

Peace & Justice Center

Meals-on-Wheels



Homeless Services

Community Dining Room

# Plowshares ADVOCATE

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

October 2011 / Vol. 28, No. 10

## Notes on the Coming Holidays

Plowshares will serve a turkey dinner at 11:30 A.M. on Thanksgiving Day, November 24th. After that—and of course after delivering Meals on Wheels (MOW)—Plowshares will close for the day. The next day (Friday) will also be on holiday schedule, closing after MOW and lunch.

In mid-December, MOW elves will deliver gift stockings to seniors. Then, closer to Christmas day, there will be a small gathering exclusively for regular guests. In the same way as last year, Plowshares will not function as a general distribution point for gifts and toys, and will encourage supporters to donate toys to Ukiah Valley Christmas Effort.

In preparation for a holiday ham dinner at 11:30 on Friday, December 23rd, we will ask for food and cash donations. There will be just one meal on that day and on the 26th.

## United Way Day of Caring



Thank you to  
**Volunteers  
from Savings  
Bank of  
Mendocino  
Co., Ukiah  
Valley Medical  
Center, and**

**Redwood Credit Union** who helped clean the kitchen, paint the back railing, touch up walls and doors, and weed the garden on September 14th. Staff member Pilar Moreno commended their work: "They did a good job. Say, 'Thank you' for me, too."

## Ambassadors

**Difficult financial times require extraordinary fundraising efforts and creative planning.** Enter Ana Mahoney, who is committed to bolstering Plowshares' slightly-sagging budget by supplementing tried and true fundraising methods with a few new approaches. These include creating an Ambassador Circle—a select group of capable volunteers dedicated to fundraising. Each Ambassador will help create, plan, sponsor and conduct fundraising activities, and will knowledgeably represent Plowshares in the community. **Call Ana at 485-4911.**

## Challenge!

Ana Mahoney, our Fund Development Project Manager, is kicking off a pre-holiday drive, with \$200 ready to go in the pot as soon as it is matched. You might hear from her, especially if you have not made a monetary contribution before. "We want to let folks who haven't donated before know about the good works of Plowshares, and learn how they can help," Mahoney said. "The goal is to raise \$5,000 to \$7,500 in October and early November."

## Wanted!

### Recording Secretary

If you know how to take minutes, please consider volunteering for one meeting of the Plowshares board, at 4:30 P.M. on Wednesday, November 16. Call Judy Judd between 11:30 and 6:00 at 462-8582 for more information. Thank you **Judy Corcoran**, for taking the October minutes!

### Kitchen Helpers

If you are able and have time, please call Rhonda between 8:00 and 3:00 at 462-8582.

### Landscape Helper

Plowshares needs you for a specific task: Soak the ground cover in the back, watering thoroughly once a week until the rain gets going.

## “Anonymous”

### One of Plowshares’ Most Reliable Donors

Plowshares receives all kinds of excellent donations nearly every day.

**A long list of gardeners** brought produce from their September harvests. Thank you so much—What joy!

Many donors are shy about what they do. Sometimes, we coax out a name when we explain that mentioning them in the newsletter encourages others to donate. Such was the case with Brenda—Those home-grown boysenberries were really special!

Also, to all who make monetary donations: Please accept our special thanks. Without your gifts, there would be no Plowshares!

## August 2011 Statistics

	TOTAL	Daily Ave.
Lunches - Adults	1,506	65
Lunches - Children	23	1
<b>TOTAL LUNCHES</b>	<b>1,529</b>	<b>66</b>
Dinners - Adults	1,324	58
Dinners - Children	56	2
<b>TOTAL DINNERS</b>	<b>1,380</b>	<b>60</b>
<b>Dining Room Total</b>	<b>2,909</b>	<b>126</b>
<b>Meals-on-Wheels</b>	<b>1,869</b>	<b>81</b>
<b>TOTAL MEALS</b>	<b>4,778</b>	<b>207</b>
Bus tickets to shelter	85	4

## Letter from Larry MacLeitch,

### Plowshares Board President

**Dear Supporters,**

2011 has been a year of both transition and continuity at Plowshares. After a decade of tremendous accomplishment, Mary Buckley left in January, and Ana Mahoney filled in until we hired our new Executive Director, Judy Judd.

We are firmly established in the new facility, serving an average of approximately 250 meals per day. Anyone who walks in can enjoy both lunch and dinner in the Community Dining Room, and our incredible Meals on Wheels volunteers deliver nearly one hundred meals a day to homebound seniors.

Plowshares’ finances and services are possible thanks to members of our own community. Plowshares depends very little on government money, and prefers to engage volunteers and donors locally.

We have reached a milestone of another sort. Sister Jane Kelly, a founder and a

*(See “Board President,” next page.)*

## Special Volunteer



This is Domingo. He has been volunteering here daily for over eight months— even when he works from 4:00 A.M. until noon, he comes in after work. Thank you, Domingo!

### Board President Continued

supporter for over 25 years, is leaving Ukiah to live in the Sisters of the Presentation motherhouse. We cannot thank her enough for her efforts and inspiration. If you want to express your thanks as well, send cards to:

Sister Jane Kelly  
2340 Turk Blvd.  
San Francisco, CA 94118

I wish to thank you all— board, staff, volunteers, and community— for helping Plowshares continue living up to its mission: “That no one in our community go hungry.”

*Larry MacLeitch, Board President*

### 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!

#### 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

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

#### 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 M. 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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## Wish List

### Food

- chicken cuts or ground meat
- Italian seasoning, garlic powder
- vegetables, fruit (from your garden, grocery produce section, large cans)
- pasta, vegetable oil, tomato sauce
- sugar, cornstarch, salt, broth
- coffee (beans or ground)
- salad dressing (variety of flavors, large bottles)

### Kitchen

- large sponges, scrubbers
- laundry detergent
- dream item: commercial grade immersion blender

### Personal Care

- socks
- toothbrushes, toothpaste
- small shampoo, soap bars, deodorant
- feminine products, disposable razors
- dog food

### Yard Sale Items

- table forks
- wide-top salt and pepper shakers
- coffee mugs
- large electric urn for tea water

Peace & Justice Center



Community Dining Room

# Plowshares

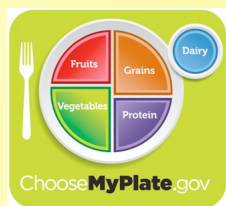
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Ukiah, CA 95482-0475

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## ▲ Nutrition Tip from WIC ▲

The old USDA food guide pyramid is gone. Instead, the five major food groups are organized on a plate, to help visualize a well-balanced meal and understand portion sizes. The USDA encourages wise consumers to:



- Avoid overeating
- Eat more fruits and vegetables
- Drink low fat milk
- Choose whole grains
- Choose foods with less sodium
- Drink water instead of sugary drinks



To find out if you and your family are eligible for WIC, call 707-472-2743.

## Quiz

**Question: Where should you take your surplus harvest? Answer: to Plowshares, of course!**

If you prefer, you can park by the back door. It is near the kitchen and walk-ins, and you can press the buzzer to let us know you have arrived with a food donation.

## An Easy Way to Help

Use a **S.H.A.R.E.S.** card when purchasing your groceries. Plowshares will receive a quarterly check for up to 3% of qualified purchases! To get your card, call 1-800-477-5437.

