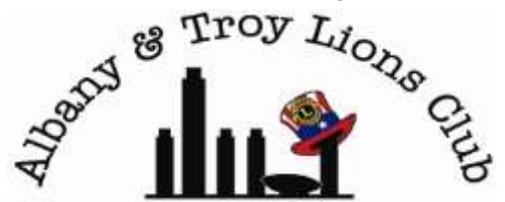




Rare Meat

The newsletter of the



October 2019



Serving the citizens of Albany, Troy and environs since 1925

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YOUR SUBMISSIONS
ARE ENCOURAGED!

Report of the meetings held at the Red Front on Sept 4:

General membership meeting

In KL Carol's absence, secretary Jerry called the meeting to order at 6:10 pm. He introduced PDG Ed and Lion Elizabeth Stano. Lion Greg introduced Irving Ackerman, Jordan Alexander and Bob Beard, all of whom work with him in various capacities and all of whom are potential Lions. Then Lion Preem introduced Norma Chapman (Albany County Legislator for the area where our blueberry orchard will be), Norma's sisters Vivian and Barbara Williams, and Preem's sons Tavion & Savion, all of whom came for her induction.

PDG Dave Harris inducted new member Preem Cabey. Her sponsor is Lion Greg Sheldon.

PDG Ed Stano then presented a new-member orientation in which he explained the acronyms and other basics of Lionism.

Lion Greg brought us up to date on the status of our blueberry orchard. He explained the roles our visitors have played in helping with this project. Our biggest need is for 200 yards of sand. Planting date is set for Sep. 25 from 2-4 p.m.

Club & charitable fund board meetings

Five Boscov's "Friends Helping Friends" discount cards will be mailed to the 15 Lions we hardly ever see, asking them to send us \$5 for every one they sell.

Lion Tom shipped 5000 glasses in September.

In a discussion of future programs, we decided to tell our speakers to limit their presentations to 20-30 minutes.

Lion Jerry is awaiting the receipt of one hearing aid application.

We voted to send \$1000 to LCIF for Hurricane Dorian relief.



L-R: Norma Chapman, Irving Ackerman, Preem Cabey, Tavion, PDG Ed Stano, Greg & Jodi Sheldon

MEMBERSHIP

VICKI ADLER
MICHELLE BAKER
EVA BASS
JOANN BEACH
JEFF BENNETT
JOHN BIANCO
DR. ROB BRASS
CHRISTOPHER BURKE
PREEM CABEY
JANE CHOUINIÈRE
DOUG DAVIS
URSULA DESSINGUE
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DIANE BURKE HART
TOM HART
CHRIS HORAN
LARRY KRUG
DR. DAVID LEVINE
FRAN MCDOAL
KRISTIN McVEIGH
SHAWN NEWTON
MICHAEL O'BRIEN
CAROL QUANTOCK
RUTH SANO
GREG SHELTON
JODI SHELTON
SUE SHIPE
PAUL VERGONI
ELENA WATSON
JIM WILSON
DR. ALLEN ZIEKER



Bring a potential member to a meeting.

Our next general meeting...

... is **Wednesday, October 2**, at the **Red Front**. We'll be inducting new member Eva Bass. Our speaker will be **District Governor Ed Pike**.

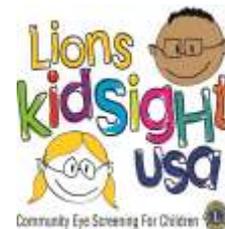
We call the meeting to order at 6:00 p.m. but please try to be there by 5:45 so you can place your dinner order and have a few minutes to socialize. The restaurant likes a head count, so let me know whether you'll be there (jerrygordon@juno.com or 518-235-8232). Telling me your intentions means one less follow-up phone call that Lion Mike will have to make.

Zone meeting

A Zone Meet 'n' Greet has been scheduled for **Wednesday, Oct 30 at 7 P.M.** to be held at the Normanside Country Club, 150 Salisbury Rd in Delmar. It will be a buffet dinner with 1st VDG Rick Brisee giving a presentation on "Welcoming in your new Lion members into your club." Our DG Ed Pike will also be there to enlighten us on what is current with the Lions in our district and IPDG Michelle O'Hare will also stop in. The cost is \$28/person and that is all inclusive.

KidSight Vision Screenings

Kathryn Miklowitz, NABA's LPN who conducts their KidSight vision screenings of pre-schoolers, always appreciates our help. They usually start around 9:30 a.m. and last an hour or two. I'll send out her October schedule as soon as I get it.



Friends Helping Friends



We're again participating in Boscov's "Friends Helping Friends" program by selling Shopping Passes. These passes are good for **25% OFF** almost everything Boscov's sells. They can be used at all 48 Boscov's stores, but **only on Wednesday, Oct 16, 2019**. The passes are **\$5 each** and our club gets to keep the whole \$5. There will be many other charitable organizations taking advantage of this program, so start selling them now to your friends and family and get a leg up on the competition. Passes are available

from Lion Jerry, and all the proceeds go to Lion Paul. **This date is fast approaching; go sell some to your friends, family, co-workers and neighbors NOW!**

This should have been in last month's issue because it happened in August

L-R, back row: Pam Allie-Morrill, PKL Tom Hart. Front: PKL Tom's grandsons, Landon and Wynn Keith. PKL Tom presented 38 books, in Spanish, to Pam Allie-Morrill to be used by school age children in El Salvador, where Ms Pam has the good fortune of "making a difference" in an impoverished village. The books were donated by the Albany and Troy Lions Club in response to her request when she spoke to us last September. Ms Pam spends her summers working at her family's business, Moxie's Ice Cream at 1344 Spring Ave in Wynantskill.





Coats for Kids will be starting up again soon! We've got a new contact at WTEN10/ Fox23 and we may be getting more dry-cleaners to service. For new Lions: Folks donate used coats and snowsuits to selected dry-cleaners, who clean them for free. We pick them up and bring them to designated distribution points in Albany and Troy, where they are given to needy children. The program runs from mid-October to mid-November. Watch for an email with this year's details.

Happy Birthday!

Happy **October** birthday to these A&T Lions:

- 6th: Dennis Fagan
- 24th: Fran McDoal
- 28th: John Bianco



Happy Anniversary!

Happy Lions Anniversary to these **October** inductees:

- Jerry Gordon: 28 years
- Larry Krug: 40 years
- Paul Vergoni: 40 years

October 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Meeting at the Red Front; see page 2.	3	4	5
6	7	8 Yom Kippur starts at sundown	9 Yom Kippur ends at sundown	10	11	12
13		15 NABA Low-vision tech fair; see page 7	16 Boscov's sale day; see page 3	17	18	19 Dinner in the Dark; see page 8
20	21	22	23	24	25	26
27	28	29	30 Region O meeting; see page 2			

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

Visit your club's web site: ALBANYTROYLIONS.ORG,
 your district web site: 20WLIONS.ORG,
 and International's new web site: LIONSCLUBS.ORG.

Instead of shopping at amazon.com, please shop at smile.amazon.com/ch/22-3255679. You'll get the same great deals, plus a percentage of your purchases will be donated to the **Albany & Troy Lions Charitable Fund**.

Blueberries

What do you do with a couple of empty urban lots after the homes that were there are declared uninhabitable and are demolished? You turn them into a blueberry orchard, of course!

All you have to do is:

1. Purchase the properties from the Albany County Land Bank.
2. Clean up the remaining construction debris, cut down the dead and dying trees and remove the excess and invasive vegetation.
3. Cover the land with wood chips and smooth it out, and then cover the chips with a layer of wood mulch and smooth it out. This is easier with the proper machinery, but it can be done with rakes, strong backs and hopefully, many volunteers.
4. Find 240 cubic yards of sandy loam to spread over the whole thing to a depth of one foot. Smooth it out (see #3) and treat it for the proper acidity.
5. Purchase 200 blueberry bushes of the right age and species to ensure hardiness and long life.
6. Gather a few dozen volunteers to plant the bushes.



A Facebook ad looking for volunteers

Lion Greg Sheldon has accomplished all that with the planting being done on September 25. This project never could have been completed without Greg, but he didn't do it alone. Our deepest gratitude goes to Mayor Kathy Sheehan and the City of Albany for its immeasurable support with

equipment and materials; Albany County Land Bank; LCIF for their initial and follow-up funding; Anthem (BC/BS) for supplying 30 volunteers to do the planting; One World Center for international volunteers who raked; Cornell Cooperative Extension for their technical expertise; the Albany boxing gym and the summer youth employment program, both of whom supplied many strong young backs; RJ Valente Construction, who supplied the sandy loam; Callanan/Fane Industries, who transported the loam; Albany FD Engine Seven, who did the initial watering; and, of course, the Albany & Troy Lions Club for their sponsorship of this project and their financial and moral support.



Lions Greg Sheldon & Jerry Gordon in the food tent that was set up for the volunteer planters

Some background: For the past several years, Lions Clubs International (LCI) and Lions Clubs International Foundation (LCIF) have been partnering with the

Anthem Foundation (the largest Blue Cross/Blue Shield provider) to sponsor "Lions/Anthem Volunteer Days." The goal is to mobilize Anthem volunteers from around the country in service projects with Lions that address community health & wellness needs. The past two years, this resulted in work days at the Regional Food Bank.



Lion Greg and the Anthem volunteer planters

In May, Lions Clubs were offered the opportunity to



And in the middle of all this, on Saturday, Sept 21, Lions Jodi and Greg got married! Our most joyous congratulations to them both, along with our wishes for a long and happy life together.

West Hill neighborhood. The blueberries can grow for more than 30 years and this means kids that plant with us may someday share them with their children. This generational buy-in to community health equity, food sovereignty and social justice changes the narrative and grows community. In addition, we developed soil that will absorb water and reduce the burden of storm water runoff by over 100,000 gallons. This soil will also purify the air, sequester carbon and provide an agriculturally viable landscape for the blueberry orchard!

come up with a proposal and apply for a \$1500 grant. Lion Greg Sheldon submitted our application to purchase and plant 150 blueberry bushes on two lots in Albany that are part of a multi-lot parcel he already owns and manages as Albany Victory Gardens. (When it came time to buy the bushes, we were able to get 200 for just a little more money.) Anthem volunteers and Lions will do the planting. Greg will oversee the ongoing maintenance and harvesting with kids from the neighborhood. Needless to say, we got the grant!

Why blueberries? Blueberries are an attractant for pollinators, which will increase agricultural yield in other nearby areas; they're full of nutrients and anti-oxidants and will be an excellent food source that is generally unavailable in the



The West Hill Community Blueberry Orchard!



On a personal note ...

A note to our newer members, and a reminder for the rest of you: This section is intended to increase camaraderie among our members by giving you some idea of what your fellow Lions are up to when they're not being Lions. If you think this is a good idea, you can help by giving me a few words occasionally about what's noteworthy in your life. Or tell me about a Lion who might be too shy or modest to tell me themself. If no one tells me anything, I have to fill the space with "humor," so you'd better give me stuff.

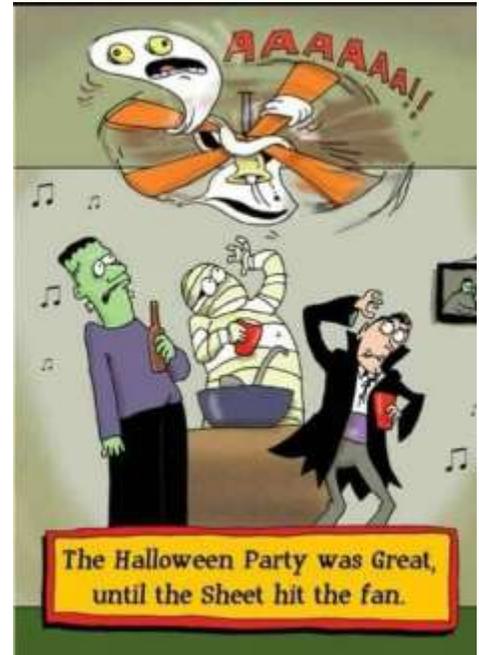
Back on Sept 7, **Lion Ruth** said, "Got out of the Outer Banks just in time to miss the hurricane. Great week in Kill Devil Hills with family and friends."

Lion Ursula seems to be recovering nicely from the Lyme disease attack we reported on last month. Hope we'll see her again soon.

Congrats to **Lion Paul** and Laura on their new home in Mechanicville. Even though it's a bit further from the Red Front, we hope we'll still see them frequently.



"Nature abhors a vacuum," it is said, and YrEd abhors a blank page, so here's some timely filler.



We will have an information table at this event in Albany on October 15. If you know anyone with vision problems, encourage them to attend. They'll learn a lot.

The Northeastern Association of the Blind at Albany Presents:

11TH ANNUAL LOW VISION TECH & HEALTH FAIRS

9:30AM to 3:30PM



Free to the Public!



October 15

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

October 16

Saratoga City Center
511 Broadway, Saratoga Springs

Please bring used eyeglasses & hearing aids to recycle!

Questions? Lisa Jordan
Coordinator of Outreach Services
(518) 463-1211 x 225
ljordan@naba-vision.org

- The latest in low vision technologies for reading, computers and adaptive vision aides
- Expert speakers present the latest in eye health and treatments
- A panel focusing on different and essential aspects on living well with diabetes
- Adaptive living experts on living successfully with low vision, vision rehabilitation therapy ... **and more!**

www.naba-vision.org/events



2019 Low Vision Tech & Health Fair



SAVE THE DATE

for

“Dinner in the Dark”

Date: October 19, 2019

Time: 6:00 – 9:00 p.m.

Location: Colonie Elks Club

11 Elks Lane, Latham, New York

Tickets: \$50 (Pasta Primavera or Turkey Dinner)

Contact: Nancy Murray (518) 452-3500

Kathy Casey (518) 462-9487



The purpose of Dinner in the Dark is to provide an entertaining and educational way to raise awareness about living with vision loss. Blindfolded diners join blind and visually impaired tablemates to share the experience.

Dinner is followed by dessert and discussion with ACB Members.

Sponsorships available. Cash bar and silent auctions!



Diners from previous “Dinner in the Dark” had a great time!

Proceeds benefit the Capital District Chapter of the ACB NY



Visit us on Facebook “Dinner in the Dark 2019” for updates.

Purchase tickets on-line at Eventbrite “Dinner in the Dark 2019”.