PLOWSHARES
MEALS-ON-WHEELS
HOMELESS SERVICES
COMMUNITY DINING ROOM

Plowshares Advocate

"That no one in our community go hungry…" **September 2015 Vol. 32, No. 9**

SECOND ANNUAL "BLUES, BREWS & BBQ" SEPTEMBER 19TH PLOWSHARES BENEFIT FOR MEALS ON WHEELS

Brought back by popular demand "Blues, Brews & BBQ", which debuted last September, will once again be serving up gourmet BBQ, great Beer, and world class Blues!

Thanks to the success of last year's event we have expanded Meals on Wheels to include four routes with as many as 126 deliveries to homebound seniors each day. Each meal includes an entrée, a vegetable and bread. A green salad and dessert are separately packaged to maintain proper temperature. Each weekday four drivers with four "runners" riding along deliver these nutritious meals to the residences of the elderly and infirm. Often times these Seniors are very self-sufficient until a life changing event such as the death of a spouse or a debilitating illness suddenly changes their circumstances. Plowshares can step in and help in a matter of days. The caring Volunteers who donate their time are vigilant for any signs that the Seniors on their route may need medical attention or may be in distress.

With the aging of the Mendocino County population we are aware that the need for Senior meals will increase and resources such as food, milk, equipment and containers, that keep food at a proper temperature, must be purchased. Since we need to raise money, we believe that our benefactors should have the most fun possible while achieving our goals.

A gourmet dinner prepared by Chef Austin, from UVMC, will include BBQ tri-tip, chicken and Portobello mushrooms with sides of potato salad, coleslaw and baked beans. Dessert and coffee will follow.

Anderson Valley Brewing and Lagunitas Brewing Company will be donating and pouring their special brews and Barra wines will be featured.

This year our opening musical act will be Delta Blues woman Rev. Rabia. Rev. Rabia has been performing music that is soulful and spiritual in the Bay Area for over 20 years.

"Talk that Talk" is back again this year with Lisa Kindred on vocals, (the Lisa Kindred Band). The music is Boogie derived, bluesy, funky and very danceable. Lisa' lists her influences as Ruth Brown and Dinah Washington among others.

Guitarist, Rich Kirch, started out as part of the Chicago Blues Scene in the 70's and came to California to join John Lee Hooker in '88 to trade off guitar leads with John for the Coast to Coast Blues Band. The other Hooker alum is bass player Ron Perry who more recently was part of Susan Tedeschi's band. David Aguilar is also on guitar having played many years with Norton Buffalo. Last but not least former Blues Project drummer Roy Blumenfeld, who also played with Seatrain, will be keeping the beat for this veteran group of All Star Blues artists.

Save the Date

- **Blues, Brew, and BBQ:** Fall Fundraiser, September 19th, at Barra of Mendocino.
- **Volunteer Appreciation Luncheon:** October 10th, Plowshares Dining Room.

Meals Served
July 2015

	Total	Daily Average
Lunches - Adults	1467	64
Lunches - Children	68	3
TOTAL LUNCHES	**1535**	**67**
Dinners - Adults	1288	56
Dinners - Children	58	3
TOTAL DINNERS	**1346**	**59**
DINING ROOM TOTAL	**2881**	**125**
MEALS-ON-WHEELS	**2701**	**117**
TOTAL MEALS	**5582**	**243**

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
P.O. Box 475
Ukiah, CA 95482-0475

707-462-8582 phone
707-462-0302 fax
plowshares@pacific.net
www.plowsharesfeeds.org
www.facebook.com/PlowsharesUkiah

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PO Box 475, Ukiah, CA 95482,
or call Patrice at 707-462-8582

Wish List

- ☐ Cheese
- ☐ Coffee**
- ☐ Butter
- ☐ Broccoli
- ☐ Carrots
- ☐ Cooking oil
- ☐ Cornstarch
- ☐ Sugar
- ☐ Poultry seasoning
- ☐ Ziploc bags**
- ☐ Pump bottles of hand sanitizer**
- ☐ **Special need for personal care items**
- ☐ Socks**
- ☐ Travel size shampoo and conditioner**
- ☐ Lotion**
- ☐ Toothbrushes
- ☐ Tooth Paste
- ☐ Deodorant**
- ☐ Razors**
- ☐ Soap
- ☐ Small bottles of mouth wash
- ☐ Feminine hygiene products
- ☐ Dog & cat food**

** Items we are currently out of

SECOND ANNUAL "BLUES, BREWS & BBQ" (CON'T)

Our concept of bringing our supporters a really fun event without auctions or promotional interruptions is only possible because of the generosity of our Sponsors:

Silver sponsors: FOWLER Auto Center, Redwood Credit Union and Maverick Enterprises.

Bronze Sponsors: Friedman's Home Improvement, Ukiah Electric, Ukiah Natural Foods Co-op, Redwood Heating & Cooling, Dr. Andrew Corbett Orthodontics, Savings Bank of Mendocino County, Beckstoffer Vineyards, Mendo Lake Credit Union, Larry MacLeitch and Les Schwab Tires.

In Kind Sponsors: K.WINE and MAX Radio, Anderson Valley Brewery, Lagunitas Brewery, Barra of Mendocino, Ukiah Valley Medical Center, Can Cooperative Media Group, and Schat's Bakery Café.

Tickets are $50 which includes dinner and music and can be purchased at Mendocino Book Company, Plowshares, Dig! Music and online at Brown Paper Tickets. (http://plowshares2015bbb.bpt.me)

Come on out and support this vital service to our Seniors. We promise a great time will be had by all!

PLOWSHARES' NEW WEBSITE IS LAUNCHED!!

WWW.PLOWSHARESFEEDS.ORG

We are on the home stretch in designing and updating our website. This has been a work in progress for years and we are excited to see it coming to fruition. We are fortunate to be working with a web designer who shares our vision and helped create the new platform. We thank Tony Novelli for all his creativity and the photos he took for the banner images. Patrice, our Office Manager and Executive Assistant, will now be able to add and edit content. The newsletter will be posted monthly, donating online will be easier, you will be able to purchase tickets to our events online. And soon we will have a calendar for volunteers to schedule their donated time.

We ask your patience as we continue to edit the site. If you have any ideas or edits Patrice welcomes your input. plowsharesofc@pacific.net

Donation Guidelines

We have a policy at Plowshares regarding donations of used clothing. We do not accept any clothes except for new or barely used clean socks. Donated clothes need sorting, cleaning, storage and distribution. We have a limited capacity of our Personal Care Center staff and physical space. We also do not have laundry facilities to wash clothes. Please do not bring used clothing or large quantities of books, household or other items to Plowshares! It is best to take these to another organization specifically geared toward this purpose.

Our mission is to feed people and provide personal care items. Prepared food donations need to have been cooked or baked in a commercial kitchen. Fresh garden produce is always welcome. Donations of groceries, cash and personal care items such as shampoo, soap, razors and socks continue to be greatly appreciated and needed at Plowshares.

Thank you for your generosity and understanding.

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