



***We Are the Rock.
This Is How We Roll.***

ROCK ON.



February 2018

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

From Executive Director Stu Mills:

Monday, January 8th was a banner day here at the Rock, when “Rock & Sol” inspirer Arlo Bloom dropped by to see the first of 44 photovoltaic panels being hoisted up on the East roof by Sun Tribe Solar’s installation team.

The cold and rainy weather didn’t dampen our spirits as we celebrated the culmination of a year-long fundraising effort that doubled our initial goal, enabling us to nearly double the power-generating capacity we had dreamed.

The solar installation is expected to generate more than 17,000 kWh of power for us every year for up to 35 years, offsetting more than 11% of RVCC’s growing electrical consumption. That’s the equivalent of saving over 210,000 pounds of coal from being burned, and a carbon offset equal to planting over 5,000 trees!

Please join us in thanking Arlo for his hard work in bringing Rock & Sol to life, to the Schaeneman Foundation, the Community Foundation of the Central Blue Ridge, the Bama Works Fund of the Dave Matthews Band and an anonymous foundation for granting over \$31,000 for this project. And very special thanks go out to **you**, the nearly 40 RVCC members who pitched in over \$5,000 more to make our dream come to life.

Following final inspections, we should be turning sunshine into electricity by mid-February. Be sure to watch for the installation of our Rock & Sol kiosk in the foyer, that will provide sustainable energy feasibility and resource information and real-time monitoring of the sun power that we’re harnessing!

Stu

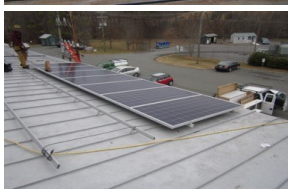
“Rock & Sol”



...is here to stay!



Arlo Bloom



Sat., Feb. 3: Pancake Breakfast—Sponsored by the Well of Nelson!

Join us for our community Pancake Breakfast—butter milk pancakes, *real* blueberry pancakes, bacon, sausage, grits, scrambled eggs, OJ, TBC coffee, and good company. **Breakfast is served from 8:30am-10:30am.** It's an all-you-can-eat breakfast starting at \$7 for RVCC members, and \$9 for non-members. Members can bring a friend and get the member price for their guest!



The Pancake Breakfast is a wonderful community event, made even more wonderful by the fact that it is run entirely by volunteers. HUGE thanks to [The Well of Nelson](#), who, in addition to being this month's sponsor, has been providing us with a small core group of volunteers who make sure the breakfast goes off without a hitch every month. However, we always need a few extra pairs of hands in addition to the amazing crew from The Well. **If you can help, please contact us at rockfishcc@gmail.com!**

Saturday, February 3: 11th Annual Winter Market Season Continues



The 11th Annual Winter Market season continues on Saturday, February 3! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts, and live music. Each market also coincides with RVCC's Pancake Breakfast and the Treasure Chest Boutique Bag Day.



2018 Indoor Market Schedule



February 3: 9am—noon
With Sue Harlow

March 3: 9am—noon
With The Accidentals

April 7: 9am—noon
With Gene and Gayla Mills

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

Beginning Wednesday, Feb. 7: Swing Dance Classes for Beginners

Dance Classes for Beginners—with instructor JoAnn Agnone

Swing (East Coast Style) and Rumba—with Music inspired by the MAD MEN era of the 1960's
Wednesdays, February 7 through March 14, 2018, 7:30 - 8:45 PM. In the Dining Room.

\$60/person. Pre-Registration appreciated. For registration and more information, contact Instructor JoAnn Agnone at 434-361-2499 or jagnone1133@gmail.com.



Saturday, February 10: Cooking Class with Claudia

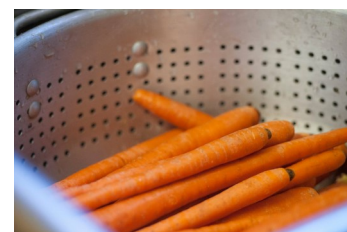
Cooking Class with Claudia Gibson

Saturday, February 10th, 1:00—3:00pm, in Claudia's kitchen.

Learn how to make Soup & Salad meals and get some new ideas and inspirations for expanding your dinner repertoire, with emphasis on health and innovation. Hands on and demonstration. Go home with soups, recipes and cooking confidence!

\$40 per person, all materials included. \$20 deposit requested.

For more information or to sign up, contact Claudia at claudiacatering@gmail.com or call/text 434-760-4182.



Friday, February 16: Barbara Martin

RVCC House Concert—In the Rockfish Lounge

"This singer-songwriter's artistry is as American in style as it is universal in emotional intelligence..." —Washington Post

An accomplished guitarist, vocalist and award-winning songwriter, Barbara can stand on her own in an intimate setting, mixing her original songs with blues and jazz from the 20's and 30's. She's the real deal; a true renaissance woman in music genres prone to stereotypes and pigeon-holes.

Her ability to transition smoothly from chanteuse to girl-next-door to perceptive poet make her delightfully her own woman.

The show starts at 7:30pm, in the Rockfish Lounge. Cover: \$7 members, \$9 non-members. Refreshments available.

To listen, visit www.barbaramartinmusic.com.

"Whether she's singing a smoky blues number or a gentle ballad, her wonderfully versatile and powerful voice pulls you in and makes you listen." —Brenda Barkley, Tidewater Friends of Folk Music



Wednesday, February 21 & Thursday, February 22: Black Americans In The Military

February is the traditional month for celebrating Black History. Pete Perdue will lead a PowerPoint presentation covering Black Americans in the Military, starting with the Revolutionary War and ending with the Iraqi War. The material is all-inclusive, covering both genders. This one-hour presentation will be held in Rockfish University on Wednesday, Feb 21 and Thursday, Feb 22 starting at 7:00PM.

Pete Perdue, a founding member of RVCC, has co-authored an article entitled "Black Americans in the Military" which is published in the February 2018 Edition of the Army and Navy Club (Washington, DC) magazine, "The Dispatch." Pete, a retired Navy Captain with 40+ years of service and co-author, Chris Johnson, United States Military Academy, Class of 1973, invested a prodigious amount of time in performing research and writing the article. They are sharing the results of their research with others in their respective communities/circles by making presentations during Black History Month. The third member of the team that deserves recognition is home grown. The art work on the front cover of the February Edition of The Dispatch was painted specifically for that purpose by Frank Walker of Charlottesville. The painting is of a 92nd Infantry Division soldier in Italy during WWII. The painting will be on display during the presentation.

Prior to writing this article, Pete had never heard of the WW1 Harlem Hell Fighters and believes very few other Americans have either. The "Harlem Hell Fighters" name was given to them by German soldiers whose misfortune it was to tangle with them in combat. The superior combat airmanship of the now famous Tuskegee Airmen "Red Tails" was displayed in WWII in 1944/45 in the European Theater but did not receive much national recognition until release of the first movie, "The Tuskegee Airmen," in 1995, some 50 years later.

Seating is limited—please contact Pete Perdue at 540-456-4885 to RSVP. If you are interested in seeing the presentation and can't attend on the above dates, call Pete. If sufficient interest exists for other dates, effort will be made to do other presentations.

Saturday, February 24: Clean Energy Fair

Protect Our Water! Clean Energy Fair

In the RVCC Auditorium, 12 noon—4:00pm. Free admission!

An event for the whole family spotlighting the best ways to access solar, wind and geothermal sources. Meet and learn how solar power is now affordable, learn about geo-thermal energy, talk with those who know about wind power, and work to reduce your utility bill with an expert.

- ◆ First 250 families get a free water tumbler!
- ◆ Kids activities area has fun crafts and hands-on energy projects without charge
- ◆ Watch a film called the Future of Energy [64 min] @12:30 or 2:00pm
- ◆ Live Musical performances
- ◆ Ride the Vandegraff energy-producing bicycle and produce enough energy to bake cookies
- ◆ Affordable snacks and drinks available

This event is sponsored by Protect Our Water!, a Nelson County non-profit committed to keeping our lakes, streams and creeks clean and free of pollutants. A grant from CHEJ- Center for Health, Environment and Justice has made this event possible. Call 434-263-6447 for more information.

Fri., 3/16: RVCC House Concert w/ Good Buddy

Based in the Blue Ridge Mountains, Good Buddy draws from the greats of bluegrass, jazz and the blues to create a "bluesgrass" band steeped in classic American music.

Abe Goorskey and Philipp Gabathuler started playing as "Good Buddy" after a chance encounter with a homeless bluesman having breakfast at a street-side café in Lynchburg. He sidled up to the breakfast table without hesitation (or invitation) and introduced himself as Good Buddy. Inspired by his friendly smile and demeanor, the duo went home and worked up some train songs. Since then, Good Buddy has created a traditional sound where harmonies and stylistic playing will have you feelin' like you're rollin' along the James River in an open Georgia Southern box car!

Led by Lynchburg, VA native Philipp Gabathuler, and complemented by a versatile group of area instrumentalists, Good Buddy's diverse catalog and wealth of live experience enables them to please clients ranging from newlyweds at wedding receptions to promoters for summer festivals.

Find them on Facebook at <https://www.facebook.com/goodbuddyband/>.

The show starts at 7:30pm, in the Rockfish Lounge. \$7 members, \$9 non-members. Refreshments available.



Thurs., 3/29: RVCC's Annual Membership Meeting

Please mark your calendars to join your fellow RVCC Members for our 18th Annual Meeting on March 29, 2018 in the Rockfish Lounge.

Of particular interest this year is the fact that we will have 2 or possibly 3 Board of Director seats up for election due to retirements this past year. If you are interested in serving on the Board, or would like to nominate someone else who has expressed interest, please submit a nomination to us by Friday, February 2nd. If you'd like to know more about the role of Director, its obligations and its rewards, please call us here in the office to talk it over. The nomination should include the individual's name, phone and email contact information, and an indication that he/she is willing to serve. Our Nominating Committee will take it from there.

The Business Meeting on March 29th will begin promptly at 6:00 PM. It will be preceded by an Open House and refreshments between 5:00 and 6:00. This is an informative, participatory meeting, and we will be presenting our 2017 financial statement, electing board members, and highlighting RVCC accomplishments in 2017. We will share the new challenges we face and the new programs and facilities being offered in 2018, and we will be welcoming your suggestions.

A Gentle Reminder: The RVCC membership period is from January 1--December 31 of each calendar year. The Annual Meeting is only open to those who have current 2018 memberships. If you have not yet renewed your membership for 2018, please visit rockfishcc.org today!



Save the Date!

2nd Annual RESCUE RUNWAY

Fashion, Furry Friends, & Fun!

Sunday, April 8

2--4pm

Proceeds benefit RVCC & the Almost Home Pet Adoption Center



RVCC's Annual Fund & Membership Drive

IT'S NOT GAMBLING WHEN YOU KNOW YOU'RE GOING TO WIN.

The Rock is on a HOT STREAK! It's time to get in on the action!

ANTE UP!

Get in the game by choosing your membership level for 2018:

- ♣ Basic - our "Bottom Dollar" annual membership offers you voting rights, discounted admission to all RVCC events including Pancake Breakfast, House Concerts, Rockfish Nights, and discounts on Treasure Chest purchases and room rentals. (\$30/individual; \$50/family)
- ♣ Sustaining - our "High-Roller" membership level offers you all the benefits of Basic membership plus inclusion in our Donor Circle, 2 free tickets to a Pancake Breakfast and any House Concert, and recognition on our website. (\$120/individual; \$180/family)
- ♣ Rock Star - our "VIP" membership level includes all Basic benefits plus recognition on our website, inclusion in our Donor Circle, and "Carte Blanche" admission to any RVCC-sponsored event, including breakfasts, concerts and special events. (\$480/individual; \$720/family)
- ♣ Rock Legend - our "Casino King" level earns all Rock Star benefits plus a special citation from the RVCC Board of Directors, an engraved listing on our Rock Legend plaque, and an engraved gift from The Rock. (\$3,000 & up)



Join RVCC and get special discounts on all RVCC events, rentals, and purchases at the Treasure Chest—plus member voting rights.

Your new or renewed membership directly supports our basic operating expenses— so we can be here for YOU. RVCC receives NO government funding, from Nelson County or otherwise.

Visit rockfishcc.org, or see us in the office or the Treasure Chest to join or renew today!

Ongoing Events, Classes & Services



Sunday Ping Pong

1:00—3:30pm, in the Auditorium. Two tables, all levels welcome. Contact David Cunningham for more information: davo@ntelos.net.

Monthly Gathering: Kirtan with Carol and Martha

Friday, February 9, 6:30 to 8 pm, in the Rockfish Lounge. Donations appreciated. *Open Your Heart with Chanting! Release Stress! Feel the love, own your Bliss! Take the road to inner peace!* Kirtan is a practice of call and response chanting in Sanskrit that invokes inner peace, joy and bliss. An integral part of Bhakti Yoga, this melodic practice's primary function is to open the heart to life and love. No great singing voice is necessary, no prior experience needed, all that you need will be supplied! Come for an inspired feel-good time! Ample seating is available, but bring your own cushion if you prefer to sit on the floor. For more info call 540-649-7055.

Ongoing Events, Classes & Services, Continued

A Walk Through Western Civilization

Sundays, 3:00pm, in Rockfish University: "A Walk Through Western Civilization" is a non-credit, free, adult course on the civilization to which we belong. Retired professor Dr. Jeffrey Mitchiner will lead an informal, relaxed, seminar-type discussion group on a range of topics. General areas of discussion may include: historic and cultural roots of Western Civilization in ancient Greece and Rome, the rise of Christendom and the European states, and the engineering and architectural achievements of the Middle Ages, the emergence of the Modern Era through the Reformation, Renaissance and science, European expansion and the Age of Exploration, settlement of the Americas and the United States on the world stage. Along the way, topics to be explored include religion, politics, art and education. **If interested, please contact Dr. Mitchiner at (434) 361-1412 or c3j1m41@yahoo.com; or contact Cliff Love at clifflove@gmail.com.**

Now Available at Rockfish University: The Great Courses

The Great Courses (TGC) is a series of college-level audio and video courses produced and distributed by The Teaching Company. The series differ from most online learning platforms in that they are produced for enrichment purposes only and offered without schedules, homework, exams, or certificates. These Great Course offerings are available to RVCC members at no charge; simply contact us at 434-361-0100 or email rockfishcc@gmail.com to peruse the collection and check out the courses of your choice. You may also review the available courses by [visiting the Classes section on our website](#).

New Health Consulting with Christopher Lowthert, D.C.

Chris Lowthert, D.C. of New Health Consultant (located in Room 3) is an experienced local chiropractor offering gentle and holistic support for your natural health needs. He specializes in [German New Medicine](#) and [Active Release Technique](#). **Call or email today to schedule your appointment: (540) 255-0026 or DrChris@LearningGNM.com.**

German New Medicine Study Group

Wednesdays, 6:00-7:30pm, in Room 3 (New Health Consultant). This weekly Study Group focuses on the medical discoveries of [Dr. med. Ryke Geerd Hamer](#), *the new paradigm of health and healing*. Each week we will explore the fundamental principles of the New Medicine and how we can immediately apply the principles in our daily lives. The study group is hosted by Dr. Chris Lowthert, [a ten year teacher of German New Medicine](#). There will be a short meditation prior to the start of the GNM Study Group. Donations are greatly appreciated at the conclusion of the Study Group. For more information, please visit [LearningGNM.com](#) or call Dr. Chris at 540-255-0026.

Zero Balancing w/Elizabeth Martin

Zero Balancing (ZB) is powerful touch therapy for body and mind. Deeply relaxing and energizing, ZB touches your core, at the level of bone, to promote wellness and balance. ZB can relieve tension and pain, improve balance and mobility, alleviate stress, amplify calm, quiet your mind, and expand your awareness. Practitioners evaluate and balance key areas throughout the body, first with you sitting, then lying face up, fully clothed. A treatment releases deep tension in bones, joints and soft tissue. **To make an appointment or for more information, contact Elizabeth at zblizzie@gmail.com.**

The Treasure Chest Thrift Store

The Treasure Chest Thrift Store has been a source of financial support for RVCC since its opening in 2001. The store also performs many essential services for the Community. This is a place where people can recycle and find all types of gently used items. In addition to serving the many shoppers, store staff and volunteers offer a more quiet service. On a daily basis people's needs are met whether or not they are able to pay. Most of what is culled from the inventory goes to another organization that serves the low-income populations of Nelson and elsewhere.



Every Day is Bag Day!

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! Every day, you can fill a bag of regularly-priced clothing, belts, shoes, purses and scarves for just \$10.00! **Plus, the First Saturday is Boutique Bag Day!** Our First Saturday Bag Day now features **20% off all specially priced clothing** in addition to the normal Bag Day Sale!

Donations Accepted During Business Hours!

We greatly appreciate your generous donations of items that are in immediate re-sale condition. Please do NOT leave items outside the store after hours! And please do not leave items that are stained, dirty, damaged or missing parts, or are in bags or containers that may be mildewed, contain spiders or insects, or have kept company with other critters. Unfortunately we cannot accept electronics, particle/fiberboard items, baby equipment or used toys, text books, reference books, or magazines, or items not coming from a smoke-free home. **Don't forget—the Treasure Chest accepts consignment furniture!** For consignment terms and more information, please visit the [Treasure Chest page](#) on our website, or stop in and visit with us to find out how consignments work.

VOLUNTEERS NEEDED!

If you can spare a few hours here and there to help us handle the amazing donations that are coming in every day, we'll give you **25% off** any purchase! Help is needed Tuesday through Saturday—please contact Kat Walsh at 434-361-0103 if you can help.

RVCC members get 10% off every purchase, every day!

Treasure Chest Hours

Tues.—Fri.:

10am—4pm

Saturdays:

9am—3pm

Call 434-361-0103

**BLACKBOARD
SPECIALS!**

**CHECK THE BOARD ON YOUR WAY
INTO THE STORE FOR SALES ON
BOOKS, MEDIA, AND MORE!**

GREEN INITIATIVE TOO

RVCC's Green Initiative, Too

Introducing "Green Initiative, Too"—a compilation of projects that will help further RVCC's goal of improving energy efficiency in our historic 80-year-old building!

With the completion of the solar array this winter, our nearly \$100,000 Green Initiative projects will come to a glorious conclusion. But there is still much to be done to limit our carbon footprint in Nelson...and on the planet! We're thrilled to report that the GI Too campaign has already raised \$31,500 from the Perry Foundation, the CACF, and members of our community. These proceeds and other donated funds in

our current fundraising drive will be used to reach our \$51,570 goal for the following projects in 2018:

Roof sealing and painting - Basketball court lighting - Install central air conditioning in the front of main building— Upgrade interior lighting to LED- Improve ceiling insulation in Annex - Replace window treatments with energy-efficient blinds in final two rooms of main building—and Refinish/repair the dining room floor.

We think we can have all of these projects completed by July, and to the extent possible, work will be completed by volunteers to help defray labor costs. *That's where you can make a difference for the Rock.* If one or more of these projects resonates personally with you, we could really use your help in the form of a project donation and/or a volunteer commitment.

To donate: please click below to go to the GI Too website donation page at rockfishcc.org.

To volunteer: please contact us here in the office, or drop by to let us know how you can support GI Too with your time!

[YES! I want to support the Green Initiative, Too!!](#)

Shops & Studio News

Claudia Gibson Catering

The Cafe will be closing breakfast and lunch service for the winter, and will reopen on April 4th. For special orders, events, and catering by appointment this winter, please contact Claudia anytime at claudiacatering@gmail.com or 434-760-4182.

Full Circle Salon

Tammy Huffman, Stylist. Color, cut, styling, and facial waxing. **By appointment: contact Tammy at (434) 529-7180.**

Old Orchard Farm

Old Orchard Farm is open every Wednesday 9:30—12:00pm and every Saturday 9:00—12:00, in the Concession Stand behind RVCC. Old Orchard Farm is a competitively priced farm market offering regular specials on our high quality pork, beef and lamb for the best prices in the Rockfish Valley! Come early for the best selection of organically raised fruits and veggies, plus baked goods, eggs, cow shares and more! **Stop by, as you never know what seasonal specialty may suddenly be available! Tastings too!** Please contact Anne for more info at 434-260-4701. Please email info@oldorchardfarmva.com to sign up for the Old Orchard Farm mailing list for product updates, special offers, cow share availability, and other news.

The Rockfish River Gallery of Fine Art & Exquisite Crafts

Now through mid-February: All blown glass by artist Charles Hall is 25% off! Over 50 artists now have their work available at the gallery, with new items arriving every month. The gallery offers a wide selection of artwork, crafts, jewelry, soaps, textiles, sculpture, books, music, cards, pottery and much, much more.

The Gallery is open Wednesday through Saturday, 10 am — 4:30 pm. For more information about the artists, visit www.rockfishrivergallery.com.

Trager Brothers Coffee

Certified organic micro-roastery. Hours: Monday through Saturday 7:00am—6:00pm; Sundays 9:00am—4:00pm. Contact TBC at 434-263-8916 or info@tbcroasters.com.

Virginia Rock Shop

Rocks, fossils, and jewelry from Virginia and worldwide, mostly acquired from older collections purchased from other rockhounds and personally collected items. Hand cut and polished stones and handmade jewelry. Jewelry Repair, watch battery replacement and video/audio to digital service also available.

February news—Amethyst is the February birthstone and the zodiacal sign of Pisces. **In stock:** Amethyst jewelry and specimens for those who have a special day this month (or not.) This is also the month to surprise those special ones on Valentine's Day with a heart-shaped stone or other unique Valentine's Day gift. New this month: two small rock collections, one of Virginia specimens and the other mainly of Afghanistan material; plus new pieces of nelsonite and soapstone jewelry!

Normal hours: Tues—Sat. 10am--5pm, Sun. 12--5pm. 434-981-1897 or VaRockShop.com.

ARTISAN & STUDIO DIRECTORY

Peter Agelasto &
Richard Averitt
[Digital Relab LLC](#)

Anne & Dan Buteau
[Old Orchard Farm](#)

[Claudia Gibson
Catering](#)

Susan Gorman:
[Derby Vixen](#)

Sallie Justice:
[Life Coaching](#)

David Lipscomb:
[Virginia Rock Shop](#)

K Robins Designs:
[Symbolic Jewelry](#)

Sassafras Studio—An Af-
ton Art Guild

Chris Lowthert
[New Health Consultant](#)

[Rockfish River Gallery](#)

Kelly Whalen
[Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

Tammy Huffman:
[Full Circle Salon](#)

Elizabeth Martin:
Zero Balancing

Colin Winter
[Woodrow Wilson National
Fellowship Foundation](#)

Fitness & Yoga Classes

Yoga Studio



Our fully-equipped Yoga Studio offers a variety of classes throughout the week, taught by qualified and knowledgeable instructors. No matter what your fitness or experience level may be, there is a class that will work for you.

If you are interested in teaching a Yoga class, please contact the RVCC Office at 434-361-0100 or rockfishcc@gmail.com for more information.

New Yoga Class: All Levels Yoga with Kate Zuckerman

Wednesdays 10:30-11:45am, in the Yoga Room.

Kate's teaching incorporates the philosophy of yoga and emphasizes presence, peace, and poise in each pose. Students will hold postures for a period of time in order to learn more about themselves and the pose. This class will challenge more experienced students and is also appropriate for all levels.

This class is offered by donation. Please give as generously as you can, as 100% of your donation will be donated to a local nonprofit organization. January/February's donation recipient: The Rockfish Valley Foundation.

Bio: Kate Zuckerman began teaching yoga in 2002 and is the founder of Common Ground Healing Arts, a non-profit organization that brings complementary health services to Charlottesville and the surrounding communities on a donation basis. Kate is grateful to her primary teacher, Kofi Busia, who is one of the world's foremost instructors in the Iyengar tradition.



Ongoing Yoga Classes & Updates

Yoga w/Sandra Pleasants, certified Iyengar teacher and ERYT500: Mondays, 9:15—10:45am: (all levels), \$15/class; Mondays 6—7:30pm: Advanced Iyengar, \$15/class; Tuesdays, 10—11:15am: Gentle Iyengar, \$12/class. Contact Sandra at 434-361-2262 or sandra.pleasants@gmail.com to register.

Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor. Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. Agnes integrates her training in physical therapy and anatomy, mindfulness and wellness for a safe and fun class. All level students are welcome. Private Yoga individual and group sessions also available, by appointment. Contact Agnes: agnesyhw@gmail.com. For class schedules, fees, changes in schedule due to holidays, inclement weather etc.) and to read Agnes's blog for wellness tips. visit www.agsyogaworks.com.

Yoga Health Works (Agnes) will not be having yoga class the week of Feb19-23, 2018 as she will be leading a yoga/mindfulness wellness week in Costa Rica. Check out the info at www.agsyogaworks.com. If your group/organization is interested in workshops (whether it is one day or seven), contact Agnes at agnesyhw@gmail.com.

Wednesdays, 6:00pm: Multi-level w/Martina Compton. Contact martinac1959@gmail.com to register.

Thursdays, 6:30pm: Men's Yoga w/Brian Webb. 434-361-9218 or brianpwebb@me.com to register.

Private Yoga Sessions: Have you wanted to try yoga but do not know where to begin? Can't find a yoga class that fits in with your busy schedule? Try a personalized Yoga and Wellness Class with Certified Iyengar Yoga instructor Sara Agelasto. For more info, please contact sara@iHanuman.com or 434-825-5983.

Core Fitness Synergy Studio



Core Fitness Synergy offers:

Personal & small group training—Core group fitness classes—Core Fusion (power pilates, core conditioning, strength & yoga)—Semi & small group training—Sport-specific training—Flexibility, balance & stretch training—Injury prevention mechanics training—Private & semi private Yoga, Pilates & core training—And “E” Training.

Core Fitness Synergy Promotions:

—Bring a new friend to class, if they sign up, you receive \$50 off of next month's plan of choice!

—Buy 3 personal training sessions, and get 2 free!

—New to class? Try the first class for free, and if you sign up for a plan that day, you get 50% off!

Contact Kelly at whalenkm@vcu.edu or 804-814-9794 for more class info and registration.

For more info about Core Fitness Synergy, visit corefitsynergy.com.



Are You a Jack-of-all-trades, an Artist, or a Music Lover?

Are you interested in helping out, but don't have a particular project in mind? Our Building & Grounds, Art, and Music Committees are entirely composed of volunteers, and we would *not* be able to keep this place running without them!

The B&G committee takes care of everything from small repairs and handyman jobs around the building, to large jobs such as the recent installation of a green screen between the Blue Mountain Pavilion and the SK8 Ramp. Our current crew is astounding, but this is a huge facility and there is more to do than they can keep up with. **We are desperately in need of more help.** Please contact us if you'd like to get involved.

The Art and Music Committees are also looking for new members. If you'd like to be involved with the art and music events and programming here at RVCC, please let us know. We need your vision and your energy! Email rockfishcc@gmail.com, call us at 434-361-0100, or come see us.

There are also plenty of ways to help that don't require the commitment of joining a committee. If you've ever wandered through the building or around the grounds and wondered about the trash can that hasn't been dumped...or why that flower garden needs to be weeded...or any other task, large or small, there's a pretty good chance it's because we don't have enough help to stay on top of this stuff.

We take a lot of pride in this place, but the truth is that we just can't do it all. And so we hope that you'll take some pride in it too. Please help us care for the Community Center that has become an anchor in the lives of so many people in the Rockfish Valley.

OUR TEAM

RVCC Board of Directors

President *Chuck Kiehl*

Vice President *Bob Yoder*

Treasurer *Scott Duncan*

Secretary *Sarah Jane Stewart*

Directors *Gifford Childs, Bill Perrelli, Cliff Love, Cheryl Klueh, Dan Magan*

RVCC Staff

Executive Director *Stu Mills*

Operations Manager & Newsletter Editor *Sara Taylor*

Treasure Chest

Manager *Kat Walsh*

Assistant Managers *Betsy Greenleaf & Eleanor Massie*

Groundskeeping

Creation Appreciation

Custodian

T&E Cleaning

HOW COMMUNITY HAPPENS

- ◆ Volunteer for a Pancake Breakfast, a workday or an event, or 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.

JOIN THE ROCK!

Memberships help us keep this place running on a daily basis—RVCC receives NO government funding, from Nelson County or otherwise.

[CLICK HERE TO JOIN OR RENEW YOUR RVCC MEMBERSHIP](#)

...or visit the RVCC Office to learn more!



The Rockfish Valley Community Center

190 Rockfish School Ln, Afton 22920

434-361-0100 | www.rockfishcc.org | rockfishcc@gmail.com

Treasure Chest: 434-361-0103

Volunteers and new members are always welcome!

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

For more information about businesses, activities and events at RVCC, visit www.rockfishcc.org.

To receive this newsletter by email, please visit the "Join Our Mailing List" tab on the website.