

Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

March 24, 2021

Mission of Rotary: Roderick Sipe

Song:

Birthday:

Anniversary:

Visiting Rotarians: Dr. Robert Fox, Fox Vision Development

Guests:

Door Prize: Robert Fox

Powerball: Dave Havnen tried for \$200 but was unsuccessful.

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

Good News/Bad News:

Mike Brooks read some words of wisdom.

Byron Moak wished everyone a happy Easter. He was happy for the good weather and the fact that he is starting to see robins.

Dave Havnen was happy to have finished his last day of professional training. The bad news is that he now has a sinus infection.

Bill Sage wished everyone a happy Easter and was happy that the sun was out.

Chuck Ries was happy that the cataract surgery Debby had on her right eye went well. However, Chuck is exhausted from so many doctor's appointments.

Robert Fox thanked the club for the opportunity to speak. He is a fellow Rotarian and past President from the Niskayuna club. Robert was enjoying Mike's jokes. He is usually the one who tells the jokes for his club. He wished everyone happy holidays.

Ed Tremblay was looking forward to the temperature tomorrow being in the 70s. He was happy to report that LifePath is getting Covid vaccines administered to people confined to their homes.

Linda Tremblay is looking forward to having dinner with family at the Century House on Easter.

Roderick Sipe was happy to report that he and his wife Karen got their first Covid vaccines.

Club Business

The club will hold an Easter raffle. The winner will be drawn on Wednesday, March 31. Since this is the 5th Wednesday of the month, normally there would not be a Rotary meeting on this night. But there will be a short Zoom meeting that night to draw the raffle winner. Roderick Sipe attended the virtual PETS training. There were speakers from around the world.

Program:

Dr. Robert Fox specializes in children's vision care. Fox Vision Development works with children who have trouble reading, learning, comprehending. Often children with ADHD also have vision issues. The use of our vision has dramatically changed. In the past people worked outside in natural light while physically moving. They were only looking at things up close for short periods of time. Now people are working up close looking at computers and phones for hours at a time. Eyes are meant to move, and they don't move with close work. People may experience headaches and eye strain. Children may become behavior problems because they can't read well. They may take a long time to do homework. A comprehensive eye exam may show that a child needs glasses or vision therapy.

Response:

Roderick Sipe responded on behalf of the club.

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

Until further notice all Cohoes Rotary meetings will be Zoom meetings.

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

Roderick Sipe – President
Linda Tremblay - Secretary
Michael Brooks – Treasurer
Ed Tremblay – Sergeant at Arms
Rich Griesche - District Governor

Cohoes Rotary Web Site -
www.rotaryclubofcohoes.org

We conclude the meeting with recitation of The 4 Way Test led by Roderick Sipe.

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](#)

Upcoming Meetings & Events

ALL FUTURE COHOES ROTARY MEETINGS WILL BE ZOOM MEETINGS UNTIL FURTHER NOTICE DUE TO THE CORONAVIRUS PANDEMIC.

RI President Holger Knaack's theme for 2020-21, *Rotary Opens Opportunities*, asks Rotarians to create opportunities that strengthen their leadership, help put service ideas into action, and improve the lives of those in need.

