

FSMTA 1ST HAND NEWS

First Coast Chapter Jacksonville, Florida

website: www.firstcoastfsmta.org



President's Message

BY: Leah J. Carr, LMT

Happy New Year! The year is filled with many exciting events with the FSMTA. We saw a great deal of progress in our local chapter in the last year from growth of new members to changes on the political arena. We still have much work to do in the area of public image to continue in the efforts made by many in our field to educate the public on the benefits and effectiveness of Massage Therapy.

We have some outstanding opportunities coming to the First Coast to enhance your knowledge base in the field of massage. These vary from new techniques to specific result oriented modalities. I hope that you will take advantage of these various opportunities as they become available.

Have you set your goals for the New Year? Have you taken the time to actually write them down for both your personal life and your professional life? Research has shown that writing down your goals is far more powerful than merely just thinking about them. The mere act of putting thoughts down on paper makes them more tangible and real. Do you have a business plan for the New Year? Have you set timelines to establish your goals? If not I encourage you to set some goals for yourself both personally and professionally and see how well you do in each area.

As you know we are in the process of nominations and elections. The process of a new board working together will come about in the near future. There will be new goals and new visions to be shared as the group moves forward into the New Year. I hope you will continue to provide ongoing support to the volunteers that help run this organization. Without their giving of their time and energy its success would not be possible. I would like to thank each of the Board members who have served these past two years and given so much. You have done a great job

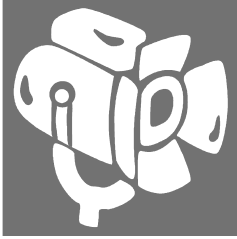
INSIDE THIS ISSUE

President's Message	1
Therapist Spotlight	2
Treasurer's/Secretary report	3
Meeting Schedule/Announcements	4
First Coast Photos	6-7
Chapter/State Contacts	8
Advertisements	9-11

for the First Coast Chapter!

We had a wonderful Holiday Social in December. My gift to the Chapter was the gift of music through a wonderful Harpist that serenaded us while we ate a delicious dinner. After dinner we enjoyed dancing and music with a DJ that kept us moving and tapping our toes. The decorations and atmosphere were great. Special thanks go out to Teresa Matthews and Carolyn Hughes who helped me to decorate for the season and make it a special occasion. Those that came won some great prizes such as dinner out at Dave & Busters, Ruby Tuesday, Long Horn Steak House, Panera's, Master Cards, Barnes & Noble, Movie nights, Candle Sets, a special DVD donated by Teresa Matthews, a Marketing Book and tapes donated by Cindy Richmond and many, many more great prizes. If you missed out in coming this year I hope you will consider joining us next year for an even more festive time. Of all the events of the evening I think the most amazing was the ponderosa lemon that Tony Trentacosta brought to share fresh from his yard. It was truly the largest I have ever seen and his lemon pie was delicious!

My wish for each of you is a Healthy, Happy, Prosperous and Successful New Year!



Therapist Spotlight

By Carolyn Hughes, 2nd V. P

This month's spotlight shines on:

Pamela Shields



Pam was born in Lake City, Florida, but grew up in up State New York. Pam moved back to Florida in 2003 and began working at Outbound in Yulee, FL where she worked with ADJUDICIAL youth. Pam has been a Massage Therapist for 5 years. Her interest in how her body communicates messages and helping others learn how their body communicates resulted in her becoming a Massage Therapist.

While living in Jacksonville Pam worked inside the Progressive Pediatrics Building and Fruitful Vine Midwifery. She owns a private practice working with Pre-natal Clients and children having problems such as: colic, sleeping disorders and any other health concerns.

Pam was mentored by many therapists and continues to be mentored and is always helping other therapists when asked. If anyone has any questions about the kind of work she does she will be happy to talk with you.

Pam offers Cranial-Sacral and Neuromuscular Therapies. Her favorite is Cranial-Sacral. The next CE course that she would like to take is Heart Centered Therapy and her favorite CE course that she has taken is Cranial-Sacral for Pediatrics.

Pam enjoys the FSMTA Meetings because it is a way to keep in touch with other therapists and something to look forward to each month.

Pam is moving to Raleigh, North Carolina January 2009 to go to college and get her master degree in education. You can get in touch with Pam at phone no. 904-673-3732, visit her website: www.healingshields.org email: Pam@hearlingshields.org.

She is going to miss everyone and looks forward to your calls and emails.

\$ Treasurer's Report \$ Joan Poates

Treasurer's Report



Due to the holidays, the Treasurer's report will be in the next issue. Thank you, and have a happy new year!

Joan

Secretary's Report Kim Anderson



Holidays were the focus of this month. Please see the Winter Social photos

INFORMATIVE WEBSITES:

Below is the address for several interesting websites. If you have a website that you would like to share with other members, please consider submitting for our newsletter. Together we can learn and accomplish more.

<http://www.iaamb.org/>

<http://www.message-marketing-tips.com/>

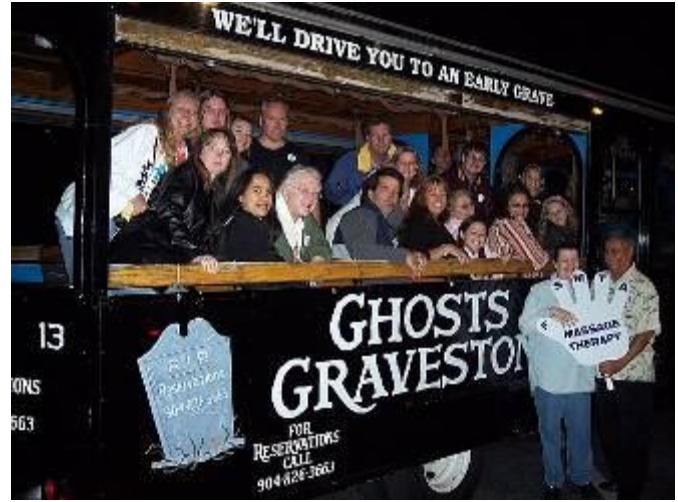
<http://www.allalliedhealthschools.com/faqs/message-business>

Future Presenters websites:

Teresa Matthews-www.arlingtonschoolofmassage.com

Nathalie Cecilia-www.bamboofusion.com

FIRST COAST PHOTO'S St. Augustine Ghost Tour



The Winter Social was held at St. Andrews Episcopal Church in Arlington. Everyone had a great time, enjoyed good food and wonderful Harp music provided during dinner. Afterwards dancing to music played by DJ, Chuck.





C.A.R.E. REPORT

Sandy Murphy has suffered from a series of strokes recently. She has been fortunate in that no loss of ability was reported. She is home now recovering. In my last conversation with her, she is still suffering from fatigue and headaches. Please give her a call to see how you can participate in her recovery, at 381-1900.

Cindy Richmond is undergoing another round of chemotherapy for breast cancer and is in need of encouragement and rides to the doctor. Please contact her at 333-1795.

HOW MUCH OF THE NEWSLETTER DO YOU READ?

Please complete the following survey. It will make your newsletter better and more informative. Thank you in advance.

http://www.surveymonkey.com/s.aspx?sm=m_2fX9EdWrGUu4aQYK2HCKFg_3d_3d

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CLASSIFIED ADS *Fee scale:*

Type	Size	Mbrs	Non-Mbrs
Classified	1st 3 lines	Free/\$1per line	\$10/\$1.50per adtl. line
Standard Business Card		\$10	\$15
1/4 page	3.75x5	\$30	\$40
1/2 page	3.75x10 or 7.50x5	\$40	\$60
Full page	7.50x10	\$60	\$75
Pre-printed inserts 8.5x11		\$100	\$130

[Send check made out to the FSMTA](#) and add copy to be placed to: Joan Poates 3718 Havenwood Rd, Middleburg, FL 32068 **Be sure that the subject line in an email states FSMTA Newsletter Ad**
ALL ADS & ARTICLES MUST BE IN BY THE 20TH OF THE MONTH prior to the next newsletter.

Did you know you could run a 3-line ad as a member for FREE! Don't miss the opportunity in the future. Submit your ad by 20th for the next Mar/Apr issue. You can email your ad info to Healthstudio@clearwire.net. Please note: *FSMTA Ad*** in **subject line**. For paid ads, submit to the Chapter Treasurer as noted above.**

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CHINESE HAND AND FOOT VITAFLEX REFLEXOLOGY WITH AROMATHERAPY ESSENTIAL OILS and MEDICAL QI GONG MEDITATION

18 CE HOURS, APPROVED BY THE N.C.B.T.M.B. and FLORIDA STATE BOARD OF MASSAGE THERAPY. APPROVAL # 279778-00,

**WHERE: JACKSONVILLE, FL. / YOGA ANANDA, WELLNESS, JACKSONVILLE -WHEN FEB 21 - 22 -:
SAT. 8.30 - 5.30 / SUN. 8.30 - 5.30 COST: \$ 250.00 - GROUP DISCOUNTS GIVEN !!!
SPECIAL! IF TAKEN WITH THE ART OF JAPANESE FACIAL MASSAGE
(FRIDAY) \$ \$30.00 OFF TOTAL**

If you are keen on expanding your practice beyond pain relief and would like to do more for the chronically ill using MORE THAN MASSAGE , then this is definitely for you

Reflexology and acupressure are 5000 year-old hands-on therapies that were introduced to the United States in the early 1900's. They are based on the theory that there are reflex zones and acupressure points in the hands and feet which are linked to every organ, tissue, gland and part of the body through energy or qi which travels through zones and channels.

The ancient art of **VITAFLEX REFLEXOLOGY AND AROMATHERAPY** is an offshoot of **TIBETAN MEDICINE** and uses essential oils to align the spine, align the energy frequencies of the body and promotes self-healing. All essential oils used are also anti-viral, anti-inflammatory, anti-spasmodic and help support muscle, bone and nerve function. **VITAFLEX REFLEX OLOGY and AROMATHERAPY** can be used in all chronic , difficult myofascial and viral conditions. Both the zones and acupressure points are manipulated with the oils. **CHINESE HAND AND FOOT REFLEXOLOGY IS MORE REVITALISING AND DEEPER THAN CONVENTIONAL WESTERN REFLEXOLOGY. IT USES A COMBINATION OF MERIDIAN AND ZONE THERAPY WITH ESSENTIAL OILS.**

Some of the benefits of this course:

1. Pain reduction
2. Improved results of medication
3. Lower cholesterol levels
4. Improved signs and symptoms of heart disease
5. Stress hormone reduction
6. Less anxiety and panic attacks
7. Regulated bowel/gastrointestinal motility
8. Healing gynecological disorders
9. Headache relief
10. Elimination of asthma and respiratory disorders
11. Improvement of multiple sclerosis signs and symptoms
12. Elimination and Improvement of symptoms of Scoliosis, Kyphosis and Lordosis
13. PREVENT DISEASES FROM INVADING OUR BODIES....and much much more.

The course objectives are:

1. Learn the location and function of of reflex zones and acupressure points in the hands and feet
2. Relate the physiological systems of the body to the zones and meridians and understand how energy medicine increases their functions
3. Perform a comprehensive treatment using essential oils, acupressure and reflexology.
4. Learn the function and value of essential oils.
5. Learn acupressure for self-maintenance and prevention of diseases
6. Learn to recognize important pathologies on the feet through special palpation

This workshop enables you to understand reflexology from the **Oriental (Energetic) and Western (Neurological/Circulatory Perspective)** and then brings it all together through the use of **AROMATHERAPY , ACUPRESSURE AND A UNIQUE STYLE OF REFLEXOLOGY/ MASSAGE OF THE FEET**

The course consists of mainly hands-on practice with **CASE-STUDIES**. What to bring: table, Linen and a pillow for the table, shorts and loose comfortable clothing and essential oils.

Consult with **WOLFGANG LUCKMANN** for details (e-mail: wushebang@comcast.net)

THE ART OF JAPANESE ZEN FACIAL MASSAGE
With ESSENTIAL AROMATHERAPY OILS

5 CE HOURS APPROVED BY THE FLORIDA BOARD OF MASSAGE THERAPY, BOARD
 OF COSMETOLOGY AND N.C.B.T.M.B / \$ 60.00

**WHEN: FEB 20 (FRIDAY 5.00 - 10.00 PM) WHERE: HOLIDAY INN AIRPORT
 JACKSONVILLE,FL.**

Japanese Facial Massage is a unique method that focuses on a blend of the aesthetic
 and physiological

The focus is on:

1. Increasing the flow of oxygen and blood to the facial area, neck and shoulders
2. Toning, tightening the skin and fascia
3. Lymphatic drainage and detoxification of skin and organ systems
4. Better mental alertness, focus and relaxation for the client
5. Emotional cleansing through ear-acupressure and essential oils
6. Preventive maintenance for aging and skin blemishes

IN THIS COURSE YOU WILL LEARN:

1. THE CAUSES OF SKIN DISEASES AND AGING ACCORDING TO THE CHINESE MEDICINE MODEL.
2. 12 SOFT-TISSUE STROKES FOR REJUVENATION AND PREVENTION OF AGING.
3. THE FUNCTION OF ACUPRESSURE POINTS, THEIR LOCATION AND EVALUATION ON THE EARS, FACE, HEAD AND NECK.
4. SPECIAL USES OF ESSENTIAL OILS FOR THE FACE AND CONSTITUTION WITH SPECIAL APPLICATION TECHNIQUES TO THE EARS.
5. **FACIAL SKIN-LIFT QIGONG EXERCISES**

Japanese Facial massage requires no special equipment. It has no side effects and can be incorporated with any moisturizing and cleansing treatment.

For further info, sample videos and registration, contact WOLFGANG LUCKMANN, TEL: 904 610 9489, e-mail: wushebang@comcast.net, web address: www.wolfgangluckmann.com

FSMTA First Coast Chapter Meeting Schedule

Jan 15	Ethics-Teresa Matthews
Feb 19	Bamboo Fusion- Nathalie Cecilia
Mar 19	Introduction to Integration & Mindfulness Theory- Vickie Wengro
April 16	Tibetan Bowls-Telse Hunter-Merry
May 21	Kinesio Taping-P. Pfannerstill
June 18	Rossiter System for Massage Therapist- S. Sachsl
July 9-11	no meeting-plan on attending convention in Orlando

FSMTA OFFICERS/CONTACTS

STATE OFFICERS

FIRST COAST OFFICERS

<p><u>FSMTA CENTRAL OFFICE</u> 1870 Aloma Ave., Ste 260 Winter Park, FL 32789 website: www.fsmta.org email: info@fsmta.org 407-628-2772 (w) 877-376-8248 (w) 407-628-2042 (fx)</p>	<p><u>President</u> Leah Carr 477-2277 email: Healthstudio@clearwire.net Arlington/Southside</p>
<p><u>State President</u> Maureen Gilbert 321-768-6026 (fx) 321-795-2867 (c)</p>	<p><u>First Vice President</u> Kimberly Reaves 389-0030 email: kimberlyareaves@comcast.net Riverside/Westside</p>
<p><u>Executive Director</u> Lynn Hupp email: lynn@fsmta.org</p>	<p><u>Second Vice President</u> Carolyn Hughes 249-2115 email: magictouch199@msn.com Beaches/St. Augustine</p>
<p><u>Administrator of Member Services</u> Gail Hemmer email: memberservices@fsmta.org</p>	<p><u>Treasurer</u> Joan Poates 422-0078 email: jojopoates@aol.com Orange Park/Middleburg</p>
<p><u>First Coast Sports Team Chair</u> Teresa Matthews 745-1688 email: asmjax@aol.com</p>	<p><u>Secretary</u> Kim Anderson 504-4563 Northside/Fernandina</p>
<p><u>First Coast Legislative Chair/Public Relations</u> Position open, contact Leah Carr or another Board member if interested.</p>	<p><u>First Coast Insurance Chair</u> Rebekah Sharp-Barron 249-5000 email: bodybreathing@yahoo.com</p>
<p><u>First Coast Video Librarian</u> Jenna Casanova 294-1323 email: Jenna@healinghomes.net</p>	<p><u>First Coast Education Chair</u> Joey Madrid 874-2888 email: jmadridsr@yahoo.com</p>
<p><u>First Coast Membership Chair</u> SHARE THE BENEFITS OF FSMTA, MEET NEW THERAPISTS! IT'S FUN!</p>	<p><u>First Coast Seated Massage Chair</u> Carolyn Hughes 249-2115 email: magictouch199@msn.com</p>
<p><u>Board of Massage Therapy</u> 4052 Bald Cypress Way Tallahassee, FL 32399-1701 850-488-0595 www.doh.state.fl.us/mqa</p>	<p><u>First Coast Hospitality Chair</u> ENHANCE YOUR CHAPTER WITH YOUR SMILE!</p>



The First Coast Chapter
Of the
FSMTA
Meets at Specialty Hospital Jacksonville
4901 Richard Street
Jacksonville, Florida

First Hand News
6325 Arlington Rd.
Jacksonville, FL 32211



**THANK YOU FOR BEING A MEMBER
OF THE
FIRST COAST**

Change your thoughts and you change your world.
Norman Vincent Peale

**If you enjoyed the newsletter,
Please share it with others**