



# Rare Meat

August 2016



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

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Lion Tamer:

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Directors, 1st year of 2:

KATHY DORN

MIKE O'BRIEN

Directors, 2nd year of 2:

URSULA DESSINGUE

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Membership Chair:

RUTH SANO

Immediate Past Pres:

CAROL QUANTOCK

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**YOUR SUBMISSIONS  
ARE ENCOURAGED!**

## **Report of the board meetings held on Wednesday, July 20, at the Route 7 Diner**

Lion Carol reported by email that the July 7 blood drive at the Hilton Garden Inn generated enough donations to potentially save 150 lives. On Aug 16, we'll do one at NYS CFS in Rensselaer; we did one there in March that was very busy. She also reports that her now-retired husband, Paul, will start soon on refurbishing our popcorn machine.

For our September speaker, Lion Kathy will get Joyce Stah, RISE Manager at WMHT. KL Chris agreed to arrange for our speakers thereafter.

Several people had changes of plans, so we won't be sending anyone to Lions Day at Guiding Eyes after all.

We approved reimbursing Lion Jerry \$61 to renew our web site for another 5 years.

For the past 20 years or so, we have had a phone extension at Gurley Precision Instruments, Lion Jerry's former employer. It's been listed in the phone book, and we've been able to check messages anytime from anywhere. Some personnel at Gurley have changed, and they no longer want to provide this valuable community service. They've given us a year to phase the number out and make other arrangements. We will investigate our options.

We discussed (again) holding another auction, which was so successful a few years ago. A key element is having a large attendance willing to buy things, and those of us who had brought a number of friends previously felt that those friends would probably not come again, and if they did, they wouldn't buy anywhere near as much as before. So the consensus was to not hold another auction until we could be more confident about drawing a large enough crowd.

Lion Maryanne has issued two eyeglass vouchers for adults

There were no hearing-aid requests

Lion Jerry read a thank-you note that we got from Jade Chasten, the youngster that we sent to Clara Barton Diabetes Camp [see page 2].

We voted to donate \$100 to CEO for their pack-pack program, and \$50 to Hope Club in memory of Lion Ursula's husband, Don.



## MEMBERSHIP

VICKI ADLER

MICHELLE BAKER

JOANN BEACH

JEFF BENNETT

DR. ROB BRASS

CHRISTOPHER BURKE

JANE CHOUINIERE

DOUG DAVIS

URSULA DESSINGUE

KATHY DORN

DENNIS FAGAN

MIKE FARRELL

JERRY GORDON

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ELAINE HAYNER

CHRIS HORAN

LARRY KRUG

DR. DAVID LEVINE

FRAN MCDOAL

KRISTIN McVEIGH

MICHAEL O'BRIEN

TERRY PAGE

CAROL QUANTOCK

RUTH SANO

VICKIE SHAHINIEN

SUE SHIPE

PAUL VERGONI

ELENA WATSON

DR. ALLEN ZIEKER

## What have we done?

If you're among the roughly half of our membership that we rarely (if ever) see at meetings or activities, you might be wondering about the rest of us. Are we actively living our motto, "We Serve"? Judge for yourself:

Between July 1, 2015, and June 30, 2016, the Albany & Troy Lions Club:

- Collected **13000** pairs of used eyeglasses and **106** used hearing aids.
- Provided eyeglasses for **7 adults** and **6 children**;
- Provided hearing aids for 2 needy senior citizens;
- For NEWS10's Coats for Kids campaign, we picked up **477** coats at various dry-cleaners and delivered them to central distribution points in Albany and Rensselaer counties;
- Helped NABA at **3 KidSight vision screenings**, where **186** pre-schoolers were tested and **24** were flagged with potentially serious eye problems;
- Contributed **88** used cell phones to NABA, where they are sorted by blind and legally blind individuals; some were refurbished and sold, and the rest were taken apart and recycled;
- Provided funding to send an 8-year-old to Clara Barton Diabetes Camp;
- Helped CEO with their backpacks for kids project;
- Sponsored **5** blood drives that collected enough to potentially save **567** lives;
- Participated in NABA's Low-Vision Technology Fair;
- Helped purchase an Intellikeys keyboard for a 3-year-old;
- Provided toys for CEO's Christmas "store."
- Donated to American Council of the Blind, Sight Society/Lions Eye Bank, NYS & Bermuda Lions Foundation, Hugh O'Brian Youth Leadership, VISIONS, Lions Camp Badger, NABA, and LCIF.

Just imagine how much more we could do and how many more we could serve if some of our "missing half" chose to re-commit themselves to Lionism. We're not asking for a full-time commitment.

Just show up at a meeting now and

then, volunteer for an occasional activity, sign up for a committee (see next page), or better yet, bring us a new member.

Dear, Lions club

Hello I'm Jade chasten and I am so thankful for the money towards my camping experience. I wouldn't be able to attend Clara Barton Camp without your help. I was diagnosed with type one diabetes on august 13<sup>th</sup> 2014. My older brother, Tyler has type one diabetes too, he got it in august, 17<sup>th</sup> 2010. He's 20 years old now so its really hard to connect with him because he's always at work. Thats why I think going to camp is going to be a great way to make new friends who have diabetes too. I really appreciate your help Thank you!!!!

Sincerely  
Jade chasten

## Lawe'ia kekahi lālā no ka hālāwai



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 Hawaiian.

## **Our next meeting ...**

Our next general membership meeting is not until Wednesday, September 7, but if you need a meeting fix, feel free to join us at a board meeting. They're on the 3rd Wednesday at 6 PM at the Route 7 Diner. All members are always welcome.

## **KidSight**

None in August.

## **Blood Drives**

Thanks to Lions Elena Watson, Carol Quantock and Partner-in-Service Paul Quantock for working at the blood drive at the Hilton Garden Inn on July 7, and to Lion Carol for making all the arrangements. 50 units of blood were collected, which is enough to potentially save 150 lives.

Our next drive is on **Tuesday, August 16**, from 8:30am-1:30pm, at NYS Child & Family Services at 52 Washington St in Rensselaer. There will be two work shifts: 8:30-11 and 11-1:30, and we need two people for each shift, one for the registration desk and one for the canteen. It's only 2-1/2 hours - sign up now with Carol at **664-3901** or **cquantoc@nycap.rr.com**.

## **Help Wanted ...**

C'mon, folks, you became a Lion to be of service. We're starting to put our committees together for the 2016-17 Lions year, and it would be really great if some of you stepped forward. About half of you never come to meetings. We'd love it if you did, but you can do most of this committee work from home.

**Fund-Raising:** Lion Fran has agreed to be chair, but she needs a few people to work with her. It won't be your job to actually raise funds - we want the committee to find fund-raising activities that are suitable for our general membership. We're open to any reasonable suggestions.

**Membership:** Lion Larry has volunteered for Lion Ruth's membership committee, but she could use one more committee member to help her come up with ideas to increase our membership.

**Volunteering:** This involves arranging for blood drives - roughly one per quarter. Lion Carol can supply the contacts at the Red Cross. Feel free to find other opportunities for Lions to volunteer their services.

## **Lions Convention**

Fellow Lions: Although it may appear to be early, just a reminder that our 100<sup>th</sup> Anniversary LCI International Convention will take place next summer from Fri. June 30 to Tuesday, July 4, 2017 in Chicago, which is a not too difficult trek from here. Looks like a perfect opportunity for any of our members who have never attended an International Convention to do so.

Registration forms/information is now available on the LCI website and you may even register online. I note that our New York and Vermont Lions Delegations will be housed in the HYATT REGENCY CHICAGO hotel so if you would like to be with and celebrate with some Lions you already know, you should consider registering early.

At this point, I am planning to attend myself.

By the way, don't forget that our MD20 State Convention is scheduled for Fri. May 5 to Sun. May 7, 2017 in Lake Placid, always a fun place. Registration forms/information is available on the MD20 website.

Yours in Lionism,

PDG Dave Harris

## CEO Backpack Program

Renata Gwozdz, CEO's Outreach Coordinator, says "I just wanted to touch base about our **backpack program** for this year. I am still waiting to hear from the county on the exact time frame for transportation and assembling backpacks, which will take place August 22<sup>nd</sup> and 23<sup>rd</sup>. The actual backpack distribution time is 9am-3pm on August 24<sup>th</sup> and 25<sup>th</sup> at the Troy ICC. We are interested in volunteers for any of those dates!"

If you can help with either the assembling or the distribution (or both), please get back to Renata directly at 272-6012 ext 302 or [rgwozdz@ceoempowers.org](mailto:rgwozdz@ceoempowers.org).

## Salute to Lions Day at Guiding Eyes for the Blind

Every summer, Guiding Eyes for the Blind holds a Salute to Lions Day at their training facility in Yorktown Heights, NY, which is about a two-hour drive down the Taconic Parkway. It includes awards, tours and refreshments, and we typically present our annual donation at that time.

A small group of our members was planning to go, but various schedule changes have caused the cancellation of our trip. We will send them a check anyway. We usually send them whatever we get during the year for metal eyeglass frames, but this year we decided to round that up to \$200.

## 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 Sue says on Facebook: "My new book! *Invitation to Love* by Dr. Sue Kidd Shipe. Cover by Erica Dodd. *Invitation to Love* will lead you on a joy-filled journey into the true meaning of love. Its beauty will provide comfort, direction, and a new way to respond and act with certainty. *Invitation to Love* brings healing inspiration for confusing and chaotic times, guidance for establishing supportive relationships, and a roadmap for finding happiness and fulfillment. It provides clarity and meaning that can help to bring purpose and serenity into daily life. *Invitation to Love* is not a typical book on love, but a must-read for those who search for understanding far beyond conventional thinking."



Learn about centennial events at [LIONS100.ORG](http://LIONS100.ORG)







Our next **BLOOD DRIVE** will be **Tuesday, August 16, from 8:30 AM-1:30 PM** at the **NYS Office of Child & Family Services**, 52 Washington St, Rensselaer. We need volunteers:

- ♦ To work at the registration desk and the canteen at the drive,
- ♦ And to donate blood.

If you can do either or both of these, please sign up with Lion Carol at [cquantoc@nycap.rr.com](mailto:cquantoc@nycap.rr.com) or **664-3901**. Shifts will be 8:30-11 and 11-1:30.

### Happy Birthday!

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


1st—Paul Vergoni  
5th—Chris Horan



### Happy Anniversary!

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

Kathy Dorn—6 years  
Chris Horan—7 years (+3 years with Guilderland Lions Club)

August 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
← Visit Camp Abilities Saratoga this week—see page 6 →						
14	15	16 Blood Drive; see pages 3, 5	17 6pm: Board meeting at the Route 7 Diner	18	19	20
21	22	23 CEO backpacks, see page 4	24 CEO backpacks, see page 4	25 CEO backpacks, see page 4	26 CEO backpacks, see page 4	27
28	29	30	31			
For other events around the district, visit <a href="http://20Y2Lions.org">20Y2Lions.org</a>						

Visit your club's web site: **ALBANYTROYLIONS.ORG**  
 your district web site: **20Y2LIONS.ORG**  
 International's web site: **LIONSCLUBS.ORG**  
 and LCI's centennial site: **LIONS100.ORG**



July 2016

Dear Supporters of Camp Abilities Saratoga,

WELCOME TO YEAR THREE!

The Saratoga Springs Lions Club along with the Board of Director's, volunteers, staff and campers of Camp Abilities Saratoga 2016 are ready to "kick off" another year at Skidmore College (Clinton Street Entrance) from August 7th through August 13th.

We are hoping that as friends of CAS you will be able to join us for a visit to see what you were able to give to these twenty-six visually impaired/blind athletes. Believe us when we say you will see it in their faces and hear it in their voices that it is about the experiences that you have helped provide and then again, it is so much more.

The most dramatic time to see the campers in action is on the last day of camp, Saturday, August 13th from 9:30-11:30 AM. The campers will be demonstrating a variety of their new- found athletic skills from within the week's offerings of tandem biking, track and field, beep baseball, judo, swimming and goal ball. The Murray- Aikins Dining Hall is our new location for a light lunch and the Closing Ceremony, which will follow the sports demo. Follow the signs to this air- conditioned area where we will celebrate the week beginning around 12:30! The campers, sports specialists and counselors will talk about their experiences and accomplishments from the week along with video highlights. I guarantee you will enjoy the stories!

If your calendar does not allow for a visit on the 13th, please try to join us during the week from Monday August 8th through Friday August 12th. The campers are working and playing hard from 9:30-12:00 and 2:30-5:00 with all of the sports mentioned above. Just come to the Skidmore Campus, sign in at the visitor Camp Abilities Saratoga booth at the entrance to the Williamson Sports and Recreation Center and a volunteer will show you to all the excitement.

Thank you for your support of this incredible sporting experience for the blind and visually impaired youth of the Capital Region area and please come to see just how valuable your support is and how it has truly made a difference.

**A loss of sight, NEVER a loss of vision!**

With Appreciation,  
Joanne Sole  
CAS President

