



the Rockfish Reader

All the News from RVCC



October 2013

Greetings From RVCC!

From Executive Director Stu Mills:

Rock 201

Whew! Freshman year is finished. Hazing is over. Retire the beanie.

Maybe my GPA wasn't a 4.0, but I sure hope I made your Dean's List.

I'll spare you the "Who knows where the time goes?" refrain. Enough to say it was one heck of a first year on the job. Many thanks to a patient, involved and supportive Board, and to my office-mate and daily hero Sara for helping this old cyber-oaf get up to speed.

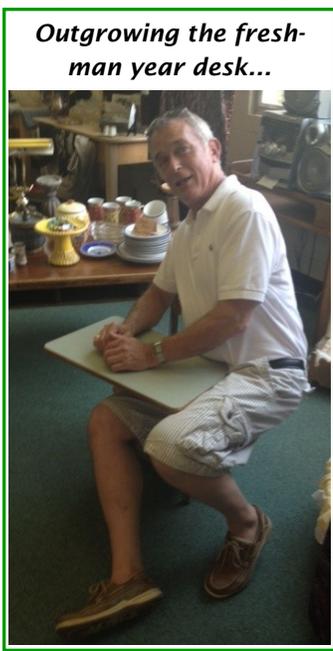
Year Two is off to a jack-rabbit start, getting prepped for my favorite night - **ROCKFISH NIGHTS!** - which we're sure will be a blowout considering the creative menu catered by Claudia Gibson and entertainment by the extraordinary Beatles show band Abbey Road. Read all about it inside, but don't wait to buy your tickets - particularly if you want to reserve your own table (I speak from some experience in that regard)!

Rockfish Nights will also kick off our **Annual Fund Drive** (formerly known as the "Membership Drive"), which will be bigger and better than ever for 2014. This year we will introduce three levels of personal membership for individuals and families - Basic Members, Sustaining Members and *Rock Stars* - and we will also for the first time offer merchant affiliations in our new "Business Council." We'll be rolling out the details of the Annual Fund Drive (complete with contests and prizes!) in next month's Rockfish Reader, so be sure to watch your inbox.

In our spare time, Sara and I are working hard on getting Rockfish University and our new Trager Brothers/RVCC internet café ready for prime time. Add to that keeping up with the various committees that are busy working to put our 2014 budget together, updating our Strategic Plan and getting ready for the blur of the holidays. Whew, indeed... there's no rest for the wicked!

Back in school, they used to warn us about the letdown known as the "Sophomore Slump." Fahgeddaboutit! I'm ready for the Sophomore Surge!

And as always, thanks for claiming your piece of The Rock.



First Saturday, October 5: 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.

IN THIS ISSUE

- Page 1
 - ◆ Greetings from RVCC
- Page 2
 - ◆ John Trippel Exhibit
 - ◆ Coffee House Music Series
 - ◆ Winter Markets begin
 - ◆ Community Yard Sale
- Page 3
 - ◆ Rockfish Nights
 - ◆ Rockfish University
 - ◆ Treasure Chest News
- Page 4
 - ◆ Upcoming Events & New Classes

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.

Saturday, October 12: John Trippel Exhibit

A Fantasy of Caricatures in Local Settings

"The art is mostly from efforts made during the last decade and is original in its scope. I am not a traditional painter rendering my subject matter into a recognizable canvas. Rather, I take what is within my sight and play with it to bring it towards a new level of seeing the subject anew but keeping it within the boundaries of recognition."--John J. Trippel



Exhibit Opening & Artist's Reception

Saturday, October 12 5:30—7:30pm

Refreshments Served



Friday, October 18: The Ashley McMillen Trio

"A veritable country-rock music legend in the making."

Ashley McMillen is an alt-country singer-songwriter who's recently made a name for herself as a radio personality on Hitkicker 99.7 Central Virginia's Country Radio, and her very own radio show, "Homegrown Hour" airs every Sunday night. Ashley has performed in front of crowds into the thousands and her audience has ranged from county fairs to coffee shops, indie record labels to stage performances at Disneyworld. Ashley's energy and inviting personality shine on stage, as does her love for music and sharing her story through songwriting. Recently, Ashley won the StarQuest Talent competition at the historic Wheeling Jamboree in Wheeling, West VA, and has also been endorsed as a Breedlove Guitars Independent Artist. For this show, Ashley will be joined by Rusty Speidel on guitar and Bahlmann Abbot on pedal steel for an intimate and unique trio experience.

The Ashley McMillen Trio

October 18, 7—9pm

\$7, In the Rockfish Lounge

Refreshments available

www.ashleymcmillen.com



7th Annual Community Market Season begins November 2

The 7th Annual Community Market season begins on Saturday, November 2nd! Indoor Winter Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts.

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

2013 Winter Markets

November 2, December 7

2014 Winter Markets

February 1, March 1, & April 5



For more info, contact Donna Kincaid at mountainvision@earthlink.net.

Sat, November 2: Community Yard Sale

RVCC will host a Community Yard Sale on Saturday, November 2. Take advantage of this big fall 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 seasonal 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, November 1.

Community Yard Sale—Saturday, November 2, 8:00am—4:00pm (rain date Nov. 9)

ARTISANS & STUDIOS

[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](#)

[David Moldenhauer](#)

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

[Rosalba Valentino Designs](#)

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

[Coming Soon: Trager Brothers Coffee](#)



Do you have corks that you are saving to recycle? Bring those corks to RVCC and we'll recycle them for you and donate the proceeds to the Center! Phil Hearne has offered to take these directly to the cork recycling company in Maryland and donate the money to RVCC. So stop and drop the corks in the box in the front foyer. We can also recycle your print cartridges & electronics!

November 16:

Get Ready for Rockfish Nights!

ROCKFISH NIGHTS

Our annual fundraising gala is right around the corner! This year, we'll be taking you back to the days of Beatlemania with [Abbey Road](#), the ultimate Beatles party band, and a British-inspired dinner by Claudia Gibson Catering. And, of course, there's some very fine shopping to be done at the Silent Auction.

Tickets are on sale now!

Don't delay--we expect this event to sell out quickly.

Doors & Auction open at 6pm—Dinner served at 7pm—Music & Dancing at 8pm. Table reservations available for groups of 10.

Silent Auction



Our annual Silent Auction features a wide variety of goods and services from local businesses, craftspeople, artisans, the Treasure Chest Thrift Store's "Best of the Chest", and a variety of other donors with excellent taste. The Auction opens at 6pm the night of the event, but we'll have a sneak preview available soon. Visit our [Rockfish Nights Event Page](#) to see what's coming in!

Got a white elephant in your closet, or a service you'd like to promote? Consider donating to our Silent Auction! If you have something you'd like to contribute, please contact us.

[Click Here to Get Your Tickets Today!](#)

Rockfish University Ready to Launch

Rockfish University (or "Rock U", as we like to call it) is almost complete! We're now accepting reservations for our newly renovated and upgraded high-tech educational space. Seminars, classes, meetings, conferences, training sessions...Rock U is the perfect environment for all of this and more.

Rock U features include multi-media projection capability, "SmartBoard" interactive whiteboard technology, a wide-screen HD television, dedicated wi-fi, and comfortable, flexible seating for up to 30 participants. The space is available for day, evening, or weekend reservations. For more information, contact us at rockfishcc@gmail.com, and don't forget to let us know if we can help you promote your classes or seminars.

Treasure Chest News

The Treasure Chest is now open til 6pm on Thursdays—and now **closes at 3pm** on Saturdays. 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. **We are now 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 how consignments work.



Striped corduroy couch in excellent condition. TC price: \$150.

Member price: \$135.

This just in...

Treasure Chest Hours:
Tues, Wed, Fri. 10am – 4pm,
Thurs. 10am – 6pm, Saturdays
9am – 3pm

Volunteers and Donations are always welcome!



Map cocktail table by Bob Timberlake. TC price: \$395.

Member price: \$355.50

Rockfish Nights Menu

By Claudia Gibson Catering

Appetizers: Fish Cakes w/ tartar, Sausage hand pies.

Entrees: Boeuf Bourguignon, Vegetarian Bourguignon (w/ portobello & button mushrooms), roasted new potatoes & roasted marinated fall vegetables, fall Salad w/ sesame ginger vinaigrette, artisan rolls.

Desserts: Trifle, homemade baked goods.

INSTRUCTORS & LEADERS

Yoga

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

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

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 big windows, gorgeous views, and wifi and utilities included for \$400/month.**

434-361-0100

rockfishcc@gmail.com

Upcoming Events & New Classes at RVCC

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!

Saturday, October 5: Beats for Ballard, hosted by [Rapunzel's Further Ado Foundation](#) and the [Central Virginia Blues Society](#). Robert A. Ballard, husband, father, friend to many, musician, stonemason, gardener and generally good man has been fighting off non-Hodgkins Lymphoma for several months now and continues to power through chemotherapy. This fundraising music party features a live auction, raffle, silent auction, desserts and other edibles, beer, wine, punch, water, and musicmusicmusicmusic....This is a music party for sure! Bring your dancing shoes. Doors open at 6:30, music starts at 7, and the festivities run through 11pm. For more information, please contact Andy Burdetsky at andy@cyberwind.net.

Beginning October 11: GameWorks

Come meet your friends on Friday nights for a night of gaming. Bring in your Magic Cards, Risk game, Chess, Settlers of Catan, Battle Ship, Life, Sorry, UNO, or any number of games you like and let the battles begin. Epic jump-in UNO games, historic evenings of Risk, and Magic Games that will enchant. Come learn new games or set up tournaments with friends. Invite your friends and meet new ones. From 6-10pm on Friday nights, the Gameworks room will provide a space for it all to happen. Check the front door the night of the event for a posting on where in the building we will be playing. 12 years old and up. Under 12 must be accompanied by a parent, legal guardian or older sibling. Once in the building you must stay until picked up by an adult. No loitering outside the building. There will be adult supervision in the Gameworks room only. Be prepared to have some serious fun! For more info, contact Jill Averitt at 434-361-0127.

New Classes

Core Group Training—"Sweat Looks Good On You!"

Beginning October 4th, Fridays at 9:00 am. **Core Fitness Synergy's** signature class. Pre-registration required. Visit www.corefitsynergy.com for class schedule & descriptions. To register, email: kwcooke@earthlink.net or call 434-989-0093.

Figure Sculpture workshop with Charles Flickinger

October 19 & 20, 10am—5:30pm. This workshop will focus on sculpting a figure in clay. Each student will walk away with a terra cotta figure that can be fired at a later time. This is a great opportunity - limited space available. \$230 includes class, clay & model fee, one day price is \$120. Call 434-361-2126 or email contact@flickingerstudios.com to register.

Holistic Health Coaching Group—with Abigail Seidman

Wednesdays 7-8pm, November 6, 13, 20; December 4, 11, 18

Prevent holiday weight gain, reduce seasonal stress, learn easy strategies for healthy eating (on a budget!), gain self-confidence and inner peace, and enjoy a supportive and fun group atmosphere. Women, men, and teens welcome! In this six-week workshop series, you will learn easy tips for weight loss, improved energy and mood, secrets to healthy shopping for any budget and lifestyle, quick mind-body practices to reduce stress, simple ways to simplify and organize your life and care for yourself. Start the holiday season with a commitment to becoming your best self! **\$10/class, \$50 for 6 classes if paid in advance.** For more info and to register: (434) 989-1358, info@joyful-wellness.com, or www.joyful-wellness.com.

Beginning Sewing with Rosalba Valentino

Saturday Sessions: 9:30am--12:00 noon, ongoing. This is an open sewing class. It's an excellent way to get going on basics, work on some repairs or alterations with guidance or work your way through a creative project you design. \$12/hr or 5 hrs/\$50. **Bring your own machine, or rent one for \$10.**

Back, Neck, and Shoulders Yoga Plus with Rebecca L'Abbe

Tuesdays, 6:00pm--7:30pm. Designed for people who experience tightness or discomfort in their back, neck, shoulders, or hips due to muscular strain, injury, poor posture, repetitive stress injuries, or weakness. The course introduces students to yoga, targeted stretches, and self-massage techniques designed to assist one to overcome generalized back pain and build a sturdy foundation for improved back health. To register, please contact Rebecca at 434-466-2696. \$15. per class or \$104./8 classes.

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

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

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

190 Rockfish School Ln | Afton 22920 | 434-361-0100 | www.rockfishcc.org | rockfishcc@gmail.com | Treasure Chest: 434-361-0103

Volunteers and members needed!

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

Where Community Happens!