



ROCK ON.



March 2020

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

From Executive Director Stu Mills

A time to celebrate!

I remember a conversation we had with Naomi Annable just about 20 years ago at our restaurant, Bistro 151, in Nellysford.

Naomi was very involved with a group of Valley people who were dreaming of converting the old Rockfish Valley Elementary School into a community center, and was pressing hard for my partner and I to get involved. But the Bistro was hugely busy and occupying our time 24/7, so we wished her well and said we'd do what we could to support their fundraising efforts.

Fast forward twenty years, and here I am - deep into my 8th year in the Principal's Office with Sara, and getting prepped for our 20th Anniversary Party on Saturday night! We can't wait to share this wonderful occasion with the dozens of people who made it all happen back at the turn of the century!

We have a lot to celebrate.

From the early years, when mere *survival* was our goal, we have managed to build on our founders' dreams and achieve *sustainability* for the Rock. And now, with twenty years under our belt and a little breathing room, we can leap into our third decade, focusing on the permanent *security* of this vital community resource.

Let's all make sure that community will always have a place to happen in the Rockfish Valley!

We can do this with your continued, fantastic membership support, and now through the launch of our **Millennium Legacy Fund** - RVCC's new endowment fund. You'll hear more about this new fund at the party on Saturday night, and on the website, in the newsletter and in future emails. We invite you to consider RVCC as a beneficiary of your estate planning, and we would love to have our future be part of your legacy!

And we're thrilled to let you know that we can do this with a clean slate - having paid off the promissory note to the County this month. I hope you'll be at the party to watch the mortgage go up in smoke! Burn, baby, burn!!

Come celebrate with us! And as always, thanks for making the Rock what it has become.

A handwritten signature in blue ink that reads 'Stu'.



Vision 20/20: A Clear Focus for our 3rd Decade

2020 will be a momentous year for the Rock.

On March 1, RVCC will celebrate its 20th Anniversary, commemorating two decades of a journey that started with a handful of dreamers determined to build community in a 60-year old abandoned school building. For many of those early years, the journey was focused simply on survival - just keeping the doors open and the lights on. More recently, the hard work of the Board, the staff and our incredible volunteers has allowed us to focus on sustainability - building the organizational foundation, the community support and the financial capacity to ensure that community will always have a place to happen in the Rockfish Valley.

Hindsight is always 20/20, and we're very clear-sighted about where we've been. Once again in 2019, we rocked our mission with a dizzying number of events and projects. But it's critical that our *foresight* is 20/20 as well, so now, in preparation for our third decade, we are launching a new plan to build on our successes and to sharpen our focus on the future. Very soon we'll be reaching out to survey all groups in our community to find out what they envision our role to be, and what they will support with their time and treasure, for the next ten years and beyond.

We've never needed your vision, your input and your investment in community more than now, as we seek to secure the future of the Rock and prepare to pass the torch to a new generation of leadership. We hope we can count on you to join, renew or upgrade your membership for 2020. You can read all about the membership levels, benefits and special giveaways below, and renewing is just a click away:

[Yes! I want to share the vision!](#)

With you on board, 2020 will be another amazing year, with new programs, new partnerships, new personnel and new parties (save the date on February 29th for our 20th Anniversary Celebration) to launch our third decade!

We look forward to sharing the vision with you!

Saturday, February 29: RVCC's 20th Anniversary Party

RVCC CELEBRATES 20 YEARS OF COMMUNITY

(And Our Last Mortgage Payment!)

Mark your calendars and join us on Leap Day—Saturday, February 29—as we leap into our third decade!

5:00—9:00pm

“Bring Your Best Dish” pot luck dinner

Music by the Eric Knutson Band

Kids' activities

...and a bonfire for burning our mortgage!

We've come a long, long way in 20 years, and we can't wait to celebrate with you!

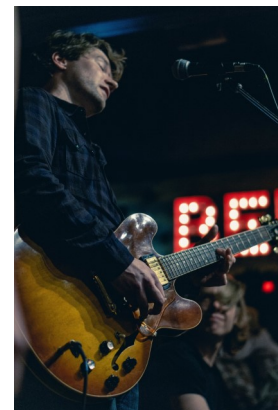
Sponsored by:

Devils Backbone Brewing Company

Wild Wolf Brewing Company

Bold Rock Hard Cider

Mountain Area Realty



Continuing Through March: Rockfish University Presents a Free Financial Course



Tuesdays or Saturdays in Rockfish University. **Free Course** facilitated by David J. Cunningham, ChFC & CEO of Sherpa Financial Guides, Inc. since 1980.

Each class in this course will be presented twice, so you may choose which session best suits your schedule. Classes will be held on Tuesday evenings, 5:30—7:00pm, and on Saturday mornings, 8:30—9:45am.

Sat. 2/29 & Tues. 3/3: Investing: Via the purpose and appropriate risk you want, love and can stay with. Market downturns - how to get through with assets intact. Basics of valuations. Broad History of returns. Setting up a portfolio income - the choices & methods.

Tues. 3/10 and Sat. 3/14: Investing with a purpose and a technology you can handle: Types of businesses to assist from self-directed to day trading to fiduciary managers. Pluses and minuses.

Sat. 3/21 & Tues. 3/24: Starting to synchronize your finances. Five areas of broad concern. Pre-emption of major mistakes while they are small.

Sat. 3/28 & Tues. 3/21: Laying out a personal story line of your financial future - With “To-Do” s” & “for Who”- in the next 6 months, one year, five and ten years and beyond. Getting beyond personal fulfillment to community and legacy thoughts and deeds.

See website: sherpafinancialguides.com. Call for more info and to sign up for the course: 434.882.1011.



Would you like to make new friends, connect to your community, and boost your mood all at once?

Volunteer!

RVCC always needs help with the following projects:

- ♦ Pancake Breakfast
- ♦ Treasure Chest Thrift Store
- ♦ Building & Grounds
- ♦ Fundraising Events
- ♦ ...and more!

Contact us if you'd like to get involved!

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



Continuing Saturday, March 7: 13th Annual Winter Market Season



The 13th Annual Winter Market season continues in March! 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.

Market Schedule

March 7—with Sue Harlow

April 4—with Gene Temple

All Markets are 9am—Noon.

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



RVCC House Concerts

RVCC House Concerts—In the Rockfish Lounge

Each show starts at 7:30pm. Cover: \$7 members, \$9 non-members.



Friday, March 20: Dusty Hedgehog

Dusty Hedgehog is a traditional Irish music trio based in Charlottesville, VA. They play lively reels and jigs as well as slower soulful tunes.

Check them out at <https://www.facebook.com/DustyHedgehog>.



Friday, April 24: Ryan Dunne—the Irish Songbird

Ryan Dunne—the Irish Songbird—performs Scottish songs and poetry inspired by Robert Burns with tidbits of Scottish history and a puppet show for good measure!

More info at <http://www.ryansongbird.com/>.

Thursday, March 26: RVCC's 20th Annual Membership Meeting

All current 2020 members of RVCC are cordially invited to join your fellow RVCC Members for our 20th Annual Meeting on Thursday, March 26, 2020 in the Rockfish Lounge.

The Business Meeting will begin promptly at 6:00 PM. It will be preceded by an Open House and refreshments between 5:00 and 6:00. This is an informative, participatory meeting, and we will be presenting our 2019 financial statement and highlighting RVCC accomplishments in 2019. We will share the new challenges we face and the new programs and facilities being offered in 2020, and we welcome your suggestions.

If you have not yet joined or renewed your membership for the 2020 calendar year, visit rockfishcc.org/membership, or visit the RVCC Office or the Treasure Chest Thrift Store.

Friday, March 13: Rockfish River Gallery 5th Anniversary Celebration



The Rockfish River Gallery is celebrating its 5th year anniversary March 13, 2020 (Friday the Thirteenth) at the Gallery from noon to 4 PM.

We are having refreshments and there will be 10% off everything in the Gallery priced above \$15.00. Some of our artists will be there as well to talk to you about their art. We are giving away very cool gift bags to the first 10 customers to purchase over \$20.00.

The Gallery also has Sally Rose and Shagwuf's brand new, just released third album called "Dog Days of Disco" in stock!



The Treasure Chest Thrift Store



Treasure Chest Hours

Tues.—Fri.: 10am—4pm

Saturdays: 9am—3pm

Call 434-361-0103

☆ **RVCC members get 10% OFF! Every purchase, every day!**

☆ **Donations Accepted During Business Hours!**

☆ **Every day is \$10 Bag Day!**

☆ **All Sales Directly Benefit RVCC!**



FIRST SATURDAY FREE TABLE: HOUSEWARES!

Saturday, March 7, 9am—3pm

Come pick through the free table at the Treasure Chest and take stuff home for FREE!

Volunteer! 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, and get a 25% discount!

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.

Share Your Thrift Story! Have you found something at the Treasure Chest Thrift Store that started an unexpected conversation, or took you on a trip down memory lane, or led to a community connection of some kind? If so, we want to hear your story! Send your "Thrift Story" and a description of the item you purchased to rvccthriftstore@gmail.com!

Employment Opportunities

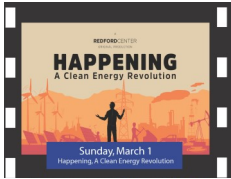


Etsy Shop Marketing

Malik Ahmed (of Taj Mahal Kitchen) is looking for someone who has extensive experience with the Etsy platform and Etsy marketing. Applicant must have a high attention to detail and knowledge on how to search for specific products / listings and apply to the shop. Seeking someone to help take a retail store to the next level and update and research keywords, tags, descriptions, titles, SEOs and more. Applicants should contact Malik Ahmed at 202-867-2854 or malik1017@gmail.com.

Community Events at RVCC

Beginning Sunday, March 1: Climate Change Movie Series



Presented by Friends of Nelson. 6pm, in Rockfish University.
Sunday, 3/1: "Happening: A Clean Energy Revolution."
Sunday, 4/5: "Racing Extinction"
Sunday, 5/3: "Before the Flood"
Each film followed by discussion time. Together we are stronger!
More info: www.friendsofnelson.com.

Sunday, March 15: Nelson County Community Orchestra Concert



4:00pm, in the RVCC Auditorium. Michele Zehr, musical whistler, will perform Ave Maria by Schubert and Vocalise by Rachmaninoff, accompanied by the Nelson County Community Orchestra. The program will be under the direction of guest conductor Nicholas Anderson and will also include works by Tchaikovsky, Borodin, Khachaturian, and Kalinnikov. Michele competed in the 2019 Masters of Musical Whistling International Festival and Competition in Pasadena, CA. She lives in Nelson County and is the Founder and Executive director of a non-profit, the Center for Earth-Based Healing. All NCCO concerts are free and open to the public. Donations are always welcome. Musicians are invited to join practices Monday evenings at 7pm at the Rockfish Presbyterian Church. More info: <http://www.nelsoncco.org/>

Thursday, March 19: Blue Ridge PRISM Invasive Species Workshop



1-5pm, in Rockfish University. Non-native invasive plants are quickly overwhelming many properties by tearing down the forest canopy and overtaking our native plants at the tree, shrub and/or groundcover levels. Understanding what invasive plants exist on the landscape and what it will take to control them can often feel overwhelming. Our workshop will enable you to learn how to confidently identify and manage invasive plants. **Topics covered in this session include:** Identifying invasive plants—Which invasives you can best kill now—Which invasives you should treat later—Best seasonal practices for each invasive—Using manual & mechanical control methods—Methods for controlling invasives with herbicides—Choosing the right herbicide and equipment, and using it properly—Planning a work schedule with best timings for multiple plants. There will also be an opportunity to identify plants, so bring samples of your mystery plants and we'll identify them! Each session includes classroom and outdoor instruction (weather permitting) and discussion. For more information and to register, visit www.blueridgeprism.org.

Beginning Sunday, March 22: Basic Dog Training Classes

Group Training Classes: Basic Command and Communication. 6-Week Session, Sundays at 4:30pm, in the RVCC Auditorium.



Camp Merricks is offering a six-week basic training class for owners and their dogs. This class is designed to teach you how to better communicate with your dog, understand why they behave the way they do and teach basic skills and manners. At the end of the class you should have tools to improve your dog's behavior and your relationship. Class cost: \$90 per student, prepaid, nonrefundable. Required: Vaccination records including current DHLPP, rabies, and bordatella. For more information, and to sign up go to: www.campmerricks.com/training.

Saturday, March 29th: Feet!—with Rebecca L'Abbe

9:30-11AM in the yoga room. Cost: \$15. A Workshop for Anyone Who Has Feet. Your feet are your first contact point with the ground. If they are weak or inflexible, your contact with the ground is sub-optimal. That can lead to more problems higher up the chain—especially in your ankles, knees, or hips as well as in your ability to balance. In addition, issues such as plantar fasciitis, shin splints, ankle sprains, and foot fractures don't mysteriously appear overnight. They're usually linked to some sort of weakness, muscle imbalance, or poor range of motion in a foot or ankle.

In this workshop we will explore how to strengthen, stretch, and stabilize our feet, plus safely mobilize the fascial system that consists of a three-dimensional continuum of soft, collagen-containing, loose and dense fibrous connective tissue that permeate the entire body. To sign up, contact Rebecca L'Abbe at rebecca.labbe@gmail.com or 434 466-2696.

Beginning Wednesday, April 22: EMBODIED RESILIENCE - MINDFULNESS & YOGA FOR THE 21st Century - with Nedira Haik, MD

Wednesdays 11:00am-12:30pm - Starting April 22, 2020 (Earth Day!) In the RVCC Yoga Studio. Cost - "Pay as you Will", proceeds to benefit RVCC and regional non-profits. This practice will put you deeply in touch with the wisdom and strength within you. You will be guided in somatic awareness and sensitivity practices that draw deeply on natural wisdom. In combination they access, clarify, and release the inner resources available to all human beings. These resources include compassion, generosity, wisdom, courage, resilience, tolerance, and love. At the heart of them all is the wisdom of nature, functioning most directly as the intelligence of your body. This makes it possible for your mind to let go of its tendency to worry and manipulate; to let go into the deep wisdom that you already are. Then, you can stand in your safe and stable place in the world as it actually is. No yoga or meditation experience necessary. Contact - Nedira at 434-826-1278 or mamadoc86@me.com.

Ongoing Events & Classes

Sundays through mid-May: A Walk Through Western Civilization

Sundays at 2:00pm, in Rockfish University. The 5th semester of the Rockfish University Adult Education Western Civilization class begins on Sunday, January 12. The projected end of semester will be May 3. Classes are held once weekly for about 90 minutes. There is no cost for attendance. All former life long learners are welcome back, and members of RVCC and the surrounding community who have not joined us before are welcome to join, so long as space is available in the classroom. The topics for the new semester include: the fall of the Roman Empire, the Middle Ages, the rise of the Catholic Church, and the advent of the Renaissance. **Anyone wishing additional information may contact the instructor, Dr. Jeffrey Mitchiner, at his email: C3J1M41@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.

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](#).

Ongoing Yoga Classes & Updates

Yoga w/Sandra Pleasants, Certified Iyengar Teacher (CIYT), and Certified Yoga Therapist (C-IAYT)

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: agnesyhwh@gmail.com. For more info, 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). 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, 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. **See also: Sara Agelasto's Intro to Iyengar Yoga Series—more info on page 4.**

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. 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.

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

Lowthert Chiropractic - Christopher Lowthert, D.C. Dr. Chris has been a chiropractor for over 15 years. He specializes in myofascial release and diversified chiropractic techniques framed within the German New Medicine paradigm of health and healing. New Business Hours for 2020: Mon, Weds: Closed. Tues, Thurs: 9:00am—3:00pm & 5:00pm to 7:00pm. Fri, Sat: 9:00am to 12:00pm. Sun - Closed. Call for an appointment: (540) 255-0026 or www.LowthertChiropractic.com.

Odeene LLC Artisan Soaps Treat Yourself or Someone SPECIAL to the AMAZING PURE PLANT-BASED Liquid Castile Soaps and Bar Soaps. Locally made here right in Afton, Va using only VEGAN, Cruelty-Free, and Ethically sourced ingredients. All First Responders receive 10% off of their ENTIRE purchase. Be sure to bring your clean, dry, and empty container for our Liquid Refill Station for all of your soaping necessitates. If you do not have a container, no worries! You can either purchase a glass reusable container from us or pick up one of our Community Donated containers free of charge. By keeping another container out of the landfill you have contributed to zero-waste! You can find us at: <http://odeene.org>, Facebook @ Odeenesoaps, and Instagram@ Odeenesoaps.

The Rockfish River Gallery of Fine Art & Exquisite Crafts 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 are open Tuesday through Saturday, 10 am — 4:00 pm. www.rockfishrivergallery.com, or call 434-294-4668.

The Rockfish Artist Collective A pottery studio equipped for wheel throwing and hand-building, located in the Concession Stand behind RVCC. The collective shares equipment, tools, and expertise among members. If you have unused pottery supplies cluttering your barn, or if you're interested in sharing space for pottery or for other visual arts, please email elise.lauterbach@gmail.com to join our mailing list.

Susan Gorman—Custom Glowforge Projects 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 susancpv1@mac.com or stop by Room 8!

Taj Mahal Kitchen A Taste of India—To Go! Take-Out Lunch available Mondays through Thursdays, 11:00am—2:00pm, Fridays 10:30am—12:30pm.

Beginning March 16: Dinner pick-up hours Monday through Thursday, 5—7pm.

Call (540) 902-0022 to place your order! Follow on Facebook: <https://www.facebook.com/tajmahalkitchenafton>.

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.

Yoga Studio RVCC's 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. See the class & instructor listings on page 5 for more information. 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.

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

Susan Gorman:
[Derby Vixen](#)

Tammy Huffman:
[Full Circle Salon](#)

David Lipscomb:
[Virginia Rock Shop](#)

Kathlyn Logan
[Odeene Soaps LLC](#)

Dr. Chris Lowthert
[LowthertChiropractic.com](#)

Elizabeth Martin:
[Zero Balancing](#)

[Rockfish Valley Artist Collective](#)

[Rockfish River Gallery](#)

Sassafras Studio
Michele Reday Cook

Malik Ahmed
[Taj Mahal Kitchen](#)

Kelly Whalen
[Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

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



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 Manager *Eleanor Massie*
Retail Associates *Mary Beth Schillaci and Hannah Johnson*

Groundskeeping

Creation Appreciation **Custodian**
Lonnie Woodson

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”—DONE!

RVCC’s fundraising campaign to fully renovate the kitchen.

“Reduce the Refuse” —DONE!

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.

“Support SK8 Nelson”

Our annual fundraising campaign to raise the \$4000 insurance premium required to keep Nelson’s only Skate Park on our grounds. **Mark your calendars for the 2020 SK8 Nelson Festival & Skate Competitions on July 18!**

<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.