



# Rare Meat

July 2013



Serving the citizens of Albany, Troy and environs since 1925

## OFFICERS 2013-14

President:

CAROL QUANTOCK

1st Vice-President:

CHRIS HORAN

2nd Vice-President

MARYANNE GORDON

3rd Vice-President

MICHELLE BAKER

Secretary:

JERRY GORDON

Treasurer:

PAUL VERGONI, Club

LARRY KRUG, Char Fund

Tail Twister:

TOM HART

Lion Tamer:

ROXANA SANCHEZ

Permanent Director

PDG DAVE HARRIS

Directors, 1st year of 2:

PHIL HARRIS

DIANE BURKE HART

Directors, 2nd year of 2:

CARL CAFFALETTE

URSULA DESSINGUE

Membership Chair:

RUTH SANO

Immediate Past Pres:

TOM HART

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**YOUR SUBMISSIONS  
ARE ENCOURAGED!**



## New Graphics

Now that we're into Lions Year 2013-14, there are some new graphics that you'll be seeing on various Lions publications. That blue circle in the upper left corner of this page is DG Steve Lynch's pin, and to the right is International President Barry Palmer's logo.



## Report of the meeting held on Wednesday, June 5, at Valente's Restaurant in Watervliet

Kudos to Lion Kathy Dorn for making all the arrangements for a fine Installation Dinner to finish off our 2012-13 Lions year. This was our first event at Valente's, and I think it was a success. The food was good, the prices were reasonable and the wait-staff was friendly and efficient.

PDG Dave did his usual fine job in inducting three new members: Lions David Arocho, Jeff Bennett and Christina Weary. The newly installed officers and directors are listed along the left edge of this page.

**Lion Maryanne's games provided lively entertainment.**

King Lion Tom was *in absentia*, so we couldn't thank him for his two years of exemplary service. Stay tuned ...

Photos of the event, thanks to Paul Quantock and Maryanne Gordon, are on page 2.

Have a  
Happy  
and Safe  
4th of  
July!

## MEMBERSHIP

VICKI ADLER

KATIE ALLEN

DAVID AROCHO

MICHELLE BAKER

JOANN BEACH

DR. TED BELHUMEUR

JEFF BENNETT

BARRY BERBERICH \*

DR. ROB BRASS

CHRISTOPHER BURKE

CARL CAFFALETTE

JANE CHOUINIERE

DOUG DAVIS

NICK DEMARTE

URSULA DESSINGUE

KATHY DORN

DENNIS FAGAN

MIKE FARRELL

JERRY GORDON

MARYANNE GORDON

PDG DAVE HARRIS

PHIL HARRIS

DR. VICI HARRIS

DIANE BURKE HART

TOM HART

ELAINE HAYNER

CHRIS HORAN

HON. JERRY JENNINGS

BRUNILDA JIMENEZ

PAM KHAMBANONDA

LARRY KRUG

DR. DAVID LEVINE \*

FRAN MCDOAL

KRISTIN McVEIGH

MICHAEL O'BRIEN

TERRY PAGE

BOB PRATT

CAROL QUANTOCK

ROXANA SANCHEZ

RUTH SANO

VICKIE SHAHINIAN

PAUL VERGONI

CHRISTINA WEARY

DR. ALLEN ZIEKER \*

\* AFFILIATE MEMBER



PDG Dave Harris installed Lion Carol Quantock as our new president.



Secretary Jerry Gordon presented her well-deserved award as a Melvin Jones Fellow.





## *Report of the board meetings held on Wednesday, June 19, at the Route 7 Diner*

Lion Paul distributed the list of recipients of our David B. Klingaman Citizenship Award, and the thank-you notes we have received.

We confirmed our previous decision to drop anyone whose dues are not paid by next week. We will **make some phone calls to the five members who haven't paid yet.**

We agreed to again exhibit at NABA's Low-Vision Tech Fair. It will be held on October 16 at Beltrone Living Center in Colonie, its usual location.

PDG Dave announced that the MD20 Convention will be held in Lake Placid on April 25-27, 2014, and the International Convention will be in Toronto on July 4-8, 2014.

Lion Carol reminded us that July 9 is our next Food Bank work session, and July 24 is the blood drive at Colonie Town Hall. The Red Cross has taken care of all the phone calls for this drive.

Lion Tom commented on the Summer 2013 issue of *Brighter Horizons*, NABA's quarterly newsletter. Lionism in general, and the A&T Lions in particular, got quite a bit of space, starting with a picture of **Lions Ursula and Paul at NABA's Volunteer Appreciation Breakfast [see page 4].** Then there was a full-page push to get people to join the Lions; it gave our phone number and e-mail address, as well as the **Bethlehem Lions' contact information.** (Michele O'Hare, NABA's Development Director, is president of the Bethlehem LC.) And finally, there was a page devoted to the many ways that Lions help their local, national and international communities; it included a picture of our secretary, who also happens to be a NABA board member, as is Lion Chris Horan.

Lion Maryanne gave out 3 vouchers for glasses.

Lion Carol is working with one hearing-aid applicant. A previous applicant does have insurance coverage, so we're off the hook.

We voted to donate \$300 to Guiding Eyes for the Blind. This is the money we earned from our metal-framed used eye glasses.

We voted to support NABA's golf tournament at the \$200 Tee Sponsor level. The event is Sept. 9.

This was our first board meeting at this location, and it went well. They've got a varied menu of good, reasonably priced meals and they're pleased to have us there.

## Bring a potential member to a meeting



### ***Make a note:***

Next Lions Work Night at the **Regional Food Bank:**

**Tuesday, July 9, 2013, 5:30-7:30 PM**

*Friends and family welcome.* Tell **Lion Carol** how many you're bringing at [cquantoc@nycap.rr.com](mailto:cquantoc@nycap.rr.com) or **664-3901.**

**Save the 2nd Tuesday of January, April, July and October.**



**We Serve**



Our next BLOOD DRIVE will be **Wednesday, July 24, from 1-6 PM** at Colonie Town Hall, 534 New Loudon Rd (Rte 9), Latham (across the street from Siena College). We need volunteers:

- ◆ To work at the registration desk and the canteen at the drive,
- ◆ And to donate blood.

If you can do any or all of these, please sign up with Lion Carol at [cquantoc@nycap.rr.com](mailto:cquantoc@nycap.rr.com) or 664-3901.

*Future blood drives: September 9 at East Greenbush Library; December 27 at Holiday Inn Express; March at TBD.*

### *Our next meeting ...*

Our next general membership meeting will not be until September, but your board will continue to meet **on the third Wednesday of every month. If you need a meeting "fix," you're welcome to join us at 6:00 PM** at the Route 7 Diner, across from Keeler Motors.

### *NABA Volunteer Recognition Breakfast*

Back on April 25, NABA held a volunteer-recognition breakfast at the Albany airport. As active KidSight participants, Lions Ursula Dessingue and Paul Vergoni represented our club. Among the things they learned is that NABA has an **ongoing need for all sorts of volunteers. If you've got some time on your hands and you'd like to do something useful that's Lion-related, see what's available at [naba-vision.org/volunteer-opportunities/](http://naba-vision.org/volunteer-opportunities/).**



### *ARC Volunteer Recognition Dinner*

On June 12, Lions Carl Caffalette, Fran McDoal, Maryanne and Jerry Gordon attended the Volunteer Recognition Dinner sponsored by the American Red Cross. In addition to eating well, we learned a lot about ARC's varied operations and programs.

### ***The District Governor's Contest***

Every year, the District Governor establishes a contest to promote various goals. For 2013-14, DG Steve Lynch is pushing communications. **Even though he doesn't officially become DG until July 1, he has already announced this year's contest. See pages 7 and 8 to see what we'll be measured on. If you do anything that qualifies, like attending a meeting of another club, please make sure to let Lion Jerry know about it.**

### *KidSight*

KidSight screenings are slowing down for the summer. Kathryn probably won't need help again until September.

## *What have we done?*

**As you know, the Lions' motto is We Serve.** We may have a good time at our meetings and we may enjoy the camaraderie of good friends, but the only reason for our existence is to be of service to our community. We can always do more, but I think we can be proud of what we have accomplished in the past 12 months. Between July 1, 2012, and June 30, 2013, the Albany & Troy Lions Club:

- Collected 8500 pairs of used eyeglasses and 93 used hearing aids;
- Provided eyeglasses for 10 children and 11 adults;
- Helped NABA at 7 KidSight vision screenings; we tested 246 pre-schoolers and flagged 16 with potentially serious eye problems;
- Purchased hearing aids for an elderly woman;
- Purchased a special hearing-aid dehumidifier for a 10-year-old girl;
- Provided cataract surgery for a 37-year-old man at the Lions Eye Institute;
- Provided surgery to treat a pterygium in a 35-year-old woman at the Lions Eye Institute;
- Held 4 work sessions at the Regional Food Bank;
- Worked on Fox23News's Coats for Kids program; transported over 250 coats from various dry-cleaners to a central distribution point;
- Sponsored 3 blood drives;
- Served dinner twice to approximately 50 residents of Joseph's House;
- Purchased clothes and other holiday gifts for a family of four;
- 7 Lions helped load 6000 pairs of used shoes that will be distributed in Appalachia;
- Provided David B. Klingaman Citizenship Awards (small stipends) to one graduating senior from each of 14 area high schools;
- Donated to NABA, Barton Center for Diabetes Education, Rensselaer County Sheriff's Office for educational material on child safety, LCIF for Sandy relief, Tech Valley High School's plant-a-tree program, Lions Camp Badger, Hugh O'Brian Youth Leadership program, Guiding Eyes for the Blind.

## *Demographics*

Along with our accomplishments, the end of the Lions year is a good time to take a look at who we are. There are 44 of us - 23 male and 21 female, with an age range of 25 to 85 years old; our average age is **62.9**. **Half of us live in Rensselaer County, 18 live in Albany County and 4 elsewhere.** We've been Lions for anywhere from 1 month to 36 years. Seven of us are blind or visually impaired.

## ***On a more personal note ...***

Bob & Lion Ruth Sano traveled to Blacksburg VA in May to participate the graduation celebration of their youngest son Michael B. Sano. Mike received his PhD in Bio-Medical Engineering from Virginia Tech on May 17th and is currently employed at VT in the Research Dept.

According to LinkedIn, Lion Barry Berberich is now Vice President of Business Development at Noridian Healthcare



**Solutions.** We ran into his wife, Barbara, at the ARC Volunteer dinner, and she said he's on the road a lot for the new job.

Congratulations to Lion Michelle Baker's son, Jaleel, for making the All Stars 9-and-under Spring Renegades Team for the second time. Michelle says, "Jaleel plays second base and right field. Their first tournament games are July 5-7, so we will be practicing even more to prepare for the big games. This is going to be a long and expensive summer since you travel a lot for the various tournaments all over and out of state. So they are looking to be District and State Champs and then the big one - Regional Champs! It will be a lot of work for these boys." We wish Jaleel and his team-mates much success, and now we know why Mom misses a meeting now and then, especially this time of year.



### Happy Birthday!

Happy July birthday to these A&T Lions:

6th - Bob Pratt  
12th - Carl Caffalette  
25th - Jerry Gordon  
31st - Jerry Jennings



### Happy Anniversary!

Happy Lions Anniversary to only one July inductee:

Tom Hart - 6 years



**Tuesday, July 9, 5:30-7:30 PM:** Work session at the Regional Food Bank. See page 3.

**Wednesday, July 17, 6 PM:** Board meeting at the Route 7 Diner. All members are welcome. Note new time and place.

**Wednesday, July 24, 1-6 PM:** Blood drive at Colton Town Hall. See page 4 for details.



A few helpful hints to simplify your life

Old telephone books make ideal personal address books. Simply cross out the names and addresses of people you don't know.

Lose weight quickly by eating raw pork and rancid tuna. You might find that the subsequent food poisoning will enable you to lose 12 pounds in only two days.

Avoid parking tickets by leaving your windshield wipers turned to fast wipe whenever you leave your car parked illegally.

No time for a bath? Wrap yourself in masking tape and remove the dirt by simply peeling it off.

If a person is choking on an ice cube, don't panic. Simply pour a jug of boiling water down their throat and presto! The blockage is almost instantly removed.

Save on booze by drinking cold tea instead of whiskey. The following morning you can create the effects of hangover by drinking a thimble full of dish washing liquid and banging your head repeatedly on the wall.

# District Governor’s Contest COMMUNICATION

For the period of July 1, 2013 through May 15, 2014

**A. Receive 1 point for each time your club exercises one of the following methods of communication.**

	<u>Tally</u>
1. Hold a club meeting (Member or Board).	_____
2. Host a potential Lion at a club meeting, not including speakers.	_____
3. Provide orientation to a new member.	_____
4. Present a Lion of the Year Award to a member (include those <u>ordered</u> for June, 2014).	_____
5. Receive credit for each day of club events, including fundraising events.	_____
6. Publish an issue of your monthly club newsletter and distribute it to all members.	_____
7. Receive credit for each week you update your club website.	_____
8. Receive credit for each week you update your club Facebook page.	_____
9. Have a photograph with a caption published in a newspaper (print media).	_____
10. Have an article published in a newspaper or a story on radio or TV.	_____
11. Electronically submit your Monthly Membership Report, MMR, to LCI.	_____
12. Electronically submit your monthly Activity Report to LCI.	_____
13. Electronically submit your Annual PU-101 Report to LCI.	_____
14. Receive credit for each club member attending a meeting at another Lions Club.	_____
15. Receive credit for each club member attending a meeting or event at any of the organizations listed in the district directory, such as Camp Badger.	_____
16. Receive credit for each club member attending a Zone or Region Meeting.	_____
17. Each club in a Zone is credited when their Zone Chair electronically submits the Club Visitation Report to the District Governor	_____
18. Have an article or notice published on the district website, <a href="http://www.20y2lions.org">www.20y2lions.org</a>	_____
19. Have an article or notice published on the district newsletter, The Roar	_____
20. Receive credit for each club member signed up to electronically receive the district newsletter, The Roar.	_____
21. You may submit another form of communication for credit at the sole discretion of the District Governor. Please describe it thoroughly.	_____

*Continued on next page*



**B. Receive 5 points for each time your club exercises one of the following methods of communication.**

- 1. Present a Melvin Jones, Knight of the Blind, or Robert J. Uplinger Award to a member (include those ordered for June, 2014). \_\_\_\_\_
- 2. Receive credit for each club member attending a District Cabinet Meeting. \_\_\_\_\_
- 3. Receive credit for working on a joint project with another Lions Club in 20Y2. \_\_\_\_\_
- 4. Have a brochure for your club (you get this credit even if you already have one). \_\_\_\_\_
- 5. Submit a Peace Poster with documentation to the district. \_\_\_\_\_
- 6. Receive credit for each club member who will be attending the 2014 MD-20 Convention in Lake Placid. \_\_\_\_\_

**C. Receive 10 points for each time your club exercises one of the following methods of communication.**

- 1. Sponsor a member to attend the MD20 Lions Leadership Institute. \_\_\_\_\_
- 2. Have a website for your club (you get this credit even if you already have one). \_\_\_\_\_

Follow this link for a free and easy way to build your website:

<http://20y2lions.org/ClubWebSites.htm>

**Club** \_\_\_\_\_

**Total Points:** \_\_\_\_\_

There will be 5 categories: Lions Clubs (Less than 20, 20 to 40, and more than 40 members), Lioness Clubs and Leo Clubs.

Club Presidents must submit their results to be received by 2<sup>nd</sup> VDG Paula Flisnik at [paulaf@cabvi.org](mailto:paulaf@cabvi.org) no later than **May 12<sup>th</sup>, 2014**.