

***From Our Table to Yours:
A Kitchen Staff Special!!***

October 20-21, 2008

The Alton L Collins Retreat Center in Eagle Creek, Oregon is known for its exemplary cooking and hands-on kitchen training in the beautiful Pacific Northwest. We are pleased to continue our third year of kitchen training this October.

One of our goals at the Retreat Center is to offer delicious, nutritious food that honors the earth and the future of our children. Your staff is invited to join us for this informational hands-on (and quite honestly, fun and delicious) week of training. Our past attendees from across the nation have thoroughly enjoyed flexing their gastronomic senses here at Collins and we hope you will too.

The training will address basic vegetarian menu planning, as well as touching upon other special diets, with advice on healthy menu planning and using local garden produce. New to our 2008 program is helping participants develop a way to offer food ministry as a part of an overall site program that nurtures faith and spirituality.

Evening conversation will include discussions of where our food comes from and the wider ramifications of our food choices—responding to important questions of our time.

Our aim is to equip staff with the skills and confidence to minister through food.

Kitchen Staff Special!! dates: October 20-23

Program Fee: \$250.00 per site

Room and Board: \$100.00 per person

Program Fee Includes: Hands on instruction, recipe collection, topic handouts, a take-home project & a half-day tour including local orchards of Hood River Valley and the Columbia River Gorge's Multnomah Falls.

Room and Board Includes: Motel style lodging with private baths, all linens, Breakfast, Lunch, and Dinner beginning with dinner July 7 through lunch July 10. Dinner July 9 is NOT included in this price. We will eat dinner out this night at one of our fine local restaurants.

An airport shuttle will be available Monday at 3:30 pm and Thursday at 2:00 pm.

For information, call or email Gretchen Doering @ 503-637-6411 or alcrc@cascadeaccess.com

Registration:

Site Name: _____

Name(s) of attendee(s): _____

Address: _____

Phone: _____

Email: _____

Payment Information:

\$250.00 Program Fee: _____

\$100.00 Lodging Fee X Number of Participants _____ = _____

Total Enclosed: _____

Credit Card Information:

Card Type: (Visa and MasterCard Accepted): _____

CC Number: _____

Expiration: _____

Authorized Signature: _____