



SEPTEMBER 2016



Left to right: Diana Lobush, Rebecca Guarda, Erica Alsbury, Doug Gosling, Vinothini Sachithanathan, Sioux Ault

## THE GARDEN FAIRIES OUR VOLUNTEERS OF THE YEAR

Usually Food For Thought focuses on one outstanding volunteer to award, but this year, we had to break tradition and award the outstanding work of a group of volunteers, our Garden Fairies! Vino, Rebecca, Erica, Diana, Jacob, Sioux, Nicole, Orny, and Jude work with Doug "Dougo" Gosling and Sean Fleming, our staff gardeners, to make sure that our gardens are beautiful and productive, so that they continue growing fresh, life-giving fruits, vegetables, herbs, and flowers for our clients.

As Diana says, "One of my passions is to make sure that the clients get healthy produce and learn how to prepare it. By working in the garden, I can contribute to

that effort, while working inside gives me the opportunity to talk to the clients who benefit from our labor of love."

Vino finds being in the garden accomplishes several things at once: "My favorite thing about the garden is that it connects me with others. Gardening is a beautiful way to give back, it's a way to commune with nature. It's meditative whether you weed or harvest or sift compost or plant, and I enjoy it very much."

***The garden continues to grow and feed even more people thanks to our hard-working garden fairies, who are here no matter how hot, rainy, or chilly it is.***

When you step into the garden, you know immediately you're in a special place: one that's designed for nourishment and healing. What was once a blackberry patch in inhospitable soil is now a beautifully designed garden full of fruit trees, berries, vegetables, and culinary and medicinal herbs.

The garden continues to grow and feed even more people thanks to our hard-working garden fairies, who are here every week no matter how hot, rainy, or chilly it is.



Orny Wilcox



Nicole Wissler



Jude Henning



Jacob Kowalick-Allen

Photos: Elisa Baker

## ANNUAL REPORT INSIDE!

ONLINE AT [WWW.FFTFOODBANK.ORG](http://WWW.FFTFOODBANK.ORG)



## FOOD FOR THOUGHT BOARD OF DIRECTORS

Diana Laczkowski  
President

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Secretary

Dena Bliss

Michael Collins

Frederick Kasl

Larry Prager

Mark Short

Sandy Younglove

## FOOD BANK

Tuesdays-Saturdays

10 am-5 pm

(707) 887-1647

6550 Railroad Avenue

PO Box 1608

Forestville, CA 95436

[FFTfoodbank.org](http://FFTfoodbank.org)



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

[FFTantiques.com](http://FFTantiques.com)



Dave Hall Photography

## WATCH OUR GARDEN GROW

by Ron Karp, Executive Director

Many happy synchronicities have shaped and supported this grassroots organization. In 1996, James Carney left us his condo and pick-up truck as part of a legacy gift. His gift came at a time of great need—the truck saved us tens of thousands of dollars, and we still use it!

Our world-class organic gardens came to be thanks to another synchronicity. In 1999 as we were constructing our current facility, the county required us to install landscaping.

All the available options were institutional, bleak, and unwelcoming.

***Our garden continues to provide a space for beauty and healing, and produces organic produce and flowers for our clients.***

Out of the blue, I got a call from then-volunteers Doug Gosling and Rachel Gardner. They wanted to know if we could work together to create a beautiful and healing garden all around the building. Now, 17 years later, our garden continues to provide a space for beauty and healing, and produces organic produce and flowers for our clients.

As we continue to support our clients living with HIV and welcome clients with other serious illnesses, we know the garden will continue to grow and serve the community, just like Food For Thought.

## WHY I GIVE By Rebecca Guarda

There is an old Italian saying, “*Chi mangia bene, vive bene,*” which means “the person who eats well, lives well.” This is true at Food For Thought, where I’m a Saturday garden volunteer. Its garden is a place where lifelong friendships are formed among its plants—and it always has room to welcome more!

***I’d like to be remembered in this place, too, which is why I wrote FFT into my will.***

The spirit of kindness at FFT brings me back every week. It gives me strength in times of hardship, and I’ve seen it transform the lives of others. I deeply believe that growing and sharing food with love can help people heal from illness, grief, and suffering.

I’ve lost FFT friends to illness, but their memories live on. I’d like to be remembered in this place, too, which is why I wrote FFT into my will. I know this simple act will have a positive impact on many lives, helping people eat well and live well long after I’m gone. I earnestly hope others will join me.



Photo: Karen Gardner

Food For Thought is a nonprofit 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.

# SAVE THE DATE!

## TICKETS NOW AVAILABLE FOR CALABASH

*A silent auction of fine gourd art to benefit Food For Thought*

Sunday, October 2 1–5 pm



Attend one of Food For Thought's most beloved fundraising events! Held at our world-class organic gardens, attendees enjoy fine wine, food, and live music played on hand-made gourd instruments as they view generously donated gourd, garden, and book art made by local artists. Tickets are \$50 in advance, \$55 at the door.



Photos: John Hershey

Sponsorship opportunities are now available. Contact Mary Bigelow-Gale at [MaryB@FFTfoodbank.org](mailto:MaryB@FFTfoodbank.org) or (707) 887-1647 ext. 107 to learn more.

Thanks to our presenting sponsors:

KAISER  
PERMANENTE. thrive



The RUBIN FAMILY of WINES  
A BEAUTIFUL EXPERIENCE

## DINING OUT FOR LIFE

Thursday, December 1

*Dine Out, Fight AIDS*

Dine out at over 80 amazing eateries in Sonoma County and 25–50% of your purchase will go directly to Food For Thought's life-giving nutrition services. It'll be the most satisfying meal you'll have all year!

Want to sign up as a sponsor or participating restaurant? Contact Mary Bigelow-Gale at [MaryB@FFTfoodbank.org](mailto:MaryB@FFTfoodbank.org) or (707) 887-1647 ext. 107.

Want to be a Dining Out For Life Ambassador to help us raise funds in individual restaurants? Contact Elisa Baker at [Volunteer@FFTfoodbank.org](mailto:Volunteer@FFTfoodbank.org) or (707) 887-1647 ext. 103.



Oxide Design



McBoat Photography



# VOLUNTEER ANNIVERSARIES APRIL-JULY 2016

24 years!

Marty DeKay Bemis  
Doug Gosling

22 years

Orny Wilcox  
Nancy Scott-Hunnicut  
Jineen Summerton

21 years

Will Fulwider

20 years

Diana Lobush

19 years

Will Brown

17 years

Ron Cagle

Rose Cohen

16 years

Joe Arcangelini

John Dempcy

14 years

Daniel Clark

Suzanne Reta

13 years

Gar Cross

Rodney Rovai

Amanda Wood

12 years

Peaches Henning

Leslie Tuttle

11 years

Lisa Albertson

Jeffrey Fox

Remi Newman

The Oncken Family

Ron Ottley

10 years

Gloria Turchi

Angela Sturr

9 years

Sandra Palmer

8 years

Jackie Mendoza

Nancy Wright

7 years

Marion Dutra

Lynn McCarthy

Susan Rice

6 years

Liberty Breaw  
Jonathan Cooper

5 years

Terri Blackley  
Dolores Castellanos  
Darcie McNally  
Geno Russo

4 years

Melinda Feinstein  
Sean Fleming  
Linda Hall  
Paty Hermsillo-Perkins  
Michael Reilly  
Margaret Walter

3 years

Glen Blackley  
Robbie DeLaRiva  
Rita Kent  
Briana Lehane  
Chris Moisenco  
Kathleen Pettis  
Martin Rossiter  
Cindy & Mike Tucker  
Mia VonKnorring

2 years

Chris & Alex Azevedo  
Albert Carey  
Skipper Cassady Jr.  
R. Michael Collins  
Lisa Dragna  
Nyla Fleig  
Anthony Garcia  
Dana Higgins  
David Hobler  
Jacob Kowalick-Allen  
Connie Malczynski  
Margaret Pinkham  
Kirk Read  
Amanda Sims  
Oceana Spotleson  
Barbara Wishard

1 year

Cristina Campbell  
Barbara George  
Stephanie O'Connell  
Ken Paradise  
Terry Wilson



FFT volunteers celebrate their anniversaries.

Photo: Elisa Baker

## IN MEMORY OF MEL DAVIS



Generous donor Mel Davis, husband of FFT volunteer Emily, passed away early this June. Mel was known for his kindness, generosity, and civic devotion. He served for many years as City Manager of Sebastopol and volunteered for many local causes. He was a beloved friend as well as a generous supporter of Food For Thought, and we will miss him greatly.

## DONATIONS HAVE BEEN RECEIVED

### IN HONOR OF

Elizabeth Cotton  
Rodney DeMartini and Frederick Kasl  
Jackie Dono  
Barbara Gerber  
Parke Hafner  
Dave Hall  
Jim Humrich  
Peaches Henning and Katherine Kendall  
Shelley Rust  
Jack Welch  
Sandy Younglove

### IN MEMORY OF

Dexter R. Clary, Jr.  
Steve Cohan  
Melvin Davis  
Sue Engel  
Ellis M. Gans  
Brian Kelly  
Erik Orav  
Dennis Paynter  
Stuart Peot  
Joel Robinson  
Rabbi Michael A. Robinson  
M. H. Sariaslani  
Stewart Scofield  
Robert Screes  
Ron Tokunaga  
Russell Wherritt

# VOLUNTEER OPPORTUNITIES

## FOOD DRIVES: 2 1/2 HOURS OF YOUR TIME CAN MAKE A HUGE DIFFERENCE

Each food drive brings in an average of \$2,500 in food and cash. In fact, food drives account for 1/3 of our annual food budget. We need your help to keep them going throughout the year.

To sign up or learn more, contact Ali Archer at [AliA@FFTfoodbank.org](mailto:AliA@FFTfoodbank.org) or call (707) 887-1647 ext. 116.



Photo: Karen Ahn

*Cristina, Keiran, and Kadence at the Sebastopol Safeway*

**Volunteer orientations are held the third Tuesday of every month at the food bank: 6550 Railroad Ave., Forestville, CA 95436. Stop by September 20 or October 18 to learn how you can help. Contact Elisa Baker for info or to RSVP: [Volunteer@FFTfoodbank.org](mailto:Volunteer@FFTfoodbank.org) or (707) 887-1647 ext. 103.**

## WANTED: VOLUNTEERS WITH STRONG BACKS & BIG TRUCKS



Photo: Elisa Baker

*Keith loads up his truck with much-needed supplies for our clients.*

We're always picking up lots of groceries from our food drives and generous donors around Sonoma County, and we need volunteers who are ready, willing, and able to make those pick-ups to make sure our clients get fed.

If you'd like to volunteer for FFT but can't take on a regular weekly shift, this is the perfect fit for you.

Contact Elisa Baker at [Volunteer@FFTfoodbank.org](mailto:Volunteer@FFTfoodbank.org) or (707) 887-1647 ext. 103 to learn more.



Photo: Elisa Baker



Photos: Karen Ahn



Photos: Karen Ahn

## IN THEIR OWN WORDS: DOUGO & SEAN SPEAK ABOUT THE GARDEN

Garden Manager Doug Gosling and Garden Assistant Sean Fleming talk about what makes our world-class organic garden so special.



Photo: Elisa Baker

### Dougo

I really believe the garden has a reciprocal relationship with Food For Thought. This is an extraordinary garden: It's unusually abundant and exuberant, and it has to do with the energy and love that radiates from here. You can feel it when you walk in the gates—it feels like a magic garden.

There's something about the garden that embodies the message of FFT, which is that we care about your mental, spiritual, emotional, and physical health. The garden is very reassuring to people, especially clients. The garden sends a message that we value a whole vision of health, which includes a relationship to the land and to where food comes from.

***This garden is unusually abundant and exuberant, and it has to do with the energy and love that radiates from here.***

The fact that FFT embraces the garden and never questioned building it is visionary and unusual. For a food bank to really understand that complete health is about having a holistic vision of the health of the planet is profound.

### Sean

The garden mainly serves two purposes: one, we want to provide clients of Food For Thought with healthy, organic, locally produced fruits and vegetables. Two, we want to provide an example of what can be grown in the area. Plus, if people see some different foods, maybe they'll be more willing to try them.

***We want to provide clients of Food For Thought with healthy, organic, locally produced fruits and vegetables.***

Beyond the availability of nutritious food and nutritional counseling, this organization has always provided a loving, safe area of support. There's always a lot of love that just flows out from all the volunteers and the staff members. From the minute I was a client here, I have been impressed by how loving the staff and volunteers are toward the clients. For clients, FFT provides an island of stability and loving support.

I've been involved with many different nonprofits, and I have to say, Food For Thought treats their clients in a more humane manner than many others. It really blew me away. This is really and truly a special place.



Photo: Elisa Baker

# WAYS TO GIVE



## Become a GEM

Monthly donors ensure that our clients will always know where their next meal is coming from. As a GEM, you'll receive special benefits like limited mail solicitations, invitations to special donor events, and the joy of helping feed people in need. For more information, visit [FFTfoodbank.org](http://FFTfoodbank.org).



## Leave a Legacy

Did you know Food For Thought's permanent home and our antiques store are the results of legacy gifts? By including us in your will or trust, you can ensure that Sonoma County residents dealing with HIV and other serious illnesses don't have to go hungry well into the future.

For questions or suggested language on how to include FFT, contact your estate planning professional or Ron Karp at [RonK@FFTfoodbank.org](mailto:RonK@FFTfoodbank.org).



## Celebration Pathway

This lovely memorial walkway is an important part of our organic gardens. For either a \$100 or \$200 donation, you can install a 4" x 8" or 8" x 8" plaque inscribed with a special message and the names of loved ones. It's a wonderful way to celebrate life events, from anniversaries to milestones to passages. For more information, contact Karen Gardner at [KarenG@FFTfoodbank.org](mailto:KarenG@FFTfoodbank.org).



## Contribute Now!

Food For Thought exists solely because of the generosity of donors like you. 40% of our funding comes from small, private donations. Make a difference right away by contributing to Food For Thought—just use the enclosed envelope to send in a donation. Any amount is welcome!

*Left, staff member Karen Gardner holds a check from Sonoma County Wine Country Weekend, which donates to many local nonprofits.*

# Feeding People Throughout Sonoma County

## Our Donors and Volunteers Make It Possible

*DID YOU KNOW...*

That FFT delivers food to 275 homebound and homeless men, women, and children throughout Sonoma County?



Photo: Elisa Baker

That the majority of our clients are located in Santa Rosa?



That donors and volunteers are our lifeblood?  
In 2015 alone:

- 597 volunteers contributed 28,936 hours (that's the equivalent of 15 full-time staffers)
- Over 3,000 donors contributed \$560,889



Photo: Elisa Baker

*That our clients receive these services for free and for as long as they need them?*



Photo: Greg Sherwood Cohelan



# By the Numbers: Food For Thought's Life-giving Nutritional Support

## We Provide Food and So Much More

*Here's what we accomplished together in 2015:*

**Distributed 15,350 weekly grocery orders  
(enough food for 322,350 meals)!**



*Dave Hall Photography*

**Delivered 6,214 grocery orders  
to homebound and homeless clients**



*Dave Hall Photography*

**Served 3,554 lunches through  
our Congregate Lunch Program**



*Photo: Elisa Baker*

**Led 21 group classes on healthy  
& nutritious cooking**



*Photo: Karen Ahn*



*Photo: Karen Ahn*

**Distributed 12,374 bottles  
of vitamins & supplements**

# 2015 Annual Report

## Making Smart Financial Decisions for Sustainable Growth

In 2015, Food For Thought realized a long-held dream of expanding our mission: to continue to feed our HIV+ clients and provide those same life-giving nutritional services to Sonoma County residents dealing with other serious illnesses as well.



Dave Hall Photography

Thanks to the prudent long-term planning of our board and staff, Food For Thought is financially well positioned to slowly and steadily continue on this journey. Our ultimate vision is that no one in Sonoma County who is sick should have to go hungry.

We were fortunate to have received several large, one-time legacy gifts during the past few years and we made sure to invest these funds strategically. This allowed us to cover the necessary expenses we incurred this year in order to build a fiscally sound foundation.

One example is our investment in Food For Thought Antiques, Gifts, and Garden. We made improvements to the building and signage in order to be more visible and profitable well into the future. We thank you, the donors and volunteers of Food For Thought for your gifts of time, money, and commitment—we couldn't do it without you!

*Frederick W. Kasl*

Frederick W. Kasl, Outgoing President of the Board of Directors

### Endowment Income Appropriated for Operations

\$71,000 • 4%

Antique Store Income  
\$246,596 • 12%

Fundraising Events  
\$248,344 • 12%

Grants  
\$213,745 • 10%

Contributions  
\$493,700 • 24%

In-Kind Food Donations  
\$712,451 • 35%

Bequests  
\$67,189 • 3%

TOTAL 2015 INCOME: \$2,053,025

### Administration

\$105,434 • 4%

Antique Store  
\$259,445 • 11%

Fundraising  
\$314,326 • 13%

Food Bank Program  
\$1,721,148 • 72%

TOTAL 2015 EXPENSES: \$2,400,353

Large one-time legacy gifts from the past two years covered the new, necessary expenses we incurred this year, allowing us feed more people in need in our community.

*Our finances are audited by an independent accounting firm: Dillwood, Burkell & Millar, LLP*

# Circle of Giving

Food For Thought - healing with food + love

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 and Elsa Garcia  
Ron and Linda Backstrom  
David Baylor and Theresa Helmer  
Bethlehem Foundation  
Broadway Cares/Equity Fights AIDS, Inc.  
Estate of Ruben Carrillo  
Community Foundation Sonoma County

Estate of H. Lance Cook  
Electra D. De Peyster  
Charles A. Frueauff Foundation  
Gilead Foundation  
Larry L. Hillblom Foundation  
Horizons Foundation

Estate of George W. Lord  
M.A.C. AIDS Fund  
Kathleen and Frank Mayhew  
Gary and Marcia Nelson  
Laurie Plant  
Mert Preston

RiskPress Foundation / Charlie Pendergast  
Mary Ann Rovai  
Rubin Family of Wines  
Estate of John Smith  
Sonoma County Wine Weekend  
Estate of J. Russell Wherritt

## Gold Circle (\$5,000 or more)

Julie and Tom Atwood  
Mark K. Cooper  
The Elder California Foundation  
Exchange Bank  
Steven Haggard

The Heck Foundation  
Philip Kuo and Del Ray Hankins  
Lazy Bear Fund, Inc.  
Little Red Hen Foundation

Patricia London  
Sonia Miller  
Clay Nesbitt  
Estate of David Robinson

Russian River Sisters of Perpetual Indulgence  
Joseph Tse Charitable Works / Jeff Tse  
and Monique Dubois  
Jane and Nelson Weller

## Silver Circle (\$2,500 or more)

Banfield Charitable Trust  
Alan Beckstead  
Burr Pilger Mayer  
Clif Bar Family Foundation  
Emily and Melvin Davis  
Tom Garigliano and Jim Dugan

Harvest for the Hungry Garden  
Meleana Holroyde and Kathryn Toms  
Kaiser Permanente  
Katie Killefer  
Diana Lobush and Jim Penpraze

Larry Prager and Linda Myszak  
Redwood Hill Farm and Creamery  
Rialto Cinemas / Ky Boyd  
Mark Short and Carl Ray  
William and Arlene Smith

Lynn Spaulding  
Jim Stacy  
Summit State Bank  
Harold Torres and Jimmy Mallett  
Sandy Younglove

## Bronze Circle (\$1,000 or more)

AcCounting on Computers / Lisa Ireland  
Winifred and Harry B. Allen Foundation  
Sigmund and Susan Anderman  
Animal Hospital of Sebastopol / Nicole Canon  
Kelly and Phil Beffrey  
Barry and Gail Ben-Zion  
Michael Bielawski and Alison Hannah  
Steve and Robin Black  
Terri and Glen Blackley  
Lee Boyack  
California Water Service Company  
Michael Calvelli  
Leslie Carter  
Marie Chandoha  
Coddling Foundation  
Jona Consani  
Rob Cooke  
Elizabeth and John Cotton  
Gar Cross and George White  
Arnaldo Delucchi

Rod DeMartini and Frederick Kasl  
John and Patricia Dervin  
Digital Ciggy  
Barbara and Mike Doyle  
Dan and Stephanie Dumbrell  
Jane and Herbert Dwight  
Lisa Fischer  
Forestville Pharmacy / Mark and Pamela Olson  
Forestville Planning Association  
Barbara and Gary Gerber  
Charlotte Griswold-Tergis  
Parke and Sarah Hafner  
Jeffrey and Terri Hamilton-Gahart  
Laura L. Hormel and Andrew L. Weisskoff  
Ruth Anne Johnston  
Jim Laufenberg and Mike Daly  
Francis Lum  
Diane and Leslie Lynch  
Doris and John Lyons  
Risty Marckx

Nancy H. Markell  
Laura and Larry Martin  
David McAuliffe  
Montgomery Village  
Myers Restaurant Supply  
Harry Nesbitt  
Oxford Construction / Tim Oxford  
Bruce and Renae Perry  
Dennis R. Petri  
Preston of Dry Creek / Lou and Susan Preston  
Rainbow Cattle Company  
Michael Randolph  
Gerald Rape  
Michael and Sue Rataj  
Redwood Credit Union  
Bill and Mary-Louise Reinking  
Kent Ritchie  
Russian River Festivals  
Russian River Utility Company  
Salmon Creek School

Nancy Schaub  
Lucia and Jim Schultz  
William Scott  
Daniel Shanahan and Dale Miller  
John and Elizabeth Sheela  
Jim and Kathleen Sparling  
Stuart Foundation  
Jack and Diane Stuppin  
Anjali and Ray Sussman  
John Sutherland  
Richard Sutherland and Duane Wakeham  
Hugh Trutton  
Vanguard Properties  
Michael Vellard and James Dern  
Cara Christina Widmer  
Willow Creek Wealth Management  
Evan Wright  
Nancy and King Wright  
Yunhee Yoo

## Copper Circle (\$500 or more)

Ray Allen  
Susan and Norman Amidon  
Dee Arias  
Linda and Rachel Bauer  
Jennifer Lynn Bice  
BoDean Company  
Chris Bramble  
Larry and Cecilia Bridges  
Steve Bromer  
Ren Brown and Robert DeVee  
Larry Campbell  
Ken Changus and Chuck Donaldson  
Paula Chiotti  
Jeff and Stacey Civan  
Robert Clegg  
Milo Coccimiglio  
Rose Cohen  
Congregation Shomrei Torah  
Peter Copen  
Nancy Crowe  
Michelle Davey and Scott Nickel  
Steven Deas and Jane Rosenberg  
Jim and Kathleen Dolinsek  
Barry Eddy  
Gary Eisman and Brent Fisher  
J. Yusuf Erskine and David Taff

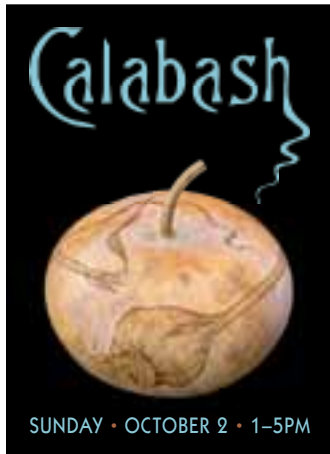
John F. Ewing  
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George Fossett and B. Gretter  
John and Debra Franzman  
Greg C. Fritz and Bruce Westland  
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Harold V. Geritz and Margaret Griffin  
William Grasse  
Ron and Bea Griffiths  
Robert and Catherine Hanson  
Ann Hatch and Paul Discoe  
Jeffrey Hayes and Paul Cardus  
Pattie and David Heisser  
John Hershey  
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Gail and Bob Hight  
Jim and Carolyn Hinton  
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Ambassador James C. Hormel  
Pete Hosier and Don Reeser  
Sally Hurd  
Carolyn Jean Johnson and Rick Theis

Patricia Couryer Johnson  
Barry Judge  
Ron Karp and Ann Dolin  
Neal M. Katz and Jan Zeitlin  
James King  
Wally Krampf  
Jane Krensky and Peggy Tourje  
Mark and Raylene Leavitt  
Margaret Livingston and Shirley Liberman  
Jesus Lozano  
Chris Markell  
Linda Marietta  
Jan Marks / Don Blaugrund LGBT Fund  
Mary Jo McBride  
James and Sandra McCambridge  
John McGuirk and Richard Knaggs  
Edith P. Mendez  
Peter Mirkovich  
John Mitchell and Randy Lofquist  
Phil and Maureen Murphy  
Howard Needleman  
Thomas Nelligan  
Veronica Ng  
Patti O'Brien  
Berta and Ron Pecoraro  
Jan Postma and David Karp

Stephen Resnick  
John Ross  
Russian River Rotary  
Robert Sargent  
Jane Saunders  
Fred Schneider  
Stephen and Deb Scholey  
Sebastopol Chapter of Realtors  
Donna Seid  
Patrick and Cris Simmons  
Timothy Stevenson and David King  
Regina and Tim Sullivan  
Vrenae Sutphin and David Gray  
Terri Tachovsky and Karen Knudson  
Kelly Temple and Mark Erickson  
Ted and Elizabeth Theiss  
Curtis Thomson and Sonny Childers  
Jay Tripathi / Gardenworks, Inc.  
Christine Tsai  
Charles Wallis  
Sue and Hugh West  
Jon Western and Elaine Ramires  
Caryn Woodhouse and Gene Lamka  
Christian Wright  
Doug Yule

Food For Thought  
PO Box 1608, Forestville CA 95436

Address Service Requested



Gourd Art: "Garlic" by Linda Gamble • Photo: John Hershey

*Save the Date!*

**Sunday,  
October 2  
1-5 pm**

See page 3 for more info

## **HAPPY BIRTHDAY TO FOOD FOR THOUGHT ANTIQUES, GIFTS, AND GARDEN!**



## **CELEBRATE WITH A 20% OFF STOREWIDE SALE AUGUST 26-28**

Food For Thought Antiques, Gifts, and Garden is nine years old! To celebrate, the store will have refreshments and raffle prizes every weekend in August.

**Aug. 26-28, stop by for BBQ treats and a 20% off storewide sale!**