



Maine Council of Reflexologists

Established 1991

Winter 2018

Volume 27 Issue 1

P. O. Box 5583
Augusta, Maine 04332
reflexologyofmaine.org
info@mcronline.org

NEXT MEETING

May 19, 2018

Saturday 9am - 4pm

MaineGeneral Medical Center
35 Medical Center Parkway
B1101, Conference Rm 3, Augusta

The Maine Council of Reflexologists (MCR) Newsletter is published three times yearly following the Spring, Fall, and Winter general membership meetings. Its purpose is to provide members with news, opinion, and information pertaining to their organization and profession. Material herein is educational in nature and not intended as a substitute for medical advice or guide for treatment. Further, the views of the authors are not necessarily the views of the editor or of the MCR Board of Directors. The editor reserves the right to edit and/or refuse to print any material submitted.

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Newsletter Editor Claire Guy
solewisereflexology@gmail.com



Letter from our President

Dear fellow Reflexologists,
At the last general meeting we voted for Executive Board members. Sylvie Letellier is continuing her position of Recording Secretary and Nancy Butler hers as Correspondence Secretary. This will be their second two-year term. We could not find a Treasurer and appointed Loretta Baker for another year. She kindly accepted. However, next January we will need a new Treasurer.

Many of our newer members have accepted board or committee positions and for that I am truly grateful. As many of you have discovered, it is actually exciting to be more involved with the operation of our organization and those who dared to commit have told me how much they have grown in knowledge and as well as personally during their tenure at the board or committee.

A broad outline of each position can be found on-line in our by-laws and some details in our P&Ps. Our Executive Board members will write a small paragraph later in this newsletter of what their work entails. Hopefully, this will encourage you to get involved in committee work and consider joining our board.

Preparations are underway for the biannual RAA conference in Chicago in late April. Our delegate Karen Tibbetts will be able to attend the conference and bring back information of what knowledge she has gleaned. She will be sharing her experience during our May meeting. It will be Karen's first RAA meeting and I am sure that she will return with lots of information about the conference and the speakers RAA has lined up.

Some of you are concerned about Continuing Education CEUs. As you know, if you are not able to attend every meeting and the afternoon program, you can request a book or DVD from our library, and write a report about what you have read or watched for credits.

Some of you are concerned about being able to pay the \$50 yearly membership fee. It may help to break it down into weekly installments and put aside \$1 each week. Also, if you would like to share anything reflexology related during one of our afternoon programs, you will earn your membership fee for 1 ½ years. At the last general meeting afternoon program our own Sylvie Letellier presented a review of Bill Flocco's Fall workshop. She did a wonderful job and we all enjoyed learning, reviewing and working on each other.

We were able to schedule three "Tea and Feet" informal get-together where you can trade reflexology and enjoy each others company, as well as discuss topics of special interest to you. During these informal gatherings we also discuss specific problems our clients bring to the table (or chair) and brainstorm how to work for specific conditions.

Thus, the new year has started out with a wonderful meeting and hands-on afternoon program at a new venue in Augusta and I hope to see many more of you at our next meeting in May or work on you during one of our "Tea and Feet" get-togethers.

Till then,

Sole-fully yours,

Aloisia Pollock, President, MCR

MCR Officers (2year/2terms)

President

Aloisia Pollock, Jefferson
207-549-3077

Vice President

Karen Boynton, Washington
207-691-5452

Recording Secretary

Sylvie Letellier, Saco
207-284-4778

Treasurer

Loretta Baker, Farmingdale
207-622-5580

Correspondence Secretary

Nancy Butler-Smith, Augusta
207-592-4573

RAA Delegates

Kate Winant, East Waterboro
207-229-7276

Karen Tibbetts, Oxford
207-890-1633

Standing Committees

Names listed are chair positions only.

Membership: Claire Guy

Education

Continuing Ed subcommittee: Kate Winant

Library subcommittee - Cindy Labbee

Bylaws - Alison Gingras

Legislative - Katie Greenman

Standards/Ethics Wendy Decker

Public Relations

Newsletter subcommittee: Claire Guy

Website subcommittee: Wendy Decker

Brochure subcommittee: Wendy Decker

Ad Hoc Committees

Historical: Karen Boynton

Outreach

Common Ground Fair sub: Chrissy Ravelli-Studer

Reflex & Cancer sub: Lynn-Marie Danforth

Mail coordinator: Emily Cyr

Bank statement Monitor: Karen Boynton



WE NEED YOU

Committees can always use more volunteers. Check the list of committees and sign on as a volunteer. Many hands make light work; and it is always a rewarding experience. For more information contact anyone on the committee you would like to join - the list of committees and their chairperson is listed here. You may contact anyone on the Board.

From the Welcoming Committee

While MCR is the tie that binds us together as a group, we all have lives outside the world of reflexology.

When a fellow member experiences a health issue or loss of a family member, the Welcoming Committee would like to express the caring concern of MCR.

If you would like to have a card sent to another member, on behalf of MCR, please forward the request to: Ellen Hunter at ekphunter@gmail.com or phone (207) 677-2361, and the committee will see that an appropriate card is sent. Thank you ~ Chrissy, Cindy and Ellen

REFLEXOLOGY

Definition of reflexology as determined by RAA (Reflexology Association of America), ARCB (American Reflexology Certification Board) & NCRE (National Council of Reflexology Educators) in 2016.

Reflexology is a protocol of manual techniques, such as thumb and finger-walking, hook and backup and rotating-on-a-point, applied to specific reflex areas predominantly on the feet and hands. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to function optimally.

The effectiveness of reflexology is recognized worldwide by various national health institutions and the public at large as a distinct complementary practice within the holistic health field.



Calendar of Events

MCR Spring Meeting

Saturday - May 19, 2018 9am - 4pm

This is the meeting when you may market your products.

MaineGeneral Medical Center

35 Medical Center Parkway,
Augusta (directions below)

Main floor, conf room#3,

Afternoon educational series: *Reflexology for Lyme Disease.*

MCR Fall Meeting

Saturday - Oct 13, 2018

Beth C. Wright Center, Ellsworth

April 27- 29, 2018

RAA (Reflexology Association of America) conference in Chicago, Illinois

facebook.com/ReflexologyAssociationofAmerica

July 21-22, 2018

Tri for a Cure race

FYI: Karen Boynton 207-691-5452

Sept 21-23, 2018

Common Ground Fair

FYI: Chrissy Ravelli-Studer

207-845-2352

Find more reflexology related classes:

RAA: <http://reflexology-usa.org/category/live-event/>

ARCB: <https://arcb.net/continuing-education/certificants/>

Sept 2019 ICR conference in Anchorage, Alaska



Tea and Feet

Teas & Feet are important to our organization as a great way for members to get to know each other better, to help one another, and to form bonds and friendships.

Please consider hosting or attending one. Let us know if you are going to host a session and we can post it on our web-site and in our newsletter. It can also be posted on the Maine Council of Reflexologists Group on facebook. When attending, please RSVP so the host knows who is coming. **You can list your dates here!**

March 15 12-4: Cindy Labbe in Madison

Reserve your seat: 861-1978

April 28 1-4: Karen Boynton & Chrissy Ravelli-

Studer Reserve your seat: 845-2352

Saturday May 5, 2018

Hot Stone Reflexology

FMI: Claire Guy 207-441-5670

solewisereflexology@gmail.com

Share your upcoming events

When you have events to share with MCR members, send information to Nancy Butler-Smith at

info@mcronline.org

She will share with everyone who has an email listed with us. It will also be posted on the MCR facebook group. If you are not listed on the MCR facebook group, look up **maine council of reflexologists group.**

Driving directions to MCR's 5/19/18 meeting Augusta

MaineGeneral Medical Center, Alford Center for Health,
35 Medical Center Parkway, Augusta, ME 04330

For travelers heading south on I-95

Take **Exit 113** and proceed through the roundabout onto West 3 Belgrade. The hospital entrance is on the right after you exit the roundabout at the traffic signals.

For travelers heading north on I-95

Take **Exit 113** and proceed into and around the first roundabout. Cross over the intersection and proceed through the second roundabout onto West 3 Belgrade. The hospital entrance is on the right after you exit the roundabout at the traffic signals.

From the Belfast area

Travel on **Route 3 West**. Proceed through the first rounda-

bout, cross over the intersection and proceed through the second roundabout onto West 3 Belgrade. The hospital entrance is on the right after you exit the roundabout at the traffic signals.

From **Route 27 Southeast** (from Farmington)

Travel Southeast on Route 27 to the new signals at Old Belgrade Road and Route 27. Take a left at the signals and proceed on Old Belgrade Road approximately 0.90 miles to the next set of traffic signals. Turn left into the hospital entrance.

From **Route 27 West** (from Augusta)

Travel on Route 27 Northeast to the intersection of Bog Road and Route 27. Take a right on Bog Road, then go right at the intersection of Bog Road and Old Belgrade Road. Proceed on Old Belgrade Road to the traffic signal. Turn left into the hospital entrance.

Use main entrance and turn right.

Afternoon CE Program with Sylvie Letellier

Foot, Hand, Ear Reflexology



This is **YOUR** newsletter. We want to share stories, learning experiences, teaching experiences... Your fellow reflexologists want to read about them. It encourages us to explore more ourselves. Please send a note and/or pictures about what you are doing in the field of reflexology.

Earn CEUs

Remember that you can earn CEUs by reading a book or viewing a reflexology video. Writing up a summary to publish in our newsletter can earn you CEUs.



Common Ground Country Fair Sept 21-23, 2018

At our January meeting, Chrissy Ravelli-Studer spoke about the history of our participation in the Common Ground Fair held in September in Unity, Maine. This fair is a draw for upwards of 60,000 fairgoers and is based on organic farming and agriculture and rural living. This is reflexologists' most visible opportunity to educate the public as well as offer mini-sessions of feet, hand or ear reflexology. Participating reflexologists receive free admission, receive donations, with an added benefit of sometimes gaining new clients. Reflexologists sign up for either a 9am to 1pm morning shift or a 1pm to 5pm afternoon shift. We seek four reflexologists per shift. Friday, Sept. 21st slots are filled. There is a need for three more on the Saturday Sept. 22nd morning shift and two more in the afternoon. Sylvie Letellier is co-originating Saturday so please contact her at 284-4778 or 590-6781 if you would like to participate - even if it is a maybe at this point. Karen Boynton who is coordinating Sunday, Sept. 23rd needs two more reflexologists, one in the morning and

one more for the afternoon. Contact Karen at 845-2702 or 691-5452.

Chrissy announced that she would like to mentor someone to replace her in 2019. She has been coordinating Fridays and setting up the booth and sending in the applications for approximately 30 years. Karen Tibbets stepped up to say she would try it out this year and maybe even set up a tent so she could be there on site for the entire fair. That would be amazing!!! Karen Boynton, our Sunday coordinator, announced that this to be her last year, so please let her know if you could replace her and discuss her role with her.

A big thank you to all who have signed up and to our coordinators. For those who missed out on signing up at the meeting, please consider taking part by contacting one of the coordinators above. You will not have regrets, I am confident. **MCR's booth is extremely popular, fun, rewarding and lucrative.**

Yours respectfully,

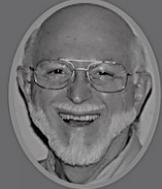
Chrissy Ravelli-Studer. 845-2352 or 691-8365.



**JAZZED about
Building Strong State
Associations**



Mia D. Earl, LE&OD Chair



Bill Flocco
Leadership Trainer

Does your State have a State Reflexology Association?
Do you have as many members as you would like to have?
Do you have as many members as you want actively involved?
Do you have thriving functional committees?
Do you have lots of members excited about working together?

If not, you need to attend this Leadership Education & Organizational Development (LE&OD) workshop being sponsored for YOU by the Reflexology Association of America and facilitated by Bill Flocco and Mia Earl on April 26 from 8:00 AM - 12:00 PM in Chicago.

This one is different...
work with you...
take back ho...
empower yo...
current LE&...
hours from t...



GC Meeting January 2018

Cancer Resource Society in Norway

Karen Tibbetts

Once a month, I present topics around self-help reflexology at the cancer center. I am on the calendar so everyone will know I am there. I bring my charts and handouts for them to take home. Every month I choose a different topic to discuss. They draw their hands on paper and we mark the spots of interest for that day. It gives them a visual to take home. I have been very blessed with the ladies that have attended the hour training. They are very interested and eager to learn more self-treatment. Caregivers have also benefited. It has been a great experience and has brought in new clients for my business.

Below is Karen happily at work.



Right: New Maine RAA Delegate-Karen Tibbetts was joined by Kate Winant and Lynne Marie Danforth on February 20th for an afternoon of 'Tea and Feet.' Since Karen volunteers at a cancer community center in Norway, we wanted to share with her the work of the Michigan reflexology research project. This included the treatment protocol that Barbara Bowers developed. Lynn was able to provide her with information and a foot map that she had shared with the council in October of 2014.





SoleWise School of Reflexology grads

Top left: Traci Martin, once an MCR member as a student, can now claim professional status. Traci is now a certified reflexologist with a full 306 hours.

Top right: Katie Greenman joined us for the 52 hour HANDS class this winter. We were thrilled to include her in our first full certification program. Newbie students enjoyed having someone with some reflexology experience in their midst so they could ask her questions as well as benefit from Katie asking questions. Sometimes we don't even know we have a question until someone else asks. And a big thank you to Kate Winant for taking part as a teachers.



Wellness Day at Longfellow's Greenhouse in Manchester

Top: Loretta Baker, Nancy Butler-Smith, Melissa Caswell

Bottom: Traci Martin, Claire Guy, Susan Buzzell

Member-In-The-Spotlight

Claire Blum-DeStevens

Newsletter Reporter, Wendy Decker

Before Reflexology: For 15 years I worked in Maine as an Occupational Therapy Assistant (COTA) and then moved to Upstate New York to be near my husband's family. I worked as a COTA for 13 years near Syracuse, NY with various populations: children in the school system, K-12, and some pre-school age children, Mental Health, Rehabilitation and Geriatric Services.

As a COTA in Maine, I had OT students. In the late 90's one of my students, Tina Allen, asked me if I wanted to take an Adult Ed class with her in Camden, Me. I agreed, having no idea what reflexology was. The teacher was Janet Stetser, and Susan Miller was her assistant. The class was great and it felt so good. I was having problems with plantar fasciitis, vertigo and migraines at the time.

By the end of the classes, my vertigo and migraines were so much better. Susan came to my house to give me a couple of sessions. The plantar fasciitis was better also.

After taking the Adult Ed class, I was so excited about reflexology! Soon I realized that reflexology could be used in my Occupational Therapy practice. I tried using it to provide deep pressure input to help organize children with attention difficulties. The children were more focused afterwards. Then I worked in rehab and tried reflexology on the hands with stroke patients. The people showed increased movement with arms. I talked about what I was doing with my supervisors. They were not happy with me doing reflexology. No one knew enough about it. I decide that I would take the 4 month course because I saw the value of reflexology. I found out that I could take the course on the weekends and signed up. I had a 9 year old and a 12 year old at home and was working full-time.

I loved it and completed Myra Achorn's "Treat Your Feet" School in Augusta in December 2003. I became certified in January 2005. During the time I took the course, I became more aware of my abilities as a healer. People at my job thought I was doing crazy things and they wanted to move me to only working with children. I became frustrated and looked for work in Maine and also New York as I wanted to return there. There was no OT in Maine close to me. I found a job in a hospital in Syracuse, NY on a new rehab unit. So back to NY my whole family moved, to live with my sister-in-law while we found land and built another house.

My new found knowledge to heal people did not go over well in New York either. After 3 months, I was let go. I could not believe it. Here I had moved to New York, expecting to start on a whole new career adventure and ran into a wall. It turned out besides not having OT work, I could not do reflexology. Finding out that I had Adult onset Attention Deficit disorder, I reluctantly took medication for it and found a job in a nursing home. I was

passionate about the elderly getting excellent care. All my patients felt like my grandmother to me, and I wanted them to be treated as such. The many medications that my patients were taking were very upsetting to me. I realized that I was not helping enough people as a COTA and in January 2005 decided to get my masters in Health Administration.

I needed more time to do schoolwork, but needed to still work. I found a job working in schools doing OT. For 16 months, I worked and completed the coursework online by August 2006. I loved going to school online and had never done so well in school before. The Attention Deficit medication was great.

I must have been learning disabled in school but no one ever identified me. I was a B student in school and had to study harder than anyone else because it was difficult to retain information. When I went to college at Oswego State, I was a bio major but did not do well. When I went back home to Queens, NY, I changed my major to Art Education. When I first went back, my dad who was a doctor recommended that I go see a special eye doctor. It turned out that I had a lazy eye and went for exercises for a year. After that I was not reading in a tunnel anymore and did better in college. I was able to complete a BA in Art Education.

A road bump in becoming a reflexologist

That is an understatement. I think I win the award for the longest one ever!!!! Soon after I completed the coursework for reflexology, I took a job in New York State. I did not do my research and did not realize that in order to do reflexology in New York State. I would have to be a massage therapist or a 4-year degree occupational therapist.

When I first returned to New York, without knowing that I was not supposed to practice, I completed some sessions in a health food store. One woman was so interested that she said that she wanted to come to my house and have another session. During the session, someone called and said that I was not supposed to be practicing as I was only a COTA and she was going to report me to the state. I soon came to the conclusion that the woman that came to my house was somehow related to the person who called and had set me up. Soon I received a letter from the state that I should not be practicing. So I was unable to practice for 13 years. I gave sessions for family members and



friends. As a Young Living member, I would go to meetings and provide sessions during the meetings. I had met a woman who also did reflexology, who helped me to become involved with essential oils.

Passionate about sensory integration working in occupational therapy, I realized that reflexology was a way to give input to the neurotransmitters and organize the body to help children with autism and people who had a stroke regain feeling and ability to use a leg, arm or improve speech. When I started working in rehab, I would give reflexology to people that had a stroke and notice marked improvement with regaining movement. My supervisors and other therapists did not know what reflexology was. They became concerned about the contraindications. I decided that I wanted to become certified so that I would be more knowledgeable and my coworkers would trust my clinical decisions. Taking the reflexology course gave me the knowledge and confidence I needed. I ended up finishing the course work for reflexology in beginning of December 2003 and moving back to Upper New York State.

I have been a MCR member since 2016 when I moved back to Maine to live in my mother's house after she passed away. Retiring from OT, I decided that I would

work as an Ed. Tech and work on creating a business in reflexology in Maine. Presently, I have secured a spot in a hair salon in the afternoons and make myself available to clientele who are waiting to have their hair processed.

I envision working at a wellness center and having some clients that I see in their home. When I have a decent enough client base, I would like to do a research paper on the effects of reflexology on people who have had strokes and are on the autism spectrum. Remembering all the work I have done to better myself is encouraging and maybe will give me the courage to develop a practice.

It was important for me to be a member so that I could network with members and learn more about how to create my business. In the future, I would like to learn more about reflexology, cranial sacral release, and myofascial release. My hobbies are swimming, skiing, reading, art exhibits, boating and kayaking. Boating and kayaking are my favorite things at the moment. AND I love my pets! For fun, I like to go to movies and music concerts, and out to eat. For my health, I swim, walk the dog, do spinning, and Pilates.

Claire Blum-DeStevens

Claire lives in Cushing ME and works mostly in Thomaston and surrounding areas.

Legislative Course

Reported by Wendy Decker

MCR voted to pay for the Legislative Course with RAA.

Wendy was our designated participant in the course.

I have enjoyed taking the Legislative Course Section 1 of 101. The students have learned many things about legislation, our individual states, and the reflexology and massage laws. I learned about the path of legislation, from a legislator sponsoring the bill to hearings, to the signing of the bill by the governor. We talked about contraindications and the risk to public health if clients go to a non-educated practitioner with 16 hours or less of education. Yes, reflexology is safe for healthy people, but there are reasons to avoid reflexology or changes to make to the session due to health issues. I wrote up a list of contraindications that could be used to present to the legislature if and when the time comes.

I am in touch with some reflexologists from WA, NH, ND, and TN and hope to find someone in NV to communicate with. I especially have received a lot of information from WA, ND and NH regarding either their registration or licensing situation and history.

Why do we want licensing? What do we hope to accomplish? The main reason for laws is to protect the public, so that must be our first concern. But from our point of view, we sometimes need to defend reflexology from the power of others. This can turn into a turf war, so

communication with organizations that are related is important. Though there are downfalls to insurance reimbursement, it could provide possible insurance reimbursement to interested reflexologists. It would increase public awareness, credibility and acceptance and possible scientific research possibilities.

It is preferred to get licensed for the elevation of the status of reflexology to a profession and to prevent the possible future emergency situation that the state could put us in which could cost individual MCR members more in the long run. It is likely just a matter of time before this happens. It is better to plan and prepare, than be blindsided and forced to deal with an emergency situation. In the meantime, we are exempt from the massage law and it is advised that we should keep that status until the day we decide we must get licensed.

When we eventually get licensed, we would do well to remember to be inclusive. The more people we include, the more people we have on our side. If we alienate someone, they may well cause a turf war situation in Augusta, which will only have the legislators shaking their heads, sending us off to work it out among ourselves.



The Reflexology Licensing/Legislative news: There are currently 5 state reflexology laws, **registration** in TN, and **licensing** is in ND, NH, WA and NV. Nebraska will probably be recommended by their Department of Health (in February) to the legislature to create a reflexology law, rather than an exemption. NY athletic trainers passed legislation out of the Higher Education Committee last week in the senate, but reflexology bills are still bogged down. Reflexologists have a bill in the senate and one in the assembly to get its own license under the massage board, as in other states (WA, NH, & NV). NY State doesn't want any more boards so the reflexologists are trying to get licensed under another board. Massage therapists in Georgia want to do away with exemptions and make everyone a massage therapist. Florida reflexologists are still required to be licensed in massage. There are massage bills currently in

GA, TN, WV, LA, and MD. In Maryland, reflexology has an exemption in the massage law.

I looked into getting a Proclamation written for World Reflexology week, but it would have to be done annually, or it would have to be written as a bill. I decided that was too much work for a proclamation and that a bill could come after licensing. Licensing is more important. I have all the information needed to create a legislative packet when we decide to start the legislative process. If we decide to start legislation, we are going to need members who are willing and able to go to hearings in Augusta at a moment's notice. But for now, we need members to help be

StateScape is a fee based legislative and regulatory tracking service lists 449 bills pending (2017-18) across the US under a massage search. The states listed for legislative bills just in 2018 include, AK, AL, AZ, DE, FL, HI, IA, IN, KS, KY, LA, MD, MI, MS, NE, NJ, NM, NY, OK, RI, SD, VA, UT, VT, WA, WI, WV, & DC. We also know there is movement in GA and MN to introduce legislation. These listings all need to be read to see how their passage could impact reflexology. HI & NE specifically relate to reflexology becoming exempt from the massage law. Who will help research this?

We Need To Be Informed For us in Maine, I set up a google alert to get alerts about licensing or legislation for massage and reflexology. Katie Greenman gets alerts from the state about possible reflexology related bills being introduced. The more members we have getting these alerts, the better informed we are. Monthly checks are recommended to keep watch over bills in the House and Senate that might concern us. Monitoring bills can be done online or by phone. Search keyword on state legislative websites, google alerts, or personally call your representative. Please consider checking the government website for bills pertaining to massage or reflexology and aestheticians.

watchdogs for any legislation affecting reflexologists in our state. Please contact Wendy 443-2572 or email her at reflexparties@gmail.com.

ARCB 2018 EXAM DATES

<https://arcb.net/take-the-arcb-exam>

Dates and locations are subject to change. When traveling to an exam site please verify with the ARCB® office that the test will be held as scheduled before booking your reservation. ARCB® assumes no responsibility to reimburse air fare or other expenses if a test is cancelled.

MAR 17 Orlando, FL
 APR 7 Nashville, TN
 APR 25 Chicago, IL
 APR 28 Pittsburgh, PA
 MAY 19 Portland, OR
 JUN 2 Indianapolis, IN

JUNE 9 Buffalo, NY
 JUN 9 Denver, CO
 JUL 14 Atlanta, GA
 JUL 28 Dallas, TX
 AUG 4 Seattle, WA
 AUG 18 Grand Rapids, MI
 SEP 8 Asheville, NC

SEP 15 Los Angeles, CA
 SEPT 15 Warwick, RI
 SEPT 29 New York, NY
 SEPT 29 DES MOINES, IA
 OCT 27 Phoenix, AZ
 NOV 10 Seattle, WA
 DEC 1 Baltimore, MD

Recording Secretary Responsibilities

The Recording Secretary must attend each Executive Board meeting and each MCR general meeting, usually 3 meetings each per year, and record the minutes of the meetings and attendance. There is a tape recorder used to record the minutes as well. The written minutes are then sent by email to the members of the EB and committee chairs for reviewing and approval. This usually requires a couple of hours work. A binder is kept of all minutes which are also saved electronically. Approved minutes are sent to the newsletter editor. Must also keep track of ballots and any voting results and elections. Must have a current listing of MCR membership. For more information, please refer to MCR By-Laws.

Being Recording Secretary and a member of the EB requires a dependable vehicle as it requires traveling to different locations in the state. Most meetings are held in Augusta and surrounding areas. Obviously, it requires a computer and to be able to check emails and keep abreast of reflexology news and issues. Most importantly, it requires a dependable and responsible individual who can take notes.

The benefits are creating bonds and camaraderie with wonderful people, and keeping abreast of reflexology news. It feels great to know you contributed to a wonderful organization and it also looks great on your website and Facebook pages.

Anyone interested can contact me at 207-590-6781 and I would be happy to go over everything with you and be available to you if you have any questions. Sylvie

Duties of President

The President shall oversee and be responsible for all actions of the Association. The President shall lead the General Council and Executive Board meetings in discussion and direct its work. The President writes a short letter to membership for each newsletter, keeps in close contact with the Executive Board and in conjunction with VP makes sure that everything gets done as discussed during EB and General meetings.

Duties of Treasurer

The Treasurer position has an MCR computer to work with and has QuickBooks installed to keep track of all MCR financial needs. The Treasurer attends all Board Meetings and has input on all Board discussions. Most of the communication is done by email, snail mail and telephone. The following is a list of duties for the Treasurer's position.

1. Collect and disburse funds as needed
 - yearly membership dues
 - workshop registration every other year.
 - Pay invoices and expenses as received.
2. Financial Reporting as needed.
 - Balance sheet and profit and loss for meetings.
3. Complete annual operating budget
 - Usually started in January for fiscal year beginning in July.

4. Complete annual tax filing
 - State Annual report and Federal 990N in January
5. Complete Kristen Erico Fund Loans as needed.
6. Reconcile bank statements monthly.
7. Maintain PC as needed.

Duties of Correspondence Secretary

The Correspondence Secretary must attend each Executive Board meeting and each MCR general meeting. The tools required to do your job are provided with in the MCR owned laptop. You will need internet access.

The main job is regularly checking the email account and forwarding important information to the Board member or committee chairs in need of the information. The busiest months are membership renewal time in June, just before the three MCR general meetings and before workshops. I check the emails every week, then daily when we are close to event dates.

There are a few members that do not have email access and you need to mail hard copies of ballots and important member information to a few members .

I also took on the Information Phone for MCR to help with questions from the Website. This is usually a question about School's for Reflexology. There are also questions about costs which you refer to the individual reflexologist as we all set our own rates.

I currently also help maintain the facebook page by adding events, photo's and sharing fun with reflexology information.

If you love reflexology and want to help spread the word then this is the job for you! MCR can not exist without board members and this job has helped me grow as a reflexologist.

If you have an interest in being the next Correspondence Secretary feel free to call me. Nancy

From the Membership Committee

There was a question regarding our annual professional listing. Reflexologists who practice in multiple locations would like to be listed in each town. President Aloisia's thoughtful and wise response to this is that we will use the location which matches our telephone number. ☎ Should you only do business with a cell phone, you will have to make a decision regarding which location is best for you to list. This is the location you should be writing in as your business address on the renewal form. ✉

Book Report

by Amelia L. Kinney submitted to ARCB January 29, 2018

The Educated Heart: Professional Guidelines for Massage Therapists, Bodyworkers and Movement Teachers. Nina McIntosh. Decatur Bainbridge Press. ©1999

“Being professional is just an educated way of being kind.” (p.11)

The main points of the book are safety of client; safety of practitioner; and the practical importance of not carrying on dual relationships with clients. The ways in which a practitioner holds a safe space for a client all have to do with a consistent, well understood and constant practice of setting boundaries. These boundaries draw imaginary and sometimes tangible lines around what things are kept inside a therapeutic relationship and what things are kept outside of a therapeutic relationship. “Boundaries are the heart of how we protect both ourselves and our clients.” (p. 24) This is in part why being a body worker feels somewhat like being a high school teacher in that to be truly good and successful at your business, you must regard it as a 24/7 endeavor, especially if you live and work within a small community.

Clients can only let down their guard, relax and heal within a safe container. The client’s feeling of safety, a recurring theme throughout this book, cannot be underestimated in terms of truly helping the client and of having returning clients! The paramount boundary components of a safe container for the client include this list: timeliness (starting and stopping on time); a clean and tidy office; being very clear about services fees and payment; clear and professional language in commercial advertising and communication with clients; not approaching clients in public unless they initiate contact; not making social dates with clients; dressing prudently; keeping a warm office; being clear about one’s scope of practice and referring out to other professionals when the clients’ conditions warrant a different sort of healthcare expertise. Moreover, MacIntosh advises not to sell products in your bodywork practice as it is a form of exploitation of the practitioner/client designation and assumption of a safe therapeutic container.

In order to have longevity as a bodywork practitioner, the safety of the practitioner is also an important value for any bodyworker to hold close to their hearts and minds. The practitioner keeps herself safe by doing all of these things on a daily basis: avoiding lawsuits and/or hurt feelings by keeping clear professional boundaries (not dressing provocatively, not bringing sex into conversation or entertaining sexual or social overtures by the client, unambiguous language in advertising and verbal contact); keeping a set and consistent payment policy; avoiding burnout by consulting with a professional supervisor or professional colleague; belonging to a professional association in order to keep learning and to have social contact with other bodywork professionals; and documenting with SOAP notes.

This book advises, and rightly so, that when it comes to dual relationships with clients, just don’t have them. I find this advice to be very helpful and refreshing. I live in a small community where I have many clients and I have had to turn down many clients’ proposals of friendship. It has made my life much lonelier to have done such an intuitively conscientious job of maintaining professional boundaries. Indeed, I have many returning clients, a solid reputation and a thriving business as a result of not entering into dual relationships. It was helpful for me to read that it requires much more effort and energy to maintain a safe container for the client when there is also a dual relationship at play such as a client who has turned into a friend. Not beneficial in the long run for either the practitioner or the client with only very rare exceptions.

The three most interesting aspects of this book for me were the case for professional supervision; a clear well-articulated definition of professionalism; and transference/countertransference issues. If one is lucky enough to have a great reflexolo-

gy teacher, one can call on her for professional supervision. After ten years in my practice, I now fully understand the need for consultation on an ongoing basis. We carry clients’ stories of pain and anguish and sometimes unresolved health issues: those stories over time can become a heavy burden to carry in solitude. Defining professionalism for a bodyworker is about articulating and describing the act of keeping professional boundaries at all times, inside and outside of the office. A serious discussion of transference and countertransference is not something I have come across in any of my continuing education workshops. In brief, “‘Transference’ means it’s not necessarily about us.” (p. 48) Concerning countertransference, if a practitioner does need help dealing with countertransference issues this presents just one more argument for the necessity for ongoing consultation with a supervisor or colleague.

This book was totally worth reading and I would consider this book to be a requisite component of any bodyworker’s training program. Fortunately, I already was familiar with some important themes of this book; however, I know many bodyworkers who are not well versed in the ethics of running a bodywork business. There are a lot of critical nitty gritty details that could ruin a practitioner’s business or cause it not to thrive if those details are not learned and not put into daily practice. Moreover, the practice of business ethics also goes a long ways toward continuing to validate our Reflexology profession!

I am going to recommend this book to every bodyworker I know who is open to brushing up on the ethical container within which they conduct their bodywork practice/business. I am so grateful and glad that I stumbled upon this concise guidebook with the apt title, “The Educated Heart!”



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Did you miss the fun at our January meeting? Be sure to join us in May!