



Menucha Retreat & Conference Center
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MENUCHA . . . Sacred Space, Purposeful Work
See what we're all about at www.menucha.org

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:

Name _____
Address _____
City, State, Zip _____
Email address _____

I would like to receive Menucha communications via:
 Email Regular mail

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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" 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 program, 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.



WE'VE FOUND A RECIPE FOR SUCCESS Shannon Berg, Friends of Menucha Foundation



Al Jubitz

From fresh baked bread and homemade jam to sticky cinnamon rolls and family style dinners, great food is the hallmark of the Menucha experience. And thanks to the guests of this year's 9th Annual Menucha Fundraising Dinner, we are well on our way to preserving the tradition of great food at Menucha for generations to come.

On what was a beautiful late summer night, 114 guests gathered to share a meal and kick off our Recipe for Success campaign to replace outdated equipment and make much-needed improvements in Menucha's kitchen. Gifts totaling \$30,581 were made by guests through ticket sales and donations, and when combined with proceeds of the summer's Croquet tournament and other donations, bring us \$41,315 closer to reaching our campaign goal of \$75,000.

Honorary Chairs Don and Rosemary Pullin shared the evening with their family, for whom Menucha is a special place. As Don says, "Menucha became a part of our family's life in the early 1950's and as you know, continues to this day." We are grateful for their enthusiastic support.

Guests enjoyed wine and hors d'oeuvres while listening to the music of the Nightingale Strings. In a moment of silence before dinner, a flag flown at half mast was folded in the ceremonial military tradition by veteran U.S. servicemen Dick Malin (US Army), John Morris Jr. (US Marines), and Don Pullin (US Army Air Force) to honor those lost on 9/11. It was especially poignant that on the anniversary of 9/11, we would recognize the vast array of groups that gather each year at Menucha for renewal and reflection.

Tom Hughes, Metro President and past Chair of the Menucha Commission, served as the evening's emcee and introduced this year's special guest speaker, Al Jubitz. Al is President and Founder of the Jubitz Family Foundation, and is an active Rotarian involved at the local, national and international level. He has been a leader in the civic, nonprofit and business community for many years. We were honored to welcome him to Menucha as he shared with us his passion for peace building, and his gratefulness for having Menucha as a place of calm in the midst of an ever-changing world.

After a signature four-course dinner, Menucha's Food Service Director Becky Lindsay shared with us what the Recipe for Success will mean for her staff, and their ability to continue to serve more than 46,000 memorable meals to guests each year. All were amazed to hear how Becky and her team prepare great food with such outdated appliances and less than professional grade tools. Friends of Menucha Foundation board members, Menucha staff and everyone supporting the Recipe for Success campaign will be overjoyed when she and the rest of her team can have a kitchen worthy of their talent.

We are grateful to all those who joined us for our Annual Dinner, and to the many more who have opened their hearts to keep the cinnamon rolls coming. In the hearts of all those who have experienced Menucha, there is a special place for not only the beautiful grounds, but also for the friendships that grow over the sounds of laughter, coffee cups and dinner plates, and warm bread that moves from the oven to our tables.

We look forward to sharing more news on our Recipe for Success Campaign in the coming months, and hope to see you soon at Menucha.



Don and Rosemary Pullin



CHANGE THAT KEEPS THINGS THE SAME Spencer Parks, Menucha Executive Director

If you've visited us recently (or even not so recently) you may have met Cindy. Cindy (Wheeler) McSwain has been on our staff for the last 20 years. She's been the head of our housekeeping department since 1996—15 years in that position. Over those years she has supervised an army of housekeepers, made thousands of beds, worn out a couple of dozen vacuum cleaners and scrubbed hundreds of acres of floors, counters, and windows. Cindy likes to keep things neat and clean and organized; she is very good at her job. Over the years we have received countless comments on the cleanliness of our facility. As one who has visited many other retreat and conference centers, I can say with a fair amount of confidence that there are none cleaner.



It is, therefore, with a good deal of sadness that we bid Cindy farewell. She retired on October 1st. We will certainly miss her, but we wish her well (and Bob, her new husband, too!) as she enters this new phase of her life. I suspect she'll have lots more time for gardening (she is VERY talented at this) and birds (Cindy has been the keeper of our hummingbird feeders and is an avid birder). We hope that she'll come back and visit from time to time.

It is at times like these that I wish the world wouldn't change so much. It seems that just as I get accustomed to one thing, that thing changes and I have to become accustomed to something else. It's not just the ONE thing that changes, but the hundreds of things. Add to

that the new things that come along and it's enough to make your head spin. What's more, the pace of technology, communications and society in general only guarantee that things will change faster and faster. It sometimes seems that things change just because they can.

It would be nice to have time to adjust, but I don't think that's totally realistic. I think the best we can hope for is a place where we can take a time out and at least regroup. For many, Menucha has been that kind of place. We have offered a still place of quiet refreshment for over 60 years. It's not that we haven't changed (we have changed a good bit) nor do we attempt to stay the same. It's that we manage change a bit differently, so that it always enhances the quiet refreshment part of who we are.

Some years back we added new lodging facilities to help our guests feel more comfortable. Over the years we have slowly restored (and continue to restore) the gardens that make up our restful surroundings. We have added a labyrinth to aid folks in their own spiritual journey. We have added round tables to our dining area to promote community and make conversation at meal times easier. We have begun to offer a wide variety of programs aimed at enhancing the lives of individuals and communities throughout our corner of the world. We are in the process of raising money (we're about half way there) to purchase new kitchen equipment to improve our food service program.

That sounds like a lot of change, and perhaps it is. But we hope that we've managed it so that your experience here hasn't changed or, if it has, it's improved. We still want you to feel that release of care as you come down our winding drive.

We hope that the next time you're here you will take the opportunity to meet and welcome Tracie Hall. We're delighted that she's our new Head of Housekeeping and will be responsible for keeping things neat and tidy now. It's just another change that keeps things the same here at Menucha.



THANK YOU FOR A WONDERFUL EVENING!

We are extremely grateful to everyone who made this year's Fundraising Dinner a success:

- Special Guest Al Jubitz—thank you for sharing your love of Menucha as a place of peace and renewal.
- Honorary Co-Chairs Don and Rosemary Pullin—it was a privilege and joy to have you and your family with us!
- Dinner Chairwoman Joyce Malin—great job, Joyce!
- Emcee Tom Hughes—thank you for being a part of our evening!
- Becky Lindsay—thank you for sharing your passion about Menucha's food!
- The Nightingale Strings —Joan Hamilton, Susan Anderson, Lisa Hanson and Barbara Rinearson—for your beautiful music before dinner.



- Dick Malin, John Morris and Don Pullin—for leading us in the flag ceremony in remembrance of 9/11
- Chip and Nanita Sammons—thank you for sponsoring the Head Table
- Set up: Kristen Buhler, Sandy and Elise Castles, John Leamy, Sarah van Haeften, and the West Family (Jeff, MaryKay, Zach and Anna). We appreciate all of your hard work—everything looked wonderful!
- Food Presentation: John Leamy, Joey Razzano and Jon Stuber. The food looked fabulous!

- Servers: Kristen Buhler, Scott Crane, Bob and Cindy McSwain, Matt Leamy, Diane Ponder, John Morris, and Ann Walsh—you each made our guests feel welcomed and well cared for.
- Menucha Food Service Director Becky Lindsay and her entire staff—what an outstanding meal you prepared!
- Kristin Leamy—your photos of the evening are wonderful!

- Leon and Robin Burkholder, for loaning us your vintage wood cook stove and table.
- Ge Xiong and Chue Cha, GX Family Garden in Corbett for all of the beautiful local flowers!
- Rick Pentecost, Burns Feed Store for letting us borrow mums for our outside décor.
- Kathy Anderson, for loaning us your barrels.



- The entire Menucha staff. Much of your work was done "behind the scenes." You all did a fantastic job!
- And finally. . . to everyone who attended—thank you for joining us, and for supporting Menucha so generously!





THE COOKTOP A Favorite Recipe from the Menucha Kitchen

HALIBUT IN HAZELNUT ROMESCO—Makes 4 servings

This delicious recipe was served at our fundraising dinner this year. We received many positive comments, and hope you will try making it yourself!

INGREDIENTS

1 large tomato (about 9 ounces)	1 teaspoon Sherry wine vinegar or red wine vinegar
½ cup husked toasted hazelnuts	½ teaspoon salt
½ cup coarsely chopped roasted red peppers, from jar or can	¼ teaspoon cayenne pepper
3 tablespoons extra-virgin olive oil, divided	4 6-ounce halibut fillets
2 garlic cloves, chopped	½ cup low-salt chicken broth
1 ½ teaspoons smoked paprika	Chopped fresh parsley (optional)



Preheat broiler. Place tomato on rimmed baking sheet and broil until skin is blistered and slipping off, turning once with tongs, about 3 minutes. When cool enough to handle, peel skin off tomato, then cut in half and squeeze out seeds.

Chop nuts in processor; add tomato, red peppers, 2 tablespoons olive oil, garlic, paprika, vinegar, salt and cayenne, then puree. Transfer romesco sauce to bowl. *Note: Sauce can be made 1 day ahead. Cover and refrigerate.*

Preheat oven to 400°F. Lightly oil baking sheet. Place halibut on sheet and brush with remaining 1 tablespoon oil. Bake until fish is opaque in center, about 10 minutes.

Heat broth in a large skillet and bring to boil; stir in romesco sauce. Transfer halibut to plates. Spoon romesco sauce over; sprinkle with parsley, if desired, and serve.

Adapted from Bon Appétit/October 2008.

RAISE THE ROOF—PHASE 3 UPDATE

We are excited to share that the final phase of our Raise the Roof project will begin in mid-October. Phase 1 (replacement of the Wright Hall chimneys and brick work on the front of Wright Hall) and Phase 2 (replacement of the roof and gutters) have been completed. Phase 3 will enhance the brick patio area on the north and west sides of Wright Hall.



The monies for this project are from a generous grant given to the Friends of Menucha Foundation by the M.J. Murdock Charitable Trust. The design has been submitted to their trustees, and the release of funds has been approved.

The new and improved patio design will allow more guests to use the area, and can be used for a variety of activities. The area will include space for fireside gatherings, and will be handicap accessible. We are eager to get started, and will include photos of the completed project in our Winter 2011 newsletter in December.



SAMUEL REID REPEATS AS 2011 CROQUET CHAMPION

Our hearty congratulations to Samuel Reid for successfully defending his 2010 title to repeat as Croquet Champion at the 4th Annual International Croquet Tournament and Lawn Party, held July 16th at Menucha.

A little rain could not dampen our spirits as 45 competitors vied for the championship title, cheered on by a crowd of enthusiastic spectators.

Music by bluegrass band The Loafers filled the air as people enjoyed pastries, coffee and juice on the lawn. Teams were announced, courts assigned, and the first rounds were underway.

A variety of fun door prizes were given away throughout the day by our emcee, Melinda Thorsnes. Before the final rounds took place players and spectators alike enjoyed a delicious lunch, featuring Ernie Yoder's famous Amish chicken, prepared by Ernie and the Menucha kitchen staff.

A new addition this year was a silent auction, with items ranging from delicious lunches and dinners, home baked cakes, jewelry, personalized note cards and wines. The bidding was friendly and spirited, and added to an already fun-filled day. Many thanks to Candace Primack for planning and organizing the auction.

We raised nearly \$4,900 which will go toward our "Recipe for Success" campaign to replace aging equipment in Menucha's kitchen. Our thanks to our Tournament Sponsor, Leamy Printing and Design, to our referees (David and Mandy Bentley, Joey Razzano, Sarah Schwab and Jon Stuber) and to everyone who worked so hard to make the tournament a success. Congratulations to Samuel, who will return next year to try for three in a row. We hope you'll plan to join us and challenge him for the title!



From left: Bruce Reid (2nd place), Champion Samuel Reid, and Dick Malin (3rd place)

WELCOME, LAUREN!



Introducing...Lauren Deming, our new Director of Marketing at Menucha Retreat and Conference Center! We are very excited to have Lauren join our dynamic staff here at Menucha.

Lauren, with that characteristically big smile of hers, says, "This is my dream job!" as she ascends the staircase to her office in anticipation of the day's exciting details.

As part of "spreading the good word about Menucha," Lauren's job will include:

- Notifying local non-profits about Menucha and what we have to offer
- Helping to increase occupancy at Menucha, especially during midweek time from October through March
- Promoting Menucha's own programs

We welcome Lauren with open arms, and all of the rest of us on staff are pleased beyond words that she has come to grace us with her presence.



UPCOMING FALL 2011 PROGRAMS AT MENUCHA



BUILD YOUR OWN PERSONAL RETREAT

You can choose to come on retreat any time we have personal retreat space available. Build your own retreat, whether it is completely silent or involves elements of spiritual direction. Plan your retreat with the assistance of our Program Director Scott Crane or come with your own agenda. We can tailor materials for your use, from labyrinth walks to spiritual disciplines that you can easily follow. We look forward to serving you in your journey.

FALL CANCER RETREAT—November 6-8, 2011

Experience renewal, shared journeying and encouragement among fellow women with breast cancer as you travel the same road together. Participants will explore what it means to have healthy minds, bodies and spirits in the midst of living with cancer. Susan Hedlund, LCSW, returns as our retreat facilitator. This retreat is sponsored in part by a grant from The Oregon and SW Washington Affiliate of Susan G. Komen for the Cure®. We are grateful for the opportunity to reduce the cost of our retreat.



CONTEMPLATIVE RETREAT—November 7-10, 2011

Today, in a culture where we are constantly attached to one another via cell phones, email, chat, Facebook, Twitter, texting, or instant messaging, we forget we must have a primary connection with God before we reach out with authentic contact to others. This retreat is designed for anyone wishing to deepen practical spiritual practices.



FALL WATERCOLOR WORKSHOP—November 13-17, 2011

Join us for this "double header" with Mary Burgess and Jacqueline Newbold. You will have two full 9 am – 4 pm days with each instructor as they share with you their passion for art. Their back-to-back workshops will be *Hands-on Paper Design* and *Watercolor Journeys: Inspirations from Travels*.

LOOKING AHEAD TO 2012

FEBRUARY 24-26, 2012

Bread and Wine Lenten Journey

MAY 31-JUNE 3, 2012

Columbia River Gorge Dulcimer Festival

MARCH 26-29, 2012

Watercolor Workshop with Carol Carter

AUGUST 29-31, 2012

Paul S. Wright Lecture Series with Matt Fleming

MAY 7-11, 2012

Ukulele Band Camp

NOVEMBER 12-15, 2012

Watercolor Workshop with Kathleen Conover



CHRISTMAS AT MENUCHA



Is your group looking for a special site for a holiday event? Consider holding your gathering at Menucha! Wright Hall is always beautifully decorated for Christmas.

We can work with you to create an event that is as formal or relaxed, as glittery or cozy, as you wish. For example, you and your guests could...

- Eat a festive, delicious dinner in our dining room, then dance the night away under our 18-foot Christmas tree to the music of your live band.
- Or eat dinner, then gather around the fireplace to enjoy hot chocolate, Christmas carols and a gift exchange.
- Or...you get the picture: tell us what kind of gathering you envision, and we will work with you to make it happen.

Pricing is flexible according to the menu you choose and the level of service you desire. For sample menus or more meal information, call Becky Lindsay, Food Service Manager. For pricing and to hold a date, call Christine Olsen in Guest Services.

Menucha's December calendar fills up quickly! Call our office today to reserve a date, 503-695-2243.

CONGRATULATIONS BOB AND CINDY!

On a lovely summer afternoon surrounded by family and friends, Bob McSwain and Cindy Wheeler were married on Saturday, August 27th in the beautiful gardens at the McCall House.

The ceremony was performed by Merritt McCall and Spencer Parks, and was followed by a reception featuring a variety of tasty hors d'oeuvres prepared by Cindy's daughter Michele.

Cindy retired as Head of Menucha Housekeeping on October 1st. We wish them both much happiness in their marriage, and many fun adventures as they head into retirement!

