

June 2008
Volume 24, Issue 1

Touchstone

Journal of the Oregon Massage Therapists Association

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A Time to Heal

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Touchstone Publication Information

Touchstone is a journal of the Oregon Massage Therapists Association published every other month for OMTA members only. If you would like information about advertising in *Touchstone*, reprint information, or article submissions, please contact the editor:

Heather Bennouri
 8827 SW Blake St
 Tualatin, OR 97062
touchstone@bennouri.net
 (971) 570-5404

Contact information for the OMTA Executive Committee is listed on the last page of this issue.

A Time To Heal

OMTA Conference October 3-5, 2008

Breitenbush Hot Springs

A new variety of body-mind-spirit offerings are on the schedule, including popular suggestions from our members. Be sure to get your registration in early (see page 7) as general registration begins on July 1, 2008 and last year classes filled quickly. Also new is Express Check-in (see page 10). See you at Breitenbush!

Friday, October 3, 2008

7:30 P.M.

Breitenbush Orientation

(Mandatory; no CE hours)

8:00-9:00 P.M.

OMTA Business Meeting

One CE hour

The Executive Committee (EC) will give reports for the past year, and update the membership on current issues. This is a chance to meet the current officers, learn which offices are up for election, and open appointed positions. Patty Glenn of the OBMT will also be available to give Board updates and answer your questions.

Saturday, October 4, 2008

7:00-8:00 A.M.

Breathe Yourself Alive

One CE Hour

Kassy Daggett

Breathe yourself awake with a morning movement class designed to provide opportunity to follow your internal rhythm. Breathe into health, wellness, and wakefulness. Breathing is massage from the inside out.

Kassy Daggett has taught Breathwork classes over many years at Breitenbush and throughout the US.

Foam Roller

Once CE Hour

Nabyl Bennouri

This experiential class take you through a basic foam roller workout. Designed to self-massage, foam rolling can assist in increasing flexibility and decreasing tension in muscles. Please note: many of the exercises require some level of weight-bearing on the hands so those with hand, wrist, elbow, or shoulder issues may have some difficulties with some of the work.

Nabyl Bennouri is a founding member of Crestriders, a cycling group that has toured the Alps and the Atlas mountains. He is active in many sports, including mountain climbing, snowboarding, surfing, and parkour.

Labyrinth Meditation

One CE Hour

Kristin Wright

For millenia humans have sought ways to come into a deeper relationship with the Divine. The ancient Greek Samothracians created elaborate initiatory rites designed to move their celebrants from the mundane world through the outer mysteries and then, as they became ready, to the inner path where those who were prepared, were shown the greater mystery designed to focus and shape their lives. The labyrinth provides a path by which we may focus our consciousness and travel the hidden ways of our own initiatory path to the inner sanctum of our being. The initiates of the Mysteries of Samothrace kept their vows of secrecy so well that today we still do not know what they encountered in their inner sanctum. But by using the Labyrinth we can discover that precious communion within ourselves. Come to ancient Samothrace and dare to engage the mystery.

Kristin Wright is a Lakota trained Shaman, first-degree Priestess of Wicca and Student of the Hermetic Qabala. She has been licensed for massage in Washington and Oregon since 1995 and holds a second-degree Reiki.

Skin ID

One CE Hour

Serena Bennouri

This class helps you to identify skin issues that may be of concern to you and your clients with a particular focus on moles. We will also address communication of this with your client and tips on tracking skin issues over time.

Serena Bennouri has been a licensed massage therapist for 6 years. Specializing in sports and clinical treatment, she has a background of 25 years in gymnastics and other sports and has been teaching a variety of subjects for over 15 years.

Yoga

One CE Hour

Tom Robinson

Morning yoga, suitable for all levels. Cultivate inner peace while moving, opening, and strengthening. We will use a short guided meditation to get in touch with our inner smile and be reminded to maintain that inner state while moving, stretching, and strengthening with the postures.

Tom has been practicing yoga for 13 years and teaching for the last 7 in Seattle and at Breitenbush. He has studied with many internationally known teachers and completed two extensive teacher training programs.

Saturday, October 4, 2008

9:15 A.M.-12:15 P.M.

Deep Tissue

Three CE Hours

Kelly Ward

We will explore the many definitions of Deep Tissue Massage. Discuss and practice use of tools during hands-on practice. We will employ strong fundamental body mechanics to penetrate deep into the muscle belly without exerting too much energy.

Kelly is a therapist at Shibui Spa in Sisters, a teacher at Sage School of Massage and COCC in Bend, and has worked eight years as an LMT.

Ethics

Three CE Hours

Patty Glenn

Whether you are asking, "Will I ever really understand ethics?" or, "Haven't I learned everything there is to know about ethics?" this class is for you! This interactive class will go over the ins, outs, ups, and downs of ethics. We will review how ethics affects our daily lives, relationships, communication, and boundaries. We will review scenarios based on actual investigations and discuss how to maintain safe, effective, and healthy boundaries both personally and professionally.

Patty Glenn has been a licensed therapist for more than a decade. Over the course of her massage profession she has practiced, taught many massage and business related courses and served as the Campus President for Ashmead College's Vancouver campus. She is currently the Executive Director of the Oregon Board of Massage Therapists and the President of the Federation of State Massage Therapy Boards.

Hot Stone

Three CE Hours

Pamela Hoy LMT

This class will cover the basic information to help you safely include Hot Stones in your massage. Various methods, equipment, resources, tips, techniques, contraindications, and everything you need to know about Hot Stones will be presented. Demonstrations and hands-on work included.

Pamela has been a full time LMT since 1993. She became a certified LaStone therapist in 2004.

Introduction to Watsu® Hot Tub Style

Three CE Hours

Jeannie Edwards, LMT

Watsu® is a unique form of bodywork given in warm water. It includes massage, stretching, rocking, holding, and stillness. Class is held outdoors in the beautiful meadow

pool with temperature regulated for comfort. Swimsuit required. Additional \$15.00 fee for this class. This intro is too basic for Watsu® practitioners.

Jeannie Edwards, BS Psychology, LMT, is a counselor, teacher, and Watsu® practitioner in private practice in Eugene since 1992. She specialized in mind-body therapies that inspire clients to connect more deeply with self and others.

Saturday, October 4, 2008

2:15-5:15 P.M.

Cupping

Three CE Hours

Jesse MacLean, LMP

In this workshop you will learn techniques that use Negative Pressure Cupping to provide clients with superior bodywork. Cupping, known as Suction Therapy, releases rigid soft tissues, connective structures, breaks up and expels stagnation and toxins while increasing Qi, lymph, and blood circulation throughout the body.

Jesse has taught cupping workshops in nine states including spa facilities and cruise lines.

European Sports Stretching for Clients

Three CE Hours

Carol Duncan, LMT

Bring your client's body into balance with two-second stretches that facilitate soft tissue release. These techniques are very effective for muscle constricture and tendonitis.

Carol Duncan became a licensed massage therapist in 1997. She has taught classes through Umpqua Community College. She is the owner of Massage Central and Heaven Scent Aromatherapy.

Retirement Income Planning

Three CE Hours

Bruno DeBlock, LMT

Stashing away money for the future is a great idea, but how do you go about that? As massage therapists, we find ourselves in a little different situation: how much do we need to live at our comfort level? What do we need to do in order to get where we want to be with our

current income? Find out in his class what your options are and some strategies on how best to accomplish your goals.

Bruno DeBlock has been running his now successful massage practice since 1997. Although success did not come overnight, the challenges and experiences have given him a unique point of view. Bruno willingly shares his knowledge with all therapists who are interested in taking their own practice to the next level. Join one of his classes and find out how many tips you'll be able to immediately put to good use in your own business.

Hot Stone

Three CE Hours

Pamela Hoy, LMT

Introduction to Watsu®

Three CE Hours

Jeannie Edwards, LMT

Round Robin

Three CE Hours

Carol Corey, LMT

Show off your best techniques and receive samples of many more in this unique self-care workshop. Be prepared to give and receive a full-body massage, but in a way you may never have experienced it before!

Carol Corey has been a massage therapist for two years. She specializes in Deep Tissue, Swedish, and Chair Massage. She is a member of the OMTA EC and Mid Valley Bodyworkers.

Saturday, October 4, 2008

8:00-10:00 P.M.

Silent Auction and Raffle

Join us in the North Wing of the Main Lodge for our annual silent auction and raffle. Bid on your favorite items and help raise money for the OMTA scholarship fund.

Jam Session and Talent Show

Bring your musical instruments, bring your various talents, poems to read, skits, or improv skills to our jam session and talent show. Have a great time being amazed by and getting to

know your fellow LMTs. This is a time for relaxation, laughter, and a celebration of life.

Sunday, October 5, 2008

7:00-8:00 A.M.

Yoga

One CE Hour
Tom Robinson

Breathe Yourself Alive

One CE Hour
Kassy Daggett

Foam Roller

One CE Hour
Nabyl Bennouri

Labyrinth Meditation

One CE Hour
Kristin Wright

Energy Work for Non-Believers

Once CE Hour
Serena Bennouri

This class is designed both for the scientific “show me proof”-minded who have difficulties grasping energy concepts and for the energy-attuned who may have difficulties explaining energy work to others. The class will take you through exercises and metaphors to help bridge the gap between the measurable and the spiritual aspects of massage.

Sunday, October 5, 2008

9:15 A.M.-12:15 P.M.

Deep Tissue

One CE Hour
Kelly Ward

Cupping

One CE Hour
Jesse MacLean

European Sports Stretching for Yourself

Three CE Hours
Carol Duncan, LMT

Bring your body into balance with two-second stretches that facilitate soft tissue release. These techniques are very effective for muscle constricture and tendonitis.

Insurance Billing

Three CE Hours
Bruno DeBlock

Do “International Classification of Disease” (ICD) codes, the “Current Procedural Terminology” (CPT) codes, and Personal Injury Protection (PIP) sound like Greek to you? Do you want a better understanding of the different types of insurance options and how to approach each? This class may be what you need to find out whether you want to join the many therapists who bill insurance for their services. Find out the good, the bad, and the ugly when it comes to billing insurance companies for reimbursement and how to secure payment for your services.

Introduction to Watsu® continued

Three CE Hours
Jeannie Edwards, LMT

Prerequisite: Introduction to Watsu® Hot Tub Style. This class continues with more introductory techniques of Watsu®. There is an additional \$15 fee for this class.

Sunday, October 5, 2008

2:00 P.M.

Closing Circle

Wrap up a fabulous weekend of learning, networking, and relaxing in our closing circle where we embrace the experience and part ways until next year.

Breitenbush Hot Springs

Retreat & Conference Center

The Breitenbush Healing Arts Team is seeking Oregon LMTs to fill temporary, seasonal, and periodic year-round positions. Call, e-mail, or access our web site for information and application.

503-854-3320 ext. 119 personnel@breitenbush.com

www.breitenbush.com

OMTA Annual Conference Registration Form

ALL REGISTRATIONS RECEIVED AFTER AUGUST 15, 2008 REQUIRE FULL PAYMENT.

I need to join OMTA/renew my OMTA membership with this registration. One-year membership is \$40.00; two year: \$70.00; three year: \$100.00. I agree to follow OMTA's Ethics Standards (kept current at www.omta.net/ethics.htm). By including payment for my membership, I am entitled to the OMTA Member price when registering.

Signature _____

Date _____

Participant's name _____

M F Massage Lic# (required for LMTs) _____

Address _____

City State Zip _____

Day phone () _____

Evening phone () _____

email address _____

Workshop sign up 2008

Friday, October 3, 2008 8-9 P.M.

Business meeting (1 CE hour)

Saturday October 4, 2008 7-8 A.M.

Foam Roller (1 CE hour)

Breathe Yourself Alive (1 CE hour)

Yoga (1 CE hour)

Skin ID (1 CE hour)

Labyrinth Meditation (1 CE hour)

Saturday October 4, 2008 9:15 A.M.-12:15 P.M.

Hot Stone (3 CE hours)

Deep Tissue (3 CE hours)

Round Robin (3 CE hours)

Ethics (3 CE hours)

Intro to Watsu® (3 CE hours, additional \$15 fee)

Saturday, October 4, 2:15-5:15 P.M.

European Sports Stretching for Client (3 CE hours)

Hot Stone (3 CE hours)

Cupping (3 CE hours)

Retirement Income Planning (3 CE hours)

Intro to Watsu® (3 CE hours, additional \$15 fee)

Sunday, October 5, 7-8 A.M.

Yoga (1 CE hour)

Breathe Yourself Alive (1 CE hour)

Foam Roller (1 CE Hour)

Energy Work for Non-Believers (1 CE hour)

Labyrinth Meditation (1 CE hour)

Sunday, October 5, 9:15 A.M.-12:15 P.M.

Deep Tissue (3 CE hours)

Cupping (3 CE hours)

European Sports Stretching for Yourself (3 CE hours)

Insurance Billing (3 CE hours)

Intro to Watsu® Continued (3 CE hours, additional \$15 fee, prerequisite Intro to Watsu® or equivalent)

I wish to pay for a bed in a cabin with a bathroom (additional \$20)

I wish to room with

male only female only family or my guest only

I wish to room with (name) _____

Most cabins are triple occupancy. Three double cabins are available on a first paid basis.

Our workshops require massage tables. OMTA will pay \$10 cash for each table checked in on Friday between 4-6P.M. You must sign up with this registration form to qualify for payment and the table has to be in good condition.

I will bring ___ massage table(s)

Medical needs: wheelchair access

other special needs: _____

Special diet: dairy free egg free wheat free

Fee includes lodging and vegetarian meals.

(Please print clearly in blue or blank ink only)

OMTA Member \$400 (\$350 if paid in full at time of registration)

\$200 enclosed, I will send the balance postmarked by August 15, 2008

Full payment enclosed

Non-OMTA Member Participants: \$460 (\$410 if paid in full at time of registration)

\$230 enclosed

Full payment enclosed

Non-Participant (Guest, excludes workshops): \$275

\$175 enclosed, I will send balance postmarked by August 15, 2008

Full payment enclosed

Guest name _____ M F

Supervision required for children at all times as no child-care is provided. No one under 18 permitted in workshops or meetings. If full payment is not received by August 31, 2008, down payment will be returned minus \$50 processing fee and registration is lost.

Payment

Membership fee _____

Conference fee _____

Guest fee _____

Watsu fee \$15 per class _____

Bed in cabin/bathroom \$20 _____

Total _____

Check (enclosed) Money order (enclosed)

Visa Master Card American Express Discover

Card No _____

Exp Date _____

Total Amount _____

Signature _____

Send Registration form to Cindy Varvais, LMT

18963 Shoshone

Bend, OR 97702

(541) 280-7218

cvarvais@yahoo.com

Massage Research: Showing the Benefits of Touch Therapies

For years, the Touch Research Institute at Miami University, headed by Dr. Tiffany Fields, has been doing research on the effects of touch therapies. If you are interested in more information about their research, details on any of the information listed here, or would like to purchase copies of the text of the studies, you can visit their web site for more information.

Touch Research Institute, Miami University
<http://www6.miami.edu/touch-research/research.htm>

Touching peers during conversations in McDonalds Restaurants occurred more frequently in Paris than in Miami. In contrast, self-touching and aggressive behavior occurred

more frequently among adolescent peers in Miami than in Paris.

Massage therapy reduced anxiety, depressed mood, salivary cortisol (stress hormone) levels and body dissatisfaction and increased dopamine levels in women with anorexia.

Adults exposed to rosemary showed decreased frontal alpha and beta power, suggesting increased alertness. They also had lower anxiety levels and performed math computations faster. Adults exposed to lavender showed increased beta power, suggesting increased relaxation. They performed math computations not only faster but also with fewer errors and had less depressed mood.

A study on asthma showed positive effects of parents massaging their asthmatic children

Oregon School of Massage Summer 2008 Continuing Education

OSM now offers Sports Massage Certification!
For complete program information, call for a brochure.

Sports Event Massage	8/9	Sat 9am-6pm	\$155
Therapeutic Stretching for the Upper Body	8/10	Sun 9am-5:30pm	\$155
Active Isolated Stretching - Lower Body	8/16-17	Sat-Sun 9am-6pm	\$325
Myofascial Trigger Point Therapy	8/16-17	Sat-Sun 9am-5:30pm	\$305

Visit our website for a complete class schedule: www.oregonschoolofmassage.com



9500 SW Barbur Blvd. #100, Portland, OR 97219
 (503) 244-3420 or (800) 844-3420
 2111 Front St NE, Salem, OR 97301
 (503) 585-8912 or (877) 588-8912



including increased peak air flow, improved pulmonary functions, less anxiety and reduced stress hormone (cortisol) in the children. Parental anxiety also decreased.

Adolescents with ADHD rated themselves as happier and were observed to fidget less

In short, massage therapy can reduce aggression, anxiety, asthma symptoms, ADHD symptoms, depression symptoms, and pain in carpal tunnel syndrome. It can increase immune function, relaxation, enhance alertness, and improve speed and accuracy on math computations.

after massage sessions. Also, teachers rated adolescents receiving massage as less hyperactive and as spending more time on-task.

Massage therapy reduced anxiety and depression and improved immune function including increased natural killer cell number in women with breast cancer.

A daily self-massage for stretching tendons alleviated pain and increased nerve conducting

One study suggested that the massager can benefit simply from giving massages.

velocity following one month in adults with carpal tunnel syndrome (CTS).

Immediately following massage therapy, depressed mood, anxiety and stress hormone (cortisol) levels were reduced. Following 10 days of massage therapy, fatigue related symptoms, particularly anxiety and somatic symptoms, were reduced, as were depression, difficulty sleeping and pain. Stress hormone (cortisol) also decreased and dopamine increased.

Twenty-six adults were given a chair massage and 24 control group adults were asked to

relax in the massage chair for 15 minutes, two times per week for five weeks. On the first and last days of the study they were monitored for EEG before, during and after the sessions. The massage group exhibited: 1) increased frontal delta power (suggesting relaxation); 2) decreased frontal alpha and beta power (suggesting enhanced alertness); 3) increased speed and accuracy on math computations ; 4) lower anxiety levels; 5) lower salivary cortisol levels; and 6) lower depression scores at the end of the 5 week period.

Elderly retired volunteers were assessed after giving infants massage for a month versus

Electric massaging chair (one-time investment) vs. Massage Therapist (ongoing investment)? One study comparing the two showed a difference between the touch of a machine and human touch on different factors. Use this tidbit in marketing your chair massage practice—and include the study source information to provide validity.

receiving massage for a month themselves. Results were: 1) they reported less anxiety and fewer depressive symptoms and an improved mood after giving infants massage; 2) their pulse decreased; 3) their cortisol levels decreased; and 4) they reported improved self esteem and a better lifestyle (e.g. fewer doctor visits and more social contacts) after the one month period. These effects were stronger for giving infants the massages than receiving massages themselves, suggesting that the massager can benefit from simply giving massages.

Have you had a massage lately?

Express Check-in for Conference

One of items of feedback the EC received in the members survey last year was regarding our conference check-in procedures. Many people stated that they would like to be able to go straight from the parking lot to their cabin rather than having to hike back and forth across Breitenbush before having a chance to unload their belongings. The EC has decided to try a new system this year to streamline the process where possible: Express Check-in.

Here's How Express Check-In Works

1. Express check-in will be available to those who have paid conference dues (and if applicable, membership dues) in full and have all membership paperwork complete by September 1, 2008.
2. Those eligible will automatically receive an Express Check-in packet with their registra-

tion confirmation letter. The packet will include instructions and two Express Check-in cards to turn in.

3. Bring your Express Check-in cards with you to conference. The Express Check-in will be open only from 4:00-6:00 P.M.
4. When arriving between 4:00 and 6:00 P.M., hand over one at the gate to receive your cabin number and you will be able to go directly to your cabin and unload your belongings.
5. After unloading, and still between 4:00 and 6:00 P.M., head to the Main Lodge where you can skip most of the lines and simply pick up your packet with your CE form.

Please note: even if you receive an Express Check-in packet with your registration, if you arrive after 6:00 P.M., you will not be able to get your cabin number at the gate and may have to wait in line to pick up your packet.

OREGON BOARD OF MASSAGE THERAPISTS (OBMT) UPDATES

OBMT Changes

The OBMT web site has CHANGED. If you need to contact the board, the new web site is www.oregon.gov/OBMT Email address extensions have also changed to @state.or.us.

Boarderline (the OBMT's newsletter for LMTs) has also changed to an electronic format. It is both available online at the Board's new web site or via email. The last issue posted on the web site is February 2008. To ensure you are on the list to receive this, please contact Crystal Quatier at crystal.quatier@state.or.us. Include your name and license number in the email. If you need to receive a printed copy, they are available for a small fee.

Upcoming OBMT Events

Rules Hearing at the OBMT Office

Thursday, June 19, 2008, 1:00 P.M.

Over the past two years, the OBMT Rules Committee has conducted a comprehensive

review of both Oregon Statue and Administrative Rule governing massage. This review was done to increase readability, update terminology, and streamline processes.

Board Meeting at the OBMT Office

Friday, June 20, 2008, 10:00 A.M.

Free 3-Hour CE Course (Topic TBA) 9:00-12:00

Brown Bag Q&A Session 12:00-1:00

Board Meeting 1:00

Friday, July 18, 2008 at East-West College of the Healing Arts in Portland.

New OBMT Web site:

www.oregon.gov/OBMT

OBMT Contact Information:

748 Hawthorne Ave NE

Salem, OR 97301

(503) 365-8657

OMTA 2007 Financial Report

Profit/Loss Statement

Income

Annual Conference	
Bed in cabin/bathroom	480.00
CE Fees	50.00
Conference overpayment	20.00
Guest	1,070.00
Participant Conf.	22,929.00
Presenters Assistant	75.00
Raffle	233.00
Silent Auction	544.50
Watsu Fee	180.00
Total Annual conference	25,581.50
Directory	
Directory Extra Listing	55.00
Directory Printed copy	5.00
Total Directory	60.00
Donation	75.00
Membership Dues	9,280.00
Office Supplies (refund)	101.74
Vendor Advertising	
Touchstone Advertising	147.50
Total Vendor Advertising	147.50
Website	
Website Extra Listing	65.00
Total Website	65.00
Total Income	35,310.74

Expense

Accounting	570.75
Administration-EC	
Elections	51.19
Meeting Facility Fee	300.00
Mileage Reimbursement	297.62
Office Supplies	
Membership	230.55
Other	356.44
Total Office Supplies	586.99
Per Diem	1,277.00
Postage-EC	86.10
Postage-Area Rep	17.52
Postage-Directory	143.48
Postage-Library	30.00
Postage-Membership	339.99
Printing-Directory	58.20

Printing-Membership	100.85
Telephone Meeting	30.00
Admin-EC Other	67.50
Total Admin-EC	3,386.44
Conference Expense	
Facility Fee	19,445.00
Folders	14.46
Massage Table Rent	1,080.00
Merchant Fee on CCards	720.70
Name tags	34.26
Postage	79.24
Presenter	2,030.00
Printing	4.16
Flyer	5,265.00
Refund/Overpayment	70.00
Registrar	1,000.00
OBMT List	100.00
Total Conference Expense	29,842.82
Insurance	
Safeco	
Insurance	607.00
Total Insurance	607.00
Touchstone Expense	
Touchstone Postage	680.84
Touchstone Printing	657.67
Touchstone Expense-Other	4.99
Total Touchstone Expense	1,343.50
Website Expense	49.50
Total Expense	35,800.01
Net Loss 2007	-489.27

Note on Annual Financial Report

Despite 2007 showing a negative bottom line, OMTA is still positive in the bank. Prior years' positive bottom line prevented any problems. Much of the 2007 loss was from conference. The Executive Committee is looking at different ways to continue holding conference at Breitenbush and/or hosting a separate conference elsewhere that would offer different types of options for our members, current and future.

Annual OMTA Executive Committee Elections

Every year, OMTA holds an election for Executive Committee Officers. All elected positions on the EC are two-year terms. Secretary, Treasurer, and Membership Coordinator are elected in odd years. This year, as in all even years, we elect a Vice President and President. The nominations period is now open for these two positions and will remain open through the end of conference (October 7, 2008). Ballots will be mailed out the week following conference and must be returned by the end of October.

All of our Executive Committee members are volunteers (with the exception of Conference Registrar). We are searching for energetic, committed individuals who care about OMTA, licensing issues, promoting the profession of massage therapy, and who can help out with our annual conference. Job descriptions, benefits, and instructions for nomination follow. If you are interested or if you have any questions, please feel free to contact a current EC member for more in-depth details or other information. Complete job requirements are available online at www.oma.net/job_descriptions.htm.

President

The president is the leader of OMTA and coordinator of the Executive Committee. Presides over monthly EC meetings, prepares agenda in collaboration with all committee heads and EC members. Assigns or negotiates annual conference contract.

Vice President

Attends monthly OMTA meetings, presides as President when necessary, works with team to develop policy, guides designated activities and coordinates annual conference.

Qualifications

Must have computer and email access

Must be computer literate to level required to fulfill job description

Must be able to attend in-person meetings in November, January, April, and July, in addition to conference in October and phone conference meetings (usually Sunday evenings) all other months.

Benefits

Those who fulfill their role in their job can earn free conference tuition, networking opportunities, continuing education credit etc.

Nominations Process

If you are interested in any of the above positions, but need further information, complete job descriptions are available at www.oma.net/job-descriptions.htm or you can contact the current officer in the position you are interested in to find out details of the office. To nominate yourself, please answer the questions below in an email or via regular mail. Send the information to

OMTA Vice President

Emden Griffin

1839 NE 8th

Bend, OR 97701

emdenrgriffin@yahoo.com • (541) 350-0723

Biography Information Required

Please include the following information.

1. Name, Full Address, Phone, Email, License #, Number of years in practice
2. Position you're running for
3. Education
4. Membership in Professional Organizations
5. Short description of the type of massage/bodywork you practice.
6. What gifts and strengths do you feel that you will bring as a member of the Executive Committee of OMTA?
7. What do you see as the most important next step for the position for which you have been nominated?
8. What do you envision for the future of OMTA?

Oregon Massage Therapists Association

History

The Oregon Massage Technicians Association was formed in early 1985 when the Oregon Legislature was preparing a Sunset Review of the Oregon Board of Massage Technicians (OBMT).

A group of LMTs formed a professional corporation and communicated with massage technicians throughout the state of Oregon. On March 14, 1985, Susan Kerr Shawn, Doug Montgomery, Jo White, and Ray Siderius signed the Articles of Incorporation, and the Oregon Massage Technicians Association was born. This early effort helped retain the Massage Board and our licensing process, as well as raising our professional standards.

Since that early effort, we have grown into a well-defined, articulate professional organization. A variety of member services have been developed, including Touchstone (our professional journal), a membership directory, and a web site. We have sponsored numerous major information and educational conferences and professional workshops.

OMTA was responsible for forcing the Yellow pages to remove prostitution from advertising with massage therapy. Before the OBMT had any educational requirements, for initial licensing, or continuing education, OMTA provided educational and networking opportunities for massage therapists to strengthen and hone their skills.

A less tangible but no less important outcome of our organization is stimulating the supporting our visionary process. Questions are raised about the future of massage, our place in the workforce, our professional standards, and our ideals. Through discussion, controversy, and action, a greater recognition of our interdependence as a community is born.

When the OBMT changed our licensing from technicians to therapists, we changed our name to the Oregon Massage Therapists Association.

Statement of Purpose

- ♦ To support and develop massage professionalism
 - ♦ To maintain OMTA as a sound professional organization.
 - ♦ To establish a credible political presence.
 - ♦ To educate the public about massage.
 - ♦ To foster a spirit of cooperation, community, and an exchange of ideas and techniques among OMTA members.
-

Benefits

- ♦ Receive Touchstone, a professional journal published electronically six times per year.
 - ♦ Receive discounted advertising rates in Touchstone.
 - ♦ Have your business listed in the OMTA web site massage finder (optional).
 - ♦ Have your business listed in the members-only referral directory (optional).
 - ♦ Receive a \$50.00 discount for membership the Associated Bodywork and Massage Professionals (ABMP), which includes professional liability insurance, Massage and Bodywork Magazine, and various business tools.
 - ♦ Attend OMTA's workshops and annual conference at special member rates.
 - ♦ Network with the AMTA, the OBMT, massage schools throughout the state, other LMTs, and other bodyworkers.
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Membership ♦ More Information ♦ Event Calendar

Please visit our web site, www.omta.net or contact our Membership Coordinator, Heather Bennouri:

8827 SW Blake St ♦ Tualatin, OR 97062 ♦ (971) 570-5404 ♦ bsl@bennouri.net

Oregon Massage Therapists Association Executive Committee

OMTA holds annual elections to select the Executive Committee (EC). Elections are open to all current OMTA members with voting status. President and Vice President are elected in even years. Secretary, Treasurer, and Membership are elected in odd years. All other positions are appointed by the elected officers. EC positions are volunteer except Conference Registrar and Ad Manager.

Elected Officers

The positions of Vice President and President will be up for election in October 2008.

President

PO Box 306
Bend, OR 97709

Bruno De Block

(541) 330-1980
massage@bendbroadband.com

Vice President

1839 NE 8th
Bend, OR 97701

Emden Griffin

(541) 350-0723
emdenrgriffin@yahoo.com

Secretary

Albany, OR

Carol Cory

brighidsown@msn.com

Treasurer

1865 Whistlers Park Road
Roseburg, OR 97470

Brenda Schneider

(541) 672-3478
massagenurse04@yahoo.com

Membership

8827 SW Blake St
Tualatin, OR 97062

Heather Bennouri

(971) 570-5404
bsl@bennouri.net

Appointed Positions

Advertising Manager

1007 West Central Avenue
Sutherlin, OR 97479

Daisy Tabaldo

(541) 459-4321
dnorth@hotmail.com

Conference Registrar

Bend, OR

Cindy Varvais

(541) 280-7218

OMTA Library

39190 Jasper Lowell Road
Fall Creek, OR 97438

Kathy Hensley

(541) 744-9372
nrg_hands@msn.com

Resource Line

See President for contact information

Bruno De Block

State Coordinator (for Area Reps) Carol Duncan

1007 W. Central Ave
Sutherlin, OR 97479

(541) 584-2810
massagecentral@yahoo.com

Touchstone

See Membership Coordinator for contact information

Heather Bennouri

Volunteer Coordinator

See Vice President for contact information

Emden Griffin

Webmaster

1710 Oakhurst Court
Eugene, OR 97402

Robert Bike

(541) 465-9486
robertbike@comcast.net

Area Representatives

Albany

1571 Clover Ridge Drive NE
Albany, OR 97322

Larry Johnson

(541) 979-RELX (7359)
larrylmt@comcast.net

Roseburg

See State Coordinator for contact information

Carol Duncan

Portland

See Membership Coordinator for contact information

Heather Bennouri

Ashland, Bend, Eugene, Salem, Coastal, and Eastern Oregon

Positions open

Touchstone is a journal of the Oregon Massage Therapists Association. Published every other month for OMTA members only, *Touchstone* features articles relating to the practice of massage, techniques, resources, tools, books, classes, continuing education, legislative information, Oregon Board of Massage Therapists (OBMT) updates, and other related information. If you would like information about advertising in *Touchstone*, or more information about OMTA, please contact the appropriate source listed below.

Touchstone

Editor: Heather Bennouri
8827 SW Blake St
Tualatin, OR 97062
(971) 570-5404
touchstone@bennouri.net

Advertising Manager

Daisy Tabaldo
1007 West Central Avenue
Sutherlin, OR 97479
(541) 459-4321
dnorth@hotmail.com

OMTA

19624 Apache Rd
Bend, OR 97702
www.omta.net
Resource Line (541) 330-1980
Press 3 for information