

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

June 2022

Vol. 2 No. 6

Summer: Lazy Days and Reading

Every summer libraries around the country offer summer reading programs for children, teens, young adults and adults. Summer reading is critical for students to retain knowledge and skills learning in the prior year—especially this year because of learning loss due to COVID. Summer reading is also important for adults simply because when children see us read, they will most likely want to read themselves.

The 2022 Summer Reading Theme is Oceans of Possibilities. Contact your local library branch regarding the programming offered this summer. The Neuse Regional Library has many events planned so do check out the calendar on their website.

If you are getting pushback from your child or teen regarding reading, take

heart. "There is no such thing as a child who hates to read. There are only children who have not found the right book," according to Frank Serafini. So find out what interests your child and then take him or her to the library to find a book on the subject. Even comic books, anime and magna animation have words.

And no child, teen or adult is ever too old to be read to. This is a good place to start. So grab a book and start reading!



June 2022

Filling Station Events & Happenings—NO Computer Lab

- 2 Food Distribution
- 7 Food Distribution
- 9 Food Distribution
- 14 Food Distribution & Senior CSFP
- 16 Food Distribution & Senior CSFP
- 20-24 Dance Camp
- 21 **NO Food Distribution**
- 22 NC Symphony Music Discovery Session
- 23 **NO Food Distribution**
- 28 Food Distribution
- 30 Food Distribution



The Bible, in many passages, reminds us, "Do not fear" "Do not be afraid."
Is it possible that fear is False
Evidence Appearing Real?



You might ask, "What is a life hack?" It is a simple and clever tip or technique for accomplishing some familiar task more easily and efficiently. In this column and in future editions of this newsletter we are going to provide some we have run across.

- **Lid stuck on honey, syrup or other sticky substance?**

Just run the lid under running hot water for a few minutes. That should loosen it enough for you to be able to open the jar.

- **Want a quick ice-cold drink?**

Have a warm canned or bottle beverage but want a cold one but you don't want to add ice? Wet a paper towel around the container and place in the freezer for about 15 minutes. It will be almost completely ice cold.

- **Want less mess when you give your child a popsicle?**

Poke the stick through a metallic cupcake paper.

- **Keep your valuables safe at the beach**
Clean out an old suntan lotion bottle, remove the top so you can insert your phone, keys, and money into it. Pop it into your beach bag.
- **Cheap ice packs for lunch boxes**
Get a cheap pack of small kitchen sponges (or use some old ones). Get a bowl of water and let the sponges completely soak up as much water as they can hold. Place each sponge in a small zip lock bag. Place in freezer. Take out and use as needed for lunch boxes. Refreeze and reuse.
- **Learn basic knife skills**
They will pay off in the long run. Here is a 6-minute YouTube video on [Basic Knife Skills 101](#). [Click here](#) to learn about the three must-have knives—essential for a basic kitchen.
- **Start your day with more energy and purpose**
Set the tone for the day with a positive intention—a phrase repeated to yourself first thing in the morning—something that matters to you, such as: "I am ready for today's challenges" or "I am grateful for a beautiful day" or "I am a good person, and I see the good in others."
- **Smartphone apps can help you take charge of your health**
Yes, there's an app for that: [Blog.AARPMedicareSupplement.com](https://blog.aarpmedicare.com) and click on "Use your Smartphone to Monitor and Maintain Health."

COVID Summer 2022 Surge

Unfortunately COVID is not done with us yet. Experts predict a possible summer surge of COVID across the southern states. COVID vaccination and boosters as well as home testing kits are critical tools to help you and your family handle this possibility. Because the strains and subvariants are still evolving, we need to continue to take the boosters when

recommended. Every US household is eligible for two orders of four free at-home test (8 tests total) at no cost. Order from this USPS website: <https://special.usps.com/testkits> No ID—just your name and address. Get them NOW, before you need them.



Summer Picnics

Having a picnic in the park is not a new idea, but it has fallen by the wayside. Why is that? Have we become so lazy that we can't be bothered? Is it the weather, the bugs, the hassle? Is it a picnic if you tailgate or if you take fast food to eat on a picnic table?

One article suggested a creative picnic—no planning—just a real adventure. On the spur of the moment on the way home from work on summer afternoon, stop by the nearest grocery store. Give each family member say \$5 and 10 minutes to pick up something to share with everyone else. They must keep their purchase a secret until you get to the place (hopefully a park) where you will eat. Then everyone gets to be surprised. So what if the meal is totally unbalanced. It's just one really fun meal.

Another fun idea is to pick out one person in the family to plan and pull together a picnic on a budget. Get the family involved

in helping with the prep and let another person coordinate the location. You could put a number of locations on slips of paper in a jar and pull one out for each outing. Have another person organize one game.

Just for fun on a weekend, eat your lunch on a blanket in the back yard. Or have a late night picnic and gaze at the stars. The possibilities are endless and only constrained by your imagination.

What are your plans to have some good old fashioned fun this summer?



Picnic Food Fare

Here are a number of ideas for picnic food (no grilling or heating needed):

- Deviled eggs
- Potato salad
- Macaroni salad
- Slaw
- Fruit salad
- Waldorf salad
- Salad (vegetable, meat, seafood)
- Sandwiches
- Meat, cheese & crackers
- Cookies, brownies, cupcakes

Chicken Salad Recipe

- 2 cups cooked chicken chopped
- 1/2 c mayonnaise
- 1 stalk celery diced
- 1 green onion diced
- 1 tsp. Dijon or brown mustard
- 1/2 tsp seasoned salt
- Pepper to taste

Add chicken, celery and onions to a bowl. In another bowl whisk mayo, mustard, salt, pepper. Mix together. Serve as a salad or on bread or roll. Other options to add: nuts, grapes, avocado, dried cranberries and other veggies. This can be prepared in advance for an impromptu picnic.

Summer Fun

JONES COUNTY 4-H

2022 Summer Fun!

It's Electric!

Ages: 10-14

June 8th & 9th, 2022 | 9AM-4PM

Jones County Civic Center | \$10 per participant

Come have fun with electricity!

CALL 252-448-9621 to register or contact Mrs. Samantha

Fishing at Brock Mill Pond

Ages: 5-18

June 10th, 2022 | 9AM-12PM

Brock Mill Pond | FREE

Come fishing at Brock Mill Pond with us! Fishing supplies provided.

BRING A CHAIR IF YOU WANT TO SIT. CLOSED TOE SHOES AND SUNSCREEN REQUIRED

CALL 252-448-9621 to register or contact Mrs. Samantha

Jones County 4-H Activity Day

Ages: 5-18

June 13th, 2022 | 3PM-7PM

Jones County Extension | FREE

For all District Activity Day presentation participants: sign up for a time block!

CALL 252-448-9621 to register or contact Mrs. Samantha

Cloverbud Camp

Ages: 5-8

June 22nd-23rd, 2022 | 9AM-4PM

Jones County Civic Center | \$10 per participant

2 days of activities that promote self confidence, healthy lifestyles, social skills, and just plain fun!

CALL 252-448-9621 to register or contact Mrs. Samantha

CSI: Crime Solving Insects

Ages: 13-18

August 2nd, 2022 | 8:15AM-4:45PM

Lenoir County Extension | FREE

4-Hers will solve insect crime cases using their best investigative skills diving into biology, entomology, and forensics to crack the case!

CALL 252-448-9621 to register or contact Mrs. Samantha

More Summer Fun!

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NCSU Foods Day Camp

Ages: 13-18

August 3rd, 2022 | 6:15AM-6:45PM

NC State University | \$15 per participant (includes lunch)

Join us for a day trip to Raleigh to learn about foods and food production! Explore how NC State University makes Howling Cow ice cream, tour the State's Farmers Market, dine at NCSU with college students, and visit the NC Department of Food Science.

BRING SHOPPING MONEY

CALL 252-448-9621 to register or contact Mrs. Samantha

MOOving Milk!

Ages: 5-10

August 9th-11th, 2022 | 8:15AM-4:30PM

Lenoir County Extension | \$15 per participant

Learn about how milk moves from the farm to our fridge. Youth will trace Clover the Cow's growth from calf to dairy cow. Along the way, we will learn about the dairy industry, and about how dairy foods can contribute to a healthy diet. We will wrap our 3-day program with a trip to Simply Natural Dairy Farm to tour the farm, facilities, and meet the dairy cows!

*BRING A PACKED LUNCH. CLOSED TOE SHOES REQUIRED. BRING MONEY FOR ICE CREAM AT SIMPLY NATURAL!

CALL 252-448-9621 to register or contact Mrs. Samantha

Community Service Day

Ages: 10-18

August 24th, 2022 | 9AM-4PM

TBD | FREE

Help your community by volunteering to help make the best better!

Job TBD – but will most likely be outside so bring water, sunscreen, and your muscles!

CALL 252-448-9621 to register or contact Mrs. Samantha

More Summer Fun!

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Garden Camp

Ages: 8-11

July 26th & July 28th, 2022 | 9AM-3PM

The Filling Station | \$20 per participant

Learn about fresh foods from the garden all the way to the table!

CALL 252-448-9621 to register or contact Mrs. Samantha

Southern Showmanship Classic

Ages: 8-18

August 27th, 2022 | 11AM

Cottonwood Farm | \$65 per participant (T-Shirt included!)

Learn about working with horses and how to show them!

Requirements

- Must be registered on 4-HOnline
- Must attend practices
- Register before June 24th, 2022

Practice Info

- Every MON & WED, Aug. 1st- Aug. 24th, 2022
- All practices are at Cottonwood Farm.

www.go.ncsu.edu/southernshowmanshipclass-2022

CALL 252-876-5606 to register or katie_carter@ncsu.edu



Nutrition · Education · Connection

Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

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God our Father,

in your wisdom and love you made all
things.

Bless these men,
that they may be strengthened as
Christian fathers.

Let the example of their faith and love
shine forth.

Grant that we, their sons and daughters,
may honor them always
with a spirit of profound respect.

Grant this through Christ our Lord.

Amen



Save These Dates

June 3 7:30 PM Pollocksville Town Hall Family Movie Night

June 18 9 AM to 1:30 PM Pollapalooza at Pollocksville Elementary School

June 20-24 Dance Camp

June 22 NC Symphony Music Discovery Session

July 26 +28 Garden Camp