

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

March 2022

Vol. 2 No. 2

The Filling Station—a Happening Place!

"Every minute invested in planning saves an hour in execution," says Larry Bossidy (author of the book titled Execution)

The New Year program rollout for 2022 has been almost like walking a red carpet. With a brilliant Board of Directors, gifted consultants, compassionate volunteers and powerful partners, we continue to assist with filling unmet needs with more enthusiasm than the year before.

Our big project for January was to create and deliver a comprehensive Annual Report for 2021. We were able to publish a first class publication with the help of Judy Hills, Editor and Anita Cook, Copy and Print Warehouse and the tracking detail from Geraldine Eubanks, Volunteer Coordinator and Solid Rock Accounting, Kelly Michaud. We continue to be blessed with incredible talent.

Our current programs - The Food Pantry and Lenoir Community College Computer Lab are assisting in meeting needs here in Jones County. Each week we are serving residents from Pollocksville, Trenton, Maysville, Comfort, Long Point and a few from surrounding counties. During these cold, winter mornings, The Food Pantry distributed hats, gloves and scarves, and socks for men, women and children. The word is getting out to Jones County Schools that we can assist in bridging the gap for items such as hand soap, bottled water, wipes, and backpacks.

New Volunteer Enrichment Program kicked off in January through a partnership with Atlantic Dance Theater. Jane Peele provides a gentle stretching for adults 3 times a month and 2 dance education classes for a homeschool group once a month. In February, we offered our 1st Volunteer Orientation and Onboarding Session. Our volunteers are our greatest asset and it is our goal to provide orientation and training to everyone associated with The Filling Station. Want to volunteer? Visit fillingstation1075.com and complete an application

We are part of a NEW Advisory Council with N.C. Cooperative Extension to develop our nutrition education plan for the teaching kitchen coming this summer. Recipe samples will be distributed during Food Pantry hours beginning March 29th. Our Garden Venue continues to unfold with two Eagle Scout projects providing educational panels and benches. The Community Artists and Gallery from New Bern will be donating two pieces of art for the garden coming in the Spring. We are partnering with N. C. Cooperative Extension - Horticulture Agent, Lisa Rayburn, to assist us in planning a perennial, sustainable garden to meet the needs of the mission. The Art, Dance and Music Camp for children is coming again this summer along with a Garden Camp.

"Bridging Communities" makes us stronger. We are ONLY 6 weeks away from the Neuse River Bridge Run which helps The Filling Station keep "running". We are excited that Jones County Parks and Recreation is encouraging the students to get involved for their health and give back to local nonprofits.

Starting Tuesday, March 29th, Sara Ware, Food Coordinator with NC Cooperative Extension will be distributing recipe samples to the clients.

Nutrition, Education and Connection for the residents of Jones County . . . all made possible as stand on our Core Values: Christ Focused, Equip, Empower and Educate

"All things are possible through Christ who strengthens me." Phil 4:13

Mary Ann LeRay
Executive Director

Board Member Spotlight: Sheri Smith, Secretary



Sheri Smith is an Eastern North Carolina native. Shortly after graduating from Swansboro High School, she married the love of her life, Jerry, and they settled in Jones County. They raised their family in Maysville and eventually became the pastors of Triune Holiness Church of Maysville. She and Jerry have two grown children and five grandchildren. They love country living, spending time with their "grandjoys", and serving the Lord together.

Sheri has always had a heart for service. As a pastor's wife, she is constantly reaching out when she sees a need and works tirelessly in all areas of her church. She volunteers at a Jones County Homeschool Co-op, helping and encouraging families who are endeavoring to homeschool their children. She also volunteers with Journey of Hope Cancer Support Center. As a cancer survivor, being able to help others through their journey is very important to her.

In 2018 when Hurricane Florence hit, Sheri's first reaction was to find a way to

serve. She found that opportunity at The Filling Station, and quickly fell in love with their mission. She saw The Filling Station as a way she and her church could give back to the community both in service and financial support. Her love for The Filling Station and all that it does for our community has grown through the years.

Sheri loves to instill the importance of serving in young people, and she has been instrumental in facilitating a set volunteer day each month for her church and homeschool co-op group. A few years ago, Sheri was asked to become a board member at The Filling Station. Though she felt underqualified and didn't have enough time to serve in that capacity, she felt the Lord nudging her to accept the position. God proved that He would equip her to serve where He had called her to serve. He has expanded her abilities and

lengthened her time to allow her to serve in this role at The Filling Station, and she is grateful for it.



Lots of Activity in January and February at the Filling Station

Volunteer Enrichment Classes- partnership with Atlantic Dance Theatre

Gentle Stretching class

Jan 2022- 10 adults

Feb 2022 - 19 adults



Volunteer Orientation/Onboarding Session - 13 volunteers in attendance



Dance Education Class for homeschool group

Jan 2022- 15

Feb 2022 - 15

Supporter Spotlight: Kim Chapman Freeman



Long live the memory of Okella Gray Kinsey.

I choose to support The Filling Station financially because it brought so much joy to my grandmother Okella, prior to her death.

She will always be remembered for keen sense of humor, her work ethic, and her ability to enjoy and appreciate life. She was always a very energetic and engaging person and had made a daily brisk walk for more than 20 years from Hwy 58, through Goshen Road, down Hwy 17 and back home with her cousin and sister friend Lillie Ollison McDaniel. She spent many years participating in morning prayer with the students at Jones Senior High School. She also attended Relay for Life Events. Once her health prevented her from making her daily walk, she started to "work" with Vel and Mel's Catering Company.

Then in 2018, she heard about The Filling Station. At first, she was hesitant to attend but with a little "nudging" from her daughter Velverteen, she reluctantly went and accidentally fell in love with the fellowship and activities she was involved with the 3 days per week that she attended. She found joy in attending the Filling Station with her friends where they were involved with meals, arts and crafts and exercise.

And now, with the expansion of services that the Filling Station offers, it makes even more sense to support it as Okella loved to cook and to feed people. She would have been thrilled to be a part of the food pantry services.

I started a business in her memory - Okella, a namesake jewelry and accessories company. Please visit us at www.okella.com. This business enables me to support The Filling Station support them and their mission. If you're looking for a worth-while cause, please consider joining me in supporting this agency in my hometown community.

Kim Chapman Freeman



KIM CHAPMAN FREEMAN



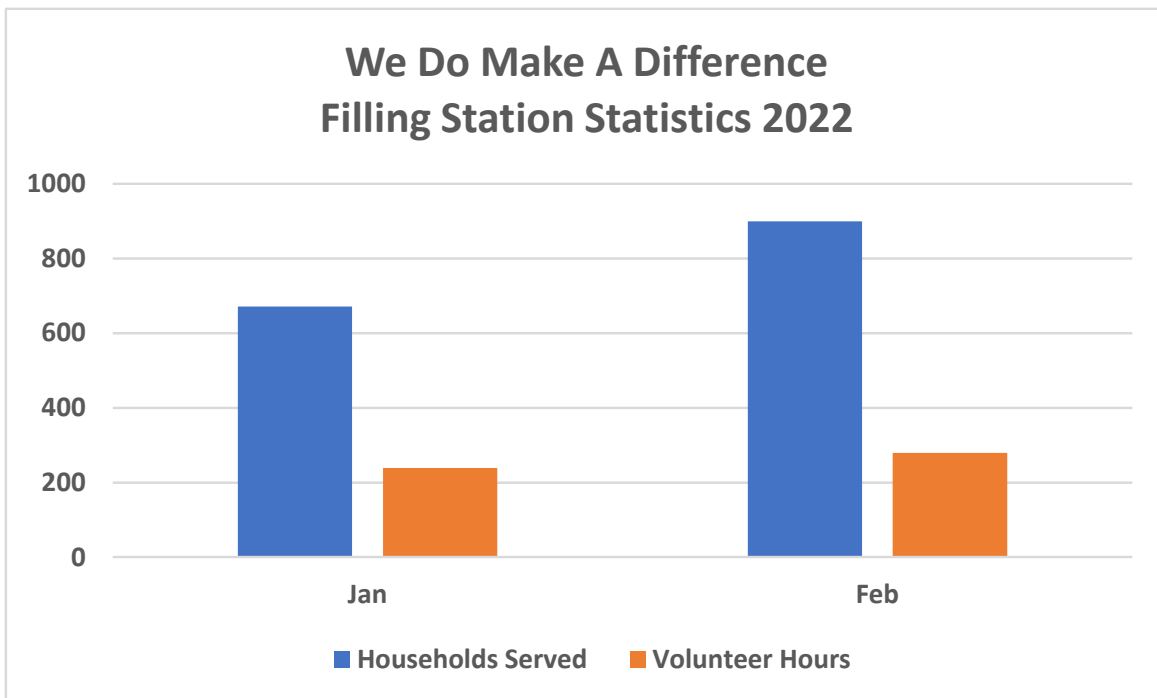
OKELLA GRAY KINSEY

Volunteer Spotlight: The Coastal Carolina Church



1 Peter 2:4 So as you come to him, a living stone rejected by men but chosen and precious in God's sight, 5 you yourselves, as living stones, are built up as a spiritual house to be a holy priesthood and to offer spiritual sacrifices that are acceptable to God through Jesus Christ.

We thoroughly enjoy partnering with the filling station to serve God's people. There is no distinction between people and all are served with equal regard, respect and excellence. The willingness to serve in a rural, overlooked community is exactly the kind of thing Jesus would pursue and it inspires us. We also appreciate the organization and preparedness when we arrive and always look forward to partnering and serving our neighbors with the Filling Station.



Front Window Glass Replacement Project

Front Glass Panes were installed on The Filling Station building during the week of Feb 14th. Craven Glass Company was hired to install the new, tinted, insulated, tempered units. This addition to the renovation of the building will keep energy costs low while enhancing the campus on Main Street in Pollocksville. The Filling Station serves over 650 households each month and is also home to several partners who provide services to the residents of Jones County.

Thank you, **Ed Jekel**, Facilities Manager, and **John Taylor**, Building and Ground Chair, for overseeing this project.



1st Volunteer Orientation/Onboarding Held



The 1st Volunteer Orientation and Onboarding Session took place on Feb 17th in the Board Room on campus. Thirteen volunteers were present for the orientation which included the history of the organization and safety guidelines while serving our clients. "It is our goal to provide orientation and annual training for all individuals associated with The Filling Station." We are grateful to **Garber Methodist Church**, one of our church partners, for the donation so educational monitors could be purchased.



January and February in Pictures



2/20/22 Board Meeting with Strategic Planning Consultant Cathy Smith



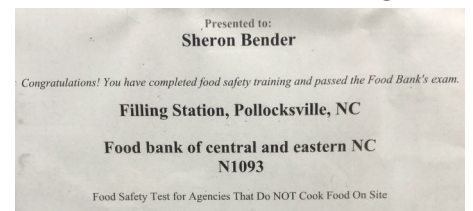
Food Box & Food Pantry Volunteer Serving Day



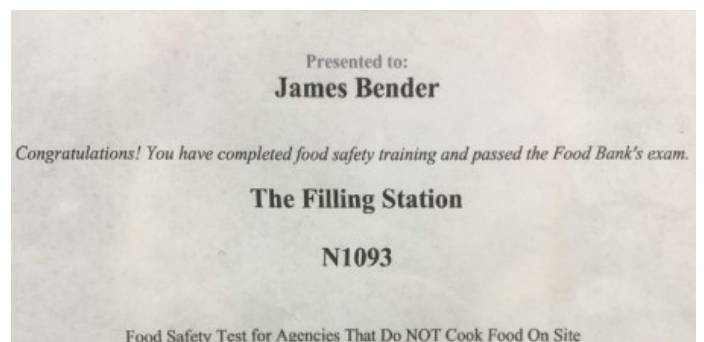
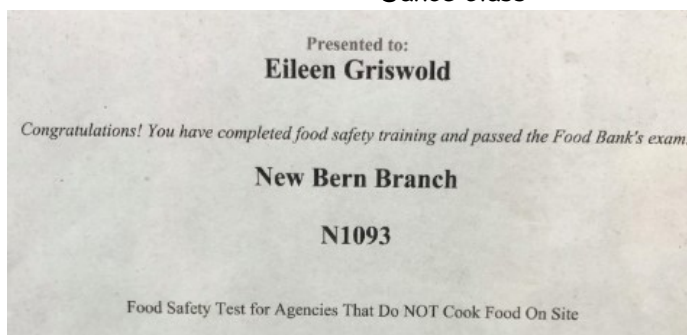
Gentle Stretching Class



David Mallard, JCP&R NR Bridge Run



Dance Class



Teaching Kitchen Making Progress

Things are moving along with the Teaching Kitchen. All appliances have been removed, natural gas project complete, electrical permit to accommodate the plan. The Board of Directors took a tour led by Ed Jekel, Facilities Manager on Sunday, Feb 20, 2022. Coastal Carolina Church volunteer group is scheduled to come and assist the hanging of sheetrock in the next couple of weeks. Thanks goes to John Taylor, Building and Facilities committee chair, for providing the commercial real estate advisory support.



Volunteer Spotlight: Noreen Jekel

Noreen Jekel moved to New Bern with her husband, Ed, from Upstate New York a few years ago. Soon after arriving she was invited to visit Pollocksville Presbyterian Church where she heard about the "Filling Station" during the service. Being greatly impressed by the church members enthusiasm she was eager to learn more of its history and to help in any way she could. Noreen is originally from England and her background is Art and Design, with a career of over 30 years as a Commercial Interior Designer and Space Planner.

She loves to volunteer at the Food Pantry and help in any way she can from filling and distributing food boxes, assisting with the Filling Station interior design and layout, to working with her husband Ed on the continuing building projects.



Food Bank of Central & Eastern NC—New Bern Branch

By The Numbers

 63,140

People facing hunger, living in the New Bern Branch service area

 18,580

Children facing hunger, living in the New Bern Branch service area

 16,212

Seniors at or below the poverty level, living in the New Bern Branch service area

 4,022

Hours served by volunteers at our New Bern Branch last year

 11,676,646

Meals distributed by our New Bern Branch last year

 4,868,188

Pounds of produce distributed by our New Bern Branch last year

Did you know that in the fall of 2021, the New Bern Branch moved from its original location, a 6,500 sf facility, to a 26,000 sf facility at 1702 Red Robin Lane? A larger facility was needed because the impacts of Hurricanes Matthew and Florence and the COVID-19 pandemic, caused demand to soar over the last five years.



Save These Dates

We all have busy schedules. Here are some dates we hope you will place on your calendars:

- April 8-9 Bridge Run
- May 14 30th Annual Letter Carrier' Stamp
Out Hunger Food Drive
- June 20-24 Dance Camp
- June 22 NC Symphony Music Discovery Session
- July 26 +28 Garden Camp
- August 26 The Filling Station's 5th Anniversary
- October 1 Perfect 10 Fundraiser



Neuse River Bridge Run April 8-9, 2022

Neuse River Bridge Run serves our community by promoting a healthy, active lifestyle and through its financial support of community organizations. Over 100,000 residents of eastern North Carolina are served by the seven beneficiaries which include the following:

- **The Filling Station**
- Craven Community College Foundation
- The Duffyfield Phoenix Project
- Mediation Center of Eastern Carolina
- MERCI Clinic
- Religious Community Services
- Twin Rivers YMCA

2022 Options include both in-person & virtual races, so there's something for everyone! In-person races will start and end at Union Point Park. The NRBR follows routes over bridges, through historic neighborhoods, and through downtown New Bern. These include: half marathon, 10K, 5K, and the Super Kids Fun Run. Virtual races include: half marathon, 10K, 5K, and the Super Kids Fun Run. To sign up, [click here](#).

And what would a race be without some SWAG. Every registrant (except the super kids fun run) receives a Neuse River Bridge Run t-shirt designed by a local artist. Other swag items will depend on what's provided by numerous race sponsors.

There will also be an interactive race day experience with RaceJoy—that includes live phone tracking, GPS progress alerts and cheers! Invite your family and friends to track you.

We encourage Filling Station volunteers and supporters to sign up! And for every three friends that you refer to sign up, you can earn \$15 applied up to the full refund of your entry fee. Cha-Ching!

Run along now and sign up!





Nutrition · Education · Connection

Our mission is to assist with filling the unmet needs in the area of nutrition, education and connection serving the residents of Jones County.

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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

There's an APP for That: Prayers

Precarii, which means "to pray" in Latin, is an app designed to harness the power of prayer. It is a world-wide prayer community that allows users to post their prayers and have others pray for them—and it can be done anonymously. [Click here](#) to download the app that is available both on Google Play and the Apple App Store.

World Vision's Prayer for the Hungry

"Almighty God, it is difficult to see children suffer, especially from hunger. We pray for You to give the hungry daily bread today (Matthew 6:11) and end their persistent hunger. Provide the food they need to grow and thrive. Pour out Your grace on hungry families, especially parents straining to feed their children despite dwindling resources."

Give us today our daily bread. —Matthew 6:11 (NIV)



An Irish Blessing

May the sun shine all day long
everything go right
and nothing wrong.

May those you love
bring love back to you,
and may all the wishes
you wish come true.