



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

October 21, 2009

Invocation: Ed Tremblay
Song: Walter Speidel - For Me and My Gal
Anniversaries: none
Birthdays: none

Visiting Rotarians: Richard Hodge
Guest: none

Big Bucks

Mystery Raffle: Amy Musiker
Powerball: Keith Hornbrook tried for the prize but was not successful.
Sawbuck: Connie Barrett

Rotarians Present: Barrett, Cooley, Demers, Farrell, Hornbrook, McDonald, Musiker, Rivera, Speidel, E. Tremblay, L. Tremblay and Van Alstine

Good News/Bad News: The following members paid happy/ sad dollars:
Bob Van Alstine because he and Karen had a wonderful trip to Washington D. C. to see their son and daughter-in-law; Walter Speidel because he was wearing sun glasses during the song; Jack Farrell for missed meetings and congratulations to Ed Tremblay for the recognition he received from Counseling Care & Services; Colin Demers because so far the Century House has served over 31,000 meals at local soup kitchens; Tony Rivera for missed meetings; Marshall Barrett because he got a speeding ticket in Vermont; and Amy Musiker for missed meetings and because she is glad to be here.

Events/ Information:

- [Cohoes Rotary Informational Mixer](#), November 18, 2009, 6 to 8 pm at the Century House in Latham.

Rotary Club Officers

Marshall Barrett - President
Keith Hornbrook - President Elect
Robert W. Van Alstine - Secretary/
Editor Club Newsletter
Michael Brooks - Treasurer
Beverly Signoracci - Sergeant At Arms
John C. Eaton - District Governor
Cohoes Rotary Web Site - www.rotaryclubofcohoes.org

- The [Rotary Leadership Institute](#) will be held at Siena College on October 24th, 2009
- Exclusive performance of [Beauty and the Beast](#) for Rotarians on Wednesday, December 9, 2009 at the Cohoes Music Hall.

Club Business:

- The weekly meeting on Wednesday, November 11 will be moved to Thursday, November 12 at the Century House. We will be joining the Twin Bridges Rotary Club and other rotary clubs to listen to a former polio poster child speak.
- Tony Rivera is working on a film that will include interviews of several of the clubs award recipients. The film will be shown at the November 18th, 2009 Cohoes Rotary Informational Mixer.
- We are still looking for club members to get speakers for November and December.
- It is **important that each member** provide Marshall or I one more names of people that you know that we should invite to attend the [Informational Mixer](#) on November 18th. We need your help to make this event a success!

Program:

Colin Demers gave a presentation of [The Four Disciplines of Execution](#). The Four Disciplines of Execution by Stephen Covey is the secret to getting things done, on time and with excellence. They are:

Discipline:

1. Focus on the Wildly Important:
A wildly important goal (WIG) must be achieved.
2. Act on the Lead Measures:
Invest your energy in the few activities that have the most impact on the WIG.
3. Keep a Compelling Scoreboard:
Keep track of the progress that is being made toward achieving the WIG.
4. Create a Cadence of Accountability with Weekly Meetings:
Meet regularly and frequently to account to each other for commitments.

Next Week's Program:

Brian Tilley, Northeast Zone Director of Long Term Care for New York Life Insurance Company

When and Where Other Rotary Clubs Meet:

Monday	
Corinth	7:15PM
Agape Bed and Breakfast, Rt. 9N, Corinth	
Hudson Falls	12:10 PM
Pizza Hut. Rt.4, Fort Edward	
Racing City Rotary	5:30 PM
Olde Gaslight Restaurant, 12 Ballston Avenue, Saratoga Springs	
Burnt Hills/Ballston Lake	6:15 PM
Bill Sewell Community Room, Town of Ballston Town Hall	
Lake George	6:15 PM
Holiday Inn Rt. 2223 State Rt. 9	
Tuesday	
Northern Lake George	7:30 AM
Watson Arts Center, Silver Bay	
Wilton	7:30 AM
Friendly's Restaurant, Route 50, Wilton	
Latham	12:00 PM
Century House, Latham	
Watervliet	12:10 PM
First Presbyterian Church, 819 23 rd Street, Watervliet Meets 2 nd and 4 th weeks only)	
Ballston Spa	12:15 PM
Manna's Restaurant, 17 Low St, Ballston Spa	
Glove Cities	12:15 PM
Holiday Inn, Rt. 30A, Johnstown	
Menands	12:15 PM
The Corner Well Restaurant, 698 North Pearl St.	
Scotia	6:00 PM
Turf Tavern, 40 Mohawk Avenue, Scotia	
South Glens Falls	5:45 PM
Humbuggs, Corner Bluebird Rd. and Rt. 32, South Glens Falls	
Chestertown	6:15 PM
O.P. Frederick's Restaurant, Rt. 8., Chestertown	
Lansingburgh	6:15 PM
Paradise Lounge, 630 2 nd and 117 th Streets, Troy	
Northville	6:30 PM
(Call for locations and directions)	
Schoharie	6:30 PM
Parrot House - Rt. 30 Main St. Schoharie	

Wednesday	
Niskayuna	7:15 AM
Route 7 Diner, 1090 Troy-Schenectady Road	
Delmar	7:30 AM
Normanside Country Club, 150 Salisbury Rd., Delmar	
Mohawk Valley	7:30 AM
Senior Center, 204 Canal St., Fort Plain	
Schenectady East	7:30 AM
Old Country Buffet, Crosstown Plaza, Rt. 7, Schenectady	
Turning Point	7:30 AM
General Schuyler Pantry 166 Broad St., Schuylerville	
Champlain Canal	8:00 PM
Community Room, Mid-Rise Senior Apts, 180 N. Main Street Mechanicville	
Albany	12:15 PM
Wolferts Roost Country Club, 1230 Van Rensselaer Blvd., Albany	
Amsterdam	12:15 PM
Raindancer Steak Parlor, Rt. 30N, Amstgerdam	
Cohoes	12:15 PM
Century House, Rt. 9, Latham	
Colonie-Guilderland	12:15 PM
Western Turnpike Golf Course Rt. 20, Guilderland	
Saratoga Springs	12:15 PM
Longfellows Restaurant, Rt. 9P	
Cobleskill	6:10 PM
Best Western Inn of Cobleskill Rt. 7, Main Street, Cobleskill.	
Granville	6:15 PM
AJ's Restaruent, Quaker Street, Granville	

Thursday	
Malta Sunrise	7:15 AM
Malta Diner Rts. 9 & 67, Malta (Exit 12 off I87)	
Rotterdam Sunrise	7:15 AM
McLanes Restaurant, 2717 Broadway, Rotterdam	
Shenendehowa	7:15 AM
Coburg Village Retirement Facility, Grooms Rd., Clifton Park	
North Creek	7:30 AM
Marsha's Restaurant, Main St., North Creek	
Schenectady	12:00 PM
Stockade Inn, 1 North Church St., Schenectady	
Twin Bridges	12:00 PM
Salty's, Northway Exit 8A, East of Rt. 9, Halfmoon	
Glens Falls	12:10 PM
Queensbury Hotel, 88 Ridge Street, glens Falls	
Troy	12:15 PM
The Red Front Restaurant, 71 Division Street, Troy	
Middleburgh	6:05 PM
Middleburgh United Methodist Church, Rt. 145 Middleburgh Main St. & Bush Rd.)	
Salem	6:15 PM
Bunker Hill B&B on Bunker Hill Rd. Salem (5.5 mi. NW of Salem)	
Southern Rensselaer	6:15 PM
Holiday Inn Express,US 4 East Greenbush (Exit 9 off I 90)	
Broadalbin	6:30 PM
The White Holland House, 1520 Ste Highway 29, Gloversville	
Fort Ann	6:30 PM
Mountain View Java, Rt 4, Fort Ann	
Sharon Springs	6:30 PM
Pit Stop BBQ, Rts. 10 & 20, Sharon Springs	
Friday	
Glenville	7:15 AM
Turf Tavern, Rt. 50, Scotia	

Rotary Club of Cohoes
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