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27th Annual Convention

AMTA Indiana Chapter

July 23-25, 2004 • Lebanon, Indiana



- FREE Spa Day
- FREE Legislative Forum Update
- Ethics of Boundaries
- Fibromyalgia
- Athletes and Sports Massage
- Soft Tissue Assessment and Plan
- Blowout pricing on merchandise
- White Elephant Sale
- Talent Show
- Elections

| | |
|-----------------------|-----------------|
| Contacts | - Pg. 3 |
| Education | - Pg. 8 |
| Schedule | - Pg. 11 |
| White Elephant | - Pg. 12 |
| Talent Show | - Pg. 12 |
| Resume form | - Pg. 15 |
| Spa Day | - Pg. 18 |
| Registration | - Pg. 21 |

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SPRING 2003

AMERICAN MASSAGE THERAPY ASSOCIATION INDIANA CHAPTER

VOLUME 12, ISSUE 1

Letter from the President

As I approach the term of my Presidency coming to a close in July, I take a moment to reflect. I welcome new opportunities for the chapter to grow. I see great things in the future for our profession and have been honored to be a part of the exciting challenges that we have moved forward through.

Our chapter has improved by leaps and bounds. We have attracted wonderful volunteers that have enhanced the chapter

and built onto our strong foundation. We have seen more membership benefits that Indiana can be proud of. We work together as a membership driven state chapter. Many things are done that never get mentioned but is making an impact on how you make a livable wage in our state. AMTA is marketing massage at all levels, making doors open for you that have never been there before. Those of you who are new in the business must stop and thank those

that have made the footsteps into the future. Without their past efforts we would not have a future.

I have made the massage profession and our association my passion. The hard work and dedication has made me a better person. I will always be active in the efforts to obtain recognition that we deserve as Massage Therapists. I will remain on the Board of Directors as Past President and will continue to serve in the capacity that the new President and Board wishes of me. I will not be gone, just serving in a new way. Thank you for allowing me to facilitate the direction of our chapter. I hope you will be the one to follow in my footsteps.

Our Chapter is preparing for the 27th Annual Chapter Convention, July 23-25, 2004. Our educational opportunities come from several top quality presenters. Take some time for yourself. Empower yourself with knowledge. Improve your massage skills. Check out the education for this convention in this newsletter and consider joining us. We need your support!

The chapter election of officers will take place at the Annual Chapter Business Meeting on July 25. Positions that will be open for election are President, Second Vice President, Treasurer and three 2005 National Delegates. These Board of Director positions are a two-year term of office, starting at the close of this convention. Job descriptions are in this newsletter for you to read so you can decide if this is an opportunity for you. Delegates serve for a one-year term, starting January 1, 2005.

(continued on Page 12)

AMTA Indiana Chapter 27th Annual Convention, July 23-25

The Convention set for July 23-25, will be packed with exciting education and fun activities. We're offering a complimentary "mental health" day on Friday. Enjoy Tai Chi Chih, relax with guided imagery or rest your tired bones in the beautiful indoor pool or hot tub. This free spa day is a for you to unwind and get geared up for a packed weekend of educational opportunities.

We're doing something a little wild and crazy this year. Actually, it'll be a funny sight to behold. We're having a White Elephant Sale. That's right, you may have had the pleasure of experiencing such an event at a family Christmas. Have no idea what it's all about? Read up on Page 12 or ask your clients about it. We can guarantee you'll have some funny stories of your own afterwards.

On Saturday evening, we're having a talent show. We have about 1,000 members in Indiana and we KNOW you have talents that others don't know about. Then again, maybe they do know about your talent and they can sign you up! We're all out to have a good time. If the thought of "well, I can do ___ but no one would want to see that," crosses your mind, please sign up. We DO want to see it. Use us as your guinea pigs for your new comedy routine. Show the crowd that you can touch your tongue to your nose. Long or short shows, everyone is welcome.

Ever thought about running for an office? Fill out the resume form and try your hand at it. It's rewarding and a great way to give back to your profession. Not ready for the "official" office title? Why not mentor or volunteer in a position that interests you. That way when you're ready to make the commitment, it'll be an easy transition.

It's always fun to catch up with other therapists at meetings, and we are looking forward to seeing all of you at this year's 27th Annual Convention.

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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.

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

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| 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 |

2004 Copy Deadlines

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| April 1.....Spring Publication |
| July 26.....Summer Publication |
| Nov. 17.....Fall Publication |

Submit contributions/advertisements to:

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Education Corner

I hope this newsletter finds all of you ready to attend some great education! There's so much to learn about bodywork, and so little time to get away and attend workshops, so... I'm hoping that this is the year that you will make an effort to treat yourself, and your clients, to an educational upgrade! I'm always asking to hear wants and suggestions, and they are as diverse as we are as practitioners. But, I think we have some presenters coming that will appeal to the masses.

First off, thank you to our March presenters, Betty Lue Lieber and Robert Waldon. I am sorry that I was ill, and did not get to attend, but I heard it was wonderful. A lot of really great information in the "Touch for Health" class and "Brain Gym." We appreciate all the members and guests who made an effort to attend the Chapters Open House meeting.

Our annual meeting, the official 27th Convention of the AMTA, Indiana Chapter, is July 23-25 in Lebanon, Indiana. This is a biggie, not just for the fun companionship and knowledgeable presenters, but for the Chapter Officer Elections. Please make an effort to attend and support your professional organization.

Convention will offer a complimentary spa day on Friday, conducted by Kim Kurtz and David White. Kim is going to be offering seminars with meditation and other wellness practices, while David will offer Tai Chi. A massage exchange will also be available for members. Please plan on taking advantage of this free opportunity.

The continuing education requirement for Ethics hours with the NCBTMB has increased from two contact hours to six for re-certification. Three of these six hours have to be specifically Boundary issues. To help you meet these requirements, we are bringing in Sandy Fritz to conduct a Friday night class. Sandy is a renown author and regular instructor of Ethics and other subjects. She will stick around Saturday and teach "Athletes and Sports Massage." She told me that this is

her first love and she enjoys conducting the class. It's a guaranteed winner for any therapist looking to learn more about the athlete and proper sports techniques.

Fibromyalgia. The very word conjures up complex notions. How many clients have you had on your table with this malady? You or someone you love may suffer from this "disease of the 90's." How many theories have you heard about, how many treatments have your clients told you they have tried? At last, we have a knowledgeable presenter on this topic. William Bonney, Ph.D., LMT is a wonderful therapist and presenter. He has presented on the topic for the Arthritis Foundation at their National Convention, has developed an effective protocol for treatment, and is coming to Indiana! This is a great opportunity to learn more about this potentially debilitating ailment, and leave with a practical treatment protocol.

AMTA National President Elect and Indiana Chapter member Mary Beth Braun will do a presentation for us on Sunday. Mary Beth has just completed a book, and will be presenting "Soft Tissue Assessment and Treatment Planning" for four contact hours.

The Chapter will conduct its final meeting of the year at the French Lick Resort

and Spa in French Lick, Indiana from November 5-7, 2004. We will be offering Christopher Sovereign teaching a Ben Benjamin course on massage. (We are still debating the exact body part!) Christopher has been coming to Indiana for awhile, but this is the first time the Chapter is sponsoring him. I have heard nothing but great things about him and this technique, and I am wanting to take it myself. Fall in Southern Indiana is a sight to behold as well. This historical French Lick resort is a great family place (a bowling alley and pizza parlor in the basement, as well as an enclosed pool, golf course, horseback riding.) So for you early birds, you can reserve your spot by calling 800-457-4042. AMTA Indiana run-of-the-house room rate is \$79 a night no matter how many bodies you cram in your room. You can see it on line at www.frenchlick.com.

If you have not considered attending the AMTA National Convention in Nashville this October, please do so. It is practical in our backyard this year, and is a fun and educational time.

I hope to see you at Convention!

☺ Jennie Irving
Education Chair

EMPLOYMENT

Massage Therapists Needed for Muncie Endurathon on July 10. Get paid per massage. Lunch provided, other perks available. Call Dale Stillman at 260-490-9041.

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Government Relations

Massage Therapy Licensing Update

Will 2005 be the year for massage therapist licensing? Will our investment in four years of valuable time and effort finally pay off? We certainly hope so! We've come so far with our licensing efforts and we hope to build on that momentum during the upcoming 2004-2005 legislative session.

Last session, our bill was introduced in the House by Rep. Bischoff on January 20, 2004. It was assigned House Bill number 1071 and it was co-authored by Reps. Stevenson, Moses and Frizzell. On first reading it was referred to the House Commerce and Economic Development Committee. On January 29 the Committee, which was chaired by Rep. Stevenson, passed HB 1071. On February 5, the bill went to the floor of the House of

Representatives where it passed by an overwhelming majority of 76-17. It was then referred to the Senate. At this point, we had made it farther than in other previous attempts. The bill was sponsored in the Senate by Sen. Server and Sen. Simpson. Senators Landske, Alting, and Breaux cosponsored the bill. The bill was assigned to the Senate Health and Provider Services Committee. We were all set to go where no Indiana massage therapist had gone before!

Then it happened. All bills being considered were dead in the water because of a controversy involving the Republicans and Democrats. The issue was about whether marital rights should be extended to gay couples. There was a walkout by the Republicans and everything stopped at the

Statehouse for several days. Our bill was one of over 65 bills that were not able to be heard because of the walkout.

During the past legislative session, we held two forums which were very helpful in getting the word out about licensing. Gina Carrigan-Piper in Evansville, LuAnn Williams and Jennie Irving in Muncie were instrumental in putting these forums together in their communities. We were able to reach massage therapists who had questions and concerns about licensing. Their extra efforts benefited many and they deserve a pat on the back and a sincere "Thank You." Vickie Brubaker worked many long hours to put together the Massage Therapy Awareness Week at the Capitol. She also deserves our thanks.

If you would like to see the AMTA Indiana Chapter host a forum in your community, contact Kip Treece, 765-446-3883 or innerwaves.message@verizon.net or Barb Lis, 219-696-0672 or lis@netnitco.net. We need to have massage therapists in their communities who are willing to help us put together these events. It's a great way to meet other like-minded people who have an interest in our profession.

We need the help from you, the massage therapist reading this now. You are only one individual in one community, but you are much more than that also. You are one of nearly one thousand members of the Indiana Chapter AMTA. Together, with others in your community, you can make a difference in your profession. Don't stand by and let others do it for you. Become involved, be active, be proactive about your future. If you want licensing, let others know about it. Tell your clients, your business contacts, and your family about it. Become an advocate for massage therapy licensing within your community.

☺ *Kip Treece*

Government Relations Chair

MTAW Thank You

A big WARM thank you to all of you who helped out with our ninth year of Massage Therapy Awareness Week this past January at the Statehouse. It was a chilly experience with the weather not behaving the best, but I DO appreciate all the help and efforts made by those who participated. A couple of you were even there multiple days! We had 42 therapists and 4 schools who participated. Next year will be even better. (Don't really good things happen on the TENTH year cycle?)

We are scheduled to have our next MTAW on February 21 - 26, 2005. (Five is my favorite number. Perhaps THIS will be our year for licensing!) Please mark your calendars. This is plenty of notice to everyone, so make note that this is a very important venture for our - YOUR - profession. Take one day to give to your organization by planning and COMING to our Statehouse to help represent your profession. Surely you can afford one day to give for support.

We will be located once again in the north atrium of the Statehouse, only this time closer to the rotunda. Hopefully this will alleviate cold winds coming through the doors!

At the risk of sounding too corny... I'd like to twist a bit of a quote from John F. Kennedy. Ask not what your organization can do for you... ask what you can do for your organization. Volunteer at least one day during the MTAW, February 21-25, 2005, contact Vickie Brubaker 317-576-0189.

Committee Chair Reports

First Vice President

As I approach my sixth year as a massage therapist, I realize how much my AMTA Chapter, my profession, and myself have changed. I became active in this Chapter fresh out of massage school, and new to the world of professional bodywork. Thanks to a solid education, great mentoring (thanks LuAnn for taking me into your office), insatiable curiosity (I am an admitted education junkie), and warm people, I am still here!

This July will bring the 27th Annual Convention of AMTA Indiana. That is quite an accomplishment. It all started with a small core group of people, and has expanded to what is today. July also brings officer elections and new appointments to Chairs and the forming of committees. While this may not sound exciting, it really can be fun and rewarding. I was so pleased last year when several new people ran for office, and volunteered for a committee. It is a wonderful way to get involved in your profession, and perhaps enjoy yourself as well!

Massage Therapy is a growing field, and growth is an exciting but not always pleasant experience. If you are unhappy with something in this Chapter, please get involved and help change it. If your profession is not where you want it to be, get involved with your professional organization. If you have a particular talent or skill, don't mind a little work, and want to grow personally and/or professionally-volunteer.

This month has been a big one for junk mail at my house. While I do need to get down to the post office and do something about it, I confess I enjoy looking through most of them. Especially the ones with the knick-knack stuff and catchy sayings (I have resisted temptation

so far.) I particularly like "Be the Change You Wish to see in the World." Personally or professionally, I think it's an idea I can live with. See you at Convention!

☺ *Jennie Irving*
First Vice President

Second VP & Strategic Planning

I invite you to take a closer look at your Indiana State Chapter. We have an award-winning website with capabilities for e-mail communication, on-line education registration, a direct link to the national locator, and much more. If you did not give an e-mail address to the national office when you joined, or if your e-mail has changed, go to our AMTA Indiana website and sign-up for the e-mail list to receive important updates and reminders for the Chapter.

We have dedicated volunteers in this state, and you have the opportunity to nominate them for a number of state and national awards. We not only have strong volunteer leadership, but the Chapter as a whole is often viewed as a national leader. Show your Hoosier pride and be as active as you can in your State Chapter. I look forward to seeing you in Lebanon in July!

Strategic Planning Committee.

On Friday, March 19, the Indiana Chapter Board of Directors, dedicated members, and early arrivals for the weekend's education met to create Strategic Priorities for the coming year. In the morning, the previous Strategic Priorities list – the product of three meetings over a 19 month period – was reviewed as were a number of other factors affecting the AMTA Indiana Chapter. After lunch we took that information as our foundation and proceeded to dream the next structure to be built on that foundation. From

this intense day we were able to do what last time around took us 19 months; to create a list of Strategic Priorities for the coming year.

Those priorities will lead the Chapter to: 1) Work to create greater support for massage licensing within the Healthcare field. 2) Explore opportunities for low-cost continuing education at the state and local level. 3) Enhance the partnership between AMTA Indiana and massage schools in Indiana.

A big thank you goes out to the volunteers and other members who took their time to bring their input to the planning process, as well as thanks to those who send us input, respond to surveys, and take an active role in the association to which they belong.

☺ *David White*
Second Vice President/Strategic Plan

Third Vice President

Spring is here, and I hope everyone had a good winter. The national AMTA membership grew by 14 members this past quarter. (47,870) Our Indiana chapter had a net gain of three members in that same time period. The latest membership numbers are as follows; we have 519 Professional Active Members, 47 Professional Inactive Members, 2 Professional Retired Members, 299 Associate Members, 107 Student Associate Members, 2 Auxiliary Members, School Memberships are still 14, that's a grand total of 990 members.

Our March board meeting went well. We got a lot accomplished, kicked around some new ideas, and we even got a volunteer to take over Products and Marketing. Her name is Aurora Green and she has plenty of enthusiasm and great ideas. She will be teaming up with Mike Reynolds, our national award winning Web Master. Between the two of them they will soon be displaying more and more products on

Committee Chair Reports

our web site - www.amtaindiana.org. While visiting the site you will be able to make purchases at your convenience and the product will be mailed to your home. Information taken from ongoing exit polls show that affordable and accessible continuing education was one of the main issues with the members who did not restate. As a chapter our goal is to find what we can do to make our Indiana chapter better. We will implement some new ideas to help as many members as we can.

You are now able to save some money by linking up with other members (on the above web site) from your area, to share rides, or room expenses at our continuing education programs.

There has been a suggestion from a member who has volunteered to open her home to a couple of members that cannot afford hotel cost when the education is in her area. This is a great idea from a very charitable woman, and we would like to expand on her idea if possible. If a continuing education was going to be in your area and you wanted to volunteer your home, a "Host" listing would be created, and placed on our web site. The interested member could contact that person directly and discreetly. This has the possibility of saving a lot of money for some members, if we can get the volunteers.

All ideas and discussions are welcome, so please send them our way, Larry Cary, 219-759-2630 or lrcary24@att.net

This would be a good time to thank Dale Huston (former products and marketing chair) for his dedication, and all the hard work he's done for years, to help the Indiana Chapter. This organization would not be what it is today, without him. Dale will still be around, but he will be taking a well-earned break. Hopefully just a short one.

Our First Vice President, Jennie Irving could not be at the March BOD meeting, do to illness. Her presence, experience and abilities were greatly missed.

The Indiana Chapter would like to welcome our newest members:

Wendi Anspach, Vernon Arnold, Jr., Cindy Bates, Angela Beck, Kristi Bishop, Jeffrey Brown, Mindy Cable, Suzanne Marie Chapel, Tammy Craig, Kimberly A. Decker, Autumn Marie Faughender, Jenna Lynn Gaskill, Hannah Hill, Kristina M. Hill, Crystal Lynn Hunton, Rhonda J. Jensen, Shanice Jensen, Kenneth R. Johnson, Sausan K. Kalver, Maryfrances Kincaid, John Kirkhoff, Jr., Thomas Kixmiller, Angela L. Pabey, Tammy M. Price, Roberta L. Ritter, Laura Runyon, Heather White

☺ *Larry Cary, Third VP & Membership*

Sports

Hello to everyone doing sports work. Right now our main focus is the Muncie Endurathon, and we need therapists. As of now we have rooms for out of town people (shared) also you will be paid for each massage and lunch may be provided. You need to provide yourself and your table. This event is scheduled for July 10, 2004. Students that are AMTA members and trained in sport massage can work this event. Please be a therapist for this event by calling me at 260-490-9041. We are also looking at a Labor Day event that may or may not be volunteer. The Indiana Bike Coalition is looking for therapist September 4-5, in Jasper, Indiana. This event is in the planning stage but if you are interested, please call me for the particulars or sign-up.

☺ *Dale Stillman
Sport Team Chair*

Web Site

Current traffic - The AMTA Indiana web site receives an average of 126 unique visitors per day. This is 268% increase in site traffic since the last report. As expected, traffic increases on days that an announcement or press release is issued. Traffic reports are always available at:

<http://amtaindiana.org/urchin/>

Massage Therapist Locator for Indiana - An icon now exists on the web site that links directly to the Indiana section of AMTA National's massage locator service. This will make it easier for visitors to locate a massage therapist in Indiana.

Updated Mailing Lists - Mailing lists are now separated into media, announcements, AMTA cabinet and schools. The media list consists of newspaper and media contacts in Indiana. The announcement list consists primarily of AMTA members in Indiana. The schools list consists of Indiana massage therapy schools and is also a discussion list. School owners may post and respond on this list in order to facilitate discussion between schools. To post to the list, members send an email to inmthschools@lists.amtaindiana.org. The AMTA cabinet list contains the email addresses of all the cabinet members for AMTA Indiana. It is a discussion list for the cabinet. Cabinet members may post to the list by sending an email to amtaincabinet@lists.amtaindiana.org. Mailing lists are now hosted on SpinWeb's i-Loop email marketing service, located at <http://i-loop.net>.

How to Join AMTA - We now have a link in the Frequently Asked Questions (FAQ) section with information on how to join AMTA.

☺ *Michael Reynolds
Webmaster*

Nominations

Attention professional members. Elections are coming up fast. Have you decided what position you would like to commit to? Elections this year will be for the following positions: President, Second Vice President, Treasurer and Three Delegates. Positions are open for students and associate members for strategic planning, Parliamentarian, Chaplain, Sunshine, Nominations, Historian, Special Awards, Volunteer, Sports, and Products and

Committee Chair Reports

Marketing committees. In what capacity can you be of service to your Chapter? Please fill out your resume and then mail it to me at the address on the bottom of the form. Thanking you in advance.

☉ *Arlene Loomis*
Nominations Chair

Products & Marketing

Hi my name is Aurora Green. I have been a member since 1999 and really believe in AMTA. That is why I volunteered to handle the position of Product Chair. We have some great ideas to boost sales for the products. Many items will be closed out and we are planning a "Christmas in July" sale at the state convention. I would also like to see if you would like to contribute items to a "White Elephant" table, kind of a massage therapist rummage sale. To donate items make a check mark on the registration form.

One of the good ideas we came up with is to sell our products online and keep the cost down so that the prices we offer are competitive with other vendors. So be looking for that section on the web site. I am looking forward to meeting you at the state convention.

☉ *Aurora Green*
Product Chair

Treasurer's Report

AMTA fiscal year end was February 29, 2004. All Financial Statements have been prepared by Marietta Financial Services and will be reported to the national office as required by April 30, 2004.

Net Income for the year was a negative -\$6,741.68. In other words the chapter spent more than it brought in. The short fall was made up by going into the chapter reserves held at Edward Jones. The chapter still has healthy reserves, but if this trend continues that reserve could dwindle to below 50% of our budget and we would no

longer have a prudent reserve.

Discussion was held at the Board of Directors meeting to address this issue. Ideas to cut expenses & investigate fund raising options were part of that discussion. As your treasurer, I will encourage these efforts. I also challenge you as members of the Indiana Chapter to step forward with ideas for fund raising and more importantly the willingness to volunteer to make them happen.

One idea I will put forward for membership to help with chapter finances is for as many members as possible to register and attend the upcoming State Convention in July being held in Lebanon, Indiana. The greater the attendance the easier to cover cost associated with the convention.

In closing, I am pleased to report I have been contacted by a member interested in learning about the volunteer work of the Treasurer. I hope to work with her in the coming months. The Treasurer position is up for election in July, and I think it would be grand to have more than one person running for this position!

You may contact me at 317-352-1799 or e-mail me at margi89@sbcglobal.net with any questions or comments.

☉ *Margi Cangany-Lane*
Treasurer

Sunshine Chair

There's a new look for the sunshine committee "In Sympathy" postcard. All professional members who lost a member of their immediate family receives one. A donation is made in the memory of their love one to either the AMTA foundation or charity of their choice. Our state chapter hopes this will honor our members and their love ones. I also need to hear from all members if they know of anyone who is ill or have other concerns so I can send an appropriate card.

Those that we do know about are:

1. Victoria Shaw passed away

2. David White lost his grandmother.
3. Jennie Irving had kidney surgery.
4. Dale Huston recently had knee surgery.
5. Update on Herb Fanno, who had esophageal cancer last year - he's doing great.

☉ *Barb Studebaker*
Sunshine Chair

Special Awards Chair

Rita Taylor, Kathy Latimer and Harold McIntosh, Jr. wrote and presented a proclamation from the membership to our acclaimed President, Barb Lis. It was for her many years of volunteerism to her state and chapter. We as a chapter cannot thank her enough.

The vote for "Meritorious Award" was taken at the March meeting, by mail and also by phone. We had a close race, and the award will be revealed at the State Convention in July. Come to the meeting and see if you are the recipient. Thanks for your participation.

☉ *Rita Taylor*
Awards Chair

Congratulations



Harold McIntosh, Jr. presented an Resolution of Appreciation plaque to President Barb Lis for her many years of volunteerism. The gift was presented at Bloomington meeting this past March.

The 27th Annual Convention and Elections

American Massage Therapy Association, Indiana Chapter

July 23-25, 2004 • Lebanon, Indiana

“Ethics of Boundaries”

Presented by Sandy Fritz, BS, MS, CMT

3 Contact Hours, AMTA and NCBTMB approved

Friday, July 23, 2004

Registration 6:30 pm, Class 7 - 10 pm

INSTRUCTOR

Sandy Fritz, BS, MS, CMT is an educator, consultant, and massage therapist with over 25 years of professional experience. She is the owner, director, and head instructor of the Health Enrichment Center, Inc., which provides education for over 150 massage students per year. Also in private practice, Sandy works with a mixed clientele, dealing with everything from stress management massage to rehabilitative care under a physician's referral. Her practice has included work in mental health, in conjunction with a psychologist who provides support care and education for attention deficit/hyperactivity, anxiety and depression, fatigue and pain management. Sandy has developed and supervises a student massage clinic with the Detroit Lions professional football team and the International Performance Institute an affiliate of IMG. Sandy is an author and has published various massage therapy textbooks for Elsevier Health Sciences a Mosby division and numerous articles. She is a frequent presenter on Ethics at AMTA National Conventions, and is a dynamic and thorough presenter. Sandy will be presenting both “Practical Ethics,” three contact hours, and “Athletes and Sports Massage,” six contact hours, for our convention. She is qualified as a NCBTMB presenter.

Introduction

This ethics course will focus on boundaries and the practical ethics involved in a massage therapy practice. This course will satisfy three of the six contact hours required for recertification with NCBTMB, and fulfill the requirement for a

course specifically focused on boundary issues. Sandy is known for her thought provoking and thorough presentation. Regardless of how many ethics classes you have attended, you should leave this course with a fresh perspective and outlook on this very important issue.

Learning Objectives

1. Be aware of the commonly accepted code of ethics and standards of practice
2. Understand “Scope of Practice”
3. Be able to differentiate between Wellness Massage and Medical Massage
4. Learn what communication and record keeping skills are necessary to support a professional practice and fulfill legal responsibilities
5. Understand the importance of peer support, supervision, and mentoring
6. Better understand professional and client boundary issues

Method of Learning: Handouts, lecture and group discussion. No massage tables are needed.

Learning Outcome

1. Define a “Professional”
2. Understand legal requirements to practice
3. Define “informed consent,” “dual role,” “counter transference,” “power differential” and “boundary”
4. Understand what is considered ethical conduct for the massage professional
5. Be better equipped to make ethical decisions.
6. Understand the therapeutic relationship between the therapist and client
7. Be able to identify and report unethical conduct in peers

“Athletes & Sports Massage”

Presented by Sandy Fritz, BS, MS, CMT
6 contact hours, AMTA and NCBTMB approved
Saturday, July 24, 2004
Registration 8:30 am, Class 9 am - 4 pm

Introduction

Athletes require precise use of their bodies, and specialized training to care for them. Understanding the biomechanics required by a sport is important in order for the professional performing the massage to treat the athlete in a beneficial manner. Sports massage therapists need proper training and experience. This course will help the therapist understand the specific bodywork needs of the athlete. If you plan on working at the Muncie Endurathon, or treating a physically active client, this course can benefit your practice and increase your skill level.

Learning Objectives

1. Learn how to work with, and when to refer to other sport professional experts
2. Address pre and post event massage needs
3. Discuss “kinetic chains” and needs of specific sports
4. Learn what is, and is not appropriate bodywork for mechanical injuries or sports trauma
5. Identify indicators of overexertion and overtraining injuries

Method of Learning: Handouts, overheads, lecture and hands on. Shorts are recommended. Bring sheets, lotion and a massage table (two therapists for each table).

Learning Outcome

1. Be able to describe the difference between sports and other types of massage
2. Adapt and apply massage methods to effectively provide a massage for the athlete
3. Address various common sports injuries
4. Understand the physiological changes in the soft tissues of an athlete

“Fibromyalgia - The Misunderstood Syndrome”

Presented by William E. Bonney, Ph.D., LMT
12 Contact Hours, AMTA approved and
NCBTMB approval pending Saturday, July 24, 2004
Registration 8:30 am, Class 8:30 am - 6 pm

INTRODUCTION

As massage therapists, most of us have encountered clients (or perhaps family and friends) who suffer from Fibromyalgia Syndrome. Some experts call this “the disorder of the 90’s.” Its prevalence has been reported as being 2-6% of the general population, with 90% being women. As education chair, I have long been looking for a knowledgeable presenter on this subject. I am very happy to have found Bill Bonney. He has been a presenter for the past three years at the Annual Arthritis Foundation, and is particularly well informed on all aspects of this complicated malady. This course includes clinical information and a Myofascial approach that is applicable with any fibro patient.

INSTRUCTOR

William E. Bonney, Ph.D., LMT has a doctorate in Clinical Psychology and is a Licensed Massage Therapist. He received his massage therapy training at the Suncoast School of Massage in Tampa, Florida. He has advanced training in Shiatsu and structural integration. He maintains a private practice in both Psychology and Myofascial Therapy and Injury Rehabilitation. In his Myofascial Therapy practice, he is interested in fibromyalgia, myofascial pain and traumatic injury. His interest in body/mind/spirit integration is evidenced in his ongoing workshops in these areas.

Dr. Bonney served as a consultant to the Florida State Massage Therapy Association Parameters Project which defined the scope and sequence of massage therapy. He was the senior trainer with the CORE Institute of Tallahassee, Florida where he taught CORE Massage, a myofascial mobilization technique and CORE Structural

Integration for all allied health professionals including nurses, physical therapists, medical doctors and chiropractors. He is an approved Continuing Education Provider through the State of Florida Department of Health.

Learning Objectives

This two-day experiential workshop will examine several major theories explaining fibromyalgia, perpetuating factors that sustain fibro and myofascial pain, and treatment options for the allied health professional. Additionally a unique routine designed to stimulate the parasympathetic/relaxation response will be introduced.

- *Learn Symptoms of Fibromyalgia Syndrome
- *Theories/Explanation
- *Tender Points and Trigger Points
- *Learn to take a complete history
- *Practice effective MyoFascial Therapy techniques
- *Learn to respond appropriately to expressed emotional issues during a session

LEARNING METHODS:

Lecture, demonstration, discussion, hand-outs, clinical practice. Dress in shorts. Women should wear a sports bra. Bring a massage table (two therapists per table), linens and cocoa or shea butter.

LEARNING OUTCOME:

- *Develop a complete medical history questionnaire for fibro patients.
- *Understand the theory of neurokinesthetic awareness and activities.
- *Utilize reflective listening skills.
- *Describe MyoFascial Therapy, demonstrate techniques and routines
- *Demonstrate a five point standing exercise to improve posture and neurokinesthetic awareness.
- *Identify the physical symptoms of fibromyalgia.
- *Identify 18 trigger points of fibromyalgia.
- *Apply MyoFascial Therapy techniques that have been effective in working with fibromyalgia to the major body regions.
- *Develop therapeutic alternatives for the client.

“Soft Tissue Assessment and Treatment Planning”

Presented by Mary Beth Braun, BA, MT, NCTMB

4 Contact Hours, AMTA approved, NCBTMB approval pending
Sunday, July 25 Class: 11:00 am-12 pm; 1:30-4:30 pm

Mary Beth Braun, BA, MT, NCTMB is a massage therapist and educator with nine years of professional experience. She is the owner of One Body Therapeutic Massage, Inc., a private practice in which she provides therapeutic massage. Her practice includes everything from stress management to rehabilitative massage and pain management. She has taught introductory massage courses, a 100 hour deep tissue intensive course, and currently teaches an evidence based CAM elective at the Indiana University Medical School. She is an author for Lippincott, Williams and Wilkins, and her book, “An Introduction to Massage,” written along with fellow colleague, Stephanie J. Simonson, set to be published in June 2004. Mary Beth will be presenting, “Soft tissue Assessment and Treatment Planning,” four contact hours. Her NCBTMB approved presenter status is pending. Mary Beth is also president-elect for the National AMTA. She is a very experienced and talented presenter.

Introduction

This course will focus on developing soft tissue assessment skills and developing a treatment plan for massage clients. It will provide four contact hours of continuing education.

Learning Objectives

1. Learn how conducting a thorough client interview is an essential assessment tool
2. Understand how to determine the client's internal healing environment
3. Understand the value of specific soft tissue assessment
4. Develop a treatment plan based upon your assessment

Method of Learning

Handouts, lecture, role playing and group discussion.

Learning Outcome

1. Be able to conduct a thorough client interview
2. Be able to assess the condition of the client's soft tissue
3. Be able to determine the specific muscles involved in the client's condition
4. Be able to develop an appropriate treatment plan based upon your assessment

Convention Schedule

July 22-25, 2004 • Lebanon, Indiana

Thursday, July 22, 2004

10:00 am - 7:00 pm Board of Directors meeting with unscheduled lunch break. Chapter members are always welcome to attend the BOD meetings.

Friday, July 23, 2004

10:00 am - 2:00 pm Massage exchange, Kim Kurtz coordinator, See Pg. 21
11:00 am - 12:00 pm Tai Chi Chih with David White
12:00 pm - 1:00 pm Lunch on your own
12:00 pm - 10:00 pm Vendors will be open. White Elephant Sale and Christmas in July Sale open.
1:00 pm - 2:00 pm Self-meditation - Guided Imagery with Kim Kurtz
2:00 pm - 4:00 pm Rest, recreation and fun with Kim Kurtz and David White
4:00 pm - 5:30 pm Dinner on your own
5:30 pm - 6:30 pm Massage Licensing Forum with Kip Treece and Barb Lis
6:30 pm - 7:00 pm Ethics class registration
7:00 pm - 10:00 pm "Ethics of Boundaries" with Sandy Fritz
3 contact hours, NCBTMB and AMTA

Saturday, July 24, 2004

8:30 am - 9:00 am Class registration
9:00 am - 12:00 pm "Athletes and Sports Massage" with Sandy Fritz, 6 contact hours, NCBTMB and AMTA approved
12:00 pm - 1:30 pm Lunch on your own
1:30 pm - 4:30 pm Class resumes (Athletes and Sports Massage)
4:30 pm - 6:30 pm Vendors will be open. White Elephant Sale and Christmas in July Sale open.

8:00 am - 8:30 am Class registration
8:30 am - 12:00 pm "Fibromyalgia - The Misunderstood Syndrome" with Dr. William Bonney, 12 contact hours, NCBTMB pending and AMTA approved
12:00 pm - 1:30 pm Lunch on your own
1:30 pm - 6:00 pm Class resumes (Fibromyalgia)

7:00 pm - 10:00 pm Dinner Banquet, Talent Show and Chapter Awards (Evening activities are included with Saturday's registration)

Sunday, July 25, 2004

8:30 am - 10:45 am Chapter Business Meeting and Officer Elections
11:00 am - 12:00 pm Fibromyalgia class resumes
11:00 am - 12:00 pm "Soft Tissue Assessment and Treatment Planning" with Mary Beth Braun, 4 contact hours, NCBTMB pending, AMTA approved
12:00 pm - 1:30 pm Lunch (included), installation of new officers and hotel check-out
1:30 pm - 4:30 pm Both classes resume
5:00 pm - 5:30 pm Newly elected BOD meeting (members are welcome to attend)

Hotel Information & Directions:

The 2004 Annual Meeting and Elections will be held at the Ramada Inn, 505 South State Road 39, Lebanon, IN 46052. The AMTA block room rate is \$64.95 single/double. *The cut-off date is July 1 for special rates.* The Ramada is west off I65, exit #139, and can be seen from the Interstate - 25 minutes north of Indianapolis. This is a full-service hotel, www.ramadaindianapolis.com. Reservations may be made at 765-482-0500, or 800-499-3339. Go to www.mapquest.com for driving directions.

REGISTER TODAY

The registration table will be located in the Ramada Inn Convention Center hallway. If you are pre-registered, you will be able to pick up your convention name tags, receipt, and packet of information at the table. Early registration discount deadline for all classes is July 10, 2004. Late and at-the-door registrations will be accepted as space allows. Cancellations after July 21, 2004 will result in a \$50 fee. Registration form is on Page 21.

— Party Time in July —

White Elephant Sale & Talent Show

You may know what a White Elephant Sale is all about or you may have heard it called a Previous Loved Treasures Sale. Whatever you know it as, this is your chance to donate something to the chapter's licensing efforts so money can be raised to cover licensing expenses.

This is how it works. We need you to donate previously owned items that you think someone else might like to buy. We will display it during the open vendor hours at the convention. If we don't sell it you take it back home with you. The chapter will sell it for whatever you suggest the value should be. Larger items may be sold through a silent auction. We will collect all

items when you register for convention and return it after convention. It can be big or small, old or new, massage items, decorative items, or anything. You may have a picture for a massage office, massage equipment or books that you have already read. A previously loved flower vase, candy dish, turkey platter or bicycle could be a treasure for someone. Anything that you think needs a new home! Come find your treasure, and shop till you drop! "One man's junk is another man's treasure." To donate items make a check mark on the registration form. Please help the chapter in this endeavor. Call Barbara Lis with questions, 219-696-0672.

Show us your stuff

Show off your talents at the Saturday night Talent Show. Can you sing or dance or read poetry? Maybe you can lead a song for the group to sing with you. Do karaoke singing? We have many talented people that never get to share what they can do. Grab a friend and do a skit. Come on and have some fun and strut your stuff. To sign-up, make a check mark on the registration form or call Barb Lis with questions.

President's Letter Cont.

(continued from Page 1)

Many members have skills other than massage and could impact our profession. We do not have any "cliques" for those of you who are of the opinion in order to be a volunteer you need to be in a "clique." Those that have served as Chapter Officers, in most instances, do not know each other. Create your own opportunity to be on the cutting edge of our profession and to experience personal and professional growth. One voice can make a difference, so use the talents you have or learn new skills. Travel as a Board member to national events with most of your expenses paid for. For those members who cannot afford to attend chapter activities on a regular basis you can get your education free while on the Board and many other incentives too.

These incentives come to you with the agreement that you will perform the job you are elected for to the best of your ability and help where you are needed. Think

about taking that step into giving something back to the massage community while giving you the experience and growth of leadership. Fill out the resume and volunteer forms in this newsletter, send that to Arlene Loomis (her address is on the form), attend the Sunday, July 25th, meeting and participate in the election process. You can also find these forms on the chapter website, www.amtaindiana.org. Speaking of volunteers, if you would rather take a little step with a smaller bite-size time commitment you might want to work on a committee. The volunteer form in this newsletter has a brief job description of each committee. Fill it out and send it to Arlene Loomis. Each committee chair and committee member position is a one-year appointment by the Board. Put yourself in the loop of what is happening in the chapter. Join the effort to make Indiana a better state to work in. All committees need you

help. Please consider it.

I have many people to thank for helping make me be the best I can be in my leadership roles. Many experiences over the 14 years of volunteering for the chapter have been life changing learning opportunities. I have worked with many great people that have mentored me and now I can mentor others. I have developed many special friendships that are precious to me. Friends that help out whenever I've ask without hesitation. You know who you are and I love you all. You will always be in my gratitude. Thank you for joining me on my quest to make our profession better.

If you have any questions please feel free to call or email me. I enjoy talking to members and helping out where I can. I work for you. Barbara Lis, 219-696-0672, lis@netnitco.net

☺ *Barbara Lis*

AMTA Indiana Chapter President



Deliver instant incentives to purchase your services
Use your mailing list to issue special offers to your clients
Keep your clients informed with valuable news and health information
Open the door to further communication that benefits you and your clients

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Run For Office in 2004

At this year's 27th Annual Convention, elections will be held for the following positions: President, Second Vice President, Treasurer and Three Delegates. Fill out the resume on the following page, send it to Arlene Loomis and run for office for the AMTA Indiana Chapter. Don't just think about it, pick up your pen and fill out your resume today!

Brief job description of Vice Presidents

To make you an eligible candidate to run for a Vice President position and serve as a member of the Chapter board you must have a professional membership classification in good standing. You may need to act in the absence or incapacity of the Chapter President, the 1st, 2nd or 3rd Vice President, in that order, will act in the place of the President. It includes accepting responsibilities delegated by the President. You will need to attend Chapter board, Chapter membership and any Chapter committee meetings, whenever possible, regional and national meetings of the association as well. Serve as liaison to selected amount of Committees to the Board (select committees appropriate for your Chapter's needs). You also need to be available to speak with members regarding actions of our Chapter and the National board and deliver regular reports via Chapter newsletter, Chapter meetings and board meetings.

You would also be asked to fulfill the fiduciary, due diligence and other responsibilities of Chapter board members as described in the bylaws. Maintain orderly records of issues and actions taken during the term and supply the incoming vice president with those records to ensure a smooth transition.

Identify, cultivate and recruit future Chapter leaders. Ensure Chapter operations are consistent with the AMTA Strategic Plan. You may need to serve on a committee.

Brief Job description of the Delegate

To make you an eligible candidate to run for Delegate to the national convention you must have a professional membership classification in good standing and you must be assigned to the chapter whose membership you represent. This is a one-year term starting in January 1 through December 31 of the following year in which you were elected. An Alternate Delegate receiving the most votes in the election of delegates shall fill a vacancy in the position of Delegate.

A delegate represents the members by whom they were elected and carries out their responsibilities: through the chapter annual meeting and other opportunities of interactions with the membership; the Delegate shall initiate member involvement in discussion and hear opinions on matters coming before the House of Delegates; will study materials and otherwise prepare for the House of Delegates meeting; will attend and participate in the House of Delegates meeting and vote in an informed manner; will report on their voting record and participation in the House of Delegates meeting to the membership in a written report to the newsletter editor to be published in the chapter newsletter, the Kneaded Notes; the Delegate is expected to attend the chapter annual meeting, and House of Delegates Meeting at the national convention. The time commitment varies each year according to the business of the House.

Brief Job description of the President

To make you an eligible candidate to run for President position and serve as a member of the Chapter board you must have a professional membership classification in good standing. You will preside at, prepare the agenda for, and maintain the orderly and expedient conduct of business at Chapter meetings, Chapter board meetings and day-to-day business of the Chapter. Supervise the affairs of the Chapter according to policy set by the Chapter board. Ensure Chapter operations are consistent with the AMTA National and Indiana Chapter Strategic Plans. Represent the Chapter at National meetings, including the National Board meeting, Chapter Presidents Council and attend the National House of Delegates. Note: For the House of Delegates, the elected Chapter Delegate(s) represents the Chapter during the National House of Delegates meeting.

You would also be asked to fulfill the fiduciary, due diligence and other responsibilities of Chapter board members as described in the bylaws. Maintain orderly records of issues and actions taken during the term and Identify cultivate and recruit future Chapter leaders. You will serve as an ex-officio member of all Chapter committees. You will need to work in cooperation with and maintain lines of communication with the Chapter board, Chapter membership, national board and the national office. In working closely with the treasurer you will need your signature registered with the bank servicing the Chapter and with any other financial institutions serving as a depository of funds. You will be reviewing all documents and records produced by the Chapter.

AMTA INDIANA CHAPTER OFFICERS, DELEGATE AND COMMITTEE CHAIR RESUME

Candidate for what positions? _____ Name _____

E-mail _____ Phone number (H) _____ (W) _____

Address _____

AMTA file number _____ Membership Date _____

NCTMB Identification number _____ Date _____ Can you be bonded? Yes _____ No _____

1. High School _____ City _____ State _____

Date of Graduation _____

2. College _____ City _____ State _____

Date of Graduation _____ Degree _____

3. Massage School _____ City _____ State _____

Date of Graduation _____ Testing Date (School) _____

You may use the back of the resume for extra space needed

List all AMTA Chapter and National Offices held with dates (include committees):

Relevant community or professional experience:

Qualifications for office you are seeking:

What are the reasons and objectives for seeking this office?:

How many hours a week do you estimate will be required of you to perform the duties of this office? _____

Are you currently able to commit the appropriate time for the performance of your duties? _____

Your signature below indicates that if you are elected or selected for this office, you are committed to serve for the prescribed term of office.

Signature of candidate _____ Date _____

Nominated by _____ Date _____

Send your resume form to: Arlene Loomis at 7621 Linden Ave., Hammond, IN 46324, 219-845-2099

Find out more about open positions and their responsibilities under job descriptions in this newsletter.
You can also contact any board member or check online at www.amtaindiana.org, in the volunteer section.

American Massage Therapy Association

INDIANA CHAPTER BOARD MEETING

March 18, 2004 • Bloomington • Submitted by Cheryl Middaugh

Chapter officers and Committee Chairs present were Barbara Lis, David White, Margi Cangany-Lane, Cheryl Middaugh, Larry Carry, LuAnn Williams, and Michael Reynolds. Agenda distributed. Items outlined and discussion time assigned.

D-Discussion
A-Action

Item 1
Approval of Agenda

Item 2
Treasurer Report-Margi
Topic: Current Account Balances as March 2004 (fiscal year ends in February and we begin new fiscal year in March)
D- Money Market: \$35,131.78, Income Fund America: \$24,457.03, Perspective Fund: \$12,772.89, Total= \$72,451.79
Star Financial-Checking Account: \$3,714.68
Grand Total: \$76,166.27

Item 3
Topic: Edward Jones review
D- With stock market doing better we are gaining on our investment funds
A- Will continue to keep a eye on invested funds and will alert BOD if any drastic changes in market threaten investments.

Item 4
Topic: Credit card use report
D- Reminder to turn in receipts from credit card use and state for what purpose charge was made. Also continue to fill out reimbursement forms for any other purchase for AMTA business whether committee or BOD in a timely manner. Also bring to attention to the BOD that credit cards to BOD members will end as Barb leaves office and will be up to the next Chapter President to have BOD credit cards to BOD members.

Item 5
Topic: 4th Quarter Budget report
D- Clarity in committee expenses on individual time lines for expenses in budget
A- BOD will look over budget as Committees submit requests for 2004-05 budget to see where expenses can be reduced or shifted

Item 6
Topic: 2005-06 Budget Report
D- Committees need to have their estimated budgets in for the 2005-06 budget by June 15th. Tentative task lists from committees also need to be included for new expenses for the 2005-06

budget.

Item 7
Topic: Quick Books for Chapter finances
D- Process to transfer current books to Quick Books software.
A- Committee decided not to implement due to significant amount of work and awaiting National decision to take over Chapters' funds in the near future.

Item 8
Topic: Chapter dues
D- This year is the next opportunity to change the Chapter dues. National is now taking \$2 of the current \$25 Chapter dues-thus the Chapter currently only gets \$23 of \$25 dues.
A- Address the membership at Annual Convention in July on decision whether to increase dues or not.

Item 9
Membership Chair Report: Larry
Topic: March 2004 AMTA Membership Totals
Professionals-519, Inactive Professionals-47 =566 Up 21 from last meeting.
Retired Professionals-2, Students-107 Down 13 from last meeting.
Associations-299 Down 5 from last meeting
Schools-14
Grand Total of all members in Indiana Chapter =990 Up 3 from last meeting.
Total national membership 47,870 Up 14 nationwide.

Item 10
Topic: Exit Poll report from national results-Larry
D- Questionnaire for call survey of those who didn't renew membership in from National and Indiana. The #1 problem Indiana's members had with renewing their membership to the AMTA was the expense of the membership dues and affording its educational opportunities coupled with the overnight expenses. The National survey reflects that expenses, stress and illness was the reasons the majority, who's membership's had lapsed, did not renew.
A- Keep up with welcome calls to new members and keep on recruiting at the school level.

Item 11
School report-Cheryl
Topic: Schools visiting packets to BOD members and remaining schools to visit schedule.
D- Explanation of contents in packets. Remaining schools to be visited list to BOD via email
A- Have members of BOD and any other volunteers to call schools and go out to visit remain-

ing schools. Goal is to have 80% of schools' visited by July.

Item 12
Topic: E-mail group with schools Cheryl & Mike
D- Gathered email info when contact info was updated from schools
A- Email group is up and running. Messages are being sent prior to AMTA events and updated information pertaining to students, schools or the massage profession. The email group is established as a method for massage schools and a professional massage organization (AMTA) together to promote the massage profession on all levels.

Item 13
Topic: Massage school referral page on website
D- Idea of school list referral at National for approval.
A- Until approval from National comes, the referral list needs to have definitions of COMPTA, Council of schools and AMTA schools included in list.

Item 14
Topic: Strategic Plan Update-David White
D- What is happening next for the Chapter based on information gathered and importance these items are for our members. Also a small survey for membership opinion will be distributed.
A- These items will be then implemented during the next year. Results of survey will be assessed and addressed accordingly.
A- Education voucher used for attendance to Strategic Plan meeting.

Item 15
Topic: HOD 2004 delegate number change-Barb Lis
D- National made a error on the amount of delegates Indiana needs only 3 for 2004 and 2005.
A- First three delegates will be attending National Convention and all others voted for delegate will remain alternates for 2004.
A- 2005 delegates (3) plus at least 3 alternates will be voted upon at this years' Chapter Annual Convention in July.
D-The 2004 resolution submitted to National after the November meeting has gotten a great response. National officers are already looking on how to implement some kind of weighted vote on suggestions coming from HOD and members through the Products, Programs, Services (PPS) Committee.

Item 16
Topic: Government Relations Update-Kip/Barb
D- Review update report form Lobbyist from past year

A- Kip is in process of sending thank you letters to legislators who supported our bill

Item 17

Topic: Summer Strategy- Kip/Barb/Margi
D- Depends on Sen. Miller verdict to accept ICOP or Dept. of Education for qualifications of instructors within schools.

A- Open Forum meeting needs help from all of membership looking to have several within the next year to help educate

A- Will apply for LLAP grant again for next year, application due May 15th 2004

Item 18

Topic: MAW and Really Day Report-Vickie Brubaker/Margi

D- Next MAW Rally Day during week of Feb. 14th or 21st 2005

D- Possible video/audio recording of Rally Day for reproduction on web and to legislators

Item 19

Topic: Education Report

July Convention & Chapter Annual meeting held in Lebanon, IN at the Ramada Inn.

Meetings and Education dates are as follows: July 22nd BOD Meeting, July 23-25 Education

Presenters for July Education Sandy Fritz, NCTMB will teach 3 hrs on Boundary Ethics Friday evening and a 6 hour course on Neuromuscular Techniques for the Athlete on Sat. the 24th. Dr. Bill Bonney teaches Fibromyalgia: The misunderstood Syndrome as a 2 day workshop. He is a presenter for the Arthritis Foundation and has presented on Fibro for their annual conference. Lots of hands on.

Item 20

Topic: Up-coming Education:

Nov. 5-7 French Lick Spa and Resort

Friday- Nov. 5 BOD meeting

Ed. Saturday and Sunday- Christopher Sovereign (Ben Benjamin techniques)

D- Possible dates for 2005 and presenters; possibilities so far:

-Publishers Curties-Overzet are interested in presenting workshops in our area. Re-thinking Contraindications, and Massage and Medication are a few possibilities. www.curties-overzet.com

-Wolfgang Luckmann, NCTMB does Ethics for the Professional Bodyworker and offers some interesting bodywork courses. He is interested in coming here. wolfgangluckmann.com

-Rayna, NCTMB approved, offers Business Ethics, 6 hrs for Plantar Fasciitis and Lower Leg, 4 hrs on Movement (working deeper and easier), 6 hr Headache and TMJ dysfunction as well as a 4 hr Imagery and Creative Visualization class.

-Other suggestions are a Bob King course and Benny Vaughn.

D- Possibly to invite Physical Therapist to our Education workshops-draw larger numbers

Item 21

Topic: Website-Michael Reynolds

D- much more traffic on the website and guests are looking at several things each visit

A- Work on creating a policy for approval for web posting/content to be brought back to the BOD

D- New things to add to the site: open to ideas so far on-line surveys with product incentives, bulletin board for buying or selling by members, place for finding rides or rooms for educational and sporting events within membership

Item 22

Topic: Increased budget for web design

D- The time saved through projects accomplished by the website will save members of the BOD and Chapter members time which in turn saves the Chapter money to be used for other services to the membership

A- Proposal of allocating funds up to \$2000 to keep website updated and able to handle all the Chapter is wanting to use the website for such as selling products, on-line registration, membership bulletin board, etc.

Item 23

Topic: Special offer from Spinweb for AMTA members to have their own website

D- Spinweb is offering AMTA members the opportunity to have their own website for \$15 through Spinweb Net Designs contact Michael@spinweb.net for more details

Item 24

Topic: Newsletter-Dorinda

Next Newsletter due date for reports, ads, etc is March 29.

D- Newsletter budget correction need to look at expenses and see where changes can be made.

A- The number of newsletters will remain 4 for 2005 one of the four newsletters will be a bit smaller than the other three since there will be no major meetings or education covered.

Item 25

Topic: New computer-Dorinda/Barb

D- Together we have been looking for the most functional and cost effective MAC computer for the Newsletter Chairperson.

A- The new MAC computer for the newsletter will be ordered shortly and should be up and running for the Spring newsletter.

Item 26

Topic: Sunshine Committee

D- Sunshine Committee report- Barb Studebaker (Larry)-possible message board on line?

A- Restructure postcard to have name of the griever included in format

Item 27

Topic: Awards Report-Rita Taylor (Barb)

A- Looking to have descriptions of awards and method to submit nominations for the awards on the website soon once information is given to webmaster

D- National is reviewing awards. These changes will be slowly integrated at the Chapter level.

Item 28

Topic: Sports Team Dale Stillman/Cheryl (LuAnn)

D- No update given for BOD meeting look for a report during business meeting

A- Still planning on Muncie Endurathon for summer event

Item 29

Topic: Volunteer Committee-Kathy Latimer (Margi)

D- Any committee needing volunteers for any and every task please contact Kathy

Item 30

Topic: Chapter Elections-Arlene (Barb)

D- Offices up for election this year at the Annual Convention meeting in July President, 2nd Vice-President and Treasurer

A- Update registration number for resume

Item 28

Topic: Products and Marketing-Dale Houston (Barb)

A- Need to speak with Dale to see if he is willing to keep inventory until a new chairperson is found

D- Would like to liquidate inventory at meetings and website with affiliate program

A- Need to find a volunteer to so the shipping and handling for products sold on-line

Item 29

Topic: Bloomington PR-Dale (Barb)

D- Dale has some friend in radio locally in Bloomington and will try to get a statement about March Open House education in Bloomington

Item 30

Topic: NCTMB -Jennie

D- I have been working on getting the papers together for our NCBTMB Re-Cert.

A-Plan to submit forms next week.

Item 31

Topic: Reports from National-Jennie & Barb

D- CVOP July 9-13th

-Ch. Presidents free ~\$509/per person plus R/B

D- NMTAW Oct. 24-30 "Manage Pain with

Massage

D- NBOD meeting

-downsize committees and knowledge based decision making

D- AMTA members to Olympic National supply-

ing money

Item 31

Topic: Financial changes to reduce spending in budget

D & A BOD Stipend

-Computer pay-offs

A- Tabled till next meeting

(continued on Page 18)

(continued from Page 17)

Item 32

D- & A BOD/Delegate/Chairs Incentive program/policy

A- See Item 39 for new vote on changes to policy

Item 33

D- Policy for Delegate to be changed-dates to attend National Conference

A- See Item 40 for new vote on changes to this policy. Policy and Procedure For Delegates and Alternate Delegates:

-Change paraphrased to the following:

Delegates attending National Convention will receive Chapter funds toward required registration fees, travel, hotel and food the evening before HOD and all days pertaining to HOD duties. Additional time and events at National Convention will be at delegate-member's own expense.

Item 34

Topic: Task List up review-Barb

D- Current task list review as sent via email

A- Make changes and additions including this meeting to keep BOD and Chapter on course.

Item 35

Topic: Policy & Procedure for Education Programs

Action: Reviewed and Discussed

Moved to approve by Margi, 2nd Larry, 7 for 0 against. Motion Carries. Policy Approved 3/18/04

Item 36

Topic: Policy and Procedure Chapter Meeting

Action: Reviewed and Discussed Moved to approve by David, 2nd Cheryl, 7 for 0 against. Motion Carries. Policy Approved 3/18/04

Item 37

Topic: Policy and Procedure For Money Reimbursement to Chapter Board Members Attending National Meetings

Action: Reviewed, Discussed and Removed-due to issues covered in Volunteer Compensation Policy already approved. Moved to approve removing policy by Cheryl, 2nd Margi, 7 for 0 against- Motion Carries
Policy Approved 3/18/04

Item 38

Topic: Policy and Procedure For Vice-President Attending National Board Meetings

Action: Reviewed and Discussed

Moved to approve by Cheryl, 2nd Margi, 7 for 0 against. Motion Carries, Policy Approved 3/18/04

Item 39

Topic: Policy and Procedure For Officers Incentive Program Guidelines

Action: Reviewed and Discussed

Moved to approve by Margi, 2nd Larry, 7 for 0 against. Motion Carries, Policy Approved 3/18/04

Item 40

Topic: Policy/Procedure for Delegates /Alternates
Action: Revised to agree with current changes of relating policy Moved to approve by Cheryl, 2nd Larry, 7 for 0 against, Motion Carries. Policy Approved 3/18/04

Item 41

Topic: Policies for Chapter Funded Travel AMTA Indiana Chapter

Action: Reviewed/discussed integrated into current relating policies

Item 42

Topic: Policy and Procedure Compensation and Reimbursement Chart

Action: Reviewed, changes suggested-returned to committee for review and to be resubmitted

Item 43

Topic: Job Descriptions A- Tabled till next meeting

Item 44

Revisit tabled items from last meeting

Topic: Standing Rules

D- Most recent revision of Standing Rules submitted to National is in need of a final revision. BOD members to review most recent printable version for changes individually then at next meeting these changes will be implemented accordingly and sent to National for final approval. Meeting Adjourned

Spend the Day with Us ❁ *Complimentary Spa Day*

This complimentary spa day on Friday, July 23, is our way of saying thank you for signing up for Convention. We'd like to treat you to massages, Tai Chi, meditation and just some time to pamper yourself. If you'd like to get a massage, sign up for the massage exchange on the registration form. You give a massage – you get a massage. We will coordinate the time, place and connect you with someone else who would like to exchange. Kim Kurtz* will contact you with a schedule time and person. Call her at 219-242-1448 with any questions.

Enjoy a session of T'ai Chi Chih with David White*. T'ai Chi Chih is a gentle set of movements designed to develop, balance, and circulate the body's chi or vital energy. Continued practice can lead to better health, movement, balance, and a general feeling of well being. There'll be first-timers and others who are experienced... all are welcome.

After lunch on your own, you can come back to de-stress yourself. Learn how to do

self-meditation using guided imagery. Kim Kurtz will teach you this process by verbally guiding you using imagery and creating a mental place of relaxation. You will be able to use these same techniques in your practice with your clients and for yourself.

In the afternoon you can get a little R&R at the pool. The Ramada Inn has a wonderful pool and hot tub at this facility. Join us for a game of volleyball and frisbee in the pool, or maybe you would rather just soak in the hot tub a while. Either way, join us for an afternoon of rest, relaxation and fun to start the convention off right.

After the hot tub soak, enjoy dinner on your own before joining up for the Massage Therapy Licensing Forum. Massage licensing is an ongoing effort in Indiana. We will be discussing how the process works and any new developments. Kip Treece, Government Relations Chair and Barbara Lis, AMTA IN President will be available if you have any questions or comments you want to share. Keep yourself

updated with current licensing information. Free sign-up on the registration form.

Friday events are listed in the Convention schedule and sign-up is available on the registration form.

Friday, July 23, 2004 Instructors:

*Kim Kurtz has a degree in Recreation Administration. She teaches relaxation techniques to her clients, blending self-mediation through verbal imaginary and massage into wellness. Kim also graduated from the Nevada School of Massage. She has worked in Spas located in Las Vegas, Palm Springs and Northwest Indiana

*David R. White has been practicing the T'ai Chi Chih form since 1990 and was accredited in April of 1994. Since then he has taught classes to over 400 students in Indiana, Michigan, and Illinois as well as at workshops in Virginia and other locations. He is a practicing massage therapist in Valparaiso, Indiana.

American Massage Therapy Association

INDIANA CHAPTER BUSINESS MEETING

March 21, 2004 • Bloomington • Submitted by Cheryl Middaugh

Meeting called to order by Barb Lis. Chaplain: Rita Taylor did the invocation and moment of reflection and pledge of Allegiance.

Approval of Agenda, Motion Margi - 2nd Kathy L., motion carries. Approval of Minutes within Winter Kneaded Notes as mailed from the last meeting in Nov., Motion Margi - 2nd Dale Stillman motion carries.

Reports - Chapter Officers/Committee Chairs:
Secretary Report - Cheryl Middaugh
Note to members present to sign attendance sheet at entrance.

School Report - Cheryl Middaugh
BOD members were given a visiting school packet to help make information during school visits consistent and easier to implement. School visiting schedule is set up with remaining schools being on the far ends of the state, central Indiana schools have been contacted and visited since last meeting. Any member is welcome to participate in school visits contact a BOD member to see about joining them for a visit.

A school e-group was established to aid better communication to schools and AMTA in hopes together through better communication more can be done to prepare students and the profession of massage as a whole.

The schools committee is waiting for National approval for an IN AMTA school referral list on web page. Another way AMTA is promoting their member schools and a public service for those interested in locating massage schools in Indiana.

PR Report - Cheryl Middaugh
Any members or committees wanting something announced, sent out as a press release, announcement, etc. contact: ckayem@amtaindiana.org.

Treasures Report - Margi Cangany-Lane
Current Balances: Money Market: \$35,131.78, Income Fund America: \$24,457.03, Perspective Fund: \$12,772.89, Total= \$72,451.79 Star Financial - Checking Account: \$3,714.68 Grand Total: \$76,166.27

Edward Jones review: Stock market doing better we are gaining on our investment funds. Keeping an eye on invested funds and will alert Board of Directors if any drastic changes in market threaten investments.

Looking at the summery of 4th quarter budget and end of fiscal year for the Chapter. We had a deficit at the close of the fiscal year this was covered by reserve funds.

The Board of Directors is looking over the 2005-06 budget year to see where cuts can be made to prevent a repeat deficit. A majority of spending costs goes toward Gov. Relation efforts, MAW etc.

We will be applying for LLP Grant again to pay for our lobbyist to continue our efforts to pass bill legislation.

3rd VP Report-Larry Cary
Professionals-519, Inactive Professionals-47 =566 Up 21 from last meeting. Retired Professionals-2, Students-107 Down 13 from last meeting. Associations-299 Down 5 from last meeting, Schools-14 Grand Total of all members in IN Chapter =990 Up 3 from last meeting. Total national membership 47,870 up 14 nationwide

Exit poll report for state and national:
-The #1 problem Indiana's members had, with renewing their membership to the AMTA was the expense of the membership dues and affording its educational opportunities coupled with the overnight expenses.
- New members at state level had good responses with welcome calls we'll continue this service along with recruiting new members at the school level.
- The National survey reflects that expenses, stress and illness were the reasons the majority with lapsed memberships didn't renew.

Products & Marketing - Aurora Green
Congratulations to Aurora Green, working in the Muncie area, for becoming our new Products and Marketing Chairperson! There will be a "Garage Sale" at the July meeting to help liquidate current inventory. Coming soon, order products on-line!

Sunshine Report - Barb Studebaker (presented by Larry)

Looking at creating an on-line message board. Would like to restructure postcard to have name of the grievied included in format for better processing

Chapter Awards - Rita Taylor
Taking nominations due April 1 for Meritorious Award Honor AMTA member to acknowledge diligent volunteerism done in an altruistic manner. Criteria: Active member in AMTA at least one year, Volunteerism at the national level, cannot receive the award in previous year.

Other Awards accepting nominees for:
-Presidents Award, Humanitarian Award, MERT, Retiring BOD Members, Webmaster, Newsletter. See amtaindiana.org for information.

Strategic Plan Update and Results 3/19/04 meeting- David White

Thank you for all those members who took advantage of participating in the Strategic Planning Meeting to set the objective course for the upcoming year. Great to have member involvement and the Chapter rewarded those who participated with a \$50 voucher toward any IN Chapter Education event.

Results of the meeting are as follows:
1) Legislation awareness efforts working with new volunteer marketing team to educate public and health care professionals. Also gather endorsements from health professionals to gain notoriety for massage profession.
2) 80% of IN schools visited by July to help get the word out about additional benefits and efforts by being a member of AMTA to students and massage professionals to continue AMTA's mission and continue to move the profession forward in Indiana
3) Lower education costs for members; create options for members to receive training on a more local level, establish a network of car pooling and/or sharing rooms to help reduce costs of membership attending educational events.

(continued on Page 20)

(continued from Page 19)

Resolutions for HOD 2004 meetings Larry & Barb

Resolution submitted by Indiana Chapter is so well liked that National is already looking into how it can be utilized.

Changes in Number of Delegates back to 3 from 4 for 2004 and 2005

Delegates: Vickie Brubaker, Larry Carry, Arlene Loomis

Alternates: Barb Lis, Kathy Latimer, Cheryl Middaugh, Margi Cangany-Lane & Rita Taylor

Government Relations - Kip Treece (presented by Barb L.)

Lobbyist update to meet with Sen. Miller next week. Miller is requesting qualifications for instructors currently bill requires ICOP qualifications. Will see if this is sufficient qualification for school instructors or of a school collision needs to be created to establish guidelines required under the Department of Education, the other governing body that Sen. Miller is considering.

Attention all members, legislators have town meetings during the summer months so please attend and to voice support for our bill. Great way to send the message that the public wants professional massage therapists and safe facilities to get these services.

MAW & Really Day - Vickie Brubaker (presented by Margi)

Next MAW Rally Day during week of Feb. 14th or 21st 2005

Possible video/audio recording of Rally Day for reproduction on web and to legislators

Past President Report - LuAnn Williams

Newsletter: Ads space available, contact Dorinda. Due date Mar. 29 Elections next meeting. Resumes due into Arlene, Nomination Chair for Pres. 2nd VP, Tres, 3 Delegates. Nomination Committee needs help with counting ballots. Resumes for BOD and Committee Chair positions.

Education Report - Jennie Irving (presented by Barb L.)

July Convention & Chapter Annual meeting held in Lebanon, IN at the Ramada Inn.

Meetings and Education dates are as follows: July 22nd BOD Meeting, July 23-25 Education

Presenters for July Education:

-Sandy Fritz, NCTMB will teach 3 hrs on

Boundary Ethics Friday evening and a 6 hour course on Neuromuscular Techniques for the Athlete on Sat. the 24th.

-Dr. Bill Bonney teaches Fibromyalgia: The misunderstood Syndrome as a 2 day workshop. I think it looks great. He is a presenter for the Arthritis Foundation and has actually presented on Fibro for their annual conference. Lots of hands on.

November meeting and Education at French Lick. Dates: Nov. 5-7 French Lick Spa and Resort Friday- Nov. 5 BOD meeting. Ed Sat and Sunday- Christopher Sovereign (Ben Benjamin techniques)

Possible dates for 2005 and presenters; possibilities so far (open for suggestions):

-Publishers Curties-Overzet are interested in presenting workshops in our area. Rethinking Contraindications, and Massage and Medication are a few possibilities. www.curties-overzet.com

-Wolfgang Luckmann, NCTMB does Ethics for the Professional Bodyworker and offers some interesting bodywork courses. He is interested in coming here. wolfgangluckmann.com

-Rayna, NCTMB approved, offers Business Ethics, 6 hrs for Plantar Fasciitis and Lower Leg, 4 hrs on Movement (working deeper and easier), 6 hr Headache and TMJ dysfunction as well as a 4 hr Imagery and Creative Visualization class.

-Other suggestions are a Bob King course and Benny Vaughn.

Looking to possibly to invite Physical Therapist to our Education workshops-draw larger numbers

Volunteer Committee - Kathy Latimer

Need for volunteers. Local volunteers for events or projects

Web Site - Mike Reynolds

-We're reaching over 100 hits on our site and guests are looking at many things each visit.

-There is now a link to the National website on our website for a list of Indiana Massage Therapists for visitors to find a local therapist. If your information on this list is incorrect you need to go to the National website to make the necessary changes.

-Several email lists have been implemented for better communication: e-lists to media for PR, announcements for updates on the website, the Board and Committee Chairs are in a "Cabinet" list and the Indiana mas-

sage schools have a list

-Members can get a free AMTA email address, contact Mike at Michael@spinweb.net to set one up

-Working on creating a policy for approval for web posting/content to be brought back to the BOD

- New things to add to the site: so far on-line surveys with product incentives, bulletin board for buying or selling by members, place for finding rides or rooms for educational and sporting events within membership

Sports Team - Dale Stillman

Most inquires for the AMTA Sports Team are requesting free services.

Membership present expressed opinions of not doing sporting events for free. Motion to accept with friendly amendments that the Muncie Endurathon /AMTA agreement will be used as set guideline for current and future sporting events.-Dale Stillman, 2nd LuAnn Motion carries

Chapter Board Work-Barb Lis

Approved remaining Policies and Procedures effective immediately.

Working on Standing Rules

National Report -Barb

National Convention Oct.6-10th Nashville CVOP July 9-13th

-Ch. Presidents free

~\$509/per person plus R/B for members NMTAW Oct. 24-30 "Manage Pain with Massage"

NBOD meeting: Topic to downsize committees and knowledge based decision making

Announcements from the members

AMTA members to Olympic National supplying money. See amtaindiana.org for info.

Parliamentarian Report-Harold McIntosh

Resolution of appreciation to Barb Lis Presented a plaque of recognition to work done by Barb Lis for the Chapter as President. Motion to approve this adaptation and proclamation-David White. Motion passes

Motion to adjourn meeting - Rita Taylor 2nd Katie Eckles. Meeting adjourned

REGISTRATION FORM

27th Annual Convention

AMTA Indiana Chapter • July 23-25, 2004 • Lebanon, IN, Ramada Inn

NAME _____ AMTA# _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE (____) _____ E-MAIL _____

Early education registration discount deadline for all classes is July 10, 2004.

Late and at-the-door registrations will be accepted as space allows.

Cancellations after July 21, 2004 will result in a \$50 fee.

PRE-CONVENTION - Friday, July 23, 2004

___ I wish to participate in a massage exchange, Friday, July 23, 10am-2pm.- you give/you get.

It's your responsibility to set up the massage appointment by calling Kim Kurtz at 219-242-1448.

___ I plan to join the fun with Kim Kurtz & David White, Friday, July 23, 11am-4pm, complimentary

___ I wish to attend the Massage Therapy licensing forum, Friday July 23, 6-7pm, complimentary

ETHICS OF BOUNDARIES - Friday, July 23, 6:30pm registration, class 7-10 pm, 3 contact hours, AMTA and NCBTMB approved

___ \$65 AMTA member early registration

___ \$85 AMTA late registration

___ \$85 non-member early registration

___ \$105 non-member late registration

ATHLETES & SPORTS MASSAGE - Saturday, July 24, 8:30 am registration, class starts 9am. 6 contact hours, AMTA and NCBTMB approved.

Lunch is on your own. Class fee includes banquet dinner, talent show, Saturday night.

___ \$25 Extra guest banquet meal

___ \$130 AMTA member early registration

___ \$150 AMTA late registration

___ \$150 non-member early registration

___ \$170 non-member late registration

PAGE 1 OF 2

PAGE 2 OF 2

FIBROMYALGIA: The Misunderstood Syndrome - Saturday, July 24 & Sunday, July 25.
12 contact hours, AMTA approved and NCBTMB approval pending. Saturday lunch is on your own.

___ \$25 Extra guest banquet meal. Saturday night banquet dinner is provided.

___ \$14 Sunday guest lunch. Sunday lunch is provided for attendees.

___ \$225 AMTA member early registration ___ \$255 AMTA late registration

___ \$245 non-member early registration ___ \$275 non-member late registration

Soft Tissue Assessment and Treatment Planning - Sunday, July 25. 4 contact hours,
AMTA approved and NCBTMB approval pending. Sunday lunch included.

___ \$14 Sunday guest Lunch

___ \$94 AMTA member early registration ___ \$114 AMTA late registration

___ \$114 non-member registration ___ \$134 non-member late registration

___ \$40 Vendor Fee - Name of company _____

___ I am donating _____ items to the White Elephant fundraiser sale. See Page 12.

___ I would like to participate in the Talent Show on Saturday night. See Page 12.

*You may also register online and find updated information at www.amtaindiana.org.
If you are looking for a ride or roommate, you can go to our website and enter your
request in the classified ads section.*

Amount enclosed _____ Check _____ VISA _____ Mastercard _____ Discover _____

Please include your 3-digit code found on the back of your credit card in the signature area _____.

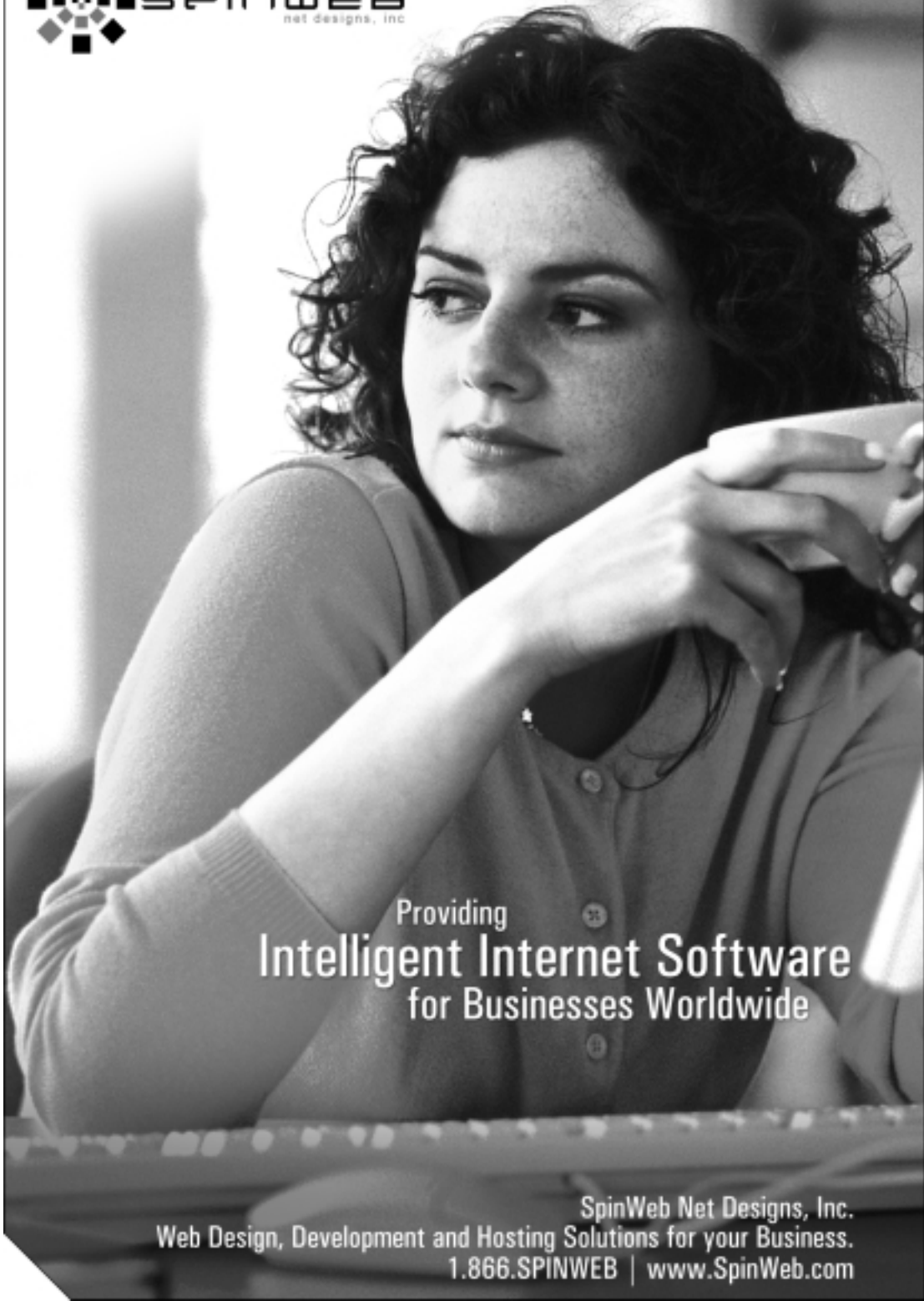
Signature _____ Expires _____

Card # _____

Please make check payable to AMTA Indiana Chapter. Mail check and completed registration form 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 can also fax your register to Margi or Barb at the above numbers.

AMTA Indiana Chapter complies with the American Disabilities Act,
and does not discriminate on the basis of race, color, religion, sex or national origin.

Go to www.amtaindiana.org and register online.



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