



**Menucha Retreat & Conference Center**  
**PO Box 8**  
**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](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.



*Menucha Rose Award recipient Nanita Sammons (center) with Spencer Parks, Executive Director at Menucha and Joyce Malin, President of the Friends of Menucha Foundation*

## CONGRATULATIONS TO OUR VOLUNTEER OF THE YEAR NANITA SAMMONS

Menucha's staff chose Nanita Sammons to receive the 2013 Menucha Rose Award. "Our annual prize honors a volunteer whose work has helped us grow and bloom," explained Director Spencer Parks. Nanita received a plaque and a hearty round of applause at the Friends of Menucha Foundation's Christmas dessert on Sunday, December 8 in Wright Hall.

This award recognized Nanita's volunteer efforts on our behalf for over a decade. Along with Dave Halsey, John Hortenstine and Erich Merrill,

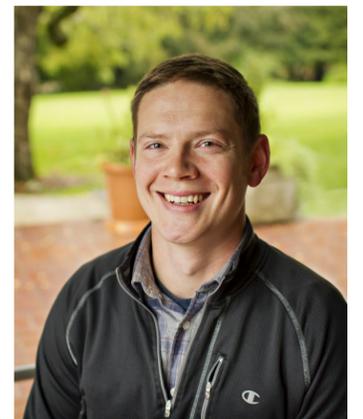
Nanita helped start the Friends of Menucha Foundation in 2004. Although she has rotated off of the board, she continues to spend several hours each month doing the foundation's bookkeeping. Previously she served at least three years as Chair of the Menucha Commission at First Presbyterian Church. Accompanied by her husband Chip, Nanita has been a fixture at our fundraising events, and just a phone call away for business advice when we've needed it.

"Nanita is such a cheerleader for Menucha. She is so positive and optimistic about what can happen here," said Menucha office manager Donna Leamy.

Many thanks, Nanita, for sharing your skills and energy on Menucha's behalf.

## WELCOME, TIM!

We welcome Tim Kurkinen to our staff. Tim has been working at Menucha for some years, but he officially became a full time member the beginning of September. He is training to become our Facility Operations Director to head both our housekeeping and maintenance departments. Tim will take over these responsibilities entirely after Ernie Yoder (our present head of maintenance) retires at the end of October 2014 (more about Ernie's retirement in the summer edition of our newsletter). Tim and his wife Kim are expecting their first child in March. Next time you're visiting us, we hope you'll have the opportunity to meet Tim. We're excited about the skills and vision he brings to our staff.





## ALL I WANT FOR CHRISTMAS

### Spencer Parks, Executive Director

My wish list for Christmas isn't very long. For the most part, Sarah and I live simply and just don't need much, but there is one thing that I very much want for Christmas. I'd like to have my workshop back.



Over three years ago Sarah and I moved from Menucha to a small farm about nine miles SSE of Menucha. We have enjoyed having a place of our own. We raise a few chickens, sell a few eggs and are thinking about introducing sheep to our pastures. In the "old" house, the garage had been converted by a previous occupant to a woodworking shop. The walls were covered by pegboard, there was an electrical service for larger equipment, the lighting was good and the floor was easy to keep clean. The old house also had an attic. Our new house has a garage as well, but when we moved in it was in rather rough shape. While it had an easy to clean floor and adequate electricity, someone had torn away the drywall in certain areas of the ceiling and walls. Also, our new house had no attic. To make a very long story short, we've solved the "no attic" problem, moved a lot of stuff out of the garage, and are just days away (I hope) from the project being finished (new pegboard on one entire wall!)

I'm particularly excited about this because I've been itching to start a few new projects. In the past, the shop has been my creative outlet. It's the way I relax and unwind. Now while the work on the farm has that same effect, being outdoors in the Oregon winter can be challenging (and wet). The prospects of a nice warm and dry workshop this time of year are much more appealing.

I've noticed that when I have engaged in some sort of artistic expression I'm generally much more productive and creative in my day to day work. Health professionals have, for some time, been telling us that a creative outlet is good. It helps fight depression, keeps the mind sharp, and aids in balancing a busy life. It's even been successfully employed as a tool in addiction recovery. I don't think it's really important what you do, or even if you do it particularly well. What I do think important is that your avenue for imagination fires your passion and is personally satisfying. In other words, it's something outside your day job that gives you joy.

Here at Menucha I have had the opportunity to observe a lot of people engaged in a number of creative endeavors. We either host or sponsor a variety of art, music and literary programs. Almost without exception, the people I've talked with have told me that while they have never worked harder or more intensely on something, they have never felt more alive, energized or engaged as when they are able to concentrate on their artistic passion.

Menucha provides a great environment for this to happen. We offer numerous diverse opportunities as well. Take a look at our website and you'll find everything from one day workshops to week long experiences...and if our programs don't hit your personal passion, give us a call and we'll steer you towards a lot of groups that just might. Either way, in this busy holiday season, I'd encourage you to de-stress and take some time to pursue your joy. Plan to build in some creative time in the new year as well (maybe even with us). I promise it will be time well spent.

From all of us at Menucha, we wish you a joy filled, peaceful and meaningful holiday season.



## WE GRATEFULLY ACKNOWLEDGE THOSE WHO HAVE GENEROUSLY SUPPORTED FRIENDS OF MENUCHA FOUNDATION

Nov. 16, 2012- Nov. 15, 2013

### SEVEN GENERATIONS (5000+)

Leupold and Stevens Foundation

### OLD GROWTH (2500-4999)

David and Wendy Crane  
Tim and Linda Killen  
J Chris Rasmussen  
Chip and Nanita Sammons  
Marilyn Stevenson

### TOUCHSTONE (1000-2499)

Doug Blomgren and Ann Bartsch  
Bob Blum and Carol Black  
Jon and Arlene Clemens  
Don and Norma Fales  
First Presbyterian Portland Women  
Chip Sammons, Holistic Pet Center  
Tom and Gayle Hughes  
Murlan and Ginny Kaufman  
Dick and Joyce Malin  
Oregon Community Foundation  
Spencer Parks & Sarah van Haeften  
Steve and Candace Primack  
Rosemary Pullin  
Steve Robards  
Mike and Janet Starosciak

### JOURNEY (500-999)

Dr. Frank Calcagno, Calcagno Pediatrics  
Greg and Barbara Conyne  
Jerry and Sally Fish  
Lois Jackson  
John Kinyon  
Rick and Jill Lee  
Merritt and Carolyn McCall  
Erich and Laura Merrill  
John and Brenda Morris, Jr.  
Chris and Joey Razzano  
Ed and Doris Reid  
Phyllis Smith  
Joe and Phyllis Whittington  
Fred and June Young

### NURTURE (250-499)

Karen Bassett  
Terry and Elizabeth Clifford  
Charlie and Trina Denson  
Lisa Fogg  
Roger and Robin Garvin  
Mike and Barbara Goertz  
Marlin and Nancy Icenogle  
John and Emily Jo Jensen  
Ted and Debbie Kaye  
Buck and Jenny Lindsay  
Bob and Cindy McSwain  
Gerry and Norma Morrell  
Allen and Carolyn Nesbitt  
Grace Reichenberger  
Gregory Schneider  
Chuck Shaw  
Helen Weber

### HERITAGE (100-249)

Steve and Mary Ann Anderson  
John and Justie Braestrup  
Zane and Karol Buxton  
Beverly Boysen Cameron  
Dave and Suzanne Castles  
Virginia Cate  
Scott Crane and Katie Long  
Gary and Cynthia Crose  
David and Helen Crowell  
John and Margaret Crowell, Jr.  
Philip Cushman  
Liz Dean  
Debbie Docherty  
Charles and Charlotte Faries  
Bruce Felix and Audrey Schindler  
Scott and Nancy Gillespie  
Carl and Peggy Hammond  
Ulrich Hardt  
David Hawkins  
Gretchen Janssen  
Warren and Linda Johnson  
Susan Jones  
Andrew and Marjorie Kerr  
Vic and Mary Ellen Langman

### HERITAGE (100-249)

David and Janet Leatherwood  
John and Ann Leuthauser  
Erich Lichenthaler & Dixie Stevens  
Crystal Lockyear  
Ray and Lin Loen  
Julie Lucas  
Ted and Nancy Magnuson  
Richard and Amy Mase  
Ann McCartnery  
Millard and Mary Lou McClung  
Walt and Jean Meihoff  
David and Margaret Mesirov  
Marvin and Carol Mitchell  
Jim and Judy Morton  
Dr. Douglas Park, DDS  
Bill and Lari Peterson  
Alice Petterson  
Pink Lemonade Project  
Evelyn "Pepper" Pollock  
Wes and Gail Post  
Annalee Purdy  
Kim Read  
Maggie Rogers  
Bernice Rust  
Willard and Laurna Shively  
Russell and Jean Smith  
Steve and Lisa Snodderly  
Pete and Bonnie Taylor  
Judy Teufel  
Michael Teufel  
Ray and Leatrice Thurston  
Charlie Vanden Heuvel and Sue Jenkins  
John Walling and Susan Hedlund  
Jim and Ann Walsh  
Dudley and Mary Weaver  
Cameron Webb  
George and Lori Webb  
Jim and Norma Welty  
Rich and Julie Williams  
Tom and Kathy Withycombe  
Carolyn Wood

*We appreciate the 74 donors who have contributed amounts of less than \$100. We are grateful for their support, and regret that space limitations prevent us from listing their names.*



## FRIENDS OF MENUCHA FOUNDATION YEAR END UPDATE

### Joyce Malin, Board President

When I joined the Friends of Menucha Foundation Board six years ago, it was a life-changing experience. Since that time, thousands of guests from near and far away have had the opportunity to enjoy all that Menucha has to offer. A special and beautiful place to renew our spirits, Menucha provides the opportunities for all ages to experience joyful times and quiet times, group retreats and personal retreats, a place for quiet reflection, and family adventures that youth will long remember. It is a place for community building, cultural and artistic creation, reflection and growth.

The Foundation has made many "friends" over the past six years who have joined together to help assure that Menucha can continue its mission to offer the finest retreat and conference center experience possible. Through the Foundation's "Raise the Roof" campaign, historic Wright Hall, built in the 1920's, now has a new roof and new chimneys. A beautiful and expanded terrace has enriched the opportunity for all guests to reflect on their lives as they quietly view Menucha's natural surroundings. Creative artists, musicians, and writers are inspired as they overlook the beautiful views of the Columbia Gorge, the sprawling hillside and forested acres.

Thanks to generous support for the Foundation's "Recipe for Success" campaign, Menucha's kitchen has been remodeled, its equipment updated for efficiencies, and its culinary staff now has an environment that assures continued quality meals. Guests leave their tables ready to think their best and do their best in an atmosphere unlike any other. I hope you too have had the opportunity to enjoy the delicious home-cooked family-style meals, the pig-roast barbecue or the signature gourmet dinners prepared and served by the culinary staff for the Foundation's annual dinners. But Wright Hall still needs our help. The Foundation has recently launched a new campaign to ensure that Menucha's guests will be able to enjoy even more comfortable stays for generations to come. Through more efficient lighting, insulation of its exterior walls and upgrading or replacing its many windows, guests will be greeted by the warm hearts of a caring staff combined with the warmth of the surroundings in an environmentally friendly destination.



I have been honored to share the last six years with a remarkable Board of Directors. I am proud to report that new officers for 2014 include John Morris as President, Chris Rasmussen as Treasurer, and Susan Hedlund as Secretary. They will be supported by Mike Starosciak and Erich Merrill. We all wish you the happiest of holidays and a blessed New Year. Thank you for your continued friendship!

*Current Board Members, from left: Susan Hedlund, Joyce Malin, John Morris, Chris Rasmussen and Mike Starosciak. Not pictured: Eric Berg.*



## THE COOKTOP—A FAVORITE RECIPE FROM THE MENUCHA KITCHEN

### Becky Lindsay, Food Service Manager

### MRS. WORTH'S MOLASSES COOKIES

*These are one of my favorite cookies, and are festive any time of the year.*



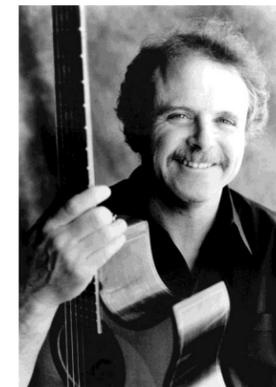
Cream together:

¾ cup oil	4 tablespoons molasses
1 cup sugar	1 egg

Stir together and add to creamed mixture:

2 cups flour	1 teaspoon cinnamon
2 teaspoons baking soda	½ teaspoon ginger
½ teaspoon salt	

Beat all ingredients together. Roll dough into 1-inch balls and roll in granulated sugar. Place 2 inches apart on cookie sheet. Bake at 350° for 10 minutes.



## GRAMMY WINNER PAT DONOHUE TO HEADLINE INAUGURAL ACOUSTIC BLUES WEEKEND AT MENUCHA October 2-5, 2014

Menucha's newest program will launch with a bang next fall when Grammy winning guitarist Pat Donohue joins our first ever Menucha Acoustic Blues Weekend, October 2-5, 2014.

Donohue is a National Fingerpicking Guitar Champion from St. Paul, Minnesota, and is known to millions as the leader of the house band on Minnesota Public Radio's *A Prairie Home Companion*.

Portland-based blues guitar legend Mary Flower will be the weekend's artistic director, joined by instructors Rev. Robert Jones of Detroit, Michigan, and Suzy Thompson of Berkeley, California. Space is limited to just 36 participants in order to ensure plenty of time with these hugely talented instructors.

Please tell your guitar-playing friends to put it on their calendars. Registration will open on Monday, February 3. If you don't play, be sure to join us at the instructors' concert at the Alberta Rose Theater on Sunday, October 5 at 7:00 p.m. It's gonna be one hot ticket! The Cascade Blues Association will co-sponsor the weekend.

For more information, call Scott Crane, Menucha's program director or visit our webpage at [www.menucha.org/acoustic-blues-weekend](http://www.menucha.org/acoustic-blues-weekend)



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## WELCOMING IN THE NEW YEAR

From the desk of Scott Crane, Program Director

Advent, in the liturgical calendar, is a time of year that takes up most of that strange gap between the Thanksgiving and Christmas holidays. It is a neat time of year that we often forget to observe. Advent, we are counseled, is about anticipating, or actively waiting for something new to happen.

Spiritual traditions also remind us that it is about keeping watch—never letting down our guard lest we miss a potentially life-changing moment, whether it is a moment of quiet beauty like the first snowfall or the more dramatic entrance of new life into a world that desperately needs it. My own tradition speaks of keeping watch for the coming of the Christ, both as a reminder of the first coming and in anticipation of a second.

As we look ahead to the New Year, we invite you to join us for one of our exciting new offerings in 2014 and/or return for some of your favorites. More programs will be unveiled throughout the year, so watch our website for a complete listing.

Online registration is available for these programs at [www.menucha.org/programs](http://www.menucha.org/programs)



### SCRAPBOOKING RETREAT January 3-5, 2014

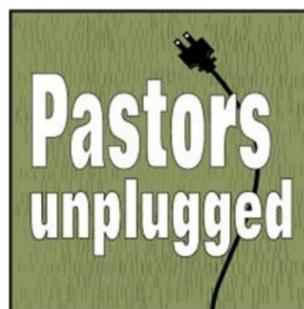
A gift to yourself for Epiphany (traditionally a gifting time of year), complete with fellowship, good snacks, great home-cooked meals (that you don't have to prepare) and a warm, crackling fire. Join us!

Host for the weekend: Scrapbooker Joey Razzano

### MIXED MEDIA PAINTINGS

One day art class with artist Candace Primack  
Monday, January 13, 2014

Put your creative intuition to work as you explore the world of mixed media painting. Each student will leave with two 10" x 10" canvas paintings, using acrylics, papers, plaster and inks. The possibilities are endless!



### PASTORS UNPLUGGED RETREAT February 3-5, 2014

A retreat that involves purposeful work but still serves as a time of renewal and connection with your colleagues after a busy Christmas. This year's discussion themes with Ken Evers-Hood will touch on how Steve Martin can help us rethink church, playful ministry, and behavior theology. See schedule online for details.



### QUILTING RETREAT February 14-17, 2014

Beginning with a special Valentine's Day dinner, quilters and their sweeties will enjoy a delightful meal together before participant quilters settle in for three days of quilting extravaganza!

Guest presenters will be Peggy Gelbrich and Victoria Jones, both experienced quilters and workshop leaders.

### PINK LEMONADE RETREAT FOR BREAST CANCER SURVIVORS February 28-March 2, 2014 or April 8-10, 2014

At these retreats, guests are given time to consider the impact of cancer on their lives and to reflect upon both the difficulties and the potentials that exist as a result of it.

Participants will explore what it means to have healthy minds, bodies and spirits in the midst of living with cancer.



### 4th ANNUAL UKULELE BAND CAMP March 24-28, 2014

Welcome to four nights and three days of intense fun, ukulele instruction, and merry music making, led by some of the ukulele world's finest band masters.

Our goal is to provide you with exciting challenges by learning to be in a band, play together, and try something new.

Opportunities abound at Menucha this coming year!

For details on these or any of our 2014 programs, visit our website [www.menucha.org/programs](http://www.menucha.org/programs)

We hope you will plan to join us for one or more of the programs we have planned!

