

Thrift Stores 1/2-Off Sale THIS Saturday, September 8



Fall 2012 Newsletter

California Grey Bears

Supporting Seniors - Recycling Resources

UPCOMING EVENTS



Sept 8: Grey Bears Thrift Store and Computer Electronics Store
1/2 Off Sale,
10am-3pm

Sept 12-15: Santa Cruz Follies 57th Season, Sept 12-15 at the Santa Cruz Civic, buy your tickets at Grey Bears, 831-479-1055 ext. 0

Sept 15: Prostate Cancer Awareness Day, free screenings at Sutter, 7-11am

Sep 25: 36th Annual Grey Bears Harvest Picnic, Harvey West Park, 11:30am

Oct 26: S.C.R.A.P. 20th Anniversary mixer at Grey Bears, 4pm-6:30pm

Dec 2: 39th Annual Holiday Dinner, SC Civic Auditorium, 11:30am

Our Brown Bag Program delivers 4,000 bags of nutritious produce to 4,000 seniors every week. Please support us! Become a Member. Donate - Volunteer www.greybears.org



Dear Friends

Get ready for the Grey Bears 36th Annual Harvest Picnic - we've got a real barn-burner planned for you! It all happens on Tuesday, September 25, 11:30am at Harvey West Park.

We'll start you out with a delicious BBQ lunch (vegetarian options), including dessert, beverages and more. Bask under the canopy covered seating and enjoy live music by Danceland, a huge raffle and other surprises.

A few of the raffle items you could win include three-nights lodging at a resort in

Cabo San Lucas, two-night stays at Atlantis Casino Resort and Harrah's in Reno, gift certificates at Café Cruz, Sanderlings, Shadowbrook, Scoppazi's and the San Francisco Zoo, gift baskets from Newman's Own Organics, Gizdich Ranch, and Santa Cruz Coffee Roasting and more! Pick up your raffle tickets at Grey Bears and at the picnic.

Carpooling is encouraged, and extra parking is available at Portuguese Hall with van shuttle along the way to and from the picnic area. Admission is always free for all seniors age 55+. It's gonna be fun...see you there! For info call 831-479-1055.



The Bears in Brief...



Pictured above in a pear orchard are, top L-R: Judy (orchard owner), Alan, Vern, Ole, Gwen, Brenna, Sherry, Joy and Rachael

Up a tree: The Grey Bears gleaners have been busy picking fruit. Though we collaborate with the ag community and local markets for much of the produce and bread that fills our brown bags each week, the Grey Bears gleaning tradition continues to supplement our weekly bags.



The Food Loop & Hog Heaven: Eliminating food waste has been central to the Grey Bears mission of reuse for four decades. The food from our supermarket and bakery pick ups goes to members, volunteers, and our chefs who dish out 300 hot lunches every week for volunteers and staff. We also give food to other agencies, including the Mid-County Senior Center, Homeless Services Center, churches and many others.

Any leftover spoils are either composted in our Earth Tubs, or go to farms such as Fogline Farm in Soquel, whose happy pigs (above) enjoy hors d'ourves before their main course (top right). A donkey rescuer and the Bunny



Refuge also partake.

Speaking of food waste, according to a recent national survey, Americans' biggest green guilt is wasting food. The survey found that "the average household throws out 470 pounds of food every year, making it the largest component in our nation's landfills."



Pictured L-R: Cal, Greg, John and Dan

Intrepid technofiles: Volunteers in the Grey Bears Computer Electronics Store took a moment away from their work benches for an old-fashioned photo. Because of their efforts, nerds to end-users and even technophobes are happier, enjoying inexpensive solutions to their personal/business computing, audio/video and appliance needs.



Keen Kitchen: The raves have been coming in for the extra yummy cooking by new volunteer chefs, Emily Jean Hammergren (pictured) and Shane Hayes, both of Santa Cruz. Says Emily, "I've been cooking professionally for 30 years and have never had more fun than cooking at Grey Bears. The kitchen is easy to work in and everyone is so wonderful and appreciative of what I prepare."

Eating Healthy

by Sandi Rechenmacher, HHP, NC, MH and a Grey Bear

Stop in the name of love

When speaking of saturated fats and loving oneself, Diana Ross was a woman of great inspiration: "Stop" eating animal products "in the name of Love!" The avoidance of these highly processed, over-indulged animal fats is currently recommended by Harvard, Johns Hopkins, USDA, American Heart Association, National Academy of Science, the Academy of Nutrition and Dietetics, and the US Postal Service among others. In response movements like Meatless Mondays and Food for Life - Nutrition and Cooking programs are popping up across the nation.

I see this as an awesome opportunity to offer a tasty plant-based recipe that will both grow a healthier me & you *and* help lower those ever-surmounting US health care costs.

The following recipe is an incredibly versatile, creamy spread that contains no animal parts or products.

Yes, *creamy* and yummy as a topping over a bed of lettuce or steamed seasonal garden veggies; an appetizer on crackers, or pita bread; a dip for veggies; a filling between two tortillas (heated briefly on both sides in an un-greased skillet until lightly browned); or as a spread in a pita pocket with cucumber, tomato slices and a sprig of cilantro. The beauty of this creamy spread is that it keeps well in the refrigerator for a week and it also freezes well. So make extra because you know you will be hungry again for such a multifaceted delight. 'Go' in the name of *love* and eat Heart-ily of the following creamy, veggie-love spread.



Creamy, Veggie-Love Spread

Makes about 1-3/4 cups

- 1 can white beans
 - 2 Tbs nutritional yeast, large flakes
 - 1 1/2 Tbs lemon juice
 - 1/2 tsp onion powder
 - 1/2 tsp garlic powder
 - 1 tsp smoked paprika (or 1/4 cup roasted red bell peppers)
 - 1/2 tsp mustard (optional)
 - 1/2 tsp salt (ONLY if not using canned beans)
 - 1/2 cup salsa
 - 1/4 cup chopped fresh cilantro
- Rinse and drain beans well in a colander to remove excess salt.
- Process beans and all other ingredients (except for salsa and cilantro) in a food processor until smooth.
 - Remove spread from processor and put it in a salad bowl.
 - Stir in salsa and cilantro.

Notes: Nutritional Yeast not only adds a good supply of all the B vitamins, it also adds a wonderful cheesy taste to this high-fiber bean spread. It can become addictive, but no worries, because it's good for you! Nutritional yeast can be purchased in bulk at most all natural food stores in town.



Volunteer Spotlight

"I just like to do things for people," says Eola Cross, 86, and a Grey Bears volunteer for 29 years. The idea of neighbors caring for each other was a core value instilled in Eola during her upbringing in DeQueen, Arkansas in a family of 12 kids. "If a barn needed to be built, everyone helped," she remembers. "At one point we went without food for three days. I promised God that when I made it through the Great Depression, I wouldn't see anyone go hungry if I could help it."

She left home at 17 and two years later married Lester Cross, who was serving in WWII. They eventually moved to Santa Cruz in 1961, and to Watsonville in 1976.

That was a busy time, Eola recalls. "We had one child and three adopted children, and we also took in more than 100 foster kids over the years."

In May of 1983, Eola's long journey with Grey Bears began. "I took over the only shut-in delivery route in Watsonville to 39 people. I'd have to load up my car with bags twice to get them all out."

Eola took over managing that, and other Watsonville sites since. "Every week the bag pick up is an event we all look forward to, where people come early to get together, to socialize. It makes me very humble that I've been able to do whatever I could for others, because it has come back to me many fold."

California Grey Bears

2710 Chanticleer Ave
Santa Cruz CA 95065

Current Resident or:

Non-Profit Org
US Postage Paid
Santa Cruz CA
Permit No 119

\$1 = four shopping bags of fresh groceries delivered to local seniors.

THANK YOU FOR YOUR GENEROUS SUPPORT!

Ongoing Classes

All classes held at Grey Bears. Contact the office for details or to sign up, 831-479-1055 or email info@greybears.org.

Chair Yoga with Suzi: Fridays, 9:30am-10:30am

Cooking Class with Chef Tom: 4th Saturday monthly, 10am-noon (next one is Sept 22).

Exercise Class with Brian: Wed, 10am-10:30am

Intro to Computers classes: New classes start week of Sept.10

Open Computer Lab: Mon-Fri, 10am-2pm

Spanish for Beginners: Weds, 10:30am-11:30am

Conversational Spanish: Wednesdays, 9am-10am

Taiko Drumming for Seniors: Weds, 6pm-7pm

Taiko Drumming for Children: Sun, 1-2pm starting Sept 9

CHAIR YOGA POSE OF THE MONTH

Tree Pose

Tree Pose improves posture and balance and increases the strength and flexibility of the ankles, knees and hip joints.

Try Tree Pose holding onto a chair or the wall. Shift your weight onto your right foot, and lift your left foot to meet the ankle, inner calf or thigh (not the knee). Test your balance for five breaths. Change sides.

Suzi Mahler teaches Chair Yoga classes at Grey Bears on Fridays at 9:30am.



Connect With Us

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Have a story to share? Email us at info@greybears.org