

September 2009  
Volume 25, Issue 1

# Touchstone

Journal of the Oregon Massage Therapists Association

2009 Annual  
Conference

New Eugene  
Area Rep

Artist In Our Midst

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**2008 Elections**

This is the first edition of Touchstone that was published since our last election. Robert Bike was inducted as President and Daisy Tabaldo was inducted as Vice-President on November 8, 2008. Results of the Legislative polls are on page 6.

**Photo credits**

Heather Bennouri

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*In Memoriam*

Sandi Fitts-Freeman, LMT and OMTA member, passed away July 29, 2009, shortly after being rediagnosed with cancer.

Sandi loved the practice of massage and found it fulfilling, grounding, and felt strongly that it was her calling to help others. She was known to say that if she had enough money that she didn't need to work, she would continue to practice massage for free because it meant so much to her.

Animal rescue was Sandi's other passion. She left behind three dogs and eight cats she had adopted through her rescue work. Several have been adopted or temporarily fostered, but others still need good homes. You can contact Indigo Rescue for more information if you are interested.

Anyone wishing to make a donation in memory of Sandi Fitts-Freeman can contact either Indigo Rescue or the Oregon Humane Society.

**Indigo Rescue**

P.O. Box 554  
 Beaverton, OR 97075  
[info@indigorescue.org](mailto:info@indigorescue.org)  
 (503) 626-7222  
[http://indigorescue.org/?page\\_id=18](http://indigorescue.org/?page_id=18)

**Oregon Humane Society**

PO Box 11364  
 Portland, OR 97211-0364  
 (503) 285-7722  
[http://www.oregonhumane.org/donate/make\\_tribute\\_gift.asp](http://www.oregonhumane.org/donate/make_tribute_gift.asp)



*Sandi Fitts-Freeman on her 54th birthday in May 2009.*

**Touchstone Publication Information**

*Touchstone* is the journal of the Oregon Massage Therapists Association published several times a year. We welcome feedback, including letters to the editor. Letters will be printed, but may be edited for length and clarity. We also welcome topic requests for future articles and article submissions. For details on article requirements and other questions, please contact *Touchstone* editor Heather Bennouri at:

8827 SW Blake St  
 Tualatin, OR 97062  
[info@bennouri.net](mailto:info@bennouri.net)  
 (971) 570-5404

## President's Corner

On May 15 Gov. Kulongoski proposed in a speech to the City Club of Portland to suspend several agencies, boards and commissions, including the Board of Massage Therapists. The reason he gave was to save taxpayers' money.

Suspending the Oregon Board of Massage Therapy (OBMT) would be a mistake for several reasons.

First, the OBMT is a semi-independent board that takes no taxpayer money. The licensing fees of Licensed Massage Therapists (LMTs), and fines paid by those who violate massage laws pays for the board.

Second, the OBMT investigates when massage is used as a guise for prostitution. Suspending the OBMT would force other agencies to investigate prostitution; a more likely scenario is that there would be no funds to investigate prostitution and it would be allowed to continue for lack of funds. Thus, the cost to the taxpayer and the danger to the legitimate massage therapists would be greater if the OBMT is suspended.

Third, LMTs, including the Oregon Massage Therapists Association (OMTA), are self-policing. We report to our board when we witness illegal activities related to massage, including unlicensed massage and Craigslist ads. If the governor suspends the OBMT, who will we report to? The Governor's office?

Fourth, there are always groups trying to bypass or change the massage laws, groups trying to allow someone or another to practice massage without a license. If the governor suspends the OBMT, who will police the massage profession?

Fifth, there are scores of massage students working their way through school. If there is no licensing board, those students cannot begin practice without a license. Suspending the board does not suspend the laws.

Sixth, occasionally LMTs commit moral infractions against clients. Currently the board has procedures in place to suspend their licenses. With no board, there is no oversight, and no license suspension.

There are many other reasons why the OBMT should not be suspended. I recommend that you contact your legislator and the governor's office to encourage the governor to retain the OBMT.

Robert Bike, LMT #5473

President, Oregon Massage Therapists Association

## Breitenbush Hot Springs

**The Breitenbush Healing Arts Team is seeking Oregon LMTs to fill temporary, seasonal, and periodic year-round positions.**

**Call, e-mail, or access our website for information and application.**

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

## Letter from the Editor

As some of you may know, I am a recent appointee to the OBMT. In this light, some of what I am about to say is likely to sound only self-serving. It may help to know that OBMT board members are volunteers who donate their time, receiving expenses and a small stipend—usually not enough to compensate for the time taken off regular work and other commitments.

I would like to stress that regulation can take many forms and while the current semi-independent structure is one of the most efficient in our state, it would be preferable to lose the current structure but maintain similar regulation than to lose regulation altogether. Speaking for myself, if the Governor or other legislators feel that the OBMT could be better served by a different individual than me on the board, I would step down immediately.

My experience on the OBMT in the past seven months has been an eye-opener in many ways. I did not always believe that regulation of massage therapy was truly necessary. As I came to understand that regulation wasn't just about preventing injury to clients (unlikely, but with cases rising as insurers will tell you) or as a deterrent to prostitution (which will never end), I also learned that it helps to protect LMTs as members of the public, by providing legitimacy to the profession, and public trust in a safe profession.

Oregon was one of the first five states in the U.S. to license massage therapy in the 1950s. Later, in 1985, when a Sunset Review of the OBMT came before the legislature, a group of massage therapists banded together, formed OMTA, and successfully lobbied the legislature to keep the OBMT and licensing within the State of Oregon.

Now, 25 years after lobbying to keep the OBMT, we as LMTs are facing the possibility that the OBMT will be suspended. The implications of this are far-reaching.

Suspension will affect licensees who bill insurance as some companies will no longer recognize those individuals as health care providers without a license.

Suspension will affect licensees who advertise in publications as they get mixed in with untrained individuals, or worse, those using massage as a front for other illegal activity.

Suspension will allow former licensees who were permanently suspended from practicing massage for sexual and/or ethical violations to practice again and prey upon the public.

Suspension eliminates a regulatory force that works with its licensees, the public, and law enforcement to ensure that massage therapy is a safe practice in the state of Oregon.

The OBMT is more than a set of rules about classes and tests to take to get a license. As a regulatory agency, they review ethical boundary violations, sexual violations, scope of practice violations, financial fraud, and more. When a case is clearly beyond administrative law simply for suspension or civil penalties, the OBMT works with police or refers to police for necessary criminal investigation and prosecution.

Please make your voice heard to protect massage therapy as a safe and respected profession. Contact your representatives and let them know that massage therapy needs regulation.

Heather Bennouri, LMT #10079  
Touchstone Editor

# 2009 Annual Conference: Harvesting Hope

We're looking forward to another great conference at Breitenbush Hot Springs. This year, the class format is different, with a six-hour class (don't worry, there's a lunch break!) on Saturday, and a three-hour class on Sunday. There will still be the regular business meeting on Friday evening (1 CE hour), the Talent Show, Silent Auction, and Raffle on Saturday evening, and the closing circle on Sunday. We hope to see you there!

**Saturday, October 3, 2009 (6 CE hours)**  
**9:15 A.M.—12:15 P.M. and 2:15 P.M.—5:15 A.M.**

## **Integrative Bodywork Therapies** **Robert Sirch, LMT #4483**

IBT is a powerful combination of assessment and treatment modalities. It quickly relieves musculoskeletal pain and discomfort from acute and chronic injuries and conditions. IBT includes Trigger Point, Deep Tissue, Hot Serpentine Stone and Myokinetic Therapies along with Positional Release, Side lying and Stretching techniques, etc. Serpentine Stones will be available for purchase.

*Robert Sirch has 24 years experience with 19 years as an instructor. He is the originator of Hot Serpentine Stone Therapy (1992), Myokinetic Therapy (1998) and Body Drumming (2005). Robert is dedicated to helping practitioners and their clients. This class will be customized to OMTA's conference. For more information on the individual modalities, visit his website at [www.robertsirch.com](http://www.robertsirch.com).*

## **Repetitive Strain Injury: Upper Extremities** **Donovan Monroe, LMT #10214**

Repetitive Strain Injury: Upper Extremities The focus of this class is the educate LMT's about the various forms of repetitive strain injuries related to the upper extremities. We will address issues with the shoulder, elbow, wrist and hand, learn the respective anatomy, acknowledge what we can and cannot do and learn about the various formes of treatment available. Class will include hands on techniques as well as guides for self care.

*Donovan Monroe has been an LMT since the summer of 1999. He has worked in various clinics across the country with experience in acute and chronic injuries. He also composes music for relaxation and healing therapies. He maintains a private practice in Portland, Oregon.*

## **Sound Healing** **Patrice Morency, LMT #2014**

Using sound for healing is an ancient wisdom. Sound techniques vary but all involve application of vibrational sound waves to the physical and subtle body to affect change. Instruments include voice, singing bowls, drums, rattles, tuning forks, and more. The benefits are far-reaching and include deep relaxation, reduced stress, ease of depression, restored balance, relief of pain, quieting the mind, and increased energy. This class teaches about the science and history of sound healing, theory and principles, how to balance chakras, vocal toning, about Tibetan and Crystal singing bowls, tuning forks, drums, rattles, chimes and didgeridoo, and how these can be used in your massage practice.

*Patrice Morency has studied with Sound Masters around the world.*

**Sunday, October 4, 2009 (3 CE hours)**  
**9:15 A.M.—12:15 P.M.**

## **Breathwork** **Kassy Daggett, LMT #5785**

Breathwork is a movement class designed to provide an opportunity to follow your internal rhythm. Breathe into health and wellness. Breathing is massage from the inside out.

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

## **Marketing 101** **Bruno De Block, LMT #6060**

Bruno De Block has been running a successful massage practice since 1997. Although success didn't 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.

*Bruno De Block has a successful practice in Bend.*

## **The Way of the Belly: Nourishment, Digestion, Power and Energy** **Beth Welton-Miller, M.S., LMT #4065**

The belly is a powerful place in our body. Known in some cultures by the Hara or Dantien, it signifies the place of power or the center of life force. We are born from the belly. The word "gut feeling" is used for intuition or knowing. A "gutsy" person is spirited and brave. The belly houses our internal organs of digestion and nourishment. In this workshop we will use experiential activities of mindfulness, breath, movement and sound to explore our fabulous bellies, physically, and energetically. Examine your relationship with nourishment and power. Connect with your gut and listen to its needs. Throughout the class we will honor and energize our bellies.

*Beth Welton-Miller teaches people about being in their bodies and building alliance with their healing intelligence as a way to know what they need to nourish themselves and live fully, to have energy, and to make choices that serve their souls. She has a Masters in Education and is certified in Body Centered Transformation from the Hendricks Institute. Hundreds of people have worked with her in workshops, individual and couple sessions and energywork sessions.*

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**or contact Daisy Tabaldo, Registrar**  
**[dnorth@hotmail.com](mailto:dnorth@hotmail.com)**  
**(541) 643-0569**

# New Massage Rules Took Effect March 1, 2009

## Revisions to Oregon Administrative Rules (OARs) Pertaining to Massage Approved by OBMT

### New Rule Text

The complete rules are online at [http://arcweb.sos.state.or.us/rules/OARs\\_300/OAR\\_334/334\\_tofc.html](http://arcweb.sos.state.or.us/rules/OARs_300/OAR_334/334_tofc.html). If you have a hard copy of the Statutes and Rules for LMTs in Oregon, this replaces the *green* copy.

### Rule Change Procedures and Brief History

Representatives from OMTA, AMTA-Oregon, massage schools, and individual LMTs make up the Rules Committee. This committee has spent the past four years doing a comprehensive review of the Oregon Administrative Rules (OARs) that pertain to massage therapy.

The Rules Committee, in its review process, looked at how the language affects LMTs and the practice of massage. The OBMT indicated areas of concern that had been problematic in dealing with administrative, enforcement, and ethical issues. However, the OBMT did not direct the committee in how to address these concerns. Instead, suggestions for solutions to the issues were thoroughly discussed and researched within the committee, reviewing other health regulatory agencies within Oregon, other massage boards outside of Oregon, and various other resources. When the committee felt they had clearly identified problems and addressed them, the proposed changes were taken to the OBMT for review. Once the changes that the committee proposed were approved, a formal public hearing was held for LMTs and the public to address any concerns with the proposed changes.

There were a total of three public hearings for these changes. At each hearing, LMTs had the opportunity to submit comments on the changes. Concerns were addressed by both the board and, through following meetings, in the Rules Committee to determine if there were problems and how the changes could be better stated to address the concerns of those who submitted comments. The final document was then submitted to the Secretary of State for inclusion in the OARs. A summary of the changes that affect LMTs in Oregon follows.

### Summary of Changes

No longer required: fly-tight garbage cans!

No longer required: bizarre lighting requirements no one understood. Now instead the lighting requirements must "provide illumination during cleaning."

No longer required: incomplete/difficult to enforce pool/spa/bath sanitation requirements. Current local and state law requirements apply instead.

Colonic irrigation is no longer listed as specifically out of scope. This is an unregulated practice in Oregon. Since "Joe Schmo" could practice colonic irrigation, it did not make sense to prohibit massage therapists from this practice.

You may use any tool, device, or appliance that does not require a prescription (or other licensure) that is within your scope of practice and that you have training on. For example, you can buy tools and supplies for acrylic nails without a prescription, but you need a cosmetology license to use them for

compensation. On the other hand, if you were trained to use a paraffin bath as a thermal modality for pain and joint stiffness reduction (or other appropriate uses), you can buy these at a variety of places open to the public and incorporate them into your practice since the usage falls within the scope of practice of massage therapy.

Don't forget to post your hand-washing sign in your restroom (required previously by policy, but now written in rule as well).

Clarifications of massage rooms and dual uses--for example, someone who works out of home may have a massage/guest room. AT THE TIME OF SERVICE of massage, it must only be used for massage (i.e., no children, guests, pets, construction, etc.) When not in time of service for massage, other uses may be acceptable as long as they would not interfere with the ability to reconvert the room to massage usage and still meet appropriate facilities standards.

The draping policy, which was already required, has been clarified. Note: informed consent does not provide for undraped massages. Exceptions to temporary removal of draping over genitals, gluteal cleft, or breast area are for those therapists with documented appropriate training for treatments in those areas. (Note: Written informed consent for massage treatment and undraping of these areas is recommended but not required--written consent is more for the protection of the LMT than the client.)

### Interested in the Process?

There are always positions available on the Rules Committee, which goes through both statutes governing massage and rules clarifying the practice of massage. This committee is made up of representatives from professional associations, representatives from massage schools, and any interested LMTs. The committee meets usually no more than once a month for 1-4 hours at a time. Please contact the OBMT office if you are interested in this committee, the Education and Scope of Practice Committee, or the Exam Committee for more information or to get involved.

### OMTA Needs New Rules Committee Liaison

For the past four years, OMTA has had a representative on the Rules Committee. This position is now vacant and needs to be filled in order for the organization to be represented as the Rules Committee moves forward. All LMTs are welcome in the committee, but OMTA needs a formal representative for this position who is responsible for reporting the items addressed by the committee and taking concerns of OMTA members to the committee for consideration. If you are interested, please contact OMTA President, Robert Bike at (541) 465-9486.



# 2009 Legislative Survey Results

## Ten Bills Proposed Would Affect Massage Therapy Law In Oregon

OMTA conducted a survey of its members for their opinions on whether the bills currently at the legislature should pass or fail. Initially there were seven bills. Three more were added later. Two surveys were sent to members regarding these 10 bills.

All members of the Executive Committee were asked to write one or two sentences on their opinions for each bill currently affecting massage in the 2009 Oregon Legislature. Those that submitted opinions had them included with the surveys that were sent out, without editing, along with their names. Each EC member received only one vote in the poll, as do all our other members, in determining the OMTA stance for each bill presented to the legislature.

Links to the bills, summaries of what they are intended to accomplish, how each bill is expected to affect you, and Executive Committee statements are available on line at [www.oma.net](http://www.oma.net). The results of the two surveys are shown in the table below.

The first survey, which included the first seven bills listed in the table, was taken in accordance with OMTA's By-Laws. Only Voting Members whose dues are paid and who hold current Oregon licenses were eligible to vote. 157 ballots were sent out, 52 were returned. Some measures had no votes on some issues. Statistically, 52 ballots has a 91% accuracy that all the measures

would come out the same, even if we were able to wrangle opinions out of all of our members. In fact, 52 ballots gives us 95% confidence level that all the bills except HB2347 would give the same results with the full 5712 Oregon LMTs with active licenses at close to the same ratio (within 10%) that our members favor and oppose these bills. 52 returned ballots gives HB2347 an 86% confidence level that it would be favored by all 5712 active LMTs.

The second survey, which included the last three bills listen in the table, was also taken in accordance with OMTA's By-Laws. Ballots were sent to 183 members and 71 were returned. Statistically, 71 ballots has a 97.0% accuracy that all three measures would be opposed at the same percentage (within 10%) of all our members. In fact, 71 ballots gives us 91.2% confidence level that all the bills in the second survey would be opposed by all 5712 Oregon LMTs with active licenses at close to the same ratio (within 10%) that our members oppose these bills.

I'm confident that both surveys correctly represent both the OMTA membership, and the active Oregon LMTs.

—Robert Bike, OMTA President

*I'm confident that both surveys correctly represent both the OMTA membership, and the active Oregon LMTs.*

—Robert Bike,  
OMTA President

Bill Number, Summary	Favor	Oppose	Result	Legislative Result
<i>For complete bill information, visit <a href="http://www.leg.state.or.us">www.leg.state.or.us</a></i>				
Senate Bill 146 Modifies the Current Massage Statutes	38	14	73.1% Favor	Failed in committee
House Bill 2057 Eliminates Semi-Independence for Health Professions Boards	5	45	90.0% Oppose	Failed in committee
House Bill 2058 Changes OBMT Board Member Appointment Requirements and Process	5	45	90.0% Oppose	Passed
House Bill 2059 Requires Mandatory Reporting for Health Professionals	3	49	94.2% Oppose	Passed with amendments
House Bill 2118 Revises Health Professions Statutes	4	47	92.2% Oppose	Passed with amendments
House Bill 2345 Develops Process for Dealing with Impaired Professionals	2	48	96.0% Oppose	Passed
House Bill 2347 Prevents Health Licensing Boards from Assessing Costs and Attorney Fees	27	22	55.1% Favor	Failed in committee
Senate Bill 692 Expanded Reflexology Exemption	9	62	87.3% Oppose	Failed in committee
Senate Bill 693 Exempts Bowenwork Therapy	11	60	84.5% Oppose	Failed in committee
Senate Bill 717 Exempts Polarity Therapy	11	60	84.5% Oppose	Failed in committee

# Spring Conference

## First OMTA Event of this Format a Success!

In an effort to provide more continuing education opportunities to Oregon LMTs, Robert Bike, OMTA President proposed and designed the format for an additional conference offering. In contrast to our annual conference at Breitenbush, this was a one-day event in May 2009, offering a choice of three classes.

Bruno DeBlock, LMT, taught a Breast Massage class, including indications, contraindications, ethical boundaries, client consent, and very clear examples of appropriate communication, draping, and even body language while working with clients.

Carol Duncan, LMT taught a Sports Stretching class, which showed LMTs how to stretch both their clients, themselves, and how to teach clients to stretch themselves. This focused class provided for great teacher-student feedback and detailed work.

*Image removed from Touchstone light edition to make the file size smaller. For the full edition of Touchstone or to change which edition you receive regularly, please email Heather Bennouri at [info@bennouri.net](mailto:info@bennouri.net)*

*Carol Duncan adjusts body mechanics in the Sports Stretching class.*

Robert Bike taught his popular EFT (Emotional Freedom Techniques) class. This utilizes tapping on fourteen acupressure points and can help clients deal with a variety of issues from phobias to addictions to pain to making positive life changes.

*Image removed from Touchstone light edition to make the file size smaller. For the full edition of Touchstone or to change which edition you receive regularly, please email Heather Bennouri at [info@bennouri.net](mailto:info@bennouri.net)*

*Robert Bike leads a group tapping session in EFT Level 1.*

# Artist in Our Midst

## LMT Donovan Monroe Releases First Massage Album

Being in practice as a massage therapist for the last 10 years, I have listened to hundreds of massage albums. There are some really great CDs out there and a lot of albums that I find sub par. My goal was to create an album that matched my style of massage, (which is deep, slow moving, and very focused) and would assist my clients in finding a serene place emotionally in which to relax. What I created is *Drifting into Bliss*, 70 minutes of ambient music that is an ideal match for massage, meditation, yoga, sleeping or other holistic practices.

The process of creating *Drifting into Bliss* was incredibly deep and intense at times. Writing music with modern equipment is one part musician, one part computer technician, one part audio engineer, and one part life coach (to keep focused when all other parts fail) as problems can (and do) arise on a daily basis. I embraced all aspects of this project with an overwhelming desire to connect with others out there in the world. Writing this album wasn't so much about showing off my music skills or abilities, it was actually quite selfless. My intention was to create a genuine healing space through music. What evolved isn't music in the sense that you would put this on to rock out; on the contrary, it's quite different. I created this album to not listen to it, but rather to feel it or absorb it.

The genre of this album is referred to as zero beat, or music without a beat, made famous by the likes of Brian Eno and John Hassel and later revitalized by the likes of Philip Glass and Chuck Wild of Liquid Mind. My album builds heavily on their influence. This is my first complete project and I am very pleased with the results. Granted, as my experience grows so too does my thirst for knowledge and experience. I am currently digging deeper into the tools that helped make *Drifting* possible and I am very excited with my latest creation.

*Image removed from Touchstone light edition to make the file size smaller. For the full edition of Touchstone or to change which edition you receive regularly, please email Heather Bennouri at [info@bennouri.net](mailto:info@bennouri.net)*

***Drifting into Bliss* can be purchased at**

[www.driftingintobliss.com](http://www.driftingintobliss.com)

New Renaissance Bookshop on NW 23rd St. in Portland  
Oregon School of Massage in Portland and Salem

# New Eugene Area Rep

## Michael Pooler Holds First Meeting

Michael Pooler was appointed and inducted as the Eugene Area Representative in April 2009. His first meeting was held in August to an incredible turnout of 39 LMTs.

Robert Bike, OMTA President, spoke about OMTA and what the organization does. Jeffrey Burch presented for over an hour on visceral manipulation. Kathy Calise, OBMT board member, did a Q & A session on the Governor's proposed changes. Those in attendance received 2 free CEs.

Michael plans to hold monthly meetings in Eugene, with different speakers each month. Meetings will be held Monday evenings and speakers will be presenting on hands-on techniques, business practices, and other areas of interest to LMTs.

The next scheduled meeting is for Monday, September 28, 2009. See the Calendar of Events at right for

### Eugene Area Representative Michael Pooler

- ◆ PO Box 2397 ◆ Eugene, OR 97402-0124 ◆
- ◆ 541-556-0970 ◆ kmiamike@msn.com ◆

If you have a topic you'd like to see, if you would like information on meetings, or if you would like to be a presenter, please contact Michael. LMTs are welcome from all areas of the state. For other area reps and locations, see page 9.

# Calendar of Events

Friday, September 18, 2009, 1:00 P.M.

### OBMT meeting

Board office, 748 Hawthorne Ave, Salem, OR  
Agenda available online at  
<http://www.oregon.gov/OBMT/minutes.shtml>

Friday through Sunday, October 2-4, 2009

### Harvesting Hope: OMTA Annual Conference

Breitenbush Hot Springs, Detroit, Oregon  
\$400.00 members, \$410.00 nonmembers  
Includes 10 CEs, lodging, and food.

For more information, see page 4.

Registration [www.regonline.com/omta2009](http://www.regonline.com/omta2009)

Or contact the registrar, Daisy Tabaldo at:  
[dnorth@hotmail.com](mailto:dnorth@hotmail.com) or (541) 643-0569

Monday, September 28, 2009, 7:00-9:00 P.M.

### Eugene Area Meeting

Market of Choice on 28th and Willamette  
Speaker: Jeannie Edwards, LMT

2 contact CEs, OMTA members FREE, \$5.00 for non-members

Monday, October 19, 2009, 9:00 A.M.

### OBMT meeting

Board office, 748 Hawthorne Ave, Salem, OR  
Agenda not yet available.

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B.A., B.S.,  
CMT



# Nominations Open for Annual OMTA Elections

## Membership, Secretary, and Treasurer Up for Election in October 2009

The OMTA Executive Committee is comprised of five elected officers (President, Vice President, Treasurer, Secretary, and Membership Coordinator) who each serve two-year terms. There are also a number of appointed positions, which are filled by vote of the elected officers. In odd-numbered years, Membership, Secretary, and Treasurer are up for election. Nominations are now open for these positions. We also have several appointed positions available including Webmaster and Area Representatives.

Benefits for Executive Committee members include continuing education credit, networking opportunities, and free or discounted conference tuition.

### Qualifications

Current license as LMT, read and be familiar with the OMTA by-laws, agree to follow the OMTA Code of Ethics, mission statement, vision, goals and decision-making process, agree to follow OMTA operating guidelines, be a member of OMTA.

### Expectations

Executive Committee officers are expected to have regular computer internet access as communication happens on a regular basis via email, including items of an urgent nature. Tasks are expected to be performed in a timely manner consistent with deadlines set.

### Membership

The Membership Coordinator manages the member database; sends information to new and renewing members; provides regular monthly and quarterly reports to the EC on dues received, expenses and membership census.

### Secretary

The Secretary is responsible for taking minutes for the Executive Committee and also handles all correspondence designated by the EC. The Secretary maintains files and records pertaining to OMTA.

### Treasurer

The Treasurer is the custodian of finances for OMTA. Gives regular monthly and quarterly reports regarding the financial status of OMTA. Compiles and oversees annual budget.

### Further Information

For more information on specific job descriptions, please visit [www.omta.net/job-descriptions.htm](http://www.omta.net/job-descriptions.htm). You can also contact the current officer in the position you are interested in for more details (contact information is on page 9).

### Nomination Deadline

Nominations will be open through the end of conference (October 4, 2009). Ballots will be mailed out immediately after conference for voting. Those interested should submit the following information to our current Vice President, Daisy Talbaldo at [dnorth@hotmail.com](mailto:dnorth@hotmail.com)

### Biographical Information Required of Nominees

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 would you 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?

## Classifieds

### Job Openings/Space for Rent

Treatment Space for Sublease: 2 weekends a month with occasional full week during the month. Beautiful space near Washington SQ on Hall Blvd. Includes use of Hydraulic table, Hydrocollator and Vibracusser. \$200.00/month. Contact Mary Elizabeth Smith: 503-626-1950 #1490 or visit her web site at [www.luminnutritionandwellness.com](http://www.luminnutritionandwellness.com)

### Services

Affordable Natural Skincare...Back to Nature Facials and Massage, specializing in 100% Oxygen Spray Facials offers OMTA members a 10% discount off facial and waxing services and skincare products. Close to I-5 and set in a beautiful forested area in Lake Oswego, we provide the highest quality skincare. Facial treatments are corrective to skin conditions yet relaxing and pampering. Call (503) 670-7749 for consultation, Leslie Martinsen, LE, LMT #6672. See website at [www.backtonaturefacials.com](http://www.backtonaturefacials.com).

### Volunteer Opportunities

Seeking massage therapists to volunteer internationally. Information at [www.ngoabroad.com](http://www.ngoabroad.com) or via email at [info@ngoabroad.com](mailto:info@ngoabroad.com). NGO abroad is a nonprofit organization that provides frugal, customized international volunteer options and helps people enter international humanitarian work. INDIA: rural areas need massage therapists to work on weary villagers who have just dug wells, latrines, or done other hard labor. CHILDREN: Help untangle the emotional knots of children who have been abused or neglected. LIVELIHOODS: teach massage as an employment skill--a ticket out of poverty.

### Other/Misc.

Yachats Beach House. This welcoming house is located just steps away from easy access to the eight-mile beach between Yachats and Waldport. It has 2 bedrooms, 1.5 baths, fully equipped kitchen, fire-view woodstove and large windows and decks for ocean viewing. With sleeper sofas in the living room and library, it sleeps eight. Pets are welcome. \$120 winter; \$155 summer, 7th night is free in winter. For info, contact Glenda Jones, (541) 726-9720 or [ethelcoastcottage.com](http://ethelcoastcottage.com).

# 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 Membership, Secretary, and Treasurer are up for election in October 2009. Nominations are now open (see page 8 of this issue for more information).

### President

1710 Oakhurst Court  
Eugene, OR 97402

### Robert Bike

(541) 465-9486  
robertbike@comcast.net

### Secretary

Bend, OR

### Rowan Varvais

(541) 280-7218

### Treasurer

1865 Whistlers Park Road  
Roseburg, OR 97470

### Brenda Schneider

(541) 672-3478  
massagenurse04@yahoo.com

### Vice President

1007 West Central Avenue  
Sutherlin, OR 97479

### Daisy Tabaldo

(541) 459-4321  
dnorth@hotmail.com

### Membership

8827 SW Blake St  
Tualatin, OR 97062

### Heather Bennouri

(971) 570-5404  
info@bennouri.net

## Appointed Positions

### Advertising Manager

See Vice President for contact information

### Daisy Tabaldo

### Touchstone

See Membership Coordinator for contact information

### Heather Bennouri

### Conference Registrar

See Secretary for contact information

### Rowan Varvais

### Volunteer Coordinator

1839 NE 8th  
Bend, OR 97701

### Emden Griffin

(541) 350-0723  
emdengriffin@yahoo.com

### OMTA Library

PO Box 306  
Bend, OR 97709

### Bruno DeBlock

(541) 330-1980  
message@bendbroadband.com

### Webmaster

See President for contact information

### Robert Bike

### State Coordinator (for Area Reps)

1007 W. Central Ave  
Sutherlin, OR 97479

### Carol Duncan

(541) 584-2810  
massagecentral@yahoo.com

## Area Representatives

### Albany

1571 Clover Ridge Drive NE  
Albany, OR 97322

### Larry Johnson

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

### Portland

1988 SE Ladd Ave  
Portland, OR 97214

### Donovan Monroe

(503) 984-1963  
donovanmonroe@me.com

### Bend

See OMTA Library for contact information

### Bruno DeBlock

### Tualatin-Sherwood

See Membership Coordinator for contact information.

### Heather Bennouri

### Eugene

PO Box 2397  
Eugene, OR 97402

### Mike Pooler

(541) 556-0970  
kmiamike@yahoo.com

### Roseburg

See State Coordinator for contact information

### Carol Duncan

**Ashland, Coastal Area, Salem, and Eastern Oregon**  
Positions open

*Touchstone* is the journal of the Oregon Massage Therapists Association. Published several times a year for OMTA members, *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*, more information about OMTA, to submit an article or letter to the editor, please contact the appropriate source listed below.

### Touchstone

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*see specific officers for phone contact information*