

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

March 2023

Vol. 6 No. 2

Executive Director's Message

Our theme for 2024: Share, Connect, Love
Share the Story, Connect the Dots, Love unconditionally

With a brilliant Board of Directors, gifted consultants, compassionate volunteers and powerful partners, and generous donors and funders, we continue to assist with filling unmet needs with more enthusiasm than the year before.

One of our big projects for January was to create and deliver a comprehensive Annual Report for 2023. We were able to publish a first class publication with the help of Judy Hills, Editor and Anita Cook, Copy and Print Warehouse and the tracking detail from, Marcy Hoffman, Administrative Coordinator. We continue to be blessed with incredible talent.

January was the kick off for the Take Control 8 week course with N.C. Cooperative Extension led by Sarah Ware. Each week begins with a classroom session learning to read Nutrition labels, how sugar and sodium impact the body and the power of exercise. Each week the class tries a new recipe in the Teaching Kitchen and eats together. We are grateful for the United Way of Coastal Carolina grant to help support this program.

The Food Pantry continues to assist in meeting needs here in Jones County. Each week we are serving residents from Pollocksville, Trenton, Maysville, Comfort, Long Point and a few from surrounding counties. During these cold, winter mornings, The Food Pantry

volunteers are extra grateful for the new outside heaters. Partner agencies such as Jones County DSS, Jones County Schools and Coastal Women's Shelter make referrals to bridge gaps for clients. A recent data report shows only 6-8% of all households visit each time the food pantry is open and 35% of households, visits once a month. Expanding our connection services to clients allows us to share additional resources.

New Bern Amateur Radio Club, an in-house partner, held Winter Field Day on Jan 27th. This is an opportunity for the public to come and see the radios set up throughout the campus and learn more about how ham radio works and why it is important.

In February, the Finance Chair, Dr. Norma Sermon-Boyd, Board Chair, Bobby Darden and myself attended the Institute of Emerging Issues Forum hosted by N.C. State University on the topic of Financial Resiliency. We connected with many folks throughout the state of NC. Click here for the full recap of the event: <https://mailchi.mp/ncsu/2024-forum-recap>

February was Heart Health Month highlighting our partnership with the American Heart Association. We hosted a MidDay Mingle for the New Bern Chamber of Commerce and over 40 people were in attendance. We are grateful to partner with N.C. Cooperative Extension, Food Bank and LifePlus to deliver nutrition education.

Continued on p. 2

Message from the Executive Director (Continued)

For more information on LifePlus, visit:

<https://www.lifeplusfoundation.org/>

Leadership Jonesgrassroots leadership academy kicked off Feb 26th with 9 participants. We are grateful to Chick-Fil-A and State Employees Credit Union for funding this 3 year project. We are seeing great impact from this academy. Graduates are seeking more leadership opportunities throughout the county and expanding their career possibilities.

In January and February, we offered Volunteer Orientation and Onboarding. Our volunteers are our greatest asset and it is our goal to provide orientation and training to everyone associated with The Filling Station. Want to volunteer? Visit fillingstation1075.com and complete an application.

"Bridging Communities" makes us stronger. We are ONLY 2 months away from

the Neuse River Bridge Run which helps The Filling Station keep "running". Over 500 runners have already registered and sponsorships are up 75% from last year. We are excited that Jones County Parks and Recreation is working with the students to get involved for their health and give back to local nonprofits. Thank you David Mallard, Director of Jones County Recreation. To register to run or volunteer, visit: bridgerun.org

Nutrition, Education and Connection for the residents of Jones County ... all made possible as we stand on our Core Values: Christ Focused, Equip, Empower and educate

To book a tour or speaking engagement, please email: fsdirector@fillingstation1075.com

Mary Ann LeRay, Executive Director

The Filling Station: Armstrong McGuire's February Case Study

[Click here to see the article](#)

[Click here to](#) read the case study.



BOARD GOVERNANCE: BIG CONVERSATIONS, BIG IMPACT

A strong, focused and well-aligned board of directors is critical to the success of your organization. We help you assess the talents and skills represented on your board, identify what you need to fully execute your strategies and plans, and help you put the guidelines and best practices in place to maximize your board's impact to the organization.



THE FILLING STATION

The Filling Station, evolving to meet the unmet needs of Jones County residents in nutrition, education, and connection, strived for effective shared leadership among its staff and board, facing uncertainty on the optimal approach.

[Read The Case Study](#)

Photos of Note

Your participation supports these organizations.



Neuse River Bridge Run

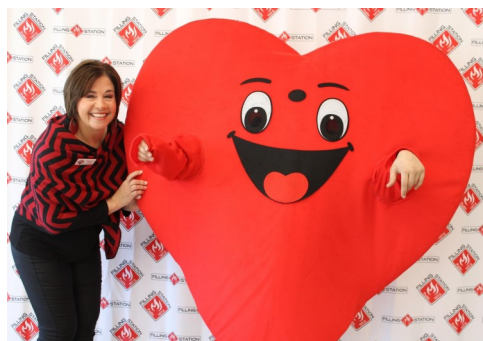
New Bern Amateur Radio Club
hosted Winter Field Day
on the Filling Station Campus
Jan 2024



Thank you May 2024 Bridge Walk
Sponsors & Runners/Walkers



It's All About the Heart



Upper Right: Great to attend the Heart Ball celebrating 100th anniversary of the American Heart Association who is partnering with The Filling Station bringing heart health education. Jeremy and Mary Ann LeRay with Erin Fox, Senior Development Director of ENC.

Bottom: Thank you to our board members and Bob Mattocks for attending this event highlighting our Nutrition Education partners... N.C. Cooperative Extension, American Heart Association, LifePlus and Food Bank of CENC



Photos of Note



Upper Left: The Filling Station is a member of the New Bern non-profit council meeting once a month to collaborate with many non profit organizations.

Upper Right: Congratulations to John and Dana Bender on their new arrival, Penelope Bender. John Bender serves on our Board of Directors and Co-Chair of the Programs Committee.

Left: Congratulations to The Filling Station from NC Department of Agriculture for delivering superior customer service and excellent program tracking. We are grateful to Julia Murphy for leading the Commodity Supplement Food Program for 125 Senior Citizens.

Bottom: Great meeting with Staci Davis, New River YMCA from Jacksonville, planning for summer programs.



What's Cooking in the Kitchen?



Sarah Ware, N.C. Cooperative Extension,
kicks off the Take Control 8 week course
on Jan 11 - Feb 29



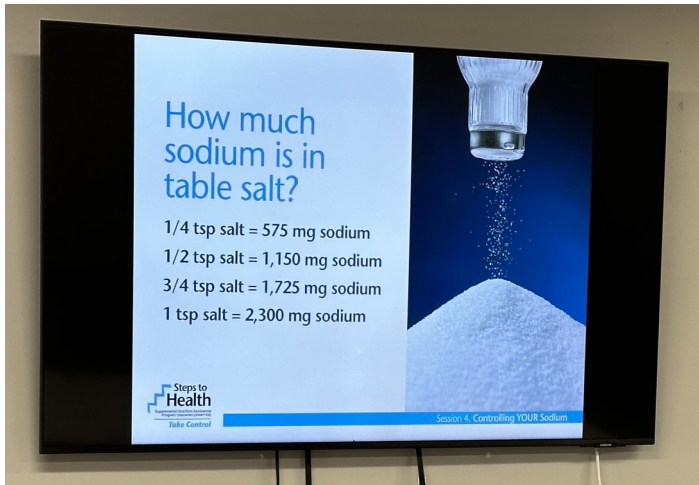
NO BAKE PROTEIN BITES

You Will Need:

Two cups oats
One cup Rice Krispies
One cup peanut butter
2/3 cups honey



What's Cooking in the Kitchen? (Continued)



Great education on "sodium" by NC. Cooperative Extension. The cooking classes are great platforms for nutrition education.



Photos of Note



Dr. Norma Sermon Boyd, Finance Chair, Mary Ann LeRay, ED and Bobby Darden, Board Chair attended the Institute of Emerging Issues/ Financial Resiliency Conference at N.C. State University in February



Polly Whitehead tutoring at Pollocksville Elementary School on Valentines Day...Thank you Polly for serving on our tutoring team.



Volunteers Hard at Work



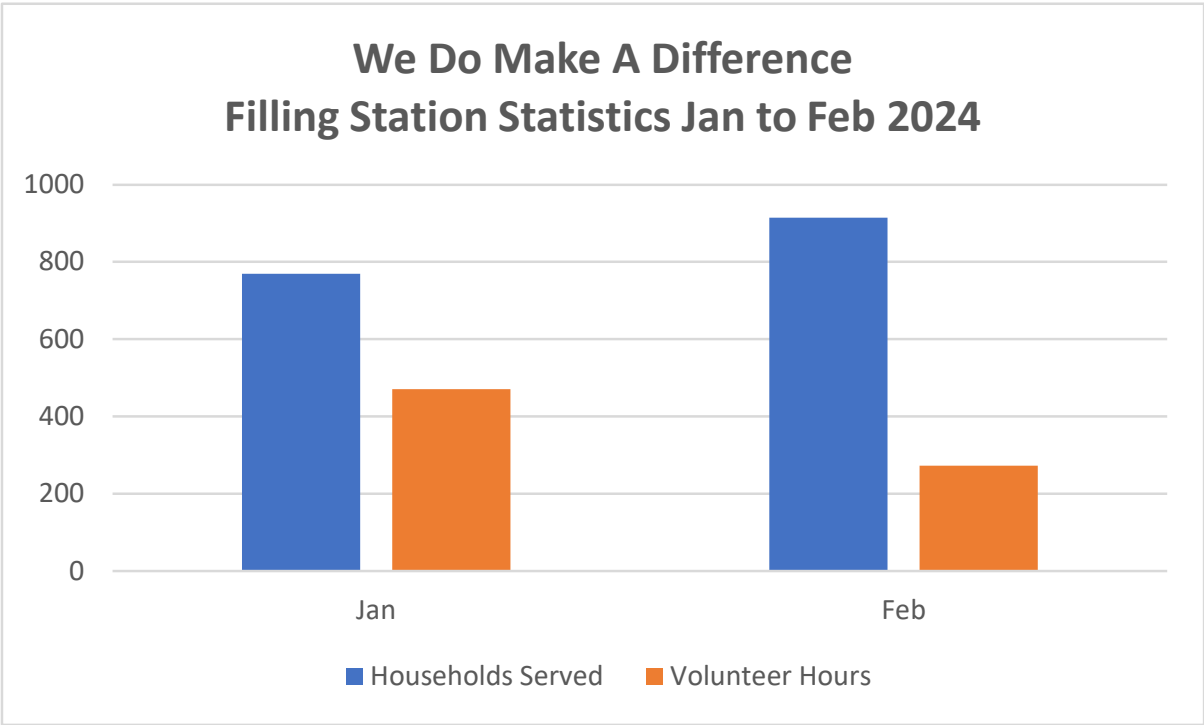
Health Care  Food

"When people cannot afford or access nutritious foods, they are at greater risk for cardiovascular disease, diabetes, and other chronic diseases that contribute to higher health care costs."

— **Dr. Rajiv J. Shah**
President
The Rockefeller Foundation

Midday Mingle with the New Bern Chamber of Commerce





HOW TO SUPPORT A NON PROFIT IF YOU CAN'T DONATE

Write a review or testimony	\$0.00
Refer friends & family	\$0.00
Follow their social media	\$0.00
Share their content	\$0.00
Engage with their posts	\$0.00
Subscribe to their emails	\$0.00
Offer to volunteer	\$0.00
Give them a shoutout	\$0.00
Cheer them on	\$0.00





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

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



*As Lent is the time for greater love, listen to Jesus thirst.
"Repent and believe," Jesus tells us. What are we to repent?
Our indifference, our hardness of heart. What are we to believe?
Jesus thirsts even now, in your heart and in the poor - He
knows your weakness. He wants only your love, wants only the
chance to love you. - Blessed Teresa of Calcutta*

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.