



SHARE News

SUMMER - 2024

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FARE...Otter Limits...Healthy Kids...SPO...A Welcome & a Bon Voyage

SHARING Our Stories

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Journeys take us to many places in life. Some come upon us, while other paths we choose. While we move towards a destination, this transitional journey can often be the most challenging. I have taken many journeys in life, both physically and metaphorically. Still, each presented me with a formative experience that I could have, and in some cases, did convert into a greater understanding that led to a certain level of wisdom. However, those journeys thrust upon us lead to a tipping of the scales of justice and present the most challenges to our ability to cope along the path. Yet, we also have a myriad of choices along this journey of life. Here is where we do have some control! So before taking the next step, take a breath, relax, and think of the potential of this moment. Like Robert Frost and Yogi Berra, choose the fork in the road, choose the best path, which is sometimes the road less traveled. JDSMK

"The journey of a thousand miles begins with a single step." - Lao Tzu



FARE 4 SHARE – Food Truck Feast



The 5th annual FARE for SHARE food truck feast will be held from 2:30 to 7 p.m. on Sunday, September 8, 2024, at The Meeting House in Carlisle. This family-friendly event will have at least 14 food trucks

journeying to the grounds of The Meeting House, on Walnut Bottom Road. A smorgasbord of foods, raffle prizes, plus lots of activities for kids of all ages are just some of the pieces of the feast that await visitors. New this year is an **online auction** that will run the week of the event in support of the fundraising effort. Some great items, such as hand made quilts will be among the items.

As SHARE embarks on the **fifth year of the event**, they are deeply grateful for the community's unwavering support, which has

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Journeying to the Otter Limits



Congregational Corner



When you ask the members of Otterbein United Methodist Church in Boiling Springs how long they have been donating food and finances to Project SHARE, this is the answer you will hear, "It's been so long I don't remember when

we started."

We are a congregation seeking to serve Jesus Christ by proclaiming the Good News and serving our neighbors. We are on a journey of faith. Over the years we have also been journeying with Project SHARE. It started with collecting some canned goods for SHARE at our annual Harvest Home Sunday and donating money each month to help with the cost of running this essential part

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Planting the Seed from SHARE to SPO



Journey—the theme of Project SHARE's Summer 2024 Newsletter—is appropriate for Shippensburg Produce and Outreach's (SPO) introduction to SHARE's readers. It's appropriate because **SPO's journey as Shippensburg's primary food pantry began 15 years ago through the encouragement, mentorship, and guidance of Project SHARE.**

Initially formed by a group of faith-based volunteers, SPO set out to

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Healthy Kids Coaching

Trish Turo is a coach and author in our Carlisle community who is dedicated to bringing healthy ways to kids in our region and the nation.

She writes about her journey here.



Have you ever been excited by the thought of how YOUR ideas or expertise could potentially help others? That's how I felt when I was given the opportunity to write a book with A Kid's Co. My journey to becoming a published author resulted in sharing on a topic I'm not only familiar with, but have become an expert in, and because of my passion for health and human behavior, "A Kids Book About Healthy Habits" was created. As a health coach with a degree in health psychology, I am extremely in-

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"Nourishing Our Community...Awakening Hope!"

“Two roads diverged in a wood and I - I took the one less traveled by, and that has made all the difference.” - Robert Frost



Seeds of Hope

From the Executive Director

Over the past few months, I have had the privilege of visiting other food pantries in our region to see their operations and learn from them. As I have journeyed to Shippensburg, Harrisburg,

Dillsburg and Lancaster County, I have been inspired by the empathetic employees, hardworking volunteers, visionary leaders and dignified pantry environments. Even more, on the journeys back to Carlisle, I have enjoyed the conversations with Project SHARE team members as we debrief what we learned, what inspired us and how it could impact our work at SHARE.

In March, three Project SHARE team members and I traveled to Shippensburg Produce Outreach (SPO) and observed their Drive Thru operations. With determination and compassion, SPO has navigated a tremendous increase in need for their services. Later in the month, Project SHARE had the privilege of being asked by the Central Pa Food Bank to be part of their pilot Halal pantry program. The Central Pa Food Bank has been hard at work sourcing foods that are needed for our Muslim neighbors, to honor their religious dietary requirements. Because of our participation in the pilot program, Project SHARE has been able to source fish, Halal chicken and more, making it available at Distributions. And then, I visited New Hope Ministries—a pantry that inspired Project SHARE’s transition to a Client Choice

pantry (grocery store model) in 2021. Most recently, I and one other Project SHARE team member traveled to Lancaster County to visit Ephrata Area Social Services and CrossNet Ministries, two comprehensive social service agencies impacting their communities for good. Visiting CrossNet Ministries was particularly special as this pantry is where my grandmother volunteers four days a week. Her life of service has inspired me, and we often enjoy swapping food pantries stories at holiday meals!

At every pantry, I have observed commitment to serve the needs of their unique communities. Across the region, food pantries are experiencing increases of families needing our services. From 2022 to 2023, Project SHARE experienced a 56% increase in need for our Distribution program, where families receive a week’s worth of groceries. From 2023 to 2024, we have experienced yet another jump – need has increased 34%. In May, we served 753 households compared to 532 households in May last year through our Distribution program. These numbers only reflect one of Project SHARE’s many programs.

Journeying to other food pantries is a reminder and encouragement that we are not on this journey alone. We do not do this work in isolation, and I am inspired that the generosity Project SHARE experiences in the community of Carlisle reaches out across the region and county lines in an effort to reduce food insecurity for our neighbors.



Bulletin BOARD

Words SHARED from our Board of Directors Treasurer, Shawn Bernheisel

Journeys, both literal and metaphorical, have played a significant role in shaping our experiences with the world around us. Journeys take on a profound significance when you realize that they are undertaken with the support of those closest to us. Journeys are unique to each of us, yet the understanding of their importance is shared by all. Journeys of compassion embody the noblest aspirations of people who choose to be a resource to those looking for a hand-up. Journeys, in all their forms, are fundamental to each of our experiences - including physical travels that expand our horizons to metaphorical quests that deepen our understanding of ourselves and the world.

No one is without a journey - we are all on a unique journey. For me, as a tax preparer, tax season is a yearly journey beset with challenges, long hours, and so on. While tax season may not evoke the same sense of adventure as some journeys, it is undoubtedly a significant annual event for myself and my colleagues. During any journey, it is those around you that make the journey possible. My colleagues support me with their time and energy, and I do the same for my colleagues. They have a unique understanding of the journey itself and are willing to walk with me along the way. Simultaneously, for our clients, we are a part of their unique financial journeys. I get to play a role in their journey as they are in mine.

Many of the same traits that comprise the journey of tax season can be observed at Project SHARE. The journey of Project SHARE has continued since its founding with the support of the community. The community, the neighbors of SHARE, are both clients and those walking with clients. They walk with them in the form of volunteer hours, financial support, and so on. As SHARE approaches its 40th anniversary, it is an exceptional time to reflect on the journey so many have already walked. A celebration of all the hands needed to get us to where we are today. For that, we are all blessed. With that in mind, our journey of compassion continues as the need for a hand-up remains and forms the basis for the journey ahead.

Journeys are a testament to the power of empathy, compassion, and solidarity to transform lives and communities because they are best undertaken with those around us. While it can be difficult to understand one another’s unique journey, we do so because we understand our own journey. As we continue our own journey, may we continue to be inspired to walk alongside those in need with our support, compassion, and hope. Certainly, with the willingness and empathy of so many, Project SHARE has demonstrated that no journey is too great.



Shawn started his career at Cohick & Associates as a tax preparer in 2015 and became an Enrolled agent in 2016. Shawn is active on other boards including Carlisle Young Professionals and Carlisle Lacrosse. Shawn enjoys rooting for Syracuse sports and playing volleyball.

Please SHARE, through our quarterly Newsletter, by making a donation appropriate to your circumstances.





The journey that brings someone to Project SHARE is as unique as the person themselves. **There is no one “story” that tells the tale of how and why someone finds their way to us.** Since starting last year, I’ve been asked countless times about the circumstances that bring Clients to Project SHARE. A lot of people have a lot of ideas about our Clients’ journeys. **For those who do not face food insecurity or who have never had to rely on the safety net of social services, there is often an assumption that that the journey could be different if only someone tried harder.** I can tell you from seeing the process from the inside, that our Clients are doing the best they can to navigate their current situation. Project SHARE will be a brief stop for some people. For others, we will be a longer companion. We may be on this journey indefinitely with many of our elderly clients or those with medical conditions that affect income and employment ability.

Project SHARE is here to help reduce food insecurity for our neighbors in the greater Carlisle area. **We help neighbors who work, neighbors on disability, neighbors who are elderly, neighbors who are single and those with (often large) families, neighbors struggling through circumstances beyond their control, and yes, even neighbors who have made some choices others may deem as less than ideal.** We believe that no matter what your journey, you deserve access to healthy, nutritious food, offered in a way that fosters dignity and hope.

I am honored to work with **a team that respects the varied journeys of our Clients.** I am **grateful for the Volunteers and Donors who give generously of their time and money** to allow us to be a supportive stop along the way.

Helping ensure that Project SHARE is sufficiently funded is part of my journey. From newspaper reporter to school development director, to my current position ... my professional journey has brought me exactly where I believe I am supposed to be. If you are interested in helping fund any of our programs or general operational needs, **please visit our website for online giving or use the envelope in this newsletter. We also invite you to visit our facilities – perhaps even to volunteer -- to get a real sense of the scope of our work. Please reach out to me personally if you’d like to schedule a visit or have other questions about Project SHARE.** Let’s start a journey together.

Lisa Maddux has been Project SHARE’s Director of Development since February 2023. She is inspired and encouraged every day by the work being done here and the Clients, Volunteers and Donors who make it possible.

To Infinity and Beyond “Buzz Lightyear, I mean Buzz Aldrin was from the town I came to Carlisle from in 1999. After coming to **one of the greatest towns in the USA**, and working in various joyful capacities I believe it is time to retire. It is not because I don’t love the job or feel less able to cope, but there are **new journeys that await.**” So states our Communications Outreach Coordinator, Joseph Kloza, who at age 77 has decided to move on from Project SHARE and “retire.” Joe has been with Project SHARE since 2016. The role encompass many aspects, and **Joe was always flexible to adapt, sometimes on a daily basis, to the news that we SHARED about our mission.** The quarterly Newsletter was revamped, under his creativity, to focus on an expansion of communication from and for all of those in our community who were, in one way or another, connected to SHARE, from community Spotlight Columns, to a Congregation Corner, to a place for the Board and the Executive Director. Add to that feature articles ranging from a Client’s remembrance of being in NYC on 9/11 to this month’s honoring the seed that grew into a sister organization in Shippensburg. **“I also recognize that I was incorporated into a organization that had a staff of incredibly competent and dedicated people who cared about each other and their mission. I always felt as a peer whose contributions were accepted with the dynamism that is part of a team working towards a common goal.** Never did I feel like the guy who should have retired....lol.” Social media included posts on Facebook, Instagram and LinkedIn while he also managed the website with it’s own needs for changes and adaptations. “Since I have **witness technology from press on letters, DOS Basic, and telex machines** to my recent cautious use of AI, I have loved the changes and empowerment that technologies have brought. **Like any tool it is not the tool but how you use it that can enrich your task.**” Joe has always had that approach to the task and is perhaps a reason why the journey has kept him on the mark! Emma Witwer, Executive Director added that **“Joe’s creativity, ability to form genuine and meaningful connections and his enthusiasm for his work has left its mark on our Project SHARE team and community. We wish him the best-- he will certainly be missed! We extend a tremendous thank you for the 8 years he SHARED with us.”**



Bon Voyage, Joe!



PS: There are only a few photos of Joe since he took the photos. C’est la vie!
This article written by Joseph Saint Martin.



Many thanks for all the books donated towards our Summer Feeding 4 Kids program. We more than met our book goals for Summer Feeding for Kids. Financial support still being accepted for the full program at this time.

Another shout out to our team who sorted and categorized the thousands of books received. Thank you all!



Gary Heishman



When someone leaves the community we are diminished. A generous man of honor, wisdom and charity was a prime engine behind Project SHARE from our early days to 2024. Sadly this benefactor has passed after four score and one. Gary Heishman encouraged by example, this honorable legacy of compassion, to his sons Tim and Ryan.

For many years Project SHARE has benefited from trucks and service through his in-kind donations with our emphasis on "kind." His legacy includes all of those who were able to receive food they needed, thanks to our continuing ability to transport both fresh, self-stable and frozen foods across our region.

We bless him on his journey and extend our sympathies to his family on their loss.



How fortunate are we to have such adventurous and generous benefactors in Boiling Springs! Once again, the Triathlon will be in full form on August 3rd from 7 am at poolside and around the streets for racing, swimming, and bicycling challenges. Details at <http://www.bstriathlon.com/>

All proceeds benefit Project SHARE.



Sponsors: Life Guide; Faulkner Subaru; Quality Care Pharmacy; Holly Pharmacy; Therapeutic Massage by Susan Allen; LinkBank; Fleet Feet; Carlisle Construction Materials; ability ottobock.care; Boiling Springs Pool; Saidis, Schultz & Fisher; 1794 The Whiskey Rebellion; Cody Financial; PA Pension Planners

Many thanks from the Boiling Springs Triathlon and Project SHARE!

Welcome to the Staff—Greg!

Farmstand & Gleaning to Neighborhood Outreach!

He's been around the block and now Greg is moving produce and more in and out of our Farmstand satellite location on Lincoln Street. Greg, our new Farmstand and Community Outreach Coordinator, is entering our summer season of gleaning in the fields and hills of our region. **He will lead this with the blessing of our local farmers and with crews from various firms, organizations and congregations** who gather the crops for distribution to those in our food chain.

Greg hails from Central Pennsylvania and completed his education at Carlisle High School. He obtained his commission in the **US Army** via Penn State and recently concluded a distinguished **30-year military career**. Throughout his service, he, along with his family, **traversed the globe**, yet they always held Carlisle as their true home. Greg is **eager to reciprocate the support he has received** from his community over the years.



Jacob Sultanik served our community well. Here he hands off the keys to Greg Leiphart as Jacob ventures north to State College. Many thanks and best wishes from all at Farmstand and from all of us at SHARE!

Healthy Kids continued from page 1

vested in sharing health education and small actionable steps so that people can live a higher quality, joy-filled life. Oftentimes, I work with individuals who open up and share the vulnerability of their constant stress, lack of sleep, and challenges around exercise and nutrition - and I realized that many people didn't necessarily have role models or support in making small changes to their habits and prioritizing their health at a young age. As a mom of two young kiddos, learning healthy habits in their formative years makes adulthood just a bit more manageable, and I thought, why not write a book for kids about what I'm teaching grownups?! "A Kids Book About Healthy Habits," gives EVERYONE small steps and tools they can use right now - to improve their overall quality of life. This book is meant as a conversation starter for grownups and kids to talk about the type of habits they want to start or continue, and create goals together. This might mean picking out fruits and veggies for each meal. Additionally, habits might include learning about portion control, learning how to read a nutrition label, or cooking at home over buying takeout. The act of working together towards a shared goal around health is... yes, you guessed it, an excellent healthy habit in it of itself!

I'm beyond thrilled for Project SHARE to be able to provide these books to the kids and their families in our local community during the Summer Feeding 4 Kids distribution. As a native Cumberland County resident now raising my kids here, I'm passionate about creating opportunities for our community members to improve their health and wellbeing while providing the supports and the tools to be able to do just that. As a family, we are huge sup-

porters of community outreach and I believe my book about healthy habits for kids certainly aligns with Project SHARE's overall mission. I look forward to supporting our kids in creating healthy habits around food, nutrition and nourishment, and overall mental and physical wellbeing!



Follow SHARE on:



provide fresh produce to the Shippensburg community. What started as a modest effort to serve the Shippensburg Area School District quickly transformed into a comprehensive food assistance program. In a few short years, the distribution of fresh fruits and vegetables to 25 families expanded to include meat, eggs, and dairy products, eventually serving over 100 families.

The onset of the COVID-19 pandemic marked a pivotal point in SPO's journey. The spike in demand for food assistance mirrored the challenges faced by Project SHARE and other food pantries across Pennsylvania and the United States. SPO's response demonstrated remarkable determination, flexibility, and resilience.

The pandemic brought a significant increase in demand for food assistance in Shippensburg. Weekly distributions surged from 150 to 300 clients by the summer of 2022. Despite expectations, the demand did not wane post-pandemic. In fact, the number of food bags distributed by SPO tripled each year from 2021 to 2023. By June 2024, distributions had already surpassed the totals from the same period in 2023.

To address this sustained demand, SPO President Karen DeShong and SPO Procurement Director Tina Madison had the strategic foresight in Summer 2023 to conduct an internal sustainability study, so SPO could continue to serve its community in years to come. The sustainability study, which concluded in March 2024, centers on four goals: strengthening the volunteer program; leveraging the existing network of partners and forging new relationships; developing sustainable funding; and refining and documenting operating procedures.

As SPO embarks on a new phase of its journey under the theme of "Professionalization of the Organization," it has called upon the expertise of Executive Director Emma Witwer and Development Coordinator Lisa Maddux. Their insights are crucial in propelling SPO's momentum while navigating future challenges.

Lastly, as we reflect on this journey, it is fitting to wish Wanda Kloza, who was instrumental in SPO's inception in 2008, safe travels and many adventures ahead, with her husband Joe, who is retiring from Project SHARE.

Thank you, Project SHARE as we SHARE our journey into our collaborative future.



Christopher A. Connor joined Shippensburg Produce and Outreach in July 2023 as part of his U.S. Army retirement transition internship with the Pennsylvania Veteran Farmers Network. He became SPO's Interim Executive Director in June 2024 and is a proud member of the Cumberland County Food System Alliance. Originally from Nelson County, Virginia, Chris now resides in Carlisle with his wife Jody—a Carlisle native and U.S. Coast Guard veteran—and is focused on addressing food insecurity in Central Pennsylvania and Central Virginia.



Congregation Connections

Many thanks to our congregational financial supporters. This list recognizes donations received between March 01st-May 31st.

- Bethel Assembly of God
- Camp Hill Presbyterian Church
- Carlisle Baptist Church
- Carlisle Evangelical Free Church (CEFC)
- Carlisle First Church of the Brethren
- Carlisle Quaker Meeting
- Carlisle Seventh Day Adventist Church
- Carlisle United Methodist Church
- Congregation Beth Tikvah
- Dickinson Presbyterian Church
- Faith Chapel of Carlisle
- First Church Of God Of Newville
- First Evangelical Lutheran Church
- First Presbyterian Church
- First United Church of Christ
- Green Spring First Church of God
- Holy Trinity Greek Orthodox Cathedral
- Lighthouse Church of God
- Mechanicsburg Presbyterian
- Opossum Hill Union Church
- Otterbein United Methodist Church
- Redeemer Orthodox Presbyterian Church
- Second Presbyterian Church
- Shepherdstown United Methodist Church
- St. John's Episcopal Church
- St. Luke's Episcopal
- St. Matthew's United Church of Christ
- St. Patrick Catholic Church
- St. Paul Evangelical Lutheran Church
- St. Stephen Lutheran Church
- The Meeting House
- Trinity Global Methodist Church
- US Army War College Memorial Chapel
- Youngs Church of Mechanicsburg

We also recognize all the individual Donors and Volunteers who give their time and resources



Firms, Businesses, Foundations, Organizations

who, as part of our community donate funds or in-kind gifts received between March 01st-May 31st.

- Beeman's Bakery
- Big Spring Area Food Bank
- Boiling Springs Lions Club
- Bruce and Andrea Kimmell Charitable Fund
- C & A Farms, Inc.
- Capital Area Head Start
- Carlisle Area School District
- Carlisle Area Sertoma Club -
- Carlisle Arts Learning Center
- Carlisle Barracks Commissary
- Colyott & Watson Insurance Agency
- Commonwealth of PA Food Recovery
- Community Aid, Inc.
- Community Cares
- County of Cumberland
- Cruise Holidays Of Carlisle
- Cumberland Perry Vocational Technical School
- Cumberland Valley Cleaning
- CV Eagles Boys Volleyball Booster Club
- Delta Kappa Gamma, Carlisle Chapter
- F&M Trust
- Giant Food Stores, LLC
- Joe at Comics and Cool Stuff
- Kevin and Joann Curtis Family Charitable Fund
- Knights of Columbus Council 13100
- LeTort Trust
- Levine Enterprises, Inc
- Liberty Farms - Richard and Janet Longenecker
- Lisa O'Brien Interior Designs
- MAZON
- Members 1st Federal Credit Union
- Nationwide and the Nationwide Foundation
- North Dickinson Elementary School
- Operation Warm Hearts
- Partnership For Better Health
- Penn Twp. Fire Department
- Safe Harbour
- South Middleton School District
- St. John's Lodge No. 260 F & AM
- Strategic Consulting Partners
- The Boston Consulting Group Inc
- The Cindy and Glenn Shope Fund
- The Donald B. & Dorothy L. Stabler Foundation
- The Kitchen Shoppe
- The Turo Foundation
- Todd Lynn Consulting LLC
- Torchbearer Rho-Beta Sigma Phi
- Troxell Giving Fund
- United Way of Carlisle & Cumberland County
- United Way Worldwide - Frontstream
- WCC Lions Project Fund
- Wegman's
- Weis Markets
- Women of the Moose Chapter 235

been the cornerstone of previous food truck events since 2020. Despite the rain in 2023, the event was a resounding success as we all sang in the rain and savored the food, the vibrant crowds, and the shared experience. **“With a beautiful date in the forecast this year, we eagerly invite everyone to mark their calendars for this year’s festivities,”** shared Joe Kloza, committee member and retired Communications Outreach Coordinator, emphasizing the community’s pivotal role in the event’s success.

“What began as a temporary pandemic-era placeholder has blossomed into a cherished community tradition, a testament to its popularity and its unique ability to unite the entire community. This year, we are

thrilled to introduce new trucks and activities, in addition to bringing back several of our previous year’s crowd favorites,” shared FARE’s planning committee chair Andrew Razanauskas, inviting the audience to take pride in the event’s evolution and feel a sense of community caring and sharing.

Featured vendors, as of this printing, committed to FARE for SHARE include: Farm Show Milkshakes, Bricker’s French Fries, Banana Leaf, Chameleon 1360, Pizza Shack, Boost Burgers, Grappling Crab Shack, The Italian Job, Creekview Food Company, Playa Bowls, 5Rs Eats and Treats, Kokua Shave Ice, Tucker & Co. Bakery, and El Cubano.

Throughout the event continuous local jazz, popular, country, bluegrass, and rock entertainment will be provided on two stages. FARE for SHARE is open to the public. Anyone interested in being a sponsor for the event or donating an item to the online auction should contact the Director of Development, Lisa Maddux, at lmaddux@projectsharepa.org.



of our community that provides nourishment for our neighbors in need.

Now, we are proud to be “The Fruit Church”! The second Sunday of each month is our “Fruit Sunday”. The children walk the aisles collecting the cans of fruit and gain an understanding of helping those in need. We are also active participants in the annual “**Souper Bowl**” event that supports SHARE. The smiling faces of our children and youth, holding the soup pots for collection, always seem to make the congregation dig a little deeper!

In the past few years, we have journeyed out of our church and into Project SHARE’s distribution center. We have dedicated volunteers that help with the Your Choice pantry distribution on a regular basis. We assist the Clients as they make selections and are able to put a face to the need that we have been helping fulfill for so many years.

“During pantry volunteering we probably take away more from that, than the ‘shoppers!’ **When you give you actually receive!** It feels good to be a happy, positive presence for people coming to receive food. When there are questions about food choices, it is a blessing to have that opportunity to reach out and help them!” - Cheryl Behrenhausen

The “**Otterbein Wrappers**” are excited that the Summer Feeding 4 Kids is kicking off this month! Every Wednesday for ten weeks during the summer a very lively group of congregants spend their morning making the sandwich and wrap kits for SHARE’s weekly distribution.

Each summer the group has seen the number of required kits grow and grow. And while we never complain about the extra work, our hearts go out to the families in need. From our youngest to our older “wrappers”, this mission touches our hearts deeply.

Referring to the rewarding experience of packing food for the Summer Feeding 4 Kids distribution, Rosa Seyfried said “ I now volunteer almost every Wednesday during their Pantry distribution. I volunteer because the need is so great. Undoubtedly, every week someone thanks us for being there. It is obvious that this opportunity makes a difference in their lives and they are grateful. I also volunteer at Project Share because of the people leading the organization. Everyone in the staff I have interacted with is very committed to their mission. It is clear that they care about the well-being of their clients and are willing to work hard to help them. Project Share is a blessing to have in our community.”

Finally some words that sum up the entire motivation and joy from the experience of volunteering from Richard and Patty Johnson, “We enjoy volunteering at Project Share for many reasons. For one, we have fun doing it, have many laughs while we work and enjoy friendship with others. But, the most important reason that we like to volunteer is that we want to share Jesus’ love. Mark 12:31 ‘Love your neighbor as yourself”-



"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us." Samuel Smiles.



Food Journeys Around the World in Our Community!

The summer begins with our very **busy Summer Feeding program**. We have all types of volunteers, 40+ each week, working diligently to provide

children with a nutritious breakfast & lunch for 10 weeks of the summer. We do this as a community service since schools are closed and no lunches are served. Many families appreciate this extra boost in nutrition for their "kids."

Part of this experience is that **I get to learn about many different cultural backgrounds and especially love to listen to their favorite foods!** We all come from unique cultures whether from parts of America or from other places around the globe. I grew up eating "Pennsylvania Dutch" style & my favorite meal was homemade ham pot pie. I remember sitting around the table helping my gram make the pot pie dough, it was my favorite part to do. **As I write this Kitchen Kronicle, I like to think back about all of you and your journeys.**

Atyaah – a local here in Carlisle, comes to my Slice of the Month. I thoroughly enjoy listening to her stories from when she lived in Scotland! When I reached out to her to ask her what her favorite dish from Scotland was, she

said it was something called – Mince & Tatties. In this recipe you will find that the ingredients are basic ingredients like mashed potatoes, mince meat, peas & carrots. Mince is basically just meat ground up tiny, I think of it as hamburger meat before you form the patty.



Emma – our very own Executive Director, **grew up in Ireland!** When I talked to her about her favorite meal from her childhood it was fish & chips. Now chips in Ireland are actually our French fries!

Another fun play on food items



we eat but with a different name.

The recipe originated from Jewish immigrants to England. It then made its unique way over to the "Emerald Isle."

The best fish to use is cod due to its texture and is generally agreed to be the best choice. "Chips" are cut thicker than in the USA. A popular favorite take away in both England and Ireland.

I also received a recipe from one of our volunteers, **Roxanne**, and I came to find out that she's a vegetarian. The dinner recipe she gave me is a take on "lasagna". Rethink your weeknight dinners by switching up a few ingredients (it also is a one pot meal!). **This lasagna still includes noodles, but instead of the meat it uses zucchini & summer squash!**



As you can see, everyone has a different take on many things, food being one of them. But in some sort of way **we all use the same ingredients in a different way!** That's the fun of cooking, it brings everyone together while also learning new things.



Returning this October!
Both In-House and
Virtual on Zoom for Kids.
Adults In-House



Our Mission

Project SHARE is a faith-based food pantry founded in response to God's call to love one another. To reduce food insecurity for neighbors in the greater Carlisle area by offering access to nutritious food, programs, and a support network that promotes self-sufficiency, fosters dignity, and instills hope.



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

PLEASE
 PLACE
 STAMP
 HERE

POSTAL RETURN SERVICE REQUESTED

Mailing Address Line 1
 Mailing Address Line 2
 Mailing Address Line 3
 Mailing Address Line 4
 Mailing Address Line 5

Bring Your
 Pre-Owned Clothing
 to our Community Aid Bins



Community Aid supports Project SHARE
 partially based on our collections.

Gratefully on the campus of:
Dickinson



Nutrition for Our Kids

Summer Feeding 4 Kids

They Are ALL
 Our Kids!

- ◇ 4 Distributions 3 Sites Weekly x 10
- ◇ 7 Breakfasts, 7 Lunches Weekly
- ◇ 2023 served 79,500 meals to 570 kids weekly because of your support!



Return Your Envelope to Help Our Regional Mission Today!

BOARD OF DIRECTORS

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