

☐ Peace & Justice Center ☐

Meals-on-Wheels



Homeless Services

☐ Community Dining Room ☐

# Plowshares Advocate

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

January 2012 / Vol. 29, No. 1

## Garden Success

Thanks to an anonymous donor, the Community Foundation of Mendocino County funded the Plowshares garden for three years. In that time, over 3,000 pounds of produce went to the kitchen and into dishes enjoyed by guests and homebound seniors. Given the initial start-up period, and having only recently added the larger of our two plots, that is a lot of fresh food!



Lank, Sandy, Peggy, Dave, Marigold and Julie

Many kind individuals and businesses have donated services and supplies. Master gardeners, guests, seniors, Americorps-Vista workers, students of all ages, CCC workers and others have helped the garden prosper under the direction of Julie Drucker, our Garden Coordinator. Volunteers are currently preparing both plots for the return of Spring.

## Happy New Year!

Thank you for your help with holiday food and cash donations.



too numerous to name brought: cleaning supplies, office supplies, cups, gift bags, decorations, food staples, grocery gift certificates, hats, gloves, scarves, socks, pot holders, pumpkins, rolls, sanitizer, personal care items, turkeys, hams, cheese, vegetables, toys, pies, stuffing, olives, condiments, decorations and *many* other in-kind donations.

**Question:** How can you double your donation?

### Quiz

**Answer:** Write "Challenge" on the memo line of your check. Dick Perrone has already collected \$1,150.

When we have \$2,000 the Chevron Retirement Association will donate a matching \$2,000.

**Donate with  
VISA, Discover or MasterCard**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

- |   |                                 |
|---|---------------------------------|
| <input type="checkbox"/> This authorizes a    | <input type="checkbox"/> \$20   |
| <u>one-time</u> charge of:                    | <input type="checkbox"/> \$50   |
| <input type="checkbox"/> Automatically charge | <input type="checkbox"/> \$100  |
| my card <u>each month</u> :                   | <input type="checkbox"/> other: |
|   | \$ _____                        |

Please keep this donation anonymous.

*Send this coupon to Plowshares, P.O. Box 475, Ukiah, CA 95482, or call Jim at 707-462-8582 with this information.*

**Meals Served**

<b>November 2011</b>	<b>TOTAL</b>	<b>Daily Ave.</b>
Lunches - Adults	1,575	72
Lunches - Children	40	2
<b>TOTAL LUNCHESES</b>	<b>1,615</b>	<b>74</b>
Dinners - Adults	1,144	60
Dinners - Children	64	4
<b>TOTAL DINNERS</b>	<b>1,208</b>	<b>64</b>
<b>Dining Room Total</b>	<b>2,823</b>	<b>134</b>
<b>Meals-on-Wheels</b>	<b>1,953</b>	<b>89</b>
<b>TOTAL MEALS</b>	<b>4,776</b>	<b>226</b>
Bus tickets to shelter	169	9

**The Wish List Works!**

Supporters who take the wish list with them to the store provide many of Plowshares' necessities. For example, our cooks asked for casserole dishes with covers. Since then, we received several nice ones of various sizes. Thank you!

**Nutrition—Lunch Makeover**

**Instead of:**

- High-fat cheese and lunch meats
- White bread
- Mayonnaise
- Fried chips
- Fruit in syrup
- Cookies and snack cakes
- Fruit drinks and soda

**Consider:**

- Roasted chicken or turkey with lettuce and tomato
- 100% whole-wheat bread or pita pockets
- Light mayonnaise, hummus, or low-fat dressing
- Baked chips, air-popped popcorn, veggies and dip
- Fresh fruit or fruit packed in juice
- Yogurt or low-fat baked goods
- Skim milk, soy milk, water or 100% fruit juice

Tips provided courtesy of the WIC Program (707) 472-2737

**Special Donations**—Westamerica, Mabel Albertson Fund, Schwab Charitable Fund, Mountanos Family Foundation

**Computer, technical advice and payroll subscription**—Sally Kieckhefer

**Food drive**—Friedman Brothers, Ukiah Safeway, Ukiah Valley Medical Center, Mendocino College Men's Basketball

## THE PLOWSHARES ADVOCATE

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

Do you have a new address? Please let us know!

## Plowshares Peace and Justice Center

### LOCATION AND CONTACT INFORMATION

1346 So. State Street 707-462-8582 phone  
PO Box 475 707-462-0320 fax  
Ukiah, California plowshares@pacific.net  
95482-0475 www.plowsharesfeeds.org

[www.facebook.com/PlowsharesUkiah](http://www.facebook.com/PlowsharesUkiah)

### BOARD OF DIRECTORS

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Jim Williams	Office Manager
Rhonda De Los Santos	Operations Manager
Roy Framke	Food Share / Food Route
Crystal Hollander	Homeless Services
Pilar Moreno	Program Assistant
Daniel Oresco	Program Assistant
Dustin Hipes	Evening Supervisor

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## SHARES

**Card** Pick one up at Plowshares, or call 462-8582.



## Greetings from Friends

“You are my favorite charity and I wish I could do more.”—M.G.

“Thank you so much for the generous services you have provided to J. We are both so grateful and know how fortunate we are to have you available during these difficult economic times.—J.G.

“Keep up the great work!”—D.T.

“My heartfelt thanks to you and the staff, and best wishes.”—Anonymous

## Wish List

### Food

- black pepper
- cornstarch
- mild chili powder
- chicken cuts or ground meat
- Italian seasoning
- pasta
- tomato sauce
- sugar, salt
- broth
- coffee

### Kitchen

- large sponges, scrubbers
- laundry detergent, cleanser
- pump bottles of hand sanitizer

### Personal Care

- socks
- small shampoo
- feminine products
- disposable razors
- dog food
- sleeping bags, backpacks
- washcloths
- combs

## Wanted!

### Cooks and Helpers

Do you want to find out how you can help by volunteering in the Community Dining Room and the kitchen? **Call Rhonda at 462-8582** between 8:30 and 2:30.

### Ambassadors' Circle

To contribute your skills and energy to help plan, sponsor and conduct fundraising activities, join our new group of volunteer Ambassadors. **Call Ana at 485-4911.**





Since 1983

**Plowshares**

1346 South State Street  
P.O. Box 475  
Ukiah, CA 95482-0475

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US Postage **PAID**  
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Ukiah CA 95482

**RETURN SERVICE REQUESTED**

**What if you were going to have company** for dinner, and you expected 158 guests? You would need some help—especially if your guests would arrive right after you had packed 86 meals for homebound seniors. Plowshares did it, and you helped! Thank you, everyone!

**Local Support is the heart of Plowshares**

- Churches**
- Individuals**
- Businesses**
- Clubs, Programs**
- School Groups**
- Thank you!**

**December In-Kind**

*... and some from November that we missed last month*

- B.A.'s Roofing
- Chestnut Ridge Ranch
- Chevron, Talmage
- Dr. Powell DMD
- Girl Scouts of Mendocino Co.
- Grace Lutheran Church
- Little Caesar's Pizza
- Mendocino College
- Agricultural Department
- Mendocino Organics

- Mountain View Senior Living
- Palmares Ranch
- Potter Valley 4-H Club
- Rite Aid
- River Bend
- Saint Francis of the Redwoods
- Saint Mary's School
- Sapothecary
- Shoe Fly and Socks
- South Ukiah Rotary Club
- Ukiah Paper Supply
- Umpqua Bank

