



SHARE NEWS

AUTUMN 2019

IN THIS ISSUE:
GLEANNING...TURKEY DRIVE...FOOD INSECURITY...

NEWS UPDATE To see more of SHARE NEWS go to projectSHAREpa.org where you will find added photos and more in depth articles that are introduced in this issue!



All You Need is Love !

Having landed on Max Yasgur's Farm in August of 1969, I was part of the generation that believed that all you needed was love. After many years I still believe that it is our most valuable possession. We have seen how fame and fortune ultimately evaporates but love carves a special place in making our lives meaningful. Love comes in varied forms. At Project SHARE it comes as food and mission with donations of funds. It comes from gleaning. It comes from meeting others in service when we take a few minutes to connect. We ask for you to love, and if part of that provides support to Project SHARE, then we thank you while we go about "Nourishing Our Community...Awakening Hope!!". —JDSMK

Volunteers Give Us Life



Thousands of volunteers pass through our gates annually. Many arrive through their place of work, a church, temple or organization. Others as individuals or a family, touch the hearts and souls of those who come here for help and hope. Many of our volunteers end up receiving more than they give. How is that possible? The old adage: "For it is in giving that we receive!" gives us some insight.



Many of us come to know so many good souls who populate SHARE over time. This summer we counted over 100 that contributed, in some way, to our Lunch & Learn program.

One mission oriented category of volunteers centers around the act of preparing and serving food.

9/11—A Client's Experience From Ground Zero



In 2001 I was living on the upper west side of Manhattan and working for SiPa Press, a French news photo bureau in Chelsea. My best friend, Chantal Vincelli, worked for DataSynapse, Inc. Through her, I met her co-workers, Raj, Keith, and Garth.

That Tuesday was gorgeous. This is something that I have always remembered because it seemed wrong that something so horrible should happen on such a beautiful day. While getting ready for work, NY1 news was on the TV and as I grabbed the leash to take my dog Wizzy for her walk around the block I heard them mention a plane hitting one of the towers. I thought they must mean a 2 or 4 person plane.

Once outside, with my dog, I said hello to neighbors and dodged folks handing out pamphlets. It was an election day and pamphlet people were everywhere. Someone said to me "they are saying that they think the plane may have been a terrorist attack". I laughed because at the time I was still thinking a 2 or 4 person plane and couldn't see how a plane that

Inside Discoveries



A Dog's World by Bob Weed...2
Gleaning for our Community...2,3



Agents, Strategy & Service.....3



Volunteer Corner.....4



Congregation / Corporate Thank You & Why I SHARE.....4, 5



.....6

Kitchen Kronicles.....7

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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, recipients, 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."

DATES TO REMEMBER



Sundays (4-5pm)@ the Farmstand. Relax and condition your mind and your body with an expert team. First timers are welcomed to join us. No cost! Ohmm sweet ohmm!



GLEANNING the FIELDS

Now through October

Timetosignup.com/projectsharepa Schedule you or your group now! Get out into the fields and orchards to gather crops for our community. You will find more enjoyment than you would imagine from this type of "hands on" service. You can also contact "Steve" directly at SHARE or check our schedule on line by clicking the GLEANNING slide on our Homepage. In September we leave on Mondays from HQ at 5:30 pm. October days are Saturdays leaving HQ at 8:30 am.

FARM to TABLE

Sunday, September 29

Our signature fundraising event moves to one of the most amazing venues in the region. This 1891 barn has been renovated with over a million dollars of enhancements to spotlight the rustic nature of the original combined with the tasteful additions of modernity that makes this the premier venue in this area. Guest chefs and producers of great local brews and vintages will provide an amazing selection of food and drink. \$75 with festivities beginning at 5:00pm.

KIDS in the KITCHEN

Children meet from 5-6:30pm @ our main HQ on N. Orange Street. Tots (4-8yrs) participate on the Tuesday after Distribution week and Cubs (8-12yrs) on the Wednesday. Sign up at timetosignup.com/projectsharepa or call Project SHARE.

SLICE of the MONTH

Adult class continues at Farmstand through the autumn on the 2nd Thursday of the month (October 10, November 14 and December 12) from 5:00 to 7pm. These monthly classes give adults "hands on experience" preparing recipes based on ingredients available through Distribution days. Sign up at timetosignup.com/projectsharepa or call Project SHARE.

GIANT RECEIPTS MONTH

October comes and we are blessed, yet again, from our friends at GIANT Food Stores. GIANT is continuing to offer Project SHARE \$1 for every receipt that we are able to collect, up to \$5,000, issued between October 1-31, 2019. That is a GIANT leap for us with your help! Plus our supporters at BELCO have just added \$1,000 to the match, so our goal is now 6,000 receipts for GIANT!

TURKEY TROT

This annual YMCA "Y" run takes place every cold Thanksgiving morning. Participants bring gifts of food for Project SHARE that we distribute in our December Holidays SHARE with our community. Many thanks to Turkey Trot for their continuing support of Project SHARE. Participants are also invited to visit our Turkey Holiday Dinner campaign on-line at projectSHAREpa.org or by sending in this Newsletter's holiday envelope.

Results of last issues previous DATES To REMEMBER

TRIATHLON—Boiling Springs ran away with it as they contributed \$6,000 to Project SHARE as a result of their August event. Again, we are never expecting, but always grateful to the Boiling Spring Triathlon team who ask for little recognition but serve our community so generously.

JANUARY SOUPERBOWL

This traditional FUN-RAISER is the chance for community groups to throw a party, event or special collection around the Big Game. Remind your friends, congregations, clubs and the community that Hunger is Not a Game! Contact "Joe" for further information at 717-249-7773 ext 236.



Bob Weed, CEO

A Dog's World

The sign outside the church read "God, help me be the person my dog thinks I am." I chuckled and kept driving. After a few blocks I began to think about what I had just read. What a wonderful request. I grew up with dogs. As a matter of fact, my only sibling was a German Shepard named Lulu. What lessons she taught me – what a great older sister.

Loyalty – Dogs truly are "man's best friend". When my tiny part of the world was collapsing around me and I thought I had lost everything she was always by my side. Not that my troubles were all that big in comparison to events of today, but at 9 years old, when your best friend moves way, life takes a turn. Lulu reminded me that loyalty is essential to building a strong friendship. It is an important trait that needs to be developed, but also very important to look for when choosing a friend. You want to be able to have friends you can trust and can trust you on the long-term in return.

Be yourself – Lulu just loved being herself. Silly one day, happy or sad the next day. She'd chase her tail, bark when the mail was delivered and sometimes just laid on her back with all four legs in the air. She didn't care what you or what other people around her thought. That's what made her so adorable. Be as adorable as your dog, be you! Pretending to be something you are not will never make you happy. Love your personality and your personality will be just as adorable as your dog's.

Love unconditionally - True unconditional love. It is when someone loves you no matter how you look, no matter what car you own, no matter what house you live in, no matter whether you're having a good or bad hair day (I did have hair at one point in time) and no matter how rough life gets. This is exactly how Lulu loved me. Do you love the people close to you with such warmth and kindness?

Enthusiasm – Lulu was enthusiastic about everything in life – big and small. Going for a car ride, chasing a squirrel or playing with the ball. It didn't matter to her. Almost everything was worth getting excited about, except maybe going to the veterinarian. She taught me to leave my negative thoughts behind and think positively.

Show compassion – I blew my knee out during the last football game of the season and just as skiing season was about to start (my two favorite sports). I had a brace on my leg and couldn't walk without crutches for almost six weeks. Lulu was by my side every day. While my parents and most of my friends got tired of my whining and complaining, Lulu greeted my every groan and grumble with a nuzzle of her wet nose. When I was really down she would just sit with her head on my lap. Having her by my side was a great way to be shown that one of life's basic needs is to be kind and take care of others. Remember, everyone around us is going through something.

As I think about life today, as we strive to Nourish Our Community . . . Awaken Hope and as I work to be a good spouse, parent and neighbor perhaps my prayer should be "God, help me be the person my dog was."

Gleaning 100,000 lbs. & counting

•Every Monday, with few exceptions for rain, Steve Kuhn led throngs of gleaners from HQ to one of a number of generous land lords who invited us to perform the ancient ritual of gleaning = (gathering post harvest). Some sites also have a dedicated harvest intended to benefit our client community.

•We also thank the many gleaners for helping to bring in the harvest. By gleaning, we become better stewards of the financial support we receive from our donors.

Pastor **Greg Hensch** has been gleaning for well over a decade with SHARE together with his gathered youth, called the EDGE Crew from the Carlisle First Church of God. Greg is familiar with the story in "Ruth" about the gleaners and always brings that to his current youth groups to invite them out into the fields to glean for the community. Over the years Greg has struggled to pull kids away from screen time to do the "real work of connecting to 'friends' and neighbors." He continues to attract regulars thanks to at least one mom who makes it "sort of a requirement" that gets them out and about. "Parent involvement continues to be a positive motivating factor", Greg reflects, but we manage to get a regular crew of 12 of us out on a weekly basis. Kids and adults make connections with other parts of our community, as well, on these ex-

I so appreciate Project SHARE's vision, "**Nourishing our Community . . . Awakening Hope.**" Being agents of nourishment where not only physical needs are addressed but social, emotional, and spiritual nourishment is offered. This is an important and needed gift that Project SHARE offers our community. Being agents of hope is an especially needed gift that lightens the weight of difficulties as people are led to envision possibility and take steps toward that possibility. A beautiful quote expresses, "**Hope is a match in a dark tunnel, a moment of light, just enough to reveal the path ahead and ultimately the way out**" (Judith Rich).

Our vision is not merely a statement on SHARE's webpage, newsletter, or displayed on its wall. I see this vision beautifully and genuinely lived out by staff, volunteers, Board of Directors, and even our clients.

A few weeks ago, as I got out of my car and began to walk down High Street, I heard someone enthusiastically calling out to me, "Diane, Diane, hi, how are you?" As she rushed toward me, she gave me a big hug and a smile that brightened the rest of my day. We first met about two years ago at a Project SHARE distribution. This young mother had just walked through the sloppy snowy weather to pick up food for her family. She sat down beside me in the lobby area to dry off a bit. **I thought I was there to be an agent of nourishment and hope to her, but through our conversation I realized I too was being nourished and having hope awakened.** Despite the circumstances that brought her to Project SHARE, her disposition and conversation was characterized by joy, gratitude, and a positive attitude. I continue to be nourished through our conversations as we travel to appointments, see each other at Project SHARE events, and meet on the street.

Being agents of nourishment and hope is a beautiful and life changing gift we give to one another. And though my last term on the Board of Directors comes to a close at the end of the year, I look forward to living out SHARE's vision as I serve with you at distribution and other Project SHARE functions.



Diane Baltaeff served on Board of Directors since 2013; Board Chair since 2016. Also seen playing saxophone and singing in musical groups locally and globally.



Charles D. "Chuck" Allen, Colonel U.S. Army retired is the Professor of Leadership and Cultural Studies at the U.S. Army War College and has been proud to serve as a member and Vice Chair of our Board of Directors.

My journey with Project Share began with volunteering at the **monthly Saturday distribution as a way to give back to our community as I closed out a career of uniformed service.** Military members generally live in a protective bubble within their Service and infrequently interact with civilians outside of their base, post, or other duty locations. My engagements outside the fence line of Carlisle Barracks exposed me to the needy in our community and to the great body of volunteers who choose to serve them through the ministry of Project Share.

When asked to join the board of directors six years ago, I felt the call to service and the need to contribute what I could to the good and necessary work within Carlisle. In doing so, I learned to recognize and complement the prodigious talents of the board members who dedicated their time, effort, and passion. **The board did not need me to be the retired colonel to take charge. Our board members accepted the challenge of assessing the needs of the community, creating a vision and mission for Project Share, clearly stating our organizational values, and then developing a strategic approach to be true to our vision and values.** That process required some hard internal looks, candid assessments, and tough decisions.

For the past two years, I was privileged to serve as the vice chair for the Project Share board. From Galatians 6:9 (NIV), "**Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.**" The work of Project Share continues with the commitment of so many people to doing good. We have seen a bountiful harvest because, believing in the mission, we did not give up.

I am confident that the next cohort of board leaders will sustain the progress, as well as continue moving toward the vision of "Nourishing Our Community...Awakening Hope!"

I will be back at Saturday morning distributions as I continue to happily serve as a member of SHARE's community.

Why We SHARE...



Bring your families and kids, youth groups and the "oldies but goodies" on one of our gleaning trips in October for a good outing for a good cause! We leave from SHARE HQ on Saturdays at 8:30 am. Contact Steve Kuhn at 717-385-0682 and or go to: timetosignup.com/projectSHAREpa

cursions. "At the last farm we visited the farmer, Luke Burkholder, showed us how to hand milk a cow. Three of the teens and I actually successfully did it. At another farm we took ice cream, root beer and orange soda and made floats with Jason Weaver and family. Learning about the lives of the Older Order Mennonites while being at the farms was a treat."

Glenn Franklin gleans for SHARE and was motivated by the time he served in Viet Nam. There he witnessed people scrounging for discarded food in the Army's dump. He resolved to do more for others on his return stateside.

Glenn's story continues at:

[projectsharepa.org/
newsletter-archives/](http://projectsharepa.org/newsletter-archives/)



Congregation



Connections

Many thanks to our congregational supporters. Here we recognize those who have blessed us with funds or food since our last SHARE News. Although not listed, we also thank the many congregations for their gifts of time. We could not serve those in need without all of you. This recognizes donations since our last Newsletter through September 05th.

- Bethel Assembly Of God
- Carlisle Baptist Church
- Carlisle Evangelical Free Church
- Children's Ministry - Kids Cove
- Carlisle First Church of the Brethren
- Carlisle Seventh Day Adventist Church
- Christian Life Community Church
- Dickinson Presbyterian Church
- Faith Chapel
- First Evangelical Lutheran Church
- First Presbyterian Church
- First United Church Of Christ
- Green Spring First Church Of God
- Golden Rule Class
- Hickorytown United Methodist Church
- Lighthouse Church Of God
- Middlesex United Methodist

- Mt. Victory UMC
- Opossum Hill Union Church
- Otterbein United Methodist Church
- Second Presbyterian Church
- Shiloh Missionary Baptist Church
- St. John's Episcopal Church
- St. John Evangelical Lutheran Church
- St. John's Lutheran Church
- St. Matthew's Evangelical Lutheran Church
- St. Patrick Catholic Church
- St. Paul Evangelical Lutheran Church
- St. Stephen Lutheran Church
- The Good Samaritan Class, Trinity UMC
- The Meeting House
- Tree Of Life Church Inc.
- Trinity United Methodist Church
- Waggoners United Methodist Church
- Young's United Methodist Church

We also give thanks to many groups, within congregations, for special events and collections that allowed them to support Project SHARE's community.

VOLUNTEERS of the MONTH



Volunteers SHARE their valuable time! They are an integral part of our mission and bring joy to all every day of their service. Each one of our volunteers blesses our community with service that matters. Without them there is no SHARE in Project. Special recognition goes out to some on a monthly basis. They accept this honor with humility in the company of their fellow volunteers.

JULY

AUGUST

SEPTEMBER

Beth
Kammerer

Lunch
& Learn
Team
of
100+

Mary
Smith

HOLIDAY Turkey Drive

for families in need

\$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

Donate a Turkey



Please deliver all food items to Project SHARE
5 N. Orange Street
location.



Individuals & Groups preferring to hold a FOOD or FUND DRIVE, please contact Project SHARE for important details and learn how we can support your efforts.

FOOD ITEMS NEEDED:

- Frozen turkeys or coupons
- Boxed Stuffing
- Ham
- Canned Yams
- Quick Bread or Muffin Mix
- Juice (100%)

Donate

We Ask You To Support Project SHARE's mission

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9

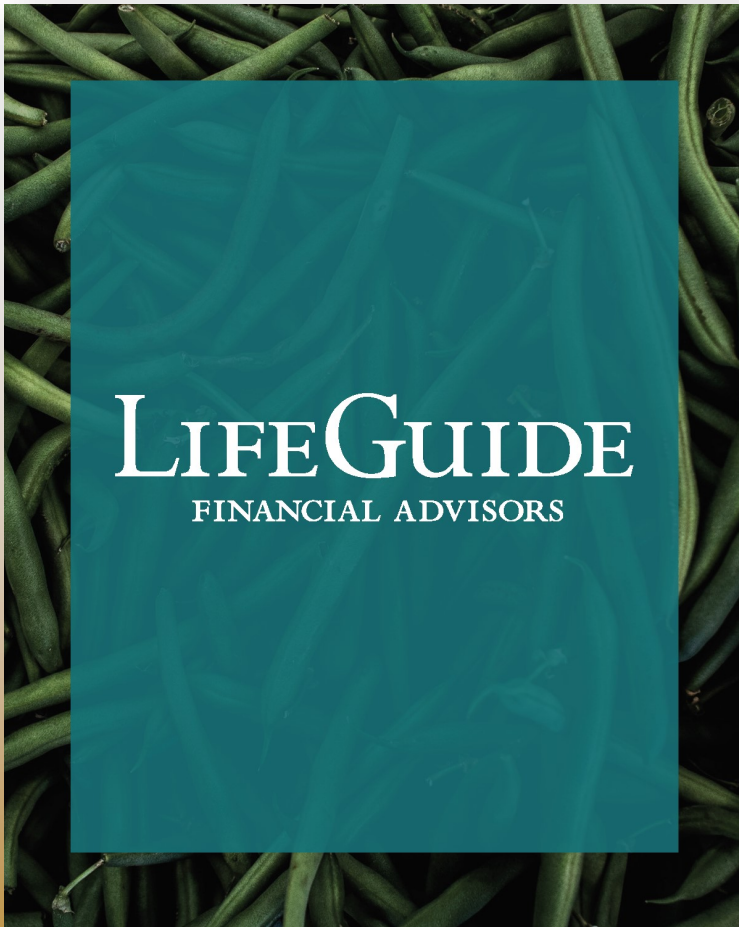


Many thanks to the following businesses, foundations and other organizations who support the mission of Project SHARE through their contributions of funds or in-kind gifts. This list recognizes gifts received between June 15th and September 05th. Although too numerous to list, we recognize all the individual donors and volunteers who give of their time and resources to make a big difference in our mission. Thank you all! If we inadvertently omitted your listing, please let us know.

American Legion Auxiliary, Unit 674
Beechwood Orchards
Beta Sigma Phi
Bethesda Mission
Boiling Springs Triathlon Inc
Caitlin's Smiles
Carlisle Area Education Association
Carlisle Area School District
Lamberton Middle School
Carlisle Barracks Commissary
Carlisle Rotary Club Foundation
Challah For Hunger
Char-Lynn Kennels
Colyott & Watson Insurance Agency
Community Aid, Inc.
Community Cares
Cruise Holidays Of Carlisle
Cumberland County
Cumberland County Domestic Relations

CVS Pharmacy
Delta Kappa Gamma
Department Of Classical Studies
Dickinson College Farm
Enola Sportsmen's Association, Inc.
F&M Trust
Giant Distribution
Giant Food Stores, LLC
HSH Management, Inc.
Hamilton & Musser
Jacqueline L. Powell & Associates, Inc.
John Oszustowicz Law Office
Karns Foods
LifeGuide Financial Advisors
M&T Charitable Foundation
Mariner Finance
MEF Commercial Services
Menasha Corporation Foundation
Microsoft Corporation
Mt Holly Springs PTO

Operation Warm Hearts
Panera Bread Co.
Partnership For Better Health
Penn State Cooperative Extension
Pyrotek, Inc.
Samaritan Fellowship Inc
Shetron Auction & Equipment LLC
Spiral Path Farm
Stan Sheffer Construction
Subway
United Way
Carlisle & Cumberland County
Greater Philadelphia & SNJ
Capital Region
UPMC Pinnacle
Wal-Mart Store #01-2574
Weis Markets



LIFEGUIDE
FINANCIAL ADVISORS



From all of us here at LifeGuide,
thank you for the work you do in bringing
the Kingdom to the Carlisle community.
We're honored to join in Project SHARE's
vision of nourishing our community and
awakening hope during this 3rd Annual
Farm to Table Event & Auction.

lifeguidefa.com | (717) 796-1700

LifeGuide Financial Advisors, LLC is a Registered Investment Advisor

We Ask You To Support Project SHARE's Mission

Donate

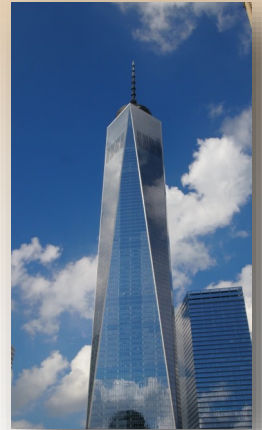


The writer, Carole and friend Chantal

witnessed my best friend's death. Everyone was crying including me. Rebecca and I ran into the office and the phones were ringing. The TVs were on and set to CNN and they were reporting on a plane that had been heading for the Pentagon. I picked up a ringing phone and spoke to Gary, a photographer, who was choking because he and another one of our photographers were trapped under a car trying to breathe. The dust from the collapse was all over them and they were choking. We calmed Gary down and Rebecca and I went back outside with a camera and as we stood there she looked at me and said: "Oh God, Carole, what if the other tower collapses?" She had just finished saying that when the crowd wailed "Nooooo" and we saw Tower 1 collapse. I yelled, "Get the picture" because I was in work mode and I've felt guilty for the rest of my life for saying that. I couldn't believe it. I honestly don't think I was comprehending it even though I was witnessing it.

size, crashing into a building could be terrorism. I dropped my dog off back home, went to the subway and headed downtown for work. No one mentioned anything on the subway, it was a normal trip into work.

At the 23rd Street station, I walked up the subway stairs onto 6th Avenue (aka Avenue of the Americas) and it was like a scene from Stephen King's The Shining. Nothing ever brought traffic on 6th to a halt. That morning there were no cars, just people everywhere: on the sidewalks, in the street, etc. Everyone was just standing still and staring up. Against the blue sky, you could see the towers of the WTC and plumes of smoke. Rebecca, who worked with me at Sipa, saw me, ran over and grabbed my arm. She was crying (like many people) and we just stood there. She told me no one was in the office because all of our photographers were at the Trade Center. We stood there and watched as Tower 2, the second to be hit, collapsed. It seemed to be in slow motion. I didn't know it at the time but I had just



"Liberty Tower" today


MORE OF Carole Coulson's [9/11—A Client's Experience](https://projectsharepa.org/newsletter-archives/) at: <https://projectsharepa.org/newsletter-archives/>



Receipt Campaign

Collect your GIANT receipts from **October 01-31**

We will receive \$1 for each from GIANT for up to \$5,000.

Plus \$1 for the next 1,000 receipts from 

GIANT is continuing this outreach to our community of clients in need of greater food security.



Project



SHARE

Chosen in a SENTINEL poll for the 3rd year in a row as Carlisle's:

Best Non-Profit

On behalf of the 100s and 1,000s who have worked and volunteered at SHARE we accept this honor with humility knowing only we are only as effective as our next challenge to continue

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



proud supporter of

PROJECT SHARE



“Just shower the people you love with love, Show them the way that you feel, Things are gonna work out fine, If you only will...James Taylor”

Food Insecurity and Health

Although obesity and food insecurity sounds paradoxical, food insecure households often have reduced intake of nutrient-dense foods like fruits, vegetables, nuts, and fish. At the same time they have higher intakes of energy-dense foods like sodas processed grains and saturated fats.

- “...using data from 2011 to 2013, researchers estimated that **those experiencing food insecurity have an extra \$1,863 in health care expenditures** each year, compared to their food-secure counterparts.
- The extra health care expenditures are particularly high **among food insecure adults with heart disease (\$5,144 extra), diabetes (\$4,414 extra), and hypertension (\$2,176 extra)**, when compared to food-secure adults with these chronic diseases.”

Project SHARE has **the opportunity and responsibility to positively influence health outcomes in our community through increased access to healthy food items, and nutrition-based education** for our clients. We accomplish this through a number of initiatives.

Project SHARE’s vision of “Nourishing Our Community...” means we strive to **provide our clients with the most nutritious items available**, while limiting processed items high in processed sugars, saturated and trans fatty acids, and salt. It is more than placing empty calories foods in a prepacked box.

Thanks to the implementation of the **CHOP** (Choosing Healthy Options Program) algorithm (see our SHARE NEWS Spring 2018) we are now able to categorize food received for distribution as **red** (choose rarely), **yellow** (choose moderately) or **green** (choose frequently). Additionally, our Farmstand distributes fruits, vegetables,

dairy, eggs and whole grain breads weekly. From January 2019 to August 2019, we have distributed over 218,000 lbs of fresh products, reaching about 950 families per month.



FOOD FOR LIFE occurs during our monthly distributions. It encourages use of possibly unfamiliar products with food samples and recipes. Offering free, fresh produce and other healthy items to community members is a key component to improving nutrition, but sometimes shoppers may be unfamiliar with certain foods. This is why nutrition education is so essential. Additional one-on-one discussions with customers assist them in making healthy choices.

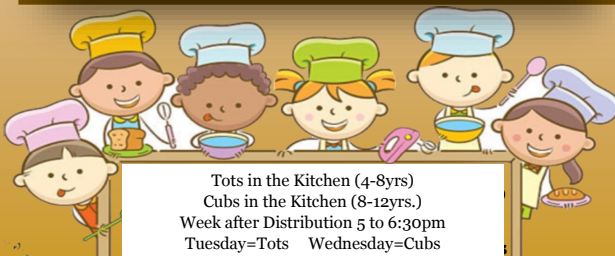
How can you serve as a Healthy Food Advocate at SHARE?

Continue to read this article on-line at:

<https://projectsharepa.org/newsletter-archives/>



Martha Adams came to volunteer at Project SHARE after 48 years with GIANT. For 30 of those years she was the payroll supervisor. Martha was there while David Javitch, founder, was still with GIANT. When Martha retired in April 2013 she wondered what would be a next chapter for her life. That’s when she came to SHARE and thought that preparing food for the community was a perfect way to be active. More recently she has enjoyed watching the **enhanced programming for our kids and adults**. “I have listened to Weston when he talks to kids on nutrition and he is quite a teacher. I enjoy helping in any way I can and especially like our Distribution Days preparing and serving during our Food For Life events. I always liked cooking at home and have sharpened some skills while volunteering at Project SHARE.”



Tots in the Kitchen (4-8yrs)
Cubs in the Kitchen (8-12yrs.)
Week after Distribution 5 to 6:30pm
Tuesday=Tots Wednesday=Cubs

Hard to believe BUT Kids enrolled in Elementary School in Carlisle (Grades 1-4) have a Poverty Rate of 20.3%.

We ask you to help SUPPORT SHARE by returning the enclosed envelope with your best support!





5 North Orange Street
Carlisle, PA 17013

Phone: 717-249-7773

website: projectsharepa.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

Gratefully on the campus of:

Dickinson



Holiday Tribute Gifts

Symbolic Recognition.
Real Impact.

SHARE the wonderful spirit of the person(s) you choose to honor or memorialize while helping to put nutritious food on the tables of hungry neighbors in our community. Or...

DEDICATE your special day. Choose to have donations made to Project SHARE in lieu of gifts for the holidays or your birthday, wedding, anniversary or other personal celebration.



Please use enclosed envelope or <https://projectsharepa.org/donation-form/>

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