

MAY 20: ANNUAL MEMBER MEETING & VOLUNTEER LUNCHEON



MAY 2015
Grey Bears
connect **sustain** recycle

Improving the health and wellbeing of seniors through volunteerism and community participation.

Upcoming Events

MAY 9

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

MAY 9

Human Race: your donation supports our Grey Bears race team.

MAY 15

Panda Express: 20% of purchases go to Grey Bears with flyer, 12am-9pm.

MAY 20

Annual Member Meeting & Volunteer Luncheon: 10:30am / 11:30am.

MAY 30

New Leaf Capitola: e-waste, recycling & book drop-off, 11am-3pm.

JUNE 13

Senior Tech Day: Grey Bears, 11am-2pm. Get help with your phone, iPad, etc.

JUNE 27

New Leaf Downtown SC: e-waste, recycling & book drop-off, 11am-3pm.

JULY 11

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

JULY 18

Country Pancake Breakfast at Grey Bears, 8-11am.

JULY 25

New Leaf Westside SC: e-waste, recycling & book drop-off, 11am-3pm.

SEP 22

42nd Annual Grey Bears Harvest Picnic: Harvey West Park, 11:30am.



Dear Friends,

SPRING is the perfect time to plant seeds of possibility and give some big love to those who support us. We've paired both concepts into one day - May 20 - just for you. Catch up on the latest facilities news and share your thoughts and suggestions for Grey Bears at our Annual Meeting at 10am. Then stay for the Volunteer Appreciation Luncheon at 11:30am. Details inside.

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◀ We've been busy hosting school tours, neighborhood e-waste/book collection events, attending expos and new store openings - including Grocery Outlet, who donated \$1,000 worth of food and \$450 in proceeds from the volunteer hosted concession sales at their grand opening. Thanks Steve and Blanco!

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◀ Please support the Grey Bears Super Hero team as they walk West Cliff at this Saturday's Human Race by making a donation.

And here's to mom's everywhere... Happy Mother's Day!



Thrift Store & Computer Electronics Store

HUGE 1/2-OFF SALE

THIS Saturday, May 9, 10am-3pm

WE'RE packed to the gills with new arrivals, estate items, housewares and clothing, computers, electronics and audio-video gear. Check out our expanded furniture tent, bookstore, bikes, tumbled glass - everything for your home, office, garden and craft project. It's all 1/2-off this Saturday, May 9 - just in time for Mother's Day! And we listened - our donation drop off hours have expanded: Mon-Sat, 7:30am-2pm. *Thank you!*



Join us at the Grey Bears **Annual Membership Meeting & Volunteer Appreciation Luncheon**

HEAR the latest news on Grey Bears, share your thoughts on our programs, and then enjoy a delicious BBQ lunch with locally grown spring dishes (veggie options). We'll all thank the hundreds of volunteers who make Grey Bears successful, including live music by Coco County Connection, special gifts and a free raffle!



WHEN: Wednesday, May 20, Meeting, 10am; Luncheon, 11:30am
WHERE: Grey Bears, 2710 Chanticleer Ave.

PARKING: available in PAMF's Flea Market lot next to the Grey Bears rear property gate entrance. Enter one

driveway east of Chanticleer Avenue. Our parking staff will help guide you in from Soquel Drive. For more info call 831-479-1055, info@greybears.org. See you here!

Panda Express supports Grey Bears on May 15



PANDA EXPRESS at 41st Ave and Soquel will donate 20% of all restaurant sales to Grey Bears on Friday, May 15, noon to 9pm. You must present a "Fundraising at Panda" flyer when ordering, in this week's bags or pick one up at the office.

Grey Bears hats are here!



LET GREY BEARS help you keep the sun off and the shade in this summer with a stylish new Grey Bears logo hat. These Deluxe Cotton Twill Low Profile Pro Style Caps come in four colors: dark khaki, grey, green and soft pink. Available now for just \$15+tax. We'll also have some nifty T-shirts soon!

Healthy Recipe Roasted Potato Wedges with Avocado Chimichurri



SWEET or Russet potatoes make an excellent side dish to any protein of your choice. The paprika lends a smoky flavor that goes excellent with anything you're throwing on the grill.

Ingredients:

3 medium Sweet or Russet potatoes (about 2 lbs.)
2 1/2 Tbsp. cornstarch
3 Tbsp. extra virgin olive oil
1 1/2 tsp. smoked paprika
1/2 tsp. each sea salt and ground pepper

Instructions:

Preheat oven to 425°. Wash and dry sweet potatoes and cut into 1-1/2" wedges. Put wedges and cornstarch in a large plastic bag and toss to coat.

Onto a large rimmed baking tray, dump the wedges and drizzle on the olive oil, smoked paprika, salt and pepper. Toss everything to coat with your hands and spread the wedges into a single layer. Bake in the upper third of the oven for 30 minutes or until edges are just browned.

While the potatoes roast, prepare your sauce. Into a food processor, combine the garlic, green onions and salt and run until well chopped. Add the jalapeno and pulse a few times to chop. Add the cilantro, parsley, oregano, vinegar, lemon juice and oil and pulse a few more times until just roughly combined. Dice the avocados and put them into a mixing bowl. Add a few spoonfuls of the chimichurri and mash it into the avocado, adding more to taste.

Serve the warm potatoes with the dip on the side. Serves 4.

— Recipe by Sara Forte

Without the potato, the balance of European power might never have tilted north.

— Michael Pollan

Avocado Chimichurri Sauce

1 large garlic clove
2 green onions, roughly chopped
2 1/2 Tsp sea salt
1 jalapeno, stemmed and roughly chopped
1/2 cup cilantro
1/2 cup flat leaf parsley
1 Tbsp fresh oregano
1 Tbsp red wine vinegar
1 Tbsp fresh lemon juice
1/4 cup extra virgin olive oil
2 ripe avocados



Chair Yoga and Balance

FINDING BALANCE in yoga and in life leads to good health. In yoga we practice movements and postures to improve balance, strength and focus. These skills help us improve our ways of standing, walking, reaching, bending or turning our heads to look in another direction.

Balancing poses can instill a deep sense of calm even as they require unwavering alertness. When we stand on one foot, one leg must do the work of two. **Here's how:** Standing tall, hold the back of a sturdy chair or the wall with your left hand. Shift your weight onto the left foot and lift the right knee up high, flexing the right foot. If you feel confident, try extending your right arm straight up toward the sky. Hold for five breaths. Release your foot and arm and prepare for the other side.



EARTH DAY tip of the month

In with the old,
out with the new

REDUCE, reuse and recycle in that order. Keep everyday reusable items with you - coffee mug, shopping bags, water bottles, utensils etc. Buy used instead of new and stay up-to-date on what's recyclable.



Volunteer Spotlight Alan Brady

BORN: 1/4/53 in Detroit MI, age 62. Moved to Santa Cruz in 1983.

Why Grey Bears: "I found my service calling here. I was amazed at so much food distributed to seniors who need it. I'm in the warehouse five days a week, glean produce and help with security."

Career: "I've worked in construction, and in 2000 I fell off a scaffold and shattered my knee. After two surgeries I worked hard to rehab it, became a gym rat and did lots of yoga. Now I find the harder I work and the better shape I'm in, the less pain I feel."

Thoughts on service: "I have a deep affinity for the lessons of the Bhagavad Gita: work hard and perform good actions, and to offer these efforts to serve others without attachment or expectation. I see the brown bag line as a dance, like choreographed movement, it's my yoga."

Any Lessons?: "I left Grey Bears one day inspired from the work that morning. I cut off a police officer who pulled me over. I said I had been volunteering at Grey Bears and was a little too fired up. He let me off. Now I do some deep breathing at the wheel before leaving campus."

Special projects?: "I've been promoting hemp seeds as food for 25 years, including sprouted hemp seeds. It's abundant, easy to grow, an excellent protein and fortifies the immune system. In 1992, 13 police and feds kicked my door down to confiscate the seeds. I was prosecuted but won the case."

Claim to fame: Local photographer, Paul Schraub, caught a photo of me on my kayak a few feet from two breaching whales. The photo went viral on social media and was covered by national news.



Favorite food in brown bags: "I love cabbage and carrots; they're highly nutritious, inexpensive and have a long shelf life. I also appreciate lentils in the bags and encourage everyone to try sprouting them."

Grey Bears needs you! To volunteer and help us improve our community and environment, email Tess; tess@greybears.org or call 831-479-1055 ext 226.



Your tax-deductible donation supports all of our programs that improve and enrich our community. Thank you for your generosity!

Class Schedule

Chair Yoga with Suzi:

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

Cooking Classes with Chef

Emily: 2nd Saturday

(next is May 9); and with

Chef Poppy 4th Saturday

(next one is May 23),

10am-12:30pm.

Intro to Computers with

Donna: ongoing sessions,
register now.

Spanish with Ruth:

Wednesdays, 12:30pm

(level 1) and 1:30pm (level 2).

Taiko Drumming:

Wednesdays, 6pm-7pm.

Contact instructor for details.

One-on-one tech instruction

with Joe, all devices (phone, laptop, iPad etc.), by appointment Mondays 10am-1pm.

All classes held at Grey Bears, contact office for details, 831-479-1055, tess@greybears.org.

We have only this moment,
sparkling like a star in our hand,
and melting like a snowflake.

— Francis Bacon



**Connect
with us**

Grey Bears, 2710 Chanticleer Avenue, Santa Cruz CA 95065

PH: (831) 479.1055 ■ FAX: (831) 479.8465 ■ www.greybears.org ■ Follow us on Facebook

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