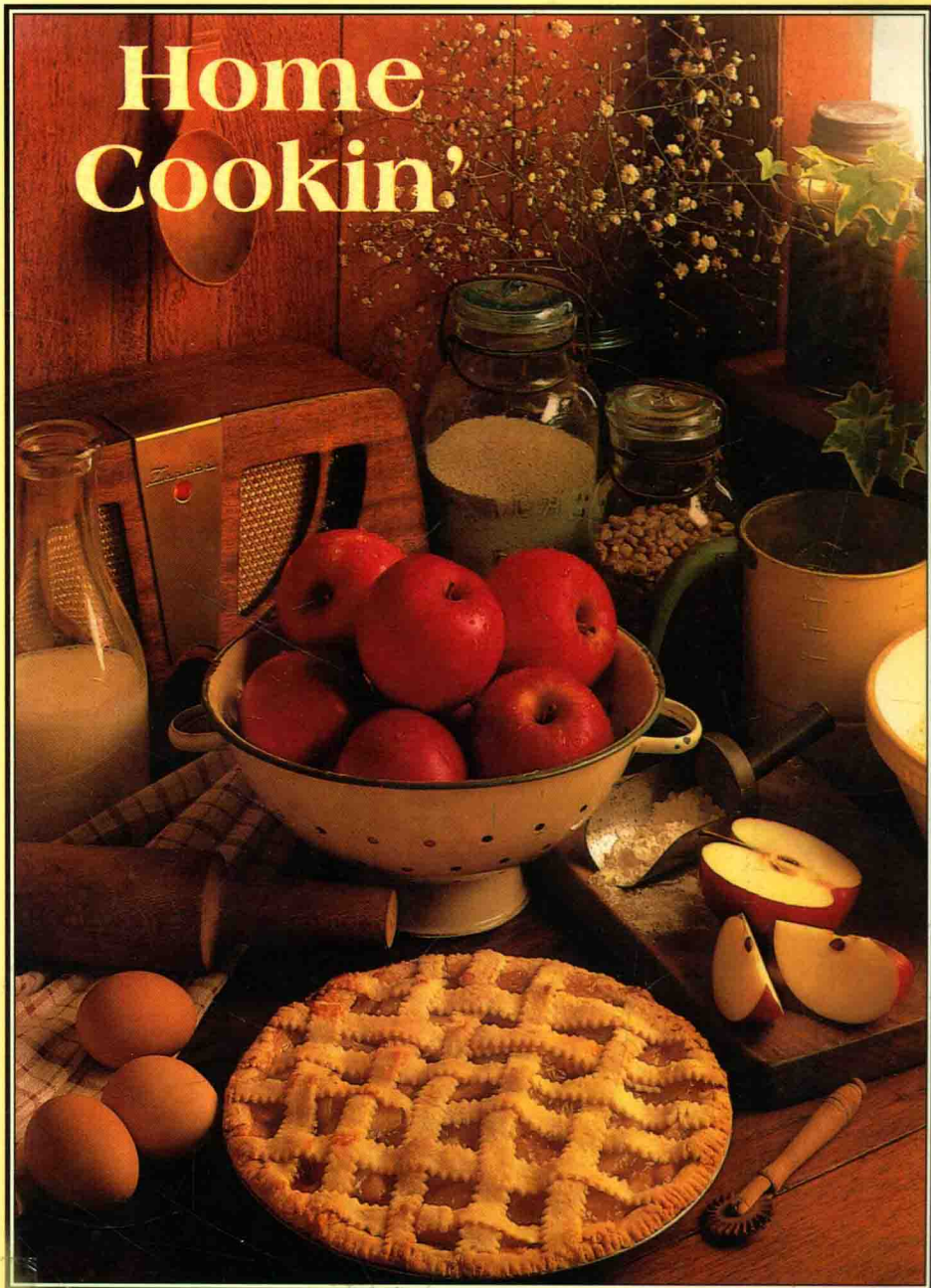


Home
Cookin'!



The Lions Clubs Cookbook Volume 3

Home Cookin'

The Lions Clubs Cookbook Volume 3

Another special collection of favorite recipes
from Lions Clubs members
from across the nation.

Compiled by
Cookbooks Unlimited
Loveland, Colorado

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By

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***A recipe that is not shared with others,
will soon be forgotten,
but when it is shared
it will be enjoyed by future generations.***

Dedication

We dedicate this book to all Lions Clubs members...a very special group of people who are committed to building a brighter future for their community and their fellow man.

Our very sincere thanks go to all those Lions members who so generously contributed their favorite recipes for this outstanding cookbook. Without their efforts, this book would not have been possible.

Thank you also, to all those persons who purchase one of these cookbooks. It is your support of the Lions Club organization that makes their efforts so successful.

We hope you enjoy the many outstanding and delicious recipes that so many people from so many different parts of the country have chosen to share with you in this fabulous book.

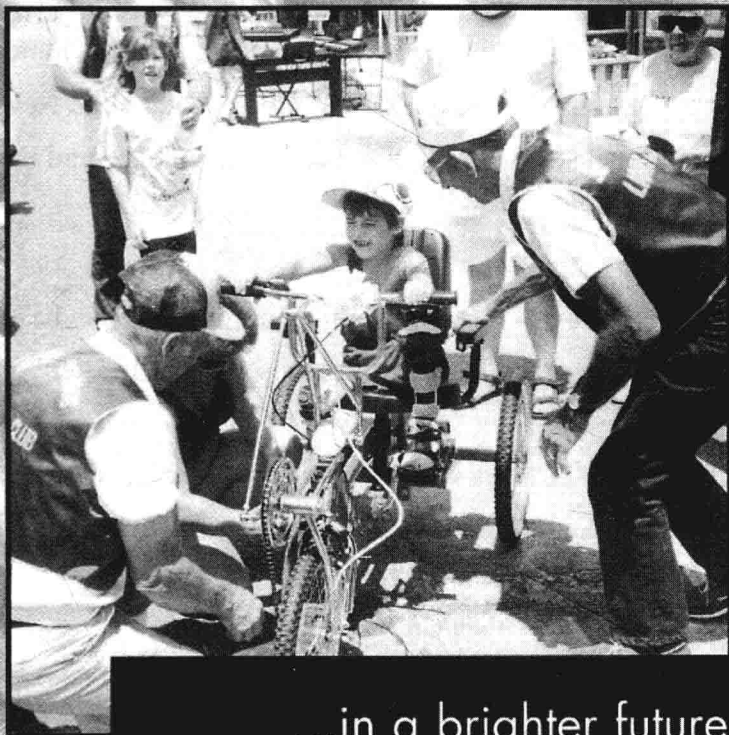
Our sincere thanks,

*Francis & Linda Sedlacek
Cookbooks Unlimited*

WHO IS A LION?

He has achieved success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has always looked for the best in others and given the best he has; whose life was an inspiration, whose memory a benediction. He Is A Lion!

THE LIONS
SHARE...



...in a brighter future



We Serve

www.lionsclubs.org

Lions Motto:
WE SERVE

Lions are more than 1.4 million strong...men and women...young and old. You will find them in 185 countries from the hinterlands of Australia and Brazil to thriving urban centers like New York City and Milan. They speak dozens of languages and differ in nature and customs.

But Lions share a common spirit...and, since 1917, have been united for a single cause; helping those less fortunate.

Today Lions are tackling the tough problems facing our world...problems like blindness and drug abuse, lack of training for the disabled and underprivileged, and elder care.

And Lions are succeeding because they have embraced all those committed to building a brighter future for the world and for themselves. With a new generation of enlightened members, Lions are working smarter, faster and with more direction and commitment than ever before.

We are the Lions.

We Serve.

FOR ALL
THE WORLD
TO SEE...



...that's why WE SERVE!



We Serve

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A Concern for the World's Youth

For young people whose circumstances don't offer opportunity or direction, Lions youth programs offer more than fond memories — they offer inspiration for the future.

Every summer, thousands of disadvantaged and disabled youths, for whom summer camp would otherwise be just a dream, attend Lions-sponsored camps. Here they learn that people do care; that the future does hold possibilities; and that they can make their own opportunities.

The Lions-Quest “Skills for Growing” program for elementary school students and the “Skills for Adolescence” curriculum for middle school students have helped millions of young people around the world acquire the skills of self-esteem they need to live productive, happy, drug-free lives.

Through the Lions International Youth Exchange program, more than 5,000 youngsters travel yearly to a foreign country to live with a host family. There they learn to appreciate and understand cultures different from their own...and find the inspiration to help build a world that includes tolerance, compassion and sensitivity for all those who are different than themselves.

Lions Clubs in 185 countries sponsor more than 4,500 Leo clubs worldwide. The more than 113,000 members, ages 12 to 28, perform various community service activities and support a special worldwide Literacy and Culture Project.

GENERATION OF HELP



Our youth programs ensure
a bright future!



We Serve

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Campaign “SightFirst”

Worldwide, Lion Clubs are recognized for their service to the blind and visually impaired. This service began through a challenge issued by Helen Keller to become “knights of the blind in the crusade against darkness” during the Lions 1925 International Convention.

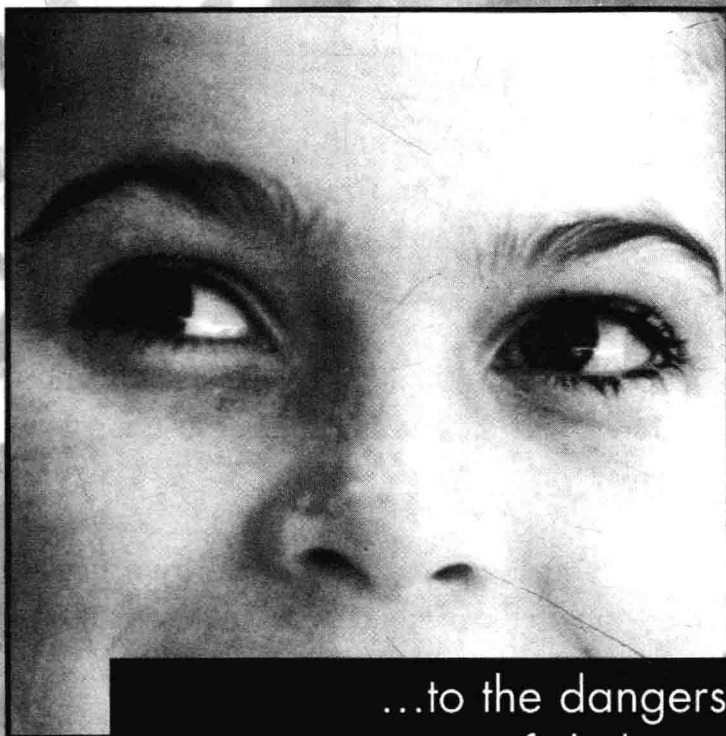
Established in 1990, SightFirst works to prevent and reverse blindness worldwide by closing the gap between existing health care services and those that remain desperately needed.

Today, more than 40 million people in the world are blind. Remarkably, 80 percent of these cases could have been prevented or are curable with proper treatment. The problem, however, is that the vast majority of people who are blind live in developing countries that lack the basic resources—clean water, sanitary living conditions, medical facilities—to fend off preventable diseases that cause blindness.

Working in cooperation with dedicated eye care professionals and eye health experts, governments and other concerned organizations, Lions have mobilized communities in every corner of the world to help fill the gap between all that is being done and all that needs to be done to overcome the tragedy of blindness wherever it strikes.

Financial support for SightFirst projects is provided by Campaign SightFirst, which depends on the fundraising activities of local clubs, donations by individual Lions, and the contributions of governments, foundations, and corporations.

DON'T BE
BLIND...



...to the dangers
of diabetes



We Serve

www.lionsclubs.org

Other Sight-Related Activities

In addition to the SightFirst program, Lions Clubs continue to support other sight-related activities:

- In the U.S., Canada, and United Kingdom, Lions co-sponsor with 460 LensCrafters stores the *Give the Gift of Sight*, a special used eyeglass collection and recycling program.
- Lions provide 600,000 free professional glaucoma screenings and make 25,000 corneal transplants possible each year.
- Lions establish and support a majority of the world's eye banks, hundreds of clinics, hospitals, and eye research centers worldwide.
- Lions provide thousands each year with free quality eye care, eyeglasses, Braille-writers, large print texts, white canes, and guide dogs.
- Lions operate the vast majority of eye banks throughout the world and have donated hundreds of millions of dollars toward research, training, and rehabilitation for people who are blind.

LIONS WANT
YOUR OLD
EYEGLASSES...



...we'll recycle them for
others to use!



We Serve

www.lionsclubs.org

Be A Lion

Can you imagine how it would be,
If it was dark and you couldn't see?

It would be hard to read or write,
Yet, some take for granted their gift of sight.

I'm not one of these people, I assure you of this,
My eyesight, to me, I surely would miss.

I joined the Lions Club because they help the blind
You can join too, would you be so kind?

One of these days, it could be you or me,
needing some help because we can't see.

Call a member and make a start.
Say you'll be happy to do your part.

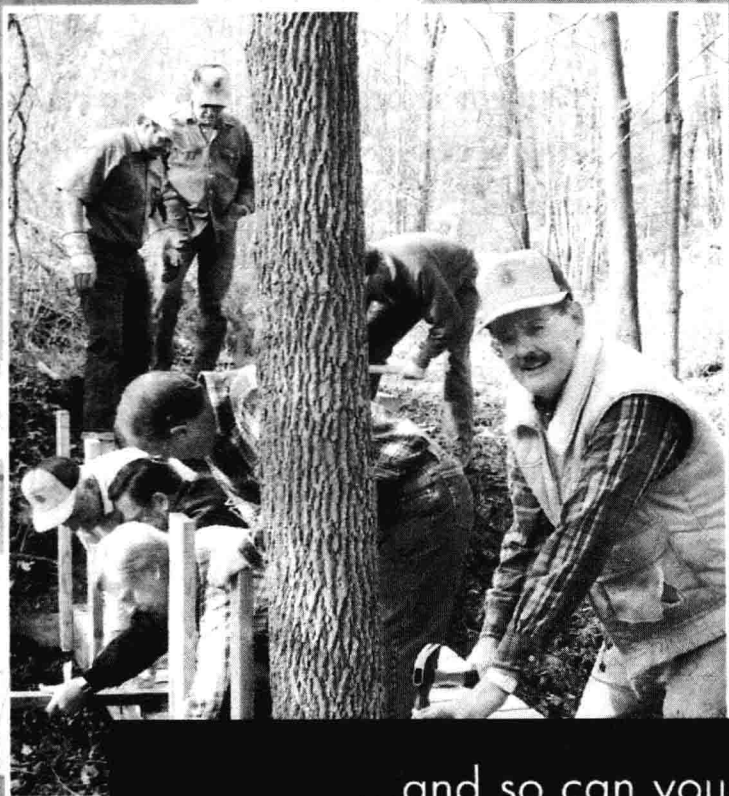
Be a Lion...Join today...
And help someone else along the way.

by
Doris (Criket) Kimbrell

Iron City Lions Club

Iron City, Tennessee

WE SERVE...



...and so can you



We Serve

www.lionsclubs.org

**Join a Lions Club and make a
difference in your
life and the lives of countless others.**

By participating in a local Lions club, you can help meet pressing needs in your own community and have a meaningful impact on the health and well-being of people around the world.

For more information about joining a Lions Club, contact your local Lions Club (look for an address or phone number in the back of this cookbook)

or contact

Lions Clubs International
300 - 22nd Street
Oak Brook, IL 60523-8842
Phone (708) 571-5466

Lions Make A Difference