

Plowshares Advocate

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

April 2016 Vol. 33, No. 4

Local Mendocino Businesses Contribute to Empty Bowls Event

Plowshares is very fortunate to be part of a community that stands behind our Mission “that no one in our community go hungry.” We are especially blessed to have the support of the local business community. As we prepare for our 10th Annual Empty Bowls event on April 16th, we would like to salute the sponsors whose donations are the backbone of this important fundraiser:

Gold Sponsor

Ukiah Valley Medical Center

Silver Sponsors

Beckstoffer Vineyards

Frey Vineyards

McCarty's Auto Body

Mendo Lake Credit Union

Mendocino Redwood Companies

Bronze Sponsors

Greg Hoyt Construction

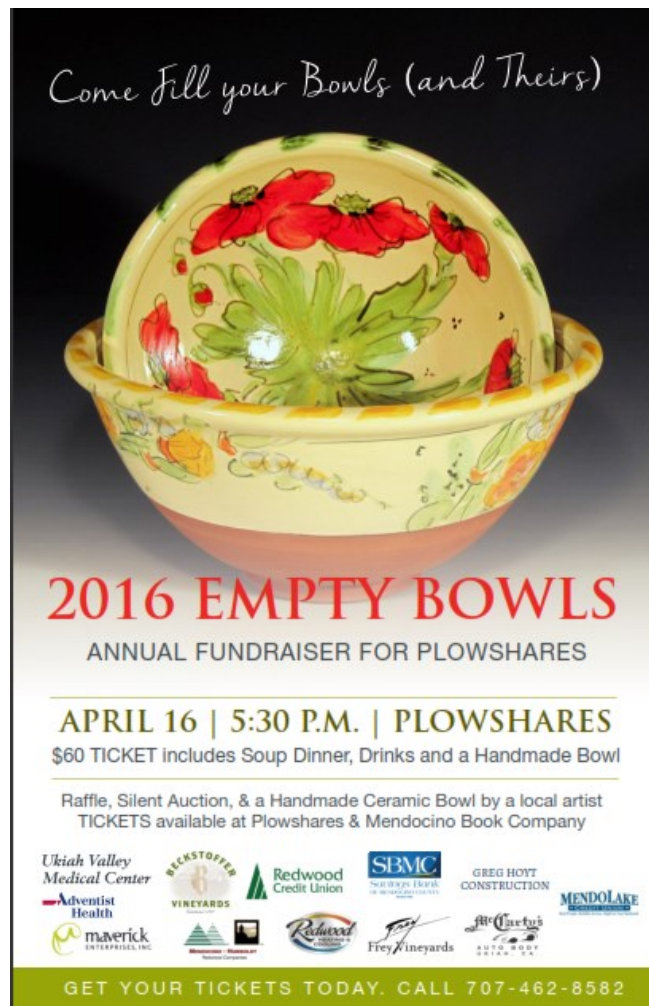
Redwood Credit Union

Redwood Heating & Cooling

Savings Bank of Mendocino County

Ukiah Ford

Price Waterman



Many other businesses in Ukiah help to make this fundraiser a success. They donate auction items, raffle prizes, table cloths, flowers, the soups, rolls, appetizers, wine and beer.

Local artists donate their beautiful handmade ceramic bowls.

The poster was created from donated labor and printed by UVMC.

Many in the community come out to volunteer their time during the Event. It is also volunteers that make up our Board who give countless hours of their time to put this Event on.

Because of the sponsorships, the in-kind donations, and volunteer labor, Empty Bowls brings in much needed revenue. We are very grateful for the caring attitude and generous contributions of the Mendocino business community!

Get your tickets now. They are going fast. Come by Plowshares at 1346 South State Street or The Mendocino Book Company at 102 South School St. Or call us at 462-8582.

Save the Date

- **Empty Bowls:** April 16th, Plowshares Dining Room.
- **Human Race:** May 7th
- **Brews, Blues, & BBQ:** September 17th

Meals Served Febuary 2016

	Total	Daily Average
Lunches - Adults	1650	79
Lunches - Children	23	1
TOTAL LUNCHES	1673	80
Dinners - Adults	1403	70
Dinners - Children	43	2
TOTAL DINNERS	1446	72
DINING ROOM TOTAL	3119	152
MEALS-ON-WHEELS	2598	124
TOTAL MEALS	5717	276

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

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 Brett Albee Program Assistant

Thank you to **Creative Workshop** for Printing the Advocate

To Donate with a VISA, Discover or MasterCard

Name: _____

Address: _____

City/ZIP: _____

Phone: _____

Card #: _____

Expiration Date: _____ CVV # _____

- 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**
- Cauliflower
- Carrots
- Salad Fixings
- Cream of mushroom and chicken soup
- Tomato Sauce
- Pasta
- Juice**
- Cooking oil
- Cornstarch **
- Sugar
- Poultry seasoning
- Clorox Bleach****
- Heavy duty potholders**
- 1 gal Ziploc bags**
- Sandwich Ziploc bags**
- Pump bottles of hand sanitizer
- Socks
- Travel size shampoo and conditioner
- Deodorant
- Dog & cat food**

** Items we are currently out of

New Brochures!

We now have new Plowshares' brochures in English and Spanish. If you know of any agencies or businesses that could use new brochures, or you would like some yourself, please call, email or come by to pick them up!
 plowsharesofc@pacific.net
 462-8582.

Plowshares Peace & Justice Center
 Community Dining Room
 A non-profit Community Funded Organization
 Join us for **Free Hot Meals**



Mission Statement

- That no one in our community go hungry.
- To operate a community-supported facility where services, advocacy and education help eliminate the causes of hunger and poverty.
- To maintain a supportive and consistent environment where all are treated with respect, justice and dignity.

Plowshares Services
 OPEN TO ALL

COMMUNITY DINING ROOM
 Free, freshly prepared hot lunches and dinners, open to everyone on a walk-in basis, with no paperwork required and no questions asked.

For the Homeless
 We provide a mailing address, use of a telephone and a message service. You can pick up mail and any messages during the lunch or dinner hour.

For the Community
MEALS ON WHEELS
 Free hot meals delivered to homebound seniors (60 years or older) along with a friendly daily check-in.



Hours of Operation

Free Hot Lunch
 Monday - Friday
 11:30 am - 12:00 pm


Free Hot Dinner
 Monday - Friday
 5:30 am - 6:00 pm

Plowshares 707-462-8582
 1346 S. State St. Ukiah, CA 95482



Plowshares Community Dining Room
 1346 S. State Street
 P.O. Box 475
 Ukiah, CA 95482-0320
 707-462-8582
 Fax: 707-462-0320
 plowshares@pacific.net
 www.plowsharesofc.org

Plowshares
 El Comedor Comunitario
 Una Organización sin ganancias para la Comunidad
 Acompañenos para **Comidas Calientes Gratis**



Nuestra Misión


- Que nadie en nuestra comunidad pese hambre.
- Para operar un centro de apoyo comunitario donde servicios, la promoción y la educación ayudan a eliminar las causas de la pobreza y el hambre.
- Mantener un ambiente de apoyo y constante donde todos son tratados con respeto, justicia y dignidad.

Servicios de Plowshares
 TODOS SON BIENVENIDOS

COMEDOR COMUNITARIO
 Gratis, comidas y cenas calientes recién preparadas. Todos son bienvenidos, sin papeleo necesario y sin hacer preguntas.

Para las personas sin hogar
 Ofrecemos una dirección de correo, el uso de un teléfono y un servicio de mensajes. Usted puede recoger correo y mensajes durante la hora del almuerzo o la cena.

Para la comunidad
MEALS ON WHEELS
 Comidas calientes a granel para personas mayores de sesenta (60 años de edad) junto con una visita diaria.




Horario

Almuerzo Calientes Gratis de Lunes a Viernes
 Monday - Friday
 11:30 am - 12:00 pm

Cenas Calientes de Lunes a Viernes
 Monday - Friday
 5:30 am - 6:00 pm

Plowshares 707-462-8582
 1346 S. State St. Ukiah, CA 95482



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 www.plowsharesofc.org



You can now sponsor the Plowshares Human Race team by donating online. Simply go to www.firstgiving.com/fundraiser/PlowsharesHumanRace/PlowsharesHumanRace. The money is directed to NCO and they will distribute the funds to us. We will have a team walking and running on May 7th. The event starts at 9:00 am at the Alex R. Thomas Plaza. If you, your business, or someone you know wants to be a sponsor for the Plowshares team and/or would like to walk/run with us, please call Plowshares at 462-8582.

Special Thank You!

◆ **Ukiah Junior Academy**, class 2 and 3 and class 3 and 4, and the **Redwood Academy of Ukiah**, Community Service Class, for the Personal Care Bags for our Guests.



◆ **Mendocino County Community HealthCorps members**, under the leadership of **MaryLou Leonard** with the Alliance of Rural Community Health, who came for an afternoon to clean our Dining Room and the Community Room, washing windows, chairs, pictures etc.



Our dear volunteer, Juan Juan, was instantly killed by a drunk driver February 26. His wife Juana was at Santa Rosa Hospital with serious injuries and is now home recovering nicely. A memorial service will be held in the Spring. Juan had served Plowshares as a volunteer since 1997. He delivered Meals on Wheels and cooked lunch on our Friday cooking crew. Thank you, Juan, for all your years of service to Plowshares.

"Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!"
 Sitting Bull



Plowshares

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

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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, Schools
THANK YOU!

Thank you to our February Business and Organization Donors

Frey Vineyards
 New Trend Wireless
 Radiant Yoga
 Eagle Peak Bison Ranch
 McCarty's Auto Body
 El Azteca Mexican Restaurant
 Haines Financial Management
 Redwood Valley Grange #382
 St. Mary of the Angels Catholic Church
 First Baptist Church
 Church of Christ of Ukiah

Ukiah Food Bank
 Fort Bragg Food Bank
 Redwood Empire Food Bank
 Food Maxx
 Lucky Foods
 Raley's
 Safeway
 Ukiah Natural Foods Coop
 Honey Fluff
 Schat's Bakery
 Scooterz Deli
 Pleasant View Dairy
 Friedman's
 Creative Workshop
 Express-It
 Ukiah Paper Supply
 Rain Forest Fantasy
 Ukiah Valley Medical Center
 South Ukiah Rotary
 Kiwanis Club
 Ukiah Junior Academy
 Redwood Academy of Ukiah
 Saint Mary's School
 Ukiah Shamrocks 4H Club
 Rolling Wood Ranch

Hoppers Corner Store
 Tom's Garden
 Calvary Chapel
 Ukiah United Methodist
 Ukiah Bible Church
 Abhayagiri Monastery
 Char Jacobs
 Doris Bills
 Judy Corcoran
 Sally Kieckhefer
 Ralph & Nadine Paulin
 Margaret Stump
 Norman Hughey
 Charlotte Macken
 Sheryl Greene
 Shirlye March
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