



Dedicated to Professional Standards Established 1991

Volume 20 Fall 2010 Issue 3

MCR Officers

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

Vice President: *Susan Miller,*
Tenants Harbor, ME.

Recording Secretary:
Linda Nickerson, Portland, ME.

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

Correspondence Secretary:
Sarah Filliter, Yarmouth, ME.

Newsletter Editors:
Myra Achorn, Augusta, ME.
Wendy Decker, Bath, ME

Newsletter Distribution
Myra Achorn, Augusta, ME.
Wendy Decker, Bath, ME.

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

www.reflexologyofmaine.org
info@mcronline.org

NEXT MEETING

January 8, 2011
Saturday 9:30am-4pm

Hampton Inn
Bath, Maine

Snow date Jan. 15th

Inside this Issue:

President's letter	1
Secretary's Report	2 & 3
Member-in-the-spotlight.....	4
Increase Reflexology Training Hours	5
Educational Opportunities.....	6
Financial Report	6
Food For Thought.....	7
Newsletter Articles.....	8
New Board Members.....	8
Directions to January's meeting.....	9
Common Ground Fair	9
Membership Listing 2010-2011..	10-12

MCR's Brochure (attached)
Voting Ballot

A letter from MCR's President:

A warm welcome to Sarah Filliter and Linda Nickerson our new board members. Thank you for volunteering your time to MCR and stepping in to keep our organization running smoothly and efficiently.

We appreciate our volunteers and are currently searching for a second delegate to represent us at RAA, along with Claire Guy. I am so grateful to Claire for taking up the challenge when I asked her two years ago. Now she is using her incredible publishing talent and produced a stellar RAA magazine that uplifts our profession.

We all have skills however small or impressive. How satisfying it is to use them in service of others and to work together as a team. So never be afraid to step into a role that is unfamiliar. That's how we learn and grow.

The end of the year is a good time to take stock of our accomplishments as follows:

Refined our by-laws and elected new board members. You can find our revised by-laws on our website. Thank you Wendy Decker for creating a very professional website packed with useful information.

Purchased items for our outreach program thanks to June Atherton. We used them at the Botanical Gardens, Common Ground Fair, and Tri for Maine Cure. Thanks to all who participated and to those who spread the word about reflexology in many other outreach events as noted in the minutes.

Discussed legislation/registration, education and research at our meetings. Our successful experiment with a Skype session with Liz Malone from New Hampshire enables us to exchange information with other states. We will continue keeping tabs on what is happening nationally via video conferencing by inviting speakers.

Seven MCR members attended the RAA conference in Colorado. We are proud of Alison Gingras who serves as RAA's vice president, and Claire the editor of the quarterly magazine.

Next year will be MCR's 20th anniversary and for starters we are meeting at the posh Hampton Inn in Bath. The MCR board is getting together on Friday to address issues and plan our next steps. We hope to see you there. If you come the day before perhaps we will meet in the hot tub!



Alina Blakesley

Member-in-the-spotlight

Helen Melvin: Member in the Spotlight

In the realm of health alternatives, my philosophy would be: DO THE BODY NO HARM! (Hippocrates) In the late 1980s and early 1990s life was very difficult for me healthwise. A state of poor health brought me to the realization that I needed to take control of my life and health, but at that time, I didn't know how. Two events completely turned my life around...the study of herbs and reflexology. My mom introduced me to a video that talked about the School of Natural Healing. I signed up for classes and began my study in herbology. The study consisted of 22 correspondence courses (with hands-on activities involved) and an onsite 6 day certification seminar in Springville, Utah. I'm allowed to put M.H. next to my name and to teach herbal classes. J The school was mind-opening and resulted in not only a Masters degree in herbology, but a complete change in eating habits. (Herbology, like many other alternative methods, is not licensed here in Maine.)

I began a new healthy lifestyle. It was in Utah that I was first introduced to reflexology. I knew that I would take a reflexology course if ever I had the opportunity. A year later, a reflexology course was offered in St. Hillaire/ St. Jacques, Canada. I had two RAC certified instructors: Hilda Laplante and Linda Deschamps. After a 2-year study, I received my certification from RAC (Reflexology Association of Canada). In order to certify, RAC requires a minimum of 248 hours. For a fact, I put in a lot more because I kept joining classes where most of the students would quit after they found out how intense the course was. It took me 2 years to certify. I started in a French class and transferred to an English class twice (students kept dropping out). My 2 instructors were bilingual. I was active with the New Brunswick group until it disbanded.

By profession, I was a second grade teacher for 37 years and an adjunct professor at UMFK for 7 years. In 2007 I retired from elementary teaching and the following year I retired from teaching at the university as well. Retirement has allowed me the time to pursue my two loves...reflexology and herbology. I give herbology courses, workshops, and talks during the year as well as herbal walks during the summer. I've given reflexology talks to cancer support groups for the last 3 years; volunteered services to flood-relief workers and given support to high school clubs; explained reflexology on Wellness Days at our high school; and donated my skills on Teachers Appreciation Day. Reflexology has been incorporated in all my herbology courses. I fully understand the importance of decongesting our body through reflexology, massage, chiropractic work, etc. as well as eating wholesome, mucus-less, healing foods.

I am a member of RAC, MCR and RAA. To keep my certifications, it's important for me to continue educating myself. I'm hoping to learn more about new reflexology studies being introduced (hand, ear, vertical, facial). I would like to see RAA standardize its teaching, tests and certification as is the practice in Canada

HOBBIES: My hobbies include organic gardening, reading, genealogy, walking and making my own herbal remedies, salves, and soaps. Work is not a chore but a joy as I appreciate the fact that I now have the health and energy to do it. I enjoy working around the house and do volunteer work in the community. I keep close to nature through all aspects of my life. For health maintenance, I visit a chiropractor, drink green smoothies (with superfoods), and exchange reflexology treatments for therapeutic body massage. For fun, my husband and I travel and visit our children and grandkids scattered in the U.S. and Canada.

My reflexology office is in my home in Fort Kent, Maine, though I also take it on the road (schools, health centers & private homes).

Submitted by Wendy Decker

Helen



How Do I Increase My Reflexology Training Hours?

Noted in the Reflexology Across America Fall 2010 News Magazine

If you find the need to increase the number of training hours in reflexology, such as, advancing from an associate level to a professional level, you have options. (**Professional level in RAA & MCR memberships require a minimum of 200 hours.**)

1. Accumulate in-class or event Reflexology CEU's, to be verified by copy of certificate/letter of completion, with your name, date, the subject and number of training hours included.
2. Take an ARCB CE approved course/workshop that is specific to reflexology training with a letter of completion.

Examples: Learn another method of reflexology. Take a reflexology review class.
Workshops not qualified in #1 & 2 would be a class teaching an entity or profession in itself, such as but **not** limited to aromatherapy, ear candling, energy work, etc.

3. Become a nationally certified reflexologist through a qualified non-profit national certification board.
4. Take adult learning classes in a classroom or online. Leave with a letter stating your name, date, the subject and hours of training. Subjects such as: Anatomy, Physiology, starting a business or marketing your business qualifies.
5. If additional Reflexology education has come in any other form than listed, contact the RAA education Committee RAAEducationChair@reflexology-usa.org for assistance.

DO NOT FORGET: When you have completed your continuing education, make a copy of your certificate or letter of completion, which states the subject of the class and number of hours. Send that copy to the RAA Administraton office and or to MCR if not a RAA member to be included in your membership file.

Hard copy to: RAA Admin. Office, P.O. Box 714, Chepachet, RI 02814
MCR P.O. Box 5853, Augusta, ME. 04332

Anyone participating in workshop or certification program needs to find out if the course content & number of hours offered is acceptable to their state requirements in practicing Reflexology. RAA requirements are: Professional Members must have at least 200 hours of Reflexology training. The RAA Scope of Practice, Code of Ethics, and Standards of Practice is: working on the feet, hands and outer ears. If other parts of the body are to be worked on, in addition to the feet, hands and ears, students need to check if the their State Laws permit them, as a Reflexologist, to work on those areas.

Some Important Reflexology Websites:

- RAA (Reflexology Association of America) www.reflexology-usa.org
- ARCB (American Reflexology Certification Board) www.arcb.net
- ICR (International Council of Reflexologists) www.icr-reflexology.org
- Reflexology Insurance (Discount for RAA members) www.abmp.com <<<<<<<
- ACARET (American Commission for Accreditation of Reflexology Education & Training) www.ACARET.org
- NCCAM (National Commission for Complementary & Alternative Medicine) www.nccam.nih.gov

Research:

- Kevin & Barbara Kunz: www.reflexology-research.com/ebooks.htm
- Bill Flocco: www.americanacademyofreflexology.com

Educational Opportunities

Next MCR meeting date: January 8, 2011 Hampton Inn, Bath. Afternoon Program: *TO BE ANNOUNCED AT A LATER DATE.* Attend these meetings and earn 2 CEU's (snow date Jan. 15th)

Treat Your Feet~School of Reflexology Refresher Class: Sat. March 10th 9-4 or 5pm if needed \$25.
For more info, call Myra at 623-4552. **Class limited to 6** "Lets talk REFLEXOLOGY & HANDS ON"

Alexander Technque Workshop: Saturday, Dec. 4th, 1-4pm in Winthrop, ME. For more info call **Connie Hubley** at 377-3338. Earn 3 CEU's for ARCB. Price \$40. **limited to 10** www.alexanderalliance.com

A.R.T. Workshop January 29 & 30, 2011 Saturday & Sunday / ST PETERSBURG, FLORIDA

MUST PRE REGISTER WITH IIR / (727) 343 4811 or Email : iir@reflexology-usa.net

Tuition: \$350.00 (\$300.00 return A.R.T Workshop) Tuition after December 1, 2010 will be \$375.00 (\$325.00 for return to A.R.T. Workshop) The International Institute of Reflexology is co-sponsoring A.R.T. (Advanced Reflexology Training) Workshops with Anthony Porter from the UK.

THE MANZANARES METHOD OF REFLEXOLOGY: Two days of class-Sat/Sun, in late April or early May, tuition is \$350 per person, offers 16 ARCB-CEUs and we need 32 people to commit in order to proceed. We are polling for interest today. Contact Diane Wedge at dianewedge.mar@gmail.com
The curriculum is based on Dr. Manzanares' original goals for scientific research in reflexology: to validate a mechanism (how it works), to develop accurate maps of the foot-to-body connection and to show efficacy of specific protocols for health conditions and disease.

ICR Conference ~ Portugal, 2011

Next RAA conference will be in Florida in May, 2012

MCR 2010 ~ 2011 Members 73

New Members: Jonathan Dyer - 102 Main St., Belgarde Lakes, ME. 04918 ~ 784-5354
Diane April - 37 Hamilton Place #5c, Tarrytown, N. Y. 10591 ~ 914-841-7723
2010 - 2011 Brenda Colfer - 690 Maine Ave., Farmingdale, ME. 04344 ~ 557-2662
Karen Deckelman - P.O. Box 203, Readfield, ME. 04355 ~ 685-3075
Andrea Murray - 365 Greely Rd. ext., N. Yarmouth, ME. 04097 ~ 829-8786



Change of Address: Terrie Feldhaus - 5226 Concord Church Rd., Ellaville, GA. 31806 ~ 904-451-0209

Change of e-mail Nancy Nutt - MEannutt1@gmail.com

Jodie Elder - jodielder21@yahoo.com

From MCR Webmaster ~ Please check your information on the MCR website public listing of certified MCR reflexologists. If you want your email listed or have any changes, please contact **Wendy Decker** at 207-443-2572 or reflexparties@gmail.com



START SAVING TODAY
TURN YOUR CANS & BOTTLES
INTO CASH
Bring it to the next meeting.
Join in the FUN of the AUCTION,



Mac MacDonald
Auctionare

Food For Thought ~ Just A Reminder

You Can Have Your Carbs & Eat Them Too!

Will carbohydrates be the downfall of Western Civilization? Do we need to load up on protein to lose weight? Or will a diet higher in protein destroy our kidneys and bones? These are significant questions in a very confusing dieting world. The controversy rages as we sit down to breakfast and cast a skeptical eye at both the nutrition article in the morning newspaper and our cereal bowl full of grain products.

The body makes it simple. Everything we eat turns into glucose in our blood. The real question is how fast this occurs. If you eat simple carbohydrates, such as sugar and white flour, your blood sugar will spike because these foods are quickly converted to glucose. If you eat a lot of simple carbs, you can have very high blood sugar for several hours. Blood sugar levels can't remain high without damage, so insulin is released to move all the blood sugar into our muscles and fat stores. Experts now agree that a lot of insulin results in hunger pangs and an overworked pancreas which can promote adult onset diabetes. Experts also tell us diets excessively high in protein can impact kidney and bone health. And what about fat? There's no question that too much fat contributes to heart disease and some types of cancer. So what's the answer to this complex issue?

Protein & Fats. If we can slow down the absorption of sugar during digestion, we can better control spikes in blood sugar and everything that follows. Protein and fats are harder to break down, so people eating diets rich in these foods may feel less hungry and have better control over blood sugar. This is one argument for "high protein, low carb" diets. However, diets high in fat and protein may not be particularly safe. Nor are these diets any more effective in weight control over the long term.

Dietary Fiber. Fiber is very effective in slowing digestion of starch into sugars in the stomach and it has major health benefits. Fiber, in conjunction with a healthy life-style, promotes good digestion and regularity, and it contributes to good heart health because of essential oils that are known to decrease cholesterol. Fiber is also known to help prevent certain types of cancer. So if fiber - by definition- is a carbohydrate, then the bottom line is: **It's the type of carbohydrates that is the key.**

Complex carbohydrates, such as whole grains (brown rice, whole wheat), are rich in fiber and win the long run when compared to simple carbohydrates like white flour and sugar. Also keep in mind that fiber is less than half the calories of fat. And don't kid yourself, calories do count. *As noted by Nature's Path cereals*

**It's great when things that taste so good are also good for you.
Raisins contain antioxidants, iron, potassium, and they're cholesterol & fat-free.**

What is inflammation and what is its purpose?

The literature defines inflammation as the first response of the immune system to injury, infection or irritation. It is usually characterized by redness, heat, swelling, and pain. Anyone who has had a twisted ankle or mosquito bite knows that the body quickly responds to injury with inflammation.

Inflammation is also how the body fights against infection. When an infection occurs, a series of automatic reactions begins which are designed to protect the body as a whole. Blood vessels dilate around the site of an infection, causing redness and heat. Blood vessels may also constrict some distance away from the site, causing swelling and pressure on nerve endings. Pressure and swelling often result in pain. All of the blood vessel activity causes white blood cells to move to the affected area, surrounding bacteria and preventing their spread. Stated simply: the purpose of inflammation is to isolate and eliminate infection.

Is the entire body affected by the process of inflammation? YES. The activity of the blood vessels and cells in the area around an infection or injury causes a reaction in the rest of the body. A person may feel achy, feverish, chilled, tired or generally "flue-like". However, it is possible to have an infection and an immune system actively involved in the inflammatory process without a person noticing general body symptoms.

NEWSLETTER ARTICLES-November 2010

Brochures: The MCR brochure is printed once a year after the annual membership drive. We try to have all updates and revisions completed for “World Reflexology Week” and the Common Ground Fair in mid September. We are also excited to offer the RAA brochure to our booth patrons as additional information. I encourage everyone to check out their updated version to use as an informational tool for your business. You can order various amounts of printed material from RAA through their website.

Please submit any corrections, revisions and/or anecdotal stories for the MCR brochure back page to: Kate Winant-207-229-7276 or tevorranh@yahoo.com.

News from the Continuing Education Committee: 2010 was a banner year for member and associate participation in the afternoon programs hosted at MCR meetings. We are currently in our 4th year of providing ARCB approved continuing education units to our community. This year, we explored our professional life with a roundtable discussion entitled “Surviving and Thriving in these Economic times” in the winter; we reviewed “Hand Reflexology protocols” and the next step towards the ARCB testing in the spring; and we embraced the topic of “End of Life care considerations for the Reflexologist” in a dynamic presentation and sharing this fall.

In 2011, preparation for the 20th year of MCR celebration is underway. We are looking forward to our Fall Workshop in the Portland area the 2nd or 3rd weekend in October. More information will follow at the January meeting, however we have narrowed our presentations into two programs and are working out the details. Thank-you again for everyone’s feedback and suggestions during this past year’s brainstorming sessions. Your input was heard and our continuing education program is designed to meet your needs. From research case study protocols to 50-hour hand reflexology training to major workshop speakers, 2011 will be dynamic and uplifting times for MCR.

Respectfully submitted, Kate Winant

Sarah Filliter, New MCR Correspondence Secretary

After teaching business and computer technology in high schools for 17 years, Sarah went back to school herself to become a Licensed Massage Therapist in 2004. She always loved working on feet and decided to further her education in reflexology by attending Omega Institute for Holistic Studies in 2008. She is now ARCB-certified and owns her own practice in Yarmouth. She is also a polarity therapist and Reiki Master. Sarah loves her work and feels that she is helping her clients reach higher health on both a physical and a spiritual level.

Linda R. Nickerson, New MCR Recording Secretary

Ever since I was a young child I’ve had the sense that my feet were an important part of my body. Growing up, I could often be found caring for my feet with massage, soaks, scrubs and moisturizer. At the time I had no idea that reflexology even existed

I was introduced to reflexology in my early 30’s as part of my personal healthcare journey. After receiving a few sessions I just knew that I was to learn and share the art of reflexology. In 2006, while I was employed as an accountant in the corporate environment, I took Myra’s reflexology course. When I graduated in May I began to pursue a career in reflexology full time.



The past four years have been tremendously rewarding for me as a professional and as an individual. Each time I provide reflexology I am connected to the intimate and sacred nature of this work. I find it particularly grounding and deeply balancing and I feel it is my destiny to be a reflexologist.

The winter meeting of MCR will be held in Bath on Sat. January 8, 2011.

The snow date will be the following Saturday.

This year we have made arrangements to meet at the new Hampton Inn, which sits between Front St. and Commercial St. in Bath. **If you are coming from either the north or the south on Route 1, take the exit for Front St., or downtown Bath, follow Front St. going north - just two or three blocks ahead, you will see the Inn ahead of you, overlooking the Kennebec River in front of it and the Library Park behind. The parking area is in front, on the Kennebec side.** Several of us will be staying there the evening before, either with partners or just sharing a room with another practitioner. The special, "corporate" rate is \$119 plus tax, and includes a full buffet breakfast, workout room, computer access, hot tub, pool - there are plenty of nice places to eat in Bath, great antique shops and a wonderful quilting store - and of course Reny's! for those that want to come early Friday, shop some, go out for dinner, hang out in the hot tub before bed. The board of MCR will have a meeting somewhere else in the afternoon Friday, time and location to be announced.

To make a reservation, which you can cancel up to 24 hours before Saturday the 8th, **PLEASE call the Inn and hold a place with your credit card to get the discount.** Make it clear that you are with MCR for our meeting. All of this will be put ahead a week if there is a snowstorm.

The number for the Inn is - 207-386-1310. For any other questions, email **Sylvia Young** at sey@gwi.net or call at 443-3733. The physical address of the Hampton Inn is 140 Commercial St., Bath.

This year marks the 20th anniversary of MCR as an entity!

Come help us celebrate!



Alina Blakesly & Myra Achorn



Lisa Edwards & Brenda Colfer

***The Common Ground Fair was a BIG success.
Our booth was very busy and beautiful.
Myra was the speaker this year
with standing room only***