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Rockfish Valley Foundation

Enhancing the Quality of Life and Celebrating the People, Land, and History of the Rockfish Valley

February , 2020

Dear friends,

I bring you greetings from our trustees, staff, committees and volunteers along with our current newsletter and a request for your support. RVF has made major progress over the last 6 months. That includes organization, staffing and governance. RVF will turn 15 in August and this is going to be a significant year of initiatives and accomplishments.

We use tag lines that reflect “nature is our game” and that “we are the nature guys” in Nelson. Do we promote adequately why it is valuable to spend more time on our trails and at Spruce Creek Park? You can help. We have read that being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings? Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. We need funding to pursue the RVF mission to enhance environmental literacy as well as give our community a healthy lifestyle.

We thought you would like to have a copy of our Winter Newsletter to see what has been going on. Read about Katrina, our new program director, there. Our website has also been refreshed and updated. Our 2020 budget reflects a small deficit. (if you request, we will send it to you.) Now we must complete the fund raising. We are half way there; but only half way. We are revenue driven so your help and the help of your neighbors makes a difference. We seek 100 more donations.

If you want to smile, stop by our Children’s Nature Trail in our Spruce Creek Park. ; It is a wonderful experience no matter wherever the action: mud kitchen, balance beam, tree house, climbing structures. We have a 2020 plan and expect the attendance will keep growing exponentially from the 4000+ who attended in 2019. The same can be said for the Rockfish Trails where we reemphasized the family community in our updated Trail Etiquette policy. You can find that on the website.

Katrina has reached out to the schools and presented a template for SOL based programs and events for 2020 using the RVF resources and the schools for K-6. She is taking our team to KidVention in Charlottesville on Feb 8 to be part of the annual event that

entertains 1000. She just returned from a conference at Foxcroft School on environmental outdoor experiential learning. Many new contacts were made and relationships strengthened. And so starts the year of partnership and collaboration.

As an example of what to expect in 2020, our geology committee has grown to 8 active members including 3 geology faculty. Kate Humphrey is chair. Chuck Bailey leads the William and Mary effort. Our plan is to hold the Rockfish Valley Discovery event in a late summer around our 15th anniversary. That gives the committee time to work on putting the digital W&M deliverables into reality.

We hope to set a record with donor numbers and dollars this year. Our budget requires that. As is said “time, talent and treasure” are what make us strong. Thank you for your past support and consideration of this request. Help spread the word and do a facebook like.

Thanks a lot,

Peter Agelasto IV, president
For the Board of trustees, staff and volunteers

PS mark your calendar for the RVF Nelson County Earth Day Event April 19. It is the 50th anniversary.

**The Rockfish Valley Foundation is a 501(c)3 non-profit organization. Tax ID: 20-3481268
P.O. Box 235, Nellysford, VA 22958 | 434-361-0271 |
contact@rockfishvalley.org | www.rockfishvalley.org**