



## Greetings from RVCC

RVCC is in full swing this summer with a multitude of activities planned. I hope you enjoy reading about them in this month's newsletter and would like to invite you to participate in as many as you can. If you have not tried Zumba we have several new classes getting started. It is a great way to exercise, learn new dance steps and have fun with friends. Read on for more information or check out the [rockfishcc.org](http://rockfishcc.org) website for details.

I am pleased to report that the auditorium renovation phase 1 is almost complete. This is the largest volunteer project I have ever worked on and it has gone extremely well. Our community really pulled together to make this project a success ; however, more volunteer help in painting is required to finish. Our volunteer supervisor, Bob Yoder, is issuing an urgent call for help. Without more volunteers, the use of the auditorium will be delayed. **Please contact RVCC if you can put in some time.** There will still be further improvements in that room but we will take a break until more money is raised. We are hoping to obtain additional funding to refinish the floor and install stage curtains, clearstory curtains, valance lighting, and storm windows.

Please accept our apology for any unacknowledged email due to our address being blocked. If you have not received a call or reply and feel you should have, please call the office at 361-0100 or email us at our new address [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com).

Thanks for your continued support for the RVCC programs and our wonderful tenants.

*Gifford Childs*  
President, RVCC Board

## Meet RVCC's Newest Tenant: Carol de la Herran, Reiki Practitioner

### What is Reiki?

Reiki is a simple technique from Japan to transfer positive energy through your hands. This powerful energy activates the body's own healing powers to enhance health and wellbeing on all levels. We can all use Reiki to help ourselves, family and friends - no special talents or abilities are required to learn. In a first level class you learn to techniques for physical healing. Later, second level works with mental/ emotional healing and distant healing.



Reiki healing techniques are practiced by millions of people around the world because they are so effective, yet so simple. You can learn in one day how to transmit this energy, to help those around you to relieve pain, as a complement to the medications they are taking, and to feel more relaxed and positive. It is especially effective for chronic

## WHAT'S THE NEWS?

- » From the President
- » New Tenant Spotlight
- » Changes at the Treasure Chest
- » Summer Art Exhibit
- » Classes & Workshops
- » Recycle with RVCC!
- » Hamner Happenings
- » Entrepreneur Workshop

## COMING EVENTS AT RVCC

- » **Entrepreneur Express Workshop** | June 21 | 8:30 AM - 12:30 pm
- » **Here Comes Summer! Art Reception** | June 16 | 5:30 - 7:30 pm
- » **Fundraiser for Kay Pangle** | June 24 | 1 - 5 pm
- » **Summer Solstice Dance at the Hamner** | June 23 | 7 pm
- » **Pancake Breakfast** | July 7 | 8:30-10:30 am
- » **Thrift Store Bag Day** | July 7 | 9 am - 4 pm

conditions, but many also use Reiki to help their children, pets and plants, as it is a positive energy that enhances growth and well-being. There have been many scientific studies revealing the usefulness of Reiki healing and it is currently offered in many hospitals in the US and abroad, to both patients and staff. Join us on a Tuesday evening at RVCC to try it out for yourself or a loved one.

### *Reiki Continued*

#### Who is teaching the class?



**Carol de la Herran** has been teaching and working with Reiki internationally since 1993. Now a resident of Nellysford, she wants to share this gift here. After the class, or if you already practice Reiki, you will have the opportunity to attend free group practice on Tuesday evenings with friends and family that wish to receive treatments. Reiki I class will take place on June 23, from 9:30 to 5:30. The price is \$75, which includes a manual and diploma. Bring your lunch for a quick picnic break with the group.

Since space is limited, make your reservation by writing to [carolherran@me.com](mailto:carolherran@me.com) or calling 361-1931 to leave a message.



#### Free healing sessions

If you would like to receive Reiki healing energy, come by RVCC on Tuesday evenings between 6:30 and 9:00. Sessions will start at 6:30 and 7:15. There will be a group healing meditation at 8:20.

## Change in the Air in the Treasure Chest!

With our best year ever in 2011, the Treasure Chest continues to improve and grow. Starting June 1, our new store hours will be 10 - 4 Tuesday through Friday and 9 - 4 on Saturday. Another change is our excess clothing program. With record sales comes record donations. Unfortunately, not every piece of clothing is sellable. We are now working with a recycling company to sell our excess and last month we sold over 1000 pounds.

The volunteer department is also growing. Our own **Connie Muscenti** has joined her husband Colin in the audio department. Connie will be focusing on music literature, CDs, tapes, and sheet music. Also, we are happy to announce **Marilyn Coggins** has joined the volunteer staff. Marilyn brings with her years of thrift store experience. She and her husband Butch reside in Nellysford and Florida. Welcome Connie and Marilyn!

As the Treasure Chest strives to keep pace with community needs and to provide an alternative to retail prices, our commitment to customer service remains our #1 goal.

Stop by and check out our weekly sales, share a smile, see your neighbor, meet a new face, or pick up a great summer read.

We are always having fun at the Chest!

*Lynn Mark*  
Store Manager

## Here Comes the Summer! Art Reception

**Saturday, June 16, 5:30 - 7:30 pm. Conference Room Gallery**

Put on your flip-flops and come to see artwork reflecting artists' ideas of summer. This exhibit showcases creations from several area artists. Complimentary refreshments, good conversation, design your own surfboard activity for the young ones and the young at heart. Exhibit runs June 8 - June 30.

## WHO ARE OUR TENANTS?

### **Alexander Driving School**

*Carol De La Herran*

*Flickinger Studios*

*Claudia Gibson*

*Susan Gorman*

*Habitat for Humanity*

*The Hamner Theater*

*John Helfrick*

*Sallie Justice*

*Cathy Kiehl*

*David Lipscomb*

*K. Robins Design*

*Treasure Chest*

*Rose Valentino*

## WHO ARE OUR TEACHERS?

*Sara Pope Agelasto*

*Megan Atthowe*

*Sue Chase*

*Karen Walker-Cooke*

**Heidi Davis**

*Claudia Gibson*

*Linda Hobson*

*Sallie Justice*

**Blue O'Connell**

*Sandra Pleasants*

*Brian Webb*

*Weight Watchers*

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# WHO'S OUR TEAM?

## RVCC Board of Directors 2012-2013

President

**Gifford Childs**

Vice President

**Sarah Jane Stewart**

Treasurer

**Bob Kinney**

**Sue Chase**

**Chuck Kiehl**

**Cheryl Klueh**

**Bill Perrelli**

**Bob Yoder**

## Treasure Chest

Manager

Lynn Mark

Assistant Manager

Eleanor Massie

## Hamner Theater

Co-Artistic Directors

Boomie Pedersen

Peter Coy

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The July exhibit will feature large canvases in our newly renovated auditorium by **Trudi Goodwin**, Art Therapist at People Places in Charlottesville, as well as creations by **Sue Chase**, RVCC board member. Sue's mandalas and original-design jewelry will be displayed in the conference room gallery.

The art committee is in the process of scheduling exhibits for 2013. If you are interested in exhibiting your creations, please contact the RVCC office (434-361-0100 or [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com)) and leave your contact information.

## Life Coaching Seminar with Sallie Justice

Tuesday, June 12th 7:30 - 9 pm

When You Want an Ally On Your Path to Change ... Been stuck lately? Going in circles? Don't know how to move forward? Having a tough time making a change? Explore what's possible with coaching - a way to bring more awareness to what stands in your way, and to help you ditch old ideas and worn out actions that hold you back. No charge. Contact **Sallie Justice** to register: 434-962-3794 or [salliejusticecoaching@gmail.com](mailto:salliejusticecoaching@gmail.com)

**ALSO: Life Coaching Focus Group** | Tuesday, June 26th 7:30 - 9 pm

For more coaching opportunities, visit our website [www.rockfishcc.org](http://www.rockfishcc.org) under classes .



## Personal Fitness Classes:

**Core Fusion:** A fitness blend of Core strength conditioning, Yoga & Pilates  
New session: May 30 - June 20th (4 weeks) |  
Fee: \$38 or \$13 walk-in



**Core Fit:** A 60 minute cross training class including power walking, cardio. Strength & total body stretch!

New session: June 11th – July 2 | Fee: \$28 or \$10 walk-in



**Zumba:** A low impact express class!

New session: Thursday June 21th @ 9:00 am

**Zumba with abs!!**

New session: Wednesday June 20th @ 6:00 pm | Fee: \$38 (4 wks)

Register by June 13th and get the first week FREE!!!

To register: [kwcooke@earthlink.net](mailto:kwcooke@earthlink.net)



Your instructor **Karen Walker-Cooke** is a registered nurse, exercise physiologist, a certified personal trainer, yoga, pilates & Zumba instructor.

## Zumba Fitness with Heidi Rose Davis

Thursdays 12:30-1:30 pm Starting June 7th | Tuesdays 7-8 pm Starting June 12th  
First Class is free; \$12 drop in Call 434-826-1505 or drop in.

## Recycle old cell phones & printer cartridges

Many years ago **Ann Strober** came up with the idea of recycling old cell phones and printer cartridges conveniently at RVCC. This has proven to be a very good thing to do for the community and for the environment.



There is a collection box in the RVCC main entrance hall and in the Treasure Chest thrift store. Please bring us your old phones and cartridges and we will make sure they get properly recycled. The income RVCC gets from this offsets some operating expenses so we can continue to keep our prices low. Thanks!

## Hamner Happenings

This past weekend the Good Foot Dance company performed to two sold out houses. Hope you were here!

- » **Saturday, June 23** | HIT (Hamner Improv Troupe) will host a **Summer Solstice Dance!** Doors at 8 pm, free and open to the public. | DJ Edwina Herring will spin all your favorite tunes!
- » **Saturday, July 7** | **Central Virginia Blues Society** meets at the Hamner Theater | Doors at 7 pm, music at 7:30.
- » **Saturday, July 14** | In the nightclub - **Bastille Day Jazz** with **Bob Bennetta, Jim Ryan and Dick Orange** | Reservations and further information at [www.thehamnertheater.com](http://www.thehamnertheater.com) or call 434-361-1999.



Come pass some of the hot summer at *the cool Hamner!*

## Entrepreneur Express Workshop

**Thursday, June 21 8:30 am to 12:30 pm**  
in the RVCC Conference Room

Entrepreneur Express is a series of FREE

workshops offered throughout Virginia that provide interactive discussions and exercises covering key elements of business practices, hosted by your Virginia business partners.

Segment will include:

- » How to Start and Operate a Business
- » Growing your Business/Marketing Strategy
- » Financing/Managing Resources
- » Available Resources and Resource Fair

Presented by

- » **Virginia Department of usiness Assistance**
- » **Central Virginia Small Business Development Center**
- » **Curtis and Company**
- » **Virginia Small Business Financing Authority**

Sponsored by **Nelson County Economic Development and Tourism**

Download flyer [here](#).



[www.rockfishcc.org](http://www.rockfishcc.org)

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**We invite you to join us  
at the Rockfish Valley Community Center ...  
Where Community Happens!**