



Rare Meat

September 2013



Serving the citizens of Albany, Troy and environs since 1925

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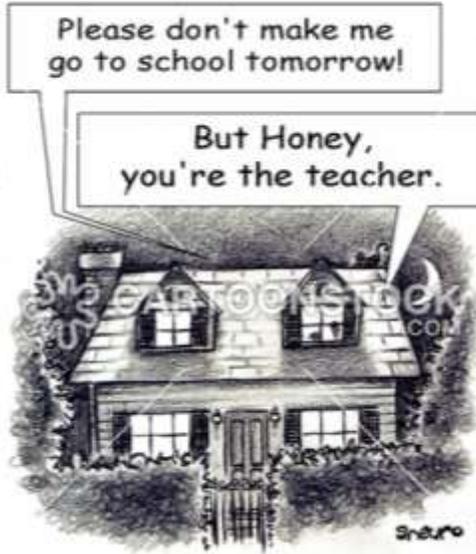
Immediate Past Pres:
TOM HART

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YOUR SUBMISSIONS
ARE ENCOURAGED!



A note to our newer members, and a reminder for the rest of you: Our board meetings, which are held on the 3rd Wednesday at 6 PM at the Route 7 Diner, are open to all members, but only board members (those on the left side of this page) can vote. There are two meetings: one for the Albany & Troy Lions Club, then one for the Albany & Troy Lions Charitable Fund. For the report here in Rare Meat, I combine the minutes of these meetings and delete details like approval of previous minutes.

Report of the board meetings held on Wednesday, August 21, at the Route 7 Diner

KL Carol reported that the July blood drive had been canceled, and after a brief discussion, we decided that we shouldn't make any special efforts to replace it. Our next drives are Sept. 9 at the East Greenbush Library and Dec. 27 at the Holiday Inn Express in Latham. She also mentioned the Jim Shake, who had been handling Rensselaer County for the Red Cross, died a few months ago; he will be replaced by Gail Kirby.

Lion Paul raised the issue of the lack of member participation at the Regional Food Bank work nights; it always seems to be the same 6 or 8 members who show up. We discussed it only briefly, but no one had any ideas for a good way to increase member participation.

Lion Tom said that we collected 9500 pairs of used glasses last year, rather than 8500 as previously reported. He'll be shipping at least 6500 this month, including 3800 that we got from the Saratoga Springs Lions Club, 1600 from Broadalbin-Perth LC and 1000 from the March of Dimes. Because LensCrafters is no longer taking glasses from the clubs, we will suggest to DG Steve that he consider setting up a district-wide program for handling used glasses. Also, Lion Tom collects most of the glasses for our club; we will work out a program to distribute the load a bit by having more Lions pick up glasses.

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 CHOUINIÈRE
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
PAM KHAMBANONDA
LARRY KRUG
DR. DAVID LEVINE *
FRAN McDOAL
KRISTIN McVEIGH
MICHAEL O'BRIEN
TERRY PAGE
BOB PRATT
CAROL QUANTOCK
RUTH SANO
VICKIE SHAHINIEN
PAUL VERGONI
CHRISTINA WEARY
DR. ALLEN ZIEKER *
* AFFILIATE MEMBER

Joseph's House has requested donations of personal hygiene items for its residents and homeless clients. Lions Terry and Ruth are working to establish an effective way for us to help them on an ongoing basis, and they have made some contacts that may end up with a program involving students and faculty from Russell Sage. Stay tuned for future developments.

Lion Jerry quickly reviewed the 21 calls to our voice-mail during the previous month.

We talked about getting involved again with the Peace Poster Contest. Years ago, Lion Jane chaired this program when we were the Troy Lions Club, but it got increasingly difficult to get schools interested in participating. KL Carol will call PDG Joan Scott, district peace-poster chair, to discuss it further.

Lion Vickie Shahinian has agreed to be Lion Tamer again, and Lion Christina is "in training" with KL Carol so she can take over our hearing-aid requests. Lion Jeff has tentatively agreed to be PR chair, pending resolution of a possible job conflict.

Lion Maryanne reported that she's given out two vouchers for glasses - one each to adults in Albany and Rensselaer counties.

KL Carol reported that she has one hearing-aid request in process. Lion Christina is helping her with it **as she's being brought into the process more and more.**

Last month, Lion Mike brought Geoffroy Greene to our board meeting so he could make an appeal for the specialized low-vision equipment he needs. We are still waiting for further information, including the **status of Mr Greene's request for assistance to the Lions in his home country of Jamaica.**

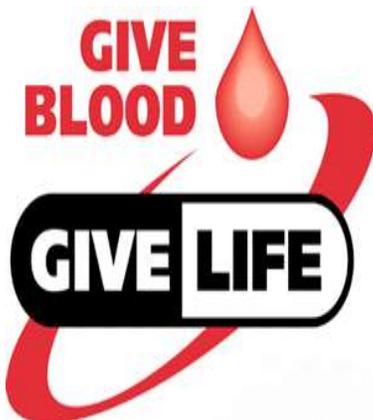
We voted to donate \$100 to the Sight Society/Lions Eye Bank to help with their Donor Memorial Service, which will be held on Sunday, Sept. 29 at the Desmond from 1-3 pm.

We discussed whether we should hold another school-nurse dinner. Our last one was in April, 2011. We **seem to be working much less with the nurses than we have in the past, and it's an expensive undertaking. On the other hand, these ladies are certainly deserving of our recognition, and it's a good way to get our message to them.** KL Carol will talk to Lion Joann about chairing the event.

Bring a potential member to a meeting

Our next meeting ...

Our next general membership meeting, the first of the 2013-14 Lions year, will be on Wednesday, September 4 at 6PM at the Red Front. Our speaker will be Lion Kevin Ronayne, who will tell us all about the Lions Eye Institute. Please let Lion Jerry know whether you will be there (jerrygordon@juno.com or 235-8232).



Our next BLOOD DRIVE will be **Monday, September 9, from 1-6 PM** at the East Greenbush Library. We need volunteers:

- ◆ To make phone calls in the week or two before the drive,
- ◆ 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 KL Carol at cquantoc@nycap.rr.com or 664-3901.

Future blood drives: December 27 at Holiday Inn Express in Latham; March at TBD; June at TBD.

Shirts, again

Back in 2010, we ordered club shirts. They can be worn to club meetings, but they're really intended for any event where we're in public, such as a blood drive, serving meals at Joseph's House, cabinet meetings and other district functions, visitations to other clubs, state or international conventions, etc. If you didn't get one last time, or you're a new member, now's your big chance. I'd like to place an order by the end of September; we need to order at least 6, in any combination. We're supporting a local business by getting them from Sportsmaster (Standard Mfg.) in Lansingburgh.

There are two styles available: First is a BlueGen brand long-sleeve Oxford shirt in Navy. It's an easy-care 65% polyester/35% cotton poplin blend, washes nicely and needs no ironing. They have stain release and are wrinkle- and crease-resistant. Embossed on the left chest is "Albany & Troy Lions Club" and the Lions logo. Both Men's and Ladies' shirts are "Classic Fit." The Men's shirts have a button-down collar and a pocket. The Ladies' shirts have a spread collar (not button-down), straight bottom and no pocket. A size chart for the Oxfords is on the next page.



The Oxford shirts



The polo shirts at our 2010 visit to Guiding Eyes for the Blind. (Ignore Lion Elaine.)

Then, so that we can be properly attired for summer events, we ordered navy blue golf (or polo) shirts with the A&T Lions logo embroidered on the left chest. The shirt we have selected is a JerZees brand 50 poly/50 cotton blend that needs no ironing when it comes out of the dryer. The Ladies' version is fitted.

The Oxford shirts (Men's or Ladies') cost \$26 for XS, S, M, L, XL, and the polo shirts are \$18 for XS, S, M, L, XL. In both cases, add \$2 for 2XL, \$4 for 3XL, \$6 for 4XL, etc. Also, you can get the club logo added to any piece of apparel that you supply for \$7. (I got it on a white sweatshirt.)

shirt is too tight, so she'll be getting a new medium Oxford and a new large polo.

Ladies, for what it's worth: Maryanne thinks her large Oxford is too big for her, and her medium polo

To order, tell me your shirt choice and size at jerrygordon@juno.com or 235-8232, and send me a check payable to ALBANY & TROY LIONS CLUB.

KidSight

It's a great help to NABA if we can send 1 or 2 Lions to help Kathryn with the paperwork when she does vision screenings of preschoolers. On Thursday, October 3, she will be at Woodline Hill Montessori in N. Greenbush at 9:00 am. They have 100 children but she's not sure how many will sign up. The contact is Sue at 283-5400 and it's located on 100 Montessori Place. If you're willing to help with this screening, please let Lion Jerry know (jerrygordon@juno.com or 235-8232). Her September screenings are all Headstart locations, where the nurses help her.

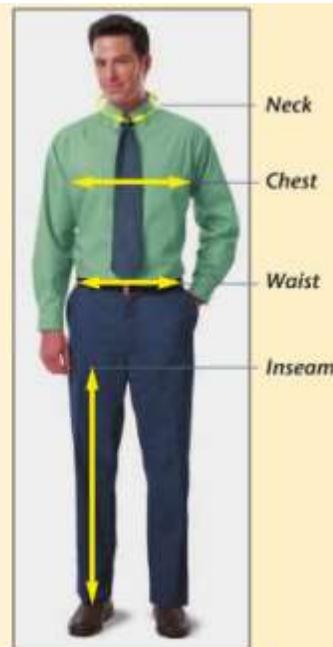
Blue Generation

How to Measure

Size Charts

Body measurements
(not garment specs)
shown below

- NECK**
Measure around neck just below larynx
- CHEST**
Measure across fullest part of chest under arms
- SLEEVE**
Measure from center of back of neck, across shoulders, down to cuff
- WAIST**
Measure natural waistline above top of hip bones
- INSEAM**
Measure similar pants that fit well, from the crotch seam to top of shoe to be worn



SHIRTS

	MEN'S & ADULT UNISEX SIZES						BIG SIZES						
	XS	S	M	L	XL	2XL	3X	4X	5X	6X	7X	8X	9X-10X
NECK	14	14-14 1/2	15-15 1/2	16-16 1/2	17-17 1/2	18-18 1/2	19-19 1/2	19 1/2-20	20-20 1/2	20 1/2-21	21	21 1/2	22 1/2
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-67	68-69	70-71	74-75
SLEEVE REG	31 1/2-32	32 1/2-33	33 1/2-34	34 1/2-35	35 1/2-36	36 1/2-37	37 1/2-38	37 1/2-38	37 1/2-38	37 1/2-38	37 1/2-38	37 1/2-38	37 1/2-38
SLEEVE TALL				36 1/2-37	37 1/2-38	38 1/2-39	39 1/2-40						

	LADIES SIZES					PLUS SIZES			Men's Fit	Ladies Fit
	XS	S	M	L	XL	2XL	3XL	4XL		
SIZE	2	4-6	8-10	12-14	16-18	20-22	24-26	28-30	Classic Fit Standard fit Roomy across chest & shoulder Straight through body Relaxed Fit	Classic Fit Standard fit Straighter through body Standard length Trim Fit Contoured Sides
BUST	30-31	32-33	34-35	36-38	40-42	44-46	48-50	52-54		
SLEEVE	31	31 1/2	32	32 1/2	33	33 1/2	34	34 1/2		

It is recommended women try on a shirt and pant for size before embroidering

It's not Lionism, but it's a community need...

Fellow Rotarians and Friends In the Community At Large:

Here are the details on the Southern Rensselaer County Rotary Club Book Drive, which is the first of four quarterly goals for 2013-14 set by President April Dowd and approved by the Board of Directors.

WHAT IS NEEDED: New or like-new hardback books (no paperbacks!) of all categories. Children's books for pre-schoolers also are direly needed. Novels, histories, biographies, mysteries, how-to books, etc., appreciated.

RECIPIENT: Unity House of Troy which, for 42 years, has provided a wide range of services to meet the otherwise unmet needs of people in our community who are hurting and struggling -- people living in long-term poverty, adults living with mental illness or HIV/AIDS, individuals and families who are victims of domestic violence, and children with developmental delays.

HOW DO I DONATE? April and Bill Dowd will be collecting donated books at the September 5 and 12 dinner meetings. They'll load up their car after the meetings, so don't lug your books into the restaurant. Non-Rotarians who wish to donate books may call April at 238-1950 to arrange a pickup.

[Since the Dowds are neighbors of Lions Maryanne and Jerry, you can bring your books to the Lions meetings on September 4 or 18.]

WHO WILL HANDLE THE DELIVERY? A & B will take care of transporting the books to Unity House, which is planning to open its new facility at 2431 Sixth Avenue and the Hoosick Street Bridge on Saturday, October 13.

THANKS IN ADVANCE FOR YOUR GENEROSITY IN SUPPORT OF OUR CLUB'S WIDENING ITS SCOPE OF INFLUENCE IN THIS ROTARY YEAR.

On a more personal note ...

Another note to our newer members, and a reminder for the rest of you: This section is intended to increase camaraderie among our members by giving you some idea of what your fellow Lions are up to when they're not being Lions. If you think this is a good idea, you can help by giving me a few words occasionally about what's noteworthy in your life. Or tell me about a Lion who might be too shy or modest to tell me him/herself. If no one tells me anything, I have to fill the space with "humor," so you'd better give me stuff.

Lion Terry Page is back from a 2-week trip to Europe to see her two sons, four grandchildren, and assorted other family members. Two of those grandchildren are under 2 years old so it was the first time she had been blessed with seeing them both, except on Skype, of course. Then came the visit of her daughter and two granddaughters from Utah. So all told, in the past few months, she has had the luxury of seeing all three of her children and all six of her grandchildren. "Hooray!!" she says.

Happy Birthday!

Happy September birthday to
only one A&T Lion:

10th - Vicki Adler



Happy Anniversary!

Happy Lions Anniversary to these
September inductees:

- Dr Ted Belhumeur - 4 years
- Ruth Sano - 17 years
- Kristin McVeigh - 23 years



Don't sit on the sidelines - Get involved!

For other events around the district,
visit 20Y2Lions.org

Wednesday, September 4, 6 PM: First general meeting of the Lions Year, at the Red Front Restaurant. Guest speaker will be from the Lions Eye Institute. See page 2.

Monday, September 9, 1-6 PM: Blood drive at the East Greenbush Library. See page 2.

Saturday, September 14, 9 AM: District Cabinet Meeting. See page 6.

Wednesday, September 18, 6 PM: Board meeting at the Route 7 Diner. All members are welcome.

Sunday, September 29, 1-3 PM: Sight Society/Lions Eye Bank Donor Memorial Service. See page 7.

**First Cabinet Meeting, September 14, 2013
Sweet Basil Restaurant
1012 State Route 9, Queensbury, NY**



9-9:30 A.M. Registration and Coffee/Tea
9:30 Introductions / Meeting
1:00 P.M. Luncheon

- Menu choices:
- A. Chicken Parmigianino served with Ziti
 - B. Prime Rib French Dip served with French fries
 - C. Tuna Fish Salad Plate

Homemade bread & butter, our 35-item salad bar, unlimited coffee, tea and soda accompany all entrees.

Directions: 1-87 to Queensbury, exit 19. Off ramp and turn on Quaker Rd. to State Route 9 thru 3 traffic lights. Turn left on Rt. 9 going north past Wal-Mart one mile .. restaurant is on right at 1012 State Route 9.

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Mail your registration with \$15.00 per person (payable to "District 20Y2 Lions Clubs") by September 6, 2013 to Lion Mary Claire Noakes; 12 Towner Rd; Lake Luzerne, NY 12846

Title Name Club

Address

.....

E-mail

Circle Luncheon Choice (A) (B) (C) and amount enclosed \$



Visit your club's web site: ALBANYTROYLIONS.ORG,
 your district web site: 20Y2LIONS.ORG,
 and International's web site: LIONSCLUBS.ORG.

And remember to do your on-line shopping at ALBANYTROYLIONS.PENNIESATATIME.COM



The Sight Society of Northeastern New York, Inc. (Lions Eye Bank at Albany) is hosting a Donor Family Memorial Service on Sunday, September 29, 2013, 1:00 pm – 3:00 pm at the Desmond Hotel and Conference Center, Albany, NY.

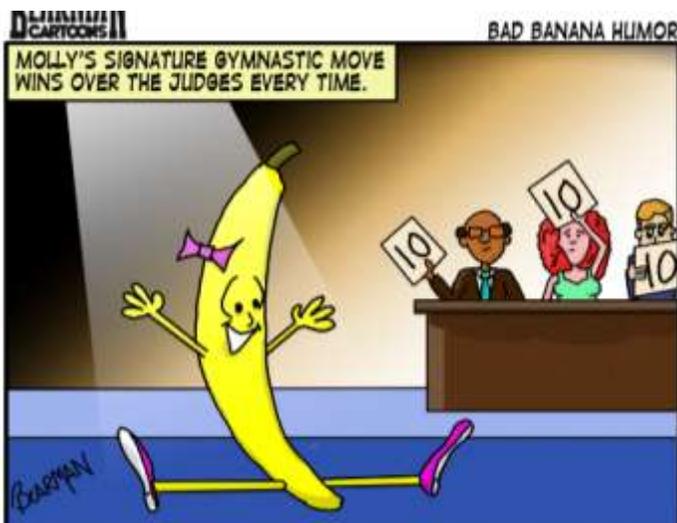
As you know, each year thousands of lives are saved or enhanced by the miracle of organ, eye and tissue donation. A Donor Family Memorial Service pays tribute to those that gave the “gift of life and/or sight,” allowing others to live on through their heroic and generous spirit. This will be our ninth annual Donor Family Memorial Service to honor those who have given the gift of sight.

At this ceremony we will be presenting donor families with the New York State Medal of Honor. Thanks to the support of several state legislators, Governor George E. Pataki signed legislation in 2002 establishing the New York State Gift of Life Medal of Honor Program to recognize the selfless, life-saving contributions of organ and tissue donors. As part of that legislation, the Governor has commissioned a medal to be presented to families of deceased organ and tissue donors and to living organ, bone marrow and peripheral blood stem cell donors. The medal features a sugar maple tree, the official tree of New York State, and comes in a box with two matching lapel pins. The medal was designed and produced in such a way that it allows family members to have the medal affixed to the deceased donor’s head stone as a means of recognizing their life-saving decision.

On behalf of the more than 9,000 New Yorkers who are waiting for organ transplants, and the tens of thousands of more in need of eye or tissue transplants, we thank Governor Pataki and our legislators for supporting the Medal Program. We can’t think of a more fitting way to honor those families who have made the decision to donate at such a difficult time in their lives and encourage families to discuss the opportunity to give life’s most precious gift, *the gift of sight*.



For those who would like to attend the memorial service, the courtesy of a reply is requested by September 18, 2013, to Joann Beach, (518) 489-7606 or jbeach@lionseyebankalbany.org



I've got to fill all this extra space with something . . .

Two brooms were hanging in the closet and after a while they got to know each other so well, they decided to get married.

One broom was, of course, the bride broom and the other the groom broom. The bride broom looked very beautiful in her white dress. The groom broom was handsome and suave in his tuxedo. The wedding was lovely.

After the wedding at the wedding dinner, the bride broom leaned over and said to the groom broom "I think I am going to have a little whisk broom!!!"

"IMPOSSIBLE!!" said the groom broom. "We haven't even swept together!"

A group of Florida senior citizens were sitting around talking about their ailments.

"My arms are so weak I can hardly hold this cup of coffee," said one.

"Yes, I know. My cataracts are so bad, I can't even see my coffee," replied another.

"I can't turn my head because of the arthritis in my neck," said a third, to which several nodded weakly in agreement.

"My blood pressure pills make me dizzy," claimed another.

"I guess that's the price we pay for getting old," winced an old man as he shook his head.

Then there was a short moment of silence ... "Well, it's not that bad," said one woman cheerfully. "Thank God we can all still drive."

Doctor Bloom who was known for miraculous cures for arthritis had a waiting room full of people when a little old lady, completely bent over in half, shuffled in slowly, leaning on her cane. When her turn came, she went into the doctor's office, and, amazingly, emerged within half an hour walking completely erect with her head held high.

A woman in the waiting room who had seen all this walked up to the little old lady and said, "It's a miracle! You walked in bent in half and now you're walking erect. What did that doctor do?"

She answered, "Miracle, shmiracle . . . he gave me a longer cane."

Dog Pack Attacks Gator In Florida

At times nature can be cruel, but there is also a raw beauty, and even a certain justice manifested within that cruelty.

The alligator, one of the oldest and ultimate predators, normally considered the "apex predator", can still fall victim to implemented 'team work' strategy, made possible due to the tight knit social structure and "survival of the pack mentality" bred into the canines.

See the remarkable photograph below courtesy of Nature Magazine.

Note that the Alpha dog has a muzzle hold on the gator preventing it from breathing, while another dog has a hold on the tail to keep it from thrashing. The third dog attacks the soft underbelly of the gator.

Not for the squeamish

