

Plowshares Advocate

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

October 2023 / vol. 40, no. 10

Our 17th Annual Empty Bowls Event was a Success!

Thank You Sponsors, Donors, Volunteers & Event Guests!



Bob & Suzie
Hardie



Harold & Vivienne
Henderson Family Fund



AT&T

Sue Ranochak

Rick & Colleen Henderson



Redwood
Credit Union



BRIGHAM
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The Hunger
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Volunteers:

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 Carolyn Brown
 Caitlin Colby
 Christian De Los Santos
 Junior De Los Santos
 Rhonda De Los Santos
 Tucker De Los Santos
 Sam Fernandez

Donna Frassinello
 Chris Gonzales
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 Jim Ratchford
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Supporters:

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 Ashley Luper
 Brenda Bianchi
 Caylor Alcoufe
 Debra Haber

Michelle Shaw
 Karin Stoughton
 Makayah Tollow
 Chris Weissleder
 Bonnie Wildberger
 Brady Wildberger
 Bev Williams
 Randy Wood
 We apologize to anyone
 we may have missed.

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 SEPTEMBER 2023

	Total	Daily Average
Meals-On-Wheels	5,804	193
Dining Room Meals	<u>2,023</u>	<u>67</u>
TOTAL MEALS	7,827	260

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
Jim Ratchford	Board Member
Robert Reveles	Board Member

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Our Wish List

Proteins (beef, chicken, pork, turkey)

Cream of Mushroom Soup

Fresh or Canned Veggies

Spices & Olive Oil

Bread

Butter & Cheese

Juices (fresh or frozen)

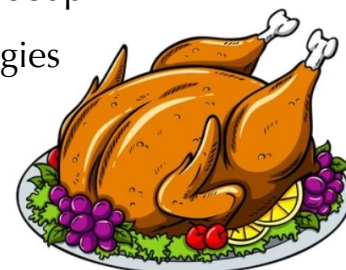
Coffee (ground or whole)

Fresh or Canned Fruits

Salad Fixings & Dressings

Toothbrushes, Razors, Deodorant

Bleach & Cleaning Products



Market value of donated items is fully tax-deductible.



Plowshares
Celebrating



Come Help Us Celebrate the 40th Anniversary of Plowshares!

Please join us on Friday, Nov. 3rd for a very special appreciation event, celebrating 40 years of advocacy, community service, and hundreds of thousands of meals served to our neighbors and community members in need.

When: Friday, November 3rd from 5-7 p.m.

Where: Plowshares' Community Dining Room 1346 S. State St.

What: Hors d'oeuvres and drinks, photo slide show, recorded message from Sister Jane Kelly, and more!

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.

Sept/Oct In-Kind Donors:

Abhayagiri Buddhist Monastery
 Beverly Harmon
 Big Earl's BBQ
 Bill & Diane Green
 California Balsamic
 Charlotte
 Costco
 Cyndi M.
 Express-it
 Food Maxx
 Fort Bragg Food Bank
 Hospice of Ukiah
 Hunger Express
 Jim Flaherty
 Johanna Lopez
 John Warren

Lucky Supermarket

Marilyn

Petit Teton Farm

Pleasant View Dairy

Raley's

Redwood Empire Food Bank

RGM- Center for Hope

Safeway

Scootrz Deli

Scott Cratty

The Bottle Shop Deli

Tom's Garden

Ukiah Natural Food CoOp

Ukiah Paper Supply

Walmart

Yes Please Catering

And the many anonymous donors!

Sept/Oct Business Donors:

AC&R Service Heating Cooling Solar
 Community Foundation of
 Mendocino Co.—Mabel Albertson
 Daniel Steel & Machine, Inc.
 El Azteca Mexican Restaurant
 First Baptist Church
 Fowler Auto Center |Subaru
 Franz Electric
 Frey Vineyards
 G&R Bradford Foundation
 Gobbi St Strings
 RCU—Community Grant
 T.R. Eriksen Foundation

*Thank
 You!*



Plowshares

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 707-462-8582
 plowshares@pacific.net
 www.plowsharesfeeds.org
 www.Facebook.com/PlowsharesUkiah

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Our Thanksgiving Day Feast is Around the Corner...

We are very excited to have Thanksgiving just around the corner. **We will be open from 11:30 to 12:30 pm, Thanksgiving day,** serving a traditional turkey meal with all the fixings!

If you would like to make a wish list donation, please drop off donations M-F from 8am - 3pm.



If you are interested in volunteering on Thanksgiving Day, please contact Makayah at: plowsharesmow@pacific.net or 707-462-8582.



Thanksgiving Dinner Wish List:

- Turkey
- Potatoes
- Stuffing
- French Style Green Beans
- Cream of Mushroom Soup
- Fried Onions
- Rolls
- Cranberry Sauce
- Chicken Broth
- Celery
- Butter
- Milk
- Apple Juice
- Cool Whip
- Pies

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