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THE SOUL OF CENTRAL OREGON

Magazine



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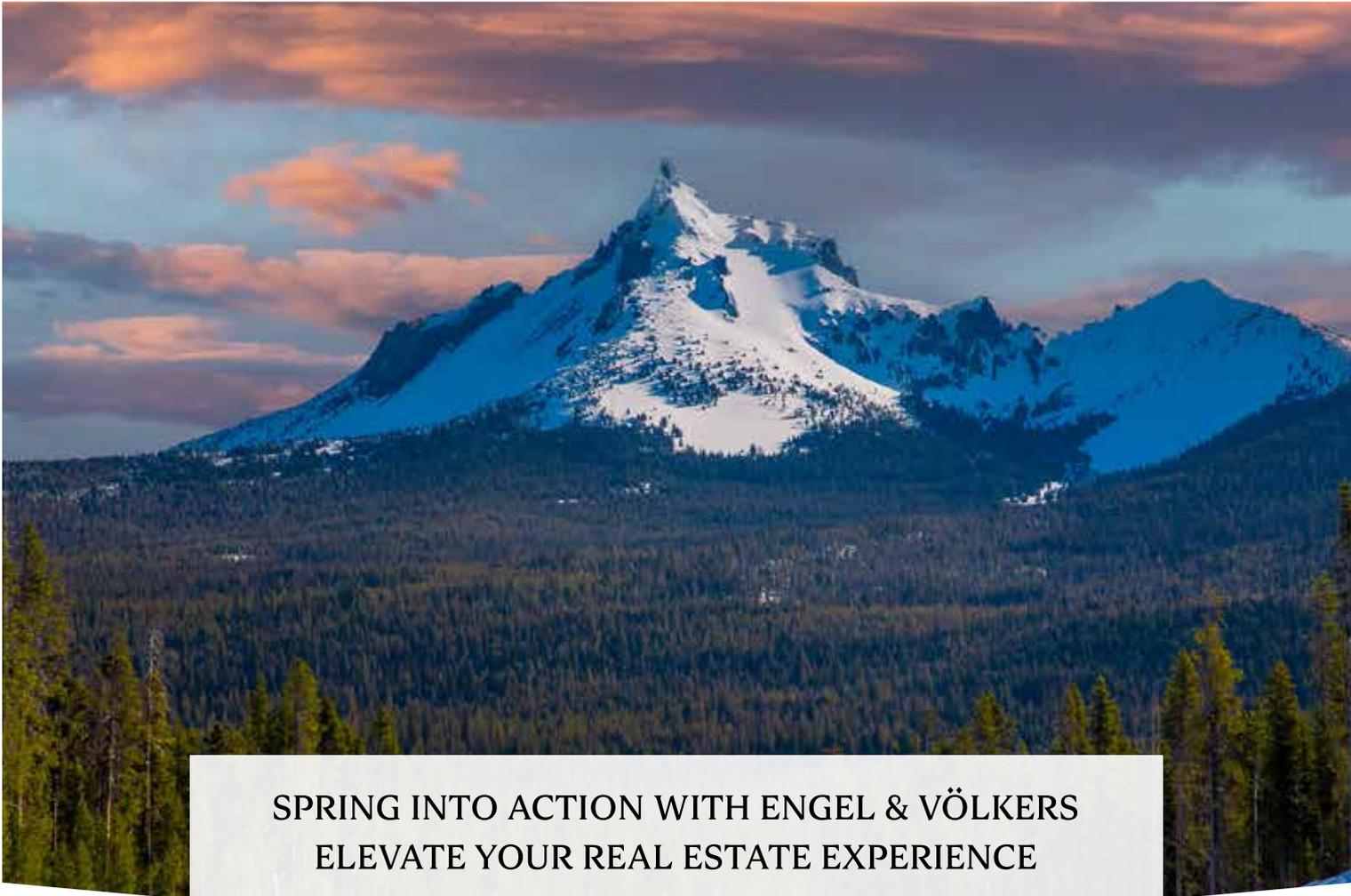
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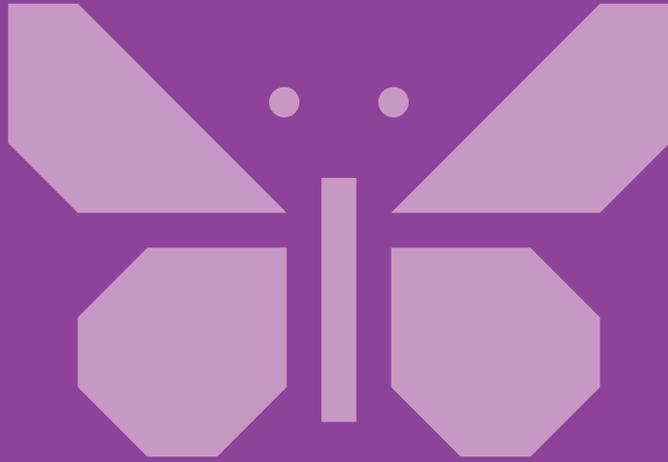
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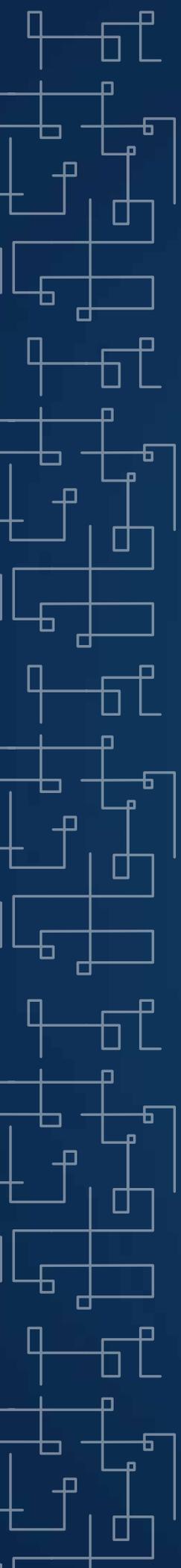
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In 2020, a project was launched that turned empty hotels into homes for the unhoused, including people who'd lost their homes in the recent wildfires. Brian Resendez, a broker bringing hotels into the fold, was so moved by the experience that he became a donor to support organizations providing critical services to the unhoused. Thank you, Brian. Want to find the perfect match for your generosity? Oregon Community Foundation can help. Let's get started.



“I give because I saw what an impact one person can have in our community.”

— BRIAN RESENDEZ
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Fly fishing presents moments without victors, neither angler nor trout. Step into the Crooked River where two wide-eyed creatures see each other eye to eye for a fleeting astral moment. *Written by Sean Stiny.*

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BUILT BY PHIL (AND FRIENDS)

What began as a game trail in 1985 has become a mecca for singletrack mountainbiking. Learn the tale of Phil's Trail and what inspired the names that have become part of Bend's vernacular. *Written by Carl Decker.*

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RAFTING WILD

Spring kicks off the river-rafting season. Start at the Owyhee River, considered the Grand Canyon of Oregon, to access nature from from the best seat of all—on a raft. *Written by Joe Potoczak.*



ON THE COVER

Ryan Brennecke fly fishing at Davis Lake.

PHOTO TOBY NOLAN

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DIGITAL EXTRAS

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WORDS *and* PICTURES



**CASEY
HATFIELD-CHIOTTI**
WRITER

Find the words of Casey Hatfield-Chiotti in her travel column for *Marin Living* and in publications such as *The New York Times*, *Travel + Leisure* and *Forbes*. The daughter of an architect and designer, she loves writing about hotels, whether a century-old European property or a sleek-design stay. Her appreciation for architecture makes her a natural fit to cover home design. This month, she writes of a couple who renovated their Tudor-style former bed and breakfast in Tumalo to create a family home (pg. 57). When Hatfield-Chiotti isn't traveling, she lives in Bend, skiing, horseback riding and exploring with her husband and two boys.



TAMBI LANE
PHOTOGRAPHER

An entrepreneur at heart, Tambi Lane has run a portrait photography business since 2006. She loves collaborating with, and supporting, other artists. Currently, she is focused on food photography. Her work has been published in *Sunset Magazine*, and she has photographed two nationally published celebrity cookbooks. When she's not cooking, eating or photographing food, you can find her in the garden, doing something outdoors, or creating something new and fun. In this issue, she took photos of a rock choir (pg. 53) culinary images of Rancher Butcher Chef (pg. 97) and the artistry of Maya Moon Designs (pg. 103).



JOE POTOCZAK
WRITER

A Corvallis-based writer, Joe Potoczak is the digital editor of *Paddling Magazine*. His articles have appeared in *Men's Journal* and *Outside*, among other publications. He grew up wandering around New Jersey's Pine Barrens, has paddled on four continents, and is a former member of the U.S. kayak team. Potoczak has always struggled to sit still—and it may seem fitting, given his line of work chasing stories. To this day, when asked his favorite river, he replies, “the one out the door.” This month, he wrote about some of his favorite spring rafting destinations in Oregon for the feature “Rivers Wild” (pg. 82).



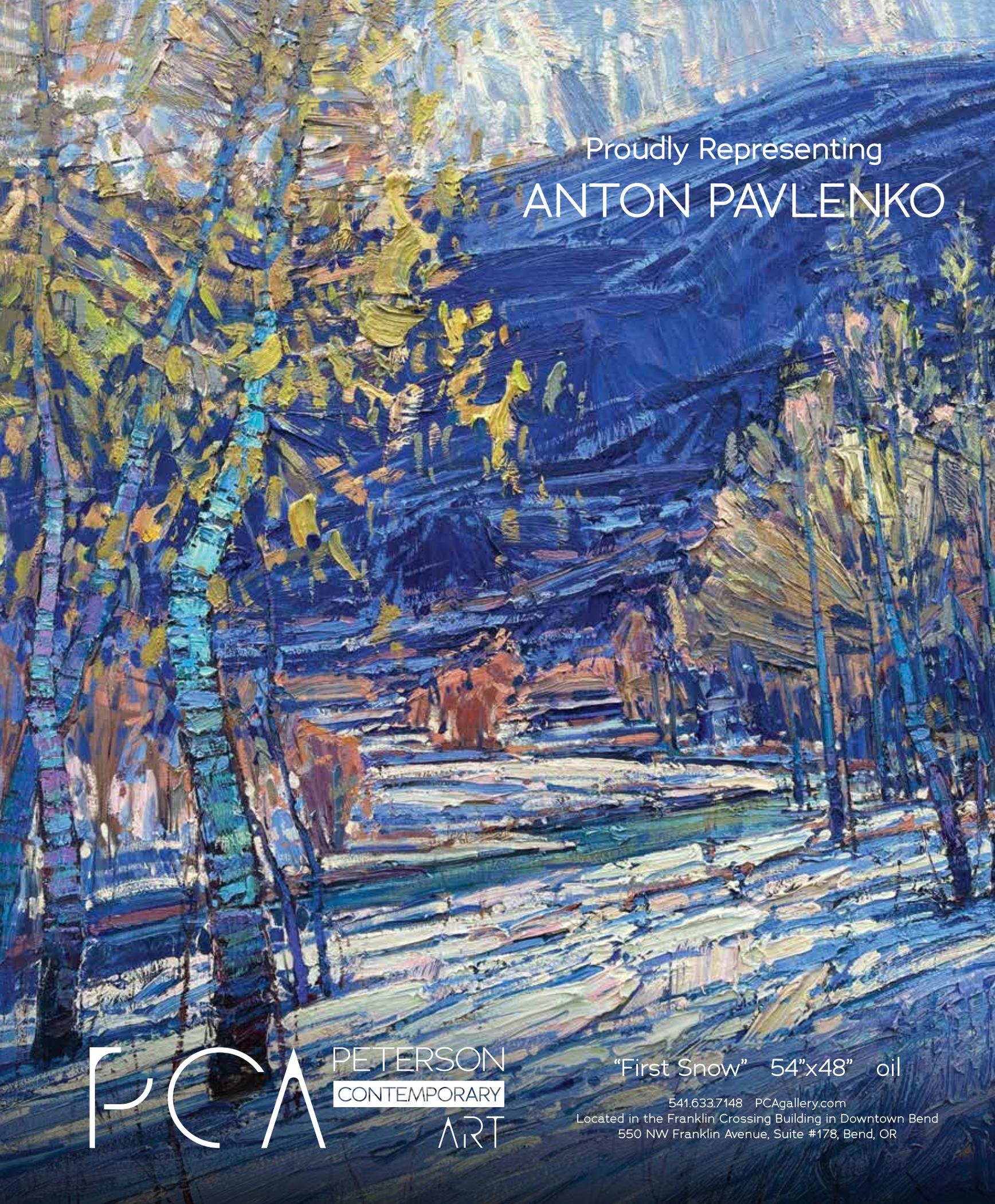
KATIE SOX
PHOTOGRAPHER

A freelance photographer and writer based in Bend, Katie Sox has spent much of her creative career in the bicycle industry, shooting mountain biking and bikepacking events, along with products, architecture, real estate, commercial and lifestyle moments. She loves storytelling and has published work for the independent biking website “The Radavist.” Look for her lens on cycling in the feature on Phil's Trail (pg. 72). Sox's balance is deeply rooted in her work as a practicing massage therapist. You can catch her riding bikes as often as possible, giggling, enjoying life's simple details, good food and community.



ARIAN STEVENS
PHOTOGRAPHER

Raised in the foothills near Lake Tahoe, Arian Stevens is now based in Bend. He began his photographic journey shooting scenic images of Yosemite National Park using film and a darkroom when he started, and has pursued capturing images of the outdoors and the people who roam there ever since. His work has been featured by companies, outfitters, nonprofits and in publications such as *Adventure Journal*, *Field and Stream* and *Sunset Magazine*, among others. In this issue, Stevens' artistic eye drops you into the world of fly fishing in the feature “Chasing Rainbows” (pg. 72). His next pursuit is a cookbook, stay tuned.



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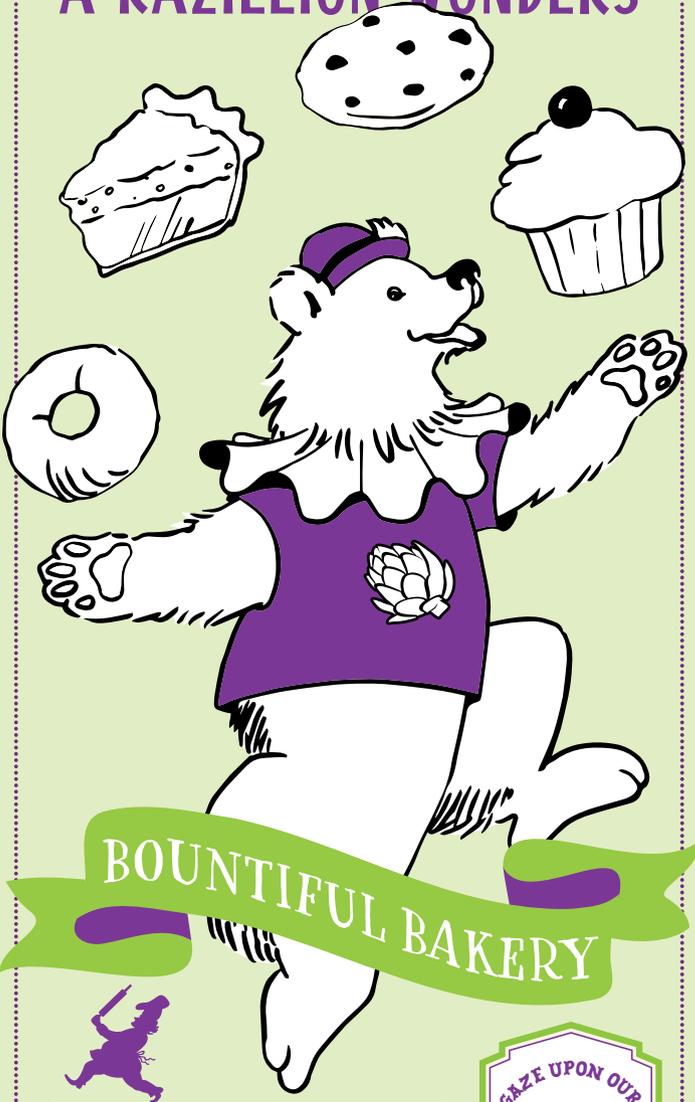
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Editorial

Editor in Chief CHERYL PARTON
Associate Editor HEIDI HAUSLER
Staff Writer CHLOE GREEN
Podcast Host ADAM SHORT

Copy Editors LEE LEWIS HUSK, STEPHANIE BOYLE MAYS

Design

Creative Director KELLY ALEXANDER
Senior Graphic Designer CALI CLEMENT
Graphic Designer JEREMIAH CRISP
Print Consultant CLARKE FINE

Sales

Senior Account Executive RONNIE HARRELSON
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Business and Marketing

Marketing Director CALI CLEMENT
Director of Operations HEATHER RENEE WONG

Audience Development

Circulation Manager AMARA SPITTLER
Newsstand Coordinator ALAN CENTOFANTE
Circulation Consultant KERI NOLAN

Contributing Writers

LUCAS ALBERG, CATHY CARROLL, CARL DECKER, JENNIFER DELAHUNTY, CASEY HATFIELD-CHIOTTI, SUZANNE JOHNSON, GREGG MORRIS, JOE POTOCZAK, TERESA RISTOW, MAISIE SMITH, SEAN STINY, KATRYNA VECELLA

Contributing Photographers

ELIJAH ALAKA, RICHARD BACON, GIA BATTAGLIA, BENJAMIN EDWARDS, JONAH GRUBB, ANNA JACOBS, BEN KITCHING, TAMBILANE, TARA LINITZ, TREVOR LYDEN, KAYLA MCKENZIE, ADAM MCKIBBEN, TINA PAYMASTER, CODY RHEAULT, KATIE SOX, ARIAN STEVENS, NATE VAN MOL

Contributing Illustrator

DAVI AUGUSTO, MONA DALY

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“AS YOU NAVIGATE YOUR JOURNEY—
PICK A PATH, PADDLE HARD, FIND JOY
AND AS ALWAYS...READ ON! LET'S ENJOY THIS
ADVENTURE TOGETHER.”

Editor's LETTER

River runner Bonnie Olin describes the water as it bumps her raft against boulders along S-turns and forces the choice of a route. The descriptions are exhilarating and take us along for the ride. Oh, the joy of language. Words can deliver a shock to the senses, a map to new places or wisdom to help us lead our lives. And with so many words and possible paths in life come so many choices. Commitment takes optimism, desire for the best possible outcome, and in the end, a leap of faith.

Each issue of *Bend Magazine* has twists and turns. We start with 114 blank pages and then wade through a maze and flow of ideas. We play matchmaker with writers, editors, photographers and graphic designers, then the team works together to bring those ideas to fruition. There's never just one "right" way—whether in selecting stories or images—but be sure, when we land on a cover photo, there's a collective breathlessness and even a few goose bumps. Much like a *coupe de foudre*, or love at first sight, if you believe in that kind of thing: You know it when you see it.

In this issue, we brought together stories about people who visualized their goals and stayed focused on the pathways to reach them. Cyclist and writer Carl Decker introduces us to Phil Meglasson (and friends) who blazed paths and rode them

until they were imprinted for the community in the form of the Phil's Trail network.

Joe Potoczak shares stories of the Owyhee River as it flows with early spring snow melt through gradients of ombre geological striation, and the view from the seat on a raft is divine. Then, if you enjoy how a word can transport us to a moment in time, read Sean Stiny's story "Chasing Rainbows" to discover the whole universe reflected on the flank of a fish. Ever the wordsmith, Maisie Smith writes about a "gastronomical flirtation" that happens when pinot noir meets its savory soul mate.

We hope you'll enjoy this issue as much as we enjoyed putting it together. There are so many stories to tell, what's yours? As with pages and life, we recognize there's no one right way, only the way you choose, and your discipline and commitment to follow through. So as you navigate your journey—pick a path, paddle hard, find joy and as always...read on!

Let's enjoy this adventure together,

Cheryl Parson, *Editor in Chief*



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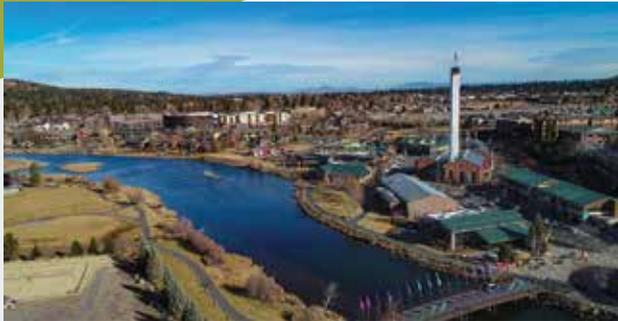
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PHOTOS TOP LEFT: ARIAN STEVENS | BOTTOM LEFT: KATIE SOX | BOTTOM RIGHT: ELY ROBERTS

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THE EIGHT

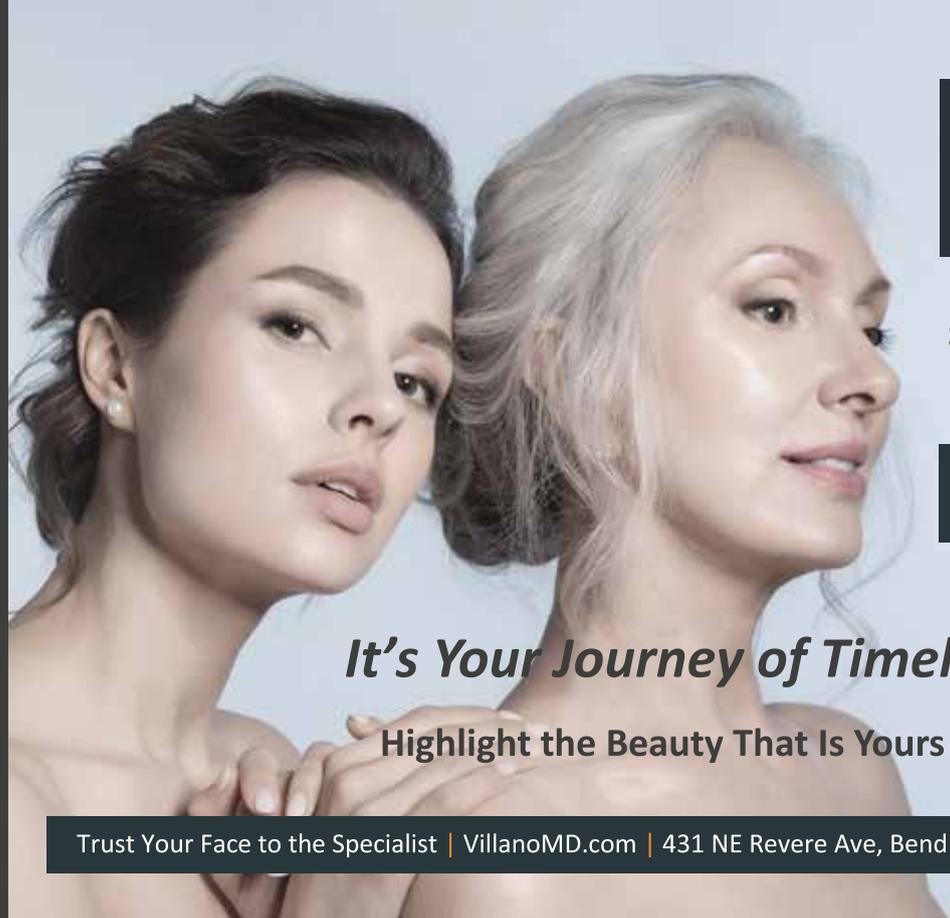
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Caring for All

Volunteers in Medicine celebrates 20 years of changing lives

When it opened its doors 20 years ago, Volunteers in Medicine of the Cascades was designed to provide temporary care for low income, uninsured patients. With a mission to improve the health and wellness of critically underserved members of the community, today it also addresses the gap in the continuum of care by relying on its network of more than 200 clinic volunteers and 300 community medical partners. "By engaging volunteers, we can provide support to a vulnerable group," said Executive Director Kat Mastrangelo. Volunteers in Medicine has much to celebrate in 2024—not only its 20th anniversary in Central Oregon, but Mastrangelo, who began as a volunteer at the clinic in 2004, was recently recognized with a national leadership award for her work. "While there are other clinics that are bigger, there isn't another clinic in the country that offers the kind of support we have in this community," Mastrangelo said. "The volunteers are incredible and are able to change lives." See volunteersinmedicine.org. **13**

Cheryl Hadley has been a volunteer since 2015 and has provided more than 950 service hours.

News Shorts



EXHIBIT PLANS UNVEILED FOR CHILDREN'S MUSEUM OF CENTRAL OREGON

The proposed STEAM-based Children's Museum of Central Oregon (CMCO) completed a Museum Master Plan and is moving forward to secure a permanent site. The nonprofit organization worked in collaboration with Gyroscope, a museum design firm, and the local community to shape a vision for the museum. The theme "Shoots and Buttes" inspired exhibits and programming unique to the ecology and geology of the region. After the conclusion of CMCO's Capital Campaign, construction is expected to begin in 2025 on a site to be announced this spring. Enrollment in summer programs is currently open at locations throughout Central Oregon. See cmcoregon.org.

GRANT TO EXPAND K-12 COMPUTER SCIENCE EDUCATION

OSU-Cascades professor Jill Hubbard was recently awarded a \$628,000 grant by the Oregon Department of Education to advance an equity-focused, sustainable approach to computer science education. The grant's goal is to make computer science education accessible to all Oregon K-12 students by 2028 regardless of their ethnicity, gender or socioeconomic status. Programs such as Ridgeview High School's "Girls Who Code," a club with the mission to close the gender gap in technology, will benefit from the grant support. As the current president of the Oregon Computer Science Teachers Association, Hubbard has been dedicated to supporting teacher preparation and practices, and to the expansion of inclusive computer science education in schools throughout Oregon. See osucascades.edu.

FAMILY KITCHEN TO RELOCATE

For more than 35 years, the Family Kitchen has provided free meals to community members in need, and it has expanded to serve Sisters and Redmond. Today, it provides 19,000 meals each month. Having outgrown its location at Trinity Lutheran Church in downtown Bend, the nonprofit hopes to secure a new space this spring for either a transitional or permanent site. "Our diners are housed, unhoused and precariously housed; they are young, old and every age in between. What they have in common is a financial stressor preventing them from being fully independent," said Executive Director Donna Burklo. "We point ourselves to a time when our services will no longer be required." See familykitchen.org.

NEW MARKET OPENS IN REDMOND

Rudy's Markets Inc., the company behind Newport Market in Bend and Oliver Lemon's stores in Terrebonne and Sisters, has opened a grab-and-go style market in Redmond. Ollie's Kitchen opened January 30 and acts as not only the company's central cookhouse, providing prepared foods to each of its locations, but as a place to pick up meals, from sandwiches to dinner entrees and traditional grocery items. See ollieskitchen.com.



Walking bridge at Benham Falls, part of the Deschutes River Trail.

NEW CONNECTION FOR DESCHUTES RIVER TRAIL

The City of Bend, in partnership with Bend Park & Recreation District (BPRD), has taken the lead to improve Riverfront Street, one of the last remaining gaps of the Deschutes River Trail. Seeing more than 1,200 users per day, the Deschutes River Trail is the most heavily trafficked trail in Bend, and Riverfront Street was identified as a key missing link. The City and BPRD will share the costs to design the project, and both agencies are working to secure funding for construction. The public is invited to weigh in on proposed designs that will include trail connectivity, street improvements and parking. See bendoregon.gov, bendparksandrec.org.

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Faces in Town

PHILIP & JAYDEN SANGUE MOUNTAINEERS

Mount Kilimanjaro is the highest mountain in Africa and at age 11, Jayden Sangue of Bend is one of the youngest climbers to reach the top. Jayden and his father Philip Sangue, a former Kilimanjaro guide, summited Uhuru Peak (elevation 19,341 feet) in December on a six-day trek. The Sangue family moved to Bend from Tanzania in 2018 and returning was important not just as an athletic feat but as a shared experience.

"Everything I have is because of this mountain," Philip said. The duo trained by biking Pilot Butte, and hiking Black Butte and Tumalo Mountain. Despite challenges of altitude, basketball player Jayden was physically fit for the ascent. "I felt happy to have done it," said Jayden, "but even happier that it was with my dad."



NEVE GERARD NORDIC SKIER + YOUTH OLYMPIAN

Nordic skier Neve Gerard recently competed in multiple events at the 2024 Winter Youth Olympics in Gangwon, South Korea, where she placed sixth in the 7.5K classic ski race. A native of Central Oregon, Gerard began Nordic skiing at a young age but started competing in ninth grade. This was her second time representing the United States on a world stage after racing in Finland in December. "I love Nordic because of the people, the places it's taken me and the hard work," Gerard said. The 17-year-old student at Bend High School and skier for Mt. Bachelor Sports Education Foundation is hoping to be part of Team USA at the 2026 Winter Olympics in Italy.



CLARA LEWIS SWIMMER + INSPIRATION

Each weekday morning, Clara Lewis drives the short distance from Touchmark to the Athletic Club of Bend and at 7 a.m. slips into the pool to begin her 50-minute workout. At 97 years old, she finds relief in the sport that helps her deal with scoliosis and an arm weakened by polio at age 16. Lewis swims for health and for the camaraderie of fellow early-morning lap swimmers who know that "lane one is Clara's lane." A Bend resident since 1967, she has maintained the five-day-a-week regimen since the '80s, first at the Bend Golf Club and then as an inaugural member of the Athletic Club when it opened its doors in 1991.



ILLUSTRATIONS BY DAVI AUGUSTO



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Misery Loves Company

Spring is for trails at the majestic Smith Rock State Park

WRITTEN BY LUCAS ALBERG

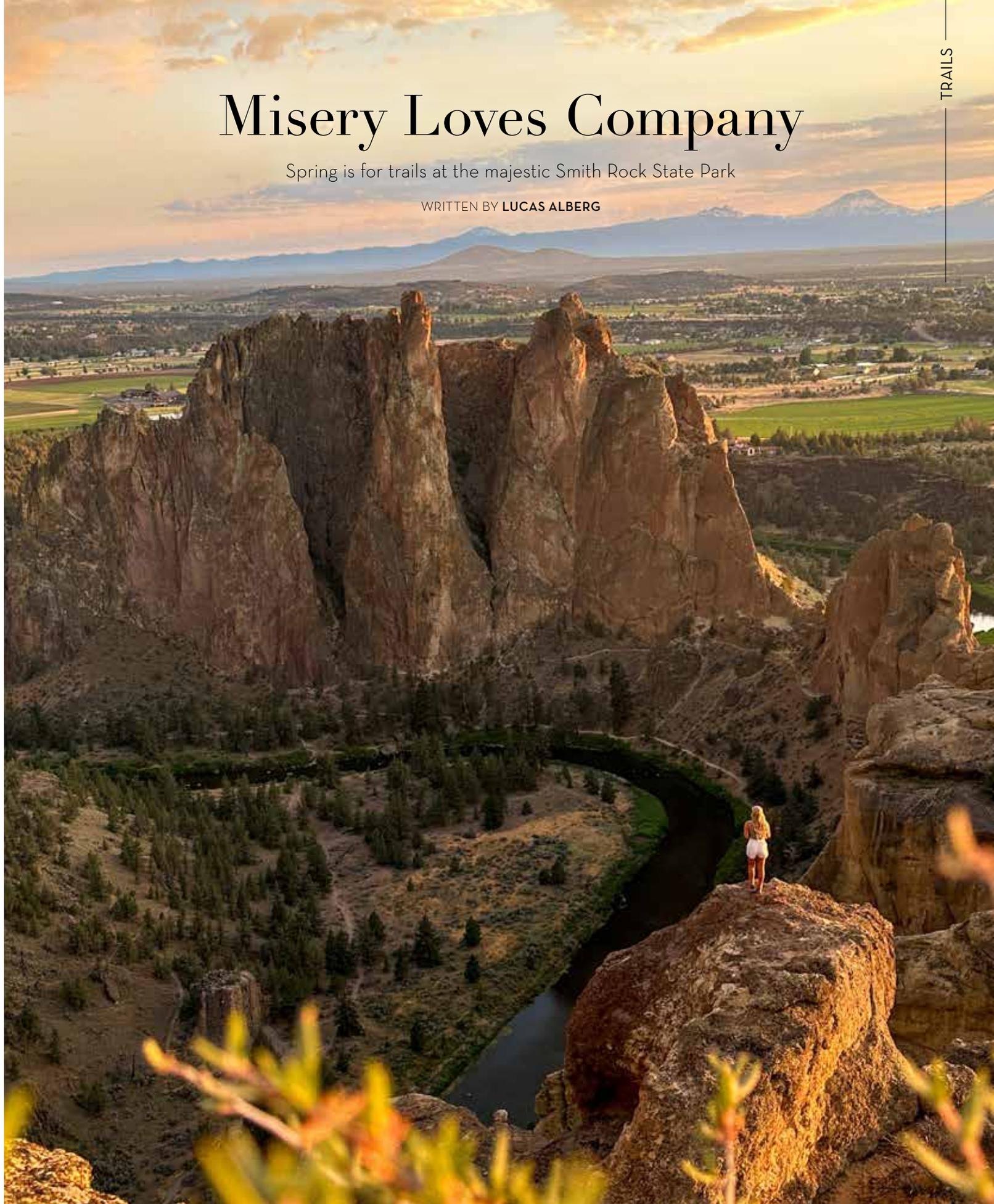


PHOTO GIA BATTAGLIA

As you descend from the main trailhead at Smith Rock State Park outside of Terrebonne, it's hard not to be impressed by the majesty and beauty of the iconic Central Oregon landmark—the orange-red hues of the vertical rock faces, the tranquil, meandering Crooked River in the foreground and the impressive antics of climbers dangling from sheer rock hundreds of feet above the ground. In fall 2023, a new, wider footbridge was christened and now visitors have a safer and sturdier gateway to the park's multitude of outdoor activities. Though the park may be best known for its climbing, spring is the perfect time to hike as well, both to beat the throngs of summer visitors and the soaring temperatures. Here, *Bend Magazine* recommends three trails for some of the best early-season hiking in the park.

MISERY RIDGE

Misery may love company, as the adage goes, but for many outdoor enthusiasts in Central Oregon, Type II fun—the kind that's more fun after it's done—is rewarding and leads to jaw dropping vistas. The Misery Ridge Trail is one of the

park's most iconic, and for good reason. The views from the top make the uphill burn worth it, with a panoramic vista of the Cascade Range, including the Three Sisters, Mount Bachelor, Broken Top, Mount Washington, Mount Jefferson, Three Finger Jack and Black Butte, among other Central Oregon geological landmarks. If you have a compact pair of binoculars, bring them along for both spotting wildlife and the high life of sport climbers.

To begin the hike, park at the main trailhead and day-use area near the Welcome Center. Follow pathways north past a picnic shelter to begin the short descent to the river. Before you do, be sure to take in the spectacular view of the south-facing rock formations and the Crooked River at its base. Keen eyes may be able to spot climbers high up along the walls and if you brought binoculars, this is a fun spot for a quick scan. After the descent, pop out at the newly reconstructed footbridge. Stay straight at the junction after crossing to continue onto the Misery Ridge Trail, which very quickly provides first-hand experience for how it got its name by gaining more than 600 feet of elevation in approximately a half mile. Though punishing,



The popular River Trail meanders along the Crooked River.

PHOTO NATE VAN MOL

the quick ascent also provides a wonderful excuse to stop and take in the expansive scenery as you catch your breath.

Once on top, the views really begin to open up. On clear days, the volcanic peaks of the Cascades as far south as Mount Thielsen and Mount McLoughlin are visible all the way north up to Washington's Mount Rainier. As you skirt along the ridgeline, you soon come head-to-head with one of the park's more notable climbing routes, Monkey Face. Fortunate timing may offer you a glimpse of climbers as they summit to the top of the 350-foot spire which, indeed, has a striking resemblance to a monkey face. Begin the descent through a series of steep switchbacks down to the Mesa Verde Trail and soon after, the River Trail. From here, it's an easy and flat 2-mile return along the Crooked River back to the bridge to complete the loop.

- ▶ **Trail length:** 3.7 miles round trip
- ▶ **Elevation gain:** 722 feet
- ▶ **Difficulty:** Moderate

HOMESTEAD TRAIL TO CANYON TRAIL

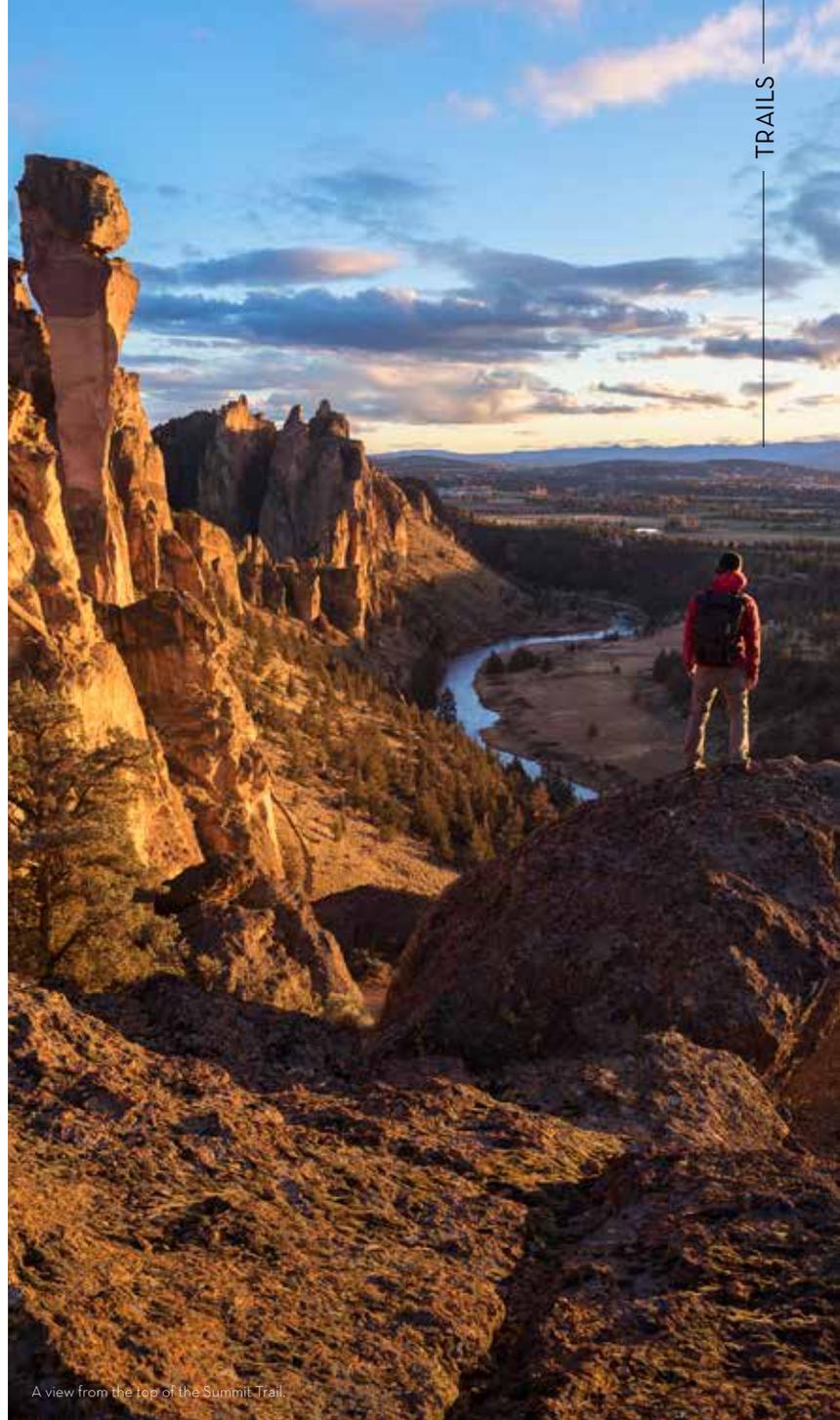
For those wanting a milder hike, the Homestead Trail stays low along the Crooked River. Park at the far northern end and locate the trail at the apex of the turn-around. Descend a short section of switchbacks to the river and turn left to go toward the center of the park. Within a half mile, you'll pass by the footbridge. Instead of crossing, keep straight along the southern side of the river onto the Canyon Trail.

This is a wonderful route for both hiking and photography as it offers many angles of the impressive southern side of the rock formations. Additionally, if you time the hike just right during the morning or evening hours, you'll be rewarded with a kaleidoscope of changing colors. If you choose to hike the out-and-back Canyon Trail in its entirety, it will take you 1.6 miles to the southern boundary of the park. Turn around here, or to make the hike shorter, simply turn around at any point. On the return, you can shorten the hike even more by veering up the Chute to the main parking area and walking along the paved path back to the turn-around.

- ▶ **Trail length:** Up to 4.8 miles round trip with options to shorten
- ▶ **Elevation gain:** 250 feet
- ▶ **Difficulty:** Easy

RIVER TRAIL – SUMMIT TRAIL LOOP

The dramatic and varied options of Smith Rock State Park make it hard to narrow down a visit to just one hike. So why not choose one that takes it all in? Circumnavigate the entire park by connecting the River Trail, Summit Trail, Burma Road and the Wolf Tree Trail for a 7-mile hike of ups, downs and all-arounds. With more than 1,200 feet of



A view from the top of the Summit Trail.

elevation, it's not a loop for the faint of heart, but for those up for the challenge, the rewards are incredible vistas which the bulk of visitors to the park rarely ever see.

- ▶ **Trail length:** 7.3 miles
- ▶ **Elevation gain:** 1,664 feet
- ▶ **Difficulty:** Difficult due to elevation and distance.

KNOW BEFORE YOU GO

Day-use parking permits are required at Smith Rock State Park and can be paid via self-service kiosks along the main parking areas (credit and debit cards accepted). Limited camping is available on a first-come, first-served basis beginning March 15. See smithrock.com. **B**

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Backcountry Beauty

Skin up and ski down Tumalo Mountain

WRITTEN BY KATRYNA VECELLA



PHOTO RICHARD BACON



A low-tide early season followed by snow storms ending in ice, plus rainy days mixed in, made even a routine Tumalo lap rare this winter. That's why, when a friend texted us late one mid-week evening that they were headed up in the morning for a tour, I was quick to say "yes," even with a full day of responsibilities ahead.

My partner and I woke up just after 5 a.m. From bed, we checked weather and conditions on NOAA's forecast, using the location of Mt. Bachelor, and Central Oregon Avalanche Center's forecast, too. The forecasts sat at "moderate," two out of five on the danger scale, with cornices and warming temperatures as the biggest concern. We had a good idea of what weather to expect and what terrain to avoid, and felt we had the tools to make a safe decision once there. With many morning sessions under our belts, we also knew what clothing to wear for the forecasted temperature.

The next 20 minutes were quick and efficient, loading the car with gear—skis, splitboard, skins, beacon, probe, shovel, helmet, goggles, and extra layers. After a frenzy, including running through a checklist and, of course, feeding our pup, the 30-minute drive up to Dutchman Flat trailhead with coffee was a reprieve. Upon arrival, finding a spot in the lot proved we had been early-enough birds to snag a space—often the lot is limited on parking.

We wasted no time putting on our headlamps and getting set up. First on with the boots, shell and gloves, then to the trickiest part of the morning—pulling apart the skins. After years of use and refreshes in an attempt to salvage rather than replace them, my skins gave me an extra challenge as I peeled them apart before applying them to my splitboard. After some grunts and leverage from the weight of my body, the skins were attached and the whole gang was ready. After a beacon check confirmed everyone's beacons had battery and were transmitting, we headed uphill.

The start of the tour always proves the hardest; I tend to be stiff and out of breath, with no rhythm for the first 10

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or so minutes. Then, like the wheels in a machine, I find flow. Our pace was quick and efficient—my buddy leading just slow enough for me to keep up, but fast enough that I felt the burn of my quads. We were five headlamps in the dark, single file, pushing one ski up after another with a familiar “swish” as our skins slid along the snow. With light leading the way, the view was a mixture of acute focus on the trail and outlines of the alpine forest as it opens up to the star-filled sky.

We arrived at the top of Tumalo just before 7 a.m. The best part of an early morning tour is that the peak typically delivers a treat you deserve. The moon still glowed over Mt. Bachelor, but the sky was turning cotton candy, with pink clouds and blue skies glowing and swirling together. Across the way, we could see groomers on the mountain preparing runs for skiers and snowboarders arriving in a few hours. We soaked up the views, then transitioned our skis and splitboards before our fingers got too cold to put the pins in our bindings.

Despite the conditions, the team decided to skip the bowl. On another morning, we’d eat up the wide-open expanse of ungroomed terrain. A few of us had work assignments and meetings that ultimately began calling us back to town. We knew we could come back for more soon. The ride down, snow still hardened from the night before but warming already, made for a quick run. There were still whoops and hollers, even with the low-angle terrain and mediocre snow. Any day that begins on Tumalo Mountain is a good day. **IB**

PHOTOS RICHARD BACON

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Timeless Adventure

Spring at Eastern Oregon's Silvies Valley Ranch

WRITTEN BY TERESA RISTOW

When Scott Campbell bought the property that would become today's Silvies Valley Ranch, the land had spent decades in the hands of absentee owners. Since the 1820s, it had been run down by a mix of beaver trapper activity, and herds of buffalo and wild horses on the property. Streams and vegetation had degraded, and the land was more barren than it had once been. But Campbell, a native of Burns 45 minutes south of Silvies, had a vision. After an impressive career in veterinary medicine where he launched what would become Banfield Pet Hospitals, Campbell bought the land in 2005 with a plan to build a ranch and golf resort. Silvies Valley Ranch opened to the public in 2017 and has expanded and evolved in the past several years with wildlife restoration projects, new golf courses, a spa and wellness center and other amenities, elevating this one-of-a-kind Western ranch and resort.





As the Eastern Oregon winter thaws, Silvies is gearing up for another busy season, with the ranch's array of Dan Hixon-designed golf courses expected to open May 1. Golf at Silvies is a one-of-a-kind experience, starting with the resort's reversible Hankins and Craddock courses, which are set up for play on alternating days, in alternating directions on the same land. To meet Silvies' famous goat caddies, who schlep golf gear between holes, visit the nine-hole Chief Egan course or McVeigh's Gauntlet, a seven-hole challenge course. The newest addition is Claire's course, an 18-hole reversible putting course, which is free for guests to use and can be played on any day in either direction. "We've done a lot to make the golf better and more fun," said Campbell, who explained that the diversity of course offerings means there are options at Silvies for everyone from beginners to lifelong golfers. "We don't want anyone to be intimidated," he said. Last fall, Silvies was recognized by *GOLF* magazine as one of the top 100 golf resorts in the world.



While the golf offerings are impressive, visitors to Silvies will quickly realize there's much more to the resort. Take in the charm of ranch life with horse trail rides, cowboy roundups, Polaris Ranger tours, a visit to the gun range, fishing or wagon and sleigh rides. The activities are spread out around the 140,000-acre resort, which continues to undergo environmental rehabilitation to bring it back to its natural state—with winding creeks, large trees and lush meadows. "When we first got here, the ranch was in really bad shape," Campbell explained. "We've been restoring the streams, restoring meadows and restoring trees and plants that used to grow along the streams. It's been really exciting." The environmental improvements have caught the attention of wildlife, so visitors can expect to see everything from elk and deer to beaver, river otters, hawks and eagles.

Back inside, guests can exercise, unwind and de-stress at the Rocking Heart Spa, a 17,000-square-foot spa and wellness center with an indoor pool, rock climbing wall, fitness room and rooms for massages, facials and other treatments.

After a busy day on the ranch, visitors settle around a long dining room table for supper together. "Everyone gets a name badge when they check in with their picture and their first name, and all the employees have one as well," Campbell said. "The first night at dinner, you'll sit at the ranch table and have someone you probably didn't know before sitting on one side of you or the other, and you may be pretty good friends by the end of dinner."

Guests dine on a menu by Chef John Kolka, packed with local fare, including beef and goat raised on the ranch and locally sourced ingredients from Oregon or Idaho's Treasure Valley to the east.

After dinner, visitors retire to one of the resort's cozy, Western-themed suites or log cabins. Last year, Silvies debuted new three- and four-bedroom solar-powered cabins for guest stays. For those who visit Silvies and can't picture leaving, Silvies has also begun its first foray into real estate development, with the new Silvies Camp Creek Ranch eco-cabin community. Whether it's for a weekend or longer, Campbell sees Silvies as a place for people to connect with nature and one another, while enjoying activities and leisure during all four seasons. See silvies.us. **B**



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Peak Performance

Graham Zimmerman climbs to protect the world's highest mountains

WRITTEN BY SUZANNE JOHNSON



Graham Zimmerman looks at the descent from Celeno Peak, Alaska.

PHOTO COURTESY CHRIS WRIGHT



The French Maid in Calgary, Alberta, Canada

Graham Zimmerman spends a lot of time on glaciers—climbing them, mapping routes through them and protecting them. Zimmerman, age 36, is an alpinist known for establishing dozens of new routes and first ascents up the world’s highest peaks, from Alaska to Patagonia and Pakistan.

Combining ice climbing, rock climbing and glacial traversing to reach remote mountain summits, alpinists climb lighter, faster and closer to the elements. Compared to traditional mountaineering, an alpinist carries minimal gear and pushes to the summit in days rather than weeks. The planning is intense, the weather is unpredictable, and the risks are significant. For Zimmerman, there’s no better way to experience the majesty of the mountains.

When he moved to Bend in 2015, the outdoor access and community made it the perfect basecamp for Zimmerman and his wife, Shannon McDowell. He describes McDowell as his best partner, coach, motivator and the reason he’s determined to return home safely from every climb. “There’s a harmony between my climbing, marriage and creative work. When I get better at one part, it all grows stronger,” he said. That harmony has driven his growth as an alpinist, filmmaker, climate advocate and author.

SEARCHING FOR BALANCE

As Zimmerman explains in his new memoir titled *A Fine Line: Searching for Balance Among Mountains*, climbing brings him

freedom and challenge unlike anything else in his life.

“It’s more than a checklist of ascents and summits. Climbing has become my life’s work, with a deeper purpose. I’ve learned to take on big, audacious challenges and problem-solve strategically,” said Zimmerman. Along the way, he has developed close friendships with mentors and climbing partners. Many of those climbers lost their lives in the mountains they loved, and Zimmerman feels driven to keep their legacy alive.

In *A Fine Line*, Zimmerman honors these friends by sharing their stories, personalities and achievements, and weaving the wisdom of his mentors through his own lessons learned. These lessons range from managing fear—a critical part of alpinism—to cultivating trust between partner and leveraging his platform for good.

WITNESSING GLACIAL CHANGE

As his expeditions grew more complex, Zimmerman witnessed measurable changes in the size and quality of glacial fields. His filmmaking allows viewers to experience these extreme environments with him and witness the impact of a warming climate on both the landscape and the local people. To expand the scope of this work, he joined forces with Protect Our Winters (POW), a nonprofit organization working to influence climate policy and nudge society closer to carbon neutrality. “I’m an imperfect advocate—I’ve struggled with the fact that travel increases my own carbon footprint.



CLIMBING HAS BECOME MY LIFE'S WORK, WITH A DEEPER PURPOSE. I'VE LEARNED TO TAKE ON BIG, AUDACIOUS CHALLENGES AND PROBLEM-SOLVE STRATEGICALLY"

But through climbing I can show what's actually happening, and I can speak for those who don't have a voice or a vote," said Zimmerman.

FIRST ASCENT

In 2019, Zimmerman was part of the four-climber team that completed the first ascent of Link Sar, a 7,041-meter mountain in the Karakoram range of Pakistan. For that achievement, the team was awarded the Piolet d'Or, the highest award given in the climbing world. His film *Link Sar: The Last Great Unclimbed Mountain* captures the challenges of that ascent—and the staggering beauty of a landscape at risk.

THE GREATER GOAL

Zimmerman's next climb targets a remote Alaskan range, but this year's priorities will keep him closer to home. "POW has created a massive engine for building coalitions to work directly with policymakers; continuing that work is my top concern. 2024 is a critical year for keeping the momentum going."

Despite the overwhelming nature of the problem, Zimmerman remains positive about turning the tide of climate change. "I have a lot of hope that we can fix this," he said, "but it will take gumption and innovation. Anyone who spends time outdoors has a story, and stories are potent tools for driving positive change. Everyone can play a role in this conversation." ■



Graham Zimmerman and his wife, Shannon McDowell with their dog Pebble at home in Bend.



Ascending The Nose at El Capitan, Yosemite National Park.

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Sareli Beltran translates the legend of The Earth Guardians.

Parade for the Planet

The Environmental Center celebrates Earth Day

WRITTEN BY HEIDI HAUSLER

The sound of drumming fills the air, a unifying beat pulsing through Bend's downtown streets. Painted faces of children wearing butterfly wings, furry tails and all the colors of the rainbow dance and twirl and parade to the African rhythm. Standing eight-feet tall in whimsical glory, The Earth Guardians lead

the vibrant Procession of the Species as the Bend community gathers, united by a collective love for Mother Nature.

Bend's Earth Day Fair & Parade, hosted by The Environmental Center (TEC) the third weekend in April, has been a community celebration since 1990, grounded in a mission to honor the Earth by coming together to protect it. "The Environmental Center started the Earth Day celebration to bring the national event to our local community and help Bend feel part of the larger environmental movement," TEC Executive Director Mike Riley explained. "The throughlines of the original goals have remained, to connect the community to organizations working to protect and restore the environment,

while bringing people together to have fun, play games, eat good food and hear local music."

Priscilla Calleros, TEC's event and outreach manager since 2020, explored the evolution of the celebration in parallel with the community it serves to inspire. "Covid forced us to take a step back and evaluate how we've always done things. We wanted to use Earth Day as an opportunity to make a change, staying true to the roots of the fair and the beloved things that make it such a well-attended event of the community, while integrating something new," she said. Driven by the cultural perspective of her Mexican heritage, Calleros wove inclusivity into the celebration. "For many cultural



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Danza Azteca performs a symbolic dance.



Speakthunder Berry leads the Procession of the Species.

groups, caring for the environment is a way of life. I wanted the Earth Day Fair & Parade to be a celebration of the varied ways all the different cultures who live and thrive in our Central Oregon community honor the environment," Calleros explained, "so all identities can feel seen, included and welcomed."

To make her vision come to life, Calleros commissioned artists representing myriad backgrounds in Central Oregon: Members of the Confederated Tribes of Warm Springs have led the welcome ceremony and performed Indigenous music and dance; the art of local high school students representing Aztec and Mayan heritage have adorned the posters for the fair; a Latina group has shared Ballet Folklórico de México; and African drummers and a New Orleans-style brass band have led the procession. For Earth Day 2024, Calleros hopes to have a Central Oregon high school marching band and more performances from the diverse community.

A visual centerpiece for the annual event, The Earth Guardians stand as iconic symbols of Bend's colorful festivities. Created by local artist Teafly Peterson in collaboration with TEC and other artisans, The Guardians guide the Procession of the Species alongside the musicians, a march that culminates at Troy Field. There, Teafly ceremoniously narrates the legend of The River Guardian, The Forest Guardian and The Garden Guardian, a tale woven with themes of connectedness, sustainability and stewardship.

There's a collective energy that characterizes the Earth Day Fair & Parade, from the pre-parade workshops where children design their own costumes to the vibrance of festival-goers' smiles; it's a feeling captured in shared moments. "As the crowd gathered in community to watch the Aztec and Mayan dancers and drummers honor our connection to Mother Earth last year, I started to cry happy tears," Calleros shared. "It was all so beautiful." See envirocenter.org. **13**

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Public Rock Choir

Deena Kamm strikes a chord to amplify voices of the community

WRITTEN BY GREGG MORRIS | PHOTOGRAPHY BY TAMBI LANE

Entering the doors of westside Bend's Broken Top Bottle Shop & Ale Cafe on the first Monday of each month is akin to stepping into a rock n' roll show. The drummer and bassist keep the driving beat, while a guitarist and keyboard player offer solid rhythm and familiar leads. However, the 50 or so lead singers of the Public Rock Choir (PRC) joyfully belting out Jon Batiste's popular song "Freedom" remind you that you are closer to home. The lyrics say, "I hear a song that takes me back and I let go with so much freedom."

The Public Rock Choir has been meeting regularly at Broken Top Bottle Shop since 2016, though their voices have been heard in downtown Bend's Drake Park, on a float during the Bend Christmas Parade and singing "The Star-Spangled Banner" at sporting events.

"No one has to sing alone, and everyone gets to tap into their inner rockstar and let it rip," explained Vocal Coach and PRC Founder Deena Kamm. "It's meant to be fun, loud and a place where you can come and sing your face off."



Vocal Coach and Public Rock Choir
Founder Deena Kamm.

Kamm, who has been a professional singer most of her life, started vocal coaching roughly a decade ago. After being consistently asked for lessons by audience members at her performances, she began taking on child and adult students. Her career evolved into executive voice coaching, though she still works with singers as well. Her focus in coaching is to find a client's true voice and help unleash what is already inside of them. While working with many of her students, she realized they had nowhere to sing in public; and the idea for the choir was born.

Bend's Jim Brown started taking vocal lessons from Kamm a few years ago and attended the Public Rock Choir shortly after that. He likes the live band and being able to sing with a crowd.

"Over time it has become a fun community of people," said Brown. "There are regulars who have become friends and it's a nice once-a-month get together."

Uriel Fox decided to join the choir in 2017 after realizing she would have to pitch her startup company at entrepreneurial events. She ran across an ad for PRC that touted, "If you can talk, you can sing! No experience necessary."

"The experience has helped me develop smooth, cool voice control through proper breath control," explained Fox.

Kamm organizes the choir to be beneficial for everyone. She makes sure the musicians—made up mostly of former students and high schoolers—are paid and experience what it's like being in a working band. Her only rule for the singers is that everybody has to be nice to everyone else.

Historically, group singing has been around as long as time immemorial. Scientifically, singing creates physical happiness as the body releases serotonin, oxytocin, dopamine and endorphins. The energy in a room also begins to change as the resonance of notes from group singing syncs up the frequency of the singers.

Choosing songs can be the most challenging part. A typical evening with the Public Rock Choir finds the singers and band covering everything from "Uptown Funk" by Mark Ronson and Bruno Mars, to "When Will I Be Loved" by Linda Ronstadt or "Sympathy for the Devil" by The Rolling Stones. It's most important that the songs are fun for the choir to sing and to create a gospel for believers and non-believers alike. The Public Rock Choir inspires others to believe in community.

"I have been a professional singer my whole life," said Kamm. "I've done it all—from albums to tours. This has been the most satisfying thing in my life. Watching people experience music without inhibitions is so liberating." See singbend.com. 🎤



For a full interview with Deena, listen
to The Circling Podcast
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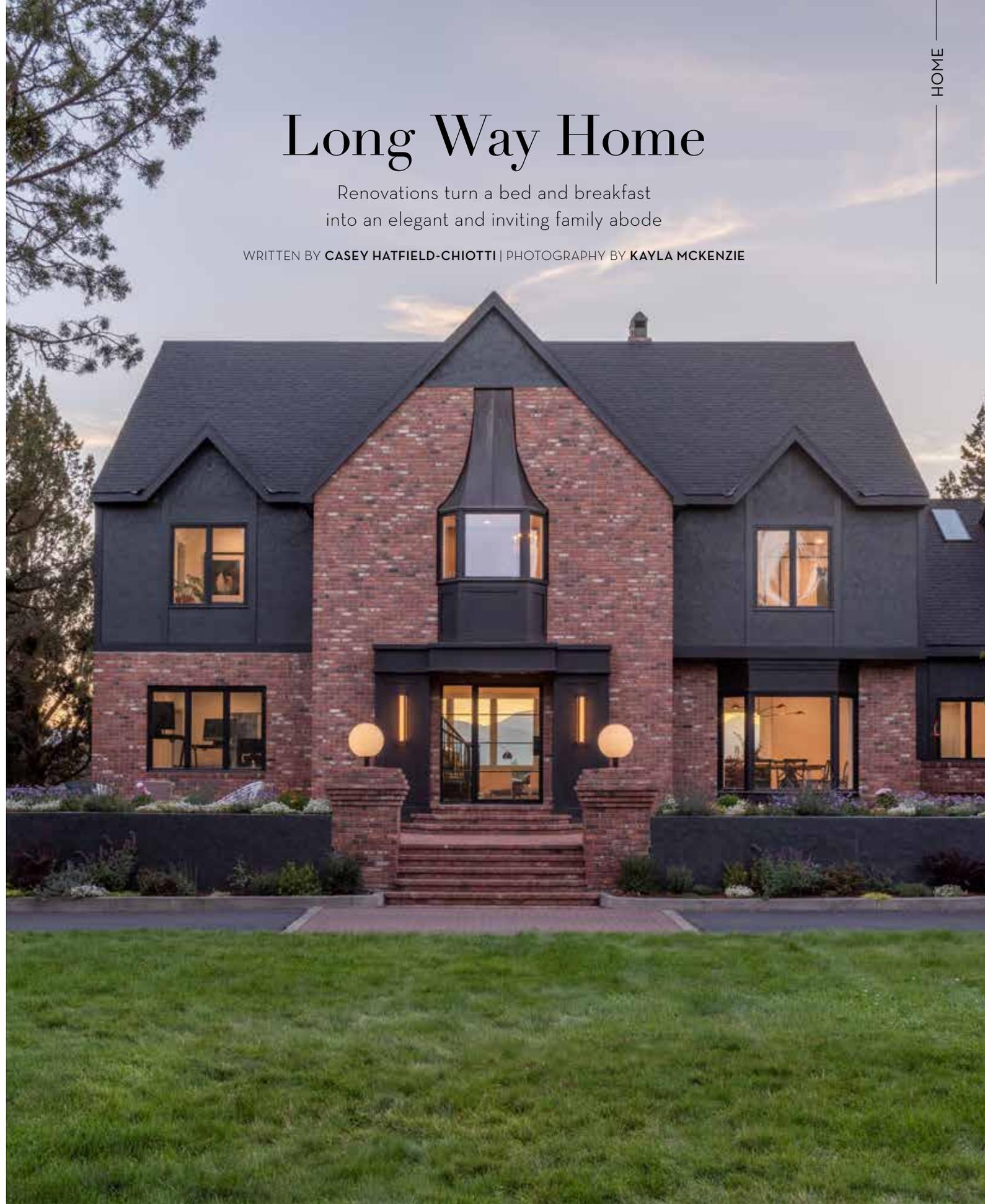
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Long Way Home

Renovations turn a bed and breakfast into an elegant and inviting family abode

WRITTEN BY **CASEY HATFIELD-CHIOTTI** | PHOTOGRAPHY BY **KAYLA MCKENZIE**





TOP: Bricks from the fireplace were salvaged from the original Bend Mill.

BOTTOM: The kitchen, as with other aspects of the remodel, was designed to be functional and beautiful.

Running an ultra-marathon or competing in a triathlon takes mental grit and determination. The same could be said for renovating a house. Trever Long, who regularly runs races up to 100 miles, and his wife, Cherie, who competed in an Ironman in 2022, met after Cherie graduated from the University of Texas. Their love of nature drew them to Portland where Cherie, an anesthesiologist, was accepted to a residency program. They yearned for an even greater connection to the outdoors and eventually moved to Central Oregon.

After living on Bend's westside for several years, the Longs came across a listing for a Tudor-style eight-bedroom, seven-bathroom home on six acres in Tumalo, a marked departure from the contemporary house the family of six—including the Long's 14-year-old daughter, 11-year-old twin boys and five-year-old son—lived in at the time. Perched above Tumalo State Park with views of the Deschutes River and multiple snow-capped peaks, the Tudor home was initially built as a bed and breakfast in 1986. It came with an approved permit to be a guest lodge, a vision that never materialized.



VISIONING FROM ABROAD

The Longs bought the house in March 2020 but moved five months later to New Zealand where Cherie had a yearlong work contract. In addition to adventuring and exploring, they spent the time abroad honing ideas with their contractor, Nate Connolly of Ridgeline Custom Homes and designer, Lisa Arballo of Bend-based Legum Designs. The time to think through their goals

brought the home-planning process into focus. "I think we fell in love with it even more," said Cherie.

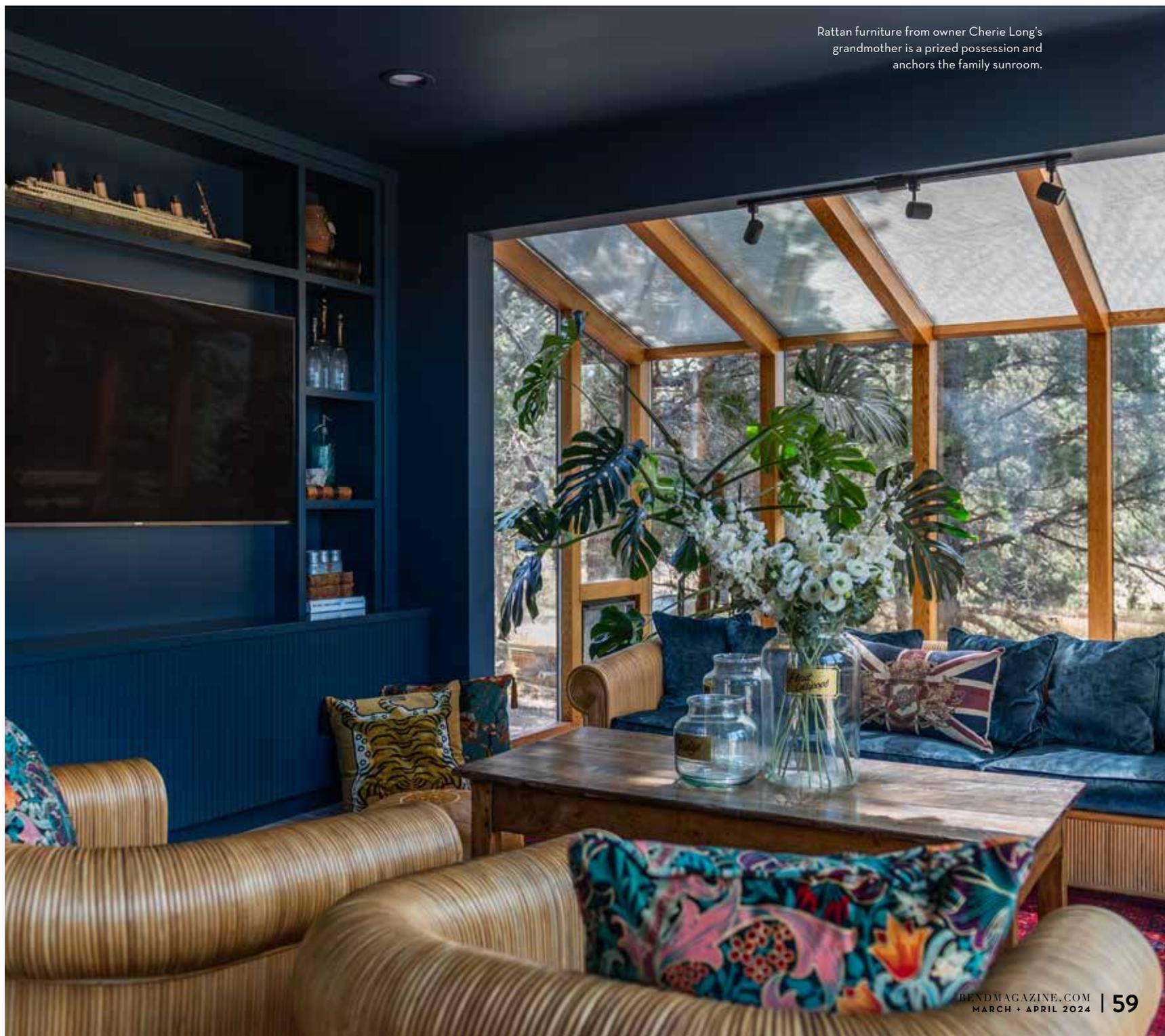
In the process of turning the dark home into a sleek family-friendly residence, the couple decided to retain the original staircase and the oversized brick fireplace—learning from a previous owner that the bricks were salvaged from one of Bend's original mills. The contractor removed the Tudor-motif cross-hatching

on the exterior and instead added dark cladding to contrast with brick to create European style. An iron and glass front door gave the facade a modern appeal.

CREATING A FAMILY HOME

Designing a home that could accommodate the family's active lives and interests was a priority for the Longs. The kitchen is an example of their desire for both beauty and functionality. Trever

Rattan furniture from owner Cherie Long's grandmother is a prized possession and anchors the family sunroom.





thought through the design “drawer by drawer.” The large kitchen island is concrete, a natural material that’s easy to repair. The kids can grab cups and dishes from the open cabinetry and the matte Italian kitchen cabinets have no handles so they can easily be wiped clean. “We did research into how to make everything sort of disappear—including the refrigerator and dishwasher,” said Trever.

But certain things were selected to stand out, such as the Brazilian Matarazzo marble backsplash and cantilever shelf behind the Thermador range and the Argentinian-style Grillworks grill in the back of the fireplace. Details mattered, too, as evidenced in the sparkling water on tap.

The Long children enjoy a suite of rooms on the basement level that was originally created as a space to host bed and breakfast guests. Walls were removed so a large picture window could flood the area with natural light. Today, the “Kid Zone” includes three bedrooms and three bathrooms; the children all had input in the design. Daughter Rowan, for example, chose the floral wallpaper and marble mosaic floor for her bathroom.

There’s also a family room with a reading nook and a vintage chaise lounge recovered in a colorful textile, surrounded





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Cherie Long and her husband, Trever, with their children Soren, Rowan, Callum and Ryker.

by photos representing the family's adventures. The home also boasts a gym and a laundry room that doubles as an art space.

HERITAGE AND TRAVEL INSPIRATION

Cherie's mother, who lives in Europe and is an expert in French and Swedish antiques, offered her expertise. The home is a treasure trove of beautiful art and heirlooms used in unexpected ways, such as a secretary found in the dining room, the mid-century Tom Dixon fixtures in the powder room complementing limewash walls by Bend artist Juanita Perdomo, and the crystal chandelier, a wedding present from Cherie's parents that dangles near the bathtub in the primary suite.

Heritage pieces are coupled with accents collected from around the world. One of their most prized possessions is the antique rattan furniture from Indonesia in the sunroom that belonged to Cherie's grandmother. The Longs pair the furnishings with items such as blankets handpicked from a market in Mexico and a ceramic goat sculpture purchased at a pottery shop in New Zealand. It's an elegant yet approachable home where the family can curl up together to watch a movie; a home layered with meaning in every corner. "I think that is what our house is made of: small little trips and memories," said Cherie. **B**



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Senior Vice President, Financial Advisor

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Paul.Walton@morganstanley.com

NMLS# 1906183 | Lic.# 4104014

HILLARY BEELKE

First Vice President, Financial Advisor

541-617-6009

Hillary.Beelke@morganstanley.com

NMLS# 1920555 | Lic.# 4008541

LAURA THOMPSON-BALL

Senior Registered Associate

541-617-6023

Laura.Thompson-Ball@morganstanley.com

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Women in the C-Suite

Bend's CEOX strives for gender equity

WRITTEN BY JENNIFER DELAHUNTY

PHOTOGRAPHY BY ANNA JACOBS

A few years ago, Luann Abrams was in a venture capitalist meeting when the new CEO for a start-up fertility firm was announced. The new leader was male. "Why can't they find a woman to lead a fertility firm?" she wondered. Just don't get her started on the venture capital ecosystem where fewer than 2% of funds are invested in women-led companies. "I just knew there were women out there who deserved leadership roles," she said. Fueled by a desire for change, Abrams started CEOX in 2020 to take on gender equity in the CEO seat. The organization has grown to a community of more than 900 women executives across the country.

Abrams has a fire in her belly for elevating women to corporate and nonprofit leadership positions. "It's a truism that men tend to hire people who are like them," she said. "So many founders of companies, who are

Luann Abrams



A portrait of Libby Unger, a woman with blonde hair and blue eyes, wearing a dark blue sweater. She is smiling and looking directly at the camera. The background is a bright, indoor setting with a large window and a potted plant.

Libby Unger

mostly men, hire other men." Her aim with CEOX is to be a resource for any organization looking to find supremely qualified female leadership. "Men are often hired on potential," she noted, "whereas women tend to be hired on what they've accomplished."

Accomplishment defines the story of Tia Newcomer who spent eight years with Hewlett Packard and nearly five with PepsiCo, plus several other organizations, before arriving in Bend in 2016 with an impressive resume and a desire to make a difference. In Bend, she dove into the nonprofit sector, taking on board positions for several organizations.

As her work needs shifted, Newcomer joined a roundtable of CEO-role-seeking women led by Libby Unger, a Bend resident and adviser to CEOX. The cohort supported and inspired each other as they navigated their personal and professional lives. Developing a personal value proposition was one of the most useful exercises Newcomer undertook. "I became very clear on my values, so when I began searching for my next position, I knew how to express them." She landed a job as the CEO of the Minneapolis-based nonprofit CaringBridge, a widely used platform for communicating personal health journeys.

Leading the roundtables for potential CEOs such as Newcomer was a joy for Unger, who modeled them after her

experience as a member of an roundtable for tech startup CEOs. "These women held each other accountable to their goals while providing constructive support and even tough love as they encountered challenges in their leadership journeys," she said.

MANAGING THE PERSONAL AND PROFESSIONAL

Women who are CEO-ready often find themselves in the middle of the sandwich generation, said Maura Connor, another CEOX success story. "We have [children], spouses and parents, all who need us. Even the most powerful and effective leaders need a sisterhood." Connor found hers when she joined Unger's CEOX roundtable. She is now a CEOX Ambassador, mentoring women destined for the C-suite.

Connor, who serves as CEO of both a start-up called IM4U Learning and of her own consulting firm, is particularly articulate about juggling personal and professional lives. She puts her personal information, including her mantra and the fact that she's raising four children, on her LinkedIn profile. "Someone mentioned that it was brave for me to list personal information," she said. "Brave and smart! I don't want to work for an organization that doesn't know and respect my values."

MOVING TOWARD GENDER PARITY

Abrams studied aerospace engineering in college and never felt gender was a factor. At one of her first business meetings, which was all male, that feeling changed. "As they introduced me, one said aloud, 'Wow. She has great legs.' I can't even tell you how shocked I was. I had lived my entire life up until this point thinking I was equal. I thought these issues were in the past." Abrams worked for Bend's Columbia Aircraft for 11 years, overseeing the certification of several aircraft models and granted authority by the Federal Aviation Administration to sign off on compliance issues.

After leaving Columbia Aircraft, Abrams ran FoundersPad, an early-stage venture fund based in Bend. Today, she is also a partner in The Abrams Group, an organization dedicated to advising, investing in and supporting the people, companies and causes that will lead to a better world.

While female membership on corporate and nonprofit boards has increased, the same can't be said of female CEOs. "Gender bias is everywhere," she noted, quoting a study that women are interrupted in meetings 30 percent more often than men. Abrams is very data focused: she quotes numerous studies to underscore her assertions. "There will always be work to do in terms of gender parity in the C-Suite," she said. Leaders such as Abrams and Unger in Bend, and the 900 members of CEOX across the country are working to change the conversation. See projectceox.com. **13**

Bend Entrepreneur Lab

A PARTNER FOR STARTUP SUCCESS

Hoping to fill a gap in the startup ecosystem, Carrie Douglass helped launch the Bend Entrepreneur Lab (BEL) this January to provide direct support to early-stage tech entrepreneurs. Acting as a "co-founder," according to Douglass, BEL will tailor services from sales and marketing to scaling and legal support from inception to the close of a successful seed round. In partnership with Oregon State University-Cascades, the model enables startups to move quickly, avoid common pitfalls and maximize market opportunities. "Our vision is to put Bend on the map as a place where aspiring tech entrepreneurs, including talent from underrepresented communities, can start and grow their tech company for the benefit of all," Douglass said. As founder of The Haven Coworking space and a Bend-La Pine Schools board member, Douglass is an entrepreneur herself and a community advocate. "The BEL innovation model combines the best demonstrated practice of proven models with the unique capabilities and culture found in Bend," she said. See bendentrepreneurlab.org.

BY THE NUMBERS

WOMEN IN BUSINESS



1972

Year Katharine Graham of *The Washington Post* Co. became the first woman CEO to make the Fortune 500 list.

849

Businesses started by women every single day in the United States. (1)

10.6%

Share of women CEOs in Fortune 500 companies in 2023—an all-time high. (2)



HALF

of all startups in the United States are founded by women. (3)

13 MILLION

women-owned businesses in the United States. (4)

50.7

Percentage of women in top executive roles in Washington, DC in 2023. (5)



Percentage of women in top executive roles in Oregon in 2023. (5)



of businesses across the world owned by women. (6)

18

Percentage increase in female CEOs in Fortune 500 companies from 2022-2023. (7)

1.9

Percentage of venture capital funding received for teams of all-women. (8)

8.4 MILLION

Number of people across the country employed by women-owned businesses. (6)

Sources: (1) World Economic Forum (2) Pew Research Center (3) Gusto (4) Women's Business Enterprise National Council (5) US News and World Report (6) Mercy Corps (7) Forbes (8) Pitchbook



Scaling Compassion

Ruth Williamson explores the power of collective energy

A CONVERSATION WITH HEIDI HAUSLER

Rooted in community, Ruth Williamson has dedicated the past 25 years to nurturing the soul of Bend. A life coach and Buddhist chaplain, Williamson has served on the boards of Bend 2030 Vision project, Bend Park & Recreation District, City Club of Central Oregon and World MUSE. Her work brings Bendites together to break down barriers and inspire new ideas. Here, *Bend Magazine* speaks with Williamson about the concept of “scaling compassion” and its potential to foster inclusivity and support across the Bend community.

Q Can you explain “scaling compassion” and what it would mean for individuals and the community to embrace this concept?

A As we notice suffering—ours or others—we also notice our common humanity. From this vantage, there is a natural inclination to end

suffering. Compassion is just our spontaneous response to suffering. We care. And we feel this instinctually. Every day, numerous organizations and volunteers work to ease the suffering of our most vulnerable community members. As we bring awareness to their efforts, we acknowledge that many Central Oregon families and individuals really struggle. Allowing this truth to touch our hearts flavors our personal choices and interactions. In this way, compassion becomes part of our cultural narrative—just the way we do things in Bend. Both small acts and generous acts ripple outward, inspiring others. It’s simple. And it becomes the status quo.

What open pathways and/or barriers do you see in nurturing compassion in the Bend community?

Bend has grown into a vibrant, thriving, multi-faceted community. Underpinning this growth however is a deep desire to not become just another pretty place. Numerous civic and cultural initiatives across Central Oregon target this intention to grow well. And it’s nothing new. Growing well has characterized Bend since its humble beginnings. If we continue to pay attention and catalyze this aspiration in all that we do, we will shape our future. Everything is possible.

The recent completion of the Envision Bend project, a massive undertaking because of its inclusivity, offers an inspiring assessment of our loftiest ambitions. The vision is an actionable plan rooted in the values of this community. It describes a future we can create together. Barriers to this vision? We go too fast. We don’t trust what we know. We feel overwhelmed by the complexity of this moment. We think we can do it alone. These energies get in the way for all of us.

Tell us about your passion for inspiring “real conversations,” and the impact of this as it ripples into the community.

I often laugh, “No one wants to sit next to me at the dinner table. I’m going to ask how you feel!” We survive and

thrive by feeling. The real conversation I’m describing is intimate, personal. What we can feel deeply, passionately determines how we live our lives. We connect through the generous act of sharing stories. In conversation, my narrow view relaxes, and I learn from others. Personally and professionally, I try to hold conversational space where we both discover something we didn’t already know. It’s fun to be surprised.

How can members of our community reduce the divisions between us?

Take a step backward. Pause and listen. Stay curious. Open your heart. Be respectful. Know fear—both mine and yours. Sense how fear might be present. Don’t try to fix the person, nor the problem. Today’s challenges are complex. If we’re honest, it’s daunting. Nevertheless, we must act. So we begin close in, without fanfare. We take the time to understand each other. The simple practice of going slow allows us to see with fresh eyes.

Looking at Central Oregon today, what aspect of our community would benefit the most from a collective spirit of compassion?

The ways in which we support our most vulnerable community members is the path for scaling compassion across all of Central Oregon. We must care about the suffering of others. Families and individuals on the margins are messengers from broken systems. And we’re all part of those systems. What is mine to do? Don’t look away. Engage with support, vote or volunteer. We never know the impact of our acts, but we can trust that our actions make a difference. Feeling part of the Bend community offers an invitation to co-create a cultural narrative we feel proud of. Let’s continue. ■



For a full interview with Ruth, listen to The Circling Podcast at BendMagazine.com/podcast.



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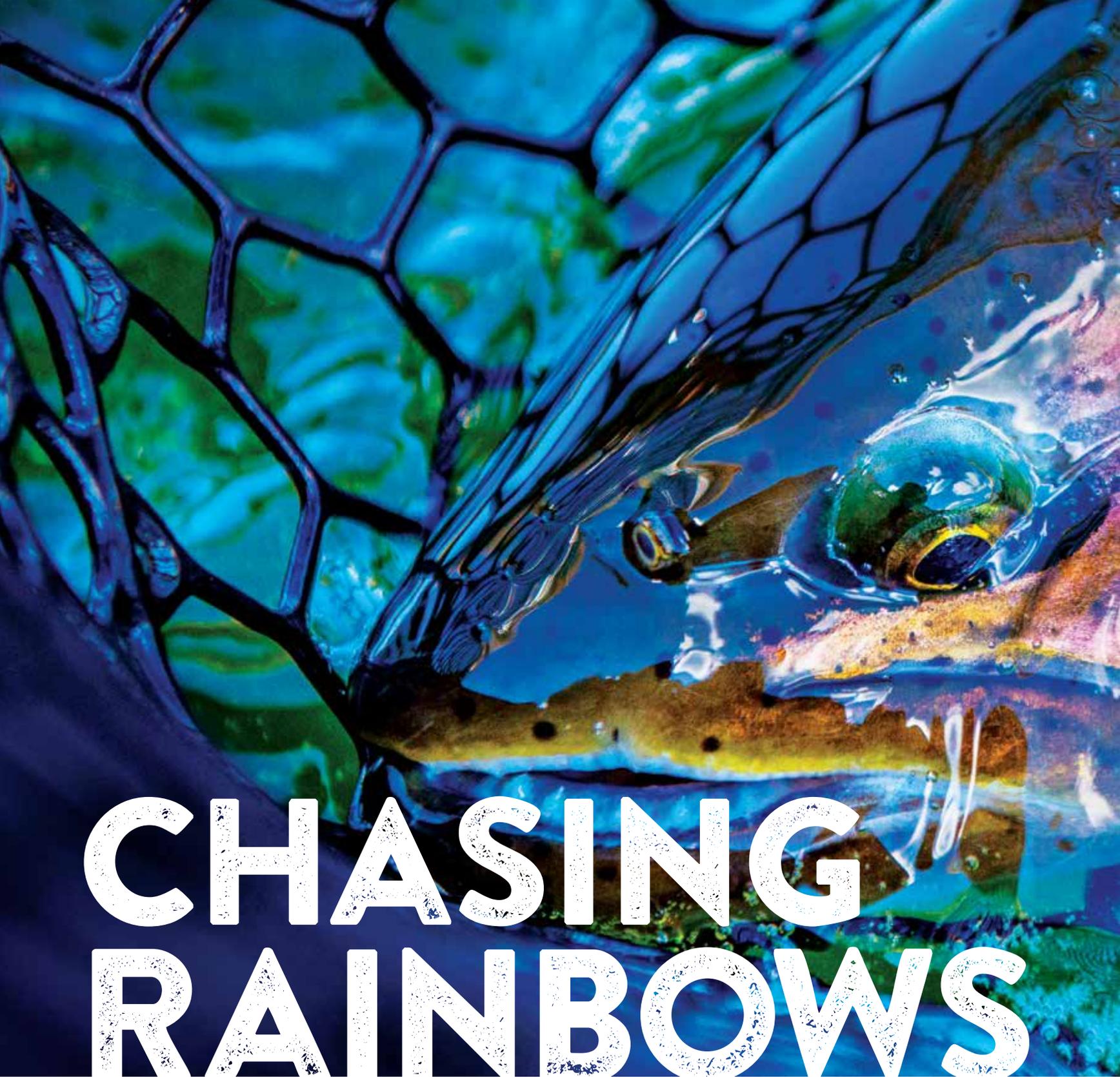
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CHASING RAINBOWS

Currents and colors of the universe

WRITTEN BY **SEAN STINY** | PHOTOGRAPHY BY **ARIAN STEVENS**



A strike on my Royal Wulff in the russet water and a dart of adrenaline hits me like an atom splitting. Raising my rod, I set the hook on a sardine, a fry really, and inadvertently fling him 30 feet downstream. Shin deep in the current, there's an unmatched vigor in my unspooled line, even on a fingerling trout. Fish on, and the rainbow's spastic breach is a show of cockiness. The freedom these fish feel is unrivaled in water they've known their entire lives.

The Crooked River twists through Central Oregon and harbors trout with an IQ of one, though that's brains enough to relentlessly outfox me. A single IQ point, just higher than a plant. The rainbows, weary of man and osprey alike, rule the river with a sharp eye. Try to coax them with a bunk cast or with a sham insect, and they balk. Getting caught is a mere nuisance to their afternoon and their lip. They simply catch their gilled-breath, head back to their pool, and do it all over in a moment's time.

The average 'bow in the Crooked isn't more than 12 inches, usually closer to a spunky eight. What pluck it takes for a pan-size critter to attack a half-inch dry fly. That'd be like me eating a burrito the size of my femur.

The rainbow's flank is scattered with the colors of the universe, in random order to my eye, in neat sequence to theirs. Jostling for a feeding position with the shockingly large and tangerine-tinted crayfish, their only true fear is the raptor talons in the canyon far above. They don't fear the humans who simply cradle and slip them back to the chestnut water. After a day of hunting, those bipeds peel off their waders and felt-soled boots and head to a brewpub for a frothy amber ale, while the 'bows head to the depths of their copper-hued home.

Upriver, the Crooked runs through the famed rock climbing

and canyon slacklining destination, Smith Rock State Park. The park, with its smoothly paved parking lots, card-scanning kiosks and visitor's center yurt, has that feeling of national park grandiosity. Climbers grab hold of every indentation in the rock face as they're harnessed as tight as can be with their climbing bestie on belay. And if the rock face isn't daunting enough, there's a slackline that traverses the entire canyon—382 feet across, nearly 500 feet above the river. For me, the jibber jabber of geese and buds breaking on the deciduous trees are enough to belay my attention.

Downriver, my Parachute Adams floats next to a mayfly. A cloud finally passes and the hungry dimples on the water begin to appear again with the sheen. Half a dozen trout gulp mayflies that mayday down the ripples. The next cloud again covers the sun and turns the water slate gray, spelling the feeding trout for a moment or two—less contrast for them to decipher a true mayfly versus the artificial fur and feathered one I feign as real. The breeze topples the grasses like a sea pulsing its shores, then subsides. I try to time my cast with the sun, clouds and wind as they come and go at their celestial leisure.

The rainbows my father and I caught—mostly me for once—were down the river and through the woods, 40 or



so miles outside Bend along the agriculture and dirt bike corridor to the east. Words between he and I are scarce, and always have been. A gruff shout, "Got one!" is all we mutter the duration of the afternoon. But the affections lie in the casts we make downriver of one another, a scene that took place 30 years ago when I was a little boy, just as it does now.

Spring in the Oregon out-of-doors is crisp and clear, and bustling with renewal. The trout lie down once the chill hits the evening and the mayflies taper off. In summer, they'll be feeding late into the balmy night, eating their fill of fluttering wings and spindly legs and goopy abdomens until they about burst. In spring though, the chill beds them down like they've gone to put on the kettle of Earl Grey and while away the evening with a pescatarian novel. Maybe one by Jim Harrison.

Mid-afternoon and an elder fishing guide leapfrogs our pool. Earlier he accompanied a client, but by then he'd shed the paid caster and come back for an hour to himself. His wispy cast hooks a trout every time I glance downriver, then he continues on upriver after passing us with a nod. We fling fly after fly at the hatchery-raised trout as his rod springs to life again and again. I even see him net a 'bow just before he disappears around the bend, proof he's found one larger than

a pan and worthy the annoyance of a net. Perhaps he had the right fly on, or perhaps it was the years his mind had spent drifting the Crooked and streams like it.

I am envious of the rainbows and the single thought they seem to bestow in their heads. Eat. Eat until your jaw is tired, your tail fin tuckered, your belly taut. Our noggins hold thousands of thoughts, maybe millions, a tangled mess of contemplation and intrigue and feeling that makes the world more complex than it ever needs to be.

The trout eat, lay eggs or deposit sperm, and survive. That's it for their kind. In death, like their sister salmon, they'll nurture the hawks and crayfish, sage and firs and other trout with their flesh.

I aim to trick said trout into slurping my counterfeit mayfly and getting the pointed sheath stuck in their gullet to command them to the surface, into my hand. I feel a victory when that happens, like it's more than a bit of fortuity that the trout saw my fly and only instinct made them pounce.

But maybe it's the rainbow who's victorious in showing me its speckled flank for a few scant seconds before disappearing to the muted depths. Or maybe there are no victors, not the angler, not the trout. Only wide-eyed creatures looking each other eye to eye in wonderment for a fleeting astral moment. ■



BUILT BY PHIL

(AND BOB, PAUL
JIMMY, BEN, KENT, ERIC,
CODY, MIKE & MORE)

Lev Stryker gets air at The Lair.

PHOTO KATIE SOX



When I was 10 years old, my dad and I drove out Skyliners Road to ride bikes with an old guy who wanted to show us a trail he'd built. The singletrack was new and barely ridden, but it was great fun, with swooping turns through a beautiful canyon. On the way home, I remember thinking, "Awesome trail, but nobody is ever going to ride waaaay out there, old man."

The year was 1985, and that old man was Phil Meglasson. If you've ever ridden a mountain bike, by now you've probably guessed that trail was Phil's Trail.

Today, the Phil's Trail network is one of the most popular trail systems in Oregon and is key to the outdoor lifestyle Bendites hold dear. But back in '85, there weren't many purpose-built mountain bike trails anywhere—after all, MTBs had only been around since 1978. The few trails that did exist around Bend were wilderness hiking trails much farther out, or town trails on then-undeveloped Awbrey and Overturf buttes.

So how did a game trail beget a singletrack mecca? What inspired the trail names that have become part of the Bend mountainbiking vernacular? After all, what is a Storm King? And what does C.O.D even mean? What's the tale of Phil's Trail?





THE VISIONARIES

In 1984, Bob Woodward—who would later become a mayor of Bend—came upon a deer trail through a canyon, and he and his friend Phil Meglasson began making “improvements.” Meglasson had moved to Bend in 1977 for U.S. Geological Survey work to catalog existing roads and trails. His encyclopedic knowledge of every goat track in the region is attributed to his avant-garde use of a bicycle to do what had previously been done on foot. “Back then, the U.S. Forest Service said you could ride your bike anywhere you wanted in the forest. So if you just rode the same way four or five times, you’d have yourself a trail,” he said. “We didn’t use tools. We just rode our bikes through the woods. At that point there were so few people around that the Forest Service didn’t really care.”

A few years later, Jimmy Terhaar created Middle Phil’s (née Jimmy’s), following a fire break from Heater Rock at the top of the canyon to the next road west, where Whoops now ends. Then, in 1990, pro racer and MTB Hall of Famer Paul Thomasberg would take the trail even farther west. Upper Phil’s (originally called Paul’s) became the most difficult trail out there, and not by accident. “You gotta learn to ride hard sh**, you know? I needed that stuff. There was a selfish element to it,” said Thomasberg. At that year’s Mountain Bike World Championships, he finished fourth in the cross-country race and third in the downhill discipline, a combined feat that has never been matched.

THE OUTDOORS

Better known as one of sport climbing’s OGs, Kent Benesch dabbled in MTBs, eventually spending long days moving dirt west of Bend. His eponymous trail, along with Phil’s, finally gave riders the option of a mostly singletrack loop.

Ben Husaby didn’t even own a mountain bike in 1994, but the brawny two-time Olympic Nordic skier wanted new terrain for dry-land training. Pitchfork in hand, he began work on Ben’s trail adjacent to Skyliners Road shortly after Kent’s was done. Ironically, what he intended as a downhill trail would later become the network’s first one-way ascent. The sport of mountain biking was growing fast; people were filtering in from all manner of athletic backgrounds.

THE FOUNDERS

In 1992, Central Oregon Trail Alliance (COTA) was founded in an effort to legitimize trail work. But after a few years, COTA’s relationship with the Forest Service (USFS) became strained as trails continued to proliferate under the tongue-in-cheek name early builders gave themselves—SORTA, the Society Of Rebel Trail Alliance. Frustrated by the USFS’ reluctance to acknowledge the value of more trails, the SORTA crew continued to dig, and Thomasberg challenged the USFS to “pay somebody to sit there and count cars with bikes on them.” The two groups counted together, and within weeks of seeing the large size of the MTB user group, the USFS was asking how it could help in a watershed moment. It went on to grandfather in much of the existing renegade singletrack it had earlier condemned.

► THE OG

At age 83, Phil Meglasson still tries to ride four times a week on eponymous trails. He and his family (wife, Julie; son, Eric; daughter, Monica; and grand-daughter, Gabriella) put in hundreds of hours each year to maintain them for future generations.

◀ THE FRIENDS

In the '80s, there were boomboxes, big hair and music videos on MTV. And there was the crew that helped not only build, but ride, the trails that would become Phil's. Builders cleared the way for informal crews such as the Black Rock Riders (shown) led by Phil, Bob Woodward and Dennis Heater (center, with a bike overhead). While the Sony Walkman may have given way to Bluetooth, Phil's Trail complex rocks on as an icon in the mountain biking world.



THE ENCRYPTORS

Prior to this sea change, cagey builders wanted to distance themselves from their SORTA (il)legal work, so the trails were often given code names. Eric Vickers built the now garden gnome-lined E.L.V. trail, while Cody Davis toiled on the adjacent C.O.D.. Fortuitously initialed, Michael Thomas Beall built M.T.B. trail on the other side of the system. They may have been great trail builders, but master encryptors, not so much.



A TRAIL BY ANY OTHER NAME WOULD RIDE AS SWEET:

STORM KING: Layton White built and named this one in honor of nine Prineville Hotshots who died in Colorado's 1994 South Canyon "Storm King" fire.

MARVIN'S GARDEN: Named for Marv Lange, a former USFS employee who is credited by many for making Phil's Trail network possible.

TYLER'S TRAVERSE & LARSEN'S TRAIL: Helping hands imparted trails with "more meaning that people know," Paul Thomasberg said. These two trails invoke spirits of Tyler and Steve to remember their adventurous souls.

MRAZEK: Phil's ode to a quirky Czech-made bike that gained brief popularity in the '90s.

K.G.B.: Kent Howes built "Kent's Get Back" (or "Killer Green Bud" if you're a horticulturist) to get home through what is now Tetherow.

MIDDLE C.O.D./NÉE C.I.A.: Builder Jimmy Terhaar originally named the trail "Cyclists In Action" only because the acronym was a fitting foil to K.G.B. While C.O.D. officially gets punctuation, it's actually named for Cody Davis.

GRAND SLAM: Built by skier Scott Shauer, the original name, "Golden Shauer" didn't find its way onto the official USFS map.



Between K.G.B. and Marvin's Garden, Nola Stryker, Corey Schmid and Lev Stryker ride the twisting terrain.



PHOTO KATIE SOX | TOP RIGHT BOB WOODWARD



▲ PIONEERS OF 1979

John Bifield and Kate Heber (far right) owners of Bend's first mountain bike retailer Century Cycles, are joined by friends for a '70s summertime tour on clunker bikes.

Like Phil's Trail, C.O.D was at one time several distinct trails that were condensed for mapping purposes. One day, while Jimmy Terhaar and Kent Howes were digging on middle C.O.D., Bob Woodward happened upon them and discovered the trail. He griped about the upper part being a little boring. "You should call this one Y.A.W.N." he went on to say. "I think we should call it Woody's," was Howes' sarcastic retort. And Woody's it was for several years.

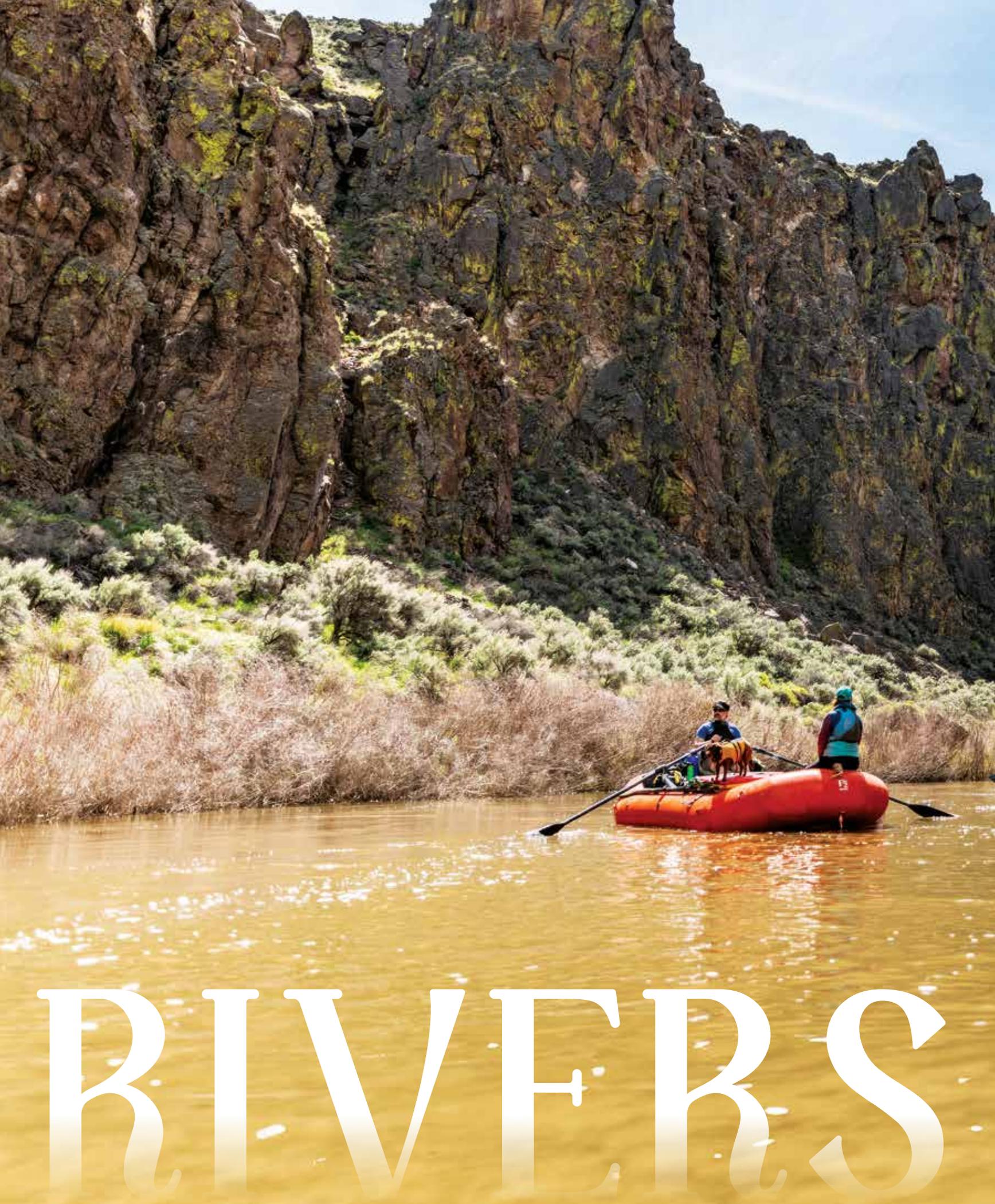
THE LONERS

"Whoops" is a perfect colloquialism for a rolling ribbon of trail, but it was originally named "Frizzell-Frazzell" after its creator, Jeff Frizzell. Finding creative routes was nothing new to Frizzell, a world-class rock climber credited with a variety of first ascents at Smith Rock. High-schooler Bryan Harris helped Frizzell with Whoops, and other parts of Frizzell's "Mt. Bachelor to Town" singletrack project that included significant portions of Flagline Trail. "I was making trail rakes in metal shop at school," said Harris. "But, we didn't know that [the trails themselves] existed." Frizzell and Harris knew other trails were being created nearby, but builders were all working independently of each other. Now, nearly 30 years later, Whoops gets more use than any trail in Oregon, while Flagline, a late-summer classic, connects Bachelor to Bend via 100% singletrack.

Surprisingly, most of these characters are still in Bend. Or perhaps it isn't a surprise at all. This kind of work breeds community. These guys may have just wanted new trails to ride, but what they created was something more—more meaningful for them and more impactful for the MTB community than anyone could have imagined. It's hard to leave something like that behind. **B**



Hear more stories from Phil and friends on The Circling Podcast. Listen at BendMagazine.com/podcast.



RIVERS

PHOTO TREVOR LYDEN

WILD



TOP LEFT AND MIDDLE TREVOR LYDEN
BOTTOM LEFT GLENN OAKLEY



OWYHEE IN SPRING KICKS OFF

RAFTING SEASON

WRITTEN BY JOE POTOCZAK

Halfway down the Lower Owyhee River, the cliffs of Iron Point Canyon rise overhead. The rock walls bleed hues of red and orange, interspersed with light blue-green steps of sagebrush. Thirteen-hundred feet above, the canyon meets the plateau of the surrounding desert as if it had been fractured into the landscape. At the bottom, the river picks up pace toward Montgomery Rapid, one of the Lower Owyhee's most challenging, and best experienced from the seat of a raft.

"It's a bit of an S-turn. All of the current goes into this wall and deflects off it," explained Bonnie Olin. "Then you have to make a decision which channel to take between three boulders, and turn quickly, because the water wants to take you up against another rock wall."

Olin has paddled the Owyhee River and its tributaries for 30 years and is the author of *The Owyhee River Journals*. She credited a trip down the upper reaches of the Owyhee in 1991 with shifting her life priorities and sealing her fate as a river runner. "It was an eight-day trip," Olin reflected. "That sense of being on river time, I noticed the difference it made. I learned how little I needed to be content."

GIFTS OF RIVER TIME

The Owyhee itself is often called the Grand Canyon of Eastern Oregon. Physically wild, it cuts its way from Nevada and Idaho across southeastern Oregon, draining more than 11,000 of the most remote square miles found in the contiguous United States. The most well-known section of the river is the Lower Owyhee, a 50-mile stretch from Rome, Oregon, to Birch Creek. There, budding rafters find long stretches of flat water, and only a few rapids reach toward the class III to IV range, providing attainable challenges for a range of abilities.

There are hoodoos and side canyons, hot springs, complex desert ecology and the Owyhee's place within the migratory bird route—all to be seen on a trip taking only five days to complete.

"It's unlike any other river canyon in the United States," Olin explained of the Owyhee Canyonlands. It's a destination in and of itself. "It's in a location where you won't find yourself there on your way to anywhere else."

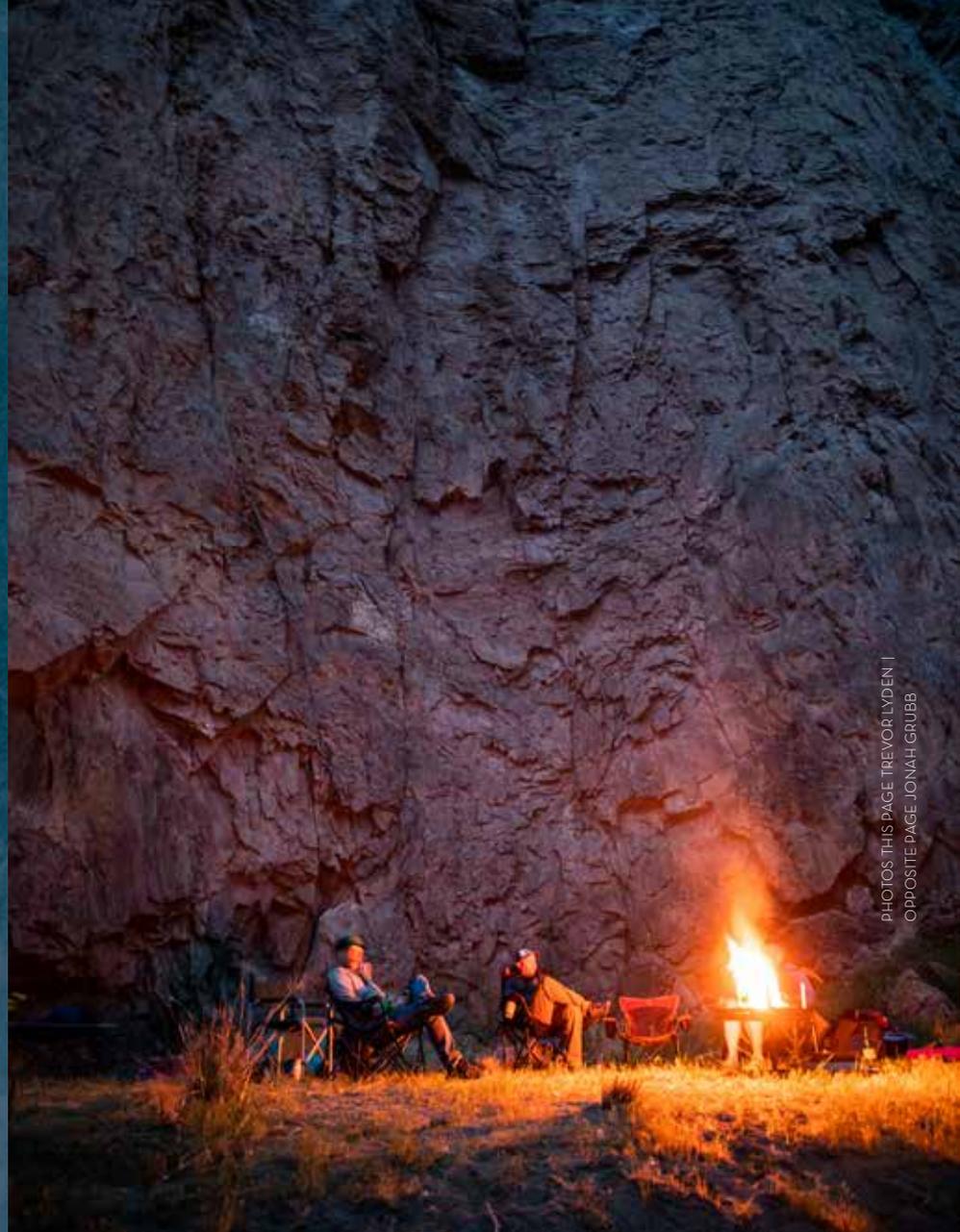
SNOW MELTS. FLOWS BEGIN

For river runners across Oregon, spring marks an anticipated time—the beginning of river-trip season. The days grow longer, and winter precipitation cached in western peaks finds its way to waterways, raising rivers high enough to float a raft. The Owyhee River is one of the first in the state relying on snowpack to see significant water. Yet, its time frame is fickle. The melting snow from the Nevada headwaters usually raises the river's water level by mid-March, and if lucky, the river remains high enough into June before subsiding to a comparable trickle. Some years, a window of flow and good weather never materializes. The element of scarcity compared to other waterways makes attempting to catch the Owyhee come early spring alluring and acts as an unofficial opening to overnight river-trip season—one that cascades across the state into the summer season. In Oregon, it's often a matter of what river to choose.

OREGON'S DIVERSE WATERWAYS

Oregon is blessed with a diversity of rivers, a fact reflected in the thousands of miles protected in various forms. The Owyhee is found at the far eastern edge of the state. Going east to west, waterways move across a palette of impressive drainages until they reach fir-clad gorges emptying into the Pacific Ocean. Waters flow from the Owyhee, Grande Ronde, Rogue, Deschutes and innumerable others to smaller tributaries. In Central Oregon, rafters have access to various sections of the Deschutes and John Day rivers and can discover a lifetime of world-class trips within a drive's proximity. Whether river runners decide to go with an outfitter or on their own, it's possible to explore the state by way of its streams. "The Rogue is one the best family trips in the country," according to Zachary Collier, owner of the Northwest Rafting Company based in Hood River.

Central Oregonians have access to rivers packed with an array of features and scenery. Whether close to Bend or within a half-day's drive, a paddler can take a multiday trip for a long weekend or more than a week.



PHOTOS THIS PAGE: TREVOR LYDEN |
OPPOSITE PAGE: JONAH GRUBB



ACCESS A RIVER FOR EXPLORATION

For as remote and wild as the Owyhee and other rivers may seem, Collier points to how comparatively accessible they are. "Oregon by far has the most family-friendly overnight trips," he said, in comparison to surrounding Western states. Accessibility comes in several forms: a river's navigable season, its range of difficulty and classification, the reasonable proximity to obtain access to put-in and take outs, and the ability to secure reservations or permits.

Oregon's rivers are available to paddlers any time of year provided there is enough water. Many of the rivers in the state are accessible by showing up and either filling out

a self-issued permit or hopping on the river which needs no permit at all. It's important to research well in advance of a trip and understand specific permitting early in the planning process. For example, two of the most popular trip destinations in the state, the Lower Deschutes and John Day rivers, operate in a fashion similar to that of securing a campsite online by using the site recreation.gov. The reservation and self-permit systems mean a paddler is likely to be able to put a trip on the calendar even during peak visitation months from late May through September. The only overnight river trip in Oregon to use a lottery system is the Wild and Scenic section of the Rogue, and this is only during the peak season from May to October. So, take a seat on a raft and celebrate the landscapes of Oregon to soak in the gift of river time. **B**





PROTECTING OREGON'S RIVERS

Accessible and available, the ability to enjoy these rivers in their most impressive state ultimately relies on ensuring their protection. Here, the Owyhee finds itself in a paradox at a pivotal moment. While Oregon's Owyhee Canyonlands remain one of the most remote places in the Lower 48, and holds 120 miles of the river designated under the Wild and Scenic Rivers Act, the land surrounding the river does not have wilderness protections. Yet more than a million acres have been deemed to have "wilderness character"—the criteria by which the U.S. Forest Service monitors federal lands.

People such as Olin have advocated for the protection of the Owyhee Canyonlands for decades. Now, with the accumulated efforts of individuals and groups, including the Bend-based Oregon Natural Desert Association, a bill in Congress, called the Malheur Community Empowerment for the Owyhee Act, could reach the voting floor in 2024.

The bill may prove to be the Owyhee Canyonlands' best chance at seeing a designation, protecting the watershed so future generations can continue to make the journey once spring arrives.

PHOTO BEN KITCHING



EXPERIENCE RIVER TRIPS FROM CENTRAL OREGON

If you have an afternoon...

Big Eddy: Aspen Day Use Area to Lava Island Day Use Area

River runners barely need to leave Bend city limits for an exciting trip on the Deschutes River. The two-mile Big Eddy section has ponderosa views with a class III punch and takes just around an hour to complete. No permit is required for this section other than paying the U.S. Forest Service parking fee. Guided trips for this section include Seventh Mountain River Company and Sun Country Tours.

If you have a day...

Lower Deschutes River: Harpham Flat to Sandy Beach

This 10-mile stretch, just a two-hour drive from Bend, is action-packed with class III rapids. A \$5 Lower Deschutes River Boater Pass from [recreation.gov](https://www.recreation.gov) is required year-round. There are no limits on how many paddlers can be on this section in a day. Outfitters offering guided trips include Bend-based Sun Country Tours and River Drifters in Maupin.

If you have a weekend...

Upper Grande Ronde River: Minam to Troy

The three-day trip down a ponderosa-pine canyon offers grand views and class II to III rapids perfect for building paddling skills over an extended weekend. Grande Ronde permits are free and self-serve at the launch sites. Outfitters offering guided trips on the Grande Ronde include Minam Store Outfitters and Oregon River Experiences.

If you have a week...

Lower John Day River: Clarno to Cottonwood Bridge

A geologically stunning, five-day float down the longest free-flowing river west of the Rockies features class III and IV rapids. For trips during the high visitor season, May 1 to July 15, half the available permits are released on [recreation.gov](https://www.recreation.gov) four months in advance of the launch date; the other half are released one month before. The cost is \$20 per group. During off-season, an unlimited number of permits are available. Guided trips are available from Bend-based Ouzel Outfitters.

Lower Owyhee River: Rome to Birch Creek

For five days, rafters can experience 50 miles down one of the most remote canyonlands in the contiguous United States, with rapids reaching class III and IV designations. Permits are free and self-serve at launch sites. Guided trips are available from Northwest Rafting Company.



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A journey through four wines and four courses

WRITTEN BY MAISIE SMITH | PHOTOGRAPHY BY TINA PAYMASTER

In Bend's culinary playground, chefs and sommeliers weave their expertise into unforgettable experiences. Vibrant artistry meets vinous poetry, and every sip and morsel tells a tale of passion and creativity. Within the doors of four distinguished venues, flavors, textures and terroir come alive.

FIRST COURSE: *Caviar and Champagne*

In the cozy, chic realm of Viaggio Wine Merchant, every guest is both a student and a connoisseur. Owner and Advanced Sommelier Benjamin Richardson is building a community around wine with a simple yet profound philosophy—make the exceptional accessible. "Wine is more than an afterthought," he asserted. "It elevates any dining experience." At Viaggio, champagne isn't just a drink, it's an articulation of joy. And caviar, far from being merely an indulgence, becomes a bridge to new culinary territories.

Richardson's approach to this dynamic duo is refreshingly unfussy. Caviar's creamy, briny richness finds its perfect counterpart in champagne's bright citrus notes and crisp minerality. It's a gastronomic flirtation where the pop of each bubble meets the delicate burst of the egg. Viaggio Wine Merchant's rotating champagne selection complements two caviar choices: the approachable white sturgeon from the West Coast and the more luxurious, complex Carolina Osetra from the East. Served unconventionally with crunchy potato chips and crème fraîche, this pairing is less about the destination and more about the journey.





SECOND COURSE: *Seared Scallops and Chardonnay*

Nestled in downtown Bend's historic 1917 Spheir building, Domaine Serene Wine Lounge merges French bistro elegance with Pacific Northwest flair. Known for its exquisite pinot noir and chardonnay wines, Domaine Serene boasts seven Oregon estate vineyards and a robust portfolio of Burgundy wines. Since December 2021, the lounge has become a testament to balance, refinement and approachability. "There's a Domaine Serene wine for everyone," said General Manager Christina LaRue, underlining their commitment to enhancing Bend's wine landscape.

Their Seared Day Boat Scallops paired with Etoile Vineyard Chardonnay is a masterclass in the subtle interplay between

sea and vineyard. Chef Adrian Carpenter, in collaboration with Executive Chef and Consultant George Morris, skillfully pairs seared scallops, boasting caramelized exteriors and succulent interiors, with a delectable mix of Yakima corn, heirloom tomatoes and fine herbs. A fresh pour of buttered popcorn velouté with hints of lemon adds a nutty nuance.

The Etoile Vineyard Chardonnay, hailing from the sun-kissed Dundee Hills, complements this ensemble with its hovering citrus undertones and lively finish. Made from grapes grown in ancient volcanic soil, it gracefully sidesteps oaky heaviness for a crisp, fruit-forward character that enhances the scallops' rich, buttery quality and echoes the lemon notes in the sauce. Reflecting the essence of Oregon's terroir, the pairing thoughtfully demonstrates how the right wine can turn a meal into an exquisite experience.

THIRD COURSE: *Cedar Plank Salmon and Pinot Noir*

Founded in 1983 by wine trailblazer Jim Bernau, Willamette Valley Vineyards has long embraced stewardship of the land as a core value. Continuing this tradition, its Bend restaurant and bottle shop, which recently opened its doors on Wall Street in December 2023, offers PNW-inspired food pairings infused with seasonal flair, maintaining a deep connection to the region's expressive terroir.

The "what grows together, goes together" story deepens with cedar plank salmon paired with a 2021 Bernau Block Pinot Noir. This course is an ode to the local rivers and forests. The salmon, infused with the savory essence of cedar and a touch of tarragon, speaks of the land's generosity and the chef's creativity. Served with Brussels sprouts, house-cured garlic and jalapeño bacon lardons, foraged mushrooms and a yellow sweet corn cream sauce, it's a dish that wears its origins proudly—a smoky and herby whisper from the wild.

The pinot noir's bright acidity and layered complexity weaves together a tapestry of bramble fruit, herbs and a hint of graphite, reminiscent of the lush Salem Hills where the journey began. It elegantly cuts through the salmon's rich, smoky flavors, allowing sweet, savory and umami flavors to converge. This pairing speaks of Oregon's wild heart—where the wine's lush, spicy character meets the salmon's bold, earthy notes.

Executive Winery Chef DJ MacIntyre designed the pairing with a Cascadian culinary viewpoint and an understanding of the intricate balance between the robust and the refined. "It's both grounded and adventurous," he said, echoing the vineyard's mission to tell the story of Oregon in every glass and on every plate.





FOURTH COURSE: *Crème Brûlée and Botrytis Wine*

At Flights Wine Bar, a striking wall of wine welcomes guests, hinting at the vinous adventures that await within. Since opening in November 2021, owner Kelsey Daniels has curated an experience where boutique wines become beloved and familiar friends. “Wine and food make each other better,” she said, a belief deeply rooted in Flight’s upscale, scratch-made comfort food designed to accentuate refreshingly different wines from all corners of the planet.

A sweet finale at Flights Wine Bar is the Strawberry Cheesecake Crème Brûlée, an inventive twist on a beloved dessert created by Head Chef Brad Phillips, who blends the familiar allure of cheesecake

with the caramelized charm of crème brûlée and tops it off with a graham cracker tuile spire. This playful treat finds its soulmate in a glass of Botrytis wine, an exquisite rarity born from a fortuitous brush with noble rot. The wine’s bright acidity, concentrated sweetness, and intricate layers weave notes of honey, dried fruit and a whisper of mushroom—a testament to nature’s unpredictable artistry. Together, they form a pairing that’s both a conversation and a celebration, as the creamy richness of the brûlée tangos with the wine’s luxurious depth.

Wine and food together is a curious journey, a lesson in culinary chemistry, and an ever-evolving love story deeply experienced beyond taste. “Wine brings people together over food,” reflected Daniels, “and that’s a beautiful thing. But above all, pairing the two should be fun. Go have an adventure.” **13**



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Tastes from Spain

Rancher Butcher Chef helps elevate Bend as a food city

WRITTEN BY CATHY CARROLL
PHOTOGRAPHY BY TAMBILANE

The first thing that grabs you is the case of beef—behind the glass, rows of thick, marbled scarlet-and-white cuts lie waiting. A few steps beyond, a phalanx of cooks efficiently introduce these cuts to flame, with Chef John Gorham, who, at 6-foot-3, stands head and shoulders above his team. Beyond that, his wife and business partner, Renee Gorham, orchestrates a swirl of cocktails, music and conviviality, the recipe behind Rancher Butcher Chef's success.

Achievements are nothing new for Gorham, a six-time James Beard Award-nominated chef whose string of Portland restaurants drew wide acclaim, including Toro Bravo, Tasty n Alder, Tasty n Sons, Plaza Del Toro, Mediterranean Exploration Company and Shalom Y'all. That chapter is behind the Gorhams since they moved to Redmond in 2020 and launched the Rancher Butcher Chef ranch-to-table dining experience in NorthWest Crossing in 2022 with partner-manager Garrett Peck and Will von Schlegell, whose family owns 7-Mile Creek Ranch in Fort Klamath. The restaurant's beef comes from von Schlegell's ranch and others in the Country Natural Beef cooperative, an organization that focuses on regenerative practices and natural cattle grazing.

All that care, from the raising of happy, healthy cows across millions of acres, to Gorham's diverse culinary inspiration anchored in Spain, is tangible in each dish. The quality and flavor extend into the very marrow of the beef bones that Gorham serves, split lengthwise and grilled—6-inch troughs of unctuous goodness served with onion marmalade, salsa verde and foie gras toast.





Gorham shows that the beef is so good, sometimes it's best not to cook it at all. Instead he chops it by hand for tartare, tops it with a raw egg yolk and serves it with crunchy, grilled miche bread.

A Spanish and ranching theme extends to its cocktails, too. The Prescribed Burn is a concoction of Bulleit bourbon, amaro, smoked Cinzano vermouth and bitters. The La Vida Verde blends Vida mezcal, Lillet Blanc and an herbal liqueur with fennel, lime and soda.

The next project for the team behind Rancher Butcher Chef is a tapas-inspired Bar RBC, slated to open this spring, in the former Dogwood Cocktail Cabin on downtown Bend's Minnesota Avenue. The new endeavor will draw on Gorham's love affair with Spanish cuisine, the driving force behind the former Toro Bravo, combined with some of the signature dishes of Rancher Butcher Chef. Two of the dishes from the restaurant will appear at Bar RBC: the txuleton, an enormous, 64-ounce porterhouse steak—all tenderness on a T-shaped bone, and potatoes bravas, with their crispy, fried edges that cling to a viscous sauce of onion, garlic, chili, tomato and white wine.

He's excited about bringing several popular dishes from Toro Bravo to Bar RBC, including pisto Manchego, Spain's version of ratatouille, and Gildas, a skewer with anchovies, olives and *pipparas* (spicy-sweet Basque peppers,) which are a "big deal in Spain," Gorham explained. The wines will all be from Spain, along with a large list of sherries, vermouths and sherry-driven cocktails.

Gorham first fell for Spanish cuisine on a trip to Barcelona nearly two decades ago. He returns to Spain every year as a guest chef on intimate, off-the-beaten path food tours, from

THE FOUNDERS AND FLAVORS

LEFT: John and Renee Gorham, left, with Garrett Peck, founders of Rancher Butcher Chef will open Bar RBC, in downtown Bend.

TOP MIDDLE: A Spanish influence and flavors extend to a creative cocktail menu using smoked and infused liqueurs.

TOP RIGHT: The NorthWest Crossing restaurant invites connection by offering shared plates and several common tables.

BOTTOM: Beef is sourced from regenerative ranches, prepared, seasoned and grilled with care.

farms and ranches to wineries, festivals and more. "We've harvested mussels, oysters, clams and grapes," he said. "We went to the rice paddies of Valencia Bomba rice (known as the finest rice for paella), into little villages and had three-star Michelin chefs come out and cook different paellas for us."

During one of the tours, he swam with bluefin tuna, Renee Gorham added, and although he lost his wedding ring in the process, it was a fantastic experience for him. Each visit serves to inspire him further, she said.

He dreams of living in Spain one day, but until then, he's excited to see the growth and evolution of Bend's culinary scene. "Bend is very similar to what I saw in Portland in '07, being ripe to be a food town," he said. "I think that Bend is going to become that, I think that it's going to become a food city." **IB**

▮ Rancher Butcher Chef
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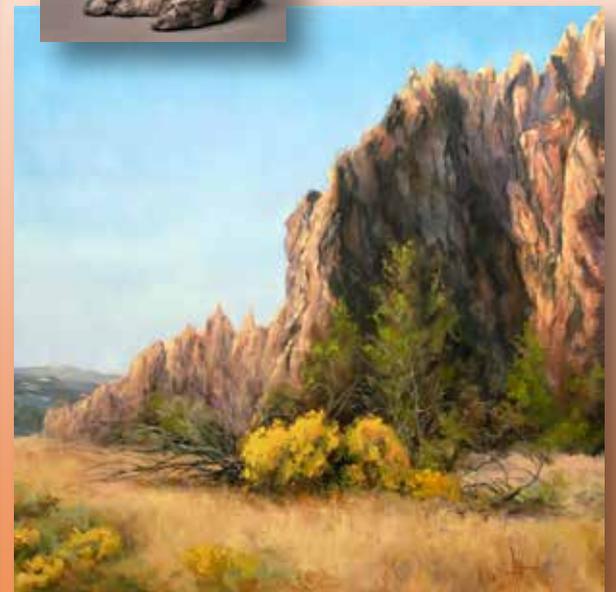
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A Cup of Cora

Fika Sisters Coffeehouse champions Swedish traditions and flavors

WRITTEN BY **CHLOE GREEN** | PHOTOGRAPHY BY **TARA LINITZ**

Step into Fika Sisters Coffeehouse and be welcomed by a vibrant mural with its kaleidoscope of colorful, floral motifs, light-filled seating area and kind baristas. These elements provide a backdrop for an irresistibly inviting cup of coffee, but Fika's mission distinguishes it from other coffee houses. The design, menu and name are all celebrations of Swedish tradition.

Founded by Renee Reitmeier, the coffeehouse draws inspiration from the Swedish concept of *fika*—a cherished moment to pause and enjoy coffee and pastries with friends and family. "I wanted a name that included coffee and food but also the beautiful part of what coffee and food do—they bring people together," Reitmeier said.

Fika, both the concept and the coffeehouse, are about creating community, which was important to Reitmeier who craved a small-town environment after growing up in Portland. Expectedly, much of Fika's menu draws on Swedish recipes. "Half of our pastries stem from traditional fikas in Sweden," shared Reitmeier. "Some come from my mom, our quiche being one of them." Beyond the quiches, Reitmeier's family

history—her great-grandparents emigrated from Sweden in the late 1800s—serves as continuous inspiration for developing the signature drinks at Fika Sisters Coffeehouse.

One such drink staple is the Cora, a cozy white mocha infused with cardamom syrup. Cora is the name of her great-grandmother, and a nod to Reitmeier's family heritage as it pays homage to traditional Swedish flavors. "Cardamom is a spice used in so many Swedish pastries," shared Reitmeier. "When mixed with white chocolate and espresso, it's divine." The preparation involves a meticulous blend of white chocolate powder, cardamom syrup and rich espresso, topped with warm, frothy steamed milk. Reitmeier offers the option of whipped cream on top. "It's something I feel my great grandma would want." ■

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Wearable Works of Art

Maya Moon's odyssey of hand-crafted leather handbags

WRITTEN BY LEE LEWIS HUSK | PHOTOGRAPHY BY TAMBI LANE

Maya Moon Bauer, maker of hand-crafted leather handbags coveted as wearable works of art, has been on a lifelong odyssey of self discovery and experimentation that continues today. After 20 years of crafting and selling custom leather goods in Central Oregon, online and in boutiques around the country, Maya Moon bags are easily spotted for their unique style, sophistication and a touch of whimsy.



From a tender age, Bauer's family played an instrumental role in shaping her creativity and artistic ventures. Her artist parents enveloped her in the bohemian community of West Marin, California, where she went to high school. Growing up with a limited budget for school clothes, she improvised, finding and altering pieces found at thrift stores. "I was always playing around to mix things up and make them my own. I even used safety pins as a decorative way to taper my jeans," she said, laughing at the memory.

"Maya was always chasing something outside the box," recalled Katherine "Kat" Doelger, a childhood friend. "She was always on the edge of what we were headed toward, trending wise."

As a teen, Bauer was disenchanted with mainstream education and graduated high school through independent study. "I was anxious to have a job, make money and get out of West Marin," she said. During the next 10 years, she explored a variety of jobs from making ceramic jewelry in Marin, working for a publishing company in Santa Barbara, to marketing for an import company in Richmond, California. In

1998, after a three-month European hiatus, she returned to Northern California and landed a job for a dot-com company where she met her future husband, Brian Buch.

"I wasn't passionate about the work I was doing," she said. "I needed to do something different." On her 28th birthday, Buch bought her a Viking sewing machine. "He understood I was going crazy and needed a creative outlet."

On a work trip to New York, Bauer bought a snake-embossed turquoise leather tote that sparked her imagination. Unaware that her machine wasn't designed for sewing leather and armed with limited knowledge, she persevered in crafting a pink faux crocodile tote that she took to work. Coworkers loved it, even starting a bidding war and sparking demand for more bags. "In a company of 80 people, I sold 80 bags."

That early tote bore the hallmarks of a unique style that would become Maya Moon Designs: Leather hides sourced from around the world, contrasting piping, zippered pockets, panels from Pendleton blankets or furry pelts, metal studs and shotgun shells, and most iconic of all, the folkloric and Asian-themed fabric lining that provides "an element of surprise in every bag," she said.

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A FAMILY AFFAIR

In 2002, the couple wed and relocated to Bend. As a wedding gift, Bauer's godparents gifted her an industrial Juki sewing machine. Working from a home studio, sales were from friends of friends, trunk shows, house parties and local boutiques. As time went on, her bags were in shops in Oregon, California, Utah, Ohio and Texas to name a few. As demand grew, no longer able to keep up, she outsourced production and hired a sales rep in LA. When the first shipment arrived, a box of identical bags, she knew it was a mistake. In pursuit of carving out a niche as an artist who handcrafts each piece, those "homogenized bags represented the polar opposite of Maya's lifelong identity," her friend, Doelger said.

In the end, it was her family who enabled her to build the business—her own way. Now the mother of two boys, Dean and Kaden, Bauer recruited her mother-in-law, Michele, to help with the boys while Brian traveled for work. Brian's step mom, Nancy, sewed bags and Brian's dad, Jan, set rivets and fashioned the shotgun shells used for tassels. As her sons grew, she would even recruit them to put rivets in straps when big orders came in.

By 2021, Maya Moon Designs transitioned from retail stores to a more one-on-one, personal shopping model to build her business. Today, with a studio in NorthWest Crossing, she works directly with clients by appointment to create custom handbags while also maintaining an inventory of both bags and accessories ranging in price from \$20 to \$496.

"With support from family, friends and clients, I've created a job that I'm passionate about that enables us to live in this beautiful community and constantly challenges me to come up with new designs. I can't imagine doing anything else." Whether it's the personal touch or the affordability of her craftsmanship, Maya Moon Designs are from the spirit of an artist who continues to evolve and inspire. See @mayamoondesigns. **13**





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Conduit for Joy

Anastasia Zielinski paints with the spirit of nature

WRITTEN BY CHLOE GREEN



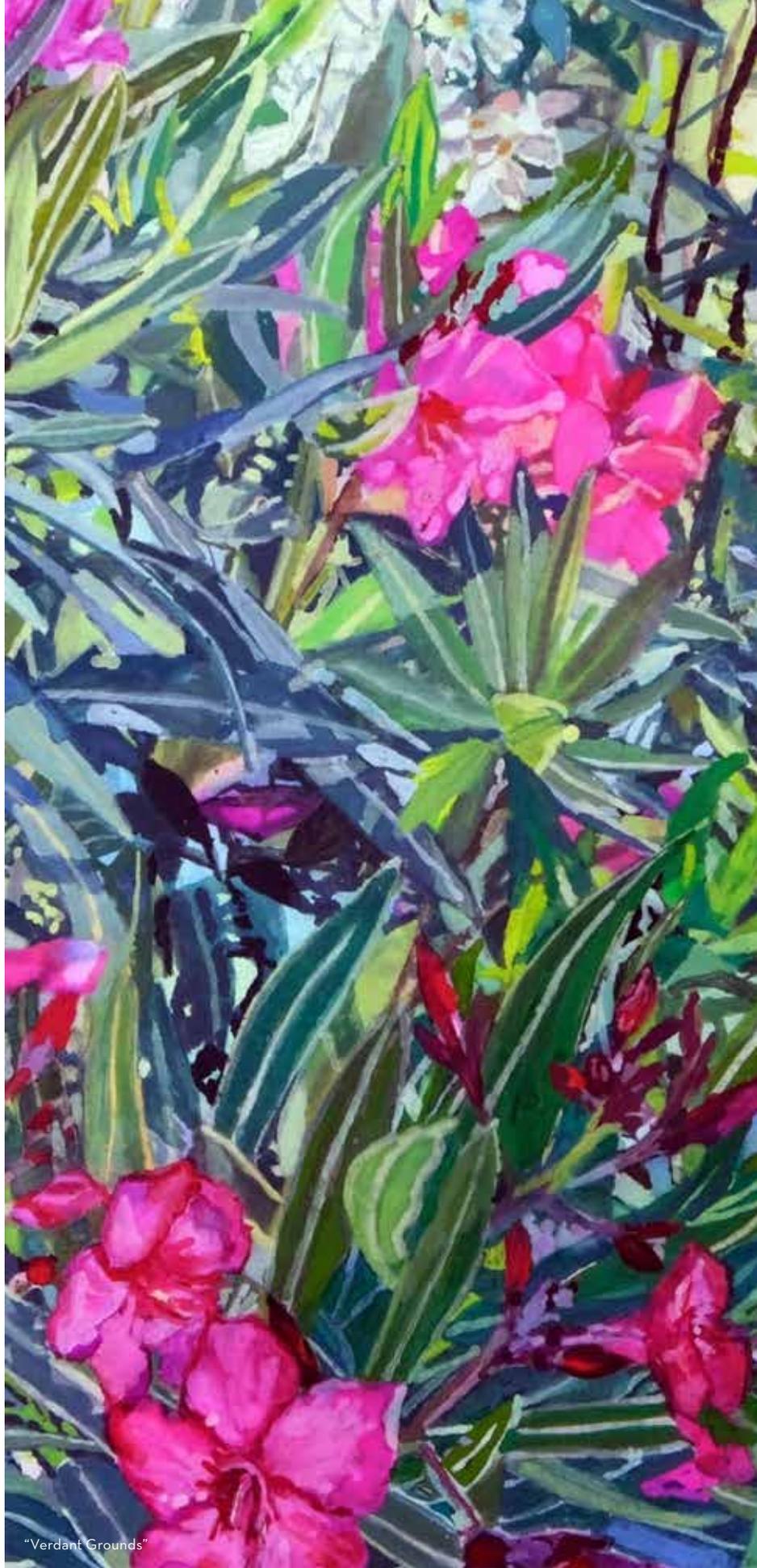


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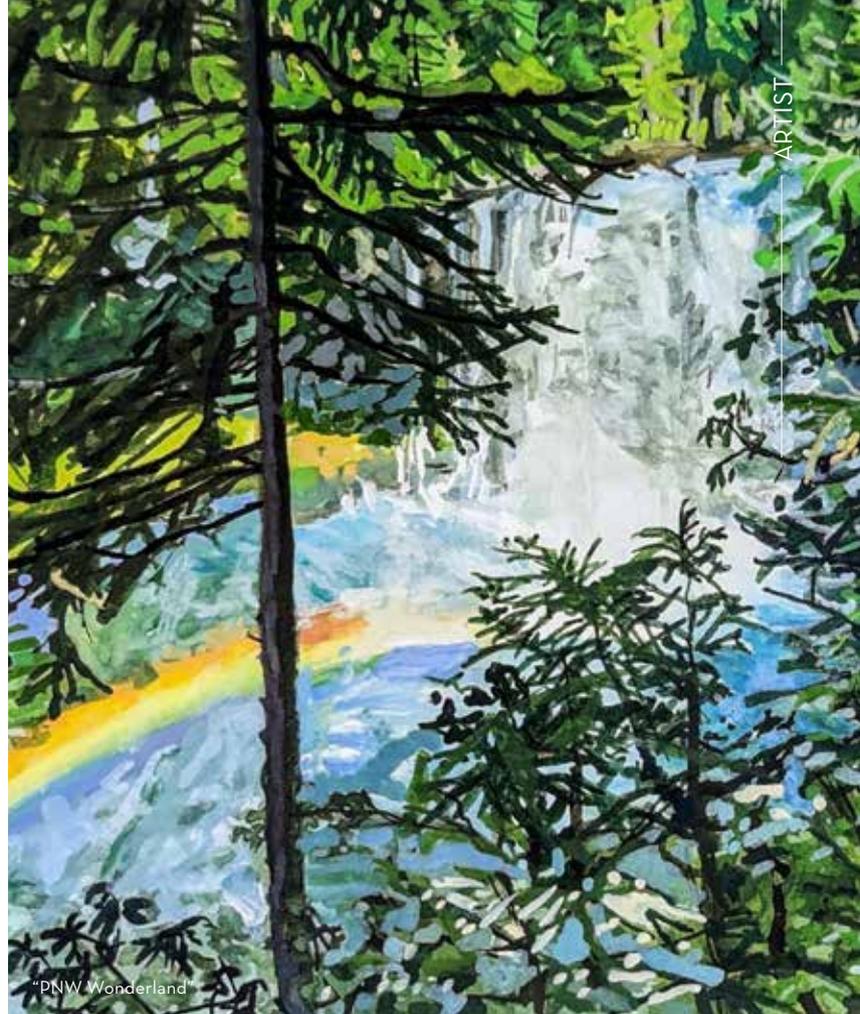
Anastasia Zielinski, a multidisciplinary artist and arts educator, has been creating for as long as she can remember. "It is a fundamental part of my life," said Zielinski. "Art has helped me manage grief and depression, as well as been a conduit for joy." She hopes her creations are a soothing balm for others as well.

"It is easy to become disenchanted with life when you are continuously searching for the next big thing," shared Zielinski, speaking to contemporary culture's tendency to overlook life's small joys. "Depicting and magnifying ordinary areas of foliage highlights the beauty that exists all around us," she said. Her work gets up close and personal with the natural world to emphasize the beauty often passed over in public spaces such as gardens, parks and open lands. She zooms in on foliage, exploring the various shapes and colors comprising nature.

Influenced by her parents' artistic pursuits, Zielinski explored painting, dance and music from an early age. She obtained a bachelor of fine arts in painting from Pratt Institute, but Zielinski's creative identity transcends a single medium. Her career has spanned a diverse range of expressions, and she has earned national and international recognition.



"Verdant Grounds"

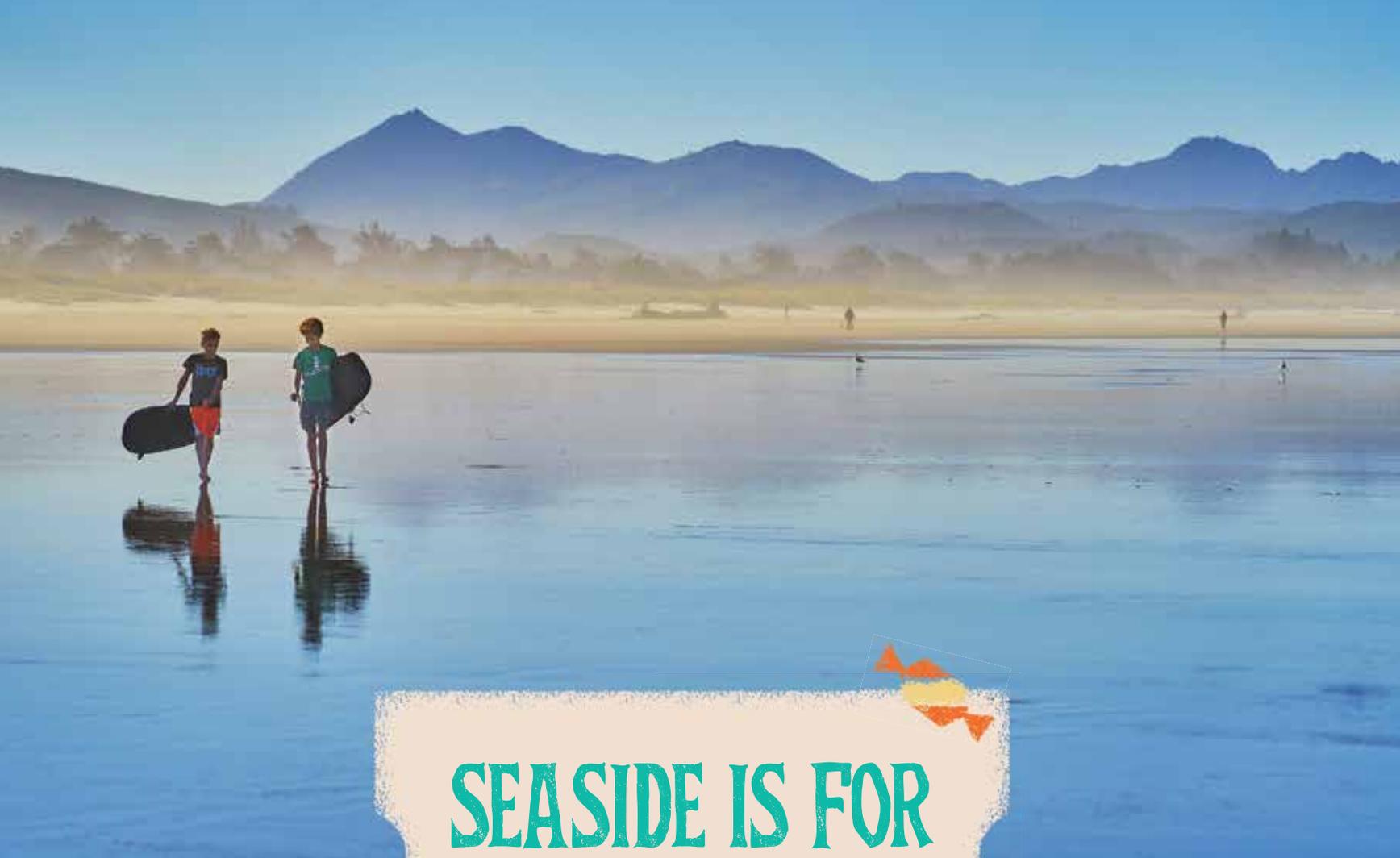


Time spent in nature serves as Zielinski's infinite muse. It's the starting point for her creative process which begins with walking meditations in the outdoors. "As I move," Zielinski said, "I experience a sense of wonder and a desire to share these positive sensations with others." She captures these moments in photos and notes, which inform her process in the studio.

Approaching her work from a painter's perspective, Zielinski starts broadly and moves from background to foreground. Regardless of the medium—whether it's paint, fabric or another material—Zielinski said, "It helps to let go of expectations and have the material guide me." The results are lush, often abstract paintings and eye-catching fiber-work depicting textured landscapes using fabric, paper and reused scraps.

A prime example of Zielinski's recognizable style is found in her "Pattern in the Forest" series. These vibrant and dense paintings transport viewers into the detailed design and abstract composition of woodlands. In Zielinski's words, they "transmit the spirit of the source site, without literally depicting it," a sentiment that can be applied to many of her creations.

The impact of the arts on Zielinski's life has inspired her commitment to arts education. Soon, Zielinski will open Freak'n Art in downtown Bend. The creative space will foster community through traditional workshops and weeknight classes. Zielinski believes creative expression is essential for human existence and emphasizes the soul-nourishing power of art in all its forms. See anastasiazielinski.com. **111**



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WINTER PRIDEFEST CELEBRATES INCLUSIVITY AND THE OUTDOORS

OUT Central Oregon presents the sixth annual Winter PrideFest™ from March 7-10. Since 2018, the event has focused on pride, inclusivity and a love for the outdoors by supporting historically marginalized individuals and their allies. The multiday festival includes an opening night at the Old Mill District, recreation events at Mt. Bachelor, a dance party and an evening of comedy featuring nationally-renowned comic Dana Goldberg. OUT Central Oregon and its new board of directors support the LGBTQ+ communities and allies throughout the year. See outwinterpridefest.com.

ENSEMBLE ELEVATES WOMEN IN THE MUSIC INDUSTRY

"She's Speaking-Live," an ensemble of eight accomplished female artists led by Beth Wood of Sisters, Kristen Grainger of Salem and Bre Gregg of Portland, performs at the Tower Theatre March 10 in recognition of Women's History Month. Celebrating music written by women about women, the music is universal and represents a range of genres, from rhythm and blues to jazz, gospel, indie rock, pop and Americana. The project began as a way to amplify and elevate the contributions of women in the music industry, but today the program is not just for women. As a celebration of music, "She's Speaking-Live" aspires to have a limitless audience, Grainger said. See shesspeakingsongs.com.



HollyAnna CougarTracks
DeCoteau Littlebull

THE HIGH DESERT MUSEUM PRESENTS "SENSING SASQUATCH" EXHIBIT

Exploring the relationship between Native peoples and Sasquatch, the High Desert Museum's "Sensing Sasquatch" is on display March 2 through January 12, 2025. The exhibition shares the past, present and future of Sasquatch through storytelling, voice and featured works of five Indigenous artists, including Phillip Cash Cash, Ph.D. (Nez Perce, Cayuse), HollyAnna CougarTracks DeCoteau Littlebull (Yakama, Nez Perce, Cayuse, Cree), Charlene "Tillie" Moody (Warm Springs), Frank Buffalo Hyde (Nez Perce, Onondaga) and Rocky LaRock (Salish). Originating from the word *Sasq'ets*, Sasquatch is revered by Pacific Northwest tribes as a protective entity with whom a chance encounter is considered a great blessing. See highdesertmuseum.org.

"ENCOUNTERS WITH MODERNITY" DANCE PERFORMANCE

In a collaboration exploring the intersection of history and dance, choreographer Sinnamon Hauser with Bend Contemporary Dance performs an original dance piece illuminating the impact of 19th-century modernization on societies throughout the world. After the performance on March 13 at Central Oregon Community College, Hauser and COCC faculty members, Jessica Hammerman, and Stephanie André, will discuss modern history and how narratives can be communicated through movement. See cocc.edu.



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