



## **RAC– BC Chapter**

### **January 2008 Newsletter**

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 practitioners.

### **MESSAGE FROM THE CHAIR**

Hello Everybody

“A brief 2008 review of some of the highlights for 2009”.

The RAC conference in Montreal was an unquestionable success. Both guests and speakers brought new insight and perspectives to those who attended the conference.

Our presentation at the Vancouver Health Show was also a big success. Lots of interest from the crowds and we are confident that a significant residual benefit from providing our services at the show will still materialize.

Big advances in methodology were provided by Hanne Marquardt’s workshop in May. We hope that Hanne will come again this year to provide us with a little more of her valuable knowledge. If not, 2009 looks promising with the introduction of *Facial* Reflexology, which I hope will be provided to our interested members this year.

Our local meetings have proven to be a valuable resource for our groups providing news and updates and a quorum for questions and clarification. In 2009 these meetings may also provide the opportunity for continuing education and credit accumulation through the viewing of videos and DVDs, which will soon be available to all regions of BC. Much more is being planned so visit our website frequently for up to date events. ( [www.racbc reflexology.com](http://www.racbc reflexology.com) )

In 2008, RAC started the new Educational Program and is diligently working towards having the services of our registered members recognized by Health Insurance companies across Canada. As the role of a Chapter becomes greater, our BC Board will make every effort in providing the means to help each member in the Lower Mainland, Okanagan, Northern BC and on Vancouver Island obtain the necessary credits for continued accreditation. As an example, our teachers Linda Baril, Chiquita Hessels and Diane Wiebe will be providing Reflexology workshops as well as other seminars/courses for credits. This is a valuable resource for all RAC members. Unfortunately, there are still RAC members who are not registered with the BC Chapter and are not aware of the advances within the organization. If you know of anyone who is not a BC member, please let them know that life as a Reflexologist can be “a little easier with us”.

May 2009 be very successful for all.

Helga Petersen

### **Chair and Vancouver Librarian**



**Helga Petersen - Surrey, B.C. - 778.574.7232**

[helgap@shaw.ca](mailto:helgap@shaw.ca)

My name is Helga Petersen. I am relatively new to Canada arriving in this wonderful country five years ago. I was born in Germany. As my occupation I chose to care for others and became a registered intensive care nurse. I am also a German registered Naturopath having had my own successful clinic that specialized in Reflexology, Kinesiology, Acupuncture and Touch for Health. Here in Canada, I provide Reflexology and Touch for Health therapy sessions and as an instructor, Touch for Health courses.

I strongly believe in a unified Association and as your Chairperson I will do my best in providing that what I can to maintain and improve the membership benefits of our Association and Chapter.

### **Treasurer and Secretary**



**Denise DeLeeuw - Summerland, B.C. - 250.494.0476**

[summerlandreflexology@telus.net](mailto:summerlandreflexology@telus.net)

I, Denise DeLeeuw, am a long time resident of Summerland. I have been involved in health and nutrition for over 20 years. I opened my reflexology business in Feb. 2003 upon completion of the RAC course through the College in Penticton, BC. I have also taken courses in ERT (Energy Reflex Testing),

Healing Touch, Iridology, Nutrition and Herbs, and Health and Wellness classes. I like taking continuing education courses to learn more about reflexology and health.

I have a relaxing treatment room in my home and also offer a mobile service. Summer sessions can be offered outdoors in my garden along the creek.

Besides being the Sec/Treas. for the BC Chapter I am also a member of Servas (a peace and travel organization). I am also a member of a local Book and Wine Group. My hobbies include gardening, hiking, reading, enjoying fine foods and Okanagan wines, health courses and exploring our great country with my family and friends.

## Membership Director



**Shirley Marcotte - Williams Lake, B.C. - 250.392.5702**

[smarcotte@shaw.ca](mailto:smarcotte@shaw.ca)

I first became involved with reflexology through my Reiki healing practice. I was working with one particular client and I was intuitively drawn to work on his feet. I wasn't overly enthusiastic about working on feet at this time, but did anyway. Right from that first session, I could see what reflexology could do for a person. I then started reading different books on reflexology and practiced intuitively for the first few years, and I have never had another problem with working on people's feet again.

I was encouraged to open my own business within the natural healing arts in the early 2000's, and felt it important to have proper training in the field of reflexology, before I could offer this service to the general public. So I researched about 4-5 different Reflexology Training Schools here in BC, and chose the Reflexology Association of Canada, as I felt that they had the better training program. After receiving my Certification in Foot Reflexology, I won the Ollie Bailey Excellence Award and chose to do the Ear Reflexology certification training.

I have been working with reflexology for about 8 years now, and I'm still amazed at how much this simple technique can do for a person. It is my goal to become a RAC teacher someday, and teach others how to do this amazing healing art. This is one technique that can really help people become whole body aware, and encourages them to take a proactive stance in their healing journeys.

Within my business, which I call "Uniquely Yours Alternate Healing", based here in Williams Lake, I offer Reflexology, Reiki, Indian Head Massage, Guided Meditation sessions and other relaxation techniques. I also teach classes in Reiki Healing, Meditation and offer introductions into Reflexology, Indian Head Massage and other relaxation techniques, at various community events.

## Newsletter Director



**Peggy Sutherland - Victoria, B.C. - 250.381.7837**

[pmjsutherland@hotmail.com](mailto:pmjsutherland@hotmail.com)

At this time my practice is small, still working to expand, grow it as a viable business path into my later years. When not giving reflexology treatments, I work as a companion and home support worker, mainly for the elderly. So, I continue to learn. This past year I began a study of acupressure for feet and lower legs, incorporating that into treatments.

I consider myself to be a life-long learner and have enjoyed a varied background in both paid employment and volunteer positions. I've raised 3 beautiful daughters and have one grandson. Of course it's obvious that mothering a family is an ongoing education. But, I also returned to formal education later in life, mid-forties. After earning a diploma in Contemporary Arts in Vancouver at Langara College, I spent some time at S.F.U. studying visual arts further. Then I took a break from studies, moved to Victoria and worked in retail (another type of education). When working at a spa I began to kindle an interest in treating people in a health modality. However, I was a bit distracted by keeping company with my new grandson. That wee fellow is now in kindergarten and still won't let me work on his feet, much to my consternation, unless we squeeze it in while reading or puzzling or grazing on goodies. He's lost interest in 'the three little pigs' since moving on to other super heroes sometime ago! During that transition time I completed certification in foot reflexology and followed this amazing passion for improving health in self and others. It's so relative to everything! Lately I've been wondering what it would be like to be a teacher of reflexology....

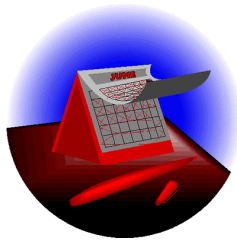
In November I attended the 2008 Reflexology Conference in Montreal. I am ever so grateful to our RAC Team for bringing us all together. There were well over two hundred in attendance. See website [www.canadianjournalofreflexology.com](http://www.canadianjournalofreflexology.com) Can you just imagine the hum and buzz of energy? I met some fine people, had a wonderful time and came away with a renewed commitment to develop as a healer (so many modalities, so little time). One outstanding, enduring benefit to being there was this sense of belonging to something greater, of holding a place in our community of active, thriving healing therapists. That benefit has settled right into my psyche and informs my direction daily. Stay on this path for all our futures.

## **Director and Island Librarian**

**Dianne Faux - Nanaimo, B.C. - 250.754.3478**

**[diannefaux@hotmail.com](mailto:diannefaux@hotmail.com)**

Dianne has had a few careers in her 60 years of life. From professional actress, organizing children's summer play schemes, childcare and life skills worker, the coordinator of a Transition house and Women's centre for 14 years and now since 2006, a reflexologist! It is wonderful to be able to work on and with people and to get so much back and to trade with other reflexologists. What a bonus, gaining new knowledge and skills along the way too. Dianne has 3 daughters and 3 grandchildren.



## **Important dates to remember:**

### **RAC AGM & Workshop / L'AGA de l'ACR et Ateliers**

*London, ON - November 5 - 7, 2009*

**[www.reflexologycanada.ca](http://www.reflexologycanada.ca)**

### **RAC Conference and AGM / La conférence de l'ACR et l'AGA**

*Winnipeg, MB - November 4 - 7, 2010*

**[www.reflexologycanada.ca](http://www.reflexologycanada.ca)**

### **ICR Conference *Los Angeles, USA***

*September 11 - 13, 2009*

**[www.reflexologycanada.ca](http://www.reflexologycanada.ca)**



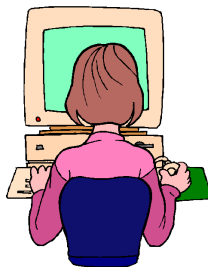
## Reflexology World magazine Bookshop:

To subscribe to Reflexology World magazine or order books: [www.reflexologyworld.com](http://www.reflexologyworld.com). I'm sure you can also find these books on [www.amazon.ca](http://www.amazon.ca) as well or even at your local bookstore.

Q / A

## Something New !!

Shirley Marcotte [smarcotte@shaw.ca](mailto:smarcotte@shaw.ca) our Membership Director proposes a question and answer section. Anything concerning our practices, whatever it may be direct it to her and she will do her best to field the question and find an answer. Look for some development in this section next time.



## A message from your Newsletter Editor:

I am new to the RAC BC Board of Directors this year. It wasn't really difficult to join the team, I simply said yes when Helga asked me to take over from Colleen Elder. Of course the thought of 'what have I done' came to mind off and on, more lately as I stumble through this project. It's now apparent that learning the publisher program is probably going to be more difficult than anticipated, so likely this newsletter will be coming to you in the old word 2003 format.

And so I say to you Colleen Elder, from all of us, A BIG THANKS for your fine efforts, on our behalf during your term as newsletter director.

Writing this newsletter is certainly a challenge worth undertaking. It's yet another growth opportunity. Like being a part of this RAC BC board as a win-win situation. There's a lot to learn so that we may communicate with each other and benefit from the exchange. I am remembering Marcus Summerfield's comments at our A.G.M. in Montreal this past November. He borrowed and altered the famous J.F.K. statement – ask not what RAC can do for you, but what can you do for your RAC? That statement resonated with my sense of feeling somewhat detached here on the West Coast, so far from Central Canada, Winnipeg and the RAC Team. How can we make this work for us here in B.C.? **When we can't see the association or touch it, clearly what we need as a group of professionals working at our complementary and alternative therapy, is to be connected to the source and support growth in as many ways possible.**

As the **source** I mean our profession, our association and each other while we bring reflexology to where it should be – a valuable front-runner therapy in health promotion, both preventative and healing art and science. When we work together it will be possible to be a part of creating a better, healthier world to share. **Y E S W E C A N**, together we can, is a resounding, popular phrase – thank you Mr. Obama for the inspiration. Just saying those words feels positive and hopeful. We need to invest our time, energy and resources, because we can, we must support one another to 'step' forward. So, raise a glass to yourself and all of us in reflexology. A very good thing to celebrate!

Peggy Sutherland, RCRT

**All 2009 copies of the newsletter will be available on the RACBC website.**