



**May 2018**

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

From Executive Director Stu Mills

*Hurray, It's May!! Let the Parties Begin!*

What a fun afternoon we all had a few weeks ago, watching a parade of models & their rescued pets strut their stuff on the red carpet of **Rescue Runway!**

The house was jam-packed, and the silent auction fever was red hot over the 40 themed gift baskets up for grabs. I actually won the "Bakers Dozen" basket, and will no longer have any excuse for not having pies, cakes, tarts, cookies, breads or cornbread in the house! I want to add my voice to the chorus of kudos that has rung out for the team of volunteers from our Treasure Chest, led by Dianna Schillinger, and from the Nelson County Humane Society/SPCA who co-produced this amazing event. We can't thank you enough, and the party definitely lived up to its promise to put the FUN in fundraising!

Rescue Runway was a great way to kick off the event season for us, which we'll be moving outside to our Blue Mountain Pavilion later this month, starting with the 5<sup>th</sup> Annual **Celebrate Rockfish**. You can read all about the party - which is being sponsored in part by Mountain Area Realty and headlined by Chamomile and Whiskey on page 3, but I want to let everyone know that we have a number of other business and personal sponsorships still available for this wonderful RVCC fundraiser and mega-raffle. If you know of a business that would like to help underwrite the party, or if you would like to be recognized as a personal supporter of the event, please give us a call in the office or go online to the donations page of the Rock's website at [www.rockfishcc.org](http://www.rockfishcc.org).

We'll be holding our 4<sup>th</sup> Annual **Save SK8 Nelson** party a little later this year than in years past - on Saturday, July 21<sup>st</sup>. As you know, this wild and wonderful skate-fest raises critically-needed funds to help pay our liability insurance premium, which is huge in large part because of the presence of the skate ramp. This summer's party will feature several competitions, a raffle and great food & drinks, and will be headlined by Shagwuf. We're also on the hunt for sponsors for this amazing event, so if you'd like to help "Save SK8 Nelson" and keep the ramp thriving, please pitch in with a contribution.

And we'll continue our partnership with the Wintergreen Summer Music Festival this summer with another **Voices in the Valley** concert featuring Music Academy vocal performers, backed by the Academy's woodwind ensemble. This "bring a picnic dinner" event will be held at 7:30 PM on Sunday, July 29<sup>th</sup> and is offered to the public free of charge, thanks to donations and sponsorships, which are most welcome!

We hope you'll join us for some "hot fun in the summertime" at these great parties! And be sure to keep your eyes here to learn about plans for our brand new **Rockfish Reunion** being planned for early fall, and of course the latest installments of **Hoop Dreams** and **Rockfish Nights** to finish up 2018!

And thanks as always for keepin' us rockin'!

*Stu*

**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](mailto:dmcclanahan@pvcc.edu).

## Saturday, May 5: Pancake Breakfast



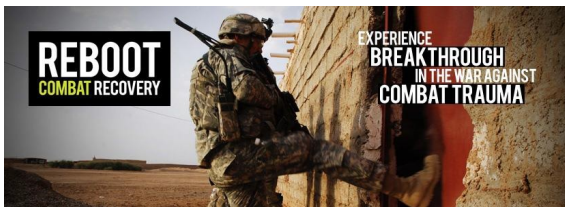
Join us for our community Pancake Breakfast—butter milk pancakes, *real* blueberry pancakes, bacon, sausage, grits, scrambled eggs, OJ, TBC coffee, and good company.

**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)!

## 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](mailto:rebootrockfish@gmail.com).

To learn more, stay connected with the organization, and to see upcoming classes, connect with REBOOT Recovery online at [www.rebootrecovery.com](http://www.rebootrecovery.com).



The REBOOT Recovery Afton Program is sponsored by Devils Backbone Brewing Company, Wild Wolf, Blue Mountain Brewery, Vito's, Misson BBQ, and Beechgrove Church.

## 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](http://www.dreadedblues.com).

# Sunday, May 20: Nelson County Community Orchestra Concert



Nelson County Community Orchestra Spring Concert - "Broadway!"

Sunday, May 20, at 4 PM, in the RVCC Auditorium. Enjoy the best of Broadway tunes from the Nelson County Community Orchestra and Music Director Michael Tyree.

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).

## Saturday, May 26: 5th Annual Celebrate Rockfish!

# CELEBRATE ROCKFISH!

5—9pm At the Blue Mountain Pavilion



### Chamomile & Whiskey

**NO ADMISSION FEE!**

### MUSIC

Growing up in Nelson County, Virginia, in a small town along the Blue Ridge Mountains, Koda Kerl and Marie Borgman met each other in elementary school. Little did they know then that one day they would be touring with each other as a musical duo. While both considered the duo as a side project in the beginning, they eventually decided that it was time to sit down, formulate a band, and officially start making music. Marie made chamomile tea and luckily, Koda happened to bring a fifth of Evan Williams. They instantly decided that mix -- of earthy tea and a strong, warm kick of bourbon -- embodied the exact sound they were working toward. In that moment, Chamomile and Whiskey was born. Over the years, they added some members -- Marsh Mahon on bass, drummer Stuart Gunter, lead guitarist Drew Kimball, and banjo player/supporting vocalist Ryan Lavin (commonly referred to as just Lavin). They've toured nationally and played along giant acts at notable festivals like Floyd Fest and Festy.

In the past, the band has been dubbed "mountainous folk rock", but their combination of complex rhythmic patterns, varied influence of cultural music, and multi-utilization of instruments makes them unique, yet relatable, to a number of different genres. But beyond the skill that lies within each player of Chamomile and Whiskey is the band's ultimate goal: to genuinely engage and have fun with the audience. "We have some serious material -- some songs are lighthearted, some are serious and even sad. But at the end of the day, we really try to have a good time. We're a very energetic band and any time we have a show, we want it to be a party."

Listen and learn more at [www.chamomileandwhiskey.com](http://www.chamomileandwhiskey.com).



## FOOD & BREWS

Blue Mountain Brewery  
Food Truck & Beer



## CRAZY GOOD FUN

Knockerball!  
By Powerplay Charlottesville



## GOURMET ICE CREAM & GELATO

Rockin' Scoops  
Homemade Ice Cream

# 50-50 CASH RAFFLE

**UP TO \$5000 GRAND PRIZE—You Need Not Be Present To Win!**

**\$20/TICKET, 3/\$50, or "Lucky 7"/\$100**

**Tickets at [rockfishcc.org](http://rockfishcc.org), the RVCC Office, & the Treasure Chest**

**Proceeds benefit RVCC**

**[CLICK HERE TO GET YOUR RAFFLE TICKETS TODAY!](#)**

Celebrate  
Rockfish is  
sponsored by:





# Sat., June 23: Central Virginia Blues Society 3rd Annual Blues Festival

3-10pm, at the Blue Mountain Pavilion—Rain or Shine!

Featuring:

- The Dave Chappell Band
- Bobby Black Hat
- The Patty Reese Band
- Vintage #18
- The Danger Zone

Plus local food and beverages, vendors, guitar workshops, and more!

Tickets: \$15; CVBS Members \$10; kids under 12 get in free!

For more information, visit [www.centralvablues.org](http://www.centralvablues.org)



## Save the Date for SK8 Nelson!

A fundraiser for Nelson’s only skate park—help RVCC keep the park open!

The annual SK8 Nelson Festival helps us raise the \$4000/year liability insurance premium required to keep the SK8 Nelson park on our grounds. The Festival features a skate jam, best trick competitions, skate lessons, raffles, food and beverages by Blue Mountain Brewery, and live music by Shagwuf and the Blndrs.

Admission is just \$5/person—kids under 12 get in free.

To donate to SK8 Nelson, please visit [www.rockfishcc.org/support-sk8-nelson](http://www.rockfishcc.org/support-sk8-nelson).

## 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**

**50 % OFF!**

**BOUTIQUE CLOTHING & SHOES**  
**ALL BOOKS BUY 1. GET 1 FREE!**

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

## Shops & Studio News

### Claudia Gibson Catering



**Claudia's Cafe is open!** 9am—3pm, Wednesday through Friday; 9am—1pm Saturdays (except 1st Saturday.) 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 [claudia-catering@gmail.com](mailto:claudia-catering@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!**

#### *Upcoming Events at Old Orchard Farm*

**Saturday, May 19 and Sunday, May 20: "Lamb Days, 2018!"**

Come and visit with some of this years' lambs at the Old Orchard Farm Market at RVCC on Saturday, May 19 from 9:00am-12 noon, or visit the farm in Shipman on Sunday May 20 from 1pm till 4pm. Come and meet the ponies and cows too!

**Saturday, May 26: 2nd Annual Customer Appreciation Day!**

12:30—2:30pm, at the Old Orchard Farm Market at RVCC. You are invited to our 2nd Annual Customer Appreciation Day with a Farm to Table buffet! Come and try some delicious foods made from products we sell in the market or that we produce on the farm. Please RSVP if you intend to come, so that we may plan for the buffet. **Free, but donations would be gladly accepted for Virginia Independent Consumers and Farmers Association.**

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

News about our Artists, Artisans and Writers

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,



#### GALLERY SALES

For a limited time:

**25% OFF**—All decoys and birds by Rudy Burnett

**25% OFF**—All blown glass by Charles Hall



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).



VaRockShop.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.

Normal hours: Tues—Sat. 10am--5pm, Sun. 12--5pm. 434-981-1897 or [VaRockShop.com](http://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  
Afton 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](#)

## 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 [agnesyhw@gmail.com](mailto:agnesyhw@gmail.com) or [www.agsyogaworks.com](http://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](mailto: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](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. 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.**

### 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](mailto: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](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 [tarotforlife@yahoo.com](mailto:tarotforlife@yahoo.com).**



## 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.

### 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. (No class May 21, 23, & 28.)

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](mailto: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](http://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](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](#).

#### Wednesdays, 10:30—11:45am: All Levels Yoga with Kate Zuckerman.

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](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.

### 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).

## 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](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. *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** Sarah Jane Stewart

**Vice President** Bob Yoder

**Treasurer** Scott Duncan

**Secretary** Cliff Love

**Directors** Joe Centofante, Gifford Childs, Mary Cunningham, Charlie Hickox, Chuck Kiehl, Dan Magan, Glenn Picou

#### 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 or Sponsor an Event—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.**