

# Plowshares Advocate

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

April 2023 / vol. 40, no. 04

**2023**  
 Senior Meals-On-Wheels  
 Drive-Thru Dinner Event



**\$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:**

**You can purchase tickets online through our website at: [www.plowsharesfeeds.org](http://www.plowsharesfeeds.org), or call our office (located at 1346 S. State St) at 707-462-8582. Thank you!!**



# 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 SERVED IN MARCH 2023

	Total	Daily Average
Meals-On-Wheels	4,762	154
Dining Room Meals	1,637	53
<b>TOTAL MEALS</b>	<b>6,399</b>	<b>207</b>

## 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

### 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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## 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, Razors
- Bleach & Cleaning Products



**Market value of donated items is fully tax-deductible.**



# Special Thank You!

Thank you to **Fowler Auto Center** 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 ☐ \$100  
one-time charge of: ☐ \$50  
☐ Automatically charge ☐ \$25  
my card each month: ☐ other:  
\$ \_\_\_\_\_  
☐ Please keep this donation anonymous.

Mail this coupon to Plowshares,  
PO Box 475, Ukiah, CA 95482-0475  
or call (707) 462-8582, or make a safe and easy donation  
online at [www.plowsharesfeeds.org/donations](http://www.plowsharesfeeds.org/donations)

## 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  
Beverly Harman  
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  
Jan Tipton  
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Lawrence Weston  
Leon Family  
Lorena Tournour

Lori Poma  
Lucky Supermarket  
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Milton & Mildred Rosen Foundation  
Pam Jensen  
Pat Wilson  
Pleasant View Dairy  
Raley's  
Redwood Empire Food Bank  
Redwood Gospel Mission Hope Center  
Safeway  
Sharon  
St Mary's First Grade Class  
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The Monks of Mount Tabor  
Trudy  
Ukiah Natural Food CoOp  
Ukiah Paper Supply  
Vicky Johnson  
Walmart

### March Business Donors:

Anchor Medical Co  
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Daniel Steel & Machines, Inc.  
Dr. Gary DeCrona  
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First Baptist Church – Ukiah  
Fowler Auto Center | Subaru  
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Heidi's Yarn Haven  
Kiwanis Club of Ukiah  
Mark Franz Electric  
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Mendocino Co Health Center  
Quality Landscape Co  
Rhoda S Teplow Designs  
Rhodes Vineyards  
Roberts Mechanical & Electrical  
Ukiah Redwood Empire Lions Club  
Susan Sher Meditation Svcs



# Plowshares

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[www.plowsharesfeeds.org](http://www.plowsharesfeeds.org)

[www.Facebook.com/PlowsharesUkiah](https://www.facebook.com/PlowsharesUkiah)

Non-Profit Org.

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## 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 tax-deductible, 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."