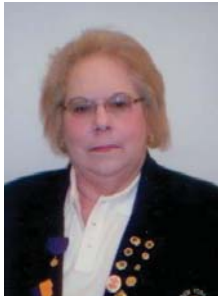


# The Lions Roar

The Official Newsletter of District 20-Y2



May 2013



## A Message from District Governor Linda Walsh

*Happy Easter!*



Dear Lions, Leo's and Lioness,

As of this printing, we have completed our fourth Cabinet Meeting and my Lion year as District Governor is coming to an end.

Thank you to all who have helped me during the year, especially my Cabinet and mentors. I couldn't have done it without you all.

Don't forget our State Convention May 17-19th at the Adam's Mark Hotel in Buffalo. There is still time to get in your reservations. If you plan to attend please get your dining reservations in ASAP. No tickets will be sold at the convention. You will get them when you register in Buffalo. Also clubs, please send in your delegate forms and be sure your club is paid up on dues. This is a must in order to vote. If you run into any problems at the Convention, I will be available to you in person or by my cell phone, (518-369-7854).

To all Zone Chairs, please get your reports into me soon. Let me know about your meeting and Zone activities.

I received a thank you letter from Camp Badger for all the linens we sent in our recent shower. They are overwhelmed by this project. We were given gift cards from Walmart for them to pick out what we didn't have. Thank you clubs, this was a great project for the district.

I delivered three full bags of hotel supplies, (soap, shampoo, shower gels, toothbrushes, etc), given by clubs to a domestic violence house. I still will be collecting them as this is an ongoing project of mine.

I am still doing visitations and am amazed at what the clubs are doing for their communities. You certainly follow our slogan "We Serve".

Please submit the names of Leo's, Lioness and Lion of the year, so we can order the awards for the testimonial. Please save the date of June 7th at the Colonie Elks for my testimonial dinner. We have surprise entertainment so plan to spend some time at this event.

Thank you for all you do and Happy Mother's Day to our Lady Lions.

Yours in Lionism,

DG Linda

## In This Issue...

Message from the DG.....	1
Message from the VDG.....	2
Granville Lions Club.....	3
Hearing Conservation Society.....	3
Glens Falls Lions Club.....	5
Lions Eye Institute/foundation.....	5
CABVI.....	7
Schuylerville Lions Club.....	7
Journey for Sight.....	8
Hadley Luzerne Lioness.....	9
Mechanicville-Stillwater.....	
Lions Club.....	9
Albany & Troy Lions Club.....	10
Who's Who in 20Y2.....	10
DG Testimonial Dinner.....	11
Sight Society of NNY Matching.....	
Grant Application.....	12
Diabetes.....	14
Upcoming Events.....	14

## Is Your Club Missing in This Newsletter?

Submit news of your club's activities, fundraising events and announcements.

Make sure to document and share everything your club does with photos!

Digital Files PREFERRED  
or original photos.  
No newspaper photos PLEASE!  
(they do not reproduce well)

**DEADLINE**  
**28th of each Month**

[karen@deuxflutes.com](mailto:karen@deuxflutes.com)



# From the Desk of 1st VDG Steve Lynch

Greetings,

The MD-20 New York & Bermuda Convention will be in Buffalo on May 17th to 19th. VDG Marianne and I thank you for choosing us as your nominees for 1st Vice District Governor and District Governor. We invite you all to our Hospitality Suite at the convention.

VDG Marianne and I greatly enjoyed a visitation to the Cambridge Lions Club on April 17th. My favorite part was presenting Lion Paul Gruber with his 40 year chevron and acknowledging his exceptional service. Thank you again to a wonderful club.

The Central Association for the Blind and Visually Impaired (CABVI) hosted the well-attended 4th Cabinet Meeting in Utica on April 27th. The tour of their diversified facility was impressive. Check out their website at [www.cabvi.org](http://www.cabvi.org)

Note that Region L will be holding their Journey for Sight on May 11th at the Sauquoit Valley High School track. Contact ZC Paula Flisnik, ZC John Bord or Lion Jim Winkler for more information.

The team for next year is quickly coming together with a combination of experience and enthusiasm. A wonderful group of dedicated Lions have stepped up to fill all of the district positions and the clubs are completing their elections. It looks like we are going to have a productive and fun year!

There will be Spring Training on the second and third weekends of June for the incoming Zone Chairs, Presidents, Secretaries, Treasurers and Membership Chairs. It is being offered twice to allow more opportunity for attendees. We are striving to make it interesting and informative for Lions at all levels of experience.

Secretaries, please be sure to complete your PU-101 Form for LCI as soon as possible. If you do it by mail, I would appreciate a copy sent to me at [Stephen@SheldonMansion.com](mailto:Stephen@SheldonMansion.com) but there is no need to, if you complete it on-line. I congratulate the Albany-Troy, Ballston Spa, Bethlehem,

Broadalbin-Perth, Central Mohawk Valley, Clinton, Galway, Glens Falls, Gloversville, Greater Ravena Area, Scotia-Glenville, Town of Greenfield, and Town of Wright/Schoharie Valley Lions Clubs for completing their reports so punctually. It is greatly appreciated.

Thanks to District Webmaster Jerry Gordon and Roar Editor Karen Rager you can find out about all kinds of happenings in our area, both here and at [www.20Y2Lions.org](http://www.20Y2Lions.org) so be sure to inform them of your own activities and events.

If there is any way which I can serve you, please call me at 518-642-0000 or e-mail me at [Stephen@SheldonMansion.com](mailto:Stephen@SheldonMansion.com)

Yours in Lionism,

1st VDG Steve

“Friends in Deeds”

## Open Thru Labor Day!

### Special Pricing for All Lions! Granville Lions Club Sale



Various Styles

Large inventory of Telescope casual furniture including strap chaises at Below Wholesale Prices!

Bring your Lions membership card for an extra 10% discount on our entire inventory!

**Granville Lions Club** *Since 1960*

# CASUAL FURNITURE SALE

**Our Largest Selection Ever!**

**OPEN APRIL THRU LABOR DAY**  
FRIDAYS 5PM - 8PM  
SATURDAYS 10AM-2PM

Fine Furniture for Deck, Porch, Poolside Patio, Umbrellas & Tables

**Closeouts & Seconds at WAREHOUSE PRICES**

**642-1261**  
(During Sale Hours)

Behind the Post Office • Main Street, Granville, NY

# Granville Lions Club

By King Lion Linda Ellingsworth

We had a great meeting on April 16 with the Castleton Lions Club, who were lively guests. Also in attendance were members of the Granville Lioness Club. Guest speakers Camille Harrelson and Debbie Garrelts of the Special Education Department at Granville Central School gave an informative talk about their programming for autistic children, and the new lending library for parents of children with autism. Our club already donated \$132 to purchase books, and the proceeds of the 50/50 from the April 16 meeting were also donated to the autism library.

Our Zumbathon on April 20 was a success! Approximately 30 dancers led by five Zumba instructors danced up a sweat for two hours at The Forum in Granville. We raised \$530 for the Juvenile Diabetes Research Foundation (JDRF), and the Granville Lions Club is donating a 50 percent match to bring the total to about \$800. Thanks to Lion Cindy Teller for all her hard work in organizing this event.

We just completed our second week of furniture sales. The warehouses are filled with new stock and many new styles that should appeal to our customers.

April donations included \$500 for the Granville High School's After Prom Party; \$500 donation to the Lions Eye Foundation for a Knight of the Blind award; \$250 to the Lions Eye Bank; \$100 each to the Rail Trail 5K and the Lioness 5K runs; a Telescope table and two chairs to the Knights of Columbus for their Scholarship raffle; and \$25 for Poultney's Fourth of July celebration.

Our installation of new officers will take place on Tuesday, June 11 at the Trak Inn in Bomoseen. The cost will be announced soon, and pre-payment will be required to attend this event.

We are in the planning stages of a Night at the Saratoga Harness Track on June 29. The evening includes a prime rib dinner. More information to come.

We are getting a crew ready to refurbish the five welcome signs at the entrances to the Village of Granville. Anyone who wishes to participate should contact King Lion Linda at 642-3830.

(See our Furniture Sales Ad on page 2)

Granville Lions Club  
King Lion Linda Ellingsworth  
P.O. Box 4, Granville, NY 12832  
WWW.GRANVILLELIONS.ORG



LIKE OUR FACEBOOK PAGE:  
WWW.FACEBOOK.COM/PAGES/GRANVILLE-  
LIONSCLUB/  
169389293132493?SK=WALLA

## Hearing Conservation Society

by Lion Sandie Clark

### Hearing Conservation Society Meeting at the Lions Eye Institute

(1220 New Scotland Road, Slingerlands, NY 12159)

**Monday, May 13, 2013 at 7:00 p.m.**

A light dinner will be provided.

Please RSVP to Lion Sandie Clark  
**hearingclark@hotmail.com**  
**or 518-744-4433 if you plan to attend.**

There will be induction of next year's officers,  
distribution of new equipment to the Lions loan-out centers  
and wrap up any old business for this Lions' year.

Hearing loss interrupts the communication process within all aspects of life: home, work and leisure activities. Deaf and hard of hearing people experience difficulty with telephone, television, large group situations, and understanding general conversation at normal levels. They also have difficulty identifying the sounds that hearing people take for granted: doorbells, telephones ringing, babies crying, smoke detectors, alarm clocks, etc. Technology can help overcome the burdens imposed on those who experience a hearing loss.

In 1987, with the help of area Lions Clubs, the first assistive device loan-out center for persons in our community with hearing loss, was established. The assistive device loan-out program is a specialized service that loans out devices for people with a hearing loss to help eliminate difficult situations. The program is unique because it allows the individual to experiment with a variety of technology beyond hearing aids within his/her own environment. The objectives of an assistive device loan-out center are to assist and educate deaf and hard of hearing people concerning their hearing loss and to help eliminate self-doubt, insecurity, and isolation by increasing

their communication strategies through the use of assistive devices. Ultimately, this will improve their quality of life, safety and independence.

Many deaf and hard of hearing individuals are unaware of the various assistive devices available and where to acquire the necessary information to accommodate their specific hearing loss. People appreciate being able to borrow the devices prior to purchasing.



In fact, some people probably wouldn't take a chance and purchase a device because of the expense and inconvenience of returning it if it did not work out as anticipated. Also, they are sometimes afraid of new technology and are more receptive to trying it first.

Since 1987 seven other sites have been established. This has proven to be an effective way to make assistive devices available, free of charge, to deaf and hard of hearing people within the communities. The Lions Hearing Conservation Society of District 20-Y2 has most recently established one of its eight loan-out centers at the Center for Better Hearing, 318 Ridge Street, Glens Falls. The decision to do this was based on the fact that many people within the Tri-County Area have felt the loss of this equipment loan-out service since the closing of the Association for the Hearing Impaired in September 2012.

Listed below is a sampling of items available for loan at the Center for Better Hearing.

**Pocketalker**

*Personal amplifier ideal for one-on-one communication and listening to television*

**Infrared TV Listening System**

*Wireless system with headset or ear piece*

**Personal FM System**

*Wireless portable amplification system, helpful in small or large group situations*

**Whistle Stop**

*Phone adapters to prevent feedback when using hearing aids with the telephone*

**Amplified Telephone**

*Adjustable volume control, super-tone ringer and large number buttons*

**Cordless Amplified Telephone**

*Adjustable volume control, compact handset*

**Captioned Telephone**

*Adjustable volume control, along with conversation captions on the telephone screen*

**Digital Alarm Clock**

*Wake to an alarm, a flashing light or a portable pillow shaker*

**Alert Master**

*Uses a pillow shaker and flashing lamp simultaneously to alert to these sounds: smoke detector sounding, knocking on a door, telephone ringing and alarm clock activation.*

The assistive device loan-out program at the Center for Better Hearing is opened to the public Monday – Friday, 9:00 a.m. to 5:00 p.m. For further information, contact Cindy Allen, program coordinator, at 798-4800.

**LIONS HEARING CONSERVATION SOCIETY  
OF District 20-Y2**

**President Jim Clark**

**[jimclarksgm@verizon.net](mailto:jimclarksgm@verizon.net)**

**"Through Their Eyes  
– The Gift of Sight"  
2013  
Calendar**



Each month showcases original artwork created by Capital District children expressing their appreciation for the gift of sight.

Every calendar sold benefits underprivileged children in need of eye care. This calendar is about children helping children.

For more information go to:  
[www.lionseyebankalbany.org](http://www.lionseyebankalbany.org)

\$8.00 Per Calendar - No Tax Due / Shipping Included

Make checks payable to:  
Lions Eye Bank at Albany  
6 Executive Park Drive  
Albany, NY 12203

# Glens Falls Lions Club

By King Lion Beth Russell

**SAVE the DATES!**

**Road Cleanup**

**May 4, 2013**

**Red Cross Blood Drive**

**May 21, 2013**

**10th Annual Golf Tournament**

**Saturday, June 1, 2013**

**Registration Form on Glens Falls Lions FB page**

(see our Ad page 6)

**2nd Annual Duathlon**

**Sunday, October 13, 2013**



**GLENS FALLS Lions Club**

*King Lion Beth Russell*

P.O. Box 528, Glens Falls, NY 12801



email contact on website ~

[www.glensfallsions.org](http://www.glensfallsions.org)

Like our Facebook page: Glens Falls Lions Club

## Lions Eye Institute/Lions Foundation

By Lion Sheila Nason

The Lions Eye Institute and the Lions Foundation at Albany will vote at their annual meeting June 2 to make changes to their bylaws so that one set of officers serves both boards. The Foundation raises money for the Eye Institute and the Eye Institute board spends it on patient care, education, and research. At present each board has its own set of trustees or directors and its own officers. Under the new arrangement, there will still be two organizations, each with its own bank account. This arrangement is needed to preserve the Foundation's tax-

exempt status.

Lion John McDonald will serve as chairman of the boards. PDG Dick Nason has resigned as president of the Foundation, and District O DG Joyce Maier will be president. Other officers will be Lion Bill Suchy, vice president; PDG Ed Blodgett, secretary; and Lion Kevin Ronayne, treasurer.

Members of both boards continue to visit clubs to talk about the work done by the Eye Institute and the opportunity to support the organization through Knight of the Blind awards. Any club that wants to schedule a visit can call one of the officers.

PDG Dick Nason reported that there are now 1,200 Knights of the Blind. He said that since 2004, the Eye Institute has spent \$131,282.80 on patient care, education, and research. The amount needed is going up each year because of rising medical costs and the growing number of people without insurance or Medicaid coverage who need help with their bills. The Eye Institute Board, therefore, has had to vote for a new policy to cap payment for services at \$4,500 per patient.

Most of the income comes from the sale of chocolate Easter bunnies and from KOB awards and other gifts. This year, the Foundation sold 927 cases for \$14,721 in profit, a slight decrease from last year.

**LIONS EYE INSTITUTE**

**1220 New Scotland Road**

**Slingerlands, NY 12159**

*PDG Wilfred Roehle*

**Board Chair, LEI and Foundation**

**8 Skyview Drive**

**Poughkeepsie, NY 12603**

**Home: (845) 471-5366 ~ Cell: (914) 474-4495**

**whroehe@verizon.net**

**LIONS FOUNDATION AT ALBANY, NY, Inc.**

*PDG Dick Nason, President*

**10 E. Notre Dame St.**

**Glens Falls, NY 12801**

**Home: (518) 793-6551 ~ Cell: (518) 744-1710**

**snason@nycap.rr.com**

**LIONS EYE INSTITUTE AT ALBANY, NY, Inc.**

*Lion John McDonald, President*

**P. O. Box 91, Galway, NY 12074**

**Home: (518) 882-6148**

**mcdonald@nysefc.org**

**jmcdonald33@nycap.rr.com**

# Save The Date!

for the Glens Falls Lions Club's

## 10th Annual Golf Tourney

at Airway Meadows

# Saturday June 1

**\$85/Person**

**1st Place Team - \$400**

**Raffle & Prizes**

Registration  
12:45 pm

Strip Steak/Chicken Barbecue Following Tourney  
Soda/Beer/Hotdog/Turn

**Sponsor a Tee/Hole - \$100**



P. O. Box 528, Glens Falls, NY 12801

**Help Support  
Our Missions for Sight, Hearing,  
Diabetes, Youth & Community!**

For more info contact  
Scott Rager at 518-798-3143,  
rager@roadrunner.com  
jimclarksgm@verizon.net  
www.glensfallslions.org

# Central Association for the Blind and Visually Impaired

by PDG dick Ralston

On Tuesday, April 16, 2013 The Central Association for the Blind and Visually Impaired (CABVI) held their annual Friends of Sight Volunteer Luncheon at the Yahnundasis Golf Club, New Hartford, NY. The Mistress of Ceremonies was 2nd Vice District Governor Elect Paula Flisnik.



# Schuylerville Lions Club

By Lion Larry Alheim



KL Robert Haney (acting as membership chairman) left, inducted Dan Carpender, center, with sponsor IPKL Russ Hanson, into the Schuylerville Lions Club.



King Lion Maggie Chiperno presenting a donation to Bill Sprengnether for the trail

Bill Sprengnether, Principal, Cardinal Direction Landscape Architecture, spoke at the Schuylerville Lions Club in March, about the Hudson Crossing Bi-County Educational Park and the Sensory Trail Project, located on the Hudson River; just north of Lock 5 on the Champlain-Hudson Canal, off Route 4 above Schuylerville.



**SCHUYLERVILLE Lions Club**  
**King Lion King Lion Margaret (Maggie) Chiperno**  
**moonchip1@verizon.net**

**LIONS CLUB RESOURCES**  
[www.lionsclubs.org/EN/member-center/resources/index.php](http://www.lionsclubs.org/EN/member-center/resources/index.php)

Lions Region L

# Journey for Sight



Presented by



Mohawk Valley Retina

Saturday May 11, 2013

Sauquoit Valley High School Track  
Registration - 8:30 a.m., Start - 9 a.m.

Pickup registration forms at  
**The Central Association for the Blind and Visually Impaired**  
507 Kent St., Utica or Call 315-797-2233

**The Resource Center for Independent Living**  
409 Columbia St., Utica or Call 315-797-5837

*Brought to you by these fine sponsors*





# Hadley Luzerne Lioness Club

By PDG Joan Scott

The Hadley Luzerne Lioness are selling Luminaria bags for the Relay for Life walk at Queensbury High School to be held on May 31st. The bags will be personalized with a name or a picture if submitted for \$5 each. They will place a candle in each bag to glow during the walk being made by cancer survivors or friends and family members of deceased members.

Checks should be made out to the American Cancer Society and mailed with the personal information you wish to have on each bag to: Hadley Luzerne Lioness, P. O. Box 547 Lake Luzerne, NY 12846. Must be received no later than May 27th.

This is being done to replace the daffodil sales that are no longer a Cancer Society function. Please support this worthy cause.

**HADLEY LUZERNE Lioness Club**  
**P. O. Box 547 Lake Luzerne, NY 12846**  
**President Becky Beatty**  
**518-696-2889**

## Mechanicville-Stillwater Lions Club

### Spring into Golf with the Mechanicville-Stillwater Lions Club Tournament

by Lion Ray Martin

It's never too early to plan for the golfing season, and the Mechanicville-Stillwater Lions Club wants to help everyone get started with our annual golf fund-raising event. President Jim Smith reports that over the last year there has been an increased local need for eye-care, hearing-support, nutrition and health issues in our communities. To help meet these demands, the Mechanicville-Stillwater Lions Club sponsors an annual spring golf tournament and banquet. He said "so far there has been tremendous support from many local businesses, and golfers". Mark your calendars now for this fun-filled eighteen hole scramble tournament that is set for Friday May 17th, 2013 at the classic Mechanicville Golf Club.

At this time, the Lions are still accepting local business sponsors and registration of foursomes, on a first-come basis. All the profit from this fund-raiser will benefit the many on-going local Lions activities.

If you would like to know more about the tournament and local Lions Club projects, please contact the event co-chairs Kim Dumar at 495-7982 or Bob Ciulla at 664-7367.

**MECHANICVILLE-STILLWATER Lions Club**  
**King Lion Kim Dumar**  
**kdumar@ny**

**Be Sure to Check Out Up to Date Information at These Websites:**

**District 20Y2**  
**20y2lions.org/**

**Multiple District 20**  
**www.md20lions.com/**

**Lions International**  
**www.lionsclubs.org/EN/index.php**

**ATTENTION**  
**Zone Chairs**

**Please complete this form**  
**after your club visits:**

**<http://fs3.formsite.com/20Y2/form622183715/index.html>**

### **Lions Prayer**

*Where Lions meet be present Lord,  
To weld our hearts in one accord,  
To do thy will, Lord make us strong,  
To aid the weak and right the wrong*

# Albany & Troy Lions Club

By Lion Jerry Gordon

It seems the best way to get Lion Joann Beach to a meeting is to invite her to speak. As expected, she did an outstanding job of explaining the history and operations of the Sight Society of NENY/Lions Eye Bank. She called on PDG Dave to explain their new program for providing grants to help clubs fund sight-related projects.

Not only were the Albany Lions Club and Troy Lions Club significant players in the establishment of the Sight Society, but several of the members of our now-joint club are important to its ongoing operations. In addition to Lion Joann, Lion Vicki Adler is Executive Director and PDG Dave Harris is Chairman of the Board.

Several club members attended NABA's Volunteer Recognition Breakfast, which was for Lions who have worked on a KidSight screening.

Lion Carol thanked those who volunteered at the Regional Food Bank on April 9. Volunteers included Jerry and Maryanne Gordon, Carl Caffalette, Fran McDoal, Paul and Laura Vergoni, and Terry Page.

Our next BLOOD DRIVE will be Monday, July 1, at the Michael's banquet House, 1019 New Loudon Rd, Latham.

**ALBANY & TROY Lions Club**  
**King Lion Tom Hart**  
**P.O. Box 192, Troy, NY 12181-0192**  
**(518) 266-7788**  
**info@albanytroylions.org**  
**ALBANYTROYLIONS.ORG**

**PLEASE CHECK**  
**20y2lions.org/Clubs.htm**  
to see whether your club's  
information is up to date.

If it's not, please contact  
Jerry Gordon at  
**jerrygordon@juno.com**

# Who's Who in 20Y2

## CABINET OFFICERS

### DISTRICT GOVERNOR

DG Linda Walsh  
110 Francis Street,  
Gloversville, NY 12078  
H: (518) 773-7845  
lionlinda@frontier.com  
Club: Gloversville

### 1st VICE-DISTRICT GOVERNOR

VDG Stephen Lynch (Lion Marianne)  
48 North St  
Granville, NY 12832  
H: 518-642-0000  
Stephen@SheldonMansion.com  
Club: Granville

### 2nd VICE-DISTRICT GOVERNOR

VDG Marianne Lynch (Lion Stephen)  
48 North St  
Granville, NY 12832  
H: 518-642-0000  
Marianne@SheldonMansion.com  
Club: Granville

### CABINET SECRETARY

Lion Fred Chambers  
107 Mohawk St  
Fort Plain, NY 13339  
H: (518) 993-2628  
fchambers1@roadrunner.com  
Club: Central Mohawk Valley

### CABINET TREASURER

PDG Lettie Saheim (Roger)  
117 Hansen Road  
Schaghticoke, NY 12154  
H: (518) 753-7867  
Lsaheim@nycap.rr.com  
Club: Mechanicville-Stillwater

### IMM. PAST DIST. GOVERNOR

PDG Rick Quick (Deb)  
533 Washout Rd  
Scotia, NY 12302  
H: (518) 370-1269  
C: (518) 858-4830  
rquick@nycap.rr.com  
Club: Scotia-Glenville

## ZONE CHAIRS

### Region L

**Zone A Chair**  
Paula Flisnik  
111 Pheasant Run, Unit 51  
Holland Patent, NY 13354  
H: (315) 527-1112  
paulaf@cadi.org  
Club: Holland Patent

(Deerfield, Herkimer, Holland Patent,  
Utica)

### Zone B Chair

Tim Brown, Jr  
1624 St Agnes Ave  
Utica, NY 13502  
C: (315) 269-3729  
tblax3@gmail.com  
Club: Utica

(Clinton, New Hartford, New York Mills-  
Whitestown, Sauquoit Valley)

### Region I

**Zone A Chair**  
Adam Pandori  
5525 Crooked St  
Broadalbin, NY 12025  
H: (518) 528-3654  
adam@adampankori.com  
Club: Galway

(Amsterdam, Ballston Spa, Galway,  
Saratoga Springs, Scotia/Glenville,  
Town Of Greenfield)

### Zone B Chair

Jack Douglass  
268 Dygert Rd  
Canajoharie, NY 13317  
H:  
jfdoug@frontiernet.net  
Club:

(Broadalbin/Perth, Central Mohawk  
Valley, Fonda- Fultonville, Gloversville,  
Johnstown, Northville- Sacandaga,  
Speculator)

### Region O

**Zone A Chair**  
Steve King  
46 Ramsey Place  
Albany NY 12208  
H: (518) 489-1341  
SKing1@nycap.rr.com  
Club: Bethlehem

(Albany & Troy, Bethlehem, Greater  
Ravena, Waterford)

### Zone B Chair

Tom Snowdon  
334 Knox Ed  
Schoharie, NY 12157  
H: (518) 872-1091  
tpsnowdon@msn.com  
Club: Town of Wright

(Duane, Town of Wright-Schoharie  
Valley)

### Region N

**Zone A Chair**  
PDG Joan Scott  
140 Gailey Hill Rd  
Lake Luzerne, NY 12846  
H: (518) 696-2904  
jmsc@roadrunner.com  
Club: Glens Falls

(Fort Edward, Glens Falls, Granville,  
Hadley-Luzerne)

### Zone B Chair

Everett Quackenbush  
318 Bovie Rd  
Hoosick Falls, NY 12090  
(518) 686-3016  
equackenbush@roadrunner.com  
Club: Town of Hoosick

(Cambridge, Greenwich, Mechanicville-  
Stillwater, Schuylerville, Town of Hoosick)

You are cordially invited to attend

Lions Club District 20-Y2  
Testimonial and Awards Dinner  
Honoring

**District Governor Linda H. Walsh**

Friday, June Seventh  
Two Thousand and Thirteen  
Six P.M. Horsd'oeuvres ~ Seven P.M. Dinner

Colonie Elks Lodge  
11 Elks Lane, Latham, NY 12110

Smart Business Attire

Return RSVP  
Dinner Choice

Prime Rib \_\_\_\_\_  
Broiled Seafood Combo \_\_\_\_\_

RSVP June 4, 2013  
Check Must Accompany Reservation  
\$45.00 per Person



SIGHT SOCIETY OF NORTHEASTERN NEW YORK, INC.  
LIONS EYE BANK AT ALBANY  
6 Executive Park Drive  
Albany, NY 12203  
Tel. (518) 489-7606 Fax: (518) 489-7607  
www.lionseyebankalbany.org

## 2013 LIONS CLUB MATCHING GRANT APPLICATION

At its inception and throughout its early history, the existence and initial success of our Sight Society of NENY at Albany, Inc., very much depended upon the financial and active support of Lions clubs in the service area of Districts O, Y2 and W. Although our basic mission, with the continued support of our clubs, remains the same, the services of our Lions Eye Bank have expanded to include our present state-of-the-art facility and programs maintained by an Executive Director and staff of nine.

Today, our not-for-profit organization finds itself in a position with the financial resources to help clubs promote our joint mission of sight conservation by providing matching funds to implement specific projects with that object in mind.

The kinds of projects or programs we wish to help support should not duplicate those already available from other sources. Programs that encompass broader, sustainable activities are most desirable; areas like "Diabetes and Sight," "Senior Sight Conservation," "Sight Conservation Education in Schools," "Nurse-Teacher Informational Programs," Health Fairs with Sight Conservation Components" among others which come immediately to mind.

Projects not eligible for consideration include services available through traditional Lions programs for individuals like (a). club programs which provide eye exams and eyeglasses through arrangements made with optometrists and/or optical companies (LensCrafters etc.), (b). medical treatments / surgery referable for assistance from a Lions Eye Institute / Lions Foundation at Albany, NY.

Our matching grant program for each year will focus on a particular theme or area. For our first year in 2013, we are looking to support club projects with an emphasis on "**Senior Sight Conservation.**"

1. Who is eligible to apply? Lions clubs, Lioness clubs, and Leo clubs in Districts W, Y2 and O.
2. Amount of Grant – Variable grant requests for any amount up to \$500 will be considered.
3. Recipient clubs must agree to match, from other financial resources, the full amount of the grant as approved by the Grant Committee. Note that value of club members' donated time does not qualify as matching resources.
4. Grant applications may be submitted at any time and shall consist of a clear statement of the nature and purpose of the project along with any other details deemed appropriate by the applicant. A proposed budget of how grant monies will be spent consistent with our Lions Code of Ethics must also be provided as part of the application process.
5. It is expected that clubs will complete approved projects within one year of receiving the grant. Upon completion, submission of a comprehensive written report reviewing the outcome of the project is required from successful grant applicants. This will include a financial statement citing expenditures, payments to vendors etc. incurred during the program. Arrangements to return to the Society, any unspent funds should be made by the club.
6. Clubs receiving awards through the grant program are urged to publicize their projects through club, district, state and international media.



# Diabetes

## Get Ready for Summer Fun and Sun

By PDG Dick Ralston

**B**efore starting a diet and/or exercise program, consult with your physician. If you experience a sudden weight gain or loss, see your doctor immediately.

Have a glass of water before meals to fill your stomach and reduce your desire for food.

Avoid purchasing high caloric or high sugar food items. Have fruit, vegetables, and healthy snacks readily available in the home.

Eat dinner as early as possible. Calories will have more time to burn off prior to bedtime.

Limit your portion size when eating at home or in a restaurant, and never supersize your food order.

Do not drive to places that are within easy walking distance. Walking helps to control weight.

Get off the couch and start walking or become involved in a sport or other activity such as gardening. Make it your goal to engage in at least 30 minutes of moderate physical activity each day.

Exercise with a friend – it's more fun and motivating!

FYI: Pets can get diabetes too! Just like humans, pets who are overweight or obese have the likelihood of being diagnosed with type 2 diabetes. This is a growing epidemic amongst our furry friends. Talk to your vet for more information.

## District Dues Reminder

If you have not as yet done so, please make club checks out to "District 20Y2" and send to:

**PDG Letti Saheim, Cabinet Treasurer**  
117 Hansen Road, Schaghticoke, NY 12154

## Upcoming Events

Saturday, May 11, 2013

### **Region L Journey for Sight**

For more information, see page 8 of this newsletter.

Monday, May 13, 2013

### **Hearing Conservation Society Meeting**

At the Lions Eye Institute

All Lions in 20Y2 are members of HCS and are welcome at all meetings.

For more information, see page 3 of this newsletter.

May 17-19, 2013

### **MD-20 Convention, Buffalo.**

Registration form and meal order form available from the link on the 20Y2 website.

Saturday, June 1, 2013

### **Glens Falls Lions Club 10th Annual Golf Tournament at Airway Meadows**

For more information, see page 6 of this newsletter.

Friday, June 7, 2013

### **DG Testimonial Dinner**

For more information, see page 11 of this newsletter.

For more information go to  
[www.20Y2.org](http://www.20Y2.org)



**We Serve**

New York State & Bermuda  
Multiple District Newspaper

[http://20y2lions.org/Newsletters/  
2012-10\\_MD20.pdf](http://20y2lions.org/Newsletters/2012-10_MD20.pdf)