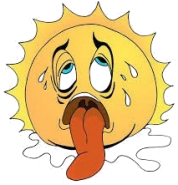




July 2018

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

From Executive Director Stu Mills



Yeah, this about sums up the last week for me...

After such a mild and moist spring, summer has set upon us savagely with heat indices already topping triple digits.

Time to just sweat it out. Crank up the A/C. Keep the pets inside. Scrap the after-work gardening.

And try to cheer up a little by watching the days shorten and checking the solar power output!

Happy to report that Rock & Sol is performing as brilliantly as the sun is shining – we’ve just topped 6 megawatt-hours (mWh) in power generation as I write this - meaning we’ve cranked out over 6000 kilowatt-hours of electricity since we powered up the system on March 20th. That’s a little ahead of what we expected, especially with such a cloudy May, and puts us on pace to meet or surpass our 17 mWh goal for our first year.

But what does that mean for our electric bill? It’s all good news:

- ☀️ **For the first time in five years, our electricity purchases in April and May were under 200 kWh per day (and we were far less busy back then!);**
- ☀️ **Despite far higher total degree days this year, both April and May electricity purchases were down by 28% and 23% respectively compared to last year; and**
- ☀️ **April and May power bills were under \$1000 for the first time since 2013, even though we’re far busier today, and there has been a 7.2% increase in electricity rates since that time.**

Rock & Sol was a huge investment for us, but it is just one component of our ongoing “Green Initiatives,” which have collectively achieved these results and similar savings in heating oil consumption. Other recent projects, including heating system upgrades, geothermal system rejuvenation, window replacement and refurbishment, floor, steam-pipe and attic insulation improvements, fluorescent light replacement and insulating window blind installation, have achieved serious reductions in our energy usage, and a consequent reduction of our carbon footprint on the planet.

We hear from people every day how much they appreciate all the progress we’ve made in providing responsible stewardship for this wonderful old landmark that turns 80 years old this year. To all of them, we’d just like to reply...



No Sweat!

Thanks for all you do, (and keep cool)!

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!!](#)

RVCC Business Council



Let’s Mind our Own Businesses – Together! The RVCC Business Council is here to support our business community - without any agenda to promote, any axe to grind or any special interest to serve. It is here entirely for you. It is driven by your business needs. It is your opportunity to learn, to network and to grow your business, while showing your support for RVCC as a voting member. And the timing could hardly be more propitious, with the dizzying growth of the 151 corridor!

Join or renew your RVCC Business Council membership today!

Visit www.rockfishcc.org/join-the-rvcc-business-council for more info!

Now Through October 15: Join the Rock for Half the Price!

From July 1 through October 15, all Basic Level 2018 Memberships are half price! If you've never been a member, joining at this time of year can be a great way to try us out and find out just how much you can gain by being a member of your local community center. And if you were a 2017 member, but haven't yet renewed for 2018, you can get all your benefits again for half the price!

Unlike the targeted project fundraisers such as the Green Initiative and Rock & Sol, our Membership Drive is one of the few unrestricted 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.

Click the link below for more information about the benefits of joining us at the Rock!

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

...or visit the RVCC Office to learn more! *Please note: Half-price memberships expire on December 31, 2018.*

Saturday, July 7: 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!**

Saturday, July 21:

7TH ANNUAL SK8 NELSON FESTIVAL!



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 the MinPin Memorial Skate Jam, best trick competitions, skate lessons, raffles and more!

LIVE MUSIC

FOOD & BEVERAGES

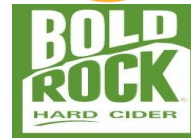


SHAGWUF

THE BLNDRS

7TH GRADE GIRLFIGHT

NEFARIOUS CHARACTERS



Admission is just \$5/person—kids under 12 get in free.
\$5 entry fee for skate contest with cash prize.
Skate Jam starts at 4pm—Music begins at 5pm.

Additional Sponsors: Action for All—Freestyle—Upper Level Screen Printing

Can't come to the festival?
Donate at 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 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.

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

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



Coming Saturday, November 10: Men Who Cook!

Rockfish Nights is scheduled for Saturday, November 10, 2018! Our fall fundraising gala will feature the return of last year's awesome Casino Night, our "Best of the Chest" Chinese Auction, and new for 2018: Men Who Cook!

This event welcomes up to 15 men who will take on the role of chef for the evening. Each chef will prepare a limited number of servings of their favorite dish--whether it be an entree, a side, or a dessert--and the end result will be a truly unique combination of culinary delights.

So fellas, get ready to show us what you can do! Got a killer stew you'd like to show off? A mouth-watering dessert? A salad or a casserole that always disappears at the party? Or a special, easy-to-produce entree of which you're particularly proud?

Please contact us if you'd like to participate, and we'll get you the details!



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

**20% OFF! ALL ARTWORK AND
FRAMED MIRRORS**
**20% OFF! ALL ITEMS FROM
THE HOUSEWARES HALLWAY**

**BLACKBOARD
SPECIALS!**
CHECK THE BOARD ON YOUR WAY
INTO THE STORE FOR SALES ON
BOOKS, MEDIA, AND MORE!

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 Lovington 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 Lovington Physical Therapy at 434-263-6200.



A Place to Breathe
Meditation and Yoga Studio

Saturday, September 15: Painting with Felt

Painting with Felt: A Level 2 Workshop with Donna Markey & Crystal Oliver

Saturday, September 15th, 10:00am - 4:30pm. In the Rockfish Lounge.

Fee: \$75. All materials provided.

Expand your techniques in wet felting! We use an assortment of wool, alpaca, silk, & sparkle to "paint and create with fiber." Art expresses the soul, so we will use basic contemplative practices to tune into our creative spirit.

New to Felting or missed level 1? Not to worry! You will learn these techniques, and can learn how to make the base at a future level 1 workshop. All materials provided. Bring a sack lunch, two old towels if possible, and a picture you would like to use as your inspiration.

To register, call 434-245-8080 or [email info@aplacetobreathe.com](mailto:info@aplacetobreathe.com).



More info:
aplacetobreathe.com
woolyfiberworks.com

Saturday, September 22: Movie Night! The Lego Batman Movie

Nelson County Parks and Recreation Presents...

Nelson Nites Outdoor Movie Series

September 22
The Lego Batman Movie

Free!

Movie begins at dusk
at The Rockfish Valley Community Center

434.263.7150

FROM THE TEAM THAT ASSEMBLED THE LEGO® MOVIE

THE LEGO BATMAN MOVIE

IT'S ON. 2017



SHOPS & STUDIOS

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 National Fellowship Foundation](#)

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



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.

VaRockShop.com

Normal hours: Tues—Sat. 10am–5pm, Sun. 12–5pm. 434-981-1897 or VaRockShop.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.

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.

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 summer, 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.

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.

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: agnesyhwh@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. 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. All proceeds from 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. We collectively raised over \$300 during the month of May—Thank you to all who attended for your very generous contributions!

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 Core Fitness Synergy Studio

Core Fitness Synergy offers:

"Sweat Looks Good On You!"

SYNERGY

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.

New Class at Core Fitness Synergy:



Beginning Wednesday, August 1: Back to Basics

Wednesdays, August 1--September 5, 10:30—11:30 AM.

Back to Basics is a 6 week course focusing on the primary/basic exercises. Each week will focus on a specific exercise/muscle group that includes squats, lunges, push-ups, shoulder exercises, arm exercises, and core exercises. We will focus on proper form, modifications, and variations. Perfecting the basic exercises will improve workout/exercise performance, prevent injury, and promote safety. Each class will include an at-home workout based on the muscle group or exercise focused on for that day.

Fee: \$60 total (\$10/class). The first 5 people to sign up will receive 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.

2018 Basic Memberships are now half-price!

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