

Grace Center Inc.'s mission is: providing nutritious food and promoting social interaction with commitment and grace to our rural community.

The Grace Gazette

JUNE 2014



Grace Center

701 W. Popcorn Rd.

Harrodsburg, Indiana

812-824-5595

OUR PANTRY HOURS

Thursdays
3:00pm-7:00pm
 (Located on the corner of Popcorn Rd and Harrodsburg Rd)
Serving Clear Creek, Indian Creek, and Polk Townships

To make a donation outside of our normal pantry hours, call 824-4851, 279-2854 or 345-7878

WISH LIST GOAL:

Chicken Noodle or Vegetable Soup,
 Fresh Produce,
 Canned Fruit, Cereal,
 Tuna, Crackers,
 Canned Chicken,
 Canned Pasta,
 Pasta Sauce, Jelly,
 Macaroni and Cheese

Kroger Gift Card Reload Update

Grace Center is \$217 away from Kroger writing us another check. Keep reloading those cards. Use your card to buy groceries and gas! What a great way to help Grace Center without spending any extra money!



How Grace Center helped the Community in April

312 Individuals served
 139 Households

Board Members:

Steve Fichtner, President
 Tina Baugh, Treasurer
 Connie Sowders, Secretary
 Jim Baugh, Incorporator/Member at Large
 Joanna Johnson, Member at Large



HEALTH AND FITNESS TRACKING TOOLS

In today's world, many people are talking about health. There is always the "new" and "upcoming" way to be healthy or lose weight. However, as much as this market is booming, there is some new technology out there that can aid one in their quest to be healthier. The market is flush with new ways to track workouts, calories, and food consumption. Although these technologies do not actually cause someone to improve their health, they can aid in their journey to a healthier life. I would like to introduce you to two technologies that have helped me personally at different times in my pursuit to be healthier!

The first is an online tool that can be used to track your physical activity, including your distance and course during a run. It is called **MapMyRun**. This can be used online to log workouts completed or be downloaded onto a smart phone as an app and can be used during your workout. This is a free service with an option to pay for an upgraded service.

I have used this to train for a few races and is very effective. The nice thing is you can use it as needed. It also can act like other social media allowing you to share your progress with your friends on MapMyRun or medias like Facebook if you choose! Please check it out online at: <http://www.mapmyrun.com>

The second technology is called **MyFitnessPal**. This is also online and an app for smart-phones. It allows you to track your food intake. You can scan the barcode of items and it will bring up most items nutrition information. You then include the amount you ate and it keeps a count of your calorie intake. It also allows you to input your physical activity for the day. You can personalize it by setting your goals. It will tell you how close you are to your goals. This app has helped me to know how much of what I am eating and to make better choices. The link for this one is: <http://www.myfitnesspal.com>.

These two new tools can be great assets in reaching your health goals, whether it is to eat healthier, lose weight, or take certain types of food like gluten or sugar out of your diet! Please give them a try!



SMITHVILLE Farmers' Market Now Open!
8AM TO NOON SATURDAYS *The Smithville, Indiana Farmers' Market*
 Located between Redman Hall and the old Smithville School on S Strain Ridge Rd 

GRACE CENTER AT HERITAGE DAYS

Excitement filled the air while all the parade entrants lined Popcorn Road waiting for the parade to begin. As you can see, Grace Center had a very nice float this year. Thanks to Sue for heading that up and for making us sparkle. Soon we were heading down the road. Lots of people were lined on both sides of the street. The kids in our float threw candy to the children (and some grown-ups) as we slowly went along the parade route. Thanks so much for your help.

For once it didn't rain! The sun hid behind some large clouds at times making it a little cool but soon the sun was out shining bright to warm us up.

Joanna headed up our booth this year and she did a great job. We have been thankful to have her as an intern this spring. She has the 'can do' spirit and a gift of knowing what to do at the right time. The kids sure liked her dog, Abby, an energizer bunny kind of dog, yet well behaved.

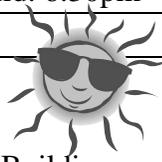


Thanks to all who came by our booth to talk. It is always a little awkward to approach a booth that you know nothing about. Even more so when it comes to a food pantry. What do you say? Just ask "How does a food pantry work?" We'll take over from there and explain it as best we can.

There are so many benefits of a food pantry. To those who are on kidney dialysis, to those hurt at work and needing some extra help with the groceries, to those who might otherwise sit at home and not see anyone for days. Our volunteers are wonderful and we couldn't operate without them. Thanks to all who have contributed money, time, and food this past year. You are so special. Hopefully we'll see you again at the Heritage Days Festival next year.

JUNE CALENDAR OF EVENTS

Thu Jun 5	• Grace Center Food Pantry 3:00-7:00pm • Harrodsburg Lions Club, Harr. Comm. Build. 6:30pm
Sat Jun 7	• Smithville Farmers Market 8am-Noon
Tue Jun 10	• Grace Center Board Meeting at <i>Grace Center Pantry Building 6:00pm</i> • Euchre 12:30-2:30 at Harrodsburg Comm. Building, contact John or Martha Bastin for Euchre details
Thu Jun 12	• Grace Center Food Pantry 3:00-7:00pm
Sat Jun 14	• Smithville Farmers Market 8am-Noon • Kenny Zike Mem. Fish Fry 4-8:00pm, see details below
Sun Jun 15	• Father's Day
Mon Jun 16	• Ladies Craft Night, Smithville Com. Center, 6:30pm Call Patty at 824-2611 for more information
Thu Jun 19	• Grace Center Food Pantry 3:00-7:00pm
Sat Jun 21	• Smithville Farmers Market 8am-Noon
Tue Jun 24	• Euchre 12:30-2:30 at Harrodsburg Comm. Building Contact John or Martha Bastin for Euchre details.
Wed Jun 25	• Indian Creek Lions Club 7:00pm Contact Lloyd, 824-9771 for location
Thu Jun 26	• Grace Center Food Pantry 3:00-7:00pm • Judah Heritage Days begins, see details below
Sat Jun 28	• Smithville Farmers Market 8am-Noon



Thank you to all our giving partners. Grace Center has helped feed our community for almost eight years since opening its doors in September 2006. We want to thank everyone who has been a part of the solution both past and present.

To those who have helped in the past month, special thanks goes out to:

- Project Liberty for donating 12 lbs. of misc. canned and dry foods.
- Harrodsburg Assembly of God for their monthly monetary donation.
- Harrodsburg United Methodist Church for a monthly monetary donation.
- Darrel Anderson for donating 139 lbs. of food.
- Sherwood Oaks Impact (K-6) for donating 312 lbs. of food.
- Panera Bread for donating 652 lbs. of bread and bakery items.
- All our anonymous givers.
- Clear Creek Township Trustee, Thelma Kelley Jeffries, for a \$1000.00 township monetary donation.
- John Passanisi for donating 186 lbs. of food.
- The Yager family for donating 3 boxes of macaroni and cheese.
- Indian Creek Twp. for donating 40 lbs. of food.
- Pam Patton for donating 51 lbs. of food items.
- 'Heritage Days' for donating 35 lbs. of potato salad, 30 lbs. of shredded cabbage, 10 lbs. of fish, 12 lbs. of frozen tenderloins, 3 dozen eggs, 9 lbs. of diced onions and nacho sauce and 32 lbs. of bread.
- The Fichtners for donating 3 boxes of gallon ziplock bags.
- Richard Sarchet for donating baggies and trash bags.
- Walker's Chapel for donating 100 lbs. of misc. food items.
- Melanie Law for donating 43 lbs. of frozen meat (what a blessing!)
- 25 lbs. of canned food donated at the Heritage Days Festival.

Thank you! Thank you! Grace Center helped put food on the tables of about 35 families each week in April. It could not have been done without you!

10th Annual Judah Heritage Festival June 26-28

Cruise-in, Live Music, Flea Market and more! FIREWORKS Saturday at 10pm. See www.judahfestival.com for entry forms.

3rd Annual

Kenny Zike Memorial Fish Fry Saturday, June 14, 4:00-8:00pm

Indian Creek Lions Club

8120 S. Rockport Rd., Bloomington

Adults: \$8, Children 10 and under \$4

Fish (or hot dogs), coleslaw, hushpuppies, baked beans, dessert, and drink



**All proceeds will benefit the
Kenny Zike Memorial Scholarship**
Live Entertainment and Silent Auction



Indian Creek Community Association is now on
Facebook.

Check them out for the latest news!

www.facebook.com/indiancreekcommunity

Happy Father's Day



"Walk with me Daddy"

Walk alongside me, Daddy and hold my little hand.

I have so many things to learn that I don't yet understand.

Teach me things to keep me safe from dangers every day.

Show me how to do my best at home, at school, at play.

Every child needs a gentle hand to guide them as they grow.

So walk alongside me, Daddy - We have a long way to go.

Author: Helen Bush

website: www.gracecenterindiana.org

email: gracecenterinc@gmail.com

ADDRESS LABEL

STAMP



Grace Center Inc.
PO Box 5
Harrodsburg, IN 47434