

WINTER
Gift Guide

CENTRAL OREGON LIFE & STYLE

BEND

Magazine

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DESSERTS
TO *die* FOR

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DAY TRIPS
3 FAMILY-FRIENDLY
EXCURSIONS

HOLIDAY
Survival
guide

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- MOUNTAIN LODGE LOUNGING
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- PRAY FOR FRESH POWDER
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A young child with reddish hair, wearing a striped shirt, dark pants, and a teal backpack, is walking away from a blue door. The child is captured from behind, walking on a concrete surface. The text 'MAKE YOUR MARK' is overlaid in large, white, 3D-style letters across the middle of the image.

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STEEP AND DEEP

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It's the year 2040. You're a student touring Oregon State University's satellite campus in Bend. Go.

WRITTEN BY LILY RAFF MCCAULOU

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BEST IN SNOW

For those that dream all year of the fluffy white stuff, your winter season inspiration is right here.

EDITED BY ALEX JORDAN



ON THE COVER

The only thing on our list this holiday season is dogs wrapped in puffy coats.

PHOTO BY RICHARD BACON

PHOTO JILL ROSELL

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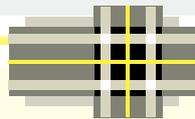
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PHOTO DAVID PAPANZAN PHOTOGRAPHY



We double-dog dare you to find a neighborhood that's more in step with Bend.

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WORDS *and* PICTURES



• RICHARD BACON

• Richard is an outdoor landscape and lifestyle photographer living in Bend who feels privileged to
• live in such a beautiful area with unmatched accessibility to the wilderness. Alongside his wife Lisa
• and black lab Buddy, Richard enjoys spending time hiking, backpacking, skateboarding and trying
• not to crash while cross country skiing. In this issue, Richard's photo of a dog playing in the snow
• and wrapped in a puffy coat appears on the cover. His work can also be found in the late fall day-trip
• itineraries (p. 33) and in the winter guide (p. 93).

STEPHANIE BOYLE MAYS

Originally from New York, Stephanie Boyle Mays is a freelance writer who moved to Bend with her family when the town ended at Target, there was no by-pass and newcomers were given directions based on the destination's relationship to the new Costco. In the years since, she has cheered on the Tumalo Tigers, the Skyview Falcons and the Mountain View Cougars, served as a board member for the Youth Choir of Central Oregon and volunteered for the Deschutes County Library. In this issue, Stephanie wrote about great design finds for the home (p. 78).



• HOLLY HUTCHINS

• Holly Hutchins is a native Oregonian who retired to Bend in 2005. Prior to moving to Bend, he spent seventeen
• years in Houston, Texas, with Shell Oil Company, working in public affairs and corporate communications.
• He holds a master's degree in public relations from the University of Houston, a journalism degree from the
• University of Oregon and worked at several Oregon newspapers before joining the corporate sector. He's a
• regular contributor to several Central Oregon magazines, and currently teaches a business writing class at
• Central Oregon Community College. In this issue, Holly wrote about Mt. Bachelor's sixtieth anniversary (p. 49).

BRANDON NIXON

Born and raised in Idaho, Brandon Nixon grew up in the mountains. Life, work and the outdoors took him through a journey from Idaho to Washington and then Oregon, where he finally landed in Bend. His passion for the outdoors combined with photography in an attempt to capture all the special places and moments that exist in the world. In this issue, Brandon photographed the modern art inside Ranger's Ridge, a modern home in Redmond (p. 65). NIXON-PHOTOS.COM



• LILY RAFF MCCAULOU

• Lily Raff McCaulou landed in Central Oregon fifteen years ago to work as a newspaper reporter.
• Before that, she grew up in Maryland, worked in New York City's independent film industry and
• went to Wesleyan University. Lily writes for numerous publications including *The New York Times*,
• *The Atlantic* and *Rolling Stone*. Her memoir, *Call of the Mild: Learning to Hunt My Own Dinner*, was
• published by Grand Central Publishing in 2012. She lives in Bend with her husband and two young
• sons. In this issue, Lily wrote the choose-you-own-adventure story about OSU-Cascades (p. 98).

JILL ROSELL

Jill grew up in New Zealand, and after university she lived and travelled around the globe. In 2000 she called Bend home and still to this day wouldn't live anywhere else on the planet. Jill is the creator of I Love Bend Or (all those green bumper stickers) and has a successful lifestyle and portrait business. When she doesn't have her camera in her hands or out playing in Bend and the outdoors she is raising her two teen Bendites. In this issue, Jill photographed the nonprofit Angel Flights (p. 49) and the new Cuban restaurant in Bend (p. 121). Find more of her work at JILLROSELLPHOTOGRAPHY.COM



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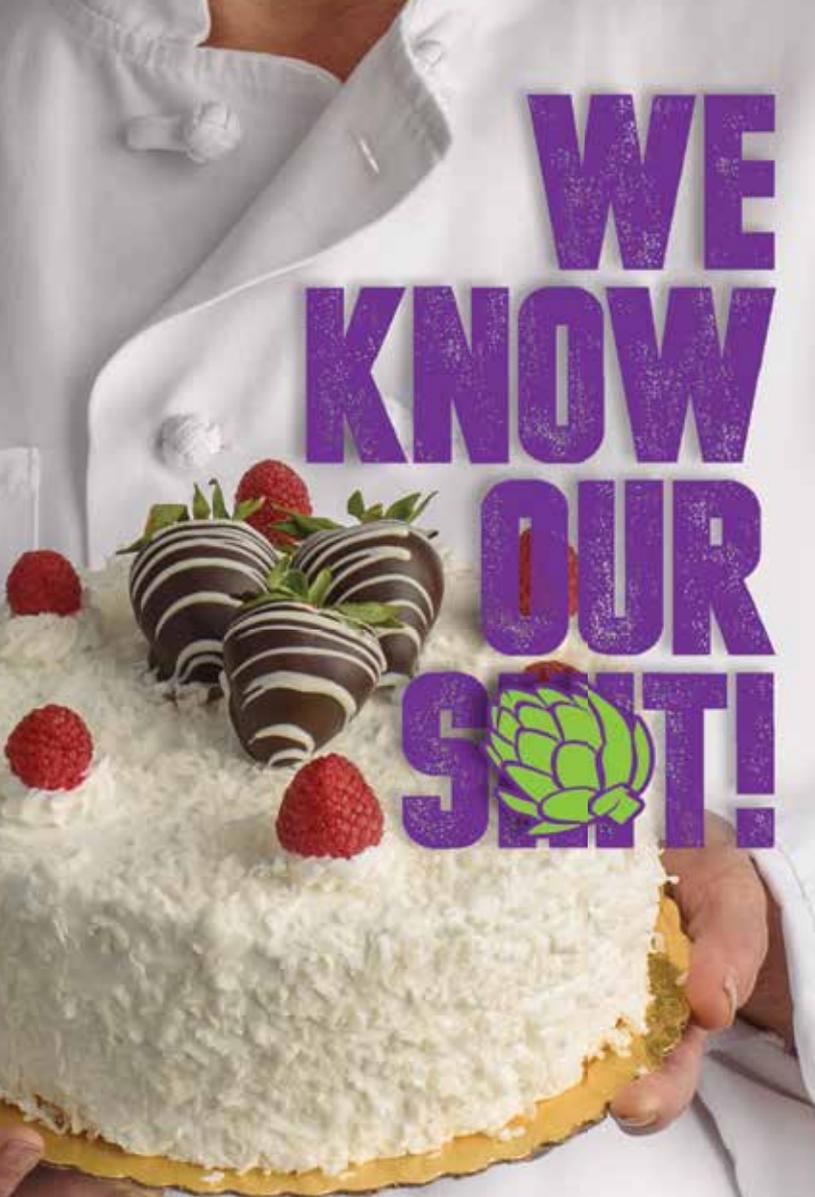


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FROM *the* EDITOR



The Notion of Time

I'm not one for big anniversary celebrations. I got married on a holiday weekend, partially so I wouldn't forget our anniversary. My wife is fine with this. She's not big on special occasions, either. Still, anniversaries have their place. These annual reminders serve as markers of where we've been. In that way, they reinforce that life is an unfolding journey, not a trip with a beginning and endpoint.

With Mt. Bachelor marking its 60th season, we took a little time to look back at our mountain's evolution from pipe dream to winter playground. Meanwhile, we're quietly celebrating an anniversary of

our own around here. This issue marks *Bend Magazine's* third year in print. It's a modest accomplishment by some standards, but one that's worth noting given the challenges of producing a magazine that puts a premium on quality and isn't willing to compromise it. More importantly, it's a testament to the readers who have come with us on this journey and the local businesses in Bend and beyond who have supported our endeavor. We couldn't even begin the process of developing an issue without knowing that our advertisers, partners and readers will be there with us at the end of the process.

This issue also marks the end of our first full year as a bi-monthly magazine, a transition we began last year as we evolved from a quarterly journal to an every-other-month publication. We believe the change has allowed us to bring not only more stories, but fresh perspectives on community happenings, people and places. We continue to look for timeless stories and iconic personalities that help define our community. In short, we think we're more relevant now than ever before.

In this issue, we introduce you to the couple who recently arrived in Bend from Miami with a trove of traditional Cuban dishes culled from family recipes. We set out to explore shoulder season day trips that showcase some of the region's varied geography and culture, combining easy hikes to Instagram-worthy destinations with roadside attractions and family friendly dining beyond Bend. Because November and December can mean the early onset of cabin fever, we also came up with a list of twelve great ways to embrace the season, while surviving the obligatory holiday hubbub. We took to the air with private pilots who have logged thousands of miles transporting rural medical patients at no cost to patients or providers. The list goes on, and still we've just scratched the surface. So, with 2019 just around the corner, we look forward to another year of bringing you compelling stories about the people and places that remind us why we're proud to call Central Oregon home.

Thanks for reading,
Eric Flowers, *editor in chief*

A Song for the Season

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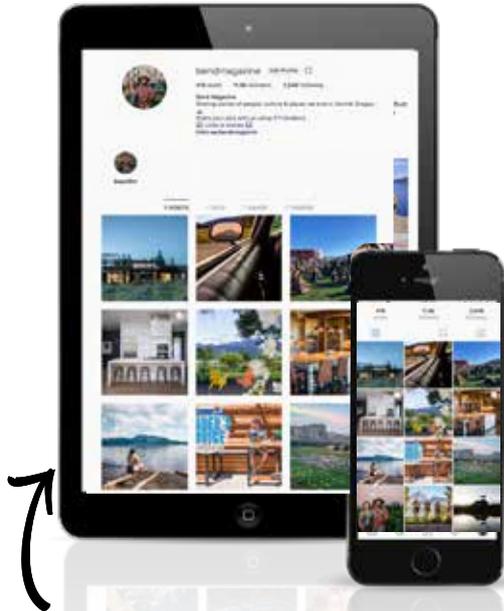


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These two Bendites tackled a bike tour of epic proportions, biking from the north slope of Alaska all the way to the southern tip of Argentina (See "Road Less Traveled," p. 43). Do not miss out on the incredible short-documentary videos this couple created and get a look at the two-year journey traveling across two continents.



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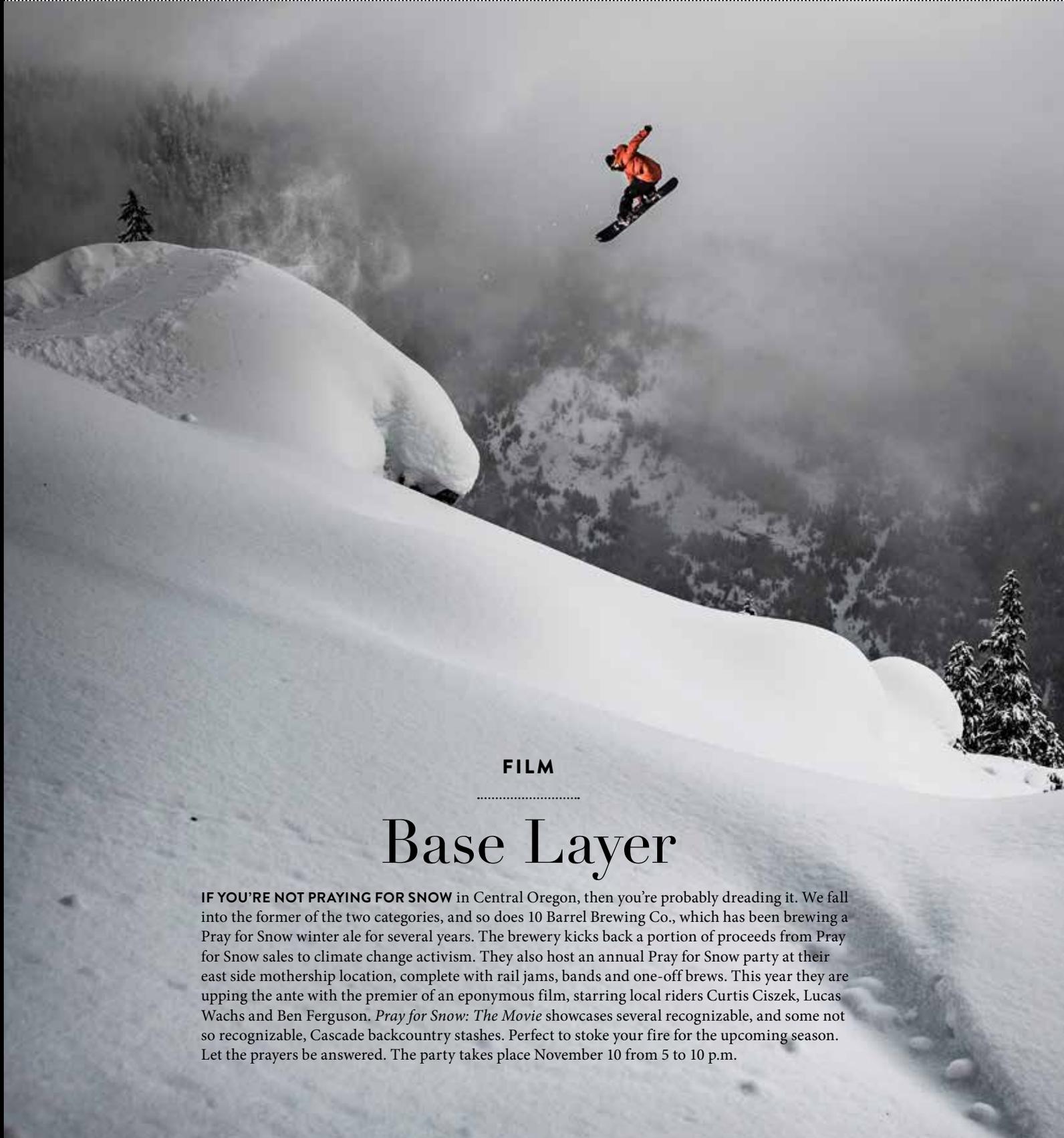
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Base Layer

IF YOU'RE NOT PRAYING FOR SNOW in Central Oregon, then you're probably dreading it. We fall into the former of the two categories, and so does 10 Barrel Brewing Co., which has been brewing a Pray for Snow winter ale for several years. The brewery kicks back a portion of proceeds from Pray for Snow sales to climate change activism. They also host an annual Pray for Snow party at their east side mothership location, complete with rail jams, bands and one-off brews. This year they are upping the ante with the premier of an eponymous film, starring local riders Curtis Ciszek, Lucas Wachs and Ben Ferguson. *Pray for Snow: The Movie* showcases several recognizable, and some not so recognizable, Cascade backcountry stashes. Perfect to stoke your fire for the upcoming season. Let the prayers be answered. The party takes place November 10 from 5 to 10 p.m.

PHOTO DARCY BACHA

■ **education**

Bend Science Station Gets a Forever Home



After a decade and a half spent on the Central Oregon Community College campus, the Bend Science Station began a new era this fall with the debut of a new lab and teaching facility on the OSU-Cascades campus. Co-founder and lead instructor Dave Bermudez said the facility is the result of an extended capital campaign that helped the organization raise roughly \$2.5 million for building construction. The Science Station provides supplemental science curriculum and lab work to students around Central Oregon, particularly those in schools that might not have dedicated lab space to conduct experiments and other hands-on learning that the Science Station specializes in. The new science station contains three labs, including a teaching training lab, as well as a primary lab designed for large classes and a smaller lab designed for schools that may bring only a handful of students.

■ **public safety**

Downtown Ups Police Presence

Having already increased foot patrols in the busy downtown core, Bend police announced earlier this year that they are opening an outpost in the parking garage to support an increased downtown presence. Downtown Bend is a relatively low-crime area. (Police report four aggravated assault investigations in the first ten months of 2018, versus twenty-five for the rest of the city.) Still, crime remains a focus for police, politicians and businesses. Downtown business owners have long complained about criminal activity, including drug use and sales around downtown, most notably around the Mirror Pond Plaza, a popular gathering place for locals, visitors and the transient population. The Downtown Bend Business Association has been actively involved in the development of the new substation, relinquishing its office space in the parking garage to make way for the police outpost. The substation is just one of several steps that the city has taken to bolster public safety downtown. Last year, city officials removed trash enclosures around the Mirror Pond Parking lots that nearby business owners claimed sheltered illicit activity. The police substation will be located on the northwest corner of the parking garage. It will be used by officers as a space for investigative follow-up and administrative work, as opposed to a walk-up location for reporting crime. Residents who need to contact police are encouraged to call 911.

■ **environment**

Parks Weighs Mirror Pond Options

Faced with political pressure to help find a solution to the siltation issues at Mirror Pond, the Bend Park and Recreation District has reviewed several options that could allow the organization to help fund a sediment removal project. At a meeting in early October, Park Board members dismissed the idea of charging river users a fee for access. Several also voiced skepticism about using general parks dollars to fund the work but left open the possibility that the park district could contribute to a portion of the cost from its general fund. Removing that sediment is a costly proposition. A study put the total cost for dredging Mirror Pond at almost \$7 million. Park members said they also support asking the city to charge a fee to Pacific Power which owns and operates the dam and hydropower station on the north end of the waterbody. That fee would likely be passed along to ratepayers. The last sediment removal project in Mirror Pond took place in 1984.



PHOTO TOP ELSE KERKMAN



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■ **recreation**

Ochoco Motorized Trail Plan Snubbed

A federal judge rejected a controversial proposal to significantly expand the number of designated off-highway vehicle trails in the Ochoco Forest due to concerns about impacts on wildlife. Judge Patricia Sullivan ruled in late August that the Forest Service's plan to add roughly 137 miles of new off-road routes in the forest east of Prineville didn't adequately account for the impacts on elk herds or the recently reintroduced gray wolf. Sullivan's preliminary ruling will be reviewed by a judge in Portland. No date has been set for that review. The trail plan represented a roughly 20 percent expansion of the existing trail network in the Ochocos, some of which was constructed illegally and without consideration of environmental impacts. The plan drew opposition from several environmental groups, including Oregon Wild, the Sierra Club, the Oregon Hunters Association in Bend, and the Oregon Department of Fish and Wildlife.

■ **government**

Baney to Lead COIC

Deschutes County Commissioner Tammy Baney will take over as executive director at Central Oregon Intergovernmental Council (COIC) beginning in January. Baney will lead an organization that serves as the linchpin in numerous regional planning and intergovernmental initiatives, including tri-county transportation coordination and economic development. Baney was tapped for the job in part because of her work as a county commissioner, which included appointments to organizations that work closely with COIC. She is currently the chair of the Oregon Transportation Commission, which oversees the Oregon Department of Transportation and sets long-term priorities for the state's transportation system. Baney, who has served on the Deschutes County Board of Commissioners for more than a decade, was defeated in a May primary by Deschutes County Republican Party Chair Patti Adair.

■ **conservation**

Local Land Trust Adds Metolius Riverfront

An undeveloped thirty-acre parcel of riverfront property is the newest addition to the Deschutes Land Trust's inventory of protected spaces around Central Oregon. The Land Trust announced in October that it had acquired the property from the Nature Conservancy, which has owned the land since it was donated to the national conservation organization by the estate of the previous owners, the Erskine Wood family. "The Land Trust has been working to conserve land in and around the Metolius River for 23 years. The Metolius River Preserve ... fits squarely within our conservation strategy and made this property a priority. The Land Trust is committed to permanently stewarding its unique and diverse ecological values," said Brad Chalfant, executive director. The preserve is located about eight miles



downstream from the Metolius River headwaters and includes three-quarters of a mile of riverfront property, two islands and a wetland fen. The Land Trust is in the process of developing a long-term management strategy for the preserve. It currently offers a limited number of guided tours led by Land Trust volunteers and staff.

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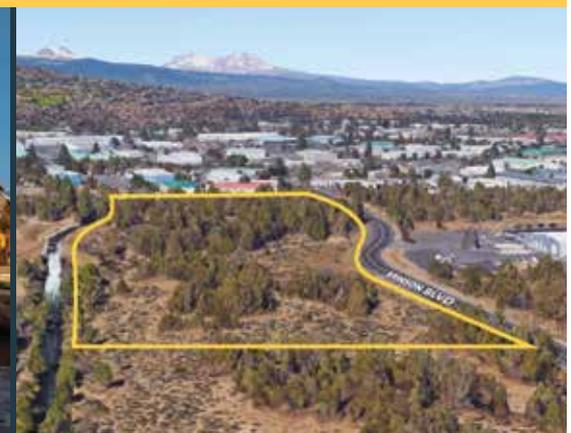
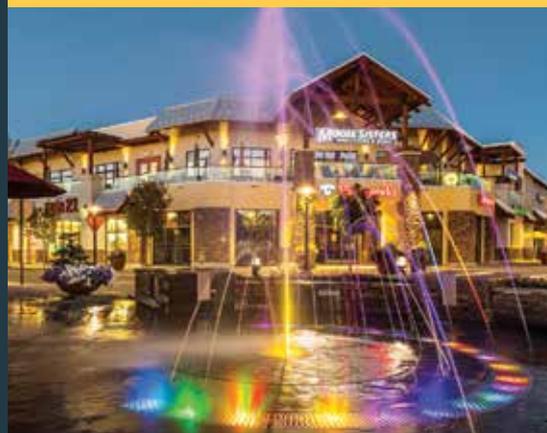
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Front Deck brewing

WRITTEN BY JON ABERNATHY

what's brewing?

Breaking down three holiday beers that run the gamut of flavors and profiles.

THE GODFATHER

Deschutes Brewery: Jubelale
Style: Old Ale / Winter Warmer
Alcohol by volume: 6.7%
Barrels brewed annually: 9,500

The first beer bottled by Deschutes was created in 1988 by John Harris, one of the company's original brewers at the Bond Street pub. Harris's intent was to brew a "winter warmer" in the style of an English Old Ale, a traditionally stronger beer often brewed during the holidays in appreciation of a pub's loyal customers, as well as a stronger tippie to get through the winter months. The Jubelale recipe has changed very little over the years, though in 2011 Deschutes adjusted the process slightly to recapture its character from the early years.



THE SLEEPER PICK

Worthy Brewing: Dark Muse Barrel Aged Imperial Stout
Style: Imperial Stout
Alcohol by volume: 10.1%
Barrels brewed annually: 30

A burly beer for the winter months, Dark Muse is roasty, chocolatey, creamy and warming—exactly what an imperial stout should be. Developed by Worthy's original head brewer Chad Kennedy, Dark Muse is aged in bourbon barrels for an additional contribution of oak, vanilla and booziness. The recipe changes slightly each year based on the specific variety of bourbon barrels that Worthy acquires, yielding a vintaged treat that can be enjoyed over the holidays or laid down to age for future years.

THE NEW KID ON THE BLOCK

Monkless Belgian Ales: Friar's Festivus
Style: Belgian-style Quadruple
Alcohol by volume: 10.2%
Barrels brewed annually: 35

Belgian brewing has a long tradition of brewing Bières de Noël, or Christmas beers, brewed strong and often incorporating holiday spices in the recipe. Monkless is the only local brewery brewing in this tradition, and at the same time, a bit outside the box from Belgian tradition. Friar's Festivus, returning for its second year, is boozy yet balanced and spiced with mace and cardamom for something festive yet slightly different.



Hand Crafted Gifts to Give

Beer-inspired gifts to simplify your holiday shopping.

STOCKING STUFFER

Hand-forged Damascus steel bottle opener from Drunken Marmot Forge
Price: \$75 - \$200

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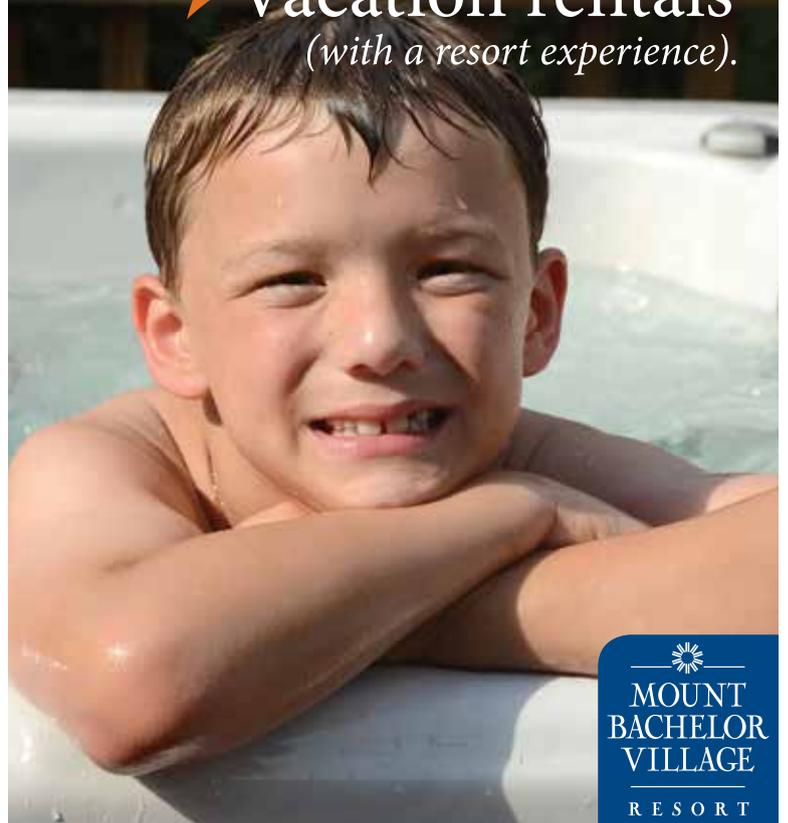
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EXPLORE

GETAWAYS

CENTRAL OREGON DAY TRIP
Destinations

Three fall day trips to beat back the early winter blues.

EDITED BY ERIC FLOWERS

IT'S EASY TO GET COMPLACENT IN LATE FALL and early winter around Central Oregon. The ski season is not yet in full swing—if the chairs are swinging at all. The days are short and the weather is unpredictable. Still, crisp mornings and low-angle light can entice. Set down the remote control, get off the stationary bike and get outside. Now is a good time to leave the beaten path, explore new locations or maybe see some familiar ones in a new light. To get you started, we've developed three day-trip itineraries that combine trekking with family friendly wayside attractions and food and drink that's worth the drive.

Got an great itinerary of your own? Email us your suggestions at editorial@bendmagazine.com or snap a photo from the field and tag us in your post [#daytrips](https://twitter.com/bendmagazine)

HEAD TO THE *Outback*

Drive south from Bend and hang a left at La Pine. This is the Oregon Outback.

Rugged, remote and nary another soul in sight.

HOMESTEADING HISTORY

Stretch your legs in history at the Fort Rock Homestead Museum. A handful of late-1800s era buildings are filled with historic items to discover. Take a few minutes to learn about the history of the homesteaders who tried to make a home in this rugged country.

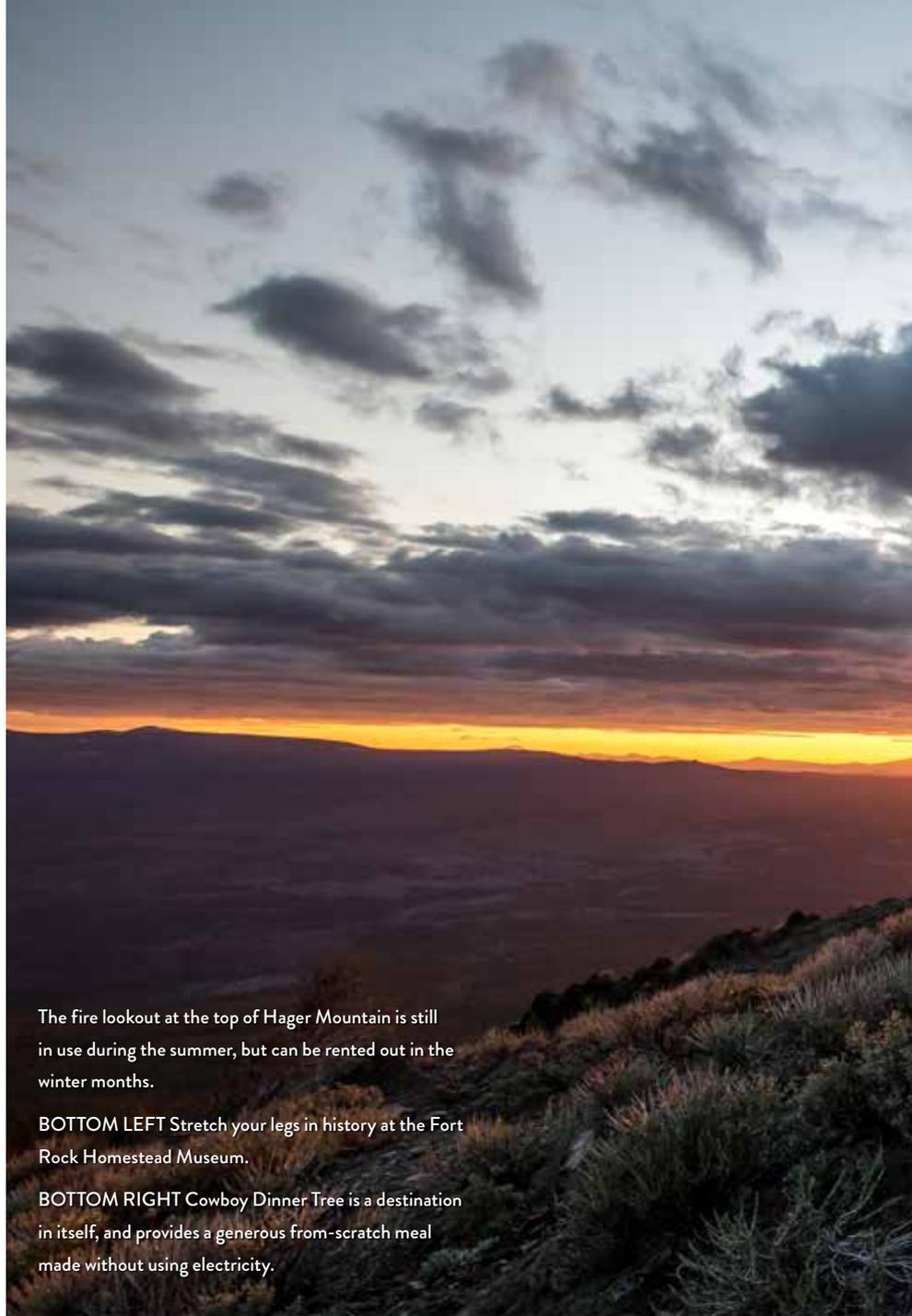
RACE AGAINST THE SNOW

Hager Mountain is about an hour from the museum. While the trail is heavily trafficked in spring and summer for peak wildflower season, by late fall the hike has mostly cleared out. There are a few routes to get to the top, depending on how far you want to hike.

A four-mile trek to the summit begins at the trailhead on East Bay Road. Follow the trail through a Ponderosa forest until you reach the top. A rustic fire lookout awaits at the summit, and can be rented out from November through March each year. (Getting a reservation is difficult due to its popularity.)

OREGON'S OUTBACK STEAK (AND CHICKEN) HOUSE

Hopefully the eight-mile trek has worked up an appetite in you. A half-hour drive back to Silver Lake is all that sits between you and one of the best meals you can dream of. Cowboy Dinner Tree is a destination in itself. The reservation-only restaurant provides a generous meal—think a whole chicken to a plate and steaks bigger than your head—all without using electricity. It's a family-friendly dining experience, where you'll leave on a first name basis with the owners and chefs. — *Bronte Dod*



The fire lookout at the top of Hager Mountain is still in use during the summer, but can be rented out in the winter months.

BOTTOM LEFT Stretch your legs in history at the Fort Rock Homestead Museum.

BOTTOM RIGHT Cowboy Dinner Tree is a destination in itself, and provides a generous from-scratch meal made without using electricity.



EXPLORE



PHOTO TOP: KAT DIERICKX; BOTTOM LEFT: ALEX JORDAN; BOTTOM RIGHT: MELISSA WHITNEY



GOLDEN *Peaks*, GOLDEN PINTS

Hyper-visited Smith Rock settles down to just you and a few friends in late fall. Now's the time to hike crowd-free and ponder the towering tuff spires.



Fall is arguably the best time of the year to hike around ultra-popular Smith Rock State Park.

BELOW Make friends with the alpacas at Crescent Moon Ranch in Terrebonne.



ALPACA, YOU PACKA

Alpaca babies are called cria, and they are born March through autumn. Stop by Crescent Moon Ranch in Terrebonne to see alpacas up close, from the newest babies to their fuzzy parents. Crescent Moon is also home to an Alpaca Boutique, showcasing items for sale from wool scarves to socks to hats, perfect to outfit you into the colder season.

TO CLIMB OR NOT TO CLIMB?

Pack a jacket and bring your park pass but don't worry about finding parking, because fall is far less crowded at Smith Rock State Park. Drop to the Crooked River and climb up aptly named Misery Ridge for the workout and the views. With kids, dogs or your parents? Stroll around the base of this majestic volcanic tuff formation instead—it's an easy hike with plenty of splendor, no climbing required.

TACOS AND BEER FOR THE WIN

Kobold Brewing has been around since 2015 and opened the Vault Taphouse in Redmond a year ago. Roll in after your Terrebonne tour for a sip of the Screeching Blonde Ale, an easy-to-drink brew with light biscuit and honey flavors. Munch on the never-ending supply of popcorn from the Vault's popcorn machine or grab a taco from the Westside Taco Company cart on site. Try the chicken mole—olé!
— Kim Cooper Findling

PHOTO TOP RICHARD BACON, BOTTOM JUSTIN BAILE



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DOWNTOWN BEND, OREGON

ROCKING AND *Rolling*

Head north for a day of outdoor exploration that includes a dramatic waterfall, rockhounding and a well-earned happy hour in Madras.

PLUNGE INTO WHITE RIVER FALLS

Tell friends in Bend that you spent the day exploring the greater Tygh Valley area and you're likely to get a blank stare in return. That's understandable, given that this sparsely populated section of the Columbia plateau northeast of Maupin doesn't get a lot of visitors. But it's worth more than a passing glance with its rolling wheat fields, historic homesteads and almost ghost towns. The biggest attraction is the sprawling White River State Park that is wedged into a narrow valley between Mount Hood to the west and the Deschutes River to the east. The heart of the park is a dramatic plunge falls that cascades 100-plus feet over a basalt shelf into a roiling pool below. The park also includes a historic powerhouse, a remnant from an earlier era when the river was harnessed to provide electricity to farms and towns around the valley. The hydroelectric project was idled in the early 1960s when the Dalles Dam was completed on the Columbia River, delivering power to the valley and well beyond.

DIG A THUNDEREGG

Central Oregon's volcanic origins left us snow-capped mountains and refrigerator-cool desert grottos. If you want your own piece of Central Oregon's geology, then head to Richardson's Rock Ranch outside of Madras. Here, rockhounds are invited to work one of the region's largest and most productive thunderegg beds. These orange-sized rocks are split open to reveal a marble-like interior of polished quartz and silica in brilliant colors and elaborate patterns. Richardson's provides digging materials and basic instructions for a DIY dig, or just peruse the ample selection in their onsite store (while dodging the roaming peacocks outside) and grab one for the road.

KICK BACK IN MARGARITAVILLE

After you've checked waterfalls and rock mining off your to-do list, reward yourself with a stop a Rio Distinctive Cuisine in Madras. If you're on a tight schedule, grab a cold cerveza and order the table-made guacamole before you head home. Better yet, linger a bit. Order a Casa Del Rio Margarita and a plate of the *puerco emmolado*, slow roasted pork shoulder served with mango mole sauce. — *Eric Flowers* 🍷



White River Falls



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RETREAT



DESTINATION

Winter Warmer

Breitenbush Hot Springs Retreat and Conference Center leaves you alone in the woods—in a good way.

WRITTEN BY KIM COOPER FINDLING

There's getting out of town, and then there's really getting out of town. Breitenbush Hot Springs, east of Detroit, Oregon, is maybe one of the last places in the state (or anywhere?) where you can sleep in the woods with little danger of being interrupted by the irritants of civilization, technology or even your own vices. At Breitenbush, not only is there no cell service or wifi, but you will be asked to consume an organic vegetarian diet (provided for you) accompanied by no alcohol, no tobacco and no caffeine. Meditation, yoga, ecstatic dancing, silence—these are all encouraged, as is clothing-optional soaking in one of seven outdoor hot spring-fed pools. When you don't even need clothes, that's about as purist as it gets.

Breitenbush has existed as a gathering place since Native Americans inhabited the area. In the 1920s, a Portlander who invented the first ice cream cone machine turned his profits into a resort on the banks of the Breitenbush River. In the 1970s, hippie culture came along and Breitenbush embraced it, as it still does today. If you want to know what Oregon was like four decades ago, it lives on in these sprightly woods. Think bell bottoms, unkempt hair and an exceptional amount of hugging.

The setting has been the stand-out feature over time. The historic lodge, meeting structures, cabins and tent-sites of Breitenbush are surrounded by a lush and magical forest cut through by the glistening Breitenbush River. Salmon swim in the river, deer wander through, eagles fly overhead. Trails take you deeper into the woods, where even the modest crowds of a busy Breitenbush summer day fall away.

Here, a mile or so up the trail, belly full of organic vegetables and marionberry lemonade, hold still and take in the silence, the scent of the woods, the thermal energy teeming beneath your feet. For a moment, these are all that matter; this is all there is. You can't help but feel present and grateful, in that woods alone, which leads you to suspect that maybe the Breitenbush purists are on to something after all. B

If you go

LOCATION Breitenbush Hot Springs is ten miles northeast of Detroit, Oregon on Forest Service Road 46.

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BIKEPACKING

Road Less Traveled

Bend pair reflects on 18,000-mile bike odyssey

WRITTEN BY ERIC FLOWERS

It wasn't the legendary ice road highway in Alaska, or the persistent deluge of the Oregon Coast. It wasn't the dengue fever or the dog attack in Peru. In the end it was the wind. The cursed, never-ending wind that almost broke Kristen and Ville Jokinen. The pair were riding the final leg of an unprecedented transcontinental bike odyssey when the wind started pummeling the desolate Patagonia plateau.

The Jokinens had left Bend in June 2016, more than a year earlier, on a journey that began on the edge of the Arctic Circle in Alaska's Prudhoe Bay. The goal was to make it to the tip of Patagonia, the southernmost part of the American continents. The journey had taken them through a dozen countries. They had crossed the Andes six times in Peru just for the scenery. They'd be damned if they were going to let something as simple as wind stop them short. So they took turns grinding against the never-ending gusts.

The persistence paid off. In February this year, the two rode together down the final stretch of road at Bahia Lapataia in Argentina's Tierra del Fuego. They gazed out at the expanse of the sea and shared an embrace. An improbable journey had been ridden to its conclusion.

"We knew that nothing short of a serious injury was going to stop us

because we are both so stubborn," Kristen said.

Eight months later Kristen, a Bend native who graduated from Mountain View High School, is still readjusting to "normal" life. Traffic, text messages, work meetings. The pair have given numerous presentations about their arduous journey to students and civic groups. Kristin, 37, is working on a book and Ville, her husband of seven years, is editing hours of footage, some of which has already been shared on the couple's fittingly titled blog, *We Lost the Map*.

Given just the basic outline of the Jokinens' story, the first question that comes to mind is "why?" But the more you hear about their epic journey, the more pictures you see, the more snippets you gather of their simple sustained existence, the answer becomes obvious. They did it because they could. Like Sir Edmund Hillary, they climbed the mountain because it was there.

The narrative also makes perfect sense when you consider the context. The pair met on a boat in Vietnam, diving in the Asian sea. Their courtship included numerous trips across the Atlantic when Kristin was living in Bend and Ville, a Finland native, was living in Helsinki. It culminated in the mother of all hikes, the Pacific Crest Trail, which



Traffic jam in the highlands of Peru



started on the Mexican border and ended at the Canadian border with an engagement proposal in 2011.

It was shortly after that epic trek that the two started contemplating the idea of a bike tour. That idea grew from a flicker of a notion into a full-fledged odyssey when the couple, in the middle of an exhausting home remodel in Bend, decided to pull the plug—on everything. Armed with cursory research by Ville and a passing familiarity with their newly acquired bikes, they set off for Alaska in June 2016 with a backpacking tent, a few camping supplies and a monthly food and entertainment budget of \$800.

Given the obstacles, it's somewhat of a miracle that they completed the ride. They relied on their gear, their wits, luck and sometimes strangers willing to help a pair of gringos far from home.

"We relied so much on other people because we didn't have money. We had a tent. We'd have to ask if it was safe to camp and [take certain] routes since we didn't always know which way to go. We didn't have GPS," said Kristen.

On February 17, the pair broke their final camp and rode thirty miles to Ushuaia, the southernmost outpost of civilization on the American continent and the launching point for Antarctica-bound cruise ships. It was their logical stopping point, but they weren't quite done. There were a few more miles of road to be followed. So naturally, they did just that. They bumped their way down a dirt track another fifteen miles where the land gave way to sea. After weeks of nonstop rain and wind, the clouds retreated to reveal blue skies and a sparkling sea. They shared a moment and a few tears. They finished as they began a year-and-a-half earlier, anonymously chasing an impractical dream because they could.

"That's how we started. No one was there in Prudhoe Bay, just a few oil field workers. No one knew what we were doing but us," Kristen said.

ON THE WHEEL

LEFT Kristen and Ville Jokinen in hot and humid Colombia.

TOP LEFT Kristen and twin lambs in Peru.

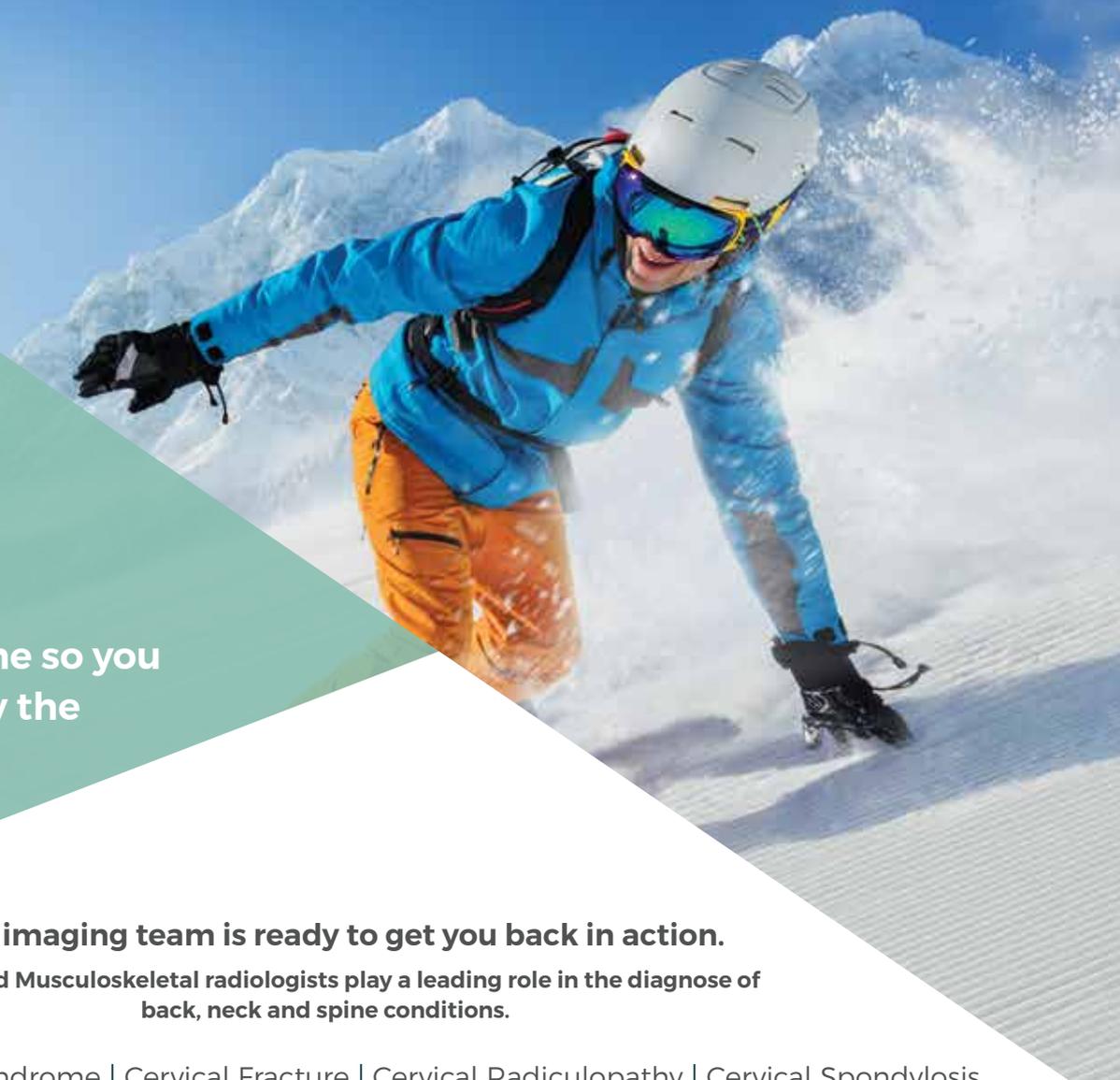
TOP RIGHT Near the end of their 18,000 mile journey in Ushuaia, Argentina.

ABOVE Kristen on Salar De Uyuni, the world's largest salt flat in Bolivia.

Shortly later as the pair lingered, enjoying a bottle of champagne, a bus arrived with a load of tourists and photographers on a National Geographic tour headed to Antarctica. Noticing the pannier bags and touring gear, someone asked where the adventuresome pair had started their journey. When Kristen replied that they had embarked from Alaska, they were given an impromptu ovation. The anonymous bikers were now celebrities.

After eighteen long months on the road, the pair spent several weeks in Buenos Aires indulging in some of the pleasures they had foregone during their bike odyssey. They ate steak and drank wine. They learned to tango. Then it was time to say goodbye.

Kristen is now back at work selling real estate. Ville, a financial analyst in another life, is working at a grocery store. They've sorted through the mail and the unanswered email. They finished the remodel that they abandoned for the trip. Kristen is hoping to finish her book about the journey by the end of the year. The newly finished house is already on the market. They've decided they don't need that much space, not when you can live comfortably out of a tent. They only question, where to next? **IB**



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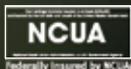


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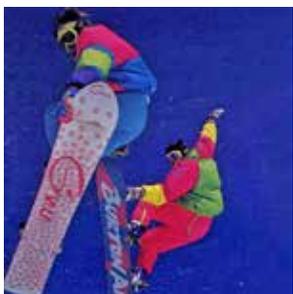
Winter Traditions

The Tree Lighting, Jingle Bell Run and Parade kick-off the holiday season in Bend.

BUNDLE UP IN A PUFFY COAT, stocking cap and gloves. The Community Christmas Tree lighting is a long-standing tradition in Bend and the kick-off to the holiday season on November 30. The next day, runners dressed up in holiday gear and jingle bells on their shoes take part in a 5k walk or run through downtown Bend to lead the Christmas Parade. With a few layers of snow in the nearby mountains, winter has officially arrived in Central Oregon.



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After 60 years on the snow, many things have changed at Mt. Bachelor, but the spirit of our mountain remains the same. Share your favorite memories with us, old and new, by using the hashtag #MtBachelorMemories on Facebook or Instagram.





PHOTO COURTESY MT. BACHELOR

BACHELOR BUTTE

A Resort is Born

This season marks sixty years since Mt. Bachelor's visionary founder, Bill Healy, brought a ski dream to life.

WRITTEN BY HOLLY HUTCHINS

On a clear, sunny April day in 1957, Bend furniture store owner Bill Healy and small group of friends skied to the base of what then was Bachelor Butte, gazed up at the snow-covered flanks of the mountain, and said, "This is it!"

A former member of the 10th Mountain Division, one of the only pieces of the U.S. Armed Forces that donned skis and rifles during World War II, Healy was not one to shy away from a challenge.

Healy admitted to local historian Peggy Chessman Lucas that he needed no lengthy research, no snow data reports, no feasibility studies. "I just said to myself, 'Let's go for it,'" Healy told Lucas in her book, *Mt. Bachelor: Bill Healy's Dream*.

A little over a year after that backcountry foray, Healy's vision was realized as a Bachelor Butte, renamed Mt. Bachelor, opened December 19, 1958, with one Poma





SNOW DAYS

FAR LEFT The original Pine Marten Express lift in 1986.

LEFT Chairlifts came later. Bachelor Butte opened in 1958 with one Poma lift and two rope tows.

BELOW The Main Lodge, now West Village, featured overnight accommodations from 1966 to 1971.

lift and two rope tows for weekends and holidays only. An all-day adult lift ticket cost \$3.

Today, the mountain offers eight high-speed lifts serving more than 4,300 acres spread across more than 100 runs for all experience levels, a Nordic center with miles of groomed cross country and snowshoe trails and a variety of year-around activities. This year, Mt. Bachelor resort will celebrate its sixtieth season, having cemented itself as both an economic and a cultural institution in Central Oregon.

“Bill Healy and his original group of enthusiasts picked a great mountain to start with. Our abundant snow, long season, surfy terrain and world-class tree skiing provide plenty of reasons for attracting visitors from all corners of the map,” said John McLeod, Mt. Bachelor’s president and general manager.

A second dynamic that McLeod believes has significantly contributed to Mt. Bachelor’s success is the resort’s partnership with Central Oregon and its passion for winter sports. Especially noteworthy, McLeod said, has been the U.S. Forest Service’s steady support of Healy’s vision by incorporating essentially the whole mountain in Mt. Bachelor’s permit area. The Forest Service leases the land to Mt. Bachelor LLC, a fully owned subsidiary of POWDR Adventure Lifestyle Co., a Utah-based firm



that purchased Mt. Bachelor in 2001.

Mt. Bachelor has been a part of Central Oregon’s culture since its inception, playing a huge part in the region’s winter recreation and social fabric. It’s been a gathering place for friends and families and a proving ground for Olympians like downhillers Kiki Cutter, Laurenne Ross, Tommy Ford and more recently snowboarders like Ben Ferguson.

Mt. Bachelor has contributed more than just chairlift rides to powder hounds. It’s

also helped cement the region’s reputation as a four-season recreation mecca and a great place to live.

“We recognize our place as a seasonal winter employer, creating jobs at a time when other businesses are cutting back or closing for the winter,” McLeod said.

Healy knew how important the ski resort was to the region’s economy and identity, but he liked to downplay his own role.

Jim Crowell, long-time Bend historian,



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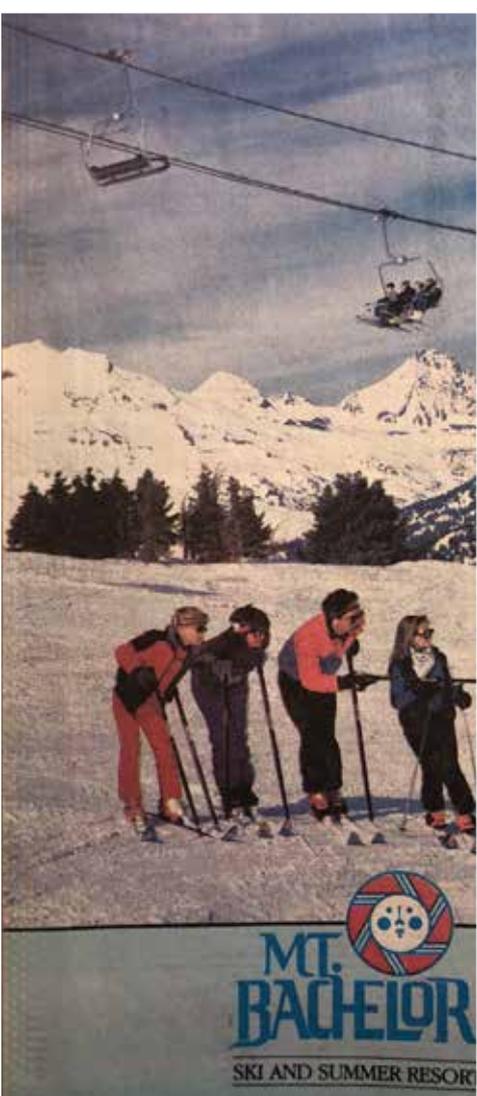


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Chairlift access began in 1961 with the debut of the “Black Chair” which was later replaced by the Pine Marten Express Lift.

INSET An advertisement for Mt. Bachelor from 1987.



author and close friend, said it was Healy’s nature to make light of his motives for developing the resort.

“He used to laughingly tell me that one of the main reasons he pushed for Mt. Bachelor was because the locals who bought furniture on the installment plan couldn’t make payments in the winter,” Crowell recalled. “He said after Mt. Bachelor got going and skiers began coming to Bend, the local economy surged, and with the boom, his accounts receivable started to look a helluva lot better. I think some of this was semi tongue-in-cheek, because he wanted to ski closer to home.”

Not surprisingly, Mt. Bachelor’s sixty-year run has not been without its challenges, including several years of drought,

leadership and ownership issues, increased competition and the changing economics of skiing that made it harder to compete with some of the new resorts. 1977, for example, was a particularly bad year when drought essentially closed the mountain from January through March. Healy showed his well-known sense of humor when he told historian Lucas, “After the potato famine and the depression, last winter wasn’t really that bad.”

Healy stepped down in 1988 and passed away in 1993 at the relatively young age of 68 after suffering a number of years with rheumatoid arthritis, and from a neuromuscular ailment not unlike Lou Gehrig’s disease. The legacy Bill Healy left behind endures. ■

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ANGEL FLIGHTS

Wings of Angels

A Silicon Valley engineer found a second career as a pilot with sensitive cargo.

WRITTEN BY ERIC FLOWERS PHOTOS BY JILL ROSELL



It's a bit of an inside joke among weekend pilots that they will make any excuse to get their wheels off the ground. Need a gallon of milk? Better hop in the plane. Looking for great Mexican food? It's just a half hour away by air. Most pilots don't need any reason at all to pull the wheel chocks and taxi down the runway. Flying is addictive.

Tom Tormey is no different. A retired electrical engineer and self-proclaimed wannabe astronaut, Tormey started flying twelve years ago in his free time, which was limited given a demanding career that saw him bounce from one Silicon Valley startup venture to the next. His last stint, with a company that made software for electric vehicle charging stations, was lucrative enough that Tormey was able to buy his dream airplane, a twin-engine Beechcraft Baron that seats six passengers and luggage. It was the perfect plane for weekend escapes.

He flew from the Bay Area to Death Valley for quick getaways. He flew to Tahoe and the Central Valley to visit family. Still, Tormey had an itch to do something more with his time in the air.

The son of a Navy pilot who flew Corsair fighters off aircraft carriers in the Pacific during World War II, Tormey wanted to fly with a purpose. When he read about Angel Flights, an organization that connects private pilots with medical patients in need of transportation, Tormey knew immediately that he wanted to be a part of it. Tormey had the plane and the skills. What he didn't have was time. That changed when he retired and moved to Bend with his wife, less than three years ago.

Since then, Tormey's interest has grown into a sort of obsession. He's become one of Oregon's most prolific pilots in the Angel Flights West fleet. By his own account, Tormey has flown more than

120 "missions" that have helped dozens of patients and families from rural areas access hospitals and specialists that are located hundreds of miles away. Some of the patients are children, some are mothers and grandmothers. Many are cancer patients who can neither afford nor handle commercial air travel.

"You get involved, whether it's a kid or an adult. It's hard not to. Trying to help these amazing people—amazing in the sense that they haven't fallen apart with stress in their lives. You go the extra mile to help them," said Tormey.

Early Angels

For an organization that has provided more than 40,000 medical flights over three-plus decades, Angel Flights maintains a relatively low profile. The small Santa Monica-based staff often must convince doctors and hospital staff that the program is not a



scam. You can hardly blame the skepticism. In a me-first society, the notion that private pilots are flying patients back and forth to MRIs and oncology appointments at no cost to the patient or the hospital sounds too good to be true.

“A lot of times you knock on the door of a hospital and they find it hard to believe it’s real. They think we must be trying to sell them something, or there must be a catch. Believe it or not, it’s really difficult to give away this free service,” said Ivan Martinez, Angel Flights West Outreach and Communication coordinator.

No catch has been the philosophy from the start, when in the early 1980s a small group of Southern California pilots hatched the idea of providing free, non-emergency medical flights. In its first full year of operation, the organization provided a total of just fourteen flights.

It’s Martinez’s job to make sure that

health providers know that Angel Flights exists. With chapters or “wings” in thirteen western states, word is steadily getting out. Over the past three decades the growth has been steady and sustained. Last year, Angel Flights pilots logged 4,500 flights, serving more than 1,000 patients. For these patients and their loved ones, the experience can be transformational.

Linda Dunham met Tormey three years ago. Dunham boarded Tormey’s twin-engine plane at a time when her life had been turned upside down. Dunham’s husband, Rick, had been recently diagnosed with brain cancer and undergone surgery. Doctors gave Rick fourteen months to live. His best hope was an experimental treatment offered at the University of California San Francisco (UCSF), almost nine hours away from the couple’s Eugene home by car.

To participate in the program, Rick had to be in California twice a week. Driving

ABOVE THE CLOUDS

TOP LEFT Tom Tormey assists a group of doctors preparing for a flight to John Day.

ABOVE Recently retired, Tormey has embarked on a second career as a commercial and volunteer pilot.



Tom Tormey pulls his twin-engine plane out of his Bend Airport hangar.



Tormey has flown more than 120 pro bono medical flights for Angels Flights West in the past two years.



was time-consuming. The couple operated a furniture store in Eugene, and time away from the business meant lost revenue at a time when medical bills were mounting. Flying commercially was both expensive and difficult, especially given that Rick's condition included frequent seizures. Airport crowds created stress that could easily trigger Rick's seizures. And yet, Rick needed to say yes to the UCSF trial program. "There wasn't any other option," Dunham said. "UCSF was the closest facility that could manage this type of brain tumor. And they were the best of the best."

A hospital social worker offered a glimmer of hope by telling them about Angel Flights West. Desperate for help, they reached out. Tormey was one of the pilots who answered. Linda and Rick signed up for the UCSF trial program. Linda said she didn't think they would have participated without the support of the Angel Flights program.

"We needed hope and having Angel Flights take us to these appointments gave us hope. There is no dollar amount that you can put on that," Dunham said.

Getting the Message Out

Flying Linda and Rick was Tormey's first Angel Flights mission. It quickly became a regular trip. Linda remembers Tormey flying most of the missions during the last several months of Rick's care, with flights ending in 2017, after the hospital halted the experimental study. Linda and Rick looked for more options, but his health deteriorated. He died in August 2017, more than three years after his initial diagnosis.

Linda speaks publicly about her Angel Flights experience regularly. I met her at one of these talks in June. It was a meet and greet for Angel Flights pilots at the Aurora Airport outside Portland. Linda brought a framed picture of her husband, who she referred to as her "sweetie."

Less than a year removed from his passing, the emotions were still raw. Still, she shared her story openly and graciously. It's important that the pilots know what the flights meant to her, she said. Tormey and other pilots gave her the gift of time—time with Rick, and time to take a break from her role as a caregiver, just for an hour or two, during the plane ride. That emotional break is a common theme for Angel Flights passengers and patients.

Not to mention the fact that flying in a small plane can simply be ... fun. It's a thrill. It's a different feeling than flying in a commercial jet—the difference between riding in the back seat of a car and riding on the back of a motorcycle.

Pam Allen is a cancer survivor who relied on Angel Flights to get her from her home in Medford to an oncologist in Portland at a time when she was too sick to drive herself. She remembers feeling desperation and fear—fear that missing even a single appointment would mean a major setback. She also remembers feeling something like joy for the first time in a long time on one of her first flights as a patient. As she soared over the Oregon landscape, her mind was, for once in long time, on something other than her illness.

"It was literally the first moment of fun that I'd had in the last twenty-five months," Allen told a group of Angel Flight pilots in June. "That's one of the other benefits—you give someone something fun during the worst time in their life."

Tormey, who started a commercial air taxi business earlier this year to help cover the costs of all of his charity flying, relishes these bright little moments. He makes a point of letting patients take the "stick" for a few minutes, piloting the plane. It's a singular thrill for many. At the end of each mission he likes to snap a photo of the passengers. He later posts them on a Facebook page that serves as a clearinghouse and log for all his Angel Flights missions. Some patients he will transport again in a matter of days or weeks. Other passengers will continue with their treatment and their lives without crossing his path again. That's part of the job—knowing you've done your small part and letting go.

Dunham hasn't flown with Tormey since Rick passed last year. Still, she remembers the patience he showed. She remembers the small things, how Tormey remembered names, the things that Rick liked, the things Rick could do and things he couldn't.

"Some people treated Rick like a patient and some people would treat him like a friend," Dunham said. "Tom treated Rick like a friend." ■

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COMMUNITY

Many Hands

Patti Calande's original collaborations fuse social commentary with civic sensibility.

WRITTEN BY PENNY NAKAMURA



"I feel especially thrilled when I can repurpose something, saving it from the refuse and giving it a new life."
— Patti Calande



If you've flown out of the Redmond Airport in the past year, then you've encountered Patti Calande's handiwork.

Calande is the Bend artist responsible for the giant red, white and blue tapestry that hangs near the main airport entrance. Calande, along with about two dozen of her artist friends, created the handstitched patchwork American flag from repurposed T-shirts as a fundraiser for the Central Oregon Veteran's Ranch. The flag was included in a raffle that raised thousands of dollars for the Redmond rehabilitation facility. The owner of the winning ticket donated the flag in turn to the airport.

This is the kind of project that perfectly blends Calande's progressive community vision with her talent for developing practical artistic collaborations.

Calande said the idea of the flag came amidst the backdrop of toxic discourse in this country. She felt the flag was one symbol that everyone could support.

"Each unique piece when stitched together creates a symbol of unity, freedom and the resilience of our community," explained

Calande. "When you see this flag, you'll notice each piece is uniquely different, each one made by different hands, each set of hands with their own experiences, background and religion."

Now in her second decade in Central Oregon, Calande moved with her husband and children from Santa Cruz to Bend in 2004 for a lifestyle change, where the family could enjoy more nearby outdoor pursuits like mountain biking, hiking and skiing. She also found a small but thriving arts community. The first year here, she immediately connected with other artists.

"I've made and taught mosaics, soldered copper pipes for garden art and jewelry, taken metalsmith classes and ran a jewelry making business, fused glass and silver, molded clay for ceramics, knitted, felted, and done paper crafting and loved encaustic art," said Calande, 54, who never feels you're too old to learn a new art form.

"I feel especially thrilled when I can repurpose something, saving it from the refuse and giving it a new life."

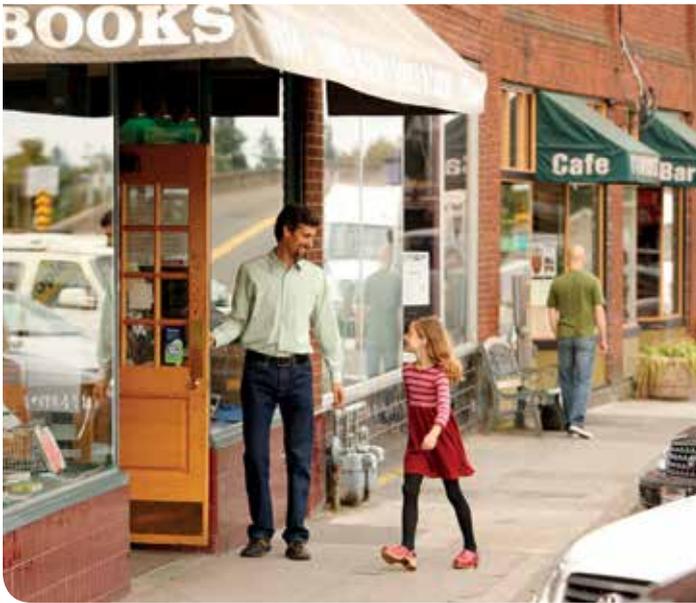
So, it's no surprise that Calande has once

again brought together the arts community to help Un-bag Bend, a community-driven initiative that aims to eliminate single-use plastic bags in Bend. Recently, Calande invited her friends to bring their sewing machines and scissors to her home to make shopping bags from—you guessed it—used T-shirts.

"In a few hours with about nine or ten women, we made 200 bags that will be distributed around Bend later in the year," explained Calande. "It just goes to show many hands make light work."

Calande said Portland, Eugene, Corvallis and Ashland have already banned the single-use plastic bags and said it's the next logical step for environmentally conscience Bendites.

Though not everyone may agree on a wholesale ban, most Bendites can endorse the idea of making better alternatives readily available. That's where Calande blends her plastic bag politics with her passion for artistry, providing an environmentally friendly alternative with a touch of local style. ■



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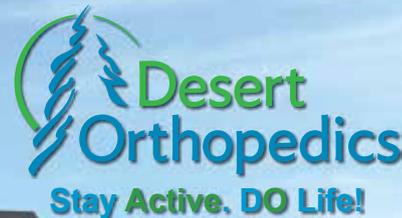
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Winter Sports Prep

The physical therapist for the U.S Nordic Combined Team shares three simple moves to get you in shape for the season.

Getting in shape for the snowy season is about more than fitting into last year's snowpants. It means getting strong and flexible enough to prevent injury while you get the most out of your body, said Dave Cieslowski, a Bend-based physical therapist who works with the U.S. Nordic Combined team. "Getting prepared and training for winter sports and activities can be a daunting task," said Cieslowski. A few easy exercises that you can do at the gym or at home can have you stronger and better prepared to get after it this winter. Cieslowski recommended doing these exercises two to three times a week to hit three muscle groups that will keep you injury free, and help you perform better. — *Bronte Dod*

THE CORE OF IT

Core stability is very important for winter sports. One of my favorite core workouts is the assisted sit-up. This can be done at home, or in the gym. All you need is a soft floor surface and a ten to fifteen pound hand weight or medicine ball.

How to: Begin by laying on your back with your knees up and your feet flat on the ground. This position puts your hip flexors on slack, so you will actually have to use your abs. Hold the weight in both hands. Start the movement by pulling in your stomach (be mindful to not hold your breath) and reach forward, over your knees, while pulling in and performing a traditional sit up. As you lower back down to the ground, pull your stomach in the whole time, trying to control your descent to the floor. Start with three sets of ten, working up to three sets of twenty for a great abdominal burn.



PRO TIP: Concentrate more on controlling your descent back to the floor. Eccentric muscle activation builds strength faster.



"A few easy exercises that you can do ... can have you stronger and better prepared to get after it this winter."

— *Dave Cieslowski*



ADD MORE GLUTE

Hip strength and stability are also very important for winter sports. In particular, the glute maximus and glute medius are key in staying strong and preventing knee injury.

How to: Dead lifts are performed with either a straight bar or a trap cage. Make sure to start the exercise with a weight that is lower than you think you can lift to make sure your form is good. Start with your feet at least shoulder width apart, if not a little more. Squat down so that your hips are very low to the ground. Your arms are straight, and your back is flat. As you pull the weight off the ground, make sure that the power is coming from your hips, not your back. As you come to a standing position holding the bar, instead of arching your back to finish the movement, bring your hips underneath you and squeeze your glutes together. These muscles can also be reached at home by doing wall squats.

PRO TIP: Don't have a bar or trap cage? Do squats against the wall with a ball behind your back. Use hand weights for resistance.



DO THE SPLITS

The split squat is very similar to a lunge. One foot is placed behind you on a weight bench or a chair, and the other foot is out in front of you. You can use hand weights or body weight with this exercise.

How to: Begin by dropping into the lunge position. There should be a ninety-degree angle at the knee and a ninety-degree angle at your hip at the bottom of the movement. Be sure that your forward knee does not move forward over your foot. From this position, push through the midfoot of the forward leg, coming to a standing position as the pelvis moves underneath you. Finish by squeezing your glutes together. Three sets of ten on both legs should be plenty. At home, use a steady ottoman or a chair along with some hand weights.

PRO TIP: Do not attempt to exercise wearing Birkenstocks. Dave is a trained professional. Proper footwear is essential when lifting.

under the open sky



Many years ago, an Eastern Oregon cattle rancher with terminal cancer was being cared for at St. Charles Bend. As the end of his life drew near, the cowboy shared with his nurse, Susan Long, that he didn't want to be confined to the hospital.

"I want to die under the open sky," he said.

Long worked with the cowboy's family and care team to make a way for him to live out his final hours on a scenic outdoor patio at St. Charles – something never done before.

"We are all going to be faced with illness, with the words, 'There's nothing more we can do,'" Long said. "But to have lives celebrated – that's what I will always remember most about this place."

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Home as Art

Thom and Cyndie Bell's extravagant remodel "Ranger's Ridge" is a museum-like art venue on a cliff-top view property.

WRITTEN BY KIM COOPER FINDLING PHOTOS BY DAVID PAPAZIAN & BRANDON NIXON



Cyndie and Thom Bell with their dog, Ranger

When Thom and Cyndie Bell moved from Orange County in 2004 and bought a property west of Redmond, they chose the house for the view. Set high on a canyon cliff overlooking a stretch of the Deschutes River just upriver from Cline Falls State Scenic Viewpoint, with the peaks of Mount Jefferson and Mount Bachelor in the distance, the home offered a birds-eye view of rimrock, the river, wildlife and plenty of sky. The eight-acre parcel was just enough for their two horses, a border collie named Ranger and themselves.

But the house itself, built in the 1980s, needed updating. The Bells, who are retired from the advertising business in Los Angeles, are avid art collectors with vivid and specific design ideals. By the time they were ready to renovate their home, they'd spent years contemplating exactly what they had in mind to recreate Ranger's Ridge.

The four-year project, completed in 2013, took the house down to the studs, added 1,500 square feet, incorporated dozens of floor-to-ceiling windows, and completely transformed the house. The result is a stunning 4,200-square-foot modern home filled with works of art and offering views at every turn.



STAYING POWER

The heavy, striking steel plates of the fireplace have no visible hangers, and were mounted with high-grade adhesive and what Thom calls “some pretty nasty magnets.”





LIGHT AND SIGHTLINES

The dominant design concept for the redesign was “open.” The couple doubled the number of windows in the house, turning walls into windows in many places. “The floor to ceiling windows opened things up considerably,” said Thom. “Every view was enhanced.”

To get a sense of the home’s aesthetic, step into the master bathroom. While primarily a utilitarian space, it’s a gorgeous one. The room incorporates an uninterrupted row of horizontal windows at eye level, through which are old-growth juniper trees covered in green lichen, and beyond, chocolate-colored river canyon walls sliced through by the blue cut of the river. Cyndie loves the room for “the views and the light,” she said. A glass shower, deep tub, and tile and wood accents balance out the room.

The bath illustrates the grandeur of the home, throughout which great measures were taken to maintain precise design elements and an open feeling. For instance, the supporting wall near the front entry,

ART TALK

LEFT A screen wall of vertical-grain fir beams is structurally sound, yet allows for uninterrupted sightlines and plenty of light to pass through.

TOP The Bells bought this artwork of fused glass on a roadtrip to the American Southwest.

BOTTOM This Egyptian horse sculpture in bronze is centuries old and tops a high bookshelf.

which extends to the second floor alongside the stairway, was constructed as a screen wall instead of a solid wall, meaning stacked, vertical-grain fir beams separated with steel supports. Guests’ eyes can see easily, if not completely, through the slots between the beams, maintaining light and openness.

The wall, as well as a striking hand-patinaed metal fireplace, were the two most challenging features of the home to complete, said Dan Stockel of R&H Construction, contractor on the home project. He said that working closely with the Bells to adhere to their high-concept design ideals was challenging but rewarding. “In Thom’s view, perfect does exist,” he explained. “It was great to see our crews pushed to achieve that.”

PERSONAL ART GALLERY

Every wall and every room in the house is adorned with art. Paintings galore and sculptures in metals, ceramic and glass are everywhere. “Our vision was that our home



LINEAR PHILOSOPHY

Open sightlines, a balance of color, form and texture, and a blend of contemporary and antiquity define the Bells's design ideal for Ranger's Ridge.



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be like a museum gallery,” said Thom. “We collect museum-quality pieces with classic, iconic design. We look for timelessness and lasting design principles.”

A reproduction of Donatello’s David perches near the living room windows. Carved stone busts sit on tables. A polished horn of a Texas longhorn adorns the kitchen counter. A stylized Egyptian horse several centuries old sits high on a bookshelf in the upstairs lounge. A spectacular contemporary mixed-media painting is hung from the back of the fireplace. Five lengths of fused glass in varying colors cling to the laundry room wall.

“Our aesthetic is contemporary mixed with antiquity,” explained Thom. “Modern balanced with classic.” The furniture and fixtures are as much of a work of art as the artworks themselves. A white leather couch is partnered with black leather Barcelona chairs in the living room. Nearby, the dining room table has a clever set of gears within that retract the table’s leaves, depending on number of guests for that meal. “We want every room to have a balance of color,

form and texture,” said Thom.

One piece of art is particularly personal. It’s a torch from the 1984 Olympics framed in plexiglass and secured to a dining room wall. “The torch had been carried across the U.S., runner to runner,” recalled Cyndie. “I was the last runner in Orange County, and carried it to the stadium.”

COWBOY CULTURE

If the house is a museum of antiquity and contemporary art, the tack room is a spatial immersion in Western culture. Thom is an avid horseman who enjoys cutting competitions and formerly participated on a mounted search and rescue team for San Bernardino County. Equally laden in artworks as the house, the tack room exudes classy, cowboy charm. “This space is totally different than the house,” he said.

A shelf of whisky glistens in an antique cabinet; leather tooling backs a coat rack; signed rodeo posters line the walls. A cowhide chaise lounge accents the center of the room. Saddles hang from the wall, indicating that for all of its beauty, the tack room is a working space, too.

COWBOY UP

The tack room delivers a completely different aesthetic than the house, though equally laden with art—in this case, that of cowboy culture and Western whimsy.

BUT ABOUT THAT VIEW

The former deck, Cyndie said, was multi-level with many different, disjointed heights. “We leveled it all out,” she explained. The wide expanse of composite decking is the perfect platform to take in what drew the Bells to the site in the first place. “We see eagles, osprey, hawks,” Cyndie said, gazing down upon the river. “At night the moon reflects in the river. The trees change. You can really see all four seasons portrayed here.”

Thom stood near, taking in the expansive view. “We feel very blessed,” he said. ■

Resources

Architect: Giulietti / Schouten Architects

Builder: R&H Construction

Interior: Cyndie Bell

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GARAGE

Go To Your Room

Many men find they need a little room—or perhaps a really big room—to call their own.

WRITTEN BY PENNY NAKAMURA PHOTOS BY ALEX JORDAN



Man Cave. Dude Dungeon. Bro Bungalow. Mantuary. Man Land. Whatever you call this sacred room, don't go looking for floral chintz pillows, French country decorative candles and definitely not for potpourri within its boundaries.

Women know our homes are not our man's castle, they are our castle. We make most of the decorating decisions in most of the rooms, which is why the men in our lives get full domain and decorating decisions in their man caves.

A poll by servicemagic.com, a home improvement marketplace, found that 40 percent of surveyed homeowners had a man cave,

while another 13 percent reported they had one in the planning stages. "Guys want one room they can retreat to and indulge in," says Mike Yost, founder of mancavesite.org and co-author of *The Man Cave Book*. "Man may no longer rule over his castle, but he's still king of the garage, or his man cave."

Bend homeowner Tim Scianamblo has been building the perfect man cave for five years, since he moved to Central Oregon. His 2,800-square-foot garage/man cave is as large as his actual house, and next spring he plans on expanding it so that it would be 800 feet larger than the house.

"My whole life I've dreamed of a garage like this," said







AUTO DETAILING

TOP Tim Scianamblo has been building his car-themed man cave over the last five years.

BOTTOM Authentic touches, like this working car meter, are spread throughout the 2,800-square-foot space.

OPPOSITE PAGE Scianamblo and his wife brought back vintage Vespas as souvenirs from a trip to Vietnam.

Scianamblo, as he spread his arms in his man cave. Some men collect sports memorabilia for their man caves, like a Seahawk’s football jersey or sports trophies from yesteryear. Scianamblo’s decorations are taken to another level. He collects classic cars, and all things auto related, including a full size traffic light, a real parking meter that takes coins, and an 8-track player that still plays his Peter Frampton and Pat Benetar tapes. The space is really more like a car museum, with high gloss black and white checkered flooring.

“When I was 16, I owned a 1957 Chevy, and my fascination of cars grew from there.” Scianamblo’s car showroom houses collector cars in mint condition, among them a red 1971 Jaguar E-Type. “Enzo Ferrari once said this was the most beautiful car ever designed,” explained Scianamblo, running his hand over the hood of this aerodynamic car. “There’s a ton of history in this car, and it’s also found in New York City at the MoMA [Museum of Modern Art] as part of its permanent art collection.”

Next to the Jag sits a 1967 Corvette C-2 Stingray in Marlborough Maroon and

three Porsches: a black 1987 Porsche 911-Targa, a taxi yellow 1973 Porsche 914 and a fire engine red 2012 Porsche 997.2 GTS, which Scianamblo has taken on the race track at the Portland International Raceway a few times.

The garage door is graced with a large Batman poster, and Scianamblo jokes that this is his bat cave, but he does share it with his wife, Jane Dunham, who has her own classic car. “Yes, this is my white 1968 Mini Cooper Innocenti from Italy,” said Dunham, gesturing at the exterior wood trim. “When I drive it, people are always waving at me and stopping me. It’s really fun to drive.”

Tucked away near the Mini Cooper are four beautiful vintage Vespa scooters. On a vacation to Vietnam, Dunham and Scianamblo rented these vintage scooters, and liked them so much they brought them home as souvenirs.

Shianamblo said his man cave isn’t for entertaining. “This is just a place I want to be in, and to get away to when I have free time.” But Dunham laughed at that notion. “Every dinner party we host, we always end up in here.”



TINY ROOMS

My Space

The “Elbow Room” appeals to anyone who wants to get away from it all—but mostly to women.

WRITTEN BY KIM COOPER FINDLING

It was Virginia Woolf who first coined the phrase “a room of one’s own,” and what woman—especially those who have shared homes with men, children or pets—hasn’t craved a private space over the years?

Builder Pauly Anderson of Bend responded to his wife’s desire for her own space and created the Elbow Room, a freestanding, self-enclosed and very small building. He’s built five 200 square foot Elbow Rooms in Bend so far, and though he doesn’t restrict his clientele by gender, he said it’s mostly women who are reaching out. Some see the Elbow Room as perfect for an art studio or yoga space, some for a small office or place to escape from the kids.

“Men want a larger space, a dirty garage,” he said. “Women are more likely to want a small, enclosed space, something warm and cozy. I am in conversation with many perspective clients, and most of them are women.”

Anderson is a native North Dakotan and he and his wife Shelly have been Bend residents for nearly a decade. Shelly works as a voice and visual artist. “We have a Jack Russell terrier that likes to bark,” said

Pauly. “My intent was to create a space to isolate her from noise.”

As a professional builder, Anderson wasn’t willing to just throw up a pre-fab enclosure, however. The Elbow Room, while classified as a garden shed in terms of land use (the structure is under 200 square feet and has no kitchen or bathroom), is anything but. “You’ve heard of the ‘She Shed,’” he said. “Those are actually sheds. They have limited use. I want the Elbow Room to be used year-round.” Anderson builds sturdy and beautiful structures beyond the expectations of building code. Transom windows allow light from above while maintaining wall space to hang art. Electric radiant heat in the flooring keeps the space warm.

Shelly spends around six hours a day in her Elbow Room, which stands behind the couple’s west side Bend home. The space, as intended, is cozy and warm, attractive and appealing, with a slanted roof and exterior painted a cheerful, whimsical leaf green. “It’s easy to come to work,” said Shelly. “It’s easy to focus here. I look forward to it.” ■



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GAME TABLES

3. Created by Bend craftsman Thom Marchionna, the Nick and Nora cocktail tables are reminiscent of a chess or checker board and provide a perfect surface for your beverage of choice. Constructed of ash and parquet sapele, each table measures 11x11x26 inches. Sold as a set (but other custom designs are available). \$2,200 | Able Fine Woodworking | ABLEWOOD.WORK



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WOODWORKING

Mix and Nash

Luthier and woodworking artist Will Nash inhabits the space where trees meet design.

WRITTEN BY CATHY CARROLL

In his warehouse studio parking lot, Will Nash wields a chainsaw, making strategic cuts into a hefty maple log, set on end and towering several feet over Nash's head. Sawdust, airborne moments before, comes to rest as fine as cosmetic powder on Nash's auburn-gray beard and black-rimmed glasses. "It will be a couple embracing," he said, pausing before the rough column. "Right now I'm trying to find the heads."

With just a few slashes, it's easy to see something akin to Gustav Klimt's "The Kiss" trapped in the splintery trunk, the medium for a commissioned sculpture that Nash had begun that afternoon. The monolith had brooded for a week outside his workspace on Northeast 2nd Street, in Bend's burgeoning Maker's District, before Nash began sawing.

"There'll be an embrace, there'll be a kiss, hopefully not a grotesque representation of love," he said. "There's a lot of ways to mess up a sculpture, but there's a lot of ways to fix it, too."

A creative commission such as this is the kind of work that Nash thrives on, and finds the most satisfying use of his talents, although he can build practically anything—grand homes from the ground up, cabinets, trellises, Jewish wedding chuppah canopies laden with lichen and moss, guitars, ukuleles and custom furniture, as well as art and functional objects.

This artist-craftsman's life seems to have been all about wood and inspired design right from the start. He grew up in a geodesic dome on forty acres of old-growth juniper in Tumalo in the 1970s, making forts and climbing trees, which were not just play structures, but plant playmates. "I had my first conversations with trees," said Nash, 49, who as a child could sense the memory locked in the gnarled, twisted trunks.

His mother had fled the Bay Area to realize her dream, living on the expanse of land with her five children. She built the geodesic dome home in 1976 when Nash was 7, and the hemispherical thin-shell was hailed as a way to shelter more people comfortably, efficiently and economically.

After Nash graduated from Redmond High School, he studied literature, art and architecture at the University of Oregon, did post-graduate study in architecture at Portland State University and went to work at Wieden + Kennedy advertising in Portland.



PHOTO ALEX JORDAN

MAKER



HARMONIOUS CRAFTSMANSHIP

LEFT Will Nash turns a piece of wood in his studio.

BELOW A completed chair designed and made by Nash and inspired by the iconic style of Sam Maloof.

BOTTOM Nash contemplates a wooden sculpture in the works, reminiscent of Gustav Klimt's "The Kiss."



After five years, he was laid off. He began making musical instruments in a tiny, 1920s converted carriage house in Portland and teaching himself the craft, poring over books by master luthiers. He and his wife, Donna, moved from Portland to Bend in 2002 (before daughters Doris, 14, and Eleanor, 11, were born) and he began building mandolins for Breedlove Guitars here.

"It was bootcamp luthiery," said Nash, whose rough hands reveal his preference for working with them. "I was finishing three mandolins a day, and starting three a day. I built more than 800 mandolins there." Bend guitar maker Jayson Bowerman worked there at the time, too, and trained Nash, a quick study who single-handedly built all the company's mandolins for a several years.

"Will's greatest strength lies in his ability to work with clients, internalize their design intent and translate that into any style of piece," said Bowerman. "His training as an architect gives him the ability to work with small, intricate minutia to large, architectural size work. His gestalt is the ability to use his wide-ranging skillset for anything he puts his hands to, and so it's hard to pigeon-hole someone so versatile, who can embrace so many different styles."

For example, he cited architectural-scale pieces such as the pulpit that Nash created for the Unitarian Universalist Fellowship of Central Oregon. Nash won the commission to create eighteen pieces for the new state of the art, LEED-certified, Unitarian building in Bend in 2014. The scope of work included the altar, minister's tables and chairs, entry benches and information kiosk.

On the other end of the spectrum are Nash's rocking chairs, made in the iconic style of Sam Maloof, the first craftsman to receive a MacArthur fellowship, known as the "genius grant."

"It's not the easiest to build, and Will mastered that chair construction, which is a high art form," said Bowerman.

Back in his studio, Nash had completed a twelve-foot-long conference table of ambrosia maple. The surface consists of two highly polished



slabs that meet seamlessly, imparting a Rorschach-test-like mirrored effect, with the natural edge of the tree on the perimeter. In a saucer-sized gap in the wood, perhaps where a tree branch had grown, Nash inlaid mussel shells gathered by the client and his daughter. Nash had crushed and suspended the shells in epoxy, smoothly filling in the void. The table base, inspired by George Nakashima, father of the American craft movement, was a first for Nash.

Yes, he loves the process of crafting, but the culmination satisfies him most. "It's the human exchange, that's the best part. I get to be creative, and you get something [in return]." **IB**

PHOTOS TOP LEFT AND BOTTOM ALEX JORDAN

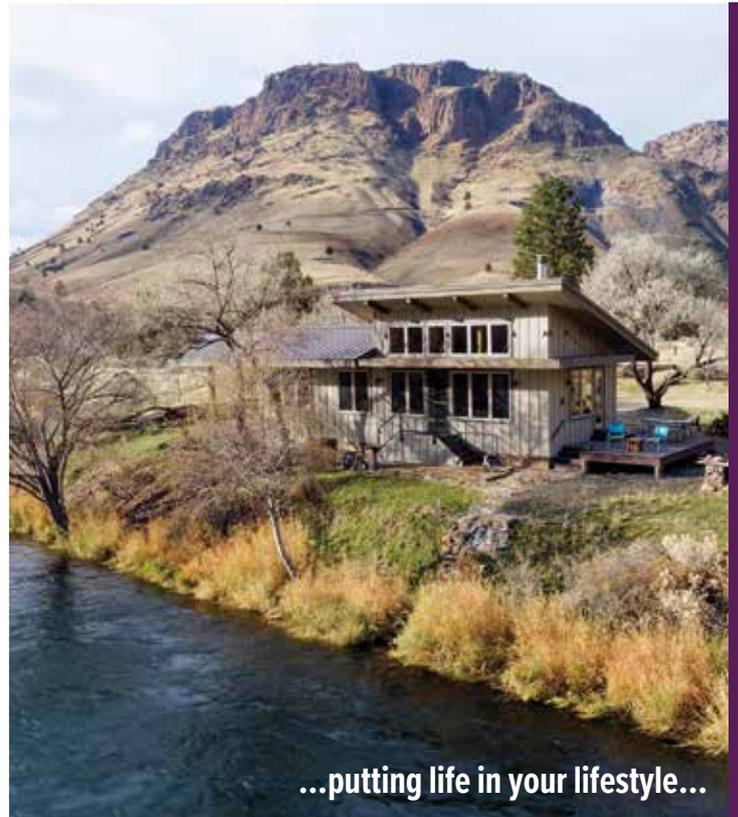
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STARTUP

Meet Your New Burger

Bend's Next Level Burger may just have the new recipe for the fast food franchise.

WRITTEN BY ERIC FLOWERS

Matt de Gruyter

Matt de Gruyter wants to change the way America thinks about its favorite food, the good ol' burger. A former venture capital manager, de Gruyter operates Next Level Burger, an upstart restaurant chain based in Bend. His creation might just be the next big idea in fast food: a gourmet burger, hold the patty, or at least the meat. Now with seven locations, including New York and San Francisco, Next Level has ambitious goals, including opening 1,000 restaurants by 2024.

Skeptics might be quick to dismiss de Gruyter as another granola-munching do-gooder whose ideals don't square with the consumer behaviors that bolster a \$290 billion fast food industry, dominated by beef-centric businesses like McDonalds and Burger King. But de Gruyter isn't your stereotypical vegan and his restaurant concept turns the notion of what a vegetarian restaurant can look like on its ear.

"I didn't want another too-cool-for-school vegan concept, because there are a lot of those. I wanted to make an unabashed burger joint that would appeal to the 25-year-old who walks in and says, it's not a burger unless it has meat, because that was me," said de Gruyter, who, while growing up in Denver, was raised on a diet of sausage for breakfast and steak for dinner.

A reluctant experimentation with vegetarianism as a show of solidarity with his wife, Cierra, turned out to be life-changing. De Gruyter said he pledged to follow a vegetarian diet for thirty days, but realized after two weeks that he was feeling better and had more energy. He hasn't looked back since. The new diet also opened his

eyes to the lack of variety in vegetarian dining options. Instead of grumbling about the omission, he seized on the opportunity.

Walk into the company's flagship location in Bend, which served as a proof of concept for de Gruyter and his backers, and you're immediately struck by the familiarity of a fast-food restaurant. But it's also clear that you're not in your father's fast-food joint. There are no heating lamps behind the counter, no smell of fried fat lingering in the air. Instead there's a palette of warm pastels on the walls, punctuated with slogans like, "Burgers for a Better World." It's a vibe that evokes Oregon's other popular fast casual places such as Café Yumm and Laughing Planet. But while those restaurants mix in vegetarian and vegan options with traditional proteins like chicken and beef, Next Level Burger is 100 percent vegan. That's not to say that diners don't have choices. Next Level is all about showing how many ways the traditional burger can be deconstructed and rebuilt, from black bean patties to mushroom and quinoa-based combinations that look and taste like their meat counterparts.

De Gruyter said Next Level Burger is about more than adding another vegetarian option for consumers. He wants to challenge how people think about burgers. If he's successful, he will expand diners' choices while reducing their impact on the planet.

De Gruyter doesn't necessarily spend a lot of time trying to sell folks on the ethics of his burgers. He's more concerned about the flavor. The same goes for his business model. Next Level Burger grew out of his own lifestyle changes, but the business plan is anchored in an

“I think there is a pent-up demand for healthier options.”
 — Matt de Gruyter



understanding of the changing way that Americans are approaching their plates. Growth in sales of plant-based foods reached eight percent last year, according to Forbes, and is expected to continue growing at that rate over the next seven years as millennials tilt the scales toward environmentally informed foods and aging boomers search for healthy alternatives to traditional foods.

“I have two children who were the catalyst for reinventing the concept of the all-American burger joint, but I think there is a pent-up demand for healthier options,” said de Gruyter.

The plan was to open the first location in Portland where the market seemed ready-made for the Next Level concept, but a visit to Bend in 2013 convinced de Gruyter, whose wife was raised in the area, that Central Oregon was the perfect place to test their idea. The couple sold their house in Southern California, and de Gruyter left his private equity job in the oil and gas industry. He jokes that Next Level’s environmentally responsible business model is an atonement for his past profession where words like conservation and climate change were rarely uttered.

They packed up and moved to Bend within a few months of that initial visit and threw themselves into developing the restaurant, which opened in July 2014.

That pent-up demand was evident from day one. Customers came first partially out of

curiosity but have returned out of loyalty. The same pattern has been repeated in Portland, where the concept caught the attention of an early Twitter engineer, Alex Payne, who has since become a friend and investor, helping to fuel Next Level’s rapid growth that includes locations in Brooklyn and the Bay Area.

A recent association with Amazon-owned Whole Foods Market has been a boom. Five of the company’s seven restaurants are inside Whole Foods, including its San Francisco, Brooklyn and Seattle locations. Next on the horizon for the business is a location in Austin, Texas, in the heart of burger country, slated to open before the end of the year. De Gruyter said he realizes that growing from a half dozen locations to a thousand in just a few years is beyond ambitious, but doing what can’t be done is just part of the recipe at Next Level Burger.

“We have taken a different approach, and that was always the intention and our plan from the beginning. We wanted not to be just another regional player. We want to own the reinvention of the American burger joint.” ■

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OUTDOOR GEAR

Reinventing the Stroller

An avid runner and entrepreneur re-envisioned a common product that hadn't seen updates in decades.

WRITTEN BY MERLE NYE

How do Bendites incorporate kids into their exercise routines? For runners, it used to be so-called jogging strollers. But those were heavy, awkward and hadn't seen innovation in decades. That is, until Will Warne had an idea.

In 2009, he fused a windsurfing harness, a toilet plunger, two deconstructed baby joggers and a web of PC pipe to create a hands-free stroller capable of towing a child. One morning, Warne took what he dubbed the KidRunner out for its first trial run with his six-month-old daughter in tow. The debut model, while shaky, demonstrated that hands-free kid strollers were not only practical, but superior to their push-operated counterparts.

Warne, 50, is a Los Angeles native who was working in "global retail logistics" at the time. "I started drawing on napkins like people do,"

said Warne of the product's origins. After his initial Home Depot-sourced prototype, Warne took his idea to a do it yourself workshop in San Francisco, and then reached out to partners with industrial design and engineering experience hoping to streamline the design process. "Running is a really dynamic motion, so in order to make running with something attached to you comfortable, we had to innovate," said Warne.

Local professional runner Max King was an early ambassador of the product. "I've used it on easy runs and used it in the Bigfoot race," said King. "I've run with traditional strollers for a long time, and it was always a pain in the butt. It was a great new experience being able to run hands-free and biomechanically efficient."

Fueled by Bend's enthusiastic running

community, KidRunner prototypes began to crop up around town, but the product got its first taste of national publicity on the popular entrepreneurship TV show Shark Tank in 2016. Although the company didn't receive an offer from the celebrity investors, the slot got the product in front of approximately 14 million viewers—the equivalent of an estimated \$9 million worth of advertising.

KidRunner recently sold out its go-to-market launch of 100, and the next step will involve exploring new distribution channels with retailers like REI. "Today, we represent the first and only high-performance, multi-terrain hands-free kid jogger in the world. We want to create a whole new category for active parents in children mobility—biking, cross country skiing and running. We want to be a great Bend outdoor brand," said Warne. **B**





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COWORKING

Tim Riefke

Tim Riefke didn't have a background in high tech and was a newcomer to Bend, which naturally made him the perfect person to take the helm at BendTECH last year.

INTERVIEW BY ERIC FLOWERS

Tim Riefke is technically the first executive director at BendTECH, a local nonprofit coworking space and startup incubator. During his short tenure he has helped to nearly double the organization's membership while pushing initiatives like an Out in Tech event to promote inclusion of the LGBTQ community. Next up is a planned expansion that will add work space to accommodate the organization's recent growth. We talked to Riefke about his accomplishments and plans for BendTECH.

What is BendTECH?

BendTECH is really becoming the front door for a lot of people who move here. A lot of what we do here as a nonprofit coworking community is connections. We get people plugged in and pointed to the resources for whatever field they are in.

What brought you to Bend?

I moved to Bend to retire from corporate life. I took a five-month sabbatical and played in the mountains and had an amazing summer. I consult part time to pay the bills, but I really dedicate a lot of my time to be involved in the community. Last year was I working with three nonprofit organizations: BendTECH, Bend 2030 and Out Central Oregon, which is an LGBTQ organization, and I transitioned them from a Facebook social group to a 501c3 with a mission and a board and the infrastructure to take that community to the next step.

You've also made inclusion of the LGBTQ community a priority at BendTECH as well, right?

It's not just LGBTQ, it's all underrepresented groups who don't have the same access to resources and networks



and even just basic needs. There's definitely an underserved community in Central Oregon, and it's disheartening to see some of the struggles that people have to endure. So it's part of what we decided our mission would be, to create a safe place for everybody.

What attracted you to this position?

I managed a \$10 billion real estate portfolio for Deutsche Bank. I understand real estate—buying, selling, operating. But I quickly realized the group of individuals in this

room is more than the sum of its parts. The community is a phenomenal group of people in just a traditional Bend way. Everybody is trying to help each other. Seeing two people sitting next to each other at a desk and have an idea, start a company and go raise money in real time is really powerful. It made me excited about being in Bend because there are a lot of things going on here. It's more than just the mountain and being outside and drinking beer. There's a vibrant entrepreneur community.

Do we have the capacity to support more of this remote worker and startup economy in Bend, or have we reached our ceiling?

As long as the economic conditions remain favorable and barring any sort of major events, I think we're really riding a macro trend right now with the gig economy and big companies embracing working remote policies. And it's always going to be certain niches. Product managers, developers, freelance creative types—that's where I see a lot of growth. We'll never be Silicon Valley, but we also don't want to be Silicon Valley. Everyone who has moved here from California wants to live the Bend life.

How do you see BendTECH's role evolving beyond the coworking mission?

What I see are a lot of silos across the city. As executive director of BendTECH I think we could use our platform to connect the community in new and interesting ways and broaden the reach of what is being accomplished today. Maybe that's a little ambitious. But if we create more partnerships and collaborate, we can accomplish more. ■

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12

WAYS TO MAKE THE MOST OF

Winter

WINTER IN CENTRAL OREGON isn't just about carving perfect turns on the mountain, but that doesn't mean you have hole up inside with cabin fever. Whether you want to try a new winter sport or are looking to soak in some history and culture, there's something here that everyone in the family can enjoy to make it through the season. These are some of our favorite things to do around the region when the days are cold and the nights are long.



PHOTO RICHARD BACON



Take a Snow Bike Ride

BIKING IS NOW A SNOWSPORT.

Trail riding has long been a year-round sport in Central Oregon, but the notion has taken on new meaning with the addition of a new “fat bike” loop at Wanoga Sno-Park. Under an agreement with the Forest Service and Meissner Nordic ski community, fat-tired mountain bikes are welcome on a segment of the groomed trail network out of the snow park, located off Century Drive en route to Mount Bachelor. A short and a longer loop allow riders to explore the winter landscape from the bike saddle. The Central Oregon Trail Alliance provides ongoing trail condition updates throughout the winter riding season, which officially begins once two feet of snow has fallen at Wanoga Sno Park. Several bike shops in town provide fat bike rentals, as well as tips on gear and riding conditions. Moderate terrain and the supreme traction and float provided by the wide tire technology makes snow biking an endeavor that can be enjoyed by the whole family. Pack your sleds and enjoy a few closing laps on the adjacent hill, or grab a cup of hot coffee at the well-provisioned snow shelter. We bet you’ll soon find yourself an ambassador of this off-season approach to biking. — *Eric Flowers*



Professional freeride mountain biker, Carson Storch

Take a History Tour

VISIT ONE OF THE REGION'S CULTURAL CENTERS AND MUSEUMS.

Avoid cabin fever this season by visiting one of the region's museums. The High Desert Museum will keep a family entertained for hours exploring the cultural and natural history exhibits. The new interactive exhibit “Animal Journeys: Navigating in Nature” opened in September and showcases the incredible feats that migrating animals undertake each year. Also on display is an exhibit featuring the photographs of Edward Curtis that depict Native American women, juxtaposed with displays of the women's art. It's a fascinating exhibit that explores the multiple layers of this history. — *Bronte Dod*



Pinball Wizards and Jukebox Heroes

ORGANIZE A GAME NIGHT ON THE TOWN.

Try out a different kind of pub crawl in Bend. Gather a group of friends who are game for anything and head to downtown Bend. Start your night at Vector Volcanic Arcade. The bar has a lineup of '80s and '90s arcade and pinball games that will keep you entertained while you drink a beer or two. Next, head across the street to The Capitol, where you can test out your skills at skee ball and more. End the night at JC's with a rousing game of giant Jenga. You're forgiven if you knock over the tower as long as you don't spill your drink. — *BD*

PHOTO TOP: ANELISE BERGIN

4 *Throw a Festivus Party*

CHANNEL THE CLASSIC SHOW “SEINFELD” WITH A FESTIVUS FOR THE REST OF US.

TV writer Dan O’Keefe’s father created Festivus in the 1960s as an alternative to the pressures of Christmas. The curious holiday entered the popular culture when O’Keefe wrote it into a “Seinfeld” episode. You, too, can celebrate Festivus each December 23 by putting up a simple aluminum pole, delivering the airing of grievances and presenting feats of strength. Don’t forget the Festivus dinner: meatloaf on a bed of lettuce. — *Kim Cooper Findling*

5 *Make a Literary Date*

WINTER IS FOR WORD NERDS.

No excuses—it’s time to work through that pile of books on your bedside table. Deepen your relationship with all things literary by seeing author Sarah Vowell speak at Bend High on November 15 as part of Deschutes Public Library Foundation’s Author Author series. Vowell has authored seven nonfiction books, contributes regularly to “This American Life” and is the voice of Violet Parr in *The Incredibles*. Finally, plan for spring literary events by picking up a copy of the 2019 selection for A Novel Idea, Bend’s community reads program. That title will be announced December 1. — *KCF*

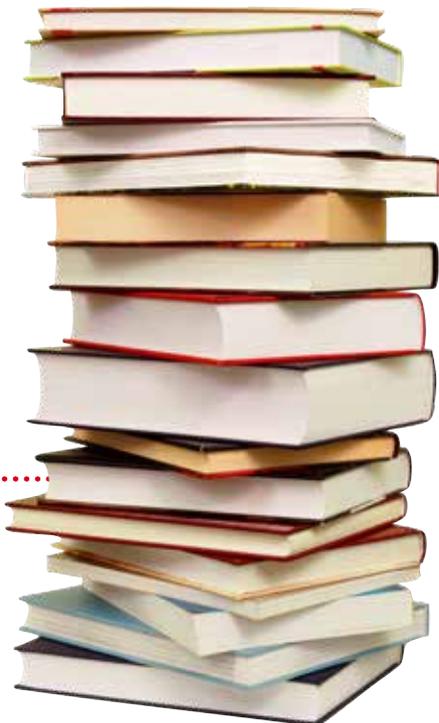


PHOTO RIGHT RICHARD BACON

6 *Make Bigfoot Tracks*

SNOWSHOE TO A WARMING SHELTER.

Take a break from the alpine descents and take a snowshoe tour through the forest. The Gear Fix usually has a few pairs of used snowshoes in stock that you can buy. Or you can rent a pair at Pine Mountain Sports or the Powder House. Pack a backpack with warm drinks, snacks, and extra pairs of gloves and socks—there’s nothing worse than wet and cold feet or hands out in the snow. Drive up Cascade Lakes Highway and take your pick among the sno-parks. Edison Sno-Park has a few designated snowshoeing trails, the longest of which is 3.5 miles. About halfway through the trail there’s a rustic hut where you can warm up any frosty hands or feet by the fire. Pour a warm drink and soak in the quiet forest before heading back out. — *BD*





Take a Sunriver Staycation

HEAD TO SUNRIVER FOR SOME WELL-DESERVED R & R.

We love winter here in Central Oregon. We build chairs out of old skis, we actually own snowshoes. Heck, we even have a whole weekend dedicated to celebrating winter complete with ice sculptures and locally imported snow. But sometimes we all need a little break from winter. You're thinking Mexico. Us, too. But when you don't have the time or the money to beat a full-blown tropical retreat, you need to be creative. Central Oregon's bevy of destination resorts, complete with indoor pools, spas and gourmet meals make a great getaway even if you feel compelled to pack your skis. You can't go wrong in Sunriver where onsite amenities, including the SHARC indoor aquatic center, skating rink and ready access to Mt. Bachelor make it a family friendly excursion that's light on travel and big on fun. If you have young children, this is the place to be around the holidays, beginning with the "Grand Illumination" tree lighting party in mid-November that kicks off a month and a half of holiday activities geared toward families. — EF

Enter the (Bowling) Cosmos

GO COSMIC BOWLING AT LAVA LANES.

The lights are low, the neon is glowing, the '80s music videos are rolling, and the strikes are coming fast and furious. You must be cosmic bowling at Lava Lanes. Rent the whole 300 Club for a private event and bring everyone you know. Food and drinks are at the ready and Lava Lanes has plenty of bowling shoes to go around. — KCF

Find Open Ice

GO ICE SKATING OUTSIDE.

After fifteen years of trial and error, I can say with somewhere north of about 90 percent certainty that sometime between when the last Jack o' Lantern is snuffed out on Halloween and the time that you start seriously debating tossing out the remnants of your Eberhard's eggnog, there will be a window—maybe several days long, maybe a week, maybe longer—when the barometric pressure and jet stream align just so, delivering a true glimpse of winter's full glory. When it does, a near perfect sheet of ice will appear fleetingly on several area water bodies. I prefer Reynolds Pond in Alfalfa, a seemingly unlikely yet reliable place to find a game of pick-up hockey in Central Oregon. Wake early on these mornings, head east and you'll find a dedicated group of skaters who take to the gleaming sheet with the abandon of schoolchildren. If you're lucky, there will be a bonfire crackling in the freshly fallen snow. You won't find rental skates or be asked to sign a waiver of liability—this is old school DIY winter entertainment, Gordie Howe style. Game on. — EF





10 *Find Your Inner Musher*

BOOK A DOG-SLED RIDE WITH AN IDITAROD RACER.

If you've ever parked a car at Mt. Bachelor's Sunrise Lodge lot, then you've heard the eager yips of Rachael Scdoris's sled dogs. A former Iditarod racer who gained notoriety for completing the epic race as a legally blind musher, Scdoris runs Oregon Trail of Dreams with her husband, Nick, offering adventuresome riders a little slice of Yukon Gold Rush culture in the heart of Central Oregon. Ensnared in cozy wool blankets, riders glide along groomed trails at the base of Mt. Bachelor behind a pack of sprinting sled dogs. Grab a hot chocolate in the Sunrise Lodge to warm up afterwards. — EF

11 *Get Your Knit On*

KEEP YOUR HANDS BUSY WHILE YOU BINGE-WATCH YOUR FALL AND WINTER SHOWS.

Having a project to do each winter is one of the ways to justify your hours-long TV binges. Try your hand at knitting or crocheting a blanket. The learning curve is fairly easy, even for kids, and with two new yarn shops recently opened in Bend, you can find inspiration and community to guide you through the project. Fancywork Yarn Shop and Wool Town both offer weekly sessions, so you can step away from the screen and meet fellow textile hobbyists. — BD



PHOTO TOP: ALEX JORDAN

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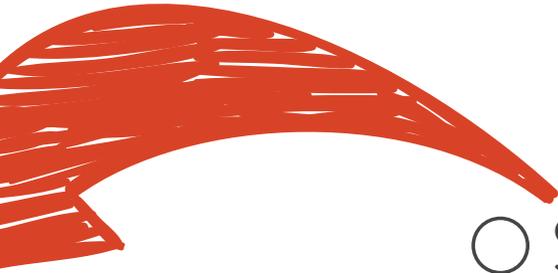
Cookie Party

HOST A HOLIDAY COOKIE BAKING PARTY.

Baking holiday cookies is a tradition that transcends time and trends. It's a delightful messy activity that puts friends and family in the heart of the home, fosters conversation and encourages collaboration that can be arranged with little expertise or investment. This year, invite friends over and turn it into a party. It's a great way to host a casual gathering during the all-too hectic holidays. Supplies are cheap, so offer to provide everything that's needed for baking, flour and yeast, sugar, colorful sprinkles and frosting. Convert your kitchen into a makeshift bakery complete with stations for making and rolling dough, as well as shaping and decorating cookies. Stock up on cookie tins or ask your guests to bring their own. Your friends can load and label them as gifts to help spread a little seasonal cheer. — EF







OSU-CASCADES CHOOSE YOUR OWN

ADVENTURE!



WRITTEN BY LILY RAFF MCCAULOU



THE YEAR IS 2040. You drive through Bend, population 150,000, following signs to the local campus of Oregon State University.

OSU-Cascades officially opened its doors in 2001, holding classes on the Central Oregon Community College campus. In 2015, the university broke ground on a permanent home on the west side of Bend, despite opposition from neighbors concerned about traffic and an already crowded housing market. Many Bend residents had barely glimpsed the 128-acre site, which housed an old landfill and 100-foot-deep

pumice mine, long cordoned off by chain-link fences and berms. The campus got final approval for its long range development plan in the middle of 2018. Here's a peek at its future.

- ➔ If you want to visit the campus, go to 1.
- ➔ If you want to visit the surrounding area of Bend, go to 2.



ZIP AROUND A SERIES of new roundabouts to arrive on campus. Watch out for bikes! Especially the electric ones now preferred by students and faculty. They zoom along bike lanes and paths to avoid traffic jams, occasionally using the boost of an electric engine to arrive at class without breaking a sweat or burning a drop of fossil fuels.

Park your car or dock your bike and take a moment to look around. Forget about ivy-covered brick walls, this is not that kind of college.

It is “a really beautiful campus with lots of space for people to access, whether walking your dog or taking a bike ride or coming for a lecture or maybe some music event,” said Becky Johnson, vice president of OSU-Cascades. “We’re specifically designing it so it invites people on campus.”

A total of over ten miles of soft trails and paved bike paths zig zag across the campus, which is quiet despite the steady stream of students and joggers. The low-slung, modern-style

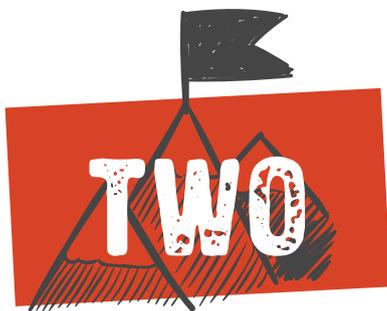
buildings, all clad in neutral colors, recede into the sagebrush and ponderosas.

Population growth in Central Oregon has far outpaced student enrollment. Kelly Sparks, associate vice president for finance and strategic planning, estimated in 2018 that a new building would be constructed every couple of years, as 200 to 300 more students join the ranks. And Julie Gess-Newsome, dean of academic affairs, said that for the first decade or so, two to five new academic programs would be added each year. So even as the campus master plan was approved in 2018, officials didn’t know exactly what each building in the plan would be used for—or even what topics the students and faculty inside would be studying.

In the heart of the development is the quiet academic core of the university. Because the site is terraced, these buildings appear from the edge of campus to be just one story tall, even lower than the private developments across Chandler Avenue.

A young woman in an orange OSU-Cascades T-shirt is walking backwards and speaking to a tour group. She motions for you to join them.

- ➔ If you want to join a tour for prospective students, go to 3.
- ➔ If you want to join a tour for out-of-town architects and building professionals, go to 4.



REMEMBER BACK IN 2018, when the area surrounding the university’s west side campus looked like a suburban business park? Parts of it are unrecognizable now. A parade of excavators, cranes and cement trucks has morphed this into a bustling urban core.

About 500 acres between the university and the Old Mill

District were rezoned in 2016. It’s one of three “opportunity areas” identified by the city as hubs for taller, denser redevelopment. The designation allows for mixed-use buildings with restaurants and retail on the ground floor, and offices and apartments above.

In 2018, ten years into an expansion cycle that saw Bend emerge as one of country’s fastest growing cities, Bend’s planners predicted at least one more softening of the market and another ramping up as well by the year 2040.

“We haven’t assumed the build-out of that whole area, by any stretch,” said Brian Rankin, long-range planner for the city of Bend who developed some of the city’s growth plans for the area. “Built into those plans was some flexibility to absorb the ebbs and flows of the economy. When the market softens, things slow down. It continues in these longer, larger cycles.”

About ten mixed-use developments have popped up here,

each six stories tall. Rather than segregating industrial, commercial and residential development, a combination of uses is allowed in a single building here. It is one of the fastest-growing areas within Bend's city limits. This one neighborhood has about 1,500 more homes, including apartments, and 1,500 more jobs than it did in 2018.

Along 14th Street, it's hard to discern exactly where the campus begins. This is a gray area, an "innovation district" with private buildings that are connected to the university.

A young woman in an orange OSU-Cascades T-shirt steps in front of you and announces that a tour is beginning. You decide to join it.

- ⇒ If you want to join a tour for prospective students, go to 3.
- ⇒ If you want to join a tour for out-of-town architects and building professionals, go to 4.



WITH A PUBLIC ELEMENTARY school on campus that includes an early childhood education center—both closely affiliated with the university's education programs—there's no need to wait until age 18 to go to OSU-Cascades.

"You could go to elementary school here, you could recreate here, you could go to college here, you could get a job here ... you may even be able to retire here," said Sparks.

Roughly 2,000 students, 40 percent of the total enrollment, live on campus. The campus also has housing for faculty and, when space allows, makes it available at market rates for unaffiliated households earning \$45,000 to \$90,000 in 2018 dollars.

The campus is where you'll find one of the most diverse populations in Central Oregon, and that's not by accident. It's the result of programs like Juntos, in which OSU employees work with Latino families statewide to make sure high school students get the support they need to access higher education.

There's no football team at OSU-Cascades, but you can cheer on the skiing, cycling and Frisbee golf clubs. There are

recreational fields in the far corner of campus, near Simpson and Mt. Washington. A fitness facility is twice the size required by the university, so members of the public can swim or take an aerobics class here. Health was one of the initial goals of the campus.

"We want students to be healthier when they graduate than they were when they arrived," said Christine Coffin, a spokeswoman for the university.

The campus rehabilitated the mine and landfill even before it dotted the refreshed landscape with buildings. Creating public open space was part of the university's campaign strategy, as campus growth was dependent not only on state funding but on private donations, as well.

"Cleaning up the old landfill, building new roads ... that's not generally paid for through tuition," said Johnson.

Sometime between 2018 and 2040, the state likely changed its methods for funding higher education "and probably not in a favorable way," Johnson added. "I think in general there are other states where the state has stopped funding



capital [improvements]. And when that happens, you have to borrow, and the only way to pay back is tuition, so you have to keep raising tuition.”

One of the campus’s stated goals is sustainability, and campus leaders say that if college is not affordable for students, the institution itself isn’t sustainable.

Matt Shinderman, senior instructor of natural resources, said that although he doesn’t expect OSU-Cascades to

have solved the college affordability crisis by 2040, he does expect to see the university running “at least a program or two leading the way.”

- ➔ If you’re ready to enroll, begin your internship by going to 5.
- ➔ If you would rather kick back at the campus pub, go to 6.



IT MAY SOUND ODD for a college campus to offer tours to building professionals, but if you’re going to spend any time at OSU-Cascades, you might as well get used to it. Beginning with a feature in *Landscape Architecture Magazine* in 2018, the campus has garnered all kinds of attention for its sustainable approach to designing and building atop not one but two former blights: a landfill and a pumice mine.

Workers sorted and reused materials from the landfill, which was a buried pile of construction debris. By reusing materials already on site, the campus eliminated the need for nearly 30,000 truckloads of imported fill material. Berms and fill were moved around to transform the mine, a pit that was 100-foot deep, into the base of a three-level terrace.

Some walls of the mine were left exposed, a subtle nod to the land’s mining heritage. Crevices were carved in those cliffs to provide habitat for native bat species—just one example of how the campus’s development is on the forefront of environmentally minded design.

“I really want the physical ... campus to be a demonstration site, a living, learning laboratory where we’re demonstrating site-appropriate landscaping strategies that also serve a habitat

benefit, water conservation strategies, a place where we can take our students to learn about what we’re talking about inside the classroom,” Shinderman said.

The initial goal was for the campus to be net zero in energy, water and, most ambitiously, waste. In 2040, the campus is getting ready to go off the grid entirely, thanks to geothermal energy and a field of solar panels.

Many of the trees and native plants that you pass are decades older than the campus itself. As part of the sustainable construction process, native shrubs and grasses were dug up and housed in a nearby nursery, then replanted around new buildings and paths. Thanks to a project that Shinderman’s students started back in 2017, native plants across campus have QR codes posted to next to them, which visitors may scan with their smartphones to learn more about the species.

You walk across an oval green to return to the busy portion of campus along 14th Street known as the “innovation district.”

- ➔ If you want to clock in for your internship, go to 5.
- ➔ If you want to relax in the campus pub, go to 6.



TO GET TO YOUR INTERNSHIP on the edge of the OSU-Cascades campus, you could walk, bike, ride a bus or try a mode of transport that didn't have a name back in 2018.

"OSU-Cascades is the catalyst for transportation options on the campus but also expanding out of it," said Jeff Munson, executive director of Commute Options, a nonprofit in Bend. He said the university is responsible for bringing the first bike sharing and car sharing programs to Bend. And the university created a mobility lab to experiment with new methods of transportation, including an on-demand carpooling program that's a cross between Uber and a bus.

The innovation district is made up of private businesses, each one doing "something that's very collaborative and connected to the university," Johnson said. "We think that is going to spill out beyond the campus as well. That's just going to keep moving up toward Colorado [Avenue]."

Kinesiology students and engineering students could work with physical therapists in the district to make prototypes for new medical devices, for example. Or outdoor product design students and natural resource students could team up with a bike touring company to help reduce cyclists' impact on local trails.

"By 2040, I hope the innovation district is half-built," said Sparks. You walk into a building that's named after Chuck

McGrath, who moved his biotechnology company, Grace Bio-Labs, from Michigan to Bend in the mid-1990s. Grace Bio-Labs also has two buildings within a mile of the campus, on Emkay and Cyber drives. An early booster of OSU-Cascades, McGrath donated \$1 million to help fund one of the first academic buildings.

"I would like to see Grace Bio-Labs be an anchor tenant in the new innovation district," he said, looking forward to a day when his company, which develops new technology for vaccinations, helps train students "and my company can recruit from there."

Gess-Newsome said that by turning to the community for help determining which new programs to offer at OSU-Cascades, the university can help meet the economic needs of the region. And private donations help fill funding gaps to develop new academic programs. A \$250,000 donation by Bend-based Hydro Flask helped fund the development of a unique outdoor products major, for example.

"It's beneficial for us to create a talent pool right here in our backyard," said Lucas Alberg, a spokesman for Hydro Flask.

McGrath said that by attracting biotechnology companies, for example, the university will help "recession-proof" Central Oregon, which is currently vulnerable to market downturns because it's so heavily dependent on discretionary spending such as recreation and tourism.

➔ When you're done working, head to the campus pub. Go to 6.



YOU DIDN'T THINK BEND would be home to a dry campus, did you? Of course not. In all likelihood, by 2040, science and engineering programs, along with buy-in from local breweries—how many are we up to now?—has led to a

fermentation science program at OSU-Cascades.

So go ahead and order a pint. It's the result of decades of vision and investment from the community. As you take a sip, you wonder: What's next? ■

BESTUN



SNOW

EDITED BY ALEX JORDAN





Tyndall Wells deep in the Three Sisters Wilderness. Photo by Jesse Polay.



Sebastian Jo Hoek riding Mt. Bachelor. Photo by Jill Rosell.



Roy Hamlin skiing Mt. Bachelor. Photo by Max Rhulen.





Holiday gift guide

SHOP **LOCAL** THIS HOLIDAY SEASON.

Around town, you'll find local businesses and shops that sell a variety of goods made by artisan makers from the region and beyond. When you're holiday shopping this year, skip the big box stores and give the gift of Central Oregon with these products from local businesses in the region. Whether you're looking for jewelry inspired by the landscape, the latest gear for adventure-hounds or locally made sweet treats, these gifts will delight everyone on your list.

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DESSERT

Save Room!

Late fall is a great time to indulge in these delicious and classic Bend restaurant desserts.

PHOTOS BY ALEX JORDAN

You know the moment. You're happily satiated by a meal, and then, the dessert menu arrives. The list is placed before you, suddenly the only thing you can see in the room, positively illuminated with its many virtues. Our advice? Say yes. Life is short, and Bend's best pastry chefs know it. Here are a few of our favorite desserts from around town to enjoy this season.



Oregon Cider Berry Cobbler

TETHEROW'S THE ROW

Fresh off a trip to the mountain, stop by Tetherow's The Row, the popular 19th hole of the golf resort, for a warm treat. The Oregon Cider Berry Cobbler offers something light as an alternative to the rich, heavy desserts that often come after winter meals. It's a deconstructed cobbler, with two perfect slices of biscuit, a dollop of ice cream, and whole strawberries, blackberries and blueberries baked together in a sea of sweetness. Paired with a cup of coffee, and with flurries of snow falling around you, the dessert is a winter indulgence that will warm you up. — *Bronte Dod*



Donut Holes

WASHINGTON DINING & COCKTAILS

Perched on the corner of Mt. Washington just a short walk from Compass Park and Summit High School is Washington Dining & Cocktails, a modern eatery that takes its casual chic queue from the surrounding NorthWest Crossing neighborhood. The menu features upscale comfort food prepared with a fine dining touch. You can keep it casual by ordering a double bacon cheeseburger with house-made pickles for dinner, or go upscale with beef tenderloin medallions with asparagus and potato hash. Whatever you order, don't skip dessert. Washington features a classic flourless chocolate torte and crême brulee, but the most popular item is the donut holes. A ricotta-based treat that's battered, deep-fried and then dusted with cinnamon sugar, the donuts are a great shareable item that are a little savory and a little sweet, said chef John Gurnee. "We wanted to keep a playful element to go with the casual theme and not be so elevated in our dessert menu." We recommend pairing the donuts with a handspun chocolate milkshake to complete the retro-casual theme. — *Eric Flowers*



"We wanted to keep a playful element to go with the casual theme."



Mozza's Budino

ARIANA RESTAURANT

Ariana Restaurant on Bend's west side is consistently voted one of Central Oregon's best fine dining locations. The luxurious interior with crystal chandeliers, chocolate colored woodworking and white tablecloths is as classy as it gets east of the Cascades. The menu equals in glamour, featuring octopus, duck and filet mignon. For dessert, tempt your taste buds with a dish that Ariana borrowed from Mozza Restaurant in Los Angeles. Mozza's Budino is an Italian butterscotch pudding, blanketed with a layer of caramel and topped with vanilla whipped cream and a sprinkling of sea salt. The dessert is incredibly rich and best tasted in tiny dips of the spoon, perhaps alternated with sips of whiskey or champagne—just for balance, of course. My daughter and I enjoyed it straight up and still had a little leftover to take home in a plastic ramekin for her sister. Both girls declared the dessert “fancy” and the caramel the best they'd tasted anywhere. — *Kim Cooper Findling*





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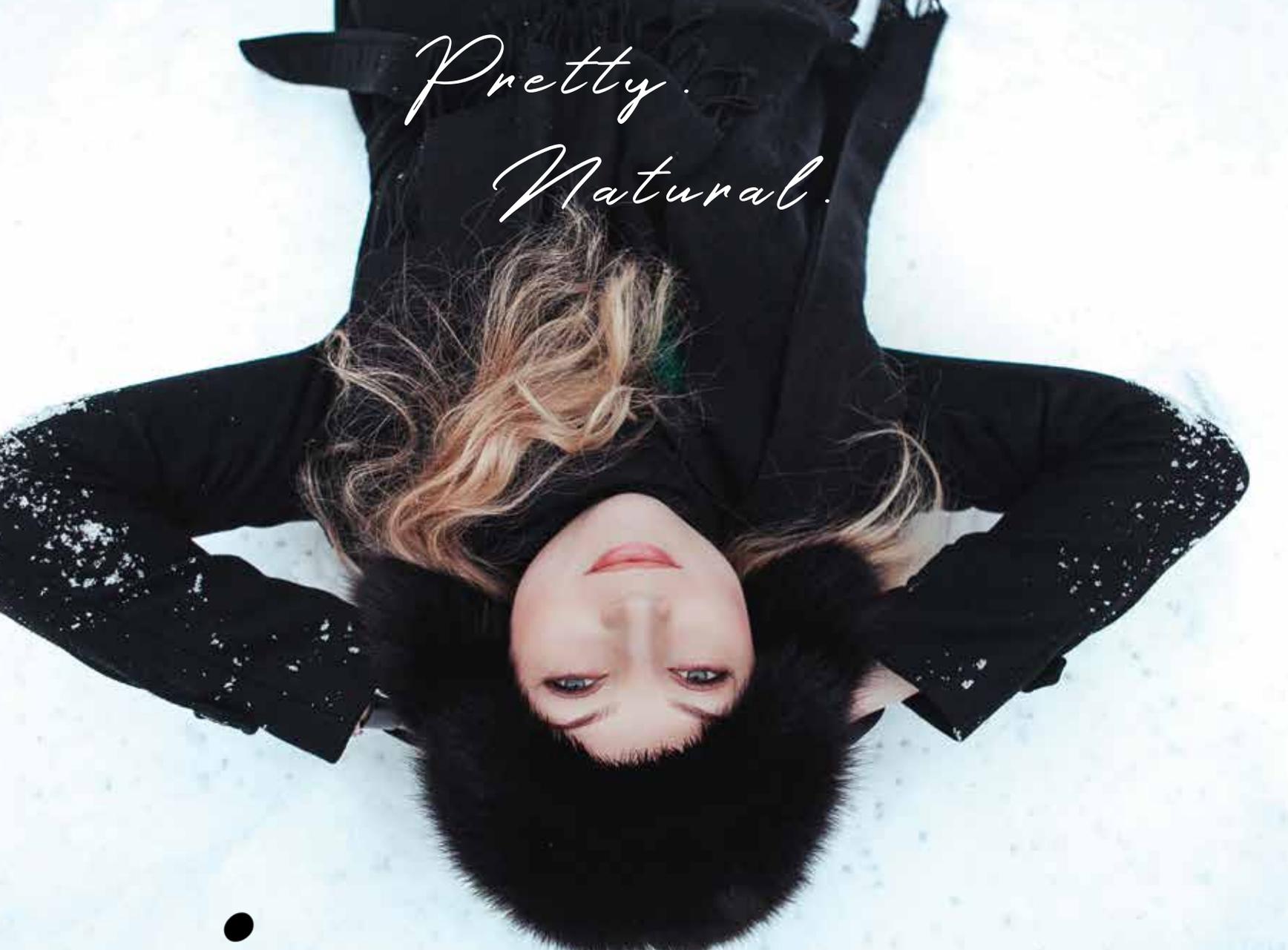
Sticky Toffee Date Cake

JOOLZ

My daughter and I were en route to Joolz restaurant in downtown Bend to taste the sticky toffee date cake when we encountered a friend. “I dream of Joolz date cake!” she exclaimed. Turns out she’s not the only one. Joolz owner Juli Hamdan said, “We put it on the menu our first holiday nine years ago and it has become a favorite that we don’t dare run out of on any given day.” Hamdan’s mother, a retired schoolteacher, bakes the cake, which is a cousin to sticky toffee pudding. “We use medjool dates, soak them for twenty-four hours and add a host of secret ingredients,” said Hamdan. As for those secret ingredients, I tasted cinnamon, ginger, maybe cardamom—all in perfect balance with not too much sweetness. The cake is the color of gingerbread, with a moist and savory consistency that melts on the tongue. Served warm, drenched in a bourbon caramel sauce and topped with whipped cream and a mint sprig, most of the slice was gobbled up by my daughter herself. “It’s a majestic wonder!” she proclaimed. I had to agree. — *Kim Cooper Findling* **B**



*“It has become
a favorite that
we don’t dare
run out of on
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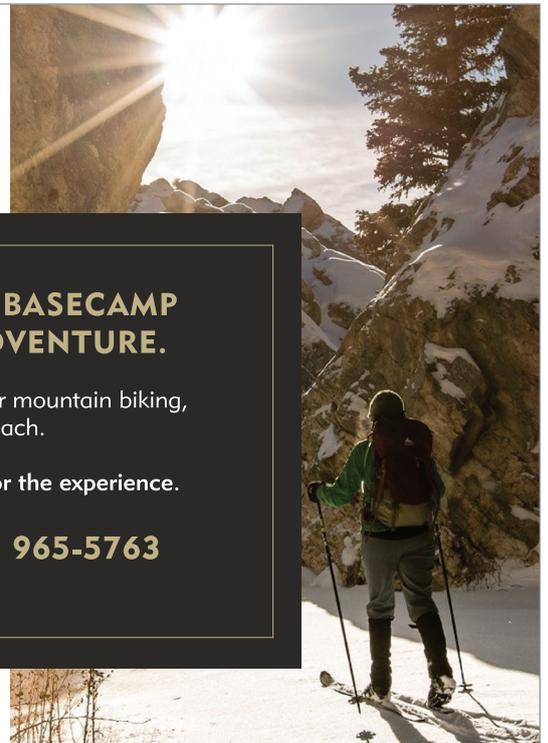
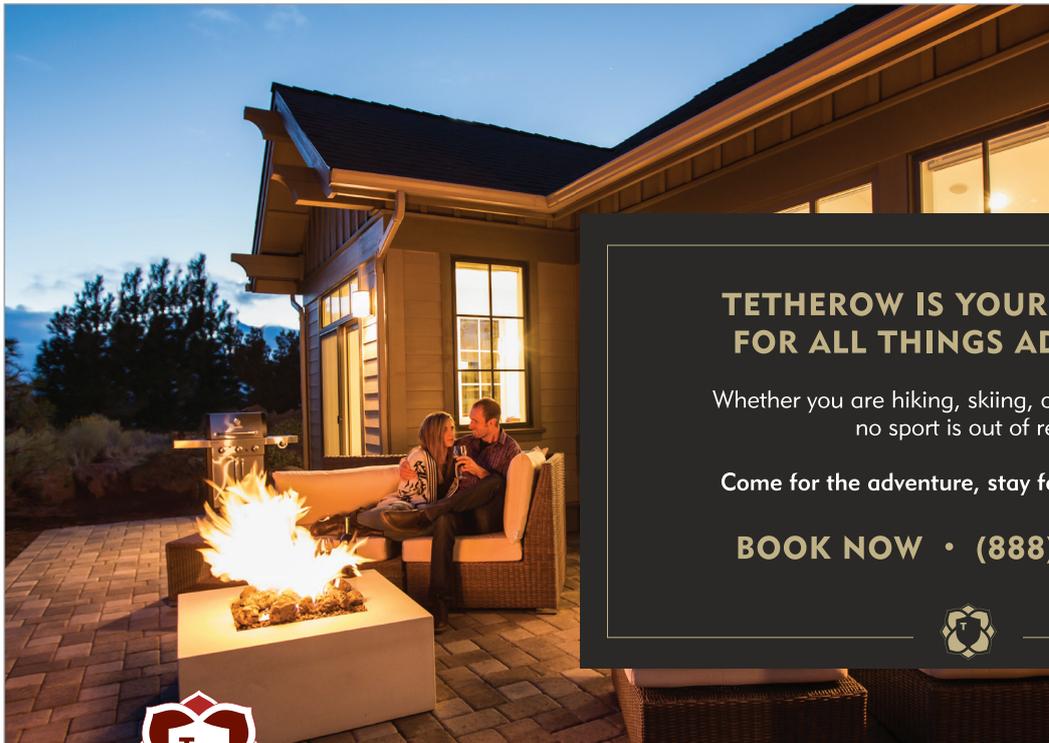


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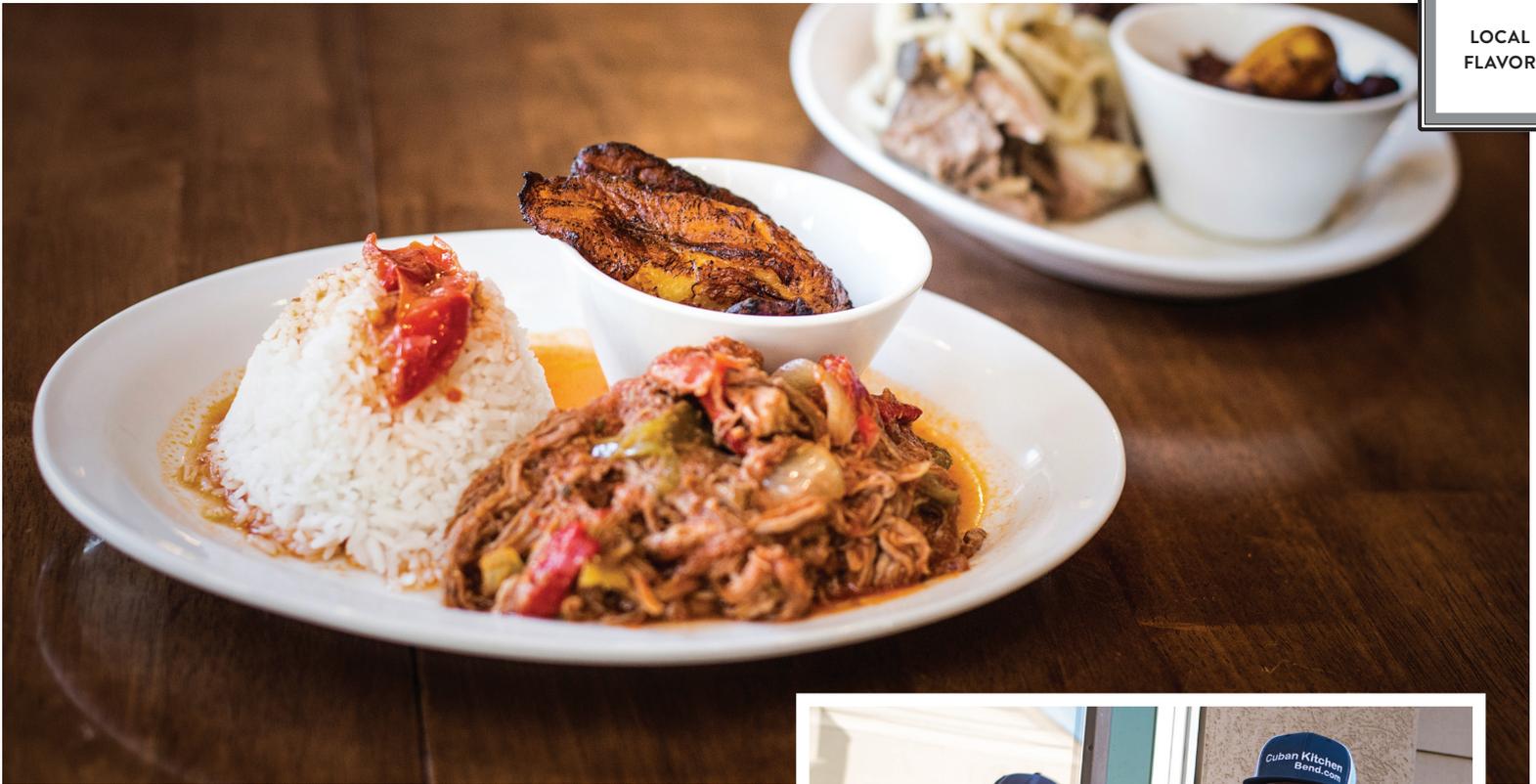
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CUBAN KITCHEN

From Havana with Love

Cuban flavors migrate to Bend.

WRITTEN BY CATHY CARROLL PHOTOS BY JILL ROSELL

Cristina Rojas sips a *cafecito* from a tiny white plastic cup about the size of an individual coffee creamer. Bigger than a thimble but smaller than a shot glass, you might wonder why anyone would drink such a small serving of anything. That is, until you taste Cuban espresso, an intensely sweet and bold dark brew sometimes called “poor man’s cocaine.” It’s the fuel that powers a thirtysomething couple with four children who moved from the Little Havana section of Miami to open Cuban Kitchen, infusing new flavor into Bend’s culinary scene.

“This is what keeps us going,” said Rojas, who, with her husband Chris, opened the intimate eatery in July, all but hidden amid a dry cleaner, salon and pet supply store off Century Drive. The two are turning out classic dishes based on family recipes, bringing a dash of the Caribbean to the Cascades.

At its most basic, there are the Cubanos, or Cuban press sandwiches. Savory fillings are pressed between slices of Cuban white bread in a *plancha*, which is like a panini press without grooves. The



Cristina and Chris Rojas

options—roasted pork, ham and Swiss cheese, or slow roasted pork or chicken, or Palomilla steak (thinly sliced and pounded sirloin) and sautéed onions, or sweet plantains with lettuce, tomatoes, mustard, mayonnaise and crunchy fried potato sticks—all meld lusciously. The cheese melts, the bread toasts and the result is as satisfying as a lifted embargo.

Cristina said she continually experimented with her husband’s family recipes before finalizing the menu. For instance, whenever she went to a Miami restaurant and tasted a classic Cuban dish such as *puerco asada*, Cuban pulled pork, and liked the flavor, she’d adjust

LOCAL
FLAVOR

her recipe to emulate it. Once she and Chris decided they were going to move to Oregon to open a Cuban restaurant (Chris discovered Bend when visiting friends), they spent six weeks working at a Cuban cafe in Miami to learn tips on everything from cooking to customer service.

The result of such dedication and innovation is evident in dishes like *puerco asada*, slowly cooked with *mojo*, a marinade that combines garlic, cumin, and oregano with the flavor of the sun—the juice of oranges.

A classic Cuban-style chicken *fricassee* frequently sells out because the time and space involved only allows Rojas to make fourteen portions daily. She begins early, marinating the chicken, searing it, and cooking it in an eighteen-inch-wide pot with wine, peppers, tomatoes, spices and raisins. It's served with white rice, Cuban style.

“The simple secret is toasting the rice a bit before cooking it with oil. That gives it the Cuban taste—so it's soft, but with more texture,” Rojas said. Another side dish is *maduros*, glistening, sweet, soft plantains.

Repeat customer Tony Russell of Bend said he discovered Cuban Kitchen when it popped up as “hot and new” on his Yelp app. “I also had friends call me about it,” he said. “They’ve heard my regular complaints of ‘no good Cuban food for 500 miles,’ and felt relieved to have an opportunity to hush my cries.”

One of his favorites is the moro rice. Rojas said she employed many iterations of this essential Cuban staple, adjusting the amount of garlic and oregano in the black beans, the distinctive feature. “One of most time-consuming things was something as easy as making beans, but ratios of each ingredient are important, and I add tomato sauce, which is a big thing for the creamy texture, when you pour it over the rice, which is traditional.”

This winter, Rojas plans to offer paella on Friday and Saturday nights and soups, most likely one of black beans. That will add to the coziness of the thirty-seat space. With counter service, simple wooden tables and chairs, walls adorned with vintage Cuba travel posters, a flag, dominoes and cigar boxes, it's as relaxed as the lifting of a travel ban. **13**



SPICY EATS

TOP A traditional Cuban press sandwich with Cuban-style espresso on the side.

ABOVE Christina Rojas spent years gathering and testing traditional and modern recipes that she brought from Miami to Bend.

RIGHT A *cafecito*, a traditional Cuban coffee drink that is sometimes called “poor man’s cocaine.”

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New Kid on the Block

BUSINESS PARTNERS Garrett Wales and Mike Moor set out to answer a question. Can fast food also be fresh food? Life & Time is their new restaurant that seeks to provide the best of both of those worlds to diners. The duo previously collaborated in the kitchens at 10 Barrel's pub and Bos Taurus. They've been developing the Life & Time concept on the side and aim to open the drive-thru and eat-in restaurant by the end of the year. The business dumps sugar and empty carbohydrates in favor of ingredients like organic beef, whole grains, fresh vegetables and homemade sauces. Above all, Wales and Moor said they want to make healthy, real food accessible to everyone, and "if that means we're not making money on the kid's menu, that's fine," said Wales. The modern restaurant, with high ceilings, wood paneling and a completely open kitchen, will have seating inside and out, as well as a grab-and-go area for an even faster meal. The menu will go beyond burgers, too, but what that will include they won't say. There will also be beer, wine and cider on the menu.



Eberhard's Partners with Local Dairy, Goes Organic

EBERHARD'S DAIRY, the third-generation Redmond processor, is making a run at the organic milk market. In September, the dairy's new organic milk line hit grocery store shelves. The whole, two percent and nonfat milk was produced in a partnership with Poland Dairy in Madras, the only certified organic dairy in Central Oregon. The move comes at a time when conventional milk sales have steadily decreased over the last six years, while organic milk sales have steadily increased, according to the USDA. Eberhard's has been producing rGBH-free milk since 2005. If the organic milk sells well, Eberhard's said that it will expand into other organic dairy products. Find the organic milk line at local grocery stores including Market of Choice, Newport Market, C.E. Lovejoy's Market and more.



Keeping it Local

ORGANIC, LOCAL, FRESH—these buzzwords are tossed around a lot. But if you want to know which restaurants and food producers are supporting local growers, you'd want to talk to local farmers and ranchers.

The High Desert Food and Farm Alliance, a nonprofit based in Bend that supports the local agricultural network, did just that. The results are reflected in the organization's 2018 Local Food Champions. The winners were selected based on feedback from local farmers and ranchers. They include restaurants, food trucks and grocery stores that consistently buy local. Central Oregon Locavore, 123 Ramen, Dump City Dumplings, Holm Made Toffee and honorable mention Ochoco Brewing were all recognized.





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DISH

Angry Bird

Tin Pig serves up the pride of Nashville.

In the most-told origin story of Nashville “hot chicken” dating back to the 1930s, Thornton Prince III, a notorious womanizer, came home after a late night out philandering to an angry girlfriend who served him a vengeful breakfast of super spicy fried chicken. He apparently liked it so much that he opened a restaurant dedicated to the dish. Sometimes revenge doesn’t work out as planned.

Fast forward almost a century, and hot chicken is a widely-known Nashville specialty with tightly held secrets to its success.

Jack and Yvonne Tate of the Tin Pig, a food cart in the new lot (the Podski) on Arizona Avenue, wouldn’t reveal any secrets to their chicken, but it certainly tastes of tradition. Classically, Nashville hot chicken is marinated in buttermilk before deep frying. It seems they did just that or conjured some other magical potion that transforms a chicken cutlet into its best self. The seasoning of the breading is spot on and the bond with the meat and consistency impressive. Add Sparrow Bakery buns, a delicious yet judicious amount of the special hot sauce and pickle chips, and you may have a new favorite.

The Tates, restaurant veterans for more than twenty-five years, came to Bend from Tucson, Arizona to help open Immersion Brewing in 2016 with Jack in the kitchen, a position he has since left. Both originally from the South, they decided to honor the food they grew up with and loved dearly—for Jack, Tennessee, and Yvonne, Alabama—and opened the Tin Pig.

“As far as the Nashville secrets, those stay with me,” said Jack. “But it is as traditional as it comes. We find that if it’s not broke, don’t fix it.” — *Alice Finer*

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IMBIBE

Some Class in Your Glass

MAKE CHAMPAGNE MANDATORY
THIS SEASON

Nothing says party like the pop and fizz of champagne. Lively, light and slightly sweet, champagne is a drink that pleases both the palate and the spirit. It’s the perfect libation for the holiday season’s gamut of soirées, family gatherings and New Year’s Eve bashes. Now’s the time to visit the wine shop or dig into the cellar, saber a magnum and celebrate.

“For New Year’s, I’d probably open up something a little more expensive, more serious, to kick off the year correctly,” said Robert Hayes, owner of R.H.C. Selections in Bend. Vintage champagne fits that bill. Most champagnes are blends of various years, while a vintage cuvée represents one single growing season. In champagne, only the best years become vintage bottlings, and their aging potential spans decades. Luscious and balanced, the decadence of vintage champagne reveals itself on the first sip.

Champagne also belongs on the dinner table. Styles vary widely—from bone-dry *brut nature* to sweeter *brut*, and from single-varietal to varietal blends. “You want a more lean and focused champagne with oysters,” Hayes recommended, “but with foie gras or game hen, then the richer champagne comes into play.” Many cuvées are made exclusively from chardonnay (*blanc de blancs*) or pinot noir (*blanc de noirs*), and Hayes suggested pairing foods with these champagnes just as you would with a good bottle of chardonnay or pinot.

Versatile, refreshing and festive, it’s hard to go wrong with champagne, especially in the final weeks of December. — *Daniel O’Neil*



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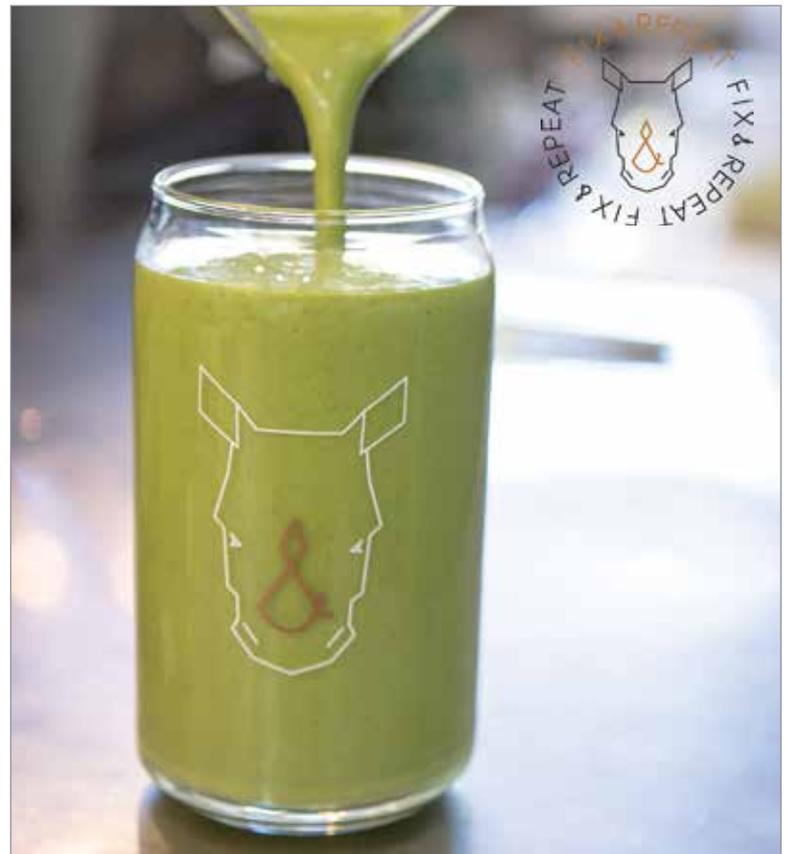


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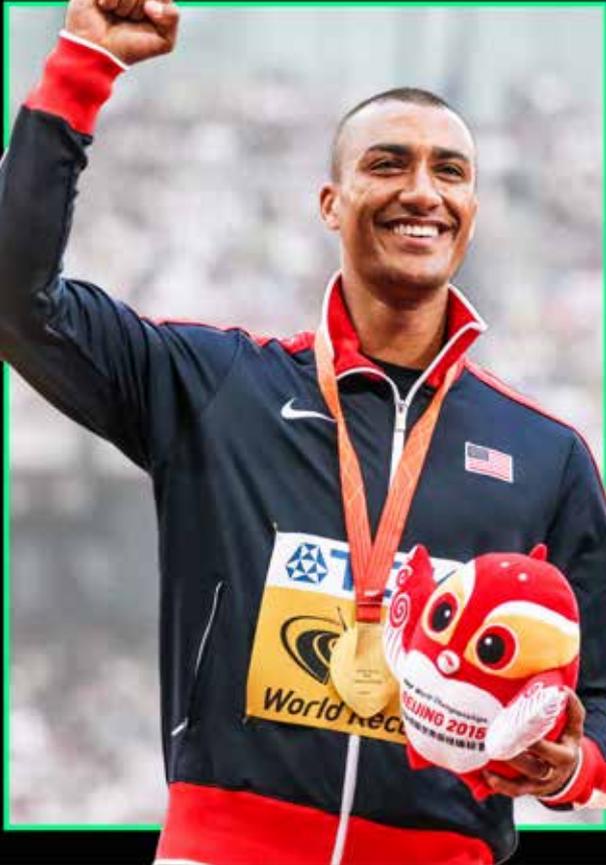
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PHOTOGRAPHY

‘By Her Hand’

A new exhibit confronts historic Western photographer Edward Curtis’s controversial legacy.

OPENED THIS FALL, “By Her Hand: Native American Women, Their Art, and the Photographs of Edward S. Curtis,” is a new exhibit at the High Desert Museum. Curtis, a Western photographer in the late 1800s, has a controversial legacy. While he left behind thousands of photographs and histories of Native Americans in the West, he also depicted the tribes in stereotypical ways. The High Desert Museum presents his collection of photographs of Native American women alongside historical and contemporary pieces of art by Native American women, giving a deeper narrative to the images. The exhibit will be on display at the museum through January 20.

PHOTO COURTESY OF THE HIGH DESERT MUSEUM

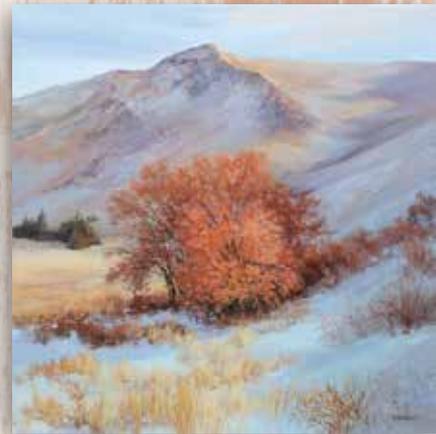
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DENNIS MCGREGOR

Poster Child

Sisters artist mixes humor with colorful, whimsical notes in his paintings, writings and songs.

WRITTEN BY LEE LEWIS HUSK PHOTOS BY HEAVEN MCARTHUR

For a sixtysomething guy who says he's never had a "RG"—a real gig that offers conversation around a water cooler or employer-paid benefits—Dennis McGregor hasn't had trouble staying busy. Instead of punching a clock, he's followed his creative impulses to build a life around painting, music, songwriting, book illustration and writing. "I've never had a job, but it's on my bucket list," he joked.

McGregor's sense of humor is evident in the playful work he creates. His second book, *You Stole My Name*, published in 2017, is a series of humorous play-on-word paintings that pair an animal with the animal from which it takes its name. For instance, a parrot

is coupled with a parrot fish, a cowbird sits on a cow and an elephant seal swims with an elephant. The animals are colorful and whimsical, painted in opaque water colors known as gouache.

Verses accompany each illustration. The alligator lizard's rhyme goes like this:

*"All you ever do is bite –
bite all day, bite all night.
I just want to do the same.
That is why I stole your name!"*

McGregor is largely self-taught in art and music. He dropped out of college to play acoustic guitar and violin with the band Natty



Bumppo in the 1970s. After twelve years with the band, McGregor said he traded “one low-paying job for another.” For a few years, he was a self-employed graphic designer living in Southern California, until he moved to Sisters in the 1990s seeking a simpler lifestyle.

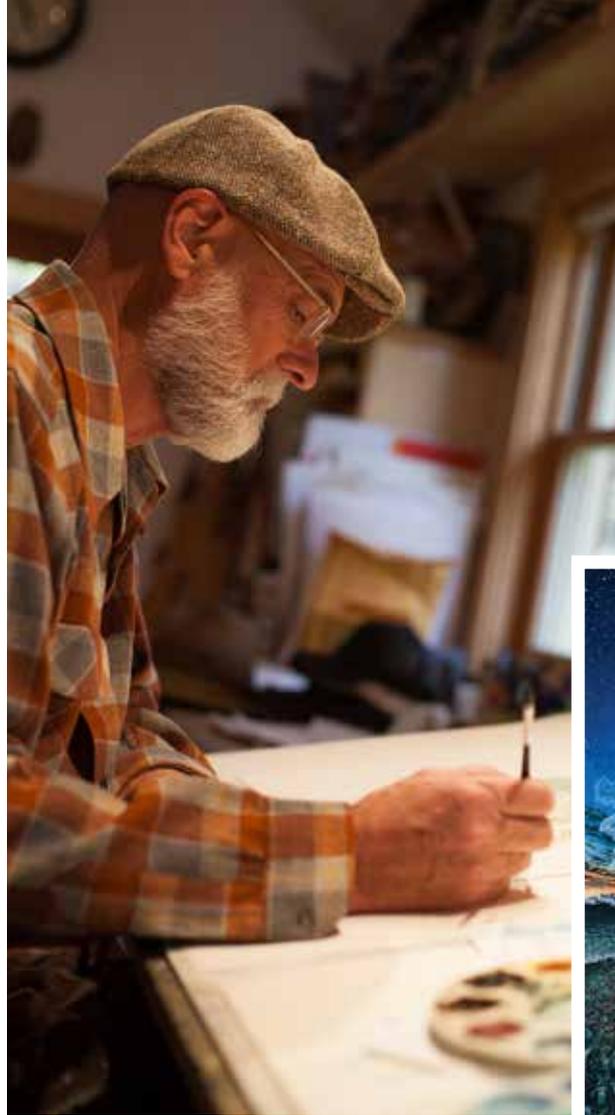
A chance meeting with Jean Wells, the prominent Sisters artist and quilter, launched McGregor’s career as a poster artist when she commissioned him to create a poster for the 1992 Sisters Outdoor Quilt Show. This led to thirteen more posters for the quilt show and then commissions from the Sisters Rodeo, Sunriver Music Festival, Crooked River Roundup and the Oregon Country Fair.

“Dennis wears many different hats and seldom goes bareheaded,” said Helen Schmidling, manager of the Sisters Gallery & Frame Shop which sells McGregor’s original paintings, prints and notecards. “He’s one of our top-selling artists, plus he’s a singer, songwriter, performer and multitalented artist,” she said.

McGregor’s art can also be viewed at Forest Service interpretive centers and in large-scale outdoor murals throughout Central Oregon. A buck jumping over the moon can be spied above the Sisters Liquor Store. In Bend, McGregor’s oversize depictions of a mule deer, bull trout and a chicken hawk adorn five-foot-tall and fifteen-foot-wide panels recently installed in the Old Mill District.

It’s no coincidence that nature plays a central theme in his art. His studio is located on five acres outside Sisters which he bought in 2005 and where he built “a humble abode and could work the land,” he said. Visitors are likely to be greeted by McGregor, sitting on a wood chair on the front porch of his hand-built studio, a guitar hanging on the exterior wall behind him and his pound dog, Hank, lounging alongside. The woodsy setting includes his home and a serpentine stack of wood that is both decorative and functional. (It provides heat to his residence and studio.)

He’s produced three albums, and his band,



WORKING ARTIST

LEFT Dennis McGregor in his studio on five acres outside of Sisters.

INSET McGregor has been commissioned to create the posters for popular events in Central Oregon, including the Sisters Folk Festival.

BOTTOM An image from the book *You Stole My Name*, which McGregor crowdfunded through a Kickstarter.



Dennis McGregor and the Spoilers, can be seen playing original tunes around town on any given night. McGregor’s two books (the first one, *Dream Again*, was published in 2013) are sold in independent bookstores throughout Central Oregon.

Not one to idle, McGregor concluded this writer’s interview by announcing that he

was “itching” to get back into the studio to finish drawings for a client. He’s also working on *You Stole My Name, Too*, a sequel to the first book, a pond he’s digging by hand for his grandchildren and an occasional mountain bike ride “to try to stay in balance,” he said. “It all keeps me pretty happy.” **B**



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Hiner Performance Horses
Gavin Jordan Cutting Horses
Dedee McWhorter
Metallic AI, LLC
Meyer Ranch LLC/Dylan & Emily Meyer
NW Mare Services/Juniper Ridge Ranch
Outback Cutting Stables
Schlesinger Cutting Horses
Shad Platt Cutting Horses
Southern Cross Ranch/Andrew & Nicole Coates
Verstegen Cutting Horses
Western Performance Equine/Marty Gardner, DVM
Wisehart Cutting Horses

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LOOKING FORWARD TO 2019!

WWW.CASCADESFUTURITY.COM

Back Deck ■ art & culture

■ arts

MOSley WOTTA

Jason Graham, better known around town by his stage name MOSley WOTTA, has been named Bend's first Creative Laureate, acting as a liaison between businesses, nonprofits and the arts community. A poet, visual artist and musician, Graham was selected from nine other applicants to represent Bend's creative community. He'll partner with organizations like Scalehouse in Bend to find ways to bridge cultural gaps in town and present to the city council four times a year. The city has provided Graham with a \$5,000 stipend to fund the two-year position. Since this is the inaugural year of the position, Graham is still working out the details. He thinks it will involve a lot of listening to the needs of the creative community, as well as working with the school district to build up creative resources. He said he wants the community to expand our notion of what "creative" can mean, while confronting some of the less shiny aspects of the town, like racism and poverty. "There is a way to do this job that is 'playing it safe' and there is a way to do this job that is intentionally provocative and risky, and I would like to walk the line between those two worlds," he said.



■ culture

Elizabeth Woody

In September, Elizabeth Woody—writer, artist and member of the Confederated Tribes of Warm Springs—was named the executive director of the Museum at Warm Springs, a history and art museum on the Warm Springs Indian Reservation north of Madras. According to Woody, the museum is more than a physical space. "The museum represents a continuum of ancient history and a vibrant culture," she said. Woody has been involved with the museum since it was founded in 1993. She comes from a background and education that fused creativity and business, with degrees in humanities and a Master's in public administration. Woody has won numerous awards for her writing and, in 2016, she became the first Native American to be named Oregon's Poet Laureate. The Museum at Warm Springs has one of the largest and most complete collections of any Native American museum. "As an institution that's only twenty-five years old, there's a lot more to look forward to in the next decade," said Woody. "It could be a cultural institution, a cultural community centerpiece."



■ literature

Author! Author! Brings Bestsellers to Bend

Bookworms, your season has arrived. Each year, the Deschutes Public Library Foundations brings bestselling authors to Bend for a series of talks. Maria Semple (*Where'd You Go, Bernadette* and *Today Will Be Different*) kicked off the lectures in October, but you still have a chance to see Sarah Vowell (*The Wordy Shipmates* and *Lafayette In The Somewhat United States*) in November, Colum McCann (*Let The Great World Spin* and *TransAtlantic*) in February and Richard Russo (*Empire Falls* and *The Destiny Thief: Essays on Writing, Writers, and Life*) in March. The authors tackle a variety of subjects, provide insight into their work and answer questions from the audience. For more information about tickets, dates and locations, visit DPLFOUNDATION.ORG.

PHOTO RIGHT: AMY CASTANO

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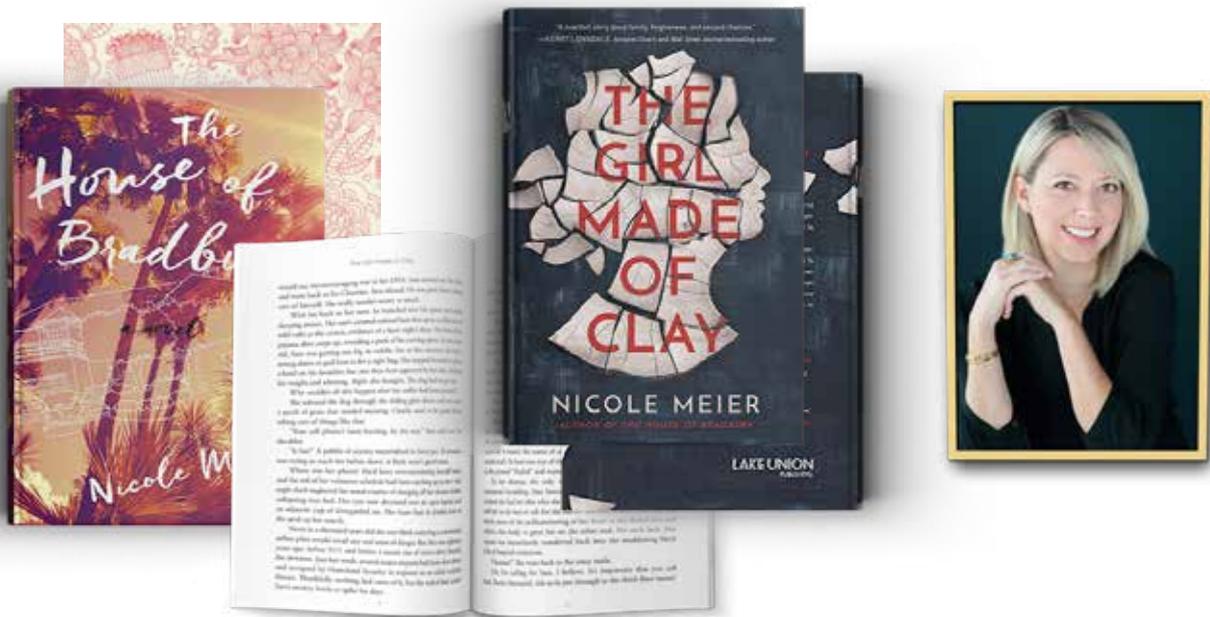


LOCAL LITERATURE

Book Club

This fall, Nicole Meier's follow-up novel to her successful debut hits bookshelves.

WRITTEN BY BRONTE DOD



Nicole Meier has two published novels and one in the works. But the Bend resident has actually written three. Her first novel is sitting in a desk drawer in her home and will probably never leave. Meier said with a laugh that that's where she would like it to stay. It was her practice novel, she said, and serves as a reminder that it's always ok to start over—a common theme in her books, too. You may know Meier from her 2016 debut *House of Bradbury*. The novel landed on must-read lists in *Redbook* and *She Knows*, a women's lifestyle website. It became a sleeper hit of that season. Meier is back this fall with *The Girl Made of Clay*, set on the Oregon Coast. Meier writes full time and lives in Bend with her husband and three kids.

HOUSE OF BRADBURY

Published May 10, 2016

The story was inspired by a real-life event, when Meier discovered that novelist Ray Bradbury's Los Angeles home that he had lived in

for decades was for sale. In reality, the house was bought and sadly demolished. But in *House of Bradbury*, Meier turned the house into the setting for her thirtysomething protagonist, Mia, to start her life from scratch. Along the way, she takes in a struggling starlet as her roommate and finds mysterious drawings on her doorstep. It's a warm and compelling story about a woman on a journey to find herself.

THE GIRL MADE OF CLAY

Published September 25, 2018

When Sara's father is injured in a fire, she becomes the caregiver to the man who had given up his family to pursue his career as an artist. Set on the Oregon Coast, *The Girl Made of Clay* explores the estranged relationship between a father and daughter. When Sara's father moves into her home and starts bonding with Sara's young son, straining Sara's marriage, she is forced to confront lingering feelings about the past. **LB**



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Back Deck ■ *datebook*

NOVEMBER



4

BEND

MOSCOW BALLET'S GREAT RUSSIAN NUTCRACKER

The Moscow Ballet will present two performances of the Great Russian Nutcracker, a lively and entertaining ballet fit for the season. World-class performers and handpainted sets will bring the holiday ballet to life at the Tower.

TOWERTHEATRE.ORG

10

BEND

HIGH DESERT CHAMBER MUSIC ANNUAL BENEFIT GALA

Support Central Oregon's classical music scene at the Annual Benefit Gala for High Desert Chamber Music. There will be performances from the Spotlight Chamber Players as well as dinner and a silent auction.

HIGHDESERTCHAMBERMUSIC.COM

10

BEND

BEND ALE FESTIVAL

Twenty breweries, forty beers, one day. The Bend Ale Festival in NorthWest Crossing begins with a half-marathon or 10k race and ends with great live music from local bands. \$20 gets you a mug and ten tasting tokens.

BENDALEFESTIVAL.COM

16-18

REDMOND

HOLIDAY FOOD & GIFT FESTIVAL

This is the nineteenth year for the Holiday Food & Gift Festival, an expo with hundreds of vendors and thousands of attendees. Browse handmade art, jewelry, textiles, toys and more, as well as artisan and gourmet food products. It's a great place to support local businesses when you buy gifts this holiday season.

HFGF.COM

16-17

BEND

JAZZ AT THE OXFORD

Three major acts in the jazz scene will be playing in three performances over the weekend at the Oxford Hotel in the annual Jazz at the Oxford series. The guitar legends show will bring in Dan Balmer, Dan Faehnle and John Stowell for a concert you won't want to miss.

OXFORDHOTELBEND.COM

17

SUNRIVER

GRAND ILLUMINATION

Between the petting zoo, train rides, meeting Santa in the North Pole and watching the tree lighting ceremony, there are plenty of activities to keep families busy at Sunriver's twentieth Grand Illumination.

SUNRIVERRESORT.COM

22

BEND

I LIKE PIE RUN

Before you dig into your Thanksgiving feast, bring the family to the Old Mill District for the popular I Like Pie Run. There are timed and untimed races ranging from one mile to 10k that everyone can join. Don't forget to bring a pie to donate.

FOOTZONEBEND.COM

23-24

SISTERS HOLIDAY CELEBRATION AND PARADE

On Friday, don't miss the tree lighting at 5:30 p.m. in Fir Street Park. And on Saturday at 2 p.m., the streets of downtown Sisters will be taken over by the Christmas parade. After, kids can visit Santa at the Christmas Village.

SISTERSOREGONGUIDE.COM

24

REDMOND

STARLIGHT CHRISTMAS PARADE

In Redmond, Christmas kicks off just days after the turkey's been carved with the Starlight Christmas Parade. Grab your spot on the street before sundown to watch the parade, then stick around for the Christmas tree lighting.

VISITREDMONDOREGON.COM

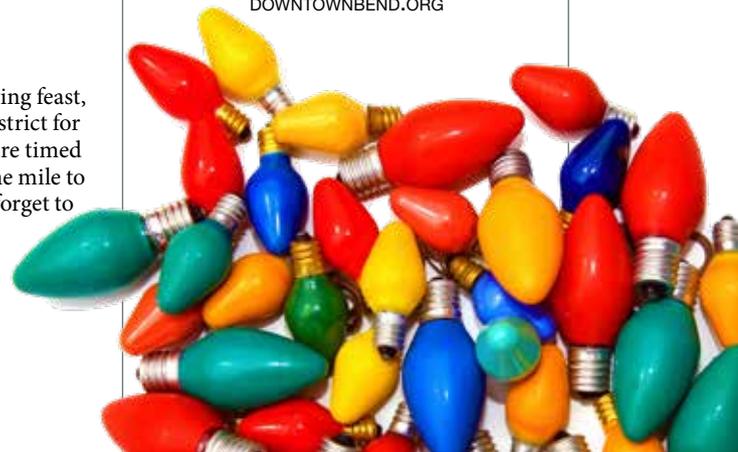
30

BEND

COMMUNITY CHRISTMAS TREE LIGHTING

Kick off the holiday season with the Christmas Tree Lighting at Drake Park in downtown Bend. Carolers will be singing until Santa arrives and the tree is lit at 6:59 p.m.

DOWNTOWNBEND.ORG



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Back Deck ■ *datebook*

DECEMBER

1

BEND

CROWN CITY STRING QUARTET WITH WILLIE HALL

High Desert Chamber Music brings back Central Oregon favorite Crown City String Quartet for a performance at Central Oregon Community College. They will be joined by special guest, clarinetist Donald Foster.

HIGHDESERTCHAMBERMUSIC.COM

1

BEND

BEND CHRISTMAS PARADE

It's an annual tradition in Bend that draws crowds to downtown on a chilly December morning. Make sure you bring some hot cocoa to watch the holiday parade.

DOWNTOWNBEND.ORG

1

BEND

JINGLE BELL RUN

Put on your holiday costumes and tie jingles to your shoelaces for the Jingle Bell Run. It takes place first thing in the morning of the annual Christmas Parade in downtown Bend. All proceeds go to the Arthritis Foundation.

EVENTS.ARTHRITIS.ORG

9

POWELL BUTTE

OREGON OLD TIME FIDDLERS CHRISTMAS JAM

The Christmas-themed potluck dinner starts at noon, so bring a dish to share with a crowd. The party gets going after, with music and dancing all evening long. The event has been an annual tradition in Powell Butte since 1974.

PB-CENTER.COM

15

REDMOND

DOWNTOWN CHARM STROLL

The businesses in downtown Redmond's historic district will be decorated for the season and will be offering holiday treats for local shoppers. There will also be music and special events. Bring donations such as socks, shampoo and gloves to participate. Kids also have a chance to meet Santa.

VISITREDMONDOREGON.COM

3

REDMOND

HARLEM GLOBETROTTERS

Bring the whole family to the Harlem Globetrotters performance taking place at the Deschutes County Fairgrounds. The world-renowned basketball entertainers will only be there for one night, so get your tickets early.

EXPO.DESCHUTES.ORG



14

BEND

HOLIDAY LIGHTS WINTER PADDLE PARADE

Each year, paddlers decorate their kayaks, canoes and paddleboards for a Christmas lights show on the river. Those that want to participate should go to Tumalo Creek Kayak & Canoe in the afternoon, but those that just want to watch only have to wait until sunset and gather around the river at the Old Mill District to take in this annual tradition.

TUMALOCREEK.COM

15-16

BEND

CENTRAL OREGON MASTERSINGERS

Bend's premiere choral group takes the stage for one weekend in December. Don't miss your chance to hear the Central Oregon Mastersingers perform a variety of songs, including classic holiday music, at the Tower.

CENTRALOREGONMASTERSINGERS.ORG

21-23

BEND

A SWINGIN' TOWER CHRISTMAS

A Tower Christmas is a holiday tradition in Bend. It's a family friendly music, dance and theater production that features Santa and a fourteen-piece band.

TOWERTHEATRE.ORG

PHOTO TOP/JILL ROSELL

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Bigstock Bend 2018



BEND MAGAZINE WAS SO PROUD to present Bigstock Bend this past August, and we are beyond grateful to all of the attendees and sponsors who made this event the largest fundraiser of the year for Oregon Adaptive Sports. This one-day music festival was held on a private ranch in Tumalo with Bruce Hornsby and the Noisemakers headlining the evening. Guests were treated to hosted food and beverages in an intimate setting with views of the Three Sisters. It was truly a night to remember, and we are already looking forward to another great event next summer. Please mark your calendar for August 10, 2019. We hope to see you there!



PHOTOS BY KAREN CAMMACK, AARICA HORNER, ALEX JORDAN, JILL ROSELL

SAVE THE DATE
August 10, 2019

Bigstock Bend 2018

SCENE
& HEARD



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SCENE
& HEARD



1. Jennifer Raimondi, Robert Raimondi, Gloria Anderson and Andy Anderson at the Compass Commercial Appreciation Party. 2. Gardner and Pamela Williams at the Compass Commercial party. 3. Joe Taylor, Grant Schultz and Andrea Fetzer at the Compass Commercial party. 4. Kelli MacConnell and Dave Fox at Art in the High Desert. 5. Ella Richards, Brian Richards and Taman Vanscoy at Art in the High Desert. 6. Jay Riker and Jennifer Matthey at the Sage Awards at the Riverhouse. 7. Mike Riley, Robin Cooper and Sophie Paez at the Sage Awards at the Riverhouse.

PHOTOS: JILL ROSELL

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"Looking Back On Summer"
Photo by @kyle_pfenning

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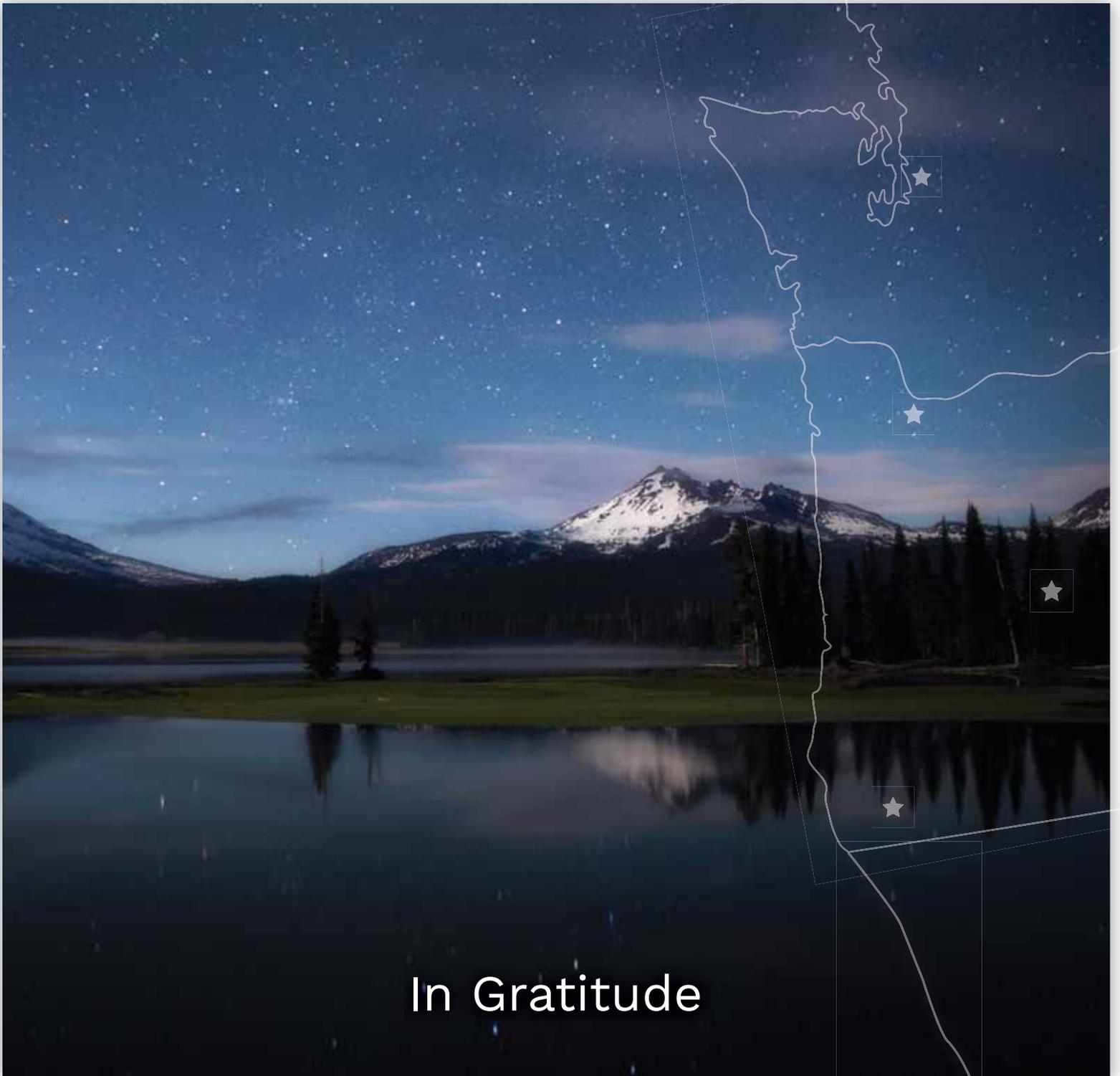
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