



Rare Meat

November 2013



Serving the citizens of Albany, Troy and environs since 1925

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- 2nd Vice-President
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- Permanent Director
PDG DAVE HARRIS
- Directors, 1st year of 2:
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YOUR SUBMISSIONS
ARE ENCOURAGED!



Report of the general meeting held on Wednesday, October 2, at the Red Front

KL Carol welcomed the 4 potential members who were in attendance. Interestingly, none were recruited; all sought us out on their own.

Lion Jerry reminded everyone of the several upcoming opportunities to serve (listed in the October *Rare Meat*) and asked folks to sign up for as many as possible. He also mentioned the Victorian Stroll is Sunday, Dec 8, and we'll be discussing our popcorn sales at the next board meeting.

DG Steve Lynch talked about his motto, "Friends in Deeds," and how it relates to our goal of increasing membership so that we can better serve our communities. He commended our club for its participation at the district level, specifically citing PDG Dave, Cabinet Secretary/Treasurer, Lion Mike, district chair for Sight, Preservation and Action, and Lion Jerry, district IT chair.

Lion Rob Brass gave us a PowerPoint presentation with a wealth of information, including a visual journey through an actual cataract surgery.

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
 - LAURA MONA
 - MICHAEL O'BRIEN
 - TERRY PAGE
 - BOB PRATT
 - CAROL QUANTOCK
 - RUTH SANO
 - VICKIE SHAHINIEN
 - SUE SHIPE
 - PAUL VERGONI
 - CHRISTINA WEARY
 - DR. ALLEN ZIEKER *
- * AFFILIATE MEMBER

Report of the board meetings held on Wednesday, October 16, at the Route 7 Diner

KL Carol distributed International President pins that she had purchased for all the board members; it was a nice gesture, much appreciated.

We voted to accept the membership application from Laura Mona.

We finally got the results of the Sep 9 blood drive that we sponsored at the East Greenbush library: They collected 28 donations, including two first-timers, which is enough to help 78 patients. 6-1/2 Lions worked at the drive: Carl (who also donated blood), Fran, Elaine, Maryanne, Jerry, Paul (and Laura).

The first Wednesday in January will be New Year's Day. We voted to move the general meeting to Jan 8, but keep the board meeting on the 3rd Wed, Jan 15.

Lion Ruth has file cabinets full of old Lions records and related materials. We authorized her to use her judgment to decide whether any of it is worth keeping.

Lion Tom is slowly recuperating from his recent surgery, and with Lion Diane's help, he's able to resume his eyeglass-collection rounds. At a soon-to-be-announced date, we'll have a glasses-sorting party at his house.

We decided to again sell popcorn at the Victorian Stroll, but we'll be at a different location inside First Niagara Bank where we should be much more visible. We also voted to donate \$50 to the Stroll.

The holiday party will be on Dec 4 at Valente's in Watervliet.

Because the school-nurse dinner is such an expense, and because we are getting so many fewer calls from the nurses, we elected to forgo doing the dinner this year.

Lion Paul is pursuing a possible fund-raiser proposed by ZeroDraft, an HVAC company that provides free energy audits to home-owners. We postponed a decision pending further details.

Lion Maryanne reported that she's given out two vouchers for glasses - one adult in Albany County and one child in Rensselaer County.

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.**

Lion Jerry read thank-you notes from NABA for being a tee-sign sponsor at their golf tournament; from Sight Society/Lions Eye Bank for our support of their Donor Memorial Service; and from Katie Myers, **the student we sent to last year's HOBY seminar.**

At the last several meetings, we talked about the needs of Geoffroy Greene, the blind student from Kingston, Jamaica. In the absence of the requested information, we voted to table further discussions.

We voted to again purchase holiday gifts for a family from Vanderheyden Hall. We allocated \$250, and elected Lion Joann as chair.

Lion Ruth will contact Joseph's House and get a clarification on just what they need in the way of personal hygiene items for their residents. Instead of bringing canned food to the holiday party, as we've done in the past, perhaps we can get each member to bring something for a personal-hygiene collection.

Back in July, we approved spending \$100 on special recreational products for Joseph F, a young boy who has Adrenoleukodystrophy (ALD), which is a terminal illness that has left him with no vision and many other neurological deficits. We were to reimburse his mother. For various reasons, it took a while, but she finally sent us a copy of the order. The total was \$139, and in an email vote on Oct 29, we approved increasing our original decision to the full amount she spent.

Bring a potential member to a meeting

Our next meeting ...

Our next general membership meeting will be on Wednesday, November 6 at 6PM at the Red Front. It will be another double feature, so make sure you're there! Our speaker will be Lisa Lambert from the American Diabetes Association. This is an important subject to Lions because of the impact that the disease can have on vision. Then, immediately after adjournment, we'll stick around for an hour or so for our annual folding, stuffing and stamping party as we complete the mailing of our annual seal campaign. Please let me know (jerrygordon@juno.com or 235-8232) whether or not you'll be there; the more people let me know ahead of time, the fewer calls Lion Mike has to make.

Coats for Kids

Again this year, we're teaming with NEWS10 to help with their Coats for Kids campaign. Lions Joann, Christina, Michelle, Paul, Tom, Carol and Jerry will be picking up coats from area dry-cleaners and delivering them to distribution points in Albany and Rensselaer Counties. It's another opportunity to live our motto: *We Serve*. Check out our logo on the poster that's in the window of participating cleaners. As of this writing, we've delivered 38 coats.

KidSight

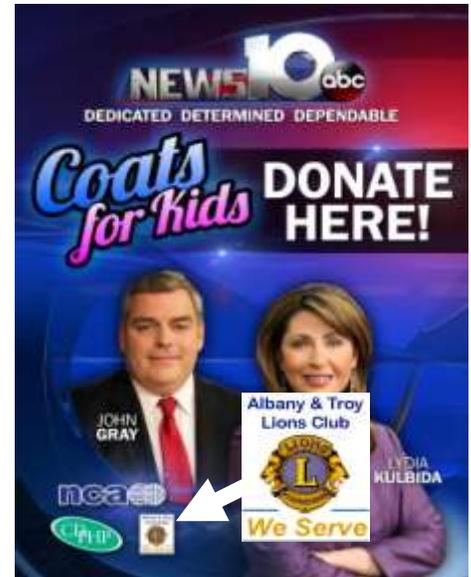
It's a great help to NABA if we can send 1 or 2 Lions to help Kathryn with the paperwork when she does vision screenings of preschoolers. Lion Paul helped with a screening on October 3 at Woodline Hill Montessori in N. Greenbush, where 10% of the kids screened were flagged as needing follow-up by an ophthalmologist.

November screening: North Academy, 570 N. Pearl St. in Albany on Monday, November 18 at 9:30am. Most of her others are out of our area. If you're willing to help with this screening, please let me know (jerrygordon@juno.com or 235-8232) asap.

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, zone meetings, visitations to other clubs, state or international conventions, etc. If yours is worn out, or 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 very soon; 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 wrin-



The Oxford shirts



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

kle- 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. For a size chart for the Oxfords, see the Sept or Oct *Rare Meat*.

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 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.)

Ladies, for what it's worth: Maryanne thinks her large Oxford is too big for her, and her medium polo shirt is too tight, so she'll be getting a new medium Oxford and a new large 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.

Used Eyeglasses

Because of his recent heart surgery (he's doing quite well, thank you), Lion Tom has been unable to do his usual used-eyeglass packing. So on October 25, Lions Ruth, Maryanne, Jerry, Diane and Tom got together at Tom's brother's garage, where they sorted and packed 2500 used glasses and 3 cartons of cases. Then we went to the Harts' warm house for pizza.

NABA Low-Vision Tech Fair

The Northeastern Association of the Blind at Albany (NABA) hosted their fifth annual Low Vision Technology Fair on October 16 at the Beltrone Living Center. Thanks to Lions Christina Weary, Ursula Dessingue and Jerry Gordon for sitting at our information table. Fringe benefit: we got a potential new member!

Volunteering opportunities this month...

I've heard favorable comments about the summary of service opportunities that was in last month's *Rare Meat*. This month, there's only one to summarize: the KidSight screening on page 3.

Holiday Party

Save Wednesday, December 4, for our Holiday Party. It will again be at Valente's Restaurant, 315 8th Street in Watervliet. We'll be ordering off the menu and getting separate checks. Bring a significant other or two and help make it a good time for all.



Our next BLOOD DRIVE will be **Friday, December 27, from 1-6 PM** at the Holiday Inn Express in Latham. 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: March 14 at Hilton Garden Inn; June at TBD.

On a more personal note...

Lion Ruth was supposed to tell us about her recent big trip; all I know is that she has only 3 more states to go on her quest to visit all 50.

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 some other Lion who might be too shy or modest to tell me him/herself.

Happy Birthday!

Happy November birthday to these A&T Lions:

- 5th - Ursula Dessingue
- 22nd - Barry Berberich
- 25th - Jane Chouiniere
- 27th - Mike O'Brien



Happy Anniversary!

Happy Lions Anniversary to these November inductees:

- Carl Caffalette - 2 years
- Dennis Fagan - 7 years
- Carol Quantock - 13 years

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



Wednesday, November 6, 6 PM: General meeting at the Red Front Restaurant. See details on page 3.

Monday, November 18, 9:30 AM: KidSight screening; see details on page 3.

Wednesday, November 20, 6 PM: Board meeting at the Route 7 Diner. All members are welcome.

Don't sit on the sidelines - Get involved!

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



20 Y2 Lions, get your cameras ready!

Submit your picture to the district during the Fall Conference for a chance to be recognized internationally for your photography!

This year's categories include:



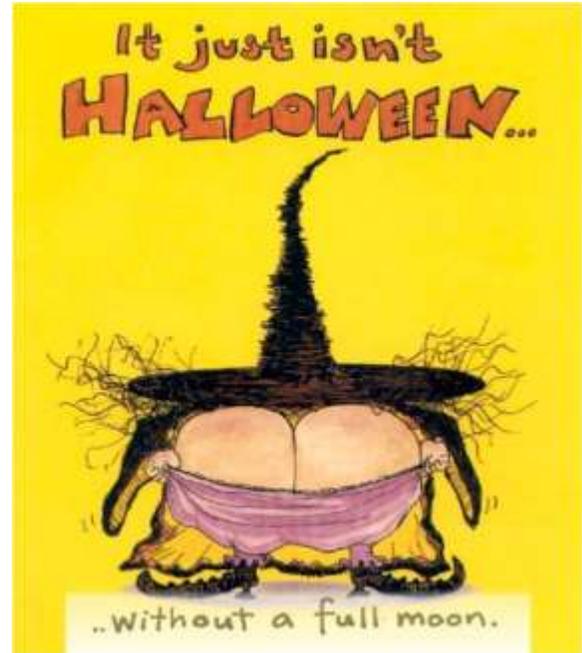
- Animal Life
- Plant Life
- Urban or natural landscape
- Weather Phenomenon
- A dream for a healthy environment

Contest Rules:

http://www.lionsclubs.org/EN/common/pdfs/contest_official_rules.pdf



Photos must be sized to
8" x 10" for submission, deadline
for submission is November 9th!
If you have questions please call
Lion Adam Pandori 528-3654



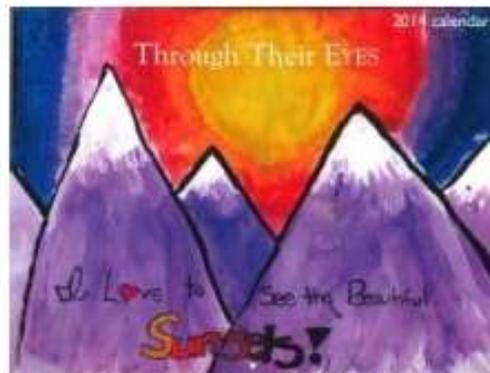
Give the Gift of Sight This Holiday Season!

Support Blind Children
By Purchasing a

"Through Their Eyes – The Gift of Sight" 2014 Calendar

Each month showcases original artwork created by Capital District children expressing their appreciation for the gift of sight.

Every calendar sold benefits underprivileged children in need of eye care. This calendar is about *children helping children.*



\$8.00 per Calendar / No Tax Due / Shipping Included

Make checks payable to:
Lions Eye Bank at Albany
6 Executive Park Drive
Albany, NY 12203