



From Executive Director Stu Mills:

I went window-shopping today... and bought one!

As I gazed out my office window the other day, thinking about all the things we need to get done around here this year, my first thought was...

We gotta do something about this window.

Like all the other 72 windows in the original school building, mine needs a lot of help. Cracked panes. Chipped or missing putty. Peeling paint (probably lead-based). Leaks air like a sieve. Sara's window is the same, although hers also has a replacement pane made of scratched plexiglass.

So the time has finally come to bite the bullet and repair or replace all of the windows at the Rock. We'll do just that, as part of our "Green Initiative" project this year, which also will re-vitalize our geothermal mechanical system and finish the insulation of our steam pipes.

Here's the plan: We're going to refurbish the 12 windows on the front of the building to preserve the historical façade of the building, but replace the other 61 with energy-efficient thermal-pane pre-manufactured units that will look just like the originals. It'll save us a ton of money on heating oil in the winter and electricity in the summer, but it'll cost us over \$38,000 for the windows part of the Green Initiative alone.

The good news is that we already have a commitment of over \$21,000 from the Perry Foundation if we match that grant dollar-for-dollar. We're approaching several other foundations for help with the matching money, but we also need to have some 'skin in the game' by raising about \$4,000 internally. That's where we need *your* help.

Welcome to **Windows '16!**—your chance to help us upgrade our 'operating system' and reduce our operating costs! Your donation of \$500 will replace or refurbish one of our windows, will help us lower our carbon footprint by reducing our \$35,000 annual energy costs, and will immortalize you with a brass plaque acknowledging your investment on the window of your choice! Of course, any donation amount is welcome, and will help us reach our restoration, energy and matching funds goals!

You can read all about **Windows '16** and make a contribution on the website by [clicking here](#). Please call, or even better come by the office, and we'll tell you all about it in person.

Thanks for considering a donation, and for everything else you do to keep our doors—and windows—open!

Saturday, February 6: Pancake Breakfast



Join us for our community Pancake Breakfast—buttermilk pancakes, *real* blueberry pancakes, bacon, sausage, grits, scrambled eggs, OJ 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.

Our monthly breakfast would not be possible without our resident Tae Kwon Do group. Instructor Larry Cabanis provides a true community service by offering free Tae Kwon Do lessons, and in exchange, the students provide a community service by volunteering at the Pancake Breakfast. It's a wonderful relationship that has made our breakfast into the best meet & greet in the area. However, the kids would like to start lending their capable hands to some of our other volunteer projects from time to time, and we very much want them to be able to do that. The end result is that we are looking for a few adult volunteers who might be willing to help out with the breakfast on occasion. If you're interested, please contact us at rockfishcc@gmail.com or 434-361-0100. And if you'd like to get involved with Tae Kwon Do, please contact Larry at 434-989-5168.



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◆ Classes, Events & More!

HOW COMMUNITY HAPPENS

- ◆ Volunteer for a work-day, 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.

Saturday, February 6: Indoor Market



The 9th Annual Winter Market season continues on Saturday, February 6! 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.

Each Market also features entertainment by our finest local musicians!

2016 Indoor Market Schedule

February 6: Oh Wow Boy

March 5: The Free Radicals

April 2: James River Cut-ups



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

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 Lowthert
New Health Consultant](#)

[Rockfish River Gallery](#)

[Karen Walker-Cooke
Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

[Tammy Huffman:
Full Circle Salon](#)

[Elizabeth Martin:
Zero Balancing](#)

[Stephanie Murray:
Ula Tortilla](#)

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



Do you have corks that you are saving to recycle? Bring those corks to RVCC and we'll recycle them for you and donate the proceeds to the Center! Stop and drop the corks in the box at the front entrance or the TBC hallway. We can also recycle your print cartridges & small electronics.

Saturday, February 13: Indoor Yard & Bake Sale



On February 13th, there will be a big indoor yard sale, bake sale, and silent auction held at RVCC as a fundraiser for Maxine Arave. The sale will be from 10am-2pm, in the Auditorium. 100% of the proceeds will help pay for Maxine's exchange year to Japan.

Maxine departs in March of this year and still has \$5,000 dollars left to raise. Please consider donating old items to sell, and attending the sale. This is a great opportunity

for Maxine to gain life experience and give back to her community when she returns to Nelson. If you would like more information you can email Maxine at littlemissmaxine@yahoo.com, or call Nicole Arave at (434)-242-9935.

Tuesday, February 16: Life Line Screenings



9:00am—4:00pm, in the Auditorium. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on 2/16/2016. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a

strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.**

Friday, February 19: Coffee House Music Series with Tara Mills & Jimmy Stelling



Inspired by the Blue Ridge Mountains and the rich musical traditions tied to them, Tara Mills describes her music as "original mountain americana;" an original blend of folk, bluegrass, and americana. Influenced by bluegrass, old country, and traditional mountain folk, she creates an original sound that captures true human feeling and emotion. In Tara's current project, Tara Mills and Jimmy Stelling, she combines her lyrics and voice with Tennessee native Jimmy Stelling to create a very powerful yet driving original sound described as a mix of modern day folk, bluegrass, and americana.

Jimmy Stelling is the son of Geoff Stelling, founder of Stelling banjos, and plays in the successfully touring band, The Hackensaw Boys, out of Charlottesville, Virginia. Jimmy's unique drive and tasteful melodies on the banjo compliment and harmonize to the sweet songs and emotion the two capture while playing.

Tara Mills and Jimmy Stelling have played at many music festivals including DelFest, The Festy Experience, Bristol Rhythm and Roots Reunion, Red Wing Roots Music Festival, and many other venues.

7:30pm/\$7, in the Rockfish Lounge—Refreshments available.

Saturday, February 27: Friends of Nelson Community Dance

**GET
UP
STAND
UP**

Join Friends of Nelson for their "Get Up Stand Up For Your Rights" Community Dance & Fundraiser! The dance will be held on Saturday, February 27, from 7pm—10pm in the Auditorium.

Come for an evening of dancing, refreshment, fellowship and fun! Food & Drink, Cake Walk, Cash Raffle, Bake Sale, and Reggae Music by Positive Collective. Advance tickets are \$15, At-the-door tickets are \$20. Advance tickets may be purchased at Basic Necessities, Trager Brothers Coffee at RVCC, or online at www.friendsofnelson.com.



Join us to raise money for the war chest to fight FERC and preserve Nelson County as we know it!

Coming in March—Plein Air Workshop & Exhibit by Steve Doherty

Friday—Saturday, March 11 & 12: Plein Air Painting Workshop with Steve Doherty



Workshop Description: "Painting is a journey, not a destination, and I deal with the same challenges that keep every artist pushing forward. My workshop is part the process of sharing my experiences with others who face the same challenges, especially those interested in plein air painting. I want to share what I've learned from interviewing artists, writing articles and books, painting outdoors for decades, and judging artwork for awards over the past 35 years. This workshop is my way of helping the participants utilize my experiences, with the best possible result being that both the novice and the professional artists will benefit from the technical information I offer and the sensitive responses I offer to their current work.

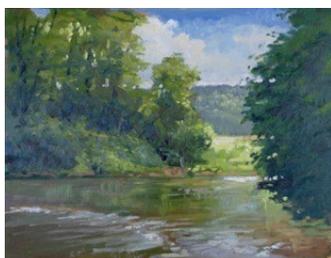
We will spend the first morning indoors and then we will work outside. I will talk about working with oils, watercolors, pastels, or drawing supplies; and I will work one-on-one so people with any level of experience will benefit from the two-day program. I will demonstrate in both oil and watercolor painting without letting those demos take too much of valuable painting time participants will need for developing their own paintings.

The price is \$65 per day or \$110 for both days, with members of the Rockfish Valley Community Center receiving a \$5 discount off the one-day price and a \$10 discount off the two-day price. I will send a list of the recommended supplies to those who sign up or inquire about the workshop, and I will be happy to answer questions you might have before you sign up."--**Steve Doherty**

To Register, please contact Steve Doherty at MSDoherty48@yahoo.com or (914) 610-1307. For more info, visit www.stevedohertyart.com.

Saturday, March 12: Plein Air Exhibit by Steve Doherty

Exhibit Opening and Artist Reception 5:30—7:00pm, in the Auditorium
Refreshments Served



Artist Statement: "Nature is infinitely more imaginative and variable than I am, so for the past 30 years I have humbly focused my painting efforts on the landscape, mostly while working outdoors. I am constantly challenged and rewarded by the process of composing elements I observe, editing visual information from a personal perspective, and working within a limited time frame. My resulting plein air paintings are often completed on location, but sometimes I use the sketches as reference for creating larger, more imaginative landscape paintings in my studio. I make an effort to regularly draw and paint from live models because there is no better way to sharpen one's ability to perceive and respond to observations, and it is an essential part of my efforts to bring a higher level of artistry to the marks I make on paper or canvas. That process helps me exercise my mind, hand, and heart."

About the Artist: For 31 years, Steve Doherty was the editor of American Artist magazine and launched three other art magazines: Watercolor, Drawing, and Workshop. In 2011, he became Editor-in-Chief of PleinAir magazine and moved to the Shenandoah Valley of Virginia. He continues to edit PleinAir, participate in plein air events, judge art shows, teach workshops, exhibit paintings, and give lectures.

Exhibit will be on display March 6—April 5

Coming later this year:

June: Photography by Rose Jowdy & Portraits by Susan Holland

September--November: 3rd Annual Quilt exhibit

November: Paintings by Carol Martin and Sandra Bryson





Saturday, March 19: Tanya Anisimova in Concert

RVCC is pleased to present the renowned cellist and composer Tanya Anisimova for a spring concert on Saturday, March 19.

The Washington Post has described Tanya Anisimova as a "highly focused artist" graced with "spiritual authority" and "an easy mastery of her instrument" and her original music as "melodious, mystical, and deeply emotional."

International recognition came to Anisimova upon the CD release of her cello arrangements of J.S. Bach's Complete Violin Sonatas and Partitas. Anisimova has since built a successful career in performing, composing and recording. Recent highlights include sold-out recitals at Carnegie Hall in New York, International Port Fairy Festival in Australia, a video performance of Bach's Chaconne, as well as performances of Shostakovich Concerto #1 in New Orleans and Tchaikovsky's Rococo Variations in Virginia Beach, Stage8 TV and "The Red Door Series" in Connecticut.

In 2007, Anisimova's Caravan For Two Cellos was premiered by Paul Katz and the composer. The saxophone arrangement of the piece was selected as the favorite work at the 2012 World Saxophone Congress in UK. Currently, Caravan is being performed worldwide in both cello and saxophone versions.

Ms. Anisimova is a graduate of Yale University, Boston University, Moscow Conservatory, and Moscow Central Music School. She won First Prize at Concertino Prague International Competition, All-U.S.S.R. String Quartet Competition, and she is a top prize winner at Min-On International Competition in Tokyo and First Shostakovich International Competition in St. Petersburg.

"Tanya Anisimova spent most of the program alone onstage ... alone with her cello ... But that was all the company she needed." - Joseph McLellan, *The Washington Post* April 21, 2003.

"What she [Anisimova] does is on the verge of the impossible. Such a harmonious, an effortless synthesis of the past (the inner, the eternal) with the future (yet undiscovered cosmos), while bypassing the present. Such a masterful combination of instinct, uncompromising spirit, and intellect. Only a handful of artists are able to accomplish this." - Port Fairy Music Festival, 2011.

The show starts at 7pm, and will be in either the Auditorium or the Rockfish Lounge, depending on ticket sales. Advance tickets are \$20, \$25 at the door.

[Click Here to Purchase Tickets](#)



Sunday, March 20: Nelson County Community Orchestra Concert

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The Nelson County Community Orchestra will present a concert on Sunday, March 20 at 5PM in the RVCC Auditorium. NCCO will be performing with the Oak Hill Baptist Church Gospel Choir of Roseland. The program will include Ashken Farewell, works by Sibelius and Delibes, Corelli and Mozart as well as songs by Henry Mancini and Michel Legrand. The concert is free and open to the public. (Donations are always welcome.) More information at: www.nelsoncco.org.

Musicians Needed! If you play violin, viola, cello, a woodwind or brass instrument, or percussion, the Nelson County Community Orchestra (NCCO) needs you! String Bass, oboe, bassoon, trombone, tuba and percussion especially needed! Rehearsals are Monday nights from 7:00-8:30pm in the Rockfish Lounge (at the back of the building). The orchestra is under the direction of experienced conductor, arranger and renowned violinist, Philip Clark. NCCO provides a friendly, low-stress, fun, and engaging multigenerational orchestra environment to pursue your skills. All ages and levels are welcome, and repertoire is arranged to match the skill levels of members.

For more information, visit www.nelsoncco.org, email: info@nelsoncco.org, or call Ellen Neal at 434-263-4745.

The NCCO is partially supported by the Virginia Commission for the Arts and the National Endowment for the Arts.



Tenant News & Announcements

Pinkyz N Toez Valentine's Day Manicure/Pedicure Special!

Spa Manicure with Oil Treatment—\$15
Shellac Manicure —\$25
(Gift Cards Available)

Tuesday, Thursday & Friday 9-5; Evenings & Saturdays by Appointment. Call today for any scheduling needs!

Contact Owner/Nail Technician Tracie Cutchin at (540) 910-3595.
Located in the Full Circle Salon at RVCC, room 9.



Calling All Hoopsters and Hoop Dreamers!

Our first "Super Saturday" of 2016 will be our Hoop Dreams fundraiser on April 30th.

We're putting together our Hoop Dreams committee right now to plan and man the event. Like other 'ad hoc' event committees, we're asking for your commitment to this event **only** - it's a "one-and-done" volunteer experience. We need party planning, tournament planning, marketing and promotion design and legwork, sponsor soliciting, social media blasting, and much more.

If you're interested, please get in touch soon—the end of April may seem like a long way off, but the time slips away faster than you'd think, and we really need to do everything we can to make this event both a successful fundraiser and a fantastically good time.



\$9,800 down...\$3,200 to go!

**MAKE A TAX-DEDUCTIBLE
DONATION TO HOOP DREAMS!**

Visit Hoop Dreams at www.rockfishcc.org for more info.

Please let us know you want to be a Hoop Dreamer by emailing us at rockfishcc@gmail.com or call 434-361-0100.

TIME TO HOOP IT UP!



Treasure Chest News

EVERY DAY is Bag Day!

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! For a limited time, 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.

Treasure Chest Hours

Tues.—Fri.:
10am—4pm
Saturdays:
9am—3pm

**Volunteers & Donations
always welcome!**

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.

On Sale Now...

BUY ONE-GET ONE for all regularly-priced books

20% OFF all winter jackets & coats!



"Best of the Chest" Monthly Silent Auction:

**Wooden Duck Family with Individual Name
Tags, Distressed Finish**

Retail Value: \$75

Opening bid: \$45

February Sale:

**20% off all
Artwork**

**"I found I could
say things with
color and
shapes that
I couldn't say
any other way—
things I had
no words for."**
GEORGIA O'KEEFFE

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

Volunteer at RVCC—We Need Your Help!



For the past few months, we've been 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 contributed so generously, 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. Some of them are here so much that people mistake them for paid help! (**Henri and Elaine Weems Bob Yoder, and the Treasure Chest crew**, we will never be able to thank you as much as you

deserve.) But there is still so much that needs to be done—we have only two part-time employees, 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...why the pancake breakfast crew has a hard time keeping up with the line...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. The more we grow, the harder it is to keep up. 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. No matter what your interest or skill level, there is a way you can help, and we would love to get to know you as we look after this place we all love.

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

Events & Classes at RVCC

Gameworks

Fridays February 12 & 26, 7—9:00pm. Come meet your friends on Friday nights for a night of gaming. Bring in your Magic Cards, Risk game, Chess, Settlers of Catan, Battle Ship, Life, Sorry, UNO, or any number of games you like and let the battles begin. Girls! GameWorks can be whatever you want it to be--Bring your paper, pencils, knitting, sewing, rughooking, or bring your games too, and show off your skills. Come join us for a fun night of games and creative fun. Check the front door the night of the event for a posting on where in the building we will be playing. All ages welcome! Children under 10 years old must have parental supervision. Be prepared to have some serious fun! **For more info, contact Jill Averitt at 434-361-0127.**

February 22: Getting Started at PVCC Information Sessions

6:00—7:00pm, in Rockfish University. No charge. Learn about PVCC degrees and certificates, many you can complete in less than two years; resources to help you succeed in the classroom and beyond; PVCC placement tests (receive free practice test materials!); financial aid opportunities; or schedule a tour of the main campus. **Questions? Contact Denise McClanahan, Outreach Manager, at dmcclanahan@pvcc.edu or 434-961-5275.**

Beginning March 7: International Folk Dance Class with Sue Chase

Monday evenings, 6:00 - 7:30 PM, in the Dining Room. Cost: \$8 per class for RVCC members, \$10 non-members. Eight Sessions, March 7--April 25. You will experience easy to moderate dances from many countries around the world. Beginners are encouraged, experienced dancers are always welcome. No partners needed. Everyone welcome - ages 8 to 80+. To register contact the instructor, Sue Chase: schase@cstone.net or 540 456-8176.

Friday & Saturday, March 11—12: Plein Air Painting Workshop with Steve Doherty

Two-day workshop—See article on Page 2.

Ongoing: Qigong classes with Brian Wright

Tuesdays from 2—3pm, in the Yoga Room. \$10/class. Qigong is one of the earliest known systems of moving meditation. When practiced with regularity, it enhances both physical and mental balance, helps to restore and maintain healthy circulation, digestion, and aids in cognitive functions. It combines breath, posture and attention to create a perfect exercise system for people of any age! *Please wear loose fitting, comfortable clothing and footwear. Be prepared to relax and have fun! **For more info or to sign up, contact Brian at 434-826-1733 or greatcirclegigong@gmail.com.**

A lifelong enthusiast of Asian martial arts, certified EBT Qigong instructor Brian Wright has been teaching the revitalizing and balancing techniques of Qigong since 2006, when he began his teaching career at the Mayo Health System in LaCrosse, Wisconsin. Originally from Minnesota, Brian relocated to central Virginia in 2010. Brian is currently an advanced student of Acupuncture at the Jung Tao School of Classical Chinese Medicine, near Boone, NC.



Girl Scouts

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! 3rd and 4th grade girls, come join our troop! Come have fun, make new friends, learn new skills, and take a new adventure! Questions? Email elise.lauterbach@gmail.com.

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

Ongoing Classes & Events

Claudia Gibson Catering

Wednesday—Friday, 8am—3:00pm, Serving breakfast & lunch

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: Soul Retrieval Practice Group

Wednesdays, 5:30—6:30pm, in Room 3 (New Health Consultant). This free weekly meditation practice group will focus on the ancient Tibetan practice of Soul Retrieval. Done daily, its practice can heal your soul and transform your life. We will gather together before the meditation to share tea and a snack. Please arrive early. **Any questions? Call Chris at 540-255-0026.**

Ongoing: Tae Kwon Do

Mondays & Thursdays, 6:30pm. Tae Kwon Do combines combat techniques, self-defense, sport, exercise, meditation and philosophy. It draws people from all backgrounds and all ages. Some attend for the physical training, seeking greater flexibility and strength. Others come for the aerobic aspect achieved through simulated combat, or "free sparring." Still others come for the self-defense gained by mastering the art. Kids come for the fun and excitement of learning to kick, jump, roll, and fall—all in a safe and controlled environment. **Visit the TKD page or contact Larry Cabaniss at 434-989-5168.**

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. In short, it's a fun way to maintain your overall health. **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.**



Yoga Classes

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. 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: agnes@nelsonwellnesscenter.com.

Beginning March 1—Tuesdays, 6:30pm-7:30pm: Hatha Yoga with Nyeela Hueholt, CYT. This all-levels class will focus on correct alignment, breathing, and the use of props to maximize postures safely. \$10/class. Walk-ins are welcome, but sign-ups are preferred. To sign up, contact Nyeela at nhueholt@gmail.com or 434-964-8565.

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 to register.

Fridays, 9:30am: (Beginning February 5) Intro to Yoga with Agnes F. Schrider, PT. 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.

Sundays, 5:00—6:30pm: Kundalini Yoga w/Tonya Ridings. \$12 or 10 classes for \$108. All ages and beginners welcome. Kundalini Yoga is the yoga of awareness. It consists of a series of physical and breathing exercises, chanting mantra and meditation. For more info: [434-465-1561](tel:434-465-1561) or tridings23@gmail.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.

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)

[Martina Compton](#)

[Sandra Pleasants](#)

Brian Webb

[Karen Walker-Cooke](#)

[Agnes Schrider](#)

[Tonya Ridings](#)

Fitness & Zumba

[Karen Walker-Cooke](#)

Arthritis Foundation Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

Tae Kwon Do

[Larry Cabaniss](#)

QiGong

[Brian Wright](#)

Ongoing Classes *(continued from page 7)*

CORE FITNESS

"Sweat Looks Good On You!" SYNERGY

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.

Karen Walker-Cooke (RN, Med. Exercise Physiology, Certified ACE Personal Trainer, Yoga and Pilates instructor) has worked in the medical & fitness industry for over 35 years.

Contact Karen at 434-989-0093 or email: kwcooke@earthlink.net. More info: corefitsynergy.com.

OUR TEAM

RVCC Board of Directors

President
Chuck Kiehl

Treasurer
Cheryl Klueh

Secretary
Phil Hearne

Directors
Gifford Childs, Sarah Jane Stewart, Sue Chase, Bill Perrelli, Bob Yoder, Cliff Love

RVCC Staff

Executive Director

Stu Mills
Operations Manager & Newsletter Editor
Sara Taylor

Treasure Chest

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Super Saturday Summer Parties!

Saturday, May 28: 3rd Annual Celebrate Rockfish

Our 3rd Annual Celebrate Rockfish party features a 50-50 cash raffle with a grand prize of up to \$5000, plus food, music, games, and more! Whether you want to kick back with a lawn chair or a blanket on the grass, get up and dance, or watch the kids playing on the playground and SK8 park, this event is a laid-back, fun way to enjoy a mild early-summer evening. We're pulling together a committee now to help plan the party—let us know if you can help. Cash Raffle tickets will be available soon!

Saturday June 25: 2nd Annual Save SK8 Nelson Festival

Late in 2014, our insurance company handed us a hard choice: either get rid of the skate park, or lose your insurance. After months of searching, we were able to find an insurance provider that would cover the skate park--to the tune of an additional \$4000 per year. The skate park is perhaps the best-loved and most-used feature of our recreational facilities, and regularly hosts children and adults alike. And, as Nelson County's only skate park, we feel it is worth keeping--but we need help to shoulder this staggering increase in our insurance premium. And so was born the Save SK8 Nelson Festival, which features live music, food, skating competitions, games of skate, and more. Proceeds from this event will go toward that insurance premium and maintenance of the SK8 Ramp.

Saturday, September 17: 2nd Annual Jazz & Blues Fest

Join us for a celebration of Jazz & Blues music as we raise funds for the next phase of the Blue Mountain Pavilion Project! As with all of our Super Saturday events, we'll have food and beverages, games, live music and more. More details coming soon!

ROCK THE AD-HOCRACY

Each of these events is planned and organized by ad-hoc committees composed of volunteers who sign up for just one event—it's a one-and-done commitment. If you'd like to help one of these events get off the ground, please contact us. We need your vision and your thoughts on what you would like these parties to be: what music do you like? What food do you like? What kind of party would YOU want to attend? Get involved, and rock the ad-hocracy!

Contact us at 434-361-0100 or email rockfishcc@gmail.com.



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Volunteers and members needed!

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