



March 2019

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

From Executive Director Stu Mills

Come share the “Last Breakfast” with us!!

Well... at least the last one this Spring!

As most of you know by now, the RVCC kitchen is now vacant, and we'll be renovating it literally “top to bottom” this spring to get it ready for new tenants! We're all very excited that we'll soon be able to fulfill our mission by helping to incubate new culinary businesses here at the Rock!

We'll start moving out the equipment and ripping up the floorboards next week, so this Saturday's Pancake Breakfast will be the last one for several months during the hiatus. Please join us to help make this sendoff memorable - and PLEASE volunteer to help if you can. We're expecting a huge turnout, and will need all the helpers we can muster!

As you might imagine, the price tag for renovating a commercial kitchen is pretty steep, and as you might also imagine, that means I'm writing grant proposals every day to seek foundation help in defraying the cost. And while we've had pretty good luck lately with grant support, we still need private donations to the cause to show the foundations that we have substantial “skin in the game.”

That's where you can help. Can you feed the kitty to help with “Enrichin' the Kitchen?” Your donation - in any amount - will be set aside strictly for the kitchen renovation project, and of course your gift is tax deductible. Last year, our amazing members donated over \$8,000 to our terrific “Green Initiative, Too” campaign, making it one of the most successful fundraising efforts we've ever had, and eliciting congratulations from several of the foundations who funded those projects. We'd love to equal or even better that contribution outpouring this year!

Yes! I'll Help with “Enrichin' the Kitchen”!

Oh - and while you have that checkbook out or that plastic in your hand... if you haven't renewed your membership at the Rock for 2019, we'd love to welcome you back to the family! Thanks to many of you, we got off to a blazing start with memberships last fall, but there are still a sizeable number of past members who we have not heard from yet. We can't provide a place for Dave to shop his rocks, for Trager Brothers to roast their joe, for the Chest to showcase their treasures, for our yogis to mind their spirits, for Kelly to synergize her corps or for the Gallery to endow its creators without your help! Please make your membership investment today.

And let's all break our fast on Saturday with some pancakes!

Thanks yet again for keeping the Rock the center of our valley community.

Stu

Saturday, March 2: Pancake Breakfast—The “Last 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. This will be the last breakfast for a few months, and we expect a big turnout.

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



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



The 12th Annual Winter Market season continues on Saturday, March 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.

2019 Indoor Market Schedule

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.



Wednesday, March 6: Volunteer Workday

Please join us on Wednesday, March 6, as we dig into the physical side of our “Enrichin’ the Kitchen” Campaign!

Our intrepid Building & Grounds crew will spend the day tackling a daunting list of chores:

- Dismantling and moving equipment from the kitchen to the Dining Room across the hall;
- Tearing up the old vinyl flooring and subfloor;
- Hauling materials away for disposal;
- Assessing the condition of the floor joists for additional repairs.



We'll be getting started at 9:00am. Come help if you can! Tools needed: pry bars, utility knives, pickup trucks, muscles, and anything else you'd like to bring!

Friday, March 8: Cheryl Fee and Rachel DeRagon Exhibit Opening & Artist Reception



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.

Sat., March 9: Rockfish River Gallery's 4th Anniversary Celebration

Rockfish River Gallery 4th Anniversary Celebration
Saturday, March 9, 11:00am—3:00pm
At the Rockfish River Gallery

10% Off All Items!
Snacks & Drinks—Free Gift Bag with Any Purchase (first come, first served)

Come check out new artisans' work, including new steampunk artwork by Sharon Johnson. And while you're here, be sure to visit the Quiet Room for R + R, to read or listen to music, or just rest. Toys for kids are available as well.

For more information about the gallery, see the listing on page 7.



Friday, March 15: RVCC House Concert w/ Bob & Carolyn

RVCC House Concerts—In the Rockfish Lounge

Bob and Carolyn

This acoustic duo, Bob Taylor on guitar and Carolyn Stone on bass, are local musicians who are involved in the Nelson County music community.

You may know Bob from Rapunzel's and Carolyn from organizing music for the Nelson Farmers Market.

Bob and Carolyn specialize in eclectic harmonies and showcase songs from the 50's and 60's. The show starts at 7:30pm. Cover: \$7 members, \$9 non-members. Refreshments available.

*Coming up on
April 12:
Bluegrass by
Hayes
Branch!*



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 make a donation, please contact us at rescuerunwayfundraiser@gmail.com.

Commercial Kitchen Available for Rent

The kitchen at RVCC, formerly home to Claudia Gibson Catering, will be available for rent beginning this summer.

There is much to do between now and then: beginning Wednesday March 6, we will move everything out of the kitchen so that the floor can be rebuilt, equipment can be replaced or repaired, and all systems can be brought up to code. We've got a lot to figure out, a lot of questions to answer, and a lot of money to be raised—hence the creation of our "Enrichin' the Kitchen" Campaign described in Stu's opening letter. The end result is that we'll be able to offer an incoming tenant a fully renovated and equipped kitchen, ready to go.

And once all this is done, who will the new tenant be? That's the biggest question of all! A huge part of RVCC's mission lies in business incubation. We love helping new and developing artisans and creative minds turn their passion and their vision into reality. Another huge part of our mission lies in the creation of community—and one of the best ways to bring people together is with food.

The ideal tenant for our kitchen would be either a single tenant who needs a commercial kitchen to advance their business, or a partnership between two or three small businesses who need supplemental kitchen space on a part-time basis.

A tenant who would also like to feed a LOT of hungry people who miss being able to get lunch and breakfast at RVCC would be *highly* desirable.

If you are interested in the kitchen and would like more information about rental rates and conditions, please contact us at rockfishcc@gmail.com, or stop by the RVCC Office.

Concession Stand Available for Rent

If your food service dreams lean more toward retail or production, or if you are in need of a workspace with a water supply, you may want to consider the RVCC Concession Stand. The Concession Stand was home to ULA Tortilla for several years, and has served as a satellite market location for Old Orchard Farm for the past two years. Beginning this May, the Stand will again be available for rent.

This space has the potential to be an artist studio, a food production facility, a pickup or production location, or pretty much whatever you might want to do with a quiet work space.

For rental rates and more information, please contact us at rockfishcc@gmail.com, or stop by the RVCC Office.

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!

Community Events at RVCC

Sunday, March 3: NCCO Winter Concert

The Nelson County Community Orchestra presents "Prokofiev, Bizet, and Hamilton" on Sunday, March 3rd, 2019 at 4 pm, in the RVCC Auditorium. Conducted by Michael Tyree and Madeline Hamilton. Featuring the World Premier of Nostalgia by Harpist Madeline Hamilton, youth from the NCCO String Education Program, plus Blue Danube Waltz, Carnival of the Animals - Aquarium, On the Steppes of Central Asia, Hungarian Dance, and L'Arlesienne #1. 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 Monday, March 18: International Folk Dance Class with Sue Chase

Mondays, March 18—May 6, 6:00 - 7:30 PM, in the Auditorium. Cost: \$8 per class for RVCC members, \$10 non-members. In this eight-session class, you will experience easy to moderate dances from many countries around the world. Beginners are encouraged, experienced dancers are always welcome. No partners needed. Everyone welcome - ages 8 to 80+. To register contact the instructor, Sue Chase: schase@lumos.net or 540 456-8176.

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.**

2019 PLAY FOR PRESENCE: YOUTH MINDFULNESS TENNIS PROGRAM

Two sessions: Saturdays April 13 and 27, on the RVCC basketball court. Ages 4—6: 9—10am; Ages 7-10: 10:45—11:45am. This program is open in group sessions for ages 4-6 and 7-10. All early youth, genders, minds, and families are welcomed. Come immerse in a conscious discipline narrative with your young one while engaging in an incredible sport that builds focus and connection with community. Coach KB is a scholar of early childhood education, certified in mindfulness, plays pro USTA, and is PTR certified for coaching 10 and under tennis. *Play for Presence* is a program featured in Mindfulness Outreach that brings social-emotional play to rural communities through tennis. Be present, play today! Fee: 2 1hour clinics total= \$80+YOUTH RACKET INCLUDED! Max: 6 families to each group. **For information and to register call K.B. @ (434) 987-3370 OR email: playforpresence@gmail.com. Website: <https://www.mindfulnessoutreach.com/play-for-presence>.**

ONGOING EVENTS

Year-round events, classes, and services at RVCC

Continuing Education—A Walk Through Western Civilization: Roman History

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. 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.**

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. 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 [ta-rotforlife@yahoo.com](mailto:rotforlife@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.

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, or call 434-294-4668.

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
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Kelly Whalen
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[Trager Brothers Coffee](#)

Tammy Huffman:
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Elizabeth Martin:
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OUR TEAM

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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.