



From Executive Director Stu Mills:

December 2016

IT'S TIME TO MAKE OUR



COMMITMENT TO UNITY

RVCC'S ANNUAL FUND & MEMBERSHIP DRIVE

"Commitment Is What Transforms a Promise Into a Reality."—Abe Lincoln

Your Membership Keeps RVCC Up And Running—Join Or Renew Today!

VISIT THE RVCC OFFICE, THRIFT STORE, OR ROCKFISHCC.ORG TO MAKE YOUR COMMITMENT TO RVCC

As this crazy year draws to a close, it's time for some reflection, and looking back I think it's safe to say that we kept our promise to "take The Rock to the Next Level" in 2016! Some highlights:

- ◆ Another wonderful Annual Fund and Membership Campaign, swelling our personal and business membership to over 620;
- ◆ Record-breaking Treasure Chest sales under new manager Kat Walsh's leadership;
- ◆ Coffee House concerts, orchestra concerts, art exhibits and Winter Markets filling the auditorium and Lounge with the amazing talents and products of local musicians, artists, farmers, cooks and crafters;
- ◆ Successful outdoor fundraising events including "Celebrate Rockfish," "Hoop Dreams," "Kickin' It in the Rockfish," "SK8 Nelson," "No Plaid Required," "Beach Blast '16" and "Jazz & Blues Fest II" that raised thousands of dollars for the Rock and for our partner organizations;
- ◆ New blinds in eleven more windows, completing the window treatments in all of the windows in the front of the building and more, thanks to the Schaeneman Foundation;
- ◆ A stunning new 900 square-foot picnic shelter that served as the band shell for all of our summer events, completing the first phase of the Blue Mountain Pavilion project funded by Blue Mountain Brewery, Community Foundation of the Central Blue Ridge, the Schaeneman Foundation, Nelson County Community Fund, Bama Works Fund of the Dave Matthews Band, Charlottesville Area Community Foundation, Virginia Distilling Co. and our terrific Jazz & Blues Fest fundraiser;
- ◆ Two great new party tents that played host to all of our summer events this year, thanks to the Nelson County Community Fund and the Schaeneman Foundation;
- ◆ 12 beautifully restored sash windows in the front of the building, helping us to maintain the original facade of our historic property;
- ◆ The purchase of 61 brand-new thermopane windows that are being installed around the rest of the main building, helping us to seal it tight and reduce energy consumption as part of our "Green Initiative" project;
- ◆ Funding for a restored and reconfigured geothermal heating/cooling system that will provide primary temperature regulation for the Treasure Chest and Rockfish Lounge;
- ◆ Beautifully restored soffits and fascia boards around the entire main building, stabilizing the remaining lead paint on the exterior of the Center;
- ◆ Another wonderful surprise from Rock Legend donor John Stewart, who gifted us with an unexpected and unrestricted personal donation this summer; and
- ◆ The welcoming of Woodrow Wilson National Fellowship Foundation to our family of tenants, keeping our rental spaces full for the second consecutive year.

While foundation grants and donations have helped us tremendously to fund these amazing projects, it's *your investment dollars* that help keep our lights on, our grass mowed, our boiler fueled and our desks manned. As you're considering your end-of-year giving during the holidays, please put The Rock at the top of your list. Your contribution will earn you a ton of membership benefits as well as a tax deduction, and will allow us to expand our Commitment to Community in 2017. And upgrading your membership through either a single donation or through our monthly payment plan will allow us to do even more to make sure that we are the place "where community happens" in our beautiful Rockfish Valley.

[Click here to renew your RVCC Membership!](#)

Happy Holidays to you & yours, and as always – **thank you** for helping to keep The Rock on a roll!



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HOW COMMUNITY HAPPENS

◆ Volunteer for a workday, volunteer for a Super Saturday event, take a class—be a regular at The Rock!

◆ Donate to a Fundraising Campaign—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—whether it's praise, a suggestion, or a complaint, we want to know. Help us shape a better community for you.

RVCC's Annual Christmas Tree Sale



RVCC's annual **Christmas Tree Sale** is happening now!

These freshly-cut North Carolina **Fraser Firs**, prized for their shape, beauty and longevity, will be available Saturdays from 9:00am-1:00pm in the tree lot. They'll also be available for sale through the Treasure Chest, Tuesday through Friday 10am—4pm. All proceeds from the sale of these trees benefit RVCC.

Christmas Tree prices start at \$40.

RVCC Members get a \$5 discount!

Thursday, December 1: Social Security Counseling



UNIVERSITY OF VIRGINIA
COMMUNITY
CREDIT UNION

Make a Social Call!

6:00pm, in Rockfish University. Free seminar. Let's talk about Social Security and your future.

Did you know that you don't have to take your Social Security retirement benefits at age 62? Or even when you stop working? You can defer your Social Security retirement benefits until you're 70. And there are good reasons why you may want to do exactly that. Now more than ever, it's important for you to know how to get the most from your Social Security. Join Bret Kerns for a discussion, and learn how to make the right calls when it comes to Social Security and your retirement. Presented by UVA Community Credit Union of Nellysford, VA.

Light refreshments will be provided. Please RSVP to Carter Hall at 1-434-964-2001 ext 3074, and feel free to bring a guest.

Bret Kerns has been helping people plan for retirement for over 20 years. Prior to joining Member Wealth Management he was a financial advisor with Northwestern Mutual. Bret's goal is to strengthen our community by helping people make sound financial decisions that will help them protect and secure income that will last their lifetime.

Saturday, December 3: 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. Then go find a great deal at the Treasure Chest! Breakfast is served from 8:30am-10:30am, and the Treasure Chest opens at 9am.

The Pancake Breakfast is a wonderful community event, made even more wonderful by the fact that it is run entirely by volunteers. Many thanks to [The Well of Nelson](#), who has been providing us with a small core group of volunteers who make sure the breakfast goes off without a hitch. However, we always need a few extra pairs of hands in addition to the amazing crew from the Well. If you can help, please contact us at rockfishcc@gmail.com!

Saturday, Dec. 3: 10th Annual Winter Market Season Continues



The 10th Annual Winter Market season continues on Saturday, December 3! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts. The markets run **9:00am-noon** on the first Saturday of the month and each market coincides with RVCC's Pancake Breakfast and the Treasure Chest Bag Day.



2016—2017 Indoor Market Schedule

December 3—w/Rockfish Gap

February 4—w/Sue Harlow

March 4—w/Oh Wow Boy

April 1—w/The Blazing Saddle Tramps

PLUS—check out the special German “Christkindmarkt” on December 17! More info on page 4.

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

Saturday, December 3: K Robins Designs Open Studio



K Robins Designs will be open for the December Farmers market, featuring symbolic jewelry honoring many seasons, traditions and paths.

K has also created a 4" bumper sticker based on her “Solidarity” pendant. The circle reads: “Standing with Standing Rock - Water is Life - Protectors of Mother Earth in Solidarity - Mni Wiconi.”

Visit www.krobinsdesigns.com for more info, as well as special holiday sales!



Sunday, December 4: Friends of Nelson Annual Meeting



6:00pm, in the RVCC Auditorium.

At this meeting we will be choosing our Board of Directors for 2017 by vote of the membership present. We will be celebrating our accomplishments in 2016, a huge year for Friends of Nelson, and looking forward to 2017 as the year we stop the Atlantic Coast Pipeline. Bring a food item for yourself and others to share for the potluck, and bring your dancing shoes to groove to Lord Nelson!

For more info, visit www.friendsofnelson.com or email friendsofnelson@gmail.com.

Coming In December: Annual Holiday Wreath Exhibit



For the past few years, the RVCC Art Committee has held creative wreath-making workshops and decorated our Auditorium with a panoply of festive wreaths. These wreaths will once again be on display for the holiday season, and the exhibit is open to anyone who would like to display a wreath.

We are looking for traditional, modern, humorous, round, or square

wreaths or swags. Let your imagination run wild with found objects, paper, fabric, fresh or dried foliage, or anything else you can think of to celebrate Hanukkah, Christmas, Kwanza or the winter season.

The wreaths will be on display in the Auditorium during the month of December. If you wish to offer your wreath for sale, please include a price tag and your contact information. **Contact Cathy Kiehl at cathykiehl@aol.com or call 434-361-0062 if you have questions.**



Thurs., 12/8: Health Insurance Marketplace Assistance



The Blue Ridge Medical Center will offer free Health Insurance Marketplace assistance on Thursday, December 8, from 4:00—7:00pm, in Rockfish University.

Uninsured? Open Enrollment is Nov 1, 2016 - Jan 31, 2017. Free in-person assistance with a certified counselor is available to learn about 2017 health insurance options. Most people qualify for savings and it's easy to apply! We can also answer questions about the tax penalty and exemptions from the penalty. Enroll by December

15 for coverage beginning January 1. For more information, call (434) 263-4000 or visit brmedical.org/insurance.

Sat., December 10: Holiday Shopping for Relay for Life

10:00am—3:00pm, in the RVCC Auditorium. Vendors, crafts, food, Bingo from 12—2pm, and more! Come out and get some Holiday shopping done with no stress or long lines. Get some unique items for everyone on your Christmas list. Shop local and support a great cause! Proceeds from the event benefit Relay for Life/the American Cancer Society.

There will also be a special painting class from 3:30—6:30. Email kdpage61@aol.com to register.

For vendor information, contact Joy Coleman at joyfullone74@aol.com.

Saturday, December 10: Holiday Wreath-making Workshop

10:00 a.m. to 12:00 noon, in the Rockfish Lounge. Cost: \$45, preregistration necessary by Dec. 1st. Create a striking floral centerpiece that will last throughout the holidays. Using a wet foam wreath base and fresh flowers, students will learn contemporary design techniques such as grouping, terracing, sheltering, picking and bundling. No experience necessary. Take your beautiful works of art home with you to enjoy or share! Includes all flowers, greens, and wreath base. Bring floral cutting shears. To register, contact Sharon Gress at Florist@FreeSpiritFlowers.com or 434-361-1571.

Friday, December 16: North Branch School presents St George & the Dragon



North Branch School will perform *Saint George and the Dragon* on Friday, December 16, at 1:30 and 7:00, in the Auditorium. This production is a school tradition now over 30 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. Both performances are open to the public at no charge.



ARTISANS & STUDIOS

[Digital Relab LLC](#)

[Claudia Gibson Catering](#)

[Susan Gorman:
Derby Vixen](#)

[Sallie Justice:
Life Coaching](#)

[David Lipscomb:
Virginia Rock Shop](#)

[K Robins Designs:
Symbolic Jewelry](#)

[Nancy Lauler Art Studio](#)

[Chris Lowther:
New Health Consultant](#)

[Rockfish River Gallery](#)

[Kelly Whalen
Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

[Tammy Huffman:
Full Circle Salon](#)

[Elizabeth Martin:
Zero Balancing](#)

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

Saturday, December 17: RVCC's 1st Annual Christkindlmarkt



9:00am--1:00pm, in the RVCC Auditorium.

A Christkindlmarkt is a German-style Holiday Bazaar. Our version features crafts, food, music by Kim & Jimbo Cary, and a bread & soup luncheon by Claudia Gibson.

Craft Vendors needed! For vendor info, contact Donna Kincaid at mountainvision@earthlink.net or 434-361-1725.

Rockfish River Gallery: New Artists and Extended Hours!

December special offer—The Rockfish River Gallery has added a limited supply of the newly-released CD by Sally Rose's Shagwuf, as well as the most recent CD by the Sally Rose Band. Beginning December 1st, the gallery will give away one set of both CDs on a first-come, first-served basis, for as long as the supply lasts!

New at the Rockfish River Gallery



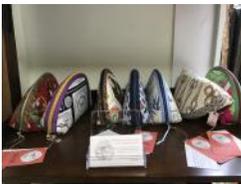
Sherry Leavitt's fairy houses and fairy families and fairy decorations. This display requires a careful look to see all that is there.

Rosalba Valentino has added her cosmetic clutches to the Gallery's selection of hand-made items.

Wayne Proffitt, one of our elder craftsmen, has added his unique hiking sticks to our displays.

Danny Watson, our neighborhood hardware manager, brings his painted glass art to the gallery. It is waiting for your imagination to display it in a myriad of ways.

Georgann Booth's home made and home spun wool accessories are now on display. The selection includes gloves without the fingertips, socks, leg warmers, and more.



We now have 48 artists and artisans showing their work in our gallery. Come and check out our displays and plan to spend some time, if possible, just looking. Remember, the gallery is a wonderful place to purchase your holiday gifts, including a great assortment of cards. If you haven't been in or been in lately, check it out—you might be amazed.



The Gallery offers 10% off any gallery purchase to all RVCC employees, regular volunteers, tenants and their staff!

New Extended Hours! The Rockfish River Gallery is now open Wednesdays—Saturdays, 10am—4:30pm.

For more info, visit www.rockfishrivergallery.com.



Full Circle Salon Christmas Specials

Winter Manicure by Pinkyz n' Toez: \$15 (spa mani with a moisturizing treatment)

OR 10% off ANY Hair Service by stylist Tammy Huffman

(valid December 1—January 31)

At Full Circle Salon, Room #9 at RVCC. Gift Certificates also available!

Contact stylist Tammy Huffman at 434-945-0764, or Pinkyz n' Toez nail technician Tracie Cutchin at 540-910-3595 to make your appointment today!

Fri., 1/20: Coffee House Music Series—Michael Clem & Thomas Gunn



Charlottesville friends **Michael Clem & Thomas Gunn** have had a Mutual Admiration Society dating back to 2009. When NoVA-transplant Clem saw London-born/Berklee-educated Gunn perform in a Live Arts production of "Hank Williams: Lost Highway," an immediate musical kinship was formed. The two began meeting regularly on Tuesday mornings to run songs by one another and exchange ideas. Eventually they would share stages in The Michael Clem Trio (along with Rusty Speidel) and with the Batesville rock institution The Pollocks. In more recent years, the two occasionally retreat back to their duo format, delighting wineries & vineyards throughout Albemarle County with their warm brand of Americana. With two solo albums, each, between them, this evening promises to be fine intimate showcase of their vast catalogue of originals and thoughtful covers.

The show starts at 7:30pm/\$7 cover, in the Rockfish Lounge. Refreshments available. Listen at michaelclem.com.



Spread the Joy with Amazon Smile!

This holiday season—or any other season—the gifts you buy can keep on giving! RVCC is now a member of **Amazon Smile**, which means that 0.5% of any purchase made through Amazon Smile will be donated to our Community Center.

All you have to do, dear shopper, is sign in to Amazon through this link: <http://smile.amazon.com/ch/54-1995069>, and all your purchases will benefit the Rockfish Valley Community Center. Or, if you find your way to Amazon Smile through some other route, please be sure to designate us as your preferred charity.

Amazon Smile carries nearly all the same products and deals that you would ordinarily get through Amazon.com, and RVCC will benefit from every purchase you make, year-round. Please consider making this a part of your purchasing habits—it comes at no extra cost to you, but the cumulative rewards to RVCC can make a huge difference.



Treasure Chest Sales

The Treasure Chest is full of Holiday decorations, items and gifts. Stop in and shop, and stay tuned for in store specials!

EVERY DAY is Bag Day!

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! The Saturday Bag Sale is now EVERY DAY. Fill a bag of regularly-priced clothing, belts, shoes, purses and scarves for just \$10.00! And if that's not enough to get you in the store...

The First Saturday is Boutique Bag Day!

Our First Saturday Bag Day now features **20% off all specially priced clothing** in addition to the normal Bag Day Sale!

Don't forget—the Treasure Chest accepts consignment furniture!

For consignment terms and more information, please visit the [Treasure Chest page](#) on our website, or stop in and visit with us to find out how consignments work.

VOLUNTEERS NEEDED!

We are in need of some extra help at the Treasure Chest. If you can spare a few hours here and there to help us handle the amazing donations that are coming in every day, we'll give you **25% off** any purchase! Help is needed Tuesday through Saturday—please contact Kat Walsh at 434-361-0103 if you can help.

Treasure Chest Hours

Tues.—Fri.:

10am—4pm

Saturdays:

9am—3pm

Volunteers & Donations always welcome!

**BLACKBOARD
SPECIALS!**

**CHECK THE BOARD ON
YOUR WAY INTO THE
STORE FOR NEW SALES!**

**December Book Sales! 50% OFF All Specially-Priced Books (Even Classics & Rare Books!)
OR—Buy One Regularly-Priced Book, Get TWO Books Free! Books Make Great Gifts for the Holidays!**

RVCC members get 10% off every day at the Treasure Chest!



Volunteer at RVCC—We Need Your Help!

As we approach the new year, we're talking a lot about our Annual Fund and Membership Drive, which focuses primarily on raising much-needed operating funds for our Community Center. Operating support is crucial to keeping this place running, and to all those who contribute so generously each year, we thank you. And yet it is also crucial to recognize that money is not the only kind of operating support required to keep our Community Center alive—we also desperately need physical assistance. We have amazing volunteers on our Board of Directors and on our Art, Music, Development, Finance, and Building & Grounds Committees. But there is still so much that needs to be done—we have only two part-time employees in the office, and we are not enough to stay on top of all that needs to be done around here.

If you've ever wandered through the building or around the grounds and thought, "Hmm...I wonder why that door hasn't been painted?" Or if you wonder why that trash can hasn't been dumped...why that flower garden needs to be weeded...or any other task, large or small, there's a pretty good chance it's because we don't have enough help to stay on top of this stuff.

We take a lot of pride in this place, but the truth is that we just can't do it all. And so we hope that you'll take some pride in it too. Please help us care for the Community Center that has become an anchor in the lives of so many people around here.

Here's what we need help with this month:

Volunteers are always needed for the Pancake Breakfast—Trail maintenance to keep the Mallory Creek Walking Trail clear—Strip and repaint the exterior doors near Claudia's kitchen—Pick up trash around the playground, skate ramp, and basketball court—And, of course, the Treasure Chest Thrift Store always needs help!

Please get in touch if you're willing to help. 434-361-0100, rockfishccc@gmail.com, or stop in and see us at the Treasure Chest or in the Office.

Classes & Workshops at RVCC

January 4: Getting Started at PVCC with Denise McClanahan

6:00pm—7:00pm, in Rockfish University. No charge. PVCC's Outreach Manager, Denise McClanahan will present the session and provide an introduction to PVCC's degree and certificate programs. Placement test materials and other information about resources to help students get started at the College will be available. Denise will also be available at RVCC on December 3 to provide information, giveaways, and a free drawing for a PVCC bookstore gift card. For more information, please contact Denise at Dmccclanahan@pvcc.edu or [434-961-5275](tel:434-961-5275).

German New Medicine Study Group

Thursdays, 6:30-7:30pm, in Room 3 (New Health Consultant). This free study group focuses on the teachings of the original medical discoveries of Dr. med. Ryke Geerd Hamer. Each week we will explore the fundamental principles of GNM and how we can apply them in our daily life. The class is hosted by Dr. Chris Lowthert, a 10 year practitioner and teacher of German New Medicine. For more information, please visit www.LearningGNM.com or call Dr. Chris at 540-255-0026.

Now 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. The series differ from most online learning platforms in that they are produced for enrichment purposes only and offered without schedules, homework, exams, or certificates. Most series are developed for adult lifelong learners. Courses are not verbatim recordings of college lectures, but rather are developed by The Teaching Company in conjunction with the professor to fit the chosen medium.

RVCC is pleased to offer 60 CDs and 17 DVDs on various subjects, including history, sciences and mathematics, religion, and the arts. 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.



•Personal & Small Group Training

•Core Group Fitness Classes

•Core Fusion (Power Pilates, Core Conditioning, Strength & Yoga) & MORE!

Core Fitness Synergy offers all of the above, plus Semi & Small Group Training; Sport-specific training (Golf, Runners, tough mudders & more!); Flexibility, balance & stretch training; Injury prevention mechanics training; Private & semi private Yoga, Pilates & core training; and "E" Training.

Core Fitness Synergy Promotions

→ Buy 3 personal training sessions (\$65/session), get 2 free.

→ Bring a NEW friend to class and to sign up for a package, and receive \$50 off their next month's membership. Visit corefitsynergy.com for more information.

Coming in December: "FIT-mas" Holiday Fitness Challenge

Core Fitness Synergy's **FREE** "FIT-mas" Challenge is a 25 day fitness challenge leading up to Christmas Day, followed by 12 days of FIT-mas starting the day of Christmas and ending on January 5th. Overall, it will be a 5 week fitness challenge. Participants will receive daily challenges and a calendar of challenges, including workouts, healthy eating challenges, and meditation challenges. **Registration deadline: December 1.**

Coming in January: Forever Fat Loss!

The Forever Fat Loss Program starts on Monday, January 2nd! This 6-week program runs on Mondays at 10:30am. The program includes workshops and lectures on the new science behind fat loss, the best foods to BURN FAT all day, when & what to eat to boost your fat burning machine, best exercises and program designs to help keep your metabolism HIGH, an accountability support system, and a personally designed exercise program to meet their individual needs. The cost is \$48 for 6 weeks. The first 5 people to register will receive the program for FREE. Bring a NEW friend and get 10% off, plus a FREE personal training stocking stuffer if you register by December 15th.

Contact Kelly at whalenkm@vcu.edu or 804-814-9794 for more class information and registration.

More info about Core Fitness Synergy: corefitsynergy.com.

Coming in February: Golf Fitness Class to improve mobility and strength for the spring!

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

Ongoing Classes & Events

Claudia Gibson Catering



Wednesday—Friday, 8am—3:00pm.

Claudia Gibson Catering serves breakfast and lunch Wednesdays—Fridays at RVCC. Pastries, cookies, and muffins are also available, plus soups and frozen dinner entrees. **Contact Claudia:** claudiacatering@gmail.com or 434-760-4182.

Ongoing—Art Classes with Nancy Lauler

“Faces of Nelson County”—Usually held on First Saturdays. **Upcoming Session: Saturday December 10, 1—4pm, in the Nancy Lauler Art Studio (Rm 12.)** Nancy Lauler holds a monthly portrait session of interesting people who live in Nelson County. You can draw or paint a face, figure (clothed!) of someone in our interesting county. A \$10 donation is requested from any artist who chooses to attend, to help cover costs of the model and room. Easels, chairs and tables are available. Bring your own medium with a drop cloth/old sheet for paint. If you live in Nelson County and would like to model, we would love to have you pose for us! The pay is \$15 per hour for 3 hours. Please contact nancylauler@yahoo.com for more information and sign up.

Open Studio classes resume in January 2017—contact Nancy for more info. Work in your media of choice, bring your own materials. All levels welcome—Nancy will instruct everyone individually. \$10 for groups of 5-8, \$15 for groups 3-4. Email nancylauler@yahoo.com for details, or to be added to the email list.

Ongoing—Qigong & Taiji classes with Brian Wright

Mondays, 2:00pm—3:00pm in the Yoga Studio, and 6:30--7:30pm, in Room 5 (Rock U). \$10 per class. Qigong (chee-gong) and Taiji (often spelled as tai chi) are two ancient Chinese arts, which together create a holistic system of moving meditation. When practiced with regularity, these systems can help significantly in the healing process, and will also promote longevity, increased physical and emotional balance, bring strength and tone to the muscles and joints, and bolster mental clarity. The two disciplines together create an unrivaled health and wellness discipline for people of all ages. Please wear comfortable loose fitting clothes and footwear, and be prepared to relax and have fun!! **For more info or to sign up, contact Brian at 434-826-1733 or greatcirclegigong@gmail.com.**



Ongoing: Girl Scout Brownie/Junior Troop meetings

Wednesdays, 4—6pm, in the Dining Room. A new Nelson County Girl Scout Brownie/Junior Troop is looking for members! 70% of women in Congress and 53% of female business owners are former Girl Scouts. Come discover the fun, friendship, and power of girls working together with Nelson County's Troop 8111, currently accepting 3rd-5th grade girls. Email elise.lauterbach@gmail.com for more information.

Ongoing: Healing Through Awareness Meditation

Wednesdays, 5:30—6:30pm, in Room 3 (New Health Consultant). This free weekly guided meditation practice is a compassionate and effective meditation for healing emotional pain. Please arrive a few minutes early to settle in. **Any questions? Call Chris at 540-255-0026.**

Ongoing: New Health Consulting with Christopher Lowthert



Chris Lowthert, D.C. of New Health Consultant (located in Room 3) is an experienced local chiropractor offering gentle and holistic support for your natural health needs. He specializes in German New Medicine and Active Release Technique.

Call or email today to schedule your appointment: (540) 255-0026 or DrChris@LearningGNM.com.

Ongoing: Arthritis Foundation Exercise Class with Linda Hobson

Tuesdays and Thursdays, 9:00am—10:00am, in Room 14. Fee: \$12/drop-in, or 10 classes for \$100. If you would like to try the class out, the first one is free! Linda Hobson is a certified instructor for the Arthritis Foundation Exercise Program. This program was designed by the Arthritis Foundation to relieve pain and stiffness caused by arthritis and many other conditions. The class focuses on building muscle and core strength as well as endurance, balance and relaxation. **To sign up or get more information, contact Linda at lrhobson@hotmail.com or 540-456-6812.**

Life Coaching w/Sallie Justice. *Hot-Topic Coaching* to address a specific issue...your “hot topic.” *Coaching Series* to make major changes in your life. *Coaching Courses:* Group coaching with specific focus. *Private Life Coaching Sessions* to help you clarify your goals and make reaching them not only possible, but probable. **Contact Sallie: 434-962-3794 or salliejusticecoaching@gmail.com.**

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)

[Martina Compton](#)

[Sandra Pleasants](#)

[Brian Webb](#)

[Agnes Schrider](#)

[Kate Zuckerman](#)

Fitness & Personal Training

[Kelly Whalen](#)

Arthritis Foundation Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

QiGong & Taiji

[Brian Wright](#)

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

Yoga Classes

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.

Yoga w/Sandra Pleasants, certified Iyengar teacher and ERYT500: Mondays, 9:15—10:45am: (all levels), \$15/class; Mondays 6—7:30pm: Advanced Iyengar, \$15/class; Tuesdays, 10—11:15am: Gentle Iyengar, \$12/class. Contact Sandra at 434-361-2262 or sandra.pleasants@gmail.com to register.

Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor. Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. **No Class on Dec. 2 & Dec 23, 2016--Jan 2, 2017. Regular class schedule resumes on Jan 4, 2017.** 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: ag@yogahealthworks.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.

Tuesdays, 5:30—6:45: All Levels Yoga with Kate Zuckerman. (Through Dec. 13) \$12/class. Kate's teaching incorporates the philosophy of yoga and emphasizes presence, peace, and poise in each pose. Students will hold postures for a period of time in order to learn more about themselves and the pose. Her class is appropriate for all levels. No therapeutics, please. Contact Kate at k.hallahan@gmail.com.

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.

Fridays, 9:00am: Intro to Yoga with Agnes F. Schrider, PT. No Class on Dec. 2 & Dec 23, 2016--Jan 2, 2017. Regular class schedule resumes on Jan 4, 2017. This class is for folks who have never had Yoga before and want to give it a try. It is also for individuals who have difficulty getting down on the floor and for those who wish to improve their balance. Contact: ag@yogahealthworks.com or visit www.agsyogaworks.com.

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.

RVCC's Annual Fund & Membership Drive

It's that time of year again! Our Annual Fund and Membership Drive is the time of year when we ask our community to become members, to renew their membership, or to consider making an annual contribution to help support the Rock. Unlike the targeted project fundraisers such as the Green Initiative, Hoop Dreams, SK8 Nelson, or the Pavilion Project, our Annual Fund and Membership Drive is one of the few fundraising options we have for raising the money needed to provide operating support and keep this organization running on a daily basis. Your support actually keeps the lights on, the boiler burning, and our desks manned.

But it's not just about what membership can do for RVCC—it's also about how becoming a member can benefit YOU. Clicking the link below will take you to our membership website page, where you can read about membership options, payment plans, benefits, and discounts. We're looking forward to an incredible 2017, and we hope you'll be a part of it all!

[CLICK HERE TO JOIN OR RENEW YOUR RVCC MEMBERSHIP](#)

...or visit the RVCC Office to learn more!



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

OUR TEAM

RVCC Board of Directors

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Vice President

Bob Yoder

Treasurer

Cheryl Klueh

Secretary

Sarah Jane Stewart

Directors

Gifford Childs, Bill Perrelli, Cliff Love, Scott Duncan, Dan Magan

RVCC Staff

Executive Director

Stu Mills

Operations Manager & Newsletter Editor

Sara Taylor

Treasure Chest

Manager

Kat Walsh

Assistant Managers

Betsy Greenleaf & Eleanor Massie

Volunteers and new members are always welcome!

We invite you to join us at the Rockfish Valley Community Center...Where Community Happens!

For more information about businesses, activities and events at RVCC, visit www.rockfishcc.org.

To receive this newsletter by email, please visit the "Join Our Mailing List" tab on the website.