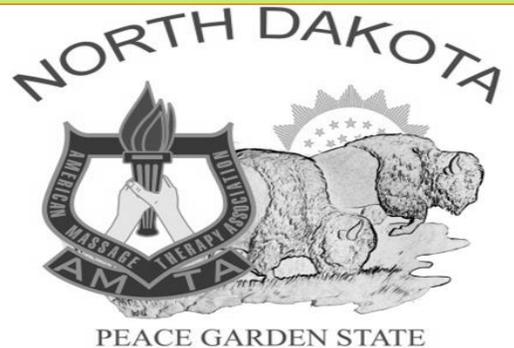


# AMTA-ND CHAPTER

Spring 2017

## Convention

April 20 & 21, 2017



## Unparalleled Education

We have two opportunities for outstanding CEUs during the AMTA-ND Spring 2017 Convention. James Waslaski is an author and international lecturer who teaches approximately 40 seminars per year around the globe. He has developed orthopedic massage and sports injury DVDs and authored manuals on Advanced Orthopedic Massage and Client Self Care.

On average, hands-on therapists develop a work-related injury within less than five years of practice, hampering their ability to continue doing the work they love. Kandy Duke is a Certified YAMUNA® Body Roller Practitioner, and specialist in related bodywork fields. More information about the topics and presenters are available on the next pages. Deadline for registration is April 13, 2017, but please get your applications in early so no one is disappointed to find the class closed. Registration for the workshops can be found by clicking on the web address below:

<https://amtandchapter.regfox.com/2017-amta-nd-chapter-spring-convention>

### Random Acts of Kindness

There are times when we all feel it is a cold, cruel world out there, but to be honest, I have to say that most of the time it is bright and filled with warm, caring people. That is the jump off point for this newsletter. We all deserve some GOOD news right now, so we are bringing it to all of you.

Random Acts of Kindness are often overlooked, but enrich our lives every day, hour to hour. We become so used to this rich environment that sometimes we take it for granted, forgetting to relish each act of kindness, every kind word, every action that brightens our day.

We smile and thank the person who says we can take our single item ahead of them in the grocery store checkout.

We wave at the person at the intersection who motions us to go before them. And we often do the same for others; small acts that don't cost us anything more than a few seconds of our time. A few seconds that mean our lives are more calm, that for a few seconds we think of something other than our schedule and what to fix for supper. Those few seconds are healing, releasing. We rise above the tide of our daily lives to breathe and we are reminded of our human-ness...of our humanity.

Each of the AMTA-ND Chapter officers had stories of random acts of kindness that stood out in their minds and some of those will be presented in this newsletter. We hope it will be uplifting and inspiring. Have a great day, and maybe, make someone else's day a little better.

## **YAMUNA® BODY ROLLING SELF CARE TECHNIQUES FOR MASSAGE THERAPISTS**

People who choose to work as body therapists are motivated by a desire to help others feel better in their bodies. At the same time, massage and other manual therapies can put enormous stress on the therapist's own body. On average, hands-on therapists develop a work-related injury within less than five years of practice, hampering their ability to continue doing the work they love.

This 12 hour workshop introduces the basics of Yamuna® Body Rolling (YBR®), a practical, powerful system that can keep massage therapists free from injury. YBR® was initially developed by Yamuna Zake to keep her own body from breaking down while working with her hands-on therapy, Yamuna® Body Logic. Additionally, she wanted to give her clients a tool they could use in between their therapy sessions with her.

YBR® for massage therapists focuses on:

- .Self-assessment to determine which areas of the body are subject to too much impact and wear and tear;
- . Aligning the bones in every area of the body, then aligning the muscles to the bones, thus keeping the body strong and avoiding breakdowns;
- . Assessing the massage therapist's working position; determining whether it is optimal for the therapist and finding more efficient and sustainable ways to position the body;
- . Using YBR® as a practice tool to prevent and heal injuries and correct unhealthy work positions, so the body remains properly aligned while working;
- . Determining which routines will best prevent habitual work patterns from settling in and becoming calcified.

### **Topics covered in the workshop include:**

Breath Work  
Foot Fitness  
Aligning the Femurs & Thigh Muscles  
Pelvis & Hip Integrity & Alignment  
Decompressing & Stabilizing the Lumbar Spine  
The Rib Cage  
The Back & the Sides of the Body  
Hands & Wrists

*YBR® Self-help Techniques for Massage Therapists has been approved for 12 CEUs by the NCBTMB.*

All instructors are Certified YAMUNA® Body Roller Practitioners, and specialists in related bodywork fields, who have received additional training from Yamuna Zake relative to working with massage therapists. Yamuna has written a manual to accompany the training, which will serve as a practical self-help guide for the therapist during, and after, the workshop.

A specially assembled Massage Therapist's Kit contains a gold ball, black balls and Foot Wakers, and is included in the price of the workshop. *If a student has the product then they should bring it and a materials fee can be waived. See the registration page for instructions.*

Please note that this training does not permit therapists to teach the training to others and is not part of the Yamuna® Body Rolling training program.

For more information about this workshop, please contact [kandy.duke@gmail.com](mailto:kandy.duke@gmail.com) or (706)714-8799.

**KANDY DUKE, PH.D.**

CERTIFICATIONS YBR Practitioner – Yamuna Studios  
YBR Table Treatment Practitioner – Yamuna Studios  
YBR Foot Fitness Practitioner – Yamuna Studios  
YBR Face Ball Practitioner – Yamuna Studios  
Personal Trainer – American Council on Exercise  
Pilates – Physical Mind Institute  
Yoga – Yoga Alliance,  
Experienced 200-Hour Level Healing Touch Practitioner  
– Healing Touch International

ADDITIONAL TRAINING CranioSacral Therapy I/II  
and Somato Emotional Release II – Upledger Institute  
Touch For Health Muscle Testing – Touch for Health  
Current CPR – American Heart Association  
Current AED – American Heart Association

PROFESSIONAL EXPERIENCE Self Employed Private Practice – 2005 to Present Offering Private YBR, Personal Training, Healing Touch, CranioSacral Therapy and Group Fitness Yoga, Pilates, YBR, Muscle Activated Movement The State Botanical Garden of GA, Athens, GA Development Director – Oct 2002 to Apr 2005

Registration for the workshops can be found by clicking on the web address below:

<https://amtandchapter.regfox.com/2017-amta-nd-chapter-spring-convention>

April is right around the corner, and we are excited to offer our AMTA Members who choose to take Ms. Kandy Duke's Yamuna Ball Rolling for Self Care a **GIFT** of **\$30** towards your **FIRST** Yamuna Ball Kit. *The ball kit is required to take Ms. Duke's class and is included in the cost of your registration.*

If however, you currently HAVE a Yamuna Ball Kit and wouldn't like another one, there will be a CODE to enter on the registration page to deduct the price of the ball kit to receive a discount off of the registration price.

**Please contact Michelle Koenig at (701) 302-0325 or [mjkoenig@icloud.com](mailto:mjkoenig@icloud.com) for a coupon code.**

## Carla Anderson

### ND Chapter President

Hello Membership,

As Mother Nature threw her fury at us this winter, your ND Chapter Board has been busy organizing great educational opportunities for you this year! If you have never attended one of our educational events, what are you waiting for!

We are welcoming James Waslaski back again to finish the latter part of his continuing education in 2014. As I have been in the profession for 21 years now, James much longer than I, I have had the opportunity to watch his work evolve and this past fall at National Convention, his demonstration caught my eye and a light went on. I was ready to watch more, but, the show hall was closing. I highly recommend you take advantage of the opportunity to see James no matter if you are a student or have been working for 20 years, he has valuable knowledge that he is willing to share with you. Also, how can you pass it up with class fee's being very reasonable!

About 10 years ago, we hosted a class called Yamuna Ball Rolling taught by Yamuna herself. Hmph, a class where you roll around on colored balls. But, self-care caught my eye and I was not getting massages like I should. I was knee deep in toddlers and didn't make any time for myself. So, I took the class and I will happily tell you that I own 2 sets of these balls, one at home and one at my office and I use them regularly between giving my massages when my back or shoulders need some TLC. I like to share this ball rolling technique with my clients when they need more between massages and it's different than rolling on a tennis ball against a wall.

So, back by popular demand, we are offering Yamuna Body Rolling again and we welcome Kandy Duke as our educator. If you are in need of some self-care, this is a great opportunity for you! Members, our gift to you is paying for half of your required ball kit; it is already figured into the class fee. We are only gifting for one set. If you would like more than one, please pre-order them on the registration page. These kits are \$90, on sale to us for \$60.



As you can see, being an AMTA Member has many benefits. You get liability insurance with great lawyers to help you whenever you need, lots of perks listed on the AMTA website to help you with your business and you have your local chapter working for you.

Our annual meeting will be held Friday, April 21<sup>st</sup>, during lunch and lunch will be provided. We are accepting applications for 1 Board Member (2 yr term), Financial Administrator (2 yr term), Delegate (2 yr term) and an Alternate Delegate (1

yr term). Applications are found on our webpage at [www.amtanorthdakota.org](http://www.amtanorthdakota.org). Applications need to be received by the Commission on Candidacy Chair, Desiree Van Oosting, by April 16<sup>th</sup>, 2017. We will also be looking for a Commission on Candidacy Chair for 2018. Volunteering for the AMTA leads to many mentoring and leadership learning opportunities along with free education!

I am going to close for now.

### Random Acts Of Kindness Day Ideas 2017: 5 Heartwarming Ways To Be Nice To People

BY JANICE WILLIAMS

**Smile at a stranger:** Studies have proven that being completely ignored or overlooked causes an almost immediate effect of social discomfort. Ease some of that by offering smiles to people as they pass by on the street.

**Buy a homeless person a hot meal:** There are hundreds of Americans living on the cold streets. Spread a little cheer by purchasing them a hot meal that can help them keep warm and fill hungry tummies as well.

**Help an elderly person with their bags:** More often than not, elderly people go overlooked. Offer to carry their bags whether they're bogged down with five or just one, and spark up a conversation with them.

**Give someone a compliment:** If someone looks nice, tell them. Let people know how much they're appreciated, how great their work is or how much their presence is enjoyed.

**Greet people:** One of the easiest ways to brighten up a person's day is by merely saying hello. Make it known that their presence has been recognized by saying hello. Bonus: Asking a person how their day is going so far or how they're doing can also go a very long way.

**Donate to a clothing or food bank:** Instead of letting cans of soup go to waste, take food items that will most likely perish to a food bank, so someone else can also have access to quality food. As for those old clothes that haven't seen beyond a closet in months, someone less fortunate would surely be grateful to discover those fashionable finds at a local Salvation Army or other donated clothing supplier.

## James Waslaski

He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 7 Orthopedic Massage and Sports Injuries DVDs and authored manuals on Advanced Orthopedic Massage and Client Self Care.

James is currently publishing a book on Clinical Massage Therapy; *A Structural Approach to Pain*

Management with Pearson Publishing. James presents at state, national and international massage, chiropractic and osteopathic conventions including keynote addresses at the Florida State Massage Association, World of Wellness, New England Regional Conference and the Australian National Massage Convention. His audience includes massage and physical therapists as well as athletic trainers, chiropractors, osteopaths, nurses, physicians, occupational therapists, physiotherapists and high-end sports and athletic trainers.

James received the Florida State Massage Association International Achievement Award in 1999 and was inducted into the Massage Therapy Hall of Fame in 2008. Visit James' website [www.orthomassage.net](http://www.orthomassage.net) for additional information.

**James Waslaski is also offering an 8 CEU class on Saturday on Shoulder Conditions and Elite Sports Therapy from 8:30 to 6:30. To register for this class please click the link below (This an extra class offered by James and is not required as part of the 16 CEUs)**

<https://orthomassage.net/products/post-nd-amta-convention-class-shoulder-elite-sports-april-22-2017?variant=38922797511>

**Registration for the workshops can be found by clicking on the web address below:**

<https://amtandchapter.regfox.com/2017-amta-nd-chapter-spring-convention>



## Integrated Manual Therapy and Orthopedic Massage for Lower Body Conditions

Participants will use modalities such as functional assessment, myofascial release, posturology, neuromuscular therapy, scar tissue mobilization, myoskeletal alignment, P.N.F. stretching and strengthening in a very precise order.

This unique presentation will address the clinical approach to assessment, treatment and rehabilitation of the lumbar spine, hip, SI joint, pelvis and conditions in the lower extremity immediately and permanently.

Lower Body Conditions addressed are; Low Back Pain, Sciatica, SI Joint Pain, Frozen Hips, Bulging Discs, Patella Femoral Pain, Patella Tendinosis, Chondromalacia, IT Band Friction Syndrome, Fixated Posterior Fibular Head Pain, Abnormal Knee Rotation, Medial & Lateral Collateral Ligament Sprains, Medial and Lateral Meniscus Tears, ACL & PCL Sprains, Hamstring Strains, Popliteal Pain, Plantaris Strains, plantar fasciitis, Achilles tendinosis, posterior medial shin pain, anterior lateral shin pain, anterior lateral compartment syndrome, fallen arches, hyper-pronated feet, ankle sprains and strains, bunions, hammer toes, neuromas, and joint arthritis

## Post AMTA-ND Convention Class, Shoulder & Elite Sports, April 22, 2017

\$125.00

Post ND AMTA Convention Class  
Shoulder & Elite Sports Class  
April 22, 2017

Contact: Allison 800-643-5543  
[Allison@orthomassage.net](mailto:Allison@orthomassage.net)

Class Times: 8:30 - 6:30  
8 CEUs

Need ideas or a little nudge to get started? Here are several sites that have great, easy ideas that you can implement. Have FUN!

<http://www.goodhousekeeping.com/health/wellness/advice/a19031/acts-of-kindness/>

<http://www.naturalbeachliving.com/2017/02/random-acts-of-kindness-ideas.html>

<https://www.randomactsofkindness.org/kindness-ideas>

<https://www.pinterest.com/sjserbinski/random-acts-of-kindness-ideas/>

### **Making A Difference**

In our busy world today, everyone seems to be in a hurry, the shows that we watch on tv are far from the wholesome shows of the past and social media can bring out the “nasty” in many people. That’s why when we see or hear of people doing random acts of kindness (RAK) for others, it makes us feel good, smile again and forget all that stress that the “hustle and bustle” of the world has bestowed upon us. Since our chapter decided to do a Making a Difference theme, I have been paying more attention the last few months while I’ve been out in public, thinking that I wasn’t going to see much. It opened my eyes and proved me wrong. Here are some things that I remember seeing, reading or hearing about. Hopefully, they will make you smile like they did me

Our receptionist stops for coffee occasionally and decides to “Pay it Forward”, pay for the next person’s order behind them. It really seems to be becoming a popular RAK that you are hearing more and more about today. She loves to come to work and talk about it.

A young boy found a \$20 bill in a Cracker Barrel parking lot. As he was entering the restaurant with his family, he was pretty excited and was thinking about what he could buy with that money. He reports, a new video game sounded nice, until he saw the soldier in uniform with his family and it reminded him of his dad. So, he wrote a note that said, “ Dear Soldier, my dad was a soldier. He is in heaven now. I found this \$20 bill in the parking lot when we got here. We like to pay it forward in my family and today is your lucky day. Thank you for your service. Signed Miles E., a gold star kid.” Miles dad had been killed in Iraq just 5 weeks after he was born. All he has is

other people’s memories of his dad. The soldier has since passed the money on and he reads the green post it note. Another great story reported when a mom of 3 turned to a mom of 5 in Las Vegas in a time of dire need. The lady needed someone to watch her kids while she had to go into the hospital for some tests.

The tests came back that she had stage 2 esophageal and stomach cancer. Audrey, the mother, asked if the other family, only just neighbors, if they would become the legal guardians of the children and it wasn’t much longer after that, that she passed away very suddenly. Tisha, the mother of 5, was brought up in an orphanage and she wasn’t going to let that happen with these kids. So, with her husband, they became a family of 10. They made room in their home using what space they had to make rooms for the kids and they needed beds, etc. In order to adopt the kids, they needed to have real bedrooms. So, a company called Rebuild Forever came in and helped put up walls to create the bedrooms they needed, gave them the furniture they needed as a RAK. It was a touching story of love and faith.

As I come to an end, on a personal note. I had purchased about 20 totes that sat higher in the cart than I could reach to unstack to put in my car. A boy, Dakota, came over and asked if I needed help. He was shorter than I and I chuckled and said I could get it, but then, wished I had let him help me. What a kind gesture

Being more of an introvert person, I like to keep to myself and not bother anyone, but a few weeks ago, I walked into Sams Club and took my time going through the store to talk to people I didn’t know and make children happy who easily said, “Thank You”, to the RAK that I did for them and the parents also did as well.

So, it’s a rough and tumble world, but, with all the good people we have in it, I think we are going to make it

Carla Anderson

## Pamela Blazek 2<sup>nd</sup>

VP

H.U.G.S.

[Helping Us Grow Spiritually]

We were asked to write about something regarding random acts of kindness we've either been shown or that we've personally received. People who know me personally, know that I am a HUGGER. I grew up in a family of huggers. For me, hugging comes as naturally as breathing. I found this acronym for H.U.G.S. [Helping Us Grow Spiritually] out of one of my church bulletins last year. I never thought of 'hugging' like this before. I kind of like it. For me, hugging relates to showing someone, anyone, a random act of KINDNESS through the form of positive nurturing touch. It just feels GOOD!

I can't tell you how many people I've randomly walked up to and asked if I could give them a hug. As an example, after church, there was an older man dressed in motorcycle gear head to foot holding the door open for people as they were leaving. I've never met or spoke to the man before. I told him THANK YOU, and right there had the urge he needed a hug! So I asked, "Can I give you a hug?" Immediately his face just lighted up with a smile from ear to ear and said, "YES, I'd love one!" I went in and gave him a REAL. BIG. HUG. lasting at least 10-15 seconds. After I released I stood back and smiled back at him and he wished me a great day and said, "God Bless You!". That made my week!

I have yet to have anyone tell me no. I can't tell you WHY I felt they needed a hug from me. When I do ask, people's whole demeanor changes. I've received surprised looks, wary glances, huge smiles, THANK YOU's, and God Bless You's from a lot of people. A lot of times they've told me that's the first time they've been hugged in years. I couldn't even imagine. When was the LAST time YOU were hugged?

If you'd like to read more about the benefits and therapeutic value of hugging take a look at this article: <http://www.mindbodygreen.com/0-5756/10-Reasons-Why-We-Need-at-Least-8-Hugs-a-Day.html> by Marcus Julian Felicetti written August 10, 2012.

...and get your hug on!



## Valerie Hanson 3<sup>rd</sup> VP

There's a Day for everything now. But some are of more import: February 17, 2017 was Random Act of Kindness Day. Missed it? No worries, there are 364 more opportunities. IMPORTANT EVENTS COMING UP

### National Donut Day

June 2, 2017

Who can say no to a great donut? Not me! Any rationalization for my sweet tooth! National Donut Day is the perfect opportunity to enjoy a donut & coffee with a friend. Sneak in a random act of kindness by picking up the bill!

### World Kindness Day

November 13, 2017

The official date for World Kindness Day is November 13th. But why wait? Why stop there? What things can you do? Consider the cumulative effects of kindness through all these days!

### RAK Friday

November 24, 2017

Who needs (or even likes?) Black Friday? Instead of standing in lines, getting jostled for a discounted gift, why not kick off the holidays by doing a random act of kindness. See what people did in 2016 on their facebook page.

From: <https://randomactsof.us/>

I hadn't thought about random acts of kindness as my younger self-just North Dakota nice, small town nice, doing unto others...

There is a lot of hoopala (love that word) about random acts of kindness, but I think people in our communities and people in our line of work tend to foster these ideas. We do little things for our clients just because we like doing it. We go to community, school, church, civic events and support ideals and beliefs. We go out of our way, give support to those who need it, and encouragement.

When I was feeling blue I bought myself a little bouquet of flowers and went back to the office. Seeing the receptionist at her desk, I gave her one. She was pleased and it actually made me feel better than the flowers I had left in my hand. We are at our best when we are thinking of others, and acting accordingly. Sometimes we just need a little hoopala to remind us.



## Save The Date!

AMTA-ND Chapter Fall Workshop

**OCTOBER 12-13, 2017**

**BISMARCK HERITAGE CENTER**

**FEATURED EDUCATOR MATTHEW  
HOWE WITH BODYWORK FOR PTSD**

**16 CEU'S**



**Michelle Koenig**

**AMTA-ND Chapter  
Treasurer**

For those of you that don't know me, I am a big supporter of our military. My son is a member of the North

Dakota National Guard where he works full time at Camp Grafton in Devils Lake. My husband's brother was also a member of the North Dakota National Guard. He was killed in Iraq 12 years ago by a road side bomb leaving behind his wife and 2 small children. Not everyone has the courage to go through the training and the chance of being deployed to a far off country to defend our freedom.

Living in a small town, when someone you've never seen before comes into the cafe you take notice, especially when that person is wearing a military uniform. There was one such day where two soldiers came into the cafe where I happened to be having breakfast with my mom. There was a tiny voice in the back of my head or from up above saying that I needed to buy these gentlemen breakfast. I wasn't looking for any recognition, just listening to that voice. I paid for the breakfast and left. As I was standing by my car waiting for my mom to come out, these two soldiers came out and said, "thank you so much". I came to find out that they were passing through on their way home from drill and had very little money between the two of them. I didn't even want a thank you, in fact I was embarrassed that the waitress told them it was me. I simply thought of my son as I saw those men and thought if it was my son sitting there, I would hope that someone would extend him the same courtesy.

In my massage business, I offer a military discount to past and present military members. It is a simple way of paying these men and women back for their service. If I have a client that has an immediate family member pass away, regardless if they are in the military or not, I send a card with a gift certificate for a massage. With the stress of planning a funeral, it is nice to be able to get away from it all and relax for a few minutes.

To me, extending a random act of kindness is simple. I extend the same courtesy to people that I would hope someone would extend to me. It doesn't have to be something of monetary value either. It can be as simple as helping someone cross the street, carrying someone's groceries or sending a card in the mail to let someone know you are thinking about them. A small act of kindness can be enough to help someone get through their day. In today's world, there is so much violence and sadness. Maybe if we all made a conscious effort to do something nice for someone, the world might be a better place. Be the change that you want to see in the world.

### **AMTA-ND Chapter Board of Directors**

**President:** Carla Anderson

**First VP** Sara Stillwell

**Second VP** Pamela Blazek

**Third VP** Valerie Hanson

**Treasurer** Michelle Koenig

**Secretary** Desiree Bourgois van Oosting

**STANDING RULES OF THE AMERICAN  
MESSAGE THERAPY ASSOCIATION  
NORTH DAKOTA CHAPTER  
2017 PROPOSED CHANGES**

**Section 1. Chapter Board**

A. Duties of Officers

1. Financial Administrator shall be the official custodian of all property not otherwise provided for.

**Section 2. Chapter Meetings**

A. Annual Meeting

1. A roll-call vote of the registered voting members shall be standard procedure on all issues on which a voice vote does not indicate a substantial difference of opinion. It may be ordered by the Chair or by two (2) voting members. It shall not be used for elections, or for any question on which the majority has ordered the voting to be by ballot.

**Section 3. Elections**

A. ~~Direct Elections-~~

- ~~1. Annual election of officers shall be held by the general assembly during the business meeting of the convention.-~~

**PROPOSED CHANGE**

**Commission on Candidacy**

1. The Chapter Board will elect 1 or more person(s) to the Commission on Candidacy. The Commission on Candidacy Chair will accept applications for board positions, delegate and alternate delegate, due 5 days before the annual board meeting. If no applications are received, nominations will come from the floor.



**Desiree  
Bourgois van  
Oosting,  
Secretary**

I do believe there is a quote for everything out on Facebook these days. I searched some for this

theme, and it lead me to this thought...

Showing up...

Sometimes just doing your work, showing up, and being kind, aligns us to be at the right spot, at the right time, and it happens.... A Random Act of Kindness.

It's one thing to read, click, and share, but it's an entirely different thing to follow the momentum of life and physically be present to carry out the words of kindness on a sheet of paper or a device. I think that momentum of life is in our work and profession daily. We are sometimes unknowingly that random act of kindness for someone at our office, by showing up and being present. That gut feeling when someone is on your mind and you send them a card and a follow up visit with them unfolds the story of that card showing up at the right time.

Life is beautiful, and I've been on both ends of the equation of Random Acts of Kindness. I just believe we have one of the most unique professions to truly be present for people by showing up.

Blessings!

## Anniversaries

### 5 Years

Renee Gopal Ashley  
Dianne Aull Bismarck  
Ashley Breitzman Fargo  
Maryah Enlow West Fargo  
Heather Gerding Fargo  
Kari Haabala Fargo  
Joshua Karey Dickinson  
Bernie Krebs Dickinson  
Celeste Lindberg Powers Lake  
Bianna Meiers Williston  
Nichole Petersen Fargo  
David Peterson West Fargo  
Sara Stillwell Mandan  
Heather Swanson Stirum  
Leland Whitehurst Fargo

### 10 Years

Theresa Heinrich Almont  
Thomas Knodle Williston  
Alyssa Kraft Minot  
Nancy Moilanen Bismarck  
Roberta Nelson Bismarck  
Alisen Santer Grand Forks  
Donna Scott Golden Valley  
Karena Velo Bismarck

### 15 Years

Robert Benson Williston  
Debra Boyer Wahpeton  
Carla Erickson Grand Forks  
Sara Evans Stanley  
Valerie Hanson Fargo  
Joy Hillukka Pembina  
Nicole Olson Bismarck  
Randie Schlager Valley City  
Amanda Seeman Mandan

### 20 Years

Patrick Emerson West Fargo  
Carla Anderson Bismarck  
Angi Howe Grassy Butte  
Virgil Vetter Bismarck

### 25 Years

Gail Gebhardt Oakes  
Gertrude Massine Fargo

### 30 Years

Steve Olson Fargo

## New Members

### Professional Members who have transferred or recently joined AMTA

Heather Brouillet Horace  
Jasmine Jirout Mayville  
Danerys Gonzalas Sarinas Minot  
Paige Burchill West Fargo  
Amber Dietz Bismarck  
Tina Hartsoch Ray  
Erin Mass Grand Forks  
Tyler Patterson Dickinson

### Graduates who have joined AMTA

Margaret McIntosh Horace

### Current students who have joined AMTA

Jadeyn Feuilktrat Grand Forks  
Ashley Johnson Fargo  
Autumn Meyer Grand Forks  
Brittni Aamodt Williston  
Dale Carter Williston  
Jennifer Davick Williston  
Anissa Frazier Grenora  
Hanna Hoglund Williston  
Jaymie Horub Williston  
Tamra Knudsen Crosby  
Shawna Koffler Williston  
Ashley Lynde Williston  
Matt Nickerson Williston  
Katelyn Schneibel Williston  
Gabrielle Wigness Crosby  
Abigail Zastoepil Killdeer  
Nathina Brunelle Watford City