



August 2019

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

From Executive Director Stu Mills

Man, It Was Hot.

The food was hot; the bands were hot; and the competition was hot. But not the weather - THAT was scorching!

101 degrees on the thermometer and 109 for a heat index. The hottest day of the year held off until SK8 Nelson arrived on July 20th.

When we started setting up for the event in the morning it was already withering, and as 4 PM approached, all of us were wondering if anybody would show up. But more than 250 of you did, watching the awesome skaters compete, listening and dancing to the four bands, eating, drinking, and buying raffle tickets and some very cool SK8 Nelson merchandise. Check out the pics below - it was an amazing party.

You hardy souls braved heat stroke to support the skate park once again, and we're so grateful that we were once again able to make enough money to cover the insurance premium! Whew!!

This month's thanks go to everyone who posted - my sweaty hat is off to you!

Stu



YOU MADE THIS HAPPEN!

SK8 NELSON 2019

5th Annual SK8 Nelson Festival Recap

Our 5th Annual SK8 Nelson Festival on Saturday, July 20 was a success! Over 250 event attendees and skaters, plus a horde of amazing volunteers brought their smiles, their skills, and their good spirits to help us celebrate the 10th anniversary of SK8 Nelson and raise the \$4000 needed to keep the SK8 Nelson skate park on our grounds!



Skate Competition Winners:

Best Trick Ramp - 1st) Adam Snowden; 2) Josh Herman; 3) Ronan Livingston

Best Trick Street - 1) Booker Cook; 2) Adam Snowden; 3) Josh Herman

Game of S.K.A.T.E. winner - Booker Cook

Thanks again to our sponsors: Action for All—Freestyle—Upper Level Screen Printing—Jeff and Debbie Rasnake—Blue Star Music—VAHS Skate—Blue Mountain Brewery—Bold Rock Hard Cider—Cardinal Point Winery—Blue Ridge Bucha—Grace Buni Face Painting—Trager Brothers Coffee

Thanks to Shagwuf, The BLNDRS, The Falsies, and 7th Grade Girl Fight for rocking the festival! And thanks to Travis Childs Photography, Norm Carter Photography, and Duane Brown for chronicling the event in pictures.

Very special thanks to the SK8 Nelson Event Planning Committee: Gifford Childs, Michael Donegan, John Gulino, Duane Brown, Jeff and Debbie Rasnake, Casey Stillman, Dakota Marsh, and Mike Bailey.



Enrichin' the Kitchen Update

Progress!

The beginning of August marks five months since we began the massive undertaking of renovating the RVCC kitchen. What began as a need to repair the floor and do some basic renovation quickly became a total gut-and-rebuild job in order to be code-compliant with the Health Department. Initially we thought we'd be ready to reboot Pancake Breakfast in July. Then we thought maybe we'd be ready in August. Now, as we inch closer to completion, and into the territory of inspectors, crucial contractor follow-ups, and the season of summer vacations, it's looking more like September or even October.

Thanks to a \$5,000 donation from the Schaeneman Foundation and some very generous individual contributors, we have successfully raised the \$20,000 needed to secure a \$20,000 matching grant from the Perry Foundation! This brings our total to \$40,500 raised in just five months! What seems like an eternity in construction time has absolutely *flown by* in fundraising time. We are blown away, and so very grateful to everyone who has given so generously to help make this project happen.

A lot has happened this month. We have passed several key inspections, we have a beautiful tile backsplash thanks to Jeff Clair, the drywall is up, and the flooring is down. We are making good progress. However, several aspects of this project have turned out to be significantly more expensive than we anticipated. In spite of all the money we're saving by shopping for used equipment, refurbishing existing equipment, and about half-killing our volunteers with all the hours they've put in, we are coming up a few thousand dollars short. We have one outstanding grant request pending, but we're going to need just a little more help from our community. The response to this project has been absolutely amazing, and we know we can get there! If you have not done so already, please consider making a donation to the Enrichin' the Kitchen Fundraising campaign, and help us get Pancake Breakfast going again!



Beginning Sunday, September 22: Walk Through Western Civilization

SEMINAR: A WALK THROUGH WESTERN CIVILIZATION



Sundays at 3pm, September 22—November 17. In Rockfish University. This non-credit, free, adult education course on the History of Western Civilization is offered at the Rockfish Community Center to members and guests to encourage lifelong learning and vital community living in Nelson County and neighboring areas. Retired professor of History, Dr. Jeffrey Mitchiner, leads informal, seminar-type classes through brief lectures and group discussions which focus on different eras and their cultural contributions to Western Civilization. Topics include politics, religion, science/technology, literature, art, architecture, economics and social issues. Sessions are held in the "Rock U." class room of the Community Center once weekly for ninety minutes, for one semester of eight weeks. Members are encouraged to contribute their own experience and knowledge in a relaxed social atmosphere.

During the fall semester, 2019, the fourth semester of the series will take up the topics of the expansion the Roman Empire and its collapse in the West, the expansion of Christianity, the effort to survive political chaos and reorganize civilization during the Middle Ages, and its recovery in the Renaissance

To sign up for the class, simply attend the first session on Sunday, September 22, or contact Dr. Mitchiner: (434) 361 - 1412 or c3jlm41@yahoo.com.

Instructors Wanted!



Rockfish University, located in Room #5 at RVCC, is seeking instructors interested in making presentations as part of a series of short adult education courses to be offered to RVCC members beginning this fall.

If you have experience or interest in a particular field of study that you think would be of interest to adult learners, we would like to hear from you. Please contact Cliff Love at CliffLove@gmail.com or Glenn Picou at gcpicou@gmail.com.

Rockfish University is also available for workshops, seminars, movie nights, webinars, and more! The room is equipped with a wireless projector, a whiteboard, a projection screen, seminar tables and seating for 30, and a growing selection of The Great Courses.

For more info about renting Rock U or checking out the Great Courses, please contact rockfishcc@gmail.com.

Saturday, November 10: Save the Date for Rockfish Nights!

Rockfish Nights is only three months away!



This year, our fall fundraising gala will build on the astronomical, gastronomical success of last year's "Men Who Cook" event. This year, it's "Duos Do Dinner!"

Maybe you do the entrée and she does dessert. Maybe you make a killer stew and he bakes the perfect bread to go with it. Maybe the two of you love to collaborate over a cutting board. We welcome all the dynamic dinner duos out there to come show off their favorite meals!

Last year, we invited 15 chefs to prepare a small number of servings, and the result was the most delicious variety of food we've ever offered to our community. This year, we hope to welcome 15-20 culinary combos to do the same!



Please contact us at rockfishcc@gmail.com if you would like to participate. RVCC can make a contribution toward your ingredients—please get in touch and we'll be happy to go over the details with you!

The Treasure Chest Thrift Store



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

Treasure Chest Hours

Tues.—Fri.: 10am—4pm

Saturdays: 9am—3pm

Call 434-361-0103

- ✳ Are Chico's and Ann Taylor too far of a drive away?
- ✳ Have you been looking for a piece of jewelry to go with an outfit but don't feel like paying full price just to wear it for a day?
- ✳ Do you need a Dining Room Table and just can't find anything nice at a reasonable price?

Look no further! Check in the Treasure Chest! We have a wide selection of gently used (if used at all) clothing, furniture, kitchen wares and items from a wonderful community that loves their community center and local thrift shop. Feel good about your purchases—all sales directly benefit Rockfish Valley Community Center!

Looking for Volunteers

Looking for a way to get more involved in your community center? Volunteer at the Treasure Chest Thrift Store. Commit a few hours from your week to help sort the fantastic things that come through our door, meet a few new friends and have a cup of coffee from TBC while you're here. Be honest, you were going to stop in to poke around anyway—this way you get to see the donations as they make it in the door! Days we especially seem to need help are Thursday, Friday and Saturday, but we will always be grateful for help when it is available.

Every day is \$10 Bag Day

We are a very fortunate to have bountiful donations in good quality. Benefit from this by grabbing a brown paper shopping bag and filling it to the brim for just \$10! This offer only applies to 'regularly' priced clothing items, as well as shoes, scarves, purses and hats!

We always accept brown paper bags and we are currently very low on them. Bring your own regular-sized reusable shopping bag and fill it up too!

Saturdays, 10:30 am—12:30 pm: Find Your Style!

Come in for a complimentary styling with Mary Beth, our Fashion Maven! She can help you find something in your style AND your size, and she can even help you accessorize!

Donations accepted during Business hours!

Donations must be clean and in good condition. A good rule of thumb for donations is asking yourself 'would I pay money for this item in this condition?' All donations directly benefit RVCC and your community.

Please be considerate and do not leave donations outside to get rained on. [Visit the Treasure Chest page](#) on our website for a complete list of acceptable items.

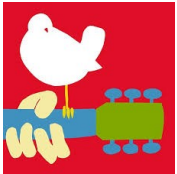
Community Events at RVCC

Saturday, August 3: First Annual Bubbling Well Event

10am until 4pm, in the RVCC Auditorium. Come learn about the authenticity and health benefits of alternative healing practices in our community. Meet the practitioners and hear their stories, learn what their practice is all about, and how it works along with western medicine practices. The following practices will be available to ask questions about: Reiki, QiGong (ChiGong), Thai Chi, Bagwa, The Five Element Theory, Acupressure, Acupuncture and more.

If you are interested in participating in this event to represent your practice, please contact Betty J Brown at 434-987-4750 for information, and please leave a message.

Saturday, August 10: Woodstock 50-year Reunion



A 50 year reunion of those who were at the original Woodstock Music Festival.

The date is Saturday August 10 from 2 to 5 PM, in the Rockfish Lounge. It is said that Woodstock was the greatest music festival to ever happen in the United States, and that only those who were there can truly understand the experience, and share what it was like. Please bring memorabilia of any kind, and share your stories and your memories! Relatives and Friends are also invited.

Woodstock is still widely regarded as a pivotal moment in popular music history, as well as the definitive nexus for the larger counterculture generation.

This event is sponsored by the Rockfish River Gallery.

Sunday, August 25: Rockfish River Gallery Showcase

The gallery will present a showcase of six painters on August 25 in the auditorium from 11 AM to 4 PM. Russell Fisher will be the featured artist.

Beginning Friday, September 6: Six Week Introductory Iyengar Yoga Class

Friday Mornings: 10:00 - 11:15 am, in the RVCC Yoga Studio.

Session 1: September 6 - October 11

Session 2: October 18 - November 22

Cost: \$90

Space is Limited. Pre-Registration is Required. Please contact Sara Agelasto for More Information and to Register - sara@iHanuman.com or 434-825-5983.

Learn to practice Iyengar Yoga in a beginning class with a focus on technique, alignment and breath. We will begin with standing & seated poses and build on what we learn to incorporate introductory forward bends, back bends and inversions. After the 6 weeks course, you will have built the foundation to practice yoga on your own and continue with ongoing yoga classes.

Sara Agelasto is a Certified Iyengar Yoga Teacher, Certified Yoga Therapist and Clinical Herbalist with over 15 years of experience. Sara creates a safe and inviting environment for students of all levels to increase their strength, flexibility and serenity.

Saturday, September 14: Bees, Trees & Clean Water



CHESAPEAKE BAY FOUNDATION
Saving a National Treasure

Save the date for "Bees, Trees & Clean Water"—presented by the Chesapeake Bay Foundation. \$10 cost, pre-registration required. In the Rockfish Lounge. Program from 8:30am to 2:00pm, Piedmont Native Plants book and lunch provided.

Join us for an event for all citizens interested in the intersection of plants, pollinators, and water quality. This program will feature speakers on topics from bee keeping basics to soil building and lawn care, along with afternoon hands-on activities.

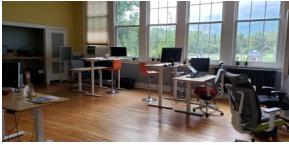
Topics Include:

Bees and Beekeeping Basics—Selecting Trees for Urban and Rural Landscapes—Selecting Native Plants for Your Home to Attract Pollinators—Funding Your Project with State Cost-Share.

Contact Robert Jennings at 434-826-0958 or rjennings@cbf.org for more info.

Studio and Office Space Available for Rent

The Rockfish Valley Community Center has two rooms which will soon be available for full-time lease.



Room 7 (furniture not included)

680 sf, hardwood floors, large windows, utility sink, western view of the Blue Ridge Mountains. Recently renovated and well-equipped with multiple electric outlets and upgraded wiring. High speed fiber internet available. Ideal for an art studio, shared office space, or retail. Rent: \$449/month, 1 year lease required.



Room 12 (furniture not included)

704 sf, hardwood floors, large windows, east-facing view for great morning light. Ideal for office, studio, or retail.

Recently renovated, high speed fiber internet available. Rent: \$449/month, 1 year lease required.

Are you looking to take the next step and expand a home-based business? Are you looking to take the first step in launching your dream business? Consider joining the vibrant group of shop owners, service providers, artists and offices at RVCC. The daily visitors to our center, the regular public events, and the constant vehicle traffic to our location could provide the growth opportunity you've been looking for! Business and creative incubation is part of our mission, and we would love to help you get to the next level.

For more information, or to arrange a visit to see the available spaces, please contact us at rockfishcc@gmail.com or call 434-361-0100. Rental applications and proposals must be submitted no later than August 15.

ONGOING EVENTS

Year-round events, classes, and services at RVCC

Ongoing: Sunday morning Pickleball

Pickleball, the fastest growing sport in America, is happening at RVCC.

Sundays, from 8 AM to 10 AM, on the RVCC basketball court. Sponsored by the Nelson County Recreation Department. All levels, from beginner to expert, are welcome. Special introductory tutorials will be given to beginner and novice players.

If you are not sure about playing you may come to watch before you make up your mind. No fee for spectators. The fee to play is \$2 per session. Contact Conny Roussos: roussos@lynchburg.edu.

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.

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 tarotforlife@yahoo.com to schedule a session at RVCC.

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](#).

Full Circle Salon

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

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. **By appt: (540) 255-0026 or DrChris@LearningGNM.com.**

The Rockfish River Gallery of Fine Art & Exquisite Crafts

New at the Gallery:

The Gallery now has four categories of fine art: modern art, abstract art, surrealist art and steam punk art.

There is much more to see—come shop for unique and beautiful gifts!

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.**

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! More info: www.glowforge.com. Email questions to susanpvl@mac.com or stop by Room 8!

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. **By appt: 540-836-9288 or lyssaat@hotmail.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. 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.**

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. **By appt. (434-426-4578) or ZBlizzie@gmail.com.**

ARTISAN & STUDIO DIRECTORY

Peter Agelasto & Richard Averitt
[Digital Relab LLC](#)

Susan Gorman:
[Derby Vixen](#)

David Lipscomb:
[Virginia Rock Shop](#)

Sassafras Studio—An
Afton Art Guild

Chris Lowthert
[New Health Consultant](#)

[Rockfish River Gallery](#)

Kelly Whalen
[Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

Tammy Huffman:
[Full Circle Salon](#)

Elizabeth Martin:
[Zero Balancing](#)

Colin Winter
[Woodrow Wilson National Fellowship Foundation](#)

The Party Starts Here!

Any time people gather together, they create a community.

Host your next gathering at the Rockfish Valley Community Center!

Rehearsal dinners, festivals, quinceaneras, vendor fairs, craft fairs, parties, reunions, or any other gathering you can imagine—we can help.

RVCC has a variety of indoor and outdoor space available for your next event.

For more information, please contact us at rockfishcc@gmail.com, visit rockfishcc.org, or call 434-361-0100.



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:

agnesyh@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.

\$72/6 classes or \$14/drop in. First class free for new students. Partial scholarships also available through instructor. Yin Yoga: Suitable for all levels of students, this practice is a true mind-body meditation. It's slow-paced and designed to help you sit longer, and more comfortably, by stretching connective tissue around the joints (knees, pelvis, sacrum and spine). Involves variations of seated and supine poses typically held for several minutes, accessing deeper layers of fascia. Gently trains muscular fascia to become more flexible and ligaments that support joints to become stronger. Props supplied in class often used. 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](http://rockfishcc.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

RVCC Board of Directors

President *Charlie Hickox* **Vice President** *Joe Centofante*
Treasurer *Scott Duncan* **Secretary** *Casey Stillman*
Directors *Bob Yoder, Gifford Childs, Mary Cunningham, Glenn Picou, John Gulino, Mike Bailey, Michael Donegan.*

RVCC Staff

Executive Director *Stu Mills*
Operations Manager & Newsletter Editor *Sara Taylor*

Treasure Chest

Manager *Catherine Dunne*
Assistant Managers *Betsy Greenleaf & Eleanor Massie*

Groundskeeping

Creation Appreciation

Custodian

T&E Cleaning

COMMITTEES

All of these Committees are entirely composed of volunteers, and we can't keep this place running without them!

Building & Grounds: From small repairs to large improvement projects, the B&G Committee literally keeps our 80-year-old building up and running!

Development: From planning fundraising events to strategic planning, DevComm keeps our organization vibrant & growing.

Music: The Music Committee plans and runs our House Concert series, and develops music programming at RVCC.

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

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

Get involved, and make a huge difference without making a huge time investment! Contact us today!

CURRENT FUNDRAISING EFFORTS

“Enrichin’ the Kitchen”

RVCC’s fundraising campaign to fully renovate the kitchen.

<https://www.rockfishcc.org/enrichin-the-kitchen/>

“Reduce the Refuse”

Our fundraising campaign to install recycling stations for glass, plastic, and cans around the building and grounds, and install a water bottle refill station to reduce the number of plastic water bottles used at our facility. \$4000 needed.

<https://www.rockfishcc.org/reduce-the-refuse/>

“Support SK8 Nelson”

Our annual fundraising campaign to raise the \$4000 insurance premium required to keep Nelson’s only Skate Park on our grounds.

<https://www.rockfishcc.org/support-sk8-nelson/>

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.



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!

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.