

Food pantry move draws community members together

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A 'long haul'

Since April 2009, the pantry had operated out of the Bible Church. Early last year, however, the church leadership asked the pantry to vacate its space by Jan. 31, 2015, to accommodate the church's growing congregation.

Edison and the pantry volunteers looked all over town for a workable space before asking the Seaside School Board if it would be willing to let the pantry use the elementary school's former library portable. The district had closed the school in June 2013.

In September, the school board offered to lease the space to the pantry rent-free. If the school board decides to sell the property, the pantry will have 90 days to relocate.

The city of Cannon Beach

has pledged to give the pantry up to \$10,000 to upgrade its plumbing and electrical equipment.

Meanwhile, Coaster Construction renovated the portable, including installing a bathroom. The American Legion donated tables. Sherwin-Williams in Gearhart donated the paints and Anderson Painting in Seaside did the interior paint job.

The total move-in costs are estimated at around \$40,000, according to Edison and pantry volunteer Bill Brehm.

"It's been a long haul, but it's done, and it really looks nice," Edison said.

A 'force of nature'

Although Edison said she had "no doubt" that the pantry would secure a space before the clock ran out, it was really getting down to the wire. "We had to fight to get the place first," she said.



ERICK BENDEL PHOTO

Outside the food pantry's new location, a renovated portable at Cannon Beach Elementary School, volunteers from the pantry, the community and the Cannon Beach Police Department unload a truck of pantry supplies.

The move-in effort drew community members who knew Cannon Beach well and those who were just getting their feet wet on the coast.

Frankie White and her husband, Rick White, moved

to Cannon Beach about a month ago and were "looking for ways to get involved," Frankie White said. Both of them showed up to unload trucks and help see the move through to completion.

John Backes and Robin



ERICK BENDEL PHOTO

In the new packing room, Robin Roberts, left, helps Doug Wood, center, and his wife, Judy Wood, right, set up a shelving unit. The room also houses the refrigerators and freezers.

Roberts, a married couple who live in Portland and have been coming to town since 1978, felt they could make a bigger difference in Cannon Beach than in the big city, Roberts said. They have been donating to the pantry for little more than a year.

"There's such a disparity in (Cannon Beach). There's all of the working people, and there's all of the second

homeowners," Backes said. "There's a real need here, I think."

"I think this new space is wonderful" and "has such a good feel to it," Roberts said.

"Hats off to Molly and her posse," former Mayor Mike Morgan said. "Molly is a force of nature."

"We haven't missed a beat," Edison said. "We're going to continue to feed the hungry in our community."

Give Seeds a Chance offers seed exchange opportunity

A seed swap and demonstrations will be part of "Give Seeds a Chance: Second Annual Seed Exchange."

The exchange is a free event from noon to 3 p.m. Feb. 7 at the White Clover Grange, 36585 Oregon Highway 53 about two miles from U.S. Highway 101.

Those visiting the exchange can swap herb, vegetable, flower and native plant seeds and information with other gardeners.

A presentation at 1 p.m. will demonstrate how to clean seeds. Screens for cleaning seeds will be available for use during the exchange.

At 1:30 p.m., Joel Caris of Food Roots will host a discussion about the role local gardeners have to play in the community's resilience and security.

Participants should bring seeds they have collected or extra commercially packaged

If you go

WHAT: Give Seeds a Chance annual seed exchange

WHERE: White Clover Grange, 36585 Oregon Highway 53

WHEN: Noon-3 pm, Saturday, Feb. 7

COST: Free

CALL: 368-6874

can be used by sealing it and cutting it in half (fold the top over and seal after filling.)

Some empty coin size envelopes also will be available at the event.

New gardeners and those without seeds to share are welcome to take seeds for getting started with the request to pay it forward and share some of their bounty with someone else. All seeds are free.

Seeds that are several years old should be tested for viability. Test a sample (10 or so) and place them between two moist paper towels in a warm place to see if they germinate. If half or more of the seeds sprout, they are still good.

Give Seeds a Chance: Second Annual Seed Exchange is sponsored by the White Clover Grange and Fulcrum Community Resources.

For more information about the event call 368-6874.

seeds they no longer want. They should place their collected seeds in small envelopes or zip-sealed baggies and mark the seed packets with as much information as they have: plant, variety, area grown, production qualities, etc. Small brown "coin" envelopes can be purchased at Salt & Paper in Manzanita, or a standard mailing envelope

Pain reduction is goal of class

A class to help people understand how pain affects the body and brain will be offered several times this year by Providence Seaside Hospital.

When people understand how pain really works, their pain decreases, according to the class's organizers. Students will learn about what pain really is and how much their actions and thoughts can

improve their pain and help them return to their lives.

The same class is offered at different times throughout the year at Providence Seaside Hospital, Education Center A (lower level), 725 S. Wahanna Road, Seaside.

Class dates are:
• 5:30 to 7:30 p.m. Feb. 12;
• 12:30 to 2:30 p.m.

March 13;
• 5:30 to 7:30 p.m. April 9;
• 12:30 to 2:30 p.m. May 8; and
• 5:30 to 7:30 p.m. June 11.

There is no charge for the class, but registration is required. To register for classes, go to www.providence.org/classes or call the resource line at 800-562-8964.

Providence offers bereavement group

Providence Seaside Hospital is offering a six-week bereavement support group, "Journey through Grief," for family and friends of those who have experienced the death of a

loved one during the past 12 months.

The group will meet 3:30 to 5 p.m. Mondays, Feb. 2 through March 9 at Providence Seaside Hospital, administration conference

room (lower level), 725 S. Wahanna Road, Seaside.

There is no charge for the sessions, but pre-registration is required. Please call Mary Trudell at 503-717-7607 to register.

Sinkler joins RE/MAX Coastal Advantage

Maryann Sinkler has joined RE/MAX Coastal Advantage in Cannon Beach and Manzanita as a Realtor.

A Cannon Beach resident since 2012, Sinkler vividly remembers the process of searching for and purchasing both her home and the business she owns with her husband, Steven.

"The adventures of buying our home and the Wine Shack are still fresh in my mind. Utilizing that perspective, I will strive to provide my clients with a calm, well-organized journey by communicating with them every step of the way," Sinkler said. "I want them to feel confident and well informed throughout

the entire process."

Prior to venturing into real estate, Sinkler spent the last 20 years working for nonprofits. The first decade was spent in animal shelters helping homeless animals; she continues to volunteer with Clatsop Animal Assistance.

For 10 years, Sinkler worked in health and safety at the American Red Cross. Most recently, she was a national sales director for the Western United States, providing guidance for her sales teams across 26 states.

"Maryann is an outstanding addition to RE/MAX Coastal Advantage," said Alaina Giguere, co-owner. "She has a passion for the coast and un-



MARYANN SINKLER

derstands what clients are going through. I'm confident she will help them navigate the process with great care. We welcome her to our team of local experts."

Contact Maryann at 503-440-9280 or maryanns@remax.net

CEDR announces new board members

At the Clatsop Economic Development Resources (CEDR) annual meeting Nov. 25, new board members were elected for a three-year term. They include:

- Chris Nemlowill, co-owner of Fort George Brewery and representing the Craft Brewing Cluster
- Kurt Englund, owner of Englund Marine & Industrial Supply and representing the marine and fishing sector.
- Linda Beck Sweeney, owner of Cannon Beach Vacation Rentals and representing the hospitality industry.
- Mark Morgans, area manager for Lewis & Clark Timber/Campbell Global Group, representing the forestry and forest products sector.
- Rosemary Baker-Monaghan, executive director of the Liberty Theater, representing the arts and culture cluster. She was re-elected to a

three-year term and will also continue to serve on the CEDR Executive Committee as board secretary and treasurer.

The new additions join the five other private sector board members, including Executive Director Skip Hauke from the Astoria-Warrenton Area Chamber of Commerce, and also CEDR board president; attorney Larry Popkin from Campbell & Popkin LLC, also serving as the vice president of the CEDR Board; Branch Manager Pam Rush from Bank of the Pacific in Warrenton; Economic Development Manager Erik Andersson from Pacific Power; Public Affairs Manager Paulette McCoy from Providence Seaside Hospital.

The public sector is represented by Clatsop County Manager Scott Somers, Clatsop Community College President Lawrence Galizio, Astoria

City Manager Brett Estes, Cannon Beach City Manager Brant Kucera, Gearhart Mayor Dianne Widdop, Seaside City Councilor Tita Montero, Warrenton Mayor Mark Kujala and Port of Astoria Commissioner Bob Mushen.

Advisory board members are CEO Erik Thorsen for Columbia Memorial Hospital, Community Relations Manager Kristi Ward for Georgia-Pacific Wauna Mill, Executive Director Susan Huntington of the Seaside Chamber of Commerce, Executive Director Court Carrier of the Cannon Beach Chamber of Commerce, and Executive Director Jeff Hazen of the Sunset Empire Transportation District.

Kevin Leahy serves as the executive director for CEDR, the primary economic organization for Clatsop County, and of CCC's Small Business Development Center.



Growing to serve you

Providence welcomes a new cardiologist.



Masud Ahmad, M.D., FACC, FSCAI
Cardiologist

Providence is growing to better serve north coast families and communities. Heart specialist Masud Ahmad, M.D., is joining Robert Morse, D.O., and the cardiology team on the north coast. Welcome, Dr. Ahmad!

Board certified in cardiovascular disease and interventional cardiology, Dr. Ahmad divides his time between Providence St. Vincent Heart Clinic-Cardiology and Providence Medical Group-Seaside. He speaks English, Arabic, Hindi and Urdu. When not seeing patients, Dr. Ahmad enjoys traveling, biking and spending time at home in Arch Cape.

Call 503-717-7556 to schedule an appointment. We accept most health insurance plans. For more information, visit www.providence.org/northcoast.

