

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



California Grey Bears

November 2012

Supporting Seniors - Recycling Resources

Dear Friends,

We're looking forward to seeing you all at the 39th Annual Grey Bears Holiday Dinner on Sunday, December 2 at the Santa Cruz Civic Auditorium, 11:30am-1:30pm. Enjoy a delicious home-cooked dinner (vegetarian options) including Gizdich pies and



Grey Bears E-waste: locally collected, responsibly recycled

We accept all of your old computers, printers, monitors, TVs, audio/video gear, car and UPS batteries, cell phones, scrap metal, appliances (anything with an electric cord - and no drop fees ever at our Chanticleer Center), and more. Open every day 7:30-3:45.

Santa Cruz Coffee Roasting coffee, terrific entertainment, special awards and more. We'll also deliver a special holiday dinner to more than 1,500 homebound seniors unable to attend.

As the local harvest ends and our winter food program begins, your generosity helps us buy food that fills the 4,000 brown bags Grey Bears members rely on every week. Your donations make what we do possible. Please mail a check to Grey Bears, or visit our secure website to make your gift with a credit card. We thank you for your support!

Upcoming Events



Nov 17:
Warehouse
rummage
sale/canned food
drive, 8-10:30am.

Dec 2: 39th
Annual Grey Bears
Holiday Dinner, SC
Civic, 11:30am.



Dec 8: Thrift
Store & Computer
Store 1/2-Off Sale,
10am-3pm

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

The Bears in Brief...



◀ **Kudos to Donna Merriman**, who received a *Be the Difference* Award at the Volunteer Center's luncheon on October 23. Donna just about does it all at Grey Bears - from teaching computer classes and hosting the computer lab, to food quality control, brown bag assembly and delivery, helping with events, tracking volunteer hours and serving on the board of directors. Thanks Donna!



Don't miss our early bird **Warehouse Rummage Sale & Canned Food Drive** on Saturday, Nov. 17 from 8-10:30am. Clothing, Christmas decorations and more all priced under \$10, most under \$5. Receive a free clothing item of your choice by donating two cans of food, and enjoy free coffee, pastries and music.



◀ **Composting Worms - the perfect backyard pets.** Master composter Paul McGillicuddy has his hands full with worms at the Grey Bears Vermiculture site. These amazing creatures benefit home composters, gardeners and the environment. Worm castings provide beneficial microorganisms and nutrients to the soil.

Says Paul, "Now is an excellent time to start a home worm composting bin. The castings can be used to fertilize your flowers and vegetables in the spring."

Bins are available at local garden supply stores, and Grey Bears offers starter worms for a \$10 donation. You can get your hands on some worms from Paul at Grey Bears on Friday mornings between 9:30-10:30am.



◀ **Planet Cruz Comedy Hour benefits Grey Bears:** This hilarious show, hosted by Richard Stockton (pictured), touches down at the Rio Theatre this Saturday, November 17 at 8pm. Tickets are \$15, and Grey Bears receives \$9 of each ticket sold at the Grey Bears office (cash/checks) and online with a credit card at brownpapertickets.com/event/greybears/266190.

◀ **UCSC Pledge Class helps Grey Bears:** The pledge class of Alpha Gamma Nu (AGN), a fraternity of men and women students at UCSC, arrived bright and early Monday morning Nov. 12 to volunteer at Grey Bears. At right, frat members sort books, tapes, CDs and DVDs for the Grey Bears online bookstore. AGN is the local chapter of the national Alpha Phi Omega fraternity, whose cardinal tenets are "Be a Leader, Be a Friend, Be of Service." That's a tagline that fits Grey Bears to a tee. Thanks guys



A Twist for Your Chair

Seated twists keep our spines healthy, enhance flexibility and strength, and help prevent bone loss in the vertebrae. Start by sitting up nice and tall, take a deep breath in, and as you exhale slowly start to turn from the base of the spine towards the right side as you reach for the chair with the right hand. If the neck is comfortable, turn to look over the right shoulder. Try not to force anything and allow the twist to happen naturally with the breath. When you're ready to release after five breaths or so, do it on an exhale. Then take the other side.

Suzi Mahler CMP, NE teaches Chair Yoga at Grey Bears on Tuesdays and Fridays, 9:30-10:30am.

Holiday Recipe

Mushroom Gravy

U se this savory gravy on mashed potatoes and stuffing for Thanksgiving, or whenever you want a gravy. This vegetarian gravy becomes a virtuous vegan sauce when made with corn oil instead of butter: no cholesterol or only 1/7th the saturated fat. This recipe includes the secret to lump-free gravy.



Active time: 15 minutes. Total time: 15 minutes. Serves 4.

Recipe Ingredients

1 clove garlic
2 tablespoons butter or corn oil
1/2 onion
4 ounces button mushrooms (113 grams)
1 tablespoon white whole wheat flour or all-purpose flour
1/2 cup water or home-made chickpea broth
1 tablespoon soy sauce

Recipe Method

- 1: Mince garlic and set aside. Melt butter over medium-low heat in a medium.
- 2: Chop onion and add to butter. Cook until soft, stirring occasionally to prevent burning.
- 3: Cut stem ends off mushrooms, slice thin, and then cut in half crossways. Add garlic to onion mixture and stir once. Add mushrooms to onion mixture, stir, and cook until mushrooms are juicy and lightly browned, about 5 minutes.
- 4: The secret to lump-free gravy: put flour and cold liquid in a jar and shake well before adding to hot ingredients. Use broth from home-cooked chickpeas if you have it; otherwise, use water. Pour flour water and soy sauce into onion mixture. Whisk to combine, then cook until gravy thickens, about two minutes, stirring frequently. If gravy is too thin, cook longer. If gravy is too thick, add more liquid.



Volunteer of the Month
Maria Consoli
Loiacono

M aria and her husband Tony joined Grey Bears in 2001 after moving to Aptos from San Jose. She started as a volunteer in the Thrift Store and after two years, moved to the warehouse and brown bag program. Maria currently volunteers in the kitchen. "I enjoy cooking so much, I think it's in my blood," says the native of Italy, who was born in the City of Catania in Sicily in 1935. "We have a great team that works really well together. I enjoy volunteering at Grey Bears because I meet so many nice people and make lots of new friends." Maria also serves on the Grey Bears Advisory Board, and on the board of S.C.R.A.P. Every Monday we all salute Maria and the kitchen cooks with a heartfelt "buon appetito."

\$20 provides 8 dinners delivered to homebound seniors this Holiday Season.

THANK YOU FOR YOUR GENEROUS SUPPORT!

Ongoing Classes

Chair Yoga with Suzi - Tues & Fris, 9:30am - 10:30am

Cooking Class with Chef Tom - 4th Saturday monthly, 10am-12pm (3rd Sat. in Nov-Dec, next one is Nov. 17)

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

Intro to Computers: Ongoing classes - free with computer purchase from Grey Bears Computer Store (call for details)

Conversational Spanish with Ruth: Weds, 9am-10am

Beginning Spanish with Ruth: Weds, 10:30am-11:30am

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

Taiko Drumming: Wednesdays, 6pm-7pm

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

Grey Bears Holiday Hours

Brown Bag Program: The warehouse will be closed with no bag deliveries the weeks of Nov. 22-23, Dec. 27-28 and Jan. 3-4.

Chanticleer Recycling Center: Open every day except Thanksgiving Day, Christmas Day and New Year's Day. Christmas Eve open from 7:30-11:30am.

Buena Vista Recycling Center: Open Mon-Sat, except Thanksgiving Day, Christmas Day and New Year's Day. Christmas Eve open from 7:30-11:30am.

Grey Bears Thrift Store & Computer Store: Open as normal Mon-Sat, 10-3pm, except closed Thanksgiving Day, Christmas Eve, Christmas Day, New Year's Eve and New Year's Day.

Grey Bears Office will be closed Thanksgiving Day and the day after (Nov.22-23), and from Dec. 24 through Jan. 1, reopening on Jan. 2.



**Connect
with us**

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