



## Quarterly Newsletter of the London and Area Chapter

**Volume 1 Issue 2 January 2011**

Chapter Board of Directors: Sylvia Bass West, - Chair,  
Lisa Putman, - Treasurer, Teresa Liliom, Sabina  
Dawiczewski, and Marilyn Hales, - Directors

### **Hello and Happy New Year London and Area Chapter Members!**



The new year is here and the early renewal rate for RAC membership for 2011 was extended by RAC head office to January 15. I hope you all chose to renew! As you know, your RAC membership automatically entitles our chapter a \$15 transfer from your RAC member fee, if members also sign a chapter form annually. **The chapter renewal form for 2011 is included in this mailing.** Please take a moment to complete and sign it and return it to me by February 15. I'll then mail the forms to RAC head office in Winnipeg, and our chapter will receive the appropriate transfer of our operating funds.

Please join, and add your voice to our chapter plans and vision, and receive great collegial support in return.

Chapter volunteer Board Members Sylvia Bass West, Lisa Putman, Teresa Liliom, Marilyn Hales and Sabina Dawiczewski invite your feedback, input and inquiries! We plan to call all current and past members to get your input, as we really hope to build a chapter that better meets your needs.

**So friends, "how are you?"** Really, HOW ARE YOU? You, the reflexology practitioner? Are you taking care of yourself, as you care for others? How do you honour the balance of self care? Or do you? Do you regularly and intentionally nurture and support the physical, mental, social, emotional and spiritual self? If not, why not? Come talk about it on February 2, 7;30 pm at our chapter meeting. Cindy Palajac will bring us her wisdom and thoughts. Share with us your ideas and successes as well as your challenges..

My faith community has an easily remembered motto; "Challenge the Mind, Nourish the Spirit, Act in the World" It is a good touchstone for my spiritual journey. I'd expand on the middle though—**Nourish the mind, body and spirit!** My physical body needs good quality nourishment, regular and varied activity and rest. My mind needs nourishment, regular meditation, and rest. I am little good to others if I am not feeling that my own energy is grounded, harmonious and balanced. Commit to yourself in 2011 and reap the rewards for a lifetime. You're worthy!!

## London and Area Chapter Meeting Updates

London and Area Chapter Board meets to discuss RAC national and chapter business quarterly, one hour prior to the Chapter Meetings. If any current members would like to serve the Chapter as a Board member, please contact Sylvia Bass West at sbasswest@reflexolog.org. We are allowed 2 more Board positions.

London and Area Chapter is participating in DIVA DAY again this year—the annual fundraiser for the London Distress Centre, on Sunday March 6. If you'd like to volunteer, please contact Sylvia.

If members know of other deserving agencies where practitioners might have opportunities to assist, please let us know.! If there are health fairs or corporate events you'd like to see our chapter participate in, please let us know!

The hand photo on page 1 is from Berea Kentucky, taken by my friend Karen Lill. Isn't it great!? Do you have hand, foot or ear photos you'd like included in the newsletter or with our chapter materials? Send them my way!  
sbasswest@reflexolog.org

**We are thrilled to offer professional presentations as part of the chapter program this year! RSVP attendance to our meeting host Teresa Liliom info@teresaliliom.com Meetings will be held at 245 Tecumseh Ave. near Ridout and will begin promptly at 7:30 pm. Please join us!**

**Wednesday February 2, 2011 7:30 pm guest speaker Cindy Palajac**

***Self Care ... Healer heal  thyself.***

***By taking care of yourself first you will have more energy for your clients. Learn the principles of Self Care and a daily routine of three five minute exercises that help healers stay healthy. Healers cannot be enriched or help others with emptiness. This talk will engage you in filling up your well of nourishment. Valentine treats will be served!  
Cindy Palajac is a Healing Touch instructor and energy healer in London.***

**Wednesday April 6, 2011 Program TBA**

***Our April meeting is still open, and we are putting it out to you, the chapter members, to decide on the program content for our April meeting! If a meet and greet, Q & A meeting is desired, we can do that as well!***

**WORKSHOP SPONSORED BY RAC LONDON AND AREA CHAPTER  
"AROMATHERAPY FOR REFLEXOLOGISTS"**

**Instructor: Gayle C. Gage  
Clinical Aromatherapist CAHP  
Registered Reflexology Practitioner  
[www.essentialtherapies.ca](http://www.essentialtherapies.ca)**

**This workshop will cover the following topics:**

- ~ Review of body systems and their most common diseases.
- ~ Exploration of the oils used to treat these diseases and cross reference to each system. (Contraindications included)
- ~ Creating a "custom prescription" tailored to your clients needs.
- ~ Application and treatment methods for use in Reflexology & more.

**Date: Saturday April 2 and Sunday April 3, 2011, 9 am – 5 pm**

**Location: Suite 202 - 1670 Jalna Blvd., London, Ontario N6E 3S4**

**Fee Non-RAC participants: \$246.00 + 31.98 HST= \$277.98**

**Fee RAC RCRT members: \$198.00 + 25.74 HST= \$223.74**

**Course counts as 5 Continuing Education Credits for RCRT members!  
Workshop registration attached and is also on RAC website or contact  
Gayle directly using her contact box on Essential Therapies website**



**RAC Annual General Meeting  
and Conference 2012 will be  
held in Toronto!  
Save your pennies!**

