Nu Sigma Nu Newsletter

Alpha Chi Omega

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Message from Jane B. Short

Hi, everyone! Happy Autumn! It's beautiful here in Tennessee; the leaves on the trees have gotten very colorful in the past week, and there are already many leaves on the ground. In Big Sky, there has been snow sticking to the mountain for about a week now.

We had a busy summer! On August 20 we organized and participated in a sailboat race on Hebgen Lake, which has led to Brock forming a new yacht club. Before we left Montana, we pulled the 10,000 pound sailboat out of the water, winterized it, and put its winter cover on it. That was quite a project! The sailboat will sit in the lot at the marina for 10 months before we can put it back in the water and use it again.

After Labor Day we flew to West Palm Beach, Florida to visit my parents. My Mom had a lot of health problems this spring, including having her gall bladder removed. But she was doing much better, we were glad to find. We then drove up to Jacksonville to attend the Titans/Jaguars first game of the season on September 11. It was so hot we just about melted in our seats! You may have seen us on TV – we were just 3 rows behind the Titans' bench; I was wearing my Marc Mariani jersey. Gotta support the boy from Montana! The Titans lost that game and are now 3-2. In some games they look dazzling, and in other games not so impressive.

We weren't in TN for long before we flew to Moab, Utah to celebrate our tenth anniversary! We stayed at the beautiful Sorrel River Ranch, which was first class. We hiked every day, took a 20-mile road bike ride, went rafting on the Colorado River, ate like royalty, and of course enjoyed the spa. We spent quite a lot of time lounging by the swimming pool. Gosh, that place is so beautiful!

We had been back from Utah for one day when we got word that my step-daughter, Chauncey, was having her baby. So we drove down to Atlanta for the birth of our first grandchild! Chauncey's labor was induced but lasted only 3 hours! We were not late – the baby was early! Our new grand-daughter, Winter Willow Anderson-Saurus, was born on October 6, was 6 pounds 14 ounces, and was 19 inches long. All she wants to do is sleep! She is beautiful and precious. I think as soon as she can walk, Brock is going to have her on a pair of ski's.

I will be in Big Sky Nov. 30 thru Dec. 10, and then from just after Christmas thru around April 1. If you plan to come to Big Sky to ski this winter, PLEASE contact me. I would love to meet you! (And in case you need instruction, I will be working as a ski instructor at Moonlight Basin.)

So that's my news – and I had plenty of it! Please let me know what's new with you. The next newsletter needs to be about someone besides me!

Happy Founder's Day - October 15!

Member News

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- Bonnie Smith Rigg of Kalispell and Miami Beach has some new works on display at the University of Miami Art and Art History Faculty Art Show through October 28 and then at the University of Miami Wynwood Project Space through November. The works, shown below, are (L-R) "Hey Babe", "Hot Babe", and "Cool Babe".
- Karin Mikkelsen Utzinger and her husband, Robert, took an interesting visit to Lamar Valley in Yellowstone National Park in early May. They got some beautiful photographs which they shared with me. I am sharing four of them with you in this newsletter. On this page is a bear (note how heavy the snowpack was for May), on page 3 are Sandhill Cranes and a coyote, and on page 4 is an elk with velvet on his antlers. I am also grateful to them for sending me a write-up of their second trip to Mongolia, which was in September 2010. It's fascinating to read! They spent several days at a nature reserve at the edge of the Gobi Desert, took a trip to the Mongolian mountains, and had a fishing adventure on the Onon River with Mongolian River Outfitters. I'm glad they returned safely.







Recipe: Vegetable Casserole

From Edna "Eddie" Currier Bennett, Big Arm, MT

- 3 T. butter, melted
- 1-1/2 c. uncooked brown rice
- 2 large onions, chopped
- 3 c. vegetable broth (made from dehydrated broth)
- 3 T. Japanese soy sauce
- 1/2 tsp. thyme
- 1 tsp. salt
- 3 T. peanut oil
- 2 cloves garlic, chopped
- 1 bunch broccoli, cut into flowerets
- 1 head cauliflower, cut into flowerets
- 2 red peppers, cut into strips
- 1 c. cashews
- 2 c. (8 oz.) shredded cheddar or Monterey Jack cheese

In a large 2-quart casserole, mix butter, rice, half of the chopped onion, broth, and soy sauce. Cover and bake at 350 degrees F. for 20 minutes. Remove from oven. Stir in thyme and salt. Heat oil in a skillet and sauté remaining onion and vegetables for 5 minutes over high heat. Pour over rice mixture. Cover and bake for 10 minutes. Remove lid and sprinkle with cashews. Mound cheddar cheese around edges and bake for another 5 minutes or until cheese is melted. Serves 6.

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Birthdays!

Dorothy Larson Bell	Oct. 1
Virginia Henningsen Lisac	Nov. 10

Events

Domestic Violence Awareness Month	October
Yom Kippur begins	October 7
Columbus Day	October 10
Founder's Day	October 15
Halloween	October 31
Daylight Savings Time Ends	November 6
Election Day	November 8
Veteran's Day	November 11
Thanksgiving Day	November 24



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