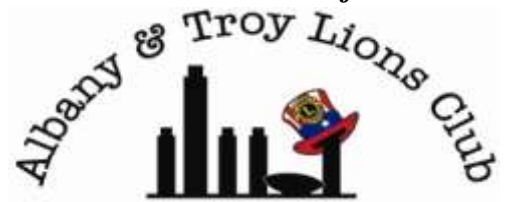




Rare Meat

The newsletter of the



December 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, November 5, at the Red Front

Lion Jerry introduced our visitor: 1st Sgt Phoebe Larned is a Lion from Bowie, MD. She's stationed here with the 42nd Infantry Division (the "Rainbow Division") for a year, so we'll be seeing her regularly.

Lion Kathy introduced our first guest speaker. Gene Dumlaio, outreach counselor at New York Statewide Senior Action Council, told us that the Council is a non-profit membership advocacy organization that has been providing outreach and education to seniors since 1972. Much of our discussion concerned the NYS Observation Status Law, If you're in the hospital and classified as "observation" rather than "inpatient," this can affect how much you will pay for various hospital services, as well as whether Medicare will cover care in a skilled nursing facility after your hospital stay, so it's important to know your status. If this is a problem for you, you can get help and guidance from their Patient's Rights Help Line at 800-333-4374 or statewidepatientsrights@gmail.com. Membership in the Senior Action Council is only \$15/year for an individual or \$20 for a couple; call 436-1006 for more information.

Our other guest speaker was Elaine Gerwin, volunteer coordinator at CEO, an umbrella agency that delivers a wide range of human services. She came to pick up the several cartons of food that individual Lions had donated and to tell us about the Thanksgiving dinner program that they're doing in cooperation with Unity House and Community Gardens. We supplemented our food donation with a check from the club for \$100, and we can help further by volunteering to help with packing and distribution on November 24 & 25.

Other upcoming events: a KidSight screening on 11/17; our board meeting on 11/18; Bethlehem's 60th celebration on 11/19; HCS meeting on 11/24; our holiday party on 12/3; Russell Sage health fair on 12/4; and popcorn sales at the Victorian Stroll on 12/8.

Lion Tom's tail-twisting revealed mixed knowledge about voting and raised the usual groans, plus \$6 for our treasury.

After dinner, we worked on our seal campaign mailing (our annual fold-stuff-seal-and-stamp party). As usual, many hands make light work, and the project was completed quickly.



MEMBERSHIP

VICKI ADLER

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CHRIS HORAN

PAM KHAMBANONDA

LARRY KRUG

DR. DAVID LEVINE

FRAN MCDOAL

KRISTIN McVEIGH

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MICHAEL O'BRIEN

TERRY PAGE

BOB PRATT

CAROL QUANTOCK

RUTH SANO

VICKIE SHAHINIEN

SUE SHIPE

PAUL VERGONI

DR. ALLEN ZIEKER

Report of the board meetings held on Tuesday, November 18, at the Route 7 Diner

Lion Paul reported that our holiday greens sale will generate a net profit on the order of \$900-1000. Our thanks go to Lions Diane and Tom for continuing to chair this profitable program.

Lion Jerry reported that the October blood drive collected 17 units of blood, enough to potentially save 51 lives.

We will be inside the Atrium, on the 1st floor, to sell popcorn at the Victorian Stroll on Sunday, Dec. 7. The original plan called for 3 shifts of 2 hours and 20 minutes each, but we expect enough volunteers to have 4 shifts of 1-3/4 hours. Lion Jerry will get out a mailing with sign-up sheet. Lion Larry volunteered his SUV to get the machine downtown. We'll need a volunteer get the machine "home" at the end of the day. *[See next page.]*



We have delivered 322 Coats for Kids, with 3 of the cleaners reporting none so far. At least one of those three has about 40 coats that yet to be cleaned. It looks like the project will continue through November.

Bethlehem Lions' 60th anniversary celebration is tomorrow. KL Carol, PDG Dave, Lion Mike and the Gordons will be attending, as far as we know.

Next year is our 90th anniversary and we had some preliminary discussions about our celebration. One suggestion was to combine it with our installation dinner in June; another was to hold it closer to our charter date of Sept. 30, perhaps on a Friday or Saturday night. We also discussed the merits of combining it with Saratoga. We'll discuss it further at the next general meeting and appoint a committee to put the event together. If you'd like to be part of it, please let KL Carol know of your interest.

At our holiday party, you can look forward to another of Lion Maryanne's entertaining games. Also, we'd like everyone to bring a toy or game that we will donate to CEO for distribution to needy children. *[See next page.]*

Waterford Lions have announced a Meet & Greet with Chinese Auction on April 1 of next year. It will be at McGreivey's and cost \$20, which gets you 2 drinks plus appetizers. Since this is also our meeting night, we may use the event as an excuse for a visitation.

The District is surveying all clubs to gauge the interest in a central location to sort and pack used eyeglasses. The District would purchase a shed that would be adjacent to the Galway Lions Club's existing building. This idea would have little benefit for us, since Lion Tom does such a great job with our glasses, but he's the one who proposed this plan in answer to the fact that many clubs don't know what to do with the glasses they collect. It will be discussed further at our next general membership meeting.

Lion Maryanne reports that she's given out no eyeglass vouchers in the past month, but she has several applications outstanding.

KL Carol is evaluating two new requests for hearing aids: one from a man who goes to New Mexico each winter, and another from a person who was referred to us through Madison Hearing whose income appears to qualify for aid. Update on prior approved applications: Larry sent \$280 to Madison Hearing for Constance; another applicant who was approved subsequently qualified for and is going through Medicaid; I have called the third applicant's caseworker several times to talk to her but have not yet received a call back.

Lion Jerry reported that the seal campaign has brought in \$360 so far. 2010, when we netted \$1520, was a peak year. Each year since has shown fewer donors and a lower average donation, and therefore lower total dollars. If you're going to contribute, please send it in soon. Remember, we're a 501(c)(3) organization, so your donations are tax-deductable.



Bring a potential member to a meeting

Our next meeting ...

Wednesday, December 3, is our holiday party, in lieu of our regular meeting. It will be at 6:00 PM at Valente's Restaurant, 315 8th St, Watervliet (right near the south entrance to the Arsenal). We'll order off the menu and get separate checks. Lots of fun things are in the works, so grab your significant other and let's party! **Please tell Lion Kathy Dorn (783-0157) if you'll be there.**



In lieu of gifts or a grab-bag, we'll be collecting unwrapped toys, books, games and educational items for kids from age 0 to 17 to donate to the CEO in Troy. (CEO says, "Through the years, we have found that the group of children ages 13-17 of both genders are the hardest to get gifts for because people love to shop for the little ones. We are asking for sports equipment like footballs, basketballs, games and gift cards in the amount of \$25.00 or less for the boys that age group or for the girls, jewelry, make-up, games, books and gift cards \$25.00 or less.") [See next story.]

CEO Toy Store

CEO runs a Holiday Community Toy Store in conjunction with Unity House. The store allows families to **choose two toys plus a stocking stuffer for each member of their family. They need volunteers (that's us) to sort the donated toys [see previous story] by age and put them in the respective rooms. Then volunteers (that's us, too) act as personal shoppers assisting each "customer" in choosing the right toys. This all happens at 309 8th St in Troy (the old Unity House Street Ministry building).**

There will be two shifts, 9 am to 12:30 pm and 12:30 to 4:30 pm, on each of four days: Thu 12/18, Fri 12/19, Mon 12/22 and Tue 12/23. To have the best chance of getting the shift(s) you want, please let me know your preferences by Monday, Dec. 8.

Health Fair

We will be participating in the **Russell Sage Health Rage** on Thursday afternoon, Dec 4, from 1:30-4:00 in the Bush Memorial at Congress & First Streets in Troy. It's only 2-1/2 hours, so I think Maryanne and I can handle it, but if you're around, feel free to stop in. You can meet Boomer Bob, the Hearing Conservations Society's mannequin that measures the loudness of your iPod or other mp3 player. See poster on page 5.

Victorian Stroll

We'll be selling popcorn again at **Troy's Victorian Stroll** on Sunday, December 7, but this year, we'll be inside the Atrium for the first time. Shifts are 10:30-12:15, 12:15-2:00, 2:00-3:45 and 3:34-5:30. If you haven't signed up yet, please contact Lion Jerry at jerrygordon@juno.com or 235-8232.

Board meeting

Our **December board meeting** will be back on our usual 3rd Wednesday (the 17th). It's at 6 PM at the Route 7 Diner, across from Keeler Motors. Remember that all members are welcome, although only board members can vote. If you've never been to a board meeting, drop in some time to see just how your club is run.

KidSight

Kathryn always appreciates our help on KidSight vision screenings, but I don't have her December schedule yet. There may not be much because of the holidays, but I'll let you know as soon as I know what she needs.

Buying on line...

If you're planning on making a purchase at amazon.com, do it from 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.

On a personal note ...

Lion Mike O'Brien is rather proud and happy to welcome his new grand-niece into the world. I asked for a picture, but alas, ...

Happy Birthday!

Happy December birthday to these A&T Lions:

- 20th - Carol Quantock
- 24th - Kristin McVeigh



Happy Anniversary!

Happy Lions Anniversary to these December inductees:

- Vicki Shahinian - 5 years
- Elaine Hayner - 7 years
- Terry Page - 11 years
- Ursula Dessingue - 20 years

December 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 6pm: Holiday party; see p 3	4 Russell Sage Health Rage; see p 3 & 5	5	6
7 Victorian Stroll; see p 3	8	9	10	11 Sight Society/ Lions Eye Bank open house see p 6	12	13
14	15	16 Hanukkah starts at sundown	17 6pm: Board meeting at Rte 7 Diner	18 Volunteer at CEO; see p 3	19 Volunteer at CEO; see p 3	20
21	22 Volunteer at CEO; see p 3	23 Volunteer at CEO; see p 3	24 Hanukkah ends at sundown	25 Christmas Day	26 Kwanzaa begins	27
28	29	30	31	1 Kwanzaa ends. New Years Day		

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

Visit your club's web site: **ALBANYTROYLIONS.ORG**,
 your district web site: **20Y2LIONS.ORG**,
 International's web site: **LIONSCLUBS.ORG**,
 and LCI's centennial site: **LIONS100.ORG**.



Learn about centennial events at LIONS100.ORG



Russell Sage **Health Rage**

Thursday, December 4
 1:30 – 4 pm | Bush Memorial Center

be well, it's all the rage

Nursing Community Health student presentations on a variety of health profession topics

Nutrition learn what a registered dietitian nutritionist (RDN) can do for you

Sage Recreation and Fitness

Spirituality Center will lead mindfulness meditation and pray the Rosary for interested visitors

Wellness Center Learn more about the amazing services offered at the Wellness Center and how to take care of your physical, emotional, and nutritional health



Local businesses participating include:

- A Space to Grow
- Cornell Cooperative Extension™
- Heartspace Yoga
- Community Massage and Holistic Therapy (offering 15% discount and chair massages)
- Madison & Saratoga Hearing Centers
- Rensselaer County Department of Health
- Troy Citizens Bank (providing pulse checks)
- Troy Dance Factory
- Albany & Troy Lions Club
- Underground Athletics
- Upstate Concierge Medicine and Management
- White Sands Massage

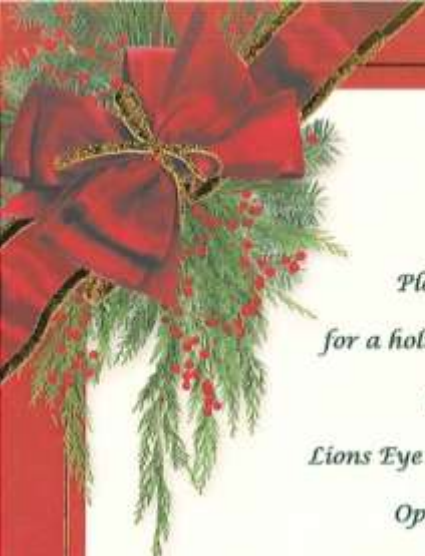
To learn more:
russell.sage.edu/health-rage

Event is free and open to the public

Russell Sage College
 WOMEN OF INFLUENCE



Sponsored by the Department of Nursing and Student Life
 Mike Baumgardner | Associate Vice President for Student Life and Dean of Students
 (518) 744-4557 | baumgm@rsc.edu



Please join us
 for a holiday celebration
 at the
 Lions Eye Bank at Albany
 Open House
 December 11, 2014
 12:00 p.m. to 3:00 p.m.
 Sight Society of N.E.N.Y., Inc.
 Lions Eye Bank at Albany
 6 Executive Park Drive
 Albany, N.Y. 12203
 Please R.S.V.P. by
 December 5, 2014
 518-489-7606



"LAST MONTH THEY WERE LOBOTOMIZING PUMPKINS, NOW THEY'RE SHOVING BREAD UP A TURKEY'S ASS. THIS PLANET HAS ISSUES, BERT."



Give the
 Gift of Sight
 this Holiday Season!
 Support blind children
 By purchasing a
 "Through Their Eyes"
 2015 Calendar.
 A Calendar of Artwork Created
 by Children
 Expressing Their Appreciation
 for the
 Gift of Sight!
 Please make checks payable to
 Lions Eye Bank at Albany
 6 Executive Park Drive
 Albany, NY 12203
 \$8.00 per calendar
 No Tax Due
 For more information
 (518) 489-7606

