



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

NON-PROFIT ORG  
 U.S. POSTAGE PAID  
 PERMIT NO. 323  
 VANCOUVER, WA



*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:

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Email address \_\_\_\_\_

I would like to receive Menucha communications via:  
 Email                       Regular mail

**PHONE** 503-695-2243  
**FAX** 503-695-2223  
**EMAIL** office@menucha.org  
**MAIL** PO Box 8  
 Corbett, OR 97019

### 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 IN DECEMBER Tim Kurkinen, Facilities Operations Director

The Columbia River Gorge can be a formidable place to live during the winter. The wind seems almost angry with us, and the ice persuades us to bundle up inside around a warm fire.

Despite this, our place here in the Gorge remains a sanctuary for so many. Though we complain from time to time about the wind and power outages, winter offers us something truly unique. It provides the opportunity for us to witness how the world around us needs to rest. The trees and shrubs are bare. Everything, it seems, is asleep. A stark contrast to the energy of spring and summer. It reminds me to slow down, step back and reflect on the things that matter.



Rest is such an important part of nature. Without it, things would exhaust and expire too soon. Rest gives longevity. The same is true for humans. The same is true for things we build. The winter can remind us to slow down and let things rest. I believe that is a part of stewardship.

Merry Christmas and Happy New Year to all. We hope to see you in 2017.

*"The spring, summer, is quite a hectic time for people in their lives, but then it comes to autumn, and to winter, and you can't but help think back to the year that was, and then hopefully looking forward to the year that is approaching." – Enya*



Like us on Facebook  
[Menucha.Retreat.Center](https://www.facebook.com/Menucha.Retreat.Center)



Follow us on Twitter  
[@MenuchaRetreat](https://twitter.com/MenuchaRetreat)



## DOGS BARKING AT CHRISTMAS

### Rev. Spencer Parks, Executive Director

One of the best additions to our small farm has been our livestock guardian dog, Maggie. She's part Great Pyrenees and part Maremma and all business. A few years back we lost a lamb to a cougar. Not long after, Maggie arrived and we've not had another incident. She's even taken to fending off owls from the chickens, something we welcome but had not anticipated. Her personal kingdom is the pasture and she lives with the sheep and goats.



Maggie sleeps a good bit of the day, but is very active at night; so are most predators. She patrols the fence line regularly and barks if she hears/sees/smells something unfamiliar. That's where we come in. If she barks enough, we go out to investigate. But predators are not the only thing active at night. Skunks, raccoons, possums, rabbits (actually there are a lot of things active at night) are too. Maggie doesn't discriminate. If it isn't supposed to be there, she barks....a lot. I've had several late night discussions with her explaining that we're only interested in coyotes, cougars, and bears, but she most often ignores me.

Occasionally something sets her off and she *just will not stop barking*; this most often happens between 12:30 and 2:30 a.m. It doesn't matter how many trips we make out to the pasture, how much we reassure her that all is well, how much investigation we do, she just will not stop. She's hit a downward spiral. She's lost her focus and lost sight of her main objective. It's at times like these that we shrink her world a bit and put her, and the rest of the animals, in a much smaller pasture. In other words, we give Maggie a bit of a time out. This often works pretty well. It allows her a little breathing space so she can get back on track.

The holiday season brings a lot of busyness with it. During this time of the year, I've noticed a lot of people exhibiting Maggie-like behavior. They start out with good intentions, but hit a downward spiral and in doing so begin to focus on the small things. They lose sight of what's really important and ultimately don't enjoy the many moments of joy and happiness this season brings.

I think they need a time out; just a short while where their world can shrink a bit and allow them a little breathing space so they can get back on track. But it's hard to do that when you're busy barking at that strange noise that won't go away. Here's what I'd recommend:

- Set aside some time each day to intentionally ignore the rest of the world (allow yourself to stop barking).
- Focus in on what's most important for you (a list is a good thing).
- Make a plan to do things differently (you don't want to start barking again for no good reason).

It's a pretty simple plan, and I realize that it's not always easy to do, but it does work. Lots of people have found that out by visiting Menucha. We've always been a great place to get away to focus on what's really important. While you may not have the opportunity to visit us this holiday season, we do hope that you can find a bit of Menucha in the world where you live.

From all of us at Menucha...we wish you a joyous and peaceful holiday, and we hope to see you in the New Year.

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

### November 16, 2015—November 15, 2016

#### SEVEN GENERATIONS (5000+)

Kinsman Foundation  
MJ Murdock Charitable Trust  
Kathy Withycombe

#### OLD GROWTH (2500-4999)

Terry and Elizabeth Clifford  
Erich and Laura Merrill  
Chris Rasmussen  
Chip and Nanita Sammons

#### TOUCHSTONE (1000-2499)

Bob Blum and Carol Black  
Don and Norma Fales  
Murlan Kaufman and Ginny Bistodeau  
Tim and Linda Killen  
Leupold and Stevens Foundation  
John and Brenda Morris  
Oregon Community Foundation  
Gordon and Mary Priedeman  
Rosemary Pullin  
Steve Robards  
Mike and Janet Starosciak  
Michel Strickland and Gayle Starker  
Judy Teufel  
Jeff and MaryKay West

#### JOURNEY (500-999)

Micah and Foy-White Chu  
Greg and Barbara Conyne  
James Cook  
Carnett and Ruth Falconbury  
Jerry and Sally Fish  
David Hawkins  
Lois Jackson  
Rick Lee  
Bob and Cindy McSwain  
Walt and Jean Meihoff  
Marcie Merritt  
Charles and Ruth Poindexter  
Portland Ukulele Association  
Steve and Candace Primack  
Tim Sercombe and Jane Van Boskirk  
Jean Elsa Ganz Sloss  
Joe and Phyllis Whittington  
Bob and Evelyn Wulf

#### NURTURE (250-499)

Cam and Midge Birnie  
Arlene Clemens  
Charles and Charlotte Faries  
Carol Gies  
Mike and Barbara Goertz  
Brad and Katrina Halverson  
Frank and Karen Halvorsen  
John and Jennifer Helmer  
John and Sara Hortenstine  
Marlin and Nancy Icenogle  
John and Emily Jo Jensen  
David and Janet Leatherood  
Jerry Mishler and Sara Grigsby  
Mark and Cynthia Newton  
Lucille Rieben  
Dan and Myra Rounsavell  
Kristin Solomon  
George and Lori Webb  
Emmy Wurm  
Fred and June Young

#### HERITAGE (100-249)

Warren and Joyce Aney  
Rohda Bingman  
Graham and Sharley Bryce  
Paul Butler  
Zane and Karol Buxton  
Steven and Ellen Chambers  
Annie Clingman  
Will and Lauren Deming  
Bruce Felix and Audrey Schindler  
Falken Forshaw and Susan Russell  
Sandi-Jo Goddard  
Carl and Peggy Hammond  
Jane Heidegger  
Lily Helmer  
Byron and Terri Hobbs  
Tom and Gayle Hughes  
Bob Huston  
Bonnie Jepsen  
Jerry Johnson and Susan True  
John and Betty Kendall  
Anne Kennedy  
Barbara Kuehner  
Paul Lambertsen  
Vic and Mary Ellen Langman  
Crystal Lockyear

#### HERITAGE (100-249) cont'd

Ted and Nancy Magnuson  
Merritt and Carolyn McCall  
Dick McFall  
Joel and Wilma McNulty  
Margaret Mesirov  
Jon and Deira Nebauer  
Bill and Patricia Nelson  
Spencer Parks and Sarah van Haeften  
Wes Post  
Pam Russell  
Steve Sause and Karla Simon  
Joe and Debbie Schneider  
Willard and Lurna Shively  
Russell and Jean Smith  
Steve and Lisa Snodderly  
John Walling and Susan Hedlund  
Jim and Norma Welty  
Jackie West  
Carolyn Wieden  
Julie Williams  
Peter Williams  
Rich Williams  
Steven and Judy Wilson  
Tom Wilson and Kathleen Callas  
Mike and Brenda Withycombe  
Ernie and Jeri Yoder  
Sharon Ziel

*We appreciate the 54 donors who have contributed amounts of less than \$100. We are so grateful for your support, and regret that space limitations prevent us from listing your names.*

*"Giving is not just about making a donation. It is about making a difference."*

*Kathy Calvin  
CEO and President,  
The United Nations*







## FRIENDS OF MENUCHA FOUNDATION YEAR-END UPDATE

Mike Starosciak, Board President

Time marches on. As 2016 draws to a close, we are excited to reap the benefits of our Greening Campaign. New insulation, windows, and efficient lighting will make Wright Hall more comfortable and will noticeably lower the energy bills in the cold winter months. On behalf of Board of the Friends of Menucha Foundation, we extend our heartfelt thanks to all who supported these efforts.

Time marches on. Everybody ages. Facilities like Menucha age too. Paint peels. Potholes grow. Our new campaign, For the Next Generation, is aimed at addressing some of those aging issues. We can't prevent aging, but we can help Menucha to age gracefully.

Time marches on. Demographics change. While the idea of sleeping in a bunkbed may be fun to some, many Menucha guests have gray hair and would prefer a normal bed. That "Next Generation" of campers is probably a mix of young and old.

We have already begun this next effort. Painting has started on Wright Hall. We hope you will love the pleasant gray/green tone paint over the old mustard yellow. Bids are being received on repaving the entrance road.

In 2016 we were successful at receiving a \$113,000 grant from the MJ Murdock Charitable Trust. Granting foundations look at a number of things when deciding to distribute grant monies. They look at our organization, the Friends of Menucha, and how we work to raise money from people like you. So when they see you get excited about Menucha, they kind of get drawn in by that energy. Grants are wonderful, but without your support they won't happen.

There have been some changes to the Friends of Menucha board this year. President John Morris' term expired and has been replaced at the helm by me, Mike Starosciak. Two new board members have joined us, Ellen Richter and Kristin Solomon. They join Secretary Susan Hedlund, Treasurer Chris Rasmussen, and Board Stewards Erich Merrill and Jennifer Helmer.

On behalf of the board, we again thank you for your support. We are looking forward to another successful year in 2017.

We wish each of you a happy and healthy holiday season and a blessed new year.



*Friends of Menucha Foundation Board Stewards from left to right: Spencer Parks, Erich Merrill, Ellen Richter, Mike Starosciak, Kristin Solomon, Jennifer Helmer, Susan Hedlund and Chris Rasmussen.*



## THE COOKTOP

a favorite recipe from the Menucha Kitchen  
Mark Mosler, Food Service Manager



### RICH CHOCOLATE SPONGE CAKE

makes 8 servings

Brown sugar and cream cheese give this cake an unusual richness and flavor

- |   |  |
|---|--|
| 4 tablespoons unsweetened cocoa powder                    | 2 large eggs                           |
| $\frac{2}{3}$ cup milk                                    | 1 teaspoon vanilla extract             |
| 2 3-ounce packages cream cheese, softened                 | 1 $\frac{1}{4}$ cups all-purpose flour |
| $\frac{1}{3}$ cup ( $\frac{2}{3}$ stick) butter, softened | 2 teaspoons baking powder              |
| 1 $\frac{1}{4}$ cups firmly packed light brown sugar      | Confectioner's sugar for garnish       |

Preheat oven to 350° F. Grease a decorative 6-cup cake mold.

In a saucepan, mix together cocoa powder and milk over low heat, stirring occasionally, until mixture is smooth and bubbles appear around edges of pan. Cool completely.

Beat together cream cheese and butter at medium speed until blended and smooth. At high speed, beat in brown sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla.

Mix together flour and baking powder. At low speed, alternately beat flour mixture and cocoa mixture into cream cheese mixture. Spoon batter into prepared pan; smooth top. Bake cake until a toothpick inserted in the center comes out clean, 45 to 50 minutes.

Transfer pan to a wire rack to cool for 10 minutes. Turn cake out onto rack to cool completely. Dust with confectioner's sugar.

NOTE: This cake can also be baked in a 6-cup fluted tube pan or a 9-inch round baking pan. Bake for 40-45 minutes.



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.





## WE INVITE YOU TO JOIN US FOR ONE OF



### SCRAP AND SEW CRAFT RETREAT JANUARY 20-22, 2017 with host Laurie White

Scrapbooking, quilting, needlepoint, knitting, crochet. You name it, come and do it! Join fellow crafters for a great weekend away. No meals to prepare or dishes to wash—let us take care of you! You may opt to come for either one or two nights. Can't come in January? Join the fun May 12-14, 2017!

### TRANSITIONAL MINISTRY WORKSHOP FEBRUARY 13-16, 2017

Facilitators: Scott Lumsden, Heidi Husted Armstrong and Eliana Maxim

Leading a congregation in adapting to new realities requires more than just the skills of a good pastor. It takes courage, faith, awareness, knowledge and a good strategy to guide people through the rough waters of change.

Through these workshops, you will gain the effective skills and practical wisdom to effectively lead a church to change, renew and grow.



### 7th ANNUAL MENUCHA UKULELE BAND CAMP March 27-31, 2017

The 2017 band camp is SOLD OUT! We are accepting names for our waiting list.

The fine instructors Marianne Brogan has brought together for band camp this year: James Hill, Kevin Carroll, Del Ray, and Aaron Keim, along with Nova Karina Devonie and Matt Weiner. They will be striking up the ukulele band for four nights and three days of intense fun, ukulele instruction and merry music-making led by some of the ukulele world's finest band members.



## OUR 2017 WINTER OR SPRING PROGRAMS

### 8th ANNUAL MENUCHA MOUNTAIN DULCIMER FESTIVAL April 5-8, 2017

We'll bring more music to the gorge in April! Festival instructors include Lorinda Jones, Tull Glazener and Janita Baker. For beginners, Lance Frodsham will be teaching on Saturday during the Dulcimerion workshops. Can't come to the full festival or you're a complete beginner? Then our Saturday, one-day Dulcimerion may be just right for you!



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

This workshop provides hands-on experience; Instruction will fit both representational and abstract painting styles. During the three day workshop students will be focused on four areas:

- Learning new techniques to improve your watercolors and create strong statements with color.
- Learn how to add interesting abstract shapes to your realistic paintings.
- Create strong values that, along with good color combinations, will improve your paintings dramatically.
- Discover how to use items from craft stores, hardware stores and scrapbooking stores to add interest and texture to your work .

### PRACTICAL CHURCH LEADERSHIP WORKSHOPS Equipping Pastors, Elders and Staff to Lead a Changing World with Rev. Dr. Ken Evers-Hood

Dates and times to be announced. These one-day workshops will help equip church leaders to address the challenges of our modern church. Rev. Dr. Ken Evers-Hood will be our workshop leader, and is noted for his engaging and timely presentations.

