

Fall 2013



**Grey Bears**  
connect sustain recycle

## Upcoming Events

**Sep 10-15:** SC County Fair, visit our booth, Senior Day is Tue, Sep 10, adm \$5.

**Sep 12:** "Living with Arthritis" free seminar, Watsonville Hospital, 4-6pm.

**Sep 14:** Grey Bears Thrift/Computer Electronics Store 1/2-Off Sale, 10am-3pm.

**Sep 24:** Annual Harvest Picnic, Harvey West Park, 11:30am-1:30pm.

**Oct 1:** "Nutrition for Bone Health" seminar, Grey Bears, 11am

**Oct 5:** Cancer: Prevention to Survivorship, Mid-Co. Seniors Center, 9am-1pm.

**Dec 8:** Annual Holiday Dinner, Santa Cruz Civic, 11:30am.

**Our Brown Bag Program delivers bags of fresh groceries to 4,200 seniors every week.**

**Become a member-volunteer-donate.**

**greybears.org**



## Dear Friends,

**G**rey Bears turns 40 this month. As anniversary gems go, a 40th is known as the "Ruby." Or in our Grey Bears garden lexicon, the color of beets; sweet and healthy for the heart and soul.

It's also an opportunity to both honor the past and envision a future of new possibilities. This month we are excited to unveil a new logo and new programs – all with the same commitment to seniors and local, responsible recycling.

A 40th anniversary also deserves a really fun party, and you're all invited. **The Grey Bears Annual Harvest Picnic** celebrating 40 years serving our community takes place on **Tuesday, September 24 at 11:30am at Harvey West Park in Santa Cruz.** Come visit with friends, Grey Bears members and local dignitaries under the redwoods and canopy covered seating. Enjoy a delicious BBQ lunch (with veggie options), coffee from Santa Cruz Coffee Roasting, juices by Odwalla, live music, a raffle, and an all around good time. Free for everyone age 55+.

Some of this year's raffle items include gift certificates from local markets, Crow's Nest, Shadowbrook, Scopazzi's, Ristorante Avanti and Palapas, gift baskets from Newman's Own Organics, two-night stays in Lake Tahoe and Reno, and many more. Raffle tickets will be available at the picnic.

Carpooling is encouraged and parking is available at Portuguese Hall with van shuttle to and from the picnic area. If you're interested in volunteering at this year's Harvest Picnic call 831-479-1055 ext. 0, or email [sharon@greybears.org](mailto:sharon@greybears.org). See you there!

## Healthy Fall Recipe

### Mixed Bean and Squash Stew

Use a combination of white, red or other beans for this savory stew. If you have them, the fresh or frozen limas add a pale green, fresh bean to the mix.



#### Ingredients:

1 pound mixed beans, like pintos, borlottis, white beans, red beans and giant limas, soaked for 6 hours or overnight in 2 quarts water

■ 2 tablespoons extra virgin olive oil

■ 1 tablespoon sweet paprika

■ 1 medium onion, chopped

■ 3 large garlic cloves, minced or pressed

■ An herb bundle

(bouquet garni) made with a bay leaf, a Parmesan rind and a couple of sprigs of fresh thyme

■ 1-1/2 pounds winter squash, peeled and cut into cubes

■ 1/2 pound fresh or frozen lima beans

■ 1 pound tomatoes, peeled, seeded and chopped, or one 14-ounce can, with liquid

■ Salt and freshly ground pepper to taste

■ 1/4 cup chopped or slivered fresh basil

■ Freshly grated Parmesan for serving

1. Drain the beans through a strainer. Transfer to a large, heavy soup pot or Dutch oven. Measure the liquid in the bowl and add enough water to measure 2 quarts. Add to the beans and bring to a gentle boil over medium heat. Cover, reduce the heat to low and simmer 1 hour. Add salt to taste and herb garni, and continue to simmer until tender but intact, about 30 minutes.

2. Meanwhile, heat the olive oil over medium heat in a large frying pan and add the onion. Cook, stirring, until the onion is tender, about 5 minutes, and add the paprika. Stir together for a minute, and add the garlic and a pinch of salt. Cook, stirring, for a minute or two, until the garlic and onions are very fragrant, and stir in the tomatoes. Cook, stirring often, until the tomatoes are cooked down and fragrant, about 5 to 10 minutes. Add a ladleful of broth from the beans and stir to deglaze the bottom of the pan.

3. Stir the onion mixture into the beans. Add salt and pepper to taste. Add the winter squash and lima beans. Cover and simmer for about 30 minutes, until the squash and all the beans are tender. Taste and adjust salt, and add freshly ground pepper. Remove the bouquet garni. Just before serving stir in the fresh basil. Serve in wide soup bowls, passing Parmesan for sprinkling.

Add the basil just before serving.

**Yield:** Serves 6

### Chair Yoga Pose of the Month

#### Navasana Boat Pose



Yoga is a wonderful way to build and maintain strength, balance and flexibility in the body – including your internal organs. Boat pose will do just that. Try this modified version of Boat suitable for beginners.

**Benefits:** Strengthens the abdomen, hip flexors and spine; stimulates the kidneys, thyroid and prostate glands, and intestines; helps relieve stress; and improves digestion

**Here's how:** Sitting tall with shoulders relaxed, bring the belly in toward the spine. Lift the crown of the head toward the sky.

Place the hands on the side of the chair in line with the hips. Take a deep breath, lift the right knee straight up 12 inches or so, with right foot directly under the knee and flexed. Release on the exhale. Alternate on both sides five times. Then, try lifting both feet and knees straight up off the floor, pressing the knees together, flex the feet and hold for 3 breaths. Release and rest. Repeat.

Use caution if you have back pain or have had back surgery.

Come to Chair Yoga class with Suzi, Tuesday and Fridays at 9:30am at Grey Bears.

## Big Sale at Grey Bears Thrift Store!



### Thrift Store & Computer Electronics Store 1/2-Off Sale

**Saturday, September 14, 10am-3pm**

Incredible values on furniture, art, housewares, clothing, appliances, computers, TVs, audio-video gear, garden items, bikes, medical equipment and more. Browse through thousands of books & media.



**Back-to-school computer special:** Get a complete desktop Windows 7 computer with monitor/keyboard/ mouse for just \$100 all month.

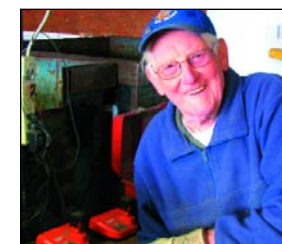
**Tumbled glass and ceramics are here!** 100% recycled and produced in small batches, this glass is perfect for landscape, floral, and decorative applications. All for just \$2/pound in the thrift store.

## Volunteer Spotlight

### Ken Miller, age 95

**Born:** September 23, 1918 in Sacramento County.

**Growing up:** My two brothers and sister and I attended a one room school of eight grades to which we walked 2.5 miles from home daily. Graduated Gault High School in 1937.



Married to Lois in 1942. We met at a dance at the Coconut Grove in 1940. On our 50th anniversary in '92 I decided she was a keeper. Three daughters, Joyce (age 70), Jean and Beverly.

**Why Grey Bears?** I sold my business and retired in 1982, and was looking for something to do. I knew about the Bears and went to check them out over on Mission/Hwy 1. I liked everyone and loved the brown bag program, and started helping out with carpentry projects. I remember the neighboring business calling us a bunch of communists because we were feeding people.

I drove an old GMC beer truck we called "Old Red" picking up loose cardboard for nearly 20 years. I also drove to Oakland to pick up bread for the bags. I've been taking apart computers in our e-waste recycling over the past five years.

**A truck story:** We were driving down 101 from Oakland with a full load of bread in banana boxes. The wind blew about 10 boxes off the truck. People were tooting their horns to let us know.

**Housing:** Lois and I bought a house in the banana belt in '52, next door to where we still live today. There were no curbs, no gutters and no drainage, and there was a creek that ran from DeLaveaga Park to Safeway on Morrissey. It was a mess in the winter months.

**Best thing about aging:** You appreciate your family, friends and co-workers more. I still love working in the garden. Our Washington Delicious apple tree is 45 years old and is loaded with apples this year.

**Best advice:** Moderation in all things, stay active and happy, count your blessings every day.

*Your talents and time keep Grey Bears strong! To volunteer please contact us at 831-479-1055 ext 223, info@greybears.org.*



*Your donations, recyclables, e-waste and thrift store donations put healthy produce in 4,200 weekly brown bags and preserve our environment.*

**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).

### **Intro to PC computers with**

**Donna:** first fall sessions start Sept. 9.

**iPad Class with Michaela:** Tues, Sept. 17 and Oct 15, 1-3pm, \$10 members/\$15 non-members.

**Chair Yoga:** Tuesdays & Fridays, 9:30-10:30am with Suzi, \$5 or donation.

### **Free Cooking Class with Chef**

**Tom:** 4th Saturday monthly, 10am-12:30pm (next class is Sept. 28), free.

**Spanish with Ruth:** Weds: 9-10am (beginners); 10-11am (intermediate); and 11am-12pm (conversational), free. (Note: classes resume Sept 25.)

**Open Computer Lab:** Monday-Friday, 10am-2pm, free.

**Taiko Drumming:** Wednesdays, 6pm-7pm, drop-ins welcome.

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



**Connect  
with us**

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*Have a story to share? Email us at [info@greybears.org](mailto:info@greybears.org)*