



April 2018

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

From Executive Director Stu Mills

It was a great cruise, Cap'n!

The Annual Meeting on Thursday night marked the end of our 18th year as the Center *of* our community, *by* our community and *for* our community. It's been a great ride, and I hope you agree that it just keeps getting better!

The past three years of that ride have been with Chuck Kiehl at the helm as our Board President, and our April Board meeting will see him welcome a new leader to the tiller in accordance with our bylaws.

I hope you'll join our entire Board, Sara and me in thanking Chuck for his tireless and enthusiastic leadership throughout his presidency. We've all been pretty lucky to have sailed mostly placid waters for the past few years, but even through the rare stormy seas Chuck's hand was steady, his resolve unflinching and his confidence in our future steadfast.

If time goes by fast when you're having fun, I guess that explains why these three years have seemed to be an eye blink for me personally. I've rarely had such a good time earning a paycheck, and I thank Chuck for helping to make it a labor of love.

Please be sure to congratulate Chuck on completion of his commission as our Captain, and as always, thanks for helping to keep this Rock afloat!

Stu



**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, rent-
als, and purchases at
the Treasure 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 to-
day!**

Saturday, April 7: 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!



Saturday, April 7th: Last Winter Market of the Season!

The 11th Annual Winter Market season wraps up on Saturday, April 7! 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.

Live Music by Gene and Gayla Mills!

For vendor information, contact Donna Kincaid at mountainvision@earthlink.net.



2nd Annual RESCUE RUNWAY

Sunday, April 8 2-4pm

Fashion, Furry Friends, & Fun!

\$5 admission. In the RVCC Auditorium.

- 🐾 A fashion show, afternoon tea, 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.
- 🐾 Raffle baskets, food, beverages, and more!

Wed., 4/11: Friends of Nelson Public Meeting

Wednesday, April 11, in the RVCC Auditorium. Doors open at 6:00pm, meeting begins at 7:00pm. Join Friends of Nelson for pipeline news, resistance updates, guest speakers, and special raffles! Stay tuned for updates as they evolve!

For more information, visit www.friendsofnelson.com.



Thursday, April 12: Native Plant Identification Workshop



Please join Blackberry Botanicals for a Native Plant Identification Workshop and Plant Rescue Training on Thursday April 12, 2018 from 6pm - 8:30pm, in the Rockfish Lounge. This training session is for Landowners and Volunteers who would like to volunteer to rescue and transplant our native medicinal plant heritage. FREE and open to the public. Donations are accepted and appreciated.

Blackberry Botanicals (BB) in conjunction with United Plant Savers is in the process of coordinating several plant rescue operations due to the destruction imminent in the path of several frack gas pipelines that are coming through West Virginia and Virginia. The land clearing proposals and current verified practices observed during pipeline construction will negatively impact forest and wetland medicinals. Blackberry Botanicals (BB) along with a crew of dedicated volunteers are digging and replanting medicinals with growers who are actively participating in managed forestland plantings with verifiable practices of conservation. BB is preserving these plants, and preserving the rich and varied medicinal heritage of our Appalachian region.

Following the informational meeting and training session, BB will schedule several days to visit Nelson County in May 2018 to meet with interested landowners to walk the proposed pipeline route on landowner property and identify and mark native medicinal plants on the property. BB will return in June 2018 for several scheduled volunteer dig days. During these digs, native medicinal plants will be carefully and sustainably harvested from their current location and either planted on the landowners property, outside of the proposed pipeline route or will be safely transplanted to another local plant sanctuary or to the United Plant Savers Sanctuary in Ohio.

If you are a landowner or a potential volunteer in Nelson County and are interested in learning more, please contact Sara Agelasto at sagelasto@gmail.com. If you would like to contact Blackberry Botanicals directly, please email blackberrybotanicals@gmail.com or call Beth at 304-923-3716.

Fri., 4/20: 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, mandolin and octave mandolin.

Listen and learn more at www.bearcademusic.com/the-highlander-string-band

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

GREEN INITIATIVE TOO

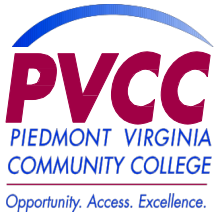
Let's keep the Green Initiative growing—and make RVCC a “greener,” more energy efficient place!

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

Wednesday, May 2: Getting Started at PVCC

Getting Started at PVCC Information Session

Wednesday, May 2, 6-7pm, in the Small Conference Room.



Learn about PVCC's degree & certificate programs, resources, and financial aid—plus free PVCC promotional items and drawings!

For details, contact Denise McClanahan at dmcclanahan@pvcc.edu.

Beginning Tuesday, May 15: Reboot Recovery Program



REBOOT COMBAT RECOVERY PROGRAM AIMED AT HEALING POST TRAUMATIC STRESS AMONGST MILITARY FAMILIES NOW ACCEPTING PARTICIPANTS FOR SPRING/SUMMER COURSE

REBOOT Combat Recovery, a non-profit support system that focuses on healing the spiritual and moral injuries of war is hosting its free 12-week combat trauma recovery course on Tuesdays starting May 15, in the Rockfish Lounge.

Created to aid service members and their families in working through their post-traumatic stress and rejoin civilian life, the course addresses the concept of soul wounds in an effort to heal the mind, body and soul.

The fresh approach offers a unique blend of clinical insight and faith-based support in the form of weekly classes that include topic-based instruction, class discussions, homework, group exercises and a family-style meal. In contrast to traditional mental health treatment options, REBOOT is led by volunteer veterans and provides practical solutions for healing moral injuries, which has led to reduced suicide deaths, increased veteran employment, decreased divorce rates and restored communities.

While serving as an occupational therapist at the Warrior Resiliency and Recovery Center at Ft. Campbell, Ky., Dr. Jenny Owens recognized the need amongst military families for an alternative to traditional mental health treatment options. Inspired by a patient's question, "Can a soul die?" Owens founded REBOOT in 2011 as a vessel to change the way combat trauma is treated from an experiential standpoint as opposed to academic. Today, REBOOT has expanded to more than 80 locations across 23 states, which includes military installations and Veteran facilities, with many new locations in progress.

The weekly course, free to participants from Nelson, Amherst, Albemarle, and Augusta counties, begins on May 15 and will be held at RVCC in the Rockfish Lounge, from 6 pm to 8 pm. Dinner and childcare will be provided. Please register by emailing rebootrockfish@gmail.com.

About REBOOT Combat Recovery:

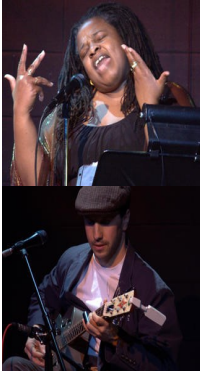
Built on the belief that the spirit of a person is worth fighting for, REBOOT Combat Recovery is a 501(c)(3) non-profit organization, founded in 2011, that aims to improve the lives of service members and their families affected with post-traumatic stress. It offers a one-of-a-kind program that guides participants to healing of the mind, body and soul by addressing injuries to the soul. The REBOOT Combat Recovery course is a 12-week program, with more than 80 locations across the country.

To learn more, stay connected with the organization, and to see upcoming classes, connect with REBOOT Recovery online at www.rebootrecovery.com.



The REBOOT Recovery Afton Program is sponsored by Devils Backbone Brewing Company

Fri., May 18: House Concert w/Dr. Levine & the Dreaded Blues Lady



Dr. Levine and The Dreaded Blues Lady is comprised of Lorie Strother on vocals and Stephen Levine on guitar. This energetic duo performs a diverse selection of acoustic music styles. Though blues is their focus, they also sometimes surprise audiences with Jazz, R&B, Soul, and Classic Rock tunes.

Lorie Strother can't remember a time when she wasn't singing because it came so naturally. Strother has been performing and recording her interpretation of acoustic blues since the early 1990s. Corey Harris has called Strother "a real blues woman [who's] got soul," Living Blues Magazine described her singing as "assertive, expressive and sensitive," Carl Larsen of the Daily News Leader states that Lorie "sings the real true blues with a big booming, bluesy voice."

Stephen Levine is a historian at the University of Virginia who studies and teaches about the evolution and cultural significance of blues music. Levine started playing the guitar when he was eleven years old focusing primarily on folk and classic rock. After his first listen to Robert Johnson's Crossroad Blues in the mid 1990s he became obsessed with classic pre-war blues. Patrick Bagley of the Franklin Journal describes Stephen's guitar playing as "powerful" with "biting slide guitar work."

The show starts at 7:30pm, in the Rockfish Lounge. \$7/members, \$9/non-members. Refreshments available. To listen and learn more, visit www.dreadedblues.com.

Save the Date for the 5th Annual Celebrate Rockfish!



Saturday, May 26, 5—9pm At the Blue Mountain Pavilion

Music by Chamomile & Whiskey

Food & Brews by Blue Mountain Brewery

Raffles, Games, and More!

Proceeds benefit Rockfish Valley Community Center

More info TBA!



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



Claudia's Cafe is open! 9am—3pm, Wednesday through Friday. Breakfast, lunch, baked goods, frozen entrees and soups to go—made with locally sourced ingredients.

For special orders, events, and catering, 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

NEW at the Gallery:

- Acrylic animal paintings (with delightful expressions!) by Beth Sharp.
- Wood art by Thomas Jacobs: A beautiful new coffee table and many more variations of cutting boards and large wooden vases, along with a variety of wood sculptures and bowls.
- Lovely bowls of varied sizes by wood-turner Tom Evans.

News about our Artists, Artisans and Writers

Russell Fisher is dramatically cutting down the number of watercolor paintings he's producing, so his output will be, from now on, substantially reduced. He will continue to display his work in our gallery until he runs out of paintings. Don't delay—this is a move toward retirement for Russell, so his work may not be available much longer!



GALLERY SALES

For a limited time:

25% OFF—All decoys and birds by Rudy Burnett

25% OFF—All blown glass by Charles Hall



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 rock-hounders and personally collected items. Hand cut and polished stones and handmade jewelry. Jewelry Repair, watch battery replacement. **Normal hours: Tues—Sat. 10am–5pm, Sun. 12–5pm.** 434-981-1897 or VaRockShop.com.

Ongoing Events, Classes & Services

Mindfulness in The Workplace Workshop—with Agnes Schrider

4-hour workshop available at RVCC. Mindfulness helps leaders and team members incorporate skills immediately in the workplace and in daily life. The strategies will transform you and the work environment. Benefits include lowered blood pressure, heart rate, stress, and sick days; and improved productivity, communication, and balance. **For more information and to schedule your workshop, contact Agnes at agnesyh@gmail.com or www.agsyogaworks.com.**

Tuesday Ping Pong

7:30pm, in the Auditorium. Two tables, all levels welcome. Contact David Cunningham for more information: 434-882-1011 or davo@ntelos.net.

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. Along the way, topics to be explored include religion, politics, art, architecture 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. 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.**

Therapeutic Massage by Alyssa Kartheiser, LMT, MMP

By appointment in Room 3, New Health Consultant Studio. licensed massage therapist in the state of Virginia for 7 years and Board Certified by the NCBTMB, specializing in Swedish Massage, deep tissue techniques, craniosacral therapy, and aquatic bodywork. Alyssa's training also includes myofascial release techniques, medical massage and various pain relief techniques, along with a Bachelors degree in Kinesiology and Exercise Sciences from the University of Hawaii. Alyssa uses all these techniques to create a customized massage tailored to the needs of her clients, and specializes in both relaxation and pain relief. **Contact Alyssa for an appointment: 540-836-9288 or lyssaat@hotmail.com.**

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.**

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.**

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 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 for more information.

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. *(No class April 2 & 4.)*

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: agnesyhwh@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.

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

\$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 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](#).

Wednesdays, 10:30—11:45am: All Levels Yoga with Kate Zuckerman. *(No class April 25.)*

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.

Kate's class collectively raised \$500 for the Rockfish Valley Foundation in January and February! **Thank you** to all who attended for your very generous contributions. All proceeds from April's yoga classes will go to [Friends of Nelson](#), the local organization that has been on the front lines of fighting the proposed Atlantic Coast Pipeline.

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.

YOU Can Make it Happen!



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, and *let's make it happen!*

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. *Help us make it happen!*

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.