



ROCK ON.



August-September 2021

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

From Executive Director Stu Mills

Ready to Chill Out!

The advent of Fall always brings the hope of rejuvenation for me.

Years ago, it meant getting back to school, which I always looked forward to, and since those days it has meant the end of the dog days of summer and the arrival of the crisper, cooler drier air of Autumn.

Ahh. Long pants & sweaters. Flannel sheets. Football. A fire on the hearth.

But this year, September will also be remembered for ending our 18-month Pancake Breakfast drought! We can't wait to flap the jacks and fry up the eggs and breakfast meats again, and we hope you're as ready as we are to renew our "First-Saturday Friendships".

So please mark Saturday, September 4th on your calendars, from 8:30 - 10:30 to join us for the resurrection of this 20-year tradition! But please note: Due to the Delta Variant, we are asking that only fully-vaccinated members and guests attend. There will be no attestations to sign, no grilling about your status, and no vaccine passports requested. We'll be operating on the honor system, and will trust your word that you're vaxed.

Until then, I hope you stay cool, and hope you enjoy these pics of our B&G guys playing with their new erector set!! The "stage is set" (finally!) - and we're ready for SK8 Nelson in October!

Thanks for everything, and can't wait to see you for pancakes!



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, September 4: Pancake Breakfast is BACK!



Join us, at long last, for the return of 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!**



Please note: We are planning to serve breakfast in the Auditorium to allow everyone to spread out, and we ask that you do not attend unless you are fully vaccinated.

Half-Priced Membership!

All the Benefits for Half the Price!

If you've been wondering whether membership at RVCC is a good investment, now is an excellent time to try us on for size. RVCC membership grants you early access to plans for RVCC's development, voting rights on important RVCC issues, discounts on room rentals for your next party or gathering, discounts on RVCC events such as our Pancake Breakfast, and a 10% discount at the Treasure Chest Thrift Store!

Now through October 15, you can get your Basic Family or Basic Individual 2021 membership at RVCC for half the regular price!

Basic Family Membership: \$50—Now only \$25!

Basic Individual Membership: \$30—Now only \$15!

You can do the math—at these prices, you can actually *save money* by investing in RVCC! Plus, your donation provides much-needed operating support that helps keep our lights on, our bathrooms stocked, our building and grounds maintained, and so much more.

[Visit rockfishcc.org/membership](http://rockfishcc.org/membership) to Join or Renew Today!



Fall Flea Markets!

Sundays September 12, September 26, October 10, and October 24

12—4pm

No Vendor Fees!

RVCC's Community Flea Markets are open to all: artisans, crafters, food-makers, and anyone who has a bunch of stuff they need to sell. Whether you're looking for a great gift or a great bargain, these community flea markets are the place to find it!

All markets are Rain Or Shine. Food & Beverages available. Tables available on a first come, first-served basis. There are no vendor fees, but donations to RVCC or to our Treasure Chest Thrift Store are greatly appreciated!

To sign up for a spot, contact Lisa at events@rockfishcc.org.

Thursday, September 30: Rockfish Roadhouse

Thursday, September 30, at 7pm: OPENING OF THE ROCKFISH ROADHOUSE!

Following in the tradition of RVCC's "Men Who Cook" and "Duos Do Dinner" events, and Wine, Saki, Mead, and Italian Sauces classes offered at our community center, The Rockfish Roadhouse will feature local guest chefs, gourmards, foodies and others preparing their favorite dishes for a small group of guests.

In addition to the live Roadhouse guests in attendance, the preparation will be available on Zoom for those who would like to participate from home. Zoom attendees will be able to pose questions and comments to the chef, and list of ingredients and instructions will be made available for those who wish to follow along in their own kitchen.

If you would like to participate as a guest gourmand, please contact us at rockfishcc@gmail.com. We will be happy to go over the details of the program with you!

Boeuf Bourguignon



The debut of the Rockfish Roadhouse will feature Boeuf Bourguignon, prepared by Glenn Picou. Bourguignon originated as a peasant dish in the Middle Ages and is a traditional item commonly found on French Bistro menus. It is essentially a stew of beef braised in red wine with mushrooms, onions, carrots and a variety of herbs and spices, served with noodles, rice, or potatoes. It is usually made with and accompanied by a red Burgundy.

Bourguignon is easy, though cooking-time consuming. Each ingredient - the meat, the onions, the mushrooms - can be prepared separately ahead of time, then combined for final cooking in the oven. Generous cooking time, at least 3 hours, is essential, and keeping it overnight in the pot is strongly recommended. The investment of time is amply rewarded!

In-person dinner attendance limited to 8 people, \$20 per person. Zoom attendance is pay-what-you-will. [Register at rockfishcc.org](http://rockfishcc.org)!

Glenn, a current RVCC Board member, and his wife Michele, both from New Orleans, have been RVCC members since 2018 and love to cook. They were both avid fans of Julia Child, author of "Mastering the Art of French Cooking", and "The French Chef Cookbook", from which this recipe is adapted. They both participated in Men Who Cook and Duos Do Dinner a few years ago at RVCC.



Saturday, October 9: 6th Annual SK8 Nelson Festival!



SAVE THE DATE!

The annual SK8 Nelson Festival is scheduled for Saturday, October 9th. Mark your calendars for our favorite annual music fest and fundraiser!

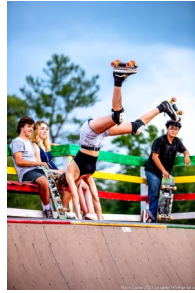
Live Music, food, brews, the MinPin Skate Jam, and epic skate competitions!

All proceeds benefit the SK8 Nelson program at RVCC and the 2021 "Revamp the Ramp!" Fundraising project.

More info below!

Some of our favorite moments from the MinPin Skate Competition on July 24.

Huge thanks to Norm Carter Photography for the amazing shots!



Revamp the Ramp!



Bigger. Better. Bolder.

The SK8 Nelson skate park at RVCC is unquestionably the most-utilized of all of our recreational facilities, frequented by folks of all ages: from kids just learning how to balance on a board to teens and adults perfecting their skills. The park is rarely unoccupied, even in the depths of winter.

Since the skate park was built in 2009, the enthusiasm around SK8 Nelson has grown so much that we now face some new challenges: the park is simply not big enough to accommodate all those who wish to use it on a daily basis, nor is it big enough to add new features. In addition, the original ramp is in serious need of redesign and repair. In its current location, surrounded by the basketball court, the playground, the parking lot and the Pavilion, there is insufficient room to rebuild and grow.

Finally, 12 years later, we have an opportunity to "Revamp the Ramp": to relocate, rebuild and expand the SK8 Nelson skate park so that it can accommodate the needs of all those who use it year round. The new park will feature a new and improved ramp, a much larger paved area for placement of obstacles, features, and flat skating, and a paved skate-able path linking the new park to the RVCC building.

[Click Here to Learn More About RVCC's "Revamp the Ramp" Fundraising Project](#)

[Click Here to Make a Donation!](#)

Indoor Community Markets Resume November 6!



RVCC's Winter Market season begins on Saturday, November 6! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts. Each market (except 12/18) also coincides with RVCC's Pancake Breakfast!

Market Schedule

Live Music TBA!



2021

November 6— December 4— December 18

2022

February 5, March 5, April 2



All Markets are 9am—Noon.

For more info, or to sign up as a vendor, contact Lisa at events@rockfishcc.org.

Art at RVCC

On Display Now: "The Ties That Bind" Multimedia Art Exhibit

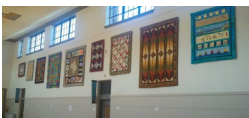


In 2019, at over 15 events held in affected parts of Virginia, a wide variety of community groups demonstrated their commitment to stopping the proposed fracked-gas Mountain Valley Pipeline by using recycled and donated fabric scraps to make over 250 colorful fabric braids. These were displayed throughout the region at educational and protest events and helped show the ways the many different affected communities were and remain bound together by the dream of stopping this pipeline to protect our health, our air, and waterways, and treasured ecosystems. Now these braids have been turned into lively textured wall hangings on beautiful handcarved, local artisan-made wooden rods.

These will be on display (and for sale, with proceeds benefiting Wild Virginia) at RVCC in August and September 2021. The opening reception, with refreshments, will be Sunday August 1st from 4 to 6 PM. Also on display (and for sale) will be the accompanying landscape photography of local artist Max Johnson paired with curated quotations from the writing of participants who engaged in the story-telling and writing workshop component of the project with its coordinator, poet Amelia L. Williams. The writing and poems that accompanied the project will be on display too and copies of the #NoACP book *Walking Wildwood Trail: Poems and Photographs*, that Williams produced as part of an eco-art and poetry nature trail that served as a tactic against the now-cancelled Atlantic Coast Pipeline.

Coordinating Artist Statement: *Amelia L. Williams, PhD, medical writer, poet, eco-artist, lives in Nelson County. Her #NoPipelines art installations have included "LandEscapes," "Triage," "Spooked," and "Soundings." She coordinated The Ties That Bind, A #NoPipelines Collaborative Community Art and Story Project to protest proposed fracked-gas pipelines in Virginia. Sales of her chapbook, Walking Wildwood Trail: Poems and Photographs, benefit regional no-pipelines organizations. She received a Pushcart nomination for "Walking the Celtic Ridgeway." Her poems have appeared in TAB, Streetlight Magazine, The Healing Muse, The Hollins Critic, ANMLY, Rabbit: a journal for nonfiction poetry, Nimrod International Journal, K'in, Postscript Magazine and elsewhere.*

Coming this Fall: RVCC's Community Quilt Exhibit



Calling all quilters! RVCC is now planning for our 2021 Quilt Exhibit. These high ceilings and high walls are perfect for displaying quilts both large and small, in all of their glory; the quilt exhibits we've had in years past have been the most compelling displays we've ever had the honor to offer. Every single person who walks into the Auditorium can't help but stop, look up, say "Wow."

The exhibit will run October-December, with an anticipated reception on October 2. If you'd like to display your quilt, please contact Cathy Kiehl at cathykiehl@aol.com or (c)434-996-3966. (Please leave a message.)

Local Food at RVCC

Every Wednesday:

Old Orchard Farm is taking orders for meats, eggs, Ula tortillas and more, for pickup on Wednesdays at RVCC in the parking lot by the playground, from 9:15-10:00am. Products vary week to week. Sign up for the OOF weekly email: <https://oldorchardfarmva.com>. For more information or to place an order, email info@oldorchardfarmva.com or text 434 260 4701.



Every Thursday, 9am—5pm:

RVCC Food Pickup & Delivery Day! Get fresh, local food every week without going to the grocery store.

Please contact the vendors directly for more information about available products, how to place your order, and what time it will arrive at RVCC!

Hindes Harmony Farm: Grass fed, pasture raised Black Angus beef and Pastured Eggs. Visit us at <http://hindesharmonyfarm.com> and click "Shop."

River Oak Farm: Pasture raised chicken, Forest fed pork, grass fed beef, free range eggs. Order at www.riveroakfarm.com.

4P Foods/Shenandoah Produce: <https://shenandoahproduce.4pfoods.com>. When you sign up and place your order, It is important to note that you must select PICKUP from the drop down menu. Order Deadline: midnight on Monday.

Every Thursday, 11am—6pm:



El Chilango Mexican Grill

Traditional Mexican street food, made the Chilango way!

Elotes (Mexican street corn), tacos, burritos, quesadillas and more.

Saturdays 12—5pm:



Slice Versa Pizza (w/Trager Brothers Coffee): With locally sourced ingredients and naturally leavened dough, Slice Versa makes the best pizza you've ever had. Don't believe it? Please, taste for yourself.

More info at <https://sliceversa.com>.

Ongoing Events & Classes

Free Zoom Presentations: The History of the American Chestnut Tree

Recurring monthly presentations on the third Wednesday of each month, at 7:30pm. August 18, September 15, October 20, November 17, December 15. The Virginia Chapter of the American Chestnut Foundation is offering free Zoom presentations about the history of the American Chestnut tree, its near extinction, and efforts to restore this eastern U.S. tree to its original environment. For an invitation to the Zoom meeting, please email your request to: vachestnut@verizon.net with the date you would like to attend.

Heavenly Hands Fitness Classes--with Linda Baker

Low Impact Show High: M--W--F at 8am, in the Auditorium. Contact: Linda Baker, 434-882-4699.

Pickleball--Sunday Mornings Sundays 9--11am, On the basketball court. Those who wish to attend, or to be placed on the email list, can simply email a request to roussos@lynchburg.edu with their name and email address.

T'ai Chi classes at RVCC 12 week sessions, Tuesdays mornings in the Imaginarium. Please contact the instructors if you are interested in participating in the next session. Teachers: Lee Felton and Charlotte Zinsser Booth. T'ai Chi Chuan is an ancient exercise which embodies China's most profound concepts and principles of health and movement. It offers true harmony between body and mind. Practiced daily, it can help: Reduce stress and anxiety—Increase flexibility, muscle strength and energy levels—Improve balance and ease of movement—Enhance immune system and cardiovascular functions—Reduce arthritis and back pain—and Contribute to a general feeling of wellbeing. **Presented by Blue Ridge T'ai Chi.** To get more info or to sign up for the next series, contact blueridgetaichi@gmail.com, or 434-825-0298.

Ongoing Yoga Classes & Updates



Our fully-equipped Yoga Studio offers a variety of classes throughout the week, taught by qualified and knowledgeable instructors specializing in Iyengar Hatha, Multi-level Hatha, Men's Yoga, and more. No matter what your fitness or experience level may be, there is a class that will work for you. Many of the instructors also offer private or small-group instruction. 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.

Mondays, 9:30-10:45AM: Yin Yoga in Person! —with Rebecca L'Abbe

Cost: 8 classes for \$120, or drop in for \$18. First class for new students at no cost. Please contact the instructor directly with any questions, or to sign up for the class. Students must be fully vaccinated to attend. Suitable for all levels of students, this practice is slow-paced and designed to help you sit longer, and more comfortably, by safely stretching connective tissue around the joints (knees, pelvis, sacrum and spine). Involves variations of seated, prone, and supine poses typically held for several minutes, accessing deeper layers of fascia. Props are used extensively and provided for use in the studio. Contact Rebecca at rebecca.labbe@gmail.com.

Tuesdays, 10AM-11:15PM: Hatha Yoga in Person! —with Rebecca L'Abbe

Cost: 8 classes for \$120, or drop in for \$18. First class for new students at no cost. Hatha Yoga is defined as a practice that develops strength, flexibility, bodily relaxation, and mental concentration. Mindfulness and breath awareness are also integral to the practice of yoga asana. This class is designed to provide a balanced combination of sustained poses with attention to basic alignment and therapeutic principles. For those unfamiliar with the many styles of yoga available, this class moves at a moderate pace and emphasizes learning the poses in a safe and progressive manner. Props--mats, blankets, straps, blocks, balls, and bolsters are available for use, however many students prefer to bring their own mats. Please contact the instructor directly with any questions, and to sign up for the class. All students must be fully vaccinated to attend. Contact Rebecca at rebecca.labbe@gmail.com.

INTEGRATIVE YOGA with Agnes Schrider

***available remotely via Zoom ONLY at this time.**

Agnes F. Schrider is the Yoga PT as she applies her medical knowledge of physical therapy, anatomy, biomechanics and kinesiology to make Integrative Yoga safe for all students. Integrative Yoga fuses pranayama (breath work), asanas (poses) and mindfulness together for a healthy practice. It is strongly recommended that new participants take 1-3 private sessions first before joining a group class so Agnes can teach new yogis a bit of yoga philosophy, the flow of class and any modifications necessary for a safe and enjoyable practice. To begin your journey, contact Agnes at agnesyhw@gmail.com or phone at 540.470.7967 and check out the website: agsyogaworks.com.

INTEGRATIVE YOGA CLASS TIMES: TUESDAYS & THURSDAYS 8:30 am. **CHAIR YOGA :** TUESDAYS 10am.

MINDFULNESS: Agnes also leads mindfulness workshops for community and business groups locally, nationwide and abroad. These workshops are tailored specifically for each group and can be from 3 hours to 2-3 day workshops depending on the need. Contact Agnes at agnesyhw@gmail.com or phone at 540.470.7967 to begin your journey.

Thursdays, 5:30 PM: Men's Yoga with Brian Webb Contact Brian Webb 434-361-9218 or brianpwebb@me.com to register.

Full Circle Salon

Tammy Huffman, Stylist. Color, cut, styling, & facial waxing. **By appt: contact Tammy (434) 529-7180.**
Kathleen Young, Stylist. **By appt: contact Kathleen (434) 326-2279.**

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.

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 Wednesday through Saturday, 11:00 am — 3:00 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!

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 6:30am—6:00pm; Sundays 8:00am—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. **See the class & instructor listings on page 5 for more info.**

ARTISAN & STUDIO DIRECTORY

American Chestnut Foundation—Virginia Chapter

Susan Gorman:
[Derby Vixen](#)

Tammy Huffman:
[Full Circle Salon](#)

David Lipscomb:
[Virginia Rock Shop](#)

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

[Rockfish Valley Artist Collective](#)

[Rockfish River Gallery](#)

Sassafras Studio
Michele Reday Cook

Malik Ahmed
[Taj Mahal Kitchen](#)

[Trager Brothers Coffee](#)



RVCC's Treasure Chest Thrift Store

Go on a Treasure Hunt!

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? 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. All sales directly benefit RVCC!

Volunteers Needed! The Treasure Chest is looking for volunteers! We are open Tuesdays - Fridays 10am-4pm, and Saturdays 9am-3pm! Volunteer for half-days or full days. You can come in during our open hours to pick up a volunteer application and begin working with the team here at the Treasure Chest. And the best part? **Volunteers get 25% OFF anything from the store!**

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.

The Treasure Chest's Mission The Treasure Chest thrift store has been a source of financial support for RVCC since its opening in 2001. The store performs an essential service for the Community. This is a place where people can RECYCLE and FIND all types of gently used items. In our financially eclectic community, this is a sound proposition from all points of view. In addition to serving the many shoppers, store staff and volunteers serve 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 population of Nelson and elsewhere.

Treasure Chest Hours

Tues.—Fri.: 10am—4pm

Saturdays: 9am—3pm

Call 434-361-0103

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

★ **Every day is \$10 Bag Day!**

OUR TEAM

RVCC Board of Directors

President *Charlie Hickox* **Vice President** *Bob Yoder*
Treasurer *Scott Duncan* **Secretary** *Casey Stillman*
Directors *Mary Cunningham, Glenn Picou, Mike Bailey, Michael Donegan, Rebecca L'Abbe, Tom Harvey, Tori Jenkins, Arlo Bloom*

RVCC Staff

Executive Director *Stu Mills*
Operations Manager & Newsletter Editor *Sara Taylor*
Community Engagement & Events Coordinator *Lisa Davis*

Treasure Chest

Manager *Ricki Shepherd*
Retail Associate *Kyndal Steele*

Groundskeeping

Creation Appreciation

Custodian

Sara Hamblin

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!

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

Revamp the Ramp

See article on page 2.

[Click Here to Learn More About RVCC's "Revamp the Ramp" Fundraising Project](#)

"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 October 16!

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

"Rock & Sol 2.0"

What do we need? *More solar panels!* **When do we need them?** *This year!*

More info coming soon!

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.