

# Food Bank meets need year-round

## Essentials are needed to feed families

By Eve Marx  
For Cannon Beach Gazette



R.J. MARX/CANNON BEACH GAZETTE

**The Food Bank serves 20 percent of the population of Seaside.**

in seniors and families. Sixty percent of the children we're servicing live below the poverty line."

Food insecurity is defined as the state of being without reliable access to a sufficient quantity of affordable, nutritious food. Oregonhunger.org estimates that 15 percent of Oregonians are food insecure.

The South County Community Food Bank is associated with Clatsop Community Action and the Oregon Food Bank Network. "It's a year-round need we're addressing," Blake said. "Twenty percent of the population of Seaside, Gearhart and Cannon Beach is using the Food Pantry."

The South County Community Food Bank has been in operation for over 28 years, started in 1981 by a local Seaside grocery store owner who began giving hungry people food out of the back of his store. A few years ago the



R.J. MARX/CANNON BEACH GAZETTE

Karla Gann, director; and volunteers Tessa Beardsley and Derek Beatty at the Food Bank.

Food Bank was able to move to into its present location at 2041 North Roosevelt Drive.

"This is a brand-new facility but it also costs more to operate," Blake said. "We have increased utility costs for our walk in freezers and running our lights and our vehicle. We have an extremely streamlined use of our dollars, but if we were able to imagine a community without hunger, that is do-able."

What's needed? Peanut butter is an essential, as well as canned corn, canned tuna, Pop-Tarts, single serving soup.

"We need it all," Blake said.

The South County Community Food Bank is always looking for donations as well as volunteers. They also have some openings for new board members.

"We have a remarkable

system we've implemented that is starting to get us more food," Blake said. "We have some tough challenges ahead. But people children shouldn't go hungry and seniors shouldn't feel so desperate."

The food bank is located on the east side of Highway 101 in Seaside across from Seaside High School at 2041 North Roosevelt Drive; 503-738-9800.

# Potluck

Potluck from Page 1A

"In true Cannon Beach fashion, we work together," she said.

## Awards:

- Cannon Beach Arts Association received \$10,033
- Cannon Beach Chorus received \$1,083
- Cannon Beach History Center received \$833
- Clatsop CASA (Court Appointed Special Advocate) received \$3,550
- Clatsop Community Action received \$6,350
- Clatsop Community College Foundation received \$1,772
- Coaster Theatre received \$3,083
- Healing Circle received \$1,131
- Helping Hands received \$8,625
- North Coast Food Web received \$1,483
- Restoration House received \$3,933
- Seaside Hall received \$863
- Seaside High School CYBORG Robotics Team received \$883
- Sunset Empire Park and Recreation District received \$1,716
- South County Community Food Bank received \$2,050
- The Harbor received \$8,107
- Tolovana Arts Colony received \$14,983
- Wildlife Center of the North Coast received \$4,516

# Cycling for cancer team departs from Cannon Beach



SUBMITTED PHOTO/CANNON BEACH GAZETTE

By Lyra Fontaine  
Cannon Beach Gazette

This month, a team of oncology employees from pharmaceutical company Bristol-Myers Squibb embarked on a mountainous bike ride from Cannon Beach to Boise, Idaho.

The team that kicked off in Tolovana Park on Sept. 7 was one of six that are cycling 450 miles each. The entire ride, called Coast 2 Coast 4 Cancer, covers about 2,800 miles.

"We are doing it to raise awareness for cancer research and generate funds," oncology sales vice president and team cyclist Stefan Hendriks said. "Going through challenging experiences with others creates extra memories. At the same time, it's

part of our goal to allow more memories for patients."

The teams hope to raise \$1 million to "bring science and better solutions" to patients, Hendriks said. Bristol-Myers Squibb will match each dollar raised up to \$500,000.

The ride brings oncology employees from different institutions and disciplines together. The end destination,

where all groups will meet, is the Jersey Shore. The team chose to start in Cannon Beach for its lodging, beach and biking-friendly environment.

"Many don't have any biking experience and had to train," Hendriks said. After undergoing about five months of training, he was excited but "a little anxious" on the day before departure.

**Bristol-Myers Squibb employee Melissa Marina from San Antonio, Texas wears a jersey for her husband, as she prepares to kick-off the 2016 Coast 2 Coast 4 Cancer Ride from Cannon Beach. Six teams will relay nearly 2,800 miles in 21 days from the Oregon Coast to the Jersey Shore in support of Stand Up To Cancer.**

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# MARKETPLACE

To place a classified ad call 503-436-2812, log onto www.cannonbeachgazette.com or stop in at 1555 N. Roosevelt in Seaside | Deadline is Monday at noon

### 45 Public Notices

**AB5282 Public Notice**  
**Call for Weatherization Contractors Request for Proposals**

Community Action Team's Weatherization Program is now accepting applications to establish qualified contractors to provide services for income-eligible homes in Clatsop, Columbia, & Tillamook Counties.

Scope of Projects

- o To reduce structural heat loss and reduce energy consumption by installing weatherization measures & related repairs which improve the thermal efficiency of the dwelling unit.
- o To provide the health and safety of the customer by utilizing the available advanced diagnostic testing equipment to test every unit.
- o To provide incidental plumbing, electrical and/or heating equipment service/repair within the scope of project.

\*Contractors for installation of weatherization measures and readiness repairs will be asked to submit bids per job and will be awarded through a competitive selection process. Applicants must be bonded, registered with the Construction Contractors Board, Certified Lead Based Paint Renovator (LBPR), USDOE Lead Safe Weatherization trained, along with additional required insurance coverage and preferred training/certifications.

\*Contractors for Residential Energy Auditor/Inspector to complete residential energy audits & quality control inspections (QCI) including all health and safety tests utilizing blower door, duct blaster and other weatherization tools. Contractor must be REAP and/or BPI certified, REM Design & QCI certified by standards required by the State of Oregon's Weatherization Assistance Program.

\*Contractors for Electrical inspections/readiness repairs, HVAC inspections/replacements and Plumbing repairs. Applicants must be bonded, registered with the Construction Contractors Board, along with required insurance coverage & preferred training/certifications. Professional Service contractors (electricians, plumbers, HVAC) will submit price list, hourly billing rate and travel charge information as part of the Request for Proposal.

\* Qualified vendors for the installation of new energy efficient refrigerators & stoves, and appliance repairs. Applicants must carry general liability, vehicle insurance and meet program insurance requirements. Follow established recycling standards set forth by EPA and USDOE. Qualified vendors will be required to complete the required bid packet and agree to contractual terms.

Contractor must adhere to all ORS statutes pertaining to employer/employee relations and also comply with Equal Opportunity Employer requirements. Minority and women owned contractors are encouraged to respond.

For further information please contact the Weatherization Program at 503-366-6587 by 5PM on September 31th, 2016.

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### 46 Announcements

The Daily Astorian  
Astoria, Oregon

**Help Wanted Special**  
Summer may be over but the hustle and bussle of our Fall season is just getting started! We are offering this special through the month of October.

**Purchase 1 week in the Full Package and receive FREE bold and border for your ad!**

**Purchase 2 or more weeks in the Full Package and receive FREE bold, border, and full-color logo!**

**Call or E-mail Jamie for more details.**  
503-325-3211 Ext. 231  
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\*The Full Package option places your ad in the following newspapers:  
•The Daily Astorian •The Chinook Observer  
•The Seaside Signal •The Cannon Beach Gazette  
•The Coast Weekend •Coast Marketplace  
-And Online!

**coast weekend**

Your local guide to Art, Entertainment, Food & Fun

### 70 Help Wanted

The Daily Astorian  
Astoria, Oregon

**Ad Designer**  
Join the pre-press team at The Daily Astorian and create memorable advertisements/special projects. You'll work with multiple people and deadlines in a fast paced environment. Must be very accurate and detail-oriented. Experience in Adobe InDesign and Photoshop required, knowledge of Multi-Ad Creator and Quark Xpress helpful. Newspaper experience preferred, but not required. Full-time, Mon-Fri position, benefits include Paid Time Off (PTO), 401(k)/Roth, 401(k) retirement plan and insurances.

Send resume, work samples and letter of interest to EO Media Group, PO Box 2048, Salem, OR 97308-2048, by fax to 503-371-2935 or e-mail hr@eomediagroup.com

### 70 Help Wanted

Accepting Applications for Hosts. Apply in person at Norma's Seafood and Steak at 20 N. Columbia, Seaside

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- o Maintenance

Please apply in person at the Inn at Cannon Beach (3215 S Hemlock, Cannon Beach) If you have any questions, please contact Terri at terri@innatcannonbeach.com or call (503) 436-9085

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