

Sundays, October 11 & 18: 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—Rain or Shine!

Contact us today at 434-361-0100 or events@rockfishcc.org to reserve your table.

The Treasure Chest Thrift Store, the Virginia Rock Shop, Rockfish River Gallery, and Trager Brothers Coffee will all be open!

Come as a vendor—Come as a shopper—But Come with Your Mask!



Beginning October 17:

Taxes, Finance & Legacy: COVID-19 Safe Money Seminars

RVCC COVID-19 SAFE Money Seminars

THREE SESSIONS . Each held twice, Saturday mornings and Tuesday evenings, in Rockfish University. Pre-registration is required. Limited COVID-19 seating for in-person attendance; Zoom attendance also available.

This is a RVCC sponsored event - FREE -with no fee charged. Delivered by founding member David J. Cunningham, ChFC & CEO, and by Tom Grinnell, Chief Investment Officer, Sherpa Financial Guides, Inc. David is a former RVCC Treasurer and husband to a current board member. As fiduciaries and acting as a “Home Office” for several families, David & Tom offer you a comprehensive consultancy for your life’s financial wellbeing from taxation, to safe retirement income, to lifetime tax reduction, to portfolio management, to estate gifting documents, to estate administration - we do a complete job and love to share our resources, wisdom and successes with you. Please prepare yourself, your family and your spouse. Come see what you can learn. As you know- “Fortune Favors The Prepared.”

First Session: TAXES—How to get your taxes as low as possible, over a lifetime, even with appreciated assets. Saturday October 17 at 9:00am, & Tuesday October 20 at 5:30pm.

Second Session: FINANCES—Prepare asset growth and loss protection. Tuesday October 27 at 5:30pm, and Saturday October 31 at 9:00am.

Third Session: LEGACY—Tax and heir gifting strategies, philanthropic and estate planning. Develop your philanthropic capacity! Saturday November 7 at 9:00am, and Tuesday November 10 at 5:30pm.

To attend one or all sessions: Contact: David Cunningham 434.882.1011 or Email : David@sherpafinancialguides.com Each session may also be attended via Zoom—contact David for more info.

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

CVCC 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



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.
- 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

★ **RVCC members
get 10% OFF!**

**Every purchase,
everyday!**

★ **Donations
Accepted**

★ **Every day is \$10
Bag Day!**

★ **All Sales Directly
Benefit RVCC!**

Saturday, October 17: Fall Creative Harvest Workshop—w/Betty Kerr



October 17, from 11:00 am to 1:00 pm, in the Rockfish Lounge. This is the second in a series of three workshops, scheduled for 2 hours once a month. The third workshop will be held on Saturday November 21.

Costs for each workshop is \$20. Please contact Betty Kerr for more information and to register for your spot in the workshops: phone 434-826-9580. Email 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.

Safe Local Food Pickup Weekly 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, or keep an eye out for email updates!

Cardinal Point Winery: Order at www.cardinalpointwinery.com. Order Deadline: Wednesdays, 11:00 pm.

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

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/>

Old Orchard Farm is taking orders for meats, eggs, Ula tortillas and more, for pickup on Wednesdays at RVCC in the parking lot by the playground, from 9.15--10:00am. Products vary week to week. Sign up for the OOF weekly email: <https://oldorchardfarmva.com>. For more information or to place an order, email info@oldorchardfarmva.com or text 434 260 4701.

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.

Shenandoah Produce: <https://shenandoahproduce.4pfoods.com/>. Questions? Contact 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. Or call 434-953-6232. Order deadline is Wednesday at midnight.



El Chilango Mexican Grill is on site every Thursday, from 11—6!

Come pick up lunch or dinner (or both) when you come pick up your groceries!

Events & Classes

Ongoing: Outdoor Interval Training Fitness Class—with Jessica Mauzy

When: Thursdays 7:15am-8:15am. **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 Jessica's 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. 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.

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, or 434-825-0298.**

Ongoing: Sunday Mornings: Pickleball

9am, 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.** Let's have fun and be safe!

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.**



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—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 to sign up. Fees and other information about the instructor can be viewed at: 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 for Zoom invitations and info about available classes.

Kundalini-Flow Yoga & Meditation

Outdoor in the Pavilion, Mondays 8am--9am. **October Theme: Finding Balance with Kundalini Yoga: Honoring the Libra Season and finding balance in the physical, mental, and emotional body.** 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.

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

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 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.**

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

[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, Rebecca L'Abbe.*

RVCC Staff

Executive Director *Stu Mills*
Operations Manager & Newsletter Editor *Sara Taylor*
Community Engagement & Event Coordinator *Lisa Davis*

Treasure Chest

Manager *Amanda Torres*
Assistant Manager *Eleanor Massie*
Retail Associate *Hannah Johnson*

Custodian

Lonnie Woodson

Groundskeeping

Creation Appreciation

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—COMPLETED!

Our annual fundraising campaign to raise the \$4000 insurance premium required to keep Nelson's only Skate Park on our grounds is completed! Huge thanks go out to Michael Donegan and the SK8 Nelson committee for pulling off this amazing effort in the absence of a fundraising festival, and huge thanks to all of the donors who helped make this happen!

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

The 2021 Annual Fund & Membership Drive kicks off next month! Stay tuned 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.