



**February 2017**

**All The News From RVCC**

## From Executive Director Stu Mills:

What a difference a year makes...

A year ago today, I was writing my article for the February issue of the old "Rockfish Reader." Maybe you remember how it started...

*"As I stood in my office looking out the 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!"*

Well, we did something about that window... and the other 72 in the main building.

That was the launch of "Windows '16" last year - one of the most successful internal fundraising campaigns we've ever had, raising over \$36,000 in cash donations for our Green Initiative projects that totaled over \$64,000. It was a heck of a year.

Sara and I have been enjoying looking out our completely-refurbished windows, thanks to the artistry of Murray Whitehead and his crew, for several months now. Last Saturday, the Window World workmen completed installation of 60 of the 61 replacement windows in the main building (we got shortchanged one window, which is on order).

There are a lot of smiles around here these days, and heating these old classrooms just got a lot easier and a lot cheaper. And if by some chance you haven't seen them, please join us for the Market and some pancakes on Saturday morning and gaze out our beautiful new windows with us!

But there is no rest for the wicked...

In the course of fundraising for the Windows '16 project last July and August, it became very clear that our members strongly support our effort to reduce our carbon footprint, and many suggested that our next Green Initiative project should be an investment in solar energy here at The Rock.

"Rock & Sol" has a nice ring to it, don't you think? Arlo Bloom thought so. Be sure to check out our "teaser" article about Arlo and our new renewable energy project on page 4, and keep your eyes out for this page next month as we launch our latest fundraiser to help power The Rock with the sun.

So... watt the heck's a hectowatt, anyway?

Thanks y'all for everything you do!

P.S. [Keep those membership cards coming in](#) - you're killin' it this year!!

## Saturday, February 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. 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](mailto:rockfishcc@gmail.com)!

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## HOW COMMUNITY HAPPENS

- ◆ Volunteer for a workday or an 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 4: 10th Annual Winter Market Season Continues



The 10th Annual Winter Market season continues on Saturday, February 4! 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 Boutique Bag Day.



### 2017 Indoor Market Schedule

February 4—w/Sue Harlow; March 4—w/Oh Wow Boy; April 1—w/The Blazing Saddle Tramps

For more info, contact Donna Kincaid at [mountainvision@earthlink.net](mailto:mountainvision@earthlink.net).

## Sunday, February 5: Debbie Grainger & Rose Jowdy Exhibit Reception

**Artist Reception & Exhibit Opening:  
Sunday, February 5, 4:30—6:00pm, in the RVCC Auditorium.**



**Debbie Grainger:** "I was born and raised in Montana and have always enjoyed pine trees, mountains and snow, the sun, moon and stars and the big blue sky. After teaching for a few years, I worked in Guam and then Hawaii as a CPA, and learned about the power and beauty of the ocean and lushness of the tropics. After moving to Virginia and working as an RN, I met my husband David Lipscomb (of the Va Rock Shop at RVCC.) My painting began in January 2011, when—instead of making a New Year's resolution I wouldn't keep—I decided I wanted to paint. I took an Intro to Painting class at PVCC and got hooked. I have spent the last 6 years learning to express myself through various media of acrylics, charcoal, ink and pastels. Come and enjoy seeing my journey of creation."



**Rose Marie Jowdy:** "I have a great appreciation for the great outdoors, art and life in general. Like nature, art is somehow a part of me. I capture photographs and paint because it is my way of conveying what I see in nature and interpret my relationship with the landscape, and its affect on me. I am influenced and inspired by the works of Ansel Adams, Wolf Kahn, John Stockwell, Cezanne, Derain, Turner, Whistler and nature, itself. I am interested in unconfined, wide open, vast spaces.

Spaces where I can see the horizon, feel the sun, smell the dirt after a cool rain, feel the damp grass on my bare feet and breathe in fresh air. This photographic journey is a labor of love to share with you my love of nature and abandoned old structures that have contributed to shape my extremely grateful life."

*The Grainger/Jowdy exhibit will be on display for the month of February.*

## February 10 & 15: "The Future of Energy" Film Screening



Back by popular demand! Come see a heart-warming and optimistic report on the revolution that has already started: clean energy is alive and well throughout the USA. The 64-minute dvd "The Future of Energy" will be shown, free of charge, in Rockfish University on Friday, February 10 at 6:30pm and Wednesday, February 15 at 1:00pm.

The Future of Energy journeys across America to shine a light on the communities and individuals who are at the forefront of the clean energy revolution, taking practical steps to transition from fossil fuels to renewable power.

Solar, wind and water could power the planet by the year 2050, according to experts in the film, substantially reducing carbon emissions. What's needed is the social and political willpower to make changes on a large scale.

Presented by the Pipeline Education Group. For more info about the film, visit [www.thefutureofenergy.org](http://www.thefutureofenergy.org).

## ARTISANS & STUDIOS

Peter Agelasto & Richard Averitt

[Digital Relab LLC](#)

Anne & Dan Buteau

[Old Orchard Farm](#)

[Claudia Gibson Catering](#)

Susan Gorman:

[Derby Vixen](#)

Sallie Justice:

[Life Coaching](#)

David Lipscomb:

[Virginia Rock Shop](#)

K Robins Designs:

[Symbolic Jewelry](#)

Nancy Lauer Art Studio

Chris Lowthert

[New Health Consultant](#)

[Rockfish River Gallery](#)

Kelly Whalen

[Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

Tammy Huffman:

[Full Circle Salon](#)

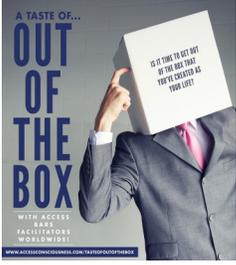
Elizabeth Martin:

Zero Balancing

Colin Winter

[Woodrow Wilson National Fellowship Foundation](#)

## Saturday, February 11: A Taste of Out of the Box



**10 am–2 pm in Rockfish University, \$35.** Just imagine for a moment how easy your life could be if you didn't have to buy into how you're supposed to be in business, in relationships, in family, in life, in love and in this reality? What if you could get out of the box of everyone else's reality and create your own? Sound like more fun?

Access Consciousness® provides tools to do just that! Through simple body work (Access Bars®), body processes and verbal processing you can release and destroy all those thought, belief, and behavior patterns that have been keeping you "in the box," preventing your greatest ease, joy, prosperity, and contribution to our world. How does it get any better than that?

The co-creators of Access Consciousness, Gary Douglas and Dr. Dain Heer, are providing a special opportunity to learn more about Access and start putting it to work for *you*. This program provides an incredible discount on the viewing of a 2+ hour workshop, as well as printed copies of verbal processing in the video and live facilitation by Certified Access Bars Facilitator Aurora Walks Gently. A brief intro to Access Bars may also be offered.

*If you could BE anything....what would you choose? If you could CREATE anything....what would you choose?*

Let's explore what else is truly possible! Contact Aurora at (434) 299-2371, [aurorawalksgently@gmail.com](mailto:aurorawalksgently@gmail.com) for more information and to register (by February 4, if possible. Please bring a lunch.)

## Sunday, February 12: Friends of Nelson Public Meeting



Friends of Nelson will hold a Community Meeting at RVCC on Sunday February 12 at 7pm, in the Auditorium. The featured speaker will be Thomas Hadwin, speaking on "Challenging the Purpose and Need of the Atlantic Coast Pipeline." Thomas has worked for electric and gas utilities in Michigan and New York and has written numerous articles, reports and FERC submissions on the absence of any public need or benefit for the ACP.

For more information, visit [www.friendsofnelson.com](http://www.friendsofnelson.com).

## Fri., Feb. 17: Coffee House Music with Alex Caton & Dick Harrington



Alex Caton and Dick Harrington are friends who love old-time Appalachian music, love playing and singing together, and love sharing their music with others. Each of them moved to central Virginia to sweat for PhDs at UVa—Alex in anthropology, Dick in English. Once here, each of them latched onto old-time mountain music like Thom Jefferson to an Albemarle Pippin. Alex took up piano and violin at the age of 5, and music has been a constant in her life ever since. At 20, she stumbled on a precious secret: the traditional fiddle music of Appalachia and Ireland. She's dedicated her musical life to those two cousins, singing and playing fiddle, banjo, and guitar. As a boy in South Dakota, Dick learned folk songs from his playful Scots-Irish-American grandma. He took up guitar in the 1950s and has been singing and playing American roots music ever since. In Charlottesville, about 1976, the archaic fiddle-and-banjo music at the Prism Coffee House lured him to ditch other music strains for the traditional music of the Southern Appalachians. He took up the devil's instrument, the fiddle, at the late age of 36.

Separately, Alex and Dick have made numerous recordings with various musicians/bands and performed in numerous states and countries.

Alex and Dick are very excited about the upcoming evening of music and camaraderie at RVCC—always a sweet gathering place!

**The show starts at 7:30pm, in the Rockfish Lounge. \$7 cover—refreshments available.**

## Saturday, March 4: Gokhale Method Workshop



**1:00pm, in Rockfish University. Free workshop.**

Does your back *still* hurt? Have you tried everything and your back, hip, neck or shoulder still hurts?

The Gokhale Method uses Primal Posture™ and movement to help you re-establish your body's structural integrity and regain a pain-free life. No surgery, no medication, no equipment—change your everyday posture and eliminate pain!

With Cheri Boeckmann PT.BS.Ed, of Lovington Physical Therapy. To sign up, go to [GokhaleMethod.com](http://GokhaleMethod.com).

## Sunday, March 19: “Class Dismissed” Film Screening



Join the Wisdom School for a showing of “Class Dismissed” on March 19th, from 1-3:30, in Rockfish University. This screening is sponsored by the Wisdom School team. A discussion about the movie and alternative education will follow. Also learn more about the Wisdom School’s exciting alternative educational event coming on April 1-2, to be held at Rockfish U. Save the dates!

*“All across America, parents are becoming increasingly dissatisfied with the state of public education. The current state of our educational system & economy shines a spotlight on problems with traditional schools. Class Dismissed showcases a growing trend in alternative education strategies that are working for many families across America.”* —[classdismissedmovie.com](http://classdismissedmovie.com).

For more information about the Wisdom School, and to reserve your seat for the movie, please contact Kim [434-872-3314](tel:434-872-3314), or Mara [412-216-1240](tel:412-216-1240).

## Sunday, March 26: Nelson County Community Orchestra Concert



The Nelson County Community Orchestra will perform a concert at 4pm on Sunday, March 26, in the RVCC Auditorium. The concert is FREE and open to the public. Donations welcome!

New players are always welcome - all instruments, ages and levels. Currently recruiting a timpanist- no experience necessary, just ability to read music!

Weekly rehearsals Mondays 7 PM at the Rockfish Presbyterian Church in Nellysford.

More info at [www.nelsoncco.org](http://www.nelsoncco.org) or Contact: Ellen Neal [434-263-4745](tel:434-263-4745) or [info@nelsoncco.org](mailto:info@nelsoncco.org).

## Thursday, March 30: Annual Membership Meeting

Please mark your calendars to join your fellow RVCC Members for our **17<sup>th</sup> Annual Meeting on March 30, 2017** in the Rockfish Lounge. The meeting is open to all those whose RVCC membership is current for 2017.

Of particular interest this year is the fact that we will have 2 or possibly 3 Board of Director seats up for election due to retirements this past year. If you are interested in serving on the Board, or would like to nominate someone else who has expressed interest, please submit a nomination to us by *Friday, February 3rd*. If you’d like to know more about the role of Director, its obligations and its rewards, please call us here in the office to talk it over. The nomination should include the individual’s name, phone and email contact information, and an indication that he/she is willing to serve. Our Nominating Committee will take it from there.

The Business Meeting on March 30<sup>th</sup> will begin promptly at 6:00 PM. It will be preceded by an Open House and refreshments between 5:00 and 6:00. This is an informative, participatory meeting, and we will be presenting our 2016 financial statement, electing board members, and highlighting RVCC accomplishments in 2016. We will share the new challenges we face and the new programs and facilities being offered in 2017, and we will be welcoming your suggestions.



## Coming Soon: The “Rock & Sol” Solar Energy Project

A few months ago, Nelson County High School sophomore Arlo Bloom approached us to discuss the possibility of launching a new project. Arlo had recently participated in a youth leadership exchange program, sponsored by the State Department, between the US and the country of Belarus. Thirty students from Belarus and eight from the United States attended and engaged in leadership and social entrepreneurship workshops. Upon the conclusion of the program, the students were encouraged to use the knowledge obtained to initiate and design a service project aimed at making a positive impact in their community. Arlo’s idea was to try to play a part in bringing solar energy to Nelson County, and his plan dovetails perfectly with RVCC’s Green Initiative campaign. And so we are working with Arlo to launch the “Rock & Sol” Solar Energy Project, a 24-panel rooftop solar system that will help offset RVCC’s energy costs. The average electricity cost per day at RVCC has risen from \$42.65 in December 2012 to \$60.91 in December 2016 - an increase of almost 43%. While some of this increase is due to the fact that we are far busier than we were a few years ago, actual consumption, measured in kWh, rose by only 25%. The trend in increasing electrical costs does not appear likely to reverse any time soon.

It is also our hope that the Rock & Sol project will create awareness of the need for, and the feasibility of, alternative sources for creating energy, in addition to our numerous other efforts to conserve it.

We’re in the process of seeking foundation funding for this \$18,000 project, and will soon be reaching out to our community for assistance with a portion of that funding. Stay tuned!



## Treasure Chest Sales

**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.

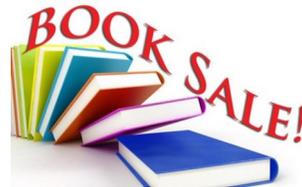


### On Sale Now:

**25% off Boutique Shoes and Purses!**  
**25% Off Everything from the Housewares Section—**  
**Including Small Appliances!**

### Book Sale Continues:

- ◆ Buy One Regularly-Priced Book, Get TWO Books Free!
- ◆ 50% Off All Specially-Priced Books!



### 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!**

### February Sales!

- ◆ Buy one record for \$1.00—get two free!
- ◆ Buy one VHS tape for \$1.00—get two free!

**RVCC members always**  
**get 10% off at the**  
**Treasure Chest!**



## Volunteer at RVCC—We Need Your Help!

At this time of year, you'll hear us talk 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 to keep up with—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:

- ◆ Paint the basement door and enclosure
- ◆ Strip and repaint the exterior doors near Claudia's kitchen
- ◆ Pick up trash around the playground, skate ramp, and basketball court
- ◆ Volunteers are always needed for the Pancake Breakfast
- ◆ Help with outdoor events this spring, summer, and fall
- ◆ And, of course, the Treasure Chest Thrift Store always needs help!

Please get in touch if you're willing to help. 434-361-0100, [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com), or visit the Treasure Chest or the Office.

## New Classes & Workshops at RVCC

**Beginning Tuesday, February 14: Introduction to the 5 Biological Laws of New Medicine, with Chris Lowthert, D.C.**

6:00—8:00pm, in Room 3 (New Health Consultant.) Beginning on February 14th, there will be a free monthly, 2 hour "[Introduction to German New Medicine](#)" held in Room 3. This monthly class will introduce the 5 Biological Laws discovered by Dr. med. Ryke Geerd Hamer known as German New Medicine (GNM). The free introduction will lay the foundation for people interested in joining the weekly Study Group on Wednesdays. (See Ongoing Classes, page 7.) The Biological Laws explain the cause, the development, and the natural healing of diseases based on biological principles that apply to every human being. Empower yourself by learning about your everyday symptoms and what they truly mean. Join us and begin learning GNM one step at a time! The Introduction will be held on the second Tuesday of each month. For more information, please visit [LearningGNM.com](#) or call Dr. Chris at [540-255-0026](tel: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](mailto:rockfishcc@gmail.com) to peruse the collection and check out the courses of your choice.

You may also review the available courses by visiting <http://rockfishvalleycommunitycenter.memberlodge.com/rocku>.

## Ongoing Classes, Events & Services



### Claudia Gibson Catering

Claudia will be **CLOSED** for breakfast & lunch January—February 2017. Claudia's Catering will be open by appointment and for catering events, and will re-open for breakfast and lunch in the first week of March.

Please call for frozen entrees, soups, or to make a special appointment.

Contact Claudia: [claudiacatering@gmail.com](mailto:claudiacatering@gmail.com) or 434-760-4182.

### Old Orchard Farm



**No Farmers' Market? No Problem!** Available now at the RVCC Concession Stand: Old Orchard Farm pork, lamb, grass-finished beef, pickles, and baked goods. Cow Shares: own your own milk supply! Plus: River Oak Farm chicken, Sunrise Farms eggs, Little Hat Creek Farm baked goods, Ula Tortilla organic corn tortillas, and Farmstead Ferments!

Open Wednesdays 9:30—11:30am, and Saturdays 10:00am—12:00 noon. Pre-orders required for some products. For more info, visit [www.oldorchardfarmva.com](http://www.oldorchardfarmva.com), or call: 434-263-4946 (H) or 434-260-4701 (C).

### Full Circle Salon



**Valentine Special!** Men's Hair Cut, 1/2 price with purchase of a Salon gift certificate! (Valid for the month of February only.) Contact Stylist Tammy Huffman at 434-529-7180.

**Pinkyz n' Toez Specials!** Spa Pedicure (with paraffin)—\$30. Shellac Manicure: \$25. (Valid for the month of February only.) Gift Certificates also available! Contact Tracie at 540-910-3595.

### Ongoing—Art Classes with Nancy Lauler

**"Faces of Nelson County"—February 11, 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 [nancyauler@yahoo.com](mailto:nancyauler@yahoo.com) for more information and to sign up.

*Continued on Page 7...*

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

## Ongoing Classes, Events, & Services—Continued

### 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 [greatcircleqigong@gmail.com](mailto:greatcircleqigong@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](mailto:elise.lauterbach@gmail.com) for more information.



### Ongoing: New Health Consulting with Christopher Lowthert, D.C.

**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](mailto:DrChris@LearningGNM.com).**

### Ongoing: German New Medicine Study Group



**Wednesdays, 6:00-7:30pm, 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. If people would like to participate in the brief meditation, feel free to arrive at 5:30pm. Donations are greatly appreciated at the conclusion of the Study Group. Beginning on February 14th, there will be a free monthly, 2 hour "[Introduction to German New Medicine](#)" held in Room 3. It will be an ongoing, 2nd Tuesday of each month Free Intro. The Introduction Class will be held from 6pm to 8pm. For more information, please visit [LearningGNM.com](http://LearningGNM.com) or call Dr. Chris at [540-255-0026](tel:540-255-0026).

### 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 [lhobson@hotmail.com](mailto:lhobson@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 [salliejusticecoach-ing@gmail.com](mailto:salliejusticecoach-ing@gmail.com).**



- 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

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

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

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

## 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](mailto: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](mailto: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: [ag@yogahealthworks.com](mailto: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.agsvogaworks.com](http://www.agsvogaworks.com).

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

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

**Fridays, 9:00am: 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](mailto:ag@yogahealthworks.com) or visit [www.agsvogaworks.com](http://www.agsvogaworks.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](mailto:sara@iHanuman.com) or 434-825-5983.

## RVCC's Annual Fund & Membership Drive

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 Blue Mountain 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.

### Did you know?

- ◆ RVCC receives NO government funding, from Nelson County or otherwise.
- ◆ Membership dues currently make up less than 10% of our total revenues, and *LESS THAN 10%* of Rockfish Valley residents are members of their own community center!
- ◆ Your support actually keeps the lights on, the boiler burning, and our desks manned.
- ◆ Your membership and other donations to RVCC are tax-deductible.

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 to learn 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!

## OUR TEAM

### RVCC Board of Directors

*President*

**Chuck Kiehl**

*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**



## The Rockfish Valley Community Center

190 Rockfish School Ln, Afton 22920

434-361-0100 | [www.rockfishcc.org](http://www.rockfishcc.org) | [rockfishcc@gmail.com](mailto:rockfishcc@gmail.com)

Treasure Chest: 434-361-0103

**Volunteers and new members are always welcome!**

**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](http://www.rockfishcc.org).**

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