



Nutrition · Education · Connection

General Newsletter

“Food for Thought”

September 2026



Message from the Executive Director's Desk



Our THEME for 2026:

Adventure, Curious, Present

Stay curious about the present and you will find yourself on an ADVENTURE!

So much to share with you from these last 2 months! First, let me say **“THANK YOU”** for supporting the mission as we continue to assist in filling unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

What a JOY and privilege to partner with you in this great work! We are on an ADVENTURE for sure as we remain curious about ways to impact the present opportunities with long-term solutions.

Our summer kicked off with the **5th Annual Dance, Art and Music Camp** with the theme: “America 250”. 20 children attended the full week, and another 50 children joined on Thursday when the NC Symphony Music Education team came. Thank you, Pollocksville Presbyterian Church, for hosting this special morning of music education. In this newsletter edition, you will see all those who made this week possible.

Our Board of Directors enjoyed a ½ day **Annual Retreat** held at St. Stephens Episcopal Church in Goldsboro. We are grateful to Todd Brantley, Armstrong & McGuire for facilitating this conversation with the board of directors emphasizing the milestones over the last 9 years as we approach the 10th anniversary.

Back-to-School Bash - this is the 6th year The Filling Station has served on this committee with Jones County Recreation and Girls Scouts - NC Coastal Pines bringing the “back to school” kickoff event. Over 250 backpacks filled with snacks were given to the students as they entered the event. Over 40 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.

Nutrition Education continues to expand. Thank you to Sarah Ware, Family and Consumer Sciences Agent with NC Cooperative Extension, Jones County, for bringing cooking classes to the **Teaching Kitchen**. The clients love it when Sarah schedules serving Breakfast Bowl samples during food pantry distribution. A yummy start to their morning along with a full schedule of classes offered.

Speaking of Nutrition Education, we launched **“Bridging Food and Meds”** in July. This 6-session program meets once a month. Thank you to Carolina East Foundation for the generous support in making this education possible. One of the participants commented, “I have never received so much helpful information on health and nutrition. I am excited to share with my family and friends.”

The **Amateur Radio** Course has been a huge success. These skills using Ham Radio are especially important in times of disaster when communications are impacted. This course was made possible by partnerships with New Bern Amateur Radio Club and Jones County Emergency Management. The technician course will kick off Oct 3, 2026.

Leadership Jones is kicking off Cohort 7 on September 14, 2026. 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, Duke Energy, LifePlus Foundation and many church partners. . Thank you Theresa Lee, Intentional Excellence Consulting, for leading this programming over the last 3 years.

Continued on page 2





Nutrition · Education · Connection

General Newsletter

“Food for Thought”

July 2026



Message from the Executive Director's Desk

(Continued from page 1)

Financial Wellness by Southern Bank has been a success! Thank you to Tommy Stanfield for providing dinner and seminars on important topics: budgeting, identity fraud and the importance of credit reports. One of the attendees commented, “My husband and I are so grateful for this seminar. We have received tools that are easy to use and encouragement from a community who cares.”

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 Perfect 10 Event on Saturday, Nov. 7th, from 11 am - 2 pm to raise awareness and funds for the mission!

Our Goal is \$70,000 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**.

Location for the Perfect 10 this year is The Filling Station Campus at 221 Main Street, Pollocksville. We are excited to offer a wide variety of activities for our community and visitors to enjoy on November 7th - Barbeque Lunch in the Garden, Cloggers and Music, Country Games, Coffee and Canvas Drop-in Painting, Bake Sale, RED FARMALL PHOTO BOOTH, and educational opportunities with the New Bern Amateur Radio Club.

Thank you for your partnership and 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

The Filling Station, Inc.

"Nutrition, Education and Connection"

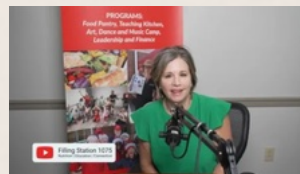
fillingstation1075.com

252-224-1127



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

Podcast Episode #54 – All things happening at The Filling Station



A solo update from Mary Ann LeRay

In 2021, The Filling Station had a life-size rack card printed listing everything the organization did. Only one item on it was real. The food pantry was running, but the rest was a list of hopes & dreams that the board had written down and prayed over. In Podcast Episode #54, Mary Ann LeRay taking the mic solo to account for what happened next.



Dance, Art and Music Summer Camp "America 250"



Thank you to Blue Cross NC, Duke Energy and church partners for making this summer camp possible.



Thank you to a great team of counselors & volunteers leading each day.



Thank you Sarah Ware Jones FCS Family for the yummy, healthy lunch and special flag cake.





Dance, Art and Music Summer Camp "America 250"



Day 1: Tuscarora Indians Of Kahtenuaka Territories



Day 2: Black Box Dance from Raleigh



Day 3: Green Grass Cloggers



Thank you Atlantic Dance Theatre for your partnership in bringing
dance education to Jones County NC.





Dance, Art and Music Summer Camp "America 250"



*Thank you
Noreen Jekel,
Amber Swanger,
& Kit Jordan
for leading the
amazing art
projects.*



*Thank you, Chad Day, from Jones
County Veterans Services for coming
and teaching the campers how to fold a
flag. Did you know there are 13 folds in
folding the flag? 🇺🇸
Mr Chad shared what it means to be a
veteran and etiquette on how to hand a
flag to another person.*



Dance, Art and Music Summer Camp "America 250"



Thank you North Carolina Symphony for your continued partnership. Great to welcome the campers from Jones County NC Recreation as we gathered at Pollocksville Presbyterian Church fellowship hall to learn from Megan, the guest flutist.



Special thank you to Laila Sermon, Norma H. Sermon-Boyd's granddaughter for sharing her musical talent with the campers.



Thank you, Mr. Ron, from Chick-fil-A New Bern for delivering lunch to the hungry campers.



Board of Directors Annual Retreat



Board of Directors Annual Retreat 2026 was held in July at St Stephen's Episcopal Church in Goldsboro, NC. Todd Brantley with Armstrong McGuire & Associates facilitated a great afternoon of conversation and reflection.

As we approach our 10th anniversary in 2027, we took a look back, took a look at where we are now and where we see God leading us.

We have been consistently meeting each July for this reset and training since 2018.

Board members rotate in and out and this annual board retreat continues to keep members trained up and ready to go at all times.



Thank you Savannah Lambert United Way of Coastal Carolina for stopping by to meet our board and share her excitement for serving our region. Great lunch from Cry from Freedom Cafe and Coffee Catering ❤️ We all enjoyed learning about the growth of downtown Goldsboro/Center Street. Please take some time to visit and check out the great restaurants and shopping





The Power of Partnerships



Along Main Street in Pollocksville, volunteers gather at sunrise to prepare for food distribution days at The Filling Station. Produce is sorted, boxes are packed, and warehouse doors open for an effort that reaches families across Jones County. The organization serves more than 1,400 registered households and brings together farmers, churches, businesses, volunteers, and nonprofit partners in support of local residents. This week, Duke Energy Corporation's New Bern Operations Center supported two volunteer days at The Filling Station, with employees working alongside other community volunteers to pack food boxes and load vehicles.



A \$25,000 Duke Energy Foundation Capacity Building grant will support The Filling Station's food distribution operations and the organization's expanded warehouse, helping increase its ability to serve local families.



Under the leadership of Mary Ann LeRay, The Filling Station is a place where people come together to serve the community. Local farmers provide fresh produce, volunteers help pack and distribute food, and community partners contribute their time and resources to support their neighbors across Jones County.

Duke Energy surpasses \$65 million in North Carolina customer assistance with new \$1 million investment in nonprofits.

Shared Post from Lauren Wargo Duke Energy



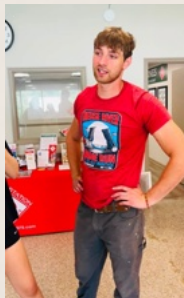
The Power of Partnerships



This is what a rockstar church partnership looks like

...Coastal Carolina Church

Thank you for the bottom of our heart ❤️ for your love in action working on projects to keep the facilities looking great. You make a difference.



The Power of Partnerships

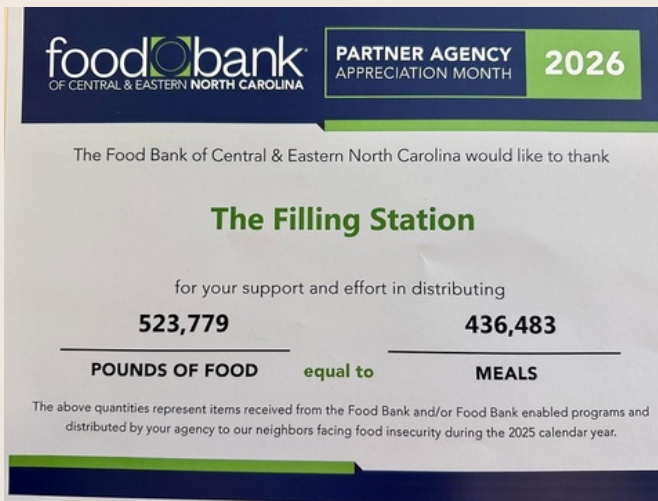
THANK
☺ YOU



Our friend Tharesa Lee came by for a visit.



Enjoying a moment with Holly Ladner and Amy Beros with The Food Bank of Central & Eastern North Carolina



Thank you Food Bank of Central & Eastern North Carolina for recognizing the power of partnership. Grateful for our outstanding volunteers who make it happen!

Your tireless dedication, commitment to service, prioritization of dignity of our neighbors, and willingness to go above and beyond is the most inspiring part of this work. You show up for the people who need you most during natural disasters, government shutdowns, and other challenging times — and we are so grateful to be in partnership with you. On behalf of all of us at the Food Bank, thank you for being the most critical part of this work. Thank you for serving with love and compassion. Thank you for all you do year-round for our communities!"

Mariah Murrell
Chief Community Impact Officer
Food Bank of Central & Eastern North Carolina



The Power of Partnerships

***Thank you to all the local businesses who sponsored
Neuse River Bridge Run 2026!***

Your investment made it back
FULL CIRCLE to Jones County NC
as we were able to purchase new
book bags and fill them with
goodies. The Filling Station is able
to assist the Jones County Public
Schools throughout the year with
unmet needs in the areas of
Nutrition, Education and
Connection serving the residents
of Jones County.

Local businesses - YOU make a
difference in our next generation!



**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 for sponsorships of the
2026 Bridge Run!**

Thank you to the Jones County Sponsorships: J&J Contracting, Charles and Taffy Jones, Ford of Jones County, Copy and Print Warehouse, Chick-Fil-A, Cypress Creek Renewables, Pollocksville Rotary Club, Andrews Family Farm, Bob and Carol Mattocks, Duke Energy, Kincaid, Purvis and Godwin Denistry, Capital K Marketing, Mike's Custom Cabinets, Harold Bate Foundation, New Bern Web Design, International Paper, Elite AC Solutions, Southern Bank, Weyerhaeuser, Shortway Brewing, Bender Apparel. Thank you to David Mallard, Jones County Recreation, for promoting and leading a running group from the Jones County Public Schools.

**MARK YOUR CALENDAR FOR NEXT YEAR:
APRIL 30 & MAY 1, 2027
FOR THE NEUSE RIVER BRIDGE RUN**

We invite ALL of Jones County to participate with your time, talent and treasure. **More information: bridgerun.org**





Back to School Bash!



6th Annual
Back to School Bash
2026 was the
best ever with over 40
vendors!



A HUGE thank you from the committee:

David Mallard, Holly Williford with Girl Scouts in Carteret, Craven, Jones & Pamlico Counties, Mary Ann LeRay with The Filling Station, Vanessa Campbell with the Jones County Board of Education for planning an event Jones County Civic Center to prepare the the new school year.



Great to have all the principals and superintendent from Jones County Public Schools front and center to connect with the families.



Another BIG thank you Jones County Sheriff's Office / Matthew J. Wineman, Sheriff for being on site connecting with families.

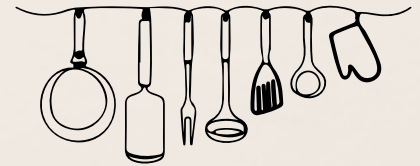
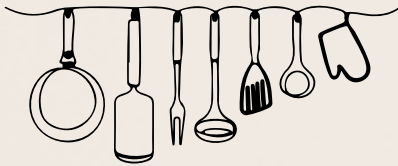


What's Happening



Jones County 4-H Cooking Club

meets in the Teaching Kitchen learning how to cook and use a kitchen. Grateful to all the donors, partners and volunteers for making this venue a place to gather in community.



***Equipping, Empowering,
Encouraging
the next generation of great chefs
and bakers.***



For more info: Samantha Bennett Jones Co 4H (252-448-9621)



Programming



"Dr. Murphy has a great affection for the mission of The Filling Station. I will be glad to forward this information (Bridging Food and Meds) to Dr. Murphy."

William L. Moore, Deputy District Director
Congressman Greg Murphy, MD



FILLING STATION
Nutrition · Education · Connection

**TAKE CONTROL OF YOUR HEALTH.
YOUR LIFE. YOUR FUTURE.**

BRIDGING

FOOD & MEDS

Nourish - Strengthen - Thrive

A program designed to educate, empower, and connect you to a community committed to healthy living.

6 POWER-PACKED SESSIONS
IN-PERSON • ONLINE ACCESS AVAILABLE

MINDSET & HEALTHY LIFESTYLE	HEART HEALTH
GUT HEALTH	JOINT HEALTH
IMPORTANCE OF BALANCE	STRENGTHENING THE IMMUNE SYSTEM

CAROLINA EAST FOUNDATION



*Next class is Sept
29!*

*For more
information & to
register, click*

[HERE](#)



[Listen to our Podcasts about Bridging Food & Meds by clicking below](#)

Episode #28: Bridging Food and Medicine: A New Health Initiative

Episode #30: When health comes first, everything else follows

Episode #34: Your Gut Is Talking. Are You Listening?

Episode #37: Finding Balance From the Inside Out

Episode #38: Finding Balance Part 2

[NEW](#) Episode #43: Building Your Immune System

[NEW](#) Episode #45: Joint Health

[NEW](#) Episode #47: Heart Health



Programming

HAM RADIO ...

...Getting the Message Through
for your Family & Community!




Please bring this QR code or go to this link to register for the course

When your Cell Phones Won't Work... Our Radio's Will!





AMATEUR RADIO LICENSE CLASS

The Filling Station in partnership with the New Bern Amateur Radio Club will be holding a Ham Radio Licensing Class for the beginner. No previous radio or electronics knowledge is required. The class is open to all ages and will prepare the students for the Technician Amateur Radio License exam. Currently there is NO Morse Code required for any Amateur Radio License. The course covers the basic regulations, operating practices and electronic theory.

The class is free but the student should purchase the ARRL Ham Radio License Manual 5th Edition Study Guide for Technician Class license. The Study Guide can be purchased from Amazon or the ARRL book store at www.arrl.org.

October 3rd Session 1. Chapter 1: Welcome to Amateur Radio Chapter 2: Radio and Signals Fundamentals October 10th Session 2. Chapter 3: Electricity, Components and Circuits October 17th Session 3. Chapter 4: Propagation, Antennas, and Feed Lines October 24th Session 4. Chapter 5: Amateur Radio Equipment	October 31st Session 5. Chapter 6: Communicating with Other Hams Friday, November 6th Time: 6pm to 8pm Session 6. Chapter 7: Licensing Regulations Chapter 8: Operating Regulations November 14th Session 7 Chapter 9: Safety November 14th Test Session (following class) VE Test - ~11 am (directly after class) FCC Sanctioned Testing \$15 for the test - Dictated by the ARRL \$35 to the FCC for license processing once you pass the test
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All classes are from 10AM - Noon

*ALL CLASSES WILL BE TAUGHT AT
THE FILLING STATION, 221 MAIN STREET POLLOCKSVILLE, NC 28573



Recording Studio

Check out the latest podcasts by clicking the links below



Podcast #48 Maddie Norris on the Power of Youth Volunteering

In this conversation with host Mary Ann LeRay, Maddie talks about the volunteer projects that have meant the most to her: delivering art supplies to assisted living and senior service centers around the county at Christmastime, and passing out water to volunteer firefighters during a training exercise. Both experiences, she says, opened her eyes to the different lives and needs tucked throughout Jones County, and to the quiet dedication of the people who serve it.



Episode #50 – Hospice Myths Debunked with Ashley Vasquez

The conversation moves through a series of common myths: that only doctors can make a referral, that hospice patients can't keep their own physician or go to the hospital, that all treatment stops, and that the Medicare benefit is capped at six months. Ashley clears up each one, along with the biggest misconception of all: hospice doesn't mean giving up hope. It means focusing on quality of life, comfort, and closure.



Episode #51 – Jacob Morgan on Jones County Agriculture

Jacob Morgan, director of the North Carolina Extension Jones County Center, returns to the podcast to give Mary Ann LeRay an on the ground look at what is growing (and struggling) across the county this summer. Jacob has spent 18 years serving Jones County, and in this episode he walks through a dry mid-July growing season, the county's often overlooked timber industry, and the wide reach of the Extension office's programs.



Episode #53 – Harvesting Excellence at Jones Senior with Pamie Reese

Pamie Reese started out as a Pollocksville Panther. This fall she begins another year as principal of Jones Senior High School, a road home that ran through West Carteret High School, NC State University, and years of work as a special education teacher, special populations coordinator, assistant principal, and principal at every grade level. She calls the return a calling.



Food Pantry



We shared Breakfast Bowl Samples with clients and volunteers during Food Pantry distribution in August.

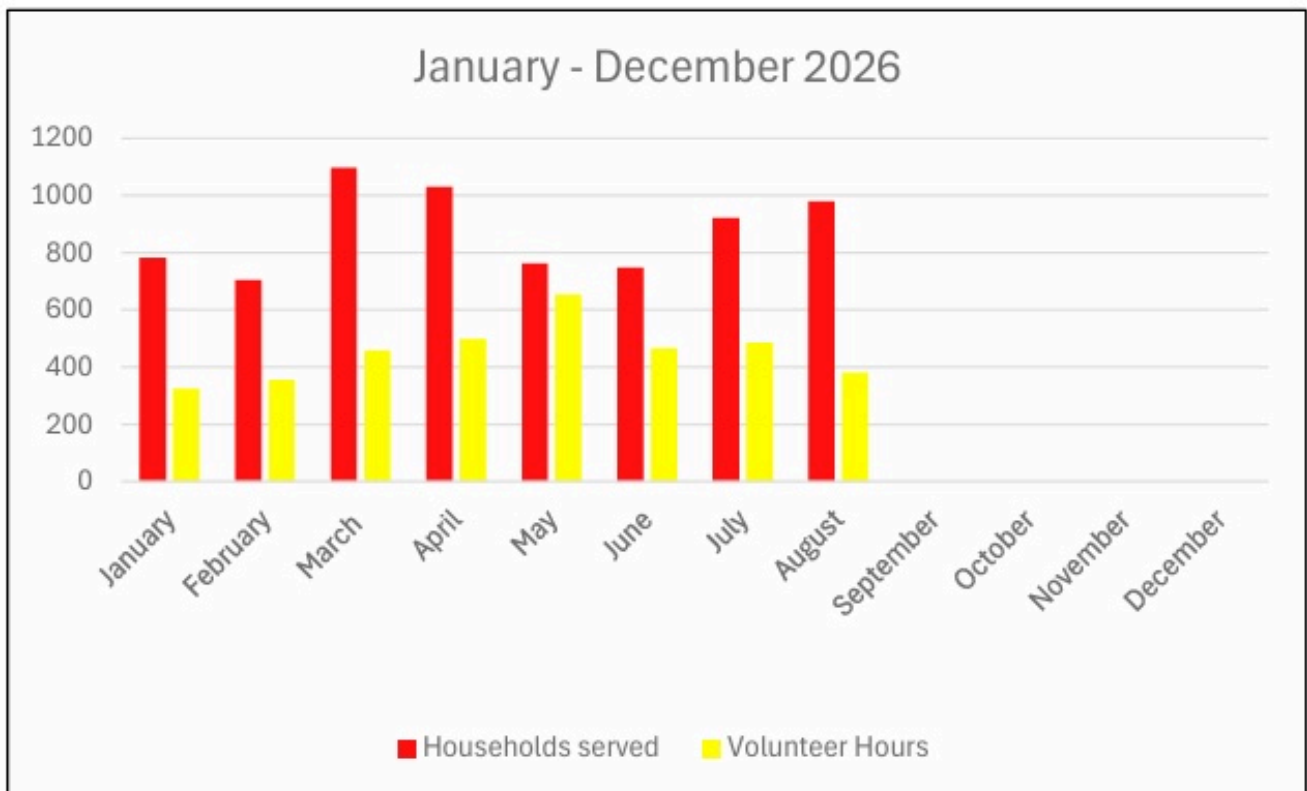
Thank you

N.C. State Extension: Jones County Family & Consumer Sciences for planning such yummy food!

Thank you to Meadows Farm for the watermelon donations. So appreciate Sheila Meadows for facilitating the delivery.



Happy Birthday Hilda Bender!
We hope your day was extra special.
Love and appreciate all you do to fuel the mission!



Food Pantry



Thank you Ken Rhodes from

Lenoir Community College for bringing forklift training to The Filling Station.

The Food Pantry program opened Sept 6, 2018 right before hurricane Florence. We opened for Disaster Relief on Sept 21, 2018 after receiving the invitation from Mayor Bender Town of Pollocksville to step up and serve the town and ultimately the county.

During this time, we borrowed 2 forklifts and then were given an old forklift. Then 4 years ago, we were able to purchase a new machine from Gregory Poole CAT and Weyerhaeuser Cellulose Fibers supporting us with grants to make it possible. Thanks to John Taylor for making these connections and serving the mission. With our new warehouse opening in Sept 2025, made possible by @GoldenLeaf Foundation and Food Bank of Central & Eastern North Carolina, we prioritize training our teams to stay ready to serve the over 1400 households registered here at the Food Pantry. Safety is paramount for staff and volunteers. We are grateful to have over 125 volunteers (1000 registered) serving 6000 hours a year to make this possible. Thank you Jimmy Bender, Food Pantry Director, for your vision of providing a state of the art program as we serve Jones County NC. Thank you to all our partners and donors for your continued love, encouragement and support to fuel the mission.



Teaching Kitchen



Thank you **N.C. State Extension: Jones County Family & Consumer Sciences** for planning such yummy food & classes in the Teaching Kitchen.

[Click here to register for our fall cooking classes!](#)

Next class is Sept 10th

Plan Smarter. Cook Faster. Spend Less.

- 30-Minute Family Meals - Sept 10
- One Pot/Pan Dinners - Sept 24
- October 1 – Planning Affordable Holiday Meals
- October 22 – Holiday Leftovers



Sarah Ware, M.S.
Extension Agent
Family & Consumer Sciences
NC State University
NC Cooperative Extension
PhD Student
Sarah_Ware@ncsu.edu



Volunteer Spotlight



Thank You!

Volunteer Spotlight: Diane McCaffity



"Volunteering at The Filling Station on Tuesdays and Thursdays is one of the most rewarding parts of my week. Whether I am packing food boxes or registering the guests who rely on them, I appreciate everyone's efforts to help this community program run so smoothly. Working alongside a team of cheerful, dedicated volunteers makes each day a pleasure - regardless of the weather! As a member of Pollocksville Presbyterian Church, it is inspiring to see how effectively our work reaches and supports such a wide range of people in need. After a 30-year career in social work and over two decades as a volunteer EMT, connecting with our guests remains the best part of all. I do my best to listen deeply, sharing in both their everyday joys and their weightier concerns, always hoping they leave feeling a bit lighter and more supported than when they arrived."



"Great to have Diane join our Food Pantry Check-In Team. She brings experience, knowledge and lots of heart to serving here at The Filling Station. Diane joyfully serves over 200 hours a year. A BIG THANK YOU to Diane," says Mary Ann LeRay, Executive Director.



Volunteers

Thank You!



**Thank you to all
the volunteers
who make this
mission
possible.**



Odyssey Day The Epiphany School of Global Studies some of the Senior 2027 class visited The Filling Station to help us with several projects. One of the projects "Leaving a Legacy Campaign" placing bricks along the walkway. Thank you Ed Jekel, facilities manager, for leading the group today. These bricks represent so many lives, gifts shared, and seeds sown.



Thank you FBC Maysville for your continued volunteer support during your VBS week. 26 youth with their advisors weighed and sorted food, organized shelves, washed carts and tables and organized boxes.

Thank you Wendy Fisher for the gift of beautiful caladiums for many years bringing JOY to the front lawn. Thank you Coastal Carolina Church for planting them several weeks ago. Grateful for our amazing facilities committee and manager, Ed Jekel, for creating a beautiful space for the community to connect.





Upcoming Events



Leave a Legacy Campaign 2026

"Leave a Legacy" by purchasing a brick along the sidewalk leading to the front doors of The Filling Station. During this special campaign, you have the opportunity to honor those who have made this mission possible.

Click [here](#) for more info.



Financial Wellness Seminar

Thursday, September 10, 2026

5:30 - 7:00 pm

The Filling Station Campus, Pollocksville

RSVP [here](#) by September 8



Jones County Heritage Festival

Friday - Saturday, Sept 25-26, 2026

Jones County Civic Center

Click [here](#) for more information



Amateur Radio License Class

New class starting Oct. 3!

No previous radio or electronics knowledge required

The Filling Station Campus, Pollocksville

Saturday Class times 10 am – 12 Noon

Click [here](#) for more information & to register



"Jones County - A Perfect 10" Event

Saturday, November 7, 2026

11am - 2 pm

Filling Station Campus, Pollocksville

Click [here](#) for more details

Leave a Legacy Campaign



**Would you like to
be part of
Leaving a Legacy?**

**Click here for more
information**



<https://www.bricksrus.com/donorsite/fillingstation1075>

"Leave a Legacy" by purchasing a brick along the sidewalk leading to the front doors of The Filling Station

This sidewalk represents the many footsteps of volunteers, donors, clients, partners, pastors and elected officials.

During this special campaign, you have the opportunity to honor those who have made this mission possible.

4x8 Brick is \$100 & 8x8 Brick is \$225.00

<https://www.bricksrus.com/donorsite/fillingstation1075>

For more information: please call 252-224-1127 or email: fsdirector@fillingstation1075.com



FUNDRAISING THAT BUILDS A LASTING LEGACY

Every gift tells a story. For over 35+ years, Bricks R Us/Vortex Legacy Group/Fundraisers Sports has partnered with organizations across the country to create fundraising programs that celebrate donors, strengthen communities, and leave a lasting impact. Our engraved brick campaigns, donor recognition projects, and turnkey fundraising solutions help transform supporter contributions into permanent tributes that inspire pride and connection for generations. Trusted by universities, nonprofits, municipalities, and professional sports organizations nationwide, we help our clients raise funds while creating legacies that endure long after the campaign ends.



Education

Financial Wellness Classes



September class



**BRINGING CREDIT SCORES
AND REPORT AWARENESS
TO THE FILLING STATION**

**Come join us for dinner and some great tips
to protect your identity.**

LEARN HOW TO

- Explore the importance of credit scores and reports.
- Learn how to access information about your credit score and credit report.
- Discuss strategies to build and improve your credit.
- Identify how to protect you credit from incorrect claims and fraud.

 **Thursday, September 10th 5:30 P.M. - 7:00 P.M.**

 **Filling Station: 221 Main Street, Pollockville, NC 28573**

 **RSVP by September 8th for a Free Dinner (252-224-1127)**



*Great to partner with
Southern Bank to bring
Financial Wellness to The
Filling Station.*

*In August, we hosted a seminar
on how to protect against Identity
Fraud.*

For tips on protecting yourself from fraud, click here.

**2 more seminars planned for 2026.
Click here for more information.**



Perfect 10



Save the Date

TITLE SPONSORS




SATURDAY, NOVEMBER 7, 2026 | 11AM-2PM
The Filling Station fundraiser,
"Jones County-A Perfect 10"

We are planning a time of fellowship with a lunchtime meal to raise funds and awareness of The Filling Station and our community.

WE ARE "FILLING NEEDS"
We will be asking for support through voluntary donations.
The event will be held at The Filling Station Campus
221 Main Street, Pollockville, NC

ACTIVITIES INCLUDE:
Barbeque Lunch in the Garden Venue, Cloggers and Music, Bake Sale, Drop in Painting on canvas, Red Farmall Tractor Photo Booth, Country games
Educational opportunities: Ham Radio Communication Trailer on site and more!

Visit fillingstation1075.com or call
Greg Thornburg at 252-259-2060
for more information




A County Wide Mission: Nutrition, Education & Connection



The Filling Station is excited to announce the return of our "Jones County – A Perfect 10" Raffle! This year's grand prize is an unforgettable dining experience for you and nine of your guests — a Grilled Ribeye & Shrimp Skewers Dinner for 10 prepared and served by The Filling Station Board of Directors.

Tickets are just \$10 each or 5 for \$40, giving you multiple chances to win this incredible evening of food, fellowship, and community celebration. Proceeds from the raffle directly benefit The Filling Station's programs, helping us continue our mission to fill unmet needs in Nutrition, Education, and Connection for Jones County residents. The winning ticket will be drawn on November 7, 2026, but you do not need to be present to win.

"Jones County – A Perfect 10"

• ENTER TO WIN A •
GRILLED RIBEYE & SHRIMP SKEWERS DINNER FOR 10
\$10 each | 5 for \$40

A chance to win a special dinner for you and 9 of your friends to be served a 5-course meal by The Filling Station Board of Directors

PROCEEDS ARE FOR THE BENEFIT OF THE FILLING STATION. PAYMENTS ARE NOT DEDUCTIBLE AS CHARITABLE CONTRIBUTIONS. DRAWING WILL BE HELD ON NOVEMBER 7, 2026. NEED NOT BE PRESENT TO WIN

Visit www.fillingstation1075.com for more information.



Podcast Episode #52 – The Perfect Ten with Greg Thornburg



The heart of this episode is the Perfect Ten, one of our largest annual fundraisers and now approaching its 10th year. For most of its history, the event stretched along 10 Mile Fork Road with activity stops spread across a five mile radius. Last year it moved onto The Filling Station campus, and Greg explains why that change mattered. People could finally walk through the building, meet each other, and see exactly where their donations go. Greg also tells the story of last year's raffle dinner, when the winner invited a table full of our top volunteers for prime rib and shrimp and grits, with seared ahi tuna and baked pimento cheese to start. All five stations in the training kitchen were running to pull it off, and the volunteers called it, fittingly, a perfect ten.



Save the Date



Podcast #49 Heritage Festival Preview with Jessica Taylor

Jessica Taylor, a Pollocksville native, is a Jones County employee for the Board of Elections while also lending a hand on other county projects, including the Jones County Heritage Festival. In this episode, host Mary Ann LeRay sits down with Jessica to preview everything happening at this year's festival, from a revived parade to a new family movie night. Jessica credits sponsors like Zachus Law Firm and Butterball, along with many volunteers, for making it all possible. As she and Mary Ann note, for a lot of Jones County residents, the Heritage Festival is the one time each year they catch up with neighbors they otherwise rarely see. Find full details and registration at JCHeritageFestival.com and on the festival's Facebook page and be sure to stop by the Filling Station's vendor booth on festival day.



Adventures with Lady Heritage — Pollocksville!

Lady Heritage enjoyed stopping by, visiting, and snapping a few pictures along the way! As we get closer to the Jones County Heritage Festival, Lady Heritage will continue making her way around the county, celebrating the businesses, communities, and people that make Jones County unique.





***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: Ellis Banks
Vice-Chair: Sharon Bender
Treasurer: Estelle Surles
Secretary: Emily Andrews
Charley Jones
Colby Jordan
Michael Pretty
Christopher Rogerson
Kenneth Spivey
Willie Smith
Greg Thornburg
Sheila Meadows
Jeff Reynolds
Alicia Gouge
Bobby Darden - past Chair

Mary Ann LeRay, Executive Director
Marcy Hoffman, Administrative Coordinator
Ed Jekel, Facilities Manager
Jimmy Bender, Food Pantry Director
Geraldine Eubanks, Volunteer Coordinator

Carol Mattocks, Board Advisor
Theresa Lee, Consultant
Holly Ladner, Editor

PO Box 222 221 Main Street
Pollocksville, NC 28573
252-224-1127
Email: info@fillingstation1075.com
Website: <https://fillingstation1075.com>
Facebook: [Facebook.com/FS1075](https://www.facebook.com/FS1075)



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



"From No Running Water to Knowing Where to Turn for Help"

A couple who had recently moved to Pollocksville came to The Filling Station needing water for their home. They had discovered that the pipes in the house needed to be replaced and were unsure where to turn for help. The Filling Station provided water for their immediate needs and then connected them with the people and resources that could help solve the larger problem. This included the local water department, a plumber who could replace the pipes at a reasonable cost, and the county office where they could apply for an Urgent Repair Grant. Instead of leaving with only water, the couple left with a path forward. Within a short period of time, they had been connected with the people who could help restore water to their home and potentially provide financial assistance with the repairs. "When we heard the church bells ringing, we knew we weren't far from someone who would help us."

***New residents in Pollocksville**



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.



If you would like to be part of making difference, we invite you to click [here](#) or scan the QR Code.