



September 2017

All The News From RVCC

We're Off to the Races!

Got that "New York State of Mind" going on, so first thing Friday morning, we're headed to the Capital Region for the Woodward Stakes at the venerable old Saratoga Race Course, and my annual family reunion. We're really looking forward to a fun-filled, long holiday weekend, as I hope you are.



But then it's back to our own races here at The Rock on Tuesday... and what a "race card" of events we have lined up! As I was looking at my email box this morning, it struck me that we could really use a lot of help for every one of them. Would you please take a look at these, and let us know if you can pitch in with one, some or all of them?

RACE 1 - "The Pancake Breakfast"- Saturday Sept. 2nd - Post Time 7:15 AM ~ Let's start with pancakes this weekend - we could use some assistance on both shifts. We were so short-handed on the early shift in August that I was flipping pancakes with one hand and taking money with the other! We can't let that happen again, so if you can pitch in, please give Sara a call by Friday noon and she'll get you on the roster.

RACE 2 - "The Last Blast of Summer"- Sunday, Sept. 10th - Post Time 4:00 PM ~ Barely a week later will be the last major outdoor party of the year at the Blue Mountain Pavilion. This "Last Blast of Summer" is going to be a ton of fun, with your chance to dunk your favorite (or not) local celebrity at the Dunk Tank, to play some FREE knockerball, to play in the kids area & get a free face-painting, to eat some fresh-grilled burgers & dogs, to drink some fine local brews, wine or cider and listen to the amazing Bobby Midnight Band. We still need to fill some volunteer vacancies for this event (including for knockerball players and dunkees!), so please raise your hand to volunteer by calling us here in the office or sending us an email.

RACE 3 - "The Day of Caring"- Wednesday, Sept. 20th - Post Time 9:30 AM ~ Then, just 10 days later, we have a major workday organized with the United Way "Day of Caring". We'll be cleaning up & trimming back the nature trail along the creek, building our "green screen" to visually separate the recreational and event spaces in the field, and applying a long-overdue coat or two of paint here in our offices. We've got a great group of workers lined up, but could sure use some extra help on the walking trail and the green screen, and maybe some other little projects around The Rock. Again, let us know what you'd like to work on, and we'll let you know when to show up & what to bring.

RACE 4 - "The Hoop Dream"- Saturday Oct. 14th - Post Time 10:00 AM ~ A few weeks after that, we'll once again be hosting our "Hoop Dreams" 3-on-3 basketball tournament on our beautiful new outdoor court. We really need some more teams to register in the Youth (11-14), Young Adult (15-18); Adult (19-45); and Senior (46+) flights, and could use some extra hands to help with promotion before the event, and setup & teardown on event day. If you like hoops, this daytime event is right up your alley, so please let us know if you can donate a couple of hours.

RACE 5 - "The Rockfish Nights Stakes"- Saturday Nov. 11th - Post Time 6 PM ~ Then we'll be wrapping up our fall events with our own major "Stakes Race" - our Rockfish Nights gala! We need all kinds of help with this critical fundraising event, from planning to manning it, and we'll be gathering the troops for our next planning meeting on Thursday, September 14th at 4:00 PM here in Rock U. Again - please let us know here if you can lend a hand.

So there you have the race card, and the "Call to the Post" has sounded. We sure hope a bunch of you will answer the bugle's call! And as always, thanks for posting!

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Saturday, September 2: 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. Many thanks to [The Well of Nelson](#), who has been providing us with a small core group of volunteers who make sure the breakfast goes off without a hitch. However, we always need a few extra pairs of hands in addition to the amazing crew from The Well. If you can help, please contact us at rockfishcc@gmail.com!

JOIN THE ROCK!

From July 1 through October 15, all Basic Level 2017 Memberships are half price!

Memberships help us keep this place running on a daily basis—RVCC receives NO government funding, from Nelson County or otherwise.

[CLICK HERE TO JOIN OR RENEW YOUR RVCC MEMBERSHIP](#)

...or visit the RVCC Office to learn more!

HOW COMMUNITY HAPPENS

- ◆ Volunteer for a workday or an event, take a class—be a regular at The Rock!
- ◆ Donate to a Fund-raising Campaign—be here in spirit even when you can't be here in person.
- ◆ Become a Member—and let your voice be heard.
- ◆ Spread the Word—networking brings people together. If you like what we're doing here, tell someone about it.
- ◆ Give Us Feedback—whether it's praise, a suggestion, or a complaint, we want to know. Help us shape a better community for you.



Sunday, 9/10: Last Blast of Summer!

Join us for the Last Blast of Summer!

Sunday, September 10, 4:00—7:30pm



A joint fundraiser for the Nelson County Community Fund & RVCC
At the Blue Mountain Pavilion

\$10 admission, kids 12 & under are free! All proceeds benefit NCCF & RVCC

Music by the Bobby Midnight Band



Bobby Midnight Band formed in 2014 in Charlottesville, Virginia. Blossoming from their decade-long partnership in regional favorite Trees on Fire, BMB's original three members (Rob Mezzanotte, Brian Wahl, and Paul Rosner) created their new project as a way to submerge themselves in shared roots, soul and rhythm & blues. BMB currently plays around

central Virginia and released their first album in 2016. Singer Rob Mezzanotte and bassist Brian Wahl are graduates of Boston University's College of Fine Arts. While attending BU, Rob won "Best Male Vocalist" at the 2005 National Collegiate A Cappella Championship in New York City. Drummer Paul Rosner has been performing for over 30 years and has played with dozens of groups in the Charlottesville area. Keyboardist Nick Cardoni is a graduate of Brown University and grew up playing jazz and swing.



Fun & Games with FREE Knockball—brought to us by Powerplay Charlottesville!

Plus: a dunk tank for dunking your favorite local celebrities, games for kids, and more!

Food & Beverages:

Grilled hamburgers, hot dogs, Gourmet ice cream by Rockin' Scoops, baked goods, Veritas wines, and Blue Mountain brews!



Sponsored by Blue Mountain Brewery, Veritas Winery, Tiger Fuel, Blue Ridge IGA, Rockin' Scoops, and Rockfish Gap Country Store.

Visit nelsonfund.org for more info about NCCF.



Sunday, September 17: Green Party Summit



On Sunday, September 17th from 10am to 4pm, the Green Party of Virginia will hold a Party Summit in the Rockfish Lounge on the future of progressive politics in Virginia. We will identify the most pressing issues that should inform our strategy and focus in the coming electoral season, and in preparation for the midterm elections in 2018. We will review our mission

and our electoral and legislative goals, and seek consensus on the best ways to champion a progressive agenda for the people of Virginia.

All interested persons are welcome to attend. For more information, visit www.vagreenparty.org.

Wednesday, September 20: United Way Day of Caring



The United Way Day of Caring in the Charlottesville area was established in 1992 by the United Way-Thomas Jefferson Area to promote the spirit and value of volunteerism, increase the awareness of local human service agencies and schools, and demonstrate what people working together for the community's good can accomplish.

RVCC is fortunate to be able to participate in the Day of Caring, and on Wednesday September 20 we will assemble a crew of 18 volunteers who have chosen to help with three huge projects at our Community Center. We will be working to reclaim the walking trail, paint the front offices, and create a "green screen" in between the Pavilion and the Skate Park.

These are all big jobs for a single day's work, and we could use some extra help to get ready for the Day of Caring. We'll need help to clear the offices and prep for painting, and we'll need some folks who have some experience with painting, planting, and weeding to assist with volunteer management on the Day itself.

Please contact us at rockfishcc@gmail.com, call 434-361-0100, or come see us in the office if you can help!

ARTISANS & STUDIOS

Peter Agelasto & Richard Averitt

[Digital Relab LLC](#)

Anne & Dan Buteau

[Old Orchard Farm](#)

[Claudia Gibson Catering](#)

Susan Gorman:

[Derby Vixen](#)

Sallie Justice:

[Life Coaching](#)

David Lipscomb:

[Virginia Rock Shop](#)

K Robins Designs:

[Symbolic Jewelry](#)

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](#)

New at the Rockfish River Gallery

From the Gallery:

We want to thank all of you for your continued support of our Gallery and its participating artists. In the upcoming month, please keep in mind that September is traditionally the worst month in sales for the Gallery. If you need something unique and special for a housewarming, a birthday, a treat for yourself, or perhaps just some early holiday shopping, stop in and see what the Gallery has to offer!



New This Month

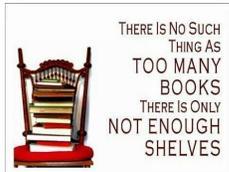
Hand-made stretch “scrunchies” by Anne dela Tour Hopper: These bright "scrunchies" can be worn on your head as a colorful scarf, pushed up into a headband, or tightened into a ponytail holder. Lengths range from 9" to 22", making them quite versatile. Prices start at just \$8.00!

All Russell Fisher paintings and prints are 10% off! (Cards not included.)

More colorful apparel has arrived from Strawberry Finch, Rebecca L’Abbe’s line of hand-dyed, one-of-a-kind garments.

Over 50 artists now have their work available at the gallery, with new items every month. Come check it out!

The Gallery is open Wednesday through Saturday, 10 am to 4:30 pm. For more information about the artists, visit www.rockfishrivergallery.com.



No Such Thing As Too Many Books...

Book shoppers at the Treasure Chest’s popular book room have no doubt seen the fantastic improvements made by our volunteers Linda Blake and Phil Hearne. Linda has made large, easy-to-read signs, and both Linda and Phil have reorganized the room so that it is cleaner and easier to navigate and use. The room is also much brighter now, thanks to Henri Weems and Bob Yoder replacing the old lights with new LEDs. The children’s books have been moved to a corner of the book room, and the next steps are to paint the walls and replace the randomly sized and shaped bookshelves with more consistent, space-efficient shelving that will improve organization and maximize the number of books that can be shelved in the book room.

To that end, we are seeking to raise \$2,000 by November 1st. Funding will be used to purchase the paint and the materials for building the shelving. The labor will be provided by RVCC volunteers, and the project is being coordinated by Linda, Phil, and Bob.

If you’re a fellow bookworm and would like to help out, you may make a tax-deductible donation to the cause [on the donations page at rockfishcc.org](http://on.the.donations.page.at.rockfishcc.org). You may also make donations in the RVCC office, or at the Treasure Chest. And if physical help is more your style, please contact us! We’ll need help painting and installing the shelving when the time comes.

The Treasure Chest has the most interesting and diverse selection of books, thanks to our patrons. We are also fortunate to have avid readers, librarians and book lovers such as Ann Catherine, Linda and Phil who have spent many, many hours researching, pricing and shelving our donations. We are grateful to you all!



Thursday, October 12: Candidates Forum

The Nelson County Chamber of Commerce will host a Candidate Forum on Thursday, October 12, in the RVCC Auditorium. Doors open at 6:00pm, Forum begins at 7:00pm.

There will be time for questions and answers with the North, East and Central District Supervisor Candidates and the 20th and 59th District House of Delegates Candidates.

The public is invited and encouraged to attend. Arrive early for a chance to submit your questions in writing and meet early-arriving candidates. Contact Elaine Hooker at ehooker03@aol.com or 434-962-5022 for additional information.

Saturday, October 14: Hoop Dreams Basketball Tournament



TIME TO HOOP IT UP!

Hoop Dreams 3-ON-3 Basketball Tournament

Team Brackets for kids, adults, and seniors!

Saturday, October 14: 10 AM—4 PM.

Team Registrations Due By October 6th!

Hot Shot Contests—Food & Beverages

[CLICK HERE FOR TOURNAMENT RULES & REGISTRATION](#)

Or contact us at rockfishcc@gmail.com or 434-361-0100.



Sponsored by Bold Rock Hard Cider

Hoop Dreams

Benefits the RVCC Basketball Court.



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 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 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! The Saturday Bag Sale is now EVERY DAY. Fill a bag of regularly-priced clothing, belts, shoes, purses and scarves for just \$10.00! And if that's not enough to get you in the store...

The First Saturday is Boutique Bag Day!

Our First Saturday Bag Day now features **20% off all specially priced clothing** in addition to the normal Bag Day Sale!

Donations Accepted During Business Hours!

We greatly appreciate your generous donations of items that are in immediate re-sale condition. Please do NOT leave items outside the store after hours! And please do not leave items that are stained, dirty, damaged or missing parts, or are in bags or containers that may be mildewed, contain spiders or insects, or have kept company with other critters. Unfortunately we cannot accept electronics, particle/fiberboard items, baby equipment or used toys, text books, reference books, or magazines, or items not coming from a smoke-free home.

Don't forget—the Treasure Chest accepts consignment furniture!

For consignment terms and more information, please visit the [Treasure Chest page](#) on our website, or stop in and visit with us to find out how consignments work.

VOLUNTEERS NEEDED!

We are in need of some extra help at the Treasure Chest. If you can spare a few hours here and there to help us handle the amazing donations that are coming in every day, we'll give you **25% off** any purchase! Help is needed Tuesday through Saturday—please contact Kat Walsh at 434-361-0103 if you can help.

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

Treasure Chest Hours
Tues.—Fri.: 10am—4pm
Saturdays: 9am—3pm
434-361-0103
*Donations always welcome
when the store is open!*

On Sale Now:

END
OF
SUMMER
SALE

50% Off!
All Summer
Clothing &
Shoes



50% Off!
Everything in the "Man Cave"

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

Are You a Jack-of-all-trades, an Artist, or a Music Lover?

Are you interested in helping out, but don't have a particular project in mind? Our Building & Grounds, Art, and Music Committees are entirely composed of volunteers, and we would *not* be able to keep this place running without them!

The B&G committee takes care of everything from small repairs and handyman jobs around the building, to large jobs such as the recent installation of a drainage system behind Trager Brothers Coffee. Our current crew is astounding, but this is a huge facility and there is more to do than they can keep up with. **We are desperately in need of more help.** Please contact us if you'd like to get involved.

The Art and Music Committees are also looking for new members. If you'd like to be involved with the art and music events and programming here at RVCC, please let us know. We need your vision and your energy! Email rockfishcc@gmail.com, call us at 434-361-0100, or come see us.

There are also plenty of ways to help that don't require the commitment of joining a committee. If you've ever wandered through the building or around the grounds and wondered about the trash can that hasn't been dumped...or why that flower garden needs to be weeded...or any other task, large or small, there's a pretty good chance it's because we don't have enough help to stay on top of this stuff.

We take a lot of pride in this place, but the truth is that we just can't do it all. And so we hope that you'll take some pride in it too. Please help us care for the Community Center that has become an anchor in the lives of so many people around here.

Ongoing Classes, Events, & Services

Claudia Gibson Catering

Open 8am—4pm Wednesday through Friday for breakfast & lunch--plus new specials, frozen entrees and soups. Fresh sourdough bread available on Fridays. Saturday hours: First Saturday of the month: Open 11:30am—3:00pm (after pancake breakfast). Remaining Saturdays: Open 9:00am—12:00pm.

Contact Claudia: claudiacatering@gmail.com or 434-760-4182.

Old Orchard Farm

Old Orchard Farm is open Wednesdays 9:30—11:30am and Saturdays 9:00—12:00, in the Concession Stand behind RVCC. Old Orchard Farm is a competitively priced farm market offering regular specials on our high quality pork, beef and lamb for the best prices in the Rockfish Valley! Come early for the best selection of organically raised fruits and veggies, plus baked goods, eggs, cow shares and more!

"The Big Sausage Sale" has started! We need to make space in our freezers as there are more pigs ready to go to the butcher! This is a golden opportunity to fill your freezer up with our delicious versatile sausages. If you haven't tried a flavor now is the time! From now till the end of September we will have the best value locally produced sausages in Nelson County! Bulk sausage is only \$6/lb and Links are \$6.50/lb. **Available now:** Breakfast sausage (bulk and links), Chorizo bulk and links, Bratwurst links, and Hot Italian links. Sausages of any flavor can be the base of a quick, tasty, easy meal. Our Pork chops are also now on sale at \$8/lb instead of \$10/lb! September Specials on Lamb & Beef too... come in and see!

Stop by, as you never know what seasonal specialty may suddenly be available! Tastings too! Please contact Anne for more info at 434-260-4701. Please email info@oldorchardfarmva.com to sign up for the Old Orchard Farm mailing list for product updates, special offers, cow share availability, and other news.

Life Coaching w/Sallie Justice. *Hot-Topic Coaching* to address a specific issue...your "hot topic." *Coaching Series* to make major changes in your life. *Coaching Courses:* Group coaching with specific focus. *Private Life Coaching Sessions* to help you clarify your goals and make reaching them not only possible, but probable. Contact Sallie: 434-962-3794 or salliejustice-coaching@gmail.com.

Onatah Energy Therapy—Michelle Burkett, LMT

In the New Health Consultant Studio, Rm 3. Let energy therapy assist you by providing a gentle pathway for things to shift and change to occur. It works with our chakras and all levels of our beings, physical and non-physical, conscious and subconscious. It gets us out of our heads and into our bodies and hearts. Book an energy therapy appointment for healing, health, and balance. Pricing: 60 minutes, sliding scale of \$40--\$60. 90 minutes, sliding scale of \$80--\$100. Contact Michelle to book an appointment: 724-762-9329.

Ongoing: 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.

Ongoing: German New Medicine Study Group

Wednesdays, 6:00-7:30pm, 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](tel:540-255-0026).

Ongoing: Girl Scout Brownie/Junior Troop meetings

Wednesdays, 4—6pm, in the Dining Room. A new Nelson County Girl Scout Brownie/Junior Troop is looking for members! 70% of women in Congress and 53% of female business owners are former Girl Scouts. Come discover the fun, friendship, and power of girls working together with Nelson County's Troop 8111, currently accepting 3rd-5th grade girls. Email elise.lauterbach@gmail.com for more information.

Now Available at Rockfish University: The Great Courses

The Great Courses (TGC) is a series of college-level audio and video courses produced and distributed by The Teaching Company. The series differ from most online learning platforms in that they are produced for enrichment purposes only and offered without schedules, homework, exams, or certificates. 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 <http://rockfishvalleycommunitycenter.memberlodge.com/rocku>.

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)

[Martina Compton](#)

[Sandra Pleasants](#)

[Brian Webb](#)

[Agnes Schrider](#)

Fitness & Personal Training

[Kelly Whalen](#)

Arthritis Foundation Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

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

Fitness & Yoga Classes

Arthritis Foundation Exercise Class with Linda Hobson

Tuesdays and Thursdays, 9:00am—10:00am, In Room 14. Fee: \$12/drop-in, or 10 classes for \$100. If you would like to try the class out, the first one is free! Linda Hobson is a certified instructor for the Arthritis Foundation Exercise Program. This program was designed by the Arthritis Foundation to relieve pain and stiffness caused by arthritis and many other conditions. The class focuses on building muscle and core strength as well as endurance, balance and relaxation. **To sign up or get more information, contact Linda at lrhobson@hotmail.com or 540-456-6812.**

Beginning Tuesday, September 26: Seated Arthritis Foundation Exercise Class—Linda Hobson.

Tuesdays, 10:15am, in Room 14. A seated version of the Arthritis Foundation Exercise Class for those with mobility limitations. Increase flexibility, strength, mobility and stamina while decreasing pain. A minimum of six participants is required to start this class, so spread the word if you are interested. \$15 per class or 10 classes for \$120. **Contact Linda at 540-456-6812 or lrhobson@hotmail.com.**

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 information and registration. For more info about Core Fitness Synergy, visit corefitsynergy.com.

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.

Yoga w/Sandra Pleasants, certified Iyengar teacher and ERYT500: Mondays, 9:15—10:45am: (all levels), \$15/class; Mondays 6—7:30pm: Advanced Iyengar, \$15/class; Tuesdays, 10—11:15am: Gentle Iyengar, \$12/class. Contact Sandra at 434-361-2262 or sandra.pleasants@gmail.com to register.

Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor. Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. *(No class on Labor Day.)* 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.

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.

OUR TEAM

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Custodian
T&E Cleaning



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 visit the “Join Our Mailing List” tab on the website.