



**October 2018**

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

**From Executive Director Stu Mills**

### United Way Day of Caring

If you've been to the Rock in the past few days, and were wondering why everything looked a little renewed, refreshed and rejuvenated, we have all the amazing volunteers from the United Way "Day of Caring" to thank!



Around thirty people from area businesses plus a dozen or so of our own volunteers showed up Wednesday morning, Sept 26<sup>th</sup> to pitch in on five projects, including extending the walking trail to Crawford View Road, sprucing up the wildflower meadow, trimming the foundation plantings around the building, repainting the auditorium and putting another coat of white paint on the Blue Mountain Pavilion.

Thanks to everyone who pitched in on the projects, thanks to Annie Jacobs for the homemade apple cake to feed us all - and thanks to Mother Nature for pausing the rain for the first time in what seemed like weeks to let us work outside!

*Stu*



## Saturday, October 6: 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](mailto:rockfishcc@gmail.com)!**

## Saturday, October 6: Mini Access Bars Sessions

**8:30-10:30 am, in the RVCC Auditorium. Mini Access Bars Sessions—Donations benefit RVCC.**

Did you know that some people receiving a partial session of Access Bars®-like will be offered during the October Pancake Breakfast-- have self-reported drops in anxiety, stress, and depression of 50% or more and drops in pain of 35% and more . Did you know that Access Bars often creates greater ease for children and adults diagnosed with PTSD, ADD, ADHD, OCD, Asperger's, Autism,...? Did you know that the Bars are so simple -- a gentle holding of points on the head -- that they can be done almost anywhere by almost anyone, including kids!?

Sound interesting? Stop by to learn more...you might even choose to have a seat and invite your body and your being to de-stress, relax, and restore. How does it get better than that?

Aurora Walks Gently, MA, BF, offers private sessions, talks and classes which empower people of all ages to choose well-being and greater possibilities. Visit [www.AuroraWalksGently.com](http://www.AuroraWalksGently.com) or call her at (434)299-2371 to learn more.



**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!

## Continuing Education—A Walk Through Western Civilization



### CONTINUING EDUCATION AT ROCKFISH UNIVERSITY

The autumn semester of "A Walk Through Western Civilization" is held on Sundays 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, leads 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 class meeting or call Dr. Mitchiner at ( 434 ) 361 - 1412.

## Beginning Saturday, November 3: 12th Annual Winter Market Season



The 12th Annual Winter Market season begins on Saturday, November 3! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts. Each market (except 12/15) also coincides with RVCC's Pancake Breakfast and the Treasure Chest Boutique Bag Day.



### Indoor Market Schedule

**2018**

November 3, December 1, December 15

**2019**

February 2, March 2, April 6

**All Markets are 9am—Noon. Live Music TBA!**For more info, contact Donna Kincaid at [mountainvision@earthlink.net](mailto:mountainvision@earthlink.net).

## On Display in November: Art as Therapy Exhibit

Featuring work by Cathy Kiehl, Trudi Goodwin, Erin Johnson, and Pat Leavitt

Artist Reception Friday, November 16, 5:30—7:00pm

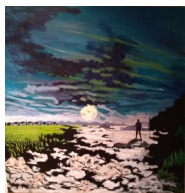
Exhibit on display early November—November 30, In the RVCC Auditorium

**Cathy L. Kiehl** has a Masters of Science in Art Therapy. She is retired, and lives in Nelson County. She is presently working with a Senior creative group at JABA in Lovingston.

Artist Statement: *"Art therapy combines the science of psychology and the creative techniques to visually express oneself. The act of creating, whether painting, sculpting, sewing, etc. is therapeutic in itself and is even more powerful when expressing visually what words cannot. I have used the creative process to help deal with stressful times as well as happy times."*



Cathy Kiehl



Trudi Goodwin

**Trudi Goodwin** is a Licensed Professional Counselor and Registered Art Therapist with more than ten years of experience serving a diverse population in a variety of mental health settings. Trudi's artwork speaks to her inner journey, connecting it with a visual form through complexity of color, texture, metaphor, and symbolism. Symbols with their shared commonality and universal meanings further deepen the connection between her art and the viewer. Trudi's hope is that each art piece reveals an interesting personal symbol or image capturing a snapshot of a moment in time, as well as a means to represent personal responses to her work as a mental health professional.

**Erin Johnson** is a Licensed Professional Counselor in private practice, and uses mindfulness, music, guided imagery and expressive art in her work with individuals and groups.

Artist Statement: *"I began taking a quirky abstract oil painting class last fall and it has transformed how I approach painting. Another artist in the class remarked that it seemed like "you take what you hear all day and put it out onto the canvas." That was a great description of how abstract painting has been therapy for me!"*



Erin Johnson

At the reception, Erin will demonstrate Mandala drawing as a means of self-expression and self-discovery.



Pat Leavitt

**Patricia Leavitt** was born in Connecticut, moved around some, arrived in Virginia '88-91, then back in '94, eventually settling in Afton. Pat has explored and practiced art making for personal process since childhood. She always enjoyed singing, dancing and theater as a kid; now has a focus on paper and fabric based work, with an occasional bout of songwriting. Collage is a strong interest, and the work of Romare Bearden has been a great inspiration. Friends and family know that Pat is a curator (hoarder?!) of ephemera and found objects. Cooking, another kind of creative activity, earns a living.



**Saturday, November 10: Rockfish Nights!****Casino Party & Men Who Cook****BLACKJACK  
ROULETTE  
CRAPS****Casino Party!****FALL  
FUNDRAISING  
GALA****Raffles & More!****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 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.

From chimichangas to cheesecake, the end result will be a truly unique combination of culinary delights.

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

**Doors, gaming, and auction open at 6pm--Dinner at 7pm--Gaming continues at 8pm****Tickets Available at [Rockfishcc.org](http://Rockfishcc.org), the RVCC Office, and the Treasure Chest Thrift Store.****Full tickets: \$45 members, \$50 non-members.**

*\*please note that all gaming is for amusement/entertainment only. All proceeds from the event benefit RVCC.*

**REAL  
MEN  
COOK****[CLICK HERE TO GET TICKETS!](#)****COMMUNITY EVENTS**

Support community events held at RVCC

**Community Events at RVCC****Ongoing: Recycle your Unused Windows Computer Systems**

**Wanted:** Computer systems no longer being used.

**Purpose:** To be refurbished and updated with new software for deserving families in Nelson County.

**Use:** Updated, complete computer systems (PC, monitor, speakers, printer) are given to the Monticello Area Community Action Agency (MACAA) for deserving Nelson County families. Generally these are head-start families and families with school-age children where the children use computers in school but do not have their own computer at home.

Joe Steele - member of the Nelson County Community Fund - accepts previously-used computers, monitors and printers. The equipment is refurbished, repaired and updated (additional memory, larger hard drives, etc.) as needed.

Starting in 2008 (10+ years) over 158 computer systems have been given to MACAA and distributed to Nelson County families. Please help continue this worthwhile program by "recycling" your unused Windows computer hardware.

The hard drives are wiped clean and then a new operating system along with software targeted to school-age children is installed.

**How to donate:** Call Joe Steele - 434-361-1597. He can pick up from your business, or you can drop the equipment at his home in Stoney Creek.

Donations may also be brought to RVCC.

Call 434-361-0100 or email [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com) to arrange to bring the equipment to RVCC for Joe to pick up.

## Community Events at RVCC—continued from page 3

### Thursday, October 4: Rockfish Valley Writers Night

6:00—8pm, in the Rockfish Lounge. Reception at 6; Book discussion and signing begins at 6:30pm. The event is free and hosted by Wayne Drumheller, Editor and Founder of the self-funded Short Book Writers Project. Since 2010, the project has assisted over 130 local and regional authors in publishing their books.

Participating authors will present an interesting, enthusiastic and inspirational book discussion.

- Cara Mayo will present *From The Inside Out, An Artist's Expression Through Healing From Traumatic Brain Injury.*
- Lori Hawthorne Ponton will present *Framed for Murder, A Cozy Cottage Mystery.*
- Dabney Elizabeth Farmer will present *My Life With Life, Adventures in Autism.*
- Beverly Ware Martin will present *The Mary Isham Baker Ware Story "My Life Ought To Be A Movie."*
- Joe Harman will present, *Now You Know, Volume I and Volume II, 28 Tales.*
- Clara Robertson will present *Are You Ready? A Season for Change.*
- Wayne Drumheller will present *Blue Mountain Highway Home, A Story of Pain, Love and Promises.*

### Beginning Sunday, October 7: Basic Dog Obedience Class

Sundays October 7—November 25, 6:30 pm to 7:30 pm, in the Auditorium.

Contact Cindy Thompson if you wish to reserve a spot for class. 6 slots available. Registration form can be emailed prior to first class. Call Cindy Thompson for details: 434.465.3499.

### 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! 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](https://faerylight.com/events/4week_p1). \*\*Registration deadline for this series is end of day Friday, October 19th.

### Wednesday, October 17: Town Hall Drop-In with Ernie Reed

Nelson County Central District Supervisor Ernie Reed will be holding a Town Hall Drop-In on Wednesday, October 17, from 5-7 pm in the Rockfish University Room. If you have county-specific concerns or questions or just would like to meet, please come.

### Saturday, October 20: Fall Invasives Workshop with the Blue Ridge PRISM

1—5pm, in Rockfish University. Join the Blue Ridge PRISM for Our Fall Invasives Workshop! Concerned about Japanese stilt-grass, Oriental bittersweet, or multiflora rose swallowing up your land? Our fall workshops will teach you how to recognize these and other pervasive invasives in their fall garb and how to most effectively control them at this time of year.

Topics covered in this session include: Identifying invasive plants in the fall and winter; Which invasives you can best treat now; Best fall practices for each invasive; Using manual & mechanical control methods; Methods for controlling invasives with herbicides; Choosing the right herbicide and equipment, and using it properly; and Planning a work schedule with best timings for multiple plants.

AND: We'll have an invasive plant ID clinic, so bring samples of your mystery plants and we'll identify them! Each session includes classroom and outdoor instruction (weather permitting) and discussion. [Click here for event registration.](#)

### Friday—Sunday, October 26—28: Dancing Leaves Contra Dance Weekend

DANCING LEAVES is the Charlottesville area's newly formatted contra dance weekend. Our new venue, the Rockfish Valley Community Center in Nelson County, offers a sweet dance hall feel, has food and other vendors on site, and the scenery is spectacular.

We will feature two national level bands --The Latter Day Lizards and The Morrison Brothers -- and we are bringing in Emily Rush for Rushfest for contra dancing to pop music. Lisa Greenleaf and [Alexandra Deis-Lauby](#) will be calling.

There will be workshops on Dance Flourishes and Singing and an Old Time Musicians Jam. The Morrison Brothers will have a concert on Sunday and box lunches can be ordered from Claudia's Catering to enjoy while listening to their awesome music.

Get the details and register online: [tinyurl.com/dancingleaves2018](http://tinyurl.com/dancingleaves2018). Join the conversation on Facebook: DancingLeaves-Charlottesville. Questions? Email Brian at [cvilleweekendregistrar@yahoo.com](mailto:cvilleweekendregistrar@yahoo.com).



### 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!

#### 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!*

Now On  
**SALE**

**50% OFF! ALL SUMMER CLOTHING**  
**50% OFF! ALL LUGGAGE**

**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!

### 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 Af-  
ton Art Guild

Chris Lowthert  
[New Health Consultant](#)

[Rockfish River Gallery](#)

Kelly Whalen  
[Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

Tammy Huffman:  
[Full Circle Salon](#)

Elizabeth Martin:  
Zero Balancing

Colin Winter  
[Woodrow Wilson National  
Fellowship Foundation](#)

#### Claudia Gibson Catering

**New Fall Hours!** 11am—4pm, Wednesday through Friday, 9—1 on Saturdays (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](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!** 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 — 4:00 pm. For more information about the artists, visit [www.rockfishrivergallery.com](http://www.rockfishrivergallery.com).**

#### Trager Brothers Coffee

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

#### Virginia Rock Shop

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

**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

**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](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.**

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

#### 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, 10:15—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.

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

**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 half-price til October 15th!**  
[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.