

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

July 2023

Vol. 3 No. 4

Message from Mary Ann

P&L is most often referred to as "Profit and Loss". As important as the Financials are for an organization, we believe P&L is "People and Love". Everything flows from the heart. Earlier this year, I was asked to share The Filling Station story at a women's conference held at Triune Holiness Church. In an effort to leave an impression with over 200 women, each woman was given a RED heart shaped stress ball with The Filling Station logo stamped on it. Our mission is to assist with filling unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County. When we remain focused on the hearts of those we serve, it allows us to work in a way that fills our souls.

Now, when anyone mentions the "hard work" we are doing, we respond "you mean the heart work".

During the Balanced Non-Profit Workshop held at Craven Community College and organized by New Bern Non-Profit Council, I shared the difference between HARD and HEART work during one of our sessions. HARD—Remove D (demand)—HEART—add E (encourage) and add T (time).

In addition, did you know? The word encourage comes from the Old French word *encouragier*, meaning "make strong, hearten."

As we work together to deliver this important work through the Leadership Academy, Nutrition Classes in the Teaching Kitchen, hosting HAM radio classes for the community,

staying prepared for disasters and operating our Food Pantry each week, it takes a lot of HEART to make the engine run.

In September, you will see a recap of the summer camps we are currently running on campus. It continues to amaze me day after day how this organization continues to flourish. From generous donors, foundations, volunteers and staff, the mission is being "filled". In just a few months, we will host our 3rd Annual Event called "Jones County - A Perfect 10" on Ten Mile Fork Road on October 7, 2023. We are grateful to the wonderful hosts who open their farms, homes and businesses to promote awareness and raise important funding to continue the great work while also sharing the beauty of Jones County. We invite you to MARK your calendar to join us for this special day.

A SPECIAL THANK YOU for completing the organization survey a few weeks ago. In addition to the survey, we also conducted stakeholder interviews, client focus groups and Board of Directors' survey. The Board of Directors will have their Annual Board Training on Saturday, July 15th led by Armstrong & McGuire. We are looking forward to discussing your feedback and how we can

Continued on p. 2

Executive Director's Message (Continued)

continue to deliver excellence to the residents of Jones County.

"All those who were hungry and thirsty, their souls fainted within them."
Psalm 107:5

May we continue to be inspired by all that we are called to do, bringing our time, talent and treasure.

Mary Ann LeRay
Executive Director



Board Member Spotlight: Willie Smith

Willie Smith was invited to join our Board of Directors by Clyde Murphy, Jr. over two years ago. He serves faithfully during the food pantry distribution each week. Willie serves on the Facilities and Finance Committees and of April 2023, the Board of Directors voted him as the new Board Treasurer. "We are blessed to have Willie Smith serving on the Board of Directors and leading by example through his extensive volunteer work throughout the county" says Mary Ann LeRay, ED.

Willie Smith received the Governor's Volunteer Service Award in May 2023 and recognized by Kyle Smith, Jones County Manager, and County Commissioners

Willie is married and a member of St. James AME ZION Church in Maysville, NC



Congratulations to this year's recipients of the Governor's Awards! Pictured with Jones County Commissioners and Volunteer Award Coordinator, Mary Ann LeRay

Donor Appreciation Open House June 8, 2023

The Board of Directors hosted a Donor Appreciation Open House on Thursday, June 8, 2023. Bill Smith, famous chef highlighted in Southern Living and Our State magazines, along with his two sisters donated their talent for this event. All guests were invited to see the completed renovations throughout the building. Bobby Darden, Board Chair, Dr. Norma Sermon-Boyd, board member along with Bob and Carol Mattocks welcomed everyone at the front door. A big thank you to the Finance and Investment committee and Denise Gleason, event organizer, for this wonderful event for our donors.

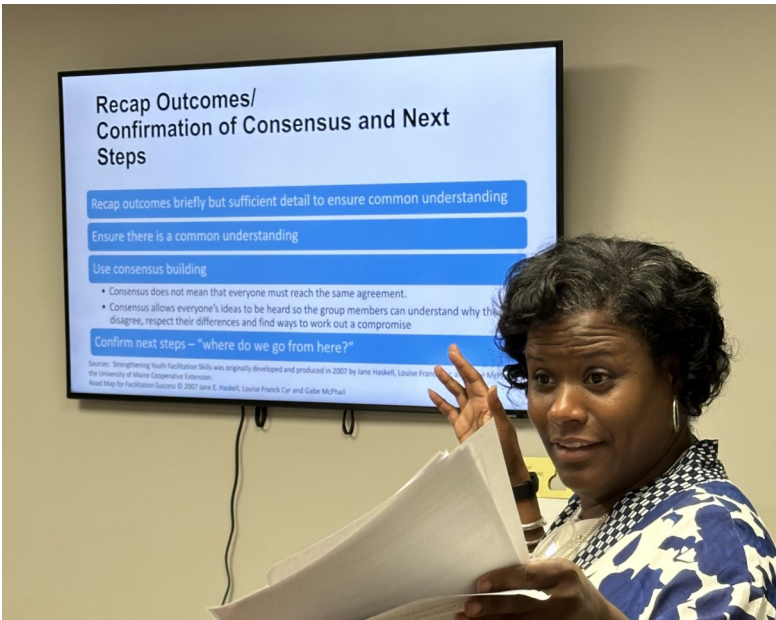


Donor Appreciation Open House June 8, 2023 Photos by Jeremy



Leadership Jones: Spring Class 2023

Leadership Jones meeting in the Board Room with guest speaker Dr. Michelle Eley from AT&T University/NC Extension . Graduates included: William Blake Batchelor, Sheila Ann George, Laura Frances Hagerman, Colby Jordan, Felecia Forbes Murphy, Edna Murrell, Michael Pretty, Carleen Murphy Smith and Joan Taylor. [Click here](#) to view the WNCT coverage of this event. This program was made possible by a grant from Chick-Fil-A. The Fall Leadership Jones will start on September 25th. Those interested should apply now. See p. 3 for information.



LEADERSHIP JONES
...A GRASSROOTS LEADERSHIP ACADEMY

Spring Class 2023

GRADUATION CELEBRATION

You're invited to join the celebration
June 21, 2023
Town of Pollocksville Town Hall
12:00noon - 1:00pm









Refreshments served



LEADERSHIP JONES

...A GRASSROOTS LEADERSHIP ACADEMY

Take Your Seat at the Table

APPLY TODAY:

Fillingstation1075.com

An opportunity for Jones County residents, local government, non profits and faith-based leaders to develop key leadership skills

TOPICS INCLUDE:

Effective Communication, Personal Branding, Servant Leadership, Bridging Communities

**FIRST SESSION STARTS MONDAY, SEPTEMBER 25, 2023
(6 WEEK COURSE)**

The Filling Station | 221 Main Street | Pollocksville, North Carolina 28573

"Through our grant program, Chick-Fil-A helps empower local nonprofits that are leading positive change and creating tangible impact throughout the communities they serve," said Brent Fielder, Senior Director of Corporate Social Responsibility.

*A leader is one who knows the way, goes the way, and shows the way.
-John Maxwell*



FOR MORE INFORMATION, CONTACT THARESA LEE
at 252-349-6212 | tharesalee@gmail.com

A COUNTY WIDE MISSION

SCAN QR
FOR MORE
INFORMATION



Chick-Fil-A Invites The Filling Station to Atlanta, GA

Chick-Fil-A invited The Filling Station to the corporate offices in Atlanta, GA for Founders Day, Leadership Development Day and True Inspiration Award Event honoring the recent grant award.

Mary Ann LeRay, Executive Director and Tharesa Lee, facilitator for Leadership Jones represented the organization and the Atlantic Region. The leadership development day was power-packed with a session from Mark Miller, author of SMART LEADERSHIP. The Chick-Fil-A staff rolled out the RED CARPET for all the organizations in attendance. "We are blessed beyond our imagination by this experience and new connection with Chick-Fil-A" says Mary Ann LeRay. The founder, Truett Cathy, says the greatest businesses decision he made was being closed on Sunday. "We are so grateful to the Chick-Fil-A family for investing in the Leadership Academy right here in Jones County", says Tharesa Lee.



Volunteer Spotlight: Eileen Griswold

Eileen Griswold was on the Task Force that started the ball rolling to open The Filling Station. She and her late husband, Cliff Griswold, served

on the cooking team at RCS in New Bern and have always loved serving people with food. You will often see Eileen every Tuesday and Thursday

morning at the Food Pantry as she smiles and says "Good Morning" to each client. "This role gives me great joy" says Eileen.

Eileen serves as session member at Pollocksville Presbyterian Church and very active in several service clubs in the area.



"Everyone knows Eileen. In fact, people ask for her because she knows them and their family", says Mary Ann LeRay, Executive Director.

2023 Bridge Run — Bridging Communities

"Bridging Communities" - The Filling Station has been part bringing this event for 3 years.

2023 Neuse River Bridge Run is in the books ☑ over 1300 runners, perfect running conditions, great sponsors...running for 6 causes...Religious Community Services of New Bern, Inc. TWIN RIVERS YMCA Mediation Center of Eastern Nc Duffyfield Phoenix Project, Inc. Craven Community College Foundation and The Filling Station Great to see so many supporters from Jones County NC



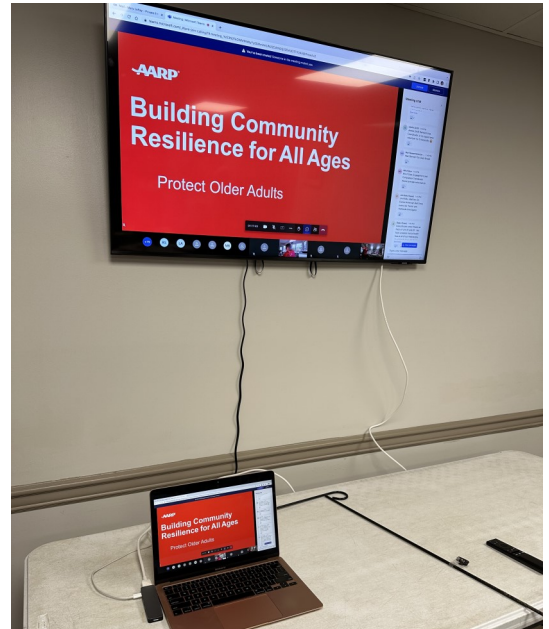
All the News that's New



Thank you to all volunteers, to Moen, to the Bate Foundation, and to Ed Jekel, Facilities Manager for his leadership in seeing these upgrades to completion. They are beautiful!



Welcome Solid Rock Global Methodist Church (above) and Bender Sign volunteers (below) to The Filling Station's Food Pantry team!



Thank you Food Bank of Central and Eastern NC for the Disaster Preparedness Training The American Red Cross shared resources and AARP delivered a great session on Building Resilient Communities for all ages.



All the News that's New



Above: Thank you Food Bank of Central and Eastern NC for delivering carrots and corn this month.
 Right: Thank you Catholic Daughters, Cynthia White for the wonderful donation of snacks for the kids during the summer months.



Thank you Jones Onslow EMC for your generosity. Linda Mathiasen presents a check to Mary Ann LeRay, ED

FILLING STATION COMMITTEE CHAIRS

- Dr. Norman Sermon - Boyd - Finance - review April, May and June Financial Reports
- Charlie Dunn - Program update
- Ellis Banks - Nomination, Training, Orientation
- John Taylor - Facilities
- Maria Robles/Sheri Smith - Marketing/Media
- Bobby Darden - Perfect 10 update



All the News that's New

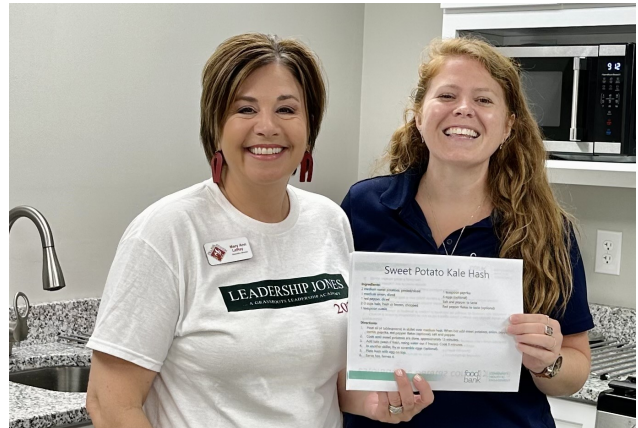
The Epiphany School of Global Studies Senior Class served 267 volunteer hours. This group helped with spring cleaning, renovating the bathrooms, sorting for the Food Pantry. We are grateful for the partnership and welcome these high school seniors each year.



All the News that's New



First Meal in the Teaching Kitchen - Jeremy and Mary Ann LeRay cooked a meal for Leadership Jones as they discussed the power of "A Place at the Table". All the food was locally sourced from Ross Farms and Parker Farms in Pollocksville. Thank you to Charley Jones, Board Member, who provided the yummy yeast rolls.



Food Bank Nutrition Education visits The Filling Station Great to host Food Bank of Central & Eastern North Carolina this week to share a food demo "Sweet Potato Kale Hash" Thank you to the Food Pantry Volunteer team for helping us with our "trial run" with Kathleen. So exciting to see dreams and plans come together to assist in filling unmet needs for the residents of Jones County.

A Balanced Non-Profit Workshop sponsored by New Bern Non-Profit Council and Craven Community College on May 16th. Jean Bender, volunteer and Marcy Hoffman, Administrative Coordinator, attended the workshop with Mary Ann LeRay, Executive Director, who taught a segment on the "importance of systems". Theresa Lee, workshop facilitator, invited Bert Armstrong, Armstrong & McGuire, to lead a power-packed morning of great education for leaders in the non-profit sector.



Summer Camps and Happenings at The Filling Station

- Camp Noah - August 7-11 - Resiliency Camp for Children K-5
<https://fillingstation1075.com/camp-noah-2023/>
- Cook Smart, Eat Smart - Wednesdays in July Presented by Jones County Cooperative Extension—held at The Filling Station <https://fillingstation1075.com/cook-smart-eat-smart-july.../>
- Check it all out on our website...subscribe and never miss a newsletter or announcement
- Saturday, June 24th - Ham Radio Field Day 10am - 5 Pm - Public welcome to see the Ham Radio operators set up all over the campus (outside)
- October 21 10 to 4, PolloPalooza 2023 at Pollocksville Elementary School 252.670.5229

Church Supporter Highlight: Solid Rock Global Methodist

Solid Rock Global Methodist Church was started by a group of faithful people from Trinity United Methodist Church in New Bern who, when they voted for disaffiliation from the UMC, barely missed the 2/3 majority vote required. Led by Pastor Bryan Huffman, they bound together to form the first Global Methodist Church plant in North Carolina.

Organizational meetings were held at Rhems Methodist Church, and they, along with Garber Methodist Church and Highland Park Christian Church, graciously hosted Solid Rock meetings and worship for the first few months.

The initial group of members coming from Trinity UMC numbered 87. We have since had 24 more people join the church, and those members have come from different congregations in the area. We have a wonderful choir of 21 members. As we grow, our church is active in evangelism and missions, and we are looking for more opportunities to serve in Jesus' name.

Solid Rock member Heather Thornburg presented the Filling Station information as a topic of discussion for the church in early 2023, and Missions Committee chair Dave Davis went to an orientation session there.



He thoroughly enjoyed the session and felt a great moving of the Spirit in that place. On March 20, the men's and women's groups of the church had a combined meeting to which Mary Ann LeRay was invited. She came and presented the history, mission, and programs offered by the Filling Station. She also brought Bobby Darden, who serves on the board and gave his witness as to the effectiveness of its programs. Ten more church members have since been through the orientation. The Missions Committee all agreed to have our members serve on the first Tuesday of the month with food distribution, and also to fix lunch one day during the Dance and Art camp in June.

Solid Rock is a Bible-centered church located at 3551 Trent Road in New Bern.

Phone: 252-631-2543

Facebook: Solid Rock Global Methodist



Save the Date

SATURDAY, OCTOBER 7, 2023 | 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

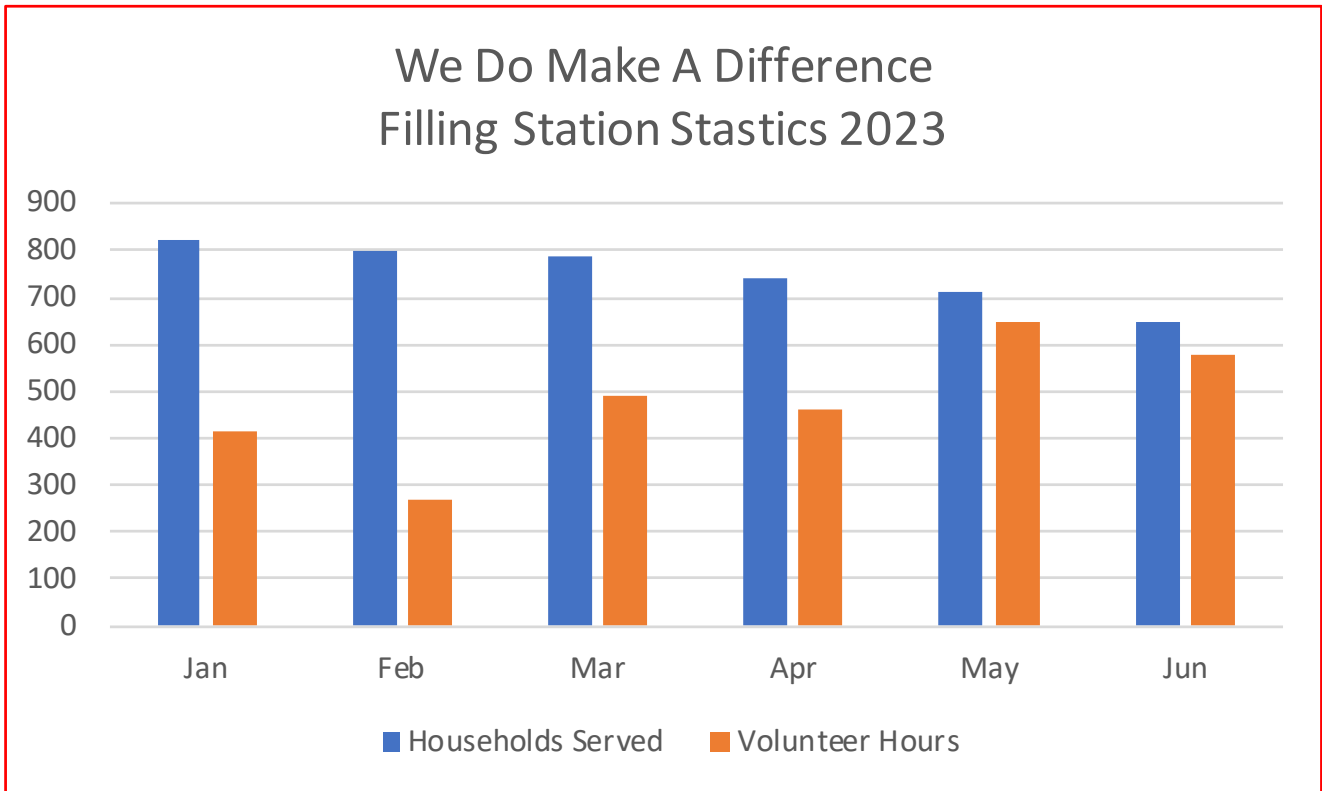
ACTIVITIES INCLUDE:

Ceramics painting, Things From Yesteryear, a Hay Ride, Moosical Entertainment, a Walk in the Woods, Farm Animals, Food Trucks, Corn Maze 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





Jones County Heritage Festival—September 22-23

The 2023 Jones County Heritage Festival will be located at the Jones County Civic Center on September 22nd-23rd, 2023. Be sure to 'Like' our [JCHF Facebook page](#) for festival updates. [Click here](#) for Festival website. Planned activities include: Concert on Friday 9/22 7:00 PM—John Norris & Paige King Johnson; car show, Little Miss Heritage Pageant, local entertainment show, corn-bread and collard greens cook-off and more! For more information contact Jacob Morgan at Jones County Cooperative Education 252.448.9621



Ham Radio Course

Ham Radio Course taught by Pete Wene, New Bern Amateur Radio Club. This class meets each Saturday for 7 weeks and each participant will take the test to receive their radio operator license. Thank you New Bern Amateur Radio Club and Jones County Emergency Management for partnering on this course for the community. [Click here](#) for information on the class.





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

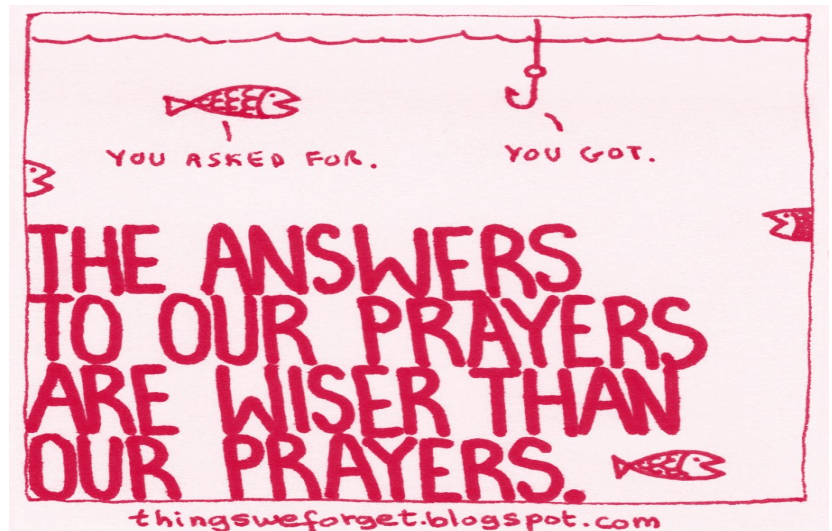
John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor



O Lord, hear our prayer for patience and perseverance in all situations. Purify our intentions and correct our thought patterns as we sincerely release our desire to pray for self and our loved ones. Bless us with the light of understanding that we trust and rely upon daily as we mold our lives.

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.