

# Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

July 2022

Vol. 2 No. 4

## Message from Mary Ann

Dream without limits..."All streams flow into the sea, yet the sea is never full." Ecclesiastes 1:7 God has designed us for more in His limitless image. He gives bigger vision to those who are ready to make bigger decisions.

The past two months I have been reading a fabulous book called 100 days of Believing Bigger by Marshawn Evans Daniels. Years ago someone told me "Leaders are Readers" so I began learning to love to read. It has not always been a "first love" but through consistency and discipline, I have learned to appreciate the value. We will not live a lifetime long enough to learn all the mistakes ourselves, therefore, we must learn from each other to make progress.

I am more encouraged and inspired than ever after being in the presence of so many wonderful volunteer groups who have chosen to invest in the mission of The Filling Station. In May, we hosted The Epiphany School of Global Studies "Love in Action" program where 15 high school seniors worked on several projects over a three week period, logging in over 350 volunteer hours. Thank you, Kirk Ronzheimer, Director of Spiritual Life at Epiphany, for your partnership.



Also in May, the vision of education panels and benches being added to the Garden Venue came alive after a year and half of planning. These projects were made possible through the leadership of two young men, Landon Pike and Stephen Healy, who are working on their Eagle Scout certifications.

The Perfect 10 committee is gearing up for our annual fundraiser on Saturday, October 1, 2022. Bobby Darden and Karen Plaster are our co-chairs for the event and our planning is going well.

In June, we hosted First Baptist of Maysville VBS group of 15 Jr and High School students led by Andrea Horne, Youth Director. In our two short hours, we shared the history of the organization and a lesson on "what is luck?" Luck = Preparation meeting Opportunity. This group also assisted in helping with some gardening maintenance.

During the week of June 20-24, we hosted our 2nd Annual Dance and Art Camp "Grow Yourself, Grow Your World"

## Mary Ann's Column Continued

with a special emphasis on "building bridges". Ten children in Jones County attended the camp and an additional 13 children attended the Music Education Workshop with the NC Symphony on Friday, the 24th. This camp has been made possible through a wonderful partnership with Atlantic Dance Theatre. We welcomed two teenage volunteers to assist the dance and art teachers this year. An additional treat this year was "reading in the garden" with Joan Knight who leads our Literacy Education program. The funding for this week-long camp was made possible by: North Carolina Community Foundation, Anonymous Trust Fund, Jones Onslow EMC, LifePlus Foundation, Harold B. Foundation and VolunteerNC.

In July, we are excited about hosting the first Garden Camp as we partner with Jones County Cooperative Extension/4H—July 26 & 28 (wonderful to see the camp is already full).

Our Food Pantry program continues to thrive with the leadership of Jimmy Bender, Food Pantry Director and Geraldine Eubanks, Volunteer Coordinator. Organizing the distribution and making sure that everyone is served with a smile and great resources is our top priority. The success of this program gives great inspiration for other programs being developed with our partners.

We have recently welcomed Marcy Hoffman to our Administrative Team to assist in tracking clients served, volunteer hours, database management and program support. This position has been made possible through VolunteerNC.

Progress on the Teaching Kitchen is gaining momentum with plumbing and electri-

cal projects being approved. Next on the list is insulation, hanging sheetrock, HVAC, painting, lighting and putting in appliances. God continues to make and show us the way in the midst of great challenges. We are hopeful that we will be ready to host our 5th Anniversary Celebration in the new space on Friday, August 26th 11:30-1:00 - please SAVE THE DATE and plan to be with us to celebrate.

As I reflect on all the people we have had the privilege to meet over the past two months, I am more encouraged about the impact through service. There is power in partnerships not just as we communicate but "connect" so that the mission of assisting filling unmet needs in the areas of Nutrition, Education and Connection for the residents of Jones County continues.

Would you like to know more about partnership or booking your group to volunteer? Please email us for more information: [fsdirector@fillingstation1075.com](mailto:fsdirector@fillingstation1075.com)

Thank you to all of our church partners, donors and volunteers who make it all possible!

Blessings and peace,

*Mary Ann LeRay*  
Executive Director





## Employee Spotlight: Marcy Hoffmann, Administrative Coordinator



I was born and raised in Buffalo, NY. Once I graduated college with my Accounting degree, got married to my high school sweetheart, and started raising my three beautiful children, I realized I was ready for some nicer weather! So in 1999, my husband's family decided to move south with us and we started a family business that lasted 20 years!

My hobbies include gardening, boating, nature, and taking care of my horses, chickens, cat and dog on my farm! I began volunteering at the Filling Station after Florence hit and met such an amazing group of people. I am so thankful to be a part of this incredible organization as the Administrative Coordinator.



## Board Member Spotlight: Karen Plaster



Karen and her husband, Allen, moved to Jones County in 2004 to fulfill a dream of owning woodlands in the country. They love every minute of their time here. Karen's involvement with the Filling Station reflects her desire to help other people and contribute to her community. A couple summers ago she came up with the idea for a fundraiser along 10 Mile Fork Rd. After sharing the concept the board, *Jones County - A Perfect 10* was held last October. She is co-chair for the event this year which will be held on October 1, 2022. She is currently working on activities which she hopes will include ceramics painting, *Things from Yesteryear Museum*, Moosic, woodland trails, a hayride, and Z.A.K's. A new site this year will highlight our Jones County community services with the climbing wall from our Sheriff's department, and equipment from NC Forest service, EMS and local fire departments. Be sure to come and join the fun.





## Donor Spotlight: Jane Peele

God led me to The Filling Station in April of 2021. There, Elizabeth Pope, Artistic Director of Atlantic Dance Theatre, and I met with Mary Ann to design and implement a Dance and Art Camp for the children of Jones County. Since that time, The Filling Station has become another HOME to me. It is FILLING me in Body, Mind, and Spirit by providing a spiritual environment where I can learn, co-create, and share my God-given gifts.

The Filling Station and its' mission has given me a place to belong and a family and community to love and serve. This work is sacred to me, and I believe it has been given to me with divine purpose. See, I am a 56 year-old "PRAISE" dancer. Born to the parents of Jane and Lee Atkinson and a proud native of New Bern, NC. It is an honor and privilege to have participated in two summer Dance/Art camps for children ages 8-12, to teach Volunteer Enrichment Chair Yoga every Tuesday morning,



and dance with over 25 children at the Triune Church in Mayville. My heart overflows with gratitude to be a member of such an incredible organization. Wishing each of you God's Grace, Peace and Blessings. Jane

**NC COOPERATIVE  
EXTENSION**

**MENU**

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



We will meet at the Jones County Extension Office and ride over to The Filling Station.

### 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: Joan Knight, Literacy Education Programming



"A teacher of students as well as a teacher of teachers"

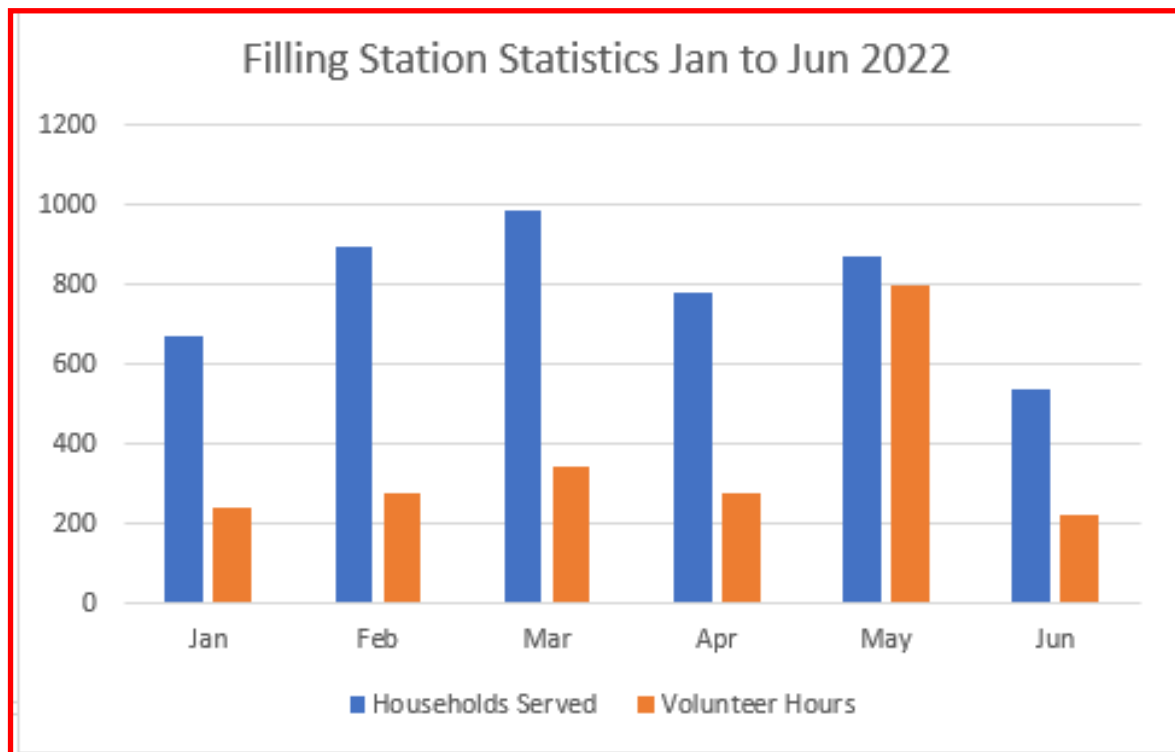
After leaving the classroom, Joan Knight traveled throughout the US providing seminars for teachers to support struggling readers and writers. After retiring from the road, Joan helped organize volunteers to tutor at Pollocksville Elementary. At Joan's request, Heinemann Publishing donated supportive leveled texts that Joan describes as "delicious books". Then Covid struck and halted in person tutoring sessions. Between Florence and Covid, Jones County kids lost many learning opportunities.



In order to facilitate "on the go" literacy, Joan videoed Interactive Read Alouds for the Filling Station website. During the reading, Joan intentionally models thinking and poses higher level questions like: "What do you notice?"; "What do you think?"; and "Has this happened to you?" Then time is given for listeners to think and respond. The read alouds include fiction and non fiction and suggest reading strategies for each genre.

These videos links have been provided to four Jones County elementary schools and have been promoted to support summer reading. These videos are also posted on the Filling Station website and Facebook page.

Why do I serve? To help fulfill the education mission needs.



Food Pantry closed for two weeks in June for camp and inventory.

## Food Pantry Pictures



#1



#2



#3



#4



#5



#6

#1 Willie Smith, Board Member, Noreen Jekel (Pollocksville Presbyterian) & Renny Long (Friendship Baptist Church) loading cars. #2 Izzie Meadows, Hilda Bender and Cynthia Kinsey - distribution day. #3 Norma distributing the squash. #4 Clyde Murphy, Board Member, meeting the Food Bank truck with Commodity Supplement Food Boxes for the Senior Citizens. #5 Brittany and Hazel Bell making boxes. #6 Norma & Noreen packing boxes with sweet potatoes





Above: Joan Knight reading to the children in the garden.

Left: Mary Ann LeRay (Exec. Dir.), Norma Sermon-Boyd (Treas) and her granddaughter, Layla.

Bottom: Theme of camp: Grow Yourself, Grow Your World through Building Bridges

Photos by Bob Makowski, member of the Coastal Photo Club







Above photo: Jean Bender, Jennifer LeRay, Holly Ladner, Kate Ladner, and Allen Bender enjoying the music Education workshop

Below: 1784 Café on site for smoothies after event.



Atlantic Dance Theater partner banner on fence.

Music isn't extra. Music isn't additional. Music isn't discretionary. Music isn't an add-on. And, music isn't disposable. Music education is core. It's fundamental. It's necessary. It's an irreplaceable component of holistic and meaningful education That's what music is.

*Vaughn Fleischfresser*



Above: Having fun dancing in the garden.

**Photos by Bob Makowski.**





# 3



# 2



# 4



# 6



# 1

# 1



# 5



# 7



## Enjoying the NC Symphony

- #1 Great to have Tharesa Lee, friend of The Filling Station, open our morning with prayer.
- #2 Meet the Orchestra with resident cello extraordinaire.
- #3 We welcomed several Board Members, several partners and Mayor Jay Bender stopped by to say hello.
- #4 Layla, Norma Sermon Boyd's granddaughter, joined in on the Music Education.
- #5 Alora Lotz enjoying the cello and singing.
- #6 Izzie Meadows taking it all in.
- #7 Allen and Karen Plaster helping the audience to sing along





1



6



2



7

#1 Dance Class in the newly renovated space

#2 Campers with Jane Peele, dance teacher and Kit Jordan, Art Teacher

#5 Dance Class learning the value of "building bridges"

#6 Izzie Meadows and Sydney Hill building a bridge

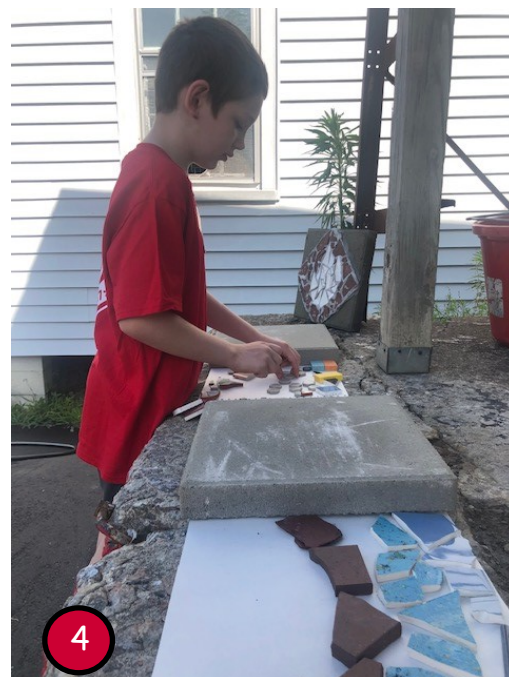
#7 Teamwork



5







#3 Kids, Staff and Volunteers - Kate Ladner from Raleigh, Ella LeRay from Hampstead, Youth Volunteers for the week, Marcy Hoffman, Administrative Coordinator and Lisa Connell, Art Teacher

#4 Elzey making a stepping stone to be placed in the Garden Venue

#8 Elizabeth Pope, ED for Atlantic Dance Theatre, Lisa Connell, Jane Peele and Joan Taylor, ADT Board Member

#9 Thank you Pelican Snoballs who made a visit on Wednesday to share a treat with the campers.

#10 The kids had a great time making a board to represent their personality and will be mounted to the fence in the Garden Venue.





## More Pictures



Top and center left: dancing in the garden

Bottom Left: Bentley Mayce from Triune Holiness Church weeding the garden.

Top right: Jane Peele leading the Volunteer Enrichment Stretching Class after Food Pantry distribution.

Bottom right: Brittany and Hazel Bell enjoying the class.



## Progress Report: Teaching Kitchen

Kitchen Update: Plumbing and Electrical projects approved Next step - HVAC clean up and ceiling tiles replaced, insulation and drywall is next. Floors have been renewed and waxed. Appliances will be ordered soon and new countertops are on the way. Very exciting to see this project coming together with Ed Jekel's leadership.



Always great to partner with Sarah Ware, Jones County Extension, as she shared strawberry smoothie samples during Food Pantry distribution in May.



Thank you to Mary Reason for delivering beautiful, fresh vegetables. She has donated over 200lbs to the Food Pantry.



Demonstrating the preparation of a kabob.



## Updates



In May 2022, Linda Mathiasen made a visit to The Filling Station to present a \$1500 check to the mission of assisting unmet needs in the areas of Nutrition, Education and Connection. Jones Onslow EMC has offered support, media coverage and critical financial resources since Hurricane Florence. They are a powerful, integral partner and we are so grateful for their support and generosity.

Thank you Jones Onslow Electric Membership Cooperative!



15 High Seniors from The Epiphany School of Global Studies provided 350 Volunteer Hours over three weeks (May 9-26). These young people are a blessing! They helped to deliver two boxes of new orthopedic items and 80 cards to Brook Stone Living Facility in addition to the spring cleaning projects they completed at our facility. They washed windows and painted the old loading dock. They also distributed food boxes from the Food Pantry. Thank you again Epiphany students for partnering and bringing "love in action" to the Filling Station.

Pop Up Raleigh is celebrating its 10th year supporting small businesses. This is event happens on the 3rd Saturday of each month on the campus of Trophy Brewery located on Maywood Avenue in Raleigh, NC

NEW this year...a charitable partner is chosen to set up at the event. The Filling Station was on site Saturday, May 21st. The Compton and Ladner Families who are Raleigh based and sup-



port The Filling Station mission were on site sharing their story about why they donate their time, talent and treasure. Governor Roy Cooper challenged all non profit organizations to be "ALL IN" in NC giving back to their local communities. Thank you to the State of NC for your support of the mission. Together we offer a "hand up" to those who have needs to be filled.

Visit: [popupraleigh.com](http://popupraleigh.com) for information on future events

Visit: [VolunteerNC.org](http://VolunteerNC.org) for more information on how the N.C. Commission on Community



## Stephen Healy's Eagle Scout Project: Nature Panels for Garden Area

I was happy to choose The Filling Station for my Eagle Scout Project. I knew The Filling Station was a well organized and efficient organization that had a positive impact on its surrounding community when I first toured the building with Mrs. LeRay. I was drawn to the number of outreach projects going on in such a small space. When I started working for The Filling Station, I knew that they would put my project to good use, regardless of how it turned out. I enjoyed contributing to educating children in the area with the nature panels and appreciate Mrs. LeRay coordinating my part of the project with a local artist. The Filling Station has been an excellent beneficiary and has helped me in countless ways throughout my Eagle Scout Journey.

Thanks for all your help!

Photo below: Stephen Healy and his mom, Leigh Healy.



Photo above: Stephen Healy being assisted by his brother

## Orientations & Tours

It is very important for those who work in and around the Food Pantry to receive a proper orientation to the facility. Protecting the cleanliness and integrity of the food products is essential. We give orientations as needed. Recently we oriented 15 students from the Epiphany School of Global studies. We also gave tours to the First Baptist Church of Deep Run and to the First Baptist Church of Maysville.

If you have a group that would like a tour of the facility, please contact [Mary Ann LeRay](#). If you would like to volunteer, please contact [Mary Ann](#) as well.



Great to have First Baptist of Maysville VBS group come during June for a tour and some garden maintenance. "Our goal this year is to introduce our youth to places in the county where they can serve" says Andrea Horne, Youth Director.



## Landon Pike's Eagle Scout Project: Garden Benches for Filling Station

Landon comments on why The Filling Station:

"As soon as it was time to start my Eagle Scout project, I knew which community I would be working for. Having grown up in Pollocksville for most of my life, I was immediately attracted to the idea of giving back to my community with the culmination of my scouting career. The titular Eagle Scout project is an opportunity to do so much more than acquire the final stamp in a Scout's career. With this project, any scout can make a real difference to the organization of his choice, and to the community at large. Any chance I can get to help the little town that put a roof over my head, I take. Though the project is designed to be tough, to be a final rite of passage, the thought of people benefitting from The Filling Station, kept my head up, and kept me focused on the true goal: serving others."

Thank you Landon Pike for the beautiful benches. We are working on plans to make the official presentation at the 5th Anniversary Celebration on Friday, August 26th at 11:30 AM



### This & That

- Lenoir Community College has posted the position opening for the HRD lab at the Filling Station. We hope to have this program back up and running soon.
- We are still desperately in need of a new or slightly used forklift.
- The registration for the Garden Day Camp in July is FULL!



The United States Postal Service Annual Food Drive provided 539 lbs of canned and dry goods to the Filling Station for which we are very grateful!



## Save These Dates

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

July 26 +28 Garden Camp (FULL)

August 26 The Filling Station's 5th Anniversary

October 1 Perfect 10 Fundraiser



# 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



I used to pray that God would feed the hungry, or do this or that, but now I pray that he will guide me to do whatever I'm supposed to do, what I can do. I used to pray for answers, but now I'm praying for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we change things.

— Mother Teresa —





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

## GIVING THANKS FOR SUMMER

Father, Creator of all, thank You for summer!

Thank you for the warmth of the sun and the increased daylight

Thank You for the beauty I see all around me and for the opportunity to be outside and enjoy Your creation.

Thank You for the increased time I have to be with my friends and family, and for the more casual pace of the summer season.

Draw me closer to You this summer.

Teach me how I can pray no matter where I am or what I am doing.

Warm my soul with the awareness of Your presence and light my path with Your Word and Counsel.

As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for You.

- Author Unknown



July 7th

Did you know that July 7th is Global Forgiveness Day?

Who do you need to forgive?