



Rare Meat

July 2023



Serving the citizens of Albany, Troy and environs since 1925

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CAROL QUANTOCK

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**YOUR SUBMISSIONS
ARE ENCOURAGED!**

As we start a new Lions Year ...

You'll notice that there's a new graphic in the upper left corner. It's the pin of District Governor Priscilla Laurin from the Chazy Lions Club. She says, "My pin is very similar to DG Ricky's pin without the hockey player. The maple leaf & tree is something we selected because of the vast maple-syrup industry in the North Country. The apple was selected because Chazy has a very large apple orchards."

Report of the June 14 meetings at the Red Front

Lion Barb Bentley spoke to us about diabetes. She will be chairing diabetes for MD20, not just 20W. Lion Davia is one of three Lions trained to be a diabetes coordinator in 20W. The primary tools we have for educating the public are a tri-fold brochure that includes a Prediabetes Risk Assessment Test and bookmarks that provide basic information.

Lions Greg & Jodi showed up with their entourage of Del Ray, who lives near the blueberry orchard and has been very helpful working there with neighborhood kids, and 6 asylees (mostly from Venezuela) that they have been helping with food and other basics. Jodi presented a two-part proposal: 1. To spend \$500 to provide basic needs to the asylees who weeded and performed other clean-up tasks at the orchard. (We cannot actually pay them because of the 180-day ban on their working, but we are allowed to provide financial assistance.) 2. To spend \$500 on sulfur to improve the pH of the soil, as recommended by a local agronomist. The discussion was tabled so we could get on with our installation.

PDG John McDonald conducted the induction ceremony for our 2023-34 officers and board.

Lion Jerry then presented King Lion Eva with a Robert J. Uplinger Distinguished Service Award.

In an email vote after the meeting, we approved being a tee-sponsor for \$250 at NABA's golf fundraiser.

Dues are due now! If you haven't already done so, send your check for \$75, payable to A&T Lions Club, to Lion Ruth Sano, 26 Birch Ave, Albany, NY 12205. Do it TODAY, please! You can also send your dues via PayPal to rmsano@gmail.com (just put "dues" in the notes).

MEMBERSHIP

IRVIN ACKERMAN

VICKI ADLER

JORDAN ALEXANDER

MICHELLE BAKER

EVA BASS

JOANN BEACH

BOBBY BEARD

JEFF BENNETT

MARILYN BRADLEY

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CHRIS HORAN

LARRY KRUG

DR. DAVID LEVINE

KRISTIN MCVEIGH

SHAWN NEWTON

MICHAEL O'BRIEN

ANDY PITONYAK

RUTHANN RICHARDS

RUTH SANO

GREG SHELTON

JODI SHELTON

SUE SHIPE

DR. ALLEN ZIEKER



Our next meeting

We don't hold general meetings in July or August, but the board does meet during the summer. Non-board members are welcome, but they can't vote. Our next board meeting will be **Wed, July 12** at a location to be announced **Please let me know whether or not you'll be there at 518-235-8232 or jerrygordon@juno.com. (Maybe if I repeat it enough, people will respond.)**

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.

Photos from the Installation Dinner

L-R in the back: Jerry Gordon, Shawn Newton, Mike O'Brien, Larry Krug, Greg Sheldon, PDG John McDonald, Davia Gaddy
2nd row: Marilyn Bradley, Jodi Sheldon, Maryanne Gordon, KL Eva Bass
Front: Kahlo and Scarlett Sheldon



PDG John McDonald

Jerry Gordon presents a Robert J. Uplinger Distinguished Service Award to KL Eva Bass. The plaque reads: "In recognition and appreciation of her ongoing dedication to the betterment of our Lions club and the greater community."





Camp Abilities Saratoga
Wants to Say
Thank You for Your
Continued Support !

YOU'RE INVITED

to our 10 Year Celebration!



Saturday
July 29, 2023
5:30pm - 7:30pm

Holiday Inn Saratoga
232 Broadway
Saratoga Springs, NY 12866

Our featured guest will be
Dr. Lauren Lieberman.
Enjoy lite fare and a cash bar.

Hope to see you there!!

Please RSVP by July 20th
to Barbara Bentley at
bbentley@CampAbilitiesSaratoga.org
or 518-894-1375

THANK YOU



Giving back
to move forward



For generously sponsoring this event!



Tues, July 4: Independence Day
 July 7-11: LCI Intl Conv in Boston
 Wed, July 12: Lions Board meeting. See page 2
 Sat, July 29: Camp Abilities thank-you; see page 3

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

Happy Birthday!

Happy **July** birthday to only one A&T Lion:
 25th: Jerry Gordon



Happy Anniversary!

Happy Lions Anniversary to no **July** inductees:



Bring a potential member to a meeting.



See all our Earth Day pictures at tinyurl.com/LionsEarthDay2023

Lions Service Areas



Diabetes



Environment



Hunger Relief



Childhood Cancer



Vision

Things you never knew - from Snapple® bottle caps:

Leonardo da Vinci discovered that a tree's rings reveal its age.

The world's largest mountain range is under the sea.

The sun is actually white, but the earth's atmosphere makes it appear yellow.

Human thigh bones are stronger than concrete.

The square dance is the official dance of the state of Washington.



The **105th Lions Clubs International Convention** is happening in Boston from **July 7 to July 11, 2023**. 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!

Make your way to this historic American city to look back at all that we’ve done as Lions, where we are now and where we’ll go next. Join us in Boston as we forge a path for the future.

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.

The Boston Convention and Exhibition Center

The convention center is in Boston’s seaport district — a newly developed, conveniently located area that’s surrounded by hotels, restaurants and bars, so you’ll be able to attend convention, then duck out for a meal or simply relax. And at just 3 miles from Logan International Airport, it won’t take you long to get there.

See you at LCIcon 2023!

We can’t wait to see you at the premier Lion event in Boston, so [register now](#) for our 2023 international convention!

If you intend to march in the International Parade, you must have the official MD20 shirt.

See below for ordering information.

COUNCIL APPROVED MD20 STATE SHIRT		White Polo Style Shirt with Navy Piping <small>60/40 Cotton/Polyester</small>
		
Mens Sizes M - XL		\$35.00*
Mens Sizes 2XL - 4XL		\$37.00*
Ladies Sizes S - XL		\$35.00*
Ladies Sizes 2XL - 4XL		\$37.00*
<p>TO ORDER PLEASE CALL LIONS CAMP BADGER OFFICE 1(800)232-7060 VISA, MASTERCARD, DISCOVER Personal Checks must be received before order is shipped *Lions Camp Badger, 725 LaRue Rd, Spencer, NY 14883*</p> <p>Shirts will also be available for purchase in the LIONS GOODS STORE at the NYS LIONS CONVENTION</p>		
*Plus Shipping & 4% local Sales Tax (Shipping charges will be calculated based on current USPS Priority rates)		



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

