



For those  
who knead  
to know

# Oregon News

October 2008 Membership Edition

PO Box 2142 • Lake Oswego, OR 97035-0645

## NATIONAL MASSAGE THERAPY AWARENESS WEEK — October 19-25

— by Leslie Giese, LMT #5795

Here it is again, our own special place on the calendar; National Massage Therapy Awareness Week (NMTAW). There are so many ways to celebrate this week. Let me count the ways:

1. We can use it to remind our clients that have been away about the benefits they have been missing; send out post cards, give them a call
2. We can go out in our local community and bring massage to a group that works hard and may not know how massage can change their life and jobs; Fire fighters, Police officers, Hospital workers, EMS, Red Cross, Volunteer organizations (food bank, CASA, SMART, support groups, troops returning from the war, just to name a few) that you want to give a big "THANK YOU!" to.
3. Write an announcement about your event to your local newspaper, they may have free space for this type of news.
4. Get a group of LMT's together and donate time or specific items to a group. Like go and give blood/apheresis or organize a food donation in the name of NMTAW
5. Treat LMT's that you know, to a massage. Give your hard working, never gets enough massage, friendly massage therapist a massage. I was going to suggest a gift certificate, but you know they won't redeem it, so

call and get them on your books instead, if not that week, then the next.

6. Practice what you preach; Self Care! Get yourself a massage. Use this week to affirm your commitment to your own physical and mental health.
7. Join us at the AAHC 13th Annual Wellness Village, Saturday, October 18. (See article beginning on front page and concluding on this page.)

(See NMTAW... continued on page 3)

### 13th Annual Wellness Village

— by Leslie Giese, LMT#5795

A tradition for me each October is to start National Massage Therapy Awareness Week (October 19-25) with a day at the *African American Health Coalition Wellness Village*. I love that it is called a village. It becomes more clear to me each year that it takes a village to get us through this life well.

I so enjoy the energy that erupts when an entire community gets together to help each other discover the many paths to wellness and wholeness. It re-affirms their commitment to each other and allows them to check in with members that may not get seen everyday.

(See Wellness Village... continued on page 3)

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[www.amta-or.org](http://www.amta-or.org)

**BOARD OF DIRECTORS & COMMITTEES**

PLEASE FEEL FREE TO CONTACT THE FOLLOWING  
INDIVIDUALS WITH YOUR QUESTIONS

**Welcome New AMTA-OR Members!**

*On behalf of the Membership Committee I want to welcome our New Members to AMTA-OR. We look forward to meeting you soon at one of the upcoming AMTA-OR gatherings.*

— John Combe, LMT, NCTMB #7492  
Immediate Past President  
Membership Chair  
Delegate

June

**New Professional Members: 12**

Veronica Biehl, Carissa Campos, Anne Chleborad, Marcus Daly, Patricia Huff, Jacquelyn McDougal, Heather Mills, Andrew Pham, Deborah Root, Sara Wagner, Randall Wentross, Nicolette Wood

**New Student Members: 13**

Bradley Bishop, Sherry Broderick, Benjamin Crisman, Ricardo DeAustria Jr., James Duder, Susan Flowers, Lauren Grimm, Heidi Klein, Kendra Leggs, Mark Mcpherson, Hillary Newton, Kristina Pate, Rachel Willett

July

**New Professional Members: 9**

Alisha Bennett, Daniel Bonham, Donald Hughes, Carmen Kaatz, Troy Maddux, Katherine Maharjan, Ronald McComb, Sean McDonald, Kara Muir

**New Student Members: 5**

Syuichi Fukada, Brandy Gayomali, Kevin Hopf, Kiya Hunter, Tanya Lee

**New Members YTD: 76**

**Total AMTA-OREGON Membership:  
1,172 Members**

LESLIE GIESE President NMTAW Chair	Phone: 503/736-0144 bodybunch@msn.com
LEAH BOWDER 1st Vice President	Phone: 503/348-1574 massage@leahlmt.com
MICHAEL DUKART 2nd Vice President	Phone: 503/363-1539 swanspirit@qwest.net
CAROL ANN CARNESE 3rd Vice President	Phone: 503/239-7676 icelady67@hotmail.com
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JOHANNES VENGHAUS Secretary	Phone: 503/789-9547 jvenghaus@gmail.com
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POSITION OPEN Education	
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CINDY ROBERT Rainmakers, LLP AMTA-OR Lobbyist	Phone: 503/260-3431 zrgroup@aol.com
Oregon Board of Massage Therapists (OBMT)	Phone: 503/365-8657 Fax: 503/385-4465 <a href="http://www.oregonmassage.org">www.oregonmassage.org</a>
AMTA National Offices	Phone: 847/864-0123 Toll Free: 1-877-905-2700 Fax: 847/864-1178 <a href="http://www.amtamassage.org">www.amtamassage.org</a>
Massage Therapy Foundation	Phone: 847/869-5019 Fax: 847/864-1178
National Certification	Toll Free: 1-800-296-0664 <a href="http://www.ncbtmb.com">www.ncbtmb.com</a>

Next deadline for submitting articles & ads to this publication is November 1 for the December issue.



ABOUT THIS PUBLICATION

Contributions are welcome; all submissions must include a legible signature and phone number and may be edited for space and clarification. Address all correspondence to: Editor, Michael Dukart, PO Box 2142, Lake Oswego, OR 97035. Phone: 503/363-1539. Email: [swanspirit@qwest.net](mailto:swanspirit@qwest.net). AMTA-OR reserves the right to edit materials; reject copyrighted materials unless consent of copyright holder is obtained in writing; and assumes no responsibility for errors, omissions, corrections, or modifications in its publications. Information, articles, endorsements and ads contained in this newsletter do not necessarily reflect the opinions of the American Massage Therapy Association.

# Presidential Thoughts



By Leslie Giese, LMT #5975

Last article, I warned you it was coming, and here it is — *Fall*. It is a four letter word, not a dirty one, but for me, it always is a very busy time, in my business, my personal life and specifically with the AMTA-OR chapter.

In business, all my clients have settled in after being so active all summer and are finally listening to their body's compensations, and are now ready for their massages. Personally, evenings are getting cooler and friends want to gather in the warmth of home, hearth and friendship.

We have just gotten back from National Convention all reinvigorated and rejuvenated for our practices and with many new ways that we need to get ready to implement to better serve you, the member. With no rest for your Oregon Chapter Board of Directors, AMTA-OR keeps us going with its busy schedule for fall. So what's going on?

We offer two more CE opportunities; **Sports Massage 3-hours CE** with Molly Vershingel BS, LMT #5164 from OSM and **First Aid/CPR 5-hours CE** with Mason Marsh. The Sports Massage class finishes this year's deep tissue series. We offer as a gift — Free to the first 30 to register — an opportunity to fulfill the CPR requirement for licensure. In your honor, before each of the above classes we want to express our appreciation for you and invite you to a complimentary lunch, whether you are in the class or not. For details please see the schedule on page 7.

During October is National Massage Therapy Awareness Week, October 19-25. Every LMT has their own ways to celebrate and participate. Need ideas? Please see the NMTAW article on the front page and/or join us at the AAHC Village, Saturday, October 18 (for more details on the AAHC Village, see the article that starts on the front page and continues on page 4).

We also are planning for the annual meeting in February. We have opportunities for you to participate on many levels. The education at the annual meeting will be focusing on the female client. Contact Mike Blackmore if you would like to help (mike@blackmoremassage.com).

To follow that note, I also want to congratulate Mike Blackmore who will be giving up the Annual Meeting chair but taking up the Education Committee Chair. He has a wonderful idea to focus our education offerings next year on the details of running a massage therapy business.

One of the obligations of the annual meeting is to elect officers to your board of directors. We need people for the nominating committee to make calls to find the members who would like to run for the offices open next year: First Vice President, Third Vice President, Secretary and Delegates. Contact myself (bodybunch@msn.com) if you are inter-

ested in the nominating committee or if you would like to be considered for one of the above offices.

We are also getting ready to send out the newsletter that goes out to not only AMTA-OR members but all Oregon Massage Therapists. Michael Dukart can really use your help with the newsletter and the information on the Website. Contact him at 503.363.1539 or swanspirit@quest.net.

So my advice to you for this busy Autumnal season, is take care of yourself, keep healthy, get involved, enjoy the change of seasons, howl at the harvest moon and revel in the wild ride ahead! 🙌

## NMTAW!... *(Continued from front page)*

8. Any way that your imagination and passion can think of to celebrate and invite some of your LMT friends to join you in the fun.

I believe everyday is NMTAW, but like Mother's, Father's and Grandparent's Day, it helps us to get focused and make things happen that we may put off until some other "wish I would do that" day. The main thing, as best said by the Fortune 500 company Nike, is to "Just Do It!". 🙌

## Wellness Village... *(Continued from front page)*

I love being there to share my passion for massage and showing others the part massage can play in bringing all the aspects of wellness together. It allows all LMT's who participate to get that "WOW" feeling that we love when we connect to someone that has never had a massage or reconnect someone that has forgotten how it feels. I also love working with other members of our AMTA community, sharing our own energy and love of our work.

I encourage all of you to come together as part of the AMTA community as we join to be part of the Village, Saturday, October 18, from 9am-4pm. The Village will be held at the Blazer Boys and Girls Club, 5250 NE MLK Jr. Blvd., in Portland. It is okay if you only have an hour or two; whatever time you can spend in the community is worth it. I also want to extend a special invitation to our members who have their practices in the NE Portland neighborhoods, inevitably, people always want to find a Massage Therapist close to them.

We will have chairs, you may bring your table. Contact me at bodybunch@msn.com or 503.736.0144 to volunteer or ask questions. Be the Village you want to live in! 🙌

AMTA-OR October CE Workshop

## Sports Massage

with Molly Verschingel, BS, LMT #5164

Molly Verschingel, BS, LMT, will be teaching AMTA-OR's Sports Massage continuing education class Saturday, October 11, from 1:00 to 4:00pm at Cambridge College, 4145 SW Watson Ave., #300, in Beaverton.



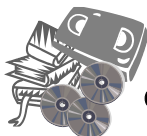
This three-hour class will explore the role of the massage therapist in athletic performance and recovery. "Sports massage enables an athlete to perform at their best with fewer injuries and pain. This course addresses changes that occur in the tissues during training and competition, the benefits of sports massage, and the application of techniques that support an athlete through strenuous training and competition," explains Verschingel.

According to Verschingel, the sports and fitness community in the Northwest is thriving and expanding rapidly.

Molly Verschingel is a 1994 graduate of the Oregon School of Massage. Her educational background includes exercise science with a minor in athletic training. She is part of the Portland State University Sports Medicine Team, co-owner of The Northwest Sports Massage Team and practices at Back in Motion Sports Injury Clinic.

For information on Cambridge College's location, please contact the school at (503) 646-6000. Cost for the class is \$50 AMTA members, \$65 non-members. The class is sponsored by AMTA-OR, and follows the monthly board of directors meeting also scheduled at Cambridge College from 10:00am to 12 noon that day, as well as a free lunch for anyone attending either the board meeting or class. Lunch will be available from 12 noon to 1:00pm.

To register, see the application on page 7. 🙌



For our Lending Library selections  
check our website at [www.amta-or.org](http://www.amta-or.org)

## Treasurer's Report

### Financial Report Ending 9/5/2008

Submitted by **Brandi Walton, LMT #3218, AMTA-OR Treasurer**

Washington Mutual: \$11,911.43

VanKampen Reserve: \$47,923.93



American Massage Therapy Association  
Oregon Chapter

## AMTA-OR Corvallis Unit Report Education Opportunities in Corvallis

by Margaret Caro, LMT#5178

This Fall our Corvallis Unit is offering two workshops: Siobhan VanLanen, LMT, CYI, is presenting "*Yoga and Creative Movement for Self Care*" Thursday, October 2; and Peter Eschwey, M.Ac.O.M., L.Ac., DAOM is presenting "*Cupping Techniques of Traditional Chinese Medicine*" Thursday, November 6.

Corvallis Unit meetings begin at 6:30 and the presentations go from 7 to 9 p.m. The meetings are free, and CEU's are available at no charge to AMTA members. All meetings are held at Osborn Aquatic Center, 1940 NW Highland Drive in Corvallis. RSVP or questions to: [bodywin@peak.org](mailto:bodywin@peak.org) or call 541-231-7416.

## OBMT Board Meeting Lane Community College in Eugene October 24

The Oregon Board of Massage Therapists (OBMT) October Board Meeting will be held Friday, October 24 at Lane Community College in Eugene, and will be preceded by the third and final 'Free CE' course of the year as well as a 'Brown Bag Q&A with the Board'.

The CE course topic is 'Ethics' and will be taught by Patty Glenn, OBMT Executive Director. This class will begin at 9 a.m. and conclude at 11:50 a.m. The class is free but registration is required. Please contact Crystal Quatier at 503-365-8657 x6 or by email at [crystal.quatier@state.or.us](mailto:crystal.quatier@state.or.us). This course qualifies for 3 Oregon contact CE.

The Brown Bag Q&A with the Board will go from noon to 12:50 p.m. This is an opportunity to sit face to face with OBMT Board members/staff and have your questions answered. The OBMT Board Meeting will commence at 1 p.m. and end at the conclusion of the agenda. The agenda will be available approximately 2 weeks before the meeting. 🙌

### Member Classified Ads

Advertise your massage table or other used massage-related items in the AMTA Oregon News. (Does not include ads for workshops, or product/service related ads. See outside back cover for those rates.)

Send your ad with check made payable to AMTA-OR to:

Alquemie Publishing, PO Box 87, Dexter, OR 97431

Or send your ad via email to: [npassist@msn.com](mailto:npassist@msn.com).

**\$5 for 15 words or less (\$10 for nonmembers)**

**Next deadline is November 1, 2008  
for the December Statewide issue**

## 8 Hours of Continuing Education

# 2008 Continuing Education

## AMTA-OR Educational Workshops



**\*Member Appreciation Lunch is FREE if attending either a board meeting or class. Served from 12-1pm (except where noted)**

**Board meetings precede lunch from 10:00am to noon (Except where noted. Open to all.)**

### October 11

**Sports Massage with Molly Verschingel BS, LMT #5164**

**3-Hours CE from 1:00 to 4:00pm\***

Location: Cambridge College, 4145 SW Watson Ave., #300, Beaverton (503/646-6000)

**Members: \$50 Nonmembers: \$65**

### December 13

**First Aid / CPR with Mason Marsh (This workshop is FREE but limited to the first 30)**

**5-Hour CE from 12:00 to 5:00pm Board Meeting: 9:30-11:30am**

Member Appreciation Lunch: 11:30-12:00pm

Location: Concorde Career Institute, 1425 NE Irving St. Bld. #300, PDX (503/281-4181)

**Members: \$FREE Nonmembers: \$FREE**

### Registration

Please list below the workshop title(s) or the date(s) you wish to attend:

\_\_\_\_\_

AMTA Member: Yes No  
(You do not need to be a member to attend)

AMTA Member #: \_\_\_\_\_

State License #: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Please list your choice of workshops to the left**

and mail this form and non-refundable fees to:

AMTA-OR, PO Box 2142, Lake Oswego, OR 97035-0645

For more info call 503/306-0932. Check our website [www.amta-or.org](http://www.amta-or.org) for any CE changes or adjustments to the schedule.