

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

May 2022

Vol. 2 No. 3

Message from Mary Ann

What is the **FUEL** that keeps the Mission Running? **CONNECTION**

Volunteer Connection - we have been blessed to have the New Bern Alumnae Chapter of the Delta Sorority volunteer over 50 hours over the course of March and April. These volunteers worked on the front lines of food distribution and put together 150 Easter goody bags for our clients. Thank you to Norma Sermon-Boyd, our board treasurer, for inviting these beautiful women to serve over the past two months.

Thank you to St. James AME Zion, Clinton Chapel AME Zion, Friendship Church, Triune Holiness Church, Pollocksville Presbyterian Church and Coastal Carolina Church for volunteers serving in the food pantry, renovation projects and campus maintenance.

Thank you to the Perfect 10 Volunteer Group who met in March to set the date and create the timeline for our annual fundraiser to be held on Sat, October 1, 2022.

Food Pantry Volunteer Group received the 2022 Governor's Medallion Service Award. This is the highest volunteer service honor awarded in the state of NC. Congratulations!

Partnership Connection - The Food Bank of Central and Eastern NC called to invite us to be highlighted in a video created by the Duke Energy Foundation to share how our organization had served the residents of Jones County during the pandemic.

Atlantic Dance Theater has been a great partnership in developing our volunteer enrichment program. The volunteers are our greatest asset.

Religious Community Services, Pollocksville Baptist Church, St. Paul's Church, New Bern Christian Women's Club and Coastal Carolina Church made generous donations and distributions to our food pantry.

NEW CHURCH PARTER in March:
Shady Grove United Methodist Church

This church family invited us to worship and presented a check to represent their commitment to the mission.

Neuse River Bridge Run Event held April 8-9 has expanded our possibilities as we worked hand in hand with six other non profit organizations to create an event for the community highlighting health and giving back to the missions of the non profits involved.

Jones County Elementary Schools received a virtual library of videos promoting literacy education. Thank you to Joan Knight who records these videos and shares her passion for reading with children K-3. We are grateful to the principals of the Jones County Schools who have agreed to make this wonderful resource available to the teachers.

Mary Ann's Column Continued

Grant and Donors Connection - Thank you to The Anonymous Trust Foundation for a \$20,000 grant to keep the mission running. We are thrilled to be offered a challenge grant of \$6000 from new donors. This will be our 3rd challenge grant which encourages us to keep stretching and reaching those who haven't yet heard The Filling Station Story.

Thank you to Jones County for a grant of \$5000 which was awarded on April 19, 2022 at the County Commissioners Workshop. This grant will be used to transport healthy foods from local farmers in Jones County.

Thank you to the recurring, monthly donors who have chosen The Filling Station to invest in the residents of Jones County.

Thank you to the N.C Commission on Volunteerism and Community Service for the Volunteer Grant Funds to be able to expand support for volunteer coordination.

Prayer Connection - Our Board of Directors are committed to open our meetings with prayer. The Food Pantry Volunteer Group are committed to have a devotion, sharing joys and concerns and pray before distribution begins each Tuesday and Thursday. We recognize and give glory to God for His continued blessings on the mission of The Filling Station.

We look forward to the National Day of Prayer on Thursday, May 5th at 11:30 AM held at the Jones County Civic Center where we come together as a community in prayer.

CONNECTION is KEY to assisting with filling unmet needs in the areas of Nutrition, Education and Connection for the residents of Jones County.

To book a tour or speaking engagement, fddirector@fillingstation1075.com

Mary Ann LeRay
Executive Director



Board Member Spotlight: Bobby Darden

Bobby Darden has served on The Filling Station Board since 2021. He resides in Trent Woods and represents Garber United Methodist Church on the Board. Bobby is a member of the TFS's Finance Committee and is also co-chairing the 2022 Perfect 10 fundraiser. He has worked in North Carolina local government for over 20 years, including serving as County Manager in Perquimans County for 7 years before his current role as Director of Coastal Regional Solid Waste Management Authority. He grew up on a peanut farm in southeast Virginia, and graduated from Virginia Tech and has an MBA from East Carolina University. Bobby and his wife, Betsy, have two children, Sam and Hayes, both of whom are students at NC State. He looks forward to serving the people of Jones County and the surrounding areas!



Durham-based Construction Company Donates Furniture

When Oxford Press closed its operations in Cary, NC, DPR Construction worked with Scott Ladner, Raymond Carolina Handling Company, to find an organization in need of a generous donation. "We were overwhelmed to receive the call and find out many of our wish list items were being donated," says Mary Ann LeRay, Executive Director. There had been many conversations about how nice it would be to have board room chairs for our Board of Directors, who represent 12 churches in Jones County. The purchase always seems out of reach or just not necessary. From lightly loved chairs to furniture for our new teaching kitchen and classrooms, it was obvious God was orchestrating it all.

DPR Construction is a community-minded company that leads with excellence in commercial construction. Thank you Mark Blackman from DPR Construction for working with The Filling Station to make the transfer possible. More info on DPR Construction.



Left to right: Mark Blackman, DPR, Mary Ann LeRay, Executive Director of The Filling Station, Scott Ladner, Carolina Handling

in what ways
CAN WE
end hunger

1



COMMUNITY
ACTION

2



FAITH
ACTION

3



HUNGER
PROGRAMS

4



RESEARCH

5



POLICY
CHANGE




Supporter Spotlight: Shady Grove United Methodist Church

Our church, Shady Grove United Methodist Church, which is located in Jones County, has a motto "Serving God by Serving Others". We are involved in several ministries throughout the community and surrounding counties.

We became interested in The Filling Station and have become a church partner because it serves the residents of Jones County. It is a much needed ministry in our county.

Ella McDaniel, Shady Grove UMC Church Member





NATIONAL DAY OF PRAYER
THURSDAY, MAY 5, 2022

EXALT THE LORD
WHO HAS
ESTABLISHED US

COLOSSIANS 2:6-7

NATIONAL DAY OF PRAYER

JONES COUNTY
NATIONAL DAY
OF
Prayer Event

Thursday, May 5th 11:30 am - 12:30 pm

JONES COUNTY CIVIC CENTER
832 NC Hwy 58, Trenton, NC

Join us to pray with our guest line up:

Wayne Sayland | Charlie Dunn, Jr. | Dr. Norma Sermon-Boyd | Dr. Sharon Bender
Pastors Jerry and Sheri Smith | Pastor Paul Edwards | Joy Wynne | Marcia Cherry
Archie Hargett | Barbara Lee | Matt Weinman | Warren Franks

NATIONAL DAY OF PRAYER LOCAL COMMITTEE:
EILEEN DOVE AND MARY ANN LERAY / PASTOR THARESA CHADWICK-LEE, NDP STATE COORDINATOR

FILLING STATION BADLY NEEDS A PROPANE FORK LIFT

If you have one in good condition to donate or if you would like to buy one for us or if you would like to donate toward the purchase of one, please contact Exec. Dir. Mary Ann LeRay.



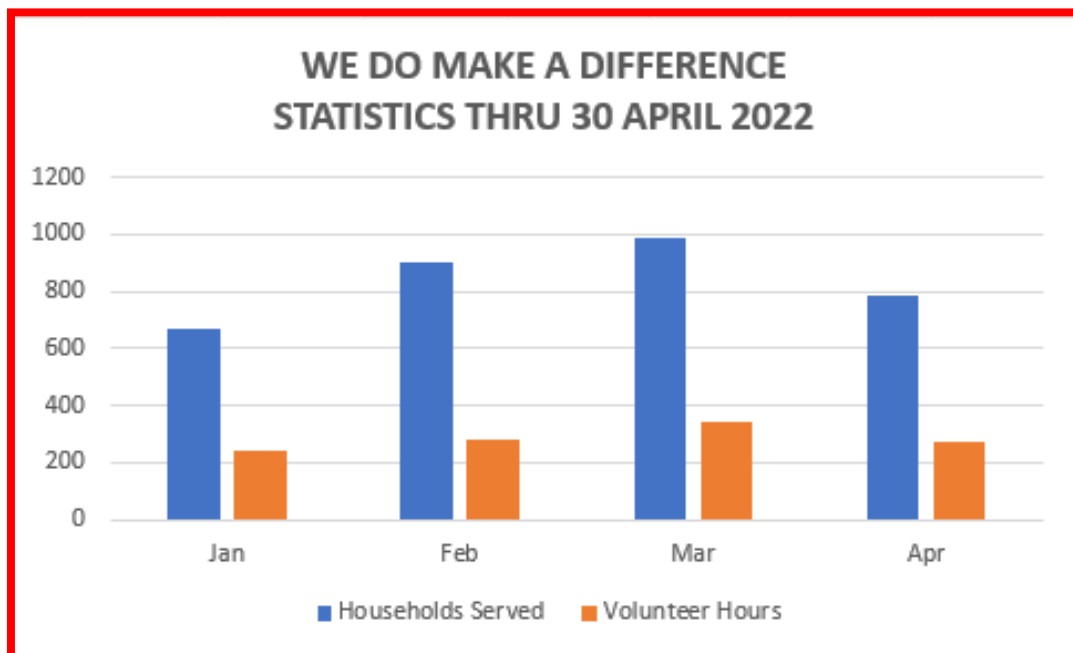
Volunteer Spotlight: Cynthia Kinsey

Cynthia Kinsey, daughter of Leo and Dorothy Kinsey, currently resides in Trenton, NC. She was raised spending summers in Pollocksville while living in Brooklyn, NY. Cynthia lived in Raleigh for many years before retiring back to her home town in Jones County at the height of the pandemic.

"What is a more fulfilling thing to do than help your community thrive through volunteering your services," said Cynthia when asked why she helps out at the Filling Station. "I am proud to say my community has allowed me to volunteer my services at The Filling Station, The Board of Elections, and with the Baptists on Mission Disaster Relief. To feed my soul, I attend St. Phillips Missionary Baptist Church for my spiritual needs as well as participate with My Sisters Keeper Women's Group."



We are fortunate to have volunteers such as Cynthia Kinsey!



Trip to Food Bank in Raleigh

March 22, 2022 - Christi Mallasch from The Food Bank of Central and Eastern NC called The Filling Station and spoke with Mary Ann LeRay, Executive Director to extend an invitation to visit the Food Bank. The Duke Energy Foundation asked the Food Bank to choose one of their partner agencies to be part of a video highlighting how they served during the pandemic.

With short notice and the need for insured drivers, Mary Ann LeRay and Joan Taylor headed out on Tuesday for Raleigh. Joan Taylor has been a volunteer and supporter of the organization since the beginning. Her husband, John Taylor, serves on the Board of Directors.

Before the video interview began, forklifts loaded the truck with wonderful goodies to bring back to the Food Pantry at The Filling Station in Pollocksville. We wrapped up our morning with a lunch meeting with Briles Jones, Executive Director of N.C. on Volunteerism and Community Service at Union Special. Thank you to Daniel and Jesse Carter of Pollocksville, NC who met the truck to unload the items when we returned. It's teamwork to assist in filling unmet needs with nutrition for the residents of Jones County.

Look for our Duke Energy Foundation Video here soon.



Bridging Communities

Thursday, March 15, 2022 - Triune Holiness Church (Maysville) served food boxes from the Food Pantry. Thanks to the Food Bank of Central and Eastern NC and our church partners for making this possible. In addition, a local homeschool group volunteered to change our sign highlighting the Bridge Run which will be held on April 9th. Every little bit helps!



Bridge Run A Huge Success

After 2 years of "running virtual", the Neuse River Bridge Run committee rolled out a wildly successful event on April 8-9, 2022 in New Bern, NC.

The committee represents seven non profit agencies from Craven and Jones Counties. This was the 1st in person event for The Filling Station who was invited to join in 2021. The committee met by Zoom every other week for one year to discuss the sponsorships, volunteers, media/marketing, and logistics to deliver a professional event to the area. "We are a sanctioned race which attracts many runners from N.C and other states", says Gary Kenefick, president of the NRBR committee.

Rolling out an in-person event after two years of virtual options definitely takes faith. One month before the event, only half of the runners were registered. There were a few meetings when we wondered how it was all going to come together.

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: Craven Community College Foundation, Duffyfield-Phoenix Project, The Filling Station, Mediation Center of Eastern NC, Merci Clinic, RCS, Twin Rivers YMCA.

Over 1300 runners registered for the 2022 event which included the SuperFun Kids Run held on April 8th and the Half Marathon, 10K, 5K kicked off at 7 AM on April 9th at Union Point, New Bern, NC as the runners ran over the bridge with the sun coming up over the Neuse River. The



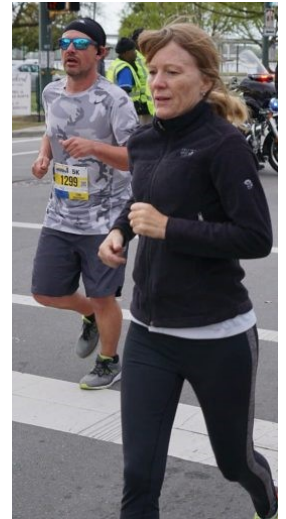
Bridge Run A Huge Success (Continued)

start was just as exciting as the finish line where participants' names and where they are from were highlighted by a loudspeaker.

Jones County was well represented with the volunteers, registered runners, and sponsorships. Thank you to Sheron Bender who took the lead in organizing the volunteers necessary to support the event. Thank you to the Jones County Sponsorships: Grilling Buddies, Mowing Buddies, Ford of Jones County, Driver Heating and Cooling, AB's Gravel Driveways, J&J Contracting, Bender/LeRay, Charles and Taffy Jones. Thank you to David Mallard, Jones County Parks and Recreation, for promoting and leading a running group from the schools.



Jones Co. Parks and Recreation



Thank you Ford of Jones County for supporting the Neuse River Bridge Run



Jones Co. Parks and Recreation /Trenton Elementary



Governor's Medallion Award

On April 6th, the Food Pantry Volunteers were invited to meet in the Board Room to hear a special announcement and have a celebration cake. Thank you to Board Members Maria Robles, John Bender, Clyde Murphy, Willie Smith who attended today's event. Thank you to Bob and Carol Mattocks who brought punch and cake for the special occasion. A special visit from Sheriff Matt Weinman, Deputies JJ Erin, Pat McCain and Timothy Corey to share in the celebration. The Filling Station submitted three nominations - two volunteer groups and one paid volunteer coordinator - in January 2022. These nominations were made to the N.C. Commission on Volunteerism and Community Service with the Governor's Office.

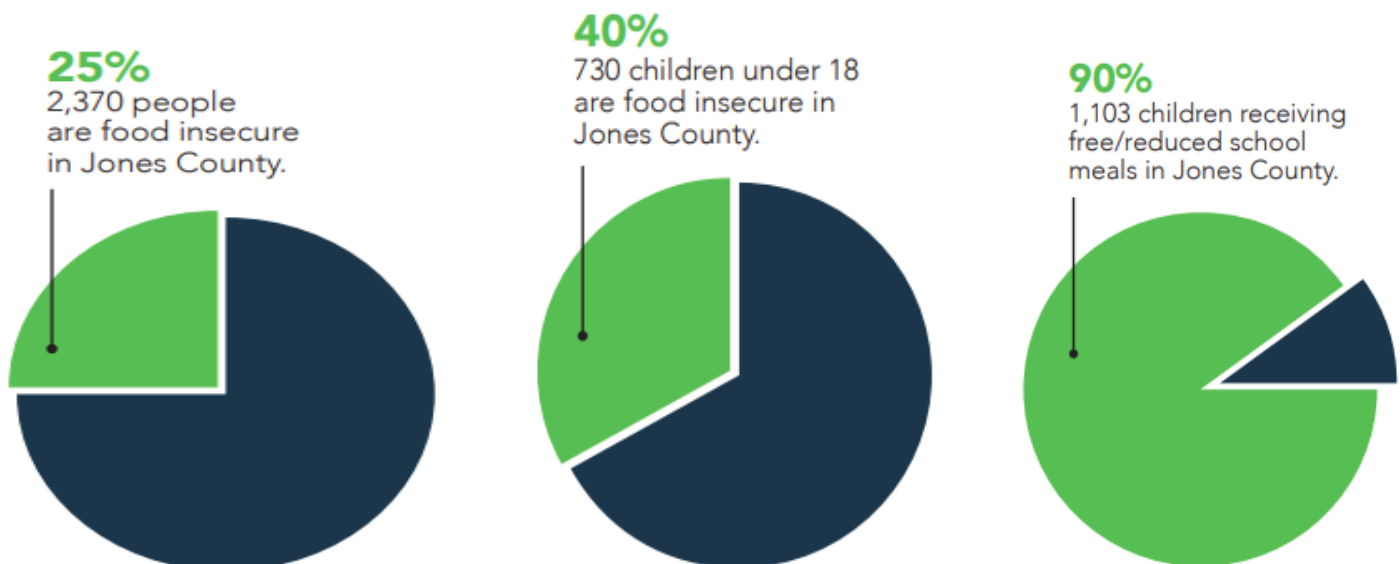
All three nominations were read in their entirety to appropriately honor each individual and the great service to The Filling Station: Geraldine Eubanks, Perfect 10 Volunteer Group, and the Food Pantry Volunteer Group. Out of 100 counties in NC, 22 counties will receive Medallion Awards to recognize their service in 2021.



The Food Pantry Volunteers will be one of the 22 Governor Medallion Awards during the Virtual Ceremony on Wed, April 20th at 6 PM. [Click here](#) to RSVP to attend VIRTUALLY and celebrate this great group of volunteers in NC. Certificates, pins and other goodies will be mailed to The Filling Station. Congratulations!

2019-2020 Jones County Profile—Food Bank of Central & Eastern NC

As of 2019, Feeding America reported Jones County, NC had a food insecurity rate of 18.1% of the county population. In the 2020-2021 report from the Food Bank of Central and Eastern NC, it was reported that the percentage has increased to 25%. The Filling Station is among the Top Agencies in the county assisting with filling unmet needs in the areas of Nutrition, Education, and Connection. We are grateful to our church, corporate, and individual partners to keep the mission running. [Click here](#) to read more.



March and April in Pictures



March and April in Pictures



Jane Peele, with Atlantic Dance Theatre, working with Homeschool Group



Grateful for help from young volunteers from Triune Holiness

- Gentle Stretching Class - 4 classes in March and 3 classes in April
- Homeschool Dance Class - Every 3rd Tuesday
- Easter Goody Bags distributed in April - 150
- Volunteer Orientation Held April 21st - 9 volunteers
- Delivered 10 kids backpacks to a special event with DSS - Early April



Visit from Nancy Gladden, from Coastal Carolina Presbytery Office in Wallace with Jean Bender from Pollocksville Presbyterian Church



Sarah Ware, NC Cooperative Extension will be offering on site tastings of new recipe on the last Tuesday of each month in 2022. Photo: Mary Ann LeRay, Norma McDonough, Sarah Ware

March and April in Pictures



Jones County Commissioners celebrate the Governor's Medallion Award presented to The Filling Station Food Pantry Volunteers. L to R: Commissioner Charlie Gray, James Harper, Frank Emory, Sondra Ipock Riggs, April Aycock and Charlie Dunn. Not pictured: Mike Haddock

Delta Sorority Volunteers

The New Bern Alumnae Chapter of Delta Sigma Theta Sorority Volunteers at the Food Pantry at The Filling Station on Thursday. Thank you to Dr. Norma Sermon-Boyd for scheduling this beautiful group to serve at the pantry today. We continue to be blessed with volunteers. For more information on this group: <http://dstnewbernalumnae.org>



Teaching Kitchen Making Progress

Exciting news to report is we received our official Building Permit Approval by Jones County Inspector, Paul Ingram. Walls, plumbing, doors, appliances, floor restoration is scheduled and moving along.

Thank you to Coastal Carolina Church in Jacksonville who came and put in 88 volunteer hours of work. They put up two walls in the kitchen, put up sheetrock in the front room area, did quite a bit of landscaping in the front yard, and started working on prepping the new front window frames for installation of caulk.

Jones County Inspections 1418 HWY 58 NORTH TRENTON, NC 28585			ON SITE COPY
Permit Type: BUILDING PERMIT - RESIDENTIAL			PERMIT NUMBER 2200240 Issue Date: 04/07/2022
Property Number 54382188240	Street Address 221 MAIN ST	Township POLLOCKSVILLE	
Owner Information Owner: THE FILLING STATION Address: 221 MAIN STREET POLLOCKSVILLE, NC 28573 Phone: 252-224-1127		Applicant Information Applicant: THE FILLING STATION Address: 221 MAIN STREET POLLOCKSVILLE, NC 28573 Phone: 252-224-1127	
Contractor Information Contractor: EDWARD JEREL Address: 289 GATEWOOD DRIVE NEW BERN, NC 28562 Phone: [blank] Lic. No: [blank]			
Project Description ADDN. REPR. RES. ACCESS. STRUCT.			
Scope of Work COMMERCIAL ALTERATION/REPAIR, FOOD PANTRY & EDUCATION, STORAGE CLIMATE CONTROL AND EQUIPMENT USE ATTACHED			
Flood Zone X		Firm Zone NOT IN FLOOD ZONE	
Permit Details:			
		RESIDENTIAL APPLICATION	\$110.00
		Building Permit (Residential)	\$21.00
		Plan Review Fee (Residential)	\$15.00
		Certificate of Occupancy	\$15.00
		N.C. Homeowner's Recovery Fee	\$10.00
I, the undersigned, agree to comply with all applicable laws regulating the work. I have also received a copy of this document and understand that it is my responsibility to inform the office of any change of contractor by completing and submitting a change of contractor form if necessary. I further understand that all inspection requests are to be made by me or my agent.			
Signature of Contractor <i>Edward Jerel</i>		License #	
Signature of Inspector <i>Paul Ingram</i>		Date: 04/07/2022	
ANY PERMIT ISSUED EXPIRES SIX (6) MONTHS AFTER ISSUANCE IF NO INSPECTIONS HAVE BEEN MADE. ANY PERMIT ISSUED SHALL EXPIRE TWELVE (12) MONTHS AFTER ISSUANCE IF THE WORK IS DISCONTINUED.			
Application Number: 2200240		TOTAL FEES: \$ 271.85	

NC Cooperative Extension Provides Healthy Snacks

Sarah Ware, N.C. Cooperative Extension, joined us during Food Distribution and offered a delightful snack of Kale Chips. Using the air fryer and sea salt, she was able to whip up a nice offering to the clients. The recipe which included nutritional information was given to each client. We are grateful for this wonderful partnership to assist in filling unmet needs in the areas of Nutrition, Education and Connection for the residents of Jones County.



Governor's Medallion Award arrived and it's now in the Board Room



Atlantic Dance Theatre - partner providing Volunteer Enrichment Food Pantry Volunteers benefitting from a Gentle Stretching Class after food distribution. "Volunteers are our greatest asset and we are committed to provide an environment of health and wellness" says Mary Ann LeRay, Executive Director

Save These Dates

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

May 5 National Day of Prayer. Jones County Civic Center 11:30 AM to 12:30 PM.

June 20-24 Dance Camp

June 22 NC Symphony Music Discovery Session

July 26 +28 Garden Camp

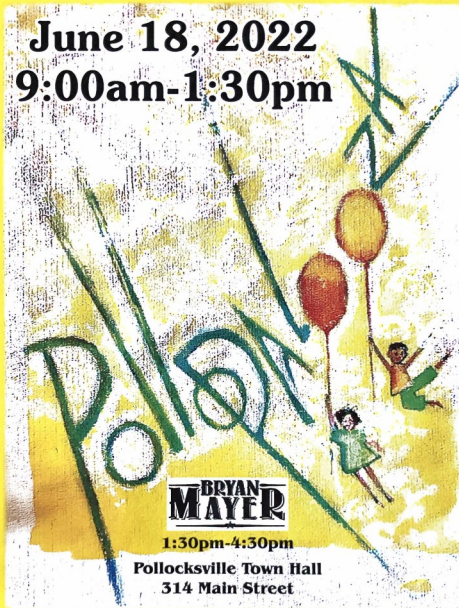
August 26 The Filling Station's 5th Anniversary

October 1 Perfect 10 Fundraiser



Games for kids, food trucks, vendors, booths and more

June 18, 2022
9:00am-1:30pm



Pollocksville Elementary School
300 Trent Street • Pollocksville
Join us for fun, food and fellowship



Save the Date

SATURDAY, OCTOBER 1, 2022 | 10AM-5PM

The Filling Station fundraiser,

“Jones County – A Perfect 10”

We are planning an afternoon of good country fun to raise funds and awareness of The Filling Station and our community.

WE ARE “FILLING NEEDS”

We will be asking for support through voluntary donations.

The event will be held along 10 Mile Fork Road, Kitty's Korner, etc... to Z.A.K.'s of Mallardtown.

ACTIVITIES INCLUDE:

Ceramics painting, Things From Yesteryear, a Hay Ride, Moosical Entertainment, a Walk in the Woods, Farm Animals, Cow Pie BINGO, and shopping at Z.A.K.'s.

Visit <https://fillingstation1075.com/> or call Karen at 252-635-0828 for more information.

A County Wide Mission: Nutrition, Education, Connection



JUNETEENTH

Celebrate Freedom

JUNE 19





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.

PO Box 222

**221 Main Street
Pollocksville, NC 28573**

252.224.1127

info@fillingstation1075.com

<https://fillingstation1075.com/>

[Facebook.com/FS1075](https://facebook.com/FS1075)

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

People are often unreasonable, irrational, and self-centered.

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.

Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies.

Succeed anyway.

If you are honest and sincere people may deceive you.

Be honest and sincere anyway.

What you spend years creating, others could destroy overnight.

Create anyway.

If you find serenity and happiness, some may be jealous.

Be happy anyway.

The good you do today, will often be forgotten.

Do good anyway.

Give the best you have, and it will never be enough.

Give your best anyway.

In the final analysis, it is between you and God.

It was never between you and them anyway.

Mother Teresa



*The loveliest
masterpiece of
the heart of God
is the heart
of a mother.*

ST. THERESE OF LISIEUX

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