

kneaded notes

WINTER 2004 / 2005

AMERICAN MASSAGE THERAPY ASSOCIATION INDIANA CHAPTER

VOLUME 12, ISSUE 3

Letter from the President

Membership has been on my mind lately for a variety of personal and professional reasons. One such reason is examining the question, "What does membership in an organization like AMTA mean?" The answer can easily get lost behind professional publications, paid staff, and well run programs, products, and services; but it should be clear that a non-for-profit organization such as AMTA does not exist separate from its members. AMTA does not exist apart from you; it IS you. AMTA is a group of massage therapists, massage school teachers, etc. joined together as one body in order to have a larger voice and greater influence for the good of the individual members that make up the association.

There are so many things that an organization can do that an individual can't. But there is nothing an organization can do without individuals. There need to be individuals with great ideas, individuals with talents to volunteer, individuals who can write and illustrate, individuals with a talent for finding professionals to do jobs that no individual step forward to do. Which kind of individual are you? What are your talents? What would you like to see AMTA doing that it isn't because you haven't spoken up yet and asked? AMTA is a membership driven organization. It's time for you to get out of the backseat.

One of the best ways to get out of the backseat is to attend state and national workshop, meetings, and conventions. The National Convention in Nashville this fall was a great example. Convention is a compact cross section of all those individuals I was just referring to. There are

planners, educators, leaders, helpers, students, and friends all mixed together. There are meetings of the National Board; volunteers who have taken on the task of steering this huge organization into the twenty-first century. There you will find massage therapists from a variety of backgrounds bound by a common commitment to excellence, openness, and inclusiveness juggling some weighty matters on your behalf. Aren't you curious to see how it all works? All you need do is show up. Showing up to watch, learn, and give appropriate input is a commitment that the Indiana Board of Directors has made for you, the members of the Indiana Chapter.

(Continued on Page 9)

Congratulations

Barb Lis was presented with the Indiana Meritorious Award, and the Indiana Chapter received the National Web Site Award accepted by Michael Reynolds. This is the second year that Indiana has won the National Web Site Award. Awards were presented at the the 2004 AMTA National Convention held in October in Nashville Tennessee at the Grand Old Opry. Congratulations to you both for your creative visions, hard work and dedication to the AMTA Indiana Chapter.

Volunteers needed for MTAW and Rally Day, February 21-25

The official Massage Therapy Awareness Week is soon upon us - February 21-25, with Wednesday, February 23, as our Rally Day. 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 HB1390. 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. Come join us at the Capitol February 21-25. Don't wait, email or call Dale Huston, 574-259-7727, DHu9210074 or Barb Lis, 219-696-0672, lis@netnitco.net to reserve your spot to help do chair massages. Check out www.amtaindiana.org to find out more about HB1390, Massage Therapy Awareness Week or Rally Day.

Volunteers needed ASAP

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2005 Delegates

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LuAnn Williams

Rita Taylor (Alternate)



AMTA Indiana Chapter

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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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Classified \$ 15.00

Business Card \$ 25.00

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

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

Full page (7.5" x 9.75") \$100.00

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Government Relations

Update - Indiana Massage Therapists are gearing up for another legislative session in an effort to pass licensing. This year will be the fifth year in a row to introduce basically the same bill. Each year has been an opportunity to learn more about the legislative process and get better at it. We have many Indiana legislators that have voiced their support for massage licensing. We will be looking for them to step up and help us when the bill starts its journey over again in the 2005 session. This year's bill is identified as HB1390. You can look it up at the Indiana State Government website <http://www.in.gov/legislative/bills/2005/PDF/IN/IN1390.1.pdf>. Keep reading the Chapter website for current information, www.amtaindiana.org.

Forum Meetings - AMTA Indiana Chapter has had five open forum meetings on massage therapy licensing throughout the state - Muncie, Fort Wayne, Merrillville, French Lick and Indianapolis. Interested therapists have come to find out the truth to the rumors and ask many questions about the bill including the grandfathering section. If you would like to see the AMTA Indiana Chapter host a forum in your community, contact Kip Treece 765-446-3883 at Innerwaves.massage@verizon.net or Barbara Lis 219-696-0672 at lis@netnitco.net. We need help from anyone who is willing to assist us in putting together these events. It's a great way to meet other like-minded people who have an interest in our profession.

Massage Therapy Awareness Week - Plans are underway for the "2005 Massage Therapy Awareness Week" at the statehouse during the week of February 21-25, 2005. Rally Day will be on Wednesday, February 23, 2005. Myself and Dale Huston are the contact people coordinating the week long program. We need massage therapists to volunteer a few hours of seated massage at the statehouse for the legislators, staff and the public. Schools can schedule a time for students

to join in on the hands-on activities and get involved in promoting the massage profession. Contact information is on Page 2, so please call myself or Dale ASAP to schedule your time.

Petition - If you're looking for another way to help, here is an additional way. Any massage therapist can help. You can make a difference. Don't stand by and let others do it for you. Become involved, get active and be proactive about your future. Become an advocate for massage therapy licensing within your community. If you want licensing, let others know about it. Tell your clients, your business contacts, and your family about it. A petition is available on the website for you to copy. Print as many copies as you would like. Getting their signatures on the petition will help prove to the legislators that we have strong support from the citizens of Indiana.



Make it a class project at your school. Some schools have given students extra credit for each copy of the petition completed. When you have them signed, send them to Kip Treece, 2315 South St., Lafayette, IN 47904.

Write a letter - If you need ideas for writing letters or ideas on talking to legislators, go to the Indiana Chapter website at <http://www.amtaindiana.org> under the Government Relations button and view the materials on how to do so. The time to do this is NOW! They will notice your letters.

© *Barbara Lis, Government Relations Chair and Immediate Past President*

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

You can also find your legislators at www.in.gov/ and contact them online.

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

LET US HELP YOU - We'll make it easy for you to correspond with legislators. Go to our website www.amtaindiana.org for a copy of any of these tools to help you write effective letters.

- How to write your Legislator
- Why we want and need licensing - ideas for composing letters
- Tips for approaching legislators
- Successfully living with your legislators - 10 Commandments
- What legislators need to know about regulations - ideas for speaking with your legislators

**Make a difference and volunteer during this time:
Massage Therapy Awareness Week - February 21-26
Rally Day - February 23, 2005**

Education Corner

We are at that long, ugly part of winter few people like. The time of year that seems to drag on and on, with no leaves on the trees, no flowers, the farmers fields are barren, even our birds had enough smarts to fly south to avoid what we are going through. Fortunately for us, in a distant part of our minds there is a remembrance of something called SPRING. That's what keeps us going, gets us up in the mornings, and even though it seems we will never get through this winter, the fresh beauty and the new life that spring brings makes us realize, winter is something we should be grateful for and that we need to endure, because only by living through it can we fully appreciate the true miracles that SPRING will bring us all.

There is something else to look forward to this spring. It's our AMTA Indiana Chapters OPEN HOUSE. It will be held in Middlebury, which is just a few miles from Shipshawana, a popular tourist town in the north central part of the state. The dates, along with the other information will be provided throughout this newsletter. I have seen the hotel, restaurant and surrounding area; it will be a very nice place to have our spring open house. This location is at a very popular Amish community. The hotel is almost brand new and the Amish restaurant, people come for miles to eat there and visit the amazing craft shops.

The subject we will be learning is Ortho-Bionomy. To be honest I don't know a lot about this modality but I've always been curious. Several members have approached me with an interest in learning more about it, so it's going to happen. Everything I have heard about this modality has been good, and it's something all body workers can use even after one class. I also have seen Ortho-Bionomy advertised around my area in chiropractors offices that "curiously" seem to always be busy. The first day will be the foundation class. For those who enjoy and want to continue with this work, this class will apply toward Ortho-Bionomy's curriculum. The second

day will be a self-care day Ortho-Bionomy style. The instructor assures me, the exercises and procedures that we will be learning, will keep us working longer and our clients getting lasting results. This class will help the newest students, to the oldest and wisest therapist we have.

This July 22-24th will be our State Convention. We may be trying a new location in the central part of the state. Its not written in stone yet, but Purdue University has our attention with very nice accommodations for overnight stays, meeting rooms, many on-campus restaurants and catering services, free tram rides to Lafayette restaurants and night life, there are also walking

trails, bowling, pool, and much more. We will have several interesting presenters to choose from with the hopes of whoever we get, they will inspire you to visit us at the convention.

I ask every therapist, student, AMTA members or non-member, with whom I come in contact, what kind of continuing education they would like to have. There are so many different answers that its hard come up with a majority but please keep bugging me about your educational wishes and if we get enough interest from our members we will get it on the schedule.

☺ *Larry Cary*
Education Chair

Committee Chair Reports

First Vice President

Happy New Year! Here in Central Indiana it has started off with a nasty ice storm and flooding - hopefully all has improved by the time you read this. If not, it's going to be a long wait until Spring!

This year sees us once again approaching the legislative process with much hope and some trepidation! Will our profession finally get the professional and legal recognition we have been striving for? We need to do more than HOPE. As individuals, we need to stay as active as possible in the process.

As members, this could be as simple as regularly checking the Indiana web site for updates and alerts, hosting a legislative roundtable in your area and participating in phone call requests to the legislators. If you really want to step up to the plate, your hands are needed at the Capitol for Massage Therapy Awareness Week. We also have a Rally Day coming up, and warm, enthusiastic bodies are needed!

Please make an effort to educate yourself, and ultimately your clients and pro-

fessional contacts about the massage therapy licensure bill. I know it has been a long process...

On a different note, I hope to see you all at our Spring Open House. Getting out, meeting other massage therapy professionals and welcoming new students to the trip is always worth the effort! Wishing you peace and happiness in the coming year.

☺ *Jennie Irving*
First Vice President

Sports Chair

Hello, Everyone! I hope your holidays were joyous ones. I am starting to take names of therapists interested in working the Muncie Endurathon in mid-July and a possible bike coalition event in late summer. Please take time during the next month to send a letter to your state senator requesting his/her support of the massage licensing bill during the next legislative session. We need to have this bill passed to protect our profession. Contact me at 260-490-9041. Thanks!

☺ *Dale Stillman*
Sports Chair

Sunshine Chair

Well wishes for Harold McIntosh as he recovers from a recent surgery. Also, Herb Fanno is recovering from injuries due to a road rage crime. Joe Sidell had surgery at the end of November. All of these and others who have experienced loss and ill health will be kept in our prayers. May 2005 bring you and your families great health and much happiness.

☺ **Barb Studebaker**

Sunshine Chair

MT Awareness Week

Hey, don't forget that Massage Therapy Awareness Week is coming! Please contact Dale Huston or Barb Lis with the times you would like to come celebrate in the capitol rotunda. The dates and times again are February 21-25 from 9 a.m. to 4 p.m. If you can't dedicate a whole day, give an hour or two. Whatever you can do. I really appreciate your help. It's for a great cause - your profession, and you'll have fun too! Barb and Dale are eagerly waiting by the phone just for your call with pencil and calendar in hand! See you in February.

☺ **Vickie Brubaker**

MT Awareness Week Chair

Third Vice President

Welcome to new AMTA members: Colette S. Acosta, Annette M. Carasco, Jaime Fisher, Sharissa Ford, Ron Grose, Roberta Guenin, Connie J. Hardy, Amy Lora Hasty, Joy L. Holdman, Elizabeth S. Kaufmann, Michele Krider, Dana LaMere, Blake Lewis, Felecia Renner, Sarah Schmidt, Debra Schreiber, Cindy Stoll, Ashley Renee Tape

I was at the Nashville Convention in October, and really enjoyed that part of the country. The scenery, food, music, and the people, all made it a very nice trip. The most important part of this trip was, I had a chance to talk "one on one" with a lot of the instructors that were teaching there.

Being the education chair, I feel this time was well spent with the hopes we can get some of the nations best to share their knowledge at future Indiana Chapter's meetings and conventions.

It was nice to see a few new faces at the French Lick Resort. We didn't get as large of a turnout as we would have liked, but it gave the members from that area a chance to save a few dollars on hotel cost and get some pointers and trade secrets from Christopher Sovereign. The evaluation forms that we had everyone fill out after the education classes were confirmed that Christopher's ratings were almost all in the "GREAT" category, and every member stated on the form that they enjoyed the event and felt they were well informed.

The AMTA national membership has risen to another record high of 50,640. Our Indiana Chapter has also followed this trend, with our highest total of 1,010 members. The breakdown is as follows, Professional Active members 584, professional inactive members 50, and professional retired 1, Associate members 271, Student Associate members 143, Auxiliary memberships 9, Allied memberships 1. See you all at Shipshawana April 1 - 3.

☺ **Larry Cary**

Third Vice President

Special Awards

It's time to prepare for a new and exciting year. I need your input on who you would like for our Awards Ceremony in July at the State Meeting. The deadline for names is our first meeting of the year in Middlebury near Shipshawana, April 2-4. You may have a friend, mentor, teacher, etc. that you look up to or maybe they've taught you some special things. Please give me their name and a brief description. Contact me at the next meeting or at 765-664-1028, 904 W. 3rd St., Marion, IN 46952.

☺ **Rita Taylor**

Special Awards Chair

Products and Marketing

We had a great time in French Lick. I want to say thanks to the many people who have been purchasing items from AMTA-IN. We ended the weekend with \$689.75 in sales.

The fund raiser earrings are a great success. I hope you will continue to support the chapter through buying from our online store. We have been trying to get many new items up for sale, and Core Products has become one of our supporting affiliates as has CryoDerm. We have some great offers from them for you. Also, this month you'll received 10% off your entire purchase - see Page 10.

FourHands Jewelry is really nice and we have added several other earrings and a necklace to our stock for the legislation fund raiser. There is a thin gold chain or a thicker one available. We also have three other earrings from Four Hands in our regular stock. Please check out the web store at www.amtaindiana.org/catalog. If you have any questions about any of the items please contact me at auro-ra@amtaindiana.org. Thanks!

☺ **Aurora Green**

Product & Marketing Chair

Web Site Report

Traffic Statistics (Year-to-date)

Monthly Average: 2,171.73 unique visitors

Daily Average: 97.33 unique visitors

As expected, web site traffic increases on days when a press release or announcement has been issues. Traffic also increases during registration. Online registrations totaled ten for the November, 2004 education.

Email List Statistics

AMTA Indiana Announcements:

743 members

Indiana Media Contacts: 50 members

Indiana MT Schools: 12 members

AMTA Indiana Members: 611 members

Mailings Sent this Year: 8

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Specific Site Feature Updates

So far, no one has used the classifieds. Recommendation is to remove it from the site at this time. Recommendation is to keep the online store running but improve product lineup and presentation by working with products chair. Make a purchase at the online store this month and receive 10% off your order.

Two new features have been implemented. AMTA Indiana now has the ability to conduct online surveys. Site visitors can vote online for surveys published by the Board. Also new is a centralized massage therapy schools database. The Board can now keep a list of all the schools in Indiana in a single database from which multiple reports can be generated. Also included is a contact logging feature. Board members who call or visit schools can log in and create a log entry for each contact. Log entries are either a "call" or a "visit." Board members can enter a log entry containing a description of the contact. Log entries are date-stamped and sorted chronologically, creating a complete history of all contact with each school.

AMTA now has the ability to accept real-time online credit card transactions. This system incurred no additional recurring cost and gives the Chapter the ability to charge a card and transfer funds automatically into the AMTA bank account with no human intervention required. This method will drastically reduce the time spent charging cards and confirming registrations. This method is already in place on the online store. Timeline for full implementation in online registration is three months.

Future Plans

Goals for the web site include full implementation of automatic credit card processing, improvements to the online store, and beta test of online surveys. We will also explore the option of pay-per-

click marketing of the store, which means we only pay for direct visits from our online ads.

AMTA was also honored this year with the Chapter Web Site Award for the second year in a row. The award was presented at the AMTA National Convention in Nashville.

☺ *Mike Reynolds*
Web Site Chair &
Second Vice President

Treasurer

I want to take this time to help the membership understand the need for change to the AMTA Chapter Financial Policies. Attending the Leadership Training Workshop at the recent AMTA National Convention held in Nashville, Tennessee I have a clearer understanding and appreciation for the policy.

At the June 12, 2004 meeting of the National Board of Directors the decision was made to make changes in how chapter finances are coordinated. These changes are based on the recent Sarbanes-Oxley law, limited insurance coverage in cases of fraud, and the current corporate and regulatory climates. AMTA needs to ensure that it protects the money it received from members and also demonstrates fiduciary responsibility. To meet these needs AMTA needs to have stronger financial protections in place.

Sarbanes-Oxley law came to be because of the many corporate and accounting misdeeds of recent years. Since the Sarbanes-Oxley law has gone into effect addressing corporate responsibility, the financial climate has changed dramatically, putting more responsibility and accountability on corporate officers as well as lead staff.

You may ask why a nonprofit organization, such as ourselves is affected. Most nonprofits are not required under the provisions of this law to comply. While not subject to SEC oversight, nonprofits

do have numerous constituencies to which they must routinely answer. These include federal, state and local government regulators, private accrediting agencies, their own governing boards, various kinds of funders and most especially members. The likelihood of Sarbanes-Oxley affecting AMTA in the near future is quite high.

Recently it was discovered that the Directors and Officers insurance coverage does not apply in cases of fraud. This means that chapter officers, volunteers or staff could be considered liable for the actions of other volunteers or staff members if they were aware of the possibility of fraud and did nothing to prevent it. An individual may be covered if they are accused and then found innocent, but they may need to pay their own legal fees until after they are found to be innocent. Is it appropriate to put our national and chapter officers in this position? I think not.

Our national leaders are using Knowledge Based Decision Making, which helped them come to these conclusions. It is clear the Financial Policy changes are based on protecting the membership and those who serve the members. I will work hard to keep Indiana in compliance with the new policies which go into effect March 1, 2005. The good news is Indiana is already doing much of what the new policy states. I will give more specific detail about these changes to policy in the next newsletter.

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

Delegate Reports

Greetings from Nashville Tennessee. Many thanks to all who voted for me to be one of your three Delegates attending the Nashville Convention.

It's a new and exciting time to be in

the House of Delegates. For the first time ever the Delegates will be writing and voting on Position Statements. A position statement is a statement that the AMTA will adopt and take a stand on.

For example, the position statement we received this time, "It is the position of the American Massage Therapy Association (AMTA) that Massage Therapy can be effective for stress relief." Sounds like it would be a great statement, however after much (and I do mean much) debate pro and con this statement was voted on. Seems like the majority no votes (16,136) were against it. A lot had to do with the word "can." Once a Position Statement gets to the HOD the wording can not be changed. Possibly if it had read "may" it would have passed. You begin to see the importance of the wording when you submit anything.

On another note, Indiana's recommendation that the National Board of Directors "create a workforce" to study a way for recommendations that are generated from the HOD to the National Board be considered as a measurable value also failed to pass by a no vote of 15,101. There were several reasons but the most powerful was the wording "create a workforce." It seems the members felt like the last thing we needed was another committee. Barb Lis tried to explain it was new language they were using on the Board. All-in-all it was an excellent experience and I know Harold McIntosh would have been proud. Several members remembered the days when Harold was a delegate and expressed how much they missed him. (So do we and we wish him the best!)

I also attended the AMTA Research Database Presentation. The Database has primarily but not exclusively, articles related to Massage. It has slightly over 4,000 citations from electronic databases and is getting 700 to 1,300 visits a month. If you are interested in using this, access it at www.massagetherapyfoundation.org.

The education was great and so was the music. After all, we were in Music City USA. May you all be blessed in 2005.

☉ *Arlene Loomis*
2004 Delegate

The Indiana Chapter Delegates submitted a recommendation in 2004. We asked for the National Board to create a workgroup to study the concept to consider the voting process of the HOD to be considered as a measurable value in all aspects of the programs planning and services development process. It was defeated Yes: 9,736.5, No: 15,101. What that means is the HOD thought a workgroup and study was not a necessary expense and voted it down. The HOD has spoken.

What I observed the last session was to be a delegate requires experience and a big interest in the process of the HOD and Roberts Rules. As Arlene Loomis reported in her delegate report, we will be voting on a Position Statement, which is a sentence the Association will stand behind. I brought up to the House that we should consider having a senior chapter delegate to train the newer delegates. We are in the process of creating a 2005 recommendation to change the time commitment for delegates to serve. I believe it should be at a minimal of 3 years, and be titled, Senior, Junior and Freshman Delegate. I contacted other chapters for their input too.

The National Board responded to the 2003 Indiana recommendations. Indiana 1: Create a "Candidates Corner" on the national website for members and

Indiana Massage Therapy Awareness Week

Volunteer your time by giving massages at the Capitol any time February 21-25. Support HB 1390 on Rally Day, February 23.

Add these dates to your schedule now so you don't miss this opportunity!

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candidates to interact and that the posted communication be available to all members with computer access. Board response: The board recognized that the new election time frame provided an opportunity for possible interaction with candidates. Discussion was held with Commissioner of Elections Jean Middleswarth, to explore options related to this. It is recognized, that the need to have a "level playing field" is important for any type of candidates corner," and that cost factors must be considered. My personal opinion still remains the same, we need something for communicating with candidates and the board should do something to remedy that problem.

Indiana 2: A copy of the national meeting agenda, a briefing of the action items and discussion items to include motions and rationales, be provided to chapter representatives attending those meetings and these changes be added to policy. Board response: While the National BOD recognizes the value in having an informed membership during its meetings, there are matters of confidentiality inherent in the work of the board that must be considered.

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American Massage Therapy Association

INDIANA CHAPTER BOARD MEETING

November 5, 2004 • French Lick, Indiana

Chapter officers and Committee Chairs present were Barbara Lis, David White, Margi Cangany-Lane, Larry Cary, Cheryl Middaugh and Michael Reynolds.

D-Discussion

A-Action

Agenda distributed. Items outlined.

Item 1

Agenda Approved

Item 2

Update committee and board liaison assignments

D- Verify BOD members assigned committees to liaison addition of HOD committee

A-Add HOD committee Barb Lis will be liaison delegates will be part of the committee

D-Position possibly open for chairperson of Volunteer committee. Historian committee also open.

Item 3

Treasure Report-Margi

Topic: Online credit card service

D-Like the automatic, streamlined service of the online credit card system it is very helpful and time efficient.

Topic: CD investment

D- CD invested in September will mature in March 29th 2005

Topic: National Financial policy

According to new form in National Financial policy everything must have receipt or needed to be reimbursed which will be March 2005.

Topic: Need for grievance policy

D- Issues brought up by members and better handling of payments to members for services such as classes taught, volunteer time, etc.

A- BOD will formulate wording for a grievance policy to be further discussed and voted on at next BOD meeting.

Item 4

National Convention and HOD report-Barb, BOD

Topic: House of Delegates (HOD) at National

D- Only one resolution at National HOD meeting it was from Indiana. Resolution was denied by the HOD. However National Board has started implementing parts of the resolution which places a weighted system on requests from the general AMTA membership.

Topic: House of Delegates changes

D- Process of resolutions and duties of the HOD becoming more complicated a need has been created that delegates need to be familiar with the inter-workings of the HOD at National. Suggestion made to come up with a way that all Chapters have staggered terms of office for delegates. Then rotate electoral years to create members of HOD that are familiar with process and can mentor new HOD members.

A-Hold a conference call that all membership is welcome to participate in before the March meeting. Members contact David White for details when that conference call will take place to formulate a recommendation to National.

Topic: BOD discusses National Convention experiences and classes

D-Recommended that BOD continue attending additional meetings held during National for benefit of the membership. Meeting topics this year were similar to last year BOD members also meet individually with members from other chapters as well as the Chapter Leadership Training gaining tips and pointers from other's experiences and knowledge for Indiana Chapter benefit.

Topic: Review Travel Policy

D-Revisit what the Travel policy says about shared rooms of BOD with members, volunteers or guests.

A-Evaluate what took place addressing concerns brought up by members. The

Travel policy clearly states that in a shared room situation that the member, volunteer or guest in a BOD member's room will pay/reimburse their portion of the room to the Chapter. No breach of policy was found after the BOD reviewed what members had brought to the BOD.

Topic: LLAP selling of State Pins

D-State Pins that were made for LLAP fund raising are still available and are to be sold at \$5ea. The hand earrings, necklace and tie tacks do not replace the State Pins and shouldn't be given away.

Item 5

Membership Report-Larry Cary

Topic: Membership numbers

D-

Topic: Request for equipment

D-To better execute Education chairperson duties need for all-in-one machine and a computer

Motion: Magi moves, Michael 2nd to allocate funds if needed to education chair for all-in-one machine to carry out duties. Carried.

A- Receive all-in-one machine from Cheryl that belongs to Chapter no funds needed except for supplies.

A-Research bring done for purchase of computer for Larry for education chair purposes.

D- Possible need for a LCD projector for presentation, meeting and strategic plan purposes.

Topic: Education

D-Education for Spring is in April 1-4 in Shipshawana, IN the material will be from Bob King including classes for student day.

D-Other dates for education for 2005 include July 22nd-23rd and Nov. 4-5th

D-Vincennes University offered a possible location to hold an education workshop.

D-Possibility of holding smaller regional education that are only one day long.

Item 6

Products and Marketing-Aurora/ Mike

Topic: Four Hands earring sales

D-Four Hands will also be selling the earrings for Indiana LLAP fundraising on their website and will continue to give a percentage toward the Indiana LLAP efforts.

A- BOD needs to give written approval for Four Hands to sell the earrings on their website.

Topic: Network Marketing

D-Would like to network to outside markets via search engines or other massage media.

A-Committee is currently working with a possible affiliate company.

Item 7

Webmaster report- Mike

Topic: Website update

D- Traffic Statistics (Year-to-date)

Monthly Average: 2,171.73 unique visitors.

Daily Average: 97.33 unique visitors.

D-Email List Statistics

AMTA Indiana Announcements: 743 members. Indiana Media Contacts: 50 members. Indiana Massage Therapy Schools: 12 members. AMTA Indiana Members: 611 members. Mailings Sent this Year: 8

Topic: Specific Site Feature Updates

D- Use and need for the classified area on the website. Online store up and running looking to work with products chair to improve product lineup and presentation.

D-Two new features have been implemented. AMTA Indiana now has the ability to conduct online surveys. Site visitors can vote online for surveys published by the Board. Also new is a centralized massage therapy schools database.

Item 8

Schools report- Cheryl

Topic: Schools in Indiana

Total schools in the state comes to 28; twelve of these schools are AMTA member schools. This doesn't include the 5 schools that have closed within the last year.

Topic: Massage School Database

D- Now anyone on the BOD can note cor-

respondence and visits to schools that all the BOD will have access to status of school visits.

A-Using database to better organize school visits and keep better logs of correspondence. Priority will be AMTA member schools and the remaining schools contacted and visited as scheduling allows.

Topic: Form a training of volunteers for school visits

D- Since number of schools has greatly increased and it is difficult for BOD members to visit all of them. Presents a need for more knowledgeable, willing individuals to go out to schools and present AMTA to the future of massage therapy.

Item 9

Short Reports

Newsletter- Deadlines for reports Nov. 15th Jan 20th to the printers deadline, Mailed by Feb 7th

Special Awards- Indiana was honored with the National Website Award for the second year in a row!

Sunshine-Herb Fanno victim of road rage suffered injuries, Harold MacIntosh surgery, Margi's brother-in-law David passed surprisingly

PR-Keep up publicizing legislative forums and issuing articles to media

MTAW- Massage Therapy Awareness Week is Feb. 21-25th Wednesday of that week is Rally Day. Mark your calendars!

Gov. Relations- Gearing up for winter legislative session. New government in place recent meeting with Physical Therapists, Medical Association, etc. about licensing.

Item 10

Meeting Adjourned

AMTA INDIANA CHAPTER BUSINESS MEETING

November 7, 2004 • French Lick

Meeting called to order by David White
Minutes approved as mailed Barb Lis,
seconded Joe Sidell.

Meeting adjourned due to low turn out of members.

(Attendance: BOD plus one member)

President's Report, Cont.

(Continued from Page 1)

The National Convention is also a great place to learn. There are new massage tricks and techniques to learn, and we can't really bring those back to you. However, we can make contact with teachers from all over the country who we can invite back to Indiana for our education sessions. We also make contact with other volunteers from other states that are finding creative ways to deal with the same issues that face us here in Indiana. This networking is what makes this organization work; the glue that bonds the individual members of AMTA together into one great group. I'm proud to be a part of it and so glad that you are part of it as well.

☺ *David White*

AMTA Indiana Chapter President

2005 Calendar

February 21 - 25:

Massage Therapy Awareness Week - Massages given at the Capitol

February 23:

Rally Day at the Capitol

April 2-3:

Open House, Middlebury, 12
Contact Hours

July 22-25:

Indiana Chapter Convention

September 21-24:

National Convention,
Albuquerque, New Mexico



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American Massage Therapy Association

INDIANA CHAPTER BOARD ORIENTATION AND MEETING

September 19, 2004 • Lebanon, Indiana • Submitted by Cheryl Middaugh

(This orientation meeting occurred in September after the new Board of Directors were installed.)

Chapter officers and Committee Chairs present were Barb Lis, David White, Margi Cangany-Lane, Larry Cary, Cheryl Middaugh and Michael Reynolds, Jennie Irving.

A-Action / D-Discussion

Orientation by President David White

D- BOD goes over goals and objectives of the Indiana Chapter expressed in the strategic planning meeting last March. Sharing prospective on what as a board and a Chapter we need to improve or make changes.

A-Revise liaison assignments under Chapter officers with committee chairs

D- The three main objectives from strategic plan 1)Licensure 2)Better school correspondence 3)Low cost education. After much deliberation and getting caught up on what is going on with Government Relations it become apparent that establishing licensure successfully, will improve the later two objectives in our strategic plan.

Topic: Update and follow up with Chapters officers and committees.

Treasurer

D- Pros and cons of investing in a CD with monies in reserve accounts

Motion: Move Magi, Cheryl 2nd that we invest allocated monies for 6 months at a time Carried.

A- BOD will assess activity of CD investment and will make a discussion at that time whether to make further investments.

D- Purchase system to make capability for online credit card transactions. This system will inure little to no additional recurring cost and gives the Chapter the ability to charge a card and transfer funds automatically into the AMTA bank account with no human intervention required. This method will drastically reduce the time spent charging cards and confirming registrations.

Motion: Move Michael, Margi 2nd that we

switch to a system that allows online credit card transactions before the next education. Carried.

A- Allow the transition of on line credit card transactions to replace the current manual system.

Education

D-Dates and topic for upcoming education.

Government Relations/Schools

D- Investigating credentials for school curriculums and seeing which schools are upholding current standards required by COMPA and ICOP.

D- Discovered many more schools listed in Indiana on ABMP website then what we knew existed.

A- Confirm schools operating and get correspondence to schedule a visit.

Web page/Products and Marketing

D- Upgrades that may benefit the effectiveness and productivity of the website for visitors and members seeking information.

D- Plan on having earrings available and ready for National Convention to sell for LLAP fund.

Topic: Plans for National Convention

D- Confirm number of rooms and arrival times. Classes and meeting registrations turned in, shuttle to and from airport provided, etc.

Meeting Adjourned

Committee Reports, Cont.

(Continued from Page 7)

At this time, the board has started to implement overheads projections of agenda items and motions, as possible, during the meeting so that those in attendance will have information about the topic under discussion. My personal opinion is that representatives sent to Board meetings should have a briefing to follow what the Board is discussing. Overheads are hard to read from the back of the room and do nothing when the board passes a group of motions (8-10) together. The rationale did discuss confidential information was not necessary to include. We need to keep asking.

Indiana 3: Leadership training be resumed at national conventions, in additions to any other training programs offered by the association at other times throughout the year for chapter leaders, and the one year suspension be lifted immediately. Board response: The National Board recognizes the value in volunteer training and development at all levels of the association and plans are

in place to have Chapter leadership training at the National Convention in addition to CVOP and WVOP. My personal opinion is CVOP (Chapter Volunteer Orientation Program WVOP is Virtual) is an excellent training opportunity. National really did a great job creating the summer training. The association still should keep up good convention leadership training and should lower the cost of CVOP for other chapter board members so they could attend.

One point of good news, Indiana submitted a recommendation several years ago to get the national office to offer an 800 number. Finally it happened. Because of us we have a toll free number to call, 877-903-2700. Wa-hooo! We did it. We can make a difference! Go Indiana!

Thank you for electing me for another year. I will use my years of experience to work for the benefit of our Chapter. If you want more information please call me or email me, Barbara Lis, 219-696-0672, lis@netmitco.net.

☺ *Barb Lis*
2004 Delegate

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Ortho-Bionomy is a gentle, non-invasive, osteopathically based form of body therapy which is highly effective in working with chronic stress, injuries and pains or problems associated with postural and structural imbalances. The practitioner uses gentle movements and positions of the body to facilitate the change of stress and pain patterns. A strong focus is placed on the comfort of the individual; and no forceful manipulations are used. Ortho-Bionomy is very effective in helping to alleviate both acute and chronic pain and stress patterns by reducing chronic muscle tension, soothing the joints, increasing flexibility, improving circulation, and relaxing the entire body.

Instructor: Morel Stackhouse considers herself a Holistic Practitioner. She is in private practice in Madison, Wisconsin. She brings over 25 years of clinical experience to her presentation of the principles and practice of Ortho-Bionomy. She is a Registered Instructor with the Society of Ortho-Bionomy International® where she serves on the Instructor Review Committee. Morel studied personally with Ortho-Bionomy Founder, Dr. Arthur Lincoln Pauls, D.O. The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) has approved her as a continuing education approved provider. She teaches all over the United States including the Swedish Institute of Massage in New York City. Those who have taken her classes describe her as a gifted instructor, combining simplicity, humor and patience with a well-organized and clear presentation.

Participants should be familiar with and able to locate the following structures: Psoas, Medial Malleolus of the tibia, ASIS, PSIS, Sacrum, Lumbar, Thoracic, Cervical Spine, Rib Cage and Sternum

Ortho-Bionomy® Phrase Four for the Spine • 7 contact hours, NCBTMB, AMTA
Saturday, April 2, 2005

Class Introduction:

Phase Four for the Spine (Part One) covers the history, philosophy and basic concepts of Ortho-Bionomy. In this class you will observe and practice specific techniques for releasing imbalances in the neck, ribcage, pelvic girdle and sacrum. These techniques result in the release of pain and neuromuscular tension patterns and promote an expanded range of motion, increased circulation and a greater sense of well-being.

Phase Four is the foundation and prerequisite class for all further training in Ortho-Bionomy. Completion of this class meets half of the workshop requirement for admission into the Ortho-Bionomy Registered Practitioner Training Program and provides 8 units of Phase Four instruction towards completion of the Ortho-Bionomy Registered Practitioner Training Program.

Learning Objective:

Ortho-Bionomy techniques are highly effective, easy to learn, easy on your body, and combine well with other bodywork and complimentary healing systems. You will discover ways to:

- Help relieve pain gently, without causing pain
- Work with common problems such as SI joint imbalance
- Release sensitive (trigger) points with little or no effort
- Work without the danger of hand and wrist blowout
- Experience and understand the natural reflexes in the body
- Develop your sensitivity to the subtle, structural changes that promote healing

Method of Learning:

This is a hands-on class. A detailed handout will be provided.

Needs:

Participants should wear loose-fitting comfortable clothing. Each pair of students will need a massage table, sheet and pillow.

Optional book: Ortho-Bionomy: A Practical Manual by Kathy Kain \$20 available by pre-order and pre-payment. Must be ordered no later than two weeks prior to class.

Learning Outcome:

At end of the class you will be able to better understand what Ortho-Bionomy is about and decide if this is a modality you would like to study in depth. It will also enhance your skills as a therapist and you will be able to perform general Ortho-Bionomy techniques for releasing imbalances in the neck, ribcage, pelvic girdle and sacrum that you can put to use immediately in your practice. This class meets half of the workshop requirement for admission into the Ortho-Bionomy Registered Practitioner Training Program.

Ortho-Bionomy® Self Care • 5 contact hours NCBTMB, AMTA
Sunday, April 3, 2005

Class Introduction:

Ortho-Bionomy stimulates the body's self-correcting and self-balancing reflexes by way of the proprioceptive reflexes located in our joints and muscles. The practitioner uses movement and gentle compression to find positions of comfort, which allow the body to change the stress and pain patterns, which are causing the discomfort.

Ortho-Bionomy also employs the homeopathic concept that what cannot be cured from within cannot be cured from without. Using gentle positioning and light touch, Ortho-Bionomy stimulates inner awareness to awaken within the individual a sense of natural balance and well-being, both physically and emotionally. The inner wisdom of the body is recognized and affirmed. Self healing occurs as the person remembers their natural ability to move away from pain and toward ease.

Ortho-Bionomy Self Care is a proactive at home self care program for the massage therapist that wants to stay working in the massage profession for many years. Protect the investment you've made in your massage training. Keep your body in shape. Learn exercises that you can share with your clients to prolong the benefits of your work with them. Next time a client asks, "What can I do for myself at home?" you will have the answer.

(Continued on Page 14)

For more information regarding professional training in Ortho-Bionomy, please visit us on the web: www.ortho-bionomy.org or call the Society Office at 800-809-3747.

(Continued from Page 13)

Learning Objective:

In this class you will learn:

- Gentle exercises that facilitate the release of structural imbalance and discomfort within your body.
- Ways to promote a sense of balance and ease.
- How to achieve a more efficient and balanced sitting posture.
- Ways to help your bodywork clients extend the work they receive in sessions, and help themselves with problems they may experience at home.

Method of Learning:

Open to all. No prior bodywork experience is necessary. This is a hands-on class. A detailed handout will be provided.

Needs:

Participants should dress in comfortable loose-fitting clothing and come prepared to work on a carpeted floor. Bring pillow(s) and padding for your own comfort.

Learning Outcome:

At the end of the day you will have learned a brief overview of Ortho-Bionomy. You will understand and be able to use Ortho-Bionomy Self Care to maintain your own well-being as well as apply it to clients' home care programs to release structural imbalance, promote pelvic stabilization and a balanced posture.

Meeting Location:

Essenhaus Inn and Conference Center & Das Dutchman Essenhaus Restaurant, Your home away from home in northern Indiana Amish Country. 240 US 20, PO Box 1217, Middlebury, IN 46540, 574-825-9471 or 800-455-9471, www.essenhaus.com. Located on US 20, one mile west of State Road 13, Only 6 miles south of I80/90 Toll Road, Exit 207.

Single & Double rooms \$95 AMTA group rate will be available until March 1, 2005. When reservations are made against the group block, a \$50 deposit will be required to hold each room. Make sure you let them know you are with the AMTA for the discounted rate.

You can enjoy the hospitality you would expect in Amish Country. Amish made furniture and attention to detail grace in each room with simple elegance. Amish style restaurant/bakery with home-style meals, dessert and baked good. Features: indoor pool, kiddie pool, children's play area, game room, exercise room, outdoor patio and a second floor complementary breakfast area is decorated in a cozy rustic style with a fireplace and rocking chairs that make in a great gathering spot.

Essenhaus Village Shops, which includes a Bakery in the restaurant, Dutch Country Gifts, The Clothesline, The Corn Crib, The Cabin, The Quilt Shop & Extravagant Grace, Essenhaus Miniature Golf and Seasonal Carriage Rides.

Schedule:

The weekend schedule was set-up for you to have Saturday morning shopping time. You can visit the Amish Country Heritage Trail. Travel through the cities and towns of Elkhart, Goshen, Nappanee, Middlebury, Wakarusa and Shipshawana to discover their unique appeal. This is a place where pieces of the past mold easily with the present in a vibrant patchwork of people, places and time. Find farmers markets, herb garden and greenhouses, many furniture and woodworking shops, antiques, arts and crafts shops. You can get a planner guide by visiting www.AmishCountry.org, or contacting Elkhart County- Convention and Visitors Bureau, 800-517-9657.

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AMTA INDIANA CHAPTER OPEN HOUSE

Middlebury, Indiana • Saturday, April 2, 2005 and Sunday, April 3, 2005

Friday, April 1, 2005

1:00 pm – 7:00 pm Board of Directories meeting with unscheduled breaks. Chapter members are always welcome to attend the BOD meeting - no foolin'.

Saturday, April 2, 2005

11:30 pm – 1:00 pm Vendors are open for shopping in the conference center

12:30 pm – 1:00 pm Registration **Ortho-Bionomy, Phrase Four for the Spine**, 7 contact hours

1:00 pm – 5:00 pm Ortho-Bionomy, Phrase Four for the Spine

5:00 pm – 6:30 pm Supper, included with registration

6:30 pm – 9:00 pm Class concludes-Ortho-Bionomy, Phrase Four for the Spine

9:00 pm – 10:00 pm Vendors will be open

Sunday, April 3, 2005

8:00 am – 9:00 am Vendors are open for shopping in the conference center

8:30 am – 9:00 am Registration **Ortho-Bionomy, Self Care**, 5 contact hours

9:00 am – 12:00 pm Ortho-Bionomy, Self Care

12:00 pm – 2:00 pm Lunch and Business meeting combined, included with registration. Vendors will be open during the last 15 minutes of the business meeting. Make your final purchases.

2:00 pm – 4:00 pm Class concludes-Ortho-Bionomy, Self Care

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Open House AMTA Indiana Chapter

April 2-3, 2005 • Middlebury, Indiana

REGISTRATION FORM



Ortho-Bionomy® Phrase Four for the Spine

7 contact hours, NCBTMB, AMTA
Saturday, April 2, 2005

Ortho-Bionomy® Self Care

5 contact hours NCBTMB, AMTA
Sunday, April 3, 2005

NAME _____ AMTA# _____

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CITY, STATE, ZIP _____

PHONE (____) _____ E-MAIL _____

AMTA Indiana offers quality continuing education to all AMTA and non-AMTA massage therapists. Students currently enrolled in a 500-hour in-class massage therapy program are welcome and encouraged to attend.

- Early registration deadline for all classes is March 15, 2005.
- Late and at-the-door registration will be accepted as space allows.
- You may attend either one or both sessions.
- Cancellation will result in a \$50 fee. No refunds after March 31, 2005 or on unattended meals included in registration.
- If you want to order the Optional book: Ortho-Bionomy: A Practical Manual by Kathy Kain, \$20. Available by pre-order and pre-payment. Must be ordered no later than 2 weeks prior to class.

Vendor Fee - \$40 ____ Please provide your contact information and type of business.

REGISTRATION FORM CONTINUED ON NEXT PAGE.

REGISTRATION FORM STARTED ON PREVIOUS PAGE.

Ortho-Bionomy® Phrase Four for the Spine

7 contact hours, NCBTMB, AMTA

Saturday, April 2, 2005, Supper is included with registration

___\$ 150 AMTA member early registration ___\$ 170 AMTA member late registration
___\$ 170 Non-member early registration ___\$ 190 Non-member late registration

Ortho-Bionomy® Self Care

5 contact hours NCBTMB, AMTA

Sunday, April 3, 2005, Lunch is included with registration

___\$ 45 AMTA member early registration ___\$ 65 AMTA member late registration
___\$ 65 Non-member early registration ___\$ 85 Non-member late registration

If attending both days:

___\$ 160 AMTA member early registration ___\$ 185 AMTA member late registration
___\$ 180 Non-member early registration ___\$ 205 Non-member late registration

___\$21 Dinner - Guest meal ___\$15 Lunch - Guest meal

___\$20 Optional Book: Ortho-Bionomy: A Practical Manual by Kathy Kain
(Must be order March 15, 2005)

Total Amount \$ _____

Amount enclosed _____ Check _____ Visa _____ MasterCard _____ Discover _____

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

Signature _____ Expires _____

Card # _____

Please make check payable to AMTA Indiana Chapter. Mail check and completed registration form to Cheryl Middaugh, 3160 Bentwood Circle S. Dr. 2D., Indianapolis, IN 46268, 317-529-1939. For information, contact Larry Cary, 219-759-2630, Lrcary@att.net or Barb Lis, 219-696-0672, lis@netnitco.net

You can now register on line at www.amtaindiana.org

Also, check the classified section of the Indiana Chapter web site if you are looking to ride share or need a roommate.

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



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for the Spine**

7 contact hours, NCBTMB, AMTA
Saturday, April 2, 2005

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5 contact hours NCBTMB, AMTA
Sunday, April 3, 2005

Introduce a massage student to AMTA at our Open House.

Register Today - Early deadline is March 15!

If you are looking to share a ride, check out the classified section at www.amtaindiana.org.