



ROCK ON.



January 2020

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

From Executive Director Stu Mills

Happy New Decade, All!

We crossed the finish line of the 2010s after a triumphant home stretch covered at a breakneck pace.

It was a decade of wholesale change here at the Rock, starting with a 10th Anniversary leap of faith in the purchase of the property here at 190 Rockfish School Lane, then the navigation of some seriously troubled waters that challenged our survival, and ending with a sense of sustainability and the promise of security within our reach.

Sara and I are so proud of what our community has built here over these 20 years, and feel privileged to have helped you shape its evolution.

As our third decade kicks off, we find ourselves at the peak of our Annual Fund Drive and again ask for your help in sharing our vision and guiding our evolution with your time and treasure in the form of volunteerism and membership renewal. This will be a year of new partnerships, new personnel, new programs and new parties - and we need *your* participation and *your* vision to pull it all off! Belonging is just a click away...

Yes! I want to share the vision!

And if you have a few extra dollars you'd like to donate - please read all about our "Reduce the Refuse" campaign inside on page 6. We're thrilled to have received the support of the Bama Works Fund of the Dave Matthews Band and the Schaeneman Foundation for this vital recycling and air conditioning project, and we'd love to have your support to put this fundraising effort over the top!

The new year is always a time of introspection for me, and on a sad note, I learned late on New Year's Eve that one of my dearest friends from my New Hampshire years back in the 70s passed away unexpectedly. It sure put a damper on my festive spirit, but it served as an important reminder to me to hug my loved ones, return that call, remember that birthday, plan that visit, commit random acts of kindness and schedule that long-promised lunch. That's my resolution for 2020, and I hope you'll share it as well.

Thanks for being with us to launch Decade Three of the Rock!

A handwritten signature in blue ink that reads 'Stu'.

Saturday, January 4: 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!**





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!



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 1930s. 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 1980s, 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. <http://rick-olivarez.squarespace.com>.

Coming February 21: The Working Effective. An East Coast post-rock band, The Working Effective joins well honed melodies to hand-crafted lyrics that range from playful to melancholy and back again. 7:30pm, \$7/\$9.

Continuing Saturday, February 1: 13th Annual Winter Market Season



The 13th Annual Winter Market season resumes in February! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts.

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

Market Schedule

February 1—with Ryan Dunne

March 7—with Sue Harlow

April 4—with Gene Temple

All Markets are 9am—Noon.

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



Saturday, February 29: RVCC's 20th Anniversary Party

RVCC CELEBRATES 20 YEARS OF COMMUNITY

(And Our Last Mortgage Payment!)

Mark your calendars and join us on Leap Day—Saturday, February 29—as we leap into our third decade!

We'll be kickin' it old school with a pot luck dinner, music, and a bonfire for burning our mortgage!

We've come a long, long way in 20 years, and we can't wait to celebrate with you!

More info coming soon.



Burn, Baby, Burn!



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!

SALE
Now On

All month long: 50% OFF All Boutique Shoes!

FIRST SATURDAY FREE TABLE!

Saturday 1/4: the Treasure Chest FREE table will feature Christmas Decorations & Other Items!



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

Saturday, January 25: Sadhbh's First Birthday & Baby Swap Party!



Hello RVCC Community! Do you feel like you've known the Thrift Store Baby since the day she was born? Come celebrate Sadhbh turning One year old with us! January 29 is Sadhbh's birthday, so on Saturday January 28, the Treasure Chest will host a Thrift Store Birthday party for the wee bairn. There will be cupcakes for the celebration and Sadhbh (pronounced "Sive") will be there to see her community center family. Stop by anytime 9am—3pm, have a cup of tea, have a cup of cake, and say hi to the Thrift Store Baby!

No gifts, please. However, in Sadhbh's honor, we will host a BABY SWAP! Bring clothes your wee one has outgrown, take clothes for them to grow into. Take clothes for your baby that we have not met yet! Any left overs will become donations to the thrift store.

Acceptable donations for this swap are the following gently used items: Baby Clothes—*Baby Carriers—*Baby Swings—*Cribs—Maternity Clothes—Toys—Blankets—Unopened Binkies/teethers.

*****Before bringing items marked with an asterisk, please take the time to make sure the item or model has not been recalled for safety.**

At 1:30 pm, bring your children to the Treasure Chest for a Thrift Store community picture! Have you become friends with Sadhbh and Catherine during this past year? Do you love shopping with your favorite parent-friend, or finding your friends and their children already shopping here at the Treasure Chest? How often do you wind up having a serendipitous meeting with another parent and chatting about how much the kids have grown and what their new talents are? Come meet up with your Thrift Store buddies and make some new ones! Find a new friend for exploring these beautiful mountains!

Community Events at RVCC

Beginning Thursday, January 9: 6 Week Introductory Iyengar Yoga Course with Sara Agelasto



Thursdays, 10am—11:15am, in the RVCC Yoga Room.

Session 1: January 9 - February 13. Session 2: February 20 - March 26. Cost: \$90 for 6 week session.

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, backbends 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.

Space is Limited. Pre-Registration is Required. Drops-Ins welcome with permission from the Instructor. Please contact Sara Agelasto for More Information and to Register - sara@iHanuman.com or 434-825-5983.

Beginning Friday, January 10: 6 Week Level 1-2 Iyengar Yoga Course with Sara Agelasto

Fridays, 10:00—11:15am, in the RVCC Yoga Room.

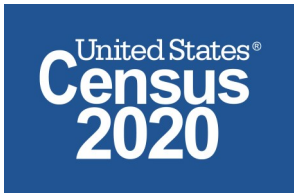
Session 1: January 10 - February 14. Session 2: February 21 - March 27. Cost: \$90 for 6 week session

Continue your education of Iyengar Yoga. Level I/II classes are for students who have completed the 6 week Introduction to Iyengar Yoga or it's equivalent. This level is also ideal for those with previous yoga experience who are new to Iyengar Yoga.

Space is Limited. Pre-Registration is Required. Drops-Ins welcome with permission from the Instructor. Please contact Sara Agelasto for More Information and to Register - sara@iHanuman.com or 434-825-5983.

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.

Friday, January 10: 2020 Census Job Fair



12:00 Noon, in Rockfish University. THE 2020 CENSUS WANTS YOU! Why is the Census important to Rockfish Valley and Nelson County? Come and hear a representative of the U. S. Census Bureau explain the benefits of the Census to your community, and why it is so important that everyone be counted. Learn how you can help by participating as a census counter. Bring your laptop/tablet/phone, and a representative from the 2020 Census will be there to answer questions and assist with completing the online application. Job features: extra income—weekly paychecks—flexible hours—paid training—\$13.50/hour. **More info: 2020census.gov/jobs.**

Sunday, January 12: Friends of Nelson Annual Meeting & Pot Luck

6 - 10 pm. In the RVCC Auditorium.



Join Friends of Nelson for our annual meeting and potluck. We'll vote on Board members and officers for 2020, review our 2019 accomplishments, talk about plans for 2020, and enjoy being together. Local favorites Kim and Jimbo Carey will provide our music. Beer, wine, cider - and potluck dinner!

Bring friends, bring family, bring your potluck dish, and come help us usher in a new decade!

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.

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. **New Business Hours for 2020: Mon, Weds: Closed. Tues, Thurs: 9:00am—3:00pm & 5:00pm to 7:00pm. Fri, Sat: 9:00am to 12:00pm. Sun - Closed.** Call for an appointment: (540) 255-0026 or DrChris@LowthertChiropractic.com.

Odeene LLC Artisan Soaps Odeene LLC is excited and proud to announce our new **First Responders Discount Program!** In the season of Thankfulness and Gratitude, our team would like to recognize and say **Thank You** to all of the brave men and women of our Military and First Responders. **10% Off your entire purchase**—applies to all active duty military, Veterans, Police, Firefighters, and Emergency Medical Professionals.

Odeene LLC proudly handcrafts 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 or visit <https://odeene.org> for announcements and updates.

The Rockfish River Gallery of Fine Art & Exquisite Crafts 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 susancpv1@mac.com or stop by Room 8!

Taj Mahal Kitchen



A Taste of India—To Go!

Grand Opening Tuesday, January 14.

Take-Out Lunch available Mondays through Thursdays, 11:00am—2:00pm, Fridays 10:30am—12:30pm.

More info coming soon!

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

Taj Mahal Kitchen

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

Beginning Sunday, January 12: A Walk Through Western Civilization

Sundays at 2:00pm, in Rockfish University. The 5th semester of the Rockfish University Adult Education Western Civilization class begins on Sunday, January 12. The projected end of semester will be May 3. Classes are held once weekly for about 90 minutes. There is no cost for attendance. All former life long learners are welcome back, and members of RVCC and the surrounding community who have not joined us before are welcome to join, so long as space is available in the classroom.

The topics for the new semester include: the fall of the Roman Empire, the Middle Ages, the rise of the Catholic Church, and the advent of the Renaissance.

Anyone wishing additional information may contact the instructor, Dr. Jeffrey Mitchiner, at his email: C3J1M41@yahoo.com.

Instructors Wanted!

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

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.

See also: Sara Agelasto's Intro to Iyengar Yoga Series—more info on page 4.



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.