



Rare Meat

October 2018



Serving the citizens of Albany, Troy and environs since 1925

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**YOUR SUBMISSIONS
ARE ENCOURAGED!**

*Report of the meetings held
on September 5 at the Red
Front*

General meeting: Our speaker was Pam Morrill. During the summer, she runs Moxie's Ice Cream in Wynantskill, but the rest of the year she teaches elementary school in El Salvador. Along with some interesting stories about life there, we learned about her need for children's books, especially those with enough white space for her to write in translation to Spanish. We suggested that she contact one or more Lions Clubs there for financial assistance (subsequent research reveals that there are 26 clubs in El Salvador).

Club board meeting: Lion Ruth has posted the *Rare Meat* to Facebook, along with other interesting Lions information.

Programs: Our October speaker will be Mandy Distal from St Peter's Hospital, who will talk about breast and prostate cancer screening.

Publicity: Lion Elena reports that the Rensselaer County and Latham/Colonie editions of the Times-Union's new Local First regional papers may be good places to run PR pieces.

Lion Maryanne reports that Lansingburgh Rotary is apparently folding due to lack of members. The major beneficiary of their charitable efforts has been the Lansingburgh Boys & Girls Club. She will try to get someone from the B&G Club to come speak to us about their needs.

We appointed new Lion Stefan to be our hearing chair. As a professional audiologist, he is eminently qualified for this position.

Charitable fund board meeting: Lion Ruth sent out one application for glasses. She's down to 4 LensCrafters vouchers, and still looking for a replacement program.

We received a hearing-aid application from a Westerlo resident. This has been forwarded to the Bethlehem & Ravena clubs, and to the Hearing Conservation Society.

We approved a motion for Lion Tom to spend up to \$100 on books for Miss Pam to take to El Salvador.

We approved donating \$100 to the Sight Society to help with their Donor Family Memorial Service.



"See, what did I tell you?
Cute nets you more candy
than scary!"

MEMBERSHIP

VICKI ADLER

MICHELLE BAKER

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JEFF BENNETT

JOHN BIANCO

DR. ROB BRASS

CHRISTOPHER BURKE

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KRISTIN MCVEIGH

MICHAEL O'BRIEN

CAROL QUANTOCK

RUTH SANO

SUE SHIPE

PAUL VERGONI

ELENA WATSON

DR. ALLEN ZIEKER

Our next general meeting...

... is **Wednesday, October 3** at the **Red Front**. Our speaker will be Mandy Distal from St Peter's Hospital, who will talk about breast and prostate cancer screening.

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 please tell **Lion Jerry** (518-235-8232 or jerrygordon@juno.com) whether you'll be there. Telling him your intentions will be one less follow-up phone call that Lion Mike will have to make.

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. **Her October schedule:** (The first two are in our area; the others are further out.)

Mon 10/1/18	Watervliet Elem
Fri 10/5/18	Green Island Head Start
Wed 10/24/18	Zoller Elem ,Schenectady
Fri 10/26/18	Galway
Mon 10/29/18	ECEC, Schenectady

If you'd like to sign up for one or more, please contact Kathryn at kmiklowitz@naba-vision.org and mick-eyekat@gmail.com or call her on her cell at 518-915-4722 for time and address details.

Here's a project we can take on: Kathryn's looking for places in and around Troy to do some screenings. Let's contact the various pre-school and day-care centers; she'd especially like to get into any of the school systems. Minimum group size is 20 kids who can range in age from 18 months to 6 years old.

Friends Helping Friends



We're 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 Tuesday, Oct 16, 2017**. 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!**

On a personal note ...

Congratulations to Lion Fran McDoal, who had a party for about 70 people to help her celebrate the paying off of her mortgage.



Bring a potential member to a meeting.

Lions Service Areas



Diabetes



Environment



Hunger Relief

Pediatric
Cancer

Vision

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: 27 years
Larry Krug: 39 years
Paul Vergoni: 39 years

October 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 KidSight; see page 2	2	3 Meeting at the Red Front; see page 2.	4	5 KidSight; see page 2	6 Regional Food Bank; see page 4
7	8 Columbus Day	9	10	11	12 NABA Casino Night; page	13
14	15 NABA Low-vision tech fair; see page 5	16 Bosco's "Friends" sale; see page 2	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween			

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

amazonsmile
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**.



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

Anthem

Nearly one billion people go to bed hungry every night. That's why Lions and Leos are hard at work addressing this global need by providing help and hope to the children, families and neighbors who need it most. Lions and Leos distribute food to schoolchildren, stock food banks, create sustainable community gardens and lead community food drives to fight hunger where they live and work. We work to sustain life and dignity for the most vulnerable among us!

Lions District 20-W will once again support Lions Clubs International Lions-Anthem Volunteer Days events in our region with projects benefiting the Regional Food Bank of Northeastern New York. Each fall Anthem Volunteers, through a partnership with Lions Club International, have engaged Anthem volunteers alongside Lions to achieve over 12,000 hours of service in 75 projects across the country since 2015.

<http://www.anthemcorporateresponsibility.com/employee-volunteerism>

The Regional Food Bank is the only organization of its kind in northeastern New York. The Food Bank:

- Has been helping to feed the poor and hungry in our communities since 1982.
- Collects large donations of food from the food industry and distributes it to charitable agencies serving hungry and disadvantaged people in 23 counties.
- Provides over 35 million pounds of food a year to 1,000 agencies from Plattsburgh to Newburgh, in urban, rural, and suburban communities.
- In partnership with the Patroon Land Foundation, is developing a self-sustaining farm that grows large quantities of high quality vegetables every year. Currently, the Farm has grown over 1,000,000 pounds of diverse, fresh produce!

This year we have two projects scheduled that we would love our Lions members and friends to lend a helping hand at!

- **Patroon Land Farm; Saturday October 6, 2018; 9 AM – Noon - (Rain Date is 10/13/18)**
132 Ketcham Road, Voorheesville, NY 12186
We will work on harvesting produce at the Farm. Closed-toe sturdy boots or shoes are recommended. In the event of rain, indoor work may be available depending on the Farm's needs.
- **Regional Food Bank; Saturday November 10, 2018; 9 AM – Noon**
965 Albany-Shaker Road, Latham, NY 12110
We will work on the Warehouse Dock and Salvage Room.
<https://regionalfoodbank.net/mission-and-overview/>

To volunteer please contact Immediate Past District Governor Lion John McDonald at
jmcdonald33@nycap.rr.com





SAVE THE DATE!

2018 Low Vision Tech & Health Fairs

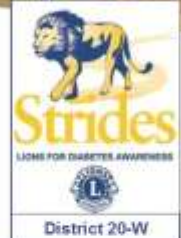
10th Annual

Presented by

NABA

Northeastern Association
of the Blind at Albany

www.naba-vision.org



DATE: OCTOBER 15, 2018
TIME: 9:30 am - 3:30 pm
LOCATION: St. Sophia's Greek Orthodox Church
440 Whitehall Road, Albany, NY

DATE: OCTOBER 16, 2018
TIME: 9:30 am - 3:30 pm
LOCATION: Saratoga City Center
Broadway, Saratoga Springs, NY

FREE TO THE PUBLIC!

- The latest in low vision technologies for reading, computers and adaptive vision aids
- Expert speakers present the latest in eye health, treatments and diabetes prevention
- Adaptive living experts on living successfully with low vision, vision rehabilitation therapy and *more!*

FOR MORE INFORMATION, CONTACT CHERYL LAWYER
(518) 463-1211 X234 or via email at clawyer@naba-vision.org

Join us on [Facebook](#)

"NABA's Low Vision Tech & Health Fairs 2018"

ALBANY COUNTRY CLUB
FRIDAY OCTOBER 12, 2018
6:00 PM - 10:00PM
VODKA, BOURBON AND SCOTCH TASTING, HAND ROLLED CIGARS, ONE HOUR OPEN BAR AND MORE!
FOR SPONSORSHIP AND TICKETS:
 Please Call:
 Michele Puleo O'Hare | Gail Hessney
 518.463.1211 x241 or | 518.463.1211 x201 or
mohare@naba-vision.org | ghessney@naba-vision.org





Crabby Road 10-8-07

