



# the Rockfish Reader

All the News from RVCC



September 2013

## Greetings From RVCC!

From Executive Director Stu Mills:

### Partnering in Community

Try as you might, you can't always create community. Sometimes it just has to come to you.

Sure, we can dream and strategize and poll and brainstorm to identify programs and facilities that may appeal to our membership or fill a void in the community we serve, but sometimes serendipity just drops them in our lap.

Two recent developments at The Rock illustrate the point.

For many years, our Board and members have dreamt of the day when we could create a small café or lounge at RVCC. It takes a lot of resources to undertake a project like that (Sara and I can speak from some experience in that regard), and mainly for that reason, there we were this past winter -13 years later - still dreaming. Then Sara heard through the grapevine that **Trager Brothers Coffee** was busting at the seams in Lovington and might be looking for a place to put a new roastery on this side of the County. Hmm...we happened to have a newly-empty room next to a newly-renovated lounge with newly-upgraded wifi. A phone call, a couple of visits, a little horse-trading, some **Yoder magic** and *voilà!* - an internet café is coming soon to a community center near you.

Read more about the TBC saga inside, and be sure to come by for a latte when they open this fall.

A similar melding of needs and resources just happened a couple of weeks ago. One of the first questions I asked when I arrived on the scene here last year was, "What's up with the ball field?" It was a hayfield with some chain-link fence poking up in the middle of it, the echoes of spirited ball games almost imperceptible, and the hope for its resurrection dimming as each summer faded into memory. Then a call comes in - it seems there are not enough slots on the high-school ball team for all the under-18s who want to play, and a traveling team is forming. There's a ton of support, but no place to practice. Hmm...

**The Baseball Team Nelson 18U** is now practicing here on Monday and Wednesday nights. See how you can help on page 3, then come witness the birth of a team - and the rebirth of a ball field - and cheer them on.

RVCC - Where Community Happens. And every now and then, with some good karma, this is *how* it happens.

As always, thanks for all that you do.



## IN THIS ISSUE

Page 1

◆ Greetings from RVCC

Page 2

◆ Coffee House Music Series

◆ Coffee Equals Community

Page 3

◆ RVCC Art Exhibits

◆ Baseball Team Nelson 18U

◆ Treasure Chest News

Page 4

◆ Rockfish Nights

◆ 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.

## First Saturday, September 7: 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.

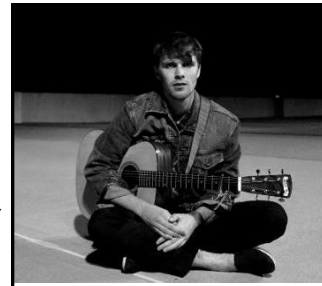
## Friday, Sept 13: Coffee House Music Series—Carl Anderson



The Coffee House Music Series returns with the acclaimed and nationally-recognized songwriter **Carl Anderson**.

Although still relatively young, Carl has been writing and recording music for years and his songs speak of emotion unknown to the average twentysomething. Carl played for years with his group Pine Radio and recorded and toured extensively with various other artists in Charlottesville and beyond. His song "Heavy" was recorded by Nashville singer Andrew Combs. Carl has become a staple at Virginia festivals, logging two appearances each at Campout East and The Festy Experience plus Bristol Rhythm and Roots Reunion, Misty Mountain Music Fest and Crozet Music Festival. 2012 was a year of touring for Carl, sharing stages with Cracker, Southern Culture on the Skids, Sons of Bill, and Jonny Corndawg. He was selected as a finalist for Telluride Bluegrass Festival's Telluride Troubadour songwriting contest and recently recorded a Daytrotter session. The list of awards and acclamations Carl has earned exceed the space available here.

"Carl Anderson, I'm listening. I'm listening to the almost folk/country *Far Away From Here*, which might well be just another country tune in anyone else's hands but turns introspective in yours. I'm listening to *Don't Stop Trying*, its chorus a cry for both strength and mercy. I'm listening to the rockin' *Good, Good Man* which somehow rocks but doesn't. How do you do that, make a song less and more at the same time much like Tom Petty does on some of his better songs? But mostly I am listening to *Hold Me*, a song which strikes a chord so deep in me that I almost bleed." ~Frank Gutch Jr, *No Depression*.



Listen at  
[reverbnation.com/  
carlanderson](http://reverbnation.com/carlanderson)



Coming October 18:

The Ashley McMillen Trio

[www.ashleymcmillen.com](http://www.ashleymcmillen.com)

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

**Carl Anderson**

September 13, 7-9pm

\$7, In the Rockfish Lounge  
Refreshments available

## Coffee = Community!



Ben Jensen shows his support at the hearing.

2013 has been the year of unexpected challenges, but sometimes those challenges yield some pretty amazing results. Many of you know that one of our community members filed a complaint in response to the news that Trager Brothers Coffee will soon be joining our Community Center. The Department of Planning and Zoning ruled in our favor. When that same community member appealed the ruling, we had to face a public hearing before the Nelson County Board of Zoning Appeals. The BZA voted to support the ruling, thereby freeing Trager Brothers and RVCC to create a coffee roastery, coffee shop, and internet café here at the Community Center. We are ecstatic, relieved, grateful, exhausted...and more than a little choked up over the outpouring of support that this challenge generated.

Most of us who have built a life in Nelson County have spent much of that life chasing down the very slippery concept of community..and then, once we've caught it, we spend yet more time trying to anchor it somewhere close to home. Very often, our choices are few. We might search for it within an established class, group, or church, or we might try to build community in our own way.

For those of us who have taken on the job of building that sense of community, there is nothing—*nothing*—more rewarding than seeing overwhelming support for one of our projects, from the very people we're trying to serve, right when we need it most. When we called for support, while we were sure that TBC would be well received (we know how passionate folks are about their coffee), we honestly didn't know how many people would actually stand up to support the idea.

In less than a week, we received over 500 signatures on the petition we circulated, in addition to the letters of support, in-person feedback, the strong showing at the hearing itself, and the passion with which this news circulated. The Board of Zoning Appeals made it clear at the hearing that the ruling was strictly on the letter of the law and not on public opinion. And yet we feel like we came home with two verdicts, two victories. The first victory lives in the letter of the law, and the second lives in the soul of the law. To know that we're doing something that our community wants this much is a powerful victory for the soul.

To all those who stood with us, we thank you. Coffee may equal community, but this buzz is far more heady and exhilarating than any we've had from caffeine.

## 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](#)

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

[Rosalba Valentino  
Designs](#)

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

Coming Soon:  
[Trager Brothers Coffee](#)

## ROCK TALK

We're working on a better way to connect with our members, and for our members to connect with us. We've just launched "**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!



## John Trippel

**Exhibit Opening & Artist's Reception**  
**Saturday, October 12 5:30—7:30pm**  
**Refreshments Served**

## Coming Oct. 12: John Trippel

### *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

**On Display Now:**  
**Chris Wharam's Abstract**  
**Acrylics**  
**Exhibit Open Now Through**  
**mid-September**



## The Baseball Team Nelson 18U



The view from home plate.

Our baseball field is finally being used! In mid-August, **the Baseball Team Nelson 18U** came to us in need of a place to practice and play. RVCC happily partnered with this team to restore our ball field, and it's been truly amazing how much this group of parents and volunteers have accomplished in a few short weeks. The crew has skimmed and leveled the infield, built a pitcher's mound, installed bases, and fired up the malfunctioning lights on the west side of the field.

The Baseball Team Nelson 18U is a newly organized travel baseball team in Nelson County for 15 to 18 year old boys. The team is registered with the USSSA. The goal is to build this amazing foundation of time, labor, and equipment into a comprehensive program for travel baseball in the county, so players have the opportunity to continue to build their skills after "little league," or after the Dixie Youth program which cuts off at 12 years old.

There is much to be done to restore the ball field to its former glory, and to get this new team up and playing. For the team and program to be successful, there is equipment to purchase--from items such as rakes and tamps, to replacing 13 lights at the RVCC field, to equipment as large as a batting cage. The Baseball Team needs help to raise the money to purchase the equipment, and RVCC will gladly recognize any funds donated for these items as tax-deductible donations.

For more information about the team, or to help with the cause, please contact **Cindy Thompson** at 434-465-3499. To make your donation, drop by RVCC or [visit the Baseball Team page](#) on our website.

## 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.



Ladder-style bookshelf, solid wood.

TC price: \$75.

**Member price: \$67.50**

**This just in...**

Celestron Refractor Telescope.

TC price: \$200.

**Member price: \$180.**



## Summer Clothing Sale

**50% off select summer apparel for the month of September.**

**Visit the Treasure Chest for the Daily Deals...New Items On Sale Each Day!**

### Treasure Chest Hours:

Tues, Wed, Fri. 10am – 4pm, Thurs. 10am – 6pm, Saturdays 9am – 3pm

Volunteers and Donations are always welcome!

## 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](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 big windows, gorgeous views, 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 shopping at our Silent Auction! Volunteers needed...please contact us if you can help!

## 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 musicmusicmusic....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](mailto:andy@cyberwind.net).

### New Classes

#### 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.**

**Monday Sessions: September 9, 16, 23, & 30, 6:00--8:30pm.**

Age 12 and up--Minimum 3 students, maximum 5. Learn machine basics, fundamentals of sewing and complete a simple project such as a wrap skirt or drawstring pants. In this class, students will become familiar with basic sewing machines and be able to identify parts, functions, and how to care for them, as well as learn the essential basic materials and tools necessary for sewing and how quality of such matters. Must register by Wed. Sept. 4th! Contact Rose at [rvd.couture@gmail.com](mailto:rvd.couture@gmail.com). **Session Fee: \$100/session of four classes.**

#### Beginning Thursday, 9/12: Creative Songwriting Series with Blue O'Connell

Six-week session begins September 12, Thursdays 7:00—8:00pm. You don't need to have a lot of musical experience to write a song. With some simple ideas given in the class, you will learn ways to create unique songs or improve existing ones. Each class will focus on different aspects of songwriting such as lyrics, melody, rhyme scheme, titles and much more! There will be some structured exercises as well as time to share in a supportive way. There will be no critiquing; there is no right or wrong way to write a song! To register, contact Blue O'Connell at [blueoconnell@gmail.com](mailto:blueoconnell@gmail.com). \$12/class.

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

**Beginning Tuesdays, September 24, 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.

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

190 Rockfish School Ln | Afton 22920 | 434-361-0100 | [www.rockfishcc.org](http://www.rockfishcc.org) | [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com) | Treasure Chest: 434-361-0103

## 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

"Sweat is just FAT crying!"

**CORE FITNESS**

Visit

SYNERGY

[www.corefitsynergy.com](http://www.corefitsynergy.com)

for class schedule & descriptions. To register, email:

[kwcooke@earthlink.net](mailto:kwcooke@earthlink.net) or call 434-989-0093.

Volunteers and members needed!

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

Where Community Happens!