



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

October 10, 2018

Invocation: Byron Moak

Song: Don't Fence Me In, Chuck Ries

Birthday:

Anniversary:

Visiting Rotarians:

Guests: Evelyn Smith and Cliff Bird, Abram Lansing School; Wendy Burch, NAMI-NYS

Door Prize: Cliff Bird

Powerball: Ed Tremblay tried for \$190 but was unsuccessful.

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

Good News/Bad News:

Mike Brooks thanked Bob Van Alstine for the ride to the meeting. He was happy that tomorrow is his wife Marie's birthday. He read some words of wisdom.

Byron Moak was happy to have helped the Cohoes Community Center by volunteering at their Spaghetti Dinner fundraiser last Friday. He went with family to Salisbury, Ct. to a fall festival. He was happy that this year he was not at the Appleberry Restaurant on Columbus Day weekend as he has in the past since that was the scene of a horrific accident.

Roderick Sipe was happy for the good weather. In Mike Brooks' honor he told a joke.

Bob Van Alstine was happy for the good weather and happy to be meeting at the Cohoes Senior Center. Marshall Barrett was sad to report that last week he was the victim of someone trying to fraudulently access his bank accounts. He is in the process of changing all of his accounts.

Linda Tremblay was happy that Monday was her son Eric's 43rd birthday and that he was here over the weekend for a visit.

Ed Tremblay was happy for the good weather. He congratulated Cliff Bird on his appointment to the City of Cohoes IDA. Ed was sad that he threw his back out earlier in the week by simply bending over and he has to drive to Cape Cod on Friday. Hopefully his back will be better by then.

Chuck Ries commented that he has trouble these days bending down to tie his shoes. He is concerned about Hurricane Michael that is coming. It looks like a bad storm for Florida again. Chuck was happy that the Buffalo Bills won and the Yankees lost.

Club Business: The District Leadership Institute will be held October 20 at SUNY East. Roderick Sipe and Ed Tremblay will be attending. October 24 will be a Peace Celebration at SUNY East. Two juniors from Cohoes High will attend the Rotary Youth Leadership Academy (RYLA) at Skidmore. October 24 is the Taste of Cohoes fundraiser at the Cohoes Senior Center. October 31 is the Halloween parade and party at the Cohoes Community Center. We need Rotarians to volunteer to help with the party.

Program: Wendy Burch, Executive Director of NAMI-NYS addressed the club. NAMI-NYS offers an array of peer education and support programs to help individuals living with mental illness and their families. The group offers help and a sense of community for parents, caregivers, veterans, health care providers and persons living with mental illness. NAMI provides training, curricula, materials and technical assistance to thousands of volunteer teachers, trainers and facilitators who are committed to bringing these programs into local communities.

Response: Ed Tremblay responded on behalf of the club.



Ed Tremblay and Wendy Burch

Upcoming Meetings

10/17/18- Lunch Meeting, 12:15 pm, The Cohoes Senior Center, Speaker Cohoes Rotarian Roderick Sipe

11/6/18- Dinner Meeting, 5:30 pm, The Century House, Speaker Cohoes Rotarian Scott Landry

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, October 2, at 5:30 pm at the Century House Restaurant (Dinner will be ordered individually off the regular Century House menu)

Rotary Lunch Meeting Wednesday, October 10, at 12:15 pm in the Cohoes Senior Center Board Room

Rotary Lunch Meeting Wednesday, October 17, at 12:15 pm in the Cohoes Senior Center Board Room

Rotary Lunch Meeting Wednesday, October 24, at 12:15 pm in the Cohoes Senior Center Board Room

No Meeting October 31

New Meeting Schedule as of September, 2018

The schedule format is: the first Tuesday of the month, a Board dinner meeting at 5:30 pm at the Century House. All club members are invited to attend; all other meetings will be lunch meetings at 12:15 pm at the Cohoes Senior Center. There will not be a meeting if there is a fifth Wednesday in the month.

Rotary Club Officers

Edward Tremblay – President

Linda Tremblay - Secretary

Michael Brooks - Treasurer

Marshall Barrett – Sergeant At Arms

Tammy Heckenberg - 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: Don't Fence Me In

Wild Cat Kelly, looking mighty sad,
standing at the Sheriff's side,
When that Sheriff said "I'm sending you
to jail,"
And Cat raised his head and cried:

Oh give me land, lots of land under
starry skies above,
Don't fence me in. Let me ride through
the wide open country that I love, don't
fence me in.
Let me be by myself in the evenin'
breeze, and listen to the murmur of the
cottonwood trees,
Send me off forever but I ask you please,
Don't fence me in.

Cohoes Senior Center Menu for Cohoes Rotary

Entrée

Roast Pork with Gravy
Roasted Potatoes
Prince Edward Island Blend Vegetables
Dinner Roll

Dessert

Cupcakes and Ice Cream