



***kneaded notes***

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**This won't be your typical education. AMTA Indiana Chapter is offering therapists something very new and exciting...**

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**November 3** - Special Hotel Pricing Deadline

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**November 7** - Early Registration Deadline

14 contact hours • Category A NCBTMB and AMTA approved

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See Page 8 for education details. Register online at [www.amtaindiana.org](http://www.amtaindiana.org) or see Page 19 for forms and costs.



# kneaded notes

FALL 2003

AMERICAN MASSAGE THERAPY ASSOCIATION INDIANA CHAPTER

VOLUME 11, ISSUE 4

## Letter from the President

Congratulations go out to the newly elected Indiana Chapter officers and delegates. Jennie Irving, Eaton, was elected First Vice President; Larry Cary, Hobart, Third Vice President; and, Cheryl Middaugh, Indianapolis, Secretary. Also elected as the Delegates for 2004 were Vickie Brubaker, Larry Cary and Arlene Loomis. Alternates in order of the voting results were Barbara Lis, Kathy Latimer and Cheryl Middaugh.

Dale Huston, Joe Sidell and Janet Rapala have retired from their Board of Director position. I wanted to thank all of these wonderful people for their time and commitment to the AMTA and its membership. I wish them all the best. My hope is

that we will all continue to work together in new ways for the betterment of the chapter.

All board of directors and chairs are listed on the inside cover of the newsletter or go to the chapter website for phone numbers or email addresses. I encourage you to contact a board member and share your feelings and ideas with them. We all work for you and are always open for suggestions.

Congratulations to our 2003 "Meritorious Award" Indiana State Winner-Kip Treece, Lafayette. His name will be added to the national competition list. Kip is the Chair of Government Relations Committee and works hard to move us closer to licensing.

*(continued on Page 16)*

## Indiana Chapter Board of Directors



Congratulations to our new 2004 Board of Directors for the AMTA Indiana Chapter. Front row: Arlene Loomis, Delegate; Cheryl Middaugh, Secretary; and Margi Cangany-Lane, Treasurer. Back row: Jennie Irving, First VP; Larry Cary, Third VP; LuAnn Williams, Past President; David White, Second VP and Barb Lis, President. Vickie Brubaker, Delegate, was not present.



## Meritorious Winner for 2003

Kip Treece is the Indiana Chapter winner of the Meritorious Award for 2003. He will be added to the list of national recipients, and will be considered for the National AMTA Meritorious Award which will be awarded late October.

Kip has made great strides as the Government Relations Chair. He has furthered the licensure bill, made a strong impact on legislators and has an exemplary outlook for the Indiana Chapter and massage profession. He's looking forward to the submission of the licensure bill again in 2004, and hopes for success this year. Kip encourages everyone to attend Rally Day in Indianapolis on Wednesday, January 28.

Congratulations Kip on being the recipient of the 2003 Indiana AMTA Meritorious Award.

# AMTA Indiana Officer & Committee Chairs

## President, Contact Committee & Standing Rules/Bylaws

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[www.amtaindiana.org](http://www.amtaindiana.org)

## About kneaded notes

*kneaded notes* is published four times per year by the Indiana Chapter of the American Massage Therapy Association, a nonprofit professional massage therapy association. This publication welcomes and encourages contributions. All submissions must be typed or legibly printed and must include a legible signature, address and telephone number. Submissions may be edited for space and clarity.

AMTA-IN reserves the right to edit material where appropriate; accept or reject materials; and assumes no responsibility for errors, omissions, corrections or modifications in publications. Information, articles, endorsements and advertisements contained in *kneaded notes* do not necessarily reflect the opinions or beliefs of the AMTA-IN Board Members, newsletter editor, Chapter membership nor those of its parent organization, the American Massage Therapy Association.

The AMTA-IN does not necessarily endorse advertisers, their products, services or educational programs.

Advertisements must be camera ready and submitted with a check or money order made payable to AMTA-IN Chapter.

### Advertising Rates

Classified	\$ 10.00
Business Card	\$ 25.00
1/4 page (3.75" x 4.75")	\$ 40.00
1/2 page (7.5" x 4.75")	\$ 65.00
Full page (7.5" x 9.75")	\$ 100.00

### 2003 Copy Deadlines

June 20.....	Summer Publication
Sept. 14.....	Fall Publication
Dec. 5.....	Winter Publication

Submit contributions and advertisements to:

Dorinda Moreau  
9513 Yearling Drive  
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260-432-1163 phone  
260-436-4606 fax  
backontrack@fwi.com

# Educating Others is Key for Rally Day

The National Massage Awareness Week is October 19-24, 2003. Be sure to promote the massage profession in your community with this year's theme, "Relieve Pain with Massage." You can get press releases and promotional tools from the AMTA national website, [amtamassage.org](http://amtamassage.org).

Write down these imperative dates: January 26-30 for Indiana Massage Awareness Week and especially mark on your calendar January 28 for the Rally Day in Indianapolis. Please find it in your heart to give one day out of your year to such a monumental event by giving massages at the Capitol. You'll get to rub elbows with legislators, promote massage and possibly be influential in helping the massage licensure bill pass the House or Senate. Check out [amtaindiana.org](http://amtaindiana.org) for up-to-the-minute status reports when the bill is submitted in January. Call Vickie at 317-576-0189 to schedule a day in January.

**FOR SALE**

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# Law and Legislation Roundtable Discussion Yields Ideas



**John Barnett, Indiana Lobbyist**

At the convention in September, we held a discussion with our lobbyist, John Barnett. The discussion was lively and the

questions were thought-provoking. The main topic was, obviously, massage licensing and when we might accomplish it. Mr. Barnett explained the process of introducing a bill and the work involved in its eventual passage.

He explained that in the next session, the bill would be introduced in the house first. Its passage is not guaranteed at any point, but our chances are greater in the house than in the Senate. After passing the House, the bill would then go to the Senate Health and Providers Committee. Senator Patricia Miller, who has been unsupportive of our efforts, chairs this powerful committee. Our lobbyists and the AMTA Board will be working hard to educate Senator

Miller regarding our profession.

Our membership needs to be proactive in contacting their legislators and their local newspapers. We need to show grassroots support for legislation. Our Indiana Chapter website has several pages available about contacting your legislators. Please go to [www.amtaindiana.org](http://www.amtaindiana.org) and review the information. Be active in your community by writing a letter to the editor of your local paper to provoke more letters.

If you're waiting for legislation to happen, without your help it simply won't happen. If you care about your profession and you want to make a difference, be involved.

[ *Kip Treece*  
*Government Relations*

# Education Corner

I hope everyone who attended our 26th annual convention enjoyed the great education and wonderful company as much as I think you did. Ralph Stephens was informative and delightful. His medical massage series was wonderful. If you attended Linda Tumbarello's Endocrine System/Chakras workshop or the Ethics class, you know that was a unique and special experience. I appreciate the therapists who take the time to enhance their skills. The power of proper education cannot be overstated. I also want to thank everyone who helped make the convention a success. There are so many things going on, and it's something no one can, or should, do alone. My heartfelt gratitude.

What does November bring? Ayurvedic medicine, oils, steam and mud! The final Chapter meeting promises to be fun and informative. If you have ever read any of Deepok Chopra's books, or wanted to learn more about the healthful practice of Ayurveda, this is your chance! Jan Sickler, a very well informed and experienced instructor, will be presenting an "Introduction to Ayurveda" on Saturday, November 15 at the Omni Hotel in Indianapolis (please note the change of location). Jan instructed Deepok Chopra, and we are honored to have him instruct for our Chapter. This eight hour workshop will be a unique experience.

Sunday, November 16 brings us another

great day of education. "Spa and Steam Hydrotherapy" (6 hours) brings healthy, profitable and fun spa practices to any massage room. Diana Makeig of Spa Solutions, and her staff, will be teaching lots of hands on and sharing practical information. If you've ever wanted to add steam, scrubs or facials to your practice, but haven't known how, this is your opportunity. It is practical self-care as well. Diana will enhance the experience with marketing tips, and her own experience as a spa owner. All products will be supplied, and discounts for purchases will be available after class. To top it off, all these classes are Category A approved hours with NCBTMB and AMTA for your continuing education requirements.

After the Chapters winter break, the first meeting of 2004 will be in Bloomington. We will be hosting Californians Betty Lue Leiber and Robert Walden for a 12-hour course on "Touch for Health" the weekend of March 19-21. Our Open house education on Sunday will be "Brain Gym". It is our intention for Open House that we be able to offer very inexpensive, great education to our members and students. We hope you will make plans to attend.

Another change 2004 will bring is the moving of the Chapters Convention and Elections to July rather than September. Please check in the chapter website and future newsletters for more information.

Finally, it appears that education may become a committee! Members Janet Rapala (our chapter's former hard-working secretary), Kimberlee Kurtz, Gina Carrigan-Piper and Kathy Latimer have expressed an interest in assisting me with upcoming education ideas and

planning. I am excited to put some of their ideas into practice and to see where future education ideas go. One of the ideas I really like is a "Therapist Retreat" done with our Indiana talent leading the way. Our chapter is blessed with a large variety of special and talented people, and we all know that busy therapists need and deserve some personal R&R. Kimberlee is also a Recreation Director. Hmm... Actually, speaking of Kimberly Kurtz, I would like to do a brief introduction. She graduated in 1996 from Cal State Long Beach with a degree in Recreation Administration and from the Nevada school of Massage in 2000. She enjoys working with people who have physical and/or developmental disabilities. Her dream is to be able to combine the two and offer a retreat facility where guests and their families can get a little bodywork while they learn about themselves and/or their family member. Contact her at 219-242-1448 or kimshands@earthlink.net.

Janet Rapala has a masters degree in Nursing from IU and stays busy teaching CPR, conducting orientations and continuing ed programs for paramedics, patient care assistants and clerical staff, as well as massage therapy students. She loves the nurturing aspect of massage. She loves teaching, but did not choose it as a profession since she was concerned she "would have been so Lucy - as in Charlie Brown." All of us who have worked with her know that she has a great sense of humor as well. Contact her at jmrappala@aol.com or 317-845-2910.

I hope to introduce the other potential education committee members in the future. It's my hope that members contact them, as well as myself with any future ideas or needs.

Remember that non-member guests are welcome to attend AMTA sponsored education. So call a friend or fellow therapist, and we'll see you in Indy!

[ Jennie Irving, Education Chair

## Chapter Committee Chair Orientation

If you have volunteered to be a Committee Chair (in charge of a specific chapter group or project), you have been requested to attend a meeting on Saturday, November 15, 8-10 pm at the Omni in Indianapolis. This is the first time that we have compiled a meeting like this. To thank you for attending this orientation, you will be offered complimentary education on Saturday, and a hotel room on Saturday night. The Board of Directors wishes to thank all of the hard working volunteers who make this Chapter function so well. Please call Jennie Irving with any questions.

# Committee Chair Reports

## ***First Vice President***

Greetings members - I would like to inform the membership that I have stepped down from the BOD as your First Vice President. I have other items on my agenda for the remainder of the year for my wife and I.

Sorry to have missed most of you at our annual convention but all went very well. We had some really good instructors and a fun filled Saturday evening with dinner and plenty of laughter. I can only hope that I served you, the members, in my position as First Vice President in the manner of which you needed.

[ *Dale Huston*  
*Past First Vice President*

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Greetings from your new First Vice President. If you have been to any chapter education in the past few years we have probably already met. If not, (in brief) I have been involved in the chapter since I graduated from Healthy Lifestyles School of Massage Therapy in 1998. I currently have my practice in my home and am enjoying the luxury of not having to be anywhere to work. While I can do neuromuscular therapy and Swedish massage, my love is CranioSacral therapy and SomatoEmotional release. I am married, have two sons and a beautiful 14 month old granddaughter who is very busy! (She's also a maniac button pusher and I'm hoping my computer lives through it!)

I am excited about the growth that is occurring in our Chapter and in the profession. I am hoping that we continue to get more member involvement and diversity. One of my goals in being active in the Chapter is to see that Indiana becomes a licensed state. While it can be a scary prospect, I feel it is important for our profession and am hoping for the best.

## Next Year's Open House set for March 19-21 in Bloomington

### ***Friday and Saturday, March 19-20***

AMTA Indiana Chapter - OPEN HOUSE  
Bloomington - ***"Touch for Health"***  
Betty Lue Leiber and Robert Walden  
12 contact hours, AMTA approved

"Learn to use your bodies response as your healing guide." Clear Emotional and Physical Blocks - Balance Energy - Achieve your Goals

- \*Release Stress
- \*Increase Energy
- \*Reduce Tension
- \*Eliminate Pain
- \*Renew Vitality
- \*Strengthen Immune System

### ***Sunday, March 21, 2004***

AMTA Indiana Chapter - OPEN HOUSE  
Bloomington - ***"Brain Gym"***  
Enhanced Learning and Memory  
4 contact hours, AMTA approved

Learn how your mind really works- Exercises to enhance Visual, Auditory, Reading, Writing, Focus and Coordination skills. Assessment, Brain balance, Stress release techniques, Brain integration and Educational Kinesiology.

This will be offered at a great discount to members and students. Plan to attend! Look for more information in the next newsletter or at [www.amtaindiana.org](http://www.amtaindiana.org).

I hope to serve the Chapter well and see you at the November meeting in Indianapolis.

[ *Jennie Irving*  
*First Vice President*

## ***Second Vice President and Strategic Planning***

For me, this year's annual meeting marked the completion of one very busy year serving you, the members of the AMTA Indiana Chapter, as your Second Vice President. It has not always been an easy year for the board; a situation that perhaps reflects the amount of change that seems to be going on in each of our lives these days. I believe that the time and effort volunteered to this organization are worth the results; AMTA represents so much more than just an insurance provider to its members and to the massage industry as a whole. AMTA represents exactly what each of its members is

motivated to make of it.

Much of my own time and energy with the board has been spent as chair of the Strategic Planning Committee. On the first day of the annual meeting, before most of the members and presenters had arrived, the Board of Directors along with a committed group of volunteers met to help move the strategic planning process forward. My personal thanks goes out to all who were there. Because of your time, focus, and input, we were able to complete one rotation of the planning wheel, the wheel that moves this chapter forward with direction and intent. It is the commitment of the AMTA Indiana Board as well as the dedication of members like Emma Rentschler, Vickie Brubaker, Rita Taylor, Cheryl Middaugh, Cindy Cable, Michael Thebo, Jerry Faucett, Dale Stillman, and Greg Phillips that makes AMTA a lively, dynamic, and responsive organization.

***(continued on Page 6)***

# Committee Chair Reports

*(continued from Page 5)*

I hope to see you all soon when we review our success at meeting our strategic planning goals and then recommence the cycle of planning.

[ *David White, Second Vice President*

## **Third Vice President**

Hello to everyone, to all the members of our superb organization.

It has been two years since I became YOUR third vice-president and I did not run for re-election. There are many reasons for this, mainly a time issue of trying to grow my business, being a half-the-week dad and working thirty hours of hands-on each week.

The time spent serving YOU, the Chapter, was worthwhile and a lot has been accomplished as a whole. I can assure you that much time and genuine effort is put forth with YOUR interests as the primary goal.

I was delighted to see the improved turn-out at both the strategic planning and the annual business meeting. These are very important events for ALL mem-

bers to attend. It is YOUR opportunity to make YOUR voice heard and to make a contribution towards the Chapter's future.

Each and every voice and vote IS important and listened to, but when your opinion and vote are not expressed it is lost – and each one IS important. Take the time to participate. It feeds your own soul and the soul of the Chapters as well.

Elections this time were exciting, and there were quite a few people to choose from – all very qualified. The new Board of Directors will provide for new blood and new ideas, and we should all be very proud of them and the work I am sure that will be produced by them.

In my humble opinion, the single largest goal for OUR Chapter this year will be the passage of the massage licensure bill. This is a must for the future of our profession in Indiana. Take the time EACH month to write a brief (or long) note to your legislators expressing your desire for this to be done. Have your clients write a brief note. This is a critical issue and we need to ALL pull together and do our part to make it happen.

I thank you for the opportunity to have served you, and I look forward to continuing to do volunteer work for OUR Chapter.

[ *Joe Sidell*  
*Past Third Vice President /*  
*Joint Membership Chair*

I would like to thank the membership for showing their support for me at the last convention. Some of you know me a little, although most of you do not know me at all. That is something I hope to change in the next couple of years. One of the reasons I entered my name for this job was for the fantastic opportunity to meet and make new friends, not just around my hometown, but all over the state of Indiana.

For those people who were not at the convention I will tell you a little about myself. I've been a massage therapist for four years and have a small practice in Portage. I've worked at United States Steel for 34 years, but I will be happily retired on October 31 of this year. During those years at USS I was active in various committees. I received a lot of training on how to be affective in many fields, the most important to the chapter is, problem solving and team building, which I'm sure will be welcomed and useful.

I'm looking forward to doing my part for the Indiana chapter of the AMTA. We have had, and still have very fine, dedicated people in this chapter. I am proud and looking forward to working with them, and most importantly for the Indiana members of the AMTA.

Anyone with questions, concerns, or just interested in talking with me please contact me at 219-759-2630 or [IRCary24@att.net](mailto:IRCary24@att.net).

[ *Larry R. Cary, Third Vice President*

## **Thank you to all those who made our 26th Annual Convention a success**



Jennie Irving,  
Dale Huston,  
Verna Huston,  
Arlene Loomis,  
Eileen Travis,  
Kathy Latimer,  
Janet Rapala,  
Don Neely, Rita  
Taylor, Margi  
Cangany-Lane,  
Kip Treece, David  
White, Michael  
Reynolds,

Dorinda Moreau, LuAnn Williams, Vickie Brubaker, Dale Stillman,  
Joe Sidell, Emma Rentschler, Marion Loyda and Barbara Lis.

# **Committee Chair Reports**

## **Products and Marketing**

A special thanks to all those at our annual convention that bought product from the Chapter Store. A special thanks to those that participated in the raffles, and the lucky ones that won the raffles sure did enjoy their prizes.

The chapter needs someone to step-up and handle products as I need to divest this load also. The chapter still needs to maintain a Chapter Store for some of the income that is derived from sales. Is there someone within this chapter that has a van and wants to volunteer for the chapter approximately two hours a week plus the weekend of sales time at chapter functions? I'd still be around to help! If you'd be interested in at least finding out more about the position give me a call.

[ Dale Huston, *Products & Marketing*

## **Volunteer Chair**

We are asking for your help at the state Capitol in January. We hope to put together special "Goody Bags" for the first 100 therapists that show up to the capitol to do at least two hours of chair massage in the rotunda. We will have more information about the "Goody Bags" at the November meeting.

[ Tom Sunn, *Former Volunteer Chair*

## **Nominating Committee**

Congratulations to all of our new Board members and welcome. Our new First Vice President is Jennie Irving. Third Vice president is Larry Cary and Secretary is Cheryl Middaugh. Our three Delegates for 2004 are Vickie Brubaker, Larry Cary and Arlene Loomis with the first Alternate being Barbara Lis. It was exciting to see people wanting to get involved in the Chapter. I would like to thank the people who assisted me in the

elections. Kate DeMik, Pam Nilsen, Emma Rentschler, Tom Sunn and Roger Vanderlaan. Thanks to all of you. You did an excellent job. To those of you who couldn't make it to this convention you missed an opportunity for some excellent education presented by awesome teachers. Plan now for our big convention next July. It would be nice to see more members participate in the meetings and voting. Blessings to you all.

[ Arlene Loomis  
*Nominating Committee Chair*

## **Treasurer**

I want to report from a financial point of view success for the 26th Annual AMTA Indiana Chapter Convention. I thank all who participated and helped to make our Annual Convention a success on all levels. I would like to personally thank Kathy Latimer and Marion Loyda who answered my call for volunteer participation.

For those who did not attend the annual meeting I will give "Treasurer" highlights. The chapter has investments with Edward Jones valued at \$74,139.69 as of August 31, 2003. AMTA National suggests chapters keep in reserve an amount equal to a year's operating budget. Our operating budget for the current fiscal year is \$145,600, of which equals \$72,800, we comply. Balance of the chapter's checking account with Star Financial Bank September 17, 2003 was \$24,728.54. The funds in the Star Financial Bank checking account will be used to pay expenses from the convention. My view is that our chapter is in solid financial shape.

On Page 17, you'll find the Budget for Year Ending February 28, 2005 which was approved at the annual meeting.

At the annual meeting, the member-

ship voted to donate one dollar to the AMTA Foundation for every Indiana member. This will be presented at the upcoming National Convention which will equal \$973.

I would also like to report money raised from raffles equaled \$727. This money is earmarked for LLAP Fundraising, which helps our chapter stay in compliance with policy in order to receive the Grant Monies for Law and Legislation. Thanks to all who ran the raffles and who purchased raffle tickets.

Lastly, I will report a successful first year offering membership the option of paying for class registration and products by charge card. Membership can now register on-line for classes using charge cards, thanks to our web master, Mike Reynolds.

As I start my second year of being your Treasurer I thank the outgoing board of directors for helping to make my first year successful. I look forward to working with the new board, committee chairs & all volunteers for another year. Please call me at 317-352-1799 or e-mail margi89@sbcglobal.net with any questions or comments.

Remember, I am looking for an interested person to mentor for this position or anyone interested in helping me with small jobs. Your association needs your participation!

[ Margi Cangany-Lane, *Treasurer*

## **Sunshine Chair**

Thoughts and prayers go out to Herb Fanno who recently had surgery for cancer of the esophagus. He is recovering slowly, but doing well. We're all pulling for you Herb. If there is someone you'd like to send well wishes to, please contact me.

[ Barb Studebaker, *Sunshine Chair*

# *Introduction to Ayurveda*

Omni Hotel, Indianapolis • Saturday, November 15, 2003

8 contact hours • Category A NCBTMB and AMTA approved

***Jan Stickler, instructor***

We have a very special experience for you! Expand your knowledge of India's' ancient medical and health practice, Ayurveda, with a very well qualified instructor. Jan Stickler has been learning, and instructing the philosophy and practice of Ayurveda for 20 years. Among his students - the renowned Deepok Chopra. Jan has served as an international instructor of massage therapists, trainers, physicians and technicians through the Maharishi University Corporation of America where he was a founding member. This is a very unique and precious opportunity.

**Instructor:** Jan Tuthill Sickler is a 1973 graduate of George Washington University with a BA in Philosophy and Pre-Medical. He was awarded athletic scholarships in soccer, wrestling and tennis 1970-73. His interest in Ayurveda led him to the Maharishi European Research University in Seelisburg, Switzerland. He went on to serve as an instructor in Transcendental Meditation internationally as a World Plan Executive Council Member. Jan was actively involved in the Maharishi Ayurveda Corporation of America in Fairfield, IA from 1983-1994, and faculty at their University of Management until 1995. He worked at Books are Fun/Readers Digest from 1995-2003 as a National Account Executive. Currently Jan works with Spa Solutions, Inc. His personal interests include sports medicine, teaching, writing, reading, and coaching his daughter's soccer team. We are grateful for the assistance of Aaron Birlson in this workshop.

## **Learning Objectives:**

1. Learn in-depth ayurvedic body type analysis
2. Gain an understanding of proper ayurvedic diet
3. Learn a daily routine to support your individual body type
4. The myth of "no pain-no gain"
5. Address the Quantum Mechanical Human Body- the 5 senses
6. Open the Channels of Healing
7. You will be taught Garshan Ayurvedic Exfoliation Massage
8. Abhyanga (ayurvedic massage)

**Learning Outcome:** You will gain a greater understanding of the practice of Ayurvedic medicine and health practices.

1. Have an understanding of your dosha type
2. Perform self-care massage
3. Support your system with ayurvedic diet.
4. Understand therapies for the 5 Senses
5. Describe the range of the Quantum body (Quantum medicine)
6. Bring more supportive massage techniques into your practice.

**Method of Learning:** hands on practice, movement, partner exchange, hand outs and overheads. Participants should dress comfortably. Shorts and sports bra may be desired at some point. Bring a table, linens and lotion.

***Take advantage of special pricing when you sign-up early!***

***Special hotel pricing available through November 3 - Page 11.***

***Early registration deadline is November 7 - Page 19.***

# *Spa & Steam Hydrotherapy*

Omni Hotel, Indianapolis • Sunday, November 16, 2003

6 contact hours • Category A NCBTMB and AMTA approved

***Diana Makeig and Jeanne Thomas, instructors***

Welcome to the fun, therapeutic, and profitable world of hydrotherapy! This workshop will teach you how to transform your massage room into a spa. No additional sinks or fancy tables required. Find out how to market and incorporate Steam Therapy treatments into your everyday practice. Be prepared to play with mud, salt and steam!

**Instructors:** Like Jan Sickler, Diana Makeig has a very extensive history with the healthful practice of Ayurveda. Diana is the President of Spa Solutions, Inc, a nationally recognized education and marketing company for the day spa and medi-spa industry. Diana owned and operated an Ayurvedic destination spa in Southern California offering specialized Ayurvedic treatments and guest speakers including Deepok Chopra and John Douillard. Diana's background includes extensive study of psychology and alternative medicine, as well as over 20 years of sales, marketing and merchandising. Spa Solutions web site is [www.spasolutionsinc.com](http://www.spasolutionsinc.com) if you desire more information.

Jeanne Thomas has been an educator for 17 years. She has worked in the corporate environment as a trainer and as an elementary school teacher. Jeanne holds a BA in education and a Black Belt in Wado Ryu Karate. She is certified and trained as an Ayurvedic Massage Technician from the Ayurvedic Institute in Albuquerque, New Mexico.

**Learning Objectives:** you will become proficient in;

1. Steam hydrotherapy - using essential oils and steam canopy
2. Basic overview of aromatherapy
3. Salt glow exfoliation treatment
4. Mud - the no wrap advantage
5. Nourishing skin hydration
6. Allergy, sinus and congestion relief
7. Cellulite and Detoxification treatment
8. Balance and Comfort - A Woman's Treatment

**Learning Outcome:** Therapist will take home;

1. Learn to use, store and sanitize steam canopy
2. Fundamentals of essential use in treatments and massage oils
3. See how use of exfoliation products stimulate circulation and detoxify
4. Nourish the skin through mud, gels and balms
5. Better relieve allergy and sinus congestion
6. Perform above treatments in any room
7. Be able to market spa treatments and increase profits

**Method of Learning:**

There will be lots of experiential hands-on! Therapists will go to different stations and use varied products. Two steam canopies will be provided for class use. Bring a massage table (up to five people per table) and dress in a sports bra and shorts for treatments. Partner exchange, handouts, and aromatherapy chart provided. Lab fees are included in class costs. If desired, products will be available at a discounted cost during this workshop.



# Introduction to Ayurveda Spa and Steam Hydrotherapy November 15-16, 2003 Indianapolis

## ***Friday, November 14, 2003***

- 9:00 am – 5:00 pm Board of Directors meeting with unscheduled lunch break. Indiana Chapter members are always welcome to attend the BOD meetings.
- 8:00 pm – 10:00 pm Board Orientation meeting

## ***Saturday, November 15, 2003***

- 8:00 am – 8:30 am Ayurveda class registration
- 8:30 am – 12:00 pm Class begins
- 12:00 pm – 1:30 pm Lunch break (lunch included with registration)
- 1:30 pm – 6:00 pm Class resumes
- 8:00 pm – 10:00 pm Cabinet meeting (all committee chairs and board are requested to attend)

Note – dinner is on your own; the hotel does offer a shuttle service to nearby restaurants and Castleton Mall.

## ***Sunday, November 16, 2003***

- 8:30 am – 10:30 am AMTA Chapter business meeting.  
This business meeting will update you. This is where you find out the latest information regarding your chapter, so plan on attending.
- 10:30 am – 11:00 am Registration for Spa and Steam Hydrotherapy
- 11:00 am – 12:00 pm Class begins
- 12:00 pm – 1:30 pm Lunch break (on own)
- 1:30 pm – 6:30 pm Class resumes



### **Hotel Information:**

Classes and a reserved block of sleeping rooms are at the: Omni Hotel, 8181 N. Shadeland Ave, Indianapolis, IN 46250 AMTA room rate \$109 night single/double, call 800-843-6664 or 317-849-6668 for reservations by 11/3/03. [www.omnihotels.com](http://www.omnihotels.com)

**Driving Directions:** to the Omni from I69 take the 82nd street exit, go east. Turn right on Shadeland. Hotel is immediately on your right. NOTE: You can see the hotel easily from I69 and 465.



Linda Tumbarello helps participants find their balancing points in her Endocrine System/Chakra workshop offered at the September Convention in Lafayette. Linda also taught Ethics and had a new twist to make it more exciting. The Indiana Chapter Convention usually happens in the fall, but next year we're planning on having it in July. Check the newsletter or website for details, and plan now to attend.



Above: It's no secret that massage therapists are hands-on people. The great thing about Convention was that almost all classes were hands-on with great overhead projections, followed up with detailed handouts. The Nov. 15-16 meeting in Indy will be hands on as well. Left: Convention instructor Ralph Stevens demonstrates on Kip Treece the trigger points to thoroughly massage and relax the knee area.

# American Massage Therapy Association

## INDIANA CHAPTER



Indiana Chapter Board Meeting  
September 18, 2003 • Lafayette, Indiana  
Submitted by Janet Rapala

Chapter officers and Committee Chairs present were Barbara Lis, Dale Huston, David White, Margi Cangany-Lane, Janet Rapala, Joe Sidell, and Kip Treece. Agenda distributed. Items outlined and discussion time assigned.

### **Item 1**

Agenda approved.

### **Item 2**

Treasurer Report: Margi Cangany-Lane

Topic: Edward Jones Report and Star Financial Account

Discussion: Current investments in Money Market of \$74,139.69. Checking account contains \$24,728.54.

Topic: Review of financial report and budget.

Action: Reviewed report and discussed line items.

Topic: LLAP 3rd & 4th Quarterly

Action: Report submitted to Andrea Brady at National.

Topic: Proposed Budget 2005

Discussion: Lobbyist and Government Relations expenses are shown as separate line items.

Action: Proposed budget 2005 will be put to membership for vote.

Topic: In-House Accounting

Discussion: Margi proposed taking over accounting functions with QuickBooks program with an outside auditor.

Action: Decision will be made later in a BOD conference call.

### **Item 3**

Topic: Reports from National

Discussion: Barb confirmed BOD members planning on attending National convention. Newly elected BOD members will need to register right after election.

### **Item 4**

Membership Chair Report: Chair: Joe Sidell:

Topic: Update on membership and schools listing.

Discussion: Member numbers: 973 total: Professional 543; Associate 298; Student Associates 118, Schools 13, Prof Inactive 43, Retired 2, Auxiliary 2: Total National AMTA membership is 46,459. New list of schools distributed in a spreadsheet format.

### **Item 5**

Topic: Massage Awareness Week

Discussion: Massage Awareness Week is set for January 26-30, 2004, with Rally Day scheduled for Wednesday, 1-28-04.

Topic: AMTA visiting schools.

Action: Letters have been sent to all schools to request time for a visit to discuss AMTA. The presentations include videotapes for AMTA and MERT.

### **Item 6**

Topic: Strategic Plan Update: Chair: David White:

Action: A Strategic Planning update meeting is part of this convention.

### **Item 7**

Topic: MERT: Chair: Dale Huston:

Discussion: New National chair was named, George Schwinn, who is from the Florida Chapter.

### **Item 8**

Topic: Review Resolutions for HOD 2003

Discussion: Three recommendations are on the agenda.

### **Item 9**

Topic: President Council Report

Discussion: Barb submitted two agenda items for consideration at President's Council, one of which is to maintain leadership training as part of National Convention

### **Item 10**

Topic: Government Relations: Chair: Kip Treece:

Discussion: Short, hand-written notes from individuals addressed to their legislator are appreciated more than phone calls or e-mails.

Action: Please have physicians or medical professionals sent letters to Senator Pat Miller to support a standard of education for massage therapists and to support the benefit of massage from trained professional massage therapists. Kip will resume e-mails to legislators with information concerning massage. The LLAP Grant was awarded from National for \$25,000.00. Kip will send thank you notes to legislators for supporting proposed massage licensure.

### **Item 11**

Topic: Sport Team: Chair: LuAnn Williams:

Discussion: Currently there is only one planned activity, the Muncie Endurathon. This year's event went well and therapists have been paid for their work.

### **Item 12**

Topic: Education Report: Chair: Jennie Irving:

Discussion: National now requires a separate Liability Certificate to be in place for each Chapter education/meeting.

Action: Education is planned for Nov 14-16 at the Omni Hotel in Indianapolis. The dates for 2004 are proposed for March 19-21 in Bloomington, May 21-23 in Lebanon. National Convention is in Nashville, TN, for Oct 6-10, 2004. Chapter dates are being considered for September and November.

### **Item 13**

Topic: Newsletter: Chair: LuAnn Williams:

Action: Newsletter deadline for reports is September 29.

### **Item 14**

Topic: Election Candidate Resumes

Action: There are several names on the slate but more resumes may be coming in to Arlene.

### **Item 15**

Topic: Sunshine Committee Report

Discussion: Herb Fanno had surgery for esophageal cancer and is reportedly doing well.

### **Item 16**

Topic: Website Information

Action: Barb has submitted the chapter website to National for consideration for award for website.

### **Item 17**

Topic: Board Contract: Project: Janet Rapala:

Action: A Letter of Intention for board members and committee chairs was developed and revised and will be used after elections take place on September 21.

### **Item 18**

Topic: Board Retreat: Project: Janet Rapala and David White

Action: An agenda was developed for orienting new board members and committee chairs. It may take place as part of a scheduled meeting after elections. An orientation is to be scheduled for the November meeting.

Margi Cangany-Lane made a motion to move the annual convention/meeting/elections back to the spring by 60-day increments. Motion was seconded and carried. The dates for 2004 were adjusted to reflect the change. The May meeting was moved to July.

### **Item 19**

Topic: Expectation of the BOD: Project: LuAnn Williams and Jo Sidell:

Action: Revised copy of BOD expectations was distributed.

***(continued on Page 15)***

# American Massage Therapy Association

## INDIANA CHAPTER



Indiana Chapter Business Meeting  
September 21, 2003 • Lafayette, Indiana  
Submitted by Janet Rapala

Meeting called to order by Barbara Lis, President.

Chaplain: Rita Taylor did the invocation and moment of silence.

Pledge of Allegiance was given.

Minutes from previous business meeting reviewed. Minutes approved as mailed from March Chapter meetings.

Reports from Chapter Officers and Committee Chairs:

Treasurers Report: Margi Cangany-Lane:

Chapter Accounts: Edward Jones Money Market account and Star Financial checking balances given. The current Chapter budget for 2003-2004 was reviewed. The Chapter will start accounting in QuickBooks, and an outside accountant continues to assist and audit records. The goal is to move this accounting back to the Chapter with outside auditing only. This will lower accounting expenses to the Chapter.

The proposed budget for fiscal year starting March 2005 was presented. Don Neely made a motion to approve the proposed budget and Emma Rentschler second. Motion carried.

The LLAP (Law and Legislation Application Program) Grant money from National helps to pay the lobbyist fees. The expenses reflected in the Chapter budget for lobbyist fees are now a separate line item from other Chapter fees for Law & Legislation. The Chapter is responsible for matching 15% of the grant monies from National.

Historian: (Chair: Teresa Jones): No new report. Rita Taylor requested anyone with articles or news clippings of IN-AMTA members to please submit them.

Volunteer: (Chair: Tom Sunn): Please call or e-mail Tom if you have any time available to assist with chapter functions or events. Margi discussed the Chapter Volunteer Orientation Program (CVOP) offered by National that she attended in June 2003. AMTA Indiana has contributed a dollar per member each year to the National AMTA Foundation for its efforts with research, grants for education, tuition and special projects. Dale Huston made a motion to contribute a dollar per member for 2003. Arlene Loomis second. Motion carried.

Contacts: (Chair: Barbara Lis): No new report.

3rd Vice President Report: Joe Sidell:

Chaplain: (Chair: Rita Taylor): No new report.

Sunshine: (Chair: Barb Studebaker): Thoughts and prayers go out to members and their families who are ill or having surgery.

Education: (Chair: Jennie Irving): The next education is scheduled for November 15-16, 2003, in Indianapolis at the Omni Hotel. Updated information can be found on the website.

Public Relations: (Chair: Open Position): No new report.

1st Vice President's Report: Dale Huston:

Strategic Plan: (Chair: David White): The Strategic Plan Purpose Statement and 2003 Priorities were discussed and momentum is in place for planning the future of the Chapter.

Standing Rules: (Chair: Barbara Lis): No new report.

Products and Marketing: (Chair: Open position): A call was made for anyone interested in assisting with the Chapter Store. Dale announced a developing partnership with Lippincott as a banner on the Indiana website.

Parliamentarian: (Harold McIntosh): No new report.

2nd Vice President Report: David White:

Membership: (Chair: Joe Sidell): There are 543 IN-AMTA professional members, 298 associate members, 43 retired, 2 inactive professional, 118 students, 13 schools and 2 auxiliaries to total 973. National membership total is approximately 46,549.

Special Awards: (Chair: Rita Taylor): The Chapter Meritorious Award for 2003 was presented to Kip Treece.

MERT: (Chair: Dale Huston): No new report.

President's Report: Barbara Lis:

House of Delegates: The three elected Indiana delegates for 2003 are Barbara Lis, Jennie Irving and Arlene Loomis with alternates LuAnn Williams, Vickie Brubaker and Sammie McBride. Jennie Irving reviewed the three proposals made by IN-AMTA members that will be presented at the 2003 House of Delegates. One was to create a Candidates Corner for National AMTA candidates to post more information and answer questions prior to National elections. A second proposal was for National AMTA to have agenda items for National AMTA meetings be made available to chapter representatives. The third proposal requests that National reinstate Chapter Leadership Training at National Convention.

Barb discussed Presidents Council that takes place at National Convention. National Convention is scheduled for October 22-26, 2003.

A special guest was Indiana member and former Government Relations Chair, Mary Beth Braun. She discussed recent National issues involving AMTA trademarks and COMTA.

Past President's Report: LuAnn Williams:

Sports Team Committee: (Chair: LuAnn Williams): No new report.

Nominations: (Chair: Arlene Loomis): The slate for elections for 2003-2004 was presented and elections took place.

Newsletter/Webmaster: (Chairs: Dorinda Moreau/Mike Reynolds) Dorinda announced deadlines for newsletter submissions for articles, reports and advertising. She encouraged members to access the IN-AMTA website at [www.amtaindiana.org](http://www.amtaindiana.org).

Secretary's Report: Janet Rapala:

Massage Awareness Week: (Chair: Vicki Brubaker): The dates for 2004 Massage Awareness Week for Indiana are January 26-30, 2004, with Rally Day on January 28, 2004. Please volunteer some time for chair massage in the Capitol during this time. Call Vickie at 317-576-0189 to volunteer.

Government Relations: (Chair: Kip Treece): Anyone interested in assisting this committee should contact Kip. Individual therapists are encouraged to be involved in this effort. A roundtable discussion is planned immediately after the business meeting with the lobbyist as a guest.

Communication Tree: (Chair: Jennie Irving): No new report.

Old Business: None presented.

New Business: Barb presented an opportunity extended by an Integrative Health Center.

Meeting adjourned. Respectfully submitted by Janet Rapala.

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***(continued from Page 13)***

**Item 20**

Topic: Policies

Action: The policies are currently stored in Mac format. Barb will get discs to Dorinda Moreau to re-format. Barb will edit and get copies distributed to all BOD members so that revisions/updates can be done.

**Item 21**

Topic: Travel Policy. Project: LuAnn Williams:

Action: A copy of the proposed travel policy was distributed and will be discussed via conference call.

**Item 22**

Topic: Task List Review

Action: Task List was tabled until after elections.

Meeting adjourned.

*(continued from Page 1)*

The Indiana Chapter will be sending the Board of Directors to National Convention October 19th-26th, Richmond, Virginia. The intention is to represent the chapter, learn all that they can for the chapter and make a positive difference for everyone in the Association.

The Indiana Chapter 2003 Delegates, Jennie Irving, Arlene Loomis and myself (Barbara Lis) will be presenting three resolutions to be voted on at the House of Delegates meeting this year. 1) Addresses the AMTA national election. It is asking for a "Candidates Corner" be created on the national website for members and candidates to interact and that the communication be available for members with computer access to read so we could get to know the candidates running for national leadership positions before we vote. 2) That at any national board of directors meeting, a copy of the meeting agenda, a briefing of

the action items and discussion items be provided to chapter representatives. As it is now, representatives have a difficult time following the agenda because of the lack of reading materials. 3) Policy was suspended to permit chapter leadership training to be canceled for 2003 in order to save money for the association. We are asking that leadership training be resumed at national conventions, in additions to any other training programs offered by the association at other times throughout the year for chapter leaders and the one year suspension be lifted immediately.

I also will be presenting two agenda items at the President Council meeting. 1) That policy be created for the Presidents Council to have an avenue of communication to submit items to the National Board of Directors. 2) AMTA National Board of Directors change there decision not to fund leadership training at convention and continue providing future leadership training workshops at national convention, the

Chapter Volunteer Orientation Program meetings for chapter leadership and wherever else it would benefit the volunteers who need it and reflect that change in policy. This item is being presented in both the House and the Council meetings. It is my hope the National Board will hear our dissatisfaction in their February 2003 decision. In fact, many unhappy chapter leaders did complain (including myself) and a leadership program was added to the Richmond Convention. It is our hope that they will now change the policy back.

We are a very active chapter, and you should be proud to be part of INDIANA! If you have any questions, suggestions or comments or would just like to talk to me please call me at 219-696-0672 or email lis@netnitco.net. Check out our website [www.amtaindiana.org](http://www.amtaindiana.org) (Thanks to Michael Reynolds!)

[ *Barbara Lis*

*AMTA Indiana Chapter President*

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## Wellness Works Holistic Health Center Presents:

- Touch for Health I: November 8 and 9 (Cost \$225)
- Sports Massage: December 5 (Cost \$115)
- Neuromuscular Therapy I: October 20 (Cost \$115)
- Chair Massage: November 7 (Cost \$115)
- Thai Massage: November 14 - 17 (Cost \$495)

Columbus, Ohio 614-451-9355

Contact Bruce Doolin, LMT: [brucelmt@aol.com](mailto:brucelmt@aol.com)

[healthchanges.com](http://healthchanges.com)

# AMTA Indiana Chapter Proposed Budget for Year Ending 2/28/05

Revenue	
Chapter Portion of National Dues	\$ 24,000.00
Chapter Fees	\$ 25,000.00
State Education	\$ 10,000.00
State Convention	\$ 20,000.00
Advertising	\$ 1,500.00
Product Sales (15% is ear marked for LLAP-\$750.00)	\$ 5,000.00
Interest	\$-
Dividends	\$ 1,360.00
Capital Gain/Loss	\$-
LLAP Fundraising	\$ 4,000.00
Additional LLAP Grant *Note 1	\$ 35,000.00
Muncie Endurathon	\$ 2,000.00
MERT	\$ 1,000.00
<b>Total</b>	<b>\$ 128,860.00</b>

Expenses	
Outside Services	\$ 500.00
Officers Stipend	\$ 2,760.00
Lobbyist	\$ 35,000.00
LLAP/Government Relations	\$ 12,000.00
Sports Committee Stipend	\$-
Muncie Endurathon	\$ 2,000.00
Computer	\$ 6,000.00
Repair/Maintenance	\$ 500.00
Supplies	\$ 750.00
Printing	\$ 500.00
Newsletter	\$ 12,500.00
Chapter Web-Site	\$ 500.00
Postage/UPS	\$ 500.00
Telephone	\$ 500.00
Legal/Accounting	\$ 1,500.00
Travel	\$ 2,000.00
Meals/Entertainment	\$ 1,000.00
State Education Entertainment & Meals	\$ 900.00
State Hotel	\$ 7,000.00
State Lecture	\$ 2,250.00
State Convention Entertainment & Meals	\$ 3,000.00
State Convention Hotel	\$ 14,000.00
State Convention Lecturer	\$ 2,000.00
National Travel	\$ 5,000.00
National Hotel	\$ 5,000.00
National Registration	\$ 3,100.00
Donations	\$ 1,200.00
Awards	\$ 500.00
Sunshine	\$ 300.00
MERT	\$ 1,000.00
Products	\$ 3,000.00
Officer Liability Insurance	\$ 1,600.00
Bank Charges	\$ 250.00
Charge Card Fees	\$ 250.00
<b>Total</b>	<b>\$ 128,860.00</b>

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\*Note 1 Dependent on receiving LLAP Grant Monies



# REGISTRATION FORM

AMTA Indiana Chapter ¥ November 15-16, 2003 ¥ Indianapolis  
Introduction to Ayurveda, 8 contact hours  
Spa and Steam Hydrotherapy, 6 contact hours  
Category A NCBTMB and AMTA approved

NAME \_\_\_\_\_ AMTA# \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

**Early registration discount deadline is November 7, 2003 for all events.** Late registrations will be accepted as space allows. Please remember to be considerate of fellow attendees and turn off all cell phones/pagers during class.

\_\_\_\_ **I am attending Introduction to Ayurveda, Sat., November 15, 2003 (lunch included)**

\_\_\_\_ Early registration fee members – \$165      \_\_\_\_ Non-members early – \$185

\_\_\_\_ Late registration fee members – \$180      \_\_\_\_ Non-members late – \$205

\_\_\_\_ **I am attending Spa and Steam Hydrotherapy Sun., November 16, 2003\***

\_\_\_\_ Early registration fee members – \$160      \_\_\_\_ Non-members early – \$180

\_\_\_\_ Late registration fee members – \$180      \_\_\_\_ Non-members late – \$200

\*All lab fees for spa materials are included in your registration fee.

**\*\*\*AMTA members- deduct \$20 if you are registering for both classes!\*\*\***

\_\_\_\_ Guest Lunch on Saturday- \$16

\_\_\_\_ Vendor Space - \$40 (Name and phone number \_\_\_\_\_)

Amount Enclosed \_\_\_\_\_ I am attending both classes \_\_\_\_ Yes \_\_\_\_ No

Check \_\_\_\_ \*VISA \_\_\_\_ \*MasterCard \_\_\_\_ \*DISCOVER \_\_\_\_

\*Please include your 3-digit code found on the back of your credit card in the signature area \_\_\_\_\_

Signature \_\_\_\_\_ Expires \_\_\_\_\_ Card # \_\_\_\_\_

Please make check payable to AMTA Indiana Chapter. Please mail completed registration forms to Margi Cangany-Lane, 6416 E. 11TH Street, Indianapolis, IN 46219, or call her at (317) 352-1799. Questions? Call Jennie Irving, (765) 396-9507 or Barb Lis (219) 696-0672.

You may also register and find latest information online at [www.amtaindiana.org](http://www.amtaindiana.org)

**Cancellations must be made by Wednesday, November 12, 2003 and will incur a \$50 fee.**