



the Rockfish Reader

All the News from RVCC



April 2013

Greetings From RVCC!

From Executive Director Stu Mills:

After a long and lingering winter, I got my first real breath of spring on Saturday as we were clearing brush and brambles for the new walking trail out back. Kids playing soccer and hoops, skating on the ramp and enjoying the playground, a good flow in the creek, new growth budding on the trees and bushes and birds everywhere. I wanted to hold that breath and never exhale.

For me, the great thing about spring is its newness, and there's a lot of that going around at The Rock these days!

First, please join us in welcoming two new Board members, **Elaine Weems** and **Phil Hearne**, both elected at the Annual Meeting last week. We also welcome back **Rob Cooke**, **Sharon Gress**, **Chuck Kiehl** and **Sarah Jane Stewart** to new terms on the Board. Many thanks to the Nominating Committee for putting together a great slate of candidates, a great meeting and a great spread in the Rockfish Lounge.

Also new this year is our **Community Yard Sale** this Saturday, April 6. We still have booths available, and it will be a great way to launch your spring cleaning and make a few bucks in the process! Details inside.

There's even more newness afoot, with a new septic system in the design phase, a new sign on Rt. 151 approved and ready to be built, and a new high-tech classroom we're calling "**Rockfish University**" awaiting grant approval. All we need is some money, and if you can spare some, we have funds set up for each of them - just go to the website to donate, or better yet, stop by with a check and join me for a cup of coffee. Thanks to my clumsiness, even the coffee pot is new!

Thanks for all you do - and Happy Spring!

What's Your Sign?

What's the most community-spirited sign of the zodiac?

We'll find out with our "What's Your Sign?" contest and fundraiser, and the grand prize is a personal chart reading with professional astrologer (and RVCC member) Nancy "Scooter" McMoneagle!

RVCC needs to raise a little over \$1,200 to build and erect our sign on the corner of Rt 151 and Rockfish School Lane. **TWELVE** hundred dollars... **TWELVE** signs of the zodiac... a coincidence? We think not.

Here's how to help, and how to **win**: [Visit our donations page](#) and make your donation of \$25 or more, and tell us your zodiac sign in the "Designation" box. For every \$25 you donate, a point will be scored for your sign, and your name will be placed in the hat. The sign with the largest point total at the end of the campaign will be announced, and a name will be drawn from that sign's contributors to win the astrology session with Scooter! The early betting is on Leo... but maybe you can beat the odds!

Virgos will help us design it. Geminis will tell us what it should say. Taurans will help us build it. Pisces will volunteer for whatever needs doing. Aquarians will pull it all together. Scorpios will have strong opinions about how it should be done, but probably won't tell us what they are. Capricorns will be standing on the roadside, flagging people down for donations until the campaign is completed. Leos will want the sign to be all about them. Aries will wonder why it isn't DONE already. Cancers will love everything about it. Libras will want to know what other people think about it. Sagittarians will throw the after-party!



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COMING EVENTS AT RVCC

4/6: Indoor Market, Pancake Breakfast, Community Yard Sale

4/12: Coffee House Music Series: Dr. Levine & the Dreaded Blues Lady

5/4: First Saturday – Pancake Breakfast & Bag Day

5/8: Legislative Breakfast

5/11: Red Cross Blood Drive

Saturday, April 6: RVCC's Colossal Community Yard Sale!

RVCC will host a **Community Yard Sale** on Saturday, April 6. Take advantage of this big spring sale date—the indoor Market, Pancake Breakfast and Treasure Chest Bag Day bring hundreds of people to the Rock, and they could all be finding treasures at your booth. You can sell anything you want (well, maybe not your spouse or your pets), so if you're moving, downsizing, or just doing a bit of spring cleaning, this is your opportunity to sell some of that stuff that's just been sitting around.



Reserve your booth space in advance at the RVCC Office or by visiting the [Community Yard Sale page](#) on our website. Booth space rents for just \$20 for a 10' x 15' area, or 10' x 30' for \$35. Reservations must be placed no later than 5pm on Friday, April 5.

Community Yard Sale—Saturday, April 6
8:00am—4:00pm (rain date April 13)

First Saturday, April 6: Indoor Market, Pancake Breakfast, Bag Day!

The First Saturday is here!

The **Sixth Annual Community Market** season wraps up this Saturday, April 6! These indoor Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts. This Saturday's Market features live music by **the Stump Skunks**.



The markets run 9:00am-noon on the first Saturday of the month and each market coincides with **RVCC's Pancake Breakfast**.



Join us for our community Pancake Breakfast—butter milk pancakes, blueberry pancakes, bacon, sausage, scrambled eggs, coffee and OJ and good company. Then go find a great deal at the Treasure Chest! Breakfast is served from 8:30am -10:30am and the Treasure Chest opens at 9am.



Friday, April 12: Coffee House Music Series—Dr. Levine & the Dreaded Blues Lady

Sweet, Salty, Booming Blues from the 20s & 30s

Dr. Levine and The Dreaded Blues Lady is comprised of Lorie Strother on vocals and Stephen Levine on guitar.

This energetic duo performs a diverse selection of acoustic blues music styles primarily from the 1920s and 1930s, with a sprinkling of contemporary blues.

Lorie Strother can't remember a time when she wasn't singing, but she does remember when she decided she would be a performer. It was when she received her first standing ovation after singing at a school PTA function when she was nine years old. Strother has been performing and recording her interpretation of acoustic blues since the early 1990s.

Stephen Levine is a historian at the University of Virginia who studies and teaches about the evolution and cultural significance of blues music. Levine started playing the guitar when he was eleven years old, focusing primarily on folk and classic rock. Levine's blues influences include artists such as Charley Patton, Son House, John Hurt, and Robert Johnson.



"a real blues woman [who's] got soul"
-Corey Harris
"sings the real true blues...with a big booming, bluesy voice"
-Carl Larsen, *Daily News Leader*

Dr. Levine & the Dreaded Blues Lady
www.dreadedblues.com
Friday, April 12, 7:00–9:00pm, \$7 cover
In the Rockfish Lounge
Refreshments available

WHO ARE OUR TENANTS?

[Carol De La Herran: Reiki](#)

[Claudia Gibson Catering](#)

[Susan Gorman: Derby Vixen](#)

[Habitat for Humanity](#)

[John Helfrick: Afton Laser Arts](#)

[Sallie Justice: Life Coaching](#)

[Cathy Kiehl: Art Therapy](#)

[David Lipscomb: Virginia Rock Shop](#)

[K Robins Designs: Symbolic Jewelry](#)

[Mitchell Webster: Heritage Basket Studio & Caning](#)

[Rosalba Valentino Designs](#)

[Karen Walker-Cooke Core Fitness Synergy](#)

"Stuff" Happens!

2013 greeted us with a new and unexpected challenge: the **failure of our primary septic system**. We've been able to limp along by using the secondary system by the Treasure Chest. The cost of replacing the main system will likely exceed **\$20,000**.

As we all know, "Stuff" happens! Any contribution you could make to help us deal with this "stuff" would be immensely appreciated.

[Click Here](#) or go to the "Stuff Happens" page at www.rockfishhcc.org if you

would like to make a donation to help us meet this challenge!



Classes and Activities for Children at RVCC



ZumbAtomic classes are high-energy dance-fitness classes designed for kids! Packed with specially choreographed routines and the latest music, like hip-hop, reggaeton and cumbia, Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination.

ZumbAtomic classes with instructor **Katyusha Fogg**:

Pre-School Zumba: Wednesdays at 4:30pm. (First class is free!)

Kids' Zumba: Wednesdays at 5:15pm and Saturdays at 9:00am

Teen Zumba: Saturdays at 11:00am

To register, contact Katyusha Fogg at katyushafogg@gmail.com.

Special! If you sign up for **March & April Kid's or Teen Zumba & you bring a new friend, you receive 50% off the monthly fee!** Or if your parent is a member of **Core Fitness Synergy, you receive \$10 off the monthly fee!**

Tae Kwon Do



Tae Kwon Do draws people from all backgrounds and all ages. Some attend for the physical training, seeking greater flexibility and strength. Others come for the aerobic aspect achieved through simulated combat that we call "free sparring." Kids come for the fun and excitement of learning to kick, jump, roll, and fall --- all in a safe and controlled environment. Where else are kids encouraged to scream and yell as they run about learning fun stuff?

Mondays & Thursdays at 6:00pm, with instructor **Larry Cabaniss**.

To sign up, contact Larry at lcabanis@aol.com.

Coming in June & July: Kids' Core Fit Summer Camp

This Active Kids Camp includes Gardening, Zumba, Yoga Movement, Gymnastics, Boot Camp, Active Artistic Play, Nature Hiking & more! For ages 5-9. Limited enrollment available.

Fee: \$175/week. Registration deadline is June 1.

Early Bird Registration: \$150 (must register by May 10.)

Camp Schedule: Tuesdays, Thursdays & Fridays 8:30am—12:30pm (drop off at 8:15am)

Week 1: June 18, 20 & 21

Week 2: July 9, 11 & 12

Week 3: July 16, 18 & 19

To register, contact **Core Fitness Synergy** at 434-989-0093 or kwcooke@earthlink.net.



Rooms for Rent at RVCC



RVCC has rooms available for rent for your shop, studio, or workroom. If you have a small business or a side project that has expanded beyond what you can do from your home—or if you **want** to expand beyond what you can do from home—consider joining our artisan community by renting a room at RVCC. Available rooms are 600sf and up, are reasonably priced, and include utilities.

If you are interested in exploring what you might be able to do with your own room at the Rockfish Valley Community Center, please contact us: 434-361-0100 or rockfishcc@gmail.com. We would love to provide the space for the next stage of your creative venture.

Treasure Chest now offering extended hours!

The Treasure Chest is now **open til 6pm** on Thursdays! The Thrift Store is hoping to meet the needs of customers and members who might like to do their shopping after work. If the idea is well-received, the store will eventually offer later hours more often. In addition to the new hours, the Treasure Chest is expanding the member discount policy: RVCC members can now get **10% off** their purchases every day that the TC is open!

Don't forget—the Treasure Chest is now accepting furniture donations. Stop by and check out the new furniture department, and take advantage of that member discount!



WHO ARE OUR TEACHERS?

Yoga

[Martina Compton](#) | [Sandra Pleasants](#) | [Brian Webb](#) | [Karen Walker-Cooke](#)

Fitness & Zumba

[Karen Walker-Cooke](#) | [Heidi Davis](#) | [Katyusha Fogg](#)

Driver Training

[Alexander Driving School](#)

Life Coaching

[Sallie Justice](#)

Weight Watchers

[Karen Asher](#)

Sewing Instruction

[Rosalba Valentino](#)

Zero Balancing

[Elizabeth Martin](#)

Tae Kwon Do

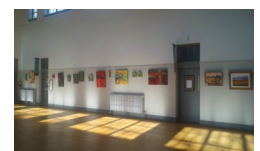
[Larry Cabaniss](#)

QiGong: [Brian Wright](#)

Mindfulness Meditation

[Michael Penny](#)

For a full class schedule, visit www.rockfishcc.org



Our Spring Art Exhibit, featuring **Alice & Jack Murphy**, **Laura Goetz**, and **Ralph Frink** will be on display until the middle of May. This gorgeous exhibit is the perfect complement for our newly refinished floors.



Join us in June as we welcome a quilt exhibit by the **Loose Threads** quilting group and the **Nelson County Quilters!**

Wednesday, May 8: Legislative Wrap-Up Breakfast



The Nelson County Chamber of Commerce will host a Legislative Wrap-Up Breakfast at RVCC on Wednesday, May 8, at 8:00am. This is an opportunity to come hear the latest news on the 2013 General Assembly legislation and speak directly to your elected representatives. Speakers will be **Senator Creigh Deeds**, **Delegate Richard "Dickie" Bell**, and **Delegate Matt Farris**. All Nelson County residents are welcome to attend, but reservations are necessary!

Legislative Breakfast

Cost: \$8.00 for Chamber Members, \$10 for non-members.

Doors open at 7:30am, Breakfast served at 8:00am.

Please RSVP by May 3 to Elaine Hooker at Ehooker03@aol.com or 434-962- 5022.

Saturday, May 11: Red Cross Blood Drive



"The need is constant. The gratification is instant. Give blood."

The Red Cross Blood Drive returns to RVCC in May...please sign up to donate today!* It only takes a few minutes of your time to donate, and just one donation can help save the lives of up to three people. If you can help, contact the RVCC office at 434-361-0100 or email rockfishcc@gmail.com. For more information about the donation process, or to schedule your donation online, visit

www.redcrossblood.org.

Red Cross Blood Drive
Saturday, May 11
9:30am—1:30pm



*Please note: If you need to donate at a particular time, you must sign up in advance for your desired time slot. Time slots are every 15 minutes between 9:30am and 1:30pm.

Upcoming Events at RVCC

4/6: Winter Market, Pancake Breakfast, Community Yard Sale & Treasure Chest Bag Day

4/8: International Folk Dancing Class Series, Mondays at 6pm. Contact Sue Chase to register: schase@cstone.net.

4/12: Coffee House Music Series: Dr. Levine & the Dreaded Blues Lady. 7pm, \$7 cover.

4/13: Memorial Celebration for Phillip Kerl, 12-4pm.

4/16: New Core Fitness Class: Core Cuts & Curves, Tuesdays at 9am. Contact Core Fitness Synergy at www.corefitsynergy.com for details.

5/4: First Saturday: Pancake Breakfast & Bag Day at the Treasure Chest

5/8: Legislative Breakfast w/Creigh Deeds, Richard Bell, & Matt Farris. 8am, RSVP required.

5/11: Red Cross Blood Drive, 9:30am—1:30pm.

For a full schedule of events, workshops and classes, visit www.rockfishcc.org.

Please update your address books! Our email is rockfishcc@gmail.com

www.rockfishcc.org

190 Rockfish School Ln | Afton, Va 22920

RVCC Office: 434-361-0100 | Treasure Chest: 434-361-0103

Treasure Chest Hours: Tues, Wed, Fri. 10am—4pm, Thurs. 10am—6pm, Saturdays 9am—4pm

WHO'S OUR TEAM?

**RVCC Board of
Directors 2012-2013**

President

Gifford Childs

Vice President

Sarah Jane Stewart

Treasurer

Bob Kinney

Directors

Sue Chase

Chuck Kiehl

Cheryl Klueh

Bill Perrelli

Bob Yoder

Rob Cooke

Sharon Gress

Elaine Weems

Phil Hearne

RVCC Staff

Executive Director

G. Stuart Mills

Operations Manager

Sara Taylor

Treasure Chest

Manager

Marie Dennis

Assistant Managers

Betsy Greenleaf

Eleanor Massie

Remember to Re

-Member!

2013 Memberships are now
due...

[Click here to join or
renew](#)

[Check out our NEW](#)



[facebook page!](#)

Volunteers and members needed!

We invite you to join us at the Rockfish Valley Community Center...

Where Community Happens!