

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

March 2017 Vol. 34, No. 3

Meet the Plowshares Board

The Plowshares Board of Directors are selected volunteers with expertise in various disciplines, who mirror our community at large. They are charged with setting long term goals and policies which keep Plowshares true to our Mission, “That no one in our community go hungry”.

The Board operates under formal by-laws, meeting once a month on the third Wednesday of each month. Meetings are open to the public, with minutes recorded at each meeting. Each Board member serves on a variety of committees such as the Executive, Finance, Safety, and Human Resource Committees. All Board members are involved in planning and executing Special Events and fundraising. Many Board members also volunteer to cook or deliver Meals on Wheels to our seniors. They hire and manage the Executive Director and are the final resolution for internal disputes and conflicts.

Professionally, the Plowshares Board includes attorneys, business people, non-profit managers, administrators, educators, a retired law enforcement professional, and a retired engineer. The diversity of backgrounds and professions makes for a variety of viewpoints.



Seated from left to right: Kathleen Cervantes, past President, Peter Janiak, Karen Christopherson, President. Standing from left to right: Henrietta Muñoz, past Board member, Tammy Kuny, Secretary, Teresa Leon, Madeline Sagar, Treasurer.

Not pictured: Kael Loftus, Vice President, Rick Johnson, Art Muñoz, Kyra Cash, Ron Hensell, Howard Egan.

Since Plowshares is the recipient of charitable dollars from the community the responsibility for fiscal prudence lies with the Board. The increasing costs of health care benefits, insurance, building maintenance, utilities, and other costs present an ongoing challenge to provide the best return for every dollar.

To these very dedicated volunteers we owe a debt of gratitude. Thank you, Karen Christopherson, Kael Loftus, Madeline Sager, Tammy Kuny, Kathleen Cervantes, Peter Janiak, Rick Johnson, Teresa Leon, Art Muñoz, Kyra Cash, Ron Hensel and Howard Egan. Your ongoing commitment to excellence insures Plowshares' future!

Save the Date

- **Human Race:** May 6, 2017
- **Empty Bowls:** May 13, 2017

Meals Served January 2017

	Total	Daily Average
Lunches - Adults	1433	65
Lunches - Children	34	2
TOTAL LUNCHES	1467	67
Dinners - Adults	1310	66
Dinners - Children	90	5
TOTAL DINNERS	1400	70
DINING ROOM TOTAL	2867	137
MEALS-ON-WHEELS	3001	136
TOTAL MEALS	5868	273

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

Kathleen Cervantes, - Pres., Karen Christopherson - V.P.,
 Madeline Sager - Treas., Tammy Kuny - Sec., Peter Janiak,
 Rick Johnson, Teresa Leon, Art Muñoz, Kyra Cash, Kail Loftus,
 Ron Hensell, Howard Egan

STAFF

Marlene Kurowski	Executive Director
Rhonda De Los Santos	Operations Manager
Patrice Mascolo	Office Manager/Exe. Assistant
Brenda Brown	Evening Supervisor
Blake Shupe	Program Assistant
Brett Albee	Program Assistant
Leonel Valenzuela	Program Assistant

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
 - Olive oil**
 - Cornstarch **
 - Sugar
 - Poultry seasoning
 - Broths: Beef, chicken and vegetable
 - Sandwich Ziploc bags**
 - 3" x 3" yellow post it notes
 - Printer Paper**
 - Socks
 - Travel shampoo, conditioner, lotion
 - Toothpaste, travel size mouth wash**
 - Deodorant
 - Denture cream and cleanser**
 - Dog & cat food**
- ** Items we are currently out of



HumanRACE

MAY 6TH, 2017

Join Plowshares Staff and Volunteers May 6th for the HUMAN RACE

The Mendocino County Human Race is a 5K walk and timed run around the beautiful neighborhoods of Ukiah. It takes place on May 6th at 8 am. starting at Alex Thomas Plaza.

Plowshares invites you to join us in walking or running to raise funds for our programs.

Information, registration and pledge forms are available at www.mendohumanrace.com or by calling Plowshares at 462-8582 to be a sponsor. Registration fees for runners are \$30.00 before April 25th. The Human Race is a family friendly event with a Kids Race for age 9 and younger starting, at 10:45 am.

Come for the fun, music and food and enjoy the Farmer's Market after the event.



Jackie Kang, a student at Mendocino College who is studying to be an engineer, decided our Meals on Wheels seniors deserved a special greeting on Valentine's Day. He hand lettered 130 valentines and attached a chocolate heart to each one. These went out with each senior meal on Valentine's Day. Thank you Jackie!



Empty Bowls 2017

May 13th

There is still time to raise the profile of your Business by becoming a sponsor for Plowshares' 11th Annual Empty Bowls fundraiser.

Sponsorships are available in Gold: \$2500, Silver: \$1,000 and Bronze:

\$500. Call Marlene at 707-462-8582 to hear more about the benefits of sponsorship.

Tickets will go on sale April 10. Purchase tickets by calling 462-8582, coming by Plowshares at 1346 S. State or from Brown Paper Tickets through our website at www.plowsharesfeeds.org.



"The earth does not belong to man, man belongs to the earth. All things are connected like the blood which unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself."
-Chief Seattle, 1854



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, 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
 Scooterz Deli
 Pleasant View Dairy
 Friedman's
 Creative Workshop
 Express-It
 Ukiah Paper Supply
 Walmart
 Rain Forest Fantasy
 Mendo County Farm Supply
 Ukiah Valley Medical Center
 South Ukiah Rotary
 Kiwanis Club
 Ukiah Junior Academy
 Redwood Academy of Ukiah
 Saint Mary's School
 Ukiah High School

Mendocino College Basketball
 Ukiah Shamrocks 4H Club
 Rolling Wood Ranch
 Baraja's Real Estate Group
 Keith's Market, Covelo
 Hoppers Corner Store
 Tom's Garden
 Ries, Brachman, Foote garden
 Fairgrounds
 Live Power Farm
 Les Jardins Du Bateau
 Calvary Chapel
 Ukiah United Methodist
 Ukiah Bible Church
 Abhayagiri Monastery
 Char Jacobs
 Doris Bills
 Judy Corcoran
 Sally Kieckhefer
 Ralph & Nadine Paulin
 Margaret Stump
 Marilyn McClaen
 Jorge Sterns
 Shirlye March
 Norm & Susan Mclean
 Dolores Hamilton

Sandy Hopper
 Richard Guthrie
 Trudy Morgan & Scott Miller
 Richard & Pattie Gardiner
 Donna Canevari
 Johnny Keyes
 Ralph & Nadine Paulin
 Marybeth & Joshua Kelly
 Scott Miller
 Cyndi Montesint
 Joanne Kalies & Bill Russell
 Bruce Richard
 Carol Schultz
 Sharon Gorman
 Marlene & Bruce Shupe
 Kenneth Harrington
 Skip & Barbara Newell
 Charles Ross
 Kathy Brigham
 Christopher Roe
 Jan Tipton
 Joshua Kelly
 Polly McKibbin
 Jim Flaherty
 Elaine Richard
 Madeline Sager

**Thank you to our January
 Business and Org. Donors**

Frey Vineyards
 New Trend Wireless
 Radiant Yoga
 El Azteca Mexican Restaurant
 Ukiah Construction
 in memory of Roger Howard
 McCarty's Auto Body
 Center for Spiritual Living Ukiah
 Madlem Construction Company
 Redwood Valley Community Guild
 Saint Mary of the Angels Catholic
 Church
 First Baptist Church
 Church of Christ of Ukiah

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