



# “WE’RE IN TOUCH”

SPRING 2006 Newsletter

## AMTA - NEW HAMPSHIRE



Promoting Massage Therapy Through Education And Professionalism



### Message From The President

—Doreen Rossi

Greetings to all of you. In this issue of *We're in Touch* the New Hampshire chapter of the American Massage Therapy Association wants to reach out to the almost 1400 licensed massage therapists throughout our state. We want to share with everyone the benefits many of us receive by being a part of something bigger than ourselves: being a part of the AMTA in New Hampshire. The challenges and rewards of coming together in committees, boards, conferences and conventions offers up great growth potential in an industry of solitary practices. I hope you take the time to fully peruse this newsletter; our means of communication to members within our state. Won't you join us? I'm not asking you to join sight unseen – come to a workshop and/or meeting and get to meet your fellow massage therapists who have already become members of AMTA. We're a lot more than just insurance! Sometimes just being a part of the organization and the experiences it allows is satisfactory for most. Other times, it's the chance to serve your fellow colleagues in the many roles that AMTA-NH provides that speaks to others' hearts. It offers the chance to grow not only as a therapist but as an individual. It enables you to find the boundaries of your comfort zone, and offers the chance and the support to take that first step outside that zone. And the best part is that you are surrounded and supported by those that have gone before and served before. I'm here in the presidents' column — a place I hadn't imagined myself being until recently. I am now discovering how taking small steps outside of my comfort zone can result in huge growth benefits. Over the next few years I hope to inspire others to achieve growth by stepping outside their comfort zones. We will all benefit!

My personality tends to be the quiet non-confrontational type. I typically do not clamor for the spotlight or the lead. I sometimes can find an excuse that will keep me from taking a step outside my comfort zone and from pushing myself further; then I wind up going to bed with the mantra “shoulda woulda coulda”. I have to wonder; am I really living to my fullest potential? The day I took over the presidency has proven to be the day I chose to leave the excuses behind and take action.

At 41 years old, I don't want to sing that mantra anymore. When I was asked to consider the presidency after Claudette Laroche announced her plans to complete her term, I weighed the responsibility of the presidency against my family and the many things that I have going on now. I realized there will always be an excuse lurking if I want to find one. Would life ever be quiet and calm where I could devote all sorts of time to volunteer my efforts to the things

(Continued on page 10)

### Why I Serve

—Kristen Albaneze



When I was in massage school I realized that I needed to secure liability insurance. The AMTA was recommended to me and I looked into what it had to offer. I liked that it was well-established, offered CEU opportunities and a locator service, and provided the necessary insurance. I liked that it was actively involved with promoting, shaping and protecting the profession. I felt that this was the kind of association that I wanted to be a part of. It also appealed to me because I could join at the Associate level as a student. That was the year 2000. Since then, I have participated in NERC and Neal Cross classes, met new people that became friends, and learned more about the AMTA-NH Chapter. I still feel that AMTA-NH has a lot to offer and now that I have enjoyed the benefits of membership for over 5 years, I know that it is the right time for me to give back. I am very excited to be serving as your Secretary and I look forward to meeting everyone.

### Why I Serve —Greg Hooker



First things first, this is not just a list of benefits offered by the AMTA. The “Why I Serve” is more about the opportunities the AMTA presents for its members to get involved and for the sense of community the AMTA creates for its members. Until last year I belonged to another association. I joined the AMTA because I felt out of the loop. I was missing out on educational opportunities. I now receive a newsletter that's keeping me well informed. Being a member of the AMTA offers visibility and often leads to new business opportunities, as it has done for me. In contrast to other associations, the AMTA offers much more than just insurance benefits. The AMTA has a strong state-wide presence. The NH chapter brings us together, physically and intellectually, helping those who are in private practice who would otherwise be isolated. Our NH chapter had a wonderful turnout at the last educational meeting, allowing for great networking opportunities. Come see for yourself!

Sincerely,

Greg Hooker, LMT, NH AMTA 2006 Delegate

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AMTA-NH Web site:  
**www.AMTA-NH.org**

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**NUMBERS TO NOTE:**

**NATIONAL AMTA**  
847/864-0123; www.amtamassage.org  
877/905-2700

**NH HEALTH AND HUMAN SERVICES**  
800/852-3345, ext. 4607

**NATIONAL CERTIFICATION BOARD FOR  
THERAPEUTIC MASSAGE AND BODYWORK**  
800/296-0664; www.ncbtmb.com

**NATIONAL CONVENTION 2007**

Delegates: Jan Wheeler  
Leo Beaudry

1st Alternate Marie Straiton

**NATIONAL CONVENTION 2006**

Delegates: Greg Hooker  
Marie Straiton

1st Alternate Megan Wood

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4 7/8" x 12.5"  
\$80.00
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4 7/8" x 6 1/8"  
\$45.00
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4 7/8" x 3 1/8"  
\$35.00
- Classifieds  
\$10 25 words

**Deadline for the Summer newsletter for Ad and Copy is June 23, 2006.**

See us at The NE AMTA Conference - Savings up to 25%.

Online (Show dates only): Coupon AMTA BOX

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balm!

comfort - balance - smokeless® sage

ancient beings®

essential rose

essential chamomile

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www.motheranitas.com 603-424-2030

# A Warm Welcome To Our New Members

## Congratulations and Welcome to Our New Members

Tiffany L. Bennett,  
Fitzwilliam  
Sheri Clarke, Strafford  
Wendy Colson, Derry  
Tricia Curran, Nashua  
Kat M. Fiske, Landaff  
Martha Flood, Pelham  
Ingeborg E. Gardner, Dover  
Trudy Harper, Plaistow  
Bethany Hart, Keene  
Margaret Hartmann,  
Manchester

Christopher Jackson,  
Winchester  
Keathleen T. Juffre,  
North Conway  
Lanette M. Langlois,  
Tanworth  
Sarah E. Low, Durham  
Katelyn M. Matson, Salem  
Cherly Morin, Windham  
Elena Mosston, Jackson  
Katherline O'Leary, Hampton  
Paulina Pereira, Nashua

Maureen Sickel, Atkinson  
Michelle Silvestro, Atkinson  
Licia Sorgi, Tamworth  
Cynthia Spencer, Littleton  
Jean Stack, Gilmanton Iron  
Works  
M Kathryn Sunday, Windham  
Lynne M. Walker, Hanover  
Rachel Woodbury, Atkinson

Joining the AMTA has given you the professional credibility, continuing education, and information resources available to you through the National Office, and your New Hampshire Chapter. Don't forget to join the AMTA's national locator service. It's a free benefit to all Professional Active members. You can register on line for the service at [www.amta-massage.org](http://www.amta-massage.org), or by phone at the toll free national office number **1-877-905-2700**.

While on line check out our chapter web site at **AMTA-NH.ORG**

As Membership Chair, feel free to contact me at any time with questions, and suggestions to make our chapter better than ever. **603-894-6402 & janshands2@aol.com**. Come to the meetings and workshops. We are all about Massage, and that includes YOU

## AMTA MEMBERSHIP APPLICATION

Thanks for choosing AMTA. We're delighted to have you join us! Simply return this completed form to AMTA via mail or fax to 847.864.5196 and you can begin to embrace the power of the profession.

### Member Contact Information

**Professional and Student applicants please complete.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Fax \_\_\_\_\_ e-mail \_\_\_\_\_

Web Site \_\_\_\_\_

### Membership Confirmation

If you provide a current e-mail address above, we will confirm your membership within a few days via e-mail.

### Membership Classification

**Professional applicants please complete**

\$235 + \$30NH chapter fee = \$265

**Please check and submit documentation for one of the following:**

- Photocopy of diploma or proof of graduation from a minimum 500 in-class hour entry-level massage therapy training program.
- Photocopy of National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) certificate or confirmation of passing score.
- Photocopy of current AMTA-accepted city, state or provincial license.

**Student applicant please complete prior to graduation**

\$79 + \$30NH chapter fee = \$109

School Name \_\_\_\_\_

School Address \_\_\_\_\_

Hours of Program \_\_\_\_\_ Anticipated Graduation Date \_\_\_\_\_

### Membership Classification

I am familiar with the requirements of membership in the American Massage Therapy Association and agree to abide by the Bylaws and Code of Ethics upon acceptance of my membership. I understand that violation of the Bylaws or Code of Ethics can be grounds for termination of my membership. I attest that I have never had a permit or license related to massage therapy revoked, suspended or voluntarily surrendered. I am not currently under any disciplinary action on a complaint resolved or unresolved in this state or any other location.

I have read and agree to the above (signature) \_\_\_\_\_ Date \_\_\_\_\_

### OPT-OUT OPTIONS

#### Mailing Lists

The AMTA membership list is occasionally made available to selected organizations and mailers of quality products. If you **do not** wish to receive such mailings, please check box at left.

#### E-mail Addresses

If you **do not** wish to receive e-mails from AMTA, please check box to the left.

#### Fax Numbers

If you **do not** wish to receive faxes from AMTA, please check box to the left.

### PAYMENT OPTIONS

Check enclosed, payable to AMTA

Charge my:  MasterCard®  Visa®  Discover®

Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Cardholder's Zip Code \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

AMTA is not responsible for fees resulting from bounced checks, stop-payments, overdrawn accounts or exceeded credit limits. Dues are nonrefundable.

### MAIL OR FAX YOUR COMPLETED APPLICATION TO:



AMTA Member Services  
500 Davis Street, Suite 900  
Evanston, IL 60201-4695

If you are enclosing credentials, please tape alongside edges after folding and gluing.  
Fax: 847.864.5196

*Thank you for joining our family of massage therapists!*

**All chapter presidents have been notified that there are still missing members from the states of Louisiana, Alabama and Mississippi due to Hurricane Katrina.**

The state chapters and National AMTA have been trying to locate them. Some of them may have decided to move to other chapters or just move to other states and not take up Massage Therapy. If you have any knowledge of anyone in the list below; please contact me at 603/635-8938 or doreenrossi@adelphia.net. I will forward the information on to their chapter presidents and to the National office.

Here are those still missing

Rachael Nicholson	Fairhope,AL
Melissa Gibson	Spanish Fort,AL
Maggie Ice	Semmes, AL
Kristen Renee Lyle	Irvington, AL
Elizabeth Evans	Mobile, AL
Elana Engleman	Mobile, AL
Callie Russell	Auburn,AL
Kelley O'Gwynn	Mobile,AL
Sherrie McMullen	Mobile, AL
Elizabeth Killeen	Slidell, LA
Samantha Guidry	Cut Off, LA
Jennifer Walls	Metairie, LA
Linda Guidry	Slidell, LA
Karley Coleman	Slidell, LA
Judy Ann	New Orleans,LA
Melissa Berry	Houma,LA
Angela Anslum	Morgan City,LA
Milo Marie Stephens	Slidell, LA
Mary Jefferson	New Orleans,LA
Elise Lizotte	Abita Springs,LA
Earl Ragas	Denham Springs, LA
Valerie Tang	New Orleans,LA
Rahna McKey	Metairie LA
Charlotte Jean	Metairie, LA
Roberta Lorraine	Houma, LA
Wendylen Kaye Berry	New Orleans,LA
Michele Cazalot	New Orleans,LA
Sherry Nester	Vancleave, MS
Jack Goe	Gautier,MS
Kevin Bourgeois	Bay Saint Louis, MS
Andora Macnair	Pass Christian,MS
Lorraine Schmuck	Gulfport,MS
Jennifer Moss	Ocean Springs,MS
Tanya Miller	Ocean Springs,MS
Dawn Price	Pascagoula,MS
Roxanne Lott	Pascagoula, MS
John Hendley	Moss Point, MS
Lillie Mooney	Poplarville, MS
Charles E.	Sumrall,MS

**Introduction to Aston-Patterning® concepts.**

Aston-Patterning is a comprehensive system of assessment, bodywork and movement education designed for specific problem solving. Created by bodywork and movement pioneer, Judith Aston, this system came out of her explorations while teaching at the Rolf Institute. Aston-Patterning does not rely on formulaic approaches to alignment, but rather, it honors each individual. Each client is approached as a unique whole, rather than as a compilation of separate parts. The Aston paradigm recognizes the asymmetrical nature of the human body and movement.

In this brief course, we will examine several key concepts in the Aston paradigm. The concepts will include: finding neutral, cooperative movement, base of support and asymmetry. This presentation will be given by Tamar Myers, certified Aston-Patterner, in private practice since 1992.

For those interested in a fuller introduction to Aston concepts, there will be a course in Boston; level 1: April 26-28 and levels 1 and 2: April 26-30, 2006. Please contact tamar@myersmassage.com for more information.

**Developing Yourself – Mark Matijik**

Just Show Up or “Getting them to Show up” for the massage therapist:

Woody Allen said that 80% of Success is just showing up. That's easy you might say for an individual in outside sales but how do you get new people to show up at your door and make your business cash account overflow at the same time?

This is easier than you might think but you have to shift your ideal performance state. There are 3 overall keys for you the small business owner/therapist practitioner to come out on top. They are the “laws” for you to shift people from you loving your presentation now to them loving your presentation including your “unique” gifts, offerings and packages tailored exactly to what they desire. Here are the 3 Keys to show you what I mean... And to help you always remember and (I love this) the formula is **L. U. V.!**

- 1) **L Leadership:** You project to your market that you are a leader in your field. Exposing your business is more than just thinking you're good—You believe in your heart of hearts that you have an industry leading gift and you attract those who want the best of the best. You then have to go over and over the fact that “I am a leader in \_\_\_\_\_ and my gift will connect me with other top leaders so you believe it, and say it over and over again until you have the unshakeable conviction to live it for step two and the 2nd Key to work...
- 2) **U Unique:** With conviction you always show up believing You are unique and so is your gift! God doesn't make Xerox copies. So why do you speak and act like every one else in your field!? Stop now and write down the top 3 things that make you unique and then listen to other therapists in your networking circles/warm market and see if they aren't saying the same thing.

Now you are ready for Step 3 or the third key...

- 3) **V Value:** Most therapists I have seen, heard or counseled started off with Vanilla stuff like what I do how I do it and price-right up front! That makes you sound like everyone else, like a commodity. This sets up consumers to see you as a commodity and then they shop for lowest price! Uh oh! Yes we have all been there but now that you know better what do you do?

Focus on the Value statement to the customer and “package” your services in new ways that different consumer segments can already start to see themselves “buying.”

What could it mean to you to be able to have this now?

September 16th Mark Matejik will share these practices with you during the AMTA-NH Education Workshop at the Mill A Round. Mark is the president of Masters development International.

The Sacrum Revisited is the title of a workshop available to AMTA Professional Level members in April. Part of the ongoing cadaver anatomy series conducted by Dr. Neal Cross, Professor of Anatomy at the University of New England School of Osteopathic Medicine in Biddeford, ME, this workshop will consist of anatomical review which utilizes cadaver and fresh tissue followed by hands on technique exchange amongst the attendees, the anatomical portion is then reinforced by application and technique information under the guidance of Dr. Cross.

**AMTA-NH offers these workshops in April and November. They offer an unparalleled opportunity to work in state-of-the-art medical laboratories with the finest of teaching materials.**

**Come join us!**

# AMTA-NH CHAPTER EDUCATION

## MASSAGE THERAPY AND THE SHOULDER COMPLEX

*with Diane Polseno, LPN, LMT*

**Saturday, May 6, 2006, 9-4pm, 5CEH**

**Lunch and Business Meeting, 12:15-2pm**

**THE MILL-A-ROUND, Manchester, NH**



*"Shoulder pain in one of the most common problems that clients bring to our table. Often, even after they exhaust other medical resources, their shoulder pain persists. When we address the soft tissues of the area with massage, we can offer a valuable contribution to managing and resolving shoulder pain."*

- Rotator Cuff Tears**
- Bicipital Tendonitis**
- Subdeltoid Bursitis**
- Frozen Shoulder**
- Arthritis in Shoulder Joint**
- Overuse/Repetitive Strain Injury**
- Many More Shoulder Concerns**

- Investigate the shoulder complex
- Understand some common sources of shoulder pain
- Look at techniques designed to work on rotator cuff, frozen shoulder.
- Learn proper positioning and proper palpation of clients!

### About the Workshop

Everyone has probably developed some sort of shoulder pain during his or her lifetime. The onset of pain may be gradual and not related to any specific injury, or it may be sudden and very specific to a fall, a

sporting activity, or a motor vehicle accident. Come and investigate the shoulder complex with Diane. She will show you massage therapy techniques designed to work on the rotator cuff with proper palpation of the bellies and insertion tendons of the SITS muscles; proper positioning of the client to work the tendons, and technique and stretches for the SITS muscles. Diane will also discuss the appropriateness of net-working with other health professionals when working with the client with shoulder pain.

### About the Presenter

Diane Polseno, a former nurse and addictions counselor, is the Academic and Clinic Director at Bancroft School of Massage Therapy in Worcester, MA. She has been teaching anatomy, pathologies, massage techniques and ethics at the Bancroft since 1990. Diane participates in aspects of education in anatomy and massage therapy with other medical professionals, such as students of physical therapy at the University of RI and urogynecology surgical residents at Women and Infants Hospital in Providence. In her private practice, she specializes in pregnancy massage and injury rehabilitation massage.

Diane has taught continuing education courses to bodywork professionals throughout the country for over 10 years and is the author of Massage Therapy Journal's "Ethically Speaking" column.

**Cancellation Policy:** Full credit will be given for any AMTA-NH workshop cancelled within two weeks prior to the event.

**Location:** Mill-A-Round Center  
250 Commercial Street, Manchester, NH 603-641-3880

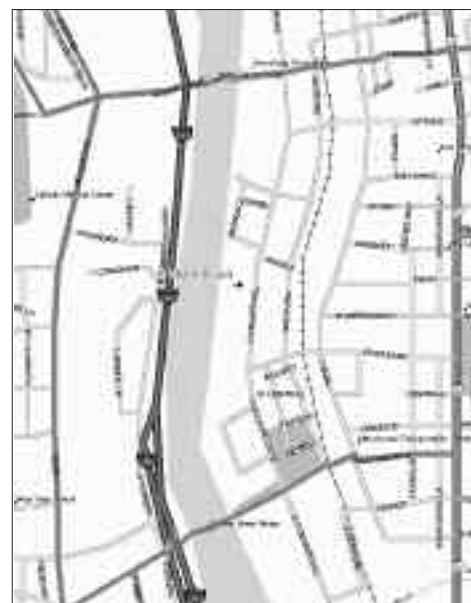
### DIRECTIONS:

**FROM THE NORTH:** I-93 south to I-293 South, take exit 6 (Amoskeag Bridge), take a right off exit, and continue bearing right to cross the Amoskeag Bridge, bear right onto Canal Street, take first right onto Commercial Street, follow about a mile, Waumbec Mill Building on right.

**FROM THE SOUTH:** I-93 North to I-293 North, take exit 5 (Granite Street), turn right at end of ramp, cross bridge, take first left onto Commercial Street, Waumbec Mill Building on left.

**Mill-A-Round entrance: outside stairs on corner of building, 250 Commercial Street.**

**Look for AMTA signs.**



**TABLES & LINENS ARE REQUIRED!**

**LUNCH WILL BE PROVIDED (12:15-2PM Lunch and Business Meeting)**

## SHOULDER COMPLEX REGISTRATION FORM

*(Clip out and Mail Today)*

**Early Bird Registration must be postmarked by April 24th.**

**Early Bird NH members \$50, after April 24th, \$75**

**Early Bird Non members \$75, after April 24th, \$100**

**MAKE CHECKS PAYABLE TO: AMTA-NH CHAPTER**

**Mail to: Judith Harrington, PO Box 275,**

**Hampton, NH 03842**



Name \_\_\_\_\_ AMTA MEMBER# \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

(Please Print)

# Government Relations



By Cliff Korn

There has been a bit of excitement on the New Hampshire scene in the world of massage regulation. In February, Senate Bill 313 was brought forward with Senator Martha Fuller Clark as its primary sponsor. The bill called for the exclusion of all Rolfers, Trager practitioners, Reflexologists, Shiatsu practitioners, Polarity therapists and Reiki practitioners from our current massage law, RSA 328-B. Those of you who attended the annual meeting in February were apprised of the bill's impact, and were unanimous in expressing to your board of directors your wish to have AMTA-NH oppose the bill. The Advisory Board of Massage Therapy was also in opposition to the bill as it de-regulated practitioners in New Hampshire without offering an alternative plan of oversight.

AMTA-NH's ability to oppose the bill as written was complicated by the fact that AMTA National had agreed to some specific exemption language for states to utilize when involved in coalition negotiations. AMTA-NH President Doreen Rossi was able to introduce this language to the committee conducting a public hearing as a proposed amendment to the senate bill, while still opposing the bill as it was presented. As it became readily apparent that neither the massage advisory board, the Department of Health and Human Services, the AMTA-NH board of directors nor the legislators themselves were of the opinion that blanket exemption was in the best interests of the New Hampshire public, AMTA-NH was able to side with those realizing that change was necessary, but that SB 313 was taking New Hampshire down the wrong road.

At a public hearing on February 8th there were so many individuals wishing to speak for or against the bill that the hearing was continued to Feb 15th at which time all wishing to speak were heard. With Rolfers, Trager practitioners, Reflexologists and Asian bodyworkers speaking in favor and most massage therapists speaking in opposition, the committee conducting the hearing concluded that the profession was too widely divided on the issue to proceed. They found the bill inexpedient to legislate and so informed the full Senate when the bill came out of committee. Effectively the bill was defeated.

The expectation was, though, that this was a beginning, not an end. There was an understanding by all present that a coalition would be formed to develop an alternative to RSA 328-B that would more honestly and effectively accommodate the disparate needs of those falling under the umbrella of touch and energetic therapies. While a timeline is not available on when this will happen, it is likely that input will be desired from everyone wishing to participate. The intent is to develop regulatory language that honors the specific training and concerns of all manual therapy professionals.

*Watch this space for continuing developments!*

## Tai Chi Massage

### An Integrated Body Mechanics Approach for Body Therapists

*Use TAI CHI IN YOUR WORK TO:*

- Gain physical strength, coordination and flexibility.
- Feel less strain and fatigue.
- Gain mental and spiritual focus for a more intentional and creative massage.
- Deliver a smoother and more secure massage.

**When:** April 8 & 9, 2006    **Time:** 9am-4pm

**Where:** The Senator Inn, Augusta, Maine

**Cost:** \$300 / \$275. If pre-registered by March 27

**Information & Registration Contact:** June Lordi (207) 441-0434

**Lodging/Spa Reservations Contact:** The Senator Inn 877-772-2224  
(Identify yourself as a member of the TaiChi Massage group)

**Listing of Workshops can be accessed at the Website below:**  
[www.taichimassage.com](http://www.taichimassage.com)

Rosanne Beurivage

## Benevolence Report

A little sunshine goes a long way. As my friend of mid-coast Maine relates: After three weeks in gray and fog, you learn to appreciate any scrap of sunshine that falls on the peninsula!

The Committee called "Benevolence" focuses on massage therapists in NH. The task is to provide a little sunshine to individuals whom others think our chapter should acknowledge. A recent tally of recipients have had surgery/accidents that kept them from working, illness in the family, death in the family, new baby, twins!, new business opening, business sale and local awards. On behalf of all members of AMTA NH, Benevolence spends it's modest budget on cards, plants, flowers, massage and grocery gift certificates!

Massage therapists can feel as isolated as a fog bound island. Geographically it makes little sense in our tiny state yet our work lends itself to a bit of seclusion. AMTA NH has our meetings and workshops plus the big six-state New England Regional Conference to connect us to one another. Don't miss out if you have never participated, you have much to gain by participating in YOUR community. But whether the report is fog (condolences) or rainbows (congrats), Benevolence is year round sunshine to a MT's very door !

How does one become a recipient? Well news must simply make its' way down the grapevine to the Benevolence committee. The more information the better—especially the address for non-AMTA MT's and the reporter's phone number. Please help us spread a bit of sunshine to some of the finest people in our state—massage therapists! I need to hear from you to pass it on.

**Rosanne Beurivage, Benevolence Chair, 753-4338, [rosanne@newwww.com](mailto:rosanne@newwww.com)**  
*PS. Benevolence Committee work is always kept confidential.*



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**June 24-25** June 24-25 Portland, OR – Advanced Neck, Shoulder, Arm & Hand (16 CE)

**August 4-6** Boca Raton, FL – Advanced Certification (24 CE)

**August 26-27** Reno, NV – Advanced Neck, Shoulder, Arm & Hand (16 CE)

**September 16-17** Nashville, TN – Advanced Neck and Low Back Fix (12 CE)

**October 13-15** AMTA Nat'l Convention, Atlanta, GA – (Visit our booth and get treated by Erik)

**October 28-29** Kansas City, MO – Neck and Low Back Fix (16 CE)

**December 2-3** Augusta, GA – Neck and Low Back Fix (16 CE)

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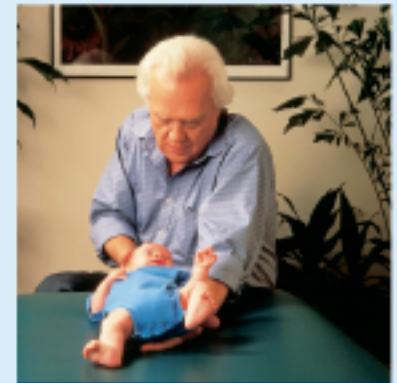
#### GROUNDING AND HEALTHY BOUNDARIES

MA Boston - Apr. 20-23  
NY Long Island - Apr. 27-30

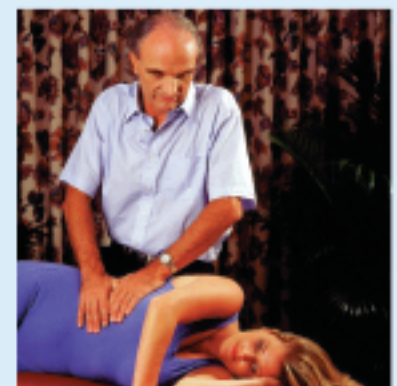
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*Sandi Russ*, LMT, NCTMB  
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Sue Appleton

**The budget for fiscal year 2006-2007** is listed to the left and was presented to our members at our annual meeting on February 6, 2005. It was voted to approve as presented. A copy of the budget has been mailed to National Headquarters. A balance sheet and bank records will be forwarded to National by the end of March as required.

If you have any questions please feel free to contact me.  
Suzanne Appleton,  
Treasurer



CATEGORY	INCOME			EXPENSE		
	BUDGETED 05-06	ACTUALS 05-06	PROPOSED 06-07	BUDGETED 05-06	ACTUALS 05-06	PROPOSED 06-07
AMTA Foundation			450.00	501.00	525.00	
Awards				200.00	49.15	100.00
Benevolence				500.00	219.06	400.00
Education	14,000.00	9,725.00	10,600.00	6,150.00	3,567.05	6,500.00
Fund raiser	4,281.00		5,226.00			
Hospitality				600.00	591.90	1,000.00
Insurance				1,001.00	1,060.00	1,100.00
Interest Income	400.00	705.64	750.00			
Legislation				25.00		1,000.00
Membership				500.00	65.90	100.00
MERT		300.00	200.00	1,000.00		200.00
National Convention 06			21,285.00	17,455.07	14,819.00	
National Dues	30,000.00	26,991.00	30,638.00			
Ntl. Meetings/ CVOP			3,900.00	3,075.16	3,900.00	
NE Conf. 06	1,500.00		3,000.00	4,700.00		6,350.00
NE Conf. Planning Mtgs			600.00		600.00	
NE Conf. 05					3,503.21	
Newsletter	3,600.00	3,117.25		7,600.00	7,320.52	4,500.00
Office Expenses				3,820.00	1,560.15	4,720.00
Perry Plouffe Schlorship						
Public Relations				1,000.00	80.30	500.00
Rent				400.00	150.00	450.00
Sports Events	250.00	200.00	200.00	250.00	200.00	200.00
Touch Line				50.00		50.00
Web Page					96.90	3,600.00
<b>TOTALS</b>	<b>\$54,031.00</b>	<b>\$41,038.89</b>	<b>\$50,614.00</b>	<b>\$54,031.00</b>	<b>\$39,495.37</b>	<b>\$50,614.00</b>

*President's Message Spring 2006 (Continued from front cover)*

I believe in? I found the answer to be no. Playing it safe and not taking that challenge only keeps the old mantra coming back.

I took the leap and said, "Yes I can do this!" The first 24 hours were very stressful; the next 3 days to follow I asked myself 'What did I do? And Why?' AMTA-NH was in the midst of the SB 313 bill. I found myself in a 2 1/2 hour teleconference with 5 people from National; and then testifying at the senate hearing the next day. I was assured by many, from past presidents to National officers that it wouldn't always be like this. But when your heart is in your throat and your stomach is in knots, it's hard to believe those words. Now with the dust barely settling from SB 313 and the deadline for our newsletter looming on the horizon along with my first Board meeting I can honestly say that the "coulda, woulda, shoulda" mantra has been put to bed. Now I can sing myself to sleep with "I'm glad I said yes, I'm glad I took the chance and the challenge". Each day gives me the confidence to do more and be more.

My best friend had put the quote "Life is so brief and time is a thief" by Rod Stewart in her high school year book. She passed away 2 years later.

I loved her and I love that quote and it wasn't until just recently that I realized what the rest of it is "...when you're undecided"

*Because life is so brief and time is a thief when you're undecided.*

*And like a fistful of sand, it can slip right through your hands.*

*-Young Turks by Rod Stewart*

So what opportunities are slipping thru your hands? Are you afraid to say yes to a challenge because of time constraints? Is there something in your life that you keep pushing to the back burner with the thought of "Now is not a good time?" Do you not want to make a commitment because it might conflict with something? Are you going to go to bed tonight saying "I would have if . . . I could have... I should have!" I hope not, because the only thing time won't do is "wait for no one!"

In Love and Light  
Your president  
Doreen Rossi

# Ch Ch Ch Changes . . .AMTA-NH ELECTION RESULTS



Michelle Desjardins



Claudette Laroche



The New Hampshire Chapter held its Annual Meeting and Elections on February 4, 2006. In this even-numbered year of 2006, the offices up for election were **President, 2nd Vice President and Treasurer.** (In an odd-numbered year 1st Vice-President, 3rd Vice President and Secretary are elected.)

If you scan page 2, which features our current Board of Directors and our Committee Chairs, you may notice a couple of things. Not only have the faces moved around under the current titles, but we are also welcoming new faces. That shows continued growth, new volunteers, and extended experience, and this is good for all of us.

Upon the election of Doreen Rossi as president, Claudette became immediate past president; Julie Smith had the opportunity to move up to 1st VP; and Darlene Nadeau was elected 2nd VP. Judy Harrington was appointed 3rd VP (at our February 23rd Board of Directors meeting) since Darlene was elected 2ndVP. Sue Appleton was re-elected as our Treasurer.

Two new faces were added to our AMTA crew of remarkable chapter volunteers. Kristen Albanese was appointed secretary at the February 23rd Board of Directors meeting, to complete the 1yr term remaining upon the resignation of Michelle Desjardins. Michelle was our dedicated secretary for the past 10 years. She is now pursuing her nursing studies. A great big THANK YOU and GOOD LUCK to Michelle.

Janna Stevens, our former hospitality chair, is also pursuing new endeavors. Thank you Janna for your past commitment in providing the wonderful lunches at our meetings. Renee O'Clair, a member of just 1 year, has stepped up to the position of Hospitality Chair. Thank you Renee for coming forward and getting involved.

We have a juggling of familiar faces among other members of our Board.

With Cliff Korn completing his board tenure, Awards chair is now Claudette as Immediate Past President. We are also saying Good bye to Judy Daigle as she retires as our Government Relations Chair. We are not, however, saying

good bye to Cliff. He has become our new Chair of the Government Relations Committee.

As with every annual meeting, the budget was proposed for membership approval. Also in this even numbered year, the Chapter Fee is reviewed and re-approved. Since the chapter fee is monies that come back to our state and help to decrease the cost of workshops that we offer, it was the majority consensus to maintain the current Chapter Fee at \$30 annually.

The delegates for the 2007 National Convention were elected too. The following members volunteered to serve in a one-year term as Delegate and the ballot results were as follows; Jan Wheeler **Delegate**, Leo Beaudry **Delegate**, Marie Straiton **1st Alternate**, Margo Veitch **2nd Alternate**, Melissa Klaus **3rd Alternate** and Jane Wyatt **4th Alternate**.

Thank you all for your willingness to serve and many thanks to our members who came out to vote.

## AMTA-NH SPORTS MASSAGE TEAM

In Development of a Sports Massage Community



### Our Event Sports Massage Team Calendar 2006:

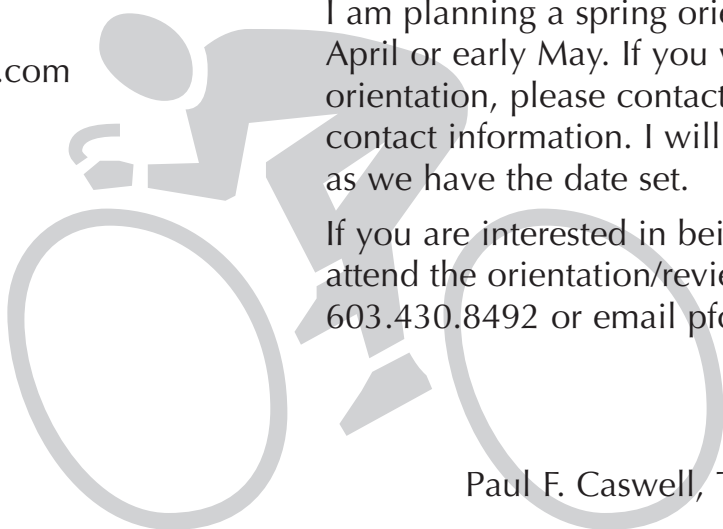
- **Mt Washington Road Race:** Sign-Up Dead Line APRIL 1st for Professional Therapist June 17, Saturday 11am to 4pm Info & Directions: [mountwashingtonroadrace.com](http://mountwashingtonroadrace.com)
- **Saunders 10K Road Race** August 17 Thursday 5pm to 9pm Info & Directions: [saunderatryeharbor.com](http://saunderatryeharbor.com)
- **Great Island - New Castle 5K Road Race** October 8 Sunday 8:30am to 1:30pm Info & Directions: [greatisland5K.org](http://greatisland5K.org)

### Options for 2006:

- **Team up with Maine Chapter for High caliber / 1000+ Athletes Triathlons** Mooseman June AND/OR Timberman August

I am planning a spring orientation meeting in late April or early May. If you would like to attend this orientation, please contact me with your name and contact information. I will get back to you as soon as we have the date set.

If you are interested in being on the team but cannot attend the orientation/review, please call 603.430.8492 or email [pfcaswell@netzero.net](mailto:pfcaswell@netzero.net)



Be In Touch,  
Paul F. Caswell, Team Director



### Coordinators

Paul F. Caswell, Team Director, and Seacoast Region, [430-8492](mailto:430-8492) [pfcaswell@netzero.net](mailto:pfcaswell@netzero.net)  
Bethany Reed, Northern/Central Region, [pranayamazen@verizon.net](mailto:pranayamazen@verizon.net)

## MERT Massage Emergency Response Team

Clara Levesque



After spending 6 days volunteering in Mississippi last month, I gained appreciation for the MERT team even more. Initially I went to help with the clean up in Kiln, MS and the surrounding area. When the day was done, I usually found myself offering quick "introductory" sessions to the other 80-90 volunteers that represented various other states from IL to SC.

Some of the NH AMTA board have been asked "when is there going to be another MERT training session?". A bit ago I would not have had an answer; but then one of the members in northern NH contacted me offering space. So I am very excited to announce that our next training will be on May 20th.

If you are interested in participating in that training, please contact me at work: (603) 889-3853 or on my cell phone (603) 566-7415.

As I continue to be involved in Nashua's LEPC, I hope to hear of some exercises where our team could be invited to offer chair massage as part of the training. It would be good to introduce as many of the emergency personnel to the benefits of massage.

**As always, I'm here to help: Clara Levesque, Coordinator for NH MERT**

## NATIONAL MASSAGE THERAPY AWARENESS WEEK

American Massage Therapy Association's annual National Massage Therapy Awareness Week (NMTAW) will be celebrated from October 22 through 28, 2006.

**Join with New Hampshire chapter members in highlighting the benefits of massage to your local area.**

For more ideas about promoting massage or to share your plans for NMTAW, please contact **Darlene Nadeau** at [dncoach@yahoo.com](mailto:dncoach@yahoo.com) or call **603-493-1478**. More information will be available soon on the AMTA website, [www.amtamassage.org](http://www.amtamassage.org)



Darlene Nadeau



Marie Straiton

## Legislative Day Event: You're Invited!



AMTA-NH members are invited to participate in an education and awareness event sponsored by our state chapter. The event will take place on April 18 at the NH Legislative Office Building in Concord. During the day massage therapists will provide pro-bono chair massage for Legislators.

This is an excellent opportunity to meet with state representatives, help them understand the benefits of massage, and potentially meet new clients. If you are interested in participating, please contact **Marie Straiton** by email at [m.straiton@comcast.net](mailto:m.straiton@comcast.net) or at 228-6700.



### Publication Relations Committee Welcomes New Member



Jean Biron

Congratulations and welcome to Jean Biron who recently joined our NH AMTA chapter Public Relations team. Biron will work on promoting education and awareness of massage therapy throughout the state.

We welcome your news and ideas. Please share your recommendations with us so that we may increase public awareness of massage and its benefits. Please contact Darlene Nadeau at [dncoach@yahoo.com](mailto:dncoach@yahoo.com) or 603-493-1478.

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**Jeff Mahadeen LMT, NCBTMB** – National presenter for category A NCBTMB CEUs.

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*"I found MR & STM courses extremely helpful in giving me powerful techniques to immediately provide relief for injured clients. I was pleasantly surprised how fast my client's tissue responded to this technique. I would highly recommend Jeff's courses to any of my colleagues."* Lisa LMT, CMRSTM

*"Jeff imparted a lot of information to us in great detail with the use of slides, video, powerpoint and most important humor. The manual that Jeff has written is very thorough and is a great reference tool for my practice."* Linda NMT Mod I and II



THE MUSCULAR WELLNESS INSTITUTE

*"With 21 years of rehab and massage therapy training, I've attended numerous seminars. I found Jeff's NMT to provide the foundation essential to treating clients effectively and knowledgeably for successful outcomes. I highly recommend this course."* Colleen O'Hearn LMT, OT



MUSCULAR THERAPY INSTITUTE



# CONTINUING EDUCATION 06

## Orthopedic Massage: Injury Assessment & Treatment

Instructor: Richard Horton

Offer your clients new options for pain relief by learning a comprehensive approach to addressing frustrating, common injuries. This certification course consists of one four-day segment, four three-day segments, and one two-day segment. Assessment, palpation skills and hands-on treatment techniques are taught and refined. Six major components to the training are: Anatomy, Assessment, Theory, Integration, Technique, and Clinic.

### Shoulder

(1.4 CEUs or 14 hours)

June 3 - 4, 2006, 9:00 am - 6:00 pm

### Low Back

(2.4 CEUs or 24 hours)

June 9 - 11, 2006, 9:00 am - 6:00 pm

## Ortho-Bionomy

(1.4 CEUs or 14 hours)

April 29 - 30, 2006, 10:00 am - 6 pm

Instructor: Cynthia Wood

## Therapeutic Techniques for Carpal Tunnel Syndrome

(.7 CEUs or 7 hours)

May 20, 2006, 9:00 am - 5:00 pm

Instructor: Yaron Gal Carmel

## Helping Clients with Chronic Pain

(1.4 CEUs or 14 hours)

May 19 - 20, 2006

Instructor: Joel Ziff

## Ethical Practice in Massage Therapy

(.3 CEUs or 3 hours)

Instructor: Sue Mapel

June 5, 2006

*Part I: Boundaries, Roles & Sexual Issues*

June 12, 2006

*Part II: Professionalism, Confidentiality & Legal Issues*

## Feldenkrais: Longevity for Massage Therapists

(1.6 CEUs or 16 hours)

June 16 - 17, 2006

Instructor: Jeff Thompson

## Dr. Vodder: Manual Lymph Drainage, Basic

(4.0 CEUs or 40 hours)

June 26 - 30, 2006, 8:30 am - 5:30 pm

Instructor: Nancy Reichl

Prerequisite: 500 hours of Massage or PT Training

## Palpatory Anatomy

(1.8 CEUs or 18 hours)

Six Weds., July 5 - August 9, 6:30 pm - 9:30 pm

Instructor: Lou Benson

## Functional Anatomy

(1.6 CEUs or 16 hours)

Four Mondays, July 10 - 31, 6:30 pm - 9:30 pm

Instructor: Lou Benson

## Infant Massage Certification

(2.8 CEUs or 28 hours)

July 11 - 14, 2006, 9:00 am - 5:00 pm

Instructor: Maria Mathias

## Caring for Clients with Cancer

(2.4 CEUs or 24 hours)

July 13 - 15, 2006, 9:00 am - 6:00 pm

Instructor: Tracy Walton

## Pre & Perinatal Massage

(3.2 CEUs or 32 hours)

July 26 - 29, 2006, 9:00 am - 6:00 pm

Instructor: Carole Osborne-Sheets

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*School of Massage Therapy*

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 153 Lowell Road, Hudson, NH 03051  
 603-882-3022

June 10 & 11	Advanced Sports Massage	14 Hours	\$280
June 24	Corporate Chair Massage	6 Hours	\$120
July 7, 8 & 9	Ayurvedic Massage	16 Hours	\$320
July 22 & 23	Strain/Counterstrain	14 Hours	\$280
August 2	Stretching	3 Hours	\$60**
August 5 & 6	LaStone Therapy	18 Hours	\$350
August 9	Strengthening	3 Hours	\$60**

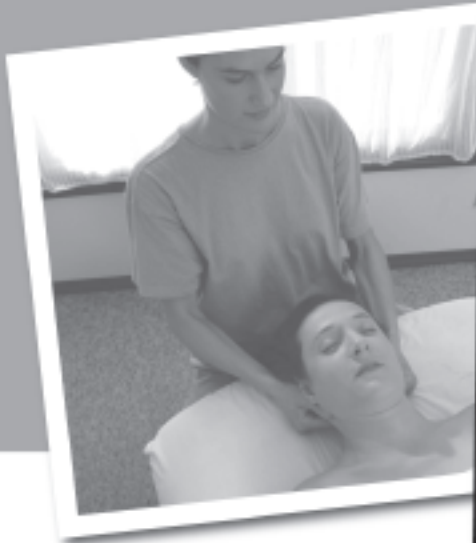
*\*\* \$50 each if registered together*

*Bridgton, Maine Campus*  
 27 Sandy Creek Road, Bridgton, Maine 04009  
 207-647-3794

June 24 & 25	Advanced Sports Massage	14 Hours	\$280
July 8 & 9	Strain/Counterstrain	14 Hours	\$280
July 15	CPR/First Aid Recertification	4 Hours	\$ 50
July 21, 22 & 23	Ayurvedic Massage	16 Hours	\$320
August 4	Ethics	3 Hours	\$ 60
August 12 & 13	LaStone Therapy	18 Hours	\$350
August 29	CPR/First Aid Recertification	4 Hours	\$ 50

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Have you heard of anyone else reporting this result?

I retail the 3 oz. Roll-on and 4 oz. Tube. I like the extra income and I love the compensation of knowing we're helping folks. Biofreeze has helped so many of my clients.

Thanks for sponsoring the Pain Management series with all the guys in Vegas last year. And thank you for the samples for public events and such.

*Jeni Quiriconi* ☺  
Jeni Quiriconi, LMP

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## Workshop Reviews

The AMTA NH sponsored a workshop on Orthopedic Massage presented by Rick Horton in which he focused on shoulder injuries and demonstrated very effective ways of locating and addressing shoulder problems. Rick is an experienced presenter and highlights his presentation with anecdotal stories accumulated through his many years of teaching and hands on experience. He effectively transmits his enthusiasm about the subject of bodywork.

The morning portion was an overview of the anatomy, demonstrating specific tests for pinpointing the location of the injury and utilizing the protocol of the Benjamin technique of testing, warming the area, cross fiber frictioning, icing and exercising. Extensive handouts accompanied the lecture portion. I enjoyed the overview that was given on the alternative techniques of proliferant injects and beesting therapy or apitherapy.

The demo was aided by the video camera and big screen available at the front of the room which really allowed us to see hand placements so we can be certain that we are all in the same place.

Julie Smith



Tableside assistance and validation were used to reinforce getting the proper technique and location. The hands on portion was readily welcomed and seems never long enough, since we are a group that comprehends through our hands.

It is always good to see both the newcomers and familiar faces in the turnout. An AMTA workshop is a great place to sharpen your skills, mix with your peers and be recharged. Learning new assessment skills helps to make our own therapy sessions more effective. In the end it's a fast day that satisfies and reinforces how much more there is to learn.

*Mark your calendars: Neal Cross Cadaver Workshop, The Sacrum, April 8 & 9, UNE, Biddeford, ME open to NH Professional level members*

*Diane Polsano, The Shoulder Complex, May 6, Mill-A-Round, Manchester, NH. Open to all interested people.*

# Mark Your Calendar

## Calendar of Events 2006

**March 23-26, 2006** – NH HOSTS - NERC, Boxborough, MA

**April 8 & 9 2006** – Neal Cross Anatomy Workshop, Biddeford, ME

**April 18, 2006** – State Legislature, Massage Awareness Day, Concord, NH

**May 6, 2006** – NH Chapter Mtg/Workshop, Manchester, NH

**May 18, 2006** – State LMT Exams, Concord, NH

**June 13, 2006** – NH BOD Mtg – 6:30pm tba

**June 17, 2006** – 11am-4pm; Mount Washington, [www.gsr.com](http://www.gsr.com)

**June 23, 2006** – Newsletter deadline

**July 13-16, 2006** – Chapter Volunteer Orientation Program, Evanston, IL

**August 17, 2006** – 5pm-9pm; Saunders 10K Road Race  
[www.saundersatryeharbor.com](http://www.saundersatryeharbor.com)

**September 16, 2006** – NH Chapter Mtg/Workshop

**September 14, 2006** – State LMT Exams, Concord, NH

**October 8, 2006** – 8:30am – 1:30pm Great Island 5K, [www.greatisland5K.org](http://www.greatisland5K.org)

**October 11-15, 2006** – AMTA National Convention, Atlanta GA

**October 20-25, 2006** – AMTA Massage Therapy Awareness Week

**November TBA 2006** – Neal Cross Anatomy Workshop, Biddeford, ME

## Classified Ads and members' networking

### Office space for rent

Private office (9x11) in quiet, attractive suite with other independent practioners in excellent Bedford location. \$350.00 all inclusive. References requested. 603-622-6667.

**Wanted:** New or Established Independent Contractor looking to build practice in Durham. Rent Treatment room at Health Spirit Center for \$500/mo includes utilities. Contact Janna 603 868-1555.

**FOR SALE:** Book cases, office desk. Call Darlene at 603-465-7942 or email at [dncoach@yahoo.com](mailto:dncoach@yahoo.com)

### AMTA-NH

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