

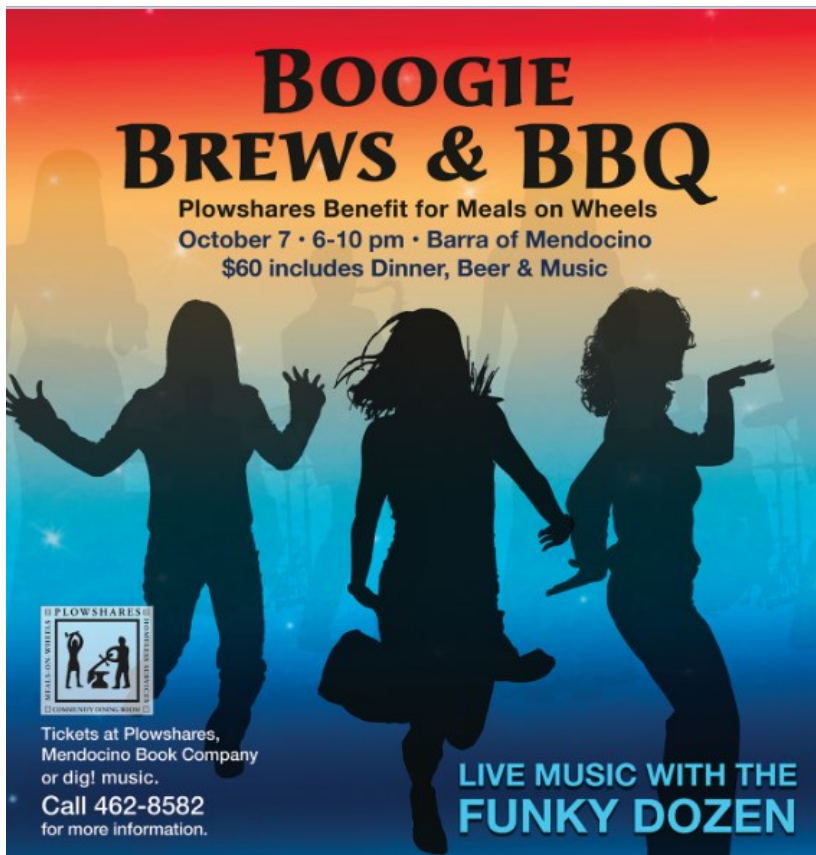
Plowshares Advocate

“That no one in our community go hungry...”

August 2017 Vol. 34, No. 8

Boogie, Brews and BBQ October 7th 6-10 p.m. at Barra of Mendocino

Plowshares Benefit for Meals on Wheels



Grab your friends and join us for an evening of savory BBQ, music by the Funky Dozen, and tasty local brews while supporting the Meals on Wheels program. There will also be a raffle, an assortment of local wines for sale by the glass, and the opportunity to participate in the new “**Sponsor a Senior**” program too!

Plowshares is a community funded organization with a mission “that no one in our community go hungry”. With the support of the community, Plowshares Meals on Wheels program has grown over the past few years and is currently providing a hot meal each week day to over 140 homebound seniors in our community. For these seniors,

the delivery of a hot meal can make the difference of being able to remain independent in their own home or being moved to a facility. Each weekday, volunteer drivers and their “runners” travel to the homes of about 36 seniors each to deliver a hot meal, salad, and dessert. The elderly in our community deserve this support. Unlike many other Meals on Wheels programs, Plowshares does not charge for this service and relies on community support to keep this program going.

The Boogie, Brews and BBQ event promises to be an evening to remember, make a commitment to put it on your calendar now!

Tickets are \$60.00 and are on sale now at Plowshares, Mendocino Book Company and dig music!

For more information call 462-8582

Save the Date

- Volunteer Recognition Lunch: August 5
- Boogie, Brews, & BBQ: October 7

Meals Served June 2017

	Total	Daily Average
Lunches - Adults	1410	64
Lunches - Children	41	2
TOTAL LUNCHES	1451	66
Dinners - Adults	1295	59
Dinners - Children	97	4
TOTAL DINNERS	1958	63
DINING ROOM TOTAL	2843	129
MEALS-ON-WHEELS	3070	140
TOTAL MEALS	5913	269

THE PLOWSHARES ADVOCATE

... is published eleven 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!

Plowshares Peace & Justice Center Location and Contact Information

1346 S. State Street 707-462-8582 phone
 P.O. Box 475 707-462-0302 fax
 Ukiah, CA 95482-0475 plowshares@pacific.net
www.plowsharesfeeds.org
www.facebook.com/PlowsharesUkiah

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*Send this coupon to Plowshares:
 PO Box 475, Ukiah, CA 95482,
 or call Patrice at 707-462-8582*

Wish List

- Cheese
 - Coffee
 - Butter**
 - Broccoli
 - Cauliflower
 - Carrots
 - Cream of mushroom and chicken soup
 - Tomato Sauce
 - Juice
 - Olive oil
 - Cornstarch
 - Sugar
 - Cornmeal
 - Broths: Beef, chicken and vegetable
 - 1 gal & Sandwich Ziploc bags**
 - Socks**
 - Soap
 - Travel shampoo, conditioner, lotion
 - Toothbrushes
 - Travel size toothpaste**
 - Travel size mouth wash**
 - Deodorant**
 - Adult pull-up diapers**
 - Dog & cat food**
- ** Items we are currently out of



Assemblymember Jim Wood visits Plowshares!

Assemblymember Jim Wood visited Plowshares and spoke with volunteers and staff to learn about the various operations at Plowshares. Lloyd Gerboth, one of Plowshares many dedicated volunteers who has served with Plowshares for over 14 years, explained to Assemblymember Wood how the Meals on Wheels route sheets are prepared each day for the drivers and “runners” who deliver the freshly prepared hot meals to over 140 Meals on Wheels recipients.

Assemblymember Wood learned from Executive Director Traci Boyl about her plans to revitalize the garden, to offer training opportunities for volunteers and staff, and to eventually expand the Meals on Wheels program. Traci shared her support of the

proposed Redwood Community Services (RCS) Community Center and how she believed the center would positively affect the guests at Plowshares and the community in general by providing a safe environment for people to connect with resources during the day. Traci shared her appreciation to Assemblymember Jim Wood who recently recommended Plowshares for an AT&T “Investing in California” Award for \$1,250. Very special thank you to Assemblymember Wood for supporting Plowshares and our community.

Sponsor a Senior Program!

We will be introducing a new donation program at the Fall Boogie, Brews and BBQ Fundraiser for Meals on Wheels. Community members can “Sponsor a Senior” in our Meals on Wheels program by donating for specific needs on a monthly or yearly basis.

\$25 pays for meals for one week

\$50 pays for milk for one year

\$100 pays for meals for one month

\$1,200 pays for meals for one year

**More information
coming soon!**



Special thank you to **Pleasant View Dairy** for providing the milk for our seniors on the Meals on Wheels program. They give us a discount on our weekly milk purchase.

Thank you **Pleasant View Dairy!**

We also like to thank **Ukiah Paper Supply** for their continued support in giving us

discounted prices on the many items we order from them to run the dining room and Meals on Wheels program. They also donate items we need such as Ziploc bags, printer paper, and paper supplies for our Fall fundraiser to name a few.

Thank you **Ukiah Paper Supply!**

“If you can’t feed a hundred people, then just feed one.”

--- Mother Teresa



Plowshares

1346 South State Street
 Ukiah, CA 95482
 707-462-8582
 plowshares@pacific.net
 www.plowsharesfeeds.org

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**And... As always thank you to all
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