



June 2018

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

From Executive Director Stu Mills

“Hazy, Hot & Humid - Chance of Afternoon Thunderstorms” - the local weather forecast is like a broken record around here this time of year. And right on cue at 4:30 last Saturday afternoon - just as we were about to kick off “Celebrate Rockfish” - the heavens opened up. A gully-washer. Rain falling sideways. Shades of Camille.

Ten minutes later, it became pretty clear that we wouldn't be playing KneckerBall or grilling food outside, so we made the call to move the party into the auditorium - in hopes that at least a few people might still show up to enjoy Chamomile & Whiskey's performance, and buy a glass of wine or a beer and a few more raffle tickets.

As always, everybody jumped in to help - carting tables from the tents into the building, relocating the band's drenched sound system indoors, transplanting Bob West's ice cream parlor and transferring the coolers of drinks from the Lounge up to the portable bar. Blue Mountain Brewery raced back to the restaurant to cook up some pizzas, burgers and sandwiches to sell inside. By 5:15, we had a party going.

And what a party it was - over 100 people braved the weather to come chat, laugh, listen to some great folk rock, eat, drink, enjoy some outrageously delicious ice cream and gelato, and hear Pete Perdue's name called as the grand prize winner of the raffle. It was another amazing show of community in action, and even more amazingly, the most successful Celebrate Rockfish of the last three years! Thanks, as always, to everyone who braved the weather and who helped us turn tragedy into triumph!

GI, Too Update: Just wanted to give you all a quick update on our latest capital projects fundraising effort - “Green Initiative, Too.” As you might recall, this campaign follows closely on the heels of five recent projects that seek to control our energy costs and reduce our carbon footprint on the planet.

I'm very proud to let you know that with the help of the Charlottesville Area Community Foundation, the Community Foundation of the Central Blue Ridge, the Perry Foundation and some wonderfully generous members, we have raised over \$40,000 of our most optimistic goal of \$51,700. These funds will be used to re-paint the front roof of the main building, light the basketball court & skate ramp, replace every fluorescent bulb in the building with LED lighting, re-insulate the attic in the annex, repair & refinish the dining room floor, replace the window treatments in the final two rooms without them and - near & dear to our hearts - install central air conditioning in the front 8 rooms of the building!

June will be the last month of fundraising for GI, Too, and we still are waiting to hear from a couple of foundations about grants that we have requested, but we could surely use your help in putting us over the top in this effort! If you can spare a few bucks and want to support the “greening of the Rock,” please click on the link to the right, or visit the donation page at rockfishcc.org. And please be sure to note that your donation is for this effort.

Thanks again for keeping us rockin' - and Happy Summer!

Stu

Green Initiative Too

Let's keep the Green Initiative growing—and make RVCC a “greener,” more energy efficient place!

For more info: [YES! I want to support the Green Initiative, Too!](#)

Saturday, June 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 has been providing us with a small core group of volunteers who make sure the breakfast goes off without a hitch every month. 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!**

Thursday, June 14: Kirtan with Carol and Martha

5:30—7 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!



Saturday, June 16: 2nd Annual Triple D Day

10:00am—2:00pm, in the RVCC Parking Lot.

On June 16th the Nelson County Chamber of Commerce and Rogers and Associates, P.C. will be co-hosting the 2nd Annual Triple D Day (Document Destruction Day). Bring all of your important papers for safe disposal right in front of your eyes!

Please bring paper only. Restricted items include: hanging folders, all metal binders and wire notebooks. This service will be performed by Document Destruction of Virginia.

There is no charge for shredding, but freewill offerings are appreciated. For more information, please call 434-263-5971 or email info@nelsonchamber.org or jrogers@R-CPA.net.



Sat., June 23: Central Virginia Blues Society 3rd Annual Blues Festival

3-10pm, at the Blue Mountain Pavilion—Rain or Shine!

Featuring:

- The Dave Chappell Band
- Bobby Black Hat
- The Patty Reese Band
- Vintage #18
- The Danger Zone

Plus local food and beverages, vendors, guitar workshops, and more!

Tickets: \$15; CVBS Members \$10; kids under 12 get in free!

For more information, visit www.centralvablues.org



Saturday, June 30: Intro to Wet Felting

Wet Felting Level 1: Intro to Wet Felting with Donna Markey & Crystal Oliver

Saturday, June 30th 10:00am - 4:30pm. In the Rockfish Lounge. Fee: \$85.

In this introduction to wet felting, we use an assortment of wool, alpaca, silk, & sparkle to “paint and create with fiber.” We are all creative and the more creativity we unleash, the richer our lives. We will use a meditative approach to “get out of our head,” release us from our self-doubting talk, and connect with universal creativity. Felting is an ancient process of creating fabrics and art in natural fibers. All materials provided. Please call 434-245-8080 or email info@aplacetobreathe.com.

Save the dates for future workshops:

September 15th: Wet Felting Level 2; and October 20th - Dimensional Needle Felting

Look for details coming soon at aplacetobreathe.com & Woolyfiberworks.com.



Saturday, July 7: Free Gokhale Method Workshop



LEARN TO LIVE PAIN FREE! 1-Hour free Gokhale Method Workshop

Saturday July 7, 12pm—1pm. In Rockfish University.

Posture Secrets From The Masai, The Ancient Greeks, and Babies. Experience what healthy posture can do for you in this free, one-hour workshop taught by Cheri Boeckmann PT, BS ED from Lovingson Physical Therapy.

Coming in September:

Gokhale Method Foundations Course—with Cheri Boeckmann, PT. “Six Lessons on Gokhale Method”

Saturday, September 8: LESSONS 1-3. 9AM-3PM with one hour lunch break. Sunday, September 9: LESSONS 4-6. 9AM-3PM with one hour lunch break. In Rockfish University.

Gokhale Method Foundations is the core offering of the Gokhale Method. In six 90-minute lessons, you can change your habits efficiently and profoundly through a combination of verbal explanation, visual materials, and gentle hands-on guidance from CHERI BOECKMANN, PT BS.Ed. All qualified Gokhale Method teachers are personally trained by the founder, Esther Gokhale.

Reduce or eliminate many kinds of musculoskeletal pain—Prevent Joint degeneration—Increase energy, stamina and flexibility—Improve your circulation and breathing—Reduce Stress—Look and feel more confident!

Effects are often immediate and last a lifetime. Wear comfortable clothing, layers always a good idea. No jeans, please.

To sign up: gokhalemethod.com, or call Lovingson Physical Therapy at 434-263-6200.

Saturday, July 21: Save the Date for SK8 Nelson!

4:00—9:00pm, at the Blue Mountain Pavilion

A fundraiser for Nelson’s only skate park—help RVCC keep the park open!

The annual SK8 Nelson Festival helps us raise the \$4000/year liability insurance premium required to keep the SK8 Nelson park on our grounds.

The Festival features a skate jam, best trick competitions, skate lessons, raffles, food and beverages by Blue Mountain Brewery, and live music by Shagwuf and the Blndrs.

Admission is just \$5/person—kids under 12 get in free.

To donate to SK8 Nelson, please visit

www.rockfishcc.org/support-sk8-nelson.



Sunday, July 29: Voices and Winds in the Valley

7:30—9:00pm, at RVCC’s Blue Mountain Pavilion.

The Wintergreen Summer Music Festival returns to RVCC this year with “Voices and Winds in the Valley.” Bring a blanket and a picnic dinner, or grab an under-tent table, and enjoy exciting tunes from Broadway to the Opera, sung by the talented singers in our Vocal Intensive program. Plus, the new Academy woodwind quintet will perform, offering something for everyone!

We’ll have libations to purchase so you can raise a glass to toast these incredible students.



Free event; donations appreciated. Proceeds benefit the Wintergreen Summer Music Festival and RVCC.

For more information about the festival, visit www.wintergreenperformingarts.org.

Sponsored by the Virginia Commission for the Arts and the National Endowment for the Arts.



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.

Treasure Chest Hours
Tues.—Fri.: 10am—4pm
Saturdays: 9am—3pm
Call 434-361-0103

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! **Plus, you can now get 20% OFF Boutique clothing EVERY day!**

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.

VOLUNTEERS NEEDED!

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!

**Now On
SALE**

**50% OFF! SPECIALLY-PRICED
BOUTIQUE AND WINTER CLOTHING**
25% OFF! ALL JEWELRY



Ongoing Events, Classes & Services

Reboot Combat Recovery Program

Tuesdays, 6—8pm, in the Rockfish Lounge. REBOOT Combat Recovery, a non-profit support system that focuses on healing the spiritual and moral injuries of war is hosting its free 12-week combat trauma recovery course starting May 15.

Created to aid service members and their families in working through their post-traumatic stress and rejoin civilian life, the course addresses the concept of soul wounds in an effort to heal the mind, body and soul. The fresh approach offers weekly classes that include topic-based instruction, class discussions, homework, group exercises and a family-style meal. In contrast to traditional mental health treatment options, REBOOT is led by volunteer veterans and provides practical solutions for healing moral injuries.

The weekly course, free to participants from Nelson, Amherst, Albemarle, and Augusta counties, begins on May 15 and will be held at RVCC in the Rockfish Lounge, from 6 pm to 8 pm. Dinner and childcare will be provided. Please register by emailing rebootrockfish@gmail.com. **To learn more, stay connected with the organization, and to see upcoming classes, connect with REBOOT Recovery online at www.rebootrecovery.com.**

The REBOOT Recovery Afton Program is sponsored by Devils Backbone Brewing Company, Wild Wolf, Blue Mountain Brewery, Vito's, Misson BBQ, and Beechgrove Church.

Coming Soon: The Quiet Room at Rockfish River Gallery

The Rockfish River Gallery is embarking on an additional project starting now. It involves you.

As you know, the Rockfish River Gallery's mission is to encourage artistic expression in all its forms. In addition to visual art, the Gallery also sells books that are written by local and/or extended local Virginia authors—currently 31 books by 26 authors, including 5 children's books. The gallery also carries a small collection of CDs of local Virginia musicians.

This June, the small room on the right side of the gallery (formerly known as the Habitat for Humanity office) will be converted into a Reading and Listening room. Here you may peruse the entire selection of books and listen to the CDs. You will be able to sit in comfortable chairs, and relax while you do so.

The Gallery's goal is to collect books and writings authored by Nelson County folks (and those from close environs). This project means to encourage authors, musicians, bands, orchestras; and even individual writings, whether published, self-published, or simply written by hand. If we don't collect these materials now—regardless of genre— we will lose a very important part of our history and collective memory. The Gallery also wishes to help preserve the long tradition of music made by our older Nelson County folks and by our new crops of extremely talented musicians.

Please spread the news, keep an eye out for the opening of The Quiet Room, and give some thought to writing about your life as nonfiction or as fiction.

Ongoing Events, Classes & Services (Cont.)

Mindfulness in The Workplace Workshop—with Agnes Schrider

4-hour workshop available at RVCC. Mindfulness helps leaders and team members incorporate skills immediately in the workplace and in daily life. The strategies will transform you and the work environment. Benefits include lowered blood pressure, heart rate, stress, and sick days; and improved productivity, communication, and balance. **For more information and to schedule your workshop at RVCC, contact Agnes at agnesyhwh@gmail.com or www.agsyogaworks.com.**

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.

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. 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](#).

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.**

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.**

Therapeutic Massage by Alyssa Kartheiser, LMT, MMP

By appointment in Room 3, New Health Consultant Studio. licensed massage therapist in the state of Virginia for 7 years 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, along with a Bachelors degree in Kinesiology and Exercise Sciences from the University of Hawaii. Alyssa uses all these techniques 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. Graduate of the 3 Doors Academy, where one learns to engage in a deeper process of self discovery through meditation. **Zero Balancing:** Powerful touch therapy that is deeply relaxing and energizing. ZB touches your core at the level of bone to promote wellness and balance. ZB can relieve tension and pain, improve balance and mobility, alleviate stress, encourage a calm, quiet mind, and expand your awareness. **Call or email today to schedule your appointment. (434-426-4578) or ZBliz-zie@gmail.com.**

Weekly Meditation Group

Weekly guided meditation group guided by Elizabeth Martin, graduate of the 3 Doors Academy and current coordinator of this ongoing intensive meditation program. The program is designed to support practitioners to engage in the process of self discovery, promoting greater ease in moving through life challenges. **For more information call [434-426-4578](tel:434-426-4578) or email ZBliz-zie@gmail.com.**

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.**



SHOPS & STUDIOS



Shops & Studio News

Claudia Gibson Catering



Claudia's Cafe is open! 9am—3pm, Wednesday through Friday; 9am—1pm Saturdays (except 1st Saturday.)

Breakfast, lunch, baked goods, frozen entrees and soups to go—made with locally sourced ingredients.

For special orders, events, and catering, please contact Claudia anytime at claudiacatering@gmail.com or 434-760-4182.

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 every Wednesday 9:30—12:00pm and every Saturday 9:00—12:00, in the Concession Stand behind RVCC.

Old Orchard Farm is a competitively priced farm market offering regular specials on our high quality pork, beef and lamb for the best prices in the Rockfish Valley! Come early for the best selection of organically raised fruits and veggies, plus baked goods, eggs, cow shares and more!

Stop by, as you never know what seasonal specialty may suddenly be available! Tastings too!

Please contact Anne for more info at 434-260-4701. Please email info@oldorchardfarmva.com 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 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.

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

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

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



VaRockShop.com

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.

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](#)

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
Foundation](#)

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 with Agnes F. Schrider, physical therapist and certified yoga instructor. (No class May 21, 23, & 28.)

Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. Agnes integrates her training in physical therapy and anatomy, mindfulness and wellness for a safe and fun class. All level students are welcome. Private Yoga individual and group sessions also available, by appointment. Contact Agnes: agnesyhw@gmail.com. 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 (must be used within 9 weeks of purchase) or \$14/drop in. Partial scholarships also available through instructor. Contact Rebecca L'Abbe at rebecca.labbe@gmail.com or 434 466-2696. 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. Through the practice of Yin we can help bring health to our bodies and balance to our busy Yang (masculine) style lives. Another intention of Yin yoga is to promote the physical and energetic health of the connective tissue around the joints by applying moderate stress to the tendons, fascia, and ligaments with the aim of increasing circulation in the joints and improving flexibility. For more information about Yin Yoga and Rebecca L'Abbe, [visit the Yoga Studio page at rockfishcc.org](#).

Wednesdays, 10:30—11:45am: All Levels Yoga with Kate Zuckerman.

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.

This class is offered by donation. Please give as generously as you can, as 100% of your contribution will be donated to a local nonprofit organization. **We collectively raised over \$600 for Friends of Nelson in March and April. Thank you to all who attended for your very generous contributions.** All proceeds from June and July's yoga classes will go to [Common Ground Healing Arts](#) to support a new yoga teacher training program for inmates at the women's prison in Fluvanna County.

Contact Kate at kate@commongroundville.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.

YOU Can Make it Happen!



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, and *let's make it happen!*

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. *Help us make it happen!*

We take a lot of pride in this place, but the truth is that we just can't do it all. And so we hope that you'll take some pride in it too. Please help us care for the Community Center that has become an anchor in the lives of so many people in the Rockfish Valley.

OUR TEAM

RVCC Board of Directors

President Sarah Jane Stewart

Vice President Bob Yoder

Treasurer Scott Duncan

Secretary Cliff Love

Directors Joe Centofante, Gifford Childs, Mary Cunningham, Charlie Hickox, Chuck Kiehl, Dan Magan, Glenn Picou

RVCC Staff

Executive Director Stu Mills

Operations Manager & Newsletter Editor Sara Taylor

Treasure Chest

Manager Kat Walsh

Assistant Managers Betsy Greenleaf & Eleanor Massie

Groundskeeping

Creation Appreciation

Custodian

T&E Cleaning

HOW COMMUNITY HAPPENS

- ◆ Volunteer for a Pancake Breakfast, a workday or an event, or take a class—be a regular at The Rock!
- ◆ Donate to a Fundraising Campaign 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—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.