

NH-AMTA SPORTS MESSAGE TEAM
In Development of a Sports Massage Community . . .

CALENDAR OF EVENTS

Event Sports Massage Orientation & Review — Spring 2007

Mt Washington Road Race

Sign-Up Deadline: April 1, '07
for Professional Therapist June 16, Saturday 11am to 4pm
Info & Directions: mountwashingtonroadrace.com

Saunders 10K Road Race

August 16 Thursday 5pm to 9pm
Info & Directions: saunderatryeharbor.com

Great Island - New Castle 5K Road Race

October 7 Sunday 8:30am to 1:30pm
Info & Directions: greatisland5K.org

Coordinators:

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

Contact me if you are interested in attending the orientation/review meeting. If you are interested in being on the team but cannot attend the meeting, please call 603.430.8492 or email pfcaswell@netzero.net



Be In Touch, Paul F. Caswell, Team Director

January

- 1/12/07 Reports due to Sue Appleton
- 1/17/07 Budget meeting Concord 9am
- 1/08/07 BOD Conference call, 7pm

February

- 2/04/07 Annual Chapter Meeting, BOD meeting , Manchester with workshops: Noreen Owens- Hanna Somatics
- 02/05/07 BOD Conference call, 8pm

March

- 3/01/07 Newsletter deadline
- 3/22-25 New England Regional Conference (NERC)

May/June/July

- 5/4-5/6 James Waslaski Orthopedic Massage
- 6/16 Mt. Washington Road Race (see details in Sports)
- 7/12-15 CVOP

September/October ** National Convention Month**

- 9/26-29 AMTA National Convention, Cincinnati, OH
- 10/20 Jim Oschman workshop
- 10/21-27 NMTAW

AMTA-NH
25 Brandy Lane
Pelham, NH 03076

Inside This Issue:



MERT Training a Success

Local emergency training report



NERC Coming in March

Don't miss the New England Regional Conference



NH Recommendation Passes

First-ever NH recommendation to HOD



We're In Touch

Promoting Massage Therapy through Education and Professionalism



AMTA-NH Newsletter

Winter 2006/2007



**A Message from the President
A Very Positive Experience at National Convention**

Every Year the National Convention starts off on Thursday morning with the Business meeting followed by the awards presentation. The state Chapter Meritorious winners are then recognized and our very own Darlene Nadeau was on hand to receive her recognition from National. The meeting concludes with the Keynote Speaker.

The Business Meeting focused on the business of the AMTA, including strides we've made as an organization, the visibility we have across the nation and in everyday media, and the many ways National is continuing to promote massage therapy.

The Executive Director of AMTA, Liz Lucas, delivered a positive message to us on Thursday morning regarding the state of Massage Therapy and the AMTA. Read Liz's message in its entirety at www.amtamassage.org. Sign onto the Member Section, then scroll to "What's New and News" on the home page and look for "2006 AMTA National Convention Business Meeting Speech by AMTA Executive Director Elizabeth Lucas."

Following the business meeting and awards presentation was Cary Bayer. Mr. Bayer is a Life Coach and a regular columnist in *Massage Today*.

He asked us to rethink our feelings about receiving money, and then asked us to re-introduce enthusiasm into our lives and our careers. Enthusiasm can be contagious, and when you repeat it to yourself or exude it from your life or career, people notice. He had us stand and shout "ENTHUSIASM!" for 1 minute. He suggests

standing in front of a mirror and trying it (when no one is looking). It's an exercise that can shift your energy, chase away a dark cloud and make

you feel better about yourself and the day ahead. I know NH was certainly enthusiastic after our first recommendation passed later that afternoon! (Read all about that on Page 6)

It was a great opening to the Atlanta convention with positive notes about the association, its growth and the direction of massage therapy. A chance to meet, acknowledge and bond with all those enthusiastic individuals who help make it happen have already made me start looking forward to next year's convention in Cincinnati. I hope you'll join me!



Hanna Somatics

- Noreen Owens

On Sunday, February 4th, you will have the opportunity to literally discover more of yourself as you learn about Hanna Somatics. Noreen Owens, Certified Hanna Somatic Educator, will guide us through slow, gentle movements designed to regain control over the muscle groups that are most vulnerable to stress, repeated movement patterns, injury and trauma. In this experiential workshop, you will be lying on the floor as you learn to sense and move your body. By the end of the day, you will experience a significant difference

in the way your body feels as you move – you will feel looser, lighter, and more grounded.

We will be spending a considerable amount of time on each muscle group as you focus your attention on the internal sensations of the movement. Unlike other exercises, the less effort you use, the more you will achieve. You will begin by releasing the tight muscles responsible for most back pain and shoulder tension. Then we will begin to release the tight muscles that cause shallow breathing, and are responsible for distorting the posture by pulling the shoulders forward. You will

release tight shoulder, waist and hip muscles that restrict the movement of your arms and legs.

With each new movement, you will discover greater self-awareness, comfort and control. Some say exploring sensory awareness is like learning a new language. By the end of this workshop, you will feel like a whole new person. You will learn a brief movement routine so you can reinforce what you achieved in the workshop, and continue to improve on your own. You will receive a written description of



In This Issue

A Message from the President..... 1
Hanna Somatics 1
Board of Directors and Committee Chairs..... 2
New Newsletter Editor 2
AMTA-NH Chapter Education 3
Welcome New Members.... 4
Thank you Neal Cross..... 5
Committee Reports
- HOD Recommendation 6
- AMTA HOD Update..... 6
- MERT Training..... 7
- Waslaski Workshops..... 7
- Government Relations..... 7
- Call for Candidates..... 8
- Candidate Resume Form... 8
Insurance Update 11
Sports..... 12
Calendar of Events 12

the movements. This brief routine, when done with some regularity, will prevent the muscle tension that inevitably accumulates in the field of massage therapy, and in response to day-to-day stress.

To learn more about Hanna Somatics visit www.owensomatics.com

Board of Directors & Committee Chairs

PRESIDENT

Doreen Rossi
25 Brandy Lane
Pelham, NH 03076
Home/Work: 603/635-8938
Email: doreenrossi@adelphia.net



FIRST VICE PRESIDENT

Julie Smith
760 Lafayette Rd
Hampton, NH 03842
Work: 603/929-0016
Email: hmtc@juno.com



SECOND VICE PRESIDENT

Darlene Nadeau
P.O. Box 352
Plymouth, N 03264
Office: 603-536-1179
Cell: 603-493-1478
Email: hmtc@juno.com



THIRD VICE PRESIDENT

Education (Co-Chair)
Judith Harrington
PO Box 275
Hampton, NH 03842
Work: 603/926-8450



IMMEDIATE PAST PRESIDENT

Education (Co-Chair)
Claudette Laroche
300 Bicentennial Drive
Hooksett, NH 03106
Home/Work: 603/623-2200
Email: claudettelmt@aol.com



SECRETARY

Kristen Albaneze
5 Northern Blvd, PO Box 1601
Amherst, NH 03031
Email: ksa@nashuamassage.com



TREASURER

Sue Appleton
126 Hobart Hill Road
Hebron, NH 03241
603/744-8897
Email: asuda@metrocast.net



Committee Chairs

MERT

Clara Levesque
5 Coliseum Ave, Ste. 302
Nashua, NH 03063
Work: 603/889-3853
Cell: 603/566-7415
Email: claralmt@juno.com



HOSPITALITY

Renee O'Clair
1650 Elm St, Ste 202
Manchester, NH 03101
603/494-3808
Email: reneeo-clair@comcast.net



NEWSLETTER

Dianne Jezak
8 Stiles Rd, Ste 107
Salem, NH 03079
Work: 603/890-9996
Email: wellness@therapeuticcoasis.com



BENEVOLENCE

Rosanne Beurivage
34 River Rd
Penacook, NH 03303
603/753-4338
Email: Rosanne@newwww.com



GOVERNMENT RELATIONS

Cliff Korn
Windham Health Center
87 Indian Rock Road
Windham, NH 03087
Work: 603/894-6402
Cell: 603/566-9376
Email: cliffmt@earthlink.net



SPORTS MESSAGE

Paul Caswell
PO Box 1357
Portsmouth, NH 03802
603/430-8492
Email: pfcaswell@netzero.net



WEB MASTER

Melissa Klaus
92 High St
Hampton, NH 03842
603/601-0852
Email: mklaus@hotmail.com



TOUCHLINE AND MEMBERSHIP

Jan Wheeler
Windham Health Center
87 Indian Rock Road
Windham, NH 03087
Work: 603/894-6402 x3#
Home: 603/893-6016
Email: janshands2@aol.com



PR Open

*Remember to visit the
AMTA-NH Web Site at
www.AMTA-NH.org*

Look for committee updates in the *Committee Reports* section

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
2nd Alternate: Margo Veitch
3rd Alternate: Melissa Klaus
4th Alternate: Jane Wyatt

ADVERTISING RATES

- Full Page 8.5" x 11" B/W \$125.00
- 1/4 Page 4.25" x 5.5" \$45.00
- Half Page Horizontal 8.5" x 5.5" \$80.00
- 1/8 Page 2.75" x 4.25" \$35.00
- Half Page Vertical 5.5" x 11" \$80.00
- Classifieds \$10.00 25 words

Spring deadline: March 1, 2007



About Our New Newsletter Editor: Dianne Tremblay Jezak

Dianne is a graduate of Bancroft School of Massage Therapy and Worcester Sate College. She has a BS in Occupational Therapy, but is currently focusing her practice in Massage Therapy. She opened Therapeutic Oasis Wellness Center in Salem, NH in November 2000, with the goal to improve her client's quality of life through massage. Dianne specializes in clinical massage, Ashiatsu and pre-natal massage. She is a strong believer that sensory integration through massage improves both mind and body. She is a member of the Salem Chamber of Commerce, and has been a member of Business Network International (BNI) for 5 years, in which she held a leadership position as secretary/treasure. She hopes taking on the position of editor for the NHAMTA newsletter will be the first step in being an active AMTA member for the NH chapter.

Insurance Update:

Extended Student Insurance Coverage

Thanks to feedback received from schools, students and AMTA chapters, the AMTA now provides an extension of insurance coverage normally reserved for Professional members to new graduates who qualify.

We want to let students know they qualify for this extended student insurance coverage if they've:

- 1) Graduated from their initial massage therapy training program of 500 or more in-class hours while a Student member; AND
- 2) Met applicable state or local licensing requirements.

Students, please note that we are the only massage association that gives you this extended insurance coverage while you are still a Student member!

Please see the Student Membership Fact Sheet for more information or contact Michael Mitchell at 847-905-1670 or mmitchell@amtamassage.org.

***** CHAPTER MEETING OPEN INVITATION TO ALL MEMBERS *****

Please mark your calendar for our up coming Chapter Meeting on **February 4th, 2007**. This is a great opportunity to see what your membership dollars do for you.

- | | | |
|-------------------------------|-------------------------------|------------------------------------|
| Meet your Elected BOD members | Elections for new BOD members | Participate in the Chapter meeting |
| Awards | Attend the workshop | Receive CEH's |
| Lunch will be provided | | |

AMTA-NH CHAPTER EDUCATION



NCBTMB APPROVED PROVIDER
FOR CONTINUING EDUCATION

LASTING PAIN RELIEF
Presented by Noreen Owens, M.Ed.
Certified Hanna Somatic Educator

SUNDAY, FEBRUARY 4, 2007
9:00AM-4:00PM 5 CEH
Lunch and Business Meeting, 12:15-2pm
THE MILL-A-ROUND, MANCHESTER, NH

"In one workshop...achieve results that would take months of arduous yoga practice

- Thomas Hanna

Lower back pain is the most common and most expensive cause of work-related disability. **Hanna Somatic Education** identifies and releases unconscious, involuntary muscle contractions that cause stiffness, aches and pains – a condition known as Sensory Motor Amnesia. This workshop will teach you how to relieve stiffness, aches and pain, and you will learn to sense and move your body in a new way as you are guided through slow, gentle movements. Feel more alive!

Symptoms we recognize are: low back pain, disc problems, scoliosis, sciatica, joint pain, TMJ syndrome, carpal tunnel, arthritis, fibromyalgia, and poor posture to name a few. Come and learn how to demystify, relieve, and prevent major pain issues.

DIRECTIONS:

FROM THE NORTH I-93 south to I-293 South, take exit 6 (Amoskeag Bridge), take a right off exit, 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.**

About the Workshop

Your clients will take a new attitude towards your healing techniques when you guide them through these slow, gentle movements designed to stimulate the brain's release of muscular tightness and pain. You will feel whole and alive following this workshop and will be ready to share your experience and techniques with your clients. Hanna Somatics is done on the floor, bring your yoga mats or comfortable pads. This program can easily be adapted to your massage practice.

About the Presenter

Noreen Owens, M.Ed. and Certified Hanna Somatic Educator, who does corporate and private workshops. She is well known for her specialty "Back Workshops and the Myth of Aging Series. Please see Page 1 for more information on Noreen.

Some tables required. No Linens!

REGISTRATION FORM

Early Bird Registrations must be Postmarked by January 20, 2007

Early Bird NH Members \$50___ After Jan 20th \$75___ **Early Bird Non-Members** \$75___ After Jan 20th \$100___

Make checks payable to: **AMTA-NH Chapter**

Mail to: **Judith Harrington, P.O. Box 275, Hampton, NH 03842**

NAME _____ AMTA MEMBER# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL (please print) _____

For questions, please contact Judith Harrington or Julie Smith.

A Warm Welcome to Our New Members

Welcome to our newest members of The New Hampshire Chapter of the American Massage Therapy Association

Rae Bradbury-Enslin, Barrington
 Jenifer Brinkman, Seabrook
 Donna L. Carberry, Sanbornville
 Jacob Carter, Lee
 Danielle M. Charpentier, Nashua
 Debra S. Crow, Seabrook
 Rob Cutting, Newmarket
 Cheri Dalphonse, Goffstown
 Jessie DeBow, Plymouth
 Bethany Dyer, Jaffrey
 Darcy M. Frederic, Manchester
 Charity Gagnon, Manchester
 Katherine Gilbert, Hancock
 Sarah Gorman, Derry
 Jo Ann Halloran, Hudson
 Carol Ann Horton, Hampton

Annalisa Johnson, New Boston
 Keryn Kwan, Concord
 Mark LaBounty, Greenland
 Lea Loveday, Newmarket
 Amy MacQuesten, Hampstead
 Marianne Marley, Concord
 Cynthia Merrill, Contoocook
 Ashley Oldham, Colebrook
 Stephanie O'Neal, Deerfield
 Cad Proulx, Littleton
 Karen Redfern, Bedford
 Jan Riel, Loudon
 Beata Root, Piermont
 Roxanne Scarponi, Barrington
 Elaine Shirley, Londonderry
 Catherine Skove, Gilsum
 Yuliya Stryhenko, Nashua
 Jill Tremblay, New London
 Joanne Van Deusen, Peterborough

As you can see from the Newsletter, the list of new therapists joining the AMTA New Hampshire Chapter continues to grow with each passing month. As a chapter, we're all anxious to meet each new member. Attending the workshops offered and the Chapter meetings is a great way to meet other Chapter members. This Chapter is all about its members! Comments, ideas, and energy from each and every member are always welcomed. Help make AMTA-NH the best organization you have ever been a part of! After all, this is all about your profession! Any questions or comments about your membership, please contact me, Jan Wheeler.

Hope to see you at the next workshop!

Your Membership Chair,
 Jan Wheeler
 H:603-893-6016, W: 603-894-6402 #3



The Muscular Wellness Institute NCBTMB CEUs

Myofascial Release and Soft Tissue Mobilization 16-48 CEUs Belmont NH

MYO I April 21-22 - Fascial Anatomy & Leg Tx, MYO II June 2-3 Spine & Hip Tx, MYO III June 23-24 Shoulder & Arm Tx,

Are you ready to set yourself apart from other Massage Therapists? MR&STM are highly interactive stretching and hands-on techniques for working with the fascia and muscle. This course will also explore the anatomy and physiology of fascia, and the relationship of non-energy efficient posture to the myofascial system.

Vacation and Education in Arizona

Postural Assessment 16 CEUs Belmont NH March 11-12, Sedona Az March 19-20

Do you want to increase your assessment skills and your marketability? The design of this course is to teach an advanced skill of postural analysis, and give the therapist confidence to skillfully talk to their clients about their postural distortions. Also included are 4 + hours of myofascial techniques.

Neuromuscular Therapy Axial Skeleton 48 CEUs Sedona, Az March 21-23 & 26-28

Are you ready to move your therapy to the next level? NMT is a system of soft tissue manipulation that balances the nervous and musculoskeletal systems. Course includes: 60+ hrs hands-on work; comprehensive study of muscle location, function, stressors and trigger point patterns.

“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

Jeff Mahadeen LMT, CSI, NCBTMB National presenter for category A NCBTMB CEUs.
www.muscularwellnessinstitute.com CL1MBR@att.net
 603-520-5445
 Prices vary call for prices. Check website or email for detailed course information.

“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

AMTA - NH Candidate's résumé

Candidate for what position? _____

Are you willing to be considered by the Nominating Committee for a different office? Yes No

Name _____

Address _____

City _____ State _____

Zip _____

Phone (Home) _____ (Work) _____

AMTA File Number _____ Membership Date _____

Can you be bonded? Yes No

Education:

Provide pertinent information regarding your basic massage education (i.e., first 500 to 1,000 hours).

Are you Nationally Certified in Therapeutic Massage and Bodywork? Yes No

List your highest level of education. Please include the institution, location, attendance dates, degree and date granted. _____

List all relevant certifications, licenses, etc. _____

Candidate for what position? _____

List (including dates) all AMTA Chapter and National Offices held (include committee experience). _____

List professional and community experience relevant to Association leadership _____

What qualifications do you have for the office you are seeking? _____

Your signature below indicates that if you are elected for this office, you are able and agree to serve for the prescribed term of office, that the information provided is accurate and that permission is granted for the verification of that information.

Candidate's Signature _____

Nominated by: _____

Signature

Member #

