



Rare Meat

November 2018



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Report of the meetings held on
October 3 at the Red Front

General meeting: Our speaker was Laura Miller, community liaison for St Peter's Health Partners. She discussed breast and prostate cancers. For both types, she reviewed the risk factors, symptoms, screening techniques and treatment options.

Lion Jerry introduced potential Lion Michael Cannon, who works for Morgan Stanley. He recently moved to the area and would like to join a service organization.

Board meetings: Lion Ruth has put the availability of SaveAround books on our Facebook page, adding that we will get credit if they are purchased for other geographical areas.

Programs: Our November speaker will be from the Lansingburgh Boys & Girls Club. December will be our holiday party at Van Schaick Country Club.

Lion Tom shipped 5000 used eyeglasses to the NJ recycling center.

There were only 10 calls on our voice-mail system last month, all pretty routine. 8 were ours and 2 were sent to Waterford LC.

We are signed up to sell popcorn at the Victorian Stroll on Sunday, Dec 2.

Lion Ruth gave out 4 eyeglass vouchers, 3 for adults and 1 child, all in Albany.



Lion Stefan is working on a hearing-aid application from a woman in Albany.

A few months ago, we received a hearing-aid application from a gentleman in Westerlo, which is well outside our area. It was ultimately handled by Bethlehem and Ravena, who each paid for 25% of the cost, and the Hearing Conservation Society, who picked up the other 50%. When we got a second applicant from Westerlo, it was decided to make it a zone project. Each of the 6 clubs agreed to pay between \$50-100, so he will get his hearing aids.

Lion Ruth announced that we have received a \$1000 donation from WGY. Since 2007, we have received \$10250 from Stewart's and \$12210 from WGY.



MEMBERSHIP

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DR. ALLEN ZIEKER

YOUR SUBMISSIONS
ARE ENCOURAGED!

Our next general meeting...

Is **Wednesday, November 7** at the **Red Front**. Our guests will be John Conroy and Mike Manupella from the Lansingburgh Boys & Girls Club. We will be discussing ways we can work together.

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.

Immediately after the general meeting and before the board meetings, we'll hold our annual folding, stuffing and stamping session that initiates our **annual seal campaign**.



District cabinet meetings...

Back in the day, district cabinet meetings were not very appealing to most Lions because they were full of reports of limited interest. But over the last few years, our district leadership has succeeded in making these meetings much more interesting and educational. They're now a place where grass-roots Lions, not just officers, can actually learn how to improve their clubs.

The next one is Saturday, Nov. 3, in nearby Saratoga Springs. See details on pages 4 and 5. You can ignore the 10/26 RSVP date and you can pay at the door. Just tell Cabinet Secretary Rita that you'll be there asap.

Regional Food Bank

It's time once again for the annual **LCI/Anthem joint project**. Read all about it on page 6, and note that Saturday, Nov. 10, we're working at the Regional Food Bank from 9 a.m. till noon. Please tell IPDG John McDonald if you can help (imcdonald33@nycap.rr.com or C: 518-763-9262).

On a personal note ...

Lion Mike O'Brien says, "I recently returned from a wonderful week in Maine, including three nights on the sailing schooner Steven Taber and 3 nights in an Air B&B in Rockland. On the Taber, I assisted with putting up and taking down of sails, enjoyed some outstanding food, as well as mostly great fall weather and great conversations with wonderful people. I also enjoyed my Rockland hosts and their hospitality, as well as great local pubs and restaurants, with locals I've known for years! A couple of friends quickly flew me up and back, without a problem."

Meanwhile, Lion Ruth and Bob Sano were at the Balloon Fiesta in Albuquerque, NM.



Lions Service Areas



Diabetes



Environment



Hunger Relief



Pediatric
Cancer



Vision

Happy Birthday!

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

5th: Ursula Dessingue

25th: Jane Chouiniere

27th: Mike O'Brien



Happy Anniversary!

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

Dennis Fagan: 12 years

Carol Quantock: 18 years

Bring a potential member to a meeting.

November 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Cabinet meeting; see pages 4 & 5
4	5		7 Meeting at the Red Front; see page 2.	8	9	10 Regional Food Bank; see page 6
	12	13	14	15	16	17
18	19	20	21		23	24
25	26	27	28	29	30	
For other events around the district, visit 20WLions.org						

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FALL District 20W CONVENTION



Saturday, November 3, 2018 at 9:00 am

**Saratoga Springs Holiday Inn
232 Broadway, Saratoga Springs, NY 12866**

Lions Club International has adopted Diabetes Awareness as a long-term commitment. Our Lions work supports diabetes awareness, education, prevention, detection, control, and research and we will work with local community partners and national diabetes associations to promote diabetes education and awareness throughout the year.

To address this topic we have scheduled a group of dynamic presenters and sessions for our Fall Convention!

PREDIABETES AND DIABETES

This session will cover the basics of this chronic disease and set you on a path to successful selfmanagement.

Presenters for the session:

Lisa Hodgson, RD, CDN, CDE

American Association of Diabetes Educators, National Board Member
and Member Affiliates Liaison; Clinical Nutrition Manager at Saratoga Hospital

Judy Carr, MS, RD, CDE, CDN

Diabetes Services Quality Coordinator, Saratoga Hospital;
Dietitian/Diabetes Educator

DIABETES EYE DISEASE

People with diabetes are at risk of losing sight due to diabetes eye disease. It is the leading cause of new-onset blindness in many countries. All people with diabetes – both Type 1 and Type 2 – are at risk. Learn about the effects of Diabetes to vision loss and the importance of a comprehensive dilated eye exam at least once a year.

Presenter for the session:

Dr. Nicole Lemanski, Ophthalmologist

Specializes in cornea & refractive surgery.

LCIF DIABETES PROGRAMS

Discussion of the initiatives of LCI to address this growing world epidemic.

Presenter for the session:

Past International Director Lion Rod Wright

LIONS INTERNATIONAL PEACE POSTER AND ESSAY CONTESTS

The theme for this year's contests is "Kindness Matters." The art contest encourages young people worldwide to express their visions of peace and the essay contest was created to offer an opportunity to visually impaired young people to express their feelings of peace. District Lions will vote to choose the respective District winners from this year's submissions.

**To register your intention to attend the Fall Convention, please see page 2
or contact District Secretary Lion Rita Ware**



Lions District 20-W Fall Convention
Saturday November 3, 2018
Saratoga Springs Holiday Inn, 9 AM

REGISTRATION FORM

Please share this with all of the members in your club and encourage them to attend. Everyone is welcome. If you are attending, please send the bottom part of this form and your check for \$25.00 to CS Rita Ware, 2816 Baptist Hill Rd. Middle Grove, NY 12850. Please return this no later than Friday, October 26th.

Please make checks payable to: District 20-W Lions Clubs.

Hotel Reservations can be made by calling the Holiday Inn at 518-584-4550. Rooms have been set aside for 11/2 and 11/3 at a discounted rate of \$119.00 per room per night. Guests can make reservations using the group code: LNW, and reservations should be made by 10/19 to take advantage of rooms being held for the group at the discounted rate.

If you have any questions, please do not hesitate to call Lion Rita at 518-882-6818 or email me at rware@nycap.rr.com

Thank you for your attention to this matter.
 Yours in Lionism,
 Rita Ware
 Cabinet Secretary



Attending ____ Not Attending ____ email: _____

Name/s: and Club: _____



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Also available for many other cities.



**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

