

## **UP COMING GENERAL MEETING:**

Monday, January 30<sup>th</sup> at Venice House on Central  
Supper: 6:30pm Presentation: 7:15pm

RSVP by January 23<sup>rd</sup> to Ralph

Guest speaker:

DR. ALAN M ROSENBERG MD PROFESSOR

*ROYAL UNIVERSITY HOSPITAL DEPARTMENT OF PEDIATRICS*

*Speaking on: Children's Health Research Fund that we started.*

*There will be a presentation and a talk.*

## **UP COMING EVENTS For January:**

**Midtown Decorations Takedown**

January 15<sup>th</sup> and 16<sup>th</sup>

**BLADES 50-50 TICKET SALES**

*Contact: Jim D. or Brent C.*

Saturday, January 14<sup>th</sup>  
Wednesday, January 18<sup>th</sup>  
Friday, January 20<sup>th</sup>  
Saturday, January 21<sup>st</sup>  
Saturday, January 28<sup>th</sup>  
Tuesday, January 31<sup>st</sup>

### GOODY FOR GOODIES

Title: Lemon-oatmeal Crispies  
Categories: Diabetic, Desserts, Rice, Cookies  
Yield: 36 cookies

2/3 cup Vegetable Oil;  
2/3 cup Brown Sugar;  
1/2 cup Egg Whites;  
2 tbsp Lemon Juice;  
2 tbsp Grated fresh or finely chopped dried lemon rind;  
1 tsp Lemon flavouring;  
1 cup All-purpose flour;  
1 cup Rolled oats;  
1/2 tsp Baking powder;  
1/2 tsp Baking soda;  
1 1/2 cup Crispy rice cereal;

Place oil and brown sugar in a mixer bowl in a mixer bowl and mix at medium speed until creamy. Add egg whites, lemon juice, rind and flavouring, and mix at medium speed to blend well. Stir flour, oatmeal, baking powder, and baking soda together to blend well; add to creamy mixture while beating at medium speed. Stir in cereal. Drop by the tablespoonfuls on to cookie sheets left ungreased or lined with aluminum foil. Bake at 350 for 8 to 10 minutes, or until cookies are lightly browned. Remove them to a wire rack and cool to room temperature.

Food Exchanges per serving: 2/3 Starch/Bread Exchange + 1 Fat Exchange  
Calories: 87, CHO: 11g, PRO: 1g, Fat: 4g, Na: 66mg, Cholesterol: 0  
Source: Desserts for Diabetics

## Weather

Find and circle all of the words that are hidden in the grid.

The remaining letters spell an additional weather word.

F O R E C A S T Y W F O G R T O  
D P C W N T R T I N V T E B H D  
R I T H O T E N H E N T S L E A  
I S H G O N D M R U E U F I R N  
Z U G N H Y S C P M N A S Z M R  
Z I U I P E A H O E H D C Z O O  
L S O N Y S I R U R R I E A M T  
E L R T T R A E E M M A L R E P  
I E D H S B U N N A I L T D T F  
E C O G R O H O N A A D I U E R  
N O O I A E R U P U C M I A R E  
O L L L I T S F Q N T I R T H E  
L D F T N T A S H O W E R O Y Z  
C Y T I L I B I S I V O E R T E  
Y T I M O N S O O N O N D L U S  
C C L O U D S E I R R U L F S H

BAROMETER	FLOOD	ICE	STORM
BLIZZARD	FLURRIES	LIGHTNING	SUNNY
CELSIUS	FOG	MIST	TEMPERATURE
CLOUDS	FORECAST	MONSOON	THERMOMETER
COLD	FREEZE	OVERCAST	THUNDER
CYCLONE	FROST	RAIN	TORNADO
DOWNPOUR	HAIL	SHOWER	TSUNAMI
DRIZZLE	HOT	SLEET	TYPHOON
DROUGHT	HUMIDITY	SNOW	VISIBILITY
FAHRENHEIT	HURRICANE	SQUALL	WINDY

### COMMITTEES

Food Services (incl. Children's Festival, July 1<sup>st</sup>, Police Day, Cruise Weekend): Brent C (Chair), Phil H, James Y, James D

Steak Night: David K (Chair)

Bingo: TBA (Chair), James D (History), Bonnie W (Coordinator), Ralph K

Communications: Gerald A (Chair), Gerry W, Cameron U

Digital Archiving: Gerald A (Chair), \_\_\_\_\_, \_\_\_\_\_

Visitations (to other clubs): TBD

Saskatoon Blades 50-50 Tickets: James D and Brent C

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