

## Plowshares Benefits From the Generosity of Ukiah Merchants

Ever wonder where the food comes from to make those delicious Plowshares’ lunches and dinners?

Actually there are many sources including Redwood Empire Food Bank, Plowshares’ garden, and donors who bring us garden produce. But our primary source are donations which we pick up daily from our local food markets and merchants. We have estimated the in kind value of the food donated from all sources was \$465,000 for fiscal year 2015-2016. Food that we are not able to utilize is given to the Ukiah Food Bank. Some of this food would go to waste if it was not donated by these businesses to Plowshares and the Ukiah Food Bank.

**Special thanks to the follow businesses that regularly donate food every week:**

**Pleasant View Dairy**

**Raley’s**

**Lucky’s**

**Food Maxx**

**Ukiah Natural Foods Co-op**

**Wal-Mart**

**Safeway**

**Honey Fluff**

**Little Caesar’s**

**Alley Bar and Grill**

**Scooter’s Deli**

**Nature’s Own**



Even in the pouring rain Plowshares picks up excess food from our local merchants to provide free lunch for Ukiah's less fortunate. Staff member Keith Vidra.

**Mgr. Jim Bogner and sons Matt and Ben**

**Mgr. Carla Dieffenbach**

**Mgr. Greg Van Dyke**

**Mgr. Jamey Hageman**

**Mgr. Lori Rosenberg**

**Mgr. Craig Davis**

**Mgr. Randy Rainbow**

**Anna Po, owner**

**Jim Berg, owner**

**Mike Miller,owner**

**Paul Katino,owner**

## Save the Date

- **Volunteer Recognition Luncheon:** August 6th
- **Brews, Blues & BBQ:** September 17th
- **PumpkinFest:** October 15th & 16th

## Meals Served June 2016

	Total	Daily Average
Lunches - Adults	1375	63
Lunches - Children	29	1
<b>TOTAL LUNCHES</b>	<b>1404</b>	<b>64</b>
Dinners - Adults	1362	62
Dinners - Children	29	2
<b>TOTAL DINNERS</b>	<b>1391</b>	<b>63</b>
<b>DINING ROOM TOTAL</b>	<b>2795</b>	<b>127</b>
<b>MEALS-ON-WHEELS</b>	<b>2668</b>	<b>121</b>
<b>TOTAL MEALS</b>	<b>5463</b>	<b>248</b>

### 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](mailto:plowshares@pacific.net)  
[www.plowsharesfeeds.org](http://www.plowsharesfeeds.org)  
[www.facebook.com/PlowsharesUkiah](http://www.facebook.com/PlowsharesUkiah)

### BOARD OF DIRECTORS

Kathleen Cervantes, - Pres., Karen Christopherson - V.P.,  
 Madeline Sager - Treas., Tammy Kuny - Sec., Peter Janiak,  
 Rick Johnson, Teresa Leon, Art Munoz

### STAFF

Marlene Kurowski Executive Director  
 Rhonda De Los Santos Operations Manager  
 Patrice Mascolo Office Manager/Exe. Assistant  
 Keith Vidra Evening Supervisor  
 Brett Albee Program Assistant  
 Blake Shupe 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
- Cream of mushroom and chicken soup
- Tomato Sauce
- Pasta
- Juice
- Cooking oil
- Cornstarch \*\*
- Sugar
- Poultry seasoning
- 1 gal Ziploc bags
- Sandwich Ziploc bags\*\*
- Pump bottles of hand sanitizer
- Socks
- Travel size shampoo, conditioner, lotion
- Toothpaste, travel size mouth wash\*\*
- Deodorant\*\*
- Denture cream and cleanser\*\*
- Dog & cat food\*\*

\*\* Items we are currently out of

## Sign up for AmazonSmile!

Do you shop at Amazon? Would you like a portion of your purchase to be donated to Plowshares? All you need to do is create an account on AmazonSmile and place your orders from there.

### How does AmazonSmile work?

When first visiting AmazonSmile, you are prompted to select a charitable organization from almost one million eligible organizations. Select Plowshares Peace and Justice Center or use the link below to sign up directly for Plowshares. For eligible purchases at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to Plowshares. To date we have had 35 eligible purchases supporting us for a total contribution of

\$44.09. This may seem like a small amount, but if more people purchase through AmazonSmile the more we can receive. Please use the link below to sign up now for AmazonSmile and help support Plowshares.

<https://smile.amazon.com/ch/68-0218781>

## Support Plowshares Peace and Justice Center.

When you shop at [smile.amazon.com](https://smile.amazon.com),  
Amazon donates.

Go to [smile.amazon.com](https://smile.amazon.com)

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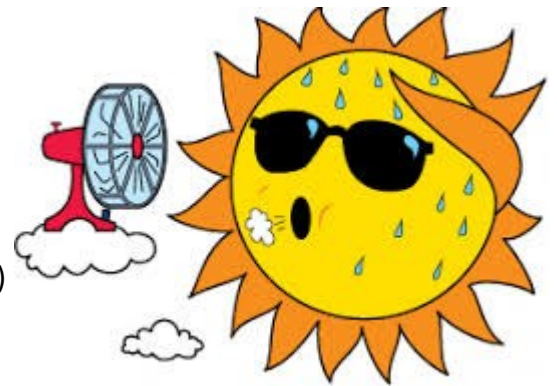
## Helping Folks Keep Cool

During these summer days when the temperatures soar we are concerned for homeless guests, as well as low income folks who might not have air conditioning. The risk of heat stroke is real.

On days when temperatures reach triple digits, Plowshares will open the air conditioned Community Room and provide cold water during the hours between lunch and dinner.

The only exception will be when there is a scheduled meeting in the Community Room. (Various Plowshares' Board Committees, ABC Day Programs and the Rotary Triathlon Committee utilize our meeting room.)

We are also sending our guests on their way with an extra bottle of cold water as they leave lunch. These are small comforts but might make a big difference in keeping our guests healthy.



## Tickets are now on sale for Blues, Brews, and BBQ!

Buy your tickets now for the musical event of the year on September 17th, 6:00pm, at Barra of Mendocino. Tickets are \$60 for a gourmet BBQ with all the trimmings, complimentary beer and music from all Star Blues Band.

Tickets can be bought at Mendocino Book Company and Plowshares. Call 462-8582 for more information.

Summer:

Hair gets lighter.  
Skin gets darker.  
Water gets warmer.  
Drinks get colder.  
Music gets louder.  
Nights get longer.  
Life gets better.



# Plowshares

1346 South State Street  
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 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!**

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  
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 St. Mary of the Angels Catholic Church  
 Holy Trinity Episcopal Church  
 Church of Christ of Ukiah  
 First Baptist Church

**And... As always thank  
 you to all our monetary  
 donors!!**