



# HARBOR LIGHTS

APRIL 2007

## Upcoming Events

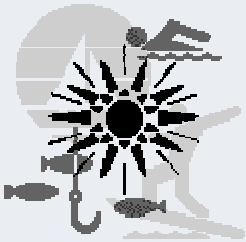
### FOUNDER'S DAY SCHEDULE

NHAC –  
Wednesday, April  
18<sup>th</sup>

WGAC –  
Thursday, April  
19<sup>th</sup>

SBV –  
Wednesday, April  
25<sup>th</sup>

NOCC –  
Thursday, April  
26<sup>th</sup>



Naughty  
Nauticals will be  
selling hats at  
the May Brunch.

They are an  
excellent value  
at \$10 each.

The proceeds will  
go to the  
Scholarship  
Fund. Keep an  
eye out for the  
Naughty  
Nauticals table!

## President's Message

Happy Spring!

Time to switch over the wardrobe from warm Winter wear to sassy Spring ensembles, from Ugg's to sandals, from polar fleece and wool to rayon and cotton.

Saturday, March 10, was the OCCC Brunch, and once again the Naughty Nauticals sold hats. They will again be selling them at the May Brunch, so please bring any hats or purses you wish to donate to our next meeting. Also at the Brunch, it was the election for the 2007-2008 OCCC Executive Board. Boots, Dottie, and I were elected to serve, and we will be proud to represent NHAC on the board.

On March 22, there was a meeting of the NHAC Executive Board at the home of Kathy Scharnhorst. Thank you, Kathy, for offering your home for the meeting. We went over the new Budget, a copy of which each Chapter should have received. Please discuss this in your Chapters, and be prepared to vote on it at the May NHAC meeting. And the board members are reminded to bring their procedure books to that meeting so the books can be given to their counterparts, and have your final reports ready to give that evening.

This month is when we have our Founder's Day Dinner – I know Evelyn and Dottie and their committee have been doing an outstanding job in putting together a wonderful evening for us. And I'm sure Phyl is looking forward with great eagerness to her Installation as our next President. We also have three Rituals that evening, so it will indeed be a special evening.

At the meeting, we honored our Vice-Presidents, and we had one more special honor: we were pleased to wish Eula a very Happy Birthday this month! She is a very special sister, and we are very fortunate to have her in our Council, our Sorority, and in our hearts.

Happy Easter to all of you, and I'll see you all at our Founder's Day Dinner, on Wednesday, April 18, at Beta Sigma Phi South – the Holiday Inn on La Paz. It will be a Fabulous, Fashionably Festive affair!

Christine Morrow

## SPRING



**Spring** is one of the four seasons of temperate zones, the transition from winter into summer.

Astronomically, Spring begins with the vernal equinox (around March 20 in the Northern Hemisphere, and September 23 in the Southern Hemisphere), and ends with the summer solstice (around June 21 in the Northern Hemisphere and December 21 in the Southern Hemisphere).

Springtime is seen as a time of growth, renewal, of new life (both plant and animal) being born, and of the cycle of life once again starting. It is also used more generally as the start of better times.

Happy Spring!!!

## Vice President's Message

I have finally figured out how to prevent wrinkles. Just eat till the wrinkles fill out! Thank you ladies for attending the April NHAC meeting. It was so good to see some new faces. A big thank you to Joanie Frei for her great program. I went home and refolded all my tee shirts, (then Jack's, then Michael's, then the neighbor's next door and promised the daughters-in-law that I would come over and refold all their tee shirts too. I am sure they will really appreciate that!) This year's Founder's Day promises to be a good one. Hope you can attend to honor Chris and thank her for such a fun and fashionable year. She is the Gurus (female Guru) of Glamour. We will welcome our in-coming President and her board. The angels will be flying next year.

Kathy Scharnhorst.

## IPP Report

You know that my memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be. The Naughty Nauticals donated approximately \$125 to the Scholarship fund at the April meeting. We will be on hand again at the May Brunch to sell some really lovely hats. Hope you stop by.

Kathy Scharnhorst

## Chapter Activities

### Xi Beta Alpha

Xi Beta Alpha in March went to the movies, dinner and had a regular meeting at Peggy's. In April we will be attending Founder's Day and enjoying a visit from our former member Pat Michels. Our member Jonnie Crawford will be receiving Silver Circle ritual at Founder's Day.

Respectfully submitted, Jeanne Dyer

### Xi Lambda Gamma

Xi Lambda Gamma had their March monthly meeting at the home of Barbara Burchfield. For their social outing, they went out for a delicious Italian dinner and then to the movies to see *Reign Over Me*. All members are planning on attending Founder's Day.

Respectfully submitted, Barbara Burchfield

### Preceptor Xi Sigma

March was a bittersweet month for Preceptor Xi Sigma. We held the Ritual of Jewels new member Ann Marie Ronders, always exciting to add someone new to the chapter. We gave JoAnn Racki a send off at the Outback Steakhouse before she packed her belongings and headed to the pacific northwest. We will miss her! We are all planning on attending Founders Day and looking forward to convention that will be here before we know it!

Respectfully submitted, Denise Nelms

## Preceptor Eta Rho

All our travelers came home from Italy: Joann, Norma, Phil, Nancy, Sallie & Stan. We went to lunch at Harbor Side. Everyone is looking forward to our upcoming Founders Day!

Respectfully submitted, Phyl Eldridge

### **Skillet Soufflé with Strawberries**

Makes 6 servings

This dessert should actually be called a soufflé omelet, because a true soufflé is made with a flour-based sauce or thick fruit puree to give it the structure it needs to climb the sides of a soufflé dish. However, this style of mock soufflé made in a skillet tastes just as delicate and is a lot less fussy—and more foolproof.

TOTAL TIME: 35 minutes

HANDS-ON TIME: 20 minutes

#### INGREDIENTS:

1 pint strawberries, thickly sliced (3 cups)  
1 tablespoon Grand Marnier or other orange liqueur  
2 tablespoons plus 1/2 cup granulated sugar  
6 large eggs, separated  
1/4 teaspoon salt  
1/3 cup cold water  
1/2 teaspoon vanilla extract  
1-1/2 tablespoons butter  
Confectioners' sugar, for dusting (optional)

1. Preheat the oven to 350°F.
2. In a small bowl, toss the strawberries with the Grand Marnier and 2 tablespoons of the sugar. Let stand at room temperature while you make the "soufflé."
3. In a large bowl, whisk the egg yolks until thick.
4. In a separate bowl, with an electric mixer, beat the egg whites with the salt until frothy. Beat in the water and remaining 1/2 cup sugar until soft peaks form. Beat in the vanilla.
5. In a large, nonstick skillet, heat the butter over medium-low heat, swirling the pan so the butter coats the sides. Heat until the butter starts to bubble.
6. Gently fold the egg-white mixture into the egg yolks and pour the mixture into the pan. Cook until a light crust begins to form on the bottom, 3 to 4 minutes. Transfer to the oven and bake for 13 to 15 minutes, until golden brown and puffed. Serve straight from the pan. Spoon the strawberries and juices alongside.

Each serving has 215 calories, 8.1 g fat (3.4 g saturated), 7 g protein, 29 g carbohydrates (1.7 g fiber), 219 mg cholesterol, and 168 mg sodium. Good source of riboflavin, vitamin B12, vitamin C, selenium.