

P.O. Box 697, Englewood, CO 80151
www.reflexology-colorado.org

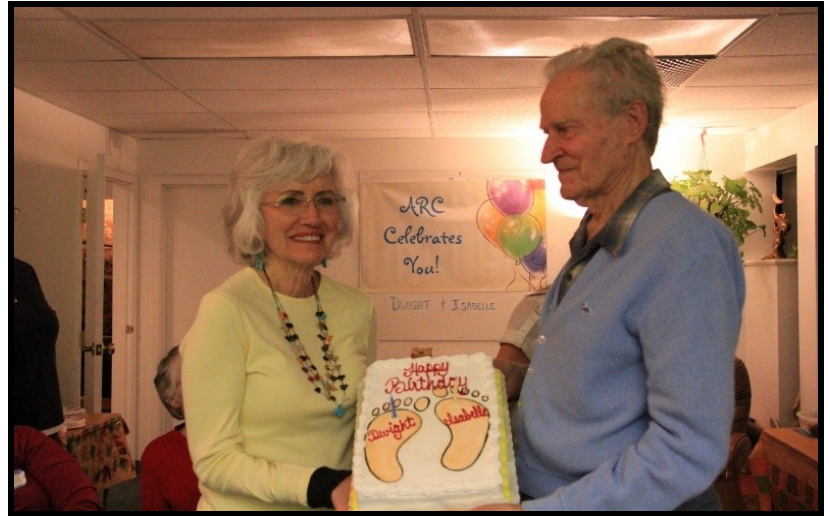
February 2012

Associated Reflexologists of Colorado

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.

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Isabelle Hutton and Dwight Weeks

Winter Quarterly Membership Meeting

Tuesday, February 14, 2012

5:30-6:00 PM: Potluck Dinner
6:00-7:00 PM: Business Meeting
7:00 PM Guest Speaker

Megan Healy will be our speaker. She received her Master's degree from D.U. in start-up businesses and marketing. She will speak to the group on business organization, how to infuse new energy into an existing business, the importance of social media, and getting and maintaining clients.

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).*

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.

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

Newsletter Editor

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PRESIDENT’S MESSAGE by Elizabeth Heard

Greetings to all ARC members!

In this political election season we have probably all had our fill of politics! politics! politics!, and the myriad of opinions that flood our ears daily.

Have you contemplated the affect politicking has on our daily lives? It seems to seep in everywhere doesn't it? Do you wonder what it is useful for, if anything? Now may be a great time to meditate on the things which really matter to YOU. What is worth fighting for in your life? What are your core values in the world, your life, your political eco-system? What do you need to "Occupy" in your world to make a change or take a stand? What changes do you wish to see, be, or accomplish? Am I asking a lot of questions? Yes. It's not unlike politics, really, which can leave us with more questions than answers.

I know that life tends to be busy much of the time, but we need to consider our footprint on this planet whether in the healing modality we chose, or our views of this country and our place in it. Everything has an effect! Every positive thought, word, and action has a wonderful impact on our planet, country, city, and family. No act of integrity or gesture of kindness is too small.

We at ARC have such a wonderful membership and pool of wisdom as was exemplified at our last meeting where we celebrated Isabelle Hutton and Dwight Weeks. In our ARC political system I see that integrity, honor, teamwork, and kindness are the rule.

This makes me proud to be your President!

Peace and Blessings,
Elizabeth Heard

New RAA Delegate for ARC!!!



Carol Mates has stepped up to become our Colorado delegate to RAA. She has been an ARCB certified Reflexologist since 2005, graduating from Rachel Lord's school, **Just for Health**, in 2004. Carol's office is located in Monument, Colorado, where she resides with her husband. She is a past Vice President of ARC and is looking forward to meeting and working with the many committed Reflexologists across the country at the national level.

WE STILL NEED ONE MORE MEMBER TO REPRESENT ARC IN RAA

If you are interested in this dynamic position, please contact our
Membership Secretary: Beth Schroeder

ARC Meeting Minutes - November 8, 2011

by Mindy McKinney, ARC Recording Secretary



The highlight and focus of this evening's meeting was to celebrate the 80th and 90th birthdays of two of our long-standing members: Isabelle Hutton and Dwight Weeks, respectively. After discussing some ARC business, we heard from each of these members about their careers in reflexology—how they got started, reflexology success stories, and generous wisdom they offered to our members. It was fun to celebrate these milestones with them; they're a great inspiration to all of us.

In lieu of a "formal" speaker for this meeting, Rachel Lord spoke to the group about her recent amazing, life-changing trip to Africa with her husband to work with Habitat for Humanity. The two of them finished the trip off with an awesome safari, which was one of those "once-in-a-lifetime" trips. She also had a slide show that she shared with the group that captured many of the incredible people and animals she was lucky enough to meet on her trip. Thanks for sharing your experience with us, Rachel.

ARC Business Discussions:

- ◆ Elizabeth Heard said that Carol Mates told her that she'd like to be a RAA delegate.
- ◆ Wendi Humphryes is still very interested in being the other RAA delegate.
- ◆ Adrienne Fahey asked if we can use some of our ARC treasury funds to promote reflexology in general and ARC specifically, i.e., advertising, etc.
- ◆ According to Elizabeth, there are now two parks in Aurora that are building reflexology paths. A suggestion was made to donate to the funding of these paths in return for plaques with ARC's name and possibly other information. Elizabeth will check with the Parks Department about this idea and see what we would be allowed to include on a plaque.
- ◆ Marie suggested ARC needs to have more of a presence in hospitals, podiatrists' offices, etc.—donate something, brochures, etc.
- ◆ Isabelle thought it would be a good idea to give reflexology presentations to other associations, i.e., medical, nursing, healing, etc.
- ◆ A suggestion was made to sponsor a foot race.
- ◆ Member Cynthia Ford (accountant) stated that if we have more than \$10,000 in our treasury, by law we would be required to spend some of those funds. However, since we only have \$5,000 we don't need to rush into spending any of it by the end of the year.

ARC elections for Treasurer and Recording Secretary will be coming up after the new year.

Submitted By: Mindy McKinney, Recording Secretary



ARC TREASURY REPORT

ARC Financial Statement 2011

Ending December 31

Balance forward 2010	4445.43
<u>Income 2011</u>	
Membership	3190.00
World Reflexology Week	17.00
Advertising	95.00
	7747.43
<u>Outflows</u>	
Bond	100.00
Reimbursable Expenses	178.40
Newsletter	204.78
Meeting Room	200.00
Speaker	150.00
Liability Insurance	206.00
USPS (PO Box)	51.00
Website	493.84
RAA dues forward	1130.00
Tax Preparation 2009 & 2010	340.00
	3054.02
Balance on Hand	4693.41

SOCIAL NETWORKING SITE

www.facebook.com

Connect with Reflexologists all over the world on the most accessible
and popular social networking site: **facebook**

Not on facebook yet? It is so easy to create an account (just log in your email and
a password) and best of all it's free!—here is one of my favorite pages:

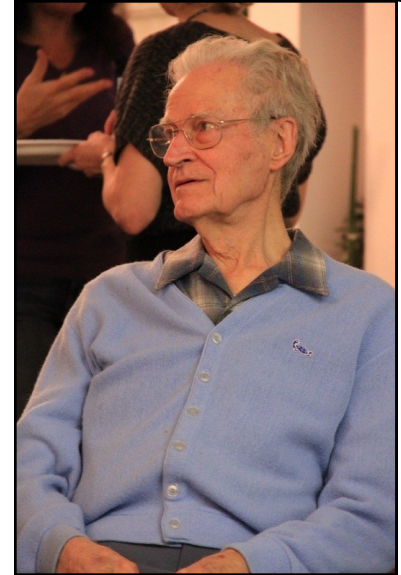
Reflexology FB World Count

this is an open group with Reflexologists from the Americas, Kevin Kunz to Australia , Moss Arnold and
Israel, Mauricio Kruchik. Lots of great reflexology information and a fun group to get an informal count
of Reflexologists all over the world. To date there are 857 members.

Celebrating our Members!



Dwight & Joan Weeks, ARC President, Elizabeth



Dwight contemplating his next 90 years in Reflexology!!



New ARC member Pamela Browne, Isabelle Hutton & ARC Vice President, Diane Ahonen



Isabelle Hutton , Diane Ahone, Newsletter Editor, Marie Koepke & Wendi Humphryes



Adrienne Fahey & Rachel Lord



Jennifer Reinbrecht, Adrienne & Debbie Zalman

SPOTLIGHT ON DWIGHT WEEKS & ISABELLE HUTTON

By

Diane Ahonen, ARC Vice President

Recently two important members of the ARC community celebrated significant birthdays. Dwight Weeks turned 90 on November 28, and Isabelle Hutton turned 80 on January 15. In order to honor these individuals, and to avail ourselves of their many years of wisdom and experience, we invited them to share their reflexology stories at the November ARC meeting, and they graciously agreed.

Here are a few highlights of their stories:

Dwight:

It was 1980 and he was over 50 and working as a mechanic when Dwight watched a Reflexologist who came to his place of business to work on a salesman's headache. He was instantly interested in reflexology. He later found the Zone Therapy book, read it, and started treating his family and himself. Now he has a lifetime of treatment stories that confirm the healing power of reflexology.

In the spirit of his personal experience, Dwight's advice to new Reflexologists is to get yourself some books, training, and hands-on experience. Dwight's wife Joan adds the practical note that if you are going to make a living at reflexology, you should charge more than \$20 a session (like Dwight does!).

Isabelle:

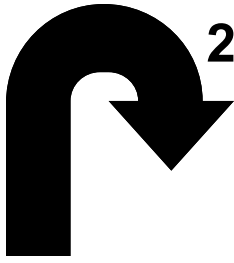
Isabelle, a trained RN, was walking with a friend and expounding on the body's ability to heal itself, when the friend suggested that Isabelle explore reflexology. In 1973 she began her training and by 1989 she was a reflexology practitioner, a teacher, and a designer of reflexology charts.

Isabelle offers a lot of profound advice for new Reflexologists. Among her suggestions are to learn to do deep, precise and detailed work. Listen to your body as you work, learn different modalities, be versatile, exercise your intuition, be someone you would want to know and be a Reflexologist you would want to have.

The ARC board is sincerely grateful to Dwight and Isabelle for sharing their stories with our group and we are delighted to feel that we know them a little better now.

Happy Birthday Dwight and Isabelle!

Thank you for your contributions to reflexology and to ARC.



2011 ARCB Approved CE Provider Classes in Colorado & Webinars

Just for Health School of Reflexology and Healing Arts

Rachel Lord

Englewood, CO 80113 303-320-4367

health.on.all.levels@gmail.com

www.justforhealth.net

- ◆ **Master Herbalist:** 450 CE hours training begins February 2012. Classes meet every third weekend.
- ◆ **Professional Foot, Hand and Ear Reflexology:** 305 CE hours, February 2012 thru September 2013
- ◆ **Botanical Medicine: East and West :** 450 CE hours, February 2012 thru June 2013
- ◆ **Ear Reflexology:** 16 CE hours, February 18 – 19, 2012

Long Distance Learning Tele-Classes/Webinars/DVDs

Kristi Gabriel 859-753-5798 kgabriel@hei.net.

- ◆ **Hand Reflexology Long Distance Learning Course** Available Continuously
Workbook along with 75 Minute DVD included (Completion of Quiz and Documentations required)
CE's: 15

Wendy Coad, The Reflexology Professor

- ◆ **The 2012 Ultimate Reflexology Teleclass Series—24 Teleclasses in 6 Sections**
January – December 2012; 2nd Tuesday of every month 7:00pm – 8:00pm EST
CEs: 12 (for three sections)
Section 1A: Complementary Modalities
Wednesdays, January 25, February 15, March 7, April 3, 2012
Section 1B: Complementary Modalities
Tuesdays, May 15, June 12, July 17, August 14, 2012
Section 2A: Reflexology “Business”
Wednesdays, May 16, June 13, July 18, August 15, 2012
Section 2B: Reflexology “Business”
Tuesdays, September 18, October 9, November 6, December 11, 2012
Section 3A: Issues for Emphasis
Wednesdays, September 19, October 10, November 7, December 12, 2012
Section 3B: Issues for Emphasis
Tuesdays, January 24, February 14, March 6, April 3



COMMUNITY CORNER by Beth Schroeder, Membership Secretary

Highlighting ARC Members and the Community Organizations they Support

ARC Member: Rachel Lord

Your Charity/Organization: Habitat for Humanity, Denver

3254 Elliot St., Denver, Colorado

303-534-2929

www.habitatmetrodenver.org (Local info)

www.habitat.org (Global Village Info)

◆ **Tell us a little about yourself and what attracted you to this organization.**

My husband has been volunteering for Habitat for Humanity every Saturday for the last 5 years in the Denver Metro Area. I went with him a few times and was amazed at how much fun it was; how empowering to learn and perform new skills (outside my comfort zone) like doing insulation, painting, siding, working on scaffolds, and at the same time helping a needy family.

Habitat has an international branch called the Global Village, that organizes “builds” in countries all over the world. Last summer we traveled to Mozambique and built houses for families with AIDS. It was an unforgettable experience.



◆ **Tell us about this organization and how they serve the community**

Habitat was founded in 1976 by Millard and Linda Fuller and addresses the issues of poverty housing.

President Jimmy Carter worked with the founders and it quickly reached international and world-wide fame. In fact, Rosalynn and Jimmy still go on builds (albeit with Secret Service in tow). One of the couples at the Africa site with us had actually worked with them in Thailand!

A Habitat house is not free. A low-income family needs to apply and go through a screening process to qualify. The candidate must have a steady job, show need and put in a number of “sweat equity” hours by helping build their house with the volunteers. If they are not able to “pay” for their house, it reverts back to Habitat. The homes are sold at no profit to Habitat and with a zero-interest loan. Most of the building materials are donated by companies, etc. Habitat raises money through donations and the proceeds of their 3 local stores. The stores sell donated building supplies to the public. They are the ultimate “Construction Thrift Store”. In fact, don’t do a home-improvement project without first checking out a Habitat store first for great bargains.

◆ **Are there any upcoming events involving his organization you’d like our readers to know about?**

World Habitat Day and other events listed on their web site. Habitat has an annual Volunteer Appreciation Dinner and a “Dedication Ceremony” when a house is completed and the keys are officially handed over to the recipient family. The family (often from another country) frequently brings home made “ethnic foods” and such for the celebration. In fact, the families are always bringing food over for the volunteers at the site. Lunch is a big deal.

◆ **How can others get involved in this organization?**

Go to their web site or call them up, get scheduled, and try it out for a day. Take a friend, a group, or do it yourself. You will soon meet other lovely people on site. You will be required to sign a release form, get a safety orientation and be assigned a job that you will be comfortable with. Habitat is very safety oriented and never asks or pressures you into doing anything you would rather not. They work on houses and housing communities year-round in the Metro Area. Even ARC could go as a group and who knows—do a little Reflexology at lunch time!



REMINDING ALL MEMBERS

Upcoming May elections for :

Treasurer and Recording Secretary.

Look for the voting ballot in the May newsletter.
Ballots will also be on hand at the May ARC meeting,
and emailed to members who wish to vote electronically.

If you are interested in any one of these positions contact the ARC Board

Duties of the Recording Secretary:

- ◆ Takes minutes at all ARC board meetings and ARC quarterly meetings.
- ◆ Maintains administrative files, newsletters from other reflexology associations, and any ARC related correspondence.
- ◆ Provides notepad, sign-in sheet, and nametags for each quarterly meeting. Purchases supplies as needed.
- ◆ Writes articles for the newsletter.

Duties of the Treasurer:

- ◆ Collects and deposits checks for membership, workshops, advertising, etc.
- ◆ Writes checks for Association expenditures.
- ◆ Keeps track of membership dues collected and gives information to Membership Secretary.
- ◆ Contacts members regarding any incomplete/inaccurate applications.
- ◆ Updates the new treasurer's info with the bank, post office, and printer.
- ◆ Accounts for income and expenditures and reconciles bank statements.
- ◆ Prepares a statement of inflows and outflows.
- ◆ Prepares a budget.
- ◆ Gives statement of inflows and outflows to accountant for annual IRS tax reporting.
- ◆ Submits a current financial statement for the quarterly newsletter.

If anyone is interested in either position or would like more information, please contact :

Mindy at 720-308-5940 or Marcia at 303-766-2469.

It's a great way to be more involved with your Association!

“Ask not what ARC can do for you but what YOU can do for ARC!”

FOOT NOTES & TIPS FROM THE TOES by Marie T. Koepke



Overlapping Toes

Overlapping toes are a relatively common forefoot problem. Most frequently, this problem seems to affect the second toe crossing over the big toe.

While the cause of overlapping toe is not clearly understood. Bunions, trauma, inflammatory conditions, hereditary factors, and biomechanical issues have all been named as potential factors. Bunions are among the more common causes of an overlapping 2nd toe. As a bunion progresses, the big toe begins to migrate towards the little toes. This

often causes the 2nd toe to overlap the big toe. High heeled or narrow-toed shoes may also lead to joint destabilization and result in an overlapping toe. For this reason, the condition seems to be more common in females.

Overlapping toes can result in severe skin irritation and joint destruction. A painful callus may develop over the knuckle on top of the toe causing severe pain. Also, because the joint has deviated to the side, arthritis develops and pain occurs when the toe joint is moved. Diabetics should be extra cautious with overlapping toe as they often develop ulcerations on the toes secondary to pressure. *From <http://www.markiewiczpodiatry.com/>*

Reflexology is an excellent tool to assist in decreasing discomfort and abnormality; along with shoes having a wider toe box and padding or taping to realign the toe. Working the lateral & medial sides of the affected toes, releases the tension in the tendon and increases blood flow to the toes allowing for the toes to naturally return to it's correct anatomical position. Emphasis on thumb walking/rocking on the plantar aspect of the 1st & 2nd metatarsal heads, and between each metatarsal on the dorsal side will also assist in decreasing this abnormal forefoot position.

**What do you call a lumberjack with a foot problem?
PAUL BUNION**

ADVERTISING IN ARC'S NEWSLETTER

Advertising in the ARC Newsletter is encouraged for both members and non-members alike.

The **member fees** are:

\$10.00: Business card size

\$15.00: 1/4 page

\$20.00: 1/2 page

\$30.00: whole page

The **non-member fees** are:

\$15.00: Business card size

\$20.00: 1/4 page

\$25.00: 1/2 page

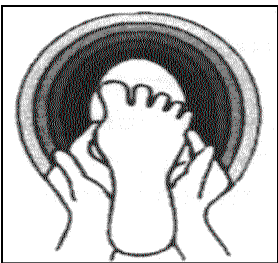
\$35.00: whole page

NEWSLETTER MATERIAL WELCOME

Please feel free to email Marie T Koepke at: mtnmarie@yahoo.com with material you'd like to see included in the quarterly newsletter.

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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