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Tony Pendleton

Washington Trust Bank announced the addition of **Tony Pendleton** to its Central Oregon Commercial team in Bend. He will serve as a vice president and relationship manager.

With over 20 years of banking experience, Pendleton will be responsible for providing a wide range of banking services to commercial clients. Pendleton joins Washington Trust from Wells Fargo, where he served as a senior private banker and custom credit banker. In this role, he was responsible for helping clients analyze balance sheets and providing investment, brokerage, insurance and planning services.

Music event staff member, and a SCORE-certified mentor, using his experience to support businesses, students, and the community.



Caya Christiansen

MBSEF announces that **Caya Christiansen** won the Pole Pedal Paddle design contest. Christiansen's design features scenes from three of the seven key SELCO Pole Pedal Paddle legs — alpine skiing down Mt. Bachelor, biking down Century Drive, and canoeing on the Deschutes River — embedded in the words "Pole Pedal Paddle." Surrounding the title are illustrations of the gear used in each event, highlighting different aspects of the race through both wide and close-up perspectives.

Christiansen, who moved to Bend in eighth grade and graduated from Summit High School in 2021, is currently studying architecture in Munich, Germany.

Christiansen added that she wanted to "give thanks to my classmate and friend, Anna Könneke, who helped me with the design."

Christiansen will receive \$500 in prize money, a commemorative mug, and official SELCO Pole Pedal Paddle logo wear featuring her winning design. In addition, her artwork will appear on posters, apparel, prizes, and other promotional and event-related materials.

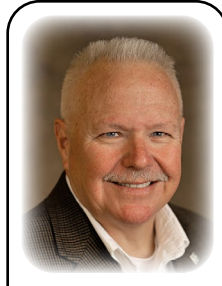
Mid Oregon Credit Union announces changes in its executive leadership team.

Matt Mitchell has been elevated to the position of chief lending officer. Since joining Mid Oregon in 2019, Mitchell has played a crucial role in the credit union's loan growth.

Robert Dennis and **Kyle Frick** have both been promoted to senior vice president of their respective teams, leading Risk Management and Marketing and Community Relations.

Tina Amato, newly appointed, vice president of Branch Services, has been with Mid Oregon since 2019 and has served as the branch manager at Olney for the past five years. Her prior experience includes roles at Umpqua Bank and Washington Federal Bank. Amato is also a recent graduate of the Western CUNA Management School.

Mitzi Smith has been promoted to vice president of Digital Delivery. Smith joined Mid Oregon in November 2020. She has spent four years leading the Contact Center team and recently took charge of the digital banking and remote services teams. With over 20 years of experience in the credit union industry, she is nearing completion of her MBA.



Matt Mitchell



Robert Dennis



Kyle Frick



Tina Amato



Mitzi Smith

LRS Architects announced the promotions of four team members to senior associate and two team members to associate as the firm continues advancing and developing its valued staff and client services. The promotions went into effect on January 1, 2025.

Mathew Dreska, promoted to senior associate, has been with LRS Architects since 2011 and was named an associate in 2021. A thoughtful designer with a deep focus on the end-user experience, Dreska has been involved in various projects for clients in the automotive, civic, commercial, multifamily housing, and retail sectors. As a rising leader in the LRS Bend office, he has contributed to projects across the Pacific Northwest, focusing on clients in Central Oregon. His recent projects include upcoming affordable housing projects, including Wickiup Station in La Pine, Trinity Place in Sisters, and 9 Peaks in Bend, as well as the Magnolia II in Portland, completed just in time for the holidays in 2020. Dreska is a licensed architect in the State of Oregon, a LEED Green Associate, and is certified by the National Council of Architectural Registration Boards (NCARB). He has a bachelor of architecture from the University of Oregon.



Mathew Dreska



Amy Hjelte

Amy Hjelte, promoted to senior associate, has spent nearly three decades at LRS Architects as a specifications specialist and was named an associate in 2011. She joined the firm in 1997 and has supported a wide variety of projects for LRS' civic, senior living, retail, multifamily housing, and commercial clients across the West Coast. Hjelte has contributed to dozens of projects of all sizes and scales throughout her career, including Parkview at Terwilliger Plaza in Portland, multiple anchor projects on the Vancouver Waterfront, and the Bunk House Hotel in Madras. She holds certifications as a construction documents technologist (CDT) and as a certified construction specifier (CCS). She is currently a director on the Board of the Construction Specifications Institute (CSI) Portland chapter. Hjelte has a bachelor of architecture from the University of Oregon.

of the Construction Specifications Institute (CSI) Portland chapter. Hjelte has a bachelor of architecture from the University of Oregon.

Alex Karel, promoted to senior associate, has been with LRS Architects since 2011 and was named an associate in 2019. Karel's experience includes a unique balance of civic, commercial, and auto dealership design projects across the West Coast and Alaska. He is an advocate for integrating emerging design technologies and tools into



Alex Karel



David Burt

SCORE Central Oregon announced **David Burt** as one of its newest members, serving as a certified mentor. Burt worked as a CPA for 40 years in public practice and industry, primarily in manufacturing. He's skilled in tax preparation, financial audits, and small business bookkeeping while managing corporate budgets, payroll, inventory, and cost structures. With knowledge of GAAP, Sarbanes-Oxley, and IFRS, he's navigated financial complexities across industries, including food, fabrication, and forging. Beyond business, he's found a passion for teaching, serving as an adjunct professor at California State University, Fullerton, where he taught financial controls, cost, and managerial accounting. In retirement, he remains dedicated to service. He is an Oregon State Certified Ombudsman, a High Desert Chamber

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New hires, promotions, accolades, awards, retiring? Send us your

Who's Who!

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the design process, enhancing collaboration and the experience of clients. Karel is known for his keen attention to detail and dedication to finding the best creative solutions for his clients. His notable recent projects include Washington County's Wingspan Event and Conference Center in Hillsboro, Oregon; the ilani Event Center Expansion in Ridgefield, Washington; and the Swickard Anchorage Mercedes-Benz Van Center in Alaska. Karel is a licensed architect in the State of Oregon and has a bachelor of architecture from the University of Oregon.

Kelsey Loverro, promoted to senior associate, has spent the entirety of her professional career at LRS Architects, joining the company in 2014 upon graduating with a bachelor of interior architecture from the University of Oregon. Loverro has distinguished herself at LRS as an organized and creative designer, contributing to the success of some of the firm's most notable, award-winning hospitality, automotive, multifamily, workplace, and retail projects across the region. Her most notable recent projects include Jaguar Land Rover's Technology Center in Portland, Alta University Place, and the Travel Portland Visitor Center. Loverro was named an associate at LRS in 2023, holds certification through the National Council for Interior Design Qualifications (NCIDQ), and is an active Commercial Real Estate Women (CREW) Network member. In 2024, she was recognized as a rising industry leader in DJC Oregon's Phenoms & Icons program.



**Kelsey
Loverro**

Paul Kurth, promoted to associate, has been with LRS Architects for over a decade and infuses creativity, attention to detail, and organization into his work. Since joining LRS in 2012, Kurth has served in multiple roles, including as job captain and architect, and design lead, with projects in the automotive, office, retail, religious, and senior living sectors for clients in Oregon and Washington. His recent projects include Holman Lexus of Vancouver, Porsche Studio Portland, and a warehouse facility for Leatherman. Kurth is a mentor with the ACE Mentor Program in Portland, a licensed architect in the State of Oregon, certified by the National Council of Architectural Registration Boards (NCARB), and has a bachelor of architecture from California Polytechnic State University, San Luis Obispo.

Zachary Freund, promoted to associate, joined LRS Architects in 2015 and brings well over a decade of experience to his new role. With a versatile skillset from project organization to planning and design, he has contributed to a wide range of projects, including office and workplace, multifamily housing, industrial, and retail. Freund has worked on numerous historic structures during his career, and he has cultivated a specialty in renovation and adaptive reuse design, with recent projects including The Clifford affordable apartments, St. Mary's Rectory, and St. Joseph's Hall in Portland. Freund is certified by the National Council of Architectural Registration Boards (NCARB) and as an Earth Advantage Sustainable Homes Professional (SHP). He is a licensed architect in the State of Oregon and has a master's and bachelor of architecture from the University of Idaho.



**Paul
Kurth**

Awbrey Glen announced that **Tim Fraley** has been awarded the designation of Master Kids Coach which honors those who have been awarded the Top 50 Kids Coach Award three times. This is his third consecutive year being awarded Top 50 Kids Coach and he will forever be considered a Master Kids Coach from now on.

Tim has been a golf professional at Awbrey Glen for over 25 years. He was the head pro at the club for 15 years and for the past eight years has been Awbrey Glen's player development director, charged with leading the junior program and helping members grow their love for the game.

Bethlehem Inn announced that its Board of Directors has elected new board officers for 2025. **Kevin Link**, director of preconstruction at SunWest Builders will serve as board president; Rutila Galvan-Rodriguez, executive director equity, diversity and inclusion High Desert Education Service District will serve as vice president; and Melissa Williams, executive director of Every Child Central Oregon will continue in her role as Treasurer.

The Environmental Center's Rethink Waste Project has been awarded the highly competitive Reduce, Reuse, Reimagine Materials Management grant for its Reuse Bend initiative, with the maximum amount of \$125,000 awarded, to implement the project over the next two years.

The Oregon Department of Environmental Quality (DEQ) awarded \$1.2 million in Reduce, Reuse, Reimagine grant funds to 14 recipients in 11 counties across Oregon that stood out for their vision, creativity, and potential to make a meaningful difference in waste prevention. DEQ received 110 applications from across the state in which applicants demonstrated innovation, dedication, and community impact in their project proposals.

Reuse Bend (an initiative of the Rethink Waste Project of The Environmental Center) aims to bring reusable serviceware to Bend. Through a reusable take-out container program, and a food cart lot pilot, Reuse Bend is excited to initiate the systems change and culture shifts to transition Bend and Central Oregon's foodservice sector from single-use to reusables.

Work on the project will begin in March, with an expected public launch of Reuse Bend around June, just in time for restaurants and food trucks' busy summer season.

The Latino Community Association (LCA) announced the appointment of **Catalina Sánchez Frank** as its new executive director. An independent consultant specializing in outreach and language justice, she brings over ten years of experience advocating for the rights and interests of immigrants in Oregon.

Originally from Cali, Colombia, Sánchez Frank also has a deep personal understanding of the challenges faced by Latine and immigrant communities. For the last two years, she has served as vice chair at the Oregon Secretary of State Translation Advisory Council, working to ensure accurate, culturally appropriate translations to make voting accessible in Oregon. She's also been an active volunteer with LCA.

Residents of Bend for the last ten years, Sánchez Frank and her husband are the parents of a teenage daughter and two dogs. She enjoys yoga and hiking, while her husband is an avid bike rider. Sánchez Frank is also active with BENDitas, a collective of migrant women whose mission is to promote cultural events in Spanish and celebrate the diversity of Spanish-speaking countries with the Bend community.



**Catalina
Sánchez Frank**

KTVZ-TV announces that **Gregory Deffenbaugh** has been appointed the station's new news director. Deffenbaugh brings with him a wealth of experience, having most recently served as news director at WREX-TV, the NBC station in Rockford, Illinois.

Before his role at WREX-TV, Deffenbaugh held senior news management positions at several respected stations. Deffenbaugh's extensive career in news management has spanned across multiple markets. He has served as a senior news producer at KMGH-TV and KDVR-TV in Denver, as well as in producer roles at KOKH-TV in Oklahoma City and WOI-TV in Des Moines.

Notably, under his leadership as news director at WREX-TV in Rockford, Illinois, the station received numerous prestigious honors from the Illinois News Broadcasters Association, including Best Station three years in a row, Best Newscast two years in a row, and Best Digital Presence for two consecutive years. WREX-TV was also recognized for Best Breaking News Coverage under his guidance.

Deffenbaugh is a 2009 graduate of Northern Arizona University with a bachelor's degree in organizational communication and journalism. During his career, he has earned numerous accolades, including a regional Edward R. Murrow Awards for Overall Excellence in 2020 and 2019, an Emmy Award from the Heartland NATAS, and recognition from the Colorado Broadcasters Association for Best Newscast and Best Hard News Coverage in 2017.

Oregon State Association of Occupational Health Nurses (OSAOHN), has selected **Lisa Rodriguez**, RN, Certified Occupational Health Nurse (COHN) as the recipient the 2024 Medique Nurse Leadership award. Rodriguez, a Bend resident, is the Caregiver Health Supervisor at St. Charles Health Systems.

Rodriguez is the current OSAOHN president. As a long time member, Rodriguez has served as chapter president twice in the past. In addition to mentoring many new nurses to this specialty practice, she has also held every one of the elected chapter roles. She has been instrumental in helping the chapter transition to the digital age.

In addition to her unpaid work for the chapter, Rodriguez serves as a Total Worker Health Resource team member, is a member of the agriculture council, and is the liaison to the Oregon Coalition of Healthcare Ergonomics. Her background includes workplace health and safety program development, Total Worker Health, Safe Patient Handling and Mobility, Federal & State regulatory compliance, emergency management, case management, and ergonomics.

In March, Rodriguez will be joining fellow Occupational Health and Workplace Safety professionals at the 38th biennial Oregon Governor's Occupational Safety and Health (GOSH2025) conference in Portland. She will present a session on healthcare worker injury prevention and safe patient handling. It is one of over a dozen sessions specific to healthcare worker safety, employee health, security and violence prevention.

Central Oregon Gives celebrated another record-breaking year of philanthropy. The campaign, renowned for its innovative approach to year-end giving, helped raise an astounding \$1,128,000 during its eight-week run in 2024, marking the third consecutive year of surpassing the \$1 million milestone.

Since its launch in 2018, Central Oregon Gives has distributed over \$5 million, directly benefiting more than 100 nonprofits across Central Oregon.

The campaign, which ran from November 6 through December 31, saw significant participation, with over 3,000 individual donations. Of these, more than 1,500 were under \$25, highlighting the collective power of even small contributions.

The nonprofits that receive the largest amount of funding through Central Oregon Gives receive prizes of their own from matching donors. Anonymous donors give a donation of \$2,500 per category and another \$15,000 for the overall winner. This year First Interstate Bank returned as a category sponsor for the Basic Needs category, boosting that category's prize to \$5,000.

Overall Winner: **Saving Grace** — earned a \$15,000 prize for their top performance.

The nonprofit in the Basic Needs category that raised the most earned \$5,000

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from First Interstate Bank. This year that nonprofit was **The Giving Plate**.

Category Winners (\$2,500 each) were Animal Welfare: **Street Dog Hero**, Arts & Culture: **World MUSE**, Health & Environment: **Healing Reins**, Most Donations \$25 and Under: **Desert Sky Montessori**.

Collectively, the campaign inspired record-breaking generosity, beating last year's total by \$100,000 and doubling the number of donors compared to 2023.

The **Central Oregon Builders Association** (COBA) announces the Excellence Award winners for 2024 and the incoming 2025 COBA board of directors and president.

Builder of the Year: **PerkeyBuilt**; Commercial Builder of the Year: **Stilson Builders**; Mike O'Neil High Performance Res Builder of the Year: **Hiatus Homes**; Remodeler of the Year: **Sierra James Construction**; High Performance Commercial Builder of the Year: **Kellcon**; Sub-Contractor of the Year: **Energy Conservation Insulation**; President's Award: **Beamworks USA**; Architect of the Year: **Steele Associates Architects**; Home Designer of the Year: **Banton Engineering**; Material Supplier of the Year: **Bulders FirstSource**; Lifetime Achievement: **Sandy Garner, Harcourts The Garner Group**; Associate of the Year: **Paulsons Floor Coverings**; Realtor of the Year: **Erin Campbell, Remax**; Developer of the Year: **Woodhill Homes**; Nonprofit Partner of the Year: **RootedHomes**; Volunteer of the Year: **Jay Campbell, Woodhill Homes**; Committee Member of the Year: **Geoff Harris, Solaire Homebuilders and Jesse Russell, Hiatus Homes**; People's Choice Award: **Staging Spaces + Design**; and Gary Bunger Industry Loyalty Award: **Pat Kesgard, Compass Commercial**.

Katie Pendleton, The Fort was installed as the 2025 COBA President along with COBA Board members.



PHOTO | COURTESY OF COMPASS COMMERCIAL

Compass Commercial Real Estate Services announced that **Russell Huntamer** has been selected as the company's president for 2025 and 2026. **Graham Dent**, who served as president during a successful term in both 2023 and 2024, will assume the role of vice president of operations. **Ellisse Dickey**, who is also the marketing director, will be taking on the vice president role. Huntamer has been with Compass Commercial since 2005, and brings extensive

experience in investment and land sales, as well as retail leasing.

During Dent's leadership, Compass Commercial achieved significant milestones and earned several accolades. The company received the 2023 Bend Chamber of Commerce Business Excellence Award for Organizational Growth and was named the 2023 Source Weekly's Best Real Estate Company in Central Oregon, as well as the runner-up in 2024. Compass Commercial also earned recognition as a Top Workplace by The Oregonian in both 2023 and 2024. Additionally, Compass Commercial Construction received the 2024 Sanctuary Reinvented Award at the Building a Better Oregon Awards for its work on the Juniper Mountain Counseling project.

As Compass Commercial continues to expand its services and achieve impressive growth, the company's dedication to its community remains a core value. With Russell Huntamer at the helm, Compass Commercial is poised to build on its strong foundation and continue driving success for its clients and the community. The company's unwavering commitment to excellence and innovation ensures a bright future as it enters this new chapter of leadership.

Five nurses from **St. Charles Health System** recently earned DAISY Awards for Extraordinary Nurses, recognizing the outstanding, compassionate nursing care they provide patients and families every day. The nurses, who represent all four St. Charles hospitals in Bend, Redmond, Madras and Prineville, were recognized with a ceremony on their respective units and presented with a certificate, a pin and a "healer's touch" sculpture by their hospital's chief nursing officer. The honorees are:

The nurses earning DAISY awards are:

Ryan Armand-Priefer, a patient care nurse at St. Charles Bend, was recognized for exemplifying the highest standards of nursing care and compassion and demonstrating extraordinary dedication and kindness while providing excellent medical care.



Ryan Armand-Priefer

Andrew Baca, a nurse at St. Charles Redmond, was recognized by a fellow caregiver for "consistently demonstrating his selflessness, his compassion and above and beyond effort to go out of his way to help. Andrew truly is a team player who excels in so many ways."



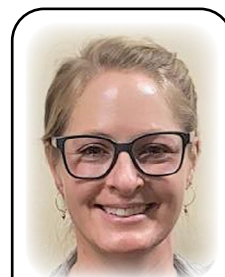
Andrew Baca

Sadie Larson Robinson, a nurse navigator for Cancer Services, was recognized for compassionate treatment and support, and truly caring for her patients. She was specifically recognized for going over and above to help a patient rearrange their first chemotherapy treatment so that their spouse could also attend.



Sadie Larson Robinson

Megan McPhetridge, a wound care nurse at St. Charles Prineville, was recognized for providing awesome, compassionate care to a wound ostomy patient and putting them at ease, as well as providing an effective treatment plan that fit the patient's needs.



Megan McPhetridge

Jennifer Wienert, a house supervisor at St. Charles Madras, was recognized for going above and beyond her job responsibilities and during her personal time to anonymously assist a patient with personal matters, including volunteering to care for a patient's dog.



Jennifer Wienert

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