



MENUCHA

Sacred Space - Purposeful Work

The Menucha Meander

WHAT A WONDERFUL EVENING IT WAS!

Susan Hedlund, Friends of Menucha Foundation President



Natalie and Alyssa

On Sunday, September 10th Menucha hosted its 19th Annual Fundraising Dinner. The event, "The Adventure Begins," marked our first year as a new organization. The Friends of Menucha Foundation Board of Stewards has been working with the newly appointed Menucha Board to create a new 501(c)3 over the past two years, carefully considering the longstanding relationship with and support from First Presbyterian Church in Portland. The new business arrangement, finalized on July 17th, allows for additional opportunities for Menucha as we enter a new time. With the impending retirements of both Spencer Parks and Donna Leamy, we are indeed embarking on a new era.

Nearly 90 guests gathered together on the Wright terrace for wine, champagne and a variety of tasty appetizers and lively conversation. Dinner was served under a spacious tent erected in the driveway in front of Wright Hall, where our kitchen manager Sergio Calvillo-Ruelas and his staff wowed us with a trio of delicious tapas. The feast continued with a fresh green salad, grilled bread and paella, a classic Spanish rice dish made with saffron, vegetables, chicken and seafood. For dessert guests enjoyed a mouthwatering Basque cheesecake.

Menucha Board Chair Rick Lee provided an overview of the transition, and Gerry Foote and Kristin Solomon, both members of the Friends of Menucha Foundation,



Chefs Sergio and Chris—the paella is

shared how important Menucha had been to them as participants in the arts at Menucha. Keren McCord, also a FoMF board member, offered her perspectives on facilitating retreats in such a peaceful and inspiring place. Finally, Spencer Parks acknowledged how important Donna Leamy has been in providing support and guidance to Menucha for over 30 years.

In all, the event brought in more than \$50,000, the largest amount raised at the annual dinner to date. We are grateful for the devotion of the Menucha staff, not only for making the event so seamless, but for all they do to make guests feel welcomed all year long.

Our thanks to everyone who attended our event this year, to Heritage Bank for sponsoring our Head Table, and to Tom and Gayle Hughes for providing the wine we enjoyed with dinner. We also remain so thankful for the generosity and support of our donors. Your confidence in us ensures that we will be steadfast in supporting the mission of Menucha going forward in new ways.



From left: Sam and Ann Martin, Steve and Lisa Snodderly



LAUGH A LITTLE

Reverend Spencer Parks, Menucha Executive Director

One of the things I most often hear from the participants in our programs is, "I've never had so much fun, laughed so much and learned so much all at the same time." It makes me happy hearing this. It means that we're doing our job here at Menucha. We believe that having fun—and laughing—is fairly important.



Aristotle believed that one didn't acquire a soul until one laughed. He thought this occurred when a baby was about 40 days old. More recent research indicates that it's more like 90 days. Maybe he confused cooing and a smile with laughter. Being a recently minted grandfather, I can understand how that might happen. My granddaughter, a little over 3 months old, smiles a lot. She coos a good bit as well. All of this makes her parents and grandparents smile right along with her. I'm waiting for her to laugh. If smiles are any indication, I'm sure the laugh will come any day now.

Perhaps Aristotle held this belief because he was under the impression that humans were the only animals on the planet that actually laughed. I read an article recently which said that folks who study such things have identified about 65 animals (other than humans) that have some form of laughter. It also said that laughter in animals most often occurred when these animals were young and were at play. Playing is one of the ways in which animals (including us humans) learn things, which means there is a strong correlation between laughing and learning. I was surprised to discover that there has been a fair amount of research done in this area, and all of it pointed to the advantages of humor and laughter in learning and well-being. I think I could have saved these researchers a lot of time if they had just come to me first (although it wouldn't have been nearly as scientific). As I said before, I have observed first-hand from the many participants we've had in our programs how laughter and learning are tied together. It's all a part of nurturing the whole person.

This makes us different from your run-of-the-mill conference center. We're here because we want to return people to their everyday lives better than when they came. We want them to be renewed in body, mind and spirit so they can go back and be the best person they can possibly be. We believe that if we can return whole people back into our world, then the world can't help but be a better place.

So, be prepared to laugh a little when you visit us. Be prepared to unwind and allow joy to fill you. Be prepared to learn something new, maybe even about yourself. Be prepared to return to your everyday life renewed and ready to face new challenges. It's what we do here. If I do say so myself, we're pretty good at it.

So until we see you again, keep smiling...and laugh a lot.



THE COOKTOP - A RECIPE FROM THE MENUCHA KITCHEN

Sergio Calvillo-Ruelas, Food Service Manager

COLIFOR CON PIMENTÓN (Cauliflower with paprika)

One of the tapas made for our Fundraising Dinner
Serves 4-5 as an appetizer



- 2 tablespoons olive oil
- 4 cloves garlic, thinly sliced
- 2 heads of cauliflower, cut into 1-inch florets
- 3 tablespoons smoked paprika
- 1 tablespoon sherry vinegar

Heat oil in pan. Once hot, add garlic and cook until golden brown. Remove garlic with skimmer or slotted spoon and set aside.

Add cauliflower to pan and stir occasionally until tender and caramelized. Remove from heat and add garlic back into pan, along with paprika and sherry vinegar. Add salt and pepper to taste and enjoy!



KIND WORDS FROM OUR RECENT GUESTS

"Thank you so much for the wonderful hospitality!"
Women's group

"Thank you so much for everything—we loved it!"
NW Pastor's Wives

"To all the Menucha staff: Thank you—we had a wonderful time!" High School youth group

"We appreciated the laid-back atmosphere, the grounds and the variety of activity spaces, the pool, the tennis courts, the flexibility of uses of the facilities, the affordability, and not having to provide our own food. We have decided to return in 2025!" Family Reunion

STAY CONNECTED!



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menucharetreat



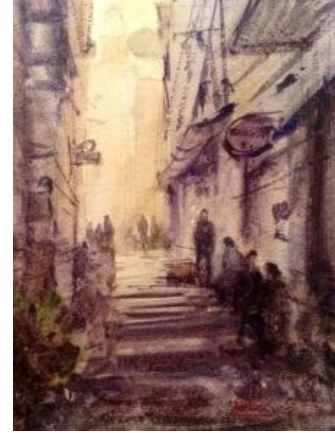
PROGRAMS AT MENUCHA - Lori Nance, Program Director

Take some time to grow your skills as a painter, a musician, as a crafter - we have some of the best teachers and times to not only learn skills, but make friends.

MAKING A SCENE IN WATERCOLOR with STEVE KLEIER October 16-19, 2023

There is something magical about painting watercolor scenes of travels and favorite places. Landscapes and urban scenes make great subjects for painting; both are full of interest and great stories. Even though the subjects are very different, land and city scenes have a lot in common when you know what to look for. Learn and expand your skills with this fun and inspiring class.

(Pictured: "Italian Steps" by Steve Kleier)



2nd ANNUAL HARMONICA NORTHWEST October 26-29, 2023

Join us for a long weekend of all things harmonica - great instructors, classes, jams and a concert, too! Artistic Director Kim Field has gathered the best: Joe Flisko, Eric Noden, Ross Garren and Andrew Alli. The concert will be Saturday, October 28, at the Corbett Grange.

SPECIAL EFFECTS / Painting in Watercolor with Acrylic Texture with RENE EISENBART October 30 - November 2, 2023

Come play with textural substrates for your watercolor paintings. Rene will help you open new avenues for creativity. Adding acrylic mediums and opaques to your watercolor technique opens up whole new worlds of possibilities! Learn to re-evaluate and reinvent your work when it isn't working to your satisfaction. Any painting can be "fixed" with the right combination of acrylic grounds and liftable opaques. Build your skills and your imagination in this lively, supportive workshop, designed to promote "out of the box" thinking!

(Pictured: "Nested Bluebird Eggs" by Rene Eisenbart)





ALL THE DETAILS CAN BE FOUND ON OUR WEBSITE
www.menucha.org/programs



SCRAP & SEW CRAFT RETREAT NOVEMBER 3-5, 2023

Imagine a whole weekend to finish a project, or start a project, or work on several projects! We'll do the cooking, you do the creating. You'll have table space, a task lamp, and friends to share the time.

HERE'S A SNEAK PEAK OF A FEW WINTER AND SPRING OFFERINGS

LUNCH & LEARN!

Stay tuned for the what and the when. We'll give you some great lunchtime breaks to fill your hearts and minds during those cold, wet January and February days.



UKULELE BAND CAMP March 25-29, 2024

We'll welcome Steve Espaniola, Grace van't Hof, Avery Hill, Larry Wyatt, Matt Weiner and Nova Devonie, all brought together by Artistic Directors Aaron and Nicole Keim.

Registration will open on
Wednesday, October 18, 2023
at 10:00 am Pacific Time.



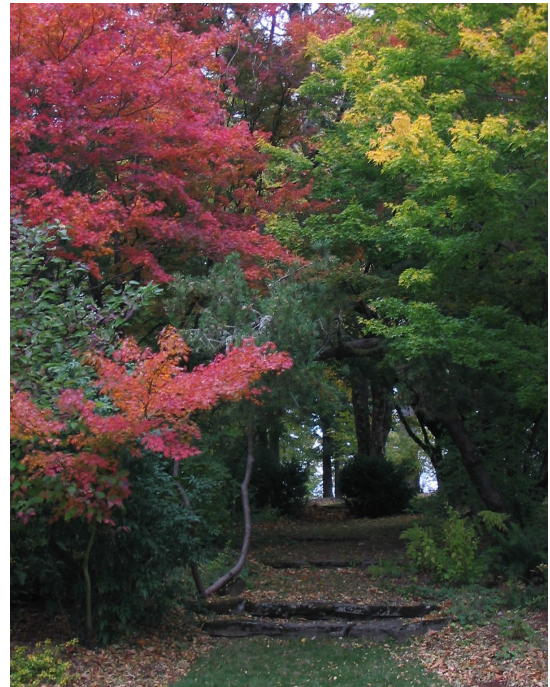
FACILITIES UPDATE

Tim Kurkinen, Facility Operations Director

The nights are cooler now and the windy rain arrived just this week. Soon the leaves will turn beautiful shades of yellow, orange and scarlet. I have always enjoyed this change in seasons. It helps me pause and think about the season that just ended, and to notice what's around me and to look ahead for what's to come.

Projects on the list this fall include giving the boilers and furnaces a pre-season tune up and preparing the backup generators for potential power outages. Water heaters, chimneys and decks also need attention. On the property we'll be clearing roads, walkways, trails of overgrowth and downed trees and producing more firewood (thank you Ernie for your ongoing stewardship of this). Wish us warmth and safety as we steward this remarkable place.

So, into the fall we go with gratefulness and hope for what this next season may bring.



***"Volunteers don't get paid,
not because they're worthless,
but because they're priceless."***

– Sherry Anderson

We're always looking for volunteers.
If you're interested, please let us know!





PHOTOS FROM OUR FUNDRAISING DINNER "The Adventure Begins"





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Our mission is to enrich lives through hospitality, learning, reflection and renew-

CONTACT INFORMATION



You may join our mailing list
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 or by contacting us:

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I would like to receive Menucha communications via:
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MAXIMIZING YOUR GIFT

Setting up a **Recurring Gift** can be a great way to make a larger gift than you might be able make at once. \$25 over a year adds up to \$300, or \$100 totals \$1,200! Sustaining gifts like this secure the day-to-day operations at Menucha and are greatly appreciated.

Matching Gift programs offer a way to sometimes double your gift as well as an employee benefit you don't want to miss out on utilizing. You might also consider asking family members to match your gift. This is a great opportunity for older generations to talk to younger family members about what is important to them and how Menucha has impacted the family.

If you are 72 or older and must take **required minimum distributions from your IRA**, you can transfer up to \$100,000 annually from your IRA directly to Menucha without having to recognize the distribution as income.