



# hands in motion

AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

## president's message



**"I've learned that it is impossible to accomplish anything worthwhile without the help of other people."**

— *H. Jackson Brown, Jr.*  
*at age 82*

I can't believe how fast this year has gone by. I hope everyone had a great summer, and I look forward to the Holidays.

Your board members met on the first weekend of November, to work on the budget for next year, and I have to say "WOW". The classes we have lined up for you are amazing. Starting with Convention in February, you will be able to get your certification in CPR/First aid. There will be a cold stone class which includes Face Toning. "I know, sign me up", body gravity has not been my friend. We are planning an Oncology class in March, where you will be certified to do massage on cancer patients. How cool is that! The Dynamic Foot in June, Side Lying Massage in September. Ever wonder how to get your "FREE" website up and running or market yourself on social media? Come take the free class, Social Networking as a business tool in November. You will be walked through, step by step, on your laptop or electronic device.

I also want to say that we are all a small part of a bigger picture, whether it is our family, work, friends, education or AMTA. Without you our picture is incomplete. I am here to help you receive the full AMTA experience. When the electronic ballots come out I want to encourage the Professional Members to vote. This is your organization and voting is your voice.

Thank you so so much,

*Robyn Ryther*

rryther@comcast.net

## mission statement

**The mission of the Utah Chapter of the American Massage Therapy Association is to advance the art and science of massage therapy as a visible means of treatment and preventative practice; and to foster the professional practice of massage therapy in a virtuous, prudent, and proficient manner so as to maintain the good health and well-being of the citizens of Utah**



come  
grow  
with us

at the  
AMTA Utah Chapter  
2015 Convention

**Location: Miller Conferencing Center**  
9750 South 300 West, Sandy, UT 84070 • (801) 957 – 5296

**Schedule for Day #1, Friday, February 6, 2015**

8:00-9:00	Registration, Continental Breakfast, Ice Breakers
9:00-12:00	Class #1: CPR/First Aid Certification Certification by American Red Cross Class #2: Cold Stone/Migraine Therapy
12:00-12:15	Break for lunch setup
12:15-2:45	Lunch and Annual Meeting Keynote Speaker: Karie Huzzey, Jive Communications Topic: "Building Solid Work Relationships by Growing with AMTA"
2:45-3:00	Break for Class setup
3:00-6:00	Class #1: Continuation of CPR/First Aid Certification Class #2: Continuation of Cold Stone/Migraine Therapy
6:00-6:15	Class evaluations
6:15	End of Day #1

**Schedule for Day #2, Saturday, February 7, 2015**

8:00-9:00	Registration, Continental Breakfast, Ice Breakers
9:00-12:00	Class #1: Full Body Chair Massage Class #2: Face Toning
12:00-12:15	Break for lunch setup
12:15-1:15	Lunch
1:15-1:30	Break for Class setup
1:30-5:00	Class #1: Continuation of Full Body Chair Massage Class #2: Continuation of Face Toning
5:00-5:15	Class evaluations
5:15	End of Day #2 and End of 2015 Convention

*\*Continental Breakfast and Lunch included in price of Convention  
You may bring one guest to lunch on Day #1 at the cost of \$25.00 for their ticket.*

*\*\*There will be door prizes and drawings each day, so make sure that you are in attendance!!*

## convention presenters

**Karie Huzzey:**

Karie Huzzey is the National Executive Director, Affiliate Program at Jive Communications in Orem, Utah. Jive Communications provides enterprise-grade Hosted VoIP and Unified Communications to businesses and institutions. Jive is rapidly becoming the standard for business communications worldwide. Karie is also a member of the American Fork Chamber of Commerce and Women in Business Coalition. Karie has spoken to many groups about building relationships in the workplace. We look forward to hearing what she has to share with us about building relationships with our clients and with other massage therapists.

**Kelly Lott, LMT:**

Recently voted into the Hall of Fame for the World Massage Festival, and a nationwide certified massage instructor through The National Certification Board for Therapeutic Massage and Bodywork, Kelly Lott graduated from the Chicago School of Massage in 1991, and has 23 years of experience in her professional practice.

Kelly has an extensive background teaching all over the country with her proprietary product, Migraine Miracle® -- Cold Stone Therapy for Migraine Headaches, and has invaluable experience with Pregnancy Massage, Infant massage, Face Toning and Spa treatments. Kelly is also a Doula, and has had the absolute joy and honor to help birth 10 beautiful children.

In September 2013, Kelly Lott was invited to Migraine Miracle at the National Conference of the American Massage Therapy Association.

Married for 23 years to her wonderful and supportive husband Gary, Kelly also lives with their beautiful dog Molly in Fort Worth, Texas.

Kelly will be presenting both her Migraine Miracle and her Face Toning classes at our 2015 Convention for AMTA-Utah.

**Meade Steadman, LMT:**

Meade Steadman is a Licensed Massage Therapist and Instructor for the Myotherapy College of Utah. He is also the featured expert in many award-winning instructional videos on various massage modalities. He has been a guest lecturer at the University of Utah, and has been published in a Massage Therapists's Guide to Pathology (4th Edition) and Massage and Bodywork Magazine.

In addition to CE Courses, Meade is the featured expert in many award-winning videos produced by Aesthetic VideoSource. The Art & Practice of Stone Massage received a Bronze Telly Award; Bronze Summit Award; Silver Davey Award; received a 10 out of 10 rating in Massage Today; was showcased in Skin, Inc., and was featured in Spa Management.

*\*\*NOTE: All classes are 6-hour NCBTMB continuing education credits, with the exception of CPR/First Aid.*

# AMTA – UTAH CHAPTER educational event

DATES: March 12, 13, and 14, 2015 (Thursday, Friday, and Saturday)

CLASS: A 3-Day Indepth Intro to Oncology Massage & Certification

INSTRUCTOR: Lauren Muser Cates, CMT/LMT, NCBTMB

COST: AMTA Students and AMTA Members = \$288.00 Non-members \$480.00

The course manual and PowerPoint slides used in the course may be purchased on the first day of class for \$25.00.

REGISTRATION: Register online at [AMTAUTAH.ORG](http://AMTAUTAH.ORG).

CEU's: 24 hours, NCBTMB approved

**description:** I am pleased to partner with AMTA Utah Chapter to bring this 3-day introduction to oncology massage to the west. This course will provide students with the basic skills they need to start making smart, safe decisions when working with people who have been affected by cancer. This course will prepare therapists who want to specialize in oncology massage for additional, more comprehensive oncology massage training while also providing a basic level of skill and familiarity necessary for therapists who do not plan to specialize, but simply want to be prepared for those times when clients affected by cancer show up on their tables. Our time together will conclude with an opportunity for students to put their new skills to work as they provide a supervised full body, one-hour, client-centered oncology massage sessions with an actual client affected by cancer. Whatever your level of interest in oncology massage, this course is for you!

8:00 a.m. – 12:30 p.m.	Registration and Class (8:30 class time on day #2 and 3)
12:30 p.m.-1:30 p.m.	Lunch Break (lunch on your own)
1:30 p.m.-5:30 p.m.	Class resumes Break schedule to be determined.

**location:** This class will be held at Residence Inn by Marriott at  
171 East 5300 South, Murray, UT 84107  
(801) 262-4200.

Rent a room for \$133.99 per night taxes included.

**recommended reading:** Medicine Hands: Massage Therapy for People with Cancer by Gayle MacDonald, MS, LMT (be sure to get the 3rd edition! . . . It's the newest!) If you plan to practice oncology massage after the course, this textbook is a truly indispensable reference resource, even if you purchase the manual that is specific to this course. Students will have an opportunity to purchase a course manual, including PowerPoint slides used in the course, for \$25 on the first day of class.

## topics covered

- \*Common cancer treatment protocols
- \*Side effects
- \*Surgical interventions

## what to bring:

- \*Two complete changes of sheets (one for exchanging with fellow classmates and one for the "clinic" on the last day of class).
- \*No less than 2 pillows (3 is ideal)
- \*Massage table
- \*Unscented lotion (no oil)
- \*Pencil/pen and paper/notebook
- \*An open mind, a forgiving heart and a sense of curiosity and fun
- \*Professional clothing for the last day of class ("clinic"); no scrubs, please

**biography:** In 2003, massage therapy found Lauren Cates like a needle in a haystack. She had never had a massage before she went to massage school. If you had told her 10 years ago that she would be making her living providing massage for people with cancer and traveling the United States teaching others how to do it, too, she would have laughed in your face. . . .politely, of course. She served from 2005-2009 as the Clinical Supervisor for Hospital/Oncology Massage at The Teal Center at Virginia Hospital Center in Arlington, VA, and served as the president of the Society for Oncology Massage ([www.s4om.org](http://www.s4om.org)) from early 2010 through late 2014. Lauren has an active private practice in addition to her duties providing and supervising massage for medically complicated, oncology and end of life patients at both Virginia Hospital Center and Children's National Medical Center with a non-profit organization she co-founded in 2010, called Healwell. She has participated in adult and pediatric oncology massage research, including writing practical protocols, and she co-teaches a 9-day in-hospital training course for massage therapists that provides a unique opportunity to work directly with inpatients in the ICU, oncology and acute rehabilitation units. Lauren also writes a blog at [www.lighthold.org](http://www.lighthold.org).

**note:** Lauren Muser Cates is part of the Society for Oncology Massage (S4OM) along with Bruce Hopkins, Gayle MacDonald, and Tracy Walton. S4OM was created to give massage therapists minimal and advanced standards for working with clients living with cancer. We are very grateful to have the opportunity to have Lauren teaching us this beginning course in oncology massage.

**Register for this class online or with a Print & Main-in Form by going to the website [www.amtautah.org](http://www.amtautah.org)!**

# come **grow** with us

## at the AMTA Utah Chapter 2015 Convention

### convention **registration** form

February 6-7, 2015

NAME First\* \_\_\_\_\_ Last\* \_\_\_\_\_

Address\* \_\_\_\_\_

City\* \_\_\_\_\_ State\* \_\_\_\_\_ Zip\* \_\_\_\_\_

Check One\*:  Cell  Home  Work # \_\_\_\_\_

Email address \_\_\_\_\_

Membership Type (Check One)\*  Professional/Active  Student/Graduate  Non-AMTA Member

#### Registration Options

#### Circle Appropriate Price Professional / Student / Non-AMTA

- |  |                           |
|--|---------------------------|
| <input type="checkbox"/> Class 1 1-Day CPR/First Aid               | \$80.00 / 95.00 / 110.00  |
| <input type="checkbox"/> Class 2 1-Day Cold Stone/Migraine Therapy | \$90.00 / 100.00 / 120.00 |
| <input type="checkbox"/> Class 3 1-Day Face Toning                 | \$90.00 / 100.00 / 120.00 |
| Take \$15.00 off if you sign up for Class 2 and 3                  | \$165.00 / 85.00 / 105.00 |
| <input type="checkbox"/> Class 4 1-Day Full Body Chair Massage     | \$90.00 / 100.00 / 120.00 |
| Lunch and Annual Meeting   | Free                      |
| Lunch and Annual Meeting with Guest                                | \$25.00                   |

Guest Name \_\_\_\_\_

Postmarked after January 24, 2015 add \$25.00

**Total \$** \_\_\_\_\_

**\*Meal Options:**  Chicken  Vegetarian

\*Required fields .

#### Send check for full amount and registration form to:

AMTA Utah Chapter  
c/o Robyn Ryther  
3699 South 4565 West  
West Valley City, Utah 84120

Register now and save yourself the \$25.00 late registration fee! You may also register online at [www.amtautah.org](http://www.amtautah.org)

## bodywork connections group

The Utah County Bodywork Connections Group will be hosting a lunch to discuss business practices at the new Lehi Chuck-A-Rama located at 1050 East Main Street (phone # 801 766-0509) on Friday, December 12, 2014, at 12:30 p.m. All Utah County massage therapists are welcome as well as any massage therapists interested in starting a networking group of massage therapists in their area. Please RSVP to Brenda Swadley at (801) 763-9417 by December 11th if you plan to attend.

# AMTA national convention delegates report

In the past year the HoD lost a few of the long time members who have volunteered considerable time and made the AMTA a better organization. We started the meeting with a moment of silence and a very short slide show. There was a different feel to the meeting, a mix of sadness that these people were no longer with us and joy that they made the HoD what it is today. Lee Stang did a spectacular job of stepping into Dan Barrow's shoes as moderator. This can be a very demanding position, let alone when the debate on a Position Statement (P.S.) or Recommendation is in full swing.

Thank You Utah AMTA members for electing me to the honorable position of alternate delegate. You should know Stephanie Jackson did a great job as delegate. She was unable to represent you at the meeting but she shined in the forum (an online chat for the delegates to discuss Position Statements and Recommendations prior to the HoD meeting) writing beautifully and very concisely expressing her opinions and backing them up with citations. In fact I think Stephanie's posts made a difference in how the vote went on "Massage Therapy can improve health and wellness through its effects on the physical, mental, and social wellbeing of an individual." As a coauthor I was discouraged from making comments on the forum unless directly asked. Stephanie said just about everything I wanted to, she is an eloquent writer. I had the Honor of presenting the position statement I was lead author on, "Massage Therapy can improve health and wellness through its effects on the physical, mental, and social wellbeing of an individual."

Special thanks to my amazing co-authors Sabrina Lopez and Anne Blair Kennedy for all of their research, time, and dedication to this Position Statement. On my way back to my seat someone called the question and to my excitement it was immediately seconded. (I have been told this never happened before, although my memory was that another position statement passed years ago with little or no discussion.) The delegates voted to vote on the P.S. with no discussion and to my delight it passed.

**Position Statement #1:  
Massage for Health and Wellness  
Total for: 115  
Weighted for: 42062  
Total against: 20  
Weighted against: 10208  
Requires 2/3 majority weighted at:  
36222  
Motion passed.**

Next up was Portability. "It is the position of the American Massage Therapy Association (AMTA) that regulations, in statute and/or rules, should provide options for portability of credentials which meet the required licensing, certification, or registration of massage therapists across the United States." One main objection to this P.S. was that one or two of the states listed as not having licensing, promulgated (enacted) state licensing requirements between the time it was written and the time of the meeting (roughly a 6-8 month time frame). The other main objection to it was that the profession does not have consistent educational standards from school to school let alone state to state. This would also require many other kinks to be worked out and that the Commerce clause be rescinded. This left me thinking a reminder of the con-

cept of Position Statements would be useful, so I went up to the speaker and spoke for it. Asking that this pass, first reading the definition "A position statement lets people know where you stand on a topic or debate. It can be used in a variety of areas like policy, literature, ethics, and legislation." Then adding that "This year the HoD should empower their elected leaders of our professional organization to make this statement an official statement of the AMTA." If our Nationally elected leaders have a Position Statement such as this, they can argue for and work on removing the road blocks or obstacles that prevent portability from being a standard in our profession. Unfortunately, it still did not pass.

**Position Statement #2  
Proposal on Portability  
Total for: 80  
Weighted for: 30647  
Total against: 60  
Weighted against: 23685  
Requires 2/3 majority weighted at:  
36222  
Motion does not pass.**

The 3rd Position Statement to be presented, discussed and voted on was Burns. "It is the position of the American Massage Therapy Association (AMTA) that massage therapy can assist in the rehabilitation of burn scars." The two objections noted were that research study groups were too small and Massage Therapist's without proper training will work on clients and do harm. I and many others felt the research was strong. It is possible that a therapist without proper training would work on someone in which case they should be brought before DOPL or whoever their state board is, as they should be for working outside their

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training with any specialized population. Again I went to the "For" microphone. "I do not know of a single state that includes in their legislation or regulations a minimum amount of hours or training to work with burn scars. There are usually statements that you have to be trained or competent to practice but it goes back to our Standards of Practice and ethics. Who was the first person who did this before they had classes and figured out it worked? We have pioneers in a wide variety of specialty areas like geriatrics, prenatal, and oncology before there were any classes available. That is part of the beauty of our profession. That is not to say that now that research based training is available one should not get training, they should get a solid base of training and work with a medical team. The fact that we have many therapists not trained for this specialty does not negate the fact that there is good research and demonstrated benefits that massage therapy is beneficial to burn scar survivors. Now that education is available more and more massage therapists are beginning to work and succeed in this area therefore more and more people are experiencing this benefit."

This could be paraphrasing with the excitement in the room. While I was well prepared and had this pre-written, when standing at the microphone a word or two may have been changed, as with each time I spoke.

**Position Statement #3  
Proposal on Therapeutic Massage  
for Burn Scars**

**Total for: 85**  
**Weighted for: 31312**  
**Total against: 54**  
**Weighted against: 22719**  
**Requires 2/3 majority weighted at:  
36222**  
**Motion does not pass.**

SC Recommendation: Remove the financial responsibility of funding Delegates' attendance to the House of Delegates from the

State Chapters' budgets.

This recommendation has to do with budget cuts to chapters and the frustration Chapters are feeling trying to meet National and member expectations with a smaller budget. A lot of the discussion was on the question "does that make delegates then National volunteers' or are they still Chapter volunteers?" Where would the voting then have to happen? If made national, would other states be able to vote for your states Delegate(s)? National has proven their commitment to and the importance of having chapter representation through the support they provide the five smallest chapters if they apply for assistance for their delegate to attend National convention. Yes, it is difficult for some chapters to have such a large cut to the budget. But removing the Chapter budgeting to send their delegates to National convention to represent them would also take away from Chapters what a true delegate is. A delegate is the voice of that Chapter on a national scale.

**SC Recommendation**  
**Total for: 96**  
**Weighted for: 35688**  
**Total against: 44**  
**Weighted against: 18644**  
**Requires majority weighted at:  
27167**  
**Motion passed.**

WA Recommendation: Remove the responsibility of generating and approving Position Statements on the clinical efficacy of massage from the House of Delegates to another group and encourage them to instead discuss issues that relate to the actual practice of massage therapy.

This recommendation leaves me miffed as I feel that Position Statements ARE related to the actual practice of massage therapy. What group will they be moved to that could possibly be more invested or capable than the current process involves? We already have the position statements vetted by the Position Statement Review Commission (PSRC), staff, legal, and the Massage Therapy Foundation. It would be

inappropriate for another organization to write the position statements that we adopt in our organization. The author suggested that delegates "discuss issues that relate to the actual practice of massage therapy." I can understand discussing additional issues on the forum, there is already a forum for presidents to do that. However, I do not want to see the HoD become a coffee clutch, as I believe we take on very serious and important business. There were delegates that expressed they were insulted by this recommendation because the author expressed that the choice if the HoD should be addressing Position Statements at all should be a conscious choice. Myself, and other delegates have taken on this position because we enjoy reading and evaluating research, and this is not only the job of a delegate, but one of the most important jobs of the HoD. I was glad to see the overwhelming response in the room from delegates of multiple chapters who felt they needed to speak at the microphone to openly disagree with this recommendation. The importance of keeping this responsibility in the House of Delegates was shown when this recommendation went down in flames at the final count of votes. I was pleased with the response from other delegates as I have been a long-time volunteer member of the Position Statement Review Commission (PSRC) and have spent many weeks investing a significant amount of my time reading, evaluating, and discussing the research cited. No member should undertake a delegate position without researching the skills needed to fulfill their duties as a delegate. If they do not feel their current skills are adequate, there are many options available to prepare them to meet the needs of this position. National provides links on their website to assist with delegate training, which typically includes a research class that is offered at National Convention. I believe that if delegates take the time to prepare for their position utilizing the tools already available

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to them through multiple sources including their delegate packet, they can be prepared to provide the skills required of a delegate in this important process of understanding and voting on Position Statements.

**WA Recommendation**

**Total for: 14**

**Weighted for: 8457**

**Total against: 126**

**Weighted against: 45875**

**Requires majority weighted at: 27167**

**Motion does not pass.**

CA Recommendation: Each Chapter may determine the amount of its Chapter Fee and how to request/acquire said Chapter Fee via mandatory assessment, opt-out contribution, opt-in contribution, or as unnecessary.

There were many discussions of this hot topic issue. The recommendation process, should it pass the HoD, then goes before the national board for their consideration. This is the equivalent of writing a letter signed by multiple members to the National Board. As the National board has recently taken away chapter fees, I did not see a reason for this recommendation as the board alone will decide if they even review a recommendation from the HoD. I understand this has been recommended to express that for chapters to meet national and members expectations, some (such as ours) need a larger budget. Based on the recent removal of chapter fees by the National Board, the only way currently available to the chapters to increase their budget is to increase their Professional membership numbers and to get those Professional members interested in attending chapter funded classes to prevent the chapters from losing money on the continuing education that is offered. It saddens me that chapter fees have become such a large issue.

**CA Recommendation**

**Total for: 126**

**Weighted for: 48946**

**Total against: 13**

**Weighted against: 4839**

**Requires majority weighted at: 27167**

**Motion passed.**

*Susan DeLegge, LMT CDT/MLD,  
AMTAUT Chapter Delegate*



## delegate report for 2014 national convention in denver, colorado

*by Brenda Swadley*

In 2014, for the second consecutive year, the delegates have posted, on the chapter website, information on the position statements and/or recommendations to be voted on at the upcoming AMTA National Convention. After these have been posted, surveys for the membership have been posted to obtain input from members on how they feel about the position statements and recommendations.

For 2014, there were three position statements and three recommendations presented at the House of Delegates (HOD). The recommendations pertaining to chapter fees and funding for delegates' attendance to the House of Delegates each passed in the HOD and will be submitted to the AMTA National Board of Directors for their decision. The recommendation on position statements by Tom Whitmore of the Washington Chapter did not pass in the HOD.

This year was singular in that the HOD considered a position statement where the originator was Susan DeLegge, a member of the Utah Chapter AMTA. This position statement on massage for health and wellness passed the HOD without having to be debated, which was also a singular occurrence. After Susan presented the position statement to the HOD, a delegate "called the question" to proceed without debate. Then a delegate "called the vote" and the position statement was approved with a total of 115 votes in favor and only 20 votes against.

The position statement proposals on portability and on therapeutic massage for burn scars failed to pass the HOD. The strongest objection regarding the position statement on therapeutic massage for burn scars was concerning the skill level of therapists who would work with these clients. Massage therapists working with burn survivors need to have a high level of competence to work with this particular population.

This year the scheduling was different for the HOD. Rather than two consecutive afternoon meetings of the HOD, the work of the HOD was conducted in a session from 1:00p.m. to 7:00 p.m. on Wednesday afternoon and continuing into the evening. I found this new session time preferable as it seemed to have a better flow without having to end a session then reconvene the following day.

Thank you for allowing me the opportunity to serve as a delegate for the Utah Chapter AMTA. It was a great learning experience with exposure to views of other massage therapists in our organization.

# utah chapter AMTA elections 2015-2016

## your chance to vote!

## your opportunity to run!

Find out who your new Board Members and Delegates are at the Annual meeting of the Utah Chapter State Convention on Friday, February 6, 2015 during lunch. Online elections will be held before the Annual meeting for the following positions:

- 1st Vice President
- 3rd Vice President
  - Treasurer
  - Delegate
- 2 Alternate Delegates

All candidates must complete the candidate application form, sign the Chapter Volunteer Code of Conduct Form found at <http://www.amtautah.org/files/Code%20of%20Conduct%20-%20Chapter%20Volunteer%20Form.pdf> attach a resume to be emailed before the deadline of December 20, 2014, and sent to:

**Corey Christensen** [corey@sacredcovemassage.com](mailto:corey@sacredcovemassage.com)

## job duties

### Utah Chapter Vice Presidents (1st, & 3rd)

Duties – In the absence of the President, presides in their respective order as Chapter President pro-tem. In the event of a vacancy in the office of President, succeed to that office for the unexpired term in their respective order.

Serve as chair of standing committees and or assume assignments as directed by the Chapter President and or Board of Directors.

### Utah Chapter 1st Vice President

presently includes responsibility/supervision of:

- Newsletter Editor
  - Website Coordinator
  - Finance Committee
  - Sports Committee
  - Education Committee
  - Chapter Convention Committee
  - Government Relations Committee
- 2-year term, elected in odd years (2013-2015...)

### Utah Chapter 3rd Vice President

responsibility/supervision of:

- To Be Determined
- 2-year term, elected in odd years (2013-2015...)

### Utah Chapter Treasurer

2-year term, elected in odd years (2013-2015...)

The Chapter Treasurer serves as the financial coordinator and serves the chapter by ensuring the integrity of the fiscal affairs of the chapter through maintenance of accurate financial records of the chapter.

The Chapter Treasurer is responsible to conduct the day-to-day financial affairs of the Chapter under the direction of the Board of Directors, hold responsibility for chapter finances and keep an accurate record of all income and disbursements. Has experience in bookkeeping, accounting or finance.

### Delegate (1 position)

2-year term, elected in odd years (2013, 2015...)

Delegates represent the Utah Chapter at AMTA National conventions. The responsibility of the delegates is to represent the views of the Utah chapter and to vote on topics regarding AMTA National By-Laws and position statements.

Delegates expenses are reimbursed only for attendance at the House of Delegates meeting at the National Convention, including transportation, lodging and meals. Convention registration fees and additional days/nights of lodging are optional and are the responsibility of the delegate.

### Alternate Delegates

Elected each year for a 1-year term

Alternate Delegate assumes duties of a Delegate when that delegate is unable to attend meetings or perform duties.

# AMTA Utah Chapter – 2015 Elections

## candidate application and resume

PLEASE PRINT in dark ink or type your responses. You may use additional paper on your resume to answer questions.

PLEASE EMAIL A COPY OF YOUR RESUME, PICTURE, AND BIO WITH THIS FORM TO [corey@sacredcovmassage.com](mailto:corey@sacredcovmassage.com).

### I AM SEEKING THE FOLLOWING POSITION:

- 1st Vice President (2-Year Term)     3rd Vice President (2-Year Term)     Treasurer (2-Year Term)  
 Delegate (2-Year Term)     Alternate Delegate (1-Year Term)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

Employer Address \_\_\_\_\_

# of years practicing massage therapy # of years as AMTA member \_\_\_\_\_

Massage school attended \_\_\_\_\_

Address of massage school \_\_\_\_\_

Number of hours completed for graduation \_\_\_\_\_ Graduation Date \_\_\_\_\_

Massage License # \_\_\_\_\_

Other Education \_\_\_\_\_

List AMTA Chapter or National office held and/or committee work (include dates) \_\_\_\_\_

\_\_\_\_\_

**ATTACH BIO/STATEMENT OF INTENT** (list community of professional experience that will enhance your ability to serve—strengths and qualifications that you would bring to this position and how you see yourself contributing. Why do you think you're a good candidate for this position?)

Are you able to commit to the entire term of the office you are seeking?     yes     no

Are you willing and able to commit the time needed to get the job done?     yes     no

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Email this form to: Corey Christensen, [corey@sacredcovmassage.com](mailto:corey@sacredcovmassage.com) no later than DEC 20, 2014**

**TO ENSURE THAT ALL CANDIDATES MEET QUALIFICATIONS FOR A CHAPTER POSITION,  
ONLY APPLICATIONS RECEIVED BEFORE THE DEADLINE WILL BE ON THE BALLOT.**

# welcome new members

**On behalf of the Board of Directors**, welcome to the Utah Chapter of the AMTA. Feel free to contact any Board Member if you have any questions or concerns regarding your membership. In your welcome packet, you will find helpful information regarding your membership and the Chapter. Use your gift certificate toward any upcoming education class.

Glad to have you aboard.

Carolyn Redington, Membership Chair. • 801-661-7602 • bodybasics2@msn.com

## July 2014

Jamie Baird  
ReBecca Campos  
Danielle Hancock  
Samantha Harker  
Roe Jenks  
Chaska Johnson  
Angie Kohles  
Nathan Losee  
Melissa Marshall  
Jamie Thornton

## August 2014

Aaron Ahonen  
Stephanie Aldred  
Alexander Anderson  
Sarah Arters  
James Aured  
Tiffany Baker  
Natasha Barnes  
Nova Beard-Taylor  
Cassandra Bingham  
Sierra Boster  
Gabriel Bran  
Liana Brodberg  
Sidney Brown  
Mindy Brown  
Carissa ryant  
Kathleen Bundy  
Alysia Byington  
Joshua Bytendorp  
Kodi Christian  
Koti Chritian  
Cameron Cluff  
Matte Cole  
Jose Cortez  
Heather Countryman  
Kristin Cowan  
Lynn Dean  
Peter DeGraffenried  
Paula Delgado  
Michelle DeLong  
Joseph DiBennetto  
Julie Fairbanks  
Marisa Ferguson  
Lorena Fernandez  
Gabriel Garcia  
Pablo Garcia  
Megan Gardner

Tyson Gee  
Samantha Hansen  
Lindsay Heath  
Austin Heaton  
Derek Horne  
Bijan Hosseini  
Christopher Howard  
Marie Hunt  
Nancy Hunt  
Rachel Innis  
Markelle Jacobsen  
Terah Jamison  
Colby Johnson  
Carolyn Judd  
Jamie Kinsley  
Samantha Kuehl  
Meisha Lowe  
Alexandra Madsen  
Richard Marsh  
Geneana Martineau  
Christy McCombs  
Tessa McCullough  
Jessica McCusker  
Kendall McNalley  
Ann Meyers  
Ryan Mitchell  
Chelsea Montgomery  
Chris Moore  
Kortney Mortensen  
Heather Mueller  
Brenda Murray  
Melinda Norville  
Mark Olsen  
Miranda Orullian  
Miquete Packer  
John Peck  
Shelli Preece  
Cheryl Prochet  
Jenny Prows  
Tysha Randall  
Megan Riel  
Andres Rivera  
Celeste Rodriguez  
Mathew Romer  
Elgin Saafi  
Sara Salazer  
Jennifer Sheffer  
Tamra Short  
Jessica Silva

Samantha Smith  
Skydawn Smoot  
Krista Stout  
Ryan Stowell  
Jennifer Su'a  
Kelly Sumsion  
Tamara Tanner  
Tiera Thornton  
Katelyn Toney  
Robert Vallejos  
Laura Vongermeten  
David Wilson  
Dorrelyn Young

## September 2014

Aaron Anderson  
Rebecca Cobb  
Kimberly Davis

## October 2014

Emily Almiron  
Marina Bair  
AnnaMarie Beck  
Glenn Belnap  
Brayden Bentley  
Katherine Bigelow  
Lora Boden  
Megan Borja  
Brittney Brown  
Janean Brown  
William F.M. Bryan  
Sarah Bullock  
Michelle Burditt  
Melissa Burns  
Allison Burton  
Jessie Custer  
Leah Dahle  
Melisa Davis  
Jennifer de la Rosa  
Melinda Diaz  
Kristine Emanuelson  
Christhofer Farfan  
Brianna Francom  
Stephanie Fredricksen  
Lehulani Fu  
Ethan Harter  
Angela Hiskey  
Haley Hiskey  
Terry Hogan

Thomas Hrabak  
Courtney Isaac  
Christopher Johnson  
Jennifer Johnson  
Cara Larson  
Anthony Larson  
Robert LaSalle  
Kryer Lee  
Kirstyn Lizak  
Makayla Lowe  
Melanie Lutz  
Sabrina Lyle  
Vanessa Morales  
Joseph Muse  
Alexis Newell  
Wandalay Noravong  
Annalicia Oborn  
Molly Owens  
Michaela Park  
Michael Perry  
Megan Peterson  
Jennifer Peterson  
Michael Portal  
Makayla Porter  
Julie Poulson  
Kazier Raja  
Beau Rasmussen  
Patricia Rawlings  
Audry Rhoades  
Kimberly Rocha  
Virginia Rodriguez  
Karla Roice  
Kimberly Romero  
Jordan Sanford  
Antoinette Sharfner  
Theresa Sorenson  
Linda Soumpholphkdy  
Meg Sutton  
Phoebe Taylor  
Gloriany Tellez  
Evelyn Thomas  
George Thompson  
Mairta Thompson  
Lorin Thompson  
Anthony Trujillo  
Alexia Wallace-Hatch  
Jennifer Williams  
Wei Zhang

## utah chapter amta 2014-2015 **proposed budget**

<b>Projected Income</b>	<b>Projected for 2014-2015</b>	<b>Projected for Mar 2015 to Feb 28, 2016</b>
Education Workshops	7,761	14,980
Interest and Dividends	69	0
Member Dues	19,289	18,297
Newsletter - Advertising	200	0
Sports Team	0	0
State Convention	9,250	15,700
Reserves	15,000	6,000
<b>TOTAL INCOME</b>	<b>51,569</b>	<b>54,978</b>
Awards	225	250
BOD Statagic Planning Meeting	2,300	1,550
Chapter Volunteer Orientation	250	200
Education Workshops	9,500	13,410
Expansion/Recruiting	1,307	470
Government Relations	10,000	9,000
Insurance Bond	250	250
MassageTherapy Foundation Donation	750	700
Membership	3,950	2,860
MERT	0	0
Misc./Petty Cash	500	250
National Convention/ Presidents Meetings	4,206	4,749
Newsletter	2,110	900
Office Assistant	1,014	1,200
Presidents Meeting	1,060	1,500
Sports Team	0	0
State Convention	10,955	16,900
Supplies/Postage/Copies	650	0
Telephone	0	0
Website	2,542	1,200
<b>TOTAL EXPENSES</b>	<b>51,569</b>	<b>55,389</b>
<b>PROJECTED RESERVE</b>	<b>0</b>	<b>-411</b>

## american massage therapy association utah chapter **leadership roster**

November, 2014

### board of directors

<b>President</b> 801-209-4103	<b>Robyn Ryther</b> rryther@comcast.net
<b>Imm. Past President</b> 801-916-8752	<b>Roger Olbrot</b> rmolbrot@usa.net
<b>1st Vice President</b> 801-573-7382	<b>Jennifer Hanna</b> jzpenergy@yahoo.com
<b>2nd Vice President</b>	<b>Vacant</b>
<b>3rd Vice President</b> 801-763-9417	<b>Brenda Swadley</b> master_touch_message@hotmail.com
<b>Treasurer</b>	<b>Vacant</b>
<b>Secretary</b> 801-560-7370	<b>Kirk Jorgensen</b> kjor58@gmail.com

### elected delegates

<b>2013-2014</b> 801-566-1422	<b>Stephanie Jackson</b> stephjackson@hushmail.com
<b>2014-2015</b> 801-763-9417	<b>Brenda Swadley</b> master_touch_message@hotmail.com
<b>Alternate 2014</b> 801-485-7887	<b>Susan DeLegge</b> s.delegge@comcast.net

### 2014 chapter meritorious award winner

**Carolyn Redington**

### appointed positions

<b>Awards Chair</b> 801-763-9417	<b>Brenda Swadley</b> master_touch_message@hotmail.com
<b>Commission on Candidacy</b> 801 529-7315	<b>Corey Christensen</b> corey@sacredcovmassage.com
<b>Convention Chair</b> 801 492-6773	<b>Lynette Taylor</b> taylor.lynette.h@gmail.com
<b>Education Chair</b> 801 492-6773	<b>Lynette Taylor</b> taylor.lynette.h@gmail.com
<b>Finance Chair</b> 801-763-9417	<b>Brenda Swadley</b> master_touch_message@hotmail.com
<b>Gov't Relations Chair</b> 801-560-7370	<b>Kirk Jorgensen</b> kjor58@gmail.com
<b>Member At Large</b> 801-589-7291	<b>Ivan Thompson</b> amtincij@yahoo.com
<b>Membership Chair</b> 801-661-7602	<b>Carolyn Redington</b> bodybasics2@msn.com
<b>Newsletter Editor</b> 801-661-7602	<b>Carolyn Redington</b> bodybasics2@msn.com
<b>Office Assistant</b> 801-661-7602	<b>Carolyn Redington</b> bodybasics2@msn.com
<b>Parliamentarian</b> 801-589-7291	<b>Ivan Thompson</b> amtincij@yahoo.com
<b>Sports Massage Team</b> 801-573-7382	<b>Jennifer Hanna</b> jzpenergy@yahoo.com
<b>Standing Rules Chair</b> 801-485-7887	<b>Susan DeLegge</b> s.delegge@comcast.net
<b>Student Outreach Coord.</b> 801-870-8229	<b>Lisa Moen</b> bodyworkersetc@comcast.net
<b>Website Coordinator</b> 801-560-7370	<b>Kirk Jorgensen</b> kjor58@gmail.com