



Rockfish Valley Foundation

Enhancing the Quality of Life and Celebrating the People, Land, and History of the Rockfish Valley. www.rockfishvalley.org // contact@rockfishvalley.org



Volunteer Newsletter

ISSUE 8, Spring 2022

Random Acts of Volunteering

If you've been looking for an opportunity to help out at the Rockfish Valley Foundation, but are hesitant to add more obligations to your calendar, may we suggest Random Acts of Volunteering? Over the next several weeks, we will be posting instructions for small, spontaneous tasks for visitors to Spruce Creek Park, the Rockfish Valley Trails, and the Natural History Center. The goal is to create more capacity for paid

employers to build exciting new programming *and* to light the fire of volunteerism in our regular visitors, especially children! Picking up sticks, wiping down the Storywalk displays, and sweeping the gazebo are examples of how visitors can help out during their time at RVF. Please share photos of your experience by tagging [#rockfishvalleyfoundation](https://www.instagram.com/rockfishvalleyfoundation) on Instagram!



Oh no! Company is coming and the Mud Kitchen is a mess! Who's going to volunteer to tidy up?



Pulling a few weeds from a path is a great way for kids of all ages to get their hands in the dirt!

Planned Volunteering

We are always looking for volunteers who can commit to more than Random Acts of Volunteering! Outdoors folks can help out with planting wildflowers, maintaining trails, and more. Indoors folk can become hosts at the Natural History Center, helping us realize our commitment to be open for at least two hours on weekdays, and four hours on weekends.



Volunteers extraordinaire, Sue and Michael, ready bulbs for planting.

Party planners can help plan and execute volunteer thank-you events. If you'd like to help, we'll find a job for you! If you're nervous that you don't have the skills or knowledge to help, we'll provide training and resources! Please fill out this (very quick, very easy!) [Volunteer Interest form](#), or email volunteer@rockfishvalley.org to let us know how we can help you help us!



We do water, rocks, plants and animals! But we can't do it well without volunteers like you!

Meet Freedom!

Freedom Duff has recently joined us as operations manager. She is looking forward to matching volunteers with their perfect project, and she can't wait to meet you all! Freedom can be reached at operations@rockfishvalley.org anytime, or in the offices at the Natural History Center by chance or appointment.



Freedom can't wait to find hosts that enjoy the Natural History Center as much as she does!

Donations welcome!

The Rockfish Valley Foundation relies on the generosity of people like you! Text RVFSPRING2022 to 44321 or visit our [secure donations website](#). You can also support us with every Amazon purchase by selecting Rockfish Valley Foundation as your charity on [Amazon Smile](#).