



# SHARE NEWS

## SUMMER 2019

**IN THIS ISSUE:**  
HOPE...TRUCKING TRAILS...FARM TO TABLE...GLEANNING...

**NEWS UPDATE** Just as we were going to press the USDA announced Project SHARE as 1 of only 2 awards in PA for summer food programs for kids! Congrats to Weston and the Nutrition Team!



### To Infinity & Beyond!

Spend some time looking up this season. Contemplate the size of the universe and our place in it. Allow yourself to see the interconnectivity of all of us on this tiny piece of real estate floating in an immense universe and realize that we are our brother's and sister's keepers. Open your mind and your heart to the wonder of loving your neighbor as yourself and being thankful for this amazing and wondrous gift. Pay it forward and pass it on so that all may benefit from our brief journeys! From Buzz Aldrin to Buzz Lightyear "To infinity and beyond" . . . 50 years ago and counting!

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### HOPE is in Supply

Laura Estep, Client Services Coordinator, leads a team of volunteers who engage Clients on a one to one basis. They evaluate their circumstances and provide all of them with the means of hope through Project SHARE's food opportunities and sometimes other agency referrals. These days of nourishment take place both during our monthly Distribution Days both at our main headquarters and at our Farmstand location on other weeks.

Carey Garland, who is a SHARE volunteer for about ten years, commented that "...one gets the impression that society is engaged with our social media to the detriment of people to people connections. Studies show that social media is dramatically less important than direct and personal interaction with others". Garland came to volunteer from Shippensburg Produce Outreach (SPO). *Continued page 08*

### A Truck Driver Brought It!

#### Supplies Arrive to Feed the Community



They may look small, next to our latest big truck, but the Heishman hearts were big when they donated this vehicle and promised to maintain it on our behalf. This 26 foot refrigerated truck with a lift gate will assist us in making runs to the Central Pennsylvania Food Bank and other locations where temperature control is essential. Project SHARE purchases food from the CPFNB on a regular basis as well as from other sites where we obtain favorable pricing or donations.

In this photo Bob Weed, CEO of Project SHARE and Darrel Beam, Warehouse Coordinator flank our benefactor Tim Heishman at the headquarters *Continued page 05*

### Farm to Table—2019

The Barn at Creek's Bend, built in 1891, has been completely restored, repurposed and renovated for modern conveniences while maintaining the historical integrity of the original structure. The barn venue features elements of design and décor including vaulted ceilings, wooden rafters and exposed original stonewalls that showcase the rustic feel. The two-story barn is the perfect venue for all occasions, boasting 10,000 sq.ft. of indoor space and 4,000 sq.ft. of outdoor space, making it the perfect venue for our premier fund raising event on **Sunday September 29, 2019**. All of the **original feel of this historic barn** has been preserved and enhanced by the owners, Jamie and Keith Plasterer. In addition to our guest chefs with an encore performance by Kevin Neidig, **2018 AMA Emerging Artist Nominee!** Rarely do you get in one musician the virtuosity of singer, instrumentalist and songwriter. Kevin brings all three with eloquent effortlessness. *Continued page 07*



**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!



### LUNCH & LEARN

**Now to August 7**

Our award winning summer program for kids ages 5 to 12 continues in our 5 locations. We continue to accept children and our need for volunteers also continues. Contact SHARE through our website or by calling or stopping by. Please see page 4 for our feature story.

### GLEANING the FIELDS

**Now through October**

Timetosignup.com/projectsharepa for this summer's programs. Schedule your group or yourself 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 Project SHARE or check the schedule on line by clicking the GLEANING slide at the top of our Homepage.

### TRIATHLON

**Saturday August 3rd**

Boiling Springs active day benefitting Project SHARE. This is an annual event that we never take for granted and accept with a grateful heart. The race starts at 7:00 AM on August 3rd. We encourage our supporters and volunteers to participate and or volunteer to assist the Triathlon. Go to our website at [www.projectSHAREpa.org](http://www.projectSHAREpa.org) and click the Triathlon slide on top of the Homepage for details.

### 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

**Starts in September**

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

### SLICE of the MONTH

Our adult class continues at Farmstand through the summer on the 2nd Thursday of the month (July 11<sup>th</sup> and August 8<sup>th</sup>) from 5:30 to 7pm. These monthly classes give adults a "hands on experience" preparing recipes based on ingredients available through our Distribution days.

### CHESS CLUB

**Starts September 9th**

This club combines strategy and organizational skills with mindful competition. We look to welcome kids who know or want to learn how to play one of the worlds most strategic games. Help to mentor as a coach or encourage your child to join as a player. Contact David Hodge at the Farmstand or Joe Kloza at HQ. Remember "The real game is not on the field but in the mind!". First session Monday September 9th starts at 4pm and ends at 5:30pm.

### CHRISTIAN Collaborations at Farmstand

Kick off for upcoming Farm Stand events, ALPHA, Next Steps, WylDLife, and the many other Farm Stand Programs begin in the early fall. It is a community wide event for families. We are inviting local churches to partner to help make it special. Movie "I Can Only Imagine" plus another to be announced, with Food, Activities, at **Farmstand on Friday July 26th at 1 pm and Heberlig-Palmer Park on Friday August 16th at 6:30pm.** The Project SHARE ALPHA team is the spear head to lead this initiative. ALPHA is underwritten by Carlisle and West Shore Evangelical Free Churches.

To sign up for many of Project SHARE's events and volunteer opportunities go to:

[Timetosignup.com/projectsharepa](http://Timetosignup.com/projectsharepa)



*Bob Weed, CEO*

**Relationships** make the world go around. Funny that a food pantry guy would be thinking about, and writing about, relationships, but it's true..... they do make our world go around.

Over the course of my career I have learned – sometimes the hard way – that relationships truly do matter. Those that have been the most meaningful have a couple factors in common. They take work. One must invest time, energy and resources into building good relationships. At times they get messy. Interaction between people can be filled with emotion, egos and agendas. Each of these bring their own set of flash points. Most importantly, they are built on a foundation of shared goals and values. That doesn't mean that we always agree on the path one travels to reach those goals, but we do agree that the goal or objective is worthy of reaching.

I have found that building a strong relationship begins with listening. Someone much smarter than I once said, "God gave you two ears and only one mouth for a reason". No matter who it is, where they are from, or what life experiences they have had, if you listen to someone long enough I believe you will find some common ground. **Even with those you think you disagree with, when you actively listen to people you are able to understand where they are coming from** and eventually you will come to understand their point of view. Finding those common threads is the beginning.

During that listening process you must be authentic. This is pretty simple. **Be who you are and accept others as they are.** It doesn't mean you must always agree with them. This is one point where it can get messy sometimes. **However, by acknowledging and demonstrating a sincere openness to hearing their point of view, the relationship grows.** The authenticity of connecting personality, beliefs and point of view can accelerate relationships.

The end result of these efforts, investing time and energy in actively listening, being authentic and honest with each other and finding those common goals, will ultimately lead to mutual respect and trust. And this is where true relationships can blossom. Strong relationships tend to develop into partnerships for life. Partnerships that last the duration of time we spend on this earth, and also span our journey through life with all its bumps, bruises and triumphs.

How blessed I have been over the years to develop such relationships. Some have been through the efforts I put forth and some were initiated by others. Today I reflect on relationships with Volunteers, Staff, Clients and Community Supporters. Each is unique, each has taken time and energy to develop and each has special meaning. Most importantly, **each has impacted me in a positive and uplifting way. They are all special.** So, enjoy those you have and put effort into those yet to come. Your world will spin a little easier when you have the right types of relationships to "grease the axles".

# SHARE Spotlight Column

## Empathy Compels Us to Move Forward

### Hope for the Future



My journey with Project SHARE began almost 10 years ago when I volunteered to help with distribution and some of their media efforts. I had just been laid off from a corporate marketing job, because I wouldn't relocate to Albany, New York. I was devastated and it came at a time in my life when I was also experiencing some

deep, personal challenges. **I felt crushed, lost, and alone. I needed to occupy my time and get out of my head and outside of my own grief.** Project SHARE was my saving grace. **By helping others, my problems became smaller.** I was humbled and more grateful. I saw families being fed, people being heard, and hope being spread to the vulnerable in our community.

I was fortunate that a position as Media and Business Development Coordinator opened up a few months after I began volunteering. I accepted the job and went from volunteer to employee. I can tell you countless stories of all the good I've witnessed in that time. It always amazed me how distribution came together despite our worry over enough volunteers to help or enough food to hand out. There was always enough. There was always hope. Hope for the single mom who couldn't make ends meet, hope for the veteran who lost his job to PTSD, hope for the low-income family making minimum wage, and hope for seniors forced to decide between food and their necessary prescriptions. There were many days I struggled to accept the fairness of it all.

Desmond Tutu said, "Hope is being able to see that there is light despite all the darkness." **That is what I love most about Project SHARE. We are the light for so many.** The hope for those in the dark.

For as much darkness, as I saw our clients suffer, there was the light of community to shine through it. The gentlemen who played piano during distribution, the farmer who offered his crops for gleaning, the 8-year old little girl who collected canned goods instead of gifts at her birthday party, or the client who only took what they needed so that there would be enough for someone who needed it more.

Seven years later, I'm back at Project SHARE, now as member of the board of directors. I run a small nonprofit that focuses on community leadership and board governance. When my time came to find my own board to serve on I knew right where I wanted to be. It's an honor to serve with such amazing staff and directors. Everyone is engaged, compassionate, and dedicated to the mission.

**As we plan for the future, we all long for a day in which SHARE will no longer be needed. And while I don't know if that dream will ever become a reality, my hope for Project SHARE in the future is that we always stay true to our vision to nourish the community and awaken hope.**

"If there is hope in the future, there is power in the present."  
Zig Ziglar

Nicole Deary is on Project SHARE's Board of Directors. Previously she had been on the staff of Project SHARE. Currently she is the Executive Director of Leadership Cumberland.

APRIL

Linda  
Markley



### 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.

JUNE

Kip  
Bollinger



MAY

Sam  
Davis





## A Labor of Love

This will be my seventh summer as a volunteer teacher for Project SHARE's Lunch & Learn Program. I am a retired Family & Consumer Science teacher, working at Carlisle High and Lamberton Middle Schools. For me, involvement in Lunch & Learn is a labor of love. Initially, I became involved in the planning committee after seeing an article in the Sentinel announcing the start of this new program. I quickly became more involved as I wanted to help to mitigate "summer slide" especially in reading skills for children in the community. Also, for some of our children, when school breakfast and lunch programs end for the summer, they may be missing out on critically important nutrition. Lunch & Learn provides a breakfast snack and a delicious and nutritious lunch. Each year, planning and delivery of the program gets better and better.

Again this summer, I will team up with Cherry (Mary) France, a retired Bankruptcy Court Judge and Dickinson Law Adjunct Professor who is terrific with children. We have worked together for the past two summers at most of the 5 locations of Lunch & Learn. We thoroughly enjoy our time together, working with the children and all the dedicated adult volunteers! The children we work with are wonderful, adorable, and curious. My reflections on the program, however, focus on the adult volunteers. A steering committee meets throughout the year to plan for the summer program. Teachers design lesson plans for each of the nine weeks of the program. People who volunteer to teach have access to beautifully designed lesson plans and will have all the materials they need to implement the activities in those plans. Bosler library staff

procures and assembles all of the materials for each site.

Many adults sign up to help because they feel that they can contribute, in some way, to this important community effort. Some volunteer for a morning each week, some for 3 mornings in the same week, and some, like the Site Supervisors and their Assistant Supervisors, sign up for the entire summer! Parents and children appreciate the contributions of all of these community volunteers, especially of the dedi-



*1969 to 2019 = 50 years ago a most revealing Earthrise = We are Precious and One!*

cated folks who serve as Site Supervisors and Assistants and the crew of volunteers who work in the kitchen to prepare kid-friendly, nutritious lunches. It is worth noting that Project SHARE runs this program with a minimum of staff time. Joe Kloza, Community Education Coordinator, Weston Petroski, Food Service Coordinator, and Meagan Smith, Volunteer Coordinator, are the staff

who coordinate and implement this program. But it is only PART OF THEIR JOBS! 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 this wonderful collaboration with Bosler and Amelia Givens Libraries, Carlisle Area School District, the USDA, and PA Dept of Education. **Gail D'Urso**

***NEXT ISSUE: A report and a thank you to all who volunteered.***



Continued from page 1—TRUCK

of GET Leasing. **"Helping to feed our community is one of our highest priorities** and my father and I decided to support this essential community mission with this practical gift that SHARE was in need of." said Tim Heishman upon presenting the truck with the family and firm's blessing.

Project SHARE needs these valuable trucks to move food to where it needs to be either here at SHARE HQ or to our Farmstand distribution location. Here is what a typical week looks like on our trucking schedule at Project

<u>Mondays</u>	<u>Thursday</u>
<ul style="list-style-type: none"> <li>◊ Weis Market &amp; Panera Bread</li> <li>◊ Central PA Food Bank</li> <li>◊ Walmart</li> </ul>	<ul style="list-style-type: none"> <li>◊ Wegmans &amp; Walmart</li> <li>◊ Cardboard Run Carlisle area</li> <li>◊ Farmstand</li> <li>◊ Commissary, Carlisle Barracks</li> <li>◊ Weis Market</li> </ul>
<u>Tuesday</u>	<u>Friday</u>
<ul style="list-style-type: none"> <li>◊ Commissary, Carlisle Barracks</li> <li>◊ Cardboard Run</li> <li>◊ Weis Market</li> <li>◊ Farmstand</li> </ul>	<ul style="list-style-type: none"> <li>◊ Cardboard Run</li> <li>◊ Weis Market</li> </ul>
<u>Wednesday</u>	
<ul style="list-style-type: none"> <li>◊ Cardboard Run Mechanicsburg</li> <li>◊ Weis</li> </ul>	



Additionally Giant, District Central and other transportation companies donate rejected loads. Rejected loads range from product that has had slight damage to orders not expected nor ordered. The product is in perfectly good order but the driver must "dispose" of it due to its rejection. Here are a few examples:

**No Rice for Roni**

A load of 22,000 lbs of rice was headed to a destination

and was rejected upon arrival because one of multiple bags, each weighing over a ton, had split open in transit. The driver brought the load to SHARE after calling HQ and speaking with Wendy Murray, Front Office Coordinator. An arrangement was made to deliver the product here. Once we had unloaded the rice we positioned it in the warehouse. For months after, volunteers bagged rice into 10 pound portions for distribution. Do the math!! Needless to say we had rice to distribute for quite some time. It was a blessing to our community.

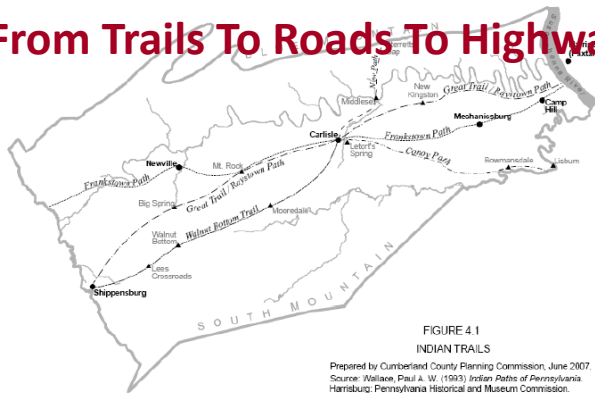
Likewise mangos, bock choy, chipped beef, deli meat, juice, Fairlife milk, lettuce, beets, yogurt and more have found their way for us to SHARE.

When we have a call for a timely pick up we send **flexible drivers**, who are **available at a moment's notice**, drivers like Sam Davis who also works inside on the fork lift tasks. For these runs we also try to encourage the transportation companies to deliver to SHARE.

During the various holidays there are additional pick-ups for special items such as pies and baked goods as well as retrieving larger food drive items. Once a month we also retrieve diapers from the Diaper Bank at Mission Central (MC) in Mechanicsburg by our driver, "Art" aboard DAISY. We also retrieve animal food on behalf of our partners at the Carlisle Area Dog Parks association as well.

No **Commercial Driver's License (CDL)** is required for our fleet of 5 vehicles! We have approximately 15 faithful drivers, plus a handful of helpers to assist with the more laborious cardboard runs! Most drivers have a texting relationship with the front office. This way, at the touch of a button, Wendy can have a driver booked for impromptu runs! Technology working for all!

**From Trails To Roads To Highways**



The web of transportation that feeds Carlisle and Cumberland County goes back to ancient Native American (Indian) trails and paths that connected the area. These routes were basically level and dry and laced the region to become many of our County roads and include Route 11 and PA 641. Route 11 follows, what is shown on the map as, The Great Trail. Of further interest is that James Letort was the first European settler in Cumberland County (1713-1719). He spoke Shawnee, married a Shawnee woman and ran a trading post near the stream he named. Letort "...chose the location because it was near an intersection of trails and a small Shawnee village in the vicinity."<sup>1</sup> His settlement, southeast of Carlisle, in an area known as Bonny Brook, was later burned down by the Shawnee in 1720. Following his rebuilding the Scots-Irish immigrated into the region and the rest is history, as they say. But to this day Carlisle remains the center of transportation and Project SHARE benefits from its location in the center of it all! For more information about our local heritage visit the Cumberland County Historical Society on North Pitt Street or on-line at: <https://www.historicalsociety.com/>

<sup>1</sup> Paul D. Hoch, Carlisle History and Lore, Its People, Places and Stories, (Carlisle, Pa: Cumberland County Historical Society, 2003)



With thanks to our CALC friends for their continuing support of the mission of Project SHARE in our community! This year's event resulted in a donation of **\$5,853!**



# 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 covers donations since our last Newsletter to June 14, 2019.*

Bethel Assembly Of God  
 Carlisle Area Religious Council  
 Carlisle Baptist Church  
 Carlisle Barracks Chapel  
 Carlisle Evangelical Free Church (CEFC)  
 Carlisle First Church of God  
 Carlisle First Church of the Brethren  
 Carlisle Reformed Presbyterian Church  
 Carlisle Seventh Day Adventist Church  
 Carlisle United Methodist Church  
 Christian Life Community Church  
 Congregation Beth Tikvah  
 Dickinson Presbyterian Church  
 Faith Chapel  
 First Evangelical Lutheran Church  
 First Presbyterian Church  
 First United Church Of Christ  
 Green Spring First Church Of God  
 Hickorytown United Methodist Church

Life House Church  
 Lighthouse Church Of God  
 Middlesex United Methodist  
 Mt. Victory UMC  
 Opossum Hill Union Church  
 Otterbein United Methodist Church  
 Salem Stone United Church Of Christ  
 Second Presbyterian Church  
 St. John's Episcopal Church  
 St. John's Evangelical Lutheran  
 St. Matthias Lutheran Church  
 St. Patrick Catholic Church  
 St. Paul Evangelical Lutheran Church  
 St. Peter Lutheran Church  
 St. Stephen Lutheran Church  
 The Meeting House  
 Tree Of Life Church Inc  
 United Church Of Christ Homes  
 Waggoners United Methodist Church  
 Young's United Methodist Church

*Many groups, within congregations, are to be thanked for special events and collections that allowed them to support Project SHARE's community.*

## Why I SHARE...



*Isabelle Figueroa, our dedicated 4 year intern from Dickinson College, and graduate of 2019. We thank her and wish her well.*

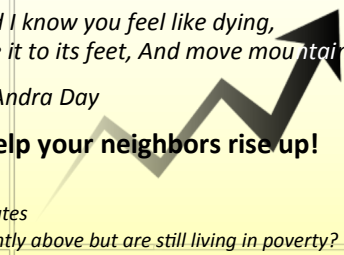
*"Everyone at SHARE is wonderful and they have a lot in common with humanity. Carlisle is a great community...It strikes me when I come across someone my own age who has been born into or gone down a path that has led them to be in need. Lots of circumstances cause this. Refugees, luck, situations, and disabilities also play a role as well as mental health issues for others. It is nice to get to know the people coming through and to see them again both for me and them where we establish, at least a passing relationship...Whenever I see someone around town it makes me feel that I am part of the community!"*



\* 7.8% of people in Cumberland County live BELOW the poverty level. 12% of children under 5 live in poverty. 6.8% of men but 8.7% of women live below the poverty level. 6.7% of Whites while 27.2% of Blacks. Yet unemployment is only 3.9%.

*"When the silence isn't quiet, And it feels like it's getting hard to breathe, And I know you feel like dying, But I promise we'll take the world to its feet, And move mountains, We'll take it to its feet, And move mountains. And I'll rise up, I'll rise like the day, I'll rise up, I'll rise unafraid, I'll rise up!..." Andra Day*

**Consider returning the enclosed envelope today with your part of the solution to help your neighbors rise up!**



*\*Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates*

*2018 Poverty Level defined: Age 65+ living alone = \$12,043; Family of 4 (3 under 18) = \$25,554. How many more fall slightly above but are still living in poverty?*



Throughout July, at S. Spring Garden St. GIANT, reusable bags sold will send a \$1.00 donation back to Project SHARE to help us BAG HUNGER in our community. Many thanks, also, to Troy and Autumn pictured here. Go Green and reuse with Bags 4 My Cause!

Make SHARE your cause!



Farmstand Volunteers from all around—Here are some from UUCV in Boiling Springs.

**Support Project SHARE's mission and return the enclosed envelope for our community's hope!**

So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you. — L.R. Knost

The Farm to Table & Auction is Project SHARE's annual signature fundraising event. Proceeds from this year's event enhance SHARE's efforts that strengthen families and their children who face the



challenge of food insecurity. With support from the community, Project SHARE connects hungry children and families with the nutritious food they need and offers educational and enrichment programs that help kids grow up to be healthy and productive contributors of our community.

Farm to Table is an exceptional culinary event held at the Barn at Creek's Bend, a new special event venue in Carlisle next to the Sports Emporium. The Barn at Creek's Bend offers many amenities making it a fabulous location for the farm themed event.



**Farm to Table** is in its third year, and is Project SHARE's way to not only raise funds that continue

our mission of nourishing our community, but is a way to highlight delicious and wonderful local foods and beverages grown and produced in the Carlisle and surrounding areas. This year's event will feature area chefs preparing innovative cuisine inspired by local and regional sourced foods as well as local craft beer, cider and PA wines.

With a limited number of tickets to be sold, the Farm to Table event promises to be a first class occasion where friends, family and business colleagues can meet to enjoy an abundance of great food, beverage, entertainment and fellowship.

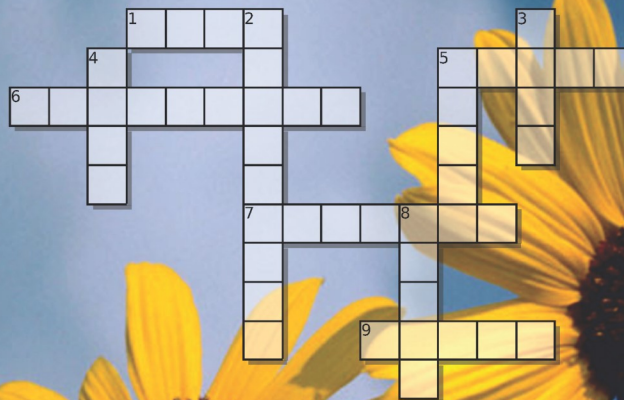
**Ticket Cost: \$75 per person available on line at our website: [projectSHAREpa.org](http://projectSHAREpa.org) from July 8th or from our office. You can also call 717-249-7773 and speak to Wendy.**



# KIDS & FAMILY KORNER

SHARE values our children. At Project SHARE **For Kids of all ages!** a number of programs are designed to benefit our children's bodies, minds and spirits. Our new Kids & Family Korner provides just a bit of thought and activity to encourage families and kids to engage with SHARE and each other. Let's hear some comments and suggestions from YOU!.

## Summer Bounty We SHARE From Our Farms to Our Tables



**ACROSS**

- 1 Where a farmer stores hay
- 5 Something we do to improve our powers every day
- 6 Good bacteria to help your digestion
- 7 Being able to understand another person's situation
- 9 Gathering of the left over crops for the community in need

**DOWN**

- 2 The good fuel parts that we eat to transform our bodies
- 3 Where animals and food crops are raised
- 4 To feel that something desired may happen
- 5 A short mid day meal
- 8 Where families share their food

"Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention."



## SHARE Leads Pennsylvania Once Again in Nutrition for Children

The Turnip the Beet Award recognizes outstanding summer meal program sponsors across the nation who offer high quality meals to children that are appetizing, appealing, and nutritious during the summer months.

Once again Project SHARE is **one of only 2 providers of summer meal program sponsors, in the entire state of Pennsylvania**, to win this prestigious award from the USDA. "This is an important aspect of what Project SHARE does in our community. Besides supplying food for underserved households year round we also provide help and hope to our growing kids during the summer months. When the schools are closed lunches are no longer available." said Bob Weed, Project SHARE CEO in response to this year's award. "The Lunch & Learn program adds activities and learning to the feeding aspect of the program. This helps fuel appetites for learning and discovery as well as provide ongoing nutrition through the summer months." added Weed.



"The award winning work is done in the kitchen by volunteers together with an army of dedicated volunteer supervisors, teachers, assistants and drivers at 5 sites in the area" said Weston Petroski, Education Nutritionist at SHARE. While Petroski runs programs for our kids year round, he sees the summer program as a special opportunity to reach out to the community. "Our goal and, I believe our accomplishment, has been to provide maximum nutrition without sacrificing taste and visual appeal. The results have been excellent with children trying new and better ways to be powered by nutrition through the Lunch & Learn program. It is an honor to be recognized, yet again, as a leader in Pennsylvania!"

Summer meals are critical in the lives of millions of our nation's youth. During the summer months, when they no longer have access to the National School Lunch and School Breakfast programs, their risk of food insecurity increases dramatically. Summer meal programs, including the SFSP and the Seamless Summer Option within the NSLP, present the opportunity to help alleviate summertime food insecurity and positively impact children's growth and development by offering nutritious meals and encouraging children to develop healthy habits at a young age. High quality summer meals provide daily energy, and help make sure children are healthy and ready to learn when they return to school in the fall. The Turnip the Beet Award program was created to showcase sponsors who are going above and beyond to ensure that children in their care are receiving high-quality meals that are both nutritious and appetizing. 🍌

Continued from page 1—HOPE

"I also noticed that **medical issues play a big role** in the needs of many of our Clients. Unless we walk in their shoes we can't always understand or empathize with their circumstances. The problem today is that there seems to me to be less empathy yet Project SHARE provides that connection. This is why I participate and stay with the cause." Carey also noted that folks come to SHARE, as clients, due to career and job issues, as well as the elderly with health issues. "Despite all the challenges it is all about personal interaction!"

Additional insights from volunteer Nancy Schopes point to medical bills that can put some people over the edge "where they can't catch up plus their health situation prevents them from working and they consequently lose their work, paid for, health insurance. So when one needs the insurance most they have lost their insurance!" Other anecdotes included a client who had a number of children, was working in a job that was occasional and as a result did not have

## 2+ Years and Bark ing



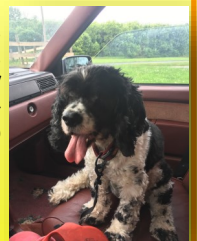
Having a pet is an important aspect of good social and mental health for many of us. Unconditional love doesn't hurt and the bonds that we make with our animals sometimes have us sacrifice our own welfare before that of our pets. The Carlisle Area Dog Park Association's **Hungry Pets Project** has been in operation now for over two years.

Project SHARE has given us space and collaboration that has allowed us to give out pet food to needy clients each month during distribution week. Our initial "food offerings" were quite modest in size, as those first donations were small in number. That has changed, as donors are supplying greater amounts of food. Currently, we're able to supply 30+ lb. bags to many clients...but only for 2/3 days of distribution. Ideally, our goal is to supply pet owners who appear on all four days.

Petvalu in Carlisle has been a regular donor since the beginning, and Mission Central in Mechanicsburg is a more recent supplier. We are extremely grateful to both of these operations. Their regular donations enable us to meet the needs of the pet owners who appear at our table each month.

Though Hungry Pets has grown, the need for pet supplies has increased. Therefore, we are always seeking pet food donations, and any amount is appreciated. These may be dropped off at Project SHARE, or as director of the program, I would be happy to arrange for pickup. My contact info is: [pcharuhas@comcast.net](mailto:pcharuhas@comcast.net).

Pat Charuhas







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 March 9<sup>th</sup> and June 14<sup>th</sup>. If we inadvertently omitted your listing, please let us know.

Alliance Sales  
 AmazonSmile  
 American Legion Post 109  
 Ameriprise Financial  
 Bath Saver, Inc  
 Big Spring Area Food Bank  
 Big Spring Fish & Game  
 BPO Carlisle Elks #578  
 Caitlin's Smiles  
 Carlisle Area Education Association  
 CASD - Hamilton Elementary  
 CASD - Letort Elementary  
 Carlisle Arts Learning Center  
 USAWC Commissary  
 USAWC Spouses Club  
 Carlisle Construction Materials, Inc.  
 Carlisle Sunrise Rotary Club  
 Casses Chiropractic Clinic, PC  
 Community Aid, Inc.  
 Cruise Holidays Of Carlisle  
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 Flight Systems Industrial Products  
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 WeWork c/o Challah For Hunger

*Continued from page 8—HOPE*

enough to support her family. Then there are those trying to exist on Social Security or the minimum wage.

Another volunteer, Carolyn Roller reflected that most Clients are **“not looking for a hand out but a hand up.** They are humble and view the assistance as temporary. “Last month a man came in who had gone through a traumatic experience. He was educated, living on his own and trying to get back on his feet again.” Carolyn also noted that the “Baby Room” is needed to **“...give children a solid foundation!”** Carol Forbes joined the conversation to add that “I have a better understanding of what people are dealing with. Circumstances could bring anyone of us to that point where we are unable to provide.”

Another client, who I built a relationship



with, is blind in one eye and has only 20% vision in the other eye. He sat down with me and confided that he **would be blind within the year** and hoped to “..get out West so I can see



some wonders before this happens. I am upset but would rather not talk about it and just organize myself for the inevitable.” Yet another, who I assisted to his car, was a veteran **waiting for a heart transplant** who came to SHARE in humility yet so deserving of our love. Many of our clients, like those mentioned are heroes for how they cope with life’s curve balls.

We, at Project SHARE, that are on the front lines of “relationships”, as many of you are in our community, ask you to **reach out to these others who are precious and sometimes in need of our special relationships, compassion, empathy, love, and support in their times of trial.**

“Living is easy with eyes closed, misunderstanding all you see” - Lennon / McCartney



When volunteer drivers are 'hired' we require a copy of their driver's license to be cleared on our vehicle insurance policy. We also require that they shadow a veteran before going "solo" to learn each vehicle's operating procedures! This way it works for all of us. The regularity of service and care that they apply to their "jobs" is inspiring to all. We thank all of our current as well as past truckers who have brought the food to the table! Truckers **Charlene Badman, Al Montgomery, Joe Spielbauer, Kip Bollinger, Brian Duka, Bill Breen, Roger Pond, John Shellenberger, Cletus Benjamin, Frank Wilcox, Art DuRea, Dale Miller and Sue Breen** are our regulars. They are backed up by

our substitutes **Sam Davis, Jim Cavanagh, Michael Jaye, Donna Jaye, Don Lichtenberger, Sam Butler, Steve Cohick and Bill Bogar.** "Ride on!"



"Sometimes you've just got to grab an apple - or grapes, or strawberries. Something that's healthy but maybe a little bit more adventurous, if you can see fruit as adventurous?"

LL Cool J



Sue and Bill Bream part of our Table Top Team !



**Slice of the Month**, with a distinctive variety of adults. SHARE's community of diverse ages, ethnicities, abilities, faiths or just those who love for the gift of life...all united with a common goal to learn and SHARE over a meal!



**Ticket Purchase:** Go to our website [project-SHAREpa.org](http://project-SHAREpa.org) and click the **Farm to Table** slide on the top of the website Home Page. Then you can purchase your ticket and or reserve a table. We sold out in 2018 and expect to do likewise for this exciting 2019 venue and event. To avoid disappointment we recommend an early reservation and purchase.



In line for the opening of Farmstand, a fresh food blessing to the community. All in need are welcome! Farmstand serves as a community site for various programs.



**Fresh Produce Year Round!**

**Caught in the middle?**  
Welcome to Farmstand where the qualification is to visit us during our service hours!

Tuesdays 3-5 pm  
Thursdays 12-2 pm  
123 Lincoln Street

## Bacteria, viruses and protozoa...Oh my!



The truth is, these microorganisms are found everywhere, from hot thermal geysers, to our homes, our skin, our food and even our gut.

Scientists refer to these gut-inhabiting bacteria as the “**gut microbiome**”, and estimate there are over  $10^{14}$  microorganisms that reside in our intestinal tract! Some of these bacteria are harmful, such as *Salmonella* or *E.Coli*, but **many of the bacteria that inhabit our intestines are actually beneficial and even necessary for our health.**

Bacteria that benefit human health are termed ‘**probiotics**’, and the food for our beneficial bacteria are termed ‘**prebiotics**’. I am sure many of you readers have heard about pro- and prebiotics, but where can we get them and what exactly are the benefits?

Down the food supplement aisle, one is bombarded with an immense selection of pro- and prebiotic supplements that it can become overwhelming. Before looking to supplements to assist in our gut health, look to food first. Probiotic foods are foods which contain live active cultures (aka beneficial live bacteria) and for the most part include solely fermented foods. This includes fermented dairy products (such as yogurt, buttermilk and kefir), fermented vegetables like old fashioned sauerkraut, kimchi and pickles, as well as traditionally fermented Indian chutneys or traditionally fermented bean pastes in Asia. As you see, every traditional culture, from Eastern European cultures (with their sauerkraut and fermented veggies kept in cold cellars) to India, Asia and even in Africa and South America, where fermented root vegetable dishes are commonplace, views probiotic rich foods as essential for good health. These food will help colonize our intestines with “good” probiotic bacteria. On the other hand, prebiotics are foods, nutrients and phytochemicals which help feed our beneficial bacteria.

Weston

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Weston

## Interns SHARE by Learning and Teaching



This summer we are fortunate to have two outstanding intern members of our Nutrition Education team. **Mallorey Fitzgerald** just returned from a semester in Bologna, Italy and is majoring in International Studies while pursuing a Food Studies certificate. She feels that Project SHARE give her a new perspective on the important role that food plays in the community. **Ambreen Imran** spent her childhood in Pakistan and also persued further education in Saudi Arabia. She worked in a German multi-national company but decided to change careers and went to Messiah College for Dietetics and Nutrition.

They have both jumped right into work in our Nutrition Department assisting in the preparation of food, as well as the planning and execution of a special Lunch & Learn Food Nutrition curriculum “Food That is Out of This World” at our 5 sites in Carlisle and Mt. Holly.



Kids in the Kitchen coming in September!

Kitchen Kronicles is provided by our Nutrition Education Department, Weston Petroski, Coordinator. Weston is a graduate of Appalachian State University where he majored in Nutrition and Foods. Follow more Kitchen activities on our website: [projectSHAREpa.org](http://projectSHAREpa.org) or on Facebook: “Project SHARE of Carlisle”



SUPPORT Kids Programming and more at SHARE by returning the enclosed envelope with your best support! Help us to continue grow our ability to “Nourish Our Community. . . Awakening Hope!”

“Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not.” — Dr. Seuss, *The Sneetches*



5 North Orange Street  
Carlisle, PA 17013

Phone: 717-249-7773

website: [projectsharepa.org](http://projectsharepa.org)

Facebook: Project SHARE of Carlisle

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# Dickinson



# Farm to Table & Auction Save the Date

## Sunday September 29, 5:00 p.m.



- New larger venue with expanded seating
- Additional chefs
- Expanded culinary selections
- Covered outdoor space
- Quality sound
- Quick & easy check-in
- Electronic auction check-out
- Handicap accessible
- Picturesque location along the Letort Creek

## THE BARN AT CREEK'S BEND

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