

Plowshares Advocate

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

May 2023 / vol. 40, no. 05

Our Senior Meals-on-Wheels Drive-Thru BBQ-On-Wheels event, was a Success!

Thank you to everyone who bought a ticket, donated, and volunteered for our **BBQ-On-Wheels** Drive-thru Dinner Fundraiser! Our event was hosted by **Big Earl’s BBQ** and the **Ukiah Redwood Empire Lions Club**. It was a beautiful day and was enjoyed by a full and happy crowd. AND... we raised **\$14,665** in ticket sales and donations! THANK YOU!!!



As the need for our program grows, we are now delivering nutritious meals to more than 185 seniors! That’s over 67,000 meals a year! AND... with minimal event expenses due to everyone’s generosity, all the profit will go directly toward supporting Plowshares’ Senior Meals-On-Wheels program. Our Senior Meals-On-Wheels mission is, “that no *senior* in our community go hungry.”



Dear Friends and Family of Pat McKinnon,

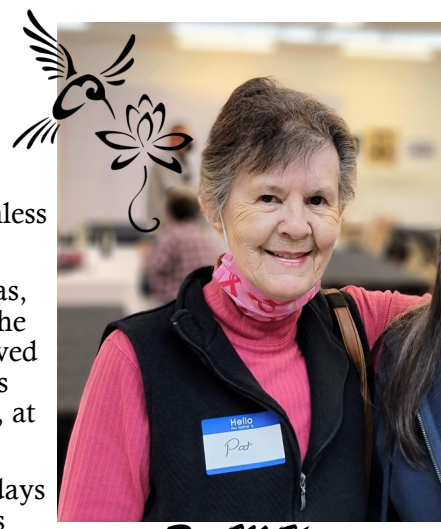
Pat passed away Monday, peacefully in her home with her sister, Charlotte, by her side.

Many of you knew her humor, sometimes irreverent, as she always had a comeback for any comment made about politics or life in general.

Most of you received jokes or funny clips passed on from others or found on the internet. Unless you were pretty quick witted, she always had the last word.

Pat was passionate about working with homeless and low-income folks. While living in Texas, she knitted hats for the poor and did food distribution at a homeless shelter. At Plowshares she had been helping organize and carry out the daily lunch program for about 12 years. She served meals three times a week, cleaned up, and made many connections with the less fortunate, as well as staff and other volunteers. She related to the guests at Plowshares, since her early life, at times, was very much like theirs.

During the last couple year or so, Pat helped in Personal Care Services/Mail Room several days a week. She was loyal to a fault, volunteering every day during Covid when many volunteers left, understandably. She was fearless in this way, wore her mask religiously and never succumbed to the dreaded disease. Pat leaves behind a legacy of caring and tough love. -Char



Pat McKinnon
1940-2023

MEALS SERVED IN APRIL 2023

	Total	Daily Average
Meals-On-Wheels	4,956	165
Dining Room Meals	1,787	60
TOTAL MEALS	6,743	225

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
Rhonda De Los Santos	Program Manager
Will Allen	Facility Manager
Open Position	Office Manager
Junior De Los Santos	Program Assistant
Makayah Tollow	MOW/Volunteer Coordinator

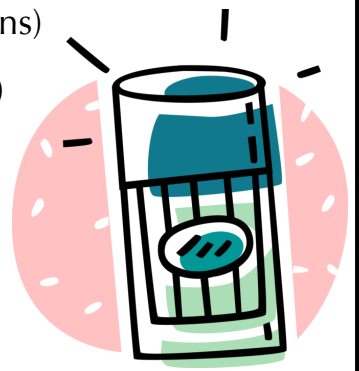
PLOWSHARES BOARD OF DIRECTORS

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

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Our Wish List

- Toothbrushes, Razers, Deodorant
- Coffee (ground or beans)
- Juices (fresh or frozen)
- Butter & Cheese
- Salad Fixings
- Salad Dressings
- Bread
- Cream of Mushroom Soup
- Spices & Olive Oil
- Proteins (beef, chicken, pork, turkey)
- Fresh or Canned Fruits & Veggies
- Bleach & Cleaning Products



Market value of donated items is fully tax-deductible.



We're still looking for an Office Manager.



Flexible daytime M-F hours, lunch provided, and a lighthearted, fun & Friendly team environment.

The Office Manager works collaboratively with the Executive Director to support Plowshares programs by maintaining office systems and procedures, and ensuring the office environment is clean, efficient, professional, and welcoming to staff, volunteers, and visitors.

Under the direction of the ED, the Office Manager oversees the administration of financial operations, HR, records, marketing, and payroll. The Office Manager is professional, organized, has excellent communication skills, and is available to work some weekends.

For the full job description, please stop by our office or visit our website, www.plowsharesfeeds.org/open-positions

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

Name: _____

Address: _____

City/ZIP: _____

Phone: _____

Email: _____

Card #: _____

Expiration Date: _____ CVV: _____

- I authorize a \$100
one-time charge of: \$50
- Automatically charge \$25
my card each month: other:
\$ _____
- 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.

Apr In-Kind Donors:

- Abhayagiri Buddhist Monastery
- Beverly Harman
- Big Earl's BBQ
- California Balsamic
- Cherilyn Evans
- Costco
- Cyndi Monesonti
- Express-it
- First Christian Church
- Food Maxx
- Fort Bragg Food Bank
- Golden Rule Gardens
- Grace Lutheran Church
- Hunger Express
- Jan Tipton
- Jim & Anastasia Logg
- Leon Family
- Lorena Tournour
- Lori Poma

- Lucky Supermarket
- Marilyn & Belibda
- Pam Jensen
- Pat Wilson
- Pinoleville Pomo Nation
- Pleasant View Dairy
- Raley's
- Redwood Empire Food Bank
- Redwood Gospel Mission
- Rosemary
- Safeway
- St Mary's First Grade Class
- The Bottle Shop Deli
- The Milton & Mildred Rosen Founda-
tion
- Trudy
- Ukiah Natural Food CoOp
- Ukiah Paper Supply
- Vicky Johnson
- Walmart

Apr Business Donors:

- Anchor Medical Co
- Cupples & Sons
- Dr. Gary DeCrona
- El Azteca
- First Baptist Church - Ukiah
- Fowler Auto Center |Subaru
- Franz Electric
- Frey Vineyards Winery
- Heidi's Yarn Haven
- Kiwanis Club of Ukiah
- McCarty's Auto Body
- Mendocino Co Health Center
- Quality Landscape Co
- Rhoda S Teplow Designs
- Roberts Mechanical & Electrical Inc
- Susan Sher Meditation Svcs
- The Monks of Mount Tabor
- Ukiah Redwood Empire Lions Club
- Ukiah Natural Foods CoOp



Plowshares

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www.plowsharesfeeds.org

www.Facebook.com/PlowsharesUkiah

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POSTAL CUSTOMER

Meals-On-Wheels Comes to Redwood Valley!

We're expanding our Senior Meals-On-Wheels program to reach Calpella & Redwood Valley!

This month we launched a new route covering Calpella and Redwood Valley area.

This program delivers free, nutritious, freshly prepared meals to the homes of approximately 185 disabled, home-bound seniors. Plowshares provides meals to these seniors seven days a week, for a total of more than 67,000 meals a year.

Michelle Shaw, Executive Director of Plowshares, says, "Our meals consist of proteins, carbohydrates, and vegetables. We also provide fruits, fresh green salads, bread, treats, and a weekly quart of milk with those meals. And for the first time in our history, we have expanded this program to cover the Redwood Valley area."

The value of our Senior Meals-On-Wheels program goes far beyond the nutritious food we supply. Visits from the friendly volunteers are sometimes the only human contact our local seniors receive during the day. Some of them have told us, 'You're the reason I get up and get dressed each morning!' Or 'I don't know how I'd get by without your help!' These welfare checks by our beautiful volunteers help seniors safely remain in their homes as long as possible, saving significant care-home costs to families and increasing comfort and convenience for our seniors.



Plowshares' MOW Program... "that no *senior* in our community go hungry."