

By Jeffrey Fox

Ali Archer

The Gift of Compassion

that's the reason my feet have a lot of neuropathy. I've fallen seriously and broken hips and stuff like that, but I always come back.

I'm very grateful for a lot of things: my amazing dog, the places I've had to live, and the best medical care in the world. Being grateful for Food For Thought also brought me here to volunteer.

The support that's offered from FFT helps make my house a home. There's not a meal that goes by where I can't say to myself, "this came from Food For Thought." Food For Thought helps me feel like there's still some quality of life for me in spite of the troubles I have with my body.

What has always touched me about this place is how the staff and volunteers are so loving. I just always feel like Food For Thought helped me belong, and it helped me feel I deserve something of the best in life.



"There's not a meal that goes by where I can't say to myself, 'this came from Food For Thought.'"

—Jeffrey Fox
Client / Volunteer

Shortly after I moved to Sonoma from San Francisco, people suggested that I become part of Food For Thought. That was around 1999, and it turned out to be such a boon. I felt like I belonged here. I tend to be shy and a bit of a loner, and Food For Thought became the place where I socialized. I looked forward to coming here. I made friends here, and I found that I already had friends here from the "olden days."

I started out as a client, and I recently got a certificate for volunteering for 11 years. They say you age exponentially with HIV, and maybe





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Food Bank

Tuesdays–Saturdays
10 am–5 pm
6550 Railroad Avenue
PO Box 1608
Forestville, CA 95436
(707) 887-1647
FFTfoodbank.org



Antique Store

Open every day
11 am–5 pm
2701 Gravenstein Hwy S.
Sebastopol, CA 95472
(707) 823-3101
FFTantiques.com

Food For Thought is a non-profit grassroots organization dedicated to meeting the nutritional needs of persons affected by HIV and other serious illnesses in Sonoma County, regardless of financial, sexual, racial, religious, political, or any other attitudinal preferences and proclivities (including past life regressions). We provide free weekly grocery bags containing a wide variety of fresh fruits and vegetables, high-quality protein sources, whole grains, healthy packaged foods, and prepared meals. We also provide vitamins and supplements, nutrition education, and a congregate lunch. Occasional hugs are also available at no additional charge.

Food + Love for the Holidays

by Ron Karp, Executive Director

Now that it's November, we're hard at work acquiring turkeys, chickens, vegetables, and other holiday meal staples to distribute to our clients. Over the years, dozens of clients have told me how much it means to them to be able to prepare a full and festive meal for Thanksgiving and the winter holidays. There are too many people in our county who deal with food insecurity—meaning that they don't always know where their next meal is coming from.

With your help, we'll make sure our clients, both new and old, have plenty of food this holiday season. We're also pleased that we're building on the success of our last pilot program and feeding 80-100 new clients who are dealing with a wide range of illnesses. We'll be gathering data to see how our life-giving nutritional services positively impact their health and cut down on medical costs.

Each year I am not only grateful, but astounded, by how many of you generously give to make sure your friends and neighbors have the food they need to be healthy. During this season of giving, we thank you again for your donations, which help provide meals for so many in need—both during the holidays and all year round.



Dave Hall Photography

“During this season of giving, we thank you again for your donations, which help provide meals for so many in need — both during the holidays and all year round.”

Ways You Can Help



BECOME A DOFL AMBASSADOR

Dining Out For Life is our biggest fundraiser of the year. We need volunteers to be DOFL Ambassadors at participating restaurants. It's fun and easy!

➤ See page 6 for more info.

DONATE

Cash donations at this time of year help pay for holiday meals (including chickens and turkeys) for our clients. Become a GEM (Giving Every Month), a legacy donor, or send in an immediate donation.

➤ Use the attached envelope between pages 4 and 5.

SHOP

Do your holiday shopping and support a great cause at the same time!

➤ Check out our antique store and holiday wine boxes on page 4.

➤ Shop on Amazon or at your favorite grocery store and have part of the proceeds donated to FFT at no cost. See pages 4–5.

Why I Give

By Emily Davis

I first found out about Food For Thought at a food drive at the Sebastopol Safeway. I started by giving food, and then I started donating money, too. One day, I was invited in for a tour, and boy was I impressed! I started volunteering immediately, and then I became a GEM, donating to Food For Thought each month.

My life has changed a lot in the past year. My husband passed away, and then I broke my knee. As my life changes, being involved with FFT has helped me so much, and I truly get more than I give. Everyone who volunteers or donates here is doing something that really matters. So expand your horizons! Bring joy into your life by getting involved with FFT.

I originally came to FFT because I care deeply about HIV and LGBT issues. When I found out that the organization was expanding to serve people with other serious illnesses too, I knew it was something I wanted to support. As FFT expands, I see an opportunity to help others in need, and to educate new audiences about HIV. By reaching new people, we can challenge the myth that "AIDS is over" and we can all help feed people in need in our community.



Ali Archer

"As FFT expands, I see an opportunity to help others in need, and to educate new audiences about HIV."

— Emily Davis, Donor / Volunteer

VOLUNTEER ANNIVERSARIES

Aug-Dec. 2016

26 Years!

Paul Chiotti

23 Years

Jim Penpraze
Frank Zak

21 Years

Ken Booth

20 Years

Ann Dolin
Roger Reed

19 Years

Bazil Dean

18 Years

Rich Eliason
Randi Francis
Fran Lucas-Hill
Keith McLaughlin
Daniel Penpraze

17 Years

Berri Lewis
Nancy Tello

16 Years

Angelo Fazzi

15 Years

Gerry Caples
Jude Mariah
Lynn Newton
Rudi Solinger
Mark Weigle

14 Years

Laura Goldman
Eric Keller
Julie Zak

13 Years

Elaine Dollwet-
Strehl

Ron Harmon
Larry & Cathy
Nielsen

Owen Tuttle
Kathleen Woolfe

12 Years

Jude Henning

Mary Bramwell

Allen Chivens
Cindi Crenshaw
Rodney DeMartini
Jackie Reuling

11 Years

Barbara & Gary
Gerber

Frederick Kasl

Mark Potik
Mike Southworth

10 Years

Glenn Finch
John Hershey
Greg Mitchell
Peter Pistochini
Laurie Plant
James Taylor

9 Years

Joan Birch
Allan Cone
Marilyn Madrone

8 Years

Karen Crowell
Ron Higgins
Bob Mascolo
Donna Munger
Linda Myszak
Larry Prager
Alyssa Rumrill

7 Years

Dena Bliss
Neil Herring
Willow Miranda
Eric Oncken
John Roehl
Nicole Wisser

6 Years

Jon Bayle
Mark & Raylene
Leavitt
Norma McFadden
Bob Matreci
Larry Needleman
Janet Ramirez
Mary Underwood

5 Years

John Baker
Robin Bartoo
Emily Davis
Misti Harris
Ross Modlin
Glenn Recchia
Casey Richards
Beth Streets

4 Years

Ramona Haller
Karin Lienart
Joe Madrid
Carol Mills
Tom Moore
Claudia Sisomphou

3 Years

Sioux Ault
Kate DosSantos
Diana Laczkowski
Joe Freeman
Candace Monette
Layla Morris
Gary Ware

2 Years

Kim Aikawa
Hal Bahr
Lucy Barnett
Doral Borgnis
Marilyn Chuck
Elizabeth Cotton
Jason Derer
Barbara Fabrizio
Robert Gonzalez
Joan Hepperly
Ann & Jeff Hudson
Maryann
Kerschner
Jodi Kyle
Suzanne Mashek
C. Moi
Regina Nellor
Rebecca Pearce
Maggie Peters
Mark Ritchie
Carol Star
George Yeck-Ozark

1 Year

Donna Blue
Michael Cernokus
David Chipkin
Jim Haidler
Barry Henke
Lisa Kimmel
Brooks Leete
Michele Leroux
Bob McCarthy
Naison Mutandwa
Robert O'Connor
Estelle Rogers
Maya Rossi
& her boys
Luann Schend
Rusty Smith
Lori Solomon

Gifts that Give Back

This holiday season, let your shopping benefit others in more ways than one

WINE GIFT BOXES

Each holiday wine gift box features one bottle of red and one white donated from renowned local wineries including Rubin Family of Wines, Hafner, Iron Horse, Williams Selyem, and more! These wine gift boxes are available from Food For Thought for a donation of \$45, or \$40 if you reserve 10 or more boxes. Available Dec. 6–17.



Karen Alm

HOLIDAY GIFT CARDS

Make your cards count! We'll send personalized holiday cards to friends and family on your behalf for a donation of \$10 per card. Inside each card, we'll explain that you have made a donation to FFT in their honor.

➤ *Please call (707) 887-1647 to place an order for wine gift boxes or holiday gift cards.*



HEART FOR THE HOLIDAYS

Purchase this \$50 handmade heart from Food For Thought Antiques and you will provide a full holiday meal to a Sonoma County resident living with HIV or other serious illness.



Ali Archer

FOOD FOR THOUGHT ANTIQUES, GIFTS & GARDEN

Shop for unique gifts

All proceeds from this store provide life-giving nutritional support for Sonoma County residents living with HIV and other serious illnesses.

Holiday Open House

Nov 25–27: enjoy complimentary holiday refreshments AND 20% off storewide! Remember, all items marked FFT and FR are always tax free.

➤ *Stop by the store every day, 11 am–5 pm at 2701 Gravenstein Hwy S., Sebastopol, CA 95472, (707) 823-3101*



SHOPPING ONLINE THIS HOLIDAY SEASON?

Then sign up at smile.amazon.com and select Food For Thought as your charity of choice. Amazon donates 0.5% of the purchase price to us—at no extra cost to you!

➤ *Make sure that you're on smile.amazon.com before you check out to ensure that the donation goes through.*



Other Ways to Give

✓ ESCRIP

Do you shop for groceries at Fircrest, FoodMaxx, Lucky, Olivers, Sonoma Market, or Petaluma Market? Register your phone number or grocery rewards card online with eScrip.com and select Food For Thought as your charity of choice. 3% of your purchases will be donated to FFT at no additional cost to you.

➤ Visit eScrip.com. Use FFT's group number when you sign up: 500024945.



✓ BECOME A GEM

Monthly donors are indispensable! Plus, GEMs receive special benefits, including limited mail solicitations, invitations to special donor events, and the joy of helping feed people in need.

➤ Visit FFTfoodbank.org to learn more.

✓ LEAVE A LEGACY

Did you know the food bank and our antiques store exist because of legacy gifts? Include FFT in your will or trust and you can ensure that Sonoma County residents dealing with HIV and other serious illnesses will have plenty to eat well into the future.

➤ For questions or suggested language on how to leave a legacy to FFT, contact your estate planning professional or email Ron Karp at RonK@FFTfoodbank.org.



✓ END-OF-YEAR GIVING

Your donation makes a difference right away: the more you give, the more holiday meals we can provide for our clients in need.

➤ Use the enclosed envelope to send in your immediate contribution to Food For Thought.



Donations have been made In Honor of

Ryan Boduch
Allen Chivens
Rodney DeMartini and Frederick Kasl
Nancy Giannini
Parke and Sarah Hafner
Mike Treinen

Donations have been made In Memory of

Everett Engstrom
Daya Judge
Erik Orav
Stuart Peot
Marc Phillips
Larry Rittell, Jr.
Stewart Scofield



Thursday
Dec. 1, 2016

DINING OUT FOR LIFE

Dine out at one of these great restaurants on December 1
and 25% or 50% of your bill will be donated to Food For Thought

Dine out. Fight AIDS.

BODEGA BAY

Bay View Restaurant
at The Inn at the Tides
BlueWater Bistro

COTATI

Lynn's Thai Restaurant

DUNCAN MILLS

Cape Fear Café

FORESTVILLE

Backyard
Canneti Roadhouse Italiana

✓ THE RESTAURANT AT RUSSIAN RIVER VINEYARDS

✓ SUNSHINE COFFEE ROASTERS

Twist Eatery

GRATON

Underwood Bar & Bistro
Willow Wood Market Café

GUERNEVILLE

✓ AGRICULTURE PUBLIC HOUSE

boon eat + drink
Coffee Bazaar
Revival at Applewood Inn
Betty Spaghetti

HEALDSBURG

Baci Café & Wine Bar
Barndiva
Mateo's Cocina Latina
Mountain Mike's Pizza
Spoonbar

OCCIDENTAL

Barley and Hops Tavern
Hazel

PENNGROVE

Twin Oaks Roadhouse

PETALUMA

Brixx Pizzeria
Café Zazzle
Central Market

Cucina Paradiso

Ristorante Italiano
Dempsey's Restaurant
& Brewery
Mountain Mike's Pizza
Risibisi Restaurant
Wishbone Restaurant

ROHNERT PARK

Hana Japanese Restaurant
Mountain Mike's Pizza

SANTA ROSA

Bird & The Bottle
Bibi's Burger Bar
Bistro 29
Bruno's on Fourth
Carmen's Burger Bar
(Terrace Way)
The County Bench
Kitchen + Bar
Jack and Tony's

✓ JOJO RESTAURANT

La Rosa Tequileria & Grille

Mac's Deli & Café

Mombo's Pizza
Monti's
Mountain Mike's Pizza
(Santa Rosa Marketplace)
Mountain Mike's Pizza
(Cleveland Ave.)
Pamposh Restaurant
Pizza Gourmet
The Pullman Kitchen
Ricardo's Bar & Grill
Russian River Brewing
Company
Sazon Peruvian Cuisine
SEA Noodle Bar
The Spinster Sisters
Stout Brothers
Irish Pub & Restaurant
Sweet T's Restaurant + Bar
Walter Hansel Bistro
Westside Grill
Yeti

SEBASTOPOL

Bar B Que Smokehouse
Eight Cuisine & Bamboo
Classics
Fork Roadhouse
Gypsy Café
Handline Restaurant
Hole in the Wall
HopMonk Tavern

✓ K & L BISTRO

Martha's Old Mexico
Restaurant
Mombo's Pizza
Peter Lowell's Restaurant
Ramen Gaijin
Sonoma Wine Shop
& La Bodega
Sub Zero Ice Cream & Yogurt

✓ SUNSHINE COFFEE ROASTERS

Sushi Tozai
Ultra Crepes

Vignette Pizzeria
Woodfour Brewing Co.

SONOMA

HopMonk Tavern
Mamma Tanino's Ristorante
Maya Restaurant
Plaza Bistro
Rocket
Saddles Steakhouse

VALLEY FORD

Rocker Oysterfeller's

WINDSOR

Chinois Asian Bistro
Mountain Mike's Pizza
Umé Japanese Bistro

✓ THESE RESTAURANTS

are contributing 50% of their
sales to FFT on December 1

Circle of Giving

It is the generosity of our donors that ensures that our clients continue to have the nutrition they need to survive and be healthy. Thank you to all the individuals, businesses, and foundations who contribute to this important work.

PLATINUM CIRCLE

\$10,000 or more

Abacot Fund / Lisa Clyde & Elsa Garcia
Julie & Tom Atwood
Ron & Linda Backstrom
David Baylor & Theresa Helmer
Bethlehem Foundation
Bothin Foundation

Broadway Cares/
Equity Fights AIDS, Inc.
Estate of Ruben Carrillo
Community Foundation
Sonoma County
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Gary & Marcia Nelson

Laurie Plant
Mert Preston
Mary Ann Rovai
Rubin Family of Wines
Estate of John Smith
Sonoma County
Wine Weekend

GOLD CIRCLE

\$5,000 or more

The Elder California
Foundation
The Heck Foundation

Little Red Hen
Foundation
Patricia London

Sonia Miller
RiskPress Foundation /
Charlie Pendergast

Russian River Sisters
of Perpetual Indulgence
Jane & Nelson Weller

SILVER CIRCLE

\$2,500 or more

Alan Beckstead
Burr Pilger Mayer
Clif Bar Family Foundation
Coddling Foundation

Emily Davis
Tom Garigliano & Jim Dugan
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Redwood Hill Farm & Creamery

Russian River Festivals
Mark Short & Carl Ray
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Jim Stacy
Summit State Bank
Harold Torres & Jimmy Mallett

BRONZE CIRCLE

\$1,000 or more

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Lisa Ireland
Winifred & Harry B. Allen Foundation
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Animal Hospital of Sebastopol /
Nicole Canon
Kelly & Phil Beffrey
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Michael Calvelli

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Lou & Susan Preston
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Gerald Rape
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Kent Ritchie
Russian River Utility Company
Nancy Schaub
Tricia Schexnaydre
Lucia & Jim Schultz
William Scott
Daniel Shanahan & Dale Miller
John & Elizabeth Sheela
Jim & Kathleen Sparling
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Jack & Diane Stuppin
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Wakelam
Vanguard Properties
Michael Vellard & James Dern
Cara Christina Widmer
Willow Creek Wealth Management
Evan Wright
Nancy & King Wright
Yunhee Yoo
Sandy Younglove

COPPER CIRCLE

\$500 or more

Ray Allen
Susan & Norman Amidon
Dee Arias
Elisa Baker
Linda & Rachel Bauer
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Lee Boyack
Chris Bramble
Steve Bromer
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Sebastopol Chapter of Realtors
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Bibi Sillem
Patti O'Brien
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Regina & Tim Sullivan
Venaie Sutphin & David Gray
Terri Tachovsky & Karen Knudson
Kelly Temple & Mark Erickson
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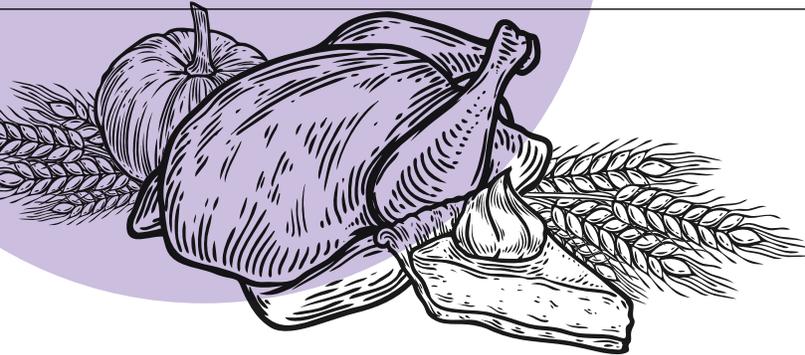
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Christian Wright
Doug Yule
Frank & Julie Zak



PO Box 1608
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 (707) 887-1647
 FFTfoodbank.org

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PAID
 MELO MAIL



*Donate to Food For Thought today
 and provide holiday meals
 for people in need!*

Dine Out. Fight AIDS.



Enjoy a meal at any of 90 participating Sonoma County eateries on Dec. 1 and 25%-50% of your bill gets donated to Food For Thought and our life-giving nutritional services. See page 6 for a complete list of restaurants.

SAVE THE DATE: Thursday, December 1 is Dining Out For Life/World AIDS Day

Proud Host Sponsor



Presenting Sponsors



Gold Fork Sponsors



Silver Spoon Sponsors



Butter
 Knife
 Sponsor

Oxide
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