



ROCK ON.



July 2020

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

From Executive Director Stu Mills

Navigating the "New Normal" - Cont'd

Hello all -

"Three steps forward"...

I want to offer just a few quick notes to lead off this abbreviated version of "Rock On." As you'll see below, a lot has been going on as we take little baby-steps in re-opening and working our way back to normalcy.

Right out of the gate, we want to give huge "THANKS!" to Eleanor Massie and the amazing group of volunteers at the Treasure Chest who got it cleaned and prepped for our re-opening last month, and who manned the fort while we were awaiting our new Manager to be hired. And thanks also to YOU, our customers, who patiently endured some inconveniences as we worked through our new COVID procedures. With everyone pitching in, we managed to make the transition pretty seamlessly.

And please join us in welcoming Kim Jackson to the helm of the Treasure Chest! Kim is a Nelson native who comes to us with a background in sales and banking, and has hit the decks running. Be sure to stop by the store to say hello and witness the transition to "safe shopping!" I also want to send a special shout-out to former manager Cat Dunne, who has helped out so generously in getting Kim up to speed in her new manager role.

Please also make special note that the Treasure Chest will be open for shopping three days per week (Thursday, Friday & Saturday) starting next week. To ensure everyone's safety, that means that donations will now be limited to Tuesdays and Wednesdays only, from 10 AM to 2 PM.

We hope you'll also join us in welcoming our new Community Engagement and Event Coordinator, Lisa Davis, to the family. Lisa is a vibrant and energetic fixture in the Nelson business community, and will get started on a part-time basis in the beginning of August reaching out to all of our constituent communities to raise awareness of everything the Rock has to offer, and to take charge of event planning for us and for other groups or organizations that want to hold events here in our building or on our grounds.

Keep your eyes peeled for more info coming from Lisa about our "Drive-In Movie Night", a community yard sale/flea market, the debut of our new "Imaginarium" and a re-imagined "Rockfish Nights" - all coming later this summer and fall!

... and finally, let's all avoid "Two Steps Back!!" - please wear a mask when out & about, keep a healthy social distance and wash those paws every chance you get!

Thanks for that, and for everything else you do to sustain the Rock!

Stu

Half-Price Memberships!

From July 1 through October 15, all basic memberships are half price! An individual membership is now just \$15, and a family membership just \$25, good for the remainder of the year. If you shop at the Treasure Chest, rent space here for a meeting, or come to a few Pancake Breakfasts when they resume, you will get more back in rewards than the cost of your membership!

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've also never needed your financial support quite as much as we do this year. As the COVID-19 pandemic continues to flare around the country and compromise our ability to hold fundraising events, rent space for parties, or resume a full normal schedule at the Treasure Chest, we have been scrambling to find ways to survive this crisis and still be here for you when it's all over.

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!](#)

We look forward to sharing the vision with you!



Now Available for Short-Term Use: The Imaginarium



“An imaginarium refers to a place devoted to the imagination. There are various types of imaginaria, centers largely devoted to stimulating and cultivating the imagination, towards cultural, artistic, commercial, recreational, or spiritual ends.”

Last month, when Kelly Whalen broke the news to us that she would close her Core Fitness Synergy studio, we were seriously bummed. The studio has been a vibrant source of fitness, dance, and positive energy since 2013, and we really want to keep that energy going!

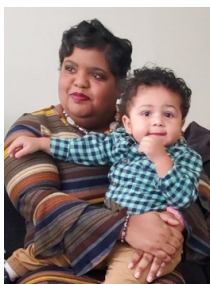
And so, rather than seeking a full time tenant who could make use of a room with mirrored walls, we have adopted Room 10 as our new “Imaginarium.”

Dance, Tai Chi, meditation, movement, meetings, and even our Pancake Breakfasts will find a new home in the Imaginarium. What can you imagine happening in this space? Contact us at rockfishcc@gmail.com and let’s make that dream a reality!

\$20/hour or \$100/day, with discounts for RVCC members.



RVCC Welcomes Kimberly Jackson to the Treasure Chest Team!



RVCC welcomes Nelson native Kimberly Jackson to the Treasure Chest Thrift Store team! Kim was born and raised in Nelson County, and graduated from NCHS in 1996. Her years of retail and customer service experience, along with her gregarious personality, make her a warm and welcoming manager and an excellent fit for our thrift store.

Kim says, “I like the Thrift Store because of the family-friendly atmosphere, and I'm looking forward to becoming a part of the team.”

Stop in and say hello on your next visit! Kim can be reached at the Treasure Chest at 434-361-0103, or rvcc-thriftstore@gmail.com.

SK8 Nelson 2020



SK8 Nelson Etsy Shop

Nelson's only skate park now has an Etsy shop!

Visit <https://www.etsy.com/shop/Sk8NelsonVa> for SK8 Nelson boards, grip tape, stickers and more!

Buying SK8 Nelson merch is a great way to give a unique gift to the skate enthusiast in your life, and help us keep the skate park on our grounds.



We are not able to hold the annual SK8 Nelson Fundraising Festival this year--but we still have to pay that massive insurance premium! Buy some merch in the Etsy shop, or visit <https://www.rockfishcc.org/support-sk8-nelson/> to help us keep the park open to the public and free to use!



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

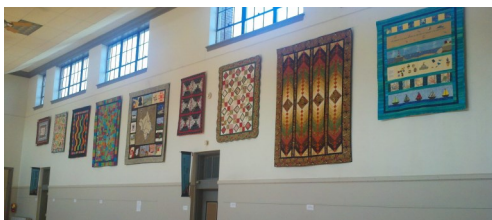
Volunteer!

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!

Fall Quilt Exhibit



The RVCC Art Committee plans to hold a quilt exhibit in the fall! Now is a good time to work on quilts/wall hangings, and kids could sew small pieces or make paper quilts for a “Kids Korner”. Art quilts could be in response to this Covid-19 pandemic if anyone is looking for inspiration, and of course traditional and contemporary designs are welcomed as well.

If you have a quilt that you are willing to hang on the high walls of the Auditorium from September through November, please contact Cathy Kiehl at cathykiehl@aol.com.



The Treasure Chest Thrift Store

TREASURE CHEST THRIFT STORE: PHASE ONE REOPENING SCHEDULE

Tuesdays & Wednesdays: Open 10am--2pm, for donations only. No shopping.

Thursdays & Fridays: Open 10am--4pm for shopping. No donations.

Saturdays: Open 9am--3pm for shopping. No donations.

This schedule will continue Tuesday through Saturday until further notice.

RULES FOR DONATING DURING COVID-19

- Please do not, under any circumstances, leave items outside the store.
- Please note that donations will not be accepted on Fridays and Saturdays while the store is open for shopping.
- Soft items (such as clothing) should be packaged in bags. Hard items (such as housewares, artwork, etc) must be packaged in boxes or other hard containers.
- If you have a large load of items to donate, please call the Treasure Chest at 434-361-0103 before you drive over. Our storage space is very limited, and we must be able to keep items quarantined until they can be safely sorted! We know a lot of you have been spending time cleaning and setting aside donations, and we are trying to prepare for the possibility that we may have more donations than we can handle in these first few days.
- Please be patient with us. If the designated storage area for a particular day fills quickly, we may ask you to bring your donations on another day.

Please carefully review the following list of items we CANNOT ACCEPT, even in normal times:

- Items not coming from a smoke-free environment.
- Any Clothing or fabrics that have not been recently washed, or those that contain mold, mildew, musty odors, or evidence of mice.
- Furniture in disrepair.
- Mattresses, box springs, sofa beds, or upholstered furniture.
- Pressboard or composite board furniture or rickety items.
- Venetian blinds and shades, water beds, metal filing cabinets or desks.
- Bicycles, exercise or sports equipment.
- Household cleaners, paints, stains, varnishes, etc.
- Tires, car batteries & other automotive items.
- Large appliances, flammable liquids, humidifiers, dehumidifiers, air conditioners, and anything that has been recalled or deemed hazardous by the Consumer Product Safety Commission, such as baby equipment.
- Building materials, windows, doors, screens, old kitchen cabinets.
- Carpets and padding larger than 8' x 12'
- Games or puzzles with missing pieces or used toys.
- Beauty, healthcare or personal hygiene items.
- Textbooks, reference books or magazines.
- Electronics, computers and monitors, fax, printers, phones or tube televisions.

RVCC (including the Treasure Chest) is not permitted to dispose of anything at the Rockfish Collection Center next door. For these reasons, we must ask you to dispose of any items you bring that we cannot accept.

RULES FOR SHOPPING DURING COVID-19

- If you are symptomatic, or have been in contact with anyone symptomatic, please DO NOT come to the store!
- No more than 20 customers will be allowed in the store at one time, and social distancing will be monitored and encouraged.
- Clothes may not be tried on, and no fitting rooms will be available for that purpose.
- Masks (provided by the customer) will be required in the store - NO exceptions. Gloves will be made available at customer request and at no charge. Hand sanitizer will be available.
- Check-out waiting spots will be marked at 6-foot intervals.
- Cashier will sanitize hands after every sale, sanitize counter between customers, and regularly sanitize cash register and credit card terminal.

We look forward to seeing you!

Contact the Treasure Chest:

Call 434-361-0103

Email:

rvccthriftstore@gmail.com

★ **RVCC members
get 10% OFF!**

**Every purchase,
everyday!**

★ **Donations
Accepted**

★ **Every day is \$10
Bag Day!**

★ **All Sales Directly
Benefit RVCC!**

Events & Classes

Blue Ridge Tai Chi Classes

Tuesday Tai Chi classes resumed June 16th at 9am and 10:30am, and will continue through Tuesday July 28. Classes will be held OUTDOORS in the Pavilion. The current classes are for continuing B1 students learning the Yang style short form. We are not currently taking drop ins or new B1 students in these classes.

PLEASE NOTE:

Beginning Thursday August 6th we will be offering an 8 Ways class outdoors at 9 am. This class is open to everyone to experience the relaxation and health benefits of Tai Chi movement. AND—There will be a new Beginning form and a B2 class in September! **Questions? Contact blueridgetaichi@gmail.com.**

Sunday Mornings: Pickleball

8am, on the basketball court. In order to adhere to the Governor's mandates and protect our health, the rules for play are below.

- No personal contact such as shaking hands, hugging, high fives, etc.
- Require 6 ft. separation when off the court. Encourage that by placing chairs 6+ ft. apart. Maintain 6 ft. distancing when possible while playing.
- No one who is ill may play.
- Participants should bring their own cloth and/or paper towels and hand sanitizer.
- Avoid picking up the ball if possible. You may wish to mark/bring an outdoor ball for your own use while serving.
- Use of gloves and/or masks is optional but encouraged both on and off the court.
- No sharing of paddles or other equipment except for those in the same household. Avoid touching objects on and around the courts including chairs.
- Bring an adequate personal water supply.
- We will provide a basket or jar where people can drop their fees to minimize contact via money. We will forgo the sign-up sheet and simply take a headcount to minimize contact via paper and pens. Those who wish to be placed on the email list can simply email a request to roussos@lynchburg.edu with their name and email address.
- A first aid kit will be on site, and players are encouraged to bring their own.

Nationwide and worldwide the Covid-19 infection rate is still continuing to rise. However, in Nelson Co. it remains very low. If we should see a rise in infection rates in the areas in and around Nelson Co. we will postpone our pickleball activities until the situation improves markedly. Let's have fun and be safe!

Ongoing Yoga Classes & Updates

Sandra Pleasants, Sara Agelasto, and Rebecca L'Abbe are offering Zoom yoga classes through Yoga Cville. Visit <https://yogacville.com/> for more info. Participants must register through Yoga Cville.

Hatha Yoga with Martina, Wednesdays at 6:00 pm.

Zoom class hosted by Martina Compton. Contact Martina at martinac1959@gmail.com if you would like to participate.

Men's Yoga with Brian Webb--Social Distancing Edition

Thursdays at 5:30pm, in the Auditorium. Join Brian for a refreshing, well-spaced yoga class. Class size limited to 10, bring your own mat. Class fee: by donation. Contact Brian for more info: brianpwebb@icloud.com.

Mindfulness & Meditation, Chair Yoga, & More

Join Agnes Schrider for a 30-minute Zoom meditation session, Mondays at 7pm. Agnes also teaches yoga classes via Zoom on Monday & Wednesdays at 8am and Friday Chair Yoga at 9am. Contact Agnes at agnesyhw@gmail.com for Zoom invitations and info about available classes.

Kundalini-Flow Yoga & Meditation

NEW at the Rockfish Valley Community Center—Outdoor in the Pavilion, starting: Monday July 6th 2020 8am--9am, Wednesday July 8th 2020 6pm--7pm. Discover your Infinite Potential & the Divine Power within You! Kundalini Yoga is the Yoga of deep Transformation. It was designed to guide us through the challenging times of change we are now facing on the planet. If you are struggling right now with fears, worries, or uncertainty, this Yoga style can help you to connect with your infinite potential and will enable you to go beyond your limitations. Through the practice of Kundalini Yoga you will develop a neutral and peaceful mind and you will experience the Divine within you.

Monika also offers One-on-One sessions or Support groups over Skype! Contact: Monika Schneider Stone - Phone: (681) 758-5469. Monika is a certified Yoga Teacher, Massage Therapist & Life Counselor from Germany with more than 20 years of experience in working with people to help them discover their highest potential and releasing blockages that are in the way of living a healthy, fulfilled, and abundant life.

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; contact us to check out the courses of your choice. You may also review the available courses by [visiting the Classes section on our website](#).



Full Circle Salon is OPEN—with two new stylists!

In accordance with state guidelines, appointments are required. This allows our stylists to properly sanitize in between clients. It also limits the number of people in the salon. If your hair isn't becoming to you, then you need to be coming to us! **Please call for an appointment.**

Tammy Huffman-434-529-7180

Kathleen Young-434-326-2279

Hannah Morris-434-270-3270

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 (Temporarily Closed to retail shopping)

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. You can find us at: http://odeene.org, Facebook @ Odeenesoaps, and Instagram@ Odeenesoaps.

The Rockfish River Gallery of Fine Art & Exquisite Crafts (Open July 1)

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 for limited hours: Wednesdays through Saturdays, 11am-3pm.** Masks and gloves are required pursuant to the orders and guidelines of the Governor. Call 434-294-4668, or visit rockfishrivergallery.com.

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 susanpvl@mac.com or stop by Room 8!

Taj Mahal Kitchen (Temporarily Closed)

A Taste of India—To Go! Take-Out Lunch available Mondays through Thursdays, 11:00am—2:00pm, Fridays 10:30am—12:30pm. **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 (Temporarily Closed)

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.

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](#)

[Rockfish Valley Artist Collective](#)

[Rockfish River Gallery](#)

Sassafras Studio
Michele Reday
Cook

Malik Ahmed
[Taj Mahal Kitchen](#)

[Trager Brothers Coffee](#)

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

OUR TEAM

RVCC Board of Directors

President *Charlie Hickox* **Vice President** *Joe Centofante*
Treasurer *Glenn Picou* **Secretary** *Casey Stillman*
Directors *Gifford Childs, Mary Cunningham, Scott Duncan, Mike Bailey, Michael Donegan.*

RVCC Staff

Executive Director *Stu Mills*
Operations Manager & Newsletter Editor *Sara Taylor*

Treasure Chest

Manager *Kimberly Jackson*
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

Support SK8 Nelson

Our annual fundraising campaign to raise the \$4000 insurance premium required to keep Nelson's only Skate Park on our grounds. More info on Page 2.

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

Half-Priced Basic Memberships Now through October 15!

See Page 1 for more info.

General Operating Support

A little goes a long way—help us get through the COVID-19 crisis so we can be here for you when it's over!

Visit www.rockfishcc.org to donate.

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.