

# Dedicated to Professional Standards

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Maine Council of Reflexologists  
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### NEXT MEETING

## October 19, 2013

Saturday 9am - 4pm

*It's a Pot Luck!*

Beth C. Wright  
Cancer Resource Center  
23 Commerce Park  
Ellsworth, Maine

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## A Letter from MCR's President, Suzanne Girlando

Our May landmark "licensing" meeting of the Maine Council of Reflexologists was something of which I believe we, as an organization, can be proud. It has been said that reflexologists are not particularly likely to be organizational "types", but rather highly individualistic, maverick, and independent souls who have pursued, studied and practiced the art and science of reflexology with a genuine interior "calling." For good reasons we treasure our autonomy! Yet at the same time we are practical and a good number of us can't help recognizing potential benefits to licensing, along with licensing's detriments. In considering this question the General Council (membership) has recognized that there are pros and cons. In this newsletter you will be able to review, or see for the first time, the six lists of benefits, costs, and risks of licensing, and non-licensing. These items were brought forth by the membership in open discussion intelligently "facilitated" by Mr. Larry Lemmel to whom we express gratitude. And thank you too to Alina Blakesly, Linda Nickerson and Myra Achorn who donated personal funds to help pay for his services.



As MCR's president, do I know with certainty what is best for us as an organization and what is best for each of us individually? Fortunately, no! Yet I do know that each member is important to the organization, to the practice, to the people we serve, and to humanity in general. That is how solidly reflexology, in my opinion, holds a place in today's world. And together we are walking this pioneer path, disagreeing on certain issues, but still proceeding onward as an organization. The entire Executive Board feels gratitude to the General Membership for coming together in a spirit of harmony to discuss and vote on this important and timely question.

Shall we look back at our meeting? It was a perfect day in May with fresh green leaves and blossoming trees—winter but a memory. We were gifted with the free use of the comfortable, spacious, and quietly private "Great Room" of Mediation and Facilitation Services on King St., near our State's capitol in Augusta. I can attest that the Executive Board served the membership with long hours of preparation, of doing its best to work out the details and procedures of the meeting. In hindsight could any aspects of the meeting been done better? Of course! Please however remember that the Executive Board is composed of *volunteers* doing their level best to serve you. As president of MCR I have to give high accolades to our Vice-president, Sue Aronow-Wegman, to Linda Nickerson, our Treasurer, to Sarah Filliter, our Correspondence Secretary and last, but, of course, not least, to Alta Gross, our Recording Secretary. Being new to office in MCR, I did not realize how much was involved in "doing the work" of the organization and I have come to realize how it is only by the conscientious efforts of our volunteers that *anything* gets done! Yet it is not drudgery because our volunteers are simply good folks who do their best, but most importantly *are kind and thoughtful to one another*. This has been my observation of this "magic" of MCR! This praise does not go out only to the elected members of the Executive Board but also to our committee chairs and committee members, and those who head up and participate in events. So to all those who serve the organization in some manner, please know I am aware of your efforts, and truly grateful. Dear members, when election time comes along, won't you please consider joining us? And when we put out the call for members to join committees, won't you consider getting on board? MCR will do everything possible to coach and guide you, to "have your back"—and such is the spirit that makes us a healthy organization! If you have any questions about this, about what committee you might serve on, about where there is a need, about your concerns that you don't have the time or ability, for goodness sake please call me at (207) 310-8937! I bet I can find just the spot for you in MCR, a spot that needs your help and talents, will advance your career and widen your circle of friends—a "sweet spot" for sure.

## President's Letter Continued

Back to business: the results of the vote were 19 no's and 20 yes's. That means that MCR will continue to "explore" legislative options for licensing in the State of Maine. Does that mean that tomorrow we are knocking on legislators' doors with a drafted bill in hand? No. It means we are continuing to *explore options*. It is my opinion that we should to some extent be "ready" should there ever be a threat to our right to practice as has happened in other states. Regarding licensing, a few things should be kept in mind. Perhaps the most important thing to restate is that ideally we get the "law we want." Our Maine State legislature is there to serve us, to license our practice/profession as we want. We could, and should, have much to say regarding how the law would read. This includes aspects of eligibility, grandfathering, oversight, restrictions, etc. As such, I am sending out a call for members to consider participating in the Legislative Committee, regardless of how they voted. How a *potential* law is structured, what it will do, what you will do as a committee member I cannot say! Yet it seems to me that whatever "side" you voted on, it would be beneficial to participate in the committee. Our organization was nearly evenly split on the question so we need to hear the concerns of both sides as we continue to *explore*. Now, I am going to say something a little strong: If you want licensing or don't want it, or simply want to help maintain our right to practice, perhaps it would behoove you to participate in the Legislative Committee. MCR is *your* organization. It can be frustrating for all when there are complaints in general about the actions of MCR, complaints coming from those not involved in helping, in planning, and in the execution of organizational activities. (Actually there is not much of that in MCR, but let us keep this in mind!)

More about the meeting: big thanks to Nancy Butler who not only managed the refreshments but also was willing to take the time to meet our facilitator in Augusta prior to the meeting to show him the room. Without being asked, she pretty much took over the task of managing all aspects of the room, including the final clean-up and lock-up. And thanks to Catherine Rowe for at the last minute painting an artistic spring-like "Welcome" sign. And thanks also to Myra for bringing in some of her students—so nice to see new faces! Thanks to Sue Aronow-Wegmann for entertaining us while auctioning off some sweet items and thanks to Stephanie for doing the accounting for the auction. Thanks Wendy for helping with the vote count. We had a shortened lunch break so it was a relief to see the table laden with lots of goodies and healthy foods—thanks to all who generously brought something to eat! Next meeting will be a potluck, so please bring along something to share.

After the meeting we all had a fun and informative time during Kate's Afternoon Continuing Education Program. It is clear that Kate spends hours and lots of energy preparing the program. We have a delightful teacher in you, Kate, and thanks to Sarah Filliter, our Correspondence Secretary who did a huge piece of work in designing and organizing the members' files to also keep records of CEU's earned and needed for professional membership status in our organization.

As we go forward and change our roles and responsibilities and join committees and propose changes, it should never be dwelt on that work done previously by any other member is sub-standard! What went before worked well enough for the time, but as time progresses, the membership expands, and our "practice" grows into a "profession", we are ready to make necessary improvements. Lastly, thanks to all those who put money in the "vase" to reimburse Mediation and Facilitation Services for paper towels, water, etc. We asked for "nickels and dimes" but instead into the jar went "*dollars*." Generosity! \$18.54 was collected, so along with our "Thank You" note to Jacqui Clarke of Mediation and Facilitation Services will go a check for twenty dollars. It is hoped we can secure the room for next year! If anyone's efforts were not recognized here, please know how important was your contribution.

"Many hands make light the work." There is always something to do and please don't worry about your abilities or other commitments! We can work with you and even if you join a committee and cannot dedicate much time to it, you can still be "learning the ropes" of the organization and the committee. You will learn by doing and there is no harm in asking for simple assignments to begin with. Let us work together to make MCR something that other state organizations continue to hold in high regard.

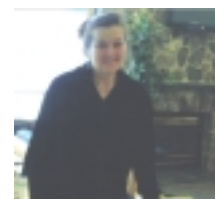
So, dear members, here comes summer... perhaps it will be a bit of a hiatus for all of us. It's a time for relaxing and getting outdoors, seeing family and being in glorious nature, including the gorgeous waters of our lakes, rivers and seaside. Let's soak up some healthy sun rays and eat plenty of fresh foods from our gardens and local farmers. I will be away from Maine for several weeks this summer, but you may always give me a call if there is something on your mind or you just want to talk Reflexology, or home remedies, or whatever. In July, as usual, we have the Tri-for-a-Cure and as autumn begins we will once again be at the Common Ground Fair. The precise dates for these events are elsewhere in the newsletter. Thanks to Lynn Marie Danforth and Chrissy Ravelli-Studer respectively for their leadership.

We would love to hear what you are doing "out there". If you give a presentation, or participate in an event, or have something you want to share with other members, please *write it up send it to Myra Achorn* who produces our newsletter (Thank you, Myra!). Remember to send this material to her at [myraachorn@aol.com](mailto:myraachorn@aol.com). And, very important, please put your written material right into the body of the email rather than in an attachment. Any photos should be sent to Myra by regular mail. Make it easy for our editor!



**Be Well and Prosper!**

*Suzanne Girlando, President  
Maine Council of Reflexologists*



## New MCR Member Finds Wellness Center for Breast Cancer Patients

April 13, 2013 was a big day for Ann Ruel of Harrison Maine who is currently a student of charter MCR member Myra Achorn. Surrounded by family, friends, cancer survivors, and delighted by the surprise presence of Myra Achorn and MCR President, Suzanne Girlando, Ann officially opened her "On Eagles Wings Wellness Center" on Route 302 in Bridgton, Maine. Gathered together outside the entrance in the chilly Spring air under a cloudy sky, Ann's supporters smiled, prayed, wept, and cheered as each participant released a "prayer balloon."

It all started less than one year ago when the dynamic wife and mother, realtor and devoted woman of faith learned that she had breast cancer. She began traditional allopathic cancer treatment, but also added the help and guidance of a naturopathic physician. In addition, Ann obtained for herself regular reflexology and massage sessions. She explains that cancer treatment can be extremely difficult and lonely, that patients can feel abandoned and alone in their worry and suffering. She came to understand and appreciate the supportive and loving care provided by "hands on" therapy and in the end testifies that this is what "helped her get through it all."

As Ann progressed in her recovery, she realized that she felt "called" to provide the healing gifts of reflexology and massage to other women with breast cancer. She states that she wanted to provide even more than what some cancer centers offer, and wanted to create what she calls "a heaven on earth for these women."

Following her dream with perseverance and faith, Ann brought together a team of like-minded women to found the non-profit organization, On Eagles Wings. She secured a location for the center and with the help of many completed the center of her dreams. The talented team of "My Sister's Garage" in Windham, Maine, volunteered their decorating talents, and donated dreamy vintage and antique décor. The final result is perhaps best described as what a granddaughter might have experienced when she visited a kindly grandmother. It is perfect—and Ann has achieved her intended "heaven on earth."

The Center is just getting going. Fundraising efforts continue and on the day of the opening, the community was willing to support her when the folks at Lake Region House of Pizza in Bridgton opened their hearts and donated to On Eagles Wings, 15% of the profits from the meals we enjoyed together after the opening! (By the way, the food was fabulous; treat yourself if you pass through Bridgton and support these generous people.)

Ann is looking ahead to the future knowing that her work is not done—perhaps this center is just the first of others that will follow her lead!

But there's more to this story! So "taken" was Ann with the reflexology treatments she received during her recovery that Ann decided to become a Reflexologist herself after experiencing the wonderful gift of "rest and restoration" that we all know our practice can deliver like nothing else. We cheer her along and welcome her into MCR.

You will enjoy visiting the Center's website [www.oneagleswings2.com](http://www.oneagleswings2.com) where you can find out much more and view Ann's recent televised interview on Portland's WCSH Channel 6, "News Center at 5" where Reflexology made the (good) news. View also the exceptionally beautiful and moving videos Ann made about her journey as a cancer patient. You will find access to these at the end of the article about her family. Or you can directly access them at [www.vimeo.com/annruel](http://www.vimeo.com/annruel).



Welcome Ann  
to the  
Maine Council of Reflexologists

Maine Council of Reflexologists



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## **“Not All Reflexologists are Created Equal”**

I recently went on a vacation. The sole purpose of the vacation was to relax and replenish. It was the first vacation I ever took when I did not have things scheduled for nearly every day of my time away. Generally, I am checking out the sites, hiking the trails, seeing what excursions/adventures my vacation destination has to offer and then gobbling up many of them like desserts. Boat rides, trips to the rain forest to see the wildlife, visiting the local historical sites, a jaunt into town to see and shop for the local wares, etc. But, this time, I had set my intentions on simply “being” vs. doing. I managed to accomplish just that. What a gift!

While lounging on the beach one day, I noticed a local man had set up a “reflexology stand” on one end of the beach. I also noted he was a large man with large hands, which I interpreted to mean that he would be good with his hands. I had not been thinking about my feet much up until this point of the vacation, but as soon as I saw the reflexology sign, my feet started to chatter to me. “Treat me, treat me,” they seemed to call, as if they were small children tugging on their mother’s leg.

I approached the man and asked him to describe his work. I liked his explanation; he had a similar philosophy as my reflexologist at home. After negotiating a price, I went back to my hotel room, got the money and returned to get my reflexology treatment. All the while, my feet were singing a little happy song that they would soon be in heaven. They were anticipating the feelings that are induced when I have reflexology treatments with Myra.

Back on the beach, I settled into my lounge and was happy to see that he began with a foot wash. All was good. Then he started the actual reflexology work, talking to me as he pressed on and massaged 12 specific points on the top and bottom of my foot to see if I experienced tenderness in any of them. If I did experience tenderness, he spent more time in that area, massaging. That was the totality of his work....the 12 points.

I found myself wishing I had brought Myra on vacation with me, at least for the reflexology! Although I would not say the beach reflexologist was “bad,” he certainly did not do as thorough a job as I have experienced. And, his work was not as deep or relaxing.....the effects of it were momentary, versus lasting as the sessions with Myra have been.

I am not sorry I treated my feet that day. It was a nice thing to do, even if it was not the best reflexology treatment I have received. And, it was a good reminder of the fact that when we find good providers of any kind of treatment, we need to cherish them.....use them and send business to them, because they are a precious commodity.

V. Portland, Maine

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## **“A Turn Towards the Positive”**

In 1997 I lost my mom with whom I had been very close. She was like my best friend and I was devastated. Prior to losing my mom, I had health issues, but the loss of my mom made my situation so much worse. Mom suffered a stroke and it was very hard to see her unable to communicate and get along in life. For along I have had problems with anxiety, irritable bowel syndrome and OCD in that I was very germ phobic. Dealing with my mom’s illness was very traumatic and I also started having troubles with my menstrual cycle.

Someone recommended Myra Achorn, a Reflexologist. It was quite wonderful how she would sit and listen to me and talk to me. She explained reflexology and advised that in my case I would probably have a headache after the first session, which I did! She helped me to improve my health in many ways, including detoxifying my body. She would provide me with information on various conditions of my body. She would work on the reflexes for affected areas of my body, for example, the intestines for IBS, and it would help very much.

Reflexology made me feel better and get through that very difficult time of my life. I would do it all over again and now I see Myra regularly each month. Myra also helped me in personal growth as I lacked confidence, thinking I was not “smart” enough. She would assure me that I could do certain things that I thought were beyond me. Myra is not one to “mince” words! It is kind of interesting that my OCD was a germ phobia and now, with Myra’s encouragement and care, I am not only in control, but making my living doing cleaning! So it seems she has helped me turn something that was an unhealthy compulsion (abnormal fear of germs) into a skill that helps others: making living environments clean and healthy!

I would call that a “turn toward the positive”, wouldn’t you?

R. M., age 54 Rockport, Maine

## **“I Was Not a Believer in Reflexology”**

I was not a believer in Reflexology, at all. I am a Type II diabetic. Being a diabetic, I developed neuropathy in my feet. It felt kind of like my foot was asleep, but also with constant prickly burning. I went to my regular doctor who diagnosed it as neuropathy. My doctor sent me to a specialist, a neurologist, who agreed that I had neuropathy and then for six months did nothing more than give me drugs that did absolutely nothing for me even though the dosages were frequently adjusted and the medication changed. After that half year I decided that I had wasted enough time and money and decided on my own to go to a podiatrist. The podiatrist agreed with the previous diagnosis of neuropathy and then took me off the medications. He recommended arch supports and for six months kept reworking the cork inserts, reshaping them and so forth, but I wasn't getting any relief whatsoever. Whatever he was trying wasn't working and it was very expensive! Naturally I became very discouraged. I had spent a year seeking relief from the medical establishment whom you expect will help you, had spent a lot of money, but nothing had changed and I was still left with extreme foot pain, always uncomfortable. I did what I could to relieve the pain in my feet. I kept buying special shoes, spending over \$600 but never finding anything that helped. I would even cut the elastic off my socks because the tight binding would increase the pain going up my leg. It seemed any shoes or tight socks made the pain worse.

My wife knew Myra Achorn and said to me “Myra is a reflexologist, go see her.” I told my wife that I did not know anything about Reflexologists, but I knew that they were not doctors, not part of the “real” medical world, and how would I know if it is going to work?” My wife answered “Brian, you have tried everyone in the medical field and nothing has worked!” So I very reluctantly agreed to try reflexology but said I would give it only one month! My wife made an appointment with Myra and I walked into her office and immediately announced that I did not believe in what she was doing. Myra advised me to “try” this one session and, at the end of the session, if I was not “happy” she would not charge me! Well, at the end of this first session, the foot pain I had long suffered went down drastically, from an 8 to a 3! Myra asked me what I thought about the session, and although of course I appreciated the lessening of pain, I was still “skeptical” and told her so. I informed Myra that I would give her just three more sessions. And so I went to her once a week for three more weeks. At the end of the month, after those four sessions, my feet were a whole lot better than they had been over the past entire year!

At this point I go to have a session with Myra once a month. It is amazing how when working on me Myra will find an area and inquire what is going on in the corresponding area of my body, and I will report that I have this or that problem. She has dealt with a lot of my ailments, and I think I am one client who for sure put Myra “through her paces.”

There is much more to this story. In my work I drive a lot, 50,000 miles a year or so. I have back problems and of course that made driving very uncomfortable and I would go every three weeks to a chiropractor. What is interesting is that after four months of seeing Myra my chiropractor asked me what had I been “doing to” my back. I didn't understand her question so I asked her “Why? What is the problem?” She said there was no problem but that my back was in the best condition she had ever seen it in all the time I had been her patient! I told her that I was going to see Myra, a reflexologist, and my chiropractor said, “It's the best thing for your back, keep doing it.”

I still have neuropathy and I am not totally pain free, but I can live with it these days. When I see Myra she always provides me with information regarding my condition and ways to improve my health. Other areas in my health have also improved over time. My allergies are better as are my sinuses. But the biggest and miraculous change is in the condition of my feet and back. In retrospect I see that I presented a bold challenge to Myra when I said “You have four shots to try to help me,” which clearly she did. I continue to see my regular doctor every six months. About a year ago he inquired about my neuropathy which I said was much better. He asked “So the neurologist and podiatrist helped you?” “No,” I replied, “all they helped me was in taking a lot of money from me. I go to a reflexologist, and although I am sure you don't believe in it, reflexology has made all the difference in the world.” My doctor said if it helps, keep doing it—and, I will.

There is much more I could say, but I will finish by saying **“I am now a believer in reflexology”**.

B. H., age 57 Augusta, Maine

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## **“Reflexology is Enjoyable and Relaxing”**

Reflexology is enjoyable and relaxing. It feels good. It relaxes that which needs to be calmed and invigorates that which needs to be revived. I have known Myra for more than 20 years. For much of that time I have had regular reflexology sessions. Coming from a family of poor circulation as well as poor vascular health it is really important to stay on top of these tendencies. Myra understands how the body is designed and how it is supposed to work to do its job effectively. She understands how lifestyle, stress, and the ten major systems of the body all work hand in hand. I have had several family members and friends join the ranks of reflexology clients because like me they want to do something good for themselves and be proactive about their health. Reflexology treats the whole body. I think one of the coolest parts is whenever I have mentioned my back either hurting or sore Myra has identified the vertebrae, or lumbar reflex region to a “T”. I then follow up with my chiropractor. I don't think she's ever missed!

S. M., Gardiner, Maine



## MCR Members: Consider Sending in Testimonials!

Won't you please consider sending in testimonials from your clients? See the ones in this issue to get an idea of how these can be done. If you have a client who doesn't want or like to write, then you can have them dictate it to you and you can write it up for publication and get their approval before sending it in. You can tell them that their name does not have to be used, but initials and town are sufficient, and age, if willing. These testimonials are interesting and encouraging.

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### Food for Thought: Ionic Foot Baths

by Suzanne Girlando

Many of us have heard about "ionic foot baths". There are many sellers' sites claiming that these devices are effective; there are also sites which seem more scientifically-oriented and emphatically state that these machines do not do what they claim. These experts explain the presence of clouds of colors and debris seen in the water after twenty minutes of ionization with submerged feet, stating that the same clouding effects would occur even if you placed, say, a zucchini in the water! Some reflexologists are offering the treatment to their clients and charging a pretty penny for the service.

Admittedly there are those who think our practice of reflexology is a likewise a kind of snake oil, but all of us have had reflexology *confirmed* by experience, and study. We have also been well educated in anatomy and physiology and most likely continue to keep up with emerging information in our field. There is the work of the Spaniard Dr. Jesus Manzanares to consider: he has been scientifically studying reflexology for thirty years and proving its efficacy as well as refining the theories upon which our practice is based. There is reflexology research ongoing worldwide—you can find reports on these studies on both Bill Flocco's and Kevin Kunz' websites. Therefore we stand on firm ground when we can tell a client that "reflexology works". All the reasons for and processes whereby it works have yet to be discovered, but it is clear that our field of reflexology is developing a core knowledge that is dependable. Paula Stone's *Therapeutic Reflexology* is a good example of how far our profession has advanced.

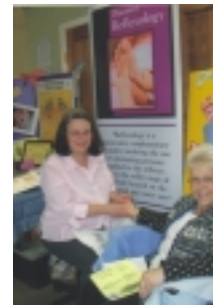
So back to "ionic foot baths." Well, because they involve putting the feet into ionically-charged water, involving electricity and water (!), perhaps it is a good idea to take a long and careful look at these devices. This is not to posit that they do not work, but question where is the solid research, and the proof, and the experience of the years? There is not yet the level of exposition and evidence as I saw in when I first considered doing reflexology and decided on my own that it was legitimate. By the way, these ionic foot bath units are expensive. We are independent thinkers are we will decide for ourselves and surely time will tell. But with reflexology we have a wonderful proven therapy in our hands and hearts.

The field of reflexology is rapidly being elevated to a more professional level and gaining the public trust. Should not we use discretion in any claims we make? Is it wise to "cloud the waters" (pun alert!) with these devices before they have a proven track record?

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### "The Word is Getting Around!"

On Friday June 7<sup>th</sup>, Professional member Nancy Butler presented at the 5<sup>th</sup> Annual "Healthy Aging Expo" at the Cohen Community Center in Hallowell. Check out her colorful, rich, and artistic display! Nice job, Nancy! From 9am to 3pm, Nancy provided mini sessions of hand Reflexology while explaining the benefits of Reflexology. In addition, her Reflexology teacher, Myra Achorn, accompanied her, greeting booth visitors and lending support to her former student and also to MCR by handing out Nancy's business cards as well as our organization's brochures.



Another step forward for Reflexology! On Wednesday, June 5<sup>th</sup>, Myra Achorn responded to a request for Reflexology information from the well known "Cancer Hope and Healing" Patrick Dempsey Center in Lewiston. Myra gave an hour and a half presentation on the benefits of Reflexology especially for cancer patients and survivors, caregivers, family members, and involved medical personnel. The report is that this presentation was extremely well received with a larger than usual number of attendees for such events, many of whom lingered on after the program to ask questions and seek more information. Although, like Nancy's, this was not an "official" MCR event, Myra was happy to support MCR by directing attendees to our website, [www.reflexologyofmaine.org](http://www.reflexologyofmaine.org), informing them that they could access a list of Professional members by geographic locations.





### Member-In-The-Spotlight - Claire Guy

In my adult life, I have been a public school teacher, 6 years; then a computer consultant where I learned computer software so that I could then teach others. I did that for at least 17 years before officially moving into the health field by going to massage school, in Portland.

I became a massage therapist in 2001 and in 2008 attended Reflexions, Etc. School of Reflexology with Connie Hubley, becoming nationally certified in 2010.

I became interested in reflexology because it was introduced at the school where I learned massage therapy. Working in a couple of SPA environments where there were requests for reflexology, I did not feel qualified with only 16 hours of an introduction to reflexology. I would tell clients that I could give a longer, very nice foot massage, but I would not give them a reflexology session. As I was exposed to the art of reflexology by other practitioners, I gained more interest, thinking it would also enhance my services as a bodyworker.

I joined MCR when I was still a student with Connie. It seems important to be part of what happens locally. **Think globally, act locally.** I like the dedication, commitment and involvement of the members of this organization. The more time I spend with those who are involved on a national level, the more I get to understand how very much MCR is a leader as an organization. Only a few RAA state affiliations are as active and committed to the reflexology field as we are.

As an association we hit a milestone - 20 years. MCR (1991) is older than RAA (1995) and ACARET (1998) and one year younger than ICR. ARCB was also founded in 1991. We want to own and honor our position.

Later, when I was teaching massage therapy, I would hire Connie to give us an introductory class in reflexology. Following her class, I would then give the students an extra class day to practice what she taught them. Since taking her course, I now introduce this modality, instructing the students that they are not to claim that they do reflexology as they are not certified. If they want to add it to their credentials, they should take a reflexology course and become certified.

Once I became certified in reflexology, I became very much involved by first attending the MCR meetings, then became a member of Reflexology Association of America. Alina Blakesley, then president of MCR, convinced me to become the delegate for our state association. With that I was totally immersed in the field. I could understand the need to be nationally certified. I also have had the desire to be a reflexology teacher and it would be important to be nationally certified and recognized in all of the reflexology associations. I have made many inquiries into becoming qualified to be an instructor, but have not made the commitment, yet. I still teach massage, run a private practice and am a wellness coach. If sleep were not a requirement to continued life, health and wellness, I might be able to teach reflexology, too.

Membership organizations that I belong to are the Associated Bodywork and Massage Professionals (ABMP) and the Reflexology Association of America (RAA) for whom I am the delegate to/from Maine as well as the editor of its magazine.

After spending 5 years in one SPA as a massage therapist, along with a private practice with another practitioner, I began teaching massage. After I left the SPA and later the private practice, I was hired to provide massage for hospice clients and did that for 5 years. I am still teaching and my private practice is in my home where I offer massage, reflexology and personal growth coaching. For many clients, it becomes a combination of massage and reflexology. My practice has always and continues to include Reiki as part of my routine. Reiki is just there, sometimes consciously and mostly subconsciously.

My style of reflexology is a combination of techniques I learned in my certification classes, the Manzanares Method of Reflexology and my own quirkiness. I provide heated stones as part of my sessions. It greatly reduces muscle tension and makes my work easier. I have a firm touch but I do not believe in creating pain. Once I know that someone experiences pain, I stay on the area but not in a painful way. I firmly believe that if I am causing that much pain, the recipient's whole body is tensed, so what is the point.

One workshop that has served me the greatest is lymph drainage. There is so much inflammation in the work we do that to be formally schooled in the modality would help most practitioners.

In reflexology, even though it was difficult to wrap my brain around, I feel the Manzanares Method of Reflexology modality is serving me in a big way. With Dr. Manzanares' classes, it takes attending more than one weekend to get a full understanding. Connie and I took 2 of his weekend workshops then for a time she and I met monthly to continue to educate ourselves. It takes continual attention.



Linda Chollar offers free, bi-monthly telephone classes for reflexologists. Those have been very beneficial to me, especially in the area of how to promote my business. She is full of energy and knowledge and is so willing to share her experiences. I also gained a great deal from her class on reflexology and fibromyalgia.

Attending the RAA conference every two years is invaluable. We learn from the best in the field. I have read many of Sue Ricks' articles and her book as well as seeing her in action at the last RAA conference. I can't wait to take her workshop in July 2013. I have a strong interest in Sue Ricks' Gentle Touch Reflexology. I'm not sure why since my touch is rather firm and her modality is very light and gentle. Maybe I will find that out when I take her class in July.

I have always been interested in being healthy. Though I have not always treated myself in the most healthful way, I have always been conscientious about health. I am always learning about the newest and greatest health related topics. In my studies as a health coach, I have been exposed to a plethora of information on health. It goes on and on.

I continually strive to make my practice more holistic. That means being in the energy of human interaction along with the technical skills of reflexology. We touch on so many levels. I am sorry I missed Linda Nickerson's workshop on the energetic approach to reflexology. Maybe she will offer it again.

I would like to see MCR offer workshops on ways to market our businesses. Most people in the caring industry know about caring and have difficulty with the marketing side of being in business. I also suggest finding someone who can talk about using social media in a responsible and constructive way. I am working with someone myself and it is so useful to have mini-workshops and user groups to attend. It keeps one in the flow and in the know. MCR could also become a leader in introducing leadership workshops. Again, many think that they are not important enough and are afraid to step forward, when they really have skill that should be shared.

Being a RAA delegate keeps me plugged into the pulse of what goes on nationally. What happens when we are involved with others who work in the area of our own interest is that we share, we learn more, we feel connected and we are willing to push harder ourselves. Delegates meet each other on the phone every two months, then we meet face to face at the conferences and get to know each other better. I do feel that it takes about 2 years to get an understanding of what the organizations do and our role as a delegate. I was very new to reflexology when I became a delegate, so maybe that is why it took me so long to get a handle on the environment.

I feel I did not do a good job of bridging the gap between MCR and RAA in the beginning. It requires paying attention to what each organization is doing. What I have seen over the four years I have been a delegate is that each of the organizations is growing and continually improving. As a delegate, I have also grown and improved. It is time for me to give someone else a chance at this great opportunity, yet there is more for me to do. Guess I will do it in other ways.

My hobbies of wood carving and basket weaving are on hold as long as I work with my hands. I do continue to knit which gives me something to do while watching TV at night. Given my status as an entrepreneur, it takes a long time to knit an afghan. My greatest interests are what I do for work: teach, practice and learn. That is my fun. I love to visit with my grandchildren; three in Maine and 2 in Texas. Once a year I go back to my hometown, Fort Kent, where my sister keeps me occupied at all times. When my visit coincides with summer, there is great kayaking on Eagle Lake.

I am having a great time trying various foods that are nourishing and nurturing. Many are coming to me through the Raw Foods sources as well as the Paleo Diet sources. I simply eat "clean." My breakfast starts with a green smoothie. For the most part, the rest of the day is veggies, fruits and nuts. I've always been involved in either a tai chi class or yoga. I walk and I receive massages and reflexology regularly.

My advice for fellow reflexologists: Don't be content with your basic reflexology training. No matter how experienced and brilliant your instructor is, there is so much more to learn. The human body is complex. The issues we deal with are complex. No two reflexology sessions are alike, even with the same person. Remember, you can never step in the same river twice. We are as ever-changing as the river.

Reflexology needs to become a household word. It wants to be as important in health as chiropractic or massage or exercise or eating well. I would like the medical industry to recognize its value. Remember the roots of modern reflexology began with physicians. It thankfully was brought to the general public outside of medicine, but now it needs to return as a recognized health modality.

Be involved. Remember, if you are not part of the solution, then you are part of the problem. My personality allows me to be pretty content to work in the background. I do however know that the work I do has that great ripple effect and is felt on a scope beyond my imagination. As I said earlier about learning a gentle modality, that is not my style, yet I am driven toward it and I let the universe guide me.

Continued on page 11



## Educational Opportunities & More

**Next MCR meeting date: OCTOBER 19, 2013** in Ellsworth, Beth C. Wright Cancer Resource Center  
**Information on Balancing Your Immune System ~ Earn 2 CEUs (See page 15)**

**ICR Conference: Milnerton, Cape Town, South Africa, 2013 ~ [www.icrreflexology.org](http://www.icrreflexology.org)**

ICR celebrates 22 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, 2014 ~ [www.reflexology-usa.org](http://www.reflexology-usa.org)**

**MCR Membership Renewal Date July 1, 2013 Current Members: 75 of which 15 are Associates**

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



**New Members:** Kristen Jiorle - Mount Vernon, ME ~ (207) 293-2209  
Liberty Bryer - So. Portland, ME ~ (207) 286-7206  
Judith Rice - Norridgewock, ME ~ (207) 509-0769  
Ann Ruel - Harrison, ME ~ (207) 415-9166



**Newly ARCB Foot Certified:** Alta Gross - Penobscot, ME ~ (207) 326-9327

**Changes:** Claire Guy's replacement as a **RAA Delegate** effective this October will be **Kim Benya**.  
**Thank You Kim!**

## 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!**

**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](mailto:reflexparties@gmail.com)



**Don't forget the Kristen Erico Auction!**  
**Bring something to auction**



**and bring some cash to bid.**  
**It's good fun for a good cause!**



Mac MacDonald  
Auctioneer

**Treasurer's Report ~ May 31, 2013**  
**Totals by Account**



Linda R. Nickerson,  
Treasurer, MCR

## October 19th Meeting : Afternoon Continuing Education Program

### “Balancing Your Immune System for a Healthier You All Year Round”

Our afternoon workshop will be led by Professional member Wendy Decker, who will lead our annual partner trades with a focus on self and client care. Here is a brief outline of topics that will be explored:

- Acupressure for working on the neck glands to shorten or stop a cold or the flu.
- Meridian points helpful for colds, flus and fevers.
- Neurovascular points on the face helpful for unblocking ears and stopping a cold.
- Endocrine system reflex points and how to work them for supporting and balancing the immune system to prevent, stop, or help get over a cold or flu.

This two-hour program will be completely hands-on, technique-driven, with an emphasis on learning as you work. Detailed handouts will be provided.

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### MCR Continuing Education Program Update, From Our May 18<sup>th</sup> Meeting

At our recent May 18<sup>th</sup> meeting 26 members attended the “Afternoon Program” which was dedicated to the topic of MCR CEUs (continuing education credits). Led by Kate Winart, we reviewed, discussed, and synthesized the information regarding CEUs as found in MCR’s Policy and Procedures guidelines. Kate unveiled the upgraded membership file box that now includes in each Professional member’s file documentation on earned CEUs according to each member’s two-year cycle of required earnings of 12 CEUs. This is a new service provided by MCR! Although members are still encouraged to maintain their own records, these MCR records are an added bonus to membership. Thanks to the work of our committee members, the overall question of maintaining CEUs has been streamlined and better secured for the membership. When members attend the afternoon program, it will be noted in their individual file and, in addition, members will receive a certificate of attendance. Members may, and should, also take advantage of this system by bringing to meetings documentation for other CEU-earning workshops attended and seeing that they are properly recorded. In addition, MCR CEUs earned according to the alternative methods as outlined in our Policies and Procedures guide, will also be recorded. Please realize that this is a new project for 2013 and members are asked to be attentive and patient with this new system and help MCR make it work for everyone.

**Then we reviewed together the ways we can earn CEUs.** With a focus on the “written word”, Kate had previously invited members to bring a book or other written material that had impressed us. To begin with we reviewed attending outside workshops including the RAA biannual conference, as well as workshops on topics such as facial reflexology, herbal medicine, a Canadian online course, among others. A **second option** involves lecturing to an outside group; members shared their experiences speaking at adult education, hospitals, church groups, etc. The **third option** is reading a reflexology or reflexology-related book and writing a report to be presented at a General Council meeting or published in the MCR newsletter. Our **fourth option** is simply to attend MCR’s “Afternoon Programs” held at each General Council meeting. Kate asked members what topics they would like presented and invited members to keep her informed about our interests. A **fifth option** is to do a case study using the ICR (International Council of Reflexologists) format, which, like the book report, could be presented at a meeting or published in the newsletter. And the **final option**, Kate told us of a new way to earn CEUs (12 of them!) that was recently approved by the Executive Board: earning ARCB certification! Members are advised to contact Kate with questions on any of these options.

The program ended on a light note with Kate’s “Minute-to-Win-It-Name-that-Bone” game in which members had to write on paper and attach to the correct bone the correct name one of the bones of our mascot-for-the-day, “Skelly” a full-sized skeleton model. Kate kept us actively-engaged, on our feet and smiling. She provided sweet prizes for all. What a nice way to end the meeting

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Judith Rice

Liberty Bryer

Kristen Jiorle

Ann Ruel

Four new MCR members while still in training are pictured here learning the basic moves of Auricular Therapy. They are moving from the sympathetic mode to the parasympathetic mode so they can be more relaxed before their final exam.

## Continuing Education News

### WONDERFUL WORKSHOP NEWS FOR 2013! - SAVE THIS DATE: JULY 27-28

Sue Ricks is coming to America! On July 27-28 MCR is hosting her and her workshop *"Spanning the Ages-From Childhood to Retirement"*. An informational registration form is included in this newsletter.

Visit Sue Ricks's website at [www.suericks.com](http://www.suericks.com) to learn more about her work. She comes highly recommended from her recent RAA Conference presentation as well as from her workshops for a number of state organizations. Contact Kate at [tevorranh@yahoo.com](mailto:tevorranh@yahoo.com) or call (207) 229-7276 if you would like more information.

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**Note:** As you are probably aware, MCR Professional members are **required to earn at least 12 hours of continuing education units** each two years. Attending our biannual workshop gives you the needed CEUs.

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### \$ MCR DUES REMINDER \$

Yearly dues are just around the corner and the annual fee is \$50 for the coming year. Our dues are our main source of operating income and help to fund the publication of our brochures and hosting of our website (where Professional members have their contact information listed for the public to access), our outreach programs (Common Ground Country Fair and Tri-for-a-Cure booths), our afternoon meeting continuing education workshops as well as our biannual workshop (when we bring in nationally and internationally known and respected educators), the publication and mailing of our thrice yearly newsletters (a super source of information), meeting expenses, postage and other supplies.

Our fiscal year runs July 1<sup>st</sup> to June 30<sup>th</sup>.

**If you haven't yet renewed, please use the application in this newsletter.**

Currently we are 75 strong and growing. MCR strives hard to meet your needs and wants—thank you for supporting us so that we can give our very best back to you, to help you grow in all ways professionally!

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**ANY CHANGES OF ADDRESSES, EMAILS, NAMES, PHONE /CELL #S  
SEND CHANGES TO [info@mcronline.org](mailto:info@mcronline.org)**

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### Member-in-the-Spotlight..continued .. from page 8

**Claire, will you give us the recipe for those delicious little gluten-free-muffins?**

Of course, I share it with everyone interested. It is easy. I make them into little muffins but the recipe is as a cookie. Because the dough is sticky, I find it easier to use my little muffin tray. I don't think you want to make them full sized.

**Sunflower Seed Cookies** ~ Ingredients (I prefer to double this batch because it blends easier)

- 1 1/4 C soaked (2-4 hrs) sunflower seeds ~ · 1 tsp vanilla extract (optional) ~ · 1/2 cup **natural** peanut or almond butter
- 1/4 cup honey ~ · 1 tsp baking powder ~ · 1/2 cup dark chocolate chips (optional)

**Directions:** Preheat your oven to 350°F / 175°C. Run soaked sunflower seeds through a food processor (not enough to create paste). Add remaining ingredients, except for the chocolate chips and process until smooth. Make sure to scrape the sides and the top until they're combined.

· Put in the chocolate chips and stir in or pulse it once or twice. The mixture is very thick and sticky.

With wet hands, form into 1½ inch balls. Place on parchment paper on cookie sheet; press down slightly on the balls. They don't rise much. Bake for 15-20 minute.

**THE MAINE COUNCIL OF REFLEXOLOGISTS  
PROUDLY SPONSORS:**

**“SPANNING THE AGES-FROM  
CHILDHOOD TO RETIREMENT”**

**PRESENTED BY**

**SUE RICKS**

**‘GENTLE TOUCH REFLEXOLOGY’™ PRINCIPAL  
INSTRUCTOR**

**JULY 27-28, 2013**

This workshop is designed for Reflexologists who want to learn, explore and develop the use of ‘Gentle Touch Reflexology™’ in their practice. The goal of this presentation is to deepen and enhance our understanding of these specialized reflexology techniques to utilize during the growth stages of infants and children as they develop into maturity to the later years of retirement.

**Day One**-Saturday will focus on specific aspects of working with children.

**Day Two**-Sunday will focus on specific aspects of working with older adults.

**About Our Instructor:** Sue Ricks is an Honorary Member of the Association of Reflexologists and runs her own training school in the UK. She recently presented at the RAA conference in Orlando, Florida and is a senior lecturer on reflexology at the University of Derby-UK. Visit [www.suericks.com](http://www.suericks.com) to read more.

**Cost:** \$250 for MCR members who pay before May 31; and \$275 for non-MCR members and MCR members, who are paying after May 31.

\*\*MCR is pleased to offer an interest free loan to its’ Professional Level members, for the purposes of attending a continuing educational workshop. Please know that there are limited funds available and therefore applications will be considered in the order they are received. It is requested that applications be submitted by June 30, 2013.

Applications are available at: [http://www.reflexologyofmaine.org/uploads/MCR\\_Erico\\_Loan\\_Application.pdf](http://www.reflexologyofmaine.org/uploads/MCR_Erico_Loan_Application.pdf)

\*\*\*For loan questions please email: [info@mcronline.org](mailto:info@mcronline.org)

**Location:** South Portland-Cancer Community Center Conference Rooms

**Registration:** 8:30am-July 27-Instruction 9-5 with hour lunch and 2 mid-breaks.

**12 Continuing Education Credits:** “Maine Council of Reflexologists, P00115 is approved as a provider of continuing education by the American Reflexology Certification Board.”

**Meals and Lodging Information:** Available with registration welcome packet.

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PLEASE SEND CHECK AND FORM BELOW TO **MCR, P.O. BOX 5583, AUGUSTA ME, 04332**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

ENCLOSED IS \$\_\_\_\_\_ (Check made payable to Maine Council of Reflexologists)  
IF YOU HAVE ANY QUESTIONS: Call KATE WINANT-207-229-7276 or E-mail [levoranch@yahoo.com](mailto:levoranch@yahoo.com)





**Maine Council of Reflexologists**  
**www.reflexologyofmaine.org**  
**(RAA Affiliated State)**  
**Membership Year: July 1, 2013 – June 30, 2014**



Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Office Address: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Office Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Home Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Website: \_\_\_\_\_  
If you are a current ARCB Member, ID #: \_\_\_\_\_ If ICR member, ID #: \_\_\_\_\_ If RAA member, ID#: \_\_\_\_\_

NOTE: Your office address will be used for MCR online and print directories. Complete information as you would like it to appear.  
☐ Check this box if you do NOT wish your name to be added to any public listing.

**INCLUDE PROOF OF CEU CREDITS EARNED FROM JUNE 30 OF THE PREVIOUS YEAR.**  
MCR requires that each professional member earn 12 ceu's every 2 years.

NOTE: ALL APPLICANTS NEED TO SIGN AT THE BOTTOM.

**Professional Membership:**

MCR ☐ New ☐ Renewal

**Prorated Last 6 mo NEW Member Only**

☐ MCR Professional Membership

☐ \$50 one year

☐ \$25 for January 1- June 30

**Professional Membership** is open to reflexologists certified by a non-profit, national certification board or certified by an accredited school or training program with a minimum of 200 hours. Those members who attained Professional membership prior to February 1, 2006, and have less than 200 hours of training are grandfathered in their Professional level membership unless that membership is allowed to lapse. MCR reserves the right to verify all credentials. Proof of your 200-hour school or your board certification must be attached to process NEW applications.

(Please print legibly)  
School Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Office Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Website: \_\_\_\_\_ No. of Hrs Completed: \_\_\_\_\_ Date of Completion: \_\_\_\_\_  
Are you nationally certified by a non-profit reflexology certification board? ☐ Yes ☐ No Certification # \_\_\_\_\_  
Name/Address of Board: \_\_\_\_\_

**Associate Membership:**

MCR ☐ New ☐ Renewal

**Prorated Last 6 mo NEW Member Only**

☐ MCR Associate Membership

☐ \$50 one year

☐ \$25 for January 1- June 30

**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. Associate Member schools are eligible for an online directory listing.

**RAA Membership:** As an affiliate of RAA, MCR encourages you to join RAA so that you may enjoy the additional benefits offered through their organization. Please go to their website, <http://www.reflexology-usa.org>, to download and then submit their membership application directly to them.

☐ Yes, I want to be an MCR volunteer! ☐ Membership ☐ Continuing Education ☐ Bylaws ☐ Legislative ☐ Standards/Ethics  
☐ Newsletter ☐ Website ☐ Brochure ☐ Library ☐ Historical ☐ Reflexology and Cancer

I verify that I have met the requirements for the level of membership for which I am applying and that I have included all required documentation.  
I understand that if any of the above information is found to be incorrect or invalid, my membership will be denied.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

<b>Make checks payable to:</b> Maine Council of Reflexologists PO Box 5583 Augusta, ME 04332		<b>Received by:</b>		<b>FOR MCR USE ONLY</b>	
Phone: Suzanne 207-310-8937 Email: <a href="mailto:info@mcronline.org">info@mcronline.org</a>		Date:		Volunteer Follow-up:	
		Check # & Amt.:		Documentation Received:	