



EAST BAY CIRCLE OF MEN

THE NEWSLETTER
EXPRESS EDITION

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My run away story from 1980

Randall looked back at the house, he was ready for a new journey but his heart was heavy with guilt, homesickness and an unknown feeling. he wished he had someone with him , someone to tell him it's gonna be okay, someone to hold his hand and assure him that this is the best decision. But he was all alone, the wind blew his hair and a dark cloud rested on the sky right above. It was the beginning of September and the weather rebelled, the summer heat was long gone, even though it should have stayed longer.

Randall looked at the house again, the dark windows were covered, the barn was closed and the door was locked.

He dragged his feet into the grass, onto the pavement and close to the road, waiting for a car to hitchhike, tiny luggage in hand, a piece of his home and sighed heavily. He felt like drowning, the water in his eyes wanted to stream free, but the wind picked the small tears and dried them quickly.

A car passed by and stopped just a meter away. Randall ran and got inside.

As he made himself comfortable in the backseat, he looked back at the house for the last time, wondering when he's going to see it again. What's gonna be left of it if he ever returns here and realized his roots were deeper than he thought. Memories, sweet and bitter flooded his mind , holding back the urge to stop the car and run back home.

Randall composed himself and watched the car go past the lanes, the familiar places, driving into the unknown and the unknown was lonely and scary. Even when the sun shined on it, the unknown was dark and horrifying, like the monsters you imagined as a kid. But this was real and it could eat you alive.

The roads switched, they went past an intersection and the driver stopped on a small bridge. Randall got out and went to the bus station, carrying his bags and memories with him, to the new place he was going to call home one day. He saw two older women waiting for the same bus and greeted them politely. he sat on the bench and closed his eyes until he heard the loud scream of the bus, the roar of the people and the complaints of the driver. The door opened and he got in, paid her ticket and found an empty seat to sink in. As soon as he sat down, he closed her eyes and ignored the views on the window, the familiar houses he might never see again, the roads he knew, the flowers he recognized and the people he always saw. He was now a stranger heading to a new place, all alone and scared, away from the comfort of his tiny house, the yells of her parents and the guilt of being a burden.

Randall Thieben

A Farewell to a Great Man

He did it.

He actually did it.

Andrés moved to Colombia.

When I first met Andrés, he was on journey inside. Who is he? What does it mean to be a man? Where will his life lead him? With all of these questions, he came to join the Shovelheads.

At first a bit closed and reluctant to share, he quickly embraced men's work and leaned in fully.

What he had to deal with was not always easy. And it challenged him greatly.

But whenever he was confronted, whenever it seemed like he had tapped out or disengaged – he came back.

And he pulled through.

Over the years he spent with us, I've seen him deal with important but conflicted relationships, with his career, his ongoing education and the discovery of where his next step in life is. Getting unstuck and moving forward.

Witnessing his creativity in drawing, photography and storytelling, dry humor and sharp wit was a delight.

Seeing him getting evermore self-expressed made me proud to be there to support him.

And then, it happened. He reconnected with his roots and family in Colombia. Something that has always been calling to him on some level. Be it curiosity or a sense of belonging and connection. Through this avenue he was able to let go of all his structures here in the US, sell, donate or give-away a lot of his possessions and then ... jump.

When we said our final goodbyes, it was weird. Unreal.

Knowing that in just a matter of a few days he'd be gone, didn't strike me fully until his seat was empty at the next team meeting. And while we knew he landed safely and was with family, there was a gap left behind.

Thank you, Andrés, for all the gifts you brought to our little team.

Thank you, for letting us be a contribution to your journey and growth.

I have no doubts that you will go above and beyond anything you imagined possible.

You'll always be a Shovelhead Emeritus.

And a Great Man.

Contributed by Matt Seul, Shovelheads

Four Lists

Top 5 Things I Miss About EBCoM

1. Fall Event
2. Fire Circle
3. Meaningful conversations
4. Team meetings
5. Community Service projects

Bottom 5 Things I Miss About EBCoM

1. Proposals about the proposal process
2. JT channeling Stalin in the guise of a proposal
3. Mountain Men team meetings
4. Attaboys for just showing up or supporting a man.
5. Rado's acai breakfast.

Top 5 Things I Love About Living in Bend

1. I own a house.
2. I have a dog.
3. I can drive to work in two minutes, Costco in five minutes, and the Deschutes National Forest in 15 minutes. If I alpine skied that would be in 30 minutes.
4. We have four seasons.
5. The people are nice and they drive slowly.

Bottom 5 Things I Love About Living in Bend

1. The women have more tattoos than teeth.
2. Loud pickup trucks are cool.
3. Fuck Biden masks.
4. COVID-19.
5. Starting over.

With greater appreciation than ever,

Rob Lewis

*Alumnus of Men on Fire, Mountain Men, Kiva, Bushwackers, Rocks,
and the group formerly known as the Chiefs.*

510-912-0129

AN APOLOGY

Alan Wick, 10/90 - Nov, 2022

I am bringing this to the surface within myself after more than a decade. This letter to the daughter of an ex-girl friend is my attempt to grieve and forgive myself for my bad behavior. I have asked Garner to help me with a ceremony to help me embrace this. A number of you know the girl friend, Anida, and her daughter, Rebecca, who is about 28 now. I first met her in 2000, when she was 7 and her Bat Mitzvah was in 2007. Anida and I broke up and I moved out in 2007 or 2008. I haven't had any contact with either of them since and don't know where they are now. Here's my letter of apology ...

Rebecca,

I'm writing to apologize to you and as a step toward self-forgiveness. I didn't say goodbye to you when I moved out (you were 14) and I have felt remorse, regret and shame about that ever since. I did not treat you well; in fact, I treated you with ill will in a passive-aggressive way and I did that because I felt hurt by you, so I was trying to hurt you back. You didn't do anything to hurt me; you just didn't want me to live with you. I took your struggles personally. I wish that I had supported you better at the time.

I hope that you suffered no lasting effects from the unkind way I treated you. That being said, I hope that you will accept my apology.

I was quite fond of you, despite a sense that you rejected me. I think that you are a remarkable, talented person and I wish you well.

Alan

A NOTABLE SENTENCE

Alan Wick, 10/90 - Nov, 2022

One day a long time ago I walked into an eclectic store in downtown S.F. and saw a strange-looking book with no title on a small table. I opened it up to a page in the middle and saw this remarkable sentence, which I wrote down and memorized ...

“He told me that one day his heart opened up like a screen door with a broken latch and everything fell out and he tried for days to put it all back in the proper order, but finally he gave up and left it all there in a pile and loved everything equally.”

Steered Right

Jeff Randall

PS 101 had two sixth grade classes and 6-1 was the smart one. Everyone wanted to be in Mrs. Cooke's class and I was overjoyed in it.

I was popular, but not because of my brains. I was the class clown, but was chill enough to have Mrs. Cooke appreciate my humor. In fact, it was the first year my mother didn't get called up to see the teacher. I was doing great until, at the end of the year, something happened that totally crushed me.

All 6th grade students took a series of achievement tests to determine if we were to be placed in the junior high school special advanced class. This class, known as SP, allowed students to skip a grade and finish junior high in two rather than three years. I thought I had a good shot at making it since I performed around the middle of the class throughout the year.

I didn't make it, but that wasn't what fucked me up. It was the way I found out that was so cruel.

There were 35 kids in 6-1. A few weeks before graduation, a lady from the district came in and told all of us she had the list of students who made SP.

She instructed all those whose names she called out to go to a class across the hall to get further instructions. One by one the names were called. By the end, 32 of the 35 students had left. There we sat, Michael Levitan, Chantel Grimes, and myself.

I have no memory of how I felt at the time. Guess I blanked it out. What I do remember is sobbing to my parents and feeling really fucking small.

My parents did their best to comfort me, but I was inconsolable. It wasn't just that I didn't make it. It meant being separated from all my friends and labeled not as smart as them.

My mom talked to Mrs. Cooke who explained my reading level was a notch below the required grade. She said if we wanted to appeal, we would have a good chance of reversing the decision.

I wanted to do just that, but that's when my father stepped. "Son, we shouldn't do it. It's better to be a big fish in a small pond than a small fish in a big pond", he said.

When I persisted, he said the magic words, "Jeff, have I ever steered you wrong?"

That was my dad's ace in the hole because he never did.

Since I played trumpet, I was placed in band class where I was the best student. I was also the best trumpet player and got all the solos at our performances. My confidence shot up and Arlene Schector, the prettiest girl in class, and I had a three-year flirtation.

My dad rarely took a stand as strong as he did that day. Man, I'm so grateful he did. It might have changed the course of my life.

Would It Be A Departure From Good Taste To Say That **Teddy Roosevelt** Can Kiss My Ass?

For as long as I can remember I have been a creature of extremes. One form this takes is an oscillation between rebellion and conformity. My conformist streak has me following the path laid out for me by parents and society and, when neither of those apply, generally following the path of least resistance. My rebellious streak finds fault with damn dear everything, sets itself in opposition to the status quo on principle, and generally encourages me to rant, wallow and provoke at every opportunity.

My **departure** came in the form of turning towards the darkness residing within me rather than struggling to blot it out. I listen when it calls but I do not embrace it. I grant it an audience, sometimes taking what I want, but always stepping back into the glorious **gray twilight** where neither force has greater pull. I cannot fully trust either extreme because both have served me well and both have cost me greatly. Instead I hold them both at arm's length, maintaining balance in extremes.

Evan Keysor

About the Rotation
By Matt Seul, Shovelheads

Following the team process at the last FireCircle, I find myself left with mixed feelings about the rotation.

Yes. "The Shovelheads", in terms of the circle, are oftentimes primarily represented by me. And there are moments where it occurs to me that, while I get the benefits of the circle, a lot of the expectations and workload designed for a whole team, hit me first.

And I'm not blaming my team members – they are free to choose to belong to the circle and participate – or not. I will not force-enroll or drum up commitment for the sake of looking good. Yet, Jesse's comment about considering being on the rotation or even an official Circle team gave me pause.

Quite frankly, I don't feel like any of the rotation activities are things I genuinely look forward to. There is no "Whoa, I'm serving the men!!"-spark in me. Rather, it's that I have given my commitment to deliver, and I stand by that. If that means sucking it up and powering through it, even if I don't feel like it, then that's that. If that's what being committed to the Circle is like, so be it.

What gets me a tad bit upset is that the Shovelheads have delivered for over three years as part of the rotation. And then I discover at the FireCircle that there are teams in existence that are "thinking about" or "debating" if they miiight want to go onto the rotation. And have been doing so for a while. And do not get called out. Come again?

So, I can just tap out and say...

"Nah, I think we're gonna skip making breakfast because we don't feel like getting up at 4:30am on Saturday and schlepping all that stuff around in the freezing December morning"

Or....

"Nah, we're not gonna do the Newsletter, because we don't want to spend the evening wrangling Word documents!"

I don't think this is how this goes - or is it?
Am I the heel-clacking, yessir-shouting sucker here?

HASSLE IS BAAAACK

“Everyone deserves a second chance.” - Mike Downey in “Married To The Mob”

I would like to offer HASSLE again as support to our members.

HASSLE = HELPFUL AFFAIRS SUPPORT SQUAD, LET'S EXCEL.

The effort is for us to get our legal affairs in order to make it as easy as possible for those who clean up after us when we die or become incapable of making decisions.

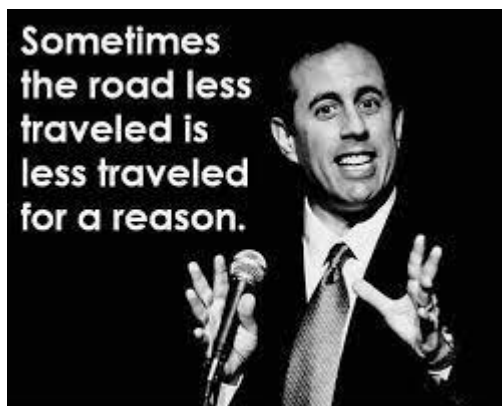
MY GOAL = to support participants to complete by Fall Event 2022. My hope is success for 75% of our members (i.e., the same percentage as required for Overwhelming Support). History: we spent the year of 2019 doing HASSLE and, as I recall, about 20 men succeeded in completing their self-determined list of affairs.

Here's how you can be part of HASSLE

1. Commit to getting your affairs in order. You determine what completion looks like. I have info to help if you want.
2. Support others to complete.

Contact me if you want to be HASSLED.

Alan Wick, 510-919-0740, alanwick@mindspring.com



Submitted by Jeffrey Randall

Team's Business

G Ray

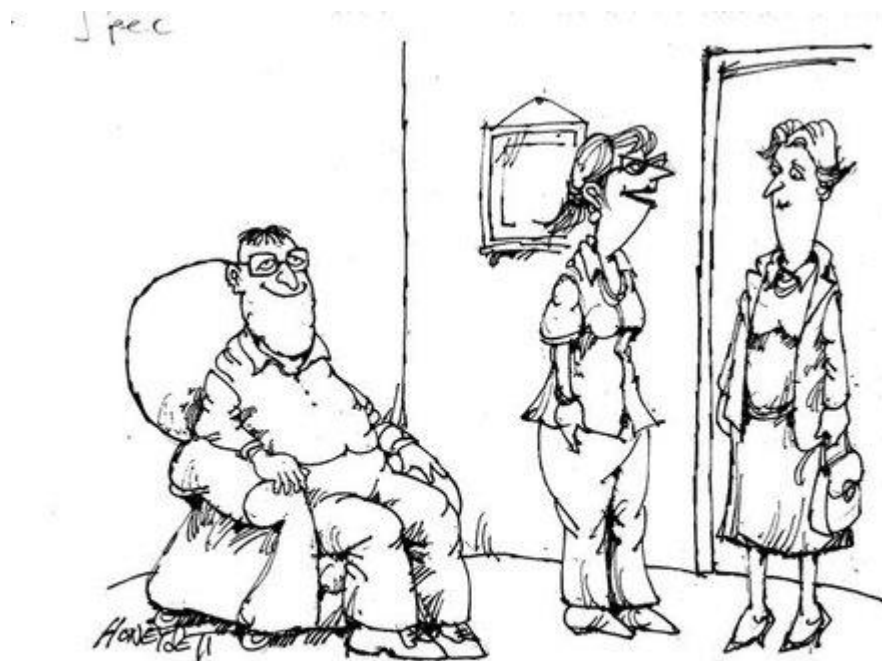
Teams of EBCOM, Hoorah!!!! Our mission is to support men, teams, families, community; to hold each other accountable to our Standards and Agreements; And to act with integrity and love. With that said, we have **Eleven** recognized teams (those in rotation) and **Thirty Nine members** who are not on a team and many of them are looking to visit and join a team.

There are teams whose members have moved out of state, reducing the number of team members' ability to engage in service through rotation along with any other team gatherings. Some teams may be struggling to stay afloat or are being drained due to the lack of engagement in the circle, or I could be just NUTS, lol. At the end of the day some teams are missing an opportunity.

I would like us to look at our mission and ask ourselves as a whole, are we living the mission? Are we holding each other accountable in supporting **Thirty Nine** of our brothers who are not on a team? Are we holding teams accountable to bring their membership up to be able to engage in the Circle and Team events?

I believe we can live the mission by increasing team membership and engaging in circle and team events. We have eleven recognized teams with thirty nine members with many looking to just visit a team. I am aware that there are some teams who are engaged with having visitors right now and please take a lap on Saturday for that. And for those teams who are struggling with membership, it doesn't have to be that way, have a visitor or two, hell you might find a few strong members.

Let's all live the mission...



"HE'S BEEN IN A GOOD MOOD SINCE WE GOT BACK FROM HOLIDAY, THE AIRLINE LOST HIS EMOTIONAL BAGGAGE."

Contributed by Matt Seul

Community Service Opportunity

Upcoming EBCoM Community Service Opportunity at Camp Herms on Sunday Morning – November 14

EBCoM has benefitted greatly from use of the facilities at the Boy Scout [Camp Herms](#) in El Cerrito. We have had many initiation events and other events there and it is a great resource for the scouts and many other east bay organizations. Now – there is an opportunity for us to give back.

As you know there is still a heightened fire risk in many areas in the east bay. The ranger and volunteers at Camp Herms have done much to reduce the fire risk there but more help is needed. In addition to trimming trees (not on ladders), removing weeds and spreading wood chips, for our project we will also build wire structures to help stabilize soil for new plantings and prevent them from being browsed by deer. All work will be done outdoors, and tools will be provided but sturdy shoes and gloves are recommended. Weather permitting – we will begin at 9:00 and a sumptuous lunch will be provided around noon.

Spouses, friends and kids over 10 are welcome. This will be a great opportunity to get your men together and do something fun as a team. Additional information will be provided at the November 13th EBCoM meeting. We hope to see you there. Contact Terry McMahon or Phillip Garrison if you have questions.

Team Health Wallah Report

Teams Open For Visitation

<u>Teams:</u>	<u>Contact:</u>
Team Boom	Yoni Resnick: yonires1@gmail.com
Kings Of Heart	f.kohler@yahoo.com
The Rocks	photo@ryanstoney.com
Sharks WFLB	447doug@att.net / ebaybozo@yahoo.com
Shovelheads	me@mseul.de
Team Dragons	pauldavid@gmail.com / mltaylor01@gmail.com

Together
Everyone
Achieves
More

EBCOM 2021 Q3 FINANCIAL REPORT

BANKING SUMMARY Q3 2021

2021 PROJECTED ANNUAL BUDGET

INCOME

Event Income	
Fall Event	7,458.56
Family Campout	636.38
TOTAL Event Income	8,094.94
Member Dues	-30.00
TOTAL INCOME	8,064.94

EXPENSES

Community Services	
Turkey Drive	
Miscellaneous	138.00
TOTAL Turkey Drive	138.00
TOTAL Community Services	138.00
Event Expenses	
Fall Event	245.75
Site Deposit	-490.00
Site Rental	1,560.00
TOTAL Fall Event	1,315.75
Family Campout	1,053.05
TOTAL Event Expenses	2,368.80
Financial	35.99
Firewood Firecircle	75.02
Food & Dining	
Coffee and Tea	58.95
Saturday Meeting Breakfast	215.42
TOTAL Food & Dining	274.37
Internet	
Web Domain Hosting	143.88
TOTAL Internet	143.88
Miscellaneous	464.48
TOTAL EXPENSES	3,500.54

OVERALL TOTAL **4,564.40**

INCOME	AMOUNT
Member Dues	\$ 5,000.00
Fall Event	\$ 8,000.00
Family Campout	\$ 8,000.00
TOTAL INCOME	\$ 21,000.00
EXPENSES	AMOUNT
Saturday Breakfast	\$ 1,000.00
Coffee & Tea	\$ 200.00
Newsletters	\$ 1,400.00
Fire Circle	\$ 100.00
Fall Event	\$ 8,000.00
Family Campout	\$ 8,000.00
Insurance	\$ 500.00
Chiefs' Aways	\$ 300.00
Internet/Web	\$ 600.00
Initiation	\$ 400.00
TOTAL EXPENSES	\$ 20,500.00
TOTAL PROFIT (LOSS)	\$ 500.00

unanticipated expenses

Q2 CASH FLOW OVERVIEW:

STARTING BAL:	\$14,125.93	on 7/1/21
ENDING BAL:	\$18,690.33	on 9/30/21
MAX BALANCE:	\$18,690.33	on 9/30/21
MIN BALANCE:	\$13,596.31	on 8/11/21

Leaders' Corner

David Block, Finance Lead, B Team

The previous page shows the banking summary and substantial bank balance. The bank balance appears much higher than it really is. This is because in the third quarter, we saw ~\$7,500 in Fall Event registration fees come in, but reimbursements had not yet been doled out. The reimbursements are on the order of \$4,660. So the final end-of-quarter balance of ~\$18,400 will very quickly become ~\$13,800 in Q4 – still a very healthy amount. The Fall Event ended up just about breakeven.

In Q3, there was an expense related to the 2020 Turkey Drive that was paid out. The Turkey Drive of 2020 had various prizes offered for different fundraising achievements. One of the prizes was a boat ride on the bay, captained by our very own Kenn Wright, for the team that raised the most money. The prize went to the B Team. The cost of this excursion was \$138 in gasoline for the boat. The Leaders voted to pay for this cost out of the EBCOM fund rather than from the Turkey Drive fund or from Kenn's own pocket. Since Bryan and I are on the B Team and felt we had a bit of a conflict, we recused ourselves as leaders from the vote on this. The remaining leaders overwhelmingly voted in favor of using EBCOM funds to cover this cost. The 2020 Turkey Drive was a huge success. Hats off to the Turkey Drive production team. This particular prize expense is a small cautionary tale for upcoming Turkey Drive production teams to consider how to pay for any prizes and other expenses that may come up.

There are miscellaneous expenses of \$464 shown in Q3. The Leaders voted and made a decision to purchase several EBCOM hats. These hats will be available for sale to the men of the circle. It's showing as a pure expense right now. But, the expectation is for EBCOM to eventually break even on these hats when it's all said and done.

When many people began to get vaccinated about midway through the year, we got very excited and even had one month where breakfast was served at a Saturday meeting. Things quickly changed, due to spread of the delta variant of the virus, and breakfasts were once again suspended for the remainder of the quarter. The banking summary shows an expense of \$215, which is for that one breakfast as well as an order of new cutting boards for the kit. And there is another expense for \$58 for coffee/tea supplies, which we still should have a decent stock of. The leaders have decided to resume breakfast service at the upcoming November Saturday Meeting. Q4 will then see a couple months of breakfast expenses. That will leave us well under budget for breakfast expenses for the year, having only served 3 breakfasts. The budget for the year anticipated some months without breakfast service. But, the expenses will even be under this reduced budget.

So here we are, having made it through the pandemic thus far in very good financial shape. We were very conservative on finances over the last year and a half, due to consideration of worst-case event scenarios and protecting against possible large monetary losses. Those doomsday scenarios didn't pan out. We also did not incur the anticipated breakfast expenses. And now we have a large bank balance. We are again in a position to make use of some of those funds. The leaders will be discussing this in the weeks to come. Stay tuned.

Submitted by David Block

B Team

Finance Lead

East Bay Circle of Men: Council of Leaders List

Leader	Month
Randall, Jeffrey (<i>Membership</i>)	Nov
Weiss, Bryan (<i>Legacy</i>)	Dec
Bloom, Jesse (<i>Spirit</i>)	Jan
Brinner, Rafi (<i>Communication</i>)	Feb
Nichols, Jack (<i>Community Service</i>)	Mar
Schick, Ben (<i>Events</i>)	Apr
Block, David (<i>Finance</i>)	May

East Bay Circle of Men: Wallah List

Wallah Job	Member Name
Coffee Wallah	King, Bruce
Fire Wallah	Stoney, Ryan
Health Wallah	Davis, Peter
Member and Family Support	Scott, Will
Newsletter Wallah	Fullmer, Mike
Online Newsletter	Timothy, John
Team Wallah	Ray, Gerald
Web Consultant	Ligda, Jay
Web Page Developer	Seul, Mathias

East Bay Circle of Men: Calendar of Upcoming Events

Date	Event Name	Times	Contact Person
11/13/2021	General Monthly Meeting (Guests Welcome) Where: Lake Chabot Park	8:00 AM until 10:00 AM breakfast at 7:15	Leader of the Month
11/24/2021	Holiday Party Dinner Where: Lake Chabot Park	7PM to 9PM	Thomas Taylor
12/11/2021	General Monthly Meeting (Guests Welcome) Where: Lake Chabot Park	8:00 AM until 10:00 AM breakfast at 7:15	Leader of the Month
12/22/2021	Informal Fire Circle (No Guests) Where: Lake Chabot Park <i>no business meeting</i>	7:15 PM until 9:00 PM	Leader of the Month

Team Rotation

November

Newsletter	Shovelheads
Food	Not on a Team
Sacred Circle	The Seekers Kings of Heart
Fire Circle	Kings of Heart
Fun & Childcare	B Team

December

Newsletter	JourneyMen
Food	Shovelheads
Sacred Circle	Not on a Team
Fire Circle	The Seekers
Fun & Childcare	Kings of Heart

January

Newsletter	BOOM
Food	JourneyMen
Sacred Circle	Shovelheads
Fire Circle	Not on a Team
Fun & Childcare	The Seekers

Upcoming Birthdays

Man	Birthday
Gonzalez, Kenny	11/05/1969 (52)
Taylor, Thomas	11/13/1960 (61)
Calloway, Dennis	11/14/1953 (68)
DeMattia, Ed	11/15/1964 (57)
Brinner, Rafi	11/17/1965 (56)
Dolan, Tom	11/19/1949 (72)
Carter, Brian	11/20/1955 (66)
Symmons, Rich	11/25/1945 (76)
Otway, Devin	11/26/1984 (37)
Ellson, Steve	11/28/1969 (52)
Fisher, Knute	12/02/1941 (80)
Mance, Charles	12/05/1951 (70)
Behnken, Roger	12/07/1943 (78)
Thiel, Clayton	12/11/1956 (65)
Rosing, Steven "Stev"	12/13/1961 (60)
Bloom, Jesse	12/13/1978 (43)
Valente, Marty	12/24/1946 (75)
Stiegler, Ben	12/27/1955 (66)
McMahon, Terry	12/31/1954 (67)
Brown, Matt	01/12/1960 (61)
Stoney, Ryan	01/15/1971 (50)
Garrison, David	01/15/1959 (62)
Ray, Gerald	01/29/1974 (47)
Mandel, David	01/31/1961 (60)



OUR STANDARDS

- SHOW UP**
- KEEP CONFIDENTIALITY**
- SPEAK THE TRUTH**
- KEEP YOUR WORD**
- REMEMBER FAMILY & FRIENDS**
- HONOR MEN**
- RESPECT WOMEN**
- BE RESPONSIBLE FOR CHILDREN**
- DON'T QUIT**
- HAVE FUN!**

OUR MISSION

**TO SUPPORT MEN, TEAMS, FAMILIES AND COMMUNITY;
TO HOLD EACH OTHER ACCOUNTABLE TO OUR STANDARDS AND AGREEMENTS;
AND TO ACT WITH INTEGRITY AND LOVE.**

EAST BAY CIRCLE OF MEN NEWSLETTER POLICY

- The newsletter will be published no later than Thursday night, nine days prior to the Saturday General Meeting.
- Everything published in the newsletter must include the legible signature of the EBCOM member whose contribution it is.
- There are no restrictions as to content. Submissions will be edited only to protect confidentiality.

For the complete policy, see the Living Document.

THE THREE AGREEMENTS

I WILL BE ON TIME TO CIRCLE OF MEN EVENTS.

I WILL PARTICIPATE IN AT LEAST ONE CIRCLE OF MEN COMMUNITY SERVICE EVENT PER YEAR.

NEWLY INITIATED MEMBERS WILL BE ON AN EAST BAY CIRCLE OF MEN TEAM FOR AT LEAST THREE MONTHS.

NOTICE: The material herein is the responsibility of the individual contributors; it does not necessarily represent the views of the East Bay Circle of Men. If the frank discussion and graphic representation of men's issues, including men's humor, is offensive or upsetting to you, please do not read this newsletter. Thank you.

Holiday Dinner Drive

With your generous donation, we can make this possible!

\$25

provides a complete turkey dinner for an entire family

\$75

supports three families

\$150

brings your powerful love to six families

\$300

provides twelve families with a complete dinner

100% of the funds raised are used to procure and distribute the food to these families. **Make a 501(c)(3) tax-deductible donation TODAY** through EOBA's secure website by going to <http://www.eastbaycircleofmen.org> and following the donation instructions.

Thank you for acting now to help your neighbors in need.