



*Dedicated to Professional Standards
Established 1991*

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Maine Council of Reflexologists
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NEXT MEETING
January 16, 2016
Saturday 9am - 4pm
(snow date 23rd)

Mediation & Facilitation
Resources Center
11 King St., Augusta
off State Street

Inside this Issue:

President's Letter	1
RAA Delegate Update	2
Continuing Education Update	2
Continuing Education Photos	3
Member in the Spot Light	4
Meeting photos & Tea and Feet	4
Membership Committee Update.....	5
FAZR Facial AcuZone Reflexology.	5
Common Ground Fair	6
Educational Opportunities & More .	7
Offering Reflexology Sessions	8
Finding A Reflexologist	8

A Letter from MCR's President

In 2016 we will be celebrating 25 years of MCR. A few of the founding members are still involved in MCR today, two serving on our board, others on various committees. We all remember the enthusiasm and eagerness with which we all met in each other's living rooms, traded sessions and filled the positions as needed. Our founding members rotated all board and committee positions, working hard for the good of our membership and attending our outreach programs.

More reflexologists came along, proud to be certified, and have worked tirelessly ever since on behalf of you, the membership.

New certificants arrive from our two schools in Maine and elsewhere and I appreciate your excitement about reflexology and how it can help to keep our clients in good spirits and health. Some of you have taken advantage of our "Tea and Feet" get-togethers where we share personal and professional experiences and learn new reflexology protocols as we trade. Many of you come to the meetings and workshops which MCR offers to our members, several of you have attended RAA and ICR conferences, forging new friendships and learning new techniques.

I would love for you to step forward and fill the leadership positions in MCR as they become available. As you know, our Recording Secretary and Correspondence Secretary are stepping down and we need to replace them at our January meeting. I beg you to consider serving on behalf of MCR. You will have help and guidance as you grow into the position you choose. Thank you, Loretta, for accepting the position of Treasurer for another term. It is a pleasure to have you on board.

**With a heartfelt thank you in advance,
your MCR president,**

Aloisia Pollock



Come one ~come all ~ to celebrate - May 14, 2016 in Augusta.

Two Reports From Our RAA Delegate and Continuing Education Chair, Kate Winant

RAA Delegate Update:

As your delegate I am keeping aware of national news and issues, and report to the assembly any news from Maine as part of a monthly conference call with 24 other affiliated states. We are excited that Connie Hubley has joined the RAA board and is a co-chair to the 2016 Conference in Alaska -entitled “the New Frontier in Reflexology” .

I shared news about our group’s involvement in World Reflexology Week at the end of September at the Common Ground Fair-BUT- I would love to hear more from others about how they celebrated the week in their communities. The Summer edition of the RAA newsletter had 2 photos and an article from our state showcasing our May meeting. This Fall’s edition will have news about our workshop and our World Reflexology Week happenings so send me any news of what you did to share with the nation!!

We posted 2 free ads for the Moss Arnold workshop that attracted inquiries from as far away as Arizona and Wisconsin. Our work drew interest from the Massachusetts Association’s Shannon Brisson, who invites us to collaborate with them in the future.

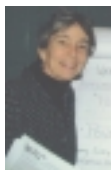
All delegates must join a committee to work on, so I will be joining the continuing education committee to work with Karen Ball from Florida, on a national level. MCR utilized RAA’s “pathways to education” model to design our own ceu guidelines that have been very successful with over 24 members taking advantage of this way to earn ceus outside of the traditional routes.

Continuing Education Committee report: See photos on page 3

WOW-What a great year and 2015 workshop with Moss Arnold! This self-proclaimed renegade reflexologist from Australia challenged us to think about our healing work from a new perspective. His education in Traditional Chinese Medicine puts a new spin on how we work with reflexology. We had 30 participants. Six were non MCR members traveling from other states - 3 from Massachusetts and 1 each from Michigan, Vermont and New Hampshire. We utilized the Cancer Community Center of South Portland as our base camp, enjoying the lecture space, practical room and the kitchen that was filled with high protein brain food! This year we were able to donate \$400 dollars back to the center for the use of the space. Moss made a healthy contribution to the MCR lending library in the form of a DVD, a book and a poster. Monies earned from this workshop will be utilized to further our continuing education program.

Comments from participants:

Kate



From **Sylvie Letellier** (Saco)

This workshop was very informative, though since I have not previously studied the Chinese system of reflexology, I found it a bit unclear at times. That being said, this workshop gave us a different perspective to reflexology than the Ingham Method of Reflexology in which I have been trained; the location of some of Moss’s reflex points differ, as shown on his chart system. He gave us some great new relaxation and energy balancing techniques which I am now incorporating into my reflexology sessions. I have purchased his reflexology chart and book, which I find to be a great resource. The “hands on” practice in the afternoons was great, as was Moss in answering all of our questions.

Kate Winant coordinated our workshop and did an amazing job. The refreshments available to us during breaks and lunchtime were amazing—lots of healthy options to help keep our brains working.

From **Mack MacDonald** (Ellsworth)

Moss Arnold is an interesting reflexologist. He has come up with his own methods of treatment, his own ways of interpreting the feet. His presentation made one think outside the box and was very informative.

Continuing Education Photos



Moss Arnold



”MCR donated \$400 to the cancer community center for the use of their facilities for the fall workshop with Moss Arnold. “



Loretta Baker



WOW - What a great workshop with Moss Arnold!

Another good continuing education program to accompany our fall MCR meeting. **Helen Melvin, Master Herbalist**, presented healthy ways of healing our bodies with comfrey, chickweed and garlic. We were then given the opportunity to make our own healing oils with comfrey and chickweed. Helen certainly has a wealth of knowledge. We are fortunate to have her among us and we appreciate her willingness to share her knowledge and skills.

Remember, MCR members, we can acquire 2 CEUs when attending our MCR sponsored afternoon educational programs three times per year. This is at no cost to you.

Submitted by: Claire Guy, Membership Committee Chair



Claire Guy, Wendy Decker and Karen Boynton



Loretta Baker, Emily Cyr and Helen Melvin



We're all busy earning 2 CEUs