

Friday, Feb. 17**Chamber Breakfast**

8:15 a.m., Finn's Fish House, 227 Broadway, Seaside, 503-738-6391, www.seasidechamber.com. Open to the public, weekly speakers, discussions and a no-host breakfast.

Low Impact Walk

9:30 a.m., 503-738-7751. This low-impact walking group meets weekly at different locations. Sponsored by the Seaside Branch of American Association of University Women (AAUW).

2:AM Pacific

7 p.m., McMenamins Sand Trap, 1157 Marion Ave., Gearhart, 503-717-8150, www.mcmenamins.com, no cover. 2:AM Pacific plays a variety of genres from soul and rock to jazz and pop music.

Open Mic & Jam

7 p.m., Pacific Pearl Bistro, 111 Broadway, Seaside. All styles welcome at this jam session hosted by the Tim Kelly Blues Band.

Poet Reading

7 p.m., Tolovana Hall, 3779 Hemlock St., Cannon Beach, 541-215-4445, www.tolovanaartscolony.org. Oregon's Poet Laureate Elizabeth Woody will give a free reading and discuss her writing process, followed by a Q&A.

Saturday, Feb. 18**PBL Tournaments**

8 a.m., Seaside, Warrenton, Astoria, 503-717-4308, www.seasidebasketball-tournaments.com. Enjoy the excitement of the annual Pacific Basketball League tournaments held at schools in Seaside, Warrenton and Astoria.

Randy Burt

7 p.m., American Legion, 1315 Broadway, Seaside, 503-738-5111, www.seaside-post99.org, no cover, 21+. Randy Burt plays a variety of genre including blues and rock music.

Volunteer Party

7 p.m., Gearhart Bowl, 3518 Hwy. 101, 503-436-0609, www.coastertheatre.com. Coaster Theatre will host its annual appreciation party for its many volunteers including actors, stage crew, ushers, technicians, building, strike assistants and general volunteers; RSVP is required.

Sunday, Feb. 19**PBL Tournaments**

7 p.m., Seaside, Warrenton, Astoria, 503-717-4308, www.seasidebasketball-tournaments.com.

Monday, Feb. 20**Knochlers Pinochle**

1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-7393, www.sunsetempire.com, all ages, \$1 per session per person. This is a weekly, regular play card game.

Tuesday, Feb. 21**TOPS Meeting**

9:15 a.m., North Coast Family Fellowship, 2245 Wahanna Road, Seaside, 509-910-0354. Take Pounds Off Sensibly (TOPS) focuses on healthy lifestyle changes for weight loss, meets every Tuesday.

Pancake Feed

5 p.m., Seaside Convention Center, 415 First Ave., Seaside, 503-436-0371, \$5 to \$20. Seaside Kiwanis Club will host its annual Pancake Feed, a popular, all-you-can-eat family fun event; proceeds benefit youth activities and programs in Seaside and Clatsop County.

Wednesday, Feb. 22**Job Fair**

9 a.m., Clatsop County Fairgrounds, 92937 Walluski Loop, Astoria, 503-325-4821, free. CEDR and Worksource Northwest Oregon will host its annual Clatsop County Career & Job Fair; open to students in the morning and to adults in the afternoon at 2 p.m.

Sou'Wester Garden Club

10 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-6786, free. This month's program will be "Everything You Want to Know About Dahlias" with Swan Island Dahlias, visitors are welcome and membership is open.

Bingo!

12:30 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-3311, www.sunsetempire.com, 10 cents per card, \$2.40 all games. Bring your friends for a weekly afternoon of Bingo fun.

Overeaters Meeting

3:30 p.m., Seaside Public Library, 1131 Broadway, Seaside, 503-440-4390. Over-

eaters Anonymous groups seek recovery and support through the Twelve Steps program, weekly.

Thursday, Feb. 23**Ham Radio Breakfast**

8 a.m., Finn's Fish House, 227 Broadway, Seaside, 503-738-9692. Ham radio operators meet every Thursday, venues change the first Thursday of the month.

SDDA Breakfast

8:30 a.m., Pig 'N' Pancake, 323 Broadway, Seaside, 503-717-1914, www.seasidedowntown.com. Weekly speakers, discussions and a no-host breakfast.

Kiwanis Club Meeting

Noon, Pig 'N' Pancake, 323 Broadway, Seaside, open to the public, www.facebook.com/pages/Kiwanis-Club-of-Seaside-Ore. Features weekly speakers, discussions and a no-host lunch.

Matinee Thursdays

1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-7393, www.sunsetempire.com, free. Enjoy popcorn and a movie on senior matinee Thursdays.

Pinochle Refresher

1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-3311, www.sunsetempire.com. The Knochlers pinochle group offers a free refresher and beginning course in pinochle to adults 55 and older; beginners welcome.

History & Hops

6 p.m., Seaside Brewing Co., 851 Broadway, Seaside, 503-738-7065. The History & Hops lecture series will feature author Jerry Sutherland who will give a talk on "Calvin Tibbets: Oregon's First Pioneer."

Jazz Kick-off Party

7 p.m., Elks Lodge, 324 Avenue A, Seaside, 503-738-6651, www.jazzseaside.com, \$10. The Seaside Jazz Festival kicks off with a warm-up party featuring music by Dave Bennett & Memphis Speed Kings; limited seating.

Friday, Feb. 24**Yoga Festival**

8 a.m., Cannon Beach Yoga Arts, 251 Hemlock St., Cannon Beach, 503-440-1649, www.cannonbeachyogafestival.com. The annual Cannon Beach Yoga Festival weekend offers workshops,

meditation, music and health/wellness treatments; multiple venues and times, registration required.

Seaside Jazz Festival

2 p.m., Seaside Convention Center, 415 First Ave., Seaside, 866-345-6257, www.jazzseaside.com, \$15 to \$95, all ages. The annual Seaside Jazz Festival at the coast features top performers of traditional and contemporary jazz, multiple times and venues; check website for schedule.

"Bye Bye Birdie"

7 p.m., Seaside High School, 1901 Holladay Drive, Seaside, 503-738-5586 \$4 to \$8, all ages. "Bye Bye Birdie: A Musical Comedy" is a family friendly musical loosely based on Elvis' journey into the Army in the 1950s.

Open Mic & Jam

7 p.m., Pacific Pearl Bistro, 111 Broadway, Seaside.

Red & Ruby

7 p.m., McMenamins Sand Trap, 1157 Marion Ave., Gearhart, 503-717-8150, www.mcmenamins.com, no cover. Swing and jazz duo Red and Ruby (Vince Brown and LaVon Hardison) perform original arrangements of songs dating from the 1920s to the present, performing musical gems, ballads, roots jazz and Western swing.

The Stomptowners

7 p.m., Cannon Beach History Center, 1387 Spruce St., Cannon Beach, 503-436-9301, www.cbhistory.org. The Stomptowners play Celtic, Americana and folk music blending Irish instrumentation, voice and foot percussion.

Saturday, Feb. 25**PBL Tournaments**

8 a.m., Seaside, Warrenton, Astoria, 503-717-4308, www.seasidebasketball-tournaments.com. Enjoy the excitement of the annual Pacific Basketball League tournaments held at schools in Seaside, Warrenton and Astoria.

Seaside Jazz Festival

9 a.m., Seaside Convention Center, 415 First Ave.; Elks Lodge 1748, 324 Avenue A; Best Western Ocean View Resort, 414 Promenade, Seaside, 866-345-6257, www.jazzseaside.com, \$15 to \$95, all ages.

Bird Training

10 a.m., Arch Cape Fire Hall, 72979 Hwy.

101, Arch Cape, 206-221-6893. Coastal Observation and Seabird Survey Team (COASST) offers a beached bird training session: learn to collect data, identify species and more; registration required.

Volunteers Needed

10 a.m., Reed Ranch Habitat Reserve, Warrenton, 503-738-9126, www.ndctrust.org. NCLC is seeking volunteers to help plant a windbreak for native butterflies at the reserve, call to sign up and directions.

"Bye Bye Birdie"

7 p.m., Seaside High School, 1901 Holladay Drive, Seaside, 503-738-5586 \$4 to \$8, all ages.

Mr. B

7 p.m., American Legion, 1315 Broadway, Seaside, 503-738-5111, www.seaside-post99.org, no cover, 21+. Mr. B plays classic rock-n-roll music.

Sunday, Feb. 26**Jazz Gospel**

8:30 a.m., Seaside Convention Center, 415 First Ave., Seaside, 866-345-6257, www.jazzseaside.com, free, all ages. Gospel opens the final day of the festival featuring special performances by Black Swan with Marilyn Keller and Blue Street with Sherrie Colby.

PBL Tournaments

7 p.m., Seaside, Warrenton, Astoria, 503-717-4308, www.seasidebasketball-tournaments.com.

Monday, Feb. 27**Business Workshop**

5:30 p.m., CCC Seaside Campus, 1455 Roosevelt Drive, Seaside, 503-338-2402, \$49. Presenter Arnie Hendricks will lead a workshop in financial management, business planning and succession planning; pre-registration required.

City Council Meeting

7 p.m., City Hall, 989 Broadway, Seaside, 503-738-5511, www.cityofseaside.us. The Seaside City Council meets on the second and fourth Mondays of the month.

Wednesday, March 1**Gearhart City Council**

7 p.m., City Hall, 698 Pacific Way, Gearhart, 503-738-5501, www.ci.gearhart.or.us. Regular city council

meetings are held monthly on the first Wednesday.

Thursday, March 2**Ham Radio Breakfast**

8 a.m., call for location, Seaside, 503-738-9692.

SDDA Breakfast

8:30 a.m., Pig 'N' Pancake, 323 Broadway, Seaside, 503-717-1914.

Kiwanis Club Meeting

Noon, Pig 'N' Pancake, 323 Broadway, Seaside, open to the public.

"Bye Bye Birdie"

7 p.m., Seaside High School, 1901 Holladay Drive, Seaside, 503-738-5586 \$4 to \$8, all ages.

Friday, March 3**Chamber Breakfast**

8:15 a.m., Finn's Fish House, 227 Broadway, Seaside, 503-738-6391, www.seasidechamber.com.

"Bye Bye Birdie"

7 p.m., Seaside High School, 1901 Holladay Drive, Seaside, 503-738-5586 \$4 to \$8, all ages.

Eric John Kaiser

7 p.m., McMenamins Sand Trap, 1157 Marion Ave., Gearhart, 503-717-8150, www.mcmenamins.com, no cover. French troubadour Eric Kaiser crosses musical cultures playing traditional French stylings and songs with an American rhythm: rock, hip-hop, reggae, roadhouse blues.

Open Mic & Jam

7 p.m., Pacific Pearl Bistro, 111 Broadway, Seaside.

RJ Marx Quartet

7 p.m., WineKraft, 80 10th St., Astoria, 503-468-0206, www.winekraftpnw.com, no cover, 21+. Saxophonist RJ Marx leads the quartet in a repertoire of jazz music with John Orr (guitar), Joe Church (bass) and Dave Gager (drums).

"The Mousetrap"

7:30 p.m., Coaster Theatre Playhouse, 108 Hemlock St., Cannon Beach, 503-436-1242, www.coastertheatre.com, \$\$\$, rated PG. "The Mousetrap" follows the tale of a group of strangers, a blizzard and an unknown killer that culminates in the famous Agatha Christie switch finish.

Portland Olympian dives into memories with autobiography

Book is a journey of pain, loss and recovery

By Rebecca Herren
Seaside Signal

Many people have written the Carolyn Wood story — except Carolyn Wood. Until now. With urging from her students and encouragement from her friends, she has changed that with a memoir "Tough Girl: An Olympian's Journey."

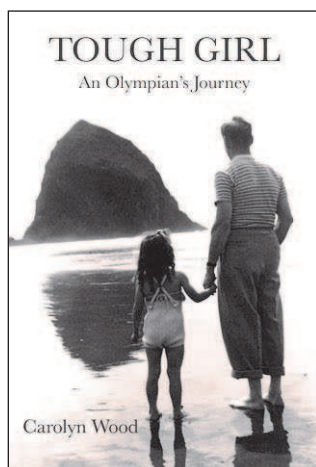
"Tough Girl" is the passage of a young girl who transcends the problems at home, her struggles with her sexual identity and who takes to the water with vigor and guts. It is a coming-of-age story of youthful dreams and the celebration of life through wisdom and age. It's an honest book written with spirit, grit and drive.

Wood powered her way to break national records and win a spot on the 1960 U.S. Summer Olympic team. And though she is modest and humbled by her achievements, she has earned the bragging rights of being an Olympian.

Wood explains that her memoir started out as a simple telling of how she learned to swim — "got good, trained hard, went to the Olympics." That was the intention, but other things happened. The book weaves together two stories — nearly 60 years apart — of struggles, determination and triumphs in achieving Olympic gold and recounting her solo pilgrimage along the Camino de Santiago in 2012.

For her Feb. 4 reading at the Seaside Public Library, Wood focused on her Olympic journey, leaving her Camino de Santiago trek for another visit.

Growing up, Wood and her family spent summers visiting Seaside and Cannon Beach while staying with her aunt and uncle in Arch Cape. They would come to Seaside to swim in the Natatorium, which Wood called "creepy."



She recalled the riots in the '60s as being "attractive but forbidden" and was recruited by her boyfriend to volunteer at Seaside's first marathon in the '70s.

Questions Wood is often asked are "How did you know about the Olympics?" "What made you different from other kids your age?" "How did you make the team?" "What was it like in the Olympics?" and "What happened during the butterfly?"

The book answers those questions and more about how this impetuous 14-year-old tomboy swam her way to Rome; the mouthful of water that cost her the gold medal in the 100-meter butterfly; her childhood friendship with swimmer Donnie Schollander; and her reason not to compete in the 1964 Tokyo Olympics or beyond.

After learning to race, make a turn and a start, Wood's first race ended badly. She quit. "It just wasn't fun to do all that work and not win a prize." But not ready to give in, she gave it another shot with coach Tye Steinbach.

The beginning of the tough girl was born at a big meet held at Jantzen Beach in 1956, a junior competitor heat. Citing her book, this race went by fastest times only, no prelims or finals. Wood's race was number eight on the docket: 55-yard freestyle. Steinbach pulled her aside and gave Wood final instructions to "go all out, not to slow down, not

'I love everything about swimming: teams, training, racing, age groups, pranks, pools, medals, trophies, time trials and pictures in the paper. I liked to train, the daily pattern of warm ups, exhaustion, cool downs, rest...'

Carolyn Wood

to look around, just go, go, go until I hit the end." He told her to warm up, "Get herself mad and work up some steam."

From the time Wood started to compete in swim heats, her mother kept every newspaper clipping, photo and correspondence. One day, she found an attic's worth of memories: childhood clothes, records and scrapbooks her mom tediously crafted and saved. One of those photos became the cover of "Tough Girl."

Wood raced nationally and internationally for the next three years. After her last season on the swim team, Wood left competition for good to attend the University of Oregon. After graduation, she began her 35-year career teaching high school English then substituted for the next 10 years before retiring.

She swam for the Multnomah Athletic Club and Beaverton High School, where she won seven individual state championships in butterfly, freestyle and the individual medley.

Her gold medal win was part of the women's 4-x-100 meter freestyle relay team. Together with Chris von Saltza, Joan Spillane, Shirley Stobs and Wood, the relay team set a new world record in the event final by nine seconds.

In the annals of Portland sports, Wood was not forgotten. As a young athlete, Wood defied convention by out-gut-



REBECCA HERREN/SEASIDE SIGNAL

Carolyn Wood displays her 1960 gold medal.

ting some of the best swimmers in the world. She swam an exceptional third leg of the 4-x-100 meter freestyle relay to chase down Australia's star Lorraine Crapp and give Chris Von Saltza a 1-meter lead to win the gold.

Wood was inducted into

the Oregon Sports Hall of Fame in 1992.

Wood remains rooted in Oregon and lives in her family home. Her journeys have taken her to far off places around the world. She spent a year as a governess for the Robert Kennedy family after his death, had

an audience with Pope John XXIII before the start of the Olympics and has backpacked through the Oregon and Washington Cascades. These days, she spends her time practicing yoga and meditation, working in her garden and tending to her bees.

"I truly love the sport," she said. "I love everything about swimming: teams, training, racing, age groups, pranks, pools, medals, trophies, time trials and pictures in the paper. I liked to train, the daily pattern of warm ups, exhaustion, cool downs, rest... the gun, the cheers, the lane counter, the coach's whistles, the happy chaos of preliminaries and the posting of results. Looking to find your name and time and looking to find your main competitors."

When asked if she still swims. She answers, "No." With a second thought, "maybe I'll compete in a senior heat one day."