



**November 2019**

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

## From Executive Director Stu Mills

Greetings of the Season, Y'all!

Wow, what a year we've had! As we prepare to launch our Third Decade, it's fun to do our annual "Year in Review." It just keeps getting better!

- Completion of the planning, fundraising and wholesale renovation of the RVCC Kitchen, paving the way for a brand-new tenant, thanks to the incredible volunteer crew of the Building & Grounds Committee;
- A re-configured and re-graveled parking lot and service road, and a new paved walk path in the Wildflower Meadow, all parts of our "Accessibility Improvement" project finished this summer;
- Brand-new lighting for the parking lot, hoops court and skate ramp, improving safety and extending rec hours at the Rock, as the final task of our "Green Initiative, Too" projects;
- Another whirlwind year packed with events, meetings and classes, including House Concerts, pancake breakfasts, orchestra practices, rehearsals and performances, art exhibits, Winter Markets, dance, exercise and educational classes and public meetings, all filling our public spaces with non-stop activities;
- Re-mulching of the walking trail, grooming of the wildflower meadow, trimming of foundation plantings and new paint for the East hallway, the Green Screen and the kitchen exterior, thanks to over 30 volunteers from the United Way's "Day of Caring";
- Another jaw-dropping unrestricted gift from John Stewart, along with other financial and in-kind gifts that swelled the ranks of our Rock Legends to ten donors;
- Wonderful fundraising events that helped us fill the coffers, including Rescue Runway, Celebrate Rockfish, SK8 Nelson and Rockfish Nights, despite monsoons & heat waves;
- The best-ever year-to-date sales for the Treasure Chest, under the leadership of new manager Catherine Dunne and her amazing staff and volunteers;
- Sad goodbyes to long-time tenants Old Orchard Farm, Digital ReLab and Claudia's Catering, and warm welcomes for new tenants The Artist Collective in the Concession Stand, Odeene, LLC in Room 7, Taj Mahal Kitchen and an expanded Trager Bros Coffee in Room 12;
- A fresh update to our Strategic Plan, promising new surveys of our membership and community and new strategies for expanding outreach and inclusion, beginning with the hiring of an Outreach Coordinator/Event Planner in 2020;
- The exploration of a new partnership with the Piedmont Family YMCA to explore and implement kids programming beginning next summer; and
- The kickoff of our "Reduce the Refuse" fundraising campaign to fund our recycling effort and to help raise funds for central air conditioning in four more rooms in the main building.

Please read more about our exciting plans for celebrating our 20th anniversary, and your opportunity to "Share The Vision" for 2020 on the next page. Your vision and your support have never been needed more!

The happiest of holidays to you and yours, and thanks for sharing our vision of community.

*Stu*

## Saturday, December 7: Pancake Breakfast



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](mailto:rockfishcc@gmail.com)!**





## Vision 20/20: A Clear Focus for our 3rd Decade

2020 will be a momentous year for the Rock.

On March 1, RVCC will celebrate its 20th Anniversary, commemorating two decades of a journey that started with a handful of dreamers determined to build community in a 60-year old abandoned school building. For many of those early years, the journey was focused simply on survival - just keeping the doors open and the lights on. More recently, the hard work of the Board, the staff and our incredible volunteers has allowed us to focus on sustainability - building the organizational foundation, the community support and the financial capacity to ensure that community will always have a place to happen in the Rockfish Valley.

*Hindsight* is always 20/20, and we're very clear-sighted about where we've been. Once again in 2019, we rocked our mission with a dizzying number of events and projects. But it's critical that our *foresight* is 20/20 as well, so now, in preparation for our third decade, we are launching a new plan to build on our successes and to sharpen our focus on the future. Very soon we'll be reaching out to survey all groups in our community to find out what they envision our role to be, and what they will support with their time and treasure, for the next ten years and beyond.

We've never needed your vision, your input and your investment in community more than now, as we seek to secure the future of the Rock and prepare to pass the torch to a new generation of leadership. We hope we can count on you to join, renew or upgrade your membership for 2020. You can read all about the membership levels, benefits and special giveaways below, and renewing is just a click away:

### [Yes! I want to share the vision!](#)

With you on board, 2020 will be another amazing year, with new programs, new partnerships, new personnel and new parties (save the date on February 29th for our 20th Anniversary Celebration) to launch our third decade!

We look forward to sharing the vision with you!

## Continuing Saturday, December 7: 13th Annual Winter Market Season



The 13th Annual Winter Market season continues this Saturday, December 7! 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**

December 7— December 14  
*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](mailto:mountainvision@earthlink.net).

## RVCC's Annual Christmas Tree Sale



RVCC's Annual Christmas Tree Fundraiser is now under way!

Earlier this fall, it was beginning to look like we would not be able to find any Christmas trees for our annual Christmas Tree fundraiser. We contacted over 20 tree farms within a day's drive, and every one had already sold out to vendors who had been in line since the previous year. But Sarah Jane Stewart was not ready to give up, and by chance, one of those vendors took fewer trees than they had originally reserved, leaving just enough for us to hold our fundraiser.

These fresh-cut Fraser Firs, along with a selection of wreaths, are now available at RVCC. Tree heights range from 5' to 8'+. We only have a few of the larger sizes left, so please [contact us at rockfishcc@gmail.com](mailto:contact us at rockfishcc@gmail.com) if you would like to reserve a larger tree.

Tree prices start at \$50, and RVCC members (both current 2019 members, and those who renew or join now for 2020) will receive a \$5 discount. And as a special treat for this year's fundraiser: A couple of our Amazing Volunteers are just bursting with holiday spirit, and have offered to deliver trees to anyone in the Rockfish Valley who is physically unable to come get a tree, for a small delivery fee of \$15.

Trees may be purchased through the Treasure Chest Thrift Store, the RVCC Office, or on Saturday mornings at the tree lot. We'll have helpers available on Saturday mornings to help you pick out and load your tree.

**Tree lot helpers will be available December 7 and December 14 from 9am--Noon.**

**The Treasure Chest is open Tuesdays through Fridays 10am--4pm, and Saturdays 9am--3pm.**

**The RVCC Office is open until 5pm on Mondays, and until 6:30pm Tuesdays through Fridays.**

## Friday, January 17: House Concert with the Olivarez Trio



### RVCC House Concerts—In the Rockfish Lounge

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

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

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

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

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



## 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!**

**December 17—31: 50% OFF All Christmas Decorations!**

*Including artificial wreaths and artificial trees!*

**All month long: 50% OFF ALL TOYS!**

*Dolls, Stuffed animals, Board games, Puzzles, and Baby toys!*

**FIRST SATURDAY FREE TABLE!**

*On Saturday 12/7, the Treasure Chest FREE table will feature Fall/Autumn Decorations!*

**SALE**  
Now On

**Donations Accepted During Business Hours! Every day is \$10 Bag Day!**

## Community Events at RVCC

### Sunday, December 8: Central Virginia Blues Society Holiday Party



Holiday Party -- On December 8th, CVBS will be having their annual Holiday Celebration and Member Appreciation party in the RVCC Auditorium, from 2 to 6 pm.

If you are a paid member and plan on attending -- please RSVP to [info@centralvablues.org](mailto:info@centralvablues.org). If you are not a CVBS member, it's never too late to join!

You are very welcome to bring your family as well. It will be fully catered with food, and adult beverages as well as some nice desserts. This event also starts the CVBS annual food drive, so please bring non-perishable items such as canned and dry boxed goods for the less fortunate. The food drive will go through the end of the year, so you can also bring items to the CVBS jams. **For more info, visit <https://www.centralvablues.org/>.**

### Sunday, December 15: Nelson County Community Orchestra Holiday Jubilee Concert



**2pm, in the RVCC Auditorium.** Program to include Tchaikovsky's *Pas de Deux* from the Nutcracker, Paul Barker's *Millennium Suite*, Hallelujah Chorus from Handel's *Messiah*, and many holiday favorites.

Free and open to the public, donations always appreciated.

Visit <http://www.nelsoncco.org/> for more info.

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



North Branch School will perform Saint George and the Dragon in the RVCC Auditorium on Friday, December 20, at 1:30 and 7:00.

This production is a school tradition now over 35 years old. Saint George and the Dragon is a collection of poems, stories, songs and dances that are a part of the history of the human effort to "drive the cold winter away."

North Branch welcomes the community to this Winter Solstice celebration.

### Saturday, December 21: Restorative Yoga Workshop with Sara Agelasto

#### Restorative Yoga to Calm Your Spirits: 10am - 12pm in the Yoga Studio

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. Cost: \$50. Space is Limited. Pre-Registration is Required.

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](mailto: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](mailto:blueridgetaichi@gmail.com), or 434-825-0298.

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

### Lowthert Chiropractic - Christopher Lowthert, D.C.

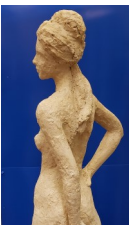
Dr. Chris has been a chiropractor for over 15 years. He specializes in myofascial release and diversified chiropractic techniques framed within the German New Medicine paradigm of health and healing. Call for an appointment: (540) 255-0026 or [DrChris@LowthertChiropractic.com](mailto:DrChris@LowthertChiropractic.com).

### 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 now has a 40 lb, 3' 2" sculpture by Charles "Flick" Flickinger.
- ◆ Help us with our book project! Volunteer to read one of Gallery's local writers' books. Write a piece that tells us what the book is about. These comments are not to be a review, nor positive or negative in nature—just a synopsis of the book.
- ◆ We have a ton of cards, including quite a few seasonal cards, and many other new items have recently arrived—stop by!

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](http://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](mailto: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](http://www.glowforge.com). Email questions to [susancpv1@mac.com](mailto: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](mailto: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](mailto: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](http://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](mailto: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](#)

## Coming Soon to RVCC: Taj Mahal Kitchen

RVCC is pleased to welcome the new residents of our kitchen: Taj Mahal Kitchen!

Taj Mahal Kitchen will open in early 2020, bringing "A Taste of India—To Go!" to the RVCC family.

Menu items will include a variety of Indian dishes such as Chicken Biryani, Butter Chicken, Mango Lassi, Chicken Curry, and more—plus some Mediterranean and Classic American food as well!

Keep an eye out for upcoming news about the grand opening of Taj Mahal Kitchen, hours of operation, and more.



## 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](mailto:CliffLove@gmail.com) or Glenn Picou at [gcpicou@gmail.com](mailto:gcpicou@gmail.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](mailto: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](http://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:ta-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](mailto:rockfishcc@gmail.com) to peruse the collection and check out the courses of your choice. You may also review the available courses by [visiting the Classes section on our website](#).

## Fitness & Yoga Classes

### Yoga Studio



Our fully-equipped Yoga Studio offers a variety of classes throughout the week, taught by qualified and knowledgeable instructors. No matter what your fitness or experience level may be, there is a class that will work for you.

If you are interested in teaching a Yoga class, please contact the RVCC Office at 434-361-0100 or [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com) for more information.

### Ongoing Yoga Classes & Updates

#### Yoga w/Sandra Pleasants, Certified Iyengar Teacher (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](mailto:sandra.pleasants@gmail.com) to register.

#### Integrative Yoga w/ Agnes F. Schrider, physical therapist and certified yoga instructor. *(No classes 12/25, 12/30, or 1/1.)*

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](mailto: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](http://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](mailto:rebecca.labbe@gmail.com) or 434 466-2696.

For more information about Yin Yoga and Rebecca L'Abbe, [visit the Yoga Studio page at rockfishcc.org](http://rockfishcc.org).

**Wednesdays, 6:00pm:** Multi-level w/Martina Compton. Contact [martinac1959@gmail.com](mailto:martinac1959@gmail.com) to register.

**Thursdays, 6:30pm:** Men's Yoga w/Brian Webb. 434-361-9218 or [brianpwebb@me.com](mailto:brianpwebb@me.com) to register.

**Private Yoga Sessions:** Have you wanted to try yoga but do not know where to begin? Can't find a yoga class that fits in with your busy schedule? Try a personalized Yoga and Wellness Class with Certified Iyengar Yoga instructor Sara Agelasto. For more info, please contact [sara@iHanuman.com](mailto:sara@iHanuman.com) or 434-825-5983.



### Core Fitness Synergy Studio

Core Fitness Synergy offers:

Personal & small group training—Core group fitness classes—Core Fusion (power pilates, core conditioning, strength & yoga)—Semi & small group training—Sport-specific training—Flexibility, balance & stretch training—Injury prevention mechanics training—Private & semi private Yoga, Pilates & core training—And “E” Training.

#### Core Fitness Synergy Promotions:

- Bring a new friend to class, if they sign up, you receive \$50 off of next month's plan of choice!
- Buy 3 personal training sessions, and get 2 free!
- New to class? Try the first class for free, and if you sign up for a plan that day, you get 50% off!

Contact Kelly at [whalenkm@vcu.edu](mailto:whalenkm@vcu.edu) or 804-814-9794 for more class info and registration.

For more info about Core Fitness Synergy, visit [corefitsynergy.com](http://corefitsynergy.com).

## 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](http://www.rockfishcc.org) | [rockfishcc@gmail.com](mailto: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](http://www.rockfishcc.org).**

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