

Plowshares Advocate

“That no one in our community go hungry...”

February 2024 / vol. 41, no. 02

We Want to Say Thank You to All Our Amazing Volunteers!

Our Volunteer Appreciation Event was wonderful! Thank you for your gift of time!

We were so happy we got a chance to gather in person to enjoy a Festive Holiday Volunteer Appreciation Event! An amazing group of people, yummy food, fun games & prizes, and gifts & awards!

In 2023 roughly 100 volunteers shared with us their time, over 22,000 donated hours! Our Meals-On-Wheels drivers, drove over 8,300 miles, and the MOW runners knocked on roughly 16,000 doors! Delivering over 65,000 meals to our community's homebound disabled seniors.

Our Volunteer servers, dished-out over 24,000 meals to our dining room guests, and then, they served seconds!

Our volunteer cooks prepared roughly 400 meals a day! And we served over **90,000 free meals to our hungry community!**

We cannot say thank you enough to all our wonderful volunteers. Without all of you, we would not be able to do what we do. THANK YOU!!!



Kitchen Volunteer Opportunities!

Do you like to cook? Do you have a couple hours of free time?

We have a volunteer opportunity for you!!

We are looking for volunteers to join our kitchen team!

Cooking positions are 8am-10:30am. You pick what day(s) work best for you!

General cooking and kitchen skills are a must, high volume commercial kitchen skills is a plus! **We also have open prep cook & pack out positions as well.**

If you are interested in cooking, contact our Meals on Wheels/Volunteer Coordinator Makayah at, 462-8582. Or at plowsharesmow@pacific.net



MEALS SERVED IN JANUARY 2024

	Total	Daily Average
Meals-On-Wheels	5,985	193
Dining Room Meals	<u>2,261</u>	<u>73</u>
TOTAL MEALS	8,246	266

Plowshares' Weekend Community Meals!

All are welcome!

Every Saturday 3pm:

Seventh-Day Adventist Church

Every Sunday 3pm:

Hunger Express & Interfaith Network

THE PLOWSHARES ADVOCATE

is published 11 times a year and mailed to supporters of Plowshares, a 501(c)(3) nonprofit corporation (#68-0218781). Donations are gratefully welcomed and fully tax deductible as allowed by law.

PLOWSHARES STAFF

Michelle Shaw	Executive Director
Junior De Los Santos	Program Manager
Will Allen	Facility Manager
Stormy Sergeant	Office Manager
Makayah Tollow	MOW/Volunteer Coordinator
Leonel Valenzuela	Program Assistant

PLOWSHARES BOARD OF DIRECTORS

Sue Ranochak	President
Maria Hunter	Vice-President
Selima Shapiro	Secretary
Bev Williams	Treasurer
Alex Anzilotti	Board Member
Jennifer Brennan	Board Member
Carolyn Brown	Board Member
Jim Ratchford	Board Member
Robert Reveles	Board Member

—printed and mailed by Express-It Mailing Services—

Our Wish List

Butter & Cheese

Bread

Juices (fresh or frozen)

Coffee (ground or whole)

Salad Fixings & Dressings

Fresh or Canned Fruits

Proteins (beef, chicken, pork, turkey)

Fresh or Canned Veggies

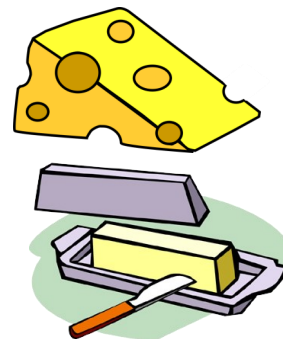
Spices & Olive Oil

Cream of Mushroom Soup

Toothbrushes, Razers, Deodorant

Bleach & Cleaning Products

Market value of donated items is fully tax-deductible.



Special Thank You To:

- Thank you, Savings Bank of Mendocino County!!! SBMC had an Ugly Sweater Day fundraiser benefitting Plowshares. The donations are from SBMC employees and matched by the Bank.
- Thank you, DFM Auto Repair! We are so grateful to be apart of your DFM Cares Program that gives back to the community.
- Thank you, Slam Dunk Pizza! For their "Pizza Across America, Slice-Out-Hunger" campaign, Slam Dunk dropped off 20 freshly cooked XL pizzas on National Pizza Day for our dining room guests and our Meals-On-Wheels seniors to enjoy. We served a garden green salad, fresh fruit, and treats alongside the delicious pizza.



DONATE WITH A CREDIT/DEBIT CARD (VISA, Discover, Master Card or American Express)

Name: _____

Address: _____

City/ZIP: _____

Phone: _____

Email: _____

Card #: _____

Expiration Date: _____ CVV: _____

- | | |
|---|--|
| <input type="checkbox"/> I authorize a <u>one-time</u> charge of: | <input type="checkbox"/> \$100 |
| <input type="checkbox"/> Automatically charge my card <u>each month</u> : | <input type="checkbox"/> \$50 |
| | <input type="checkbox"/> \$25 |
| | <input type="checkbox"/> Other: \$ _____ |
| <input type="checkbox"/> Please keep this donation anonymous. | |

Mail this coupon to Plowshares,
PO Box 475, Ukiah, CA 95482-0475
or call (707) 462-8582, or make a safe and easy donation
online at www.plowsharesfeeds.org/donations

Many thanks to our business and In-Kind (non-cash-item) donors!

For confidentiality purposes, individual cash donors are not listed here except by request.

Dec-Jan In-Kind Donors:

1st Christian Church
Abhayagiri Buddhist Monastery
Big Earl's BBQ
Borracho Tacos
C. L. Brigham
Costco
Express-it
Food Maxx
Fort Bragg Food Bank
Geiger's Market
Hope Center
Hunger Express
Julie & Randy England
Katie Smith
Lucky Supermarket
Mendocino Baking Company

Pleasant View Dairy

Raley's
Redwood Empire Food Bank
Redwood Gospel Mission
Safeway
Sharon
The Bottle Shop Deli
The Hunger Express
Ukiah Natural Food CoOp
Ukiah Paper Supply
Walmart

Dec-Jan Business Donors:

AC&R Service Heating Cooling Solar
Community Foundation Mendocino
*Jacobs-Woods Animal Care Fund
Concepcion Rains
DFM Auto Repair
El Azteca Mexican Restaurant
First Baptist Church
Fowler Auto Center |Subaru
Franz Electric
Frey Vineyards
G & R Bradford Foundation
Gobbi St Strings
Mendocino Seaside Cottage
Roberts Mechanical & Electrical INC
S.G. Smith & Associates
Savings Bank of Mendocino County

Thank You!



Plowshares

1346 South State St.
 PO Box 475
 Ukiah, CA 95482-0475
 707-462-8582

plowshares@pacific.net
 www.plowsharesfeeds.org



Non-Profit Org.
 US Postage
PAID
 Express-It

POSTAL CUSTOMER

Best Place to Volunteer in Lake & Mendocino!



Why Be a Volunteer?

It's not for money, it's not for fame, It's not for any personal gain.
 It's just for love of fellow man, It's just to send a helping hand.
 It's just to give a tithe of self, That's something you cannot buy with wealth.
 It's not medals won with pride, It's for that feeling deep inside.
 It's that reward that is down in your heart, It's that feeling that you have been a part.
 Of helping others far and near, That makes you be a volunteer.

-Author Unknown



Plowshares' Programs... "that no one in our community go hungry."