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BEND

Magazine

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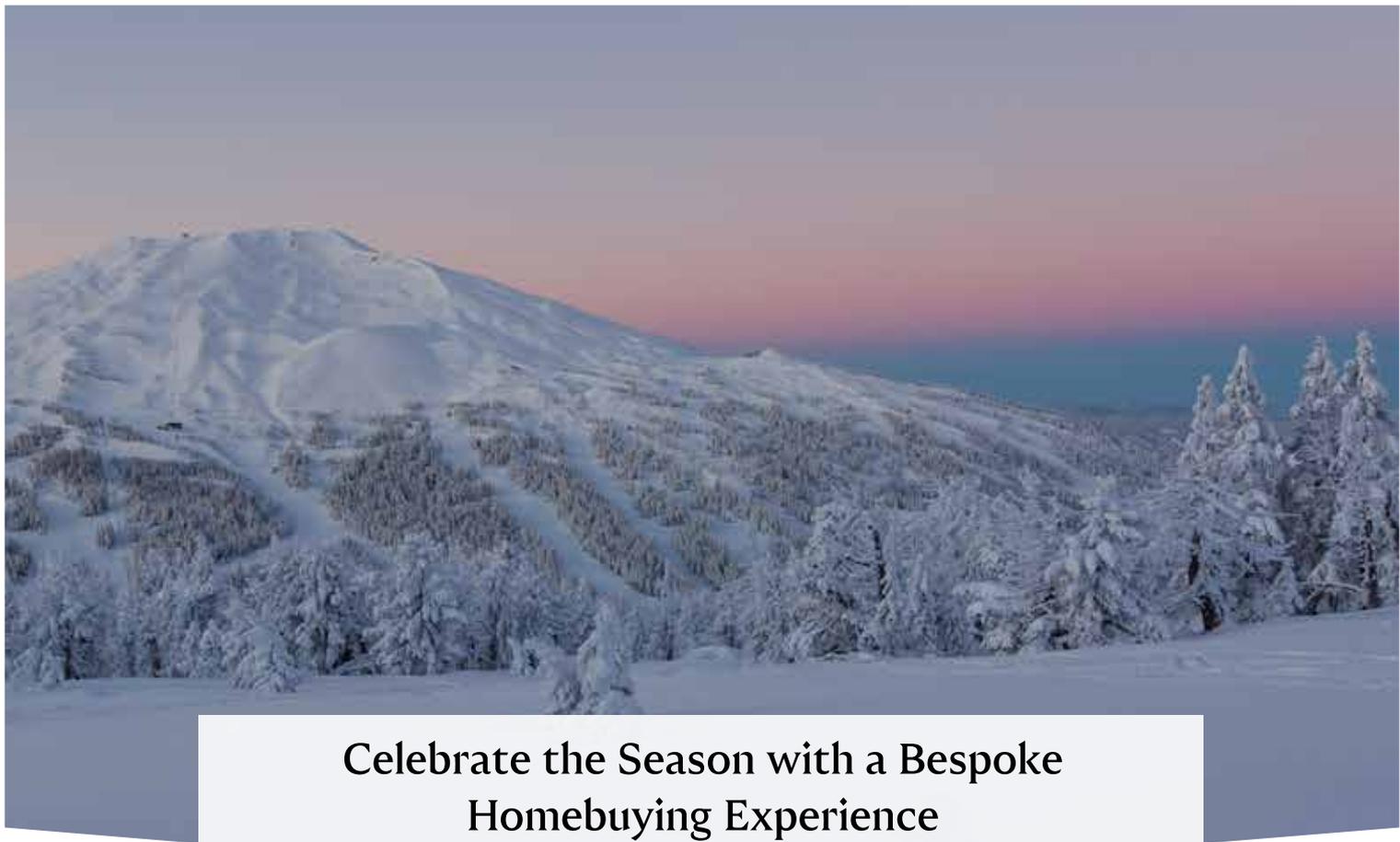
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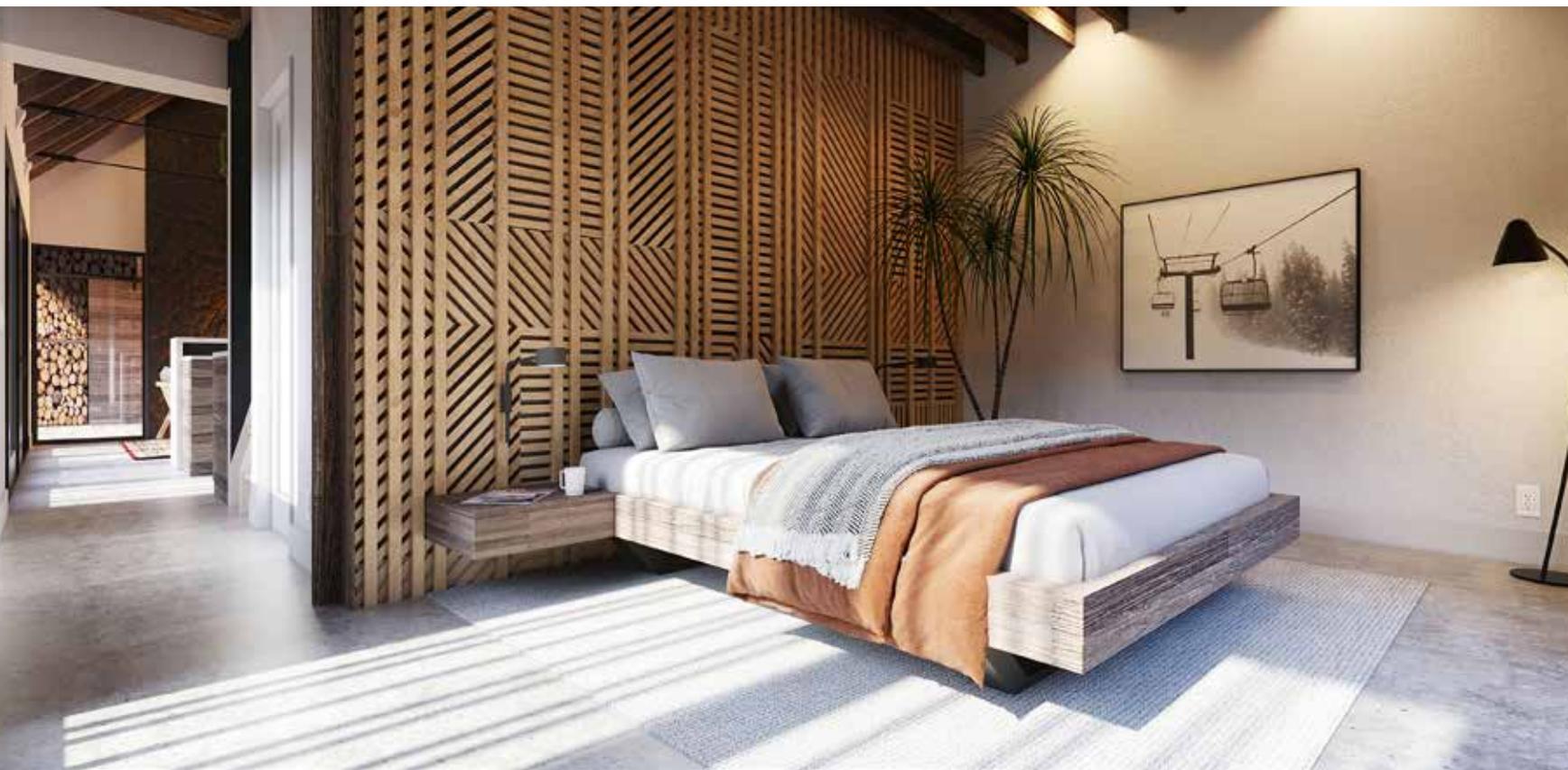
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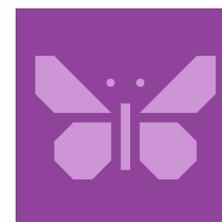
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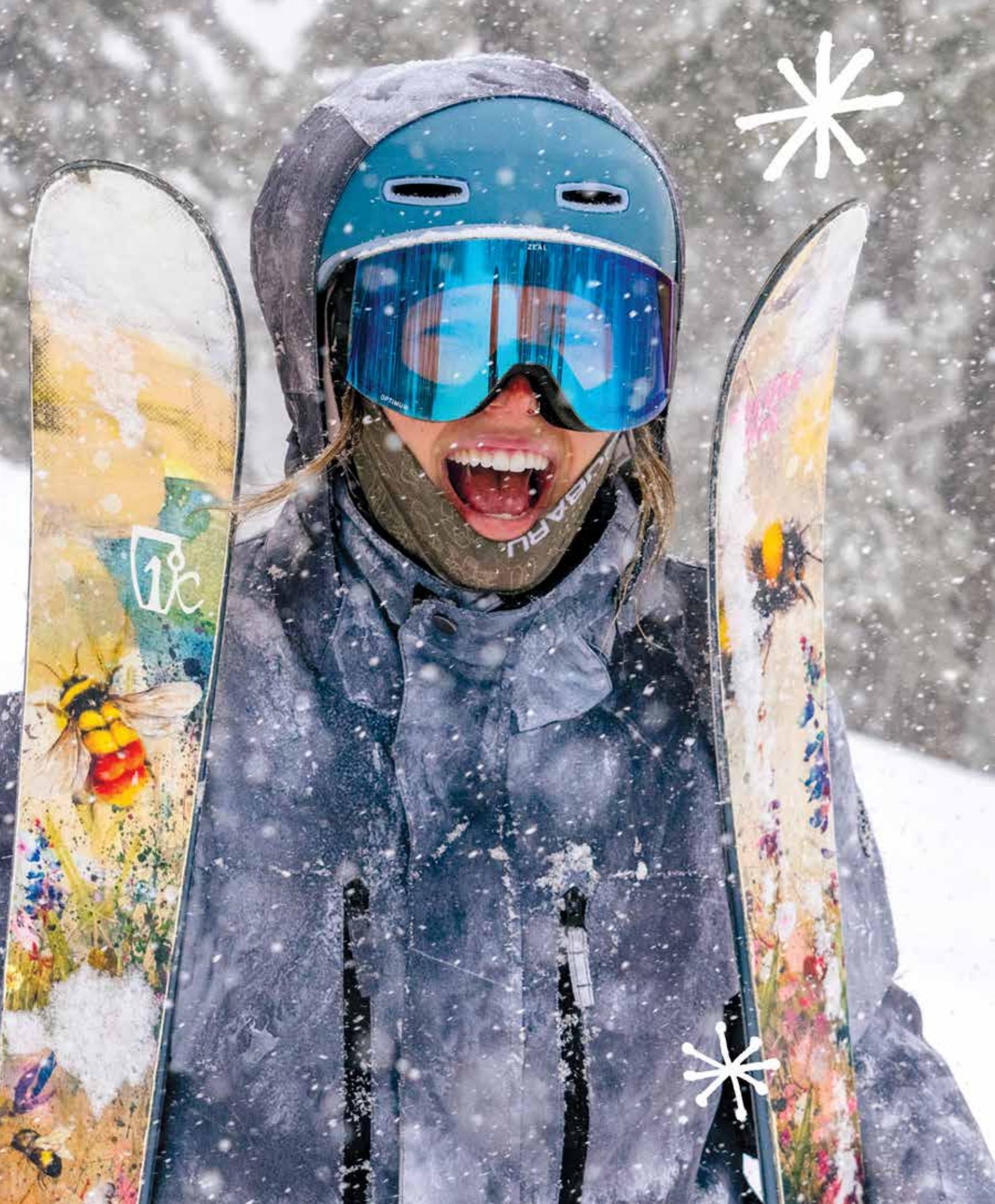
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A TASTE OF MT. HOOD

The villages and towns that dot Highway 26 on Oregon's iconic Mt. Hood offer far more than just a gateway to incredible outdoor adventures. One trip to this area and you'll find a variety of dining options that showcase the flavors and warmth of Pacific Northwest cuisine. From cozy mountain pubs to farm-to-table fare, these restaurants provide an unexpected culinary escape in the heart of nature.

Savoring Government Camp

The alpine village of Government Camp is known as a great hub for winter sports. But the dining scene is equally noteworthy. One standout is Mt. Hood Brewing Company, known for its excellent selection of craft beers brewed on-site and classic pub fare, including juicy burgers and pizzas. For those looking to warm up after a day on the slopes, the relaxed ambiance of the brewery make it a perfect post-adventure retreat.

Down the road is The Ratskeller, a quintessential après-ski destination that captures the laid-back mountain spirit. Known for its casual, family friendly atmosphere, The Ratskeller serves up pizza, burgers and other pub classics that hit the spot after a day on the slopes.

Dining In Oregon's Wilderness

In Welches, a village located a few miles down the mountain, a variety of restaurants offer unique dining experiences. Koya Kitchen features a taste of Japan in the heart of the Mt. Hood region, specializing in authentic ramen, rice bowls and sushi rolls. The atmosphere includes outdoor heated A-frames, hammocks and a double-decker bus. Just across the street, Wraptitude brings a fresh twist to casual dining with its creative wraps and burgers. And for those looking for wine, Cooper's Wine Bar & Shop provides an intimate atmosphere to savor local and international wines.

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For those craving comfort food, Skyway Bar & Grill in Zigzag delivers with a playful twist. Specializing in barbecue and southern-inspired dishes, Skyway is famous for its mac and cheese, smoked meats and live music performances on the outdoor patio during warmer months. The quirky, rustic vibe of this roadside spot adds to its appeal, making it a must-stop.

Big Flavors In Sandy

At the heart of the town is AntFarm Café and Bakery, a cozy, community-focused spot known for its farm-to-table approach and commitment to sustainability. Serving up locally sourced fresh salads, hearty sandwiches and homemade soups, AntFarm Café has an inviting space that also supports local artists and community programs. For a sweet treat, you have to try Nya's Cakes extensive menu of fresh baked breakfast pastries, cookies and cupcakes.



Skyway Bar & Grill

Rounding out Sandy's offerings is Smoky Hearth Restaurant Bar & Grill, a barbecue and pizzeria. Smoky Hearth's signatures are smoked brisket, burgers and wood-fired pizzas, making it an ideal spot for families and groups looking to share a casual meal. They also feature a heated patio for year-round outdoor dining.

In Government Camp, the Best Western Mt. Hood Inn offers convenient access to the mountain's outdoor activities, with comfortable rooms and amenities for a relaxing stay. For a more home-like atmosphere, Collins Lake Resort provides upscale condos with full kitchens, fireplaces and hot tubs, making it ideal for families or groups looking to unwind after a day of adventure.

Where To Stay

Lodging on Mt. Hood offers a range of options, from cozy vacation rentals tucked into the forest to more upscale accommodations. For those seeking resort amenities, The Mt. Hood Oregon Resort in Welches provides a full-service experience with a golf course, a spa and comfortable rooms nestled in the scenic foothills.

Additionally, a number of vacation rentals are scattered along Highway 26 and offer the perfect spot for a quiet, immersive mountain retreat.

With so much to experience, your next winter adventure is waiting on Mt. Hood.



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DIGITAL EXTRAS

Ready to enjoy the area's culinary best? Search our dining guide to learn more about the top spots at bendmagazine.com/dining-guide.

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ACES OF BASES

The craft of unlocking ski equipment's performance goes beyond waxing with an iron in the garage. Learn how experts can help elevate your sport. *Written by Tim Neville.*

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'Tis the season for looping holiday soundtracks, from Rat Pack classics to kitschy covers. Find gift ideas, songs and the spirit of the season from *Bend Magazine* to help stoke your inner sugarplum fairy and dream of a "White Christmas."

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HIGH-OCTANE ADVENTURE

Hop on a snowmobile to experience Central Oregon. It's another type of sled—one with 130 horsepower. Find corduroy snow on groomed trails or spend a day exploring Paulina Peak, guided by an expert. *Written by Gregg Morris.*



ON THE COVER

Explore winter trails in Deschutes National Forests.

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WORDS *and* PICTURES



TIM NEVILLE
WRITER

Freelancer Tim Neville is a correspondent for *Outside* magazine whose work is included in *Best American Travel Writing*, *Best American Sports Writing* and *Best Food Writing*. Neville has written about everything from student pilots and adventure racing to the crew of Mt. Bachelor Ski Resort and pickleball for *Bend Magazine*. An avid skier, runner, cyclist, climber and angler, Neville has been to all seven continents and speaks four languages. When not traveling, he can be found exploring Bend with his wife and daughter. For this issue, Neville goes behind the scenes to reveal the local personalities and skills that keep skis in top shape all season long, page 72.



TINA PAYMASTER
PHOTOGRAPHER

The art of restaurant, food, beverage and product photography is all in a day's work for Bend-based Tina Paymaster. From spending hours in the dark room in high school to studying photography as a major in college, Paymaster loves how the world can transform into something magical through the lens and editing processes. Her journey has led her to careers in graphic design, health, nutrition coaching and commercial photography. She loves to create imagery that tells a story and leaves the observer hungry for more. Here, she celebrates the colorful culinary art of Mexican pastries, page 91.



AARON RASHEED
WRITER

Always on the move, Aaron Rasheed has lived overseas and across the United States, from the Eastern, Southern and Western coasts to Central Oregon. He grew up in a military household and served in the Marine Corps infantry for 12 years. After the military, he discovered Bend which he calls, "The creative city inside a national park." Reinventing himself as a writer, he was an English literature and journalist student at Central Oregon Community College and OSU-Cascades. Rasheed enjoys community, art, theater, fitness and the outdoors. He wrote about often unseen female military veterans, page 45.



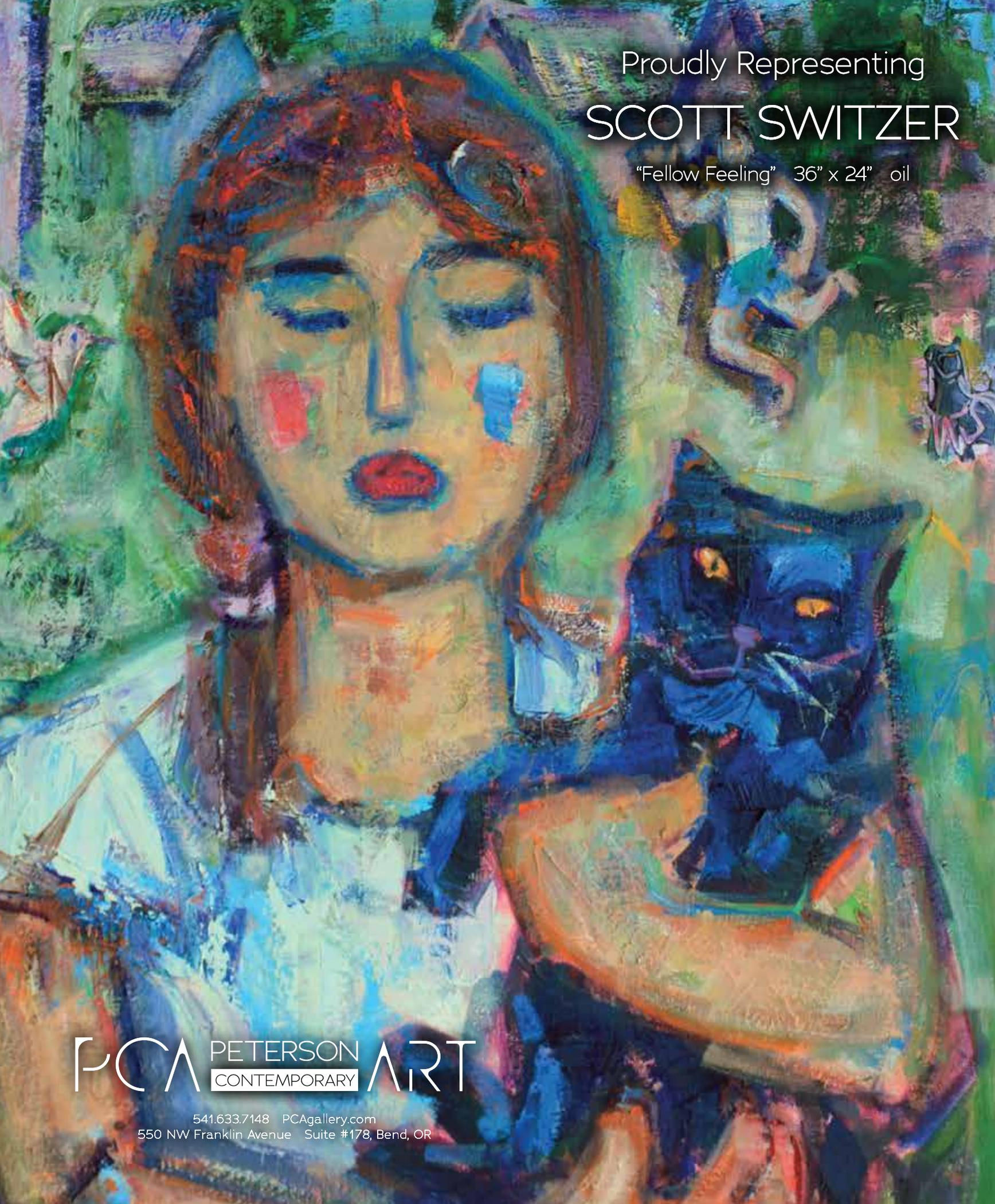
CODY RHEAULT
PHOTOGRAPHER

A professional filmmaker, photographer and budding writer, Sisters-based Cody Rheault travels the globe telling meaningful stories of people and places with his camera, focusing on the outdoors with a candid documentary style. He's spent much of his career telling the stories of military veterans through short films. Rheault enjoys time with his family, hiking local peaks, disc golfing or riding his motorcycle on backroads. See Rheault's work in this issue's Holiday Gift Guide where he jumps behind the lens to highlight fabulous finds from local retailers to celebrate the spirit and art of giving, page 78.



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, and has continued to capture 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. Join Stevens in this issue's feature story of a backcountry snowmobiling adventure that embraced the thrill of racing through winter's landscape, page 84.



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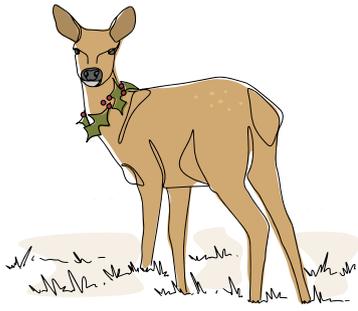


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Ready to start your home search journey? Discover more about our highly-skilled Builders Guild and available new homes, cottages, and townhomes by visiting **DiscoveryWestBend.com** or scanning the QR code to the right. We also invite you to visit the new Harcourts The Garner Group sales office at the corner of Skyline Ranch Road and Ochoa Drive.





“IT’S SAID A SIGN OF CHARACTER IS WHAT YOU DO WHEN NO ONE IS WATCHING...QUALITY IS DEFINED BY THE SMALL THINGS NO ONE MAY SEE.”

Editor’s LETTER

Notes of cinnamon scents and Bing Crosby songs in the air trigger a visceral response: Ready or not, the holiday season has arrived. We’re dreaming of a white Christmas around here, just like the ones we used to know as a kid. Well, maybe a childhood lens has nostalgia superseding reality. I recently revisited the sledding hill where I grew up. What was a mountain in my mind was barely a bump in reality. Either way, both my experience and memories are heavenly.

Impending snow gets us giddy in the Oregon Media office. Just outside our windows, Drake Park’s sledding hill will soon be a slippery slope in a scene of kicks and giggles. The production of *Bend Magazine* provides lots of action, too. It’s said a sign of character is what you do when no one is watching. I think that’s true with anything: Quality is defined by the small things no one may see.

What happened behind the scenes to create our holiday gift guide was no exception. Before a single frame was shot by the talented Cody Rheault, we spent many hours spent visiting some of our favorite local retailers in the procurement process. Kelly Alexander, Cali Clement and I built sets, chased a puppy and lit a fire in the fireplace at Sunriver Resort’s Historic Great Hall. The organized and creative chaos swirled around before coalescing on our pages, starting on page 78.

Many stories in this issue reflect what is unseen, but important. One of the most recognizable houses in Bend, the McCann House, took three years and more than 300 craftspeople to renovate. Each board was meticulously examined, restored, painted and seamlessly put back in place—details only the homeowners, contractors and Bend Landmarks Commission might recognize (page 53). Also often unseen, female military veterans are interviewed in Aaron Rasheed’s story, “They Are Not Invisible” (page 45). Tim Neville wrote “Aces of Bases” to explore how photo-worthy turns begin with the skill

local ski-tuning experts found in workshops or in a mobile tuning van (page 72).

With Bing in my ear, I’m dreaming of powder days with every card I write. It’s a holiday pleasure to think of those messages landing in the hands of my friends and family. Hopefully, this issue arrived in your hands to help you connect with our community. We keep sleds handy at our *Bend Magazine* office, so come by and join us for a ride when the snow starts to fall.

In the meantime, turn the page!

Cheryl Parton, *Editor in Chief*

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Cali Clement, Kelly Alexander, Cheryl Parton



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Literary Laurels in the High Desert

Ellen Waterston is appointed
Oregon's Poet Laureate

Central Oregon celebrates a literary milestone as Ellen Waterston begins her two-year term as Oregon's 11th Poet Laureate. Appointed by Gov. Tina Kotek, the prestigious role promotes poetry and cultural engagement statewide. As an award-winning essayist, poet and educator, Waterston helped establish OSU-Cascades' MFA program, was executive director and founder of The Nature of Words literary festival in Bend and is founder of the Writing Ranch, which offers workshops and retreats for both emerging and established writers. Author of multiple books and collections of essays and poems, her next book, *We Could Die Doing This*, will be released in late 2024. During her tenure, Waterston hopes to share her love of poetry, place (especially the high desert), and of the written word. Sharing how she believes everyone has the ability to write poems, she explained how they "provide salve, to promote caring, (and) to connect communities, from urban to rural." **IB**

News Shorts



NEW NEIGHBORHOOD HUB

The Discovery West neighborhood recently introduced its new central hub, Discovery Corner, with an appearance from former NASA astronaut Dr. Ellen Ochoa. Located at NW Ochoa Drive and NW Skyline Ranch Road, Discovery Corner features a circular plaza designed to encourage a communal atmosphere surrounded by live-work townhomes, retail and dining. Discovery West includes 40 acres of parks, trails and open land. See discoverywestbend.com.

100+ WOMEN WHO CARE CENTRAL OREGON SUPPORT NONPROFITS

100+ Women Who Care Central Oregon (WWCCO) celebrates 10 years of community contributions. Since 2014, the volunteer organization has grown to more than 130 members and has raised nearly \$760,000 for roughly 50 local nonprofits. "Our contributions have touched countless lives and helped build a stronger, more resilient Central Oregon," said Lisa Shropshire, cofounder of WWCCO. See 100wwcco.com.



COMMUNITY INITIATIVE TO BUY MT. BACHELOR SKI RESORT

Mt. Bachelor Community Inc. was formed with the intention of buying the ski area and returning it to a community-owned mountain recreation model. A group came together this fall, following POWDR Corporation's announcement to sell its interest in Mt. Bachelor Ski Resort. The group is focusing on environmental care, supporting recreation and reinvesting profits into the local economy. To see the model become a reality, community involvement is sought to increase awareness, secure volunteers and garner financial contributions. See mtbachelorcommunity.com.



PARTNERS IN CARE CELEBRATES 45 YEARS

Partners In Care, Central Oregon's leading nonprofit hospice and palliative care provider, celebrated its 45th anniversary in 2024. The theme, "Redefining Hope," echoes its approach to care. "We start working with families as early as possible to support them during this important time, to help them reduce stress, find peace and have quality time together," said Board Chair Suzanne Lafky. Since 1979, the organization has grown to serve a 10,000-square-mile area with more than 200 employees and 200 volunteers. Partners in Care offers home health and grief support services along with hospice and palliative care. See partnersbend.org.

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Soul of Central Oregon

BOLA GBADEBO

JOURNALIST + FILMMAKER

Bola Gbadebo debuted her short film *Confidence* at Open Space Event Studios this fall. The film explores the stories, struggles and triumphs of members of the Central Oregon community to reveal who they are beyond titles and accomplishments. Gbadebo, a former journalist at KTVZ, created the film to encourage more open and honest conversations about personal challenges and insecurities, and to create bridges of understanding across communities.

"Confidence for me has always been about resisting the urge to turn inward during difficult and uncomfortable moments," Gbadebo said. "The responses I've received were unexpectedly raw and profoundly moving."



Dive deeper into Gbadebo's story by listening to her conversation with *Bend Magazine's* Adam Short on The Circling Podcast. Listen at BendMagazine.com/podcast.



DIANE ALLEN

VIOLINIST + AUTHOR

In her recently published book, *FLOW: Unlock Your Genius, Love What You Do*, Bend violinist Diane Allen blends scientific principles, positive psychology and personal anecdotes to inspire readers to reach their personal potential through the power of flow. "Get into your life like a musician gets into the music," Allen said, explaining that flow is defined as a mental state of intense concentration and focus. A former concertmaster of the Central Oregon Symphony and TEDx speaker, Allen helps individuals and organizations unlock their genius through doing what they love.

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ENDURANCE ATHLETE
+ MENTOR

A distinguished figure in Bend's running community, Colton Gale achieved a first-place finish in the Oregon Cascades 100-mile trail race in August. He completed the challenging course in 14 hours, 36 minutes and five seconds on the rugged terrain between Bend and Sisters.

Beyond his athletic accomplishments, Gale is deeply involved in Central Oregon's running scene. As a coach, he mentors runners in Bend and across the country. "Being a part of someone else's journey is one of the best parts of the sport," Gale said. A desire for individual challenge and community connection drove him from lacrosse to ultrarunning in 2012.

Looking ahead, Gale hopes to compete in the prestigious Western States 100, pending lottery selection.



ILLUSTRATIONS BY DAVI AUGUSTO

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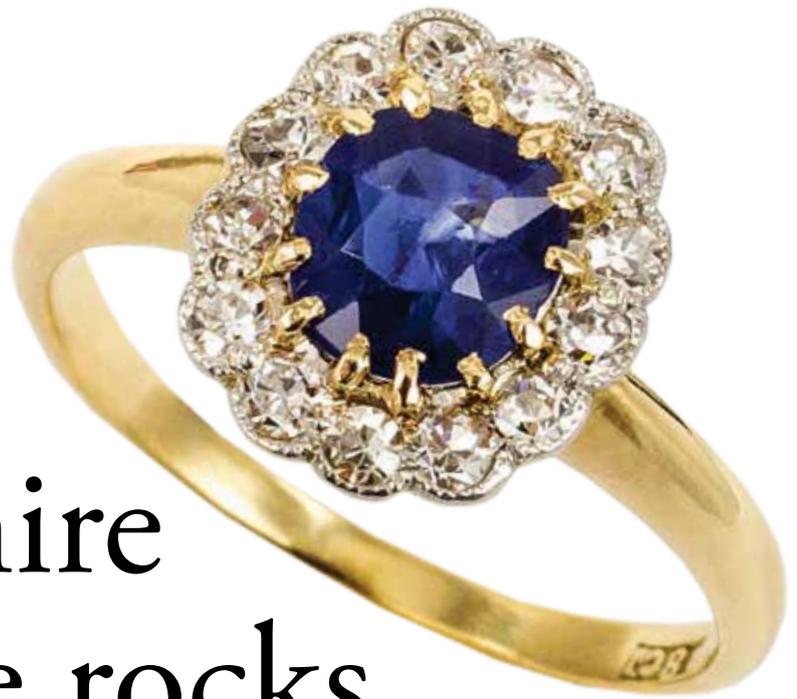
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Welcoming Warming Huts

Find forest retreats along winter trails

WRITTEN BY ROSEANN DENNERY



PHOTO WHITNEY WHITEHOUSE

Jefferson View Shelter, Upper Three Creek Sno-Park

The volcanic peaks that make up the Cascade Range are some of the the most stunning across Central Oregon, forming a dramatic skyline that has a width of nearly 90 miles. At the base of their foothills sit dozens of sno-parks that create a recreational winter playground, beckoning locals and visitors alike.

Step (or ski) into one of these sno-parks and find yourself whisked into the backdrop of a quintessential Nordic winter scene: snow-laden trees with frosted branches, a surrounding blanket of glistening white and, in the distance, a rustic log structure with billowing smoke rising from its chimney into the crisp air. Enter the warming hut.

The concept of the warming hut has been around for centuries. Many attribute its origins to the Scandinavian region, yet the history of Westernized huts began in the early 1900s. Originally constructed as mining cabins and shepherd shelters, they have since evolved with the popularity of backcountry recreation into structures that offer a warm respite from the trail.

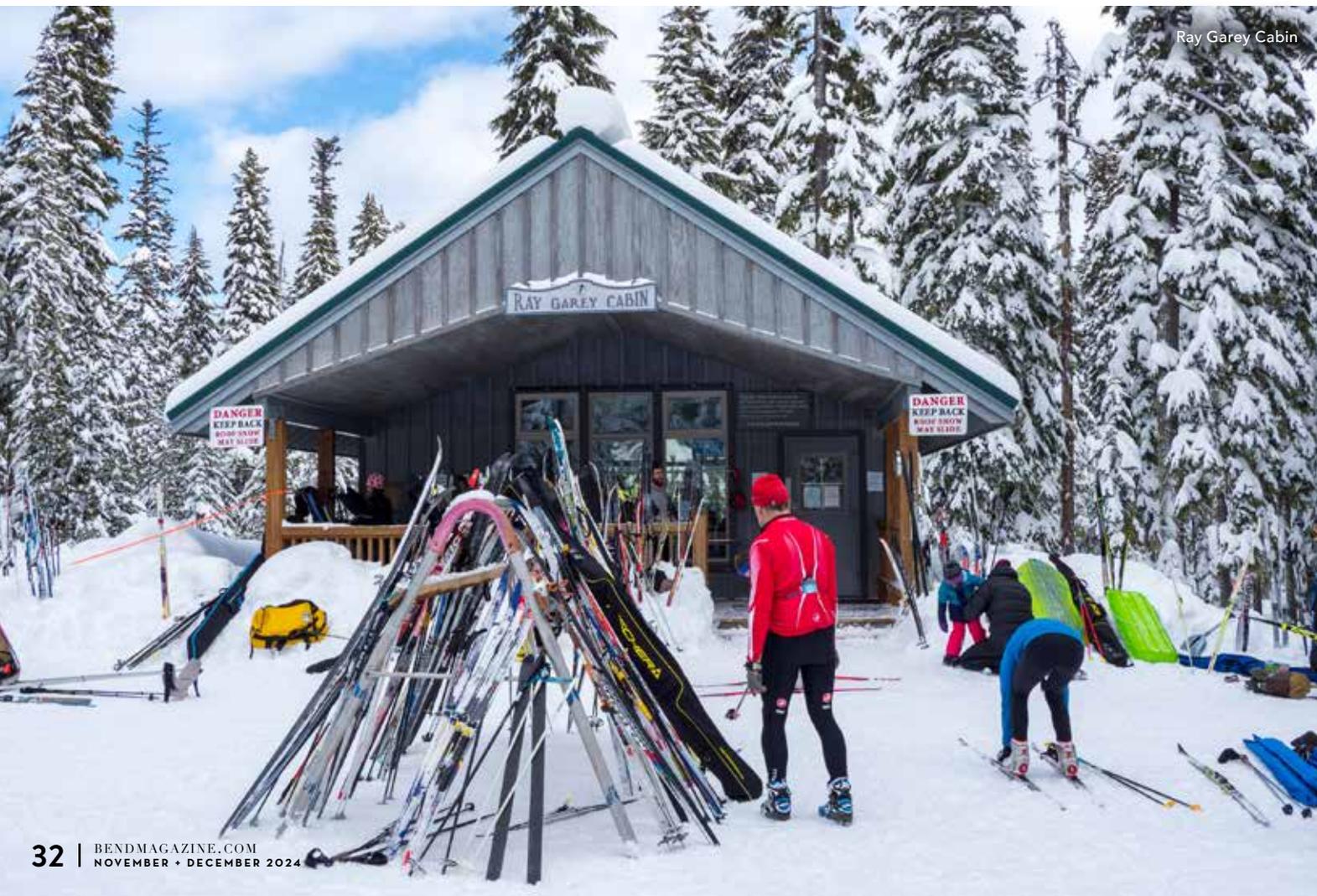
Pick up a sno-park pass (required from Nov. 1-April 30) and enjoy this short list of not-to-miss parks and their accompanying warming huts, all within 20 minutes to a couple of hours from Bend.

RAY BENSON SNO-PARK

The largest sno-park in Oregon, Ray Benson, is located on Santiam Pass just a few minutes past popular Hoodoo Ski Resort. Named for the avid snowmobiler who helped establish Oregon's sno-park system, Ray Benson offers 60 miles of trails for Nordic sport enthusiasts and dog sledders.

The park boasts a trio of welcoming warming huts: North Blowout, Island Junction and Brandenburg Shelter, each stocked with wood and a piping woodstove's fire. Take the southern loop, where you'll encounter thick forests of snowy lodgepole pine and hemlock along with views of frozen backcountry lakes. Enjoy vast clearings that were once summertime cinder fields now transfigured into powder-covered plains. On your way to Brandenburg Shelter, you'll also notice sections of burned forest scarred by the 2003 B&B Complex Fire. Perhaps the silver lining from the charred devastation is this: striking, unobstructed views of both Three Finger Jack to the north and Mount Washington to the south.

- Trail conditions: Groomed and backcountry
- Difficulty: All levels
- Distance: 60-plus miles of Nordic trails
- Recreation: Cross-country ski, snowshoe, snowmobile and dog sled



Ray Garey Cabin

PHOTO FLICKER.COM/DOLANH

GOLD LAKE SNO-PARK

Gold Lake Sno-Park, located off Highway 58 on Willamette Pass, offers a network of loop trails that crisscross the Pacific Crest Trail (PCT). Just after parking your car, you'll encounter the first trailhead warming hut, which greets the eager skier with warm drinks, maps and trail advice. The Gold Lake Sno-Park is a day tripper's delight, offering a hut-to-hut experience to Westview and Bechtel shelters surrounded by rugged, old-growth forest.

Gold Lake is considered an excellent spot for beginners due to its mild slopes and shorter loops. The most scenic trek follows the Westview Trail, with a stop at the Eagle Rock overlook. Here, you are surrounded by manzanitas and a perched vista view of massive Odell Lake and Diamond Peak. The Westview Shelter is an ideal next stopping point, offering a warm stove, benches and a sleeping loft. Crossing the highway will offer breaking trail exploration on the PCT and access to the octagonal Maiden Peak Shelter, an advanced ski destination that can accommodate up to 15 people overnight.

- Trail conditions: Groomed and backcountry
- Difficulty: Easy to intermediate, with further trails for the prepared skier
- Distance: 15 miles of marked trails
- Recreation: Cross-country ski, snowshoe

TEACUP NORDIC

Teacup Nordic is a Nordic skier's paradise, nestled in the shadow of majestic Mount Hood. You'll find Teacup just 20 miles from downtown Hood River, making this a great all-day trip or quick overnight excursion. As a volunteer-maintained sno-park, Teacup features miles of expertly groomed trails clearly marked by level. This premier location means you'll be skiing alongside towering Douglas firs and several feet of pillowy, fresh powder due to the park's elevation. The cozy Ray Garey Cabin is named after a skier from the Gresham area who donated \$30,000 to replace the 20-foot aluminum trailer that served as the original structure. The improved heated cabin is a spirited meeting space for skiers and provides picnic benches, pit toilets and is ADA-accessible.

A \$25 trail fee is required to offset trail maintenance costs. Since snowshoers and dogs are not allowed, this park is designed for the cross-country purist. With sweeping views of Mount Hood and groomed trails as far as the eye can see, Teacup is sure to become your new Nordic cup of tea.

- Trail conditions: Groomed
- Difficulty: All levels
- Distance: 12 miles of marked trails
- Recreation: Cross-country classic and skate ski



Gold Lake Sno-Park Shelter

VIRGINIA MEISSNER SNO-PARK

No list about sno-park destinations is complete without the mention of Virginia Meissner Sno-Park. The legendary Virginia Meissner was a Nordic enthusiast who helped develop programs for young skiers. Meissner is 15 minutes from Bend's city limits, making it a convenient spot for a quick trek any time of day. This park features miles of pristinely groomed and well-signed trails. There are six back-country warming shelters within a few miles of the park, the most popular of which are the Meissner, Nordeen and Swede. The Meissner and Nordeen shelters offer a perfect refueling or resting spot with stoked fires (thanks to Meissner Nordic Club volunteers) and brilliant views of glacier-carved Broken Top.

This beloved sno-park also hosts after-dark events, including the lighting of the luminaries and a local artist moonlit piano concert series. If you're lucky, you'll spot "Fiver" while out on the trails, the superstitious grouse that roams the park with #IYKYK status among Meissner devotees. **B**

- Trail conditions: Groomed and limited backcountry
- Difficulty: All levels
- Distance: 25 miles of marked trails
- Recreation: Cross-country classic, skate and ski snowshoe



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Lighting Up the Night

Tree lighting ceremonies offer
community connection

WRITTEN BY HEIDI HAUSLER

As the sun drops early behind mountain peaks, Jack Frost wraps his arms around Central Oregon and cozy tucked-in evenings lit by fire and light replace the outdoor pursuits of longer sunlit days. Across time and space of human history, light has been the foundation for community, creating a collective strength to face winter's challenges and a symbol of hope for spring days ahead. In cultural traditions throughout the world, the celebration of light has long been

woven with the illumination of evergreen trees, a ritual that began in 16th-century Germany when candles were placed on fir and spruce boughs, honoring the symbolic resilience of the evergreen and the vitality of the sun's golden light. Continuing to bring warmth in winter's shorter days, the tradition of lighting evergreen trees endures. Last year marked the 100-year anniversary of the National Tree Lighting Ceremony in the nation's capital, a festive gathering featuring the presiding president of the United States lighting a grand tree to the delight of all in attendance. Across the cities of Central Oregon, community tree lighting ceremonies kick off the holiday season, bringing locals and visitors of all ages and backgrounds together on crisp, wintry nights for a magical celebration of light and connection.

GRAND ILLUMINATION AT SUNRIVER RESORT

For 26 years, Sunriver Resort's Grand Illumination ceremony has been a centerpiece of the holidays enjoyed by generations of residents and visitors. Adorned in hats and mittens,



attendees young and old gather outside of the Main Lodge at Sunriver Resort beneath a towering 50-foot native ponderosa pine tree that stands, rooted in the ground, as a beacon for community and celebration. When the tree is lit to the wonder of the often 2,000-person crowd, a grand fireworks display commences in the sky above, adding a sparkling twist to the festive celebration of light. Cheers and comradery blend with live music and entertainment, a visit from Santa Claus, pony and train rides, huggable characters, putt-putt golf and telescope viewings of Sunriver's starlit winter sky. The Grand Illumination ceremony kicks off the Resort's Traditions—a series of holiday-themed events that have been a signature of the season for almost half a century.

BEND'S COMMUNITY TREE LIGHTING CEREMONIES

Perched on the high slopes above Mirror Pond, a large spruce tree joined the Drake Park forest in 2013, gifted to the Bend community from the Bend Park & Recreation District and the Downtown Bend Business Association. Growing

ever taller each year, the tree welcomes people whether from down the street or miles away to witness its Community Tree Lighting Ceremony, held the first weekend in December. Caroling from local choirs, live music and the sounds of Santa Claus' sleigh bells fill the air as friends and strangers gather to count down the lighting of the tree in unison.

Not far up the road, the neighborhood of NorthWest Crossing heralds in the holidays around a ponderosa pine tree that rivals the world-famous trees of Rockefeller Center. Gazing up at 75 feet of evergreen boughs adorned with thousands of lights, the festive crowd awaits a bright red fire truck carrying Santa Claus, the jolly man of the hour. Cheers guide him through the crowd before he sets the gigantic pine aglow. "We see the kids' faces light up and it reminds us of the importance of generosity in all seasons," shared Sara La Faver, co-owner of Harcourts The Garner Group, host of NorthWest Crossing's Tree Lighting Ceremony. Marveling at the glory of light, surrounded by new friends and old, these ceremonies inspire hope and kinship through the transformative power of community. **IB**

COMMUNITY TREE LIGHTING CEREMONIES

SUNRIVER RESORT

November 23: Grand Illumination festivities include music and entertainment, fireworks, a visit with Santa Claus, pony and train rides and telescope viewings at Oregon Observatory.

SISTERS

November 30: Holiday Palooza begins with a parade down Main Street and culminates in the tree lighting in Fir Street Park.

NORTHWEST CROSSING

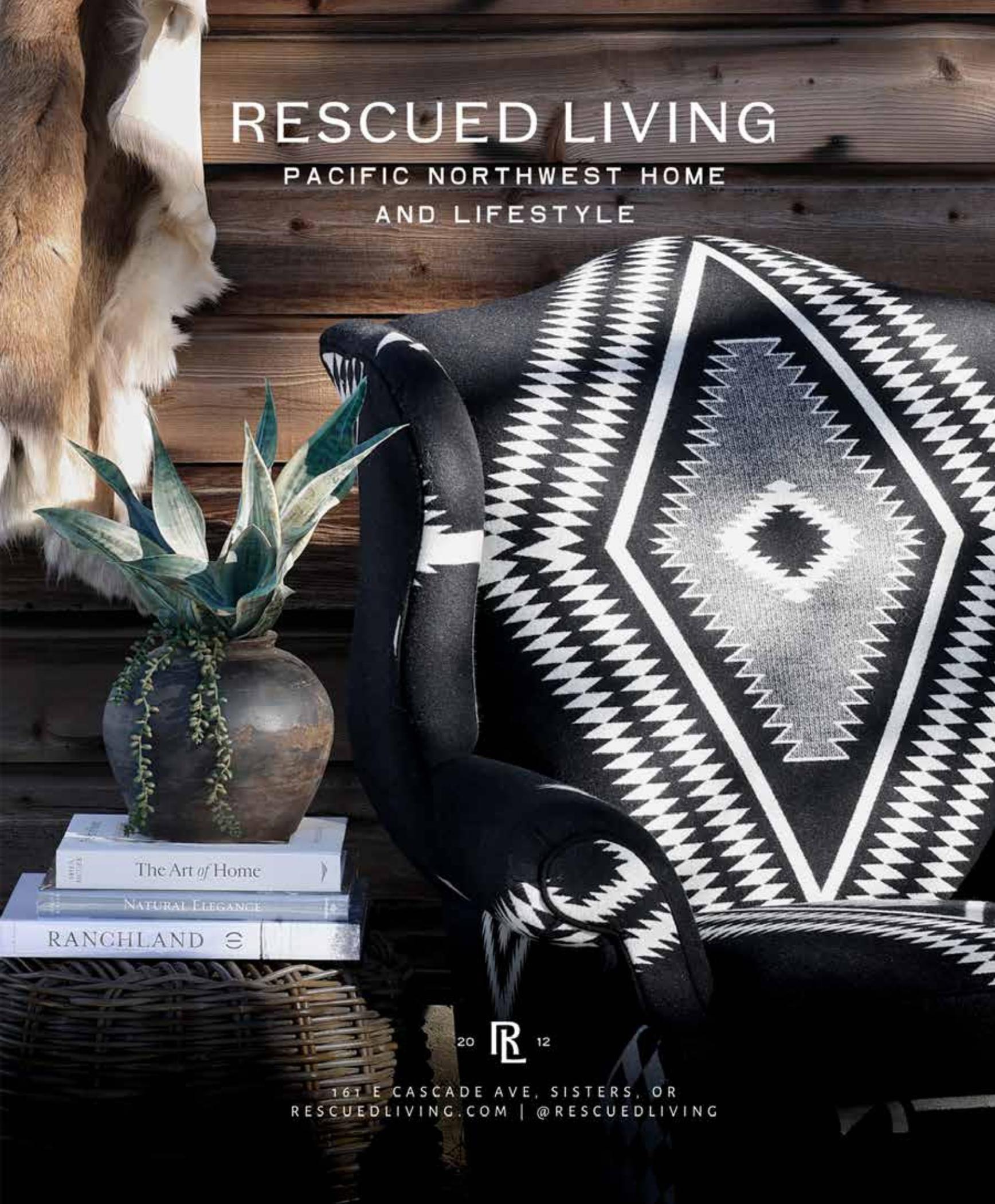
December 5: Caroling and free hot cocoa precede the arrival of Santa Claus and the illumination of the tree.

DOWNTOWN BEND

December 6: Drake Park is set aglow with live music, dance performances, hot cocoa, a meet-and-greet with Santa Claus and the tree lighting ceremony.

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Make ‘Em Laugh

Improv classes offer lessons beyond the stage

WRITTEN BY CATHY CARROLL | PHOTOGRAPHY BY ELY ROBERTS





Suzette Hibble is doing it to discover who she is beyond a wife and mother. Anna Schmitt is in it to uncover her true self — the one she was before societal roles such as educator defined her. Clint Reinhard loves saying “yes” to new things. Elizabeth Havice does it for fun with friends and heard it could help her attention deficit hyperactivity disorder, too. Luke Warren wants to tap into the fun he had trying acting when he was younger.

They’re all taking a Central Oregon Community College (COCC) continuing education class in improvisational theater, or improv, in which actors have no script but simply make it up as they go along, often based on suggestions from the audience. Although their reasons for joining vary, each participant is drawn to the diverse benefits improv offers. Locally, people are seeking out improv not only as entertainment but for a range of other benefits, from boosting career skills and interpersonal relationships to helping with serious illnesses such as cancer and post-traumatic stress disorder.

THE RULES OF IMPROV

Renny Temple, a longtime L.A. actor in television, commercials and improv theater, has been teaching “Improv for Life” at COCC since he moved here in 2018. “I decided to connect the life factor to improv,” he said. “You have hundreds of scenes every day that you call your life,” he described. “You talk to



John Breen, founder of Bend Institute of Comedy with Ally Hickson.

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cashiers, you talk to friends, you talk to your boss, you talk to your spouse, your kids, and you don't have a cue card and you don't have a teleprompter, and you can use the same rules of improv in your life."

He named some of the rules of improv: "Take care of the other person—don't try to be better than anybody, try to make everybody better because of you. Collaborate, don't be competitive." People start understanding the concept of how you can take these rules and apply them to their lives, he said. "Pretty soon it starts becoming part of your life, and magic starts to happen when you start cooperating rather than arguing. You start creating things that are better than one person thinking by themselves."

Temple isn't alone in recognizing the power of improv in everyday life. At the Bend Institute of Comedy, professional actor-writer-director John Breen emphasized the joy and growth that comes from play. Improv boosts confidence and communication, and the physiological benefits of laughing are scientifically proven, he said. "All of your relationships will improve when you can listen better," he said. "And, we're laughing throughout the whole class—we're having fun. That's a major part of it. If you stick with it—guaranteed many things will improve in your life."

REMEMBERING TO PLAY

Simply getting to play is vital, too. "If you forget how to play, life is hard," Breen said.

For Carol Sternkopf, one of the eight members of the improv performance group The Roundabouts, the aspect of play carried her through treatment for bladder cancer this year.

"It's pure play. It's absolute play, and it's not something a lot of adults get to do," said Sternkopf, a photographer who learned the craft of improv from Temple and took classes from Breen, too. "[When doing improv] I did not even give cancer a second thought. I was like, I'm here to play."

Improv is taking other forms locally, too. One example is the monthly show, "So You Think You Got Jokes," at Silver Moon Brewing and elsewhere. There, standup comedians gather audience suggestions at the beginning of the show and interact with the audience during the second half. More improv opportunities are on the horizon as well. Ryan Traughber founded entertainment production company Bend Comedy in 2015, halted it during the pandemic, and will restart Bend Improv Group shows and workshops, with a show November 16 at Open Space Event Studios, he said. Meanwhile, on any given weeknight, a local improv class is likely underway, offering lessons for life as well as for laughter. See bendinstituteofcomedy.com. **IB**



The Bend Improv Trio "Harris, Mills & Gibler" is Robert Mills, left, Liam Gibler, right and Nancy Harris, background.





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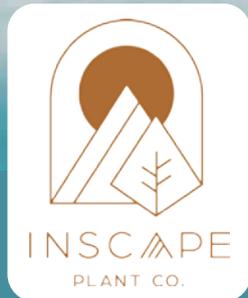
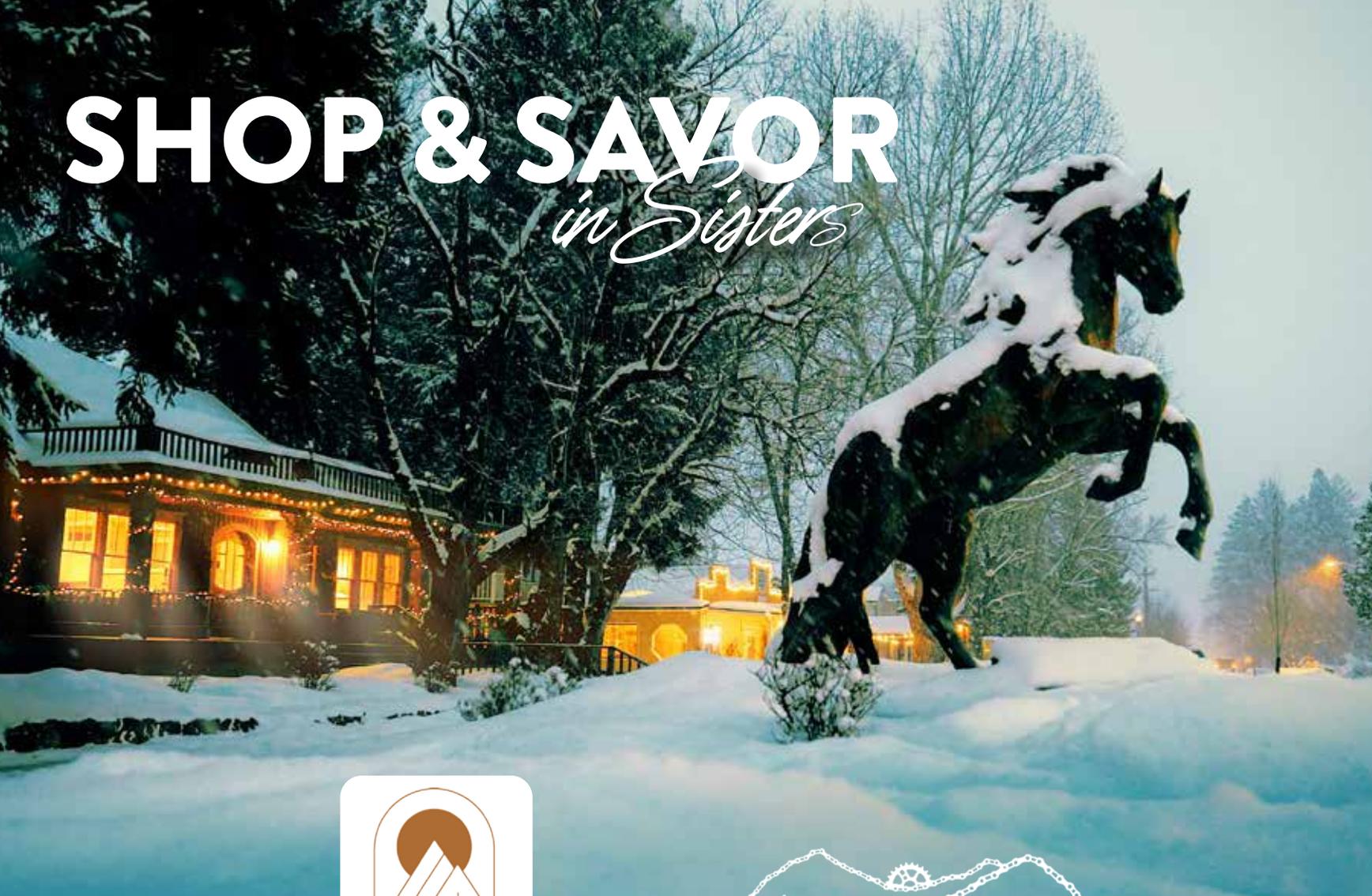
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Debbie Restivo, Anita Sergeant and Kristi Russ

They Are Not Invisible

Recognizing female veterans

WORDS AND PHOTOGRAPHY BY AARON RASHEED

There's a distinguished group of people who don't need the word "super" in front of "hero," because their feats of heroism are real. Their origin stories are also more humbling. This heroic group is honored each Veterans Day, a federal holiday on November 11 recognizing United States Armed Forces military veterans.

While all veterans deserve recognition, there are organizations, volunteers and veterans across the country and in Central Oregon working to honor more

military women who have historically received less acknowledgement.

In March 2024, Central Oregon Community College (COCC) hosted "I Am Not Invisible," a campaign started in 2017 by the U.S. Center for Women Veterans (CWV) to recognize some of the more than two million female veterans who make up 10% of the military population. To date, the CWV project has crossed 50 states to capture more than 3,200 portraits of female veterans, including women of Oregon who shared

their stories—especially about lack of recognition and barriers they face to access health care and additional resources.

Inspired by the exhibit, local veterans Debbie Restivo, Kristi Russ and Anita Sergeant audio-recorded their military stories with the Library of Congress Veteran History Project, a program of COCC. The project uses trained volunteers to interview veterans, thereby preserving their stories for an online public audio library.

In their words, Restivo, Russ and Sergeant share their stories.



DEBBIE RESTIVO

*U.S. Marine, Communication Operator
(1990-1994)*

"Cherry Point, North Carolina, was my first duty station. Barely a year in, I was sexually assaulted by members of my unit. I felt ruined; there was no command support, not even therapy. I loved serving; I felt a part of something special as a com-operator. The assault and lack of support led to my military departure. Now, I'm a veteran peer support specialist in Bend; I influence all veterans to speak out about sexual assaults and how to find health resources. Providing the support I didn't have to every veteran brings me solace."



KRISTI RUSS

*U.S. Coast Guard
(2002-2006)*

"I was stationed in Alameda, California, and assigned to a drug interdiction ship crew. My unit seized tons of cocaine and detained smugglers attempting U.S. entry, towing or destroying their boats. We had 110 crew members, 10 of whom were females. Our crew was like family, but our expectations from leaders were unequal. When men make mistakes, they were viewed as an individual's flaw. For females, mistakes were usually seen as a collective gender flaw. I would do it all again. It was an honor serving alongside both men and women who deserve equal recognition."



ANITA SERGEANT

*U.S. Navy, Aviation Supply Operator
(1990-1995)*

"I was stationed in Norfolk, Virginia. At only 21, I managed millions of dollars working in administration. During the audits, I was responsible for balancing the budget for mission success and couldn't be a penny off. Being an African American female adds to the pressure. All female service members were judged as a collective. However, supervisors frequently reminded me that my performance would reflect my gender and race. I'm part of the first generation in my family to serve, and it's an honor. Every gender and race contributed to our nation's military legacy."

These Central Oregon veterans shared their stories because they wanted to be seen. Honor them on Veteran's Day November 11, by remembering the contributions of this large swath of Americans to the United States military. **13**

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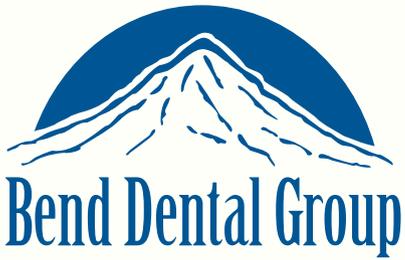
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- Kit, Partners In Care ‘HosPet’ Hospice Therapy Dog



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Pine Marten Lodge

Architect Vernon Sexton brought Bill Healy's vision to life

WRITTEN BY TOR HANSON



Step out onto the deck of the Pine Marten Lodge. The sight is breathtaking, with panoramic views of the Three Sisters Wilderness area and Broken Top. Next, take a step back and ponder the logistics of creating a multi-story building on this site. The Pine Marten Lodge has been called the “Crown Jewel” of Mt. Bachelor. Perched at 7,800 feet above sea-level, it was dreamed up as a mid-mountain restaurant in the early 1960s by Mt. Bachelor Founder Bill Healy. The vision of the current lodge took almost a quarter of a century to become a reality, but when it was time to build, it was created at record speed. Bend architect Vernon Sexton was there from start to finish.

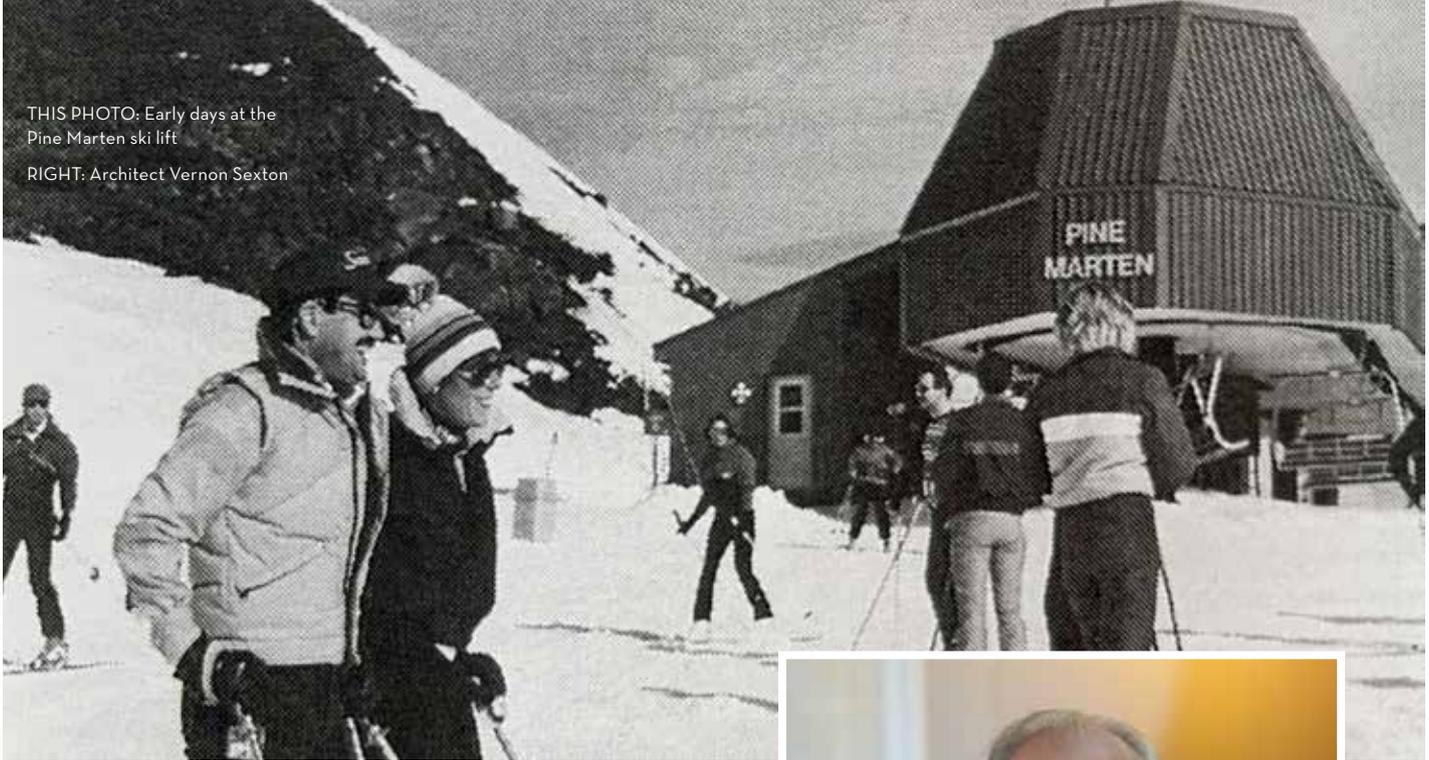
Schooled in architecture at the University of Oregon, Sexton came to Bend in 1972 to spend the winter skiing with his wife. It was a brief stop-over on their way to find a place to settle down—in either Seattle, Portland, or San Francisco. Sexton had experience from working with well-known architects, in

Montreal and Vancouver, Canada; Philadelphia, Portland, La Jolla and Telluride. But, the couple decided to stay in Bend, where Sexton built a home office and the following year, at 29 years old, Sexton met Healy. At their first meeting, “Healy provided me with sketches for minor additions to the existing main lodge. He wanted to add a storage room here and a coffee shop there,” said Sexton. He told Healy to come back in a week. Telling him, “If I can’t show you better ideas than what you have shown me, you better get another architect.” From what Sexton recalled, Healy was not amused.

When Healy returned, Sexton built a quarter-inch scale model of the lodge: “I built the model in front of him, and within 10 minutes he was looking at the completed form of the new main lodge,” said Sexton. “From that point we became fast friends,” said Sexton. He spent the next 20 years with Healy and designed many of Mt. Bachelor’s now iconic buildings.

THIS PHOTO: Early days at the Pine Marten ski lift

RIGHT: Architect Vernon Sexton



FROM DREAM TO REALITY

The Pine Marten Lodge became a viable project in 1987. Healy's dream was to have a lodge that could accommodate the potential growth of the Mt. Bachelor ski area. It began as a wood-framed building. "As the project went on, Mt. Bachelor officials realized there would be a tremendous amount of people utilizing the building," said Sexton.

Eventually the lodge transformed beyond the structural possibilities of wood. "When it hit 12,000 square feet, we changed the building to concrete and steel," said Sexton.

The design concept came to Sexton in the middle of the night. He decided to "hide" the 58,000-square-foot building, making it tough to spot from the lower levels of the mountain. "The best way to blend the building into the surroundings was to replicate the contours of the ridge," said Sexton.

The project was not without challenges. "Mt. Bachelor's rule was that everything had to be completed before the ski season started," said Sexton. With a narrow window to design, and then build the lodge, time was of the essence.

The location also spelled trouble. The building material had to be transported to the site on what Sexton describes as "an awful switch-back road." The road would be used to haul 600 tons of concrete, 320,000 pounds of steel beams and rebar, and other material.

The design phase took three months. Computer-aided-design (CAD) was still in its infancy, which meant that Sexton's architectural drawings had to be hand-drawn and the final design spanned 59 pages.

CONSTRUCTION BEGINS

The frenzied construction phase got underway in April when general contractor Kirby Nagelhout began removing eight to 10 feet of snow from the construction site. The pace never slowed. "There were times when the area around the lodge looked like an anthill with construction crews moving about," said Sexton.



To speed up the building process, Nagelhout came up with a system that allowed concrete to be poured on the next floor of the building while construction proceeded below. "There would be plumbing and electrical contractors working on the lower floors while they were pouring concrete above their heads," said Sexton.

Although the pressure was on to finish the project before the start of the winter season, neither Sexton nor Nagelhout felt stressed. The simple explanation, according to Sexton was, "Where there's a will, there's a way."

After six months of frantic construction, the Pine Marten Lodge stood ready at the end of November. It was turned over to excited skiers on December 29, 1988.

At the age of 80, Sexton is still working—something he thoroughly enjoys. Over the course of his 50-year career, he has designed more than 600 homes for clients in the Bend neighborhoods of NorthWest Crossing, Discovery West and Awbrey Butte.

Working with Healy has left an indelible impression on Sexton. "He was a real visionary. He saw the possibility of what our efforts could produce." ■



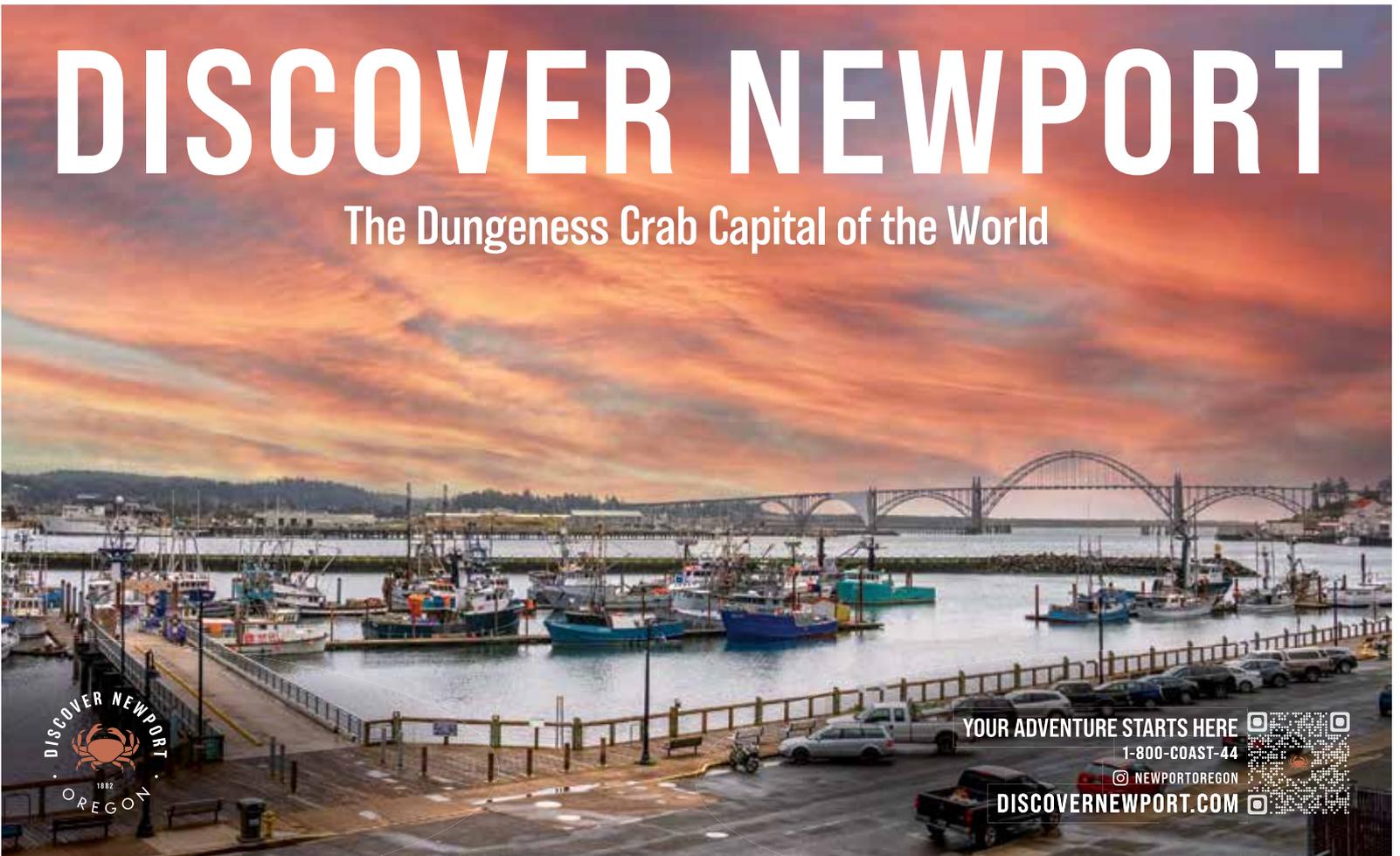
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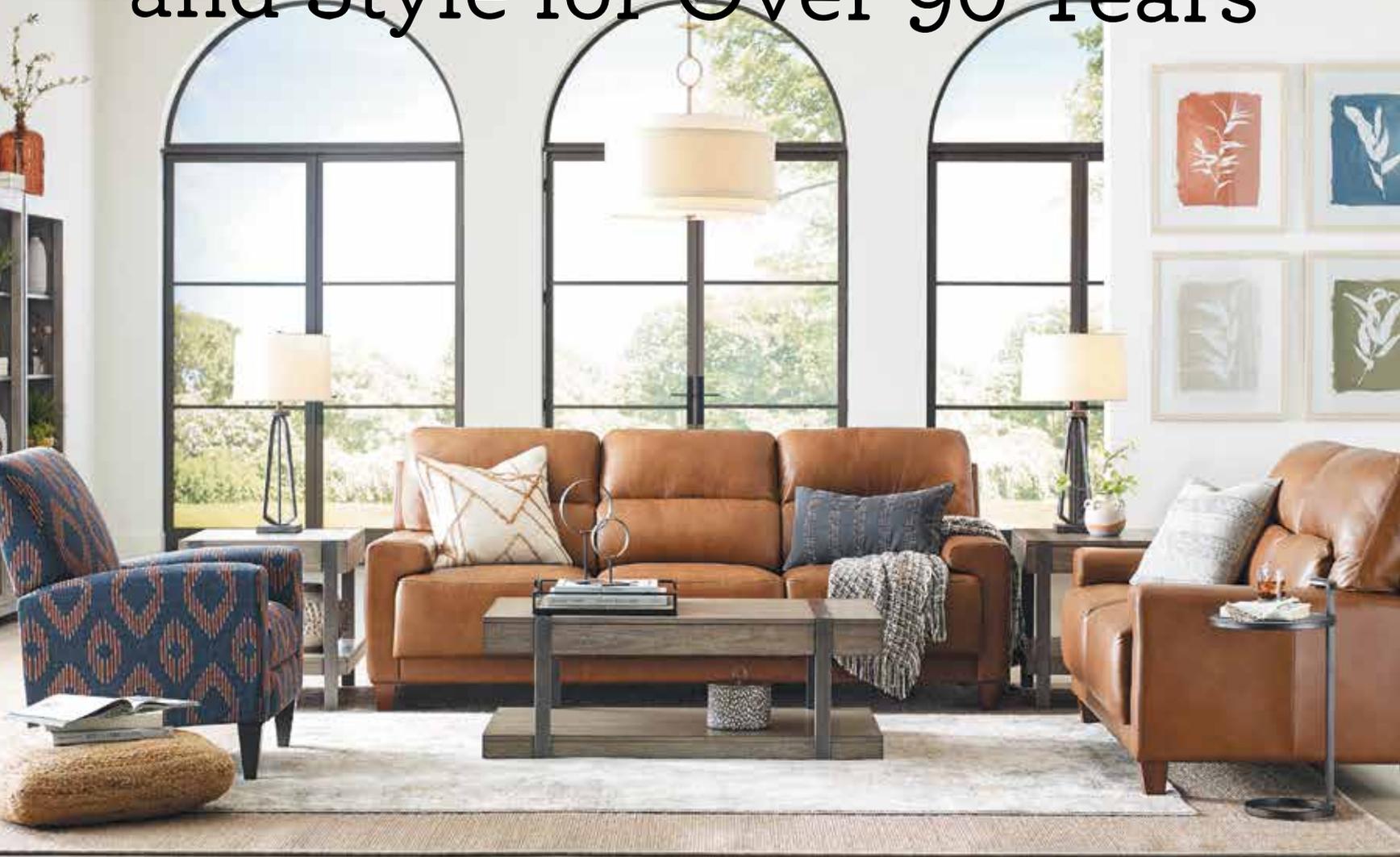
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Heritage Home

A historic renovation preserves a gem of Bend for future generations

WRITTEN BY **CHERYL PARTON**
PHOTOGRAPHY BY **KAYLA MCKENZIE**



The term multigenerational can have multiple meanings. The McCann House, one of Bend's most recognizable homes, underwent a Herculean renovation, resulting in a lasting legacy for the family that saved it from demise, the skilled craftspeople who helped restore it and the Historic District, one of Bend's oldest neighborhoods.

The imposing four-level house was built in 1916 for Thomas McCann, the vice president and general manager of the Shevlin-Hixon Company. He arrived in Bend from Minnesota, bringing with him a sophisticated sensibility along with his family. David C. Lewis, a renowned Portland architect, was enlisted to bring his signature Georgian Colonial design to the emerging city. After having eight private owners during the 100 years since the mill sold the house into private ownership, along with a sagging roof and decades of deferred maintenance, the house was in need of a benefactor. "It hadn't been loved," said Melissa Barnes Dholakia, who along with her husband Sanjay Dholakia, had previously renovated a historic home when they lived in Oakland, California. "Unfortunately, [maintenance] got away," she said. Sanjay added, for "any rational person," taking on the project was a bad idea. But with a penchant for historic preservation that runs in the family, and community-mindedness, the Barnes Dholakias were all in.



Many of the original trees are still on the property. The view from the front of what is now Congress Street.

PHOTO: BOTTOM BESCHULTZ HISTORICAL SOCIETY



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GENERATIONS OF FAMILY

Melissa fell in love with Bend decades ago as she headed to Whitman College, stopping along the way to backpack the Three Sisters Wilderness and climb at Smith Rock. “Bend is where I’ve come home to for a long time,” she said. She and Sanjay married at Broken Top 26 years ago. Her parents have lived in Bend for more than three decades, and her mother, writer and former journalist Christine Barnes, served on the Bend Landmarks Commission and penned the book *Great Lodges of the National Parks* as a nod to preservation and design.

On the National Register of Historic Places, the McCann House was a center of attention when it went into foreclosure in 2017. Sited on four city lots, developers had their sights on razing the home and building homes or condominiums. Hearing about the intense interest from developers, Sanjay and Melissa were extra motivated to save the property. They bought the home in April of 2018.

SAVING THE MCCANN HOUSE

“I’d driven by the property hundreds of times,” said Josh Wilhite, principal of Copperline Homes, and the contractor selected to take on the renovation project. “It’s the jewel of Bend,” he said. “Taking an older house and revitalizing it has always been important for these neighborhoods to keep them fresh and vibrant,” he said.

Along with John Kvapil and Kimberly Stroup of DKA Architecture & Design, P.C.—architects who renovated the Tower Theatre—the team included Ani Cahill of Cahill Design, Chris Ferguson of Part & Process, Parker MacDonald of Landscape Elements, Lisa Rokosh of Brass Tacks Design and Doug White of White’s Fine Woodworking. More than 300 “artists, not just craftspeople” took part in restoring the house, Sanjay added.

It took close to three years to finish the project, which had to balance the standards of historic preservation and period aesthetics with contemporary code and livability.



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STEP BY STEP

With four levels and 6,890 square feet, the home was built for another era. Formal rooms were for entertaining, with practicalities—including servants' quarters—hidden behind doors or on the upper levels of the home. During the renovation, the footprint of the home was preserved as were many of the rooms. "I love different spaces that hold the different parts of your life, like a formal parlor or dining room," Melissa said. Architects Kvapil and Stroup helped open up areas, such as the kitchen, to be more usable for a busy family, which includes daughter Maya, 21, son, Kai, 15 and puppy, Oakley. The kitchen was originally anchored by a wood stove and a three-story chimney that extended from the basement to the third floor, previously an unheated servants' quarters.

The renovation's design removed the chimney, extending the kitchen through a new breezeway to the garage, added central heat to the upper floor, and finished the lower level of the home. From the top floor down, details were attended to one by one: A clawfoot tub was removed, refurbished and reinstated with period fixtures including paint color and wallpapers to match the era while reflecting the Barnes Dholakias' more contemporary style.

Rokosh helped bridge the centuries, nodding to the past in places such as the living room where bold-patterned wallpapers evoke the Chinoiserie popular in the early 1900s. Appointments are from many local artists, such as Sheila Dunn, Lisa and Lori Lubbesmeyer, Shelli Walters and Valerie Winterholler. A centerpiece of the home is a Palladian window at the main staircase landing which is visible when first stepping into the home. A signature feature from architect Lewis, the window was important to preserve as the historic heart of the home. Its weight-and-pulley system and single-paned glass, complete with marbled imperfections, are visible reminders of its age. The motif of Palladian arches continues through interior doorways of the first floor and wallpaper selections throughout the house. Less obvious to an onlooker is the meticulous restoration and replication of pristine, first-growth woodwork throughout the house.

To remain true to historic standards, Wilhite and his team examined boards one by one to replace them with highly specialized wood products consistent with wood products of the original construction and not commonly found in wood mills today, even if the boards were to be painted over. "The level of detail in the restoration was that important," said Melissa.



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DESIGNS FROM THE PAST AND FOR THE FUTURE

The main footprint of the house remained, as did the geometric Chippendale pattern found on the portico, with an 18th-century design that proved to be a challenge to meet both preservation and current safety code. The Barnes Dholakias and Landmarks Commission worked through a careful process to deem the Chippendale pattern significant enough to the project that it remains and is echoed in design in other areas of the home, such as its garden fence.

A breezeway was added to seamlessly link the main house with a garage for cars and sports equipment, and also an activity bay for the 1948 Ford tractor Melissa bought at auction from her family's legacy farm in Missouri.

For the Barnes Dholakia family, history is important but so is the ability to play sports on the front lawn, walk a few blocks to downtown Bend and to be part of a bustling family neighborhood. The renovation of the McCann House has created a legacy for the community. "Many families have grown up here," said Melissa. "Everyone has a story about the house. It was an opportunity to keep a piece of history for Bend and bring it back to life. We feel fortunate to be the current stewards." **IB**



Sanjay, Melissa, Kai, Maya, Oakley & the late Jesse.

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STYLE



PHOTO ANNA JACOBS

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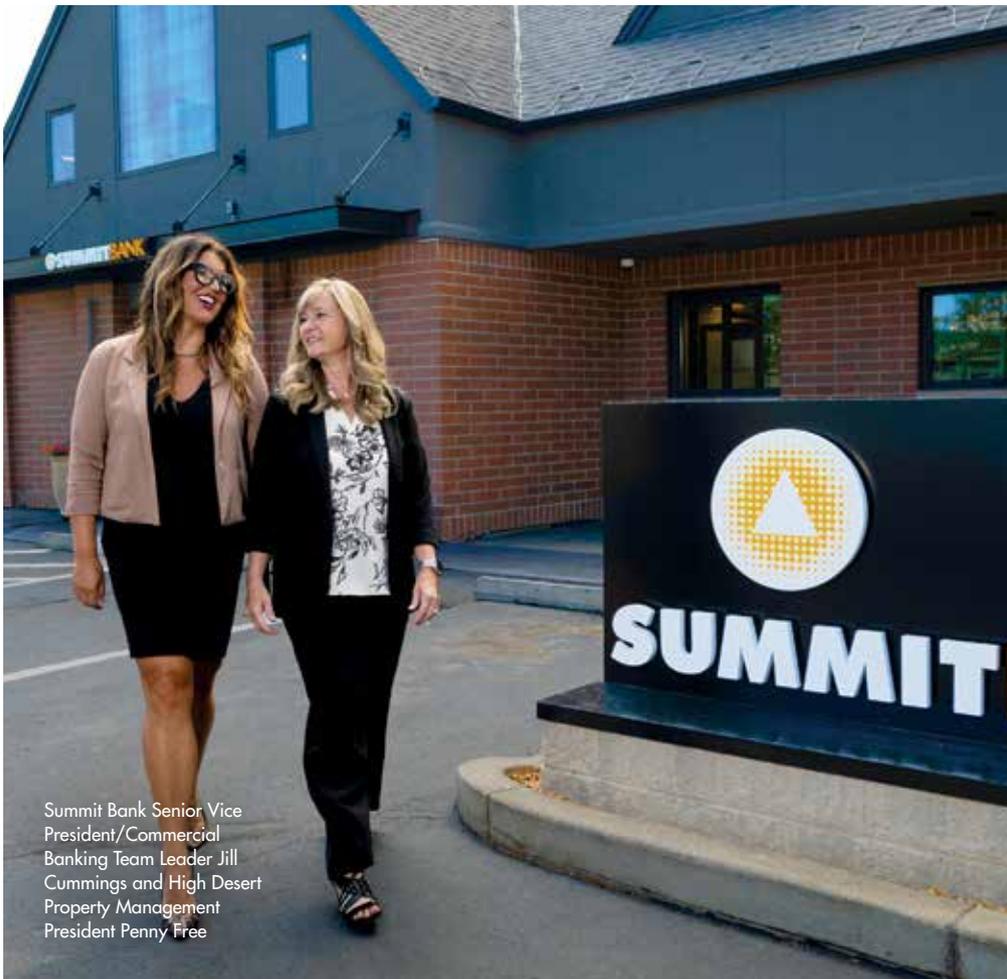
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Business of the Holidays

Bend's ethos of shopping local
powers the season

WRITTEN BY ELLEE THALHEIMER

PHOTO ELY ROBERTS

Tanja Rodgers of Donner Flower Shop



COTTONWOOD

a
ns
[Hand-drawn icon of a hand]

Schilling's Makers Market



Craft-O! Holiday Bazaar

It's no secret that Bend's summer and winter tourist seasons are big economic drivers; however, the holiday season (from Thanksgiving through the New Year) is a key period for the local economy. According to Visit Bend, Mastercard charges in Bend during the highest lodging occupancy months—July and August—total \$37 million each; whereas December, when lodging occupancy rates are near their lowest, charges surpass the peak tourism season at \$38 million.

"There's evidence that local business sustains the economy during the holidays," said Nicole Ramos, an economist at the Oregon Employment Department focused on regions east of the Cascades. Ramos noted that employment numbers are highest in the third quarter (July through September), but that the numbers of business entities increase in the fourth quarter (October through December), as does the number of employees being paid; indicating that local businesses pop up around the holidays to meet demand, and wages are higher to compete for a reduced employee pool.

"We're not just a tourist economy," said Don Myll, the Bend area director for the nonprofit Economic Development of Central Oregon, known as EDCO. "The holiday season is a

'tweener' season (between the big summer and winter tourist seasons), and it's central for our retailers."

Over the past 10 years, Bend's economy has diversified. Tourism numbers have remained relatively stable while the local population has increased, and other industries have taken root and grown. The bioscience, aviation and outdoor products industries, and small tech startups, are having significant economic impact. All the while, small businesses continue to be a Bend hallmark.

"The average number of employees for a Bend company is nine," said Myll. "Bend has comparatively more small businesses because of its remoteness, but also because of the entrepreneurial spirit. The culture in Bend has lots of energy around encouraging local markets and local businesses."

The guiding principle of shopping local is never on display more than during the holiday season. Peruse local art, handmade crafts and artisan products during the magnificent flurry of holiday markets and fairs such as the Bend Moonlight Market, First Friday Market, Holiday Makers Market, Magical Markets of Merrimont, Craft-O! Holiday Bazaar and Holiday Spirit Market.

Joe and Melinda Nichols own Schilling's Garden Market, a plant nursery located on 8.5 acres east of Tumalo. They have tapped into the holiday vibe, selling live holiday trees and locally foraged wreaths. Additionally, on the first weekend in December, they host the Schilling's Makers Market, which is more of a destination market than an in-and-out affair.

"Families come out to spend the day on our land playing cornhole, listening to live music, compiling gift baskets from local artisans and drinking cider or spiked hot chocolates and boozy holiday cocktails," said Melinda. "It's a whole experience."

The past couple of years, tickets for the market have sold out; they sell a limited amount of parking tickets, per car not per person. So carloads of people, whether it be families or friends looking to shop, fill up the outdoor patio decked with holiday lights, greenery and vendor stalls. "As we close the year and go into winter, our nursery business crawls to a halt," said Joe Nichols. "The Makers Market is a good financial capstone that provides one last weekend of sales and gives us a way to offer our seasonal employees more work."

Though pop-up markets abound, steady brick-and-mortar businesses also look to the holiday season to make their target earnings. It's hard to get more local than Donner Flower Shop on NW Newport Avenue, which has been around since 1911 and is the third-oldest business operating in Bend. Owner Tanja Rodgers left her corporate job five years ago to take over the business from her mother, who ran it for 30 years.

"The holiday season is very important to us. It's a key part of our annual income," said Rodgers, who paused the conversation to momentarily help a customer who had shopped at Donner for three decades.

On the day after Halloween, the Donner staff transforms the shop into a whimsical winter wonderland. Over the season, people rely on them for a significant number of custom fresh floral arrangements, and they have a robust selection of high-end artificial trees, fresh wreaths and garlands, gifts and other holiday decor.

"None of us would exist without the locals," said Joanne Sunnarborg, Downtown Bend Business Association board member and owner of Desperado, a downtown clothing boutique which has operated in Bend for 17 years. "Locals know how important they are to our economy; there is a strong culture of locals supporting locals. December is my best month and that has little to do with tourists. We love them, but they are just the icing on top." **18**

By The Numbers

\$957 Billion



Projected holiday retail sales in the U.S.

305 Million

Live holiday trees currently growing on Christmas Tree Farms in the United States

60 Feet

Length of the world's largest gingerbread house



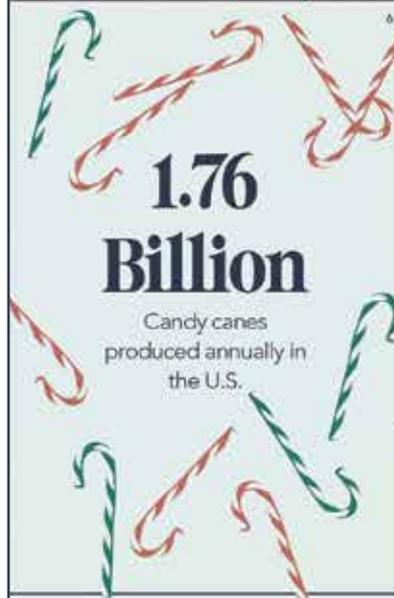
700 Children

Are supported with donations of gifts at Old Mill District's Tree of Joy

10 Million



Approximate number of people who track Santa's Sleigh on Christmas Eve on the North American Aerospace Defense Command (NORAD) Tracker



1.76 Billion

Candy canes produced annually in the U.S.



1950

Year of the first recorded Christmas Parade in Bend

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110 Years

Sources:

- 1 - Guinness Book of World Records
- 2 - Statista
- 3 - National Christmas Tree Association
- 4 - The Greater Bend Rotary Club
- 5 - TIME Magazine
- 6 - TIME Magazine
- 7 - Bend Christmas Parade
- 8 - TIME Magazine
- 9 - USPS Operation Santa, USPS

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Fueling Innovation

David Edlund, Ph.D. discusses the power of hydrogen fuel

A CONVERSATION WITH HEIDI HAUSLER

As a nominee for Oregon Business & Industry's "Coolest Thing in Oregon," Element 1 Corp is leading the way for hydrogen-powered energy from its base in Bend. Founded by David Edlund and Robert Schluter in 2010, the company created its hydrogen generator to produce clean and accessible energy for heavy-duty vehicles, boats, transit buses, trains, and address the growing need for decarbonized, affordable fuel options. With 116 U.S. patents and more than 350 foreign patents to Edlund's name, the University of Oregon graduate with a Ph.D. in chemistry has dedicated 35 years to researching fuel-cell technology. As CEO of Element 1 Corp, Edlund spoke with *Bend Magazine* about hydrogen energy's implications for the environment and a product that gives new meaning to being "cool."

Q *What led to the creation of Element 1 Corp and why did you choose to base it in Bend?*

A My co-founder, Robert Schluter, was my neighbor here in Bend. We saw a need for better technology that would fill the requirements for on-site and on-demand hydrogen generation. At the time we founded Element 1 Corp, global concern over greenhouse gas emissions was not what it is today. But even in 2010, affordable and compact machines that could deliver hydrogen at the point of use at a lower price than compressed hydrogen were a strong commercial driver.

How does your company's on-demand hydrogen generation address the energy challenges of today?

Hydrogen is a flexible feedstock, or fuel, for making electricity for everything from mobility applications to large and small stationary power applications. However, hydrogen is expensive to buy, as much as \$20 to \$30 per kilogram of hydrogen (roughly equivalent to a gallon of gasoline). This is because hydrogen is mostly made at large plants and then moved by truck—that's expensive. Our machines make hydrogen at the point of use for \$3 to \$5 per kilogram of hydrogen.

Was there a break-through or an "a-ha" moment in the development of Element 1?

No, there was not one big "a-ha" moment, but many small ones. I think that's the nature of technology invention—a series of small advances where each, by itself, is not a big deal. But when all are brought together, the result can have a significant impact on society.

In your view, what are the main obstacles to widespread adoption of hydrogen generated energy?

Without a doubt, cost to the consumer is the biggest barrier to adoption of hydrogen energy technology. Cost is expressed in terms of capital cost—how much does the widget cost to buy or lease—and operating cost. Our hydrogen generators are much lower in cost than alternative methods for generating hydrogen, such as water electrolyzers, and the product hydrogen is a fraction of the cost of purchased hydrogen.

How does Element 1's technology impact the direct consumer? Will it be only offered to commercial customers?

Initially, our customers are other companies who see our technology, combined with a fuel cell, as a replacement for dirty diesel gensets. We do see some near-term opportunity in making hydrogen at vehicle fueling stations to support the commercial roll out of fuel cell trucks and buses. This could also extend to fueling hydrogen-fuel-cell cars.

What is your vision for the future of hydrogen energy and the Element 1?

In my opinion, hydrogen has a huge future when paired with fuel cells for making electricity to support electrification where the national grid is simply not available, and there are a surprisingly large number of these sites. So, I'm bullish on hydrogen to electricity for building out the national EV charging infrastructure as well as providing clean electricity at construction sites and mining operations that are moving away from diesel engines in favor of battery-electricity construction and earth-moving equipment. ■

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THESE BENDITES GET YOUR STICKS IN TOP SHAPE FOR A SLIPPERY SEASON ON SNOW

WRITTEN BY TIM NEVILLE | PHOTOGRAPHY BY ELY ROBERTS

You know the feeling. There you are, cross-country skiing along the first leg of the Tangent Loop at Meissner, when everything goes south. For me, it often happens after that left at the five-point intersection and the long climb toward Swampy begins. Sure, it's uphill but it's not that uphill. Suddenly I'm working 20 times harder. My form crumbles and lungs burst. Snowshoers are faster. What a drag.

My waning fitness notwithstanding, the culprit is almost always the base of my skis, and my alpine skis aren't immune. If the bases are damaged or slathered in the wrong wax—or no wax at all—chances of suffering are high.

That's where the Ski Tune Masters of Bend can help. These folks don't just drizzle on a layer of all-temperature hot sauce with an old iron in the garage and call it good. Each has taken the craft of unlocking your equipment's top-notch gliding performance in innovative ways that keep in mind Central Oregon conditions. Their work can improve anyone's skiing, no matter the level.

MASTERS OF THE GLIDE

Dan Simoneau has been thinking about cross-country skis and how to maximize their glide for pretty much his entire adult life. A three-time Olympic athlete, Simoneau made the U.S. Men's Ski Team in 1976 before "skate skiing" was even a sport. That discipline didn't appear at a World Cup until 1985, and Simoneau, who became the second American cross-country skier ever to podium in a World Cup, was there racing at that inaugural event, too. The twist? "We all skated on classic skis," he said with a laugh. "Classic poles. Classic boots. There was even a classic track in the way."





Ben Beyer in the Between Evergreens mobile tuning van.



Dan Simoneau

Today, Nordic skiing has become much more sophisticated. To get the best glide, Simoneau says what matters most is the ski base and the tiny, strategic cuts that give it “structure.” Skis glide best on a thin layer of water that forms between the base and the surface of the snow, and managing that water for optimum glide is a delicate function influenced by temperatures, water content, the shape of the snow crystals and more. Too much water under the ski will make it sticky; too little water means too much friction. Tweaking the density, length and depth of those cuts can produce a Goldilocks glide. To do that, Simoneau and his co-workers at the Powder House use a stone grinder, Central

Oregon’s only such dedicated machine, to create structure in cross-country bases. Figuring out the ideal structure is where Simoneau really shines. Every winter you can find him out at Meissner testing at least nine pairs of skis, each with a different structure. The result means he can tune your bases to your own skiing habits, including whether you go in the morning or evening, on cold winter days or warm spring ones, or all of the above. (In that case, ask for the universal “S22” grind.) And if you’ve never had your bases ground at all, even one tune up will make a huge difference. “We’re not testing anywhere else in the world,” Simoneau said. “We know what works here.”



“ONE-DEGREE ON AN EDGE THAT’S AT MOST 2 MILLIMETERS THICK CAN RUIN YOUR DAY...”

THE RACER’S EDGE

Eric Holmer moved with his parents as a kid to Bend in 1988, when he joined Mt. Bachelor Sports Education Foundation and saw his ski racing career take off. By his late teens and early 20s, Holmer had become one of the top male downhill racers in the country, and his father, Scott, had developed a serious interest in how best to tune skis.

“I remember one time my father started questioning a World Cup technician about the accuracy of his method,” recalled Eric, who runs The Race Place after his father’s retirement. The Race Place was one of the first—if not the first—ski shops in the country dedicated to ski racing. The elder Holmer and the technician started disagreeing and things soured fast. “My father was genuinely curious and wanted to learn,” Eric said.

That disagreement led to great things, however, when Scott Holmer invented one of the most celebrated edge-tuning devices shortly after that time. Soon, racers from across the country clamored to get their edges tuned by Scott. Called the Base BEAST, for Best Edge Accuracy Ski Tool, it’s still one of the easiest and most intuitive ways for alpine racers to get the edges they need to win.

The BEAST edge boils down to the angle of the metal edge as it relates to the base of the ski. Racers typically want a 1-degree bevel, which helps the ski onto its edge before grabbing the snow. It’s a minute but critical angle. “One-degree on an edge that’s at most 2 millimeters thick can ruin your day if it’s not proper,” Eric said.

To get that angle, skiers used to wrap tape around the handle of a file to thicken it up and increase the cutting angle when the handle was placed on the base. It was all very subjective. The BEAST took the guesswork out by using a jig for the file that would produce consistent results every time. Since it was cheap and easily shipped, The BEAST also democratized the ski-tuning process.

“People no longer had to send in their skis, because the shop was the only place that could do it,” Eric said.





TUNE-UP ON WHEELS

For most skiers and snowboarders, the best wax is any wax, but taking your boards to a shop isn't always convenient—especially if you're a visitor who's come to town for a getaway. That's where Ben Beyer can help. He's the owner of Between Evergreens, a mobile ski shop that fits inside a Sprinter van that can roll right up to your doorstep.

"I got the idea while living up in Portland where it can take a week to get your skis tuned," he said. "I was thinking of starting a brick and mortar shop but then thought, what if we did it out of a van?"

Beyer, now in his 40s, learned the craft working in shops throughout Park City, Utah, before moving to the Pacific Northwest. He and his wife Sarah now own the shop Between Evergreens in NorthWest Crossing which also services bikes, but the van is dedicated to skis and boards. Inside you'll find a powerful electric generator that can handle the energy waxing irons demand as well as all the tools needed to do other tasks, such as mount new bindings and sharpen edges.

He does more than house calls, too. Look for the van parked at events at Mt. Bachelor or outside of Boneyard Pub from time to time. "You can have dinner and drinks and your skis will be done by the time you leave," he said. **B**



Ben Beyer

Holiday GIFT GUIDE

Woven Ugandan baskets
+ wrapped antlers
**Merryweather Home
Gift Design**

PHOTOGRAPHY BY **CODY RHEULT**
SHOT ON LOCATION AT **THE HISTORIC
GREAT HALL AT SUNRIVER RESORT**

When it comes to the holiday season in songs, a range of artists have lent their talents to covers—from Lady Gaga and Coldplay to Justin Bieber, Diplo and Tyler, the Creator. (For a real treat, listen to Twisted Sister's rendition of "Oh Come All Ye Faithful.") But certain chords and refrains from original classics dance in our heads like sugarplum fairies and sound like home. Find gift ideas, songs and the spirit of the season from *Bend Magazine* to help make your holidays merry and bright.

Bronze decorative mushroom
+ Cebu Blue Pothos plant
Somewhere That's Green

Tulle dress + shoes
Hopscotch Kids

Handmade science-themed wrapping paper + notebooks
Cognitive Supply

Seahorse
Chocolate

Chestnuts Roasting on An Open Fire

Nat King Cole's 1946 recording of "The Christmas Song" was inducted into the Grammy Hall of Fame.

Dana Kellin earrings
+ Jamie Joseph ring
+ Mary Salazar necklace
Silverado

Bar cart +
glassware
+ accessories
Borgo Rosati

Clothing + shoes,
for her and him
Jack + Millie

"Still of the Night" owl
sculpture by Hib Sabin
Mockingbird Gallery

Custom charcuterie
Wild Petals Provisions

Bourbon whiskey
Oregon Spirit Distillers

Reindeer Games

Gene Autry's recording of "Rudolph the Red-Nosed Reindeer" was No. 1 on the Billboard charts in 1949, but the Rankin/Bass stop-motion animation television special from 1964 brought the song (and the Abominable Snow Monster) to life.

Felted mushrooms
Bedouin

Canvas playhouse
Hopscotch Kids

Celestron StarSense Explorer telescope
Expedition Club & Supply

Flavored popcorns
BrownBag Popcorn Company

Paint-by-the-numbers + cross-stitch kits
The Workhouse, Iron Works Building

"Chicken!" dice game
Modern Games

Rylee and Cru
sweater set
Hopscotch Kids

Toile pajamas
Wren & Wild

Dried eucalyptus +
Chinese Evergreen + stand
Somewhere That's Green

Cuddle dog bed
+ monkey toy
Bend Pet Express

Ugg Slippers
Bend Shoe Co.

Auld Lang Syne

On New Year's Eve, this Scottish song honors the past and celebrates loved ones while looking ahead to a new year.

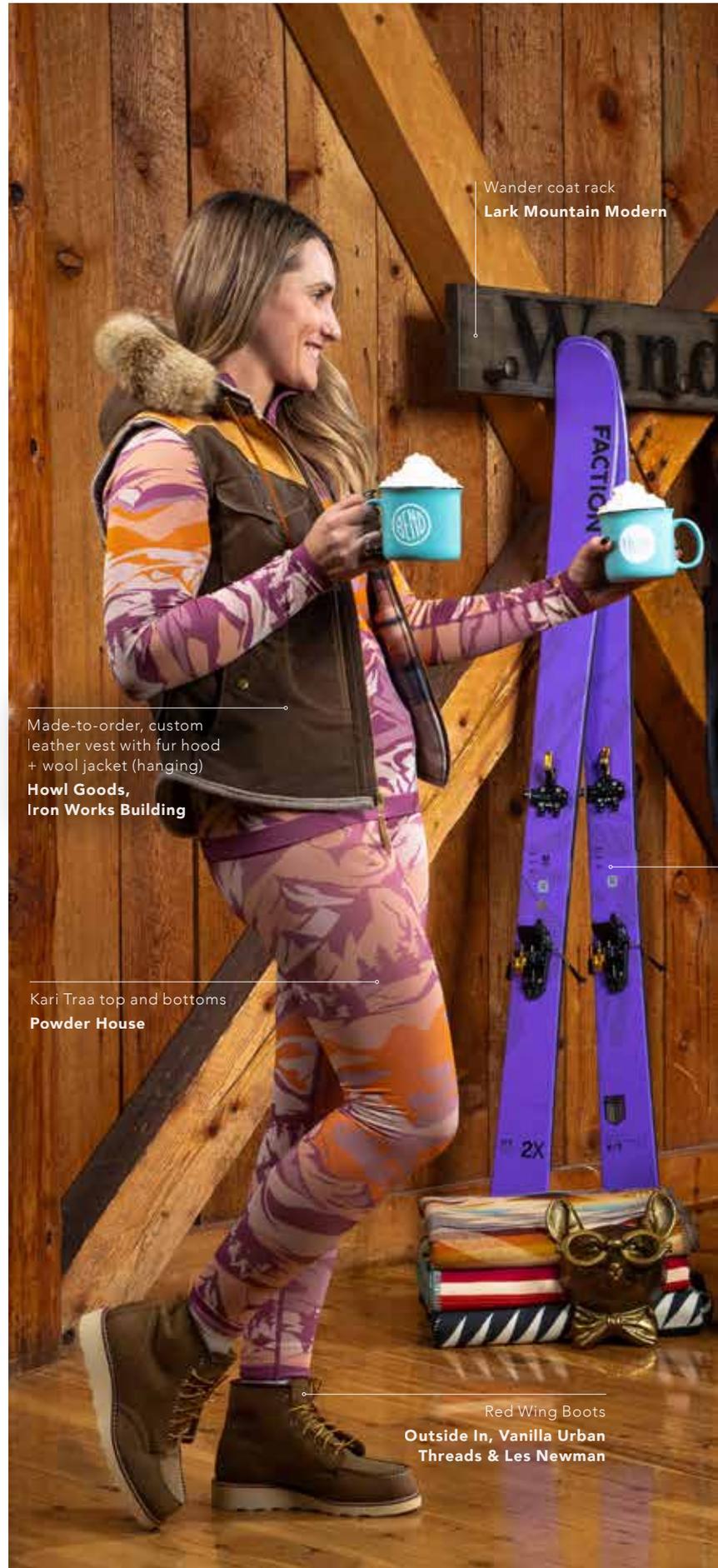


MINKPINK Dress
Vanilla Urban Threads

Sentry stainless steel watch by Nixon.
Dress shirt by Mizzen+Main
REVOLVR Menswear

18 karat yellow-gold bracelets by Roberto Coin + Doves ring
Saxon's Fine Jewelers

Special thanks to Curated Event Rentals, the Garrison family, Cooper the golden doodle puppy and Central Oregon retailers for participating in the holiday gift guide.



Wander coat rack
Lark Mountain Modern

Made-to-order, custom leather vest with fur hood + wool jacket (hanging)
Howl Goods, Iron Works Building

Kari Traa top and bottoms
Powder House

Red Wing Boots
Outside In, Vanilla Urban Threads & Les Newman

Let It Snow! Let It Snow!

Frank Sinatra and Dean Martin both recorded versions of "Let It Snow! Let it Snow! Let It Snow!" ironically written during a 1945 heatwave in Hollywood, California.



Bronze bear head and mouse (shown bottom left)
Lark Mountain Modern



Faction ski brand
Latitude 44 Sports

Fischer skate skis + Salomon ultra carbon poles
WebCyclery & WebSkis

Bibs, baselayer and hat
Powder House

Deschutes National Forest sign
Lone Crow Bungalow



Oakley goggles
Powder House



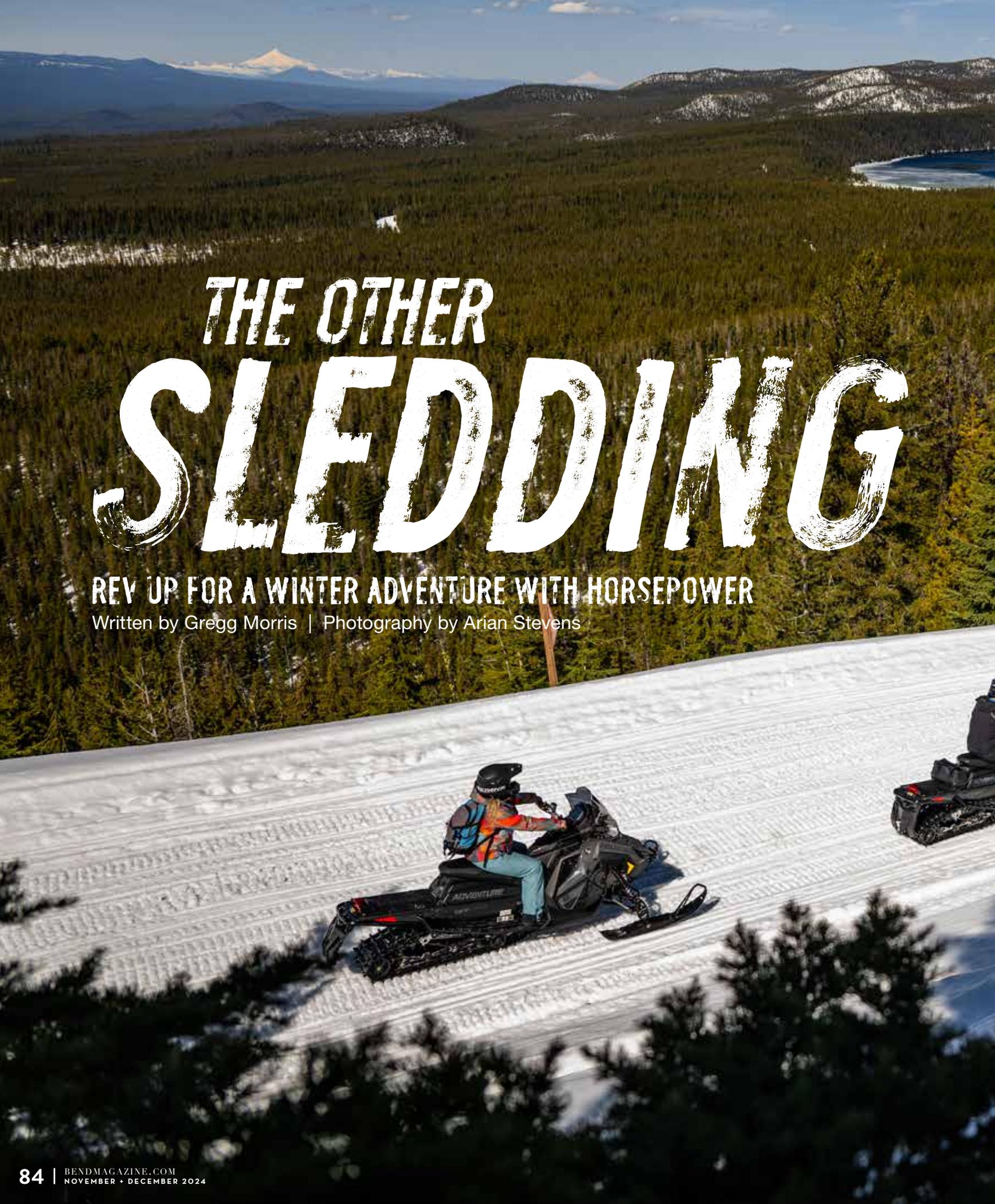
Pendleton blankets
Lone Crow Bungalow



Salomon Shift Alpha BOA ski boots
Powder House



Free Range pack with Sheila Dunn artwork
Outside In

A high-angle photograph of a person riding a snowmobile on a snowy slope. The rider is wearing a colorful jacket and a helmet. The snowmobile is black and has 'ADVENTURE' written on the side. The slope is covered in snow with visible tracks from other snowmobiles. In the background, there is a dense forest of evergreen trees, and further back, there are mountains under a clear blue sky. A small lake is visible on the right side of the image.

THE OTHER SLEDDING

REV UP FOR A WINTER ADVENTURE WITH HORSEPOWER

Written by Gregg Morris | Photography by Arian Stevens



A

slight turn of the throttle thrusts the snowmobile forward. My muscles tense up in an effort to hold on tightly as I race across a snow field with childlike enthusiasm. Below me, a new 2024 Polaris XC 650 matches my adrenaline while the Cascade Range frames an adventure. The wind practically rips through me as I glide atop the snow trying to reach maximum speed before I slow down, shift my weight, and lean into the curve to execute a 180-degree turn and accelerate once again. The conditions place me in a state of Zen as one thought floats in and out of my brain: This is not my grandfather's snow machine.

In 1959, Canadian entrepreneur Joseph-Armand Bombardier invented the iconic Ski-Doo, complete with wooden skis and a strut-type suspension. Over the next few decades, increased horsepower and improved suspension brought snowmobiles to a wider audience. By the late 1990s, four-stroke engines forged reliability and environmentally conscious practices through fuel efficiency and reduced emissions. But it was 21st-century technology that gave the sport the biggest bump in popularity. Advanced suspension systems improved ride comfort, stability and handling to expand the terrain and conditions that snow machines could safely travel. In addition, GPS navigation systems, Bluetooth connectivity and smart displays enhanced the experience and bring snowmobiles, or sleds, into the modern recreation vernacular.

The day touring the Newberry National Volcanic Monument began early with quick introductions and an important safety check. My tour group and I met at the winter headquarters of Octane Adventures, located at the 10-Mile Sno-Park parking area. The staff fitted us for helmets and checked for correct clothing inside its warm Mongolian Ger (aka yurt) before we headed out to the lined up snowmobiles. Our gang of seven listened intently to the enthusiastic guide, as he methodically spoke about the snowmobile's workings, how to operate it safely and abide by the rules of the trail, and what we could expect on our four-hour tour.

Our guides began their day several hours earlier as they lit a fire in the yurt, checked the day's weather report and discussed trail conditions. Next, they pulled out the snow machines, performed safety checks and linked the GPS units for their groups. Last season, Octane Adventures guided roughly 400 tours on trails in the around Paulina Peak.

"In our opinion, the Newberry National Volcanic Monument is one of the most scenic locations you can snowmobile in Central Oregon, or Oregon for that matter," said Octane Adventures Owner Matt Miller.





CENTRAL OREGON'S SNOWMOBILE PLAYGROUND

Enthusiasts travel from across the world to hop on a snowmobile and experience Central Oregon snowfall on thousands of acres of U.S. Forest Service and Bureau of Land Management land. Some seek the unimproved backcountry while others hit the hundreds of miles of smooth corduroy on groomed trails, including the 150 miles circling Paulina Peak where we would ride that day.

Another popular venue for a winter's outing is up Century Drive, which inevitably involves trailers and trucks filled with sleds on their way to adventure. For those with their own equipment, Kapka and Edison Butte sno-parks offer great trails on both sides of the highway. Easily accessible Wanoga Sno-Park includes a warming hut in the parking area for riders to discuss their plan for the day or boast about their day's accomplishments on the more than 180 miles of groomed trails. Central Oregon Adventures leads tours out of Wanoga for those interested. The even more popular Dutchman Flat Sno-Park offers some of the best views in the state as snow riders weave in between the Three Sisters mountains. If you're looking for an overnight lodge stay, ride the 11 miles down the Cascade Lakes Highway to Elk Lake Resort for accommodations ranging from rustic cabins to luxury mountain vacation home rentals.





Find cold beer, and fresh fish brought in from the Oregon Coast at Paulina Lake Lodge.



Paulina Lake Lodge

Outside of the Bend area, the Three Creeks Sno-Park provides access to the backside of the Three Sisters Wilderness and Tam McArthur Rim. “Whether you want to visit the frozen waterfalls or obsidian flows, play around in the pumice flats or take a ride to the top of Paulina Peak at nearly 8,000 feet, it offers something for everyone,” explained Miller. Our crew followed our guide as we weaved in and out of his tracks and peppered snow behind us from bursts of acceleration. Though traveling together, each rider controlled their own destiny of speed and path taken. Those enjoying the groomed trails can thank local snowmobile clubs

that pay for most of the grooming through dues and fundraising events. Statewide, 30 clubs, including locally-based Moon Country Snowbusters and Lodgepole Dodgers Club, promote the sport of snowmobiling, the benefits of environmentalism, and staying safe in the backcountry. Clubs promote camaraderie between snowmobilers and fellow recreationalists. I have been towed by into the backcountry by enthusiastic snowmobilers to ski both Tam McArthur Rim and Broken Top Mountain. These local nonprofits also help the Deschutes County Search and Rescue Team find lost snow revelers.

But this excursion was a revved-up opportunity to have fun on sleds. The day includes a dose of adrenaline along with nature’s spectacular beauty and sweeping views from 7,303 feet at the Cinder Hill Viewpoint. Toward the end of our tour, our guides led us to Paulina Lake Lodge to take advantage of the diverse menu, including fish brought in almost daily from the Oregon Coast. We had a respite in the cozy wood-framed cafe, and took stock of our shared experience. That day proved snowmobiling is more than just 650cc of power on snow; it’s a connection to the wilderness and those who spend the day enjoying it with you. **IB**

BUY & WANDER

in West Bend



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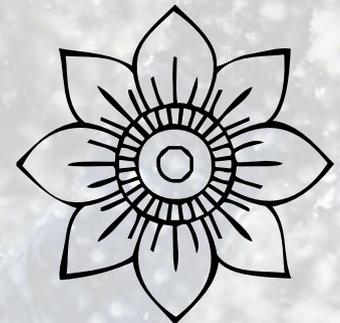
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Postres

No passport is required to discover the sweet, rich world of Mexican desserts

WRITTEN BY CATHY CARROLL | PHOTOGRAPHY BY TINA PAYMASTER

Everyone knows Mexico's savory dishes. Tacos, guacamole, burritos, enchiladas and others are firmly entrenched in the American culinary lexicon. Mexican cakes and pastries, however, remain lesser known, left to discover. Fortunately, Central Oregon's Mexican bakeries are full of crunchy, flaky, creamy and sweet *postres*—desserts that transport your palate to a delicious place south of the border. At each of these bakeries, display cases teem with treats—rich, caramel custard and chocolate flan; elaborately decorated cakes, rows of cookies covered in sprinkles or colored pink-and-green to resemble watermelon slices and more. Embark on a sweet journey in Bend's backyard. No suitcase or plane ticket needed.





MILHOJAS THOUSAND- LAYER CAKE

*Colima Market, Bend &
Chavez Market, Redmond*

Defined by its countless paper-thin layers of flaky pastry with a creamy filling, at Colima Market, *milhojas* is made with a lemon cream-cheese filling, topped with whipped cream and adorned with intricate flower-shaped mosaics of sliced strawberries, blueberries, kiwi and other fruit. The pastry, with its satisfying crunch and rich cream, is an irresistible combination of flavor and texture, said Yamely Chávez Kennedy, CEO of the family-run market and bakery.

Popular for birthdays and other celebrations in Hispanic communities, the delectable pastry—not unlike a *mille-feuille*

or Napoleon—is one that many Americans likely haven't tasted, Chavez Kennedy said. It's sold by the slice, which makes it easy to try, or order a full, rectangular sheet cake, decorated for birthdays or other celebrations.

During the Christmas holiday, tradition reigns with treats such as *Rosca de Reyes*, or three king's bread, which celebrates the biblical story of the three kings who followed a star to find the newborn Jesus and bring him gifts. Baked within the sweet, wreath-shaped bread is a little plastic baby figurine symbolizing the Messiah. The desserts are made in the Colima Market bakery and are sold there and at their second location, Chavez Market, Redmond.

- ||| **Colima Market**
228 NW Greenwood Ave., Bend
- ||| **Chavez Market**
2498 S Hwy 97, Redmond

Clockwise from top:
Tres Leches with Flan,
Regular, Mocha, Strawberry



TRES LECHES CAKE

Panadería y Pastelería El Moy, Bend

This light and airy sponge cake is moist and delicious because it's soaked overnight in a combination of three milks, or *tres leches*: evaporated milk, condensed milk and whole milk. It's topped with piped rows of sweet whipped cream, drizzled with chocolate sauce and crowned with a cherry. Baking it, allowing it to cool, adding the combined milks and decorating it is a 12-hour process, said Alejandra Reyes, co-owner of Panadería y Pastelería El Moy. The result is dessert that will captivate even those who don't typically indulge in sweets.

As if this tempting confection couldn't get any better, they make a mocha version too.

Tres leches cake helped Reyes and co-owner Moyses Maldonado start the Bend business, which had its grand opening in August. Reyes had been going door-to-door, selling the cakes and brought a tray of them to the restaurant Hola! The meeting led to inclusion in the first Central Oregon Taco Fest in May, which drew attention to the new endeavor, Reyes said. Stop in for an individual portion or order a full cake to be enjoyed *tres* times more than expected.

■ **Panadería y Pastelería El Moy**
■ 1375 NE 2nd St., Bend

CONCHAS

La Frontera Bakery, Redmond

This colorful, soft and brioche-like sweet bread is made by scoring the top of the dough so that when baked, it opens into a seashell-shaped creation, hence the name. *Concha* means shell. At La Frontera Bakery, owner Andoreni Luna Hernandez offers pink, yellow, white and brown versions, perfect with coffee for breakfast or alongside hot chocolate after a day outside in the snow.

At the family-run La Frontera, as well as at each of these bakeries, *conchas* are sold alongside Mexican cookies and pastries adorned with colorful sprinkles, or puffy, softball-size pillows of brioche rolled in sugar and filled with luscious, fluffy whipped Bavarian cream. **18**

La Frontera Bakery
1604 S Hwy 97, Redmond





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Garrett Chrostek, Lindsay Gardner

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Dustin Hawkins and Sarah Trautman

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Intimate Elegance

Dear Irene offers a cosmopolitan dining experience

WRITTEN BY CHLOE GREEN
PHOTOGRAPHY BY TAMBI LANE



Tucked into the unassuming Brooks Alley of downtown Bend, Dear Irene elevates a dining experience, quite literally. Three steps up off the alley, an unexpected surprise awaits those who enter its front door. Inside, an expansive bar hums, guests sip on inventive cocktails and savor beautifully plated dishes, surrounded by daring design and statement artwork. The space feels intimate yet alive, a testament to Jonny and Irene Becklund's vision. "We didn't move to Bend to blend in," Jonny said. With Dear Irene, they've delivered a sophisticated culinary addition to Bend's dining scene.

For all its polish, Dear Irene is anything but pretentious. There are no white tablecloths, dress code, or stiff formalities. You could just as easily stroll in after a day on the river, and no one would blink an eye. The Becklunds aren't interested in the rigidity of fine dining. Instead, they've coined their approach as "New American modern dining"—a philosophy that lets Jonny and his team play with global flavors, fueling a fiery, unpredictable menu.

When the couple moved to Bend four years ago, they took their time. Instead of rushing to open, they spent two years getting to know the town and its hospitality scene, figuring out what was missing. "We wanted to share with the Bend community an elevated hospitality experience that's memorable for all aspects," shared Jonny. For the Becklunds, that experience begins the moment you walk through the door. The scene is designed to make you feel intrigued right from the start.

The space—formerly the Wall Street Bar—was completely redesigned by the Becklunds who worked with Inspired Spaces and Celeste McGowen with Iron Roots Design. "We intentionally built out the space to feel intimate, vibrant and timelessly elegant," Jonny said. The result is a rich, indulgent dining room with bold, eye-catching art, leather chairs you can sink into and chandeliers casting a moody light that makes everyone look just a little more interesting. The 14-seat bar is the place to be, whether you're grabbing an after-work cocktail or settling in for an evening to soak up the scene.

The space comes alive when the restaurant is full, buzzing with what the Becklunds call "the magic moment." "There's a mix of guest laughter and lively conversation, upbeat music, the sound of cocktails being shaken at the bar and the clatter of beautiful plates being delivered," Jonny described. At that moment, Dear Irene feels less like a restaurant and more like a living, breathing entity—pulsing with the joyful energy of people savoring their evening.

And what they're savoring is anything but ordinary. While Bend's dining scene is evolving, it still leans on comfort food framed in familiar ways.



PHOTO BOTTOM STEVE TAGUE



Dear Irene offers something novel. Jonny's culinary roots are grounded in his Sicilian grandmother's kitchen, but his global travels are what have informed his approach. "As I got older, I was lucky enough to travel a lot and meet different chefs who grew up cooking with different flavor profiles than mine," Jonny said. His style is a fusion of these international techniques and flavors adapted to the seasonal, local ingredients available to him.

Take the whole Greek tai snapper: Vietnamese glaze, crispy shallots, Thai basil, Fresno chili, lemongrass and ginger combine for a dish that feels fresh, bold and international. The Oregon Dungeness crab arancini, is on the other hand. It strikes the perfect balance of familiar comfort with an unexpected twist—delicate crab blended with Arborio rice, Calabrian chili lemon aioli and Parmesan. It's comfort food at its finest. These creative, boundary-pushing menu items offer something unexpected without going too far. Guests craving simple, local ingredients will also leave satisfied.

And then there's the bar. In some restaurants, the bar is where you wait until your table is ready. Not here. At Dear Irene, the bar is the centerpiece. "We want to be known not only for our delicious food but also for our carefully curated drinks list," Jonny shared. And it shows. The house martini, with botanicals and brine, is reason enough to visit, while the smoky, sweet Al Pastor Mezcalita makes you want the night to linger just a little longer.

Along with the beautiful bar comes the bold 21-and-over policy. In a town full of family-friendly eateries, Dear Irene made a deliberate choice to create a refined, adult-centric atmosphere. This is a place designed for conversation, slow meals and cocktails that invite you to stay.

That same intentionality extends to the entire team the Becklunds have assembled. Warm, professional and attentive without being overbearing, the staff embodies the restaurant's balance of refined yet welcoming service. "We're not formal or stuffy, but upscale and personable," Jonny explained. This isn't a place where you feel rushed or overlooked—regulars return because they know the service will always be just right, the atmosphere always lively and there's always a new, mouthwatering menu item to try.

As Bend grows and evolves, Dear Irene feels like a reflection of the town's future. It expands on Bend's laid-back, casual vibe by offering something more polished. You can dress up, try something new, and still feel at home if you walk in covered in trail dust. So while Dear Irene might carry a hint of cosmopolitan flair, its adventurous spirit is perfectly in step with Bend. **IB**

Dear Irene
926 NW Brooks Street, Bend
dearirenebend.com

THE GOOD DROP WINE SHOPPE

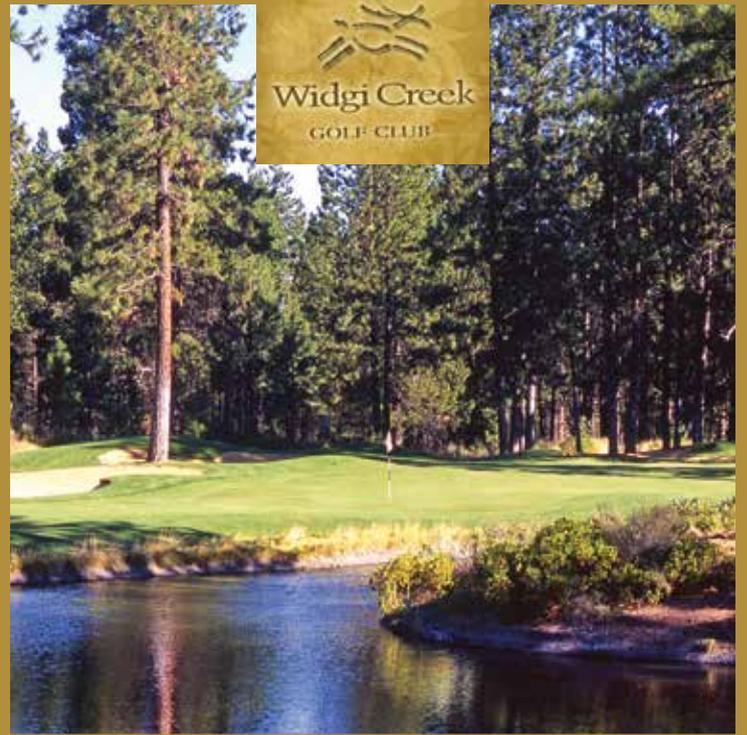
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Winter Spirit

Find an avalanche of flavor at
Currents Restaurant & Lounge

WRITTEN BY MIRA HANSEN | PHOTOGRAPHY BY TAMBI LANE

It's almost ski season, and while adventures at Mt. Bachelor may be a highlight of winter, the ultimate reward lies in the après scene. Stealing the spotlight this season is the Avalanche, served at Currents at the Riverhouse Lodge. This seasonal cocktail combines the boldness of an espresso martini with the creaminess of a White Russian—and adds a local twist.

Partnering with Bend's Crater Lake Spirits, the signature drink reflects the energy and spirit of Central Oregon. The cocktail starts with Crater Lake Hazelnut Espresso Vodka (HEV). Picture the perfect smooth and rich cup of coffee, blended with tasting notes of hazelnut and brown sugar in this locally produced spirit that stands on its own while lending depth and dimension to the espresso-inspired cocktail.

The Avalanche takes Crater Lake HEV and amps up the richness with crème de cacao and Kahlua. Cream evokes snow drifts, and it's topped with chocolate hazelnut shavings. The result is a drink that's both energizing and indulgent, ideal for festive gatherings or a quiet evening by the fire.

Starting in January, the Avalanche, or any other happy hour drink, may be coupled with the ultimate post-ski pairing: chair massages to melt away any slope-induced tension. No avalanche training is required, just a desire to unwind in a riverside setting at lower elevation. **B**

Currents at the Riverhouse Lodge

3075 N Hwy 97, Bend
riverhouse.com



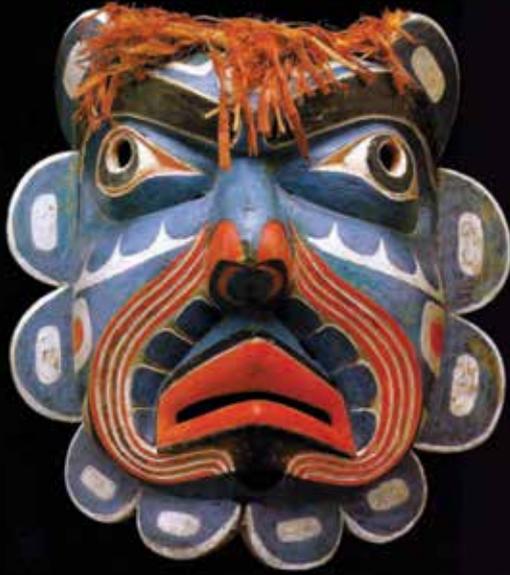


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Forging Ahead

Anton Yakushev shapes art and expression in metal

WORDS AND PHOTOGRAPHY BY DANIEL O'NEIL

Anton Yakushev fits in well at Dry Canyon Forge in Bend. His bear-like frame equals the size of hulking machines around him. Five-pound hammers sit at ease in his calloused hands, as do the tongs holding a glowing bar of steel just removed from a 2,300-degree forge. Yakushev does not hesitate as he pounds a shape on the anvil, yet his focused eyes make sure all is right before each strike. In steel sculpture, Yakushev's braun and artistic grace alloy into finely balanced creative expression.



Neither the acquisition of blacksmithing skills nor his relocation to Bend were quick nor easy. Like one of his sculptures—entirely hand-forged, never cast—Yakushev's success has relied on perseverance, dedication and long-term vision.

Originally from Kolomna, a historic city on the outskirts of Moscow, Yakushev pursued a fine arts degree in the early 2000s. In school, he excelled at drawing and knew he wanted to sculpt, but he hadn't yet discovered the right medium. A visit to a friend's forge ended the search. Seeing what could be done with steel, the equilibrium between weight and elegance, Yakushev decided to invest a decade of time learning the craft of blacksmithing so that one day he could make art.

Following a few years spent observing blacksmith artists, and eight more as an apprentice, Yakushev opened his own blacksmith studio in Kolomna. He built handrails and other architectural pieces as he honed his ability further. He started making sculptures, which led to shows in St. Petersburg and Moscow, and to teaching workshops across Europe.

In 2018, Yakushev and his wife, Kat, first visited Bend, invited by the Central Oregon Metal Arts Guild (COMAG) to give demonstrations and teach workshops. Yakushev felt appreciated here, not a common feeling he had in Russia, where he said art had to be made according to rules.

"When I was doing demonstrations in America, people who were watching kind of absorbed everything—they wanted to learn, and they were so grateful," Yakushev said through Kat as interpreter. "And you sense that it's a very important mission. It's so wonderful that people are interested. I feel so welcome here."

In February 2022, the Yakushevs arrived for another trip to the United States. Two days later, Russia invaded Ukraine.



Anton, whose mother is Ukrainian, applied for political asylum here and the Yakushevs have been living in Bend ever since.

Central Oregon has given Yakushev a fresh perspective on life and art. "There's just a different mood here—I feel safe, and that influences my art," he said. "I would never make a lamp with a bird in Russia, but now I have several projects about nature. Here, I started to feel more life, and that's why I'm able to enjoy nature around me, and to show it through my art."



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The Central Oregon, and North American, metal arts community also benefits from Yakushev's presence. He's a member of COMAG, and he continues to teach and share his knowledge. Friend and fellow blacksmith, Joe Elliott, remains impressed by the skills and techniques Yakushev has brought to Bend. "It's a new skill set of how to make proportionally correct sculptures out of multiple pieces using traditional joinery," Elliott said. "That wasn't here beforehand."

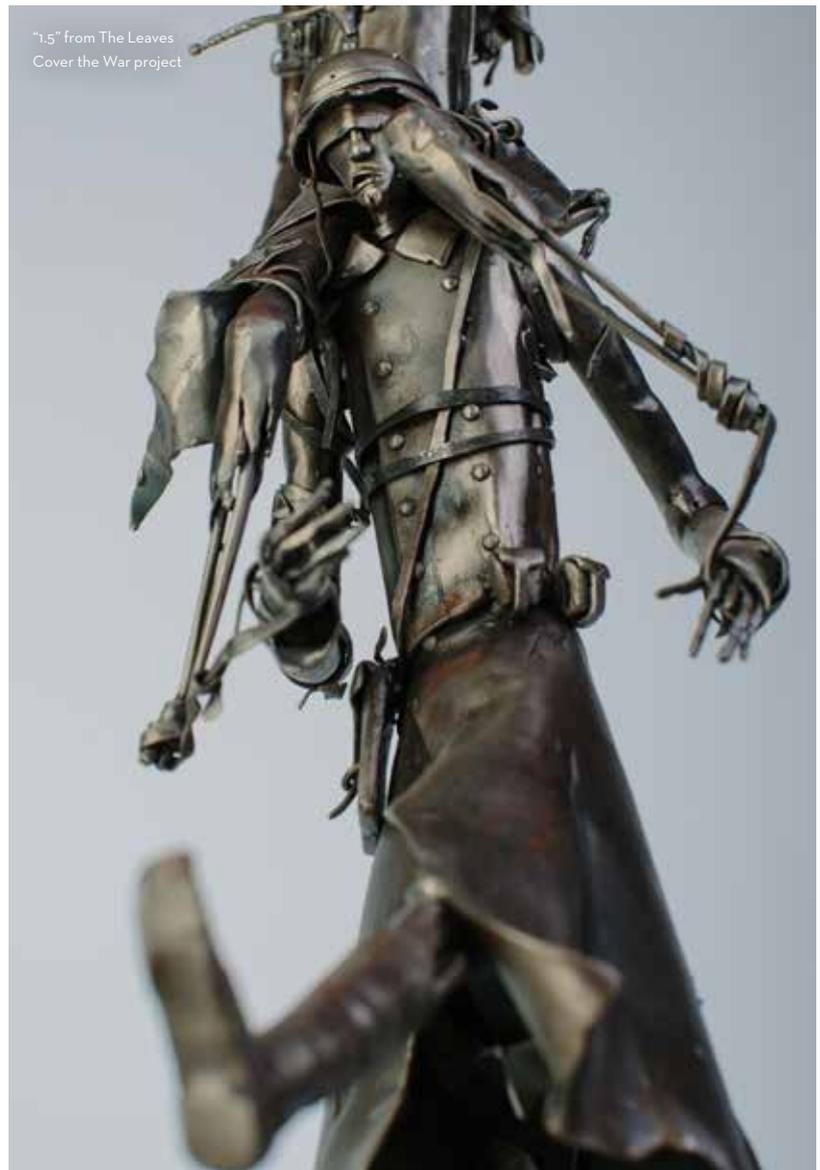
Elliott owns Dry Canyon Forge and rents space to Yakushev. The two have collaborated with others on projects including a life-size bald eagle, covered with 400 hand-forged feathers, that Yakushev designed for the High Desert Museum. Elliott marvels at Yakushev's innate ability to capture movement, something often missing in sculptural work.

"Anton's work is unique, not only in terms of design but in terms of how he puts things together," Elliott said. "He uses traditional joinery with contemporary design. It's a very unusual technique using rivets and collars, as opposed to just welding or casting, and I don't know of anybody else really doing that."

Currently, Yakushev is working on a life-size horse that, like his eagle, will require the help of other blacksmiths. He has also taken to jewelry, a testing field for the sculptor. As Yakushev learns to work with silver and gold, and to set stones, he expands his own experience as a metal artist. "I believe if you like what you're doing, challenges can help you develop and grow," Yakushev said. "I like [the part] during the process when I say, 'Okay, this is a challenge, so how can I do it?' Then, I just keep working." **B**



"The Owl"



"1.5" from The Leaves Cover the War project

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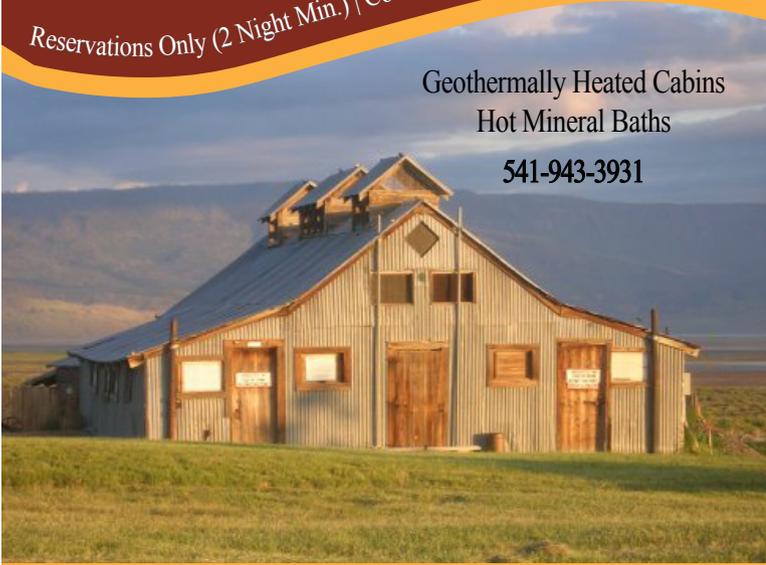
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Layers of Life

Artist Maija Kellner-Rode paints natural flora guided by intuition

WRITTEN BY SIENA DORMAN



"The Warmth That Carries Me"

In her Gathered Wares studio of Bend's historic Old Iron Works Art District, artist Maija Kellner-Rode engages in somatic and instinctive artmaking. She channels her reverence for the natural world through colorful and textured paintings, offering captivating imagery that is also a testament to the healing process of life as an artist.

"I live in a world where I'm always surrounding myself with art and art inspiration," Kellner-Rode said, her world extending beyond studio walls and into the landscapes of Central Oregon. Kellner-Rode is a fine art painter who works with acrylics, oil pastels and graphite to achieve layered, colorful compositions. Her artworks depict rich, leafy botanicals, color-blocked landscapes and abstract interpretations inspired by the outdoors. Based in Bend, Kellner-Rode is the owner and designer of Maija Rebecca Hand Drawn, a local paper goods and design company. In 2023, Scalehouse Gallery's Patricia Clark Studio residency program provided her with a six-month creative sanctuary where she had the opportunity to play and explore her art.

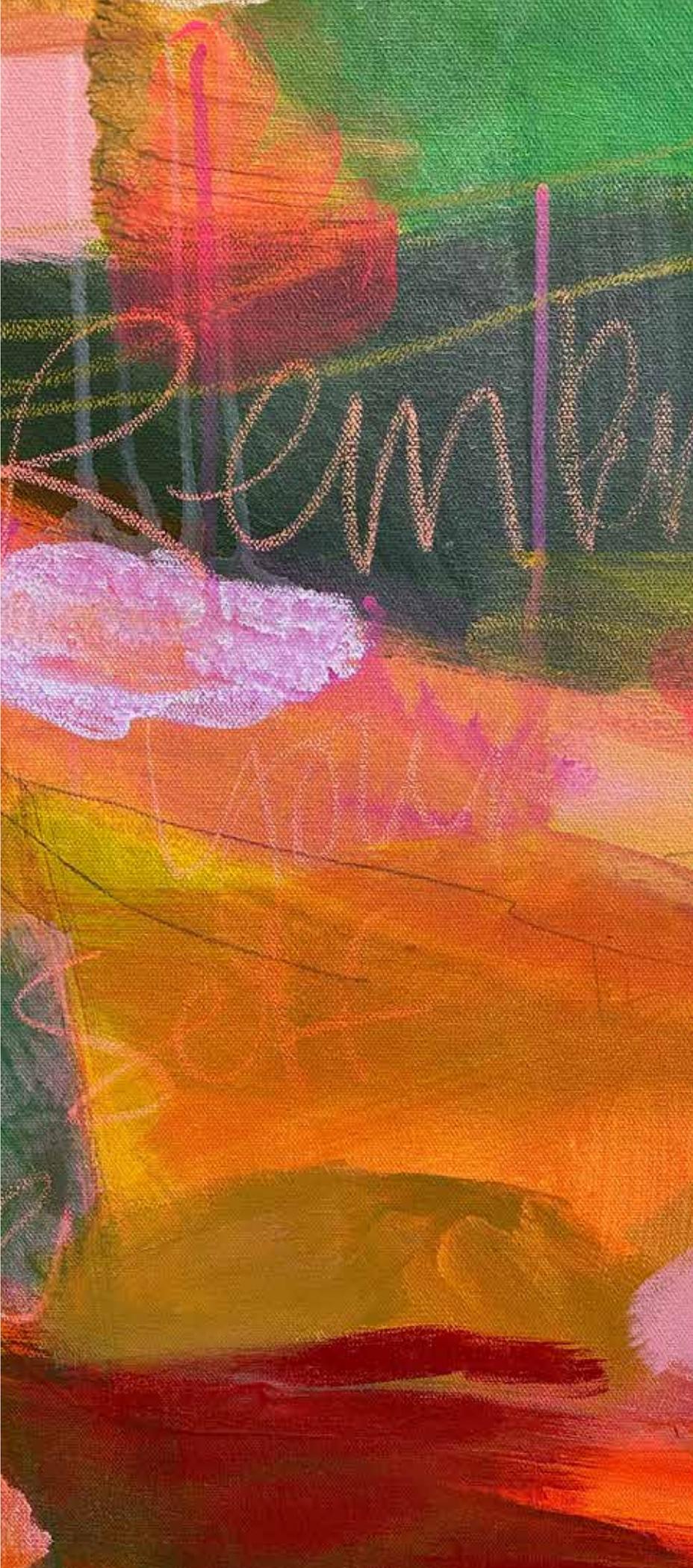
Kellner-Rode's creativity is in her blood. "I come from a deep line of artists," she said. Her aunts, Rachel Binah and Bonnie Ora Sherk, have been influential role models to her throughout her life, blending art with activism and environmental stewardship. Kellner-Rode's family has been immersed in the Bend community for 17 years and has continued their legacy of creativity and civic engagement. Her brother, David, operates Boundless Farmstead, one of the largest vegetable producers in Central Oregon. Three years ago, she relocated from Portland to Bend to be near her family and continue the legacy of art and community contribution.

The nuanced world of shadows is a well of inspiration for Kellner-Rode's work. A lot of her current pieces can be interpreted as shadows of nature's flora. "When you look at a plant, there's this very specific dimensionality, but once it becomes a shadow, it flattens and the shape can become something different entirely... I find shadows to be really mysterious and beautiful," she said.



THIS IMAGE Kellner-Rode's studio at Gathered Wares.
BELOW "Self Energy"





Intuition guides Kellner-Rode's process. Sometimes, she inscribes words directly onto the canvas, akin to a journal entry, allowing them to peek through or disappear behind veiling layers of paint. "I don't plan anything out beforehand. It's all very of the moment," Kellner-Rode said. Unwilling to let wet paint interrupt her momentum, she may even employ a hairdryer to prepare a piece for its next layer. Her approach oscillates between diluted pigment for watercolor-like washes and bold, opaque applications to form color blocks, investigating the possibilities of texture and hue in her medium. "It's like being a kid, going back and allowing myself to play, not having rules and seeing what happens," she said.

A photo of Kellner-Rode as a toddler hangs in her studio. For her, childhood healing is an undertaking she can permeate with her art—an introspective approach that allows her to explore her personal evolution. When Kellner-Rode channels various stages of her adolescence while creating, as she often does, she becomes her own muse.

Pulling on 13 years of experience mentoring youth—from Portland's p:ear center for houseless youth to Central Oregon's Caldera Arts program—she's now devoting her passion for art to a new venture: the Open Arts Center. This nonprofit, co-founded with Claire Brislin, aims to provide a safe space for middle- and high-school aged youth to explore creativity. "The creative arts are a really powerful tool to engage awareness and understanding," Kellner-Rode said. The center will offer after-school programming, self-directed learning and community-sourced mentorship opportunities, embodying Kellner-Rode's vision of art as a catalyst for personal and community wellbeing.

Kellner-Rode's studio in the Old Iron Works Art District is an intimate, public-facing workspace that she is grateful to call home for her artwork. Synthesizing personal development, social connection and nature's wisdom, Kellner-Rode is both a student and teacher of art's capacity for healing. See majakellnerode.com, [@majakellnerode](https://www.instagram.com/majakellnerode). ■

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Culture *Shorts*



RICK BARTOW EXPLORES THE LEGACY OF NATIVE ART AND CULTURE

The exhibition "Rick Bartow: Animal Kinship," now through February 9 at the High Desert Museum, explores themes of resilience and identity while addressing issues facing Native nations. Bartow, a member of the Mad River Band of the Wiyot Tribe, was born in Newport, Oregon, and his contemporary work depicts animals such as coyotes, bears and birds in communion with nature. "Bartow, through paintings, prints or sculptures, is a master of the art of expressing his voice and contributing to the legacy of Native art and culture," said art collector and museum benefactor Jordan Schnitzer. See highdesertmuseum.org.



Art by Brad Harrison

A DECADE OF ART AT CENTRAL OREGON METAL ARTS GUILD

The 10th Annual Central Oregon Metal Arts Guild (COMAG) Show presents art from local metal and blacksmiths, plus other artists in a wide range of mediums. Central Oregon Metal Arts Guild unites artisans who transform metal through various techniques, from jewelry design and gemstone cutting to sculpture and blacksmithing. On November 22-23, this year's show at Bend's Open Space Event Studios explores the theme of gathering. See comag.us/annual-show.



TELEGRAPH QUARTET PERFORMS IN HIGH DESERT MUSIC SERIES

High Desert Chamber Music (HDCM) presents the Telegraph Quartet on November 22 at the Unitarian Universalist Fellowship of Central Oregon. The show is a Central Oregon debut for the critically acclaimed San Francisco-based ensemble—winners of the 2016 Walter W. Naumburg Chamber Music Award. The program features pieces from Dvořák's *Cypresses*, Beethoven's *String Quartet No. 6* and Smetana's *String Quartet No. 1*. The Telegraph Quartet performance is part of the HDCM Concert series. See highdesertchambermusic.com.



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—JANE GOODALL

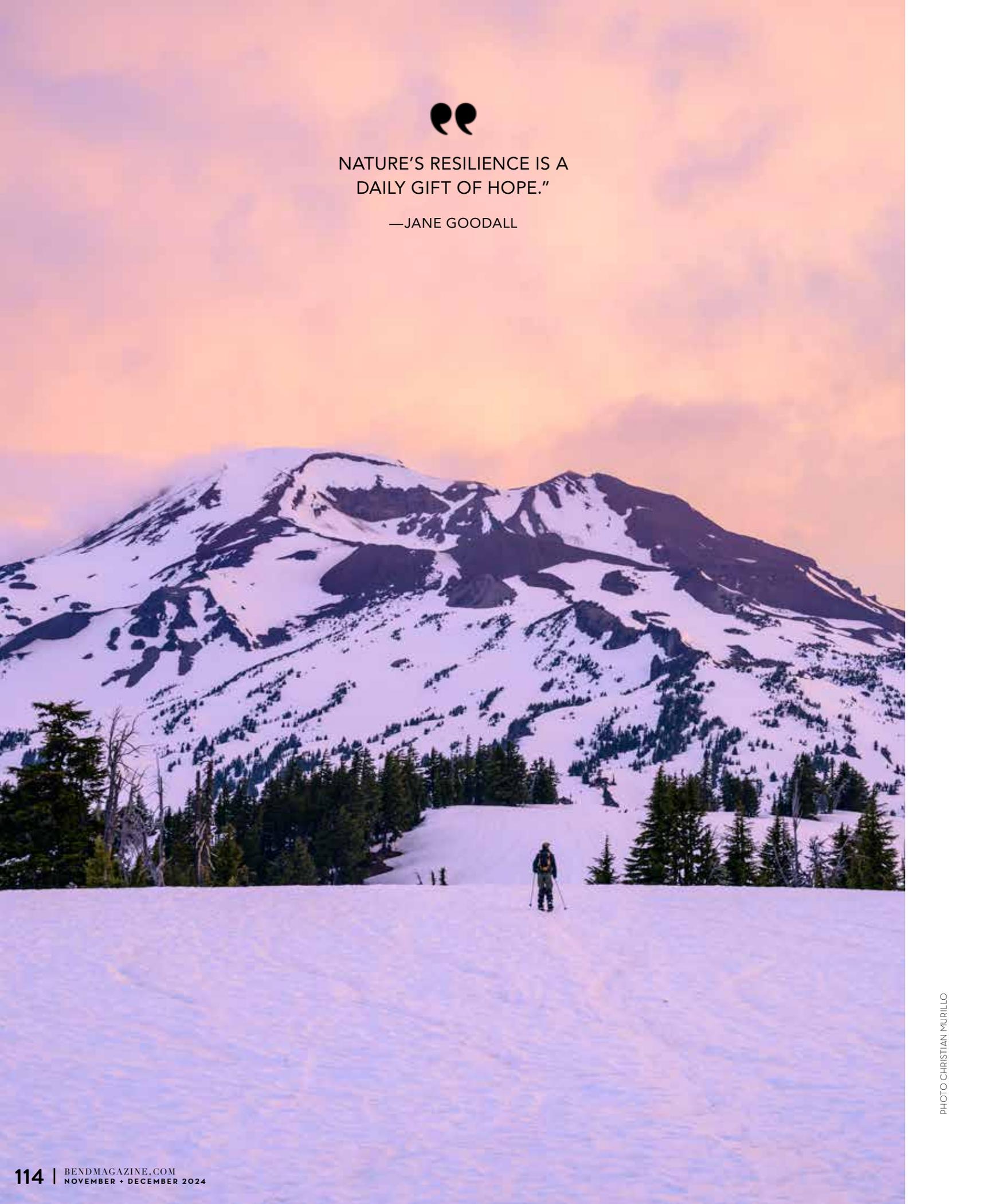


PHOTO CHRISTIAN MURILLO



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