



# Rare Meat

The newsletter of the



October 2014



*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, September 3 at the Red Front*

Drs Mabel Cheng & Jacob Koczman are ophthalmologists with an office on Route 7 in Niskayuna. They gave us an illuminating presentation explaining what cataracts are and compared the traditional methods of cataract surgery with modern techniques. They fielded a number of questions from the audience, not only about cataracts but also about other eye problems.

There would be no KidSight screenings in September for us to work on, but watch the *Rare Meat* for the October schedule.

We got a phone call from PDG Joan Scott asking us to sponsor Christopher Nicolay, a vision-impaired 13-year-old from Watervliet, in LCI's Peace Essay contest. PDG Joan met him at Camp Abilities/Saratoga this past August. We unanimously approved sponsoring him; Lion Jerry will order the materials from LCI.

In response to a related question about Camp Abilities/Saratoga, Lion Jerry referred to the two articles in the September *Lions Roar*, the district newsletter, that was recently emailed to all. One said that they had 18 campers, which was considered very successful for their first year. The other article was from the Glens Falls Lions Club, which said that the parents of one of the campers were so impressed with what we do, they immediately joined their club.

Lion Carol reminded us of the upcoming blood drive on Sept 29 at the E. Greenbush Library. Also, she is investigating opportunities for us to be of service at the Regional Food Bank and the Commission on Economic Opportunity (CEO).

We all missed Lion Tom's tail-twisting.

*Report of the board meetings held on Wednesday, September 17, at the Route 7 Diner*

There has been no further word on the Rensselaer Festival that was discussed a few months ago, so if it is happening, we won't be participating.

KL Carol reminded us that we have a blood drive on 9/29 at the E Greenbush Library, and NABA's Low-Vision Tech Fair on 10/15. The Tech Fair has been moved from Beltrone Center to St Sophia's on Whitehall Rd in Albany.

Lion Jerry will investigate whether we can sell popcorn in the Atrium at the Victorian Stroll. The First Niagara location just doesn't work for us.

## MEMBERSHIP

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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

DR. ALLEN ZIEKER

PDG Dave reports that Lion Phil is in Heritage House, and he doubts very much that he'll be out any time soon if at all. We voted to appoint Lion Kathy to complete Phil's term as Director.

We got an invitation that went to all community and faith-based organizations from the Public Health Preparedness Coordinator at the Rens County Dept of Health. There will be two information sessions about Medical Countermeasure Points of Dispensing, which is part of an overall emergency-preparedness program for the county. The sessions are on 9/30, one at 11 am and the other at 6:30 pm. Anyone interested in attending either session should contact KL Carol for further info.

The Fall Conference (2nd District cabinet meeting) is on Saturday, Nov 1, at the Holiday Inn Turf in Lake George. That evening, the Ft Edward, Glens Falls, Gloversville and Waterford Lions Clubs will hold a joint 75<sup>th</sup> Anniversary celebration, also in Lake George. We should all try to attend at least one of these events.  
*[Further info on page 3.]*

Also coming up is the Bethlehem LC's 60<sup>th</sup> Anniversary celebration at Normanside Country Club in Delmar. We voted to move our November board meeting to Tuesday the 18th so that we could attend their party.

2015 is our club's 90<sup>th</sup> Anniversary. We talked about combining the celebration with our installation dinner on June 3.

2017 is the 100<sup>th</sup> Anniversary of Lions International, and there's a web site (Lions100.org) dedicated to that landmark occasion. It includes many suggestions for projects that clubs can adopt to meet LCI's Centennial Service Challenge.

KL Carol and Lion Jerry went to a zone planning meeting last night. ZC Michele O'Hare proposed, as a zone project, that we distribute copies of *I See the World*, by Jean Barlow, to various libraries, elementary schools, etc. This is a print & Braille children's book for pre-K through 9-yr-old kids that promotes tolerance and understanding by "teaching them how others may see differently from themselves, increasing sensitivity to disabilities." The author lives down-state and will autograph each book. The books are \$23.95, but we can get them for \$18. Even though there are still some details to be ironed out and the project has not been announced to the other clubs in our zone (Bethlehem, Ravena & Waterford), we voted to start the ball rolling by committing to buy 10 books.

Our holiday party will be on December 3 instead of our regular meeting. We will ask Lion Kathy to make the arrangements, probably at Valente's in Watervliet again.

An offer came in the mail just today for ballpoint pens with the Lions logo and name, phone and web site. We can buy any quantity for 39¢ each, which seems like an excellent price. We'll discuss this further.

Lion Maryanne has given out one voucher for eyeglasses, but has several applications pending.

KL Carol is wrapping up the 3 hearing aids we approved last month, and has since received another application, but it's not yet ready to submit for approval.

Community Gardens and CEO have partnered to collect Thanksgiving Food Packages. They are looking for donations of canned gravy, boxed stuffing, elbow macaroni and pie crust mix. They'll be collecting between 10/6-11/14, and distributing to needy families on 11/24 and 11/25. They'll need volunteers to help with the distribution. *[See pages 3 and 8.]*

Lion Jerry read thank-you notes from Barbara Berberich for the donation we made in Lion Barry's memory; from Lion Sandie Clark for the used hearing aids we donated to the Hearing Conservation Society; from Kylea Spain, the student who got our Klingaman Award from Watervliet HS; from the Sight Society for our donation in support of their golf tournament; and from NABA for our donation in support of their Low-Vision Technology Fair.



Bring a potential member to a meeting

### Our next meeting ...

Our next meeting is on Wednesday, October 1, at the Red Front. Our speaker will be District Governor Marianne Lynch; Zone Chair Michele O'Hare will be there also. **Let's get a good turnout for this. We try to start the meetings at 6:00 PM, so it would be a good idea to get there by 5:45 so you can get your dinner order in and socialize for a few minutes before the bell rings. Bring canned gravy, boxed stuffing, elbow macaroni or pie crust mix - see page 8.**

### KidSight

Kathryn always appreciates our help on KidSight screenings. I didn't get her October schedule in time for this issue, but I'll send it out as soon as I can.



Our next BLOOD DRIVE will be **Monday, September 29, from 1-6 PM** at the East Greenbush Community Library. We need volunteers:

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

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

*Future blood drives: Schedule TBD.*

### Buying on line...

If you're planning on making a purchase at [amazon.com](http://amazon.com), do it from [SMILE.AMAZON.COM](http://SMILE.AMAZON.COM) instead. You can specify Lions Clubs International Foundation (LCIF) as your charity of choice, and they'll get 0.5% of your purchase price.

### Low-vision Technology Fair

NABA's annual tech fair, to be held on **Wednesday, October 15**, has been moved from the Beltrone Center to St Sophia's Church on Whitehall Road in Albany. We'll be looking for a few volunteers to man our information table. See page 6 for details.

### November 1

Saturday, November 1, is a big day for local Lions. The Fall Conference starts at 9:30 a.m. at the Holiday Inn in Lake George. (The Fall Conference is really just the 2nd district cabinet meeting, but it usually includes an **International Director as guest speaker and a fancier lunch, so it's a little dressier than cabinet meetings.**) I'm sure DG Marianne will tell us all about it when she visits us on Oct. 1. See page 7 for full details; note that the reservation form is due by October 18.

Then, at 5:30 that evening, the Ft Edward, Glens Falls, Gloversville and Waterford Lions Clubs are holding a **joint 75th anniversary celebration at the Ft William Henry Hotel, also in Lake George.** I'll get the details out to you once I get them, but meanwhile, I understand it will be a gala event, so mark your calendar.



**4<sup>th</sup> Annual**  
**Casino Night**  
 Albany Country Club  
 Thursday, October 30, 2014  
 6:00 PM – 10:00 PM

Full Open Bar, Hand Rolled Cigars,  
 Scotch Tasting and more!

Hand Rolled Cigars and Scotch Tasting

For sponsorship and tickets,  
 please call 518-463-1211x241  
 or visit [events.naba-vision.org](http://events.naba-vision.org)

**Honorary Co-Chairs**  
 Mary Fiorillo-Lentini  
 Anthony Paganucci

**Planning Committee**  
 Kim and William Aperance  
 Erika Browne  
 Christopher T. Burke  
 John Daniels  
 Mark Duffy  
 Kate Finnigan  
 Gail A. Hessney  
 Kenneth Jones  
 Cheryl Lawyer  
 Michele Puleo O'Hare  
 Stephanie Rumovicz  
 Vincent Zilnicki

**Support NABA Youth Programs**

NABA provides a wide range of services for youths aged 18 months – 18 years old in a 14 county service area. Some of these services include: free vision screenings, year round social and recreational programming, pre-vocational skills assessment and training, and coordination of summer work experience placements at employers throughout the Capital Region.

**On a personal note ...**

PDG Dave tells us: “Just to note that Lion Gil Roy, a member of the Waterford Lions and a past Region/Zone Chair, is now at the Eddy Heritage House for a period of rehabilitation following some recent surgery. He is in Room 422. If you are in the area, you might want to stop in; he likes to chat. The address is Eddy Heritage House Nursing and Rehabilitation Center, 2920 Tibbits Ave., Troy NY 12180.”

Here’s the follow-up photo to a blurb that appeared in this column last July. L-R: Valerie Krug-Hanson, Jeffrey Krug, Anna Alexeeva, Daryl Krug, Mary Krug, Trevor Krug and Lion Larry Krug in Ayia Napa, Cyprus, in August for Anna & Daryl’s wedding.



LCI Environmental Photo Contest

Every year, Lions Clubs International runs a photo contest. The rules for this year’s contest are on page 8. Entries are due by November 1 at the Fall Conference, so start shooting.

Happy Birthday!

Happy October birthday to these A&T Lions:

- 6th - Dennis Fagan
- 16th - Pam Khambanonda
- 24th - Fran McDoal



Happy Anniversary!

Happy Lions Anniversary to these October inductees:

- Laura Mona - 1 year
- Jerry Gordon - 23 years
- Larry Krug - 35 years
- Paul Vergoni - 35 years

October 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Blood drive, see page 3		1 6pm: Meeting at Red Front. See page 3	2	3 Yom Kippur starts at sundown	4 Yom Kippur ends at sundown
5	6	7	8	9	10	11
12	13 Columbus Day	14	15 Low vision tech fair, see pages 3 & 6. 6pm: Board meeting	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Casino Night, see page 4	31 Halloween	Fall conf, see pages 3 & 7. 75 <sup>th</sup> annlv, see page 3

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

Visit your club’s web site: [ALBANYTROYLIONS.ORG](http://ALBANYTROYLIONS.ORG),  
 your district web site: [20Y2LIONS.ORG](http://20Y2LIONS.ORG),  
 International’s web site: [LIONSCLUBS.ORG](http://LIONSCLUBS.ORG),  
 and LCI’s centennial site: [LIONS100.ORG](http://LIONS100.ORG).



# 2014 Low Vision Technology Fair



Presented by

# NABA

Northeastern Association  
of the Blind at Albany

[www.naba-vision.org](http://www.naba-vision.org)

DATE: OCTOBER 15, 2014

TIME: 10 a.m. - 5 p.m.

LOCATION: St. Sophia's Greek  
Orthodox Church  
440 Whitehall Road, Albany, NY



DIRECTIONS:

<http://mapq.st/1hK3AEF>

## Guest Speakers: Presenting the latest in eye disease research and treatments

10:30 a.m. - Dr. Thomas Federici  
~ophthalmologist & vitreoretinal specialist~  
RetinaCare Consultants, Albany, NY



1:00 p.m. - Dr. Hao Wang  
~ophthalmologist & vitreoretinal specialist~  
Capital Region Retina, Albany, NY



- View the latest in low vision technologies for reading, computers & adaptive vision aids
- Adaptive living experts on living successfully with low vision, vision rehabilitation therapy and *more!*
- *Door prizes & light refreshments!*

**FOR MORE INFORMATION, CONTACT CHERYL LAWYER  
(518) 463-1211 X234 or via email at [clawyer@naba-vision.org](mailto:clawyer@naba-vision.org)**

*Join us on [Facebook](#)*

**"NABA'S Low Vision Technology Fair 2014"**

# FALL District 20Y2 CONFERENCE



**Saturday, November 1, 2014**

**Holiday Inn Turf, Lake George, NY**

**2223 Canada St Route 9, Lake George, NY 12845**

**DIRECTIONS:** From I-87 North: At exit 21, take ramp right for RT-9N North toward Lake George Village. Turn right on RT-9N; At light turn left on RT-9N toward Lake George Village. In .7 miles arrive at Holiday Inn Turf.  
From RT-149 East: Take RT-149 East to end. Turn right on RT-9N. In 3.3 miles arrive at Holiday Inn Turf.

**9:30 am Registration**

**Meeting 10:00 - 3:00 pm ~ \$20.00 per person**

### LUNCHEON BUFFET

Salad \* Garlic Bread ● Chicken Francaise ● Eggplant Parmesan ● Chef's Choice of Pasta  
Steamed Mixed Vegetables ● Dessert  
Soda/Coffee/other Beverages

**If you would like to attend the Cabinet Meeting without lunch,  
please email DG Marianne. [marianne@sheldonmansion.com](mailto:marianne@sheldonmansion.com)**

**Cost of Luncheon is \$20.00 per person  
Checks payable to "District 20-Y2 Lions Clubs"**

Send your reservation with check to:  
Lion Mary Claire Noakes, 12 Towner Road, Lake Luzerne, NY 12846  
All reservations and checks must be received by **October 18, 2014**. Thank you.

Name \_\_\_\_\_ Club \_\_\_\_\_

Name \_\_\_\_\_ Club \_\_\_\_\_

Name \_\_\_\_\_ Club \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_





## 2014 Lions Club International Photo Contest

Submit your entry at the Fall Conference on November 1st!

### The rules:

There are 5 categories this year. Animal life, Plant life, Urban or natural landscape, Weather phenomenon.

Special theme: Lions' Pride in our Environment

Capturing the magnificent beauty and grandeur of our natural environment

All submitted photos must be 8" by 10". One photo should be submitted per club to the District.

\*One photo per club not one photo per category\*

Submission or questions? Contact Lion Adam at (518)528-3654 or [adampondori@gmail.com](mailto:adampondori@gmail.com)

Judging will be held at the Fall Conference on November 1st. Get your entries in early!



# Working Together... THANKSGIVING FOOD PACKAGES

Food Donations

Needed:

Canned gravy, boxed stuffing,  
elbow macaroni, pie crust mix

OR

Donate

Every \$5 provides fresh, local  
produce for a family in need\*

Call: (518) 272-6012

\*Produce provided by Capital District Community Gardens

A PARTNERSHIP WITH...

