

CAMTC Meeting Notes 5/2/14, Breakfast Meeting at Cavalier Diner

Dolores Brandolo – JeAnne Frey - Lili Gill – Lucia Kaestner – Ernie Kidd – Darlene Leon – Betty Mooney – Sue Spencer – Dee Walsh

Louisiana Massage School – [Susan Salvo](#) has produced excellent instructional videos available on Youtube – known to Betty and JeAnne.

AMTA Healing Connections to be held at the Holiday Inn 5/3 Saturday all day and 5/4 Sunday half day. Darlene will take a short flyer about the CAMTC and leave the info there with interested parties (Darlene reported after the event that she handed out over 20 informational flyers, and sparked the interest of the incoming Virginia Chapter vice-president, Sabrina Lopez, who may join us at a future gathering.)

Ernie asked for a stipend for therapists working the Cville 10-miler, and although it is still primarily a “volunteer” event, the 4 therapists who showed up (Ernie, JeAnne, and two CMTs from Lynchburg, Dennis Wright and Scott Crowley) did receive a modest stipend of \$100 in appreciation of their efforts. Andy Leon also contributed his organizational skills as an on-site director.

Dolores Brandolo, known also as “Dolo”, joined the group for the first time. She is looking for accessible, affordable office space so that she can expand her hours into the work-week in addition to weekends – leads appreciated!

Lili does MLD/Vodder technique on healthy people, while Sue focuses on cancer patients. Lili, who studied in Tennessee and has been in Cville about 3 years, has her office on Pantops (the little white house behind McDonalds.) She enjoys teaching, and often treats clients who need work in the front of the body and core areas. She also does 4-element hot stone technique (her own formulation), MLD, Ayurvedic work, prenatal and fertility work. She recently did Tina Allen’s pediatric massage training, and said it was *fantastic*.

Ernie’s been a massage therapist for 23 years, and has a practice ranging from patients multi-complex diseases to college students to pro athletes. He often uses the Lauren Berry method of corrective massage.

Lucia has a private office in her home and also shares office space with Dee and Sue, and is working to build her massage practice in addition to being a personal caregiver for elders with special needs.

JeAnne has been in practice about 15 years, 10 of those in Cville, and shares a space on Arlington Blvd with Suzanne Wilson, DC. She also still sees some clients from her former practice in the DC area on a long-distance outcall basis on the weekends. She has had some training in Watsu, and was immediately inundated with offers for guinea pigs – Kelly Zimmerman (not present, but fondly remembered), also does water-based therapy.

Darlene graduated from VSM in 2001 and recently retired after 47 years in nursing. She and her husband Andy Leon share an office at the Wellness Center on Preston/Rose Hill Dr. Andy is also an RN, and has an active practice in hypnotherapy. Andy and Darlene are looking forward to celebrating their 50th anniversary this summer with a cross-country trip to visit lots of friends and family!

Betty Mooney graduated from the Detroit School of Swedish Massage in 1970, and came to Cville in 1971. She was a dance major in college, and after being treated for an injury, she had a “massage epiphany”, and decided to study therapeutic massage! She does massage strongly influenced by her study of the Alexander technique and alignment techniques (which she studied under Ben Benjamin.) Because many of her long-term clients are now elderly, she has a flourishing outcall practice to local skilled nursing facilities. She has also studied Buddhism, which has helped her to more effectively deal with death and dying issues as her clients and peers age and transition.

Other news and discussion:

Would we want to hold a future meeting at the VSOM? Lili mentioned that there is an opportunity to have brown bag lunches there, and that may encourage students to become more active in meeting therapists already established in practice.

JeAnne is now also an administrator of the Facebook Group “Charlottesville Massage Therapists” – feel free to contact her if you’d like to join the group! Check out:

<https://www.facebook.com/groups/cvillemassage/list>

Possibilities for future meetings include discussions of MFR techniques and Watsu (perhaps at JoAnn Christy’s house with Nitasha Canine leading up the discussion of MFR techniques and at Dee Walsh’s house for the Watsu??) In any case, we’re going to shoot for late June, most likely an evening time. Anyone who wants to weigh in on which dates would be best, feel free to [email Dee!](#)

Someone asked if Sue Bovenizer knows about the CAMTC group we’ll be sure to put her on the next mailing announcement, if she’s not already on the list!

Holly Hermanson’s “Treat-the-Therapist” outcall service was much appreciated by Darlene Leon recently... Darlene especially enjoyed being able to relax on her own table for as long as she wanted after the massage session was over!

We briefly re-visited the issue about non-certified massage providers in the Cville area. There’s not a lot that can be done to discourage this practice, but we can decline to refer potential client to non-certified practitioners, and we can educate the public in general about the benefits of using only certified massage therapists.

The question of credit cards came up, and only a few of the folks at the table are using them, mostly because the volume is low, and regular clients are willing to write a check and/or pay cash, thus avoiding the service fees associated with credit card charges.

It was clarified that the NCTMB designation is NOT required by the board of nursing, although the CE requirements are the same for bi-annual recertification through the BON.

Click [here](#) for more info on current (2013) BON requirements for massage therapy certification and recertification in the Commonwealth of Virginia.

That’s it for the moment! Thanks to all who attend our CAMTC gatherings, and as always, please feel free to drop in any time, and to let other CMTs in the Charlottesville area know that they are welcome at any time!