



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

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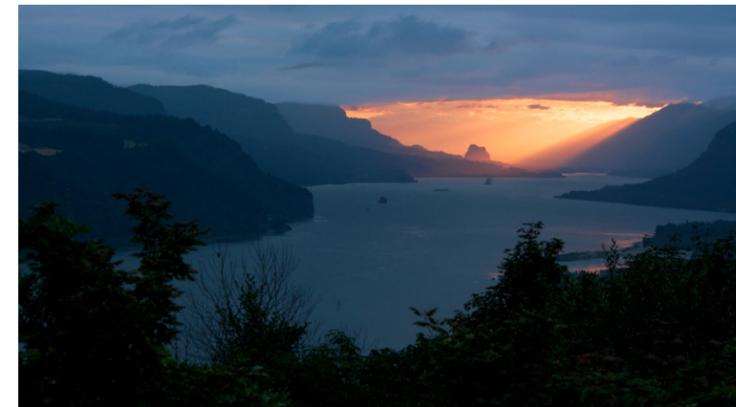


**CONGRATULATIONS TO  
 OUR VOLUNTEER OF THE YEAR  
 STEVE SNODDERLY**

The Menucha staff chose Steve Snodderly to receive the 2016 Menucha Rose Award as our Volunteer of the Year. "This award honors a volunteer whose work has helped us grow and bloom," explained Director Spencer Parks. Steve, pictured with his wife Lisa, received a plaque and a well-deserved round of applause at the Friends of Menucha Foundation's annual Thank You Dessert on Sunday, February 12th in the Great Hall.



We are grateful for the professional expertise and dedication that Steve has brought to every task he has been given to work on. His knowledge has helped us to dream, plan and execute projects for the betterment of the Menucha facilities, grounds, guests and staff. Without his participation, we wouldn't be as far along as we are on the Greening project. Thank you, Steve for helping us address our critical needs, and for always looking ahead to the future of Menucha!



We invite you to join us  
 for our annual  
**EASTER SUNRISE SERVICE**  
 at MENUCHA  
 Sunday, April 16  
 at 6:30 a.m.  
**All are welcome!**

We invite you to gather with us as we celebrate our Lord's resurrection and new life! The service will be held in Wright Hall, with coffee and pastries served after the service.

**38711 E. Historic Columbia River Hwy, Corbett • 503-695-2243**  
**Sponsored by Menucha and East Multnomah County Presbyterian Churches**

*Robert DeGraff photo, used with permission*

*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:

**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](http://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.



## LIVING AT PEACE WITH CHANGE

### Spencer Parks, Executive Director

I heard a story once about a woman who always cut off the end her roast before she cooked it. Her mother was visiting and, upon witnessing this process asked, "Why do you do that?" Her daughter replied, "You always cut the end off before you cooked your roast. I was just doing what you did." Her mother then said, "I cut the end off because it wouldn't fit in the pan I owned. Your pan is plenty big."



In my work, and in my life, I often find myself doing things the way I've always done them and doing so without a whole lot of questions. At heart, we are all creatures of habit. There is a great deal of comfort found in the routine. Change of any sort is hard and, if we're real honest with ourselves, at times downright scary. It's easier to find a groove and just stay in it.

Unfortunately that's seldom a good long range strategy. We live in an ever-changing, fast-paced world. Thirty years ago when I began work at my first camp and conference center I mailed out a printed newsletter four times a year (I used a mimeograph machine to print them). I also mailed printed registration brochures for summer campers and had a slide show that I carried around for presentations at events (it was pretty high tech for the time as it used a fader unit and music for the two slide projectors). Now my newsletters are printed, mailed and posted electronically, we maintain a website, we produce video clips, we edit electronic pictures, presentations are made via several types of software, and paper registrations of any type are almost nonexistent. Most of my communications happen via email with text messaging coming in a close second. Whether we like it or not, change seems to be the only constant and sooner or later we have to face it. Former U.S. Army Chief of Staff, General Eric Shinseki has been quoted as saying. "If you don't like change, you're going to like irrelevance even less."

However, if you're like me then I suspect you often feel that you have to run as fast you can just to keep up. Here are a few suggestions that I've found helpful:

Take time to question and reflect on everything (perhaps just the really important things, and more if you have the time). I often don't know I'm stuck until I look hard at the methods I'm presently using.

Learn something new. I know this seems to be a bit counterintuitive, however learning is a lot like playing the piano...the more you do it the better you get.

Put change in a different light. Think of change as more of an adventure about to begin rather than a wall to be encountered.

Visit Menucha.

That last one deserves a longer explanation. I've watched countless groups and individuals use their time at Menucha to plan for and implement change. Some of these groups make this an annual event, something we try and do with our own staff. I've also noticed that these groups and individuals tend to be some of the more resilient people around. It's hard work, but they have embraced the inevitable and learned how to live at peace with change.

While we don't know what the future might bring, we do know that time spent here doing purposeful work is time well spent. We hope you'll visit us soon.



## WONDERFUL WORDS FROM OUR GUESTS

*"Dear Menucha Staff - Thank you for the magnificent grounds, the elegant Great Hall, the crackling fireplace, the delectable meals, the big river, the stillness. Thank you for the sacred space to undertake our purposeful work in the lettering arts. We deeply appreciate this place!"*

*"The food was wonderful as always...and plentiful!"*

*"It's been a wonderful week at Menucha! All of the staff have been extremely kind and hospitable. The pleasant lodgings, delicious meals and excellent service helped to make our retreat a success."*

*"Thank you for allowing our group to come to Menucha. I had a great time here, eating the food, and enjoying the awesome views I saw on my hikes. The pool was the best for the sunrises, and the office bench was the best for sunsets. Thank you so much!"*

*"Thank you for providing such a wonderful place to compliment a phenomenal mission trip! You are truly appreciated!"*

*"We had, as usual, an amazing stay last week. You all are so kind and accommodating. The kitchen staff did a tremendous job of providing incredible meals (we especially loved the homemade bread and molasses cookies!) We would also like to specifically mention Tim. He was so helpful getting us, our members and visiting supervisors, in and out of the property safely and efficiently during the inclement weather. He also didn't hesitate to help when one of our members ran out of gas in the parking lot. I can't say enough about how you all make us feel welcome. Everyone seems so committed to the success of our event. We're looking forward to seeing you all next February. Have a great year!"*



Do you ever buy items online using Amazon?  
Did you know there's an easy way to shop and help Menucha at the same time?  
There's no cost to you. **Just go to Smile.Amazon.com**  
**and select Friends of Menucha Foundation as the charity you'd like to support.**  
Going forward, instead of going to Amazon.com, go to Smile.Amazon.com and every purchase you make gives .05% toward our work here. Thank you! Every little bit helps.



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Follow us on Twitter

@MenuchaRetreat



## HAPPY SPRING

Tim Kurkinen, Facilities Manager

I can almost feel spring approaching. I see the eager snowdrops beginning to push up out of the soil. The song birds are singing. The air feels lighter and calm, like a great sigh of relief passing through the Gorge.

We are looking forward to the warmer days of spring, which will allow us to complete the installation of the windows and to finish painting Wright Hall.

As the seasons change I watch for signs. I think trees are such elegant ambassadors of the seasons. They are at the mercy of the elements, but also depend on them. They cannot take shelter when the wind and ice descend from the skies. They stand resolute - some together and others alone. Those that stand alone are majestic in every season, but when storms come they have only their own strength to rely on. Winter is often



harshest on them. Trees that grow together have more than just their own strength. With their tops near each other, their branches reaching out and roots tying up the earth, they have the strength of their neighbors. When storms do come they face them together, more resilient than they would be alone and collectively stronger. We can learn a great deal from watching trees.

Regardless of the toll ice and wind and snow can have on an old estate, the strength of these elders is a testament to their nature and a reminder of the virtues we all bring to one another. It is a potent reminder in every season that we are stronger together. We thrive together.

This is such a special place for so many, and I'm honored to be a part of such a wonderful and majestic place, a place with generations of giants, telling old tales, adorning the shoulders of the roads and paths and venturing off into the wilderness to mingle with their kin.



## WELCOME, SOPHIA!

We are pleased to welcome Sophia LeBlanc as our new Executive Chef/ Food Service Director. She joined us in January, and was drawn to Menucha's environment as well as our family style of food—"food is love."



Sophia was born and raised in San Diego, California and started cooking at the age of 14. She is a graduate of Le Cordon Bleu in Portland, and has many years of cooking and baking experience. She lived and worked on the island of Maui, earning a business degree from the University of Maui. While there, she created an award-winning pineapple dessert at the Kapalua Food and Wine contest. After working in New Orleans and Colorado Springs as a chef and baker, she eventually made her way back to Portland where she worked at Miramont Point Senior Living Community, the Multnomah Athletic Club and St. Honoré Bakery.

Sophia is also the founder of New You Hypnosis in northeast Portland, and was trained as a hypnotherapist at the NW Hypnosis Institute. In her spare time, she enjoys painting, dancing, hiking, and deep sea diving. Currently she is finishing up her degree at PSU—OHSU School of Public Health, and hopes to eventually earn her MBA.

We hope that you will be able to meet Sophia on your next visit to Menucha and will join us in welcoming her to the Menucha family.

## THE COOKTOP

a favorite recipe from the Menucha Kitchen

Sophia LeBlanc, Executive Chef/Food Service Director

### THE SECRET FUDGE RECIPE

- |                                 |  |
|---------------------------------|--|
| 4 ½ cups granulated sugar       | 3 24-oz. packages semi-sweet chocolate chips |
| 1 14-oz. can evaporated milk    | 10 oz. package marshmallows                  |
| 1 tablespoon vanilla extract    | 2 tablespoons unsalted butter                |
| 4 cups toasted walnuts, chopped |  |

Grease medium-sized baking pan of choice. Toast walnuts in 350° oven for 5-7 minutes, let cool and chop.

Combine sugar, evaporated milk and vanilla in a heavy saucepan and boil for 9 minutes.

Mix together toasted walnuts, chocolate chips, marshmallows and butter together in large mixing bowl.

Pour the boiled liquid over the dry ingredients and mix together until the marshmallows are melted. Pour into the well-greased pan.

Let set overnight for best results.





## WE INVITE YOU TO JOIN US

### 7<sup>th</sup> ANNUAL MENUCHA UKULELE BAND CAMP March 27-31, 2017

The 2017 band camp is FULL! A waiting list is available. Marianne Brogan has brought together an amazing group of instructors: James Hill, Kevin Carroll, Del Rey and Aaron Keim, along with Nova Karina Devonie and Matt Weiner. We can't wait for the music and fun to begin!

**EVENT FULL!**



### 7<sup>th</sup> ANNUAL MENUCHA MOUNTAIN DULCIMER FESTIVAL April 5-8, 2017

More music! Janita Baker along with Lorinda Jones and Tull Glazener will delight and challenge dulcimer players from five states. Only a few spots remain to join in the dulcimer music-making. See our website for the most up-to-date information about availability.

**ALMOST FULL!**



### SPRING WATERCOLOR WORKSHOP: COLOR AND DESIGN WITH PURPOSE With instructor Harold Walkup May 7-10, 2017

Just a couple of spots are available for this workshop with Harold. Both representational and abstract painters will enjoy this three day workshop focused on creating strong statements with color, adding abstract shapes to realistic paintings, creating strong values to complement good color combinations and how to use items from craft, scrapbooking and hardware stores to add interest and textures.



### FALL WATERCOLOR WORKSHOP: ABSTRACTING FROM NATURE With instructor Ruth Armitage October 23-26, 2017

Revel in texture, line, color and shape in this mixed media workshop exploring the properties of Golden High Flow and Golden Open Acrylics. We will begin with textured watercolor washes, incorporating gouache and acrylic to explore the contrast between transparent and opaque media. You will work with several methods for abstracting nature in a directed and intentional process.



## FOR ONE OF OUR UPCOMING 2017 PROGRAMS



### 2017 Seminars

April 8: Coping with the Humanity of the Church  
(Leading when the Best & Worst Come Out)

May 13: Conflict: Fundamental to Ministry  
and Potentially Engaging and Positive

October 28: Making Better Decisions Together

Facilitator: Rev. Ken Evers-Hood, Pastor, Tualatin Presbyterian  
\$40 per seminar includes all materials and lunch.  
Seminars are Saturdays, 9 am—4 pm.  
Ask us about a Friday stay-over option.



[menucha.org/programs/leadership-seminars](http://menucha.org/programs/leadership-seminars)



Contact: Lori Nance, Program Director, [lori@menucha.org](mailto:lori@menucha.org)  
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