

Annual Activity Report 2013



Mission Statement:

Teaching Self-Help and Family-Help Reflexology to the World
Everyone deserves the many healthful benefits of Reflexology!



WRF Volunteers having fun discussing future plans for conducting Self & Family-Help Workshops



WRF Training Workshop where Reflexologists study, learn, and practice becoming WRF Trainers



Self-Help and Family-Help workshops being conducted in the community

World Reflexology Foundation

P.O. Box 4295, Burbank, CA 91503 USA

Phone: 818-754-4777 info@worldreflexologyfoundation.org www.worldreflexologyfoundation.org

World Reflexology Foundation is a group of highly trained Reflexology leaders, educators and practitioners who have been inspired by our experiences with Reflexology and want to empower all the people around the world with the powerful health benefits of Reflexology. WRF is committed to educate and teach people around the world, how to do Self-Help and Family-Help Reflexology for themselves, their families and their communities, towns and villages.

Letter From WRF President

Dear WRF Colleagues and Friends,

This first WRF Annual Report will be followed by others shortly after the end of each calendar year.

Reviewing the Mission Statement of the World Reflexology Foundation, that of eventually getting better health to everyone in the world through Self-Help and Family-Help Reflexology Workshops and other means, this quote from w. Clement Stone,

'Definiteness of purpose is the starting point of all achievement.' comes to mind.

The diligence, wonderful progress, and camaraderie of the WRF Board of Directors, the WRF Trainers, WRF Volunteers, WRF Donors and WRF Supporters, is such a joy to see.

The definiteness of purpose of all of these gives such encouragement that such a lofty Mission is not only indeed doable, but well on the way of getting of the ground and accelerating into a global reality.

A grand note of gratitude goes out to everyone who has helped in any way during 2013 and before.

Letter From WRF Board

It seems like we have come so far in 2013 and still moving rapidly.

We welcome Tamaki Hori as our newest WRF Board Member.

We congratulate Quirino Ibarra, who, during a visit to see his family in Mexico, during 2013, conducted two WRF Workshops, in Zacatecas and Malpazo, Mexico.

An extensive amount of work has been done during this year to redo and simplify all of the illustrations and clarify all of the text in the WRF Workbook, with a number of new illustrations added, such as structures of the outer ear.

We are also in talks to provide locations for WRF Trainers to do workshops and we will be expanding this more.

All WRF income and expenses have been entered into a QuickBooks For Nonprofits database, which is up to date through December 31st, 2013.

Set up an active informative website www.worldreflexologyfoundation.org with information about the WRF.

Some Plans For 2014

April 12, WRF Trainer Review/Refresher & Volunteer Gathering

Morning: Trainers Review. Afternoon: Trainers, Current & New WRF Volunteers, Supporters

Next WRF Training Cycle for New & Reviewing WRF Trainers

July 26-27, Saturday & Sunday: Self-Help & Family Help Workshop

August 23-24, Saturday & Sunday: How To Teach Self-Help & Family Help Reflexology

Acknowledgments Of All Contributors, Supporters, Volunteers

Ananata Ahluwalia - Designed and set up the WRF Facebook social media site.

Ulrich Bachmann - Graphic Designer from Germany created the new WRF Business Cards.

Patricia Busch - Designing, setting up, and activating a new WRF website, with text, lots of photographs showing WRF activities, Q&A, donate link, and more. Visit: www.worldreflexologyfoundation.org

Sara Chameides - Having passion for environmental consciousness, she gives expression to this by collecting and recycling plastic and glass bottoms, the proceeds of which she has generously donated to the WRF.

Elizabeth Hill - Helped write and refine answers for the Q&A Section of the WRF Website

Darlene Quirin Mai - Statistical analysis of surveys completed by members of the public who attend self-help and family-help workshops in the community. The surveys document health benefits of the WRF Workshops.

Katy Reynolds - For drawing over 150 illustrations of the human body, feet, hands, and ear with reflex locations, for the updated WRF Self-Help & Family-Help Workbook.

Sue Rieber - Chairperson of Cultural Awareness and Sensitivity Group looking into sources of such issues for each region and country of the world

Pamela Shriver - For organizing and entering all financial data from the very beginning of WRF, entering it all into QuickBooks for Nonprofits, for guiding the WRF Board on financial matters, regarding future activities

Dianne Sorensen - Much creative work was done, working back and forth with the WRF Board of directors until the new logo was finally agreed upon. Please see at the top of the front page.

Thank you to all WRF Volunteers, Trainers, Supporters, Contributors
for your imaginations, passion, shared vision, time, and in some cases money
to help move everything forward toward increasing implementation of the
WRF Vision of getting the healthful benefits of Reflexology into the hands of everyone on earth.



Collage of Various WRF Volunteer Gatherings

Get To Know Your WRF Board of Directors

William S. Flocco; President. Bill Flocco founded the American Academy of Reflexology in 1981. Former president of the International Council of Reflexologists, Bill, for more than 30 years, has taught the benefits of the Integrated Foot, Hand and Ear Reflexology across four continents. His passion for Reflexology has found him teaching in destinations as diverse as Australia, Canada, China, England, Germany, Holland, Switzerland, and across the USA. He called Puerto Rico home for many years, and communicates well in Spanish. Bill's ground breaking reflexology research was the first to be accepted and published in scientific medical journals. He loves teaching and spreading the many health benefits of reflexology around the world.

Stefanie Sabouchian; Vice President. Stefanie earned her Professional Reflexology Certificate from the American Academy of Reflexology in 2002 and is nationally certified with the American Reflexology Certification Board. She is a past president of the Reflexology Association of California. Stefanie teaches Foot Hand Ear Reflexology at several schools including the American Academy of Reflexology.

Kathy Reynolds; Corresponding Secretary. Kathy graduated from the American Academy of Reflexology in 2005, and has served on the Board of Directors of the Reflexology Association of California since 2007. Her reflexology business, Soleful Reflexions, has been steadily growing as Kathy sees clients on an out-call basis in the Inland Empire area.

Sara Chameides; Recording Secretary. Sara, a Southern California native, is a Certified Reflexologist and Licensed Massage Therapist who has a private clientele. In addition, Sara is a makeup artist who has worked in the entertainment industry for over 19yrs. With a focus on holistic technique she is furthering her studies into Pilates and movement training.

Vicki Wise Treasurer. Vicki, from New Zealand, is a Registered Nurse, Holistic Practitioner and Certified Reflexologist. She is an experienced event and private Reflexologist and the organizer of Holistic Practitioners LA. She leads community workshops in reflexology, stress management and guided imagery. Her languages are conversational French and Hindi.

Paul Harvey; Director. Paul is Chairman of the Foundation for Health Research, a past Board member of the Reflexology Association of California - currently serving on both the NHF and RAC Advisory Boards - and maintains a thriving Reflexology practice in Orange County, California. He has been working as the Reflexologist with a team of medical doctors at the world famous Whitaker Wellness Institute Medical Clinic for over ten years.

Tamaki Horii; Director. Tamaki, born and raised in Japan, is a Certified Reflexologist, Certified Massage Practitioner, and Holistic Practitioner. She has been practicing Reflexology at the events of charity, anniversary, and wellness in Orange County and LA in Southern California since she earned her Professional Reflexology Certificate from American Academy of Reflexology in 2010.



WRF Board Meetings