



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

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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
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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.



YOU'RE INVITED TO HELP
THE FRIENDS OF MENUCHA FOUNDATION
CELEBRATE ITS 10TH ANNUAL FUNDRAISING DINNER

"TOP IT OFF!"

Sunday, September 9, 2012 5:30 p.m. in Wright Hall

Tickets: \$100 per person or \$700 for a table of 8

Honorary Chairs: Tom & Kathy Withycombe

Guest Speaker: Susan Hedlund, LCSW

Manager of Patient & Family Support Services
Knight Cancer Institute, Oregon Health & Sciences University

Begin your evening by enjoying wine and hors d'oeuvres served on our beautiful new terrace overlooking the stunning Columbia River Gorge and the landscaped gardens of Menucha. Then join old friends and new friends in the elegant Great Hall to enjoy culinary delights prepared by Menucha's talented kitchen staff.



This year is truly a special year. Not only is it our 10th anniversary, it is indeed a privilege to have Tom and Kathy Withycombe as Honorary Chairs. Menucha has played a major role in the Withycombe family for decades. Tom and Kathy continue to instill the Menucha tradition into the lives of their children and grandchildren, as well as special friends of the family. They are among our most treasured supporters and ambassadors and have truly helped make Menucha the special place that it is.

We are also honored to have a true Menucha friend as our distinguished speaker. Susan Hedlund has been a social worker in the healthcare field for 28 years and has had extensive experience working with individuals and families facing

life-threatening illness and loss. Menucha has been her partner over the years as she facilitated retreats for women and families facing cancer. This year is no exception. In May she led a Cancer Retreat Facilitation Training program at Menucha, and in July and November she will co-facilitate a Retreat for Couples Facing Cancer sponsored by a grant from The Pink Lemonade Project. Susan sees Menucha as a special healing place and will share heartfelt stories that will touch us all.



So what is "Top It Off" all about? Menucha's dedicated and talented kitchen staff works wonders preparing over 50,000 meals for its guests each year. Last year we launched a fundraising campaign to replace the kitchen's heavily used and outdated equipment. With the generosity of our donors, Menucha has been able to purchase much of the equipment that it needs. However, renovating an older building is always a challenge and can be full of surprises.

Earlier this year it was discovered that the kitchen's ventilation hood is very outdated and also needs to be replaced and relocated. This has added a significant cost to the project. Our goal is to "top off" our Recipe for Success capital campaign kicked off at last year's annual dinner by raising an additional \$40,000 for the ventilation hood replacement and installation which will take place later this year.

Please join us on September 9. We look forward to serving you!

Joyce Malin, Foundation President



ALL CREATURES GREAT AND SMALL—Lauren Deming

When you visit Menucha, there's always the possibility you'll see interesting wildlife. We are fortunate to have bald eagles fly over fairly often. Recently one perched for 30 minutes in a tree behind Wright Hall, allowing guests and staff members to snap photos and coo in admiration.

Two deer entered our labyrinth garden last fall while one of our cancer retreat guests was walking and meditating. She told us that the deers' calm presence, including leading her back to the Creevey buildings, gave her an unforgettable experience of "sacred space." Of course, sometimes Menucha's buildings get visits from less desirable wildlife, too. We tend to call these animals "critters" and encourage them to move along to other destinations.

We've got some uncommon creatures here as well. In 2006, biologist Warren Aney found what we believe is a previously-unidentified species of snail. (The small *Vespericola* remains in the verification process at this time.) Conversely, it's easy to see as you come down our entrance road these days that we've got plenty of rabbits, chipmunks and hummingbirds. For folks who spend much of their time indoors, or in cities, we think access to Menucha's animal population is a real gift.

The wildlife at Menucha varies quite a bit from the wildlife in central Africa. Our Executive Director Spencer Parks took these photos in Uganda at Queen Elizabeth National Park. After spending all of March working with Partners in Mission, he's safely back in the U.S. For the remainder of his sabbatical, he's enjoying visiting family in North Carolina, Tennessee, Florida and Canada as well as working on his farm. He'll be back in his office here on July 2.



Watch this space in our Fall newsletter for his reflections. In the meantime, you can see more photos from Uganda on Spencer's blog, <http://menuchadirector.wordpress.com>.



WRIGHT HALL TERRACE UPDATE

The terrace itself is finished! As you can see, the view is spectacular! Groups have already begun to use it, and we've received many rave reviews from our guests.

Volunteer extraordinaire George Erdenberger has been part of this project from the very beginning, and has volunteered more than 300 hours, from design to physical labor. As a professional landscape architect, George has taken great care to make sure the terrace fits in with the history and architecture of Wright Hall—and it certainly does!



Ron Summers of Summers Masonry worked closely with George, and the brickwork that Ron and his crew have put into place is exceptional.

The landscaping around the terrace is nearly finished, and new grass has been planted. A delightful meandering path from the driveway to the north end of the terrace provides easy access, and is wheelchair accessible. The fire pit structure itself is in place; the gas manifold piping and controls still need to be purchased and installed. In addition, an herb garden has been planted for kitchen use.

Our Raise the Roof project began last March when we replaced the Wright Hall chimneys, followed by the tear-off and replacement of the Wright roof. The brick terrace is the final phase of the project.

We are excited that Wright Hall will continue to offer to our guests the wonderful experience that so many have enjoyed over the years. Your generosity has helped to make this project a reality, and we are grateful and thankful. We are proud of all that has been done, and hope that you will take the opportunity to see all the Wright Hall improvements for yourself!

WELCOME TO THE WORLD, SARAH ALICE CRANE!

Scott Crane, our Program Director, will be taking another family leave this summer. His family welcomed Sarah Alice Crane into their lives on April 21st. She weighed 6 pounds, 15 ounces, was 20 inches long, and joins big brother Timothy. We celebrate with the Cranes as they bring another little miracle into the world!





MEMORIAL DAY WORKDAY

A huge "Thank You" to nearly 50 of our Portland First Presbyterian Church family who gave up part of their holiday weekend to volunteer at our annual Menucha Memorial Day Work Party.

Much work was accomplished:

- Sidewalks edged
- Entrance road and trails pruned
- Windows washed
- Labyrinth and the surrounding rose garden weeded, and some roses transplanted
- Deck at Beam cleaned and prepped for staining
- Wood chopped and stacked



- Spring water line in rockery finished, and new sod laid in place
- Outdoor benches stained
- Bishop's Weed trimmed
- Flowers and seeds planted
- Leaves and moss cleaned from back of Ballard
- Volleyball court power washed
- Debris blown from tennis court
- Fish ponds cleaned by kids (with some adult help and supervision)

There were special activities planned for the children who attended, focusing on the flowers and trees found at Menucha.

The Menucha staff is extremely grateful for this annual event, which helps us get ready for our busy summer season. We appreciate each person who came and worked so hard, and to Murlan and Ginny Kaufman for organizing and promoting the weekend. We thank you, and our guests thank you as well!



The Friends of Menucha Foundation invites you to the
5th ANNUAL MENUCHA INTERNATIONAL CROQUET TOURNAMENT & LAWN PARTY

Saturday, July 14th, 2012
9:30 am (Registration) — 3:30 pm
Tickets: \$35 for participants, \$10 for spectators
Children 6 and under are free

Your ticket price includes:

- Friendly competition—all skill levels welcome
- Live bluegrass music by The Loafers
- Coffee, juice and pastries during registration
- Fun door prizes, with special door prizes chosen just for the kids
- Barbecue lunch prepared by the Menucha staff and served by the pool overlooking the spectacular Columbia Gorge
- A small Silent Auction, featuring some terrific items and opportunities. Auction proceeds will go towards our Recipe for Success project



Come as a participant, or bring a lawn chair and join us as a spectator to cheer on your favorite player!

Wear your croquet whites and fancy hats if you'd like!

Yours could be the next name engraved on the Menucha Cup trophy!

Plan to join us for a day of fun for the entire family!

TICKETS ARE ON SALE NOW!
Call the Menucha Office
503-695-2243





KITCHEN UPDATE

Plans for a new hood and exhaust system are underway! The new double stack convection oven (pictured at left, with loaves of bread in the top oven and pans of spinach lasagna in the bottom oven) is in daily use, as are the new proofer/warmer and the under-the-counter beverage cooler.

The kitchen is functioning much better than ever. A new ice machine has been delivered, and will be installed before the 1st of July.

It is wonderful to have reliable equipment, especially during our busy season! Heartfelt thanks from the entire Kitchen Staff!

THE COOKTOP

A Favorite Recipe from the Menucha Kitchen—Enjoy!

SPINACH LASAGNA

Hearty and cheesy, we serve this vegetarian favorite with an Italian salad and garlic bread or focaccia.

Makes one 8" x 8" square pan (we use glass baking dishes)
6 to 8 servings with three layers

Have ready:

- Lasagna Noodles – we use no-boil noodles for convenience (9 of these noodles fit our pans)
- Spaghetti or Marinara Sauce – 2 cups or more
- Shredded Mozzarella – about 1 cup or more
- Grated Parmesan – about ¼ cup



Combine and mix well:

- | | |
|--|--------------------------------------|
| ¾ cup cottage cheese | 1 ⅓ cups Mozzarella cheese, shredded |
| ¾ cup Ricotta cheese | ¼ cup Parmesan Cheese, grated |
| ½ pound cooked spinach (fresh or frozen), well drained | 2 eggs, beaten |

Oil the baking dish well. Spread ¾ cup spaghetti sauce evenly over the bottom of the baking dish. Cover with 3 lasagna noodles, then spread 1 ½ cups of the cheese/spinach mixture evenly over the noodles. Repeat once. Then add one layer of noodles, the remaining spaghetti sauce and one cup of shredded Mozzarella.

Cover with foil. Bake at 350° for 30 minutes. Remove foil, lower oven temperature to 325° and bake for an additional 15 to 20 minutes (internal temperature of 165°). Remove from oven. Sprinkle remaining ¼ cup grated parmesan over top and let stand for 15 minutes until serving.



From the desk of Scott Crane, Program Director

IMAGINING LIFE AFTER BREAST CANCER

PINK LEMONADE RETREAT: For Couples Facing Cancer Together — July 14-16, 2012

Susan Hedlund returns to Menucha with Sara Goodman to facilitate this wonderful retreat sponsored by the Pink Lemonade Project, a Vancouver-based foundation funding ongoing support networks for women affected by breast cancer. Our 3-tiered pricing structure allows participants to choose the level of payment that they can afford. This fall we'll host another couples retreat (see below). Space is limited to 12 couples. Register now.

PINK LEMONADE RETREAT: For Women with Breast Cancer — September 6-8, 2012

Participants will explore what it means to have healthy minds, bodies and spirits in the midst of living with cancer. Experience renewal, shared journeying, and encouragement with people who understand what you're going through because they are on the same road. At the end of the retreat, we hope participants emerge with renewed perspectives, increased energy and future plans. Our 3-tiered pricing structure allows participants to choose the level of payment that they can afford. Space is limited to 12 participants. Registration is open.

CONTINUING EDUCATION OPPORTUNITY FOR PASTORS

PAUL S. WRIGHT LECTURE SERIES presents "rising star" Matthew Flemming August 30-31, 2012 (with early bird arrival August 29)

Tom Long protégé and preaching instructor Matthew Flemming of Columbia Theological Seminary will be leading an engaging discussion about preaching and making disciples in the 21st century. On the cutting edge of preaching and homiletics, Matthew comes to us highly regarded. The Rev. Dr. Tom Long (PCUSA) writes: "Matt Flemming is a rising star among teachers of preaching. He has a fine and probing theological mind, a love for the church, and a keen desire that preaching respond faithfully and creatively to the challenges of a new century." Registration is open.



LOOKING AHEAD

Check our website (Menucha.org/programs) and watch our fall newsletter for more information on these upcoming events:

- ♦ FALL CONTEMPLATIVE RETREAT — October 19-21, 2012
- ♦ PINK LEMONADE RETREAT: For Couples Facing Cancer Together — November 3-5, 2012
- ♦ WATERCOLOR WORKSHOP with Kathleen Conover — November 12-15, 2012

SPRING PROGRAM RECAP



Carol Carter

We can't let the opportunity pass to let you know about three of our most popular Menucha programs so far this year. The **Spring Watercolor Workshop**, in partnership with the Watercolor Society of Oregon, featured Carol Carter. An internationally known watercolorist from Missouri, Carol joined us for a four day workshop that got rave reviews. In early May we welcomed our second annual **Ukulele Band Camp**, with top ukulele instructor-performers from Washington, California, and Nova Scotia. Their post-camp concert brought 300 people to the sanctuary of First Presbyterian Church in Portland for a rollicking good time. Finally, we just finished hosting the third annual **Columbia River Gorge Mountain Dulcimer Festival** with guests from Oregon, Washington, Idaho, Pennsylvania and Georgia. This year's instructor-performers included three highly sought-after musicians and a local who completely wowed us with his musicianship.