



November 2018

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

From Executive Director Stu Mills

Be Like Joe.

Joe Centofante appeared out of nowhere one day a few years ago when we were starting work on the Pavilion. He just showed up and started mixing concrete for the post footings, and he hasn't stopped since. He became an active member of the Building & Grounds Committee, and early this year we invited him to run for an open seat on the Board of Directors. He won that seat and has made a huge contribution to the governance of the Rock ever since.

But that there were more Joes!

Below is a letter Joe wrote to the editor of the Nelson County Times, expressing how he feels about being part of this community and its Center, along with a head shot and an "action shot" we took of Joe after he finished "the crawl" under the building this week to string electric cable for the new A/C units we're installing. (He's gonna kill me for this!)

I thought Joe's letter would make a great lead article for this month's newsletter:



"In a smaller rural area, the sense of community has always been the strength of a vibrant community. This is especially true in our fast-paced environment where communication is enhanced with social media...yet actual face-to-face activities seem to be harder to experience.

The Rockfish Valley Community Center (RVCC) is a non-profit organization, and receives no funding from the county, state or federal government. It is a community center run by, and for, the residents of Nelson county - a place open to all people.

RVCC provides space for a community-driven thrift shop, a home for smaller entrepreneurial ventures, housing for several local businesses, serves as a host for ongoing arts activities, and as a venue for community centered events. It is also a great place where people can use not only space inside the building, but also the surrounding grounds. The center now has a large outdoor pavilion and stage with a wonderful mountain backdrop. RVCC is an excellent location to host parties, weddings or other similar activities. In addition, there is a lighted baseball field, basketball courts, playground, walking trails, picnic areas, a skateboard park, and soccer nets.

I feel privileged to be part of this vibrant organization and I would encourage everyone to stop by. Better yet, let us know when you are coming and we will give you a casual tour and buy you a cup of coffee or tea! For all of you that are familiar, and actively support the Center...a big thank you. In fact, we are happy to also treat you to a cup of coffee or tea and chat a bit."

—Joe Centofante
Nellysford



Saturday, November 3: 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!**

Beginning Saturday, November 3: 12th Annual Winter Market Season



The 12th Annual Winter Market season begins on Saturday, November 3! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts. Each market (except 12/15) also coincides with RVCC's Pancake Breakfast and the Treasure Chest Boutique Bag Day.



Indoor Market Schedule

2018

November 3— December 1— December 15
The Accidentals—Sue Harlow—Rockfish Gap

2019

February 2, March 2, April 6
Live music TBA



All Markets are 9am—Noon.

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

Saturday, November 10: Rockfish Nights! Casino Party & Men Who Cook

BLACKJACK
ROULETTE
CRAPS



Casino Party!



Raffles & More!

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 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.

From chimichangas to cheesecake, the end result will be a truly unique combination of culinary delights.

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



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

Tickets Available at Rockfishcc.org, the RVCC Office, and the Treasure Chest Thrift Store.



Full tickets: \$45 members, \$50 non-members.

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

[CLICK HERE TO GET TICKETS!](#) Ticket Sales CLOSE on 11/4!

Continuing Education—A Walk Through Western Civilization



CONTINUING EDUCATION AT ROCKFISH UNIVERSITY

The autumn semester of "A Walk Through Western Civilization" is held on Sundays at 3:00 p.m., in Rockfish University. 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 winter semester, in which the historic roots of civilization in the Eastern Mediterranean and ancient Greece were discussed, the autumn semester will 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, attend the class meeting or call Dr. Mitchiner at (434) 361 - 1412.

On Display in November: Art as Therapy Exhibit

Featuring work by Cathy Kiehl, Trudi Goodwin, Erin Johnson, and Pat Leavitt

Artist Reception Friday, November 16, 5:30—7:00pm

Exhibit on display early November—November 30, In the RVCC Auditorium

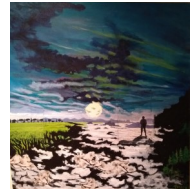
Cathy L. Kiehl has a Masters of Science in Art Therapy. She is retired, and lives in Nelson County. She is presently working with a Senior creative group at JABA in Lovingston.

Artist Statement: *“Art therapy combines the science of psychology and the creative techniques to visually express oneself. The act of creating, whether painting, sculpting, sewing, etc. is therapeutic in itself and is even more powerful when expressing visually what words cannot. I have used the creative process to help deal with stressful times as well as happy times.”*



Cathy Kiehl

Trudi Goodwin is a Licensed Professional Counselor and Registered Art Therapist with more than ten years of experience serving a diverse population in a variety of mental health settings. Trudi’s artwork speaks to her inner journey, connecting it with a visual form through complexity of color, texture, metaphor, and symbolism. Symbols with their shared commonality and universal meanings further deepen the connection between her art and the viewer. Trudi’s hope is that each art piece reveals an interesting personal symbol or image capturing a snapshot of a moment in time.



Trudi Goodwin



Erin Johnson is a Licensed Professional Counselor in private practice, and uses mindfulness, music, guided imagery and expressive art in her work with individuals and groups.

Artist Statement: *“I began taking a quirky abstract oil painting class last fall and it has transformed how I approach painting. Another artist in the class remarked that it seemed like “you take what you hear all day and put it out onto the canvas.” That was a great description of how abstract painting has been therapy for me!”*

Erin Johnson

At the reception, Erin will demonstrate Mandala drawing as a means of self-expression and self-discovery.



Pat Leavitt

Patricia Leavitt was born in Connecticut, moved around some, arrived in Virginia '88-91, then back in '94, eventually settling in Afton. Pat has explored and practiced art making for personal process since childhood. She always enjoyed singing, dancing and theater as a kid; now has a focus on paper and fabric based work, with an occasional bout of songwriting. Collage is a strong interest, and the work of Romare Bearden has been a great inspiration. Friends and family know that Pat is a curator (hoarder?!) of ephemera and found objects. Cooking, another kind of creative activity, earns a living.

COMMUNITY EVENTS

Support community events held at RVCC

Wednesday, November 7: JABA Medicare Enrollment Counseling

In Rockfish University, by appointment only. Medicare Open Enrollment is October 15th to December 7th. Every year, Medicare Part D insurance companies make changes to their plans. So, this is the time for you to make sure you have the right prescription plan for you in 2019. Statistics show that 87% of people on Medicare have the wrong Part D plan for them. Jefferson Area Board for Aging provides a free service to help people figure this out. Last year, JABA assisted 1,871 people in finding the right plan. In total, we saved people \$1,280,000 on their prescriptions and prescription insurance. **Please call for an appointment: 434-817-5248.**

Friday, Nov. 23th (Thanksgiving Weekend) Intro to Yin Yoga plus Restorative Yoga—with Rebecca L'Abbe.

10:30AM - Noon, in the Yoga Studio. Class fee: \$18. Partial scholarship available for those with financial need.

Curious about what yin yoga has to offer? Unlike hatha yoga (Iyengar and other styles) which is concerned primarily with elastic like muscle tissues, yin yoga target the more plastic like connective tissues such as fascia, ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice.

Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. It encompasses long held, static stresses of the deep connective tissues allowing them to be remodeled over time. It includes the use props and is approached as a true mind-body meditation.

In the restorative portion of the class, we will use postures with the support of various props--blocks, bolsters, blankets and straps--to support, nurture, rest and calm the body and mind. It's a great way to recover from the rigors of preparing or eating a celebratory thanksgiving meal.

Restorative Yoga takes an unhealthy or stressed body and brings it (hopefully) back to normal, while Yin Yoga takes a normal healthy body and brings it up to optimum. Prerequisites: The ability to get down and up from the floor, no serious injuries, and an open mind. No previous experience with yoga required. Bring your adult friends and family members! **For more info, contact Rebecca L'Abbe at rebecca.labbe@gmail.com or 434 466-2696.**

Community Events at RVCC (continued)

Sunday, December 2: Nelson County Community Orchestra Holiday Jubilee

4pm, in the RVCC Auditorium. This holiday season NCCO is presenting their second annual Holiday Jubilee with a rich variety of holiday pieces played by an ever expanding orchestra. Featuring Charles Winkler on mandolin, the Amherst Dance Academy, and a chorus of community voices. Program to include Vivaldi's Mandolin Concerto, Tchaikovsky's Nutcracker, and many holiday favorites. Enjoy the rich, deep and sultry tones of two bassoons and oboes, the angelic voice of a harp, the robust sound of 15 strings and 12 winds and brass and the mirth filled rhythms of an expanded percussion section! Try out your baton skills by being selected to conduct Sleigh Ride. Be delighted by the children's ballet troupe. And, "join" the community chorus for Handel's Messiah - all are welcome. Kick off your holidays with this family festive concert you won't want to miss!

If you'd like to join the chorus, please RSVP through our website, www.nelsoncco.org, by phone or email. Also on our website you'll find vocal scores, "part learning" videos, rehearsal dates and times and our full concert repertoire. You can come to a rehearsal or two, or just wing it!

All NCCO concerts are free, but donations are greatly appreciated! Visit Nelsoncco.org for more info.

Saturday, December 15: Free Gokhale Method Posture Workshop—with Cheri Boeckmann

12pm—1pm, in Rockfish University. Sign up at GokhaleMethod.com or call Lovington Physical Therapy at 434-263-6200.

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.

Ongoing: Recycle your Unused Windows Computer Systems

Wanted: Computer systems no longer being used. **Purpose:** To be refurbished and updated with new software for deserving families in Nelson County. **Use:** Updated, complete computer systems (PC, monitor, speakers, printer) are given to the Monticello Area Community Action Agency (MACAA) for deserving Nelson County families. Generally these are head-start families and families with school-age children where the children use computers in school but do not have their own computer at home.

How to donate: Call Joe Steele - 434-361-1597. He can pick up from your business, or you can drop the equipment at his home in Stoney Creek. **Donations may also be brought to RVCC.** Call 434-361-0100 or email rockfishcc@gmail.com to arrange to bring the equipment to RVCC for Joe to pick up.

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](#).

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.

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!

Claudia Gibson Catering

New Fall Hours! 11am—4pm, Wednesday through Friday, 9—1 on Saturdays (except 1st Saturday.) Quiche, empanadas, salads, 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 claudia-catering@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 Market at RVCC is your YEAR ROUND, competitively-priced farmers market in Nelson County with produce from a variety of small local farms and other local food producers.

We now have microgreens from a new start up farmer in Nelson County, plus delicious edible heirloom pumpkins from a couple of Mennonite farmers in the Shenandoah Valley.



Now is the time to order your traditional English Christmas cakes! This fruitcake is prepared early for Christmas and infused with brandy, covered in marzipan and dusted with powdered sugar or iced...or not if you prefer it that way! We will also be having a **Winter Solstice bonfire and potluck** on Dec 21 from an hour before dark onwards, so save the date! More info later...

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.

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.**

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Chris Lowthert
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[Rockfish River Gallery](#)

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[Trager Brothers Coffee](#)

Tammy Huffman:
[Full Circle Salon](#)

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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.

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

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

Now On
SALE

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

25% OFF! ALL JEWELRY
25% OFF! ALL ITEMS FROM THE HOUSEWARE HALLWAY



How are we doing? Whether you're a first-time customer or a seasoned shopper, the Treasure Chest wants to hear from you!

For the month of November, a short survey will be available at the Thrift Store. The survey questions address a range of topics, from pricing to inventory.

Please take a moment to fill one out. At the end of the month, all returned surveys will be entered into a drawing to win a \$25 gift certificate to the Treasure Chest Thrift Store!

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.

Dear Customers, Patrons and Patrons to be:



We are proud to announce that the "Quiet Room" is now open (and will probably always remain a work in progress.) What is the Quiet Room, you ask? Well, it is a small room attached to the Gallery. It is intended to be a place to quiet the mind and enrich the spirit with creative energy.

The room has two very comfortable chairs, a stool, and a child's rocker and toys. Displayed there at this time are books of all kinds written by local and extended local Virginia writers. It also contains around 30 music CDs created by local and extended local Virginia bands and individual performers. There is various art for sale on the walls of the room. Also here is the Gallery's collection of art books, which may be read in the room or checked out for one week at a time. The Gallery is also creating an archive for these books and CDs, as well as those to come. We will purchase one book or CD for each separate work, and these items will be available to the community.

If you know of local musicians or authors whose work should be added to the archive, please let us know—Help us bring in more of these creative gems from our neighbors in and around Nelson County!

The Gallery and the Quiet Room are open Wednesday through Saturday, 10 am — 4:00 pm. For more information about the artists, visit www.rockfishrivergallery.com.

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, 8:00—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. *(Please note new class time!)*

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.

OUR TEAM

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Creation Appreciation

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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.

*Our Annual Fund & Membership Drive Launches on November 15th!
Stay tuned for more info...*

Visit the [Membership Page](#) on our website or drop by the RVCC Office to learn more about how becoming an RVCC member benefits you and your community.



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.