



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

October 25, 2017

Invocation: Stephanie Heslin

Song: "On Moonlight Bay," Chuck Ries

Birthday:

Anniversary:

Visiting Rotarians:

Guests: Sara Riggins, Community Care Manager, Senior Services of Albany

Door Prize: Mike Brooks

Powerball: Dave Mitola tried for \$27 but was unsuccessful

Rotarians Present: Barrett, Brooks, Heslin, Mitola, Ries, Tremblay, E., Tremblay, L.; Van Alstine

Good News/Bad News:

The following members paid happy/sad dollars:

Mike Brooks thanked Bob Van Alstine for bringing him to the meeting. He was sad that Fats Domino passed away. He read some words of wisdom.

Stephanie Heslin paid for missed meetings. Her son's friend went to Dana Farber for a second opinion on his cancer diagnosis. He will be undergoing 5-7 weeks of radiation. Stephanie will be organizing a fundraiser and starting a Go Fund Me page.

Bob Van Alstine was happy that he went to pain management for his back. He has the beginning of Spinal Stenosis and they are giving him injections for the pain. He was sad that he found out a former co-worker who is the same age as him has been diagnosed with Alzheimer's disease.

Marshall Barrett paid for missed meetings. He has been sick in bed for several weeks. He lost his voice for 10 days. He went to the ER and the doctor.

Ed Tremblay attended the Rotary Leadership Institute on Saturday. He ran into Jennifer Fogg. They are taking things day by day with her baby's illness. He had a setback last week. She thanked Ed for the club's donation toward his medical expenses. Ed was happy that the City of Cohoes will be working with engineering students from RPI to design waterfront access to the Hudson River from Van Schaick Island.

Chuck Ries was sad that Fats Domino passed away. He was happy that he did not lose his voice.

Club Business:

Ed Tremblay attended the Rotary Leadership Institute Part II. He will try to take Part III in the spring. They had a good turnout on Saturday. There were some good discussions. The Southern districts are picking up younger members which is good to see. Dave Mitola had suggested to Linda Tremblay that this year we sell only frozen pies. His children's school sold only frozen pies and they did quite well with the

fundraiser. That is what the club will do for this pie sale. More details will follow. A date needs to be set for the fall clean up at Cayuga Plaza.

Program: Sara Riggins, Community Care Manager for Senior Services of Albany, gave a presentation on Gizmos and Gadgets for seniors. She gave some very important information and resources that will enable seniors to age in place in their own homes. Seniors (age 60+) make up 22% of Albany County's population. By 2020, that figure is expected to rise by 11.8%. 87% of individuals aged 65+ want to stay in their own home and community as they age. There are many ways (including technology) to keep seniors safe and secure at home. By minimizing danger you can maximize a person's independence.

Response: Ed Tremblay responded on behalf of the club.



Sara Riggins and Ed Tremblay

When and Where Other Rotary Clubs Meet:

To view when and where other Rotary Clubs in District 7190 meet go to:

<http://www.rotary7190.org/>, click on When/Where Clubs Meet in the upper left corner of the home page.

New Cohoes Rotary Club Meeting Schedule

Rotary Board Dinner Meeting open to all members, spouses and guests Wednesday November 1st at 5:30 pm at the Century House Restaurant (Dinner will be ordered individually off the regular Century House menu)

Rotary Breakfast Meeting Wednesday, November 8th at 7:30 am at Century House Hotel Mohawk Room-Get breakfast at the Saratoga Room buffet and bring to meeting room.

Rotary Lunch Meeting Wednesday, November 15th at 12:15 pm at the North Room Century House Restaurant

Rotary Lunch Meeting Wednesday, November 22nd at 12:15 pm at the North Room Century House Restaurant

Rotary Lunch Meeting Wednesday, November 29th at 12:15 pm at the North Room Century House Restaurant

The schedule format will be: the first Wednesday of the month, a Board dinner meeting; the second Wednesday of the month, a breakfast meeting; the third and fourth Wednesdays of the month, a lunch meeting. If a fifth Wednesday falls within a month it will be a lunch meeting.

Rotary Club Officers

Edward Tremblay - President

Edward Tremblay – President Elect

Linda Tremblay - Secretary

Michael Brooks - Treasurer

Marshall Barrett – Sergeant At Arms

Fred Daniels - District Governor

Cohoes Rotary Web Site -

www.rotaryclubofcohoes.org

We conclude the meeting with recitation of The 4 Way Test led by Ed Tremblay.

The 4-Way Test

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

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](#)

Song: On Moonlight Bay

We were sailing along
On moonlight bay,
We could hear the voices ringing,
They seemed to say:
"You have stolen my heart,
Now don't go 'way"
As we sang Love's Old Sweet Song
On Moonlight Bay.

Century House Menu for Cohoes Rotary

First Course

Root Vegetable and Bacon Soup

Entrée

Chicken Dijon

*Grilled Chicken with Chef's Dijon Sauce,
served with Rice and Vegetable Medley*

Dessert

Sweet Potato Maple Cheesecake