



ShareNews **Spring - 2022**

In This Issue:

Power of One...Nutrition Coaching...Army Self-Deployment



I have always loved our nation's original motto (1782 to 1956)... E Pluribus Unum or Out of the Many One. What wisdom to also foresee the direction of America. From that motto we can see the **Power of One.** It is the power of the many that merge to become our community. We hold close, those things we have in common for the good of us all, whether it be a kind word or

an important intervention or perhaps even an invention. Or it may be a sharing of time or treasure, yet every small act creates ripples in the lake that extends far beyond our individual spheres. In this issue we embrace power that starts with one, your power..the Power of One to make a difference. Continue to recognize and use your power in creative and loving ways for the good of all. - JDSMK

Discoveries Inside

Pluribus Unum	.1
taffing SHARE1	,4,0
rmy Self Deployment	.1,4
ouper Report	.1,
oneliest Number	.2
he Inner Spark	.3
Summer Feeding	5
pring Cleaning Community Aid.	.6
itchen Kronicles	.7
irtual Food Shopping	.8

Follow us on FB, Twitter and Instagram







Staffing SHARE with Power makes the team at

The Power of One **Project SHARE!**

Under the guiding leadership of Bob Weed, CEO, the staff operates with the power to find solutions, make decisions, and move ahead with the tasks at hand. They receive guidance, consultation and encouragement but without pressures, other than what the job normally brings to their tables or fork lifts.

The style of leadership and cooperation between staff team members is best illustrated by the atmosphere one feels when interacting with any one of them at Project SHARE. When working with and through their various interactions with the public, whether they be Clients, Volunteers, Donors or other visitors, Staff stays focused on the need of "Nourishing Our Community..." and "...Awakening Hope!" In the team photo below, from left to right:

Laura Estep is the Coordinator of Client Services.

Emma Witwer, the Nutrition Educator and Kitchen Coordinator monitors a number of fronts including the cooking classes for children and adults, the SHARE BOXES that are distributed to the collaborative organizations (Community Aid, Sadler Health and Employment Skills Center). The latest initiative called SHARE the

Army Self Redeployment



Whenever one encounters Julie Rhen it is with a beaming smile and enthusiasm for the people and tasks at hand that actually gives one the power to be in her presence. service at Project SHARE is just one example of many, but her story gives us a

glimpse into the motivation and service of one. Here is her story in her own words.

As a volunteer with Project Share for 5+ years, I have learned many things. I can help. I can

Continued on page 04





® Goal post reached for the campaign where hunger was game!

> Carlisle realized that hunger is not a game with 9 churches, 2 schools and 2 firms, plus a number of

organizations fielding teams in 2022 to tackle hunger. Thousands of pounds of food were donated through various food drives. Fundraisers raised a total of \$6,887.08. Church groups, who were the national founders of this initiative, continued their commitment to SOUPER-Bowl, while reminding their congregations of the importance of this ministry. Saint Matthew's UCC is known for spelling out their intentions with an assembly of cans, this year spelling "God is Love!" Tim Dugan, pastor, said that the kids really love to engage in community service knowing that their food drives are put to good use at Project SHARE. Melissa Rye, representing Saint Pat-

Bob Weed, CEO

oneliest Number?

Music can have an impactful influence on people. Growing up I played in a band. (Don't

get too excited, I played the trombone and bass guitar). One of my

favorite songs we covered was written by Harry Nilsson in 1968 and is best known as a cover song for the band Three Dog Night. The official title of the song is "One". According to the lyrics "One is the loneliest number that you'll ever know." As I've aged gracefully, I would like to take exception to their point of view.

From my experience One isn't lonely, rather it is powerful. I have seen it both personally and professionally. As a sales manager in the banking industry, I constantly reminded my team of the power of

One. One more phone call, One more appointment, or one more customer interaction. Just One more could mean the difference between meeting a sales goal or not. As a parent I preached the Power of One to my kids. Hold the door for One more person, waive once to a stranger, One more smile to a person walking by. You never know how that small gesture might brighten

someone's day.

Here in Carlisle I've seen the power of One alive and well. When COVID first appeared on our radar screen, one person had an idea - Gather a group of community leaders and find solutions. The Carlisle Community Action Network was born (AKA: Carlisle CAN). The group met weekly and as problems were identified, actionable solution were initiated. People in need got fed. PPE was sourced and delivered to organizations. Hand sanitizer was acquired and distributed. (I'm not sure we ever solved the toilet paper shortage). My point is this; One good idea lead to another and people in our community were positively impacted.

At Project SHARE I get to see the power of One on a daily basis. It shows up in the form of a team member who shares a process improvement idea. That One idea, with the help of many more "Ones", turns into our new *Your Choice* distribution model. I see it when a Volunteer makes the decision to come in One more time or has One more conversation with a Client or does just One more thing before they leave. It happens when a donor makes One more donation, drops off One more can of soup or offers to make One more introduction.

So, is One really the loneliest number? Not at Project SHARE! One is joined by another One and yet another One until they raise themselves into a crescendo of cooperation that brings our vision to life. Thus, the true meaning of the "Power of One" comes into clear focus. And that is music to my ears!





Join Us!

SUNDAY Sept. 18

2:00-7:00 PM



1155 Walnut Bottom Rd, Carlisle

- Project SHARE Fundraiser
- Food Trucks— Farm Show Milkshakes, The Italian Job, Banana Leaf, Grappling Crab Shack, Bricker's Fries, Sweet Patch, Chameleon 1648, Falafel Shack, Mad Dash Grilled Cheese, Margaret's Lemonade Stand, House of Smoke, Chandler's Cotton Candy, and more!
- Special Music— to be determined
- Children's Activities
- Door Prizes!!

MARK Your Calendars Now! Watch for more information.



Support our mission through our Newsletter by a click here to demonstrate that you support our continuing mission to nourish the community and

awaken hope in all.
Under "What prompted your gift?" please indicate: Newsletter



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."



he Inner Spark

Through food, Project SHARE is connecting the commu-

nity in a very powerful way. I truly believe nothing brings people together quite like food. Food is universal and has

I truly believe good can start with one; one idea, one person, one action.

the unique ability to connect people both good and bad times.

All families should be

able to gather round the table and enjoy a meal together. However, too many throughout our communities face an impossible choice between food and other crucial needs, such as childcare, medicine, or electricity.

Food has been a consistent thread in my professional journey and it's where I choose to spend time volunteering with other like-minded neighbors to eliminate hunger.



I'm immensely proud to work for The GIANT Company

where my belief that everyone deserves a full plate is with shared enthusiasm and broad support

companywide. Our Community Impact team is always busy generating new and creative ideas to garner support for organizations like Project SHARE, whether that be through philanthropic donations or volunteerism.

Of course, we know the fight against hunger is just too

big for any of us to do it alone, but there is something I think each of us can do—spark inspiration!

I truly believe good can start with one; one idea, one person, one company, one action. If you're reading this, you've likely already been inspired by the mission of Project SHARE to nourish our community and awaken hope. With inspiration, comes motivation that can translate into action, and even the smallest action can effect change.

ne idea has the power to spark inspiration that leads to the motivation in another to act. A great example of this is the FARE for SHARE food truck events that developed from a small spark of an idea that the development committee fostered. That one spark of inspiration motivated the event team to act. And boy did the team rally into action, pulling off two outstanding food truck events since the spark of the idea.

I'm immensely impressed by the staff and volunteers of Project SHARE and their sheer gumption to serve others. Their passion for serving the community is contagious and their ideas collectively spark inspiration, ignite positive change, and grow the good.

Because you are reading this now, I can see the light in you. Your spark has the power to ignite many. I encourage you to see the spark within - and within those who surround you - and use it to make a difference. I know that together, we can set goodwill ablaze and end hunger in our community.



April Mock is the Director of Communications & CSR at The GIANT Company, and currently serves as a board and development committee member of Proect SHARE. April also serves on the Advisory Board or the Children's Miracle Network .



Congregation Connections Many thanks to our congregational supporters. Although not listed, we also thank the many congregations for their gifts of time. This list recognizes donations received Dec 01st—Feb 28th.

Bethel Assembly of God Carlisle Baptist Church Carlisle Barracks Chapel Carlisle Evangelical Free Church Carlisle First Church of God Carlisle First Church of the Brethren Carlisle Reformed Presbyterian Church Holy Apostles Orthodox Mission Carlisle Seventh Day Adventist Church Carlisle United Methodist Church **Christian Life Community Church** Dickinson Presbyterian Church Faith Chapel of Carlisle

First Evangelical Lutheran Church First Presbyterian Church First United Church of Christ **Grace Baptist Church**

Green Spring First Church of God

Holy Trinity Greek Orthodox Cathedral

Hickorytown United Methodist Church Letort United Methodist Church Lighthouse Church of God Mt. Victory United Methodist Church Otterbein United Methodist Church

Redeemer Orthodox Presbyterian Church

Second Presbyterian Church Shiloh Missionary Baptist Church St. James Presbyterian Church

St. John's Episcopal Church

St. Matthew's United Church of Christ

St. Patrick Catholic Church

St. Stephen Lutheran Church

The Meeting House **Toland Mission**

Trinity United Methodist Church Wesleyan Church of the Cross

Young's United Methodist Church

give of myself through my time and energy. I can be a small part of continual change. There are so many lessons to knit together to make our community better. I think that the volunteer spirit has always been with me. I was born in Colorado into an Army

family where the world was my oyster. As an officer in the US Army for 26 years, I volunteered with Girl Scouts in Germany and in the state of Georgia, Big Brothers & Big Sisters in South Carolina, and any military unit car wash, bake sale or fund raiser that would support soldiers. It was fun, worthwhile, and energizing, never a burden or waste of time. When I retired in 2014 and settled down in Carlisle in 2015, I wanted to get back to that "work" of service so I sought out community opportunities. I found one such opportunity at Project SHARE.

ince the beginning, I have volunteered during Distribution week. Always taking whatever job Meagan gave to me, I found reward and fun in the experience. The chance meeting with so many caring and gracious people allowed me to see a broader picture of my new hometown. Working with others on a continuous basis taught me how committed the whole community is to ensuring everyone's safety and healthy well being. Seeing families, groups, and clients volunteer side by side demonstrated the importance of everyone in our area.

During my PS volunteer time, I have seen big changes. Before the pandemic, Clients would navigate the selection course past wonderfully prepared food by the kitchen staff, around odds and ends in the warehouse, and finish with food staples accompanied by upbeat live piano music. Even with the steady flow of clients, I had brief moments to say hello and give a smile to each person. During the pandemic, I helped with touch-free trunk delivery. Since all items were boxed up and ready to go, there was minimal personal exchange, a necessary process for the times we lived through from 2020 to 2021.

ow, as Project Share staff listened to its client base and changed processes once again to meet current needs, a new means of Distribution was added to complement the Drive-Thru model. Now, through Your Choice Distribution, held inside, I can once again engage in one-on-one service and banter with Clients. Wow, what a change, what adaptation, and what fun. The new paint on the walls and new layout are only the beginning. With scheduled appointments, each client and volunteer have a chance to check in, share and be united in the experience. A sense of calm, dignity and community is present. A feeling of helping and healing is felt. Just as important as the distribution of food is completed, the distribution of caring and love is also. What a great way to learn about the world in our small corner called Carlisle!

HEALTH, one-on-one nutritional consultancy, is also on Emma's plate. Concerning her role, Emma states, "Coordinating health-focused programs for our children, adults and households is directly tied to Project SHARE's vision of nourishing our community, and awakening hope. It is a joy to facilitate initiatives for our Project SHARE community and collaborations with partner organizations in an effort to make our community a healthier place."

Joe Kloza serves as our Education and Communications Coordinator and has done so since 2016. He edits, writes, designs and overall produces our quarterly Newsletter, engages with posts on our social media, and manages the website. He states, "I really enjoy working and serving the needs of our team and community. It is essential to communicate with our entire community of Clients, Volunteers, Donors and the community at large with words and images to bring transparency and awareness to how we are accomplishing our mission and vision."

Darrell Beam is and has been the Warehouse and Logistics Coordinator since 2012. He is responsible for the loading and unloading of all the trucks. He also receives, separates and inventories and stores an average of 37 trucks per month. Darrell is responsible for the maintenance of the entire facility which includes all of our equipment. Also, he sees that all of our trucks are in proper working condition in order to pick up an average of 33 truckloads of food per month. Darrel is the one who clears away the snow, and gets the trucks running when they won't start on a dark, cold winter morning. Darrell says: "I give all the credit to God. I am content to just continue working quietly behind the scenes as long as I am able, knowing that the true 'power of one' is thankfully, always working through us all."

Asani Mukusa is our Warehouse Distribution and Inventory Coordinator. He is engaged in organizing the space, which is ever changing, in our 23,000 square foot facility. His responsibilities include managing the daily inventory with the arrival of new product. He also collaborates with Volunteers to package and sort product, assign product for Farmstand Distribution, set up and prepare product for monthly distribution, and other warehouse related tasks. As one of the newest members of staff Asani reflects on his activities and interactions with both Volunteers and Staff: "Without the dedication of each one of our Volunteers we could not serve the vast numbers of households that we do. I see the power of one person everyday."

Deb Brownawell has been a part of many aspects since she first began her service at SHARE. Originally, and for a number of years, Deb was assigned to the warehouse and was mainly responsible for ordering product, as well as carting product from place to place in the warehouse by forklift. However, last year, on the retirement from Office Coordinator, Wendy, Deb enthusiastically took on that role. Of her new position Deb says ""I really enjoy interacting on a daily basis with the public and with our Volunteer office staff. I also love the opportunity and challenge of learning new skills and approaches that come with this new position."

Continued on page 6

rick's Kindergarten said "...our pupils begin to make the connections between those in need of help from each of us by their participation." Campaign participant approaches ranged from virtual shopping on our website, texting donations, offering collections, to team competitions, a hot chocolate stand, and other creative tactics that enhanced our ability to "Nourish our Community and Awaken Hope!" Cortney Woolslayer, HR Manager at CCM said "CCM employees were excited to participate in the 2022 Souper Bowl of Caring and supporting Project SHARE's efforts in tackling hunger in our local community. And we look forward to supporting SHARE in the future while continuing to support our community families."

Many thanks to all for fielding a team: Carlisle Construction Materials; Carlisle Barracks Chapel; Harrisburg Bicycle Club; Dickinson's Red Devil Soccer; First Lutheran Evangelical Church; Second Presbyterian Church; Carlisle Evangelical Free Church; St. James Presbyterian Church; GIANT Non-Food Merchandising; Young's United Methodist Church; The Meeting House; AME Church Missionary Society; Saint Patrick School-Kindergarten; First United Church of Christ Youth Group; Cumberland County Youth Advisory group; Saint Matthew's United Church of Christ; and Carlisle United Methodist Church, Dickinson Presbyterian Church.

Summer Feeding for Kids ©-18 yrs.

In the Summer of 2021 Project SHARE served over 50,000 meals for kids who were no longer receiving school lunches during the summer break. The USDA allowed for a weekly distribution

of a week's set of lunches to be given to families for each of their children.

Currently, as of press time, it would appear that we may not get the support to feed as many kids as we could in 2022.

However Project SHARE is committed to "Nourishing Our Community..." and we ask you to keep an eye on our website for what method and how we will continue to "...Awaken Hope" and feed our kids throughout the summer of 2022!



Add SOUPER-BOWL, Sunday, February 12th to YOUR 2023 Calendar!

Contact us for further info: JKloza@projectSHAREpa.org



Click Gleaner
Button for
details!

In 2021, more than 258 families a week benefited from 80,000 pounds of food at the Farmstand location—nutritious food that was rescued through our summer and fall Gleaning program.

Gus Gerontakos is our Farmstand, Outreach and Gleaning Coordinator. Having previously been in customer relations, Gus continues that role by greeting everyone with an infectious enthusiasm that recognizes the neighbor in all. His job centers around the Farmstand where distribution is held twice a week for three weeks of the month. During the summer and early fall Gus coordinates the visits and collections of tens of thousands of pounds of produce from farmers in the region. Together with Volunteers, weekly gleans are conducted and then distributed through the Farmstand and regular Distributions. Of his job at SHARE Gus says that, "Working at Project SHARE has shown me how important it is to have many in our team working as one to provide the best in service and product to our Clients. For my team of Volunteers, it also gives them as a sense of value to the organization's vision."

Debra Hess is the Director of Development. Deb has taken the lead and provided the incentives to succeed on a number of campaigns and initiatives to provide the resources needed to operate an organization like Project SHARE. "My role allows me to link many generous donors to our mission. Their compassion keeps our mission funded and working for the betterment of our community. It gives me the opportunity to connect their goodwill with those who are struggling. The power that each one of us has, and offers, can significantly impact men, women and children who are less fortunate, in meaningful and powerful ways."

Meagan Smith is our Volunteer Coordinator where she recruits, trains, and manages hundreds of individual and group Volunteers that give their service to Project SHARE. Some of the Volunteer tasks include sorting product, loading trunks during drivethru, assisting Clients at *Your Choice*, planning and helping with fundraisers, assisting the Nutrition Department with various initiatives and many other activities that define Project SHARE. Meagan reflected on this past year as follows: "Despite precautions and restrictions on the number of Volunteers participating in any one event, our Volunteers continue to show the best of our community."

Every one of us looks forward to serving our community.



Support the mission of Project SHARE, through the Newsletter, by a click here!



Firms, Businesses, Foundations & Organizations who, *as part of our community* donate funds or in-kind gifts received between Dec 01-Feb 28.

KinderCare

Kiwanis Club of Carlisle

Adams Charitable Lead Trust AES Hearthplace, Inc. AHEPA-Harrisburg Chapter 64 Allsafe Environmental, Inc. Alpha Phi Cornell University Amazon.com Anderson Logistics Asbell Center Department Baby Feet Day Care Back To Basics Western Wear Benevity, Inc Big Spring High Class Of '57 Blue Mountain Anesthesiology **Boy Scout Troop 168** Burnt Mill Veterinary Cantor and Team Orthodontics Carlisle Aeromodelers Carlisle Area School District Carlisle Christian Academy Carlisle Construction Materials Carlisle Consulting Group, Inc. Carlisle Country Club Book Group Carlisle Coyotes Disc Golf Club Castlerigg Wine Shop CJ Trucking Colyott Watson Insurance Community Aid, Inc. Community Cares Crouch&Hammell Charitable Cumberland Valley Corvette Cumberland Valley High School Cumberland/Carlisle AARP 4377 CumberlandPerry Vocation.Tech. CV-MOAA Dickinson College

Land O'Lakes. Inc. Lawrence Chevrolet Let's Move It Liberty Farms M&T Charitable Foundation Menasha Packaging Messiah College Metzger Wickersham Michael S Black Construction Microchip Technology Moskel Counseling Services **New Story Schools** North Middleton Township Northwest Human Services Penn State Dickinson Law Penn State Master Gardners PEO Sisterhood Chapter CG Pepsi Bottling Group Planet Fitness Carlisle Pledgeling Foundation Pratt Retail Rahal Family Foundation River Rock Academy S&C Mckeehan Family Char.Fund Safe Harbor Schwab Charitable Select Physical Therapy ShetronAuction Equipment LLC Spiral Path Farm St. Patrick School Svncreon Target Corporation Thomas Fund of Thrivent UW Carlisle & Cumberland UW of Southwestern PA UWof the Capital Region UW Worldwide - Frontstream Weber Trucking & Excavating Wegman's Weis Markets Inc Wilson Middle School Women of Moose Chapter 235 Yellow Breeches Middle School

Honest Egg Farm
Iron Forge Educational Center
Kahle/Fiduccia Family Fund
Kimmell Charitable Fund
Gleaning
Wha

G.B. Stuart Charitable

Giant Food Stores, LLC

Gobin Guards Association

Harrisburg Bicycle Club Inc

Glaxosmithkline GSK

Gill Giving Fund

Geodis



Mondays

From 5:15pm
@ P.S. HQ
Check website for
May—Sept.



What is ONE healthy habit you can add to your day this week?



Glass of water with each meal



New vegetable this week that you've never tried before



Extra day of exercise this week



Meatless Day, replacing meat for plant based proteins at meals.

Mehmet Murat IIdan

「大丁で月巨」」「大尺の「八丁で」」」Emma Witwer, RD, LDN Nutrition Coordinator

During the first Tuesday and Wednesday every month, clients have the opportunity to meet with Project SHARE's

Nutrition Coordinator for a nutrition education and coaching session. This new program was launched in January of 2022. The sessions are individualized coaching sessions that give Clients the opportunity to share their unique health goals. Barriers and successes are identified to assist one in

> working ward bettering health.

roject SHARE's Nutrition Coordinator is able to provide tailored recommendations and work with the Client to help set personal-

Nutrition Facts

ized goals with the aim of moving toward a healthier future. They learn how to decipher food labels to know once and for all, if that food really healthy? Then we look at counting carbohydrates and ideal food pairings for blood sugar control, meal planning for heart health and mindful eating techniques. Sessions can go in a wide variety of directions depending on the individual nature of the coaching. Through customization and individualiza-

tion the Power of One emerges towards nutrition education and health changes.

t the end of the session, Clients receive a SHARE BOX which is a meal kit box that includes all ingredients for three healthy recipes. Pre-measured spices, laminated recipes, and fresh minimally processed ingredients from foods commonly distributed by Project SHARE, make these meal kits an opportunity to taste and savor the healthy habits encouraged in the SHARE the HEALTH nutrition coaching.

Over the past few months, clients have made Salmon Cakes

with Mushroom Brown Rice, Hearty Turkey Chili, Chicken Sausage & Roasted Vegetable Foil Packs, Easy Chickpea Curry and more.



he Power of One also shines through in this program, not just through the opportunity for customization and individualization, but also because Clients take one step forward on their health journey. The Power of One shines forth when we take one, just one, step

toward our health goals. We then continue taking one step at a time. What is beautiful about this is that individual steps toward health bloom out into the Client's community. Clients share stories of sharing the meals from the SHARE BOXES with kids, their grandkids and families. Changing their eating habits is shaping the eating habits of their families in healthier ways. The Power of One impacts those around them for good.



lients who are interested in registering for the SHARE the HEALTH Nutrition Coaching program can contact Project SHARE's Nutrition Coordinator, Emma, at wer@projectSHAREpa.org 717-249-7773 ext 231. This program is well suited for clients with diabetes, high blood pressure, high cholesterol and other dietary needs that would benefit from personalized nutrition help. We welcome you to sign up for this FREE one on one to give you the Power!



Kids in the Kitchen- In-Person 5-6:30pm at SHARE HQ. Limited places available! Apr 7, and May 5, 2022.

Registration / Sign-up: timetosignup.com/projectsharepa Virtual Zoom: Apr 28, and May 26, 2022. Details at: projectSHAREpa.org

Adults—Slice of the Month-In-Person 5-6:30pm at Farmstand, 123 Lincoln Street. Apr 14, and May 12, 2022

Registration: timetosignup.com/projectsharepa Details at: projectSHAREpa.org





5 North Orange Street Carlisle, PA 17013 Phone: 717-249-7773

Website: projectSHAREpa.org Facebook: Project SHARE of Carlisle



POSTAL RETURN SERVICE REQUESTED

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



SHARE Shop Virtual Food Shopping



You Click. Families Eat. Our Virtual SHARE Shop is our easiest and most effective food drive. It is a great way to "shop" alone or to engage employees, coworkers, family and friends in the fight to end hunger. When "shopping" at SHARE Shop, we do not fill orders in the traditional sense. Your order, based on retail prices, is a donation that allows us to leverage our deeply discounted purchasing power to source more healthy foods for the food insecure families we serve.

GROUP VIRTUAL DRIVES: When planning a group drive through your work, congregation, or organization, please register your drive by visiting project-SHAREpa.org/food-drives/

INDIVIDUAL VIRTUAL SHOPPING: To shop our Virtual SHARE Shop, please visit **projectSHAREpa.org** and click SHARE SHOP under the DONATE menu.

Check out SHARE Shop now for Current, Easter, and Spring food needs.