

# Olympic gold medalist to share memoir

Carolyn Wood to recount her 'tough girl' days in the past and present

CANNON BEACH — Not many high school freshmen can say they are an Olympic medalist.

Carolyn Wood could. She was a high school freshman at Beaverton High School when she won a gold medal in swimming at the 1960 Summer Olympics in Rome.

Wood will share her memoir, "Tough Girl: An Olympian's Journey," as the November speaker at the Cannon Beach Library's Northwest Author Series. The talk will take place at the library at 2 p.m. Saturday, Nov. 12. The event is free and open to the public.

"Tough Girl" recounts two journeys separated by 52 years. The book opens as 65-year old Wood decides to walk the Camino de Santiago in hopes of reawakening the youthful determination and resilience that took her on the



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Carolyn Wood will share her memoir, "Tough Girl: An Olympian's Journey," Nov. 12 at the Cannon Beach Library.

road to Rome and gold at the 1960 Olympics. What she encounters along both paths — fear, fatigue, pain and loss — are well worth the rewards of discovery.

Wood weaves into her tale her adult experiences of healing after losing her life partner, and she provides a satisfying reflection on what makes a tough girl press on through pain, loss and disappointment all the way to triumph.

Born and raised in Portland, Wood raced nationally and internation-



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At age 14, Carolyn Wood was a freshman at Beaverton High School and an Olympic gold medalist.

ally for three more years after her gold medal before attending the University of Oregon.

After graduation in 1967, Wood began a 35-year career teaching high school English, first at her alma mater, then at Lake Oswego, Glencoe and Wilson high schools. During that time she earned a master degree in social work and a master's of education from Portland State University.

A public speaker since high school, Wood has

been a national spokesperson, given keynote addresses, graduation speeches and travel lectures. Outside the classroom she has taught writing workshops to all ages.

Even though she remains rooted in Oregon, her journeys have taken her far: working as a governess for the family of Robert Kennedy the year after the senator's death, backpacking through the Oregon and Washington Cascades, exploring Europe, Africa and Asia, climbing Mt. Kilimanjaro, and trekking through the Himalayas and Alps.

Since retirement, Wood has done volunteer work for Habitat for Humanity International, Medical Teams Northwest, Wilderness Volunteers, and at Coffee Creek Correctional Facility. These days her explorations also include yoga and meditation as well as gardening and bee keeping.

She started writing her memoir, "Tough Girl: An Olympian's Journey," in 2010, and it is her first book.



PHOTO BY DANNY MILLER

Fort Stevens State Park Ranger Dane Osis will teach how to identify mushrooms in Ecola Creek Forest Reserve on Nov. 16.

## Learn how to forage for mushrooms Wednesday

State park ranger to lead talk, walk

identify edible and inedible mushrooms in the Ecola Creek Forest Reserve.

CANNON BEACH — Mushroom season is here. It's time to find them, cook them and eat them.

Dane Osis, a ranger at Fort Stevens State Park, will lead a mushroom foraging orientation walk to find and

Meet at 10 a.m. Wednesday, Nov. 16 at the Cannon Beach City Hall parking lot, 163 E. Gower Ave. Bring a basket and knife; dress for the weather.

This program is sponsored by the Ecola Creek Awareness Project.

## Annual fall wine walk set in downtown Seaside



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Taste wines at downtown Seaside businesses during the Seaside Downtown Fall Wine Walk on Nov. 12.

SEASIDE — More than 20 Oregon wineries will be sharing tastings of their best wines at various locations throughout downtown Seaside on Saturday, Nov. 12, during the semi-annual Seaside Downtown Wine Walk sponsored by the Seaside Downtown Development Association.

Each venue will provide complementary food from various restaurants.

Typically, more than 750 participants enjoy strolling, sipping and shopping from 3 to 7 p.m.

Registration stations, which include ID check and

wine glass sales, will be located in the Carousel Mall (300 Broadway) from 1 to 6:30 p.m., and at RiverTide Suites (102 N. Holladay) from 2:30 to 5 p.m.

The \$10 participant fee provides the required commemorative wine glass and ID bracelet as well as entry into a drawing for various gift certificates.

Participants must be over 21 to participate. Wineries will be charging nominal tasting fees. A map listing the participating wineries and businesses will be available at the ID check stations.

The Seaside Downtown

Development Association is a nonprofit organization enhancing the environment and economic viability of downtown Seaside for the local community and visitors. In addition to providing the starfish lighting and hanging flower baskets in the area, SDDA annually sponsors two wine walks, two car shows, a charity golf tournament with Seaside Kids, Inc as well as a winter coupon book and Shop Seaside event.

For more information, call SDDA at 503-717-1914 or email [director@seaside-downtown.com](mailto:director@seaside-downtown.com)

### The Coaster Theatre Playhouse Presents

A faithful adaptation  
of the 1946 classic film.

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by James W. Rodgers

Nov. 18 - Dec. 23, 2016

Tickets \$20 or \$15

Shows begin at 7:30 p.m.

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