

# Plowshares Advocate

"That no one in our community go hungry..."

July 2023 / vol. 40, no. 07

## Our Upgrades Are Complete!

In the past 15 years, we estimate over a quarter million trips to the bathrooms by our guests. To accommodate the heavy traffic, we desperately needed to upgrade our guest bathrooms from household-grade toilets, sinks, and fixtures to commercial-grade. The floors were also in dire need of replacing.

We were also in need of a larger storage room. With our Community Dining Room program expanding to 365 days a year and the growth of our Senior Meals-On-Wheels program, storage was becoming a huge challenge.

Thanks to Ron and Ruth Hensell's generous support, we did both! Both our men's and women's bathrooms now have an extra stall, automatic flushing fixtures, plus waterproof walls, ceilings, and floors. And we also added a 500-square-foot storage room off the end of our community room. Our new storage room is equipped with a large roll-up door, wide enough to bring pallets through, and 20 commercial-sized pantry shelves.



*"On behalf of Plowshares' staff, volunteers, guests, and board, I want to dedicate our new storage room to Ron & Ruth Hensell. We are truly grateful for your amazing devotion to Plowshares. Thank you."*

*—Michelle Shaw, Executive Director*

# THANK YOU, UKIAH NATURAL FOODS CO-OP!

“At Ukiah Natural Foods, we believe in supporting organizations that promote health, sustainability and social justice in our community. As part of our commitment to these values we are excited to offer a small grant to a local organization that shares our mission.

Thank you for your dedication to making our community a better place. We are honored to be able to support your efforts.”

-Board of Directors, Ukiah Natural Foods



## MEALS SERVED IN JUNE 2023

	Total	Daily Average
Meals-On-Wheels	5,711	190
Dining Room Meals	<u>2,014</u>	<u>67</u>
<b>TOTAL MEALS</b>	<b>7,725</b>	<b>257</b>

## 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

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

**May/June In-Kind Donors:**

- Abhayagiri Buddhist Monastery
- Anita McAvoy
- Beverly Harman
- Big Earl's BBQ
- Christian Church
- Costco
- David LaFollette
- Express-it
- Feathers Barber & Beauty Supply
- Feathers Hair Artistry w/Shirley
- Food Maxx
- Fort Bragg Food Bank
- Golden Rule Garden
- Greg Mintz
- Hunger Express
- Judy Lemke
- Judy Waterman

- Krista Savonen
- Lucky Supermarket
- Mendo Co Sheriff Office
- Pleasant View Dairy
- Raley's
- Redwood Empire Food Bank
- Redwood Gospel Mission  
– Center For Hope
- Ron & Francine Selim
- Safeway
- Sharon
- Ted Hester
- The Bottle Shop Deli
- Tom's Garden
- Ukiah Natural Food CoOp
- Ukiah Paper Supply
- Walmart

**May/June Business Donors:**

- AC&R Services
- El Azteca Mexican Restaurant
- First Baptist Church –Ukiah
- Fowler Auto Center | Subaru
- Franz Electric
- Frey Vineyards
- George & Ruth Bradford Foundation
- McCarty's Auto Body
- Mendocino Food & Nutrition
- Motosports of Ukiah
- NCO Inc
- Ukiah Natural Food CoOp





# Plowshares

1346 South State St.  
 PO Box 475  
 Ukiah, CA 95482-0475  
 707-462-8582  
 plowshares@pacific.net  
 www.plowsharesfeeds.org  
 www.Facebook.com/PlowsharesUkiah

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## We're Grateful for our Community Partners!



Saturday, July 29th, at 9am – 12pm  
 Mendocino County Shred-a-Thon  
 195 S. Orchard Ave., Ukiah CA

### RCU is host a free Shred-a-Thon Event, and spotlighting Plowshares

Securely dispose of up to 3 boxes of sensitive documents and recycle used electronics (eWaste) such as computers, cell phones, and other home electronics.

Plowshares will be on site sharing information of our programs and accepting any donations. We hope to see you there!

- Over 720 thousand lbs. of food donated\* to local food banks across Northern California
- Enabled over 600 thousand meals for families in need
- Helped over 50 local food banks

\*Donation period July 2022



June 28th – July 25th

**SAFEGWAY** Safeway's Nourishing Neighbors  
 653 S. State St., Ukiah CA

### Safeway's Nourishing Neighbors summer campaign, for US!

To make a donation, go to any Safeway check-out stand, hand the cashier the donation tear-off slip (located at the check stand), then the cashier will add it to your purchase.

This campaign will run from June 28th to July 25th. As a reminder, there are no in-store barrels for loose food donations.