



Tasty Morsels

Rumble in RVA

Sure, they can coach their teams from victory to victory. But can they cook?

Coach Shaka Smart of the VCU Rams and Chris Mooney of the UR Spiders will face off on Thursday, April 25th at the “Rumble in RVA,” a celebrity chef cook-off to benefit the Positive Vibe Foundation.

Smart, known for “wreaking havoc,” and Mooney, famous for his “graceful toughness,” will each work with chef captains drawn from the area’s finest restaurants. (Area stars like Chefs John Maxwell, J. Frank, Paul Elbling, and the late Bob Di-Capri have always been willing to help the Vibe and its students achieve our goals. Some have even employed our graduates.) A host of



Chris Mooney



Shaka Smart

“Preparation. Communication. Teamwork. Follow-through. We’re all working with the same techniques,” he says.

Mark your calendars now and save the date for the “Rumble in RVA!”

Who will you root for?

volunteer cooks will support each coach and his chef captain.

The event is a first for the Positive Vibe Foundation, says Executive Director Garth Larcen. “We’re hoping to have a lot of fun with this,” he says, and he notes the parallels between coaching a winning team, creating a successful dish, and training a person with disabilities for paid employment in food service.

“Just Do the Best You Can”

A graduate of the Vibe’s first training class in 2005, January Tussing joined the staff of the Positive Vibe Express at the Library of Virginia back in December 2011. She still remembers that first day. The cash register terrified her.

But January, who has significant mobility impairments, met that challenge with the same determination and perseverance she’d brought to the training program. With help from Express Manager Matt Wild, and co-worker Sharyn Mann, she confronted her fears.

“She became, with a little support and a whole lot of determination, quite skilled at her position,” says Garth Larcen. “She became as good as anyone.”

January was recently hired as a hostess at Max’s Positive Vibe Café in Stratford Hills. She also works in the Foundation’s office, helping with filing and copying and entering data. A resident of Midlothian, she relies on Van-Go to get her to the Vibe for work. Sometimes, she arrives an hour – or two! – before her shift starts. That’s how committed she is to the Vibe, and to her job.

January thought back to her first days on the job. What got her through the rough spots?

“Matt used to say, ‘Don’t take anything personally. Just do the best you can,’” she says.

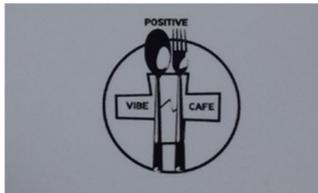
A graduate joins our staff.



Raising money, making friends

The Positive Vibe's special events do more than simply raise funds for the Foundation's operations. They also foster friendships and connections that make our community a stronger, healthier place.

The **VibeFest** is perhaps the group's most well known special event. The VibeFest is an all-day celebration of the food, beverages, music and people that make the Positive Vibe a success. This year, several hundred people attended the event in May. Plans are already underway for the 2013 VibeFest, so stay tuned!



Need a last-minute gift idea?

Positive Vibe Café. gift cards -- they're always the right size and the right color!

You can purchase gift cards at the Café. Recipients will enjoy a lovely lunch or dinner at the Positive Vibe. Gift cards can also be used to purchase catering services.

Your giftees will thank you!

Special event volunteers have fun!

The **Annual Golf Tournament**, now in its fourth year, has become a fixture on the fall tournament circuit. Thanks to all of those individuals and organizations who partnered with the Vibe to make the 2012 tournament bigger and more successful than ever! This year, the event grew by 50%.

Guest chef nights bring the area's finest chefs to the Vibe, where they share some of their most famous signature dishes. This year, we are honored to have already hosted executive chefs from CCV, Pescados, and Buz and Ned's, and we look forward to welcoming even more of Richmond's best chefs in the future.

Our wackiest special event this year was the **Hi5RVA**. We broke a Guinness Book of Records entry with that one! On a lovely spring night at the Diamond, we set the world's record for the largest number of simultaneous "high fives" ever recorded.



Special events are successful because businesses lend their financial support, volunteers lend their physical presence, and attendees continue to patronize them. Want to help? Call 560-9622 to learn more about volunteer opportunities with the Positive Vibe's special events.

Santa Breakfasts

Santa Breakfasts, featuring a visit by Richmond's own Snow Bear, are a charming holiday custom. This year's Santa Breakfasts will take place on December 8th at 9 and 11 a.m. Susan Greenbaum will entertain both kids and grown-ups with songs for the holidays. (Please call 560-9622 to make your reservations soon. Santa Breakfasts sell out every year!)



Can you help?

We can't do it without you!

Three good reasons to support the Vibe with your tax-deductible contribution this year:



Mitch Bourdeaux, Transition Coordinator with Chesterfield County Schools, **Leighann Bolton**, a recent graduate of our training program, and **Kathy Schuler**, Training Program Director for the Positive Vibe Foundation.

Three more reasons:

Our program works. Approximately 40% of our graduates are employed six months following graduation. Local employers know that our grads have the skills and attitudes they need to get to work.

We don't charge tuition. All of our training is offered at no cost to our students.

We don't accept government funding. Café sales and your generosity support the training program.

Please use the attached envelope, or log on to www.positivevibecafe.com to make your gift via PayPal. Thanks in advance for whatever you can share with us this year!

Catering opportunities grow

The Positive Vibe's catering department continues to experience strong growth.

Under Garth Larcen's direction, sales have grown over the past year. Some events are small. To date, our largest event was a dinner for 350 people at the Library of Virginia.

Catering makes sense for both patrons and clients.

"When you cater your office party or family celebration, you have total control over the menu," says Garth Larcen. "Selection, beverages, price -- we make your wish list real."

Congrats, Grads!

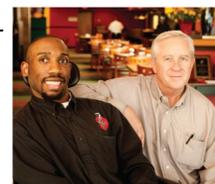
Can you find our 600th graduate?



Neither can we. We're considering the entire graduating class of October 2012 as our 600th graduate. Congratulations to the students pictured above, left to right (back row): Keshia Mathieu, Austin Mc Nerney, Woodie Bare, Brad Romano, Ryan Price; (front row) Sade Allen, Bathshua Yisrael, and Kessla Sipe.

Please join us for our next graduation ceremony, scheduled for November 16th at 3 p.m. at the Positive Vibe Café. Seeing our graduates' determination to succeed, and their pride when they do, will warm your heart. (And there will be cake.)

The November-December edition of Chesterfield Living features "Eat Good ~ Feel Good, an interview with Garth Larcen and Jeremy Grisson, a Training Program graduate and employee at the Café."



Catering also works for the Vibe, allowing us to give our more advanced students additional experience in ordering, preparing and presenting an array of delicious appetizers, entrees, and desserts in a real world environment.



If you prefer, you can reserve the Vault, the Private Dining Room, or the entire Positive Vibe Café for your holiday office party or family reunion.

Call the Vibe now at 560-9622 to arrange for your next holiday party or family milestone.



Positive Vibe Foundation

Max's Positive Vibe Café

Stratford Hills Shopping Center

2825 Hathaway Road

Richmond, VA 23225-1725

804.560.9622, phone

804.560.9623, fax

www.positivevibecafe.com



Training and Employing People with Disabilities in Food Service.

In 2001, Get Lost MD Foundation was established as a 501.c.3 non-profit corporation. In 2010, GLMD's name was changed to the Positive Vibe Foundation.

The Positive Vibe Foundation trains people with cognitive and/or physical disabilities for work in the food service industry, and hires people with disabilities at Max's Positive Vibe Café (opened 2005). The Training Program celebrated its first graduates in 2004. Since then, the Vibe has trained more than 600 people with disabilities — and all training is offered free of charge.

Your patronage and your contributions help us continue to help people with disabilities train for – and obtain – paid employment in the food service industry. Thank you for your support!

It's not easy being green!

So said a famous frog, but even Kermit would have to agree -- it's worth it! The Nature Conservancy announced that Max's Positive Vibe Café won the Nature's Plate award for 2012 for the Richmond area.

In order to qualify for the Nature's Plate award, competitors must use sustainably harvested seafood, sustainably raised meat and/or local produce.

We are proud to be Richmond's 2012 Nature's Plate People's Choice Award recipient, and invite you, your family and friends to stop by the Café soon to enjoy locally-raised bison, Mankintowne greens, fresh-caught Virginia seafood, and other local and sustainable items.

