



Nutrition · Education · Connection

General Newsletter

“Food for Thought”

May 2025

Message from the Executive Director

Our theme for 2025: Celebrate, Laugh, Rest

Celebrate Service

Laughter is good Medicine

Rest in Him

These words are used as a fresh filter for the mission. It is important to always celebrate the opportunity to serve, remind ourselves that laughter is the best medicine and to rest in our heavenly Father to lead us in this great work.

NEW to the **Teaching Kitchen** - Healthy for Living Cooking Class led by Dr. Lisa Yanni, DC from Trenton. Each month, Dr. Yanni meets with 10 of her patients and shares nutrition education on how to heal your body. We are grateful for the United Way of Coastal Carolina grant to help support this program. The videos from these sessions can be found [here](#).

The Food Pantry continues to assist in filling needs here in Jones County. Each week we are serving residents from Pollocksville, Trenton, Maysville, Comfort, Long Point and a few from surrounding counties. Partners such as Jones County DSS, Jones County Schools and church partners make referrals to bridge gaps for clients. Our March & April data report shows 1% of all households visit each time the food pantry is open and 35% of households visit once a month. These are individuals/households registered with The Filling Station.

The NEW Warehouse is almost complete. We are looking forward to hosting a ribbon cutting ceremony this summer and sharing this milestone with Jones County. We are grateful to Goldenleaf Foundation and Harold Bate Foundation for their generous support in making this project a reality.

New Bern Amateur Radio Club, our in-house partner, hosted a Ham Radio education for 8 weeks and 22 people now hold their technician license. We are partnering with Jones County Emergency Management to provide this important education. Check out this video to learn more about WHY Ham Radio is important:

Hurricane Helene and Ham Radio

The NEW Recording Studio opened in March! We are excited to be able to bring our new podcast each week. In these episodes, we are interviewing partners, supporters and volunteers who have been part of building The Filling Station. The studio provides the infrastructure to record the Nutrition Education classes and make them available to a broader audience.

Please visit our [website](#) to listen to all the podcast interviews.

Leadership Jones...grassroots leadership academy graduation was held on April 25th at the Maysville Community Building. Thank you Schumata Brown, Town Manager, for your continued support. We are grateful to Chick-Fil-A, State Employees Credit Union, Duke Energy, LifePlus Foundation and the church partners for making this leadership training possible in Jones County. Thank you to Tharesa Lee, Intentional Excellence, for leading this program with 44 total

Continued on p. 2

Column Continued

graduates in 2 years. When we kicked off this program in February 2023, our goal was 30 graduates by August 2025. The need is great for "At the Table" training and we look forward to continuing to do this great work. "Bridging Communities" makes us stronger.

When you read this recap, the **Neuse River Bridge Run 2025** will be over. This event helps to keep The Filling Station "running" as we raise awareness and funds. Over 1600 runners from 25 states participated in this event. We are excited that Jones County Recreation supports this event training with the students to get involved for their health and give back to local nonprofits. Thank you David Mallard, Director of Jones County Recreation. A BIG THANK YOU to Cypress Creek Renewables for being the Title Sponsor for the 2025 Neuse River Bridge Run!

Nutrition, Education and Connection for the residents of Jones County . . . all made possible as we stand on our Core Values as stated in our 2022-2025 strategic plan:

CHRIST FOCUSED
EQUIP
EMPOWER
ENCOURAGE
EDUCATE

So looking forward to connecting in the coming weeks to share more stories on how your support makes a difference.

Mary Ann LeRay

Executive Director
The Filling Station, Inc.
"Nutrition, Education and Connection"

fillingstation1075.com

252-224-1127

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



Remembering Erik Dyke



We share our sympathy with North Carolina Symphony upon learning the heartbreaking news of the passing of Erik Dyke, a cherished musician of the Symphony. Erik joined the double bass section of the North Carolina Symphony in 1978, and during the past 40+ years left his mark on the hearts and minds of Symphony patrons, young and old.

What a blessing to have crossed paths with this great man who loved music and teaching at the summer camp here on campus. He will be greatly missed.



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Leadership Jones

Building even a greater Jones County!



Thank you Tharesa Lee for leading Leadership Jones Cohort 5.

Many thanks to [Chick-fil-A](#) for leading the way in 2023 with funding, then

[SECU Foundation](#) for 2024 and now [Duke Energy](#) along with church partners making 2025 a possibility.

Additional sponsorships available for 2025.

Email

fsdirector@fillingstation1075.com

for more information

A GRASSROOTS LEADERSHIP ACADEMY

2025

Leadership Jones
*Making Connections
 Empowering people
 Building Places
 Engaging Resources*

LEADERSHIP JONES
 A GRASSROOTS LEADERSHIP ACADEMY

A PLACE AT THE TABLE
COHORT 5

FILLING STATION
 Pealin 1075

CHICK-FIL-A
True
 INSPIRATION AWARDS

www.fillingstation1075.com

SECU Foundation
 PEOPLE HELPING PEOPLE

INTENTIONAL EXCELLENCE

A PLACE AT THE TABLE
 with Tharesa Chadwick Lee
PROGRAM DIRECTOR
 Certified Masterful Facilitator &
 Content Creator

A leader is one who knows the way, goes the way, and shows the way." — John Maxwell.



Mayor Bender with the Town of Pollocksville speaks with Cohort 5.



Amazing to hear what goes on behind the scenes for us to enjoy "power". Great conversations around the table with Duke Energy.

A full day...a full agenda...including lunch from Ghent Sandwich Shop, a family diner.

Leadership Jones (cont.)



- **Consensus Building**
- **Conflict Resolution**
- **Branding**
- **Servant Leadership**



Thank you [Grilling Buddies](#) for



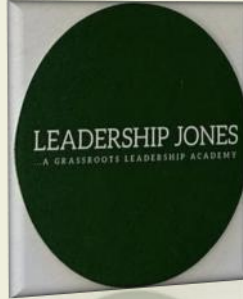
Thank you [Lifepius Foundation](#) for sponsoring a session in Cohort 5



Leadership Jones (cont.)

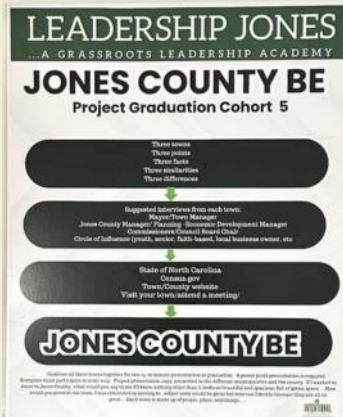


Dr. Michelle Eley, North Carolina A&T/NC State Cooperative Extension.



Great to welcome John Bender and Sissy Mills Jones County NC to speak with Cohort 5.

GRADUATION



Congrats to Cohort 5

- Wendy Winslow
- Robert Brock
- Shelby Morse
- Kayley Merritt
- Dawson Rule
- Nicole Jenkins
- Amy Moody



Thank you!

Town of Maysville for hosting

Chick-fil-A of New Bern, State Employees' Credit Union foundation, Duke Energy, Lifepus Foundation, and our church partners.

Dr Michele Eley, NC Cooperative Extension/NC A&T for sharing her appreciation to The Filling Station for embracing this leadership training. Sissy Mills, Jones County Emergency Services Cohort 3 for sharing your remarks at the celebration.

Theresa Lee for leading this leadership training at The Filling Station.

Facilities

Warehouse



The New Warehouse is nearing completion. It will be fully operational by early summer.

Thank you for making this possible:

- ◆ Goldenleaf Foundation
- ◆ Bate Foundation
- ◆ Duke Energy
- ◆ Our church partners



Ed Jekel, Facilities Manager and Marcy Hoffman, Admin Coordinator, overseeing project.

Thank you **Romero Electric** for helping with the wiring on the new warehouse.



Thank you Duke Energy, Carolina Handling, as well as the Town of Pollocksville and Jones County NC for your support.

Facilities



Great to welcome Cat and Mitchell from Food Bank of Central & Eastern North Carolina Raleigh branch. Excited we passed our compliance interview thanks to the great work of Clyde Julia Murphy running the CSFP program for Seniors 60 plus. We appreciate your support and partnership as we are working together in building the new warehouse to accommodate our capacity.



Teaching Kitchen



Thank you Brenda Hall for sharing some delicious and creative recipes using items from the food boxes. Click [here](#) for the recipes and to watch Brenda in the kitchen!

Thank you American Heart Association - North Carolina for the funding to support the teaching kitchen video production.

“Food is the universal love language.” - Brenda Hall



Thank you Jones & Onslow Family and Consumer Science Program of NC State Extension for partnering to bring Canning Class to the Teaching Kitchen.



Our new friends from Martha's Mission Cupboard who wanted to see how we are using the Teaching Kitchen, Recording Studio and new warehouse to assist in filling unmet needs in the areas of Nutrition, Education and Connection. Thank you Jones & Onslow Family and Consumer Science Program of NC State Extension Sarah Ware for connecting us.

Facilities



LET'S COOK
Healthy **TOGETHER**
WITH DR. LISA YANNI, CHIROPRACTOR

3 THURSDAY CLASSES
MAY 22, JUN 26 & JUL 31, 2025
5:30-7pm in the Teaching Kitchen
of The Filling Station | 221 MAIN STREET
POLLOCKSVILLE, NC

CLASS 1: Benefits of Fiber, Buying Organic, Alternative Ingredients and Portion Sizes
CLASS 2: Herbs and Spices, Determining Your Healthy Weight, Not All FATs are Created Equal
CLASS 3: Nutrition Labels and Setting SMART Goals
** Each class includes a meal*

\$30 FOR ALL 3 CLASSES
(Lower ticket cost made possible by funding from the United Way of Coastal Carolina)
- Please make checks payable to : The Filling Station -

Register online! fillingstation1075.com
phone: 252-224-1127




Next Series of
“Let’s Cook Healthy Together”
kicks off May 22nd with
Dr. Lisa Yanni

This will be the 2nd round of Nutrition Education classes in the Teaching Kitchen.

Thank you
United Way of Coastal Carolina
American Heart Association - North Carolina
Helmet and Carmen Weismer Foundation

along with our church partners for making this possible.

Register today by clicking [here](#).



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What classes would you like to take in the Teaching Kitchen?

Complete this survey to let us know:

[N.C. Cooperative Extension - Jones County Center](#)



Partnerships



Thank you to the **Jones County Health Dept** and **CCSAP** for their continued partnership. Overdose Reversal Training was held on Tuesday, April 8th.



Pictured from left to right: Gae Phatsorn, Adrian Smith (Director of the Health Dept), Tamra Church (CCSAP) and Chris Meadows (Director of Dept of Social Services)



Thank you **Duke Energy** for the volunteer team during Food Pantry Distribution PLUS the presentation of an investment in the Ham Radio/ Disaster Preparedness Education New Bern Amateur Radio Club and Jones County Emergency Services. These funds will be used to purchase new ham radio equipment for the onsite office The Filling Station supporting alternative communications, especially during a disaster. We have been partnering with New Bern Amateur Radio Club and Jones County Emergency Services for 2 years to provide this education to over 50 new technicians in Jones County NC Craven, Lenoir, Carteret and Onslow Counties. Thank you to our Mayor Bender Town of Pollocksville for your partnership and support.



Thank you **Town of Maysville** for the invitation to the Town Manager’s Annual Meeting. Congratulations to the town for amazing work and the vision of things to come. It’s an exciting time to be living in Jones County NC!

Grants Received



Thank you **Blue Cross Blue Shield** and Johnny Jernigan, Sr. Regional Liaison, County Engagement for your support. The Food Pantry received a \$7500 grant to purchase fresh produce and meats from local farms in Jones County.

"This is full circle impact - fueling bodies with locally grown food as well as fueling Jones County economy", says

Mary Ann LeRay, Executive Director, The Filling Station.



How many boxes can you check?

Thank you Blue Cross NC for your support as we partner to assist in filling unmet needs....

Nutrition, Education and Connection.

SELF-CARE CHECK-IN

Small moments of self-care can make a big difference

- 7-8 hours of sleep
- Take a walk outside
- Write in a journal
- Practice deep breathing
- Yoga or gentle stretching
- Drink enough water
- Aske for help when needed
- Have a nutritious meal
- Reach out to a supportive friend



Volunteer Highlight



Meet **Kate Ladner** from Holly Springs, NC. She has been volunteering 1 week each summer for the last 4 years. Kate served during the disaster relief days with her parents, Scott and Holly Ladner. She has a heart for service and sets aside one week every year to serve the kids of Jones County. We look forward to having Kate back for the 2025 Dance, Art and Music Camp: <https://fillingstation1075.com/art-dance-day-camp-registration-form/> Kate is a High School Senior and will be graduating May 2025. She plans to continue her education at Wake Technical Community College in Raleigh, NC in the Fall. Thank you Kate Ladner for the many hours you have invested in the mission of The Filling Station!

Board Member Highlight



Meet **Colby Jordan** from Trenton. Colby serves as the Media/Marketing Chair on the Board of Directors, Perfect 10 committee and also a Leadership Jones graduate. “He brings energy and creative ideas to keep the mission fueled” says Mary Ann LeRay, ED.

He is a Jones county resident, a real estate broker, a husband, a father, and a Christian. He loves going to the beach with his family, hunting, fishing, reading, and going to church. “I love being a part of the Filling Station. Serving the community through Nutrition, Education, and Connection is the cornerstone of our proud family and in our minds, there is nothing more important than improving the lives of those around us. I’m proud to be a part of the Great State of Jones County!” says Colby.

Did you know you can apply online to be part of our volunteer team? 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? Complete an application here: <https://fillingstation1075.com/volunteer-application-form/> and we will schedule your training to get plugged in.

Recording Studio

The **NEW Recording Studio** opened in March! We are excited to be able to bring our **NEW podcast** each week. In these episodes, we are interviewing partners, supporters and volunteers who have been part of building The Filling Station. Please visit our [website](#) for all the podcast interviews.



Episode #1: Sarah Ware, NC Cooperative Extension

In this enlightening episode, Mary Ann LeRay sits down with Sarah Ware, Family and Consumer Science Agent with North Carolina Cooperative Extension serving Jones and Onslow counties. Their conversation highlights the valuable partnership between these organizations and explores how Sarah's expertise food nutrition, preservation, and safety benefits community members of all ages.



Episode #2: Janet Purvis, Pollockville Rotary Club

In this episode, we explore the rich history and community impact of the Pollockville Rotary Club through the eyes of Janet Purvis, a member whose father was one of the club's charter members when it was founded in 1948. Janet shares heartwarming stories of their partnership with The Filling Station, including providing \$10,000 in disaster relief funding after Hurricane Florence and organizing community events.



Episode #3: Jennifer King, Jones County NC

From innovative collaborations between county government and The Filling Station, to exciting new initiatives like the Community Closet project, Jennifer offers unique insights into building stronger rural communities. Her passion for Jones County and commitment to creative problem-solving shine through in this engaging conversation.



Episode #4: Todd Burrier, LifePlus

Todd & Mary Ann discuss the origins and impact of LifePlus as well as its philanthropic efforts through the LifePlus Foundation in supporting initiatives like The Filling Station. The conversation covers the company's history, its focus on holistic wellness, and the high standards of its nutritional products.



Episode #5: Gary Kenefick, Neuse River Bridge Run

Bridge Run Chair, Gary Kenefick sits down with Mary Ann LeRay to share how this historic event transforms athletic achievement into direct community support. From raising \$125,000 last year to coordinating 300 dedicated volunteers, Gary reveals the strategic planning and passionate commitment that makes this event possible.

Annual Board Meeting



The Board voted to approve 3 NEW Board Members:

- Alicia Gouge, Pollocksville Methodist Church
- Sheila Meadows, Triune Holiness Church
- Jeff Reynolds, Coastal Carolina Church



The New Officers for 2025-2027:

- Chair—Bobby Darden, Garber Church
- Vice Chair—Sheron Bender, Pollocksville Presbyterian Church
 - Treasurer—Estelle Surlles, Pollocksville Baptist Church
- Board Secretary—Emily Andrews, Cypress Creek Methodist Church



We honored Board Members who are rotating off:

- John Taylor was honored for serving 7 years. John has served as the Treasurer and Facilities Chair.
- Clyde Murphy was honored for serving 7 years. Clyde has served on the facilities committee and most recently, as the Vice Chair.
- Beverly Collins (not pictured) was honored for serving 3 years as the Board Secretary.

We wrapped our meeting up with a few words from Mayor Jay Bender who highlighted the power of partnership. As a thank you to Town of Pollocksville, we presented a framed Our State Magazine to the Mayor.



Food Pantry



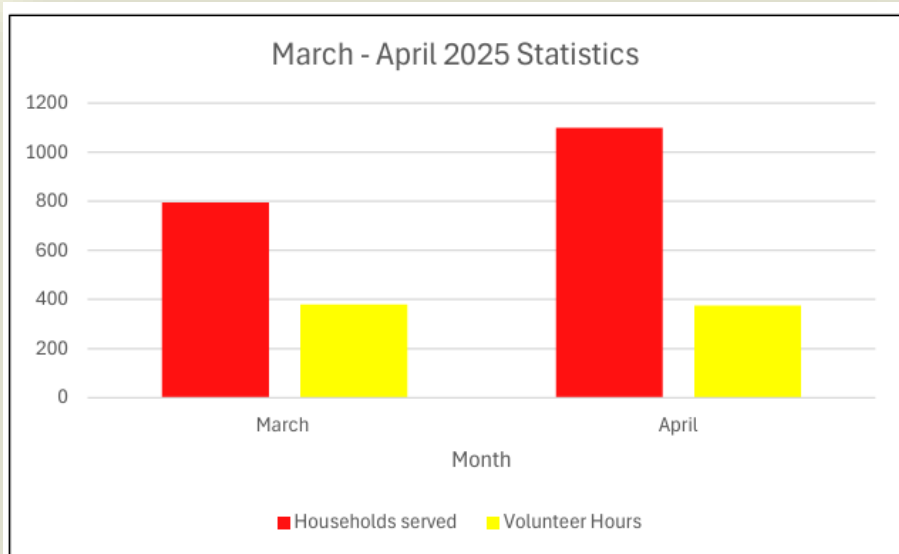
Thank you **Blue Cross NC** for your advocacy and support as well as **the Food Bank of Central & Eastern North Carolina** for making it possible to distribute healthy and balanced food boxes.

So grateful we can support **Parker Farm** by placing yummy, local strawberries in the boxes.



Thank you **Cypress Creek Methodist Church!**

This team donated over 50 hours in volunteer service for 103 households today. They have commitment to serve once a month. We appreciate you! You make a difference.



Thank you for the amazing volunteer teams led by **Geraldine Eubanks** & our Food Pantry Director, **Jimmy Bender**, for the organization of all the food.



Filling Young Hearts with the Arts

**DANCE, ART & MUSIC DAY CAMP
FOR JONES COUNTY RESIDENTS**

JUNE 23-27 » 8:45 AM-1 PM DAILY

**FOR AGES 7-12
LUNCH INCLUDED**



**FILLING
STATION
CAMPUS**
221 Main St
Pollocksville, NC

**FRIDAY
JUNE 27 AT 10AM**

NC Symphony's
Music Discovery Program

OPEN TO THE PUBLIC

COST \$25

goes to the
mission of the
Filling Station

Register Today!



**Register Online at
Fillingstation1075.com**

Funded by



Kono Gnaga

Neuse River BRIDGE RUN

Neuse River
NEW BERN, NC MAY 2-3, 2025
Bridge Run

RUN - WALK - VOLUNTEER
BRIDGERUN.ORG

FRIDAY, MAY 2, 2025	SATURDAY, MAY 3, 2025	
SUPERKIDS FUN RUN 4:00 to 6:30 p.m. Races Start at 5:30 p.m. Union Point Park	RACE START TIMES Half Marathon - 7:00 a.m. 10 K - 7:30 a.m. - 5K - 8:15 a.m. Union Point Park	
WELCOME EXPO Registration 5K, 10K, & Half Marathon 4:00 to 8:00 p.m. Riverfront Convention Center	RUNNER'S REGISTRATION AND CELEBRATION 6:00 to 11:00 a.m. Riverfront Convention Center	

REGISTER TODAY!

This event benefits five area non-profit organizations:



Special thanks to our 2025 Neuse River Bridge Run Sponsors - Visit bridgerun.org to see all



Bob and Carol Mattocks

B/S/H/



Our mission is to assist with filling the unmet needs in the areas of nutrition, education and connection serving the residents of Jones County.

- Board Members -

Chair: Bobby Darden

Vice-Chair: Clyde Murphy

Treasurer: 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

Theresa Lee, Consultant

Mary Ann LeRay, Executive Director

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[Facebook.com/FS1075](https://www.facebook.com/FS1075)

The Filling Station is supported through Time, Talent and Treasure from our church partners.



If you would like to be part of making difference, we invite you to scan the QR Code or visit:

fillingstation1075.com/donate



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.