

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

May 2024

Vol. 6 No. 3

Executive Director's Message

Spring has arrived and so many things are blooming here at The Filling Station. Many have commented on the beautiful RED TULIPS which bloomed in front of the building for several weeks. This project was made possible by a generous volunteer. The need for our programs and services continue to be expanding which is leading to more leadership opportunities (volunteer, contract and partnership).

At our Annual meeting in April, we recognized 5 Board Members board service. We are grateful to Armstrong & McGuire Consulting firm who have been working with us this past year on Board Development. The succession planning by the Board of Directors has created an environment for rotational leadership. We welcome 5 New Board Members representing our church partnerships.

What happened in March and April?

- Served 1593 households from the Food Pantry
- 968 Volunteer hours (food pantry, admin and facilities)
- Leadership Jones - 9 Graduates
- Ham Radio Course kicked off April 27th

for 7 weeks

- Sharing The Filling Station Story at Cypress Creek Church
- Nutrition Education Classes held with N.C Cooperative Extension in the Teaching Kitchen - 25 participants
- Hosted American Heart Association for CPR/AED Training - 10 participants
- Mary Ann LeRay and Tharesa Lee attended SECU Mission Development Conference in Raleigh
- Board of Directors Annual Meeting welcoming 5 NEW board Members
- Bridge Run Planning to host the 20th Annual run to benefit 6 non profit organizations
- Awarded a grant from Blue Cross Blue Shield Foundation \$10,000
- New Warehouse Project making progress - Board Approved Contractor
- Dance, Art and Music Summer Camp planning - SAVE the DATE, June 24-28

Continued on p. 2

Message from the Executive Director (Continued)

- 902 Church invited us to share The Filling Station story during their Ladies Tea Party -180 in attendance
- SAVE the DATE - Perfect 10 Event - Saturday October 19th - we are excited to share this date with the Town of Pollocksville Community Event. There will be lots of reasons for surrounding counties to make plans to enjoy Jones County on October 19th.

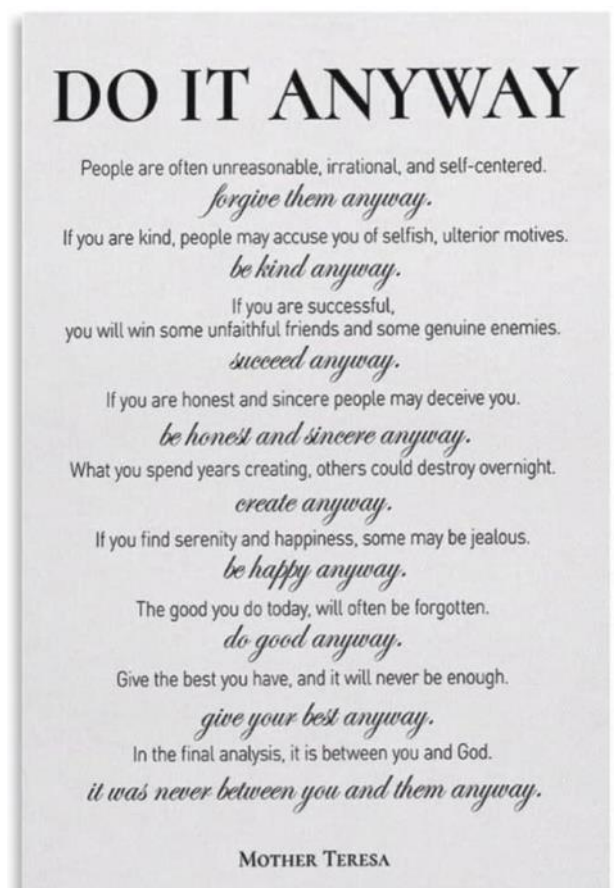
Our mission is to assist in filling unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

Assisting others as they become better versions of themselves as we empower, equip, educate with a faith-based approach.

The Board of Directors and I are deeply grateful for the privilege to carry out this great work. Thank you for the continued love, prayer and support in this county wide mission.

Time, Talent and Treasure assist in filling unmet needs - You make a difference!

Mary Ann LeRay, Executive Director





LEADERSHIP JONES

...A GRASSROOTS LEADERSHIP ACADEMY

Cohort 3 SPRING



GUIDELINES

- Be Intentional**
- Remember that words & tone do matter**
- LISTEN TO EACH OTHER**
Listen to build consensus not just to argue or disagree...
- Let us speak! ...one person @ time**
- AGREE TO DISAGREE**
Respect Healthy Boundaries
- ASSUMPTIONS**
Don't raise your voice
- WATCH**



LEADERSHIP JONES

...A GRASSROOTS LEADERSHIP ACADEMY

*A Place at The Table
take A Seat, please...*



"All tasks seem impossible until they are done"
Nelson Mandela



Servant Leadership
Tara Kenchen



**Winter/Spring 2024
Graduation Ceremony , Cohort 3
Jones County Board of Commissioners
Thursday, April 18, 2024**



Servant Leadership
Tara Kenchen

"No man will make a great leader who wants to do it all himself, or to get all the credit for doing it". Andrew Carnegie

PROGRAM

Mistress of Ceremony
Tharesa Lee, MA, CHC, CF
Content Creator & Certified Facilitator

Prayer
National Anthem

Welcome
MaryAnn LeRay, Executive Director,
The Filling Station

Speakers
John Bender, Jones County Economic
Development Director/Planner
&
Cohort 2 Class Overview
Adrianna Boomer

Cohort 3 Presentation of Class Skills
"The Community Resource Book"
Leadership Jones Academy Presentation

Presentation of Certificates
County Manager, Kyle Smith
Bobby Darden, Filling Station Board Chair

Thank You & Remarks
Mary Ann LeRay, Executive Director
Tharesa Lee, Facilitator



Thanks you John Bender, Jones County Economic Development Director/Planner for your help & support.

Thanks Barry Bender, Bender Graphics

COHORT 3 WORDS THAT MATTER...

CONGRATULATIONS

Adrianna Boomer

"Amazing"

Reece Carter

"Community"

Beverly Collins

"Discipline"

Skylar Crawford

"Empowered"

Tonya Jenkins Dawson

"Growth"

George W. Davis, III

"Purpose"

Ryan (Sissy) Mills

"Inspirational"

Felecia Bender Pretty

"Grateful"

Bonnie Zimmermann

"Enlightenment"



Jones County DSS

Sponsoring organization
www.thefillingstation1075.com

Leadership Jones by Tharesa C. Lee, MA, CF, CIE

"Leadership is not so much about technique and methods as it is about opening the heart. Leadership is about inspiration-of oneself and of others. Great leadership is about human experiences, not processes. Leadership is not a formula or a program, it is a human activity that comes from the heart and considers the hearts of others. It is an attitude, not a routine." - Lance Secretan

"A LEADER IS ONE WHO KNOWS THE WAY, GOES THE WAY, AND SHOWS THE WAY."
JOHN MAXWELL, AUTHOR, SPEAKER & PASTOR

Pollocksville Maysville Trenton

LOCAL GOVERNMENT

THE ORGANIZATIONAL CHART

MANUFACTURING IN JONES COUNTY

THANK YOU SISSY FOR SHARING YOUR PASSION FOR EMERGENCY MANAGEMENT AND ITS GROWTH IN JONES COUNTY.

THANK YOU DAVE FOR SUMMARIZING OUR READINGS FROM JOHN MAXWELL, THE 360 LEADER....

CHANGE IS GOOD.
You go first!

THANK YOU

Todd Barrier, Author, Health guru, Philanthropist
Thanks Todd

3 CIRCLES LIVING

BASIC PRINCIPLES OF SERVANT LEADERSHIP
CALLING
EMPATHY
CONCEPTION
GROWTH
HEALING
LISTENING
FORESIGHT
COMMUNITY
COLLABORATION
PERSUASION

Personal Branding



Filling Young Hearts with the Arts

DANCE, ART & MUSIC DAY CAMP FOR JONES COUNTY RESIDENTS

JUNE 24-28 » 8:45 AM-1 PM DAILY

FOR AGES 8-12
LUNCH INCLUDED



FILLING STATION CAMPUS

221 Main St
Pollocksville, NC

COST \$25 goes to the mission of the Filling Station

Register Today!

THURSDAY JUNE 27 AT 10AM

NC Symphony's Music Discovery Program

OPEN TO THE PUBLIC



Email: info@fillingstation1075.com
"Yes, I would like to register my child for the Kid's Day Camp" and forms will be supplied to complete registration.

Funded by
The Harold H. Bate Foundation



Partnership with NC Cooperative Extension Service, Jones County...



Above Sarah Ware leads a class on Food Preservation in the Front Gathering Space



Above, right and below left: Water Bath Canning - Strawberry Jam using strawberries from Parker's Farm . Sarah Ware, NC Cooperative Extension leading the class.

Below right: The Filling Station welcomed N.C. State University - More In My Basket in March. Sarah Ware led an educational class "Developing a Food Budget" and cooking class to share the power of eating well on a budget. Bottom R: Lauren Hickey & Sarah Ware.



Picture Community Support...



Above L: Thank you Carolina East for your support! We hosted Michael Smith, CEO, to a private tour and visit sharing the details of the programs. Above R: Thank you Berry Bender, Bender Signs, for a great tour and sharing with Leadership Jones. Thank you John Bender, Economic Development Director and Filling Station Board member for being part of the morning education. Below: Bender Signs and Leadership Jones Group



Thank You Volunteers...



Top L; Jimmy Bender, Food Pantry Director, on the forklift early on Tuesday morning meeting the truck from Food Bank of Central and Eastern NC .

Top R: Food Pantry Food Boxes - loaded with great, nutritious food.

Below: Food Pantry Volunteers who arrive at 7 AM on Tuesday and Thursday eager to serve and build the food boxes each week



Picture 902 Church Partnership in Action...



902 Church hosted a Tea Party for 180 women to come and hear The Filling Station story.

Mary Ann LeRay, ED, delivered an encouraging message based on Psalm 107:5, the organization's foundational scripture...."Learning to live in the overflow...find a need and fill it"

Thank you to Debbie Hall, event organizer, for making this invitation to share the mission.

Learn more about 902 Church by visiting: 902church.org

Pictured here: Cathie Davis, Geraldine Eubanks, Mindy Vernon, Leslie Jones, Jean Bender and Debbie Hall



Picture the Filling Station in Action...



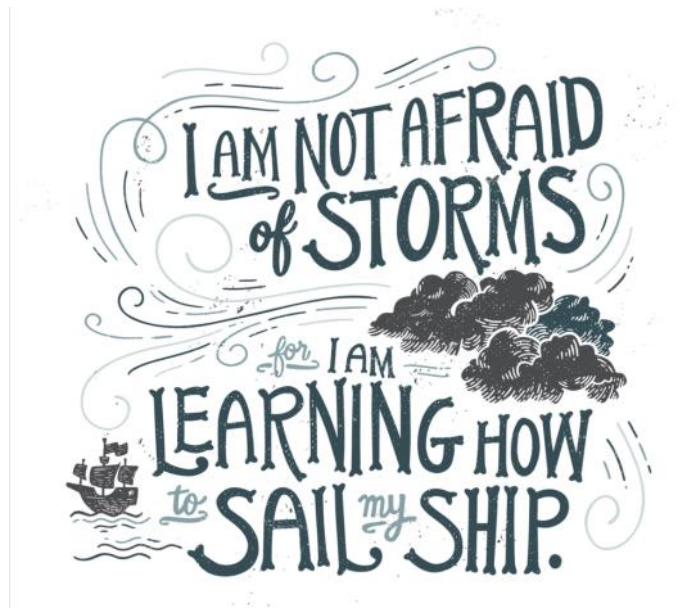
Mary Ann LeRay, ED, was a guest on the Craven Community College Podcast promoting the Neuse River Bridge Run which is May 3-4, 2024



As a Mission Development Grant recipient, The Filling Station was invited to attend a 2 day conference held at the Crabtree Valley Marriott and SECU Headquarters.

The schedule included a panel with grant funders and breakout sessions discussing how to navigate building and leading a non profit organization.

Photo: Becca Mulvaney, Engagement Officer at SECU Foundation Bert Armstrong, Armstrong and McGuire, Tharesa Lee, Intentional Consulting Bonita Burney Simmons and Deedra Durocher from Tried by Fire, Inc. from New Bern, NC



Filling Station Annual Meeting

Honoring Board Members rotating off at the Annual Meeting:

- Charlie Dunn Jr.—served two terms
- Dr. Norma Sermon-Boyd—served two terms
- Sheri Smith—served two terms
- Maria Robles—served two terms
- John Bender—served one term

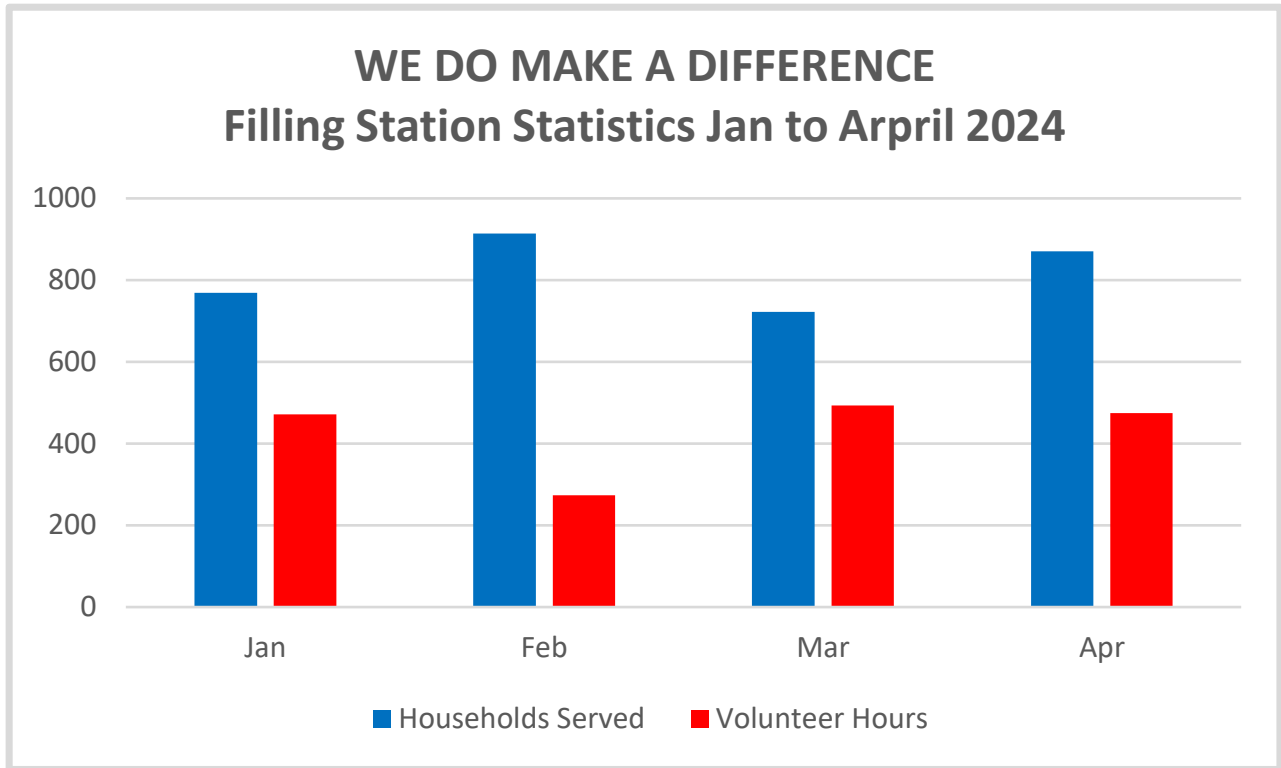
Welcoming 5 NEW board members:

- Christopher Rogerson representing Kinston Pentecostal Holiness Church
- Colby Jordan - Triune Holiness Church
- Sheron Bender - Pollocksville Presbyterian Church
- Kenneth Spivey - Christian Faith Assembly
- Greg Thornrburg - Solid Rock Global Methodist Church



Filling Station Annual Meeting





On April 11th, **Cypress Creek Church** located on Hwy 41 in Trenton hosted a soup and sandwich dinner and invited other churches to come and learn more about the mission. Mary Ann LeRay, ED, shared the history and how to become a church partner. Thank you to Emily Andrews, board member for The Filling Station, for organizing this wonderful evening.



Partnership
with American Heart
Association

Hosting CPR/AED training
on April 11, 2024





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

Sheron Bender

Charley Jones

Colby Jordan

Ella McDaniel

Michael Pretty

Christopher Rogerson

Kenneth Spivey

Estelle Surles

John Taylor

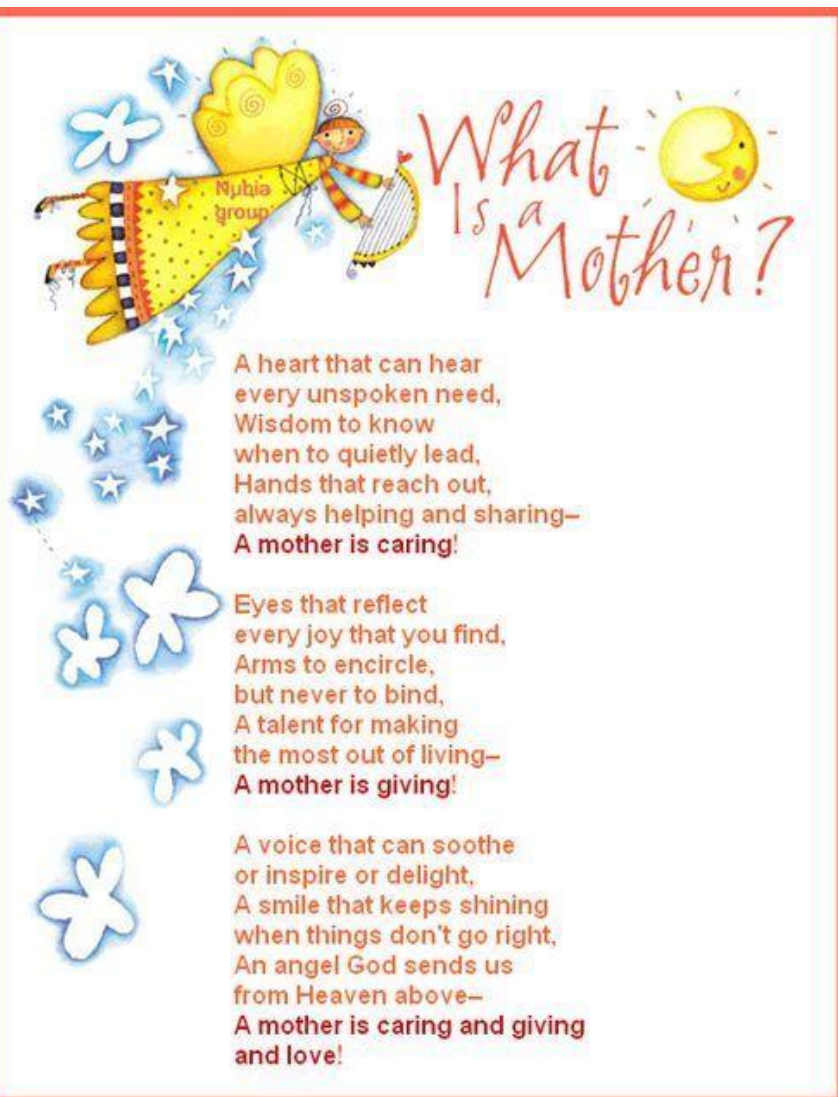
Greg Thornburg

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.