

Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

November 3, 2010

Invocation: John Doemel

Song: Colin Demers - You're A Grand Old Flag

Anniversaries: None

Birthdays: None

Visiting Rotarians: Dan Stec, District Governor, and Linda LeTendre, Burnt – Hills Ballston Lake Rotary.

Guests: Marilyn Wheeler

Big Bucks

Mystery Raffle: Keith Hornbrook

Powerball: Chuck Ries was not successful.

Rotarians Present:

Barrett, Brooks, Demers, Doemel, Farrell, Hornbrook, McDonald, Mitola, Ries, Signoracci, E. Tremblay, and Van Alstine

Good News/Bad News:

The following members paid happy/ sad dollars:

Jack Farrell because Nancy Pelosi is out; Colin Demers because a woman in Taiwan married herself; Bob Van Alstine because the 2010 election is over and we don't have to keep witching the campaign ads on TV; Mike Brooks because ?/ won an award for a joke; Bev Signoracci for being here every week again; Chuck Ries because since we no longer have campaign ads on TV, we must go back to watching Billy Fuccillo's ads; Ed Tremblay because Linda cannot be here today, and this is the final week of 'Little Road'. This is a program with twenty businesses in Cohoes working together to get customers. Melissa Ward and Nick George are helping in this regard; Linda LeTendre because her husband bought her a new lawn mower;

and Keith Hornbrook because Dan Stec, our district Governor is here, and for Bev's retirement.

Events/ Information:

- November 7, 2010 - Cohoes Public Library Fundraiser at Cohoes Senior Center.
- November 14, 2010 - Showcase Properties in Cohoes, noon to 3:00 pm
- December 8, 2010 - "[A Christmas Carol](#)" Foundation Event, Cohoes Music Hall 6 to 11PM.

Club Business:

- 2010 Christmas Ornaments have arrived. You can purchase them by contacting Linda Tremblay or at Marra's Pharmacy in Cohoes.
- A reminder for the district 7190 Christmas Show on December 8th, see events/ information above.
- We will conclude each weekly meeting with recitation of The 4 Way Test.

Program:

Marilyn Wheeler, of Counseling Care & Services, received the 2009/ 10 award from our Rotary Club, see attached.

The 4-Way Test:

One of the most widely printed and quoted statements of business ethics in the world is the Rotary "4-Way Test."

The 4-Way Test was adopted by Rotary in 1943 and has been translated into more than 100 languages and published in thousands of ways. The message should be known and followed by all Rotarians.

The 4-Way Test "Of the things we think, say or do":

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"

From [ABC's of Rotary](#)

Rotary Club Officers

Keith Hornbrook - President

Marshall Barrett - Past President

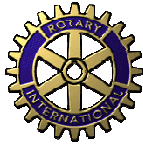
Robert W. Van Alstine - Secretary/
Editor Club Newsletter

Michael Brooks - Treasurer

Amy Musiker - Sergeant At Arms

Dan Stec - District Governor

Cohoes Rotary Web Site - www.rotaryclubofcohoes.org



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Attachment to November 3, 2010 Newsletter

On behalf of Counseling Care & Services, Marilyn Wheeler, Founding Executive Director, received the 2009/ 10 award from our Rotary Club.



Marilyn Wheeler and Keith Hornbrook

Counseling Care & Services is a not-for-profit center that has been providing counseling and psychotherapy for adults, children and families since 1983. 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.

Marilyn Wheeler began by explaining that patients come to them either by Nature or by Nurture. Nature includes patients that have mental conditions like Bi-Polar, Autism; etc. Nurture problems are brought on by others sometimes such as violence, war, domestic conflict, child abuse, etc. the other problems are the ones we bring on to ourselves i.e. drinking; smoking, etc.

The patients receive counseling, therapy and other kinds of help. When working with patients, counselors must look beyond what the patient actually tells them. Problems are often much more complex than the most obvious things.

The field on mental health is changing. Today, counselors need six years of college and at a minimum one year of experience before they can apply for a temporary license. Over one hundred students have completed their one year experience with Counseling Care & Services. After a counselor receives their temporary license, they must complete at least three thousand hours of experience before they can apply for a license to practice.

A license is a necessity for a counselor. Insurance companies require that a counselor be licensed in order for them to reimburse patients for the counseling services that are provided to them.

Marilyn Wheeler explained two programs they offer to patients who work for an employer in Albany County. Both of these programs are funded by the Albany County and the State Office of Metal Health.

Employee Assistance Program (EAP):

EAP is a counseling and advocacy service to help employees resolve personal problems before they affect mental health, relationships or job performance

Children's Outreach Supporting Care Program:

. This program is for children 6 to 17 years of age, who are experiencing emotional problems. Counselors' help children deal with self-destructive behaviors, bizarre or strange behavior including wishing to cause harm to themselves or others.

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