



**Officers:** Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer;  
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**We are on the Web at:** [www.tnreflexology.org](http://www.tnreflexology.org)



Lucy G. Scarbrough, a long-time TRA Member from Jackson, Tennessee, has recently retired from practice. Lucy worked as a parole officer and was a Certified Reiki master/teacher and also a Reflexologist and Aromatherapist. She was named Volunteer of the Year and involved in the crisis line Women's Rape Assistance Program. Our congratulations go out to Lucy and wish her the best of happiness in her retirement!!!



Upcoming Reflexology Workshop at the Pacific Institute of Reflexology : *Pain in Cancer Survivors*

Christopher Shirley has announced the visit from the U.K. of Dr. Carol Samuel Phd., who will be the Keynote Speaker at the Reflexology Association of B.C. 50th Anniversary Celebration in Harrison Hot Springs, Saturday 4th May. Dr. Samuel will present two 3-hour sessions with a theme of "Pain Management with Reflexology". In Vancouver on Monday and Tuesday May 6 and 7, Dr. Samuel will be running a two day workshop on "Pain in Cancer Survivors" where she discusses the pain associated with chemotherapy induced peripheral neuropathy, radiation toxicity induced pain, persistent post-surgical pain, pain as a consequence of Hormonal Therapy, and, how we can support clients in pain using a combination of reflexology techniques. The techniques learned will be applicable to other health conditions that involve pain. All supporting materials are provided on the course and on completion attendees will receive a 'Certificate of Attendance' and two foot charts.

To learn more about Carols research or to message her use this link:

<https://www.facebook.com/Reflexmaster1/> Or, to review her website: <https://www.reflexmaster.co.uk/>

For more information and/or registration use this link: <https://pacificreflexology.com/node/1602>

## Balancing Touch

Adam Thomas of Balancing Touch shares his thoughts about Hot-Footing it to Health, the newest book by Chris Stormer AKA the “Universal Foot Lady”. Adam states that he purchased the book back in September but found that I needed to spend more time with it before I could recommend it. If you want to pick yourself up a copy of Hot-Footing it to Health a link is as follows:

<https://balancingtouch.ca/hot-footing-it-to-health-reflexology-book-review/>

He also included links to Chris Stormer’s other books which he recommends.

### Annual TRA Membership Dues:

**The annual TRA membership renewal fee of \$20 (\$15 if we have your e-mail address) was due beginning January 1, 2019. Membership applications can be found on the TRA Website or by contacting Larry Hill at [lhil\\_hand@hotmail.com](mailto:lhil_hand@hotmail.com). If you have not paid your 2019 dues and wish to remain in good standing, please send your payment to Larry Hill, 5204 Skyline Drive, Knoxville, TN 37914.**

Judith Addington	Sandra Armstrong	Theresa Bennett	Denise Bradley	Brenda Carlson
Dr. Howard Dailey	Rev. Lesley Hall	Ted Helms	Larry Hill	Kenda D. Komula
Tina Lopez	Tim Miller	Christine Pratt	Stacey Smith	Gaia Tossing
Lynn Watson	Carrie Wagner	Tennessee Academy of Reflexology, LLC		



### **The 2019 World Massage Festival in Cherokee, N. C.**

**REGISTER NOW** for the 2019 WMF in Cherokee, North Carolina at Harrah’s Resort. The festival, which celebrates their 14th year, will be May 6-9, 2019. For more information, contact Cindy Michaels, Registrar World Massage Festival, telephone (336) 957-8807.

This is a smaller venue and it is anticipated that it may be sold out by Christmas of this year! Lots of great classes, all NCBTMB-approved, including a mini-conference on Autism. Register now at

<https://www.eventbrite.com/e/world-massage-festival-2019-registration-46261838404>

Follow on Facebook at <https://www.facebook.com/pages/World-Massage-Festival/131258765806>

<http://worldmassagefestival.com>



**The Reflexology Association of America (RAA) has sent out a request for assistance in calling your representative to join the bipartisan Congressional Integrative Wellness Caucus. RAA recently became an affiliate with the Integrative Health Policy Consortium (IHPC). The IHPC is providing a wonderful opportunity for your Congress members and staff members to learn about reflexology.**

**Iris Aharonovich, RAA Legislative Chair, and Tish Gilmore, ARCB Director, will be representing reflexology at the IHPC event in Washington D.C. on March 6th between 10:30 - 2:30 pm. Iris and Tish will be sharing a video and providing introductory sessions on Capital Hill to members of Congress and their staff. This is your opportunity to call on your representative to participate in the IHPC event. Other therapies invited to participate are: Acupuncture, Chiropractic, Cranial Sacral Therapy, Naturopathic Medicine, Massage and Yoga.**

**For more information, including a quick way to find your representative, click on the IHPC link below.**

<https://bit.ly/2NoK8bS>