

SASKATOON HUB CITY OPTIMIST

Founded in 1991

www.hubcityoptimistclub.com

CONGRADULATIONS to all that were elected !!!

All positions are official as of Oct. 1st.

Happy 50th Goods and Goodies :)

At the next meeting we will celebrate Goods and Goodies 50th issue with a draw and a prize. There will be a skill testing question.

Hint: The answer is found on Goods and Goodies.

Events for the summer are approaching fast.

Please look at the list of events and find what works for you.

Positions are: Set-up, take down, cooking, register and order taking, runners (serving), condiment patrol and help as needed.

GENERAL MEETINGS FOR May and June

May Mon. 27th (draw and prize)

June: Mon. 10th

Mon. 24th.

Supper at 6:30pm, Meeting at 7:15 SHARP!

Venice House on Central.

large meeting room (go to the right, behind the desk)

EVENTS for May and June

Bingo Dates

Arrive ½ hour early

To work a bingo please contact Bonnie W.

May: Wed. 29th (6-12)

June: Fri. 7th (6-12 and 12-3am),

Sat. 8th (6-12 and 12-3am) and

Wed. 12th (6-12).

Children's Festival

Ralph K. And Phil H.

Sun. June 2nd at The Band Shell.

6 am till noon.

Need 10-12 people (all positions).

EVENTS coming soon

Canada Day - Mon. July 1st

Police Day - Wed. July 17th

Cruise Day - Sun. Aug. 25th

Ladies Autumn Gala - Fri., Oct. 25th

GOODY FOR GOODIES

LEBANESE CHICKEN (FRAREJ)

4		Chicken breasts, with skin -and ribs
2	tsp	Salt
3/4	c	Olive oil
3	large	Lemons, juiced
2	large	Potatoes
2		Garlic cloves
1	large	White onion, minced
4		Roma tomatoes Pita Bread

Preheat the oven to 500 degrees F.

Rinse in cold water 4 chicken breasts, with skins and ribs.
Rub each with 1/2 tsp salt.

Mix juice of 3 large lemons 3/4 cup olive oil

Place into a 9x13 baking dish 2 large potatoes, skinned,
cut into 1/2 cubes 2 garlic cloves, minced

1 large white onion, sliced into half-circles the
lemon/olive-oil mixture.

Stir the ingredients to coat the potatoes. Bake in the
oven for 10 minutes.

Add the chicken breasts and 4 roma tomatoes (or as
many as desired) to the backing dish.

Generously spoon the hot lemon/oil/garlic mixture over
the chicken.

Put the dish back into the oven and cook uncovered for
another 20 minutes, or until the skins on the chicken turn a
very dark brown and

the chicken is firm and does not ooze when poked with a
fork.

Baste the chicken breasts two or three times in the
lemon/oil mixture during cooking.

Serve with pita bread. Serve each breast with a helping
of potatoes, some onions, and a tomato.

NOTE: Skinless breasts dry out too quickly. Remove the
skins after the chicken is done.

**“Goods and Goodies is a quick read rag to
keep everyone up on what’s going on.
Cause we all love pouring over the minutes”.**

COMMITTEES

Food Services: Individualized per event.

Steak Night: David K (Chair)

Bingo: James D (Chair), Bonnie W (Coordinator), Brent C. (Keeper Of Da Papers)

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

Santa Parade: Ralph K. and Phil H.

Children's Day: (Coordinators) Ralph K. and Phil H.

Canada Day: Brent C. (food), Phil H. (equipment) and coordinator TBD.

Police Day: Brent C. (food), Phil H. (equipment) and coordinator TBD.

Cruise Day: Brent C. (food), Phil H. (equipment) and coordinator TBD.

Communications (Goods and Goodies): Cheryl C.

Meeting Coordinator: Cheryl C.

Visitations (to other clubs): Brent C.

Ladies Autumn Gala: Cheryl C (Chair), Jim D, Stephanie C, Kim C,
Brent C, Felicia S and Kryssy B.

HCO BOARD

	<u>2012-2013</u>	<u>2013-2014</u>
PRESIDENT	Jim Dyke	Brent Card (elect)
PAST PRESIDENT	Ralph Katzman	Jim Dyke (elect?)
VICE PRESIDENTS	Phil Haughn Brent Card	Phil Haughn (elect) Ralph Katzman (elect)
SECRETARY	Brent Card	to be appointed
TREASURER	Brent Card	to be appointed
DIRECTOR (Two Year)	Dave Kossick	Michelle Willick (elect)
DIRECTOR (Two Year)	Ray Preston	Felicia Shule (elect)
DIRECTOR (One Year)	Cameron Umphrey	Dave Kossick
DIRECTOR (One year)	James Yachyshen	Ray Preston

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.