

November 2016 Newsletter

La Foret Conference and Retreat <mail@laforet.org>

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Providing sanctuary for all to consider the transcendent issues of life

November 2016

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IN THIS NEWSLETTER

[Giving Thanks!](#)

[A Letter From Our Board](#)

[Dance Lessons at La Foret](#)

[Employee Highlight: Amber](#)

[Moose Sighting!](#)

[How YOU Can Help](#)

Giving + Thanks!

Finally! One of La Foret's favorite holidays!

Thanksgiving is a time of year to pause from life's fast pace, even just for a moment to give thanks for the abundance in which we live. We at La Foret create natural Sanctuary for all to consider the transcendent issues of life and yet we have been the beneficiaries of great gifts of time, material and monetary gifts. We are especially grateful for the many volunteer projects, where guests are seeking an opportunity to help us!

We are delighted to receive reinforcement from the many hands who have graced our camp. Our volunteer projects are guided by the Buildings and Grounds Director, Tim Cole. We have seen some big improvements that started with a little spark of generosity.



Beautiful Adirondack chairs, assembled by a group of Eagle Scout volunteers

We have volunteers with great talent in electrical work and some who have stellar carpentry skills - all have applied their talents to projects throughout the camp.

Church groups, ROTC volunteers and Eagle Scout groups have come to help. Many of our guests set aside time in their busy retreat schedules for working on our facility. We've been fortunate to have Eagle scout candidates build 20 picnic tables, and Gary Olsen has built 50 new Adirondack chairs and 25 bunk bed ladders! Brand-new decks, custom made for Aspen, Columbine, and Indian Paintbrush have been an extraordinary gift, as well as a Gaga ball court! Recently, volunteers have contributed over 1000 hours to our fire mitigation project. WOW! So much can be done when generous hands are in harmony.



Safe, strong bunk bed ladders, assembled by volunteers!

La Foret is thankful for all the ongoing support. As we all celebrate a national day of Thanksgiving, we wish you and yours a happy, healthy and thankful season.



Mitigation volunteers help with our "in kind" match for the federal grant.

News From Our Board of Directors

We thank you for your past stewardship of time and contributions to La Foret. This is the time of year churches and worthy nonprofits are asking you for annual financial support. We'll be honest, so are we. Your gifts to La Foret enable the spiritual development of young people and adults within the United Church of Christ, Christian Church Disciples of Christ, and well beyond. La Foret provides the natural sanctuary for all to consider the transcendent issues of life.

This year, we have an exciting development to tell you about! For 2015 and 2016 La Foret has covered ALL operational costs with operating revenue. We're **"in the black,"** which means that your contribution will go to improvements, not operations. We have increased our revenue by 25% over two years while keeping a tight rein on expenses, and can now assure you your gifts will not be funding daily operations, but will be set aside by the board of directors for facilities improvements that will make your visits better. At the top of the list are replacement of cabin windows, many of which don't properly open or close. We hope you'll be as excited about this news as we are! Your support means everything to us and we are serious about stewarding our resources wisely. It's a new day at La Foret!

Giving is easy, and it makes a big difference to La Foret. You can give by clicking "donate" just below in this newsletter or mail us a check. Those of you 70 ½ or older can give from your IRA without your withdrawal being taxed. We'll provide a receipt for your tax deductible donation.

Please give generously. Thank you, in advance, for your support and investment in the bright future of La Foret!

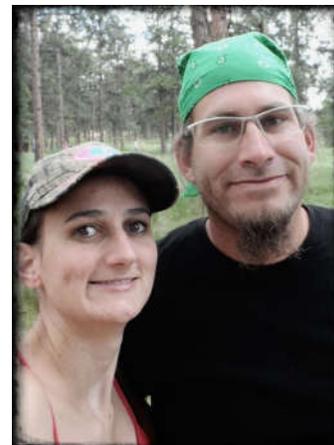
The La Foret Board of Directors

'Dance in the Woods!'

Employee Highlight: Amber Lawrence

Hospitality

We are happy to celebrate Amber this month! She spent this summer keeping all our cabins and meeting spaces in tip-top shape. She learned her way around quickly at the start of the season, and she is planning to stick-it-out into a new season here in the woods. Amber is also trained as a busy 'retreat worker' in the kitchen. She helps to prepare for meals by setting the dining hall, filling each item of our delicious fresh salad bar, and serves a quality meal to friends, family, and guests of La Foret.



Amber, pictured with her fiancé, Joe.

"A negative mind will never give you a positive life."

Thankful to dance community party!

~ Open to the public! Invite your friends! ~

Mark your calendars for our "Dance in the Woods" lesson and social dance party...and this is going to be a **BIG ONE!!** Invite your friends!

Please note* This one is hosted in Inglis Hall, a different building than our usual meeting-place, which is typically Ponderosa. This time, we will meet in Inglis Hall - its triple the size of Ponderosa, with an excellent sound system! Lets FILL this huge dance floor!



La Foret will provide a delicious Thanksgiving themed snack spread, and you are invited to B.Y.O.B. - we will provide coffee, tea, water...you may bring beer, wine (21+).

There will be a Two-step lesson at 6:00 pm, taught by Tasha. It will be a nice introduction to some social dance moves to practice the rest of the evening. We'll play great music for dancing Two-step, West Coast, Cha Cha, Nightclub, Waltz, and more!

Only \$10 per person, at the door.
As usual, your money goes to La Foret, and the preservation of this beautiful nonprofit organization, providing safe space in support of community growth.

SUNDAY, NOV. 20th, 2016

Beginner *Country Two-Step* Lesson
6:00pm - 7:00pm

Social Dance Practice Party
7:00pm - 9:00pm

-- Private and semi-private lessons are also available! Click [HERE](#) for more information! --



Our Magnificent Moose!



Sighting at La Foret 's office on 10/18/16

Getting winter-ready!

She hasn't tucked away for the winter yet! Spotted many times around camp during the springtime, she has now been spotted again for her Autumn chow-down. As the summer vegetation dies, she is on a frenzy, trying to eat as much as she can, before the leaves die and winter hits.

She is built to endure a rough Alaskan or Canadian winter! Moose actually have several physiological traits that do help them to survive even the worst of winters. Moose can 'shut-down' their metabolism by 25%, which proves to be essential, since this huge creature is only sustained by wood and bark during the winter months, which has very little protein or caloric energy. Their territory also becomes very small compared to their summer roaming, so they save energy by staying close.

They also have a very elaborate nasal cavity...I mean, they must, right? With that big honkin' nose! Moose can actually warm up the air as it enters the nasal canal. And surely they must breathe a sigh of relief, then as warmed-air enters their lungs instead of winter's icy-chilled air.

How can YOU can make a difference?!

"When we cast our bread upon the waters, we can presume that someone downstream whose face we will never know will benefit from our action, as we who are downstream from another will profit from the grantor's gift."

- Maya Angelou .

Volunteer Opportunities

- Fire Mitigation
- Forest clean-up
- Antique Furniture Repair
- Painting/Staining
- Trail Maintenance

Wish List

- Flowers & flower pots
- Donated golf cart, mini-van/work vehicle
- Waterproof flooring for Lower Dining Hall
- Monetary [DONATION](#)

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