

August chamber advantage



The Pulse of Business in Culpeper • Volume 4, Issue 77

members in the news

Is your business looking to become more intentional about engaging in local philanthropy? The **PATH** Volunteer Hub can help with the creation of a new initiative page exclusively for skill based/professional volunteer needs. There are a wide variety of short-term opportunities available, some are even completely virtual. Providing your professional services to a nonprofit is a great way to engage employees, be both socially and strategically responsible, and further define your company brand. If interested, please visit our website to view and respond to opportunities posted! If you have any questions or seek guidance

on how to select opportunities that best fit your organization, e-mail/call the **PATH** Resource Center and connect with Lynn or Danielle. They may be reached by email or phone at: llauritzen@pathforyou.org, 540-680-4148 or dellis@thecne.org, 540-680-4149.

Faye's Office Supply send congratulations to Wayne Mason our delivery driver and my son for a 15 yr work anniversary

Sloan Manor Consulting - Dr. Whitney Grespin of Sloan Manor Consulting was awarded a post-doctoral research fellowship at the U.S. Air Force Academy's Institute for Future Conflict.

Come celebrate the American labor movement and the contributions and achievements of the American worker at **Narmada Winery**! We will be having live music from

Dan and Chuck Saturday September 4th Davis Bradley on Sunday September 5th and Aubrey Driggers Monday September 6th from 1-4 P.M. We will also have delicious food all three days during our regular open hours from the SoBo Food Truck! <https://www.SoBomobile.com/>

The Vintage Nest will be offering a Book Folding Class presented by Debbie Laake from DL-Book Folding Art.

Remington Drug - Our next Diabetic Prevention Program will be starting up in October and we're recruiting for individuals interested in our class

members in the news



Here we GROW! **Community-STARs** is thrilled to have Ashley Steward (Wiese), OTR/L join our team! Ashley is a creative and curious occupational therapist whose motivation lies in seeing children overcome obstacles to thrive and grow! Her OT path was inspired by her younger sister who has conquered countless challenges since birth. Ashley and her family have been adapting activities and environments to facilitate a fun and inclusive life for her sister. Ashley uses that experience in helping make everyday differences in the lives of children at Community-STARs. In her free time, Ashley teaches yoga and Doga classes (yoga with dogs)! She also plays upright bass in a bluegrass band.



DO YOU KNOW A POTENTIAL AWARD WINNER?

NOMINATIONS ARE NOW OPEN FOR THE CULPEPER CHAMBERS 107TH ANNUAL MEETING & AWARDS BANQUET

- NOMINATE A:
- YOUNG PROFESSIONAL
- SMALL BUSINESS
- LARGE BUSINESS
- ENTREPRENEUR
- NON PROFIT
- OUTSTANDING CITIZEN

NOMINATIONS OPEN THROUGH SEPTEMBER 30TH
CULPEPERCHAMBER.COM/AWARDS

(27 classes over 1 year) who are pre-diabetic. We recently finished our first class where we achieved greater than 5% weight loss in 68% of participants and several participants achieved greater than 15% weight loss.

Christ-Centered Addiction Restoration Services (CARS), the Culpeper Ruritans and the PATH Foundation, "Better Together" Initiative are teaming up to bring a "Recovery Rally" to Culpeper! CARS is hosting a fundraiser, "Ride for Recovery", a motorcycle ride starting at Culpeper Baptist Church at 1:30 p.m. on Sunday, Sept. 5. At the conclusion of the motorcycle ride, the community is invited to Open Door Baptist Church at 4 pm for a "Recovery Rally. The afternoon event includes food, music, a

speaker and recovery support resources. CARS will have an information tent about the FREE recovery support group, RESTORE. RESTORE meetings, are offered locally in five counties: Culpeper, Madison, Rappahannock, Greene, and Warren. The "Recovery Rally" is for those in recovery, those seeking recovery, those who love someone in recovery, those who want to support recovery efforts, everyone who cares about the substance use issues in our community, those who want to see change and those who have lost a loved one to substance abuse. More information is available on the CARS website at HeRestores.com and on Facebook at HeRestoresVA. You can also email Shelley Burnham, CARS

Board Member, at CARSculpeper@gmail.com.

Each year, **Rappahannock Electric Cooperative's (REC)** Communications and Public Relations department diligently works to communicate effectively with the Cooperative's member-owners - and those efforts have not gone unnoticed. REC's communications team received four awards from the Cooperative Communicators Association's (CCA) 2021 Awards Contest and three awards from the National Rural Electric Cooperative Association's (NRECA) Spotlight on Excellence Awards. "REC's communications and public relations team is dedicated to keeping members informed and engaged year-round with all that is going on at the Cooperative," said Casey Hollins, managing director of communications and public relations. "Over the years, member feedback continues to show that REC's members not only recognize, but appreciate, our communication efforts." For

more information about REC, please visit www.myrec.coop. Follow REC on Facebook, Twitter, Instagram, LinkedIn and YouTube.

welcome new members

Art of Dance
Jodie Teates
101 Duke Street, Suite 114
Culpeper, Va 22701
Dance Classes

Piedmont Steakhouse
Nikki Shugars
110 East Cameron Street
Culpeper, VA 22701
piedmontvasteakhouse@gmail.com
Restaurant/food

upcoming events

12th Annual Crab Feast
September 18 4:00-7:00 pm
Mountain Run Winery
10753 Mountain Run Lake Road
Culpeper, VA 22701

resident spotlight



Dogwood Village Resident Spotlight - Frances "Matt" Graves has lived in Syria, Virginia most of his life. He grew up on a Dairy Farm with his parents and 3 siblings. Matt enlisted in the Air Force before graduating from high school and was a Gunner on a B-17 from 1943-1947 during WWII. Dr. Graves applied for a GI Bill to attend college after the Air Force and completed 5 years at Virginia Tech and another for 4 years at Texas A&M where he received his Doctor of Veterinary Medicine. Dr. Graves returned to Madison County and opened his Veterinary practice for large and small animals and retired in his late 80's. He has 4 sons, 8 grandchildren and 2 great-grandchildren. Matt has a long-time companion, Ann Browning who worked with him for 30 years. He loves to read and listen to "good" music and believes, "if you love what you do, you never work a day in your life". Matt Graves has resided in Dogwood Village Senior Living for 2 years.

Thank you BIE Day Sponsors!

Signature Sponsor: