



P.O. Box 697, Englewood, CO 80151
www.reflexology-colorado.org

August 2012

Associated Reflexologists of Colorado

The mission of ARC is to advance Reflexology as a profession and to assist Reflexologists in becoming more effective through continuing education and sharing in both Reflexology theory and practical techniques.

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The ARC Newsletter is published quarterly. This newsletter is for the education of its membership and dissemination of health related information and news. The material should not be construed as medical advice, treatment or recommendation for self treatment where professional, medical intervention is the standard of care, and is not intended to replace professional medical care.

**Membership meetings are the
2nd Tuesday of
February, May, August and November.**

Newsletter Editor

Marie T. Koepke is on vacation

Editors Substitute: Beth Schroeder and Paula Carroll

Summer Quarterly Membership Meeting



Tuesday, August 14, 2012

5:30-6:00 PM: Potluck Dinner
6:00-6:30 PM: Business Meeting

6:30-8:30 PM


**Guest Speaker—ARC member:
Jennifer Reinbrecht**

Following (up) Fractious, Free Range Foot Fascia

Jennifer Reinbrecht has been a massage therapist and Reflexologist for over 16 years. She has just returned from the Third Fascial Research Congress in Vancouver, BC, Canada and is anxious to excite you with findings that apply to our practice as reflexologists, to our own health and well being, and to the miracle of life in these bodies.

Location: Old Hampden Holistic Center, 3501 S. Corona Street, Suite # 1
303-341-4384

SW corner of Old Hampden & Corona near Swedish Hospital. Old Hampden is one block north of 285 (Hampden).

 **PRESIDENT'S MESSAGE by Elizabeth Heard**

I hope all of you are enjoying the summer! It is, what's the word? "Toasty" like never before. And I don't just mean the weather. Things are heating up in many areas, like politics, belief systems being put to the test, the many fires (sadly), and the economy still trying to do some sort of recovery....it's exhausting! Are you getting yourself strengthened for the task? Is your business marketing plan working for you? Maybe it's time to put some of our business and personal plans to the test with a bit of heat (or examination) to find out what is working and what we can change. Napoleon Hill teaches in his book "Think and Grow Rich, " that the way to real success is to learn from repeated failures. So here's to success! Let's put a bit of fire under our plans and burn away what is holding us back.

Our collective heart goes out to the many victims and the entire community of Aurora with the recent senseless massacre at the Aurora 16 theatre. Please pray for the healing process of all involved. I have recently attended a prayer vigil at Kaiser Permanente, where along with many other people, the long healing has begun.

August's Program

Following (up) Fractious, Free Range Foot Fascia

Presenter: Jennifer Reinbrecht

Last meeting we explored emerging new research in fascia - the amazing world beneath the skin and our hands. This research suggests some new approaches to working with tissue, and reinforces the physiological as well as energetic power and potential of reflexology.

At the August meeting we will get out of our heads and into our hands. Meet fascia face to foot! Explore the intimate, expansive connections between reflex points and the tissue, bone, blood, gel and fascia beneath and surrounding them and it's network thru the body.

Bring your reflexology experience, unique touch and techniques, curiosity and wonder.

We need members to bring some tables, bolsters, leg pillows - an assortment of items you use to support your clients' comfort during a session. Please contact Diane Ahonen by phone 303-421-0304 or email huntress@comcast.net if you can bring a table, and/or supplies. Also, please note that the August program will begin at 6:30 pm conclude at 8:30 pm.

ARC Meeting Minutes - May 2012

by Mindy McKinney, ARC Recording Secretary



ARC Meeting Date: May 8, 2012

President Elizabeth Heard called the meeting to order at 6:08 P.M.

RAA Conference:

The first order of business was to inform the membership of the Board's decision regarding a reimbursement policy for Colorado's RAA delegate(s) to attend the RAA Conference held every other year. The Board agreed to reimburse the delegate's airfare, one night of lodging, and one day of meals—not to exceed \$500—and a detailed expense sheet with valid receipts must be submitted to ARC by the delegate. (As Colorado's RAA delegate is expected to attend the Delegate Meeting held on the day prior to the start of the RAA Conference, but not necessarily expected to attend the conference itself, the Board voted unanimously to the above reimbursement policy.) ARC currently has no RAA delegates; however, Wendi Humphryes stated that she is now ready to submit her paperwork for this position. Wendi attended this year's RAA Conference in Florida and gave the members an overview of her experience. The 2014 RAA Conference will be in Santa Fe, NM. As a side note, Wendi heard from a couple of Conference presenters that regarding continuing educational workshops in Colorado, many of the best in their field are reluctant to come here. They have much better showings in other areas.

Elections:

Janice Sullivan and Paula Carroll, respectively, were elected as the new Treasurer and Recording Secretary for ARC. The current Board will meet with these individuals in July to transfer the necessary files, documents, etc., for their positions, which they will assume in August.

Newsletter Treasurer Hunt:

Mindy McKinney asked members if they would please bring the old newsletters from other states that they took from the February meeting with them to the August meeting. We will take some time to share any new ideas that members may have found for promoting our businesses, ARC, or reflexology in general.

Miscellaneous:

Isabelle Hutton informed the group that she bought an "Avalon Light" light therapy machine. She offered a free session for any members who would like to try it.

The meeting was adjourned and Diane introduced tonight's speaker—Member Jennifer Reinbrecht.

Submitted By: Mindy McKinney



ARC TREASURY REPORT

ARC Financial Statement 2012 Ending July 2012	
Balance forward 2011	\$4,693.41
Income 2012	
<i>Membership</i>	\$2,870.00
<i>Refund Vista Print</i>	\$0.30
	\$7,563.71
Outflows	
<i>Bond</i>	\$100.00
<i>Reimbursable Expenses</i>	\$313.66
<i>Newsletter & Directory</i>	\$278.29
<i>Meeting Room</i>	\$100.00
<i>Speaker</i>	\$100.00
<i>RAA Dues Forwards</i>	\$1,090.00
<i>Western Group Inc</i>	\$265.00
<i>Network Solutions (exp. 2019)</i>	\$595.47
	\$2,842.42
Balance On Hand	\$4,721.29

ADVERTISING IN ARC'S NEWSLETTER

Advertising in the ARC Newsletter is encouraged for both members and non-members alike.

The **member fees** are:

\$10.00: Business card size \$15.00: 1/4 page \$20.00: 1/2 page \$30.00: whole page

The **non-member fees** are:

\$15.00: Business card size \$20.00: 1/4 page \$25.00: 1/2 page \$35.00: whole page

NEWSLETTER MATERIAL WELCOME

Please feel free to email Marie T Koepke at: mtnmarie@yahoo.com with material you'd like to see included in the quarterly newsletter.

THE MANY BENEFITS OF VOLUNTEERING

By Christine Issel

(This article is re-printed from the January 2004 issue of the NYSRA Newsletter, as a result of the Treasure Hunt)

Reflexology will change your life. It certainly did mine. Not only has it been an instrument of change in the life of my clients, it has changed my life dramatically. Thirty years ago if someone had told me what reflexology would mean to me, I would have never gotten my first treatment. If I had known the skills and talents it would allow me to develop and use, I never would have believed them, nor taken my first course. Most of those talents are outside the hands-on portion of the work. In the beginning, if I'd known what my future in reflexology held I would have been too scared to get involved.

Fortunately, as Abraham Lincoln said, "The best thing about the future is that it arrives one day at a time." We grow into the future. Reflexology has literally taken me all over the world. It has brought me challenges and opened up wonderful experiences through which I am honored to have had the opportunity to serve. Most of the time I spend with reflexology is on a voluntary basis. Only when I am with clients am I "paid" for my time.

One of the keys to happiness in life is taking pleasure in our work. This does not only refer to the things we get paid to do. We can do many things on a volunteer basis using our skills and making a difference that allows us to uncover our hidden talents. Volunteerism allows us to enhance the field we cherish, while at the same time gaining the feeling of making a difference, of serving something outside of ourselves. Volunteerism gives our lives meaning. We gain a sense that we are using our abilities, not wasting them. We gain a sense of accomplishment, that we make a difference, life is better for our being here.

Volunteerism is another way of allowing different dimensions of our care-giving self to come out. Within reflexology opportunities are plentiful to serve both humanity and our profession while enriching our lives by working according to our own wishes and talents. On another level, through volunteerism we have the opportunity to get in touch with our real selves. Our personalities become affected. To paraphrase John F. Kennedy "Ask not what Reflexology can do for you, but what you can do for Reflexology."

Across your nation and around the world reflexology is growing into a profession. Your contributions are essential to its growth. There are many ways to serve reflexology. Within organizations there is a need for many talents which the association may not have the funds to pay for. Joining and becoming a member is the first level of volunteerism. From there one can graduate to donating time through active participation by holding an office, sitting on a committee, organizing an activity, working on a newsletter by writing an article, proofreading or editing. Most of this work can be done from your own home via the telephone, and you have the luxury of determining the time schedule.

Have you heard the story about four people named Everybody, Somebody, Anybody and Nobody? There was an important job to be done. Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job! Everybody thought Anybody could do it, but Nobody realized Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!

For many people reflexology is a mid-life career change. Usually by this time in your life you will know what kinds of talents you have. Don't be modest. We are all good at something(s). But organizations don't know unless you specifically tell them what you can do. Just as reflexology changed your life in many ways, volunteering to serve will change your life in many ways also. Get involved. Take stock of what talents you have and how you'd like to serve. Volunteer today by contacting a reflexology organization. When assigned a task, follow through by taking your offer to volunteer seriously. Act as you would if someone were paying you by doing the best job you possibly can, and do what you promised in a timely manner. Reap the rewards of self-satisfaction by setting your standards high. We are all busy people but, I promise you, volunteering will change your life.

Round About Digestion

Taught by Peter Lund Frandsen and Dorte Krogsgaard of Touchpoint Denmark

Tempe, AZ, June 30—July 1, 2012

Janice Sullivan, ARC's newly-elected Treasurer, and Beth Schroeder, ARC's Membership Secretary, traveled to sunny Tempe, Arizona to attend the class "Round About: Digestion" taught by Peter Lund Frandsen and Dorte Krogsgaard from the Danish organization Touchpoint. "In Denmark, 25% of the entire population knows Reflexology and uses Reflexology," remarked Peter Frandsen!

Here are some impressions from Janice and Beth about the class and what they learned:

Janice writes:

I have digestive issues and many of my clients also have digestive issues. It is believed by many that any medical issues people have are related to our digestive system not functioning properly.

My clients have been benefiting from receiving their IC-valve and anus sphincter opened. As I continue incorporating the many new techniques more results will follow. Some of my favorite new tools are working the teeth reflexes relating to digestion. They are located on the phalanges and some of my clients have already received great results. The points can be painful and not right for every client but the ones that are ready for this level of healing can expect great results.

Peter Lund Frandsen and Dorte Krogsgaard are an amazing team. Peter had three semesters of college left to become a medical doctor, when he realized that it was not for him. Dorte is a practitioner with thirty years of hands on experience. They make a great team providing the anatomy and physiology and also the applied practice. They are in Arizona again for a one day class on the neck in January. I will be there.

Beth writes:

Many of my clients have digestive issues, so I was interested in learning new techniques and approaches to help with the varied symptoms of "digestive problems." I learned a new approach that includes working the Reflexology points (precise placement) of sphincters related to digestion (among them the Cardia, Pylorus and Sphincter Oddi), Nerve Reflexology utilizing a different placement of the medial thumb placing it "bone-to-bone" on specific areas of the foot for maximum effectiveness (again using precise placement) to access the Vagus nerve, ganglion such as Celiac, Superior and Interior, and plexus such as Celiac plexus and Intermesenteric plexus. We also learned how to stimulate and calm the Autonomic Nervous System, Sympathetic and Parasympathetic placements. There is even a map on the phalanges with reflex areas for large and small intestine, stomach, spleen/pancreas and liver/gallbladder. Very interesting work, indeed!

The Arizona Reflexology Association, AZRA, hosted the class and it was wonderful to meet and work with the association's board and members. If you are interested in trying out a "roundabout" approach, I'd love to share the work with you – just give me a call.

Picture from “Round About Digestion” Class

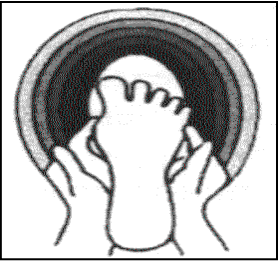


Teachers: Peter Lund Frandsen, last row on the left.

Dorthe Krogsgaard: first row, forth from the left.

Views expressed in articles and advertisements in this newsletter are not necessarily those of the ARC,
its Board of Directors, membership or the editor.

FOOT NOTE



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