



Virginia In Touch

AMTA — Virginia Chapter

Volume XIII, Issue 1

March 2001

A Warm Welcome To Laurie McCuiston *Our New Membership Chair*

Many thanks to Laurie, a Virginia Beach member, for embracing the job of Chapter Membership Chair! Laurie will be available to members, and prospective members, to answer questions about AMTA membership such as membership classifications and qualifications, applications, CEU requirements, state certification requirements for massage therapists and contact numbers for information. She can be reached at (757) 563-2227 or by e-mail at: HealingSpiritCenter@juno.com.

Laurie graduated in 1998 from a 1000-hour program through the Salt Lake City based Utah College of Massage Therapy. She recently returned to Virginia from Utah and opened the Healing Spirit Center for Massage Therapy and Acupressure last June in Virginia Beach. In addition to massage and acupressure sessions, Laurie offers classes at her center on infant massage, acupressure and preparation for the NCE. She teaches at the Cayce Reilly School of Massage Therapy and at the A.R.E., and is the mother of two teenagers.

What motivates her to serve? (She sounds pretty busy already!) Laurie wants to be involved in furthering the profession and educating the public about the benefits of massage, and to stay up to date with developments in the Virginia massage community. We welcome her knowledge and enthusiasm!

A Chapter Website For Virginia *Seeking Your Input*

In discussions about the possibility of creating a Chapter website, the Board agrees that it would facilitate communication between members, e.g., more timely communication for posting notices about workshops, job openings, office space to lease, equipment for sale, networking meetings and organizing local projects, and would serve to communicate our message and our presence more widely to the public.

A website would be in addition to, not instead of, our quarterly newsletter. Individual members' websites could be linked to the Chapter site, if so desired. Possibilities also include interactive e-mail to the site, individual e-mail addresses for members who want them, and special prices for members who would like to have a website designed for their business.

We have been looking at the Maryland Chapter's website as a possible "model". It can be viewed at www.amtamd.org. Rather than mailing a survey to assess member's desire for a website, we request that you make your preference known by contacting our Chapter Secretary, Lorraine Hancock at LHancock@gateway.net or 5417-C Backlick Road Springfield, VA. 22151. Please let us know if you favor the creation of a website, and any other features you would like to see included that you don't see on the Maryland site.

**A Tribute
to
Margaret D'Urso**
November 14, 1937–January 18, 2001

*We honor her dedication and devotion to learning
and teaching the healing power of touch. Her spirit
and enthusiasm touched countless lives in our community
and lives on through her students and colleagues.*

See page 6 for a full tribute.



American Massage Therapy Association

www.amtamassage.org

Keyword: FRICTION Password: BICEPS

Check out our Web site at your convenience

Find out more about massage therapy and the benefits

E-mail address — info@inet.amtamassage.org



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*Denotes the voting members of the State Board

Editorial Policy

Virginia In Touch (VIT) is the quarterly newsletter of the Virginia Chapter of the American Massage Therapy Association, Inc. AMTA is a non-profit organization founded to promote professional excellence in massage therapy and to provide a support system for therapists.

Virginia In Touch Editor reserves the right to edit and/or refuse any submitted articles or advertisements, and assumes no responsibility for errors, omissions, corrections or modifications which occur in publication. Please be sure the spelling of names and places specific to your submission are correct before it reaches editing. The beliefs, ideas and opinions contained in this publication do not necessarily reflect those of the Editor, Board, VA Chapter or AMTA.

VIT does not guarantee, warrant or endorse any product, service or referral advertised within, nor does it express any opinion in regard to the legality of the use of any product advertised within in connection with the practice of massage therapy.

Any article printed in VIT may be used by other AMTA Chapter publications, with credit cited for sources.

Guidelines for submitting articles and ads.

Articles

All submissions MUST be received by copy deadline:

Copy Deadline	Issue Date
August 1	September 20
November 15	December 20
February 15	March 20
May 15	June 20

If received after the deadline, the article will not be in that particular issue, but if appropriate will go in the next edition. There will be **NO EXCEPTIONS!** This is in order to make the deadline and get the newsletter to you in a timely fashion. To ensure quality printing, please submit originals of graphics and photographs.

Submit articles via e-mail to: cynthiaparsons@mailandnews.com
A printout of the submission may also be sent to:

Cynthia Parsons
231 Nottoway St.
Leesburg, VA 20175

Subscriptions: Non-Virginia Chapter members, \$15 per year and \$25 for two years.

Newsletter Team:

Editor	Cynthia Parsons
Advertising Coordinator	Jonathan Price

Advertising Rates

Classified 25 words or less		\$20.00
	(additional words, \$0.25 each)	
Business Card	3-1/2" wide x 2" high	\$25.00
1/4 Page Vertical	3-1/2" wide x 4-1/2" high	\$40.00
1/3 Page Horizontal	7-1/4" wide x 3-1/4" high	\$55.00
1/2 Page Horizontal	7-1/4" wide x 4-1/2" high	\$75.00
Full Page	7-1/4" wide x 9-1/2" high	\$125.00

For additional information contact:

Jonathan Price
Virginia In Touch
P.O. Box 7642
Arlington, VA 22207
(703) 528-0277

Ads must be camera ready. A 300 or 600 dpi laser proof is fine. NO FILM, faxed copy is not considered camera ready. Ads may also be submitted on diskette, saved as an "eps" or "tiff". A proof of the ad must accompany the diskette.

Classified ads for AMTA members only. There is a 20% discount on advertising rates for AMTA members. Include membership number with payment. Non-AMTA members running the same **prepaid** ad in 4 consecutive issues, receive a 15% discount. Ads received **AFTER** the copy deadline dates, are **ineligible for discounts**. All artwork not conforming to the specified sizes will be charged at the next higher rate.

Payment must be submitted along with the artwork to Jonathan Price.

Make checks payable to AMTA Virginia Chapter.

President's Message

by Diana Simonton, President

Greetings!

A member contacted me recently and questioned the benefit of having a state AMTA Chapter, which is funded, in part, by the Chapter fee that is included in our annual dues. A fair question, which I often ask myself, to try to assess the goals and effectiveness of the Virginia Chapter to our members. What do we get for our \$20 fee?

I'd like to share with you some of our projects and achievements for the year 2000:

- We retained the services of a very capable lobbyist, **Judy Castleman**, for another year to assist us in advancing our goal of removing obstacles to the practice of massage therapy. In concert with local AMTA members and government officials, she directed the revision of local massage ordinances in Fairfax County, Virginia Beach and Richmond.
- We began organizing a MERT Team in Virginia, and sent two volunteer leaders to the National Convention for training.
- We expanded our outreach to Virginia massage schools and their students by sending complimentary copies of VIT to schools throughout the state. In December, 330 extra copies were mailed out to inform potential new massage therapists of the benefits of AMTA membership.
- Our five units planned and hosted many local meetings, educational events and socials, providing opportunities for members to learn and to network with peers and other health professionals. Shenandoah began a program to mentor new area therapists. Piedmont organized therapists to participate in providing massage at sporting events. Tidewater continued their annual participation in the Hampton Roads Women's Show, providing seated massage to the community, and used the event as an opportunity to mentor new therapists and students. Tidewater and Shenandoah organized successful Massage Awareness Week events.



- VIT received a fresh look and easier to read format with a change of printer. Members increased their contributions by initiating and writing more articles, and we moved closer to our goal of getting every issue out on time.
- We held a panel discussion at our annual Chapter meeting to explore issues pertaining to our state Certification and to hear member's viewpoints about seeking further regulation from the state.
- We welcomed two new Unit Presidents, **Pam Soule** of Tidewater and **Linda Rhett** of Piedmont, and a new Chapter Treasurer, **Lee Holtman**.
- We expanded our annual Chapter Leadership Training by gathering for a full weekend in place of the four hours of training we have had in the past. We had a record number of 21 volunteers in attendance last year, and many new ideas and great enthusiasm were generated as a result.
- We gave out 16 awards throughout the year for outstanding service to the Chapter.
- AMTA representatives participated in the Board of Nursing (BON) review of massage therapy regulations- a process which is initiated every three years.

- I gave a presentation to the BON and staff at one of their meetings to educate them on the subjects of massage therapy education, National Certification, CEU requirements and AMTA's role in setting professional standards including our code of ethics and standards of care. I also served as AMTA liaison to VAMS—the Virginia Association of Massage Schools, to maintain communication between the school and association communities.
- I attended a formal hearing by the BON to observe the final stage of a disciplinary proceeding of a CMT. (These hearings are open to the public).

One of the central advantages to having a Chapter is the communication links it provides for members to respond to events and situations at the local level. For instance: last year "one of our alert members" (to quote Dave Barry) sent me a copy of an advertisement for a "school" offering a 3 month/500 hour course in "medical massage". The ad featured a photograph of a scantily clad woman. My complaint to the Va. Department of Education was investigated and this proposed school was not granted permission to open. (It turns out that they were advertising for students without having been granted permission to operate by the VA DOE, as required by our state law). That kind of teamwork makes a difference to our profession!

Members with concerns or complaints about Virginia massage schools can directly contact the VA DOE. Their address is now printed in every issue of VIT under "Useful Contact Information".

I thank the Virginia Chapter Board for the time and effort put forth to support the growth of our profession. I'm personally thankful to ALL of our many members who have volunteered their time over the years, in big ways or small, to better our profession—whether it's been through the AMTA, another organization or on their own initiative. You've made a big difference!

All the best,
Diana

Non-Toxic Choices—A Story of Personal Growth

by Gaylin Vandenbroucke CMT

The title of this article pretty much explains what it is about. I hope my story will inspire you to make other choices.

Many years back, I went through the physical manifestation of my toxic mind; I got cancer. I was in stage three of the disease. I had gone through life complaining about everyone and even myself. Never quite happy or satisfied. . . I was always looking for someone or the new whatever to fill in the gap I had yet to realize was within me. Many of the reasons I was unhappy, were due to family crises beyond my control as a child. Even then, I almost always found a way to feel guilty about something, or twist circumstances to fit my own guilt pattern. Of course that in turn made me not good enough or worthy of a lot of things. The disease to please owned me.

Well, I took my frustrations out on my work and filled that slot working six days a week, ten hours a day, for years and years. Do you think I had much time for anything other than work? You bet I did not! And I beat myself up for that too. Are you beginning to see why I got cancer? My choices of thought and action were putting my life in danger. Well, then the unexpected happened. I got married to a charming, handsome, work-a-holic like myself. We moved back to the US to start our new life together. All progressed nicely until reality came creeping up and threw me a curve. Actually, my husband and I were at that point in our relationship closer to being friends than anything else. A place where it was okay to be ourselves, who ever that happened to be. Or so I thought. We were in the third of a six-year marriage by then. I tried so hard to be the perfect wife and do just about anything I could to contribute to this man's happiness, but it was not a two way street. So I tried harder. . . Get the picture?

Well, that was the point at which I was diagnosed with Cancer. So now I was totally dependent on this man, I was not happy, and other aspects of my life were not going well either. I just could not seem to please anyone including myself. I was not even thinking of my spirit, or the child within that needed attention. I did not do much to help myself, nurture my soul or take care of the physical. Always helping others was a priority.

After the biopsy, Doctors gave me a few choices for curing the cancer and saving my life, one of

which was multiple surgeries, followed by chemotherapy and Tomoxifin for years after that. Wasn't that a pleasant picture? I slept on the prospects and had a dream. Oh, I forgot to mention that the first dream I had confirmed the cancer. In the dream, someone was telling me I had cancer and I replied, "I know". Prior to this I had spent nine months of trips back and forth to the doctor with repeated complaints and a palpable lump. He called it stress. Anyway, after being given the choices for cure, I wanted to sleep on the options for treatment. I had another dream, just as clear as the first. It told me I would survive the disease, but would not be able to survive the chemotherapy. I listened to this dream too. So, my next visit with the oncologist was to say I would endure the multiple surgeries but no drugs. I am not saying this is the right choice for everyone, but it was for me. I instinctively knew that I would be fine in due time. I cannot tell you how family and friends reacted to my decision. They were less than positive. I know they thought I had gone nuts! Not only had I made a decision that was not in line with their thoughts, but I was taking action in spite of the protests.

My disease pushed me further into my search for spiritual fulfillment and growth. Facing death changed my priorities that were once focused on others. I now needed to search deep within for the help and support I would need to survive. I bought some books on cancer and on meditation and healing. I began reading and by the time I was ready for surgery, I knew *how* I was going to beat cancer. You see, the word itself; disease is just that, "*dis-ease*". My lack of ease was the perspective with which I saw things, on the half empty side instead of the half full and grateful side. I'm not saying I did not appreciate life, however my search for perfection and my disease to please drove me to extremes.

So, I now had not only to beat this dis-ease, but also take responsibility and get rid of "*it*" before "*it*" got rid of me. Let's face it, on a day when things are not going our way, it is often easy to blame someone else, or to take personally something we don't have to. Our choices can make all the difference in the world. I needed to make healthier choices!

The source of the illness I had was the *key* to changing my life. Changing negative thoughts

to ones that are not harmful to others or ourselves can greatly improve health. It is a proven fact that when we maintain a level of stress and or anger, our immune systems break down and thus allow a dis-ease to enter and take over. I was proof of that.

I found a simple way of controlling my negative thoughts and I practice it daily. I learned that the small stuff of everyday life is not worth dying over or arguing about. Today I am able to let go, forgive and prevent a lot of the old reactions I used to have, thus improving my health and well-being. I am not saying this happened over night. But day-by-day I learn to love myself and be patient with life and others. Negative people and thoughts take up very little space in my life.

Well, back to the marriage, I divorced that man I loved so much because when I needed to be cared for throughout the multiple surgeries, he found more reasons to stay away. He could not deal with my cancer and the awareness mortality demands. He saw his wife becoming disfigured from the surgeries, unable to participate in activities. He did not know how to handle the situation, so he distanced himself. That gave me more reason to go within for answers and want to fight back. I was betting on God and the gifts he had given me. My faith and my mind were stronger than ever. So I meditated and prayed daily.

The many months I spent unable to function normally, presented an opportunity to be grateful to be here. I had time to discover the person I was under the one that I had portrayed for so long. Personal change and growth is what saved my life and cancer is what gave me the strength to change almost everything about my life. While change itself brings about a loss of some kind, it also brings opportunities. Today, I am very grateful for that *dis-ease*. It all could have turned out very differently.

I am now a certified massage therapist working exclusively with recovering cancer patients. The benefits of caring touch can be listed quite easily; but the emotional support from one who has had cancer, is a gift I am happy to give back.

To contact me, call (757) 636-5468 or HtmlResAnchor.GV962@cs.com

In Memoriam

Many of you knew Margaret D'Urso as a Massage Therapist, Director of the Institute for Integrated Therapies, Teacher and Naturopathic Doctor. It is with great sadness and heartache that we announce her passing on January 18, 2001. She was a very young 63 years old. Although no one really knew that she was not well for some time, she was diagnosed with a late stage ovarian cancer on December 4th. She had a short but courageous battle. To her family she was a mother, a grandmother and a great inspiration.

Margaret was well known for her comprehensive Reflexology Certification Programs, Foundations of Health and Wellness Counseling Series, Deep Massage work and Energy Healing. She was certified in Reflexology, Deep Muscle, CranioSacral, Attunement and BioEnergy Therapies. She held a BS in Education, an MA in Psychology, and IMD in Integrative Medicine and was a Board Certified Naturopathic physician.

She lived her life with exuberance, with passion and interest, with curiosity and determination, with compassion and love, and with courage and dignity. She brought everyone into her life, not only her closest family, but also her friends, students and her clients, so they could experience the vitality of life itself. She taught and mentored many people

and touched and inspired all our lives in ways that we will never forget. Her spirit will live on in those she taught so well.

As for her family, we want to thank all we spoke to and met for your continued support. Our lives have been turned upside down and we are dealing with unbearable grief. We understand that our mother's departure comes as a great shock to so many of you as it has for us. Many of you have asked how and why this has happened especially since she was a healer herself. We simply do not know the answer. Ultimately it was her and God's decision to transition at this time and to do it the way that suited her best. We can only honor that without judgment, a difficult feat in itself. We would like to be able to rationalize and explain these circumstances to help with a resolution. It just cannot be done right now. We believe she transitioned into the light of the heavens and is safe and well. This can be our only comfort.

Leslie Pasko, daughter

Donations in Margaret's memory can be mailed and made to:
Margaret L. D'Urso Memorial Fund
8412 Sweet Pine Court,
Springfield, VA 22153

Video Review

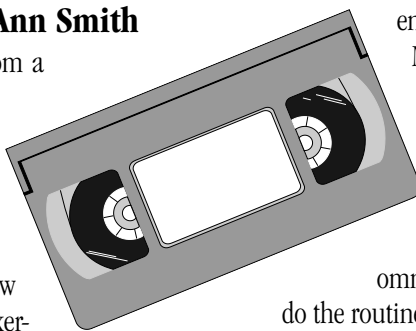
by Cynthia Parsons

“Exercise After Breast Surgery” with Ann Smith

This is not the sort of thing one would expect from a 70-year-old after having breast cancer. Yet, Ann Smith, with more grace and dignity than most ballet dancers possess today, shows the world that indeed, one can “move with grace and pride” after breast cancer surgery.

For over 40 years Ann has been showing others how to look and feel their best through slow stretching exercises. Now she has taken her personal experience with breast cancer and developed a way to help women overcome post surgical stiffness and pain. Based on her background as a classical dance teacher, she combines slow, continuous stretching with movement from the core, resulting in upper body flexibility, an openness that promotes increased breathing, self-confidence and emotional well being.

I have known Ann for some time and have had the opportunity to experience her unique form of exercise through stress-free movement. Just mentally preparing for the simple routines, is like a meditation session. And then there is the music. She believes that classical music has a healing quality which when combined with graceful stretching moves



enhances the experience. Indeed, working out with Mozart or Bellini as in this video, uplifts the soul creating peacefulness and hope.

This is Ann's fourth video. “Stretch Exercise with Ann Smith,” “Stretching for Seniors,” and “Moving to Mozart” the earlier ones, are all beautifully performed. I strongly recommend every therapist get a copy of any tape and do the routines. Is there any profession that needs upper body stretching, more than ours? I find that this type of safe, slow work opens up the chest, relaxes the upper body and strengthens the shoulder muscles, as well as giving the joints a much needed lube job. Your clients will benefit too!

This video was endorsed by, Dr. Christiane Northrop, saying that these exercises were not just for breast cancer ladies, but were wonderful for developing upper body strength. I fully agree. By the way, proceeds from the sale of this video are going to benefit breast cancer research.

To purchase a copy of this video contact: Lawton Gallagher Group, 9164 Settler's Lane, Traverse City, MI 49684. Phone: (231) 943-0780. E-mail: llgroup@coslink.net

House of Delegates Report

From the National Convention, Phoenix, Arizona

by Lorraine Hancock

The House of Delegates assembly was a fine example of the democratic process. One hundred and twenty eight delegates witnessed the able facilitator, Scott Lamp, who surely has the Roberts Rules memorized, calmly and clearly moderate the discussion and voting on a hot, controversial issue. Scott outlined the duties of delegates both at the convention and throughout their term of office, reminding us that the role of a delegate is NOT being a chapter leader, i.e. Chapter Officer or Committee Chair. Being a delegate is a year round position whereby he/she becomes the eyes and ears of the membership, being in touch with and listening to comments, ideas, suggestions and grievances. Any issue that could change AMTA's established policies, after due passage through the appropriate committee, would be brought as a resolution to the HOD for a final vote. This year, a session was devoted to delegate training.

Delegates for 2001	
Lorraine Hancock	(703) 451-9043
Laurie McCuistion	(757) 563-2227
Cynthia Parsons	(703) 777-8540
Linda Rhett	(804) 990-0272
Robin Shade	(703) 385-6766



Virginia representatives at House of Delegates
(left to right) Robin Shade, Lorraine Hancock,
Linda Rhett, Cynthia Parsons

The Texas Proposal

The main discussion issue was a Texas Chapter proposal, asking AMTA to allow professional membership through state licensure, even though Texas requires fewer hours of schooling to qualify them for licensure than does AMTA. Many considered this to be a lowering of AMTA's professional standards. Texas members made a compelling argument saying that this would not lower standards, because many veteran therapists with years of experience, yet had completed only 300 hours of formal schooling and therefore could not be accepted as professional members of AMTA.

As Virginia delegates, we knew we could vote independently. After listening to the hot and heavy discussion "for" and "against", came the vote. By the time VA was called it was clear that the motion would NOT carry. I heard myself vote, "No," surprised by my courage to dissent from my group. I felt strongly to keep our standards as they are, and I wanted to represent members who would want to vote "NO." Virginians voting "for", did so on the basis that Texas was an exceptional case, and could cause hardship to existing members. Finally, the

House rejected the proposal with 89 against, 34 for and 5 abstentions.

After the HOD, I was fortunate to speak with the Texas presenter. I shared my views on why I voted the way I did, how I saw the "problem," and a suggestion as to how Texas might approach their legislature to educate them so that Massage Therapists in Texas need a minimum 500 hours of education and nothing less will do. I felt strongly that the AMTA not lower the minimum standard.

New HOD Leadership

We also voted for 4 new HOD Operations Committee members. I like to choose four from different parts of the country, plus I always choose a 'new' face. This year's members come from New York, Connecticut, Nebraska and Illinois.

Delegate Training

Eight groups of approximately 14 people discussed key points regarding the role of Chapter delegates.

- 1) What are a Delegate's duties during HOD Meeting/Convention? Attend the Pre-meeting orientation and meeting and participate, network, take notes, volunteer.
- 2) How can they fulfill those duties at Convention and at home? Attend HOD meeting, participate. When home, write newsletter article, talk to membership.
- 3) How can a Delegate bring voice to membership? In person, newsletter, E-mail, website, surveys.
- 4) How are Chapter elections/nominations performed? What works and does not work? How can process be improved? Have more teleconferences and less face to face conferences. Personally ask each member to get more involved with the association.

Following the discussion, groups compared notes, finding much similarity in answers and solutions.

But There's No Unit In My Area

What is a Unit?

A few words about Units. As decreed by National AMTA Bylaws, Units are subgroupings of members based on geographical locations. They serve to bring the Chapter closer to the members. Units are directed by an elected board of local members who provide opportunities to meet and to network with other members and health professionals, plan workshops, Massage Awareness Week activities, seated massage events and sports massage events and other activities at the discretion of local members and to serve local needs. Unit Presidents are members of the Chapter Board of Directors with a voice and a vote.

Each of the five Virginia Units was created at the request of and through the initiative of members who felt a need for an active community. If there is no Unit convenient to you, there are two options for creating a local AMTA community. Steps to forming a new Unit are

listed below. If a community with less structure than a Unit is desired, a member can opt to reach out to other members in their area to start a less formal Networking Group. Contact information for other members in your area can be provided through Chapter Secretary, **Lorraine Hancock** (703) 909-0299. Meetings, with dates, times and locations, can be published in VIT by submitting the information to Editor, **Cynthia Parsons**. Deadlines, issue dates and contact information and Unit Presidents, are listed on page 2 of VIT.

Requirements For Formation Of New Units

The first step is to determine whether there is enough interest to warrant forming a new Unit. The basic requirement is a commitment by at least four (4) members to take responsibility for running the unit.

The responsibilities of Unit officers are:

- to plan and attend Unit functions
- to report to VIT on Unit activities. A computer and e-mail are pluses but not requirements

Unit presidents attend Chapter Board meetings. There are six scheduled Board meetings a year; three are face-to-face and three are teleconferences.

- Unit treasurer maintains a bank account and manages Unit funds
- Leadership Training is provided annually by the Chapter, and is highly recommended but not mandatory for Unit officers

For More Information or Inquiries About Starting A New Unit, Please Contact The Chapter President.

Members on the *Move*

Reporters

NoVa	Netta Riley	(703) 279-1510
Tidewater	Pam Soule	(757) 428-2639
Shenandoah	Shirley Kirkwood	(540) 350-2922
Peninsula	Martha Howard	(757) 253-0364

From Pam Soule

Emily Wells is a successful and respected massage therapist in our community. I thought that it would be especially great for new members to know her story.

I've been involved with massage therapy for about 14 years, having first enrolled in the original Fuller School of Massage (with Pauline Fuller) in 1987. Back then massage was a wide-open field - relatively few people were doing it - and still considered something of an oddity.

Prior to that I had graduated summa cum laude with a bachelor's degree in English from a small liberal arts college in the Midwest (which, with a couple of dollars, might buy me a cup of coffee at Barnes and Noble) and served four years as an officer in the Navy, where my career was distinguished primarily by its mediocrity.

I chose massage therapy because I wanted to work in a field where I could be creative and independent, and help facilitate in others the physical, emotional, and spiritual healing that I personally craved. At first my career floundered. I liked the freedom of being self-employed, but lacked the focus and discipline to make it work. Fortunately, I was offered a

job in a booming chiropractic office, where I maintained a steady practice for several years. There, I learned a great deal about the clinical applications of massage therapy, and had an opportunity to develop a work ethic.

In 1994 I completed the Vodder School's certification course in Manual Lymph Drainage (MLD). In 1996 I opened Wells Therapeutics in Virginia Beach. My current practice consists of about 30 percent MLD clients (lymphedema, autoimmune conditions, inflammation), and about seventy percent deep tissue or relaxation work. In addition to MLD, I've taken seminars in acupressure, NMT and CranioSacral. I incorporate all of these techniques into my work. My business has expanded sufficiently to permit me to hire several subcontractors. I find people management particularly challenging. My only management techniques were acquired in the military—techniques which, in the massage world, are received as enthusiastically as a lead balloon.

Being an owner-operator is very demanding. I see about 30-35 clients a week, and spend 60-70 hours in my office. Owning a business is like having children; if most people knew what was entailed, they would never do it.

The secret to my so-called "success?" A passion for my work, a willingness to grow, a desire to serve, and, above all, persistence. In the words of one of my clients, a prominent car dealer whose name most locals would recognize, "The only difference between me and the other guy is that I stuck with it."

Professional Members . . .

Have you sent in your member profile for the National Locator Service?

More and more people are looking for qualified therapists, and they are going to our locator to find one.

www.amtamassage.org/findamassage/locator.htm

- Are you up to date on your continuing education credits?
- Are you interested in running for an open position on the Chapter Board of Directors?
- Are you interested in being part of the MERT team? Contact: Holly Brim (540) 899-1542

To our Associate members who have yet to upgrade to professional category, you may check out the benefits by going to the website, or by calling the membership department at National at (847) 864-0123.

Calendar of Events

2001

April 30–May 2 Mind, Body, Spirit Retreat
Puerta Vallarta, Mexico
Contact: (847) 864-0123 ext. 143

June 15-17 VA Chapter
Leadership Training
SevenOaks
Charlottesville, VA
Contact: Diana Simonton
(703) 519-0760

June 15–17 AMTA National
Learning Center
Carlisle, PA
Contact: (847) 864-0123 ext. 143

September 16 Annual Chapter Meeting
& Ethics workshop
Charlottesville, VA
Contact: Diana Simonton
(703) 519-0760

October 17–21 AMTA Annual Convention
Quebec, Canada
Contact: (847) 864-0123 ext. 143

October 21–27 National Massage
Therapy Awareness Week
Contact: (847) 864-0123 ext. 149

2002

October 2–6 AMTA Annual Convention
Portland, OR

2001 Board Meetings

April 22 Virginia Beach

June 17 SevenOaks

August 7 Teleconference

September 11 Teleconference

December 4 Teleconference

Chapter Leadership Training Set For June



Judith Pearson, Ph.D.

Virginia Chapter volunteer leaders will gather at SevenOaks Pathwork Center in Madison, VA. for our annual retreat and training June 15 and 16. A Board meeting will be held there from 9-12 on Sunday, June 17, and all members are welcome to attend.

The training facilitator is **Judith Pearson, Ph.D., L.P.C.**, a Licensed Professional Counselor with a psychotherapy practice in Northern Virginia. She is a Certified Master Hypnotherapist and a Certified Trainer of Neuro-Linguistic Programming. She is a Diplomate and Executive Director for Certification with the National Board for Certified Clinical Hypnotherapists. She owns Motivation Strategies, Inc. where, in addition to hypnotherapy, she specializes in NLP-based coaching, consultation and training for clients seeking improved

mental performance in business, sports, public speaking and entertainment fields.

Dr. Pearson is a sought-after trainer and speaker on the uses of NLP and Hypnosis for personal growth, communication skills, creativity and motivation, values clarification, goalsetting and rapport-building. She frequently appears on local talk shows, both as a speaker and as a guest host. She has held many offices in Toastmasters International where she has earned the title Distinguished Toastmaster, and in which she has won many awards for her speaking and leadership skills.

Members are looking forward to an opportunity to expand their leadership vision and talents under Judith's direction.

New Information Regarding CEUs

Yes, you can now accrue continuing education hours! In September, the AMTA Board of Directors changed the continuing education policy to allow Active Professional members' continuing education requirement to be accrued over a four-year period.

Professional Active members will have four years to turn in 48 hours of continuing education. This started in January 2001.

This change gives members greater flexibility. You can take longer classes and count all of the hours toward the requirement or take a year off from education, if necessary, and still be in good standing with the association.

Don't wait until the last minute though! AMTA encourages ongoing continuing education for all the benefits you will gain. Your renewal form will still ask you to fill out continuing education and your record will be kept up to date each year. Audits for compliance will begin in 2005.

NOVA Unit

by Cynthia Parsons, Unit President

Unit Officers

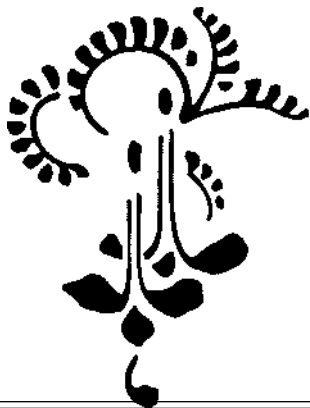
President	Cynthia Parsons (703) 777-8540
Vice President	Robin Shade (703) 385-6766
Secretary	Jennifer Gerber (703) 754-9352
Treasurer	Jonathan Price (703) 528-0277
Membership Chair	Karen Mermagen (703) 627-2499

In planning events for 2001, the Board decided that we would hold fewer seminars/meetings, but have longer and more in-depth ones. We wanted to focus on self development, rather than on new modalities or techniques. Fortunately, in the northern Virginia area, we have many able and experienced teachers and mentors to call on for presentations. By the time you receive this issue, we will have held the ethics seminar, "Supporting the Compassionate Heart: Grounding and Healthy Boundaries" with Suzanne Scurlock-Durana.

The next presentation is on May 6, when Carlos Durana will present "Landscapes of the Body: Avenues to the Self." NCBTMB Category B CEUs apply.

More E-mail Addresses, Please

Thanks to all those sending e-mail addresses. The mailing list is expanding, but we know that there are plenty more members who would love to hear from us. Please send those addresses to NoVa Secretary, **Jennifer Gerber:** Horseandrider@starpower.net



2001 NOVA Calendar

Sunday, May 6, 2-5 P.M.

Landscapes of the Body:
Avenues to the Self
Applied Kinesthetics School of Massage

Presenter **Carlos Durana**, Ph.D., Mc.Ac., Dipl. Ac. (NCCA) is practitioner of Five Element Traditional Acupuncture and a clinical psychologist, body worker and writer-researcher with a background in meditation, stress management, medical/spiritual T'ai Chi Chuan and Qigong since the mid-1970s. He is the developer of the Seasons in Our Life seminars for self-development and healing.

Sunday June 24, 2 P.M. - ?

Membership Appreciation Pool Party
8757 Cather Ave., Manassas, VA

Robin Shade is hosting this not-to-be-missed summer event on Sunday, June 24, in Manassas, VA. Bring a dish. We bring the rest. Call (703) 330-8067.

Alexandria Networking Gathering

You are invited to an informal networking gathering on Monday, April 9 from 10-11:30 a.m. at Barrister Square Wellness Center, 108A South Columbus Street, in Old Town, Alexandria. We are located back from the street in a small courtyard, marked by a hanging sign reading "Barrister Square".

Come and touch base with other massage therapists. Bring along other health professionals you would like to introduce to our community. Light refreshments provided in a casual atmosphere. For more information, contact **Karen Mermagen** at (703) 627-2499.

Directions to Meeting Locations

Applied Kinesthetics Studies

462 Herndon Parkway #208
Herndon, (703) 464-0333

From Fairfax County Pkwy: Take last exit right, onto Spring St. towards Herndon. Make a left onto Herndon Pkwy Its the third driveway on the right. Springwood Professional Building.

From Rt7: Going east, make a right onto Drainsville Rd. Make a left onto Herndon Pkwy. Go through lights at Elden St. and Spring St. it's the second drive way on the right.

Going east, make a left onto Baron Cameron. Make a left onto Herndon Pkwy.

From Dulles Toll Rd: Going west, take Fairfax County Pkwy north exit. This becomes Spring St. Turn left at the first traffic light onto Herndon Pkwy.

Membership Appreciation Pool Party

8757 Cather Ave.
Manassas, (703) 330-8067

From the beltway, take Rt 66 and exit at Rt 28 towards Manassas, approx. 8 miles. Turn left on Liberia Ave. For 2 miles. Turn right on to Hastings Dr. Turn right at second stop sign onto South Grant. Cather is the second street on the right.

Congratulations, Jonathan and Rachel

Jonathan Price joyfully walked down the make-shift aisle towards his lovely bride-to-be, Rachel on January 14 repeating wedding vows of their own making, with lots of family and friends there to witness and support them as they said "I do." This has been a long courtship, both agreeing to wait until Rachel graduated from nursing school. Rachel, can be considered an AMTA member-by-marriage. She attends many of our events and meetings, and often offers constructive advice and ideas. We love having her around, as I am sure Jonathan does!

Jonathan has long served AMTA and NoVA Unit as treasurer. What would we do without him? His judicious advice and bookkeeping have been a mainstay during my four-year presidency as he was previously during Diana Simonton's terms of office.

To this lovely couple, we wish you all the health and happiness you possibly could wish yourselves.



Jonathan and Rachel Price, cutting their wedding cake.

Piedmont Unit

by Linda Rhett, Unit President

Unit Officers

President	Linda Rhett linda.rhett@cho.ge.com
Vice President	vacant
Treasurer	Holly Hermanson open1heart@mindspring.com
Secretary	Paula Klann klannp@cfw.com
Immediate Past President	Brian Keena bkeena@cstone.net
Meetings Committee Chair	Karen Rockwell krockwell@hotmail.com
Events Committee Chair	Ken Hutton (804) 984-1849
Sports Massage Training	Ernie Kidd soundsabsurd@aol.com
Newsletter Editor	Brian Keena bkeena@cstone.net



Hello from your newly elected president of the Piedmont Unit! I am looking forward to the opportunities and challenges ahead in the next two years. I would like to give you a little background on myself. I have been practicing massage therapy for ten years and am also a full time accountant for almost 30 years at GE Fanuc. I have been actively involved in the AMTA Piedmont Unit since becoming a massage therapist, serving as Third Vice President, event coordinator and most recently Vice President. I have attended numerous national conventions and served as delegate for the House of Representatives twice. I am available to the membership for any questions or needs they have and am willing and able to work hard as your president, striving to provide the level of leadership needed to keep our unit prospering.

I am thrilled to be working with so many talented board and committee members and appreciate the support they all have shown during this transition period. In particular, I'd like to thank our Immediate Past President **Brian Keena**, for his diligence, determination and enthusiasm during the last three years. What a tough act to follow! Thanks for keeping us on track and strengthening our unit. It was fun

working with you and I look forward to your continued support as newsletter editor. I also want to congratulate Brian, his wife Kris and daughter Tess on the recent birth of their son, Finnegan!

These are my goals during my term in office:

- Increased attendance at our membership meetings. We have 283 members in our unit as of January 2001! This is a great opportunity to network with colleagues, learn more about the Piedmont Unit, participate in lively presentations while receiving NCTMB Category B CEUs, and enjoy delicious and wholesome refreshments in the process.
- Fill all the vacancies on the unit board.
- Have enthusiastic volunteers stepping forward to fill other open positions and be available for community outreach events. Volunteering has so many benefits and makes you feel good about yourself. Like the old saying goes, "It is better to give than to receive."
- Continue to educate the public and our colleagues about the benefits of massage therapy through events such as Massage Awareness Week

- Educate massage school students about the benefits of joining such a professional organization as the AMTA.
- Keep our unit informed on state and national issues.

Unit Meeting News...

Our latest unit membership meeting was January 30. Local teacher and massage therapist **Beth Goldstein** lectured on Polarity Therapy. Everyone enjoyed the opportunity to practice Beth's demonstration of chakra balancing.

It was a treat to see Beth's smiling face and we are fortunate that she is part of our community.

Othman Yahiaoui had the winning raffle ticket for a massage gift certificate donated by Jill Saperstein. Funds raised will go towards unit meeting operational costs.

The next unit membership meeting will be Tuesday, April 3 at a new location at the Village School, 3rd & High Streets in Charlottesville. (See map) **Sue Bovenizer** will be presenting a talk on aromatherapy.

Donations Needed: Anyone wishing to donate massage gift certificates for raffles for the remaining three membership meetings for 2001, please contact **Linda Rhett**.

Other News...

We have two open board positions: Vice President and Secretary. Currently, the VP position is vacant. Secretary, Paula Klann, who lives on the "other side of the mountain" will be stepping down as soon as a replacement is found. We also are looking for the right person to mentor into the Events Committee Chair, as our able and energetic leader Ken Hutton is serving his final year. Which job interests you? Please let Linda or any other board member know.

From our Events Committee Chair, Ken Hutton...

Thanks again to those members who made our 2000 Events such a great success, including: **Rich Emory, Ron Killian, Jim Gagnon, Jill Saperstein, Christina Salidis, Thom Oaks, Linda Rhett, Lucia Kastner, Paola Christy, George Staten, Brian Keena, Eden McCloud, Sarah Sheffield, Jenny Turner, Ines Gonzalez, Ernie Kidd and Jody Jantzen.** I am very proud of the genuine and caring way in which they represented the AMTA and the profession to the community.

Opportunities to work with the general public are quickly approaching! The Charlottesville 10-Miler, Saturday, April 7, and the MS-150, Saturday, June 9, are effective ways to connect with local athletes who need, want AND LOVE massage therapy. All interested CMTs are encouraged to participate. Basic sports post-event training is required. And if you don't have the background, we'll train you... "NO SWEAT!" Call Ken Hutton at (804) 984-1849.

Membership Meetings Calendar

April 3

Unit Membership Meeting (Village School) with Sue Bovenizer, Aromatherapy

June 26

Unit Membership Meeting (Village School) Debbie Granger, Pregnancy & Infant Massage

September 15

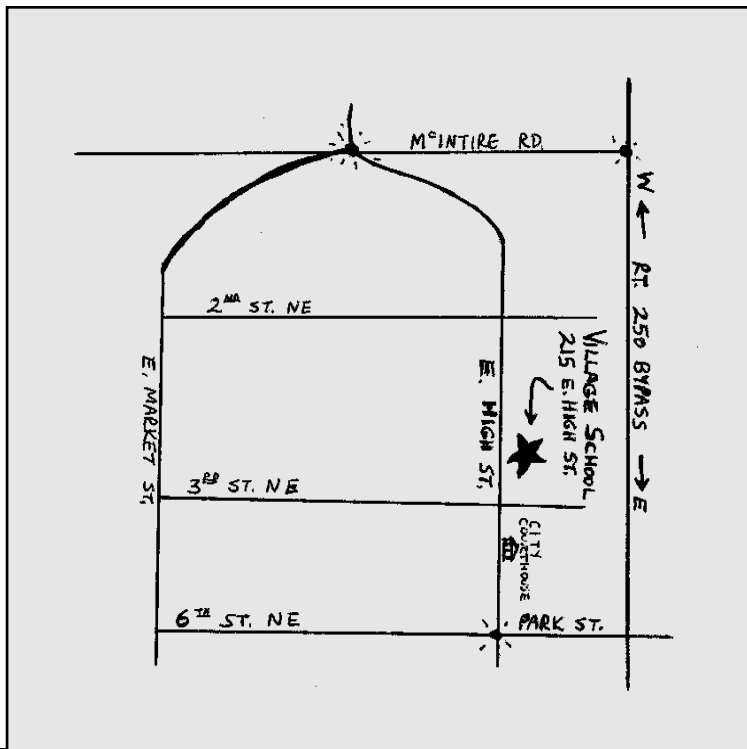
Family Picnic (McIntire Park)

September 16

Annual State Chapter Meeting (C'ville)

October 23

Unit Membership Meeting (Village School)



Useful Contact Information

Virginia Board of Nursing

6606 W. Broad St.
Richmond, VA 23230-1717
(804) 662-9909
www.dhp.state.va.us

NCBTMB

8201 Greensboro Dr. Suite 300
McLean, VA 22102
(703) 610-9015
www.ncbtmb.com

AMTA

820 Davis St. Suite 100
Evanston, IL 60201-444
(847) 864-0123
www.amtamassage.org

Maryland AMTA

www.amtamd.org

Maryland Massage Therapy Advisory Committee

www.mdmassage.org

D.C. Massage Therapy

Licensing Board
(202) 442-4764

To address inquiries or complaints about Virginia massage Schools

VA. D.O.E., Division of Proprietary Schools

Mr. Robert Sine, Specialist
P.O. Box 2120
Richmond, VA 23218
(804) 225-2848

Tidewater Unit

by Pam Soule, Unit President

Unit Officers

President	Pam Soule	412-0441 pampsoule@cs.com.
Vice-President	Wendy Delk	430-8828
Treasurer	Karen Harrell	491-7142
Secretary	Lorene Boeding	409-3850
Membership Chair	Denise Brown	412-1413
Chapter Membership Chair; Librarian	Laurie McCuiston	563-2227 healingspiritcenter@juno.com
Public Relations Chair	Renee Owens	472-2178



It is with great pleasure that I say “hello” as your new Unit President! As Secretary, my goal has been to inform you; as President my goal is to inspire you.

I have been highly motivated by our last two Presidents, **Kyle Taylor** and **Pam Best**, and Vice-President, **Wendy Delk**. Kyle demonstrates great vision and leadership skills; his “hot-line to the universe” and access to that silver lining of every cloud gives hope that with good intention, our desires can be fulfilled. Pam Best gives down-to-earth quality instruction and shows how to pursue new angles to solutions. Her ideas and great business sense illustrate success in the field of therapeutic massage. Wendy’s intelligent logic helps us validate ideas. She also radiates joy that reminds me to be light-hearted amidst it all.

As your President, I envision:

- Revitalizing our unit by offering mentorship. I want our organization to be a connector of people and a builder of relationships
- A higher understanding of the functions, visions, and benefits of the AMTA
- A unit that exudes professionalism and actively shows the community how therapeutic massage fits into its healthcare goals
- More practical education for members
- A Board responsive to members’ concerns, idea’s and desires
- Growth.

I invite you to contact me, to come to Tidewater Unit board meetings, voice your concerns, questions, desires and ideas. I am accessible to help make our Unit work for all of us!

January Unit Meeting

A Sincere Thank You to certified massage therapist **Alice Lupton**, a 1996 graduate of the Cayce-Reilly School of Massotherapy, who gave a wonderful presentation on “How Bodywork Affects Depression”, on January 23. Alice, one of 16 children and whose family immigrated to Canada from Holland when she was a child, is here to tell her experience of lifetime depression and how she has followed various paths of bodywork modalities to her recovery.

Inspired to communicate her story from an article read years ago, Alice read the personally enlightening article that described depression as “an abyss”. Then, she muscle tested one of the attendees whose strength had been affected by simply hearing the article. Alice drew a connection to this loss of strength as a lifetime experience by one who experiences clinical depression. She then followed with “light notes” of personal experience, the experiences of bodywork modalities given by local therapists, laughter and

the use of essential oils. Alice masterfully brought the group to an elevated emotional level and then did a second muscle test, which showed an increase in strength. This illustrated to the group how personal physical experience is connected to the state of one’s mind.

Alice thanks **Pam Best** and **Theresa Barbalas**, owners of The Best Body Company, for the opportunity to work in the therapeutic massage environment. This has also greatly helped in her recovery.

We thank Alice for helping us to further understand how bodywork can affect depression, and also lending to our continued understanding of how beautifully the spirit, mind and body are connected. We send our deepest appreciation for the energy and effort required to give such a presentation. We hope that she will give future presentations on this subject and on her passion, Aromatherapy.

And The Great Music Exchange was a welcome delight! Public Relations Chair, **Renee Owens**, hosted this exchange of well-loved music.

I Am Here To Serve You!

A Message From Laurie McCuiston

As the AMTA’s Tidewater Unit Librarian, State Chapter Delegate and Membership chair, my eyes, ears and hands are at work for you.

As **Librarian** for our local unit, I tend the books, videos and tapes donated for the advancement of massage therapists’ education. Call me for an appointment to take a look at the impressive (though small) inventory, and please donate whatever you can to benefit us all. All material is available for checkout.

As Your state chapter **Virginia Delegate**, I am pleased to be your contact person and your voice for the massage therapy profession in Virginia. I will take with me your thoughts and concerns and present them to the House of Delegates in Quebec, Canada at the National Convention in October.

As the **Membership Chair** for the state chapter, I am your contact for information about the AMTA, Virginia laws, and to answer your questions.

Please contact me: **Laurie McCuiston**, 2406-C. Princess Anne Rd., Virginia Beach, VA. 23456, Office—563-2227, Home—430-8841, HtmlResAnchor healingspiritcenter@juno.com

Please Welcome Our New Treasurer!

Many of you know our terrific **Karen Harrell!** She has been our Public Relations Chair for the last year and a half. She's coordinated our many events, specifically the Hampton Roads Woman's Show and Massage Awareness Week. Now, Karen is Tidewater Unit's Treasurer. So when you see her, thank her for her continued support of your Tidewater Unit!

We have a New Public Relations Chair

Renee Owens, a new graduate, is our new Public Relations chair. She's off to a great start with The Great Music Exchange. Please say Hi to her at our Unit Meetings!

Keep Those E-mail Addresses Coming!

Thanks to all who have sent me their e-mail addresses. It has been much easier to send updates via e-mail than to have a post office mailing. Plus, you get the info much sooner! I truly appreciate those who have contacted me via e-mail, and encourage more to do so.

Tidewater Unit Board Members Are Here to Serve You!

Feel free to call with questions, concerns, *praise* and ideas! Or e-mail us! You may also write us at AMTA-Tidewater Unit, P.O. Box 4217, Virginia Beach, VA. 23454.

The Great Music Exchange

We have been asked to have The Great Music Exchange at all meetings! So you if you missed this one, know that the chance to participate can be yours at our next meeting in June, bring those "played-till-you can't-handle-hearing-it-again" CDs or tapes. It may be just the tunes that your peers are seeking!

Membership Meetings Calendar for 2001

April 22, 2001

Sunday, 9:30 A.M. — 3:00 P.M.

Chapter Board Meeting in Tidewater

Call **Pam Soule** for location.

Board meetings are the first or second Monday evening of each month at 7:15pm at the Virginia School of Technology. Call Pam for info.

Come to where the decisions are made!

Shenandoah Unit

by Shirley Kirkwood, Unit President

Unit Officers

President	Shirley Kirkwood (540) 350-2922
Vice President	Nancy Steller (540) 433-6540
Vice President	Steve Banks (540) 298-2981
Treasurer	Fran Dotson (540) 867-9040

The New Year got off to a good start at the January 26, Chili, Salad, Cornbread Supper at the home of Nancy Steller. This was an informal, and informative, fun evening as each person talked about the techniques they have acquired and what they use most in their practices. It is interesting to discover how referrals have been made to others within our Unit, and knowing who does what and learning more about our members.

A rundown of the specialties offered by those present includes (in addition to Swedish, Deep Tissue and Myofascial Release):

- Infant Massage
- Reiki
- CranioSacral Therapy
- Healing Touch, Barbara Brennan Graduate—Energy Work
- Muscle Testing
- Anodyne

One of our Mentors, **Clara Ziegler**, an advanced student at Winchester School of Massage, was present. Several members who have worked in the past with her as Hospice Volunteers know Clara. She credits an incident in Hospice where she observed Nancy Steller's touch on a patient as significant in her decision to go to massage school. Watching the patient's facial expression change and the tension leave her body as she was massaged created the desire for Clara to pursue massage training. Much of Clara's work experience has been in the healthcare field and she would like to continue that focus, perhaps with hospital based massage. Clara is also pursuing training in Watsu, a form of bodywork done in the water. The group's interest in her accounts of practice



sessions will probably lead to a Unit program held at a facility with a therapy pool where we can observe and learn more about this technique.

Massage Awareness all year round!

On February 8 at the Medical Alliance in Harrisonburg-Rockingham County area, various alternative therapies were provided in fifteen-minute segments. The Alliance is composed of physicians' spouses and is another way of increasing awareness of the benefits of touch to the medical community.

A Healing Touch Level I. Training will be held in Harrisonburg March 31-April 1 on the James Madison University Campus. Healing Touch, a form of energy work that includes Therapeutic Touch, is an excellent adjunct to any massage practice in that it can be used in situations where massage is contraindicated.

Registration Form

Healing Touch, Level I

March 31-april 1, 2001

Directions & Lodging information will be sent with confirmation letter.

Workshop Location: James Madison University, Harrisonburg, VA

(Details in confirmation letter)

Name _____

Address _____

City _____

State & Zip _____

Home Phone _____

E-mail _____

Tuition: \$245 (includes book)

\$ _____ Amount enclosed (Minimum deposit \$50)

Deposit non-refundable after 3/9/01

Can you bring a massage table yes no

Make checks payable to Deny Brown

Mail to Shirley Kirkwood, 121 Towers Road, Mt. Solon, VA 22843

Denyse “Deny” Brown, is a RN & OB/GYN Nurse Practitioner who has advocated for women’s health care with a holistic approach for many years. She is a Certified Healing Touch Practitioner and Instructor with a full time Healing Touch practice, Energy Works, in Richmond, VA. Her areas of expertise include surgery support and pain management. She has presented workshops to both health care professionals and the lay community at the local, state and international level. This training is approved by NCBTMB and offers 16 Category A, Continuing Education Units. As class size is limited, early application is essential. Call **S. Kirkwood** at (540) 350-2922 or skirkwood@rica.net.



New member, and first “mentee”, Clara Ziegler.



2001 Calendar of Events

Tuesday, February 27, 7-9 p.m.
Energy Medicine: Overview of Healing Touch & Barbara Brennan Techniques. Held at Blue Ridge Community College, Room D 109.

Saturday, March 17, 7-9 p.m.
St. Patrick’s Day Social
Social in honor of St. Patrick’s Day at home of **Sheila Helsley**, 7412 Lilly Square, Dayton, VA. *Directions:* From I-81 take Rt. 33 WEST past Wampler Foods plant in Hinton to rt. 613. Turn left, go past Dry River bridge, Dry River Store and around the next turn and after Rt. #714, take next left on to Lilly Square to first house on the right—light blue with three French doors in front. . . that’s the place! See you there.

Monday, May 7, 7-9 p.m.
Peer Supervision facilitated by **Mary Furgeson & Karen Baldwin** at Blue Ridge Community College



Cynthia Parsons
231 Nottoway St., S.E.
Leesburg, VA 20175

VIRGINIA CHAPTER OF THE AMTA