



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

May 20, 2009

Invocation: Jack Farrell
Song: Bob Libby - Row, Row, Row Your Boat
Anniversaries: none
Birthdays: Mike Brooks
Visiting Rotarians:
Guests:

Big Bucks

Mystery Raffle: Bob Van Alstine
Powerball: Mike Brooks tried for the prize but was not successful.
Sawbuck: Bob Van Alstine

Rotarians Present: Barrett, Brooks, Demers, Farrell, Libby, McDonald, Ries and Van Alstine

Good News/Bad News: The following members paid happy/ sad dollars:
Bob Libby because his oldest daughter is getting married, and because the school budget passed; Mike Brooks because he had a nice trip to New Hampshire to visit his son; Bob Van Alstine because he and Karen travelled to Pittsburgh, PA to attend a wake and funeral; Chuck Ries because he had a good time fishing in the Adirondacks despite the black flies.

Club Business:
Colin made the following announcement:
· Next week the club meeting will be at [Wolferts Roost Country Club](#). We will be joining the Albany Rotary Club to listen to a presentation by the [Group Study Exchange \(GSE\) Team from Taiwan](#).

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's Wheel Emblem:

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "Civilization and Movement." Most of the early clubs had some form of wagon wheel on their publications and letterheads.

Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes was adopted by the "Rotary International Association."

A group of engineers advised that the geared wheel was mechanically unsound and would not work without a "keyway" in the center of the gear to attach it to a power shaft. So, in 1923, the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem.

Club Singing:

Harry Ruggles was the fifth man to join Paul Harris in the conversations that led to the formation of the first Rotary club in Chicago in 1905. Harry was a fellow who enjoyed singing, and this was a popular activity at the turn of the century. At an early meeting of the fledgling group, Harry jumped on a chair and urged everyone to join him in a song.

Group singing soon became a traditional part of each Rotary meeting. The custom spread to many of the clubs in the United States and is still a popular fellowship activity in the Rotary meetings of such diverse countries as Australia, Japan, Nigeria, New Zealand and Canada. Some clubs sing a national song as the formal opening of the meeting.

From [The ABC's of Rotary](#).

Program:

Dr. Kevin Costello made a presentation to our club about his tours in Iraq, see attached.

Mike Brooks responded on behalf on the club.

Next Week's Program:



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Attachment to May 20, 2009 Newsletter

Tours in Iraq Dr. Kevin Costello

Dr. Kevin Costello, a geriatric physician from Cohoes, spoke to our Rotary club about his tours in Iraq.

Dr. Costello began his talk by giving a little history about himself, and about the type of medicine he practices. He specializes in geriatrics - a branch of medicine that focuses on health care of the elderly. He calls on patients that have a problem getting out of the house. He provides care to them from the time they leave the hospital until they can return to their primary care physician.

First Tour:

In 1999, Dr. Costello joined the Army reserve. After 911, he was deployed to Iraq for a three month tour. First, he was a surgeon for an MP battalion.

Then he was transferred to a prison camp named [Camp Bucca](#). He ran a battalion aid station which provided medical care to detainees. Many of them were older, so he had a chance to provide some geriatric care.

The aid station was supposed to provide only [Second Echelon care](#), like first aid. [Since Third Echelon care](#) (facilities capable of providing in-patient medical care) was 50 miles away in [Basra](#), they would have to convoy detainees to Basra when they needed more care. Dr. Costello was involved in eight different convoys. Dr. Costello was at Camp Bucca when [Mission Accomplished](#) was declared in May 2003.



Mike Brooks, Dr. Kevin Costello and Colin Demers

Second Tour:

Dr. Costello was stationed at [Abu Ghraib](#) prison, a Third Echelon care facility. He ran the Intensive Care unit (ICU). During this tour, he needed the practice critical care services. This tour was longer than the first one. It lasted eight months.

During the 2008 Christmas season, a physician that Dr. Costello served with was killed in Iraq by a mortar.

In conclusion, Dr. Costello explained that military is a close knit family. A special bond is formed with others you serve with in a war. He also explained that the military afforded him the opportunity to develop leadership skills that have helped his civilian career.

Dr. Kevin is currently a Lt. Colonel in the Army Reserve.

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
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