



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

January 5, 2011

Invocation: Ed Tremblay
Song: chuck Ries - Auld Lang Syne

Anniversaries: none
Birthdays: Amy Musiker
Visiting Rotarians: Byron Moak, Peter Mahigian,
Lansingburgh Rotary Club.
Guests: none

Big Bucks

Mystery Raffle: Keith Hornbrook
Powerball: Peter Mahigian was not successful.

Rotarians Present:
Barrett, Brooks, Demers, Doemel, Hornbrook,
McDonald, Mitola, Ries, E. Tremblay and Van Alstine.

Good News/Bad News:

The following members paid happy/ sad dollars:
Mike Brooks because it is good to sit next to someone who can sing, and it is good to be here; Colin Demers because he has a 1943 menu from Smith's Restaurant in which Lobster was \$1.50. Since the menu was for a time during the WW II, it included the following 'Do not ask for more butter'. Ed Tremblay because Linda could not be here, and because the Senior Center is hosting a Winter Wine Celebration, see Events/ Information; Dave Mitola because he forgot his Rotary button, and because speakers from Special Olympics and two members of the Lansingburgh Rotary Club are here; Chuck Ries for a great new year; Byron Moak for a happy New Year, and because Lansingburgh Rotary Club is hosting its annual Elvis Nite, see Events/ Information, and because John Musto from their club was asked to be an Assistant Governor in District 7190 in 2011-12;

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

Peter Mahigian because his son Craig got a new job; Keith Hornbrook because he forgot to wear his Rotary pin, and for our guests from Special Olympics; and Marshall Barrett for our guests today.

Events/ Information:

- January 7, 2010, the Lansingburgh Rotary Club will be hosting its annual Elvis Nite. This year the theme is Mardi Gras. It will be held at [St. Bonaventure Church](#) in Troy.
- January 13, 2011, District 7190 [President Elect Training Series \(PETS\)](#) will be held from 6:00 to 8:00 pm at the Berkshire Bank Community Room in Colonie.
- January 19, 2011, [Winter Wine Celebration](#), a Fundraiser for the Senior Center, at the [Harmony House Market Place in Cohoes](#) from 6 to 9 PM. The price is \$25.00.
- January 30, 2011, [Annual Fashion Show](#), a Fundraiser for the Community Center, at the Century House beginning at noon. The price is \$27.00.
- April 15 - 16, [District 7190 Convention](#).
- May 21 - 25, 2011 [2011 Rotary International Convention](#), New Orleans.

Club Business:

- We conclude each weekly meeting with recitation of [The 4 Way Test](#), see below.

Program:

Leah DeCosta, Director of Program, and Brian McDonald, Associate Director for Development of Capital Region & North Country Special Olympics New York, spoke to our Rotary Club regarding Special Olympics and the programs they offer, see attached.

The 4-Way Test:

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](#)

January 19, 2011 Program: Kathy Rosecrans, and Eivion Williams from the Alpha Pregnancy Center.



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Attachment to January 5, 2011 Newsletter

Special Olympics



Brian McDonald, Dave Mitola and Leah DeCosta

Leah DeCosta, Director of Program, and Brian McDonald, Associate Director for Development of Capital Region & North Country Special Olympics New York, spoke to our Rotary Club regarding Special Olympics and the programs they offer.

Leah began by explaining that Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-style sports for all children and adults with intellectual disabilities. It provides them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of skills and friendship with their families.

Historically, children and adults with intellectual disabilities were locked away because it was believed that they could not be productive citizens. The adage 'No You Can't' was the response when they wanted to do more. Today, the philosophy is 'Yes You Can', as seen through programs like Special Olympics.

A 2005 UMASS research study demonstrated that people with intellectual disabilities who participate in Special Olympics are five times more likely to get and retain a job independently in the community than their peers that do not participate. In addition, athletes have improved social skills, do better in school, and have more confidence in themselves.

Prior to 2010, Special Olympics in the Capital District was an area based program. This means that groups of volunteers and athletes did their own thing, with little or no coordination between them. In 2010 [Special Olympics New York](#) formed the Capital Region Regional Program. Under the program, the activities of volunteers and athletes are coordinated by Special Olympics' full time staff. Leah explained that she and Brian McDonald started with the Capital Region Regional Program in March 2010.

Brian McDonald explained that it is the athletes that motivate them. He has been in the program area for over 20 years. Never has he seen groups of volunteers and athletes with such passion for Special Olympics, and are so motivated and determined to succeed.

Special Olympics New York is the largest in North America. It includes over 48,000 athletes, almost 30,000 volunteers and almost 4,000 coaches. Of this number, over 1,500 athletes are in the Capital District program. Special Olympics New York offers three sporting seasons that include more than 15 year round competitions in which athletes compete in 22 different types of sports. [Upcoming competitions](#) include winter, summer and fall games that will be held at various locations throughout New York State.

There is no cost to athletes or their families. The cost of training (through training clubs), uniforms, travel and lodging at regional competitions is paid for them. Funding is provided through [fundraisers](#), and numerous [cooperate sponsors](#) and [fans](#).

Leah explained that there are many ways that people can help this cause. You can sponsor an athlete, attend or support a fundraiser, volunteer at completions or as a coach, or be a fan.

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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