



S . H . A . R . E .
 I N T H E H A R V E S T
 F R I E N D S O F P R O J E C T S . H . A . R . E .
 W W W . P R O J E C T S H A R E . N E T

APRIL 2005

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CONTRIBUTIONS WELCOMED

Your annual Friends of S.H.A.R.E. contribution will be classified into the following nutritious donor categories:

Pea	under	\$10
Tomato		\$10
Soup		\$25
Pork and Beans		\$50
Spaghetti		\$100
Ham		\$200
Watermelon		\$400
Cornucopia		\$1000

SAVOR THE FLAVOR!

“Savor the Flavor: A Taste of Carlisle” is one of the premiere events for Project S.H.A.R.E. It’s a chance to enjoy some of the finest cuisine offered by Carlisle restaurants and help Project S.H.A.R.E. at the same time. This event on **April 10** not only raises more than \$4,000. annually to support our mission, it helps raise awareness of Project S.H.A.R.E. and the needs of our recipients. What’s more, the food is absolutely fabulous! This year there are more than 27 participants including some of the finest restaurants in the area and the Dillsburg Brass will be on hand to provide live music. In addition, the support of 21 sponsors helps make this an event that’s anticipated year-round. Proceeds benefit Project S.H.A.R.E., the Downtown Carlisle Association and the Greater Carlisle



Area Chamber of Commerce. The Carlisle Comfort Suites Hotel at 10 South Hanover Street is our host again this year.

Tickets are \$25 and may be purchased at “The Downtown Carlisle Association, Greater Carlisle Area Chamber of Commerce, Project S.H.A.R.E. and The Kitchen Shoppe, Inc.

“Farm to table” provides fresh fruits, vegetables

Thanks to the support of a growing network of local growers and retailers, we’re continuing to enlarge our fresh produce distributions. Fresh produce is a very welcome addition to the canned and frozen products we distribute on a monthly basis.

In addition to the fresh food you see on distribution days, the Project S.H.A.R.E. staff makes weekly deliveries to high-occupancy sites like Penn School Apts. That way, our recipients can have the benefit of fresh produce throughout the month and we can accept

fresh fruits and vegetables as they’re available.

During the summer, we have a delightful group of farmers who allow us to pick produce from their fields and include it in our distribution. As

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Concert for Project S.H.A.R.E.

The annual concert for Project S.H.A.R.E. was a great success once again. We welcomed five choirs and more than three hundred audience members. Father Mark Shenneman from St. John's even stopped by to perform a duet for bagpipes and organ.

Best of all, the generous crowd and local churches donated more than \$3,000. to support the work of Project S.H.A.R.E.

CD's of the concert are available for purchase through S.H.A.R.E. for \$18. Remember, these proceeds help support our mission & the music will inspire you all year long. Thanks to Director Andy Hoke and all who participated.



Volunteers of the Month

Kathy and Floyd Eckenrode have been helping at S.H.A.R.E. since last fall. Kathy helps out on distribution days & is a great asset in the kitchen. Floyd has been working in the ware-

house doing just about anything that needs to be done. Floyd picks up donated baked goods at George Weston Bakeries regularly. Kathy and Floyd have been married for 45 years and



live in Carlisle. Floyd is retired. They have three adult children & four grandchildren. They are both involved with the Wesleyan Church of the Cross.

Fundraising gets a boost from foundation challenge

Remember, all of the donations we receive in March & April help us qualify for a share of the \$1 million grant from the Alan Shawn Feinstein Foundation. The Feinstein Challenge helps encourage donations to agencies like Project

S.H.A.R.E. which help fight hunger.

Both cash and food donations count toward the challenge. Food items are valued at \$1 per item.

Last year, local people donated more than 60 thousand cans of food

and more than \$53 thousand in cash to help support our efforts.

This is the single most successful grassroots campaign against hunger and we're grateful to be one of the agencies to benefit.



Project S.H.A.R.E. Mission Statement: In response to God's call to love one another, we provide food, clothing, nutritional education and access to programs designed to improve physical, emotional and spiritual well-being for those in need, doing so in a compassionate environment that serves to strengthen this community.

Adopted May 2004

Gardening classes planned for spring at Project S.H.A.R.E.

The long winter is finally over and it's time to start thinking about gardens. Lot's of us plant gardens for fun, but it can also be an important source of high quality food for our recipients. What's more, even a small container garden can help stretch a family food budget while providing much needed variety.

Laura Danko, a master gardener from Carlisle has agreed to run a special gardening series. We expect it to be of great interest to recipients, volunteers and the community alike. The three classes are free but we're asking for advance registration so Laura can have enough materials on hand.

Here are the classes:

Vegetable Gardening 101 – The basic course for those who have never had a garden before or who've never had the success they wanted. This class will focus on the "square foot" gardening method which gets the most production out of the available space.



Participants should measure the garden space they have available so that they can leave the class with a full garden plan including a schedule for planting the vegetables they want to grow.

Class Date – April 23, 2005 12:00—2:00 p.m.

Container Gardening & High-performance annuals – Don't have a yard? That's not a barrier to gardening. As long as you have a place to put a container or two, you can have a garden. You can even have an indoor herb garden to provide a fresh touch in your kitchen. The class will cover container selection, plant combinations and plant/container care. In addition to container-grown vegetables, this class will cover some of the annual flowers and decorative plants that are top producers in containers or in the garden.

Class Date – May 21, 2005 1:00 — 3:00 p.m.

Indoor Kitchen Gardens – Even if you get a late start, you can still benefit from an indoor kitchen garden. In fact, that kitchen garden can provide an extra-special touch right through the winter. In this class, we'll talk about appropriate small plants with a special emphasis on herbs.

Class Date to be announced.



Welcome to the S.H.A.R.E. staff

We are delighted to welcome Anne Flynn as the newest member of the Project S.H.A.R.E. staff. A longtime volunteer, Anne joined the staff as the coordinator of volunteers. In addition, Anne will be working with the farmers in our gleaning program and helping us grow our fresh produce offerings.

Anne will also continue to help with follow up interviews on distribution days. What's more, she's learning to drive the pickup truck and we're thinking about giving her lessons on the forklift too!

Farm to table

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the crops begin to mature, we're going to need extra volunteers to help us gather vegetables. It's a great way to help and good exercise to boot. If you're interested, talk to any member of the Project S.H.A.R.E. staff.

If you would like to receive this newsletter by email, just let us know.

Send your name and email address to share@pa.net

MARCH DISTRIBUTION STATISTICS

Households—	632
Total individuals—	1575
Individuals over 60—	200
Individuals living alone—	247
Children—	565
March Retail cost per box	\$127.01
March our cost per box	\$11.34
Year-to-date retail value	\$271,203.12



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Donating to Project S.H.A.R.E. couldn't be easier

If you'd like to donate stock to Project S.H.A.R.E. just give us a call. We have a special brokerage account at Orrstown Bank where we can accept transfers of stock. No need to sell the stock or incur brokerage fees. Your donation will be valued at the date of your gift.

Thanks to webmaster Tim Wetzel and to Rowe's Print Shop for printing our newsletter.

CALENDAR OF EVENTS

Monday-Friday	Office open 8 a.m. – 4 p.m.
April 9	Community Youth 30-hour famine
Sunday, April 10	Savor the Flavor
April 19, 21, & 23	Distribution
Saturday, April 23	Gardening 101 Class
Saturday, May 14	Stamp Out Hunger Postal Food Drive
May 17, 19, 21	Distribution
May 21	Container Gardening Class
June TBA	Indoor Kitchen Gardening Class

Clothing News

It's spring, so it's time to get out those good, usable summer clothes and bring them into Project S.H.A.R.E. We accept small gently used household items & clothing donations on Monday and Tuesday from 8 a.m. until 4 p.m. We ask that you limit donations to a maximum of two garbage bags of clothing at any one time so we have room to handle it.



Gleaning Dates set for 2005 growing season

Mark your calendar now and plan to join in. We are looking for both groups and individuals to help. Call early to reserve your date. You'll meet at Project S.H.A.R.E. and then drive to the farm to work in the fields either planting, weeding or harvesting on the following dates:

Wednesday, June 15	5:30 p.m. - 8:00 p.m.
Tuesday, July 5	5:30 p.m. - 8:00 p.m.
Wednesday, July 13	5:30 p.m. - 8:00 p.m.
Tuesday July 19	5:30 p.m. - 8:00 p.m.
Tuesday, July 26	5:30 p.m. - 8:00 p.m.
Wednesday, July 27	5:30 p.m. - 8:00 p.m.
Wednesday, August 17	5:30 p.m. - 8:00 p.m.
Wednesday, August 24	5:30 p.m. - 8:00 p.m.
Wednesday, September 14	5:30 p.m. - 8:00 p.m.
Friday, Sept. 16	2:00 p.m. - 4:00 p.m.
Saturday, Sept. 24	8:30 a.m. - Noon
Saturday, Oct. 1	8:30 a.m. - Noon
Saturday, Oct. 8	8:30 a.m. - Noon
Wednesday, Oct. 12	5:30 p.m. - 8:00 p.m.
Saturday, Oct. 15	8:30 a.m. - Noon
Friday, Oct. 21	2:00 p.m. - 4:00 p.m.



Kitchen volunteers needed for freezing and canning

If the smell of fresh apple butter or a simmering pot of vegetable soup brings back fond memories – have we got a job for you!

Every year, our growing army of volunteer gleaners gathers a mountain of fresh fruit and vegetables. While we distribute as much of the fresh produce as possible during the season, we inevitably have leftovers.

Some of our volunteers have already been canning and freezing vegetables and we'd like to ex-

pand that program. This year, we're asking both individuals and groups to come to our kitchen (Board of Health certified) and can and freeze to your heart's content.

This would make a great project for a church youth group or a group of scouts.

We'll have an abundant supply of produce and all of the supplies. All you have to provide is a little talent and a bit of work. We'll even have experienced canners on hand to get you started.



Postal Drive scheduled for May 14

The postal workers are sponsoring their annual Stamp Out Hunger food drive Saturday, May 14. Just leave a bag of food near your mailbox and they'll take it from there. Last year's drive (shown here) netted over 10,000 pounds of food.



Empty Bowls help S.H.A.R.E.

More than 150 people came to the annual "Empty Bowls" event this year. This



popular event which raised \$1,490.45 gives participants an original pottery bowl produced by Dickinson College & C.A.L.C. students along with some great soup and a selection of breads provided by the Dickinson College Food Service.

We want to thank Brooke Wiley, Dickinson and the C.A.L.C. participants for making this event a success with that unique S.H.A.R.E. mixture of helping and fun.



Schools and Business News

Variety of drives help S.H.A.R.E.

We're always amazed at the variety of fundraisers and food drives that help our recipients. This time was no exception — with everything from HOGs to ballerinas! Here are just some of the special events reported to us:

♥ Bloomsburg College held a Hawaiian Shirt Day complete with a "best shirt" contest and collected nearly a ton of food for their 1st annual event. Thanks to our favorite professor and S.H.A.R.E. volunteer-Mike!

♥ Alexander Springs Rehab employees enjoy a regular dress down day with a donation to Project S.H.A.R.E. and deliver their "jeans money" to be used to purchase food items.

♥ The Central Pennsylvania Youth Ballet collected food for S.H.A.R.E. The young dance students collected admission donations of cash and food as part of their "There's No Place Like Home" presentation.

♥ Isaac's Deli and Restaurant held it's annual "bag hunger" event trading a special treat for a bag of food. Many thanks to Betsy H. and her crew.

♥ Curves for Women — an exciting women's fitness center — enlisted the help of members in collecting over 300 grocery bags of food during the month of March. Check them out at 200 S. Spring Garden St.

♥ Appalachian Harley-Davidson and Cumberland Valley Harley Owners Group held a scavenger hunt & bake sale raising a combined total of over \$700.

♥ The Dickinson College Choir held their annual Talent Show, At the Corner of Dickinson and Broadway, to benefit the Food Bank. The talent is always phenomenal.

♥ Giant Foods donated over 20 pallets of food including yogurt, cookie dough and bananas.

♥ Shultz's Pretzels in Hanover donated over 20 pallets of pretzels. Thanks, Karen!

♥ Shaffer Trucking Inc. calls every week with a truckload of product to be donated and we are grateful to Ed Gamble and his staff for their generosity.

♥ Lucky Dinner Club and dozens of Easter Baskets!