



# ROCK ON.



**September 2020**

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

*From Executive Director Stu Mills*

Just in the nick of time...

When the political and public health news (not to mention the weather) could scarcely have seemed any more depressing, Wednesday finally rolled around to deliver some much-needed light and hope here at the Rock.

This year's edition of the United Way's "Day of Caring" came several weeks early this year, and although Covid-19 may have suppressed the numbers of volunteers who showed up, it certainly didn't suppress their enthusiasm!

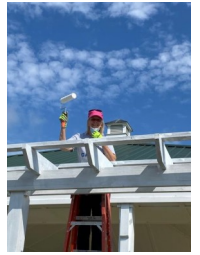
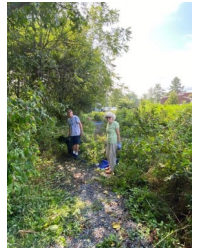
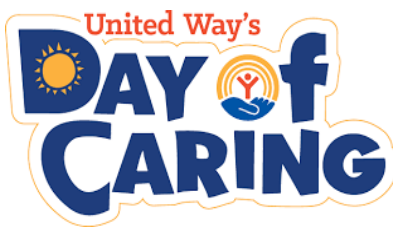
RVCC welcomed a dozen employees of UVA Health System's Analytics and Reporting Team with some coffee and donuts in the morning, and teamed them up with another dozen of our own volunteer corps to tackle the clean-up of the walking trail & wildflower meadow, the painting of the green screen, the re-painting of the entrance steps and the sprucing up of the landscaping around the building.

Huge thanks go out to Ellen Slusarczyk and her UVA crew (who actually sent *US* a couple of notes of thanks for allowing *THEM* to come help!), and to our own volunteer crew for an amazing day of eager and selfless giving. And a tip of our "RVCC Volunteer" hats yet again to Murray Whitehead and his crew for tackling the spackling and painting of the West hallway!

It always seems to happen that way around here - hope and light come to the rescue, just when we need them the most.

Heartfelt thanks to all of you who bring them.

*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!



## Saturday, September 19: Rockfish Artist Collective Pottery Sale



Rockfish Artist Collective is having a seconds sale and studio peek! September 19th 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.

## Sundays, October 11 & 18: RVCC Community Flea Market



### RVCC COMMUNITY FLEA MARKET!

Sundays October 11 & 18, Noon—4:00pm, in the front yard at RVCC. Rain moves event indoors.

Free Vendor Space—Tables Available—Food & Beverages Available—Family-friendly Activities—Rain or Shine!

Contact us today at 434-361-0100 or [events@rockfishcc.org](mailto:events@rockfishcc.org) to reserve your table.



## Blue Mountain Stage Nears Completion



*Gifford Takes a Bow*

A project we began in 2014 is finally nearing completion.

The saga of the Blue Mountain Pavilion Project has been fraught with challenges and setbacks. First came the financial challenges, then the challenge of structural planning, then the permitting challenges, then more financial challenges, and lastly the simple challenge of time as other emergency-level projects pushed this job to the back burner.

The one good thing about 2020 is that there is now an increased demand for outdoor activities, and that has given us two blessings: the need for this venue is high, and outdoor projects are pretty much the only job at which our intrepid Building & Grounds crew can safely work.

The Blue Mountain Stage is the final piece of the Blue Mountain Pavilion Project, and it is finally starting to look like a stage. Please join us in applauding Gifford Childs, Bob Yoder, Charlie Hickox, Joe Centofante, Don Bourret, Henri Weems, Heidi Cochran, Bruce Wachtel, and Blue Mountain Brewery for a spectacular performance!

## SK8 Nelson 2020—Just \$350 to go!



**YOU can make this happen!**

We are **SO CLOSE** to meeting our fundraising goal for 2020! Thanks to the tireless efforts of Michael Donegan, the SK8 Nelson planning committee, and some very generous donors, we are only \$350 away from raising enough money to pay the insurance premium for the skate park!

Here's how **YOU** can help us get there:

### Buy a gift for the skater in your life at the 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.



**Look for the Red Donation Box:** Next time you're at the ramp, you can drop a few dollars in the donation box!

**Donate Online:** Visit [Sk8Nelson.org](http://Sk8Nelson.org) and make a donation 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://shenandoahproduce.4pfoods.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.

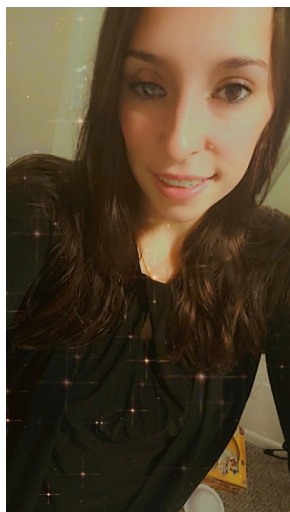
## Welcome Amanda Torres!

### Amanda Torres joins RVCC as the new manager of the Treasure Chest Thrift Store

"As the newly hired Manager I would like to introduce myself. My name is Amanda Torres and I currently reside in Waynesboro, VA with my four children. I was born in Upstate New York and moved to the area a little over a year ago now. I am so excited to join the team at the Treasure Chest, coming from a small town Community means everything to me. So far I have enjoyed getting to know some of our regular customers as well as all of the volunteers. I don't think that I have ever met a more dedicated group anywhere. I have learned in my short time that the volunteers are the backbone to the operation and we would be lost without them.

Currently we have been working on organizing and setting up some new displays to make shopping easier. We are also making sure that we are doing all that we can to ensure a safe shopping experience. This includes sanitizing surfaces throughout the day. One thing that I love about the Treasure chest is that there is something for everyone. I come in every day and still I am able to find something new that I missed the day before. I am looking forward to growing with the team here and seeing how far we can go."

**Stop in and say hello to Amanda on your next visit!**





## The Treasure Chest Thrift Store

### TREASURE CHEST THRIFT STORE: NEW HOURS!

DONATION HOURS: Tuesdays, Wednesdays, & Thursdays 10:00am—2:00pm

SHOPPING HOURS: Wednesdays, Thursdays & Fridays 10:00am—4:00pm,

Saturdays 9:00am—3:00pm

*No donations will be accepted on Fridays and Saturdays!*

### 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 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!**

### Beginning Thursday, September 3: Outdoor Interval Training Fitness Class—with Jessica Mauzy



**When:** Thursdays 7am-8am (Start Sept.3)

**Where:** RVCC, under the pavilion

**Who:** You! And a friend!

**What to bring:** A mat or a towel. Handweights or two full water bottles. Your mask, just in case. Water to drink. A donation of \$5-\$15 (for RVCC rental fee and my athletic shoe fund)

**What to Expect:** Running, jumping, body-weight exercises, interval training, full-body engagement, and strength work. Alternatives and low-impact options will be offered if needed.

**Questions?:** Email Jessica at [emmittster@gmail.com](mailto:emmittster@gmail.com).

See you outside!

*Jessica is a certified ISSA fitness coach with over 15-years teaching experience. She began her teaching journey in 1999 leading Tae Bo Kickboxing classes and is now focused on Athletic Conditioning , Strength, and Endurance integrated into a healthy lifestyle. She loves leading high-intensity, inspirational fitness classes and training sessions.*

### Beginning Saturday, September 19: Fall Creative Harvest Workshop—with Betty Kerr

This series of three workshops is scheduled for 2 hours once a month: September 19, October 17, and November 21, from 11:00 am to 1:00 pm. Located at the Pavilion, or in the Rockfish Lounge, depending on weather.

**Costs for each workshop is \$20, all three \$55. Please contact Betty Kerr for more information and to register for your spot in the workshops: phone 434-826-9580. Email [bettycatherinek@gmail.com](mailto:bettycatherinek@gmail.com).**

Spring and summer of 2020 have been a wild ride with challenges and changes in our lives that were unexpected and fast moving. We had to adapt quickly, and we had little time to reflect on what those changes meant to us individually and as a community. Our daily lives have shifted, we have likely made some changes, but it seems clear that there is more to come. Fall is the time to gather the harvest of the work we have done.

Workshops are designed to maintain social distancing, require masks during discussions, and are kept small in size in a large space.

The workshops will provide opportunity for self reflection, a wide variety of expressive arts activities that foster discovery and creativity. Participants will have a chance to develop new ideas and dreams for the future in a small group setting. Participants will learn strategies for healthy coping with stress, create connections with neighbors and with nature that will offer potential resilience as we build a healthier and more expansive vision of the future.

*Betty Catherine Kerr, MA in Expressive Arts and Psychology has devoted over 30 years to exploring a wide variety of arts forms. As a Creativity Coach, she has assisted others in moving through fears, obstacles, and self imposed limitations to create more joyful and satisfying lives.*

### Thursdays in Rockfish University: GRIT Tutoring & Education Services

Get a jump on Fall 2020 learning and schedule now!

Wendy Lane, a local educator with over 20+ years teaching experience, is offering individualized tutoring services to help meet your child's educational needs. Specializing in K-8 instruction, GRIT Tutoring can support at-home learning, strengthen critical skills and help build your child's confidence. Face-to-face, virtual and hybrid options available. Call now to discuss your tutoring needs. **Contact Wendy: 757-544-6167 or [GRITtutoring@gmail.com](mailto:GRITtutoring@gmail.com).**

## Free Wifi at RVCC!

Need Wifi for work or school? Free public Firefly Broadband is available at RVCC! Get online at one of the following locations:

### West Side/Gravel Lot

Network name: "Firefly Free Internet." No passcode required.

### Inside RVCC (Auditorium or Lounge)

Network name: "RVCC Public." Passcode posted.



**NEED WIFI?**

## Firefly is here to help!

Rural Central Virginians don't have access to internet for school and work. We are building to your home as quickly as possible, but here are some areas you can get free WiFi to help NOW!

### Free Community WiFi Locations

- CVEC Office - 800 Cooperative Way, Arrington
- Faber Fire Department (7am-9pm) - 8207 Irish Road, Faber
- Rockfish Valley Community Center - 190 Rockfish School Lane, Afton
- Massie's Mill Recycling Center (lawn area) - 931 Tan Yard Road, Roseland

Stay up-to-date with the free community WiFi locations by visiting [www.fireflyva.com/free-wifi](http://www.fireflyva.com/free-wifi)

## Events & Classes

### Ongoing: New Beginning T'ai Chi class at RVCC

**12 week sessions, in the Blue Mountain Pavilion.** Please contact the instructors if you are interested in participating in the next session. Teachers: Lee Felton and Charlotte Zinsser Booth.

T'ai Chi Chuan is an ancient exercise which embodies China's most profound concepts and principles of health and movement. It offers true harmony between body and mind. Practiced daily, it can help: Reduce stress and anxiety—Increase flexibility, muscle strength and energy levels—Improve balance and ease of movement—Enhance immune system and cardiovascular functions—Reduce arthritis and back pain—and Contribute to a general feeling of wellbeing.

**Presented by Blue Ridge T'ai Chi. To get more info or to sign up for the next series, contact [blueridgetaichi@gmail.com](mailto:blueridgetaichi@gmail.com), or 434-825-0298.**

### 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—with Agnes Schrider

Class times: Tuesdays 8am- 9am; Thursday 8:30- 9:45am; and Thursday Chair Yoga 10:00-10:45am.

During the pandemic, all classes are taught remotely via Zoom. Contact Agnes at [agnesyhw@gmail.com](mailto:agnesyhw@gmail.com) to sign up. Fees and other information about the instructor can be viewed at: [www.agsyogaworks.com](http://www.agsyogaworks.com).

Agnes is also teaching private sessions by appointment. Her specialty is working with individuals who have medical ailments and teaching modifications so everyone can enjoy the benefits of yoga.

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 [susanpvl@mac.com](mailto: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](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—Just \$350 to go!

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).

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