Lehigh Valley College/Joanne Mengel, chair of the Lehigh Valley Unit, for the bus in the Lehigh Valley;
Deanne Shreve, PUPCA Unit Chair and the Massage Arts Center of Philadelphia for the bus in Philadelphia;
Vicki Hicks, CDE in Stroudsburg;
Fe Tubio, treasurer for securing the busses

AND every single person who donated a day of their time to be present in Harrisburg, visited with their legislators and have their voices be heard.

The Rotunda

by Andrea Collier

Wow! After that Rally at the Capitol, they really know us now! While massaging there, many commented to us that they haven't heard so much noise since the tax rallies—never such excitement and enthusiasm. The excitement there was like the Steelers winning the Super Bowl.

Some months ago I received a call asking, why do we give this service away free? Surely the folks in the Rotunda can afford to pay. In response I assured our friend that this was a great means to being known. The whole point of providing this public service is to educate the people who work for the people of Pennsylvania, that all people need massage. Also to give them a better understanding of why they need massage. This includes our PA workers themselves. It may be that the well-paid legislators, etc. can afford to pay well for massage therapy services, but have those who work for us actually realized their needs? Do they really understand the probable benefits of using massage? Those who work in the Capitol environment suffer great stress on the job. Their workplace has been a very electrified and stressful place to visit let alone work. The PA employees are most grateful to the therapists who offer their time for this miniscule effort towards stress relief and also, for providing the educational experience. Many took advantage of this public service. However, there are yet

others to work with. There are those who have gone on to find their own therapists, and have gone to the local massage training schools to support their student clinics. The value to personal health is being realized. It is worth every minute and mile and effort.

With that I encourage you to offer your time and talent in this effort to promote and teach the value and need for massage -reduce stress and live healthier. ■



Supervisors for the Rotunda chair massage project are:

| | |
|------------------------------|------------------------|
| Jan-Kelly/Central | June- /Andrea/West |
| Feb-Kelly/Central | July-Andrea/Larry/West |
| March-Scott Dugan/GovRelCom | Aug-Andrea/Larry/West |
| April- Scott Dugan/GovRelCom | Sept-Vicki/East |
| May-Scott Dugan/GovRelCom | Oct-Vicki/East |
| Dec-Kelly/Central | Nov-Vicki/East |

SPORTS MASSAGE UPDATE

WHAT'S NEW IN SPORTS?

by Andrea Collier



2005 was a very exciting year for sports massage for AMTA-PA. A very large sports team was put together to participate in the National Senior Olympics and the Rails to Trails Greenway Sojourn. Those were a great start for the Sports Massage Committee and its new Team.

With all that I would like to acknowledge the efforts of our Chair, David Sanctis and thank him for all the hours devoted to this project. However, it is with reluctance we bid farewell to David as he throws himself into his endeavors with sports massage. Dave is the key massage therapist at the UPMC Sports Medicine Department in Pittsburgh. We wish you well David and offer our sincerest thanks for all you have done for many years serving the AMTA-PA.

This year the events on calendar so far are the 1) Race to Any Place in Pittsburgh on February 25, 2006 and the 2) Rails to Trails Greenway Sojourn on the third week of July that begins in the Poconos ends in Philadelphia. If you have any questions please contact Andrea Collier.

Presently we are accepting resumes for the new Sports Massage Committee Chair. If you are interested in the position, please contact Andrea Collier at 724-545-1339 or via E-mail at collierhillfarm@comcast.net. ■

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Tui Na level 1 - Sat. March 11, 2006

9-5 p.m. 8ceu - \$70.00
Learn a full range of over the clothing Tui na techniques required to treat soft tissue injuries/pain.

Tui na level 2 - Sun. March 12, 2006

9-5 p.m. 8ceu - \$70.00
This workshop focuses on Traditional traumatology, diagnostics, treatment protocols.

www.jltui-namassage.com



The Speaker:
Joseph LaVine, C.M.T. became interested in Tui na after realizing the importance of treating soft-tissue and bone injuries while practicing the martial arts. He attended Pacific College of O.M., with clinical training in the P.R. China on two different occasions and has studied with several Tui Na professionals.

Continuing Education Seminars



February and March 2006

All seminars held at Healing Arts Institute
340 Three Meadows Drive, Perrysburg, Ohio, 43551
To register, call (419) 874-4496 or visit www.haiohio.com

Healing Touch Level II

February 24-25 CEU's: 19.5

New students - \$300; Repeat students \$200

Instructor: Debra Reis, RN, MSN

Level II is for students who have completed Level I and wish to increase breadth and depth in the study of Healing Touch. The second level of study includes an intake interview, back techniques and a full healing sequence.

Aromatherapy "Aroma Massage Techniques"

March 4 CEU's: 4

Cost: \$100

Instructor: George Cox

In this beneficial seminar you will learn blending techniques for individual clients. Discussion of 16 different oils for specific conditions such as fibromyalgia, poor circulation, arthritis, and stress. Learn to help relieve neck and shoulder problems, low back pain, sinusitis, muscle aches and stiffness. You will receive a total retail value of \$45 in materials.

Massage for People Living with Cancer

March 10-12 CEU's: 18

Cost: \$345; Early registration, \$295

Instructor: Tina Ferner

This workshop includes physiology of cancer; medical considerations related to surgery, chemotherapy and radiation; treatment of side effects of chemo and radiation; working safely and confidently with cancer patients; and application of eastern and western bodywork modalities.

Recommended reading: *Medicine Hands* by Gayle MacDonald. Class size is limited.

International Institute of Reflexology Phase I & II

March 18-19 CEU's: 32 for both Phase I & II

Phase I new student \$375; early registration \$350

Phase II return student \$200; early registration \$175

Instructor: George Balut, Director of IIR

Learn the reflex areas in the feet and hands corresponding to all glands, organs and parts of the body. Stimulating these reflexes can help many health problems in a natural way. You will learn the Ingham method of reflexology. This class can lead to certification in reflexology. Completion of Phase III is required for certification.

Advanced LaStone Therapy: Dances with Stones

March 23-26 CEU's: 30

Cost: \$645; early registration price \$595

Instructor: Kathleen Willow

Dances with Stones is an advanced training in the art of LaStone Therapy, taught in the spirit of deeply nurturing full-body stone massage. Explore in detail many innovative stroke techniques, learn potent ways to enhance numerous aspects of your work, delve into creative use of cool stones for both chronic and acute conditions, and explore ideas for deepening the quality of presence and mindfulness in your work.

Prerequisite: LaStone Therapy Original Body.

LaStone Therapy: Original Body

March 31-April 3 CEU's: 30

Cost: \$645; early registration discount price \$595

See Healing Arts Institute's April and May 2006 continuing education seminars for full course description.

April and May 2006

All seminars held at Healing Arts Institute
340 Three Meadows Drive, Perrysburg, Ohio, 43551
To register, call (419) 874-4496 or visit www.haiohio.com

LaStone Therapy: Original Body

March 31-April 3 CEU's: 30

Cost: \$645; early registration discount price \$595

Instructor: Kathleen Willow

This training is a comprehensive introduction to LaStone Therapy... a contemporary approach to alternating temperatures in bodywork. You will learn how to use hot and cool stones in conjunction with swedish massage strokes, the use of breath and energy work with stone placement, how both chronic and acute conditions respond quickly to the therapeutic application of temperature, how to heat and cool your stones, and proper care for your stones and equipment.

Aviana's Mindful Touch Therapy

May 6-8 CEU's: 25

Cost \$465; early registration discount price \$415

Instructor: Nancy E. Schmitt, Creator & Director

This is a specific, powerful blend of Energy Bodywork, Mindful Meditation, Touch Therapy and Healing concepts designed to support all individuals in every stage of wellness, dis-ease, and disease, including cancer. Study directly under Nancy E. Schmitt, creator of this 50 or 60 minute modality, who fashioned the technique after extensive work both in a spa and hospital setting. She was involved in intensive training with international healers, bodyworkers, scientists, and leaders in Mind-Body Medicine, Energy Medicine, Native American Medicine, Massage and more. Participate in this highly inspiring and interactive class and confidently walk away with a modality that aims to "Turn No One Away" from multiple benefits of safe and effective touch. The class evaluations consistently report the highest average score attainable for instructor, course content and course material.

Reiki I

April 8

Cost: \$175; early registration discount price, \$125

Instructor: Jennifer Hunt, LMT, Reiki Master Teacher

Reiki II

May 13

Cost: \$250; early registration discount price, \$200

Earn your certificate of completion for this ancient healing art. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is a very simple yet powerful technique that can be easily learned by anyone. Reiki can be defined as spiritually guided life energy. This is both lecture and hands on workshop. Open to the public. Books, lunch, and handouts included in price.

International Institute of Reflexology Phase III

May 20-21 CEU's: 16

Cost: \$375; early registration discount price \$350; returning Phase III \$225

Instructor: George Balut, Director of I.I.R.

How to assess the feet and hands including anatomy, conditions and functions, advanced techniques and perfecting Phase I & Phase II techniques, Hand Reflexology. Improve personal productivity and more effective utilization of energy. Preparation for certification exam/review. Prerequisites: Phase I and Phase II -Completion of 50 of 100 required documented case studies. Must have attended a Phase I & II seminar in the past two years.

Early registration prices apply to seminars paid in full by 30 days before the first day of the seminar. A non-refundable deposit of \$100 is required to reserve your space in the class. Deposit may be transferred to another seminar held at Healing Arts Institute. Information about lodging and travel, as well as supply and pre-reading lists when applicable, will be sent with confirmation of registration and payment.

FREE TABLE FLEECE! Mention this ad when registering for any seminar held in February or March and receive a FREE table fleece pad (\$35) at the seminar!

All seminars held at

Healing Arts Institute

340 Three Meadows Drive • Perrysburg, Ohio 43551

To register, call (419) 874-4496 or visit

www.haiohio.com

Member Profile: Don Raskin by Kiersten Stebner

Don Raskin, like many massage therapists, began his career after being in another profession for most of his life. "I have a background in Physics. For years I helped to develop technology products, which was fun and productive. But, when I thought back on it, I realized that what I enjoyed the most was helping young engineers to further their careers. I enjoyed dealing with people."



sense to join the most recognized professional organization for massage."

Don said he began his business out of his home. "I was lucky to be able to do that. We had a spare room, and it made the overhead expenses less. I was also lucky that I had a wife who was fully employed and whose insurance we could both have benefits through." When asked if Don had any marketing suggestions for new massage therapists, he said "I think it's essential to have a website. I had a more basic one at first, but now it's more upgraded."

Don came back from working in Germany for three years, and suddenly found he was at loose ends." My company had let me go, and I was trying to figure out what to do with myself next. "My wife and I had often joked about me doing massage for a living because, after dinner, I always gave her a shoulder, head and neck massage. She had commented on how I was so wonderful at it, that I should be a massage therapist."

The School for Body Therapies in Yardley, PA is where Don went for his first massage courses. He specializes in Deep Muscle Therapy, Acupressure, Reiki, Reflexology and Aromatherapies. Don first heard of AMTA through the head of the School for Body Therapies. When asked what Don considers important about joining AMTA, he said "Massage suffers from not being considered a profession, and I thought it made

According to Don, there are several factors he enjoys about his new profession. "Throughout my technology career, I never learned anything about the body and how it works. That is the best part of my education, (as a massage therapist). I never get over how amazing the body is. I used to think that because the femur and the humerus were both ball and socket joints, that they worked the same. But that isn't true at all." "I'm constantly amazed by how rewarding massage is. People are always telling me how much I've helped them."

Don Raskin's still works from an office in his home in Doylestown, Pennsylvania. His website is www.anewdawnmassage.com. ■

To Albuquerque, New Mexico: AMTA Annual Convention

By Bill Hunter (Pittsburgh, Pa) AMTA PA member

My trip to our 2005 convention made me proud to be an AMTA member.

The trip started with the long flight from Pittsburgh to Denver to Albuquerque. Being a frequent flier and enjoying flying very much, I like a window seat. Flying with my GPS and a Rand McNally road atlas with longitude & latitudes written on each of the state maps, I can tell my location at anytime. The view of the Great Lakes, the obvious "glacier" cut runoffs, the Platte River thru Nebraska, the sands of Colorado, the mountains, the forest fire, the entry to Albuquerque -God's world is amazing.

I stayed at the Hilton Select near the airport near Ernie Pyle's home. The hotel workers kids went to Ernie Pyle named schools, but none of them knew who Ernie Pyle was or where his home was. In case you don't know Ernie was a much-loved globally syndicated war correspondent during the 2nd world war. His compilations are very worthwhile reading as an introduction to the life of a WW2 regular soldier.

Met many members at the convention, was very impressed with their professional approach to our field, and the open relationship. Attended the First Timer Luncheon. It was an honor to sit next to Liz Lucas, the AMTA executive director. She asked why I had joined and of my concerns. I was open to her. She responded with a stoic statement of the Association line. The food was good, but I still don't understand the philosophy of eating the same foods as Easterners, but with hot sauce.

My first class with Mark Bigelow was very impressive. He updated my understanding of basic muscle function. After class I

toured the exhibits. There I met some of the PA people, talked of National Certification, watched with enchantment the Thai, feet-on,

Hawaiian, Erik Dalton, and other demonstrations. Talked to Sandy Fritz, said hello to James Wasloski, and some of the other better-known personalities.



The next two days were spent in Erik Dalton's class. During the hands on training Erik was continually bombarding us with information. Made me think that if I were younger, it would be great to spend a lifetime delving into the body mystery. My hands-on partner at the class was from York PA. He also tried to expand my knowledge of blackjack. He and his wife were continuing on to Las Vegas. The classes were very appropriate and well done. Sure wish I could spend the 10-11 days in Costa Rica with Mr. Dalton & Wasloski.

At the dinner dance, my seating partner was Kyle Forman from Billings Montana. Didn't spend much time dancing, but would have loved to. It was time to let the hair down a little.

Didn't see much of the town, but local transportation seems to be good. Visited Sandia, lost my \$20 on the slots, but the folks on both sides of me walked away winners. Oh well.

The plane ride home was long, but all was successful.

After this first convention experience, I am proud to be a member. I will work towards heightened professionalism and will work with caretakers, medical professionals, friends, and neighbors to expand their understanding of basic massage. We should not forget that care is generally in their hands and that we are teachers and only part-time care providers. ■

"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear." ~ Rosa Parks

Please Help Us Welcome Our New Members

Who Have Joined the PA Chapter September thru December 2005!

New Professional Members

| | | | | | |
|-----------------------|------------------|-----------------------|--------------|---------------------|-----------------|
| Neda Yasmine Ebrahimi | Conshohocken | Beth Kikel | West Sunbury | Laurie Weisberg | Paoli |
| Adele L. Kellogg | Gouldsboro | Jeanne B. McHugh | Warrington | Rene Yost | Pottstown |
| Joanne Kupsho | Nuremberg | Terra Jean Miskovich | Pittsburgh | Joshua Ampolsk | Wynnewood |
| Jill M. Pascarella | Carnegie | Shanda Palmer | Carlisle | Lynette M. Belford | Williamsport |
| Lisa Marie Corob | Smithfield | Richard Paradise | Turtle Creek | Eve Bergeron | Tannersville |
| Nancy L. Egli | Meadville | Christian Perez | Stroudsburg | Boyd E. Blackburn | Bentleyville |
| Jamie L. MacAllister | Pittsburgh | Luke Rubrecht | Verona | Rosemary Bossard | Coopersburg |
| Michael Marzulli | Philadelphia | Lara Sajnicki | Pittston | Carol A. Crawford | Pittsburgh |
| Liz Smith | Reading | Glenda Stocker | Fairfield | Megan Flicker | Fleetwood |
| Edison Vargas | Columbia | Cheryl J. Williams | New Galilee | Ashley Gyuriska | Dunmore |
| Jillian Bird | Philadelphia | Matthew A. Williams | Pottstown | Jaqueline P. Hanson | Carlisle |
| Stacie Brock | Fawn Grove | Lori Zilinski | Levittown | Kathleen S. Harford | Dilliner |
| Peter W. DiOrio | Philadelphia | Deirdre Amos | Erie | Valeria Henry | Philadelphia |
| Amy M. Fetter | Reading | Juan O. Barrios | Waterford | Jennifer Hermany | Trexlerstown |
| Lynn G. Hansberry | Pottstown | Michael Bertram | Nicholson | Shanna Hicks | Stroudsburg |
| Kirsten Herman | East Stroudsburg | Velaree Boley | New Stanton | Danielle Johnson | Lansdale |
| Alyson N. Lapp | Brownstown | Jessica Culley | Philadelphia | Kari Kanusky | Emmaus |
| Martha Jane Manko | Scranton | Judy Greco | Havertown | Susan Lippman | Solebury |
| Richard Katz | Levittown | Maria Hancock | Pittsburgh | Annette M. Long | Willow Grove |
| Katrina Morro | Drums | Cynthia Harvey | Carbondale | Kristen Martelli | Scranton |
| | | Deanna Hendrix | Markleysburg | Julie I. Martin | Mount Joy |
| | | Craig Herman | Erie | Kimberly Martin | Rices Landing |
| | | Rebecca S. Hunkele | Pittsburgh | Theresa H. Mondello | Easton |
| | | Elizabeth M. Johnston | Wyalusing | Karen E. Nelson | Morrisdale |
| | | Kathleen Kulick | Pittston | Samantha L. Nutt | Uniontown |
| | | Debra Loughner | Meadville | Elizabeth Pittman | Pottsville |
| | | Stacy J. Markwardt | Ohioypyle | Kimberly Pohutski | Stroudsburg |
| | | Julie Mol | Long Pond | Florence M. Querry | King of Prussia |
| | | Ebru Ozdogu | Chadds Ford | Susan G. Roberts | Pittsburgh |
| | | Donna Payne | Moscow | Heidi Ruof | Perkasie |
| | | Nancy Ann Poltonowicz | Shickshinny | Brandon Savacool | Alburtis |
| | | B Lee Pomponi | Norristown | Linda Shonka | Sandy Lake |
| | | Jacqueline Redding | Bridgeport | Cassie Shultz | Easton |
| | | Lisa M. Ressler | Lititz | Danielle Simpson | Swiftwater |
| | | Toni Richardson | Pittsburgh | Erich B. Stockmann | Perkiomenville |
| | | Linda B. Roussel | Lititz | Susan Wagner | Sturgeon |
| | | Allison L. Sager | Pittsburgh | Gina R. Walker | Rockwood |
| | | Jennifer L. Snyder | Greensburg | Maray Webstes | Allentown |
| | | Kym Stine-Warnick | Shrewsbury | Stephanie A. Werner | Macungie |

New Student Members

| | |
|---------------------------|-----------------|
| Teresa Cossell | Mill Run |
| Karen Schoeller Denenberg | Easton |
| Melanie M. Evans | Pittsburgh |
| Lisa Firey | Phoenixville |
| Kristin Fowler | Jenkintown |
| Maralana Fulton | Normalville |
| Valarie K. Huston | King of Prussia |
| Sara Lloyd | Oil City |
| Theresa A. Loosley | Erie |
| Pamela J. Mayle | Erie |
| Autumn Michele Steninger | Landisville |
| Rebekah Stine | Pittsburgh |
| Audrey Dadd | Newtown Square |
| Adele K. Faulkner | Norristown |
| Rachael Garcia | Philadelphia |
| Mary Garland | Phoenixville |

MERT UPDATE *PA's AMTA-MERT Program revitalization gets a kick-start with MERT Leadership Training Course*

by Donald Raskin

Eight AMTA-PA Professional Members, having volunteered to form the initial core of the PA Massage Emergency Response Team, participated in a two-day MERT Leadership training course on 11/19-20/05 in York, PA. The course prepared the core group in relevant team development and management skills, along with the specific knowledge of deployment organization and logistics. It was led by Kirk Nelson, who is President of Touchwork Therapeutic Massage (Weston, MO) and a national MERT trainer. During the aftermath of 9/11, Kirk had provided an extensive series of MERT Responder training sessions at the Pentagon site.

The Massage Emergency Response Teams, which provide therapeutic relief and rejuvenation for emergency workers during defined disaster response efforts, are now being developed and implemented by each AMTA state chapter, following a new directive from the national AMTA Board. Accordingly, the AMTA PA chapter board tasked Third Vice President Nina Kottcamp to re-start the MERT program for the

Commonwealth. Nina arranged this training for the first set of MERT Leaders, who are now in the process of recruiting and organizing training sessions for MERT Responders.

The MERT Responder training courses will be held in four PA-AMTA regions during Spring of 2006. They are open to all AMTA Professional Members and to non-AMTA massage professionals holding NCTMB certification. Upon completion of the one-day course, Responders will be given a Certificate and an AMTA-MERT T-shirt.

As soon as details of dates, locations, and fees for the session are finalized, they will be listed on our web site www.amtapa.org. If you have more immediate questions or concerns, contact Nina Kottcamp at (717) 845-4822 / nspecsoul@aol.com or Donald Raskin at (215) 345-9065 / don@anewdawnmassage.com. We expect to have a Commonwealth-wide team of at least 100 certified MERT Responders before the end of 2006.

AMTA PA Chapter Officers

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PHONE TREE: 412-431-1522
EMAIL: larry.sabatini@verizon.net,
pamasslic@yahoo.com

MERT

Donald Raskin
68 Buttonwood Lane
Doylestown, PA 18901
PHONE: (215) 345-0961
EMAIL: donald.raskin@verizon.net

SPORTS MASSAGE

- vacant

AWARDS

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120 Shenot Rd.
Wexford, PA 15090
PHONE: 724-935-5524
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NEWSLETTER ARTICLES

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4023 Watters Lane
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PHONE: 724-449-9275
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EMAIL: tubio@thesafety.net

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IN MEMORIUM

The AMTA PA Chapter is saddened to hear of the recent passing of Michael Alexander Pavulak, a vital voice in the immense growth of massage in Western Pennsylvania beginning in the 1980's. His efforts, along with those of his friend and massage partner, Carol Walsh, were instrumental in the development of many massage practitioners at that time. A longtime member of the AMTA, Alexander played a vital role in the formation of the Western PA unit in 1988, which was the first unit formed in our state. A donation has been made to the AMTA Foundation in his memory.

Sharon Parisi, Benevolence Chair

www.SynergyMassage.com

Synergy Healing Arts Center and Massage School
13593 Monterey Lane • Blue Ridge Summit, PA 17214
800-286-1931 or 717-794-5778
email: massage@synergymassage.com

PA Department of Private Licensed School License #3540 Provider A Category
Accredited by the Commission on Massage Therapy Accreditation (COMTA)
NCBTMB Study. Relax, Meditate in Heated Pool, Hot Tub & Labyrinth Walk.

EAR CANDLING - 3 CEH - Saturday, March 25, 2006 from 9:30 to 12:30pm. with Margie Schaeffer
\$50.00 for class - includes basic materials needed for class.

RAINDROP THERAPY - 3 CEH - Saturday, March 25, 2006 from 2 to 5:00pm with Margie Schaeffer
\$50.00 for class - optional raindrop therapy kit \$119.00

MEDICAL QI-GONG FOR HEALING - 7 CEH - Saturday April 1, 2006 from 9 to 4:00pm with Ted O'Brien \$95.00

REIKI I - 6 CEH - Sunday, April 2, 2006 from 10 to 5:00pm with Janice Currens \$100.00

PRENATAL MASSAGE CERTIFICATION - 21 CEH - Friday, Saturday, Sunday April 21, 22, 23, 2006 from 9 to 5:00pm with Kelly Lott \$400.00

LOW BACK MEDICAL MASSAGE - 8 CEH - Sunday, April 30, 2006 from 9 to 5:00pm with Peter Shor \$100.00

REFLEXOLOGY CERTIFICATION (PHASE I) - 15 CEH - Saturday and Sunday, May 20, 21, 2006 from 8:30 to 5:00pm with Dr. Pat Lawson \$350.00

TRAGER - 7 CEH - Sunday, June 4, 2006 from 10 to 5:00pm with David Haines \$80.00

FACE TONING - 16 CEH - Saturday and Sunday, June 24 and 25, 2006 from 9 to 5:00pm with Kelly Lott \$285.00

ESALEN® - SPECIAL EAST COAST OFFERING!!!!!!! Debra Medow and Dean Marson. This 100 hour training in the World Renown Esalen® modality from Big Sur, California is designed specifically for those people who are already certified in massage and are looking for a fresh approach to energize their bodywork. Students will explore specific ways of facilitating release using subtle, intelligent touch, working smarter, not harder. Year long class taught over 5 weekends. June 15,16,17,2006, August 25-27, 2006, December 1-3, 2006, March 16-19, 2007 and June 8-10, 2007. \$2,750.00. Payment plans available.

One hour drive from Harrisburg, Baltimore, and Washington D.C. Local country B&B available .

The Pennsylvania Chapter of The American Massage Therapy Association presents:

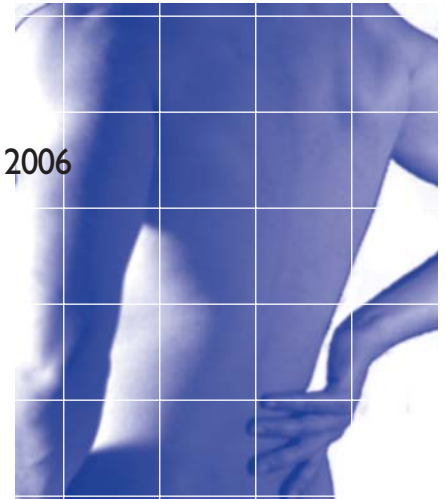
The Berry Method[®] of Corrective Massage

With Taum Sayers

Costs: Members \$275 / Non Members \$315
\$25 Discount for Registering Prior to March 10, 2006
12 Contact Hours — NCBTMB Provider

When: Saturday, April 1, 2006 and
Sunday, April 2, 2006

Where: Pittsburgh School of Massage Therapy (PSMT)
3600 Laketon Road, Pittsburgh, PA 15235
412.241.5155 and 1.800.860.1114
Directions to PSMT: www.pghschmass.com



“Deep Tissue Techniques for The Muscular Components in Back Problems and Injuries”

The Berry Method[®] of Corrective Massage is a clinically effective and systematic body of knowledge that recognizes, respects, and responds to the role distortion, displacement, and protective spasm play in pain and functional problems. These massage protocols address the muscular distortions and imbalances that often interfere with the body's innate ability to maintain and repair itself.

Participants can expect to address future clients back problems by being able to:

- Recognize and precisely locate specific muscles.
- Reposition misplaced muscles, tendons and ligaments towards optimum functionality.
- Release adhesions within soft tissue structures and layers.
- Mobilize some of the body's deepest tissue.
- Correct soft tissue distortion.
- Access and encourage the body's natural repair mechanisms.
- Recognize adaptive compensation.
- Perform passive and active stretching techniques.

This 2-day workshop will include both a regional and a specific in-depth precision focus on over 23 muscles and structures that are often important components in Back Problems. As each muscle, tendon, and ligament is presented, techniques to precisely locate, stretch, correct, and manipulate that specific muscle will be presented, practiced, and reviewed. This workshop is a coordinated presentation of audio, visual and tactile information that includes a bound textbook that corresponds with the Power Point presentation. As each corrective technique for a specific muscle is presented, practiced and reviewed, the student follows along using the textbook and Power Point presentation as reference for class and after class review. (How many times do students forget the class info? This approach aids retention). This serves as a powerful learning environment combining the audio, visual and tactile abilities of participants.

Contact Info:

Mr. Taum Sayers, P.O. Box 818, Truckee, CA 96160

Email: taum@musclemanagement.com

Website: www.musclemanagement.com

REGISTRATION FORM

For Registration, you can use this form, or your credit card on-line available in our website at www.amtapa.org.

NAME: _____

ADDRESS: _____

TOWN: _____ STATE _____ ZIP CODE _____

PHONE: Home _____ Work _____


EMAIL: _____

AMTA # _____

Please make checks payable to the **AMTA PA CHAPTER** and mail to: **Fe Tubio**
4023 Watters Lane
Gibsonia PA 15044
Money and reservations must be in by March 25, 2006.

Any questions or concerns, please call Gina Washlaski,

PA Chapter Education Chairperson at 724-258-0661 or E-Mail: gina.washlaski@verizon.net.

 Trim and detach here.

DIRECTIONS TO THE HOTEL: COMFORT INN & CONFERENCE CTR (Pittsburgh East): 699 Rodi Road, Pittsburgh, PA 15235. Phone: 412.244.1600 Toll-Free Phone: 1.800.230.8982 website: www.comfortinnpittsburgh.com


From Philadelphia area: Merge onto I-76 W via Exit 16B toward Valley Forge (Portion Toll). Merge onto I-376 W / US-22 W via Exit 57 toward Pittsburgh. Merge onto PA-791 N via Exit 11 toward Penn Hills. End at Comfort Inn at 699 Rodi Road, Pittsburgh

From Harrisburg area: Merge onto I-283 S toward I-76/Pennsylvania Turnpike. Merge onto I-76 W/Pennsylvania Turnpike W towards Pittsburgh (Portions toll). Merge onto I-376 W / US-22 W via Exit 57 toward Pittsburgh. Merge onto PA-791 N. via Exit 11 toward Penn Hills. End at Comfort Inn at 699 Rodi Road, Pittsburgh.

From downtown Pittsburgh: Start out going Northwest- Merge onto PA 60 S towards. Pittsburgh/ I-79/Pennsylvania Turnpike East. Merge onto US-22. Merge onto PA-791 N via Exit 11 toward Penn Hills. End at Comfort Inn at 699 Rodi Road, Pittsburgh.

From Comfort Inn to PSMT School: Start out going South on PA-791/Rodi Road. Merge onto I-376 W/US-22 W toward Pittsburgh. Take Exit 10A on the Left toward PA-130/Churchhill. Stay Straight to go onto William Penn Hwy. Turn Right onto Beulah Rd/PA-130. Turn Left onto Frankstown Rd/PA-380. Turn Slight Left onto Laketon Rd. End at PSMT School, 3600 Laketon Rd, Penn Hills, PA

ACCOMMODATIONS:

 Comfort Inn Conference Center-Pittsburgh East-, 699 Rodi Road, Pittsburgh, PA 15235

Phone: 412-244-1600 Fax: 412-823-1691 Toll Free: 1-800-230-8982 www.comfortinnpittsburgh.com

ITINERARY for April 1 & 2, 2006 Events

FRIDAY, March 31

Board Meeting Dinner 6pm — 7pm
Board Meeting in Boardroom Beginning @ 7pm

SATURDAY, April 1

Registration for Workshop/Ed. 8am — 9am
Workshop/Education begins 9am - 12pm
Lunch 12pm — 1:30pm
Workshop/Education Resumes 1:30pm — 6pm

SUNDAY, April 2

AMTA Chapter Meeting & Brunch 9am — 12pm
(Free to AMTA Members)
Workshop/Education Resumes 12pm — 4:30pm

Unit News

NORTHWEST UNIT

On October 9, 2005, the new Northwestern Unit (Erie & Surrounding Areas) was formed. The meeting was held at Great Lakes Institute of Technology located in Erie, PA.

The following officers were elected:

CHAIR: Janet Pazey

Location: 55 Steck Rd., Hadley, PA 16130

Phone: 724-253-2443

E-mail: alpazey@alltel.net

VICE CHAIR: Sylvie Houde-Kemery

Location: 815 Plum St. #162 / Erie, PA 16502

Phone: 814-452-3536

SECRETARY: Jennifer Wilcox

Location: 1136 East 27 St., Erie, PA 16502

Phone: 814-459-7567

E-mail: Brajen@velocity.net

The Spring Workshop – To be schedule approximately in April, 2006.

Jennifer Wilcox, Secretary of the Erie group, indicated that the unit is expecting to schedule a meeting in April, after the weather breaks. She also mentioned that the Unit is interested in considering volunteer relationships with organizations that can benefit from massage services. The Pittsburgh Ronald McDonald House massage volunteers have worked with several clients from the Northwest area. Hopefully those folks have been convinced to promote and use local massage services.

The Unit has been started and with some work can take-off. Lets put our “hands,” heart, and minds together and make it work.

SOUTHWEST UNIT

Meeting: Saturday April 1, 2006

Time: 12:15 -1:15 PM

Location: Pittsburgh School of Massage Therapy, 3600 Laketon Road, Penn Hills, PA 15235

Phone: (800) 860-1114

The Spring meeting will take place during the lunch break of the Chapter's Spring Education workshop. The workshop will be Taum Sayer presenting “*Lauren Berry*

Method of Corrective Massage.” A light lunch will be provided for those who attend the Unit meeting. RSVP to Jan Dreher at 412-585-3511 NO LATER THAN MARCH 25, 2006. Don't forget, The Pittsburgh School of Massage Therapy has moved to Laketon Road in Penn Hills. We would like to ask you to support Taum Sayer at the April chapter workshop. Take advantage of the \$25 discount. For details please access the website at www.amtapa.org

SOUTH-CENTRAL UNIT

The Spring Workshop - April 22, 2006

Time: 9am - 3:30

Location: Pennsylvania Myotherapy Institute

2904 Carlisle Pike, New Oxford, PA 17350

Phone: (717) 624-3333 call for directions

Education: Greater Effectiveness in Massage Therapy, by Wilhelmina Blank

This workshop will guide the participants in applying principles of position-of-ease, myofascial planes, deep tissue and myofascial techniques, with a more “tuned-in” client-centered approach. Special focus will be in applying these principles to more effectively relieve low back, neck, and shoulder tension, as well as treating carpal tunnel, thoracic outlet, and pectoralis minor syndromes. A newsletter will be mailed containing further information on registration.

Ron and Kim Stahl will be resigning their chair and co-chair positions for the rest of their terms for personal reasons. **There is a one-year term open. An election will be held at this workshop to fill these positions. Kelly Givens, Central District Representative, will be available to discuss plans for the Central District. All are welcome, so please come to the meeting.**

LEHIGH VALLEY UNIT

by Joanne Mengel

We had a wonderful response from members who attended the October rally held at the Capitol in Harrisburg. Many student members from the Lehigh Valley College and CDE Massage Therapy

programs enjoyed the experience of participating in such a paramount event. THANK YOU ALL AGAIN. The LV Unit, along with their Caregiver Theme, is still working with Turning Point to provide chair massage to their counselors and staff. We have some volunteers but could always use more to donate a few hours to give some comfort to the caregivers. We were also able to provide chair massage for the staff of Westminster Adult Care Center in September. Tom Florio and myself spent an afternoon with a very appreciative staff.

Our Spring Meeting has not been planned as of yet so keep a watch for the Lehigh Valley Unit email giving you information. If anyone would like to receive information from the LV Unit, please feel free to write to lv_pa_ama@yahoo.com. Then check the PA Chapter's website at www.amtapa.org for even more information about your local units.

PHILADELPHIA UNIT

Meeting - Sunday May 21st, 2006

Time: 10am-1pm

Location: Pennsylvania School of Muscle Therapy
1173 Egypt Road, Oaks, Pennsylvania 19456

Web: www.psmt.com

Education: Introduction to Lomi-Lomi, Instructed by Karen Reifinger

The workshop begins with an overview of the Hawaiian culture and its concepts of healing. You receive a demonstration of the fundamental forearm strokes on the back of the body, then an introduction to various applications for this type of bodywork. The seminar concludes with an interactive demonstration of the unique body mechanic called Ka Lele. A question and answer period follows.

The workshop cost is \$30 AMTA members/ \$35 for non-members

\$25 Pre-register by May 1st. Checks payable to PA AMTA.

Register via telephone 484-432-8131, Sally Murphy or Sally@kneadymuscles.com. We have a new e-mail loop to communicate Chapter news.

INSPIRATION CORNER

**Del, the author,
was a client
who died in
2004 of ALS.**

Consider the feather...

Consider the feather as it floats on the air

with nary a worry, with barely a care.

But attached to the back of a soaring

Bald Eagle it may fly to the top of

St. Patrick's Cathedral.

So be as the feather as you pass through your days,
free from the worry of humdrum malaise.

Soar on the wings of the dreams you have nightly,
but consider the feather... and take yourself lightly.

© Del Wynn Jan.4, 2003 Nantucket, MA

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