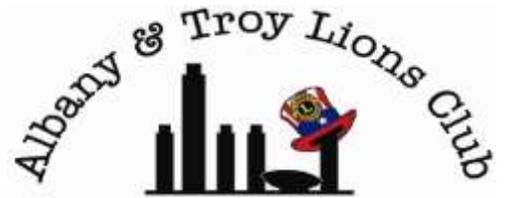




Rare Meat

The newsletter of the



December 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 November 6:

General membership meeting:

Our speaker was Toni Craft from Friends of Oakwood Cemetery, who told us all about this local treasure that's on the National Register of Historic Places. In the 1850s, Troy was the 10th wealthiest city in the country and much of its prominent citizenry at the time is among Oakwood's 62,000 inhabitants. They include Russell Sage, Emma Willard, "Uncle Sam" Wilson and nine Civil War generals. The jewel of Oakwood is the Gardner Earl Chapel and Crematory with its eight Tiffany stained-glass windows, marble mosaics and hand-carved ceilings and pews. It's a National Historic Landmark and is listed in its own right on the National Register of Historic Places. There are many opportunities for volunteering if you're looking for something to do.



KL Carol then installed new member Irv Ackerman.

The folding, stuffing and stamping party for our annual seal campaign was wrapped up pretty quickly.

Club & charitable fund board meetings:

We accepted the membership application of Jordan Alexander, another associate of Lion Greg's, who will have the distinction of being our youngest Lion.



King Lion Carol Quantock, new Lion Irv Ackerman and his sponsor, Lion Greg Sheldon.

Lion Ruth reported via email: "As far as the current program with America's Best is going - I am still working with them and working out some kinks. They did offer us the opportunity to provide free exams and eyeglasses to up to 15 students in the month of November. I only have to provide the child's name, parent's name and contact phone numbers. I reached out to the school nurse at Watervliet Elementary School who quickly screened and provided this information. America's Best is going to reach out to these parents and set up appointments. I will follow up with the manager later in the month to find out how many children actually received glasses."

The Food Pantries of the Capital District is looking for someone to help them every Thursday to distribute free produce and information at two locations in Watervliet. Lion Shawn will step up.

MEMBERSHIP

- IRVIN ACKERMAN
VICKI ADLER
JORDAN ALEXANDER
MICHELLE BAKER
EVA BASS
JOANN BEACH
JEFF BENNETT
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MICHAEL O'BRIEN
CAROL QUANTOCK
RUTH SANO
GREG SHELDON
JODI SHELDON
SUE SHIPE
PAUL VERGONI
JIM WILSON
DR. ALLEN ZIEKER



Bring a potential member to a meeting.

Most of our newer members have day jobs and are coming from Albany, so it's getting tough to start the meeting at 6:00. We started a discussion about holding board meetings on another night and possibly at an Albany location. We'll pursue this further at the January meeting. Because our January meeting date is New Year's Day, our meeting will be on Jan 8, the second Wednesday.

We had sent letters with 5 Boscov's discount passes to 15 Lions that we rarely see, asking them to sell them and send us \$25 each. Three members did so. A fourth member added a \$225 donation to his \$25, and one Lion asked for 140 passes for his whole staff, for which he gave us \$1000. So thanks to these generous Lions and all the others who sold passes, this program netted us a total of \$1475.

Ten Broeck Mansion, home of the Albany County Historical Assoc, is looking for donations to help them install a wheel-chair lift. Last month, we voted to donate \$200 pending the results of calling them to clarify some questions. Lion Jerry has spoken with Kathryn Kosto, the executive director. She's supposed to be sending more info but it hasn't arrived yet.

We are processing the final paperwork so that we can get reimbursed from LCIF for the blueberry project. They have confirmed that the original \$1500 grant has been increased to \$2700. We will also pursue maintenance funding from Brandel-Murphy Lions Youth Foundation.

Recognizing that we have a minimal presence in Albany, we decided to establish a committee to investigate and evaluate various ways we can work better with the general community, both in Albany and Troy. Eva volunteered to chair it; Greg, Mike, Irv, Shawn, Preem and Carol are members.

We voted to again allow Lion Joann to spend up to \$250 on gifts for a family from Vanderheyden.

We approved getting hearing aids for Malishia S., a 70-yr-old woman from Rensselaer. Total cost is \$750 and we will again ask the Hearing Conservation Society to split it with us.

Our next general meeting...

... on **December 4** will be our holiday party, a joint event with Troy Kiwanis and Lansingburgh Rotary. See details on page 5.

In January, we'll be meeting on the **2nd Wednesday, January 8, 2020**, at the **Red Front**. Speaker TBD.

KidSight Vision Screenings



Kathryn Miklowitz, NABA's LPN who conducts their KidSight vision screenings of preschoolers, always appreciates our help. They usually start around 9:30 a.m. and last an hour or two. Here's her December schedule:

Tue 12/3	Eagle Elementary, Albany
Thu 12/5	St. Anthony, Schenectady
Tue 12/10	Martin L King, Schenectady
Wed 12/11	Pine Hills, Albany
Wed 12/18	Little Ones, Schenectady

Schenectady is out of our service area, but it's not too far. If you'd like to sign up for one or more screenings, please contact Kathryn at kmiklowitz@naba-vision.org and mickevskat@gmail.com or call her on her cell at **518-915-4722** for time and address details.



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**.

The Perfect Gift Idea! Only \$25!



You can actually flip through the book at tinyurl.com/savearound to see all the savings.

Order yours today from
Lion Tom Hart (thart003@nycap.rr.com;
C: 518-522-6666; H: 518-605-8600)
Also available for many other cities.

On a personal note ...

Lions Greg & Jodi are headed to the Amazon for a reforestation effort with the Shuar Communities of Ecuador. They left on Wednesday, 11/20. We wish them a safe trip.

Holiday gift ideas:

1. If you're shopping on line, see the **amazon.smile** banner at the bottom of page 2.
2. Call Lion Tom for a **SaveAround book** - see the top of this page.
3. How about a **calendar** from the Lions Eye Bank? See below.



Give the Gift of Sight This Holiday Season!

Support Blind Children
By Purchasing a

"Through Their Eyes – The Gift of Sight"
2020 Calendar

Each month showcases original artwork created by Capital District children expressing their appreciation for the gift of sight.

Every calendar sold benefits underprivileged children in need of eye care.
This calendar is about *children helping children.*



For more information call:
Lions Eye Bank at Albany
518-489-7606

\$8.00 per Calendar / No Tax Due / Shipping
Included

Make checks payable to:
Lions Eye Bank at Albany
4 Tower Place, Ste. 601
Albany, NY 12203

Happy Birthday!

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

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



Happy Anniversary!

Happy Lions Anniversary to only one **December** inductee:

Ursula Dessingue: 25 years

December 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4 Holiday party; see page 5.	5	6	
	9	10 Dining with Diabetes; see page 6	11	12	13	14
15	16	17 Dining with Diabetes; see page 6	18	19	20	21
	23	24			27	28
29	30					

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





Please join us for a
Joint Service Club Holiday Party!

Wednesday, December 4, 2019
Max410 Restaurant at
Van Schaick Island Country Club
201 Continental Avenue, Cohoes

5:30 Cash bar

6:30 Hot dinner buffet including sliced filet of beef, lemon
Chablis haddock and rosemary garlic chicken

\$33 per person

Make your reservation by Monday, November 25, by mailing
your check, payable to Maryanne Gordon, to her at
15 Hyland Circle, Troy, NY 12182.

In lieu of grab-bag gifts, please bring toiletries or socks
that we will donate to Joseph's House.

Questions? 518-235-8232



Albany & Troy Lions Club Troy Kiwanis Club Lansingburgh Rotary Club



Healthy Choices for Happy Holidays

Dining with Diabetes

Tuesdays @ 10:30 am

Nov. 12th & 19th and Dec. 10th & 17th, 2019

Northeastern Association of the Blind at Albany (NABA)

301 Washington Ave, Albany 12206

Adults with type 2 diabetes (or those who are at risk of type 2 diabetes) and their family members, caregivers, and support persons are invited to participate. This program will help you learn the skills needed to promote good health. Dining with Diabetes is an Extension program taught locally by Karen Roberts Mort, MS of Cornell Cooperative Extension of Albany County.

Planning *holiday* meals and snacks

- Delicious and healthy holiday recipes
- Cooking demonstrations and food sampling
- Review carbohydrate counting and label reading

Motivation and Support

- Connect with others who are living with diabetes
- Get ideas for being more active

To register contact Lisa Jordan:

518-463-1211 ext. 225 or ljordan@naba-vision.org

NABA

**Northeastern Association
of the Blind at Albany**

Cornell Cooperative Extension | Albany County

24 Martin Road, Voorhiesville, NY 12186
518-765-3500 • FAX 518-765-2490 • www.ccealbany.com • www.facebook.com/ccealbany

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