



September 2019

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

From Executive Director Stu Mills

Welcome to Fall, Y'all!

Hey - do me a favor.

Before you read on, please flip through the first few pages of this newsletter, and take notice of all the little "Volunteers Needed" sunbursts.



I spend a lot of my time raising money and consciousness for us, but too little time raising awareness of our constant need for volunteer help here at the Rock. Let me take a minute to correct that!

As I always say, donations may be the life-blood of our operations, but our volunteers are its heartbeat. Virtually nothing gets done here without the dedication of many hours and lots of effort from our volunteer corps, and as we head into the dizzying fall and holiday seasons, we'll be needing a lot more help!

Can you spare a day - or even a morning or afternoon - to lend a hand? Here are some ways that you can show that you're "community-centered" ...

- ✳️ **Pitch in with the kitchen** - we're in the home stretch of this fantastic project, and need some help with the finishing touches - caulking, touch-up painting and clean-up.
- ✳️ **Care the United Way** - the annual "Day of Caring" workday—that brings 36 volunteers to the Rock this year—is a great way to join forces with helpers from local businesses to complete major projects. This year we're working on the wildflower meadow & walking trail, putting the gardens & shrubs to bed for the winter, and painting the "green screen," the East (kitchen) hallway and the kitchen exterior.
- ✳️ **Add some sparkle to the Treasure Chest** - there is always a need for new energy and helping hands in the thrift shop, receiving donations, sorting, tagging, cashiering and merchandising.
- ✳️ **Flap some jacks** - after 6 months off, we'll be back to serving up our fabulous Pancake Breakfast starting next month. Can you set a table, scramble an egg or scrub a pot?
- ✳️ **Warm our hearts with the arts** - it's been a great year of art exhibitions, but now we're in need of a new Art Committee chair. Can you help boost our spirits by recruiting and filling the auditorium with the work of local artists?

Those are just a few ideas - and we're always ready to take your calls or read your emails if you have some time to contribute. You know how to reach us!!

Thanks, as always, for all you do (and all that you plan to!)

Stu

Enrichin' the Kitchen Update

Almost There!

The beginning of September marks six months since we began the massive undertaking of renovating the RVCC kitchen. What began as a need to repair the floor and do some basic renovation quickly became a total gut-and-rebuild job in order to be code-compliant with the Health Department. Initially we thought we'd be ready to reboot Pancake Breakfast in July. Then we thought maybe we'd be ready in August. Now, as we inch closer to completion, and into the territory of inspections and crucial contractor follow-ups, it's looking more like mid-September or even October.

A lot has happened this month. With flooring, wall covering, and electric & plumbing systems nearly complete, we are now moving equipment in so that it can be tested and refurbished, and there are a few more inspections due. We are making good progress.

If you have some free time on your hands, there are some odds-and-ends jobs that need doing: painting, caulking, cleanup, and so on. **Please contact us if you can help, and let's get Pancake Breakfast going again!**



Beginning Sunday, September 22: Walk Through Western Civilization

SEMINAR: A WALK THROUGH WESTERN CIVILIZATION



Sundays at 3pm, September 22—November 17. In Rockfish University. This non-credit, free, adult education course on the History of Western Civilization is offered at the Rockfish Community Center to members and guests to encourage lifelong learning and vital community living in Nelson County and neighboring areas. Retired professor of History, Dr. Jeffrey Mitchiner, leads informal, seminar-type classes through brief lectures and group discussions which focus on different eras and their cultural contributions to Western Civilization. Topics include politics, religion, science/technology, literature, art, architecture, economics and social issues. Sessions are held in the "Rock U." class room of the Community Center once weekly for ninety minutes, for one semester of eight weeks. Members are encouraged to contribute their own experience and knowledge in a relaxed social atmosphere.

During the fall semester, 2019, the fourth semester of the series will take up the topics of the expansion the Roman Empire and its collapse in the West, the expansion of Christianity, the effort to survive political chaos and reorganize civilization during the Middle Ages, and its recovery in the Renaissance.

To sign up for the class, simply attend the first session on Sunday, September 22, or contact Dr. Mitchiner: (434) 361 - 1412 or c3j1m41@yahoo.com.

Saturday, October 5: Breakfast is Back! (Fingers Crossed!)



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



Instructors Wanted!



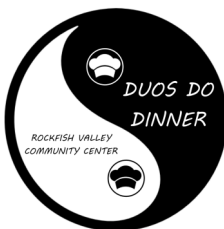
Rockfish University, located in Room #5 at RVCC, is seeking instructors interested in making presentations as part of a series of short adult education courses to be offered to RVCC members beginning this fall. If you have experience or interest in a particular field of study that you think would be of interest to adult learners, we would like to hear from you. Please contact Cliff Love at CliffLove@gmail.com or Glenn Picou at gcpicou@gmail.com.

Rockfish University is also available for workshops, seminars, movie nights, webinars, and more! The room is equipped with a wireless projector, a whiteboard, a projection screen, seminar tables and seating for 30, and a growing selection of The Great Courses.

For more info about renting Rock U or checking out the Great Courses, please contact rockfishcc@gmail.com.

Saturday, November 9: Save the Date for Rockfish Nights!

Rockfish Nights is a little over two months away!



This year, our fall fundraising gala will build on the astronomical, gastronomical success of last year's "Men Who Cook" event. This year, it's "Duos Do Dinner!"

Maybe you do the entrée and she does dessert. Maybe you make a killer stew and he bakes the perfect bread to go with it. Maybe the two of you love to collaborate over a cutting board. We welcome all the dynamic dinner duos out there to come show off their favorite meals!

Last year, we invited 15 chefs to prepare a small number of servings, and the result was the most delicious variety of food we've ever offered to our community. This year, we hope to welcome 15-20 culinary combos to do the same!

Please contact us at rockfishcc@gmail.com if you would like to participate. RVCC can make a contribution toward your ingredients—please get in touch and we'll be happy to go over the details with you!





The Treasure Chest Thrift Store

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

Treasure Chest Hours

Tues.—Fri.: 10am—4pm

Saturdays: 9am—3pm

Call 434-361-0103

- ✳️ Are Chico's and Ann Taylor too far of a drive away?
- ✳️ Have you been looking for a piece of jewelry to go with an outfit but don't feel like paying full price just to wear it for a day?
- ✳️ Do you need a Dining Room Table and just can't find anything nice at a reasonable price?

Look no further! Check in the Treasure Chest! We have a wide selection of gently used (if used at all) clothing, furniture, kitchen wares and items from a wonderful community that loves their community center and local thrift shop. Feel good about your purchases—all sales directly benefit Rockfish Valley Community Center!

Looking for Volunteers

Looking for a way to get more involved in your community center? Volunteer at the Treasure Chest Thrift Store. Commit a few hours from your week to help sort the fantastic things that come through our door, meet a few new friends and have a cup of coffee from TBC while you're here. Be honest, you were going to stop in to poke around anyway—this way you get to see the donations as they make it in the door, **and get a 25% discount!**



Every day is \$10 Bag Day

We are a very fortunate to have bountiful donations in good quality. Benefit from this by grabbing a brown paper shopping bag and filling it to the brim for just \$10! This offer only applies to 'regularly' priced clothing items, as well as shoes, scarves, purses and hats. We always accept brown paper bags and we are currently very low on them. Bring your own regular-sized reusable shopping bag and fill it up too!

Saturdays, 10:30 am—12:30 pm: Find Your Style

Come in for a complimentary styling with Mary Beth, our Fashion Maven! She can help you find something in your style AND your size, and she can even help you accessorize!

Donations accepted during Business hours!

Donations must be clean and in good condition. A good rule of thumb for donations is asking yourself 'would I pay money for this item in this condition?' All donations directly benefit RVCC and your community. **Please be considerate and do not leave donations outside to get rained on.** [Visit the Treasure Chest page](#) on our website for a complete list of acceptable items.



Are you using the right glass?

September Sale

50% OFF All Clear Glassware Now Through September 30!

The Treasure Chest is Hiring!

PART-TIME RETAIL ASSOCIATE NEEDED

16 hours/week, \$10.25/hour.



The Treasure Chest Thrift Store is seeking a part-time retail associate to greet and assist customers, complete sales transactions, and assist the store manager with the daily operation of the thrift store. Daily tasks include merchandising, assisting donors who need help carrying their donations into the store, sorting and pricing donated items, and processing cash and credit transactions at the register. The ideal candidate will have retail experience, excellent customer service skills, the physical ability to help move heavier items, and basic computer literacy. Familiarity with social media would be a plus.

Please submit your resume to Stu Mills at g.stuart.mills@gmail.com, or deliver in person to the RVCC Office. All applications must be received by September 15.

Community Events at RVCC

Beginning Friday, September 6: Six Week Introductory Iyengar Yoga Class

Friday Mornings: 10:00 - 11:15 am, in the RVCC Yoga Studio.

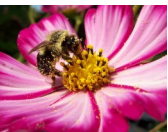
Session 1: September 6 - October 11. Session 2: October 18 - November 22. Cost per session: \$90

Learn to practice Iyengar Yoga in a beginning class with a focus on technique, alignment and breath. We will begin with standing & seated poses and build on what we learn to incorporate introductory forward bends, back bends and inversions. After the 6 weeks course, you will have built the foundation to practice yoga on your own and continue with ongoing yoga classes.

Sara Agelasto is a Certified Iyengar Yoga Teacher, Certified Yoga Therapist and Clinical Herbalist with over 15 years of experience. Sara creates a safe and inviting environment for students of all levels to increase their strength, flexibility and serenity.

Space is Limited. Pre-Registration is Required. Please contact Sara Agelasto for More Information and to Register - sara@iHanuman.com or 434-825-5983.

Saturday, September 14: Bees, Trees & Clean Water



Save the date for "Bees, Trees & Clean Water"—presented by the Chesapeake Bay Foundation. \$10 cost, pre-registration required. In the Rockfish Lounge. Program from 8:30am to 2:00pm, Piedmont Native Plants book and lunch provided.

Join us for an event for all citizens interested in the intersection of plants, pollinators, and water quality. This program will feature speakers on topics from soil building to lawn care, along with afternoon hands-on activities.

Topics Include: Selecting Trees for Urban and Rural Landscapes—Selecting Native Plants for Your Home to Attract Pollinators—Funding Your Project with State Cost-Share.

Contact Robert Jennings at 434-826-0958 or rjennings@cbf.org for more info.

Sunday, September 15: Reiki Level 1 Workshop



7-Hour course, open to the general public. 9 to 5 p.m., in Rockfish University. Receive Reiki Level 1 certificate, personal Reiki Lineage Manual and if you are a massage therapist, you will receive 7 CEs.

Reiki is a gentle yet highly effective ancient energy healing technique originating in Tibet, rediscovered and fostered by Mikao Usui in Japan. It has gained great popularity in recent years for pain and anxiety relief, and imparts a great sense of well-being. **Topics Covered:** Reiki and its history; How is Reiki channeled and what to expect to receive from Reiki; Learn the Power Symbol and its attributes; Learn Reiki hand positions, give and receive a complete body treatment; Balance Chakras, learn their function; Receive Reiki Level 1 Attunement and begin 21 day cleanse. This class is the prerequisite for Reiki Level 2 (Practitioner), Reiki Level 3 (Master) and Level 4 (Master-Teacher) should you decide to pursue those levels. \$175 if registered by September 12; \$199 thereafter. \$70 non-refundable deposit. Go to www.carolquigless.com for registration. Taught by Carol Quigless, 16 years experience as Reiki Master-Teacher, also Certified Clinical Aromatherapist and Board Certified Massage Therapist.

Beginning Sunday, October 6: Basic Dog Obedience Training

Sundays October 6--November 24, 6:30pm-7:30pm, in the Auditorium. (No class on 10/27.)

Contact Cindy Thompson to reserve a spot for the class. 6 slots available. Registration form can be emailed prior to the first class.

Call Cindy Thompson for details: 434-465-3499.



October 25—27: Dancing Leaves Contra Dance Weekend 2019



Come to one of the most fun dance weekends around in the Virginia mountains during the height of fall foliage. A double bill of Wake Up Robin and Buddy System with Will Mentor calling and a dose of Rush-fest!

Registration: <https://tinyurl.com/y5vhmvfx>.

Tuesday, October 29: Blue Ridge PRISM workshop



1:00pm—5:00pm, in Rockfish University. Workshop fee: \$25. Non-native invasive plants are quickly overwhelming many properties by tearing down the forest canopy and overtaking our native plants at the tree, shrub and/or groundcover levels. Understanding what invasive plants exist on the landscape and what it will take to control them can often feel overwhelming. Our fall workshop will enable you to learn how to confidently identify and manage invasive plants in the summer. Topics covered in this session include: Identifying invasive plants in fall—Which invasives you can best kill now—Which invasives you should treat later—Best seasonal 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—Planning a work schedule with best timings for multiple plants.

There will also be an opportunity to identify plants, so bring samples of your mystery plants and we'll identify them! The session includes classroom and outdoor instruction (weather permitting) and discussion. **For more info, visit www.blueridgeprism.org.**



RVCC Welcomes Odeene LLC

Odeene LLC was established in April of 2018. As a woman-owned small business, we are excited to officially call Rockfish Valley Community Center our very first retail location. **Our Grand Opening will be on October 1st, in Room 7.**

At Odeene LLC, we believe in nourishing our bodies with good things. That is why we proudly handcraft our soaps in small batches using only Pure Plant-Based Oils and Natural Ingredients. Our Refill Soap Station is for all of your soaping necessities, including household and personal care. We accept reusable containers and offer a discount for bringing your own container. By keeping another container out of the landfill, you are contributing to zero-waste.

Our Soaps are: PETA Certified VEGAN and Cruelty-Free; Made with Coconut, Olive, Castor, Non-GMO Canola, Vitamin E, and RSPO Palm oils (Bar Soaps); Made with Olive and Castor Oils (Castile Liquid Soaps); Uniquely colored with Natural Clays, Micas, Oxides, Charcoals, and Liquid Colorants (made from diluting our oxides in a vegetable-based glycerin); Botanicals, salts, and seeds are used to give our soaps different textures; and Free of Parabens, Phthalates, Sodium Lauryl Sulfate, Propylene Glycol, Mineral Oil, DEA, Petrolatum, Paraffin, Polyethylene Beads, and Formaldehyde.

Stay Tuned to our Facebook page @ Odeene Soaps for announcements and updates. We look forward with great anticipation to being a part of your community!

Full Circle Salon

Tammy Huffman, Stylist. Color, cut, styling, & facial waxing. **By appt: contact Tammy (434) 529-7180.**

Lowthert Chiropractic - Christopher Lowthert, D.C. - Room 3

Dr. Chris has been a chiropractor for over 15 years. He specializes in myofascial release and diversified chiropractic techniques framed within the German New Medicine paradigm of health and healing. Call for an appointment: (540) 255-0026 or DrChris@LowthertChiropractic.com.

The Rockfish River Gallery of Fine Art & Exquisite Crafts

New at the Gallery:

The Gallery now has four categories of fine art: modern art, abstract art, surrealist art and steam punk art. There is much more to see—come shop for unique and beautiful gifts! 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? 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 have new hours! **Tuesday through Saturday, 10 am — 4:00 pm.**
www.rockfishrivergallery.com, or call 434-294-4668.

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! More info: www.glowforge.com. Email questions to susancpv1@mac.com or stop by Room 8!

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. **By appt: 540-836-9288 or lyssaat@hotmail.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. 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.

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. **By appt. (434-426-4578) or ZBlizzie@gmail.com.**

ARTISAN & STUDIO DIRECTORY

Susan Gorman:
[Derby Vixen](#)

Tammy Huffman:
[Full Circle Salon](#)

David Lipscomb:
[Virginia Rock Shop](#)

Kathlyn Logan
[Odeene Soaps LLC](#)

Dr. Chris Lowthert
[LowthertChiropractic.com](#)

Elizabeth Martin:
[Zero Balancing](#)

[Rockfish River Gallery](#)

Sassafras Studio—An
Afton Art Guild

Kelly Whalen
[Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

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

Studio and Office Space Available for Rent

The Rockfish Valley Community Center has two spaces available for full-time lease.



Room 12 (furniture not included)

704 sf, hardwood floors, large windows, east-facing view for great morning light. Ideal for office, studio, or retail. Recently renovated, high speed fiber internet available. Rent: \$449/month, 1 year lease required. Available September 1.

Commercial Kitchen

600sf including storage pantry, Fully Renovated and code-compliant. Equipment includes gas range with two ovens, upright convection oven, walk-in refrigerator, stainless steel tables and work areas, and all required sinks. The ideal tenant for our kitchen would be either a single tenant who needs a commercial kitchen to advance their business, or a partnership between two or three individuals who need kitchen space on a part-time basis. Rent: \$800/month plus utilities, minimum 1 year lease required. Available October 1.

For more information, or to arrange a visit to see the available spaces, please contact us at rockfishcc@gmail.com or call 434-361-0100.

Ongoing Events

Ongoing: Sunday morning Pickleball

Pickleball, the fastest growing sport in America, is happening at RVCC.

Sundays, from 8 AM to 10 AM, on the RVCC basketball court. Sponsored by the Nelson County Recreation Department. All levels, from beginner to expert, are welcome. Special introductory tutorials will be given to beginner and novice players.

If you are not sure about playing you may come to watch before you make up your mind. No fee for spectators. The fee to play is \$2 per session. Contact Conny Roussos: roussos@lynchburg.edu.

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.

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 or call Dr. Chris at 540-255-0026.

Tarot for Life

Tarot is a tool for problem solving and self discovery. 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 [ta-rotforlife@yahoo.com](mailto:rotforlife@yahoo.com) to schedule a session at RVCC.

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](#).

The Party Starts Here!



Any time people gather together, they create a community. Host your next gathering at the Rockfish Valley Community Center! Rehearsal dinners, festivals, quinceaneras, vendor fairs, craft fairs, parties, reunions, or any other gathering you can imagine—we can help. RVCC has a variety of indoor and outdoor space available for your next event.



For more information, please contact us at rockfishcc@gmail.com, visit rockfishcc.org, or call 434-361-0100.

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 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:

agnesyh@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.

\$72/6 classes or \$14/drop in. First class free for new students. Partial scholarships also available through instructor. Yin Yoga: Suitable for all levels of students, this practice is a true mind-body meditation. It's slow-paced and designed to help you sit longer, and more comfortably, by stretching connective tissue around the joints (knees, pelvis, sacrum and spine). Involves variations of seated and supine poses typically held for several minutes, accessing deeper layers of fascia. Gently trains muscular fascia to become more flexible and ligaments that support joints to become stronger. Props supplied in class often used. Contact Rebecca L'Abbe at 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](http://visit.the.Yoga.Studio.page.at.rockfishcc.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.

Beginning Friday, September 6, 10:00am: Six-week Introductory Iyengar Yoga Class w/Sara Agelasto. See info on Page 4.

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.



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.

OUR TEAM

RVCC Board of Directors

President *Charlie Hickox* **Vice President** *Joe Centofante*
Treasurer *Scott Duncan* **Secretary** *Casey Stillman*
Directors *Bob Yoder, Gifford Childs, Mary Cunningham, Glenn Picou, John Gulino, Mike Bailey, Michael Donegan.*

RVCC Staff

Executive Director *Stu Mills*
Operations Manager & Newsletter Editor *Sara Taylor*

Treasure Chest

Manager *Catherine Dunne*
Assistant Manager *Eleanor Massie*

Groundskeeping

Creation Appreciation

Custodian

T&E Cleaning

COMMITTEES

All of these Committees are entirely composed of volunteers, and we can't keep this place running without them!

Building & Grounds: From small repairs to large improvement projects, the B&G Committee literally keeps our 80-year-old building up and running!

Development: From planning fundraising events to strategic planning, DevComm keeps our organization vibrant & growing.

Music: The Music Committee plans and runs our House Concert series, and develops music programming at RVCC.

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

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

Get involved, and make a huge difference without making a huge time investment! Contact us today!

CURRENT FUNDRAISING EFFORTS

“Enrichin’ the Kitchen”

RVCC’s fundraising campaign to fully renovate the kitchen.

<https://www.rockfishcc.org/enrichin-the-kitchen/>

“Reduce the Refuse”

Our fundraising campaign to install recycling stations for glass, plastic, and cans around the building and grounds, and install a water bottle refill station to reduce the number of plastic water bottles used at our facility. \$4000 needed.

<https://www.rockfishcc.org/reduce-the-refuse/>

“Support SK8 Nelson”

Our annual fundraising campaign to raise the \$4000 insurance premium required to keep Nelson’s only Skate Park on our grounds.

<https://www.rockfishcc.org/support-sk8-nelson/>

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.



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!

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.