



Kneaded News

Volume 17, Issue 3

JULY 2005

AMMI MEETING Dates

SEPTEMBER 11

Sunday

9:30am—5:30pm

Garry Adkins

“Improving Palpation”

CATEGORY I

8 CEUs

\$75 AMMI Members

\$100 Non-Members

Holiday Inn-Southfield

26555 Telegraph Rd

**(1 block North of Irene’s,
but on Telegraph)**

Southfield, MI 48034

Call Garry Adkins

**for registration
and details**

248-701-8306

AMMI

General Membership

Meeting

Sunday,

6pm, September 11

(after workshop)

NO DECEMBER Meeting !

Next Meeting

March 11-12, 2006

Info in next Kneaded News

President’s Report

Recently my wife, sister and brother-in-law were stuck for 3 hours in the Myrtle Beach Airport. We were returning from a 6-day golfing vacation (first vacation in four years).

By the newspaper stand, were two recent graduates of a local massage school giving chair massages. Of course, I had to talk to them. Within a short period of time, I was showing them a few moves they had never seen before. And before I knew it, I was working on their tired arms and hands. They also returned the favor.

My brother in law a little later asked me, if I had any idea why his son who had taken massage training years before had never finished his training. He said he only wanted to work on “good looking females.” My reply was, I guess it was just not his thing.

I thought about how easy it was for me to help those two graduates, and was reminded of a talk given by Rachel Remen, M.D., entitled “In the Service of Life.” In it she spoke about, “Serving is different from helping. Helping is based on inequality; it is not a relationship between equals. Helping incurs debt. When you help someone they owe you one. But serving, like healing, is mutual. There is no debt. I am as served as the person I am serving. When I help I have a feeling of satisfaction. When I serve I have a feeling of gratitude. I think I would go so far as to say that fixing and helping may often be the work of the ego, and service the work of the soul. Over time, fixing and helping are draining, depleting. Over time we burn out. Service is renewing. When we serve, our work itself will sustain us.”

Sincerely,
Garry

NEW AMMI PHONE NUMBER !!

Toll Free: 1-866-896-AMMI (2664)

(This also an International number)

IMF Home Office
50582 Van Buren Dr
Plymouth, MI 48170
1-734-453-3939

Toll Free: 1-888-IMF-4454
bfordyce@sbcglobal.net

AMMI Website: WWW.massagepros.org

User Name: AMMI

Meeting minutes are password protected (see Winter 2002 Issue 4 for password)

(New) AMMI Home Office
Toll Free: 1-866-896-AMMI (2664)

**SEE INSIDE BACK COVER FOR
REGISTERING and
FULL MEETING DATA**

AMMI—ASSOCIATION OF MICHIGAN OFFICERS AND STAFF

PRESIDENT

Garry Adkins
26061 Franklin Rd
Southfield, MI 48034
248-701-8306 (B)

1ST VICE PRESIDENT

Open

2ND VICE PRESIDENT

Open

TREASURER

Open

RECORDING SECRETARY

Melanie Parker
24352 New York
Dearborn, MI 48124
313-561-3887 (H)

SECRETARY OF INT'L AFFAIRS

Cheryl Woods CMT
23480 Oak Glen Dr.
Southfield, MI 48034
248-352-1955 (H)

GLOSSARY

AMMI: Association of Michigan Myomassologists, Inc.
ABMP: Associated Bodyworkers & Massage Professionals
AMTA: American Massage Therapy Association
CEU: Continuing Education Units
CM: Certified Myomassologist
CMT: Certified Massage Therapist
IMF: International Myomassethics Federation
NCBTMB: National Certified Board of Therapeutic Massage & Bodywork

NEWSLETTER GUIDELINES

To be submitted on both hardcopy and disk/e-mail

Anyone submitting articles should follow these simple guidelines.

1. Hardcopy is required so we can see your formatting; disk/e-mail is required so re-typing is unnecessary. Number all pages.
2. Submit a cover page including your name, title, address, phone number, e-mail address and any ideas for layout, illustrations, etc.
3. Illustrations must be originals in black and white. Photos (either black/white or color) can be copied by us; best is to send digitized copy on disk. Do understand photos must be good quality to turn out well. Photos and illustrations will be returned only if submitted with a self-addressed, stamped envelope. **DO NOT FOLD PHOTOS, ILLUSTRATIONS, OR AD COPY.**

4. Editor of the newsletter retains all rights to refuse, edit or print any submitted material.

Please send in articles and points of interest.

NOTE: When using abbreviations in articles, please write out the full name the first time so everyone can identify it.

DEADLINE

for next newsletter's ads and articles
Tuesday, October 11, 2005
(Deadline is always 1 month after each meeting date)

Mail *Kneaded News* hardcopy & disk to **AMMI Home Office, 50582 Van Buren Dr, Plymouth, MI 48170** and/or e-mail data to bfordyce@sbcglobal.net
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ADVERTISING RATES

These are the current advertising rates for those interested in advertising in the AMMI Newsletter. **All ads must be camera ready. DO NOT FOLD.** Payment must accompany the ad. Send to: **AMMI Home Office, 50582 Van Buren Dr, Plymouth, MI 48170**

Make checks to AMMI.

Member prices	Non-member prices	Myo-Flash Classified Ad
1/8 page—\$20	1/8 page—\$25	12 words \$5;
1/6 page—\$25	1/6 page—\$30	25¢ each add'l
1/4 page—\$30	1/4 page—\$40	word. Non-
1/2 page—\$45	1/2 page—\$55	member price
1 page—\$75	1 page—\$90	\$7; 25¢ each
		add'l word.

ELECTION GENERAL MEMBERSHIP MEETING SEPTEMBER 11, 2005

Board Offices open:

1st Vice President

2nd Vice President

Treasurer

Secretary of Events

(Paid positions, and membership dues paid)

Duties described on Page 4

Address Correction

Name _____
 New Address _____
 City/State/ZIP _____
 Phone: Home _____
 Business _____
 E-mail _____

MAIL TO: AMMI Home Office
50582 Van Buren Dr
Plymouth, MI 48170

**ASSOCIATION OF MICHIGAN
MYOMASSOLOGISTS
(AMMI)**

**General Membership Meeting
Sunday June 12, 2005**

Minutes By Melanie Parker

CALL TO ORDER

President Garry Adkins called the meeting to order at 7pm at Irene's School of Myomassology in Southfield, MI.

PRESIDENT'S OPENING STATEMENT

Garry welcomed the attendees and thanked them for being there this evening.

ADDITIONS TO THE AGENDA

There were no additions to the agenda

ROLL CALL

Present: Garry Adkins, Cheryl Woods

**APPOINTMENT OF PARLIAMENTARIAN
AND TIME KEEPER**

Cheryl Woods was appointed as parliamentarian and Joanne Reefer was appointed as timekeeper.

ANNOUNCEMENTS

Cheryl Woods spoke about a Wellness Cruise that will take place on February 20–28, 2006. It features several classes and exercise as well as fun and fellowship in the Mexican Rivera. (*More data on Page 5. Ed.*)

**CORRECTIONS TO PREVIOUS
MEETING MINUTES**

There were no corrections to the previous meeting minutes.

OLD BUSINESS

The AMMI is to offer two scholarships to be used for CEU's. These are to be presented to anyone in the general membership who submits a request to the Board. You must be a current member in good standing. It is our hope that the program will be in place by the fall meeting so that all of the membership is aware of it and that the scholarships can be presented at the spring meeting. The scholarship amount would be \$600.00. The members would submit a proposal stating why they would like to be considered for the scholarship. There was conversation about who should be eligible and what criteria they should meet. This would also hopefully be a selling point to bring new members into the organization.

REPORTS

President: Garry spoke about HB5233. The bill did not make it through the final stages of preliminary legislature last year. Kathy Gauthier had employed a lobbyist last year who made much progress in educating lawmakers and members of the law enforcement community about the positive impact that the passage of the bill would make. The AMTA has agreed to pay \$10,000 towards the salary of this lobbyist so that the bill might have a chance to be put through the House successfully this term. There was some discussion about the bill's wording and what is the criteria of being a licensed therapist in Michigan.

1st Vice President: There is no 1st VP at this time and no nomination for the position.

2nd Vice President: Joan was not able to be with us this evening due to flooding at her home. She did report to Garry that the Lomi Lomi class had fallen through and that she had not had any other ideas for classes for the September meeting. Joan has also reported to Garry that she will no longer be able to fulfill her duties as 2nd Vice President and will be stepping down from her position.

Treasurer: Available upon request from Garry.

NEW BUSINESS

* Voting for the offices of 1st Vice President, 2nd Vice President and Treasurer actually should have taken place last meeting, however there are still no nominees. Anyone wishing to take either position should contact Garry.

* Ideas for September Classes: Touch for Health or Kinesiology. Also, Body Mechanics as taught by Garry. It was agreed upon that Garry would teach the class in September.

* Garry spoke about some of the classes that the AMTA would be offering at their March 2006 meeting here in Michigan.

OPEN FORUM

* Cheryl Woods asked why there needs to be a password for the website, especially to view the Kneaded News past issues. Garry says that he is in favor of doing away with the password altogether, as other organizations do not require this and their websites are open to anyone.

* Garry spoke about the AMTA's disaster relief team MERT (Michigan Emergency Response Team). They have special classes on emergency care. Garry wondered if we could do something along those lines.

* Garry brought up the lawsuit against Medicare brought by the NATA (National Athletic Trainers Association). Medicare recently passed a law that would make it illegal

for a massage therapist to work on a Medicare patient. Blue Cross will follow suit in about one year. Only physical therapists may do massage on their patients and be reimbursed. Garry will follow up on this, as apparently, having licensure in the state might change this.

* Garry asked the members when was the last time they had received a massage. The members present had all had recent massages—we are practicing what we preach!!

* Cheryl Woods asked about the members about mentoring students. Students, at this time, are not required to receive a professional massage, could we have a list of therapists who would be interested in giving students a massage free of charge sometime during their first couple of months of education.

ADJOURNMENT

Garry moved that we adjourn at 8:12 pm. Cheryl Woods seconded.

OFFICER DUTIES

The First Vice President shall preside at any AMMI meeting when the President is absent or at a general membership meeting during which the President desires to speak outside of his or her office; assist the President in all duties and carry out those duties in the absence of the President; monitor legislation pertaining to myomassology and/or massage therapy and periodically report on legislative activities to the Executive Board and/or general membership.

The Second Vice President shall preside at any AMMI meeting when the President and the First Vice President are absent; assist the President and First Vice President in all duties and carry out those duties in the absence of the President and First Vice President; be responsible for organizing and coordinating the specifics for general membership meetings and continuing education classes (i.e., location, equipment, and instructors, etc.); be responsible for signing in members at meetings and educational classes.

The Treasurer shall have custody of all funds of the AMMI and shall keep full and accurate account of receipts and disbursements in books belonging to the AMMI; deposit all money in the name and to the credit of the AMMI in such depository or depositories as designated by the Executive Board; disburse the funds of the AMMI as may be ordered by the Executive Board with the approval of the AMMI membership; render to the AMMI membership at general membership meetings

an account of his or her transactions as Treasurer; perform all duties generally incident to the office of Treasurer subject to the control of the Executive Board with the approval of the AMMI membership; ensure that the books of the AMMI organization are audited annually by a certified public accountant to determine that record keeping is accurate and that all federal, state, and local tax requirements have been met.

The Secretary of Events shall coordinate massage for events that provide paid massage therapy. Such events include festivals, fairs, shows, other special events; be responsible for (a) recording the myomassologists' sessions, (b) collecting money at these events, and (c) transferring these funds to the AMMI Treasurer; be responsible for organizing and coordinating the specifics of these events (i.e., location, equipment, registration fees, signed contracts from each participating myomassologist, etc.).

THE MIDDLE WIFE

by an Anonymous 2nd grade teacher

I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know... is the one I saw in my own second-grade classroom a few years back.

When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and, usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it to school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. "This is Luke, my baby brother, and I'm going to tell you about his birthday.

First, Mom and Dad made him as a symbol of their love... Then Dad put a seed in my Mom's stomach... and Luke grew in there. He ate for nine months through an umbrella cord."

She's standing there with her hands on the pillow... and I'm trying not to laugh and wishing I had my

camcorder with me. The kids are watching her in amazement.

"Then, about two Saturdays ago, my Mom starts saying and going... 'Oh, oh, oh!'" Erica puts a hand behind her back and groans. "She walked around the house for, like an hour, 'Oh, oh, oh!'"

Now the kid's doing this hysterical duck walk, holding her back and groaning.

"My Dad called the middle wife... She delivers babies, but she doesn't have a sign on the car like the Domino's man."

"They got my Mom to lie down in bed like this." Then Erica lies down with her back against the wall. "And then, pop! My Mom had this bag of water she kept in there in case he got thirsty... and it just blew up and spilled all over the bed, like psshheew!"

This kid has her legs spread and with her little hands are miming water flowing away... It was too much!

"Then the middle wife starts saying 'push, push, and breathe, breathe... They started counting, but never even got past ten.'" "Then, all of a sudden, out comes my brother. He was covered in yucky stuff, they all said it was from Mom's play-center... so there must be a lot of stuff inside there."

Then Erica stood up, took a big theatrical bow and returned to her seat.

I'm sure I applauded the loudest. Ever since then, if it's show-and-tell day... I bring my camcorder, just in case another Erica comes along.

Life is meant to be lived . . . enjoy!

Laughing helps....It's like jogging on the inside.

WELLNESS CRUISE

Submitted by Cheryl Woods

Cheryl wants members to know about a
Wellness Cruise

that will take place

February 20–28, 2006

It features several classes and exercises as well as fun and fellowship in the Mexican Rivera.

They sail from **San Diego,**

February 20, 2006 at **4pm**

on Carnival's Luxury Liner **SPIRIT.**

There will be Fitness Activities, Entertaining Workshops, and Informative Sessions.

Price: \$975

**Includes Lodging, Meals, Port Charges,
Workshops**

Possible 16 CEU's, CATEGORIES I & II
(Airfare to San Diego not included)

For reservations call:

West Coast Travel

Jim Manning

(friend of Cheryl's)

800-593-1101

\$400 Deposit

(\$75 non-refundable)

FEATURING ALL-STAR CAST

Don Alsbro, ED.D.

Sharon Alsbro, MA

Jeanie Burke, RD

Lily Diehl, DMA

Hans Diehl, Dr HSc, MPH

Ruth Heidrich, PhD

Dennis LeClear, M.Ed

Laurie LeClear, MA

Shelia Snider

The Three Musketeers PLUS

Prema Lindsay Smith, BSN, RN, CM

(Cheryl points out that Ms. Smith will present a possible 16 CEU's with CATEGORIES I & II)

Cheryl A. Woods

private practice

CERTIFIED MYOMASSOLOGIST

THERAPEUTIC MASSAGE—REFLEXOLOGY

By Appointment

Cheryl's at the Claymoor

29260 Franklin Road, Southfield, MI 48034

248-350-2466

**CEU CLARIFICATION
REQUIREMENTS**

- 25 CEUs every 2 years (August 1 to July 31)
- All 25 hours can be Category I OR 16 Category I with 9 Category II
- At least 50 minutes of participation for each hour of class

Category I

“Supervised hands-on classes,” such as: Chair massage; Shiatsu; Polarity; Reiki or other energy based modalities; Reflexology; Crainiology; etc.

Category II

A. “Enhancement” to massage/bodywork that helps your client’s well-being, such as: color therapy; sound therapy; aromatherapy; magnet therapy; crystal healing; muscle testing.,

B. “Medical lectures and clinical seminars” pertaining to problems the massage therapist works with, such as: Rehabilitation of the knee joint or the rotator cuff after surgery.

C. “Presentations” pertaining to massage or bodywork, at a professional seminar (with original development and delivery).

D. “Home study courses” that are accepted by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). With a certificate of completion.

E. “Publication of an article” related to massage/bodywork in a professionally recognized journal.

Category I or II

“Ethics courses” specifically related to massage/bodywork, such as: Scope of practice/Legal guidelines; boundaries; confidentiality; cultural diversity; professionalism; HIV/AIDS course.

NOT ACCEPTED

CPR; stress reduction classes; meditation; nutrition, spiritual development.

MESSAGE TABLES

By Earth Light

30% off

(\$30.00 Over Wholesale)

Cheryl A. Woods, CM

248-352-1955

**26061 Franklin Road
Southfield, MI 48034**

(10-1/2 Mile, West of Telegraph)

248/350-1400

www.myomassology.com

**OUR THANKS TO
JOAN SHIFFERD**

Joan, this is a big thank you for your service with AMMI, on behalf of all of us. You have been very generous with your time, you have stuck like honey to any project to which you committed yourself; you have been outgoing and pleasant at all times, you have displayed a terrific sense of humor, you always seem to look on the bright side of life, and you obviously care about others.

You are really "present" in everything you do. Whether a planner or attendee, you step right in to help in any possible way. For many of us, it has been an honor to work with you, and a treat to be a recipient of many of your warm, sincerely loving hugs!

You have contributed "above and beyond the call" in your duties for AMMI, and every last one of us appreciates you for that. We have had many excellent programs and classes under your guidance. Definitely, we shall miss your input.

As President, I speak for all of us in thanking you sincerely,

Garry

IN MEMORY

WANDA MANOS

**Passed away in May, 2005
from a lengthy health problem**

**Wanda was an active Myomassologist and
instructor for many years, having joined
IMF and AMMI in 1987.**

**The Association cared deeply for Wanda and
will sadly miss her.**

**We send our deepest sympathy to her family
and friends.**

IMPROVING PALPATION

Taught by

Garry A. Adkins

Sunday September 11, 2005

9:30 AM-5:30 PM

CATEGORY I—8 CEU'S

Holiday Inn—Southfield

26555 Telegraph Road

(1 block North of Irene's, but on Telegraph)

Note: Special rate for rooms available

Intuition is an internal mechanism that aids in decision making. It is what is called an instinct, a sense of something that tells a person to go in one direction or another and, that combined with knowledge and training, gives a person the tools to make solid decisions and get results they never thought possible.

This class will help the student to develop a heightened awareness of their work through an inter-dialog with the body.

The instructor will share advanced palpatory techniques used to access dysfunction in the body without feedback from the client. Students are taught to distinguish between normal muscle tissue and dysfunctional hypertonic muscle tissue, in four areas of the body: Mid-back, anterior hip, shoulder, and posterior neck.

AMMI member advanced cost \$75.00,

due and postmarked September 4

At the door \$100.00

Non-Members \$100.00

Make check out to AMMI

and mail to Garry Adkins

26061 Franklin Rd, Southfield, MI 48034

**To register and for more information,
participants may call Garry at 248-701-8306**

NEW

AMMI PHONE NUMBER !!

Toll Free: 1-866-896-AMMI (2664)

(This also is an International number)



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Myomassologists, Inc.**
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50582 Van Buren Dr
Plymouth, MI 48170

NEW!! AMMI PHONE NUMBER !!
Toll Free: 1-866-896-AMMI (2664)
(This also is an International number)

WELCOME Students

Soon you will be graduating as Myomassologists...

Come

join the AMMI !!

The Association of Michigan Myomassologists Inc.,
a chapter of IMF

(International Myomassethics Federation Inc)

The organization with Heart

Let us help you to know... and to grow... through
fellowship, CEU's, meetings and conventions,
and preparation for certification.

**For more information call
1-888-IMF (463)-4454 today!**