



February 2019

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

From Executive Director Stu Mills

Hello all, and welcome to my 75th monthly missive!

Last night, as I was just reviewing our Building & Grounds Committee's 2019 plan in preparation for our meeting, it struck me how absolutely amazing this group is.

As you may know, the committee is composed of several Board members and a bunch of other local folks who are in the building trades or in related work. They're the people who hold this place together, sparring with Father Time as he tries to chip away at it, and who are constantly coming up with projects to make RVCC more useful, fun and safe for you.

Major projects for this year include the rehabilitation and reconfiguration of the gravel parking lot, lighting the basketball court and skate ramp, building the new stage, installing new handicapped-accessible paths through the wildflower meadow, fixing the brick mortar around the auditorium windows, re-tiling the breezeway and annex hall floors, improving drainage to reduce humidity in the basement, installing recycling containers around the property, upgrading the water fountains to accommodate bottle refills, renovation of the entrance foyer and upgrading the men's bathroom.

Oh yeah - and a complete remodeling of the kitchen to boot!

Whew!! There's no rest for the wicked around here, that's for sure. I hope you'll join the Board and staff in extending your thanks to these incredibly devoted volunteers. They are truly our un-sung heroes! And maybe, if you can spare a few hours of your time, you might want to pitch in on one of the endless projects that we have going on at the Rock!

I also wanted to take a minute here to say **THANK YOU** to all of you who have given this year's Annual Fund and Membership Campaign the best launch in RVCC's history! Your early response to our yearly fundraising effort helped us end 2018 with jet-black ink, and we hope that those of you who have been waiting for the new year to renew your memberships will join the party soon - 2019 memberships are now past due!! Please help us continue this terrific exercise in belonging to your community by making your membership investment today. You can do it by just clicking below.

[SIGN ME UP!](#)

And for the 75th time, thanks once more for all you do for the Rock!

Saturday, February 2: Pancake Breakfast

Join us for our community Pancake Breakfast—buttermilk pancakes, *real* blueberry pancakes, bacon, sausage, grits, scrambled eggs, OJ, TBC coffee, and good company.

Breakfast is served from 8:30am-10:30am. It's an all-you-can-eat breakfast starting at \$7 for RVCC members, and \$9 for non-members. Members can bring a friend and get the member price for their guest!

The Pancake Breakfast is a wonderful community event, made even more wonderful by the fact that it is run entirely by volunteers. HUGE thanks to [The Well of Nelson](#), who provide us with a few volunteers who make sure the breakfast goes off without a hitch every month. However, we always need a few extra pairs of hands!

If you can help, please contact us at rockfishcc@gmail.com!



Continuing Saturday, February 2: 12th Annual Winter Market Season



The 12th Annual Winter Market season continues on Saturday, February 2!

Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts.

Each market also coincides with RVCC's Pancake Breakfast and the Treasure Chest Boutique Bag Day.

Indoor Market Schedule

2019

February 2—with Sue Harlow

March 2—with Michael McConkey

April 6—with Bob & Carolyn

All Markets are 9am—Noon.

For more info, contact Donna Kincaid at mountainvision@earthlink.net.



Saturday, February 9: Brew Ridge Trail Festival



Celebrating 10 Years of the Brew Ridge Trail!

Saturday, February 9, from 12:00—7:00pm, in the RVCC Auditorium.

Live music, local beer and food, and fun for the whole family!

12—2pm	2:30—4:30pm	5—7pm
Greg Ward	Sally Rose Band	Sun Dried Opossum

\$5 donation at the door benefits RVCC!

Friday, February 15: RVCC House Concert w/ Alex Caton & Pat Egan

RVCC House Concerts—In the Rockfish Lounge

Alex Caton and Pat Egan



Alex Caton and Pat Egan met in the late nineties while both living in Asheville, NC. They quickly formed a close friendship and musical partnership that combined their mutual love and respect for traditional music of Ireland and the Appalachian Mountains. They have been playing ever since. Like earlier immigrants from Ireland and Great Britain, these ex-pats from across the pond chose to settle in musically rich areas along the Appalachian Mountains. They brought aspects of their own cultural and musical heritage with them but kept a keen ear and open mind to learning new styles.

The culmination of Alex and Pat's years of dedication to the traditions of Irish and old time music and their chemistry together for close to two decades of playing as a duo can best be appreciated by hearing them perform live. Their sound is magical. Pat's rhythmic drive on the guitar coupled with Alex's subtle and lyrical fiddling will transport you. Perhaps the most captivating of all is hearing Pat's warm voice coupled with Alex's harmonies. Pat and Alex proudly released their first duo album simply titled, Pat Egan and Alex Caton: Fiddle Tunes and Ballads, in 2011. Pat also recorded on Alex's most recent 2015 release, Never Take a Daisy Down the Mine.

The show starts at 7:30pm. Cover: \$7 members, \$9 non-members. Refreshments available.

Listen and learn more: www.alexcaton.com.

Friday, March 8: Cheryl Fee and Rachel DeRagon Exhibit & Artist*Cheryl Fee***Cheryl Fee and Rachel DeRagon****Exhibit Opening & Artist Reception****Friday, March 8, 5:00—7:00pm****In the RVCC Auditorium—Refreshments Served**

Cheryl Fee: "Color Enthusiast definitely describes me. While I am inspired by nature, I draw from a bright palette. Texture is abundant in my work. Whether it is my mixed medias with up to 9 layers or my oil & cold wax paintings. I want the viewer to feel the ridges in my mountains, the lightness of the clouds or the personality in the eyes of my animals. My imprint is pure joy."

*Rachel DeRagon*

Rachel DeRagon: In a fast paced, chaotic world, Rachel's paintings move you to stop, breathe, and focus on a moment in time. You will suddenly appreciate a sparkle of sunlight, a curve, or a droplet, something you would not have otherwise noticed. She captures the quiet exuberance of nature - from the bright burst of color of a newly opened flower to the hidden, but occupied, sparrow's nest.

As a life-long artist, she began with pencil and ink, working to create ultra-realistic pieces. Eventually teaching herself acrylic, then watercolor, she enjoys working in a more figurative style as well.

Professionally, Rachel has worked as a freelance illustrator, faux finisher, and trompe l'oeil muralist.

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

Saturday, March 30: Boogie & Ballroom**Come dance to top 40 hits from the 60's & 70's through today!**

Swing (East & West Coast), Latin, Salsa, Hustle, Foxtrot and Freestyle.

Beginner West Coast Swing Lesson with JoAnn Agnone from 7:15 to 8.

Dance from 8, until...

In the RVCC Auditorium--Refreshments Available--Come dance the night away on our wood-floored hall!

\$10 at the door (includes dance lesson), all proceeds to benefit RVCC.

Sunday, April 7: Save the Date—3rd Annual Rescue Runway**Sunday, April 7, 2:00—4:00pm****Fashion, Furry Friends, & Fun!****\$10 admission. In the RVCC Auditorium.**

- 🐾 A fashion show, afternoon tea, and FUNdraiser for RVCC and the Almost Home Pet Adoption Center!
- 🐾 Featuring models and outfits from the Treasure Chest Thrift Store and the Almost Home SPCA Thrift Store.
- 🐾 Raffle baskets, food, beverages, and more!

If you would like to model, or wish to make a donation, please contact us at rockfishcc@gmail.com.

RVCC'S 2019 Annual Fund & Membership Drive

The Rock is on a Roll! Help us **PUMP UP THE PAYOFF!**

Get in the game by choosing your membership level for 2019:

- **Basic** - our basic annual membership offers you voting rights, discounted admission to all RVCC events, plus discounts on Treasure Chest purchases and room rentals. (\$30/individual; \$50/family)
- **Sustaining** - offers you all the benefits of Basic membership, plus inclusion in our Donor Circle, plus 2 free tickets to a Pancake Breakfast and any House Concert. (\$140/individual; \$210/family)
- **Rock Star** - includes all Basic benefits plus inclusion in our Donor Circle and "Carte Blanche" admission to any RVCC-sponsored event. (\$540/individual; \$780/family)
- **Rock Legend** - includes all Rock Star benefits plus a special citation from the RVCC Board of Directors, an engraved listing on our Rock Legend plaque, and an engraved gift from The Rock. (\$3,000 & up)

New for 2019...

Pump it Up and Charge it UP!

Any 2018 member who renews for 2019 at an upgraded membership level, or any new member who joins at the Sustaining level or above, will receive a free RVCC-logo Multi-Port USB Charger!

...or Care to Double Down?

If upping the ante to a higher membership level is a little too rich for your blood, you can claim your RVCC-logo Multi-Port USB Charger and more by doubling your membership contribution.

Double-Down and Eat it Up - Basic members who Double Down will receive the Charger and also earn free tickets to a pancake breakfast and a Coffee House concert.

Double-Down and Pay it Forward - Sustaining members who double down will receive double breakfast and concert tickets and free RVCC USB Chargers, plus RVCC will provide a free membership to a deserving individual or family of your choice in your name! (Recipient may not be a current member, and we'll be happy to choose a lucky recipient if you wish).

VISIT ROCKFISHCC.ORG/MEMBERSHIP TO JOIN OR RENEW TODAY!



The Treasure Chest Thrift Store

The Treasure Chest Thrift Store has been a source of financial support for RVCC since its opening in 2001. The store also performs many essential services for the Community. This is a place where people can recycle and find all types of gently used items. In addition to serving the many shoppers, store staff and volunteers offer a more quiet service. On a daily basis people's needs are met whether or not they are able to pay.

Most of what is culled from the inventory goes to another organization that serves the low-income populations of Nelson and elsewhere.

Every Day is Bag Day!

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! Every day, you can fill a bag of regularly-priced clothing, belts, shoes, purses and scarves for just \$10.00!

Donations and Consignment Items Accepted During Business Hours!

We greatly appreciate your generous donations of items that are in immediate re-sale condition. [Visit the Treasure Chest page](#) on our website for a complete list of acceptable items and information about consignment terms.

Visit the Treasure Chest for all your household needs—Super Low Knowledge-Based Prices! No "Ebay Pricing!"



The Treasure Chest Thrift Store changes every day! Come check out our new layout, new items, and new displays!

BRING US YOUR BOOKS!



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

Ongoing: Continuing Education—**A Walk Through Western Civilization: Roman History****CONTINUING EDUCATION AT ROCKFISH UNIVERSITY**

The spring semester of "A Walk Through Western Civilization: Roman History" began on Sunday, January 20. The class is held on Sundays at 3:00 p.m., in Rockfish University, and continues through May 5. This non-credit, adult education course is offered free to RVCC members and guests. It meets once per week. Retired professor of History, Dr. Jeffrey Mitchiner, leads the informal, relaxed, seminar-type class by some lecture and discussion over a range of topics. Each semester of this course surveys a different era in the development of Western Civilization. Following an interesting and enjoyable semester in 2018, in which the historic roots of civilization in the Eastern Mediterranean and ancient Greece were discussed, the spring semester will continue to focus on the role of Roman history. It will include such topics as engineering, architecture, religion, law and imperial expansion and government.

If interested, please call Dr. Mitchiner at (434) 361 - 1412.

Community Events at RVCC**Sunday, March 3: NCCO Spring Concert**

The Nelson County Community Orchestra presents "Prokofiev, Bizet, and Hamilton" on Sunday, March 2nd, 2019 at 4 pm, in the RVCC Auditorium. Featuring Madeline Hamilton on harp, and conducted by Michael Tyree and Madeline Hamilton.

The Concert Program includes Bizet's "L'Arlesienne Suite No. 1," Prokofiev's "Peter and The Wolf, Op. 67," Madeline Hamilton's "Nostalgia," and more!

All NCCO Concerts are free and open to the public. Donations to support the orchestra are always welcome.

For more information, visit www.nelsoncco.org.

Beginning Sunday, March 24: Basic Dog Obedience Class

Sundays March 24—May 12, 6:30 pm to 7:30 pm, in the Auditorium.

Contact Cindy Thompson if you wish to reserve a spot for class. 6 slots available. Registration form can be emailed prior to first class.

Call Cindy Thompson for details: 434.465.3499.

ONGOING EVENTS

Year-round events, classes, and services at RVCC

Ongoing: Tuesday Ping Pong

7:30pm, in the Auditorium. Two tables, all levels welcome. Contact David Cunningham for more information: 434-882-1011 or davo@ntelos.net.

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. 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 the Classes section on our website](#).

German New Medicine Study Group

Mondays, 5:30-7:00pm, 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.**

Tarot for Life

Tarot is a tool for problem solving and self discovery. Tarot can offer guidance and may make a difference in how you view your life and daily challenges. The Tarot Lady has 25 years experience as a professional provider in the field of psychology, and has consulted tarot to problem solve and to aid in self discovery for more than 2 decades. Email tarotforlife@yahoo.com to schedule a session at RVCC.

Fitness & Yoga Classes

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.

Ongoing Yoga Classes & Updates

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 w/ Agnes F. Schrider, physical therapist and certified yoga instructor.

Mondays, 8:00am—9:00am and Wednesdays, 8:00—9:30am. Agnes integrates her training in physical therapy and anatomy, mindfulness and wellness for a safe and fun class. All level students are welcome. Private Yoga individual and group sessions also available, by appointment. Contact Agnes: agnesyhw@gmail.com. For class schedules, fees, changes in schedule due to holidays, inclement weather etc.) and to read Agnes's blog for wellness tips, visit www.agsyogaworks.com.

Yin Yoga with Rebecca L'Abbe. Mondays 11:15 AM–12:30 PM and Tuesdays 6:30—7:45 PM.

\$72/6 classes or \$14/drop in. First class free for new students. Partial scholarships also available through instructor. Yin Yoga is a slow-paced style of yoga that uses gentle, long-held postures practiced with an attitude of compassionate acceptance to awaken the more Yin (feminine) parts of our physical, emotional and spiritual selves. Contact Rebecca L'Abbe at rebecca.labbe@gmail.com or 434 466-2696. For more information about Yin Yoga and Rebecca L'Abbe, [visit the Yoga Studio page at rockfishcc.org](#).

Wednesdays, 10:15—11:45am: All Levels Yoga with Kate Zuckerman. (No class 2/13 or 2/20.)

Kate's teaching incorporates the philosophy of yoga and emphasizes presence, peace, and poise in each pose. Students will hold postures for a period of time in order to learn more about themselves and the pose. This class will challenge more experienced students and is also appropriate for all levels.

Contact Kate at kate@commongroundcville.org.

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.



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 info and registration.

For more info about Core Fitness Synergy, visit corefitsynergy.com.

The Rockfish River Gallery of Fine Art & Exquisite Crafts



Over 50 artists now have their work available at the gallery, with new items arriving every month. The gallery offers a wide selection of artwork, crafts, jewelry, soaps, textiles, sculpture, books, music, cards, pottery and much, much more. Need a moment to gather your thoughts? Come sit for a bit in the Gallery's Quiet Room, and explore books, music, and artwork by local artists.

The Gallery and the Quiet Room have new hours!

Tuesday through Saturday, 10 am — 4:00 pm.

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

Susan Gorman—Custom Glowforge Projects



Susan Gorman of Derby Vixen is now the proud owner of a Glowforge desktop laser. It can be used to cut and etch a number of materials such as glass, paper, leather, acrylic, wood, slate and more! Please stop by and ask what Susan can make for you! More information can be found at www.glowforge.com. Email questions to susancpv1@mac.com or stop by Room 8!

Full Circle Salon

Tammy Huffman, Stylist. Color, cut, styling, and facial waxing. **By appointment: contact Tammy at (434) 529-7180.**

Old Orchard Farm

Old Orchard Farm is open **YEAR ROUND every Wednesday 9:30—12:00pm and every Saturday 9:00—12:00, in the Concession Stand behind RVCC.** Check out the Old Orchard Farm Market for local meats, seasonal veg and fruit, gift ideas and more. Please contact Anne for more info at 434-260-4701. 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.

Trager Brothers Coffee

Certified organic micro-roastery. Hours: Monday through Saturday 7:00am—6:00pm; Sundays 9:00am—4:00pm. Contact TBC at 434-263-8916 or info@tbcroasters.com.

Virginia Rock Shop

Rocks, fossils, and jewelry from Virginia and worldwide, mostly acquired from older collections purchased from other rockhounds and personally collected items. Hand cut and polished stones and handmade jewelry. Jewelry Repair, watch battery replacement. **Normal hours: Tues—Sat. 10am–5pm, Sun. 12–5pm. 434-981-1897 or VaRockShop.com.**

Therapeutic Massage by Alyssa Kartheiser, LMT, MMP

By appointment in Room 3, New Health Consultant Studio. Licensed massage therapist in the state of Virginia and Board Certified by the NCBTMB, specializing in Swedish Massage, deep tissue techniques, craniosacral therapy, and aquatic bodywork. Alyssa's training also includes myofascial release techniques, medical massage and various pain relief techniques. Alyssa uses all this to create a customized massage tailored to the needs of her clients, and specializes in both relaxation and pain relief. **Contact Alyssa for an appointment: 540-836-9288 or lyssaat@hotmail.com.**

Zero Balancing w/Elizabeth Martin

Elizabeth Martin, RN, BSN, Certified Zero Balancing practitioner and Faculty member. Holistic practitioner with 30 years of varied professional nursing experience and more than 20 years experience as a Certified Zero Balancing and meditation practitioner. **Zero Balancing:** Powerful touch therapy that is deeply relaxing and energizing. ZB can relieve tension and pain, improve balance and mobility, alleviate stress, encourage a calm, quiet mind, and expand your awareness. **Call or email today to schedule your appointment. (434-426-4578) or ZBlizzie@gmail.com.**

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](#)

Susan Gorman:
[Derby Vixen](#)

David Lipscomb:
[Virginia Rock Shop](#)

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](#)

OUR TEAM

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Directors Joe Centofante, Gifford Childs, Mary Cunningham, Charlie Hickox, Chuck Kiehl, Glenn Picou, Casey Stillman.

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Executive Director Stu Mills

Operations Manager & Newsletter Editor Sara Taylor

Treasure Chest

Manager Catherine Dunne

Assistant Managers Betsy Greenleaf & Eleanor Massie

Groundskeeping

Creation Appreciation

HOW COMMUNITY HAPPENS

- ◆ Volunteer for a Pancake Breakfast, a workday or an event, or take a class—be a regular at The Rock!
- ◆ Donate to a Fundraising Campaign or Sponsor an Event—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 or Join a Committee—whether it's praise, a suggestion, or a complaint, we want to know. Help us shape a better community for you.

COMMITTEES

Our Building & Grounds, Development, Art, Music, and Public Relations Committees are entirely composed of volunteers, and we would *not* be able to keep this place running without them!

Building & Grounds

The Building & Grounds Committee helps keep our Community Center in the best possible shape—from small repairs to large improvement projects, this group literally keeps our 80-year-old building up and running!

Development

From planning fundraising events to strategic planning, the Development Committee is dedicated to keeping our organization vibrant and growing.

Music

The Music Committee plans and runs our House Concert series, and assists with the development of music programming at RVCC.

Art

The Art Committee works with local artists to schedule quarterly art exhibits and artist receptions in the RVCC Auditorium.

Public Relations

The Public Relations Committee helps us promote events, programs, and fundraising activities to increase awareness of our organization and its mission.

Want to get involved? You can make a huge difference without making a huge time investment! Contact us today!



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 look for the "Subscribe" form on the front page of our website.