



The Rockfish Reader



October 2016

From Executive Director Stu Mills:

The advent of fall, and this mercifully cooler weather, has had me thinking about the “Summer of Sixteen” and all that we have learned these past few months.

The Green Initiative funding process, I think, provided many lessons for us - of course the most significant being that we should never underestimate the passion of our membership and greater community when it comes to perceived threats to our land and our lifestyles.

But two other lessons stood out in my mind, as well.

First, we learned that our constituency is genuinely hungry for improved communication from us. Our Board has heard that call loudly and clearly, and I want everyone to know we’re all thinking of ways in which we can communicate better with the people we serve. Some of that will improve with a commitment from you to actually open and read the email blasts and newsletters that we send out (the open rate on the monthly newsletter pdf is less than 5%). Some will improve by more direct individual outreach, by an expanded social media presence and perhaps by more frequent coverage of our plans and events in various print media. We’re anxious to hear your thoughts about other ways we can get our messages out more consistently and more reliably - please let us know how we can better keep you informed.

As importantly to me, perhaps, was the lesson I learned about our community’s passion, respect and commitment when it comes to the Rock. While many others heard mostly the rancor at our special meeting of the Board on July 7th, I came away from that meeting strangely buoyed. Because what I heard clearly behind all the disappointment about our funding choices was the love of our community for everything we do here at RVCC. I heard the compassion in the complaint. And while I and a lot of other people questioned whether passion would be put into practice, our doubts were immediately and thoroughly allayed by your unprecedented outpouring of commitment.

The eaves are all done. The installation of the new windows should start by mid-month. We’ll hopefully be cranking up the geothermal system before the first frost and the pipes are all snuggled under the building, awaiting the first blast of steam to run through them in a couple of weeks. Thanks for turning adversity into advancement.

There is no such thing as COMMunity without COMMunication, COMMITment and COMPassion.

This summer, I learned that we are a community.

COMMITMENT TO UNITY

IN THIS ISSUE

Page 2

◆ Art Exhibits, Gallery Showcase, Candidate Forum

Page 3

◆ Harvesting Seeds of Resistance, World Beat Workshop, Zumbathon

Page 4

◆ Winter Market, Rockfish Nights, FON Mtg, Orchestra Concert

Page 5

◆ Volunteering, TC News & Sales

Pages 6-8

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, October 1: 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!

Masks, Quilts and Watercolors



For the month of October, a folk art exhibit of masks will be on display in the Auditorium. These masks were created to represent local animals in the “Hands Across Our Land” event of August 18 to protest the proposed Atlantic Coast Pipeline. If built, this pipeline would destroy many acres of habitat, negatively impacting animals as well as humans. The mask-makers believe we should speak for those who cannot speak for themselves. The masks are to remind us of our non-human neighbors. Beside each mask you will find bits of historical, scientific, or literary lore to spark your imagination.



“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.” ~Chief Seattle

RVCC’s 3rd Annual Quilt Exhibit is currently on display now through November. This collection of quilts—here by the grace of various members of our community—fills our Auditorium and turns this huge, high-ceilinged hall into a gallery of warmth and color. The use of complex stitching and the artful interplay of texture and color causes every unsuspecting visitor to stop in the middle of the auditorium, tilt their head back, and gape in wonder.



Coming in November:

Watercolors by Carol Martin and Sandra Bryson

Please join us for an Artists’ Reception and Exhibit Opening!
Saturday, November 5, 5:30—7:00pm. Refreshments will be served.



Saturday, October 1: Rockfish River Gallery’s 2nd Annual Showcase

The Rockfish River Gallery presents its 2nd Annual Showcase event on October 1st!

10:00am—4:00pm, in the RVCC Auditorium.

The artists, artisans, and writers from the Rockfish River Gallery of Fine Art & Exquisite Crafts will be displaying their work, demonstrating their methods, and answering any questions you may have.

Free Food & Drink!

Live Music by Sally Rose & Sweet Pete, Harpist Virginia Schweninger, and Jim Wray’s Jazz Trio.

This is your opportunity to meet the artists, and to ask questions and watch them work. Art by local students from the public schools will be displayed for comment and for sale. There will also be a drawing table with drawing implements and paper for those (of all ages) who wish to sit and draw for a while.

New at the Rockfish River Gallery

Come and see all the changes and additions at the Rockfish River Gallery! The renovations are complete, and the anteroom now features many new artists.



New this month: Primitive tools by Flint Knapper Tony Coffee. Knapping is the shaping of flint, chert, obsidian, or other conchoidal fracturing stone through the process of lithic reduction, to create arrowheads, knives, and other primitive tools. The Gallery is pleased to offer a beautiful selection of Coffee’s work, including pieces made of materials ranging from glass to obsidian.

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

The Rockfish River Gallery is open Wednesdays—Saturdays 10am—4pm.

For more info, visit www.rockfishrivergallery.com.

Thursday, October 6: Candidate Forum



The Nelson County Chamber of Commerce will host a Candidate Forum on Thursday, October 6, in the RVCC Auditorium. The three candidates for Commonwealth’s Attorney—Jerry Gress, Heather Goodwin, and Daniel Rutherford—and Lisa Bryant, the candidate for Clerk of Court, will be present to answer your questions. Written questions for the candidates may also be submitted.

Director of Elections and General Registrar Jackie Britt will be there to register anyone who has not yet registered to vote.

The event is open to the public. Doors open at 6pm, and the forum begins at 7pm.

Friday, October 14: Harvesting Seeds of Resistance

Harvesting Seeds of Resistance in West Virginia and Virginia



6:00 to 8:00 pm, in the RVCC Auditorium. In June 2016, Sacred Ponca Corn Seeds of Resistance were planted along the Mountain Valley and Atlantic Coast fracked gas pipeline routes. Join us to harvest and celebrate!

Nelson and Augusta planters will hold the Harvest Celebration including a ceremony, speakers and music. Speakers include Jane Kleeb of Bold Nebraska and Wes Mekasi Horinek of Bold Alliance, sharing insights and experiences from the Standing Rock Camp protesting the Dakota Access Pipeline.

Pot luck contributions welcomed! Contact Helen for more information or to volunteer: hkhelenkimble@gmail.com.

Friday, October 21: Fall Massage Sessions



Massages by Carol Quigless, LMT, Nat'l Brd Cert., Cert. Clinical Aromatherapist. Friday Oct. 21, 2:30—6:30 p.m., in the Yoga Studio.

\$1.00 per minute. 15 minute minimum, 30 minute max. Reservations required. Call Carol at 540-649-7055 or email carolquigless@gmail.com with your requested time slot. For more information, visit www.carolquigless.com.

Friday, Oct. 21: Robert Jospe's World Beat Workshop

RVCC presents Robert Jospe's World Beat Workshop

7:30—8:30pm, in the RVCC Auditorium.

\$10 admission, no charge for kids 12 and under.



The World Beat Workshop with drummer Robert Jospé and percussionist Kevin Davis engages audiences of all ages in exploring the diaspora of West African rhythms in the Americas and their influence in current music styles. Using a map, percussion instruments and music charts, this interactive program includes clapping, dancing and singing to salsa, calypso, merengue, samba and hip-hop. Musical, historical, cultural and geographical information is brought to life with the journey of clave.

Born in Manhattan, Robert Jospé was inspired by his Belgian parents love of music and began playing the drums at fourteen. While attending the Cambridge School of Weston in Weston, Massachusetts, Jospé enrolled in the Berklee College of Music summer session and began formal training on drums. Upon graduating from the Cambridge School, Jospé moved to New York City to attend New York University. Over the next twelve years he became an active player in the New York jazz and rock scene as well as co-leader of the fusion band Cosmology. He studied with Tony Williams and Bob Moses and performed with Michael Brecker, Dave Liebman, John Schofield and John Abercrombie.

Since 1992, Jospe has received an annual touring grant from the Virginia Commission for the Arts for the educational, interactive, lecture/demonstration [The World Beat Workshop](http://www.worldbeatworkshop.com). The program, which is presented to thousands of students every year, highlights the history and varied styles of African influenced dance music throughout the Americas.

For more information, visit www.robertjospe.com.

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](#)

Friday & Saturday, Oct. 21-22: Zumbathon Party in Pink!

JOIN THE PARTY IN PINK™ MOVEMENT
LET'S GROOVE FOR THE CURE

On October 21st and 22nd, Kelly Whalen and Core Fitness Synergy will hold a Zumbathon Party in Pink event! Groove for the cure on Friday: 5:30—7:30pm, or on Saturday: 10:30am—12:30pm, in the Core Fitness Synergy Studio.

All proceeds will go to the Susan G. Komen foundation to help medical research in the fight against breast cancer. All registered participants will be eligible to win door prizes each day. Prizes include:

One free month of classes at Core Fitness Synergy (12 classes), 3 personal training sessions with Kelly, and a Party In Pink Zumba party pack! Everyone who registers will receive a Party In Pink Zumba bracelet and there will be sweet treats and pink (non-alcoholic) beverages provided! Dress in as much pink as you can and come dance and groove your way to the fight against breast cancer! Tickets are \$10 per party, and can be paid at the door during the event. **Advance registration required. To register, or for more info, contact Kelly at whalenkm@vcu.edu or 804-814-9794.**

Beginning Saturday, November 5: 10th Annual Winter Market Season



The 10th Annual Winter Market season begins on Saturday, November 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.



2016—2017 Indoor Market Schedule

November 5, December 3, February 4, March 4, & April 1.

Live Music by Victor Cabas—Rockfish Gap—Sue Harlow—Oh Wow Boy—The Blazing Saddle Tramps

PLUS—we're making plans for a special Thanksgiving Market on November 19, and a German "Christkindlmarkt" on December 17!

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

Saturday, November 12: Rockfish Nights



Get ready for the return of Julia Nixon—Broadway's favorite "Dreamgirl!"

Saturday Nov. 12, 6—10pm

A beloved fixture in the Washington, D.C. music scene for twenty years, Julia Nixon is a neo-soul powerhouse. Her tremendous vocal power has inspired comparisons with such artists as Aretha Franklin, Oleta Adams and Tina Turner. Julia also has performed in "Smokey Joe's Café" (touring company), and, in August, 2006, finished a triumphant and moving performance as the lead in Tony Kushner and Jeanine Tesori's "Caroline, or Change" at Studio Theatre in Washington D.C., winning her the Helen Hayes Award. Nixon's other credits include performances on Broadway, at Radio City Music Hall, the White House, Lincoln and Kennedy Centers, international radio, television, and performance associations with Stevie Wonder, Aretha Franklin, Kenny G., Bruce Willis, and Richard Pryor.

Julia & Company rocked the Rock last year, and kept everyone dancing all night long! Join us again this year for dinner, dancing, and the Silent Auction!

Get your tickets at rockfishcc.org, in the RVCC Office, or at the Treasure Chest.

Dinner, Dancing, & Auction: \$45/members, \$50/non-members. (Doors open at 5:30pm.)

Concert Only: \$20 (no admission before 8pm.)

Monday, November 14: Friends of Nelson Public Meeting



7pm, in the RVCC Auditorium. Join Friends of Nelson for a presentation by Thomas Linzey, Executive Director of the Community Environmental Legal Defense Fund (CELDF). Thomas will be speaking about the subject of Community Rights, a major focus of the work of CELDF. Thomas is the author of *Be the Change: How to Get What You Want in Your Community*. CELDF has assisted many communities in numerous states to fend off the efforts of corporations who have wanted to bring fracking, pipelines, factory farms, water privatization, and other destructive activities to communities.

For more information, visit www.friendsofnelson.com.

Monday, November 21: Nelson County Community Orchestra Concert



The NCCO invites you to attend their fall concert on Monday, November 21, at 7:00pm in the RVCC Auditorium.

The Orchestra, under the direction of guest conductor Rick LaRue, will present a program of fun and familiar movie themes such as Colors of the Wind, Lord of the Rings, and Ashokan Farewell, as well as favorites including Holst's Jupiter, the Bringer of Jollity, La Cinquantaine and Cavalleria Rusticana. The concert will also feature local jazz artists—accompanied by the NCCO—playing El Cumbanchero and Stolen Moments. There will also be a performance by the young musicians of the Music Magic Nelson String Education Program.

The concert is free—but donations are always welcome! For more information, contact Ellen Neal: info@nelsoncco.org or 434-263-4745.

Volunteer at RVCC—We Need Your Help!



As we head into the fall, we'll be talking a lot about our Annual Fund and Membership Drive, which focuses primarily on raising much-needed operating funds for our Community Center. Operating support is crucial to keeping this place running, and to all those who contribute so generously each year, we thank you.

And yet it is also crucial to recognize that money is not the only kind of operating support required to keep our Community Center alive—we also desperately need physical assistance. We have amazing volunteers on our Board of Directors and on our Art, Music, Development, Finance, and Building & Grounds Committees. Some of them are here so much that people mistake them for paid help! (**Henri and Elaine Weems, Bob Yoder and the Building & Grounds Committee, the Treasure Chest crew, and all those who labored on the Pavilion this spring**, 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 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. 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.

Here's what we need help with this month:

- ◆ Pull weeds and trim branches to keep the Mallory Creek Walking Trail clear;
- ◆ Strip and repaint the exterior doors near Claudia's kitchen;
- ◆ Pick up trash around the playground, skate ramp, and basketball court;
- ◆ Help us get the word out—are you good with social media, graphic design, or other aspects of promotion and marketing? Contact us!
- ◆ 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, or stop in and see us at the Treasure Chest or in the Office.



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! 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.



October Book Sale!

50% OFF

All Specially-Priced Books
(Including Classics and Rare Books)
For the Month of October!

BLACKBOARD SPECIALS!

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

Treasure Chest Hours

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

Volunteers & Donations always
welcome!

On Sale Now:

Buy One Pair of
Regularly-Priced
Shoes and Get the
Second Pair FREE!

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

Antique Windows for Sale



Thanks to the Perry Foundation, the Community Foundation of the Central Blue Ridge, the Schaeneman Foundation, and the unbelievable fundraising efforts of our community, we have completed the first part of our Green Initiative campaign and we are now ready to replace the 80-year-old windows in the main part of the building with new, energy efficient windows. In a few weeks, we'll begin pulling out the old windows, and we would love to find new homes for them instead of just hauling them off for disposal. Over 100 heart pine window sashes are available for \$20 each. They measure approximately 48" x 52", with 6 panes of glass apiece. The outsides of the windows are finished in (peeling) paint, and the insides are either stained or painted. You may reserve your choice of windows according to color and condition—just stop by the RVCC office and we can help you pick out the windows you want. All proceeds from the sale of these antique windows will go back into the Green Initiative fundraising campaign. If you have any questions, please contact us at 434-361-0100 or rockfishcc@gmail.com.

Classes & Workshops at RVCC

Beginning November 9: Snow Sports Instructor Training with Gifford Childs



Wednesdays November 19, 16, & 23, 6:00—8:00pm, in Rockfish University. Course fee: \$59. If you love to ski or snowboard and like working outdoors you should consider becoming a ski or snowboard instructor. This course will provide you with the skills and experience needed to teach and work at the Wintergreen Resort Snowsports School. In addition to the job training needed to become an instructor you will learn the basics needed to obtain certification through PSIA, Professional Ski Instructors of America or AASI, American Association of Snowboard Instructors. Classes listed will be followed by free on-snow training at Wintergreen in December and free certification clinics in January. This is a great opportunity for fun-loving people who want to work weekends and holidays, or for those wanting full time careers in the snowsports industry. To register for this class, visit the PVCC Workforce Services page at www.pvcc.edu/academics/instructional-divisions/workforce-services.

German New Medicine Study Group



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

Now Available at Rockfish University: The Great Courses



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

RVCC is pleased to offer 60 CDs and 17 DVDs on various subjects, including history, sciences and mathematics, religion, and the arts. These Great Course offerings are available to RVCC members at no charge; simply contact us at 434-361-0100 or email rockfishcc@gmail.com to peruse the collection and check out the courses of your choice.

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.

Three New Core Fitness Synergy Promotions for the Month of October!

- For new clients: Buy any CFS package and get the next month's package for FREE! (Must be the same package).
- For current clients: bring a friend to sign up for one month's package, and your package for the following month will be 50% off!
- For private sessions with Kelly: Buy 3, get 2 free!

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

More info about Core Fitness Synergy: corefitsynergy.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.

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

Ongoing—Art Classes with Nancy Lauler

“Faces of Nelson County”—Usually held on First Saturdays. **Upcoming Session: Saturday October 8, 1—4pm, in the Nancy Lauler Art Studio (Rm 12.)** Nancy Lauler holds a monthly portrait session of interesting people who live in Nelson County. You can draw or paint a face, figure (clothed!) of someone in our interesting county. A \$10 donation is requested from any artist who chooses to attend, to help cover costs of the model and room. Easels, chairs and tables are available. Bring your own medium with a drop cloth/old sheet for paint. If you live in Nelson County and would like to model, we would love to have you pose for us! The pay is \$15 per hour for 3 hours. Please contact nancylauler@yahoo.com for more information and sign up.

Open Studio classes: Tuesdays October 4, November 1, 8, & 15. 1-4pm. Work in your media of choice, bring your own materials. All levels welcome--Nancy will instruct everyone individually. \$10 for groups of 5-8, \$15 for groups 3-4. Email nancylauler@yahoo.com for details, or to be added to the email list.

Ongoing—Qigong & Taiji classes with Brian Wright

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

Ongoing: Girl Scout Brownie/Junior Troop meetings

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



Girl Scouts®

Ongoing: Healing Through Awareness Meditation

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



Ongoing: New Health Consulting with Christopher Lowthert

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

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

Ongoing: Arthritis Foundation Exercise Class with Linda Hobson

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

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

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)
[Martina Compton](#)
[Sandra Pleasants](#)
[Brian Webb](#)
[Karen Walker-Cooke](#)
[Agnes Schrider](#)
[Tonya Ridings](#)
[Kate Zuckerman](#)

Fitness & Personal Training

[Kelly Whalen](#)
[Karen Walker-Cooke](#)

Arthritis Foundation Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

QiGong & Taiji

[Brian Wright](#)

Ongoing Classes *(continued from page 7)*

Yoga Classes



Our fully-equipped Yoga Studio offers a variety of classes throughout the week, taught by qualified and knowledgeable instructors specializing in Iyengar Hatha, Multi-level Hatha, Kundalini, Men's Yoga, and more. No matter what your fitness or experience level may be, there is a class that will work for you. Many of the instructors also offer private or small-group instruction.

If you are interested in teaching a Yoga class, please contact the RVCC Office at 434-361-0100 or rockfishcc@gmail.com for more information.

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

Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor. Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. Agnes integrates her training in physical therapy and anatomy, mindfulness and wellness for a safe and fun class. All level students are welcome. Private Yoga individual and group sessions also available, by appointment. Contact Agnes: ag@yogahealthworks.com. For class schedules, fees, changes in schedule due to holidays, inclement weather etc) and to read Agnes's blog for wellness tips. visit www.agsyogaworks.com.

Tuesdays, 5:30—6:45: All Levels Yoga with Kate Zuckerman.

\$12/class. Kate's teaching incorporates the philosophy of yoga and emphasizes presence, peace, and poise in each pose. Students will hold postures for a period of time in order to learn more about themselves and the pose. Her class is appropriate for all levels. No therapeutics, please. Contact Kate at k.hallahan@gmail.com.

Wednesdays, 6:00pm: Multi-level w/Martina Compton. Contact martinac1959@gmail.com to register.

Thursdays, 8:30—10:00am: Kundalini Yoga w/Tonya Ridings. \$12 or 10 classes for \$108. First class is free—come experience Kundalini Yoga! "You have to bounce in life with joy. Your strength lies in your smiles and your songs." Yogi Bhajan. Kundalini Yoga is the yoga of awareness. We use postures, breath, chanting and music to raise our consciousness and vibration. Beginners welcome! Tonya Ridings, 434.465.1561 or tridings23@gmail.com for questions or more information.

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

Fridays, 9:00am: Intro to Yoga with Agnes F. Schrider, PT. This class is for folks who have never had Yoga before and want to give it a try. It is also for individuals who have difficulty getting down on the floor and for those who wish to improve their balance. Contact: ag@yogahealthworks.com or visit www.agsyogaworks.com.

Private Yoga Sessions: Have you wanted to try yoga but do not know where to begin? Can't find a yoga class that fits in with your busy schedule? Try a personalized Yoga and Wellness Class with Certified Iyengar Yoga instructor Sara Agelasto. For more info, please contact sara@iHanuman.com or 434-825-5983.

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

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 | 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.

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