

# Food for Thought

1075 General Newsletter



Nutrition · Education · Connection

September 2024

Vol. 6 No. 4

## Executive Director's Message

Summer at The Filling Station has been filled with Nutrition, Education and Connection! First, we hosted a Dance, Art and Music Camp with Kono Gnaga from Mali, Africa. The name of the camp "Filling Young Arts with the Arts". Solo, lead dance instructor, along with two professional drummers from 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 painting "what you see" plein air style, painting pottery and decorating gourds with colorful beads to be used in with dance. For the 4th year, NC Symphony brought Music Education and shared various instruments with over 100 community members, children from Pollocksville Presbyterian Child care and Jones County Recreation summer camp and parents. The children were treated to delicious, healthy lunches by Sarah Ware, N.C Cooperative Extension, who led cooking class, Geraldine Eubanks, Eileen Griswold, Cypress Creek Church and Brenda Hall. It is always wonderful to see the Teaching Kitchen in action during this wonderful week of camp. Thank you to Polly Whitehead, Noreen Jekel, Ashley Andrews, Kate Ladner for volunteering to lead the camp. Thank you to Kit Jordan, art director, for leading the projects. Thank you Judy Hills for the beautiful photography this week.

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 annual training held at the New Bern Chamber of Commerce. The various working sessions consisted of reviewing the feedback from the organizational surveys, stakeholder interviews and client focus groups. The board of directors reviewed the 2022-2025 Strategic Plan and made a couple of revisions. 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".

Back to School Bash - this is the 4th year The Filling Station has served on this committee with Jones County Recreation bringing this back to 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. 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 7 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

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## Mary Ann's Column Continued

with New Bern Amateur Radio Club and Jones County Emergency Management. The next level course will kick off Oct 12, 2024 : <https://fillingstation1075.com/amateur-radio-license-class-information/>

Leadership Jones is kicking off Cohort 4 on September 23, 2024. Thank you to Jones County and many other organizations for recommending staff to take this local leadership training. This leadership academy has been made possible through funding from Chick-Fil-A and State Employees Credit Union. The application period is open until September 5th. If you know of anyone who works and/or serves in Jones County, this is an incredible opportunity. For more information: <https://fillingstation1075.com/leadership-jones-grassroots-leadership-academy/>

Over the last 9 months, The Filling Station has served as a host site for 2 AmeriCorp members. This position played an important role in expanding the awareness of heart health in Jones County. We partnered with Jones County Recreation, Neuse Regional Libraries, Jones County Health Dept. on specific events and activities to connect with Jones County residents. The Filling Station now has a self monitoring blood pressure station, AED machine, and is working on completing a Cardiac Response plan with the support of American Heart Association.

After receiving the news from GoldenLEAF foundation in December 2023, we began working on the process of procurement of funds to build the new warehouse behind the main building. On August 15th, we received the first distribution to order the building and plans are moving along. Thank you to Ed Jekel, Facilities Manager, John Taylor, Facilities Committee Chair

and Marcy Hoffman, Administrative Coordinator for hard work on this project.

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 19th, from 11 am - 4 pm to raise awareness and funds for the mission: <https://fillingstation1075.com/jones-county-a-perfect-10-event/>

Our Goal is \$60,000 and we are on track to hit the mark due to the challenge grant from Anonymous Trust. If you haven't donated to The Filling Station in the last 18 months, your donation counts DOUBLE.

Also, on October 19th, the Town of Pollocksville will be hosting an event "Pollypoolza" at the Pollocksville Elementary School. We are excited to share Oct 19th to offer a wide variety of activities for our community and tourists to enjoy.

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*





## Annual Board Training | New Bern Chamber of Commerce

— July 2024 —

**Front row:** Carol Mattocks, Board Advisor, Bobby Darden, Willie Smith, Mary Ann LeRay

**Back Row Left:** Greg Thornburg, John Taylor, Estelle Surles, Emily Andrews, Colby Jordan, Christopher Rogerson

**Back Row Right:** Kenneth Spivey, Michael Pretty, Charley Jones, Sheron Bender, Ella McDaniel, Ellis Banks

**Board Members not pictured:** Clyde Murphy, Jr., Beverly Collins

### The Filling Station Board Member: Kenneth Spivey, Sr.

My name is Kenneth Spivey Sr. born July 28, 1960 in Chicago IL. I graduated from Dunbar Vocational High School June 12, 1978. I joined the United States Marine Corps June 15, 1978, and retired year of 1998 with 20 years of service. I received a Navy and Marine Corps Commendation Medal, Good Conduct Medal, National Defense Medal, Marine Corps Expeditionary Medal and other ribbons. I moved to New Bern and started working at the Department of Social Services and retired with 24 years of service, January 1, 2024. I obtained a B/S Management/Human Resources and MSA-Master of Science Administration. I am married to Wanda Cooper Spivey from Florence N.C. We have been married for 20 years. I am a member

of Christian Faith Assembly in Trenton, N.C. Pastor Charlie Dunn Jr. is my Pastor, and I am a Board Chairperson, Sunday School teacher and musician. Pastor Dunn recommended me to be a board member of The Filling Station Board of Directors.



I have served my country and community for a combined total of 45 years.

Serving as a Filling Station Board Member gives me the opportunity to apply my skills and to be a part of a spiritual and all-embracing team that has a vision, mission and goals serving the residents of Jones County. "To God be the Glory."

## All the News that's New

We are honored to partner with [Jones-Onslow EMC](#) on delivering these messages from our youth in the community. Thank you [N.C. Commission on Volunteerism and Community Service](#) for your support in welcoming a Governor's Page from [Jones County NC](#) during the week of July 15, 2024

The August episode of our Flippin' the Switch Podcast is here, and it's one you won't want to miss! This month, we're shining a spotlight on three incredible area high school students who embarked on the adventures of a lifetime this summer.

Tune in to hear their stories and learn how these experiences have influenced their perspectives and goals. Whether through travel, special programs, or unique opportunities, these students had a summer that made a lasting impact on their lives. Listen now and be inspired: <https://joemc.com/news/podcasts-2/>

Gary Kenefick, Committee Chair for Neuse River Bridge Run, delivers a check for \$14,300 to The Filling Station to fuel the mission. The Filling Station is one of 6 non profits who bring the Neuse River Bridge Run to New Bern each May. For more information: [bridgerun.org](http://bridgerun.org)



Thank you Duke Energy for the amazing volunteer hours from committed employees this summer.



## Filling Young Hearts With Art Summer Camp

Parents, board members, partners and volunteers, over 100 in attendance, visited The Filling Station when NC Symphony came with Music Education and a special performance by Kono Ggana and campers.



# Filling Young Hearts With Art Summer Camp



## Summer Camp Cooking in the Kitchen

Thank you Brenda Hall for cooking a special lunch for parents, children and staff during the camp.



## Thanks Partners!

Thank you N.C State University for inviting us to partner with you on a recent resilience project: [Click here](#) to see website.

Thank you American Heart Association for partnering with The Filling Station on an Americorp program and supporting our campus with a self monitoring blood pressure station and CPR education.



## More Thank You's!

Thank you Rachel Fisher and Jane Peele for volunteering to support our Food Pantry clients in creating beautiful, inspirational cards placed the food boxes.



Thank you Geraldine Eubanks, Volunteer Coordinator, Jimmy Bender, Food Pantry director, Allen Harriett and Reece Carter, volunteers who make the food pantry run so smooth.



Volunteer Training and Orientation in July Thank you Sheron Bender, Board Member, for leading volunteer orientation.



Thank you New Bern Chamber of Commerce for the beautiful meeting space to hold our Annual Board Training



Thank you Shady Grove Methodist Church for your volunteer support each month in the food pantry.





## More Thank You's!

Thank you Murphytown Seafood and BBQ for partnering on the Summertime Lunch Pop Up to raise \$1500 to fuel the mission.



Thank you Brenda Hall for preparing yummy samples from the ingredients in the food boxes. Tomato Pie, Roasted brussel sprouts and strawberry cucumber salad. The clients visiting the food pantry received a "to go box" of these wonderful samples along with a recipe.



Thank you Wendy Fisher for donating the beautiful caladiums which are planted in front of The Filling Station.



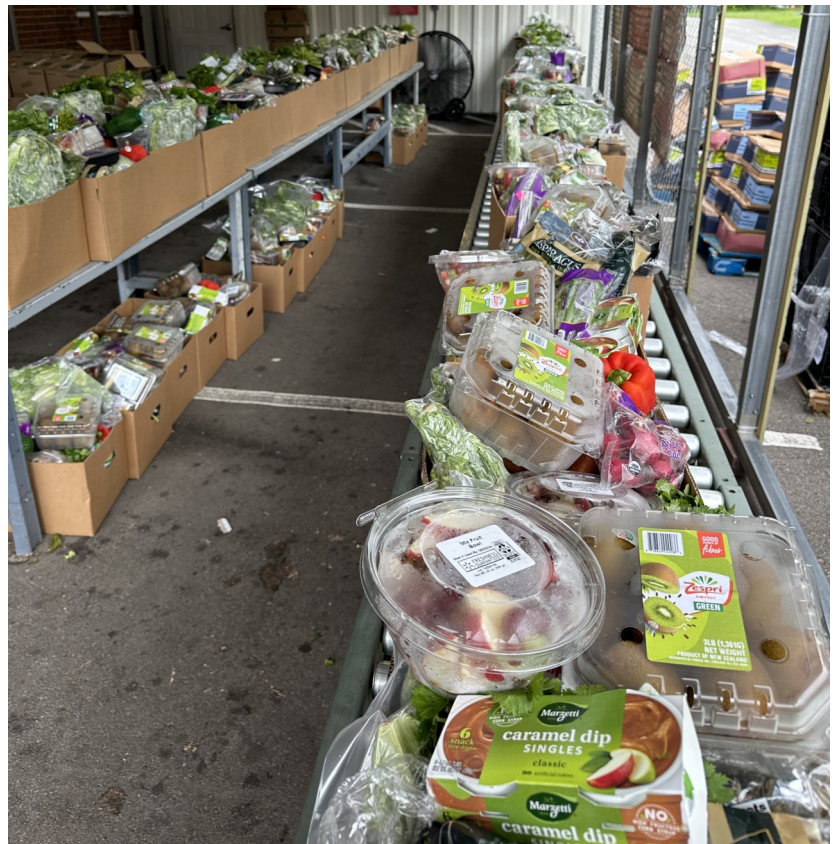
**"Lord God, Heavenly Father, bless us and these Thy gifts which we receive from Thy bountiful goodness, through Jesus Christ, our Lord. Amen"**



## Preparing for Storm Debby

On August 6th, Food Bank of Central and Eastern NC called us and asked if we would be willing to receive extra supplies to distribute since the storm was approaching. Over 17,000 pounds of food and supplies were delivered on that Tuesday morning. Due to the generous support of our donors, partners and volunteer teams, we were able to say YES when called upon. Over 400 individuals received additional items.

Did you know? The Filling Station is now designated as a certified disaster relief response partner with the Food Bank of CENC and State of North Carolina?



Thank you to the many volunteers who serve in keeping our Food Pantry clean and organized. Pictured here: Daena Hoey, Tanisha Hobbs, Deborah Murphy, Angela Paige and Diane Haddock. Thank you Sharon Bender, Board Member and Food Pantry volunteer for overseeing this important work.



## Back to School Bash

Thank you Coastal Carolina Church for bringing your volunteer group to help us pack the 250 backpacks to be handed out at the Back to School Bash. We are grateful to our Board of Directors who consistently serve at community events.



# JONES COUNTY Heritage Festival

UNEARTHING OUR PAST...CULTIVATING THE FUTURE

**Friday, September 27th, 2024 | 7PM-10PM**

**& Saturday, September 28th, 2024 | 9AM-4PM**

**Jones County Civic Center | 832 NC Hwy 58 S, Trenton, NC 28585**

**Amusement Rides · Heritage Skill  
Demos/Activities · Concert · Food/Other Selling  
Vendors · Local Entertainment · Kayaking & more!**

**The Band Of Oz Concert starts at 7PM on Friday!**

**with Opening Acts Patrick Bliss & Michael Schott**

**Tickets available now: Advanced - \$10 & At The Door - \$20**

**Festival is FREE to attend!**

**Overflow parking at Jones Senior High School (1378 NC Hwy 58, Trenton, NC 28585)**

**FREE SHUTTLES AVAILABLE!**



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: Jacob Morgan at [jacob\\_morgan@ncsu.edu](mailto:jacob_morgan@ncsu.edu) or 252-448-9621. Requests can be served more effectively if notice is provided at least 10 days before the event.

[www.jcheritagefestival.com](http://www.jcheritagefestival.com)



**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](mailto:Fsdirector@fillingstation1075.com)*

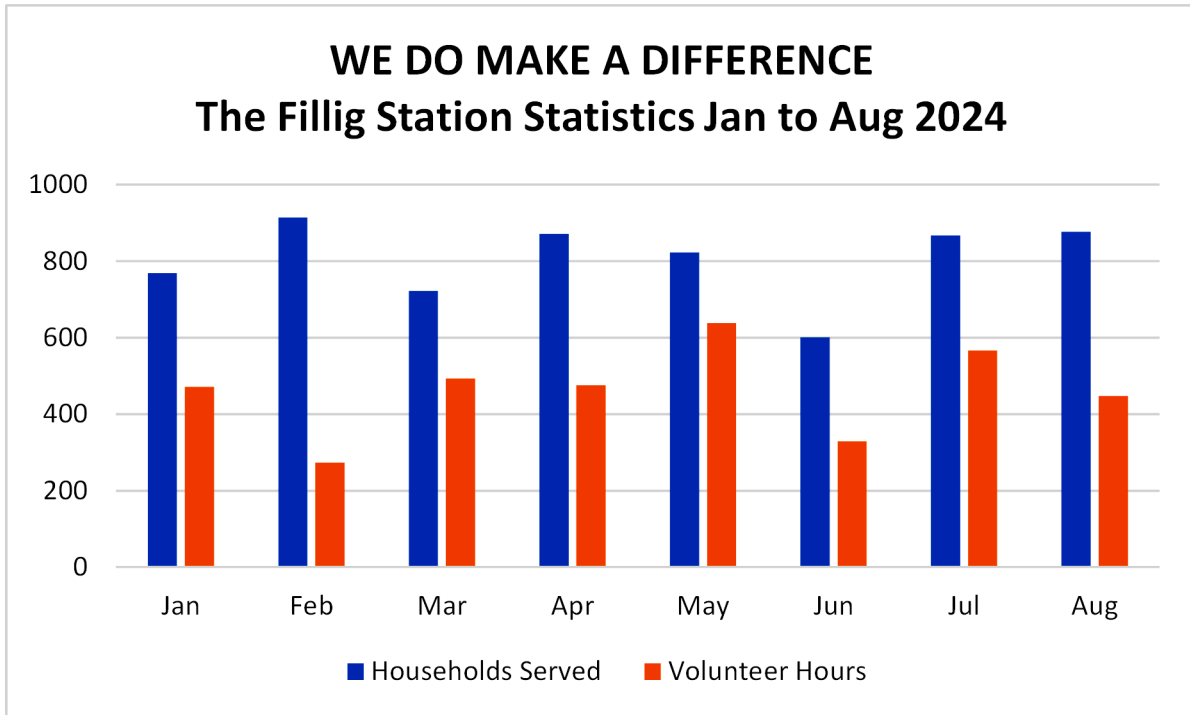
*Mail form with check to:*

*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**



June: Food Pantry closed last week due to camp.



### AMATEUR RADIO LICENSE CLASS

The Fillig Station in partnership with the New Bern amateur Radio Club will be holding a Ham Radio Licensing Class for the General Class License. It is recommended that students hold a current Technician Class License. The Class is open to all ages and will prepare the students for the FCC Elements 3 exam, General Class. As with all current FCC Amateur Radio License there is NO Morse Code required. The course covers regulations, operating practices, electronic theory and safety.

The class is FREE but the student should purchase the ARRL Ham Radio License Manual 10th Edition Study Guide for the General Class license. The Study Guide can be purchased from Amazon or the ARRL book store at [www.arrl.org](http://www.arrl.org).

**KICKS OFF:**  
SATURDAY, OCTOBER 12TH  
8-WEEK COURSE

OCTOBER 12, 19, 26  
NOVEMBER 2, 9, 16, 23, 30  
10 AM - NOON



Please scan this QR Code or go to this link to Pre-Register for the Course:

All classes will be held at the Fillig Station,  
221 Main Street, Pollockville, NC.



# Backpack Blessings

THESE NEW BACKPACKS WERE PACKED WITH LOVE AND PRAYERS FOR A GREAT SCHOOL YEAR.

This project is possible through a partnership with the Neuse River Bridge Run which serves our community by promoting a healthy, active lifestyle and through its financial support of community organizations.

*Special Thanks to Jones County Businesses and Jones County Parks and Recreation for funding and participation with the 2024 Bridge Run.*

Jones County was well represented with the volunteers, registered runners, and sponsorships. Thank you to the Jones County Sponsorships: AB's Gravel Driveways, Bender-Novak Heating and Air, Copy and Print Warehouse, CopyPro, Charles and Taffy Jones, Cypress Creek Renewables, J&J Contracting, Kincaid and Purvis, Mike's Custom Cabinets, Pollockville Rotary Club and Wade & Associates. Thank you to David Mallard and Summer Koonce, Jones County Recreation, for promoting and leading a running group from the Jones County Public Schools.

**MARK YOUR CALENDAR FOR NEXT YEAR:**  
**MAY 2 & 3, 2025 FOR THE NEUSE RIVER BRIDGE RUN**  
We invite ALL of Jones County to participate with your time, talent and treasure. [More information: bridgerun.org](http://bridgerun.org)







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](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

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

# FALL INTO FELLOWSHIP



1. DONATE WINTER CLOTHES
2. TAKE SOMEONE A MEAL
3. BRING A NEIGHBOR SOME FALL TREATS
4. INVITE A FRIEND TO THE PARK
5. COLLECT KID-FRIENDLY HYGIENE SUPPLIES FOR YOUR LOCAL FOOD BANK
6. SEND A CARD TO A FAMILY MEMBER
7. CLEAN-UP TRASH AROUND THE NEIGHBORHOOD
8. RAKE LEAVES FOR AN ELDERLY NEIGHBOR
9. GIVE GENTLY-LOVED BOOKS TO A 'FREE LITTLE LIBRARY'
10. PRAY FOR YOUR FRIENDS, FAMILY, AND NEIGHBORS



SHOW US HOW YOU'RE LOVING OTHERS WELL ON SOCIAL MEDIA #FALLINTOFELLOWSHIP

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.