



Flagler Volusia FSMTA

Agenda Next Monthly Meeting

Meeting Date – March 10, 2010 (2nd Wednesday of the month)

Speaker – Patricia M. Donahue, LMT & Joe Ferguson, LMT

Subject – Bindegewebsmassage, (Connective Tissue Massage)

Time – 6:00 pm - Registration and Networking

6:25 pm - Welcome and Announcements

6:30 pm - Speaker Presentation Begins

2 FL CE Hours Awarded – Members Free, Non-members \$25.00

Location - Keiser University Auditorium, East Entrance & Parking Lot

Address - 1800 Business Park Blvd, Daytona Beach, FL 386-274-2725

Patricia Donahue & Joe Ferguson Present Bindegewebsmassage

Patricia M. Donahue, LMT, RMT, NCMT has been active in the field of massage for 45 years; she graduated from the Swedish Institute in 1966. Pat is a certified specialist in Connective Tissue Massage (CTM). She has dedicated 80% of her practice to CTM work and gives workshops throughout the country.

Pat has served the American Massage Therapy Association in many capacities, presently holding the position of Immediate Past President of the Florida Chapter. Pat was the Department Chair of the Swedish Massage Program at the New York College, Syosset, NY - Faculty member at SUNY College Farmingdale, NY - member of AMTA National Education Committee - Examiner consultant for the NYS Board for Massage Therapy - item writer for National Certification Program - Presenter at AMTA National, Regional, and State Conferences and Conventions.

Pat was Owner /Director of Wholistic Pathways Center For Massage Therapy in Lindenhurst, New York for over 20 years. Pat will be presenting a workshop at the World Massage Festival this June at Berea University in Berea, Kentucky. Pat will be receiving the Life Time Achievement Award from the World Massage Festival at the Western Carolina University in Cullowhee, North Carolina in July, 2011.

Joe Ferguson, LMT has been active in the field of massage since 1966 when he graduated from the Swedish Institute. Joe is Certified in CTM and has trained in Shiatsu. Joe was appointed to the New York State Board For Massage Therapy, an item writer for the National Certification Program, lecturer, and presenter of Swedish Massage and CTM. He was a Sports Massage Therapist for the New York City Marathon elite runners for twenty years, the New York State Empire Games, Special Olympics, the National Qualifying events for the Olympics. Staff Massage Therapist at Merrill Lynch & Co. for twenty-eight years. Joe will be receiving the Life Time Achievement Award from the World Massage Festival and Massage Therapy Hall of Fame in Brera, Kentucky, June, 2010.

Both have retired and relocated to Melbourne, Florida. Since then they have been approved providers for NCBTMB as well as Florida CE Broker under the business name of JOPA Consulting.

Patricia M. Donahue FL Massage License MA 41186 Natl Cert. Provider # #450218-06

FL CE Broker Provider #50-8734

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Board of Directors:

President
Mark Bigelow, LMT

1st Vice-President
Chris Brooks, LMT

2nd Vice-President
Jane Sharpe, LMT

Secretary
Moises Sztyleman, LMT

Treasurer
Gregory Neely, LMT



Equipment needed for this months Meeting a Pillow

*This workshop presents a brief overview of the history of Bindegewebssmassage - *CTM (connective tissue massage),*

March 10, Monthly Meeting Presentation

Introduction to BINDEGEWEBSMASSAGE- 2 CEU's

Course Description:

*This workshop presents a brief overview of the history of Bindegewebssmassage -*CTM (connective tissue massage), its fundamental principles and physiological effects. Pat will demonstrate the proper use of strokes, balancing techniques, body mechanics for the Basic Build-up and Face. All attendees will have a practicum on massage techniques for the face.*

Equipment needed: Pillow

Course Objectives:

- 1. Describe/identify the reflex arch (sensory - motor nerve responses).**
- 2. Discuss/demonstrate the technique of the transverse pull over the subcutaneous tissues of the body.**
- 3. Describe/identify responses this technique will have on the body including the effects on muscle tissue, circulation, lymphatic drainage, nerve tissue, the skin and other organs.**
- 4. Demonstrate/identify proper draping.**
- 5. Discuss the indications and contraindications.**
- 6. Discuss/identify the importance of the patient's responsibility to holistic care and the effects of working this treatment.**
- 7. Demonstrate/identify the basic build-up, balancing strokes, and facial strokes.**
- 8. Practicum of facial strokes and balance stokes for the face.**

President's Monthly Report - Mark Bigelow, LMT

Last Months Speaker – Elisa DiFalco

Our chapter continues to bring you the very best in our professions CE presenters. All of our monthly speakers have been convention presenters and are of the highest quality. At our Feb 10th meeting we had with us Professor Elisa DiFalco from the MLD Institute in Wellington, Florida, who introduced us to the benefits of manual lymphatic drainage techniques for head, neck and face. We all appreciate her driving so far to be with us and it is always a pleasure to have her present at one of our monthly meetings. Elisa will also be a presenter at the FSMTA State convention in July.

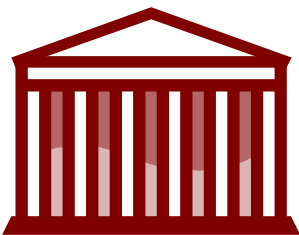
Annual Business Meeting

We had our annual business meeting as planned on Feb. 10. There was a lot to do and talk about and much was accomplished.

Congratulation to our newly installed board members. It was a pleasure to have with us our Immediate Past President, Carol Morrell, who came many miles to be with us from Gainesville, to install Jane Sharpe as 2nd VP, and Chris Brooks as 1st VP, as members at the annual business meeting observed. Thank you, Carol, for your willingness to come and your dedication to the chapter that you served so well for 7 years as President.

Gregory Neely as Treasurer, and myself as President, were installed at the State quarterly meeting the week-end of Jan. 30 & 31 in Orlando. We had a weekend of President and Treasures training with others from around the State. Thanks

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Update from your chapter President Mark Bigelow, LMT

President Report Continued...

also to Moises Sztylerman who has remained our chapter Secretary for another term and who travels from St. Augustine to be with us at each monthly meeting. Time was made for Carol Morrell to recognize all who have volunteered during the last year to help the chapter run smoothly. We all appreciate what everyone does to make our chapter a success.

Chapter Awards For 2009

We also nominated candidates and voted on our chapter award winners for 2009. Congratulations to all nominees and winners and thank you all for your service. Your chapter takes great pleasure in recognizing your contribution and efforts.

LMT of the Year – Kim Scott, who has so quietly and behind the scenes worked to help the chapter secure our monthly meeting place at the Keiser University and promotes the FSMTA at all opportunities.

Outstanding Service – Frances Lord, who prints, folds, stamps and mails the hard copies of our newsletters to chapter members who have no email address yet on file.

Sports Massage Team Member – Sheree Urich, for all you do to help promote massage therapy and help area athletes.

FSMTA State Sports Massage Team Training

Anyone interested in special training to be a member of the State Team should contact me so a class can be scheduled. bigelowseminars@aol.com

FSMTA Renewals and Voting in the State Elections

The central office would like to remind everyone that membership renewals and ability to vote in the upcoming State elections will be handled electronically. Go to <http://www.fsmta.org/>– click on “member login” on the right end of the tool bar – go to “create a MyFSMTA account” and follow the instructions to create your personal account. Having your email address on file with the central office also facilitates you receiving updates and special bulletins as available. Don’t miss out on what is going on. Our own Carol Morrell is running for State 2nd Vice President and we would like to encourage your participation in the process.

Email of Chapter Newsletters

I want to encourage your voluntary participation in signing up for your monthly newsletter to come by email with an attached file. You can easily print your own hard copy of the file if you want to hand hold the newsletter while reading it. Frances Lord and Erick Linscott mailed 145 hard copies of the newsletter last month, which is a lot of printing, folding, and stamping for them to do and we could all lighten their work load. Newsletter mailing consumes a major portion of our chapters budget and you could help us save money by receiving yours electronically. Costs for all items continue to rise and if we are to keep membership dues low we need your participation.

Your chapter board will soon be discussing the future possibility of the newsletter being only available by email so help us by getting on board today, or at least be mentally prepared for the change in the future when snail mail may no longer be an option. Please send your email address to our webmaster at whattaconcept@gmail.com to be included.

Amount of Dues

I was asked at the annual business meeting why we only had 2 lobbyists working for the FSMTA as compared to the chiropractic association who was said to have more. Keep in mind that membership dues to the Florida Chiropractic Association increase in amount for the first three years, and for a third year DC the membership is \$348.00, compared to your FSMTA Association membership which is \$125.00 per year. When you have more, you can do more.

Sign someone up! We all know some massage therapists who are not members of the FSMTA for whatever reason. Sign them up as members! The larger we are in numbers the more the politicians in Tallahassee will listen to us and our professional needs.

Mark Bigelow, LMT President



This months update
from the President of
our local Chapter.

Immediate Past Presidents Update - Carol J Morrell, LMT, HMLD, CKTP

Hello members – this is my first IPP report – how cool after 6 years as president !!! Congratulations to our new board, Mark Bigelow, Chris Brooks, Jane Sharpe, Moises Sztyleman, Greg Neely we welcome you with open arms. It was such a joy to see this new board take their oaths to serve us for the next 2 years. I was delighted to see our new president Mark Bigelow conduct his first official Annual Biz Meeting – it was done with excellence.

Mark allowed me the honor of swearing in 2 new board members – Chris Brooks, 1st VP and Jane Sharpe 2nd VP, recognizing Greg Neely as treasurer and acknowledging our faithful Secretary, Moises Sztyleman for his continued service in this office. Our chapter has a full board again and it is exciting to anticipate the future with the leaders who take us to the next level.

Your new President and Secretary have worked diligently with me over the past 4 years and all these board members have been faithful in their attendance of our monthly meetings making them aware of the chapter's functions. Therefore the preparation for the transition had been accomplished to the best of my ability and I am proud to be an active part of the board as your IPP. It certainly is a wonderful experience for me to see this with great expectation for Flagler/Volusia's future.

I want to take this time to acknowledge our secretary, Moises Sztyleman, a therapist for about 25 years with a wealth of experience and information – although he is the quiet one, never drawing attention to himself, he deserves special recognition for all his years of service in the massage profession, FSMTA and our chapter.

Moises travels from St. Augustine every month to be part of us and can be counted as faithful for whatever position or event he is involved with(which consists of many). My sincere appreciation and our hats off to you for what you've given to all of us, Moises. My appreciation to the committee chairs who served over the past year(s) their commitment to our chapter is honorable and so appreciated. THANK YOU to:

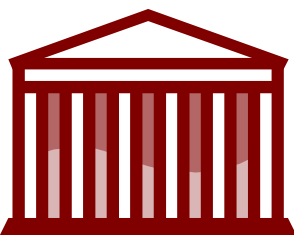
Karen Burke, Moises Sztyleman, Elisa DiFalco, Teresa McDonald, Maria Andes, Carroll-Lively Solis, Frances Lord, Sheree Urich, Ken & Deb Smith. To our past board members, Phillip Cunningham, Moises Sztyleman, Mark Bigelow - thank you doesn't seem to say enough for the support and efforts given to running a wonderful chapter, but I THANK YOU from the bottom of my heart and wish the best for your futures.

The energy and excitement at our meetings continues as we all work together to be the "Family of Professionals." To all our students, we thank you for coming and learning to be the best you can be at this wonderful profession. I also want to recognize and appreciate our faithful Associate Members – Elite Continuing Education, MLD Institute, Keiser University, Daytona College, International Academy, Daytona State College - your support sends messages to the communities. Our presenter, Elisa DiFalco was awesome as always and such an asset to our chapter. She has become Educational Standards Chair at the FSMTA State level – what an honor to know her. Thank you Elisa for being with us during this important meeting and being part of our chapter. Your value to this profession has just begun it's journey.

To the FSMTA Executive Board and all FSMTA members, it's been wonderful to be part of your lives and share these past years together. God Bless You.

Carol

Monthly Treasurer Report - Gregory Neely, LMT



**Treasurer's Corner by
Gregory Neely, LMT**

This month's Bank balance is \$1277.33. Want to place an Ad in our monthly newsletter don't hesitate to contact us at greg@newagetouch.com or by phone 386-492-2958 and ask for Greg.

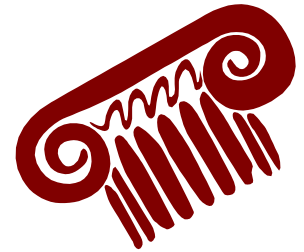
CLASSIFIED ADS

Classified Rates	Members	Non-Members
1-20 Words	5.00	10.00
21-40 Words	10.00	15.00
41-60 Words	15.00	20.00
Full Page (flyers)	25.00	35.00
Business Cards	10.00	20.00



Sports Corner by Sheree Urich, LMT

Please order your NEW Florida State Sports Massage shirt for \$25.00...I will be collecting orders and monies to obtain your shirt at the FSMTA convention in July 2010 The Daytona Frogman TRIATHLON will be held on March 21, 2010. It is a USAT sanctioned Olympic distance triathlon, consisting of a 1500 meter ocean swim, 40K bike and a 10K run. In addition to the standard USAT age group categories, there will be categories for military and challenged athletes. There will NOT be an elite division or prize money. Atlantic ocean swims can be demanding, be prepared for the challenge. Wetsuits will be legal unless there is an unusual change in ocean temperature for that time of year. March ocean temps can vary from year to year but are generally in the 60's. The swim course will be well staffed with EMT/lifeguards from the Volusia County Beach Patrol, on paddleboards, Personal Water Craft and in boats. In the event that ocean conditions become unsafe, the decision to cancel the swim for safety reasons will be a joint decision between the race director and the swim course coordinator. The swim will be started in waves on 3 minute intervals. USAT officials will be on the course insuring a fair race for all. Please adhere to all USAT rules, as they will be enforced.



Sports Corner

THE CAUSE 100% of the net proceeds is being donated to the NAVAL SPECIAL WARFARE FOUNDATION which supports the men and their families of NAVAL SPECIAL WARFARE.

THE FOUNDATION The NAVAL SPECIAL WARFARE FOUNDATION was founded in 2000 by former members of NSW. Their mission

is to provide educational and motivational support for the NAVAL SPECIAL WARFARE (NSW) community, promote health and welfare, and perpetuate the history and heritage of the U.S. NAVAL COMMANDOS. For more details, visit www.nswfoundation.org

Look for these upcoming events:

Victoria Park 5k run/walk March 13 in Deland

Frogman Triathlon March 21 in Daytona Beach

Sheree Urich, LMT Sports Massage Team Coordinator

surich@cfl.rr.com

Legislative Corner by Gregory Neely, LMT

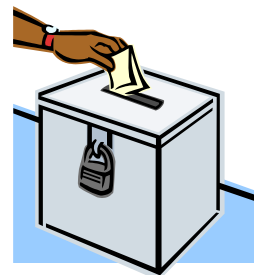
Hope everyone remembered to go and comment on MTBOK.org website regarding our scope of practice.

Currently 2 bills that are similar in nature HB633 and SB966 have created lots of attention in the Dept of Health. The wording on the 2 bills have been sent back to committee for re-wording because members of Congress have contacted those that work at the Dept of Health so more information will be forth coming in the next newsletters.

HB 139 has been sponsored which will allow a new massage therapist to NOT have to take a certification test to get a license if certain courses were taken at a accredited massage therapy school. The FSMTA has come out against this bill, due to the fact that many unqualified therapists would be able to get licensed simply by sitting through a class.

Legislative Awareness Days will be March 23 - 25 this year. More information will be available at the next meeting.

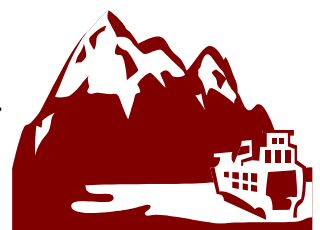
By Gregory Neely, LMT



Are you a registered Voter?

If not, now is the time to get registered.

"Hope everyone logged into MTBOK .org and left comments on the scope of practice for massage therapists!"



Legislative Corner what is going on in Tallahassee your lobby dollars at work.



Navigating the Law is always tricky But do you know where you stand?

It's the Law Do you Comply? (New Feature)

64B7-33.001 Advertisement. FL Statutes

(1) Any advertisement of massage services in any advertising medium as defined herein shall include the license number of each licensed massage therapist and each licensed massage establishment whose name appears in the advertisement. The license numbers and names shall be legible and shall appear in the advertisement exactly as they appear on the license of the therapist or establishment.

(2) For purposes of this rule, "advertising medium" means: any newspaper, airwave or computer transmission, telephone directory listing other than a listing for which no additional advertising charge is made, business card, handbill, flier, sign, other than a building directory listing all building tenants and their room or suite numbers, or other form of written advertising.

Penalty, \$250.00, plus investigation costs

Follow-up Workshop in Bindegewebssmassage-CTM Basic Session (technique)

SATURDAY MARCH 20, 2010 & SUNDAY MARCH 21, 2010

Workshop: Bindegewebssmassage – CTM Basic Session 16 CE (technique)

Presenter: Pat Donohue and Joe Ferguson Time: 9am thru 6pm Saturday & Sunday

Fee: Preregistration \$199. On-site \$239.

Contact: JOPA Consulting, 670 Kristy Circle, Melbourne, 32940, Phone # 321 501 9649 or email jfpd39@bellsouth.net

Where:

Hampton Inns

1715 West International Speedway Blvd.

Daytona Beach, FL 32114

CTM-Bindegewebssmassage Series I

CE BROKER COURSE

TRACKING #20-217227

Instructor(s): Pat Donohue

Hours: 16 CE Hours (Technique)

***Attendees need to bring bolsters, hospital gown which opens in the back or robe, sheets and towels.**

Course Description:

This workshop presents an overview of the history of Bindegewebssmassage -

***CTM (connective tissue massage), its fundamental principles and physiological effects. The students will learn proper use of strokes, balancing techniques, body mechanics and draping. At the completion of the course, the student will have an introductory level of skill in Bindegewebssmassage-**

***CTM. The beginning of any and all treatments with**

***CTM massage starts with the basic build-up. This paves the way for specific treatments for pathological problem. This also can be self administered for self care for the therapist. Practicum will be included in this workshop**

CE Broker Provider #50- 8734 NCBTMB Provider #450218-06



Ormond Beach Classes

Trigger Point Therapy Certification

March 20, 2010 – Backache, 8 CE Hours

April 17, 2010 – Headaches, 8 CE Hours

www.bigelowseminars.com

FSMTA – Flagler/Volusia Chapter Board

President – Mark Bigelow, 386.214.6268, bigelowseminars@aol.com

Immediate Past President - Carol Morrell, 352.336.3640, newsmyrna@bellsouth.net

1st Vice President – Christopher Brooks, 386.795.2033, dean@daytonacollege.edu

2nd Vice President – Jane Sharpe, 386.586.3007, janolmt@webtv.net

Secretary – Moises Sztyleman, 305.481.1630, mossage57@yahoo.com

Treasurer – Gregory Neely, 386.492.2958, greg@newagetouch.com

Central Office Address: 1870 Aloma Ave Suite#260: Winter Park, FL 32789

Lynn Hupp Exec. Director: 407-628-2772 or toll-free 1-877-376-8248 or 1-877-FSMTA 4 U.

Please notify Central office of any changes in address , phone, etc.

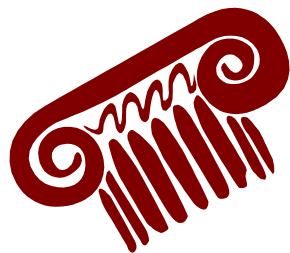


NEWSLETTER

Flagler Volusia Chapter
240 Ridgewood Ave
Holly Hill Fl 32117

Healing Touch through
professionalism.

We're on the web at
www.fsmtafv.org



Happenings...

Upcoming Events and Speakers

Upcoming speakers

March 10 - Pat Donahue, Bindegewebmassage, (Connective Tissue Massage)
April 14 – Margie Meshew, Table Top Thai
May 12 – Deborah Roberts, Shoulder assessment
June 9 – Dan McGovern, Wholebody View
July --- FSMTA State Convention, no meeting
Aug 11---TBA
Sept 8—TBA
Oct 13—TBA
Nov 10—Vivian Mahoney, Insurance Billing
Dec--- Chapter Party

Upcoming events

March 13 ---Victoria Park 5k run/walk...Deland
March 21----Frogman Triathlon.....Daytona Beach