



September 2018

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

From Executive Director Stu Mills

So hard to believe that it's Labor Day weekend already! I'm pretty sure summer's behind us because I'm wearing my Summer Music Festival t-shirt and the school busses are back on the roads, but June, July and August went by in pretty much of a blur.

That means fall is upon us, and the days are getting a little shorter, the weather a little crisper and we'll all be switching out the warm weather wardrobes for our woolens before we know it.

And it also means that our fall fundraisers are just around the corner!

First up, teams from around the region will be converging on the basketball court here at the Rock for the 3rd Annual "Hoop Dreams" tournament coming up on September 29th, and we're registering teams right now. Last year's games were very competitive, and we're hoping for an even bigger turnout this year. We're also hoping for some volunteer help in setting up, manning the grill and breaking down on the day of the event - please give us a call in the office if you can pitch in.

Then the main event of the fall will be - as always - ROCKFISH NIGHTS! In addition to our Casino Night, this year we're doing something completely different, as we will be featuring the gastronomic talents of the guys with our "Men Who Cook" challenge. We're still looking for a few more chefs who'd like to show off their cooking prowess for the party on November 10th, so please call us here in the office if you'd like to hear more about it.

And of course, Rockfish Nights is the traditional kickoff of the Annual Fund drive, which in turn means that the holidays are sneaking up on us - and before we know it, we'll be wondering where 2018 went!

Thanks, all, for making it a great summer! (We did have one, right?)

Stu

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.

For more information about the benefits of joining us at the Rock: [JOIN OR RENEW YOUR MEMBERSHIP](#) ...or visit the RVCC Office to learn more! **Please note: Half-price memberships expire on Dec. 31, 2018.**



Saturday, September 1: 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 provide us with a few volunteers who make sure the breakfast goes off without a hitch every month. However, we always need a few extra pairs of hands!

If you can help, please contact us at rockfishcc@gmail.com!

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 for more info!



Friday, Sept. 7: Annie June Jacobs and Susan Viemeister Reception

Annie June Jacobs and Susan Viemeister—Animals and Landscapes

Artist Reception Friday, Sept. 7, 5:00—7:00pm

Exhibit 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.

Beginning Sunday, September 23:

Continuing Education—A Walk Through Western Civilization



CONTINUING EDUCATION AT ROCKFISH UNIVERSITY

The first class for the autumn semester of "A Walk Through Western Civilization" will be held on Sunday, September 23 at 3:00 p.m., in Rockfish University. This non-credit, adult education course is offered free to RVCC members and guests. It meets once per week.

Retired professor of History, Dr. Jeffrey Mitchiner, will lead the informal, relaxed, seminar-type class by some lecture and discussion over a range of topics. Each semester of this course surveys a different era in the development of Western Civilization. Following an interesting and enjoyable winter semester, in which the historic roots of civilization in the Eastern Mediterranean and ancient Greece were discussed, the autumn semester will focus on the role of Roman history. It will include such topics as engineering, architecture, religion, law and imperial expansion and government.

If interested, please, attend the first class meeting or call Dr. Mitchiner at (434) 361 - 1412.



Wednesday, September 26: United Way Day of Caring

On Wednesday, September 26, volunteers from several Charlottesville organizations will join us for the **United Way Day of Caring**. The Day of Caring promotes the spirit and value of volunteerism, increases the awareness of local human service agencies and schools, and demonstrates what people working together for the community's good can accomplish.



34 volunteers from the Thomas Jefferson Area United Way will help us freshen up the walking trail, clean up the Mallory Creek Creekside picnic and meditation areas, touch up the paint in the Auditorium, clean up the landscaping around the building, and put the final touches of paint on the Blue Mountain Pavilion. We need a few extra hands to help supervise team projects and fill in the work crews to ensure that we can make the best use of this wonderful volunteer effort. If any of these projects are near and dear to your heart, please let us know!

We'll be working from 9am to noon. The rain date for outdoor projects is 9/27. Please contact us if you can help!

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 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!](#)

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 come in every day, we'll give you **25% off** any purchase! Help is needed Tuesday through Saturday—please contact Kat Walsh at 434-361-0103 if you can help.

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

25% OFF! ALL "HOUSEWARE HALLWAY" ITEMS
20% OFF! ALL JEWELRY

Now On
SALE

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

Thursday, September 6: **Becoming a Sponsored Residential Provider—Hosted by Wall Residences**

5 p.m. to 7 p.m., in Rockfish University. It's not just a job, it's a lifestyle! Work from home—Competitive pay—Excellent Benefits! RSVP's are encouraged and any questions can be directed to: Rebecca Ledingham 434-660-0958. For more information, visit www.wallresidences.com.

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, 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 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 info@aplacetobreathe.com](mailto:fo@aplacetobreathe.com). More info: woolyfiberworks.com

Sunday, September 16: **Friends of Nelson Public Meeting**

In the RVCC Auditorium. Doors open at 6, meeting begins at 6:30.

Featured speakers:

Rick Cornelius, MA Environmental Law—providing updates on key cases before the courts.

Ivy Main, Sierra Club, Power for the People VA columnist—providing updates on Virginia's energy future and citizen involvement.

Each presentation will be followed by time for Q & A. For more information, visit www.friendsofnelson.com.

Saturday, September 22: **Harvest “Feastival” at Old Orchard Farm Market**

5:30—9:30pm, at Old Orchard Farm Market, at the Concession Stand behind RVCC.

Old Orchard Farm hosts a Harvest "Feastival" Potluck and Bonfire to celebrate community, the summers bounty, and the changing of the seasons on the weekend of the autumn equinox. We invite people to bring their favorite fall dish, their own chair and instruments if they enjoy playing music! We will be supplying a range of meat dishes made from our own pork, beef and lamb, plus tea & lemonade, folk dancing, and a bonfire! (BYOB if you don't like tea or lemonade.) There is no charge, but if you do not bring food we ask for a suggested donation of \$8 to help cover expenses.

For more info, call/text 434-260-4701 or email info@oldorchardfarmva.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.

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

Community Events—Continued from page 4

Tuesday, October 9: Discover Sacred Earth Mysteries & Awaken Your Magical Life

7:00--8:30pm, in Rockfish University. FREE talk!

Come and join Diomira Rose D'Agostino for this exciting free class! You'll:

- Learn how you can experience a magical partnership with the hidden realms of the Earth.
- Explore what the Faery Mysteries REALLY are (clue: it has nothing to do with Tinker Bell!)
- Discover what all this has to do with you and how this information can change your life.

So grab a journal and come discover powerful medicine for this time to awaken you on a DEEP level and help you step into your sacred role as world changer, magic maker, Earth keeper and light worker. This talk is going to be jam-packed with magical goodies! Can't wait to see you there! Class taught by Diomira Rose D'Agostino of the Faery Light Mystery School. To learn more or RSVP - <https://faerylight.com/events/free-talk-discover-sacred-earth-mysteries>.

Later in October: Magical Life Mastery Part 1—A 4 week series

October 23—November 13, on Tuesdays from 7-9pm, in Rockfish University. \$250 for the series.

To get further details on each week or to register, visit https://faerylight.com/events/4week_p1

***Registration deadline for this series is end of day Friday, October 19th.*

SHOPS, STUDIOS & SERVICES

Shop Local at RVCC!

Claudia Gibson Catering

New Fall Hours! Claudia's Café will be closed through September 5, and will reopen on Thursday September 6th. New hours: 11am—4pm, Wednesday through Saturday. (except 1st Saturday.)

Quiche, empanadas, salads, 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 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

Over 50 artists now have their work available at the gallery, with new items arriving every month. The gallery offers a wide selection of artwork, crafts, jewelry, soaps, textiles, sculpture, books, music, cards, pottery and much, much more. **The Gallery is open Wednesday through Saturday, 10 am — 4:30 pm. For more information about the artists, visit www.rockfishrivergallery.com.**

Trager Brothers Coffee

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

Virginia Rock Shop

Rocks, fossils, and jewelry from Virginia and worldwide, mostly acquired from older collections purchased from other rockhounds and personally collected items. Hand cut and polished stones and handmade jewelry. Jewelry Repair, watch battery replacement.

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

Please Note: The Virginia Rock Shop will be CLOSED from September 3—6.

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](#)

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.

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

Beginning September 17: Mondays, 5:30-7:00pm, 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 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 to schedule a session at RVCC.**

The Quiet Room at Rockfish River Gallery

The Quiet Room is now open!

Anyone in need of some quiet time--including children under the supervision of a parent--may sit in our comfortable chairs and read the books, look at the fine art for sale on the walls, listen to one of the CDs we have, or just sit and relax after traveling or shopping.

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 by local Virginia musicians.

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.

More books and music are needed! If you have something you'd like to contribute, please contact Kathy at 434-294-4668.

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 on Labor Day.)*

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: agnesyhw@gmail.com. For class schedules, fees, changes in schedule due to holidays, inclement weather etc.) and to read Agnes's blog for wellness tips, visit www.agsyogaworks.com.

Yin Yoga with Rebecca L'Abbe. Mondays 11:15 AM—12:30 PM and Tuesdays 6:30—7:45 PM. *(No classes held in September—classes resume October 1, normal days and times.)*

\$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. 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. *(Resumes Wednesday September 5th.)*

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 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. Thank you to all who attend for your very generous contributions! Contact Kate at kate@commongroundcville.org.

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](tel:434-825-5983).



Core Fitness Synergy Studio

Core Fitness Synergy offers:

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

Core Fitness Synergy Promotions:

- Bring a new friend to class, if they sign up, you receive \$50 off of next month's plan of choice!
- Buy 3 personal training sessions, and get 2 free!
- New to class? Try the first class for free, and if you sign up for a plan that day, you get 50% off!

Contact Kelly at whalenkm@vcu.edu 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.

You can make a huge difference without making a huge time investment! 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, 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 | 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 look for the "Subscribe" form on the front page of our website.