

# Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

June 23, 2021

**Mission of Rotary:** Roderick Sipe

**Song:**

**Birthday:**

**Anniversary:** Roderick Sipe, 41 years

**Visiting Rotarians:**

**Guests:** : Glory Anne Jones, Owner, Chocolate is Self-Care

**Door Prize:** Tammy Parker

**Powerball:** Mike Brooks tried for \$249 but was unsuccessful.

**Rotarians Present:** Brooks, Havnen, Parker, Ries, Sage, Sipe, Tremblay, E., Tremblay L., Van Alstine

## **Good News/Bad News:**

**Mike Brooks** read some words of wisdom.

**Bob Van Alstine** reported that his surgery had to be postponed because his glucose level was too high.

**Tammy Parker** was happy to have had a great vacation in Myrtle Beach. They were able to see her husband's father who is now on Hospice care. The weather was beautiful.

**Dave Havnen** was happy for the beautiful day.

**Bill Sage** was happy to be working with the people filming the movie *The Gilded Age* in Troy. They have been storing their horse drawn carriages in his building at his business. The actors were also changing costumes in his building. The film crew left but he still has 20-30 carriages in his building. Bill got friendly with the production crew. It was a great experience.

**Ed Tremblay** was happy to report that tonight is the 8<sup>th</sup> grade graduation at Cohoes Middle School. His good news is that he lost 41 pounds, has been walking a lot, and his A1C was 5.6 (which is technically not diabetic).

**Linda Tremblay** was happy about Ed's weight loss. Her grandchildren's school year is winding down.

**Roderick Sipe** was happy that Monday is his anniversary, Saturday is his daughter's birthday, and Sunday is Father's Day.

## **Club Business:**

The winner of the 8<sup>th</sup> Grade Middle School Cohoes Rotary Graduation Award is Bridget Hollner. The winner of the Cohoes Rotary Frank Hines Memorial Scholarship for a graduating high school senior is Hailey Armstrong.

The Cohoes Rotary will begin some in person meetings in July. The board meeting will be Tuesday, July 6<sup>th</sup> at the Century House at 5:45 pm. Wednesday, July 14<sup>th</sup> will be a lunch meeting at LifePath at Cohoes (Cohoes Senior Center) at 12:15 pm. Wednesday, July 21 and Wednesday, July 28 will be Zoom meetings at 7 pm. The installation of new officers and board members will be held at the July 6<sup>th</sup> Cohoes Rotary Board meeting.

## **Program:**

Glory Anne Jones is a life coach who founded a business called Chocolate is Self-Care. Glory Anne started adding chocolate to tea during the pandemic to make herself and her daughter feel better. Then she started encouraging the people she was coaching to make tea and think about themselves and what makes them happy. She started selling her teas online and they sold out. Her tea was given a purpose. Glory Anne wants to be more intentional with her time. She sells her tea at Farmer's Markets. People will tell her stories about what making and drinking tea means to them. She encourages people to slow down and do things for themselves and their families and friends. Glory Anne is now blending her own teas. She has guided meditations and sells her products on her website [www.chocolateisselfcare.com](http://www.chocolateisselfcare.com).

## **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

#### 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 second Wednesday of the month will be a lunch meeting at 12:15 pm at LifePath at Cohoes (formerly Cohoes Senior Center). The third and fourth Wednesdays of the month will be Zoom meetings at 7:00 pm. 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](http://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

Beginning in July 2021, the Cohoes Rotary will resume some in person meetings. The Rotary Board dinner meetings will be held the first Tuesday of each month at the Century House in Latham at 5:45 pm. The second Wednesday of each month will be a lunch meeting at LifePath at Cohoes (Cohoes Senior Center) at 12:15 pm. The third and fourth Wednesdays of the month will be Zoom meetings at 7:00 pm.

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.

