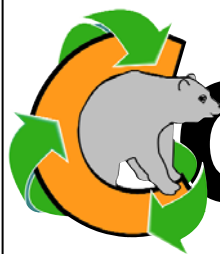


Thrift Store & Computer Electronics Store 1/2-Off Sale this Saturday, February 9, 10am to 3pm.

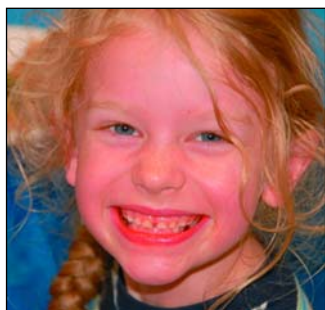


Winter 2013

California Grey Bears

Supporting Seniors - Recycling Resources

40 years and counting



EARTH flew past the end of the Mayan calendar recently, ushering in a “new era.” Will we recover the ability to communicate telepathically and levitate objects as our ancestors apparently did? Or will the doomsday clock strike midnight first? The answer, as a friend’s daughter observed: “People have been talking about the world ending ever since grandma was a little girl. And look, grandma is still here.”

And so is Grey Bears - 40 years, 75 million pounds of food, 225,000 tons of recycling and a million thrift store transactions later. Somewhere from our humble beginnings, “seniors helping seniors” grew into “seniors changing the world.” Through the conservation and distribution of food, to repairing, reusing and recycling resources, Grey Bears has led the way to win-win-win. We couldn’t have done it without a lot of help. Thanks for being a part of it, levitating objects notwithstanding.

Inspired by the Repair Cafés in the Netherlands, we’re planning our own Grey Bears Repair Café right here in Santa Cruz. If you’re handy at fixing things and would like to help, we need you! You’ll help teach people to repair small household appliances, furniture, some electrical and electronics, bicycles, clothes, blade sharpening and more. Our first Repair Café is planned right after Earth Week on May 4. If you’d like to help out, we’d love to hear from you, 831-479-1055 or email repair@greybears.org.



Upcoming Events



Feb 9: Thrift Store 1/2-off Sale, 10am-3pm

Apr 20: Earth Day Festival, San Lorenzo Park, 11am-4pm

May 4: Grey Bears Repair Café

May 22: Volunteer Appreciation Luncheon, 11:30am

July 13: Country Pancake Breakfast, 8-10:30am

Sep 24: 37th Annual Harvest Picnic

Dec 8: 40th Annual Holiday Dinner, SC Civic

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

Healthy winter recipe



Cauliflower, Brussels Sprouts and Red Beans With Lemon and Mustard

If you find your refrigerator full of veges left over from your brown bag or market shopping, you can cook them into this beautiful, lemony skillet dinner served with quinoa or your favorite grain.

Ingredients:

1 medium cauliflower

2 teaspoons Dijon mustard

2 tablespoons fresh lemon juice

1/4 cup water or vegetable stock

2 tablespoons extra virgin olive oil

3/4 pound brussels sprouts, trimmed and quartered

Salt and pepper to taste

1 can red beans (or other beans of choice), drained and rinsed

2 tablespoons chopped fresh dill

Optional: Lemon-flavored olive oil

1: Slice the cauliflower into thin pieces.

Whisk together the Dijon mustard, lemon juice, 1 tablespoon of the olive oil, and water or stock in a small bowl and set aside.

2: Heat the olive oil over medium-high heat in a well-seasoned wok or large skillet. Add the cauliflower and brussels sprouts and cook, stirring often, for 5 minutes, until the vegetables are seared and beginning to soften. Add salt and pepper and continue to cook, stirring or tossing, for another 5 minutes, or until the veges are tender.

3: Add the beans, dill and lemon-mustard mixture and stir together for another minute or two and remove from heat. Serve with quinoa or another grain of your choice. If desired, add a drizzle of lemon-flavored olive oil to each serving. **Yield:** 4 servings.

— Martha Rose Shulman, *NY Times*

Bears in Brief



Thrift Store 1/2-Off Sale - This Saturday, Feb 9

Our stores are full of new arrivals, including clothing and accessories, furniture, housewares, computers, TVs, stereo gear, appliances, jewelry, art, plants and garden items, books, music, medical equipment and much more. All 1/2 off this Saturday!

Computer Store February Special

Get a Windows 7 desktop computer with keyboard/mouse for only \$100.

The County of Santa Cruz is offering a one-year Low Income Senior and Disabled Property Tax Postponement Pilot Program for those living in the unincorporated area of the County. To learn more call 831-454-9455 ext. 329.

Grants supporting Grey Bears



In December we received a Department of Agriculture grant to buy produce from local organic farmers and distributors. So you may notice some new items in your bags, including turnips, beets, bananas, kale, lemons, mangos, bell peppers and leeks. Enjoy!

Grey Bears once again partners with The Feinstein Foundation Annual \$1 Million Giveaway to Fight Hunger campaign. Every dollar and pound of food (tallied at \$1 per pound) contributed to Grey Bears from March 1 - April 30 will be matched by this grant. So please join us by making a donation or bringing your non-perishable food items to Grey Bears in March and April.

On Volunteering...



Thank you very much for the nice introduction and beautiful award I received at the holiday dinner. I came to Grey Bears to have fun. I'm sure you want to laugh and think I must have lost a few marbles during my walks on the beach, but after raising three boys and working more than 20 years in a very demanding position, I was looking for something I wanted to do, not that I had to do.

I know many people come to Grey Bears to give something back to the community, and we do. Many come here because they want to help another human being, and we do. Many come here to get something to eat, and we do. It is a great feeling to be part of such a creative organization that fills an ever-increasing void in the delivery of services to the senior community. But it fills another important need for so many more of us.

Grey Bears is a place that accepts us for who we are and for what we have to offer. Grey Bears is a place where we can work together and enjoy each other's company. I want to thank Grey Bears and my fellow volunteers for creating an inclusive environment that gives individuals who are "experienced in life" a place to have fun with others while serving our community.

Thank you so much – it is indeed a pleasure for me to share time with your organization.

— Margaret Steele, *recipient of the 2012 Lifetime Membership Award for Volunteerism*

Chair yoga pose of the month



Table Top Pose

BENEFITS: strengthens the spine, opens the heart and lungs, shoulders and abdomen, firms buttocks, stimulates abdominal organs, helps relieve stress and fatigue, soothes sciatica, therapeutic for asthma.

Contraindications: use caution if you are currently experiencing back injury.

Here's how: place both hands on the back of a sturdy chair. Walk feet back 3-4 feet, hip-width apart. On an inhalation, begin to bow forward far enough so your head is level with your arms and feet are directly under hips. Aim for a flat back. Lengthen the legs and sit bones toward the ceiling. Try not to sag the spine toward the floor by lifting the navel toward the spine. Firm the shoulder blades on the back and lift the rib cage upward. Breathe deeply for 5 breaths and release carefully.

Suzi Mahler teaches Chair Yoga by-donation at Grey Bears on Tuesdays and Fridays, 9:30-10:30am. No pre-registration needed, just drop-in. For info call 479-1055 ext. 0.

Volunteer of the month



Name: Millie Goulet

Age: 95 Lives in: Soquel Favorite color: Pink

Born: St. Louis on November 14, 1917 and lived mostly in Chicago. I moved to San Diego in 1942 and lived there for 40 years. in 1982 I moved to Santa Cruz to be near my son. I think everyone should move every 40 years or so, don't you?

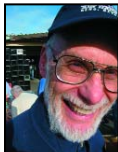
On volunteerism: I started pricing in the back room of the Grey Bears thrift shop in 2000. I was known as the fastest pricer in the west. The friendships with other volunteers are what I enjoy most, and I love getting my brown bag.

Best advice: I got two computers but didn't get very far. I think every computer should come with a grandson to teach you how to operate it.

Hobbies: I play bridge at the senior center once a week. My 64 year old son helps me a lot and I see him 2-3 times a week. I also have a 67 year old daughter. My kids are damn near as old as I am.

Worst thing about aging: Slowing down has been the most difficult thing. I was always a very active person though I was never big on exercise.

Best thing about aging: I can't think of anything good about getting old, except how kind everyone is. The stories about helping little old ladies across the street are true. I'm little, I'm old and I'm a lady, but I never intended to be a "little old lady."



Your donation helps Grey Bears serve a community of more than 4,000 seniors with weekly shopping bags of nutritious food.

THANK YOU FOR YOUR GENEROUS SUPPORT!

New and Ongoing Classes

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

iPad Class with Michaela:

New classes Feb 12 and 26, 1-3pm

Email & Internet class with Donna:

4 Mondays starting Feb 11, 1 - 2pm

Intro to Computers with Donna:

4 Thursdays starting Feb 14. 1 - 2pm

Knitting Class with Diedra:

Wednesdays, 10-11am

Chair Yoga with Suzi: Tuesdays &

Fridays, 9:30am - 10:30am

Open Computer Lab:

Monday-Friday, 10am - 2pm

Cooking Class with Chef Tom:

4th Saturday monthly, 10am - 12pm
(next class is Feb 23)

Exercise Class with Brian:

Wednesdays, 10am - 10:45am

Conversational Spanish:

Wednesdays, 9am - 10am
(resumes Feb 6)

Spanish for Beginners:

Wednesdays, 10:30 - 11:30am
(resumes Feb 6)

Taiko Drumming:

Wednesdays, 6pm-7pm



**Connect
with us**

California 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