



Maine Council of Reflexologists

Established 1991

Volume 30 Issue 1

Winter 2021

Spring MEETING May 15, 2021 Virtual

12pm - 4pm

You will receive an email invitation from info@mcronline.org. You must respond to that invitation in order to receive the link to join the call.

Afternoon CEU program with Anne Moreau, nurse, nutritionist details page 15

REFLEXOLOGY

Reflexology, an integrative health practice, maps a reflection of the body predominately on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally.

Definition of reflexology as determined by RAA (Reflexology Association of America), ARCB (American Reflexology Certification Board), NCRE (National Council for Reflexology Educators) & 200 reflexologists nationwide in 2019.

MCR
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reflexologyofmaine.org
info@mcronline.org

LETTER FROM OUR PRESIDENT

Dear Members,

This year marks an exciting milestone for MCR. Thirty years ago, a handful of reflexologists had a dream and that dream became a reality. In 1991, the Maine Council of Reflexologists was born! To help celebrate MCR's 30th year, we have spotlighted some of our founding members in this issue. Their stories are all different, but there is one thing that they have in common and that is their love for helping others feel their best, through reflexology. Sadly, we recently learned that Linda Best, another founding member, passed away last June. I hope you will enjoy these stories and please, as you are reading, take a moment and thank Linda for her part.



At our meeting in February, Dr. Casey Lapierre, D.C. taught us how to clear our space and be energetically in tune with our clients. She taught us about muscle testing, the chakras, and the energetic layers of the body. Dr. Casey agreed to make her slides available to those who reach out to her directly. Her email is chirotransformation@gmail.com.

We are hoping that our October meeting will be in person, but for safety, our May meeting will once again be through Zoom. Please join us on May 15th from 12:00 – 1:45 for the Business meeting, followed by an educational program from 2:00 – 4:00 which will be worth 2 CEUs. Nurse and nutritionist Anne Moreau will talk with us about healthy digestion and that will be followed by a round table discussion about reflexology and the digestive system.

I'm looking forward to "seeing" you soon,

Stay safe and be well,
Alison Gingras
President, MCR



MCR Officers (2year/2terms)

President

Alison Gingras, Jay
207-242-1450

Vice President

Claire Guy
207-441-5670

Recording Secretary

Vacant

Treasurer

Nancy Butler-Smith, Augusta
207-592-4573

Correspondence Secretary

Linda Nickerson
info@mcronline.com

RAA Delegates

Lisa McNeil, Houlton
207-521-5030

Karen Tibbetts, Oxford
207-890-1633

Standing Committees

Names listed are chair positions only.

Membership: Susan Buzzell

Education

Continuing Ed subcommittee: Cindy Hilton

Library subcommittee - Cindy Hilton

Bylaws - Alison Gingras

Legislative - Wendy Decker

Standards/Ethics - Karen Tibbetts

Public Relations

Newsletter subcommittee: Claire Guy

Website subcommittee: Loretta Baker,

Brochure subcommittee:

Ad Hoc Committees

Historical: Vacant

Outreach

Common Ground Fair sub: Karen Tibbetts

Reflex & Cancer sub: Mac MacDonald

Mail coordinator: Nancy Butler-Smith

Bank statement Monitor: Claire Guy

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: Chrissy Ravelli-Studer and the committee will see that an appropriate card is sent. Thank you ~ Chrissy, Cindy

Newsletter

The Maine Council of Reflexologists' (MCR) Newsletter is published three times yearly following the Spring, Fall, and Winter general council (GC) meetings. Its purpose is to provide members with news, and information pertaining to our 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.

Newsletter Editor Claire Guy
solewisereflexology@gmail.com





Calendar of Events

Spring Meeting Saturday May 15, 2021 12 to 4PM

This meeting is on Zoom. Watch your email for the invitation to register from info@mcronline.org.

Afternoon CEU program with Anne Moreau, Nurse & Nutritionist. She will share her knowledge on "gut health." See more info on page 15.

Fall Meeting Saturday Oct 23, 2021

RAA Conference 2021

April, 23-25, 2021

A Virtual Event

Visit their web-site for details at <https://reflexology-usa.org>

ICR Conference Berlin, Germany

Sept 16-19, 2021

<https://icr-reflexology.org/>

National Conference for Reflexology & Bodywork Practitioners

October 1-3, 2021, Baltimore

<https://www.nationalreflexologyconference.com>



Wanted

Apprentice to the MCR newsletter
FMI: Claire at
solewisereflexology@gmail.com

Solewise School of Reflexology

As a result of the current health situation we are all experiencing, the school continues to offer certification with a mix of Zoom and in-person activity. Only 2-3 people will be permitted per class. There is one opening for the February start date for someone who has already taken A&P (i.e., massage therapist, nurse).

A hand class (30 hours) will be offered in the near future. You must already be certified in foot reflexology. Dates are not set at this time, but if interested, please let me know and I will commit to a date.

solewisereflexology@gmail.com

Share your upcoming events here

When you have events to share with MCR members, send information to our **correspondence secretary** at info@mcronline.org or **Claire** at solewisereflexology@gmail.com.

Support those who support you

Our web-site designer, Deb Newman, continues to do great work for MCR. She is doing **lots** of work for MCR for free. We encourage our membership to hire Deb in support of MCR, her business and yours.

Reach her at arts@petitetaway.com.

Check out her web-site at petitetaway.com.

Find her on facebook: [facebook.com/](https://www.facebook.com/deborah.newman1)

[deborah.newman1](https://www.facebook.com/deborah.newman1)

Thirty Years Maine Council of Reflexologists



MCR is celebrating its 30th year as an organization. We invited the founding mothers to share their experiences of the beginnings of this organization, as reflexologists, as mentors and for some, as teachers. Enjoy reading about their journeys. Good reads in following pages.



Meeting in Presque Isle: *Chrissy Ravellie-Studer, Linda Best, Wendy Decker, Kristen Erico, Janet Stetser, Annette Wolfe, Sandra Webber*



2014 Janet taking a break from her photography duties and socializing at RAA conference.

~ Janet Stetser ~

In 1979, I was fortunate enough to meet the head of the physical education department from the college I was attending, (Bouve). She invited me to dinner where I met her partner, Jane. Jane was looking for someone to take care of the camping details, so she could teach a workshop at the 1980, Labor Day Healing Arts Festival. She asked if I would be

that person, but, made clear, I didn't need to attend her workshop. I was free to try any workshop that was being offered. I chose to attend a hypnosis workshop and a reflexology workshop. I knew nothing about either but was curious. It only took me that weekend to know that I wanted to learn more about reflexology.

It was 1983 before I was able to save enough money to go to Harrisburg, PA and attend Hilda Marie Frey's basic reflexology course. My teacher was trained in Germany and had several different methods that I later discovered were not always approved of by the American instructors. The wonderful part of reflexology is that it is flexible. Some practitioners use very heavy pressure, and some use almost none at all. However, if you know the anatomy & physiology of the body, you can still aid the person and improve his/her situation.

When I came back and began working on clients, I had a number of them ask me if I would teach them how to do reflexology. That led to eventually setting up a school. There are a number of Maine Council of Reflexology (MCR) members whom I taught, including Alison Gingras, Connie Hubley, Aloisia Pollock; about fifty eight (58) total. In 1990, three of us (2 reflexologists from Bangor and I) went to Toronto, to be part of the beginning of ICR (International Council of Reflexologists). We became the founding members of this international group. From that meeting, it became obvious that we needed to have a group in Maine to aid and help each other become more qualified and more knowledgeable about reflexology. Kristen Erico was one of the early members but, unfortunately, died of cancer. Her greatest wish was to help other reflexologists to either begin or expand his/her knowledge of reflexology. That was the beginning of the Kristen Erico Fund which MCR continues to

support. That fund is available to help people who are interested in becoming a reflexologist or for reflexologists who want to attend advanced courses in reflexology.

Annette Wolf from Presque Isle was one of the early presidents of MCR. Susan Miller was also a great archivist of MCR memorabilia. But, by 1993, ARCB had been formed. They put on a conference in Denver in an effort to begin a National Membership organization to help reflexologists to meet each other and to learn from different teachers. I was fortunate



enough to be one of three people who were part of the group who pulled together the different presenters and workshops, etc. for the first conference held in St. Louis, MO in the spring of 1994. Annette Wolf gave the opening speech for that conference. I was the moderator.

I worked out of my home in Alna, from 1989 until 2008. At that time, I retired and moved to McNeal, Arizona.

Over the years, I had the pleasure of attending many workshops and learned different methods of reflexology. I attended all of the ICR Conferences, which allowed me to experience the culture/food and the many wonders of six of the seven continents. The picture you see of me was taken in 1993, in Melbourne, Australia, holding a wombat that was sleeping. Chris Stormer was the president that year and organized the various speakers from several different countries. Chris Issel was on the board and helped with all the details as well.

I must say that I became addicted to reflexology and feel blessed to have so many wonderful friends from all around the world. I am now eighty three years old and still keep in contact with many of the reflexologists I met. I do some work, but only when asked or I see a need. I do, however, write an article for the OLOC newsletter each month, to share my knowledge with a lot of older women who don't know about reflexology. I am also active and help the AZRA (Arizona Reflexology Association). I must say I enjoyed the Zoom meeting with MCR and getting to see some of the reflexologists I have not seen in a number of years.

~ Myra S. Achorn ~

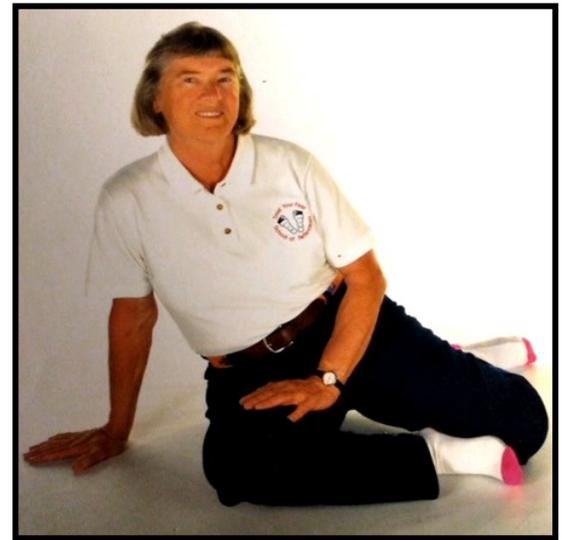
Growing up in Thomaston, we four children had to massage our father's feet when he came home from work. When my mother and I would spend one-on-one time together, we would sit on the living room couch and work on each other's feet and talk. One year, when I was about eight years old at the Rockland Lobster Festival, a gentleman displayed a foot chart on his table as he sold inserts for shoes. I loved that chart and stared at it for a long time. He was explaining what the chart represented when my father said, "Let's go." Out of the blue, the gentleman asked if I wanted it. Wow! I said "Yes!" Little did I know what that chart had in store for me.

Years went by. In 1965, I graduated from high school then attended a business school in Portland. After graduating, I got a job at Canal Bank in Portland in the bookkeeping department filing checks. I was the first magnetic ink encoder and sorter-operator for the bank's checks. I was then asked by the bank's vice president if I would like to operate the IBM computer system. This was another significant "Yes" in my journey in life. It was totally on-the-job training. I was assigned to convert the data from each of the bank's departments into the computer system as well as to create the central information file. As time went on, I was promoted to Computer Librarian, to Disaster Recovery Plan Coordinator, to Computer Auditor; and, eventually, to Assistant Vice President for Southern Maine as Method and Systems Analyst. In 1987, I was relocated to Augusta to work in the computer programming department.

In Augusta, I became involved with a spiritual group that offered me a new outlook to my spiritual side. Having been so very busy in the corporate world, I hadn't given much thought to my inner self, specifically, the concept of the "inner child." I really didn't have much thought about the universe and the spiritual world and that there was a divine plan for me, that there was order and goodness to the universe. Numerology got my attention for a while. It addressed things such as a person's motivation, inner self, self-expression, karmic lessons, hidden tendencies, subconscious response, destiny numbers, life cycles, turning points, challenges, and so on. All this new knowledge and experience was fascinating, somewhat overwhelming, and life-changing. Soon, I was invited to attend a weekend at the Healing Arts Festival in Freedom, Maine. There I was exposed to foot reflexology via a two-day workshop taught by Janet Stetser.

In 1990, my bank data processing job of 24 years was relocated to Albany, NY. I decided to accept a severance package and remain in Maine. In seeking new employment, I found few jobs in the Augusta area needing my skills. Meanwhile, I received a brochure from Janet Stetser's Foot Loose in Alna, Maine. She was offering a 90-hour certification class in foot reflexology starting January, 1990. Once again, wow! No more corporate world for me: sick days, vacation time, personal time, raises, free education, promotions, etc., but, instead, a journey of being self-employed. Destiny was at my door!

I started the class in January and graduated April 7, 1990. I ran my first ad in the KJ newspaper with the phrase "For A Good 'Ole Fashion Foot Rub." In this first ad, I offered an April special which



Myra looking good in retirement.

was a \$10 coupon for a one-hour session in my home. The phone rang off the hook! I had to stop running the ad after two weeks! My method was that when a client arrived, I first explained foot reflexology and my technique. I then provided a foot bath followed by pressure pointing based on zone theory and ended with an oil massage using castor oil. All these initial clients rebooked, returning with another coupon or paying my asking fee of \$20.00. Building my client base, I kept my fee at \$20 until 1994, then increased it to \$25, to \$30, to \$35, to \$40, and eventually to \$45 where it remained from 2005 to 2017. My practice became so sought after that I soon was fully booked for a year with a waiting list. And, as a bonus, I loved my work!

I am a charter (founding) member of the Maine Council of Reflexologists (MCR) in 1991, of the International Council of Reflexologists (ICR) in 1992, and of the Reflexology Association of America (RAA) in 1995. I received the American Reflexology Certification Board (ARCB) certification for the feet in 1992, and the hands in 2004. Over the course of my reflexology career, I lectured on foot and hand reflexology for the Augusta Adult Education, Junior Achievement, Maine General Hospital, St. Joseph's College, State of Maine Health Education, and private lectures. I also attended national and international conferences. Seven times I attended the weekend classes held by the International Institute of Reflexology (Eunice Ingham method). Each class was taught by a different teacher, one of whom was Dwight Byers himself! I also attended many workshops held by renowned experts such as Bill Flocco, Father Josef, Bill Rehnquist, Inge Dougans, Sandra Rogers, Sue Ricks, Moss Arnold, among others. In 1997, I started thinking about teaching. Several of my colleagues, including Christine Issel, encouraged me to do so. I sent a letter to both MCR and ARCB stating why I felt qualified and requested permission to teach a 200-hour reflexology course. I received their approval and in June, 1998, opened Treat Your Feet ~ School of Reflexology. In 2003, I was licensed as a Private Business, Trade or Technical



Myra, Continued

School - Proprietary School by the State of Maine Department of Education. One hundred and fifty-four students and twenty years later I retired from teaching. I also retired from my private reflexology practice of twenty-seven years. Two years later, I retired from being a landlord for thirty-two years. At this point, I am officially retired from corporate data processing, being a landlord, having private reflexology practice, and running a licensed school of reflexology. I'm enjoying every minute of my FREE TIME with NO paper work! For the first time, my tax filings status reads "RETIRED"! WHAT A JOURNEY!

~ Aloisia Pollock ~

In 1986, my husband and I bought Sunset Cabins, nine housekeeping cabins on the shores of Damariscotta Lake in Jefferson, Lincoln County, Maine. The following summer my daughters and I moved to the cabins. While food shopping at the local Shop and Save in Waldoboro, I happened to notice a flyer about Footloose, a Waldoboro reflexology practice, run by Janet Stetser. It advertised that she, along with other alternative health care practitioners were offering brief reflexology sessions. I tried reflexology and immediately experienced a physical and emotional release. I was intrigued! At the end of the summer, we went back to New York City. I purchased the book, *The Reflexology Workout*, by Stephanie Rick and practiced once a week on myself.

We returned to Maine the following summer. I took Janet Stetser's certification course, was certified as a foot reflexologist in 1988, and moved to Maine permanently. My trial by fire was working on many feet during the Common Ground Fair in Windsor amid heavy rain and wind. In 1994, I was certified by ARCB. I took many additional workshops, the most memorable ones being with Inge Dougans who incorporates Meridian therapy into her reflexology practice and with Bill Flocco who integrates ear reflexology with hand and foot reflexology.

I work mostly from home. For a while, I had an office in Damariscotta and Belfast. I also made many house calls. I received positive feedback from my clients who were helped by my touch and my attentive listening to their stories. I found that in my role as witness to their stories I was able to help soothe many a hurting soul.

MCR provided many opportunities for leadership. I fulfilled the function of Treasurer, Correspondence Secretary, Continuing Education liaison and was President of MCR for a total of 10 years. I attended the ICR Conference in London in 1997 but the ICR and RAA conferences did not fit well in my work schedule at Sunset Cabins.

To introduce the Maine public to reflexology, I taught Adult Ed in local high schools in Camden, Appleton, Medomak High School and Gardiner High School. I taught the joys and benefits of reflexology to our local 5th graders in Jefferson and the high schoolers at Erskine Academy in South China. They soaked the information up like sponges. During weekly Ladies' Spa Weekends at a B&B in Rockland, I worked for several years introducing reflexology and its benefits to women from all over the country. I taught two classes in reflexology for certification at my home and two at the Down East School of Massage where I teach, to this day, Introduction to Reflexology to aspiring massage therapists.

Presently, I work mostly during the summer months. Our guests who come to the cabins look forward to their yearly reflexology session. I love to trade with my fellow reflexologists, learning a new move from each encounter and talking "shop." My latest experiences were working on my daughter during her pregnancy and now as a new mother. I genuinely love massaging my two month old grandson's feet. He becomes very alert to that special touch and slips into sound sleep, the most loved testimonial to date!



~ Chrissy Ravelli-Studer ~

There were numerous factors in my decision to enroll in Janet Stetser's 1986, reflexology course. Jane Sanford, a friend and massage therapist, was the first to ever broach me about the subject of reflexology. She owned a building in downtown Waldoboro where she ran a mind/body center in one of the office spaces. She knew I had been toying with the possibility of becoming a therapist. I had three young children, money and time constraints. Jane suggested I contact reflexologist, Janet Stetser who was going to be offering a reflexology course at Jane's mind/body center. After talking with Janet by phone, she suggested the best way to make a decision was to receive a reflexology session. She gave me the name and phone number of one of her recent graduates. I was pleasantly surprised to recognize the name of the woman, Nancy Sims. She used to live in the town of Washington but had moved to Rockland. I set up an evening appointment to meet with her at her home in Rockland. Having no recliner in her home, she had clients lie down on her bed. The reflexology experience was unforgettable. I felt like I had been transported to heaven. I enrolled in Janet's reflexology course and have never regretted my decision. I became close friends with a fellow student, Ingrid Linde. We frequently did trades with each other until her untimely and tragic death.

I received my certification in 1986, thirty five years ago. The reflexology profession has been a perfect fit for me. When I was a young girl and someone talked about their pain or ill health, my heart yearned to help them feel better. In fact, before I made a decision to drop out of college to marry my high school sweetheart, I seriously considered becoming a physician. A year before I moved to Maine from Denver, I graduated as a medical assistant. Because Maine would not honor my license, it proved to be a road block. I did not feel as though being a medical assistant was my destiny, whereas, reflexology did. I gave sessions to Hanna Ineson who later offered to teach me macrobiotics in exchange for reflexology sessions. We have remained good friends and I still make house calls to give her sessions. She introduced me to blue green algae from Klamah Lake, Oregon, and assisted me in creating a business selling their products. Some of you may have seen my license plate that reads EAT ALGA. Another special client was Helen Nearing who became well known, along with her husband, Scott, in pioneering homesteading.

Since my Waldoboro days, I have given reflexology sessions in numerous places. I shared a space at a fitness

center in Union, Maine which led to a wonderful friendship with an artist whom I adore. For quite a few years, I rented office space at the Center for Health and Healing in Rockland. At my invitation, Susan Miller is now offering reflexology at the center. Since leaving the Center for Health and Healing, I went on to make house calls and to offer reflexology sessions in my home. A favorite location I offer reflexology is on the island of Vinalhaven. I am frequently invited to spend the night at a clients home. I am grateful for their help in spreading the word to other islanders. While enjoying the island, I sometimes take pleasure in swimming in a nearby quarry.

For five or six years, I offered classes in reflexology through adult education. We were allowed to use the wellness room at Camden Hills High School. Karen Boynton teamed up with me toward the end. I have also taught reflexology numerous times to groups at my church. I have also enjoyed teaching friends on a casual basis. One in particular shared that she was able to bond with her two children by giving them reflexology.

I have so much gratitude for all the times my children requested reflexology from me. But, I struggle giving sessions to my husband because he jumps around when I touch his feet. This does not happen when he has sessions with other reflexologists. He tells me I have an electrifying effect on him.

Karen Boynton and I have teamed up to give sessions at our local library and at community events. In looking back over my many years as a reflexologist, perhaps my greatest contribution in educating the public about the benefits of reflexology came through my involvement at the Common Ground Country Fair. Until Karen Tibbetts took over coordinating the booth, I did that by myself or with others for about thirty (30) years.

During the pandemic, my number of clients diminished, but I continue offering sessions, adhering to protocol. I was drawn to become a home health care worker and do that part-time. I am so grateful I was guided to enroll in reflexology training and feel most fortunate to have been able to offer healing to thousands. It is very fulfilling, satisfying and a source of great joy. I have said that as long as I don't develop arthritis in my hands, my desire is to continue giving sessions as long as I live and have the means.

In closing, I want to say that I am also very grateful for my membership in the Maine Council of Reflexologists and am honored to be one of its founding members.



Sandra Webber

written by Claire from a phone interview



Sandra Webber, another of our founding mothers, has a long history in reflexology. Her early introduction to reflexology was in 1991 while she was becoming licensed as a massage therapist through Downeast School of Massage. Along with continuing to develop her practice in massage therapy, Sandy also continued learning more about reflexology.

Although she did not take an “official” reflexology course, as a member of MCR, she was able to increase her knowledge of reflexology from guest speakers.

For eleven years, Sandra provided massage therapy at Sugar Loaf. When clients presented with issues such as a pulled muscle, she provided relief by combining massage and reflexology to the specific issues.

She expanded her bodywork practice with the study of body chemistry, which led her on the path of understanding the role of minerals and herbs to enhance healing. Sandy was owner of a specialized health store that offered supplements, herbal remedies and treatments.

To help her determine when and how to use a helpful modality, Sandra is led by her motto that her massage work “heals from the outside layer moving inward and her reflexology work aids the internal organs working out.”

Another development of a pain management technique and optimal health enhancement tool came about during mile long walks. As she walks and works on her own hands, Sandra determines many helpful hand reflexology points which she then incorporates in her sessions and shares with her clients for self-help. She is results driven in her practice and it has served her well.



Sandra demonstrating during an MCR educational program.



ARCB 2021 EXAM DATES

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

ARCB 2021 testing registration is now open. Dates posted on their website are tentative and subject to change based on state restrictions at the time of testing due to COVID-19. ARCB will make every effort to notify all participants, within a timely manner, of any test date and/or location changes.

MAY 8

Seattle, WA

JUNE 12

Buffalo, NY

JUNE 19

Harrisburg, PA

JUNE 19

Denver, CO

JULY 10

Columbus, OH

JULY 24

Dallas, TX

AUG 2

Warwick, RI

AUG 14

Portland, OR

AUG 28

Grand Rapids, MI

SEPT 11

Asheville, NC

SEPT 25

New York, NY

SEPT 25

Des Moines, IA

SEPT 30

Baltimore, MD

OCT 9

Atlanta, GA

OCT 23

Phoenix, AZ

NOV 6

Seattle, WA



Below is the obituary for Linda Best. Some of our early members know Linda, one of MCR's founding mothers. We wanted to share her obituary. There is still time to attend her celebration of life.

Linda Best

Linda Best passed away from heart disease at her residence in South Portland at 72 years of age. Linda loved life, friends and family and treated everyone she met like a celebrity. She was a unique, peaceful, loving soul with a passion for planning parties, playing cribbage and cooking up a storm for her friends and family.

Linda's top priority was always that of a professional mom, but she held various positions as a children's librarian (Orono), teacher (Orono), receptionist (UMaine), newspaper reporter (Republican Journal) and culinary consultant (Hannaford).

Her true calling was in massage therapy, working with hundreds of clients, many of them over several decades until her retirement.

She loved children unconditionally and without limits. Her children, her family's children, her friend's children, her children's friends, her children's friend's children, her friend's children's children, her grandchildren – she loved them all so much... if you knew her, you'll understand... she never forgot them and there's nothing she wouldn't have done for any of them.

Linda was predeceased by her parents James and Rita Peirola of Springfield, Massachusetts.

She is survived by her eldest son, Stephen, and grandchildren Paxton, Sterling, Adelaide and Arabella of Hawaii; younger son David, his wife Victoria and grandsons Simon and Landon of Lee, New Hampshire; step-son Christopher LaRiviere, his wife Kristin and step-grandsons Ian and Nathan.

She is also survived by her dear sister, Sylvia, brother-in-law Joseph Furlani, niece Angela Flebotte and husband Micheal, her nephew Anthony Furlani and fiancé Cathi and her grand-nieces Danielle, Gabriella, Isabella and Sophia. Linda is also survived by lifelong friends who meant so much to her and brought infinite joy and support to her life.

Online Tribute site: <https://tributes.com/Linda-Best-Maine>

Given the current pandemic, a celebration of life will be held in Ocean Park, Maine on her birthday, May 8, 2021 with regional gatherings to be announced on social media.

In lieu of flowers, the family has launched a GoFundMe.com fundraiser for memorial benches in Belfast and Ocean Park. Donations can also be made to Great Pond Mountain Conservation Trust in Orland, Maine.





Aloisia Pollock, Sylvia Young, Wendy Decker, Janet Stetser



Feb 1997 Outgoing Officers
 Secretary: Wendy Decker, Myra Achorn; Vice President, Magdalena Winkler; Treasurer: Chrissy Studer, President: Annette Wolfe

February reflections on Strokes of Serendipity

by Katie Greenman

Six o'clock is a little early for me on a Sunday morning. I'm usually in a deep sleep before awakening when on many mornings I give my feet some solar plexus attention, toe twisting and tugs, and rubs along the chest reflexes. It was the day after our MCR meeting and workshop that I received two emails, one from a friend in Lancaster, PA and another from my sister-in-law in Camden, Maine. Each email referenced a public radio program I'd missed at 6 am: *On Being* with Krista Tippett. Both my friend and sister-in-law had experienced foot reflexology sessions with me in the past. They immediately thought of me while listening to Krista interview Parker Palmer on the powerful healing he experienced while having his feet held by a friend during his depression. I listened in at <https://onbeing.org/> to Parker Palmer's words:

"I don't think anything can take the place of a good foot rub. There's something about that kind of bodily care from a trusted person...there's something about that kind of touch that reconnects you to the human community when you're in a state when you feel there's no possible way to reconnect in that deep darkness. I wasn't just lost in the dark, I had become the dark. There was not an atom in my body that felt connected to anything..."

How apt for the times we are living in, to be reminded of the power of touch. How conflicting it's been for me to suspend my practice, holding back this comforting touch for a year during this pandemic, lacking the ability to practice safely within my own home. My hands miss offering reflexology to my clients as much as my clients miss my hands.

While reading about Traci Martin's volunteer work with Veterans (Member-in-the-Spotlight,



Painting ©Nell Parker www.nellparker.com/

MCR volume 29, issue 3) I was reminded of an experience I had during a 14-day Maine Peace Walk in 2016. After each day's walk I offered reflexology to several walkers in need. There were Veterans for Peace members on the walk. One declined my offer and another Veteran explained later that he wouldn't have been able to cope in a public space with the depth of emotion [from past trauma] that this touch would arouse. I was led to deeper insight into how body work of any kind can release emotions (either welcomed or feared), how individuals' readiness to go to that vulnerable place must be honored, and how trust and space are intertwined. The hunting retreat Traci speaks of, *House in the Woods*, sounds like just the peaceful space to offer the gift of reflexology.

My house in the woods is where I hope to offer reflexology once again this summer, beginning outdoors on the porch of an old log cabin overlooking Alamoosook Lake.

Strokes of serendipity can connect us. For me it was a practice renewal with MCR, two emails, a radio show. We can only imagine how any one act of each day will affect another, deepen our insight and return to us with love.



Solewise School of Reflexology Graduates



Holly Aguilo Most recent individual to graduate from my school with 300 hours.



Melinda Gervais attended Zardus School of Massage along with the other four posted in the last newsletter. Her final testing did not occur till after our newsletter went out. mpbpsg@yahoo.com

Pedi Quest Reflexology
a journey to health and relaxation

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EssentiallyHealingLeaves.com
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FYI COVID-19 information and updates from Maine Center for Disease Control:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

April National Foot Health Awareness Month

According to the American Podiatric Medical Association, approximately 20 percent of the U.S. population has at least one foot problem annually. It may be the result of poor fitting shoes, or the result of an underlying health problem such as peripheral neuropathy, diabetes or obesity.

The average person takes approximately 10,000 steps per day, which adds up to three million steps per year. We carry approximately four to six times our body weight across the ankle joint when climbing upstairs or walking steep inclines. Good foot health is essential for an active life.

With 26 bones plus 33 joints, our feet serve as the foundation for the rest of our body. If the feet are not mechanically sound, it can affect the knees, hips and even the lower back. You'll need your feet to carry you an average of 115,000 miles in your lifetime; therefore, avoiding foot problems should be a priority.

~~Source: www.bvhealthsystem.org

Video Review: Reality Reflexology - How to Stay Grounded

Helen Chin Lui and Maria Silva Schmitt

Reviewed by Erin Greenier, reflexology student
February 2021

I chose this video based on the conversation on grounding one's self before performing reflexology. To feel connected and rooted before solely focusing on one's client is important and honestly not something I always think about doing in the hospital when performing an echocardiogram. Maybe I wouldn't feel so exhausted the end of the day if I did ground myself.

And just what does that mean?

The video was a short discussion between two professional reflexologists on the importance of being grounded for the day and prior to a session of healing. Earthing (another name for grounding) is stripping to the bare feet and walking around on mother earth. Earthing helps with *handling stress*. Maria Schmitt had her class walk barefoot, outside in the snow prior to a class she taught. She had them do this to be *more present* during the class. Earthing allows us to *be in a better space* for the day. I like the concept of gaining energy and support from mother earth for the day or prior to a session. I think earthing is important for the reflexology community. It's a little ironic to gain strength to heal someone's feet through one's own feet. This video piqued my curiosity on earthing and led me to my next video/movie review.



The Earthing Movie - The Remarkable Science of Grounding

By Josh and Rebecca Tickle

I chose this video to further explore the connection with mother earth and our feet. Why does grounding make us feel more present? What happens to our bodies when we place our bare feet on the earth? The focus of this movie is about the origin, the science and the benefits of earthing.

The definition of Earthing refers "to contact with the Earth's surface electrons by walking barefoot outside or sitting, working or sleeping indoors connected to conductive systems, some of them patented, that transfer the energy from the ground into the body." (www.ncbi.nlm.nih.gov) The movie on Earthing was created by a couple who struggled with finding help

for their chronically ill daughter and were desperate to try anything. This journey was part of their own story on Earthing.

The founder of grounding (electrically grounding to the earth through an electrical socket and special mat) was Clint Ober. He is a man who pioneered the cable modem by grounding them. His upbringing amongst native Americans and his cable career paved the way to realizing that grounding to the earth was also important for people, not just electronics. His own health struggles also led him to searching for answers through healing through the earth's surface. His quest led him to UCLA medical department where he hooked up with an Anesthesiologist to do some research on grounding.

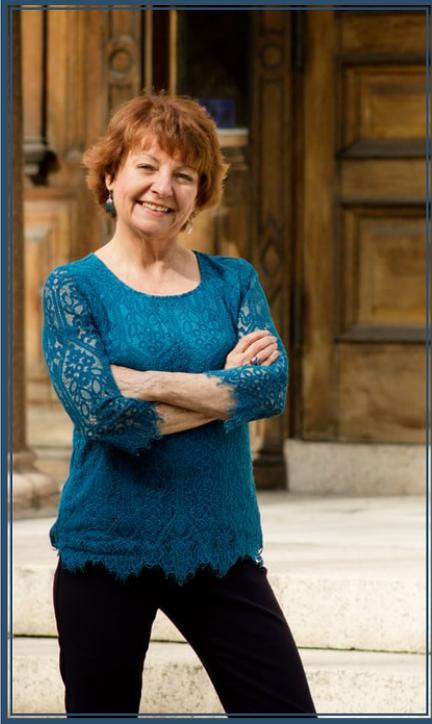
What they discovered was grounding or earthing has a lot of *healing benefits*. Inflammation is significantly decreased and circulation increased. Inflammation is the root of most diseases in the body including heart disease, cancer, bowel disease and arthritis. There has been over twenty research articles published on the topics since. It has shown not only significance in decreasing inflammation, but increase energy levels, decrease in blood pressure and depression and improvement in sleep.

The body wants homeostasis. "Everything goes to balance when connected to the earth." "We collect electrons from the sun by standing barefoot on the earth." "These electrons collected by standing on the earth neutralizes free radicals in the body, which can cause inflammation. This decrease in inflammation stabilizes the electrical environment of all organs, tissues and cells." (Earthing: Health implications of Reconnecting the Human Body to the Earth's Surface Electrons. Gaetan Chevalier, Stepen T. Sinatra and Pawel Sokal) This is hard to do when we *stand insulated* from the earth by rubber soles. The movement in the 1960s towards rubber soled shoes might have some connection with an increase in disease on this planet.

I did not know all the healing benefits of earthing. Imagine what earthing can do on an emotional level? I wish there was a bit more on the mental emotional aspect of earthing. Maybe that is future research.

I love the idea of obtaining homeostasis and health by just standing bare feet to mother earth. Maybe reflexology should be done on the ground, outside, connected to mother earth. Or how about grounding mats for ourselves or for the client? Grounding mats could help the reflexologist in the winter time to ground inside, prior to a session. Grounding mats and reflexology could be a better way to support the healing process of our clients. I think earthing or grounding is a complementary exercise in balance, along with diet and exercise. Imagine if everyone practiced grounding or earthing! That just might put me out of a job.

Anne Moreau, RNC BSN/Nutritionist



With over 45 years of nursing experiences, 16 years in wellness, 15 years of working in nutrition, 10 years of training and working with a brain trust who helped her overcome three auto-immune challenges, Anne's ability to help others is expansive. Blood sugar management, weight loss, cholesterol levels improve, improvement in energy/vitality, and diminished joint discomfort are some of the benefits seen when people engage in this amazing journey. Anne's work in addictions has also helped many Individuals understand the role sugar addictions play in managing health.

At our GC meeting on May 15, Anne will talk about gut health:

- ♥ **Review the role of the gastrointestinal tract**
- ♥ **Identify the connection between the Microbiome and overall health**
- ♥ **Learn how the GI tract and the intestinal bugs contributes to chronic low grade inflammation**
- ♥ **Discover how intestinal flora, GALT (Gut-associated lymphoid tissue) & Leaky Gut are interconnected**
- ♥ **Acquire knowledge that will help restore Gut Health and improve overall health**

This all speaks to everyone involved in reflexology!

Find Anne on Facebook: [Proactive Health With Anne/Regenerative Nutrition](#). From there, you can view videos from her Monday evening metabolic nutrition support calls/zooms.

Treasure Box of Friends by Myra Achorn

Why do I have a variety of friends who are all so different in character?

How is it possible that I can get along with them all? I think that each one helps to bring out a "different" part of me. With one of them I am polite. With another I joke. With another I can be a bit naughty. I can sit down and talk about serious matters with one. With another I laugh a lot. I listen to one friend's problems. Then I listen to another one's advice for me.

My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends. They are my friends who understand me better than I understand myself. They' are friends who support me through good days and bad.

Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (for Friends). He counts the benefits of friends as essential to our wellbeing. Research shows that people in strong social circles, have less risk of depression and terminal strokes.

If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%. I'm so happy that I have a stock of Vitamin F!

In summary, we should value our friends and stay in touch with them. We should try to see the funny side of things and laugh together, and pray for each other in the tough moments. Some of my friends are friends on line. I know I am part of their Vitamin F because their names appear on my computer screen every day. I feel blessed that they care as much for me as I care for them.

Thank you for being one of my Vitamins!



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