



# ROCK ON.



**August 2020**

For a full schedule of events, workshops and classes, visit [www.rockfishcc.org](http://www.rockfishcc.org)

*From Executive Director Stu Mills*

I hope this finds you all safe and cool, surviving Covid-19 and the dog days.

Everything seems to be downsizing due to this pesky pandemic, and that includes our event schedule, our budget revenue forecasts and this newsletter, which we're now squeezing into six pages!

One of the biggest disappointments of our reduced event schedule is the indefinite postponement of the annual SK8 Nelson fundraiser. Ever since our insurance premiums went through the roof five years ago due to the ramp, Gifford Childs and his "Save SK8 Nelson" committee have done an incredible job of organizing and manning this event, and have delivered an annual miracle of more than enough funds to cover the \$4000+ insurance costs.

Without an event this year, the SK8 gang has been working very hard to come up with other fundraising ideas. These include avid skater and Board member Michael Donegan setting up a new online Etsy store to sell SK8 Nelson merchandise (see page 2), organizing an online raffle (more to come on this soon), putting a donation box on the ramp and a host of other efforts to make up for the revenue shortage. We can't thank them enough for all their hard work to spare the ramp itself from being downsized.

But we're still over \$2000 short of our goal, and the insurance bill comes due in three months. So we need to ask for your help to keep the ramp available to Nelson County kids and kids-at-heart.

Any contribution is welcome, and making one is as easy as clicking here:

**[Yes, I want to Save SK8 Nelson!](#)**

If your charitable giving budget hasn't been too severely downsized, we could sure use your help!

Thanks, as always, for having our back here at the Rock!

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!**

## 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!



## 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!



## Safe Local Food Pickup every Thursday at RVCC



Please contact the vendors directly for more information about available products, how to place your order, and what time it will arrive at RVCC! Complete vendor and pickup info available at [rockfishcc.org](http://rockfishcc.org), or keep an eye out for the weekly email!

**Cardinal Point Winery:** Order at [www.cardinalpointwinery.com](http://www.cardinalpointwinery.com). Order Deadline: Wednesdays, 11:00 pm.

**Caromont Farm:** Delicious Goat Cheeses! <http://www.caromontcheese.com/>

**Goodwin Creek Farm & Bakery:** Fresh baked breads. Order deadline: 24 hours ahead. <https://www.aftonvirginia.com/>

**Hindes Harmony Farm:** Grass fed, pasture raised Black Angus beef. Order deadline: Wednesday by 9pm. Visit us at <http://hindesharmonyfarm.com> and click "Shop." Email: [together@hindesharmonyfarm.com](mailto:together@hindesharmonyfarm.com)

**Little Hat Creek Farm & Bakery** (Wednesday pickup only, contact Heather for more info). Seasonal vegetables, Fresh baked bread. Order deadline: Sundays at noon. <https://littlehatcreek.wordpress.com/>

**River Oak Farm:** Pasture raised chicken, Forest fed pork, grass fed beef, free range eggs. Order deadline: Wednesdays at midnight. Order at [www.riveroakfarm.com](http://www.riveroakfarm.com).

**Shenandoah Produce:** <https://shenandoahproducefarms.com>. Questions? Contact [info@shenandoahproduce.com](mailto:info@shenandoahproduce.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.

**Virginia Vinegar Works:** Specializing in red & white wine vinegar, fruit vinegar and malt vinegar. Order at [virginiavinegarworks.com](http://virginiavinegarworks.com). Or call 434-953-6232. Order deadline is Wednesday at midnight.

## Now Available for Short-Term Use: The Imaginarium

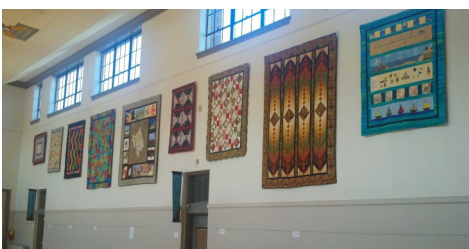


*"An imaginarium refers to a place devoted to the imagination. There are various types of imaginarium, centers largely devoted to stimulating and cultivating the imagination, towards cultural, artistic, commercial, recreational, or spiritual ends."*

RVCC's newest short-term rental space has mirrored walls, refinished floors, and 700sf of space for fitness-related use! 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](mailto:rockfishcc@gmail.com) and let's make that dream a reality! The Imaginarium rents for \$20/hour or \$100/day, with discounts for RVCC members.

## Fall Quilt Exhibit Postponed!



The fall quilt exhibit has been postponed! The RVCC Art Committee is now aiming to hold the exhibit in early 2021.

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 in early 2021, please contact Cathy Kiehl at [cathykiehl@aol.com](mailto:cathykiehl@aol.com).



## The Treasure Chest Thrift Store

### TREASURE CHEST THRIFT STORE: PHASE THREE 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 Thursdays, 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 on any given day.
- 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](mailto: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

### **Beginning Thursday, August 6: Blue Ridge Tai Chi—THE 8 WAYS OF T'AI CHI CHUAN**

**Thursdays at 9am in the Pavilion at RVCC. \$100 for the 10-session class.** Essential Practices for Relaxation, Balance and Flexibility at Any Age. The Eight Ways of T'ai Chi Chuan, or eight moves from the T'ai Chi form, are a simplified form of T'ai Chi for health and relaxation. These exercises strengthen the legs, reduce stress and muscular tension, improve circulation throughout the body and bring the many health benefits of the full form into your everyday activities. This class is suitable for a wide range of individual capabilities, from those recovering from illness or injury to experienced T'ai Chi practitioners. **THIS IS AN OUTDOOR CLASS WITH ADEQUATE SPACE FOR PHYSICAL DISTANCING.** **For more info/registration, email us at [blueridgetaichi@gmail.com](mailto:blueridgetaichi@gmail.com), or call 434-825-0298.** *AND—There will be a new Beginning form and a B2 class in September!*

### **Saturday, August 15: Rockfish Artist Collective Pottery Seconds Sale**



Rockfish Artist Collective is having a seconds sale and studio peek! Aug 15th from 8-noon. The pottery building is behind the RVCC next to the baseball diamond. We've been testing the kiln and our glazes and have a bunch of second items for sale. All proceeds will go to the studio. Come meet some of the artists, see the space through our new windows and shop outside under tents. All pottery will be outside. We ask that everyone wear a mask. Hand sanitizer will be available. We

will be accepting credit cards and exact cash only.

#### **Rockfish Artist Collective Bios:**

**Margo Sorokin** came from NYC in 1981. She made her way to the Rockfish Art Collective via Yogaville and Nan Rothwell's pottery classes. Besides pottery, she loves gardening and cooking.

**Elise Lauterbach** is a painter. You can find her work at [www.eliselauterbach.com](http://www.eliselauterbach.com).

**Ashby Brown** loves rocks, feathers, and sticks and is excited to be a member of the pottery collective. She is a retired high school teacher who has found a true home in Nelson County. She lives in a stone house with her husband, dog, two cats, and a bird named Oiseau. She learned a love of pottery from A LOCAL POTTER and is now exploring primitive nature inspired designs.

**Jessie Carter** is a professional gardener and an amateur potter. She lives in an old farmhouse in Nelson Co with her husband, two kids, dog, snake and two cats.

**Jill Averitt** is a graduate from the Savannah College of Art and Design. She is an art director and designer, painter, potter, and activist. She got into pottery 6 years ago and enjoys the creative escape.

### **Ongoing: 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 include distancing, no sharing of equipment, no personal contact, and more. **For more information, and to get on the email list, contact Connie Roussos at [roussos@lynchburg.edu](mailto:roussos@lynchburg.edu).**

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](mailto: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](mailto: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](mailto: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, Mondays 8am--9am, Wednesdays 6pm--7pm. Kundalini Yoga is the Yoga of deep Transformation. 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. 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](http://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](http://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](http://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](mailto: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](http://www.glowforge.com). Email questions to [susanpvl1@mac.com](mailto:susanpvl1@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](mailto: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](mailto: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](http://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](mailto:rockfishcc@gmail.com) for more information.

## ARTISAN & STUDIO DIRECTORY

[Alyssa Kartheiser  
Therapeutic  
Massage](#)

[Susan Gorman:  
Derby Vixen](#)

[Tammy Huffman:  
Full Circle Salon](#)

[David Lipscomb:  
Virginia Rock Shop](#)

[Kathlyn Logan  
Odeene Soaps LLC](#)

[Dr. Chris Lowthert  
LowthertChiroprac-  
tic.com](#)

[Rockfish Valley Art-  
ist Collective](#)

[Rockfish River Gal-  
lery](#)

[Sassafras Studio  
Michele Reday Cook](#)

[Malik Ahmed  
Taj Mahal Kitchen](#)

[Trager Brothers Cof-  
fee](#)

[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** *Mary Cunningham, Scott Duncan, Mike Bailey, Michael Donegan.*

### RVCC Staff

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

### Treasure Chest

**Manager** *Amanda Torres*  
**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](http://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](http://www.rockfishcc.org) | [rockfishcc@gmail.com](mailto: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](http://www.rockfishcc.org).

To receive this newsletter by email, please look for the "Subscribe" form on the front page of our website.