



Rare Meat

February 2023



Serving the citizens of Albany, Troy and environs since 1925

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ALBANY & TROY LIONS
PO Box 192
TROY, NY 12181-0192
(518) 512-2722
info@albanytroylions.org
ALBANYTROYLIONS.ORG

Rare Meat editor:

JERRY GORDON
JERRYGORDON@JUNO.COM
518-235-8232

**YOUR SUBMISSIONS
ARE ENCOURAGED!**

Report of the Jan 4 meetings at the Red Front

My thanks to Lion Davia Gaddy, who took minutes in my absence. Because a number of Lions were away, attendance was low.

- Minutes: Minutes were not passed because there was no quorum
- Guest Speaker - Rifat Filkins, Community Development Director, Capital District YMCA, highlighted two programs that she felt would be of interest to the LIONS Club which are: Circle of Champs and Black and Latino Achievers.
 - The CDYMCA Circle of Champs is a special program dedicated to improving the quality of life for families who have children battling a life-threatening illness. All program activities are free for families.
 - CDYMCA Black and Latino Achievers Program welcomes students from all backgrounds, and helps them develop skills, raise their academic standards, graduate from high school and focus on career goals. The end of the school year is celebrated with the Annual Black and Latino Achievers Gala.
 - Ms Filkins also discussed facilities that will be opening in Albany.
- Discussion: Eva discussed Shawn's dedication to the club. Davia discussed the need to have a timed agenda. After Eva's inquiry about Diabetes training, Davia reported that there were some issues but she has not had an update.

Our next meeting



Because of the continued absence of a number of Lions, **there will be no meeting in February.** Our next get-together will be on Wednesday, March 1.

Earning Some Green by Going Green

You've all got your CLYNK recycling bags; I hope you're using them. If you need more for yourself, **or for any friends or family members who are willing to help us out**, contact Lion Jerry at 518-235-8232 or jerrygordon@juno.com for more bags.



MEMBERSHIP

IRVIN ACKERMAN
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JORDAN ALEXANDER
MICHELLE BAKER
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JOANN BEACH
BOBBY BEARD
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ANDY PITONYAK
RUTHANN RICHARDS
RUTH SANO
GREG SHELDON
JODI SHELDON
SUE SHIPE
DR. ALLEN ZIEKER

Easter is right around the corner!
Get your solid milk chocolate or dark chocolate
Easter Bunnies to help support
The Albany and Troy Lions Club, The Lions Eye
Institute Foundation and your sweet tooth!
Only \$5 each
Limited supply - we will deliver locally before Easter
albanytroylions@gmail.com or call Lion Ruth at
518-859-3796



This month, Lion Tom shipped another 2000 used eyeglasses to the NJ recycling center, bringing the total since July 1 to 8070.

Happy Birthday!

Happy **February** birthday to these A&T Lions:

- 3rd: Eva Bass
- 5th: Dave Levine



Happy Anniversary!

Happy Lions Anniversary to only one **February** inductee:

Greg Sheldon: 4 years (+6 years with the Tosuaga, Ecuador, LC)

Three things to go out of town for

1. **The 3rd district cabinet meeting** is in Saratoga Springs on **Saturday, Feb 11**. See details on page 5.
2. **Lions Day with the U.N.** is in New York City on **Friday, March 3**. This is a great event, especially for Leos. Learn all about it at tinyurl.com/LDUN23.
3. The **105th Lions Clubs International Convention** is happening in Boston from **July 7 to July 11**, but



here's what you have to know NOW: Registration fee through January 13, 2023 is **\$175**. January 14 through June 30, 2023, the regular registration fee is **\$250**. (It's only \$20 for Leos, now or later.) To register or learn more, visit tinyurl.com/LCIcon23. If you've ever thought about an international convention, this is the one to attend — it will never be closer to us than this.



Here's what's in store for Lions at the convention:

- Enjoy world-class music and live entertainment
- Hear from our leaders and keynote speakers
- March in the Parade of Nations with fellow Lions and Leos
- Learn and grow your skills in expert-lead seminars
- Meet Lions staff in the Exhibit Hall
- Get involved in service projects around Boston

Enjoy LCIcon and explore Boston!


Boston is a vibrant city with tons of history, perfectly suited for the modern traveler. While you're in Boston for LCIcon 2023, take advantage of the many historical tours, museums and other attractions around the city.

Learn about the American Revolution on the 2.5-mile red brick [Freedom Trail](#) or see how African Americans lived in 19th century Boston on the [Black Heritage Trail](#).

Want to catch a game? Then watch the Red Sox at historic [Fenway Park](#). Or how about a little retail therapy? The city boasts a number of [chic boutiques](#), [high-end shops](#) and historical [marketplaces](#).

If you're hungry, you're in luck — Boston is a major foodie destination with a buzzing restaurant scene. Of course, there's a Dunkin' Donuts around the corner from the convention center, but why not grab brunch at [Gather](#) instead? And if you're looking for that legendary clam chowder, oysters or scallops, then head to [Legal Sea Foods](#) in between sessions.

After a great day at convention, you can end the night with dinner and drinks at [Harpoon Brewery](#). Still not enough? Don't worry—there's [something](#) for everyone in Boston.



Mark Your Calendar

February is Childhood Cancer Awareness Month and Black History Month

Wed, Feb 1: NO MEETING! See page 1

Thu, Feb 2: Groundhog Day

Sat, Feb 11: 3rd Cabinet Meeting; see page 5.

Tue, Feb 14: Valentine's Day

Mon, Feb 20: Presidents' Day

Tue, Feb 21: Mardi Gras

Wed, Feb 22: Ash Wednesday

For other events around the district, visit 20Wlions.org

Shirts

We've added quite a few members since we last ordered **Lions-branded shirts**, so Maryanne and I went to Walsh's in Cohoes to get a quote. We asked about two styles, both in navy blue with the logo on the left chest: a long-sleeve twill and a polo shirt. Both shirts are available in both men's and women's styles and sizes. In the table below, the link is to the detailed specs for each shirt.

The final price depends on the total quantity we order. There is a \$35 digitizing fee; it's a one-time charge and I think we can probably get the club to cover this. There is a \$10 embroidery set-up fee that applies once on every order, not per shirt; I suspect we can probably get the club to cover this, too. The logo will be as shown, except that the club name will be the same gold that's in the logo, not black as shown. Please let me know (jerrygordon@juno.com or 518-366-5299) whether you're interested in either or both.

		1-4	5-11	12-23
Polo shirt	tinyurl.com/lionspolo	\$34.20	31.78	30.20
Long-sleeve	tinyurl.com/lionssleeve	42.75	41.33	38.20
On customer-provided clothing		20.64	19.22	13.05





Instead of shopping at **amazon.com**, please shop at smile.amazon.com/ch/22-3255679. You'll get the same great deals, plus a percentage of your purchases will be donated to the **Albany & Troy Lions Charitable Fund**.



3rd LIONS DISTRICT 20W CABINET MEETING

SATURDAY, February 11, 2023

Holiday Inn Saratoga Springs, 232 Broadway, Saratoga Springs, NY 12866
(off exit 14 of I-87)

9:30 AM Registration - Meeting Start Time 10:00 AM
\$30 per person includes coffee, donuts, pastries, and buffet lunch

If you are attending, please RSVP with the **bottom part of this form** with your **check** for \$30/pp.
Mail to: **CS Gayle Woodruff, 7423 State Rt 22, West Chazy, NY 12992.**
Make checks payable to: District 20W Lions Clubs.

Please return this registration form **no later** than **Tuesday, January 31, 2023.**

Please bring canned/non-perishable food items for the local food pantry.

Hotel Reservations for Friday Night February 10th Simply click the **link** to go directly to the
Holiday Inn Saratoga Springs reservation page: [Lions Club 20W District Meeting](#)
Group code is LCD. Price is \$139

The hotel encourages guests to make their reservations as early as possible to take advantage of the special rate set up for this group.

If you have any questions, please do not hesitate to contact CS Gayle Woodruff at
585-704-7422 or CSgwoodruff@gmail.com

Attending: _____ Name(s): _____

Dietary Restrictions/Allergies: _____

Club: _____ Email: _____



Visit your club's web site: **ALBANYTROYLIONS.ORG**,
your district web site: **20WLIONS.ORG**,
your multiple-district web sites: **MD20Lions.com**
and **NewYorkLionsClubs.org**
and International's web site: **LIONSCLUBS.ORG**.



Bring a potential member to a meeting.



Got Yarn? Or extra fleece fabric?

If you don't need it anymore,
we can find someone who will use it to make hats,
mittens and scarves for the needy.



Warm Woolen Wishes Project

Helping Hands ~  ~ Creating Comfort

Unites people with yarn or fabric so they can help us reach our
goal of 500 items by the end of 2022

This helps us help everyone

Someone stuck at home will have materials to make cozy items

We will have those items to give to the needy

Everyone wins!

If you can help us out with yarn or fabric ~ Let us know.
We will be happy to pick up it up and get it where it needs to go.

Contact the Albany Troy Lions at albanytroylions@gmail.com

or

Lion Ruth Sano at 518-859-3796

