

December 2008
Volume 24, Issue 3

Touchstone

Journal of the Oregon Massage Therapists Association

Online
CPR
Classes

2008
OMTA
Election
Results

2008 Conference Review

In This Issue...

Massage Information

Online CPR Classes.....6

OMTA Information

Conference Review.....3

Annual Election Results.....7

Survey and Touchstone Subscription Format
Information.....7

Executive Committee.....9

Other

Calendar of Events.....8

Classifieds.....8

Photo credits

Heather Bennouri

Support Our Advertisers

Therapy Works
Breitenbush Hot Springs
EarthSpa (cupping therapy)

If you are interested in advertising in Touchstone, please contact our ad manager:

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

Current advertising sizes and rates are posted at:
www.omta.net/touchstone_ad_rates.pdf

Touchstone Publication Information

Touchstone is the 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.

Conference 2008

A Time to Heal

This year's conference, A Time to Heal, had top-rate instructors on a variety of topics. Ranging from energy work to hands-on modalities to treatments using tools to business lessons, there was something to fit everyone.

One of the new things the Executive Committee decided to try this year was Express Check-in, which allowed attendees to



The Main Lodge at Breitenbush remains standing while a new foundation is being constructed.



Jesse MacLean (left) guides Brenda Schneider in the Negative Pressure Massage Cupping Workshop.

go straight to their cabins from the parking lot—something that hadn't happened before (usually attendees have to walk to the main lodge to check in and find out which cabin to go to). The change was quite popular, and with relatively minor revisions will be used again in the future.

Friday night's business meeting was well-attended. After brief introductions of the Executive Committee and a quick summary of their job description and the tasks completed this year, it



Pamela Hoy (not pictured) taught a Hot Stone massage class in the River Yurt.



Rubber cup hands-on practice.

was opened up for a Q & A session with Patty Glenn, Executive Director of the OBMT.

Questions this year focused on the FSMTB, the new written exam, the new practical exam, and proposed rules changes. Individuals with specific concerns also had an opportunity to talk with Patty on a one-on-one basis following the general meeting.

Saturday everyone was busy with classes but many still made time to come and watch and perform at the Talent Show,



Watsu is always popular. Taught by Jeannie Edwards (far left in black), this introductory class is offered—and filled to capacity—every year.



Carol Duncan (standing, center) demonstrates European Sports Stretching for clients on Emden Griffin. This class and its corresponding European Sports Stretching for yourself were quite popular and will be offered again at our upcoming Spring conference in 2009.

held during the silent auction. With a live guitar performance by Peter Hartman, a Glow Poi dance by Julie Marie, a story told by Robert Bike, Sharon Jakeway's tale of Frequently Lost One (and a toddler's attempt to use it in a manner never expected), and a special preview of Donovan Monroe's upcoming massage music album, there was plenty of entertainment and laughter. Special thank you to everyone who contributed to the auction.

Notice Regarding Donations to OMTA

OMTA is a 501(c)(6) organization. This means that we are a non profit organization but that there are restrictions regarding donations made to the organization concerning tax benefits for the donor. The following was copied from the IRS web site:

Tax Treatment of Donations—501(c)(6) Organizations

Contributions to section 501(c)(6) organizations are not deductible as charitable contributions on the donor's federal income tax return. They may be deductible as trade or business expenses if ordinary and necessary in the conduct of the taxpayer's business. The donee organization may be required to make certain disclosures and pay a proxy tax in connection with the dues payment, however.

For more information, visit:

<http://www.irs.gov/charities/nonprofits/article/0,,id=163437,00.html>

For specific details, please check with your tax consultant.

Spring Conference Planned

In response to feedback from our members, OMTA will be hosting a Spring conference in May 2009. It will be held in Tigard and there will be four or five different classes offered. Each class will be six contact hours of continuing education credit. Costs, specific dates, class options, and location will be announced as soon as contracts have been finalized with the instructors. We hope to see you there!

Become a Certified Myofascial Trigger Point Therapist

A hands-on series designed to give you a comprehensive approach to the treatment of trigger points

Learn to accurately identify and effectively treat trigger points throughout the body. This series makes Travell & Simons fun, easy and understandable.

COURSE 1: **The Basics**

COURSE 2: **The Pelvis, Hips and Lower Back**

COURSE 3: **Shoulder, Arm and Upper Back**

COURSE 4: **Head, Neck and Face**

COURSE 5: **TMD**



Prepare for the
National Trigger Point
Certification Exam!
EARN 16 CE HOURS
for each course!

COURSE 1 DATES:

Feb 21-22 *Portland, OR*
March 21-22 *Seattle, WA*

Register online at
TherapyWorksOnline.com
or call 360.532.1707

Cupping is Massage

Cupping Therapy is an ancient technique that is widely popular today

When applied to the skin, the suction created draws an increase of blood and qi to areas of injury or imbalance

Cupping achieves excellent results for a range of issues therapists are called on to deal with



LEARN FROM THE EXPERTS
traditional and contemporary methods

Workshops in
Bend ~ Eugene
Medford ~ Portland

See the Oregon Schedule at
www.cuppingtherapy.org



CUPPINGTHERAPY.ORG 425.999.2225

Online CPR Classes

Benefits and Concerns

With everything online (this journal included) now, it should come as no surprise that once-lengthy and costly CPR certification course are now available—you guessed it—online. With that option, though, come a series of other issues. Here's an overview to help you decide what's right for you.

Benefits to Online Courses

Time and Location

As long as you have an internet connection, you can take the class. Some may be slower for dial-up users, but it is still easier than finding one that works with your schedule and driving there. Not to mention that if you take a course online, no one cares if you show up in your pajamas.

Cost

In-person courses, unless you can find them discounted through work or some other connection, usually run a minimum of \$60 per person. Online courses start at free (\$24.95 to get your certificate though) or \$19.95 including a certificate and wallet card, depending on where you go.

Set Your Own Pace

The information is usually straightforward and does not detract from what you need. You do not have the distractions of other students who need repetition of things you already understand. At the same time, you can review items that you might not have caught and would not have wanted to ask in class or take up class time to ask.

If you are a speed reader who is familiar with CPR, you have good retention skills, and you test well, an online course may take you as little as an hour.

Ease of Review

Depending on the site you choose, you can go back and review your course whenever you want and as many times as you want, through your expiration date.

Potential Concerns About Online Courses

Lack of Physical Practice

Without a CPR dummy to practice on, or the barrier one-way valves now used in CPR, there is no way to have the physical experience of going through the actions. This practice, however short or even boring it might seem, can reinforce your learning and make the lesson last in a more effective manner than just watching it on a computer screen. Some medical professionals question how effective people might be if put into a situation where an individual who only took an online course is the one responsible for CPR.

In a way, think of it like learning to give a massage by watching a video—without an instructor to help guide you or a physical body to practice on. For experienced practitioners, it can be a good tool for new techniques, but it might not be the best way to learn if it's not something you've used regularly before.

Lack of Physical Materials

Usually when you go to an in-person class, you receive a book, "cheat sheet," certificate, wallet card, and either included or for an additional price you can purchase barriers that you can try out in the class. While some of the online sites will ship these items to you, you will pay extra for them above the cost of

the course. Even the courses that let you review you will still need an internet connection in order to do so. Also, to receive any physical materials, you must pay shipping charges on top of the cost of materials.

Credibility

Apparently there are a few web sites that are not properly accredited. Make sure yours is certified by the American Red Cross or the American Heart Association.

On a different credibility issue, some of the online courses let you repeat the certification test as many times as you want until you pass it, without requiring a waiting period or even a review of the course. In essence, you could even skip through the materials and go right to the test, guessing at answers until you hit the right combination to pass and print your certificate.

Choosing the Right Course for You

	Yes	No
Do you learn well on your own from written material?	<input type="checkbox"/>	<input type="checkbox"/>
Are you already CPR certified or otherwise familiar with CPR practices and techniques?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been unable to find and/or afford CPR classes in your area?	<input type="checkbox"/>	<input type="checkbox"/>
Would you take the responsibility to review the techniques on a semi-regular basis?	<input type="checkbox"/>	<input type="checkbox"/>
Can you watch someone else do something and repeat those actions well on your own?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have access to a printer to print out your certification paperwork?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "yes" to all of the above, an online course may be appropriate for you. If you can't answer yes to all of them, you may want to reconsider and seek out an in-person course, or, if you are in a time crunch for renewal, take the online course and then find a "renewal" course (sometimes cheaper than initial certification) to take in person to make sure that your skills would have adequate hands-on practice and be of value in a true emergency.

Finding CPR Courses

Online

Use a Google search for "online CPR" and many different options will come up. Make sure you check out as much of the site as you can prior to starting—there are some "free" sites (great for the learning part) but they tend to charge for the certificate (possibly more than the sites that charge you up front for the class).

In Person

If you would prefer an in-person class and have a minimum of four others interested, please contact an Area Representative and we can help set up a local class for your group. If there is no Area Representative listed for your location, contact Carol Duncan for assistance. (Contact information is on page 9.)

Annual Elections

OMTA Executive Committee

The results from OMTA's annual election are in. Robert Bike was elected President and Daisy Tabaldo was elected Vice President. They were inducted into office in November 2008. Their bio information follows.

President

Name: Robert Bike

Number of Years in Practice: 13

Oregon Massage License: 5473

Education: AA Journalism 1975

Membership in Professional Organizations:

Member of Executive Committee of OMTA in various capacities since 1996; ABMP

Description of the type of massage/bodywork you practice:

Emotional Freedom Techniques

What gifts and strengths do you feel that you will bring as a member of the Executive Committee of OMTA?

Because of my lengthy service with OMTA, I have a sense of the history of our organization, its purpose and its traditions. I've served as Secretary, Directory Editor and Webmaster, and have served on the By-Laws review committee. I am able to balance the needs of the organization with the needs of our membership. I have a strong sense of duty and responsibility.

What do you see as the most important next step for the position for which you have been nominated?

I have a vision and focus for using the position to lead OMTA into a stronger position within the massage community, and to make our organization more recognized by massage professionals and the public.

What do you envision for the future of OMTA?

I'd like to see OMTA be a leaner organization, eliminate excessive costs, reduce the burden of time & energy for our core volunteers, better serve the membership and all Oregon-licensed massage therapists, provide more outreach and continuing education, expand our political presence, and establish a sense of ownership of OMTA with our membership.

Vice-President

Name: Daisy Tabaldo

Number of Years in Practice: 2.5

Oregon Massage License #: 13289

Education: Associates, Massage Certificate, National Certificate, Or. license, CNA certificate

Membership in Professional Organizations:

OMTA, ABMP

Description of the type of massage/bodywork you practice:

Swedish, specific injury treatment, therapeutic deep tissue, PNF, Myofascial

What gifts and strengths do you feel that you will bring as a member of the Executive Committee of OMTA?

Responsible, Organized, excited about this group, experience in a leadership position on committees.

What do you see as the most important next step for the position for which you have been nominated?

I feel we need to branch out more and embrace those students coming out of MT school. I feel we need to be in the public eye more. We should focus less on one thing (Conference) and broaden our scope.

What do you envision for the future of OMTA?

I want to see it flourish and grow. It should be available to every graduating student as a lifeline to help them through their first few years. I want to help make it so.

Secretary

Carol Cory, OMTA's Secretary since October 2007 resigned. Cindy Varvais nominated herself to fill the vacant position and the Executive Committee appointed and inducted her at the November EC transition meeting.

Survey and Touchstone Subscription Format

Thank you to everyone who responded to the survey that was included with your ballots. Many of you had a lot of different opinions and things to say. The results (which are not yet fully compiled) will be published in future editions of Touchstone. Because there were so many comments on some of the topics, the survey results will be published in pieces in the months to come.

Thank you also to everyone who sent in their Touchstone subscription preferences. Hopefully you receive this edition with the preferences you requested. If not, please email touchstone@bennouri.net and include your name and how you would like to receive Touchstone (light, regular, or both). If you have any questions, you can also contact Heather Bennouri by phone at (971) 570-5404. One of the comments on the survey was a request from several people to return to a printed format for those who choose. Due to costs, we will be discussing options for doing this at our January Executive Committee meeting and will let you know the results.

Classifieds

Job Openings/Space for Rent

Stunning office for lease -- Must see to believe! 1000 sq office to lease in busy SE Portland space. Will remodel to suit. Stunning view of Mt. St. Helens, Mt. Adams, beautiful tree-top horizon. Easy freeway access off I-205 on SE Division. Separate entrance into office, keypad entry into building after hours, keyed restrooms, parking, janitorial, etc. Great neighbors. Contact Lee Watson @ 503-223-6233—shown by appointment only.

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.

Volunteer Opportunities

Seeking massage therapists to volunteer internationally. Information at www.ngoabroad.com or via email at 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.

Project Helping Hands Seeking volunteer LMTs to treat MS patients. For more information (or to refer an MS patient), contact Candyce Hayes at Multiple Sclerosis Society of Portland, OR Inc., 2901 SE 122nd Ave., Portland, OR 97236 (503) 297-9544 www.msoregon.org

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 ethelscoastcottage.com.

Conair Hot Stone Kit Brand new, still in plastic \$42. (503) 875-9909. Ready for pickup in SW Sylvan area (near zoo) in Portland.

Calendar of Events

January 10-12, 2009

Contemporary Cupping Methods

Portland, Oregon

www.cuppingtherapy.org for registration and more information

January 16, 2009, 11:00 A.M.

Final Public Rules Hearing

OBMT Office, 748 Hawthorne Ave NE, Salem, OR 97301

January 16-18, 2009

Contemporary Cupping Methods

Bend, Oregon

www.cuppingtherapy.org for registration and more information

January 25, 2009, 9:00 A.M.

OMTA Executive Committee Meeting

Eugene, Oregon

February 20-22, 2009

Contemporary Cupping Methods

Salem, Oregon

www.cuppingtherapy.org for registration and more information

March 13-15, 2009

Contemporary Cupping Methods

Eugene, Oregon

www.cuppingtherapy.org for registration and more information

April, 2009

Nominations for Secretary, Membership Coordinator, and Treasurer for OMTA Open

Elections to be held in October 2009

May, 2009

OMTA Spring Conference

Tigard, Oregon

This will be held on a Sunday in May, date TBA (it will not be Mother's Day or Memorial Day weekend). Details to be posted on www.omta.net as soon as contracts are set.

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

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 are currently up for election. (See page 10 of this issue for more information.)

President

1710 Oakhurst Court
Eugene, OR 97402

Robert Bike

(541) 465-9486
robertbike@comcast.net

Vice President

1007 West Central Avenue
Sutherlin, OR 97479

Daisy Tabaldo

(541) 459-4321
dnorth@hotmail.com

Secretary

Bend, OR

Cindy Varvais

(541) 280-7218

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

See Vice President for contact information

Daisy Tabaldo

State Coordinator (for Area Reps)

1007 W. Central Ave
Sutherlin, OR 97479

Carol Duncan

(541) 584-2810
massagecentral@yahoo.com

Conference Registrar

See Secretary for contact information

Cindy Varvais

Touchstone

See Membership Coordinator for contact information

Heather Bennouri

OMTA Library

39190 Jasper Lowell Road
Fall Creek, OR 97438

Kathy Hensley

(541) 744-9372
nrg_hands@msn.com

Volunteer Coordinator

1839 NE 8th
Bend, OR 97701

Emden Griffin

(541) 350-0723
emdengriffin@yahoo.com

Resource Line

See President for contact information

Bruno De Block

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
Additional representative coming soon.

Heather Bennouri

Central Coast (Newport Area)

PO Box 2104
Newport, OR 97365

Rose Jade

(541) 961-8423
sjade@dialoregon.net

Ashland, Eugene, Salem, and Eastern Oregon Positions open
(Bend, North coast, and South coast reps coming soon!)

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

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

1710 Oakhurst Ct
Eugene, OR 97402
www.oma.net
866-977-OMTA (6682)