



Our Neighbors: Help letter carriers bank food for the needy

By Chris Treadway
Contra Costa Times

Posted: 05/05/2010 08:08:23 PM PDT

Updated: 05/06/2010 01:38:13 PM PDT

There are a lot of events going on this weekend, including the Kids Creeks Fest on Saturday at Fernandez Park in Pinole and a Mother's Day pancake breakfast aboard the S.S. Red Oak Victory in the Port of Richmond on Sunday.

But one of the most significant events takes place at your home or business Saturday. That's when letter carriers delivering mail will be collecting donations of nonperishable food for Bay Area food banks, including the Food Bank of Contra Costa and Solano.

"I have never seen bad times hurt so many people in my 34 years working here," said Larry Sly, the executive director of the Food Bank of Contra Costa and Solano, which has seen a 46 percent increase in clients over the last four years.

The need is equally strong in Alameda County, which now counts children and teenagers as 43 percent of the people it serves.

The 18th annual National Association of Letter Carriers Stamp Out Hunger Drive is the largest single-day food collection in the United States, which last year brought in 921,000 pounds of nonperishable food for Bay Area pantries alone.

Helping out is easy. Simply leave a bag or box of nonperishable, unexpired food by the mailbox or front door Saturday.

Canned tuna tops the Contra Costa bank's wish list, along with peanut butter, hearty soups, dried or canned beans, canned chicken, fruits and protein, canned fruit in juice, 100 percent fruit juice, canned vegetables, canned tomato products, enriched rice, grains or pasta, iron rich cereal

and whole grain cereal.

Donations to buy food can be made online at www.foodbankccs.org/events/index.html.

WEST COUNTY NOTES: Fun, health and potentially lifesaving skills and information come together at the free Heart Beat Fair: Knowing What to Do in a Heart Emergency, from 10 a.m. to 1 p.m. Saturday at Doctors Medical Center, 2000 Vale Road.

The event in the center's cafeteria will have interactive displays, blood pressure checks, samples of healthy food, demonstrations of "Sidewalk CPR," advice on when to call 911 and what to say, discussions about AED's (automated external defibrillators) and how they works, zumba aerobic dance demonstrations, tours of emergency vehicles, a bounce house for children and healthy and tasty recipe demonstrations.

Programs begin at 10 a.m. and repeat at 11 a.m. and noon; raffle prize winners will be drawn every hour. In addition, a free CPR class (no certification offered) will be offered that day.

The event is sponsored by county Supervisor John Gioia, Doctors Medical Center, American Medical Response, Chevron and Contra Costa Emergency

Advertisement

ProFlowers' MOTHER'S DAY SPECIAL

Mom's Time to Shine, Your Time to

SAVE



100 Blooms for Mom

\$19⁹⁹ **FREE**
+s/h Elegant Glass Vase

Order ONLY at
proflowers.com/happy
or call 1.877.888.0688

Print Powered By  FormatDynamics™



Medical Services.

To reserve a space for the CPR class or for more information, call Luz Gómez at 510-374-3231.

- The family businesses that started the annual Stockton Avenue Art Stroll days are celebrating a belated anniversary from 5 to 8 p.m. Friday. The Jenny K. gift shop at 6927 Stockton Ave. and Well Grounded Coffee next door will celebrate six and five years, respectively, with mimosas and pastries, a free gift for moms and a jewelry trunk show with designers Carmela Rose of Oakland and Angela Keller with Dolce Beada in Los Gatos. In addition, the nearby Glenn Gallery will be open Friday and Saturday. Jenny K. and Well Grounded owner Jen Komaromi would have celebrated her shops' anniversary on Valentine's Day but was preoccupied with the pending arrival of daughter Evie, the newest member of the family. The Stockton Avenue Art Stroll series resumes from 7 to 9 p.m. May 14.
- Great Commission Christian Church, 5327 Jacuzzi St. in Richmond, is holding an American Red Cross blood drive from 9 a.m. to 2 p.m. Saturday in the church hall. To make an appointment, call 800-733-2767 or visit redcrossblood.org and enter sponsor code GCC84.
- The Mother's Day pancake breakfast on the Red Oak Victory, 1337 Canal Blvd., Berth 6A in Richmond, is from 9 a.m. to 12:30 p.m. Sunday. A pancake breakfast with complimentary Bay view is \$6 and tours of the World War II vessel are an additional \$5. All proceeds go to the historic ship's restoration. Details: 510-237-2933 or www.ssredoakvictory.com. Contact Chris Treadway at

510-262-2784 or ctreadway@bayareanewsgroup.com. Follow him at [Twitter.com/christreadway](https://twitter.com/christreadway).

Advertisement

Identity Theft Protection

ENROLL TODAY AND GET: 30 DAY RISK-FREE* TRIAL	USE PROMO CODE: ID
CALL NOW: 1-877-670-1746	



*At the end of the 30-day free period your card will be billed automatically (\$10.00 monthly/\$110.00 annually) unless you cancel within the 30-day period. You can cancel anytime without penalty by calling 1-800-LifeLock. Offer is for new LifeLock members only.

Print Powered By FormatDynamics™