



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

May 2017

All The News From RVCC

The Greening of the Rock



Yesterday, the workmen were here installing the last window and the new window locks, thus putting the final touches on last year's **Green Initiative** projects. I thought you all might appreciate a recap of them, and some of the impacts that they have already made in reducing our carbon footprint and in cost savings here at the Rock.

We raised a total of just over \$65,000 for the projects. An astounding \$35,800 of that came from *your* donations, which exceeded grant receipts for the projects. Put simply, that is unprecedented, and we thank you.

We've spent just under \$62,000 so far on steam pipe condensate line insulation, geothermal system modification, 12 window restorations, 61 window replacements and soffit & fascia board restoration. That leaves us with just over \$3,000 to devote to future Green Initiative projects, including Rock & Sol.

Already in 2017, we've seen some very promising results, with a remarkable 23% reduction in heating oil consumption per degree day (which factors out temperature variance) compared with last year, and 28% under 2015. And even though the windows weren't fully installed until the end of January, and the geothermal modifications finished until the end of February, our electricity usage is already 8% under last year.

That's some serious "saving of the green," and it can only get better as the weather warms and the a/c gets cranked up!



Rock & Sol

And speaking of cranking up - we're very happy to announce that we've passed the half-way point in fundraising for **Rock & Sol** - our solar energy pilot project! Thanks to your personal donations of over \$2400 (including 7 "Hectowatt" purchases!), and grants from the Schaeneman Foundation and the Community Foundation of the Central Blue Ridge, we've now raised over \$9100 of our minimum \$18,100 goal, and we have yet to hear from 6 other foundations.

We have committed to build a solar panel array as large as our fundraising allows (Lord knows we have enough roof!), so we're really hoping to far exceed our minimum goal. If you believe in safe, clean, renewable energy and want to help us generate some, please consider a donation today - we'll be wrapping up our fundraising effort at the end of June. You can read more about a fun new way to support Rock & Sol, and find a donation link on page 4.

Yeah, we're pretty excited about how our Green Initiative projects are working, and how much green we're *saving*, but we can't wait for our Super Saturday events to kick off this month as well, helping us to raise some needed green for *spending* - to keep the lights on and the lawns mowed.



Hoop Dreams

First up, we're looking forward to another great **Hoop Dreams** tournament on Saturday, May 20th, and there's still time to polish up your game and get your team registration in by May 13th. Please see page 4 for more on the event and how to register. It's time to Hoop it up!



Celebrate Rockfish

And last, but not least - we hope you will all come out to **Celebrate Rockfish** with us on May 27th, as we join with other non-profits in the area to honor the volunteers that are the heartbeats of our organizations. There will be food, beverages and entertainment galore, and as always, a highlight of this event is the 50/50 cash raffle that generates thousands of dollars in prizes and income for RVCC! You can read more about it on page 5, and please...

BUY YOUR RAFFLE TICKETS NOW!

Who says it isn't easy being green? Thanks to you, it gets easier every year!

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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.



Saturday, May 6: Pancake Breakfast

Join us for our community Pancake Breakfast—butter milk pancakes, *real* blueberry pancakes, bacon, sausage, grits, fresh local eggs donated by [Art Is An Egg](#), 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!

Saturday, May 6: Rescue Runway!



Join us for Rescue Runway, a fun fundraiser, pet adoption, afternoon tea and fashion show! Hosted by Nelson's two non-profit thrift stores, The Treasure Chest and the SPCA Thrift Shop. **2—4pm, in the RVCC Auditorium.**

\$5.00 gets you in—and also gets you a \$5 coupon to be used at either the Treasure Chest or the SPCA Thrift Shop!

Plus: Paw Prizes, Raffles, Good Food, and much, much more. Proceeds benefit RVCC and the Almost Home Pet Adoption Center.

- 🐾 Outfits: the Treasure Chest Thrift Store and the Almost Home SPCA Thrift Store
- 🐾 Accessories: the Awesome Animals of Almost Home.
- 🐾 On the Catwalk: Models from Almost Home and the Treasure Chest Thrift Store
- 🐾 Food by L'Etoile Catering, Legacy Cheesecakes, Chef Ellen English, Tuck & Ollie's, Chandler's Bakery, and Claudia Gibson Catering.



Spend the afternoon with us and just maybe, you won't go home alone!

Saturday, May 6: Destination Imagination Car Wash



The Rockfish River Elementary School Destination Imagination team, known as the Virginia State Oreos, are holding a **pay-what-you-will car wash** in the gravel lot at RVCC this Saturday, May 6, from **8:30-noon**. The car wash will help the team raise funds to attend the DI Globals in Knoxville, TN, beginning May 24. The team placed first in the main challenge in the Virginia Destination Imagination State competition and qualified for Globals and now needs to raise \$5000 to attend this final level of competition. They are fortunate to have the support of

the school division, local officials, and businesses, but they need YOUR help to close the gap.

The team looks forward to representing their school on a global level, and your support will help them get there. When you come to the Pancake Breakfast or Treasure Chest Bag Day this Saturday, take a few minutes to let the team wash your car for you! And if you can't make it, but want to support the team, here's how you can help:

—Make a tax-deductible donation via check made out to "Rockfish River Elementary School DI Team"

—Make an online donation at <https://www.gofundme.com/rockfish-destination-imagination>

The Virginia State Oreos thank you for your support!

Sun., May 7: Friends of Nelson/No ACP Direct Action Training



12:00—4:00pm, at the Blue Mountain Pavilion at RVCC. This strategy session led by members of No ACP will last about 2 hours, followed by a Q&A discussion. Several interactive activities are included in the training. We'll talk about roles in the resistance - both individual roles within organizations, and community roles within statewide resistance. We'll explore tactical escalation along a timeline of resistance. Other topics include spectrum of allyship; risk assessment; movement sustainability and messaging. We'll do our

best to answer questions about specific tactics and relationship of the ACP to the greater (inter)national fight against pipelines. The presentation and discussion will thrive on active participation. Our design will assure an equal foundation for understanding direct action while the community input throughout will illuminate pathways to resistance and fill in strategic or tactical gaps through community-specific knowledge. Snacks and drinks available. Please RSVP to Ben Cunningham at silvercunning@gmail.com or 434-882-1893.

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](#)

Nancy Lauler Art Studio

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](#)

Friday, May 12: Coffee House Music Series—Rockfish Gap



Rockfish Gap is a bluegrass and Americana band that is making their mark on the regional festival circuit as well as select concert halls and special events. Their smooth instrumental style is complemented by layered three- and four-part vocal harmonies and innovative song arrangements. From traditional fiddle tunes and bluegrass standards to original songs written by the band, Rockfish Gap creates a unique and consistent blend of old and new, savory and sweet. Luke Neer drives the band with his five-string banjo work. Maggie Edwards sets the pace on bass. Mitch Russell blends tasteful mandolin leads and his own vocal styles from an old-time/bluegrass/folk tradition. Ralph Edwards adds guitar and vocals to the mix as well as songs from the heart. The mix of traditional bluegrass, interesting acoustic country, and original songs in multiple genres makes for an eclectic show with comfort and surprises. **The show starts at 7:30pm, in the Rockfish Lounge. \$7 cover—refreshments available. Listen at www.reverbnation.com/RockfishGap.**

The Future of the Coffee House Music Series

The Coffee House Music Series began in the spring of 2012. Originally developed by the RVCC Music Committee, a group of folks who were passionate about live music and wanted to develop music programming at their Community Center, the CHMS quickly turned into a showcase for local musicians. Over the course of the past five years, the series has grown in popularity and has become an intimate, listening room experience in which audiences can engage directly with the artists and vice versa. However, over the course of the past five years, the original Music Committee has dwindled in members. We now find ourselves in need of new leadership and new, dedicated Music Committee members...or else the Coffee House Music Series will end with the May 2017 performance.

If you love seeing live music at RVCC, and would like to take an active role in continuing the CHMS—or in creating the kind of musical programming *you* would enjoy—please consider joining our community-based Music Committee. Contact rockfishcc@gmail.com or call Sara at 434-361-0100 for more information.

Coming in May: BozART Fine Art Collective Exhibit

During the month of May, RVCC will host an exhibition featuring artists from the BozART Fine Art Collective.

With spring bursts an array of color, sounds and new life, so the title of the show is “Color Vibrations”. The exhibit includes newest works using oil, watercolor, acrylic, photography and even cattle markers. For 22 years, the BozART artists have shared their creations with art enthusiasts. For more information about the BozART Fine Art Collective, visit bozartgallery.com.

Saturday, May 13: Exhibit Opening Party and Artists’ Reception
3:30—5:00pm, in the RVCC Auditorium
 Refreshments Served



Sat., May 13: Green Party Meeting and “GerryRigged” Film Screening



TURNING DEMOCRACY ON ITS HEAD You are invited to a Green Party meeting! Learn about Green Party Values, Candidates, and Activities.

Green Party of Virginia Public Meeting

1:30pm, Saturday, May 13th, in Rockfish University

We will have a special presentation on the Atlantic coast pipeline beginning at 2:15pm, and we will screen the documentary “GERRYRIGGED” at 3:00pm, followed by a discussion led by 1Virginia2021 activist Blake Wheelock.

For more information about GerryRigged, visit www.onevirginia2021.org/gerryrigged.

Can't make this meeting? Find us online: VAGreenParty.org.

Wednesday, May 17: Life Line Screening



Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at RVCC on 5/17/2017, in the Auditorium. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation

or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete.

In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call [1-888-653-6441](tel:1-888-653-6441) or visit www.lifelinescreening.com/communitycircle or text the word circle to 797979.

Saturday, May 20: Hoop Dreams Basketball Tournament



TIME TO HOOP IT UP!

Hoop Dreams 3-ON-3 Basketball Tournament
 Team Brackets for kids, adults, and seniors!

Saturday, May 20: 10 AM—4 PM. Rain Date: June 3

Team Registrations Due By May 13!

Hot Shot Contests—Food & Beverages

[CLICK HERE FOR TOURNAMENT RULES & REGISTRATION](#)

Or contact us at rockfishcc@gmail.com or 434-361-0100.



Sponsored by Bold Rock Hard Cider

Hoop Dreams Benefits the RVCC Basketball Court.

Saturday, May 20: Sassafra Studio Open House



The Nancy Laufer Studio is now an art guild! Carol Lemons, Michele Reday Cook and Nancy Laufer are now sharing Rm 12, formerly the Nancy Laufer Studio, which was a private studio. The Guild's new name will be "Sassafra Studio...an Afton Art Guild". Sassafra Studio will host an Open House on May 20, from 5:00pm—7:00pm. Come see samples of our art and enjoy snacks and refreshments. Please join us!

Mallory Creek Wildflower Meadow and Master Gardener's Plant Sale



The Mallory Creek Wildflower Meadow and Walking Trail, created and maintained by the Nelson County Master Gardeners, has been a breathtaking addition to our grounds for the past few years. Now that spring has sprung, the Master Gardeners have re-seeded the meadow and the profusion of native grasses and wildflowers is soon to once again shower us with beauty. Butterflies, bees, and a host of pollinators rely upon this and other diverse ecosystems for their survival. Once again the Nelson County Master Gardeners will be hard at work ensuring the meadow's success this spring and summer—anyone wishing to join in the effort can email the Virginia Cooperative Extension at lmacrae@vt.edu.

The Nelson County Master Gardeners' also announce their **17th Annual Plant Sale**, to be held May 21 from 9am - 2pm next door at the Rockfish Valley Ruritan Park, 74 Rockfish School Lane in Afton. In addition to patronizing the sale, you can also support the Master Gardeners by donating house or garden plants to the sale. They can come to your garden, dig them up and leave the area as they found it. This is the Master Gardeners only fund raiser which supports a number of volunteer programs in the county—including their work at RVCC. Some of their other projects include landscaping at the Habitat for Humanity house, Horticultural Therapy for Seniors and the Demonstration Garden behind the Nelson Center. The digs will begin in April and continue into early May. For more information contact Mary Niebuhr at 434-429-8983 or gmniebuhr@gmail.com.

Sunday, May 21: Nelson County Community Orchestra Concert



The Nelson County Community Orchestra will perform a concert at 4pm on Sunday, May 21, in the RVCC Auditorium.

NCCO presents **"An Evening at the Opera"**, with guest conductor John Murton from Washington DC. The program features a collaborative performance with the Crozet Hand Bell Choir, performing Andante from Concerto in G Major, by Antonio Vivaldi. The orchestra will also play Gluck's Dance of the Blessed Spirits from Orfeo; Handel's Lascia Ch'io Pianga from Rinaldo and Ombra Mai Fù from Serse; A Night at the Opera Medley; selections from Bizet's Carmen, and a variety of other operas. Admission is free, donations accepted.

The NCCO String Education Program will be holding a Summer Day Camp for youth violinists lead by Brooke Mahanes. Email Ms. Mahanes at lavendarmusic@yahoo.com for more information.

New players always welcome to join NCCO - all instruments, ages and levels. Cellists, violists and violinists especially need. Weekly rehearsals Mondays at 7 PM at the Rockfish Presbyterian Church in Nellysford. More info at www.nelsoncco.org or contact Ellen Neal at [434-263-4745](tel:434-263-4745) or info@nelsoncco.org.



Wednesday, May 24: Bingo for Rock & Sol



Gamble for a good cause! On Wednesday, May 24, Nellysford's newest restaurant [Tuck & Ollie's](#) will host a Bingo Night, and all proceeds from the game will go straight to RVCC's "Rock & Sol" solar energy pilot project! The event will run from 7:00—9:00pm, and you can play for just \$5/card. Reservations available—call 434-226-1883, click the link above, or find Tuck & Ollie's on Facebook. Tuck & Ollie's is located in the Valley Green Shopping Center.

For more information about Rock & Sol, visit www.rockfishvalleycommunitycenter.memberlodge.com/GreenInitiative.



Saturday, May 27: 4th Annual Celebrate Rockfish

CELEBRATE ROCKFISH!

A benefit for the Rockfish Valley
Community Center

Saturday, May 27, 5:00pm-9:00pm—At the Blue Mountain Pavilion at RVCC

\$ 50-50 CASH RAFFLE \$

\$5000 Grand Prize*—just \$20/ticket or 3/\$50!
*grand prize will be 50% of total ticket sales, up to \$5000 max.
Details at rockfishcc.org.

Winner drawn at the Celebrate Rockfish Event—You need not be present to win!



Music by The Blenders

Food by Paulie's Pig Out & Claudia Gibson Catering

Brews by Blue Mountain Brewery

Plus—Join us in celebrating our amazing volunteers!

Games, Good Times, & Family-Friendly Fun—No admission fee!

Raffle tickets available soon at the RVCC Office, the Treasure Chest Thrift Store, & at rockfishcc.org.

Saturday, June 3: Coming Together for UNICEF



Please join Jim and Sharon Wilson, and members of their family, for a combination baked goods and yard sale at RVCC on June 3rd, 8:00am—Noon. All proceeds will go to UNICEF. There will be offerings of delicious home-made baked goods, along with a variety of yard sale items including housewares, decorative items, hardcover and paperback books, past issues of fine gardening and cooking magazines, clothing accessories, and a few small home furnishings.

Looking forward to seeing you there!

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.

On Sale Now:

- ◆ 25% Off Bracelets and Necklaces
- ◆ 50% Off Clothing and Shoes from the Man Cave
- ◆ Buy one record, CD, or VHS for \$1.00—Get Two Free

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

Treasure Chest Hours

Tues.—Fri.: 10am—4pm

Saturdays: 9am—3pm

Donations always welcome when
the store is open!

BLACKBOARD SPECIALS!

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

Book Sale!

- ◆ Buy One Regularly-Priced Book, Get TWO Books Free!
- ◆ 50% Off All Specially-Priced Books!

Become a Member of RVCC Today!

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 less than 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.

But it's not just about what membership can do for RVCC—it's also about how becoming a member can benefit YOU. Clicking the link below for more information:

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

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

New Classes & Workshops at RVCC

May 21: Revolution, Anarchy and Law, Part 2—with Kathy Bonham

12:00pm—2:00pm, in Rockfish University. Free. All are welcomed. For more information and to RSVP, contact Kathy Bonham at 303-918-1490.

Wednesday, May 24: Kids in the Kitchen ~ Part 2! —with Claudia Gibson



4:30 to 6:30pm, in Claudia's Kitchen. \$20.

Open to all 8 and up. We will be making savory pies and cupcakes.

Call or e-mail to reserve a spot: 434-760-4182 or claudiacatering@gmail.com.

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 rockfishhcc@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>.

Ongoing Classes, Events & Services

Claudia Gibson Catering



Claudia's Catering is open!

Open 9am—4pm Wednesday through Friday for breakfast & lunch—plus new specials, frozen entrees and soups. Fresh sourdough bread available on Fridays!

New—Saturday Hours! Claudia's Cafe & Catering will be open in May for a Saturday trial. First Saturday of the month: Open 11:30am—3:00pm (after pancake breakfast). Remaining Saturdays in May: Open 10:00am—1:00pm.

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

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. You can draw or paint a face, figure (clothed!) of someone in our interesting county. A \$10 donation is requested from any artist who chooses to attend, to help cover costs of the model and room. Bring your own medium with a drop cloth/old sheet for paint. If you live in Nelson County and would like to model, we would love to have you pose for us! The pay is \$15 per hour for 3 hours. Please contact nancylauler@yahoo.com for more info and to sign up.

Ongoing: Girl Scout Brownie/Junior Troop meetings

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

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

Old Orchard Farm (located at the concession stand) will be open Wednesdays from 9.30-11.30am. Spring/summer Saturday hours begin May 6, from 10:00am—1pm. 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 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.

New at the Gallery:

- Kim Murphy's latest book of fiction, just recently released: *The Dreaming: Circle in Time*.
- We also have new paintings and cards from Russ Fisher
- Two more of Robert Wilkes' prize-winning car carrier puzzle toys.

For more information about the artists, visit 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.**

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.

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: Introduction to the 5 Biological Laws of New Medicine, with Chris Lowthert, D.C.

Second Tuesdays, 6:00—8:00pm, in Room 3 (New Health Consultant.) Continuing on March 14th, there is a free monthly, 2 hour "[Introduction to German New Medicine](#)" held in Room 3. This monthly class will introduce the 5 Biological Laws discovered by Dr. med. Ryke Geerd Hamer known as German New Medicine (GNM). The Biological Laws explain the cause, the development, and the natural healing of diseases based on biological principles that apply to every human being. Join us and begin learning GNM one step at a time! For more information, please visit LearningGNM.com or call Dr. Chris at [540-255-0026](tel:540-255-0026).

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 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 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: 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.

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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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.