

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

May 2015 Vol. 32, No. 5

EMPTY BOWLS EXCEEDS GOALS

Thanks to a coalition of Artists, Volunteers and the Business Community, our 9th Annual Empty Bowls event held on Saturday April 18th was the most successful so far, raising over 25,000 dollars. Among the many people who we have to thank are:

Our Sponsors

UKIAH VALLEY MEDICAL CENTER – GOLD

FREY VINEYARDS – SILVER

MCCARTY’S AUTO BODY- SILVER

BECKSTOFFER VINEYARDS – SILVER

REDWOOD CREDIT UNION – COPPER

GREG HOYT CONSTRUCTION – BRONZE

SAVINGS BANK OF MENDOCINO COUNTY – BRONZE

PRICE WATERMAN

The soup bowls were handcrafted & donated by:

JAN HOYMAN FROM HOYMAN STUDIOS

**DOUG BROWE AND THE CERAMICS CLUB OF MENDOCINO COLLEGE AND
MENDOCINO INLAND CERAMICS ARTISITS:**

Paul Kaplan, Debra Haber, Diane Clifton, Heidi Vaughn, Dick Lumaggi, Satako Barash, Jim Persky, Lori Howard, Alberto Lozano, Carol Rosenberg, Linda Daniels, Denise Chack, Shelia Jenkins, Danna Rosenheimer, Robbie Cristanti, Cathy Panttaja, Katherine McElwee, Rod Guyer

Special thanks to event donors & volunteers

Vineyards: Frey, Testa, Graziano, Silversmith, Truett-Hurst, Husch, Fetzer, Naughty Boy, Westfork, Parducci, McFadden Farms, Beckstoffer, Rivino and Nelson Family Vineyards. **Breweries:** Anderson Valley Brewing Company, Mendocino Brewing Company. **Businesses and individuals:** Schat’s Bakery & Café, Kemmy’s Pies, Mendo Lake Credit Union, Thompson’s Party Rentals, Rain Forest Fantasy, Mendocino Book Company, Kohls Associates in Action, Lucky’s, UVMC Marketing Team, Mendocino College Recording Arts & Technology Club, Little River Inn, Elk Cove Inn & Spa, Vichy Springs Resort, Paula Ondov, Greg Lieberknecht, Sherrie Dogali, Mendocino Metals, Pamela’s Products, Mark DeMeulenaere, Joe & Rhonda Hurlbut, Mendo Mill, Heidi’s Yarn Haven, Ken Chapman at Habitat, Karen Record at Mendocino Bounty, Patrice Brint, Mendocino Baby, 3 Sisters, Holly Brackmann, Ukiah Valley Golf Course, Fairgrounds Driving Range, Curry’s Furniture, Paula’s Hair Salon, Pizza, Etc., Airport Starbucks, Mario’s Ristorante Italiano, Linda McCullum, Debbie Rearden, Mendocino Optical, ER Energy-Kitchen & Gifts, Stan’s Maple Café, Triple S Camera, Ken Fowler, Cheyanne Gordon, Barkery, Ukiah Players Theater, Eddie’s Cocina, Tamara Adams & Emandal Family Farms, SPACE, Harley Davidson, Skunk Train, Mendocino Coast Botanical Garden, TAC Studios, Art Muñoz, Danny Kuny, Katrina Frey, Gino Moretta, Greg Sager, Donovan De Los Santos, Coleton De Los Santos, Samantha De Los Santos, Donovan Partridge, Wendy Lee, Brenda Conner, Cathy Harpe, Beronica Leon, Belle Hicks, Jane Lemke, Lucy MacLeitch, Richard Cooper, Maria Velasquez.



Save the Date

- **Blues, Brew, and BBQ:** Fall Fundraiser, September 19th.
- **Mendocino Inland Ceramic Artists (MICA):** Ceramic and Art Show, December 5, Plowshares Dining Room.

Meals Served February 2015

	Total	Daily Average
Lunches - Adults	1489	68
Lunches - Children	28	1
TOTAL LUNCHES	1517	70
Dinners - Adults	1398	64
Dinners - Children	81	4
TOTAL DINNERS	1479	68
DINING ROOM TOTAL	2996	136
MEALS-ON-WHEELS	2481	116
TOTAL MEALS	5477	249

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

BOARD OF DIRECTORS

Karen Christopherson-Pres., Ann Kilkenny-V.P., Madeline Sager-Treas., Henrietta Muñoz-Sec., Kathleen Cervantes, Peter Janiak, Dolores Hamilton, Rick Johnson, Tammy Kuny, Teresa Leon

STAFF

Marlene Kurowski Executive Director
 Rhonda De Los Santos Operations Manager
 Patrice Mascolo Office Manager/Exe. Assistant
 Christine Cook Evening Supervisor
 Micheal Newbolds Facilities Assistant
 Henry Castorena Program Assistant



To Donate with a VISA, Discover or MasterCard

Name: _____

Address: _____

City/ZIP: _____

Phone: _____

Card #: _____

Expiration Date: _____

- This authorizes a \$25
one-time charge of: \$50
 Automatically charge \$100
 my card each month: other:
 \$ _____
- 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
 - Carrots
 - Cooking oil
 - Cornstarch **
 - Sugar
 - Salt and black pepper
 - Poultry seasoning
 - Ziploc bags
 - Pump bottles of hand sanitizer
 - Socks**
 - Special need for personal care items**
 - Travel size shampoo and conditioner**
 - Lotion**
 - Toothbrushes**
 - Deodorant**
 - Razors**
 - Soap
 - Small bottles of mouth wash**
 - Feminine hygiene products**
 - Dog & cat food**
- ** Items we are currently out of

T.R. ERIKSEN GRANT CHALLENGE

The T.R. Eriksen Foundation will match your donations to Plowshares during the month of May, up to \$5000. The challenge grant is an opportunity to double the impact of your donation because for every dollar you send we will receive an additional dollar.

The T.R. Eriksen Foundation was set up by Ted Eriksen, a local business owner who left a legacy of supporting our community.

This foundation has been an on-going supporter of Plowshares contributing to our general operating expenses.

You may donate by mailing a check or credit card information on the credit card form in the enclosed envelope. Please write "matching grant" in the memo area so we can track the campaign. Thank you for your generosity!

Ukiah Valley Medical Center

Outpatient Care

We are fortunate to have Leanna Sweet, R.N. and other visiting practitioners from UVMC visiting at Plowshares each Thursday at Lunch time to do preventative medicine for any Plowshares guests who are in need.

So far they have administered flu and pneumonia shots, foot care, diabetes, blood pressure and respiratory screenings.

Plowshares guests have benefited from this individual care and we look forward to this continued outreach from UVMC and Leanna Sweet.



Plowshares guest, Beatriz Ruvalcaba and Leanna Sweet, RN

Bob "Coach" Mastin (01/06/18- 03/03/15)

On March 3rd 97 year old Bob Mastin left this earth, having lived a full and joyful life as a loving family man, inspiring coach, world traveler, painter, Navy athletic trainer and a Plowshares volunteer.

Born in Dryden, Oregon in 1918 he later went to Santa Rosa Junior College and played outstanding football for Stanford's undefeated team, winning the Rose Bowl in 1941.

During World War II he served in the Navy teaching physical training and left as a Lieutenant.

He met and married the love of his life, Jessie, in Oakland. They shared an active life together until her passing in 2001.

For 33 years he coached four sports at Santa Rosa Junior College, including many championship teams. In 2015 he was inducted into the California Community College Football Coaches Hall of Fame.

In 2006 he moved to Ukiah to live with his son Jim and daughter-in-law Mary Buckley, who was Plowshares Executive Director at the time.

Under the direction of Office Manager Jim Williams, Bob carried out tasks such as assembling the Plowshares "Advocate". Jim remembers Bob as "friendly, funny and enthusiastic." "He could turn a chore, such as assembling the Advocate, into a social occasion, because he enjoyed people and loved life."

Bob asked that no memorial service be held but that donations in his name be made to Plowshares, PO Box 475, Ukiah 95482; Ukiah Players Theatre, 1041 Low Gap Rd., Ukiah 95482; SRJC 49-50 Football Team Scholarship or The Bob & Jessie Mastin Athletic Scholarship, both can be contacted c/o SRJC Foundation, 1501 Mendocino Ave., Santa Rosa CA 95401.



Plowshares

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

Non-Profit Org.
 US Postage
PAID
 Express-It

POSTAL CUSTOMER

THANK YOU TO OUR "IN KIND" DONORS Who Donate Food, Services & Personal Care Items

Local Support is the Heart of Plowshares

Individuals, Businesses, Churches, Clubs, Programs, School Groups

- | | | | |
|-----------------------------|-------------------------------|--------------------------|-----------------------|
| Food Max | Pardini Appliance Service | Church of Christ | Sharon Gorman |
| Fort Bragg Food Bank | Ukiah Valley Medical Center | Char Jacobs | Marline & Bruce Shope |
| Redwood Empire Food Bank | UUSD | Doris Bills | Thomas Allen |
| Lucky Foods | Mountain View Senior Living | Susanna Cummings | Judy Nelson |
| Raley's | South Ukiah Rotary | Aryatara Kandahsari | John Sullivan |
| Safeway | Kiwanis Club | Joyce Badenfort | Ralph & Nadine Paulin |
| Ukiah Food Bank | Leadership Mendocino | Lois Cook | Cyndi Montesont |
| Ukiah Natural Foods Coop | P.V. Store | Wilma Keeney | Nick Vaughan |
| Honey Fluff | Russian Creek Farms | Ted Hester | Joanne Kalies |
| Schat's Bakery | Grange Farm School | Dolores Hamilton | Kathy Fisette |
| Scooterz Deli | River Oak School Class 2, Mr. | Katie Buxton | Lisa Davey-Bates |
| Pleasant View Dairy | Williams | Jonathan Whipple & Peggy | Sopie Lopez |
| Friedman's Home Improvement | Supported Education Program | Agnew | Charles Ross |
| Creative Workshop | St. Mary's School | Donna Canevari | Rich Marino |
| Express-It | Grace Hudson | Lee Wachs | Jan Tipton |
| Ukiah Paper Supply | Mendocino College | Chanel Wheeler | Samia Whitmarsh |
| Rain Forest Fantasy | Alanon | Trudy Morgan | Charmaine Hu |
| Cold Creek Compost | Holy Trinity Episcopal Church | Judy Lucia | Norman Hughey |
| Ukiah Senior Center | Grace Lutheran Church | James Silva | Tonia Wilder |
| Sip! Mendocino | Ukiah Bible Church | Sally Kieckhefer | Bev Metcalf |
| The Alley Grill | Calvary Chapel | Madeline & Greg Sager | Steve Pasternah |
| Yokayo Veterinary Clinic | Abhayagiri Buddhist Monastery | Glen Jensen | Kerri Barnett |
| John Chan Plumbing | City of 10,000 Buddha's | Martin Bradley | Elaine Richard |
| | | Susanna Cummings | Victor Cheng |