



AMTA - Utah Chapter Newsletter  
Summer 2016 Newsletter  
Upcoming Classes - Chapter News - Upcoming Elections



online newsletter

[amtautah.org](http://amtautah.org)

**hands in motion**

AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

August 9, 2016

## President's Message

**The cool days of spring have given way** to the oppressive heat and little rain of summer. Yet, in spite of these challenges, the wild flowers are a blaze on the mountains. It never ceases to amaze me what one can do when the will is



strong enough.

Our veteran board members are determined to make the future as bright as the mountain hillside. The new board members are bringing new energy and ideas to our chapter. We have new convention and education chairs (Anita Egbert and Jim Riley) and I am so excited about the upcoming events!

We are offering a [Facilitated Stretching and Building your Toolbox](#) class on September 17, 2016. [Click here to register](#)

We will also have our Annual Business Meeting on February 11, 2017. Please

save the date! This year we will be offering our "almost free" class along with our business meeting. Please check our [website](#) and [Facebook](#) page for more information.

As if that wasn't enough, ***Massage Elevated*** is the theme of Convention 2017 and I couldn't be more excited! This year's convention will be an

opportunity for you to revive and refresh yourself and your massage skills. We are still putting the final touches on this event, so keep up to date by checking out our [website](#) and [Facebook](#) page.

I am in denial that **fall is right around the corner**, but it is true. That means you have an opportunity to be a part of this fabulous board. Please read Debra's article about our chapter's elections to find out the specifics on who, what, where, when and how. I would LOVE to have several new people running for the two positions that will be available next year. If you do not want to run, please at least vote. **This is YOUR chapter** - we need and want your input!

I have committed myself to ensuring our membership can stay informed with what our chapter is doing and the direction it is headed. This goal has presented a learning curve for me. I would like to have the membership be able to virtually attend the board meetings via GoToWebinar. This sounded like an easy task for me and our board, yet we have encountered some environmental and technological challenges. Please know that we are diligently working on this issue and striving for an effective resolution. I want you to feel a part of the AMTA family and I believe communication is vital to making that connection.



President, Jennifer

As always, I encourage you to check out our [website](#), Hanna  
visit our chapter [Facebook](#) page and read through our  
Newsletter. If you did not receive this Newsletter via email, it means you need  
to update your email address with us. Please take care of that now!

I look forward to meeting and hearing from you in the near future!

*Jennifer Hanna*

AMTA Utah Chapter President

[email me here](#)

801-573-7382

[Utah Chapter Leadership Contact Information](#)

## Convention 2017

**SAVE THE DATE:**

Friday & Saturday, April 21-22, 2017

The Theme is

Massage Elevated:



Relax While Rejuvenating Your Education

The specifics are coming very soon

[Use this link to get the most recent information](#) - updated regularly

## Upcoming Continuing Education

### Facilitative Stretching & Building Your Toolbox

Shoulder Range of Motion / Thoracic Pain, a Deep Tissue and Stretching Class

Instructor: Janna Laird

Location: Myotherapy College of Utah  
336 Bugatti Dr  
Salt Lake City, UT 84115 [[map](#)]

Date: Saturday, September 17, 2016

Time: 8:30 AM to 5:30 PM (one hour lunch break)

Cost:

AMTA Members: \$96

Students: \$96

Non-Members: \$106

***Class size is limited to 16***, so Register Now to reserve your spot!

[Online Registration](#) - - - [More Information](#)

**Registration Deadline: September 10, 2016** (Price goes up \$20 after that)

Contact Person:

- Jim Riley, [Riley\\_J1@comcast.net](mailto:Riley_J1@comcast.net)

- Robyn Ryther, [rryther@comcast.net](mailto:rryther@comcast.net)



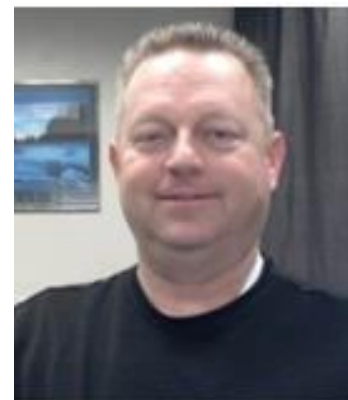
Janna Laird

## We Want You!

by Heber J. Blackner

When I was first asked to contribute to the Chapter Newsletter I struggled to pin down a subject. Should I write an article on, "Thinking outside the Box", "Underselling Ourselves", or "Connecting with our Clients"?!

All are great subjects and deserve being addressed, but none rang true. Only one thought kept hitting my mind and heart!



Heber J. Blackner

Something was missing - **you!** The AMTA needs you! Each on of us are unique and have unique talents or skills to contribute to our common cause...Advancing the art and science of Massage Therapy!

A revolution has been started with our New [AMTA Utah Chapter Board!](#) Great benefits await each of us, as your Local Chapter along with National unfolds a New Era! We need your help; the revolution cannot unfold without you!

Like one of the Battles of Bunker Hill during the Revolutionary War, (13 Americans held-off over 2000 Red Coats for several hours), but they eventually ran out of ammo, supplies and Man Power! So they had to give up the sacred ground that they held so **Valiantly** and bravely, by retreating! No supplies and No replacements seemed to have doomed their cause.

All, I am sure have been grateful for those who have sacrificed and given of their



time to the profession and the AMTA And all, I am sure, would have gladly welcomed Reinforcements!

I have watched over the last 5 years many individuals contribute countless hours to support our cause, often wearing multiple hats and taking on multiple tasks! It's the **Multiple hats** and **Multiple tasks** that concern me!

It takes a lot to further our cause, to Advance the **Great Profession** of Massage Therapy and all that are **Affiliated with it!**

Although small numbers united working toward a common goal can bring about great results, e.g., The Battle of Bunker Hill, the efforts of many united in a cause will always have a greater impact!

We recently lost one our Great Revolutionary volunteers, Gerri Allen, to a battle with Cancer.. She will be greatly missed! She leaves behind a great void. She often times she wore multiple hats while serving the AMTA-Utah Chapter. She willingly took on tasks that were behind the scenes, never asking for anything in return. Well, maybe a smile and a hug. I won't list all of the hats that she wore, which were many, but she served tirelessly as the Education Chair for 2 years as an example!

She gave freely all she had to offer to this great profession! I will truly miss her example and hope that I can do half of what she has done for the AMTA! I know if she were here she would ask, "What are you willing to give?" I look at all she has given and see all that has been received by many because of her willingness to serve!



So it is as you decide to get involved. You will touch many lives and bring about many great changes!

The profession needs you. The Chapter needs you! Whether you give of your time and serve on a committee or attend a class, or, let's say, you do something you haven't done before, like attend State Convention, your involvement will help advance the cause of bringing Massage Therapy and its benefits to the public!

I highly recommend, you don't miss out! Just do something! There is no standing still, we either move forward or backward. The ball is in your court, we are going to make changes! Will you be involved?!

## Chapter Elections

### Changes in the Makeup of the Board

AMTA Chapter Boards no longer have three VP positions, nor the Immediate Past President position. There are now two "Board Members" along with the President, Secretary and Financial Administrator (formerly "Treasurer") that make up the Board of Directors

[Current AMTA-Utah Chapter Board](#)

## Elections

Hi Everyone! My name is Debra Murray, Elections Coordinator. Elections will be coming soon!

I have been the elections coordinator for the past 2 years. I am very invested in Utah Chapter of AMTA, I am a Professional Member and I have been a member for 18 years. I have the insurance and also the Life insurance for my husband and myself. I live in rural Utah, so being a small part of the Utah Chapter has helped me stay in touch with the Chapter and go to Convention every year.



Debra Murray

The reason I am bringing the upcoming elections to your attention now is so you can evaluate your lives and ask yourselves if you can participate and play an active part or our Chapter. It is exciting listening to the latest laws, and wonderful new continuing education opportunities that are available. Plus, who couldn't resist meeting with Jen and the wild bunch every month? One can have fun and be a part of the greater picture of the Utah Chapter of AMTA.

- Call for Candidates will be **December 4, 2016**.

- Close of accepting candidate applications will be **January 3, 2017**.
- You will send your application and any other required information to me.
- I will contact you when I receive your information.
- Then after making sure you are eligible, I send it off to **Simple Voting** the team that facilitates our online voting.
- **But first things first, you must go into your AMTA account** and make sure your email and personal information is current. Please do that, so you will be getting the election information. The votes are received and tallied by a second party (**Simple Voting**) and the only way for them to contact you is through your email.

**AMTA National made changes to chapter boards configuration.** We will now only have five board members; President, Secretary, Financial Administrator, Board Member and Board Member. This year the openings will be for the Financial Administrator (new name for Treasurer) and 1- Board Member.

Remember, if you are not interested in a board position, you could still be a part of a committee. There are several different committees that organize and take care of many different functions of our chapter. Committee members help the board get things done. So be proactive and let the President know you are interested to help and what you would be most effective doing for our Utah Chapter!

I encourage each and every one of you to VOTE! Call, text or email all of your

AMTA friends to vote as well. Because voting is online, it is super easy, so no excuses! **Make sure your email is correct in your AMTA Profile.** Voting should open around January 17, 2017. But watch the calendar on our website and your email for specific dates.

We are all looking forward to hearing from you! Hope everyone is enjoying the sunshine this summer!

Sincerely, DEBRA

[AMTA-Utah Chapter Elections Information Online](#)

## How to Attend Chapter Board Meetings

*by Jennifer Hanna, President, AMTA - Utah Chapter*

If you would like to "virtually attend" a Chapter Board Meeting email your full name and email address to me at: [presjhanna@amtautah.org](mailto:presjhanna@amtautah.org)  
Check the [Calendar of Events](#) for dates.

I need to receive your email request by 9:00 AM, the Monday before the meeting. Once I receive your request, I will send you login information for GoToWebinar. If you do not receive the login information from me by 9:00 AM the day of the



meeting, please call or text me and I will resend the information to you.

To ensure you are able to be a panelist and hear the meeting, it is recommended that you download "GoToWebinar" on whatever electronic device you plan on using for the meeting. Also, make sure the speakers on your device work properly. One issue we found is, if your internet is slow, you may have a difficult time hearing the meeting.

During the meeting, panelists will be able to type in questions. We will be monitoring the incoming questions and trying to address them as time allows. The agenda for the meeting will be in "handouts" in our meeting. I will try to have the agenda on the screen if you have the ability to see the shared screen.

Please know we are trying to make this work flawlessly, as we want your participation. However, understand that with technology, things don't always go as planned. Be patient, check the website for any changes or updates to our meetings or how to attend a meeting.

## Mission

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.

[AMTA Utah Chapter Website](#)

*Branch Out* with Upledger CranioSacral Therapy  
**CranioSacral Therapy 1 (CS1)**  
Coming to Salt Lake City  
March 17-20, 2016  
TRAIN NOW - \$100/US Mo.

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International

Upledger.com | 800-233-5880

## Calendar



### 2016-17 Calendar

Check out the calendar for the upcoming Fiscal Year online. Sync with your own Calendar!

[Go to Online Calendar](#)

