



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

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



MENUCHA IN DECEMBER Tim Kurkinen, Facilities Operations Director

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 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.

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



Follow us on Twitter

@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.

