



# Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

March 13, 2019

**Invocation:** Byron Moak

**Song:**

**Birthday:**

**Anniversary:**

**Visiting Rotarians:**

**Guests:** Beth Owen, Senior Services of Albany

**Door Prize:** Mike Brooks

**Powerball:** Bob Van Alstine tried for \$290 but was unsuccessful.

**Rotarians Present:** Barrett, Brooks, Cherubino, Mitola, 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 wished his son Mike a Happy Birthday. He read some words of wisdom.

**Byron Moak** was happy to have survived Mike's jokes. He was happy for the good weather. Byron was looking forward to the Friends of St. Patrick dinner.

**Bob Van Alstine** was happy that the remodeling work on his house is done. He can breathe again.

**Marshall Barrett** and his wife Connie are attending the Rotary International Convention in Hamburg, Germany. Connie has been taking German lessons.

**Dave Mitola** was happy for the turnout at the public meeting last Thursday about the Cohoes Community Center. He was happy that his daughter Abby's team won Odyssey of the Mind. Dave paid because Odell Beckham Jr. was traded to the Browns.

**Ed Tremblay** was happy that the Cohoes High School girls' bowling team came in third place in the State. Abby Houser was awarded Best Sportsman. He was happy to have attended the RYLA graduation ceremony. Peggy O'Shea attended as did Bryan Wood, Principal of Cohoes High School.

**Roderick Sipe** told a joke. He was happy that tomorrow is Pi Day. Roderick was happy to have attended the District Membership meeting. There were 14 clubs represented. It was a good meeting.

## **Club Business:**

At the District Membership meeting a letter was distributed to all the clubs. The Niskayuna Rotary is spearheading a program to raise funds to build a girls' bathroom and supply feminine hygiene products for a school in Malawi. The District is asking every club to donate \$200 to raise the \$2,000 needed. Ed Tremblay stated that if the Cohoes club agreed to donate \$100 he would personally donate the other \$100. The club agreed to donate \$100, Ed Tremblay will also donate \$100.

**Program:** Beth Owen from Senior Services of Albany gave a presentation on what people should know about being a caregiver. Caregivers are defined as those who provide unpaid care to an adult or child. Caregiving is the assumption of responsibility for providing care, along with the concern, worry and emotional involvement that entails.

**Response:** Ed Tremblay responded on behalf of the club.



*Beth Owen and Ed Tremblay*

## **Upcoming Meetings**

**3/20/19**-Camie Engel, Senior Services of Albany,  
***Creating a Stronger Safety Net for Victims of Elder Abuse***

**3/27/19**-Kelly Casler, Health Care and Volunteer Coordinator, Senior Services of Albany, ***Medicare Basics***

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

**Rotary Lunch Meeting** Wednesday, March 13, at 12:15 pm in the Cohoes Senior Center Board Room\*District Governor Visit

**Rotary Lunch Meeting** Wednesday, March 20, at 12:15 pm in the Cohoes Senior Center Board Room

**Rotary Lunch Meeting** Wednesday, March 27, at 12:15 pm in the Cohoes Senior Center Board Room

**\*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](http://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 Your Boat**

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

### **Cohoes Senior Center Menu for Cohoes Rotary**

#### ***Entrée***

Chicken Parm w/cheese sauce  
Penne Pasta  
Side Salad w/dressing  
Wheat Bread

#### ***Dessert***

Mandarin Oranges