



Rare Meat

December 2020



Serving the citizens of Albany, Troy and environs since 1925

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JODI SHELDON

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GREG SHELDON

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Rare Meat editor:

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**YOUR SUBMISSIONS
ARE ENCOURAGED!**

Report of the meetings held on Wednesday, November 4:

This was our first in-person meeting since March. Because of availability, we met at Valente's in Watervliet instead of the Red Front. Unfortunately, we had to share the room with other customers, which raised the background noise level and made it difficult to follow what was going on, especially for those on Zoom.

The **general meeting** consisted of DG Rick Brisee's presentation. He spoke about various upcoming events, what other clubs were doing, and the importance of reporting our service activities on MyLION and on social media. He presented service awards to four Lions: Kathy Dorn for 10 years; Chris Horan, 15 years; Carol Quantock, 20 years; and Kristen McVeigh, 30 years. One of the most interesting upcoming events is a district-sponsored new-member orientation session. We've picked up enough new members over the last few years to make this very worthwhile.

Normally, this is the meeting at which we'd have our annual folding/stuffing/sealing party for the seal campaign. But that's impossible on Zoom (and the letter isn't quite ready yet), so Jerry & Maryanne will get the mailing out within the next week.

Club and char fund board meetings: Since Ruth has taken over as treasurer, she discovered that four people still have not paid their dues. She has been in touch with them and all are in process.

Lion Greg reported that he has been in touch with the Lions club in Ecuador about receiving used glasses from the Lions distribution center in NJ. The center invited Greg to come down to their facility when they were ready to ship and work with them for a day. There was no discussion on covering the expense of shipping the glasses.

Eva, Re: Lions Initiatives - looking for more volunteers to help with community projects. Ruth suggested that is where the Leos could come in. When this group meets, they will also discuss a response to Eden's Rose Foundation's letter of August regarding our continued involvement with the blueberry orchard.

John/Tom - No news on Fundraising, not sure what is happening with Save Around Books. Eva mentioned we need to have a Fundraising Committee (John cannot commit to fundraising anymore). Greg said he'd help but didn't want to Chair. Eva will work with him and Ruth was also appointed to the committee.

DG Rick has our two peace-poster entries. He will bring them to the cabinet meeting this weekend.

The December meeting has traditionally been our holiday party, but not this year. We will have another Zoom meeting instead.

Hand Sanitizer Sales Status - Ruth reported that 321 bottles have been

MEMBERSHIP

IRVIN ACKERMAN
VICKI ADLER
JORDAN ALEXANDER
MICHELLE BAKER
EVA BASS
JOANN BEACH
JEFF BENNETT
JOHN BIANCO
DR. ROB BRASS
CHRISTOPHER BURKE
PREEM CABEY
JANE CHOUINIÈRE
DOUG DAVIS
URSULA DESSINGUE
KATHY DORN
DENNIS FAGAN
MIKE FARRELL
DR. STEFAN FOSCO
JERRY GORDON
MARYANNE GORDON
PDG DAVE HARRIS
DR. VICI HARRIS
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 SHELDON
JODI SHELDON
SUE SHIPE
DR. ALLEN ZIEKER



sold for a profit of \$522.00. We still have 29 bottles left to sell.

Since the Victorian Stroll has been cancelled this year, we should find another fundraiser to take its place. We did add the Hand Sanitizer & Mask fundraisers this year which will help offset that, but we aren't sure if we will even receive Save Around Books so there is another fundraiser we could possibly lose. (We have since found out they're on the way. See page 5.)

The Coats for Kids campaign is officially underway. We do have enough drivers for all our cleaners.

New Business - Greg wanted to get something going regarding the district environmental committee he is on - possibly a highway clean-up. Greg & Jodi are entertaining the idea of visiting other clubs to see what they are doing with their environmental programs and see if we could work together on something.

Greg suggested that we might want to invest in better equipment for holding Zoom meetings.

Ruth is waiting for paperwork on two eyeglass applications.

Jerry distributed two hearing-aid applications before the meeting. For one, we will split the \$750 total with HCS. For the other, we have asked the family to contribute \$250 towards the \$750 total, and we will split the \$300 fitting fee with Madison Hearing. Both were approved by the board.

Blueberry signage - Eva to call on price of sign. She has a general idea what will be on the sign. It's been promised for a while but a proof is on the way!

Community Dev Grant status: Greg reported that all 5000+ bottles of hand sanitizer have been distributed as well as 2000 masks. People have been overwhelmed with the donations and appreciate the donation from the A & T Lions Club. Sanitizer was distributed at food distribution sites, community events and also through local not for profit organizations like the Refugee Welcome Center, SNUG, Frank Chapman Memorial Institute, etc. We have received no reimbursement from HUD as of 11/4/2020 towards the \$15,000 grant.

Greg mentioned that there are Community Dev. Block Grants available for Troy that we should apply for. It was decided to table discussion until we see how the reimbursement goes for the Albany CDBG.

Lion Preem moved that we contribute \$350 to Greg's Pandemic Produce Market to support one week's operation. Seconded by Jerry and passed. Greg & Jodi are getting the produce donated 4 days per week. Neighborhood people are volunteering at the market. There is one person who is paid to run the market for the 4 days and that was the only cost of supplying food to the neighborhood.

Bosco's reported on the results of their Friends Helping Friends campaign: "It looks like your organization had about \$1500 in sales designated toward it, and you can expect to receive a check for approximately \$80-90. We're working hard finalizing figures for almost 4,000 organizations, with over \$500,000 going to charitable organizations and expect all checks should be mailed by mid-December."

Lion Joann Beach reported via email that because of Covid, Vanderheyden was requesting donations this year instead of the gifts we usually supply. We approved sending them \$250.

We approved our annual \$200 donation to HOBY (Hugh O'Brian Youth Leadership) to sponsor a local high-school sophomore to attend their leadership seminar.

Respectfully submitted,
Jerry Gordon, Secretary, with lots of help from Ruth Sano.

Our next general meeting

Our next general membership meeting will be on Zoom on **Wednesday, December 2 at 6:00 PM**. Our guest speaker will be **Robin Ford from Street Soldiers**, so please try to be there. As usual, the board meetings will follow the general meeting.

Join Zoom Meeting at us02web.zoom.us/j/85712866571?pwd=VEpoZWVhM2VWGHQzQ0NEJ3RlBjdz09 or tinyurl.com/y2hxwt62

Or dial 646 558 8656 and use meeting ID: 857 1286 6571 and Passcode: 646413

Happy Birthday!

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

20th: Carol Quantock
24th: Kristin McVeigh



Happy Anniversary!

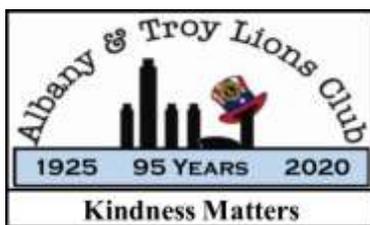
Happy Lions Anniversary to only one **December** inductee:

Ursula Dessingue: 26 years

Bring a potential member to a meeting.

DECEMBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 United in Service	30	1	2 Zoom meeting: see page 2.	3	4	5
6		8	9		11	12
13	14	15	16	17	18	19
	21	22	23	24		
27	28	29	30	31		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.



You shop. Amazon gives.

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**.



Need help managing your diabetes?

Want to prevent diabetes?

DINING WITH DIABETES

a program for people with diabetes or prediabetes and their family members. Participants will learn how to fit carbohydrates into a healthy menu, effectively use food labels, choose meals at a restaurant and adopt other healthy habits to help manage diabetes through healthy eating. Recipes will be provided. Time provided for Q&A. Diabetes & Covid19 will be discussed.

CCE

JOIN US VIA ZOOM:
 CORNELL COOPERATIVE
 EXTENSION
 ALBANY, SARATOGA &
 WARREN COUNTIES

NOVEMBER
 5, 12, 19 &
 DECEMBER
 3 & 10

12 NOON OR 7 PM
 ONLINE VIA ZOOM

PRESENTED BY
 NUTRITION EDUCATORS

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 CCE ALBANY CO.
KEM18@CORNELL.EDU
 518-765-3500

DIANE WHITTEN, MS
 CCE SARATOGA CO.
DSH23@CORNELL.EDU
 518-885-8995

MB MITCHAM, MPH
 CCE WARREN CO.
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You can actually flip through the book **at**
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or thart003@nycap.rr.com



Another chance to serve

As far as I know, no one has yet responded to this email that we received on Oct. 21:

My name is Emily Fox and I am reaching out to your organization with the hope that you would be interested in potentially partnering with the New York State Contact Tracing Initiative to assist individuals and families in quarantine due to Covid-19. I work as the Community Support Specialist Outreach Coordinator in the Capital Region - my team works to provide those in quarantine with any food and supplies they may need while they cannot leave the house after a possible exposure to Covid-19. We have a number of relationships with food pantries and aid organizations throughout the community but where we fall short is in delivery. In cases where food delivery is not available (either from a grocery store or food pantry) and the individual in quarantine does not have any friends or family members who can assist them, I am hoping to find community volunteers to help with the delivery process. This is where I am asking for your assistance- would your organization be willing to partner with my team in assisting with food delivery when we are unable to find anyone else to help? This is most likely be in the form of picking up food packages from a local food pantry or doing curbside pickup at a grocery store and then delivering it to the address of the individual in quarantine. We are not asking for financial assistance- the orders will have already been placed (and paid for, if applicable), either by the individual themselves or my team- your volunteers would simply need to pick the order up and deliver it. Additionally, my team will share with you the contact's name, address, and phone number with whomever is helping us with the delivery so they can keep in touch.

I hope your organization will be willing to assist me and my team with this need! This is an incredibly important service our community is in need of and every little bit helps. That said, if you know someone outside of your organization who may be interested in volunteering in this capacity as well please feel free to share my contact information. Please do not hesitate to contact me by phone (315 280 8289) or email with any questions you may have. I appreciate all that you do to help your community already and look forward to possibility of working with you further.

Kind Regards,

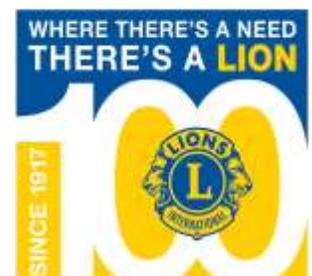
Emily Fox (she/her)

Community Support Specialist Outreach Coordinator

Mohawk Valley/Capital/North Country Tri-Region

New York State Contact Tracing Initiative

Emily.Fox@health.ny.gov (315) 280-8289





Hand Sanitizer

\$5 per bottle, or buy 4 and get 1 free (save 25%!)

Get yours today by contacting Ruth Sano at 518-659-3796 or albanytroylions@gmail.com

- All proceeds benefit the Albany & Troy Lions Club and Grateful Villages
- FDA registered and approved hand sanitizer
- Made to W.H.O. standards
- 75% Isopropyl alcohol for maximum efficacy
- Contains aloe for moisturizing and counteracting the drying effects of alcohol
- Only two ingredients: a natural product without the unwanted filler of industrial sanitizers
- Fine-mist spray applicator covers hands with just the right amount
- Glass bottles and high-quality packaging avoid single-stream waste and unnecessary plastic
- Sanitizer bottles are made to be refillable at local refill stations like the Honest Weight Food Coop



Grateful Villages Hand Sanitizer
2 Fl oz (59.15 ml)

KILLS 99.9% GERMS

Albany & Troy Lions Club
PO Box 192 Troy, NY 12181-0192
(518) 512-2722 AlbanyTroyLions.org

Drug Facts

Active ingredient: Isopropyl Alcohol 75% v/v

Purpose: Antiseptic

Use: Hand Sanitizer to help reduce bacteria that potentially can cause disease. For use when soap and water are not available.

Warnings: For external use only.
Flammable. Keep away from heat or flame.

Do not use: - in children less than 2 months of age - on open wounds.

When using this product: Keep out of eyes, ears, and mouth. In case of contact with eyes, rinse eyes thoroughly with water.

Directions: Place enough product on hands to cover all surfaces. Rub hands together until dry. Supervise children under 6 years of age when using this product to avoid re-bleeding.

Store between 15-30°C (59-86°F)
Avoid freezing and excessive heat above 40°C (104°F).

Inactive ingredients: Aloe Vera 1.00% Water 1.00%

Sight Society of Northeastern NY, Inc.
Lions Eye Bank at Albany / Rochester

2020
a year with **VISION**

RAFFLE

1st PRIZE \$2500

2nd PRIZE \$1000

3rd PRIZE \$500

LAST CHANCE

\$20 per ticket

Drawing held December 3, 2020

For tickets contact:

Lion Lettie Saheim 518-753-7867
e-mail: lsaheim117@gmail.com

Lion Victoria Adler 518-489-7606
e-mail: vadler@lionseyebankalbany.org

proceeds to benefit
Lions Eye Bank at Albany / Rochester

Sight-Saving . Life-Changing

Spread the word, not the germs.
Masks are two-ply cotton separated by a coffee filter,
and they're only \$10 each.

Can be hand-washed with a mild dish detergent like Dawn®. After the
masks are made, they're washed, sprayed
with antiseptic hydrogen peroxide and placed into a zippered plastic bag.



Albany & Troy Lions Club

PO Box 192 Troy, NY 12181-0192
(518) 512-2722 AlbanyTroyLions.org

Place your order at jerrygordon@juno.com
or 518-235-8232