

CAMTC Meeting Notes – 6/22/17 and 9/15/17

6/22/17 – Lunch at the Nook, Downtown Mall

Present: David Brower CMT ([drbrower1@gmail.com](mailto:drbrower1@gmail.com) ); Sarah Handley CMT ([smh2ss@yahoo.com](mailto:smh2ss@yahoo.com) ); Brian Keena CMT ([briankeena.cmt@gmail.com](mailto:briankeena.cmt@gmail.com) ); Ernie Kidd CMT ([championstable@gmail.com](mailto:championstable@gmail.com)); Pat Meyer-Peterson CMT ([pmeyerpeterson@gmail.com](mailto:pmeyerpeterson@gmail.com) ); Betty Mooney CMT, ( [bsmooney8@earthlink.net](mailto:bsmooney8@earthlink.net) ); Dee Walsh CMT ([deecompression@gmail.com](mailto:deecompression@gmail.com))

The gathering was held on the Downtown Mall, comfy in the sun and shade at the Nook's outdoor seating.

We shared best wishes and congratulations with David Brower, whose youngest daughter is getting married in a couple of weeks – He continues to work both at Hand & Stone and at Common Ground Healing Arts, and feels like he has grown a great deal as a massage therapist by working with a variety of clients.

Sarah Handley has a strong recommendation for Leon White Moving Company, and Dee seconded that, too. Leon's been in business locally for many years now, and lends a personal touch to your move! [http://www.movers-map.com/Leon White Movers Incorporated Movers - Warehouse Storage in Charlottesville Virginia 72622](http://www.movers-map.com/Leon_White_Movers_Incorporated_Movers_-_Warehouse_Storage_in_Charlottesville_Virginia_72622)

We penned a condolence card to Karen Binney, whose son Barry passed away on 6/19/17. Although at the time of the writing of these notes several months have passed, Karen would still very much appreciate hearing from her friends and former colleagues – Facebook is a good method to get ahold of her, if you wish. Donations can be made in Barry's honor to P'nai Yisrael Chavurah, 3160 Waverly Drive, Charlottesville, VA 22901, or to the charity of your choice.

Pat Meyer's knee-replacement surgery was delayed until 9/25/17, all due to a pesky little tick bite. Better safe than sorry, though – so we got to enjoy Pat's company *and* hear about an opportunity to contribute to the [local Special Olympics](#) to support athletes like her son, Michael.

Betty is taking meditation-teacher training, and will be leading meditation sessions at the UVA Medical School Library this Fall. She'll also be teaching with Dan Wilson a couple of open-to-all Mindfulness and Meditation Classes, *and* she's working with Regina DeGennaro, DNP/RN on an associated research project. There's never a dull moment in Betty's days!!

Brian is doing more MFR and Lymphatic Drainage these days, and mentioned an interesting article from a UVA researcher connecting the brain and lymphatic system, with implications for the diagnosis and treatment of some forms of autoimmune diseases and dementias: <http://neurosciencenews.com/lymphatic-system-brain-neurobiology-2080/> . Brian's birthday is coming up, September 16<sup>th</sup>!

Ernie is on track for his second THR on July 6<sup>th</sup> , and we're all wishing him the very best!

Dee's "Intro to Massage" class at Common Ground Class will be (was, now!) held in August. The next offering (for laypersons) is at PVCC in November – Thursday evenings from 6:30 – 8:30, 4 sessions, 11/2, 11/9, 11/16 and 11/30. The class is geared toward folks interested in caring for family members at home, and for those who might be interested in going to massage school, but would like a bit more information before committing. For more information and to register, please go to [PVCC Workforce Services](#) in the months of September and October, and search for "Introduction to Massage in a Home Setting", course # 9654.

We also chatted about the [Camp Holiday Trails Burn Camp](#) that several of us volunteered at in mid-June (it was FUN, and highly recommended for anyone so inclined!) and Pat's support of "[Open Hands](#)", which is an organization that provides the opportunity for people to make tax-deductible contributions to support the health care of people in need and other charitable activities. It helps many individuals and groups in Charlottesville and beyond. Also, there seems to be once

again the internet scam of a client who state they got information from the AMTA website, and who want “prepay for a group of massages”, and then passing bad checks. Info here:

[https://www.amtamassage.org/career\\_guidance/detail/209?typeId=1](https://www.amtamassage.org/career_guidance/detail/209?typeId=1)

Other announcements:

Amanda Madison posted on Facebook on 6/21 – “I'm still looking for someone to rent spare room with shared office space. Price is \$300 per month. It's a great location and there is a lot of space. Room is ready for you to make your own and move right in. Feel free to contact me with any questions. 254-383-8216”

I think that's it for the 6/22/17 meeting – sorry these notes were posted so long after the meeting date!

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9/15/17 – Dinner at Dee Walsh's home, Earlysville, VA

Present: Dolores Brandolo CMT ([dabrandolo@gmail.com](mailto:dabrandolo@gmail.com)); David Brower CMT ([drbrower1@gmail.com](mailto:drbrower1@gmail.com) ); Holly (Hermanson) Carter CMT ([HollyCarter@MassageTherapy.com](mailto:HollyCarter@MassageTherapy.com) ); Janice Cartwright CMT ([janice.cartwright@prodigy.net](mailto:janice.cartwright@prodigy.net) ); Jennifer Daniel ([jennifer.daniel.cmt@gmail.com](mailto:jennifer.daniel.cmt@gmail.com) ); Sarah Handley CMT ([smh2ss@yahoo.com](mailto:smh2ss@yahoo.com) ); Tahira Haroon ([tahira.zbandyoga@yahoo.com](mailto:tahira.zbandyoga@yahoo.com) ); Lucia Kaestner CMT ([caymans96@gmail.com](mailto:caymans96@gmail.com) ); Brian Keena CMT ([briankeena.cmt@gmail.com](mailto:briankeena.cmt@gmail.com) ); Ernie Kidd CMT ([championstable@gmail.com](mailto:championstable@gmail.com)); Darlene Leon CMT ([darlenel2001@aol.com](mailto:darlenel2001@aol.com) ); Betty Mooney CMT ( [bsmooney8@earthlink.net](mailto:bsmooney8@earthlink.net) ) Connie Staley CMT ([conniemstaley@yahoo.com](mailto:conniemstaley@yahoo.com)); Dee Walsh CMT ([deecompression@gmail.com](mailto:deecompression@gmail.com))

Lots of family members and sig others came, too!

-Everyone ate well, and enjoyed fine company.

-We sang “Happy Birthday” to Brian, and he was so kind... and didn't even comment on how out-of-tune we were!

-Dee is closing her office practice as of Sept 15<sup>th</sup>, but will continue to teach “[Intro to Massage](#)” classes to anyone who can sit still long enough to listen. Anyone interested in subletting a fully accessible office on Angus Road at a great price, give Dee a ring at 434-242-4887!

-Tahira is teaching ZB classes, in a series of 4, starting October 21<sup>st</sup>. For more info, see: [www.StarMoonstudio.com](http://www.StarMoonstudio.com) .

-That's it. End of report, except for a big, earnest, heart-felt THANKS to all that came all the way out to the boonies, and THANKS for the fine food, wine, flowers, and best wishes!