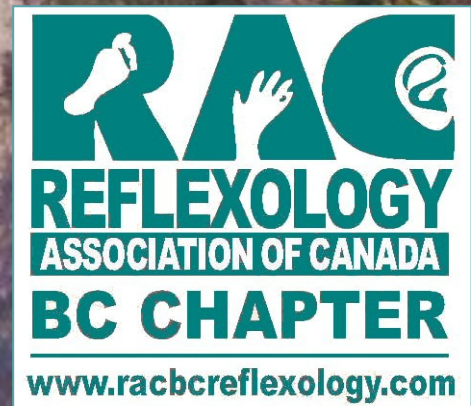


NEWSLETTER

SEPTEMBER 2009

RAC BC CHAPTER



RAC BC MISSION STATEMENT

The mission of the Reflexology Association of Canada BC Chapter is to advance the understanding and knowledge of Reflexology both for its members and for society as a whole. We will accomplish this by focusing on education, publicity and activism in local health events and forums. We will provide a supportive environment for mentorship and camaraderie amongst BC .

RAC BC CHAPTER—NEWSLETTER

September 2009



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Message from the Chair — Helga Petersen

Hello everyone,

I hope all of you had a relaxing summer, enjoying vacations and holidays with friends and family.

For those who could not attend, just a brief summary of our AGM in June. The membership decided that our next AGM will be in the spring of 2010 and that it will be a full day event with guest speakers and seminars. More information will be available in the near future.

Peggy Sutherland resigned as our Newsletter Director. The board thanks you Peggy for your efforts in supporting your Chapter. Toby Coupe of Telkwa was elected as Peggy's replacement. Welcome to the board, Toby.

If you are interested in volunteering for future Board positions, please contact the BC Chapter Development Committee at rac-bc@shaw.ca for an application. Haven't heard of our new committee? It was created to develop certain areas within the chapter, namely communication, standards and support for the board of directors. The committee will also be responsible for assisting in organizing special events and the development of new member programs and benefits.

Speaking of programs and benefits, we will soon be meeting with members in more areas of the province regarding the formation of Community Groups. We have had quite a few inquiries and we ask for your patience, as these meetings must be organized and the formation of a group does take a little time. You will be notified when we will be in your area.

Our extended health care application has been accepted and will be introduced shortly, but there is still some work to do before the program can be offered to our membership. Once again, please be patient.

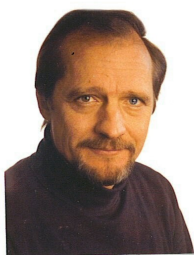
Some exciting coming events that you should be aware of:

- Hanne Marquardt is coming again in September of next year.
- The fascinating Facial Reflexology course with Lone Sorensen from Denmark and Angela Sellens Drake from England still has space available. If you have not yet applied, go to our website and register.
- RAC International AGM is on November 6 – 8, 2009 in London Ontario
- The Vancouver Health Show is on October 17 and 18. If you are around and would like to volunteer, please contact me.

Talk to you soon,
Helga

INSIDE

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- **ASK Shirley**
your reflexology questions
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- **World Reflexology Poster**
- **10 Minute Trial Session For Health Fairs**



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Would you like to work with us?

The BC Chapter Development Committee

Would you like to work with us? How about volunteering some of your spare time? No pressure or unreasonable expectations, the B.C. Chapter Development Committee is looking for 1 volunteer to fill a vacant position.

The committee reports to the Board of the Directors and is responsible for completing and maintaining the "Procedure and Standards" manual for the day to day operation of the Chapter. The committee also shares responsibility for organizing Annual General meetings, for recommending the development of new policies and programs as well as creating and improving the communication network for our membership and for the Chapter in general.

If you are an individual with good communication and organization skills and would like to volunteer your services for the benefit of all RAC-BC members, please contact Ryan at rac-bc@shaw.ca.

Follow up on June 14 RAC BC Chapter Teleconference

Receipts/Cover Letter for Insurance Companies

The Chapter Development Committee is in the process of developing standardized templates for client receipts for services rendered by Registered Canadian Reflexology Therapists, and accompanying letter for insurance companies.

We hope to provide more information early in the new year.

Want Ads by RAC BC Chapter Members.

NEW FEATURE: Swap and Shop

Please submit your want ads to Newsletter Director:
Toby Coupe: tcoupe@citywest.ca

LaFuma Chair wanted
Looking for a used LaFuma Chair
marktrevis@gmail.com



To



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QUESTIONS AND ANSWERS

your reflexology questions

Ask Shirely

cotte@shaw.ca

Reponses will be printed in the newsletter

LOOKING FOR: RAC BC Newsletter cover pages

Do you have an original photo that the newsletter could use for future editions? This is the criteria we are looking for: reflexology theme, local to BC, original photo, eye catching. Please email to Toby Coupe: tcoupe@citywest.ca

Coming Events

September 11—13, 2009

International Council of Reflexologists (ICR)

12th Biannual Conference

Los Angeles (Anaheim) California, USA

http://www.icr-reflexology.org/conference_2009.htm

September 22—23 Basic

September 24—25 Advance

Cranio Sacral Reflexology

Dr. Martine Faure Alderson

<http://okinhealth.com/articles/cranio-sacral-reflexology.html>

September 20—26, 2009

World Reflexology Week

Please see notice and printable poster in this newsletter

September 22, 2009

Barefoot Kinesiology

9:30 am to 4:30 pm

Croatian Cultural Centre, Vancouver, BC

cku1@telus.net

October 25 and 26, 2009

Vancouver Health Show

RAC BC will be participating and letters will go out to members

November 4—7, 2010

RAC Conference and AGM

Winnipeg, MB

www.reflexologycanada.ca

November 5—7, 2009

AC AGM & Workshop

London, ON

www.reflexologycanada.ca

November 7 and 8, 2009

Healing Touch for Babies - Weekend Course

With Rita Kluny from TEXAS, USA

Penticton, BC

<http://okinhealth.com/workshops/Penticton-healing-workshops.html#HTB>

November 14—17, 2009

Facial Reflexology Sorensensistem

Vancouver

www.reflexologycanada.ca

We're on the Web!

www.racbc-reflexology.com

Look on our website for more information about the following!

About Reflexology

Courses

RAC Registered Certified Teachers/
Instructors

Course Calendar 2009 for

Reflexology Certification
Instructor/Teacher Courses
Continuing Education Courses

Events

Local, National, International

Library

Books/DVD's/Videos in our library
How to contact a librarian
Newsletters and Magazines
Research
Code of Conduct and Ethics
RAC Member Programs
Forms
Archives

Marketplace

Membership

News

Reflexologists

LINKS

www.racbc-reflexology.com
www.reflexologycanada.ca
Ann Gillanders Reflexology International
Footsteps School of Reflexology
Hanne Marquardt GmbH
International Institute of Reflexology
Ontario College of Reflexology
Touchpoint

Books/literature/therapy aids

Hanne Marquardt Verlag (Bookstore)
Reflexology Association Canada Book
The Larkin List of Reflexology Books
Reflexology Research
Reflexology World Magazine

Forums

Israeli Forum for Reflexology



World Reflexology Week 2009

Hello RAC BC members.

The World Reflexology Week is almost upon us and I would like to encourage you to promote yourself, your business and Reflexology in your community.

There are many options or promotional opportunities for you, such as a fundraiser for a hospital or other event to help individuals in need. Contact your colleagues and plan an event together.

Earn 1 CEU credit for every 2 hours promotion.

Be part of the global awareness for Reflexology.

For more information about the World Reflexology Week, go to the website

<http://www.icr-reflexology.org/wrw.htm>

The BC Chapter will send out a press release to all local Newsletters in British Columbia.

If you have any questions, please feel free to email me.

Talk to you soon.

Helga Petersen
Chair person of BC Chapter
Reflexology Association of Canada



World Reflexology Week

September 20th to 26th

What is Reflexology? Reflexology is using pressure points in the feet, hands & ears to relieve tension, increase circulation and to promote relaxation to the whole body.

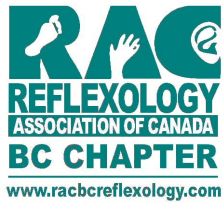


Reflexology will help you sleep through the night and then start a new day pain free.

Reflexology helps with many chronic aches and pains as well as many stiff and achy joints.

For more information go to Reflexology Association of Canada's website: www.reflexologycanada.ca

Or Contact:



Reflexology

A 10 minute trial session for Public Events

Direct the client to remove his/her shoes and socks and sit comfortably.

Before beginning: Ask if there are any health concerns that you should be aware of and if there are more than one, ask the client to fill out the health questionnaire provided by RAC.

Ask if he/she has ever previously had a Reflexology session. If not, it is important during your 10 minutes to explain to them what reflexology is, the benefits and what to expect in a full session. Be informative. Answer any questions your client may have. It is important to let clients know, that what they will experience is only a demonstration and not a full treatment.

In preparation: Use baby wipes and clean both feet of the client. Do a quick foot inspection.

The session - For each foot:

- 1 minute to warm up the foot and relax the client, do some **relaxation techniques**, which can be side to side friction, ankle rotation, dorsal and plantar stretch or butterfly stretch.
- 1 minute Thumb walk the Five zones on the plantar side.
- 1 minute Slide down in-between the toes, stop and work the Lymph Drainage point - Snow plow the dorsal side and work the groin lymphatic - then compress both sides of the Achilles tendon and travel upwards 6-7 inches.
- 30 seconds Work the reflexes - Zone 1 - dorsal, medial, plantar.
- 30 seconds Work the reflexes - Zone 5 dorsal, lateral, plantar.
- 1 minute Work with both thumbs in Zone 2, 3, 4 - traveling from the diaphragm to the heel line, knuckle the heel. In the end, gently **sweep the five zones** with your fingers.

Before beginning with the other foot, ask if he/she can feel a difference between the feet.

Important: Be careful using lotions/oils on the feet after treatment as this is a show and the client will be on their feet for quite some time. Nylon socks can cut especially on soft damp feet.

Converse with your client while he/she is putting their socks and shoes back on.

Wash or clean your hands.

Remember, Reflexologists do not diagnose, prescribe or treat specific diseases or health conditions.