



Rodney Charles Metcalfe

December 19, 1955 - June 7, 2021

Rodney C. Metcalfe, 65, a longtime resident of Northern Virginia, passed away peacefully on Monday, June 7, 2021, at INOVA Fairfax Cardiac ICU with his family by his side. He is preceded in death by his parents, Richard E. and Elwanda Faye Metcalfe. Rodney is survived by his loving wife of 43 years, Phyllis Metcalfe; beloved children, Sarah Metcalfe and Trevor Metcalfe; cherished brother, Richard Metcalfe, sister-in-law Mary Grace Metcalfe, niece, Christina Metcalfe, and grandniece Keira Metcalfe; brother-in-law James (Jim) Reames, sister-in-law Karen Reames, nephew Aaron Reames, niece Lauren Reames; and brother-in-law Warren Reames.

A veteran of the grocery business for more than 35 years, Rodney began his career at Basics Food Warehouse in Woodbridge, Virginia in 1982. For the past 15 years, Rodney was the Frozen Food Lead at Shoppers Food Warehouse on Main Street, Fairfax, Virginia, where he developed long-standing friendships with coworkers and customers who were like a second family to him. Rodney was also a certified diesel mechanic and enjoyed seeking out antique vehicles of all kinds to restore, especially vintage Volkswagen beetles.

But first and foremost for Rodney was his family. He was a devoted and loving husband and a very proud father, a true superhero to his children. From preschool to present, Rodney was there to lend a hand and support Sarah and Trevor in school activities, scouting events (many will remember the 500 boxes of Girl Scout cookies he helped Sarah sell each year), and college endeavors.

Rodney loved camping, fishing, hiking, sailing, and scuba diving, and looked forward to annual summer trips to Chincoteague Island with his children and his brother, Richard. An avid adventurer, Rodney backpacked the California coast, camped in the Montana mountains, visited several National Parks across the country, visited St. Thomas and Grand Cayman Island in the Caribbean, and took a road trip from LA to VA, stopping to visit historic sites along the way. His last adventure trip was with his family to West Virginia, back to his family roots in Crawley/Kieffer, WV.

Rodney will be dearly missed by all. The nature of his presence brought calm and comfort to everyone, and his witty humor, always timed just right, gave one pause followed by hearty laughter. He was looking forward to retiring this summer to relax and catch up on home projects. Rodney worked hard every day of his life, even more so after suffering a massive stroke ten years ago that he fought tooth and nail to miraculously recover from even when the doctors were convinced he never would. In fact, if you didn't know he'd had a stroke, you would have never known he'd had a stroke. Though our hearts are broken and full of sadness, now it is time to let him rest with the Lord.

While the family requests privacy at this time as they mourn Rodney's passing, please provide your remembrances, photos, and anecdotes here on the website; they would be greatly appreciated and cherished. In lieu of flowers, it is requested that donations be made to the American Heart Association in Rodney's honor; select "Honor a Loved One" on the American Heart Association home page to make a donation. (www.heart.org)

Visitations will be held at Jefferson Funeral Chapel, 5755 Castlewellan Drive, Alexandria, VA on Wednesday, June 23, 2021 from 2:00pm-4:00pm and at 6:00pm-8:00pm. On Thursday, June 24, 2021, a funeral service will be held at 11:00am. Friends may visit with the family at the chapel that morning from 10:00am until the time of service at 11:00am.

This service may be viewed via livestreaming due to COVID-19 restrictions. To view the service livestream and recording please come back to this obituary website. We will be streaming directly to this obituary's tribute wall. The video will display as a post on the tribute wall when we start the service. Please click play when the video is posted and available. If you are having technical difficulty you can view this service later as the video is recorded and will remain on this page. We appreciate your understanding during these extremely difficult times.

Events

JUN 23 **Visitation** 02:00PM - 04:00PM

Jefferson Funeral Chapel
5755 Castlewellan Drive, Alexandria, VA, US, 22315

JUN 23 **Visitation** 06:00PM - 08:00PM

Jefferson Funeral Chapel
5755 Castlewellan Drive, Alexandria, VA, US, 22315

JUN 24 **Gathering** 10:00AM - 11:00AM

Jefferson Funeral Chapel
5755 Castlewellan Drive, Alexandria, VA, US, 22315

JUN 24 **Funeral Service** 11:00AM - 12:00PM

Jefferson Funeral Chapel
5755 Castlewellan Drive, Alexandria, VA, US, 22315

Comments



“ A webcast video has been added.



Jefferson Funeral Chapel - June 22, 2021 at 04:21 AM



“ I met Rodney in 1986, I wish Phyllis would give me a call. just way to much to type.
540.371.1924

aaron krebs - July 12, 2021 at 01:02 PM



“ 1 file added to the album Memorial video



Sarah Metcalfe - June 25, 2021 at 03:05 PM



“ An absolutely wonderful memorial of Rodney's life.

Love you all, Jim Reames

James Reames - June 29, 2021 at 01:33 PM



“ Rodney will be dearly missed. It was a pleasure to chat with him regularly at Shoppers.

I grew up in Loisdale, so we had much in common along with our mutual thoughts on family, health, current events and life in general. I always appreciated his sincere, down to earth attitude and his reminder to stay safe.

Lisa (Palladino) Dinger

lisa dinger - June 23, 2021 at 08:35 PM



“ When I met Rodney, some "long-haired-hippie-type-freaky-people" person was sitting on the couch with my big sister. Mom and Dad weren't too cool with it at first either. Wow how things change.

It took time, but we ended up becoming buddies and hung out for a while before we both moved on with our lives.

He sold me my first car, a junk, blue 1967 Dodge Coronet 440 with a 318 engine and a 727 Torque-flight automatic transmission, which obviously still lives in my memories. How could either of us know that a \$2 sale of a junk car could lead me to becoming an auto mechanic for over 20 years?

Sorry Phee, Sarah and Trevor for your loss.
-Warren.

Warren - June 23, 2021 at 02:20 PM



“ Divine Peace Bouquet was purchased for the family of Rodney Charles Metcalfe.



June 23, 2021 at 01:06 PM



“ The first time I met Rodney Phyllis brought him home to meet her family. My brother Kenny and I were sitting at the dining room table. I had not been out of the army very long and Kenny was still in. Phyllis entered with Rodney behind her. He had hair past his shoulders, a buckskin fringed jacket, and moccasin boots. Kenny and I looked at each other and got up from the table at the same time. "We only want to know one thing: what are your intentions toward our sister?!!" Rodney backed up to the front door reaching behind his back for the door handle in case he had to make a break for safety. Phyllis began laughing and he realized we were joking. I'm not sure he entirely relaxed and I will never forget the look on his face as he frantically fumbled for the door knob. Rest in Peace Rodney. Our prayers and thoughts are with Phyllis and the Kids.

James Reames - June 22, 2021 at 01:04 PM



“ Full Of Love Bouquet was purchased for the family of Rodney Charles Metcalfe.



June 22, 2021 at 12:23 PM



“ My heart goes out to the metcalfe family!!! I worked with Rodney at the shoppers in Fairfax for many years!!! He will be greatly missed!! My thoughts and prayers are with you all!!!

Donnaeverett - June 20, 2021 at 03:27 PM



“ 37 files added to the album Family photos



Sarah Metcalfe - June 20, 2021 at 11:04 AM



“ Peaceful White Lilies Basket was purchased for the family of Rodney Charles Metcalfe.



June 17, 2021 at 07:17 PM