

Rally in Capitol

October 26, 2005 at 9:00am

By Nancy Porambo



"At present, we are planning a Rally for October 26, 2005 at 9 a.m. Several State Representatives are scheduled to speak as well as several representatives from AMTA, PaBTA and ABMP. Buses will be leaving from Philadelphia and Lehigh Valley areas. Please contact the following volunteers to make arrangements for attending."

Buses for the Rally

When: October 26, 2005, Wednesday

Where: Harrisburg (Capitol Building)

Meeting place for the buses: please contact the volunteers in charge below.



Philadelphia and Nearby Areas

- The chapter is paying a charter bus to take everyone to Harrisburg. Anyone interested can ride on the bus.
- The bus will arrive at Massage Arts Center (see address below) at 6:30am on Oct. 26th and leave promptly at 7:00am.
- Bus will arrive in Harrisburg by 9:00am.
- The bus will depart from Harrisburg at 12:30-1:00 and will arrive in Philly by 2:30-3:00pm.

Please RSVP to: Deanne Shreve • PHONE: 609-870-6686 • dzshreve@msn.com

School address: Massage Arts Center • 714 Market St. • Philadelphia, PA 19106
PHONE: 267-321-0200

Pittsburgh and Nearby Areas

A bus is being arranged by Andrea Collier for Pittsburgh and nearby areas.

Please RSVP to Andrea Collier: PHONE: 724-545-1339 • collierhillfarm@comcast.net

Lehigh Valley, Northeastern and Nearby Areas

Two (2) bus are being arranged by Joanne Mengel for Lehigh Valley and Northeast (NEPA) regions. Each bus will accommodate 47 passengers to transport members from Lehigh Valley to the Capitol for the "Rally." Nepa and Lehigh Valley units are working together in this endeavor. Please contact Joanne on or before October 10th for anyone wishing to go.

For more information please contact: JOANNE MENGEL
PHONE : 610-588-0031
lv_pa_ama@yahoo.com

For York and Surrounding Areas

Please contact Nina Kottcamp at Nspecsoul@aol.com.

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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 benefit of membership. The Newsletter is published three times per year in **February, June and October.**

ADVERTISING RATES

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Up to 20 words: \$12

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Please send 2 paper copies of ads with your check. If possible, send ads by email. PDFs must be high resolution.

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 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

4023 Watters Lane • Gibsonia, PA 15044

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

There is plenty happening around the issue of licensure! As you know, HB 1643 was introduced in June. We had 67 State Representatives sign on to the bill and several more have signed on since the bill was introduced! Our Government Relations Committee under the direction of 3rd Vice President, Nina Kottcamp, and Government Relations Chair, Scott Dugan, have worked very hard to move this bill in the right direction.

At present, we are planning a Rally for October 26, 2005 at 9a.m. Several State Representatives are scheduled to speak as well as several representatives from AMTA, PaBTA and ABMP. To bring you up-to-date on the support from other professions we have received thus far, the Pennsylvania Physical Therapists Association President, Geraldine Gryzbek has stated that their organization does not support licensure or our bill as it is currently written. What's the problem: they question the definition of "therapeutic" and state that "massage does not promote healing and rehabilitation." They also state that "massage therapists do not possess adequate education and training to be interpreted as such." They also suggest that if massage therapists do promote healing and rehabilitation, that they should be supervised as they would "create a serious health issue to the public". They are also not in favor of the "broad" grandfathering clause that is written in the bill. They have further gone on record as stating that massage therapists should be certified or registered.

As many of you know, 37 states are currently licensed and 9 are currently pending licensure. The majority of states are self-regulated through their own boards. I find myself continually asking why physical therapists have a problem with massage therapists desiring inclusion in the health care industry when thousands of therapists all over the country are licensed. In most states, licensed health care professionals work with each other for the benefit of the individual. Why not in Pennsylvania?

I called the National office of the physical therapists and could not find an answer why

physical therapists in Pennsylvania oppose licensing when other states like Georgia and Nevada (who both had licensure pass), had the full support of the physical therapists! It appears that the Physical Therapists in this portion of the country also opposed the bills in New Jersey and Maryland.

The AMTA Board of Directors has supported the issue of licensure for the past 13 years based on the response from our membership to seek licensure. Through licensure, we protect our own profession by regulating ourselves, and not have another profession regulating us. Licensure will also establish educational guidelines for massage therapists. It will also protect the public from unqualified practitioners and from unscrupulous individuals holding themselves out as massage therapists. Licensure will also ensure a level of standards that promotes the highest possible standards of credibility and integrity for the massage therapist practicing in Pennsylvania.

Your Government Relations Committee has been working hard for you! They have recently completed Phase I of their grassroots project. They are in the process of Phase II and look forward to our Rally at the Capitol. If you are passionate about protecting your right to practice as a massage therapist, believe in raising the standards of massage therapy in Pennsylvania, and support establishing educational guidelines for the profession, please join us at our Rally. Buses will be leaving from Philadelphia and Lehigh Valley areas. Please contact the volunteers in charge to make arrangements for attending. I would also like to encourage you to contact your State Representative and Senator to voice your support for this bill. Many thanks to all of you who have distributed cards and made phone calls, written letters and attended the monthly chair massage program at the Rotunda. ■





Government Relations Update

by Nina Kottcamp

The government relations committee needs your help. Go to www.amtapa.org and click on government relations, then letter of support.

Print this letter out and mail it to your house representative.

RALLY DAY ... Oct. 26th, 2005.

This is our day; we will be rallying on the Rotunda Steps in Harrisburg at 9 a.m.

Please arrive at 8 a.m. so that we can get organized.

We will have several guest speakers, media coverage and lots of licensure promotion activities.

After the Rally we will be providing chair massage, to Government employees.

SEE YOU THERE!!!

Please RSVP to Nina Kottcamp at nspecsoul@aol.com. ■

Massage Emergency Response Team (MERT)

by Nina Kottcamp

As we watched the natural disaster unfold in our Gulf region, our hearts went out to the many left without shelter and basic survival items.

The interest to respond grew louder and clearer, we all wanted to help!

The national AMTA has responded with letters to its membership, sharing their concern and updating us with the response at large.

Our PA-Mert team has been and continues to restructure and grow so that it can be called upon in the future.

If you are interested in being a part of the new MERT team, please visit our web site at www.amtapa.org.

MERT LEADERSHIP TRAINING, November 19th and 20th !! Location to be decided.

IF YOU ARE INTERESTED IN ATTENDING, CALL NINA KOTTCAMP (717) 845-4822.

Look at our web site for more information. ■



An Invitation to all AMTA Members

Dear AMTA member:

We are now moving into our next stage of a Grassroots efforts. We need a strong letter campaign coming from the constituents. Please write to your representative today.

You can go to our web site at; www.amtapa.org. Click on "Government Relations," then on "letter of support." Sign this letter with your name and address and put it in the mail.

Better yet, print out several copies of the letter and ask your clients to sign them. Chances are you are all in the same district.

If your not sure who your representative is you can look them up by entering your zip code on the web site. Click the tab that says, Who is my Legislator?

We need the representatives to receive as many letters as possible.

You can make a difference! Act today! We want the Representatives to receive as many letters before our Rally on Wednesday, Oct. 26th at 9 a.m. Mark your calendars! As an additional show of support for this very important bill, please plan to join with fellow massage therapists and their families at the rotunda in Harrisburg for the event.

Please email me with the number of letters you personally addressed. I'm keeping a tally for strategic planning. Also we are taking a head count for the Rally. If you plan to attend, please email me so we can look for you there. There are several busses available, but a reservation must be made. York, Pa (1 bus), Philadelphia (1 maybe 2), Lehigh Valley region (2 busses).

Step up and be counted. Your voice will make the difference.

Please forward this letter to all those who support licensing, House Bill #1643.

Thank you,

Nina Kottcamp

Nina Kottcamp

Email Address: nspecsoul@aol.com ■

A Call for Donations to aid AMTA Members Affected by Hurricane Katrina

by Nancy M. Porambo

At the National Convention in Albuquerque, NM, the National Board of Directors decided to match donations up to \$50,000 made by Chapters to aid AMTA members affected by Hurricane Katrina. These funds will be used to aid therapists to either cover membership fees or to obtain supplies to re-establish their practice. Over 350 massage therapists had their personal life and practices affected by Katrina and are in desperate need of our help.

The Pennsylvania Board of Directors asks you to please consider sending a donation in the amount of one massage therapy session or more so that we can meet the request of \$1,250 per Chapter to meet this goal.

We are asking PA Chapter AMTA members to please join us in this endeavor and to send your donations.



**Please make your check payable to AMTA PA and send it to the Chapter Treasurer at:
4023 Watters Lane
Gibsonia, PA 15044**

Thank you for your understanding and sensitivity to this call for donations.

Please use the form below:

Name: _____

Street Address: _____

Town _____ State _____ Zip Code _____

Amount of Donation: \$ _____

Together, we can make a difference for those in need!

HOME HEALTH REMEDIES

Colds and Flu

It may be just a cold, but it's nothing to sneeze at.



At first sign of a sniffle, turn to home made remedies which can unstuff your head, boost your immune engines, and speed your illness on its way-unlike typical cold remedies, which can dry you out, put you to sleep, keep

you up at night, do nothing at all to make you better faster, and may even prolong your illness.

Head Off a Head Cold

As soon as you notice cold or flu symptoms, start taking 500 milligrams of vitamin C four to six times a day. Buy a brand with added bioflavonoid, which

have been shown to enhance the effectiveness of vitamin C by as much as 35 percent. If you develop diarrhea, cut down on the dose.

Soothe a Sore Throat

The traditional sore-throat gargle, a squeeze of lemon juice in a glass of warm water is ideal because it creates an acidic environment that's hostile to bacteria and viruses.

A Reeking Remedy

A dose of garlic, a natural antiseptic will do a job on those viruses. If you're very brave, hold a small clove or half clove of garlic in your mouth and breathe the fumes into your throat and lungs. If it gets too strong as the clove softens, just chew it up quickly into small pieces and swallow with water.

From: "Reader's Digest, 1801 Home Remedies, Trustworthy Treatments for Everyday Health Problems, Reader's Digest Health Publishing, 2005.

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"Thank You"
Goes To...**



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Portal Pro 3 Massage Chair
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**or call them at
1-800-558-8850.**

ROTUNDA CHAIR MASSAGE PROJECT UPDATE

by Andrea Collier

Want to do something really exciting and out of the ordinary? Then try chair massage at the State Capitol! Not only will you be awed by the magnificence of our capitol building itself, but you can feel the actual flurry of real governance all around! It's history in the making!

Since April of 2003 AMTA-PA has hosted the Rotunda Chair Massage Project each month on the third Wednesday from 10:00am - 2:00pm offering free chair massage to the state capitol employees. This has provided several benefits to the licensing efforts: 1) Awareness of the benefits of massage, 2) the opportunity to speak with and inform many legislators and their staff people, 3) to educate them for the need of massage licensing, the need for educational standards for massage practice in the state, and the need for trustworthy and safe massage.

Presently we are at a very exciting but

precarious place for our current bill and we cannot slack off now in providing this wonderful service that has really opened the doors for Massage Therapy at the Capitol. Many of our regulars have commented that once we get our bill passed that we will forget them. Our massage friends, which include numerous legislators, have appreciated our service and look forward to "Massage Day" each month.

For the real big excitement, come and join us at the Capitol on Wednesday, October 26, 2005 at 9:00am for a **Grand Rally!** Make your signs and bring your friends and chairs and come to have a really exciting time. We really want them to know how much licensing is needed and what it means to the public for their protection.

The Board of Directors alternate months in supervising and inviting volunteers to accompany them to the "Massage Day" workings each third Wednesday of the month. We offer to our faithful colleagues a T-shirt and hour based rewards for their time of service. For every

12 hours of service there is a redeemable \$50 certificate toward the fees for continuing education that is offered at the various state meetings. ■

To offer your services please contact one of the following supervisors:

Vicki Hicks:

570-629-7372
vtc_2@msn.com
Sept, Oct, Nov

Nina Kottcamp:

717-845-4822
nspecsoul@aol.com
Dec, Jan, Feb

Scott Dugan:

610-948-1488
mghnds1@aol.com
Mar, Apr, May

Andrea Collier:

724-545-1339
colierhillfarm@comocast.net
June, July August

SPORTS MASSAGE UPDATE

by Andrea Collier

AMTA-PA SPORTS TEAM COMPLETES CYCLE OF RAILS TO TRAILS GREENWAY SOJOURN

Starting on Saturday, July 15th the AMTA-PA SPORTS TEAM provided sports massage to the over 300 cyclists that participated in the annual Rails to Trails Greenway Sojourn. The Sojourn is a 200 plus mile bicycling event along the converted railroad beds to waling and cycling trails that is held each July in Pa either on the east or west side of the state. This year it was the west hosting the course beginning at Presque Isle Erie and ending near Pittsburgh at Cabot, PA.

Our Super Trooper Michelle Kierski went to Erie to initiate the coverage doing a Pre-event massage for the cyclists. Each day the cyclists biked an averaged of 40-45 miles per day and camping out at a site near the Trails. The first stop was in Clymer, NY where the sports team from NY was

invited to participate. Day two, the message site was Titusville. On this day, the riders biked through the mountains and unexpectedly came upon parts of the trail sabotaged with tacks by locals who protested the conversions of the railroad beds to trails. It slowed the bikers down by giving them over one hundred flat tires but no injuries. This coupled with rain did not do much to raise the spirits of the cyclists and they were so happy to see us that evening. A bright third day brought them and us to the beautiful town of Franklin, PA and the very efficient and lauded team of Debra Armstrong, Andrea Collier Laura Hetherington, and Janine Schuliger. We even got our picture in the Oil City Derrick and Franklin Reporter. Janine trailed off to Foxburg, PA At the Steffy Estate for more

greatly appreciated work. The last overnight spot was Kittanning, PA and the dynamic duo of George Williams and

Andrea attended to many diehard cyclists who nearly completed the entire 500-mile trek minus the last leg into Cabot, PA near Freeport, PA. We were so greatly appreciated and were invited to return next year when it will be held on the east sides of PA. Join the sports team now and mark your calendars for the third week of July for the Greenway Sojourn Bicycle trek. Please contact David Sanctis, Sports Massage Chairperson at 412-835-1175 for this and other events. ■



Member Profile: Kelly Givens

by Kiersten Stebner

Kelly Givens had a corporate job before she became a massage therapist. "I was a part-time sales rep for M&M Mars." She began her massage career as a reflexologist, with a certification from the International Institute of Reflexology. When asked why she decided to go to school for reflexology, Kelly said "I always enjoyed getting reflexology." In regards to her decision to become a full-time massage therapist, her decision became easier than she expected, "I was contemplating leaving my position at M&M Mars to go to massage school and work full-time at massage. I was really afraid to leave, and I probably wouldn't have, but my decision was made for me when I was laid off. I'd probably still be with them today. I loved my job at M&M Mars, but I get so much more satisfaction out of doing massage."

Kelly graduated from the Lancaster School of Massage in 2001, becoming certified in Massage Therapy and she now teaches Reflexology at the school.

When asked how she became involved in AMTA, Kelly said "Winona Bontrager, the owner of Lancaster School of Massage encouraged me to go to my first meeting, and I knew that a colleague, Camille Baughman, would be there." Previous to her membership in AMTA, Kelly was a member of ABMP. "AMTA is definitely somewhere to go when I have questions. Everyone that I've met through the organization has been very kind and supportive. I feel that AMTA does more on a local level (than ABMP), and allows



"Get involved. I think it's important to give back. You can't complain if you don't do anything to make changes."

massage therapists to become more involved. I think that AMTA's voice in Congress and government are important to the massage profession."

Kelly works out of a barn on the farm her and her husband bought four years ago.

What does she love about massage? "The results you can see with clients, such as relieving their pain. I also enjoy the variety. I get clients with a new condition every week."

How does she feel about working from home? "I miss other therapists being around for questions and consultations more than anything."

Kelly's suggestion to new massage therapists is, "Get involved. I think it's important to give back. You can't complain if you don't do anything to make changes. Volunteering is also a great way to get new clients. When I first got into massage, I'd go and give talks to civic organizations and women's organizations. I was doing a presentation at Elizabethtown College in Bainbridge PA when someone from the Lancaster School of massage asked me to come teach." When asked how difficult it was to get up and teach after doing reflexology for a while, Kelly said "I think it's easy when you really love what you do."

In reference to what our role as massage therapists should be to the public, she said, "I think our role is to give people what they need or think they need. Not what we think they need. We have to be where our clients are at the time." ■

Membership News by Larry Sabatini

Here we grow again! The Pennsylvania Chapter is at approximately 1900 members and based on this year's monthly averages we will exceed 2000 members just after the beginning of 2006.

When we examine the reasons why we are prospering a basic theme appears which is that people want a voice in the decision that impacts their future. The word is out among, massage therapists is that the AMTA does listen and acts on the needs and wishes of our members. The AMTA reaches out thru a variety of methods to assess the will of the members. We use surveys thru the mail, email, and telephone. We meet face to face with our members across the state coupling affordable continuing education with informative dialogue. We also give members access to a state web site that is user friendly and packed with informative facts.

Through this web site the member can link to person or persons that can help them to meet their needs.

The PA chapter is one of six chapters nationally involved in a pilot program for membership retention. A individual from the membership committee contacts new members and those members who upgraded to professional by phone or e-mail. They complete a brief survey designed to meet the members' needs. This information helps to guide our organization in developing ways to meet the needs of the members such as educational, legislative, social or where ever the members need us.

The membership committees along with your elected officers continue our pledge to be member driven. It is our honor to be of service to you the members. ■

Ronald McDonald House: Pittsburgh, PA Location by William Hunter, member of the Pittsburgh group

Jack Smith asked that I send something mentioning about my work at Ronald McDonald House. December, 2004 I was admitted as an associate member to the AMTA. The year 2005 has provided opportunities to be of service using massage skills, much of it in working with local AMTA members.

Recently, I have had the opportunity to provide complimentary massage services at Ronald McDonald House here in Pittsburgh. It has been very rewarding to introduce massage to folks that are in very stressful, nearly unbearable, disheartening

situations. The clients are families from various areas of the country in need of support while traumatic situations are being handled by the advanced medical facilities that Pittsburgh offers. The folks have been very appreciative of our efforts in giving a few minutes of peace away from their continuing problems. The massage coordinator is Jack Smith. I have also worked with Marsha Morris. Both AMTA members. Jack is always looking for volunteers to help in this rewarding effort. ■

Please Help Us Welcome Our New Members Who Have Joined the PA Chapter Since June 2005.

by Helen M. Traglia

New Professional Members

Dedra L. Baker	Harrisburg	Danielle Diringer	Philadelphia	Amy Nash	Narberth
Rachel Brinker	Stewartstown	Lori L. Duttera	Lewisberry	Pamela Newman Belle	Vernon
Kathryn Brockhouse	Cascade	Elizieta Dziembowski	Swarthmore	Kathy A. Nicholson	Indian Head
Rebecca Coleman	Greensburg	Dorothy Enterline	Havertown	Barbara O'Shea	Glenside
Kimberly Dibattista	Wayne	Zachary Aaron Erbrecht	Muse	Stephen V. Parmer	Conestoga
Stephen Dieteman	Lake City	Lisa Evans	New Freedom	Michael J. Patrick	Pittsburgh
Jason E. Francis	Allentown	Rosanne Fernandez Marcus	Hook	Gayle Patterson	Mill Run
Mark Gafner	Cresco	Joseph Ferzoco	Yardley	Laura M. Petcovic	Freedom
Jessica Gilbert	Gettysburg	Amy Flinn	Lancaster	Natalie Punsola	Wayne
Heather Gummo	Honesdale	Sandra Frishmuth	Spring City	Suszy Quinn	Plymouth Meeting
Stephanie Hoon	New Cumberland	Kitty Gage	Shippensburg	Dawn M. Reed	Conshohocken
Joel Lafortune	Springfield	Veronica Gallwey	North Wales	Amy Reynolds	Colmar
Lida Thompson	Lawrence Lewisburg	Bernadette Gattis	Philadelphia	Andrea J. Richard	Lititz
Denise F. Leet	Smethport	Regina Gelinas	Pittsburgh	Diane Roberts	Philadelphia
Erin Mahoney	Abington	Keri Ann Gleason	Farmington	Helen Rothbart	Bangor
Kathleen McGinley	Brady Delta	Stephanie E. Greiner	Manheim	Brittany L. Rothermel	Reading
Anna Micklea	Philadelphia	Peggy Harsh	Phoenixville	Samantha Saddington	Hawley
Jodie L. Miller	Apollo	Vanessa Hazzard	Philadelphia	Tracy Salerno	Pittsburgh
Amanda K. Newlin	Downingtown	Tracey A. Hicks	Sellersville	Elizabeth Anneke Saylor	Rouzerville
Rebecca Pasake	Meshoppen	Laura Rakoczy Hocker	Lancaster	Deanna Schniers	Quakertown
Geoffrey W. Prudhomme	Pipersville	Andrea Hoffman	Quakertown	Laura Scott	Mount Gretna
April Rawhouser	York	Heather L. Hofmann	Reading	Lisa Sentz	Red Lion
Sara Rider	Williamsport	Amanda Huston	Jessup	Debra Sicilia	Amity
David R. Steidle	Huntingdon	Kira Irwin	Honesdale	Patricia L. Sigmund	Central City
Jenelle Strine	Manchester	David J. Jennings	Clarks Summit	Gwendolyn Simpson	Perkasie
Suzanne C. Weightman	Greensburg	Agnes Jones	Bryn Mawr	Savannah Smith	Erie
James M. West	Nemacolin	Penny Jordan	Gilbertsville	John L. Smith	Philadelphia
Theresa Wood	Cheltenham	Ella Kagalovskaya	Easton	Dawn Smith	East Stroudsburg
Hwa Yi	Philadelphia	Djuana M. Keech	Norristown	Christine Smith	Wexford
		Wendy Kish	Lehighton	Crystal Steigerwald	Bernville
		Heidi Kraft	Lancaster	Sheena Stoltzfus	Terre Hill
		Kelly Krous	Erie	Barbara Surrey	Hatfield
		Dawn Krupa	Lehighton	Dorothy G. Swink	Vanderbilt
		Terri Laterza	Pittsburgh	Autumn Taylor	Meadville
		Craig S. Lawrence	Lititz	Carol Ann Tokarchek	Pottsville
		Mary Leone	White Mills	Amy Uplinger	Brookville
		Ana D. Luna-Mahoney	Philadelphia	Tamara Walczyk	Allison Park
		Amanda Macioge	Langhorne	Christina M. Ward	Valencia
		George Major	Gouldsboro	Lois E. White	Lititz
		Ramona J. Maldonado	Erie	Susan Whitehead	Oreland
		Patrice McAnany	Norristown	Dawn Whitmoyer	Millville
		Melinda M. McBride	Malvern	Stacey Wieand	Blakeslee
		Catherine McDonald	Blue Bell	Kelly Wieand	Telford
		Marni Joyce Michael	Philadelphia	Deletha Williams	Philadelphia
		Jacqueline Michell	Malvern	Stephanie Williams	Philadelphia
		Tina M. Miller	Phoenixville	Laurie Williamson	Philadelphia
		Justin Lane	Moore Gap	Judith A. Wolabaugh	Prospect
		Ashley Murr	Shippensburg	Penny Yescavage	Harrisburg
		Vanessa P. Napoleon	Philadelphia	Marie Zarcone	Honesdale

New Student Members

Anne Aden	Waynesboro
Jennifer Allan	Honesdale
Maria P. Angelucci	Kennett Square
Elisabeta V. Asadurian	Brookhaven
Joanna Barnes	Sellersville
Karen Marie Benner	Lansdale
Christina Benton	White
Christina Brauer	Langhorne
Joel Bruening	Pittsburgh
Caroline Blair Calkins	Williamsport
Jane L. Carroll	Elysburg
Caroline R. Carter Rices	Landing
Andre Chapman	Philadelphia
Cami Collins	Monroeville
Heidi L. A. Cote	Venetia
Diana M. Crawford	Brookhaven
Dikranuhi Degirmenci	Broomall

AMTA PA Chapter Officers

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MERT - vacant

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AWARDS

Janet Dreher
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Wexford, PA 15090
PHONE: 724-935-5524
EMAIL: jrdmassage@hotmail.com

NEWSLETTER ARTICLES -

vacant

BENEVOLENCE

Sharon Parisi
2454 Scenic Ridge
N. Huntingdon, PA 15642
PHONE: 412-751-0032
EMAIL: sharon.p@comcast.net
FINANCE
Paul Beadle
3942 Remaley Rd.
Murrysville, PA 15668
PHONE: 724-327-6319
EMAIL: ptbeadle@mail.com

PUBLIC RELATIONS - vacant

WEBSITE

Fe S. Tubio
4023 Watters Lane
Gibsonia, PA 15044
PHONE: 724-449-9275
WORK: 724-933-6130
EMAIL: tubio@thesafety.net

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AMTA-PA

IS ALWAYS WORKING FOR YOU!

AMTA NATIONAL TOLL FREE:

1-877-905-2700

2005 Awards Announced and Presented at the Annual Meeting Held at Harrisburg, PA



J U L Y 2 0 0 5

by Jan Dreher, Awards Committee Chair

We had another successful Chapter Meeting at the Felicita Resort in Harrisburg on July 16 and 17, 2005. During our chapter meeting, the following individuals were acknowledged for their contributions to the Association. This year's recipients received beautiful clock plaques.

For her professionalism and positive attitude; her diligent pursuit of licensure and her dedication to the chapter and representation at the National level, we are proud to present to **RETTA FLAGG**, the **2005 PRESIDENT'S AWARD**. *"The most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."*

For her dedication to the Capital Rotunda program and her volunteerism to ensure proper representation of our profession, we were happy to present **ANDREA COLLIER** a **DISTINGUISHED SERVICE AWARD**. *"Success is the sum of small efforts repeated day in and day out."*

For her involvement in massage at the Capital Rotunda and the Hershey Ronald McDonald House and for her commitment to the vision of licensure, we were pleased to present **JOANN SAUDER** a **DISTINGUISHED SERVICE AWARD**. *"No act of kindness, however small, is ever wasted."*

The founder and former C.E.O of PA School of Muscle Therapy, Mary Jo Myers, is retiring this year. Mary Jo has been at the early forefront of massage education and legislation in Pennsylvania since the late 1970's. She and the school have continuously championed high professional standards in education and business, and Mary Jo has solidly stood in support of AMTA causes throughout the years. We are honored to present **MARY JO MYERS** a **DISTINGUISHED SERVICE AWARD**. Mary Jo will receive her award at a special presentation later this year. *"Let the beauty we love be what we do."*

For her ability to encourage others to give of themselves and for her involvement with the Hershey Ronald McDonald House and because she lives what she preaches, we proudly presented **CAMILLE BAUGHMAN** the **HUMANITARIAN AWARD**. *"Wheresoever you go, go with all your heart."*

For her coordinated efforts to reach all massage schools across the state in order to increase membership in the AMTA and her leadership qualities, we were pleased to present **HELEN TRAGLIA** the **OUTSTANDING BOARD MEMBER AWARD**. *"When it comes to giving, some people stop at nothing."*

For being instrumental in forming the Philadelphia Unit; for her excellent planning skills, the consistency of her leadership and her dedicated service to the AMTA, we honored **BOBBIE KISEBACH** with the **OUTSTANDING UNIT OFFICER AWARD**. *"Within our dreams and aspirations we find our opportunities."*

For going above and beyond her volunteer duties, for her organizational skills, diligence and negotiating skills and for doing many things for many people, we were pleased to present **GINA WASHLASKI** the **OUTSTANDING COMMITTEE CHAIR AWARD**. *"To receive everything, one must open one's hand and give."*

For his relentless determination to educate our state representatives

and senators about the importance of licensing massage therapists and his commitment to alerting massage schools about the licensure efforts, we were proud to present **SCOTT DUGAN** the **GOVERNMENT RELATIONS ACTIVIST AWARD**. *"The actions of people are the best interpreters of their thoughts."*

For giving of his time and talent to prepare the PA Sports Team for the 2005 National Senior Olympics; for helping Olympians in Athens, Greece and for providing the highest quality care in sports massage, we were pleased to present **MIKE WALTERS** the **SPORTS MASSAGE ACHIEVER AWARD**. *"Nothing great was ever achieved without enthusiasm."*

For setting the standard of excellence not only in her technical skills, but also on a spiritual level; for giving thousands of hours of community service and as a founding member of the Greater Pittsburgh Sports Massage Team, we were honored to present **KERMA STANTON** the **SPORTS MASSAGE ACHIEVER AWARD**. *"To give anything less than your best is to sacrifice your gift."*

For her efforts in getting the 51 cosponsors we needed for introduction of our legislative bill to the Professional Licensure Committee, we were pleased to present **NINA KOTTCAMP** a **CERTIFICATE OF APPRECIATION**. *"Determine that the thing can and shall be done, and then we shall find the way."*

Our last award recipient is **FE TUBIO**. Fe has been a tremendous asset to the Board of Directors. She has always maintained a positive attitude when asked to assist on board related projects. Her commitment and dedication is unquestionable and her enthusiasm refreshing. As our Chapter Treasurer, Fe was instrumental in keeping the chapter on target with the projected budgetary figures and successfully managed spending for special projects. Fe spearheaded the design of our chapter website. She is a role model and mentor to her colleagues. Fe will be receiving the **PA CHAPTER MERITORIOUS AWARD** at this year's convention in Albuquerque, N.M.

The following individuals received a **CERTIFICATION OF APPRECIATION** for volunteering during the Senior Olympics held in Pittsburgh: *"The achievements of an organization are the result of the combined effort of each individual."* **DEBRA ARMSTRONG, NANCY BELLIZIA, MEGAN CUNNINGHAM, REBECCA CORDELL, LAURA COTIAUX, DOUG HIMES, BILL HUNTER, SCOTT KORB, MICHELLE KIERSKI, JOE LAVINE, ELIZABETH MUNSON, JOHN O'NEIL, JANET PASEY, DR SHARON PUSZKO, DEBRA ROTHENBURG, JANINE SCHULIGER, DEAN SEMINATORE, PEGGY SHAW, GAY TOBIA, FE TUBIO, KARI VEHC, AND GEORGE WILLIAMS.**

As you can see, we do acknowledge the hard work of our members. We appreciate all that you do!!!! Keep your eyes open for possible award nominations for 2006! Keep up the good work and maybe YOUR NAME will appear on next year's list of award recipients!!!

Anyone interested in working on the Awards Committee can contact Jan Dreher, Awards Chair at jrdmassage@hotmail.com or by calling 412-585-3511. ■

The Pennsylvania Chapter of The American Massage Therapy Association presents:

ORTHOBIONOMY SELF-HELP

By: Alan Saxon, B.S., D.C.

Costs: Members \$225 / Non Members \$250
12 Contact Hours – NCBTMB Provider

When: Saturday, November 12, 2005 and
Sunday, November 13, 2005

Where: PA School of Muscle Therapy
1173 Egypt Road, Oaks, PA 19465 (Philadelphia area)



The OrthoBionomy SelfHelp Course utilizes the principles and philosophy of OrthoBionomy to expand awareness of our inherent self-corrective natures.

Spontaneously induced releases come from monitoring our own internal trigger points, while searching for the most comfortable posture, or movement that relieves them. We will learn exercises that relax the cranium, spine and extremities.

Of course, all of the procedures we learn to do to our own body can be taught to our clients as first aid measure until an appointment can be made for complete care. Many of the procedures will be taught to your clients as a way of helping them to progress between visits, or how to help themselves when the massage therapist is not available.

In this **12-hour training** given over two days, all participants will learn how to assess their own personal musculoskeletal tension and pains. We will then practice under supervision and individual attention, the skills of muscle releasing until a basic proficiency is achieved of each abnormal area.

OrthoBionomy methods consist of a system of slowly performed repositioning of joints and muscles, with

respiratory assistance that acts very subtly to induce spontaneous relaxation of the joints/muscles. The emphasis is on very slow movements of body parts to help the therapist feel the area of tension with restricted movement. The therapist then gently moves the body part into the direction opposite restriction and holds for 60-90 seconds.

OrthoBionomy is gentle to the therapist as well, requiring little if any strenuous exertions and no strong pressures into any body part. This method relies on an energetic contact between therapist and client producing every increasing levels of trust due to the pain/trauma-free environment of the interaction.

Alan Saxon, B.S., D.C. was the first instructor of **OrthoBionomy** in the United States. He co-founder the Society of OrthoBionomy with Arthur Pauls, D.O. in 1978 and served as vice president for the initial years of

development. Alan has taught advanced chiropractic and osteopathic techniques for over 21 years, including six years at the Palmer Chiropractic College. He is the author of two standard textbooks of chiropractic technique and has won many honors for his teaching quality over the years.

This self-help concept will enhance our ability to feel our own muscles and joints to determine proper self-treatment and exercise.

**“WOW!
I’VE BEEN WAITING
ALL MY LIFE
FOR THIS WORK!”**

REGISTRATION FORM

You can register using this form. You can also use your credit card and register on line by logging into the chapter's website at www.amtapa.org.

NAME: _____

ADDRESS: _____

TOWN: _____ ZIPCODE _____

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 November 5, 2005.

Any questions or concerns, please call Gina Washlaski,

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



DIRECTIONS TO THE PENNSYLVANIA SCHOOL OF MUSCLE THERAPY:

From the Blue Route (Route 476): take the Schuylkill Expressway (Route 76 West) exit to Route 202 South (Exit 328B). Exit at Route 422 West (Pottstown). Follow directions for Route 422 below.

From the Schuylkill Expressway (Route 76 West): go west to the exit for Route 202 South (Exit 328B). Exit at Route 422 West (Pottstown). Follow directions for Route 422 below.

From the Pennsylvania Turnpike: exit at Valley Forge (Turnpike Exit #326). After paying toll, go straight ahead to the 2nd exit (202 South/Exit 328A). Exit at Route 422 West (Pottstown). Follow directions for Route 422 below.

From Route 202 (North or South): exit at Route 422 West (Pottstown). Follow directions for Route 422 below.

From Route 422 (East or West): exit at the Oaks Exit (Approximately 6 miles west of Route 202). Go down ramp to traffic light. Turn left onto Egypt Road and proceed approximately one mile. The school building will be on your left at the corner of Egypt Road and Highland Avenue. Turn left onto Highland Avenue and make a right into the school parking lot.

ACCOMODATIONS:

🏠 The Comfort Inn, Valley Forge, 550 W. Dekalb Pike, US 202 North, King of Prussia, PA 19406 **(800-222-0222)**

🏠 The Hilton Valley Forge Hotel, 251 W. Dekalb Pike, King of Prussia, PA 19406 **(610-337-1200)**

🏠 The Sheraton Park-Ridge Hotel & Conference Ctr., 480 N. Gulph Rd., King of Prussia, PA 19406 **(800-325-3535)**

AMTA ITINERARY FOR November 11th, 12th, & 13th 2005

FRIDAY, Nov. 11

Board Meeting Dinner 6pm – 7pm

Board Meeting in Boardroom Beginning at 7pm

SATURDAY, Nov. 12

Registration for Workshop/Ed. 8am – 9am

Workshop/Education begins 9am – 12Noon

Lunch Buffet Provided @ Site Noon – 1:30pm

Workshop/Education resumes 1:30pm – 5:30pm

SUNDAY, Nov. 13

AMTA Cpt Meeting & Brunch 9am – 11:30am

(Free to AMTA Members)

Workshop/Education begins Noon – 5pm

Unit News

PHILADELPHIA UNIT

By Deanne Shreve

FALL UNIT MEETING - OCTOBER 23, 2005

"A Retreat for the Therapist"

LOCATION: Massage Arts Center of Philadelphia

ADDRESS: 714 Market Street Philadelphia, PA 19106

PHONE: 267-321-0200

Web site: www.massagearts.com.

Join us for our 2nd annual fall retreat! Our unit is designed for practitioners to have an opportunity to network, volunteer and to educate. The retreat will consist of several presentations including Business Fundamentals, Alexander Technique, and Ethics. CEU's will be given for Alexander Technique and Ethics. Throughout the day, Bodywork students from PSMT and Massage Arts Center will be offering complimentary massage and shiatsu treatments. All treatments will be booked on a first come/first serve basis at No FEE. Tips appreciated.

RALLY

We are currently planning a Rally for October 26, 2005 at 9 a.m. Several State Representatives are scheduled to speak as well as several representatives from AMTA, PaBTA and ABMP.

If you are passionate about protecting your right to practice as a massage therapist, believe in raising the standards of massage therapy in Pennsylvania, and support establishing educational guidelines for the profession, please join us at our Rally. Buses will be leaving from Philadelphia. Please contact Deanne at dzshreve@msn.com to make arrangements for attending. I would also like to encourage you to contact your State Representative and Senator to voice your support for this bill.

SOUTH-CENTRAL UNIT

By Kim Stahl

Chapter Fall Meeting

Sat. Oct 22, 2005

TIME: 9:00a.m.-1:00p.m.

LOCATION: Pennsylvania Myotherapy Institute
2904 Carlisle Pike
New Oxford, PA 17350

PHONE: (717) 624-3333,
call for directions

EDUCATION: Geriatrics and Massage

INSTRUCTED BY: Jody Phillips

Therapists will be introduced to special considerations and adaptations for the elderly, with particular focus on Continuing Care and Hospice Care Facilities. Sensitivity training included to help therapists determine "intent and approach" in geriatric massage.

This is a free workshop to AMTA members. A fee of \$30.00 payable to PA Chapter/South-central unit for non-members.

Register via telephone (717)-642-5903, Kim Stahl or KANR@adelphia.net. Please leave name and number.

Make a note on your calendars spring meeting Sat. April 8, 2006. Education will be on Shoulder techniques.

With the increasing cost of postage please note that information about future workshops and meetings will be on the website and newsletters.

WESTERN/SOUTHWESTERN UNIT

By Jan Dreher

A great big SHOUT OUT to everyone who made our Fall meeting successful!!!

Since our Erie members are anxious to develop their own unit, we worked really hard to make things happen for them.

Working with Melissa Reedy of the Great Lakes Institute of Technology (GLIT),

the school graciously opened their facility to us on October 8. In addition, GLIT provided our light lunch! There aren't enough adjectives to adequately thank them for their generosity and willingness to work with us to make this meeting/workshop happen.

Just as she promised us, Laura Buckley, NCTMB and AMTA member, presented a fun workshop, "Thai on the Table." Laura studied Thai massage in Changmai, Thailand. Although we cannot claim to be Thai therapists, we can certainly incorporate a few of those stretches into our massages. Thank you, Laura, for jumping in on such short notice and making this workshop so interesting.

The current "Western" unit covers the entire Western PA area from Green County to Erie. It isn't always easy finding places to hold our meetings that work for everyone. So a big thank you to all those individuals who traveled great distances to be with us.

LEHIGH VALLEY UNIT

By Joanne Mengel

Our fall meeting has been set. Scott Pellington, one of our active members, offered his home last spring and I thought I would take him up on his offer for autumn. Thanks Scott.

We will be meeting November 3 (Thursday evening) 7:00pm at Scott's home.
1418 West Linden Street
Allentown, PA

I am planning on having a CPA who will enlighten us on the ever-changing tax laws.

If you have your own practice/business or are thinking of starting one, this should be very helpful to you.

For more information please contact:

Joanne Mengel
570-421-5014 (W)
lv_pa_amta@yahoo.com

National Massage Therapy Awareness Week®

October 23rd – 29th, 2005

with the theme "Massage: A Key to a Healthier You."

Testimonial—2005 Senior Olympics

By William Hunter, member AMTA Sport Massage Team, Senior Olympics

Earlier in the year I had the honor to work under the supervision of Dave Sanctis and the UPMC Medical Massage Team at the 2005 Senior Olympics. The 10,000 seniors are beautiful people working together in very competitive situations. They stand as models for us as folks interested in wellness. The senior's zest for life, interest in their sport function, caring for each other, very great appreciation for our "beautiful City of Pittsburgh", and sincere acknowledgement of the effort that went in to making the Olympics successful, (including the massage care provided) was constantly spoken.

I had many memorable instances while working with these guests. One instance stands out. It came as a result of trying to drum up business at the beginning of the games. Walking into the basketball facility, I approached a participant getting medical attention. With a smile, I suggested that

she should take better care of herself, then suggested that she come to the massage area for a session.

Later she did come with her whole 60+ year old basketball team. I was working jovially with one of the ladies, when a teammate came over and whispered to me that my client was to carry the torch for the opening ceremonies. This touched off a happy kidding session about what made my client so important. At the end of the massage I was given a big hug and everybody was happy. It was quite a thrill the next day to see my client pictured with the torch on the front page of "The Pittsburgh Press".

It was a special honor to work with AMTA members Dave Sanctis, Andrea Collier, and the other therapists. Our service was much appreciated. ■

Leadership Training 9/10-9/11/05 Pocono Manor, PA

By Rachel Rolland

BUILDING A HIGH-PERFORMANCE TEAM ONE MEMBER AT A TIME

At the September AMTA PA Leadership meeting, members were jumping through hoops.

Hula-hoops that is. It was all part of a team building afternoon at Pocono Manor, which included group exercises designed to improve communication among the participants. Communication consultant Rachel Roland facilitated the 4 hour session as team members learned more about each other and brushed up on their communication skills -- including giving and receiving positive and negative feedback.

Members had a chance to reflect on why they joined the AMTA, and the kind of support they could give and kind of support they need to get from their colleagues in order to be successful. Other topics discussed included working with different personality types, clarity around

the roles and responsibilities of the members and characteristics of high-performing teams and strong leadership. But mainly, the attendees just had fun. The afternoon included a variety of team building exercises like the "blind fire drill" designed to build trust and rapport among the board members and the committee and unit chairs who attended. "We have such dedicated volunteers who work so hard, it was nice to just relax and get to know each other a little better," said Board president Nancy Parambo.

For a copy of Rachel Roland's presentation, contact Nancy Porambo, President.

The meeting culminated with a drumming circle workshop led by Camille Baughman, former board member who is currently pursuing a Master's degree. ■

Be Thankful

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

~ Author Unknown ~