



FSMTA Newsletter

No Monthly Chapter

Meeting in June

President Report - Mark Bigelow, LMT

Convention – Convention – Convention

June 22 – 26 Renaissance Orlando at Seaworld



Be there or be square! Are you kidding me? The Florida State Massage Therapy Associations convention is only one hours drive away and you do not have time to stop in? Our FSMTA State convention is usually bigger than the AMTA National Convention, and this is a license renewal year and it will be a big one.

Come on Wednesday night for the Successful Start Program which is open ONLY to students and instructors and LMT's who have been licensed two years or less. Hear the best speakers and successful people in the profession tell you how to become successful yourself by following their proven path.

Continued on page 2....

Inside this issue:

Presidents Report	1,2,
Treasurer's Report	6
Legislative Update	6
Classifieds	4,5,8, 10
Sports Corner	3

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**

**Immediate Past-
President
Carol Morrell, LMT**

Newsletter Editors

Betsy Morrison, LMT

Gregory Neely, LMT

President Report - Mark Bigelow, LMT continued from Page 1

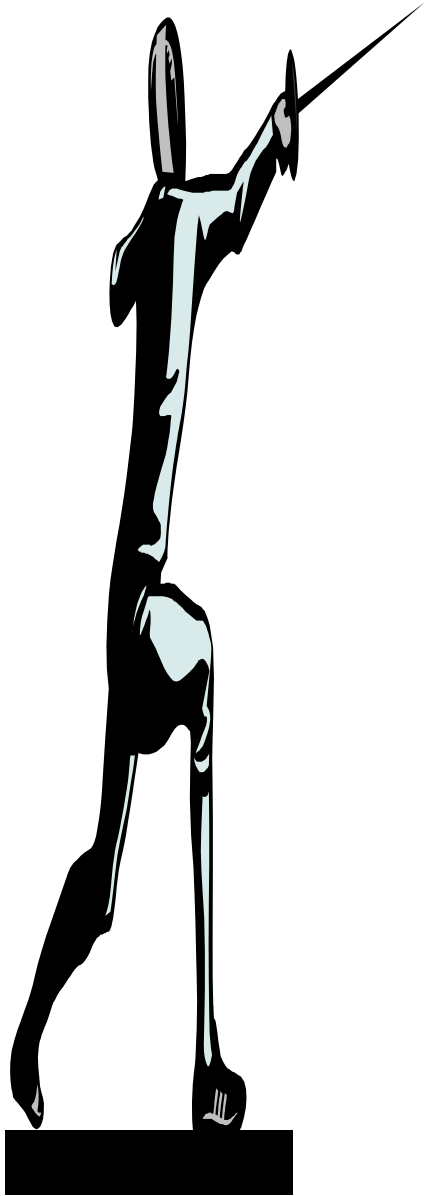
Come on Thursday for the state membership meeting, where all LMT FSMTA members are welcomed to hear the business end of the association, meet the State Board officers and share in the opening ceremony. The keynote speaker is Marilyn Allen. The Humanitarian Award Presentation will follow. Join the party with the exhibitors from 7:00 pm to 9:30 pm and see the many products available in this industry.

Even if you are not registered and taking classes from the very best presenters in our profession, stop in daily for a visit to the exhibit hall from 10:00 am to 7:00 pm Thursday and Friday. Then join in our chapter party in one of the hospitality suites shared by the First Coast Chapter from Jacksonville and the Suwannee Valley Chapter from Gainesville. All chapter members are welcomed.

Saturday the exhibit hall is open from 10:00 am to 6:00 pm. Saturday evening is the State Awards Presentation and Banquet, with dancing until 1:00 am. So, what are you waiting for? Go to www.fsmta.org and check out the convention pages on the state website.

I hope to see YOU there!





Sports Massage Team Report -

Adan Araujo LMT

Hello to all from the sports team.

At this past association meeting I asked members of the sports team to contact me about updating the information we have on file. It is important that we update members' information. We need current contact numbers, insurance info, and 1099 update.

Please call me, after 9 PM weekdays. I am up late during the week or call on weekends anytime. If you like you can e-mail at araujoadan@yahoo.com. Those that know me, know how much I really, really dislike computers.

My telephone number is 386-295-484.

Starting in July I will be talking about what is involved at sporting events and some of the techniques and considerations that we use.

Until then I hope to see all of you in Orlando for our convention.

Be good and take care. Adan Araujo

WELCOME TO AMERICA'S MOST CONVENIENT BANK!



TD Bank Representatives will be available at the event being held at Kaiser University on Wednesday, May 11, 2011 from 5:30 pm - 7:30 pm

CONVENIENCE.

- **TIME IS ON YOUR SIDE.**
Open early, open late!
- **TD CONVENIENCE CHECKING.™**
Hassle-free banking with a low minimum daily balance requirement. Plus, first order of standard checks FREE!
- **CHECK TODAY. CASH TOMORROW.**
Next-day availability on deposits!
- **YOUR WALLET'S BEST FRIEND.**
Use your TD Bank Debit Card with confidence, everywhere Visa® debit is accepted.
- **FREE COIN COUNTING.**
Our Penny Arcades are fast and easy. Visit www.tdbank.com for a Penny Arcade near you.
- **FREE ATM ACCESS.**
At thousands of TD ATMs in the U.S. and Canada.
- **FLEXIBLE AND CONVENIENT LENDING SOLUTIONS.**
Apply in-Store, online or by phone at 1-800-937-5020.
- **ALWAYS OPEN. ALWAYS READY.**
FREE Online Banking with balance alerts and Bill Pay at www.tdbank.com.
- **REWARDS ARE IN THE CARDS.**
Choose the TD Credit Card that's right for you.
- **POCKET-SIZED CONVENIENCE.**
FREE TD Bank Mobile Banking App.



America's Most Convenient Bank®

1-888-751-9000 | www.tdbank.com

SPECIAL OFFERS.

CHECKING BONUS¹

Get **\$50**

when you open a new non-interest bearing checking account with Direct Deposit

Coupon Code: 31466

HOME EQUITY LINE OF CREDIT² RATES AS LOW AS

3.00% APR

PRIME **-.25%**

without a TD Bank checking account

2.75% APR

PRIME **-.50%**

with a TD Bank checking account

MORTGAGES³

1/8% DISCOUNT ON PURCHASE LOANS

when your payments are automatically deducted from a TD Bank account

Promotional Code: BAWRM

LOANS⁴

1/2% DISCOUNT

includes Auto, Personal Unsecured, Boat and RV

Relationship Code: BAW

5,000 BONUS POINTS⁵ for TD Bank Checking Customers

when you open a TD Easy Rewards™ Credit Card and make your first purchase

Promo Code: UBAV5K

You know people who suffer with pain. Help them with the LaserTouchOne™



The LaserTouchOne is the **ONLY** combination **micro-current electrical stimulation & cold laser** device on the market **available without a prescription.**

It is a safe, non-invasive alternative to surgery and medication. It can also:

- Improve range of motion and circulation
- Accelerate recovery times
- Significantly reduce chronic pain

See the LaserTouchOne at:

**FSMTA's Annual Conference
June 24 -25 in Orlando, FL**

Free Demonstrations • Business Opportunities Available

**For more information, contact Authorized Distributor
Roger Young, LMT, MA31668
386-852-8616**

Relieve Pain. Help Others. Earn Income.

Product backed by a 30-day money-back guarantee
FL #BO2649

LaserTouchOne
pain relief in the palm of your hand



Monthly Treasurer Report - Gregory Neely, LMT

Balance is 6,131.36. We will be sharing Convention expenses for our chapter party.

Look forward to seeing many of you at convention since this is a renewal year.

If you still need CEUs before you renew this is an excellent opportunity to do so.

The hotel still has rooms available.



Legislative Corner- Gregory Neely, LMT

Nothing new to report at this time.





FSMTA – Flagler/Volusia Chapter Board



**Mark Bigelow, 386.214.6268,
bigelowseminars@aol.com**

President



This months Facilitator

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



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



**Secretary – Moises Sztylerman, 305.481.1630,
mossage57@yahoo.com**



**Gregory Neely, 386.492.2958,
greg@newagetouch.com**

Treasurer

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.

Refresh Your Life

Saturday, July 16th, 8:30 - 4:00 pm



Daytona Books & Metaphysics
125 International Speedway Blvd.
Daytona Beach, FL 32114

This 6 hour program is a retreat style class for all levels of interest. The class syllabus is both didactic and experiential to provide you with a day to **REFRESH YOUR LIFE!**

8:30 Registration
 9:00 Welcome/Centering
 Yoga
 Breathing Essentials
 Integrative Rest
 (Yoga Nidra)
 Food Healing Technique
 noon: Break for lunch
 1:00 Guided Relaxation
 Shiatsu Self-Massage
 Partner Yoga
 9 Breath Healing Circle
 4:00 Closing

Everyone is welcome to attend.
 And, the class does provide 6 CEU's for Licensed Massage Therapists and Yoga Alliance Teachers. Pre-registration and a \$20 desposit is needed to hold your space due to limited participants. Email to register: WellConnected@me.com
Class fee is \$40



6 CEU's

Automatically Reports
 To CE BROKER

FL Board of Massage
 Provider #50-12519
 NCBTMB #45414-10

Yoga Teachers
 Yoga Alliance #53755.

Instructors are Ed Eisler and Suzanne DeWees

Both are licensed massage therapists and certified yoga instructors.

Ed is a Level 3 Instructor in Qigong ,Certified Fitness Trainer (ACE), and a Certified Food Based Healing Instructor.
EislerTherapeutics.com 386 214 6465

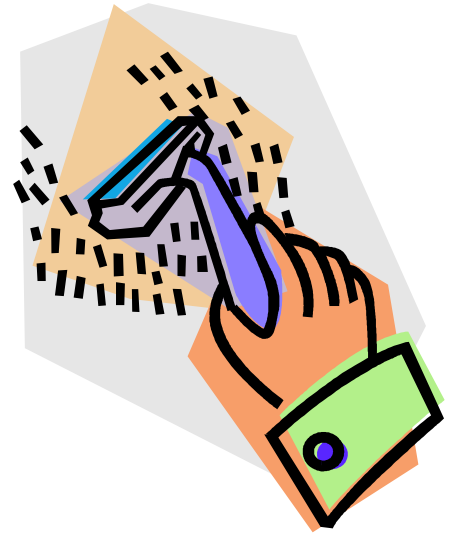
Suzanne has been awarded her PhD in Integral Health. She is an SCSCMA Certified Healer and a Kripalu Yoga Mentor.
SuzanneDeWees.com 386 747 0574

Together, they bring you years of experience in teaching health & wellness and providing energy renewal to individuals and groups.

Did you Know?

Facial hair grows faster than any other hair on the body.

If you've ever had a covering of stubble on your face as you're clocking out at 5 o'clock you're probably pretty familiar with this. In fact, if the average man never shaved his beard it would grow to over 30 feet during his lifetime, longer than a killer whale.



Women's hair is about half the diameter of men's hair.

While it might sound strange, it shouldn't come as too much of a surprise that men's hair should be coarser than that of women.

Hair diameter also varies on average between races, making hair plugs on some men look especially obvious.

Every day the average person loses 60-100 strands of hair. Unless you're already bald, chances are good that you're shedding pretty heavily on a daily basis.

Your hair loss will vary in accordance with the season, pregnancy, illness, diet and age.



TD Insurance AdvantageSM ... a Personal Insurance Program with Special Discounts for YOU!

We make Auto & Home Insurance **EASY** for you.

Special benefits & discounts include:

- **Money Saving Discounts**
- **Flexible Payment Options** including Electronic Funds Transfer (EFT) right from your new TD Bank account
- **Live Customer Service** – 7 Days/Week
- **Personalized Shopping** – we shop to get the best coverage at the right price from the nation's leading insurance carriers
- **Customized Solutions** – we assist in identifying your needs, recommend solutions and guide you in making an informed decision
- **24/7 Claims Support** – we're here to help
- **Legendary Customer Service** from one of the largest regional insurance agencies in the United States and a subsidiary of TD Bank, N.A.

Please have your current policy available when you call and mention your employer's name.

Call 1-877-728-3409 for a FREE quote today or visit us online at www.tdbank.com/insurance



Insurance products are not a deposit, not FDIC insured, not insured by any federal government agency, and not guaranteed by TD Bank, N.A. or any of its affiliates. Insurance products are offered through TD Insurance, Inc. TD Insurance, Inc. represents the insurer in placing your insurance coverage, may provide services to you for that insurer, and will receive compensation from the insurer in connection with the placement of your insurance. Coverage and discounts are subject to state availability, individual qualifications and/or the issuing company's underwriting guidelines. Individual savings may vary and savings are not guaranteed. The TD Insurance Advantage and TD Insurance are service marks of the Toronto-Dominion Bank. Used with permission.

TD CONVENIENCE CHECKING: Monthly maintenance fee is waived when \$100 minimum daily balance is maintained.

NEXT-DAY AVAILABILITY: Restrictions may apply for next-day availability. Check your account agreement for more information.

COIN COUNTING: Coin counting is FREE with a TD Bank account. A fee applies for non-Customer users.

TD CREDIT CARDS: Balance transfers, cash advances, insurance premiums, fees, finance charges, disputed and unauthorized or fraudulent charges, purchases made by or for a business or for a business purpose, account refunds, rebates, and similar credits are not eligible for Cash Rewards. Program terms may change.

*CHECKING BONUS: Bonus offered to new personal checking Customers only when opening a new, non-interest-bearing checking account with \$100 or more with Direct Deposit. Cannot be combined with any other offer. One bonus maximum per Customer. Bonus will be credited to new account at time of account opening and will be reported as taxable income. Offer may be withdrawn at any time.

*HOME EQUITY LINE OF CREDIT SPECIAL OFFER: Rates will be higher for loan-to-value (LTV) ratios higher than 80%. Loan-to-value ratio not to exceed 89.9% on lines up to \$500,000, and not to exceed 80% on lines greater than \$500,000 and on all second residences and condos. Maximum LTVs may be reduced based on customer creditworthiness. Available on 1-4 family primary or secondary residences, excluding mobile homes, and homes for sale, under construction or on leased land. For co-ops, additional terms and conditions will apply. Annual Percentage Rate (APR) is variable based on Wall Street Journal Prime minus 0.25%, and will not exceed 18%. Prime as of 2/16/2011 was 3.25%. Minimum line amount for Prime minus 0.25% is \$200,000. Other rates are available for lines of credit in amount to below \$200,000. A qualifying TD Bank checking account is required to be eligible for the additional 0.25% discount. This discount may be terminated and the rate increased by the related discount upon closure of the qualifying TD Bank account. \$99 origination fee applies, which is a finance charge. Annual fee \$50. Early termination fee applies. Property insurance required. If you pay in interest only, you still owe the amounts drawn and your monthly payment will increase when the interest-only period ends. Offer valid on line amounts up to \$500,000. For line amounts greater than \$500,000, additional terms and conditions will apply. Rates subject to change. Ask for more details.

*MORTGAGE OFFER: A qualifying TD Bank deposit account with automatic payment deduction is required to be eligible for the discount. Passbook savings accounts, Club Saver and Holiday Club accounts are excluded. Specialty loans, FHA, refinances and VA loans are not eligible for this 1.8% in interest rate discount. Offer subject to change. Ask for more details.

*LOANS OFFER: Rates subject to change. Does not apply to Mortgages and Home Equity Lines of Credit. Does not require a TD Bank checking account. Cannot be combined with any other offer. Offer subject to change. Ask for more details.

*TD EASY REWARDS™ CREDIT CARD BONUS: A qualified TD Bank checking account required. You will receive 5,000 bonus points upon verification of the first purchase on your new TD Easy Rewards Credit Card within 90 days of your account opening. Purchases do not include balance transfers, cash advances, any checks that are used to access your account, travelers checks, overdraft advances, interest, unauthorized or fraudulent charges, or fees of any kind including fees for products that protect or insure the balances of your account. Maximum points accumulation for this promotional offer is 5,000 bonus points. Provided your TD Easy Rewards Credit Card account is open and in good standing, the 5,000 bonus points will be automatically reflected on your Credit Card statement within 6 to 8 weeks of the first purchase. This offer is only valid on new TD Easy Rewards Credit Card accounts.

Cannot be combined with any other promotional offers for identical products. | Loans subject to credit approval. Equal Housing Lender | © 2011 Visa U.S.A. Inc. Bank deposits FDIC insured. | TD Bank, N.A.

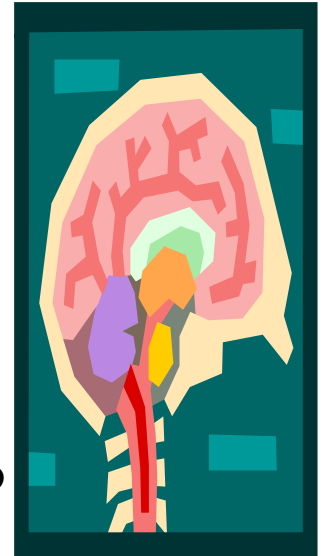
62-10685-RNB (03/11)

The Brain

80% of the brain is water.

Your brain isn't the firm, gray mass you've seen on TV. Living brain tissue is a squishy, pink and jelly-like organ thanks to the loads of blood and high water content of the tissue.

So the next time you're feeling dehydrated get a drink to keep your brain hydrated.



Middle Finger

The fastest growing nail is on the middle finger. And the nail on the middle finger of your dominant hand will grow the fastest of all.

Why is not entirely known, but nail growth is related to the length of the finger, with the longest fingers growing nails the fastest and shortest the slowest.

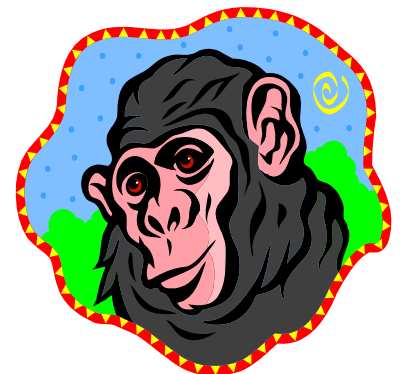


Hair

There are as many hairs per square inch on your body as a chimpanzee.

Humans are not quite the naked apes that we're made out to be.

We have lots of hair, but on most of us it's not obvious as a majority of the hairs are too fine or light to be seen.



240 Ridgewood Ave
Holly Hill Fl 32117

Promoting professionalism through
training for massage therapists.

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



Upcoming Events and Speakers for 2011

June: NO Meeting, Annual Convention, June 22-26, Orlando

July 13: Larry Self, Compassionate Touch

August 10: Pete Pfannerstill, PhD. , Myofascial Sports Massage

For renewal by August 31, 2011 you will need :

- 12 - "relevant to massage therapy technique" CE Hours, in classroom
- 6 - "general" CE Hours (can be classroom or done by home study courses)
- 2 - Professional Ethics
- 2—Prevention of medical errors
- 2 - Florida State Massage Laws and Rules
- 1 - Aids prevention (not counted but required)
- 25 - total hours**

