

Plowshares Advocate

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

April 2023 / vol. 40, no. 04





\$75 for Tri-Tip or Chicken Dinner!

OR

\$100 for 'The Works' Both!

Dinners for 4 includes; salad,
potato salad, bread, & dessert!

Optional \$25 add-on: Mac & Cheese!

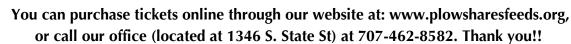
Saturday, May 13th, Drive-Thru to grab a delicious BBQ dinner! BBQ dinners include your choice of tri-tip, chicken, or both, plus potato salad, fresh green salad, bread, and dessert for four people! There is also an option to ADD ON a Family Mac & Cheese. A vegetarian dinner option will also be available.

The BBQ-on-Wheels Dinner fundraiser event is dedicated to supporting our Senior Meals-on-Wheels program, which delivers free, hot, freshly prepared meals to the homes of approximately 150 disabled, home-bound seniors. We provide meals to these seniors seven days a week for a total of over 50,000 a year!

And the value of Meals-on-Wheels goes far beyond the nutritious food we supply. Visits from our friendly volunteers are sometimes the only human contact the seniors receive during the day. Some of them have told us, "You're the reason I get up and get dressed each morning!" or "I don't know how I'd get by without your help!"

Plowshares does not charge for this service and relies on community support to keep this program going. A \$75 or \$100 ticket will help us do just that! We hope to see you there!

Hosted By:



















Join us in celebrating, National Volunteer Week April 16 – 22 2023!

We cannot say thank you enough to all our wonderful volunteers. Without all of you, we would not be able to do what we do. **Thank you!**



Meals-On-Wheels

TOTAL MEALS

Dining Room Meals









MEALS SERVED IN MARCH 2023

	Daily
Total	Average
4,762	154
1,637	53
6 200	207

Plowshares' Weekend Community Meals!

All are welcome!

Every Saturday 3pm:

Seventh-Day Adventist Church

Every Sunday 3pm:

Hunger Express & Interfaith Network

THE PLOWSHARES ADVOCATE

is published 11 times a year and mailed to supporters of Plowshares, a 501(c)(3) nonprofit corporation (#68-0218781). Donations are gratefully welcomed and fully tax deductible as allowed by law.

PLOWSHARES STAFF

Michelle Shaw	Executive Director
Rhonda De Los Santos	Program Manager
Will Allen	Facility Manager
Ursula Butler	Office Manager
Junior De Los Santos	Program Assistant
Makayah Tollow	MOW/Volunteer Coordinator

Our Wish List

Coffee (ground or beans)

Juices (fresh or frozen)

Butter & Cheese

Salad Fixings

Salad Dressings

Bread

Cream of Mushroom Soup

Spices & Olive Oil

Proteins (beef, chicken, pork, turkey)

Fresh or Canned Fruits & Veggies

Toothbrushes, Soap, Shampoo, Razers

Bleach & Cleaning Products

Market value of donated items is fully tax-deductible.

PLOWSHARES BOARD OF DIRECTORS

Alex Anzilotti President Susan Ranochak Vice-President Selima Shapiro Secretary Bev Williams Treasurer Jennifer Brennan **Board Member** Carolyn Brown **Board Member** Maria Hunter **Board Member** Robert Reveles **Board Member**

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Special Thank You!

Thank you to <u>Fowler Auto Center</u> for your ongoing support and the new magnetic vehicle signs, identifying our Meals On Wheels delivery drivers!





DONATE WITH A CREDIT CARD

(VISA, Discover, Master Card or American Express)

Name:	
Address:	
City/ZIP:	
Phone:	
Email:	
Card #:	
Expiration Date:	CVV:
 □ I authorize a one-time charge of: Automatically charge my card each month: □ Please keep this donati 	□ other: \$
Mail this coupon to	Plowshares,
PO Box 475, Ukiah,	CA 95482-0475

Many thanks to our business and In-Kind (non-cash-item) donors!

For confidentiality purposes, individual cash donors are not listed here except by request.

March In-Kind Donors:

Abhayagiri Buddhist Monastery

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Big Earl's BBQ
California Balsamic
Camp Navarro

Costco

Cyndi Monesonti

Express-it

First Christian Church

Food Maxx

Fort Bragg Food Bank Golden Rule Gardens Grace Lutheran Church

Hunger Express
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Raley's

Redwood Empire Food Bank

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Ukiah Natural Food CoOp

Ukiah Paper Supply Vicky Johnson

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March Business Donors:

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or call (707) 462-8582, or make a safe and easy donation

online at www.plowsharesfeeds.org/donations

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Dr. Gary DeCrona

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Susan Sher Meditation Svcs



Plowshares

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POSTAL CUSTOMER

PLEASE PLANT A ROW FOR PLOWSHARES!

It's that time of year! As you plan and plant your vegetable, fruit, and herb gardens this year, please think of our Meals On Wheels seniors, and hungry guests dining room and how much we appreciate fresh local produce. Then "plant a row" or a veggie bed for us.

The market value of donations is taxdeductible, and we're happy to list and acknowledge your in-kind donation in this newsletter.





Plowshares' Programs... "that no one in our community go hungry."