



August 2017

All The News From RVCC

Welcome to Withering Heights!

Ahh, August... the busiest month of the year for delivery rooms, and the busiest month of the year here at The Rock - for vacations!

August is so busy for our Board and other volunteers, in fact, that we decided to take the month off from our normal monthly meeting and from any outdoor events. Everybody, it seems, is headed out of town - mainly to points north to escape the dog days. I'll be joining them at the end of the month, happy to head to my family reunion and savor some cool temps and low humidity in the Adirondacks for a long weekend.

About the only event that is actually going on this month is our regular Pancake Breakfast this Saturday, and we could use some additional volunteer help if you have a couple of hours to spare. Please let Sara know here in the office if you can pitch in.

While we have some down time, though, we also have the chance to collect our thoughts for the busy season that starts after Labor Day. That means launching the fourth year of the Business Council with our Roundtable on August 16th, putting the final touches on our plans for "Last Blast of Summer" on September 10th, "Jazz & Blues Fest III" on October 14th and "Rockfish Nights" on November 11th, gearing up for the United Way "Day of Caring" workday on September 20th, organizing another electronics recycling day with Crutchfield on October 7th, writing our grant applications for the many upcoming projects we're planning for early 2018, planning our annual Donor Circle recognition party, and getting ready for Winter Markets and the 2018 Annual Fund Drive.

Whew! There's no rest for the wilted!

Looking at that list makes me wonder how we ever get it all done every year. And the answer always comes down to **thanks to volunteers like you**. So, if you also have a little down time during the dog days, how about spending some of it looking over the list and deciding what events you could help with this fall? We always need the manpower, it's a great way to meet your neighbors and make new friends, and it helps keep the lights on around here!

Thanks for all you do... and for helping to keep the a/c running!

Sara



Saturday, August 5: 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.

It's an all-you-can-eat breakfast starting at \$7 for RVCC members, and \$9 for non-members. Members can bring a friend and get the member price for their guest!

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!

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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, August 12: Amy Shawley & Kelli Hertzler Artist Reception

Exhibit Opening and Artist Reception for Kelli Hertzler and Amy Shawley

3:30—5:00pm, in the Auditorium. Refreshments Served



Amy Shawley

Amy Shawley is a Virginia-based visual artist whose painting and illustration is inspired by the natural world. Her work incorporates the fauna, flora, landscapes, and textures she has encountered during her travels and everyday life. After earning her Art History degree, developing her love of paint, and exhibiting her work in New York and LA, Amy was selected and trained in 2008 by Golden Artist Colors for their Working Artist Program. She taught and lectured in southern California before relocating back east in 2014 to offer painting lectures in Virginia, Maryland, and Delaware. Amy teaches art workshops nationally, offers online education, and published her first book in 2015.



Kelli Hertzler

Kelli Hertzler holds a B.S. in Fine Art from James Madison University. She has been employed for the last 20 years as an artist, designer and webdesigner/manager. She has been pursuing watercolor for most of that time, but enjoys drawing immensely as well as occasional trips into other media. For the last twelve years, she has also taught art classes to children in the homeschool community. Hertzler resides in the Shenandoah Valley of Virginia where she can often be found wandering forest trails with a sketchbook and camera.



"It's possible to become habituated to the beautiful sights in Virginia, but I hope the way I see things can help others look at their natural surrounding with new eyes. The simple act of filling my nature journals is incredibly satisfying for mind and soul. Studying first-hand the details of a rock, sunlight on a leaf or even a 'bug' always leads me to understand something new about the physical world. Studying creation is an opportunity to see the Creator's handiwork up close. Some people feel closest to God when gardening; for me it's when I am watching water glide over a mossy rock or exploring the intricate parts of a spent tulip poplar blossom. I enjoy contrasting one thing with another within a painting. It may be a textured passage against a smooth one, earthy opaque pigments against transparent jewel tones, or simply a contrast in value. My painting heroes currently include Andrew Wyeth, John Ruskin, Carol Evans, William Trost Richards and most of the Hudson River School."

The exhibit will be on display for the month of August through early September.

Wednesday, August 16: Business Council Roundtable



The Business Council

We know how challenging it can be to run a successful business in Nelson. It's a constant test of strength, wits and commitment to conceive, birth and nurture a small business in rural America. That's why we started the RVCC Business Council a few years ago - to provide opportunities for education, networking, promotion, mentoring, collaboration, affordable advertising, influence and recognition for you. Our membership has grown to over 35 organizations since 2014, and we want to accelerate that growth for 2017-18. We all know there are many hurdles to business growth facing us, and there is strength in facing them together. We

need your business to join with others locally to identify and help solve the issues that impact the prosperity of free enterprise here in Nelson.

We invite you to join us for another Business Roundtable on Wednesday, August 16th, from 8:30 - 10:00 AM in Rockfish University to meet **Sandra Shackelford**, our new County Planning & Zoning Director, who will introduce herself to the business community and give us an update on the Area Plan over informal coffee and pastries. Participation is free and open to all County businesses, but **registration is required**. Please be sure to RSVP by phone, by email or on our website at www.rockfishcc.org.

The Business Council is here to support our business community without any agenda to promote, any axe to grind or any special interest to serve. It is your opportunity to learn, to network and to grow your business, while showing your support for RVCC as a voting member. The Business Council is open to all companies that do business in Nelson County. Three levels of membership are available, and the contribution levels and benefits for each are detailed at the link below. We hope you'll take this opportunity to showcase your business as a community-focused organization, and renew your membership or join us as a new member for 2017-18. And we hope you'll join us for the Business Roundtable on August 16th!

[Click Here to Join RVCC's Business Council!](#)

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](#)

Sassafras Studio—An

Afton Art Guild

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](#)

Sunday, August 20: United Nations Course



12:30—3:30pm, in Rockfish University. Free and open to all.

On Sunday, August 20th, retired lawyer Kathy Bonham will offer a free class on the basics of the United Nations. We in this country seem to know very little about the UN, as opposed to folks in Europe, for example. It is Kathy's goal to change that situation. The class will also discuss the idea of a world government.

Wednesday, August 23: Mountain Dulcimer Demonstration



6:00—7:30pm, in the Small Conference Room. "Dulcimer Dinah" will be offering a free mountain dulcimer demonstration and question-answer period about dulcimers and upcoming dulcimer lessons in the Nellysford/Afton area.

Dinah will have a variety of dulcimers available for hands-on experience and observation. For more information, contact Dinah at dulcimerdinah@gmail.com.

Saturday, August 26: "The Healing Power in Nature" Workshop



Introducing The RoseAngelis™ Flower Essence Remedies! Come to a Free 2 hour Flower Essence Workshop with Kate Rose on Saturday, August 26th, 1 - 3 p.m., in Room 14 (Dining Room.)

Learn about Vibrational Healing & Working in Conscious Cooperation with Nature, Gaia, Mother Earth and the Nature Intelligences. Kate Rose will give a short talk about Flower Essences and Vibrational Medicine. You will be able to experience the Essences directly and each person will receive the gift of a RoseAngelis™ Remedy. The first 20 RoseAngelis Remedies were created in the Catskill Forest Preserve, with wild harvested organic flowers gathered from the hundreds of thousands of protected acres of mountains, forests, fields and lakes. The newest RoseAngelis Remedies are created from the lovely flowers of the Blue Heron Organic Flower Farm here in Nellysford, VA. This is a Vibrational Medicine and is taken in Homeopathic doses, (tiny amounts.)

Kate Rose has been working with Flower Essences for over 40 years. This subtle and deeply effective form of healing brings balance and relief to all levels of our being; physical, mental, emotional, spiritual, vibrational & energetic. Kate will share her experiences working directly with the Nature Intelligences, and the effect that working with the essences has had on her life and healing work with people and animals.

Kate Rose has been practicing as an Empathic Healer worldwide for over 35 years. Her Workshops, Trainings and Private Retreats have been taught in Italy, France, The Netherlands, Scotland, England, Israel, Egypt, Canada and the United States .

Please RSVP for this workshop. To reply, and for information on Private Healing Consultations please contact Kate Rose at 607-216-5451 or katerose7@gmail.com. Please also visit www.katerosehealing.com for more information.

New at the Rockfish River Gallery

From the Gallery: We have a lot to tell you.

We now have **Kay Pfaltz's** new novel in stock. *The Things We Do* is the first fiction book Kay has done and it is a compelling story, a mystery, and based on real events.



Russell Fisher brought in a slew of new prints and framed watercolors. Russ and Gail are moving to Stuarts Draft and are downsizing. All of Russell's work, except for his cards, is now 10% off.

By the end of the month, **Danny Webster** will be displaying two of his mixed media sculptures of his mighty fish.

Becky Olson has graced us with more marbled scarves, and a variety of notebooks covered in marbled paper for very reasonable prices.

Pattie Siehien has resupplied her soaps and other domestic products, and has added more cards and more prints to her selection. These new additions join the limited supply of the "potheads" she brought in last month—one of which has already sold!

More paintings have been added including oil, acrylic and watercolor from **Nancy Lauler**, **Carol Lemons** and new artist **Michele Reday Cook**.

On a sad note, our jeweler **Betsy Abby** has passed away, and we send our condolences to her family and friends.

Over 50 artists now have their work available at the gallery, with new items every month. Come check it out!

The Gallery is open Wednesday through Saturday, 10 am to 4:30 pm. For more information about the artists, visit www.rockfishrivergallery.com.



Sunday, September 10: Last Blast of Summer!

Join us for the Last Blast of Summer! Sunday, September 10, 4:00—7:30pm
A joint fundraiser for the Nelson County Community Fund & RVCC
At the Blue Mountain Pavilion



\$10 admission, kids 12 & under are free! All proceeds benefit NCCF & RVCC

Music by the Bobby Midnight Band



Bobby Midnight Band formed in 2014 in Charlottesville, Virginia. Blossoming from their decade-long partnership in regional favorite Trees on Fire, BMB's original three members (Rob Mezzanotte, Brian Wahl, and Paul Rosner) created their new project as a way to submerge themselves in shared roots, soul and rhythm & blues. BMB currently plays around central Virginia and released their first album in 2016. Singer Rob Mezzanotte and bassist Brian Wahl are graduates of Boston University's College of Fine Arts. While attending BU, Rob won "Best Male Vocalist" at the 2005 National Collegiate A Cappella Championship in New York City. Drummer Paul Rosner has been performing for over 30 years and has played with dozens of groups in the Charlottesville area. Keyboardist Nick Cardoni is a graduate of Brown University and grew up playing jazz and swing.



Fun & Games with FREE Knockerball—brought to us by Powerplay Charlottesville!
Plus: a dunk tank for dunking your favorite local celebrities, games for kids, and more!

Food & Beverages: Grilled hamburgers, hot dogs, Gourmet ice cream by Rockin' Scoops, and Blue Mountain brews!

Sponsored by Tiger Fuel, Blue Ridge IGA, Rockin' Scoops, and Blue Mountain Brewery



Where There's a Will, There's a Way...

Our volunteers accomplish some pretty outstanding things. Within the past month, we've had two remarkable people offer to tackle projects that directly improve their own use of our Community Center—and by doing so, make it a better place for everyone else as well.



Tori Jenkins, who has been using the Small Conference Room for the monthly meetings of Keep Nelson Beautiful (see page 5), took on the task of repainting and reorganizing the room. It has been transformed from an odd little room painted in three different colors into a much brighter, open-feeling space, making it much more appealing for small meetings. Tori says, "I see this process as a way to pay it back. RVCC has supported me and welcomed the Keep Nelson Beautiful meetings, and I wanted to support them."

Small Conf.

Room, before...

John Parker is one of the regular volunteers from The Well of Nelson, the group that has been making our Pancake Breakfast such a success for the past year or more. John offered to repaint the Dining Room, and that transformation has been equally amazing—the room now feels so much lighter and more inviting.

Many thanks as well to Corey Fischer, Brian and Lori McDermott, Sharon Luciane, Page Turner and Andrew Crane for their assistance!

Next time you're here, check out these two rooms. Please also take a moment to look around and think—Is there a project that would make RVCC a better place for *you*? Are you willing to help make it happen? While we rarely have the funds available to hire out these jobs, we can often provide the necessary supplies and help recruit additional help for small jobs that can be done by a few willing volunteers. We just need your vision and your help to make it happen. If there's a job you'd like to tackle, come see us or contact us at rockfishcc@gmail.com and let's get started!

...and after!



Tori Jenkins



John Parker

Are You a Jack-of-all-trades, an Artist, or a Music Lover?

Are you interested in helping out, but don't have a particular project in mind? Our Building & Grounds, Art, and Music Committees are entirely composed of volunteers, and we would *not* be able to keep this place running without them! The B&G committee takes care of everything from small repairs and handyman jobs around the building, to large jobs such as the recent installation of a drainage system behind Trager Brothers Coffee. Our current crew is astounding, but this is a huge facility and there is more to do than they can keep up with. **We are desperately in need of more help.** Please contact us if you'd like to get involved.

The Art and Music Committees are also looking for new members. If you'd like to be involved with the art and music events and programming here at RVCC, please let us know. We need your vision and your energy! Email rockfishcc@gmail.com, call us at 434-361-0100, or come see us.

Keep Nelson Beautiful



The Keep Nelson Beautiful Council has been reconstituted after several inactive years, due to the efforts of Tori Jenkins, a group of interested community members, and County Supervisor Alan Hale.

The Keep Nelson Beautiful mission statement is to engage, inspire and educate the citizens of Nelson County to Reduce, Re-Use and Recycle; to promote sustainability in the Solid Waste & Recycling System; and to strengthen civic pride through litter prevention.

While the December 2016 closing of the Re-Use Shed at Rockfish quickly became the impetus for reforming KNB, the goals are much larger than simply keeping the Re-Use Shed open. The Council intends to recreate its newsletter and broaden the county's perspective on recycling toward a "Zero Waste" model.

One of the first informal acts of KNB was to help fix up and paint the Small Conference Room at RVCC, where the Council meets on a monthly basis.

As the new Keep Nelson Beautiful moves forward, the Council encourages anyone from Nelson County to become involved. Right now there are several seats still open on the council and a simple application is all that is needed to be considered by the Board of Supervisors for appointment. More information, along with a form that may be filled out online, is available at:

<http://www.nelsoncounty-va.gov/government/boards-commissions/>.

You may also contact Tori Jenkins directly with any questions: toripondlady@gmail.com or (434) 409-0410.



The Treasure Chest Thrift Store

The Treasure Chest Thrift Store has been a source of financial support for RVCC since its opening in 2001. The store also performs many essential services for the Community. This is a place where people can recycle and find all types of gently used items. In our financially eclectic community, this is a sound proposition from all points of view. In addition to serving the many shoppers, store staff and volunteers serve a more quiet service. On a daily basis people's needs are met whether or not they are able to pay. Most of what is culled from the inventory goes to another organization that serves the low-income populations of Nelson and elsewhere.

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!

Donations Accepted During Business Hours!

We greatly appreciate your generous donations of items that are in immediate re-sale condition. Please do NOT leave items outside the store after hours! And please do not leave items that are stained, dirty, damaged or missing parts, or are in bags or containers that may be mildewed, contain spiders or insects, or have kept company with other critters. Unfortunately we cannot accept electronics, particle/fiberboard items, baby equipment or used toys, text books, reference books, or magazines, or items not coming from a smoke-free home.

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.

*RVCC members get
10% off
Every purchase,
Every day!*

Treasure Chest Hours
Tues.—Fri.: 10am—4pm
Saturdays: 9am—3pm
434-361-0103
*Donations always welcome
when the store is open!*

On Sale Now:

25% Off!

50% Off!

**All Boutique
Clothing, Shoes &
Purses**

**Everything in the
“Housewares Hallway”**



**BLACKBOARD
SPECIALS!**

*CHECK THE BOARD ON
YOUR WAY INTO THE
STORE FOR SALES ON
BOOKS, JEWELRY, MEDIA,
AND MORE!*



Join the Rock for Half the Price!

From July 1 through October 15, all Basic Level 2017 Memberships are half price! If you've never been a member, joining at this time of year can be a great way to try us out and find out just how much you can gain by being a member of your local community center.

Unlike the targeted project fundraisers such as the Green Initiative and Rock & Sol, our Membership Drive is one of the few fundraising options that helps 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 barely 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.

Click the link below for more information about the benefits of joining us at the Rock!

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

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

Volunteer at RVCC—We Need Your Help!



Each year, we put a lot of energy into 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, at the Treasure Chest, 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 wondered about the trash can that 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:

- ◆ New members for the Building & Grounds Committee and the Art Committee
- ◆ Weeding and cleaning up flower beds and walking trail
- ◆ Pick up trash around the playground, skate ramp, and basketball court
- ◆ Volunteers are always needed for the Pancake Breakfast
- ◆ Help with planning and running 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, or visit the Treasure Chest or the Office.

Ongoing Classes, Events & Services

Claudia Gibson Catering



Open 8am—4pm Wednesday through Friday for breakfast & lunch—plus new specials, frozen entrees and soups. Fresh sourdough bread available on Fridays!

Claudia's Cafe & Catering is now open on Saturdays! First Saturday of the month: Open 11:30am—3:00pm (after pancake breakfast). Remaining Saturdays: Open 9:00am—12:00pm.

Contact Claudia: claudiacatering@gmail.com or 434-760-4182.

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

Continued on Page 7...

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

Ongoing Classes, Events, & Services—Continued

Old Orchard Farm

Do you wish there was a farmers market during the week? Old Orchard Farm is open Wednesdays 9:30—11:30am and Saturdays 9:00—12:00, so combine the recycling with some local food shopping! Old Orchard Farm is a competitively priced farm market offering regular specials on our high quality pork, beef and lamb for the best prices in the Rockfish Valley! Come early for the best selection of organically raised fruits and veggies. Located at the Concession Stand behind Trager Brothers Coffee at RVCC. Follow the signs along the road past the main building.

Old Orchard Farm products:

- Heritage Breed Pork
- Grass Fed Lamb
- Grass-finished 100% Black Angus beef
- Prize-winning Pickles in season
- Baked goods, fresh seasonal herbs
- Cow Shares: available now for your own milk supply!

Plus:

- Organically raised vegetables from Diana Beer, Master Gardener
- River Oak Farm and Sunrise Farms chicken
- Spruce Creek Farms/Squirrel Ridge Farm chicken and duck eggs
- Little Hat Creek Farm baked goods (order by Wed 12noon for Sat)
- Ula Tortilla organic corn tortillas
- Farmstead Ferments Kraut selection
- Weaver Farm Lamb
- Wild Seasonal Greens from Dan LeFever

Stop by, as you never know what seasonal specialty may suddenly be available! Tastings too! Please contact Anne for more info at 434-260-4701. Please email info@oldorchardfarmva.com to sign up for the Old Orchard Farm mailing list for product updates, special offers, cow share availability, and other news.

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.**

Onatah Energy Therapy—Michelle Burkett, LMT

In the New Health Consultant Studio, Rm 3. Let energy therapy assist you by providing a gentle pathway for things to shift and change to occur. It works with our chakras and all levels of our beings, physical and non-physical, conscious and subconscious. It gets us out of our heads and into our bodies and hearts. Book an energy therapy appointment for healing, health, and balance. Pricing: 60 minutes, sliding scale of \$40--\$60. 90 minutes, sliding scale of \$80--\$100. Contact Michelle to book an appointment: 724-762-9329.

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.

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. Donations are greatly appreciated at the conclusion of the Study Group. For more information, please visit LearningGNM.com or call Dr. Chris at [540-255-0026](tel:540-255-0026).

Ongoing: Girl Scout Brownie/Junior Troop meetings



Girl Scouts.

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.

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)
[Martina Compton](#)
[Sandra Pleasants](#)
[Brian Webb](#)
[Agnes Schrider](#)

Fitness & Personal Training

[Kelly Whalen](#)

Arthritis Founda- tion Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

Fitness & Yoga Classes

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.**

Beginning in September: Seated Arthritis Foundation Exercise Class—with Linda Hobson.

Tuesdays, 10:15am, in Room 14. A seated version of the Arthritis Foundation Exercise Class for those with mobility limitations. Increase flexibility, strength, mobility and stamina while decreasing pain. A minimum of six participants is required to start this class, so spread the word if you are interested. \$15 per class or 10 classes for \$120. **Contact Linda at 540-456-6812 or lrhobson@hotmail.com.**

Core Fitness Synergy Studio



Core Fitness Synergy offers: Personal & small group training—Core group fitness classes—Core Fusion (power pilates, core conditioning, strength & yoga)—Semi & small group training—Sport-specific training—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 or 804-814-9794 for more class information and registration. For more info about Core Fitness Synergy, visit corefitsynergy.com.

Yoga Studio



Our fully-equipped Yoga Studio offers a variety of classes throughout the week, taught by qualified and knowledgeable instructors. No matter what your fitness or experience level may be, there is a class that will work for you. If you are interested in teaching a Yoga class, please contact the RVCC Office at 434-361-0100 or rockfishcc@gmail.com for more information.

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

Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor. Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. 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: agnesyhw@gmail.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.

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

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

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

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T&E Cleaning



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.