



**December 2017**

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

## BET ON THE ROCK!

Just over five years ago, when I was contemplating a possible career move, I took a pretty big gamble on The Rock. This place was running low on its luck, and the odds didn't look great. But after nearly 20 years living here, I knew not to bet against this community, so I rolled the dice.

And Lady Luck took us under her wing.

These last five years have been one continuous validation of my trust in the people of the Rockfish Valley and Nelson County, and I say thanks every chance I get for people like you who have rolled the dice with us and made RVCC the Center of our community, *by* our community and *for* our community.

We hope you feel, as we do, that we're riding a hot streak here, and that you'll once again want to get in on the action with your Annual Fund *investment* (because it isn't really "gambling" if you know you're going to win, right?)!

2017 was a pretty terrific year here with the completion of all of our Green Initiative projects and a phenomenal Rock & Sol fundraising effort that will provide solar energy payoffs for years to come. And we're busy raising money for another series of projects in 2018 that will further reduce our carbon footprint, improve our safety & security and put some finishing touches on the renovations we started years ago.

But all of these great improvements to our physical plant won't do any of us much good unless we can keep the lights on, the fields mowed, and the desks manned! That is why your membership investment is so *critically* important to us - and why we **need you to bet on us.**

And this year we've sweetened the pot for those of you who want to "up the ante" by upgrading your membership, or who "double down" on your membership gift to RVCC. As in years past, high-rollers get special treatment within our "Donors Circle!" You can read about all the membership options and benefits on page 4.

So please feed the kitty *now*, ladies and gentlemen, and help us grow this jackpot we call the Rock!

**YES! I want to bet on The Rock!**

Happy holidays to you, and thanks, as always, for keeping us on a roll!

*Stu*



***RVCC's Exec. Director Stu Mills and Op. Manager Sara Taylor both recently celebrated 5 years of service in their positions: Sara in July, Stu in October.***

***Board President Chuck Kiehl says, "We are very fortunate to have them both." Chuck and the Board of Directors presented Stu and Sara with commemorative gifts to recognize their anniversaries with the Community Center.***



## RVCC's Annual Christmas Tree Sale

RVCC's annual **Christmas Tree Sale** is happening now!

These freshly-cut North Carolina Fraser Firs, prized for their shape, beauty and longevity, will be available Saturdays from 9:00am-1:00pm in the tree lot. They'll also be available for sale through the Treasure Chest, Tuesday through Friday 10am-4pm, and from the RVCC Office on Mondays and during the evening. All proceeds from the sale of these trees benefit RVCC.

**Christmas Tree prices start at \$40. RVCC Members get a \$5 discount!**



## Holiday Wreath Exhibit

For the past few years, the RVCC Art Committee has held creative wreath-making workshops and decorated our Auditorium with a panoply of festive wreaths. These wreaths will once again be on display for the holiday season, and the exhibit is open to anyone who would like to display a wreath. We are looking for traditional, modern, humorous, round, or square wreaths or swags. Let your imagination run wild with found objects, paper, fabric, fresh or dried foliage, or anything else you can think of to celebrate Hanukkah, Christmas, Kwanza or the winter season. The wreaths will be on display in the Auditorium during the month of December. If you wish to offer your wreath for sale, please include a price tag and your contact information. **Please contact us if you have questions.**



## Spread the Joy with Amazon Smile!

This holiday season—or any other season—the gifts you buy can keep on giving! RVCC is now a member of **Amazon Smile**, which means that 0.5% of any purchase made through Amazon Smile will be donated to our Community Center. All you have to do, dear shopper, is sign in to Amazon through this link: <http://smile.amazon.com/ch/54-1995069>, and all your purchases will benefit the Rockfish Valley Community Center. Or, if you find your way to Amazon Smile through some other route, please be sure to designate us as your preferred charity.

Amazon Smile carries nearly all the same products and deals that you would ordinarily get through Amazon.com, and RVCC will benefit from every purchase you make, year-round. Please consider making this a part of your purchasing habits—it comes at no extra cost to you, but the cumulative rewards to RVCC can make a huge difference.

## Saturday, December 2: 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.

**Breakfast is served from 8:30am-10:30am.** 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](mailto:rockfishcc@gmail.com)!



## Saturday, December 2: 11th Annual Winter Market Season

The 11th Annual Winter Market season continues on Saturday, December 2! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts. Each market (except 12/16) also coincides with RVCC's Pancake Breakfast and the Treasure Chest Boutique Bag Day.



### 2017–2018 Indoor Market Schedule



#### Holiday Markets

**December 2: 9am—1pm**  
With the Blazing Saddle Tramps

**December 16: 9am—noon**  
With Rockfish Gap

**February 3: 9am—noon**  
With Sue Harlow

**March 3: 9am—noon**  
With The Accidentals

**April 7: 9am—noon**  
With Gene and Gayla Mills

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

## Sunday, 12/3: NCCO Holiday Jubilee Concert

Nelson County Community Orchestra Holiday Jubilee Concert—"Community in Chorus"  
Sunday, December 3, 4:00pm. In the RVCC Auditorium.

The Nelson County Community Orchestra, under the direction of conductor Michael Tyree of Harrisonburg, will perform selections from Tchaikovsky's Nutcracker and Handel's Messiah. The Music Magic String Education Students will perform, joined by a chorus of voices representing the entire community. A reception will follow to greet the students, choir and conductor. Admission is free. Donations are always welcome to help support the orchestra.

The NCCO will also perform on Saturday, December 2, 7 pm at Rodes United Methodist Church in Af ton. Admission to the Sat. performance at RUMC is canned goods to benefit the Nelson Food Pantry. New players always welcome to join NCCO - all instruments, ages and levels. More info at [www.nelsoncco.org](http://www.nelsoncco.org) or contact: Ellen Neal 434-263-4745 or [info@nelsoncco.org](mailto:info@nelsoncco.org).



## Thursday, December 7: Rockfish Valley Writers' Night

*Writing As Art*

Wayne Drumheller, Photojournalist, Author and Rockfish Valley native will host "Rockfish Valley Writers' Night" Thursday, December 7th from 4:30-6:30 p.m. in the Rockfish Lounge. Free and open to the public.

Wayne Drumheller is also the author of "*Writing As Art: Editing and Publishing*". The Rockfish Valley Writers Night event features readings and book signings by seven regional authors: Gare Galbraith, Lori Ponton, Robert Locklear, Beverley Ware Martin, Bill Tucker, Karon Dewey and Bonnie Stevens. All attended and published their book as a result of the attending the "Writing as Art, Editing and Publishing" hosted at various locations around Nelson County in 2016-2017. They will share their published books that were made possible by a partial-gift-in-kind offer from the Short Book Writers Project.



The event is hosted and sponsored by Wayne Drumheller, Editor and Founder of the self-funded Short Book Writers Project. The project funds one free seminar or workshop a month in different communities in the Carolinas and Virginia. Since 2010, the project has assisted over 100 local and regional writers and artisans in publishing their books. Kathy Bonham of The Rockfish River Gallery will be available for book purchases during the event.

Specifically, the "Rockfish Valley Writers' Night" is a pilot venture to give local and regional authors a unique venue to present, discuss, sign and sell their books. These will be animated readings, interactive discussions and signing events. Participating authors will present an interesting, enthusiastic and inspirational book discussion.

For more information, contact Wayne Drumheller at [waynedrumheller.hd@gmail.com](mailto:waynedrumheller.hd@gmail.com) or text [336-266-6461](tel:336-266-6461).



## Wednesday, December 20: North Branch School presents St. George & the Dragon

North Branch School will perform Saint George and the Dragon on Wednesday, December 20, at 1:30 and 7:00, in the RVCC Auditorium.

This production is a school tradition now over 30 years old. Saint George and the Dragon is a collection of poems, stories, songs and dances that are a part of the history of the human effort to "drive the cold winter away." North Branch welcomes the community to this Winter Solstice celebration.

## Thurs., Dec. 21: Solstice Celebration at Old Orchard Farm Market

Come and celebrate the Winter Solstice with Old Orchard Farm! On Thursday, December 21st, we'll be warming up with a bonfire, food, and fellowship from 4pm on. Anne will be making some meat dishes and Dan will be turning the large burn pile behind the Concession Stand into a magnificent bonfire to ward off the darkness. Potluck contributions are welcome. Bring a chair to sit by the fire, and your own beverages if you don't want coffee, lemonade or iced tea!



It is not too late to order your Traditional English Fruitcake from Old Orchard Farm! The cake is ideally made a month ahead, infused with brandy, then covered with marzipan and a dusting of powdered sugar just before Christmas. It can also be ordered without the brandy and marzipan. Large cake (4lb) with brandy and marzipan is \$60; without \$48. Smaller cake (2lb) w/brandy and marzipan is \$30; without \$24. Call Anne 434-260-4701 to order, or email [info@oldorchardfarmva.com](mailto:info@oldorchardfarmva.com).



Old Orchard Farm will also have beautiful boxwood holiday wreaths available at the December indoor markets and also outside at the Concession Stand every Wednesday and Saturday until they are gone, priced from \$35 to \$50. To pre-order or for more details, call Dan Buteau: 484-318-3789.

## Beginning Tuesday, January 2: Ballroom Dance Classes for Beginners

Ballroom Dance Classes for Beginners—with instructor JoAnn Agnone

Rumba and Foxtrot

Music inspired by the MADMEN era of the 1960's

Tuesdays, January 2 through February 6, 2018, 7:30 – 8:45 PM. In the Dining Room.

\$60/person

Registration required before first class

For registration and more information, contact Instructor JoAnn Agnone at 434-361-2499 or [jagnone1133@gmail.com](mailto:jagnone1133@gmail.com).



## Friday, January 19: The Olivarez Trio

RVCC House Concerts—In the Rockfish Lounge



Based in Charlottesville, Virginia, the Olivarez Trio creates a vibrant acoustic blend of French Gypsy jazz styles mixed with eastern European folklore, waltzes, early jazz improvisations, with a sampling of everything from Classical and Baroque themes to Beatles melodies. It's a new roots music that only the Olivarez Trio can provide. Formed in the summer of 2007, The Olivarez Trio presents the sound of modern day Parisian Gypsy Jazz while maintaining a solid grounding in the tradition begun with Django Reinhardt in the late 1930's. The Trio consists of Rick Olivarez playing lead guitar, with Jeff Cheers on rhythm guitar, and Dave Berzonsky on upright bass.

Rick Olivarez began his study of the music of Django Reinhardt in rural Utah in the early 1980's, and further studied Eastern European Gypsy music upon his arrival in New Orleans in 1990. He arrived in Charlottesville in 1994, where he teaches music when not performing with the Trio. Rhythm Guitarist Jeff Cheers is one of the most respected music instructors in central Virginia. He has performed with many local acts and is adept at many seemingly disparate styles of music. Bassist Dave Berzonsky is well versed in many different styles of music, with a special emphasis on the indigenous folk traditions of Mexico and Peru.

The show starts at 7:30pm, \$7 cover. Refreshments available. Check out the Trio at <http://rick-olivarez.squarespace.com>.

## RVCC's Annual Fund & Membership Drive

**IT'S NOT GAMBLING WHEN YOU KNOW YOU'RE GOING TO WIN.**

The Rock is on a HOT STREAK! It's time to get in on the action!

### ANTE UP!

Get in the game by choosing your membership level for 2018:

- ♣ Basic - our "Bottom Dollar" annual membership offers you voting rights, discounted admission to all RVCC events including Pancake Breakfast, Coffee House concerts, Rockfish Nights, and discounts on Treasure Chest purchases and room rentals. (\$30/individual; \$50/family)
- ♦ Sustaining - our "High-Roller" membership level offers you all the benefits of Basic membership plus inclusion in our Donor Circle, 2 free tickets to a Pancake Breakfast and any Coffee House concert, and recognition on our website. (\$120/individual; \$180/family)
- ♥ Rock Star - our "VIP" membership level includes all Basic benefits plus recognition on our website, inclusion in our Donor Circle, and "Carte Blanche" admission to any RVCC-sponsored event, including breakfasts, concerts and special events. (\$480/individual; \$720/family)
- ♠ Rock Legend - our "Casino King" level earns all Rock Star benefits plus a special citation from the RVCC Board of Directors, an engraved listing on our Rock Legend plaque, and an engraved gift from The Rock. (\$3,000 & up)



**...and New for 2018:**

### Want to Up the Ante?

Any 2017 member who renews for 2018 at an upgraded membership level, or any new member who joins at the Sustaining level or above, will receive a free RVCC-logo tote bag for grocery or Treasure Chest 'Bag Day' shopping!

### ...or Care to Double Down?

If upping the ante to a higher membership level is a little too rich for your blood, you can boost your benefits and maybe even claim your RVCC-logo tote bag by doubling your membership contribution. Basic members who double down will earn free tickets to a pancake breakfast and a Coffee House concert. Sustaining members who double down will receive double tickets and free RVCC totes. Rock Stars who double down will receive the totes plus additional "Carte Blanche" Guest Cards!



Join RVCC and get special discounts on all RVCC events, rentals, and purchases at the Treasure Chest—plus member voting rights.



Your new or renewed membership directly supports our basic operating expenses— so we can be here for YOU. RVCC receives NO government funding, from Nelson County or otherwise.

**Visit [rockfishcc.org](http://rockfishcc.org), or see us in the office or the Treasure Chest to join or renew today!**

## 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! Every day, you can 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.

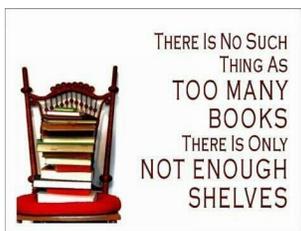
*RVCC members get  
**10% off**  
Every purchase,  
Every day!*

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

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

## The Holidays Are Here!

*The Treasure Chest is your source  
for tree ornaments, decorations,  
festive clothing, gifts, and more!*



THERE IS NO SUCH  
THING AS  
TOO MANY  
BOOKS  
THERE IS ONLY  
NOT ENOUGH  
SHELVES

## No Such Thing As Too Many Books...Just \$500 to go!

Book shoppers at the Treasure Chest's popular book room have no doubt seen the fantastic improvements made by our volunteers Linda Blake and Phil Hearne. Linda has made large, easy-to-read signs, and both Linda and Phil have reorganized the room so that it is cleaner and easier to navigate and use. The room is also much brighter now, thanks to Henri Weems and Bob Yoder replacing the old lights with new LEDs. The children's books have been moved to a corner of the book room. The next steps are to paint the walls and replace the randomly sized and shaped bookshelves with more consistent,

space-efficient shelving that will improve organization and maximize the number of books that can be shelved in the book room.

**To that end, we are seeking to raise \$2,000 by the end of December, and we have almost met that goal!** Funding will be used to purchase the paint and the materials for building the shelving. The labor will be provided by RVCC volunteers, and the project is being coordinated by Linda, Phil, and Bob.

**We only need a few hundred more dollars to complete the project.** If you're a fellow bookworm and would like to help out, you may make a tax-deductible donation to the cause at [rockfishcc.org](http://rockfishcc.org). You may also make donations in the RVCC office, or at the Treasure Chest. And if physical help is more your style, please contact us! We'll need help painting and installing the shelving when the time comes.

The Treasure Chest has the most interesting and diverse selection of books, thanks to our patrons. We are also fortunate to have avid readers, librarians and book lovers such as Ann Catherine, Linda and Phil who have spent many, many hours researching, pricing and shelving our donations. We are grateful to you all!



## SHOPS & STUDIOS

### Shops and Studio News

#### The Rockfish River Gallery of Fine Art & Exquisite Crafts

It's time to start looking for holiday gifts! Over 50 artists now have their work available at the gallery, with new items arriving every month. The gallery offers a wide selection of artwork, crafts, jewelry, soaps, textiles, sculpture, music, cards, pottery and much, much more. If you haven't visited yet—it's time. (*Tis the Season!*) You'll be hard pressed to walk out without finding something special for your loved ones.

The Gallery is open Wednesday through Saturday, 10 am — 4:30 pm.

For more information about the artists, visit [www.rockfishrivergallery.com](http://www.rockfishrivergallery.com).

#### Claudia Gibson Catering



Claudia's Catering & Cafe has lots of holiday festive foods for gifts and parties, plus holiday wreaths and swags!

Open 9am—3pm Wednesday through Friday for breakfast & lunch--plus new specials, frozen entrees and soups. Saturdays: Open 10:00am—1:00pm, except for the first Saturday.

The Cafe will be closing breakfast and lunch service after Christmas for the winter, and will reopen on April 4th. For special orders, events, and catering by appointment this winter, please contact Claudia anytime at [claudiacatering@gmail.com](mailto:claudiacatering@gmail.com) or 434-760-4182.

#### Old Orchard Farm

Old Orchard Farm is open every Wednesday 9:30—12:00pm and every Saturday 9:00—12:00, in the Concession Stand behind RVCC. 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, plus baked goods, eggs, cow shares and more! **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](mailto:info@oldorchardfarmva.com) to sign up for the Old Orchard Farm mailing list for product updates, special offers, cow share availability, and other news.

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



Chris Lowthert, D.C. of New Health Consultant (located in Room 3) is an experienced local chiropractor offering gentle and holistic support for your natural health needs. He specializes in [German New Medicine](#) and [Active Release Technique](#). Call or email today to schedule your appointment: (540) 255-0026 or [DrChris@LearningGNM.com](mailto:DrChris@LearningGNM.com).

#### 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](http://LearningGNM.com) or call Dr. Chris at 540-255-0026.

## Ongoing Events & Services

**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](mailto:salliejusticecoaching@gmail.com).

## ARTISAN & STUDIO DIRECTORY

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 Na-  
tional Fellowship Foun-  
dation](#)

## Ongoing Events & Services, continued

### 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](mailto:rockfishcc@gmail.com) to peruse the collection and check out the courses of your choice. You may also review the available courses by [visiting the Ongoing Classes menu at www.rockfishcc.org](http://www.rockfishcc.org).

### Zero Balancing w/Elizabeth Martin

Zero Balancing (ZB) is powerful touch therapy for body and mind. Deeply relaxing and energizing, ZB touches your core, at the level of bone, to promote wellness and balance. ZB can relieve tension and pain, improve balance and mobility, alleviate stress, amplify calm, quiet your mind, and expand your awareness. Practitioners evaluate and balance key areas throughout the body, first with you sitting, then lying face up, fully clothed. A treatment releases deep tension in bones, joints and soft tissue. **To make an appointment or for more information, contact Elizabeth at [zblizzie@gmail.com](mailto:zblizzie@gmail.com).**

## Fitness & Yoga Classes

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

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

### 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](mailto:rockfishcc@gmail.com) for more information.

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

**Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor.** Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. Agnes integrates her training in physical therapy and anatomy, mindfulness and wellness for a safe and fun class. All level students are welcome. Private Yoga individual and group sessions also available, by appointment. Contact Agnes: [agnesyhw@gmail.com](mailto: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](http://www.agsyogaworks.com).

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

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

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



## 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 green screen between the Blue Mountain Pavilion and the SK8 Ramp. 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](mailto:rockfishcc@gmail.com), call us at 434-361-0100, or come see us.

There are also plenty of ways to help that don't require the commitment of joining a committee. If you've ever wandered through the building or around the grounds and wondered about the trash can that hasn't been dumped...or 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 in the Rockfish Valley.

### OUR TEAM

#### RVCC Board of Directors

**President** *Chuck Kiehl*

**Vice President** *Bob Yoder*

**Treasurer** *Scott Duncan*

**Secretary** *Sarah Jane Stewart*

**Directors** *Gifford Childs, Bill Perrelli, Cliff Love, Cheryl Klueh, Dan Magan*

#### RVCC Staff

**Executive Director** *Stu Mills*

**Operations Manager & Newsletter Editor** *Sara Taylor*

#### Treasure Chest

**Manager** *Kat Walsh*

**Assistant Managers** *Betsy Greenleaf & Eleanor Massie*

#### Groundskeeping

*Creation Appreciation*

#### Custodian

*T&E Cleaning*

### HOW COMMUNITY HAPPENS

- ◆ Volunteer for a Pancake Breakfast, a workday or an event, or 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.

### JOIN THE ROCK!

Memberships help us keep this place running on a daily basis—RVCC receives NO government funding, from Nelson County or otherwise.

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

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



### The Rockfish Valley Community Center

190 Rockfish School Ln, Afton 22920

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

Treasure Chest: 434-361-0103

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

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

**For more information about businesses, activities and events at RVCC, visit [www.rockfishcc.org](http://www.rockfishcc.org).**

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