



# PLOWSHARES ADVOCATE

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

August 2011 / Vol. 28, No. 8

## A Bargain for the Community

*When an individual in the highest tax bracket donates \$1,000 to charity, the government foregoes \$350 in tax revenue, but communities benefit from the entire \$1,000 gift. The government is unlikely to find another vehicle that can leverage private spending for community services on a nearly 3-to-1 ratio. — IndependentSector.org*

In 2009–2010, Plowshares prepared approximately 62,227 meals that incorporated in-kind food donations, with a total estimated value of \$383,086. Volunteers donated approximately 22,579.6 hours valued at \$10/hour, for an estimated total of \$225,796.

### Wish List

- Kitchen and Food
  - broth
  - coffee
  - ground meat
  - Italian seasoning
  - large sponges, scrubbers
  - laundry detergent
  - pasta
  - powdered garlic
  - tomato sauce
  - vegetable oil
  - vegetables
  - white sugar
- Personal Care
  - combs
  - deodorant
  - diapers (all sizes)
  - dog food
  - q-tips
  - socks—lots of socks!
  - toothbrushes

### Special Thanks

#### The Safeway Summer Food Drive is Over

During the first annual summer food drive in July, Plowshares picked up 38 specially-prepared grocery bags purchased by Safeway customers and placed in barrels. Thank you Safeway, shoppers, and volunteers who handed out flyers.



#### Rainforest Fantasy

donates flowers, and volunteer Phyllis Curtis arranges them. The results are beautiful, and everyone loves having fresh flowers on the dining room tables!

**Christadelphians**, thank you for the food drive, and your volunteer assistance in July!

## Served in June 2011

	TOTAL	Daily Average
<b>LUNCHES</b>		
Adults	1438	65
Children	96	5
Total	1534	70
<b>DINNERS</b>		
Adults	1489	68
Children	93	4
Total	1582	72
<b>DINING ROOM</b>		
	3116	142
Meals on Wheels	1870	85
<b>TOTAL MEALS</b>		
	4986	227
.....		
Laundry vouchers, ave. each Friday		45
Bus tickets to shelter, ave. weekday		8

## Plowshares is on Facebook

Share your insights!

A good insight expresses a supporter's want, need, feeling, or belief. It is an accurate reflection of reality, i.e. it states a truth. It offers a fresh perspective, even if it's obvious. It's simple and can be understood by all; and, importantly, it will fuel hundreds of new ideas. —

*Kevin Waudby*

[facebook.com/PlowsharesUKiah](https://www.facebook.com/PlowsharesUKiah)

## Corporate Giving Update

The recession caused a decline of 7.5 percent in giving by companies in 2009, but cash giving rose by 13 percent in 2010, a relief to charities. However, charitable giving by America's biggest companies will probably be flat in 2011, according to a Chronicle survey of 180 of businesses. — Excerpts from July 24, 2011, Chronicle of Philanthropy: "Corporate Giving Slow to Recover as Economy Remains Shaky," by Eric Frazier and Marisa López-Rivera

Antonio shows off some of the awesome onions he helped prepare for the cooks. The onions grew in Plowshares' own Garden! The Community Foundation of Mendocino County supports the garden, and the garden contributes fresh vegetables to make Plowshares meals tasty!



## Volunteers, We Need You!

Cooking, cleanup, facilities and garden

Call Rhonda at 707-462-8582, between 8 am and 3 pm, any weekday.

### 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.

New address? Please let us know! Help us reduce returned mail, and save postage, paper and ink.

### LOCATION AND CONTACT INFORMATION Plowshares Peace and Justice Center

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

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How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these." – George Washington Carver

## Kudos

Plowshares, thank you and all your volunteers for the excellent service you provide for your community!

– Lynn

## Second Quarter In-Kind Donors

Alan Sunbeam  
Alterra Organics, LLC  
Angela Long  
Augustin Harless  
Becky Koenis Lautze  
Beta Sigma Phi  
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Pam Ivey  
Pam Levine

Pam St. Martin  
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Raven Gowan  
Rise Up Farm  
River Bend  
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Star Children  
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Steve Eriksen  
Susan Sher  
Ted Hester  
Terri Darius  
The Fischbach Family  
Toni Fort  
Ukiah Dolphins  
Ukiah High School Choir  
Ukiah High School Young  
Parents Program  
Ukiah Paper Supply  
Usha Mahadevan  
Walter Kelly  
Wilma Keeney

*Thank you!*

## T.R. Eriksen Challenge Grant

**You did it!** We topped our goal of doubling the \$7,500 Challenge Grant from T.R. Eriksen Foundation. Thank you Plowshares supporters, and thank you T.R. Eriksen Foundation.

Peace & Justice Center

Meals-on-Wheels



Homeless Services

# Plowshares

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

Community Dining Room

Non-Profit Org.  
US Postage **PAID**  
Permit 198  
Ukiah CA 95482

Return Service Requested

Plowshares  
volunteers are  
the greatest!

## Ways to Help

- 1) Join a group, or volunteer individually.
- 2) Work on a regular schedule, or volunteer for special projects.
- 3) Donate money, food or supplies.
- 4) Include Plowshares in your will.



Above: Volunteers have a newsletter-folding party every month, to get the Advocate in the mail and out to you.

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

# Plowshares

Next Month—  
**Meals on Wheels**  
**Feature Story**