



**We Are the Rock.  
This Is How We Roll.**

June 2017

All The News From RVCC

## Time for Some Hero Worship



What a difference a month makes!

The last time I wrote to you, we had barely crossed the 50% mark for our 'Rock & Sol' fundraising goal, with barely two months to go. Ever the optimist, I mentioned that we still had six foundations that we had not heard from, and that we were hopeful that we'd reach our minimum goal of \$18,144 that we need to put up a bare-bones "starter" solar array.

Well, we've had some pretty disappointing replies from a few of those funding sources, but on Friday, May 5th we got the best news of the year - an outright grant from a regional foundation that has not only put us over the minimum, but has swelled the solar coffers to 165% of that goal! I wish I could sing this foundation's praises to you, but the gift is given on the condition of anonymity, so mum's the word. Needless to say, they've achieved hero status here at the Rock!

That gift on Friday made for a lot of very happy chat at Pancake Breakfast the next morning! Maybe happiest of all was my 16 year old hero Arlo, who was not only the inspiration for Rock & Sol last summer, but its biggest cheerleader throughout this long but worthwhile campaign. Thanks, bud - and congratulations and bon voyage as you head off to Italy in August on scholarship to finish up your last two years of high school!

We're still waiting to hear back from a few other funding sources - and are still hopeful of growing the solar fund even further. As you know, we have LOTS of roof space, and we've promised our backers that we will build our pilot project solar array to the capacity our funding permits. Our partners from Sun Tribe Solar have estimated that our minimum array would have offset just over 5% of our electricity usage, and with this new grant, we're closing in on being able to generate 10% of our power needs internally. That's some sun power!

And we're still waiting to hear from many of you! We're very proud that more than a dozen individual contributors have now donated \$3,170 to the cause - including nine who have given at the \$270 "hectowatt" level or higher - and we can't thank them enough. But June is our final month of fundraising for Rock & Sol, and we hope that you'll consider a donation to this Green Initiative project to help us further reduce our carbon footprint and our electric bills here at the Rock. Can you help?

*Click here to be a Sun Power Hero!*

Thanks for doing whatever you can - you know you all are heroes in my book!

Stu



## Saturday, June 3: Pancake Breakfast



Join us for our community Pancake Breakfast—butter milk 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](mailto:rockfishcc@gmail.com)!

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## HOW COMMUNITY HAPPENS

- ◆ Volunteer for a work-day 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.

## Saturdays, June 3 & 10: Old Orchard Farm Events

Old Orchard Farm has new summer hours! Visit them in the Concession Stand on Saturdays from 9—Noon, and on Wednesdays from 9.30—11.30am. Available now: fresh no-spray local fruit and veggies, as well as pork, beef, lamb, chicken, baked goods and more.



**Saturday, June 3: "Meet the Sheep!"** Navajo Churros are a rare heritage breed. Come and meet a couple of very cute lambs! Learn about this special breed being raised here in Nelson County.

**Saturday, June 10: "Yogurt Made Simple."** Come and learn the easiest way to make delicious homemade yogurt...no electricity needed! Demonstrations at 10:00 and 11:00 am—each session takes about 10 minutes. Learn more about Old Orchard Farm on page 7.

## Saturday, June 3: Travel Team Car Wash



The Nelson County AAU Travel Boys Basketball teams (5th grade, 8th grade, 10th grade and 12th grade) will be having a "pay-what-you-will" car wash fundraiser on Saturday, June 3, 2017 from 9am - 2pm on the gravel lot at the Rockfish Valley Community Center.

All proceeds will help to cover summer tournament fees for all four of our teams. Donations appreciated!

## Sat., June 10: Willie Kirschbaum Memorial Gathering



Willie Kirschbaum was a musician who helped craft the folk & rock style of this area. He was also a visual artist, with many of his sculptures and paintings on display in area homes, businesses and churches. He will be dearly missed.

There will be a gathering of his friends on Saturday, June 10, 2017, at RVCC's Blue Mountain Pavilion from 2:00—4:00pm.

If you have any portable pieces of Willie's artwork, there will be table space to display them during the gathering.

## Sat, 6/10: Tanya Anisimova Concert for Martin Versluys



As you have probably heard, Martin Versluys from Acorn Inn was in a terrible bicycle accident on Rte 151 a few weeks ago. The renowned cellist Tanya Anisimova has graciously offered to play a concert in our auditorium as a benefit for Martin. The proceeds from the event will help Martin and Kathy keep their footing as Martin heals.

The concert begins at 7pm. Suggested donation: \$20. For more information about Tanya Anisimova, visit [www.tanyaanisimova.com](http://www.tanyaanisimova.com).

Available for auction at this event:

"Happy News" by Alexander Anufriev. Oil on canvas, size 16"x20", framed. Regular price \$4,500. Starting bid: \$500.



If you would like to make a donation to help the Versluys family, please visit <https://www.youcaring.com/martinversluys-826686>.

## 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](#)

## Saturday, June 24: Rose Garden School Family Fun Day

11:00 AM—5:00 PM, At the Blue Mountain Pavilion at RVCC

Join us for a day of family fun and help support The Rose Garden School, a 501(c)(3) non-profit play-based preschool and kindergarten in Batesville. The event includes a community yard sale focused on children's items, a raffle drawing, door prizes, and fun for kids- crafts, games, bubbles, and sprinkler park!

Raffle tickets are available from Rose Garden families or at The Batesville Market. For more information, visit [www.rosegardenschool.com/fundraising-party](http://www.rosegardenschool.com/fundraising-party).

Suggested donation: \$10 (more if you can, less if you can't), children free! No charge for entry to community yard sale.

### Special thanks to our sponsors!

The Batesville Market, Way Cool Tools, Blue Mountain Brewery, Little Hat Creek Farm, Blue Ridge Bucha, Dr. Ho's Humble Pie, Eltzroth & Thompson, Mi Rancho Mexican Restaurant, and Veritas, Cardinal Point, and Flying Fox Vineyards.



## Sunday, June 25: The Battle of the Invasives

**JOIN THE BATTLE OF THE INVASIVES  
Conquer Invasives - Life Depends On It!**

June 25, 2017 from 2:30pm— 4:30pm, In the RVCC Auditorium. Doors open at 2:00 p.m. Free and open to the public.



*Garlic Mustard*

The Rockfish Valley Foundation, in collaboration with Blue Ridge PRISM and RVCC, invites you to spend two hours with experts to acquire the knowledge you need to combat invasive plants such as garlic mustard, ailanthus, and kudzu vine. Knowledge is king!



*Ailanthus*

Participants include: Blue Ridge PRISM (Partnership for Regional Invasive Species Management), VA Department of Conservation and Recreation, VA Department of Game and Inland Fisheries, VA Department of Forestry, Thomas Jefferson Soil and Water Conservation District, US Department of Agriculture - Natural Resource Conservation Services, and Conservation Services Inc.



*Kudzu Vine*

This program presents the “who, what, where, when and how” to approach Invasives. Learn what to look for, what to do, how to do it, and when to do it. The program includes short presentations by the experts. Before and after the presentations, you can interact with our knowledgeable speakers at their display tables, collect information, and make plans to be part of the army to win the Battle of the Invasives in Virginia. Opportunity to discuss future field work. Materials available to attendees include double color sheets of 12 invasives, and 3 sheets on what to do about them. There will also be a drawing for 2017 invasive books. Program will be followed at another date by field trip to invasive eradication project at Coleman Mills and Old Wintergreen Village at Spruce Creek Park (held by Rockfish Valley Foundation) and a landowner training workday at Rockfish Valley Community Center (held by PRISM.)

Presented by Rockfish Valley Foundation Natural History Center. Sponsored by Devils Backbone Brewing Company. For more information about RVF, visit [www.rockfishvalley.org](http://www.rockfishvalley.org) or call 434 226 0446.

## Rockfish River Gallery

*New at the Rockfish River Gallery*

The Gallery now has a very different painting by Russell Fisher. Many of us who were alive when WWII was still raging or just after it ended, were affected. A lot of our fathers were taken prisoner, wounded or killed during that war. Many flew fighter planes or bombers and many of these planes were shot down. Russ has painted a P51 D Mustang fighter that was unveiled during the War. This P51 was named “Tangerine” by the pilot, and the detail is remarkable. A B17 is also coming soon.

*This just in:*



- Beautiful hand-marbled silk scarves by Becky Olson.
- “Dirt Shirts” by Christine Lechner of Shipman, Virginia—hand-dyed with red clay from Nelson County. On sale at the Gallery for \$18.



**The Gallery is open Wednesday through Saturday, 10 am to 4:30 pm. For more information about the artists, visit [www.rockfishrivergallery.com](http://www.rockfishrivergallery.com).**

## July 1: Red Cross Blood Drive



**American Red Cross**

Just one donation can help save the lives of up to three people...please sign up to donate today! It only takes a few minutes of your time to donate. The Red Cross is supplying the Martha Jefferson Hospital, and needs to collect at least 25 units at this drive. For more information about the donation process, or to sign up to donate, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call 1-800-RED CROSS.

Remember to drink plenty of water, replenish at the Pancake Breakfast, and bring a photo ID! Please note that if you need to donate at a particular time, you *must* sign up in advance.

**Saturday, July 1, 9:00am-1:00pm—On the Bloodmobile!**

## Tuesday, July 4: Pose for Peace



**Pose for Peace—A celebration for service members on Independence Day, 9:00am—10:30am.**

FREE YOGA for retired and active service members—this includes all military services, police officer, firefighters, and EMT. No experience necessary. Mats provided, or bring your own.

Gather on July 4, 2017 to honor citizens who serve and have served our country on Independence Day, with instructor Agnes F. Schrider, a certified Yoga Instructor, licensed physical therapist, and wellness consultant.

Call Agnes at 540-470-7967 to sign up or just show up! Donations accepted.

Benefits: Improves sleep, reduces blood pressure, improves flexibility, reduces stress, reduces depression, lessens headaches, lessens inflammation, improves balance and core strength.



## Saturday, July 8: 3rd Annual SK8 Nelson Festival

Join us for the 3rd Annual SK8 Nelson Festival!

Saturday, July 8, 4:00pm—9:00pm. Rain or Shine!

\$5 admission-- Kids 12 and under FREE

Food & Beverages by Devils Backbone Brewery, Trager Brothers Coffee, and Cardinal Point Winery

Live Music by: Shagwuf—Tara Mills & Jimmy Stelling— Choose Your Own Adventure—Matt Curreri & the ExFriends—Disco Risque Acoustic

Min Pin skate jam sessions to start at 4pm.

\$5 entry fee for Game of Skate and Best Trick Competitions, 6-8pm.

Proceeds from the event benefit SK8 Nelson, Nelson County's only skate park!

For more info and to make a tax-deductible donation to SK8 Nelson, visit

[rockfishvalleycommunitycenter.memberlodge.com/Save-SK8-Nelson/](http://rockfishvalleycommunitycenter.memberlodge.com/Save-SK8-Nelson/).



**CARDINAL POINT**  
vineyard & winery

Sponsored by: Freestyle, Action for All, Upper Level Screenprinting, Blue Ridge Life



**FREESTYLE**  
YOUR SOURCE FOR ADRENALINE SPORTS

## Saturdays, July 8 & 29: Mindfulness for Teens Workshop



### Summer Workshop: Mindfulness For Teens

Worried about tests? The future? Stressed? Social Blues? Not sleeping well? Feeling unsure of yourself? Anxious about adult expectations? Difficulty making decisions?

Learn mindfulness techniques to reduce anxiety and stress—Learn coping skills—Improve mental focus and concentration—No prerequisites to learn—These skills will help you throughout your entire life!

**OTHER BENEFITS:** with practice, mindfulness has physiologic benefits such as lowering your blood pressure and heart rate, improving your immune system, improving sleep and overall wellness, weight reduction and improving cognitive skills.

**LEARN:** mindfulness and meditation techniques, breathing techniques to reduce stress, Writing techniques as a coping tool and basic yoga.

**ABOUT THE INSTRUCTOR:** Agnes has been teaching folks how to manage pain for 30 years and teaching yoga and mindfulness for 11 years. She teaches with compassion, respect and humor knowing everyone has had to surf in rough waters at various times.

**REGISTRATION INFO:** This session is appropriate for rising 10th, 11th and 12th graders. Two dates available: Saturday, July 8, & Saturday July 29, 2017, 9:00am- 12:00 noon. Location: Yoga Studio at Rockfish Valley Community Center. Fee: \$25.

**What to bring:** drink, snack, open mind and wear comfortable clothes. Register: email Agnes at [agnesyhw@gmail.com](mailto:agnesyhw@gmail.com) or call to register at 540-470-7967.

## Sunday, July 9: Voices in the Valley

Wintergreen Performing Arts presents

**Voices in the Valley - Broadway, Opera & More**

Sunday, July 9, 7:30—9:00pm, at the Blue Mountain Pavilion at RVCC



Bring a blanket and a picnic dinner, or grab an under-tent table, and enjoy exciting tunes from Broadway to the Metropolitan Opera, sung by the talented singers in our Vocal Intensive program. This family-friendly show will be fun and interactive, and will have you whistling a happy tune for weeks to come. We'll have libations by Virginia Distillery Company and more, so you can raise a glass to toast our incredible students (plus a few surprises!). For more information about Wintergreen Performing Arts, visit [www.wintergreenperformingarts.org](http://www.wintergreenperformingarts.org).

## Sat. & Sun. July 8 & 9: Gokhale Method Foundations Course



Sit, sleep, and walk your way to a pain-free back!

**Stacksitting—Tallstanding—Stretchlying--Hip-hinging--Glidewalking**

The Gokhale Method Foundations course provides you with lifelong tools for healthy, pain-free posture and movement. No special equipment or exercise is required. Effects are often immediate and last a lifetime. Join the thousands who use the Gokhale Method to look better, feel better, and live better.

**Dates & Times:** Saturday: July 8 and Sunday July 9, 2017. 6 lessons of 90 minutes each: 9am, 11 am, and 1:30pm, with break for lunch after the 11am lesson. The schedule is the same for both days. Class size will be limited to 8 participants.

**Location:** Rockfish University. **Teacher:** Cheri Boeckmann, PT BS. EDU. Sign up at [www.GokhaleMethod.com](http://www.GokhaleMethod.com).

## Saturday, July 15: CVBS 2nd Annual Blues Festival

The Central Virginia Blues Society presents their 2nd Annual CVBS Blues Festival!

At the Blue Mountain Pavilion at RVCC, 3-10PM.

Join CVBS for a fantastic day of blues in Nelson County with amazing music, local food, and local beverages. General admission: \$15.00, or \$10.00 for CVBS members.

The lineup:

The Lower Case Blues Band—Parker & Gray—The Hard Swimmin' Fish —

The Bush League—Revelator Hill

For more information, visit <http://www.centralvablues.org/>.



## In case you missed it...



Sunday, April 23: **The Help a Horse Spring Festival**, benefitting Hope's Legacy Equine Rescue Foundation, drew a crowd of nearly 300 people and raised over \$4000 for the Foundation. Congratulations to Maya Proulx and Parke Capshaw for organizing a wonderful event.



Saturday, May 6: Our first **Rescue Runway Fashion Show** was a huge success! Our Auditorium was filled with great food, a fantastic audience, and over 30 models showing off outfits from the Treasure Chest Thrift Store and the SPCA Thrift Store. We raised over \$1000 for the two organizations, and we look forward to doing it again next year! Huge thanks to Dianna Schillinger and all the volunteers and models who made this event possible.



Saturday, May 27: Our **4th Annual Celebrate Rockfish** dodged a doubtful weather forecast and turned out to be a beautiful evening with great music by The Blenders and Hannah Gardner. Huge thanks to Tom Mills and Bill Parrish for manning the grill after a last-minute cancellation, and congratulations to Bob Hoffman for winning the 50-50 raffle! The event raised over \$2000 in much-needed operating funds for RVCC.

## Treasure Chest Sales



**EVERY DAY is Bag Day!**

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! The Saturday Bag Sale is now EVERY DAY. Fill a bag of regularly-priced clothing, belts, shoes, purses and scarves for just \$10.00! And if that's not enough to get you in the store...

**The First Saturday is Boutique Bag Day!**

Our First Saturday Bag Day now features **20% off** all specially priced clothing in addition to the normal Bag Day Sale!

**Don't forget—the Treasure Chest accepts consignment furniture!**

For consignment terms and more information, please visit the [Treasure Chest page](#) on our website, or stop in and visit with us to find out how consignments work.

**VOLUNTEERS NEEDED!**

We are in need of some extra help at the Treasure Chest. If you can spare a few hours here and there to help us handle the amazing donations that are coming in every day, we'll give you **25% off** any purchase! Help is needed Tuesday through Saturday—please contact Kat Walsh at 434-361-0103 if you can help.

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

**On Sale Now:**



### Treasure Chest Hours

**Tues.—Fri.: 10am—4pm**

**Saturdays: 9am—3pm**

*Donations always welcome when the store is open!*

### Ongoing Sales

- ◆ Buy One Regularly-Priced Book, Get TWO Books Free!
- ◆ 50% Off All Specially-Priced Books!
- ◆ 25% Off Bracelets and Necklaces
- ◆ 50% Off Clothing and Shoes from the Man Cave
- ◆ Buy 1 record, CD, or VHS for \$1.00—Get 2 Free!

## 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:

- ◆ Leadership needed for the Art Committee
- ◆ Picking up fallen branches on the grounds 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](mailto:rockfishcc@gmail.com), or visit the Treasure Chest or the Office.

## Ongoing Classes, Events & Services

### Claudia Gibson Catering



#### Claudia's Catering is open!

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 will be open on Saturdays! First Saturday of the month: Open 11:30am—3:00pm (after pancake breakfast). Remaining Saturdays: Open 10:00am—1:00pm.

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

### Pinkyz 'n Toez—At the Full Circle Salon



Spring has sprung, so come get your pedi done!

Essential Pedicure \$25, upgrade to a Spa Pedicure for \$35.

Appointment times available Tuesday -Friday, Saturdays by appointment..

Call Tracie [\(540\) 910-3595](tel:5409103595).

### Ongoing—Art Classes with Nancy Lauler

**"Faces of Nelson County"—Saturdays (schedule varies each month) in the Sassafras Studio (Rm 12.)** Nancy Lauler holds a monthly portrait session of interesting people who live in Nelson County. A \$10 donation is requested from any artist who chooses to attend, to help cover costs of the model and room. Bring your own medium with a drop cloth/old sheet for paint. If you live in Nelson County and would like to model, we would love to have you pose for us! The pay is \$15 per hour for 3 hours. Please contact [nancyauler@yahoo.com](mailto:nancyauler@yahoo.com) for more info and to sign up.

### 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 <http://rockfishvalleycommunitycenter.memberlodge.com/rocku>.

*Continued on Page 7...*

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

## Ongoing Classes, Events, & Services—Continued

### Old Orchard Farm

Old Orchard Farm (located at the concession stand) will be open Wednesdays from 9.30-11.30am, and Saturdays 9:00am—Noon. Pick up 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](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.

### The Rockfish River Gallery

The Gallery now has 55 artists and artisans showing their work. Please come and take a look, and tell your friends—there's nothing quite like it. The Gallery is open Wednesday through Saturday, 10 am to 4:30 pm.

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

**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).**

### Onatah Energy Therapy—Michelle Burkett, LMT

In the New Health Consultant Studio, Rm 3. As you spring clean your homes, be aware of the clearing occurring within, seeing what needs healed, acknowledged, or even released. Let energy therapy assist you with this 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. As you let go of that old shirt, let go of that old grudge. As you dust off the shelf, dust off a buried dream. Spring clean yourself and 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](mailto:DrChris@LearningGNM.com).

### Ongoing: German New Medicine Study Group

Wednesdays, 6:00-7:30pm, in Room 3 (New Health Consultant). This weekly Study Group focuses on the medical discoveries of [Dr. med. Ryke Geerd Hamer](#), *the new paradigm of health and healing*. Each week we will explore the fundamental principles of the New Medicine and how we can immediately apply the principles in our daily lives. The study group is hosted by Dr. Chris Lowthert, [a ten year teacher of German New Medicine](#). There will be a short meditation prior to the start of the GNM Study Group. 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](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](mailto: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 Foundation 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](mailto:lrhobson@hotmail.com) or 540-456-6812.**

### 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: [ag@yogahealthworks.com](mailto:ag@yogahealthworks.com). For class schedules, fees, changes in schedule due to holidays, inclement weather etc.) and to read Agnes's blog for wellness tips. visit [www.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.

## OUR TEAM

### RVCC Board of Directors

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*Vice President*  
Bob Yoder

*Treasurer*  
Scott Duncan

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Sarah Jane Stewart

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*Operations Manager & Newsletter Editor*  
Sara Taylor

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Kat Walsh  
*Assistant Managers*  
Betsy Greenleaf & Eleanor Massie

**Groundskeeping**  
Creation Appreciation

**Custodian**  
T&E Cleaning



## 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.**