



Scarborough Maine Lions Club

Since 1948

July, 2003

A Word From Your President

I hope everyone who attended the instillation dinner at the Higgins Beach Inn enjoyed the evening as much as Fran & I did. Especially exciting was the presentation of the Melvin Jones Awards to Kay Hansen, John Maroon, Jan Biddle and Bill Pape. Congratulation to each of you.

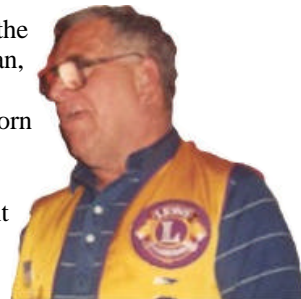
I am looking forward to being your president for the year 2003/2004. I know I can rely on each of you for support and I am sure I will need it. Our guest speaker at our meeting on September 4 will be Bob Swett our District Governor. See you all then. Neil Ross

Scarborough's Newest Melvin Jones Fellows



Left to Right
Lion William Pape, Lion Kay Hansen,
Lion John Maroon, and Lion Jan Biddle

YARMOUTH - Daniel F. Cashman passed away unexpectedly on June 16, 2003 at the Maine Medical Center. He was the beloved husband of Mary Jane Fitzpatrick Cashman, beloved father of one daughter, Chris Cashman Rothweiler and three sons, Michael, Matthew and Kevin Cashman, beloved grandfather of eight grandchildren. Dan was born in South Amboy, N.J. on Oct. 16, 1931 to Daniel and Anne Cashman. He grew up in Brooklyn, N.Y., where he attended St. Vincent Ferrer Grammar School and the Brooklyn Prep High School. Dan proudly served in the US Marine Corps as a sergeant during the Korean War. After his military service he went back to school, graduating from the University of Miami in Florida. He returned to New York and joined United Parcel Service. He later retired in 1988 after 28 years in management with UPS in Chicago. Moving back east, the family settled in Scarborough Beach and then on Cousins Island in Yarmouth. He and Mary Jane traveled extensively. He was a member of both the Scarborough and Yarmouth Lions Clubs, the Scarborough Historical Society, the Portland Harbor Museum, the Sons of the Union Veterans-Civil War and the University of Miami Hurricane Club. His hobbies were metal detecting, college football events and Sea Dogs baseball where he was one of the original season ticket holders. Besides his immediate family, he leaves two sisters, Patricia Cheeseman of South Amboy, N.J. and Anne Burke of Hollywood, Fla.



Recipe of the Month

Hearty Corn and Potato Chowder

2 c frozen, canned, drained whole kernel corn, or cut fresh from the cob

¾ c chopped onion

1 tbsp vegetable oil

2 c vegetable broth

3 c cubed, unpeeled potatoes

½ c sliced celery

½ tsp dried thyme leaves

1-¾c 2% reduced-fat milk

salt & pepper to taste

finely chopped parsley and chives, for garnish

Saute corn and onion in oil in large saucepan 2 to 3 minutes. Process ½ the vegetable mixture and the broth in food processor or blender until finely chopped. Return mixture to saucepan.

Add potatoes, celery, and thyme leaves to saucepan; heat to boiling. Reduce heat and simmer, covered, until vegetables are tender, about 10 minutes. Stir in milk; cook until hot through, 2 to 3 minutes. Season to taste with salt and pepper. Pour soup into bowls, sprinkle with parsley and chives.

If thicker soup is desired, mix 2 to 3 tablespoons with ½ cup of water. Heat soup to boiling, stir in flour mixture and boil, stirring constantly, until thickened, about 1 minute.

Prep time is 20 minutes, yielding 4 servings of 2 cups each, with 339 calories, 10.8 g protein, 64.2 g carbs, 6.6 g fat and 5.3 g fiber per serving.

The Best Barbecued Baby Back Ribs

4 c beer

2 c root beer

2-½c dark brown sugar

1-½c apple cider vinegar

1-½ tbsp chili powder

1-½t bsp ground cumin

1 tbsp dry mustard

2 tsp salt

2 tsp dried crushed red pepper

2 bay leaves

6 lbs baby back ribs, cut into 4 rib sections

Preheat oven to 325° . Line jelly roll pan with foil. Bring first 10 ingredients to a boil in very large pot.

Reduce heat. Simmer 1 minute to blend flavors.

Add half of ribs to sauce. Cover pot and simmer until ribs are tender, turning frequently, about 25 minutes. (Sauce should be boiling lightly).

Place ribs on foil-lined pan and cover lightly with foil.

Then, repeat simmering with rest of ribs and add to other ribs on jelly roll pan. Crimp foil over sides of pan and bake for ½ hour.

Boil barbecue sauce, uncovered on medium to high heat until reduced to about 3 cups. This should take about 40 minutes to 1 hour.

It will thicken significantly. This will be the barbecue sauce with which to baste the ribs. Brush ribs with sauce and salt according to taste.

Put on preheated grill (medium heat, until heated through and glazed. The ribs should be cooked throughout by the time they are barbecued so don't over-grill, about 15 minutes, depending on personal preference.

Serve with extra warm sauce on the side.

Prep time 30 minutes, with cooking time 1-½ hours. Makes 6 servings.

Answers for page 3

1. The liver can regenerate itself even if portions of it have been removed.
 2. The pancreas.
 3. Saliva. Without saliva, no amount of spices will activate the taste buds.
 4. Baseball Yankee great, Lou Gehrig.
 5. Mercury. It is used in thermometers.
- died in 1941 of amyotrophic lateral sclerosis, a degeneration of certain nerve tracts in the spinal cord. The disease was named Lou Gehrig's disease after him.

June Eyeglass Count

Wal-mart recycling mailbox
6/23 35 pair eyeglasses

July Calendar

7/10 7:00pm Board of Directors' Meeting

Quizzes

1. Name the only gland in the human body that can regenerate itself.
2. Name the only organ in the human body that produced insulin.
3. Name the only substance that gives food it's taste when being eaten.
4. Name the only sports figure to have his name in medical journals in connection with a disease.
5. Name the only metal that is liquid at room temperature.

Answers on page 2

Regional Differences

You know you live in New York City when...
You say "the city" and expect everyone to know that you mean Manhattan.
You have never been to the Statue of Liberty or the Empire State Building.
You can get into a four-hour argument about how to get from Columbus Circle to Battery Park, but can't find Wisconsin on a map.
You think Central Park is "nature".
You believe that being able to swear at people in their own language makes you multi-lingual.
You've worn out a car horn.
You think eye contact is a act of aggression.

You live in Maine when...

July Service Anniversaries

7/2 Bill Pape 11 years

July Anniversaries



7/7 Shirley & George Gruber
7/9 Genie & Ralph Dunton
7/17 Carole & Dick Reid
7/28 Pat & Eldred Harmon

July Birthdays



7/31 Ray L'Heureux

You only have four spices: salt, pepper, ketchup, and Tabasco.
Halloween costumes fit over parkas.
You have more than one recipe for moose.
Sexy lingerie is anything flannel with less than eight buttons.
The four seasons are almost winter, winter, still winter and construction.

You live in Florida when...
You eat dinner at 3:15 in the afternoon.
All purchases include a coupon of some kind-even houses and cars.
Everyone can recommend an excellent dermatologist.
Road construction never ends anywhere in the state.
Cars in front of you are often driven by headless people.
Most drivers don't see the needle pass 35 mph.



Scarborough Lions Club
P.O. Box 644
Scarborough, ME. 04070-0644

ESYAWRIATSDKOE
IAGSNAIGEWRONR
MUNITEDSTATESU
MGOIFEUAPCORUT
IUILRTVLLONGRP
GSTLEDAILLSNAL
RTAUBNMFROTI ZU
AERMOBAOKSIMAC
TNOITAVRESBOLS
IITNCBOTOUICAI
OASAOYUWLSHML
NHETWNWORCXEML
ACREHCROTYEWEE
ECNARFEDREPPOC

Statue of Liberty Word Search

Name of 16 letters meaning: The Frenchman who had idea of statue

AUGUSTE (Bartholdi)	NATIONAL PARK (Service)
CHAIN	NEW YORK
CLIMB	NORWEGIAN
COLOSSUS (New)	OBSERVATION (Area)
COPPER	OCTOBER
CROWN	RESTORATION
ELLIS (Island)	RIVETS
EMMA LAZARUS	SCULPTURE
EXHIBITS	STAIRWAYS
FORT WOOD	TONS
FRANCE	TORCH
GIFT	UNITED STATES
ILLUMINATE	WELCOMING
IMMIGRATION	

Newsletter by: Lion Kay Hansen