

UTA Retirees Club
Meeting Minutes

February 9, 2016

Present: 20 members

Next meeting: March 8, 2016

I. Announcements

President, Rita Thompson, announced that we would meet in Room 133 of the MAC for the remainder of this year. Rita discussed some of the items brought up at the Executive Committee meeting on February 2, 2016. The letter to new retirees will be changed to a more noticeable flyer and changes need to be made to the by-laws regarding meeting dates. Rita asked for volunteers to form a nominating committee for next year's slate of officers. Rita Thompson, Earl Patrick and Shirley Theriot volunteered. A slate of officers will be announced in April; voted on in May; then installed in June for 2016-2017 year. Rita mentioned the remaining programs and dinner for this year. Rita introduced our speaker Shirley Theriot, registered reflexologist and fellow retiree.

II. Program

Shirley gave a brief history of reflexology which has been around as early 2330 B.C. and stated that the purpose of reflexology is to promote better health and wellbeing much in the same way that exercise and diet affect our health. She provided three handouts: Facts about Reflexology, International Institute of Reflexology Hand Chart and the Foot Chart. Shirley asked Rosanne Minyard to give a brief testimonial of her experience with reflexology. Shirley then asked for volunteers. Joyce Palmer and Midge Holiday agreed to help Shirley demonstrate how the foot can be touched in the areas that correspond to the organs of the body to improve blood flow and open up these areas to better healing. She also talked about the practice of foot reading that often gives insight into a person's personality. Everyone moved their chairs to better see the demonstrations and Shirley answered questions as she worked.

Rita adjourned the meeting at noon.

Minutes submitted by Rosanne Minyard, secretary