

Member-in-the-Spotlight ~ Michael Silvia

I first learned about foot reflexology when I lived with a First Nation's couple. They showed me their ways of doing their version of foot reflexology. I figured to be certified so that I could continue to work with the people that ask for healing. I was certified on December 16, 2008 at Treat Your Feet School of Reflexology, by teacher Myra Achorn and am looking into ARCB as a next step in my life. Furthering my education with MCR is very enjoyable as well as connecting with my fellow practitioners. Only having been to a couple of meetings in 2009, I am looking forward to being part of the group. I really enjoyed the meeting in October. For the few clients whom I serve, I use Reiki and First Nation teaching, using plants and bodywork as needed. I enjoy helping the client by creating a space for them to open up the mind, to being present in their body on a mental, physical, emotional and spiritual level, and so they can live in peace with themselves and their body. I am also open to new modalities. My biggest challenge is to create more time in my life to have more time for myself to rest and recharge.



Landscaping is my part time business. Gardening is a passion of mine. With a 2,500 foot garden, this year I indulged with 440 garlic bulbs, already planted for next year. Looking forward to new veggies to plant next year, I eat the organic food that I grow.

Then there is sailing my 17' Watkins sailboat, swimming, and canoeing, on the lake which connects to the property I care-take. I enjoy making Sea Glass Jewelry which has turn out into a small business. I sell my Sea Glass Jewelry to several stores in Maine. They are closed for the season except for State Of Maine Cheese which carries my line of jewelry. Also, I enjoy walking, snowshoeing and cross country skiing on the 214 acres that I care-take.

Looking forward to getting to know more about my fellow practitioners. **Michael Silvia, Hope, Maine**

Auction



Mac McDonald Auctioneer and Sonia Roberts helper, tending the MCR membership buyers.
 < A wonderful spread was put on by Sylvie, June Atherton, and various members that brought food.



Tea & Feet at Karen Boynton's home in Washington, Maine
 Karen, Wendy Decker, Susan Miller in the background and Myra Achorn taking the picture.



Tea & Feet at Aloisia Pollock's Cottages in Jefferson, Maine
 Aloisia & Sylvie Letellier



Tea & Feet at Elisabeth Wolfe's home in Belfast, Maine
 Myra Achorn, Chrissy-Ravelli-Studer, Elisabeth and Susan Miller.

Next Tea & Feet
 at Myra Achorn's home in Augusta, Maine
 January 23, 2016 - 11am-3pm - Limited to 8
626-3338 RSVP

Membership Committee Update

Our current membership stands at 58 professional members and 9 associate members.

The new requirement for status as a **Professional Member** has gone up to 300 hours. Anyone coming in as a new professional member will be required to have a minimum of 300 hours. A few members who had allowed their membership to lapse took advantage of being grandfathered. **Welcome back!** My apologies for missing the mark on getting you on the brochure insert.

Be mindful that although many of you have been grandfathered with fewer than 300 hours, you still are required to maintain 12 CEUs every 2 years to maintain your professional status. Maintaining membership does **not** maintain your professional status. If CEUs are not current, you will remain an MCR member but at an associate level. If you are not clear on when your CEUs need to be updated, you can check with me. I have the records.

A reminder that your renewal is due every year by June 30. We must also have a renewal **application** to accompany your dues. Otherwise, your information may not be current. When our treasurer only receives money, she does not know whether your data is current. She simply records the receipt of money, deposits the money, then sends the information on to the membership committee. We can take your money, but if we are not supplied with current information, your file may not be up-to-date and we will have to bug you. When you do not have an application, you can acquire a copy by going to our website www.reflexologyofmaine.org/Member_Application.html. We greatly appreciate you helping to make our jobs easier.

Claire Guy, Membership Committee Chair

FAZR Facial AcuZone Reflexology

I recently completed the Facial AcuZone Reflexology online course and received certification after passing practical and written tests. I was the first person to receive certification in the US. FAZR is a new form of facial reflexology that is a combination of acupressure on Chinese meridians, Indian Marma points, muscle massage, and lymph drainage all targeted on the head and neck and mapped using longitudinal zones and transverse landmark lines. The zones are used, but not reflexology face maps, as there are scores of different face maps around the world and none proven to be accurate. It is thought that areas of the brain that represent the face, change, which might explain why there are so many different reflex face maps. Sue Todd is an excellent teacher. I liked being able to take my time studying the material and practicing the 30 sessions I needed to complete before taking the exams. I received written material all in a three ring binder, an organic jojoba and rosehip oil combination oil, a link to a video of a complete session (so I could follow along and pause it too, as I started practicing), a facial towel, and a hair cap. Students are allowed to ask for a small fee to help cover their expenses, so the expense of the whole course and my room expenses were covered. There is quite a bit of material on meridian points on the face and head, the 12 meridians, muscles, bones, the lymphatic system of the neck and head, the brain lobes and what they do. If you are interested in this course, the only prerequisite is that you are a certified foot reflexologist. There is a lot to remember, but like I said, you can take your time with it. Sue was available by email, phone, or video conferencing such as Skype or Facetime if needed. I took the practical through Facetime. I had someone hold the Ipad while I did the requested work. Sue Todd was a dental hygienist before reflexology training, so she really knows her anatomy of the head. Some of the things that FAZR works best for are headaches, migraines (though you can't perform FAZR when the client comes in with one, because it could make it worse due to so much work being done on the head), relaxation, stress reduction, and health conditions of the organs in the head such as hearing loss, tinnitus and brain disorders. This work isn't for you if you are uncomfortable working on the head and face. It is for you if you are interested in offering another reflexology body area to help clients with their health issues. Some clients find it more relaxing than foot reflexology, some find it as relaxing as foot reflexology, and some find it relaxing, though not quite as much as foot reflexology. Everyone is different and I find it wonderful to be able to offer different options.

Wendy Decker, MCR's Web-Master

Common Ground Fair - 2015



Michael Silvia on Hands

A SPECIAL THANKS
to all the practioners that
volunteered their precious time
to work on stranger's feet,
hands and ears.
A BIG THANKS to those
who setup the display and
dismantled it.
That was no small task.



Aloisia Pollock on Ears

Ellen Hunter
Cindy Labbe
Michele Nettles
Mary Patterson
MaryAnn Rattere
Sylvia Young
Elisabeth Wolfe



Susan Miller and Chrissy Ravelli-Studer on Feet



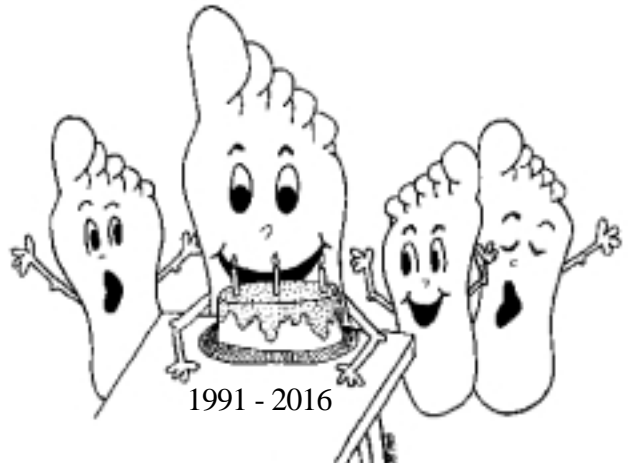
MCR's display at the Common Ground Fair
Sylvie Letellier on Feet

Friday, Saturday or Sunday coverage

Myra Achorn
June Atherton
Karen Boynton
Melanie Clark

MCR's 25th Anniversary

Come one come all to celebrate
May 14, 2016, in Augusta.
Saturday from 9am to 4pm
1991 - 2016



We encourage you to attend
the spring MCR meeting in
Augusta!

We will be celebrating our
25th Anniversary
Please come!

Newsletter
Editor
Myra Achorn
and
Proofreader
Claire Guy



23 attended the October General
Meeting in Ellsworth.
Our record of 34 did not get broken.
Please attend our January and May
meeting in Augusta and enjoy the
fellowship of other reflexologists.

Educational Opportunities & More

MCR next meeting: January 16th at the Mediation & Facilitation Resources Center - Augusta
(snow date 23rd) The pending program is entitled **”Foot Reading” with Melanie Clarke**
Earn 2 CEUs Plus, enjoy the company of other reflexologists.

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

May 14th Our 25th Anniversary Celebration!-A Golden Event! Includes reports and mini-sessions from the RAA conference.

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, 2016 ~ www.reflexology-usa.org
We will be looking forward to seeing everyone in Alaska.

ICR Conference: 2017 to be announced ~ www.icrreflexology.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.

ARCB testing dates 2016: Not Listed Yet

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

ATTENTION, PROFESSIONAL LEVEL MEMBERS or ASSOCIATES:

***** NEED CEUs BY JUNE 30TH 2016 DEADLINE? *****

Not a problem! Call Myra Achorn of Treat Your Feet ~ School of Reflexology. Back by popular demand, **”Reflexology Refresher Class”** on Saturday, Feb. 6th and/or Sunday Feb. 7, 2016 from 9:30am - 4pm, half hour lunch. Classes will be held at 93 Gage St. in Augusta. (Class is limited to 8. Fee is \$30. Six CEUs) **Don't need more CEUs, but just enjoyed being with other reflexologist or enjoyed the class before, join us.** RSVP

Please contact Myra only by phone at (207) 626-3338. ARCB approved workshop

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 November, 2015
67 of which 58 are professional level

RETURNING MEMBERS

Ronda Alley - Bar Harbor ME - 801-2228
Mary Calder - Sullivan ME - 669-4400
Judith Gallinari - Bridgeton, ME - 647-5250
Jennie Lord - Moody, ME - 251-0241
Jane Manza - Alexander, ME - 454-3017
Susan Robinson - Rockland, ME - 594-5328
Lisa Schumacher - North Yarmouth, ME - 415-9582
Michael Silvia - Hope, ME - 542-6670
Marilyn Solvay - Phippsburg, ME - 244-3176
Terrie West - Milbridge, ME - 546-7612

New Members: Melanie Clarke - Bath, ME ~ 798-0972



Nancy Larson - Orono, ME ~ 272-4559
Katie M. Greenman - Orland, ME ~ 469-2122
Cindy H. Labbe - Madison, ME ~ 861-1978

**WELCOME BACK,
WE MISSED YOU**

Maine Council of Reflexologists

Fall 2015

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For Women with Ovarian Cancer

I, along with two other members of our organization, Loretta Baker and Mary Patterson, were privileged to offer reflexology sessions at the Turning of the Tide Retreat for women with ovarian cancer. We spent one entire day in the back woods of Maine giving reflexology to several of 35 participants. The participants were there for four days taking part in a variety of nature excursions and healing events. For those of us giving reflexology, it is a rewarding experience to work with such courageous woman and such an honor to witness the unfailing support they have for each other. Will we do it again? You bet! Wealth doesn't always show itself in the bank account.

Submitted by Claire Guy

Living with Cancer conference

On November 6, I participated in the Living with Cancer conference in Bar Harbor along with Mack MacDonald and June Atherton as we volunteered in giving short reflexology sessions to those attending the conference. I have done this for five years and find it extremely rewarding. The relaxation each person experiences and thanks they express gives back to me many times over. There are many courageous people there. My own family has dealt with cancer many times and my sister in law is currently in that battle. It is my personal pleasure to help give whatever comfort I can to those in that situation.

Submitted by Alta Gross

Finding a Reflexologist on the Internet

Self employed and working 14-16 hour days, oftentimes standing in one place, started to take its toll. My tired feet would ache which then affected other parts of my body due to the posture I would take to offset the pain I was feeling. I started to seek ways to not only reward myself, but also to naturally reward and repair my body from those long hours. It was then that I started looking into reflexology. After extensive research on the Internet, I found a reflexologist. Her credentials and experience were impressive and her location was not too far from my own. I booked my first appointment and embarked on what I feel is the best thing I could have ever done for myself. The experience of reflexology is amazing. The effects are long lasting and so beneficial. Let me be clear that this not a foot massage. It is an intentional therapeutic touch which benefits the entire body. In the year that I have been seeing Myra, I have learned that we need to respect our feet and hands more. They are so often taken for granted and it's truly not until you experience reflexology that you realize that feet are something more than to fit your favorite shoe around.

If you have never been to a reflexologist, let me bring some of my experience to you. The beginning of the session starts with a wonderful foot bath. It's at this point where you begin to feel the stress melting. This is also where I start to anticipate what is yet to come. After making sure I am comfortable on the table, she begins. Breaths become slower and the sensations begin and change as she moves to different areas of my foot. These sensations range from goosebumps covering my entire body, a nice tingling in my head, a complete relaxation of my mind and body. Precise, fluid movements are felt but there's also something special that Myra exudes. Complete respect for the area she's working on and with that comes an awakening in oneself that we do need to take better care of our feet and hands. I opt for the hour long session but I have to say that it feels like only mere minutes have passed and it's over. Although I never really close my eyes, when it's over I feel a sense of complete relaxation and almost as though I have just woken up from a restful night's sleep. The worst part of it is having to go back to my day.

In closing, simply can't say enough about Myra and reflexology. Only that I'm glad that I found her and now that I have, I'm not going to give her up anytime soon!

Submitted by Linda Desrosier

We must be willing to let go of the life we planned so as to have the life that is waiting for us.

Joseph Campbell