



Dedicated to Professional Standards Established 1991

Volume 26 Winter 2016 Issue 1

Maine Council of Reflexologists
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Augusta, Maine 04332
www.reflexologyofmaine.org
info@mcronline.org

A Letter from MCR's President

Dear fellow reflexologists,

At our last general meeting MCR members voted in three new board members: Sylvie Letellier Recording Secretary, Lisa Schumacher Correspondence Secretary, Loretta Baker Treasurer - second term. Thank you Sylvie, Lisa and Loretta, for accepting these MCR positions. At the same time I would like to thank our outgoing Recording Secretary Alta Gross and Correspondence Secretary Connie Hubley for four years of untiring dedication to MCR in their positions.

The new board spent a large part of our first meeting with Susan Miller, chairperson of our bylaws committee and perused our Bylaws, as well as Policies and Procedures. Our bylaws committee will have changes available for your vote during our May meeting to reflect changes in the organization, e.g. 300 hours minimum education for professional MCR members, as well as some others.

At this time your board is busy organizing and preparing for the 25th Anniversary of MCR and information will appear later on in this newsletter.

Back in 1991 we were a group of 8 members, most of us former students of Janet Stetser who had an office and reflexology school in Waldoboro and later at her home in Alna.

Some of the original members stayed in Maine, some moved away, but for this Silver Jubilee all of us will celebrate. Chrissy Studer, Myra Achorn and Aloisia Pollock are still active members of MCR, filling various positions. Linda Best and Sandra Webber will join us in person to celebrate with us. Janet Stetser, Annette Wolfe and Magdalena Winkler will join us via skype.

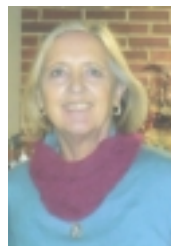
When we started MCR some of us had no idea how to run an organization but after some of us attended the first ICR meeting in Toronto, we were eager to start a reflexology organization in Maine. Janet Stetser led us by our hands, discerned our best qualities and encouraged us at every meeting.

Remembering all the various positions the original MCR members accepted over those first years brings to mind George S. Patton's quote:

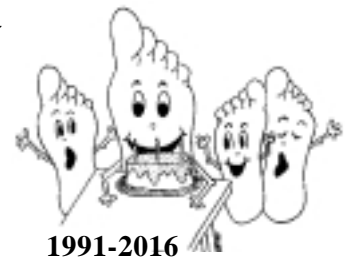
"Accept the challenges so that you can feel the exhilaration of victory."

Looking forward to seeing you all in May!

COME CELEBRATE May 14, 2016 in Augusta



*Aloisia Pollock, President
Maine Council of Reflexologists*



MCR Officers

President: Aloisia Pollock
Jefferson, ME

Vice President:
Myra S.Achorn, Augusta, ME

Recording Secretary:
Sylvie Letellier, Saco, ME

Treasurer: Loretta Baker
Farmingdale, ME

Correspondence Secretary:
Lisa Schumacher
North Yarmouth, ME

RAA Delegates:
Kate Winant, East Waterboro, ME

Newsletter Editor & Distributor:
Myra S.Achorn, Augusta, ME
Proofreader: *Claire Guy*, Winthrop, ME

Website Master
Wendy Decker, Bath, ME

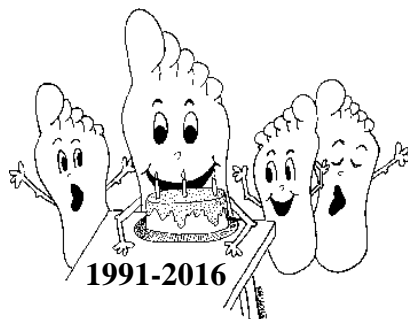
**25th
ANNIVERSARY
MEETING
May 14, 2016**
Saturday 9am - 4pm
**Senator
Inn & Spa**
284 Western Avenue
Augusta, Maine

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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.

**TO ALL MCR MEMBERS.
LETS MAKE THIS A
RECORD
ATTENDANCE**



**PROFESSIONALS, STUDENTS AND
SCHOOLS MAKE UP OUR 72
MEMBERS OF MCR TO DATE.**

**A warm and friendly invitation to all MCR members
to celebrate MCR's 25th Anniversary.**

Join us for a Jubilee Celebration and a Catered Cloud 9 Lunch Buffet

**Homemade Fresh Vegetable Lasagna, Country Chicken Pie in Pastry,
Baked Apples, Steamed Broccoli, Roasted Herbed Potatoes,
Senator House Salad and Garlic Bread. Chef's Choice of Dessert**

at the *Senator Inn & Spa*, 284 Western Avenue, Augusta.

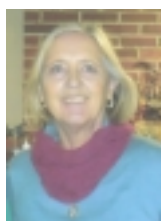
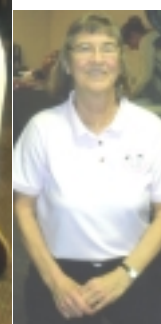
Date: May 14, 2016 ~ Saturday ~ Time: 09:00 to 4:00

R.S.V.P. for lunch ~ Call Myra at 626-3338 by May 1, 2016

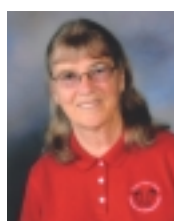
January 23, 2016 General Meeting in Augusta with our five Board members.



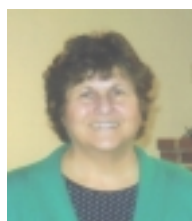
We did not
beat the
record of
attendance of
34, set in
Ellsworth,
2014



President
Aloisia Pollock
549-3077



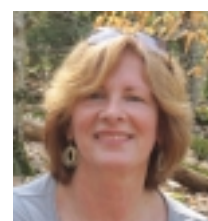
Vice President
Myra Achorn
626-3338



Treasurer
Loretta Baker
622-5580



Correspondence Secretary
Lisa Schumacher
415-9582



Recording Secretary
Sylvie Letellier
590-6781

MCR Continuing Education Guidelines (2/8/16)

As members of MCR, we need to further our knowledge on an ongoing basis. We intend to build a strong foundation for our success and realize our personal goals. We are committed to providing our clients with innovative techniques and up-to-date information. As a service to its members, MCR provides continuing education credits at its General Council meetings at no additional cost to members.

To maintain professional status, a total of **12 credit hours** (actual hours) is required within **every 2-year period** for continuing education. The two-year period begins with a member's first full MCR membership year, which runs July 1 to June 30. Excess credits earned in any two-year period do not roll over into the next two-year period.

Credit hours may be earned according to the following:

1. **Attending** the two (2) hour afternoon educational program offered by MCR. Each program gives you two (2) CEUs.
2. **Attending** a reflexology-related workshop or program earns one (1) credit per actual hour of attendance.
3. **Attending** a one-hour presentation or viewing a multimedia program on reflexology-related topics earns one (1) credit.
4. **Giving** a reflexology presentation or lecture earns four (4) credits; this includes preparation time.
5. **Reading** a book on a reflexology-related topic and submitting a two to four page typewritten report earns three (3) credits. The report either may be presented at a General Council meeting with the President's permission in advance or submitted to the newsletter editor for the next edition.
6. **Researching** a specific topic pertaining to reflexology and writing a one to two page report *suitable for publication in our newsletter* earns two (2) credits. Reflexology-related topics include, but are not limited to, the following:

foot reflexology hand reflexology ear reflexology reflexology techniques standards/ethics foot pathologies meridian theory

other theories
7. **Passing the ARCB exam** for foot or hand reflexology earns twelve (12) credits with proof of certification. (4/22/13)

Educational Opportunities

MCR next meeting: May 14th at the **Senator Inn & Spa**, 284 Western Ave., Augusta

Our 25th Anniversary Celebration! ~ A Silver Event!

Earn 2 CEUs Plus, enjoy the company of other reflexologists.

Winter, Spring and Fall meeting times: General Council 9am to 12:30 ~ Afternoon program from 2 pm to 4 pm.

October 22 Our annual trades with a theme. Thanks Everyone and don't forget to keep those ideas flowing! **Kate Winant**

RAA Conference: Anchorage, Alaska, April 29-May 1, 2016 ~ www.reflexology-usa.org

We will be looking forward to seeing everyone in Alaska. *Earn 12 CEUs*

ICR Conference: Taitung, Taiwan October 19-22, 2017 ~ www.icr-reflexology.org

ICR is committed to uniting reflexologists from around the world together and the ICR conferences play a vital role in achieving this goal. By working together, we can reach reflexologists from around the globe, bringing them together to share new and exciting developments in the reflexology field. *Earn 12 CEUs*

ARCB testing dates for 2016:

Go to their web-site www.arcb.org for future dates and testing requirements for Feet and Hands

Continuing Education News

The New Year started off with an exciting program presented by Melanie Clarke on the subject of Foot Reading. Thirty two members participated in the review and sharing, utilizing the techniques that she outlined for the group in a comprehensive handout. This way of looking at the foot shed light on another tool that reflexologists can use to support their clients.

As winter melts into spring, here are other programs that are in the works for 2016 and beyond. First, we looked at the upcoming May meeting - a 25-year celebration! We are calling it our 'Silver Jubilee'! The programs will combine small group discussions, presentations from some of our founding members and a catered lunch. We are hoping to have a big turn-out from our full membership and friends.

The fall will bring our annual trade in Ellsworth. This year's theme has not been solidified yet....if you have a special talent you would like to share, please contact me and we can develop a program together.

On November 5th, we are co-hosting a one-day workshop with the Massachusetts Association of Reflexologists (MAR). This is a RAA initiative to assist organizations in developing leadership potential amongst our memberships, with an emphasis in strengthening our individual talents. Christine Issel and Mia Earl will travel to New England to present this dynamic curriculum, "Leadership Education and Organizational Development." Through collaborating with MAR and the Vermont/New Hampshire professionals we can create a cost effective event that will spark our profession. I will be taking this course at the RAA conference and will be able to bring the information to the group in May. Hold that date for a 6 credit opportunity that will surely inspire your work and your being.



Respectfully submitted, Kate Winant
Continuing Education &
Program Chair
tevorranh@roadrunner.com



Mac above
reviewing
Michael's
feet

Foot Reading by Melanie Clark

Annual dues are \$50. Our fiscal year runs from July 1-June 30.

Need a renewal form? Go to MCR's website www.reflexologyofmaine.org.

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

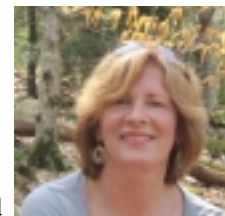


Current Members as of February 2016
72 of which 62 are professional level

**32 members attended the January
General Meeting in Augusta.**
Our record of 34 did not get broken.
**Please attend our January, May and
October meetings and enjoy the
fellowship of other reflexologists.**

New Members: Bonnie Van Durme ~ Norway, ME
2015~2016 Robin Van Buskirk ~ Brooklin, ME
Yvette Busch ~ Biddeford, ME
Karen Tibbetts ~ Oxford, ME
Lisa McNeil ~ Hodgdon, ME
Stephanie Tourles ~ Orland, ME
Nicole Jackson ~ Union, ME

Member-in-the-Spotlight ~ Sylvie Letellier



Volunteering to be this newsletter's Member-in-the-Spotlight is part of my "getting out of my comfort zone" mode. Here is my story: Born in Notre Dame du Lac, in the province of Quebec, Canada in 1959, I am the youngest of eight children. Mother was a "housewife" and father supported our family with our small farm and lumberjacking, potato picking in northern Maine, and road construction. Not much work was to be had and my family struggled. In May 1965 my oldest brother got his green card and moved to Biddeford. A few weeks later on June 15th, one of my brothers was killed, crushed by the tractor on our farm. My father and I were with him and witnessed the accident; even though I was six, I remember it like it was yesterday. Two years later in May 1967, with three children still at home, my family emigrated and joined my brother in Biddeford, Maine, where my father found work in the textile mill. An exciting time for me, as at age eight, I spoke only French and couldn't wait to learn English. Learning the language quickly, I became a translator for my parents who never really learned. Tragedy struck again on June 14, 1969 when another brother drowned in the Saco River. It was devastating! My losses as a child led me on a quest for knowledge about life after death and the spiritual side of our being. As a result I am thankful for my Catholic upbringing, but I also borrow bits and pieces of belief systems of other religions. It has helped shape who I am.

After graduating high school in 1977, and marrying the following year, I went to work at Nike, Inc. I was there for six years as inspector, computer stitcher programmer, and supervisor. With two young children and exhausted from working full time, taking care of my family and not sleeping much at night, something had to change. In 1985, I left Nike to open my home daycare; it has been a blessing to have influenced so many children's lives and to have made lasting friendships with so many wonderful families. A daycare provider for 30 years, I retired June 18, 2015.

In 1986 I became a US citizen. Through the years my search for ways of staying well opened my eyes to more holistic health care methods. Having had back and foot problems, I received Osteopathic manipulation and massage. My massage therapist became a great friend and mentor and introduced me to Reiki as a means to self-heal. I became certified in Reiki I and II, practicing on myself, family, and friends for many years. Also, I received a couple of what I call "visions" or "divine messages," where I would see my hands on people. At the time it freaked me out a bit...I thought I was pretty weird. Then a psychic I respected told me it was my inner guidance trying to make me see I was supposed to do healing work.

Interested in the medical field, I took a CNA class in 2001 and worked Friday nights at a local nursing home for a year, while still doing daycare. One night when I was going on break with my coworker, she said, "My feet hurt so bad!" Having learned pressure pointing a bit from my massage therapist I said, "Would you like me to pressure point your feet during break?...it would help you." She looked at me like I had two heads and said, "You would do that?" I said yes and worked on her feet for 15 minutes. When we returned to work, she said, "OMG..my feet don't hurt anymore!" I left the nursing home shortly after that and ran into her about five years later. She didn't remember my name but when I greeted her she pointed at me and said, "foot massage." I had tucked that experience away and reviewed it when it became clear to me the time had come to retire from daycare. I thought, "If I could help her feet feel better when I didn't know what I was doing, imagine what I could do if I did." *So started my interest in Reflexology.* I knew it was right and meant to be when Myra was offering the class on weekends, enabling me to continue daycare while learning a new career.

In August of 2014 I became a Reiki Master/Teacher. In September I attended Myra's Treat Your Feet ~ School of Reflexology, which opened new possibilities for me and changed my life. My home also started a transformation, compliments of my husband. His man-cave over the garage became my new office/studio; it has an ocean theme and reflects peace and calm. A new man-cave is being built in the basement. May 15, 2015, I became certified! My clients are of all ages and I go to the homes of those who cannot come to me. I love my work and find that Reiki and reflexology complement each other well. My specialty is in the areas of arthritis and plantar fasciitis since I have both. Having had much success with migraine pain and sciatic nerve pain, I love that I have been able to help my clients feel better and acquire better health.

As for my own health, my diet is now practically gluten free and dairy free as those caused inflammation in my body. I am pain free as a result. Cooking healthy meals and nourishing my body well are important to me, (I still cheat with sugar and chocolate, however) and my love of yoga keeps me moving. I also surround myself with loved ones. In the future, I want to learn Cranial Sacral Therapy, do deeper spiritual energy work, and maybe become an Herbalist, all of which I feel my clients could benefit from. I have enjoyed all the workshops I have attended and took something from all of them. As a professional MCR member, I have recently become the Recording Secretary for our organization (again taking me out of my comfort zone). I love the wonderful reflexologists I have met through MCR and like knowing what is current in the reflexology field. My vision for reflexology and Reiki is that someday insurance companies will cover these treatments enabling more people to receive this.

When I am not working, I LOVE to read! Other loves are the ocean (can never get enough), taking walks with my husband, hiking and bike riding. I also enjoy writing and have the memories of my daycare to draw from to write tons of children's books. Look for this in the future. Someday, I would also love to write my great aunt Fabianna's story. She was born with club feet and has always intrigued me. I believe she is with me in spirit and has guided me to do this wonderful work and inspired me in finding my business name...Fabianna/Fab.. Fabulous Footworks.

Love and blessings to all of you my fellow reflexologists.

Sylvie Letellier

Taking Reflexology for a Walk

by Katie Greenman, reflexology apprentice

Last October I committed to joining the two-week Maine Peace Walk from Ellsworth to Portsmouth, NH. As an apprenticing reflexologist I imagined that I could assist other walkers by offering foot treatments after our daily walks of 10-15 miles along Rte 1. The sessions would be informal and individualized. If I had thought too much about the ergonomic challenges of pulling this off in outdoor and indoor settings, from park benches to church pews, I might have hesitated. But the only way to try something like this is to jump into the journey with both feet (and hands!) and be confident that I could adapt.

Into my bag went a full pack of “free & clear” wipes, a bottle of arnica massage oil, a small pillow, and a canister of lanolin (for my own and others’ blister prevention). Our support vehicle would be carrying extra water to supplement each individual’s supply so hydration was not a concern. Hand sanitizer? Yes, another essential. On the road during rest stops walkers could keep their socks on, not ideal, but my work on their feet would still be effective for relieving foot and body stress.

Day one offered the first opportunity to adapt reflexology on the road. We stopped for lunch at an abandoned roadside rest stop. A friend was resting on her back stretching her legs up into the air. I thought if I could stand facing her stretched up leg and rest her foot on my thigh, I could work each foot one at a time and relieve some of her stress. She later wrote, “The foot reflexology, not surprisingly, eased the soreness from a long day’s walk. What came as a surprise to me was the full-body relaxation and discharge of blocked energy that I experienced—a true gift.”

That evening another walker, not having prepared adequately for the walk, was having serious muscle soreness and foot pain. Eager to have his feet worked on, he lay down on a narrow bench at a lunch booth while a potluck supper was being organized at H.O.M.E. in Orland. I pulled up a chair, supported his foot with the pillow on my lap and did the best I could to relieve some of his tension. He needed to give his feet a rest for the coming days.

In Rockland, I noticed a weary younger walker looking hopeful as I worked on another’s feet. He had removed his shoes and socks and was glad I offered since he was a bit shy about asking. While the greatest benefit for him was the realization that he needed “to take care of my feet more often and make them more comfortable” he also testified that “with each push on my feet and manipulation of those aching tissues, the miles sloughed off and at the end of the treatment, my feet forgot they had just walked many miles.”

Most of the long distance walkers received one or more treatments during the two-week walk. Jun Yasuda, the Buddhist nun who walked with us the second week, also worked on feet. For most of her adult life she has participated in peace walks around the world and across the United States. Over the years she has picked up techniques from massage therapists and reflexologists. When the Maine Peace Walk reached Saco, we worked on each other’s feet in a church vestry. A huge corn on the heel of her left foot was troubling her, but not preventing her from fulfilling her Buddhist peace walker’s mission. The lanolin I brought gave her relief. One of the Veterans for Peace declined my offer. I was reminded that for some Vets, especially those with PTSD, touch in the form of reflexology may stir up emotions that they are not willing to visit in a public or a private setting.

Fellow walkers kindly offered testimony for me to include in this article and I hope their positive responses might encourage other reflexologists to embark on a similar adventure with their much greater skill and experience. All appreciated my willingness to offer comfort and support. “The reflexology was relaxing, rejuvenating, and entirely enjoyable,” reported one walker. Another wrote, “Had it not been for her services I surely would not have been able to finish the walk. I never realized how the gentle touch of reflexology could not only eliminate pain, swelling and stress in one’s feet but also induce a sense of calm and relaxation.” It was as much the compassion as the touch that eased walkers to the next day’s challenge.

All of us on the walk brought our own unique skills and personalities to contribute to the Maine Peace Walk community. My gift not only benefited others, but also renewed my own sense of well-being, for as I worked, I felt rejuvenated through the meditative, calming sensation that comes with reflexology.

Tea & Feet at Myra’s home in Augusta



Karen Boyton, Emily Cyr, Chrissy-Ravelli-Studer, Susan Miller and Myra Achorn

Next Tea & Feet

at Karen Boynton’s home in Washington, ME
March 16, 2016 - 1:30-4:30pm - Limited to 6
845-2702 RSVP

Four new MCR members



Karen Tibbetts, Oxford
Stephanie Tourles, Orland
Lisa McNeil, Hodgdon
Nicole Jackson, Union

Two new certified reflexologists



Karen Tibbits
Oxford



Katie Greenman
Orland