



**January 2019**

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

## ***From Executive Director Stu Mills***

What a great day - I'm writing this "monthly missive" with a full stomach and a happy heart.

I just got back to the office after having lunch with our intrepid high school hero Arlo Bloom, who's home on winter break before the final semester of his senior year at United World College in Duino, Italy.

Arlo, you'll remember, was the impetus for us undertaking "Rock & Sol" - the solar energy project that has generated over 12.4 megawatt hours of electricity for us over the past nine months. That 15-year-old kid who inspired us all with his vision and his energy back in 2016 is now a full-grown man of 18, and is in the middle of making applications to colleges while trying to recover from a crushing 7-course academic load last semester!

He sends his best to everyone here (particularly his B&G friends), and will be coming home again with diploma in hand in June. He says he looks forward to getting back involved with the Rock, and looks forward to talking some of his rapsallion buddies into doing some volunteer stuff here as well. We can't wait.

That was the full stomach part - but only a portion of the happy heart part.

What's really filling up my blood-pump is the fact that you all are helping us "Pump Up the Payoff" with your amazing and unprecedented outpouring of membership support for 2019.

Usually at year's end, we're pretty happy to have reached the 200-member level, as most of our members choose to join after the first of the year. I'm thrilled to report that we're already at 285 members for 2019, and will likely top 300 by next week if things keep going the way they are. I'm also very happy to report that over a third of your memberships so far have been upgrades (to the Sustaining and Rock Star levels), and that we have 7 memberships "Paid Forward" as donations to deserving individuals and families from our members.

That level of generosity has been unheard-of until now, and is a wonderful testament to your commitment to community. If you haven't joined or renewed for next year yet, please help us keep the pump primed by clicking below and being part of this amazing local treasure we call The Rock. It'll make our day to hear from you!

**[Beam Me Over to the Membership Page!](#)**

You *rock!* Happy New Year!

*Stu*

## **Thank You for a Wonderful Christmas Season!**

Huge thanks go out to everyone who helped us complete another year of Christmas Tree Sales!

To Eddie Seaman, thank you for providing 75 of the most beautiful Fraser Fir trees.

To Bob West, thank you for getting all 75 from Montebello to RVCC.

To the staff at the Treasure Chest, thank you for helping process the tree sales during the week.

To all the volunteers who stood out in the rain Saturday after Saturday to help folks pick out and load their trees, we are in your debt. Scott Duncan, Gifford Childs, Joe Centofante, Tim Rowe, Stu Mills, Casey Stillman, Bob West, Charlie Hickox, Larry Stopper, and Glenn Picou, we couldn't have done it without you.

And to all the members of our community who bought their Christmas trees from us, THANK YOU! You helped raise just under \$2000 in unrestricted operating support for RVCC, and we are very, very grateful.

**We wish you all a warm, dry, and wonderful New Year!**

## RVCC'S 2019 Annual Fund & Membership Drive

**The Rock is on a Roll!** Help us **PUMP UP THE PAYOFF!**

Get in the game by choosing your membership level for 2019:

- **Basic** - our basic annual membership offers you voting rights, discounted admission to all RVCC events, plus discounts on Treasure Chest purchases and room rentals. (\$30/individual; \$50/family)
- **Sustaining** - offers you all the benefits of Basic membership, plus inclusion in our Donor Circle, plus 2 free tickets to a Pancake Breakfast and any House Concert. (\$140/individual; \$210/family)
- **Rock Star** - includes all Basic benefits plus inclusion in our Donor Circle and "Carte Blanche" admission to any RVCC-sponsored event. (\$540/individual; \$780/family)
- **Rock Legend** - includes all Rock Star benefits plus a special citation from the RVCC Board of Directors, an engraved listing on our Rock Legend plaque, and an engraved gift from The Rock. (\$3,000 & up)

**New for 2019...**

### **Pump it Up and Charge it UP!**

Any 2018 member who renews for 2019 at an upgraded membership level, or any new member who joins at the Sustaining level or above, will receive a free RVCC-logo Multi-Port USB Charger!

### **...or Care to Double Down?**

If upping the ante to a higher membership level is a little too rich for your blood, you can claim your RVCC-logo Multi-Port USB Charger and more by doubling your membership contribution.

**Double-Down and Eat it Up** - Basic members who Double Down will receive the Charger and also earn free tickets to a pancake breakfast and a Coffee House concert.

**Double-Down and Pay it Forward** - Sustaining members who double down will receive double breakfast and concert tickets and free RVCC USB Chargers, plus RVCC will provide a free membership to a deserving individual or family of your choice in your name! (Recipient may not be a current member, and we'll be happy to choose a lucky recipient if you wish).

**[VISIT ROCKFISHCC.ORG/MEMBERSHIP TO JOIN OR RENEW TODAY!](http://VISITROCKFISHCC.ORG/MEMBERSHIP_TO_JOIN_OR_RENEW_TODAY!)**

## Saturday, January 5: Pancake Breakfast



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

**Breakfast is served from 8:30am-10:30am.** It's an all-you-can-eat breakfast starting at \$7 for RVCC members, and \$9 for non-members. Members can bring a friend and get the member price for their guest!

The Pancake Breakfast is a wonderful community event, made even more wonderful by the fact that it is run entirely by volunteers. HUGE thanks to [The Well of Nelson](#), who 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)!**

## Beginning January 13: Continuing Education— A Walk Through Western Civilization: Roman History



### CONTINUING EDUCATION AT ROCKFISH UNIVERSITY

The spring semester of "A Walk Through Western Civilization: Roman History" begins on Sunday, January 13. The class is held on Sundays at 3:00 p.m., in Rockfish University, and continues through May 5. 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 semester in 2018, in which the historic roots of civilization in the Eastern Mediterranean and ancient Greece were discussed, the spring semester will continue to 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.**

## Friday, January 18: RVCC House Concert with The Olivarez Trio



### RVCC House Concerts—In the Rockfish Lounge

Based in Charlottesville, Virginia, the Olivarez Trio creates a vibrant acoustic blend of French Gypsy jazz styles mixed with eastern European folklore, waltzes, early jazz improvisations, with a sampling of everything from Classical and Baroque themes to Beatles melodies. It's a new roots music that only the Olivarez Trio can provide.

Formed in the summer of 2007, The Olivarez Trio presents the sound of modern day Parisian Gypsy Jazz while maintaining a solid grounding in the tradition begun with Django Reinhardt in the late 1930's. The Trio consists of Rick Olivarez playing lead guitar, with Jeff Cheers on rhythm guitar, and Dave Berzonsky on upright bass.

Rick Olivarez began his study of the music of Django Reinhardt in rural Utah in the early 1980's, and further studied Eastern European Gypsy music upon his arrival in New Orleans in 1990. He arrived in Charlottesville in 1994, where he teaches music when not performing with the Trio. Rhythm Guitarist Jeff Cheers is one of the most respected music instructors in central Virginia. He has performed with many local acts and is adept at many seemingly disparate styles of music. Bassist Dave Berzonsky is well versed in many different styles of music, with a special emphasis on the indigenous folk traditions of Mexico and Peru.

The show starts at 7:30pm. Cover: \$7 members, \$9 non-members. Refreshments available.

Check out the Trio at <http://rick-olivarez.squarespace.com>.

## Continuing Saturday, February 2: 12th Annual Winter Market Season



The 12th Annual Winter Market season continues on Saturday, February 2!

Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts.

Each market also coincides with RVCC's Pancake Breakfast and the Treasure Chest Boutique Bag Day.

### Indoor Market Schedule

2019

February 2

March 2

April 6

Live music TBA

All Markets are 9am—Noon.

For more info, contact Donna Kincaid at [mountainvision@earthlink.net](mailto:mountainvision@earthlink.net).



## Saturday, February 9: Brew Ridge Trail Festival



### Celebrating 10 Years of the Brew Ridge Trail!

Saturday, February 9, from 12:00—7:00pm, in the RVCC Auditorium.

Live music, local beer and food, and fun for the whole family!

|           |                 |                   |
|-----------|-----------------|-------------------|
| 12—2pm    | 2:30—4:30pm     | 5—7pm             |
| Greg Ward | Sally Rose Band | Sun Dried Opossum |

\$5 donation at the door benefits RVCC!

## Friday, February 15: RVCC House Concert w/ Alex Caton & Pat Egan



### RVCC House Concerts—In the Rockfish Lounge

#### Alex Caton and Pat Egan

Alex Caton and Pat Egan met in the late nineties while both living in Asheville, NC. They quickly formed a close friendship and musical partnership that combined their mutual love and respect for traditional music of Ireland and the Appalachian Mountains. They have been playing ever since. Like earlier immigrants from Ireland and Great Britain, these ex-pats from across the pond chose to settle in musically rich areas along the Appalachian Mountains. They brought aspects of their own cultural and musical heritage with them but kept a keen ear and open mind to learning new styles.

The culmination of Alex and Pat's years of dedication to the traditions of Irish and old time music and their chemistry together for close to two decades of playing as a duo can best be appreciated by hearing them perform live. Their sound is magical. Pat's rhythmic drive on the guitar coupled with Alex's subtle and lyrical fiddling will transport you. Perhaps the most captivating of all is hearing Pat's warm voice coupled with Alex's harmonies. Pat and Alex proudly released their first duo album simply titled, Pat Egan and Alex Caton: Fiddle Tunes and Ballads, in 2011. Pat also recorded on Alex's most recent 2015 release, Never Take a Daisy Down the Mine.

The show starts at 7:30pm. Cover: \$7 members, \$9 non-members. Refreshments available.

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

## RVCC Welcomes a New Treasure Chest Thrift Store Manager



We are pleased to welcome Catherine Dunne as the new manager of the Treasure Chest Thrift Store!

Skilled in customer service, with a vibrant personality and experience in both retail and nonprofit environments, Catherine will bring an innovative and artistic approach to the Treasure Chest Thrift Store. When asked what appeals to her the most about managing the Thrift Store, she says, "I hadn't really thought of it in terms of management, but I enjoy being at the community center and have been wanting a way to be more involved with it."

Catherine is a multidisciplinary artist with a focus in the arts of fabric. She is a weaver, dyer, leather worker, mask maker, bodhran player, illustrator, screen printer, acrobat and soon to be mother.

Stop by the store and get to know the newest addition to our team!

## 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.

Visit the Treasure Chest for all your holiday needs—Super Low Knowledge-Based Prices! No "Ebay Pricing"

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

### Treasure Chest Hours

Tues.—Fri.: 10am—4pm

Saturdays: 9am—3pm

Call 434-361-0103



## A Fond Farewell to Claudia's Catering

December 21, 2018 was a crazy day: the day of the winter solstice, the shortest day of the year, the day that North Branch School held its annual production of *St George & the Dragon* here... and the last day that Claudia Gibson's catering business and café was open to the public at RVCC. The hallway between the Auditorium and Claudia's kitchen was thronged all day long by equal parts NBS students and folks lining up to see Claudia and get their last lunches, frozen entrees, and holiday baked goods. By the end of the day, the crowd had pretty much cleaned out the kitchen—and throughout it all, Claudia never lost the radiant smile you see here.

In some ways the day was a microcosmic picture of all the ways that Claudia has helped to make RVCC into the true community center it is today. Claudia began using the kitchen in the early aughts, a few years after starting her catering business and becoming a vendor at the Nelson Farmers Market. She began by serving lunches to the senior program twice a month, and providing dinners for the cabaret shows at the Hamner Theater. From there, her business began evolving, first by the addition of a Friday buffet, and later by the addition of regular lunches. As the demand grew, the café expanded its hours and added breakfast service, until it became the regular Wednesday–Saturday schedule we have all enjoyed for the past several years.

While she is looking forward to the next chapter in her career as a chef, Claudia says, "I do appreciate all the patrons I have had and friendships I have made in the process."

We wish Claudia the best, and we thank her for the years of amazing food and the community she has built here at RVCC.

## Community Events at RVCC

### Saturday, January 5: Friends of Nelson Annual Meeting

In the RVCC Auditorium. Doors open at 5:30pm. Potluck dinner and brief membership meeting at 6pm. Music by The Findells at 7 pm. Cash bar. **For more information, visit [www.friendsofnelson.com](http://www.friendsofnelson.com).**

### Saturday & Sunday, January 26-27: Free Gokhale Method Posture Workshop—with Cheri Boeckmann

**9:00am—1:30pm, in Rockfish University.** Come join us for a FREE 1-HOUR POSTURE WORKSHOP based on the work of Esther GoKhale, author of *8 Steps to A Pain Free Back*. Coming in January: Join us for 3 Lessons a day on January 26 & 27, 9am—1:30pm, in Rock U. **Sign up at [GokhaleMethod.com](http://GokhaleMethod.com) or call Lovington Physical Therapy at 434-263-6200.**

### Beginning Sunday, March 24: Basic Dog Obedience Class

Sundays March 24—May 12, 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.**

## ONGOING EVENTS

Year-round events, classes, and services at RVCC

### Ongoing: 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](#).

### 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.**

### 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.**

## 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 w/ 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 or \$14/drop in. First class free for new students. Partial scholarships also available through instructor. 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. Contact Rebecca L'Abbe at [rebecca.labbe@gmail.com](mailto:rebecca.labbe@gmail.com) or 434 466-2696. 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).

## The Rockfish River Gallery of Fine Art & Exquisite Crafts



The Gallery will be **CLOSED** from December 29, 2018, through January 14, 2019.

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. Need a moment to gather your thoughts during the busy holiday season? Come sit for a bit in the Gallery's Quiet Room, and explore books, music, and artwork by local artists.

The Gallery and the Quiet Room will re-open on January 15 with new hours!

Tuesday through Saturday, 10 am — 4:00 pm.

For more information about the artists, visit [www.rockfishrivergallery.com](http://www.rockfishrivergallery.com).

## Susan Gorman—Custom Glowforge Projects



Susan Gorman of Derby Vixen is now the proud owner of a Glowforge desktop laser. It can be used to cut and etch a number of materials such as glass, paper, leather, acrylic, wood, slate and more! Please stop by and ask what Susan can make for you! More information can be found at [www.glowforge.com](http://www.glowforge.com). Email questions to [susancpv1@mac.com](mailto:susancpv1@mac.com) or stop by Room 8!

## 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 **YEAR ROUND** every Wednesday 9:30—12:00pm and every Saturday 9:00—12:00, in the Concession Stand behind RVCC. Check out the Old Orchard Farm Market for local meats, seasonal veg and fruit, gift ideas and more. Please contact Anne for more info at 434-260-4701. 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.

## 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).

## Therapeutic Massage by Alyssa Kartheiser, LMT, MMP

By appointment in Room 3, New Health Consultant Studio. Licensed massage therapist in the state of Virginia 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. Alyssa uses all this 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. **Zero Balancing:** Powerful touch therapy that is deeply relaxing and energizing. ZB can relieve tension and pain, improve balance and mobility, alleviate stress, encourage a calm, quiet mind, and expand your awareness. **Call or email today to schedule your appointment. (434-426-4578) or [ZBlizzie@gmail.com](mailto:ZBlizzie@gmail.com).**

## 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).**

## ARTISAN & STUDIO DIRECTORY

Peter Agelasto & Richard Averitt  
[Digital Relab LLC](#)

Anne & Dan Buteau  
[Old Orchard Farm](#)

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](#)

## OUR TEAM

### RVCC Board of Directors

**President** Sarah Jane Stewart

**Vice President** Bob Yoder

**Treasurer** Scott Duncan

**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** Catherine Dunne

**Assistant Managers** Betsy Greenleaf & Eleanor Massie

### Groundskeeping

Creation Appreciation

## 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 or Join a Committee—whether it's praise, a suggestion, or a complaint, we want to know. Help us shape a better community for you.

## COMMITTEES

**Our Building & Grounds, Development, Art, Music, and Public Relations Committees are entirely composed of volunteers, and we would not be able to keep this place running without them!**

### Building & Grounds

The Building & Grounds Committee helps keep our Community Center in the best possible shape—from small repairs to large improvement projects, this group literally keeps our 80-year-old building up and running!

### Development

From planning fundraising events to strategic planning, the Development Committee is dedicated to keeping our organization vibrant and growing.

### Music

The Music Committee plans and runs our House Concert series, and assists with the development of music programming at RVCC.

### Art

The Art Committee works with local artists to schedule quarterly art exhibits and artist receptions in the RVCC Auditorium.

### Public Relations

The Public Relations Committee helps us promote events, programs, and fundraising activities to increase awareness of our organization and its mission.

***Want to get involved? You can make a huge difference without making a huge time investment! Contact us today!***



## 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.**