



Menucha Retreat & Conference Center
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"IF THESE WALLS COULD TALK" - ANNUAL FUNDRAISING DINNER
Jennifer Helmer, Friends of Menucha Foundation

"If these walls could talk..." they would echo the greetings, memories and laughter of the 109 guests who dined together at Menucha's 13th Annual fundraising dinner held on Sunday, September 13. Centerpieces reflected the theme with individuals' statements of what makes Menucha so special:



"In the past 40 years, I have returned for inspiration, purpose and direction." "A place of beauty and spirit, of nourishment to body and soul." "Menucha is where I got hope dealing with my illness."

The celebration began with hors d'oeuvres on the beautiful terrace that looks out over the spacious grounds and towards the setting sun. Guests admired the newly installed windows and remodeling of the north dining hall. Music was provided by John Walling, Marc Lamdin and Garner Pruitt. Interim Food Service Director Marty Kukich and his enthusiastic staff

prepared an impressive three-course menu that was enjoyed in Wright Hall and was completed with a cappuccino mousse served in a chocolate coffee cup.

The evening's "If these walls could talk" theme was fitting to the words spoken by Friends of Menucha Foundation board president John Morris, emcee Chip Sammons, honorary chairs Merritt and Carolyn McCall, and keynote speaker David Leatherwood. The McCalls were honored for their 30 years of devotion as past administrators. Keynote speaker and former Menucha Commission member David Leatherwood, who has held a key advisory position in the Greening of Menucha project, spoke to the complexities and challenges of upgrading the energy efficiency of our century-old main building. He highlighted the cost savings with the new light fixtures, anticipated insulation and new windows, many of which are near completion.

Friends of Menucha Foundation member Chris Rasmussen reflected on the generosity of many who have made this year's goals so achievable, including one anonymous gift of \$50,000. Director Spencer Parks ended the evening by thanking everyone for their thoughtfulness, vision and dedication. As the "greening" of Menucha's Wright Hall is coming to a close, the next phase of attending to the energy needs of the newer buildings will begin. As of this writing, we have raised nearly \$34,000! A special thank you to our generous sponsors: Kathryn Feinstone with Attendant Care Services in Memphis, Tennessee (Wine and Champagne) and Christina Price, Edward Jones Financial (Head Table).



Lauren Deming (left) and Laura Merrill

Menucha is a sacred sanctuary held in stewardship as an ecumenical, community-based mission of First Presbyterian Church – Portland. Our mission is to enrich lives through hospitality, learning, reflection and renewal.

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:

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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.



WHY MENUCHA IS IMPORTANT AND NECESSARY

Spencer Parks, Executive Director

I'm not sure where September went. I know the calendar says there were thirty days in September; however, it felt more like five. The warm weather, the blue skies, and the multitude of groups that came through Menucha made time pass way too quickly. Now, as I sit down to write, the news is filled with the story of the mass shooting in Roseburg. As this just happened yesterday, we still don't know the extent of the horror, (in fact we are still awaiting news of a long time attendee who works at the college) but it is truly a terrible tragedy. Our hearts and our prayers are with the families and the students there. We grieve with them over their loss and know that it will take a lot of time and work to put the many pieces back together again.



Sadly, this was not the only tragedy that occurred yesterday. It may have been the one that made the headlines, but there are people all over our state, our country and throughout the world that experienced loss, disaster, calamity and heartbreak. Our world can be a bit cruel at times. Things happen that are beyond our control and we find ourselves thrown into a whirlwind of disquiet and unrest. Even living from day to day holds its own risks. The pressure from jobs, family and our many other responsibilities can keep us in a perpetual state of angst.

This is why I believe that Menucha and places like Menucha are so important and necessary. We understand that it is our responsibility to provide a place where people can step away from all the noise of our world and find a deep, quiet and renewing rest. We feel it is important to provide a safe space where people can address the important things in their lives in a purposeful manner. We know it is our job to offer opportunities for people to learn new things that will enhance their daily living. In short, we think it is our job to make the world a better place in which to live. All of us are committed towards this end—from the folks who wash your dishes when you visit to the people who keep our grounds and buildings clean and beautiful, from the people who cook your delicious meals to the folks who plan and implement the programs we offer.

In this newsletter you'll read about the progress we've made towards making Menucha more energy efficient. You'll be given the details of programs that will challenge your creativity and enrich your world. You'll get information on staff people new and old. You'll even get a recipe from our kitchen to help you round out a meal with your family. All in all you'll see how we address our mission:

To enrich lives through hospitality, learning, reflection and renewal.

Thank you for your support. We hope you'll visit us soon.



WE SAY HELLO TO MARTY . . .

We are happy to welcome Marty Kukich as our Interim Food | Service Manager. He joined the Menucha staff in May 2015 as a cook, and stepped in to replace Doug in August. He will plan meals, manage the kitchen and dining areas, as well as Just Wright Java, Menucha's espresso bar.



Marty has been in food service for 20 years. He graduated from Seattle Community College with an Applied Sciences degree. He has been married for 18 years to his wife Kristine, has two

cats and no children. He enjoys listening to music, photography, and spending time with his niece and nephews. Marty's basic philosophy: "Please take time to enjoy your meal. Food is one of life's greater pleasures." He plans to continue Doug's basic approach of fresh, local, well-prepared food. We hope you will be able to meet Marty on your next visit to Menucha!

AND GOODBYE TO DOUG . . .

Doug Lang joined the Menucha staff last May. He is passionate about cooking, and brought over 30 years of experience to the job. During his time with us, Doug introduced many new recipes to our menu, and helped to standardize some of our favorites.

He leaves us to take the Head Executive Chef Position at Spirit Mountain Casino. We thank Doug for the many fine meals that were prepared during his time with us, and wish him all the best in his new endeavor.



DID YOU KNOW?

So far, as part of our Greening Project, we have installed:



- 28 new LED light fixtures throughout the dining rooms. For what we paid to use 3 ½ of our old fixtures, we can now use all of the new ones.
- 18 new e-windows on the porch dining room.
- 18 new transom windows, which will keep the dining warm in the winter, and can be opened to allow cool breezes in the summertime.
- 3 new doors with automatic closers.

According to the Energy Trust of Oregon, the estimated cost savings for the lights alone will be \$5115.00 per year, a significant amount!



THE COOKTOP—

a favorite recipe from the Menucha Kitchen

Marty Kukich, Interim Food Service Manager

BAKED SALMON WRAPPED IN PUFF PASTRY

One of the entrees served at our Fundraising Dinner on September 13th. It received rave reviews!



Four 6-ounce pieces of fresh boneless salmon

Salt and pepper

Thin sliced vegetables (zucchini/red peppers/mushrooms/onions)

Frozen puff pastry sheets

Small amount of flour for dusting table and rolling pin

1 beaten egg for egg wash

Fresh tarragon and dill, with stems removed and lightly chopped

Season salmon with salt and pepper. Cook vegetables briefly; remove from pan to a plate to stop their cooking. Season vegetables with salt and pepper.

Sprinkle flour over dry cutting board. Sheet the thawed puff dough from the center out, then from the center down, then center out to the left, and from the center out to the right. Allow to rest covered with a towel for 5 minutes.

Cut the puff pastry into four pieces. Sprinkle the center of each with tarragon and dill, and divide the cooked vegetables between the four pieces. Place the raw seasoned salmon filets upside down atop the veggies and herbs. Wrap the puff dough around the filet and pinch together. Trim any excess dough and place the four parcels on a parchment-lined sheet pan. Brush lightly with egg wash.

Take in a pre-heated 375° oven for about 25 minutes. Do not open the door until the timer has gone off. Allow salmon to rest for 10 minutes before serving. If you own a convection oven, reduce your time by 7-10 minutes. Serve with your favorite tartar or cream sauce.



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GREENING UPDATE

Tim Kurkinen, Facility Operations Director

We are proud to announce our dining porch remodel is a success! As of early September, we finished the installation of new windows and doors, insulated the new walls and hung new LED light fixtures. We will be doing the final painting and touch-ups on the porch in order to get it ready for the cold winter months ahead.

Our next goal is to insulate all four historic buildings (Wright Hall, Ballard Hall, Bowman/Greenhouse and Boyd/Habitat/Hideaway). This is another big step for Menucha. There is no evidence that these buildings have ever had ANY insulation in their walls! We are eager to see—and feel—how much of a difference having insulated buildings will be. The installation is scheduled to happen during the month of October.

I am thrilled to work on the Menucha Greening Project. I believe it supports the Menucha mission and our goal to make this beautiful place a sustainable and long lasting refuge for all who come here.



A special thanks to all those who helped with the dining porch remodel, and to everyone who has supported this project from its beginning. We could not make this happen without you, and we are so grateful for your generosity!

Pictured at left, local carpenter extraordinaire Michael Yost.



MENUCHA PROGRAMS—LOOKING AHEAD TO SPRING 2016

Scott Crane, Program Director

Our fall programs are wrapping up, and we are looking ahead to next spring. Our entire list of 2016 offerings is available to view on the programs tab of the Menucha website: www.Menucha.org/programs



PASTORS UNPLUGGED

“Lessons from a Pilgrim Life”

January 31-February 3, 2016

Starting off our year we have our annual Pastors Unplugged retreat. Come experience a time apart for pilgrimage with Revs. Brett Webb-Mitchel and Brian Heron. What does it mean to be a follower of Jesus? Join us for four days of discussing pilgrim life, walking, and reflecting on pilgrimage. Registration opens on October 13, 2015 and will close on January 7, 2016.

SCRAP AND SEW RETREAT

February 19-21, 2016

Your host for the weekend: Carla Nilsen

- Relax and let Menucha’s staff take care of the cooking and cleaning.
- Focus on doing something you love: sewing, creating albums, making cards or other crafts that remind everyone who sees them of life’s little blessings.
- Complimentary Wifi is available for those working on digital scrapbooks. In addition, there will be a swap table for supplies and a quick “make and take” lesson.



PRACTICAL CHURCH LEADERSHIP

Equipping Pastors, Elders and Staff to Lead a Changing Church

Rev. Heidi Husted-Armstrong

Saturday, March 19, 2016 9:00 am—4:00 pm (includes lunch)
Registration opens October 7, 2015 and will close Feb. 25, 2016

The first of four Saturday seminars will address insights into congregational life from a post-Christendom, post-modern perspective. The remaining seminars will be:

- Saturday, May 7: Who is Robert and why do we follow his rules anyway?
- Saturday, September 10: Dealing with congregational conflict
- Saturday, October 22: Unique challenges for the 21st century church



PHOTOS FROM OUR FUNDRAISING DINNER

All dinner photos courtesy of Amanda Thompson, A.R.T. Photography



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



Nanita and Chip Sammons



David Leatherwood



Menucha Commission Board Members, from left: Rick Lee, Tim Sercombe, MaryKay West, Micah Chu, Chris Rasmussen, Joyce Malin, Joey Razzano and Chris Razzano

