



Menucha Retreat & Conference Center
PO Box 8
Corbett, OR 97019

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Menucha is a sacred sanctuary held in stewardship as an ecumenical, community-based mission of First Presbyterian Church – Portland. Our mission is to offer the finest retreat and conference center experience possible by providing opportunities for reflection, spiritual discovery, renewal, education and enrichment for individuals, families and communities.



CONTACT INFORMATION

You may join our mailing list or update the information we have for you by returning this form to us, or by contacting us:

PHONE 503-695-2243
FAX 503-695-2223
EMAIL office@menucha.org
MAIL PO Box 8
Corbett, OR 97019

Name _____
Address _____
City, State, Zip _____
Email address _____
I would like to receive Menucha communications via:
☐ Email ☐ Regular mail

PLANNED GIVING: SECURING MENUCHA'S FUTURE

Remembering Menucha in your estate planning can have positive consequences for both Menucha and you. By setting up a Charitable Trust, you provide Menucha with a source of income in the future while guaranteeing yourself and/or your loved ones a steady income stream now. You may even avoid costly capital gain taxes. It's a wonderful way to support the mission of Menucha for years to come. We have excellent representatives who can speak with you and your financial planner to answer any questions you might have about planned giving or estate planning. Please call our office at 503-695-2243 for more details.

DONATE ONLINE

Now, it's easier than ever to support Menucha. You can donate using your credit card with our secure on-line form. Simply go to www.friendsofmenuchafoundation.org and click on the "Donate Today" link. You may also print out a Donor Form and mail it to Menucha.

We are grateful for all gifts, large or small. Your gifts help us expand our programs, improve our facility and reach out to groups and individuals from around the Pacific Northwest and beyond. Please contact our office if you would like to remember someone special with your gift. Thank for your continued support.



GIFTS IN MEMORY OF GAIL POST MAKE A REAL DIFFERENCE

When Gail Post passed away last year, her husband Wes asked friends to make contributions to Menucha in her memory. Gail's friends responded generously, donating over \$5,000 that we used to purchase a zero-turn ("z-turn") mower.

Before the gift, Menucha employees regularly spent up to sixteen hours per week on a very old tractor to mow Menucha's acreage. Now, on the new z-turn mower, the job takes less than half that time. In addition to being twice as fast, the mower is safe and fun for volunteers to use. Since there is no shortage of tasks to be done at Menucha, we are delighted to have more time to work on other projects which beautify our grounds or which make our buildings more comfortable for guests.

The new mower boosts our friendliness to the environment as well. Facility Operations Manager Tim Kurkinen said, "Initially, all I wanted the new vehicle to do was cut our time and cost. It was a great bonus that it took care of our leaves, too." Tim said that in past years, two or three people would spend weeks hand-raking fallen leaves during fall and into winter. This autumn, we used the new mower's mulching capabilities, as shown in the photo. "Instead of removing the leaves by hand and hauling them to a compost pile, they are mulched and re-distributed in the lawn, which is better for the health of the lawn and a lot less labor intensive."

We are so grateful to Wes Post and the friends who donated to make this new mower possible. We are saving time, making our lawns healthier, and freeing staff and volunteers to do other work which improves the Menucha experience for our guests. Thank you so very much!



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[@MenuchaRetreat](https://twitter.com/MenuchaRetreat)



PUTTING THE HAPPY BACK INTO YOUR HOLIDAYS

Rev. Spencer Parks, Executive Director

The holiday season is upon us once again. You can tell by the hunted look in people's eyes. We've not fully recovered from the food coma induced by Thanksgiving when Black Friday hits. Retail stores everywhere open their doors and entice us into their product laden interiors with the siren call of drastically reduced prices. Hot on the heels of Black Friday comes Small Business Saturday where we can spend even more and feel somewhat righteous as we've at least bought locally. Most of the television ads focus on the things we absolutely must have in order to achieve even a moderately successful holiday season. The glitter, the lights, the sounds and smells, the pressure, the stress, the overblown expectations, the madness of it all is enough to leave one spent and longing for the ordinariness of mid-January. It is a special time of year, just not the kind of special we had in mind. I'd like to propose a few ways that might put the "happy" and "merry" back into this wonderful time of the year. I feel it only fair to warn you that a few of them are countercultural...maybe even down right subversive. I do think they'll help you reclaim the holiday season.

Decorations: It's your house and your yard. Decorate it with what makes you happy and lends meaning to you and your family. It's not a contest. It doesn't need to look like something out of the latest Martha Stewart magazine. It doesn't even need to meet with the approval of the guests that you might be having over. It does need to make you and your family feel good. Make it an enjoyable event and not something that exists to be ticked off on your "to-do" list.

Presents: Don't believe what you hear via the different forms of media that surrounds us and hammers away at us daily. It isn't about how much you spend. It's more about showing others how much we love and care about them. This can be done in a host of ways and many of the most meaningful ones don't involve spending mountains of money. One website (www.adventconspiracy.org) put it this way:

What was the one gift you remember getting for Christmas last year? What about the fourth gift? Do you remember that one? Truth is many of us don't because it wasn't something we necessarily wanted or needed. Spending less isn't a call to stop giving gifts; it's a call to stop spending money on gifts we won't remember in less than a year. America spends around \$600 billion dollars during the Christmas season, and much of that is joyless and goes right onto a credit card. By spending wisely on gifts, we free ourselves from the anxiety associated with debt so we can take in the season with a full heart.

Celebrate: No matter how you slice it, this is a season of celebration. The Christian tradition celebrates the birth of Christ. The Jewish tradition (Hanukkah) celebrates the rededication of the Temple in Jerusalem. Most major faiths have some sort of celebration in the month of December. Speaking from my own faith tradition, I like this (again thanks to the folks on the Advent Conspiracy website):

*It's a season where we are called to put down our burdens and lift a song up to our God.
It's a season where love wins, peace reigns, and a king is celebrated with each breath.
It's the party of the year!*

So....decorate (or not) the way that pleases you, don't spend so much money, and really celebrate. Now that sounds like a holiday season I can enjoy. It even sounds a bit relaxing. From all of us at Menucha, we wish you a most wonderful holiday season. We look forward to seeing you again in the new year where we will continue to give you all our gift of peace and contentment.



FRIENDS OF MENUCHA FOUNDATION YEAR-END UPDATE

John Morris, Board President

HERITAGE (100-249) cont'd

Ed and Doris Reid
Richard and Jean Reiten
Mark and Kim Reller
Millie Renfrow
Lawrence and Ann Roberts
Susan Russell & Falken Forshaw
Joe and Debbie Schneider
Chuck Shaw
Nancy Shaw
Phyllis Smith
Russell and Jean Smith
Steve and Lisa Snodderly
Beth Steelman
Susan Stonecliffe
Pete and Bonnie Taylor
Judy Teufel
Robert and Margery Van Deusen
Jim and Ann Walsh
Marilyn Weber
Rich and Julie Williams
Nancy Winter
Dorothy Wysham

2014 has been a busy and eventful year for the Foundation. Our Board of Stewards welcomed Erich Merrill who rejoined the Board after a break of a years' service as required by the by-laws. Erich was one of the original incorporators of the Foundation and brings a wealth of experience and knowledge to the Board. Also joining the Board was Jennifer Helmer who has a long association with Menucha and extensive experience in non-profit management and fundraising. They join Susan Hedlund (Secretary), Chris Rasmussen (Treasurer), Mike Starosciak and me to complete our Board.

The very generous response of the many friends of Gail Post who made contributions to the Foundation in her memory enabled Menucha to purchase a new commercial grade lawn mower in time for lawn mowing season. This new mower has essentially doubled the maintenance staff's mowing capability and, with a highly-effective mulching deck, has also proved its worth in taking care of the prodigious leaf falls Menucha enjoys each Fall. A lawn-vacuum attachment for the mower remains on the wish list.

The Greening of Menucha Campaign, which kicked off at the end of 2013, is making good headway. This multi-year effort is focusing on the energy efficiency of Menucha's buildings with the goal of increasing the physical comfort of Menucha's guests while reducing heating and lighting expenses. Work will begin soon in Wright Hall with insulation in the walls (there is currently none) and new LED lighting throughout the building. As funding permits we will install new double paned windows, including new windows in the dining area. Similar work will continue in the other buildings, concentrating first on the other historic buildings of Ballard, Boyd, Habitat and Hideaway.



*Friends of Menucha Foundation Board of Stewards, from left to right:
Erich Merrill, Chris Rasmussen, Spencer Parks, Mike Starosciak,
John Morris, Susan Hedlund and Jennifer Helmer*

2014 marked the 100th anniversary of the purchase of Menucha by Julius Meier. This was the theme for our well-attended annual fundraising dinner in September. We were honored to have nineteen members of the extended Julius Meier family join join us for a memorable evening.

On behalf of the Board I would like to thank our many friends and supporters for your loyalty to Menucha. We wish everyone a happy and healthy holiday season and a blessed New Year. We are looking forward to another successful year in 2015.





WE GRATEFULLY ACKNOWLEDGE THOSE WHO HAVE
GENEROUSLY SUPPORTED FRIENDS OF MENUCHA FOUNDATION
November 16, 2013—November 15, 2014

SEVEN GENERATIONS (5000+)
Leupold and Stevens Foundation
Tom and Kathy Withycombe

OLD GROWTH (2500-4999)
Terry and Elizabeth Clifford
Chip and Nanita Sammons

TOUCHSTONE (1000-2499)
Bob Blum and Carol Black
Jon and Arlene Clemens
Don and Norma Fales
Charles and Charlotte Faries
Tom and Gayle Hughes
Murlan Kaufman and Ginny Bistodeau
Tim and Linda Killen
Oregon Community Foundation
Friends of Menucha Fund
Spencer Parks and Sarah Van Haeften
Wes Post
Rosemary Pullin
Bruce Purdy
J. Chris Rasmussen
Steve Robards
Jean Elsa Ganz Sloss

JOURNEY (500-999)
Carnett and Ruth Falconbury
Jerry and Sally Fish
Mike and Barbara Goertz
Carl and Peggy Hammond
Lois Jackson
Rick Lee
Bob and Cindy McSwain
Erich and Laura Merrill
John and Brenda Morris, Jr.
Mike and Janet Starosciak
Jeff and MaryKay West
Joe and Phyllis Whittington
Fred and June Young

NURTURE (250-499)
Marianne Brogan, Portland
Ukulele Association
Zane and Karol Buxton
Kate Commerford
Greg and Barbara Conyne

NURTURE (250-499) cont'd
David and Wendy Crane
Joe and Diane Ehrman, III
Spencer Ehrman and Hilde Wette
Jeff and Hedy Foley
Forrest and Patricia Frantz
Hendrik and Marjorie Grootendorst
Brad and Katrina Halverson
John Walling & Susan Hedlund
John and Jennifer Helmer, III
John and Sara Hortenstine
Marlin and Nancy Icenogle
Ted and Debbie Kaye
Chris and Betsy Meier
Walt and Jean Meihoff
Erik Oliverson and Kelly Farrell-Oliverson
Gordon and Mary Priedeman
Jack Schmidt
Dr. Martin Schwartz and Marcia Freed
Tim Sercombe and Jane van Boskirk
Willard and Lurna Shively
George and Lori Webb
Helen Weber
Phyllis Yes

HERITAGE (100-249)
M. Mehdi Akhavein
Steve and Mary Ann Anderson
Warren and Joyce Aney
Gillian Apfel
Karen Birchfield
Doug and Barbara Bledsoe
Doug Blomgren & Ann Bartsch
Graham and Sharley Bryce
Bob Bulkley and Joyce MacWilliamson
Mike and Suzie Carmichael
Micah and Foy Chu
Tom and Janice Cowling
Scott Crane and Katie Long
Bill and Gladys Creevey
Gary and Cynthia Crose
John and Margaret Crowell, Jr.
Tim and Suzanne Cusick
Will and Lauren Deming

HERITAGE (100-249) cont'd
Susan DePaoli
Daniel Dick and Amy Hall Dick
Don and Angela Dockum
Susan Ehrman
Gordon Evans
Bruce Felix & Audrey Schindler
Ruth Fisher
Zanley and Claire Galton
Mark Garber and Janet Pardo
Roger and Robin Garvin
William and Carol Gies
Richard and Alyda Gilkey
Sandi-Jo Goddard
Cheryl Hammond
David Hawkins
Ilene Hayes
Gary and Gail Hertzog
Byron and Terri Hobbs
Robert and Bonnie Huston
Bonnie Jepsen
Warren and Linda Johnson
Sheilah Kasten
Andrew and Marjorie Kerr
Barbara Kuehner
Vic and Mary Ellen Langman
David and Janet Leatherwood
Ted and Nancy Magnuson
Dick and Joyce Malin
Bettie Maring
Merritt and Carolyn McCall
K. Ann McCartney
Dick McFall & Patti Fiske-McFall
James and Marilyn McGeachie
Paula McNamee
John McSwigan and Benneth Husted
David and Margaret Mesirow
Marv and Carol Mitchell
Joe and Diana Nadal
Katy Nadal
Tom and Lynn Nadal
Oliver and Mary Norville
Mel Parks
Ron and Sally Penley
Laura Peres
Janet Plog
Pepper Pollock
Marcia Randall

We appreciate the 85 donors who have contributed amounts of less than \$100. We are grateful for their support, and regret that space limitations prevent us from listing their names.



THE COOKTOP—a favorite recipe from the Menucha Kitchen
Doug Lang, Food Service Manager

TOMATO BISQUE—a frequently requested recipe, perfect for this weather!
Makes 12 six-ounce servings

2 tablespoons olive or canola oil
¼ cup celery, diced ⅜"
½ cup yellow onion, diced ⅜"
¼ cup carrot, diced ⅜"
1 tablespoon chopped garlic
1 teaspoon fresh thyme, chopped fine
1 teaspoon fresh rosemary, chopped fine
¼ teaspoon ground cloves
2 cups vegetable stock

3 cups canned crushed tomatoes
4 cups tomato sauce
¼ teaspoon baking soda
½ cup heavy cream
¼ cup half and half
1 ½ teaspoons granulated sugar
1 teaspoon sea salt
2 tablespoons unsalted butter
2 tablespoons fresh basil, finely cut

Heat oil in heavy bottom pan. Sauté garlic with celery, onion, carrot, thyme, rosemary and cloves. When vegetables become soft, increase heat. Slowly add vegetable stock and the tomatoes. Add tomato sauce. Continue to whisk while adding liquid. Add baking soda and allow to simmer a few minutes before adding the cream.

Add cream, half and half, sugar and salt. Taste. Use immersion blender to blend vegetables smooth. Add butter as soup is simmering.

Finish with fresh basil when served. Shredded parmesan cheese could also be offered on the side.



ERNIE'S RETIREMENT PARTY

On Sunday, September 28, we celebrated Ernie Yoder as he prepared to retire from Menucha after 34 years. More than 100 family, friends, neighbors, and co-workers gathered together, along with Menucha guests who have come to know Ernie over the years. Lots of good stories and jokes were shared, and Ernie enjoyed visiting with everyone who had come to wish him well.



We enjoyed good food and three delicious cakes, all prepared by Food Service Manager Doug Lang and his staff. Executive Director Spencer Parks presented Ernie with a gold watch, and surprised him with the keys to the beloved "blue Toyota truck."

We will certainly miss Ernie! We wish him all the best in retirement and as a new grandpa to little Izzy.



COME JOIN US FOR ONE OF OUR PROGRAMS WINTER/SPRING 2015

SCRAPBOOKING RETREAT

January 2-4, 2015

Registration available online

Join fellow scrapbookers for a great weekend away. Start a new project or finish an old one; whatever you choose, there will be ideas and supplies to get your creative juices flowing. If you are a digital scrapper, complimentary Wi-Fi is available. Your host for the weekend is Joey Razzano.



PASTORS UNPLUGGED RETREAT

February 1-4, 2015

Registration available online

Come and experience an important educational opportunity as well as a time of renewal and connection with your colleagues after a busy Christmas.

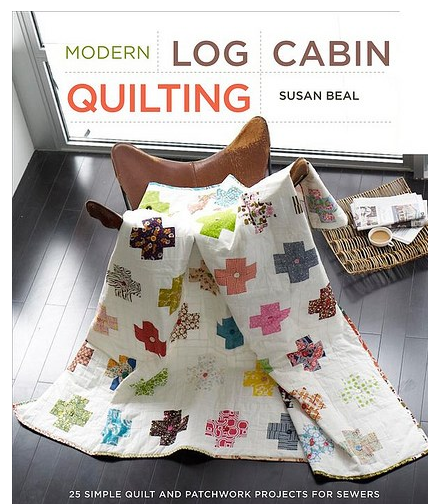
- Disconnect from your parish for a while and rest
- Connect with other pastors, especially regarding issues of mutual concern
- Optional participation in hands-on activities

QUILTING RETREAT

February 13-16, 2015

Registration available online

Kick off a weekend of quilting Friday afternoon with two brief technique classes. After a delightful dinner, you may sew as late as you like. Instructor Peggy Gelbrich returns to teach along with Susan Beal, author of *Log Cabin Quilting*. Come do what you love - quilt!



ONLINE REGISTRATION AVAILABLE

www.menucha.org/programs



TRANSITIONAL MINISTRY WORKSHOP

February 23-26, 2015

Registration available online

Leading a congregation in adapting to new realities requires courage, faith, awareness, knowledge, and a good strategy. This four day seminar will empower you to identify and lead (or be a part of a team leading) meaningful, transformational change in any church context. (This workshop for pastors is the equivalent to "Interim Ministry Training, Week 1.")

BREAD AND WINE LENTEN RETREAT

March 10-12, 2015

Registration available online

This reflective yet experiential journey includes sessions on the art of making bread, a trip and travel component to local wineries to taste and discover wine making, as well as morning and evening devotions around Lenten themes. Devotional times will include community devotional practices as well as opportunities to engage in self-directed spiritual disciplines on your own. Perfect for small groups.



5TH ANNUAL UKULELE BAND CAMP

March 23-27, 2015

Registration available online

Welcome to four nights and three days of intense fun, ukulele instruction, and merry music making led by some of the ukulele world's finest band masters. Each morning begins with a short singing session to warm up our voices. Mornings and afternoons are filled with instructional sessions of your choice. A third session is offered each day in extracurricular musical skills: acoustic bass, singing, accordion, improvising, claw-hammer technique, etc. There will also be time to enjoy the beautiful surroundings of Menucha, and get to know your fellow students in evening entertainment, jam sessions and open mic.

