



MENUCHA

Sacred Space - Purposeful Work

The Menucha Meander



Photo by Caton Photography, Etc.

VOLUNTEER SPOTLIGHT—Murlan Kaufman

Our own Murlan Kaufman was one of 32 volunteers honored Tuesday, January 29, at the 10th Annual Golden Note Awards, established by the Gresham Area Chamber of Commerce to allow area non-profits, service clubs and organizations to thank their volunteers. We couldn't be more pleased for Murlan, and are grateful for the many ways he contributes to make Menucha a special place.

Murlan is a retired Tektronix electrical engineer who has faithfully served Menucha for several years. He is a member of First Presbyterian Church and chair of the Property Committee for the Menucha Commission, our governing board. He has spearheaded several projects, including measuring out the dimensions of our buildings for purposes of updating our insurance carriers and helping with various remodel projects including our recent remodel of the Beam House meeting space and upper floor overnight accommodations.

Murlan and his wife Ginny have faithfully attended our annual spring clean-up over the Memorial Day weekend. In addition, Murlan donates hours of time, energy and electrical expertise throughout the year.

"Thank you Spencer—what a nice surprise today. It feels good to have received the award and recognition. It is my pleasure to volunteer at Menucha and to work with such a wonderful staff and other dedicated volunteers. I appreciate your vigor and direction on Menucha's behalf. Thanks for nominating me." — Murlan

We thank you, Murlan!

ANNOUNCING THE FRIENDS OF MENUCHA FUND

The Friends of Menucha Foundation is proud to announce the establishment of the **Friends of Menucha Fund** through the Oregon Community Foundation.

Recognizing the importance that stable funding represents, Don and Rosemary Pullin have created a designated fund for the Friends of Menucha Foundation. The Friends of Menucha Foundation is dedicated to the financial support of the Menucha Retreat and Conference Center, and this fund will continue to provide support far into the future.

The Friends of Menucha Foundation will receive regular distributions from this fund, and anyone can add to it at any time. If you are interested in giving to the Friends of Menucha Fund at the Oregon Community Foundation, please contact Arlene Siegel Cogen at 503-227-6846. Contributions can also be sent directly to:

The Oregon Community Foundation
Friends of Menucha Fund
1221 SW Yamhill Street, #100
Portland, Oregon 97205

In addition, the Oregon Community Foundation gives one the options of making a planned gift—often called a deferred gift—that will ultimately benefit Menucha. For more information, please contact Arlene Siegel Cogen or visit their website at www.ocfl.org

Celebrate Renewal

**6th ANNUAL MENUCHA
FUNDRAISING DINNER and AUCTION**
Sunday, September 7 • 5 pm—9 pm

***Help us celebrate and support
what Menucha means to all of us!***

- Variety of wines and hors d'oeuvres
- Wine raffle for Instant Wine Cellar (100 bottles of wines)
- Delicious dinner prepared by the staff
- Silent and Live Auction

**We've already received a variety of
"Getaway Renewal Packages"**



- Irish Cottage (sleeps 8)
- Cabo san Lucas timeshare
- Hawaii
- Oregon Coast (sleeps 4)

SAVE THE DATE!



WHAT MAKES MENUCHA, MENUCHA? Rev. Spencer Parks—Executive Director



It takes a good bit to make Menucha, Menucha. Our facility is located on 102 acres of wonderful woodlands, lawns and gardens that overlook the Columbia River Gorge. About 25 of those acres require a lot of attention. There is a constant cycle of mowing, weeding, planting and pruning. The other 77 acres have trails that wind through secluded areas and these trails must be maintained.

We have 16 buildings on site, the newest of which is 10 years old (the Creevey Complex). Long ago I learned that as soon as the last nail went into a building project, the upkeep and repairs would begin. As the building ages, the repairs become more frequent and often more costly. Most of our buildings are over 65 years old and some are over 80. While these older structures need a lot of annual maintenance, we consider it a labor of love. In some ways they have become more like old friends than just old buildings.

Not only do the buildings have to be kept in good repair, but they also need to be kept neat and clean. Guest rooms are vacuumed, beds are made, bathrooms are scrubbed, windows are washed, porches are swept, meeting rooms are tidied and supplies are replenished. Frankly, I find the tasks of housekeeping in my own home overwhelming. The scale of Menucha boggles my mind.

Then there is our Dining Hall. I know I'm a bit prejudiced, but I honestly think we have the best food of any retreat and conference facility I've ever visited. But all those meals (over 65,000 every year) have to be planned, the food has to be ordered and prepared. Dishes have to be washed and tables have to be set. I am amazed at the quantity and quality of food that comes out of that tiny space.

Our own programming efforts have increased dramatically over the past couple of years. You may have attended one of our educational experiences, support seminars for non-profit work, or faith based conferences. If not, we hope you will soon. This area of work has pushed us into new, and sometimes unfamiliar territory. There is marketing and publicity work, contacting and securing speakers and leaders, and the gathering of resources and materials.

Last, but certainly not least, is the office support that holds all of this together. The friendly voices you hear when you call us are responsible for all the administrative duties that keeps Menucha running smoothly and trouble free.

All in all, we have about 30 full and part time employees. These folks work hard so that when you visit us with your own group or attend one of our retreats you are able to relax and enjoy your event. Our people are committed to our mission and their pride in their work is evident in the clean buildings, well kept grounds, tasty meals, well planned conferences and friendly office.



There is one other and very important element that makes Menucha, Menucha—our generous supporters. These are the people who give their time by volunteering here. They also give financially. Last year, through their support, both financial and volunteer, we were able to renew the roof and gutters on Ballard, replace a very dated refrigeration unit with 2 new units in our kitchen, remodel the top floor of Beam House and offer a number of scholarships to folks attending our conferences. We couldn't have done it without them. One particularly dedicated couple even set up a trust fund that will go to support Menucha for years to come.

We invite you to become a part of what makes Menucha, Menucha. Please consider a generous gift of time or money. We want to continue to grow and develop but we cannot do it without your support. We offer a number of ways for you to give. You can even

designate your gift to a special project or fund. In any event, please join us in making and keeping Menucha a Sacred Space for Purposeful Work.



THE NATURE OF MENUCHA: THE FIRST PEOPLE—Warren Aney

What was the Columbia Gorge like before the arrival of Europeans (and European Americans)? In some ways it was much different from what we see today, and in some ways it was much the same.

For one thing, humans were present and had been present for thousands of years. In fact, humans were not only present, they were numerous. The concentration of humans in the Columbia Gorge was over 200 persons per square mile, perhaps the highest density in America north of Mexico. This high population was made possible by the natural richness of the area.



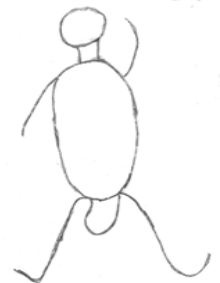
Petroglyph from near
Willamette Falls

If we could visit a Menucha viewpoint in 1700, we would see a number of villages along the shores of the Columbia. These would be permanent villages, with longhouses constructed of split cedar. The inhabitants would speak a Chinookan language and, according to some records, were called "Multnomah" or "Wappato."

These people were primarily fish eaters, sustained by the dependable salmon runs of the Columbia river. They also made use of smelt runs in rivers such as the Sandy, and lamprey caught at Willamette Falls were a part of their diet.

To round out their menu, they harvested wapato (a marshland plant with thick starchy tubers) and wild berries. The deer, elk, waterfowl and other game of the area also contributed.

This was a culture not based only on fishing, hunting and gathering; this was also a trade culture. These people would catch and preserve many tons of fish. They traded this with upriver peoples for plant products, meat, buffalo and deer hides, obsidian, pipestone, basketry and slaves. They traded with downriver people for dentalium, other ornamental shells, wapato and whale bone. The Pacific Northwest's natural richness and diversity made this commerce possible, and the Columbia Gorge and its people were a primary conduit for this trade.

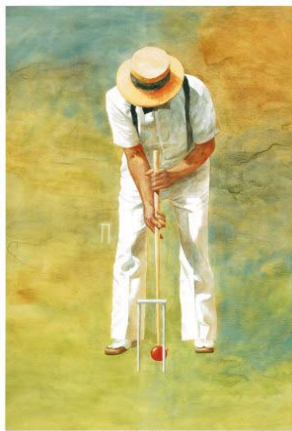


Petroglyph from
Cape Horn

There is not much evidence that these native peoples spent a lot of time in the upland area where Menucha sits. Most lived along the north bank of the Columbia, and all they needed they could get from the river, from its tributaries and sloughs, and from the surrounding lowlands. These were not a nomadic people, but they did make short trips into the uplands to gather berries, hunt game and to fell the cedar trees used to build their longhouses.

But what would these native people have seen when they ventured into uplands such as the point on which Menucha is located? Well, that's another story

Warren is a Senior Wildlife Ecologist; his next article will focus on *The Nature of Menucha: The First Animals*



Circle **SATURDAY, AUGUST 9th**
on your calendar
for the
**1st ANNUAL INTERNATIONAL
CROQUET TOURNAMENT
and LAWN PARTY**
on the Menucha grounds
Fun for the entire family!



UPCOMING MENUCHA PROGRAMS

The Spirit and the Pen: A Sacred Creative Writing Journey with Christina Baldwin March 21-23, 2008

A part of the Menucha Expressions Series, a Ministry for Adult Learners

Join author Christina Baldwin for three days of creative writing and reflection in the beauty of the Columbia River Gorge. Transform your experience into story. The days are creatively structured to spend time meeting together, wandering in the forest, and writing in journals. People with all degrees of writing experience are welcome.

The seclusion of Menucha is perfect for deep immersion into writing and reflective space. Magnificent views and natural flora grace the 100-acre grounds. Trails take you through the woods, into a creek canyon and along the Gorge, offering a quiet and secluded environment in close proximity to Portland.



Watercolor Techniques with Artist Gayle Weisfield May 4-9, 2008

A part of the Menucha Expressions Series, a Ministry for Adult Learners

Immerse yourself in art, while you enjoy the extraordinary experience of Menucha's world class retreat center, known for its warm hospitality, home-cooked food, historic buildings and breathtaking panoramic views of the Northwest's National Scenic Columbia River Gorge. Bring your inner artist and learn the secrets to capturing the spirit of the spectacular scenery in glowing transparent wet in wet watercolor washes.

Noted instructor Gayle Weisfield will inspire you with her unique teaching techniques, and help you develop the skills and artistic intuition necessary to translate your emotional inspiration onto the paper.

Through a series of fun and surprising exercises designed to loosen up your artistic creativity, you will study a variety of different topics while focusing on the four primary techniques used in landscape watercolor painting. Together we'll discover what color it *should* be while we make note of which pigments to, and not to, mix together. We will discuss composition and which rules to break, the important lines in perspective, and how to design large interesting shapes. We will keep a journal of our progress and learn how to record a special moment in time for painting later.

***For more information or to register for upcoming Menucha programs,
please find all the details on our website, www.menucha.org***

OTHER EVENTS COMING SOON

For more information on these events, please contact Menucha as they draw closer

March 23: Easter Sunrise Service, 6:30 AM at Menucha (outside, weather permitting)

July 18-23: Mini-Camp with First Presbyterian, Westminster Presbyterian and Savage Memorial Presbyterian



The Fund Raising School: "Interpersonal Communication for Fund Raising" April 29-30, 2008

Position your organization to be part of the multi-billion dollar wealth transfer

YOU WILL LEARN HOW TO:

- Determine if your organization is ready for a planned giving program
- Understand the benefits to donors for making planned gifts
- Recognize which planned gifts are best for certain donor situations
- Match donor needs to your nonprofit's needs
- Understand appreciated property, deposit agreements, wills and bequests, insurance and charitable lead trusts

WHAT YOU WILL RECEIVE:

- Easy-to-understand Study Guide as a handy reference
- IRS information
- How to start and market a new program
- Sample forms and documents that can be applied to your program
- Planned gift development bibliography

Class Schedule (2 days) 8:30 am-5:00 pm Class Size Limit: 40 CEUs: 2.0

THE COOKTOP . . . A FAVORITE RECIPE FROM THE MENUCHA KITCHEN

CHEESE BLINTZES - delicious topped with berries and whipped cream



CREPES - Makes 24 crepes

8 eggs	½ cup butter, melted	2 cups flour
1 ⅓ cup milk	1 ⅓ cup water	1 teaspoon salt

Combine eggs, milk, water and melted butter. Mix to blend. Add flour and salt. Beat until smooth. Heat grill to medium heat (hot enough to sizzle water). Coat grill with a small amount of oil. Use a rounded serving spoon to shape crepes. Cook until lightly browned; turn. Remove and stack until ready to fill.

CHEESE FILLING - Makes filling for 24 crepes

4 cups cottage cheese	4 teaspoons vanilla
8 oz. cream cheese	⅔ cup powdered sugar

Combine ingredients and blend thoroughly. Place in double boiler and cook until heated through.

Fill crepes and top with your favorite topping(s). Enjoy!



LABYRINTH UPDATE—Scott Crane, Program Director

Once again Menucha's Rose Garden Labyrinth has been dormant under fallen leaves, ice and snow. As spring unfolds however, we are looking forward to getting our hands around some more stone and finishing the work!

Beginning March 14th, every Friday from 2:00 pm until 4:00 pm, we invite you to come and work on the labyrinth. In addition, there will be time during the Memorial Day Family Work weekend to finish the project.

We will plan an appropriate time later in the summer to have a special dedication service for its completion. It's been one-and-a-half years since we began; finally with many dedicated volunteers and staff time, we will finish the dream!

PROGRAMMING...WHY WE DO WHAT WE DO

April will mark two years that Scott Crane has been our Program Director. In those two years, program efforts at Menucha have grown dramatically. Several successful programs deserve to be showcased.

The mission of Menucha is to "provide opportunities for reflection, spiritual discovery, renewal, education and enrichment for individuals, families, and communities." We are meeting this vision and are looking to the future. What we have accomplished so far includes:

- **Educator Certification Courses** –professional development and educational enrichment designed to strengthen church leadership.
- **Wright Lecture Series** set for 2009 and 2010 – show casing brightest minds and current scholarship in theological education; provides continuing education for pastors, educators, interested church goers, and those seekers questioning issues of our faith.
- **Fund Raising School** in partnership with Indiana University's Center on Philanthropy– education and enrichment for non-profit organizations; especially those mid-to-large sized non-profits that have development officers or fund raising positions on their staffs or boards. These courses come complete with manuals for each class and culminate with a Certificate in Fund Raising Management.
- **Adult Ministry and Educational Outreach Expressions/Destinations Series:** these educational and skill development workshops are designed for the adult learner in mind. Courses in Journal writing, water color painting, and quilting will be taking place for learners at all levels of ability in 2008 with more to follow in 2009.
- **Spirituality Retreats:** spiritual discovery and renewal takes place in many forms and with many different traditions in mind. In the past two years, an annual women's spirituality retreat has been taking place. Stay tuned for fall's offering.
- **Lawyer Continuing Education In Ethics, Diversity/Anti-bias.** For the annual requirements of the legal community, a seminar series at the end of the year takes place offering up to 6 credits of CLE units.

In addition to these offerings, we continue to seek ways to offer specialized retreat and conference opportunities; some future programs on the drawing board include:

- **Cert School** – an ecumenical partnership designed for youth and family ministry workers to help strengthen their church ministry, culminating in a Certificate in Youth and Family Ministries through the Center for Youth Ministries and the Institute of Youth and Family Ministry, Wartburg Seminary.
- **Chaplains/Pastors/Commissioned Lay Pastors** – professional development and educational enrichment designed to strengthen clergy and thus the ministry they do at churches and hospitals.

Come, share in the mission and experience this sacred space for purposeful work.



Scott (second from left) with members of a recent Certification class



Donor Pledge Form

Name (Please Print) _____
 Business (If Applicable) _____
 Address _____
 City _____ State _____ Zip Code _____
 Contact Phone Number _____ Fax _____
 E-mail Address _____

How would you like to make your monetary pledge? Please print clearly.

Amount of gift: \$ _____

Check Made payable to: Friends of Menucha Foundation

Bill me:

- Quarterly, starting _____
- Monthly, starting _____
- Semi-annually, starting _____
- Other, starting _____

Credit Card: Visa Mastercard
 #: _____
 Exp. _____

Other _____
 (Call Menucha at 503.695.2243 to discuss details)

Categories of Support:

Seven Generations	\$5,000 or more
Old Growth	\$2,500 to \$4,999
Touchstone	\$1,000 to \$2,499
Journey	\$500 to \$999
Nurture	\$250 to \$499
Heritage	\$100 to \$249

Please check one:

This donation is unrestricted

This donation is restricted for _____

Signature _____
 Date _____

Compensation, goods or services have not been given by Menucha in return for this contribution

P.O. Box 8
 Corbett, Oregon 97019

E-mail: office@friendsofmenuchafoundation.org
 Web: www.friendsofmenuchafoundation.org

Phone 503.695.2243
 Fax: 503.695.2223



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

NON-PROFIT ORG
 U.S. POSTAGE PAID
 PERMIT NO. 43
 CORBETT, OR

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.menucha.org and click on the "Giving to Menucha" link. You may also print out a Donor Form and mail it to Menucha, or simply fill out the Donor Form in this newsletter and send it to us. 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.