



From Executive Director Stu Mills:

Shooting for that “Next Level”

A couple of Saturdays ago, on my way back from running some errands in the ‘Ford, I stopped by the Rock to see how things were going. (Sometimes I can’t help myself.) It was a sunny day, but still a little chilly and breezy at around 11 AM.

I could barely believe my eyes when I cruised by the rec fields – there were two half-court games of hoops in play on the new basketball court, with another half-dozen players waiting their turn on the bleachers. The skate park swarmed with kids and the playground buzzed with activity, while another crowd kicked around some soccer balls. There was even one guy playing Frisbee with his dog.



There was shouting and laughter everywhere, and I just sat and drank it in. Those moments are what it’s all about for us – and they are one manifestation of the “next level” that Sara and I have been working toward for the last couple of years.

We have many more “next level” experiences lined-up this spring and summer that will take advantage of our rehabilitated grounds, starting with our “Hoop Dreams” tournament and fundraiser on Saturday, April 30th. We’ll have brackets for kids under 18, adults and even “geezers,” so get your game tuned up and sign up a team! Or, if you’re not ready for competition, please volunteer to help out with this event that will help us raise money to pay off the new hoops court. Read more about it inside.

But if culture is more your thing than raising a sweat, March is your month! Two really special events include the *plein air* exhibit of award-winning artist, educator, and journalist Steve Doherty—on display for the month of March, with a meet-the-artist reception on Saturday, March 12th—and the amazing cello virtuosity of acclaimed composer/performer Tanya Anisimova on Saturday March 19th. More about both of these events inside, too.

Oh – and one last thing: Have you checked out [Windows ’16](#) yet? I’m thrilled to report that we’ve raised over 40% of our goal of \$4000 to contribute to the replacement/refurbishment of all the windows in the original building! Buy a window and be immortalized!

That’s it for this month – I need to head out to the court to practice my jump shot!

Thanks, y’all, for all you do!

Stu

Saturday, March 5: 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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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, March 5: Indoor Market



The 9th Annual Winter Market season continues on Saturday, March 5! 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

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](#)

March 11 & 12—Plein Air Workshop with Steve Doherty

Friday—Saturday, March 11 & 12, 9am—5pm



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. 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.

Sat., March 12: Artist Reception for Steve Doherty

Plein Air Exhibit On Display March 6—April 5

**Artist Reception Saturday, March 12, 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.

Coming later this year:

June: Photography by Rose Jowdy & Portraits by Susan Holland

September--November: 3rd Annual Quilt exhibit



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, 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 Rocooco 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 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, in the Auditorium. Advance tickets are \$20, \$25 at the door.

[Click Here to Purchase Tickets](#)

[Listen at www.tanyaanisimova.com](http://www.tanyaanisimova.com)



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, under the direction of Conductor and Music Director Philip Clark, will be performing with youth from the Music Magic String Education Program. The program will include Ashoken Farewell, works by Sibelius and Debussy, Corelli and Mozart as well as songs by Henry Mancini and Michel Legrand. Also performing at the NCCO concert will be the Mass Choir of Oak Hill Baptist Church, Roseland, VA under the direction of Nancy Carter and with keyboardist Darren Carter and George Hillman on drums. The concert is free and open to the public. (Donations are always welcome.) More information at: www.nelsoncco.org, email: info@nelsoncco.org, or call Ellen Neal: 434-263-4745.

Musicians Needed! Rehearsals are Monday nights from 7:00-8:30pm in the Rockfish Lounge (at the back of the building). Anyone interested in joining or participating is welcome at any time. NCCO provides a friendly, low-stress, fun, and engaging multi-generational orchestra environment to pursue your skills. All ages and levels are welcome, and repertoire is arranged to match the skill levels of members. Bring your instrument. String, woodwind, brass and percussion players needed. Call (434) 946-7834 or email NCCOrchestra@gmail.com.

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

Upcoming Coffee House Music Performances



Friday, April 15: Blues and Blues-rock by The Jon Spear Band

www.jonspearband.com



Friday, May 20: Funkalicious Samba Soul by Beleza

www.belezamusic.com



Friday, June 17: Vintage Country and Honkytonk by The Free Radicals

More info TBA.



All shows are in the Rockfish Lounge—\$7 cover, 7:30—9:30pm—Refreshments Available



Rockfish River Gallery's 1st Anniversary Sale

On March 5, 2016 the Rockfish River Gallery will celebrate its one year anniversary by having a store-wide 10% off sale! The gallery is sponsoring the sale so no artists and artisans will lose any money. And since the 1st anniversary is the "paper" anniversary— **A \$75 gift certificate will be given to the 15th customer to make a purchase!** Tom Wilkinson's Abstract

Paintings will be **20% off** for the anniversary sale.

Plus—the gallery will hold a raffle during the sale, and the raffle prize will be one of the gallery's paintings! Raffle tickets are \$5 each, and the drawing will be held at 4pm.

We are so very grateful to every one of you who has patronized the Gallery and helped us to survive. We love being at RVCC (the Rock!) and look forward to a very successful 2016. Again, thank you all and see

you soon!



New at the Gallery—Georgeanne Booth of Nelson County has just added her home-spun wool yarn (spun by hand on a spinning wheel) to the Gallery. The yarn comes in a variety of colors and styles, and most of the wool used to make the yarn comes from Georgeanne's sheep. Wonderfully soft and warm, these yarn varieties range from 100% wool to wool blended with silk and mohair.



Tom Wilkinson

The Rockfish River Gallery is open Wednesdays through Saturdays, 10am—4pm, and Sundays 12—4pm.

More info at www.rockfishrivergallery.com.

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.

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



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

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

TIME TO HOOP IT UP!

Welcome to Windows '16!



A fundraising campaign to replace/refurbish all 73 windows in our building!

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 insula-

tion 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! Plus, it's kind of like a BOGO sale—because the Perry foundation has given us a matching grant, buying one window means we automatically get to replace another one...but only if we can raise that money by December 15th.

Of course, any donation amount is welcome, and will help us reach our restoration, energy and matching funds goals!

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

[CLICK HERE TO UPGRADE TO WINDOWS '16!](#)



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.

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

50% OFF all winter jackets & coats!



“Best of the Chest” Monthly Silent Auction:

*Vintage Magnavox Console Stereo
Record Player—Excellent Working Condition!*

Retail Value: \$200+

Opening bid: \$100

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

Treasure Chest Hours

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

**Volunteers & Donations
always welcome!**

**March Sale:
Buy One—Get
One Free!
All Bracelets
and Earrings**



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.

Save the Date—Friday, May 13: “Out of the Fire” Film Screening and Pottery Exhibit



Out of the Fire is a heartwarming film about art-making, chance-taking, and the importance of following your dreams.

Join potter Kevin Crowe, his apprentice Krista Loomans, and their dedicated crew as they complete a four day, high-temperature wood-kiln firing of approximately 2000 clay pots. In this firing, six months worth of Kevin's work—and income—are at stake. Stoking wood into the kiln every 10 minutes for four days straight, the teams work in shifts to achieve unique surfaces on their pots, surfaces enhanced by fire marks and melted wood ash.

But this inspiring film is not just about making pots. It is also about a way of life, following your heart, and forging an individual life path. The film celebrates the drive to create, the importance of community, and the roles of risk-taking, authenticity, and focus in creating a fulfilling life.

Kevin produces wood-fired functional stoneware with strong Asian and English roots at his Tye River pottery studio. His work ranges from 4” tea bowls to 48” vases. Kevin's pots are fired in a 450 cubic foot, 3- chamber combination anagama and noborigama kiln. Firings last several days, consuming 8 cords of wood and firing up to 2000 pots. The kiln is fired twice a year when the moon is right and it's not soccer season.

Out of the Fire was produced and directed by Courtenay Singer. The film has been invited to screen at 17 film festivals, and received a Bronze Remi Award from WorldFest Houston.

In addition to the film screening and discussion, there will be refreshments, food by Claudia Gibson Catering, an exhibit of Kevin's work, and a gallery open house with the Rockfish River Gallery, K Robins Designs, the Virginia Rock Shop, and Lauler Artworks. More info TBA.



Classes & Workshops at RVCC

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.

Beginning Thursday, April 14--Off the Top of Our Heads: A Creative Writing Workshop for Teens, with Taylor Blackburn

Thursdays 5:30—7:00pm, in Room 14. \$100/eight sessions, includes workshop membership. In this creative writing workshop for young adults ages 13 to 18, students will engage in playful and thought-provoking writing exercises that will help them hone their skills, express themselves, and deepen their understanding of the writing process. Each 90 minute session will focus on a different theme, style, or tradition in the art and craft of writing. Participants will have opportunities to share their work with a focus on celebrating language, clarifying meaning, and evolving voice. They will enjoy experiential writing tasks, individualized instructor feedback, and the comradery of a cohort of young writers. Registration deadline: Monday, April 4. **To Register or For More Info:** Call Taylor at 434-996-4036 or email taylorablackburn@gmail.com.

Taylor Blackburn has a decade of experience as an English, Creative Writing, and Drama teacher in public middle and high schools. She has a Masters in Teaching from the University of Virginia and a boundless love for the written word. Her creative writing workshops emphasize non-judgment and the joy of language.

Beginning Monday, May 2—Qigong & Taiji classes with Brian Wright

Mondays, 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.**

****Please Note: Brian's current QiGong classes will continue on Tuesdays from 2—3pm, in the Yoga Room, for the months of March and April.**

Brian Wright has practiced and studied the “internal arts” of Qigong & Taiji for over 17 years. He is a certified instructor for the Center for Taiji Studies, having trained with the acclaimed master & teacher, Dr. Yang Yang, at the Mayo Clinic in Rochester, Minnesota. Brian is also currently an advanced student of acupuncture and oriental medicine.



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.

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: 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

Manager

Kat Walsh

Assistant Managers

Betsy Greenleaf & Eleanor Massie

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.



The Rockfish Valley Community Center

190 Rockfish School Ln, Afton 22920

434-361-0100

www.rockfishcc.org | rockfishcc@gmail.com

Treasure Chest: 434-361-0103

Volunteers and members needed!

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