



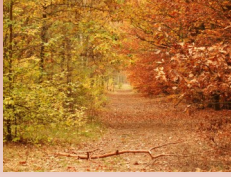
# SHARE NEWS

## AUTUMN 2018

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FARM TO TABLE...HOPES AWAKEN...KIDS IN THE KITCHEN...THANKS

### Autumn Gathers Crops and Thoughts!



*"Time is our relativity. When you are observing things move fast. Kids become adults. Holidays and seasons repeat at blinding speeds. The seeds are planted, rain, sun, growth, harvest, leaves fall, back to the soil, covered with ice and snow and then we wait...and again it begins. Life, Earth everything is a circle...ever returning...ever spinning. We hunger for food then purpose. Just a thought!" - JDSMK*

### Welcome to SHARE Who comes through the door?

Go to Project SHARE's website and you'll see its vision "Nourishing our Community... Awakening Hope" plastered across the top in blue letters. The motto carries many meanings, but if you ask clients, the emphasis on community is why Project SHARE stands out and where hope is awakened.



It's not just about providing food and nourishment; it's about guaranteeing clients hopeful days every week. SHARE wants to provide a family-like environment for those with or without family. While SHARE provides food for our community of clients it also works to fill the mind and spirit as well through our programs and collaborations.

Because of this, clients come to Project SHARE and feel welcomed by everyone involved. SHARE's volunteers aim to provide an openhearted environment for each and every client that comes through its doors.

"They don't make you feel like there's a stigma," one woman said.

Removing stigma, is a necessity, as much as providing food and resources.

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### Hunger Was Not Their Summer Memory



**Lunch & Learn** weathered lots of rain, for a successful summer of activities. Lost school lunches were replaced by SHARE's tasty nutritious kitchen offerings.

Let us share some feedback from VOLUNTEERS who made this program work for 130-200 kids during Lunch & Learn. From Gail D'Urso, retired CASD teacher and key planning member who taught the Art curriculum this summer at all 5 sites: "Project SHARE's Lunch and Learn program had a terrific summer of 2018. For 8 weeks at 5 locations, children met with dedicated adult leaders and teachers to share a morning snack, learning activities, and a delicious lunch. This was my 6th summer as a volunteer teacher for this evolving program; each year, it has gotten better and better.

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**Our Mission:** "In response to God's call to love one another, and bolstered by the spirit of generosity in volunteers, staff, clients, gleaning partners and donors; Project SHARE's food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want."

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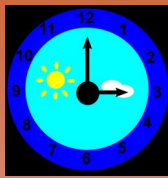
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Regular SHARING of photos, videos and information about our mission and related national and global links. Follow us..."Like" us at "Project SHARE of Carlisle"

SHARE us with your friends!

3,052+ followers and growing!



## DATES TO REMEMBER



**Sundays (4-5pm)@ the Farmstand. Relax and condition your mind and your body. FREE**

**CHES CLUB** launches from Farmstand for its 2nd year on September 17th and continues every Monday from 4 to 5:30pm. **Mentors are needed** and kids from grade 4 to 8 are welcomed to learn and improve their strategic and organizational skills which result from brain exercise that results from CHES!

**FARM TO TABLE** Event & Auction September 30th at Whispering Pines from 5:30 to 8:30pm. Locally sourced and creative cuisine with craft beers, cider and wines. Our signature annual event. Tickets \$75. Tables for 8-10. Join us at Whispering Pines.

### **KIDS in the KITCHEN** (at SHARE HQ)

**Tots in Kitchen** (ages 4-8) Mondays 4:30-6:00pm September 24th, October 22nd, November 19th

This class caters to some of the youngest in our community: children ages 4-8. Designed for Pre-K to early elementary-school aged children, this class teaches students basic nutrition and helps them build a healthy relationship with food through interactive worksheets and other hands-on activities. Parents are encouraged to stay and assist if possible. Help us by signing up by registering children at our [TimetoSignUp.com/projectSHAREpa](http://TimetoSignUp.com/projectSHAREpa) page.

**Cubs in Kitchen** (ages 9-12) Wednesdays 4:30-6:00pm September 26th, October 24th, November 21st

This class is for children ages 8-12, elementary-age kids who are ready to take their skills to the next level. In this class, students will not only learn basic culinary skills like measuring, mixing, and assembling, but will also explore mathematics and science through the lens of nutrition and food.

### **Slice of the Month –Adults in the Kitchen**

Keeps on cooking throughout the year! The 2nd Thursday of each month from 5:30–7pm. These monthly classes give adults hands on experience preparing recipes based on ingredients available at SHARE. Classes are held at **Farmstand**.

NEWCOMERS are our favorite ingredient!

### **Gleaning the Fields & Orchards**

Gleaning is a wonderful opportunity to be out of doors helping to gather crops left by the farmers and orchards in our area specifically for our clients. It is a meaningful and enjoyable time for individuals, families and groups of all sorts to help in the harvest. Pick your date, through October, and sign up today! Go to: [Timetosignup.com/projectsharepa](http://Timetosignup.com/projectsharepa) for the gleaning schedule.

**HOLIDAY DINNER** for our client community in December. Further details to follow.

Please support Project SHARE through our Newsletter by returning the enclosed envelope with a donation of your choice. The envelope is for your convenience or, if accessing our E-Newsletter just click here! **DONATE**

We would love to have your comments on this Newsletter.

Sign up for Project SHARE volunteer opportunities & events @: [Timetosignup.com/projectsharepa](http://Timetosignup.com/projectsharepa)



Three and a half years ago, I moved to Carlisle



from my hometown of Chicago, having accepted a position at Dickinson College. For several months, I struggled to find my place and my voice in my new community. The differences between Chicago and Carlisle, as you might imagine, are stark. However, the more I began to learn about Carlisle, the more impressed I became by the complexity and sophistication of the place. **The challenges of poverty, homelessness, food insecurity, and beyond are as pressing here as they are in Chicago,** or any other dynamic city. In Carlisle, I

learned that challenges do not define a place. A community is defined by its greatest asset—people, and their commitment, capacity, and audacity to confront these challenges.

In spring 2016, I was invited to join the Project SHARE Board of Directors, and since then, have had the privilege and honor to serve the organization, its clients, and staff. As a volunteer, **I have cleaned plates at holiday dinners, served soup at Empty Bowls, prepared healthy lunches and snacks for Lunch & Learn, participated in retreats** for strategic planning, and helped ensure the future strength and viability of the organization. Project SHARE's vision, "Nourishing our Community...Awakening Hope!" inspires me every day, because it reflects the ways in which people—volunteers, friends, and staff—contribute to the resiliency of our community and transformation in the lives of our clients.

I am grateful to Project SHARE for so many incredible experiences, and the ways in which my service has nourished me and awakened hope in my own life. **St. Vincent de Paul is known for the famous quotation, "It is not enough to do good. It must be done well."** This altruistic expression of both **purpose and intentionality** became a personal tenet as I moved through my adult life, but I only applied the lesson selfishly, seeking personal fulfillment and career advancement. While the contributions of the non-profit sector, social service agencies, and religious organizations were evident around me at home in Chicago, I lacked the inclination and initiative to seek out where and how I might share my time, talents, and resources, in the service of my community.

**My move to Carlisle and my involvement in Project SHARE transformed me, and my perception of one's own responsibilities to their community.** I took a hard look my privilege as a healthy, educated, white, middle-class woman. I have had many advantages in my life, but the systemic inequalities that surround us are astounding. It is incumbent upon all of us, as members of a community, in our shared humanity, to do our fair share to ensure that our friends and neighbors have the dignity, support, and resources they need to lead healthy, happy lives. Project SHARE's mission of empowerment to, "[...] meet the evolving needs of people on their journey from freedom from want," resonates with me because it demonstrates that we all have the ability to be a part of and touch people's lives in so many different ways.

"It is not enough to do good. It must be done well." I am at a loss to find truer words about the work of the remarkable Project SHARE staff and the outcomes of the organization. Evidence of the team's commitment to service and excellence in the delivery of service is all around us. Particularly astonishing is Project SHARE's fiscal responsibility to donors, and that **\$0.90 of every dollar donated to Project SHARE is used for program purposes.** Project SHARE was recognized as the "Best Non-Profit" in Cumberland County for two years in a row by *The Sentinel* and residents of Cumberland County for very good reasons.

**Project SHARE's ability to continue to do "good" for its clients and serve the community "well" is dependent upon the generosity of volunteers and friends.** Every moment and every dollar counts. I hope you will all join me in donating or contributing to the important work of Project SHARE, as it nourishes and awakens hope for so many in our extraordinary Carlisle community.

Ashley Perzyna was a member of the Project SHARE Board of Directors and was actively involved as a volunteer at many of our events. She will be a blessing to Connecticut in her next life's chapter.

*Becoming poverty is not a gesture of charity. It is the protection of a fundamental human right, the right to dignity and a decent life.* — Nelson Mandela



Bob Weed, CEO

# SHARE In Response..

If I had my way, we would work ourselves out of business before the end of the year or sooner. **Putting an end to Hunger and Food Insecurity underscores all that is contained in the mission and vision of Project SHARE.** If it only were that simple. The core reason for Hunger and Food Insecurity is known. It's poverty. However, to date, the right solutions have evaded even the most well-intentioned individuals among us. In the meantime, we are here to serve. That's why we have work to do.

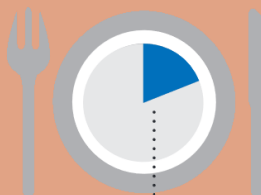
**Carlisle is an exciting place to take on the challenge of ending poverty. I have been involved in discussion across the community about sustainable wage, our food system network, workforce development and other important topics.** All contain a component targeted at alleviating poverty and need within our community. All seek a means to improve the quality of life in the Greater Carlisle area and within Cumberland County as a whole. It is hard work and tremendous resources are being brought to bear on these issues. The long-term, positive impact on our community will be huge. In the meantime we have work to do.

A common thread to be considered in these discussions is the fact that **a meaningful solution almost always contains individual, personal interactions.** It is true that many of our clients share similar characteristics. Seventy percent (70%) of the families we serve identify as Female Head of Household. Many of those are "Single Moms". Seventeen percent (17%) of the individuals we serve are age 60 or older. Thirty-two percent (32%) of the individuals we serve qualify as being disabled.

That being said, each individual and each family we serve has a unique story. **In order to influence their lives in a positive and meaningful way, we must listen to and learn those stories. In doing so we build trust and earn the right to walk alongside clients 'on their journey to freedom from want'.** Therefore, we have work to do.

Someday, maybe, there will be an end to poverty in our community. When that day comes, maybe we will be put out of business. While it is with hope I look forward to that day, I am realistic. **There is need and want in our community and we are called to address those needs.** It is humbling to be part of a community that so willingly and joyfully joins in that calling. We are truly blessed. We have work to do.

## CHILDREN



About **19.3%** of children in Pennsylvania experience food insecurity\*

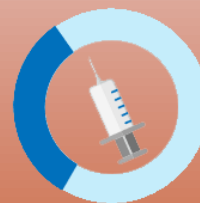


## Congregation Connections



Many thanks to our congregational supporters. Here are *some* who have blessed us with funds, food and time between June 01st and August 17th, 2018. You have helped us to follow the directive to "Feed my sheep!" We thank you on behalf of our community, the one we SHARE and the one that we all serve. Let us know if we inadvertently neglected to mention your congregation.

- Bethel Assembly Of God
- Carlisle Baptist Church
- Carlisle Barracks Chapel
- Carlisle Evangelical Free Church (CEFC)
- Carlisle Quaker Meeting
- Carlisle Reformed Presbyterian Men's Fellowship
- Carlisle Seventh Day Adventist Church
- Carlisle United Methodist Church
- Carlisle United Methodist Women
- Christian Life Community Church
- Dickinson Presbyterian Church
- Faith Chapel
- First Church of the Brethren
- First Evangelical Lutheran Church
- First United Church Of Christ
- Green Spring First Church Of God
- Green Spring First Church Of God Golden Rule Class
- Hickorytown United Methodist Church
- Life House Church C
- Lighthouse Church Of God C
- Middlesex United Methodist
- Mt. Victory UMC
- New Hope Church Of God
- Opossum Hill Union Church
- Otterbein United Methodist Church
- Second Presbyterian Church
- Shiloh Missionary Baptist Church
- St. John's Episcopal Church
- St. Patrick Catholic Church
- St. Paul Evangelical Lutheran Church
- St. Stephen Lutheran Church
- The Meeting House
- Tree Of Life Church
- Trinity United Methodist - The Good Samaritan Class
- Waggoners United Methodist Church
- Young's United Methodist Church



**32 percent** of households report at least one member with diabetes \*

\* From: "A Blueprint for a Hunger Free PA"



Many thanks to the following businesses, foundations and other organizations who support the mission of Project SHARE through their contributions of funds or in-kind gifts. This list recognizes gifts received between June

01 and August 17. If we inadvertently omitted your listing, please let us know.

- |  |  |
|--|--|
| <b>Aerotek</b>                           | <b>IBM Employee Services Center</b>                      |
| <b>Allen Distribution</b>                | <b>Jacqueline L. Powell &amp; Associates</b>             |
| <b>Alliance Sales</b>                    | <b>Keep Perspective (UPS CARLISLE)</b>                   |
| <b>Alma Health - Medstaffers</b>         | <b>Kindred Spirit Veterinary Hospital</b>                |
| <b>American Legion Aux. 674</b>          | <b>Kiwanis Club Of Carlisle</b>                          |
| <b>Beechwood Orchards</b>                | <b>Kline Foundation</b>                                  |
| <b>Beeman's Bakery</b>                   | <b>Knights of Pythias Lodge #299</b>                     |
| <b>Bethesda Mission</b>                  | <b>LifeGuide Financial Advisors</b>                      |
| <b>Bimbo Bakeries USA</b>                | <b>M&amp;T Bank</b>                                      |
| <b>Boiling Springs Triathlon</b>         | <b>Martson Law Offices</b>                               |
| <b>Carlisle Area School District</b>     | <b>MEF Commercial Services</b>                           |
| <b>Hamilton Elementary</b>               | <b>Moms Club Of Carlisle PA</b>                          |
| <b>Lamberton Middle School</b>           | <b>Morgan Plant &amp; Associates</b>                     |
| <b>Mt Holly Elementary</b>               | <b>Muffin Enterprises, Inc.</b>                          |
| <b>Bellaire Elementary School</b>        | <b>Nicely Done Sites</b>                                 |
| <b>Carlisle Barracks Commissary</b>      | <b>North Middleton Township</b>                          |
| <b>Carlisle Car &amp; Driver Service</b> | <b>Panera Bread Co.</b>                                  |
| <b>Carlisle Family YMCA</b>              | <b>Penn State Cooperative Extension</b>                  |
| <b>Carlisle Pubs, Inc.</b>               | <b>Peters Orchards</b>                                   |
| <b>Carlisle Truck Stop Ministry</b>      | <b>Samaritan Fellowship, Inc.</b>                        |
| <b>CASD Food Service</b>                 | <b>Smith Steiner Bed &amp; Breakfast</b>                 |
| <b>Casses Chiropractic Clinic, PC</b>    | <b>Spiral Path Farm</b>                                  |
| <b>Central Pennsylvania Youth Ballet</b> | <b>Subway</b>  |
| <b>Century Link</b>                      | <b>Target Corporation</b>                                |
| Clarke M. Williams Foundation            | <b>The Donald B. &amp; Dorothy L. Stabler Foundation</b> |
| <b>Cody Financial Mortgage Svcs.</b>     | <b>Thrivent Choice</b>                                   |
| <b>Comcast</b>                           | <b>Tuckey Mechanical Services</b>                        |
| <b>Community Aid</b>                     | <b>United Way of the Capital Region</b>                  |
| <b>Cumberland County Jurors</b>          | <b>UPMC Pinnacle</b>                                     |
| <b>CVS Pharmacy</b>                      | <b>UPS</b>   |
| <b>Delta Kappa Gamma</b>                 | <b>Volvo Construction Equipment</b>                      |
| <b>DHL Supply Chain</b>                  | <b>Walmart</b>   |
| <b>Dickinson College</b>                 | <b>Weaver Printing</b>                                   |
| <b>Dickinson College Chemistry</b>       | <b>Weis Markets</b>                                      |
| <b>Dickinson College Farm</b>            | <b>WeWork c/o Challah For Hunger</b>                     |
| <b>Dickinson College Children's Ctr.</b> | <b>William H. Wessels Used Cars, Inc.</b>                |
| <b>Dickinson School Of Law</b>           | <b>XPO Logistics</b>                                     |
| <b>Dickinson U Turn</b>                  | <b>YourCause</b>   |
| <b>Drayer Physical Therapy Inst.</b>     | <b>YWCA Carlisle</b>                                     |
| <b>F&amp;M Trust</b>                     |  |
| <b>GIANT Foods</b>                       |  |
| <b>Healthy Steps Diaper Bank</b>         |  |



Heartfelt thanks to the more than 250 generous individual / family donors who strengthen our mission through generous funds and food donations to serve our struggling neighbors during the months of June, July and August.



## OCTOBER RECEIPT CAMPAIGN

GIANT is inviting supporters of Project SHARE to an October receipts campaign! When you shop at GIANT be sure to save all your food and gas receipts dated **between October 1-31**. GIANT, a generous partner with SHARE, will then donate \$1 for each receipt, up to \$5,000, to enable us to "Nourish Our Community..."

Congregations, firms, businesses, and organizations are all welcome to participate by placing a collection point for their members or clients to deposit their receipts. Individuals and families are also encouraged to participate.

Receipts can then be delivered to Project SHARE for our redemption with GIANT. Our goal is to collect 5,000 receipts.

Contact Project SHARE if you would like a flyer, poster or collection box for your receipt campaign.

[JKloza@projectSHAREpa.org](mailto:JKloza@projectSHAREpa.org) or call 717-249-7773 xt. 236.



Elected by the public for the 2nd year as Carlisle's Best Non-Profit. We could take false pride in this honor but we will instead accept this with humility and with the knowledge that we are only as effective as our

next accomplishment on behalf of the community. Responsible for these awards and for moving us into the future are our:

- ◇ Volunteers
- ◇ Staff
- ◇ Board of Directors
- ◇ Donors
- ◇ Leadership
- ◇ Clients
- ◇ Supporters of Good Will
- ◇ Community Collaborators

## Collaborating with Community

**We work best by working together!** Carlisle 4 Kids is a perfect example. Rather than running alone, Project SHARE joined the collaborative efforts



led by **United Way** to give our children the school supplies needed to start the year on an equal footing. Photo IDs for kids, immunization checks, sneakers, back packs with supplies over-flowing,



organization give-a-ways and information tables together with a food court for refreshments. A total of 716 kids plus their parents benefitted from the event.

We trust that something in this Newsletter or in your heart will inspire you to return the enclosed envelope with your donation.

## Lee Snyder

The sign that Lee is holding says it all about one of Project SHARE's loyal volunteers. "We are each unique and beautiful but together we are a masterpiece!" Lee is one of the pieces of our masterpiece and has been a regular part of SHARE for 5 years. His first career was in banking for 20 years and more recently 25 years in the golf course business. Once retired Lee and his wife JoAnn moved to Carlisle. "Being retired I needed to have a reason to get up and going in the morning so I began to look for a place to volunteer." After touring SHARE with Jess Clark, currently working at United Way, Lee was given a job bailing cardboard. "Everyone I spoke to had a high opinion of Project SHARE. The more I volunteered the more I became involved and dedicated." You can see Lee sorting miscellaneous donated food from various drives. There are also items donated by corporate food donors and pallets of food brought by truckers to the dock. They are the result of various mishaps that do not affect the quality of the food, we accept for our clients. Lee comes at a moment's notice to pick up available food from a vendor and will drive any truck to accomplish the mission's needs. He has also been known to mentor folks in need and give them special encouragement. Lee is also on line at each of our end of the summer Lunch & Learn programs with his mega grill to cook for the kids and their families. We would describe Lee as a focused and driven volunteer who is humble about what he gives to his community. He is a salt of the earth volunteer who does not hesitate to get down in the trenches with clean up and organizing any chore or need that arises. "During my life I have been able to work jobs that I have enjoyed. My volunteer job here at SHARE is the same. The organization has a wonderful, well deserved reputation and I am proud to be a part of it!"



## Volunteer Corner



### Who Comes Through the Door—continued from page 1

From the smiling volunteers to the music coming from the piano players, SHARE embodies the community spirit.

"Every month I wait and wait and once a month I'm happier than a pig in you know what!" one male client said when asked about each month's food distribution.

**Other clients noted hugs, feeling loved and always leaving with a smile on their face.** For some, that's as important as any food item they could possibly receive.

Luciana Butler-Murray is a SHARE client who moved to the area from New York about 7 years ago. Butler-Murray is a college graduate with two children of her own, one who is in college and one in 6th grade who excels at science and math.

Her husband is a diabetic and has gastrointestinal issues. When she initially moved to the area and got in touch with SHARE, one volunteer proceeded to drop a case of Ensure off at her door for her husband which "blew her away."

That feeling doesn't just pertain to the client side of things either. **Project SHARE's army of volunteers take pride in giving back to the local community and a few have noted positive influences on their own lives.**



"I leave every day smiling with joy at what we are tasked to do." Lauren Schell, who helps coordinate distribution volunteers said, when asked about SHARE's sense of togetherness.

Lauren also said a client "paid it forward" by paying for her and a friends' pizza at a local restaurant after distribution one day.

Buying pizza for Lauren and her friends might seem like a small act. But it's small acts of kindness that embody SHARE's focus on togetherness, love and helping others purely from the goodness of one's heart.

Meagan Smith, Volunteer Coordinator added "We have multiple



opportunities for volunteers from sorting and packing food, administrative office assisting, teaching, driving our trucks and many other chores that can only be accomplished with our dedicated volunteers."

**Aside from SHARE's group of regular volunteers, the food pantry gets help from various youth programs around the community. Groups ranging from church groups, daycare staff to the local ballet troupe, all who have devoted their time to helping SHARE each month.**

"The reason I thought about volunteering is that every single day we walk to the warehouse and we get to do things for us," a ballerina from the Central Penn Youth Ballet said after her visit. "We stretch, we go to class, all to make ourselves better. Right next door, literally right next door, even in the same building, we could be doing something for other people even like once this summer. I wanted to bring everyone here because we are so fortunate and we have the ability to do things for ourselves every single day but if we could do one thing nice for other people this summer, that would great."

**Sometimes having kids on the distribution line makes a difference in the client's food choices as well.**

"I took red beans and I don't even eat red beans," one man said, adding that he took them because an "adorable" little girl was offering.

That's not to say SHARE doesn't also make Continued page 10



# From the Farm to our Tables

Recently there has been a popular phrase coined to describe fresh produce that ends up on our family's menus. **People often describe these fresh fruits and vegetables that are often grown organically as "Farm to Table".** We have also adopted that term for our fundraising dinner on Sunday afternoon September 30<sup>th</sup>. But I want to emphasize, in this column, how we work with our many generous farms.

At Project SHARE while **we lead volunteers into our farm partners' fields to glean crops**, we are honored to see firsthand the care and commitment that they extend to the crops that are harvested for our nourishment. It is a privilege to watch our farm partners increase their yields and to share more of it with us. The two ingredients that we witness at the center of each farming operation is **both faith and family** as these key tenants allows them to bring amazing food to our tables.

Recently, I watched a young boy that was 12 years of age drive a big farm tractor as his mother, father and sisters picked and loaded watermelons onto a wagon full of bins to be sold at local produce auctions. **They exhibited a pure joy brought on by the success of their work** to grow and harvest melons and by their faith that through hard work and selflessness they would grow closer to God. **None of us has chosen how and where we were born but this blessing of real work away from the towns and cities seems to serve these young people well.**

After finishing their last bin, Larry directed me to several fields that they had previously harvested and graciously told us that Project SHARE was welcome to glean the hundreds of watermelons and ears of corn left behind. With the generous support of many volunteers, **Project SHARE was successful at gleaning over 9000 pounds of watermelons and more than 800 pounds of corn.** Larry's generosity enabled hundreds of Carlisle families to enjoy produce that can truly be described as **farm to table.** **At SHARE we source from many places and that search is never over.**



As Project SHARE continues to lead volunteers into farmers' fields each Monday night, we have a very special request that you join us along with your friends and family. We leave the main Project SHARE HQ at 5 North Orange Street each Monday at 5:30 PM and return around 8:30 PM. With the wet conditions, it has been very difficult to glean produce so your generous help will allow Project SHARE to harvest some amazing fruits and vegetables for our community. Please visit our website at [www.projectSHAREpa.org](http://www.projectSHAREpa.org) and click the gleaning slide up top of the Home Page. You will then see a link for Time to Sign Up that will allow you to sign up for one of our gleaning trips. If you help us to harvest it we will all be "Nourishing our Community. . . Awakening Hope!"

## PUT A CAP

on Hunger Month for \$16

Show your fellowship with SHARE by purchasing and wearing a cap of your favorite color(s) in our community! SHARE the word about our mission and how we are "Nourishing our Community . . . Awakening Hope!" One way is to join the CAP on Hunger crowd during Hunger Action month and purchase a CAP for \$16. This can also be done on-line at

[SHAREpa.org/shop](http://SHAREpa.org/shop) or by stopping by HQ and making your selection. Caps on Hunger are also available at the Dickinson College Store. Be sure to browse through our fleece jackets, sweat shirts and T-Shirts while putting a cap on hunger! Check out all the great variety of new colors for 2018 / 2019. Show your true colors!

"I'd like to see us recover our sense that we are more alike than different."

ANNUAL  
**HOLIDAY  
TURKEY  
DRIVE**

**Help Nourish Our Community!**

Help make Thanksgiving Day a festive occasion for families in need. Your donation will help us reach our goal of providing turkeys for 850 families.

**\$20** to sponsor a family with a turkey.

**\$40** to sponsor a family with a complete holiday turkey meal.

**Sponsor One or More Families**

by returning the enclosed envelope or make your gift on-line at [ProjectSHAREpa.org](http://ProjectSHAREpa.org)

Individuals, congregations, organizations and businesses preferring to hold a **FOOD or FUND DRIVE**, please contact Project SHARE for details and learn how we can support your campaign!



Winter is on its way as the world tilts us away from the warmth of summer. The fire comes to our hearths as our hearts are warmed by the Holidays. In the spirit of the season, let us open our hearts and SHARE our gifts with those less fortunate than ourselves.

Project SHARE | 5 N. Orange St., Carlisle, PA 17013 | 717-249-7773 | [www.projectsharepa.org](http://www.projectsharepa.org)

*Remember the words of John McCain as we serve those who may be different than ourselves:*

**Hunger is Not Their Summer Memory—continued from page 1**

This summer, I got to team up with Cherry (Mary) France, a retired Bankruptcy Court Judge who is terrific with children. We worked together at 4 of the 5 locations in June and July. We thoroughly enjoyed our time together and I hope we get the chance to work together again next summer!

The children we worked with are wonderful, adorable, and curious. My reflections on the program, however, will focus on the adult volunteers. We worked with so many adults who signed up because they felt that they could contribute in some way to this important community effort. Some volunteered for a morning each week, some for 3 mornings in



Lesley and the children at Mt. Holly



Kayla and Her Animals !

the same week, and some, like the Site Supervisors and their Assistant Supervisors, signed up for the entire summer!

At Mt. Holly New Life Church, Leslie Rhoades had as many as 50 children on some days! She and her small army of volunteers maintained a calm productive atmosphere, despite the number of children. At Carlisle Church of God, Regina Ramsey and her volunteers from that congregation created organized systems for every aspect of a program. Attendance was quite stable and behavior issues were rare. The children understood the expectations and helped each other enjoy the program. At St. Paul's, Nancy Miller and Nancy Newpher created a cooperative team and launched a successful new site for children in grades 4 through 6. This older group of kids had the use of a very flexible interior space, tried some new foods, and made new friends. At the Project SHARE Farmstand, Da-

vid Hodge and Becky Kline had a marvelous group of mostly Kindergarten through 4<sup>th</sup> graders, with a few older children. Teenage helpers assisted with learning activities, food distribution, and clean up. They recruited Herman and Xenia Makosky, student musicians, who demonstrated trumpets, mutes, flutes, and piccolo for a transfixed audience of children. At LeTort Elementary, Jan Teetie and Ruth Palmer, with many helpers, hosted an energetic group of kids in the school library since the floors in the gymnasium had just been refinished. Despite the challenge of this smaller space, Jan, Ruth and company maintained an orderly atmosphere for learning. I am so grateful to these adults who devoted so much of themselves and their summer to make sure that this program thrived all over our community.



Retired teacher David Howell teach-

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All of the sites benefitted from our collaboration with Melissa Killinger,

Continued page 9



**VOLUNTEERS of the MONTH**

Volunteers do so much to help



Project SHARE to fulfill its mission. Each one is a blessing to our community, and we are constantly hearing how members of the community appreciate their service and hold them in high esteem. Special recognition goes out to some on a monthly basis. They also accept this honor with humility in the company of their volunteer teams.

<b>JUNE</b>	<b>JULY</b>	<b>AUGUST</b>
★	★	★
<b>Tom Gregor</b>	<b>Lesley Rhodes &amp; Regina Ramsey</b>	<b>Lunch &amp; Learn Team</b>



"So every thing there is a season, and a time to every purpose under the heaven: ¶ time to be born, a time to die; a time to plant, and a time to pluck up that which is planted; ¶ ¶ Sun, moon, turn... The Days of the Week 9

**Hunger is Not Their Summer Memory—continued from page 8**  
Assistant Director, Information and Youth Services at Bosler Memorial Library. Melissa and her team prepared kits with special curriculum supplies for each site as well as making a special visit to each site, to share the love of reading with special books given to the children. Cynthia Stratton-Thompson at Amelia S. Givin Library, has also been an integral part of the program at our New Life Church site in Mt. Holly.

Barnes and Noble was also a big benefactor. Their Holiday Book Drive brought 3,000+ books to SHARE which were used, in part for this program.

We had a number of returning teachers and in the case below a new member of the team, Traci Barnhart-Stirkey shares some thoughts:

"As a 6 year Special Education teacher in my community, I could not pass up the opportunity to volunteer my services when they were needed. During my time teaching it was my hope to try and make learning fun as well as provide the kids with a positive atmosphere and support as a mentor. I walked away feeling as though I made a positive impact; this was made clear to me when the kids expressed their disappointment when they found out that I would not be their teacher the following week. There were some challenges, which included earning their trust and making learning math fun. But in the end, I think the positives outweighed the challenges; there was participation, respect and laughter."

We also had the opportunity to work with Brooke Butler Romito from the Mark Butler Foundation making tie dyed tee shirts with the children at each of the locations. This was a fun summer activity for the children and they were

very excited to see their tee shirt creations. The Foundation provided EVERYTHING we needed and each child got a shirt to take home. We also got to work with PA State Trooper Kelly Smith who spoke with the children about bike safety, community safety, and how she made the decision to become a law enforcement officer. Trooper Kelly encouraged the children to ask her lots of questions, explained how all of her equipment works, and even showed the children her unmarked car! The children particularly loved the lights and the sirens. The Carlisle Police were wondering what all the commotion was about!

It is worth noting that Project SHARE runs this program with a minimum of staff time. Joe Kloza, Communications and Education Coordinator, Weston Petroski, Nutrition Coordinator, and Meagan Smith, Volunteer Coordinator, are the staff who coordinate and implement this program. CASD and all of the sites mentioned also donate their time and space to Lunch & Learn.

I am very happy to be involved with this beneficial program which benefits so many children in the greater Carlisle community. I encourage others in the community to consider joining us in the summers to come.



PA State Trooper Kelly Smith visited all 5 sites



### From Our TRIATHLON Friends in Boiling Springs!

93 individual participants and 12 three-person teams completed the 900 yard swim, 15 mile bike, and 3 mile run course. 50+ volunteers gave of themselves and their time to make this community event a huge success by all measures. Thanks to the generous sponsors, the Boiling Springs Triathlon was able to raise \$6,000 for Project SHARE which

was presented during the medal ceremony at the end of the race. To all who participated and volunteered in the 14th annual running of this race, the board of directors at the BST would like to simply say thank you- and we hope to see you for year 15 in August of 2019.



### The Wayne Powell Golf Tournament



Golfers from our Carlisle region converged on MAYAPPLE Golf Club on Friday, July 6th as part of Carlisle's Summerfair to play a round of golf in honor of Wayne Powell. One of Wayne's favorite causes, Project SHARE was the beneficiary of proceeds. Fourteen teams played for cash prizes with many being donated back to Project SHARE by the winners.

Wayne's daughter, Jacki Fleniken, organized this great day which resulted in \$4,214 raised to help the community served by Project SHARE.

Project SHARE is grateful for all those organizations and events that remember our mission by donating part or all of their proceeds to our SHARE community.

**Who Comes Through the Door—continued from page 5**

an impact through its basic need and necessity of providing food to stave off hunger for those who need it most.

“We’ve gone hungry, literally,” one couple noted about how SHARE has helped them.

**Clients also mentioned the pantry’s variety of options and fresh produce as ways SHARE stands out from other possible local resources.** While other food pantries may not give clients choices in what food they select, SHARE prides itself in giving clients a say in what they want to eat and doing its best to provide different options to clients as frequently as possible.

One client, who lived in California for 24 years, mentioned SHARE providing fresh fruits that are “uber expensive” at grocery stores as a major benefit.

**Fresh fruits and vegetables are an essential part of any healthy food regimen, but purchasing these items at a grocery store can be tricky for those in need because of price.** SHARE is able to provide these items because of gleaning done by volunteers at generous local farms around the area and donations received each month.

According to Feeding America, as of January, 41 million Americans struggle with hunger.

While Project SHARE can’t hope to reach every single one of them, its intent on making as widespread of an impact as possible on its surrounding towns is imperative because even one less hungry person is a victory.

Ian Hanford is a media volunteer at Project SHARE. He earned his Bachelor’s degree in journalism from Indiana University of Pennsylvania. Originally from Montoursville, PA, Ian currently resides in Carlisle with his wife and two daughters.



**Table Top Teams** represented SHARE at varied events throughout this past summer. Join our team that distributes information on our various programs and events to the public. Go to [time-tosignup.com/projectSHAREpa](http://time-tosignup.com/projectSHAREpa) and link to Table Top Team registration at the bottom of the page.

## A WET SUMMER

### 2018!



...a boat was almost needed in July...



“I need to laugh, and when the sun is out, I’ve got something I can laugh about, I feel good, in a special way. I’m in love and it’s a sunny day. Good Day Sunshine...”

*Paul McCartney and John Lennon*

"Summer is a summation of the greater issue of poverty, a far too prevalent condition in Pennsylvania."

## Kitchen Kronicles



Ashley, Weston, Martha, Pat and Abbey make preparations for the day at CASD H.S. super kitchen!

**Ashley Fogelsanger** served as an intern from Messiah College this summer. Taking the curriculum developed by our Nutrition Coordinator, she presented and taught at each of our 5 sites for a total of 15 lessons. Kayla Shughart, owner of The Center Cut Company,

brought out many of her farm animals to help children understand where food comes from and the importance of local agriculture as part of Ashley's Nutrition teaching. The lesson plans were researched and provided by the Nutrition Educator Coordinator, Weston.

Here is Ashley's report:

"Volunteering as the teacher for Lunch and Learn this summer has rocked! As a teacher, I visited each of the 5 site locations and led activities for 3 days.

With our nutrition curriculum, we read Blueberries for Sal, Tops and Bottoms, Amelia Bedelia's First Apple Pie, as well as Pete the Cat: Pete's Big Lunch and Pete the Cat and the Bad Banana. Reading these books led to discussions about trying new foods, where food comes from, and ways to prepare our food.

In addition to reading, the kids were able to help prepare blueberries smoothies and partake in an apple tasting. These activities required kids to think about how their food tasted, but also included lots of fun words, new experiences, and a good time had by all.

One of my favorite activities was seeing the older kids think hard and be competitive when playing

food scattergories (they had to list all the fruits and vegetables that were a certain color, then got a point if the other team did not also think of it).

Being a teacher was extremely rewarding, as the kids learned and had fun. However, some of my favorite moments were during the snack and lunch times when the kids were eating. One of the kids did not want to try raspberries, so I had every kid try a raspberry at the same time. This led to the boy discovering they tasted similar to strawberries and enjoyed them so much he wanted to take some home!

This summer was so inspiring to see the site volunteers and kitchen helpers all work together for the common goal: Helping the kids have a great time. Though I would also like to note the volunteers had just as good of a time!"

*Ashley Fogelsanger was our nutrition intern who taught lessons developed by our Nutrition Coordinator. She taught at all 5 sites for a total of 15 days. Ashley grew up in Dillsburg and is a student of Dietetics at Messiah College. Her goal is to work in community nutrition. Ashley particularly likes to garden and hike in her free time.*

Project SHARE is fortunate to have a number of highly qualified interns from the area colleges that serve to help with various projects and in varied capacities.



**SHARE**  
**Kitchen**  
Classes - Recipes

**LUNCH N' LEARN'S FAMOUS**  
**BAKED MEATBALLS**



- 1 ½ LBS. GROUND BEEF
- ½ LB GROUND TURKEY
- ¾ CUP BREADCRUMBS
- ¼ CUP MILK
- 1 EGG
- 2 TEASPOONS DRIED BASIL
- 1 TEASPOON DRIED PARSLEY
- 1 TEASPOON DRIED OREGANO
- 1 TEASPOON GARLIC POWDER
- 1 TEASPOON ONION POWDER
- 1 TEASPOON SALT
- PINCH OF BLACK PEPPER

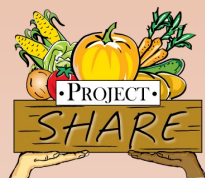
1. PREHEAT OVEN TO 400 DEGREES F. GREASE A BAKING SHEET.
2. IN A LARGE BOWL, COMBINE THE MEAT, BREADCRUMBS, MILK, EGG, BASIL, PARSLEY, OREGANO, GARLIC, ONION POWDER, SALT AND PEPPER. MIX WELL WITH YOUR HANDS UNTIL WELL INCORPORATED.
3. USING YOUR HANDS, SHAPE MEATBALLS INTO ROUNDS AND PLACE ONTO A WELL-GREASED BAKING SHEET. SHOULD MAKE APPROX. 20 MEATBALLS.
4. BAKE MEATBALLS FOR 20 MINUTES, OR UNTIL COOKED THROUGH AND GOLDEN.



"It is not enough to do good. It must be done well." - St. Vincent de Paul

"Eating is a necessity...but cooking is an art!." - Unknown





PLEASE  
PLACE  
STAMP  
HERE

**Project SHARE of Carlisle**  
5 North Orange Street  
Carlisle, PA 17013  
Phone: 717-249-7773  
info@projectsharepa.org

**POSTAL RETURN SERVICE REQUESTED**

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Website:  
projectSHAREpa.org

Facebook: "Project  
SHARE of Carlisle PA"



Gratefully on the campus of:  
**Dickinson**



**"Nourishing Our Community . . . Awakening Hope!"**



# Farm to Table Event & Auction

*Enjoy locally sourced and creative cuisine prepared by local Chefs along with craft beer, cider and wine .*

**September 30**  
5:30 - 8:30 P.M.

*Please join us for this signature annual fundraising event. All proceeds benefits Project SHARE programs & services.*

## Whispering Pines of Carlisle



Purchase Tickets at Project SHARE, 5 N. Orange St. or [www.projectSHAREpa.org](http://www.projectSHAREpa.org)



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