

Light Touch

A woman with long brown hair, wearing a red t-shirt, dark blue jeans, and teal sneakers, is captured mid-jump. She is positioned horizontally between two large, light-brown rock formations. Her arms are outstretched upwards, and her legs are spread wide. The background is a clear, bright blue sky. The overall scene conveys a sense of adventure and outdoor recreation.

AMTA Montana Chapter Newsletter

In this issue...

- Message from the President
- “A Frothy Education...”
- Highlights from State Convention
- Committee Update: MT State Board Rules Subcommittee Meeting
- Welcome new members and our new board member, Annie Sites!

Everyone in the pool...



The American Massage Therapy Association (AMTA) is a non-profit, member-driven organization unlike any other in the profession. Our mission is to serve AMTA members while advancing the art, science, and practice of massage therapy and to promote, advance, and provide innovative thinking in the field of massage therapy while facilitating, supporting and serving AMTA members. Because we are a non-profit, all the dues you pay circle back to supporting you and your community of massage therapists. What that looks like is high quality CE opportunities, chances to connect and network, lobbying done on your behalf to strengthen the profession, outreach to educate the public about what we do, and research into the efficacy of massage therapy for treatment of all sorts of conditions.

One of the ways we as your state chapter board members stay energized to serve our members and get ideas to implement here in Montana is by attending the national convention and chapter leadership training each year. This year, we are excited to be heading to sunny Pasadena, CA this September 14-16 to connect with other state chapter leaders and the national board members. Please let us know if you are planning to attend so we can connect with you at the national convention!

It is my honor to continue to serve as your board president and I'm always interested in ways to help elevate the profession here in Montana. I'm particularly interested in how we can facilitate easier access to excellent continuing education opportunities in our great state. We're very proud of the recent successful state convention in Fairmont Hot Springs! The CE classes were well received by those in attendance. We're already hard at work planning next year's state convention in Helena and would love to hear from our members regarding what you'd like to see offered both at our conventions and at some smaller CE offerings throughout the year. Shoot me or our new (returning) education chair, Annie Sites, an email with any suggestions! We can be reached at amta.mt.president@gmail.com and amta.mt.education@gmail.com.

Cheers to the summer and sunshine!

Jessica Powell Riley, LMT

AMTA-MT Chapter
President



Frothy Education...

Every post on my husband's Facebook page is about rivers. If you haven't noticed or are not a whitewater junkie like he is (and I am, to some extent) we're having an EPIC run-off season on both sides of the Divide. He can't help but open up his favorite site for monitoring river flows and changes every morning and giving me "the report". And I have to agree with him – it's exciting to watch the numbers as creep up and suddenly spike to levels not seen in years.

We took some extra days off over Memorial Day weekend and headed west over Lolo Pass in the Bitterroot Range. Our destination: the Lochsa River and a yearly rafting event called Lochsa River Madness. Over the next several days and nights we would reunite with many of our river friends from Idaho and Oregon, barbeque and drink around campfires, get a fantastic show of Northern Lights and watch in person as the river gauge climbed every day.

While I row my own boat on other rivers, in years past I have usually been a spectator at this event, driving the vehicle and trailer to shuttle people and boats to the put-in and from the take-out and spending the time in between hanging out at the parking area at Lochsa Falls to watch the "carnage". This vantage point is where one can see boats intentionally flipping one after another as they fail to crest a huge standing wave created by two nasty lateral waves where the river

tumbles down over a drop. This year my husband, Jeff and our friend, Mike made running the river in our 12-foot paddle cat look easy and uneventful, negotiating the largest of the rapids and falls without incident. Their success is most likely what lead me to believe that I wanted my piece of the Lochsa this year, choosing to brave

the river on the same craft the following day with Mike while Jeff and Katie, Mike's wife, ran shuttle for us.

Clad in dry suits, helmets and pfd's, Mike and I shoved off with a regatta of other rafts around noon on a river that had gained a few thousand cubic feet per second (cfs) overnight. After several good warm-up rapids we enter Lochsa Falls where most of our group were lining the eddys to be our safety boats and (of course) to get a good view. We lined up a little too far right dropping into the rapid

and both washed out of the boat. If you ever find yourself in the situation of falling out of a boat in a Class IV rapid, the rules are simple:

1. If at all possible, stay in the boat.
2. If you can't stay in the boat, hang on to the boat.
3. Under no circumstances should you let go of your paddle.
4. If this sounds scary, refer back to #1.

I managed to keep my paddle with one hand and ahold of the boat with the other, so I was feeling like this was a successful swim. We

were both scooped up by our safety crew fairly quickly and on our way.

A few miles downriver lay one of our last rapids, Termination – another Class IV with a few nasty holes. Holes are features in the river where elevation drop combined with a large rock on the river bottom causing the river to literally fold back on itself and flow back upstream and creating a continual recirculating flow of water, combined with a lot of air – hence the term "whitewater". Termination also has a

huge standing wave and just one lateral wave coming in from the right, looking to push your boat to the center of the river where the holes lay. I'm pretty sure we have lined up as well as we can, that if we just lean forward as much as possible and dig in with our paddles we've got this. I'm so innately positive of this, in fact, that the boat flipping comes as mostly a shock. I feel something grab my jacket as Mike yells, "I've got you!" and then he doesn't. The upside down, washing-machine tumbling of the hole I am in is disorienting. Every now and again I think I can feel the pressure change on

my face, that I am getting closer to the surface and my next breath. I get one quick gasp and I tumble down for another ride. If you ever find yourself in the situation of getting recirculated in a hole in the river, the rules are simple:

1. Refer to rule #3 of falling out of a boat.
2. Remain calm.
3. Even though it goes against everything you learned in swim class, ball up and the hole will spit you out.
4. If you can't manage 2 & 3, you will eventually surface. It's just

*"If you ever find yourself in
the situation of falling out
of a boat in a Class IV rapid,
the rules are simple..."*



Frothy Education (continued)

going to take longer. When this surfacing happens, be sure to flail, panic and yelp like a scaled dog.

I look back upriver and it is gone, my big green life preserver of a boat stuck in an eddy at the side of the river. Mike is 100 yards down river and swimming for the shore and no other boats are around. I realize it's time to start self-rescue and swim for the shore myself. The river is moving fast, but I have time and I am going to make it to the side before anything else comes up so I finally stop my yelping and begin to assess what just happened.

I'm trying to remember the last time I swam a nasty rapid like that one, from nearly top to bottom and I realize that it's been at least eight or more years. Is it because I'm a conservative boater? Maybe. I know being *on the water* is my happy place, but definitely not *in the water* and so I always study the heck out of my line to avoid the swim. But that doesn't mean for sure that the swim won't happen. Suddenly, so many swift-water rescue courses happening at the side of the river as I floated by come to mind. I immediately think: continuing ed. I need continuing ed. [Forehead slap.]

It's not uncommon for me to look at a continuing ed class and say, "I don't need that class. I already know how to do that." But after this experience I looked back at some of the classes I dismissed and asked myself: how long since you used that skill? Has anything changed since you learned it? Could this instructor teach it differently? We don't just have the requirement of continuing education to learn the newest technique or modality. It also stems from the tenant that "practice makes perfect" and if you practice, when something surprises and you need that skill you will remember all the simple stepsand not end up at step #4 of swimming a whitewater hole.

Here's to your next CE class on something you think you know.

Happy learning,

Suzie Lindberg,
LMT

AMTA-MT Board Member, PR Chair



ADVERTISE WITH US!

Publication Dates (and Submission Deadlines):

March 15th (February 28th)

June 15th (May 31st)

September 15th (August 31st)

December 15th (November 30th)

Advertising Rates:

Business Card 3.5" x 2.5" \$15

1/4 Page 4.25" x 3.25" \$30

1/2 Page 4.25" x 7" \$45

Full Page 9" x 7" \$90

Classified Ads: 20 words or less \$5 and \$0.20 each additional word.

For advertising or article submissions please contact Suzie Lindberg at amta.mt.publicrelations@gmail.com.

2017 AMTA-MT Convention



"I walked away with more than I expected. Thank you." This was a comment from one of the attendees of Day 3 of the convention after a class with Cheri Gillham, LMT entitled Working With Cranial Bones and Cranial Nerves. That comment generally sums up the feedback we received after this year's AMTA-MT Chapter State Convention. Held at the beautiful Fairmont Hot Springs in Southwestern Montana, the coursework focused on the nervous system in general, with our hands-on offerings focusing on craniosacral therapy. Dr. Patricia Holl, DC presented an opening talk on Friday night, Massage is Medicine: How Bodywork Affects Nervous System Health, in which she discussed the health of the nervous system and how massage fits into the bigger picture of functional neurology. On Day 2, Carol Gray, LMT, CST, RPYT presented Craniosacral Therapy Assessment and

Treatment Tools and one attendee remarked in their feedback after Carol's class, "Wonderful sense of humor and teaching skills - really kept my interest and kept it fun!"

This year, the board focused on creating more opportunities at the convention for attendees to network and connect with each other. New this year was a meet and greet with presenters over hors d'oeuvres and cocktails and breakfasts hosted by the chapter board members in our hotel suite. We loved all the extra time we got to spend with our members and can't wait for next year! Thanks so much to everyone who attended and made it one of the best conventions to date!

Did you miss this year? We look forward to seeing you next year in

"Wonderful sense of humor and teaching skills - Carol really kept my interest and

Helena!

GRACIAS
ARIGATO
SHUKURIA
JUSPAXAR
GOZAIMASHITA
EFCHARISTO
KOMAPSUNNIDA
MAAKE
LAH
GRAZIE
MEHRBANI
PALDIES
TASHAKKUR ATU
SUKSAMA
EKHMET
YAQHANYELAY
TINGKI
BIYAN
SHUKRIA
THANK
YOU
BOLZIN
MERCII

Committee Updates

Government Relations

The Montana State Board of Massage Therapy (MSBMT) held a Sub-Committee meeting on June 5th, 2017 to discuss proposals the committee would make to the full Board regarding the following rule changes:

- Rules regarding continuing education
- Possible new rules requiring practitioner notes/intake forms
- Rules regarding 24.155.901 Unprofessional Conduct and content of advertisement
- Discussion of possible repeal of 24.155.904 Anonymous Complaints
- Discussion regarding providing license verification from all jurisdictions in all professions
- Discussion of alternate methods of providing a massage therapy school transcript
- Discussion requiring massage therapy instructors to be licensed
- Discussion recognizing Montana massage therapy programs for purpose of MBLEX
- Discussion posting license in workplace
- Discussion regarding possible repeal of requirement of two letters attesting to the good moral character of the applicant, submitted directly to the board office by individuals who are not the applicant's family members

The MSBMT does a great job of updating their agendas with a summary of the discussions, motions made and votes [here](#). Click on any past Agenda to view what happened or click on Minutes to listen to the whole meeting.

Want to attend an MSBMT meeting?

The public is welcome to attend any meeting listed as Public Access: Open.

Want to address the MSBMT?

The best and most respectful way to address the Board is to write to them well ahead of a meeting and request time on their next meeting agenda. The Board will often list on their agenda if they have a time for public comment and will usually have a sign-in sheet so that they know who is there and whether or not you would like to make comments.

Who represents our Chapter at MSBMT meetings?

We are currently looking for a member to serve as the Government Relations Chair for our chapter. If you would like to know more about the volunteer position, please contact Jessica Powell Riley at amta.mt.president@gmail.com.



Membership

Our Chapter has 464 members as of June 1st, 2017.

Please join us in welcoming new & transferring members:

Professional

Jennifer Cundy	Missoula
Jessica Russell	Missoula
Liz DeGrave	Bozeman
Sherrie Johnson	Belgrade

Student

Cass Mcquoid	Bozeman
Meredith Madden	Bozeman
Kara Stevens	Billings
Heather Fitzhearge	Billings
Suzanne Solomon	Columbus
Patrick Fernandes	Bozeman
Bailey Schriver	Billings
Victoria DeVerniero	Billings
Marsie Miller	Belfry
Josie Bucklin	Billings

Membership Milestones

Celebrating **40 years in AMTA** this year:

Paige Asten	Whitehall
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Celebrating **30 years in AMTA** this year:

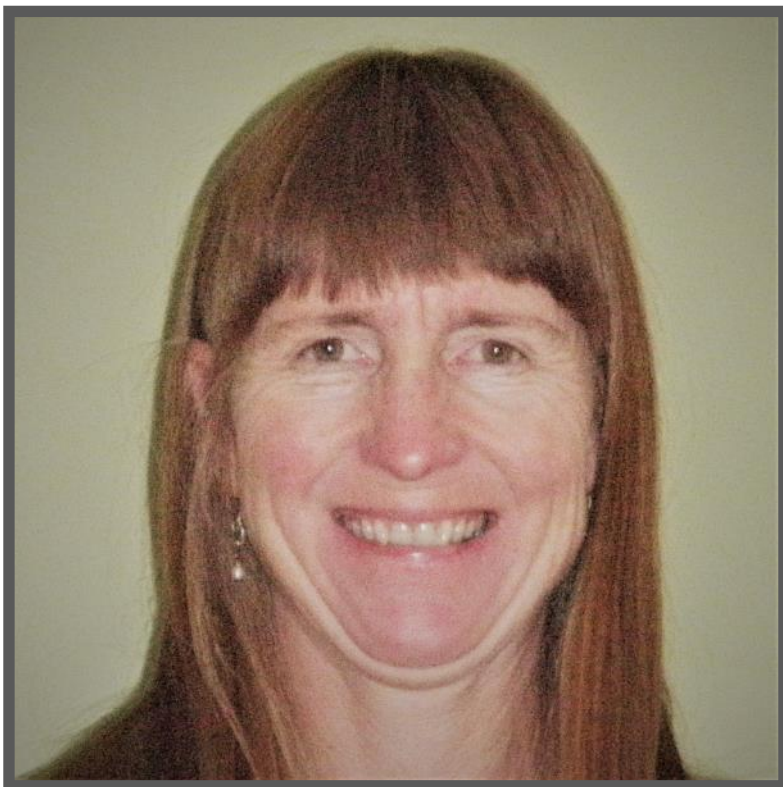
Paula Parcheta	Missoula
Paul Segersten	Belgrade

Celebrating **20 years in AMTA** this year:

Daniel Carney	Missoula
Nicole Kay	Bozeman
Mary Mills	Victor
Marilyn Schneider	Great Falls

*AMTA Montana
welcomes our new
Board Member...*

Annie Sites



Annie

Sites is a licensed massage therapist since 2004 and owns Creekside Massage Therapy in Bozeman, Montana. Having worked in the health and wellness field for over twenty years, Annie takes great pride in attending to her clients' needs. She is from Helena, Montana and came to Bozeman to attend Montana State University, graduating with a degree in Sports Medicine. Following graduation, Annie pursued a career with an outdoor adventure company leading biking and hiking trips all over the country and abroad. Her next path led her to study massage therapy at Health Works Institute and graduated in 2004. She

specializes in treatment specific, sports and relaxation massage. In addition to operating her own massage practice, Annie previously instructed at Health Works Institute School of Massage Therapy in Bozeman, Montana. She trained new student therapists in Body Awareness, Hydrotherapy and Chair Massage for three years. She continues to work at the school as a Clinic Supervisor and Feedback Coach.

Annie is currently a Board Member and Education Chair for the Montana Chapter of the American Massage Therapy Association. While volunteering for the Montana Chapter of the AMTA, Annie received the meritorious award for her hard work and dedication to the Montana Chapter. As an important component of being a successful massage therapist and on-going requirement for licensure, Annie participates in continuing education, including classes in Ortho-Bionomy, Neuromuscular Therapy, Thai Massage, Deep Tissue Specific Techniques, Reflexology, Lymphatic Facilitation, Core Myofascial Therapy and Craniosacral Therapy. Annie is committed to lifelong learning.

WELCOME ANNIE!!

**WE ARE *SO GLAD* TO HAVE
YOU!**



GET INVOLVED!

VOLUNTEERS WANTED, WELCOME &
NECESSARY!!

The AMTA Montana Chapter holds board elections once a year around April. The positions shown here will be up for election next year in 2018. Please take a moment to view any or all of the positions you might be interested in running for during next year's election. If you should have any questions regarding the positions open or other volunteering opportunities, please feel free to contact any board member. We are always happy to answer questions about volunteering!



VOLUNTEERING:

WHAT'S INVOLVED?

PRESIDENT

SECRETARY

BOARD MEMBER

DELEGATE

Click
on a
position title to
view a
description.

*Committee Chairs—Membership, Government Relations

*These positions are appointed rather than elected.

AMTA MONTANA CHAPTER BOARD MEMBERS

“How may we help you?”

Join us on Facebook for regular updates about chapter happenings!

www.Facebook.com/amtamontana/

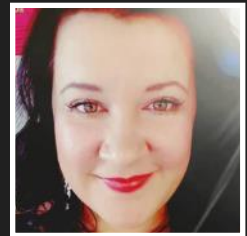
Click any photo to email the board member.



Board Member & Education Chair
Annie Sites



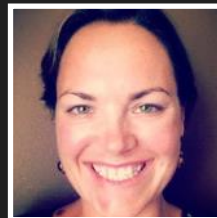
Financial Administrator & Delegate
Stephanie Olsonowski



Secretary & Delegate
Tiffany Russell



Board Member & Public Relations
Suzie Lindberg



President
Jessica Powell Riley

Next Issue...

We love to have members submit articles, stories, photos and events to add your voice and your input to our newsletter! Please send your submissions to PR Chair Suzie Lindberg at amta.mt.publicrelations@gmail.com.