

## North Coast Food Web serves up cooking classes

ASTORIA — North Coast Food Web believes in the power of food to foster good health and to unite a community through the shared — often joyous — experience of cooking and eating together.

NCFW's Cooking Up Community is a program of broad-reaching food experiences and classes, meant to instill and enhance cooking skills, a love of the art, and an appreciation for the farmers, fishermen, ranchers and foragers who are essential in the quest for food and economic security in rural communities.

The curriculum of one-off classes begins in September. Multi-week courses will begin in October starting with a five-week course on Basic Techniques launching Oct. 3. Each class will top out at 12 students and will be a hands-on experience ending with a shared meal.

Classes for everyone from foodies to neophytes will include cooking for one or two, meals on a budget, addressing special dietary needs,

cooking for the week, entertaining, cooking with kids and more.

“We believe that cooking and eating together enhances community health beyond the nutritional value of what we create; beyond the delight of planting, nurturing and harvesting something to eat; beyond the support we can engender for our local producers,” says North Coast Food Web board member Merianne Meyers. “Getting our hands on our food, preparing it with others, sitting at table with new friends we might never have met otherwise — that’s growing community. It’s a delicious weapon in the war on hunger, a productive treatment for ill health and a celebration of the timeless art of food preparation.”

For registration information, go to [northcoastfoodweb.org](http://northcoastfoodweb.org) or call cooking class Coordinator Wendy D’Agostino at 503-468-0921 weekdays between 9 a.m. and 2 p.m. Scholarships are available.

## Hear several psychedelic sounds from the Portland-based Stunning Rayguns



Submitted photo

Stunning Rayguns will perform at KALA.

### Band to perform at KALA Saturday

ASTORIA — KALA welcomes the Stunning Rayguns to the stage at 8:30 p.m. Saturday, Sept. 19.

The Portland band is composed of two musicians: drummer Collin Colebank and guitarist Raymond Martin. Their beautiful, manic psychedelic soundtracks are created with electric guitars, drums and computer noises that collide and careen to form sonic tapestries on their constant quest for new musical exploration.

Formed in November 2014, the band has already earned a reputation as accomplished musicians whose crafted compositions constantly maintain unpredictable improvisation. In an Astoria attic, the

band is currently recording a new record to be released later this year.

Colebank has experience touring the country as a band member and accompanist for experimental classical musicians.

Martin has experience in the U.S. and Europe as a band

member, soloist and soundtrack composer. Listen to the music at [stunningrayguns.com](http://stunningrayguns.com)

An opening artist will be announced.

Doors open at 8 p.m., and there is a \$5

cover charge. KALA is located at 1017 Marine Drive. There will be a full bar available. This event is open to ages 21 and older only.

### Stunning Rayguns

8:30 p.m. Saturday, Sept. 19

KALA

1017 Marine Drive, Astoria

21 and older

\$5

The Coaster Theatre Playhouse Presents



## Bell, Book and Candle

Written by John Van Druten — Sept. 25 - Oct. 24

Tickets \$20 or \$15

Shows begin at 7:30 p.m.

Sunday shows at 3:00 p.m.

Talkback - Thurs., Oct 15<sup>th</sup>

Sponsored by Coaster Construction & Martin Hospitality



Tickets: 503-436-1242 or [coastertheatre.com](http://coastertheatre.com)  
108 N Hemlock Street, Cannon Beach, OR

## Clatsop Cultural Coalition announces grant opportunities

ASTORIA and SEASIDE — The Clatsop County Cultural Coalition is funded by the Oregon Cultural Trust to award grant funds to projects that support, maintain, preserve and protect cultural programs in the visual and performing arts, heritage and humanities in Clatsop County.

Individuals and groups located in Clatsop County are eligible to apply for these grants. It is not necessary to have 501(c)3 nonprofit status.

Grant funds will be awarded in December to support activity occurring between Jan. 1, and Dec. 31, 2016.

Grant funds are available up to \$2,000 per project, and approximately \$8,500 will be awarded this year.

The 2015 application for Clatsop Cultural Coalition grants is available online at [www.clatsopculturalcoalition.org](http://www.clatsopculturalcoalition.org). Applications will be accepted starting Sept. 15 and must be received prior to Nov. 1. It is highly recommended that potential applicants attend a workshop to gain more information about the application process.

The first workshop will be held from 5:30 to 6:30 p.m. Tuesday, Sept. 22, at Studio A of the Paulson Pavilion at the Liberty Theater with entry through the 12th Street entrance; doors open at 5 p.m.

The second workshop will be held from 11 a.m. to noon Saturday, Sept. 26 at the Clatsop Community College South

### Grant Workshops

5:30 to 6:30 p.m. Tuesday, Sept. 22

Studio A, Liberty Theater

1203 Commercial St., Astoria

11 a.m. to noon Saturday, Sept. 26

CCC South County Campus

1455 N. Roosevelt Drive, Seaside

Submission deadline: Nov. 1

[www.clatsopculturalcoalition.org](http://www.clatsopculturalcoalition.org)

503-325-2431

503-325-0590

County Campus, located at 1455 N. Roosevelt Drive in Seaside. Doors open at 10:30 a.m.

Successful grant applicants will be notified by Dec. 1 and will be invited to receive their checks and speak briefly at a

public award ceremony Dec. 10 at the Liberty Theater, located at 1203 Commercial St.

For more information, visit the coalition website, attend a workshop, email [information@clatsopculturalcoalition.org](mailto:information@clatsopculturalcoalition.org), or call co-chair Janet Bowler at 503-325-2431 or Charlene Larsen at 503-325-0590.

The local coalition's funding priorities are to raise the awareness of culture; support the preservation, functionality, and/or sustained usage of physical facilities used for culture; and to strengthen the overall health of existing nonprofit organizations, schools, individuals or businesses related to visual and performing arts, heritage and humanities in Clatsop County.