



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

July 24, 2019

Invocation: Byron Moak

Song: Row, Row, Row Your Boat, Mike Brooks

Birthday: Byron Moak, Jennifer Spring, Bob Van Alstine

Anniversary:

Visiting Rotarians:

Guests:

Door Prize: Dave Havnen

Powerball: Marshall Barrett tried for \$7 but was unsuccessful.

Rotarians Present: Barrett, Brooks, Havnen, Moak, Sipe, Tremblay, E., Tremblay, L.

Good News/Bad News:

Mike Brooks was proud of the Baltimore Orioles. He read some words of wisdom.

Byron Moak was happy to have survived Mike Brooks' jokes. Byron had a medical procedure. He was sorry to have missed the trip to Matton Shipyard. Byron and his family will be going to the Red Lion Inn to celebrate his birthday. He noted that Herman Melville was born on August 1.

Dave Havnen was happy to report that he had a good medical report.

Roderick Sipe was happy that the heat broke.

Ed Tremblay was happy that his grandchildren are enjoying summer camps and he was sad to see that a tornado hit Cape Cod.

Club Business:

Linda Tremblay read a thank you from Lauren Shanahan, winner of the Frank Hines Memorial Scholarship. The new Cohoes Rotary meeting format will begin in August.

Program:

Ed Tremblay gave an update on the activities of Cohoes Bridges. The organization's mission is based on the book Bridges Out of Poverty written by Ruby K. Payne, Philip E. De Vol, and Terie Dreussi Smith, who offer strategies for professionals and communities on how to assist people in getting themselves out of generational poverty. Cohoes Bridges offers programs like their "Getting Ahead" classes that give people tools to help get them out of poverty. Cohoes Bridges co-sponsors the annual coat drive and the Holiday Hope program. They provide a list of social services agencies and their contact information to their participants.

Response:

Linda Tremblay responded on behalf of the club.



Linda and Ed Tremblay

Upcoming Meetings

7/31/19-No Meeting

8/6/19-Rotary Board Dinner Meeting, 5:45 pm, the Century House

8/14/19- Speaker Crystal Alesio, Community Miracles in Action, Rotary Lunch meeting, 12:15 pm, LifePath Living Center at Cohoes (Cohoes Senior Center)

8/21/19-Rotary Lunch meeting, 12:15 pm, LifePath Living Center at Cohoes (Cohoes Senior Center)

8/27/19-Rotary Dinner Meeting, 5:45 pm, home of Linda 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.

Cohoes Rotary Club Meeting Schedule

Rotary Board Dinner Meeting open to all members, spouses and guests Tuesday, August 6, at 5:45 pm at the Century House Restaurant (Dinner will be ordered individually off the regular Century House menu)

Rotary Lunch Meeting Wednesday, August 14, at 12:15 pm LifePath Living Center at Cohoes (Cohoes Senior Center)

Rotary Lunch Meeting Wednesday, August 21, at 12:15 pm LifePath Living Center at Cohoes (Cohoes Senior Center)

Rotary Dinner Meeting Tuesday, August 27, at 5:45 pm **Picnic at the Tremblays**

New Meeting Schedule***

The schedule format is: the first Tuesday of the month, a Board dinner meeting at 5:45 pm at the Century House. All club members are invited to attend. The fourth Tuesday of the month, Rotary dinner meeting at 5:45 pm at the Century House. The second and third Wednesday of the month will be a lunch meeting at 12:15 pm at LifePath Living Center at Cohoes (Cohoes Senior Center). There will not be a meeting if there is a fifth Wednesday in the month.

Rotary Club Officers

Linda Tremblay – President

Edward Tremblay - Secretary

Michael Brooks - Treasurer

Larry Jones - 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: Row, Row, Row

Row, row, row your boat,
Gently down the stream,
Merrily, merrily, merrily, merrily,
Life is but a dream.

LifePath Living Center at Cohoes Menu for Cohoes Rotary

Entrée

Chicken Parmesan
Pasta w/sauce
Tossed Salad
Whole Wheat Bread

Dessert

Strawberries w/whipped cream