

Associated Reflexologists of Colorado

February 2009

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.

Winter Quarterly Membership Meeting

Tuesday, February 10, 2009

5:30-6:00 pm: Potluck Dinner

6:00-7:00 pm: Business Meeting

7:00 pm: ARC Presents...



Toe Reading by Charlie Darrah

Charlie Darrah, of Evergreen, Colorado, will speak and demonstrate on the art of toe reading. He learned this art in the 1970's from Max Marcus a therapist and body worker. Charlie currently practices toe reading as a hobby. He is in the process of writing a book on the subject and will be hosting a workshop in March. (Details will be available at the February meeting).

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).

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Associated Reflexologists of Colorado Community Meeting Agenda February 10, 2009

6:00 p.m.

Meet and greet of new members/visitors

Annual membership cards vs. certificates

RAA update discussion
Marie Koepke, RAA Vice President
Role of RAA Delegate
Nominations for and appointment
of our new RAA delegate
RAA Conference 2010

Projects for World Reflexology Week

Introduce guest speaker:
Charlie Darrah, Toe Reading

Welcome to new members,
Jodi Haberman and Jodie Hansen,
who joined ARC in August 2008!



President's Message by Tambria Leland

ARC Board of Directors

Tambria Leland

President

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Vice President

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**ARC is affiliated
with the
Reflexology
Association of
America.**

**ARC and RAA
Membership
applications are
available at
www.reflexology-
colorado.org
or by emailing
LaShay Canady at
reflexology@
thebossgrp.com.**

Hurray and huzzah to the New Year 2009! On January 26th it will become the Chinese New Year of the Ox. The Ox is characterized as dependable, patient, methodical, calm, hardworking, and ambitious character. That easily reflects the goals and work needed of all ARC members for this year as we are gearing up to host the 2010 RAA conference and increase our presence in the Colorado communities.

As people may have already heard, Marie Koepke has been appointed as the Vice President of the RAA board of directors. We congratulate her on her new position and know that she will excel in this new position. Due to this wonderful occurrence, Marie had to resign as one of ARC's RAA delegates and we are now looking for someone to be our second RAA delegate along with Beth Schroeder. There is a description of the job in this newsletter (page 5) and if you are interested, please contact me at lelandtm@hotmail.com so that I can bring up your name at our February meeting. This is not an officially voted in position, but if there is more than one person interested we will take the decision to the community in the February meeting for an informal vote. Please keep in mind that you will need to be a professional member of ARC and a member of RAA to become one of our RAA delegates. I know that this will be an enjoyable position.

At last November's meeting, members passed a request for changing the way that we do membership certificates at ARC. The motion was to send a Membership certificate for the first year that someone was a member and in the years after, just send an updated year sticker and a wallet-sized membership card. The idea was to save paper by switching to a smaller format.

We have looked into this and realized that while it will save paper and postage, it will be more expensive to process the cards. I believe the estimate was \$1.50 per membership certificate versus \$3.00 per membership card. We would like to get everyone's final opinion on this before we go forward with changing our procedure. Please e-mail me at lelandtm@hotmail.com with your opinion (my preferred method of communication). You can also talk to me at the meeting in February or call me at 303-233-0107.

I am looking forward to our February speaker Charlie Durrah, who will present and demonstrate the art of toe reading. I am also happily anticipating in the New Year, working towards activities for September's World Reflexology Week and planning the 2010 RAA conference. Have a wonderful winter/spring!

Tambria Leland
February 2009



November 11, 2008 ARC Minutes by Mindy McKinney

Vice President Carol Mates called the meeting to order at 6:10 P.M.. Tambria Leland, President, was not present. Twenty-one people attended the meeting, including four visitors: Lisa Grunden, Jodi Haberman, Erin Dobesh, and Kim (from Rachel's office). Everyone was asked to sign in and new members/visitors introduced themselves to the group.

The first item on the agenda was to discuss the results of membership participation in this year's **World Reflexology Week (WRW)** held in September. Adrienne was the only member present who had organized volunteer work that week. She and Cathy Craft worked with a hospice organization called Vista Care, which has clients in several locations throughout the Denver metro area. (Adrienne did reflexology; Cathy did healing touch.) The orientation was very detailed and volunteer requirements are a minimum of two hours each month. Next year's WRW will be September 20-26. We will discuss ideas to promote reflexology at our quarterly meeting in February. Carol has said that she would like to focus on the Olympic training facility in Colorado Springs as one idea.

The next item the group discussed involved membership renewal options. In particular, should we look at issuing wallet-sized ARC membership cards. Dawn motioned to send a certificate to hang on the wall to all new members their first year, with wallet-sized cards being sent for renewal of subsequent years. Elizabeth seconded the motion. The motion was passed.

Ideas were discussed for future speakers at the quarterly meetings. The following suggestions were made:

- Aromatherapy – (Nancy D'Angelo?)
- Podiatrist
- Toe Reading - (Adrienne has a business card from someone who teaches it in Boulder.)
- Specialists in Plantar Fasciitis and Carpal Tunnel Syndrome - (Isabelle knows someone.)
- Chiropractor - (Rachel suggested Dr. Stremmel – we've had him before.
- Homeopathy
- Qi-Gong - (Presented by Dayna Boynton Aug., 2007. Should we do again?)
- Lymphatic Drainage - (Isabelle mentioned)
- Accutonics (tuning fork therapy) -

(Dawn mentioned a lady in Boulder.)

- Emotional Freedom Technique (EFT) – (Lisa Grunden – new to Rachel's office.)

Isabelle made the suggestion for our speakers to be teachers with rich backgrounds versus students with limited training.

The next item on the agenda was to inform people who are also massage therapists that the Department of Regulatory Agencies (DORA) will have a rules committee meeting on November 17 at 9 A.M. The application for registration will be ready on December 1. People will need to pay to get a criminal background check done by CBI as well as the application fee. The website for further information is www.dora.state.co.us/registrations

Adrienne mentioned that all of the previous board of directors for ARC are still listed on our website. Rachel will facilitate with LaShay to have this changed.

Rachel asked if there was any new information regarding the recent turmoil the RAA (Reflexology Association of America) Board of Directors has been dealing with. The problems lie with their by-laws having unclear, ambiguous statements and, consequently, their current board being issued a vote of "no confidence". Since neither Beth nor Marie (ARC's RAA delegates) were at tonight's meeting, Carol stated that she did not know if a new board was elected yet or if a new contact person has been determined for the 2010 RAA Convention to be held in Denver. We will need to find out our role in the convention planning process as soon as possible.

Marcia was given two books from the Bill Flocco workshop that Jennifer donated to ARC for our "library" at Rachel's office. The books are Reflexology Articles and Reflexology Research.

LaShay picked up the membership directories today—75 of them. She distributed them to members at the meeting who wanted them and gave the remainder to Eve Busse to mail to remaining members. LaShay also sent a copy of the directory to all members' email addresses.

The meeting was adjourned at 6:40 P.M. There was a short break before our speaker, IlgaAnn Bunjer was introduced to speak about Bach Flower Remedies: "A New Approach to Handling the Problems of Life." IlgaAnn is a psychotherapist, speaker, trainer, author, and a Level I Bach Foundation approved teacher. She has used Bach flower essences personally and with her clients for well over a decade.

ARC BUSINESS

Associated Reflexologists of Colorado**Income and Expenses Beginning January 1, 2008—Ending December 31, 2008**

Beginning Balance January 1, 2008	\$2,843.31
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Income

2008 Membership Dues	\$2,790.00
Cadaver Lab	\$700.00
Bill Flocco Workshops	\$6,255.00
Pay Pal Deposit	\$2.44
Total Income	\$9,747.44

Expenses

Speakers	\$150.00
Newsletter Printing	\$497.29
Postage	\$361.89
Directory Printing	\$129.00
Seminars	\$4,123.76
Colorado SOS Annual Report	\$10.00
IRS Form 8718	\$300.00
Treasury Bond	\$100.00
Liability Insurance	\$151.00
Office Supplies / Membership Certificates	\$92.94
Rent / Meetings and Seminars	\$515.00
P.O. Box Rent	\$42.00
Web hosting	\$380.00
RAA Conference Reimbursement	\$906.00
Total Expenses	\$7,758.88

Ending Balance December 31, 2008	\$4,172.58*
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* Agrees with reconciled bank statement

Want To Become More Involved in ARC? Join a Committee!

RAA 2010 Conference Committee: ARC Chairperson, Carol Mates
carolmates@comcast.net

Initial hotel and location information has been forwarded to RAA. ARC's Marie Koepke will serve as the RAA Chairman of the Conference Committee. The committee members will resume planning for this exciting event (held in the summer of 2010) over the next few months.

Membership Committee: Chairperson, Marcia Franks
frantr@comcast.net

Updated membership directories were distributed at the November 2008 quarterly meeting. An email directory can be sent to membership in .pdf form. Still need to renew? See page 11 or log onto: www.reflexology-colorado.org

2008-2009 Membership Drive

We are proud to report that the most recent membership drive generated \$2,790 for the Association. These funds will continue ARC efforts in supporting the field of reflexology.

Still need to renew your membership? You can now do so on-line at: www.reflexology-colorado.org or complete the application on page 11!

Thank you for your continued support of the Associated Reflexologists of Colorado!



RAA & WHY WE SHOULD BE INVOLVED

The Reflexology Association of America (RAA) was founded in 1994 by ARCB in response to a group of Reflexologists who were interested in forming a unified national membership organization comprised of individual members and state associations. *"The primary purpose of this Association is to promote an open and respectful environment that acts as a bridge for communication among professional reflexologists welcoming all Reflexologists to air their views on national and common concerns."* To achieve this, by-laws were set up and implemented which include (but not limited to) the following goals:

- Monitor and act upon national, federal & state legislation & laws involving Reflexology
- Develop a definition of Reflexology, scope of practice & code of ethics for the professional Reflexologists
- Establish an awareness to educate the public regarding Reflexology

Most importantly, RAA serves the needs of its members by promoting a unity between all Reflexologists in America, this unity is only as good as the sum of its individual members. RAA was established as a community of people who work together to establish a professional development in the advancement of field of Reflexology. Communication and membership is imperative to the success of RAA in achieving this goal. According to the RAA bylaws, accountability and communicating within this association is achieved in the following manner:

State Association members->State Association Board->State Delegate->Delegate Assembly Coordinator & Liaison-> RAA Board -> RAA members

The RAA Delegate

"The role of the Delegate is, at the state level, to share ideas, knowledge, skills, experiences and insights, while representing the concerns of their state Association, its members & Board of Directors to the RAA Board of Directors. Each affiliated state association shall designate 2 persons to serve a 2 year term and each Delegate shall participate in one RAA committee of their choice."

The method of communication is primarily through phone, email or in person. Meetings are held via phone conference calls and/or at the RAA conferences when designated by the RAA Board. The Delegate Assembly Coordinator is responsible to schedule these meetings accordingly. At this time, the Delegate Coordinator is Dot DeCesare from Mass., the RAA Magazine editor. Dot communicates mainly by email.

As one of the ARC Delegates (Beth Schroeder is the other) for the past 8 months, I have enjoyed this collaboration with Reflexologists across the nation. It has been wonderful working along side Beth Schroeder as we both exchanged and shared our RAA experiences together. She is a terrific person and if I may add "fun" gal to work with; I have grown professionally & personally through our collaboration and now a great friendship with Beth! It was also an honor to meet and work together with such talented and knowledgeable people across our beautiful country, promoting a profession which I am deeply committed to. I've learned so much in sharing ideas with others on Reflexology. It truly has been an enriching experience for me personally and professionally. It was because of the high quality of people involved and importance of RAA in my professional career, I have chosen to serve on the RAA Board as the Vice President. This meant that I had to relinquish my position as the ARC Delegate.

For an ARC member to be appointed as their state Delegate, one must first be a current member of RAA and, of course, ARC. One should not be an officer of ARC as this ensures that people don't get "burnout" by the common practice of the same people doing all the work all the time. Anyone in ARC who is enthusiastic about promoting Reflexology, enjoys communicating with other people who have similar goals and professional aspirations and would like to be instrumental in the development of establishing Reflexology as a profession in America should seriously look into joining this national assembly.

The immortal words of JFK resonate in my ears when I contemplate my role in RAA and in the profession I love so much: *"Ask not what your country can do for you but what YOU can do for your country."* Together, through active participation in all roads which lead to the development of Reflexology as a profession we can achieve this goal; One Step At a Time!

Marie T. Koepke RN, NBCR, FCCI
A STEP IN THYME, LLC

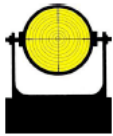
Save these Dates / Reflexology in the Media

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

2009 ARC Meeting Dates

February 10 May 12 August 11 November 10

**American Reflexology Certification Board
2009 ARCB Testing Date in Denver is
Saturday, July 11, 2009
For registration information, please contact:
www.arcb.net**



**INTERNATIONAL COUNCIL
OF REFLEXOLOGISTS
7TH BIENNIAL CONFERENCE**

**“Spotlight on Reflexology”
September 11-13, 2009
Los Angeles (Anaheim), CA**

Complete registration information available at:
<http://www.icr-reflexology.org/conference.htm>

Early Bird (March 1 to April 30): \$399 members; \$445 non-members

Regular Fee (May 1 to July 31): \$445 members; \$490 non-members Price Includes: **Friday:** breaks, lunch * **Saturday:** breaks, lunch, and Gala Dinner * **Sunday:** break and lunch

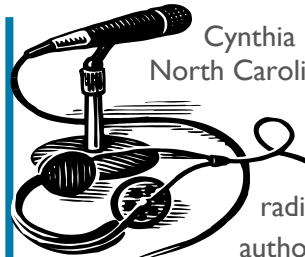
Membership in the International Council of Reflexologists is open to all reflexologists, associations, educational institutions and teachers throughout the world regardless of methodology and techniques. ICR has members now in thirty-six countries.

September 20 - 26, 2009



The ARC will be discussing ideas to promote WRW in Colorado at the February 10th Quarterly Meeting. Get involved in 2009! We need and appreciate you!

On the Air Waves



Cynthia Hill, President of the North Carolina Reflexology Association and spokesperson for RAA, was interviewed on December 4, 2008 by radio show host Alan Smith, author of *UnBreak Your Health*.

The final program has been posted on Smith's website at: www.unbreakyourhealth.com. There is a link to the podcasts in the upper right corner of the home page with a little more information and a link to RAA.

Alan E. Smith

UnBreak Your Health

There's a movement of citizens inspired by the presidential campaign who are now submitting ideas for how they think the Obama Administration should change America. It's called "Ideas for Change in America."

One idea is titled: Preventive medical care: Reflexology. You can read more and vote for the idea by clicking the following link: http://www.change.org/ideas/view/preventive_medical_care_reflexology

The top 10 ideas are going to be presented to the Obama Administration on Inauguration Day and will be supported by a national lobbying campaign run by Change.org, MySpace, and more than a dozen leading nonprofits after the Inauguration.

Reflexology Testimonials

The following information was excerpted from an eNewsletter article, *Reflexology for Children—10 Stories!*, sent by the American Academy of Reflexology based in Los Angeles, California. The entire article can be read at: www.americanacademyofreflexology.com. You may also register to receive the eNewsletter at this website.

These stories were received following the Reflexology eNewsletter sent to you November 4, 2008 about the 74 Schools in Lambeth, near London, England that have people trained in Reflexology go into the schools to give students with behavioral problems sessions of Reflexology.

Unexpectedly, that Reflexology eNewsletter, triggered Reflexologists sending in success stories of how Reflexology was helpful in relieving a wide range of health challenges for children from 10 days to 16 years of age.

A special thanks to all who sent the stories that follow and gave permission to shared them with you.

Bill Flocco, Director
American Academy of Reflexology

3 Year Old with Cerebral Palsy & Extreme Pain

I currently am assisting a 3-year old boy with Cerebral Palsy, once/week, using Reflexology mostly, after some calming massage to begin. He really enjoys it, and his mom says results are extreme calm, followed by happy energy later. Less seizures are happening as well. Reflexology works? You bet! Cindy Rice, Oregon

10 Year Old Hyper

My nephew - 10 years old - got a few Reflexology sessions from me while I was visiting in Los Angeles. He was running on extra Duracell batteries and running my 54 year-old brother ragged. Amazing, how Reflexology works. Patricia Goldberg, Hawaii

Child With Seizures

We had a student whose son could not attend grade school because of seizures. His medicine was unreliable. Once she learned how to work the pituitary reflex and found how well it worked for her son's seizures, she taught his teacher, the school Principal and nurse and his friends how to do the easy technique. He now attends regular school with his friends and his seizures have dramatically reduced. Bobbi Warren, California

Ear Aches - Ear Surgery Avoided

This is OUR first experience with Reflexology back in 1967. My brother had continual earaches during swimming season and the Dr. wanted to insert the tubes in his ear. Mom worked his ear reflexes every night for 2 weeks and when it came time for the operation ... there was no problem and he never had problems with his ears since then. Love this stuff and how well it works with kids! Bobbi and Muff Warren, California

10 Day Old Constipated And Hiccups

I have a friend who is 48 who recently gave birth to fraternal twin boys ... I was recruited to help out with burping and just

the general juggling of feeding 2 at once. When I was holding adorable 10 day old baby Thomas, he became very fussy although he had already burped and was changed. He clearly was trying to sleep, yawning and closing his eyes - but kept on opening those baby blues and fussing more and more. I could feel gurgling - and his Mom said he hadn't had a bowel movement that day. I so gently stroked the center of each foot with the slightest of pressure and in about 3 minutes there was another burp, some gas and a bowel movement - followed by an 'oh so deep' breath, closed eyes and a sound asleep baby. This is a baby who reportedly does not like to have his diaper changed at all - we did it anyway when he fell asleep and he just didn't even wake up to notice. Later, after the next meal, Thomas got the hiccups - and they just would not quit - finally after about 5 minutes it occurred to me to use reflexology again. I gently applied the softest pressure to the rim of each ear - and after about 30 seconds they were gone! He looked straight up at me - I know babies this young cannot really focus as older babies can - but I know he knew something had happened! Annalise Evenson, New York

4 Months Old Plagiocephaly

I'm writing to share with you my experience with my nephew, Connor. He will be two next month. He has a twin sister whom received most of the nutrients within my sister's womb, leaving him small, weak and with a few physical issues. As a small infant, he had digestive problems and about 4mos. I noticed his head was showing signs of Plagiocephaly. Without going into details, my sister chose not to do anything about it. I decided to give him Reflexology when I'd see him, & it's been enough to have calmed his stomach issues and his head looks MORE normal. Motor skills are fine and seems to be on track for his age. Now when I see him, he comes up to me several times during a visit and offers his ear(s) to me, sits in my lap and melts into me (what a glorious feeling). I have even glimpsed him working on himself. :) I'm still finding appreciation, gratitude and love for this work. Thank you again, for sharing this incredible modality with the world. Sheray Kim, California

6 Year Old Sleep

My 6 year old grandson request reflexology foot, hands and ears every night before going to sleep. It relaxes him and he goes to sleep. Barbara Fukuda, California

For the complete eNewsletter and for Workshop & Certification Information, please contact the American Academy of Reflexology at:
www.americanacademyofreflexology.com

Beginning Workshops -- Professional Certification
Continuing Education - Hundreds of Hours
CE Hours for ARCB ABMP NCBTMB many Cities, Counties and States
American Academy of Reflexology
Integrating Foot Hand Ear Reflexology Since 1982

Educational Opportunities

BOTANICAL MEDICINE: EAST & WEST Approved as a provider by the ARCB #POOO116

This 16-month training prepares you to be a **MASTER HERBALIST** using Chinese and Western herbal traditions and to function as a clinical practitioner of herbal medicine on a professional level.

Time: Training begins February 21, 2009 and continues through June 2, 2010 (with summer and winter breaks). Class meets every third weekend.

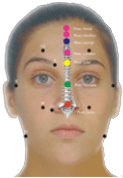
Place: Just for Health School of Reflexology & Healing Arts

Location: 3501 S. Corona St., #1, Englewood, CO 80113

Instructor: Rachel Lord, RN, CMT, MH, NBCR and staff.

For Information and/or Registration: Call Rachel Lord at 303-320-4367 or email Rachel@justforhealth.net. You may also download a registration form from www.justforhealth.net to mail in with your deposit.

Just for Health School is approved and regulated by the Colorado Dept of Higher Education, Private Occupational School Board



FACIAL REFLEXOLOGY Module I with Lone Sorensen May 2 & 3, 2009

Location: Wyndham Garden Hotel—Greensboro Airport (NC)
Class Fee \$350/ \$150 by January 30, 2009 Remainder due March 15

Introduction to the Oriental, South American (Mapuche) healing traditions and neurological system that underpin Facial Reflexology Sorensensistem TM. It is a unique treatment that combines ancient alternative therapies (Chinese energy meridians and acupuncture points, Vietnamese and Andean tribal body maps) with modern neuro-anatomy. Learn the seven fundamental procedures of every Facial Reflexology treatment and methods of assessment.

Facial Reflexology is a powerful treatment alone but can be used as a compliment therapy for practitioners of: Certified/Board certified reflexologists, licensed massage therapists and aestheticians, nurses, physical therapists, occupational therapists, acupuncturists, physicians, naturopathic doctors, and anyone else with a license to apply touch therapies. Lone has applied for ARCB & LMBT (CE hours) 16 CE hours per module

Traveling?: Please fly into Piedmont Triad International Airport (PTIA).
Special Accommodations/Rates for participants.

Please see NCRA website for details: www.reflexology-nc.org

DEADLINE
January 30, 2009

Educational Opportunities

PRAXIS VERTEBRALIS—NEURO FOOT REFLEXOLOGY

Module I with Lone Sorenson

May 4 & 5, 2009

Location: Wyndham Garden Hotel—Greensboro Airport (NC)

Class Fee \$350/ \$150 by January 30, 2000 Remainder due March 15

Learn how to work with the nerve maps and the spinal line in the feet. This includes learning about the relationship between the central nervous system and the meridians, and the relationship between nerve points and nerve zones in the feet and their connection to organs, parts of the brain, the cranial nerves and the chemical balance of the body. Other areas of study include how postural problems can impact on the spinal nerves and how these in turn create health complications. Students will learn how to analyze for the biggest deposit in the foot (as in the face, with Facial Reflexology), and for the biggest deposit in the “spinal cord” on the foot.

Lone Sorensen is an [ARCB & NCBTMBCE provider](#) and has applied for ARCB & LMBT (CE hours) 16 ce hours per module. This Praxis Vertebralis course is currently taught in 3 modules, each 16 hours in length, to students who are already [qualified foot or face reflexologists](#).

Traveling?: Please fly into Piedmont Triad International Airport (PTIA). Special Accommodations/Rates for participants.

Please see NCRA website for details: www.reflexology-nc.org

CRANIO-SACRAL REFLEXOLOGY WITH DR. MARTINE FAURE-ALDERSON RETURNING TO THE U.S. IN 2009!



From a young age, Martine was drawn to studying medicine and specialized in the following complementary therapies – Reflexology, Osteopathy, Homeopathy, Acupuncture, Naturopathy, Herbalism and Cranio-sacral therapy. She obtained diplomas in Europe and South America. She developed the CSR method of reflexology from this background. Martine is also a practicing reflexologists with a clinic in England. In the early 1970's, Martine founded the Institute of Reflexology in Paris. In response to requests, she delivers her CSR course around the world. Martine will be returning to the US to speak and teach in 2009. All three levels of CSR will be taught: Basic level, Advanced level and Third level. Each is a 2-day workshop and each level will award 14 ARCB CEUs.

New York: Martine will be speaking at the New York State Conference and teaching post conference. Dates: April 27-28 Basic level CSR- 2 day wksp

Massachusetts: Dates: April 30-May 5 Three levels– take 1, 2 or all three wksp

California: Martine will speaking at the California ICR Conference and teaching three levels. Dates: Sept 14-19 Three levels-take 1,2 or all three wksp

For Information and to reserve your seat, CSReflexology@yahoo.com or call 1-773-338-1644

ARCB CODE OF ETHICS

A reflexologist communicates with an open mind and a peaceful presence while recognizing his/her relationship to the client as a serious responsibility. The art and science of Reflexology is an Honorable one! Therefore, as a professional reflexologist, I shall:

Conduct myself in a professional, honest, and ethical manner at all times.

Adhere to the ARCB Professional Business Standards.

Not infringe on any other professions' scope of practice, and perform only those services for which I am qualified and/or licensed to provide.

Accurately represent my competence, education, training and experience.

Not present myself as a medical practitioner. I shall refer clients to medical or other healthcare professionals when appropriate.

Treat other reflexologists and health care professionals in a courteous and respectful manner at all times

Establish and maintain trust in the client-practitioner relationship.

Treat every client with the same kind, ethical attitude.

Keep all client information and conversations strictly confidential

Work within the client's comfort zone and pain tolerance.

Keep the standard of my professional work current and as high as possible by continuing my Reflexology education and training, and attending conferences.

Ensure that anyone employed by me or working in my office shall also adhere to this Code of Ethics.

ATTENTION

HAVE YOU MOVED?

CHANGED YOUR TELEPHONE NUMBER, ADDRESS, EMAIL?

If your information is wrong, ARC won't be able to find you, and perhaps even more importantly, *CLIENTS*, if you're listed on the website!

A recent phone call went out to all members regarding how you wish to receive the newsletter. If you did not receive a phone call, we must have the wrong number. Take time to review the web listing. Contact LaShay Canady at 303-695-7695 for changes.

When your membership comes due **JUNE 30**, complete the membership application. Highlight any changes from the previous year.

Thanks for your response to the phone calls and see you in February.

Marcia Franks, ARC Treasurer

Your Two Cents Helps Save Hundreds!

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.

Thank you to all ARC members for letting us know your preference in receiving the newsletter. Beginning with this newsletter, all members who have requested an electronic copy will receive an email containing a hyperlink to the ARC website when the newsletter is available for viewing. Please note that past newsletters are also be available for viewing at www.reflexology-colorado.org. Our intent is to reduce printing and mailing costs while doing a small part to save a few trees and reduce our carbon footprint. Saving our resources will provide additional funding for ARC workshops, speakers and activities.





Associated Reflexologists of Colorado

www.reflexology-colorado.org

(RAA Affiliated State)

Membership Year: July 1 – June 30



Name: _____ Email: _____

Business Name: _____

Office Address: _____

Home Address: _____

Office Phone: () _____ - _____ Home Phone: () _____ - _____ Website: _____

NOTE: Your office address will be used for the ARC/RAA online and print directory. Complete information as you would like it to appear. Check the following box if you do not wish your name to be added to the directory.

No, I do not want to be included in online or print directories. PLEASE CHOOSE: EMAIL _____ (pdf in color) or PAPER _____ newsletter.

Professional Membership

- ARC/RAA Professional Membership
- Add - RAA Personal Page
- Add - RAA Reciprocal Web link
- ARC Professional Membership
- RAA Professional Membership

ARC New Renewal

RAA New Renewal

Prorated Last 6 mo NEW Member Only

- \$125 per year
- \$ 70 first year (\$35 after 1st yr)
- \$ 15 per year
- \$ 50 per year
- \$ 75 per year

- \$105 – RAA only pro-rate Jan-Jun
- \$ 55 for January 1- June 30

Professional Membership requires completion of a 200 hour reflexology-only training course and certification by a school or a national non-profit reflexology testing board. Professional members may vote, hold office, and be eligible for a listing on the on-line directory. Documentation of specific reflexology training which has been certified by a school or certified /accredited teacher of reflexology is required. Hours of training from another therapy will not be considered. **Proof of 200-hour training or national board certification must be attached to process NEW applications.** ARC/ RAA reserve the right to verify all credentials.

School Name: _____ Teacher's Name _____
 Address: _____
 Phone () _____ - _____ No. of Hrs Completed: _____ Date of Completion: _____
 Are you nationally certified by a non-profit reflexology certification board? Yes No Certification # _____
 Name/Address of Board: _____

Associate Membership

- ARC/RAA Associate Membership
- ARC Associate Membership
- RAA Associate Membership
- Add - Reciprocal Web link for Business and Schools

ARC New Renewal

RAA New Renewal

Prorated Last 6 mo NEW Member Only

- \$85 per year
- \$35 per year
- \$50 per year
- \$15 per year

- \$70 – RAA only pro-rate Jan-Jun
- \$35 for January 1- June 30

Associate Membership is open to non-certified reflexologists not meeting the Professional member level standards, a student training in reflexology, a client or other interested person, an agency, a school, a business, a manufacturer, state association, or any other entity concerned about, and desiring to support the growth and development of the field of reflexology. **Associate member schools and offices** are eligible for a listing on the on-line directory. ARC/RAA reserves the right to verify all credentials.

- I want to be a ARC volunteer: Newsletter PR Membership Legislation Continuing Education Other _____
- I want to be a RAA volunteer: Magazine Conference Membership Legislation Education Website Other _____

I verify that I have met the requirements for the level of membership which I am applying and I have included all required documentation. I understand that if any of the above information is found to be incorrect or invalid, my membership will be denied.

Signature: _____ Date: _____

<p>Make checks payable to: ARC NOTE: An application MUST accompany your payment Attn: Treasurer Email: reflexology@thebossgrp.com PO Box 697 Englewood, CO 80151 Tel: 303-886-0673</p>	<p>ARC USE ONLY</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2">Received by: _____</td> </tr> <tr> <td>Date - ARC: _____</td> <td>Date - RAA: _____</td> </tr> <tr> <td>Check # and Amount</td> <td>Check # and Amount</td> </tr> </table>	Received by: _____		Date - ARC: _____	Date - RAA: _____	Check # and Amount	Check # and Amount
Received by: _____							
Date - ARC: _____	Date - RAA: _____						
Check # and Amount	Check # and Amount						

RAA Members: Please note that RAA Delegate Beth Schroeder and Vice President Marie Koepke are available to answer any questions you may have regarding RAA. Marie Koepke: mtnmarie@rkymtnhi.com; Beth Schroeder: schroeder90@msn.com

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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