

# SHARE NEWS

## WINTER 2018-19



IN THIS ISSUE:

...Mindfulness Eating...Ukuleles and Beans...Crossword

## We Can Be Content With Winter

*"...silver white winters that melt into spring..."* Rogers and Hammerstein



*"It will take time to melt into spring but each season allows us to discover new blessings as we look toward future hopes. Being in the moment of winter allows us to focus on the dimming light knowing that the Earth will turn yet again towards the sun. So we enjoy the silver and the white with the different foods and warmth that comes from giving and receiving in the hearth of our hearts."*

### Mindfulness



We have all been there at one time or another—enjoying our dinner, savoring

the flavor and texture of our first bite, and then the television or computer catches our eye. Poof!! "Where did my food go? There is still a lingering taste of turkey and mashed potatoes, but I don't remember eating them. Maybe I'll just have another plate." So the story begins of our struggle with the biologically programmed, pleasurable act of eating. Whether it be a turkey dinner, a delectable sweet treat, or a bag of potato chips, **mindless eating does not discriminate**. It is not hard to be-lieve, however, with our 'go-go-go' society that the ability to multitask is so highly esteemed such as driv-ing while emailing, emailing while eating, eating while walking, or even worse, driving while emailing and eating a burger.

*"Remember, Now, Be Here Now  
As it's not like it was before.  
The past, was, Be Here Now  
As it's not like it was before-it was"*  
George Harrison

Continued page 11

### Ukuleles and a Can of Beans

What in the world do ukuleles and a can of beans have in common? Would you be surprised to know that they both serve as a conduit to nourish a community and awaken hope?



This past August I had the privilege, with two other friends, of leading a **ukulele music camp for foster children** in Mursko Sredisce, Northern Croatia.

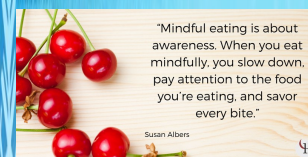
During previous music ministry trips to Croatia I developed a cherished friendship with Vlado Hobljaj and his wife Marina. Marina is the President of the National Foster Organization of Croatia, and they themselves have taken in ten foster children over the years and have adopted each one. The Hobljaj's heart to care for foster children along with my interest in using music as a way to bless and add beauty to one's day, my involvement in teaching music lessons to foster children in the area through a local ministry called Musicians of Hope, and the fact that I too was a foster child, were the dynamics that birthed the idea of a ukulele music camp for foster children in Croatia.

Twenty-five foster children were part of the week long ukulele camp. Foster children in Croatia are predominantly from Roma Gypsy families and have often lived in extreme poverty, abuse,

Continued page 4

**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."

## Discoveries Inside



"Mindful eating is about awareness. When you eat mindfully, you slow down, pay attention to the food you're eating, and savor every bite."

Susan Albers

### Mindfulness (in the Kitchen)....1



### Ukuleles in Croatia and Beans in the US.....1, 4-5



### Making Room in Our Hearts.....3



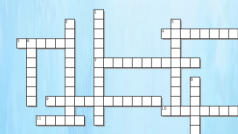
### Corporate/Congregation Thanks ..5,10



### Volunteer Thanks.....6



### Reduce Taxable Income.....8



### SHARE the WORDS.....9

We are GROWING on FB, Twitter and Instagram. Join us!





## DATES TO REMEMBER

**Sundays (4-5pm)** @ the Farmstand. Relax and condition your mind and your body with an expert team



### Kids in the Kitchen

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 [time-tosignup/projectsharepa](https://timetosignup.com/projectsharepa) or call Project SHARE @ 717-249-7773



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

A popular class for our adult community takes place at Farmstand on the 2nd Thursday of each month from 5:30 to 7pm. Like our successful *Kids in the Kitchen*, these monthly classes give adults a hands on experience preparing recipes based on



ingredients available through our Distribution days. These cooking, social and fellowship events draw an average of 20+ participants each month so we recommend to sign up early and we wish you Guten Appetit!

### CHESS Club @ Farmstand

Calling all coaches and mentors. Farmstand Chess Club is now into its 2nd year engaging young challengers in a game that offers strategy and organizational skills as a reward for mindful competition. If you are interested



in helping or joining as a player, contact us at Project SHARE and speak with "David Hodge" or "Joe Kloza". Remember that "The real game is not on the field but in the mind!"



**Souperbowl of Caring** is a nationwide fundraiser for hunger that leads to the "game" on Sunday, February 3, 2019. January will provide a special opportunity for congregations, youth groups, school groups, organizations

and others to plan and operate special parties or fundraisers to be a part of SOUPERBOWL, and benefit our neighbors in need of food security. Contact Project SHARE and let us know your plan to participate. Then go to: [souperbowl.org](https://souperbowl.org) and register.



### Empty Bowls

This annual event, sponsored by CALC, to benefit SHARE, will be held on Monday March 18th at the Dickinson HUB. Details will soon be available online. Fun, food and a pottery

bowl to stop hunger in Carlisle. One of the fun events of the year that gives enjoyment to those who attend and helps Project SHARE with our mission through our reliable, annual friends at the Carlisle Arts Learning Center.

### Match Madness

Our generous benefactors, at the Partnership for Better Health, will be matching donations made from March 1st to 31st that are directed to Project SHARE. We receive 100% of your gift, plus it puts us in the running for additional matching funds! Make your gift online at <https://projectsharepa.org/donate-match-madness/> OR send your check to Partnership for Better Health,



274 Wilson St., Carlisle, PA 17013, payable to PBH, indicating Project SHARE in your memo.

Sign up for all Project SHARE events @:  
[Timetosignup.com/projectsharepa](https://timetosignup.com/projectsharepa)

# SHARE Spotlight Column



*I joined the Board of Directors of Project SHARE for many reasons. The most prevalent reason was that I wanted to connect with the community in a meaningful way. I wanted to contribute to a cause that I truly cared about. The work that Project SHARE did in the community was one that I felt had a positive impact on the lives of those in need of food security.*

*I have been a part of the Board of Directors for almost a year now but had not attended a distribution. That changed when my family (my wife & 2 sons) and I attended the distribution on November 18th. **Something else changed for me that morning as well.** As soon as I walked in the door I took notice to something I never thought I would. The number of youngsters.*

*Children from the age of mine (3 and 5) to teenagers were also volunteering. That caught me completely off guard. As the day continued, I saw them having fun with their friends and families as well as the Project SHARE staff and clients. It made me realize that SHARE is in good hands for years to come. For those 3 hours, it made me realize that we are instilling in our youth a legacy of giving.*

*The idea of legacy may remind us of death, but it's not about death. Being reminded of death is actually a good thing, because death informs life. It gives you a perspective on what's important. But **legacy is really about life and living. It helps us decide the kind of life we want to live and the kind of world we want to live in.** Most of us will not be Albert Einstein, Muhammed Ali or Martin Luther King Jr with our name and accomplishments remembered forever in the history books. However, that does not lessen our need to create some meaning in our lives, to have what we have accomplished and believed in to live on so that we are remembered in some way. For me my legacy is my children. If it is for you as well then your children who will carry your name and your lessons across generations to your grandchildren and beyond). It is your children who share their memories of how passionate you were about sports, your concern about community and giving back, or your belief in the value of a good education.*

*Back to my original observation from our morning at distribution. It was a great sight to see many young people giving back to Project SHARE. What if we instill these values in our children now so that they will be the next leaders of Project SHARE and our community? **What if there the future held no food insecurity and SHARE were no longer a need in our community? We can work towards that end.***



Madeline Lyons and Chris Fitting engaged in a discussion during Distribution day.

*To the parents who brought your children as first-time volunteers or who come monthly I thank you. You should take great pride and enjoyment knowing you are building a legacy with your children. **A legacy worthy of always being remembered.***

Chris Fitting is a husband to "my beautiful wife Nicole" and a father to his "2 awesome sons" Noah (5) and Carson (3) as well as a dog father to Camber. He is a Vice President Business Banker II with First National Bank and I has been in banking for 17 years.

“Be the change that you wish to see in the world.” - Mahatma Gandhi



Bob Weed, CEO

# SHARE In Response...

## Making Room in Our Hearts

Have you ever noticed that some people seem to have such a passion for righteousness that they have no room for compassion?

Earlier in November, as the nation prepared for the Thanksgiving feast, a group in Kansas City, MO. was stopped from feeding the homeless. As they had done every week for the last three years, a group of volunteers gathered in the park, spread out picnic blankets and began to hand out home-made meals to the homeless. On one particular afternoon, an inspector from the Kansas City Health Department showed up and shut them down. They were labeled an “illegal food establishment”. The home-made meals were gathered up, put in trash bags and doused with bleach. City officials say they are concerned about the safety of donated food. The volunteers claim it is a move to discourage homeless individuals from gathering in the park. Needless to say, a struggle has emerged in the city over who is permitted to help the hungry and how they can do it.

One does not have to travel to Kansas City to find examples of such ridiculous stalemates. Well intentioned individuals on both sides of an issue butt heads and bring any hope of progress to a grinding halt. It happens on a national, state and local level. “Their” side suggests a course of action and “we” resist. Not because the solution isn’t viable or because the issue to be addressed is important. Rather, our righteous commitment outweighs our sense of reason and compassion.

**At times we lose sight of our calling and our mission because we focus so much attention on what makes us different rather than seeking the common ground we all share.** As we move through this season of hope and into the winter of despair for some, I urge us to pause. Listen to The Prayer of Saint Francis of Assisi as retold by Steven Covey – “Seek first to understand before being understood”. Or perhaps Proverbs 12:15 says it better “The way of a fool is right in his own eyes, but a wise man listens...” **Don’t let our zeal to be right harden our hearts against listening to all sides. Let’s not become blind to our common goals. Together we can make such an impactful difference.**



### VOLUNTEERS of the MONTH



Volunteers “rock” at SHARE! They are an integral part of our mission and bring joy to all every day of their service. Each one of our thousands of volunteers annually is a blessing to our community, and we are constantly hearing how much their service matters. We hold all of them in high esteem. Special recognition goes out to some on a monthly basis. They accept this honor with humility in the company of their volunteer teams.

...and then a few more just as valued...



SEPTEMBER

**Peggy  
Bowers**



OCTOBER

**Frank  
Wilcox**



NOVEMBER

**Clifford  
Bobb**



Continued from page 1

and lack of education. During this trip we traveled with Vlado to one

of the Roma communities to take food and clothing.

One of the families, a family of ten, lived in a one room cinder block structure with no plumbing. It was the family where one of the foster children attending the ukulele camp lived prior to going with a foster family.

The ukulele was chosen because it is a fun and easy instrument to learn, and it quickly provides a sense of achievement, friendship and community; music has a way of bringing people together of all ages and ethnicity, uniting and building bridges as it tears down the walls that divide. Learning to play the ukulele, however, was not an end in itself. The ukulele served as a conduit, a channel of hope that communicated, "You are accepted," "You are loved," "You have value," "You are not alone," "You can achieve," "There is a future." Each day we would say to the children, "Every time you play or look at your ukulele, let it be a reminder that you are loved; loved by the people who gave you the ukulele, loved by us, and loved by God." Many shouts of joy, huge smiles, and hugs were expressed when the children found out they could keep the ukulele; a daily reminder that they are loved.



The ukulele camp was a safe place that not only nurtured a musical skill, but also nourished each child emotionally, socially, and spiritually; and a place where hope was awakened. One little girl, Veronika, came up to me after the last day of camp and proudly said that she didn't think she could do it, but she was able to play, and she was so happy that she could take the ukulele home and play for her family.

In the same way, a can of beans distributed at Project SHARE is so much more than a can of beans. The food



**There's something about the ukulele that just makes you smile. It makes you let your guard down. It brings out the child in all of us.**  
Jake Shimabukuro



distributed at Project SHARE is a conduit, a channel of hope that communicates, "You matter," "You are valued," "You are loved," "You are not alone," "Tomorrow can be different." Not only through a can of beans, but love at SHARE is also expressed through the fresh produce and nutritional offerings that are SHARED with our community

both at our monthly distributions and weekly at Farmstand.

We are intentional to cultivate a safe, welcoming, and accepting culture at Project SHARE, a place that conveys respect and awakens hope. Nourishing our community is a holistic vision where we care for the physical, social, economic, emotional, and spiritual needs of our neighbors and of one another. Nourishing our community and awakening hope is not only a vision for Project SHARE, it is also a meaningful and life-changing gift we can give to one another.

*Diane Baltaeff proudly serves as the Board Chair at Project SHARE of Carlisle. She recently returned from a journey of caring to Croatia in Europe.*

**Here, at Project SHARE Darrell, our Warehouse Coordinator is a ukulele player and aficionado.**



He is known for his Facebook recordings and "live" performances of original material, which gives him great joy to write and perform. "I was a guitar player from the time I was a young teen. I had always looked upon the Ukulele simply as a toy and never gave it much credence as a legitimate musical instrument."

A few years ago, Darrell decided to pick up a ukulele for the first time and he was hooked! "I tend to buy ukuleles, play them for a year or so and then give them to someone that I think might have their lives enriched by owning one. I believe in giving the gift of music." He believes that music is a Godly gift and a gift should be shared with others. Much like Diane and her

Continued from page 5 trip to Croatia the ukulele seems to have connected joy both here and through a messenger from here to others across the globe.

When asked about what affects him most and what is his greatest motivator working at Project SHARE Darrell mentions the “..kids that come through the lines with their families. I was one of them at one time. They are particularly innocent here. They are often caught in the middle of something they didn’t choose. None of us choose what we are born into. Maybe their dad had a car accident that side lined him from work or that mom is having difficulties. The bottom line is that the family and the kids are suffering and we are here to give them all a hand up.”

Darrell loves working at Project SHARE because he believes his job makes a difference to many in need.



**HUNGER DOESN'T BEGIN OR END WITH THE HOLIDAYS.**  
Support a family in need .

**DONATE NOW!**

## Congregation Connections



Many thanks go to our congregational supporters. Here are *some* 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.*

- Bethel Assembly Of God
- Bright Beginnings Daycare
- Carlisle Baptist Church
- Carlisle Barracks Chapel
- Carlisle Evangelical Free Church (CEFC)
- Carlisle Evangelical Free Church Children's Ministry (CEFC) Kids Cove
- Carlisle Reformed Presbyterian Church Men's Fellowship
- Carlisle Seventh Day Adventist Church
- Carlisle United Methodist Church
- Christian Life Community Church
- Dickinson Presbyterian Church
- Faith Chapel
- First Church of the Brethren
- First Evangelical Lutheran Church
- First Presbyterian Church
- First United Church Of Christ
- Great Hope Baptist
- Green Spring First Church Of God
- Green Spring First Church Of God Golden Rule
- Hickorytown United Methodist Church
- Holy Trinity Greek Orthodox Cathedral
- Life House Church
- Lighthouse Church Of God
- Mercersburg Association Penncentral Conference
- Middlesex United Methodist
- Mt. Holly Springs United Methodist
- Mt. Victory UMC
- New Hope Church Of God
- North Middleton Church Of God
- Opossum Hill Union Church
- Otterbein United Methodist Church
- Presbyterian Women Second Presbyterian
- Second Presbyterian Church
- Shiloh Missionary Baptist Church
- St Matthews Evangelical Lutheran Church
- St Patrick's Heritage Club
- St. John's Episcopal Church
- St. John's Evangelical Lutheran Church
- St. Matthews Evangelical Lutheran Church
- St. Matthews United Church of Christ
- St. Matthias Lutheran Church
- St. Patrick Catholic Church
- St. Patrick School
- St. Paul Evangelical Lutheran Church
- St. Peter 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
- Wesleyan Church of the Cross

## VIDEO BOX

Thanks to the talents and insights of our **volunteer video director and producer Michael Smith**, a number of videos have been produced from our Communications office in 2018. From the insightful Lunch & Learn video, to our SHARING With Project SHARE video that sees the holy in all of our neighbors. We also thank Michael for the post-production work on our Farm to Table 2018 signature fundraiser event video.

These videos have been posted on our website and seen by many since their premiers.

Michael Smith works for Rose Metal Systems, Inc. as the Marketing & IT Coordinator. His passion for the arts was realized at a young age and has only grown through his opportunities in employment and education. Michael is experienced in photography, marketing and videography. His passion is using his skills to help others achieve their vision.

### *Recipes To SHARE*

Our Nutrition Education department, led by Weston Petroski, with Michael's video direction, will be premiering a new series of videos under the title Recipes to SHARE. These short culinary preparations are accompanied by

collaborative soundtracks from LOCAL musicians including our own Darrell Beam, Kevin Neidig and YAM YAM!



*Spinach & Potato Frittata*

These short videos spotlight nutrient dense, quick, simple, and perfect recipes for people on the go! Videos this season include a potato and vegetable frittata, apple crisp, and turkey chili—just right for the busy winter season! See all of the videos, mentioned in this VIDEO BOX, at [projectSHAREpa.org](http://projectSHAREpa.org).

# Lunch & Learn 2019

Time travel back to reflect on 2018 and to the 2019 future!

## UNIVERSE OF STORIES

Recently, in various places around Carlisle, I've run into some wonderful friends: Krimson, Amira, Nyesir, Armaghan, and Aarmanii. The youngest is 6 and the oldest is 10. They seemed all to be doing well in school, and they all looked as if they'd grown since I last saw them in August! My joy at seeing them took me by surprise and brought back great memories.

These children participated in Project SHARE's Lunch and Learn program over the course of eight weeks during summer 2018 at the Project SHARE farm stand -- one of five program sites in the Carlisle area. Serving as an assistant supervisor in the program, I got to watch about 35 children grow and thrive in response to instruction, craft activities, nourishing food, outdoor games and interaction with a diverse group of peers. I got to work with an equally diverse group of teachers and aides, as well as meeting the children's parents and grandparents. It could be exhausting for this retired grandmother, who taught high school and college, but it was also unexpectedly enlightening, occasionally sobering, endlessly entertaining, and often, just plain fun. And it was one of the most meaningful things I've ever done.

**Lunch and Learn is open at no cost to all students receiving free or reduced-price lunches in Carlisle schools.** It is easy to imagine the im-

portance of this program in supplying hungry children with a healthy snack and full, hot lunch three days a week. Indeed, it was so successful that we earned a "Turnip the Beet" gold award from the USDA! But the educational component of Lunch and Learn is equally significant: it **helps to reduce the impact of the "summer slide"** by providing lessons organized the-



matically and developed in conjunction with the Bosler Free Library, by exposing the kids to different people who come to visit us (a state trooper, for example, and two young professional musicians), and by encouraging and supporting their reading. Thanks to contributions from donors and from Barnes & Noble and its customers in Camp Hill, we can send home books appropriate to the children's ages and interests each week. Their reading habits evolve palpably over the course of the summer!

One thing has become clear to me as a former supervisor of teacher certification candidates: **every person who teaches for us makes a huge difference in these kids' lives, but experienced practicing and retired teachers really stand out.** I remember watching my new friend, Dave, a retired elementary school teacher, go way



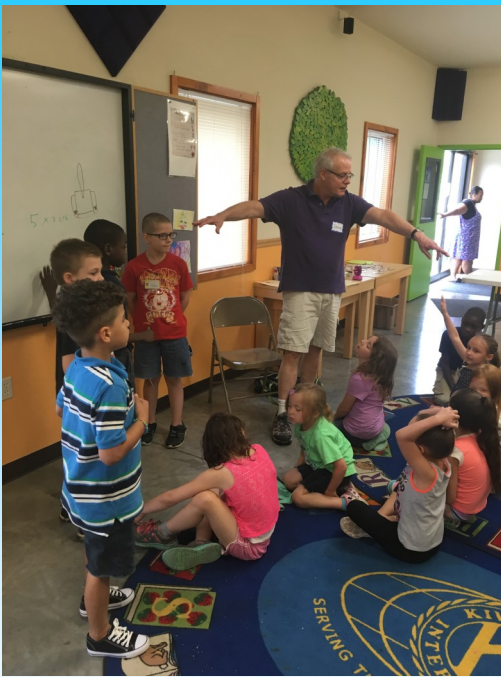
Secretary of Education Pedro Rivera recognized and awarded our program gold stars this summer!

beyond just reading a story aloud to our group: he engaged them with questions they could relate to; he

engaged them with questions they could relate to; he

*Where there is hatred, let me bring love... Where there is despair hope. From The Prayer of Saint Francis*

Help Project SHARE as we seek our vision of "Nourishing Our Community...Awakening Hope!" by returning the enclosed envelope of support. Thank you for your consideration of your neighbors!



challenged them with "think/pair/share" suggestions; he helped them understand with periodic recaps of the story and prompts for them to anticipate what might come next. Likewise, he introduced imaginative math games that kept the children focused, serving as a means to exercise control without overt discipline.

Dave signed up to teach our farm stand children for three consecutive weeks (three days each week) this past summer. He was supported by a team of supervisors, experienced classroom aides, and teen-aged "helpers." He was implementing lessons that had been designed specifically for this program, but he had the freedom to modify those lessons as he saw fit. The children simply loved him, and they spoke of how good it was to have the same person with them over almost a month.

**The Lunch and Learn team is working now to plan our program for next summer, refining our "best practices" and initiating changes to make it even better. We need experienced teachers to develop lessons and units, to "vet" the units created by others, and to teach in the program next summer (for one or more weeks). We know full well that practicing teachers give of themselves every day during the school year, but helping us fulfill the potential of Lunch and Learn by signing up for any one (or more!) of these tasks makes Carlisle a better**

community. And if you are a recently retired elementary school teacher, Dave can tell you that this is a fantastic gig!

If you're interested, please call Joe Kloza, Education Coordinator at 717-249-7773 ext.236 or email him at [jkloza@projectsharepa.org](mailto:jkloza@projectsharepa.org). I hope you and I will be sharing stories next year at this time about children we are thrilled to run into around Carlisle, having watched them grow over a summer of fun, food and learning!

Reported by Becky Kline, Project SHARE Board member and Lunch & Learn Planning Committee.

Lunch & Learn Video

# HOLIDAY DINNER CELEBRATION

Community Clients and Volunteers gathered together to celebrate the Holidays and our presence with each other!

With special thanks to Bobby Rahal Toyota for their generous sponsorship!



# 2018 Farm to Table & Auction

Many Thanks to our  
Sponsors!

Presenting Sponsor

**LIFEGUIDE**  
FINANCIAL ADVISORS

Gourmet Sponsor

**GIANT**

Other Sponsors:

F&M Trust

M&T Bank

UPMC Pinnacle

Comcast

Lamar Advertising

Jacqueline L. Powell  
& Assoc.



More than 250 donors, friends and volunteers recently joined board members, staff and sponsors at Project SHARE's 2nd annual signature fundraising event held at Whispering Pines of Carlisle. Guests enjoyed creative culinary dishes prepared by area chefs using fresh local ingredients that were complimented by local brews, ciders and PA wines.

Both silent and live auctions were instrumental in helping to raise net proceeds of over \$38,000 to help fund the acquisition and distribution of healthy foods, nutrition programs and other educational opportunities for those in our community challenged with food insecurity.

Special kudos to the Farm to Table Planning Committee for their contribution of tireless energy, time, ideas, and passion that helped make the event such a huge success!

Nancy Mellerski, Chair

Pat Fox

Michael Mogill

Pat McEvoy Jacqueline Powell

## Make A Difference & Reduce Your Taxable Income

If you are 70½ or older you can take advantage of a simple way to benefit Project SHARE and receive tax benefits in return. You can give any amount up to \$100,000 from your IRA directly to us without having to pay income taxes on the IRA funds transferred to us.

### BENEFITS OF AN IRA CHARITABLE ROLLOVER

- Avoid taxes on transfers of up to \$100,000 from your IRA to Project SHARE
- Satisfy your Required Minimum Distribution (RMD) for the year
- Reduce your taxable income, even if you do not itemize deductions
- Make a gift that is not subject to the deduction limits on charitable gifts
- Help as we are *Nourishing our Community... Awakening Hope*

### HOW AN IRA CHARITABLE ROLLOVER GIFT WORKS

- Contact your IRA plan administrator to make a gift from your IRA to Project SHARE.
- Your IRA funds will be directly transferred to Project SHARE to help continue our important work.
- Please note that IRA charitable rollover gifts do not qualify for a charitable deduction.
- Please contact us if you wish for your gift to be used for a specific purpose.



*The beauty behind the QCD (Qualified Charitable Distribution) is that it's not a deduction, but, rather, the IRA distribution is excluded from gross income. Therefore, individuals who wouldn't otherwise be entitled to a charitable deduction — taxpayers who take the standard deduction — can now obtain a tax benefit from contributing to charities.*

For assistance or questions about an IRA charitable rollover gift, please contact Deb Hess at 717-249-7773.

More information can be found on our website at <https://projectsharepa.org/charitable-ira-rollover/>



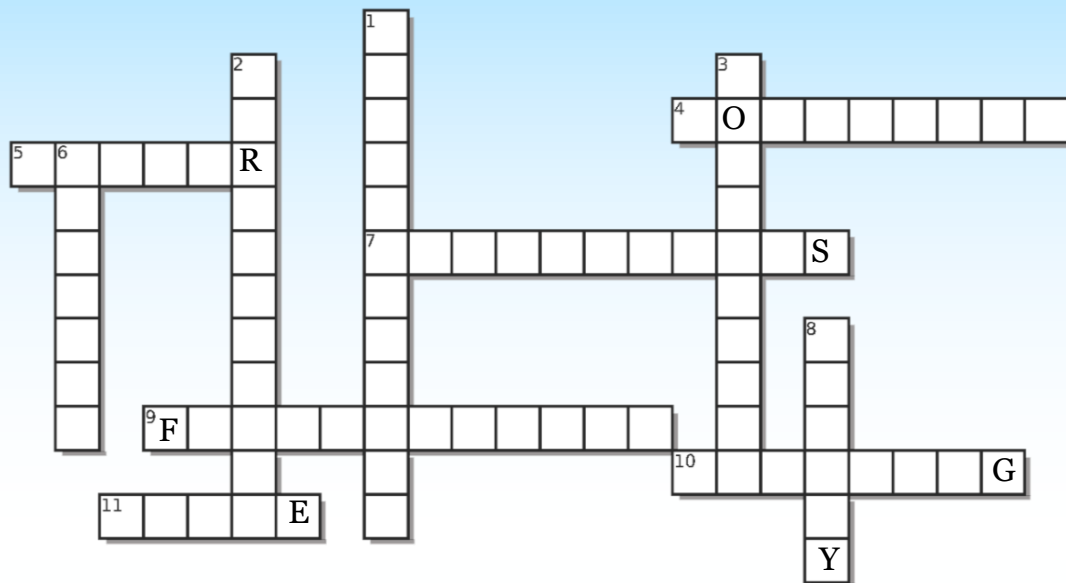
# KIDS & FAMILY KORNER

For Kids of all ages!

SHARE values our children. At Project SHARE 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. Enjoy and let us hear from you with your comments and suggestions.

## SHARE the WORDS

Welcome to our new crossword feature. It is made for fun with a bit of education and awareness thrown in for good measure. Have fun and check your answers on our website page: [projectsharepa.org/crossword](http://projectsharepa.org/crossword)



### ACROSS

- 4 the part of the population that lives with and for each other
- 5 The physical feeling and effect of having little or poor nutrition
- 7 is the action of deliberately paying attention, having our minds fully present and aware
- 9 Access to enough food to maintain a healthy life
- 10 ancient practice of allowing the poor to gather the remaining crops once the main harvest is complete
- 11 To exchange goods and information for the benefit of all

### DOWN

- 1 Partnership for Better Health's matching fund for non-profits takes place in March of 2019
- 2 those work hard but do not receive enough wages to pay for all of their basic needs
- 3 a youth group centered ministry to benefit Project SHARE as part of a nation wide program
- 6 A small stringed instrument associated with our 50th state
- 8 what a person leaves behind to be remembered by that also speaks to their cares and priorities



**TOTS IN THE KITCHEN (AGES 5-8)**  
**CUBS IN THE KITCHEN (AGES 8-12)**  
**WEEK AFTER DISTRIBUTION**  
**4:30 TO 6 PM**  
**MONDAY=TOTS WEDNESDAY=CUBS**

## BARNES & NOBLE



**Holiday Book Campaign  
 For Project SHARE  
 Community Kids  
 Resulted in 1,000s of  
 New Books !**

Thanks to Barnes & Noble Customers!  
 Let us know if you have a Kid in Need of a  
 Great B&N Book!  
 Ask for the Education Coordinator.

"Sometimes, said Pooh, the smallest things take up the most room in your heart." - A.A. Milne



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 August 18 and November 17. If we inadvertently omitted your listing, please let us know.

|                                    |                                      |  |                                     |
|------------------------------------|--------------------------------------|--|-------------------------------------|
| AAA of Central Penn                | Cole's Bikes                         | Keswick Creamery                         | Roots Flowers                       |
| Alibi's Eatery & Spirits           | Community Aid, Inc.                  | Keystone Fleet Service, Inc.             | Salt and Pepper Catering            |
| Allen Distribution                 | Community CARES                      | KimberCat Glass                          | Salzmann Hughes, P.C.               |
| Allenberry Resort and Playhouse    | Conodoguinet Investments, LLC        | Kindred Spirit Veterinary Hospital, Inc. | Sandi's Breads                      |
| Alliance Sales                     | Cruise Holidays Of Carlisle          | Leo's Ice Cream                          | Scalles Restaurant                  |
| American Artisan Gallery           | Cumberland County                    | Lindt Chocolates                         | Seve-n-Dots Pizza                   |
| Ameriprise Financial               | Cumberland County Historical Society | Magnolia Jewelry                         | ShakeDown BBQ                       |
| Appalachian Running Co.            | Cumberland Truck Equipment Co.       | Market Cross Pub                         | Shippensburg Produce Outreach       |
| Army Heritage Education Center     | Cumberland/Carlisle AARP 4377        | MEF Commercial Services                  | Simply Well Yoga                    |
| Beechwood Orchards                 | CVS Pharmacy                         | Members 1st Federal Credit Union"        | SKR Salon & Boutique                |
| Benjamin's Hair Salon              | Denim Coffee                         | Menasha Corporation Foundation           | Spiral Path Farm                    |
| Beta Sigma Phi                     | Desperate Times                      | Miseno's Risto Pub                       | Square Bean Coffee Shop             |
| Bethesda Mission                   | Dickinson College                    | Molly Pitcher Brewing Co.                | Strategic Consulting Partners       |
| Big Spring Area Food Bank          | Dickinson College Farm               | Morgan Plant & Associates                | Strickler Agency                    |
| Bimbo Bakeries USA                 | Dona Eli's Mexican Cuisine           | MotivAction                              | Studio Nau Jewelry                  |
| Bright Beginnings Daycare          | Duck Donuts                          | Mountain Laurel Catering                 | Subway                              |
| Burd's Nest Brewing Co.            | Eagles Crossing Golf Club            | Mountz Jewelers                          | Target Corporation                  |
| Cafe 101                           | Ethos Fitness LLC                    | Mummerts Chocolates                      | The Bookery @ Bosler Library        |
| Café Bruges                        | Fay's Country Kitchen                | N. Hanover Grille                        | The Chateau At Blue Ridge           |
| Campus Door Holdings INC           | Feesers Food Dist.                   | Nicely Done Sites                        | The Garden Gallery                  |
| Carlisle Area Newcomers Club       | GA Farlling Garage                   | Oak Grove Farms                          | The Pomfret Group                   |
| CASD- Lambertton                   | Gals In Golf                         | Oakmont Green Golf Club                  | The Smith Steiner Bed & Breakfast   |
| Carlisle Barracks Commissary       | Giant Food Stores, LLC               | Office Depot                             | The UPS Store 2204                  |
| Carlisle Cares                     | Gingerbread Man                      | Old Bellaire 375 - Order Of Eastern Star | The Wolfe Elias Family Foundation   |
| Carlisle Construction Materials    | Gourmet Popcorn of Carlisle          | Operation Warm Hearts                    | Tranquility Salon & Wellness Center |
| Carlisle Diner                     | Grand Illusion Cider                 | Panera Bread Co.                         | Transformation Training and Fitness |
| Carlisle Elks #578                 | Grazery                              | Partnership For Better Health            | U.S. Army War College               |
| Carlisle Events                    | Great Clips                          | Pecan Meadow Farm                        | Vino Nau                            |
| Carlisle High School Marching Band | Hamilton Restaurant                  | Perry Pest Control                       | Walnut Bottom Diner                 |
| Carlisle Syntec Systems            | Healthy Steps Diaper Bank            | Peters Orchards                          | Wegmans Food Markets, Inc.          |
| Carlisle Theatre                   | Helena's Chocolate Café              | Pheasant Field Bed & Breakfast           | Weis Markets                        |
| Carlisle Truck Stop Ministry, Inc. | iMax Theatre                         | Pizza Grille                             | Wenger Meats & Ice                  |
| Carrie Ann Therapeutic Massage     | Joyce Morgan Beauty Salon            | Pursell Associates                       | Whistlestop Bookshop                |
| Castlerigg Wine Shop               | Joyful Steps Preschool               | Redd's BBQ                               | Wild for Salmon                     |
| Central Penn Youth Ballet          | Karns Foods                          | Ressler's Bagels                         | YMCA of Carlisle                    |
| Chen's Asian Restaurant            | Keep Perspective                     | Rich Valley Golf                         | YRC Freight                         |
| Claire's Orchard                   | Keller Williams Of Central PA        | Rockledge Farms                          |                                     |



**Fresh Produce Year Round!**

Caught in the middle?...Short of food but you make just enough to not qualify with the Federal guidelines for our Distribution Days?

Then you are welcome to Farmstand where the only qualification is to visit us during our service hours!

### Farmstand CHESS CLUB

Coach mentors from Dickinson Law, Dickinson College, the Army War College and others are led by community organizer and "Grand Chess Supervisor" David Hodge. Their dedication to the game and the kids brings a steady team each Monday to strategize and enjoy the honing of skills. It is directed towards our Client Kids but we also welcome Volunteer children between grades 3 to 8. Inquire on-line at



[projectSHAREpa.org](http://projectSHAREpa.org), stop by Farmstand to talk with "Dave" or call SHARE HQ at 717-249-7773 and speak to "Joe".

Help Project SHARE as we fulfill our vision of "Nourishing Our Community...Awakening Hope!" by returning the enclosed envelope of support. Thank you for considering your neighbors!

# KITCHEN KRONICLES

“All you can take with you is that which you have given away.” - Pa Bailey (It's a Wonderful Life)

Let's admit, *as a culture, we have forgotten how to live in the present moment*, with negative results. For many, autopilot-eating leads to:

- ◇ Weight gain
- ◇ Feelings of shame
- ◇ Guilt
- ◇ Depression, and
- ◇ General anxiety around food.

**But there is hope!** Thankfully, by practicing mindful eating techniques, we can turn our relationship with food around into a healthy and nourishing one that allows us to experience food to the fullest without negative emotions.

**Mindfulness** is the action of deliberately paying attention, having our minds FULLY present and aware of what is occurring both inside and outside of ourselves—in our body, our heart and our mind—as well as our external environment. In mindfulness, our awareness is without criticism, or judgement. It is to simply be a witness to our bodies, emotions and thoughts, “To be in the world, but not of it”.

When practicing mindfulness and mindful eating, we are not judging or comparing ourselves, but we are witnessing the sensations and thoughts that come up as we eat. We bring awareness to the beautiful colors of fruits and vegetables, the smells, the textures, the delicate flavors and even sounds of our foods, from the preparation of it, ‘till the last bite. As we eat, pay attention to our hunger and satiety (fullness) cues. Do we feel satisfied? Is our belly full? Allow a few moments in between bites to allow our minds to catch up to our tummies.

**Eating mindfully** also means paying attention to our minds and emotions before we eat. Are we actually hungry? Or are we just bored? Or maybe even simply thirsty? Before grabbing the bag of pretzels, ask yourself “Am I eating to fill a void or an emotion? What am I actually hungry for?” Pay attention to the mind while eating as well. When our minds get distracted—grabbing a book or magazine, turning on the tv, or texting/calling a friend—notice the impulse without judgement, and return to eating. These old habits are not easy to change overnight, so don't make drastic changes. Instead, make small changes, which will lead to new, lifelong habits.

## Try these small tips to start big change:

**Reflect**—Before eating take a moment to reflect how you feel. Are you stressed? Sad? Bored? After taking this reflection time, then choose if/what you want to eat.

**Sit down**—Don't eat on the go if you can help it. Allow your nervous system to settle, and allow those 'rest and digest' hormones to activate. This will lead to less over-eating, and ease digestion.

**Turn off the tv and other devices**—These distractions make us less aware of our food. This is time for you. Embrace it.

**Serve out your portions**—Try not to eat right from the bag or box. It makes it easier to overeat, and is harder to appreciate your food when it is out of sight.

**Pick smaller plates**—smaller plates are scientifically proven to help with portion control and decreased caloric intake.

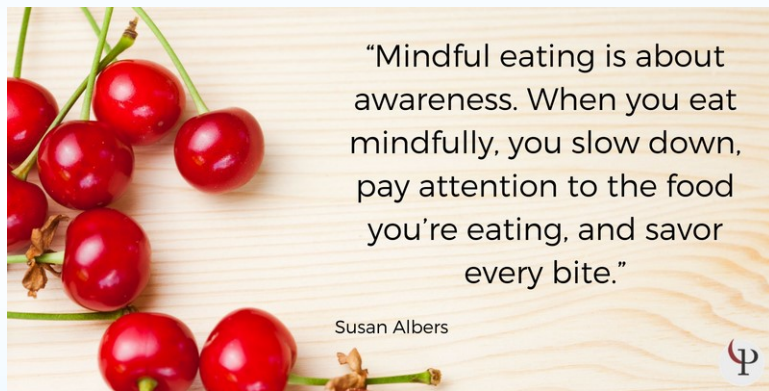
**Give Gratitude**—Before eating, take a moment to give thanks for the labor that went into providing your meal (the farmers, the workers, the animals, Mother Earth, and yourself for cooking it!)

**Chew 30 times**—This is a rough guide, but chewing our food not only helps with digestion, but gives us time to enjoy the flavors and textures. This also gives your gut time to send signals to the brain, letting you know you are full.

**Listen to your body**—If you are full, you don't have to clean your plate. Put the rest away for later, or leave the last few bites. It's

not helping anybody by overstuffing yourself.

**Self-love**—Take time to thank yourself for receiving a moment to nourish and escape the hustle bustle of everyday life. Appreciate your breath, and the gift to experience this human existence.



“Mindful eating is about awareness. When you eat mindfully, you slow down, pay attention to the food you're eating, and savor every bite.”

Susan Albers



**Take the Time to Be Mindful**

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)

PLEASE  
PLACE  
STAMP  
HERE



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

POSTAL RETURN SERVICE REQUESTED

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



2017  
&  
2018

United Way of Carlisle  
& Cumberland County



Gratefully on the campus of:  
**Dickinson**

# 1 IN 8 FACES HUNGER

## PLEASE DONATE TODAY



### HUNGER DOESN'T BEGIN OR END WITH THE HOLIDAYS.



**BOARD OF DIRECTORS**  
DIANE BALTAEFF—CHAIR  
CHUCK ALLEN—VICE CHAIR  
CHRIS FITTING—TREASURER  
NICOLE DEARY—SECRETARY

JOSH EISENBERG  
NANCY MELLERSKI  
REBECCA KLINE  
LISA THOMAS  
ROBERT WEED—CEO

**STAFF**  
DARRELL BEAM  
DEB BROWNAWELL  
LAURA ESTEP  
DEB HESS

JOE KLOZA  
STEVE KUHN  
WENDY MURRAY  
WESTON PETROSKI  
MEAGAN SMITH