

January 29, 2012

Inside This Issue

- 1 Message from Jane B. Short
- 2 Member News
- 3 Recipe: Pineapple Nut Bars
- 4 Birthdays and Events



Message from Jane B. Short

Happy New Year! I thought I would send you a quick newsletter to let you know I'm still alive and kicking.

I hope you had a happy holiday season. Brock and I have been back in Montana since Dec. 31. The skiing hasn't been so hot by our standards, but I guess we're doing as well as or better than any other resort in the country. I've been battling lower back problems and receiving physical therapy for that.

I have been enjoying participating in a women's alpine skiing workshop on Wednesdays to improve my skiing. It's a ton of fun. This week I also participated in 2-1/2 days of clinics to earn my Level 1 certification from the Professional Ski Instructors of America. I'm happy to say that I passed! And now my back is killing me and I am taking a few days off from skiing. Brock and I both specialize in teaching adults. It's fun and it's going well. So if you travel to Moonlight Basin to ski, please look us up. If you need a lesson, please ask for us. (We'll be happy to teach your kids, too!) To the left is a photo of me in my "wasabi" instructor's jacket.

It's already time for our annual membership drive, so please be watching for that letter in your mail box, very soon. For those of you with email, I will also email you the letter.

I will not have time this year, as I have in years past, to send out multiple reminders if you're late sending in your dues, so please consider this your one and only early reminder.

You are a very special part of this chapter and it would not be the same without you. I am proud of each and every one of you and the contributions that you have made to make this chapter so successful.

For those of you who have Alpha Chi Omega friends who are not currently members of our chapter (attention Helena ladies), please encourage them to join our chapter! We want them and would be honored to have them as a part of our chapter.

I know you're busy. So am I. I'm a wife, stepmother, grandmother, and I work as a ski instructor. For Alpha Chi Omega, I am the President and Treasurer of this chapter, the Treasurer of Eta Theta Eta Alumnae Chapter of Nashville, TN, and starting in June I will be the Province Alumnae Chairman for Kentucky and Tennessee. But this chapter means a lot to me because I founded it and I want to see it continue to succeed. So I continue to be involved. I would welcome any help you would be willing to give me. If you want to be an officer, great! If you want to help with or participate in Alpha Chindness, great! If you just want to receive the newsletter, that's great too! Just please continue to be a part of us and support us. You are welcome to do as much or as little as you want or are able.

You are a treasure. Please continue to keep in touch with me and let me know what's going on in your life. And let me know how WE can help YOU!

Loyally,

Jane

Member News

I thought it fitting to include this letter from **Tom Burroughs**, the husband of **Phyllis Seeley Burroughs**. Phyllis was one of our Alpha Chindness recipients last year.

Dear Friends,

Please forgive my tardiness in getting out a Christmas letter to all the good friends. Let's just call it a New Year's letter and catch you up on the one that is passing.

It has been a trying year for the Burroughs family. As you may or may not know, Phyllis has been afflicted with Progressive Supranuclear Palsy. After much running from doctor to doctor we finally got the diagnosis about 3 years ago after a trip to the Neuroscience Center at the University of Utah. Adding to our sadness is the fact that there is no accepted treatment for the condition. I took care of Phyllis here at home for the first two years while looking for some sort of treatment that might at least alleviate some of her symptoms. After the 24/7 struggle for two years we finally agreed that we would need to try the nursing home route. On March 1st, 2011 we admitted Phyl to Heritage Place in Kalispell. While being a reputable establishment, Phyl was not happy there. We decided at summer's end that if possible through Medicaid, we would try to move her home. On November 7th we moved her home. Our equipment consists of an electric transfer lift for moving her to and from her wheelchair to the portapotty or to her recliner when she feels the need. I do have some assistance with outside help to relieve me somewhat but at least she seems much happier.

I am administering several supplements that have been recommended to me. The main one is Kangen bio water. This is a treated water that hydrates the body cells with alkaline water to clean toxins from the system. We have had some small success with that. The other treatments include enzymes Laminine, Glutathione and COQ10 in liquid form. Phyl is also diabetic and has to have insulin now twice daily. Needless to say we are a busy household most of the time. Almost all her food has to be specially prepared due to her difficulty swallowing. She has been a trooper with everything considered.

My daughter Vicki and her family have moved in with us to assist with her care and we had a most joyous Christmas. We enjoyed all the letters and Christmas cards we received and felt we must respond to let you know. We feel fortunate that Phyllis is still with us and we continue in God's merciful hands for the time we can enjoy together.

Here's hoping that you and yours have a most joyous holiday time and a tremendous 2012.

Love and Appreciation,

Tom and Phyllis Burroughs

Note from Jane: From the bottom of my heart, thanks so much to each of you who participated in our Alpha Chindness project this year and did something for Phyllis. You can see that she must have appreciated everything we did for her.

Recipe: Pineapple Nut Bars

From **Jane Bonnell Short**, Big Sky, MT

Base

1 c. all-purpose flour
½ c. sugar
½ c. butter or margarine

Filling

8 oz. pkg. cream cheese, softened
2 T. sugar
2 T. milk
1 tsp. vanilla
1 egg
8 oz. can crushed pineapple, well drained
1 c. flaked coconut
½ c. chopped macadamia nuts or almonds
1 T. margarine or butter, melted

Glaze

½ c. powdered sugar
3 or 4 tsp. milk
½ tsp. rum extract

Heat oven to 350 degrees F. Lightly spoon flour into measuring cup; level off in medium bowl, combine flour and ½ c. sugar. With pastry blender or fork, cut in ½ c. margarine until crumbly. Press in bottom of ungreased 9 inch square pan. Bake at 350 degrees F for 10 min.

In small bowl, combine cream cheese, 2 T. sugar, 2 T. milk, vanilla and egg, beat until smooth. Stir in pineapple; spread over partially baked base. In small bowl combine coconut, nuts, and 1 T. melted margarine. Sprinkle evenly over pineapple mixture. Return to oven and bake 18-20 min. or until coconut is golden brown and filling appears set.

Cool completely. In small bowl, combine all glaze ingredients. Drizzle over bars. Refrigerate until serving time. Cut into bars.

Birthdays!

Sally Bush	Feb. 3
Stephanie Hockman	Feb. 17
Allison Hofman	Feb. 23
Noelle Kent	March 30

Events

MacDowell Month	February
Lincoln's Birthday	Feb. 12
Valentine's Day	Feb. 14
President's Day	Feb. 20
Washington's Birthday	Feb. 22
Flag Day	Feb. 24
Hera Day	March 1
Daylight Saving Time Begins	March 11
St. Patrick's Day	March 17
First Day of Spring!	March 20

FEBRUARY 2012						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

MARCH 2012						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31