

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

May 2023

Vol. 3 No. 3

Message from Mary Ann

2023 is rolling out to be a prosperous and exciting year so far!

We kicked off March with a visit to Representative Chris Humphrey at the Legislative Building in Raleigh to share The Filling Station Story. Wonderful to have a great reception with lunch and being introduced on the house floor during the session. During this trip, we met with Briles Johnson, N.C. Commission on Community Service and Volunteerism to thank them for their continued support through the Volunteer Grant Funding. Marcy Hoffman, Administrative Coordinator, and myself attended a conference at the NC State University Club connecting with over 20 other non-profit organizations around the state of NC. Always great to learn how to continue to grow and serve in this great work. This conference was sponsored by N.C. Commission on Community Service and Volunteerism.

The Filling Station was invited to the New Bern Civitan group, New Bern Rotary Club and Triune Holiness Church Women's Conference to share the restoration story and God is continuing to work in this great mission. We are excited to be part of the New Bern Non-Profit Council sitting at the table with over 30 other like minded servant leaders. It is through these partnerships we can continue to clarify our "mission lanes" and be more for our communities. The Neuse River Bridge Run is a

great example of 6 non-profit organizations working together, bridging communities, and delivering a great event to Eastern NC all while benefiting great causes.

Leadership Jones, a grassroots leadership academy, funded by Chick-Fil-A and community partners, kicked off April 19th. Wonderful to have 14 Jones County residents coming together from all sectors talking about the vision of a greater Jones County. Great to have Tharesa Lee, Intentional Excellence Consulting and Jones County native, leading this education.

Our Annual Meeting was held on April 16th welcoming 5 new board members and a new slate of officers for 2023-2025. Welcome Bobby Darden, Garber Church, as our new Board Chair. We are excited to have Armstrong McGuire from Raleigh (<https://www.armstrongmcguire.com/>) working with us on Board Development.

We have some exciting educational camps and classes coming in just a few short months. Thank you to N.C Cooperative Extension, American Heart Association and Food Bank of Central and Eastern NC for

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tremendous support to kick off classes in the Teaching Kitchen. We have 2 Summer Camps lined up this year : Dance, Art and Music Camp and new this year is Camp Noah (campnoah.org)

In the area of Connection Education, a Ham Radio Course will be offered by our partner, New Bern Amateur Radio Club (<https://fillingstation1075.com/amateur-radio-license-class-summer-2023/>)

SAVE the DATE: "Jones County - A Perfect 10" Annual Fundraiser on October 7th, 2023

The Food Pantry program continues to thrive assisting in filling unmet needs serving over 800 households each month. We receive several referrals throughout the week after hours and with the support of our partners, we are able to fill the needs. We are blessed with leadership of Jimmy Bender and Geraldine Eubanks for running this program.

I am often asked, "what keeps you going?"
The IMPACT stories for sure!

The Coastal Women's Shelter client was referred to us for help with wish list items to transition to a new home. Our community stepped up to make it possible.

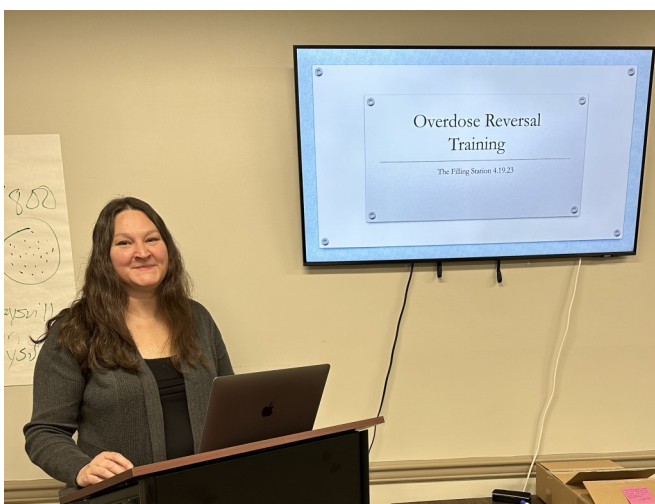
We received a call with an emergency food need going into Easter Weekend. A call was made to one of our church partners who picked up items and made a special delivery, shared a prayer and invited them to Easter Service.

There is wonderful work every day in this great mission. We are grateful you are on this journey with us and invite you to be part of a committee, a special project/event or Board of Directors. There is always room at the table. Thank you again for your time, talent and treasure. You make a difference.

Mary Ann LeRay
Executive Director

Filling Station Hosts Jones County Health Department and CCSAP

Great to host Jones County Health Department and CCSAP this week sharing education on how to love our neighbor as ourselves...equipping the community with tools and understanding. Always great to connect with Trillium Health on resources.





(Right) Fabulous produce boxes from Food Bank of CENC. (Below) Thank you Garber Church for 230 pounds of food donated to the Food Pantry.





Grateful for the New Teaching Kitchen.

Sarah Ware, N.C Cooperative
Extension, sharing smoothies with Food
Pantry clients

Volunteer Orientation
on April 20th.

Solid Rock Church
from New Bern
brought a group to
get connected on
volunteer roles and
responsibilities.

Thank you Sheron
Bender for leading
the training. GREAT
JOB!

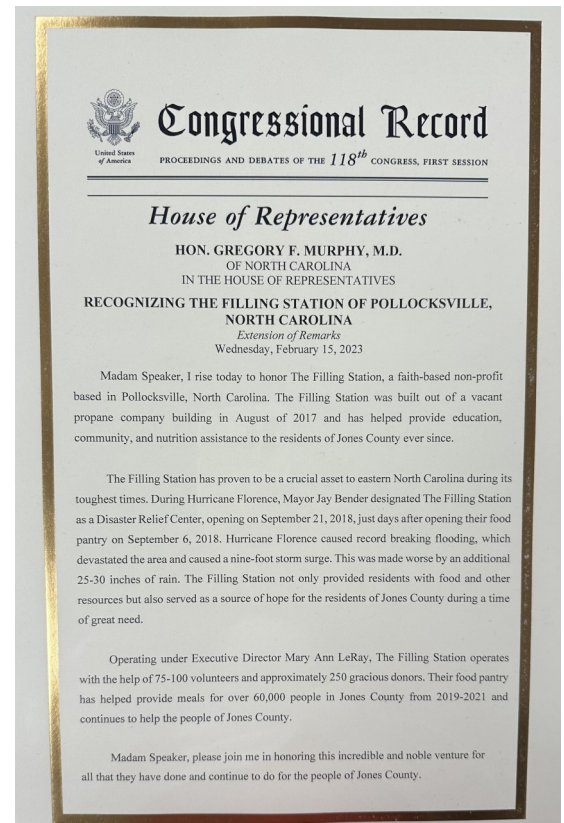


Congressman Greg Murphy Visits The Filling Station



Congressman Greg Murphy scheduled a meeting with Mayor Jay Bender to visit The Filling Station on Feb. 15, 2023. Upon arrival, Congressman Murphy met Mary Ann LeRay, Executive Director, Dr. Norma Sermon-Boyd, John Bender and Willie Smith, all active board members for The Filling Station. In addition, Sherry Henderson and Vic Bryan, Town Board members were present. Carol Mattocks, Board Advisor, was also present for the meeting. In addition, Tharesa Lee, who will be leading the Leadership Grassroots Academy was present. The purpose of the meeting was to present "Congressional Record" which was read on the Senate floor and will be filed in the country's historical records. Congressman Greg Murphy highlighted and showed great appreciation to The Filling Station for all that has been done and continue to do for the people of Jones County.

After the presentation, Congressman Murphy toured the facility and was delighted to see the new Teaching Kitchen, Food Pantry and our partnership with New Bern Amateur Radio Club highlighting our commitment to disaster preparation.



Volunteer—A Blessing in Disguise

"My original intent was to volunteer to obtain my necessary community service hours. Every time I come in, I am greeted with consideration and kindness. I see how hard everyone is working to make sure our community thrives. I am honored to be apart and it has been very fulfilling. My situation to gain community service hours has been a blessing in disguise." Kaila Ward

Orientation

Testimonies/Feedback from Evaluation Forms regarding this Orientation

- This session was not only very informative, but fun!
- Great overview of the entire organization, which helped me see "the BIG picture".
- I learned how the Food Bank partners with the Food Pantry Agencies.
- Clear explanation of The Filling Station - who is served, when, why and where.
- I particularly liked the emphasis on the safety precautions and tips for volunteers serving at The Filling Station.



Croatan National Forest Fire: Food Bank of Eastern NC to the Rescue

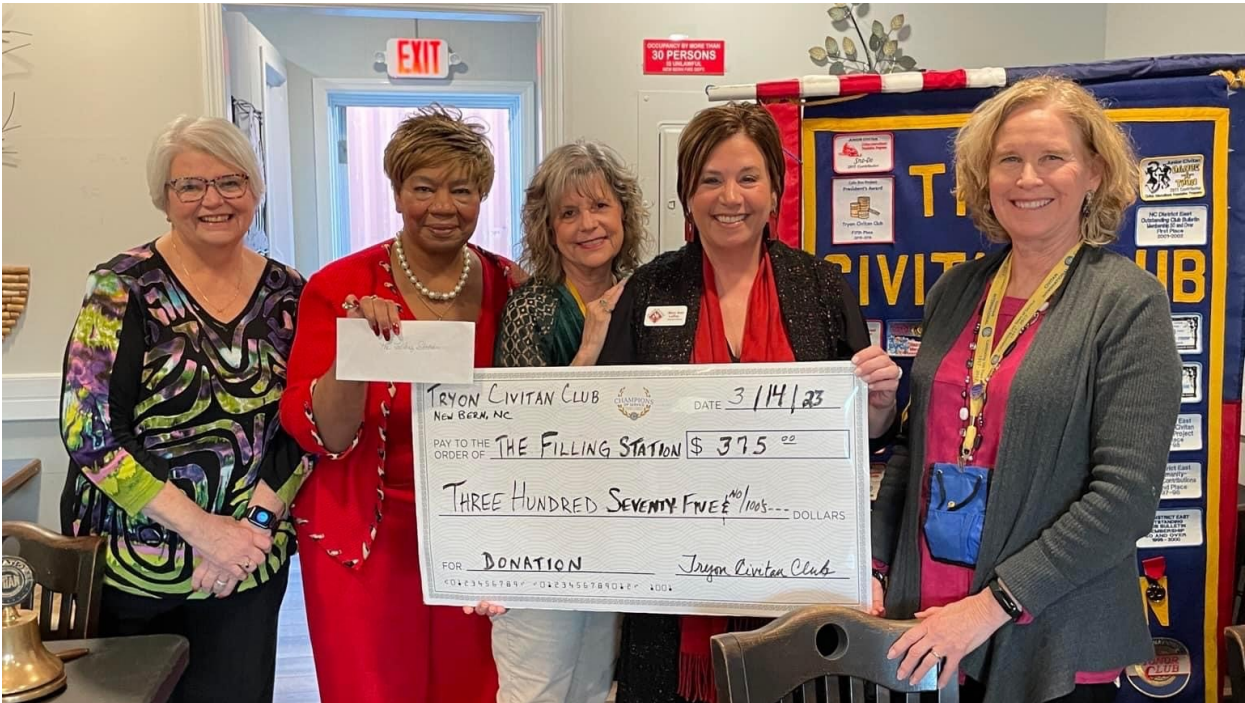
In response to the forest fire in the Croatan Forest, The Food Bank contacted The Filling Station at 3 PM on Friday, April 21st to see if there was a need. A call was quickly made to Sissy Mills, Director of Jones County Emergency Management, to see if they needed bottled water. Perfect timing as Jones County Emergency met The Filling Station truck to offload



6 pallets of water for the firefighters in the Croatan.

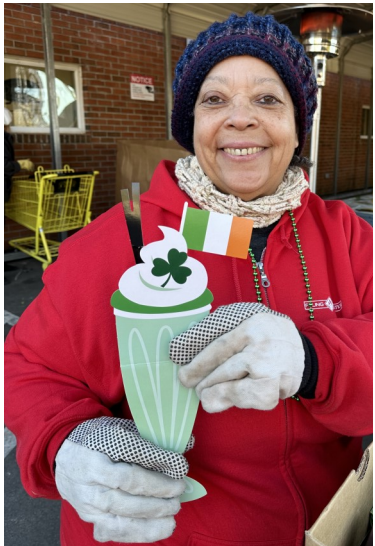
Thank you Food Bank of Central and Eastern NC for the quick response and caring for Jones County, NC.



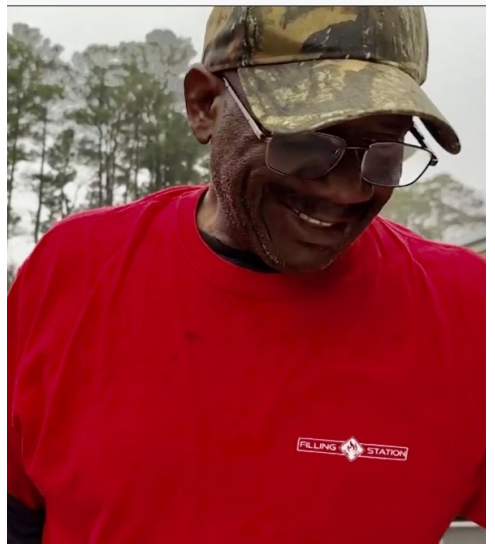


Tryon Civitan Group presented a check to The Filling Station during the March dinner meeting.

St. Patrick's Day at the Food Pantry



Spectrum News Photos



Restroom Renovations



Testimony

The Filling Station is such a worthy organization. I have had the opportunity to volunteer through them. As a retired teacher and the mother of a teacher I know only too well how difficult it is to reach the needs of every student. Teachers today have had so many more obstacles in their path i.e. Covid, at home learning through the internet, both parents working etc.

Through the Filling Station I have been fortunate enough to be able to offer what little help I can in going each week to the Pollocksville Elementary School and reading with several students.

Hopefully my time and several other women have in some small way helped the teacher and more importantly the students.

Kathleen Cornwell

I am the Bread of Life picture - N.C. Commission of Community Service and Volunteerism shared this Facebook Post:

Food Pantry is open Tuesday/ Thursday at 9 am. Our Volunteer team arrives to make 125 boxes for Tuesday and 75 for Thursday. These numbers are based on tracking numbers of households each week. We offer hygiene bags upon request and have many partners throughout the county who call ☎ on behalf of clients in need. We make arrangements for getting those items to the client. Our mission is to assist in filling unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

For emergencies: dial 211 from any phone to make key connections for rental assistance, utilities and housing.

Did you know food pantries are located for pickup in Maysville on Monday, Trenton on Wednesday and Saturday?

Remember to shop local Piggly Wiggly Trenton and Maysville supporting these important businesses.

Working together...seeking new ways of partnering...loving our neighbors as ourselves.



Triune Holiness

The Filling Station was invited to the Triune Holiness Church Women's Conference to share the story. Pictured below: Sheri Smith, Board Secretary and Mary Ann LeRay, ED Mary Ann LeRay meet Terah Crabb Penhollow, Restoring Hope Church, TN Terah Crabb is one of Crabb Family sisters.



Above L: Neuse Regional Library visits monthly; Above R: National Volunteer Week (April 17-21) —volunteers celebrated.

Below L: Todd Brantley from Armstrong & McGuire work with Board; Below R: Work progresses on bathroom renovations.





Leadership Jones Kicks off April 19th! Mayor Jay Bender, Mayor Darlene Spivey and Teresa Selders representing Town of Mayville and Kyle Smith, County Manager, welcomed the Spring 2023 class



Annual Meeting - April 16th -
Voting in New Officers and
New Board Members Great day
of celebration!

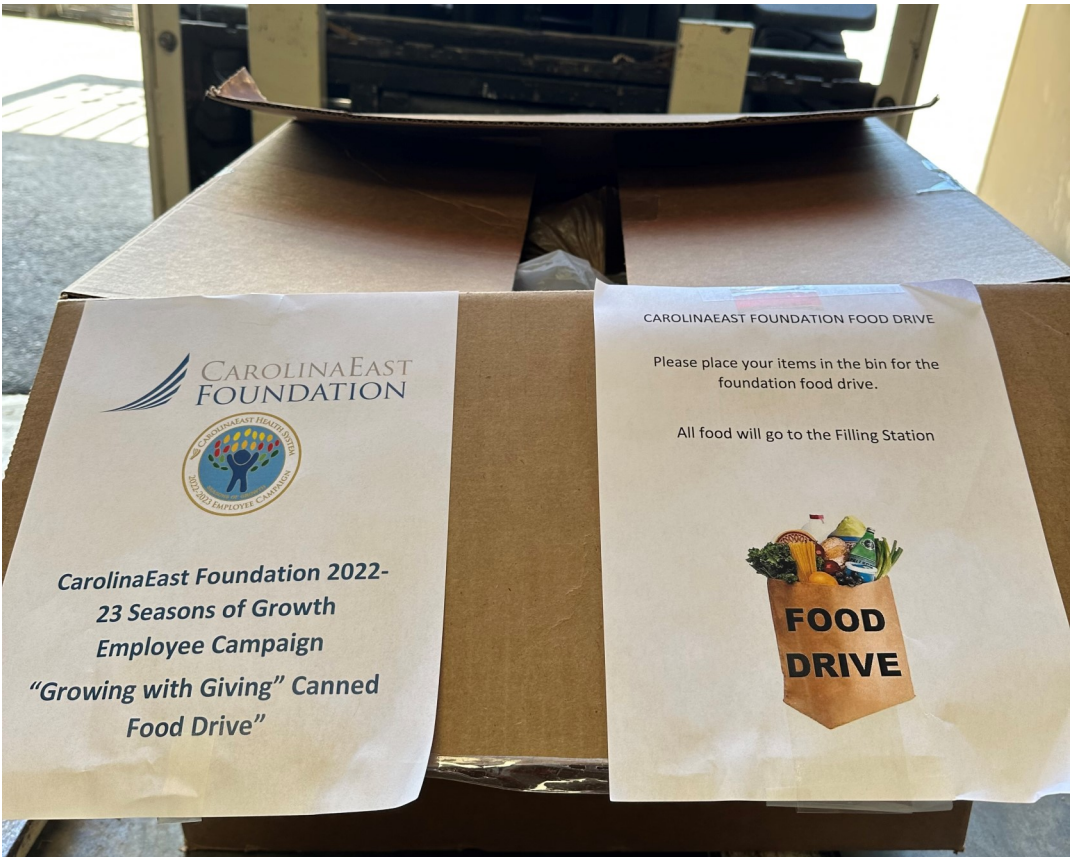
Officers: Chair: Bobby
Darden, Vice-Chair: Clyde Mur-
phy, Treas: Willie Smith, Sec-
retary: Beverly Collins. Board:
Emily Andrews, Ellis Banks,
John Bender, Norma Sermon
Boyd, Charlie Dunn, Shane
Grant, Charley Jones, Ella
McDaniel, Michael Pretty, Ma-
ria Robles, Sheri Smith, and
John Taylor.



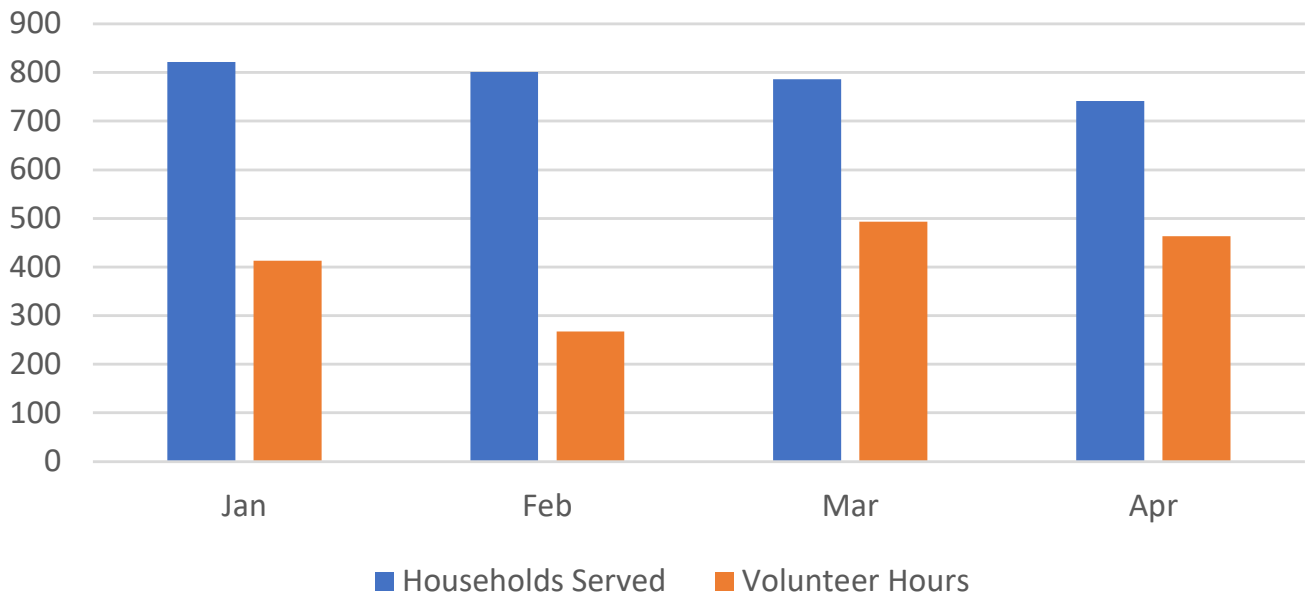
Civitans—The Filling Station—CarolinaEast Partnering on Bags



CarolinaEast Foundation Organizes Food Drive



We Do Make A Difference Filling Station Statistics 2023



VGF Gathering of the NC State University Club on Thursday, March 30, 2023. The Filling Station Attendees: Mary Ann LeRay, ED and Marcy Hoffman, Admin Coordinator.

Coastal Pentecostal Church

Thank you Kinston Pentecostal Holiness Church for your partnership!

Pictured here: Mary Ann LeRay, ED, Geraldine Eubanks, church member and Jimmy Bender, Food Pantry Director





Nutrition · Education · Connection

Our mission is 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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Board Members

Chair: Bobby Darden

Vice-Chair: Clyde Murphy

Treas: Willie Smith

Secretary: Beverly Collins

Emily Andrews

Ellis Banks

John Bender

Norma Sermon Boyd

Charlie Dunn

Shane Grant

Charley Jones

Ella McDaniel

Michael Pretty

Maria Robles

Sheri Smith

John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor



Make us worthy, Lord, to serve our fellow men throughout the world who live and die in poverty and hunger.

Give them through our hands this day their daily bread, and by our understanding love, give peace and joy.

Mother Teresa



The Filling Station, a dream born out of a long vacant, propane company building, opened its doors on August 28, 2017. Why the Filling Station name? During a walk-through of the building, someone noticed a red hazardous material warning sign with a flame and the number 1075, the DOT classification for propane. The group discovered that Psalm 107:5 read: "They were hungry and thirsty; their lives were slipping away." A new mission was launched and it was called "The Filling Station" to refer to the building's prior use as well as to its new purpose. Our mission is to assist with filling unmet needs in the areas of Nutrition, Education, and Connection serving the residents of Jones County.