



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

August 23, 2017

Invocation: Byron Moak

Song: "Erie Canal Song," Chuck Ries

Birthday:

Anniversary:

Visiting Rotarians: Byron Moak, Lansingburgh Club

Guests: Marilyn Wheeler, Jenn Doesburg, Counseling Care and Services

Door Prize: Ed Tremblay

Powerball: Marshall Barrett tried for \$162 but was unsuccessful.

Rotarians Present:

Barrett, Brooks, Cunsolo, Mitola, Ries, Signoracci, Tremblay, E., Tremblay, L., Van Alstine

Good News/Bad News:

The following members paid happy/sad dollars:

Mike Brooks thanked Bob Van Alstine for the ride to the meeting. He read some words of wisdom.

Bev Signoracci paid for missed meetings. Summer camps are finished and school has not yet started so she is happy to be babysitting a lot.

Bob Van Alstine was sad that the air conditioning system at his home died but he was happy that the new system is being installed tomorrow.

Dave Mitola was happy to have survived a sleep over of four little girls. Quality Roofing is putting a new roof on his home so hopefully all will go well with that. He welcomed our guests Marilyn and Jenn.

Chuck Ries has a contractor working at his house. He was happy that he, his brother Bill, Marshall Barrett and a friend got to play golf together at Shaker Ridge. Chuck's brother Bill enjoyed attending the Rotary meetings during his visit.

Linda Tremblay was happy for the good vacation in Myrtle Beach. Ed was proofed while buying a bottle of wine and Linda was approached asking if she wanted a tattoo.

Marshall Barrett was happy that his granddaughter finished 12th in a 1 mile swim on Babcock Lake.

Ed Tremblay was happy for a good vacation. He and Linda had some great meals. The second meeting of the Friends of Cohoes Senior Center was very successful. Ed was happy to have spent a fun day at Saratoga Race Track on Sunday. He and Linda will be attending the Travers Wine Tasting event to benefit Senior Services of Albany.

Club Business: Domenic Cunsolo gave an update on his Exchange Student trip to Madrid, Spain. He will be arriving in Spain September 9. He will be staying with three host families. Curtis Hovey will be hosting our inbound student from Brazil, Muriel, for the first month he will be here. Ed Tremblay will be Muriel's counselor. Colin Demers is working on the calendar fundraiser. Stephanie Heslin is researching printing prices.

Program: Marilyn Wheeler and Jenn Doesburg gave an update on the services offered by Counseling Care and Services. There have been many changes in therapy since they were founded in 1984. Domestic violence and child abuse were not even discussed back then. Now that is a major part of the therapy services offered. The environment at St. John's Church is so good for the clientele. They have a solid, full time staff. Jenn is now the Clinical Director. Marilyn officially retired July 4, but still sees a few clients at her home. The Counseling Care "Care Awards" will be November 3 at 6:00 pm at the Ukrainian Club in Cohoes.

Response: Ed Tremblay responded on behalf of the club and gave Marilyn and Jenn a donation from the club.



Jenn Doesburg, Marilyn Wheeler, 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 August 2nd at 5:30 pm at the Century House Restaurant (Dinner will be ordered individually off the regular Century House menu)

Rotary Breakfast Meeting Wednesday, August 9th 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, August 16th at 12:15 pm at the North Room Century House Restaurant

Rotary Lunch Meeting Wednesday, August 23rd at 12:15 pm at the North Room Century House Restaurant

Rotary Lunch Meeting Wednesday, August 30th 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: Erie Canal Song

I've got a mule and her name is Sal,
Fifteen miles on the Erie Canal.
She's a good ol' worker and a good ol' pal,
Fifteen miles on the Erie Canal.
We've hauled some barges in our day,
Filled with lumber, coal and hay,
And ev'ry inch of the way we know
From Albany to Buffalo OH

Low bridge everybody down,
Low bridge for we're comin' to a town
And you'll always know your neighbor,
You'll always know your pal,
If you've ever navigated on the Erie Canal.

Century House Menu for Cohoes Rotary

First Course

Century Salad

*Seasonal Greens Topped with Grape Tomatoes,
Shredded Carrots and Cucumbers Finished with
our House Balsamic Dressing*

Entrée

Korean BBQ Chicken

*Grilled chicken breast topped with Korean
Barbeque sauce, served with rice and haricot
verts*

Dessert

Lemon Cream Cake