

When the sky is grey  
You lite it up  
When I'm down  
you help me up.

Maxine Hurt  
3rd grade  
South Prairie Elementary



**SOS Tillamook**  
SUPPORT • OVERCOME • STRENGTHEN

Prevention Program of Tillamook Family Counseling Center



Kiara Carver

**MINDFULNESS & SELF CARE**

**2020**



**SOS Tillamook**  
SUPPORT • OVERCOME • STRENGTHEN  
Prevention Program of Tillamook Family Counseling Center

## SOS Tillamook is the Prevention Program through Tillamook Family Counseling Center:

### SOS – Support, Overcome, Strengthen

**Support:** Provide services and resources for Tillamook County residents and engage the community to achieve health and wellness.

**Overcome:** Work with partners to help address and remove barriers to health and wellness.

**Strengthen:** Develop resiliency in Tillamook County residents by supporting continued living in health and wellness.

**MISSION:** Supporting a safe and healthy community where youth can thrive.

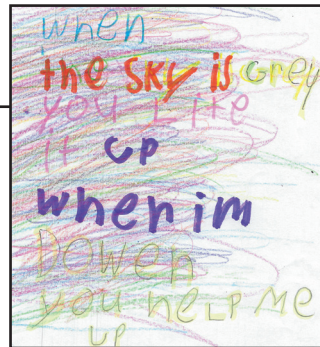
For more information, go to [www.sostillamook.org](http://www.sostillamook.org) or call 503-842-8201

## About the Cover Artist:



Kiara Carver is 12 years old and attends seventh grade at Tillamook Junior High. She sings, plays the alto sax, acts in theater, and creates original art and animation. She loves animals, especially cats, and wants to attend college with a focus on art and music. She is known for her kind heart and happy smile.

## Cover Poem:



POEM BY Maxine Hurt,  
South Prairie Elementary, 3rd Grade

## ABOUT THE 2020 CALENDAR – Mindfulness & Self-Care

The theme this year is “Mindfulness & Self-Care.”

In today’s busy, hurry, stressful world, everyone needs to practice being aware of stress and reducing its impacts by being “mindful” and practicing self-care. Students were encouraged to think about ways for them to be mindful – especially when experiencing stress – “When I’m stressed, I take care of myself by \_\_\_\_\_.”



Mind Full, or Mindful?


Here is a “month of mindfulness suggestions” – and 13 drawings that feature Tillamook County students’ artwork giving helpful mindfulness and self-care ideas.



# MONTH OF MINDFULNESS SUGGESTIONS

| Take time to ask someone how they are | Take time to check in on someone today  | Say one nice/positive thing to someone today | Make a plan to meet someone dear to you | Do a random act of kindness for someone today | Tell someone important how much they mean to you | Go for a walk                            |
|---------------------------------------|---|--|---|---|--|--|
| Be nice to someone today              | Set a good example today                | Give a compliment                            | Thank people                            | Offer hugs to your loved ones and friends     | Smile at someone today                           | Write down 3 things you are grateful for |
| Go for a 30 minute walk               | Meditate Sit, relax, focus on breathing | Do something that makes you happy            | Spend time in nature                    | Try a new activity today                      | Laugh  | Draw or paint a picture                  |
| Sit in the sun for five minutes       | List 3 things you like about yourself   | Enjoy a sunset or sunrise                    | Introduce yourself to someone new       | Drink a glass of water before each meal       | Write a poem                                     | Clean out a cluttered drawer             |
| Do something you love                 | Send a nice text message to someone     | Take a photo of something nice               |   |   |  |  |

© walkinmyshoes





# We received so many amazing drawings! See them ALL at Jan. 21, 2020 Art Show.

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The students provided so many great self-care ideas that we decided to have an ART SHOW. Join us Tuesday January 21, 2020 at the Main Tillamook Library from 5:30 to 7 pm to view ALL the drawings ... Here's a sample:

KIANNA J., GARIBALDI GRADE SCHOOL, 4TH GRADE



MARELI N., SOUTH PRAIRIE, 3RD GRADE



CHRISTEL C., SOUTH PRAIRIE, 3RD GRADE





# RESOURCES – Tillamook County

## Alcoholics Anonymous (AA)

(503) 842-8958 [www.aa-oregon.org](http://www.aa-oregon.org)  
(Because locations and times change often, you are encouraged to call the number to learn the days and times of twelve-step meetings.)  
NORTH COUNTY Bay City Methodist Church  
Garibaldi Church of Christ Nehalem Bay Center  
CENTRAL COUNTY Tillamook United Methodist  
Tillamook Hospital Serenity Club  
SOUTH COUNTY Beaver Fire Hall  
Pacific City Presb. Church

## Al Anon -Support for families and friends of alcoholics.

[www.oregonal-anon.org](http://www.oregonal-anon.org) to find a meeting  
NORTH COUNTY - Nehalem Bay Wastewater  
CENTRAL COUNTY - Tillamook Hospital  
SOUTH COUNTY = PC Presbyterian Church

## Celebrate Recovery

Tillamook Nazarene Church  
503-842-2549 – 2611 3rd St.

## Tides of Change

(formerly Tillamook County Women's Resource Center)  
1902 2nd st., Tillamook  
Call for availability of classes/counseling  
[www.tidesofchangenw.org](http://www.tidesofchangenw.org)  
503-842-9486 HOTLINE 800-992-1679

## FACT Oregon

1-888-988-3228  
[www.factoregon.org](http://www.factoregon.org)  
FACT empowers Oregon families experiencing disability in their pursuit of a whole life by expanding awareness, growing community, and equipping families.

## Gamblers Anonymous

FREE Treatment  
Tillamook Serenity Club, 5012 3rd St.  
503-842-8024  
FREE TREATMENT – Helpline 877-695-4648  
[www.opgr.org](http://www.opgr.org)

## Narcotics Anonymous (NA)

503-717-3702  
[www.nworegona.org](http://www.nworegona.org)

## North West Senior and Disability Services

503 842-2770 or 1-800-584-9712  
[www.nwsds.org](http://www.nwsds.org)  
5010 E. Third St. Tillamook, OR 97141  
Information and referral services for seniors and disabled and under age 65.

## Oregon Tobacco Quit line

1-800-784-8669 [www.quitnow.net/oregon](http://www.quitnow.net/oregon)  
Stop Smoking Classes – 503-842-4444  
Tillamook Regional Medical Center

## Tillamook Family Counseling Center, Inc.

503-842-8201 or 1-800-962-2851  
906 Main Ave. Tillamook

## Adventist Health-Tillamook

[AdventistHealthTillamook.org](http://AdventistHealthTillamook.org)  
Various support groups & classes: Alzheimer's; Grief; Cancer; Diabetes; Caregivers Respite

## Tillamook Serenity Club

503-842-1115  
5012 Third Street  
[www.tillamookserenityclub.com](http://www.tillamookserenityclub.com)  
Various Support Group meetings (see website)

# HELP & HOPE

*Resources/Support for Any Person,  
Any Problem, Any Time*

**Tillamook (24 hr)**

**800-962-2851 or 503-842-8201**  
(servicio en español)

**Veterans - 800-273-8255 ext. 1**

**CodeGreenCampaign.org**

**Safe Call Now 206-459-3020**

**Fire/EMS "Share the Load" 888-731-3473**

**Copline/Law Enforcement 800-267-5463**

**Lines for Life 877-968-8491**

**YOUTH Lines for Life Text teen2teen, 839863**  
**Red Nacional para la Prevención de Suicidio**  
**(888) 628-9454 (servicio en español)**

**Problem Gambling - 877-695-4648**  
**Treatment is FREE [www.OPGR.org](http://www.OPGR.org)**

**Feeling Lonely?**

**Just need someone to talk to, call**  
**Oregon Warmline - 800-698-2392**

**Tillamook Suicide Safer Community Project**



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**[sostillamook.org](http://sostillamook.org) • 503-842-8201**

For more Community Resources, go to CARE's website at [www.careinc.org/resources](http://www.careinc.org/resources)



FREE



## MULTI-MODULAR

Early Childhood  
Screening Fair

Jan. 22 – 23, 2020

Tillamook County  
Fairgrounds  
4603 Third Street  
Tillamook

**SIGN UP** today for all 2 to 6  
year olds, regardless of income

Call now for an appointment:  
**503-815-2292**



[AdventistHealthTillamook.org](http://AdventistHealthTillamook.org)



CLAIRE B., SOUTH PRAIRIE, 3RD GRADE

# JANUARY



**Accepted E-Waste**

Keyboards, Laptops &  
tablets, CPUs, Computer  
Mice, Monitors (CRT/  
LCD), Printers, Scanners,  
Televisions (Complete)

**E-WASTE & Styrofoam COLLECTION! Saturday, January 4, 2020 10:00 am to 2:00 pm Info: (503) 815-3975**

**Manzanita Transfer Station**  
34995 Necarney Rd, Manzanita  
Neah-Kah-Nie Sr SAFE Committee  
Contact: Samantha 503.368.6216

**Tillamook Transfer Station**  
1315 Ekloff Road, Tillamook  
Tillamook Sr SAFE Committee  
Contact: 503.812.8046 or pamelaboomer@gmail.com



**Pacific City Transfer Station**  
38255 Brooten Rd, Pacific City  
Nestucca Valley Sr SAFE Committee  
Contact: RobinR@nestucca.k12.or.us

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|---|---|---|--|--|
| <p>29</p> <p>DECEMBER 2019</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p> | <p>30</p> <p>FEBRUARY 2020</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28</p> | <p>31</p>   | <p>1</p> <p>YMCA Polar Plunge<br/>Cape Lookout State Park</p> <p>New Year's Day</p>   | <p>2</p>  | <p>3</p>   | <p>4</p> <p>E-Waste &amp; Styrofoam Collection at<br/>local Transfer Stations (10am-2pm)</p> |
| <p>5</p> <p>Community Recycling trailer at<br/>Rockaway Beach (8:30am-9:30am)<br/>and Garibaldi (10am-11am)</p>  | <p>6</p>  | <p>7</p>  | <p>8</p>  | <p>9</p>  | <p>10</p>  | <p>11</p>  |
| <p>12</p>  | <p>13</p>   | <p>14</p> <p>Fall Prevention Class, 1-3 pm<br/>Adventist Health<br/>To register call 503-815-7563</p> <p>Solid Waste Advisory Committee<br/>(SWAC) meeting</p>  | <p>15</p>   | <p>16</p>   | <p>17</p>  | <p>18</p> <p>Community Recycle trailer at<br/>Neskowin (9am-1pm)</p>                         |
| <p>19</p>  | <p>20</p> <p>Martin Luther King Jr's<br/>Birthday</p>   | <p>21</p> <p>Diabetes Prevention Program<br/>Introduction – Noon – 1 pm<br/>YMCA, Tillamook</p> <p>SOS Tillamook Calendar<br/>Artists Gallery Exhibit &amp; More<br/>Tillamook Main Library<br/>5:30 – 7 pm</p> | <p>22</p> <p>Community Multi-Modular<br/>Early Childhood Screening Fair<br/>Tillamook Fairgrounds<br/>Call for appt. 503-815-2292</p> | <p>23</p> <p>Community Multi-Modular<br/>Early Childhood Screening Fair<br/>Tillamook Fairgrounds<br/>Call for appt. 503-815-2292</p> | <p>24</p>  | <p>25</p> <p>Food Roots<br/>North County Pie Day<br/>White Clover Grange 2 pm</p>            |
| <p>26</p>  | <p>27</p>   | <p>28</p>   | <p>29</p> <p>Homeless Connect,<br/>Tillamook, CARE Inc.</p>   | <p>30</p>   | <p>31</p> <p>Tillamook Veteran's Office<br/>Suicide Prevention Event<br/>#BeThere – Help and Hope for our<br/>Veterans and Community<br/>2 days, same program each day,<br/>Lunch Included<br/>Tillamook Elks Club<br/>To register: 503-842-4358</p> | <p>1</p>   |

# **Tillamook Family Counseling Center**

**Providing professional,  
caring assistance**

**503-842-8201**

**800-962-2851**

- Outpatient Mental Health for All Ages
- Substance Use Treatment
- 24 Hour Crisis Services
- Developmental Disabilities Services
- Problem Gambling Services
- SOS Tillamook - Prevention Program
- Ivy Ave. Wellness Clinic for Pain Management

**Sliding Fee Scale Available  
Accepts Most Insurances**

**Tillamook Family Counseling Center**



**Offices located in:  
Rockaway Beach-  
8100 Pansy St.**

**Pacific City -  
34455 Brooton Rd.**

**906 Main St., Tillamook**

**503-842-8201 ■ 800-962-2851**

**[www.tfcc.org](http://www.tfcc.org)**



MACIE C., SOUTH PRAIRIE, 3RD GRADE

# FEBRUARY



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|---|---|--|---|--|---|---|
| <p>26</p> <p>JANUARY 2020</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p> | <p>27</p> <p>MARCH 2020</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p> | 28   | 29  | 30   | 31  | <p>1</p> <p>Household Hazardous Waste &amp; Styrofoam Collection at the Tillamook Transfer Station</p> <p>Tillamook Veteran's Office Suicide Prevention Event</p> <p>Tillamook Elks Club</p> <p>To register: 503-842-4358</p>   |
| <p>2</p> <p>Community Recycling trailer at Rockaway Beach (8:30am-9:30am) and Garibaldi (10am-11am)</p> <p><b>Groundhog Day</b></p>                                       | 3   | 4  | 5   | 6  | <p>7</p> <p>Wear Red Day for Women's Heart Health</p> <p>Tillamook High School Charity Drive</p> <p>Nehalem Winterfest – 3rd Annual Celebration of Music at NCRD</p>                        | <p>8</p> <p>Tillamook High School Charity Drive</p> <p>Nehalem Winterfest – 3rd Annual Celebration of Music at NCRD</p>   |
| <p>9</p> <p>Nehalem Winterfest – 3rd Annual Celebration of Music at NCRD</p>  | <p>10</p> <p>Tillamook High School Charity Drive</p>  | <p>11</p> <p>Tillamook High School Charity Drive</p> <p>Solid Waste Advisory Committee (SWAC) meeting</p>  | <p>12</p> <p>Tillamook High School Charity Drive</p> <p><b>Lincoln's Birthday</b></p>                                 | <p>13</p> <p>Tillamook High School Charity Drive</p>   | <p>14</p> <p>Oregon's Birthday</p> <p>Tillamook High School Charity Drive</p> <p><b>Valentine's Day</b></p>   | <p>15</p> <p>Rainy Day Village Network Prelaunch Party</p> <p><a href="http://rainydayvillage.org">rainydayvillage.org</a></p> <p>Community Roast Beef Dinner</p> <p>Benefits Meals for Seniors 1pm to 5pm St. Mary by the Sea, Rockaway Beach</p> <p>Tillamook High School Charity Drive</p> |
| <p>16</p> <p>Tillamook High School Charity Drive</p> <p>National Battery Day</p>  | <p>17</p> <p>Tillamook High School Charity Drive</p> <p><b>President's Day</b></p>  | <p>18</p> <p>Tillamook High School Charity Drive</p>   | <p>19</p> <p>FACT Oregon/TC Pioneer Community Building Series "Outside the Iron Lung", Pine Grove, Manzanita 5 pm</p> | <p>20</p>  | <p>21</p> <p>Master Recycler class (day 1)**</p>  | <p>22</p> <p><b>Washington's Birthday</b></p>   |
| <p>23</p> <p>SIGN-UP FOR CARE BOWLATHON – more info. at <a href="http://www.careinc.org">www.careinc.org</a></p>  | <p>24</p> <p>SIGN-UP FOR CARE BOWLATHON – more info. at <a href="http://www.careinc.org">www.careinc.org</a></p>  | <p>25</p> <p>Rainy Day Village Network Prelaunch Mardi Gras Party</p> <p>Member and Volunteer Sign Up</p> <p><a href="http://rainydayvillage.org">rainydayvillage.org</a></p> <p><b>Mardi Gras</b></p> | <p>26</p> <p>SIGN-UP FOR CARE BOWLATHON – more info. at <a href="http://www.careinc.org">www.careinc.org</a></p>      | <p>27</p> <p>SIGN-UP FOR CARE BOWLATHON – more info. at <a href="http://www.careinc.org">www.careinc.org</a></p> | <p>28</p> <p>French Toast Breakfast Benefits Meals for Seniors 8 am - Noon St. Mary by the Sea, Rockaway Beach</p> <p>Pelican Brewing Salmon Run</p> <p>Master Recycler class (day 2)**</p> | <p>29</p> <p>Tillamook Estuaries Partnership Bounty of the Bays</p>   |



**MARCH IS ...  
PROBLEM GAMBLING  
AWARENESS MONTH**  
START THE CONVERSATION

## **Is Gambling a Problem? Ask, Listen, Help**

- Know the Difference: Social Gambling vs. Problem Gambling
- Gambling is an activity that can carry risk.
- Keep your entertainment, entertaining.
- Set a time limit and a budget.
- Learn about Problem Gambling & co-addictions.

***FREE help for problem gamblers,  
their family or friends.***

***Confidential and it works.***

**Call 1-877-MyLimit (695-4648)**

**[www.opgr.org](http://www.opgr.org)**

**Local Help - 503-842-8201**



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**[sostillamook.org](http://sostillamook.org)**



AMELIA, LIBERTY ELEM., KINDERGARTEN

# MARCH



# This year, be mindful of the whole you.

colpachealth.org



Columbia Pacific CCO™

Part of the CareOregon Family

| Sunday   | Monday   | Tuesday  | Wednesday                                       | Thursday                 | Friday   | Saturday   |
|--|--|--|---|--------------------------|--|--|
| 1<br>Community Recycling trailer at Rockaway Beach (8:30am-9:30am) and Garibaldi (10am-11am) | 2  | 3  | 4   | 5                        | 6<br>Conditionally Exempt Generator (CEG) (Business Hazardous Waste) Collection (appointment required)*<br>Master Recycler class (day 3)** | 7<br>Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station (9am -1pm)                               |
| 8<br>Daylight Savings Begins @ 2am   | 9  | 10<br>Solid Waste Advisory Committee (SWAC) meeting              | 11  | 12<br>Plant a Flower Day | 13   | 14   |
| 15   | 16   | 17<br>TEP's Children's Clean Water Festival<br>St. Patrick's Day | 18<br>National Bus Driver Day<br>Kick Butts Day | 19                       | 20<br>First Day of Spring  | 21<br>Community Recycle trailer at Neskowin (9am-1pm)  |
| 22<br>World Water Day  | 23<br>Spring Break   | 24<br>Spring Break   | 25<br>Spring Break                              | 26<br>Spring Break       | 27<br>Spring Break   | 28<br>French Toast Breakfast Benefits Meals for Seniors 8 am - Noon Dining Hall of St. Mary by the Sea, Rockaway Beach           |
| 29<br>SIGN-UP FOR CARE BOWLATHON – more info. at www.careinc.org                             | 30<br>SIGN-UP FOR CARE BOWLATHON – more info. at www.careinc.org | 31<br>SIGN-UP FOR CARE BOWLATHON – more info. at www.careinc.org | 1   | 2                        | 3<br>FEBRUARY 2020<br>S M T W T F S<br>1<br>2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28              | 4<br>APRIL 2020<br>S M T W T F S<br>1 2 3 4<br>5 6 7 8 9 10 11<br>12 13 14 15 16 17 18<br>19 20 21 22 23 24 25<br>26 27 28 29 30 |

\* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975

**Join Us for CARE's  
Knock Down Poverty  
Bowl-a-thon - May 2nd**

•Sponsor a Team/Lane •Donate!



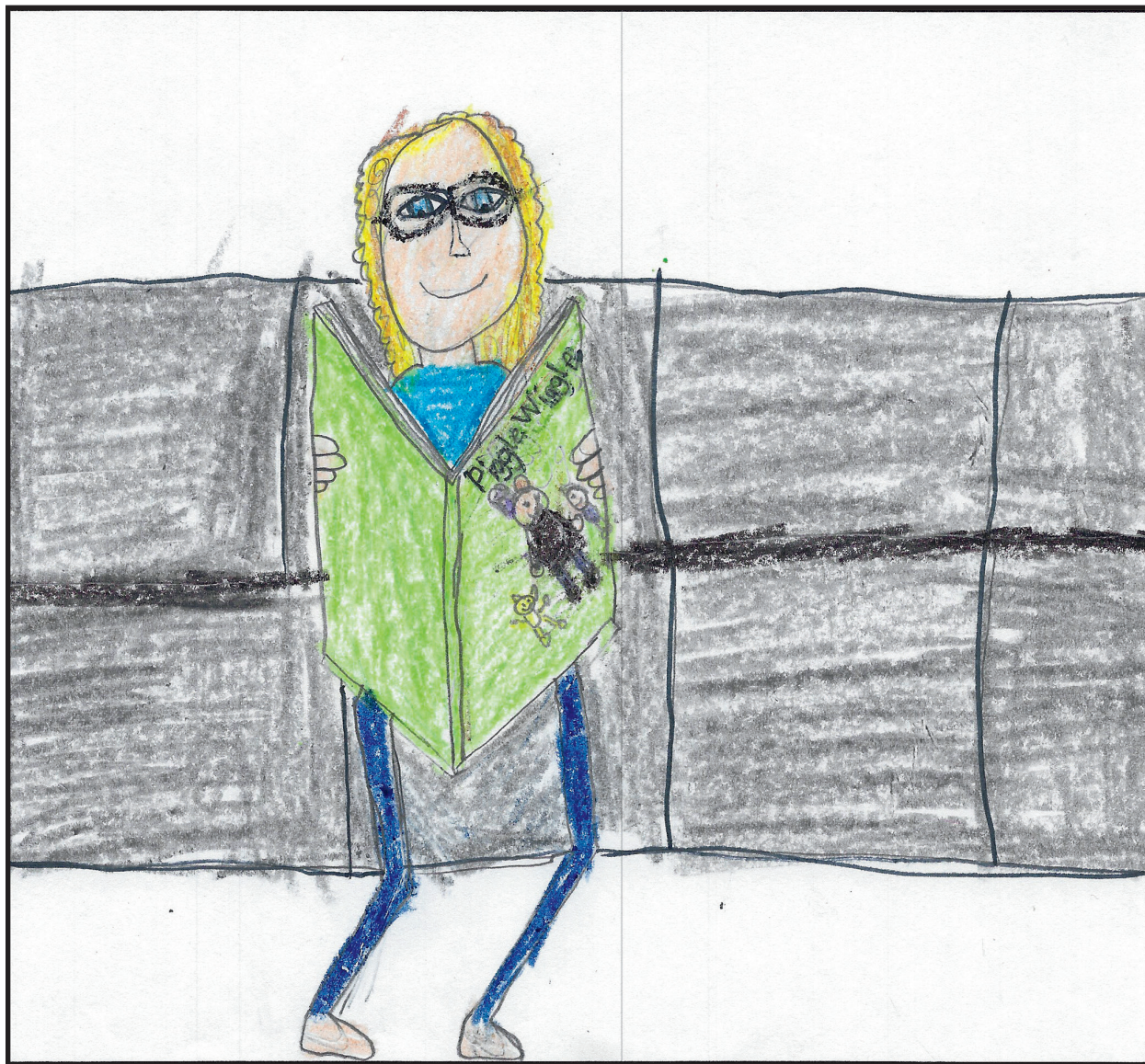
**Your LOCAL  
non-profit,  
social services  
organization  
working to  
alleviate the  
effects of  
poverty by  
providing a  
services for**

***people in crisis and others who  
struggle to make ends meet.***

- Emergency & Homeless Services
- Healthy Families
- Assisted Living Communities  
Nehalem Bay House & Kilchis House
- Community Development

[www.careinc.org](http://www.careinc.org)

2310 First St, Suite 2, Tillamook, OR 97141  
503-842-5261 • Fax 503-842-5821



NAOMI, GARIBALDI GRADE SCHOOL, 3RD GRADE

# APRIL



# NATIONAL AWARENESS:

Alcohol; Autism; Child Abuse Prevention; Parkinsons;  
Sexual Assault; Volunteer, Walking

| Sunday  | Monday  | Tuesday  | Wednesday                                     | Thursday            | Friday  | Saturday   |
|---|---|--|---|---------------------|---|--|
| 29  | 30  | 31   | 1<br>National Walking Day<br>April Fool's Day | 2                   | 3   | 4  |
| 5<br>Community Recycling trailer at<br>Rockaway Beach (8:30am-9:30am)<br>and Garibaldi (10am-11am)<br>Palm Sunday | 6   | 7  | 8<br>Passover Begins                          | 9                   | 10<br>Good Friday   | 11   |
| 12<br>Easter Sunday   | 13<br>International Plant<br>Appreciation Day | 14<br>Solid Waste Advisory Committee<br>(SWAC) meeting                                   | 15<br>Tax Day                                 | 16<br>Passover Ends | 17  | 18<br>Community Recycle trailer at<br>Neskowin (9am-1pm)   |
| 19  | 20  | 21<br>Fall Prevention Class, 1-3 pm<br>Adventist Health<br>To register call 503-815-7563 | 22<br>Earth Day                               | 23                  | 24  | 25   |
| 26<br>Save the Frogs Day  | 27  | 28   | 29  | 30                  | 1<br>MARCH 2020<br>S M T W T F S<br>1 2 3 4 5 6 7<br>8 9 10 11 12 13 14<br>15 16 17 18 19 20 21<br>22 23 24 25 26 27 28<br>29 30 31 | 2<br>MAY 2020<br>S M T W T F S<br>1 2<br>3 4 5 6 7 8 9<br>10 11 12 13 14 15 16<br>17 18 19 20 21 22 23<br>24 25 26 27 28 29 30<br>31 |

# HELP & HOPE

*Resources/Support for Any Person,  
Any Problem, Any Time*

**Tillamook (24 hr)**

**800-962-2851 or 503-842-8201**  
(servicio en español)

**Veterans - 800-273-8255 ext. 1**

**CodeGreenCampaign.org**

**Safe Call Now 206-459-3020**

**Fire/EMS "Share the Load" 888-731-3473**

**Copline/Law Enforcement 800-267-5463**

**Lines for Life 877-968-8491**

**YOUTH Lines for Life Text  
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**Red Nacional para la Prevención de  
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**(888) 628-9454 (servicio en español)**

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**Tillamook Suicide Safer**

**Community Project**



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**[sostillamook.org](http://sostillamook.org) • 503-842-8201**







TIA M, GARIBALDI GRADE SCHOOL, 5TH GRADE

# MAY



# NATIONAL AWARENESS:

ALS; Arthritis; Employee Health & Fitness; Hepatitis; Mental Health;  
Melanoma/Skin Cancer; Stroke

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|--|---|---|--|---|---|---|
| <div> <div>APRIL 2020</div> <div>26</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> <div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> </div> <div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> </div> <div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> </div> <div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> </div> </div> | <div> <div>JUNE 2020</div> <div>27</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> </div> <div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> </div> <div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> </div> <div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> </div> <div> <div>28</div> <div>29</div> <div>30</div> </div> </div> | 28  | 29   | 30  | <div>1</div> <div> <div>Rainy Day Village Network LAUNCH!</div> <div>rainydayvillage.org</div> <div>Conditionally Exempt Generator (CEG) (Business Hazardous Waste) Collection (appointment required)*</div> </div> | 2   |
| 3  | 4   | <div>5</div> <div> <div>Community Recycling trailer at Rockaway Beach (8:30am-9:30am) and Garibaldi (10am-11am)</div> <div>Cinco De Mayo</div> </div> | 6  | <div>7</div> <div>  </div>   | 8   | 9   |
| <div>10</div> <div> <div>National Prevention Week</div> <div>Mother's Day</div> </div>   | <div>11</div> <div> <div>National Prevention Week</div> </div>  | <div>12</div> <div> <div>Solid Waste Advisory Committee (SWAC) meeting</div> <div>National Prevention Week</div> </div>                               | <div>13</div> <div> <div>National Prevention Week</div> </div> | <div>14</div> <div> <div>National Prevention Week</div> <div>  </div> </div> | <div>15</div> <div> <div>National Prevention Week</div> </div>  | <div>16</div> <div> <div>Community Recycling trailer at Neskowin (9am-1pm)</div> <div>National Prevention Week</div> </div>                                       |
| <div>17</div> <div> <div>Community Recycling trailer at Beaver (9am-11am)</div> </div>   | <div>18</div>   | <div>19</div> <div> <div>Down by the Riverside</div> <div>Election Day</div> </div>   | <div>20</div> <div> <div>Down by the Riverside</div> </div>    | <div>21</div> <div> <div>Down by the Riverside</div> </div>   | <div>22</div> <div> <div>  <div>International Day for Biological Diversity</div> </div> </div>                                   | <div>23</div> <div> <div>French Toast Breakfast Benefits Meals for Seniors 8 am - Noon</div> <div>Dining Hall of St. Mary by the Sea, Rockaway Beach</div> </div> |
| <div>24</div>  | <div>25</div> <div> <div>Memorial Day</div> </div>  | <div>26</div>   | <div>27</div>  | <div>28</div>   | <div>29</div>   | <div>30</div> <div>  </div>  |
| <div>31</div>  | <div>1</div>  | <div>2</div>  | <div>3</div>   | <div>4</div>  | <div>5</div>  | <div>6</div>  |

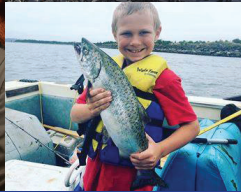
\* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975





## Tillamook County Pioneer

The News & People of  
Tillamook County  
**EVERY DAY.**



ALWAYS FREE TO READ ONLINE  
[www.tillamookcountypioneer.net](http://www.tillamookcountypioneer.net)  
Follow on Facebook & Instagram



AVAH R., SOUTH PRAIRIE, 3RD GRADE

# JUNE



# NATIONAL AWARENESS:

## Alzheimer's/Brain; Dairy; Great Outdoors; Men's Health; Safety

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|--|---|---|--|--|--|---|
| <div>31</div> <div>MAY 2020</div> <div>S M T W T F S</div> <div>1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div> <div>31</div> | <div>1</div> <div>JULY 2020</div> <div>S M T W T F S</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31</div> | 2   | 3  | 4  | <div>5</div> <div>World Environmental Day</div>                                    | <div>6</div> <div>Household Hazardous Waste &amp; Styrofoam Collection at the Tillamook Transfer Station (9am -1pm)</div> |
| <div>7</div> <div>Community Recycling trailer at Rockaway Beach (8:30am-9:30am) and Garibaldi (10am-11am)</div>  | <div>8</div> <div>World Oceans Day</div>  | 9   | <div>10</div> <div>Sustainable Oregon 2020 Conference at the Salishan Resort</div> | <div>11</div> <div>Sustainable Oregon 2020 Conference at the Salishan Resort</div> | <div>12</div> <div>Sustainable Oregon 2020 Conference at the Salishan Resort</div> | <div>13</div> <div>Community Recycling trailer at Neskowin (9am-1pm)</div>  |
| <div>14</div> <div>Flag Day</div> <div>Waste &amp; Recycling Workers Week</div>  | <div>15</div> <div>Global Wind Day</div> <div>Waste &amp; Recycling Workers Week</div>  | <div>16</div> <div>Waste &amp; Recycling Workers Week</div> | <div>17</div> <div>Waste &amp; Recycling Workers Week</div>                        | <div>18</div> <div>Waste &amp; Recycling Workers Week</div>                        | <div>19</div> <div>Waste &amp; Recycling Workers Week</div>                        | <div>20</div> <div>Waste &amp; Recycling Workers Week</div> <div>First Day of Summer</div>                                |
| <div>21</div> <div>Community Recycling trailer at Beaver (9am-11am)</div> <div>Father's Day</div>  | <div>22</div>   | <div>23</div>   | <div>24</div>  | <div>25</div>  | <div>26</div>  | <div>27</div> <div>YMCA Milk Run</div> <div>Dairy Parade</div>  |
| <div>28</div>  | <div>29</div>   | <div>30</div>   | <div>1</div>   | <div>2</div>   | <div>3</div>   | <div>4</div>  |

\* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975



# "The Wave"

**Tillamook County  
Transportation District**

proudly providing dependable  
service since 1997.



Transportation from  
Lincoln City to Cannon Beach,  
and between  
Tillamook and Portland.



For routes, times and information:  
[www.tillamookbus.com](http://www.tillamookbus.com) or 503-842-8283



MAXIMILIANO, SOUTH PRAIRIE, 2ND GRADE

# JULY



# NATIONAL AWARENESS:

## Blueberry; Parks & Recreation

| Sunday   | Monday   | Tuesday  | Wednesday | Thursday | Friday | Saturday  |
|--|--|--|-----------|----------|--------|---|
| <p>JUNE 2020 28</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p> | <p>AUGUST 2020 29</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p> | 30   | 1         | 2        | 3      | 4   |
| <p>☉ 5</p> <p>Community Recycling trailer at Rockaway Beach (8:30am-9:30am) and Garibaldi (10am-11am)</p>  | 6  | 7  | 8         | 9        | 10     | <p>Independence Day</p> <p>French Toast Breakfast Benefits Meals for Seniors 8 am - Noon St. Mary by the Sea, Rockaway Beach</p> <p>Household Hazardous Waste &amp; Styrofoam Collection at the Tillamook Transfer Station (9am -1pm)</p> |
| <p>☾ 12</p>  | 13   | <p>14</p> <p>Fall Prevention Class, 1-3 pm<br/>Adventist Health<br/>To register call 503-815-7563</p> <p>Solid Waste Advisory Committee (SWAC) meeting</p> | 15        | 16       | 17     | 18  |
| <p>19</p> <p>Community Recycle trailer at Beaver (9am-11am)</p>  | <p>● 20</p>  | 21   | 22        | 23       | 24     | 25  |
| 26   | <p>☾ 27</p>  | 28   | 29        | 30       | 31     | 1   |





## Your Pathway to Wellness

- Private Insurance
- Medicaid
- Medicare
- Veterans

## Quality Healthcare Services

For Appointments Call:

503-842-3938

800-528-2938

TTY 800-735-2900

*Se habla Español*

[tillamookchc.org](http://tillamookchc.org)



Find us on:  
facebook



TYBERIUS P., SOUTH PRAIRIE, 3RD GRADE

# AUGUST



# NATIONAL AWARENESS:

## Immunization Awareness; Breastfeeding Awareness

| Sunday   | Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---------|-----------|----------|--------|----------|
| <p>JULY 2020 26</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>                              | <p>SEPTEMBER 2020 27</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p> | 28      | 29        | 30       | 31     | 1        |
| <p>Annual Pacific City Beach Challenge Benefits the Nestucca Valley Early Learning Center</p> <p>Community Recycling trailer at Rockaway Beach (8:30am-9:30am) and Garibaldi (10am-11am)</p> | 3   | 4       | 5         | 6        | 7      | 8        |
| 9  | 10  | 11      | 12        | 13       | 14     | 15       |
| 16   | 17  | 18      | 19        | 20       | 21     | 22       |
| <p>Community Recycle trailer at Beaver (9am-11am)</p>  | 24  | 25      | 26        | 27       | 28     | 29       |
| 30   | 31  | 1       | 2         | 3        | 4      | 5        |



**Comfortable, Quality  
Assisted Living at  
Nehalem Bay House &  
Kilchis House**

**LOCAL, Non-profit  
communities –  
Just like home,  
*Caring just like family.***



**Kilchis House**  
[www.kilchishouse.org](http://www.kilchishouse.org)  
503-842-2204



**Nehalem Bay House**  
[www.nehalembayhouse.org](http://www.nehalembayhouse.org)  
503-368-6445

*Come by for a tour today  
or call for more  
information.*



MIRIAM C., GARIBALDI GRADE SCHOOL, 5TH GRADE

# SEPTEMBER





# Annual YMCA Dinner and Auction

## Saturday September 12



| Sunday   | Monday                                   | Tuesday   | Wednesday                                | Thursday                                 | Friday  | Saturday   |
|--|--|---|--|--|---|--|
| 30   | 31                                       | 1   | 2  | 3  | 4   | 5<br><br>French Toast Breakfast<br>Benefits Meals for Seniors<br>8 am - Noon<br>Dining Hall of St. Mary by the Sea,<br>Rockaway Beach        |
| 6  | 7<br><br><b>Labor Day</b>                | 8<br><br>Solid Waste Advisory Committee<br>(SWAC) meeting | 9  | 10                                       | 11<br><br><b>Patriot Day</b>  | 12<br><br>YMCA Dinner and Auction<br><br>Household Hazardous Waste &<br>Styrofoam Collection at the<br>Tillamook Transfer Station (9am -1pm) |
| 13<br><br>National Grandparents Day<br><br>Community Recycling trailer at<br>Rockaway Beach (8:30am-9:30am)<br>and Garibaldi (10am-11am)<br><br>Assisted Living Community Week | 14<br><br>Assisted Living Community Week | 15<br><br>Assisted Living Community Week                  | 16<br><br>Assisted Living Community Week | 17<br><br>Assisted Living Community Week | 18<br><br>Assisted Living Community Week  | 19<br><br>Community Recycling trailer at<br>Neskowin (9am-1pm)<br><br>Assisted Living Community Week   |
| 20<br><br>Community Recycling trailer at<br>Beaver (9am-11am)  | 21                                       | 22<br><br><b>First Day of Autumn</b>                      | 23                                       | 24                                       | 25  | 26   |
| 27<br><br>World Rivers Day   | 28                                       | 29  | 30                                       | 1  | 2<br>AUGUST 2020<br>S M T W T F S<br>1<br>2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28 29<br>30 31 | 3<br>OCTOBER 2020<br>S M T W T F S<br>1 2 3<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 31        |





## HOW TILLAMOOK PUD RESTORES POWER

The 5 important steps we follow to make repairs so we can safely and efficiently restore power as quickly as possible.

### 1 ENSURING PUBLIC SAFETY FIRST

by addressing public hazardous situations first.

### 2 REPAIR TRANSMISSION LINES

that supply power to substations. If a BPA transmission line is damaged, we must wait until their crews can repair it and restore power to these lines.

### 3 REPAIR SUBSTATIONS

that serve thousands of customers.

### 4 REPAIR DISTRIBUTION LINES

that carry power from substations through our service area. When main distribution lines are re-energized, whole neighborhoods will have power restored.

### 5 FIX SERVICE LINES

that deliver power to individual homes and businesses. In order for your home to have power, the transmission line, substation and distribution lines must all be energized.

### Tillamook PUD

503.842.2535 • 800.422.2535

After-Hours Emergency:  
503.842.2122 • 800.842.2122

[www.tpod.org](http://www.tpod.org)  



AVERY, GARIBALDI GRADE SCHOOL, 4TH GRADE

# OCTOBER

# NATIONAL AWARENESS:

Breast Cancer; Domestic Violence; Bullying Prevention; Dental Hygiene;  
Down Syndrome; Farm-to-School; Health Literacy



| Sunday  | Monday   | Tuesday   | Wednesday | Thursday          | Friday   | Saturday  |
|---|--|---|-----------|-------------------|--|---|
| <p>SEPTEMBER 2020 27</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p> | <p>NOVEMBER 2020 28</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p> | 29  | 30        | <p>1</p> <p>☉</p> | <p>2</p> <p>Conditionally Exempt Generator (CEG) (Business Hazardous Waste) Collection (appointment required)*</p> | <p>3</p> <p>Household Hazardous Waste &amp; Styrofoam Collection at the Tillamook Transfer Station (9am -1pm)</p> |
| <p>4</p> <p>World Animal Day</p> <p>Community Recycling trailer at Rockaway Beach (8:30am-9:30am) and Garibaldi (10am-11am)</p>                                   | 5  | 6   | 7         | <p>8</p> <p>☾</p> | <p>9</p> <p>☾</p>  | 10  |
| 11  | 12   | <p>13</p> <p>Fall Prevention Class, 1-3 pm<br/>Adventist Health<br/>To register call 503-815-7563</p> <p>International Day for Natural Disaster Reduction</p> | 14        | 15                | 16   | 17  |
| 18  | 19   | 20  | 21        | 22                | 23   | 24  |
| 25  | 26   | 27  | 28        | 29                | 30   | <p>31</p> <p>☉</p> <p>Halloween</p>   |

\* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975





## Diabetes & You

Annual Seminar

**Tuesday, November 10**

10 a.m. – 3 p.m.

Tillamook Seventh-day  
Adventist Church  
2610 First Street, lower  
level, Tillamook

This annual free event features  
informative presentations  
about living with diabetes. A  
delicious, heart-healthy lunch  
is included.

To view seminar details, visit  
[AdventistHealthTillamook.org](http://AdventistHealthTillamook.org),  
choose Patient Resources and  
click on Classes and Events.

**For more information  
and to RSVP:**

Susan Phillips-Meyer  
503-815-2443  
[susan.phillips-meyer@ah.org](mailto:susan.phillips-meyer@ah.org)



LORELEI, GARIBALDI GARDE SCHOOL, 4TH GRADE

# NOVEMBER

# NATIONAL AWARENESS:

## Alzheimer's Disease; Caregivers/Hospice; Diabetes; Lung Cancer

| Sunday  | Monday                                    | Tuesday  | Wednesday                                 | Thursday   | Friday  | Saturday   |
|---|---|--|---|--|---|--|
| 1<br><br>Community Recycling trailer at<br>Rockaway Beach (8:30am-9:30am)<br>and Garibaldi (10am-11am)<br><br>Daylight Savings Time<br>Ends @ 2AM | 2   | 3<br><br>Election Day  | 4   | 5  | 6   | 7  |
| 8<br><br>●  | 9   | 10<br><br>Diabetes & You Seminar,<br>10 am - 3 pm, Tillamook Seventh Day<br>Adventist Church/Lower Level<br><br>Solid Waste Advisory Committee<br>(SWAC) meeting | 11<br><br>Veteran's Day                   | 12   | 13  | 14   |
| 15<br><br>●<br><br>America Recycles Day<br><br>Oregon Recycling Awareness Week  | 16<br><br>Oregon Recycling Awareness Week | 17<br><br>Oregon Recycling Awareness Week  | 18<br><br>Oregon Recycling Awareness Week | 19<br><br>Great American Smokeout<br><br>Oregon Recycling Awareness Week | 20<br><br>Oregon Recycling Awareness Week   | 21<br><br>International Survivors of<br>Suicide Day<br><br>Community Recycle trailer at<br>Neskowin (9am-1pm)<br><br>Oregon Recycling Awareness Week |
| 22<br><br>●   | 23  | 24   | 25  | 26<br><br>Thanksgiving Day   | 27  | 28<br><br>French Toast Breakfast<br>Benefits Meals for Seniors<br>8 am - Noon<br>Dining Hall of St. Mary by the Sea,<br>Rockaway Beach               |
| 29  | 30<br><br>○                               | 1  | 2   | 3  | 4<br><br>OCTOBER 2020<br>S M T W T F S<br>1 2 3<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 31 | 5<br><br>DECEMBER 2020<br>S M T W T F S<br>1 2 3 4 5<br>6 7 8 9 10 11 12<br>13 14 15 16 17 18 19<br>20 21 22 23 24 25 26<br>27 28 29 30 31           |



## GIFT RESPONSIBLY.

LOTTERY TICKETS AREN'T CHILD'S PLAY.



Every year thousands of children receive lottery tickets and scratch-offs in holiday stockings ...

SOS Tillamook wants to remind parents and loved ones that lottery scratch-its and other gambling products are for **ADULTS over age 18.**

***If gambling is affecting you or your family, there is hope.***

**HELP FOR PROBLEM GAMBLING**

**1-877-My Limit (695-4648)**

**Instant Messaging/Chat**

**[www.opgr.org](http://www.opgr.org)**

**Help is free, confidential, and it works.**

**Tillamook Family Counseling Center  
(503) 842-8201**



**SOS Tillamook**

SUPPORT • OVERCOME • STRENGTHEN

Prevention Program of Tillamook Family Counseling Center

**[sostillamook.org](http://sostillamook.org)**



PHOEBE G., SOUTH PRAIRIE, 3RD GRADE

# DECEMBER



# NATIONAL AWARENESS:

## Drunk and Drugged Driving Prevention Month

| Sunday   | Monday                            | Tuesday | Wednesday | Thursday              | Friday  | Saturday   |
|--|-----------------------------------|---------|-----------|-----------------------|---|--|
| 29   | 30                                | 1       | 2         | 3                     | 4   | 5<br>Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station (9am -1pm)                                       |
| 6<br>Community Recycling trailer at Rockaway Beach (8:30am-9:30am) and Garibaldi (10am-11am) | 7<br>Pearl Harbor Remembrance Day | 8       | 9         | 10<br>Hanukkah begins | 11<br>International Mountain Day  | 12   |
| 13   | 14                                | 15      | 16        | 17                    | 18<br>Hanukkah Ends   | 19<br>Community Recycle trailer at Neskowin (9am-1pm)  |
| 20   | 21<br>First Day of Winter         | 22      | 23        | 24<br>Christmas Eve   | 25<br>Christmas   | 26   |
| 27   | 28                                | 29      | 30        | 31<br>New Year's Eve  | 1<br>NOVEMBER 2020<br>S M T W T F S<br>1 2 3 4 5 6 7<br>8 9 10 11 12 13 14<br>15 16 17 18 19 20 21<br>22 23 24 25 26 27 28<br>29 30 | 2<br>JANUARY 2020<br>S M T W T F S<br>1 2<br>3 4 5 6 7 8 9<br>10 11 12 13 14 15 16<br>17 18 19 20 21 22 23<br>24 25 26 27 28 29 30<br>31 |





SMOKEFREE  
oregon

“When I decided to quit tobacco, the **Quit Line** helped me make a plan and stay strong.”

**The Oregon Tobacco Quit Line is:**

- **Free** and offers one-on-one telephone counseling
- For **all Oregonians** regardless of income or insurance
- Staffed by **real people** who are friendly
- Available in many **languages**

**When you call or chat online:**

- Connect with a real coach to get help making **your own** quitting plan
- Get tips to **beat that urge** to smoke or chew
- Learn if you are **eligible for free nicotine gum or patches**

**You can quit. We can help.**

**To reach the Oregon Tobacco Quit Line:**

- 1-800-QUIT-NOW (1-800-784-8669)
- Español: 1-855-DEJALO-YA
- Register online at: [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)



JENSEN, LIBERTY ELEM., KINDERGARTEN

# JANUARY

## Cervical Health; Intimate Partner Violence

| Sunday | Monday | Tuesday | Wednesday                                 | Thursday | Friday   | Saturday |
|--------|--------|---------|---|----------|--|----------|
| 27     | 28     | 29      | 30  | 31       | 1<br>New Year's Day  | 2        |
| 3      | 4      | 5       | 6   | 7        | 8  | 9        |
| 10     | 11     | 12      | 13  | 14       | 15   | 16       |
| 17     | 18     | 19      | 20<br>Martin Luther King Jr's<br>Birthday | 21       | 22   | 23       |
| 24     | 25     | 26      | 27  | 28       | 29   | 30       |
| 31     | 1      | 2       | 3   | 4        | 5<br>DECEMBER 2020<br>S M T W T F S<br>1 2 3 4 5<br>6 7 8 9 10 11 12<br>13 14 15 16 17 18 19<br>20 21 22 23 24 25 26<br>27 28 29 30 31 |          |
|        |        |         |   |          | 6<br>FEBRUARY 2021<br>S M T W T F S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28          |          |



***Tillamook County Solid Waste  
Tillamook County Master Recyclers  
Making a difference in our neighborhood***

PRSRT STD  
ECRWSS  
U.S. POSTAGE  
PAID  
PERMIT NO. 700  
PORTLAND, OR.

\*\*\*\*\* ECRWSS\*\*\*\*\*

Local  
Postal Customer



For more information about recycling or hazardous waste disposal, call (503) 815-3975 or visit our website at [www.co.tillamook.or.us/gov/solidwaste](http://www.co.tillamook.or.us/gov/solidwaste)

**Household Hazardous Waste  
collection dates 2020**



Jan./none  
Feb. 1  
Mar. 7  
Apr./none  
May 2  
June 6  
July 11  
Aug. 1  
Sept. 12  
Oct. 3  
Nov./none  
Dec. 5

**SAFE AND PROPER DISPOSAL**  
of common household items.  
(See our website for a list of items.)

This facility **DOES NOT ACCEPT**  
Ammunition, Explosives, or Medical waste

at the **Tillamook Transfer Station**  
1315 Ekloff Road, Tillamook  
**9:00 am to 1:00 pm**

*PLEASE separate hazardous waste from recycling and other items PRIOR to arriving at the event.*

**CEG/Business: March 6 — May 1 — Oct. 2. Registration & Fee Required**



This residential service is provided free by the:  
**Tillamook County Solid Waste Dept.**  
503 Marolf Loop, Tillamook, OR 97141  
[www.co.tillamook.or.us/gov/solidwaste](http://www.co.tillamook.or.us/gov/solidwaste)  
503.815.3975 or [recycle@co.tillamook.or.us](mailto:recycle@co.tillamook.or.us)