



Rare Meat

September 2019



Serving the citizens of Albany, Troy and environs since 1925

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YOUR SUBMISSIONS
ARE ENCOURAGED!

Report of the board meetings held at the Red Front on August 14:

Membership report: Lion Maryanne stated that we are thrilled with our new members. Lion Greg introduced potential member Jordan Alexander, who works with him.

Fundraising: Lion Fran announced that we will be selling Save-around books again this year and Lion Paul will order 25. Lion Jerry passed out Boscov's Friends helping Friends coupons to be sold. We will discuss how many to distribute to each member at the next general meeting in September.

Programs: PDG Dave Harris will induct our new members at the September meeting and PDG Ed Stano will conduct an orientation at that time. [See page 2.]

Eyeglasses: Lion Tom will ship 5000 glasses by September. He has had a donation of 700 pairs of new frames with clear lenses. Looking for ideas about how they could be used. On another note, Lion Greg would like to work out some way to bring used glasses to his old club in Ecuador, which he visits regularly.

Lion Greg reported on how grant from LCIF/Anthem of \$1500 will be used to purchase blueberry bushes and plant them on two lots that he already owns in Albany. Lengthy discussion followed regarding potential additional lots. We approved \$500 for prep expenses. We're aiming for mid-September for the actual planting. Lion Larry was added to the committee. [See page 4.]

Saratoga Springs LC has agreed to bring ten tandem bikes, helmets and pilots to the Corning Preserve bike path on Saturday, Sept 21, for our Bike-rides for the Blind project. However, we still have to arrange for permits, sponsors (Stewart's?) and partners (NABA, NYS CB?). There was also discussion about joining with the Hudson Valley Ramble (in Albany) or Troy's Collar City Ramble the following weekend. Because of these uncertainties and possible conflict with the blueberry bushes, we decided to put this off until next spring. [See page 4.]

Facebook: Lion Ruth has been posting *Rare Meat*, and she'd like some pics of our feeding the Camp Abilities kids.

We discussed the Roberts hearing aid app and agreed that, because of her income level, we would charge her \$500 and we would pay \$250 for her hearing aids.

We agreed on our annual \$50 donation for selling popcorn at the Victorian Stroll.



MEMBERSHIP

VICKI ADLER
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
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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
JODI SCOTT
GREG SHELDON
SUE SHIPE
PAUL VERGONI
ELENA WATSON
JIM WILSON
DR. ALLEN ZIEKER



Our next general meeting...

... is **Wednesday, September 4**, at the **Red Front**. We'll be inducting new members Eva Bass and Preem Cabey. Our speaker, PDG Ed Stano, will be presenting a new-member orientation. Strongly encouraged to attend: (a) anyone who became a Lion in the last 5 years; (b) any inactive Lion who hasn't been to a meeting in several years; (c) any active Lion who hasn't seen the orientation program in the last few years; (d) any potential Lion who's thinking about joining. Yeah, that's pretty much all of you.

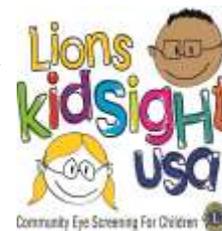
We call the meeting to order at 6:00 p.m. but please try to be there by 5:45 so you can place your dinner order and have a few minutes to socialize. The restaurant likes a head count, so let me know whether you'll be there (jerrygordon@juno.com or 518-235-8232). Telling me your intentions means one less follow-up phone call that Lion Mike will have to make.

Bring a potential member to a meeting.

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 September schedule:**

Wed, Sep 18	Albany Head Start—location TBD
Thu, Sep 19	Albany Head Start—location TBD
Fri, Sep 20	Galway
And 5 more in Schenectady.	



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



Happy Birthday!

Happy **September** birthday to only one A&T Lion:

10th: Vicki Adler



Happy Anniversary!

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

John Bianco: 3 years
Sue Shipe: 6 years (+20 years with Guilderland & Saratoga Springs LCs)
Ruth Sano: 23 years
Kristin McVeigh: 29 years

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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**.

Camp Abilities Saratoga

We donated \$1000 to CAS, which allowed them to rent the Saratoga Ninja Lab in Malta for two nights. Various A&T Lions, among others, served the dinners, which were provided by PJ's BBQ on Aug 7 and the Ballston Spa Lions on Aug 8. After dinner, the campers got to enjoy the challenging offerings of the Lab.



The Wednesday crew (L-R): Lion Jenn Howse (Glens Falls LC), A&T Lions Mike O'Brien, Diane & Tom Hart, Carol Quantock, PiS Paul Quantock, Maryanne & Jerry Gordon with their grandson, Brendan Duffy, behind them.



Lion Mike shared some of his life experiences in coping with blindness since birth.

Unfortunately, we have no pictures of the Thursday crew, which included Lion Paul Vergoni with PiS Laura and new Lion Preem Cabey with her two sons (one of them standing in the photo >) and her PiS.



Visit your club's web site: **ALBANYTROYLIONS.ORG**,
your district web site: **20WLIONS.ORG**,
and International's new web site: **LIONSCLUBS.ORG**.

Be kind. Be open.
Be curious. Be strong.
Be generous. Be sincere.
Be loyal. Be honest.



Be a Lion.

Dr. Jitsuhiro Yamada

Blueberries

For the past several years, Lions Clubs International (LCI) and Lions Clubs International Foundation (LCIF) have been partnering with Anthem Foundation (the largest Blue Cross/Blue Shield provider) to sponsor "Lions/Anthem Volunteer Days." The goal is to mobilize Anthem volunteers from around the country in service projects with Lions that address community health & wellness needs. The past two years, this resulted in work days at Regional Food Bank.



In May, Lions Clubs were offered the opportunity to come up with a proposal and apply for a \$1500 grant. **Lion Greg Sheldon** submitted our application to purchase and plant 150 blueberry bushes on two lots in Albany that he already owns and manages as Albany Victory Gardens. Anthem volunteers, Lions and neighborhood youths will do the planting. Greg will oversee the ongoing maintenance and harvesting with kids from the neighborhood. Blueberries are an attractant for pollinators, which will increase agricultural yield in other nearby areas; they're full of nutrients and will be an excellent food source for the neighborhood. We got the grant!

The entire grant amount will be used to purchase the blueberry bushes, but we need additional funds to rent or buy equipment and prepare the lots. The club voted to come up with \$500. We will appeal to other clubs for assistance as well as look for outside sponsors for another \$2500.

Right now, the planting date is set for Wed, Sep 25, from 2-4 p.m., but it's subject to the vagaries of the weather and other uncertainties. Watch for further announcements.

Bike Rides for the Blind



New **Lion Shawn Newton** is a big biker, and it occurred to him that bike-riding is a pleasure that most blind people never experience. He approached us with the idea of arranging for tandem bike rides, and not only are we going to make it happen, but it also led to Shawn's becoming a Lion.

The Saratoga Springs Lions already own 10 tandem bikes that they use at Camp Abilities and they have experienced "pilots" (the folks in the front seat), so this will be a joint venture with them. This event had been tentatively set for Sat, Sep 21, at the Corning Preserve, but we still have a lot to do to line up supporting organizations and sponsors. With the blueberries taking up time in September, we decided to move this project to next spring.

Friends Helping Friends

We're again 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 Wednesday, October 16**. 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 treasurer Lion Paul for the general fund.



Lansingburgh Boys & Girls Club

Sunday, August 18, was their annual chicken-and-ribs barbeque. This is now strictly a take-out affair, but they needed help putting the dinners together. Lions Maryanne & Jerry donned their Lions aprons and spent 3 hours on the assembly line.



On a personal note ...

A note to our newer members, and a reminder for the rest of you: This section is intended to increase camaraderie among our members by giving you some idea of what your fellow Lions are up to when they're not being Lions. If you think this is a good idea, you can help by giving me a few words occasionally about what's noteworthy in your life. Or tell me about a Lion who might be too shy or modest to tell me themself. If no one tells me anything, I have to fill the space with "humor," so you'd better give me stuff.

Lion Ursula Dessingue has been diagnosed with a serious type of Lyme disease and will be out of commission for a while. Cards can be sent to her at 1101 Newbury Drive, Troy, NY 12180.

One year ago, in the Sept 2018 issue, we told you about **Maryanne & Jerry's** trip to Israel for their granddaughter's wedding. This year, the Israelis came here. Their oldest daughter (mother of the bride), with her husband and youngest son, went to Hawaii for a week and then stopped here to visit various family members. The day after they left, the bride and groom arrived for a 9-day stay on their way to Mexico for their belated honeymoon. Someone's got to keep the airlines in business ...

Lion Ruth Sano is enjoying a family vacation on the Outer Banks with her kids and grandchildren and, of course, PiS Bob.



September 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 8	2 Labor Day	3	4 Meeting at the Red Front; see page 2.	5	6	7
15	9	10	11	12	13	14
22	16	17	18 KidSight screening; see page 2	19 KidSight screening; see page 2	20	21
29 Rosh Hashanah begins at sundown	23	24	25 Planting blueberries; see page 4	26	27	28
	30					

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

SAVE THE DATE

for

“Dinner in the Dark”



Date: October 19, 2019
 Time: 6:00 – 9:00 p.m.
 Location: Colonie Elks Club

11 Elks Lane, Latham, New York
 Tickets: \$50 (Pasta Primavera or Turkey Dinner)
 Contact: Nancy Murray (518) 452-3500
 Kathy Casey (518) 462-9487

The purpose of Dinner in the Dark is to provide an entertaining and educational way to raise awareness about living with vision loss. Blindfolded diners join blind and visually impaired tablemates to share the experience. Dinner is followed by dessert and discussion with ACB Members. Sponsorships available. Cash bar and silent auctions!



Diners from previous “Dinner in the Dark” had a great time!

Proceeds benefit the Capital District Chapter of the ACB NY



Visit us on Facebook “Dinner in the Dark 2019” for updates.
 Purchase tickets on-line at Eventbrite “Dinner in the Dark 2019”.