

Food for Thought

1075 General Newsletter



Nutrition · Education · Connection

July 2024

Vol. 6 No. 3

Executive Director's Message

We love turning the calendar to the month of May. Many of the projects we have been working on the previous months have come to fruition.

Share, Connect and Love are our words for 2024. With this intentional focus, we are reminded to share the story, connect the dots for others and love unconditionally in this important work. Over the past couple of months, we have been working with Our State Magazine on an article. During that process, we asked our partners and clients "how are we doing?"

The response from a Food Pantry Client said she felt valued and honored when visiting the pantry. She is also a Leadership Jones graduate which has helped her understand the local government and increase her self confidence.

The response from a parent and Pollocksville Elementary School Principal commented that the volunteers from The Filling Station were well prepared and did a great job supporting the teachers. She also commented that overall the reading scores have improved because of our continued volunteer support. The parent commented how grateful she was to The Filling Station providing individual attention to help with reading.

It is feedback and stories like this that keep our team going. Being willing to have the conversations, toe to toe, eye to eye, heart to heart is the only real way to fill unmet needs as we serve the residents of Jones County.

What happened in May and June?

- Served 1424 households from the Food Pantry

- 967 Volunteer hours (food pantry, admin and facilities)
- Ham Radio Course certified 8 new technician licenses
- Hosted a Metabolic Reset Workshop
- Nutrition Education Classes held with N.C Cooperative Extension in the Teaching Kitchen - 9 participants
- Hosted American Heart Association for CPR/AED Info Session
- Mary Ann LeRay attended the Governors Medallion Ceremony in Raleigh
- Neuse River Bridge Run 1400 runners from 20 states
- Carolina East committed to Title Sponsor for the Perfect 10 Event to be held Oct 19th
- Attended the Chick-Fil-A Impact Accelerator Conference
- Hosted The Epiphany School of Global Studies "Love in Action" program
- High School Seniors volunteering 270 hours in May
- 5 students from Pollocksville Elementary School benefit from The Filling Station tutoring program
- Welcomed Becky Vanzant from American Heart Association to be on site providing CPR/ Blood Pressure/Heart Health education to our clients
- Major repair on the 100 foot radio tower which supports communication in the event of a natural disaster. Made possible through a partnership with Jones Co Emergency Services

Continued on p. 2

Mary Ann's Column Continued

- The Filling Station was closed in honor of National Day of Prayer on May 2, 2024 - several board members participated in the countywide event

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 resi-

dents 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

Introducing Filling Station Board Member Judge Chris Rogerson

Judge Chris Rogerson is a Native of Kinston North Carolina. He graduated from Kinston High School in 1989. After High School he attended college at Campbell University. Judge Rogerson was a Summa Cum Laude graduate at Campbell and received his Bachelor of Arts Degree in Government in 1993. He continued his education at Campbell and obtained in Juris Doctorate from the Norman Adrian Wiggins School of Law in 1996. Prior to becoming a District Court Judge, Chris was general law practitioner for 25 years. On April 1st of 2022, he was blessed and honored to be appointed by Governor Roy Cooper as a District Court Judge for the 9th Judicial District serving Wayne, Lenoir, and Greene Counties.

Judge Rogerson is a former president of the 9th Judicial District Bar and a 3-time president of the Lenoir County District Bar. During his practice as an attorney, he served 9 years as a board member for the Lenoir County SPCA. He is currently in his 22nd year of service as a board member and advisor with the Eastern Pregnancy Information Clinics of Lenoir and Craven County. He is an active member and board advisor at the First Pentecostal Holiness Church of Kinston. Judge Rogerson is excited to serve as a board member for the Filling Station and looks forward to serving the needs of Jones County and surrounding areas.



Jones County Celebrates National Day of Prayer 2024

The Filling Station closed on Thursday, May 2, 2024 in honor of the 71st National Day of Prayer. The Jones County event was held at the Jones County Civic Center. Thank you to Kyle Smith, County Manager, for your support in making the space available for residents to gather on the 1st Thursday in May to pray for our world. Thank you Jimmie and Tharesa Lee, for serving as coordinators for North Carolina. Thank you to Eileen Dove and Mary Ann LeR-ay for serving as county coordinators to bring the event to the county each year.

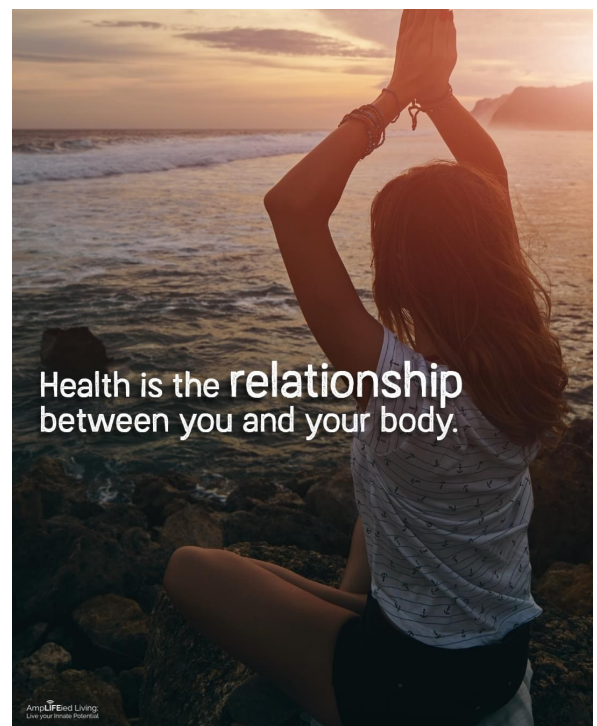
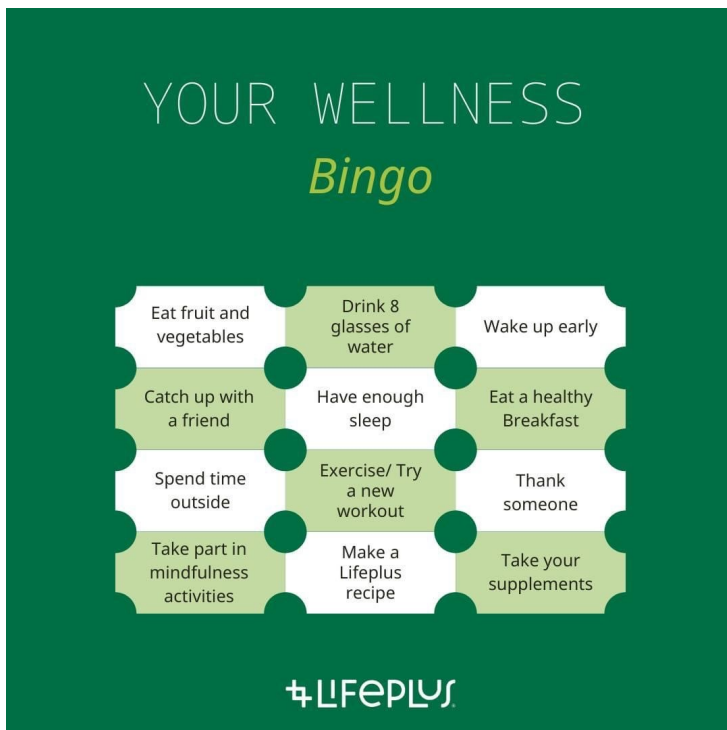
Thank you to Michael Pretty, Board Member of The Filling Station, for praying during the event.

For more information: <https://jonescountyprays.com/about/>



Nutrition Education Workshop

On May 23rd, we hosted a Metabolic Reset Workshop for anyone wanting to know more about how the metabolism affects our overall wellbeing. Todd Burrier, workshop instructor, shared the importance of cleansing, nourishing and refueling the body with vitamins and minerals. In his book, "3 Circles Living", highlights the 3 main areas of our life: Health, Finance and Relationships and when we have these priorities in order, our bodies function at optimal levels. Thank you to LifePlus Foundation for making this nutrition education possible. lifeplusfoundation.org



BCBS of NC Extra Mile Tour

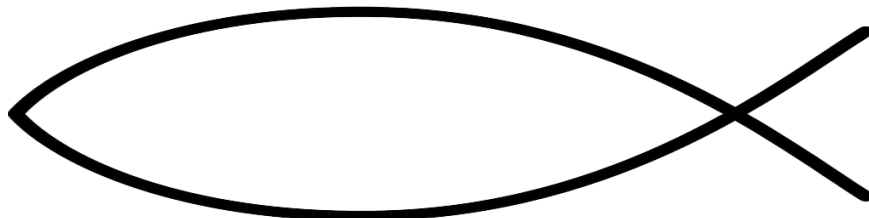
In September 2023, we hosted BCBS of NC for the Extra Mile Tour which was a community meeting with several key stakeholders and partners in Jones County. As a result of that meeting, The Filling Station was invited to apply for an opportunity for a Pro Bono Project with BSBS of NC employees. We were chosen as one of seven non-profits in NC to be part of this project. Our project was to review our tracking and database system and determine the efficiency. The BCBS of NC team highlighted some areas for growth as we continue to build capacity in serving the residents of Jones County. We are grateful to Johnny Jernigan, BCBS of NC Community Liaison, who has led this effort to benefit The



Filling Station. We are excited to announce the receipt of a \$10,000 grant from BCBS of NC to support the software and system enhancements. Link to the EXTRA MILE Tour Report: <https://online.fliphtml5.com/ojqqq/jxta/#p=15>

Jones County Residents Receive Governor's Volunteer Service Awards

Congratulations to the Jones County residents who received a Governor's Volunteer Service Award at the County Commissioner's meeting on June 3, 2024. Recipients included: Bobbie Jordan, Dale Nadeau, Darrell and Vickie Bell, Jones County Hunters Association, Luther Cox, Reece Carter, and Elwanda Oliver.





Education · Nutrition · Connection



**Jones County- A Perfect 10
October 19, 2024**

Becoming a Sponsor

DONATE



SATURDAY, OCTOBER 19, 2024 | 11AM-4PM

The Filling Station fundraiser

“Jones County – A Perfect 10”

Join us for a day of good country fun to raise funds and awareness of The Filling Station and our community.

TITLE SPONSORS



WE ARE “FILLING NEEDS”

Take this opportunity to show your support through monetary 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 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

OUR SERVICE PARTNERS



LENOIR
COMMUNITY COLLEGE





Become a Sponsor

THE FILLING STATION
invites you
TO BECOME A SPONSOR
OF “THE PERFECT 10” EVENT

\$2500—TRUE INSPIRATION SPONSOR

*Name and logo along with inspirational story highlight on website and Facebook Page
and logo on event sign located at each host site on the tour*

\$1000—MILE SPONSOR

*Name and Logo included on website and Facebook Page
Name/Company Logo displayed on Host signs*

\$500—CONNECTION SPONSOR

Name included on website and Facebook Page

\$250—TEN MILE FORK SPONSOR

Thank you on the website and social media

\$100—FILLING NEEDS SPONSOR

Thank you on the website and social media

SATURDAY, OCTOBER 19, 2024 | 11AM-4PM



Thank You for Becoming
a Sponsor

Name: _____

Address: _____

Email: _____

Phone: _____

Level of sponsorship: _____

Would you like to volunteer on the day of the event? ☐ Yes or ☐ No

Please email completed form: Fsdirector@fillingstation1075.com

Mail form with check to:

P.O. Box 222, Pollocksville NC 28573

*Deadline is September 15, 2024 to receive commitment
for media recognition*

- ☐ \$2500 True Inspiration Sponsor
- ☐ \$1000 Mile Sponsor
- ☐ \$500 Connection Sponsor
- ☐ \$250 Ten Mile Fork Sponsor
- ☐ \$100 Filling Needs Sponsor

SATURDAY, OCTOBER 19, 2024 | 11AM-4PM

Chick-fil-A Impact Accelerator Conference



Thank you Chick-fil-A IMPACT ACCELERATOR Conference..... where over 700 non-profit leaders gathered for a one day event to learn and hear from leaders in building sessions on topics of:

Strategic marketing, leadership, innovation in programming, financial planning, and telling your story. Mary Ann LeRay, ED and Marcy Hoffman, Administrative Coordinator attended this online conference in April 2024 - Another wonderful opportunity extended to The Filling Station as a True Inspiration Grant Recipient

Chick-Fil-A partners with Plywood People to bring this annual conference connecting non profit organizations from all over the country.

More information video: <https://www.youtube.com/watch?v=Vrk2u4N9cfE>

NC Food Banks Seeing Drastic Increase In Need For Food & Resources

Press release from Food Bank of Central & Eastern NC:

Food Banks across the state of North Carolina announced today that they are seeing a drastic increase in need for food and resources from neighbors experiencing hunger following the February 2023 end to Supplemental Nutrition Assistance Program (SNAP) emergency allotments. In the 34 counties served by the Food Bank of Central & Eastern North Carolina (the Food Bank), our partner agencies saw an increase of 24% in the month of March over those served in January, a trend that is anticipated to continue as benefits expire and inflation continues to cause financial strain. The Food Bank's network of partner agencies

are serving approximately 80% more individuals with food and resources than pre-COVID-19 pandemic.

With food bank funding still in negotiation as part of the General Assembly's budget process as well as proposed cuts to federal nutrition programs in the United States congress, food banks across the state of North Carolina are shoring up resources to continue serving the community. "The North Carolina food banks are incredibly thankful for support entrusted in us to do the work of hunger relief in our state, and work as good and efficient stewards of the resources we receive," said Mike Darrow, Executive Director of Feeding the Carolinas. [Click here](#) to read full article.

Neuse River Bridge Run 2024

Neuse River Bridge Run 2024 was a HUGE success with over 1400 runners from 20 different states. It has been a privilege to work along with 5 other non profit organizations to bring this historic event to New Bern. We are committed to bridge communities, fill the gaps and making intentional connections for a better world.

Special thanks to all the Neuse River Bridge Run 5k Sponsors and The Filling Station for their support in our Jones County NC Recreation Elementary School Run Team! 16 Students and 7 Adult Run Chaperones participated this year.



Above L: Jones County P&R Elementary School Run Team

Below L: Mary Ann LeRay, ED at Filling Station Display



Above R: Linda Stauch and Tom Bratten

Below R: Marcia Johndrow and Margaret Ross

Neuse River Bridge Run 2024—More Photos



L: Gary Kenefick, NRBR Committee Chair and Tom Bratten Community Supporter

R: Mary Ann LeRay, ED and husband Jeremy, photographer

What To Do With the Veggies in My Food Box?

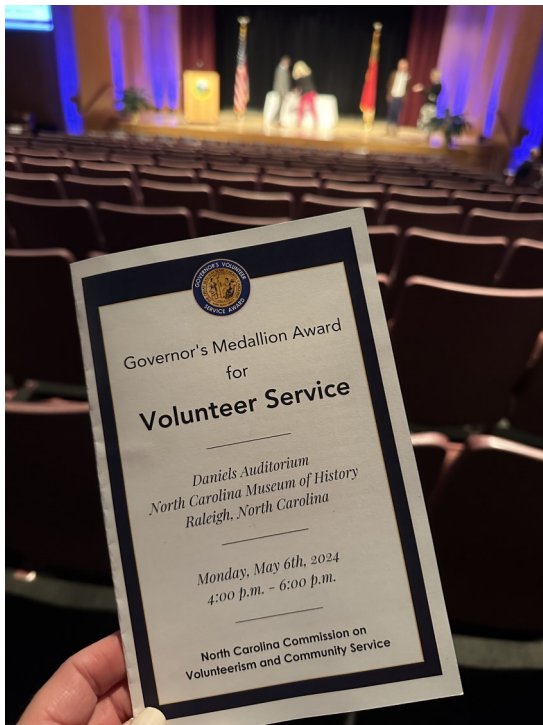
Thank you Brenda Hall, Master Gardener and creative chef, took the ingredients in the food box from Tuesday and created 3 fabulous recipes for clients and volunteers to sample. "When you feel better, you do better." So grateful for smart and talented volunteers who support the mission.



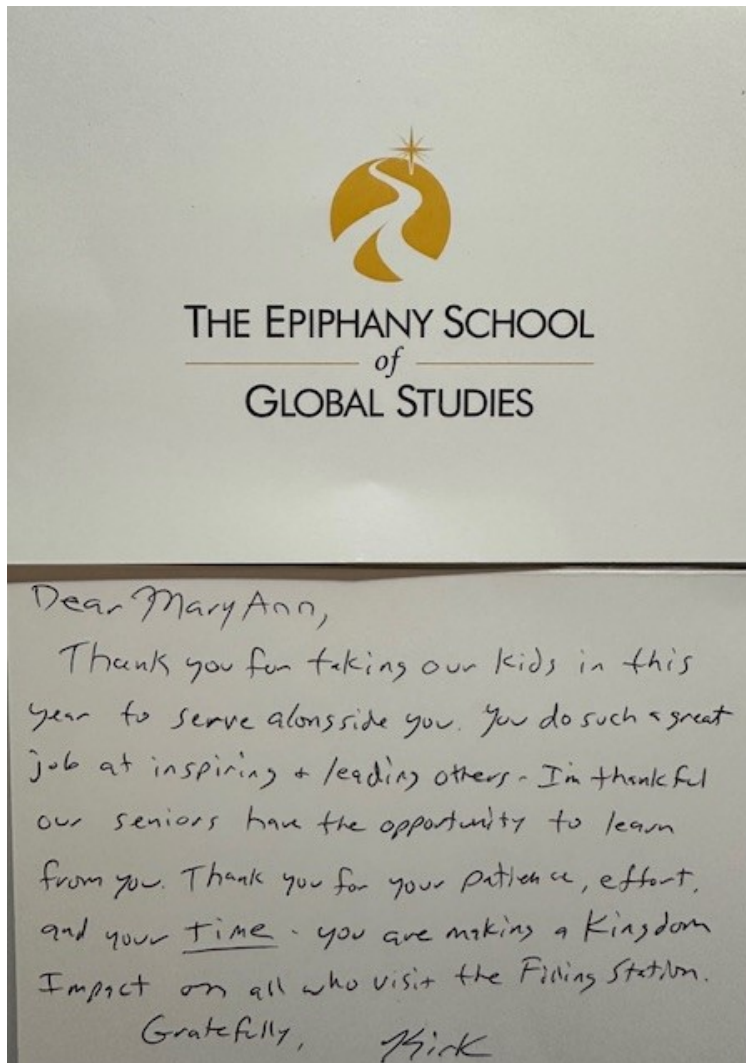
NC Commission on Community Service and Volunteerism

Mary Ann LeRay, Executive Director of The Filling Station and Commissioner for NC Commission on Community Service and Volunteerism, attended the Medallion Ceremony at the NC History Museum in Raleigh in May. This ceremony honors volunteers throughout the STATE of NC and their commitment to their communities. "As a commissioner, it is an honor to serve on this commission working to highlight the great work of Jones County residents," says Mary Ann LeRay.

Photo 1: Donna Atkinson, Marketing and Media, Governor's Commission Photo 2: Briles Johnson, Executive Director for the Commission



The Epiphany School of Global Studies Helps Out



Thank you to Ed Jekel, Facilities Manager, for overseeing the monthly scope of projects to be completed during Love in Action Month with The Epiphany School of Global Studies.

In preparation to build the NEW warehouse, the students dismantled the shed on the back half of the property. The wood, roofing, siding and concrete is being used for projects in the community. The outside of the building was painted, removed old HVAC drains and obsolete alarms and piping. Landscape debris was cleaned and pruned along the side street
(continued on next page)

The Epiphany School of Global Studies Helps Out (continued)

Students power washed the building, repaired the fence and organized projects. The food pantry was organized and received a deep clean. Several students served during food distribution allowing them the opportunity to welcome clients. The students served 270 hours!



Feedback from the Tutoring Program

Joan Knight, Tutor Program Lead

While visiting New Zealand schools, I learned a new term for struggling readers: "tangled". Students don't all have the same needs, so it is my job to find where their tangles are in order to untangle them.

This is my 6th year of tutoring at Pollocksville Elementary. This year I worked with three kindergartners with various needs including family issues that caused many absences. All three ended at grade level. I also worked with two first graders one of whom only spoke English at school. Both children ended at grade level and increased confidence.

The principal, secretary and teachers are all welcoming and appreciative of the extra support our tutoring provides. It is a mutual benefit for the kids and me!

Polly Pollock Whitehead, Volunteer:

I worked with four littles total. I tutored three in first grade and one in Pre-K.

My Pre-K student started school with no Pre-K skills, no letter recognition and sounds, no number recognition and counting objects up to 10, no colors, no shapes, and had never held a pencil. He could identify all of the letters of the alphabet and their sounds and name a word that began with the given letter, identify his numbers to ten and count a given set of objects up to ten, knew all shapes and colors, and write his first name by mid May. I am so proud of his progress, and all of his hard work paid off. This student was named the most improved student in Pre-K.

My first graders both made above grade level. I tutored them from the start in reading and handwriting. They were both below grade level in Reading when we began, with one student speaking very few words of English. They both made amazing progress.

I retired from teaching in 2017, and I had missed working with my littles. Tutoring for the Filling Station at Pollocksville Elementary gave me the opportunity to give back to my community and help those precious littles with the skills they needed. I can't wait to continue tutoring in the fall.



Above: Stella Downs, Principal for Pollocksville Elementary School, and a parent sharing how helpful the tutoring program has been for their students.

Below: Joan Knight, Polly Whitehead and Dianne Bell Volunteers for The Filling Station serving the schools



Food Pantry

Food Pantry Distribution - Tuesday and Thursdays 8:30-10 AM Did you know that only 4-5% of the clients visit the pantry every Tuesday and Thursday?

Did you know only 31% visit once a month?

In the month of May, we served 245 unduplicated households and 31 new clients applied for service.

Photo 1 : Edna Murrell and Cynthia Kinsey
photo 2: Boxes are ready for distribution
photo 3: Thank you Jimmy Bender, Food

Pantry Director, and Reece Carter, volunteer for picking up the retail donations from Harris Teeter in New Bern - made possible through the Food Bank of Central and Eastern NC Photo 4: Welcome American Heart Association! We are excited to host a Heartcorp member, Becky Vanzant, to serve with us for the summer.

Thank you Margaret Sharp, Community Engagement with AHA, for your support.

Photo 5: Food Pantry volunteers working on the Perfect 10 Mailing to our database.



Ham Radio Education

New Bern Amateur Radio Club, a lease partner, is providing Ham Radio education - Spring and Fall Session. 8 individuals took the course and received their Technician license. Thank you to Pete Wene, retired Air Force, for volunteering to lead these courses to equip, empower and educate in-

dividuals to provide critical communication during a disaster.

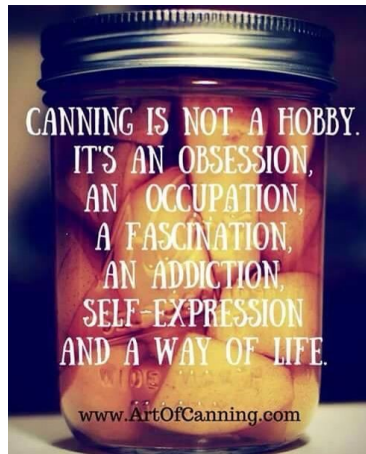
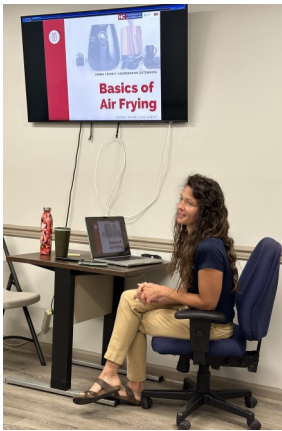
Thank you to Jones County Emergency Management for partnering with us on this education and infrastructure.

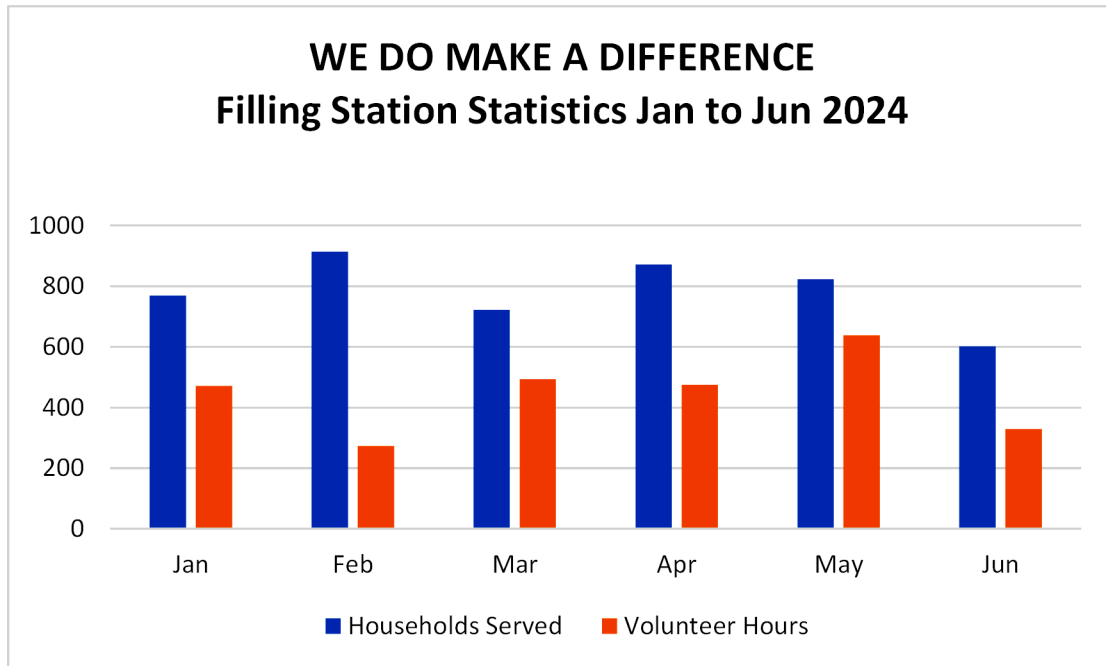
Photo 1: classes met for 7 weeks on Sat



Food Preservation Classes

Food Preservation Series classes in April and May 2024 Sarah Ware, NC Cooperative Extension, Jones County, hosted this series teaching Dehydration, Air Frying, Drying Herbs, Pressure Canning - learning the art of preserving and enhancing flavors in every bite. nine participants attended this series. Here are some pictures.





June: Food Pantry closed last week due to camp.

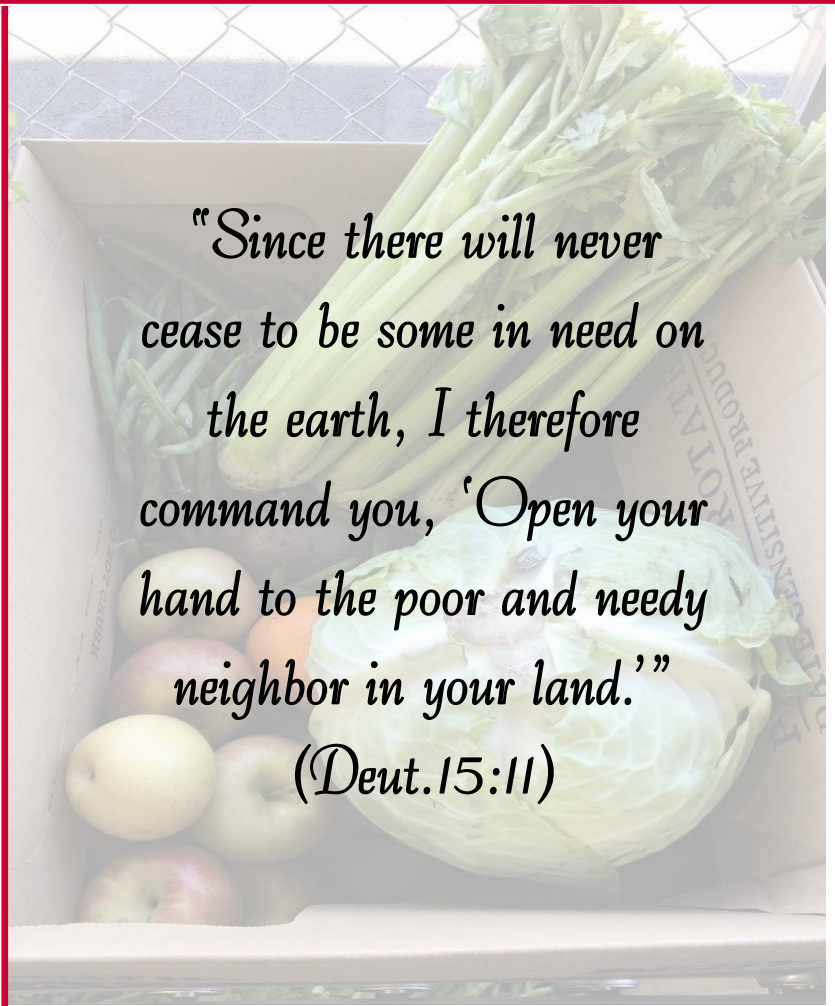
Supporters



Always nice to have our supporters stop by for a visit! Robert and Sally Butler from Raleigh, NC (ncpressrelease.org) They wrote an article that circulated the globe. Archive link 2023:

<https://ncpressrelease.org/small-north-carolina-nonprofit-receives-big-award>

"Since there will never cease to be some in need on the earth, I therefore command you, 'Open your hand to the poor and needy neighbor in your land.'"
(Deut.15:11)





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

221 Main Street
Pollocksville, NC 28573

252.224.1127

info@fillingstation1075.com

<https://fillingstation1075.com/>

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

“Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.”

~John Wesley
(1703-1791)

Intentional conversation builds bridges of hope.

“The tongue has the power of life and death, and
those who love it will eat its fruit.”

PROVERBS 18:21

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.