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January 26-30

MT AWARENESS WEEK

January 28

RALLY DAY

March 19-21, 2004

OPEN HOUSE



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Chapter Presents



March 19-21, 2004

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WINTER 2003

AMERICAN MASSAGE THERAPY ASSOCIATION INDIANA CHAPTER

VOLUME 12, ISSUE 1

Letter from the President

Happy New Year! Welcome aboard on our 2004 journey into the exciting growth of our profession. Of course, it will include the never-ending unpredictable year into the licensing process. If I could look into a crystal ball to find out what is in store for us again this year, things would be so much easier to plan.

We have introduced a massage therapy bill this year to the legislation. Rep. Robert Bischoff will be introducing the bill in the House. When the bill passes the House it will move to the Senate where Sen. Sue Landske will introduce it in the Senate. A huge thank you to each of them for helping us out. Kip Treece will report with more detail of our activities in his report as Government Relations Chair in this newsletter.

I want to thank Gina Carrigan-Piper and Cecile Martin from Newburgh, Indiana for their role in setting up an opportunity for

massage therapists in the Evansville area to be more informed about licensing. Great job!

Vickie Brubaker's report on Massage Therapy Awareness Week and Rally Day is sectioned to the right. We need 100% support from our members, the healthcare professionals you work with, family, friends and clients to have a successful Awareness Week and get this bill passed. Ask them all to write a letter for you to your local legislators and also to Sen. Patricia Miller to support licensing massage therapists. Help is on our website for writing a letter. Participate in Massage Therapy Awareness Week, January 26-30, 2004, either in your local community or at the Capitol. Come to Rally Day, January 28 with all your supports. Again, the article to the right has more details.

Mike Reynolds continues to upgrade and update our website, so be sure to keep checking back, since it's changing so often. *(continued on Page 16)*

Local therapists nationally recognized

Congratulations to AMTA Indiana Members Mary Beth Braun (left), Barb Lis (right) and Judy Dean who were recently appointed to national positions in the American Massage Therapy Association. Braun will serve as National



President-Elect for one year and then will be the National President for 2005. Lis was elected to the National Commission on Candidacy and was appointed Chair to the Law and Legislation Application Program Committee (LLAP). Dean was elected to the position of Chair-Elect of the National Certification Board (NCBTMB). LuAnn Williams also serves at the National level as a part of the Chapter Relations Committee.



Special Awareness Week and Rally Day set for last part of January

There's no time to rest after the holidays! Keep the momentum going and chase away those "after the holidays and winter blues" by staying active! Massage Therapy Awareness Week is soon upon us! The legislators are gearing up for their short session and we must be ready too. The official MTAW is January 26-30 with Wednesday, January 28, 2004 as our Rally Day.

Don't wait. Call me now to reserve your spot to help do chair massages on Monday, Tuesday, Thursday and Friday. (Notice I said "and"?) Notify your clients, family, and friends to come to the Capitol on Rally Day to help support our licensing bill. We need all the bodies we can get to attend to show the support we have for our bill. It's time we get this done. And if we ALL pitch in, even just a little, it will make the workload much easier to handle.

This year is going to be a good year. I just can feel it! Twice Sen. Patricia Miller granted us time to talk with her regarding our bill. She is pretty thorough, and I felt the meetings went well. I'm really hopeful that something good will happen this year for us. Wouldn't you like to be able to say you were a part of our legislation history? Come join us at the Capitol January 26-30.

(continued on Page 3)

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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.

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1/4 page (3.75" x 4.75") \$ 40.00

1/2 page (7.5" x 4.75") \$ 65.00

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Education Corner

If you are reading this, I want to thank you! Thank you for making the effort to stay informed about the educational activities offered in your Chapter. Thank you for considering taking advantage of one of your Chapter benefits -education. Also, thank you for reading your newsletter! I think many times we get mail, scan it, think we'll read it later, and don't get it done Surely I'm not alone?!. So, good for you! Besides the newsletter, keep an eye open for more postcards, and don't forget that our award winning web page offers the latest updated Chapter information.

The November meeting, Ayurveda and Spa Therapies was fun and very interesting. Our presenters, Jan Stuckler and Diana Makeig were very thorough and enjoyable. It was nice to see so many new faces in attendance also! As a side note, I also appreciated seeing so many committee chairs in attendance. This was the first time the chapter has offered an orientation program for committee chairs and offered complimentary education to them for attending. It was a big success and really should help chapter efficacy and communication. We appreciate our hard-working volunteers!

With that said, let's talk about what's ahead for 2004. We have changed our educational meetings to three per year, instead of 4. It is our hope that this will allow our members to remain active in the chapter, get their education, and encourage more participation from members who perhaps have not attended a previous meeting. The Board of Directors will continue to meet and conduct chapter business as necessary. It is felt that we need to offer the best continuing education possible, and this will enable us to continue to do so

Our "Open House" weekend will be in Bloomington, Indiana at the University Inn (formally the Holiday Inn) on March 19-21, 2004. Friday morning will start with a Strategic Plan meeting (a chance for Professional members to get a \$50 Ed

voucher), and after dinner we will start our 12 hour education, "Touch for Health." This will continue on Saturday morning with T'ai Chi and then Sunday will be our traditional Open House meeting. We want to encourage everyone, students, non-members, and regular attendees to take advantage of 4 hours of "Brain Gym." This very inexpensive education is an opportunity to learn more about

the chapter, meet other therapists, and get the latest information first-hand. I hope if you attend, you will plan to be at the Chapter business meeting on Sunday morning as well.

Please look for future education information and remember, I really do enjoy hearing from the membership.

[Jennie Irving
Education Chair

MTAW and Rally Day set for January

(continued from Page 1)

OK, so you can't make it to the Capitol? Then you can do something for MTAW in your own area that week by bringing attention and education to those around you. During the National Massage Therapy Awareness Week this past October, four other therapists and myself went to the Ronald McDonald House, the Damian Center (a center for AIDS patients) and to the Julian Center (a shelter for battered women) to help bring awareness of the touch of massage therapy. Since then, another therapist, Susan Clark, and I have been doing seated massages at the local radio stations where we receive free coverage. We also were seen and heard on

Channel 8 News while doing massages at the Glendale Mall. Don't be afraid to reach out and touch the public. All the while, you can be educating them of the benefits of massage and the need for us to have some type of regulation - preferably licensure!

I hope that our experience's will spur your imagination as to where you too can market! Be sure to contact the media and send a copy of all publications to our Kneaded Notes and historian. Good luck, have fun, report your efforts and I sincerely hope to see you at our Capitol to help and to participate in our Rally Day.

[Vickie Brubaker
Massage Therapy Awareness Week Chair

EMPLOYMENT

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Government Relations

In the 1990s the number of states that regulated massage therapy more than doubled, from 14 states in 1989 to 29 states plus the District of Columbia just 10 years later. Since then, four more states passed regulatory laws – Illinois, Kentucky, Mississippi and Arizona. Is 2004 the year that Indiana joins the 34 other states that regulate our profession?

Without statewide licensing, legitimate professional massage therapists are regulated by city and county ordinances that were enacted years ago. Many times, these old ordinances were written to keep “adult entertainment” out of the massage business. The education required to obtain these licenses varies from no regulation at all, to as many as 1,000 classroom hours of massage training. The therapist that chooses to abide by these antiquated ordinances feels that the fees collected are wasted. There is nothing to prevent a person from attending a weekend seminar, getting a certificate, and starting a massage therapy business.

Our massage therapy licensing bill will be introduced in the House by Rep. Robert Bischoff, Democrat from District 68. It is our hope that it will pass the House, as it did in 2000. From the house, it will go to the Senate Health and Provider Services Committee chaired by Sen. Patricia Miller, Republican from District 32. In the past, the powerful Senator Miller has been less than enthusiastic about our bill.

Your AMTA Indiana President, Barb Lis; Government Relations Chair, Kip Treece; AMTA members Mary Beth Braun, Vicky Brubaker, and lobbyist John Barnett met with Senator Miller twice within the last few months. It was helpful that Mary Beth is the incoming National AMTA President and will be publishing her first book in the coming months! We feel encouraged by Senator Miller’s availability to us and her genuine interest in our bill this year. We are also aware that we need the active involvement from you.

What can I do?

It is very important for you to make your voice be heard this year. If you truly believe that you want massage therapy licensing, then do something about it. Find out who your legislators are and write and call them. As for their support of the massage therapy licensing bill. You should also write letters to the following Senators on the Health and Provider Services Committee.

HEALTH AND PROVIDER SERVICES

- Senator Patricia Miller, Chair, Republican, District 32
- Senator Greg Server, R.M., Republican, District 50
- Senator Billie Breaux, R.M.M., Democrat, District 34

Public Health Subcommittee

- Senator Gary Dillon, Chair, Republican, District 17
- Senator Beverly Gard, Republican, District 27
- Senator Connie Lawson, Republican, District 24
- Senator Billie Breaux, Democrat, District 34
- Senator Connie Sipes, Democrat, District 46

Provider Services Subcommittee

- Senator Marvin Riegsecker, Chair, Republican, District 12
- Senator Sue Landske, Republican, District 6
- Senator Greg Server, Republican, District 50
- Senator Tim Skinner, Democrat, District 38
- Senator Vi Simpson, Democrat, District 40

If you need ideas for writing letters and how to talk to legislators, go to the Indiana Chapter website at amtaindiana.org and view the materials on how to do so. The

time to do this is now! The legislators are very busy during the session, and they will notice a letter from you now.

How do I know where to send mail and how to telephone my legislator?

• Indiana House of Representatives
200 W. Washington Street
Indianapolis, IN 46204-2786
(317) 232-9600
(800) 382-9842

• Indiana State Senate
200 W. Washington Street
Indianapolis, IN 46204-2785
(317) 232-9400
(800) 382-9467

• TDD Telephone Numbers
TDD (317) 232-0404
TDD (800) 548-9517

What more can I do?

Become an advocate of massage therapy licensing in your community by writing letters to the editor of your community newspaper. Suggest an article about the need for licensing of massage therapists in Indiana. They could include information about you or another AMTA therapist in the community. If you are successful, make copies of it and send to us at AMTA and to your Legislators and Senators on the Health and Provider Services Committee.

Check the AMTA Indiana website frequently to view updated information. It will be updated more often after January 6, the first day of the next legislative session.

Plan on attending the Rally Day, Wednesday, January 28. Rally Day will be a great day to show the House and Senate how much we mean business. Massage Therapy Awareness Week will be January 26-30. Contact Vickie Brubaker at 317-849-8348 to schedule your time to do seated massage at the Indiana Capitol in Indianapolis. We need many therapists for a few hours each day that week, so show your support!

Committee Chair Reports

First Vice President

Hello! I hope everyone had a happy and healthy Holiday Season. Hopefully the upcoming winter season will be kind to us. We had a very nice Convention in Richmond, learned quite a bit and it's always nice to meet new people and renew acquaintances. I enjoyed my experience as a delegate for the chapter and am always proud to see how much we can get accomplished. Indiana is very active as a Chapter and we have brought forth some excellent proposals to National through the years. It was very apparent at the National Convention that attending as a board provides a valuable service for us and our membership. It is my hope that Indiana will have many therapists attend the next National Convention in Nashville, Tennessee next October. It really is a wonderful learning and social opportunity.

I took Linda Tellington's workshop on "Tellington Touch" and really enjoyed the exposure to the technique. She worked on some animals in the class and I found the whole thing fascinating. It made me want more!

I also attended a breakout session on NCBTMB requirements and was further enlightened on some changes that have occurred in 2003. Please be certain to read the article in this issue to see if you meet the new requirements.

Personally I feel very hopeful that we will have a very productive year together as a Board. I hope you will consider getting involved in your chapter and profession. Remember that you may contact any of us with suggestions or comments. Please plan on attending our March meeting. See you there!

[*Jennie Irving*
First Vice President

Strategic Planning

Three simple points:

1. AMTA is a member driven and member run association. The other guys aren't.

2. As an AMTA member, your input is needed to guide this chapter.

3. The Strategic Planning Meeting that precedes the March education is the time and place for that input. Be there.

[*David White*

Second Vice President/Strategic Plan

Third Vice President

Welcome new members: Sherri L. Alonso, Patrick Beard, Marcy Craig, Amanda Elissa Custer, Dawn Dexter, Sheila Gregory, Toni Hughes Graff, Jennifer L. Jenkins, Renee Johnson, Linda Loane, Emily Maxwell, Susan McGuire, Mike O'Neil, Richai M. Rihm, Charuwan Sapphaso, Richelle Smith, Elisabeth Terhune, and Rachel A. Welch.

The holiday season is over. I hope everyone still has a smile from the great time they had with their families and friends throughout the holidays. These few months are truly a special time of the year.

I attended my first national AMTA convention in October. It was quite an experience. While attending the business meetings I learned a lot about how our organization works. I was a little surprised and I

have to say, very impressed at how well the meetings were organized, both professionally, and democratically. The most impressive thing I've witnessed, is the huge amount of hours and work it takes to run this organization. The majority of the work is being done by volunteers who are dedicated to doing one thing, getting massage therapists the respect, dignity, income, and acceptance within the healthcare organizations that is deserved.

To bring our profession to its highest level, every AMTA member is very important. We all want to get paid a fair wage for our work, training, and experience we have. The number of massage therapists and clients that support licensing is very important to Indiana's politicians (votes). These politicians are the people who will be deciding our future. It is in our best interest as therapists, to let our representatives know exactly what we want, and find
(continued on Page 6)

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Committee Chair Reports

(continued from Page 5)

out what is working in other states and what isn't. If we don't, shame on us. The more informed and educated these politicians are about our work, the better chance of getting the law right the first time. It is our desire to organize, therapists and clients, and speak as one, then we can only hope they (politicians) do what's right.

Our AMTA Indiana board members recently approved an exit poll to help identify reasons a member might decide not to renew their membership. Within the next few months, as membership chair, I will be contacting the majority of these members to do this poll. When I compile this information, we can learn if there's anything we can do to make the Indiana Chapter a stronger and better organization for all its members.

On December 5, 2003 our Indiana Chapter had 545 Professional, 2 retired Professionals, 120 Student Associate, 304 Associate, 2 Auxiliary, and 14 School

memberships. That's a total of 987 members. We have five new members from the time of our last report on November 6.

There were three Indiana Anniversary Pin awards announced at the National Convention: William R. Refe, Roanoke, 30 year Auxiliary member; Roger A. VanDerLaan, Valparaiso, 25 year Professional member; and Louise Larsen, Kokomo, 25 year Professional member.

Are any of you billing insurance companies for massage, or plan to in the near future? At the National Convention I attended classes on this particular subject, and there are some things you should be aware of regarding insurance. If you contact me at LRCary24@att.net or 219-759-2630, I'll try to answer you're questions, or get you in touch with someone that can. If you have any ideas, suggestions, thoughts or complaints, please let us know. Have a good winter and think positive. If there is a lot of snow this winter, there will be a lot of sore backs!

☐ *Larry R. Cary, Third Vice President*

Products and Marketing

Greetings members, I am sorry that I wasn't able to attend the last Indiana Chapter meeting. I was not able to attend as I had a problem with my back and that was spelled with a capital P. And since I wasn't there, the members at that meeting did not have an opportunity to buy product. Make sense? I have been asking members that have marketing experience to step-up to the plate and volunteer to do marketing for the Indiana Chapter and for the members of this chapter. You know, even if you don't have marketing experience, but a desire to volunteer for something, this could be your chance.

As the chair, you have the product buying options, and if you need help, don't hesitate to ask me. You'll also receive free education, so how can you pass up this opportunity to do something for your fellow therapists plus receive free education? As a retired First Vice President, I need the time to focus on other priorities in my life. I have given eight years volunteering for this chapter and have had plenty of fun doing it. What this report is all about is to ask someone, ANYONE to take over the job of helping others in our chapter as that's what the products department is all about. You can go to other places to buy products, but that doesn't help the chapter. What I have accomplished over the years has helped the chapter and the BOD members to achieve extra money that is needed for our effort to obtain state licensing. All of which helps.

I have over the years enjoyed doing the products and made a lot of friends doing it. THINK of what you can do for your chapter not what the chapter can do for you.

☐ *Dale Huston,
Products & Marketing*

NCBTMB Update

I have become aware of some changes in the NCBTMB requirements for recertification that I would like to share. If you have taken the National Certification Exam you need to recertify every four years. Some requirements are:

48 Recertification hours (these may include the 6 hours of Ethics)
200 hours of "Hand's-On" work experience.

6 hours (instead of the previous 2) of Ethics, 2 of these hours must pertain directly to Standard V (Roles and Boundaries) of the Standards of Practice. All continuing education

must be from a recognized provider

AMTA Indiana has started its educator provider recertification process. If you have recently taken education with us, we have offered classes from approved providers, and their numbers should appear on your certificates.

You may also notice a few changes on our registration forms as we meet new requirements. If you have any further questions you may contact NCBTMB at 703-610-9015 or www.ncbtmb.com.

☐ *Jennie Irving
Education Chair*

Committee Chair Reports

Volunteer Chair

Hi, my name is Kathy Latimer, your new Volunteer Committee Chairperson. I have been a massage therapist for almost five years. I have a private practice in Indianapolis, with a special interest in women's issues, maternal/child and CranioSacral Therapy. I am very excited about being involved with the Indiana Chapter of the AMTA. I think having a strong state chapter can only benefit massage therapists in Indiana. The AMTA has so much to offer: education, networking, community and legislative advocacy.

If you're like me, I wanted to get involved in the Chapter but was a little hesitant about taking on a big job. I thought the Volunteer Committee Chair would be a good way to get my feet wet. I am new to committee chairmanship so I would welcome any suggestions. Also, anyone wanting to become involved in the chapter at a beginning level can start with the volunteer committee; I can use all the help I can get. My hopes are to meet or speak to many of you future volunteers.

An upcoming event that would be a great way to be come involved is the Indiana Massage Awareness Week – January 26 - 30, 2004. Please consider donating a couple of hours to do chair massage at the State Capitol. You can visit our beautiful State Capitol Building, put your hands on some important people, and help the chapter. Talk about multi-tasking! You may contact me at 317-257-3370 or tm819@sbcglobal.net.

[*Kathy Latimer*
Volunteer Chair

Treasurer

I do not have much to report on for this newsletter. I do want to make a correction to my report from the last newsletter.

Within the second paragraph was printed "AMTA National suggests chapters keep in reserve an amount equal to a year's operating budget". It should have read, "equal to one-half year's operating budget".

I mentioned in the last newsletter that Mike Reynolds and I would be working on getting on-line registration up and running. The good news is registration on-line is now a reality. Sign up on-line for the next offered education coming up in March 2004, it couldn't be easier!

Remember, I am looking for an interested person to mentor for the Treasurer position or anyone interested in helping me with small jobs. Contact me at 317-352-1799 or e-mail margi89@sbcglobal.net.

[*Margi Cangany-Lane, Treasurer*

Sports Chair

Hello, AMTA members of Indiana. My name is Dale Stillman, and I am the new volunteer Sports Chair for your Association. I own Associate M.T.'s Kneaded Therapy in Fort Wayne. I have been doing massage work since 1996. During that time, I worked part time for the Fort Wayne Komets for two years and went to the Olympics in Salt Lake City in 2002.

I have some ideas for reviving the Sports Committee here in the state of Indiana. I've thought about dividing the state into five areas with contact people in each area. Within those five areas, I'd like to hear about the three biggest events that you think the AMTA Sports Team could service. In addition to the regular event support, I'd like to see the Sports Team do 2-3 volunteer events for each calendar year. By the way, did you know that therapists are paid for their time at most events?

We'll be doing the Muncie Endurathon again this coming July. It's never too early to submit your name for that event. We have openings for therapists and other support staff for this event. A good time was had by all last summer!

If you'd like to become more involved with Association events, have fun, and get paid for your time, you can contact me via email at kstillman@tln.net or call my office at 260-490-9041. I'm looking forward to hearing from all who are interested in joining the team. Best wishes for 2004!

[*Dale Stillman, Sports Chair*

Special Awards Chair

NEEDED: Those worthy of Awards! Teachers, classmates, mentors, committee chairs, committees, schools, the list is endless. The purpose is to openly honor AMTA members who acknowledge the "heart" of massage in action and diligent volunteerism.

The award options are as follows: Meritorious, Humanitarian, Sports, Distinguished Service, Government Relations, Retiring Board Member, Newsletter, Massage Emergency Response Team, Dedicated Service, Fundraising Project of the Year, Webmaster, President's Award. The President's Award recipient does not have to be a member of AMTA or even a massage therapist. It's awarded on diligent volunteerism in an altruistic manner.

The deadline for these award nominations is March 1, 2004. Please contact me as soon as possible with nominations or questions. Thanks in advance for your participation.

[*Rita Taylor*
Awards Chair

Sunshine Chair

Please keep these people in your thoughts. Herb Fanno is recovering well from surgery. Dale Stillman's father - Dave; Stacy Miller, Greg Coolus-surgery, Ronny Alty lost his wife to cancer, Barb Lis's sister is in the hospital, Dale Houston hurt his back and is also due to have knee surgery in January. Kip Treece's stepson passed away.

[*Barb Studebaker*
Sunshine Chair



A M T A
Indiana
Chapter
Presents

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Touch for
Health -
Healing
Kinesiology

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March 19-20,
2004

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12 Contact Hours,
A M T A Approved
Bloomington,
Indiana

The Indiana Chapter invites you to expand your professional practice, develop accurate muscle testing and improve your own health in this fun and powerful workshop. While this will enhance your massage practice, anyone can learn it and use it in every-day situations.

Introduction: Created in the early 70's by John Thie, DC, supported by the research of many health scientists and healthcare professionals, Touch for Health is applied kinesiology made practical and useable for everyone. Designed to support families in staying healthy, Touch for Health balances the 14 energy meridians in the body, clears emotional blocks to the flow of energy, encourages the effective release of toxins and strengthens the immune system. This natural energy balancing, Touch for Health, offers neurovascular massage, neurolymphatic release and emotional clearing within 5-30 minutes. This energy balancing can be accomplished during a massage session within a few minutes allowing for dramatic results.

Instructors: Robert Waldon, ND, Ph.D. and Betty Lue Lieber, Ph.D, MFCC have been teaching Touch for Health for years, and both are ordained Reunion Interfaith Ministers. Robert has a Doctorate in Natural Health and is a Naturopathic consultant as well as a specialized kinesiologist. He is a subtle energy healer and Reiki Master Teacher. Betty Lue has a Masters in Clinical and School Psychology and is a licensed Marriage, Family and Child Therapist. She is the founder of 13 Community Counseling/Healing Centers as well as a whole life coach. As a certified T'ai Chi Chih Teacher, Betty Lue is aware of the power of movement in releasing and clearing negative energy patterns.

Learning Objectives: You will achieve the ability to apply kinesiology tools to:

1. Release stress and reduce tension
2. Increase energy and vitality
3. Facilitate meridian energy flow and strengthen immune function
4. The power of emotions is demonstrated
5. Pain tapping, Meridian walking and balancing 14 Meridians will be learned
6. Learn accurate testing for sensitivities

Learning Outcome:

1. Accurate muscle testing to detect specific imbalances
2. Opening energy flow in all 14 meridians using neurolymphatic and neurovascular techniques
3. Pain release techniques (pain tapping and meridian walking)
4. Clear limiting emotional patterns
5. Would have learned supportive technique for clearing habits and addictions
6. Self-help exercises for daily health maintenance and awareness

Method of Learning: Hands-on and hand outs. Please bring a massage table (one per two participants) and dress comfortably. No skirts please.

See Page 10 for schedule, reservation information and directions. Early registration March 1 - Page 17.



Welcome to our Chapter Open House!

We are pleased to be offering this innovative approach in opening learning channels and changing body patterns. While this education is greatly cost reduced to welcome you to our Chapter, it is an invaluable experience!

Introduction: Robert Waldon and Betty Lue Lieber will be teaching us this very useful learning tool. We all have our “learning differences” and unique patterns, which sometimes interfere with intelligent response to the stressful circumstances in our lives. By understanding personal patterns, we can use them to ensure success in all areas of our lives. This technique was developed in the 70’s by Paul Dennison, PhD and the Educational Kinesiology Foundation while researching ways to help dyslexic individuals. It is a combination of techniques and information from yoga, acupuncture, applied kinesiology, optometry, language and motor development, and brain research. Brain Gym is a system of specific movement activities that integrate the left and right hemispheres (analytical and creative functions) of the brain and is now used in thousands of schools in the U.S., Canada, Europe and Australia.

Objectives:

1. Understand your brain and discover your learning style
2. Develop effective strategies for learning and refine learning skills
3. Create a personally designed self-help program
4. See how deliberate massage movements affect the nervous system and can change established patterns

Learning Outcome:

1. Assessment techniques, including hemispheric function and dominance
2. Educational kinesiology to determine internal “hard wiring”
3. Exercises to enhance visual, auditory, reading, writing, focus and coordination
4. Brain Integration for learning, personal issues and relationships

Method of Learning: No tables are necessary for this class, just dress comfortably.

BONUS BONUS BONUS BONUS BONUS

SUCCESSFUL LIVING - FINDING YOUR WAY

An after-class opportunity:

Practical tools for finding and keeping your life on purpose and experiencing success and fulfillment everyday are shared in this evening workshop. Learn guidelines for impeccable self-care, signs of purposeful living, healing tools to clear away sabotage and limiting programs. You can be inspired and stay inspired when you live with gratitude and give with joy. Sunday evening 7-9:30 pm, with Betty Lue Lieber, Ph.D., Whole Life Coach, Family Therapist, Life Purpose Consultant. Contribution suggested, \$25.

(continued on Page 10)



A M T A
Indiana
Chapter
Presents

¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥
O P E N H O U S E

Brain Gym:
Enhanced
Learning
& Memory

¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

March 21,
2004

¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

4 Contact Hours,
A M T A Approved
Bloomington,
Indiana

AMTA Indiana Chapter March 18 - 21, 2004 Bloomington

Thursday, March 18, 2004

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

Friday, March 19, 2004

9:00 am – 4:00 pm Strategic Plan Meeting with unscheduled lunch break. Only professional members may participate. A \$50 education voucher will be given to professional members who attend.

4:00 pm – 5:30 pm Dinner break on your own

5:30 pm – 6:00 pm Registration for “Touch for Health”
12 contact hours

6:00 pm – 10:00 pm Class begins

Saturday, March 20, 2004

7:00 am – 7:45 am T'ai Chi Chih

8:30 am – 12:30 pm “Touch for Health” resumes

12:30 pm – 2:00 pm Lunch break on your own

2:00 pm – 6:00 pm “Touch for Health” resumes

Chapter Open House - Sunday, March 21, 2004

7:00 am – 7:45 am T'ai Chi Chih

8:30 am – 9:00 am Registration for Chapter Business Meeting and Education meeting

9:00 am – 11:30 am Chapter Business Meeting

11:30 am – 12:30 pm Lunch break on your own

12:30 pm – 1:00 pm Registration for “Brain Gym”
4 contact hours

1:00 pm – 5:00 pm “Brain Gym”
After “Brain Gym,” “Successful Living” will be an additional class opportunity not included with AMTA Education.

6:00 pm – 8:30 pm “Successful Living”
Offered by Betty Lue Lieber
See Page 9 for additional information.

Hotel Information:

The meeting will be held at the University Plaza Hotel, 1710 N. Kinser Pike, Bloomington. AMTA Indiana has a block of rooms reserved for \$69.95 (plus tax) per night. Call 812-339-2033 to make reservations. This discount is available through **February 27, 2004**. Other hotels in the area include the Days Inn at 812-336-0905, Travelodge at 812-936-9300 or the Ramada Limited at 812-339-1919.

Driving Directions:

Driving from Indianapolis to the University Plaza Hotel in Bloomington, take 37 South to 45/46 Exit. Go East for less than one mile, turn right on Kinser, then immediately turn left into the University Plaza lot. For other directions log onto mapquest.com and click on driving directions.

(continued from Page 9)

T'AI CHI CHIH - MOVING MEDITATION

A before-class opportunity:

T'ai Chi Chih is a series of gentle movements that stimulate, circulate and balance internal vital energy. This soft form of Qi Gong is easy to learn and practice with only 19 repetitive movements and one pose. Class registrants may come and practice with Dr. Betty Lue Lieber, certified T'ai Chi instructor from 7-7:45 am on Saturday and Sunday. Dress comfortably for movement. This is offered at no cost to participants, and all are welcome.

2004 National Convention set for Nashville, Tennessee

This past year's National Convention in Richmond, Virginia was huge, with over 125 exhibit booths. The 2004 National Convention will be October 6-10 in Nashville, Tennessee. AMTA is expecting just as many exhibitors, if not more! You'll be able to earn continuing education credits from top educators around the country and check out the latest innovations in the massage industry. And of course, it'll be in Music City, USA, so there'll be plenty of sight-seeing opportunities. Start planning and saving today. For more details regarding the National Convention in 2004, check out www.amtamassage.org.

Delegate Report

Indiana Chapter now has four delegates. For 2003 the elected delegates were: Arlene Loomis, Jennie Irving, Barbara Lis and LuAnn Williams.

The House of Delegates (HOD) are an elected body of chapter representatives that come together at a yearly meeting held at the National Convention.

The chapter delegates represent the members by carrying out their responsibilities throughout the year. Delegates create recommendation that come from the chapters and present them to the HOD assemble. Recommendations are just that - recommendations. If passed, they are delivered to the National Board for some type of consideration. It also may go through a new process National has created to capture and develop new ideas.

We polled the membership present at the September 2003 meeting to get a consensus of what their feelings were regarding the 2003 recommendations. Jennie, Arlene and Barb each presented the three Indiana recommendations to the house assemble

and all of us spoke either in favor or against all the recommendations when needed.

In the future, the HOD meeting will be processing AMTA Position Statements. They will be brought to the chapters to be debated and later voted on at the HOD meetings. Indiana has made major contributions to the recommendation process. National has listened and is responding to the membership with the Association promise to be membership driven. A big thank you goes

to the National Board of Directors.

We all want to thank the Chapter for sending us to National Convention and giving us the opportunity to serve you. A special thank you also goes to Harold McIntosh Jr. for his endless devotion to the Chapter and working with Barbara Lis in writing up the recommendations for submittal. (We love you Harold!)

---Submitted by Barbara Lis, Jennie Irving, Arlene Loomis and LuAnn Williams

House of Delegates Summary 2003 Recommendations:

(All passed by a majority vote)

Connecticut: The AMTA should embrace the study, education and marketing of massage as a preventive therapy.

Indiana #1: The AMTA should create a "Candidate's Corner" on its website to enable members and candidates to interact.

Indiana #2: At all National AMTA board meetings, a copy of the meeting agenda, a briefing of the agenda items and related information be provided to chapter representatives attending the meetings.

Indiana #3: The AMTA should change policy to read - leadership training be reinstated at National Convention in additional to other leadership trainings offered throughout the year.

Ohio: The AMTA should lower its student rates for membership

Virginia #1: Current policy should be changed to allow copies of the National Board of Director agenda books to be made available to members attending such meetings.

Virginia #2: AMTA should organize a campaign to voice dissatisfaction aimed at telephone directory publishers that adult entertainment is advertising under "massage."

Wisconsin: AMTA should conduct a study to determine the feasibility of allowing members a one-time adjustment to their continuing education reporting period.

Letter to the Editor

Ever wish you had a study group you could attend in your area? Do you wish you could review the things you either just learned or have learned in the past but feel a bit rusty? The Indianapolis area is starting such a group. Please contact Vickie Brubaker if you would like to join us! The first meeting will be just to get together to see what everyone would like to "bone up on". We can meet at my house in Castleton, at least to begin with, if everyone would like. My number is 317-576-0189 or email me at hands@lifegrid.com. Contact me now and let me know when would be the best time for you to get together. We'll set a date and get started. I know there's a lot I could learn and relearn. Maybe you could too!

---Submitted by Vickie Brubaker

Evansville Massage Therapists Host Massage Licensing Forum

Evansville area massage therapists gathered in November to discuss the facts and myths of licensing. An enthusiastic crowd of over 30 massage therapists and students met at the Bodyworks School of Massage Therapy in Newburgh, Indiana.

Local massage therapist Gina Carrigan-Piper and school owner Cecile Martin hosted the meeting with AMTA Indiana Chapter President Barb Lis and Government Relations Chair Kip Treece presenting the information. The goal was to review facts about the licensing bill, dispel any myths or fears, and to answer any questions. Both AMTA and ABMP organizations sent out notification to their membership of the meeting.

The discussion was lively and generally those that attended were in favor of the licensing. The licensing forum was the first to be held in the state with more scheduled in Muncie and Indianapolis for January 2004. For more details on times and places, check for postcard mailings or visit amtaindiana.org. If you would like to host a forum in your area, call Kip Treece at 765-446-3883.

American Massage Therapy Association

INDIANA CHAPTER BOARD MEETING

November 14, 2003 • Indianapolis • Submitted by Cheryl Middaugh

Chapter officers and Committee Chairs present were Barbara Lis, Jennie Irving, David White, Margi Cangany-Lane, Cheryl Middaugh, Larry Cary, and LuAnn Williams. 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 for November

D-Money Market: \$36,363.41, Income Fund America: \$22,675.68, Perspective Fund: \$11,575.06, Total= \$70,614.15

Star Financial-Checking Account: \$8,353.80 Grand Total: \$78,967.95 not including November regional meeting costs.

Item 3

Topic: Edward Jones review

D- Increasing as stock market is doing well.

A- Prospective fund ideal source for additional funds to cover expenses with legislation as needed. Board discussion to watch the market and act according to if market drops.

Item 4

Correction to Kneaded Notes, Reserves Nationals suggest 50% of expense budget National themselves 75% of expense budget in the reserve funds. Newsletter stated that the Chapter was 100% compliant with this policy is incorrect we are at 50% of expense budget in the reserve funds.

Item 5

Topic: National discussion on Quickbooks, possible National overseeing Chapter funds

D- This issue was taken back to committee at the National BOD meeting.

A- In the meantime we will put our financial records on Quickbooks software.

Item 6

Topic: On-line registration works well. Had one person use the on-line registration option.

D- Looking forward to more use as this becomes more known to the membership.

Item 7

Membership Chair Report - Chair: Larry Cary

Topic: November 2003 AMTA Membership Totals

Professionals-489, Inactive Professionals-48 =537 Down 6 members since last meeting.

Retired Professionals-2, Students-124 Up 6 since last meeting.

Associations-305 Up 7 since last meeting.

Schools-14 Up one (1) since last meeting

Grand Total of all members in Indiana Chapter =982

A total of 8 new members since last meeting.

Total national membership 46,995 loss of 446 nationwide

Item 8

Topic: Exit Poll report from national results - Larry Cary

D- Questionnaire for call survey of those who didn't renew membership in Indiana.

A- Discussed and implemented to be used readily for retention records of members and help discover reasons of lost of membership to the Chapter.

Item 9

School report-Cheryl Middaugh

Topic: Schools visiting schedule still waiting to get information from previous chair on guidelines and details of presentation, script, etc.

D-Briefly discussed with Jennie and Larry via email on possible holiday card to schools to register times for BOD lesion of come out to the schools to talk about AMTA, would like to do something with MAW and schools/students to participate especially on Rally Day.

A- get complete list of schools and then get BOD assigned to schools they can contact and visit by the end of the year if not shortly after.

Item 10

Topic: E-tree set-up, Cheryl Middaugh, David White and Mike Reynolds
D- Specifically with schools to be an informative medium between the Chapter and the schools.

A- Get with Mike (webmaster) to set up E-tree for schools and coordinating Chapter officers

Item 11

Secretary Report - Cheryl Middaugh

Topic: Conference call minutes distributed via email

D-Highlighted committee liaisons and objectives for the November meeting

Item 12

PR Report - Cheryl Middaugh

Topic: PR update

A- On the 11/21 PR done by Jennie sent to media list

A- Press release on website 11/10 about Web site Award at National Convention

D- Suggested regular PR about massage especially around MAW get participation members during MAW to do a discount or special on their service during that week. Therefore, members can still participate and this can be a vehicle to promote and get more public knowledge and exposure to get new clients.

Item 13

Topic: Strategic Plan Update - David White

D- Next Strategic Planning meeting in March before next budget purposed therefore know what funding may be needed to carry out duties for SP the following year.

Item 14

Topic: Resolutions for HOD 2004 meeting - Barb Lis
D- Resolution ideas: Weighted vote on ideas coming from HOD, Presidents Council, or other voting group, etc. to National Board of Directors for further action.

Item 15

Topic: Need to add additional Delegates from 3-4
D- National policy changed that additional delegates elected at another meeting other than our annual meeting.
A- Vote at next business meeting in November on increase Delegates to National from 3 to 4; need 4 alternates we only have 2 as of now and need 4

Item 16

Topic: PPS (Products, Programs and Services)- Barb Lis
D- Evaluation method at National has five plans: membership registry, 800 number, new member program, establish Gov. relations program, development resource kit

Item 17

Topic: Government Relations -Kip Treece / Barb Lis
D- Update for BOD, met with Senator Miller, good meeting, positive feedback.

Item 18

Topic: LLAP grant for 2004
D- We have received

Item 19

Topic: Coalition meeting update-Kip, Barb
D- Meeting in southern Indiana school still a go possible other meetings in Indy and Muncie

Item 20

Past President - LuAnn Williams
Topic: Muncie Endurathon update - no report

Item 21

Topic: Web page - LuAnn Williams
D- No report. Will hear in business meeting from Mike

Item 22

Topic: Newsletter - LuAnn Williams
D- Deadline to get items in for next newsletter, Monday, Dec. 1.

Item 23

Topic: Business Tips - Barb Lis
D- Letter from Cheryl Holloway
A- Trial of one year for no more than _ page space for Educational business tips from Cheryl Holloway

Item 24

Sunshine Committee report - Barb Studebaker
D- Herb is doing better.

Item 25

Education Report - Jennie Irving
Topic: Next meeting in March
D- "Open House" Bloomington 3/20/03-by Betty Lou Leiberman and Bill Walden Touch for Health 12hrs Fri/Sat., \$25 Brain Gym 4hrs-used by PT's discounted Sunday. Convention has been moved to July, 24th or 25th weekend and the hotel and location has not yet been set. It will be in Lebanon or Indy.
Jennie Irving made motion to change annual educational meetings from current 4/yr to 3/yr. Motion was seconded and carried. The dates for 2004 were adjusted to reflect the change. Meetings for 2004 will be in March, July and November.

Item 26

Topic : NCBTMB - Jennie Irving
D- Indiana Chapter is reapplying for recertification status. March meeting so our 2004 edu. will all be covered. Renewal status is every 2 years.
Instructors if wishing to sell products by the instructors must be included on registration form.

Item 27

Topic: Reports from National BOD
D- AMTA MERT - Cheryl Middaugh
At the National level MERT is going to committee for policies to be hashed out. As to what the role of MERT will be upon the National Level through AMTA. The individual MERT chapter teams if active are encouraged to continue training, recruiting, etc.
D- NCBTMB - Jennie Irving
48 hrs/4yrs (instead of 50hrs) for recertification, Ethics requirements are now 6 hrs instead of 2. Two of the 6 specifically have to be regarding Boundary issues, as this is the source of most complaints they get regarding therapists.
No more category B hours, only hours approved are A, by approved NCBTMB providers
D- Healthcare Integration - Larry Cary
Several suggestions on what deductions as a massage therapist you are entitled to. Personal note that the ideas didn't seem very ethical yet the instructor was very comfortable with the information she was providing. If you would like more information you can inquire to Larry Cary.
D- Special Interest - Margi Cangany-Lane
Participated in a discussion group about the thoughts of Massage Therapist coming into the Mainstream medical communities. How MT's are doing it now and where we as a profession want to be in the future.
D- AMTA Foundation - David White
The foundation went before the National BOD to change their name from The Massage Therapist Foundation to the AMTA Foundation. No funding or policies are going to change for the Foundation, just the name to simplify and clarify for marketing endeavours.
D- President Council Report - Barb Lis
Ideas discussed and shared with other Chapter presidents. This meeting steamed idea for current resolution to HOD next year by Indiana Chapter

(continued on Page 16)

American Massage Therapy Association

INDIANA CHAPTER BUSINESS MEETING

November 16, 2003 • Indianapolis • Submitted by Cheryl Middaugh

Meeting called to order by Barbara Lis

Chaplain: Rita Taylor did the invocation and moment of silence - special honor for our Veterans.

Pledge of Allegiance was given.

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

Reports from Chapter officers and Committee Chairs:

Treasures Report - Margi Cangany-Lane

Chapter Accounts: Edward Jones Money Market account and Star Financial checking balances given, not accounting for cost for current regional meeting in November. Planning to move ahead with updating accounting records to QuickBooks format.

Correction to Kneaded Notes - Reserves Nationals suggest 50% of expense budget National themselves 75% of expense budget in the reserve funds. Newsletter stated that the Chapter was 100% compliant with this policy is incorrect we are at 50% of expense budget in the reserve funds.

On-line registration works well. Had one person use the on-line registration option. Looking forward to more use as this becomes more known to the membership.

3rd VP Report-Larry Cary

Membership Committee Report, November 2003 AMTA Membership Totals: Professionals - 489, Inactive Professionals - 48 = 537 Down 6 members since last meeting.

Retired Professionals - 2, Students - 124 Up 6 since last meeting.

Associations - 305 Up 7 since last meeting.

Schools - 14 Up one (1) since last meeting

Grand Total of all members in Indiana Chapter = 982

A total of 8 new members since last meeting.

Total national membership 46,995 loss of 446 nation wide

Three Indiana Chapter members recognized at National Convention for years of service of 25 or 30 years.

Sunshine Report: Rita Taylor - Herb is doing well

Additions from membership: Dale Stillman's father - Dave, Stacy Miller, Greg Coolus-surgery, Ronny Alty lost wife to cancer, Barb Lis's sister in hospital, Dale Houston - hurt back.

Delegates Report-Arlene Loomis

Resolutions for HOD 2003 - Three resolutions turned in from Indiana. All passed HOD this session.

Nominations Report-Arlene

We now have four delegates for the state of Indiana instead of three.

We now need to vote for two more alternate delegates.

Margi and Rita volunteers voted by membership and elected Margi - 3rd alt. Delegate, Rita - 4th alt. Delegate

New resolutions of 2004 are welcome

Secretary report-Cheryl Middaugh

PR-report Cheryl

Press Release on website 11/10 about Web site Award at National Convention

Suggested regular PR about massage especially around MAW get participation members during MAW to do a discount or special on there service during that week. Therefore, members can still participate and this can be a vehicle to promote and get more public knowledge and exposure to get new clients.

School report-Cheryl

Would like to do something with MAW and schools/students to participate especially on Rally Day through E-tree and PR.

Currently working on to get complete list of schools and then get BOD assigned to schools they can contact and visit by the end of the year if not shortly after.

Awards-Rita Taylor

Meritorious Award Winner Kip Treece

National Web site Award - Indiana - Mike Reynolds

2nd VP Report / Strategic Plan - David White

Finished planning of it now bring out actions from task lists. Next meeting in March will be doing another SP meeting for following year.

Communications-E-Tree for schools, members linked to our website for network/mail list

Government Relations - Kip Treece / Barb Lis

Fifth attempt to seek licensing motivated by membership

Update Sen. Miller seeing progress, looks promising toward keeping the door open for us to get licensing and will continue until done. Membership help very important. Contact your legislator, seek web page for forms and instruction. In addition to Sen. Miller to hear from members all over the state.

Petition update still collecting signatures. Please continue your support. Get Medical Professionals to also send in letters of support.

Coalition Evansville, Indy, Muncie invited by a school to meet and talk about the licensing bill, Q/A become a regional meeting. Make us more assessable to get people informed. Not focused on making changes to the bill, just explained.

MAW review dates-Vickie Brubaker

January Rally day at the State House watch for information in the

Kneaded Notes.

Past President Report-LuAnn Williams

Please be a part of your association. Your opinion matters to us. Newsletter deadline for articles needs to be in by December 1.

1st VP - Jennie Irving

Education

Dates, Locations, Presenters

3 Educations this Board meeting Thursday - Start Plan, Friday with start of Education, Touch of Health, Sunday, Brain Gym

Convention is moved to July possibly July 24-25 or July 30th

Education still to be considered

November will be the last Education for this year

NCBTMB 48 hrs instead of 50hrs

6 hours of ethics-2 hrs need to be on boundaries

Provider renewal for Chapter being processed this will need to be done every 2 years

Categories A or B offered – no longer Category B. All need to be an A Category to be recognized only.

Website-Mike Reynolds

Traffic climbing average 57 different hits each day 753/mo. Average visitor looks at three pages, at least. Increased 10 people/mo. Goals to get to 100 hits a day. Plan, get ranked for search engines when searchers type “Indiana massage therapy.”

Possible set up of “backroom” for members to update profiles for BOD and members too. Get more forms needed for operations on-line also discussion forms, project tracking on-line for project management in the future

E-commerce what we want to do with this, particularly for products and marketing. Getting online payment options looking for volunteer to help with small products sale. E-books online. Any committee or BOD members can get AMTA email. Get our own “Find a massage therapist” for Indiana.

Sport Team-Dale Stillman

Would like to divide state in quarters plus Indy, when event would happen in that area to cover that event. Have sub teams pre-paid for the events. More details in newsletter. Would like to do two volunteer events for the whole team. Along with press release to local community of that event.

President Report-Barb

Pres. Council - Issues about sales tax some states are using this as a luxury service, chapter leadership training by Chapter Relations Committee at National went very well this year got a lot of good reviews, HOD will be asking National Board to change the wording in the policy back to “Leadership Training Committee,” lastly the Massage Therapy Foundation did a wonderful presentation on their progress over the years and where they are aspiring to go in the future, the Foundation Committee encouraged that all the Chapters donate \$1/per member to the Foundation, Indiana does this currently. The Massage Therapy Foundation is growing by leaps and bounds going in a very positive direction.

Chapter officer Took Kit from National will be sent to BOD and committee all members. Any member is welcome to check it out on the

national web page - a member benefit. Release V-VOP being online similar to C-VOP held last year.

Next years National Convention will be October 6 -10, 2004 in Nashville, Tennessee. Look for good turnout of Indiana members more information on website or newsletter.

PPS (Programs, Products & Services) - New program that anyone can go online to input your ideas about programs, products and/or services. These ideas goes to planning stage, picked by National BOD to then be back to committee for action on these ideas. This year they selected four out of 17 ideas to go onto the next stage on which ones to move on this year. Two ideas selected this year were suggested from Indiana Chapter the 1-800 phone number for members, AMTA member registry issued out to be available to members in a hard copy form.

Motion to create a resolution from the membership to the BOD about making a recommendation to put special emphasis on these ideas coming from planning committees or coming from HOD.

Move to Motion Rita, Kip 2nd

Voted

Motion carries 16-0

Announcements:

Barb Lis elected National LIAP (Law & Legislation Application Program) Chair Elect

Announcements from the members:

National MAW checks by Home Depot delayed but on the way. Orientations for both committee and BOD

PPS ideas remain at this level. Doesn't lose status; it remains in communication committee at National level. The idea for this PPS program illustrates that ideas can come from any member of AMTA.

Look at your volunteer structure of participation. Chapter volunteers take a sense of responsibility and accountability for themselves and Chapter duties on all levels. This is some things that National committees are looking at and good ideas to function by.

Perhaps change business meeting time to later on last day of education weekend to get more attendance

Update Dr. Kemka Integrative Cancer Center on eastside of Indy looking for qualified lymphatic drainage specialist in massage field - possibly interested in helping with getting this education if you are interested or suggested that the Massage Therapy Foundation might be able help with funding for these classes also for research insight and benefits. Take to Cheryl if you want more information.

Motion to close meeting made by Rita,

Seconded by Margi

Motion passed.

Meeting closed.

(continued from Page 13)

Item: 28

Topic: Presidents Report:
D- Review all Policies - Barb Lis

Item: 29

Topic: Policy and Procedure Sunshine Committee
Action: Review and changes suggested. Return to committee for review and be resubmitted

Item: 30

Topic: Policy and Procedure Chapter Board Meetings
Action: Revised
Moved to approve by Margi, 2nd by Jennie
7 for 0 against - Motion Passed - Policy Approved 11/14/03

Item: 31

Topic: Policy & Procedure BOD Computers & Electronic Equipment
Action: Reviewed, changes suggested. Returned to committee for review and to be resubmitted

Item: 32

Topic: Policy and Procedure For Delegates and Alternated Delegates

Action: Reviewed and Discussed

Moved to approve by Jennie, 2nd Cheryl
7 for 0 against - Motion Carries - Policy Approved 11/14/03

Item: 33

Topic: Policy and Procedure Reimbursement of Expenses
Action: Reviewed and Discussed
Moved to approve by Margi, 2nd Barb
7 for 0 against- Motion Carries - Policy Approved 11/14/03

Item: 34

Topic: Policy and Procedure Volunteer Compensation
Action: Reviewed and Discussed
Moved to approve by Cheryl, 2nd David
6 for 1 against - Motion Carries - Policy Approved 11/14/03

Item: 35

Topic: Remaining Items on Agenda
A- Remaining policies to be reviewed and applied upon approval via conference call. Along with tabled items of Standing Rules & Task List Meeting adjourned.

President's Letter Cont. ***(continued from Page 1)***

Mike is exciting to talk with about the big plans he has. Have you registered to be on the email tree list? You can subscribe on your own. Check it out - amtaindiana.org. If you want any current information regarding anything for the Chapter, check the website first.

Our new Secretary, Cheryl Middaugh, is working feverishly on scheduling visits to massage schools in the state. She also is writing PR material for Chapter activities.

At the November meeting I conducted orientation training for the Board and Committee Chairs. Each received a resource manual with national and chapter information to refer to, so the committee work they are responsible for will be easier to accomplish. We keep getting better!

The Indiana Chapter welcomes you to join us. We are like a family volunteering together for the betterment of our profession, so look for something that you might be able to help with in the Chapter. If you have been away from the Chapter for a

while, think about coming back and trying us again. You are missing out on a lot. You can give support just by attending meetings and educational opportunities. You will both benefit and enjoy your time volunteering with us. Take charge of the direction your future is going.

It is exciting and amazing to announce that Indiana's own, Mary Beth Braun has been elected National AMTA President-Elect. How wonderful can that be? She will serve as President-Elect for one year and than in 2005 will be National President. We are very proud of her and wish her much luck with that endeavor and with her new book to be released in June.

I also want to announce the newly elected position of Chair-Elect of the National Certification Board (NCBTMB), Judy Dean from LaPorte, Indiana. Congratulations and Best Wishes! Go Indiana! I also have been elected to the National Commission on Candidacy and was appointed Chair to the Law and Legislation Application Program Committee (LLAP). Another Indiana mem-

ber that serves at the National level is LuAnn Williams who is a part of the Chapter Relations Committee.

Massage Therapists have asked me, "Why should I belong to the AMTA?" Where else can you participate in the advancement of the profession as a whole? Our organization was designed by massage therapists, just for massage therapists. The profession continues to change. We need to recognize what our unique needs are and be dedicated to help the advancement of our careers as we work together for the evolving needs. Maybe you don't see yourself at the level Mary Beth or Judy have reached, but I bet if you asked them did you think you would ever be elected to the top position in these two organizations they would tell you, no way. You can count on one thing, there is a place for you to join in at any level.

If you have questions or concerns that you would like to share with me, contact me at 219-696-0672 or lis@netnitco.net.

[*Barbara Lis*
AMTA Indiana Chapter President

REGISTRATION FORM

NAME _____ AMTA# _____

ADDRESS _____

CITY,STATE,ZIP _____

PHONE (____) _____ E-MAIL _____

A M T A Indiana Chapter ¥ March 19-20 ¥ Bloomington, University Hotel
Touch for Health, 12 contact hours, A M T A Approved

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

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

___ I am a professional member and will be attending the Strategic Plan meeting on
Friday, March 19 from 9 am to 4pm for my \$50 education voucher.

___ I am attending Touch for Health (lunch Sat. will be on your own)

___ Early registration fee members \$180 ___ Non-members early \$200

___ Late registration fee members \$200 ___ Non-members late \$220

___ \$75 fee for reviewing Touch for Health* ___ Non-members late \$95*

*This fee of \$75 and \$95 is instead of the above fees and is ONLY
for previous students of Betty Lue & Robert's who are reviewing the class.

Class registration is Friday, March 19, 5:30 - 6:00 pm. Class is from 6-10 pm Friday and resumes
Saturday at 8:30 am - 6:00 pm. Robert and Betty Lue will be offering related materials for sale.

A M T A Indiana Chapter ¥ March 21 ¥ Bloomington, University Plaza Hotel
O P E N H O U S E R E G I S T R A T I O N : Brain Gym, 4 contact hours

___ I am attending Brain Gym

___ I am a massage therapy student, and I attend _____.

___ Early registration fee members \$25 ___ Non-members early \$45

___ Late registration fee members \$40 ___ Non-members late \$65



REGISTRATION FORM
PAGE 2 OF 2

While class starts at 1 pm, everyone is encouraged to come earlier and attend the Chapter Business Meeting.

____ Early registration members and students \$25

____ Late registration members and students \$40

Non AMTA Indiana members are welcome to attend this education, as well as Touch for Health.

____ Early registration non-members \$45

____ Late registration non-members \$65

____ Vendor Space \$40 (Name and Phone _____)

AMTA Indiana Chapter complies with the American Disabilities Act, and does not discriminate on the basis of race, color, religion, sex or national origin. Cancellations must be received for Touch for Health by March 10, 2004 in order to avoid a \$40 cancellation fee.

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 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 online and find updated information at www.amtaindiana.org or fax your registration to Barb 219-696-0672.

*As a gift to attendees, Betty Lue will be offering T'ai Chi
Saturday and Sunday, 7-7:45 am, at no cost.

Go to www.amtaindiana.org and register online.

