



# the Rockfish Reader

All the News from RVCC



July 2013

## Greetings From RVCC!

*From Executive Director Stu Mills:*

### The Rock is Rollin'!

We had a little fun in the office last week, celebrating the successful conclusion of our "What's Your Sign?" campaign and drawing the winner's name from the list of contributing Capricorns - the zodiac sign that donated the most money for our new sign on Rockfish Valley Highway. Word has it that winner **Phil Hearne** will be handing over the certificate for an astrological chart reading by RVCC member **Nancy "Scooter" McMoneagle** to his daughter, who reportedly coveted the grand prize! After a last-minute glitch in the plan to erect the sign last week, we'll hopefully be digging post holes this week and hope to get the sign erected on the weekend. Keep your eyes peeled!



For a lively and informative discussion of all things RVCC, Sara and I hope you'll check in to "**Rock Talk**" - the new forum on our website. We'll be going live next week. The first discussion thread will deal with our "rules of engagement" - setting the ground rules for using the forum. Beyond that, we encourage you to offer topics about The Rock that are of interest to you and our members and neighbors. We're particularly interested in hearing your thoughts on programs that you would like to see developed here, so weigh in!

After months of nail-biting, we're also thrilled to announce that our requests for foundation funding of our "Stuff Happens" and "Rockfish University" projects have all been approved! The backhoe arrived yesterday to begin the "big dig" for the septic replacement project, and we'll begin construction on "Rock U." later in the month. Please read more about the grants on Page 3.

Stay tuned for more news as we enter the second half of the year - The Rock is on a roll!

And thanks, as always, for your wonderful support!

## First Saturday, July 6: Pancake Breakfast and Bag Day



The First Saturday is here!

Join us for our community Pancake Breakfast—buttermilk 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.

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## HOW COMMUNITY HAPPENS

- ◆ Volunteer for a work-day, come to an event, take a class—be a regular at The Rock!
- ◆ Donate to a Fundraising Campaign—be here in spirit even when you can't be here in person.
- ◆ Become a Member—and let your voice be heard.
- ◆ Spread the Word—networking brings people together. If you like what we're doing here, tell someone about it.
- ◆ Give Us Feedback—whether it's praise, a suggestion, or a complaint, we want to know. Help us shape a better community for you.

## Quilt Show Open Through July— Wharam to Show in August

The quilt exhibit by the Nelson Quilters and the Loose Threads Quilters is on display in the RVCC Auditorium now through the end of July.

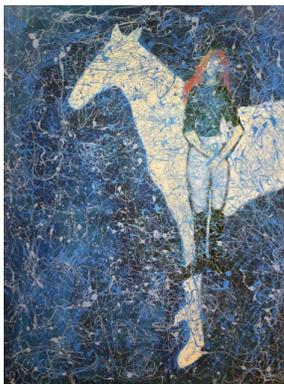
This collection of 18 quilts—many of which required several years of labor to create—is absolutely brilliant. These quilts are so much more than the sum of simple squares of fabric; the use of color, complex stitching, and the artful interplay of texture and color has caused more than a few unsuspecting visitors to stop in the middle of the auditorium, tilt their heads back, and gape in wonder.



## Coming August 3—Abstract Art by Chris Wharam

**Artist's Statement:** "When you have your life all planned and everything is great, you can never comprehend that one car accident can change everything. When you feel the ground shifting, you grasp for something to hold onto. When your communication is badly damaged you shout your love, your fears, your dreams, and your yearnings onto canvas." --Chris Wharam

**Exhibit Opening and Artists' Reception**  
**Saturday, August 3, 5:30—7:00pm**  
**In the RVCC Auditorium—Refreshments served**



## Summer Guests at RVCC

One recent evening at dusk, Janet Lychock and basket weaver Mitchell Webster were in the parking lot preparing to go home. Suddenly the sky darkened and the sound of chirping birds filled the air. In a few minutes the birds began to circle, swirl, and slowly descend into the chimney. Mitchell says it was like a scene out of Hitchcock's *The Birds*: "It's an amazing act of nature, the way they dive into the chimney in great clusters, just like a tornado." Janet added that she had witnessed this once before at the county courthouse with ornithologist Allen Hale.

Yes, you guessed it...these are Chimney Swifts! From Wikipedia we find they are small birds about 5" in length. Their nests are made of small, short twigs glued together with saliva. The swifts are gregarious and seldom seen alone, hunting in groups of two or three, and migrate in loose flocks of 6-20. Like all swifts, they are superb aerialists, and are only rarely seen at rest. Swifts are incapable of perching upright like most birds do; they cling to vertical surfaces, roosting and nesting on chimney walls or in hollow trees. They drink, eat, and bathe on the wing. If disturbed while at rest, they will clap their wings against their bodies, which creates a loud "thundering" sound if large roosts of the birds are disturbed. The sound is thought to be the birds' way of scaring away potential predators. The male and female are similar in appearance, and mate for life.

Henri Weems did not notice any evidence of the birds while removing more than 50 gallons of black carbon soot from the furnace chimney base last year. This is explained by the fact that in the autumn, the birds migrate to NW South America and then return in the late spring, just as our heating season ends.

Our summer residents, the Chimney Swifts... If you want to see a great show, stop by RVCC any summer evening just before dark to watch them turn in for bed.



## ARTISANS & STUDIOS

[Carol De La Herran:](#)  
[Reiki](#)

[Claudia Gibson Catering](#)

[Susan Gorman:](#)  
[Derby Vixen](#)

[Habitat for Humanity](#)

[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](#)

## ROCK TALK

We're working on a better way to connect with our members, and for our members to connect with us. We're almost ready to launch "Rock Talk," a website forum designed to be a place for RVCC members to share info relevant to the Rockfish Valley community, share ideas about what you'd like to see happen at our community center, and offer feedback. If you have an idea for a discussion topic, please contact us and we'll post it!

## Grants, Fundraisers and Volunteers Propel RVCC Forward

Four new grant awards, two successful fundraisers and a small army of volunteers have combined to create a flurry of repairs, improvements and new programs at RVCC.

After months of coping with the failure of our primary septic system, and continued problems during the winter with an inefficient heating system and high fuel costs, RVCC has been awarded three foundation grants to address the issues. The **Perry Foundation** of Charlottesville, the **Donovan Foundation** of New York City and the **Community Foundation – Central Blue Ridge** in Harrisonburg have contributed a total of \$32,000 for replacement of the 1930s septic system, removal of asbestos pipe insulation, replacement of sagging and leaking steam pipes and installation of perimeter crawl space insulation around the historic brick edifice. The grant awards are in addition to over \$12,000 in funds collected and reallocated by RVCC for the projects. Work on the septic replacement will begin as soon as the ground dries sufficiently from the recent rains to excavate the new leech field, and asbestos removal, pipe repair/replacement and insulation will commence later this summer.

We are also pleased to announce that we are the recipient of a \$7,700 grant from the **Bama Works Fund of Dave Matthews Band in the Charlottesville Area Community Foundation** for the creation of “Rockfish University.” This new project will create a high-tech classroom that will be available for a wide range of educational and meeting purposes, and will feature a high-definition flat-screen monitor with digital projection equipment, high-speed broadband connectivity and teleconferencing capability, in addition to more conventional classroom amenities. The RVCC Board of Directors is excited to offer Rockfish University as the newest venue for its public education mission. Work on the project will begin within a month, and the space should be available for rental by area organizations and individuals before the fall.

And finally—our volunteer corps has successfully cleared and mulched the new section of walking trail along the creek that forms the boundary of the RVCC grounds to the north and east. Completion of the trail, including placement of picnic tables, benches, signage and foliage identification will continue throughout the summer, but it is ready for your use now. We invite you to come take a stroll and see what we’ve done!

## Treasure Chest News

The Treasure Chest is now **open til 6pm** on Thursdays. In honor of the new hours, all regularly priced merchandise will be **20% off** from 4pm—6pm, every Thursday. **RVCC members get 10% off their purchases every day.**

The **new furniture department** is steadily growing...but there is still room for more! Please keep us in mind if you have gently-used pieces that need to find a new home.

On August 1, the Treasure Chest will begin accepting furniture on a consignment basis. For consignment terms and more information, please visit the [Treasure Chest page](#) on our website, or stop in and visit with Marie to find out about how consignments will work.



**Summer  
Reading Sale!**  
**All Fiction and Children’s Books are  
50% off for the month of July.**

**Treasure Chest Hours:**

**Tues, Wed, Fri. 10am – 4pm, Thurs. 10am – 6pm, Saturdays 9am – 4pm**

**Volunteers and Donations are always welcome!**

## INSTRUCTORS & LEADERS

### Yoga

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

### Fitness & Zumba

[Karen Walker-Cooke](#)  
[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](#)

**For full class schedule,  
visit  
[www.rockfishcc.org](http://www.rockfishcc.org)**

## Rooms for Rent

RVCC has rooms available for your shop, studio, or office. If you have a small business 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. For more info, please contact us. Our 600sf rooms feature hardwood floors, big windows, and wifi and utilities included for \$400/month.

434-361-0100

[rockfishcc@gmail.com](mailto:rockfishcc@gmail.com)

# ROCKFISH NIGHTS

Mark your calendars—our annual fundraising gala is set for Saturday, November 16!

Please join us for an evening of fine dining, fine music by Beatles tribute band *Abbey Road*, and fine bidding at our Silent Auction! More info coming soon...

## Ongoing Events

**Claudia Gibson Catering** is serving lunches every Thursday and Friday! Stop by between 11—1:30 for a truly delectable selection of paninis, empanadas, dolmades, spring rolls, salads, cookies and more!



## New Classes at RVCC

### Summer Special at Core Fitness Synergy

**July:** Bring a new friend to Core Fitness Synergy and you'll get 50% off the monthly class fee—that's one month of training for just \$19! **New CFS classes:** Core Cuts & Curves (strength training) Tuesdays at 9am. Kids' Zumbatomic Wednesdays at 5:15pm and Saturdays at 9am. New Adult & Teen Zumba, Wednesdays at 6pm and Saturdays at 10am.

To register, contact Karen Walker-Cooke at [kwcooke@earthlink.net](mailto:kwcooke@earthlink.net) 434-989-0093.

### International Folk Dance Class

**Beginning July 15:** Six-week session, Mondays 6:00-7:30. \$5/class for RVCC member, \$7 non-members. Beginner-level class; experienced dancers welcome. No partners needed. Learn dances from around the world and enjoy unique music. To register (by July 12) contact Sue Chase at 540-456-8176 or [schase@cstone.net](mailto:schase@cstone.net).

### Life Coaching Courses

**Beginning July 8:** *Creative Changemakers* is an 8-week course held on Mondays 7:30 - 9 pm, July 8th - August 26th. It is designed for those of you who want a jump start into a more meaningful life. If you're tired of "settling" for less than what you think you're capable of, or are unclear about your life's direction in general, this course is for you. It will help you 1) reconnect with who you are, what you need, where you want to go. And 2) to design and begin to step into a life you love. Contact Sallie Justice at [434-962-3794](tel:434-962-3794) or email [salliejusticecoaching@gmail.com](mailto:salliejusticecoaching@gmail.com) for more info and to register.

### Life Coaching Focus Group

**July 24th:** *Moving Forward When It Seems Like You're Being Held Back* with Sallie Justice. 7:30 - 9. Do you ever feel like "you would if you could but you can't" in some area of your life? It happens. But if it happens a lot, you might want to see what's holding you back from doing the things you yearn to do in life. Free up your energy in this 90-minute focus group dedicated to helping you make peace with these two seemingly opposing forces in your life. **No Charge.** For more info and to register, contact Sallie Justice at [434-962-3794](tel:434-962-3794) or email [salliejusticecoaching@gmail.com](mailto:salliejusticecoaching@gmail.com). Watch for monthly Life Coaching Focus Groups. Next one offered in August: **3 Steps to Getting Unstuck.**

For a full schedule of events, workshops and classes, visit [www.rockfishcc.org](http://www.rockfishcc.org).

Email us at [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com) Find us online at [www.rockfishcc.org](http://www.rockfishcc.org)

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## OUR TEAM

### RVCC Board of Directors 2013

President

Gifford Childs

Vice President

Sarah Jane Stewart

Treasurer

Cheryl Klueh

Secretary

Sharon Gress

Directors

Sue Chase

Chuck Kiehl

Bill Perrelli

Bob Yoder

Rob Cooke

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!*

[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!