



Rare Meat

The newsletter of the



June 2024



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**YOUR SUBMISSIONS
ARE ENCOURAGED!**

Report of the general meeting on May 8 at Bridge Tha Gap

No formal minutes were taken at this meeting. Some folks came late, some left early, and we discussed a variety of topics. Among them:

There are several programs in the area to facilitate the distribution of free books for both children and adults (see littlefreeibrary.org/ and theredbookshelf.org). We should get involved with one of them.

AVG's Pop-up Produce Market distributes tons of free, healthy food in the West Hill neighborhood every year. How can we get involved?

King Lion Eva will investigate restaurants for our installation dinner on June 5.

Report of the board meetings held on Zoom on May 20

There's an alley between Clinton Ave and First St that connects our old blueberry orchard to the Produce Pickup and other Albany Victory Gardens' properties. Andrew Brown from Van Alen Institute did a presentation on what was initially called the Lucid Project, the goal of which is to transform that alley into a usable public space that will serve the entire West Hill community. It's since be renamed the HIVE project.

Our participation will consist of service projects like working there on Earth Day (as we have done for the past two years), providing diabetes info, and other such "soft" community services. We will not have any monetary obligation, but anything we choose to contribute will certainly be welcome.

Those in attendance approved our participation, but since it will be a long-term project and fewer than half the board was present, info was distributed by email to solicit opinions and a vote.

Our next meetings:



Our annual installation dinner is on Wed, **June 5, at 5:30 PM**, at the **Copper Crow, 904 Broadway**, Albany. Please plan on being there, and remember that guests and significant others are always welcome.

Our next board meetings will be on **Mon, June 17**, on Zoom.

MEMBERSHIP

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SUE SHIPE
DR. ALLEN ZIEKER





We have committed to participating in the BIPOC PRIDE Health & Wellness Expo at Washington Park on Saturday, June 8, from 12-5 PM. We'll be giving out diabetes information.



It's pretty simple duty—sitting at a table and handing out info. If you can give us some time on Saturday afternoon, please contact me asap at 518-366-5299 (phone or text) or jerrygordon@juno.com.

Lions SEE needs you!



The mission of Lions SEE, Inc. (Screening Eyes Early) is to decrease childhood blindness through early detection and treatment of the most common vision disorders that cause amblyopia, ensuring that all children of New York State will be able to SEE their future.



We, as a club, want to be involved in this program, but before we spend \$8000 on a screening camera, we want to be sure we have enough people to conduct the screenings. They will generally be at a kindergarten, pre-school, or day-care center and typically take 2-3 hours. Will you commit to doing 1 or 2 screenings per month? It's a worthwhile way to spend a morning or two. Text, email or call Jerry to accept or ask questions (jerrygordon@juno.com or 518-366-5299). If you're interested, read how to become certified below.

One of the (very few) Lions to volunteer is Dr. Allen Zieker. During his first 25 years as a Lion, he was too busy being an ophthalmologist to participate much, although we greatly appreciate his ongoing generosity. Now that he has retired, he's been coming to meetings and signed up to do some screenings. You should, too.

By the time we go through the grant process to pay for the screener and train everyone in its use, our first screening will probably not be until September.

How to Become a Certified Eye Screener

You don't have to do this all in one sitting. Spread it out over whatever time period fits your schedule and lifestyle. Here's how to become a certified eye screener:

Go to **LionsKidSightUSA.org**. At the top of the page, click on GET CERTIFIED. Scroll down a bit and click on the **Lions KidSight Training Manual**. You can read the 16-page manual on line, but I suggest you also print it. It's got info you'll want to refer to later (unless you've got an excellent memory!).

Then, just above the manual, click on **LION'S KIDSIGHT USA TRAINING VIDEOS HERE**. Watch the first three videos (about 45 minutes total). These will give you an overview of the KidSight program and an understanding of why we're doing it. The second video especially will provide the technical stuff you need to know.

When you're ready to take the screener exam, click on **Sign In here**, just below the training manual. Sign in using username = **newyork** and password = **KidUSA**. You'll also need your Lions member number, which is listed on the club roster or is available from Lion Jerry. At some point after taking the exam, you will receive a personalized **Certificate** via email. You are welcome to print additional copies, to show schools that you and your team are truly qualified.

Happy Birthday!

Happy **June** birthday to only one A&T Lions:

26th: Doug Davis



Happy Anniversary!

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

- Eva Bass: 5 years
- Shawn Newton: 5 years
- Jodi Sheldon: 5 years
- Michelle Baker: 12 years
- Doug Davis: 35 years

Mark Your Calendar



Wed, June 5: Installation dinner; see page 1

Sat, June 8: Health Expo in Washington Park; see page 2. Please volunteer!

Thu, June 14: Flag Day

Sun, June 16: Father's Day

Mon, June 17: Board meetings on Zoom; see page 2.

Wed, June 19: Juneteenth

Thu, June 20: Summer Solstice

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

Six things I've learned from Snapple® bottle caps:

Antarctica is the largest dessert in the world.

There are over 10 million bricks in the Empire State Building.

The first penny had the motto "Mind your business."

The penny was the first U.S. coin to feature the likeness of an actual person

French poodles actually originated in Germany.

If you keep a goldfinch in a dark room, it will eventually turn white.

Lions Service Areas



Diabetes



Disaster Relief



Environment



Humanitarian



Hunger



Vision



Youth



Childhood Cancer



Got Yarn? Or extra fleece fabric?



If you don't need it anymore, we will turn it into hats, mittens and scarves for the needy



Warm Woolen Wishes Project

Helping Hands



Creating Comfort



Unites people with yarn or fabric so they can help us reach our goal of 1000 items by the end of 2024.

This helps us help everyone.



Someone stuck at home will have materials to make cozy items

We will have those items to give to the needy

Everyone wins!

If you can help us out with yarn or fabric, let us know. We will be happy to pick it up and get it where it needs to go.

Contact the Albany & Troy Lions at ALBANYTROYLIONS@GMAIL.COM or Lion Ruth Sano at 518-859-3796

