

Peace & Justice Center



Community Dining Room

# PLOWSHARES ADVOCATE

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

September 2011 / Vol. 28, No. 9

## Many Years of Plowshares Service



**Sister Jane Kelly** has moved out of the area to rejoin her sisters. Her long service as a board

member of Plowshares Peace and Justice Center will segue into her new status as Board Member Emeritus. Those in the know in our community will forever be grateful for her foresight in helping substantially to found Plowshares, which along with helping others, provides a unique way for local citizens to express their sense of responsibility and caring for all in need. We are also grateful for her tremendous dedication and energy over the ensuing years as a board member.

Dear Sister Jane,

Thank you so much, and please accept our best wishes in all your future endeavors.

Love,  
Plowshares Peace and Justice Center Staff,  
Board, Volunteers, Donors and Guests

## Meals-on-Wheels

Every week, an average of thirty volunteer drivers and runners devote about two and a half hours each to M.O.W. Each weekday, after cooking is done and 80 or 90 fresh, hot meals are packed, volunteers fan out in pairs on one of three routes that thread through the Greater Ukiah Valley. Runners take meals to the doors of homebound seniors, age 60 and over.



Each stop at a senior's home doubles as a check-in. Delivery teams report back to Plowshares if there is no response at a destination when they attempt delivery, and staff follows up to make sure all is well.

To participate in preparation or delivery, or if you or someone you know might qualify to receive meals, please call Rhonda at **462-8582** between 9:00 and 3:00, Monday through Friday. Your volunteer job will start at 10:30 am and last until about 1:00 pm, one day per week. To keep seniors safe, volunteers are screened.

M.O.W. depends on donations of cash and food, including voluntary cash donations by any recipients who can afford to chip in. Your checks and donations of food are appreciated!

## Served in July 2011

	TOTAL	Daily Ave.
Lunches - Adults	1,400	67
Lunches - Children	44	2
<b>TOTAL LUNCHES</b>	<b>1,444</b>	<b>69</b>
Dinners - Adults	1,386	69
Dinners - Children	100	5
<b>TOTAL DINNERS</b>	<b>1,486</b>	<b>74</b>
<b>Dining Room Total</b>	<b>2,930</b>	<b>143</b>
<b>Meals-on-Wheels</b>	<b>1,741</b>	<b>83</b>
<b>TOTAL MEALS</b>	<b>4,671</b>	<b>226</b>
Laundry vouchers	230	weekly 58
(July was the last month of laundry vouchers.)		
Bus tickets to shelter	174	daily 8

# Special Thanks

### Employees of the Social Security

**Administration**—Plowshares received fifty pounds of food collected and donated as part of the Feds Feed Families program. The employees apparently know our needs well, because they also provided toiletries.

**Savings Bank**—Our thanks go out for a donation of poultry from the fair.

**Friedman Brothers**—Thank you for two large boxes of lamb!

**John Chan**—Once again, you have rescued us from our plumbing woes!

**Patrick Taylor**—Thank you for kindly providing a whole boxful of new socks.

**South Ukiah Rotary Club**—Jim Sligh delivered twenty-five pounds of pork sausage.

**Pam and Dennis Ivey**—This couple sold their lovely boat and generously donated the proceeds.

**Richard J. Perrone and Chevron**—As a member of the Chevron Retirees' Association, Dick Perrone named Plowshares to receive a

check for \$2,000 from the Chevron Humankind Matching Gift Program. Dick has also been a volunteer cook for many years, so he has truly made a difference. He urges other Chevron retirees to



follow his lead, to get out there and volunteer, and use Chevron's Matching Gift Program to help sustain Plowshares.

See the next page for more  
Special Thanks

**Use this to donate with a credit card—  
VISA, Discover or MasterCard accepted.**

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

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

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

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

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

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.*

# Special Requests

## Wednesday Cooks

Call Rhonda between 8:00 and 3:00 at 462-8582 for details.

## Recording Secretary

If you know how to take minutes, the Plowshares board is looking for you! We need a volunteer at 4:30 P.M. on Wednesday October 19, and possibly again on November 16. Please call Judy Judd between 11:30 and 6:00 at 462-8582.

## Wish List

### Food

chicken, any cuts  
broth  
coffee (beans or ground)  
ground meat  
Italian seasoning  
pasta  
powdered garlic  
tomato sauce  
vegetable oil  
vegetables  
sugar  
salt

### Kitchen

large electric urn for tea water  
large sponges, scrubbers  
laundry detergent  
dining forks

### Personal Care

We are low on everything!  
socks—keep them coming!  
toothbrushes, toothpaste  
deodorant  
sm. shampoo, sm. soap bars  
feminine products  
dog food  
disposable razors  
q-tips

### Stuff

first-class stamps

# Special Thanks Continued



**Rainbow Ag**—Terry Sullivan brings hay on a regular basis, to help the Plowshares garden grow. We appreciate the kindness!

## 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!

## LOCATION AND CONTACT INFORMATION

### Plowshares Peace and Justice Center

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

## BOARD OF DIRECTORS

Larry MacLeitch—Pres., Kathleen Cervantes—V.P.,  
Julie Finnegan—Treas., Jack Daniels—Sec.,  
Will Barker, Ann Kilkenny,  
Robert Klayman, Henrietta Muñoz

## STAFF

Judy Judd	Executive Director
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
Julie Drucker	Garden Contractor

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☐ Peace & Justice Center ☐



☐ Community Dining Room ☐

# Plowshares

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

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

Return Service Requested

## Eat From The Rainbow

Fruits and vegetables of different colors provide different vitamins and minerals. Eating more fruits and veggies is easy!

- ▲ Have some dried fruit for a snack.
- ▲ Keep a bowl of fresh fruit washed and ready to go.
- ▲ Add fresh or frozen fruit as a topping on frozen yogurt.
- ▲ Try apple slices with peanut butter.
- ▲ Cut up carrots and celery sticks to dip in low-fat salad dressing.
- ▲ Add frozen or canned veggies to any casserole or soup.

Also drink water instead of sugary drinks—You will feel better!



This month's tips are from WIC  
(472-2743)

## Where should you take your used clothing?

Plowshares does not encourage clothing donations, even though we often accept them when they show up at our doorstep. Our guests take what they need from the resulting piles, but there are better ways to get clothing into the hands of those who need it. Except for socks—which we love to get—we prefer that other organizations receive your clothing donations.

Quite a few places and groups are set up to manage (sort, store, and distribute) clothing better than we can. Some give it away, some sell it at prices low-income people can afford while creating revenue for their parent non-profits, some employ people who otherwise do not have sufficient skills to get and keep jobs, and some do all of the above.

Please call Plowshares at **462-8582** and ask for **referral** to a local thrift store, or to a donation center where clothes are given away.

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**Plowshares** • Community Dining Room  
• Meals-on-Wheels  
• Homeless Services