

SHARE News

AUTUMN - 2023

IN THIS ISSUE:

Holiday Drive...ABCs...Triathlon Crosses...Bosler Booked...

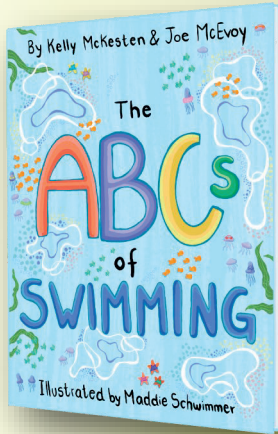
Discoveries Inside

- ABCs of Recovering.....1,4
- Triathlon Crosses the Line.....1,4
- Bosler Booked.....1,4
- Market Square Community.....1,5
- The SHARE Staff Team.....2
- Congregational Corner.....3
- Bulletin BOARD.....5
- Life Guide Corporate Sponsor.....6
- Kitchen Kronicles1, 7
- Holiday Drive.....8



Recovery begins at birth. Our life begins from a place we did not choose. We did not choose to be born in the East, West, North or South. Born into luxury or poverty. Fate, God or something else placed us where we began this short journey. Along the way we meet others who also are navigating from a place they did not always chose. We choose to love or hate them for reasons beyond anyone’s control. Yet, we can make choices along the way. For those not blessed or otherwise in need, are we ready to open the door and respond with love, empathy and the means to recovery? As we open the doors we also open our hearts by “Nourishing Our Community...Awakening Hope!” Let us enter the season of Holydays with these thoughts of empathy for all. JDSMK

The ABCs of Recovering



I started writing a children’s book, *The ABCs of Swimming*, with my dad in 1993. At the time, Joe McEvoy was a college swim coach and aquatics director, and he’d written two books about fitness swimming. I was a ten-year-old kid who loved to swim and draw. We started keeping a notebook with our ideas; he knew all the swimming terminology and I loved drawing pictures in the margins. **When he died later that year our notebook went into a box of keepsakes.** I’d pull it out from time to time over the years and flip through the pages, always wishing we had been able to finish our book.

Now thirty years later, I have two kids of my own who are learning to swim. Inspired by their love of the water, I reached back into that box for my dad’s old notebook, and I finished writing our book. Then I was lucky enough to be introduced to a talented artist who happens to be a swim coach, and who brought our story to life with beautiful illustrations.

As I went through the process of finding a publisher, finishing the manuscript, rounds of creative review, and planning for the launch of my book, I realized I had another opportunity: I could use a portion of the sales from my book to give back to my community. Since my book is about swimming, I wanted to focus on water safety. Drowning is the leading cause of death for children ages 1-4, and just one month of formal swim lessons can reduce the risk of drowning by 88%. So I reached out to the USA Swimming Foundation, a national organization that provides low-

Continued on page 04

Triathlon Crosses the Line!

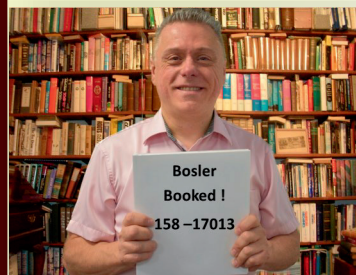


In February 2020, the Boiling Springs Triathlon Committee met to begin planning that year’s race to be held in August, just like the rest of the country. But they didn’t know what was coming. As the pandemic hit and then lingered, the came to the realization that they were going to have to cancel the event. “We had just come off a great year, celebrating our 15th annual race , but the 16th just wasn’t to be that year.” according to Dan Doyle, the race organizer. The committee met

Continued on page 07

BOSLER is BOOKED

by Jeffrey Swope



At a recent distribution day in Plainfield, while handing out information about summer programs at our libraries, I spoke with Joe Kloza about a topic near and to both of us – the interconnectivity of community organizations.

Continued on page 04

Market Square Produces

by Erik Smith



It feels redundant to call the last few years “difficult” and “painful,” as this and much more has been said time and again. However, their impact cannot be overstated, and we all felt it. At Farmers on the Square, Carlisle’s downtown farmers market, it became hard to maintain our local focus and small, producer-only businesses as everyone along the line got hit with tighter budgets, delays, and restrictions to the human

Continued on page 05



Project SHARE runs on a high octane **TEAM** of Volunteers led by a dedicated Staff! You see “us” going to and fro, but let’s have a little more insight into our roles here at SHARE. Each story gives you an idea of how and why **Project SHARE is well and able to continue to “Nourish Our Community”** while **“Awakening Hope!”** in those we encounter on a daily basis. This includes our interactions with Clients, Volunteers, Community and with each other. Here in alphabetical order:



Asani can be seen forklifting while serving as Warehouse Coordinator. Every thing has its place, and despite 24,000 sq. ft. he is able to tell you where all lies. His other roles include working with warehouse Volunteers and now has also taking on a role as Interim CEO with Emma. He is providing direction and collaboration with his daily teams of Volunteers sorting our supplies and finding places for them to best survive until the next distribution or shipment to Famstand.

Darrell is the Warehouse Receiving Coordinator. The first on the scene, Darrell has the history of SHARE in his DNA. One of his monthly reports tells part of his story with 46 runs for food, 7 truck companies donations, 123 shipments and deliveries all add up to a full schedule coordinating. Did I mention the occasional maintenance of equipment from trucks to cooler breakdowns?

Deb was, in former times ,driving around the warehouse, but now has competently taken on the role of Office Coordinator. Deb is the front line for finding solutions and is always ready to help and direct all of us who enter her domain. She also continues to order food for Distribution , and is the pivot point for all of our truck drivers, who engage

in collecting and delivering our food supplies. Having completed the organization of *Carlisle 4 Kids* it is time for the next project at SHARE.

Emma has and continues to serve as our Nutrition Coordinator. She runs a full schedule of classes for kids and adults through Kids in the Kitchen, Slice of the Month, and SHARE the Table family cooking experiences. Coordinating the SHARE Box program supports employees at Community Aid, patients at Sadler and trainees at Employment Skills Center. Nutritional counseling is also on her plate. She is now also serving with Asani, as Interim CEO. Now that is a full meal!

Jacob is our farm connection. His duties include operating our Farmstand distribution center and gleaning the fields and orchards with his crew of Volunteers. He maintains and supervises the weekly distribution, over three days. This requires much preparation and logistical organization. ‘Jake’ keeps that clock ticking so that hundreds of those in need can benefit from our bounty.

Joe is Communications and Education. Social media, website updating, and producing the quarterly newsletter has him interacting with local media from print to radio, and television. He works closely with Lisa on fundraising efforts and campaigns. He joins the team during Distribution and attends most events to capture the right photographs. His background in education calls on him to occasionally SHARE words with the community.

Lisa is the person who interacts directly with donors. She works to see that we are able to meet the needs of our mission by partnering with the community. Fundraising events and campaigns put her in the center of these actions. Her inter-action with individuals, firms and congregations insures awareness of our needs, and opportunities for their support. Grants are also a solid foundation that engages Lisa in the search and application process.

Meagan coordinates our army of Volunteers from recruiting to training and scheduling her crews. As such she is always aware of SHARE’s needs and opportunities. Her roles see her participating in everything Project SHARE does. She is a leader by example, and is always ready to provide assistance to other staff members with her skills.

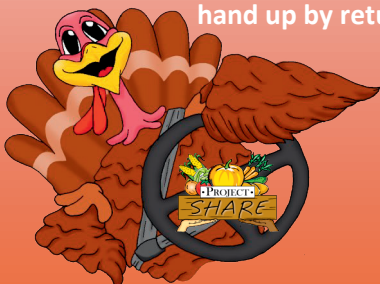
Natasha has had a number of organizational roles. She has served as a key support staff member for both the Intake and Volunteer departments . She is a whirlwind of advocacy for the needs of Clients while keeping true to the vision of the organization. She has now assumed the role of Clients Services Coordinator.

Vivian keeps the financial books, and can answer any and all questions regarding our budgetary expenditures and where we stand on our current needs versus expenditures. Her serious demeanor gives way to her dedicated caring about SHARE, its history and its current path of good will towards those we serve.

Laura has served our Client community and Project SHARE with compassion and loyalty since 2016. We wish her well in her choice to move on for another career opportunity. Thank you for your dedicated service, Laura!

Turkey & Holiday Drive Needs Your Gas Nourishing more in '24!

Please help us to reach those needing a hand up by returning the attached envelope.



Congregation Supporters	
Many thanks to our congregational supporters. Although not listed, we also thank the many congregations for their generous gifts of time. This list recognizes donations received June 1—August 31st, 2023	
Bethel Assembly of God	Huntsdale Church of the Brethren
Bibleway Church of God	Lighthouse Church of God
Carlisle Baptist Church	Middlesex United Methodist
Carlisle Evangelical Free Church (CEFC)	Mt. Victory United Methodist Church
Carlisle First Church of the Brethren	Opossum Hill Union Church
Carlisle Reformed Presbyterian Church	Otterbein United Methodist Church
Carlisle Seventh Day Adventist Church	Redeemer Orthodox Presbyterian Church
Carlisle United Methodist Church	Second Presbyterian Church
Chestnut Grove Lutheran Church	Shiloh Missionary Baptist Church
Christian Life Community Church	St. John Evangelical Lutheran Church
Church of Jesus Christ of Later Day Saints	St. John's Episcopal Church
Dickinson Presbyterian Church	St. Luke's Episcopal
Faith Chapel of Carlisle	St. Matthew's United Church of Christ
First Evangelical Lutheran Church	St. Patrick Catholic Church
First Presbyterian Church	St. Paul Evangelical Lutheran Church
First United Church of Christ	Trinity United Methodist Church GSC
Green Spring First Church of God	Waggoners United Methodist Church
Hickorytown United Methodist Church	Youngs United Methodist Church
Hilltop Community Church	Zion Lutheran Church Church Women



Congregational Corner

by Jim Klock, Senior Pastor, Plainfield First Church of God

Where has the time gone? Once again, we move from summer vacation back to school. This is the first Friday morning since the beginning of June that 8-10 dedicated volunteers from the Plainfield First Church of God have not been at the church to distribute meals as part of the Project SHARE Summer Feeding 4 Kids on ten Fridays.

As well as having the opportunity to serve **alongside the folks from Project SHARE each week to provide meals and bless the children of the Plainfield and Newville communities**, we have heard many stories from the people we have served. We have developed relationships with them, and even prayed with and for some of them.

Our focus for 2023 at the Plainfield First Church of God is "Love God, Love People." Not only have we been able to bless those who came for meals, as one of the volunteers from the church said, **"I never knew that volunteering could be so much fun."** **When we bless others, we will be blessed in return.**

This blessing began with the development of our relationship with Project SHARE about 2½ years ago when Joe approached me about the possibility of hosting a distribution of milk, bread, and eggs for what was called a French Toast Connection. That was 500 gallons of milk, 500 loaves of bread, and 500 dozen eggs. That is a lot of French toast! With that began a partnership that has involved the Summer Feeding Friday program for the past 3 summers and, hopefully, for many years to come.

Let me not give the impression that this relationship 'just happened,' either with Project SHARE or the community. **We at the Plainfield First Church of God had been praying for several years for a way to reach the local community.** I confess that there were many opportunities that came and went, many ideas that never came to fruition, and it would have been easy to give up, especially with the challenges placed before us during the pandemic, but God is faithful and He hears and answers our prayers, in His time and in His way.

It is difficult to express the feeling you receive when someone in the drive-through shows their appreciation for the food they are receiving; the tears in their eyes, the kind words. Some mentioned that they had never had to receive food in the past; this was the first time. No matter the need, they not only received food, but a smile and a kind and encouraging word as well. How difficult is that? Just "Love God, Love People."

Many thanks are in order. Thank you to Project SHARE for the opportunity to partner with

you. Thank you to those who donated the goods and the funds to provide the food. Thank you to the Plainfield First Church of God for the use of the facility each week. Thank you to each of the volunteers who gave of their time. Their dedication, over the years led to bearing with heat,

Project SHARE fed children throughout the area. There were nearly 30% more meals in 2023 for a total of 79,800 at our 4 Summer Feeding sites.



unless they were in the freezer truck dispensing food supplies. Thanks also goes to our truck drivers, and volunteers, Bill and Sue, who come with the "goods" week after week. We also recognize those who distributed books and prizes for our kids every other week to nourish the minds of youth in our blessed community.

Thanks also to our gate greeter, Tom, who sat in the open to direct and welcome all who came. Finally the commandment Jesus proclaimed that we all try to live by:

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength . . . Love your neighbor as yourself. There is no commandment greater than these." (Mark 12:30-31).



Jim Klock, Senior Pastor, Plainfield First Church of God with his Summer Friday Flock.

"Just when the caterpillar thought the world was over, it became a butterfly!" - Zen Proverb

to-no cost swimming lessons for children and adults. I'm supporting them with a portion of my proceeds, and they let me include a QR code link to their swimming pool finder in my book, so that anyone who scans it can find a lesson in their community.

While my book is very much a love letter to my dad, the community support element was inspired by my mom, Pat McEvoy. My mom has been working with Project SHARE for decades, and a lot of that work



stemmed from the loss of my dad. After becoming a widow at the age of 43, with three young kids to support, my mom decided to channel her grief into

community service. **The year my dad died, she started a food drive in his honor, collecting food for Project SHARE around the winter holidays.**

My mom always said we had to make it easy for people to donate, so we drove around our neighborhood, placing empty grocery bags under door mats with a note on the front. The note asked people to fill the bag with shelf-stable food, leave it on their porch the next weekend, and we'd be back to pick it up. When I think back to that first holiday season without my dad, I don't remember how sad I was, though I'm sure I was. Instead, what I remember is how fun it was to drive our minivan slowly around our neighborhood with the doors flung open, sipping hot cocoa, jumping out to collect bags filled to the brim with food. I remember blasting Christmas music in our garage, organizing piles and piles of donated food. **And I remember how good it felt to distribute food to families who wouldn't have had a holiday meal if it hadn't been for us. Sharing is an essential part of recovery.**

Our food drive became an annual holiday tradition, and is a core memory that has greatly influenced my life and the way I deal with grief. After losing my younger brother in 2010, and having a child of my own in 2014, I decided to start my own holiday fundraiser to support the food bank in my local community. **If you're reading this while dealing with loss, I'd encourage you to find a way to give some time to giving back this holiday season, whatever that may look like for you.** Doing something for someone else has been a great way to get out of my own head, and to channel my energy into something productive.

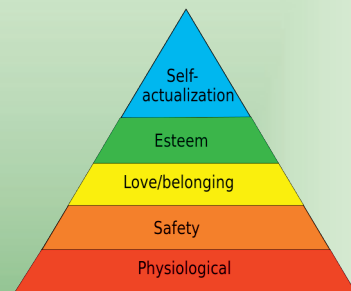
And when that doesn't work... I just go for a swim.



Kelly McKesten is a film and events producer in NYC and NJ. A Carlisle native, she now resides in Maplewood, NJ with her husband Jon and two kids, Jack and Sadie. The ABCs of Swimming is her first book. To learn more, follow @TheABCsofSwimming on Instagram.

Studying Psychology for my undergraduate degree I was intrigued by Maslow's Hierarchy of Needs which states human needs fall into a hierarchy with physiological needs as the foundation and self-actualization as the pinnacle. Between these are needs related to safety, love, belonging, and self-esteem.

To me this hierarchy serves as a way of contextualizing the intersectionality of an individual's needs and organizations that provide services.



While I believe the public library is a vital organization that provides information and

access through collections, programs, and services, I also know that if a person comes to the library hungry, unsheltered, cold (or hot), frightened, or ill, they cannot fully take advantage of the services. Those needs must be met first.

The true power of interconnectivity is that we can refer



them to organizations that provide them what they need so that they are then ready to take advantage of the services of organizations (like the library) to gain the skills, self-esteem, and the confidence

they need to continue moving up the hierarchy.

Over the years, **the partnership between Project Share and Bosler Memorial Library has been one model of this interconnectivity** as we worked together on summer programs that feed bodies and minds. This year, we adapted to fit into the new structure for Project Share distributions and look forward to building upon this to expand our opportunities.

It is challenging to think of community organizations through the lens of Maslow's Hierarchy. It forces us to understand the power of, and limits to, the services we provide. It necessitates knowing what organizations exist in our community and what they do. **It requires us to understand that we alone cannot meet all of an individual's needs. It demands we work together** to ensure that we meet the mission of empowering each person to build a strong, resilient, and self-reliant future. That is our "self-actualization."



Jeffrey Swope is the Executive Director of the Bosler Memorial Library since 2013. Prior to that he was the Youth Services Programming & Outreach Coordinator for the Dauphin County Library. A native of Dillsburg, he attended Lycoming College in Williamsport, PA, and Clarion University where he received his MA in Library Science.

contact that we thrive on. However, even as some of these ties were stretched, **community was what saved us.** Thanks to a history of collaboration, Farmers on the Square and Project SHARE have been able to support one another in **recovery through the changes since 2020.**

We have had a strong relationship with SHARE since 2009. The founding director, Elaine Livas was one of a small group of farmers and community members who brought the farmers market to Carlisle. Her participation on our board in those early years helped Farmers on the Square to thrive.

During these early years, vendors would donate what they could of unsold produce to Project SHARE at the end of a market day. Then, when COVID-19 hit, grant funding made it possible for vendors to receive compensation for some of these donated goods, allowing vendors from further away like Foot of the Mountain Farm and the LEAF Project to organize separate deliveries that better accommodated Project SHARE's distribution schedule. We are proud of the support that we have been able to give and receive in these formative years for the market to ensure that we are uplifting our community in every way available.

This past August, **Farmers on the Square has been able to distribute funds directly to hundreds of families at Project SHARE's Your Choice pantry distributions.** Thanks to support from another partner, The Food Trust, these "Food Bucks", worth \$10 and more with SNAP benefits, can be used at Farmers on the Square to purchase fresh fruits and vegetables. This opportunity to connect with more community members has allowed the Fresh Match program to once again flourish and provide support to many of our community members.

We are delighted to see so many new, smiling faces every Wednesday, and grateful to Project SHARE for this history of collaboration that has allowed us to recover from a tumultuous period together. I hope to continue deepening this relationship and our ability to uplift everyone in our community as we all recover and grow anew!

Farmers on the Square takes place on the corner of High St. and Hanover St. **every Wednesday, from 3-7 PM in the period May-October and 2-5 PM November-April.**



Bulletin BOARD

Words SHARED from our Board of Directors

During the month of September, as we reflect

on what Recovery means to each of us, we may find that we each have a personal meaning. For some, it can mean **a return to a normal state of health, mind, or strength or even a second chance at a new life.**

As our organization partners with various businesses in the Carlisle Community, two individuals SHARE their story on why they are passionate about the mission of Project SHARE.

M&T Bank Branch Managers, Teresa Festivo and Lisa Thomas, share a passion to help the communities they live and work in. They have partnered with Project SHARE both by serving as Board Members, Committee Members, and Volunteers. They are both passionate about giving back by offering their time, experience, and commitment to members of the community. Their priorities as individuals align with those of Project SHARE. **Lisa especially enjoys participating in the Gleaning Program** where local farmers allow SHARE volunteers to come on their field and collect produce that is in excess or intentionally grown for this purpose. **Teresa recently became a Board Member** and is enjoying becoming familiar with all the programs that Project SHARE offers. **Her favorite is the education that SHARE provides around nutrition** and making sure our children are fed varieties of healthy foods to help their bodies grow.

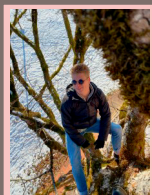
Beginning in September, in collaboration with other M&T Bank employees, **they will be supporting Project SHARE in delivering food to a group of seniors, and others who are homebound,** directly to their doorstep. During COVID and still today, these individuals pick up their



boxes of food at the entrance of their building. We look forward to bringing them comfort knowing that they no longer have to wait in line and carry the groceries themselves.

Teresa said, "What touches me the most is that a simple 'Hello' or 'How are you doing' can mean so much to someone who is homebound. You can see the anticipation in their eyes in how much they look forward to human interaction. **The secret is that they are actually giving to me.**" Lisa added: "So for me it is knowing how grateful each recipient is for the assistance. The little 'thank you' which is truly sincere and heartfelt and not just politeness. **It makes me happy to learn about each individual** as they share their story about their life and/or family. Knowing that they just need someone to talk to for that day."

This initiative will also allow employees of Project SHARE to **focus on other areas that demand their time and efforts. M&T Bank provides 40 hours per year to each employee to volunteer in their communities.** We are proud to stand with Project SHARE to support nourishing our community!



Erik Smith has been the Market Manager for Farmers on the Square since May. From Utica, NY, he has lived in Carlisle since graduating from Dickinson in 2022. Erik cares deeply about developing strong community food systems and ecological relationships, and also volunteers at the Carlisle Tool Library and the Lambertson Community Garden.

Birdsinging after a storm. Why shouldn't we? - Rose Kennedy



Firms, Businesses, Foundations & Organizations who, as part of our community, donate funds or in-kind gifts received between June 1—August 31st, 2023.

Beeman's Bakery	Market Performance Group
Big Spring School District	Mooreland Elementary School - Faculty
Blue Mountain Veterinary Service	Orthodox Christian Charities Greater Harrisburg
Bruce and Andrea Kimmell Charitable Fund	Partnership For Better Health
Bubbler Foundation	RISE Medical Marijuana Dispensary
Carlisle Area School District	Roxbury Treatment Center
Carlisle Area Sertoma Club -	Safe Harbour
Carlisle Arts Learning Center	She Shed Scrapbooking Girls
Carlisle Kiwanis Club Foundation	The Cindy and Glenn Shope Fund
Carlisle Rotary Club Foundation	The Donald B. & Dorothy L. Stabler Foundation
Colyott & Watson Insurance Agency	The Foundation - TFEC
Community Aid, Inc.	The Turo Foundation
Cumberland Valley Classics	Thrivent Choice
Dale Lay Memorial Fund	Torchbearer Rho-Beta Sigma Phi
Emergency Food & Shelter	Transformation Training & Fitness
Gateway Health Plan, Inc.	Troxell Giving Fund
Giant Food Stores, LLC	United Way of Carlisle & Cumberland County
Girl Scout Troop 11657 - 11465	Volvo
Capital Region Literacy Council	Wegman's
LifeGuide Financial Advisors	Weis Markets
LOGOS School	



A Guiding Principal for Life

A few excerpts from an interview with LifeGuide's founder, Doug Denlinger. More of this conversation will appear on-line in October.

DOUG: "Years back I was involved in a project with Rev. Ryan Brown at New Life Community. I had a property in Carlisle that I wanted to assist him with in finding emergency housing for folks. At the time I also found out about Project SHARE helping those in need of food assistance so I contacted your founder, Elaine and we began a relationship to assist Project SHARE."

So began a blessed relationship that has continued to this present day. I interviewed Doug regarding that relationship recently and it turned into a fascinating conversation. Here are just a few excerpts:

SHARE: From pre-Covid at the Farm to Table indoor fundraising dinner to our outdoor FARE 4 SHARE Food Truck Festival, I

am wondering why LifeGuide has continued its generous dedication to Project SHARE? It has been and continues to be a blessing for us and our community. What made you pick Project SHARE in the first place?

DOUG: "As someone born and raised in Carlisle and active in our community, I love being able to support the important work Project SHARE does for those around us. God calls us to share our resources to serve those in need, and I look at you guys as being 100% dedicated to that calling. You serve peoples' needs holistically and have a great process in place to do so. On a deeper level, I think part of what unites Project SHARE and LifeGuide Financial Advisors together is that we're both dedicated to teaching people 'how to fish' — not just 'giving them fish.' For us, it's teaching people how to have the right relationship with money and how to be wise, faithful, and generous stewards with everything God has entrusted to them. And with Project SHARE, I love that it's not just about simply providing food but also deeply integrating the Gospel message of hope. And everybody at Project SHARE is part of this bigger mission. It's not just that of one person but the ethos of the whole organization."



Support SHARE's
Community Aid bins
Project SHARE HQ
Carlisle E-Free Church
Carlisle United Methodist

&
Shop at



**Community Aid
Mechanicsburg**
CORPORATE SPONSOR

LifeGuide Financial Advisors deeply appreciates the vital service that Project SHARE provides to hungry families in the Carlisle area. We have sponsored the work of Project SHARE through the LifeGuide Impact Fund—our fund dedicated to magnifying the efforts of organizations making a positive community impact—since 2014. Supporting organizations like Project SHARE with a portion of profits each year is important to the LifeGuide team as an investment in our local community and a recognition of the image of God in all individuals. Project SHARE's model of providing quality nutritional assistance with dignity and warmth toward people in need is a missional approach we are privileged to support.

LifeGuide Financial Advisors is a registered investment advisor.



Doug is a Registered Life Planner® and a Certified Kingdom Advisor®, as well as a Dave Ramsey SmartVestor Pro®1. Doug is one of LifeGuide's founding partners. Doug is an Alumnus of Penn State's Smeal College of Business (Class of 1990) and an avid Penn State football fan.

Dickinson Presbyterian Church, celebrating 200 years, presents its 18th annual Christmas Concert to benefit Project SHARE.

December 10, 7:00 PM. Cookie Sale following the concert. Questions, please call 717-776-3461 or email dpcusa@gmail.com.



"The concert, first class. The cookies are a-ma-zing!!" - JDSMK

Please consider supporting our vision by **CLICKING HERE** with a SHARE of support appropriate for you. Let us know if this Newsletter may have prompted you to SHARE.

the man who moves a mountain begins by carrying away small stones." — Confucius



Summer is a busy time at Project SHARE, especially in the Nutrition Department.

The days of summer were spent preparing and distributing 80,000 meals to children in the greater Carlisle area as part of Project SHARE's Summer Feeding Program 4 Kids.

Each week, a team of 40+ volunteers helped feed 570 kids, for a total of 10 weeks throughout the summer. As I recover from the busyness of this work season, I find myself reflecting on my favorite moments of the summer—chatting with families as they picked up food. While the interactions were brief during the Drive-Thru pick ups, those small conversations always brought me joy. One theme of con-

versation was cooking and meal ideas. I always love when families share ideas with me and the delicious meals they cook using ingredients they receive from Project SHARE. **This Kitchen Kronicles is dedicated to sharing recipes that were shared with me. All the following recipes were made by families participating in the Summer Feeding 4 Kids, who put their creative spin on ingredients distributed throughout the summer. Multiple families mentioned the enjoyment they experienced as they cooked the following recipes together. So grab a loved one and consider whipping up one of these recipes together!**

Cheryl's Broccoli Cheddar Soup

Ingredients:

- Celery; Broccoli; Carrots;
- Garlic; Butter;
- 2% Milk; Chicken Stock
- Mild Cheddar Cheese
- Mrs Dash
- Salt & Black Pepper
- Bacon, optional

Directions:

Cut all vegetables up into bite-sized pieces.

Melt butter and olive oil, or whatever oil you have on hand, in large soup pot.

Throw all veggies in the pot. Cook for about 5-7 minutes.

Start adding milk to cooked veggies. Add chicken stock too.

Add cheese, and let melt, stirring occasionally until carrots are tender on med/med low heat for about 45 mins.

Bacon is optional.



Kid Approved 3 Ingredient Banana Muffins

Ingredients:

- 1 cup oats
- 2 overripe bananas
- 1/4 cup chocolate chips

Directions:

Mix together all ingredients. Refrigerate until batter becomes firm. Drop onto parchment lined baking sheet and bake at 350° for 20 minutes.



Ingredients:

- 1/2 cup sugar
- 2 tablespoons cornstarch
- 6 cups sliced fresh fruit
- 1 tbsp lemon juice
- 1 1/2 cups old fashioned oats
- 1 cup all-purpose flour
- 1/2 cup packed light brown sugar
- 1/2 tsp salt
- 12 tablespoons butter

Fruit Crisp

Directions:

Pre-heat oven to 350°F. Grease an 11x7 baking dish. To make the filling, whisk together the sugar and cornstarch. Add fruit and lemon juice, and stir to combine. Pour into greased baking dish. To make the crisp topping, combine the oats, flour, sugar and salt. Stir until combined. Drizzle melted butter over oat mixture. Scatter crisp topping over fruit. Bake for 30 to 35 minutes.



Continued from page 1

over Zoom and discussed what to do about those who had already registered and paid, and realized they had ongoing expenses that would occur even though the race was not happening. "As a 501(c)3 organization, each year we give our surplus income to Project SHARE to support their care for our shared community. We did not have a lot of money to work with but we still managed to pay all the bills."

Since then, they have continued to offer the Boiling Springs Triathlon each year. This was their 18th year. "The participants are plentiful, and each year we sell out all the openings that we have. Sponsorships wax and wane as the economy changes and businesses struggle to find surplus. But we were proud to donate \$4500 to Project SHARE as a result of the 2023 race, despite the difficult state of the economy. For 15+ years we have enjoyed a partnership with SHARE, and our participants and

sponsors keep coming back, knowing that we have a cause that we support wholeheartedly" stated Dan.



Joe accepting proceeds from race organizer, Dan Doyle.

"Recovering from the pandemic has not been easy for any of us. Just like recovering from the physical demands of a race, it takes time. With time, the Boiling Springs Triathlon hopes to not only meet, but exceed the giving to Project SHARE that we have accomplished in the past."

We are pleased to recognize the Triathlon supporters that help provide support to Project SHARE. They include:

- Holly Pharmacy; Quality Care Pharmacy; Faulkner Subaru; LifeGuide; Financial Advisors; Carlisle Construction Materials; Harrisburg Christian School; and West Shore Christian Academy.**



5 North Orange Street
 Carlisle, PA 17013
 Phone: 717-249-7773
 Website: projectSHAREpa.org
 Facebook: Project SHARE of Carlisle

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Thank you
 Cumberland County!

POSTAL RETURN SERVICE REQUESTED



Gratefully on the campus of:
Dickinson



How do we SHARE?

- ◇ 79,800 meals through Summer Feeding 4 Kids (up 33% from last year)
- ◇ 285 SHARE boxes distributed in collaboration with non-profit partners
- ◇ 340 kids, adults and families participated in cooking classes
- ◇ 27% increase in households utilizing Distribution compared to this time last year
- ◇ 11% increase in households receiving food from Farmstand compared to this time last year

Turkey & Holiday Drive

for families in need

\$25 to sponsor a family with a turkey.

\$50 to sponsor a family with a complete holiday meal.

OR shop in our SHARE Shop for individual items to SHARE with our families.



**Let's Break Bread Together
 by SHARING**

Return the enclosed envelope
 or make your gift via the QR code or at projectSHAREpa.org and
 tell us you heard about it in the Newsletter!



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