



**August 2018**

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

**From Executive Director Stu Mills**

**Some Days You Get the Bear...**

I'm used to time flying by, but Saturday was just a blur.

I wanted to get here early in the AM to catch up with Tom Harvey, who was turning a lemon into some lemonade for us. Tom had contacted us a day or two before saying he had noticed the big, ugly pine stump that was lingering in the front circle here at the Rock, and asked if we'd be interested in having him cut it down and sculpt one of his trademark black bears as a gift for us. Using his four trusty chain saws of every size, the wood chips flew for several hours, and after some finishing touches with a can or two of spray paint, a bear was born!



It was a fun and happy start to the day, and I remember hoping that it was a portent of things to come later as we prepped all afternoon for our fourth annual "Save SK8 Nelson" fundraiser. As you probably already know, SK8 has been significantly supported the past couple of years by title sponsor Devils Backbone, but they felt they needed to withdraw this year, leaving a huge hole in the projected revenue from the event. With attendance down the past two years, we were all worried that Save SK8 Nelson would struggle to make much of a contribution to the looming insurance and maintenance costs of the skate park.

But all the hard work of Gifford's amazing SK8 committee, the outpouring of support from the skating community, and some very generous donations paid off in a way that none of us ever allowed ourselves to dream! Kat Walsh and I couldn't catch our breath at the registration table for over four straight hours, welcoming and ID-strapping nearly 400 skaters and party-goers - easily the largest turnout for an event in my six years here.

With most all of the dollars accounted for now, we're thrilled to let everyone know that not only did we make up for the lack of a title sponsorship, we'll be close to a new record for event revenue.

Oh, and did I mention that Devils Backbone decided that, although they could no longer sponsor SK8, they'd still like to donate an identical amount in support of our community programming? Yeah—that check arrived Friday.

All in all, it was a very bearable weekend!

Thanks, as always - *Stu*



Photos courtesy of Norm Carter, Duane Brown, and Morissey Photography

**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!!**



**Let's Mind our Own Businesses - Together!**

The RVCC Business Council is here to support our business community - without any agenda to promote, any axe to grind or any special interest to serve. **Join or renew your RVCC Business Council membership today!**

Visit [www.rockfishcc.org/join-the-rvcc-business-council](http://www.rockfishcc.org/join-the-rvcc-business-council) for more info!

## Now Through October 15: Join the Rock for Half the Price!

Now through October 15, all Basic Level 2018 Memberships are half price! If you've never been a member, joining at this time of year can be a great way to try us out and find out just how much you can gain by being a member of your local community center. And if you were a 2017 member, but haven't yet renewed for 2018, you can get all your benefits again for half the price!

Unlike the targeted project fundraisers such as the Green Initiative and Rock & Sol, our Membership Drive is one of the few unrestricted fundraising options that help keep this organization running on a daily basis.

### *Did you know?*

- ◆ RVCC receives NO government funding, from Nelson County or otherwise.
- ◆ Membership dues currently make up barely 10% of our total revenues, and *LESS THAN 10%* of Rockfish Valley residents are members of their own community center!
- ◆ Your support actually keeps the lights on, the boiler burning, and our desks manned.
- ◆ Your membership and other donations to RVCC are tax-deductible.

Click the link below for more information about the benefits of joining us at the Rock!

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

...or visit the RVCC Office to learn more! *Please note: Half-price memberships expire on December 31, 2018.*

## Saturday, August 4: 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)!**

## Coming in September:

### Annie June Jacobs and Susan Viemeister Exhibit

Annie June Jacobs and Susan Viemeister—Animals and Landscapes

On Display September 7—30, In the RVCC Auditorium

#### Annie June Lightfeather Jacobs: Artist Statement



What brings me back to the canvas each time is the passionate feeling and memory of experiences felt and gained when in the company of animals. Have you ever looked into the eyes of an animal? There is a beauty of soul and a communication that is strong yet gentle. I seek to capture that memory and feeling on canvas so that others may share in this experience and gain some enjoyment, some understanding, some peace.

My goal is to recreate and interpret each eye, each muscle, each expression through the use of various hues and values of lights and darks. Thus, my works are interpretations.



#### Susan Viemeister: Artist Statement



As an observational painter, painting what I see presents the challenge of how to go beyond a realistic rendering to explore the intimacy of what is familiar, to understand what that intimacy can hold.

Painting is a form of meditation, to find some stillness while being in the world. As I look for subjects to paint I am always attracted to how light on a subject can express the personality of a place, and that light can define a special moment in time. Rendering the character of such light can galvanize that moment into a memory. Or into a painting.



Our culture, so influenced by advancements made by digital technology, is full of fast edits and short attention spans. Even in the world of painting, plein air events can become nearly a sporting event. For me, painting can be an opportunity to step away from the day job, shut out the noise and chaos, relax into real time, work slowly and see what evolves.

*A percentage of the sales from this exhibit will be donated to the Almost Home Animal Shelter in Lovington, Va.*

## Sat., 9/29: Hoop Dreams Basketball Tournament

**TIME TO HOOP IT UP!** Hoop Dreams 3-ON-3 Basketball Tournament—

Team Brackets for youth, young adults, adults, and seniors!

Saturday, September 29: 10 AM—4 PM. Team Registrations Due By September 22!

[CLICK HERE FOR TOURNAMENT RULES & REGISTRATION](#)

Or contact us at [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com) or 434-361-0100.

**TIME TO LIGHT IT UP!** Proceeds go toward lighting the RVCC basketball court!

Can't come to the tournament?

[Make a tax-deductible donation to the court lighting fund at rockfishcc.org!](http://rockfishcc.org)

*Hoop Dreams is sponsored by Bold Rock Hard Cider*



## Coming Saturday, November 10: Men Who Cook!

Rockfish Nights is scheduled for Saturday, November 10, 2018! Our fall fundraising gala will feature the return of last year's awesome Casino Night, our "Best of the Chest" Chinese Auction, and new for 2018: Men Who Cook!

This event welcomes up to 15 men who will take on the role of chef for the evening. Each chef will prepare a limited number of servings of their favorite dish--whether it be an entree, a side, or a dessert--and the end result will be a truly unique combination of culinary delights.

So fellas, get ready to show us what you can do! Got a killer stew you'd like to show off? A mouth-watering dessert? A salad or a casserole that always disappears at the party? Or a special, easy-to-produce entree of which you're particularly proud?

Please contact us if you'd like to participate, and we'll get you the details!



## 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.

Now On  
**SALE**

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

**20% OFF! ALL ARTWORK AND FRAMED MIRRORS**  
**20% OFF! ALL JEWELRY**

### Treasure Chest Hours

**Tues.—Fri.: 10am—4pm**

**Saturdays: 9am—3pm**

**Call 434-361-0103**

### BLACKBOARD SPECIALS!

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

Get a free RVCC tote bag with any purchase over \$30!



It's a beach bag! It's a grocery bag! It's a "Bag Day" bag!

## Community Events at RVCC

### **Saturday, August 11: Writing from the Body**

**9:30am—3:30pm, In Room 14. Workshop fee: \$90.** Writing From the Body is a workshop geared toward inspiring writing. It relies on our physical self to generate writing, heightened awareness, and contemplative movement that arises from metaphor, sound, subtle energy, improvisation, and mindfulness. Participants open to creative expression, spiritual connection, and healing using somatic techniques. Attend if you're looking to jump start your creative expression. The workshop is suitable for all experience levels. Questions and registration: email [cheryl.pallant@gmail.com](mailto:cheryl.pallant@gmail.com).

*Cheryl Pallant is an award winning writer, dancer, healer and teacher at University of Richmond. More info at [www.cherylpallant.com](http://www.cherylpallant.com).*

### **Tuesday, August 28: RVCC, O-M-Gee!**

**6:30—7:30pm, in Rockfish University. Open to all.** Would you be interested in bringing collaborative, community-building SBNR (spiritual-but-not-religious) activities to the Rockfish Valley? Gee, here's good news: you're not the only one! Rev. Kindle Perry, an ordained interspiritual minister and certified spiritual counselor from Faber, is seeking other open-minded, open-hearted, & open-spirited people to co-create opportunities for uplifting together-time. If you feel called to say 'yes' to blessing our little corner of this world by sharing peace, love and joy in community, please **contact Kindle at (434) 226-0686 or [kin-  
dle@revkindle.com](mailto:kindle@revkindle.com)**. Mark your calendar: A facilitated visioning meeting will be held on Tuesday, August 28th from 6:30 to 7:30 p.m. in the Rock U Room at RVCC. Please join us!

### **Saturday, September 8—Sunday, Sept. 9: Gokhale Method Foundations Course--with Cheri Boeckmann, PT.**

**"Six Lessons on Gokhale Method" In Rockfish University.** Saturday, September 8: LESSONS 1-3. 9AM-3PM with one hour lunch break. Sunday, September 9: LESSONS 4-6. 9AM-3PM with one hour lunch break.

Gokhale Method Foundations is the core offering of the Gokhale Method. In six 90-minute lessons, you can change your habits efficiently and profoundly through a combination of verbal explanation, visual materials, and gentle hands-on guidance from **CHERI BOECKMANN, PT BS.Ed.** All qualified Gokhale Method teachers are personally trained by the founder, Esther Gokhale. Reduce or eliminate many kinds of musculoskeletal pain—Prevent Joint degeneration—Increase energy, stamina and flexibility—Improve your circulation and breathing—Reduce Stress—Look and feel more confident!

Effects are often immediate and last a lifetime. Wear comfortable clothing, layers always a good idea. No jeans, please.

**To sign up: [gokhalemethod.com](http://gokhalemethod.com), or call Lovington Physical Therapy at 434-263-6200.**

### **Beginning Monday, September 10: International Folk Dance Class with Sue Chase**

**Mondays, September 10—November 12, 6:00 - 7:30 PM, in the Dining Room. Cost: \$8 per class for RVCC members, \$10 non-members.** In this ten-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.

### **Saturday, September 15: Painting with Felt—A Level 2 Workshop with Donna Markey & Crystal Oliver**

**10:00am - 4:30pm. In the Rockfish Lounge. Fee: \$75. All materials provided.** Expand your techniques in wet felting! We use an assortment of wool, alpaca, silk, & sparkle to "paint and create with fiber." Art expresses the soul, so we will use basic contemplative practices to tune into our creative spirit. New to Felting or missed level 1? Not to worry! You will learn these techniques, and can learn how to make the base at a future level 1 workshop. All materials provided. Bring a sack lunch, two old towels if possible, and a picture you would like to use as your inspiration. **To register, call 434-245-8080 or [email in-  
fo@aplacetobreathe.com](mailto:fo@aplacetobreathe.com)**. More info: [woolyfiberworks.com](http://woolyfiberworks.com)

### **Saturday, September 22: Nelson Nites Outdoor Movie Series—The Lego Batman Movie**

Nelson County Parks & Recreation presents the Nelson Nites Outdoor Movie Series! Come see the Lego Batman Movie, Saturday September 22, on the fields at RVCC! Free! Movie begins at dusk. **More info: 434-263-7130.**

### **Monday, September 24: No Greater Love—A Documentary with REBOOT**

**6:00 pm to 8:45 pm, in Rockfish University.** Hosted by the REBOOT Combat Recovery Program.

Join REBOOT for a screening of the powerful, first-hand account of the Afghanistan War through the eyes of former Army Chaplain Justin Roberts. The award-winning documentary vividly presents the challenges soldiers face at war and at home. Discussion afterwards with Captain Bob Abbott, host of the veteran/radio show Coming Home Well and Cindy Thompson, from the REBOOT Combat Recovery Program. **Film Not Rated. For more information, email [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).**



### SHOPS & STUDIOS

## 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](#)

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](#)

### 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 [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



[VaRockShop.com](http://VaRockShop.com)

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).

### 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).

### 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 [ZBliz-zie@gmail.com](mailto:ZBliz-zie@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) to schedule a session at RVCC.**

### Coming Soon: The Quiet Room at Rockfish River Gallery

**The Rockfish River Gallery is embarking on an additional project starting now. It involves you.**

As you know, the Rockfish River Gallery's mission is to encourage artistic expression in all its forms. In addition to visual art, the Gallery also sells books that are written by local and/or extended local Virginia authors—currently 31 books by 26 authors, including 5 children's books. The gallery also carries a small collection of CDs of local Virginia musicians.

This summer, the small room on the right side of the gallery (formerly known as the Habitat for Humanity office) will be converted into a Reading and Listening room. Here you may peruse the entire selection of books and listen to the CDs. You will be able to sit in comfortable chairs, and relax while you do so.

The Gallery's goal is to collect books and writings authored by Nelson County folks (and those from close environs). This project means to encourage authors, musicians, bands, orchestras; and even individual writings, whether published, self-published, or simply written by hand. If we don't collect these materials now—regardless of genre— we will lose a very important part of our history and collective memory. The Gallery also wishes to help preserve the long tradition of music made by our older Nelson County folks and by our new crops of extremely talented musicians.

Please spread the news, keep an eye out for the opening of The Quiet Room, and give some thought to writing about your life as nonfiction or as fiction.

## 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.

Mondays, 8:00am—9:00am and Wednesdays, 8:00—9:30am. 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. 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 classes in August.)

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 contribution will be donated to a local nonprofit organization. All proceeds from July's yoga classes will go to [Common Ground Healing Arts](#) to support a new yoga teacher training program for inmates at the women's prison in Fluvanna County. We collectively raised over \$300 during the month of May—Thank you to all who attended for your very generous contributions!

Contact Kate at [kate@commongroundville.org](mailto:kate@commongroundville.org).

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

"Sweat Looks Good  
On You!"

## SYNERGY

### 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.

### New Class at Core Fitness Synergy:



#### Beginning Wednesday, August 1: Back to Basics

Wednesdays, August 1--September 5, 10:30—11:30 AM.

Back to Basics is a 6 week course focusing on the primary/basic exercises. Each week will focus on a specific exercise/muscle group that includes squats, lunges, push-ups, shoulder exercises, arm exercises, and core exercises. We will focus on proper form, modifications, and variations. Perfecting the basic exercises will improve workout/exercise performance, prevent injury, and promote safety. Each class will include an at-home workout based on the muscle group or exercise focused on for that day.

**Fee: \$60 total (\$10/class). The first 5 people to sign up will receive 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.

**2018 Basic Memberships are now half-price!**

[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 look for the "Subscribe" form on the front page of our website.