



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

March 28, 2018

Invocation: Linda Tremblay
Song: "Take Me Out to the Ball Game," Chuck Ries
Birthday: Mariel Alves Correia
Anniversary:
Visiting Rotarians:
Guests: Kim Sheedy, American Heart Association
Door Prize: Dave Mitola
Powerball: Kim Sheedy tried for \$15 but was unsuccessful.
Rotarians Present: Barrett, Mitola, Ries, Somers, Tremblay, E., Tremblay, L.

Good News/Bad News:

Marshall Barrett was sorry we had no jokes from Mike Brooks today. He usually gets the leftover jokes from Mike at the end of each meeting and then reads them to his granddaughter. His granddaughter Sage went to a DAR meeting over the weekend and told one of Mike's jokes.

Chuck Ries was happy that his Aunt Norma turned 96 today. She was named resident of the month at her living facility and was very excited about it.

Ed Tremblay was happy to see a photo in The Record of planned renovations to the old Jupiter building on Remsen Street in Cohoes. The City of Cohoes began the renovation of Canal Square. They will also be replacing additional sidewalks on Remsen Street.

Byron Moak noted that he had an aunt who lived to be 103 years old. She actually remembered the assassination of Abraham Lincoln. Byron was happy to have attended a Masonic dinner on Sunday, a Shriner's meeting on Monday and a music cabaret on Tuesday. He wished everyone a happy Easter and Passover.

Club Business:

Siena College contacted the club offering student volunteers for community service projects on April 14. Ed Tremblay will work with them on having students assist us with the Cayuga Plaza Clean Up that day. Students will arrive between 10:00 and 10:30 am to begin working.

Rotary District 7190's Next Gen Committee will present "Rotary's Got Talent" on Thursday, May 3 at Crossgates Mall. The event will allow clubs the opportunity to invite prospective Rotarians and engage newer and veteran Rotarians, bringing us together for some comradery, fellowship, and healthy competition.

Ed Tremblay and Chuck Ries will attend the District Training Assembly on April 7.

The Cohoes Rotary is holding its next fundraiser, Clean Cars for Rotary. If you buy 1 Full Service Car Wash for \$27 or 1 Exterior Car Wash for \$10 50% goes to Cohoes Rotary and in turn helps those in need in Cohoes.

Tickets can be purchased through Cohoes Rotarians or can be purchased online at: www.hoffmanhelpinghands.com/fundraisers/CohoesRotary. Contact Colin Demers at 518-785-4536 for Exterior car wash tickets. Please sell as many car washes as you can!

Program: Kim Sheedy spoke on behalf of the American Heart Association. Wednesday, April 4th is Move More/Live More day. Thousands of organizations and their employees are joining with the American Heart Association to take steps toward a healthier, more active way of living for everyone. They are encouraging people to eat smart, add color to their diet, move more and be well. Sunday, June 3rd is the Capital Region Heart Walk & Run at SUNY Albany. Join the fight against heart disease, the number 1 killer in America. Other American Heart Association programs include CPR in Schools, Workplace Wellness, Wear Red Day, Jump Rope and Hoops for Hearts, and Get with the Guidelines. For further information contact Kim Sheedy at Kim.Sheedy@heart.org.

Response:

Ed Tremblay responded on behalf of the club.



Christine Somers, Kim Sheedy and Ed Tremblay

Upcoming Speakers & Events:

4/7/18 – District Training Assembly/Grant Management Seminar/New Member Orientation
4/11/18-Crohn's and Colitis Foundation
4/14/18 – Cayuga Plaza Clean Up, 10:00 am – 1:00 pm
4/18/18- Joint meeting with Hudson Shores-Polio Eradication
5/9/18- Jennifer Spring & Stacy Mackey, Cohoes City School District

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.

Cohoes Rotary Club Meeting Schedule

Rotary Board Dinner Meeting open to all members, spouses and guests Wednesday, April 4 at 5:30 pm at the Century House Restaurant (Dinner will be ordered individually off the regular Century House menu)

Rotary Lunch Meeting Wednesday, April 11 at 12:15 pm in the North Room Century House Restaurant

Rotary Lunch Meeting Wednesday, April 18 at 12:15 pm in the North Room Century House Restaurant

Rotary Lunch Meeting Wednesday, April 25 at 12:15 pm in the North Room Century House Restaurant

Meeting Schedule

The schedule format is: the first Wednesday of the month, a Board dinner meeting at 5:30 pm at the Century House. All club members are invited to attend; all other meetings will be lunch meetings at 12:15 pm at the Century House.

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: Take Me Out to the Ball Game

Take me out to the ball game,
Take me out to the crowd,
Buy me some peanuts and Cracker
Jack,
I don't care if I never get back,
Let me root, root, root for the home
team,
If they don't win it's a shame.
For it's one, two, three strikes, you're
out,
At the old ball game.

Century House Menu for Cohoes Rotary

First Course

Minestrone Soup

Entrée

Chicken Marsala

Served with Rice and Green Beans

Dessert

Cheesecake