



Dedicated to Professional Standards Established 1991

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Maine Council of Reflexologists
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Website Master
Wendy Decker, Bath, ME

NEXT MEETING January 28, 2017

**Saturday 9am - 4pm
(snow date Feb. 4, 2017)**

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

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A Letter from MCR's President



It's harvest time again and I hope your summer was successful, both professionally and personally.

We are growing up culturally and are becoming more and more aware of the impact our wasteful way of life has on the natural world. Many of us have become ardent supporters of alternative energy (including the other kind, electricity) and are great recyclists.

Thinking about that topic I would like to use this letter to thank all those (old-time) members who currently serve on the board or head a committee and have been "recycled" several times by filling many positions at MCR during the course of their membership.

Thank you Myra Achorn, current Vice President and Newsletter Editor for your many years of service in several capacities since MCR was founded.

Thank you Chrissy Ravelli-Studer for being a faithful member since our formation and heading the Common Ground Fair Committee as well as the Historical Committee in the past.

Thank you Wendy Decker for creating our new website single-handedly, heading the Standards & Ethics Committee, as well as the Brochure Committee and serving as Vice President and President in the past.

Thank you Claire Guy for stepping in as the Membership Committee Chair right after finishing as Vice President. Claire also served as a RAA delegate for several years.

Thank you Kate Winant for heading the Continuing Ed Committee for many years and adding the position of RAA Delegate to your duties when we could not find a delegate in our membership.

Thank you Susan Miller for heading the By-laws Committee and the P&Ps Committee for many years.

Thank you Alta Gross for moving from Recording Secretary to the Legislative Committee Chair to now joining the Website Committee.

I do not want to leave anyone out and do thank all of you who currently serve on the MCR board or joined a committee!

Some of our dedicated "recycled" members will want to rest after many years of service to MCR and I plead with those of you who never held an office before to "step up to the plate" and fill some of the positions that will become available in the near future. Later on in this newsletter there will be a list of positions which are currently open or opening up where you can choose from.

Alta Gross told us at the last meeting that committing to holding various positions has helped her grow personally and obtain new skills and how glad she is that she overcame her original trepidation and joined the MCR board and later headed a committee.

I will end with a salute to "recycling" and thank all new(er) members in advance of your commitment to serve on the MCR board and committees, reminding us all of the age-old adage: "Nothing ventured, nothing gained."

Sole-fully yours,

Aloisia Pollock, President

Maine Council of Reflexologists

Loretta Baker, MCR Member-in-the-spotlight

I was born in Boston, Massachusetts and lived there until the age of 12, when my parents bought a home in Canton, a suburb south of Boston. I moved to Maine when I was 35 and I love Maine. I consider this my home, even though I am not a true Mainer. I have three sons who have decided to live and raise their families in Maine. My older brother also moved to Maine to be near family.



Before I became a reflexologist I had many occupations, including a Union Bricklayer and an armed security guard at Maine Yankee. When the plant closure was announced I took the first layoff and went back to school to obtain a degree in Accounting. I went to work for the State of Maine in 2000 as an accountant and retired in 2013.

I first became interested in reflexology by seeking treatment for the heels of my feet. They were very painful in the mornings and during walks. A co-worker told me that he goes to a reflexologist in Augusta. Before seeking the help of a podiatrist, I chose to look on the internet under reflexologist, found Myra's website and chose Colleen Ouellette from the Augusta area. I went monthly to Colleen for 5 years and to this day my feet are pain free. With Colleen's encouragement I attended Myra's School and became certified in January 2013. I enjoy being a reflexologist and helping my clients feel their best. I have met many wonderful people. I have also taken Reiki I and II classes for use mostly at home.

I like belonging to an association of fellow reflexologists, and really enjoy the community, continuing education, and learning new ideas from members. I have been a member for 3 years, and became Treasurer of MCR as soon as I became a professional member. Having accounting experience really helped with this position. Also it has given me an opportunity to help MCR and also get to know members more on a one-on-one basis. I have learned a lot along the way. Becoming involved with MCR has really been a great experience.

Having only attended one workshop so far, I find them very informative and helpful in increasing my knowledge. In the future, I would like to study the lymphatic system to help with cases of edema. I am looking forward to attending our next workshop.

I love to walk and hike. Reading is also a favorite. I attend weekly Pilates and Yin-Yoga classes. Spending time with my grandchildren, participating in family events and traveling with my husband when I have the opportunity is a blessing.

I enjoy MCR meetings and getting to know more of the members. Our members are so diversified in talent, it is interesting to learn about them and how they became reflexologists. I look forward to talking to current members and new members of MCR.

*Interviewed and edited by
Wendy Decker, Newsletter reporter*

Benefits of Taking a Walk

I first met a reflexologist at an MS benefit walk. It was a long walk and she had set up a table where she was giving free reflexology sessions to the walkers and providing information about the benefits of reflexology. I tried it then and it felt really great—I have had trouble with my feet all my life. I then went to her for a couple of times and then I also received a gift certificate at Christmas so I went again! Reflexology really helped and for about ten years now I have continued with reflexology regularly about every five or six weeks! I have done this because I get great relief! I have had a lot of foot problems including plantar fasciitis, arthritis, frozen ankle and repeated foot injuries. I can tell you that my foot pain has ruined a number of days. I believe that our reflexology sessions have helped me maintain my overall health, which, considering everything, is pretty good! I do believe in the holistic approach to caring for ourselves. I will continue with reflexology regularly and am pleased to give this testimonial. **Sandy**

Stephanie Tourles
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REFLEXOLOGY: Art, Science & History
By Christine Issel

- *Book Report* -

For this book report, instead of writing a long summarization of Christine's amazing work, I'd like to share with you the portions of the book that have made the greatest impact upon me and those I found most beneficial towards building my reflexology career, and why.

The main focus of Christine's research was to delve deeply into the origins of this complementary modality that we call reflexology. Slowly digging up and peeling away, layer by layer, every speck of information that crossed her path, she endeavored to unearth the fascinating history of this science and art we reflexologists love so dearly. Upon completing her research at the time, she wrote this incredible book in which she shares her discoveries, the results of her quest for knowledge - a timeline of and evolution of reflexology, from its early traceable beginnings in the tombs of Egypt, as well as from ancient Greece, China, and India, to the modern Europeans, the Americans, and all the way to late 20th century – with many other countries and cultures in between. I feel she accomplished her goal quite well.

What struck a resounding chord with me was her statement, . . . “that the practice of foot work appears in diverse cultures throughout history in different ages, and in sites far removed from each other.” I found that most intriguing, to say the least. She then went on to mention that renown reflexologists, Barbara & Kevin Kunz, theorized in their publication *Reflexions*, “that reflexology may well be an archetypal form of foot work found everywhere in the world.”

To be honest, the term archetypal is not a term that I often come across, so I had to look it up in order to have a greater understanding. According to my Webster's Dictionary, archetype means, “the original pattern or model after which all things of the same kind are copied or on which they are based; a model or first form; prototype.” I think I like the definition from Jungian psychology the best, though, “a collectively inherited unconscious idea, pattern of thought, image, etc., universally present in individual psyches.” This last definition helps me understand the Kunz's theory, and their concept seems to be substantiated according to Christine's research, in that different forms of working on the feet to affect health have been used by people all over the world since the beginning of time – thus no one culture can claim to have “discovered” reflexology. It is evident, from her research, that the relationship between the feet and the internal glands, organs, and systems of the body has been recognized by many civilizations prior to recorded history.

Chapter 3, “The Americans And Reflexology”, definitely plucked a heartstring with the mention that several tribes of North American Indians used some kind of pressure-application foot work as a source of healing, specifically the Cherokee Indians of the Blue Ridge Mountains in North Carolina. I have deep family historical roots there. In fact, Asheville, NC, derived its name from my great, great, great grandfather, Samuel Ashe, who served as the 9th Governor from 1795-1798. It was my grandfather, Earl C. Ashe, who initiated me into southeastern herbalism as a child, and many of the plants used in Cherokee herbal medicine were included as part of my training.

Jenny Wallace, a full-blooded Cherokee Indian is mentioned on pages 48-49. My spirit totally resonates with her. She states that in the Bear Clan – the clan of her father – feet are important. In her tribe, “working on the feet is a very important healing art and is a part of sacred ceremony that you don't have to be ill to take part in.” “Your feet walk upon the earth and through this your spirit is connected to the universe. Our feet are our contact with the earth and the energies

that flow through it.” This last statement is the reason I go barefoot most of the time (weather permitting)! Additionally, Jenny begins her foot work sessions by bathing the feet – which I was also taught to do while attending Myra Achorn’s school - then pushes any negative energy out of the body through the feet. She also sometimes uses oils on the feet, sage or dandelion soaks, and clay packs – depending on the needs of her clients. I also use herbs in my sessions. It would have been an honor to meet her and observe her treatments, but at least, through Christine, have been able to learn about her.

Chapter 7, “The Art of Reflexology”, is so full of useful information with regard to the successful practice of reflexology and client-practitioner relationships, that I’ve found myself reading this chapter over and over, telling my hypothalamus - as my wise teacher, Myra Achorn, instructed me to do when I want to commit information to memory - to absorb every noteworthy morsel. Here are some of the points that I found most valuable . . .

1. “For many, the most difficult aspect of reflexology is the fact that the technique is so simple, and the practitioner does not need instruments, only his hands. Actually, the best results are obtained when the reflexologists’ thinking and treatment come from knowledge of human nature – whether that be intuitive or learned, coupled with compassion and love – and not through a knowledge of disease – although a good understanding of anatomy and physiology is necessary.”
2. “Holistic methods of healing, to which reflexology belongs, do not isolate a disease and treat that alone. They deal with the whole person – his body, mind, and soul. The holistic practitioner does not work specifically on the problem organ or the malfunctioning system, but always on the whole person.”
3. “When healing takes place, it is due to many factors. The restoration of health usually results where there occur the following conditions: a) homeostasis, that is the correct relationship between the body and the diseased area; b) a balance between the body and its environment; and c) a balance between the individual, his body, and his personal relationships – whether at work, school, home or play, with someone else or himself. Making peace of mind and spirit the primary goal is important. Rest, a change of environment, and/or a change in mental attitude will often create a healing environment and bring about better health.”
4. “It has been found that healthy people are healthy because of what is going on in their minds, not so much what is going on in their bodies. They have the capacity to live life and accept illness as a teacher whatever their physical condition.”
5. “Today, the affect of thoughts and feelings upon physical health and behavior is acknowledged by psychologists. Working on a one-to-one basis, for 30-60 minutes, depending on what modalities are incorporated into a session, reflexologists will find they are reaching their clients on several levels – the physical, through touching; the mental, through the release of endorphins and personal attention; and the spiritual through his caring and compassion.”
6. “The primary aim of reflexology is to relax the body so that it is receptive to healing.”
7. “An atmosphere filled with humor and love will help develop the client-practitioner bond.”

8. “The reflexologist can inspire the patient’s confidence by listening more than talking. Actually, if a therapist does nothing more than listen to people, the clients will feel better and they will thank you.”
9. “It is stated over and over by various authors on reflexology that reflexology works by getting the body to relax. Relaxation of the mind and body eases tension and allows the healing to occur. The practitioner is not the healer. He acts only as the mediator for the body and mind. What he is doing is creating the opportunity, through relaxation, for the client’s own powers of healing to become effective. The client, in turn, must be willing to let go of his illness in order to heal.”
10. “The best qualifications a reflexologist can have are: a) an understanding of the interaction of body, mind, and soul; b) a positive inner attitude towards the client; c) professional integrity; and d) good theoretical knowledge.”
11. “In order to utilize the full healing power of reflexology, the client will have to free his mind from traditional thinking.”
12. “Reflexology is a creative art and requires hard work, practice, and devotion that all forms of creativity do. Therefore, it is important when approaching reflexology, or any healing modality, that the practitioner have an understanding of man’s true nature and a belief in the healing techniques chosen for use. Studies have proven that when a doctor believes in, or is interested in, the remedy he prescribes, the results are better than when he is doubtful or indifferent. **THE SAME HOLDS TRUE FOR REFLEXOLOGISTS.** If you know and believe in what reflexology can accomplish then you will have the best results possible.”
13. **BELIEVE IN YOURSELF AND THE POWER OF REFLEXOLOGY!!! YES, INDEED!**

Chapter 8, “Reflexology by Reflexologists: Thoughts, Techniques and Discoveries by Various Reflexologists”, to me, is like reading the notes from a “reflexology round table meeting of the masters”. If only I could be present in a room full of these experienced practitioners! I read this chapter quite often, and eventually will try many, if not all, of their techniques, deciding for myself what works best for me and my clients. Each reflexologist who submitted their thoughts, approaches, techniques, and tips to this chapter had something significant to contribute – as far as I’m concerned. Personally, I think it would behoove the members of the Maine Council of Reflexologists to hold “round table discussions” for 1 hour +/- at each meeting. This would allow the free flow of experiences, questions, and conundrums between us all – being extremely beneficial for less experienced members. As part of this council, aren’t we supposed to learn from each other and not just grow in numbers, but also in knowledge? Knowledge, that is, in addition to that imparted by the guest speaker? I digress . . .

In conclusion, Christine’s book took me on an amazing journey. What I first viewed as “dry reading” when I initially slogged through it in the late 1980’s and again in the 1990’s, while training with The International Institute of Reflexology, has now become material that is succulent, full of delicious juices that make my mouth water with the anticipation of what my reflexology career will eventually blossom into.

On March 30, 2016, I successfully passed my final reflexology exam from Myra Achorn’s “Treat Your Feet School of Reflexology” in Augusta, ME. Myra fed me, and my fellow classmates, the requisite knowledge needed to produce effective, holistic, compassionate, business-savvy reflexologists. Now, finally . . . I’m re-launching the reflexology career that I should have stuck with decades ago.

Standing Committees ~ Committee chair listed in bold

Membership	Claire Guy (207) 441-5670 , Kate Winant
Continuing Education	Kate Winant (207) 229-7276
Bylaws	*** Chair Opening Wendy Decker, Claire Guy
Legislative	Myra Achorn, Monitoring state legislation
Standards & Ethics	Wendy Decker (207) 443-2572 Myra Achorn

Other Committees

Newsletter	*** Editor (Opening) , Claire Guy, proof reader
Website	Wendy Decker (207) 443-2572
Brochure	Wendy Decker (207) 443-2572 , Sylvia Young, Donna Dyer
Library	***Opening (Indexing: Aloisia Pollack, Alta Gross, Sylvie Letellier)
Historical	Karen Boynton (207) 845-2702

Ad Hoc Committees

Reflexology & Cancer	Lynn Marie Danforth (207) 767-5776 , Mac MacDonald, Margery Hatch
Tri-for-a-Cure	Lynn Marie Danforth
Common Ground Fair	Chrissy Ravelli-Studer (207) 845-2352 , Karen Boynton

RAA Delegates 2 year/2 terms

RAA Delegates Kate Winant (207) 229-7276 Oct 2014 to Oct 2016

Other VIPs - Tasks Mail Coordinator **Emily Cyr** ~ Bank Statement Monitor **Karen Boynton**

MCR's Board for 2016 ~ 2017



President
Aloisia Pollock
549-3077



Vice President
Myra Achorn
626-3338



Treasurer
Loretta Baker
622-5580



Recording Secretary
Sylvie Letellier
590-6781



Correspondence Secretary
Nancy Butler-Smith
592-4573

Educational Opportunities

MCR next meeting: January 28, 2017 at the Mediation & Facilitation Resources Center, 11 King St., Augusta

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

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

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*

The 2017 conference is slated to be held in Taipei, Taiwan. If you begin now by saving the payment of one session a week you will have saved enough to attend! So mark your calendar and make your plans.

RAA Conference: Chicago 2018 ~ www.reflexology-usa.org

We will be looking forward to seeing everyone at the next conference. *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

For the past six months I've been receiving reflexology treatments

Since earlier this year I have made monthly reflexology sessions with Katie a regular part of my life, and am grateful to have found such a pleasant, effective way to alleviate stress and restore balance. It's like having found a missing "peace." Soothed by Katie's "soleful" music and her gracious, professional touch, I'm able to drift into a deeply relaxed place of well-being. The benefits are both subtle and deep, immediate and lasting, and I believe cumulative—as with other alternative therapies, the benefits seem enhanced by regularity. My feet and I look forward to this monthly reminder to release tension, breathe deep, and reset to calm, cared-for well-being. Thank you, Katie!

Jane, Penobscot, Maine October 2016

Common Ground Country Fair ~ Sept. 23-25, 2016

A BIG THANK YOU GOES OUT TO ALL WHO PARTICIPATED IN THIS YEAR'S FAIR.

A SPECIAL THANKS TO THE COORDINATORS

CHRISSE RAVELLI-STUDER ~ MARYANN RATTEREE ~ KAREN BOYNTON



Sylvie Letellier
Michele Nettles



Karen Boynton



Loretta Baker



Sandy Webber

SPECIAL THANKS TO THOSE WHO PARTICIPATED IN THIS YEAR'S TRI FOR A CURE

A MAINE CANCER FOUNDATION HELD IN SOUTH PORTLAND, MAINE



Mack McDonald
Lynn Marie Danforth



Mary Patterson



Sylvie Letellier

Turning The Tide Ovarian Cancer Survivor Retreat 2016



Four reflexologists in Maine dedicated the day to a group of strong, courageous women. It is a most humbling and gratifying experience. Some of us take our health for granted. Some have more of a struggle to stay healthy. The reason we do this work is to help others find a moment of peace, perhaps, even a moment of feeling healthy.

In October 2012, a dream was realized for two dynamic ovarian cancer survivors. Their dream was to provide a restorative retreat for other ovarian cancer survivors in the northeast. The Kennedy family of Camp Kieve and The Kennedy Learning Center (Maine) provided the retreat space (in honor of a family member with ovarian cancer) and this restorative retreat was born. FMI: www.turningthetideovarianretreat.com
September is Ovarian Cancer Awareness Month. Teal is the color representing ovarian cancer.



*Pictured-clockwise:
Chriss Hayden, Claire
Guy, Mary Patterson,
Kathrine Baril, Chriss
& Claire*

1
in
72
women will develop
ovarian cancer in
her lifetime