



Menucha Retreat & Conference Center
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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.



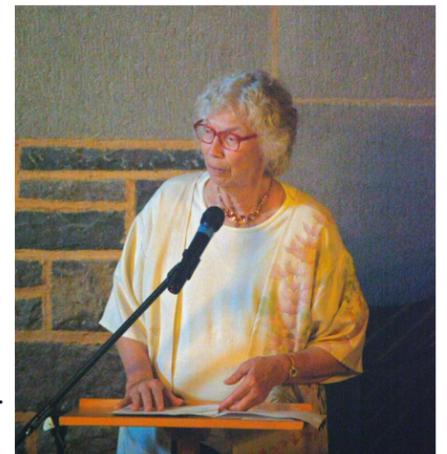
AN EVENING TO CELEBRATE AND SUPPORT MENUCHA



What a wonderful evening! Menucha's staff and volunteers served 96 guests with fresh, local, sustainable food for our 11th annual fundraising dinner held on Sunday, September 8. The event raised close to \$17,000 after expenses to go toward efforts to improve energy efficiency and reduce our carbon footprint. In addition to enjoying delicious hors d'oeuvres created from produce grown nearby, guests on our terrace were treated to live music, Northwest wines, and a sunny view of this special place. At dinner, they enjoyed local cuisine including beef filets, scallops, and lavender crème brûlée created with lavender grown just 50 yards from Menucha's welcome sign.

The evening's theme, "A Window to Our Future," played out on Wright Hall's mantle, entry hall and table tops, which were decorated with window frames, flowers, plants and lights. The theme also resounded through comments made by emcee Chip Sammons, honorary chair Phyllis Smith and Friends of Menucha Foundation board member Susan Hedlund, each of whom added reasons why everyone should care about Menucha's future. Spencer Parks opened the program by thanking everyone present. He addressed our guests, saying, "Because of you, this building has a new roof, new chimneys and this beautiful terrace. Because of your gifts we have a refurbished kitchen. Many friends of Menucha stepped up to be good stewards of this remarkable place, and for that we thank you."

The evening's special guest speaker Judy Teufel focused on the importance of place when forming community. Menucha has great value because of its ability to foster community, she explained. For many years, Judy has spent a week each August with a group called the Creative Arts Community at Menucha. Judy described how her times here, even when she was recovering from cancer, connected her with other artists and with this place in deeply significant ways.



A highlight of the program was Spencer Parks' announcement regarding one of the largest gifts Menucha has ever received. The bequest came from the estate of Henry W. "Hank" Lewis (1912-2011) and Jean Lagerquist Lewis (1914-1991). Both Hank and Jean were longtime members of First Presbyterian Church, lovers of the outdoors and supporters of Menucha. Judge Jean Lewis passed away at 77, and Hank lived to be 98; their only child pre-deceased them. According to their great-niece, Marcia Hubel, Hank and Jean made provisions for Menucha in their wills long ago. "This was a special place for both of them. The church's annual Menucha Christmas ball was always a favorite event and they just loved being up there. They made it known to the family that they would be leaving money to Menucha. It meant so much to them and they just wanted to help keep it going for future generations."

At the conclusion of the evening, guests did not receive take-home favors as in past years. Instead, this year Menucha will plant several trees in honor of those who attended. "There was such wonderful energy in the room," one guest reported. Another added, "We were here on a beautiful day, talking with great people, eating amazing food, supporting a place that we care about. It's all good."



THE WAY TO A GREENER, MORE SUSTAINABLE MENUCHA

Spencer Parks, Executive Director

The word sustainable has been thrown around a lot recently. Just to make sure I had things straight, I looked up its official definition. The Merriam-Webster dictionary defines it as "the ability to be used without being completely used up or destroyed." A short search on the web will reveal that there are sustainable practices for almost every industry imaginable. From the apparel industry to the zoo business, folks have developed policies to minimize their impact on the environment and to make the world a better place in which to live.



At Menucha we are no different. We are desperately trying to minimize our impact on the environment while maintaining a retreat and conference center that is comfortable for our guests. This is no small feat given the age of Menucha. Some of our buildings are approaching 100 years old. They were built during a time when energy was cheap and there was no thought of such things as insulation in walls or the efficient heating of water. The end result can be disastrous on at least two levels. First there is the wasteful use of precious natural resources. This alone can lead to devastating environmental problems. Then there is the wasteful use of financial resources. As we are committed to keep our fees as low as possible for the not-for-profit community and families, this directly impacts how we carry out our mission.

To that end we are committing ourselves, over the next several years, to decrease our carbon footprint and become a more environmentally friendly facility. We have begun to raise funds to insulate walls, replace inefficient windows and doors, substitute LED's and CFL's for old incandescent lighting, and replace wasteful mechanical systems with high efficiency ones. We anticipate that this will cut our energy usage by at least 35%. This in turn will have a direct impact on our budget, allowing us to carry out our mission, better and longer. It will make for a more sustainable Menucha.

As I reflect upon this new venture, it occurs to me that we have actually been in the sustainability business for a long time. We may not have always had our eye on environmental sustainability, but we've always focused on human sustainability. You see, we know all too well that sometimes the world and our lives become such that we run the risk of being used up. At the heart of who we are and what we do is the deep desire to nurture and care for people. We want to provide a space that heals and comforts the broken and despairing. We seek to develop an atmosphere that inspires and motivates people to do and become their best. We want to be a place where people come for true re-creation. We want to make people sustainable.

Putting insulation in walls is not a terribly awe-inspiring project, but when you think of the profound effect such an act will have not just on the environment, but on the countless folks who visit us each year, it becomes a very satisfying project. It's not just taking care of the environment, it is another way we hope to care for those that visit. So if you need to become a little more personally sustainable, I think I know just the place. We hope to see you soon.

SEPTIC SYSTEM PROJECT SET TO BEGIN—Ernie Yoder

As in almost all homes and businesses, there is the reality of dealing with the unpleasantness of waste water and the treatment of it. Since 1996, our waste water and septic systems have been monitored by DEQ. We have contracted with a consultant to advise us regarding the treatment of our waste water. The greatest impact on the pollution strength of our waste water is the kitchen, although there are certainly other things that impact the strength. Our system is monitored by a company that specializes in testing the condition of the system and level of pollutants, and sends the reports to DEQ. We have exceeded the allowable levels of pollutants through the duration of our 10 year permit to operate the system. In order for us to renew our waste water permit, it was necessary for us to make modifications to the system, which are costly and extensive. We will add 6000 gallons of waste water tankage as well as a new drain field. Other septic tanks on the property will be tied to the existing system. The consultant feels this will help bring our levels within the DEQ guidelines, allowing us to apply to DEQ for a new waste water permit so we can continue to operate. The project is scheduled to begin on September 30, 2013. We expect it to be completed by October 11, 2013.



HOLIDAY PARTIES AT MENUCHA

With beautiful decorations, an 18-foot Christmas tree, and a roaring fire in the massive stone fireplace, Menucha is the perfect spot for a memorable holiday gathering. Not-for-profit doesn't have to mean not-for-fun! Whether you want your event to be relaxed or formal, simple or glittery, we can work with you and your budget to make your event special. A range of possibilities include:

- Cozy and low key: Enjoy tasty desserts and hot chocolate around the fire.
- Friendly and fa-la-la: Eat a festive dinner in our dining room. Afterwards play games, hold a gift exchange, or sing Christmas carols around the grand piano.
- Fancy and fabulous: Sip warm wassail upon arrival, enjoy an exceptional dinner, then dance the night away to music from your live band.

Your group pays rental fee + meals. The cost to rent Wright Hall is \$300. This rental fee is waived with a party of 18 or more guests. Give us a call! We would love to talk with you about your event, plan a menu that satisfies every guest, and work up a customized proposal for you.

HOLIDAY MENU OPTIONS:

Option 1 - \$25 per guest

Roast Turkey with homemade mashed potatoes and gravy with traditional bread dressing.

Option 2 - \$35 per guest

Baked Honey Glazed Ham or Herb and Mustard Crusted Carlton Farms Pork Loin with roasted root vegetables and cornbread dressing.

Option 3 - \$45 per guest

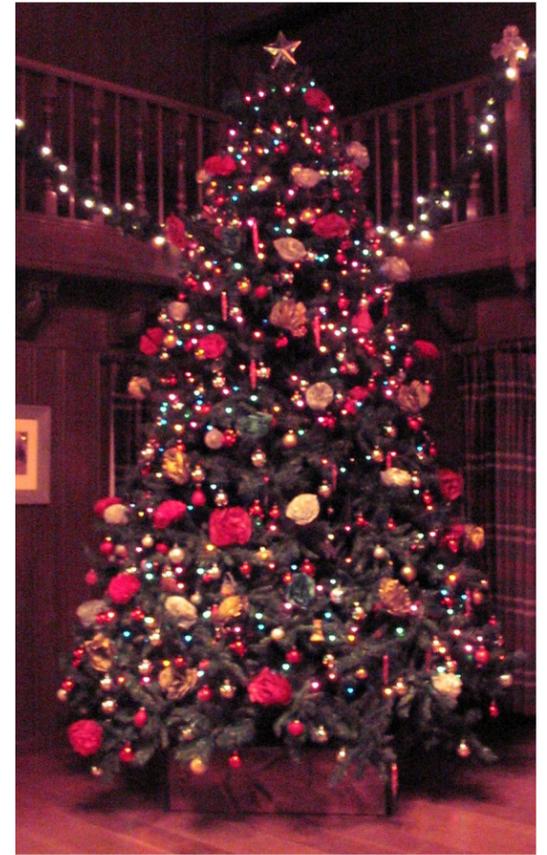
Prime Rib or Filet Mignon or Salmon or Halibut with sweet potato puree and wild rice pilaf.

All meals will include a vegetable, salad, cranberry sauce, bread or rolls (and homemade jam) and dessert. For dessert, select 2 of the following to be offered to your guests:

Cream Puff • Pumpkin Cheesecake • Chocolate Yule Log • Pecan Pie

Menucha is easy to find, just 3 miles off of Interstate 84. We're just a 30 minute drive from downtown Portland or 40 minutes from downtown Vancouver.

December dates fill quickly, so call to reserve yours today! For more information, contact Lauren Deming, Special Events at 503-695-2243, lauren@menucha.org





Reflections from the Servant Side: Behind the Scenes at our Annual Dinner

Scott Crane, Program Director

Stepping out of the car at Menucha, I breathed in the stillness and let the perfect temperature of the evening bathe my skin. Tonight, no hot three-layered suit or black tux for me! I knew I was going to be wearing a black apron at a serving station, grilling miniature cheese sandwiches as appetizers, so I had gladly donned a pair of black cargo pants, a white t-shirt and white Menucha staff polo shirt. Little did I know all the odd jobs I'd be doing before the night was over.

After getting my directions I stood outside under a tent with an electric griddle, watching the orange sunset begin to paint its hues upon the evening sky. Trays of miniature pre-cut sandwiches were delivered to my station by kitchen host staff, and I got to work grilling little triangles of cut buttered bread and cheese.

When my station closed, I headed to the kitchen and a flurry of activity met my eyes. Staff were moving back and forth, almost like a choreographed dance in and of itself. Trays of plated salads had been rolled out and set up near the entrance to the Great Hall in preparation, staff lined up ready to serve by table number. When I was able to catch the Food Service Manager's eye and ask if there was anything else I could help with, she gave me and another co-worker a speculative look and directed us into the heart of the kitchen. Immediately heading toward the hand-washing station even as she directed us to do so, she said "Wash your hands and get some gloves. I need you to prep scallops."

We got over to the new tilt-top skillet where a huge bowl of scallops had just been taken out of the cooler. "See these little babies?" she said, pointing to a little piece of tougher matter attached to the side of the soft pre-cut round scallop. "These all need to come off." She demonstrated and we got to work. We had almost the full bowl when she dropped by to check on us and commented, "Oh, you guys are fast." She swooped away only to return just after we had finished and were standing by for other work. "Here, I want you to cook these," she says, looking at me. She grabbed a pair of tongs and gestured me over to the skillet. "Have you ever cooked these?" "No" I said. "They're easy, just put them on the skillet," she said, demonstrating, "then flip them over when they have just begun to turn color. Got it?" "Sure," I said, even though I'd never cooked a scallop in my life, much less for a fancy plated dinner. I sizzled them a bit and they started to turn a light brown so I flipped them and did the second side. She came to check up, and said they were too light so I put them back on and sizzled them a bit more. My co-worker then joined me and I repeated her directions to him. We proceeded to cook through the entire bowl, swapping stories about places we had worked and how we'd never cooked like this before while a more experienced kitchen staff prepared some beautiful green beans.

By the end of the bowl, we thought perhaps we might be done. Then we removed our gloves, washed our hands, and headed out. I was asked to plate, putting the garnish on the meat just so, only to get one plate done before the main courses were finished and dessert, a delightful crême brûlée, was being lined up for flaming. This was easier: I placed them in the them on trays in the correct number to be served by table. Serving staff rotated in



and out with their delivery trays as they were coached, "Serve on the left, take away on the right." The final tray went out and suddenly, there were no more jobs for me to do. Dishwashers were beginning to work on the returned dishes, and the kitchen staff fell into their familiar routine.

I looked around; "Not bad," I thought, "for a Program Director who just happens to have a food handlers permit; I had no idea of the various roles I was going to play tonight." I stepped out onto the back porch, breathing in the fresh breeze, and listened to our speakers share how Menucha had touched their lives; and would you now help us continue our mission with your pledges of financial assistance so that we might continue our life-changing service to others?

I smiled, thankful that I have had some small part to play over the years, where my own personal purpose in life to make a difference in the lives of others has coincided with the vision and mission of the ministry of Menucha.



THE COOKTOP

This delicious recipe was one of the entrees served at our Fundraising Dinner.

SEA SCALLOPS with HERBED BEURRE BLANC (Butter Sauce)

Serves 4



1 pound sea scallops

We used the 10/20 size for the dinner. Buy the size you like and plan on about 4 ounces per serving. It's easier to sear larger scallops. We drained the scallops, sprinkled them with salt and pepper, and then seared them on the new flat top griddle. Brown the first side; turn the scallops over and brown the other side. Watch closely to not overcook; the center of scallops barely change color as they cook.

BEURRE BLANC with HERBS

4 oz dry white wine (we used a Pinot Gris) 8 oz cold unsalted butter cut into small pieces
2 tablespoons white wine vinegar Salt to taste
1 tablespoon finely chopped shallots Fresh herbs: we used chives, oregano and thyme

Combine the wine, vinegar and shallots in a small sauce pan and cook on medium-low heat until reduced to only about 1/2 ounce of liquid.

Add the butter to the hot reduction, whisking constantly and vigorously. Remove from the heat when the butter is almost all melted. Continue to whip until smooth. Season with salt to taste. Add chopped fresh herbs at the last minute before serving. Serve immediately.



THE KITCHEN PROJECT IS DONE!

Hooray! The final piece of equipment for our kitchen project has arrived and is in place. Our maintenance department installed the new metal shutter on the serving window the second week of September.

We like how the shutter rolls up and out of the way during service. It is lockable and works as a fire barrier as well.

The serving area looks finished now, besides being so functional. We are grateful, and the kitchen staff is enjoying all the new equipment.

Thank you for your donations that made this project possible!

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@MenuchaRetreat



UPCOMING MENUCHA PROGRAMS

Scott Crane, Program Director

We've just started a new fiscal year, and 2014 is just around the corner. My time is being split this quarter with managing our upcoming programs, planning 2014 programs, and working on our new website, scheduled to go live in the next three months.

It is always good to review how things have gone and what is immediately ahead. Our programs have had a good few years, despite a slow economy. From 2010 to 2012, programs had a net increase in revenue of nearly 400%. From 2012 to 2013, programs enjoyed another net increase of more than 300%. With this success record, I will be trying a few new and exciting things in 2014 and beyond. For the rest of this year, we have scheduled the following programs:



October 13-15, 2013	Wright Lectures with Phyllis Tickle (almost full)
October 26-27, 2013	Writing Workshop with Amy Minato
November 4, 2013	Make It and Take It one-day arts and crafts workshop: Silk scarf dyeing with artist Candace Primack
November 10-13, 2013	Watercolor Workshop with Linda Aman
November 15-17, 2013	Pink Lemonade Retreat for Breast Cancer Survivors (full with waiting list)
December 9, 2013	Make It and Take It one day arts and crafts workshop: Necklace making with artist Candace Primack

For next year, I will be adding some new programs that will broaden the scope of our offerings at Menucha. We hope you'll join us for something new, and/or return for some of your favorites. Check our website for a complete listing. More offerings will be unveiled in our winter newsletter. Here is just a taste of what is to come for the first quarter of 2014:

January 3-5, 2014	Scrapbooking Retreat
January 13, 2014	Make It and Take It one-day arts and crafts workshop: Mixed media painting with artist Candace Primack
February 2-5, 2014	Pastors Unplugged Retreat
February 14-17, 2014	Quilting Workshop Retreat
Feb. 28—March 2, 2014	Pink Lemonade Retreat for Breast Cancer Survivors



A FEW GLIMPSES FROM OUR 11th ANNUAL FUNDRAISING DINNER



Friends of Menucha Foundation Board



From left, Leigh Coffey, Judy Teufel, Michael Teufel



Bruce Felix and his wife Rev. Audrey Schindler



Honorary Chair Phyllis Smith



Mark Lambden



John Walling