

Thrift Store & Computer Electronics Store 1/2-Off Sale this Saturday, April 13, 10am to 3pm.



Spring 2013

# California Grey Bears

Supporting Seniors - Recycling Resources

## Upcoming Events

**April 12:** Every Friday is Book Day at Grey Bears, get a bag of books for \$5

**April 13:** Thrift Store & Computer Electronics Store 1/2-Off Sale, 10am-3pm

**April 20:** Earth Day Festival, visit our booth in San Lorenzo Park, 11am-4pm

**April 25:** Pajaro Valley Business Expo, SCC Fairgrounds, 4-7:30pm

**May 4:** Repair Café and Fixit Clinic, Grey Bears, 10am-1pm

**May 6:** Realtor Service Day for seniors/disabled, in-home repairs, 464-2000

**May 22:** Volunteer Recognition Luncheon, Grey Bears, 11:30am-1pm

**July 13:** Country Pancake Breakfast, Grey Bears, 8am-11am

**September 24:** 36th Annual Harvest Picnic, Harvey West Park, 11:30am

**December 8:** 40th Annual Holiday Dinner, SC Civic Auditorium, 11:30am

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



## Spring planting

**W**ith the arrival of the spring planting season we are reminded of the adage, "Keep your friends close, and your farmers closer." Grey Bears food recovery programs are supported by local farmers, gardeners, field workers, markets and our own team of gleaners. We are grateful to them and so many other partners who have worked alongside us for 40 years to create a healthy, vibrant community.

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During the month of April, the Feinstein Foundation's \$1 million Giveaway to Fight Hunger matches all monetary and food donations made to Grey Bears. It's a great time to give.

Thank you for your support!

## Grey Bears Repair Cafe is May 4

**H**ave a broken toaster, or a missing button on your favorite shirt? Then bring it to Grey Bears Repair Cafe on May 4, 10am-1pm, and work with one of our fixit coaches to repair it. We'll work on small appliances, lamps, toys, jewelry, bikes, computers, clothing items and more. We're also teaming up with Habitat for Humanity fixers to work on furniture repair, art framing and more. Enjoy coffee, tea or a pastry while you wait. Don't have anything that needs fixing? Stop by to watch and learn! For more information or to be a repair coach, email [repair@greybears.org](mailto:repair@greybears.org), call 831-479-1055 or visit [greybears.org](http://greybears.org).



## Healthy Spring Recipe



### Quinoa with Vegetables and Greens

#### Ingredients:

- 1/2 cup quinoa
- 1 cup pure water
- Any mixture of the following vegetables, finely chopped, 1/4 cup each: shredded cabbage, grated carrot, celery, broccoli, cauliflower and green beans
- 1 cup baby spinach leaves, washed and trimmed
- 1 Tbsp. olive oil
- 1/8 tsp. minced fresh ginger
- 1 Tbsp. chopped cilantro
- 1 tsp. lemon juice
- 1/4 tsp. black pepper
- 1/2 tsp. ground cumin
- 1/2 tsp. sweet paprika

**1:** Toast quinoa in a pot for 3-4 minutes, stirring regularly. Add the water and a pinch of salt and bring to a boil. Lower heat to simmer, cover and cook for about 15 minutes.

**2:** Meanwhile, in a skillet or wok (or similar), add the olive oil, vegetables and pepper, cumin and paprika. Stir well to mix. Saute for 6-8 minutes until vegetables are fork tender. Then remove from pan and set aside.

**3:** Add spinach to hot pan and stir lightly until wilted, 2 minutes or so.

**4:** Make a bed of the spinach on plates.

**5:** Add the vegetables to the quinoa and stir lightly with a fork to fluff the grain and blend.

**6:** Mound mixture over spinach on the plates. Drizzle with lemon juice and garnish with cilantro. Serve hot.

## Bears in Brief



### Thrift Store & Computer Electronics Store 1/2-Off Sale THIS Saturday, April 13, 10am-3pm

Lots of new spring arrivals of clothing, furniture, housewares, appliances, plants and garden items. Pick up a Windows 7 desktop computer with keyboard/mouse for only \$100. Every Friday is book day, where you can get a bag of books for just \$5. Thank you for your donated items.

**Two senior home repair events** - 18th Annual Senior Wish Day, Sat., May 4 by Costa Bella Builders for low-income seniors who own their homes. Minor repairs such as plumbing and electrical, caulking and more. To schedule: if your last name begins with A-H, call Lon Ericksen - 728-4195, I-Q, Doug Stanbridge - 469-3255, and R-Z - Ray Charland - 426-1868. Also, on Monday, May 6, the Realtor Service Volunteer Program (RSVP) will help senior homeowners, renters, and those with disabilities. Small teams will help with minor repairs, and health and safety tasks. Call 831-464-2000 for more info.

**Chanticleer Recycling Center Update** - Did you know we accept car batteries (lead-acid); electric and other motors (all fluids removed); all appliances, big or small, anything with an electric cord; plastic bubble wrap (put in plastic bags bin); all items containing metal of any kind, and with no drop fees ever? We also need volunteers to help at our recycling center, open every day 7:30-3:45, [greybears.org/recycling](http://greybears.org/recycling). Thanks for recycling with us!

## Spring Nutritional Tips



**S**pring is the season of renewal. It is also typically a muddy and rainy time of year where the earth holds more water. The body, too, tends to hold onto more water that can congest the mucus membranes that line the respiratory and digestive tracts. To help with allergies and spring health overall, avoid congestive foods, such as white flour products, dairy and sugar. Add a healthy balance of vegetables, grains and greens to help renew your body and enjoy a lighter, clearer spring season.

- Make 2/3 of your plate vegetables at each meal.
- Split the remaining third of your plate with a protein or healthy starch.
- Drink 6-8 glasses of water daily.
- Sip hot water during the day during allergy season.
- Learn to use a netty pot. Rinsing the nasal cavity with a stream of warm, salted water helps wash the allergens away.
- Get plenty of vitamin C from citrus fruits (grapefruits are in season), papayas, broccoli, Brussels sprouts, bell peppers and kale.
- Try dandelion root tea, 2-3 cups daily during allergy season.

— Suzi Mahler, CMT, NE

## Chair Yoga Pose of the Month

### Warrior I

**Y**ou can think of this posture as “peaceful warrior” because it brings balance, strength and tranquility to the sacred sanctums of the heart. Practice Warrior I to stretch and strengthen the chest and lungs, shoulders and neck, thighs and ankles, and more deeply, the iliopsoas muscle - the primary hip flexer. A strong, flexible psoas muscle helps us to stand up straight throughout our lifetimes.



#### Here's how:

Sit tall in your chair. With an inhale turn to the left, and bring the left foot and leg to the side of the chair. Extend the right leg back, keeping the right heel lifted. The chair is supporting you, hips are balanced. Inhale and reach up strongly through your arms, lifting the ribcage away from the pelvis. Stay for five deep breaths, and release on an exhale, carefully moving back to the front of the chair. Prepare for the second side.

Join Suzi for a fun hour of Chair Yoga Tuesdays and Fridays at 9:30am at Grey Bears. All levels welcome.

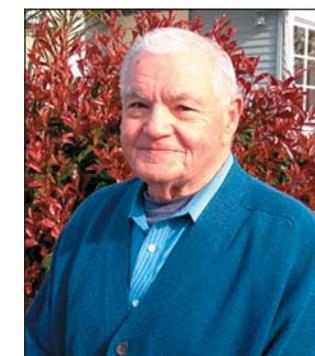
## Volunteer Spotlight

### Name: Al Crawley

**Lives in:** Aptos

**Favorite color:** Crimson

**Volunteers:** Bike repairs for the thrift store



**Born:** In Hot Springs AR on June 27, 1932. Moved to Woodland CA in 1940. Served in the Navy, got a degree in Chemistry. After working as a chemist and in scientific glass sales, worked at UCSC in purchasing for 27 years before retiring in 1992. Four children (oldest is 54) and three grandchildren (ages 20, 15 and 14).

**My Name:** A lot of people think it should be spelled with an

“o” instead of an “a”. My family came from England. There's a town about 40 miles south of London called Crawley.

**Why bike repair?** I was always an avid cyclist, so I learned how to repair bikes. I've been repairing donated bikes for the thrift store the past 12 years. I've fixed about every kind of bike, from beach cruisers to high-end road bikes.

**Most common repair:** Missing or broken saddles, rusty or broken chains, bad steering, flat tires and gearing problems. Riders tinker with the gears and don't know how to fix them.

**On riding:** I used to joke that for a long time I rode with serious riders. As I got older I began riding with women's clubs because I could keep up. When I got too slow for them, I rode by myself. I still have a road bike and mountain bike.

**Best advice:** If you're not sure how to repair bike gears, take it to a bike shop.

**Hobbies:** Computers (macs), reading (mystery, scientific) and volunteering. I started by delivering brown bags for Grey Bears in 1998. I'm so impressed by the enthusiasm and dedication of Grey Bears volunteers, always getting the job done with a smile.

**Worst thing about aging:** Slowing down. When I was younger I rode 25-50 miles in an afternoon. Now, 10 miles is a stretch.

**Best thing about aging:** Admiring my grandchildren, and every moment I spend with my sweetheart of 15 years.

Grey Bears volunteers meet fun people, enjoy a hot lunch and bag of groceries all while supporting Grey Bears. Call 831-479-1055 or email [volunteer@greybears.org](mailto:volunteer@greybears.org).



*Your donation helps Grey Bears deliver a shopping bag of nutritious food to 4,000 seniors every week.*

**THANK YOU FOR YOUR GENEROUS SUPPORT!**

## **New and Ongoing Classes**

All classes held at Grey Bears. Call 831-479-1055 for details or email [sharon@greybears.org](mailto:sharon@greybears.org).

### **iPad Class with Michaela**

Tuesday, April 16, 1-3pm

### **Chair Yoga**

Tuesdays & Fridays,  
9:30-10:30am

### **Intro to Computers**

New 4-week class starts  
Starts Monday, April 15, 1-2pm

### **Cooking Class with Chef Tom**

4th Saturday monthly, 10am-  
12pm (next classes are April 27  
and May 25)

### **Knitting Class with Diedra**

Wednesdays, 10-11am

### **Open Computer Lab**

Monday-Friday, 10am-2pm

### **Conversational Spanish**

Wednesdays, 9-10am

### **Spanish for Beginners**

Wednesdays, 10:30-11:30am

### **Taiko Drumming**

Wednesdays, 6-7pm



**Connect  
with us**

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PH: 831.479.1055 ■ FAX: 831.479.8465 ■ [www.greybears.org](http://www.greybears.org) ■ Follow us on Facebook  
*Have a story to share? Email us at [info@greybears.org](mailto:info@greybears.org)*