



# Rare Meat

The newsletter of the



August 2015



Serving the citizens of Albany, Troy and environs since 1925

## OFFICERS 2015-16

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ELAINE HAYNER

2nd Vice-President

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3rd Vice-President

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Tail Twister:

TOM HART

Lion Tamer:

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PDG DAVE HARRIS

Directors, 1st year of 2:

URSULA DESSINGUE

FRAN MCDOAL

Directors, 2nd year of 2:

MARYANNE GORDON

MIKE O'BRIEN

Membership Chair:

KATHY DORN

Immediate Past Pres:

CAROL QUANTOCK

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**YOUR SUBMISSIONS  
ARE ENCOURAGED!**

Report of the board meetings held on Wednesday, July 22, at the Route 7 Diner

IPKL Carol reported that the next 90<sup>th</sup> anniversary committee meeting is tomorrow (July 23) at Brown's Brewing in Troy. She distributed some proposed designs for a club pin and one was selected. We voted to proceed with this, assuming we can get 100 pins for something under \$300.

We discussed whether we should consider buying a vision screener. In pretty short order, we decided to just continue helping NABA with their program.

Lion Kathy reported that our speaker for September will be Robert Fox, OD.

Lion Elaine G announced that CEO will be looking for help with their backpack program around the end of August. [See page 2]

Lion Maryanne has one outstanding application for eyeglasses.

Lion Carol will be meeting with Lion Doug Davis this week to give him all the instruction and info he needs to take over her Hearing Chair position, including two pending applications.

We received a request for financial assistance from a young woman who's trying to continue her education to become an attorney. While she certainly seems to be deserving of support, the fact that she has no apparent vision or hearing problem puts her outside our typical aid criteria. Lion Jerry will refer her to Lion Elaine Gerwin, who has access to other funding sources.



## MEMBERSHIP

VICKI ADLER

MICHELLE BAKER

JOANN BEACH

DR. TED BELHUMEUR

JEFF BENNETT

DR. ROB BRASS

CHRISTOPHER BURKE

JANE CHOUINIÈRE

DOUG DAVIS

MEGAN DAVIS

URSULA DESSINGUE

KATHY DORN

DENNIS FAGAN

MIKE FARRELL

ELAINE GERWIN

JERRY GORDON

MARYANNE GORDON

PDG DAVE HARRIS

PHIL HARRIS

DR. VICI HARRIS

DIANE BURKE HART

TOM HART

ELAINE HAYNER

CHRIS HORAN

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

DR. ALLEN ZIEKER

In an email vote a few days after the board meeting, we approved spending \$150 on an ad in the program book for American Council of the Blind's upcoming "Dinner in the Dark." [See page 5]



## Bringen Sie ein potenzielles Mitglied zu einem Treffen

*If we keep repeating "Bring a potential member to a meeting," it will soon become old hat. So as part of your continuing education and to keep the thought fresh, we'll say it in a different language each month. This is German.*

### *Our next meeting*

We don't meet during the summer, so our next general membership meeting will be on Wednesday, September 2. But your board of directors never rests; the next board meeting is on Wednesday, August 19, at the Route 7 Diner at 6:00 PM. Only board members can vote, but all members are always welcome.

### *KidSight*

Kathryn always appreciates our help with NABA's KidSight vision screenings. As soon as I get her August schedule, I'll send it out.

It's pretty simple and it rarely takes more than a couple of hours, usually starting at 9:30 a.m. Why not give one or two a try? Please let Lion Jerry know asap if you're available to help, and I'll get address details for you.

### *CEO Backpack Program*

Every year, CEO distributes backpacks full of school supplies to needy children. They need our help to fill and distribute them. Lion Elaine Gerwin writes: "The Community Backpack Program is on August 24 - 27<sup>th</sup> at the Italian Community Center located at 1450 5<sup>th</sup> Avenue in Troy.

**"Monday & Tuesday, August 24 & 25,** are the sorting and packing days, where the backpacks are put together for each individual child.

**"Wednesday & Thursday, August 26 & 27,** are the actual days when the backpacks are distributed. The shifts are **9am - 12:30** and **12:30 - 4pm** all days. Lions will need to email ([egerwin@ceoempowers.org](mailto:egerwin@ceoempowers.org)) or call (272-6012 ext 302) Lion Elaine in order to sign up for a shift."

Please contact Elaine and sign up for a shift or two now.

### *Our 90th!*

The Albany & Troy Lions Club and the Saratoga Springs Lions Club were both founded in 1925, and the clubs will be celebrating their 90th Anniversary together on Saturday, November 7, 2015. The event will be held at the historic Gideon Putnam Hotel in Saratoga State Park. We are honored to have Past International President Lion Al Brandel as our guest speaker.

We're still working on the details, but we expect the cost to be \$60 per person. This may seem a bit high, but it will be a very nice meal at a very nice place and a very significant occasion. Start putting your pennies away now and mark your calendar.

We're looking for memorabilia to include in a film loop that will run during the cocktail hour. If you've got any old photos, documents or anything else that might be of interest, please let us know.

## What Have We Done?

If you're among the roughly half of our membership that we never (or rarely) see at meetings or activities, you might be wondering about the other half. Are they actively living our motto, "We Serve"? Judge for yourself:

Between July 1, 2014, and June 30, 2015, the Albany & Troy Lions Club:

- Collected **18000** pairs of used eyeglasses and **149** used hearing aids;
- Provided eyeglasses for **6 adults** and **5 children**;
- Provided hearing aids for **3** needy senior citizens;
- Helped an immigrant get cataract surgery at the Lions Eye Institute;
- For NEWS10's Coats for Kids campaign, we picked up **146** coats at various dry-cleaners and delivered them to central distribution points in Albany and Rensselaer counties;
- Sponsored **2** blood drives that collected enough to potentially save **87** lives;
- Helped NABA at **3 KidSight vision screenings**, where **103** pre-schoolers were tested and **10** were flagged with potentially serious eye problems;
- Contributed **86** used cell phones to NABA, where they are sorted by blind and legally blind individuals; some were refurbished and sold, and the rest were taken apart and recycled;
- Helped the Commission on Economic Opportunity (CEO) fill and distribute backpacks to elementary-schoolers;
- Assisted CEO with their annual program to distribute toys and gifts to needy children at Christmas;
- Participated in NABA's Low-Vision Technology Fair;
- Purchased an Alertmaster for a Hearing Conservation Society loan-out center;
- Donated \$200 worth of personal-care items to Joseph's House;
- Purchased **15** copies of *I See the World*, a print+Braille children's book, for donation to area libraries and elementary schools;
- Donated to NABA, Sight Society/Lions Eye Bank, Brandel-Murphy Youth Foundation, Hugh O'Brian Youth Leadership, VISIONS, LCIF, NYS & Bermuda Lions Foundation.

Just imagine how much more we could do and how many more we could serve if some of the "missing half" chose to re-commit themselves to Lionism. We're not asking for a 40-hour-per-week commitment; just show up at a meeting now and then, volunteer for an occasional activity, or better yet, bring us a new member.

## Buying on line...

If you're planning on making a purchase at amazon.com, do it from [SMILE.AMAZON.COM](http://SMILE.AMAZON.COM) instead. You can specify [ALBANY AND TROY LIONS](#) as your charity of choice, and we'll get 0.5% of whatever you spend.

## On a personal note ...

Our deepest condolences go to Lions Tom and Diane Hart on the loss of Tom's brother Jim on July 14, and to Lion Mike O'Brien on the loss of his uncle, Dr Joe Sullivan, on July 15.

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).

*Happy Birthday!*

Happy August birthday to these A&T Lions:

- 1st - Paul Vergoni
- 5th - Chris Horan
- 9th - Megan Davis




*Happy Anniversary!*

Happy Lions Anniversary to these August inductees:

- Kathy Dorn - 5 years
- Chris Horan - 6 years (+ 3 years with Guilderland LC)
- Vici Harris - 11 years

**August 2015**

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 6pm: Board meeting at Rte 7 Diner.	20	21	22
23	24	25	26	27	28	29
30	31					
<i>For other events around the district, visit <a href="http://20Y2Lions.org">20Y2Lions.org</a></i>						



Learn about centennial events at [LIONS100.ORG](http://LIONS100.ORG)

**THANK YOU FOR YOUR SUPPORT!**

Some ACBNY Capital District Chapter projects and initiatives include ~

- Pedestrian Safety Council, City of Albany Police Department
- Accessibility issues regarding cable media
- Voting issues regarding inaccessibility of voting machines
- Community outreach programs
- Promotion of the Council of Citizens with Low Vision International "Insights Into Low Vision" publication [www.cclvi.org](http://www.cclvi.org)
- National "White Cane Safety Day" annual promotion October 15th



**ACBNY website:**  
[www.acbny.org](http://www.acbny.org)

*Come dine with us at a*

# "Dinner in the Dark"



An evening of fine dining and fun to benefit the Capital District Chapter of the American Council of the Blind



## ABOUT ACB

The **American Council of the Blind (ACB)** is a national organization that strives to increase the independence, security, equality of opportunity, and quality of life for all blind and visually impaired people.

**ACBNY** is the state affiliate of ACB of which the Capital District is a chapter. Its purpose is to support and promote the educational, vocational and social advancement of blind and visually impaired community members through outreach and advocacy.

The **Capital District Chapter of the ACBNY** meets monthly in Albany and new members are always welcome.



To learn more about ACBNY, go to [www.acbny.org](http://www.acbny.org).

## WHAT IS DINNER IN THE DARK?



The purpose of the "Dinner in the Dark" is to provide a fun way to raise awareness about living with vision loss. Blindfolded

diners are joined by blind and visually impaired tablemates to share the experience. Dinner is followed by dessert and discussion time with ACB members, when all diners can share their experience.

### EVENT INFORMATION:

**WHEN:** September 19, 2015  
**WHERE:** Ramada Plaza Hotel  
3 Watervliet Ave. Ext.  
Albany, NY 12206  
**TIME:** 6 - 9 p.m.  
**COST:** \$50 (purchased by 9/12)  
\$55 (after 9/12)

**RESERVATIONS:** Contact Kathy Casey @ (518) 462-9487 or Nancy Murray @ (518) 452-3500.

## MENU:

- Choice 1**  
\* Chicken Marsala
  - Choice 2**  
\* Stuffed Portabella Mushroom
- All served with salad, veggies, potato and chocolate cake, coffee/tea for dessert.
- Cash bar & Silent Auction too!**

## **EVENT SPONSORSHIPS AVAILABLE!**



Diners enjoying dinner and friendship.



Our 2015-2016 International President is Dr. Jitsuhiro Yamada from Minokamo, Gifu, Japan.

His theme: Dignity. Harmony. Humanity



 A graphic celebrating the 100th anniversary of Lions International. It features a blue banner with the text "Centennial Celebration" in white. Below the banner is a large yellow "100" with a small Lions International logo inside the "0". To the left of the "100" is the text "SINCE 1917". Below the "100" is the text "Membership Awards" in blue. The background is white with yellow and grey fireworks and stars. The graphic is framed by a blue border with a white inner border.
 

Visit [tinyurl.com/p5qrmj5](http://tinyurl.com/p5qrmj5) to learn how you can participate!

*Some random facts from Snapple® bottle caps:*

When grazing or resting, cows tend to align their bodies with the magnetic north and south poles.

**Women's hearts typically beat faster than men's hearts.**

A pineapple is neither an apple nor a pine. It is, in fact, a large berry.

**The official color of California's Golden Gate Bridge is International Orange.**

Forty is the only number whose letters are in alphabetical order.