



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

March 8, 2009

Invocation: Bob Van Alstine
Song: Harry McDonald – My Bonnie Lies Over The Ocean

Anniversaries: none
Birthdays: none
Visiting Rotarians: none
Guests: none

Big Bucks

Mystery Raffle: Colin Demers
Powerball: Linda Tremblay tried for the prize but was unsuccessful.

Rotarians Present: Barrett, Demers, Hull, McDonald, Signoracci, E. Tremblay, L. Tremblay, and R. W. Van Alstine

Good News/Bad News: The following members paid happy/ sad dollars:
Bev Signoracci, because she forgot her Rotary pin; Ed Tremblay because the City of Cohoes has applied for three grants, and our club has submitted a letter of support for the MAIN Street grant; Harry McDonald because he was at the final NCAA playoff game; and Colin Demers because the Century House is being booked for graduation parties.

Events/ Information:

- District 7190 [Toolbox](#) for February/ March, 2009.
- A [District Assembly](#) will be held on April 18th, 2009 at the Hudson Falls High School
- The District [Tropical Dream Conference](#) will be held May 1-2, 2009.
- Schwan's Home Fundraising Sale for the Rotary Foundation, April 18, 2009 at the Hudson Falls High School from 9:30 Am to 1:30 PM.

Rotary Club Officers

Colin Demers - President
Marshall Barrett - Vice President/Program Chair
Robert W. Van Alstine - Secretary/
Editor Club Newsletter
Michael Brooks - Treasurer
Beverly Signoracci - Sergeant At Arms
Mike Popolizio - District Governor
Cohoes Rotary Web Site - www.rotaryclubofcohoes.org

Rotary Basics: Four Avenues of Service: Club Service

Club Service focuses on strengthening fellowship and ensuring the smooth functioning of Rotary clubs. Learn about effective club service in [Membership](#) and [Training](#).

Vocational Service

Vocational Service involves club members serving others through their professions and aspiring to high ethical standards. Rotarians, as business leaders, share skills and expertise through their vocations, and they inspire others in the process. [Learn more](#).

Community Service

Community Service is the opportunity Rotary clubs have to implement club projects and activities that improve life in the local community.

[Learn more about community service](#) and [assessing your community](#).

International Service

International Service encompasses efforts to expand Rotary's humanitarian reach around the world and to promote world understanding and peace. It includes everything from contributing to PolioPlus to helping Rotary Youth Exchange students adjust to their host countries.

Learn more about [participating in World Community Service](#).

Club Business:

Colin made the following announcements:

- We need a club member to take pictures at weekly meetings.
- Good/ bad news collections for one week a month from April to June 2009 will be donated to PolioPlus.
- Our club has raised about \$8,000 from fundraising.
- See Linda Tremblay to purchase tickets for the Annual Spaghetti Dinner.

Program:

Elise A. Collins, of Dana-Farber Cancer Institute, spoke to our club about the National Marrow Donor Program. See attached. If anyone would like to be a donor, please e-mail Elise at Elise_Collins@dfci.harvard.edu

Next Week's Program:

Chris Garney, Odyssey of the Mind



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Attachment to April 8, 2009 Newsletter

National Marrow Donor Program



Elise A. Collins, of Dana-Farber Cancer Institute, and Recruiter for the New York Region of the National Marrow Program, spoke to our club about the National Marrow Donor Program.

The National Marrow Donor Program:

The National Marrow Donor Program (NMDP) is part of an international effort to provide cancer patients with the bone marrow and stem cells they need, when they need them. NMDP has access to an international registry of over 12 million willing donors, 8 million of which are in the United States. The registry is called the [Be The Match Registry](#).

Many people have cancer. Some people have the type of cancer against which chemotherapy and radiation treatments are ineffective. Some types of Lymphoma are examples. In such situations, patients need either bone marrow or stem cell infusion.

A specific match is required in order for a patient to receive a bone marrow or stem cell transplant. About 30% of the matches come from family members, and the remaining 70% are from the registry. At any given time, there are searches of the registry being made on behalf of about 6,000 patients. The most effective matches are usually with people of the same ethnic background as the patient. About 75% of the donors in the registry are Caucasian. However there is currently an effort underway to expand the number of donors in other races.

How to Become a Donor:

It is easy to take the first step toward being a donor. First you must attend a Donor Drive at which time you will register, pay \$25.00, and finally swab the inside of your mouth (cheek cells)

with a Q-Tip and give it to the medical technician. One of the criteria is you must be between the ages of 18 and 61. Then you will be added to the [Be The Match Registry](#)

178 donors were added to the registry as a consequence of the marrow drive held in Malta, NY on February 14th 2009 for Diane Kultzow.

Potential Match - Donation:

If a possible match is made between a patient and a donor, a NMDP staff member will contact the donor. The donor will then go to one of the donation sites where a series of high level blood tests will be taken. If the results of these tests are successful, the donor returns and either marrow or stem cells are taken from them.

1. Bone Marrow Donation:

The Donor is given a physical. If successful, then a 1 to ½ hour outpatient procedure is conducted from which bone marrow is taken. The Donor is then taken to a recovery room from which they can go home. NMDP staff always follows up with donors to make sure there are no side effects from donation.

2. Stem Cell Donation:

The Donor is given a physical. If successful, then the donor is given a stem cell inducer drug. Then blood is taken from one arm, run through a machine and returned to the body through the other arm. This process is continued for 4 to 6 hours over a couple of days. NMDP staff always follow up with donors to make sure there are no side effects from donation.

A Dana-Farber staff member is sent to the donation location to retrieve the marrow or stem cells and bring them to the location where the patient is.

The Patient:

When the marrow or stem cells are received at the hospital where the patient is, the patient is tested again to insure that the donated cells are compatible. If this is successful, the patient is given concentrated chemotherapy treatments to kill his/ her immune system. Then the patient receives the donated marrow or stem cells and anti-rejection medication.

The patient is monitored over the next couple of weeks to see if the donated cells are accepted by the patient's body, and new cells are growing. If this process is successful, the patient is allowed to go home. Since the patient's immune system has been destroyed, he/ she must remain at home in a very clean environment (no pets) for about a year.

If all goes well, the patient is cured and can resume a normal life.

Patient and Donor Meet:

After the patient is cured, they may meet the donor if both parties agree. Prior to this meeting, neither party knows who the other person is.

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
PO Box 81
Cohoes, NY 12047