

Peace & Justice Center



Community Dining Room

PLOWSHARES ADVOCATE

June 2011 / Vol. 28, No. 6

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

Be involved!

- 1) Get a group started or join a group within your business, school or service organization, or volunteer individually.
- 2) Show up on a regular schedule—every weekday, once a week, or once a month, or volunteer for special projects.
- 3) Contribute money, food or supplies.
- 4) Provide for Plowshares in your will.

Do you love working in the garden?

We have started weekly volunteer work parties at Plowshares' new, big summer garden. Learn while you help with maintenance. We are growing squash, tomatoes, peppers, potatoes, garlic, onions, flowers, and more.

Work times are generally between 8-11 am and 5-8 pm. We also need someone who can devote about an hour every two weeks (or 2 people who can each give a half-hour), to turning our compost heaps.

To sign up for garden activities, please call Julie at 237-5308.

As always, thank you to the Community Foundation of Mendocino County for supporting the garden.

Would you rather cook, clean, or fix up?

For kitchen and dining room cleanup, or to help maintain the facilities and grounds, call Rhonda at 707-462-8582, between 8 am and 3 pm. **Cooks**, please see page three!

T.R. Eriksen

Challenge Grant

Fundraising is becoming more of a challenge for everyone. However, this is the kind of challenge that makes it a little easier!

The T.R. Eriksen Foundation will match your donations to Plowshares meals programs throughout June and July, up to \$7,500. Just think, that means a total of \$15,000 at the conclusion of the drive!

We are grateful to the foundation for this support, and we hope donors will show their appreciation too. Mail is one way to donate, and an envelope is enclosed for your credit card information or check. If you prefer, you may use your credit card online at www.plowsharesfeeds.org, or by calling in the information (707-462-8582). Of course, you can also stop by and see us (1346 South State Street, across from the Ukiah airport).



A happy guest holds a yummy egg, prepared by fifth graders from St. Mary's School.

Love doesn't sit there like a stone; it has to be made like bread, re-made all the time, and made new. — Ursula K. Le Guin,

The Lathe of Heaven (1971)



Special Thanks



to the
California
Conservation
Corps,



and to Peter
Reynolds, of
Down to Earth
Landscaping.

The big, new
front garden
is fabulous!

Served in April 2011

	TOTAL	Daily Average
Lunches - Adults	1381	66
Lunches - Children	58	3
TOTAL LUNCHES	1439	69
Dinners - Adults	1426	68
Dinners - Children	85	4
TOTAL DINNERS	1511	72
Dining Room	2950	140
Meals on Wheels	1742	83
...TOTAL MEALS.....	4692	223
Laundry vouchers (days)	5	42
Bus tickets to shelter (days)	21	10

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 welcome, and fully tax-deductible as allowed by law.

LOCATION AND CONTACT INFORMATION

Plowshares Peace and Justice Center
1346 So. State Street
PO Box 475
Ukiah, California
95482-0475

707-462-8582 phone
707-462-0320 fax
plowshares@pacific.net
www.plowsharesfeeds.org

STAFF

Judy Judd	Executive Director
Rhonda De Los Santos	Operations Manager
Roy Framke	Food Share Manager
Crystal Hollander	Homeless Services Coordinator
Pilar Moreno	Program Assistant
Daniel Oresco	Program Assistant
Dustin Hipes	Evening Supervisor
Jim Williams	Office Manager
Julie Drucker	Garden Coordinator

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Donate with a credit card-

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Name _____

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Expiration Date _____

- This authorizes a \$20
one-time charge of: \$50
- Automatically charge \$100
my card each month: other:
\$ _____

Please keep this donation anonymous.

You may call in this information to
707-462-8582.

More Thanks!

- All who participated in the Concert-Sing for Community
 - Inland Valley Women's Chorus (Madge Strong)
 - Emandal Chorale (Don Willis)
 - Terpsichore (Alan Garcia)
- Mendocino Redwood Co./Mendocino Forest Products for a \$1,500 donation
- Pardini Appliance for a refurbished wash machine, urgently needed
- Volunteer cooks for donating time, talent, and supplemental food supplies
- John Chan Plumbing for donated labor, and parts at cost

June Wish List

- cooking oil
- cornstarch
- vegetables, fresh
- vegetables and tomato sauce, canned (prefer large cans, but all welcome)
- pot holders and oven mitts
- ground beef
- pasta
- broth (chicken, beef or veggie)
- coffee
- garlic
- herbal tea, green tea
- scrubbing pads
- diapers (all sizes)
- personal care items (hairbrushes, toothbrushes, deodorant, sm. shampoo, sm. toothpaste, razors, sm. shave cream)
- ziplock bags (all sizes)
- powder laundry detergent
- pump bottles of hand sanitizer
- pump bottles of unscented, extra-strength hand lotion
- bathroom cleanser
- first-class postage stamps
- copy paper, standard envelopes
- socks (men's and women's)

Wanted—Volunteer Cooks

How Many	Day Needed	From	To
2	Tuesday	8:30 am	11:00 am
2	Friday	8:30 am	11:00 am
1	Friday	1:30 pm	3:00 pm
2	Wednesday	1:30 pm	3:00 pm

To apply for a Volunteer Cook position, call Rhonda at 707-462-8582, between 8 am - 3 pm.

Colorful, delicious fruits and vegetables are available from WIC, the Women, Infants, and Children Supplemental Nutrition program. To find out if you qualify, call (707) 472-2743.

Nutrition Tips

- Not all plants are equal—Each fruit and vegetable provides different nutrients and unique health benefits.
- Live it up with color—Eating the same fruits and vegetables over and over is boring, especially when you are supposed to eat 5 a day. Variety will help you enjoy your food a whole lot more!
- Rev up the flavor—Fruits and vegetables come in all flavors. Add a twist to a dish by including a new taste.



Spotlight

A little note from someone on the Meals on Wheels Route

"Thank you very much for your Meals on Wheels service. I wish that I could give more, but I have to supplement, which takes my combined grocery expenses per week to the limit. I appreciate it and thank you again for a great service."

In turn, Plowshares thanks the volunteers and donors who make the MOW program possible.



Plowshares

1346 S. State St.
P.O. Box 475
Ukiah, CA 95482-0475

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Return Service Requested

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facebook.com/PlowsharesUkiah



Find out what is new, keep up to date, and enjoy more photos...
Interact, provide ideas and feedback, make comments and ask questions!

- Community Dining Room
- Meals-on-Wheels
- Homeless Services

Plowshares

Inside—
T.R. Eriksen Challenge Grant