



October 2019

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

From Executive Director Stu Mills

"...and that about wraps it up - I think it's time to call for the final inspection."

Those were the sweetest words I've heard in a long time, coming from Building & Grounds chairman Gifford Childs last week. And I've rarely been happier to make a phone call in my life.

The year-long fundraising and the months-long renovation of the kitchen has been a daunting exercise (to understate it wildly), and we all owe enormous respect and gratitude to our phenomenal "kitchen crew" volunteers who made it happen. We now have our Certificate of Occupancy approved, and we'll be serving up pancakes this Saturday morning for the first time in 7 months! Please join the crowd to "Ooh" and "Ahhh" and to share our pride in a colossal project, painstakingly completed!

But Sara and I must be totally "wicked" - because there never seems to be any rest for us...

We're already busy planning and fundraising for the next incarnation of our "Green Initiative" series of sustainability projects that we hope to have underway by spring.

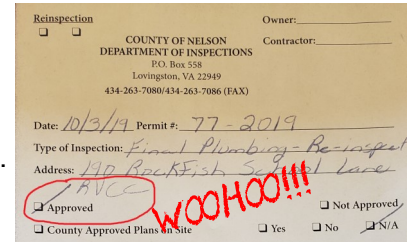
First up is "Reduce the Refuse" - our plan to locate recycling stations all around the building and grounds to help us sort our trash and keep as much of it as possible out of the county landfill. And along with the recycling effort, we'll replace our water fountains with two brand new fountains/refilling stations that will allow us all to grab a cool drink and refill our water bottles to cut down on the number of disposables that we throw out here. You can read more about it inside.

And second, we're following up on our successful central air-conditioning pilot project that has cooled the front of the main building this summer by launching our "Big Chill" fundraising effort to bring A/C to four more rooms on the East side. These highly-efficient mini-split units will save us a bunch of money in electrical expense, will double as back-up heat sources in case we have boiler problems, are far quieter and less obtrusive, and will improve security as well.

We've begun the grant-writing campaign to raise money for these projects, and are happy to announce that Devils Backbone has already put a substantial donation in the pot - but as always, we need the help of our community to help foot the bill. We hope you'll consider clicking on the donation link as well!

And, as always - thanks to you for *being* the community you wish for!

Stu



The prettiest picture we've ever seen. ♥

Saturday, October 5: BREAKFAST IS BACK!



At long last, our kitchen renovation is done, and we are ready to celebrate!

Join us for our community Pancake Breakfast—buttermilk 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!



Beginning Saturday, November 2: 13th Annual Winter Market Season



The 13th Annual Winter Market season begins on Saturday, November 2! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts.

Each market (except 12/14) also coincides with RVCC's Pancake Breakfast and the Treasure Chest Boutique Bag Day.

Market Schedule



2019

November 2— December 7— December 14
Sierra—The Accidentals—Rockfish Gap

2020

February 1, March 7, April 4
Ryan Dunne—Sue Harlow—Gene Temple



All Markets are 9am—Noon.

For more info, contact Donna Kincaid at mountainvision@earthlink.net.



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

Good Food—Good Music—Good Fun! \$45/members, \$50/non-members.

Tickets go on sale October 8!

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! 13 Duos have already signed up—Please contact us at rockfishhcc@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!



Coming in November: Hospice of the Piedmont Q&A



RVCC would like to engage a speaker from Hospice of the Piedmont to make a presentation in Rockfish University in November. We need 25 people at a minimum to be there for Hospice to send a speaker. We are looking at dates in early November, on Wednesdays or Fridays around lunch time. Bring your own bag lunch. Q&A after 50 minutes of presentation. Let Cliff Love know now if you will come, and which dates are good for you.

At a separate time and date, Cliff can make a presentation about Advance Medical Directive forms commonly used in this area. Contact Cliff at Clifflove@gmail.com if you are interested in either of these presentations.

Reduce the Refuse!



Until now, RVCC has offered little in the way of recycling options for its tenants and visitors, and has no options for refilling personal water containers other than in our Rockfish Lounge or kitchen sink faucets.

By launching our "Reduce the Refuse" fundraising campaign, we hope to rectify this by installing of six sets of recycling bins which will be regularly maintained by volunteers. These bins will be on wheeled carts so that they can be easily moved to wherever they are needed. The total cost of the recycling stations and carts will be \$4,395.00

To help reduce the amount of plastic being recycled at RVCC, we also want to replace our existing water fountains with combination fountains and bottle-filling stations. These units will dispense cold, filtered water for our staff, tenants and visitors, and will encourage the re-use of personal sports bottles or drinkware as an alternative to purchasing and discarding of disposable plastic bottles. RVCC will promote the use of refillable drinkware by encouraging their use at sponsored events, by offering bottles for sale at the Treasure Chest, and offering them as promotional gifts in membership and other fundraising campaigns. The cost of the bottle-filling stations will be \$2,080.00, and they will be installed by volunteers.

[Can you help us raise the money to Reduce our Refuse? Click here to donate, or contact us today!](#)

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!

Fridays and 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.



October Sales

50% OFF All Luggage Now Through October 31!

Earrings are now **3 for \$5** on all earrings priced between \$2-\$5!

New at the Treasure Chest: First Saturday Free Table!

On Saturday, October 5—coinciding with the Pancake Breakfast—the Treasure Chest will host a “Free Table” on the lawn outside the store.

The table will be full of all sorts of miscellaneous items, ranging from glassware to housewares. Thanks to the amazing generosity of our community, we always have new donations coming in, and so we have to clear out the items that aren't selling. Please help us move along some pieces that have overstayed their welcome at the store!

- Give them a home, or take them home to smash for anger management! (Seriously. Check out “Rage Rooms” for some inspiration!)
- Create some decoupage or mosaics!
- Use them to create “found art” garden sculptures or upcycle them into your own creative piece!

Whatever you do, please help them find a new use in this world!

Community Events at RVCC

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.



Beginning Monday October 14: International Folk Dance Class with Sue Chase

Mondays, October 14—November 25, 6:00 - 7:30 PM, in the Dining Room. Cost: \$8 per class for RVCC members, \$10 non-members. In this eight-session class, you will experience easy to moderate dances from many countries around the world. Beginners are encouraged, experienced dancers are always welcome. No partners needed. Everyone welcome - ages 8 to 80+. To register contact the instructor, Sue Chase: schase@lumos.net or 540-456-8176.



Beginning Friday, October 18: Six Week Introductory Iyengar Yoga Class

Friday Mornings: 10:00 - 11:15 am, in the RVCC Yoga Studio. Series: October 18 - November 22. Cost: \$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.

October 21: Sheriff's Debate



The Nelson County Home Builders Association and Rockfish Valley Community Center are coming together to host a candidate forum for the upcoming local elections. The event will be sponsored by Blue Mountain Brewery and held at RVCC on Monday October 21st from 6 to 9PM. This event will provide an opportunity for local candidates to meet, greet and get their message out to the electorate. Attendees are encouraged to submit questions for the candidates in writing; our moderator will select and present these to the candidates. This will be a great opportunity to support local organizations, enjoy local beverages and hear from your local candidates! Contact nelsonbuildersassociation@gmail.com.

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 ground-cover 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.

Wednesday, October 30: JABA Medicare Part D Counseling

Wednesday, October 30, in Rockfish University. Appointment required.



Every year, Medicare Part D insurance companies make changes to their plans. This is the time for you to make sure you have the right prescription plan for 2020. Statistics show that 87% of people on Medicare have the wrong Part D plan for them. Jefferson Area Board for Aging provides a free service to help people figure this out. Last year, JABA assisted 2,324 people in finding the right plan. In total, we saved people \$1,230,000 on their prescriptions and prescription insurance. Call 434-817-5248 for an appointment.



RVCC Welcomes the Rockfish Artist Collective

Rockfish Artist Collective Forms

Founding members of the Rockfish Artist Collective have rented the old concession stand behind to RVCC and transformed it into a pottery studio, with the help of friends and neighbors. This space, shared between six members, is equipped for wheel throwing and hand-building. The collective shares equipment, tools, and expertise among members. Founding members include Jill Averitt, Ashby Brown, Virginia Dawnswir, Elise Lauterbach, Margo Sorkin, and new member Jessie Carter.

The collective began to offer community and support to local artists, and hopes to be the seed of a larger project of support for art in our community. Eventually, the collective hopes to rent interior space at the RVCC. A classroom would make a wonderful shared studio for artists working in other mediums, with ample space to hold classes for the public, or for new members to use as drop-in studio space. There are many possibilities! A meeting for potential new members will be held in November.

If you have unused pottery supplies cluttering your barn, or if you're interested in sharing space for pottery or for other visual arts, please email elise.lauterbach@gmail.com to join our mailing list.

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.

Odeene LLC Artisan Soaps—Room 7 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. Stay Tuned to our Facebook page @ Odeene Soaps for announcements and updates.

The Rockfish River Gallery of Fine Art & Exquisite Crafts

New at the Gallery: The Gallery has many new items this month, including more books written by local authors, more big birds by Rudy Burnett, a new oil painting by Bill Tucker, and more!

Rockfish River Gallery Newsletter coming soon! The Gallery will soon begin sending out a newsletter, to include announcements of new arrivals (with commentary by Kathy), book reviews, and more. To join the Gallery's email list and receive the newsletter, email Kathy at kpbbkm@yahoo.com.sg.

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 are open 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 susanp1@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 Valley Artist Collective](#)

[Rockfish River Gallery](#)

Sassafras Studio
Michele Reday Cook

Kelly Whalen
[Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

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

Kitchen Available for Full-Time Lease

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, please contact us at rockfishcc@gmail.com or call 434-361-0100.

Ongoing Events

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.

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.

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 tarotforlife@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](#).

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. *(No class October 14 & 16.)*

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, October 18, 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”—DONE!

RVCC’s fundraising campaign to fully renovate 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.