



# Rare Meat

December 2013



Serving the citizens of Albany, Troy and environs since 1925

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**YOUR SUBMISSIONS  
ARE ENCOURAGED!**



## Report of the general meeting held on Wednesday, November 6, at the Red Front

Lisa Lambert, a dietician from the American Association of Diabetes Educators, gave us a lot of information about Type II (adult onset) diabetes. She identified and explained certain behaviors that will help manage diabetes: healthy eating, being active, self-monitoring, taking medication, reducing risks and problem-solving. Her presentation was very informative and well-received.

Lion Jerry introduced two potential Lions: Megan Davis, a vision rehab therapist with NYS Commission for the Blind, and Eddy Badinga-Vonga, an EKG technician at Albany Medical Center and a French-English translator.

Lion Kathy reminded everyone that our holiday party will be on **Wednesday, Dec 4, at Valente's in Watervliet. We'll order off their regular menu and we'll get separate checks. Everyone is requested to bring toiletries for donation to Joseph's House. Please let Kathy know by Nov 27 if you'll be there.**

Lion Jerry reminded everyone to let him know if they want a club shirt. **Because there's a minimum order requirement, we only get them about every three years, so do it now.** Details are in the Sep, Oct and Nov issues of *Rare Meat*.

## MEMBERSHIP

VICKI ADLER  
KATIE ALLEN  
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MICHELLE BAKER  
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BARRY BERBERICH \*  
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DOUG DAVIS  
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DIANE BURKE HART  
TOM HART  
ELAINE HAYNER  
CHRIS HORAN  
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PAM KHAMBANONDA  
LARRY KRUG  
DR. DAVID LEVINE \*  
FRAN MCDOAL  
KRISTIN MCVEIGH  
LAURA MONA  
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TERRY PAGE  
BOB PRATT  
CAROL QUANTOCK  
RUTH SANO  
VICKIE SHAHINIEN  
SUE SHIPE  
PAUL VERGONI  
CHRISTINA WEARY  
DR. ALLEN ZIEKER \*  
\* AFFILIATE MEMBER

After the meeting, we held our annual folding, stuffing and stamping party. With so many helping hands, it didn't take very long to get our seal campaign appeal letter out.

*Report of the board meetings held on Wednesday, November 20, at the Route 7 Diner*

KL Carol announced that the blood drive previously scheduled for Dec. 27 will actually be on Monday, December 23. We'll be looking for volunteers in a few weeks.

We voted to accept the membership application from Megan Davis.

Lion Jerry announced that Lion Ursula has volunteered to help with tomorrow's KidSight screening.

Lion Kathy has done a nice job arranging for the holiday party on Dec 4 at Valente's. Reservations are just trickling in, so we'll ask Lion Mike to make some calls and encourage folks to attend. We'll be inducting two new members. Joseph's House has requested donations of toiletries and personal hygiene items, in any size containers, for their residents and homeless clients. We'll be collecting them at the holiday party

At the November board meeting, Lion Paul presented a fund-raising opportunity from ZeroDraft, an HVAC company that provides free energy audits to homeowners in hopes of selling their products. After further discussion, we decided that this wasn't for us.

Lion Jerry announced that he has orders for 13 shirts. He'll be placing the order tomorrow.

Lion Maryanne reported no eyeglass requests in the past month.

Lion Carol reported one new hearing-aid request that is in process. We discussed the fact the HearUSA, where audiologist Lion Vici Harris has been most helpful for many years, has made a corporate decision to no longer participate in the Lions Affordable Hearing Aid Program. Fortunately, we can still rely on Chris Raffo at Madison Hearing, but we'll have to find another audiologist in Troy to work with. KL Carol will be attending the Hearing Conservation Society meeting on 11/25; perhaps we'll find out more at that time.

## Bring a potential member to a meeting

*Our next meeting ...*

Our annual **holiday party** is the week after Thanksgiving. All Lions and potential Lions are encouraged to join us with their significant other. This is primarily a social evening, but we will be inducting 2 new Lions.

Date: Wednesday, December 4, 2013

Time: 6:00 p.m. cocktails; 7:00 p.m. dinner

Place: Valente's Restaurant, 315 8th St, Watervliet

Cost: We'll order off the menu and get separate checks

RSVP: To Kathy Dorn at 783-0157

In lieu of gifts or a grab-bag, please bring toiletries and personal-hygiene items, in any size containers. We will donate them to Joseph's House & Shelter in Troy.



## KidSight

It's a great help to NABA if we can send a Lion to help Kathryn with the paperwork when she does vision screenings of preschoolers. Lion Ursula helped with a screening on November 18 at North Academy in Albany, where 20 kids were screened and 1 was flagged as needing follow-up by an ophthalmologist.

December screenings, all at 9:30 am:

Wed, Dec 4: TOAST, Lincoln Park on Delaware Ave, Albany

Tue, Dec 10: Philip Schuyler Academy, 676 Clinton Ave, Albany

Thu, Dec 12: Pine Hills Elementary, 41 N. Allen St, Albany

Tue, Dec 17: Sheridan Prep, 400 Sheridan Ave, Albany

If you're willing to help with any of these screening, please let me know ([jerrygordon@juno.com](mailto:jerrygordon@juno.com) or 235-8232) asap. (She's also got two in Schenectady, on Dec 16 and 19.)

## Coats for Kids

Again this year, we teamed with NEWS10 to help with their Coats for Kids campaign. Lions Joann, Christina, Michelle, Paul, Tom, Carol and Jerry picked up coats from area dry-cleaners and delivered 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 **495** coats. We still have some more to pick up, so I'm sure we'll beat 500; this is twice as many as we did last year.

## Volunteering opportunities this month...

I've heard favorable comments about the summary of service opportunities that was in the October *Rare Meat*. This month, there are 4 KidSight screenings (see above) and the blood drive on 12/13 (see below).



Our next BLOOD DRIVE will be **Monday, December 23, from 1-6 PM** at the Holiday Inn Express in Latham. 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 KL Carol at [cquantoc@nycap.rr.com](mailto:cquantoc@nycap.rr.com) or 664-3901.

*Future blood drives: March 14 at Hilton Garden Inn; June at TBD; September at TBD.*

## On a more personal note...

FEMA is sending Lion Larry back to Westchester County for ongoing flood-relief work, so we may not see him at too many meetings for a while.



### Happy Birthday!

Happy December birthday to these A&T Lions:

- 11th - Katie Allen
- 20th - Carol Quantock
- 24th - Kristin McVeigh



### Happy Anniversary!

Happy Lions Anniversary to these December inductees:

- Vickie Shahinian - 4 years
- Elaine Hayner - 6 years
- Terry Page - 10 years
- Hon. Jerry Jennings - 15 years
- Ursula Dessingue - 19 years



### Don't sit on the sidelines - Get involved!

For other events around the district, visit [20Y2Lions.org](http://20Y2Lions.org)

**Wednesday, December 4, 6 PM:** Holiday party at Valente's. See details on page 2.

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

**Monday, December 23, 1-6 PM:** Blood drive at the Holiday Inn Express in Latham. See page 3.

### 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