

# Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

September 2023

Vol. 4 No. 5

## Message from Mary Ann

July and August were full of excitement with various camps on campus making use of the NEWLY renovated building. First, we hosted a Dance, Art and Music Camp with Kono Gnaga from Mali, Africa. The name of the camp "Grow Yourself, Grow Your World". Solo, lead dance instructor, along with two professional drummers from Greensboro and New York instructed the 14 children (ages 8-11) in dance and drum classes. Art Class was full of wonderful projects such as making your own drum and drumsticks, painting pottery and creating beautiful fabrics with African themed stamps. The NC Symphony brought Music Education to the Garden Venue and shared various instruments with the children on Wednesday morning. Community members, children from Pollockville Presbyterian Childcare and parents were invited to attend this special morning with music. The children were treated to delicious lunches by Solid Rock Global Methodist Church, Sarah Ware, N.C Cooperative Extension, led cooking class and Geraldine Eubanks, Volunteer Coordinator, Hilda Bender, volunteer and Cypress Creek Methodist Church. It was wonderful to see the Teaching Kitchen in action during this wonderful week of camp.

This camp was possible through generous grants from Harold Bate Foundation, Jones Onslow EMC and LifePlus Foundation and partnerships with Atlantic Dance Theatre, NC Cooperative Extension and our amazing church partners.

Our Board of Directors enjoyed a  $\frac{1}{2}$  day camp (board development) with Armstrong McGuire, Todd Brantley, Senior Advisor. The various working sessions consisted of hearing the feedback from the organizational surveys, stakeholder interviews and client focus groups. The group was able to identify critical areas to focus on as the organization continues to grow. The Board of Directors enjoyed a home-cooked lunch by Jimmy and Hilda Bender to kick off the  $\frac{1}{2}$  day event. We are grateful for Armstrong McGuire coming along beside our organization empowering, equipping and educating the leadership team on how to be a "high performing culture".

Table Talk with 4-H/NC Cooperative Extension/Jones County - a 2 day (all day) camp for 8-14 year old children in Jones County. This is our 2nd year partnering with Samantha Bennett, 4-H agent, and Sarah Ware, Consumer and Family Sciences to bring "Table Talk" to our campus. 4-H'ers had so much fun at Table Talk camp. Over two days, 4-H'ers learned about manners, etiquette, table settings, kitchen safety, cooking skills, flower arrangements, invitations, and thank you cards. They topped it all off with preparing a three course meal for local County

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## Executive Director's Message (Continued)

officials: County Commissioner, April Aycock; County Commissioner, Charlie Dunn; County Manager, Kyle Smith; and Extension Director, Jacob Morgan.

Camp Noah - Resiliency Camp for Children K-5 was held August 7-11. YMCA/New River in Jacksonville connected with us in January to explore the possibilities of The Filling Station to host Camp Noah - a nationwide resiliency camp for children. This camp was funded through Lutheran Services in MN and support staff from YMCA/New River led the camp activities. 23 children from Jones County received resiliency training. The feedback from parents was very positive. Marcy Hoffman was the site coordinator for Camp Noah. Several church partners, donations from Century 21/Zaytoun Raines and leadership from NC Cooperative Extension/Jones County helped to make the lunches possible in the Teaching Kitchen.

Back to School Bash - this is the 3rd year The Filling Station has served on this committee with Jones County Recreation bringing this school kick off event. Over 250 backpacks filled with snacks were given to the students as they entered the event. Numerous vendors were on site handing out school supplies as students visited each booth. As a special treat, 1784 Cafe brought their mobile unit to serve smoothies. Funds from the Neuse River Bridge Run helped to make this Back to School event a success.

The Amateur Radio Course was a huge success. This 7 week course equipped 8 new radio technicians with the skills to use Ham Radio which is especially important in times of disaster and communications are impacted. This course was made possible by partnerships with New Bern

Amateur Radio Club and Jones County Emergency Management. The next level course will kick off Sept 30 : <https://fillingstation1075.com/amateur-radio-license-class-information/>

The Board of Directors and I are thrilled to see the programming happening after so much planning and partnering. We appreciate your continued support through your time, talent and treasure. You are cordially invited to attend our Annual Event on Sat, Oct 7th, from 10 am - 5 pm to raise awareness and funds for the mission: <https://fillingstation1075.com/jones-county-a-perfect-10-event/>

Our Goal is \$50,000 and we are on track to hit the mark due to the challenge grant from Anonymous Trust. If you haven't not donated to The Filling Station in the last 18 months, your donation counts DOUBLE. Thank you for considering investing in the mission as we assist in filling unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

You make a difference!

**Mary Ann LeRay**  
Executive Director

HAPPY  
Labor Day

## Dance, Art & Music Workshops a Success!

A Big shoutout to Kono Gnaga, Atlantic Dance Theatre, NC Symphony, Community Artists Gallery & Studios, Inc., Jones-Onslow EMC, Harold Bate Foundation, Life Plus Foundation, church partners for making this week possible ☐

14 children from all around Jones County enjoyed dance, drum and language classes, music education by NC Symphony, pottery class and lunches provided by N.C Cooperative Extension/Jones County, Solid

Rock Church, Geraldine Eubanks and Hilda Bender.

Collaboration, partnership, creativity leads to bigger opportunities as serve our communities.

Thank you to our youth counselors: Mallory Heath, Izzie Meadows and Kate Ladner Thank you the camp leadership team: Marcy Hoffman, Noreen Jekel, Celeste Cavanaugh, Melissa Zentner.



# Dance, Art & Music Workshops Photos



# Dance, Art & Music Workshops Photos



## Capturing the Filling Station Activities



Thank you Sheron Bender, Mayor Jay Bender and Emily Andrews, Board Member, for distributing the monthly Blessings in a Backpack possible through a partnership with Garber Church



Completed pottery pieces from the Dance, Art and Music Camp - Thank you Celeste Cavanaugh from Cypress Creek Church for leading this class.



Annual Board Training July 2023 held in the newly renovated space. Thank you to Jimmy and Hilda Bender for cooking and serving the Board of Directors a wonderful summer lunch before the meeting. Todd Brantley, Armstrong & McGuire from Raleigh, NC, led the Board Development training. This training included reviewing the surveys, stakeholders interviews and client focus group comments. The Board of Directors are pleased with the development work led by Todd Brantley, Armstrong McGuire consultant. "Training and development is key for organizations who seek to serve", says Bobby Darden, Board Chair.



Triune Holiness Church serves on the 3rd Tuesday of the month at the Food Pantry. A couple of youth are enjoying yummy watermelon on a summer day. For more information on Triune Holiness Church: <https://www.triune.church/>



### Capturing the Filling Station Activities

The Filling Station partners with an ECU student on a hospitality project. The volunteers were treated to lunch after serving at the Food Pantry. Chloe Pope did a first class job and we are grateful she chose us as her partner.



### Capturing the Filling Station Activities

Sheron Bender, volunteer committee member for Neuse River Bridge Run, delivered banners to the businesses who supported the Neuse River Bridge Run in April 2023. The Filling Station received \$9000 from the event which helped to purchase new book bags for the Back to School Bash on August 5th





## Capturing the Filling Station Activities

Thank you Pollocksville Rotary Club and Coastal Carolina Church for helping to pack the 260 backpacks for distribution at the Back to School Bash event today. Thank you David Mal-lard Jones County NC Recreation for your leadership on this event. Holly Williford with Girl Scouts and Kristin King Jones County Public Schools for your organizational skills.

Thank you to all the sponsors of Neuse River Bridge Run earlier this year. Funds raised helped make this event possible. "Bridging Communities, Assisting in filling unmet needs and inspiring all who hunger and thirst"

[www.wnct.com/on-your-side/school-watch/hundreds-of-jones-county-children-gifted-with-backpacks-for-school](http://www.wnct.com/on-your-side/school-watch/hundreds-of-jones-county-children-gifted-with-backpacks-for-school)



## YMCA Camp-in-a-Box: Camp Noah

"Camp Noah" made possible through a new partnership New River YMCA and Lutheran Social Service of Minnesota Resiliency Camp for 23 children, K-5 from all over Jones County NC Grateful to all our church partners behind the scenes working so hard to attract these amazing resources to our Jones County NC.

Talent Show, Goal Posters, cooking class, meet new friends Thank you Solid Rock Global Methodist Church, Geraldine Eubanks for homemade cheeseburgers and Sarah Ware, N.C. Cooperative Extension - Jones County Center for yummy fruit salad and CENTURY 21 Zaytoun-Raines for sponsoring lunches for the children. Grateful to Marcy Hoffman for being the site coordinator for the week.

Love having new volunteers, especially those retired elementary teachers such as Polly Whitehead and Camille Fragale for making camp so fun.

As New River YMCA (Stacie Davis) says, "You don't prepare the path for the child, you prepare the child for the path"



## 4H Table Talk Camp/NC Cooperative Extension Jones County



Charlie Dunn, Board Member and County Commissioner being welcomed by the children



County Manager Kyle Smith being welcomed by children.



April Aycock, County Commissioner being welcomed by the children



Jacob Moran, NC Cooperative Extension, being welcomed by children.



## 4H Table Talk Camp/NC Cooperative Extension Jones County



© Lakeshore

"It is wonderful to partner with N.C Cooperation Extension to bring "Table Talk" and many other great programs to our youth."

Mary Ann LeRay, ED

## Volunteer Spotlight: Noreen A. Jekel



Noreen's life has always revolved around Art and Design. She grew up in Thorpe Bay, Essex and was educated in England. She attended an Art Foundation Course at Southend-on-Sea School of Art then went on to gain her B.A. in 3- Dimensional Design specializing in Interior Design in Leeds, Yorkshire which was followed up by an Art Teacher's Certificate.

Upon marrying her American husband Ed, she moved to the U.S. to New Hartford New York and began her career in Commercial Interior Design and Space Planning which spanned over 3 decades and included banks, offices, hospitals, restaurants, and the revival of an area landmark the Hotel Utica. However, her most cherished design was The Red Lion British Pub and Restaurant which she and her husband owned.

One of the reasons Noreen was 'drawn' to New Bern is, of course, its vibrant Art Community which has inspired her to return to her 'first love', Art. Noreen works in many mediums, including acrylic and watercolor. She also enjoys photography, and jewelry making and is always looking for a new creative challenge.

What brings Noreen to the Filling Station, She needs to HELP.

Noreen was a disaster relief specialist for the American Red Cross - Trained for 'On Call' disaster relief work- aided local home fire and flood victims- provided food and shelter assistance.



In short what does Noreen do;  
 Need IDEAS (Slogans, a Name, a Theme, to Make Them Smile)  
 Need to FIND (the Perfect Card, Accessory, Words)  
 Need to ARRANGE (a display, a party, something special)  
 Need to get ORGANISED (plan, list, contact)  
 Need to CREATE (the right atmosphere, a table setting, memories)  
 Need a CHANGE (rearrange or redecorate, make it look good)  
 Need MORE TIME (wait a minute! on second thoughts!)  
 Need to MAKE IT HAPPEN????



## Senator Tedd Budd Visits The Filling Station

[Rep. Chris Humphrey](#) recommended to Senator Ted Budd to make a stop [Jones County NC](#) and learn more about the mission and meet the people behind the organization. As the Board of Directors follow the course of the 2022-2025 Strategic Plan, plans continue to unfold as we seek ways to build capacity to assist in filling unmet needs serving the residents of Jones County.

We are grateful to Mayor Jay Bender and the Town of Pollocksville for their partnership and support over the past 6 years.

In attendance:

Executive Committee: Bobby Darden (Board Chair), Clyde Murphy, (Vice Chair) Willie Smith (Treasurer), Beverly Collins (Secretary). John Taylor, Facilities Chair, Ed Jekel, Facilities Manager, Kyle Smith, County Manager, Charlie Dunn, County Commissioner and Board Member, Joan Taylor, ED for Atlantic Dance,

Theresa Lee, Facilitator for the Leadership Academy, (Leadership Jones) and Jimmy Bender, Food Pantry Director

Mary Ann LeRay, ED for The Filling Station



# LEADERSHIP JONES

...A GRASSROOTS LEADERSHIP ACADEMY

## Take Your Seat at the Table

**APPLY TODAY:**

[Fillingstation1075.com](http://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](mailto:tharesalee@gmail.com)

A COUNTY WIDE MISSION

SCAN QR  
FOR MORE  
INFORMATION





**SATURDAY, OCTOBER 7, 2023 | 10AM-5PM**

The Filling Station fundraiser

**TITLE SPONSOR**



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, and shopping at Z.A.K.'s.*

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



**LENOIR**  
COMMUNITY COLLEGE







**SATURDAY, SEPT 23RD, 2023**  
**REGISTRATION STARTS @ 8:30AM**

**832 NC HWY 58 S, TRENTON, NC 28585**



**\$25**  
TO REGISTER

**CAR SHOW AWARDS:**

**TOP 25 AWARDS BEST ORIGINAL/ MODIFIED CLASS MEDALS**

**PEOPLE'S CHOICE WILL TAKE HOME CASH PRIZE**

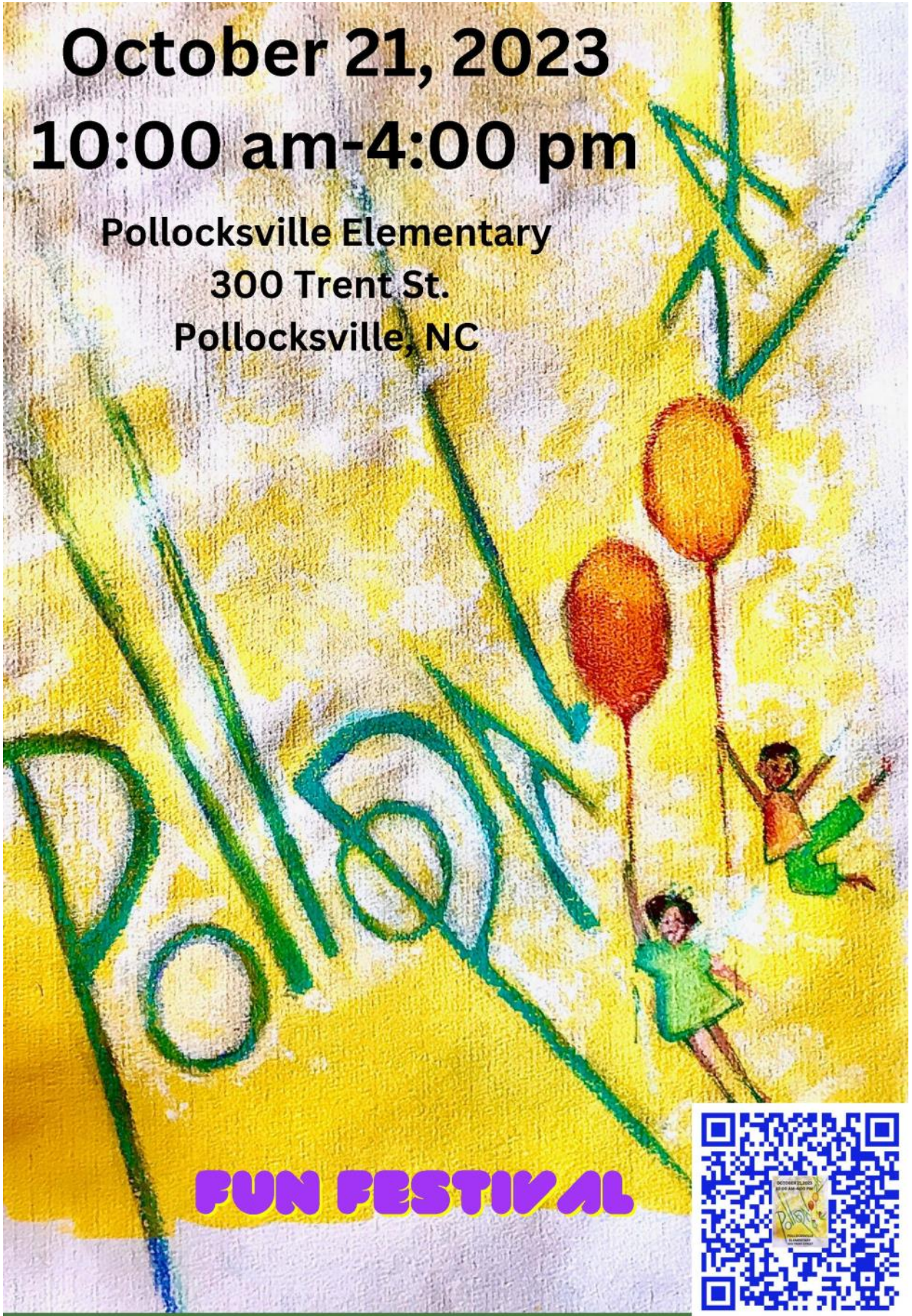
**CALL OR EMAIL TO REGISTER:**  
**252-448-1660 OR RECREATION@JONESCOUNTYNC.GOV**



**N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER. IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, N.C. COOPERATIVE EXTENSION WILL HONOR REQUESTS FOR REASONABLE ACCOMMODATIONS MADE BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT ACCOMMODATION REQUESTS TO: DAVID MALLARD AT 252-448-1600 OR RECREATION@JONESCOUNTYNC.GOV**

**October 21, 2023**  
**10:00 am-4:00 pm**

**Pollocksville Elementary**  
**300 Trent St.**  
**Pollocksville, NC**



**FUN FESTIVAL**





**2023-24 SCHOOL YEAR  
NOW ACCEPTING  
NC-PRE-K APPLICATIONS**

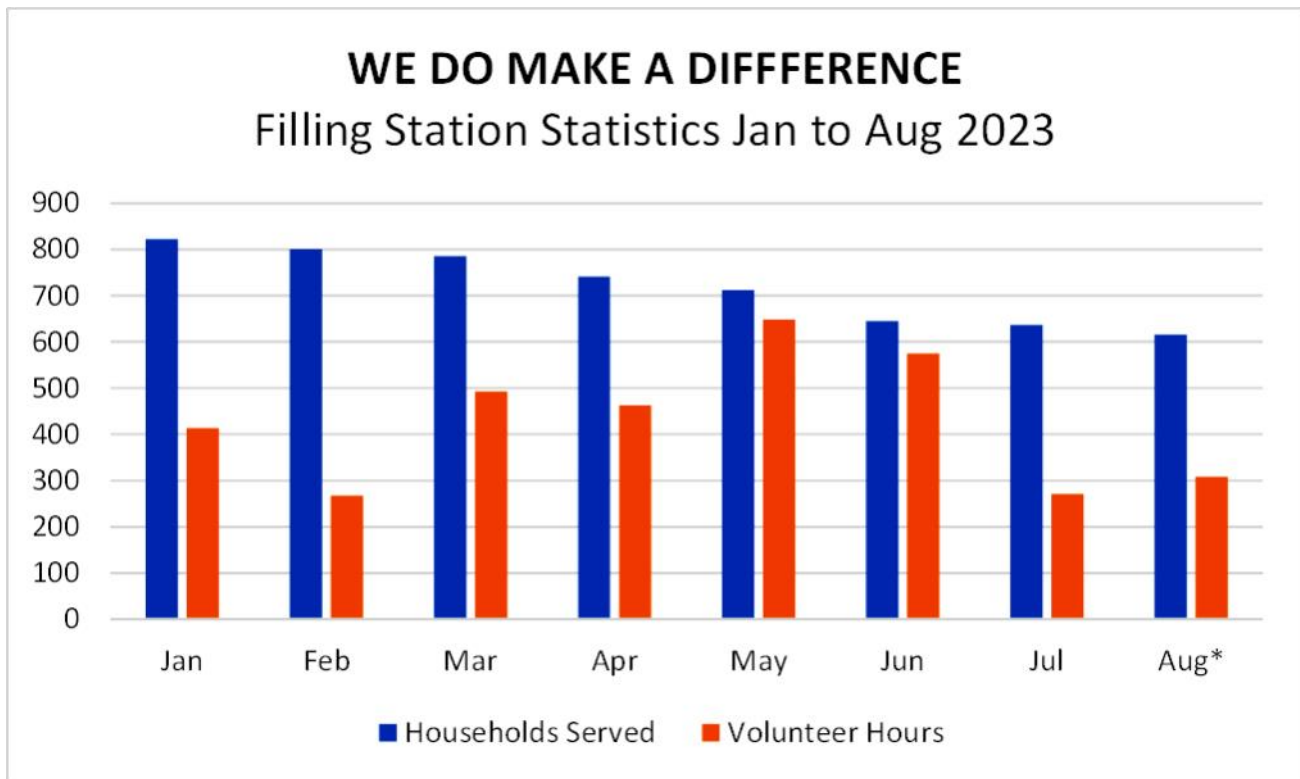
**YOUR CHILD MUST BE AGE 4 BY  
AUGUST 31ST, 2023.**

**ENROLLMENT IS LIMITED AND  
SUBJECT TO STATE ELIGIBILITY  
REQUIREMENTS  
TO APPLY FOR PREK, PLEASE GO TO  
[HTTPS://WWW.JONESNC.NET/](https://www.jonesnc.net/) AND  
FILL OUT AN APPLICATION.**

**IF YOU ARE NEEDING A PAPER  
APPLICATION, PLEASE CALL 252-  
448-2531.**

Jones County Partnership For Children  
Destiny Ward M.A  
252-448-5272





### 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, cornbread and collard greens cook-off and more! For more information contact Jacob Morgan at Jones County Cooperative Education 252.448.9621

### Board Member Spotlight: Charley Jones

My first experience with The Filling Station occurred in the early years through several grants awarded from the Jones County Community Foundation. I was impressed from the beginning. The momentum, enthusiasm, and support were just what Jones County needed. When asked to serve on the Finance Committee last year, I didn't hesitate. I was honored to be a part of a team eager to support the financial strength and growth of the organization. After joining the Board of Directors this year, I have gained greater insight into the impressive foundation that supports The Filling Station. Jones County has a long and rich history of compassionate residents. It is no surprise that an organization would spring up to support the needs of our community. I am excited to be a part of this movement and look forward to the great things The Filling Station will bring to Jones County in the years to come.





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.

PO Box 222

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Pollocksville, NC 28573

252.224.1127

[info@fillingstation1075.com](mailto:info@fillingstation1075.com)  
<https://fillingstation1075.com/>  
[Facebook.com/FS1075](https://www.facebook.com/FS1075)

### 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

Charley Jones

Ella McDaniel

Michael Pretty

Maria Robles

Sheri Smith

Estelle Surles

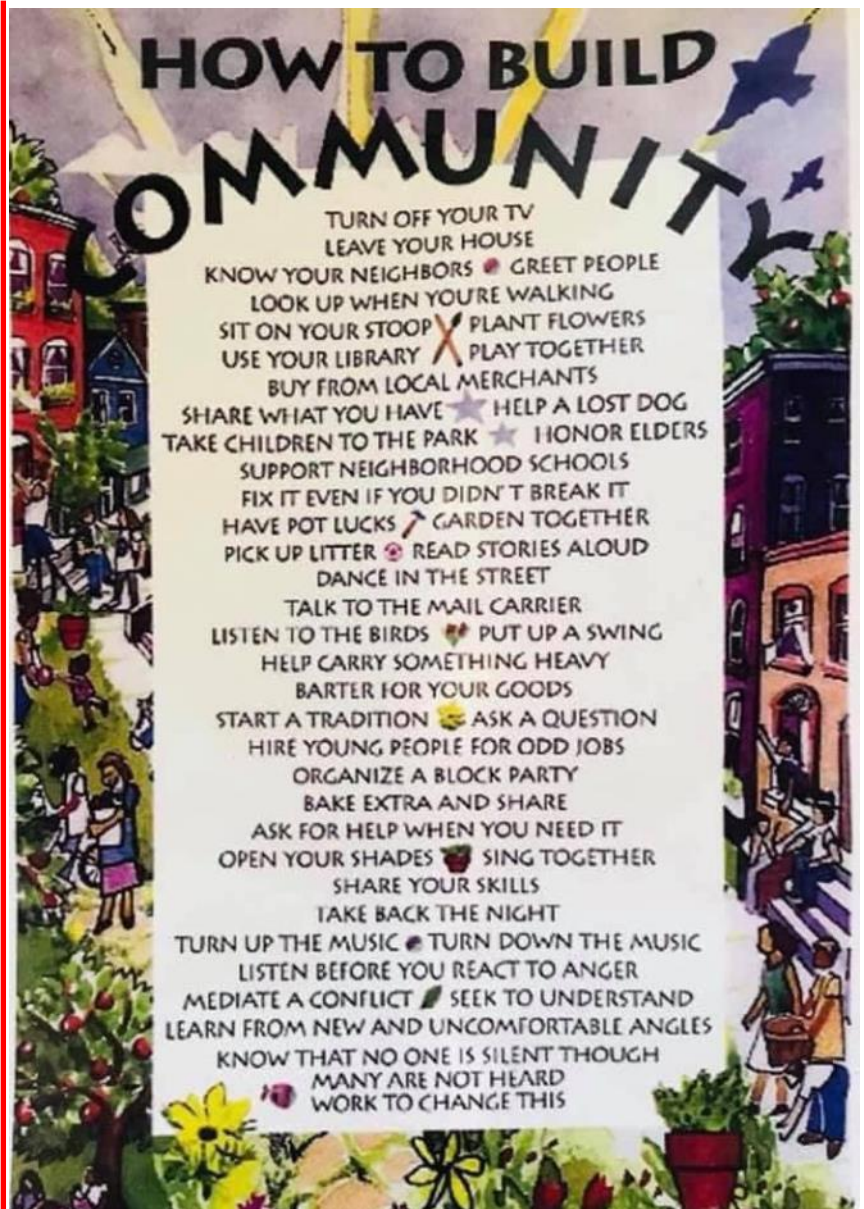
John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor



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.