



*Dedicated to Professional Standards
Established 1991*

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Maine Council of Reflexologists
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Standish, ME

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Website Editor
Wendy Decker, Bath, ME

NEXT MEETING

January 18, 2014

Saturday 9am - 4pm

Snow Date Jan. 25th

Bath City Hall

Bath, Maine

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A Letter from MCR's President, Suzanne Girlando

Dear Members of Maine Council of Reflexologists:

This is my last President's Letter (for now!) and I want to say how I love all of you and feel you are my sisters and brothers in a unique and remarkable profession. I have no doubt that those of us called to reflexology are people with developed heart, mind and spirit.

Isn't it clear that the entire concept of "healthcare" is going through some major changes? These indeed are exciting times, but also, for sure, "times that try our souls." It's ironic perhaps that the health care industry is in flux, the economy is worrisome, but we reflexologists know that we have something of great value to bring to society? But how, where, when, at what cost? These are the hurdles I think all invested reflexologists perceive. But remember, we are facing this collectively! We are an organization. Things are not perfect anywhere in this old world, but for goodness sake, we have a wonderful therapeutic practice that requires nothing but our hands (and heart and mind!)

As of this date, we are still looking for someone to complete my term of office—hoping that someone hears and heeds the "call"!

Our 2013 summer activities of Tri-for-a-Cure and the Common Ground were outstanding successes. Our biannual workshop was a big success. New reflexologists are joining our group. Reflexology itself is becoming better known and widely accepted. When I embarked on this profession a few years ago, not too many people knew much about it. Today the situation is quite different. Just recently Dr. Oz dedicated a portion of his popular television show to reflexology even displaying a foot chart!

So we are on the move. I believe I am not mistaken in sensing that in the future there will be a huge demand for what we do. We MUST be ready and right now MCR is the best vehicle we have for banding together and informing and supporting each other, regardless of our differences.

We can and must improve our organization. All organizations need to remain vital by being willing to evolve. Therefore, please come to MCR meetings. Please let the Board know what you want from the organization, and please also let the Board know what you can do for MCR.

I will be around helping wherever I can in this coming year. I look forward to this year. I look forward to growing our friendships. I look forward to seeing all of you at the next meeting, in Bath, in January, on the 18th. Details on the meeting are found in this newsletter and on the Web. As I proceed into becoming a past president, please know I remain at your service into the future.

Most sincerely,

Suzanne Girlando



Fall Newsletter-Continuing Education News Update:

We have had a very active and full past six months with the organization's commitment to offer quality educational opportunities for members. **First**, during this spring, a committee worked to finalize reporting forms for professionals to use as a way to document any continuing education programming they attended, created or delivered. Working with the guidelines, there are 6 ways a member can earn CEUs. This information can be easily found and downloaded on the website thanks to Wendy Decker's webmastering. **Secondly**, we had a wonderful workshop with **Sue Ricks for 2 days with 20 members learning her unique technique and knowledge of the work**. If you haven't had a chance to check out her website it is www.suericks.com. Coming together for this experience, is a fruitful reminder to start planning for the 2015 workshop! If you know of a presenter that you think would like to come and deliver a great program, just let us know. The **third** great event this year was our annual trade presentation as part of our afternoon CEU program. **Wendy Decker** lead us in discussion on the benefits of boosting our immune system for the coming winter and beyond. She brought hand-outs and techniques to work our own facial points as well as on hands. We focused on the importance of working the endocrine system as well. We then paired off and enjoyed a 25 minute reflexology trade with each-other. This is always a great reminder to take the time to share with each other and create those HAPPY FEET! **Respectfully submitted, Kate Winant tevorranh@roadrunner.com**



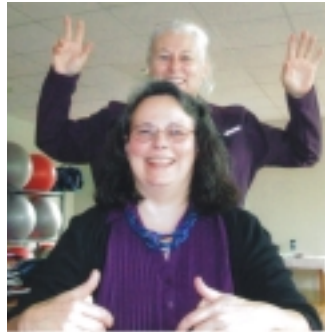
Sue Ricks workshop in South Portland, Maine



How Sue folds a foot towel



Kate Winant & Sue Ricks



Nancy Butler & Amelia Kinney



Alta Gross Suzanne Girlando Linda Nickerson
From the left our Board members



October's General meeting group



Wendy Decker discussing boosting our immune system

Press Release for the Forecaster-People and Business Section

On the weekend of July 27-28, the staff of the Cancer Community Center of South Portland opened their doors to the Maine Council of Reflexologists to host a professional development workshop. The non-profit organization consisting of professional and associate members, meet three times a year throughout the state of Maine. Every alternate year, the group invites an internationally recognized reflexologist to bring their expertise to northern New England. Sue Ricks from the UK came and offered a continuing education program titled: "Gentle Touch Reflexology for Infants and Children" on Saturday, plus "Gentle Touch Reflexology for the Retirement Population" on Sunday.



Pictured here from left-Kate Winant MCR Continuing Education chairperson with Jennifer Nelson, CCC Development Director receiving a donation check for the use of the Center.



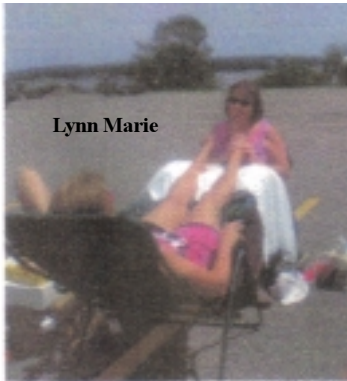
Participants of this year's Cancer Community Center's 'Fight Back Festival' at Pineland Farms on September 28th had an opportunity to have a free mini-reflexology session, by MCR member Kate Winant, as part of "World Reflexology Week" celebration. If you would like more information about these 2 organizations; visit www.reflexologyofmaine.org and www.cancercommunitycenter.org

Maine Council of Reflexologists volunteer at Tri for a Cure

Volunteers from the Maine Council of Reflexologists (MCR) participated this summer for the third year in the TRI for a Cure. The Maine Cancer Foundation holds the annual all-women triathlon event to raise awareness and funds for cancer research and treatments. This year marks the 6th Tri for a Cure. The race course winds through South Portland and Cape Elizabeth, much of it along the beautiful shoreline. The event attracts more than a thousand participants and many thousands of spectators and volunteers.

MCR set up our tents in a new location this year near the end of the course to offer foot reflexology treatment to weary but happy triathletes. With four stations, Meg, Maryann, Kate, and Lynn, were able to serve many athletes while introducing others to the benefits of reflexology. We distributed copies of the article about the Branch Reflexology Study.

As new chair of the cancer committee, I would like for MCR to discuss how to best represent our field in light of these studies about the benefits of reflexology to cancer patients. It is time we used these valuable studies to better market reflexology as a treatment.



Lynn Marie



Your Friend, Lynn Marie Danforth

Lynn Marie Kate Winant



Michele Nettles

2013 Trek Across Maine Ends in Belfast - Local News - Fox Bangor - WVII ABC 7

The Reflexologist mentioned here is newly certified reflexologist, MaryAnn Rattaree!!!! see video from Fox news, below

BELFAST - Trek Across Maine wrapped up it's 2013 ride as cyclists pedaled their way into Belfast.

Recovery was on the minds of many cyclists who completed the American Lung Association's 2013 "Trek Across Maine."

"It will be the ride back to Portland, two to three hours in a car, maybe stop for a milkshake on the way back," cyclist, Kristy Bishop says.

"I have an appointment with a friend for a reflexology session tonight. I've never had that. I've had massages, but we'll see if that makes me feel good too... and a beer!" cyclist, Lawrence Furbish says.

Over two-thousand cyclists biked the 180 miles through the mountains and along the coast, from Newry to Belfast in just three days.

For some of those along for the ride, the landscape appeared to be one of the most challenging obstacles.

Listen to this brief newscast from Bangor, ME *submitted by Connie Hubley*

<http://www.foxbangor.com/news/local-news/2191-2013-trek-across-maine-ends-in-belfast.html>

Lost and Found Notice

Found: at October 19th meeting in Augusta, a small 4" X 6" notepad from "Phenix Title Services." With this was also an agenda with the owner's note. Also found was an extra set of handouts from the afternoon program. To claim, call Suzanne Girlando (207) 310-8937.

Lost: after auction, a pink & white sleep mask, Suzanne purchased. (207) 310-8937

Lost: Head pillow to a lounge chair. Karen Boynton (207) 945-2702 prior meeting

It's a Reflexology Double Anniversary!

Thanks for the opportunity to share with you the experiences I had with my wonderful teacher, Myra Achorn. I was lucky enough to be her very first student, starting in June 1998, receiving my certification in November of the same year.

Myra worked tirelessly to give me an extremely strong foundation in the knowledge of reflexology. She was thorough and well versed in the anatomy and physiology, technique and ways to save wear and tear on my body. On top of that she was amazingly generous with her time, expertise and support. There were moments that I flailed about and she would steadily steer me on the right course. There were times when my spirits plummeted and she would buoy me up. There were times that I was confuse and she would set me straight. I love that woman, that teacher, that mentor!



Myra and Elisabeth

My thanks go out to her for the privilege of being her student and I congratulate her on her many years of stewardship in Reflexology. Our profession has no greater champion than our Myra!



Oh my, when I read what my first pupil, Elisabeth Wolfe, wrote, well, I didn't know what to say! Such kind words that make this anniversary most gratifying. Thank you, Elisabeth, for being my first student and know that it was a pleasure to share my knowledge with you. I am proud of you, as I am of all my students.

Looking back over these 15 fifteen years since I started teaching as well as the 23 years since I became a reflexologist, I am struck by one realization that I want to share: there is a "ladder" one can climb in this profession. This is not to say that all practitioners would want to make the climb. It is fine to be a solid practitioner, but the point is that in this field "the sky is the limit."

I look back and see that simply put, you first become a reflexologist when you become "certified" by your school. I believe it is then important to join reflexology organizations, starting with, of course, the Maine Council of Reflexologists, of which I am a charter member. You can also join RAA (Reflexology Association of America) and if and when you choose to become nationally certified, you go to ARCB, which I did. Without meaning to brag, I am proud to say that I was the first in the state of Maine to earn ARCB certification in 1992!

As you gain experience and develop a passion for reflexology and realize that the public wants and needs to learn about it, you may begin to share your knowledge by lecturing at events and to various groups. I recommend that you go to conferences and workshops whenever possible. In doing so you will expand your knowledge base and have the opportunity to interact with other reflexologists, even perhaps having the opportunity to meet with some of the "superstars" in our field. I have had the pleasure of getting to know, for example, author and reflexology activist Christine Issel, Dwight Byers (Eunice Ingham's nephew and a world teacher), Bill Flocco (teacher and author) and others. This is important—there is nothing like the inspiration and encouragement you gain in meeting someone person-to-person.

Elisabeth Wolfe, MCR member, was my first student! She telephoned me one day and asked me if I would teach her. The truth is that I didn't feel "qualified" to be a teacher at the time. I called Christine Issel who encouraged me to "go for it." I also had the encouragement of two current MCR members, Alison Gingras and Emily Cyr, as well as that of Debbie Jenny who now practices in Massachusetts. Support and guidance from colleagues is so important!

When I embarked on teaching, I thought I would just "try" it and see what happened. But those students kept coming and I kept on teaching! I did what Christine Issel advised; I just taught what I knew the best I could. If I didn't know or understand something a student asked, I would try to find out. My teaching career blossomed as had my practice. There was a lot of hard work and everything did not always go smoothly, but you learn to solve problems to the best of your ability. In 2003 I applied to the State of Maine to get a license for my school. That was a big challenge, but it was accomplished. In 2008, both Dwight Byers and myself received an Outstanding Educational Service Award in the field of reflexology from the Reflexology Association of America (RAA).

I have been exposed to many varieties of reflexology as I have attended numerous workshops. Nowadays with the ease of international travel and the Internet there is greater exposure of various forms of reflexology. I don't necessarily object to any of them, but I do focus on and teach what I call "The Standard American method of Reflexology" which involves thumb walking, finger walking and pressure pointing/hooking—and no tools or oils. I do finish sessions with a castor oil foot massage as I am convinced in the healing properties of castor oil.

REFLEXOLOGY! When I started doing reflexology, who would have ever thought that 23 years later— 41 classes and 126 students later!— I would still be doing it and still loving it! It is still the most exciting thing for me, especially when someone calls me with some challenging foot problems. And I get so pleased when, for example, I am out in public wearing my "reflexology" shirt and someone stops me to ask something like: "What part of my foot does this area go to?"

So, for me reflexology has been a great career. I believe there is still that ladder to climb. You can become a teacher, an international lecturer, an author, a spokesperson, a consultant. In a growing profession the possibilities are so many.

And as I celebrate my 15th year of teaching along with Elisabeth Wolfe celebrating her 15th year of practice I feel gratitude that I have been led on this path. I am very grateful to Elisabeth! I could not have had a better first pupil! At first I was unnerved because Elisabeth was a nurse, but she told me "Don't even think of me being a nurse. I am here for reflexology. In the nursing field we deal with pain, with pain management. It's different!" Elisabeth helped me to feel comfortable in starting off my career in teaching, so I send her my best regards.

As the two of us celebrate our anniversaries, I think of "two" thoughts to end this little memoir: There's a ladder to climb and we all need encouragement from each other.

Member-in-the-Spotlight ~ Kim Benya

I grew up in Ohio until I was 15, moved to Arizona with my family and attended Northern Arizona University for 2 years before transferring to University of Hawaii. I married in Hawaii, later returning to Arizona before moving to Maine in 2005 (you can take the girl out of Arizona, but you can't take the Arizona out of the girl and yes, I am always cold). I went back to college to become a Respiratory Therapist when my oldest child was 2 years old and diagnosed with asthma.



I still continue my primary career and am hard at work as a Respiratory Therapist and have been for almost 25 years. I have done a variety of things within my field, worked in every ICU – neonatal, pediatric, trauma, surgical, medical, cardiac, ER and transplant medicine. I've also been the director of a Cardiopulmonary Services Dept., a certified flight therapist and done perfusion (the cardiac bypass pump) for years, as well as been the state Tobacco Treatment Educator – giving in-services to physicians on how to best treat their patients that use tobacco products. Amazingly this is what brought me to reflexology. My very first job was in Pediatric Intensive Care, the shifts were very long; there was no time for breaks. I would come home exhausted and say to my children, “Who wants to rub Mommy’s feet for a dollar?” They would take turns, never taking the dollar. I’m sure they took pity on me. At work I had patients on mechanical ventilators – life support, some would be in isolation for extended periods of time. I would be gowned, gloved, masked in their rooms checking their ventilators, doing assessments and waiting for their medication to nebulize...no one hardly touched them, so I would rub their feet. It felt so great to me that I wanted to extend that to my patients. It was truly a gift for me. A student of Connie Hubley, I became certified right before Thanksgiving last year.

I belong to the American Association of Respiratory Care, League of Women Voters, Hospice, and the Kokua Hawaii Foundation – which supports environmental education in the schools and communities of Hawaii.

Just as medicine is a practice, so is reflexology. Honestly, I’m a person that never had a massage until I was in my mid 40’s. I’ll never forget lying on the table and having the therapist – who just happened to be a friend and a surgical nurse as well say, “This is all about you...” Tears came to my eyes. I have been a single mom of 3 kids for what seems like my entire life and there is not much that has been...all about me. It was permission for me to accept a gift, just for me. We don’t give ourselves enough permission to just be these days. I’ll never forget going to a “Holistic Health Care Certification” class in Freeport years ago and the instructor asking us to describe what we did for self-care. As we went around this huge conference room table, these women described their yoga practice, playing native American flute, practicing qi-gong. I was lucky if I found the dish soap to squirt in my bath water for some pseudo-bubbles. It may sound nuts but I’ve never been paid for reflexology. Up to this point it’s just been a gift to another human that needs to be touched. I volunteer at the homeless shelter, the women’s violence project and offer up my services to weary friends. Given my current state of “Parent Plus Student Loan” repayment hell, that probably should change, but it hasn’t yet. When my oldest son was in college in NYC for performing arts the dancers and actors had no idea how nurture themselves while in the midst of their hectic schedules. I’ve just moved to Brunswick and would like to volunteer at Bowdoin for the students next. It’s one small thing to give back to the community and be part of something greater than myself. My practice always starts with washing and soaking of the feet in either lavender or eucalyptus type salt, then some cocoa butter based sugar scrub because I like the emollients on dry feet, a thorough dry, then off into the comfortable chair and an offer of a soft blanket or rice bags (I have the hand warmers and neck roll). I use an Australian organic lotion (a TJ Maxx find) and begin. I really like the ambiance of a good room with soft lights or candles and a soothing reflexology playlist my son made for me. I allow 1 hour and 15 minutes for everyone, then offer a beverage and recline the chair when I’m done for some peaceful reflection afterward.

I would love to learn the Gentle Touch Reflexology with Sue Ricks and look forward to learning more and more. I would also like to learn how to incorporate essential oils, make creams, salves, balms anything that helps to nurture a soul, sole, soul....

I’m currently taking a watercolor painting class on Thursday nights, my empty nest expansion class...we’ll see how that turns out. I like cooking and have friends over, hiking, walking and writing (I’m published in “365 days of Medicine, What’s right in Healthcare”).

For fun, I like to do anything with my children. My son Jesse, who is 28, is doing musical theater on Broadway in NYC. My daughter Tokilupe (Toki) at 26 is a mama and expecting her 2nd baby in June. She lives in Tucson, AZ. My youngest, Pualani (Flower from Heaven), is 19 and is off serving as a missionary in San Francisco before heading off to med school. She just recently completed her first year at University of Hawaii, studying biochemistry. I live for the times we’re all in the same time zone!

I eat healthy, (don’t tell anyone my favorite dinner is red wine and chocolate covered whoopee pies) maintain healthy friendships, act with kindness and love, pray and respect God.

Being an MCR member is a good opportunity to network with others. I joined as soon as I was eligible last year. I’d love to learn more about what other MCR members do, who they are etc.... if we’re more connected to one another the inclination to volunteer or take one for the team may be more prevalent in recruiting for volunteers. I know there’s great talent in the room when I’m at the meetings and would like to access some of their skills and ability.

I feel truly blessed in my life. I’m living the dream! I want to continue to learn, grow and unfold into the person I’m meant to be.

*Interviewed by Wendy Decker,
Newsletter reporter*

Maine Council of Reflexologists

Fall 2013

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JANUARY'S AUCTION: THE BIG ONE!

....help support our two RAA delegates....

As we voted on at the October meeting, the proceeds of January's Kristen Erico Auction will go towards providing a stipend cash grant to our two RAA delegates to help fund their attendance at the RAA National Conference. Please know that our delegates have to spend an extra day at the conference. Santa Fe will be fun and interesting, but costly. Helping them pay for at least the extra day and for their meals seems the right thing to do.

Therefore, let's give them a hand by seeing how much money we can raise for them! Let's go for quality higher-dollar items. We can also offer gift certificates from our own business. Perhaps we can arrange some accounting so that if the bidding goes higher than expected, payment could be sent in after the auction. (We will have to ask the new Treasurer about that!)

Mac will lead the auction as usual. Please remember to try to focus on items that will be attractive and of greater value than usual. But don't worry about people judging what you contribute! Our auctions are fun and we appreciate the spirit of sharing.

It seemed that food items went pretty well last time!

We can't be sure how this will turn out. It is something new and we have no idea how much money we will raise. Let us consider that we are simply "piloting" this fund raiser. Suzanne Girlando

We Want YOU!

COMMITTEE WORK: Listed below are our current committees and we would love for you to serve on any of them.

Membership ~ Continuing Education ~ Bylaws ~ Legislative ~ Standards/Ethics ~ Newsletter
Website ~ Brochure ~ Library ~ Historical ~ Reflexology and Cancer

If you love reflexology, here is a chance to get more involved! ~ Just do it!

Currently our Legislative Committee, Alta Gross and Kim Benya, has taken on the assignment from the board to *explore* the State's procedure in licencing reflexology. This does not mean that MCR will *pursue* licencing, just exploring the possibilities for the future if we as a group vote to proceed. Our Bylaws for the Legislative Committee is to: Monitor laws and regulations involving reflexology in the state of Maine and the nation and reports its findings to the Executive Board and General Council. Depending on the situation, the Committee is actively involved in **protecting the rights of members to practice as a self-governed profession.**

Common Ground Fair

Chrissy Ravelli Studer reported a very successful outcome with great demand for reflexology sessions.



Chrissy

**A BIG
THANK YOU
TO ALL WHO MADE
THIS YEAR A VERY
BIG SUCCESS.**

OUR BOOTH WAS VERY BUSY



Susan
Miller

Michele
Nettles

“There is only one disease, physical or mental, and its name is congestions.”

EUNICE INGHAM, “STORIES THE FEET HAVE TOLD”

“You can't stay young if
you're not walking properly.”

DR. ELIZABETH ROBERTS



“We don't see things as they
are. We see things as we are.”

ANAIS NIN (1903 - 1977)

Educational Opportunities & More

Next MCR meeting date: JANUARY 18, 2014 in Bath, ME ~ Bath City Hall

Snow date: January 25, 2014
Parking available in
Reny's parking lot.

Winter: Afternoon program: To Be Announced ~ Earn 2 CEUs

Spring: May 17th: General Council ~ Augusta - Venue not set.

Fall: October 4th: General Council at the Beth Wright Center in Ellsworth.

ICR Conference: To Be Announced, 2015 ~ www.icrreflexology.org

ICR celebrates 23 years of service to the reflexology profession and endeavours to continue the important role of bringing Reflexologists around the world together.

RAA Conference: Santa Fe, New Mexico, May 2-4, 2014 ~ www.reflexology-usa.org

Hotel: The Hilton Santa Fe Historic Plaza Contact: Brenda at brendamakowsky@gmail.com

It is never too early to register! ~ Early bird special ends February 14, 2014

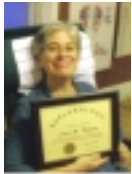
Membership Renewal Date July 1, 2014 ~ Current Members: 67 of which 7 Students 2 are Associates

Mail application & check payable to **MCR, PO Box 5583, Augusta, Maine 04332**



New Members: Suzanne Gillette - Blue Hill, ME ~ (207) 266-5897

Newly Certified Members:



Laurie Thompson
Old Orchard
Beach, ME
(207) 577-1740



Judy Rice
Norridgeworck,
ME
(207) 577-1740

Stefaney Bachelder
Auburn, ME
(207) 577-1740



Kate Fitzgerald
Rockport, ME
(207) 542-7293



Ann Ruel
Harrison, ME
(207) 415-9166



Liberty Bryer
So. Portland, ME
(207) 286-7206



Changes: Kate Winant new e-mail address tevorran@roadrunner.com

Terrie West new e-mail address littlehugger75@gmail.com

Claire Guy new e-mail address clairemguy@gmail.com

Kim Benya change of address to 2 School St., Brunswick, ME 04011

From MCR Webmaster, Wendy Decker:

Please check your information on the MCR website public listing of certified MCR reflexologists. If you want your email listed, have any changes, or need passwords, please contact **Wendy Decker** at (207) 443-2572 or reflexparties@gmail.com



**Don't forget the Special Delegate
Auction!**



**Bring something Special
It's good fun for a good cause!**



Mac MacDonald
Auctioneer

Treasurer's Report



Linda R. Nickerson,
Treasurer, MCR