

November 2010
Volume 25, Issue 2

Touchstone

Journal of the Oregon Massage Therapists Association

**2011 Winter
Conference**

**Independent
Contractor
or Employee?**

New OMTA Website

In This Issue...

Massage

2011 Winter Conference.....3
 2010 Annual Conference Summary.....8

Business Practices

Independent Contractors and Employees.....4

OMTA Information

2010 Election and Survey Results.....9
 New OMTA Web Site.....6
 Web Site Changes at a Glance7
 Executive Committee.....10

Other

In Memoriam.....2
 Letter from the Editor.....2
 Calendar of Events.....9

Letter from the Editor

This is my last issue as *Touchstone* Editor. I’ve now served on the Executive Committee for nearly six years, and as *Touchstone* Editor for four of those. I’m still very much involved, in both OMTA and the OBMT, and while I will miss the details of putting together different issues, I won’t miss all of it, so it is with mixed feelings that I let go of this particular task.

The support and thanks that many *Touchstone* readers have sent to me over the years has really meant a lot to me, and I have kept many of those emails to remind myself that it’s worth it once I finally get an issue together.

Thank you for that support, and best wishes to our new co-editors, Donovan and Robert. I hope you will support them as much as I was supported through the years.

—S. Heather Bennouri, *Touchstone* Editor 2007-2010

In Memoriam

Bruno DeBlock was born in Belgium on May 21, 1962 and immigrated to the United States in the mid-1980s while working for a meat-packing company. He was very proud of the fact that he became a U.S. citizen in 1995. A successful massage therapist in Bend, Bruno was also generous with his time, mentoring youth and volunteering, including with OMTA, where he served as Bend Area Representative, Librarian, and one term as OMTA Vice President and one term as OMTA President.

In April 2010, Bruno was diagnosed with squamous cell carcinoma, which was eventually found to be located on the back of his tongue. He had surgery to remove the tumor and an undiagnosed ulcer led to complications from the surgery which caused his death.

Bruno is survived by two children, Anthony and Rochelle DeBlock (from a previous marriage), his wife Laura, and his step daughter Sam Koch. Contributions to Sam’s college fund and to help out Laura and Sam can be made through his web site, brunodeblock.com.

Laura DeBlock is going to be selling Bruno’s massage equipment and supplies. More information will be posted on omta.net as it becomes available.



Bruno at a surprise birthday party in May. Photo by Sam Koch

Photo credits

Heather Bennouri, unless otherwise noted.

Advertising in Touchstone

If you are interested in advertising in *Touchstone* or on omta.net, please contact one of our ad managers

Current advertising sizes and rates are posted at: www.omta.net/touchstone_ad_rates.pdf

Touchstone Publication Information

Touchstone is the journal of the Oregon Massage Therapists Association published several times a year. We welcome feedback, including letters to the editor. Letters will be printed, but may be edited for length and clarity. We also welcome topic requests for future articles and article submissions. For details on article requirements and other questions, please contact one of the Co-Touchstone Editors.

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robertbike@comcast.net	donovanmonroe@me.com

Winter Conference 2011

CEU Will Host Conference at Lane Community College's Downtown Center in Eugene

January 16, 2011, 9:00 a.m. to 5:00 p.m. ♦ LCC Downtown Campus, 1059 Willamette St, Eugene, Oregon 97401
Choose from one of three classes; each class is \$125.00 and is 7 contact hours of CE for Oregon, 7 CEs for Washington.
Full course descriptions, instructor information, and registration links online at www.omta.net/ceuevents.htm

Introduction to Emotional Freedom Techniques

Robert Bike, LMT #5473

Robert Bike will show you how to use EFT to enhance your practice and your life. EFT is a seven-hour workshop that will equip you to produce rapid results with yourself and with clients in one session. Topics include the history and basis of tapping, the set-up, the tapping sequence, the gamut point, how to work with clients, what to say, when to stop, and practicing on yourself and others. This is a fun and lively experiential training.

Robert Bike, EFT-ADV, LMT # 5473, has used Emotional Freedom Techniques since 2004. Always looking for a panacea for his clients, a single healing method that works for everything, he found that Emotional Freedom Techniques truly does work for almost everything with no negative side effects. A body worker since 1981, Robert has a private practice in Eugene. Try a session, or take a class. Let EFT work its magic on you!

Repetitive Strain Injuries - Upper Extremities

Donovan Monroe, LMT #10214

Most repetitive strain injuries can be prevented and treated with massage therapy. This class is designed to teach 12 of the most common repetitive strain injuries that affect the upper extremities. We will discuss the varying causes, symptoms, treatments and preventative measures. I incorporate myo-fascial release, trigger point, deep tissue, PNF and general massage techniques into the class to help create the most effective treatments. This class focuses heavily on the ability to comprehend the various conditions our clients may present.

Donovan Monroe, LMT #10214 maintains a busy practice in Portland, Oregon. He has worked in natural health clinics as well as in private practice for the past 10 years. Donovan has assisted and taught for various seminars and schools. In his free time, Donovan composes music for massage therapy.

Paschelke Massage with Energy Work

Kathy Paschelke Hensley, LMT #7079 and Sharon Jakeways, LMT #3880

Paschelke massage combines manual massage and energy work, combining compression, vibration, and acupressure with finger movement allowing deeper work without painful reflex muscle tightening. Using Paschelke massage requires less finger pressure which helps extend the years of your massage career. You, the therapist, gain desired results while lowering your risk of disorders such as carpal tunnel. Discover the benefits when incorporating Paschelke massage into your sessions by safely relieving acute or chronic pain in adults and children.

Kathy Paschelke Hensley, LMT OR#7079 has operated Sonflower Massage since 1999. Eleven years experience doing on-site chair and table massage at businesses and events.

Sharon Jakeways, LMT OR#3880, licensed in 1992, has continued to do on-site massage at events and businesses, teach Paschelke workshops and operate Paschelke Massage Center.

Registration

Registration for each class is handled through the specific instructor as listed below. Each class is \$125.00.

Introduction to EFT

<http://eftlcc2.eventbrite.com>

Or send a check, money order or credit card information to:
Robert Bike, LLC,
1710 Oakhurst Court, Eugene, OR 97402
(541) 465-9486
robertbike@comcast.net

Repetitive Strain Injuries

<http://rsilcc2.eventbrite.com>

Or send a check, money order, or credit card information to:
Donovan Monroe
3310 SE Division St.
Portland, OR 97202
(503) 984-1963

Paschelke Massage with Energy Work:

<http://paschelkelcc2.eventbrite.com>

Sharon Jakeways, LMT
PO Box 922
Marcola OR 97454
(541) 517-8025
marcolamassage@yahoo.com

Policies

All students are expected to carry current liability insurance. All fees must be paid in full by the beginning of class. Students shall come prepared with materials as required by the class instructor. Students behaving belligerently, disruptively (including snoring), or disrespectfully of the student/teacher roles may be dismissed from class without a refund. (This policy arose because of a couple unique scenarios in the past, and we've never had to enforce it--please help us keep it that way!)

Cancellations and Refunds

OMTA members will receive a \$10.00 refund of the \$125.00 tuition at the end of class. Cancellations may be made up to two days prior to start of class. All cancellations are subject to a \$25.00 cancellation fee. Cancellations made less than two days prior to class may not be eligible for refunds, though you may transfer to a future class, if possible.

Complete policies, including cancellations and continuing education credit are kept current online at www.omta.net/ceupolicies.htm

Independent Contractors and Employees

Whether You Own a Business or Work for Someone Else, It's Important to Understand the Difference

Item	Independent Contractor	Employee
Covered by worker's compensation	No	Yes
Social Security	Must be paid in full	Employer shares cost
Sets own work hours	Yes	No
Sets rates/costs	Yes	No
Eligible for unemployment	No	Yes
Medical insurance	Must cover own expenses	Varies by employer
Vacation or sick leave benefits	Must cover/plan for own expenses	Varies by employer
Determines how job is done and who to work for	Yes	No (within confines of ethics and law, for example, you can refuse to massage when contraindicated even if the employer requests you treat that specific client)
Supplies and materials	Must provide	Provides for worker

There are many different work environments for massage therapists and for some the boundaries of what is a decision of the therapist vs a decision of an employer can be challenging. If you don't have a contract, it's even harder to determine.

Oregon law 670.600 defines Independent Contractors. The "default" is that a person is an employee and the state assumes you are an employee; it is up to the employer to prove that a worker is an independent contractor. There is a saying that the amount of time it takes an independent contractor to become an employee is the amount of time it takes to fall down a ladder. In other words, once a worker's compensation (or unemployment) claim is filed, the burden of proof lies with the employer to demonstrate that the individual was an independent contractor.

Benefits and Drawbacks of Employee Status

Employees have many benefits: eligible for worker's compensation, unemployment benefits, and their employer is required to provide supplies and materials for their use. Some employers provide health benefits and paid time off (vacation or sick leave). In this situation, the employer provides clientele, the employee shows up and works. Disadvantages are that the employer sets your work hours, determines who you will massage, and sometimes the pay is lower.

Benefits and Drawbacks of Independent Contractor Status

Independent contractors can set their own hours, determine their rates, who they work for (or not), and how they will do their work. In most cases, an independent contractor will have a greater take-home paycheck. However, they must also provide their own supplies, are not eligible for unemployment benefits or workers compensation, must provide their own medical insurance, and are responsible for all social security and other taxes.

Should I Hire an Independent Contractor or an Employee?

It really depends on the individual situation. Even if you *think* you are hiring an independent contractor, you might not be

if that individual does not meet the appropriate criteria. Further, even if they meet that criteria, but you treat them as an employee, they may still be an employee. You need to understand and abide by the guidelines to protect your own business interests when hiring someone else. If for any reason that person files for unemployment or worker's compensation benefits (rightly or wrongly), and the state evaluates that the person was in fact an employee, your business will face back taxes on unemployment and/or worker's compensation, as well as penalties.

What If I'm Categorized Incorrectly?

Hopefully you can sit down with your employer and work out the details, coming to a mutual agreement. If not, there is little recourse other than to quit. However, employees treated as an independent contractors are still eligible for unemployment and/or worker's compensation if the situation is appropriate. If you are an independent contractor being treated as an employee, you can refuse the inappropriate conditions imposed, but you may lose that job. It is up to you how to handle the situation.

For More Information

Gregory Levinson of Levinson Law, LLC presented at one of Oregon Massage School's Massage Connections workshops. He strongly recommends you consult a lawyer prior to signing a contract to ensure that the terms are fair for you and you understand them. He said a contract review can usually be done in an hour and rates are approximately \$175.00-\$190.00 an hour.

To set up an appointment or get more information, he can be contacted at: (503) 222-9057
greg@lev-law.com
www.lev-law.com

Independent Contractors and Employees

An Overview of the Statute Pertaining to Independent Contractors (ORS 670.600)

“Independent contractor” means a person who provides services for remuneration and who, in the provision of the services:

- (a) Is free from direction and control over the means and manner of providing the services, subject only to the right of the person for whom the services are provided to specify the desired results;
- (b) Is customarily engaged in an independently established business;
- (c) Is licensed under ORS chapter 671 or 701 if the person provides services for which a license is required under ORS chapter 671 or 701; and
- (d) Is responsible for obtaining other licenses or certificates necessary to provide the services.

For purposes of subsection (b) above, a person is considered to be customarily engaged in an independently established business if any three of the following requirements are met:

- a) The person maintains a business location:
 - (i) That is separate from the business or work location of the person for whom the services are provided; or
 - (ii) That is in a portion of the person’s residence and that portion is used primarily for the business.
- (b) The person bears the risk of loss related to the business or the provision of services as shown by factors such as:
 - (i) The person enters into fixed-price contracts;
 - (ii) The person is required to correct defective work;
 - (iii) The person warrants the services provided; or
 - (iv) The person negotiates indemnification agreements or purchases liability insurance, performance bonds or errors and omissions insurance.
- (c) The person provides contracted services for two or more different persons within a 12-month period, or the person routinely engages in business advertising, solicitation or other marketing efforts reasonably calculated to obtain new contracts to provide similar services.
- (d) The person makes a significant investment in the business, through means such as:
 - (i) Purchasing tools or equipment necessary to provide the services;
 - (ii) Paying for the premises or facilities where the services are provided; or
 - (iii) Paying for licenses, certificates or specialized training required to provide the services.
- (e) The person has the authority to hire other persons to provide or to assist in providing the services and has the authority to fire those persons.

For purposes of determining whether an individual provides services as an independent contractor:

- (a) The creation or use of a business entity, such as a corporation or a limited liability company, by an individual for the purpose of providing services does not, by itself, establish that the individual provides services as an independent contractor.

All four conditions here MUST be met in order to be considered an independent contractor. If there is even one item on this list that does not describe the independent contractor, that person is an employee.

In addition to meeting the four conditions above, an independent contractor must ALSO meet THREE of the requirements A-E at left.

Simply because you have an LLC or Corporation does not necessarily mean you are an independent contractor.

The information listed here is a partial listing of ORS 670.600. For the full phrasing of the law, visit http://www.oregon.gov/IC/docs/670_600new.pdf?ga=t

New OMTA Web Site

New Features Allow You to Update Your Information Instantly

New Hosting Service

The OMTA Executive Committee decided to migrate all membership data to an online service for several reasons: 1) so it would be readily accessible to members of the Executive Committee when needed, 2) so members could update their information and renew instantly online and 3) to more easily integrate online signups for events. The process took longer than intended but the information is finally fully migrated, and will continue to be updated and expanded as time goes on.

Logging In

To log in, use the email address that OMTA has on record for you as the ID. The first time you log in, you will need to “change” your password (click on the “Forgot password” text in the upper right corner of the screen). You will need to enter the email address that OMTA has on file for you and a temporary password will be sent to you. Once you have that, you can log in with your email address as your user ID. If you are unsure which email address OMTA has for you, please contact us.

Required Fields

There are several required fields in your account: first and last name, phone number, address, city, state, zip, and email address. For LMT members, you must also provide your license number, the year you were licensed, and the current “status” of your license. All members must also check a box indicating that they agree to abide by the OMTA code of ethics. It is your responsibility to keep this information current and up-to-date. If you cannot log in, you can contact the Membership Coordinator to make changes.

Since the email address is a required field, and this is used as your login ID, if you do not have an email address, you can still be an OMTA member, but will not have a listing in the public directory since no file can be created without an email address. (This currently only applies to five OMTA members, and will be fixed in January 2011.)

Optional Fields

As with the old OMTA web site, all members have the option of creating a free public listing. There are a number of new fields you can choose from to add to your listing, including whether you offer gift certificates, the types of payment you take, and more.

Privacy Settings

If you choose not to have a listing, or if you only want part of your information listed, visit the “privacy” link on your profile when in Edit mode. For each field (piece of information), you can choose whether the information is private, accessible to members only, or public. Private settings mean that only site administrators (a few individuals on the Executive Committee)

have access to your information. Members only means that only other current OMTA members could view that information and public means any site visitor could access the information. While currently you do have the option to make your license number private, if you choose to be publicly listed, you MUST have your license number public as well per Oregon Administrative Rules.

Directory Listings

The public directory is set up so that only information listed as your “work” information will appear. If your primary information and work information are identical, you should still list any information you want to show up in the directory under the “work” listings.

The search tool for the directory is fantastic. If you type in “Portland,” it automatically searches all entries and will return any listing with “Portland” in it. Likewise, if you type “Swedish” it will return anyone who has that modality checked as well as anyone with Swedish in their description.

Event Listings

Most of OMTA’s events will now be listed on omta.net through several interactive calendars. There is a running calendar on the front page (listing the next three upcoming events as designated), an area meeting calendar listed with the area representatives, and a full event calendar as well. Events on these calendars are all linked to an event description, and where applicable, online registration. Members can select a member registration and get discounts applied immediately.

Touchstone Archives

Back issues of Touchstone (back to 2007) are already posted and

available. You will receive an email with a link to new editions as they become available.

Blogs and Member Forums

There are several blogs and member forums. These are moderated by the Executive Committee to prevent spamming and other abuse. With multiple different topics, these provide a discussion base for current events and issue-specific questions. Only members can post.

Instructor Level

If you teach classes for LMTs, you can now purchase a \$25 add-on for an instructor level. This allows you to list your classes on the OMTA web site, puts you on a special instructor directory web page, provides space for you to describe your classes and link to a web page with your classes, and have unlimited calendar listings in Touchstone. For more information, about these benefits, or to upgrade, please contact the Membership Coordinator.

New OMTA Web Site Questions

If you have questions about the new OMTA web site, how to log in, adjust your settings, or suggestions, please contact

Heather Bennouri
Membership Coordinator
info@bennouri.net
(971) 570-5404

Web Site Changes at a Glance

Item	New site	Old site
Keyword search	Checks all fields for all members; returns all matches. Advanced search options also available to narrow results.	Not available
Member lookup	Can be done by any part of listing: name, city, license number, specialties, on-site table/chair, insurance billing, payment types accepted, and more via the keyword search.	Only available by last name and city.
City listings	Technically you can list two complete addresses, and thus two cities (your "primary" information and the optional additional information section), however, any additional information included in your description is included in searches, so those in a metropolitan area would be wise to include those city names somewhere in the description—all free of charge.	Could include additional city listings, at \$5.00 per city.
Modality listings	Includes 7 checkbox items of common modalities that you can select: Swedish, Deep Tissue, Aromatherapy, Pregnancy, Sports, Reflexology, and Therapeutic/Treatment, as well as up to four additional specialties.	Limited to four modalities total.
Special Services	Can select whether you offer on-site chair, on-site table, insurance billing, and gift certificates.	Listed on-site chair, on-site table, and insurance billing.
Payment types available	Can select whether you accept cash, personal checks, Visa, MasterCard, American Express, and Other	Not available
Description	Large field (subject to editing for grammar, spelling, and keeping in line with the OMTA Code of Ethics)	Limited to 60 words (subject to editing for grammar, spelling, and keeping in line with the OMTA Code of Ethics)
Making changes to your listing	Log in, Edit Profile, make changes, and save. Effective immediately. You can still email or call for assistance if needed.	Had to be emailed and processed by a volunteer (Thank you for your years of prompt service, Robert Bike!)
Members-only section	Currently under development	Not available
Touchstone archives	Available back to 2007 (when the electronic version started), with plans to scan in and index older issues.	Not available
Executive Committee access	Allows members of the Executive Committee access to edit appropriate parts of the web site relevant to their job responsibilities and access member information.	Not available. Changes to the web site had to be emailed to the webmaster (again, THANK YOU, Robert Bike!) and access to member information had to be requested from the membership coordinator.
Online renewals	Available, with automatic email reminders	Not available
Online event registration	Being phased in, dependent upon event type and structure.	Not available through omta.net. When we used an outside source, it turned out not to be cost-effective.

2010 Annual Conference: Journey of the Spirit

A Summary in Photos

Photos

Clockwise from top left: the road leading to the Main lodge, clear water in the Breitenbush River, group interaction during Ethics with Patty Glenn, fall colors, along the trails at Breitenbush, nature at work, David Weitzer instructing Thai Massage, walking the Labyrinth, and morning dew on the local flora (center).

Thank you

To everyone who contributed to and participated in the Silent Auction and Raffle. We raised \$163.00. Also a very special thank you to Tom Robinson for donating his time teaching Yoga and to Kathy Calise, OBMT Chair, for taking the personal time and expense to come speak to the attendees about OBMT business.

Congratulations

To Alan Dolinsky, who won the membership raffle.

MARK YOUR CALENDAR!

2011 OMTA Conference at Breitenbush will be Friday, September 30-Sunday, October 2.

Details, conference format, pricing, and registration information will be posted on omta.net as it becomes available.

If you or someone you know would like to teach, if there is an instructor you'd like to see at conference, or a topic you'd like presented, please contact Heather Bennouri at (971) 570-5404 or heather@bennouri.net.

2010 OMTA Election and Survey Results

Robert Bike, Mary Kirkpatrick and Carol Duncan tabulated the election results on Wednesday, November 17, 2010.

Election Results

Total ballots sent out 180

Total ballots returned 68

Total votes for Patty Glenn for President 67

Total votes for Andaesha K'Treva 64

Both were elected into office and inducted on November 21, 2010 via phone meeting.

Survey results

If the annual meeting were held as a one-day free event (probably 1-2 hours, with CE credit), would you attend?

Yes 58 NO 7

If the annual meeting were held as a one-day free event, what city or cities would you be willing to travel to in order to attend?

Bend 19 Eugene 36 Portland 38 Salem 33

If the annual meeting were held as part of an all-day CE event or weekend conference NOT at Breitenbush, would you attend? (Note: this would reduce the cost associated with Breitenbush, but there would still be a cost for the event.)

Yes 44 No 14

If the annual meeting were held as part of an all-day CE event or weekend conference, what city or cities would you be willing to travel to in order to attend?

Bend 21 Eugene 35 Portland 37 Salem 33

Do you have any conference suggestions of formats you would like us to consider?

17 small comments 24 larger comments

Lending Library

OMTA maintains a free lending library for members with books, cassettes, CDs, DVDs and VHS videos.

Have you ever used the lending library?

Yes 8

I love it 6

It's too complicated 1

Other 1

No 62

I didn't know it existed 24

It doesn't have materials I'm interested in 1

Other 28

What, if any, formats should be removed from the lending library because you personally would not use them?

Books 1 Cassettes 35 CDs 2 VHS videos 23

Comments

2 people would attend if in Portland or Salem if we had desired CE classes.

1 wanted credit for donated items to OMTA's lending library

3 had membership complaints

1 wants more Southern Oregon events

1 wants cheaper conference location

1 wants to instead have a personal retreat with massage exchange without classes in Bend

4 want more monthly area meetings statewide

More visibility at public events (fairs etc)

Full day certification classes with well known instructors

Hold annual meeting free and separately

Recruit students into OMTA

Get a lobbyist

Get new instructors at conference like (self care, cancer massage, Alexander technique)

Wants representation at State Capital

Wants metro area conference

Wants classes with medical professionals with a massage connection and more professionalism

—Submitted by Carol Duncan, outgoing Vice President

Calendar

Monday, December 13, 2010, 6:00-8:00 P.M.

Hillsboro Area Meeting

Topic: Body Mechanics 101

at Chiropractic Health Strategies

2575 NE Kathryn St., Suite 18, Hillsboro, OR 97124

2 CEs, free for OMTA members, \$10.00 for nonmembers

Thursday, December 16, 2010, 1:00 P.M.

OBMT Proposed Rule Making Hearing

OBMT office, 748 Hawthorne Ave, Salem, OR 97301

Details available at www.oregon.gov/OBMT

Friday, December 17, 2010, 2:30 P.M.

OBMT Multiple Discipline Task Force (MDTF) Meeting

OBMT office, 748 Hawthorne Ave, Salem, OR 97301

Details available at www.oregon.gov/OBMT

Monday, December 20, 2010, 9:00 A.M.-agenda completion

OBMT Meeting

OBMT office, 748 Hawthorne Ave, Salem, OR 97301

Details available at www.oregon.gov/OBMT

Tuesday, December 21, 2010, 7:00-9:00 P.M.

HATS (Hands Across Tualatin Sherwood) Area Meeting

Orthopedic Testing and What To Do with It

Tualatin Library Conference Room, 18880 SW Martinazzi Ave

2 CEs, free for OMTA members, \$10.00 for nonmembers

Monday, December 27, 2010, 7:00-9:00 P.M.

Eugene Area Meeting

Topic and Speaker TBA

Market of Choice on 29th and Willamette

2 CEs, free for OMTA members, \$10.00 for nonmembers

Monday, January 10, 2011, 6:00-8:00 P.M.

Hillsboro Area Meeting

Topic: Kinesiology Fun

at Chiropractic Health Strategies

2575 NE Kathryn St., Suite 18, Hillsboro, OR 97124

2 CEs, free for OMTA members, \$10.00 for nonmembers

Sunday, January 16, 2011, 9:00 A.M.-5:00 P.M.

OMTA CEU Winter Conference

Details on page 3 of this issue.

Oregon Massage Therapists Association Executive Committee

OMTA holds annual elections to select the Executive Committee (EC). Elections are open to all current OMTA members with voting status. President and Vice President are elected in even years. Secretary, Treasurer, and Membership are elected in odd years. All other positions are appointed by the elected officers. EC positions are volunteer except Conference Registrar and Ad Manager.

Elected Officers

Current as of December 1, 2010

President

PO Box 3781
Salem, OR 97302

Patty Glenn

(503) 269-0625
glenn.patty@gmail.com

Vice President

PO Box 6106
Salem, OR 97304

Andaesha K'Treva

(503) 884-7873
aktreva@comcast.net

Secretary

1630 Ash St
Lake Oswego, OR 97034

Joni Kutner

(503) 635-7591
jonidan@gmail.com

Treasurer

4808 SE Ina Ave
Milwaukie, OR 97267

Kami Manselle

(503) 957-9223
kamimanselle4@hotmail.com

Membership

8827 SW Blake St
Tualatin, OR 97062

Heather Bennouri

(971) 570-5404
info@bennouri.net

Appointed Positions

Conference Registrar

See Membership for contact information

Heather Bennouri

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Rowan Varvais

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rowanvarvais@massagetherapy.com

3310 SE Division St
Portland, OR 97202

Donovan Monroe

(503) 984-1963
donovanmonroe@me.com

State Coordinator (for Area Reps)

5112 SW Garden Home Road
Portland, OR 97219

Emden Griffin

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emdengriffin@yahoo.com

Volunteer Coordinator

See State Coordinator for contact information

Emden Griffin

Webmaster

See Touchstone Editor for contact information

Robert Bike

Area Representatives

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Hillsboro, OR 97123

Neva Winter

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Tualatin-Sherwood

See Membership Coordinator for contact information.

Heather Bennouri

Roseburg

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Carol Duncan

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massagecentral@yahoo.com

Portland

See Touchstone Editor for contact information

Donovan Monroe

Ashland, Coastal Area, and Eastern Oregon

Positions open

Touchstone is the journal of the Oregon Massage Therapists Association. Published several times a year for OMTA members, *Touchstone* features articles relating to the practice of massage, techniques, resources, tools, books, classes, continuing education, legislative information, Oregon Board of Massage Therapists (OBMT) updates, and other related information. If you would like information about advertising in *Touchstone*, more information about OMTA, to submit an article or letter to the editor, please contact the appropriate source listed below.

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