

September 22: 42nd Annual Grey Bears Harvest Picnic



Grey Bears

connect sustain recycle

SEPTEMBER 2015

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

Upcoming Events

September 12
Thrift & Computer Electronics Store 1/2-Off Sale, Grey Bears, 10am-3pm.

September 12
Cooking Class with Chef Emily: every 2nd Sat, Grey Bears, 10am-12pm.

September 22
42nd Annual Grey Bears Harvest Picnic: Harvey West Park, 11:30am.

September 26
Cooking Class with Chef Poppy: every 4th Saturday monthly, 10am-12pm.

September 26
E-waste, reuse collection event, New Leaf Downtown SC, 11am-3pm.

October 7
Neighborhood e-waste, reuse collection event, Staff of Life, 11am-3pm.

October 10
Repair Cafe: Fixit coaches help repair non-working appliances, etc, 10am-2pm.

December 6
41st Annual Grey Bears Holiday Dinner, SC Civic Auditorium, 11:30am.



placements, operational improvements, more parking and better traffic flow. His latest drawing has brought us closer to begin the permit process. In the meantime, the board and staff are working on short-term solutions both on site, and a search for another suitable property to support and/or expand our programs. If you have a suggestion on a possible site please contact us at (831) 479-1055.

Dear Friend of Grey Bears,

It's been one year since a fire burned through part of the Grey Bears Thrift Store. As anniversaries go this one is a reminder of loss, challenge and recovery. The outpouring of support from so many of you in so many different ways has been beyond heartening. It has jumpstarted our fire recovery fund and rebuilding plans, sustained our brown bag program, uplifted our annual events, and deepened our commitment to better serve you and our community.

Architect Teall Messer has patiently envisioned and reenvisioned with us on our site and building design - size and

We are deeply honored that Grey Bears has been recognized as "Organization of the Year" by the Aptos community for 2015. The awards dinner is on Friday, October 30 at Seascape Resort. For reservations contact Jennifer Davis at the Aptos Chamber of Commerce, jennifer@aptoschamber.com, 831-688-1467.

As the season cycle turns to fall, help us celebrate our fertile central coast and the farms and gardens that sustain us at our annual **Harvest Picnic** on Tuesday, September 22. Here's to good friends and good food!

Grey Bears Thrift Store & Computer Electronics Store

1/2-Off SALE

**THIS Saturday
September 12
10am-3pm**



TERRIFIC VALUES on furniture, art, housewares, computers, appliances, TVs, audio-video systems, clothing and accessories, bikes and exercise gear, medical equipment, decorative tumbled glass, arts & crafts, fabrics, garden items and more. **Computer Sale:** Pick up a refurbished MS Windows desktop computer including monitor, keyboard and mouse **for only \$79** (while supplies last). We also offer tested and refurbished laptops, TVs, audio/video gear, components, cables/connectors, appliances and more.





You are cordially invited to attend the
42nd Annual Harvest Picnic

Tuesday, September 22
11:30am-1:30pm
 Harvey West Park
 326 Evergreen St, Santa Cruz

Mingle under the redwoods in beautiful Harvey West Park while enjoying a BBQ lunch (veggie options). Enjoy live music, dancing, and a raffle featuring getaways, lodging, gift certificates, computers, dinners and more. Raffle tickets are \$1 and support Grey Bears.

Catch the bus from Watsonville Senior Center, call Valerie at (831) 722-1333. Bring your own utensils and napkin, or we'll provide compostible versions for you. Carpool with friends, parking area van shuttle and valet bike parking provided. See you there!

Chair Yoga Pose of the Month
Seated Triangle Pose



This pose integrates the basic elements of yoga: stability, expansion, steadiness and ease. Ground to the earth as you reach for the sky.

Here's how: Sitting toward the front of a chair, position feet and knees at a 45-degree from center, knees above ankles. As you take a deep in-breath, turn your left shoulder toward your left leg. Extend left arm down to inside of left knee, and reach the right arm up toward the sky. Imagine a straight line from your left and right fingertips. If comfortable, turn your gaze toward your

right hand. Hold for 3-5 breaths. Press left foot firmly, engage the belly to spine to release back to neutral. Change sides.

Benefits: Strengthens and stretches legs, torso, groin and shoulders; helps with low back and sciatic pain.

Enjoy the benefits of yoga in a safe and supportive way at Chair Yoga with Suzi, Tuesdays and Fridays, 9:30am at Grey Bears.

Healthy Recipe
End of Summer Panzanella



Originally, panzanella was a Tuscan salad made of day-old bread, fresh tomatoes, olive oil, salt and vinegar. Over the years there have been renditions with fall vegetables, fruits, grilled versions and

more - the 'crouton' standing strong in all circumstances. This recipe takes about 20 minutes and is a starting point – add items from your brown bag or leftovers.

Ingredients

- 3 cups whole grain bread cut in 1" cubes
- 1/2 cup roasted red peppers
- 2 medium tomatoes
- 1/2 medium sized red onion
- 1 cup Garbanzo beans, fresh or canned
- 1 cup basil, roughly chopped
- 1/4 cup toasted pine nuts or walnuts
- 1 tbsp. extra virgin olive oil
- 1 cup arugula or salad greens of choice
- Salt and fresh ground pepper

Pesto Dressing

- 3 tbsp. Basil
- 2 tbsp. Lemon Juice

Directions

Heat oven to 400°
 Spread bread cubes on a baking sheet, drizzle with the olive oil and toss in baking pan. Add salt and pepper and toast in the top rack of the oven for 10 minutes. Toss half way through baking time.

Prepare veggies. Rough chop roasted red peppers, slice tomatoes into cubes and red onion as thin as possible. In large bowl combine bread, tomatoes, red onion, red peppers, garbanzo beans, arugula, pine nuts, and half of the basil. Combine pesto ingredients together with a small whisk. Drizzle desired amount onto the panzanella and toss. Serve immediately.



Donor Profile
Driscoll's

Grey Bears collaborates with many local partners that form the food mosaic in each weekly brown bag. One of these is Driscoll's, whose berries frequent bags during the spring and summer months. Driscoll's also supports Grey Bears and other nonprofits through their Healthy Communities grant program.

One topic brought up by members in our recent brown bag survey was organics. About two-thirds of bag produce is now organically grown, especially this time of year. We asked Driscoll's about this and learned they have expanded their organic nursery plant production that will provide all of their USDA certified organic growers with organic nursery plants.

That's big because every Driscoll's berry begins life in a nursery. Driscoll's is planning to expand the program across all berries in Watsonville and Salinas in the coming years. We're grateful for the support of such an innovative, community-minded partner.

Volunteer Spotlight
Susan Duncan

Born: Dec. 16, 1948 in Oakland. "We moved to Boulder Creek in 1970. I was a young mother at the time, an earth child and a folkie, and still am.

Family: Husband Tom, two children and four grandchildren. "Spending time with my grandchildren is the best, plus I enjoy gardening and reading."

Favorite treat: "Chocolate, observing people, ignoring the media, and looking forward to what's going to show up in life."

Why Grey Bears?: "I began volunteering in the thrift store in 2010. Grey Bears is my home away from home. There's a huge diversity of people who come through each day, always doing something interesting."

Any examples?: "One woman selects a couple of \$2 a pair men's shoes at a time, spiffs them up and donates them to homeless veterans. One woman buys puzzles, assembles them to make sure all of the pieces are there, and gives them to people who are incarcerated. A man came and poked around our medical department. He found two wheels for a cart he built for his elderly dog."

Pet peeve: "Shoppers who let us know little flaws with some item to warrant a discount. I gently let them know that everything benefits our brown bag program for seniors."

Practice what Grey Bears preaches?: "I have been recycling here for decades. We were living outside the refuse collection zone so I brought all of our recycling to Grey Bears. We compost, recycle and reuse everything."

Worst part of getting older: "Self discipline is less important, it's harder to stay in shape – mentally and physically."

Best part of getting older: "I realize how much I don't know and I'm not worried about it."

Advice for young people: "Go outside, lighten up and appreciate every moment and what you have."

...
Volunteering is fun and helps us improve our community and environment. Contact Tess (831) 479-1055 ext 226, tess@greybears.org.





Earth Tub TLC

Regular maintenance keeps our six Earth Tubs composting food scraps at peak efficiency. Tubs need snug fitting lids and doors to keep temperature between 115-145 degrees during heating phase, snug wheels to easily rotate the mixing auger, and the optimal mix of carbon fuel (sawdust) and scraps. Our fixit crew recently evaluated and repaired the happy tubs. (pictured from L to R: Tony Alonzo, Jeff Belt, Mike Bruick, David Fuentez and Don Baker.)

Drop in to our regular weekly classes!

Chair Yoga with Suzi

Tue & Fri, 9:30am

Intro to Computers with Donna

Monday 1pm starting Sept 14, sign up now!

One-on-One tech help with Joe

Mondays by appointment
10am-1pm.

Spanish with Ruth

Wednesdays 12:30 and 1:30pm (re-starts Sept 30).

Taiko Drumming

Wednesdays, 6pm-7pm.
Contact instructor for details

For info on our classes contact Tess (831) 479-1055 ext 226, tess@greybears.org.



Your tax-deductible donation puts food in the bags, supports our programs and events, and preserves our environment.
Thank you for your generosity!



CONNECT WITH US ON FACEBOOK

Grey Bears, 2710 Chanticleer Avenue, Santa Cruz CA 95065

(831) 479.1055 ■ FAX: (831) 479.8465 ■ www.greybears.org Have a story to share? Email us at info@greybears.org