

# SDRC 2024 Board Members



**Kathy (Kat) Papike** (President) is a Certified Reiki Master, Yoga Instructor, Healing Touch Level 2, and an Integrative Health volunteer at both Sharp Memorial and Sharp Grossmont Hospitals. Kat owns [A Balanced Self](#), (see her Facebook page) where it's OK to be Self-centered!! 'When I'm not sharing my passion for Reiki, I am often outdoors, especially fond of time at dog beach with my special dog Ace...or, reading a good book with my cat Little Miss Sunshine.' "If your compassion does not include yourself, it is incomplete." - Buddha



**Mary-Joy Neuru** (Vice Pres) became a Usui Reiki Master Teacher in 1992. She is also a Karuna™ Reiki & Holy Fire III Master Teacher and has studied Jikiden Reiki. Her original career was as dancer, choreographer, and teacher - BA in Theatre/Dance, MA in Physical Education/Dance and MFA in Theatrical Lighting. Her life has always been about Energy, Light and Movement. She's had a Reiki Business since the 80's and has taught Reiki classes, developed ReikiDance, created new techniques BL-RBR (Reiki Brain Rewiring), and Divine Quantum Reiki™, for overhauling our internal operating systems, aligning them more accurately with our spiritual natures. She is a Certified Sound Healer, and Bio-Kinetic Facilitator. Website: [www.MaryJoysReiki.com](http://www.MaryJoysReiki.com)



**Jan Burke** (Treasurer) has been doing Reiki for over 20 years. Her initial education is an MBA from Illinois where she taught Business Communications, Computer Subjects and classes on Microsoft's software products. Since retiring early and moving to California, Jan received her Reiki Training and certifications in Metaphysics from the Delphi U in Georgia. Most recently (for 8 years) she volunteered for the Philosophical Library in Escondido as the Program Director, Board Member and Gift Store Manager until the library closed several years ago. She has three grown children, 5 grandchildren, and 3 great-grandchildren.



**Susi Vine** (Secretary) is a Flower Essence Practitioner, Massage Therapist, and Reiki Master. She felt called to become a healer after seeing how modern lifestyles lead to chronic health issues. She was inspired to begin empowering clients to live healthier lives with less emotional and environmental stress. A Navy brat born in San Diego and raised in central Illinois, Susi studied theatrical scenic design and worked in regional theaters across the country for 10 years before chemical sensitivities forced a change. Finally returning to native sands, she's grateful for the winding path that led to her husband Dan and a home in Solana Beach.



**Ben Saville** (Director at Large) is a Level 2 Reiki Practitioner and has been a natural healer all of his life. He studied under Rev. Barbara Koenig and was appointed as a commissioned healer at the Intuitive Arts Fellowship in Cardiff-by-the-Sea throughout the early 90s. Over the past 30 years, he has been developing his intuitive abilities in order to prepare for and to share the opportunities of the "new energy" that is upon us. He has a youthful spirit and can be seen playing touch rugby in Del Mar on Sunday mornings as well as riding his electric scooter along The Strand in Oceanside.



**Alex Apostolidis** (Outreach) is a lifelong actor, singer, voice-over artist, member of AEA, and an empath. She credits the late-night chats with her father about spirituality, as the start of her spiritual journey. She is a Level II Reiki Practitioner and is beginning her studies at the Globe institute to become a certified sound healer/therapist. Alex strongly believes that her theatrical training is instrumental in her work as a healer. As a theatrical coach, Alex has helped young adults tap into their vulnerability. Just like an actor, everyone has a story. Finding the courage to be vulnerable and share that story, is where the healing begins.



**Beth Bindert** (Director at Large, Outreach) Minnesota born and raised, Beth landed in California via Maryland and Colorado. But Encinitas is where she calls home. A Jill of all trades, Beth owned a book store in Encinitas. Currently you'll find her managing a design studio in Solana Beach. Her healing journey began in the late '90's. She's been doing Reiki for over twenty years, and is a Certified Reiki Master. She enjoys hiking, working out and spending time at the beach. Beth also runs a Reiki Share in Encinitas, last



**Serena Poisson** (Emeritus) After 33 years of federal civil service, Serena retired from the Naval Criminal Investigative Service (NCIS) as a Senior Security Specialist Instructor. Currently she is a Usui Reiki Master Teacher, and has a private practice. Serena has studied Qi Gong, Terra Mai™, Karuna™, Traditional Japanese Reiki (Taoist Reiki) to Level III and Advanced Reiki Techniques from the William Rand Reiki organization. She has also taught at Nine Gates Mystery School, as an adjunct Reiki instructor. Most recently she has completed three levels of Jikiden Reiki with Arjava Petter and is a Shihan Kaku. She is owner of the school, Mountain and Mist Reiki Center. Currently, due to a fall in Sept 2022, Serena is living with her daughter in AZ. [www.serenapoisson.com](http://www.serenapoisson.com)