

Building Our Future by Honoring Our Past.

Barbara Debenport
Historian



As our profession of Massage Therapy grows, we need to revisit our past and honor those on whose shoulders we currently stand.

While rummaging through some old records and news clippings, I came across the following which I'd like to share.

First from the PSA Magazine dated March 1984. The author is unknown, but was in the Business Trend /Bay Area.

"You'll Never Go Back to Coffee Breaks" - Oh, these tense necks and knotted shoulders - the common curse of the working class. We've all heard should practice deep breathing, do yoga exercises and try neck rolls to dissipate the tension, or at the very least get a full body massage once a week. In reality, most of us stay hunched over our desks, rarely relieving muscle aches.

Well, California isn't known as the land of drive-in and take-out for nothing. Now we have a sort of massage-to-go service, offered by trained acumassage practitioners who will visit your office to knead away the knots for fifteen minutes at a very reasonable rate: \$10. All you have to do is make the request twenty-four hours in advance: a practitioner (AKA masseur or masseuse) will do you at your desk. Sure, coworkers may stare, but most likely they end up asking to be massaged next.

These on-the-job sessions are the bright idea of David Palmer, president of Pacific Health Systems and director of its Amma Institute division, which trains people in the art of traditional Japanese acumassage. Palmer first targeted San Francisco's stress headquarters, the financial district, and is now interested in expanding the service to Silicon Valley. For appointments or to arrange gift certificates, call (415) 563-3224.

Does anyone not know David Palmer and his contribution to the chair massage world: in the business workplace and other avenues through the years. This has certainly helped promote massage therapy awareness for a great number of those who may not have ever received any massage in their lives.

Not counting all those who followed benefiting from his ingenuity.
THANKS DAVID!!!!!!!

CVOP training in Chicago

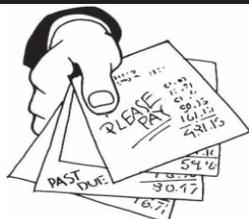
by Susan Olson, 3rd V.P.

It was great to be a part of this small, intimate gathering – 100 high energy massage therapists from around the country gathered to serve their chapters. Thank you for giving me the opportunity to participate and represent you at the Chapter Volunteer Orientation Program in Chicago. I represented Texas by passing out a Bar B Q seasoning mix that my husband created and packaged with our beautiful AMTA Texas lapel pin and our AMTA business card attached. It was unanimous that next year, Maine should bring lobsters to distribute to everyone!

The training could easily be adapted to fit the needs of any volunteer program. AMTA is a membership-driven organization. Remember, the member is one key element of AMTA. "Change does not occur quickly" is an understatement! Research is submitted, polls are taken, votes are tallied, etc. all as part of the due process of AMTA. We learned about volunteerism in our own chapters and building a strong team for the future growth of all locally and globally, plus having a good time while we are doing it. There is a diverse group of people that come together to work toward the mission of each chapter. Through a variety of team building exercises, it was evident how each person brings a different talent to a group. Honor everyone's opinion in each interaction. We are always stronger together than we are by ourselves.

I can not possibly touch adequately upon all the strategies that were shared during this high-impact 4 day workshop. We learned first-hand how to improve trust, reduce anxiety and tension in any group setting. The #1 reason most people leave any organization is because they don't feel they belong or not appreciated. You matter.

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