



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

March 11, 2009

Invocation: Bob Van Alstine
Song: Tony Rivera - Sing In' In The Rain

Anniversaries: none

Birthdays: none

Visiting Rotarians: Byron Moak

Guests: Marsia Tembler, Gilli Van Deusen, and Will Hebert.

Big Bucks

Mystery Raffle: Will Hebert

Powerball: Ed Tremblay tried for the prize but was not successful.

Rotarians Present: Barrett, Brooks, Libby, Rivera, Signoracci, E. Tremblay, and R. W. Van Alstine

Good News/Bad News: The following members paid happy/ sad dollars:

Byron Moak because the annual Lansingburgh Boys Club and Rotary luncheon will be held on April 6, 2009; Ed Tremblay because CR Productions had a two page story in the March issue of Capital Living Magazine; Bob Van Alstine because his dad is fine even though he was not in attendance; and Bob Libby because Monica Lester has a new baby.

Events/ Information:

- District 7190 [Toolbox](#) for December/January.
- The annual Lansingburgh Boys Club and Rotary Luncheon will be held on April 6, 2009.
- A [District Assembly](#) will be held on April 18th, 2009 at the Hudson Falls High School.

- The Cohoes Rotary Club annual Spaghetti Dinner will be held on April 24th, 2009.
- [Cohoes Relays](#) will be held April 25th, 2009 at the Cohoes High School.

Rotary Basics: The 4- Way Test:

The 4-Way test is one of four principles that guild Rotarians in achieving ideals of service and high ethical standards. It was created by Rotarian Herbert J. Taylor in 1932. It was adopted by Rotary in 1943.

1. Is it the truth?
2. It is fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

See [Rotary's Guiding Principles](#).

Also see [The Four-Way Test Means Business](#) for an example of how is still being used in the business world.

Club Business:

- Ed Tremblay distributed Sawbuck Raffle tickets to club members. Tickets sell for \$10.00 each.
- Marshall announced that Sawbuck Raffle tickets proceeds are due by March 25, 2009.

Program:

Will Hebert made a presentation to our club on Cohoes Relays and the Cohoes High School Track Club, see attached.

Ed Tremblay responded on behalf of the club.

Rotary Club Officers

Colin Demers - President

Marshall Barrett - Vice President/Program Chair

Robert W. Van Alstine - Secretary/Bulletin Editor

Michael Brooks - Treasurer

Beverly Signoracci - Sergeant At Arms

Mike Popolizio - District Governor

Cohoes Rotary Web Site - www.rotaryclubofcohoes.org

Next Week's Program:

Reverend Arthur Becker, Pastor of The Holy Trinity Parish of Cohoes.



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Attachment to March 11, 2008 Newsletter

Cohoes Relays

Will Hebert spoke to our club about Cohoes Relays, and the Cohoes High School Track Club. Cohoes Relays is an organization that coordinates an annual track and cross country meet for Section II teams in Cohoes on the last Saturday in April each year. This year it will be April 25th, 2009.

These efforts are paying dividends because the number participants is increasing. The following comparison statistics show growth between 2005/6 and 2007/8:

Sport	Number of Participants	
	2005/6	2007/8
Outdoor track	25	101
Cross country	14	35
Indoor Track	n/a	60

Money to support this effort is raised through: business sponsors, in-kind and cash donations, and concession stands at meets. Funds raised are used to purchase awards given (including Track Spirit Awards for graduates) and team clothing.

These efforts are paying dividends because the number of teams and participants is increasing. The following comparison statistics show growth of this annual event between 2004 and 8:

Year	Number of Teams	Number of Attendees
2004	14	1,000
2008	35	3,000

One of the significant aspects of these meets is that they are held in less time than anywhere else. The meet begins at 9:00 AM and is over by 3: 00 PM.

Cohoes High School Track Club

The Cohoes High School Track Club helps train Cohoes High School track and cross country students for the annual Cohoes Relay meet. Two retired coaches, each with more than 35 years experience, support these efforts.

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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