

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

January 2022

Vol. 2 No. 1

Year End Recap From Executive Director Mary Ann LeRay

What is the magic that allows an organization to thrive? I often get this question when I talk with people about the mission at The Filling Station. Miracles are often misinterpreted as "magic". 2021 has been a year of miracles. When preparation meets opportunity, the possibilities are endless.

November was definitely the month for Thanksgiving. The Filling Station participated in the Jones County Heritage Festival. We visited with over 75 people who visited our tent wanting to know more about how to partner, volunteer and how to connect to learn more about our programming. We continue to be grateful for the opportunity to serve on the Neuse River Bridge Run Committee. This partnership highlights the importance of "bridging communities" and The Filling Station can continue to thrive being one of the 7 nonprofits to receive funding from this event April 8-9, 2022.

Our Board of Directors held the last board meeting of the year with an exciting agenda to adopt the 2022 budget, adopt our 3 year Strategic Plan and approve expenditures that will continue to enhance the campus.

A BIG thank you to Cathy Smith who has been working closely with our Board of Directors and myself to identify clear goals and priorities to support the mission of The Filling Station.

Lastly, our organization was one of 40 nonprofits to participate in the Giving Tuesday Event at Union Point in New Bern. We received over \$2500 in donations and had the opportunity to share the mission with our neighboring county.

December kicked off with The Filling Station being the host site for Christmas on

Main sponsored by the Pollocksville Rotary Club. This event kicks off the season for the town of Pollocksville complete with a golf cart parade, cake walk, food vendors and a visit from Santa Claus as the tree is lit. We are grateful for service hours from Tara Dickson, a Weyerhaeuser employee, who helped us get the front yard ready for the event.

The last month of the year always brings new church partnerships. We are excited to welcome Cypress Creek United Methodist Church from Trenton and Coastal Carolina Church from Jacksonville as new partners. There is always room at the table as we work to assist meeting the unmet needs in the areas of Nutrition, Education and Connection to the residents of Jones County.

Miracles comes from a mindset of "service above self." Our most valuable asset is our volunteer family. They bring heart, joy and love as we connect and serve. It seems as if the energy is endless. And, then I am reminded of our logo which features a flame. When we find a need and fill it for our neighbors, we tap into the fuel that keeps the flame going.

In 2022, we will be rolling out new programming to include:

Children's dance class for homeschool group and gentle stretching class for volunteers made possible through a partnership with Atlantic Dance Theatre. We will be hosting the Art and Dance Camp again in the summer and inviting the NC Symphony to bring the Music Education Workshop.

After the teaching kitchen project is complete, we will be rolling out Nutrition Education classes through partnership with N. C. Cooperative Extension and American Heart Association

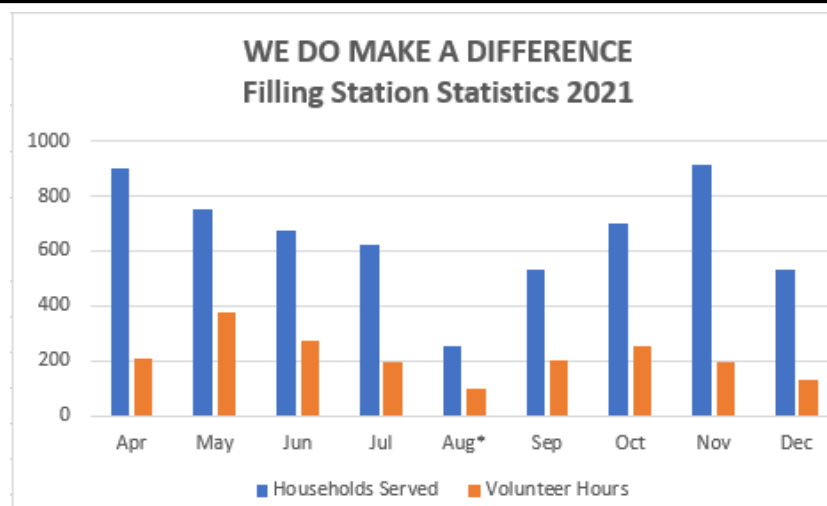
2022 will be another year of MIRACLE MAKING. Thank you for sharing the story of The Filling Station. You make a difference.

Mary Ann LeRay



Donor Spotlight: 10-year old Lindsey Compton of Raleigh

Lindsey Compton's parents Hannah and Jim took a trip to Israel and happened to strike up a conversation with Carol and Bob Mattocks. As you know Carol is one of the founders of the Filling Station. They got into a discussion about Jones County. Later Lindsey and her family were discussing the devastation in Jones County caused by Hurricane Florence in 2018. Lindsey wanted to help and asked her mom what she could do. They contacted the Filling Station and arranged for Lindsey to volunteer there. "We delivered food to those in need and helped stock canned and other foods in the pantry," said Lindsey. And that was only the beginning. The Comptons drive from Raleigh to Jones County as often as they can to continue to volunteer at the Filling Station. We need more young folk like Lindsey who are willing to give of themselves to a larger cause. The Filling Station is so grateful for volunteers like the Comptons without whom they could not fulfill their mission.



* Food Pantry operations closed 2.5 weeks for paving project

Board Member Spotlight: Dr. Norma Sermon-Boyd



Dr. Norma Sermon-Boyd, a native of Kannapolis, North Carolina, graduated from George Washington Carver High School. After receiving a Bachelor of Science Degree from Shaw University in Mathematics and Science. She began her distinguished career as an educator in New Bern, North Carolina. She subsequently obtained a Master Degree from East Carolina University and the Doctorate of School Administration from Nova University. She has used each of her degrees in the area earned to continuously improve the quality of life for children and adults, not only in North Carolina and Virginia but also Japan, where she taught in the graduate program for the University of Maryland. Her extensive travels abroad and throughout the United States have enabled her to bring a global perspective to education and her community. She holds keys to six USA cities.

Dr. Sermon-Boyd taught mathematics and science in Spotsylvania County, Virginia where she was the first African American to teach at Spotsylvania High School before integration. Returning to North Carolina, Sermon-Boyd moved to Jones County where she taught mathematics and science, served as assistant principal, high school guidance counselor, director of secondary education, director of staff development and grants, and director of exceptional children. She later became the first principal of the new Pollocksville Elementary School.

In 1993, Dr. Norma Sermon-Boyd became the first African American and first female Superintendent in Jones County and at the time was the only African American female Superintendent in North Carolina. As superintendent, she led the Jones County Schools through the

North Carolina Accountability Program leaving the Elementary Schools ranking in the top sixteen percent of Elementary Schools in North Carolina. She left the school system prepared to meet the challenges of President Bush's *No Child Left Behind Act*. Technology, systemic staff development and facilities were also major accomplishments during her superintendence. She serves as Vice Chair of the Jones County Committee of 100, member of the East Carolina Workforce Development Board, Twin Rivers Opportunity Housing Board and Jones County Interagency Committee.



Dr. Sermon Boyd serves as Executive Director of the Jones County Partnership for Children (SMART START) where she has worked to ensure that all centers are four and five star sites and most recently worked to ensure that all of the employees of these sites had health care as a result of the Affordable Care Act-Obama Care. The Partnership serves as the contractor for 71 students enrolled for the Jones County NC Pre-K

program and has enrolled 160 students in the Dolly Parton Imagination Library in the last months. She is a member of Saint Philip Missionary Baptist Church in Pollocksville, NC.

She is the proud mother of Michelle Sermon-Davis (Rodney) and Richard Lamonte' Sermon (Michelle C) and four grandchildren Laila, Rayna, Clayton and Moriah.

Dr. Sermon-Boyd was a founding member of the Filling Station and continues to serve as its Treasurer. She is proud to be a part of the Filling Station because it is an organization that strives to meet the educational, economic and nutritional needs of all citizens and families of Jones County. The mission is lived every day.

Judy Hills is the President of the Friends of the North Carolina Public Libraries, Vice-President of the Friends of the New Bern-Craven County Public Library, and Secretary of the North Carolina Coastal and Piedmont Chapter of the Antique and Classic Boating Society. She is responsible for two monthly newsletters and manages two websites. She has an MBA degree.

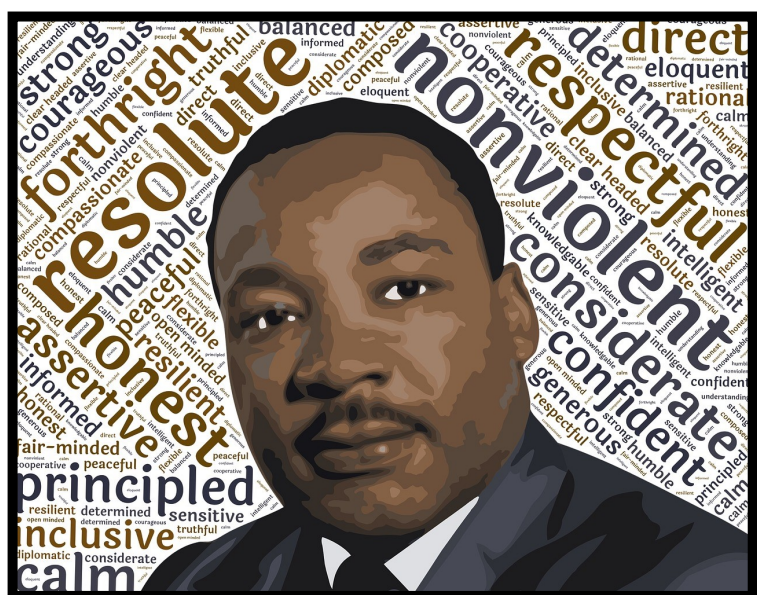
Now retired, her first career was as a registered nurse; her second career was in commercial real estate; and her third career was in quasi-governmental organizations. At the end of her career, she was the Executive Director of a nine-county planning organization, the Eastern Carolina Council of Governments based in New Bern.

During the course of her life, Judy taught college level courses in non-profit management and business. She helped secure many millions of dollars in Federal, state, and other grants. She provided and continues to provide grant opportunity information to the nonprofit community.

Because of her knowledge and expertise, Judy was asked to assist the Filling Sta-

tion in its formative year by drafting policies and procedures. She has continued to do this as well as agreeing to be the editor for both the client newsletter (Fill 'Er Up) and this general newsletter (Food for Thought). Judy believes in the mission of the Filling Station and applauds all those who volunteer in any capacity to help the citizens of Jones County.

Executive Director, Mary Ann LeRay said, "Judy has been a gift to The Filling Station with close to 300 hours donated to the organization. She has worked with us writing policy and procedure for many aspects of operations. With her extensive experience in the non-profit sector, she brings great perspective. Thank you Judy Hills for the beautiful newsletters throughout the year."



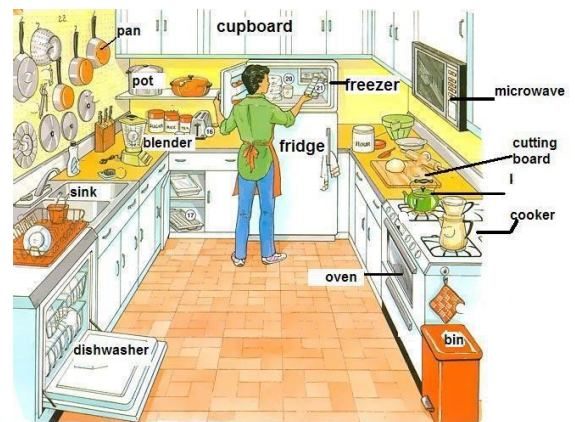
Teaching Kitchen Project

In April 2021, the Facilities committee began meeting on the plans for a teaching kitchen to serve the residents of Jones County. With the volunteer support and leadership of Ed Jekel, Facilities Manager, and oversight from John Taylor, Facilities Chair along with Mary Ann LeRay, Executive Director, and the funding sources, great progress is happening. Plans were drawn and submitted based on research done with N.C. Cooperative Extension Jones County and Wayne County.

In order to create the space necessary, walls needed to be removed, wiring rerouted, heating and air ducts redirected. We will be able to restore the previous check-in counter and flooring. All the cabinets and old appliances have been removed to prepare for the new ones coming. The change over from propane to natural gas has been completed which will be a huge savings over the years.

As with any project, there are challenges with scheduling and delivery of items for the plan. We are hopeful the teaching kitchen will be ready by June 2022.

A BIG THANK YOU to the Coastal Carolina Church for volunteer labor and to "Perfect 10" Sponsors and Supporters; Bate Foundation; International Paper; and Moen for funding this project.







Nutrition Education Connection

The Filling Station Overall Strategic Plan **2022 - 2025**

Vision

The Filling Station is the premiere connector of people and resources in Jones County and the world.

Mission

Our mission is to assist with filling unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

Goals

1. **Finance and Investment** - to have a balanced budget and have an investment portfolio supported by a yearly plan that will increase the quantity, variety and consistency of funding sources by 10%
2. **Facilities** - to maintain and improve the buildings, grounds and real property to better serve the people of Jones County
3. **Marketing/Media/Public Relations** - to partner with local, state and national organizations, churches & religious organizations and set an industry standard in community outreach for marketing and public relations
4. **Programs** - to provide programs and partnerships with organizations and to deliver education and connections for the residents of Jones County
5. **Orientation/Training/Nominations** - to provide orientation and annual training for all individuals associated with The Filling Station, including Board nominations

Core Values

Christ-Focused, Educate, Empower, Equip

November 2021



Friday, April 8, 2022

SuperKids Fun Run

Kids ages 3 to 12 gather at the New Bern Riverfront Convention Center at 5 pm. Volunteers escort Kids and families to the Union Point Park. Races start at 5:30 p.m. This year's kids event includes bounce house, an inflatable obstacle course, music, medals and treats!

Registration 5K, 10K, & Half Marathon and Runner's Welcome Expo - 4:00 to 8:00 p.m.

Register, pickup bibs and swag, and meet our sponsors at our welcome expo. Join us at the New Bern Riverfront Convention Center.

This event benefits: Craven Community College Foundation, Duffyfield Phoenix Project, The Filling Station, Mediation Center of Eastern NC, MERCI Clinic, Religious Community Services (RCS), and Twin Rivers YMCA

Saturday, April 9, 2022

Registration and Pick-Up continues for 5K, 10K, & Half Marathon - 6:00 to 8:00 a.m.
New Bern Riverfront Convention Center

Half Marathon Start - 7:00 a.m.
10K Start - 7:30 a.m. 5K Start - 8:15 a.m.
Union Point Park / East Front Street

Runner's Celebration - 8:30 a.m. to 11:30 a.m.
New Bern Riverfront Convention Center

www.BridgeRun.org
REGISTER TODAY!



April 9 - April 16, 2022

We are also offering Virtual Races - Virtual runners participate and support our cause, choose their own date, time, and course.



Nutrition · Education · Connection

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Board Members

Chair: Maria Robles

Vice-Chair: Charlie Dunn, Jr.

Treas: Dr. Norma Sermon-Boyd

Secretary: Sheri Smith

John Bender

Bobby Darden

Willie Jones

Zack Koonce

Sylvia Miller

Clyde Murphy, Jr.

Karen Plaster

Cheryl Simons

Willie Smith

John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor

A Prayer to Keep God First This New Year

Dear God,

Thank you that you make all things new. Thank you for all that you've allowed into our lives this past year, the good along with the hard things, which have reminded us how much we need you and rely on your presence filling us every single day.

We pray for your Spirit to lead us each step of this New Year. We ask that you will guide our decisions and turn our hearts to deeply desire you above all else. We ask that you will open doors needing to be opened and close the ones needing to be shut tight. We ask that you would help us release our grip on the things to which you've said "no," "not yet," or "wait." We ask for help to pursue you first, above every dream and desire you've put within our hearts.

We ask for your wisdom, for your strength and power to be constantly present within us. We pray you would make us strong and courageous for the road ahead. Give us ability beyond what we feel able, let your gifts flow freely through us, so that you would be honored by our lives, and others would be drawn to you. We pray that you'd keep us far from the snares and traps of temptations. That you would whisper in our ear when we need to run and whisper in our heart when we need to stand our ground.

We pray for your protection over our families and friends. We ask for your hand to cover us and keep us distanced from the evil intent of the enemy; that you would be a barrier to surround us, that we'd be safe in your hands. We pray that you would give us discernment and insight beyond our years, to understand your will, hear your voice, and know your ways.

Amen. - Debbie McDaniel

