



Scarborough Maine Lions Club

Since 1948

October, 2003

Speaker Schedule 2003-2004

9/18 Neil Ross	2/5 Ray L'Heureux
	2/19 El Sprague
10/2 Dick Reid	3/4 Derrek Hansen
10/16 Ed Blanchard	3/18 George Gruber
11/6 Bill Pape	4/1 Jan Biddle
11/20 Grant Worthing	4/15 Len Libby
12/4 Kay Hansen	5/6 Kippy Mitchell
12/18 Christmas party	5/20 Bob Buttarazzi
1/1 Rick Pariseau	9/3 Gerry Butts
1/15 Ed Leslie	6/17 Installation

Jokes

Bambi the maid had been fired after years of devoted service. As she left the VanDyne mansion, for the last time, she made sure she stopped in the den and threw a handful of biscuits to the dog. Mr. VanDyne, who had come to see her out, was impressed. "That was very kind of you, Bambi." She put her nose in the air. "No sir. That was for helping me clean the dishes all these years." When Mark's old dog died, he bought a new one. And because the puppy was so full of energy, he decided to name him Life. Unfortunately, Mark used all his old dog's things on the new one. And one day, while he was out walking the pooch, the frayed leather strap snapped and the dog ran away, never to return. Moral: Always try to get a new leash on life.

Quizzes

1. Who is the only pro heavyweight champion buried in Arlington National Cemetery?
2. Identify the only baseball triple crow winner who was also a switch hitter.
3. Where are the only sequoia trees in the world located?
4. What was the only major golf tournament that golf great Arnold Palmer failed to win?
5. Who is the only American born woman to be accorded a 21 gun salute by the French government?
6. Name Debbie Reynolds only number one hit single record.
7. Name the only novel written by Emily Bronte.
8. Name the only U. S. state to take it's name from a country.
9. Name the only poisonous snake native to Great Britain.
10. What is the only country that requires all able-bodied women to serve in the military?

Recipe of the Month

Chocolate Cinnamon Rolls

- 1 pkg dry yeast (about 2-¼ tsp)
- 2 tbsp granulated sugar
- 1-¼ c warm fat-free milk (100 –110)
- ¼ c butter, melted
- ½ tsp vanilla extract
- 1 large egg, lightly beaten
- 4 c bread flour, divided
- ? c unsweetened cocoa
- ½ tsp salt
- Cooking spray
- 1 egg white, lightly beaten
- ¼ c granulated sugar
- 1 tsp ground cinnamon
- 1 c sifted powdered sugar
- 2 tbsp fat-free milk
- ½ tsp vanilla extract

Dissolve yeast and 2 tablespoons granulated sugar in 1-¼ cups milk in a large bowl, let stand 5 minutes. Add butter, ½ tsp vanilla, and egg, stir well. Lightly spoon flour into dry measuring cups, level with a knife. Stir in 3-½ cups flour, cocoa, and salt to form a soft dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic, (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover; let dough rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Gently place two fingers into dough. If indentation remains, dough has risen enough.)

Punch dough down. Turn out onto a lightly floured surface; roll into a 16 x 8-inch rectangle. Brush egg white over dough. Combine ¼ granulated sugar and cinnamon; sprinkle over dough. Starting at a long side, roll up dough tightly, jelly-roll fashion; pinch seam to seal (do not seal ends of roll).

Cut roll into 16 (1-inch) slices. Arrange slices, cut sides up, in a 13 x 9-inch baking pan coated with cooking spray. Cover and let rise 30 minutes until doubled in size.

Preheat oven to 350° .

Bake rolls at 350° for 20 minutes. Combine remaining ingredients, stir well. Drizzle over rolls. Yield 16 servings at 188 calories, 3.5 g fat, 35.4 g carb each.

Vegetarian Cassoulet

- 2 c dried navy beans
- 1 bay leaf
- 2 onions
- 3 whole cloves
- 2 garlic cloves, crushed
- 1 tsp olive oil
- 2 leeks, thickly sliced
- 12 baby carrots
- 4 oz button mushrooms
- 14-oz can chopped tomatoes
- 1 tbsp tomato paste
- 1 tsp paprika
- 1 tbsp chopped fresh thyme
- 2 tbsp chopped fresh parsley
- 2 c fresh white bread crumbs
- salt & freshly ground black pepper
- sprig of fresh thyme, to garnish

Soak the beans overnight in plenty of cold water. Drain and rinse under running water. Put them in a saucepan together with 7-½ cups of cold water and the bay leaf. Bring to a boil and cook rapidly for 10 minutes. Peel one of the onions and spike with cloves. Add to the beans and reduce the heat. Cover and gently simmer for one hour, until the beans are almost tender. Drain, reserving the stock, but discarding the bay leaf and onion.

Chop the remaining onion and put it into a large casserole together with the garlic cloves and olive oil. Cook, gently for 5 minutes, or until softened.

Preheat the oven to 325°F. Add the leeks, carrots, mushrooms, chopped tomatoes, tomato paste, paprika, thyme, and 1-? cups of reserved stock to the casserole. Bring to a boil, cover and simmer gently for 10 minutes. Stir in the cooked beans and parsley. Season to taste. Sprinkle with the bread crumbs and bake uncovered in the preheated oven for 35 minutes, or until the topping is golden brown and crisp. Serve garnished with a sprig of fresh thyme. Makes 4-6 servings, serve with warm French bread.



Darwin Award Winners 2003

First Place 2003-When his 38-caliber revolver failed to fire at his intended victim during a hold-up in Long Beach, California, would be robber James Elliot did something that can only inspire wonder: He peered down the barrel and tried again. This time it worked.....

Honorable mention-The chef at a hotel in Switzerland lost a finger in a meat cutting machine and, after a little hopping around, submitted a claim to his insurance company. The company, suspecting negligence, sent out one of its' men to have a look for himself. He tried the machine out and lost a finger. The chef's claim was approved.

A man who shoveled snow for an hour to clear a space for his car during a blizzard in Chicago returned with his vehicle to find a woman had taken his space. Understandably, he shot her.

After stopping for drinks at an illegal bar, a Zimbabwean bus driver found that the 20 mental patients he was supposed to be transporting from Harare to Beltway had escaped. Not wanting to admit his incompetence, the driver went to a nearby bus stop and offered everyone a free ride. He then delivered the passengers to the mental hospital, telling the staff that the patients were excitable and prone to bizarre fantasies. The deception was not discovered for three days.

An American teenager was in the hospital recovering from serious head wounds received from an on-coming train. When asked how he received the injuries, the lad told police that he was simply trying to see how close he could get his head to a moving train before he was hit.

A man walked into a Louisiana Circle-K, put a \$20 bill on the counter, and asked for change. When the clerk opened the cash drawer, the man pulled a gun and asked for all the cash in the register, which the clerk promptly provided. The man took the cash from the clerk and fled, leaving the \$20 bill on the counter. The total amount of cash he got from the drawer? \$15. (If someone points a gun at you, and gives you money, was a crime committed?)

October Calendar

- 10/2 6:30pm Social Hour
7:00pm Dinner Meeting /Baked
haddock, veggie & potato,
salad & dessert
Speaker / Dick Reid
- 10/4 8:-10:am Roast Beef Dinner / painting
detail if not finished last weekend
3:-8:pm To benefit Project Grace
- 10/9 7:00pm Board of directors meeting
- 10/16 6:30pm Social Hour /Spouses Night /
Halloween party
7:00pm Dinner meeting / American
chop suey, salad & dessert
Speaker /Ed Blanchard

October Anniversaries



- 10/12 Norma & John Maroon
10/23 Kathy & Bob Sparda
10/27 Anita & Bob Buttarazzi

October Birthdays



- 10/2 Lorraine Libby
10/6 John Maroon
10/9 Dot Connolly
10/12 Bob Sparda
10/16 Norm Brown
10/27 Frances Ross

Service Anniversaries

- 10/5 Bob Sparda 3
10/6 El Sprague 48
10/20 George Hazen 20
10/21 Ed Leslie 27



Scarborough Lions Club
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Lion Don Boothby

Lion Don is in a two-person room at our Maine Veterans Home on U. S. Route # 1. He does not enjoy the food. He cannot walk now, and would love company.

September Eyeglass Count

Wal-Mart Recycling Mailbox
9/19 35 pair eyeglasses

Answers for page 1

1. Joe Louis, who was buried there in April 1981 by presidential order, because he donated fight purses to the army and navy, and had defeated Max Schmeling "Hitler's Hope" in June 1938, making him a symbol of U. S. strength and determination.
2. New York Yankees switch hitter Mickey Mantle won the triple crown in 1956.
3. Sequoia National Park, Three Rivers, California.
4. The PGA.
5. On April 8, 1975, dancer/singer Josephine Baker received the honor normally reserved for France's heads of state because of her work with orphaned children.
6. "Tammy" from the 1957 movie Tammy and the Bachelor.
7. "Wuthering Heights in 1847.
8. New Mexico.
9. The adder.
10. Israel.