



**Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer;  
Brenda Carlson, Rev. Leslie Hall, and Tim Miller: Board of Directors**

**We are on the Web at: [www.tnreflexology.org](http://www.tnreflexology.org)**



#### **TRA Special Announcement from Ted Helms**

Based on a diagnosis of multiple myeloma cancer and ongoing chemotherapy treatment, it is necessary that I resign as President of the Tennessee Reflexology Association effective December 31, 2019. I would like to thank all of our current and past Officers as well as all of our members for the support of our organization. There will also be an opening in the office of Treasurer, currently held by Larry Hill and an opening for one of the Board of Directors, which is currently held by Tim Miller. If anyone is interested in being nominated to serve in any of these positions, please contact me or Larry Hill by December 15, 2019 (Larry Hill, 5204 Skyline Drive, Knoxville, TN 37914 or at [lar.hill@gmail.com](mailto:lar.hill@gmail.com)). Responses will be reviewed by the Board and approval based on qualifications and experience in Reflexology. If there are no responses, it will be most likely necessary to dissolve the TRA. This will be done through a board meeting at which the board can vote to dissolve the organization and conduct an inventory of assets. If dissolved, members would then have the option to join the Reflexology Association of America (RAA) or other related organization.

#### **Thanksgiving in Germany: A Harvest Festival of Thanks Celebrated in October**

In German-speaking countries, Erntedankfest is often celebrated on the first Sunday in October, which is usually also the first Sunday following Michaelistag or Michaelmas (29 Sept.), but various locales may give thanks at different times during September and October. Common food during Erntedankfest are harvested crops and bread. German food like rouladen is served, but there used to be no "traditional Erntedankfest food" like how it is in America with turkey, pumpkin pie, and mashed potatoes. Now, the tradition of turkey has found its way to Germany. The festival has a significant religious component and many churches are decorated with autumn crops, beautifully arranged in front of the altar. In some places, there are religious processions or parades.

## Thanksgiving in India: A Harvest Festival of Thanks Consecrated to the Sun

Thai Pongal is the Harvest Thanksgiving Festival celebrated primarily in India, Sri Lanka, and Malaysia. In other parts of India, a similar harvest festival is celebrated as Makar Sankranti. It is a four-day festival, which according to the Gregorian calendar is normally celebrated from January 14 to January 16. This corresponds to the period from the last day of the Tamil month Maargazhi to the third day of the Tamil month Thai. The festival is mainly celebrated to convey appreciation to the Sun God for a successful harvest. Part of the celebration is the boiling of the first rice of the season consecrated to the Sun – the Surya Maangalyam. The origins of the Thai Pongal festival may date back more than 1000 years.

In Western Odisha, the day of Pousa Purnima on the saka calendar is commonly known as Pus Puni. It is marked as a day of thanksgiving to mother nature for a good harvest and is celebrated by making regional food items cultivated and harvested by farmers, all food items are given out and served as a reminder of being caretakers of the harvest.



### RAA CONFERENCE 2020

**SAVE THE DATE: APRIL 24-26, 2020**  
**“Bridging Connections Through Reflexology”**  
**RAA CONFERENCE 2020**  
**PORTSMOUTH, NEW HAMPSHIRE**

For more information, please visit the following website:

<https://reflexology-usa.org/raa-conference-2020/>

**Learn Reflexology with**  
**Laurie Azzarella,**  
**International Institute of Reflexology Instructor**  
**in Daphne, Alabama December 7th - 8th, 2019**

**Phase I-II Reflexology Workshop with the**

**International Institute of Reflexology.**

This two day hands on workshop provides not only hands on techniques but also gives a great understanding of our bodies and how each system supports and effects each other. Reflexology is a very effective and non-invasive way to keep your organs, glands, tissues, muscles, hormones, nerves, etc in healthy balance. There may be a reason you are not feeling as vibrant as you should be and your feet can lead the way to better understanding and better health naturally. This workshop is open to all and everyone is highly encouraged to invest in learning the Ingham Therapeutic Method of Reflexology that will serve you for years and years. Sign up at [www.reflex-oil-ogy.com](http://www.reflex-oil-ogy.com).

### **World Massage Festival**

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

- 2020 Festival - (July 12-16) Blue Chip Casino, Michigan City, IN
- 2021 Festival - (August 1-5) Planet Hollywood, Las Vegas, NV
- 2022 Festival - (July 17-21) Harrahs Cherokee Resort, Cherokee, NC

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