



# Rare Meat

October 2013



*Serving the citizens of Albany, Troy and environs since 1925*

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**YOUR SUBMISSIONS  
ARE ENCOURAGED!**



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

Lion Kevin Ronayne told us that the Lions Eye Institute was founded in 1996 to serve Districts O, W and Y2, and that they treat 5,000 children and 30,000 adults per year. He explained that the Lions Foundation at Albany raises the money, and the Lions Eye Institute spends it. Their primary fund-raisers are chocolate bunny sales, which benefit both the Foundation and the clubs that **sell them, and the Knights of the Blind program. The Institute's three mandates are research, training and treatment.**

Lion Kevin belongs to the Saratoga Springs LC, and he then told us **about his club's latest project, Camp Abilities Saratoga. This is a one-week sports camp for blind, deaf/blind and visually-impaired kids that will be held at Skidmore, starting next summer. They're looking for donations and volunteers.**

Lion Jerry then introduced our newest member, Lion Sue Shipe. Lion Sue joined the Guilderland LC in 1993, but when they folded a few years ago, she transferred to Saratoga Springs. She lives in Niskayuna and found the trek to Saratoga each week to be too much, especially in the winter, so she transferred to us.

Lion Jerry presented awards to some Lions who were unable to attend our installation dinner last June. To Lion Tom Hart, he presented (1) his past-president pin; (B) his sponsorship certificate for Christina, who was inducted in June; (iii) an engraved paper-weight for his years of service as president; and (d), the Robert J. Uplinger Distinguished Service Award (in photo).



*Report of the general meeting held on Wednesday, September 4, at the Red Front*

Lion Kevin Ronayne told us that the Lions Eye Institute was founded in 1996 to serve Districts O, W and Y2, and that they

## MEMBERSHIP

VICKI ADLER

KATIE ALLEN

DAVID AROCHO

MICHELLE BAKER

JOANN BEACH

DR. TED BELHUMEUR

JEFF BENNETT

BARRY BERBERICH \*

DR. ROB BRASS

CHRISTOPHER BURKE

CARL CAFFALETTE

JANE CHOUINIÈRE

DOUG DAVIS

NICK DEMARTE

URSULA DESSINGUE

KATHY DORN

DENNIS FAGAN

MIKE FARRELL

JERRY GORDON

MARYANNE GORDON

PDG DAVE HARRIS

PHIL HARRIS

DR. VICI HARRIS

DIANE BURKE HART

TOM HART

ELAINE HAYNER

CHRIS HORAN

HON. JERRY JENNINGS

PAM KHAMBANONDA

LARRY KRUG

DR. DAVID LEVINE \*

FRAN MCDOAL

KRISTIN McVEIGH

MICHAEL O'BRIEN

TERRY PAGE

BOB PRATT

CAROL QUANTOCK

RUTH SANO

VICKIE SHAHINIEN

SUE SHIPE

PAUL VERGONI

CHRISTINA WEARY

DR. ALLEN ZIEKER \*

\* AFFILIATE MEMBER

Jerry also had a Melvin Jones Fellowship award for Lion Terry Page, who was not in attendance. Instead, he had a note from her in which she announced that she is going on "inactive" status with the Lions (and another organization in which she has been very actively involved). "It is simply that I realized, even before my big trip, [see September *Rare Meat*] that I have been trying to do too many things, being ineffective too much of the time, and failing to focus on the small number of things I want to try to get moving forward on, before I leave this earth. And of course, my energy level, brain power, memory and my body are all shrinking in an inverse relationship to my advancing years." Lions Jerry and Maryanne will present the award to her at home, along with the club's best wishes and appreciation for her years of service.

Lion Tom used old Trivial Pursuit cards for his tail-twisting questions, instead of his infamous big book, much to the pleasure of all the questionees.

Kudos to King Lion Carol on successfully conducting her first general meeting.

### *Report of the board meetings held on Wednesday, September 17, at the Route 7 Diner*

This meeting was cancelled because of the absence of a quorum. Too many people were away or otherwise occupied.

## BRING A POTENTIAL MEMBER TO A MEETING

### ***Our newest Melvin Jones Fellow ...***

As you read above, Lion Terry Page was not at the last meeting and will be inactive for the immediate future, so Lions Maryanne and Jerry walked next door and presented her with the award at her home. As she said in her subsequent note: "I was surprised, dumbfounded and very honored to be handed the plaque for the Melvin Jones award by Jerry and Maryanne. Please convey my gratitude to all."

You can't tell from the picture, but the quilt behind Terry is about 8 feet square. Says Terry, "My mother, Mollie O'Meara Barber, was a former RN who loved to sew. But she had not done any quilting until she was in her early 80s. She was remarkable for her age (she did not leave this earth until she was nearing 104), and began quilting sitting in her favorite armchair. The quilt on the wall is "fans", which she chose because she could do just one quilt square at a time in her lap and put the batting and backing together so it was a finished block. But the quilting was a joint project. She picked out the fabric and my father, Richard Barber, a retired state police officer, did all the cutting of the pieces. Then he would help with the assembling of the blocks, one long column of blocks at a time. And then all the columns would be sewn together to form a very large bed quilt for their bed. This was the first of 2 much loved and much used quilts. The other is a Dresden plate pattern, done also square by square in her lap. That quilt has the added sweetness of their names embroidered on the back."



### *Our next meeting ...*

Our next general membership meeting will be on Wednesday, October 2 at 6PM at the Red Front. It will be a double feature, so make sure you're there! Lion Dr Rob Brass is an ophthalmologist who rarely has time to come to our meetings, but he'll be at this one, and I'm sure his talk will be an eye-opener. Then, District Governor Steve Lynch will bring us up to speed on his plans for the district this year. Don't miss it! Be sure to let me know (235-8232 or [jerrygordon@juno.com](mailto:jerrygordon@juno.com)) whether or not you'll be there. (The more people let me know ahead of time, the fewer calls Lion Mike has to make.)

### *KidSight*

It's a great help to NABA if we can send 1 or 2 Lions to help Kathryn with the paperwork when she does vision screenings of preschoolers. On Thursday, October 3, she will be at Woodline Hill Montessori in N. Greenbush at 9:00 am. There could be as many as 75 kids, so our help would really be appreciated. The contact is Sue at 283-5400 and it's located on 100 Montessori Place. If you're willing to help with this screening, please let me know ([jerrygordon@juno.com](mailto:jerrygordon@juno.com) or 235-8232) asap.

### *Zone meeting*

Zone Chair Rick Brisee has announced the first zone meeting for Region O, Zone A, which includes us, along with the Bethlehem, Greater Ravena and Waterford clubs. It will be on Saturday, October 5, at noon, at Bellini's Restaurant, 1365 New Scotland Rd in Slingerlands (in the Price Chopper shopping center at the corner of Route 85 and New Scotland Rd). This will be a perfect time to wear your A&TLC shirt, if you have one. If you want lunch, you can order off the menu, or you can just sit and listen.

The restaurant would like a head count so they can set up the room properly, so please let me know by Wed, Oct 2, if you will be there. You can reach me at 235-8232 or [jerrygordon@juno.com](mailto:jerrygordon@juno.com), or you can tell me at the next meeting.



### *Coats for Kids*

Again this year, we're teaming with WXXA/WTEN to help with their Coats for Kids campaign. Our job will be to transport coats from various dry cleaners (who are donating their services) to a central distribution point. We'll have specifics by mid-October; watch for details. It's another opportunity to live our motto: *We Serve*. Please let me know if you're willing to volunteer.

### *Shirts, again*

Back in 2010, we ordered club shirts. They can be worn to club meetings, but they're really intended for any event where we're in public, such as a blood drive, serving meals at Joseph's House, cabinet meetings and other district functions, zone meetings, visitations to other clubs, state or international conventions, etc. If yours is worn out, or you didn't get one last time, or you're a new member, now's your big chance. I'd like to place an order very soon; we need to order at least 6, in any combination. We're supporting a local busi-



The Oxford shirts



The polo shirts at our 2010 visit to Guiding Eyes for the Blind. (Ignore Lion Elaine.)

ness by getting them from Sportsmaster (Standard Mfg.) in Lansingburgh.

There are two styles available: First is a BlueGen brand long-sleeve Oxford shirt in Navy. It's an easy-care 65% polyester/35% cotton poplin blend, washes nicely and needs no ironing. They have stain release and are wrinkle- and crease-resistant. Embossed on the left chest is "Albany & Troy Lions Club" and the Lions logo. Both Men's and Ladies' shirts are "Classic Fit." The Men's shirts have a button-down collar and a pocket. The Ladies' shirts have a spread collar (not button-down), straight bottom and no pocket. A size chart for the Oxfords is on the next page.

Then, so that we can be properly attired for summer events, we ordered navy blue golf (or polo) shirts with the A&T Lions logo embroidered on the left chest. The shirt we have selected is a JerZees brand 50 poly/50 cotton blend that needs no ironing when it comes out of the dryer. The Ladies' version is fitted.

The Oxford shirts (Men's or Ladies') cost \$26 for XS, S, M, L, XL, and the polo shirts are \$18 for XS, S, M, L, XL. In both cases, add \$2 for 2XL, \$4 for 3XL, \$6 for 4XL, etc. Also, you can get the club logo added to any piece of apparel that you supply for \$7. (I got it on a white sweatshirt.)

Ladies, for what it's worth: Maryanne thinks her large Oxford is too big for her, and her medium polo shirt is too tight, so she'll be getting a new medium Oxford and a new large polo.

To order, tell me your shirt choice and size at [jerrygordon@juno.com](mailto:jerrygordon@juno.com) or 235-8232, and send me a check payable to ALBANY & TROY LIONS CLUB.



**Make a note:**

Next Lions Work Night at the **Regional Food Bank:**

**Tuesday, October 8, 2013, 5:30-7:30 PM**

Friends and family welcome. Tell Lion Carol how many you're bringing at [cquantoc@nycap.rr.com](mailto:cquantoc@nycap.rr.com) or 664-3901.

**Save the 2nd Tuesday of January, April, July and October to work at the Food Bank.**



**We Serve**

### NABA Low-Vision Tech Fair

The Northeastern Association of the Blind at Albany (NABA) will be hosting their fifth annual "Low Vision Technology Fair" on Wednesday, October 16, 2013 at the Beltrone Living Center, 6 Winners Circle, Albany, from 10 a.m. until 5 p.m. The fair is free to the public. People with vision impairment as well as family members, caregivers, educators and healthcare professionals are encouraged to attend.

We will have an information table with assorted Lions literature. One or two people per shift should be plenty. There will be 3 shifts: 9:45am-12:15pm, 12:15-2:45pm, and 2:45-5:15pm. If you're willing to work one of these shifts, please let me know ([jerrygordon@juno.com](mailto:jerrygordon@juno.com) or 235-8232).

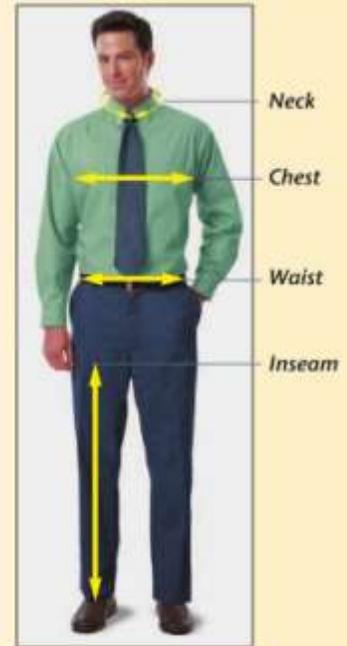
# Blue Generation

## How to Measure

### Size Charts

Body measurements  
(not garment specs)  
shown below

- NECK**  
Measure around neck just below larynx
- CHEST**  
Measure across fullest part of chest under arms
- SLEEVE**  
Measure from center of back of neck, across shoulders, down to cuff
- WAIST**  
Measure natural waistline above top of hip bones
- INSEAM**  
Measure similar pants that fit well, from the crotch seam to top of shoe to be worn



### SHIRTS

	MEN'S & ADULT UNISEX SIZES					BIG SIZES							
	XS	S	M	L	XL	2XL	3X	4X	5X	6X	7X	8X	9X-10X
NECK	14	14-14 1/2	15-15 1/2	16-16 1/2	17-17 1/2	18-18 1/2	19-19 1/2	19 1/2-20	20-20 1/2	20 1/2-21	21	21 1/2	22 1/2
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-67	68-69	70-71	74-75
SLEEVE REG	31 1/2-32	32 1/2-33	33 1/2-34	34 1/2-35	35 1/2-36	36 1/2-37	37 1/2-38	37 1/2-38	37 1/2-38	37 1/2-38	37 1/2-38	37 1/2-38	37 1/2-38
SLEEVE TALL				36 1/2-37	37 1/2-38	38 1/2-39	39 1/2-40						

	LADIES SIZES					PLUS SIZES		
	XS	S	M	L	XL	2XL	3XL	4XL
SIZE	2	4-6	8-10	12-14	16-18	20-22	24-26	28-30
BUST	30-31	32-33	34-35	36-38	40-42	44-46	48-50	52-54
SLEEVE	31	31 1/2	32	32 1/2	33	33 1/2	34	34 1/2

- |  |  |
|--|--|
| <b>Men's Fit</b>   | <b>Ladies Fit</b>  |
| <b>Classic Fit</b><br>Standard fit<br>Roomy across chest & shoulder<br>Straight through body | <b>Classic Fit</b><br>Standard fit<br>Straighter through body<br>Standard length |
| <b>Relaxed Fit</b>   | <b>Trim Fit</b><br>Contoured Sides   |

It is recommended women try on a shirt and pant for size before embroidering

### Reader Needed ...

There is an 80-year-old, legally blind woman who lives in Eastwyck Village, off Rt. 43 and Best Road in Rensselaer. She needs a reader about once a week to read the Talking Books Catalog to her, as well as some personal mail, etc. It should be only about an hour or so a week. If we can get two or more volunteers, they could alternate weeks, making it less demanding. If you're willing to help this woman, please let me know ([jerrygordon@juno.com](mailto:jerrygordon@juno.com) or 235-8232).

### Stuffing ...

Michele O'Hare is president of the Bethlehem Lions and NABA's Director of Communications. I got this e-mail from her just this morning (9/25) : "NABA needs 1000 folders stuffed with various materials for outreach purposes. Do you have any volunteers that may want to help? We need them ASAP! Thanks, Lion Michele" This would be done at NABA (301 Washington Ave, Albany). It sounds like it shouldn't take too long (especially if we can get several Lions), and you can do it at your convenience, any time during regular business hours. If you can help, please contact Michele directly at 463-1211 x 241 or [mohare@naba-vision.org](mailto:mohare@naba-vision.org).

## UNDERSTANDING VISION LOSS – *GOING BLIND* DOCUMENTARY AND PANEL DISCUSSIONS FREE TO THE PUBLIC

ALBANY, NY – *Going Blind* is a unique documentary film that increases public awareness about vision loss. Co-sponsored by the Capital District Chapter of the American Council of the Blind of NY (ACB) and the Northeastern Association of the Blind at Albany (NABA), the film will be presented at three locations during the month of October. Each event will feature an 82 minute showing of the *Going Blind* movie followed by a panel discussion with ACB members. Anyone interested in improving their understanding of living with vision loss are encouraged to attend. The events are free of charge and open to the public.

**The Albany Public Library, 161 Washington Avenue in Albany will have a “Brown Bag Lunch Event”** showing of *Going Blind* on October 24, 11:30 a.m. - 1:00 p.m. Attendees may bring their lunches and liquid refreshments will be provided. On October 29, 6-8 p.m., the Town of Bethlehem will host a showing of *Going Blind* at the Town Auditorium, 445 Delaware Avenue in Delmar. On October 30, 6:30-8:30 p.m., the Saratoga Public Library, 49 Henry Street in Saratoga Springs will also have a showing of *Going Blind*.

Documentary film director and journalist Joe Lovett has glaucoma, a disease that robs 4.5 million people of their vision worldwide. *Going Blind* weaves Joe’s mission to slow down the course of his disease through medication and surgeries, with the stories of others whom he looks to for guidance during his vision loss journey. The compelling individual stories provide a glimpse into their world of living with vision loss.

ACB is the largest consumer advocacy and support organization of blind and visually impaired people in New York State. ACB, through its education and advocacy efforts, strives to increase the independence, security, equality of opportunity and quality of life for all blind and visually impaired people. For more information about ACB, go to [www.acbny.org](http://www.acbny.org)

For over 103 years NABA, a non-profit organization, has been fulfilling its mission to provide services and support to help blind and visually impaired people of all ages lead independent lives. NABA’s vision rehabilitation therapists work in-home and on-site with individuals to teach adaptive skills and strategies that enable independent living. Located at NABA’s facility at 301 Washington Avenue in Albany, the Dr. Harry M. Judge Vision Rehabilitation Center provides examinations by a low-vision specialist for the prescription of magnifiers, special glasses and adaptive devices. Services are at no charge to the legally blind. For more information about NABA, go to [www.naba-vision.org](http://www.naba-vision.org).

More information about the *Going Blind* movie can be found at [www.goingblindmovie.com](http://www.goingblindmovie.com). For more event information and reservations contact Cheryl Lawyer, (518) 463-1211, [clawyer@naba-vision.org](mailto:clawyer@naba-vision.org).

### ***On a more personal note ...***

**Good medical news:** On Sep 17, Lion Tom had a heart valve replaced. A week later, Lion Diane wrote, “Tom came home on Saturday and is doing remarkably well. He does not have any pain and has not had any pain killers since two days before leaving the hospital. Oh, as I’ve said before, the miracles of modern medicine. We see the doctor the 9th of October. He is thrilled to be home and that the operation is over. Feel free to let everyone know he is doing great and he loves all the cards.” You can send him a card at PO Box 171, West Sand Lake, NY 12196.



**Volunteering opportunities this month...**

There's a lot of information in the previous 6 pages, so here's a summary of the October opportunities for you to live our motto, *We Serve*. Some are at a specific time, and some are at your convenience. Surely there's *something* you can do, even if it's been quite a while since you participated in a Lions activity. We'd love to get you back involved. Didn't you join to serve in the first place?

Event	What you'll have to do	How many volunteers needed	When & where	Skills required
KidSight - see page 3	Minimal paperwork. Give sticker to child	1 or 2	10/3 in N. Greenbush, from 9am to about 11am	<b>Don't scare children</b>
Reading - see page 5	Read mail, etc, to a blind woman	1, but 2 or more can alternate weeks	About an hour/week at your convenience in Rensselaer	Able to read out loud.
Coats for Kids - see page 3	Deliver coats from cleaners to distribution point	4-6	<b>1 or 2 trips as req'd, at your convenience</b>	Able to drive; must have vehicle
Food Bank - see page 4	Sort and repackage a variety of products	All we can get	10/8, 5:30-7:30pm in Latham	Able to follow simple instructions
Tech Fair - see page 4	Sit at info table and talk to people about Lionism	3 total; 1 per shift for 3 shifts	10/16 in Colonie. One 2-1/2-hour shift between 10am-5pm	Able to stay awake
Stuffing - see page 5	Stuff 1000 envelopes	1 - 3	At NABA. A few hours at your convenience between 8-5, asap	Move your hands in a coordinated fashion

*Happy Birthday!*

Happy October birthday to these A&T Lions:

- 6th - Dennis Fagan
- 16th - Pam Khambanonda
- 24th - Fran McDoal



*Happy Anniversary!*

Happy Lions Anniversary to these October inductees:

- Jerry Gordon - 22 years
- Larry Krug - 34 years
- Paul Vergoni - 34 years



**Don't sit on the sidelines - Get involved!**

For other events around the district, visit [20Y2Lions.org](http://20Y2Lions.org)

**Wednesday, October 2, 6 PM:** General meeting at the Red Front Restaurant. Two guest speakers: DG Steve Lynch and Lion Dr Rob Brass. See page 3.

**Saturday, October 5, AM:** Zone meeting at Bellini's in Slingerlands. See page 3.

**Tuesday, October 8, 5:30-7:30 PM:** Work session at the Regional Food Bank. See page 4.

**Wednesday, October 16, 10 AM-5 PM:** NABA's Low-Vision Tech Fair. See page 4.

**Wednesday, October 16, 6 PM:** Board meeting at the Route 7 Diner. All members are welcome.



# 20 Y2 Lions, get your cameras ready!

Submit your picture to the district during the Fall Conference for a chance to be recognized internationally for your photography!

This year's categories include:



Animal Life

Plant Life

Urban or natural landscape

Weather Phenomenon

A dream for a healthy environment

Contest Rules:

[http://www.lionsclubs.org/EN/common/pdfs/contest\\_official\\_rules.pdf](http://www.lionsclubs.org/EN/common/pdfs/contest_official_rules.pdf)



Photos must be sized to

8" x 10" for submission, deadline

for submission is November 9th!

If you have questions please call

Lion Adam Pandori 528-3654