



Reflexology Association of Canada  
British Columbia Chapter

Welcome Reflexology Therapist in Training:

Welcome to Reflexology, an exciting and satisfying natural art of healing. The B.C. Chapter of the Reflexology Association of Canada (RAC) is committed to promoting Reflexology and assisting each one of our Members in becoming successful in this most rewarding field of health care.

Please feel free to contact us through our general email at: [racbcinfo@gmail.com](mailto:racbcinfo@gmail.com)

Sincerely,

Reflexology Association of Canada – BC Chapter Board

p.s. Join our Facebook page: [RAC – BC Chapter](#), and visit our website <http://www.racbc reflexology.com/> to learn more about our Chapter, read the current newsletter, find a group near you, ... If there isn't a local meeting near you, perhaps you'll start one!



Reflexology Association of Canada

British Columbia Chapter

### *RAC BC Chapter*

With no cost to you, \$15 of your yearly RAC membership is allocated to the BC Chapter from RAC Head Office. This money is used to buy Chapter supplies, rent space, or maintain the Chapter website domain name.

<http://www.racbcreflexology.com/>

#### **History of Chapters**

The Reflexology Association of Canada (RAC) bylaws define the relationship between the Association and Chapters. The bylaws instruct Chapters or local Associations on their obligations and duties.

Chapters are 5 or more RAC members that gather to promote reflexology. They may do that by offering workshops or seminars, participating in local health fairs, doing charity work, providing opportunities for networking and by supporting the endeavors, requirements and regulations of RAC. Chapters can be provincial or a district or city within the province.

Chapters all have an opportunity to post events and a write up of their chapter as well as contact information on the website. Paperwork support and information is available to chapters through RAC. RAC members can belong to any chapter.

Chapters were started because in a country as large as Canada it is difficult for distant members to participate at the national level, even though the RAC AGM's are alternated in east and west locations. Chapters provide an opportunity for members to participate at the community level and promote reflexology within their jurisdiction. Some of this is done through health trade shows and these shows afford the opportunity of fund-raising, as each chapter is self-sufficient in funding.

Chapters provide camaraderie amongst reflexologists and support the business development of fledgling reflexologists. Each chapter is unique and meetings vary. They may include exchange sessions or host guest speakers who inform the membership of other modalities or techniques that will enhance their practice or be question and answer sessions. Chapters provide opportunities for leadership and involvement as a director or in other capacities. Chapters can be a resource to groups looking for public speakers.

The mission of the Reflexology Association of Canada Chapters is to advance the understanding and knowledge of Reflexology both for its members and for society as a whole. Chapters will accomplish this by focusing on education, publicity and activism in local health events and forums. Chapters provide a supportive environment for mentorship and camaraderie amongst

Practitioners.

Irene Melnyk started the first chapter in Winnipeg by encouraging reflexologists to meet in each other's homes, discuss cases and do each other's feet. The BC Chapter was started by Ollie Bailey; another woman with a passion for reflexology. The first meeting was June 1992 in the basement of her home.

Chapters continue to expand and flourish. Many chapters are getting started as members see the value in working alongside fellow reflexologists to promote the art of reflexology to its potential. Chapters can be "Fruitful in Unity", so we invite you to please join with us.

### **Chapter Purpose**

The mission of the Reflexology Association of Canada Chapters is the same as RAC's which is to take the reflexology profession and the RAC membership to the highest level of excellence and unity through communication, education, innovation and advocacy.

Chapters will accomplish this by focusing on education, publicity and activism in local health events and forums. Chapters provide a supportive environment for mentorship and camaraderie amongst practitioners.

Therefore Chapters are self-educators and public educators.

The way Chapters accomplish this varies:

- Host guest speakers on complimentary modalities
- Exchange sessions
- Networking
- Information sessions
- Business idea exchanges
- Health fairs or trade shows
- Wellness days for a company
- Charitable occasions
- Provide guest speakers to organizations
- Provide mini-sessions to organizations
- Leadership opportunity at a local level

Chapters have the flexibility to develop into whatever your membership and surrounding community needs. Feel free to add to the above list.

## **Membership Responsibility**

### **How to be a great member?**

1. Participation. Participation in any organization is essential to keep the organization running. What do you want to get from your organization? How do we want the organization to meet the needs and at what cost to you the member?
2. Volunteer. Most organizations are run by volunteers, the more volunteers, the less the load for any one individual.

### **What can RAC do for its Chapters?**

1. Communication. Open and ongoing communication with Chapters is a basic requirement.
2. Help Chapters to thrive and abide by the bylaws.
3. RAC loans Chapters the RAC banner to use at trade shows. When a Chapter contacts RAC one month before an event then RAC pays to ship it to the Chapter and the Chapter pays to return the banner. Chapters are encouraged to get their own banner, keeping in mind the RAC bylaws. See <http://cscn.com/> to get your own Chapter banner.
4. Provide brochures to the Chapter as promotional material to give out at health shows etc.
5. RAC hosts a Chapter meeting at the AGM.
6. Sales of products to Chapters by consignment.
7. RAC provides Chapter booths at AGM at no charge.
8. RAC provides templates and logos for brochures and newsletters.
9. The Chapter may use the website for advertising all Chapter events.
10. Chapter can have a copy of the RAC Press Kit, which has information on how to do a health show, a sample of a 5 and 30 minutes presentation etc.

### **What do Chapters do for RAC?**

1. Chapters support RAC at the community level and provide membership the opportunity of networking and promotion of reflexology.
2. Members who would not be able to attend RAC's AGM's would be able to attend Chapter meetings. Because members participate they not only feel like they belong to a Chapter, but they know they have a place and belong to RAC.
3. Chapters may become involved in the development of the AGM.

This information was taken from the RAC Chapter's Manual.



## Reflexology Association of Canada British Columbia Chapter

The RAC-BC Chapter Board encourage you to contact any one of us should you have questions. We are, after-all, here to support each other!

**Chair:** Peggy Sutherland  
[pmjsutherland@hotmail.com](mailto:pmjsutherland@hotmail.com)

**Vice Chair:** Open

**Past Chair:** Dawn Whittick  
[dawnwhittick@hotmail.com](mailto:dawnwhittick@hotmail.com)

**Secretary:** Open

**Membership Director:** Michele Mork  
[westcoastreflexology@gmail.com](mailto:westcoastreflexology@gmail.com)

**Treasurer:** Julia Allatog  
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**Director:** Lynelle McLean  
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[brinjackson@shaw.ca](mailto:brinjackson@shaw.ca)

### **RAC Board Members**

**President:** Mary Jardine (ON)

**Vice President:** Erica Layton (AB)

**Secretary:** Dawn Whittick (BC)

**Treasurer:** Batya Piness (ON)

**Directors:** Martin Charest (QU), Karen Bandy (AB) Calynda Tryffo (SK)

**Executive Director:** Marakary Bayo  
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**RAC Chapters:** Marakary Bayo & Laura Marrast  
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**Continuing Education Coordinator:** Sherri Gunn Wilkins  
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**Membership & Outreach Coordinator:** Karin Finkel  
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Date: \_\_\_\_\_

To the Manager of Human Resources:

As a current employee of \_\_\_\_\_ and a registrant of the Group Benefit Plan administered by \_\_\_\_\_, I am requesting coverage of Reflexology under the Extended Health Care Plan.

Reflexology is an accepted health care modality throughout the world and is complementary to mainstream medicine. It is renowned for relaxation, relieves tension and stress, and in my experience it is an effective way of maintaining my health.

Therapists of the Reflexology Association of Canada are bound by the Association's By-Laws, Standards of Practice, and Code of Conduct and Ethics. Certified therapists join the Continuing Education program and receive the designation of RCRT (Registered Canadian Reflexology Therapist).

I submit that the Reflexology Association of Canada's Reflexology Therapists are qualified service providers and, as such, their clients should have the added benefit of being able to claim reflexology treatments through our Group Benefit Plan.

As an employee, I ask that you consider adding this modality.

Yours sincerely,

\_\_\_\_\_  
Employee name

\_\_\_\_\_  
Employee number and/or Job Title



*Good Health Begins at your Feet*

