

11/30/16 – Dinner at Betty Mooney’s House - Present: Dolo Brandolo (dabrandolo@gmail.com); CMT Janice Cartwright CMT (janice.cartwright@prodigy.net); Chris Coslett DC (drcoslett@gmail.com); Ernie Kidd CMT (championstable@gmail.com); Amanda Madison CMT (Amanda Madison (amanda.r.madison@icloud.com); Betty Mooney CMT (bsmooney8@earthlink.net); Pat Meyer-Peterson CMT (pmeyerpeterson@gmail.com); Dee Walsh CMT (deecompression@gmail.com)

We had a lovely evening at Betty’s home, with soups and sides and lots and lots of desserts, too - Oh, yes, and good conversation, of course! We sent healing energies out to several members of the group who are caring for ill family members, and also to Lucia Kaestner, who is recovering from shoulder surgery at the moment.

Chris Coslett, DC got the prize for traveling all the way from Lexington, VA in the pitch black of night (and through the fog, too!) It was nice to see him again, having met him at one of the early CAMTC meetings at MJH in Jan 2014. He’s thinking about starting a practice here in Cville, and focuses heavily on body work and mind/body interactions. Dolo Brandolo is happily taking some time off at the holidays to spend with family, but she is still welcoming new clients to her convenient and accessible office just off Berkmar, near the fire station. Janice Cartwright is still keeping busy both with massage and in-home nursing for children with special needs, and is really looking forward to visiting family (grandkids!) in Texas over the holidays. Amanda Madison is looking forward to her husband’s retirement, and has her hands full with family obligations, but she’s continuing to build her practice, and also is seeking someone to share/take over some office space. (Info below.) Dee Walsh just finished her PVCC “Intro to Massage in the Home Setting” course, and she had a blast doing it (and very much appreciated Holly Hermanson’s volunteer help, too.) The class will be repeated in the Spring (March/April 2017.) Ernie Kidd is “enjoying Uncle-hood” and reports that he and his sports-massage clients have “made it through another Marathon Season”, and he’s enjoying his work (as always!) He also continues to meet interesting folks through the AirBnB program, sharing his (101-year-old!) house and hospitality with folks who want to visit the Valley and the Blue Ridge. Pat Meyer-Peterson is also keeping busy with work, and also enjoys the company of international friends, including her ‘adopted family’ Meher Hidayat from Pakistan and his wife and four children. Betty Mooney entertained us all with stories of her days as a Fine Arts purveyor, and told us about a class in Mindfulness that she has taught for nursing students at UVA. She also let us in a one-minute meditation intended to “practice taking in the good” for a 10 second period. I’m not sure whether it was the meditation practice, the lovely company, or coming out of a fine-food post-prandial sugar coma, but I know I felt quite well and energized at the end of the one-minute exercise! Several members of the group expressed sadness regarding the deaths of long-term clients; it seems to be a natural course of events as we care for an ever-aging population. Several folks reported fun and interesting experiences with the “Aqua-Float” service (<http://aquafloatcville.com/prices-and-packages/>). We also had a discussion around the table about the pros and cons of hot stones, and noted that the ‘Hand and Stone’ spa was coming to the new Wegman’s shopping center. One member – David Brower – will be involved in working at that location once it is up and running. We also talked about other products, including Hydroculator hot packs, barley/rice bags for cold/heat, “Rescue Me” foot cream, which Janice highly recommended, basic “Bongers” for vibration, and the Therassist Vibration unit (<http://www.mettlerelectronics.com/g5%C2%AE-therassist%C2%AE/>), which Chris Coslett has found to be quite helpful in the treatment of some clients.

Other announcements/info:

[JoAnn Christy](#) shared via email that Lee Silver of the “Silver Lining – Tailgate and Donate Blood Drive” program is looking for volunteers to provide chair or table massage to blood donors on **Sunday 12/11/16** anytime between the hours of 9:00 and 5:00. Volunteers would be welcome to promote their private practices at this event. For more info, contact Lee Silver at cvillelee@aol.com or call 434-989-1959.

As mentioned previously, Amanda Madison has office space available. She writes:

I have a space available behind Cville Coffe in McEntire Plaza. A great room with plenty of space and shared office space. Asking \$300 per month rent and to sign a sublease. Renter is more than welcome to make it their own. Call, email or txt to me to set up a time to come by and see in person. The second photo is the exact size and color as the space available.



Amanda Madison, LMT - Body Harmony Therapeutic Massage - 254-383-8216 –
www.BodyHarmonyLMT.com

Next Meeting: Date TBD, shooting for mid-January 2017 – TIME will be mid-day, lunchtime. Suggestions for dates and locations are WELCOME!

Contact Dee at 434-242-4887 (cell/text) or via email at deecompression@gmail.com .