



# Newsletter December 2011

## Message from RAC BC Chapter Chair

Hello RAC BC Chapter Members and Associates, I must apologize for the delay in sending a greeting out. It has been a transitional year for the Board due to the complete change of Board Members, so we are learning our roles with the help of Shirley Marcotte, who has stayed on as mentor... thank-you Shirley.

We have decided as a Board to cancel our yearly AGM/workshop weekend that has been enjoyed over the past two years due to the current economic conditions and delays in getting organized. We will still have an AGM as there are three Board Member positions available next year. When and how we have that meeting will be determined in the new year and posted in your news letter.

On a personal level I have been doing a lot of reflecting around our Association and how we can strengthen ourselves as a group. The image came to me as a cart sitting on a road with all of us sitting on it and enjoying the ride, except the cart was not moving. I got off the cart to see what the problem was and realized the ground beneath the cart was not solid. The word "grass roots" came to me and then I realized how we have partly wandered away from those very words.

Like most of us we get caught up in the every quickening world of sensationalism and technology. To me, Reflexology is a "healing modality", also called a "healing art". The word art relates to creativity and originality of expression; you apply that to Reflexology and you have a modality which is unique to each of us in how and why we apply it.

The energy of BC is foundational in its very nature with mountains, vast forests, oceans, and inland waterways. So like it or not we are all “grass roots” oriented by default. To build on that, involvement is a good place to start. Information sharing, experiences, awareness around your practice whether it is a full time business or hobby is a nice way to express yourselves and helps us all feel connected to something bigger than ourselves.

At the Calgary AGM, one of our own BC members used the word “synergy” to express the expanding conversation and growing involvement in the room... thank you Dennis. Synergy created through an active news letter would be interesting. Information shared by any and all to create thought, inspire further education, awaken awareness and so on. All of it as unique as each one of us to be expressed without challenge.

Write to us, organize meetings in your areas, discuss, exchange, present, expand the synergy of a wonderful modality. Let’s all get off the cart and join in anyway we can.

### **“Grass Roots”!!**

There is a section of your News Letter called “*Community News*” which is dedicated to just that. We would love to hear from you! We and others would like to know what you are up to, what you’ve learned about people, health, reflexology, other modalities etc. We are all in this together. Good friendships, relationships always start with healthy open conversation and expression. After all, aren’t we all simply part of something creative. How do you understand, express or perceive it?

EXPRESS YOURSELF, and thank-you for participating.

Sincerely,

Rod Westaway  
RAC BC Chapter Chair



## **Membership Director News**

I would like to extend a warm welcome to our newest members who have recently completed the RAC foot reflexology course in November 2011. All six students have signed up to be members of our BC Chapter.

I had the pleasure of meeting and speaking with the students in Penticton where they were receiving excellent instruction and practice methods from one of RAC teachers, Linda Baril.

In the following months I will be in contact with all BC Chapter members to introduce myself and answer any questions you may have around membership.

**VERY IMPORTANT:** To ensure that a portion of your yearly RAC membership fees are forwarded by RAC Head Office to the RAC BC Chapter it is important that you do one of the following:

- 1) Each year, submit a signed letter to the BC Chapter Membership Director indicating that you wish to be a member of the RAC BC Chapter. This letter can be found on the RAC BC website under the tab 'Membership' <http://www.racbcreflexology.com/> or on RAC website under the Tab, "RAC English Forms" <http://www.reflexolog.org/>
- 2) Or, if you, as a BC Chapter Member, do not want to submit a signed letter every year then you can sign what is called a 'Proxy' which gives the BC Chapter Membership Director authority to submit it for you once a year when your yearly membership fee for RAC is due. If you have not already signed a Proxy, and would like to choose this option, the Proxy form can be found on the RAC BC website under the tab "Membership". <http://www.racbcreflexology.com/>

If you would like further information please contact me, the BC Chapter Membership Director, Kathryn Smith either by:  
**email:** [groundedmama@live.ca](mailto:groundedmama@live.ca);  
**Postal address:** 532 Alexander Avenue, Penticton, BC, V2A 1E3,  
or by **Phone:** 250 809 8650

Happy Holidays to Everyone!

Kathryn M. Smith  
RAC BC Membership Director



## Newsletter Director News

If you have something you would like to see in the newsletter, please contact the Newsletter Director Julia at the following email: [reflexology4life@live.com](mailto:reflexology4life@live.com)



## Website Director News

For more information on RAC BC, please browse the RAC BC website  
<http://www.racbc reflexology.com/>

If you are having trouble accessing the site, please email: [janicejo@shaw.ca](mailto:janicejo@shaw.ca)



Please check the page; ***“Find a Therapist”*** to ensure your contact information is correct. If it is not, please email your changes to: [janicejo@shaw.ca](mailto:janicejo@shaw.ca) and also “cc” the RAC BC Membership Director, Kathryn at: [groundedmama@live.ca](mailto:groundedmama@live.ca)



For past newsletters, please view the “archives” under the “library” tab.



Check the events page for upcoming courses. All postings must be first approved by RAC BC Chair (Rod Westaway) prior to posting. Please email course outline, dates, times, location and contact information to the Chair at:  
[innerstatereflexology@shaw.ca](mailto:innerstatereflexology@shaw.ca)

### **Please Note:**

Website information is posted once a month at the end of every month.

## BC Health Act

The RAC BC Board are waiting for an update from the Province of BC with regards to the changes coming forth in the BC Health Act and Regulations. Reflexologists will still be allowed to practice, but we may have to change our designation from Certified and Registered to another term. For now though, it is business as usual with no changes. We will keep you informed as we learn more.

## Community News

If you would like to share ideas or share what activities are taking place in your community with the rest of the BC RAC members, or if you have a question, please send your news and or questions at least two weeks prior to the release of the next

newsletter. Please email details to Julia at the following email:

[reflexology4life@live.com](mailto:reflexology4life@live.com)

2012 RAC BC Newsletters will be sent out the first week in the following months; January, April, July, October and again in December.

Rod Westaway, Qualicum Beach, Vancouver Island would like to post:

*Vancouver Islands, Mid-island Chapter has been getting together regularly for years due to the support and dedication of a wonderful RAC Reflexologist, Evie Wur. She has been the one that 'gels' us together every month. We share information, concepts, work collectively to answer questions regarding client concerns, have workshops, speakers etc. It is simply nice to get together with people who share common interests. Thanks Evie!*

## Inspirational Quotes

Rod Westaway, RAC BC Chapter Chair would like to share two Inspirational Quotes: While writing my "Message from the Chair" it reminded me to look at these two quotes that I keep in my appointment book. They inspire me, keep me motivated and open to understanding myself and the creative reality in which I am experiencing.

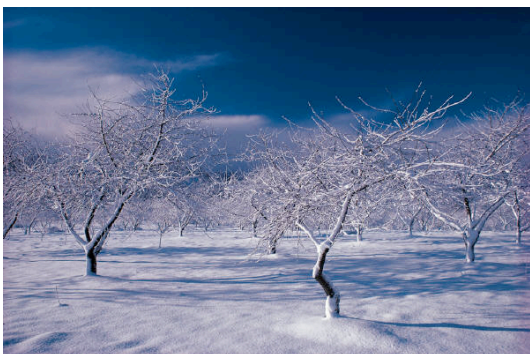
*"You will either step forward into growth, or you will step backward into safety."*

*(Abraham Maslow)*

For me both directions are good and necessary in my journey. It is interesting when I find myself stepping in the opposite direction of what I think I should be doing.

*"The most difficult mental process of all is to consider objectively any concept which, if accepted as fact, will toss into discard a lifetime of training and experience."*

*(Robert Monroe)*



*The BC Chapter Board of Directors  
would like to wish you*

*A Wonderful Holiday Season  
&  
A Very Best New Year*

**Keeping Feet Happy!!!**