



Rare Meat

The newsletter of the



October 2015



Serving the citizens of Albany, Troy and environs since 1925

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KATHY DORN

Immediate Past Pres:

CAROL QUANTOCK

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**YOUR SUBMISSIONS
ARE ENCOURAGED!**

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

Robert Fox, OD, discussed the relatively new field of Behavioral Optometry that he specializes in. He explained that vision is a learned experience, and that the brain tries to adapt to whatever vision signals it gets, no matter how distorted or abnormal they may be. Children

don't realize that what they may be seeing is not what everyone else sees. He pointed out many of the behaviors that may be symptoms of a vision problem: Squinting, frequent blinking or rubbing the eyes, headaches, short attention span, etc. These can often lead to various forms of misbehavior, because kids would rather be thought of as "bad" rather than "stupid." It was an interesting presentation, with several questions from the membership.

Lion Jerry reminded everyone to check the *Rare Meat* for KidSight dates. Also, the district cabinet meeting is Saturday, Sep 19, and that evening is ACB's "Dinner in the Dark." And we're doing a blood drive on Sep 28 at the East Greenbush Library.

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

Committee reports:

Blood drives: IPKL Carol – next drive is Sep 28 at E Greenbush Library; she'll be sending out request for sign-ups. Our contacts at ARC have changed, and she's making slow progress finding the right people to talk to.

Facebook administrator: Lion Ruth Sano has accepted this position.

Public Relations Chair: This important post has been empty too long. We really need someone to step forward and accept this role.

Membership: Lion Kathy absent, no report.



"I have this empty feeling inside."

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

Programs: Lion Kathy absent, but reports that Lion Joann Beach will speak to us in October about the Sight Society/Lions Eye Bank. In November, ZC Carol will talk to us about zone goings-on.

Used glasses: Lion Tom absent; no report.

Voice-mail log: Lion Jerry - only 11 calls in the past month, all of which were from our area. Eyeglass requests: Lion Maryanne gave out one voucher to a little girl we have helped previously.

Hearing requests: Lion Doug absent; no report. There is one open application that Lion Carol is still handling.

Plans for the 90th anniversary celebration are proceeding. Price has been firmed up at \$55. Next (and final) committee meeting is in Saratoga on Oct 27.

Last spring we did the health fair at the Albany Jewish Community Center. Next year's date has been set at Sunday, May 15.



Kunportu potencial membro al kunveno

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 Esperanto.

Our next meeting

Our next general membership meeting will be on **Wednesday, October 2**. Our speaker will be our own Lion Joann Beach, who will tell us about all the exciting developments at the Sight Society/Lions Eye Bank. We call the meeting to order at 6:00, but please try to be there by 5:45 PM so you can place your dinner order and have a few minutes to socialize.

KidSight

Kathryn always appreciates our help with NABA's KidSight vision screenings. I didn't get her October schedule yet; I'll send it out as soon as I can.

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 and time details for you.

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. See the invitation on **page 5**, and make sure to get your reservation in on time. This is a big deal for our club, and we'd like to see as many Lions as possible in attendance. Even if you haven't been to a meeting in years, please try to make this one.

Help wanted...

If you're wondering what you can do to help your club, we've still got two positions open. The first can be done from home, working at your own schedule.

Public Relations Chair: This job requires the ability to write clearly, and distribute stories and articles about our activities to local newspapers, as well as to Lions publications like the district newsletter, the MD20 magazine and The Lion, our international publication.

And we need someone to **chair a fund-raising committee.** It looks like our wreath sales program has died, and we need to find something to replace it. There are several folks willing to work on this with you, but we need a chair.

If you're interested in any of these jobs, please contact King Lion Chris Horan at 469-8562 or choran79@hotmail.com.

Buying on line...

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

Lion Ruth Sano says on FaceBook, "Yep - Looks like another wonderful Sano/Thompson Beach Week in the Outer Banks!"



Happy Birthday!

Happy October birthday to these A&T Lions:

- 6th - Dennis Fagan
- 24th - Fran McDoal



Happy Anniversary!

Happy Lions Anniversary to these October inductees:

- Laura Mona - 2 years
- Jerry Gordon - 24 years
- Larry Krug - 36 years
- Paul Vergoni - 36 years

Low Vision Tech Fair

We will need volunteers to man our information table at this event.

Shift 1: 9:45am - 12:15pm

Shift 2: 12:15pm - 2:45pm

Shift 3: 2:45pm - 5:15pm

It's pretty easy; all you have to do is sit at the table and talk to folks about Lionism and what we do.

2015 Low Vision Technology Fair



Presented by
NABA
 Northeastern Association
 of the Blind at Albany

www.naba-vision.org

DATE: OCTOBER 15, 2015

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. Nicole Lemanski
 ~ ophthalmologist
 ~ Mabel M. P. Cheng MD PLLC in Latham, NY



4:00 p.m. - Dr. Fatima Ahmed
 ~ ophthalmologist
 ~ Retina Consultants in Slingerlands, 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*
- *Light refreshments & free to the public!*



"I don't care if he's a basketball! We're in love!"

October 2015

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2	3
4	5 1-2pm, Low-Vision support group *	6	7 5:45pm: Meeting at Red Front; see p 2	8	9	10
11 Glens Falls Lions' Duathlon *	12 Columbus Day	13	14	15 NABA Low-Vision Tech Fair see p 4	16	17 Greenfield Lions' 30th Anniversary *
18	19	20	21 6pm: Board meeting at Rte 7 Diner.	22	23	24 Galway Lioness 30th Anniv *
25	26	27	28	29 NABA's Casino Night *	30	31 Halloween

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

1925 Logo



2015 Logo



Please join the

Albany & Troy Lions Club

and

Saratoga Springs Lions Club

as they jointly celebrate



of serving their communities.

5:30 p.m. on Saturday, November 7, 2015

Gideon Putnam Hotel, Saratoga Springs

Guest of Honor: Past International President Al Brandel

Cost: \$55 per person, which includes hors d'oeuvres, dinner and dessert.

Dancing to DJ "Complete Albany" after dinner. Cocktail attire; 1925 period attire optional.



(Qty)	Dinner Choices
_____	Chicken Francaise
_____	Grilled NY Strip
_____	Sole Florentine

The Gideon Putnam has set aside a block of rooms at \$129 + tax. To reserve one, call 518-584-3000 and mention code **9N73M** before 10/12/15.

Total _____ x \$55 = \$ _____ amount enclosed

Names _____

Club _____ Phone _____

Please mail check (payable to SARATOGA SPRINGS LIONS CLUB) and this reservation form by **Wednesday, October 14**, to **Saratoga Lions 90, PO Box 166, Saratoga Springs, NY 12866-0166**.



We Serve



The Second District Cabinet Meeting 20-Y2 will be held:

SATURDAY, November 7, 2015

9:30 AM Registration - 10:00 AM Meeting - Lunch - 2:30 PM Dismissal

Ballston Spa Country Club

Route 67

Ballston Spa, NY 12020

Please share this with all your members in your club. Everyone is always welcome.

Please either email me or mail me this form if you are not attending by October 28th. If you are attending, please send this form and your check for \$18.00 to 8 Turnberry Drive, Slingerlands, New York 12159. Make the checks out to: District 20-Y2 Lions Clubs. The fee covers: coffee and donuts, the lunch buffet and gratuity. Please return this no later than Wednesday, October 28th.

If you have any questions, please do not hesitate to call me at 518-463-1211 x 241.

Thank you for your attention to this matter.

Yours in Lionism,

Lion Michele O'Hare
Cabinet Secretary

_____ Attending _____ Not Attending email: _____

Name: and Club: _____

The cost is \$ 18.00 mail to Lion Michele O'Hare, 8 Turnberry Drive, Slingerlands, New York 12159. Make the checks out to: District 20-Y2 Lions Clubs.
