



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

August 19, 2009

Invocation: Keith Hornbrook
Song: Amy Musiker – On the Sunny Side of the Street
Anniversaries: Chuck Ries
Birthdays: none
Visiting Rotarians:
Guests: Steve Hendrickson, Marilyn Wheeler.

Big Bucks

Mystery Raffle: Tony Rivera
Powerball: Mike Brooks tried for the prize but was not successful.

Rotarians Present: Barrett, Brooks, Demers, Hornbrook, Hull, McDonald, Musiker, Ries, Rivera, L. Tremblay and Van Alstine

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

Chuck Ries for his 47th wedding anniversary; Mike Brooks because one of their boxers died, and because his grandsons are visiting, and because the next time Amy leads us in song it will be Row, Row, Row Your Boat; Colin Demers because today he and his staff from the Century House will be serving dinner to between 40 to 50 people at St. Joseph's House in Troy; Bob Van Alstine because while trying to climb into his attic looking for a leak in the roof, a closet shelf collapsed; his children thought the episode was hilarious; Marshall Barrett because he moved about 45 pounds of honey from one of his bee hives into his garage before he went to Florida & on his return he found that the honey had melted and was running all over; Linda Tremblay because Ed Tremblay is not here because his office is moving back to City Hall today; Amy Musiker for missed meetings and because

she is happy to be here, and Keith Hornbrook for a missed meeting while he was on vacation in the Finger Lakes Region.

Events/ Information:

- **Cohoes Day at the Tri-City Valley Cats:**
C-R Productions, the Cohoes City Music Hall and the City of Cohoes are sponsoring a special [benefit picnic](#) for the Cohoes Music Hall at 5:00 pm followed by the Tri-City Valley Cats game at 7:00 pm on August 31, 2009 at the Joe Bruno Stadium.
- **Bridge Avenue Bridge Reconstruction:**
Friday August 14th, 2009 the long awaited reconstruction of the [Bridge Avenue Bridge](#) began.
- **Shelter Boxes to the Philippines:**
Marshall Barrett Rotary International sent 224 shelter boxes to people in the Philippines, and that around the same time a 30 year friend of one of his daughters from there passed away.

Club Business:

- We will be having a [Club Assembly](#) at the August 26th. The focus on our discussion will be the 2009/10 Membership Recruitment Plan.

It is important that every member attend this meeting! Each of you must be up to speed on this plan, and understand how you can help us increase club membership.

Program:

Marilyn Wheeler, Director, accepted the 2008/9 award on behalf of Counseling Care & Services. See attached.

Mike Brooks responded on behalf of the club.

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

Next Week's Program: Club Assembly - Discussion of the 2009/10 Membership Recruitment Plan



Rotary Club of Cohoes
PO Box 81
Cohoes, NY 12047



Counseling Care & Services Receives 2008/9 Award

On August 19th, 2009, Marilyn Wheeler, Director accepted a 2008/9 Award from The Rotary Club of Cohoes for Counseling Care & Services.



Mike Brooks and Marilyn Wheeler

Marilyn Wheeler, Founding Executive Director of Counseling Care & Services, began her remarks by explaining that they are in their 25th year of operation. They started on Remsen Street in Cohoes in 1893. They spent 13 years in the Cohoes Community Center after which they moved to St. John's church on Vliet Blvd.

Counseling Care & Services is a not-for-profit center that provides counseling and psychotherapy for adults, children and families. All of their staff are licensed in their respective fields. Most of their staff have master's degrees and are certified mental health counselors who: evaluate, and treat people in consultation with doctors.

They provide a full range of: individual, marital, family and child related therapy. About 70% of the mental health related services are provided to individuals, and the remaining 30% are provided to families.

They help people with: anxiety disorders and depression. Depression is common among older people because their friends either move away or die, and they are faced with increasing health issues and ailments.

Counseling Care & Services has contracts with several organizations to provide Employee Assistance Program (EAP) services to their staff. Over the years they have had contacts with: several businesses, the New York State Office of Mental Health (OMH), and the Federal Probation Department.

They provide services for OMH to: children from 6 to 17 suffering from mood disorders; and to people who can still work but suffer from recurring mood disorders that affect them on the job. They provide assessment and evaluation services for the Federal Probation Department to for people on probation.

The people they provide services do not live just in Cohoes. Clients live in 12 to 14 surrounding localities including: Waterford, Watervliet and Clifton Park.

In 2000, they established The Play Therapy Center as a way to provide for young children who have severe emotional distress. The Center focuses on activities through which children can tell their own story. One example is a sand box that children from 9 to 10 years of age can pick figures and draw pictures in the sand. Another is Art Therapy, through which children can make things with clay.

The stories that they tell through these venues help our staff enter their world and to determine what is bothering them and issues as they see them. This is helpful information for parents and school advisers in dealing with issues that these children are dealing with.

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	

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