



MARCH 2005

American Massage Therapy Association—PA Chapter

THE BALANCED BODY

AMTA Convention 2004 House of Delegates 2004

By Veronica Haberkost, 2004 PA Chapter Delegate

Convention Experience:

This was my second National Convention. It was wonderful to meet people from all over the country and Canada, too! There were many opportunities to chat with people...in the elevators...the lobby of the hotel...restaurants, etc. I met people that have been involved for many, many years, including Tom Fink, who has been a member since the beginning of the AMTA. I also met many first time attendees. All were willing to share their stories and experiences.

I was able to attend two classes. The first one was a four-hour class on "The Business of Massage." The second class that I attended was an eight-hour class on Russian Seated Chair Massage. Although these were two very different topics having to do with Massage Therapy, they were both very informative.



AMTA-PA Members Attend National Convention in Nashville, Tennessee.

The dinner with all the folks from PA was very enjoyable. I got to meet Charlene, a massage therapist from Pittsburgh who was not an AMTA member, but after her experience with the AMTA is considering joining.

As in my previous national convention experience, days are packed with adventures from

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LARGEST SPORTS MASSAGE TEAM IN PA HISTORY

By Andrea Collier

In preparation for the sea of seniors to flood the Western PA area in June for the 2005 National Senior Citizen Olympics, the AMTA, in conjunction with National Senior Olympics Association (NSOA) and University of Pittsburgh Medical Center (UPMC), is creating the largest Sports Massage Team in PA history. We invite you to be part of this historic event!

The Senior Olympics will be held June 2-18, at venues in and around the Pittsburgh area. Events include archery, bowling, shuffleboard, swimming, triathlon, track and field, and much more! Massage Therapists will be located at specific areas and at specific times for fees set by NSOA and may also choose to offer private sessions to athletes for a fee.

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THE BALANCED BODY

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

ADVERTISING RATES

Classified

Up to 20 words: \$12

Over 20 words: \$.30/word

Business card: member \$30, non-member \$40

¼ page ad: member \$75, non-member \$90

½ page ad: member: \$110, non-member \$135

Full page: member: \$170, non-member \$220

Please send 2 paper copies of ads with your check. If possible, send ads by email. PDFs must be high resolution. We are currently using a Windows-based publishing system and cannot accept MAC files.

ARTICLES, LETTERS TO THE EDITOR, PHOTOS AND OTHER 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 disk 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, May 13, 2005. 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, 4023 Waters Lane, Gibsonsia, PA 15044. Questions? 724-449-9275, 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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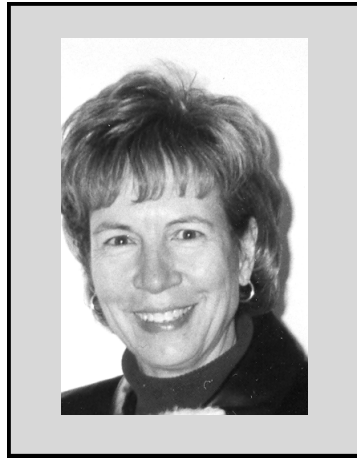
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PRESIDENT'S MESSAGE

By Nancy M. Porambo



It's a new year, with new goals and new challenges! Most of us make a New Year's resolution to find that within several months, weeks or even days, we slip back into our old patterns. Commitments are sometimes hard to keep because old habits feel comfortable.

I am happy to say that the PA Chapter Board of Directors, in the face of many obstacles, has tackled some very large challenges to meet our goal of "**Remembering the Member.**"

To recap the year's highlights:

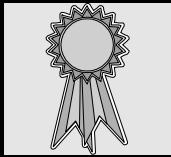
- ★ Hosted our first "Members Weekend" at our annual meeting with vendors, entertainment and giveaways.
- ★ Introduced our first-ever Chapter website.
- ★ Had our long awaited public hearing on licensure.
- ★ Met with Governor Rendell's office to have our own board listed in our legislation.
- ★ Created two new units, Pocono and Lehigh Valley.
- ★ Provided a leadership training program for our Chapter

officers that afforded an opportunity for growth and development.

- ★ Hosted excellent educational opportunities for our members.
- ★ Sent several board members to leadership training at the National Chapter Volunteer Orientation Program.
- ★ Supported the attendance of delegates to Nashville, TN, to represent the PA Chapter at the House of Delegates meeting.
- ★ Provided a more insightful newsletter to members.
- ★ Provided monthly chair massage at the Capitol Rotunda.
- ★ Organized the largest PA sports massage team scheduled to host the National Senior Olympics in Pittsburgh this summer.

I am proud and thankful for the many accomplishments of our board members, committee chairs, committee members, unit officers and volunteer members.

We have one major goal to accomplish this year that needs your input: the goal of securing licensure for the massage therapists of Pennsylvania. Thirteen years ago, we asked you, the members, what you wanted your board to do for you, and you chose for us to seek licensing. Help us to fulfill this goal by contacting your local State Representative to request their support for the licensing bill. A listing of State Representatives and Senators can be accessed on our Chapter website along with a sample letter that can be used to contact your State Legislator. Also, please feel free to contact me or Scott Dugan, our Government Relations Chair, to see how you can help.



AMTA – Pennsylvania Chapter Awards Committee IT'S TIME FOR AWARD NOMINATIONS!

Dear Member,

It is that time of year again to look at our members and recognize those who have gone above and beyond, given their time, talent and effort to the AMTA and the massage therapy profession.

We are looking to you to nominate those members who you would like to recognize with an award or a certificate of appreciation for all they have done. Awards are for AMTA members only. Certificates can be awarded to non-members.



Without your nominations....there can be no awards!

A list of awards and nomination forms can be found on our web site: www.amtapa.org. OR you can request a nomination form by contacting:

Janet R. Dreher, Awards Chair
120 Shenot Road
Wexford, PA 15090

-or-

jrdmassage@hotmail.com

Please complete a nomination form and return it ***no later than April 1, 2005!***

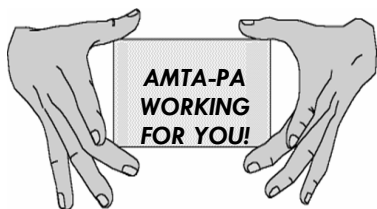
You can submit more than one nomination form.

If you have someone in mind for the Chapter Meritorious Award, we will need that nomination ***by March 15, 2005***, to submit to the National Awards Committee.

Please help us recognize our peers and express our appreciation.

Sincerely, The Awards Committee
Janet R. Dreher, Chair

PS: I am also looking for a few members to be a part of this Committee. The commitment is minimal and can be done via e-mail and phone. Please considering volunteering your time.



AVAILABLE AWARDS

Meritorious Award

To openly honor an AMTA member; to acknowledge diligent volunteerism done in an altruistic manner.
(Awarded at the National Convention)

President's Award

To openly honor recipient(s) who have contributed to the massage profession in an outstanding manner; to acknowledge diligent volunteerism done in an altruistic manner; to enable the President to give an award to a recipient(s) who seem(s) worthy; THIS AWARD IS SELECTED BY THE PRESIDENT.

Distinguished Service Award

To openly honor recipient(s) who have contributed to the massage profession in an outstanding manner; To acknowledge diligent volunteerism done in an altruistic manner; To enable the President and the Executive Committee to give an award to a recipient(s) who seem(s) worthy; This award is selected by the Chapter President with the approval of the Executive Committee.

Humanitarian Award

To openly honor recipient(s) who is an AMTA member; To acknowledge the "heart" of massage in action.

Outstanding Officer/Board Member Award

To openly honor a member of the AMTA Chapter Board; To acknowledge effort(s) that serves as a landmark for others.

Retiring Officer/Board Member Award

To openly honor a Chapter Officer and/or Board Member retiring from said position; To acknowledge service within a specified board position at the end of said service.

Outstanding Committee Award

To openly honor a State committee that has demonstrated outstanding qualities and/or service to the AMTA in their position; To acknowledge and promote outstanding achievements deserving of said recognition by persons involved; To recognize team effort.

Outstanding Committee Chair Award

To openly honor recipient who has demonstrated outstanding qualities and/or service to the AMTA in their Chapter position; To promote outstanding achievements

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**AMERICAN MASSAGE THERAPY ASSOCIATION
 PENNSYLVANIA CHAPTER
 AWARDS NOMINATION FORM**
To be completed by nominator

Nominee: _____

Nominator: _____

Address: _____

Address: _____

Phone: (home) _____ (work) _____

Phone: (home) _____ (work) _____

AMTA member? Yes _____ No _____

AMTA member? Yes _____ No _____

Award Being Considered: _____

Please fill out the following information about the nominee.

About the Nominee. Please briefly list the reason(s) you have selected this person to be a recipient of a PA Chapter Award.

Special Qualities of Nominee, i.e. Creative ideas, team building, mentor, selfless, etc.

List any major projects the nominee has been involved with for the AMTA at the national, chapter or unit level that has had an important impact on the association.

List any altruistic activities nominee has participated in, i.e. Less privileged, elderly, disasters, Massage Emergency Response Team, donations of massages to charitable organizations, etc.

Additional comments on why the nominee should be considered for an award.

Thank you for taking the time to bring this person to our attention. Sincerely, Janet R. Dreher, Awards Committee Chair

UNIT NEWS

EASTERN UNIT (PUPCA)

Our fall massage retreat, featuring Alexander Technique for the Massage Therapist, included many other classes (Reiki, financial planning) and also massage, yoga, pedicures and manicures, and vendors for our many unit members attending.

Announcing plans for our **spring unit meeting**, Sunday April 17, at the new home of **Massage Arts Center** in Philadelphia (www.massagearts.com): **Intro to Shiatsu**, Elections, and of course, come for free lunch!! Please hold the date and look in mid-March in your home mailbox for more information. Subscribe to our unit email to post and respond: Massage therapy positions; Table or chair to sell or buy; Massage exchanges; Looking for a mentor; and/or Professional advice or conversation. Go to www.topica.com/lists/PUPCA or PUPCA-subscribe@topica.com.

LEHIGH VALLEY UNIT

The Lehigh Valley Unit of the AMTA-PA has been formed. The officers include: Joanne Mengel, Chair; Brenda Page, Vice Chair; and Kim Santos, Secretary. They are planning to meet on January 29th to outline an agenda for the unit. You can contact the unit by emailing, lv_pa_ama@yahoo.com, or by calling Joanne at 610-588-0031 (H), 570-421-5014 (W), or 610-390-6945 ©. Everyone in the LV Unit is urged to GET INVOLVED !!

NORTH EAST UNIT (NEPA)

On November 28th we had our first our first meeting and the first of many seminars to come for the NEPA unit, at the CDE Massage Therapy school. The seminar started at 1:00 and during that time other massage therapists in our unit area were able to meet, greet, and compare notes on business practices, AMTA issues and other aspects of our profession. From 2:00-3:30, Dr. Mark Tieszen, D.C., presented "The Medical/Clinical Aspects." These aspects were basic anatomy/physiology, how to palpate-searching for landmarks, how to meet/greet and end a medical massage, and how to ethically explain to a client when a client needs to return for a second visit. Dr. Mark, who comes from a family of four generations of chiropractors, can be found on the web under "Tieszenchiropractic.com"

Vicki Hicks, Director of the massage therapy program of CDE, talked about upcoming events and how the AMTA works, and Roy Evans, Massage Therapist, spoke about being a "professional" male massage therapist in today's world. Finally, Shannon Zeller, LMT, talked about teaching the therapist the proper way to stretch.



The unit will sponsor a chair massage event on January 28th at the Mount Pocono High School in Pocono Summit, PA. On this day volunteer massage therapists will give chair massages to weary teachers of the high school during their in-school in-service. There are approximately 120 teachers available to massage. For more information, please contact Shannon Zeller, 570-643-5308.

In the following months there will be more teacher in-service chair massage events at Wilkes-Barre High School, and at some other area schools. The dates have not been set.

SOUTH CENTRAL UNIT

Spring Meeting will be held May 21, at Pennsylvania Myotherapy Institute, in New Oxford, PA. In keeping with the National AMTA proclamation of teaching topics for 2005 of self-care for the therapist, the May 21st education topic will be: "Body Decompression for the Client and Repetitive Use Techniques for the Massage Therapist's Hands." Presented by: Peter Jurgensen, CMT, AMTA, PALM Center for Holistic Wellness, Hedgesville, MD.

May 21st will also be the unit election of officers for the next two years. Please come and vote or run for office. Contact: Peggy Williams, Chair South Central Unit, AMTA, Peggy_Williams@mercensburg.edu.

WESTERN UNIT

The Western Unit's spring meeting will be held on Saturday, April 23, at Career Training Academy's Monroeville Campus, located in Monroeville at the Expo-mart. The meeting will begin at 11AM, with networking and a light lunch (provided by the unit), followed by the Unit Meeting at 12 noon. Education (2 contact hours) will be from 1-3 PM.

Please be advised that at this meeting the Western Unit elections will be held. If you are interested in running for office and are a Professional Member of the AMTA in good standing, you are eligible. Unit Chair, Unit Vice chair, and Secretary positions are available. Starting with elections this year, terms are for two years. For election information and/or nomination forms, please contact Paul Beadle at 724-327-6319 or ptbeadle@hotmail.com.

The education portion of our unit meeting (2 free contact hours of education provided by the unit) will be presented by Robin Coldren, N.D., of Coldren Chiropractic Wellness Center, in Export, PA.

This year AMTA will focus on the massage therapist. Robin will talk about: nutrition; muscle testing; toxins in your body; food allergies; vitamins vs. whole foods; and is your nutritional regimen right for you? Come and learn more about the body and find out what your body can tell you.

Jack Smith, Unit Vice-Chair, reports that the massage work at the Ronald McDonald House is going well. Jack reports that in 2004 in excess of 104 massages were given by a great group of GIVING people! Hats off to Marsha Morris, Jack Smith, Becky Cordell and Eliot Kennedy for the wonderful on-going

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*Member Profile***Thomas Fink , Last AMTA-PA Charter Member***By Kiersten Stebner*

Thomas Fink is the last surviving Charter member of the Pennsylvania Chapter of AMTA, which was founded in 1954. He was recently honored at the AMTA Convention for his years of service in a wide variety of positions.

His career in massage, however, began out of necessity more than choice. He said, "I went to business college in 1949 and got degrees in business and accounting, but it was difficult in those days to find a job, and many of them were paying \$25.00 a week." His wife heard about a job available at a local YMCA. Fink said, "There was an opening in the health club. I went in for an interview, and they hired me, and sent me to the Chicago School of Swedish Massage."

There began Fink's unintended massage career. "I always liked to work with my hands, and after doing massage, working with my butt didn't appeal to me," he joked, referring to office work. Fink said that Swedish massage has always been the primary element of his work. "You go to seminars and read magazines, and get massage from other people, and you add those things to your work. I think that Swedish is the basis for many modalities, and you branch out from there."

"In different parts of the country, massage means different things. On the West Coast, there's a variety of different massage therapies. In the Midwest, it was primarily Swedish [when he began massage], and the East Coast is a little slower at progressing [adding newer modalities]." But no matter what the modality, Fink says he was always the first one to volunteer to get on the table. He has been receiving regular massage, trading with a friend/colleague for years.

Fink has served the AMTA in every capacity at the State level. As a Charter member for PA, Fink says they began as a group of seven men in 1954. After requesting that the National Convention be held in Pottsville, PA, where they had some of their state chapter meetings, Fink said "A hundred members showed up, and they had the best meeting attendance up to that point. That was an impetus for us to advertise in the newspaper and radio to get more members for our chapter. It was a struggle to grow the PA chapter, but we also held seminars in Allentown and other Pennsylvania towns and invited members from other State Chapters to attend."

Fink continued his service to AMTA by working on the National level, where he served as the Eastern Director, the Vice President, and the National President. Fink also served as a national consultant for the various chapters for twenty-eight years.



Mr. and Mrs. Tom Fink at the National Convention in Nashville.

When asked to compare the current organization of AMTA to the original, Fink first commented on AMTA's composition. "When I joined, it was a predominantly male organization. The people involved in AMTA came from YMCA's and private organizations, and there were many who were from the Midwest." And, at the time, those men were often full-time massage therapists. The contrast with the current makeup of AMTA is huge.

"Now, AMTA is 85-90% composed of women. Whether they are working predominantly full-time or part-time, I'm not sure. But I hope the pendulum swings back in the opposite direction, and that there are more equal numbers of both men and women involved, for balance."

Fink said that the biggest administrative changes created over the years had to do with "...bringing chapters into more focus." His administration began the President's Council and the House of Delegates, "...to help chapters and members to have more responsibility to the national organization."

Another factor that he feels has heavily impacted on AMTA's influence in the community is Sports Massage. "I would say that Sports Massage has been vital in getting the word out about massage, with its presence in the Olympics, marathons, and public events. You have to promote your identity, which in turn generates more members." He feels that the current number of members, approximately 55,000, can be credited to the notoriety of Sports Massage.

When asked what he's enjoyed most about being a massage therapist, as well as his involvement in the AMTA, Fink says, "I'm a people person. I enjoy trying to help people with problems, whether it be on an individ-

(Continued on page 11)

2005 AMTA - PA MEETINGS AND WORKSHOPS MARK YOUR CALENDAR NOW!

April 2-3 —Pittsburgh: Suzanne Scurlock-Durana, CST-D
"INTRO TO HEALING FROM THE CORE:GROUNDING & HEALTHY BOUNDARIES"
And PA Chapter Meeting

May 14-15 —E. Stroudsburg: Ralph Stevens, special education event
June 4-12—Pittsburgh, National Senior Olympics

July 16-17—Harrisburg : Chapter Annual Meeting with Elections
Dr. Suzanne Torrenzano: "STEPPING STONES TO ENHANCING HEALTH"

Sept 21-24—Albuquerque, NM: National AMTA Convention
Nov. 12-13—Philadelphia: Dr. Alan Saxon, D.C.,
"ORTHO-BIONOMY SELF HELP" Workshop
And PA Chapter Meeting

SEE OUR WEBSITE AT amtapa.org FOR DETAILS ABOUT THESE EVENTS

LEGISLATIVE UPDATE By Nancy M. Porambo, President

Rep. Gannon, Majority Chairman of the House Professional Licensure Committee, asked us to re-draft our licensure bill to reflect suggestions made by certain groups and individuals at the public hearing. The bill has been re-drafted to reflect the following changes:

- ◆ Creation of our own Board.
- ◆ Our Board includes the State Physician General—who is a doctor.
- ◆ Grandfathering for ABMP members.
- ◆ Added HIV and health care CPR training for massage therapists.
- ◆ Gave Massage Board the power to review and increase the hours of education once licensure has been in effect for two years.

OUR NEXT STEPS

The Lobbyist will meet with Rep. McCall to ask for his approval of our changes to the bill. As you may know, Rep. McCall is the prime sponsor of our legislation. If Rep. McCall agrees to our changes, the bill will be sent to the Legislative Reference Bureau to be officially drafted. Then, Rep. McCall will circulate a co-sponsorship memo to all Members of the House of Representatives to ask them to co-sponsor his bill. Once Rep. McCall feels that he has enough co-sponsors, he will introduce the bill and it will get a bill number. After the bill has a bill number, we will begin lobbying the

House Professional Licensure Committee to ask them to report the bill out of committee as committed. "As committed" means without any amendments that change the bill. The bill will then go to the Floor of the House of Representatives for consideration by all 203 Members of the House. We do not know an exact time frame for when the Professional Licensure Committee will consider our bill. That decision will be made by Rep. Gannon, Chairman of the Committee.

GRASSROOT EFFORTS

A group of AMTA volunteers traveled to Harrisburg on January 26 to promote our licensure and ask House Members to co-sponsor the bill. We will continue our grassroots efforts until the bill becomes law. Grassroot efforts will include: writing letters to Chairman Gannon to ask him to report the bill from Committee as committed and asking AMTA members to write and/or call their own state Representative to ask him/her to ask Rep. Gannon to report the bill from Committee as committed. Once bill is reported from Committee and sent to the Floor, we will need to send letters and place calls to every Member of the House of Representatives. A sample letter will be posted on the website.

**AMTA NATIONAL
TOLL-FREE 1-877-905-2700**

(Continued from page 5) Unit News

work! She won't want to hear it, but 2 hats for Marsha; she has really put her heart and hands into this project.

If you want CPR certification, you can contact your local chapter of the Red Cross: South Western – 412-263-3100; Westmoreland – 724-834-6510; or Chestnut Ridge – 724-537-3911. Any of the Red Cross chapters can give you the information that you need. Also, contact your local massage schools as they may have classes available.

If you are planning on attending the Western Unit Spring Meeting, please RSVP to Jan Dreher. We hope to have a reminder postcard for you before the meeting date.

Hoping that all the members had a good Holiday Season and that we all have a good and prosperous year in 2005. Remember that a contact list is at the back of the newsletter with contact information. Please feel free to contact the people on the list if you need any additional information. *Dave Carroll, Western Unit Chair*

**AMTA NATIONAL
TOLL-FREE 1-877-905-2700**

(Continued from page 1) Senior Olympics

There will be approximately 20,000 seniors participating in the event. To meet the anticipated demand, the goal is to create a team with at least 100 to 150 therapists to care for all these dynamic athletes, especially during the more strenuous events. Massage therapy students may also volunteer if they have the required training, insurance, and are under supervision.

To be a member of this dream team, please go to our website at www.amtapa.org and fill out the application on line. The detailed instructions are found on our website. The application deadline is Tuesday, May 10. Other requirements are also posted on the website.

On Saturday, April 30, Mike Walters, who recently returned from the AMTA sports massage event at the Olympics in Athens, and David Sanctis, our Sports Committee Chair and UPMC Sports Center Staffer, will be offering an educational refresher and orientation in the Pittsburgh area at the UPMC Sports Center on the Southside of Pittsburgh.

The focus of this training will be on sports massage for senior athletes and protocol for the event. Event locations will also be discussed. If you have applied to be part of the team, you will be expected to attend this event. If you haven't applied yet and are interested, apply online or contact Event Director Andrea Collier.

Also needed are volunteers for non-massage jobs. Please contact the event director to offer services such as hosting out of town therapists, driving team members to and from locations, helping to register athletes and more.

Event Director address is Andrea Collier, RD 1 Box 185, Templeton, PA 16259 and email hillfarm@alltel.net. **BE PART OF OUR TEAM!**



Left-right: Mike Walters, Leo Totten, and Chad Vaughn.

**AT THE ATHENS OLYMPICS
By Mike Walters, Massage Therapist**

This picture was taken one evening just prior to closing ceremonies of the 2004 Athens Olympics. The Olympic Weightlifting Venue had closed and all medals were awarded. Leo Totten (center), the USA Weightlifting Team Leader, finally had some free time, and Chad Vaughn, USA Olympic Weightlifter, was finished with competition and could eat anything he wanted.

We went to a restaurant, The Old Tavern of Psara's, which is directly below the Acropolis in the Plaka district. The waiter was so taken with Chad being an Olympic athlete that he was willing to take our pictures and also treated us to a special restaurant treat.

The experience of being involved in the Olympics is beyond words. The energy that surrounds the Olympics is special to that time and place. Serving at this Olympics was special because Mr. Totten is the coach I work with throughout the year.

SELF-CARE TIP



**CRYIN' THE DRY SKIN BLUES
By Veronica Haberkost**

The cold winter wind combined with dry heat can take its toll on our skin. Try this homemade exfoliation scrub followed by your favorite moisturizer to give your skin a healthy summer glow.

Mix together:
Juice from ½ lemon, 8 TBSP brown sugar, 1 TBSP honey

Use as a body scrub.
Rinse with warm water.



ELIZABETH H. MOORE

A MEMBER PROFILE *By Kiersten Stebner*

Elizabeth H. Moore was recently honored at the AMTA National Convention for forty years of service. She remembers "...belonging to them about as long as they've existed."

Moore had an unusual introduction to massage. After graduating from high school, she took classes in Beauty Culture, learning a variety of services associated with such. During this time, her mother had an embolism, which left her unconscious for weeks.

Moore's father had a colleague at work who referred him to a woman named Myrtle Richards. She had a broad background that spanned from massage to chiropractic and nutrition. When Moore's mother regained consciousness, her father took her to see Richards. Richards used a variety of modalities and techniques on Moore's mother with extreme success. In the process of her mother's rehabilitation, Moore said, "Myrtle asked me to come in and be trained." Like so many massage therapists of her time, Moore began to learn by following a mentor.

Moore began working with Myrtle at a Jewish Community Center in the Health Club doing massage, she said. As time went by, Moore also branched out into doing home visits. When asked about what modalities she learned and specialized in, Moore said, "Swedish massage is what I've always done. I've read about other types and taken seminars, but Swedish is what I've used."

Moore said that massage appealed to her because, "I enjoyed meeting people and being able to do something to help someone. I know massage can help people if given properly."

Even more specifically, Moore reminisced about some early experiences of seeing her mentor's work help others. "I remember one lady that came in and had a broken leg. [When it had healed] one leg was shorter than the other. We were able to stretch it and work with her." She also remembered, "A man came in who was scheduled for a knee operation, and Myrtle worked with him...." and subsequently, he never had the operation.

Referring to the AMTA and its progress over the years, Moore said, "Myrtle and I used to go to the meetings together. And it's grown over the years, becoming much more professional." She also commented on how far the AMTA has come in the eyes of other organizations, as well as government: "Nobody can look down their noses at it today."

Though Moore claims she's never had much massage herself, she's still seeing three or four people a day, both for relaxation massage and for the relief of specific issues. And this is about 40 years from the time she started.

Elizabeth H. Moore was born in Scotland, but came to this country when she was three years old. Her parents settled in Dickson City, PA., where Moore continues to reside. She has a daughter who lives in Chicago, four grandchildren, and one great-grandchild.

Inspiration Corner

*We are not here just to survive
and live long...
We are here to live and know life
in its multi-dimensions
To know life in its richness
In all its variety.
And when a man lives
multi-dimensionally,
explores all possibilities available,
never shrinks back from any challenge,
goes,
rushes to it,
welcomes it,
rises to the occasion,
then life becomes a flame,
life blooms.*

BHAGWAN SHREE RAJNEESH, *The Sacred Yes*
Submitted by Veronica Haberkost



Top: Retta Flagg;
Front, l-r: Helen Traglia, Fe Tubio, Nancy Porambo, Loreli Bauer, and Veronica Haberkost.

(Continued from page 1) National Convention Report
the moment you get up until the moment you fall into bed...exhausting but very interesting and a lot of fun!

2004 House of Delegates (HOD)

This was my first year as a delegate and I was very nervous. Not only was I a delegate, but I was also asked to be the delegate to present the first Position Statement to be tested before the HOD.

I found the entire process to be very interesting. We had a delegate's orientation on Wednesday evening. We were given our electronic voting keypads, which we tested and determined what constituted different majority votes: simple majority, super majority, 2/3 majority and weighted majority. These were all necessary for different items that may come up.

On Thursday afternoon, the 2004 House of Delegates was assembled and called to order. A roll call was taken and it was determined that 125 delegates were present.

Laurel Freeman, AMTA National President, gave her report to the HOD. She mentioned that the National Board is working with the Government Relations Committee on a program to develop and implement a national policy on political involvement for chapters. She also mentioned that the board was working with the National Yellow Pages regarding cutting out confusing crossover between legitimate massage therapy services and escort services. She said it is a complicated issue involving much legality. She also told us that the toll-free phone number to the National AMTA offices would be in effect by December 1.

Next was the House of Delegates Operations Committee Report (HODOC) given by Retta Flagg, HODOC Chair. She gave a timeline for recommendations and positions statements to be presented; recommendations need to be presented by a Chapter to the House of Delegates by March 15. The position statements need to be presented to a delegate by **February 1** and by a delegate to the House of Delegates by **February 15**.

The action of the National Board on some of the recommendations that were passed from last year's HOD:

- ◆ WI – Study on feasibility on adjusting the education

reporting period to be in sync with the NCBTMB reporting period. Approved and will be in place by March 2005.

- ◆ VA – Action aimed at National Phone Directory/ Adult Entertainment vs. Massage Therapy – continues to work with National Yellow Pages.
- ◆ IN #1 – Candidate corner on National Website – to get to know the candidates better. The board of directors acknowledged that there needs to be a level playing field and that cost must be considered. Therefore no action is taken at this time.
- ◆ IN #3 – Reinstate National leadership trainings at National Convention. Accepted and plans are in place to reinstate.
- ◆ IN #2 and VA #1 – Background information provided to members attending National Board of Directors meetings. Because of the issue of confidentiality and the need for additional administrative staff, printed materials will not be distributed. Instead, an overhead projection will list the agenda and items to be discussed.
- ◆ CT – The Study, Education and Marketing of Massage as Prevention. There was felt to be a lack of clarity on this recommendation, with more research data needed.

Next, the Indiana Chapter presented its recommendation: "Therefore, be it resolved, that the National Board of Directors create a workforce to study a way for recommendations that are generated from the House of Delegates to the National Board and referred to the Products, Programs and Services (PPS) development process be considered as a measurable value in all aspects of the PPS development process."

After much debate, the recommendation was voted on and was not passed. The weighted vote was Opposed: 15101.1 and For: 9736.5

The presentation of the Position Statement was read by myself, as a Pennsylvania delegate. The position statement read as follows: "It is the position of the American Massage Therapy Association (AMTA) that Massage Therapy can be effective for stress relief."

There were many issues discussed during the debate of this Statement. Some felt that the studies were conducted in too small a sample. Some felt that it was a good statement in its simplicity. Others felt that the use of the word "can" was not strong enough. Some discussed the fact that the definition of "stress" was not clear ...stressors, effects of stress, etc. Another issue that arose was the format of the submission form. Some felt that it should be re-organized.

Ultimately, the Position Statement was defeated:

(Continued on page 11)

(Continued from page 3) Available Awards

and to honor an individual who is deserving of said recognition.

Government Relations Committee Award

To openly honor a Government Relations Committee that has provided exceptional accomplishments at the Chapter level regarding governmental relation activities; To acknowledge and promote achievement(s) deserving of said recognition by persons involved; To recognize team effort.

Outstanding Sports Massage Team Award

To openly honor an Outstanding Sports Massage Team that has provided exceptional accomplishments in the area of sports; To acknowledge and promote achievement(s) deserving of said recognition by persons involved; To recognize team effort.

Sports Massage Achiever Award

To openly honor an AMTA member; To acknowledge accomplishments in the area of sports massage.

Dedicated Service Award

This award is to be given to an AMTA member in good standing; To acknowledge their dedication, service and/or commitment to AMTA as an association.

Outstanding Newsletter Award

To honor the staff and/or editor of the Chapter's newsletter for exceptional quality; To promote continued quality and an example of high standards for others to follow.

Fund Raising Project of the Year Award

To honor the profitable efforts of an individual and/or group who have dedicated exceptional service in fund raising towards AMTA goals; To assist the AMTA with financial needs on a national and/or Chapter level.

Massage Emergency Response Team Award

To openly honor recipient(s) who have contributed to an emergency; To acknowledge diligent volunteerism done in an altruistic manner.

Certificates of Appreciation

To openly honor recipient(s) who have contributed to the massage profession; To acknowledge diligent volunteerism done in an altruistic manner; To acknowledge someone who has bridged the gap between AMTA and/or massage and other associations and/or professions. Recipient is not required to be an AMTA member.

Opposed - 16135.7 For - 11149.1.

The HODOC Chair (Retta Flagg) commended the work of the House of Delegates on this matter. She stated that it is important for the delegates to consider all issues and ramifications of each word involved in a statement that will represent the position of the AMTA.

Elections for open positions on the House of Delegates Operations Committee (HODOC) were held and the newly elected members are Shirley Cooper (CT), Cheryl Tardy (ME) and Tom Kelly (VA).

BENEVOLENCE

When a Chapter member has an occasion worthy of celebration, is touched by sadness or is in need of well wishes, your Benevolence Chair would like to know about it. On behalf of the chapter, the member will receive a note acknowledging the occasion, and the AMTA Foundation will receive a donation in that member's name. Be it death, birth, wedding or illness, or other major life event, please direct the information to Sharon Parisi, 2454 Scenic Ridge Dr., North Huntingdon, PA 15642, or email sharon.p@comcast.net.

(Continued from page 6) Tom Fink

ual level, AMTA Chapter, or the national level. I think we're our own worst enemy when it comes to creating problems, then needing to solve them."

Fink worked at the YMCA for thirty years doing massage, and then rented his own space, eventually working from home in the latest years. Up until recently, Fink has continued to see six to ten clients a week. When asked for a little advice for budding massage therapists, Fink said, "Massage has been good to me over the years. If someone has the commitment to stick to it, even though they may have some slower times, then they can make it. You take each day as it comes and be glad for it."

Fink currently resides with his wife in the outskirts of York, PA, where they've made their home for thirty-two years. He has three sons, and hopes that he can involve at least one in the profession that became his passion.

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Inspiration Corner

By Michele Kierski

*Faith is not a judgment
nor an amusement, but
a humble acceptance of
possibilities.*

From "Angel Voices"
by Karen Goldman

NEWSLETTER NOTES

*By Veronica
Haberkost,
Newsletter
Coordinator*

**Thank you,
AMTA-PA
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Staff Writer:
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