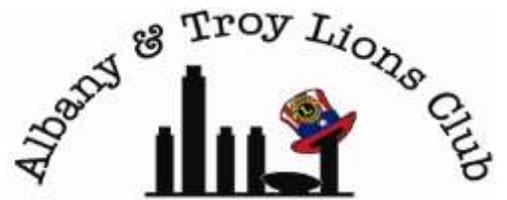




Rare Meat

The newsletter of the



November 2019



Serving the citizens of Albany, Troy and environs since 1925

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YOUR SUBMISSIONS
ARE ENCOURAGED!

Report of the meetings held at the Red Front on October 2:

General membership meeting:

KL Carol called the meeting to order at 6:05 pm. Lion Jerry announced that we have enough new members to consider placing another order for club shirts. Anyone who's interested should contact him for details. [See page 4]

DG Ed Pike spoke about various district matters. He described the team-building exercise that enlivened the fall conference. Future cabinet meetings will be much more educational and Lion-friendly than they used to be. They have pretty much relegated all the reports to the written minutes and ensuring that presentations are of interest and value to most Lions. Future cabinet meetings are in Lake George on 11/9, Potsdam on 1/29 and New Hartford on 3/28.

DG Ed then installed new member Eva Bass.

Club & charitable fund board meetings:

The planting of our blueberry orchard last Wednesday was a success. There were about 30 BC/BS workers there to help. An article was submitted to LION magazine; we can expect publication in about 3 months.

Lion Jerry ran in to Jim Prout, president of Troy Kiwanis, recently and they reminisced about the old days when all the service clubs would have joint meeting, usually around holiday time. Troy Rotary has since folded, but we're going to resurrect the idea this year. Remnants of Lansingburgh Rotary may be interested in joining us.

Response has been very limited so far to our mailing about the Boscov's discount cards, but there's still two weeks to go.

Coats for Kids will be starting up soon. We have a new contact at Channel 10. [See page 2]

Jerry will set up our info table at NABA's low-vision tech fair, but he'll need someone for the afternoon shift. [See page 3]

We accepted the membership application of Irvin Ackerman, another associate of Lion Greg's.

The Food Pantries of the Capital District is looking for someone to



DG Ed Pike, Lion Greg Sheldon, her sponsor, and new Lion Eva Bass.

MEMBERSHIP

IRVIN ACKERMAN
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
DENNIS FAGAN
MIKE FARRELL
DR. STEFAN FOSCO
JERRY GORDON
MARYANNE GORDON
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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
GREG SHELTON
JODI SHELTON
SUE SHIPE
PAUL VERGONI
JIM WILSON
DR. ALLEN ZIEKER



help them every Thursday to distribute free produce and information at two locations in Watervliet. Lion Shawn volunteered.

NABA is looking for someone to read mail to a visually handicapped woman. It involves a trip to NABA once or twice a month for a few hours.

Ten Broeck Mansion, home of the Albany County Historical Assoc, is looking for donations to help them install a wheel-chair lift. We voted to donate \$200.

Recognizing that we have a minimal presence in Albany, we decided to establish a committee to investigate and evaluate various ways we can work better with the general community, both in Albany and Troy. Eva volunteered to chair it; Greg, Mike, Irv, Shawn and Carol are members.

Our next general meeting...

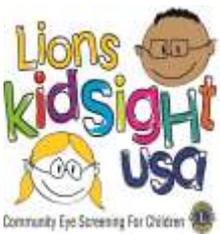
... is **Wednesday, November 6**, at the **Red Front**. We'll be inducting new member Irv Ackerman. Our speaker will be **Toni Craft, former president of the Friends of the Oakwood**.

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.

Zone meeting

Our zone co-chairs, Lions **Liza Tougher** from the Bethlehem LC and **Florence Brisee** from the Waterford LC, have arranged a Zone Meet 'n' Greet for **Wednesday, Oct 30 at 7 P.M.** It will be a buffet dinner at Normanside Country Club, 150 Salisbury Rd in Delmar. 1st VDG **Rick Brisee** will give a presentation on "Welcoming in your new Lion members into your club." DG **Ed Pike** will also be there to enlighten us on what is current with the Lions in our district and 2nd VDG/IPDG **Michele O'Hare** will also stop in. The cost is \$28/person and that is all inclusive.

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. Here's her November schedule:

Wed Nov 13 & Thu 14: Helping Hands, Clifton Park

Mon Nov 18: Albany Jewish Community Center, Albany

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

Coats for Kids

... has started up again! We've got a new contact at WTEN10/Fox23 and we may be getting more dry-cleaners to service. For new Lions: Folks donate used coats and snowsuits to selected dry-cleaners, who clean them for free. We pick them up and bring them to designated distribution points in Albany and Troy, where they are given to needy children. The program runs from mid-October to mid-November.



Bring a potential member to a meeting.

The Perfect Gift Idea! Only \$25!



Flip through the book at tinyurl.com/savearound to see all the savings. Order yours today from Lion Tom Hart (thart003@nycap.rr.com; C: 518-522-6666; H: 518-605-8600;)
Also available for many other cities.



Lion Jerry manned our information table at NABA's Low-Vision Tech Fair, held on Oct. 16 at St. Sophia's Greek Orthodox Church in Albany. We gave out information about the various services we offer to the vision- and hearing-impaired communities, and collected a few used glasses.



On a personal note ...

Lion Jane Chouiniere will celebrate another birthday (she's had more than any other A&T Lion) on November 25. You can send her a card at Loudonville Assisted Living Residence #209, 298 Albany Shaker Rd, Loudonville, NY 12211.

Lion Ursula Dessingue continues to recover from her Lyme Disease at her daughter's in Charleston, SC.

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



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.

Shirt happens

We have enough new members to think about another shirt order. Many of us wear them to club meetings, but the real purpose is to present a unified appearance whenever we're out in public as Lions (in a parade, at a blood drive, at a health fair booth, etc.) or at broader Lions functions (club visitations, district cabinet meetings, state or international conventions, training sessions).

If you already have one (or more), it might be showing its age or maybe you're ready for another color or style. And if you didn't get one before, or you've joined since our last order, maybe you'd like one (or two, or all four). We have to order at least six, so don't be shy.

There are two styles: a short-sleeved golf (polo) shirt (about \$18) and a long-sleeved poplin sport shirt with full-button front (about \$26). Prices include the embroidered logo. Or, you can have the logo embroidered on your own piece of clothing (shirt, jacket, sweatshirt, sweater) for \$9. Exact pricing will be established at the time of order; it will depend on quantities, styles and sizes (2XL and up cost a bit more). Both styles are available in both men's and women's versions, and in either navy or light blue. (Maryanne tells me the women's polo is fitted so you may want to order one size larger.)

Please let Lion Jerry know (518-235-8232 or jerrygordon@juno.com) whether you want men's or women's, what color (navy or light blue), style (sport shirt or golf shirt), and size. **I'd like to get the order in by the end of October so we can get them by the end of November.**



At RiverFest in 2017, Lion Ruth wore the sport shirt as an overshirt and Lion Maryanne was in the golf shirt.



Lion Tom in the navy sport shirt, Lion Carol in the light blue golf shirt, Lions Maryanne & Jerry in the navy golf shirts, and a few other people.



At the AJCC Health Fair, Lions Maryanne and Jerry wore the light blue sport shirt.

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: 13 years
- Carol Quantock: 19 years

November 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Kindness matters			Oct 30 Region O meeting; see page 2		1	2
	4		6 Meeting at the Red front; see page 2.	7	8	9 Fall convention; see page 6
10		12 Dining with Diabetes; see page 7	13	14	15	16
17	18	19 Dining with Diabetes; see page 7	20	21	22	23
24	25	26	27		29	30

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



Lions District 20W

FALL CONVENTION

Saturday, November 9

Holiday Inn Resort
2223 State Route 9
Lake George, NY 12845



9:00 AM Registration - Meeting - Lunch - Dismissal

Meeting Start Time 9:30

Lunch will be \$30 per person

Buffet Coffee & pastries will be available in the morning

Please share this with all of the members in your club and encourage them to attend.

If you are attending, please send the bottom part of this form and your check for \$30.00 to CS Barbara Bentley, P. O. Box 1031 Guilderland, NY 12084.

Make checks payable to: District 20W Lions Clubs.

Please return this no later than Friday, November 1, 2019.

Hotel Reservations can be made by calling the Holiday Inn at 518-668-5781. Rooms have been set aside for 11/8 & 11/9 at a discounted rate of \$99/night.

Guests can make reservations using the group code: LIO

If you have any questions, please do not hesitate to contact me at 518-894-1375 or bbentley@saratogaspringslions.com.

 Attending Not Attending email: _____

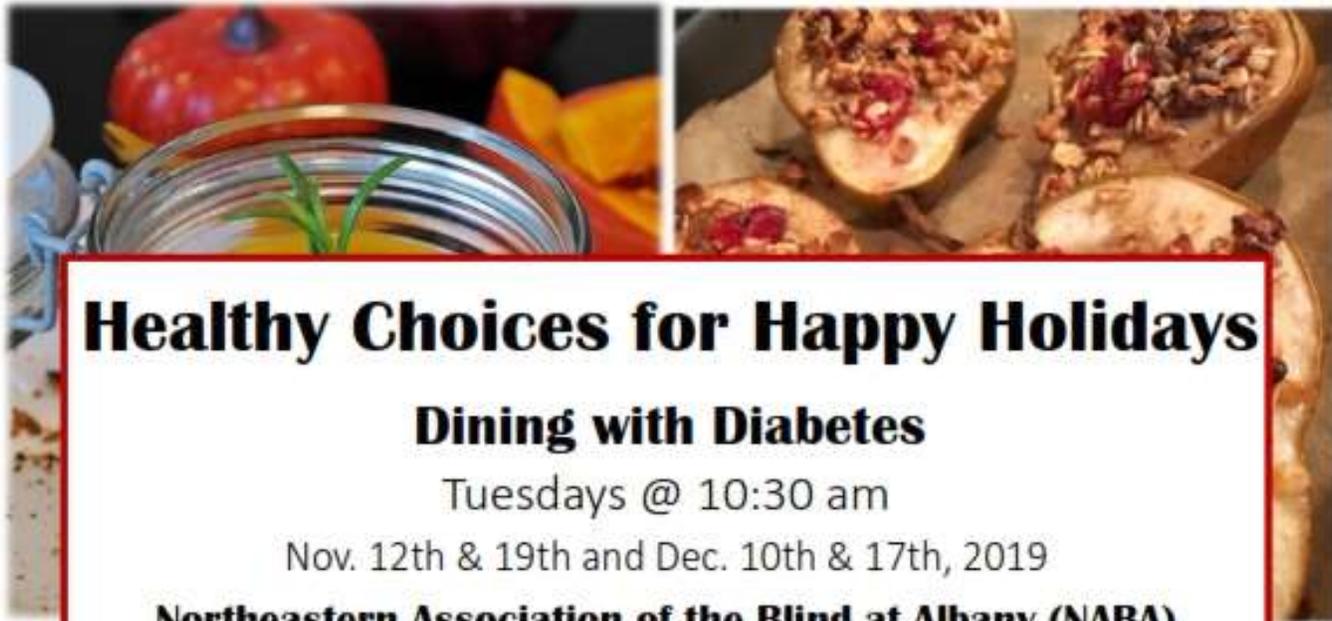
Name(s) _____

Club: _____

The cost is \$30.00 per person. Please mail this form and your check for \$30.00 to: CS Barbara Bentley, P. O. Box 1031 Guilderland, NY 12084.

Make checks payable to: District 20W Lions Clubs.

Please return this no later than Friday, November 1, 2019.



Healthy Choices for Happy Holidays

Dining with Diabetes

Tuesdays @ 10:30 am

Nov. 12th & 19th and Dec. 10th & 17th, 2019

Northeastern Association of the Blind at Albany (NABA)

301 Washington Ave, Albany 12206

Adults with type 2 diabetes (or those who are at risk of type 2 diabetes) and their family members, caregivers, and support persons are invited to participate. This program will help you learn the skills needed to promote good health. Dining with Diabetes is an Extension program taught locally by Karen Roberts Mort, MS of Cornell Cooperative Extension of Albany County.

Planning *holiday* meals and snacks

- Delicious and healthy holiday recipes
- Cooking demonstrations and food sampling
- Review carbohydrate counting and label reading

Motivation and Support

- Connect with others who are living with diabetes
- Get ideas for being more active

To register contact Lisa Jordan:

518-463-1211 ext. 225 or ljordan@naba-vision.org



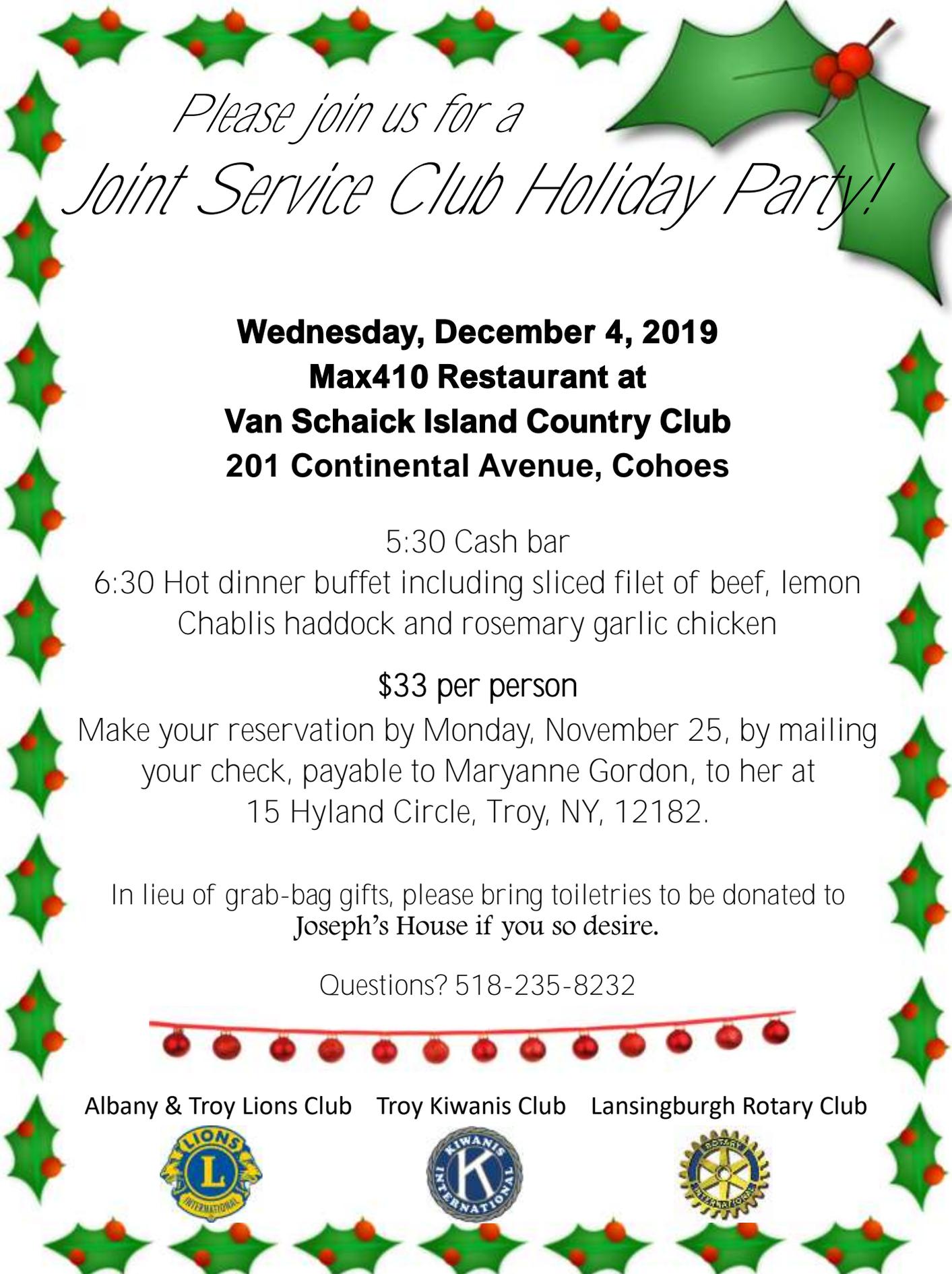
Cornell Cooperative Extension | Albany County

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*Please join us for a
Joint Service Club Holiday Party!*

Wednesday, December 4, 2019
Max410 Restaurant at
Van Schaick Island Country Club
201 Continental Avenue, Cohoes

5:30 Cash bar

6:30 Hot dinner buffet including sliced filet of beef, lemon Chablis haddock and rosemary garlic chicken

\$33 per person

Make your reservation by Monday, November 25, by mailing your check, payable to Maryanne Gordon, to her at 15 Hyland Circle, Troy, NY, 12182.

In lieu of grab-bag gifts, please bring toiletries to be donated to Joseph's House if you so desire.

Questions? 518-235-8232



Albany & Troy Lions Club Troy Kiwanis Club Lansingburgh Rotary Club

