

# Rota-Briefs

Rotary Club of Cohoes - A Subsidiary of Rotary International

August 26, 2020

**Mission of Rotary:** Roderick Sipe

**Song:** Good Old Mountain Dew, Chuck Ries

**Birthday:**

**Anniversary:**

**Visiting Rotarians:**

**Guests:** Marilyn Wheeler, Counseling Care and Services

**Door Prize:** Marshall Barrett

**Powerball:** Dave Havnen tried for \$242 but was unsuccessful.

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

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

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

**Marshall Barrett** was concerned that his golf day tomorrow is going to get rained on. Other than that everyone is good.

**Dave Havnen** was happy that his gym is now open and he can go work out. He hopes that working out will improve his health. Dave thought his latest donation for Polio Plus would make him a Paul Harris +6 but he is still a little short.

**Bob Van Alstine** has been learning how to host Zoom meetings for his Cursillo group for the Albany Roman Catholic Diocese. He finds it harder at his age to learn new software platforms.

**Chuck Ries** was happy to have spent the day gardening. The weather was not too hot.

**Linda Tremblay** is preparing for her knee surgery that has been rescheduled for September 16. While her daughter's family is away on vacation she and Ed are babysitting their puppy, Oliver. He bites everything.

**Ed Tremblay** noted that former Cohoes Rotarian Michele Dragon is leaving Key Bank in Cohoes and being transferred to Key Bank in Saratoga. The good news is that the chair lift was installed in his house today so that it will be available for Linda to use after her surgery. He and Linda are confirmed for their European river cruise in October of 2021.

**Roderick Sipe** was happy to report that both of his youngest children will be teaching. His son and daughter are required to wear three different masks per day. So far his wife Karen has made 50 masks.

## **Club Business:**

The winner of the Cohoes Restaurant raffle was Antonio Smith. Since he lives out of state he donated the gift cards back to Cohoes Rotary to be used by someone in need. The club has decided to donate them to the Cohoes City School District to use for a raffle where the proceeds are dedicated to the Holiday Hope program.

**Program:** Marilyn Wheeler, Founding Director of Counseling Care and Services, gave an update on the services they are able to provide in these challenging times. She appreciates the generosity of the Rotary Club of Cohoes who recently made a donation to Counseling Care. Over 100 million Americans are suffering because of the pandemic and other mental health challenges. There has been a 19% increase in anxiety and depression. Currently Counseling Care is doing their sessions by telephone, working with 75-80 individual clients per week. Even if people have internet access platforms like Zoom violate HIPAA regulations. Unfortunately, the most productive work is done face to face. Clients and professionals are all feeling stressed. It is important that people try to interact with others any way they can. Marilyn was happy to see that Rotary continues to meet by Zoom. The camaraderie is crucial in these times. Family counseling cannot be done by telephone. Counseling Care did receive a PPP loan and another loan to keep working. There is such a need for counseling services in Cohoes that they are looking to hire part time staff. Good things are still happening during a bad time.

**Response:** Roderick Sipe responded on behalf of the club, thanking Marilyn and the Counseling Care staff for their service to individuals in need.

## 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](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

**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.

