

AMERICAN MASSAGE
THERAPY ASSOCIATION

NORTH DAKOTA

Fall 2018

AMTA MISSION STATEMENT:

To serve AMTA members while advancing the art, science and
practice of massage therapy

“LIFE IS GOOD!”

I couldn't say it any better than the co-founder of Life Is Good, Bert Jacobs. He was our keynote speaker at the AMTA's 75th Anniversary Convention in Washington D.C.. He had a powerful yet heartfelt message. I loved the fact he came out in jeans, a Life Is Good t-shirt, and after walking out on stage kicked his shoes off and gave his life's story... barefoot! His message was one of hope, encouragement, gratitude, creativity, humor, compassion, simplicity, fun, and openness. Bert stressed in his talk we need to change our thoughts to we “GET TO” vs. “have too” when it comes to our everyday lives. Keeping that thought in mind, I GET TO be a part of this great association we call AMTA!

I'm thankful for the opportunities to work with and alongside LMT's who want to grow in our profession. Attending the convention this year provided topics on research, website development, self-care, taxes, military veterans & massage, and much more. Going to convention there are an extensive array of class offerings, reconnecting/connecting with other Massage Therapists from across the USA, Canada, & Puerto Rico. The vendor showroom gave me a chance to try out new products & services. I met several instructor's who are interested in coming to North Dakota to share their knowledge at our state convention.

A question I leave for you: “What is something you ‘GET TO’ do that you enjoy?” I'd love to hear from you. Send us your best, “LIFE IS GOOD” story.

Yours in health,

Pamela M. Blazek

AMTA ND Chapter President



Fall Workshop 2018:

Essential Oil Use for Massage Therapy, Level II

- *October 18-19, 2018*
- *Location: Heritage Center, Bismarck ND*
- *Registration limited to 40*

Instructor: Erin Oberlander, Certified Holistic Aromatherapist

Course: Essential Oil Use for Massage Therapy, Level II Including Blending Practicums and Hands-On Application

CEUHours: 12 (6 hours of which are considered hands-on)

This course does not favor one essential oil company over another and is not taught from the standpoint of a particular company. It is instead taught by a Certified Holistic Aromatherapist who has experience with a wide variety of essential oil sources and grades.

Please bring to class:

- Massage table and linens
- Notebook and pen/pencil

Our theme for this newsletter is "Life is Good" and I find myself having a hard time writing about this. It has been a tough year in the Koenig household. A year ago my dad passed away, 4 months later my mother in law passed. Our hot water heater went out the beginning of this year, then we had a bad storm go through our town and we lost shingles to on our house. 2 months ago my husband got into a minor car accident. And 2 weeks ago my son hit a deer and all his air bags went off. But, with each tragedy or bad moment, I try to make myself look at the good. Yes, my dad passed away from cancer, but in his last month, he faced his demons, asked for forgiveness and was surrounded by loved ones. My mother in law suffered for many years with various ailments, she lost her son 14 years ago when he was killed in Iraq and so I believe that she was reunited with him in heaven. Yes, we had issues with our house and our cars, but we're ok. So through all the bad, I try to find even one thing that is good during the day. We are lucky that in our profession we are able to help people and doesn't it make you feel good! I try to give myself 5-15 minutes at the very least everyday to do something I enjoy, by myself. This gives me a chance to recharge my mind, so I can be more efficient in my day to day life. If we are running on empty either emotionally or physically, we can give back to others.

I think back to a lady in my hometown. She had cancer for years. Each time she finished with her chemo treatments, she went back for her checkup and she had cancer somewhere else. She is now in trials at Mayo because she exhausted all her options. Yet through it all, she wears a T-shirt that says "Life is Good". She has that saying all over her Facebook profile. I think we could all learn a little from her. No matter how bad our life may seem, there is probably someone out there that has it worse than we do. Take time to appreciate the little things in life and try not to sweat the small stuff.

Michelle Koenig
AMTA-ND Chapter Financial Administrator

Contact Info:

Pamela Blazek- Bismarck - President • president@amtanorthdakota.org

Desiree Bourgois van Oosting – Bismarck - Chapter Secretary. • secretary@amtanorthdakota.org

Michelle Koenig – New Rockford - Financial Administrator <financialadministrator@amtanorthdakota.org>;

Carrie Anderson – Grand Forks - Board Member 1 & Education Co-Chair

•boardmember1@amtanorthdakota.org

Amy Henrickson – Minot -

Board Member 2 & Social Media Chair [FB, Webpage]•boardmember2@amtanorthdakota.org

Valerie Hanson – Fargo – Newsletter Editor, Volunteer hansonv@msn.com





Hello Everyone! Welcome Fall!

Carrie Anderson

I love this time of year. The cooler temps, crispness in the air, the colors of fall, pumpkins(just not pumpkin spice everything!)

This year AMTA is celebrating it's 75th year!

As a new Board member, I was able to attend this year's national convention in Washington, D.C. in August. The first three days of the week I had Chapter Volunteer Orientation Program (CVOP). Wow! What an eye-opener! I worked with, and learned so much from other states' board members and the National office personnel. I am amazed at the hard work, dedication, and altruism displayed by these members!

The second half of the week was the convention, with the opening speaker, classes, closing speakers, and banquet. Our opening speaker this year was Bert Jacobs, founder of the t-shirt company Life is Good. I have Life is Good t-shirts. I liked the logo. I had no idea where or why it started. Sitting in the convention hall and listening to him I was inspired! The main point of his talk was to change our thinking, from "have to" to "get to". Most of us say: "ugh, I have to do _____". Change it to say: "I get to _____". (I know most of us will say, ugh, grr, I have to wash sheets again!) ;-)

Personally, I get to be your Board member. I get to be your Education Chair. I get to go back to school at UND starting this fall! I get to set my own schedule.

Saturday at our closing session, the speakers were Dr. Niki Munk, Nicole Miller, Dr. Trip Buckenmaier, and Sgt. Noah Galloway. I took a lot away from these speakers, as it is influencing me with the direction I want to take professionally.

In the vendor hall, I was able to make some connections for new educators to come to North Dakota.

I met Chris Vernon of Graston Technique and Frank Osborne of HawkGrips. We met one evening for margaritas and were able to talk shop. Joe Muscolino has never been to North Dakota to teach and is very interested!

For those of you that are interested, mark your calendars, future conventions are:

Indianapolis, IN October, 24-26, 2019

Phoenix, AZ 2020

Tampa, FL 2021

I have been attending national convention since 2010, and each year I meet new people who become friends and colleagues. Convention is like a reunion.

I encourage all of you to attend a national convention at least once in your career. I personally believe that you get more out of it than you put in to it! Connections, friendships, education, vacation....ok working vacation!

Desiree and I had some free time and were able to explore D.C. Yes, I got her on the Metro!

We were able to walk around the National Mall. The most personal one for me was the Vietnam Wall.

I was able to get a rubbing of my Uncle Dale's name.

We were also able to watch the Marine Corp Drum and Bugle Parade and Silent Drill in front of the Lincoln Memorial that evening.

Over this past spring and summer I have made big changes in my life. Did I "have to"? No. Did I "get to". Yes. I will assume that we all have heard the saying: "If you want to make God laugh, tell Him what your plans are." Trust me, God is rolling on the floor laughing at my plans! I had a monkey wrench thrown into my mix. So I regrouped. I still "get to" do most of the things I planned on changing. The monkey wrench, well, other opportunities have emerged, and I think I will be better for it. Life is Good.

Positive Vibes

I once had a fellow board member ask me, “Do you ever have a bad day?” I said “ Oh yeah!!”. I took the question as a compliment, and I certainly do have those days that are challenging. We all do! I thought about that question when I was listening to Bert Jacobs of Life Is Good company talk at our National Convention. He told about how his mom, amidst some trials in their family and home, would sit Bert and his brother down at the table and ask them to “Tell me something good”, “Tell me something good that happened today?” Bert said, it was amazing how we could find something positive to talk about and how it changed the energy of the room and the conversation. Their mom was such a big part of the positive message they deliver through their T-Shirts.



I appreciated their mother’s wisdom to teach her boys positivity and optimism amongst adversity. That seed of hope can be the grit that gets you out of a difficult situation. That seed of hope can change the energy of room. That seed of wisdom can change the day of a client. It’s like the message Shaun T gave us in Pasadena, “If you can’t provide energy and light to yourself, then there is no way you can provide energy and light to other people”.

Be the change you want to see in the world. Look for the light. We all need it!

With positive vibes,

Desiree Bourgois van Oosting

ND AMTA Chapter Secretary



2018 National Conference: Pamela Blazek, Desiree Bourgois van Oosting, Carrie Anderson, William Carrington eating and discussing what they learned today.

