President’s Message: Walking the Path

Good Day! This column represents my first as the new President of our association. Thank you for the privilege to serve you and our profession at large. It would not be possible without the incredible team of other professionals that are supporting this organization. Our VP, Neil McNeil, brings his passion and integrity to help us ensure our legal status requirements are up-to-date and serving the association. Our Secretary (and magical newsletter Editor), Tina Bystrom, brings her years of service to other good causes and her love of reflexology together in an awesome and organized fashion. Our Treasurer, Cecelia McCorkle, brings her expertise as past-President and offers her commitment to keeping our books straight and welcoming new members.

Many others have joined us since the first of the year. Jeani Schwenk as Co-chair of our 10th Anniversary celebration, Kathy Boulander as the Chris Stormer event coordinator and Anniversary silent auction Co-chair, Diana Khoury as PR Chair, Mark Zimmerman as the new Mentor Program Chair, Rebecca Schneider as Historian, Mary Ellen Rutter, Julie Magehe, Lisa Dowling, Kandi Burke and so many more.

What have I brought to the table as your new president? I am a graduate of the American Academy of Reflexology, 1990 and have a full-time practice out of my home in Newcastle and a Seattle office. I have taught a variety of reflexology classes, I am a licensed massage therapist with a passion for lomilomi, and a graduate and past assistant teacher at the Northwest School of Healing. And I am one of the founding members of the WRA; in fact, I was at the very first meeting, on March 22, 1997. How time flies!

The most important thing I wish to share with you is my vision of what we can accomplish during my tenure. Questions come before answers. One question that has often come to mind is, why doesn’t every adult in the state of Washington know what reflexology is? And how do we ensure that the public knows the difference between a certified reflexologist and others? Another question, formed in all my alone-time as a provider, is: who are my fellow reflexologists? What do they look like, what do they think of their work, what do they find challenging professionally, and when do we just get to play “reflexology”?

So in a nutshell, my vision is to connect reflexologists with the community at large and with their community within, through a variety of communication avenues. How do we do this? Gather, share, work, break bread, open our hearts, listen carefully and have a little fun along the way.

The Tea & Talk Saturdays have been delightful, informative and heartwarming. Our 10th Anniversary theme is “Walking the Path,” and in just 8 short weeks the framework for this phenomenal event is taking serious shape. You do not want to miss this event! And an added bonus: world-renowned Chris Stormer of South Africa and “Language of the Feet” fame, will be joining us on Labor Day weekend. Mark your calendars.

I anticipate a wonderful year together. My email box is always open and I look forward to walking the path with you.

Blessings, Mary VonRanker
Upcoming WRA Meeting Dates

MAY 20, 2007 Sunday
At the Everett Public Utility District (PUD) Building
2320 California St., Everett, 98201 Room TC2-C (425-783-1000)
2:30-3:30 pm Business Meeting (all are welcome)
3:30-4:30 pm General Meeting
4:30-5:30 pm Presentation by Kathy Clayton, Business and Personal Coach:

Think Differently About Your Business and Your Life

JULY 15, 2007 Sunday
Picnic Potluck in Spokane!
At Audubon Park, Northwest Blvd and Milton, Spokane*
Beginning at 1:00 pm
Everyone is invited to bring their reflexology chair and a dish large enough to feed about fifteen. Paper plates, cutlery and paper towels will be provided.
Family is welcome. Come prepared to relax, have fun, eat great food, trade services and meet others who share your interests. Several people will bring games for the kids.
*West-siders will be arranging carpools. Email tina@tinabystrom.com if you would like to join in and/or for directions to the park.

WRA meetings are held every other month, in January, March, May, July, September and November. We meet during the 2nd week of the month at varying times and days of the week to accommodate the diverse schedules of our members.
Meetings are divided into two parts: Business (i.e., treasury report, officer and committee tasks) and General Membership. Both are open to all members.
The WRA is committed to remaining accessible to all members, and will periodically hold or attend meetings in the Northwest (north of Marysville) and Eastside (east of the mountains) regions.
Copies of WRA meeting minutes may be obtained by contacting Tina Bystrom.

WRA Mission Statement
Our mission is to promote excellence and professionalism in the practice of reflexology in the state of Washington. We accomplish this by providing member support through mentorship, idea exchange, network and referral systems, and promotion of education and certification. As members of this professional association, we promote public awareness and act as a resource for local, national and international reflexology information.
Ever wanted to ask questions of fellow reflexologists?
Ever wanted the comradeship of a healing community?
Ever wanted a conversation with someone who knew what YOU were talking about?
Ever wanted to share your healing practice with other curious individuals?

Here is your opportunity:

**WRA’s Tea & Talk on the Fourth Saturday of Each Month from 9:00 to 11:00 am**

All over the state of Washington, one of your peers will open up their home or practice for a casual, comfortable healthy, light breakfast. Come for fellowship, sharing, questions, laughter, information and more. Bring your reflexology chair for an exchange opportunity in the last half-hour. All are Welcome!

**Make connections and have fun at one or all of these upcoming Tea & Talks:**

Please RSVP a few days in advance by calling the host or sending an email to pres@washingtonreflexology.org

- **March 24**, at the home of Mary Ellen Rutter, 1457 Garfield St, Enumclaw 98022; 360-825-2263
- **April 28**, at Linda Mackey’s reflexology school, 160902 W North River Rd, Prosser 99350 (come see the NEW reflexology pathway); 509-786-3419
- **May 19** (3rd Saturday*), at the home of Kandi Burke, 150 NW 135th Pl, Seattle 98177; 206-441-8637
- **June 23**, at the home of Mira Dale, 10739 Roosevelt Way NE #2, Seattle 98125; 206-625-9224

*If the 4th Saturday falls on a holiday weekend, we’ll meet on the 3rd Saturday instead.

**Housekeeping**

We are working hard to keep the membership information up-to-date and to correct the inevitable omissions and mistakes along the way. Please let us know if your contact information has changed recently, or if it is listed incorrectly in the Member Directory (or elsewhere).

**Email:** If you are not currently receiving WRA emails, please contact tina@tinabystrom.com with your preferred email address, and we’ll get you on the distribution list. We send out reminders about upcoming meetings and interesting WRA-related tidbits once or twice a month.

**Member Directory Updates:** Please note the following changes in your Member Directory.

**ADDITIONS:**
- **Marie Louise Penchoen**, LMT, NBCR, Hood River, OR, 541-386-7998, Penchoen@aol.com

**Mark Zimmerman**
- Sole del Soul
- 16260 5th, Ste B
- Shoreline, WA 98155
- 206-367-7685
- Reflexyourlife@gmail.com

**CORRECTION:**
- Kristi Gabriel’s area code was listed incorrectly. Her phone number should be: 541-245-9158.

Would you like to receive this newsletter electronically? If you would prefer to receive a PDF version of **Sole Inspiration** via email instead of a paper copy, please email editor@washingtonreflexology.org or call Tina at 206-910-4888 so we can set your preference. Thanks!
Mark Your Calendars for the
Washington Reflexology Association’s
10th Anniversary Celebration and Conference

Walking the Path
September 28, 29 & 30, 2007
At the Embassy Suites in Bellevue

This celebration of our first 10 years will include education and information, awards and recognition, vendors and a silent auction, glorious organic food, entertainment and dancing, and so much more!

Speakers and Presenters to include:
* Mary Ellen Flora  
* Linda Chollar  
* Geraldine (Thompson) Villeneuve  
* Bill Flocco

Inspiration and Balance
It’s Real: Fibromyalgia & Chronic Pain
Keynote Speaker: A New Reflexology Paradigm
Awards & Recognition Dinner Closing Remarks

Exciting Breakout Sessions to include:
* Bill Flocco
* Linda Chollar
* Lynda McDaniel
* Linda Mackey
* Kathy Boulanger
* Kandi Burke

Micro Systems—Working with Lesser Known Reflexology Maps
Fibromyalgia & Chronic Pain Practical
Writing to Market Your Practice
Toe Reading
Energy 101 Play Shop
Foot Health

Highlights:
* Meet & Greet
* Vendors
* Silent Auction
* Featured Presentation
* Breakout Sessions
* Organic Plated Luncheon
* Entertainment
* Awards & Recognition Dinner and Dance
* World Reflexology Awareness Event at the Cobblestone Pathway at Marymoor Park

Conference fee (Space is limited):
WRA Members .................. $200 Postmarked by July 1, 2007
                          $225 Thereafter
Non-Members .................. $225 Postmarked by July 1, 2007
                          $250 Thereafter
Awards Dinner & Dance only $60.00 (friends and family are welcome!)

Watch the mail for your Invitation Flyer and Registration Form!
For questions or to request additional registration forms or information, please contact pres@washingtonreflexology.org or 425-818-4785
Welcoming Chris Stormer Back to Washington

It’s All In Your Feet

While pondering what our 10th anniversary gathering might look like, I couldn’t help but wonder if Chris Stormer’s schedule would allow her to join us for this celebratory event. This very special lady has real history with our organization, being an honorary Charter Member and longtime supporter of the WRA, as well as the keynote presenter at our first conference in April 1999. Alas, she sadly declined our invitation as her schedule precluded her attendance. However, a few days later she e-mailed that she was adding a U.S. date to her 2007 itinerary and could join us over the Labor Day weekend.

After some reflection and consideration for the timing and impact on members and organizers of having two events in September, her offer was accepted in the spirit of launching a month long celebration of reflexology.

Given that the date falls on a holiday weekend, the setting for this gathering was chosen for its natural beauty and lends itself to a family inclusive outing. The Cedar River Watershed Education Center is an interactive site for all ages; the grounds are adjacent to the Rattlesnake Lake State Park for swimming, biking, hiking or relaxing at the beach.

The Snoqualmie Valley is gorgeous at this time of year. Just minutes away are the sacred Snoqualmie Falls which can be experienced by standing on the observation deck or riding the historic train out to a breathtaking overlook. The train runs between North Bend and Snoqualmie and is a favorite of young and old alike. There are also many hiking and biking trails within minutes of the Education Center, and there are camping and RV facilities as well as traditional accommodations throughout the valley. Check out the Snoqualmie Valley Chamber of Commerce site for more info at www.snovalley.org. And with Bumbershoot in full swing that weekend, there will be Metro buses running from all the area Park and Rides to downtown Seattle, enabling an easy commute.

On Saturday, we plan to gather after class for a potluck evening meal at Rattlesnake Lake State Park. Families are invited to join us for dinner where they can meet Chris and the other attendees in this beautiful setting. Chairs will be available for care exchanges for those who desire them, and good conversation is available to all!

In the Spring of 1999, Shellie Earley introduced us to Chris Stormer at that historic first WRA Conference in Seattle. I was finishing my training at Seattle Reflexology and Massage and the conference was the last elective I needed to complete my hours. I attended out of curiosity at the title, The Language of the Feet, and I came away with my head, heart and soles on fire with a dynamic new way to embrace reflexology and support my clients. I hope you can join us this September so you too can encounter the divine spark that Chris lit for me and all the other participants.

This event is open to all bodywork professionals and the public alike. The dynamic body of work speaks to all inquiring minds, regardless of their chosen profession. I have been sharing the Language of the Feet with others since 2000, to classes that have included reflexologists, massage therapists, physical therapists, nurses, yoga instructors, chiropractors and lay people alike. Attendees have consistently raved about the profound impact this information has created for them on many levels. Imagine, if you will, what a weekend gathering with Chris would be like! I assure you it will be life-changing, both personally and professionally, I hope you can join us!

By Kathy Boulanger

Come and discover for yourself how your feet can guide you and get you on track with your soul purpose!

IT’S ALL IN YOUR FEET

with Chris Stormer, SRN., SCM.HV., Dip R

September 1st & 2nd, 2007

9:00 am to 4:00 pm daily

Cedar River Watershed Education Center
North Bend, WA

Soul Investment: $225.00
or $275.00 after 7/15/2007

For Registration and Questions contact
Kathy Boulanger at 425-888-1443
or msreflex@yahoo.com

More information about Chris Stormer can be found at her website: www.alwaysb.com
In Remembrance of Bill Mitchell, ND

I am very sorry to inform you that our beloved and highly respected teacher Bill Mitchell, ND passed away in late January 2007, at age 59. Bill died of a heart attack shortly after his son, Noah, also died of a heart attack.

Bill revered reflexology and used it daily in his work as a Naturopathic Doctor. He brought his passion for the work to his patients, colleagues and students in the Northwest over the past 30 years. Many of us were privileged enough to be in his presence last year as he taught Application of Reflexology to Specific Pathologies for Seattle Reflexology & Massage Center.

Bill’s intelligence, inspiration, creativity, wisdom and sense of humor, and his warm, gentle, caring and humble nature made being in his presence a pure joy and a sacred gift. He had so much to teach, and did so willingly and generously, without holding back. I am very grateful to have known this Master of many realms.

His presence is, and will continue to be, deeply missed.

My heart goes out to all who knew and loved him.

In peace,
Lisa Hensell
Seattle Reflexology & Massage Center

The WRA Mentor Program

The WRA would like to thank Mary Ellen Rutter for all of her wonderful work in establishing and maintaining the Mentor Program over the last several years.

We are now delighted to announce that Mark Zimmermann will be taking over the helm as the new Mentor Program Chair.

“My goal is to re-energize the Mentor Program, which is designed to facilitate the professional growth of students of reflexology, or those new to the profession, by pairing them with established reflexologist. The sharing of information and hands-on experience is beneficial to both mentors and mentees in developing a comprehensive approach to one’s practice. I encourage all current and future WRA members to participate in the program and to help build professionalism in our industry.”

If you have any questions, comments or suggestions about the mentor program, please feel free to contact Mark at 206-367-7685 or reflexyourlife@gmail.com.

Reflexology in the Community:
Self-Help Classes Spur Interest & Education

WRA member Ann Novak, NBCR, teaches self-help classes in Skagit County, including a 4-week course on self-help with hand, feet and ear reflexology. Attendance has included individuals whose fees were paid by one of the local tribes.

Ann will instruct a parent-child class in May, teaching parents how to do reflexology on their children ages 8 to 12. She has found the parent-child class to be both challenging and rewarding in the past, helping children with chronic headaches and behavioral issues.

Ann also has an upcoming lecture at a Women’s Health Forum at Native Springs in La Conner on general education and self-help with reflexology.

Are you taking reflexology out into the community? Please share your story with us.
Help Wanted!

Bring out your inner artist.

Looking for someone to assist our Historian in creating a scrapbook to be featured at our 10th Anniversary event.

Those interested, please contact Rebecca Schneider at oneearthwoman@yahoo.com.

Business Tip: A Letter From Linda Mackey

Dear Friends of Reflexology,

I am writing this letter to let you know how I am marketing my business and promoting reflexology in South Central Washington.

I recently joined our local Chamber of Commerce for a very nominal fee. As I introduced myself the room began to buzz as there were members of the Rotary Club there, too. They have both had me speak on reflexology and what it is. Several people including the anesthesiologist from the hospital came up to me to inquire about sessions. He works with one of the RN’s from the hospital who is seeing me quite often.

There are other organizations, such as fibromyalgia support groups, diabetic support groups, aging support groups, etc., in each of your areas that always need guest speakers. You’ll need to send a small bio to their officers to let them know that you are willing to speak and/or join their organization. I have spoken in all of these groups in the last five years in one capacity or another. They need us and we need them.

I also was invited to do a pamper yourself day for the hospital and staff members last year, which brought in new clients and free advertising. The students of my International Academy of Reflexology and Meridian Therapy campus, as well as myself, showed up 11-strong and worked on over 50 people. This might go over at some of your local hospitals by talking to the person in charge of Human Resources.

You might get your foot in the door by mentioning the Michigan state pilot study and the grant they have been given to research Reflexology and the 4th Stage Chemotherapy in Breast Cancer. The pilot study was such a success that they were awarded the 3 million dollar grant to do a triple blind study on those women who receive chemotherapy at 4th stage breast cancer while doing either reflexology, foot massage, or no foot therapies.

Another selling point or presentation point that I use frequently is a copy of our governor’s decree and the importance of reflexology to the 70,000,000 baby boomers about to be facing cancer and chemotherapy.

Introducing the importance of complimentary medicine, not alternative medicine, will go a long way toward making reflexology a household word in the great state of Washington. We must work side-by-side with the AMA [American Medical Association] in order to bring WRA dream to fruition. I praise every day those women and men who worked to secure us the opportunity to do reflexology out from under the LMP license and into certification where it belongs.

For the information on your local groups contact the Chamber of Commerce. For information on the Michigan State Study, do a computer search for “Michigan State Reflexology Pilot Study” or go to http://newsroom.msu.edu/site/indexer/2523/content.htm.

In conclusion, if you are not a public speaker do not worry, as they ask you to speak for only about 15 or 20 minutes during their regular meetings and then a few minutes for questions and answers. If you aren’t passionate about what you are doing you probably can’t speak about it, but the reflexologists I know are always passionate. Just speak from your heart.

See you in the light.

Linda Mackey,
Certified Reflexologist/Trainer, Prosser, WA.

Watch Your Mailbox:

For the WRA Silent Auction Form

An upcoming opportunity for you to add to the fun and funds at our 10th Anniversary Conference and Celebration.

The more items in the auction, the more fun it is! And the more funds we raise, the greater our opportunity to promote reflexology and host events across the state of Washington.

Please return your forms quickly, and please give generously to a worthy cause. Inquiries may be sent to our Action Coordinator, Kathy Boulanger at msreflex@yahoo.com. Thank you!
Member Spotlight on Teri Hoskins

It was a delight to sit down with Teri Hoskins for lunch and a lively conversation about her life in the world of reflexology. Teri is the owner and primary instructor of the International Academy of Reflexology and Meridian Therapy in Olympia, and the U.S. Director of other IARAMT schools, each of which are contracted with and based on the curriculum of Inga Dougan’s South African reflexology program.

Teri currently resides in Chehalis, having lived in the Olympia area since she was 9. She has a grown daughter who is now married and working as a school teacher.

Teri has been a WRA member for about 8 years.

**Sole Inspiration:** How did you first become interested in reflexology?

**Teri Hoskins:** It’s funny, but for as long as I can remember, I just always knew about reflexology; I don’t remember hearing about it for the first time.

I worked for the state for many years and that wasn’t very fulfilling for me. I had this list in my head: I wanted to do something that would make a difference in someone’s life, that would make me feel good about myself, and that would be one-on-one with people. I contemplated it for several years; I was clear that I had no desire to do massage, but in the meantime I had these reflexology books I was studying, to teach myself. And then one day I had a brainstorm: I could do reflexology as a profession. Just because no one else around was doing it didn’t mean I couldn’t do it.

Since I worked for the state I had access to all the phone books for Washington (this was before internet days), so on my lunch hour I’d look up “reflexology” in the phone books and finally found Seattle Reflexology and Massage Center when Geraldine first started it, back in ’94 or so. I took a workshop there, and then went through the International Institute of Reflexology to become certified. Years later I met Inga.

**SI:** How did you meet Inga?

**TH:** I had bought her book in 1997, and found that her inclusion of meridians really answered some questions for me. After about a year, I wrote her a letter and asked how I could learn from her, and she suggested I contact a woman in New Jersey, but nothing came of that. About a year later I wrote again and got a flyer back in the mail saying that she was coming to this area—that’s when the WRA hosted her. At the very end I went up to her and wanted to get my copy of her book signed, but I was embarrassed because while studying it for the previous 2 years I’d tabbed the pages and highlighted passages. I went up anyway and she looked at my book and said, “I do that same thing to my books.”

I told her I noticed she had schools all over the world but there weren’t any here in the U.S.A. She said she hadn’t found the right person, and I told her I’d like to be that person. She asked if I had a computer and I said no (I was a single mother, I couldn’t afford a computer!), and she said, “Well, you’ll have to get one.” Within two months she wrote me a letter; she challenged me and said, “If you’re serious, come to South Africa,” and I said I would. Now, I had no idea where I was going to get money for a computer, let alone a ticket to South Africa, but I told her I was coming, and I ended up making money for both. That’s how I got started and I’ve been working hard ever since, and haven’t stopped [laughs].

**SI:** I’d like to know more about your program.

**TH:** We offer a variety of classes and a 300-hour certification course. I’ve had to modify Inga’s curriculum because it’s based on her 2-year higher education schools. Now we’re starting a certification course each month—that’s my dream for this year. They’re not all full, but when we started we had only 2 certification courses in a whole year, and we might actually make a profit this year [laughs]. It’s been tough—really scary at times—but I’ve had a lot of help from many people who share the vision and are willing to give of themselves. Driving over here, I had a thought: the vision has to be greater than the debt. And if that’s the case, then you’ll succeed.

**SI:** Do you consider the inclusion of meridians a separate modality?

**TH:** No, we don’t see the meridians as something separate from reflexology, we combine them. I’ll give you an example: the second and third toes in reflexol-
ogy represent the eyes and sinuses; well, when I didn’t have the knowledge of the meridians I would ask if there were issues with these areas and often the answer was no. But now I understand that those 2 toes have the stomach meridian running through them; well, the stomach meridian stops right here below the eyes [gesturing]. Food allergies, for example, are a symptom of not having enough energy in the stomach meridian—so now I have other questions to ask. Now I understand that’s why those reflexes are the sinuses and the eyes: they’re connected with the stomach meridian. I feel like it’s the missing piece to the puzzle.

SI: There are many reflexology methods. Do you find that other reflexologists are supportive of the inclusion of meridians?

TH: Oh yes, I’ve got certified reflexologist coming to the school wanting to learn the meridians, and others choosing to get certified through our school because of the meridians. We don’t teach from an acupuncturist’s point of view, because we’re not acupuncturists: we pretty much teach it from a reflexologist’s point of view and in a way that’s understandable to the lay person, so they have a basic understanding.

SI: Who are your primary students?

TH: Middle-aged women. They’re tired of working in an office and are looking for a new career with validation. I very seldom get younger women and very few men.

I tell students when they talk to me about enrolling that this is the perfect time to get into the field. I think our field in on the verge of exploding with success. Those of us who’ve been in it are ready; we’ve knocked on doors when they weren’t opening, and now they are starting to open and we’re getting into places and getting more respect than ever before. And it’s only going to go up from here.

SI: Do you also maintain a private practice?

TH: No, I no longer take clients, as of almost 2 years ago. I just couldn’t do everything. I teach, along with 3 other instructors, and manage the school.

SI: What are your interests outside of reflexology?

TH: Well, for the last 4 years I haven’t had time for anything—I’ve literally only worked. However, now that things are changing and I don’t have to work quite as hard, I love to garden. I absolutely love to have my hands in the soil. And I love the country—just being out in it; living in it, walking in it with my dogs.

SI: Do you have a favorite success story?

TH: I do. It’s not really that big of a deal, but it’s my favorite one. About six years ago, a woman called me who was pregnant for the fifth time and had never gone into natural labor; they’d always had to induce and she didn’t like it. She had read a book about reflexology and then looked in the phone book—at that time I was the only reflexologist in Olympia, so she called me. I worked on her twice, and the day before her third appointment she called me to say she wouldn’t make it—she’d had her baby the night before, naturally. She was so excited, and I never saw her again.

SI: If you could share only one or two pieces of sage wisdom for a new reflexologist, what would you say?

TH: I know this is going to sound corny, but I’m going to say it: believe in your dreams, and hold that vision; because it’s in that vision and that dream that your reality comes. And, sometimes getting started in a field that isn’t fully established can be difficult, but don’t give up; our time is just around the corner.

Thank you, Teri!

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Treasurer’s Report

By Cecelia McCorkle, Treasurer

The current balance in general funds is $2,920.60.
The balance in the Kathy Schmidt Memorial Fund is $1,121.59.

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Keep to the Code
(of Ethics)

Number Four

Perform only that for which I have been specifically trained.
Legislative Update

Several people have pointed out Washington State Senate Bill 6034, which adds a section to RCW 18.71.030, relating to complimentary and alternative healthcare practitioners. Simply put, the amendment will require all un-licensed alternative health care providers to disclose 1) an overview of the health care practitioner’s education; and 2) that they are not an “M.D.” or other licensed healthcare practitioner. The bill will apparently take effect on June 1, 2007.

To read the bill online in its entirety, do a search for “Senate Bill 6034”. The item referred to above specifically can be found in Section 1, Item 17.

Our lobbyist, Terry Kohl, is keeping his eye out for other bills that may affect reflexologists in our state, and keeping the WRA officers appraised via “keyword” search reports. So far, no news is good news. There is, though, another related area and a story that needs to be shared.

On a rather obscure note, the Washington Quality Control Board (WQCB) has charged a variety of medical doctors and suspended their practices in relation to issues surrounding the use of equipment or modalities that the WQCB doesn’t recognize. Some of the issues brought up pertain to essential oils, biofeedback devices, specific I.V. therapies and more. It could come quite close to home for those of us who choose to use other alternative therapies in conjunction with our reflexology practices. It becomes dubious for us as we are not considered licensed providers in the state of Washington, and have no protection from the WQCB. So, if you are working outside the immediate domain of your specified modality, beware. For more specific information, please check out www.wachoice.org.

Another good reason for the WRA to continue to get our message out: there is a man posing as a student of a local reflexology school who is reportedly engaging in some questionable activities involving photography. How is the public to know the difference? It is important that we continue to educate the general public to seek a verifiably qualified reflexologist, and that we always share with our clients our credentials and training, and encourage them to ask to see the credentials of others.

Team Northwest
Soup and Salad Mixed with Reflexology

Team Northwest met February 8th at Ann Novak’s house in Mt. Vernon to share food, ideas, energy and plans for the coming year.

The team is interested in continuing a 2-day booth at the Highland Games in Mt. Vernon, which boasts an attendance as high as 10,000 people. The games are in July and provide a good opportunity to educate a diverse group of people about reflexology. It has proven to be a good time for team members to connect, converse and work together as a group. This year’s games will take place on July 14 & 15, and Sharon Dodge and Diana Nestor will serve as our coordinators.

In addition to planning this event, team members had a great potluck lunch and finished with “just desserts” of trading reflexology. If you are interested in attending Team Northwest meetings [serving WRA members north of Marysville] or participating in the Highland Games call Sharon Dodge at 360-387-0727.

The Centering Space

Introductory & advanced classes in:
- Reflexology
- Working with Energy
- Reiki
- Flower Essences
- Private Sessions of Care by appointment

Mention this ad and receive a 10% discount on your first class or session of care

Call 425.888.1443
For class schedules and registration forms, visit our Web site at www.thecenteringspace.com
Success Story: Good Neighbor

My neighbor Serafim made me laugh last week as I listened to him tell one of his friends about what I had to do to get him to receive his first reflexology session. A 74 year old vital Greek man when I moved into his neighborhood three years ago, I watched his vitality change dramatically about six months later. His wife Voula told all the neighbors different stories about him being sick. Ultimately, we learned he had bone cancer.

As Voula tended him over time, she got worn out enough that my offer of a reflex session for her finally took hold. Once she had her session, she tried to "talk Serafim into getting a foot massage!" He resisted mightily and politely until the middle of September 2006 when I took my reflex chair up to his house and told him to sit down.

At this stage of his bone cancer, he’d had an operation on a neck disc and on his left humerus, he’d lost his hair, his skin was gray and he’d been told that he would have to receive chemo and radiation every month "forever". He’d begun to walk with a cane and had to use it to leverage himself up from a seated position. He was very depressed.

At the end of the first session, he got out of the reflex chair with ease. He was excited about how he felt and was totally shocked that I knew his left hip had been hurting him. There was no hip pain at the end of that first session, and I think it was at that moment of understanding that he decided to sign up for whatever I wanted to bring his way.

I worked on him one more time in September prior to his monthly blood draw. The results confounded the doctor because they were so changed from the August results. Serafim and Voula tried to tell him about reflexology but he couldn’t hear it, so they knew to just be quiet about it from that point on. The doctor didn’t trust the results enough to withhold the chemo. That was alright with me; it just meant that I now had to work with the toxic results of the latest dose on top of everything else.

I began to work on Serafim once a week. After each of the first 6 sessions, he puked black, gritty crap. He noticed that each puking session was "lightening up" and wasn’t scared to keep receiving reflexology from me. Of course, I am mighty persuasive. His October blood draw was even more changed than the previous one, so the doctor threw up his hands and asked Serafim what he wanted to do. He told the doctor he wanted to stop the chemo. The doctor said he’d try a month without it and would wait to see what the next blood draw showed. In November, Serafim decided to stop his oral meds (I don’t know if he ever told his doctor), yet his November blood results continued to show improvement.

Serafim’s February blood results showed NO cancer. The doctor told him it was “hiding”. Now 77 and a diabetic, Serafim and Voula are planning a summer trip to their beloved Greece and they are very happy.

I am often asked why I don’t offer multiple sessions for a discount. I haven’t charged Serafim for any of his sessions. I am paid handsomely by him in multiple ways: when my garage door broke, he sent his two sons over to fix it; Voula planted bulbs in my yard that I didn’t have time to plant; she has mowed my grass and cooks meals for me on a regular basis; because they own a restaurant, I am now being referred to everybody; and because they know everybody, I was gifted a fabulous piece of art glass created by one of their famous patrons. The artist’s wife was recently diagnosed with cancer and I have already been referred to them. Stay tuned. I love my reflexology job.

Do you have a Success Story? Please consider sharing it with us.

OUCH!

Check out the article entitled “45 Killer Shoes (That Won’t Kill Your Feet) in the February 2007 issue of O Magazine, in which a podiatrist critiques a variety of shoes, from flats to stilettos. You may find something of interest to pass on to clients.
Upcoming Reflexology Classes and Workshops
Seattle Reflexology & Massage Center
On-going reflexology certification and continuing education classes. Call or visit the website for full details.
Lisa Hensell  206-284-8389  lhensell@netzero.net  www.seattle-reflexology.com

Introduction to Reflexology with Joy Hause  April 14-15, 9:00-5:00  $270
Language of the Feet with Kathy Boulanger  April 21-22, 9:00-5:00  $285
Fundamentals of Addressing Foot Pain with Lisa Dowling  April 27-29  $295
Manifesting Your Ideal Reflexology Practice with Lisa Hensell  May 5, 9:00-4:00  $150
Round About the Spine See Special Announcement on next page  May 12-13, 9:00-5:00  $350
Aromatherapy & Reflexology with Joy Hause  May 19-20, 9:00-5:00  $275
Self-Care for Reflexologists with Lisa Dowling  May 22, 6:00-10:00  $75
Advanced Reflexology with Lisa Hensell  June 1-3  $295
Introduction to Reflexology with Lisa Dowling  June 9-10, 9:00-5:00  $270
Increasing Fertility through Reflexology with Lisa Dowling  June 23; 9:00-1:00  $60/100
Marketing Your New or Established Reflexology Practice with Pam Foster  June 24; 9:00-5:00  $150

The International School of Reflexology & Meridian Therapy
On-going reflexology classes and certification. Call or visit the web site for full details.
Teri Hoskins  360-866-9634  isrmtusa@comcast.net  www.reflexologyandmeridianusa.com

The 5 Elements & Their 12 Meridians  April 14 & 15  16 Hours  9am to 5:30pm  $250.00
Learn to better understand the interrelationship with people's emotion, the various tissue problems such as weight gain & muscle pains.

Reflexology & Meridians for the LMP  June 9  8 hours  9am to 5pm  $150.00
This course is specially designed for the massage therapist. Learn what you can do through the feet to help alleviate hip, neck and back pain using reflexology and meridian therapy before starting the massage.

How to Read the Hands, Face & Feet in Relation to the 5 Elements & Their 12 Meridians  July 21, 2007  8 hours  9am to 5:30pm  $150.00
Based on imbalances in the energetic system of the meridians; learn the warning signs the body is telling us before an illness or disease manifests itself.

The Centering Space
On-going introductory and advanced reflexology classes. Call or visit the web site for full details.
See our ad in this issue.
Kathy Boulanger  425-888-1443  msreflex@yahoo.com  www.thecenteringspace.com

<table>
<thead>
<tr>
<th>2007 ARCB Test Dates</th>
<th>July 28</th>
<th>Columbus, OH</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 14</td>
<td>Atlanta, GA</td>
<td>Aug11</td>
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<tr>
<td>April 29</td>
<td>Baltimore, MD</td>
<td>Aug26</td>
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<td>May 5</td>
<td>Salem, MA</td>
<td>Sept 8</td>
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<td>May 19</td>
<td>St. Paul, MN</td>
<td>Sept 15</td>
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<td>June 2</td>
<td>New York, NY</td>
<td>Oct 6</td>
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<tr>
<td>June 16</td>
<td>Las Vegas, NV</td>
<td>Oct 20</td>
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<tr>
<td>July 14</td>
<td>Denver, CO</td>
<td>Nov 3</td>
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International Institution of Reflexology Workshops with Deborah Dowker

IIR Phase I or II Reflexology Workshops:

April 21 & 22, 2007 in Post Falls, ID
American Institute of Clinical Massage
Must pre-register by: March 31, 2007
Register with the school at (208) 773-5890

April 28 & 29, 2007 in Bellevue, WA
Bellevue Massage School
Must pre-register by: March 31, 2007
Register with the school at (425) 641-3409

IIR Phase III Advanced Reflexology Workshop:

April 24 & 25, 2007 in Spokane, WA
Bodyworks by Boorman Massage
Must pre-register by: March 31, 2007
Register with Deborah Dowker

Information & Registration: Deborah Dowker at 250-890-3668 or futspa@shaw.ca

Danish Reflexology Experts in the USA: Dorthe Krogsgaard and Peter Lund Frandsen

Present a Touchpoint Workshop: Round about: The Spine - Back Pain and Sciatica

May 12-13, 2007
9:00 am to 5:00 pm Saturday and Sunday; Fee: $350
At the Seattle Reflexology & Massage Center
Contact Lisa Hensell at 206-284-8389 or lhensell@netzero.net

14 CEU credits available

Workshops include an extensive fully illustrated manual covering both theory and hands-on techniques.
For more information on Dorthe Krogsgaard and Peter Lund Frandsen, visit their website at www.touchpoint.dk

Additional Dates:

May 15-16, 2007
In Hood River, Oregon
Contact Marie Louise Penchoen at 541-386-7998 or penchoen@aol.com
Fee: $295

May 19-20, 2007
In Sacramento, California
Contact Christine Issel at 916-455-5381 or quantumreflexology@earthlink.net
Fee: $350

Maternity Reflexology Certification Course with British Midwife/Reflexologist Susanne Enzer

In Charlotte, North Carolina

Part 1 - $375
March 25/26 OR March 30/31

Part 2 - $375
March 23/24 OR April 1/2

Textbook: Maternity Reflexology Manual, 194 pages, $60 plus $4.05 priority mail Limit, 12 per class; 15 CE hours for each part for ARCB and NCBTMB.
Part 2 is given at least 6 months after Part 1 to allow for case studies and practice.

Class details, registration and manual purchase, contact:
Judith Nourse, judith@healingarts9.com or 828-698-8036

The International Council of Reflexologists 2007 Conference will be held in Cairns, Australia September 14-16, 2007

Three full days of presentations and workshops and three optional tours to explore Cairns.
More information is available at the ICR website:
www.icr-reflexology.org
Cranio-Sacral Reflexology with Dr. Martine Faure-Alderson

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<tr>
<th>Location</th>
<th>Dates</th>
<th>Level</th>
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<tbody>
<tr>
<td>Maine</td>
<td>May 5 &amp; 6</td>
<td>Basic CSR</td>
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<tr>
<td>Massachusetts</td>
<td>May 9</td>
<td>Basic CSR Clinic -review class</td>
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<tr>
<td>Wisconsin</td>
<td>May 12 &amp; 13</td>
<td>Basic CSR</td>
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<tr>
<td>Massachusetts</td>
<td>May 19 &amp; 20</td>
<td>Advanced CSR</td>
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Dr. Faure-Alderson is a practicing reflexologist who has taught reflexology at her school in Paris France since 1968. An Osteopath with 40 years experience, she holds a doctorate in Homeopathy and General Medicine and is a qualified Acupuncturist, Naturopath and Herbalist. Combining her education and hands on experience, Martine developed Cranio-Sacral Reflexology. She instructs throughout Europe, South Africa, Australia, New Zealand and the U.S. You have likely read about her case studies as published internationally, nationally and statewide.

More information can be found at her website: http://craniosacralreflexologyinstitute.com

For Information and to register contact Phyllis A Garvey at CSReflexooogy@yahoo.com or Laura Jodry at 1-978-407-1133

You are invited to attend the Hanne Marquardt Study Days in Quebec, Canada

The Montreal Chapter of the Reflexology Association of Canada (RAC) is Presenting Two Hanne Marquardt Study Days

Study Day 1: Friday May 25, 2007
Study Day 2: Saturday May 26 & Sunday May 27, 2007 (Prerequisite Study Day 1)

At the Seminar House in Lac Brome, Quebec, Canada.

With 57 years of experience in the Med-therapeutic field and 50 years of experience in foot reflexology, Hanne has trained a great number of therapists over 40 years! She has created many new aspects in reflexology and has discovered a surprisingly simple “key” to understanding the connection between the client and his/her reflecting areas on the feet.

Study Day 1: RAC members: $200.34 CND, Non-RAC members: $219.42 CND
Study Day 2: RAC members: $300.51 CND, Non-RAC members: $329.13 CND

Contact Carol: 450-242-4224; 1-877-RAC-FEET or email: memberservices@reflexolog.org

www.reflexologycanada.ca

Presenting Two Workshops by Lynne Booth, BA(Hons), BRCP, IIR, ART(Regd)Hons, MAR.

In Vancouver, British Columbia

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<tr>
<th>Workshop Type</th>
<th>Dates</th>
<th>Fee</th>
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<tr>
<td>VRT Basic &amp; Advanced Two-Day Workshop</td>
<td>“The Booth Method” Friday &amp; Saturday September 7 &amp; 8, 2007</td>
<td>$350 CND + GST</td>
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This Basic VRT Workshop, for qualified reflexologists, will cover the background to the discovery and development of Vertical Reflex Therapy and Synergistic Reflexology (where hand and foot reflexes are worked simultaneously).

This is an advanced workshop for reflexologists who have previously attended a Foot VRT course and will cover new work on the reflexes of the weight-bearing and passive hands, including the finger nails.

Workshops run by Lynne Booth, the originator of Vertical Reflex Therapy (VRT); www.boothVRT.com

Pacific Institute of Reflexology, 535 West 10th Avenue, Vancouver, B.C. V5Z 1K9
Tel: (604) 875-8818; Fax: (604) 875-8868, email: chrisshirley@pacificreflexology.com
Selections From NEAT Feet Meeting Minutes


Linda Hall discussed the Inga Dugan certification course that she is taking in Moses Lake. She said that they use a different technique than the Ingham method and it is much more in depth, and she is very pleased with it. Linda Fredrick is taking the same course but with a different instructor in Airway Heights.

The WRA is sponsoring “Tea and Talk” on April 21st in Prosser, WA at Linda Mackey’s school. Carolyn Fielder will be hosting one for our area in October.

Dawn Bennett discussed her work with ‘Families Together’ (families with disabled children). She has worked with this organization for 16 years. Several times a year they have a get away weekend for the families, and Dawn volunteers her time by giving each parent and child a chair massage. More and more people are asking about reflexology. She would like some kind of a handout to give them. Linda Fredrick is currently coming up with a brochure that she thought might be useful.

Carolyn passed around a free email newsletter by Kevin Kunz, with an article on Reflexology and Dementia, which can be found at www.reflexology-research.com

We discussed what distinguishes one as a professional vs. a casual provider. The ideas were: experience, commitment, education, certification, professional setting, affiliation with a professional association. It was mentioned that www.info4people.com has tips for building a business. A 24-hour cancellation policy was also discussed. It was suggested that the first missed appointment might be free but after that you won’t reschedule them until they pay first. Also, sending thank you cards for referrals and birthday cards was discussed.

Door prizes were given out, treats were served during networking and fellowship, and trades were given.

The next NEAT Feet meeting will be the annual picnic on Sunday, July 15th, 1:00 at Audubon Park. The officers from the WRA will be attending. Susan, Marge and Carolyn volunteered to provide host housing.
Mark Your Calendars for the Washington Reflexology Association’s 10th Anniversary Celebration and Conference
Walking the Path
September 28, 29 & 30, 2007
At the Embassy Suites in Bellevue

*Details Inside*