



**March 2018**

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

## THE ROCK

**PROGRESS! CHANGE! THANK-YOU!**

From RVCC President Chuck Kiehl:



Hello Everyone!

We have given Stu a well-deserved month off from writing his always inspiring introduction to our monthly newsletter. As we prepare for our 2018 Annual Membership Meeting, I would like to take this opportunity to focus on the three areas listed above.

### **PROGRESS**

As you will see from the Highlights Of 2017 on the next page, due to the efforts of many, we continue to make progress in shaping RVCC to be the very best that we can be in providing classes, activities, and services to the entire Membership and Nelson County Community. The goal continues to be to provide a welcoming environment for all members of our community and to have every member of our community WANT to come to RVCC and contribute to our continuing success!

### **CHANGE**

I am a big believer that all organizations, particularly non-profits, need changes in leadership to survive. New involvement and new ideas, along with managed transition of experienced leadership is the lifeblood of success. A few years ago, based on the recommendation of Staff and the Board, our membership voted to update and make some changes to our bylaws. One of those changes was Term Limits for Board Members. Bottom line, no Board member shall serve more than two consecutive three-year terms. Beginning this year, this change is starting to impact some long term Board members who will reach that maximum. I would like to take this opportunity to recognize Cheryl Klueh and Bill Perrelli for their many years of service to RVCC. You have done well and we will miss you and your many contributions. Many more experienced Board members will follow over the next few years. However, on the positive side, you will see that we will have five new candidates for the Board, who are well qualified and have contributed to RVCC in the past. In fact, with two of the openings replacing Cheryl and Bill, and three openings that have been vacant, if all are elected by the membership, it will be the very first time that we will have a full complement of twelve on our Board. Very exciting!!

Our 2018 Annual Membership Meeting will be on THURSDAY, MARCH 29<sup>TH</sup>. More info to follow shortly, along with Board Candidate bios and voting proxies. If at all possible, it would be great if you could attend the Annual Meeting. However, if you cannot attend, please submit your voting proxies.

### **THANK-YOU**

As part of those bylaw changes that I mentioned above, another was Term Limits on Board officers (Executive Committee). Bottom line, no officer (President/Vice-President/Secretary/Treasurer/Immediate Past President) shall serve more than three consecutive years in any one of the above positions.

Well folks, that is me. I will be finishing my third consecutive year as President of the Board. After our new Board is elected at our Annual Membership Meeting in March, they will elect our new officers at our first Board Meeting after that in April.

It has been a real pleasure to serve as your President these last three years. My heartfelt THANKS to the Membership for giving me the opportunity to serve this Community and my heartfelt THANKS to our fantastic Board for giving me the opportunity to work with them in continuing to make THE ROCK the place to be.

In closing, I would be very remiss without acknowledging the fine work of our Staff, particularly Stu and Sara, who, as President, I have had the pleasure of working very closely with over these last three years. We, as a Community Center, are very fortunate to have these professional, very competent, and dedicated employees.

**THANK-YOU TO ALL!**

*Chuck*

## 2017: Living Our Commitment to Community

It has been another terrific year of learning, playing, culture and partying at the Rock, all while making great strides in reducing our carbon footprint through our Green Initiative! Some highlights:

- ⇒ Another wonderful **Annual Fund and Membership Campaign** - our best year ever in total membership and membership revenue;
- ⇒ Outstanding **Treasure Chest** sales, and a hugely successful “Rescue Runway” Fashion Show that benefited both RVCC and the SPCA’s Almost Home Pet Adoption Center;
- ⇒ Yet another jam-packed year of events, meetings and classes, including Coffee House concerts, orchestra performances, art exhibits and Winter Markets, dance, exercise and educational classes and a myriad of meetings, all filling our public spaces with the amazing talents of local musicians, artists, farmers, crafters, teachers and organizations;
- ⇒ Completion of fundraising for our **“Rock & Sol” solar energy pilot project** that will enable us to install a 44-panel photovoltaic solar array this winter that in turn will produce more than ten percent of our electricity needs, thanks to an anonymous foundation, the Community Foundation - Central Blue Ridge, Bama Works Fund of Dave Matthews Band, the Schaeneman Foundation and over 25 generous private donors;
- ⇒ Installation of 61 brand-new **thermopane windows** in the main building, helping us to seal it tight and reduce energy consumption as part of our “Green Initiative” project;
- ⇒ A fully restored and reconfigured **geothermal heating/cooling** system that can now provide alternating temperature regulation for the Treasure Chest or the Lounge;
- ⇒ A new **“Green Screen”** that will provide an attractive visual separation of the recreational and event spaces on our grounds;
- ⇒ A wonderful gift from *Rock Legend John Stewart*, who provided another large personal donation this summer and the trees for our successful annual Christmas Tree sale;
- ⇒ High-efficiency **LED replacement lighting** in seven rooms, with more to come;
- ⇒ Yet another year of amazing voluntarism, led by our hands-on Board of Directors, with over a hundred volunteers donating thousands of hours of their time - proving once again that they are the heartbeat of the Rock!

**GREEN  
INITIATIVE  
TOO**

**Let's keep the  
Green Initiative  
growing—and  
make RVCC a  
“greener,”  
more energy  
efficient  
place!**

**For more info:  
[YES! I want to  
support the  
Green Initiative,  
Too!!](#)**

*These are just a few of the accomplishments from this past year...see them all at [rockfishcc.org](http://rockfishcc.org)!*

**NELSON COUNTY**



**MASTER GARDENERS**

### Beginning March 1: Master Gardeners Training Course

A new training class will start on 1 March for anyone who'd like to become an Extension Master Gardener (EMG). EMGs work in conjunction with the Virginia Cooperative Extension to provide science-based horticultural information to Nelson county residents. The six month class is partly self-paced with readings from the Virginia Tech Master Gardener Handbook. In addition, students will attend at least 5 learning labs, complete online learning modules with open book quizzes and attend other required meetings. Most meetings will be at the RVCC, in Rockfish University.

The cost is \$140/person. For more details, call the Virginia Extension Office: [434-263-4035](tel:434-263-4035), or email Cindy MacRae at [lmacrae@vt.edu](mailto:lmacrae@vt.edu). Call or email soon!

### Saturday, March 3: Pancake Breakfast

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 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](mailto:rockfishcc@gmail.com)!**



## Saturday, March 3: 11th Annual Winter Market Season Continues



The 11th Annual Winter Market season continues on Saturday, March 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

**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](mailto:mountainvision@earthlink.net).

## Sat., March 10: Artist Reception & Exhibit Opening— Eloise Gardiner Giles

A reception for the artist will be held from 4—6:30pm on Saturday, March 10.

Refreshments served.



Eloise Gardiner Giles is a graduate of Pratt Institute, a member of the Transparent Watercolor society of America, Virginia Watercolor guild and central Virginia Watercolor guild. She has traveled all over the world; lived and taught in Algeria, Egypt, Japan and Nova Scotia. She has also taught in a variety of schools and colleges in the United States. At the age of 96, she paints daily, teaches a weekly class in her studio, exhibits her work locally as well as nationally and continues to win awards - having won over 160 to date.

The exhibit will be on display for the month of March.



## Sun., 3/11: Nelson County Community Orchestra Concert

Nelson County Community Orchestra Winter Concert - "Symphonic Dances Around the World"

Sunday, March 11, at 4 PM, in the RVCC Auditorium. Join the NCCO and Music Director Michael Tyree as we explore how dance movements have made their way into the classic Symphonic repertoire we know and love today. Program includes dances by Dvorak, Brahms, Mozart, Waldteufel, Offenbach and more. Special guest performance by the Amherst Dance Academy. The NCCO concert is FREE and open to the public. Donations welcome. More info. at: [www.nelsoncco.org](http://www.nelsoncco.org) or [info@nelsoncco.org](mailto:info@nelsoncco.org).

## 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.



## Beginning March 19: International Folk Dance Class

**Mondays, March 19—May 7, 6:00 - 7:30 PM, in the Dining Room. Cost: \$8 per class for RVCC members, \$10 non-members.** In this eight-session class, you will experience easy to moderate dances from many countries around the world. Beginners are encouraged, experienced dancers are always welcome. No partners needed. Everyone welcome - ages 8 to 80+. **To register contact the instructor, Sue Chase: [schase@cstone.net](mailto:schase@cstone.net) or 540 456-8176.**

## 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 4 or possibly 5 Board of Director seats up for election this year.

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](http://rockfishcc.org) today!



**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!



Join RVCC and get  
special discounts  
on all RVCC events,  
rentals, and pur-  
chases at the Treas-  
ure Chest—plus  
member voting  
rights.

Visit [rockfishcc.org](http://rockfishcc.org), or see  
us in the office or  
the Treasure Chest  
to join or renew  
today!



## 2nd Annual RESCUE RUNWAY

Sunday, April 8 2-4pm

Fashion, Furry Friends, & Fun!

Rescue Runway is a fashion show and FUNdraiser for RVCC and the Almost Home Pet Adoption Center, featuring models and outfits from the Treasure Chest Thrift Store and the Almost Home SPCA Thrift Store.

Raffles, food, and more!

\$5 admission. Proceeds benefit RVCC and the Almost Home Pet Adoption Center.

## Friday, April 20: House Concert—The Highlander String Band



The Highlander String Band is a collection of Rockingham County musicians playing traditional Appalachian Mountain music. We play the Top Ten Tunes of the 50's and 60's - 1850 that is. We play all types of music from instrumental dance tunes, such as jigs, reels, hornpipes and waltzes, to the slow, mournful and powerful tunes depicting the sorrow and tragedy of frontier mountain life.

We also include lots of songs that provide a vivid portrayal of the history of the early settlers throughout the Appalachian Mountains. Members of the band have been collecting tunes for most of their lives and truly enjoy sharing their love of the music with you.

The band members include Jim Gaskins on fiddle and guitar, Phyllis Gaskins on Appalachian dulcimer, Brent Holl on guitar and Gene Bowlen playing clawhammer banjo, man-

dolin and octave mandolin.

Listen and learn more at [www.bearcademusic.com/the-highlander-string-band](http://www.bearcademusic.com/the-highlander-string-band)

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

## 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, you can now get 20% OFF Boutique clothing EVERY day!**

### Donations and Consignment Items Accepted During Business Hours!

We greatly appreciate your generous donations of items that are in immediate re-sale condition. [Visit the Treasure Chest page](#) on our website for a complete list of acceptable items and information about consignment terms.

### 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.

### Treasure Chest Hours

**Tues.—Fri.:**

**10am—4pm**

**Saturdays:**

**9am—3pm**

**Call 434-361-0103**

**Now On  
SALE**

**ALL SHOES 50% OFF  
ALL BOOKS—BUY ONE,  
GET ONE FREE!**

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

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

## Shops & Studio News

### Claudia Gibson Catering

**The Cafe will reopen on April 4th!** For special orders, events, and catering by appointment this winter, please contact Claudia anytime at [claudiacatering@gmail.com](mailto: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](mailto: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

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](http://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](mailto: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. **March news**—The birthstone for March is aquamarine. Bloodstone is sometimes used since it is the zodiac stone for Aries (Mar 21 - Apr 20). Aquamarine is a variety of beryl, along with emerald, and morganite (pink).

## 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](mailto:davo@ntelos.net).

### Monthly Gathering: Kirtan with Carol and Martha

Monthly on Fridays, 6:30 to 8 pm, in the Rockfish Lounge. March date TBD. 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.

### 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 leads an informal, relaxed, seminar-type discussion group on a range of topics. General areas of discussion may include, for example: 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](mailto:c3j1m41@yahoo.com); or contact Cliff Love at [clifflove@gmail.com](mailto: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](mailto: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](mailto: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](http://LearningGNM.com) or call Dr. Chris at 540-255-0026.

### Zero Balancing w/Elizabeth Martin

Elizabeth Martin, RN, BSN, Certified Zero Balancing practitioner and Faculty member. Holistic practitioner with 30 years of varied professional nursing experience and more than 20 years experience as a Certified Zero Balancing and meditation practitioner. Graduate of the 3 Doors Academy, where one learns to engage in a deeper process of self discovery through meditation. **Zero Balancing:** Powerful touch therapy that is 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, encourage a calm, quiet mind, and expand your awareness. Call or email today to schedule your appointment. (434-426-4578) or [ZBlizzie@gmail.com](mailto:ZBlizzie@gmail.com).

### Weekly Meditation Group

Weekly guided meditation group to begin in March. Meditation guided by Elizabeth Martin, graduate of the 3 Doors Academy and current coordinator of this ongoing intensive meditation program. The program is designed to support practitioners to engage in the process of self discovery, promoting greater ease in moving through life challenges. For more information call [434-426-4578](tel:434-426-4578) or email [ZBlizzie@gmail.com](mailto:ZBlizzie@gmail.com).

### Tarot for Life

Tarot is a tool for problem solving and self discovery. Tarot can offer guidance and may make a difference in how you view your life and daily challenges. The Tarot Lady has 25 years experience as a professional provider in the field of psychology, and has consulted tarot to problem solve and to aid in self discovery for more than 2 decades. Email for an appointment ([tarotforlife@yahoo.com](mailto:tarotforlife@yahoo.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](mailto:rockfishcc@gmail.com) for more information.

### New Yoga Class: Yin Yoga with Rebecca L'Abbe

**Mondays 11:15 AM–12:30 PM and Tuesdays 6:30–7:45 PM: Yin Yoga with Rebecca L'Abbe**

\$72/6 classes (must be used within 9 weeks of purchase) or \$14/drop in. Partial scholarships also available through instructor.

Contact Rebecca L'Abbe at [rebecca.labbe@gmail.com](mailto:rebecca.labbe@gmail.com) or 434 466-2696. Yin Yoga is a slow-paced

style of yoga that uses gentle long held postures practiced with an attitude of compassionate acceptance to awaken the more Yin (feminine) parts of our physical, emotional and spiritual selves. Through the practice of Yin we can help bring health to our bodies and balance to our busy Yang (masculine) style lives. Another intention of Yin yoga is to promote the physical and energetic health of the connective tissue around the joints by applying moderate stress to the tendons, fascia, and ligaments with the aim of increasing circulation in the joints and improving flexibility.

For more information about Yin Yoga and Rebecca L'Abbe, [visit the Yoga Studio page at rockfishcc.org](http://rockfishcc.org).



## 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](mailto: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](mailto: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](http://www.agsyogaworks.com).

**All Levels Yoga with Kate Zuckerman:** Wednesdays 10:30-11:45am. 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.

**Wednesdays, 6:00pm:** Multi-level w/Martina Compton. Contact [martinac1959@gmail.com](mailto:martinac1959@gmail.com) to register.

**Thursdays, 6:30pm:** Men's Yoga w/Brian Webb. 434-361-9218 or [brianpwebb@me.com](mailto: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](mailto:sara@iHanuman.com) or [434-825-5983](tel: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](mailto:whalenkm@vcu.edu) or 804-814-9794 for more class info and registration.

For more info about Core Fitness Synergy, visit [corefitsynergy.com](http://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](mailto: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](http://www.rockfishcc.org) | [rockfishcc@gmail.com](mailto: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](http://www.rockfishcc.org).**

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