



501-c Non Profit Organization

August 2011 Volume 8

Hope you saved the date!

SDRC Gathering and Annual Meeting

Sun. August 28th, 1-4pm

The Woods Mobile Home Park

10770 Black Mountain Rd. SD 92126

*Join us for delicious food and beverages and updates on
our programs! RSVP Emmy Martinez soon!*

emartinez.reiki@gmail.com

Meet Our New Board!



Left to right: Romel Hokanson, Paul Depuyt, Ann VanBuskirk, Bob Bowen, Serena Poisson, Susan Barrett

SDRC President – Ann VanBuskirk: Ann has been with SDRC since the beginning and was instrumental in starting the Reiki Program at Sharp with Gloria Martinez and Laurel Barile. Ann will be sharing some of the insights of this history with us at the Gathering.

SDRC Vice President of Operations – Bob Bowen Bob is responsible for supporting the SDRC's vision and direction as stipulated by the Board of Directors. Recently, he has been spending most of his time working with Sharp Memorial Hospital administration to ensure an effective transition into the new Sharp Reiki Program.

SDRC Secretary – Susan Barrett: Susan's primary job is to take minutes at the Board Meetings. She learned Usui Reiki about 20 years ago, and has been doing Reiki Tummo (Kundalini) for the last 5 years.

SDRC Treasurer – Paul DePuyt: Paul is responsible for collecting our dues, keeping our accounts and reporting our finances to the state and federal agencies. And for a while, he was at Sharp every day offering Reiki!

SDRC Outreach Coordinator-Serena Poisson: Serena is one of the Founding Members of SDRC and is the Director of the Mountain & Mist Reiki Center. She will coordinate requests for SDRC volunteer participation in community events.

SDRC Public Relations/Editor Website Newsletter-Kathy Cueva: In this newly created position, Kathy is looking forward to posting regular newsletters as well as new ideas and opportunities to the website. Kathy also continues to act as the Healing Request Coordinator.

SDRC Director –Romel Hokanson: Romel is a Certified Biofeedback Specialist as well as a Reiki Master with her business, Waves of Life. As a Director, she is responsible for supporting the SDRC's vision and direction as stipulated by the Board of Directors.

2 Board positions that are currently vacant include the Sharp Memorial Hospital Coordinator as well as the newly created Fundraising position.

Very active Non-Board Support jobs are held by **Phil Poisson** (one of the SDRC founders and the man who has held every position on the Board!) as our Webmaster, **Emmy Martinez** as our Gathering Coordinator and **Mary Holladay** who has offered to continue as our Hospital Volunteer Coordinator as we transition to the Sharp Reiki system.

Thank you all for your time and talents!

Reiki and Pain Management: This is an excellent article posted about pain management. It is also medically reviewed which is exciting. Enjoy!

http://www.everydayhealth.com/pain-management/can-reiki-help-your-chronic-pain.aspx?xid=aol_eh-pain_29-20110725&aolcat=HLT&icid=main%7Chtmlws-main-w%7Cd17%7Csec3_Ink3%7C220035

Sharp Memorial Hospital Reiki Volunteer Program

Sharp has converted the informal San Diego Reiki Corps volunteer program to an official Sharp Volunteer program. This change was done in order for Sharp to receive its certification in a patient-centered care program and to comply with federal and state requirements. In order for us to continue giving Reiki treatments in the hospital, we are becoming official Sharp volunteers. As official Sharp Volunteers, we receive all the Sharp volunteer benefits, including free parking, liability insurance coverage for our activities at Sharp, use of their medical library, discount tickets to movies, and many others. In addition to these official benefits, we get access to the entire hospital and flexibility in our volunteer hours. Together with these benefits, however, we do have some additional administrative stuff to do. We also get to wear blue smocks while we are at the hospital. Please come to our gathering on August 28 to learn more about these changes and their impact on your plans to volunteer your incredible Reiki talents for the greatest good of the patients in Sharp Memorial Hospital. I look forward to seeing you there.

SDRC Vice President of Operations – Bob Bowen

The Last Word: Our mission statement

The San Diego Reiki Corps We are dedicated to the art of Reiki, to the infinite possibilities of healing. We join together for the education, support, and sharing of ourselves and others in the ways of self mastery through this particular practice. With enthusiasm and trust, we welcome the creation of our Reiki community and work toward growth to benefit all members, all clients, and all who come to share their healing journey and Reiki with us. We ask that all members have Usui Reiki as their foundation for Reiki practice to support the uniformity of the Reiki Corps service. Many other forms of Reiki are welcome additions to what we honor as the original and most fundamental practice of Reiki.