

Willamette

October / November 2019

LIVING

The lifestyle magazine for Oregon's Willamette Valley

Wellness Retreat

The Tillamook Coast

Also

Comfort Food

Art Focus: Lee Kitzman

Oregon History





60
Getaway
The Tillamook Coast



11
Lee Kitzman

On the Cover:

Janice B. Gaines-Ehlen
In front of Spa Manzanita



32
Viva France
Beef Bourguignon



25
ART: My Secret
Double

Regulars

- 14 Art in the Valley
- 20 The Bookshelf
- 38 Real Estate Update
- 39 Sten: On the Money
- 40 Style
- 41 Gardening With Brenda
- 42 Kris on Health
- 44 The Hot Ticket

COMING IN THE
DEC/JAN 2020 ISSUE

Holiday Fun
Touring Portland

ADVERTISING INFORMATION
www.willametteliving.com
ads@willametteliving.com
541-740-9776

Winter Getaways: The Tillamook Coast



A Wellness Retreat on the Tillamook Coast • Indulging in a Mother/Daughter Getaway

 Anne Norup  Ashley Courter Photography

It was an astonishing 75-degree, sunny afternoon—unprecedented at the beach in Oregon for early spring—when I greeted my daughter in the lobby at **Headlands Coastal Lodge & Spa** (www.headlandslodge.com) in Pacific City. We were grinning from ear to ear, thrilled with our good weather karma and excited about our upcoming time together.

We both live busy lives, each running our own businesses and her raising three amazing kids. When we're together, the kiddos take center stage and there's rarely more than a few minutes for us to catch up.

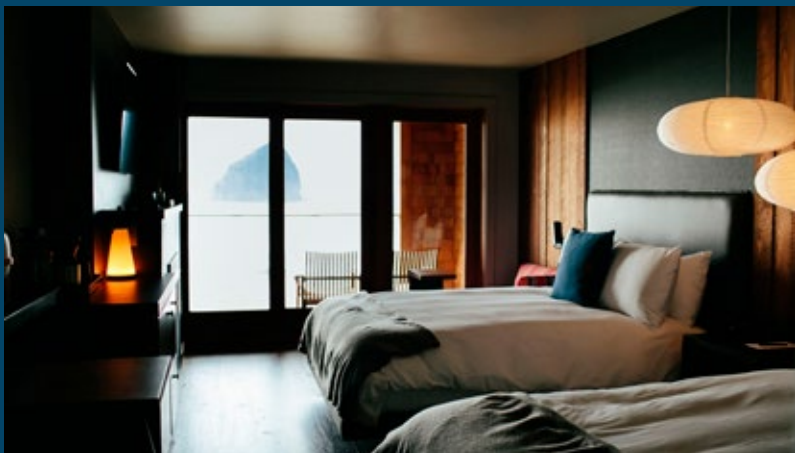
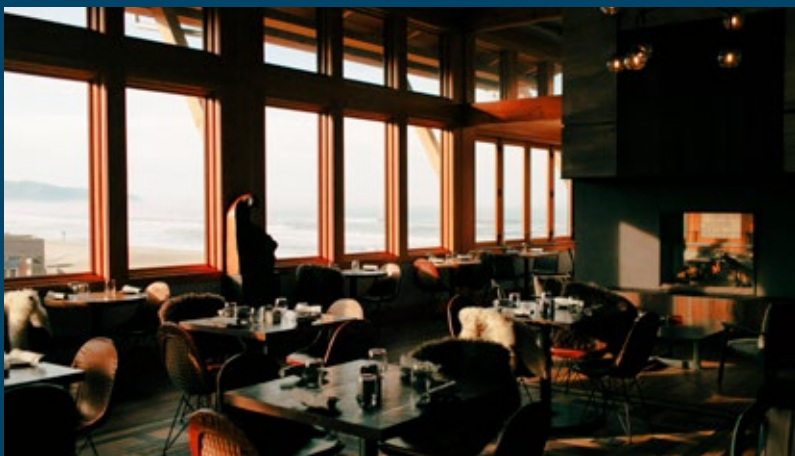
The solution? A beach getaway, complete with spa treatments, long walks, delicious meals and relaxing, one-on-one time together. The Tillamook Coast was our choice.

As we opened the door to our room, we both caught our breath at the surprisingly intimate sight of the ocean, right there in our face. The room felt like it was our own private world, comfortably appointed with a fireplace, modern amenities and a glass rain shower showcasing a view of Haystack Rock.

We headed back downstairs to explore the property and had a few moments

to chat with Jennifer Hale, the general manager of Headlands. She told us about the many things we could do beginning with the choice to “stay in or head out.” If it's the latter, she explained, “We have adventure coaches that can tailor an experience to your interests, whether it's hiking, kayaking, berry foraging, tidal explorations, or whale watching.” Bikes are in the lobby to ride around town.

“Our staff has a menu of options that change with the seasons, which could include wine or distillery tastings, cocktail classes or learning how to shuck oysters from one of the local experts.”



Photos - Facing page: Fresh salmon dinner at Headlands Lodge
This page: Clockwise from top left: Headlands Lodge dining room, Janice Gaines-Ehlen @ Spa Manzanita, Headlands Lodge guest room.

Dinner in the casual, elegant **Meridian Restaurant** did not disappoint. Wrap-around windows offered expansive views of surf and sand in the open dining room. Wood beams framed the space, anchored by a massive stone fireplace. The menu offered delicious ocean-to-table fare, featuring local purveyors from fishermen plying nearby waters to farmers who grow their own produce.

With the day's warmth still lingering, we took a leisurely twilight beach stroll following dinner, gawking at the full moon rising above the lodge, illuminating cresting waves in a silver glow. At least a dozen bonfires dotted the shoreline, their scent of woodsmoke mingling with the tangy sea air.

As darkness descended, we donned our suits and soaked in the outdoor, saltwater hot tub, chatting and basking in luxurious warmth.

That night as I sunk into bed with the roar of the surf so close, right at the edge of the

beach, a deep sleep immediately claimed me.

After a delectable breakfast, we headed to **Tidepools Spa** for massages. We learned the spa's wellness philosophy focuses on treatments that are simple and deeply restorative, facilitating and promoting wellness for each guest. I had the 60-minute "Head and Sole" treatment, which peeled away layers of stress and soothed my achy muscles. Other amenities included a steam room and workout area with fitness equipment plus space for yoga.

Throughout the property, customer service was redefined by the staff's natural, genuine friendliness. No pretention with this crew! Each person helped make our stay exceptionally memorable.

Reluctantly, we checked out of Headlands and drove north to Manzanita for lunch. While there, we stopped at **Spa Manzanita** (www.spamanzanita.com). They were already booked for treatments, but we

had a few moments with founder Janice Gaines-Ehlen, who's owned the spa since 2007.

"This business is an expansion of my personal daily practice. We offer what I believe in," she commented. In addition to spa sessions, she has a gift shop in the small lobby with eco-friendly, fair trade items. Janice comes from a fitness background, having evolved the spa over the years with the goal of encompassing people.

"The therapists that work here must first be kind and welcoming, so when people walk in the door they can let go of their worries and frustrations. We offer personalized service, paying attention to each individual's needs. Our spa is not just about business."

Awhile later, my daughter and I hugged one another good-bye. We parted feeling refreshed, recharged and reinvigorated, our bond of love renewed—a perfect wellness getaway. More →

Now You're Cookin' - The Tillamook Coast



Cooking Schools on the North Coast Food Trail

 **Anne Norup**

If you're a passionate foodie who loves to cook, you'll be delighted to explore Oregon's **North Coast Food Trail** (www.northcoastfoodtrail.com) spanning from Cannon Beach through the Tillamook Coast to Lincoln City. Celebrating the bounty of regionally sourced ingredients, you can learn from local chefs in hands-on classes or demos. It's a perfect opportunity for cooks wanting to hone culinary skills, get kitchen tips or nab a new coast-to-table recipe. Watch how the pros make it or try it yourself with a chef nearby to answer that burning question that's been nagging you for years.

One of Cannon Beach's culinary treasures is **EVOO** (www.evoo.biz), owned by Chefs Bob Noroni and Lenore Emery. After 15 years, their mission—to create menus and dishes that inspire guests to cook them

again at home—hasn't changed and their following of food lovers continues to grow as a result. Their gracious welcome into the studio kitchen for one of their signature three-hour dinner shows begins with a glass of wine and friendly introductions. From there, hang onto your seats as you watch culinary magic unfold before your eyes, and best of all, you're included in every step of the process.

Chef Bob's philosophy is, "If it grows together, it goes together." Fresh ingredients speak for themselves and good cooking brings forward the natural flavors. He pays homage to the local bounty that's brought to him, whether it be from farmer, fisherman or forager. Chefs Bob and Lenore entertain you with their light-hearted back-and-forth banter, keeping you engaged and inspired,

wowed by the flavors they put in front of you. "We teach technique more than how to follow a recipe." You'll come away from the evening having learned basic things, like how to salt food appropriately, the best way to dress a salad or how to heat oil properly. But more importantly, you'll depart in a warm glow of great food, good wine and culinary camaraderie.

Go to the source for a catch-and-cook experience at **Kelly's Brighton Marina** (www.kellysbrightonmarina.com) on Nehalem Bay. Bring your family and friends and learn the art of crabbing from owner Kelly Laviolette. Even if you've caught crab before, the passion Kelly imbues is infectious and oh-so-much fun! It's a great way for the kids to get involved from catching the crab, to learning how to cook it and finally eating it on the dock by the bay. Or



Photos - Facing page: Chefs Lenore Emery and Bob Neroni, owners of EVOO
 This page: Clockwise from top left: Hands-on cooking class with Chef Donna Riani at the Lincoln City Culinary Center, Lincoln City Culinary Center Manager and Chef Donna Riani , Chef Bob Neroni skillfully plating at an EVOO dinner show.

make a party of it with friends. Whatever you choose, Kelly promises you'll have a blast! And if you love to fish, this is the place for some of the best fishing in the area including summer Chinook. Boats are available to rent plus there's RV and tent camping available.

The Lincoln City Culinary Center (www.oregoncoast.org/things-to-do/culture-history/culinary-center/) welcomes you to experience seasonally inspired cooking, from hands-on classes to demos or private events.

One of the primary things the center strives to do is to get everything locally. As Culinary Center Manager Donna Riani says, "We're fortunate to live where we do, because we've got farm-to-table, forest-to-table, forage-to-table and ocean-

to-table. There's such abundance here with more going on than meets the eye. It's our mission and job to help people see and experience that."

The team of chefs shows you how to turn these fresh ingredients into delicious dishes that will tantalize your taste buds. Sit back, relax and watch a demo or jump into the kitchen and create a masterpiece yourself under the tutelage of a professional chef. Then join your fellow cooks to share a family-style meal of your collective creations paired with Oregon wines, ciders and beers.

After time spent together in the kitchen, new friends have been made and the spirit of joviality is contagious. Laughter and good-natured joking abound as you taste one another's dishes. The dining

room provides a perfect setting with magnificent views of the ocean, Lincoln City and the coastal foothills. You'll make a lasting memory and take away some new cooking tips as well.

From charming seaside towns to jaw-dropping scenery along the way, you'll be inspired to whip up something new at home, having discovered the delicious bounty of Oregon's North Coast Food Trail.

For more information on spas, cooking schools, and other fun things to do on the Tillamook Coast, visit www.tillamookcoast.com