

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

September 2014



Upcoming Events

Sept 13
Thrift Store &
Computer
Electronics Store
1/2-Off Sale,
10am-3pm.

Sept 20
New Leaf Capitola
e-waste & book
drop-off event,
11am-3pm.

Sept 23
41st Annual Grey
Bears Harvest Picnic,
Harvey West Park,
11:30am.

Oct 1
Staff of Life Market
e-waste & book
drop-off event,
11am-3pm.

Oct 5
Main Street Cafe
Sunday Concert
luncheon to benefit
Grey Bears.

Oct 11
Repair Cafe:
Get help fixing your
non-working
appliance, etc.,
10am-2pm.

Oct 14
Monthly public tour
of Grey Bears, every
second Tuesday,
10am.

Dec 1-29
Hula's Mahalo
Monday: 10% of
proceeds to Grey
Bears each Monday.

Dec 7
Grey Bears 38th
Annual Holiday
Dinner, SC Civic
Auditorium,
11:30am.



Dear Friends,

THE END OF SUMMER'S tiger tail hit Grey Bears on Sunday as a fire swept through the thrift store main housewares building. An incredible crew of firefighters contained the blaze to those buildings, which are beyond repair. Thankfully no one was hurt and the adjacent clothing, medical equipment, books, media, and computer electronics buildings were untouched.

The cleanup begins. We are working to restore power as soon as possible. Meanwhile a generator will provide power to the store so we can continue operations with as little disruption as possible – including this Saturday's thrift store 1/2-price sale (a literal "fire sale"). The brown bag program, recycling and e-waste drop-off will all continue without

disruption. Many of you have asked what you can do to help. All donations are appreciated – monetary, office and household items to re-stock our inventory, and recycling.

They say the arrival of fall is a good time to let go of something, including anything on a material or non-material level, from old clothes to old habits. As devastating as this fire has been, it serves as a reminder that everything is temporary, that what truly matters are the friendships we make with those who touch are lives. Last weekend we said goodbye to Ken Miller – who at age 96 spent a quarter of his life volunteering in every aspect of Grey Bears. Letting go of Ken is a much harder thing because everyone and everything he touched was far better off. From all of us at Grey Bears, thank you Ken, and thank you all for everything you do.

You are cordially invited to attend the Grey Bears
41st Annual Harvest Picnic
Tuesday, September 23, 11:30am-1:30pm
 Harvey West Park, 326 Evergreen St, Santa Cruz



JOIN US under the redwoods and canopy seating for a savory BBQ lunch (with veggie options), Santa Cruz Coffee Roasting coffee, Odwalla juices, watermelons from Whole Foods, music and dancing with the always fabulous Danceland and huge raffle. Free for everyone age 55+.

Help us make this year's picnic zero waste by bringing your own cup and eating utensils - we'll deliver

Feed Your Garden



PICK UP a bag of Grey Bears compost for your fall garden. Created from food scraps and wood scraps and lovingly tended by compost guru Don Baker, this high-grade compost is cured and ready right now. Just \$5 a bag at the thrift store!



plates to your seat. We've arranged valet bike parking, and carpooling is encouraged. Extra parking at Portuguese Hall with van shuttle to/from picnic area.

This year's raffle features getaways, lodging, gifts and gift certificates, computers, wine tastings, dinners and much more - all generously donated by local businesses. Raffle tickets are \$1 each, all proceeds support the Grey Bears Brown Bag Program.

Info: 831-479-1055 or email harvest@greybears.org. See you there!



Volunteer News

Volunteer of the Month:



Beverly Beams

Why Grey Bears: "I found my niche in the Grey Bears online books program. I research and list books for sale on Amazon and ship orders. Books are endlessly fascinating."

On volunteering: "It's always special to find old books on cooking and sewing, and children's books. A

signed copy of Herb Caen's autobiography went really well." (read more on Beverly at greybears.org.)



Volunteer Honored

Tony Loicono (pictured with wife and fellow volunteer Maria) received a special award honoring his many years of volunteer and board service to Grey Bears subsidiary SCRAP cardboard & plastic film recycling. "Heya Tony...thanks a lotta!"

Volunteering at Grey Bears is fun and rewarding! Help us improve our community and environment, call Tess at 831-479-1055 ext 226 or email tess4funraisin@aol.com.

Volunteer Opportunities

Brown Bag: Help assemble & deliver bags of food to seniors on Thurs & Fri mornings.

Online Books: Evaluate, price and enter books and fulfill orders on amazon.com.

Computer Electronics Store: Technically savvy? Come on over!

Thrift Store: Cashier, price and display merchandise with a fun team.

Recycling & Facilities: Handymen welcome!

Grey Bears Thrift Store & Computer Electronics Store

Storewide 1/2-Off Sale: THIS SATURDAY, September 13, 10am-3pm

AMAZING VALUES on furniture, art, housewares, computers, appliances, tools, audio/video gear, clothing and accessories, bikes, medical equipment, plants and garden items, tumbled glass and much more. All 1/2-off this Saturday from 10am-3pm!

Back to School Computer Sale: FINAL WEEK! Pick up a refurbished MS Windows 8.1 desktop computer including monitor, keyboard and mouse for \$125 (with student ID, while supplies last, sale ends 9/20/14). Check out our wide selection of laptops, TVs, audio/video gear, components and accessories - all 1/2 off this Saturday!

Eat, Drink...and support Grey Bears this fall!

Sunday, October 5,
3:30-6:30pm



Main Street Garden & Café
3101 N Main St, Soquel

Enjoy the flavors of Italy and live music with 10% of sales going to Grey Bears. All you can eat Italian-style tapas, Italian wines, local beer and more. Buon appetito e grazie!



Hulas
221 Cathcart St, Santa Cruz

Grey Bears and Hula's team up this December for Mahalo Mondays when Hula's donates 10% of sales on all five Mondays that month to Grey Bears. Pupus and dinner at Hula's on Mondays in December = support Grey Bears!

Healthy Recipe Tunisian Sweet Potato Stew

ONCE YOU'VE sampled this intoxicating blend of sweet potatoes, peanut butter and spices you'll wonder why you never thought to combine these ingredients as they do in this North African country. This hearty stew is delicious served over rice or other cooked starches.

- ...
- 1 onion, chopped
 - 2 jalapeno peppers, seeded and finely chopped
 - 2 tsp finely chopped fresh ginger
 - 3 cloves garlic, crushed or minced
 - 2 tsp ground cumin
 - 1/2 tsp ground cinnamon
 - 1/4 tsp crushed red pepper
 - 1/4 tsp ground coriander
 - 5 cups peeled coarsely ground sweet potatoes or yams
 - 3 cups of chopped fresh tomatoes (or 2 cans coarsely chopped tomatoes)
 - 2 cans (15 oz each) chickpeas, drained and rinsed
 - 1 cup green beans, cut into 1" pieces
 - 1-1/2 cups vegetable broth
 - 1/4 cup natural peanut (or almond) butter
 - 1/4 cup coarsely chopped fresh cilantro
- ...

Put the onion, peppers, ginger and garlic into a large saucepan. Stir in 1/3 cup of water and cook, stirring occasionally for 5 minutes. Add the cumin, cinnamon, red pepper and coriander. Cook and stir for 1 minute. Add the sweet potatoes or yams, tomatoes, chickpeas, green beans, vegetable broth and peanut butter. Bring to a boil, reduce heat to low and simmer until potatoes are tender, about 30 minutes. Stir in the cilantro, then let the stew rest for 2 minutes before serving.
Prep: 20 minutes **Cook:** 45 minutes
Serves: 6-8



Healthy food, happy hearts

Every dollar donated helps Grey Bears deliver healthy produce to 4,500 seniors each week. You can make a difference.

Please make your tax-deductible donation to:



2710 Chanticleer Ave, Santa Cruz
(831) 479-1055 greybears.org



Class Schedule

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

Cooking Classes: Sept 13 with Chef Emily; and every 4th Saturday with Chef Tom (next one is Sept 27), 10am-12:30pm

Intro to Computers with Donna: classes start Oct 6, 1-3pm

iPad classes with Michaela: Oct 21 Level 1;
and Nov 18 Level 2: 1-3pm.

Spanish with Gary: Saturdays: 9:30am and 10:30am
(ends Sept 27).

Spanish with Ruth: Wednesdays, 9:30 and 10:30
re-starts Oct 1.

Taiko Drumming: Wednesdays, 6pm-7pm.
Contact instructor for details.

*Classes held at Grey Bears, contact the office for details,
(831) 479-1055, sharon@greybears.org.*

Brown Bag Program - Volunteer - Donate



Grey Bears, 2710 Chanticleer Avenue, Santa Cruz CA 95065

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