

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

November 2023

Vol. 5 No. 6

Executive Director's Message

Gratitude and Thanksgiving describe the atmosphere everywhere we meet, work, serve and connect at The Filling Station especially over the last two months. So exciting to see the building being used for the mission for which it was created. Cooking Classes, Leadership Jones, Ham Radio Course and the weekly Food Pantry which blesses over 200 households each week. Many of these connections are happening "around the table". There is a rich fellowship that happens when we gather to share a meal, listening to one another in sharing ideas and learning new skills. Our mission is to assist in filling those unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County. Our vision states we are a place to connect people and resources. We are humbled to have had the opportunity to host Blue Cross Blue Shield of NC on the Extra Mile Tour. This was an opportunity to share a meal around the table and talk with our community partners about the pressing issues here in Jones County.

We are grateful for our partnership with the American Heart Association as we continue to develop important education to impact the health of our county. As we gather around the table to have these conversations, we learn more ways to enjoy a healthy lifestyle. MORE TO COME in 2024!

"People and resources follow VISION", says Dr. John C. Maxwell. Vision is our top pri-

ority in every meeting. There is always MORE with divine leadership. The Filling Station mission is being filled with amazing support from the State Employees Credit Union grant received in September, a generous donation from Blue Cross Blue Shield of NC for hosting their team, Anonymous Trust Challenge Grant, United Way of Coastal Carolina and all the incredible Perfect 10 2023 Sponsors. Remember the Perfect 10 Goal in the September newsletter? The committee set the goal \$50,000 and then proceeded to raise over \$60,000 for the mission. Much gratitude and thanksgiving.

May you and your families have a wonderful Thanksgiving!

Mary Ann LeRay



Continued on p. 2

THANK YOU 2023 SPONSORS!!!

The Filling Station fundraiser

TITLE SPONSOR



Thank you to our 2023 True Inspiration Sponsors

Graham-Cameron Land LLC
Anonymous Sponsor
Wendy Stallings



Thank you to our 2023 MILE Sponsors

Abundant Life Farm LLC
Scott and Holly Ladner
Cypress Creek Renewables
Harold H. Bate Foundation
Jones-Onslow EMC
Garber Church
Todd and Melanie Burrier
Segal Family Charities
Cypress Creek Methodist Church



Thank you to our 2023 Connection Sponsors

Solid Rock Accounting
New Bern Chiropractic
Lenoir Community College
Bob and Carol Mattocks
Fisher Oil Stores
Suburban Propane
Pollocksville Rotary Club
St. Andrews Catholic Church
International Paper
Craven Co Indep. Insurance Agents
Marine Federal Credit Union
Andrews Family Farms



Thank you to our 2023 Ten Mile Fork Sponsors

Tom Southern
J&J Contracting
Duke Energy
Jewell Property Management
Linda Stauch
Jim and Marcy Hoffman
Elizabeth Meadows
Jay and Sheron Bender
M&W Land Improvement
Wild Birds Unlimited
Ellis and Dianne Banks
Coldwell Banker Sea Coast Advantage
Patricia Patton
Sylvia Miller
Mowing Buddies



THANK YOU 2023 SPONSORS!!!

Thank you to our 2023 Filling Needs sponsors

Tripp Services LLC
Beverly Collins
J&M Warren Family Farms
Norma Sermon-Boyd
Jack and Julia Bircher
Mitchell Hardware
Foods Unlimited
St. Matthew AME Zion
Solid Rock Global Methodist
Tim and Cathy Minch
New Bern Women's
Christian Group
Harry and Eleanor McArver

Brinn Glass
Charlie and Shirley Dunn
Joel Bryant
Charles Gray/Jones Co Tire
Byrd Towing
Anonymous
Tripp Services
Beverly Collins
Allen & Karen Plaster
Jessica Skinner
Robin Robinson



Happy
THANKSGIVING

Staff Highlight: Marcy Hoffman, Administrative Coordinator



I was born and raised in Buffalo, NY. I graduated from Alfred State College with a degree in Accounting and worked for John Marsh, CPA. In 1999, my husband and our 3 children moved to New Bern, NC to operate River Bend Country Club as a family owned business. I was in charge of the bookkeeping/tax returns, computer technology, and assisting in the restaurant and catering service. It was a wonderful experience and in 2017 we decided it was time to sell the Country Club. I live on a hobby farm near River Bend and enjoy gardening, riding horses, boating, hiking, and taking care of my farm animals.

I began volunteering at The Filling Station after Hurricane Florence which helped me understand what this organization is all about. In March 2022, I joined the team as Administrative Coordinator. This position has been growing and changing over the past year. My initial responsibilities were mainly to create and administer the systems in tracking volunteer hours/duties and maintain the database. Currently, I am continuing to do this and have created an efficient weekly tracking system of all guests served for special monthly reporting required by the Food Bank of Central ENC. I also maintain our marketing database for all volunteers and donors to keep them informed about what



is happening at The Filling Station. I assist the Executive Director with the preparation of the Art and Dance Summer Camp, weekly bookkeeping procedures, send out year end tax letters for donors, supply monthly statistical reports, maintain documentation of all volunteer hours in Food Bank Manager for reporting and recognition purposes, conduct background checks on volunteers as needed, record incoming and outgoing food donations, assist with Volunteer Orientation, and help with whatever it takes to get the job done!

"We are grateful for all the gifts and talents Marcy brings to the team making the impossible possible", says Mary Ann LeRay, Executive Director



Picture This...Leadership Jones County



Top L: Cohort #2 visiting Town of Pollocksville Town Hall and learning more about local government with Mayor Jay Bender.

Top R: "A Place at the Table"—meal prepared by Ed Jekel, our resident chef, who built the Teaching Kitchen.

Center L: Theresa Lee, Intentional Excellence Consulting, sharing communication guidelines with group.

Center R and bottom R: Thank you to Carleen Smith, Murphytown Seafood and Barbecue. Carleen is a Leadership Jones Spring 2023 graduate. She donated her food and talent for the Leadership Jones lunch.



Picture This...



Above: Thank you First Capital Antique Car Club for your sponsorship of the Perfect 10 event.

Below: Thank you to the New Bern Amateur Radio Club for partnering with us to offer the Ham Radio General License course. Thank you Jones County Emergency Management for helping us promote this important skill.



Mark Miller, Leadership Coach at Chick-Fil-A



Thank you Sarah Ware, N.C Cooperative Extension, for leading the "Out of the Box Recipes" session in the Teaching Kitchen



Thank you [United Way of Coastal Carolina](#) for the grant funds to support the teaching kitchen programming.

Great to have Willie Smith, board treasurer, for accepting this grant with the UW team along with Mary Ann LeRay, ED

Picture This...Ribbon Cutting Pollockville Wetlands Project



Left: Group being addressed by NC Attorney General Josh Stein



Right: Mayor Jay Bender addressing those gathered.

Picture This...THANK YOU!



Top L: Thank you to the Food Pantry Volunteers for promoting the Perfect 10 Event using Darrell and Vickie Bell's special classic RED car

R: Thank you Todd Burrier, LifePlus, for your MILE sponsorship during the Perfect 10! We appreciate your willingness to bring valuable Nutrition Education as we continue to roll out programming to benefit the residents of Jones County.



Bottom L: Great to welcome Anonymous Trust, Debbie Aiken, and her team for a tour and program update on October 10, 2023

Board Member Spotlight: Ella McDaniel

Ella McDaniel from Shady Grove Church, Brand New Board Member said "YES" to serving on the Perfect 10 Committee this year. Ella is a retired RN and loves serving her community. "The first time I met Ella was during the Disaster Relief work at The Filling Station. She brought calmness, joy and creativity to the team as we served during a challenging time", says Mary Ann LeRay, Executive Director.

"Ella is always looking for solutions in her service", says Randy McDaniel.



Thanks Pollocksville Rotary Club!



Thank you Pollocksville Rotary Club for inviting The Filling Station to a special dinner to thank us for partnering on the Christmas on Main Event which is the 1st Saturday in December. Save the DATE: Saturday, December 2, 5:30-7:30 PM (flyer attached)



Jones County: A Perfect 10 Annual Event Recap

Jones County - A Perfect 10 - 3rd Annual Fundraiser Event to raise awareness and funds to fill the mission - Nutrition, Education and Connection

Thank you to Karen Plaster and Bobby Darden, Event Co-Chairs and the 80 volunteers who served to make this event a huge success on Sat, Oct 7th.

Over \$60,000 was raised to continue filling the mission.

Thank you to all the HOSTS on Ten Mile Fork Road who partnered with us.

Thank you to Carolina East Health Systems for being our Title Sponsor.

SAVE the DATE: Sat, October 5, 2024 for the Annual Event



Jones County: A Perfect 10 More Pictures



Volunteer Spotlight—Perfect 10 Event Hosts



We are grateful for our hosts for the Perfect 10 Event located on Ten Mile Fork Road. Our event is possible due the generosity of individuals and businesses who work with us throughout the year planning for the annual event.

THANK YOU ...

Oakey Grove Missionary Church 3233 Ten Mile Fork Road

Don and Lisa Stewart 954 Ten Mile Fork Road

Cider Landing Farms 1120 Ten Mile Fork Road

Z.A.K.'s 1553 Ten Mile Fork Road

Don and Kim Hunter 2216 Ten Mile Fork Road

Banks Brothers/Beaver Dam Farm 2471 Ten Mile Fork Road

Bassler Farms 2628 Ten Mile Fork Road

Allen and Karen Plaster 3233 Ten Mile Fork Road

Things from Yesteryear Museum 4187 Mile Fork Road

Kitty's Korner Etc. 4205 Ten Mile Road

Over 400 volunteer hours logged for the Perfect 10 event!

As of April 19, 2023 that the latest value of a volunteer hour is estimated to be \$31.80, which is a 6.2% increase from 2021 to 2022.

This means this volunteer team brought \$12,720 in value to this event!



Blue Cross Blue Shield of NC Extra Mile Tour

Blue Cross Blue Shield of NC visited The Filling Station as a stop along their EXTRA MILE Tour to hear from local leaders, partners, and clients on some of the most important issues facing Jones County, NC.

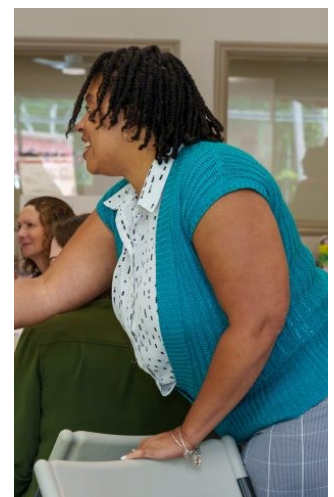
There was amazing conversation around the table listening to each other and focusing on how to work together for a healthier life . . . emotionally, physically, and mentally.

Partners and local stakeholders included:

- United Way of Coastal Carolina
- Neuse Regional Library
- Jones County Partnership for Children
- Atlantic Dance Theatre
- American Heart Association - North Carolina
- Jones County Health Department
- Jones County NC Recreation
- Tharesa Lee
- N.C. Cooperative Extension - Jones County Center
- Coastal Women's Shelter
- Food Bank of Central & Eastern North Carolina

Thank you Education NC for inviting us to the table with BCBS of NC.

Thank you New Bern Web Design, LLC for the photos and website.



SECU Foundation Presents Grant to The Filling Station

Did you know as a State Employees' Credit Union member, your \$1 maintenance fee each month goes into an account so that Mission Development Grants can be invested back in the local communities?

On September 7th, The Filling Station received the 1st mission development grant in Jones County. "We are excited about the collaboration that is leading to great outcomes for the residents of Jones County," says Mary Ann LeRay, Executive Director.

"Leadership Jones is a way to highlight effective communication, servant leadership, personal branding, and bridging communities," says Theresa Lee, Intentional Consulting. This funding is key to building organizational capacity for a greater Jones County.





CANS

FOR

CARE

CANNED FOOD DRIVE

for THE FILLING STATION

Bring your canned items to
Frogley Chiropractic Center
 2113 S. Glenburnie Road, #H • New Bern, NC

OCTOBER 1 thru
NOVEMBER 15

and be entered into a
“Reverse Can Drawing”

Each can donated will increase your chances of winning. Details at front desk.

WINNER will receive
a FREE YEAR of
CHIROPRACTIC CARE
 (total of 12 visits including exam and xrays).



Canned foods collected will be donated to
The Filling Station
 (local food pantry for Craven and Jones County)

ITEMS NEEDED:

- canned veggies
- canned fruit
- apple sauce
- peanut butter
- jelly
- mac and cheese
- grits
- sugar
- flour
- rice
- cereal
- oatmeal
- ramen noodles
- dry beans
- crackers
- soup
- toilet paper
- soaps
- dish soap

Christmas

ON

MAIN STREET

Pollocksville, North Carolina



SPONSORED BY
POLLOCKSVILLE ROTARY CLUB

GRAND MARSHALL
PENNY M. BENDER

LIGHTING OF CHRISTMAS TREE | PARADE - GOLF CARTS & ANTIQUE CARS
FOOD VENDORS | HANDMADE CRAFT VENDORS | CAKE WALK
STOCKING DRAWING + RAFFLE

SATURDAY, DECEMBER 2, 2023
5:30 - 7:30 PM

FOR MORE INFORMATION PLEASE CONTACT: (252) 229-6545 OR (252) 671-7725





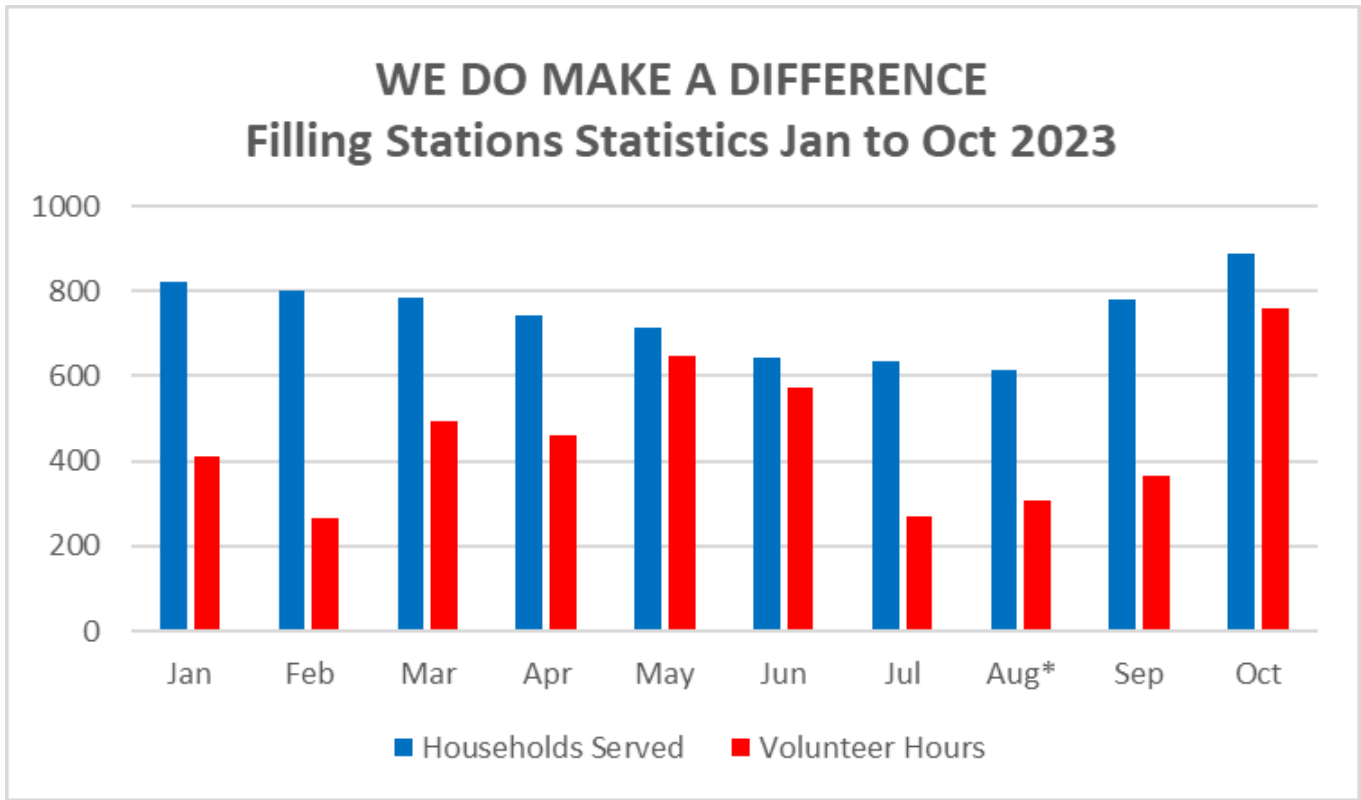
MBF Architects Celebrates 30 Years with Community Donation Fund

MBF Architects celebrated 30 years in business on September 1 of this year. To mark this occasion, the firm implemented a "30 for 30" donation fund. In an effort to express our appreciation for supporting the firm throughout its history, the staff of MBF Architects selected thirty organizations that contribute greatly to the health and vitality of our community. The firm has allocated \$30,000 in order to contribute \$1,000 each to the thirty organizations.

The firm has demonstrated our commitment to the community by encouraging our staff to get involved in community-based organizations. MBF staff have served as volunteers, served on various Boards of Directors, and contributed pro-bono efforts to various projects. "We asked our staff to select organizations that make significant contributions to our community and that have personal importance to them, either through prior involvement or because of the mission of the organization," said Tripp Eure, Vice-President. "We feel very fortunate to be in a position to make these contributions, and they are a direct result of the support our firm has enjoyed from the community over the years," said Bill Faulkenberry, President.

The "30 for 30" organizations:

- Allies for Cherry Point's Tomorrow
- Boys & Girls Clubs of the Coastal Plain
- Bradham's Legacy (Pepsi Museum)
- Bridgeton Elementary School
- Coastal Women's Shelter
- Colonial Capital Humane Society
- Craven Arts Council
- Craven Cancer Classic (CarolinaEast Foundation)
- Craven County Hospice
- Craven County Partners in Education (PIE)
- Craven Literacy Council
- Craven Smart Start
- Duffyfield Phoenix Project
- Habitat for Humanity of Craven County
- Hope for the Warriors
- Interfaith Refugee Ministry
- MERCI Clinic
- New Bern Area Chamber of Commerce
- New Bern Historical Society
- New Bern Military Alliance
- New Bern Preservation Foundation
- Oaks Road Academy
- Religious Community Services
- Rotary Scholarship Fund
- Supporting PEACE
- Swiss Bear
- The Filling Station
- Trent Park Elementary School
- Tryon Palace Foundation
- USO Camp Lejeune, NC



Food Pantry - serving approximately 200 households each week - partnership with Food Bank of Central and Eastern NC and Church partners who provide volunteer teams once a month.

Thank you Friendship Church, Solid Rock Global Methodist Church, Shady Grove Methodist Church, Pollocksville Presbyterian Church, Triune Holiness Church, Cypress Creek Methodist Church and AME Zion Clinton Chapel who consistently have teams to serve clients at the Food Pantry.





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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<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

*I will praise
the name
of God
with a song,
and will
magnify him with*

THANKSGIVING

Psalms 69:30



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.