



Dedicated to Professional Standards Established 1991

Volume 19 June 2009 Issue 2

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NEXT MEETING

October 17, 2009

Saturday 9:30am-4pm

ONE DAY ONLY

Ellsworth, Maine

**Hospice House
Direction Enclosed**

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Time to renew your membership

A letter from your President: *Alina Blakesley*

Summer is fast approaching and it's time to enjoy the outdoors in our beautiful State of Maine. Hence this president's message will be brief and to the point. Our board and committees want to assure you that we are working diligently for you. Here are some of the items we are working.

- **Going Green** - reinstating the e-newsletter to save on postage and paper. Members can request a hard copy if they prefer.
- **Outreach and Education** at the Coastal Maine Botanical Gardens. The new Garden of Five Senses due to open in June has a Reflexology Walk. Some of our members will give Reflexology demonstrations in the garden as part of the Garden Fair. We are also continuing our popular presence at the Common Ground Fair in September.
- **Streamlining Meetings** - We have restructured our meetings to include more participation from our members. The result was a very productive meeting that produced common themes and is a great start in putting together a strategic plan for the next 5 years.
- **Continuing Education** opportunities with Val Voner in Portland are in the works. (See inside for details).
- **New Website** - Thanks to our webmaster, Wendy Decker, our website has tons of information on the public and members' only pages. Reflexologyofmaine.org Check it out!
- **Conference Calls** - The board and committee are getting together to push forward on issues through our monthly free conference calls.

I look forward to seeing you at our next meeting in the fall. It's up to us to set a course. What do we want? Could we really be a licensed profession in the next five years? Could we be reimbursed for our services by insurance companies? Could we make inroads into the medical community so that our work as reflexologists is valued? Let your voice be heard and help us shape the future of MCR



Alina Blakesley,
MCR president



Report on Strategic Planning at MCR Meeting

In our May meeting members participated in a group exercise designed to share ideas and visions. We started with a quiet meditation to help us focus and delve deeper into our minds and hearts allowing our dreams to surface. Each member wrote down their ideas and shared them in groups of about six. A correspondent from each group compiled common themes which are listed as follows:

Exercise 1

What are my personal goals as a reflexologist?

- 1) To improve skills and expand knowledge – learning skills from each other through reflexology swaps, reading reviews, incorporating other modalities into our practices e.g. Facial Reflexology, and adding enhancements – Essential Oils, etc.
- 2) To teach Reflexology - Adult Education, Common Ground Fair, and Presentations to Doctors (PowerPoint presentation – handouts.)
- 3) To enable our profession to integrate into the medical system - building relationships with doctors, hospitals, and other health care facilities
- 4) To make Reflexology a household name - awareness and education
- 5) To build a vigorous practice that is affordable to clients – learning business skills, having Reflex parties.
- 6) To participate in MCR - Networking, connecting to the profession of Reflexology through state, national and international organizations
- 7) To promote healing - helping client, empowering client and being humble in service

Exercise 2

If all things were possible –How would I envision the profession of reflexology in the next 10 years?

- 1) Reflexology is a household name and widely recognized.
- 2) Doctors and clients think of a palliative approach first and not invasive treatments such as cortisone or surgery for certain conditions e.g. plantar fasciitis.
- 3) Reimbursement from insurance companies for reflexology sessions as part of health maintenance and stress management protocol.
- 4) Mutual referrals from medical community. Doctors referring to Reflexologists and visa versa. Reflexologists are hired by hospitals and in other health care settings
- 5) Licensing –Reflexologists will be licensed in the State of Maine
- 6) Research – obtaining grants for scientific studies on the effects of reflexology on certain groups. RAA can give us professional advice.
- 7) Recognition from the medical community
- 8) All reflexologists to be RAA members thereby creating a powerful national organization where our voices can be heard.

Thoughts on Wheels

By Alina Blakesley, President of the Maine Council of Reflexologists

On my walks through Maine woods I observe exquisite patterns in nature and I mull over an assortment of thoughts. On one occasion, thinking about our healthcare system, I saw wheels with spokes representing diverse aspects of the mainstream and complementary healthcare models.

The traditional model (*see diagram 1*), encompasses quality health care to improve the lives of many who can afford it. We have tests to discover underlying problems, medications that stabilize conditions, surgery to remove diseased tissue or correct misalignments, knee and hip replacements, etc. The down side is that it is very costly and unsustainable. There is too much reliance on medication, surgery, expensive tests, and use of emergency room treatment for crisis care. Down the road we can't afford to cover all the costs and a change of course is required to avoid disaster.

Alongside, not altogether in cooperation with traditional healthcare, is the complementary model (*see diagram 2*). By public demand, this model has grown in leaps and bounds. People are recognizing the whole person approach, valuing health maintenance and preventative care and the idea of living a life with balance and harmony.

The downside is that many of the complementary professions are unregulated and unlicensed. While some have become a household word like Chiropractic, Acupuncture, Licensed Massage Therapy, many effective modalities are still on the fringe and not recognized by the public or the medical community. Reimbursement from insurance for most complementary healthcare services is practically non-existent. Yet these professions have much to offer in saving health care dollars, preventative care, keeping our nation healthy, and sustainability.

I believe now is the time to envision and create a new sustainable model (*see diagram 3*), combining the best of the traditional and complementary models. We reflexologists, as part of the complementary community have a unique opportunity to shape the emerging model of healthcare. At the last Maine Council of Reflexologists' meeting we envisioned what this model would look like. Some spokes of the wheel include mutual referrals, insurance coverage, increased grants for research projects, and a blend of the best of both models.

Creating the world we want requires boldness and steadfastness and a belief that anything is possible. Some hurdles to overcome are resistance to change, powerful and well funded lobbyists, monopoly of power, not understanding each others terminology, the public's lack of awareness of diverse modalities that limit their choices. Some professions are unorganized and unregulated and lack skills to make their voices heard.

Nowadays we often hear the word sustainable, green, conservation of resources, simplicity. I believe the tide is in our favor due to increasing public's awareness. Change is possible. We cannot carry on as we have in the past. I invite you to envision your wheel of the new emerging model of healthcare. We as reflexologists, through our local organizations and RAA have a unique opportunity to shape that model. Go for it!

Thoughts on our Nation's Healthcare

Traditional Mainstream Model



Diagram 1

Complementary Healthcare Model

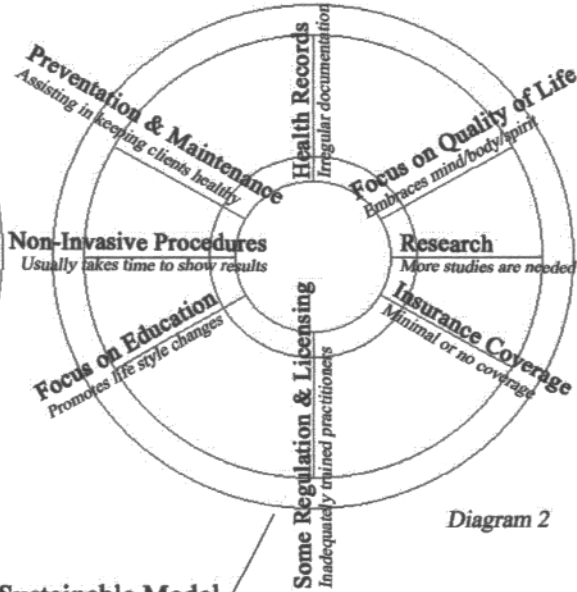


Diagram 2

New Emerging Sustainable Model

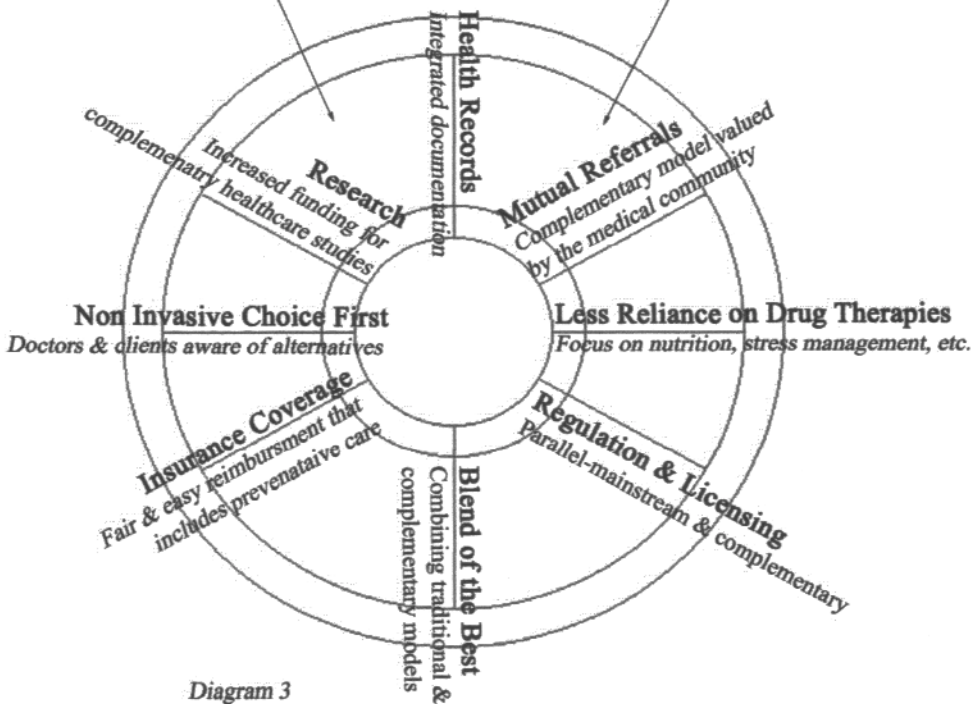


Diagram 3

Educational Opportunities

CALENDAR OF EVENTS:

Next MCR meeting date: *Attend these meetings and earn CEU's*

Oct 17, 2009 in Ellsworth *at the Hospice House ONE DAY ONLY THIS YEAR*

Dwight Byers is inviting any/all reflexologists/public to one of his classes in Worcester, MA Aug. 1st & 2nd

For more info, call IIR 727-343-4811 or check out all workshops & locations at www.reflexology-usa.net

Treat Your Feet~School of Reflexology Refresher Class: Sat. Sept. 12. 9-5 Student \$25. non-students of TYF \$40.

For more info, call Myra at 623-4552. Class limited to 8 "Lets talk REFLEXOLOGY & HANDS ON"

ICR Conference September 2009, in Los Angeles, CA: Contact ICR for more info. www.icr-reflexology.org

MCR's October 3-4, 2009 Workshop: Is in the works with instructor **Val Voner**, in presenting training in Weight Management Reflexology. The website for her at the New England Institute of Reflexology is www.walkinbalance.com/main/index.asp. (See Attached Flyer)



Total MCR 2008~2009 Members 74

Time to renew your membership

Newly Certified Members: **Terri L. Feldhaus** Ellaville, GA. 814-502-5638

Lisa Schumacher



North Yarmouth 415-9582



Newly ARCB Certified Member: **Kate Winant** Waterboro, ME. 229-7276



Be among the first to read Christine Issel's new book — and save!

Eunice Ingham: A Biography by Christine Issel. Order by July 31, 2009 and save 30%! The cost is \$20 which includes shipping - retail cost will be \$25 plus shipping. Books may be ordered from:
New Frontier Publishing, PO Box 246654, Sacramento, CA 95824



**"YOU HAVE SEEN THE FLYERS, YOU HAVE READ THE E-MAILS,
(\$275.) NOW IT IS TIME TO ACT"! (\$275.)**

Early-bird registration for **Val Voner's** dynamic workshop "Reflexology Theory and Practice with Weight Management Issues" is by June 30th. She is coming October 3-4 to South Portland to present this 2-day experiential seminar. Please contact Kate Winant at tevorranh@yahoo.com or 207-229-2726 for more information, registration form or encouragement to apply.

Directions to October's MCR meeting in Ellsworth, Hospice House

Coming from the south one has several choices **option #1** 295 north to 95 in Augusta north to Bangor off on 395 to 1A east. Ellsworth is 26 miles thru 1 set of lights. At the next light, get in left lane turn left, go over RxR tracks. Then take the next left, sort of an angle Y. Go straight till you see parking lot on the right. McKenzie St is on the corner. **Hospice House** is around the corner or next to parking lot. **Option # 2** TAKE 295 to Augusta take 3rd exit route 3 to Belfast turn left on to route 1. Follow signs to Ellsworth. Go thru the light after river thru downtown to the next light. Go straight thru over RxR tracks. Then take the next left sort of angle Y. Go straight till you see a parking lot on the right. Park here, Hospice House is round corner if you get lost call me on my cell phone 664-4294. **Thanks Mac** P.S. **If you go past Ellsworth Hospital, you went too far.** (2 1/2 -3 hours depending on how you drive)

Maine Council of Reflexologists



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Member-in-the-spotlight Interview with Connie Hubley



When did you get certified as a reflexologist? Who was your teacher? *In 1997 thru Footloose, Inc. by the 'world renowned' Janet Stetser*

What did you do before you became a reflexologist? *Many things- I was an LPN, working in the field of Developmental Disabilities then operated my own agency for 13 years. It was during this time that I became a reflexologist. How did you become interested in reflexology and becoming a reflexologist?* *I had originally wanted to train as a massage therapist, but could not work the school schedule with my work schedule. Found out about a reflexology course and decided to give it a try. After the first day of class, I was committed to learning more.*

If ARCB certified...when and why? *I have been ARCB certified since 1999. I believe that it is important to reach out for the higher level of professionalism in your chosen field.*

What do you like about MCR and how long have you been a member? *I have been an MCR member since 1997 at the recommendation of Janet during our reflexology training. Net working with other reflexologists is both enjoyable and always a stimulating learning experience.*

What other associations do you belong to? *In the field of reflexology, I am also a member of the ICR, ARCB, RAA & ACARET.*

What is it like being a RAA delegate? *Great! It is a wonderful experience to be able to network with other reflexologists from around U.S. while gaining insight into the professional working of the national association. It gives me a sense of unity with the reflexology 'family'. There are many talented, dedicated professional reflexologists in the organization and I have truly enjoyed getting to know them while working with them to promote reflexology.*

What is your practice like? What modalities do you use? What type(s) of reflexology do you use and which do you like best? *I see clients on a part-time basis. I also am a massage therapist and incorporate CranioSacral Therapy in my work. Some clients like to combine modalities.. I follow primarily a basic protocol of reflexology from what I initially learned with Janet, but with every workshop I take, I tend to add some piece of what I have learned to my session. So, over the years my session has evolved a bit.*

Tell us about your school...why and when you started it. What you love about it. *I first started teaching reflexology through my local Adult Ed program. I found it to be a great way to get the word 'reflexology' out there in the general public and to provide people with a basic understanding of what reflexology is all about. After completing Massage School, I also have taught an Introduction to Reflexology at Massage Schools, being able to let the massage students understand that to be a professional reflexologist, they would need many more hours of training in reflexology. One of the massage students kept encouraging me to start a school, and finally, I taught my first certification course at the school that I attended in 2008. Since then, I have Incorporated the school and now teach it in Winthrop. I love the interaction with the students, the challenge of expanding on my knowledge in order to provide accurate knowledge to them, keeping both myself and the students up to date with the ever changing world of reflexology.*

What workshops have you attended that you loved the most? *I feel that I have gained in knowledge and skill with every workshop I have taken, both the great ones, and the not so great ones, gaining a greater perspective of reflexology and how beneficial all the different approaches can be. I have been especially intrigued with the Cranio Sacral Reflexology that Martine Faure Alderson teaches. I have only taken the basic protocol workshop, but would like to take the others.*

What else do you want to study and add to your practice? *Facial Reflexology*

What are your hobbies? *Rug Braiding, kayaking, gardening*

What do you like to do for fun? *See above. Spend quiet time at camp, walk the beaches at the coast.*

What do you do for your own health? *I have been committed to a regular exercise program since 1988 (the year I quit smoking) While I make a variety of changes in my routines so that it does not get stale and boring, I work out every morning with the MPBN shows Body Electric & Classical Stretch, along with a variety of low impact aerobics (Nordic Trak, walking, swim aerobics, etc. and Pilates.) I try to take time to rest and appreciate the many gifts that our creator has given us in the world. I do this best at camp or the ocean.*

Do you have any vision, hopes or ideas for MCR or the field of reflexology for the next year or two that you would like to share? *I would like to see MCR become committed to an effort in making reflexology licensed (or certified) with the State of Maine. While there are many pros and cons, I have become increasingly convinced that this is the direction that we, as a profession should seriously explore. By 'exploring', I mean that instead of just jumping into this pursuit, it may benefit us more if we explored all the pros & cons and look at any other possible avenues for us to take. **Connie Hubley***

Connie has her practice and school in Winthrop, Maine.

THE ~ H A N D ~ WHAT A GIFT

The hand owes its versatility and flexibility to its framework of small bones, and to the many muscles in the forearm and hand that move them. Most movements of the wrist and fingers are produced by forearm muscles. These have their origin at the elbow, then taper into long tendons that extend into the hand, and have their insertions in the wrist or finger bones. The tendons pass under fibrous straps called **retinacula***, which hold them in place, and are surrounded by slippery synovial sheaths that lubricate them.

Most muscles in the anterior (inner or underside) forearm are **flexors¹**. Their tendons are held in place by the flexor retinaculum*. Among the superficial muscles the flexor digitorum superficialis flexes the fingers; the flexor carpi ulnaris flexes and adducts the wrist; the flexor carpi radialis flexes and abducts the wrist; and the palmaris longus flexes the wrist and tenses the palm. A deep muscle, the flexor pollicis longus, flexes the thumb. The pronator teres performs the important action of pronating the forearm, so the palm turns downward. The brachioradialis is a synergist of the biceps brachii of the upper arm in forearm flexion.

Most muscles in the posterior (outer or upper side) forearm are **extensors²** that act as antagonists to the flexors of the anterior forearm. Their tendons are held in place by the extensor retinaculum*. Among the superficial muscles, the extensors carpi radialis longus and brevis extend and abduct the wrist; the extensor carpi ulnaris extends and adducts the wrist; and the extensor digitorum is the prime mover of finger extension. Other muscles include the extensor pollicis brevis and longus, which extend the thumb; and the extensor digiti minimi, that extends the little finger.

Movements produced by the forearm muscles are assisted and made more precise by smaller muscles³ in the hand. These intrinsic muscles include the lumbrical and interosseus muscles between the metacarpals, which flex the metacarpophalangeal (knuckle) joints, but extend the fingers, thenar muscles, including the flexor pollicis brevis, which bends the thumb, and the abductor pollicis brevis, which abducts the thumb.

¹Deep Layer Flexor Muscles:

Flex. digitorum profundus
Flex. pollicis longus

Intermediate Layer Flexor Muscles:

Flex. digitorum superficialis

Superficial Layer Flexor Muscles:

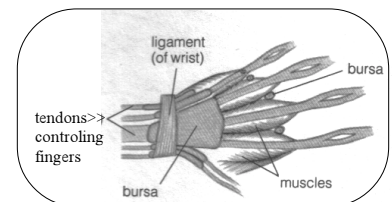
Flex. carpi ulnaris
Palmaris longus
Flex. carpi radialis

²Deep Layer Extensor Muscles:

Ext. indicis
Ext. pollicis Longus
Ext. pollicis brevis

Superficial Layer Extensor Muscles:

Ext. carpi ulnaris
Ext. digiti Minimi
Ext. digitorum
Ext. carpi radialis longus
Ext. carpi radialis brevis
Abductor pollicis longus



³Thenar Eminence

Opponens pollicis
Abductor pollicis brevis
Flexor pollicis brevis

Hypothenar Eminence

Opponens digiti minimi
Abductor digiti minimi
Flexor digiti minimi brevis

Deep Muscles:

Adductor pollicis
Palmar interosseus
Dorsal interosseus
Lumbrical

The palpable bulge of muscle (thenar eminence) just proximal to the thumb on your hand. These three muscles make possible complex movements of the thumb.

These muscles move the 5th digit; they are complementary to the thenar muscles of the thumb. The function of opposition is basic to some of the complex grasping functions of the hand.

These muscles provide great strength in grasping an object and or flexing the metacarpophalangeal joints.

Common Ground Country Fair!

Have YOU
signed up for
the fair
YET?

MARK YOUR CALENDARS
for **THE THIRD WEEKEND AFTER LABOR DAY**
SEPT 25, 26, AND 27 2009

Have YOU
signed up for
the fair
YET?

GATES OPEN AT 9 A.M. EACH DAY with fair goers looking for a reflexologist. It is time once again to start thinking about the Common Ground Country Fair!

MCR will have three reflexology chairs; a person working on feet, hands, ears, and a communicator. We will need to have FIVE reflexologists per a four hour shift. The shifts are from 9am until 1pm and from 1pm until 5pm. The volunteers will be sent a free pass. This is a wonderful, fun loving, down home fair which gives MCR a wonderful opportunity to kick off World Reflexology Week by touching so many people.

At the May 9th meeting the follow members have volunteered their time to work so far but there are a lot of open times spots just waiting for you. Please step up and call one of the co-chairs TODAY to save your favorite time spot and get your FREE pass to the Fair.

Fri. 9am-1pm	Fri. 1pm-5pm	Sat. 9am-1pm	Sat. 1pm-5pm	Sun. 9am-1pm	Sun. 1pm-5pm
Myra Achorn	Myra Achorn	Karen Boynton	Karen Boynton	June Atherton	June Atherton
Sonia Robertson	Susan Miller	Kate Winant	Kate Winant	Claire Guy	Alina Blakesley
Sylvia Young	Chrissy Studer	_____	_____	_____	Wendy Decker
_____	Ramona Miller	_____	_____	_____	Marge Hatch
_____	_____	_____	_____	_____	_____

Connie Hubley will be giving a talk on Friday

A HUGE THANK YOU GOES OUT TO ONE AND ALL - for signing up so far - PLEASE Call ASAP and join the Fun at the Common Ground Fair. *June Atherton*

Many hands are needed for the Common Ground Country Fair. How do I sign up to help??? Thank you for asking; all YOU need to do is to call the chair person for the day you would like to work. Remember, we WILL start calling the membership in August.



Co-Chair
**RAMONA
MILLER**
FOR Friday
207-236-0986



Co-Chair
**KAREN
BOYNTON**
FOR Saturday 207-845-2702



Co-Chair
**JUNE
ATHERTON**
FOR Sunday
207-374-5117



Maine Council of Reflexologists

MCR 2009-2010
Membership Dues
due by June 30th
Thank You

MCR 2009-2010
Membership Dues
due by June 30th
Thank You

MCR FALL WORKSHOP 2009

IS COMING.....

ON OCTOBER 3RD AND 4TH- MEET **VAL VONER**

AUTHOR OF “THE EVERYTHING REFLEXOLOGY BOOK” and

**CO-AUTHOR OF “PRACTICAL REFLEXOLOGY:
INTERPRETATIONS AND TECHNIQUES”**

**SHE IS THE OWNER AND PRINCIPAL INSTRUCTOR AT THE ‘NEW ENGLAND
INSTITUTE OF REFLEXOLOGY AND UNIVERSAL STUDIES’**

**VAL WILL BE PRESENTING A 2-DAY LECTURE AND PRACTICAL APPLICATIONS
WORKSHOP ON THE USE OF REFLEXOLOGY TECHNIQUES IN WEIGHT
MANAGEMENT. SHE WRITES THIS ABOUT THE SESSIONS;**

**“The weight management program will include discussions dealing with all issues
concerning weight from anorexia to obesity. Materials presented cover analysis of
addiction as it pertains to weight management, theories and solutions, narrowing the
focus to our adjunct therapy-reflexology-as an integrative technique.”**

**Afternoon presentations of the specific points and combinations will be demonstrated
with plenty of practice time. A manual and chart are included in the workshop fee.**

FOR MORE INFORMATION: WWW.WALKINBALANCE.COM

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- **Registration Forms will be coming with the Membership renewal forms in May.**
 - **Early bird registration fee discounts and scholarships available.**
-

For additional information contact Kate Winant at 229-7276 / e-mail

tevorranh@yahoo.com



or Sylvia Young at 443-3733 / e-mail sey@gwi.net



*The best part of life is not just surviving
but thriving with passion and compassion
and humor and style and generosity
and kindness.*

Maya Angelou