

IN MEMORIAM

**Fredrick H. Blum**

Oct. 2, 1934–Dec. 9, 2023



Fredrick H. Blum was born Oct. 2, 1934 to parents Fred and Pearl Blum. He passed away peacefully on Dec. 9, 2023 at home with family by his side. He was a lifelong Winlock resident.

Fred met the love of his life Barbara whom he married in 1958. He enlisted and served in the Navy, returning to Winlock to settle down and begin a family. Fred acquired the service station which became

Fred's Shell in 1963. He and Barbara were active in the business as well as the Winlock community. Soon the family expanded with son Brad born in 1966, and Melisa born in 1967. Barbara passed away unexpectedly in 1976.

He found love again in 1980 when he married Kay Willson. Her children Maureen, Arlene, Teresa and John joined the family as well. They enjoyed working on the farm and spending time relaxing, fishing and camping throughout the Pacific NW. Kay passed away in 1999.

He began a life with Doddie Saulnier spending 18 years together. They enjoyed working in the woods and RVing together; including a cross country US adventure and numerous trips to Alaska.

Fred was not afraid of hard work. His early work history included time with Weyerhaeuser driving a truck. He and his Dad took an interest in cattle and he raised a variety of breeds throughout his life. He found peace in the woods and all things outdoors. After his retirement he enjoyed spending his days outside logging and maintaining his timber. To say he had a strong work ethic would be an understatement. Fred was a very private man with big heart. His random acts of kindness throughout his lifetime were many.

He is survived by his daughters Melisa Kinney, Maureen Willson and Arlene Willson and son John Willson, his siblings Sally, Paul (Shryl) and Nancy (Tom), his beloved dog Josie, his companion Doris Spencer and numerous grandchildren and great grandchildren. Fred was preceded in death by his parents, his siblings – Jim and Ruby, son Bradley, son-in-law Matt and daughter Teresa.

Services under direction of Cattermole Funeral Home, graveside service at Winlock Cemetery, Dec. 20th at 11:00am with Celebration of Life to follow graveside at Winlock Christian Fellowship followed by a potluck. In lieu of flowers please consider donations to the Winlock Food Bank.

TRAVEL THE PNW WITH TRACY

**Exploring Bend**

Tracy tries snowshoeing, fine dining

BEND – The perfect outdoor playground can be found about four hours southeast of Longview in Bend, where there are numerous trails to hike, bike and run; mountains to climb and ski; and rivers to fly-fish and raft.

Tetherow, a 700-acre master-planned community with lodges, vacation rentals, restaurants, and a golf course, rests in the Deschutes National Forest at the base of Cascade peaks. Shopping, farm-to-table dining, and more than 300 days a year of sunshine make this Central Oregon region a spectacular place for long vacations or a quick weekend getaway.

**A stay at Tetherow**  
61240 Skyline Ranch Rd., Bend, OR 97702, 844-431-9701, tetherow.com

My friend Connie and I traveled to Bend for a two-day escape. We stayed in one of the 50 luxury rooms at the Tetherow lodge. The room's blue and brown color scheme and full-length windows opening to the high-desert landscape created a symbiotic flow between the outdoors and inside. The in-room Nespresso machine made the perfect cup of Joe to begin each day.

The Tetherow Sports Center is open to guests and residents. The center offers fitness classes, a large gym, a sauna, a steam room, two hot tubs, and a heated pool open year-round. The Tetherow Café features food and drink options for those

looking to pick up something on the go or a comfy place to enjoy a cup of coffee or a meal. Several trails link to the nearby forest, and golf fans love the award-winning 18-hole course.

**The food at Tetherow**

The Row at Tetherow is open all day and boasts a casual pub-style ambiance. We stopped for lunch, and Connie dined on fish tacos while I enjoyed the carnitas topped with cabbage slaw, chimichurri, guacamole crema, lime, and cotija cheese.

Solomon's is Tetherow's fine dining restaurant. It is currently getting a facelift, but should be open in renewed splendor by the summer of 2024. I dined on a delicious steak during our visit, and Connie enjoyed a tasty salmon dish. The cocktails served are also superb, so it is worth making a reservation for dinner once they reopen.

**Walking Shevlin Park**  
18920 NW Shevlin Park Rd., Bend, www.bend-parksandrec.org/park/shevlin-park

Shevlin Park is located less than 3 miles from Bend. The park has three picnic areas and an extensive trail system. We hiked on the flat trail and over a footbridge crossing Tumalo Creek until the unforeseen rains drove us back to the car.

**A bite of history**

Back at Tetherow, we donned dry clothes and went downtown to the historic Pine Tavern, founded in 1936 by Maren Gribskov and Eleanor Bechen. Today, the tavern has passed through five different owners, and the food has alternated between casual and gourmet cuisine with each change. We savored Long Island iced teas and a



Tracy Ellen Beard, left, and her friend Connie during a snowshoeing excursion with Dave Nissen of Wanderlust Tours in Bend.

DAVE NISSEN, CONTRIBUTED

few tasty appetizers during our dinner.

**Snowshoeing with Wanderlust Tours**

61535 S. Hwy 97 13, Bend, 541-389-8359, www.wanderlusttours.com

The next day, we ventured out for a Wanderlust Tour with the company founder Dave Nissen. He and his wife, Aleta, have received several awards for their participation in building a robust community. Dave drove us to the base of Mount Bachelor for a snowshoeing expedition and an education in nature.

Wanderlust Tours offers half-day outdoor guided tours for explorers interested in canoeing, kayaking, snowshoeing, hiking, and caving in Bend, Sunriver and Sisters, Oregon. With sustainability and minimal impact on his mind, Dave illuminates the relationship between nature and humans. Since Wanderlust Tours' inception in 1993, Dave has strived to instill a renewed respect and an appreciation of nature in each of his guests.

We stopped at Farewell Bend Park, and Dave pointed out and explained the tuff rock, an igneous rock ejected from a vent during a volcanic eruption. The stone is like glass and contains bedrock, tephra and volcanic ash fragments.

We learned about local flora and fauna and how to identify the snow tracks of a squirrel and a red fox. As we trudged through the deep snow during a light flurry, Dave

schooled us on the sex life of the Washington hemlock. He explained why certain trees grow at specific elevations, the water needed for each type, and why trees with differing amounts of lignin and cellulose survive winter storms differently.

Dave is enthusiastic about the area.

"Bend is everything that embodies community," he said. "People come to Bend to enjoy the area and contribute their special talents to benefit the community. Whether you are a physician, artist, or entrepreneur, everyone has something they can give the whole."

After snowshoeing, Dave poured us hot chocolate with marshmallows to warm us up from the inside out.

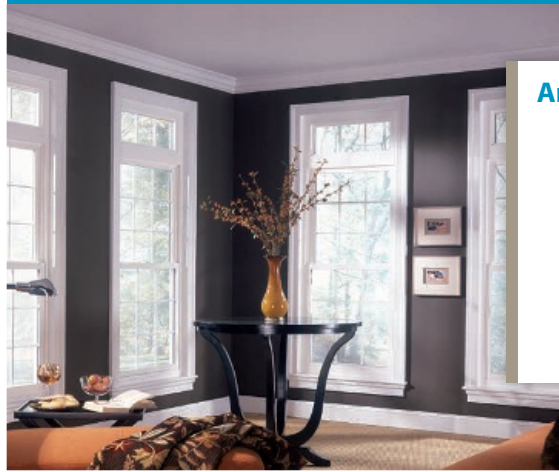
**The Old Mill District**  
520 SW Powerhouse Dr., 624, Bend, 541-312-0131, www.oldmilldistrict.com

Next, we headed for the Old Mill District. This outdoor shopping/restaurant mecca sits adjacent to the Deschutes River that runs through Bend. We had a bite to eat at one of the restaurants, and then we walked on the Mill Loop Trail that took us through an artistically animated tunnel near the river, where we watched the dike surfers maneuver through the compact waves. We visited a few shops and returned to the room to prepare for dinner.

Tracy Ellen Beard is a freelance writer, editor and photographer based in Longview.



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