

Plowshares Advocate

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

October 2017 Vol. 34, No. 10

Boogie Brews & BBQ!

BOOGIE BREWS & BBQ
 Plowshares Benefit for Meals on Wheels
 October 7 · 6-10 pm · Barra of Mendocino
 \$60 includes Dinner, Beer & Music

LIVE MUSIC WITH THE FUNKY DOZEN

Tickets at Plowshares, Mendocino Book Company or dig! music.
 Call 462-8582 for more information.

Thank you to our Sponsors

Sponsors include: UKIAH Natural Foods CO-OP, MAX, THURSTON, Gary W. Ross, REDWOOD, UKIAH Electric License #711241, LAGUNITAS, Redwood Credit Union, Friedmann's, WYATT, BARRA, HOYT CONSTRUCTION, and others.

Come Boogie, have some brews and wine, eat gourmet BBQ, and dance to the Funky Dozen on October 7th at Barra of Mendocino starting at 6:00 p.m. This fundraiser supports the Meals on Wheels Program which provides home bound seniors a hot nutritious meal 5 days a week.

Tickets can be bought at Mendocino Book Company, dig! music, and Plowshares, 1346 S. State St. 707-462-8582, and on our website: www.plowsharesfeeds.org



Save the Date

- **Boogie, Brews, & BBQ:** October 7th,
6:00 pm at Barra of Mendocino
- **Pumpkinfest:** October 21st - 22nd

Meals Served August 2017

	Total	Daily Average
Lunches - Adults	1407	61
Lunches - Children	32	1
TOTAL LUNCHES	1439	63
Dinners - Adults	1236	54
Dinners - Children	94	4
TOTAL DINNERS	1330	58
DINING ROOM TOTAL	2769	120
MEALS-ON-WHEELS	3283	143
TOTAL MEALS	6052	263

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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To Donate with a VISA, Discover or MasterCard

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- This authorizes a \$25
one-time charge of: \$50
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my card each month: other:
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- Please keep this donation anonymous.

*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
 - Old kitchen and bath towels for rags
 - 1 gal & Sandwich Ziploc bags**
 - Printer Paper
 - Socks**
 - Travel shampoo, conditioner, lotion
 - Travel size toothpaste**
 - Travel size mouth wash**
 - Deodorant**
 - Adult pull-up diapers
 - Dog food
 - Cat food**
- ** Items we are currently out of

SPONSOR A SENIOR

Sponsor a Senior Campaign Kick Off!



Be a Meals On Wheels Sponsor:

\$25 meals for one week

\$50 milk for one year

\$100 meals for one month

\$1,200 meals for one year

At the Boogie, Brews & BBQ fundraiser we will be kicking off our Meals on Wheels Program campaign "Sponsor a Senior". The Meals on Wheels Program provides a much needed service to home bound seniors in our community. There are many ways you can participate to help us keep this program running and expanding to meet the community's needs. If you are unable to attend the BBB Fundraiser to sign up as a sponsor, please call the office to let us know which option you would like to sponsor as. Call us for more information: **707-462-8582**



Easy Ways to Donate

- Monthly check mailed to PO Box 475, Ukiah, CA 95482 or place in the envelope that comes in the monthly newsletter.
- If you are a Meals on Wheels recipient, you can donate in the green envelope that comes in the monthly newsletter or give to your Meals on Wheels "runner".
- Set up bill pay through your bank for monthly or quarterly payments.
- Set up monthly or quarterly Credit Card payments through the office by calling 707-462-8582, or fill out the Credit Card coupon on the next page.
- Set up monthly or quarterly PayPal payments from the website: www.plowsharesfeeds.org

August 14

Rhonda

This is to thank the cooks for meals on wheels....

Every morning I get to open a present !!!!!

And it is always delicious.... I do so look forward to this time of day!!!!!!

And one day even dressing!!!!!! Wonderful.....

And thank you too for all your work at Plowshares....

I cannot say enough about how I enjoy each and every meal...and how the cooks always think of something each day for us.....that in itself is difficult.

B (Meals on Wheels recipient, hand typed on a typewriter on spiral bond paper)

2017 PumpkinFest Dates:

Saturday, October 21: Parade @ 10am, Hours 11am – 6pm

Sunday, October 22: Event Hours 10am – 4pm

Come visit Plowshares' booth to learn about volunteer opportunities and to enter our raffle!





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 our monetary donors!!**