



November 2019

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

From Executive Director Stu Mills

I just love this time of year...

The leaves are at their peak, the shorts & polos are packed away until Spring, the flannel sheets are on the bed, the fireplace is cranked up, and *Rock On* is crammed full of events as the busiest and happiest season of the year comes into view.

Many of those events are detailed inside, and others are in final planning stages - among them the long-awaited return of the shimmering and spine-tingling "Harps of Gold" holiday concert by Virginia Schweningen's *Harp Song of the Blue Ridge*. More to come on that, so watch for the formal announcement and please be sure to clear your calendars for Saturday evening, December 7th!

Most importantly this year, our planning for the holidays and the new year has taken on a special significance, as we look forward to celebrating our 20th birthday in March of 2020!

We'll mark our milestone in a lot of ways, and we hope you'll be a part of all of them.

Our 20th Annual Fund and Membership Drive, which we're calling "***Vision 20/20: A Clear Focus for our 3rd Decade***," will launch in just a couple of weeks, so please watch your email inbox for details on this most important of fundraisers for the Rock.

We're deep into our planning to take our programming to new heights in 2020 as well, with the introduction of a brand-new partnership with the Piedmont Family YMCA, and to broaden our impact in our community through a detailed community needs assessment with programming and events implemented by a new Outreach Coordinator/Event Planner, also to be hired next year.

We'll also celebrate our 20th birthday early in 2020 with the introduction of our long-awaited Planned Giving program, through which legacy donors, whose gifts will help ensure that RVCC will always be here to meet the social, educational, recreational and cultural needs of the Rockfish Valley, will be permanently honored.

And finally, we'll take a little time to toast ourselves at a blowout "Leap into the Future" gala on Saturday evening, February 29th - the eve of our actual 20th birthday! You do NOT want to miss this event, where we will honor the heroes who got us here, and also celebrate our outright ownership of 190 Rockfish School Lane with a "Torch the Mortgage" ceremony!

Come to think of it, there's something to love all year round at the Rock.

Thanks, as always, for being a part of it all!

Stu

Saturday, November 2: 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.

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.

Wed., 11/6: Hospice of the Piedmont & Advance Medical Directives



Wednesday, November 6, in Rockfish University. 12:00—1:00pm.

Glenn Picou and Cliff Love are excited to announce another new class at Rock U! The first half hour of this presentation will be led by Lori Kindig of Hospice of the Piedmont, focusing on increasing your knowledge and understanding of the services and benefits of Hospice of the Piedmont. The second half hour will be led by Cliff Love, discussing the very basics of Advance Medical Directives.

Submit your request to attend to Cliff by email at CliffLove@gmail.com, or call 757.650.0569. Preregistration is required as the class size is limited to 30 people. Those of you who have not already signed up (15 have signed up so far) need to respond promptly to secure a seat. Preregistration closes as soon as there are 30 registered attendees. Preregistration requests are limited to RVCC members and their guests. This is a brown bag event, so please feel comfortable to bring your own lunch.

We hope to see you there!



Saturday, November 9: Rockfish Nights—Duos Do Dinner!

Doors open at 6pm—Dinner at 7pm. \$45/members, \$50/non-members.



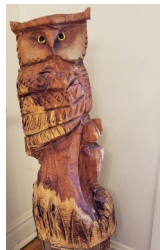
This year, our fall fundraising gala will build on the astronomical, gastronomical success of last year's "Men Who Cook" event. This year, it's "Duos Do Dinner!" Maybe you do the entrée and she does dessert. Maybe you make a killer stew and he bakes the perfect bread to go with it. Maybe the two of you 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 welcome a variety of culinary combos to do the same! From baked fish with a lemon cream sauce to Caribbean empanadas, this year's menu promises to be outstanding.

Music by the Eric Knutson Band



Born and raised in Alaska, Eric followed an early love of music where it led. He earned a degree in classical guitar in Colorado, then moved with a few fellow musicians to Nashville. After a few years as a guitar-slinger for hire, he landed a full-time gig as a staff songwriter at a successful publishing company on music row. He wrote piles of songs and had the opportunity to learn from some of the best writers in a town devoted to the craft. Recently, Eric and his family jumped at the opportunity to move to the Blue Ridge Mountains of Virginia. After years of living in the city and writing songs for other people, he is delighted to be digging into the fertile soil of the Charlottesville music scene, and write songs for himself.

Music: <https://open.spotify.com/album/64FzNK70XE0rmVFmhox6Cd?si=Fm2lxxdETmSNPv2fENzn5Q> or ericknutsonmusic.com/



Select Fine Art & Craft Auction—featuring paintings by Susan Viemeister, an original owl sculpture by Tom Harvey, and more!

Saturday, November 9, 6:00—9:00pm

[GET YOUR TICKETS AT ROCKFISHCC.ORG!](http://ROCKFISHCC.ORG)

Thursday, November 14: How To Taste Wine



Glenn Picou and Cliff Love are excited to announce a new series of Rock U classes: A Taste of Nelson (and beyond.) The first class in the series will be "How To Taste Wine," led by Andrew K. Hodson. 5:00pm sharp, in the Rockfish Lounge at RVCC. Andrew is one of the leading wine experts in our region and is the co-owner of Veritas Vineyards and Winery. Andrew's talk will increase your knowledge and skill in tasting and appreciating wine. Attendees need not be wine tasting experts, although experts are welcome to attend as well as novices and everyone in between. This will not be a traditional wine tasting, but wine will be tasted, so of course you must be at least 21 years old to attend.

Preregistration is required as the class size is limited to 30 people. Those of you who have not already signed up (14 have signed up so far) need to respond promptly to secure a seat. Preregistration is limited to RVCC members and their guests. At the door there will be a \$10 fee payable to RVCC to cover the cost of the wine. **Submit your request to attend to Cliff by email at CliffLove@gmail.com, or call 757.650.0569.**



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!

Feel good about your donations too: Your donations reach much farther than a tax deduction, because they often directly support your community. The Treasure Chest frequently donates clothes and other necessities to families who are victims of fires or displacement via other circumstances. The medical equipment we occasionally receive (crutches, wheelchairs, walkers, etc.) gets distributed to our community at no charge as quickly as we are able. Book donations—especially dictionaries, home improvement, electrical, carpentry, plumbing, cosmetology, etc.—also help stock local prisons through our contacts. We are always looking for new venues to continue sharing and benefiting our community.

So please remember us as you bring out your sweaters and pack away your summer shorts this fall and winter. It might feel like you're 'just' cleaning out your closet, but it really does help your community center and your neighbor. Your contributions make differences and make people feel confident in their gently used clothes from their local Thrift store. Members of our community have been asking particularly for more plus-sized garments (particularly garments XXX and larger,) so if you can part with some of these items, it will be greatly appreciated.

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! Fridays and Saturdays, 10:30 am—12:30 pm: Find Your Style with Mary Beth!

Donations Accepted During Business Hours!

Help Wanted!

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 November 15.

Community Events at RVCC

Saturday, November 23: Free Astrology Series



2:00—4:00pm, in Rockfish University. Presented by Cheryl Hopkins. “What’s Past is Prologue”: Our Astrological Moment & You. This quote from William Shakespeare’s *The Tempest* comes at an important moment in the play. A character, Antonio, uses it to suggest that all that has occurred prior to that moment creates the opportunity to choose what he and another are about to do or to make a different choice. This is relevant to understanding how astrology works in both the quote and opportunity at hand. Planets moving in their orbits return to a beginning point. Likewise, planets coming together at one point in time return to come together again at a future point in time reflecting the adage, “What goes around, comes around”. Times, culture may change but the themes of the planet’s symbolism are clear within the context of the times of their return. When you look at the history of these occurrences you can see the planet’s symbolism and the central invitation echoing through time to ask us individually and collectively; will you follow your better angels to become the evolved person you can be?

Join astrologer Cheryl Hopkins for a look at the astrology of our current moment its connection to the past and the opportunity it offers you for personal advancement as prelude to 2020. This is for a general audience. You do not need to know astrology to attend. **More info: Contact Cheryl at 804-306-9055, AnEmpoweringAstrology@gmail.com, or visit astrologyempowers.com.**

Sunday, December 15: Nelson County Community Orchestra Holiday Concert

4pm, in the RVCC Auditorium. Visit <http://www.nelsoncco.org/> for more info.

Friday, December 20: North Branch School presents St. George & the Dragon

More info coming soon.

Saturday, December 21: Restorative Yoga Workshop with Sara Agelasto

Restorative Yoga to Calm Your Spirits! 10am - 12pm, in the Yoga Studio. Cost: \$50. Space is Limited. Pre-Registration is Required. Workshop Description: Fall introduces us to the Air Element. The Air element can lead to: Dry skin, dehydration, bloating, interrupted sleep, scattered thinking and excess worry. In this workshop, you will gain dietary, lifestyle and herbal recommendations to support you during this time of year, as well as how to become more attuned to seasonal shifts at large. The 2-hour workshop will include a short lecture, time for questions & discussion and an hour & fifteen minute restorative yoga practice. Beginners welcome as well as more experienced practitioners.

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.

Please contact Sara Agelasto for More Information and to Register – sara@iHanuman.com or 434-825-5983.

Tuesday, January 14: Free introduction to T'ai Chi Chuan (Yang style Short Form)



6:30 pm, in Room 14 (Dining Room.) This free 1-hour class is an introduction to the 12 week series below.

Beginning Tuesday, January 21: New Beginning T'ai Chi class at RVCC

12 weeks starting Tues. Jan 21 at 9 am, \$120

Teachers: Lee Felton and Charlotte Zinsser Booth

T'ai Chi Chuan is an ancient exercise which embodies China's most profound concepts and principles of health and movement. It offers true harmony between body and mind. Practiced daily, it can help:

- * Reduce stress and anxiety
- * Increase flexibility, muscle strength and energy levels
- * Improve balance and ease of movement
- * Enhance immune system and cardiovascular functions
- * Reduce arthritis and back pain
- * Contribute to a general feeling of wellbeing

Presented by Blue Ridge T'ai Chi. To get more info or to sign up for the series, contact blueridgetaichi@gmail.com, or 434-825-0298.

Christmas Trees!

*Fresh-cut
Fraser Firs*



*Available Nov.
26—Dec. 21*

—while supplies last!

*All proceeds benefit
RVCC!*

Full Circle Salon

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

Lowthert Chiropractic - Christopher Lowthert, D.C.

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

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.

The Rockfish Artist Collective

A pottery studio equipped for wheel throwing and hand-building, located in the Concession Stand behind RVCC. The collective shares equipment, tools, and expertise among members. 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. 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.

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 susanpvl@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](#)

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!](#)

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. 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, contact Dr. Mitchiner: (434) 361 - 1412 or c3j1m41@yahoo.com.

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 (CIYT), and Certified Yoga Therapist (C-IAYT)

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:

agnesyhv@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://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.

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.