

FootPrints

The Journal of the Reflexology Association of Australia



www.reflexology.org.au

January 2025

Volume 29 No. 1

NEW WEBSITE COMING SOON

The RAOA's new website is progressing and is in the testing stage to ensure its many features are working. The website includes all of the important features we've had in the past, in a simpler and more attractive format.

A new feature will be the ability for members to update the majority of their own details; either for administrative purposes or for *Find a Practitioner*.

When the site is launched, we will email members with details for logging in and information about how to use the refreshed CPT tracker.

In October we were pleased to give members at the Geelong conference a sneak preview of many of the website's pages; below is a look at the home page view.

The screenshot shows the home page of the Reflexology Association of Australia website. At the top left is the logo, a stylized foot with a hand, and the text "Reflexology Association of Australia". To the right is a search bar and a "Member Login" link. Below the header is a navigation menu with items: Home, About Us, About Reflexology, Membership, Reflexology Training, Events & News, and Publications. The main content area features a large "Welcome" section with a background image of a person's feet being massaged. The text describes the RAOA as an independent, not-for-profit organization and lists its aims. Below this are three smaller images with captions: "Find a practitioner", "Member login", and "Learn more about us". A "About reflexology" section follows, with a background image of hands being held, and text explaining the therapy. At the bottom, there is a "Get in touch!" section with social media links (Facebook, Instagram, YouTube, LinkedIn) and a "Contact Us" form with fields for First Name, Last Name, Email, Phone number, and a message box, plus a "Send" button. A small disclaimer is visible at the very bottom.

From the Chair's desk



I would like to thank the Association members and committees who work above and beyond their responsibilities.

Our last event for the year was the National Conference held in Victoria in October. It was a huge success. Many thanks to the Conference Committee for all their efforts.

At the conference we launched the new badge with the new logo. There is no reason why you cannot still use your original badge with the old logo. To purchase one for each member could be seen as a good gesture, however, the cost with postage and packaging would be \$4,000.

Tiziana presented an overview of the new website via PowerPoint, and this was very well received.

As Lisa is still unwell, we have finally closed and cleared out the office in Brisbane. A mammoth task over five days. We worked ten hours a day to achieve this end. Thank you to Nonie and Brian who gave up their time. Thank you also to Marlene Rutherford and Kylie Knight from Brisbane who also helped.

The Association had to pay out the contract for the office printer as there were two years of the lease left. This cost \$5,700, but I did manage to get \$2,000 for the sale of it. I was offered \$50 in total for all the office furniture. The auctioneer offered \$500 for the printer and another contractor wanted \$2000 to take all the furniture away and give us nothing.

Closing the office will save us \$1,200 a month and our lease ran out in December.

We now have engaged eight agents (admin assistants) to work for the Association. Amy from WA has provided members with their membership certificates and has almost finished going through 1,200 unread emails. Amy is looking after administration. The reason we have agents

is to action any requests from the public and members. I understand that people like to make a phone call to ask a question, but we are trying to dissuade this practice unless completely necessary as the only people answering the phone is one of the Directors. At this stage we have four Directors and there are five days that the phone needs to be answered. If someone would like to help, I would be pleased to hear from you.

Please be aware that the new website has cost more than \$15,000 at this stage, however, the future savings of lease on the printer, rent, telephone and insurance will put the Association in a better financial position. In addition, the new website allows members to update all their details themselves, avoiding substantial work for administration. Administration can now run random audits of the details submitted by members.

The website is in Beta testing so that when it goes live, the problems will be minimal. Unfortunately, this testing is very time-consuming, and we estimate the site will go live early in 2025.

Natural Therapies Review – fourteenth stakeholder update teleconference

The stakeholder update teleconference will be held from 10:30–11:00am AEDT Thursday 30 January 2025.

The results are to be presented to the Government for their review and, depending on the outcome, then to the health providers. The Government go on leave until March and then it is up to the health providers if they accept the results. The Health Review has been completed for all modalities.

I wish you all a safe and prosperous New Year.

Kind regards,

MA Steinke
Marie Steinke



January 2025

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The Reflexology Association of Australia is an independent, non-profit organisation and is not affiliated with any educational institution. It is managed by a national Board of Directors, and has branch committees in each state. All positions are honorary.

Front cover – Photo by Pezibear at [Pixabay.com](https://www.pixabay.com).

	Life Membership	Outstanding Achievements	
NSW	Sue Ehinger Graeme Murray <i>(deceased)</i> Cherel-Sue Waters Judee Hawkins	Ronda Mackay Judee Hawkins 2009 Ann Jooste Jacobs 2009 Misha Frankel 2010 Joan Harwood 2010 <i>(deceased)</i> Jan Cullen 2014	Stephen O'Rourke 2017 Sarita Atkins 2017 Karen Riley 2020
QLD	Heather Edwards Sharon Stathis Tissa Hennig Dianne Yaxley Joan Boardman Smith <i>(deceased)</i> Vera Emmi	Don Stretton Julie Bidwell Jan Williams 2006 Glenda Hodge 2007 Ian Gilbert Miranda Mann 2007 Irene Bull Patricia Maclean Margaret Coventy 2008 Catherine Lee 2008 David Wong 2008	Claire Siertsema 2009 Jan Kiss 2009 John Zurfluh 2010 Sonia Bailey 2011 Kate McKnight 2011 Sue Brooking 2013 Catherine Lee 2014 Helen Adendorff 2015 Kate McKnight 2015 Vera Emmi 2016
SA	Joyce Lockett Rosemary Urban <i>(deceased)</i> James Flaxman Susan Ramsey	Suzanne Pfizner Susan-Jean Ramsey 2006 James Flaxman 2008 Marg Rowett 2011 Pauline Trent 2014	Pamela Nish 2020

	Life Membership	Outstanding Achievements	
TAS	Pamela Skeggs Lynda Kidd	Lorna Menzies 2010 <i>(posthumously)</i> Gaylene Webb 2011 Vicki Delpero 2011 Shirley Lawson 2012 <i>(deceased)</i> Sarah Blain 2013 Lynda Kidd 2018	
VIC	Dee Leamon Carol McBain Josie Magazzu <i>(deceased)</i> Marion Bond Trevor Steele <i>(posthumously)</i> Emma Gierschick	Natalie Baker 2006 Marion Bond 2008 Samantha Langridge 2010 Karen Fothergill 2010 Helen McCallum 2010 Dani Singer 2010 Anne Cooper 2010 2013	Lyn Fava 2013 Yve Frankcombe 2017 Anne Hilarius-Ford 2017
WA	Keith Solomon <i>(deceased)</i> Brigitte Johnson Lynn Hatswell	Patrica Bell 2006 Flora Toft 2006 Gladys Duncan 2006 Chris Aubrey 2007 Des Bradley 2007 Lis Anderson 2007	Mairead Spooner 2008 Catherine Chandler 2008 Judy Moyes 2011 Dot Neems 2017 Carol Lee 2017

Past Presidents of the Reflexology Association of Australia

Name	From	To
Brigitte Johnson	2002	July 2003
James Flaxman (Acting)	July 2003	September 2003
Jan Williams	September 2003	September 2004
Emma Bettles (Gierschick)	September 2004	July 2007
Libby Stark	July 2007	July 2009
Anne Young	July 2009	March 2011

Name	From	To
Susan Ramsey (Acting)	March 2011	July 2011
Heather Edwards	July 2011	July 2014
Sonia Bailey	July 2014	October 2017
Susan Ramsey	October 2017	October 2023
Marie Steinke (Chair)	October 2023	Present



Directors' report

CPT and Education Directors' report

CPT Points

The new CPT online tracker will be operational shortly. There is still a lot of checking and double checking before the website can go live. A video will be available to help everyone in how to use the new tracker.

There have been some queries regarding the Footprints Quiz. We are hoping to have a quiz available early in 2025.

Just a quick reminder to keep a note and record your 2024–2025 CPT points until the new tracker is available.

Any problems or suggestions regarding the new tracker can be emailed to cpt@reflexology.org.au

Education

During January we have an educational online session with Jane Sheehan. You may remember her interview from the October 2024 FootPrints edition—Jane is the leading expert in feet reading. Her sessions are very interactive as she likes to hear and respond to questions. Please join us on 30 January at 5.00pm Perth time, 8.00pm NSW time.

To book into Jane Sheehan's session is only \$10 for members or \$20 for non-members:

<https://events.humanitix.com/a-chat-about-feet-reading-with-jane-sheehan>

Do you have any suggestions for our next Zoom schedule? ADHD, Chinese elements, other? We would love to hear your ideas.

Keri Wood and Nonie Crozier



National Conference, October 2024

By Catharine Brown

We are happy to say that the Reflexology Conference held in Geelong Victoria was a great success. The general feeling was collaboration, inspiration and a feeling of connectedness to reflexology and other reflexologists. The weekend began with Friday night registration, drinks and canapes.



Pre conference gathering

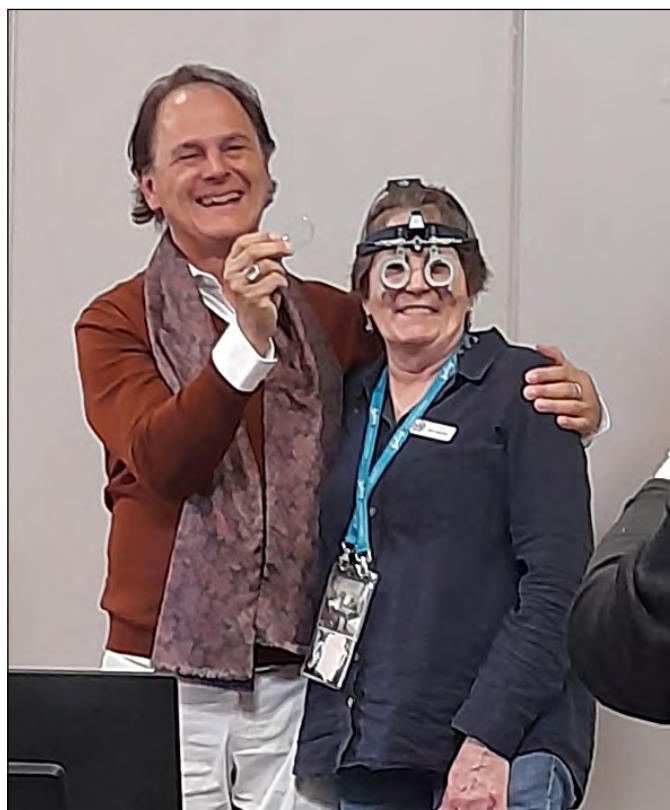
Sue Ricks opened Saturday morning with a Zoom presentation on Gentle Touch with infants and young children, reminding us not to rush in and fix but move towards babies and clients, being sensitive to their responses. I would encourage anyone interested to connect with her through her website. She provides many opportunities to further skills as a reflexologist.

Jasmina Kotorac followed with an inspirational understanding of the Vagus nerve which set the tone for many of the presentations to follow.



Jasmina Kotorac presenting "the Vagus Nerve"

Karen Middleton from New Zealand started with a delicious self-ear massage leaving me relaxed and yawning (just what I needed). Michael Christian introduced us to the quantum field and demonstrated the impact of altering the light prisms via lenses to change neural pathways, and demonstrated on Gail Squires.



Gail Squires and presenter Michael Christian on "A Quantum Approach"

We finished the day with a sound bath from local yoga and sound healing person Charlotte Frazer.

The dinner dance was a huge success prompted by Kate Madigan's suggestion that we must have a good dance. Music started off in favor of the more mature members and then, enhanced with the help of Nicole, Jasmina's daughter, with expert skills in DJing. The venue overlooked the bay and was enjoyed by those who attended.

Sunday began with Sally Kay's inspirational research on Reflexology Lymphatic Drainage. Reminding us to take pre- and post-outcome measures so that we and our clients can recognise the impact of reflexology treatments.



Sally Kay from the UK

Continued on page 4

James Flaxman followed this with the story of fascia starting from the big bang theory, through to its valuable contribution to our physical form. He explained why we should be bringing awareness to this system. He talked about how we, as reflexologists work with this, often unconsciously but, with awareness, can focus on this system as we do with other systems of the body, eg digestive and lymphatic systems.

A brilliant presentation from Brenda on integrated fertility sharing her acquired knowledge and research of the conception process and metabolic environment required for conception and reflexology.



Brenda Seville presenting an integrated approach to fertility



Conference Committee, from left to right: Kerry Anne Armstrong, Catharine Brown, Victoria Gean, Sue Whittaker, Maureen Wilson, Sandy Vanrenen



International speakers, Karen Middleton, Annamarie Huckin, Karen Philipsen Brown, Sally Kay

Karen Philipsen-Brown and Annamarie Huckin presented Zu Qigong—sharing their developments of using chi and the meridians as mapped out on the foot. Annamarie guided us through Chi Qigong exercises each morning at 7am.

We finished up with our local Equine and Reflexology and Kundalini specialist (Rachael Gibson) integrating all that we had learned over the weekend.

A huge thank you to Kerry Anne Armstrong, Margaret McConvill, Sandy Vanrenen, Sue Ellis, Lyn Fava for their help and support on the day and a big thank you to the conference team Maureen Wilson, Sue Whittaker, Nonie Crozier, Victoria Gean and Catharine Brown. Thank you for all other support that I may have missed to mention and to all who came and made it a success.



Trevor Steele Award recipient—Leon Botes



I would like to start by thanking Irene, my teacher and mentor, from the Australian School of Reflexology for nominating me for this award. Thank you, Irene, for believing in me and for allowing me to start the Reflexology Journal Club, through your school. You are an immense inspiration and have a wealth of knowledge, which no books can teach.

Thank you to the Board of the Reflexology Association of Australia for awarding me the Trevor Steele Reflexology Award for 2024. Receiving this award is not only an honour but a responsibility and opportunity to move forward with my passion, which is evidence-based practice.

During 2024, the Journal Club meetings were very well received and attended. We are proud to say that both national and international reflexologists attended our meetings. The purpose of these meetings is to offer an educational setting where we as a group can learn how to critically appraise a published reflexology journal article. Together we scrutinise the background readings, methodology and conclusions presented by the authors. We then come to a decision if the article reflects our true practice and if so, how we can apply it to our own client populations.

Besides aiming to build up a fulltime practice, my career goals include but are not limited to:

- ◆ Establishing an academic collaboration with a tertiary educational institute here in Australia. (Thanks to Angela [NSW/ACT RAoA Chair] this is already on the way – so watch this space!)
- ◆ Collecting data for a first publication, using questionnaires to describe who we are as Australian

reflexologists. Measuring Emotional Intelligence, Optimism and Wellbeing among Australian Reflexologists – the MERIT study, for short. The results of this could be used by us on an individual level to track self-development.

- ◆ Developing a national data collection tool to capture data points, which can easily be interpreted for statistical analysis and research.
- ◆ Exploring sponsorship to provide the same “pulse oximeter” to each reflexologist in Australia, to assist in data collection and validation of practice (this is an idea I stole from Angela).
- ◆ Exploring the use of an App to “monitor heart rate variability” of clients, before, during and after their sessions. Once again, this intervention is to focus on data collection at the bedside, to show clients how reflexology is affecting them in real-time. When pooled together this data can be published to show quantitative data and the value of reflexology as a health modality.

I hope that all this data collection and hopefully a couple of publications, can move reflexology to being more acceptable and accessible in Australia.

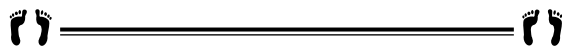
I would also like to hear from other reflexologists regarding their clinical research interests and possible collaboration.

Thank you once again for awarding me the Trevor Steele Reflexology Award, 2024.

Work/bookings website: <https://healthspaceclinics.com.au/locations/pymont>

Personal website <https://e-m-flex.com>

Correction to October 2024 *FootPrints*, Volume 28 Issue No. 4, article “Trevor Steele Award nominees for 2024”. Nominee Leon Botes’ name was incorrectly inserted as “Leon Bates”. The website edition of *FootPrints* has now been corrected. *FootPrints* sincerely apologises for the error.



FootPrints subscription changes

The Board has changed the *FootPrints* subscription process for non-members, as comments have been made as to why should they join if they can receive *FootPrints* for \$55.

FootPrints is now only available in digital format. If non-members wish to receive copies, they will need to become an AM to receive digital copies.

“Bugs bite us where we need to move energy”

By Linda Frank, NBCR, NCREd, Founder/Director of Reflexology Academy NW

That’s what one of my instructors said in a Traditional Chinese Medicine (TCM) class I attended back in the 1980s. The example he gave went something like this: a mosquito senses congestion in, for example, the large intestine meridian in the forearm. The “pulsing” of the energy buildup attracts the mosquito to land and bite, injecting an anti-coagulant that enables it to take a nice, long drink. The anti-coagulant then makes us itch, which makes us scratch. The scratching causes our energy to move through the meridian.

I embraced this hypothesis as a brilliant symbiotic relationship for decades – until I had a stroke in June 2020, the morning after getting the itchiest bug bite ever.

Since the bite was on my dorsomedial great toe, I couldn’t help but wonder if the bug bite had caused the stroke. It was, after all, on my neck reflex.

On my first morning in the hospital, I asked the hospitalist (attending MD) to look at the bite, thinking the redness and swelling might be Covid toes, even though Covid toes looked more like frostbite based on the photos I’d seen. I’d also read that Covid toes was predominantly seen in younger people. However, since I’d read that Covid was causing vascular problems, I thought it possible that I had it.



When I pulled back the sheet to show the doctor my toe, I was shocked to see blisters on the bite – something I’d never seen, let alone experienced.

Fortunately, my stroke was mild and I was out of the hospital in two days. (It ended up being an answer to a prayer, but that’s a story for another day.)

About a week after the stroke, when I could no longer withstand the curiosity of the mysterious blisters on the bite, I Googled “what kind of bug bite blisters”?

Google’s response: *Blister beetles*. It turns out we have them in Washington state. They are black, sometimes with red horizontal stripes. The Google pages advised avoiding these beetles at all costs because they’d make you itch like you’ve never itched before. “No kidding” I thought, “and maybe they should add a warning that they could cause a stroke.”

Fast forward a few months to a new curiosity that arose after I’d read the book *Chronic: The Hidden Cause of the Autoimmune Pandemic and How to Get Well Again* by Dr. Steven Phillips and Dana Parish. The book—which

is about the spectrum of Lyme pathogens and some of the conditions that may be attributed to them – got me wondering what kind of toxin the blister beetle releases.



A new search brought the astonishing news that the blister beetle’s substance, cantharidin – a vasodilator – is now being made in laboratories to thin the blood of those who’ve suffered a stroke.



In a nanosecond I realised that instead of causing my stroke, that bug might have saved my life – by thinning my blood enough so that the stroke was as mild as it was.

One has to wonder (I certainly do) if an encounter with one blister beetle could have put me in touch with enough cantharidin to actually thin my blood? Rational thinking tells me “no”. However, given that homeopathy works through just the *energy* of a substance, might it be plausible that my fondness for the TCM hypothesis that bugs bite us where we need to move energy was enough to influence my body’s response to a small amount of cantharidin?

Fast forward another year and a reflexology student calls me over during hands-on practice to look at a few bug bites on her partner’s foot. She wants to be sure it’s okay to work in the area.

Seeing several bite marks around the partner’s cuboid notch, I asked if she’d recently experienced any knee issues. She reported that indeed, her knee on the side of the bites began bothering her earlier that week. Now I had even more reason to wonder if there might be some truth to what my TCM instructor had declared decades before: that bugs are attracted to where our energy’s stagnated, and those encounters help move our stuck energy.

Continued on page 7

More recently, I came across what may be a third example of this phenomenon: I've been seeing a client for two years who'd gotten a life-threatening Hobo spider bite twelve years ago on the dorsum of her left foot. Her foot had been perpetually swollen for ten years, and she sometimes needed a pneumatic lymphedema pump on her leg to handle the swelling that would somewhat regularly creep up to her thigh. After starting her with four weekly sessions, then some number of bi-monthly sessions, I was now seeing her once a month. The swelling stays down, even so far as to reveal the contours of her foot. She's comfortable and so very grateful that her foot and leg are as close to normal as she could ever hope for.

Several months ago, she said the pulmonary sarcoidosis she'd come down with as a side-effect of the meds she was on for ankylosing spondylitis wasn't improving on her left lung.

Pulmonary sarcoidosis is the presence of small lumps of inflammatory cells in the lungs. Her lung reflexes on that left foot were already so puffy that I rather assumed the swelling – for which I did a lot of light RLD (Reflexology Lymph Drainage) – was due only to the spider bite.

Hearing my client's update of the sarcoidosis and reflecting on my own history with the blister beetle, and the student's bug bites around her knee reflex, I wondered if the spider bit this client where she needed to move energy. After all, a common side effect of the meds she was taking for ankylosing spondylitis (AS) is pulmonary sarcoidosis.

We reviewed her timeline: she began meds for AS 13 years ago; spider bite was 10 years ago; diagnosis of pulmonary sarcoidosis was nine years ago.

The spider bit her one year before she was officially *diagnosed* with the sarcoidosis, meaning she could have been developing it in the years prior to the diagnosis when the spider bit her. I've heard some say it can take up to 20 years for an illness to manifest. Could it be that spider sensed the congestion of energy on her lung reflexes, and that's why the bite was on the dorsal lung reflex?

Was this merely another coincidence of bug bites occurring on reflexes relating to the health issues of those bitten? Or, might that traditional Chinese wisdom indeed have some truth to it: that bugs bite us where energy is stagnated?

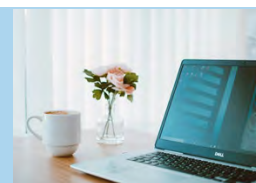
Next time you get a bug bite, take a moment to notice on which reflex or meridian you're bitten. I'd love to hear any stories you might have of bug bites on reflexes or meridians that correlate to your or others' health issues.

linda@reflexologyforbetterhealth.com

Linda Frank NBCR, NCREd is the owner of Head to Heel Reflexology for Better Health LLC and founder and director of Reflexology Academy NW. She is a Board Director of the Reflexology Association of America (RAA). You can join Linda on January 28 for a £5 (stg), 90-minute Zoom on the topic of one of her articles on CV19 in one of our previous FootPrints magazines.
<https://irc.training/webinar>



From the Editor's desk



We need you!

We need your articles and photos.

Do you ever read an article and think "I can write"? Please have a go, we would love to hear from you.

Do you have some great photos of feet for the front cover? We would love to see them.

Do you have great case studies about a certain condition? We would love to hear about your success and experiences.

Please remember this is a good way of introducing yourself to others and showcasing what we do, within our businesses. CPT points are gained in this way whilst sitting at home, and are free.

Why not choose something you are passionate about, jot down some notes and then expand those notes today?

This could be a book review—about a new health book someone bought you for Christmas.

Don't want to do it on your own? This could be a new activity you do with friends, a writing and reviewing group as an extension of a book club, with a pooling of ideas and selection of an editor for those ideas. You will be developing new skills you can use to promote your reflexology to other sources as well as including *FootPrints*.

What we need as a magazine is something unique to you, with a topic that matches our audience.

Our next deadline is 1 March 2025.

We look forward to hearing from you.

footprints.articles@reflexology.org.au



Crystal healing and reflexology: a holistic approach to well-being

Integrating crystal healing and reflexology

By Carolyn Fletcher, ASRR tutor

Although crystal healing and reflexology are distinct practices, they share the common goal of promoting balance and well-being by working with the body's energy. Crystal healing and reflexology offer gentle, non-invasive ways to support health and wellness.

The power of crystals

Crystals and gemstones possess unique energetic properties that can influence our physical and emotional states. Each type of crystal emits specific vibrations or frequencies that align with certain aspects of our body, mind, and spirit. These vibrations help balance the body's energy, remove blockages, and promote overall harmony.

The use of crystals for healing dates back thousands of years. Today, crystal healing is often used alongside other forms of holistic treatment to enhance well-being, manage stress, and foster personal growth.

Integrating crystals into a reflexology treatment is a popular way to combine two holistic practices that focus on balancing the body's energy. Both crystal healing and reflexology aim to promote overall well-being by aligning energy flow and stimulating the body's natural healing processes. When combined, the therapeutic pressure techniques of reflexology and the energetic vibrations of crystals can complement each other, enhancing the benefits of the treatment.

How crystals enhance reflexology

Crystals emit specific vibrations that can influence the body's energy, while reflexology targets specific pressure points on the feet, hands, or ears that correspond to organs and systems in the body. By incorporating crystals into a reflexology session, the practitioner can use the energetic properties of crystals to enhance the therapeutic effects of reflexology.

Techniques for using crystals in reflexology

- 1. Placing crystals on reflex points:** One of the simplest ways to incorporate crystals into a reflexology session is by placing them on or near the specific reflex points that are being worked on. When working on the reflex points that correspond to the heart, a practitioner might place rose quartz on the client's chest or nearby to enhance emotional healing and relaxation. Similarly, placing citrine near the solar plexus region could encourage positivity and self-confidence.
- 2. Holding crystals during the session:** The practitioner or client can hold a crystal in their hand during the reflexology session to benefit from its energy. Holding a grounding stone like hematite can help a client feel more centred and balanced during the treatment.
- 3. Crystal-infused reflexology tools:** Some practitioners use crystal wands or tools that are made from various stones to apply pressure to reflex points instead of

their fingers. These crystal tools combine the tactile pressure of reflexology with the energetic properties of the stone, delivering a dual benefit, a jade roller might be used for its calming and balancing properties while massaging the feet.

- 4. Crystal grids during reflexology:** Practitioners can also set up a crystal grid around the treatment area to amplify the energy during the session. The grid can include stones that correspond to the client's needs—such as clear quartz to amplify healing, or smoky quartz to absorb negative energy. While the reflexology treatment takes place, the client can be surrounded by this energy field.
- 5. Chakra balancing in reflexology:** Reflexology is often used to align the body's energy by working on specific reflex points. Practitioners can enhance this by placing corresponding crystals on the client's chakras during the session. For example, placing an amethyst on the third eye chakra while stimulating reflex points on the foot may enhance mental clarity and relaxation. Similarly, using a red jasper on the root chakra could encourage grounding while focusing on foot reflex points related to that energy centre.

Choosing the right crystals for reflexology

When integrating crystals into reflexology, the selection of stones is important. Each crystal has specific properties that align with different aspects of physical, emotional, and spiritual health. Here are some crystals that may be beneficial in reflexology:

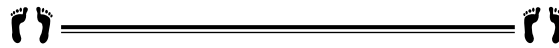
- ◆ **Amethyst:** Known for its calming and spiritual properties, amethyst is a popular choice for promoting relaxation and reducing stress. It can be used to alleviate tension and anxiety, making it ideal for clients who need emotional balance.
- ◆ **Clear Quartz:** As a versatile and powerful healing stone, clear quartz can be used to amplify the effects of the reflexology treatment. It can enhance focus and clarity, as well as help balance all of the chakras.
- ◆ **Rose Quartz:** This crystal is associated with love, compassion, and emotional healing. It is often used in reflexology sessions to encourage self-care, emotional release, and soothing of the heart chakra.
- ◆ **Hematite:** Known for its grounding properties, hematite can help stabilise energy and create a sense of balance and protection. This is especially useful for clients who feel anxious or disconnected from their bodies.

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- ◆ **Citrine:** Often associated with positivity, abundance, and vitality, citrine can be used to promote feelings of joy and confidence. It may be particularly helpful in reflexology for clients who need an emotional or energetic boost.
- ◆ **Jade:** Known for its healing and balancing properties, jade can help promote harmony in the body. It is also believed to encourage tranquillity, making it an ideal crystal for relaxation-focused reflexology treatments.

Conclusion

Crystal healing and reflexology provide holistic approaches to well-being that prioritise the connection between mind, body, and spirit. Whether used individually or together, these therapies aim to restore balance, reduce stress, and support the body's natural healing abilities.



NSW

2024 has been a terrific year for the NSW/ACT Branch. We can be very proud of our achievements this year and of having remained an active and engaged branch despite some of the challenges facing many Associations currently.

We concluded our calendar of events with an end of year celebration lunch. Bubbly and good food was shared at the congenial Crow's Nest Hotel.

Anne Moorcroft, Stephen O'Rourke, Kerrie Baldock, Sue Rusden and Stef Gilmour.



Left to Right: Stephen O'Rourke, Natalie Body, Verena Harkness-Muller, Jacqui Baldwin, Bernice Stewart, Lisa Williamson, Anne Moorcroft, Doris Litzki, Sarah Purves, Jill Joris, Kerrie Baldock, Lucy Stride, Amanda Brand and Angela Clark

Victoria

St Josephs by the Sea and the Australian School of Reflexology and Relaxation recently welcomed Clemens K.M. Chan. Clemens being a foot reflexology tutor and practitioner for 30 years in Hong Kong. He incorporates Father Josef's Foot Reflexology Method (FJM) with Chinese Medicine Theory. He has much experience in treating cancer patients with Foot Reflexology Treatment in his unique way which relates to the Chinese elements and balancing the body.

Cancer patients were invited to come along to experience this innovative technique.

Staff from both businesses were trained to help further support the community around them. Reflexologists from the local area working in this field had invitations extended to them and benefitted from the vast knowledge kindly given to them.

Clemens holds a Bachelor of Traditional Chinese Medicine from the Chinese University of Hong Kong and is a registered Chinese Medicine Practitioner in Hong Kong.

Sam, one of the attendees said "Thanks for organising and running the seminar. The sharing and demonstrations were very beneficial."



Sam Lee, Yve Frankcombe, Sandy Vanrenen and Clemens Chan



Clemens Chan's unique technique

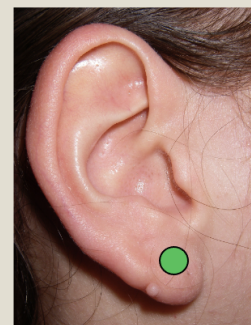
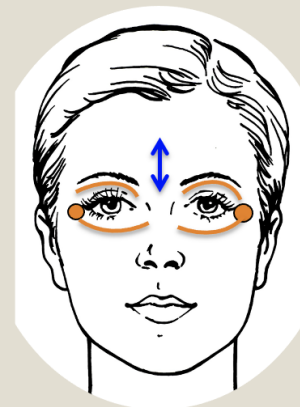
Reflexology self help tips for eye care

For tired or sore eyes, or just for general eye care, incorporate these self help tips into your daily routine.

Starting with the orange points in the outer corner of both eyes, tap firmly (but not hard) along the bony ridge under the eyes and back along the bone above the eyes with your forefingers. Repeat 3 times.

Rub up and down the blue line with your knuckle for 15 seconds.

In the centre of both ear lobes, squeeze the green points between fingers and thumbs and rub gently for 10 seconds.



This information has been created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. For an appointment with a qualified reflexologist please go to www.reflexology.org.au

Telethon—19 and 20 October 2024

By Jackie Smartt

Telethon is a live Western Australia Channel 7 broadcast over 26 hours to raise funds to build a better and brighter future for Western Australian children. This began back in 2005 and this year was the 20th anniversary with an unbelievable \$83.3 million raised. Fund raising happens throughout the year, state wide. Then the Telethon weekend kicks off with celebrities entertaining and reading out donations on live TV. Over the weekend we gave volunteers reflexology treatments, creating a fantastic opportunity for us to publicise reflexology to the community.

Telethon was an amazing day! I personally had so much fun; my previous “sales demonstrator” skills were put to good use jumping, with occasional yelling at high excitement levels, out at all the stars that otherwise would’ve walked straight past i.e. “Home and Away” actors, “The Beast”, sports stars, and Dr Harry.

One of which, the amazing Tina Alteiri (news reader and regular presenter of Telethon), was an absolute star, she came over not to have reflexology, but to say thank you to us all for coming to the event.

We gave reflexology to many up-and-coming musicians; one from “The Voice”. Plenty of the behind-the-scenes people came in on their breaks. Most of which hadn’t experienced reflexology, so we defiantly got to convert a few! And a few leads – one of which was chasing a voucher for his Mum’s birthday!

A worthwhile event and book me in for next year!



Jackie Smartt, Tina Alteiri, Lisa De Pledge



Adrian Milward, Hollie Kelly, Nandita D’Cruz, Johanna Griggs, Lisa De Pledge, Christina Hall



Adrian Milward, Hollie Kelly, Ant Middleton, Lisa De Pledge, Yolanda Baty



Hollie Kelly, Debbie Bevan-Davis, Cordi Blood, Belinda McMahon, Felicity Sewell, Dayna Willesee, Christina Hall

Continued on page 12



Donna Billington, Lisa De Pledge, Kelly Maloney



Yolanda Baty, Nandita D'Cruz



Cellulite

By Keri Wood, ASRR principal

Cellulite is a condition where the wastes have become stuck within your system.

The fat cells are pushing up against the skin surface therefore creating a dimpling effect on our thighs, hips and stomach.

Cellulite commonly runs within families and likes to show its face around the age of 25 years old.

We can be slim and have cellulite, so lifestyle is the biggest factor here. To remove this condition from your life or your clients', changes will be needed.

First thing we need to do is to drink more water which we often forget in the winter.

Dietary changes may be needed as well, as we need to work in several different directions to help with this condition.

Cycling and walking are considered the best exercise for combating this condition.

Colour—the healing colour will be yellow which always seems quite apt as we move towards summer. We need to consider past mistakes we have stored in our memory and let them go, detoxing the mind as well as the body.

Reflexes to work to assist with this condition as part of a healthy lifestyle.

How do we remove toxins? We must consider the parts of the body responsible for this task – liver, kidneys, spleen, bladder, gallbladder, and don't forget the lymphatic system.

Our gall bladder releases stored bile to break down the fats within the body.

Our pancreas breaks down carbohydrates.

The large intestine is where our waist is forming, so speed it on its way.

Oils of purification are needed as we prepare for our summer bodies.

The oils can be added to Epsom salts if we have a bath, or a foot spa if we do not.

Grapefruit, juniper, cypress, geranium work best to remove the physical or toxic load from the body.

Grapefruit increases the circulation and helps to drain the lymph.

Juniper oil has diuretic properties so removes your waste material that has accumulated.

Cypress boosts circulation and the blood flow helps us to detox.





CPT Education—Calendar of Events

Inclusion in the CPT Calendar of Events is a further bonus for advertisers and includes one free listing for each advertisement placed.

Place your advertisement with the National Office—admin@reflexology.org.au
For further course details contact CPT Directors or local Branch Chairs.



2025	PRESENTER	TITLE	LOCATION/CONTACT
January 30	"What is feet reading?" with Jane Sheehan RAoA Australia wide event CPT event	Reading of the feet for reflexologists Zoom master class with Jane Sheehan (please see article in October FootPrints). What would you like to ask and never had the chance to? "Learn the secrets your feet reveal" and mention UK's leading foot reading Jane Sheehan, Author of Amazon bestseller "Let's read our feet" will be here to answer your questions about the lumps, bumps and blemishes on your feet and what they reveal about your emotions and personality.	Online CPT or education emails Book through Humanitix: https://events.humanitix.com/a-chat-about-feet-reading-with-jane-sheehan
February 15	Sarah Blain, EPE leader	TAS Branch Reflexology for the lymphatic system—an Education Practicum Exchange presentation and exchange	Kingston, Tasmania
February 19	TBA	Meeting with one hour's education	SA 6.30pm Zoom meeting
February 16	Sabine Demarte Deborah Beech Michele Castle	WA Branch event Chinese elements in reflexology Create your vision board to manifest your next chapter of your life 2025 year of the snake	Terry Tyzack Aquatic Centre
March 11	TBC	General meeting plus FP Quiz and Speaker	Zoom with NSW team
March 30	TBC	Victoria General meeting and education	2 Minona Street, Hawthorn
May 18	TBC	WA ABM (Annual Branch Meeting)	TBA Contact your Branch for further details
May 24	TBC	SA ABM (Annual Branch Meeting) and training	Mitcham Community Centre Contact your Branch for further details.
May 25	TBC	NSW ABM and Speaker Day (Annual Branch Meeting)	Crows Nest Community Centre Contact your Branch for further details
May 25	TBC	VIC ABM (Annual Branch Meeting)	TBA Contact your Branch for further details
May 31	TBC	TAS ABM (Annual Branch Meeting)	TBA Contact your Branch
June 7	TBC	QLD ABM (Annual Branch Meeting)	TBA Contact your Branch for further details
July 22	TBC	NSW Branch event	Zoom
August 16	TBC	TAS Branch	TBC
September 7	TBC	Victoria general meeting	2 Minona Street, Hawthorn
September 27	"Awareness of our wonderful therapy"	SA Branch WRW (World Reflexology Week) Awareness Day	Whyalla South Australia
September 28	TBC	NSW Branch WRW 2024 Event	Crows Nest Community Centre Contact your Branch for further details
October 18	National training event	AGM, South Australia	Venue TBA.
November 9	TBC	NSW Branch event	Zoom
November 15	TBC	TAS Branch	TBC
November 16	TBC	VIC general meeting	2 Minona Street, Hawthorn
November 21–22	TBC	SA meeting and end of year celebration	Wallaroo North Beach Holiday Park
CPT event	Stella K	Chinese elements	Available via CPT U-tube recording of the class e-book
Recorded webinar	RAoA recorded webinar with David Wayte	"Hand Reflexology Masterclass"	Available via the RAoA website https://reflexology.org.au/hand-info
Recorded webinar	RAoA recorded webinar with David Wayte	"Palliative Reflexology"	Available via the RAoA website https://reflexology.org.au/palliative-info
Recorded webinar	RAoA recorded webinar with David Wayte	"Enhancing your practice and your patient's experience with the Australian Bush Flower Essences"	Available via the RAoA website https://reflexology.org.au/abfe-info
Recorded webinar	RAoA recorded webinar with Ruth Hull	"Understanding the role of blood sugar imbalances in health and disease"	Available via the RAoA website : https://reflexology.org.au/bsi-info

Welcome new members

June – December 2024

First name	Surname	Suburb	State	
Toni	Hudson	Coal Point	NSW	PM
Michelle	Tanti	St Peters	NSW	PM
Juliet	Dean	Hervey Bay	QLD	PM
Chamilka	Jayawardana	Aminya	QLD	Student
Emily	Johnson	Eudlo	Qld	Student
Mandy	Patten	Caravonica	QLD	Student
Lucy	Wilson	Gardness Bay	TAS	Student

First name	Surname	Suburb	State	
Wendy	McGarvie	Cashmore	VIC	AM
Louise	Kerley	St Andrews	VIC	PM
Amelia	Dowdle	East Perth	WA	PM
Felicity	Sewell	Dowerin	WA	PM
Bernadette	Davison	Ravenswood	WA	Student
Chloe	Kuser	Lathlain	WA	PM
Belinda	Marsh	Qualeup	WA	Student

BRANCH NEWS



NEW SOUTH WALES/ACT



Hello!
The NSW Branch has been particularly successful in providing reflexology-related CPT point opportunities in NSW. Aside from our well attended GM speaker talks we delivered:

- ◆ a jam-packed full-day of speakers, including member presenters, at our ABM.
- ◆ Sue Ehinger's highly acclaimed Auriculotherapy Workshop. Such was the demand for Sue's excellent course that five additional participants flew/drove in from three other states and remote parts of NSW to attend.
- ◆ our third World Reflexology Week – held despite the challenges of an NSW extreme weather event. Building on our experience we initiated prepaid session bookings via Humanitix and renewed our collaboration with Irene Tasho of The Australian School of Reflexology. What we have learnt from this year's event together with member suggestions have us fizzing with excitement for WRW 2025!

As you can expect, we have some fascinating speakers lined up for our ABM and general meetings in 2025. We will be confirming them across our social media platforms and our NSW Magazine, Feet Speak. Members from other states and territories wishing to join our meetings, and gain 2 CPT points, can sign up to our Mailchimp to receive these notifications.

A huge thank you and special mention goes to: Jill Joris, Vice-Chair, members of the NSW Branch Committee and our amazing special events general committee for their much-valued contributions this year. We particularly appreciate you giving us your time and skills while building and working in your reflexology practices, upskilling to the Diploma, working in markets to raise our collective profile, and taking courses that require time for assessments, clinic hours and exams. We see you and appreciate you enormously.

All that remains is to wish you all a relaxing break and to welcome you refreshed and reinvigorated in the new year.

Angela Clark

Greetings from South Australia.
We had a lovely end of year meeting at Mitcham, where we all brought along a shared lunch.

After lunch we had Dr Ryan (Acupuncturist) come along and talk to us about the use of tuning/sounding forks in acupressure and how vibrational healing with the tuning provides an



SOUTH AUSTRALIA

effective way of stimulating the Qi within the body's meridian system. Dr Ryan was very generous with his time, and we appreciated the notes that he gave us on the different points. We all found the demonstration interesting and informative.

Take care over the holidays. Stay safe, happy and well.

Anita Smith.

Our end-of-year gathering in November rounded out the year's excellent educational opportunities with the presentation of two excellent webinars from Gretel Spiegel on oncology massage.

Purchased online, watching these webinars "together" via Zoom was a great reminder that even in places where it's challenging to bring enough members together to tap into high quality educational opportunities, technology makes this possible.

Gretel's webinars took us through reflexology's role when working with cancer patients and how to diminish treatment side-effects. A second webinar also explored Gretel's invaluable experience and learnings in building evidence around oncology reflexology. We thank our interstate colleagues who joined us; we love catching up with our reflexology friends, in whichever part of the country they're in!

TASMANIA



This event came shortly after the very excellent National Conference at Geelong, which five of us felt privileged to attend. Life member Lynda Kidd was acknowledged for her significant contribution to the industry and Association, both in Tasmania and nationally. Although awarded Life Membership some little time ago, this was the first opportunity for RAoA Chair, Marie Steinke, to publicly acknowledge Lynda. We were very proud, so lots of clapping from the smallest state!

Plans are underway for a busy 2025 – we welcome ideas from members regarding where and how to meet, and subjects to explore.

We wish all our members a safe and peaceful 2025.

Tiziana Hill



VICTORIA

Greetings from Victoria. A big thank you to all who attended our conference and to all those who helped in so many ways. It was a fun weekend and reminded us of the amazing reflexology community that we are all a part of. Our speakers were all inspiring and gave us many possibilities to take our reflexology practice to the next level.

We recently had our last meeting for the year and reflected on what motivates us to get together at these meetings. Gaining CPT points is a big one but also for collaboration, connection and support as reflexology practitioners; to share case studies and successes; inspire

and validate each other with our reflexology practices however big or small.

Lyn Fava presented Rock the stone hand reflexology where we all got the opportunity to use lovely stones on our own and in each other's hands. Victoria Gean shared a case study on reflexology and epilepsy that was totally inspiring.

We are hoping to increase our meetings in 2025 and consider a reunion for all practitioners, past, present and future on May 30.

Take time to rest and nourish yourselves and loved ones over the festive season.

Catharine Brown

WESTERN AUSTRALIA



Greetings from WA. As I write this we are galloping towards the end of 2024! And by the time you read this we will be into 2025! I love the new year, a time to let go of the old and embrace the new. I encourage you to take some time out to reflect on the past year and all that you have achieved and to make plans for the forthcoming year, your goals and inspirations, in all areas of your life.

As a branch, we have had a wonderful three months promoting reflexology within our communities. We had over 20 members volunteer their time at WA's Telethon Event at the end of October—see article and photos on [page 11](#). Over \$83 million was raised to help disadvantaged children in WA, it was an incredible experience to be part of and we hope that it will become a regular annual opportunity for our RAOA WA branch members.

Lots of WA members attended the Geelong conference at the end of October, and what a conference! It was FANTASTIC! Thank you to all those involved in the organisation. Eight WA members also attended Sally Kay's 2 Day RLD training, pre-conference, which was also just as amazing.

We had a very successful Study Day on 10 November. Our committee organised a fun filled, informative day with presentations on The Emmett Technique and The Secret Seven – everyday herbs and spices to improve our daily health and wellbeing. We opened the day up to non-members, which was very well received, it was great to catch up with past members and find out what they are up to nowadays. Our lovely Vice Chair, Christina, finished the day for us with a deeply relaxing Sound Bath.

Hollie Kelly



QUEENSLAND/NORTHERN TERRITORY



SeaSon's Greetings to all from the Qld Branch. Currently some of our committee members have been busy helping Marie Steinke with getting merchandise to the National Conference and spending time helping with the huge task of clearing and sorting the RAOA office and effects. The Committee has held a second educational session by Zoom on the topic of "The Brain" and conditions affecting the brain. We have devised a format involving a review of the associated reflexes and discussion of everyone's experience of working with people with various conditions which are affected by the functioning of the organ or condition under discussion. Our next topic will be 'The Spine'. These comments were made by one of the participants after our first session on 'The Heart and Thyroid'. *"I Loved the educational Zoom session on 'The Heart and the Thyroid', and I am very enthusiastic on the*

next, it's only an hour and well worth it. Looking forward to meeting more of my reflexology friends to share our knowledge. TG"

We will now be reviewing our membership profile as branch membership has decreased to 39 members. There is only one training organisation offering reflexology training in Queensland now. It is based on the Sunshine Coast. This contrasts with several years ago when there were several training opportunities available. We will be considering how best we can provide educational opportunities across the State. The Secretary sends a monthly update to all members to keep them informed of developments and to highlight various educational opportunities. Our committee meeting in December will be focused on planning for 2025.

Suzanne Jewell

FootPrints Journal

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SUBSCRIPTIONS AND ADVERTISING

Advertising inquiries – admin@reflexology.org.au
General inquiries – admin@reflexology.org.au
Association membership includes 4 issues emailed annually.
International electronic subscriptions – contact
raoachair@reflexology.org.au

Advertising sizes and rates (colour):
FootPrints is an electronic journal

Full page (inside) 29.7 cm deep × 21 cm wide	\$200.00 per issue*
Full page (inside front cover)	\$260.00 per issue*
Half page (inside) 13 cm deep × 18 cm wide	\$130.00 per issue*
Quarter page (inside) 13 cm deep × 8.5 cm wide	\$70.00 per issue*
Front page “highlight” COL business card size ad	\$79.00 per issue†

* RAOA Members receive 10% discount price for indicated ads

† Option only available to full page advertisers

To discuss our full range of advertising options including Facebook, Premium email-out, National e-newsletter and Branch Newsletters please contact admin@reflexology.org.au to arrange for a consultation to discuss the most suitable advertising options for your business.

Packages are available for advertising with a variety of mediums.

Discounts available for repeat advertisements in consecutive issues.

RAoA members receive additional benefits on all advertising packages.

Advertising prices are subject to change without notice.

Copy deadlines

April issue: Mar 1	October issue: Sept 1
July issue: Jun 1	January issue: Dec 1

FootPrints Editor—Articles only

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Attention contributors to FootPrints

The Guide to Authors of articles for *FootPrints* has been removed from the quarterly magazine and relocated onto the website www.reflexology.org.au/fp-contributors. If you would like to contribute an article or advertisement to appear in a future issue of the Australian quarterly magazine “*FootPrints*”, please take time to read the “Guide to Authors” and “Advertising Policy”.

If you need more information on contributing to *FootPrints*, please don’t hesitate to email the current Editor of *FootPrints*: footprints.articles@reflexology.org.au

The Reflexology Association of Australia is committed to the belief that reflexology can be of great benefit to the health of all Australians. It publishes a referral register on its website (www.reflexology.org.au) and has a referral phone service for members of the public who wish to consult a qualified practitioner.

Reflexology Association of Australia Limited

The Reflexology Association of Australia Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

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Branches

If there has been a change in the above directory, kindly email admin@reflexology.org.au

Board of Directors 2024–2025

Please know that Directors can be contacted to clarify concerns

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(Non-Director position):

Governance, Company Secretary:

James Flaxman

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(Non-Director position):

Board Mentor: Susan Ramsey

raoaboardmentor@gmail.com

0417 855 931

National Office Admin Staff Contacts PO Box 135, Mitcham Shopping Centre, SA 5062

This is where all merchandise is leaving from and, if needs to be, returned to this address.

Monday–Friday

Phone: 0439 095 510

Phones will be answered daily 9.00am–5.00pm.

If phone is not answered please leave a message.

Membership and Administration—

Brian Steinke: membership@reflexology.org.au

Amy Stainforth: admin@reflexology.org.au

Advertising—

Pending: admin@reflexology.org.au



Reflexology Association of Australia Agent Duties

The new administration and support system on the 2025 website will bring about accountability and supervision, thus ensuring better service to members. The system is expected to be cost effective as the persons doing the work requested, named Agents, are only paid when working. The Contact Us button on the new website presents a form that will be submitted as a work request, called a Ticket, for assignment and tracking.

All Agents are to check all incoming emails for their area of responsibility to address in a timely manner, answer queries or forward to another Agent or create and submit a Ticket to be assigned. The following Agents are currently working on the administration of the Association, with the assistance of Directors.

Contractor Agents—Administration

Current incumbents—**Amy Stanforth, Ros Patterson and Cheryl Wilson**

Email—admin@reflexology.org.au

Emails with certificates of currency are to be moved to the currency certificate folder so that we can do audits of qualifications and find members' certificates.

Contractor Agent—Merchandise

Current incumbent—**Brian Steinke**

Email—merchandise@reflexology.org.au

Storage of merchandise and bi-annual stocktake. Determine minimum stock quantities and suggest pricing. Order stock as required, pack orders received, and post. Add or remove stock items from website as required. Training and support of the website and support system.

Contractor Agent—Supervision and Advertising

Current Incumbent—**Susan Ramsey**

Email—advertising@reflexology.org.au

Support process supervision

Check for new Tickets created according to priority and assign to an Agent.

Tickets will be created mainly from the contact form on the new website. Tickets can be created from emails or phoning the Association with the person answering the phone creating a Ticket.

Regularly check open Tickets against priority and time since creating the Ticket and take any necessary action to overcome overdue Tickets.

Check the monthly invoices and details submitted by Agents prior to authorising payment to the Agent.

Advertising supervision

Advertising on Facebook, the website and *FootPrints* as a proofreader, including checking for returns to the Association. Remove advertising with no return to the Association.

Contractor Agent—Financial

Current Incumbent—**Maureen Wilson**

Email—finance@reflexology.org.au

Branch and National Event Supervision

1. Budget—income and expenses including advertising
2. Completed Presenters' agreements
3. Venue including certificate of currency insurance
4. Approval of advertising when above completed
5. Work with Agent to prepare advertising as per guidelines
6. Forward budget to Accountant with presenters' agreements and cc to Director

Contractor Agent—Membership

Current Incumbent—**Nonie Crozier**

Email—membership@reflexology.org.au

Answer queries or forward to an Agent or create and submit a Ticket to be assigned.

Answer enquiries regarding membership including forwarding the forms describing the advantages of different member types and application forms where appropriate, or sending a link to the location of the information on the website.

Answer enquiries regarding renewals, qualification and Continued Professional Development.

Contractor Agent—Education

Current Incumbent—**Keri Wood**

Email—education@reflexology.org.au

Answer enquiries regarding membership including forwarding the forms describing the advantages of different member types and application method where appropriate, or sending a link to the location of the information on the website.

Answer enquiries regarding renewals, qualification, education and training.

All Agents to cover other Tickets as determined by Directors as part of the succession plan.

VISION for Reflexology: Reflexology is to be recognised as a major component of an integrated health care system.

VISION for the Association: The Reflexology Association of Australia is a leader in integrated health care systems.

MISSION: Develop and promote the quality of our practitioners and advance the safe and beneficial contribution of Reflexology to the health of the community.

We will achieve our mission by:

- Maintaining a viable and sustainable association.
- Maintaining high levels of training and qualifications.
- Promoting awareness, understanding and usage of reflexology in the general community and the health sector.
- Providing a professional support structure for members.
- Representing and advocating for members in the public, government and health arenas.
- Facilitating, supporting and engaging in research.
- Increasing membership and retaining existing members.

It's all happening from **May** 2025

It's Annual Branch Meeting (ABM) and workshop day time again. The ABM is a very important event for your branch where existing branch committees step down and new committee members are voted in. Have your say at your ABM day!

18 May 2025	WA Branch
24 May 2025	SA Branch
25 May 2025	NSW/ACT Branch
25 May 2025	VIC Branch
31 May 2025	TAS Branch
7 June 2025	QLD/NT Branch

Contact your Branch for further details.

www.reflexology.org.au



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