



# Dedicated to Professional Standards Established 1991

Volume 21

Spring 2011

Issue 2

## MCR Officers

**President:** Alina Blakesley,  
Boothbay Harbor, ME.

**Vice President:** Wendy Decker,  
Bath, ME.

**Recording Secretary:**  
Linda Nickerson, Portland, ME.

**Treasurer:** June Atherton,  
Blue Hill, ME.

**Correspondence Secretary:**  
Sarah Filliter, Yarmouth, ME.

## Newsletter Editors & Distribution:

Myra S. Achorn, Augusta, ME.  
Wendy Decker, Bath, ME

**Web-Site Editor:**  
Wendy Decker, Bath, ME.

Maine Council of Reflexologists  
P. O. Box 5583  
Augusta, Maine 04332

[www.reflexologyofmaine.org](http://www.reflexologyofmaine.org)  
[info@mcronline.org](mailto:info@mcronline.org)

## NEXT MEETING

**November 5, 2011**

Saturday 9am - 4pm

**Hampton Inn  
Ellsworth, Maine**

## Inside this Issue:

President's letter .....	1
Secretary's Report .....	2 - 4
MCR celebrates 20 years.....	5
Birth of MCR.....	6
Member-in-the-spotlight.....	7 & 8
Common Ground Fair - sign-up sheet...	8
Tri-for -cure demo sign-up-sheet...	9
Coastal Botanical Gardens sign-up sheet	10
ARCB CE Requirments.....	10
Educational meetings & conferences....	11
Financial Report .....	11
Reflexology Testimonials.....	12
Kristen Erico Fund.....	12
Help us spread the word.....	13
Food for thought - Stress.....	14
YOUR PERSONAL INVITE.....	15
Lisa Chan Workshop Form.....	16

## A letter from MCR's President, Alina Blakesley:

### **“MCR strong in our commitment, MCR 20 years and growing”**

These are some of the words above I sang at the meeting that I made up for our May anniversary celebration.

And how true the words are. Our meeting had the best turn out with 30 members attending, a record number. With some founding members and new comers together as well as members who come regularly, our organization has grown to be one of the best in the nation.

Our continuing education chair, Kate Winant arranged a stellar afternoon program featuring Kevin and Barbara Kunz as presenters. Skype, (video conferencing) allowed us to tap into first class knowledge from experts (see minutes for more detail), and also connect with Janet Stetser, one of our founding member now living in Arizona. I am looking forward to the fall workshop with Lisa Chan and sharing with other reflexologists attending.

Thanks to our historian Chrissy Ravelli-Studer, with assistance from Aloisia, we presented a slide show consisting of photos taken from each year starting in 1991. The presentation made me appreciate the work of our founding members and how the organization grew over the years..

I will mention, June, our treasurer, who brought towels with the MCR logo and the anniversary date to give to our founding members. Some extra towels auctioned off at over \$20 each for the Krista Erico education fund.

I thank all the people that made our event a success. We work as a team and each person contributes something special. Our anniversary celebrations continue so don't miss the fall meeting in Ellsworth.



June, Treasurer, Alina & Wendy, V.P.



*Alina Blakesley*

---

---

## **Is your contact information accurate?**

MCR currently has over 70 members and we try hard to make sure that you each receive current information about our group's gatherings, outings, goals, educational opportunities and more.

In an effort to become more "green," we are sending most notices out via email although this newsletter is being sent to everyone through the USPS. We do keep a separate snail mail list for those who need to receive a hard copy of meeting notifications because they don't have email access or perhaps have dial-up only. We have 16 folks on that list.

If you do receive information from us through email, we encourage you be sure to open those emails, read them, and then note in your calendars any upcoming events. We plan to notify all email members of meeting dates and agendas one month before meetings and then again the week beforehand. Snail mail recipients will only receive one notification in order to keep down mailing costs.

If you should have a change of information, please be sure to let us know right away.

You can contact us with changes at **[info@mcronline.org](mailto:info@mcronline.org)** or by calling our correspondence secretary, Sarah Filliter, at **207-829-3027**.

We want you to be "in the know" and appreciate your helping us keep accurate contact information!

## Maine Council of Reflexologists Celebrates 20 Years

**For over two decades**, council members have shared their knowledge of reflexology through adult education classes, promotions at fairs, articles in newspapers and promoting word-of-mouth testimonials. Now, the nonprofit Maine Council of Reflexologists (MCR), whose 70 plus membership have tended to thousands of feet, has celebrated its 20th anniversary.



Members gathered for this celebratory meeting in May 2011 at Augusta. Featured, through video conferencing, was Sharon Vermuelen who presented information on the National Cancer Institute's five year study, Reflexology: An Intervention for Advanced Breast Cancer by the University of Michigan. The research puts the profession in a new standing among the complementary therapies, demonstrating its influence on the quality of life for women undergoing cancer treatment. The results of this study will be published in medical journals in the fall.



We were also graced with the presence of some of our founders: Aloisia Pollock, Chrissy Ravelli-Studer and Myra Achorn. Another founding member, Janet Stetser now in a warmer climate in Arizona, attended via video conferencing.



A highly educational afternoon was also done with video conferencing. Kevin Kunz, who, with his wife Barbara, has authored 18 books on reflexology, spoke with us about doing case studies and research in our field. It was highly informative. See comments printed elsewhere. You can also find more on case studies in the blog that the Kunz's have on-line. Check on the May 2011 material: <http://reflexologylive.blogspot.com/>



## **The Birth of the Maine Council of Reflexologists**

In the late 1980's, I tried to organize reflexologists in the state. They liked getting together to swap, but they were not interested in a formal organization. In September of 1990, Magdalena Winkler, Linda Best and I went to a conference in Toronto, Canada. The conference was most enlightening for us and was also the beginning of the International Council of Reflexologists (ICR).

Upon returning home, I decided to try again at organizing reflexologists in Maine. It was easier as there were by-laws that could be adapted to Maine, from ICR. Three of us had enough enthusiasm to begin and had ideas for programs that would enhance our knowledge and techniques.

The first meeting was held in November of 1990. In June of 1991, we officially launched the Maine Council of Reflexologists. In the interim we adapted the bylaws, chose our name and decided on number of meetings, officers, etc.

Early on, there were 6 to 8 people who were consistent in attendance. However, once we began to have annual workshops and offered a discount to members, the membership grew. We then created our own tee shirt that could be worn when we did activities as a group, which helped create that group feeling. Thanks to Myra Achorn, the tee shirts have been a continuing success.

Our first workshops started a trend that worked for MCR. Our early workshops included a hand workshop, then Inge Dougans on Meridians. Since then we have had Bill Flocco, Bill Runquist, Beryl Crane, Lillian Mortensen, Lynne Booth and were privileged to host the first Father Joseph workshop in the US. Our grandest event was hosting the RAA conference in 2008!

Our history is rich with exciting activities, such as the Botanical walk and bench in Boothbay, Common Ground Fair talks and mini-sessions, Maine Tri for a Cure and many varied group activities in different parts of the state. The membership has increased and is able to support a wide variety of activities throughout the state. MCR provides ARCB approved continuing certification through workshops and lectures. Members are required to complete 200 hours of training and continuing education units.

The part that has always surprised me and made me feel great pride in Maine is that we are the first state to be exempt from the Massage Law. Another high point is that we were the first state wide organization formed in the US. California had 3 different groups and did not organize until after we had.

**No matter where I live or what I do, I will always be proud of the hard work and caring that the Maine Council of Reflexologists has been known for, both in the past and present.**

**Janet E. Stetser, D. Sc.**





## *Member-in-the-spotlight ~ Lynn-Marie Danforth*

I became certified as a reflexologist in September of 2000 by the Omega Institute of Holistic Studies in Rhinebeck, N.Y. My teachers were Robert Wolfe, Ruth Vogel, and Elizabeth Heslin. This was back in 2000. Things have changed a lot since then. I believe Bob Wolfe is now teaching the course alone. But back then, the three teachers taught different parts of the course. It was a 7 day extensive course and then back for another 5 days to be certified. This was the first time Omega had done a two part certification course. I was going through a huge life change when I went to school for Reflexology. In class, in the afternoon, we worked on each other. After I worked on another student, Helsin told me I had a glow about me. That was when I became sure that I was doing what I should be doing in this life. Elizabeth also talked about Father Josef coming to Alna, Maine to give a workshop and she was planning on going. So, I decided I was going. I thought, "Who was Father Josef and what is he doing in Alna, Maine???" Back when I met MCR, in Alna Maine, there were all these reflexologists with all those chairs. I said, "What's up with the chairs?" I had a table. I don't know how I would have found MCR if I hadn't gone to the workshop. It was meant to be. And Elizabeth never ended up going after all. Go figure.



I did many things before becoming a reflexologist; leather seamstress, dress maker, professional waitress, married and living in North Conway, NH for 14 years. While there, I worked in a real estate office and customer service for Eastern Slope Inn Resort. Also I ran an antique shop. Then I ran as fast as I could and became a vagabond for a year and a half. For those who don't know, a vagabond is a homeless person who moves from place to place. But I was very happy during that time. That is when I went to Omega. Omega was one of my shelters. I lived there for seven days and I lived there for 5 days.

I have always loved having my feet worked on. My massage therapists didn't do enough work on my feet. I would wave my feet at them and they would go, "Yeah, yeah, yeah," There was never enough interest. When I was a child, I always wanted to be a nurse. Problem!!! I can't stand the sight of blood and I am terrified of needles. But, I always wanted to help people. So, the Universe put me in all the right places at the right time. Voila!

I have been a MCR member since Feb 2001. I love the camaraderie, being around fellow reflexologists is, you know... "It doesn't get better." I always learn so much in all the meetings I go to. It is like a little family. I also like being Vanna White for Mac at the Kristen Fund auction.

I belong to RAA and South Portland and Cape Elizabeth "Buy Local" an association of local people networking and getting together and we promote "buying local." I am very big on buying local... very big. I am also a member of the Greater Portland Chamber of Commerce and AARP.

My practice is out of my home, one door up from Willard's Beach. It is a safe haven for all my clients. I have clients from 10 years old to 82 years old. Stress, arthritis, chronic pain, troubled teens; whatever illness or problem, I will take it on. Reflexology helps just about everything. A lot of brain surgery going on here. I am very fortunate... I love my clients, they love me and no work is better than that.

I became Reiki II trained in 2002. I don't do Reiki sessions; I add it to a session. I use the Father Josef method and I have an open heart and open mind, so when a client comes in here, there is no judgment. I always let them know they can tell me whatever, I make it clear to them that they are in a safe place.

Of all the workshops I attended, I loved the Father Josef workshop the most. I also attended workshops by Kristi Tanner, Beryl Crane and more. I really loved attending the RAA conference here! That was the most fun, that conference! We had many workshops and many reflexologists! That was a blast!

And last but not least, I have a great fondness and respect for Oprah and Maya Angelou. Maya said, "A bird doesn't sing because it has an answer, it sings because it has a song." And, "When you know better, you do better."

**Continued on Page 8**

# Common Ground Fair Sign Up Sheet

September 23<sup>rd</sup> 24<sup>th</sup> and 25<sup>th</sup>, 2011

Friday 23 <sup>th</sup> Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - <b>Alina Blakesley</b>  <b>Will set-up</b>	1) Alina Blakesley	1) Lavere Batz
	2) Lisa Edwards	2) Michelle Nettle
	3) Sylvia Young	3) Sonia Robertson
Saturday 24 <sup>th</sup> Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator -	1) Karen Boyton	1) Lynn Poor
	2) Chrissy Ravelli-Studer	2) Suzzanne Girlander
	3)	3) Claudia Darneille
Sunday 25 <sup>th</sup> Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - <b>Alina Blakesley</b>  <b>Will close down</b>	1) Marge Hatch	1) June Atherton
	2) Andrea Murray	2) Alison Gingras
	3)	3) Alina Blakesley

Any Changes - Please call Alina Blakesley 207-633-1125 or email [info@alinablakesley.com](mailto:info@alinablakesley.com)

We are charging \$1 per minute for reflexology sessions. Reflexologists may opt to give free sessions if they so choose. We have cut back to reserving one booth space for two reflexology chairs. The third reflexologist can provide information or give hand reflexology sessions. There will be a Reflexology DVD playing or we can have soft music. **IF YOU NEED A VENDOR'S PASS TO GET**

**INTO THE FAIR, GET INTOUCH WITH  
ALINA - ASAP -**



Lisa, Brenda, Alina & Myra 2010

## *Member-in-the-spotlight ~ Lynn-Marie Danforth ~ continued*

I like the Vertical reflexology. I would like to study that again. You tend to forget things when you don't practice them. I would also like to study with Dr Dan, the Koryo hand therapy, KHT.

My hobbies are bird watching and walking Willard's Beach. That's where the birds are. I love hot rocks which I collect because I am here to spread love, joy and happiness in the world. I love ECETI, which stands for Enlightened, Contact, with Extra Terrestrial Intelligence. Google ECETI for the ranch (in Oregon) and other interesting stuff.

I love ball room dancing for fun and health. Eckhart Tolle. I love living life. And staying and trying to be in the present moment. Chi gong. And I try to eat right.

I am so happy MCR is moving forward. I am very excited at everything we all learned at our 20<sup>th</sup> anniversary. It just keeps getting better!

# **Tri-for-cure Reflexology Demo**

**July 30<sup>th</sup> and 31<sup>st</sup>, 2011 *Sign Up Sheet***

<b>Saturday July 30<sup>th</sup></b>	<b>10am -2pm</b>	
Coordinator - <b>Lynn-Marie Danforth</b>	1) Lynn-Marie Danforth	4)
	2) Suzanne Girander	5)
	3) Andrea Murray 10ish - noon	6)
<b>Sunday July 31<sup>st</sup></b>	<b>11:30am - 2pm</b>	
Coordinator -	1) Alina Blakesley	4)
	2) Lynn-Marie Danforth	5)
	3) Alison Gingras	6)

**\$1 per minute**

We split the proceeds with MCR to cover cost of rental and the rest goes to Tri-for-cure

## **Tri for a Cure with MCR Happy Feet!**

Kate Winant, Alina Blakesley and Sarah Filliter are the triathlon team of MCR Happy Feet! They will be participating in this year's Tri for a Cure sponsored by the Maine Cancer Foundation—Kate is biking the tri (15 miles), Alina is swimming (1/3 mile in the ocean—brrrr) and Sarah is run/walking (5k—3.1 miles)—on July 31 in South Portland.

All funds raised by the Maine Cancer Foundation stay right here in Maine and work for Maine people. 80% of available funds are dedicated to cancer research and 20% to education and patient support programs.

Please consider making a donation to this great group by sponsoring one of our own in their quest to complete the tri. Kate, Alina and Sarah have all committed to raising at least \$350 each. If you'd like to sponsor one of them, just go to **<http://mainetriforcure.org>**.

Click on the green “Donate Today” button, then “Sponsor Athlete” and type in Kate, Alina or Sarah's name. Follow the easy instructions from there. Your contribution is, of course, tax deductible. Thanks so much for supporting this great cause and our three athletes! If you prefer, you may also mail in a donation noting on your check “Sponsoring (Alina, Kate or Sarah)” —Maine Cancer Foundation, 170 US Route 1, Suite 250, Falmouth, ME 04105.

## **Learner Garden of the Five Senses**

Sunday July 24th Time:1:30-3:30pm

Number of Reflexologists needed: Minimum 4, but could have up to 8 if people want to enjoy the gardens and do shifts. No charge for booth and no fee for clients: Alina will set up. Let me know if anyone is interested so I can put you on the list. New features in the gardens are spectacular children's garden and new education building.

<b>Coastal Botanical Gardens, Boothbay ~ Reflexology Demo</b>	
<b>Sunday JULY 24<sup>th</sup> 1:30 -3:30pm ~ Sign Up Sheet</b>	
<b>Sunday July 24<sup>th</sup></b>	<b>1:30 - 3:30</b>
Coordinator - <b>Alina Blakesley</b>	1) Alina Blakesley 5)
	2) Wendy Decker 6)
	3) Lisa Edwards 7)
	4) Aloisia Pollock 8)

## **The ARCB CE Requirement**

Every ARCB certificant must obtain 12 hours of Continuing Education every two years.

### **The Continuing Education Cycle**

- The 2-year cycle is based on the calendar year. Therefore CE verification is due in December of the second year of the cycle.
- If you obtained your ARCB certification on an even numbered year, instead of an odd numbered year, you will be required to verify having met the CE requirement at the end of even number years. (For example, if you were certified in 2008, you will be required to verify having met the CE requirement in December of 2010, 2012, 2014, 2016 and so on).
- If you obtained your ARCB certification on an odd numbered year, instead of an even numbered year, you will be required to verify having met the CE requirement at the end of odd number year. (For example, if you were certified in 2007, you will be required to verify having met the CE requirement in December 2009, 2011, 2013, 2015 and so on).

### **For New Certificants**

- You do **Not** owe CE verification at the end of the year in which you are certified. You will owe your first CE verification at the end of the next odd/even year, depending upon the year that you certified. (For example, if you received your certification in 2010 you will owe your first CE verification in December 2012. If you received your certification in 2009, you will own your first CE verification in December 2011).
- You may begin obtaining CEs as soon as you are ARCB certified.

This information is also on the ARCB website. From the Main Menu select "Continuing Education". From the drop down menu select "Certificant CE Requirements".

If you have any questions please contact us at [info@arcb.net](mailto:info@arcb.net) or (303) 933-6921.

*Regards from the ARCB Board*



## *Educational Opportunities*

**Hike and picnic at the Stetser Preserve: Sunday June 26, 2011** (the blackflies should be gone by then) Meet at the Stetser Preserve Entrance at **1:00 PM**. Bring a snack for an afternoon picnic. Directions: The Stetser Preserve is located off Egypt Road in Jefferson off Rte 215. (FMI call Aloisia Pollock at 549-3077) The 150 acre Stetser Preserve in Jefferson was donated by Janet Stetser to the Sheepscot Valley Conservation Association (SVCA). It's official opening took place on Oct 17, 2009. **For rain date, call Aloisia.** If you want to do a **reflexology swap** after the hike at Aloisia camp & home on the lake, please call her and bring your chair.

Aloisia Pollock [www.sunsetcabinsmaine.com](http://www.sunsetcabinsmaine.com) blog: [www.sunsetcabinsknitandspa.blogspot.com](http://www.sunsetcabinsknitandspa.blogspot.com)

---

**Next MCR meeting date: November 5, 2011 in Ellsworth, Hampton Inn. 9am-4pm**  
**Afternoon Program: PENDING Attend these meetings and earn 2 CEU's**

---

**ICR 13<sup>th</sup> Biennial Conference ~ Castro Verde, Alentejo, Portugal, ~ Sept. 16-19, 2011**  
Theme: Reflexology For All Age Groups Contact: [icr\\_secretary@icr-reflexology.org](mailto:icr_secretary@icr-reflexology.org)  
phone/fax +27 88 031 206 0600 [www.reflexology-conference-icr2011-portugal.org](http://www.reflexology-conference-icr2011-portugal.org)

---

**RAA conference ~ Orlando, Florida, May 4-6, 2012 ~ [www.reflexology-usa.org](http://www.reflexology-usa.org)**  
Theme: *"Reflexology in the Circle of Life"* **Contact:** [icr\\_secretary@icr-reflexology.org](mailto:icr_secretary@icr-reflexology.org)

---

**2011 - 2012**

**Membership renewal DUE by July 1, 2011**

**MCR Members 74**

**New Members:**

**2010 - 2011**

July 1<sup>st</sup> - June 30<sup>th</sup>



Helen Rich - 67 Highland Cliff Rd., Windham, ME. 04062 ~ 892-1043  
Susan Wegmann - 120 Valview Dr., Auburn, ME. 04210 ~ 782-3240  
Laurie Batz - 22 Brewster St., Rockland, ME. 04841 ~ 975-5050  
Michele Nettles - 7 Rackliff Rd., Spruce Head, ME. 04859 ~ 594-0691  
Suzanne Girlando - 20 Beech Rd., Standish, ME. 04084 ~ 201-310-8937



Helen,  
Susan,  
Laurie &  
Michele

**Change of Address:** Betty Dawson, 9 Sunrise Circle, Augusta ME., 04330 ~ 207-442-4374

Ellen Hunter, P.O. Box 195, 97 Granite Hill Rd, New Harbor, ME., 04554 ~ 207-677-2361

**Change of e-mail:** Jennie Cline, from WY. [jmcline@q.com](mailto:jmcline@q.com)

---

**From MCR Webmaster ~** 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)



**START SAVING TODAY**  
**TURN YOUR CANS & BOTTLES**  
**INTO CASH**

Bring it to the next meeting.  
**Join in the FUN of the AUCTION,**



Mac MacDonald  
Auctionare

**Treasurer's Report ~ May, 2011**  
Totals by Account



June Atherton

## Celebrating MCR's 20th Anniversary with Client's Testimonials

I have known Myra Achorn, reflexologist, professionally for over twenty years. I had a boating accident in 1990, resulting in multiple injuries as well as numerous operations. Starting reflexology in the 1990s was the one thing that helped me with the pain that I had in numerous parts of my body. Myra also recommended and referred me to other alternative health care professionals. This was done while working in harmony with conventional medical treatments. Throughout the years, I have continued to maintain my weekly sessions with reflexology. I truly believe that without session with her regularly, I would never have been able to be employed full time as well as live the productive life that I live. I always know that I will come away from a reflexology session feeling better physically as well as more balanced. **Submitted by Michala G., Hallowell**

---

I have been seeing Myra for reflexology for the past 17 years. I first heard about her through a friend who raved about reflexology foot treatments. When I gave myself a Morton's Neuroma by walking on a treadmill barefoot, I went to a podiatrist. I had a couple of cortisone injections in my foot to try to fix the Neuroma; they didn't touch the pain. My podiatrist said the next step was severing the nerve that affected two of my toes. I was unwilling to give up the feeling in two of my toes!! I decided to try reflexology. When I tried reflexology, it was such a relief. The treatments themselves felt absolutely wonderful. I forget the exact number of reflexology appointments I had. I know I went twice a week for a couple weeks and then once a week after that. Within a month, the Neuroma pain was completely gone, and I was totally sold on reflexology. Myra explained to me the theory behind reflexology, and I studied the reflexology charts while she worked on me. I am convinced that regular reflexology has improved my overall health and reduced my stress level for years. I have been receiving reflexology once every two weeks ever since the neuroma incident, and I am completely convinced I owe much of my good health to the maintenance effect these treatments give me. My husband Steve has neuropathy in his feet. He hasn't committed to regular appointments, but he does go often and always gets relief from her work. My Aunt Nancy Libby moved to Augusta at the age of 86 to live at Granite Hill Estates, a place for healthy elders to live. She had a lot of foot pain. It took me a while to convince her that reflexology could work wonders for her feet, but after a couple of years of coaxing her, she decided to give reflexology a try. She was afraid any touch would hurt her more, and she didn't think she could take it. One session with reflexology convinced her otherwise and she experienced great relief from her reflexology appointments. Myra went to my Aunt Nancy's apartment every week for the remaining six years of her life. She showed Aunt Nancy the right type of shoes to wear as well as worked on her feet. Aunt Nancy was much more comfortable in her final years as a result of reflexology's work. So, I guess you could say that reflexology has made a great improvement in my life and in that of two of my loved ones. **Submitted by Nona T., Hallowell**

---

## WANT TO GO TO THE MCR's WORKSHOP OR BETTER YET THE 2012 RAA CONFERENCE?

No extra funds at this time. Remember the Kristen Erico Fund Auctions at the end of each and every MCR meetings! Those funds may be your passport to any workshop or conference that you would love to attend!

### What is and how would could I get a loan from the Kristen Erico Fund?

The Kristen Erico Fund was initiated and named after one of our members who Died of cancer in 1994. Her family donated some money to MCR and all of Kristen's Reflexology tools and equipment which we auctioned off among our Members.

Voila! **THE KRISTEN ERICO FUND was born.**

The fund is used to make **INTEREST-FREE LOANS** to MCR members so They may participate in workshops and conferences for which they have No immediate funding. **\*\*\*REQUIREMENTS\*\*\*** for the loan: You must be a certified Reflexologist and a MCR member in good Standing. **\*\*\*The LOAN may be used for:** Expenses related to the workshops/conferences, exclusive of books and charts. **\*\*\*To APPLY for the LOAN:** Request a DOLLAR amount in WRITING to the President or Treasurer, Indicating what the money is to be used for and the name and address of Payee. You may email the request. **THIS WILL BE YOUR CONTRACT.** **\*\*\*The President and Treasurer** will sign your contract and **SEND** you a Copy. The Check will be made Payable to the Payee. **\*\*\*\*PAY-BACK minimum standards:** Start repayment of loan within 1 (ONE) month of distribution of funds. Full Loan amount has to be **repaid within 10 (TEN) months** so the funds will be available again for the next workshop/conference. Monthly bills may be sent as a reminder to the member, if necessary. **Think about the next workshop (OCT 22/23 2011) or conference (MAY 4-5-6- 2012): times are hard, but small repayments are fine.** A working mini vacation is just a letter away from your dream coming true.

**At the May 14<sup>th</sup> meeting we raised \$285.25 for the KRISTEN ERICO FUND. THANK YOU to ALL The MAINE COUNCIL OF REFLEXOLOGISTS for buying the items.**

Alina Blakesley, President MCR, 115 Townsend Ave, Boothbay Harbor ME 04538 [info@alinablakesley.com](mailto:info@alinablakesley.com)

June Atherton, Treasurer of MCR, PO Box 80, Blue Hill ME 04614-0080 [jhappyfeet@myfairpoint.net](mailto:jhappyfeet@myfairpoint.net)

## HELP US SPREAD THE WORD!

Hello, fellow reflexologists! I need your help! :-)

As many of you know, Gwen Wyatt's 5-year research study on "Reflexology: An Intervention for Advanced Breast Cancer," is being released this Fall. This study shows positive proof of how we can help people uplift their health and spirits in times of physical and emotional stress. MCR has recognized that this is a wonderful opportunity for us to reach out to those in the medical profession, to bring in education about reflexology and to lend more professionalism to what we do.

I have volunteered to coordinate the compilation of a list of oncology centers/doctors/support groups throughout Maine. We will then take this list and work with our members to really spread the word about this study.

Here's what I am asking you to do--would you be willing to represent the following geographical areas of Maine? You would Google or by any other method find out the local centers just in your area and provide me with 3 things:

1. Name, location and phone of center/doctor/support group/etc.
2. The name of the contact person at the above so that we can directly mail or phone that person to present our findings.

**We still need a volunteer and list for one last area:**

**--- Downeast Maine ---**

Thank you, thank you, to our MCR members who have done a super job of pulling the resource list together from their own geographical areas:

Lynn Poor - Western Maine

Donna Dyer - Midcoast Maine

Juliet Taubner - Central Maine

Susan Lindsay - Southern Maine

You can go onto the MCR website to get a feeling for the geographical area you would be working with. <http://www.reflexologyofmaine.org> You don't have to present any data, just help us compile a master list which we can share with our members when it comes time to go out and blanket the state with the study.

This is really a pretty easy task if we split it among ourselves. It's totally up to you who to include--the more extensive of a list we have, the more possibilities on how to contact once we get this project up and running.

Thank you so much for considering helping MCR and our profession as a whole.

Please let me know asap if you will be willing to compile a list. I'm hoping to receive the names back from you by mid-July so that gives you a month to do this task.

THANK YOU, THANK YOU!

Sarah Filliter, MCR Correspondence Secretary

Phone me at 829-3027

Email me at [sarahfil@maine.rr.com](mailto:sarahfil@maine.rr.com)

Just say YES! ☺

# FOOD FOR THOUGHT on STRESS

The term 'stress' refers to any reaction to a physical, mental, social, or emotional stimulus that requires a response or alteration to the way we perform, think, or feel. Change is stressful - whether the change is good or bad. Worry produces stress. Indeed, stress is an unavoidable part of life. It can result from many things, both physical and psychological. Pressures and deadlines at work, problems with loved ones, the need to pay the bills, and getting ready for the holidays are obvious sources of stress for many people. Less obvious sources of stress for many people. Less obvious sources include everyday encounters with crowds, noise, traffic, pain, extremes of temperature, and even welcome events such as starting a new job or the birth or adoption of a child. Overwork, lack of sleep, and physical illness put stress on the body. Excessive alcohol consumption and smoking are usually increased as a reaction to stress and yet create more stress for the body. Some people create their own stress; whether there is anything objectively wrong in their lives or not, they find things to worry about. For such people, stress becomes almost an addiction.

Some people handle stress well, and it has little impact on their emotional or physical health. Others are very negatively influenced by it. Stress can cause fatigue, chronic headaches, irritability, changes in appetite, memory loss, high blood pressure, shallow breathing, nervous twitches, lowered sexual drive, insomnia or other changes in sleep patterns, and or gastrointestinal disorders. Stress creates an excellent breeding ground for illness. Researchers estimate that stress contributes to many major illnesses, including cardiovascular disease, cancer, endocrine and metabolic disease, skin disorders, and infectious ailments of all kinds. Many psychiatrists believe that the majority of back problems - one of the most common adult ailments in the United States - are related to stress. Stress is also a common precursor of psychological difficulties such as anxiety and depression.

Stress is often viewed as a psychological problem but it has very real physical effects. The body responds to stress with a series of physiological changes that include increased secretion of adrenaline, elevation of blood pressure, acceleration of the heartbeat, and greater tension in the muscles. Digestion slows or stops, fats and sugars are released from stores in the body, cholesterol levels rise, and the composition of the blood changes slightly, making it more prone to clotting. This in turn increases the risk of stroke or heart attack.

Almost all body functions and organs react to stress. The pituitary gland increases its production of adrenocorticotrophic hormone (ACTH), which in turn stimulates the release of the hormones cortisone and cortisol. These have the effect of inhibiting the functioning of disease-fighting white blood cells and suppressing the immune response. This complex of physical changes is called the "fight or flight" response and is apparently designed to prepare one to face an immediate danger. Today, most of our stresses are not the result of physical threats, but the body still responds as if they were.

The increased production of adrenal hormones is responsible for most of the symptoms associated with stress. It is also the reason that stress can lead to nutritional deficiencies. Increased adrenaline production causes the body to step up its metabolism of proteins, fats, and carbohydrates to quickly produce energy for the body to use. This response causes the body to excrete amino acids, potassium, and phosphorus; to deplete magnesium stored in muscle tissue; and to store less calcium. Stress also triggers the release of cortisol, an adrenal hormone that regulates carbohydrate metabolism and blood pressure. It also ages brain cells and builds fat around the body's midsection. Further, stress increases the level of an immune system protein called interleukin-6, which has direct effects on most of the cells in the body and is associated with many disorders., including diabetes, arthritis, cancer, osteoporosis, Alzheimer's disease, periodontal disease, and cardiovascular disease.

Many of the disorders that arise from stress are the result of nutritional deficiencies, especially deficiencies of the B-complex vitamins, which are very important for proper functioning of the nervous system, and certain electrolytes, which are depleted by the body's stress response. Stress also promotes the formation of free radicals that can become oxidized and damage body tissues, especially cell membranes. **WOW!! Reflexology lowers body stress.**

For more information on STRESS, checkout  
Prescription for Nutritional Healing, by Phyllis A. Balch, CNC

# **20th Anniversary of the Maine Council of Reflexologists**

**To Our 70 + Members of MCR.**

**YOU**

**ARE INVITED TO CELEBRATE OUR  
20TH ANNIVERSARY**

**Please come celebrate! November 5<sup>th</sup>**

**Just one time, wouldn't it be fun to see all of us**

**REFLEXOLOGISTS in one place?**

**MAKE IT A DATE & DON'T BE LATE**

**20th year anniversaries only happen once.**

*Hampton Inn, 6 Downeast Highway, Ellsworth ~ off Rte. 1 ~ behind Walgreens ~ 207 667-2688*

---

Saturday Social 9am ~ Meeting 9:30-12 noon ~ Auction 1pm ~ Workshop 1:30-4pm

***Come Help US Celebrate!***

---

On the back of this page, fill out the bottom of the Lisa Chan Workshop form, tear off that section and send to the address noted.

*To keep up with your CEUs for MCR's professional status, you must have 12 CEU's within 2 years. That can be met by attending MCR's meetings!*



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

**“PATHOLOGIES OF THE FEET  
AND HANDS”**

**OCTOBER 22 & 23 2011**

**PRESENTED BY**

**LISA CHAN**

**AMERICAN ACADEMY OF REFLEXOLOGY  
INSTRUCTOR**

This workshop is for Reflexologists and Bodyworkers who want to explore the 'nitty gritty' level of related biomechanics, anatomy and physiology. The goal of this presentation is to deepen and enhance our personal and professional understanding of these topics:

- Pathologies generally not covered in detail during reflexology training such as edema, diabetes, varicose veins, developmental issues, aging and sport specific problems.
- Exercises for you and your clients to strengthen weak hands.
- Practice and application of new resistance-based techniques to add to your hand and foot work.

**About Our Instructor:** Lisa Chan has been teaching classes at the American Academy of Reflexology in California since 1995. She has an active reflexology practice, hosted her own cable TV show about the healing arts, was editor of the "Reflexology Digest" for the Reflexology Association of California and authored a book for children. Lisa is actively completing college courses in Acupuncture.

**Cost:** \$275 for MCR members who pay before July 31. \$300 for non-MCR members and MCR members, who are paying after July 31.

**Location:** South Portland Howard Johnson's Hotel Spring Point Room.

**Registration:** 8:30am-October 22-Instruction 9-5 with 1 hour lunch and 2 breaks.

**Continuing Education Credits:** 12 CE Hours for ARCB, ABMP and NCBTMB.

**Lodging:** Available at a reduced group rate-\$69 per night plus tax.

Call 1-207-775-5353 and be sure to mention our conference!

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 -tevorranh@yahoo.com