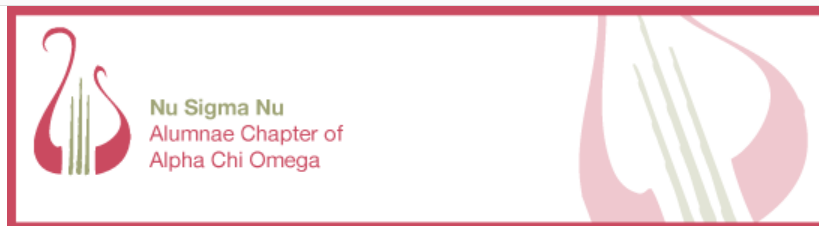


In this issue: Let's Make Catherine's Day!, New Year's Resolutions, Chapter News, Alpha Chi Omega Dates and Reminders, Convention, Member News, Recipe: Cold Sesame Noodles and Vegetables  
Volume 9, Issue 1

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## Let's Make Catherine's Day!

Welcome to a new year for Nu Sigma Nu! I hope you're having a great winter, keeping healthy, and ready for spring!

This year our members have been a little slow to send in their dues. Welcome back to eleven returning members, and thank you so much for sending in your dues on time! This enables me to send our dues to Headquarters on time! I really appreciate that, and I really appreciate your continued support of Nu Sigma Nu. You can find the current list of members on the sidebar.

I have been having a nice, relaxing winter in Big Sky. We've been getting lots of snow, and the skiing has been superb! I participated in the four-week "Master The Mountain" program to help improve my skiing. One of the highlights of my winter was a 2-week ski trip to British Columbia, Canada, in early February. For most of the trip, we suffered with bitter cold temperatures but we braved the cold and skied any way. Unfortunately, the areas we visited were hurting for snow and hadn't had any fresh snow in 3 or 4 weeks, so snow conditions were marginal. However, finally a storm arrived, drove up the temperatures, and dumped a bunch of snow. We visited the following resorts: Fernie, Kimberley, Fairmont Hot Springs, Panorama, Revelstoke, and Kicking Horse. We had the best snow and the most fun at Kicking Horse. We were fortunate to make friends with some locals there who guided us around to the best runs. We were happy that we finally found some powder on the "Powder Highway!"

When I sent out our chapter's membership drive letter in January, I received a response from Bill Luscher, the husband of **Catherine "Kate" Church Luscher**. He told me that she is living in a memory care unit at "The Springs at Whitefish" and will not be able to participate.

I thought about this. Our chapter has been piloting the "Alpha Chindness" program. In the spirit of Alpha Chindness, we do something nice for another Alpha Chi Omega without expecting anything in return. This was a golden opportunity for Alpha Chindness. Since Brock and I were traveling through Whitefish to and from Canada, passing right by where Catherine lives, we decided to stop and pay her an unannounced visit. I'm so glad we did! She was delighted to meet Brock and me. We visited her on Feb. 15, so I brought her a late Valentine's Day gift, a small rose plant. She was very lucid and was able to tell us a lot about herself. She was initiated into Alpha Chi Omega at Alpha Rho chapter at University of Idaho in 1950. Her mother and sister (2 years older) were also Alpha Chi Omega's from the same chapter, and her sister was Chapter President. They are both deceased. Her daughter is also an Alpha Chi Omega from Beta Kappa chapter of the University of Wyoming. Her husband, a Sigma Chi, lives in Bigfork and visits her almost daily. I got the impression that Catherine is very lonely and really appreciated our attention.

 [Forward to a Friend](#)



Jane Short, President

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### Happy Birthday (Belated)!

Feb. 8 – Antoinette "Toni" Canepa Scully

### Happy Birthday!

April 1 – Jane Bonnell Short  
April 13 – Leslee Purdy Haylett  
April 22 – Karin Mikkelsen Utzinger  
May 15 – Kristin Piatkowski

### Members

Florence Wohlschlegel Black, Billings

After visiting Catherine, I did some research and found that we have two members also from Alpha Rho chapter who were initiated within a year or two of Catherine: **Florence Wohlschlegel Black** of Billings, and **Rosemarie Jager Iverson** of Kalispell. I have written to both of them to find out if they remember Catherine, and to encourage them to reach out to her. I have also written to Catherine's daughter, **Pamela Jo Luscher Cushman**, to let her know that I met Catherine. I have not heard from any of them yet.

While it's nice that I visited Catherine, it would be even nicer if YOU would reach out to her, too. Why? To quote our symphony: "To shed the light of love and friendship round me." To quote the Golden Rule: "To do unto others as you would have done unto you." If you live nearby, please consider paying her a visit. If not, please consider sending her a card or letter. Let's make Catherine's day!

Here is Catherine's contact information:

Catherine Church Luscher

1001 River Lakes Parkway, Apt. 202

Whitefish, MT 59937-8294

800-850-7971 for "The Springs at Whitefish"; 406-837-1187 (I can't confirm this number to be correct)

(A post-script to this story: while driving through Kalispell and Whitefish, I also called and left messages for two of our members who live there, but neither one was home at the time. I would have enjoyed talking or meeting with them, too!)

If you know of another sister who is in need of some Alpha Chi Omega love and support, please let me know and together we will make that happen.

I would love to hear from you. Please let me know what's going on in your life!

Loyally,  
Jane Short

Mary Cloninger, Bozeman  
Leslee Purdy Haylett, Helena  
Marilyn Blanche Hertz, Anaconda  
Susan McCarl Hills, Billings  
Virginia Henningsen Lisac, Butte  
Sharon S. "Susie" Webb Park, Kalispell  
Kristin Piatkowski, Billings  
Antoinette "Toni" Canepa Scully, Ennis  
Jane Bonnell Short, Big Sky  
Karin Mikkelsen Utzinger, Bozeman

## Website

[NuSigmaNuMontana.weebly.com](https://www.NuSigmaNuMontana.weebly.com)

## Facebook

<https://www.Facebook.com/groups/nusigmanu/>



## New Year's Resolutions

Happy new year and welcome to 2014! With the passing of each year, it has become a ritual for individuals to make personal resolutions for the new year. It's a fresh start and a clean slate. As you are thinking about your own personal resolutions, I encourage you to think about your Alpha Chi Omega resolutions, too!

Alpha Chi Omega resolutions can be made by individuals, alumnae chapters or volunteers.

Here are some great examples of resolutions that you can stick to all year long:

1. Promote Alpha Chi Omega as an alumnae member. This is as simple as wearing your letters once a month; hanging up a photo at work; or actively talking about Alpha Chi Omega with your family, friends and coworkers.
2. Reach out to at least one Alpha Chi Omega sister and encourage her to become involved.
3. Increase recruitment efforts in your alumnae chapter.
4. Make a donation to the Alpha Chi Omega Foundation.
5. Say "thank you" to a sister who has gone over and above for you.
6. Post a positive memory about Alpha Chi Omega on Facebook, Twitter, Pinterest, Instagram, or your blog.

Resolve to make Alpha Chi Omega an active part of your life throughout the year. We appreciate everything that each of you do for Alpha Chi Omega, and I personally look forward to making positive contributions to an organization that is committed to doing so much to empower and transform its women through sisterhood, service and love.

### **Kristyn Tomlinson**

Assistant Director – Lifetime Engagement

(Reprinted from the January 2014 issue of the *Pearl Post*)

Note from Jane: In support of Kristyn's second bullet item above, I plan to provide each of you with an Excel spreadsheet list containing contact information for the other Alpha Chi Omega alumnae who live in your town. Then you can take it from there!

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## Chapter News

I am delighted to report that on Wednesday, Feb. 26, three members of our chapter gathered for lunch at Sweet Chili's in Bozeman. **Mary Cloninger**, **Karin Mikkelsen Utzinger** and I had a wonderful time! We hope to meet for lunch in March and this time include **Antoinette "Toni" Canepa Scully** of Ennis. Thank you, ladies, for taking time out of your busy schedules to have lunch with me! What's happening in YOUR area?



L-R: Mary Cloninger, Jane Short, and Karin Utzinger

The balance in our treasury is currently: \$695.43.

Nu Sigma Nu is one of eleven chapters that has been selected to pilot "Lyre Links," an online portal for chapter management. I received training in late September 2013 and have been using Lyre Links to submit all of our chapter's forms, such as our Treasurer's Report, our IRS postcard filing, and our President's Questionnaire. I'm helping Headquarters to work out all the bugs before all other alumnae chapters are introduced to Lyre Links in July at Convention! It's going great, I love it, and it's much easier for everyone involved, plus we will be building an archive of reports that can be reviewed and referred to by future chapter officers.

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## Alpha Chi Omega Dates and Reminders

Month of February – MacDowell month (celebrating the arts)

March 1 – Hera Day (being of service to others)

March 3 – Panhellenic Badge Day – wear your badge!

March 3-7 – Ritual Celebration Week

July 11-14 – National Convention, Palm Desert, CA

I would be interested to know how you celebrated Hera Day. Please let me know!

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## Convention

Please consider joining me for the 2014 Alpha Chi Omega National Convention, July 11-14, at the J W Marriott in Palm Desert, California! Registration is now open. Check your email or Alpha Chi Omega website, [www.alphachiomega.org](http://www.alphachiomega.org), for more information on registration. It's a great opportunity to reminisce with sisters from your chapter and across the country, experience

our Ritual on a scale like none other, and learn about what's in store for the future of our beloved organization. I would love to have your company!

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## Member News

**Jane Bonnell Short**, of Big Sky, MT and Old Hickory, TN, has been re-elected to serve as Alpha Chi Omega's Province Alumnae Chairman for Kentucky and Tennessee. Her second 2-year term begins on June 1. Jane has served as a Province Alumnae Chairman for various provinces since 2001, with just a 2-year break in there.

**Karin Mikkelsen Utzinger** of Bozeman and her husband, Robert, recently vacationed in the Dominican Republic. This, in contrast to most of their adventures, was a very relaxing vacation for them; Bob finished three books there!

**Mary Cloninger** of Bozeman is the Department Head for the Department of Chemistry and Biochemistry at Montana State University. Her husband, Steven Holmgren, is also a member of the Chemistry faculty. Their son Isaac, 12, is a 6th grader at Sacajawea Middle School, and Ben, 15, is a 9th grader at Bozeman High School. When Mary was a senior at Texas Christian University, she became a charter member of the new Iota Lambda chapter! She thus had a very different collegiate experience with Alpha Chi Omega than most of us did; her "big sister" was an alumna. She earned her PhD at the University of Wisconsin - Madison and did a postdoctoral fellowship at the University of California - Irvine, but being in Nu Sigma Nu is her first experience as an alumna! She has lived in Bozeman since 1999 and became the department head a year and a half ago.

**Marilyn Blanche Hertz** of Anaconda writes: "Continuing to play bridge to support food bank. Also turning 80 this year – where did the years go!" Marilyn's birthday is July 19....

Welcome back to **Kristin Piatkowski** of Billings! She writes: "I finally graduated from grad school at MSU-Billings with my Master of Education. I am now working as a high school science teacher at the Billings Career Center, which is part of School District Two and loving my new job!" Congratulations, Kristin!

**Leslee Purdy Haylett** of Helena writes: "I'm going to be a Grandma in May!! Daughter Lauren is expecting a boy! A surprise, and not how I had it planned for her, but we are getting excited for baby Christian to join us. Lauren will attend Helena College in the fall." Congratulations, Leslee and Lauren!

**Antoinette "Toni" Canepa Scully** of Ennis writes: "I am President of the GFWC Madison Valley Women's Club in Ennis. We proudly run the Nearly New Shoppe on Main Street. 140 members, all-volunteer staff and we take in donations, giving our profits to our community. GFWC is General Federation of Women's Clubs. Madison Valley Women's Club (MVWC) has been in Ennis since 1920. Our thrift shop has been operating for over 40 years." Hats off to you, Toni, for being such a fine leader of your community! I will stop into your shop the next time I am driving through Ennis.

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## Recipe: Cold Sesame Noodles and Vegetables

From **Susan McCarl Hills** of Billings

Makes 6-8 servings

12 ounces whole wheat spaghetti  
2 cups diagonally sliced carrots  
2 cups broccoli florets  
3 scallions, thinly sliced  
¼ cup rice vinegar  
¼ cup toasted sesame oil  
3 tablespoons natural soy sauce  
2 tablespoons sugar  
1 teaspoon ground ginger  
¼ teaspoon crushed garlic  
¼ teaspoon salt  
Cayenne pepper  
Toasted sesame seeds

1. Bring a large pot of water to a boil, and add the spaghetti. When the water returns to a boil, add the carrots. After 6 minutes, add the broccoli florets and cook about 3 minutes longer, or until the spaghetti is done and the vegetables are tender-crisp. Drain and immediately cool by rinsing under cold running water; drain again. Transfer to a large bowl, and add the scallions.
2. In a small bowl, whisk together the vinegar, oil, soy sauce, sugar, ginger, garlic, salt, and cayenne pepper. Pour over the spaghetti and vegetables, and toss gently. Chill thoroughly before serving. The noodles will absorb any excess sauce as they chill. Garnish with toasted sesame seeds.

Per serving: Calories 174, Protein 4 g, Carbohydrates 21 g, Fat 7 g

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