



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

ROCK ON.



November 2017

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

What's On Your Wish List?

October was an eye-blink masquerading as a month.

So now it's November - time to crank up the boiler and prep for Rockfish Nights, the Annual Fund and Membership Drive and of course, the Holidays.



But the arrival of colder weather and the advent of winter also means that grant season will soon begin in earnest.

Like most years, we'll be looking to our foundation partners for help with infrastructure projects once again in 2018, and the "wish list" is pretty long. The seven projects we've identified will help us advance our hugely productive Green Initiative of the past two years and will address some long-standing cosmetic and safety concerns around our building and grounds, which will celebrate their 80th birthday next year.

Projects like these are necessary to carefully restore and maintain the building and to save on energy consumption, but are financially beyond the scope of our limited operating budget. We're incredibly thankful that we have been able to find several philanthropists in recent years who have helped us so generously to address these "bricks and mortar" needs.

But some foundations, including our own local community fund, prefer to underwrite projects that have a direct impact on the quality of life of our neighbors. This type of service programming is one area we would like to focus on in program development for 2018, and we would love to hear your ideas about the types of programs or events that would best meet our community's educational, recreational, cultural and social needs. What service gaps do *you* see that the Rock is positioned to fill? Please let us know by stopping by the office to chat, sending us a note, giving us a call or by collaring Sara, me or a Board member at Rockfish Nights!

Which conveniently reminds me to remind you that the deadline for ticket sales for our Casino Night extravaganza is this coming Monday, November 6! The event is on Saturday, November 11th—learn more on page 2.

[Buy Your Rockfish Nights Tickets Here!](#)

And, of course, Rockfish Nights officially kicks off our Annual Fund and Membership Drive, so please keep your eyes on your inbox for news about this year's major fundraising effort to defray our operating expenses. It'll be hard to top 2017, but we have a couple of cards up our sleeve that we think will help make this year's drive the best ever, and we hope that you'll bet on our success. Heck - it isn't gambling if you know you're going to win, right?

We're all betting on *you* to come through, as you always do! Thanks!



Thursday, November 2: Medicare Open Enrollment

Thursday, November 2, in Rockfish University. Medicare Open Enrollment for Part D is coming Oct. 15th through Dec. 7th. Every year the insurance companies change their plans. So, this is the time for you to make sure you have the right prescription plan for you. Statistics show that 87% of people on Medicare have the wrong Part D plan for them. Jefferson Area Board of Aging provides a free service to help people with this. Last year, JABA assisted 1460 people find the right plan and saved them, on average, \$670 on their prescription cost. Appointments available Monday through Friday at the Hillsdale offices, and we will have counselors at Rockfish Valley Community Center on Nov. 2nd. Appointments are available at 9:30, 10:30, 11:30, and 1:00; call [\(434\) 817-5248](tel:434-817-5248) to make an appointment.

Saturday, November 4: 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!



The 11th Annual Winter Market season begins on Saturday, November 4! 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



November 4: 9am—noon
With Good Buddy

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.

Saturday, November 11: Rockfish Nights!

**BLACKJACK
ROULETTE
CRAPS**



**FALL
FUNDRAISING
GALA**

**DINNER
MUSIC
SILENT AUCTION**

Rockfish Nights 2017 is a Casino Party!

Dinner by Mouth Wide Open

Music by Eli Cook



Eli Cook has toured to national acclaim, holding his own in the company of blues royalty B.B. King, Johnny Winter, Shemekia Copeland and Gary Clark, Jr. In 2015 he was voted #3 on the prestigious UK Blues Matters Writer's Poll for Favorite International Blues Solo Artist. No slavish dilettante or rusty, dusty blues purist, Cook has internalized his influences, including the rock of Soundgarden and Rage Against The Machine, stirring them into a musical cauldron of authentic, timeless music emanating from deep in his soul. He can rain down fire and brimstone in his singing, as well as express touching tenderness while pushing the musical envelope with blues-fueled originals and stunningly interpreted covers. Cook continues to evolve his musical presentation. "I loved to push my presentations in different directions whether it be in workshops, and other venues, with other traditional American roots music elements to have more of an in-depth, cultural content to what I do. But without blues as the integral ingredient, music just ain't worth listening to in my book."

"Artists often talk about the blues as a living and growing thing and not just a style of music fit for museums. Cook puts that theory into practice and moves things forward."- *Slant Magazine*. Listen at elicook.com.

Doors, gaming, and auction open at 6pm--Dinner at 7pm--Concert at 8pm

Don't Delay—Full Ticket Sales CLOSE on November 6!

Full tickets: \$45 members, \$50 non-members. Concert tickets: \$20, no admission before 7:45pm.

All tickets come with a free gaming chip*!

*please note that all gaming is for amusement/entertainment only. All proceeds from the event benefit RVCC.

[Click here to get tickets!](#)



Friday, November 17: Faces of Nelson County Reception

On Display in November: "Faces of Nelson County"

A reception for the artists will be held on Friday, November 17, 5:30—7:00pm.

Refreshments Available!

November's art exhibit will feature the results of Nancy Lauler's "Faces of Nelson County" portrait sessions, including work by Nancy and a variety of local artists.

The exhibit will be on display for the month of November.

Friday, November 17: Kirtan with Carol and Martha

6:30 to 8 pm, in the Rockfish Lounge. Donations appreciated.

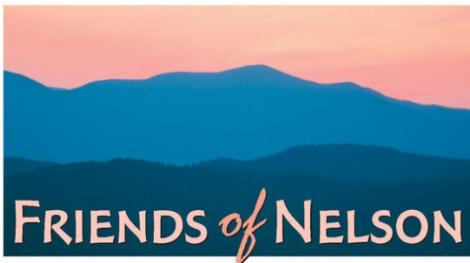
Kirtan is a practice of call and response chanting in Sanskrit that invokes inner peace, joy and bliss. An integral part of Bhakti Yoga, this melodic practice's primary function is to open the heart to life and love. No great singing voice is necessary, no prior experience needed, all that you need will be supplied! Come for an inspired feel-good time!

Ample seating is available, but bring your own cushion if you prefer to sit on the floor. For more info call 540-649-7055.

*Open Your Heart with Chanting! Release Stress! Feel the love, own your Bliss!
Take the road to inner peace!*



Sunday, November 19: Friends of Nelson Annual Meeting



6:00pm—9:00pm, in the RVCC Auditorium. Join Friends of Nelson for their Annual Member Meeting + Potluck!

After a brief biz meeting and voting on the 2018 Board of Directors members, enjoy a potluck dinner with community members, then dance the night away with The Bobby Midnight Band and enjoy local beverages at the cash bar.

The Atlantic Coast Pipeline is not a done deal, and Friends of Nelson has plans for 2018.

Bring a dish to share and your dancing shoes! Free & Family Friendly!

At Long Last...Hoop Dreams Realized!

Congratulations to the winners of our 2017 Hoop Dreams Tournament!

Youth Team Champions: Tyler Widdifield, Tucker Shannon, and Jonas Lawhorday

Adult Team Champions: Ellis Tucker, Ant Lee, Tuck Tucker, and Opwoche Liabaya

Senior Team Champions: Jeff Fife, Kirk Quilen, Gary Taylor, and Shawn Lavendar

Hot Shot Contest Winners: Conny Roussos and Rysun Ebelherr



Huge Thanks to all competitors, and to Bold Rock Cider for sponsoring the Hoop Dreams Tournament. See you next year!

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 Afton. Admission to the Saturday 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 or contact: Ellen Neal [434-263-4745](tel:434-263-4745) or info@nelsoncco.org.



Thursday, December 7: Rockfish Valley Writers' Night

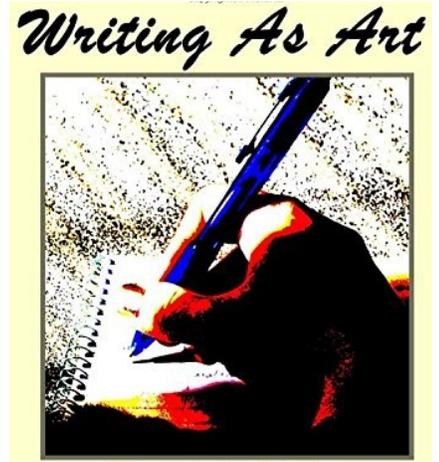
Wayne Drumheller, Photojournalist, Author and Rockfish Valley native will host "Rockfish Valley Writers' Night" Thursday, December 7th from 4:30-6:30 p.m, in the Rockfish Lounge. Free and open to the public.

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 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.

No Such Thing As Too Many Books...Just \$700 to go!

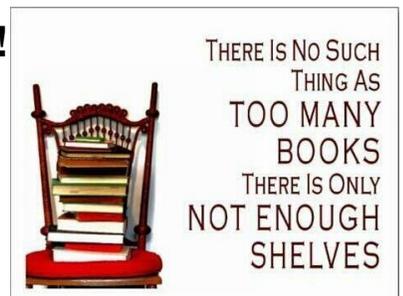
Book shoppers at the Treasure Chest's popular book room have no doubt seen the fantastic improvements made by our volunteers Linda Blake and Phil Hearne. Linda has made large, easy-to-read signs, and both Linda and Phil have reorganized the room so that it is cleaner and easier to navigate and use. The 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 December 1st, and we are well over halfway to 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 [on the donations page 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!



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 Saturday is Bag Day!

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! Every Saturday, 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!*



*"I was born with a reading list I will never finish."
—Maud Gage*

On Sale Now:

50% Off

All Specially-Priced Books!



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, 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.



SHOPS & STUDIOS



Shops and Studio News

New at the Rockfish River Gallery



Charles Hall, our tremendously talented glass blower, has offered a 25% discount on all of his gorgeous vases and bowls currently on display in the gallery. We want to get more new work from Charles, but first we need to move out some of his work that has been in the gallery for some time. Several of the other artists showing in the gallery are allowing 10% reductions on their work, so come in and shop! It's not too early to start looking for holiday gifts!

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

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

For more information about the artists, visit www.rockfishrivergallery.com.

Claudia Gibson Catering



Open 8am—4pm Wednesday through Friday for breakfast & lunch—plus new specials, frozen entrees and soups. Fresh sourdough bread available on Fridays. Saturday hours: 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 or 434-760-4182.

Old Orchard Farm



Old Orchard Farm is open every Wednesday 9:30—11:30am 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!

"The Big Sausage Sale!" We need to make space in our freezers as there are more pigs ready to go to the butcher! We have the best value locally produced sausages in Nelson County! Bulk sausage is only \$6/lb and Links are \$6.50/lb. **Available now:** Breakfast sausage (bulk and links), Chorizo bulk and links, Bratwurst links, and Hot Italian links. Our Pork chops are also now on sale at \$8/lb instead of \$10/lb! Specials on Lamb & Beef too... come in and see!

November Special Events:

Saturday, November 4: Sausage Tasting!

Saturday, November 11: Veterans Day—If you are a US Veteran, we will give you 10% off any Old Orchard Farm product as a small thank you for your service!

Saturday, November 18: In a Pickle—Come and see how easy it is to preserve the harvest by making lactofermented pickles! Tastings available all morning; a brief demo will begin at 11am.

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.

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.

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](#)

New Classes & Workshops at RVCC

Beginner Mountain Dulcimer Class—with Dinah Ansley

Mondays, October 9—November 13, 6—7:30pm, in the Small Conference Room. New students welcomed! This six-week class is led by Dinah Ansley, dulcimer teacher with 25 years of experience in playing and teaching. Dulcimers are provided for the beginner class, and no music experience is needed. Loaner dulcimers also available. Another beginner class may be scheduled later in the fall, depending on level of interest. For more information contact Dinah at dulcimerdinah@gmail.com.

International Folk Dance Class—with Sue Chase

Mondays, October 16—December 4, 6:00 – 7:30 PM, in the Dining Room. Cost: \$8 per class for RVCC members, \$10 non-members. In this eight-session class, you will experience easy to moderate dances from many countries around the world. Beginners are encouraged, experienced dancers are always welcome. No partners needed. Everyone welcome - ages 8 to 80+. **To register contact the instructor, Sue Chase: schase@ystone.net or [540 456-8176](tel:5404568176).**

Now Available at Rockfish University: The Great Courses

The Great Courses (TGC) is a series of college-level audio and video courses produced and distributed by The Teaching Company. The series differ from most online learning platforms in that they are produced for enrichment purposes only and offered without schedules, homework, exams, or certificates. These Great Course offerings are available to RVCC members at no charge; simply contact us at 434-361-0100 or email rockfishcc@gmail.com to peruse the collection and check out the courses of your choice. You may also review the available courses by visiting <http://rockfishvalleycommunitycenter.memberlodge.com/rocku>.

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 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. (No class on Wednesday November 22.) 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: agnesyh@gmail.com. For class schedules, fees, changes in schedule due to holidays, inclement weather etc.) and to read Agnes's blog for wellness tips. visit www.agsyogaworks.com.

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

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

Private Yoga Sessions: Have you wanted to try yoga but do not know where to begin? Can't find a yoga class that fits in with your busy schedule? Try a personalized Yoga and Wellness Class with Certified Iyengar Yoga instructor Sara Agelasto. For more info, please contact sara@iHanuman.com or [434-825-5983](tel:4348255983).

Ongoing Events & Services

Keep Nelson Beautiful Meetings

Monthly meetings, in the Small Conference Room. The Keep Nelson Beautiful Council has been reconstituted due to the efforts of Tori Jenkins, a group of interested community members, and County Supervisor Alan Hale. The Keep Nelson Beautiful mission is to engage, inspire and educate the citizens of Nelson County to Reduce, Re-Use and Recycle; to promote sustainability in the Solid Waste & Recycling System; and to strengthen civic pride through litter prevention. The Council intends to recreate its newsletter and broaden the county's perspective on recycling toward a "Zero Waste" model. The Council encourages anyone from Nelson County to become involved. Contact Tori Jenkins for meeting dates/more info: toripondlady@gmail.com or (434) 409-0410.

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.

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.**

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 workday or an event, take a class—be a regular at The Rock!
- ♦ Donate to a Fundraising Campaign—be here in spirit even when you can't be here in person.
- ♦ Become a Member—and let your voice be heard.
- ♦ Spread the Word—networking brings people together. If you like what we're doing here, tell someone about it.
- ♦ Give Us Feedback—whether it's praise, a suggestion, or a complaint, we want to know. Help us shape a better community for you.

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 | 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.