



# the Rockfish Reader

All the News from RVCC



September 2012

## Greetings from RVCC

Thanks to a group of students from the **University of Mary Washington**, we have a fresh coat of paint on the exterior walls of the Treasure Chest thrift store and the Hamner Theater. The students also spread mulch and weeded the playground and landscape beds. It was a fun and productive day thanks to excellent supervision by **Pete Perdue**, **Bob Kinney**, **Sara Taylor** and **Margaret Clair**. On September 1, the **APO Service Fraternity** from University of Virginia helped us spread a thick layer of mulch across the playground, paint the trim around the clerestory windows, and wash windows along one side of the building and the Treasure Chest.

Unfortunately, this month we lost our long time tenant **Charles "Flick" Flickinger**, who had a sculpture studio at RVCC for several years. Flick is an extremely creative and talented artist and often helped us with maintenance projects when not creating his amazing sculptures. We will all miss Flick, but are glad he is staying in the area and continuing his work out of his home studio.

In other news, **John Helfrick** from Afton Laser Arts has moved into Room 9 and is happy to have a view of the mountains. John's move from room 10 is providing RVCC an opportunity to remodel that room for **Karen Walker-Cooke**, who will expand and improve her Core Fitness Synergy program here at RVCC.

Thanks for your continued support for the RVCC.

*Gifford Childs*  
*President, RVCC Board*

## 9/8: Volunteer Appreciation Party & Auditorium Celebration

To celebrate the completion of the ceiling renovation and painting of the Auditorium, and to honor the incredible volunteer energy that went into it, RVCC is throwing a party on **Saturday, September 8th!** The **Central Virginia Blues Society** will bring their fine blues and blues-rock music and the **Hodge Family Jugglers** will provide entertainment. We'll have barbeque sandwiches and ask you to **bring a side dish or dessert** to round out the meal. Beer and wine will be for sale. RVCC members and friends are invited—especially the volunteers who helped tear down the ceiling, scrape, paint, clean, haul, and whatever else it took to get the work done. Let's celebrate!



- ◆ Dinner served | 6:30pm
- ◆ Hodge Family Jugglers | 7pm
- ◆ Music by CVBS | 8-10pm

## WHAT'S THE NEWS?

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## COMING EVENTS AT RVCC

9/8: Volunteer Appreciation Party

9/7-9/16: Hamner Theater Winery Shakespeare Tour: A Midsummer Night's Dream

9/21: Coffee House Music Series | Pete & Lindsey Osborne

9/22: Nancy Lauler/Rose Valentino Art Reception

10/19: October Coffee House Music Series: Thomas Gunn



## 9/21: Coffee House Music Series

We kick off the fall Coffee House Music Series with the beloved father-daughter duo **Pete and Lindsey Osborne**. Pete and Lindsey are each powerful songwriters, skilled in the subtle, delicate crafts of melody and composition, but the real magic lies in how they draw you in with sweet imagery and feeling ... and then floor you with their razor-sharp sense of humor. A typical set ranges from ballads and folk covers to original material featuring flute and guitar pairings. Wine, Beer, Sodas and Snacks will be available.

*Friday, September 21 | 7pm*  
*\$7 Adults | \$5 ages 12-18 | Under 12 get in free*



## 9/22: September Art Exhibit: Nancy Lauler & Rose Valentino



### Nancy Lauler | Oils

*On Display in the Auditorium*

"I have always been in love with the way a tree bends or changes color with the light. Or the way flowers stand like people in a crowd, or the way clouds float, sweep, congregate or mound. I am amazed at the myriad colors in a pile of dirt or the ordinary paved road. These things still affect me the same way they did when I was a small child, living in the moment of nature's glorious color and light. My challenge is to visually remember these moments that continue to amaze me and share them with others. I love using oil as a medium, because it is fluid and organic as the subjects I'm trying to capture. It allows me to improvise, finding my way as I go. A painting is a journey for me, in which I never completely know the outcome."

### Rose Valentino | "Boundaries" in Charcoal

*In the Conference Room*

"This is a series about boundaries, both human-made and natural. Each one is from the land where my family lives and where I grew up, in Nelson County. Boundaries are found everywhere, though they rarely stop us if we really want in, out, or across. They can be symbols of authority, visual aids for transit, places to delineate transition, growth, acceptance, or exile.

The choice to use black and white is meant to underscore the contrast between the way the human mind wants to 'see', or understand things, and the actuality of them, which is almost never that simple. The crisp contrasts that exist in our younger years give way to an often muddy view of the world, but in our minds we keep these bright, distinctive images."

## Fall is Happening at the Treasure Chest!

**Fall Fashions** have arrived at the thrift store and they are gorgeous! Our cool-weather men's and ladies' fashions will be on display in September.

All summer clothing is now 75% off. Also, small paperback books are on sale for 4/\$1.

In other news: **Elaine Weems** has started posting items from the Treasure Chest on Craigslist. In the first day, we sold two items to a buyer from Mt. Sydney. Great job, Elaine!

We look forward to seeing everyone at the **Volunteer Appreciation Party** on September 8th.

Let's celebrate those who have given so much to make RVCC what it is today!

~Lynn Mark, *Treasure Chest Manager*



## WHO ARE OUR TENANTS?

[Alexander Driving School](#)

[Carol De La Herran: Reiki](#)

[Claudia Gibson Catering](#)

[Susan Gorman:  
Derby Vixen](#)

[Habitat for Humanity](#)

[The Hamner Theater](#)

[John Helfrick:  
Afton Laser Arts](#)

[Sallie Justice:  
Life Coaching](#)

[Cathy Kiehl: Art Therapy](#)

[David Lipscomb:  
Virginia Rock Shop](#)

[K Robins Designs:  
Symbolic Jewelry](#)

[Treasure Chest  
Thrift Store](#)

[Rosalba Valentino  
Designs](#)

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

### Art Reception

**Saturday, 9/22**

**5:30-7:30pm**

**Open to the public**

**Refreshments served**

### Treasure Chest

**Hours:**

**Tuesday-Friday**

**10am-4pm**

**Saturday**

**9am-4pm**

(434) 361-0103

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

## Tenant Spotlight: Karen Walker-Cooke

RVCC welcomes our newest full-time tenant! Karen Walker-Cooke brought her innovative Core Fitness Synergy program to RVCC back in April, and is now opening a new fitness space in room 10. Complete with full-length mirrors, newly refinished floors, and a lovely new color scheme, room 10 will provide a home for Karen's Core Fit, Core Fusion Core Silver & Gold, Zumba Core and Group Personal Training classes.



Karen is a pioneer in the field of cardiac rehab, and specializes in developing fitness and health programs for all ages and financial levels. All of the classes in the Core Fitness Synergy program are designed to complement each other, with the goal of producing happiness, health, and positive lifestyle changes in every participant. From cross training, cardio, strength and yoga to the ab-firming Zumba dance party, the Core Fitness Synergy program provides something for everyone.

Karen's extensive credentials and training experience in recreation, exercise physiology, yoga & pilates, gymnastics, cardiac rehab, and diabetes education—on top of being a registered nurse—make her an unique force in the world of health and fitness. The new Core Silver & Gold class is just starting, and a full list of classes is available at [www.rockfishcc.org](http://www.rockfishcc.org) under the "Classes" menu, or visit [corefitsynergy.com](http://corefitsynergy.com).

## Sallie Justice—Life Coaching



### September Life Coaching Focus Group

Monday, 9/10 7:30 - 9 pm

*Getting Out From Under Overwhelm*

Are your to-dos, commitments, obligations, and yearnings piling up and weighing you down? Get a grip in this 90-minute focus group. *\$15 in advance, \$20 at the door*

### Upcoming Life Coaching Course

Tuesdays, 9/18 - 10/9, 7:30 - 9 pm

*Transitions ~ Finding Your Way Through Life's Changes*

Have changes in your life thrown you a curve-ball that you have no clue how to catch? This four-week course will give you the tools to find your footing. Guided by discussion, readings, and exercises. *\$20 per class / \$75 if paid in advance (plus purchase of a required book @ \$15.95 retail)*

### Private Life Coaching Sessions

By appointment: on the phone, or in person at RVCC, Room 4A.

Contact Sallie Justice to register for a course or schedule an appointment: 434-962-3794  
[salliejusticecoaching@gmail.com](mailto:salliejusticecoaching@gmail.com)

For more information about these and upcoming Life Coaching courses, visit the Life Coaching page at [www.rockfishcc.org](http://www.rockfishcc.org).

## Elizabeth Martin—Zero Balancing

Elizabeth Martin is now offering Zero Balancing sessions by appointment at RVCC. Zero Balancing is a massage system with roots in the alternative medicine systems of bodywork, energy medicine, osteopathy and acupuncture. ZB promotes internal balance and harmony through the use of informed, skilled touch. To schedule an appointment, contact Elizabeth at [zblizzie@aol.com](mailto:zblizzie@aol.com).

## WHO ARE OUR TEACHERS?

### Yoga

Martina Compton | Sandra Pleasants | Brian Webb | Karen Walker-Cooke

### Fitness & Zumba

Karen Walker-Cooke | Heidi Davis

### Driver Training

Leslie Alexander

### Life Coaching

Sallie Justice

### Weight Watchers

Karen Asher

### Sewing Instruction

Rosalba Valentino

### Zero Balancing

Elizabeth Martin

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



### Cork Recycling

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! That's right. Center member 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; and while you're at it, your print cartridges in another box!

# ROCKFISH NIGHTS

A benefit for the Rockfish Valley Community Center

## Rockfish Nights 2012

Saturday, November 10

Mark your calendar for RVCC's annual fundraising gala. Eat, bid, and dance the night away with dinner by **The Invisible Chef**, the **RVCC Silent Auction**, and jazz/swing dance music by **Acme Swing Manufacturing Company**. Tickets will be on sale by September 30 at RVCC, on our website, and at select locations around the county—stay tuned!



We are recruiting volunteers to help with the auction and other aspects of the event.

Please contact RVCC or **Sarah Jane Stewart** at [sarahjane@sistewartconsulting.com](mailto:sarahjane@sistewartconsulting.com) if you can help.

If you would like to donate an item or service to the silent auction, please contact us at [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com).

## Hamner Happenings

**The Shakespeare Winery Tour** continues with **A Midsummer Night's Dream** at Cardinal Point Vineyard, Fri. and Sat., Sept. 7 & 8 and at Mountain Cove Vineyard Fri. and Sunday, Sept. 14 & 16. Curtain at 7, gates open at 6. Picnics encouraged and wine available by the glass or the bottle at each winery.

Stay tuned for information about upcoming VPSI readings and **Stanley Ann** - a joint production with The Big Blue Door coming in Oct.

Next **Improv Garage** scheduled for Weds., Sept. 29 - free and open to the public - come exercise your funny bone! Doors at 7, show shortly thereafter...

For more information, visit [www.thehamnertheater.com](http://www.thehamnertheater.com).

Please update your address books! Our new email is [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com)

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

Rockfish Valley Community Center | 190 Rockfish School Ln | Afton, Va 22920

RVCC Office: 434-361-0100 | Hamner Theater: 434-361-1999 | Treasure Chest: 434-361-0103

## 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**

**Rob Cooke**

### RVCC Staff

*Operations Manager*

**Sara Taylor**

### Treasure Chest

*Manager*

**Lynn Mark**

*Assistant Manager*

**Eleanor Massie**

### Hamner Theater

*Co-Artistic Directors*

**Boomie Pedersen & Peter**

**Coy**

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!**