

MCR NEWSLETTER

The official newsletter of the Maine Council of Reflexologists



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MINUTES - 1/28/2023**

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EXECUTIVE BOARD

MEMBERSHIP INCENTIVE

Message from the President

by Nancy Butler-Smith

Spring is known as “The Season of Hope” and “The Season of New Beginnings.” Let us begin with springing ahead with renewed enthusiasm for MCR!

On January 28th, 2023, we had our Winter MCR General Council meeting via Zoom. It was time to elect a new President and Vice President for the Executive Board. While several suggestions came in for nominations, no one accepted the challenge. We were, thankfully, presented with options.

(continued...)

It is with pleasure that I announce the new MCR Executive Board, eager to go to work at renewing and strengthening our organization.

President: Nancy Butler-Smith 207-592-4573, email:
reflexologyworks2012@gmail.com

Vice President: Myra Achorn 207-626-3338, email: myraachorn@aol.com

Secretary: Kelly Bean 207-320-0154, email: kellybeanLMT@gmail.com

Treasurer: Susan Buzzell 207-446-0104 email: imsue1029@aol.com

I would like to recognize Past President, Alison Gingras and Past Vice President, Claire Guy, whose tireless efforts kept the Maine Council of Reflexologists informed and connected throughout a world-wide pandemic. They rolled with some extraordinary challenges and kept us going! Thank you both for your passion and dedication to MCR!

I want to thank Susan Buzzell for agreeing to take on duties as Treasurer, on top of the Membership duties, so that I could take over the President position! If anyone would be interested in learning the Membership or Treasurer positions for the future, now would be a wonderful time to offer to help Susan with either or both!

Thank you to Myra Achorn for agreeing to be Vice President to help MCR continue on! Myra and I will be listening to everyone with open hearts as we both want to see MCR thrive.

We need to get back to **Basics**. We need to **Simplify**. We need to **Unite** in our common interest in reflexology.

(continued..)

United we stand divided we fall.

This will mean we need to make some hard changes, and though I know change can be scary, I also know MCR could have dissolved if no one had stepped up.

The Maine Council of Reflexologists is a Nonprofit Organization that conducts its affairs through an Executive Board, the General Council and various committees. Many enthusiastic Maine reflexologists spent years and countless hours building an outstanding foundation of By-laws and Policies and Procedures by which to guide us forward. And my friends, this all takes volunteers to maintain. So please note the changes that will be brought forth by your newly formed Executive Board are meant to make operating our organization easier and to make volunteering for our current and future board easier.

Reflexology is my full-time profession, I would not be a reflexologist today if it had not been for my teachers, my fellow students, and members of the Maine Council of Reflexologists! They gave me encouragement and shared their own enthusiasm, validating the craft. It is for these reasons that I stepped up to the position of President to make sure new and old reflexologists alike have a place to share this fascinating modality together.

Nancy Butler-Smith
President of Maine Council of Reflexologists



MCR GENERAL COUNCIL ZOOM BUSINESS MEETING

JANUARY 28, 2023 12:00 – 1:45PM

MEMBERS PRESENT AT ROLL CALL: ALISON GINGRAS, JUNE ATHERTON, SANDRA WEBBER, MELISSA CASWELL, KELLY BEAN, JANET STETSER, DONNA DYER, KATIE GREENMAN, SHARON TRULL, SYLVIE LETELLIER, WENDY DECKER, CLAIRE GUY, SARAH MATHIESON, TRACY LANE, HOLLY AGUILO, NANCY BUTLER-SMITH, MYRA ACHORN, SUSAN BUZZELL, ALOISIA POLLOCK, JENNIFER SCHAEFFER-MCDANIEL, SUSAN MILLER, PROMIS BRYANT.

START RECORDING – THE PURPOSE OF THE RECORDING IS TO ASSIST THE RECORDING SECRETARY WITH THE MINUTES AND IS NOT MEANT TO BE A PERMANENT RECORD OF MCR’S PROCEEDINGS. WE HAVE LIMITED STORAGE SPACE AND THE RECORDINGS ARE DELETED ON A REGULAR BASIS, USUALLY TO MAKE ROOM FOR THE RECORDING OF THE NEXT MEETING

THE BOARD IS HAPPY TO ANNOUNCE THAT ATTENDEES OF THIS GENERAL COUNCIL MEETING WILL BE ENTERED INTO A DRAWING. THE WINNER OF THE DRAWING WILL GET A FREE REGISTRATION TO THE LEADERSHIP TRAINING AT THE RAA CONFERENCE IN APRIL 2024, AND A \$100.00 GAS CARD TO HELP COVER CONFERENCE EXPENSES.

SECRETARY’S REPORT – KELLY BEAN – WENDY DECKER MADE MOTION TO ACCEPT SECRETARY MINUTES FROM LAST MEETING WHICH WERE PUBLISHED IN THE SPRING/FALL NEWSLETTER. SYLVIE LETELLIER SECONDED. UNANIMOUS.

TREASURER’S REPORT –

PREPARED BY NANCY A. BUTLER-SMITH, MCR TREASURE 01/12/2023

GENERAL FUND	2034.59
K. ERICO FUND	3500.00
WORKSHOP FUND	2,416.42
RAA DELEGATE	345.20
ADVERTISING	180.88
EDUCATIONAL MATERIAL	1,012.00
DONATED	1,083.50

CHECKING TOTAL 10,572.59

SAVINGS TOTAL 5765.40

GRAND TOTAL \$16,337.99

WENDY DECKER MADE MOTION TO ACCEPT TREASURERS REPORT.
MYRA ACHORN SECONDED. UNANIMOUS.

MEMBERSHIP COMMITTEE - SUSAN BUZZELL.

44 MEMBERS.

32 PROFESSIONAL.

10 ASSOCIATIES. (INCLUDES STUDENTS)

1 LIFETIME.

1 SCHOOL.

ELECTIONS

POLL WAS SENT IN EMAIL FOR VOTES HOWEVER NO MEMBERS VOLUNTEERED THEMSELVES WILLINGLY. NAMES WRITTEN IN: ALISON GINGRAS, DONNA DYER, KELLY BEAN, MYRA ACHORN, SYLVIE LETELLIER. NONE ACCEPTED. NANCY BUTLER-SMITH VOLUNTEERED TO STEP UP AS PRESIDENT IF SOMEONE ELSE TOOK OVER TREASURER POSITION. SUSAN BUZZELL VOLUNTEERED FOR TREASURER POSITION. SUSAN WILL REMAIN ON MEMBERSHIP COMMITTEE AT THIS TIME.

WENDY DECKER MADE MOTION TO NOMINATE NANCY BUTLER-SMITH TO THE PRESIDENT POSITION, MYRA ACHORN TO VICE PRESIDENT, AND SUSAN BUZZELL FOR TREASURER. ALOISIA POLLOCK SECONDED THE MOTION. UNANIMOUS.

DISCUSSION POINTS/IDEAS:

- SIMPLIFY THE DUTIES OF THE BOARD MEMBERS TO MAKE IT LESS OVERWHELMING OF A OBLIGATION (MAYBE LOOK AT SIMPLIFYING BYLAWS).
- MENTORING/TAKING NEWER MEMBERS "UNDER WING" OF LONGER-TERM MEMBERS TO LEARN TASKS AND TAKE ON BOARD POSITIONS WITH CONFIDENCE.
- PROPOSE BYLAW CHANGES TO MATCH RAA STANDARDS, NOT REQUIRING 12 CEU'S EVERY 2 YEARS TO REMAIN AT PROFESSIONAL LEVEL. (POTENTIAL TO INCENTIVIZE MEMBERSHIP). TO VOTE ON IN MAY GC MEETING. EXPAND WAYS TO ACCEPT DONATIONS TO MCR.

NEWSLETTER - MELISSA CASWELL - MEMBER IN THE SPOTLIGHT WILL BE SHAWNA NOWINSKI.

WEBSITE - LORETTA BAKER - LORETTA UPDATED THE MEMBER LIST AND POSTED THE NEWSLETTER IN THE MEMBER SECTION OF THE WEBSITE.

WENDY FIXED THE LINKS FROM THE MAP ON THE MAIN PAGE TO THE PROFESSIONAL MEMBERS BIOS AND PHOTOS. SHE UPDATED THE MEMBER LISTINGS SO IT IS NOW CURRENT. PLEASE CHECK THE SITE. IF YOU HAVE TROUBLE GETTING ACCESS TO THE MEMBER AREA, SEND AN EMAIL TO INFO@MCRONLINE.ORG

BROCHURE/RACK CARDS - PRINTING OF 100 RACK CARDS - CAME OUT BLURRY DUE TO THE FILE TYPE. MELISSA WILL HAVE THEM REPRINTED.

RAA DELEGATE REPORT - HOLLY AGUILO - RAA CONFERENCE APRIL 19-20, 2024 PORTSMOUTH, NH. HISTORICALLY MCR HAS OFFERED FINANCIAL SUPPORT FOR DELEGATE(S) TO ATTEND CONFERENCE (REGISTRATION AND LEADERSHIP TRAINING FEES) WILL DISCUSS MORE AT NEXT MEETINGS.

NCRE REPORT - CLAIRE GUY - THE NEXT FORUM IS ABOUT WRITING POLICIES. APRIL 20 ON ZOOM.

OUTREACH: SAVE THE DATE: TRI FOR A CURE: JULY 15-16, 2023

MEETING DATES:

EB MEETING MARCH 8TH 6:00PM ZOOM

EB MEETING APRIL 29, 2023

GC MEETING MAY 20, 2023

EB MEETING TO DISCUSS FALL WORKSHOP, WED, SEPT 13TH 6:00PM
ZOOM

EB MEETING OCTOBER 7, 2023

GC MEETING & WORKSHOP OCTOBER 20-21, 2023

AFTER THIS KELLY BEAN WILL PRESENT: LEADERSHIP TRAINING IN THE MODERN WORLD.

MINUTES RECORDED BY RECORDING SECRETARY KELLY BEAN
01/28/2023.

**CURRENT MEMBERS WILL BE VOTING TO APPROVE THE REVISION
TO THE MCR BYLAWS BELOW. CHANGE: CEU REQUIREMENTS WILL
NO LONGER BE REQUIRED BY MCR**

**BYLAWS OF THE MAINE COUNCIL OF REFLEXOLOGISTS
A Nonprofit Corporation**

Established 1991; Incorporated 2005
Amended 05/19/2007; Amended 01/10/2009; Amended 10/2/2010; Amended 1/19/2013;
Amended 6/30/15; Amended 5/14/16; 6/23/2021; 5/20/23

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Article 3 Membership

5. Membership in MCR shall consist of two levels, Professional and Associate.
- a. Professional membership is open to reflexologists with a minimum of 300 core curriculum hours of reflexology training, 60%, or 180 hours, of which are in a live classroom setting. Acceptable proof may be in the form of a completed school transcript or signed letter from the school administrator attesting to the number of hours completed in a live classroom and number of hours completed by other means. MCR accepts credits from a non-profit national certification board, as long as any hours beyond the national certification board requirements are met with additional core curriculum classroom hours.

~~Professional members are required to obtain a total of 12 continuing education credit hours (actual hours) within every 2-year period. Copies of continuing education credit hours are to be submitted to MCR's Membership Committee, to be retained for 2 years.~~

Professional members may take part in all business, hold office, and shall have one vote on issues presented to them to be voted upon, and other privileges as put forth by the membership and approved by the Executive Board.

Those members who attained Professional membership prior to February 1, 2006 and have less than 300 hours of training are grandfathered at their Professional level membership unless that membership is allowed to lapse.

- b. Associate membership is open to **non-certified** reflexologists not meeting the Professional member level standards, students-in-training in reflexology, individuals granted Honorary Limited Membership or Honorary Lifetime Membership for their work in support of MCR, clients or other interested persons, schools, businesses or other entities concerned about and desiring to support the growth and development of the field of reflexology.

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Article 6 – Executive Board

1. Members of the Executive Board may serve on ~~a~~ committee(s) as long as their duties within ~~that those~~ committee(s) do not interfere with the responsibilities they have been elected to perform by the General Council.
2. The Executive Board shall have all powers and responsibilities necessary and appropriate for the administration of the affairs of the Association and may perform all actions not prohibited by law, the Articles of Incorporation, or these Bylaws. These powers include the power to establish such working committees as necessary to support the purposes, principles and goals of the Association. The Executive Board shall be responsible to ~~the members~~. the Association.

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Article 7 - Executive Board Duties

2. **Vice-President** In the absence or disability of the President, the Vice-President shall perform all duties of the President, and when so acting, shall have all the powers and be subject to all the restrictions of the President.
The Vice-President shall facilitate communication between the Executive Board, committee chairs, MCR RAA delegates and other reflexology boards. The Vice President shall keep an updated list of all MCR officials, committee members and chairs, and RAA delegates. The Vice-President shall discharge other such duties as assigned by the President. ~~The Vice-President shall keep a record of all committees, their chairpersons and members.~~

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Article 13 - Committee Voting

1. ~~Each Professional member of a committee shall have one vote.~~ Each committee member shall have one vote.
2. Decisions of the committees shall be by a majority vote of Professional members present at a meeting, whether physically, by conference call or electronic means.
- 2.3. The Executive Board shall approve all final committee decisions.

MCR SPRING GENERAL COUNCIL MEETING

SATURDAY, MAY 20, 2023 | 9 AM- 4 PM

THE CLUB CALUMET

334 WEST RIVER ROAD

AUGUSTA MAINE

[HTTP://WWW.CALUMETCLUB.COM/](http://www.calumetclub.com/)

"IN PERSON" LUNCH INCLUDED!

PLEASE RSVP FOR LUNCH HEADCOUNT!

9:00 AM-9:30AM

MEET & GREET

9:30AM-11:30AM

BUSINESS MEETING

11:30AM-12:30PM

FREE LUNCH

12:30-4:00PM

ROUND TABLE DISCUSSION &
HANDS ON REFLEXOLOGY!!!



MEETING DATES

EB MEETING TO DISCUSS FALL WORKSHOP:

WED, SEPT 13TH | 6:00PM | ZOOM

EB MEETING: OCTOBER 7, 2023

GC MEETING & WORKSHOP: OCTOBER 20-21, 2023

UPCOMING TRAININGS

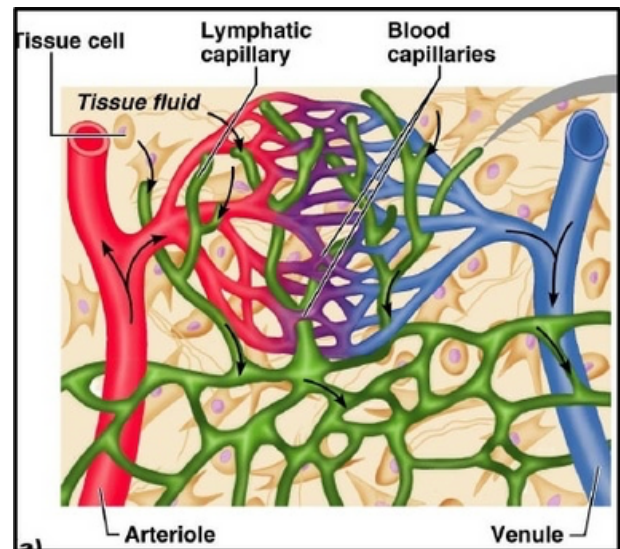
MCR WORKSHOP

UNDERSTANDING THE LYMPHATIC SYSTEM

WITH CLAIRE GUY

SATURDAY,
OCTOBER 21, 2023

9AM - 5 PM



**ST. PATRICK'S EPISCOPAL CHURCH MEETING ROOM
21 HOLYOKE STREET, BREWER, ME 04412**

Saturday morning will cover anatomical components, the purpose and functioning of the lymphatic system. A discussion of how reflexology can be an important part in helping clients with inflammation and in moving excess fluid in their systems.

Free Lunch

Saturday afternoon, we will continue in discussion of how moving lymph can assist with other issues besides inflammation. For the afternoon, we will practice on each other with two separate trade sessions. Because we want to spend most of Saturday practicing, it is important to attend both the morning and afternoon session to grasp the understanding of the Lymphatic System.

EVENTS & OPPORTUNITIES



**TRI FOR A CURE
JULY 9, 2023
SOUTH PORTLAND**

**FOR MORE INFO, CONTACT:
Lynn Danforth at
handsonfeet1@gmail.com**



April 19-20, 2024

In Portsmouth, New Hampshire



**RAA CONFERENCE
APRIL 19-20, 2024
PORTSMOUTH, NH**

**FOR MORE INFO, VISIT:
<https://reflexology-usa.org/raa-2024-conference>**

EVENTS & OPPORTUNITIES



2023 ICR VIRTUAL CONFERENCE

**HELD DURING WORLD REFLEXOLOGY WEEK
SEPTEMBER 24TH-30TH**

**[HTTPS://ICR-REFLEXOLOGY.ORG/2021-
CONFERENCE/](https://ICR-REFLEXOLOGY.ORG/2021-CONFERENCE/)**





April 29, 2023

Proposal put forth by the current Maine Council of Reflexologists
(MCR) Executive Board

Whereas the current executive board of MCR has been challenged to bring the Council back to basics, simplify, and unite in our organization's goals for Reflexology in our state of Maine.

Due to the regulations associated with being an affiliated state member to the Reflexology Association of America (RAA) requiring us to follow the RAA By Laws. And the restructuring that RAA is currently going through with the recent membership changes. And the redirection that MCR hopes to be initiating to increase state membership and our wanting to focus on what Maine needs to succeed.

"We propose that at the start of the new fiscal year on July 1st, 2023, we temporarily disaffiliate our association from the Reflexology Association of America."

We wish to open discussions and want to hear from all members of the Maine Council of Reflexologists.

We will follow up with all comments being brought to the General Council meeting May 20th and a final vote taking place before the end of the current fiscal year, June 5th 2023.

*Thank
You*

...to our Executive Board
members for all their time
and hard work...



Nancy Butler-Smith



Myra Achorn



Susan Buzzell



Kelly Bean



Special Membership Incentive!

**MCR is offering you a \$25
membership for the upcoming
2023-2024 year!**

Membership drive runs from May 20th to July 1st

Download your application at:

www.reflexologyofmaine.org/membership-forms



Join us!

SIMPLE DETOX FOOT CLAY MASK RECIPE



Ingredients:

- 3 tablespoons bentonite clay
- 2 tablespoons filtered water
- 1 tablespoon apple cider vinegar



Directions:

- Decide where you want to apply your mask – not where on your body (we know it's going on your feet!), but where in your home. Because unless you're a gymnast and can walk on your hands, you're not going to get very far. I usually apply the mask in the bathroom while sitting on the ledge of the tub or in the tub (if it's dry). I'll read a book, watch a movie on my laptop, or do some work. Being near or in the tub obviously makes cleaning up a whole lot easier!
- Apply the mask to the bottom of the feet and around the ankles.
- To aid your body's detoxification pathways, drink lots of filtered water and munch on some foods that naturally detox and cleanse your body while you prop your feet!
- Let the mask sit for 8-10 minutes (or until dry), then rinse off.



October 2023 MCR General Meeting

The October live meeting in Brewer
was uplifting and educational.
A big thank you to all who participated!



SoleWise School of Reflexology Graduates Congratulations



Suzanne Philp

Owner: Therapeutic Bodywork Learning Center,
Brewer
heartnsoul.sphilp@gmail.com

Everyone works hard to
achieve their goals.
Let's support each
other.

Reflexologists are at
the heart and sole of
WELLNESS



Donna Kraft-Smith

Former Owner: Therapeutic Bodywork Learning
Center, Brewer
mainmassage@gmail.com

Graduates of both Zardus School of Massage & SoleWise School of Reflexology



Matt Loosigian
Bath

bountifulwellnessmaine@gmail.com

These students
achieve their goals
with a 600+ hour
program that netted
them a dual
certification in
massage and
reflexology.



Congratulations!



Pierrelaine Rainaud
Bath

pierrelainerainaud@gmail.com

When taking care of others, it is always important to make sure we take care of ourselves as well. Springtime is a time for blossoming and new beginnings so what better time to try something new and switch things up!

Try the self care challenge below or use the self care worksheet on the next page to help you develop at new habits you can use to take good care of yourself.

TRY A SPRING
Self Care
CHALLENGE

1. TAKE A WALK ALONE
2. DECLUTTER 10 ITEMS
3. TRY A NEW FLAVORED WATER
4. CREATE A VISION BOARD
5. GIVE A GIFT OR THANK YOU
6. START A NEW INSPIRING BOOK
7. DO SOMETHING PLAYFUL
8. GET A MASSAGE
9. NO SOCIAL MEDIA
10. WRITE 3 THINGS GRATEFUL
11. RANDOM ACT OF KINDNESS
12. SIMPLIFY OR DETOX
13. GET A PEDICURE
14. TRY A NEW HEALTHY RECIPE
15. GET A TREAT AND PEOPLE WATCH
16. HEALTHY MEAL PREP
17. LISTEN TO A NEW PODCAST
18. ORGANIZE ONE THING
19. PRAYER/MEDITATION FOR 10 MIN
20. AIR OUT THE HOUSE
21. DATE NIGHT OUTSIDE
22. GO TO A FARMER'S MARKET
23. EAT OUTSIDE
24. GET A HAIRCUT
25. BUY YOURSELF FLOWERS

HealthyHappyImpactful.com



Self-Care Worksheet



FINDING BALANCE IN MY LIFE

MIND

CURRENT PRACTICE

NEW PRACTICE

BODY

CURRENT PRACTICE

NEW PRACTICE

EMOTIONS

CURRENT PRACTICE

NEW PRACTICE

SPIRIT

CURRENT PRACTICE

NEW PRACTICE