



Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

March 20, 2019

Invocation: Byron Moak

Song: Red, Red Robin, Ed Tremblay

Birthday: Beth Slezak and Melissa Cherubino

Anniversary:

Visiting Rotarians:

Guests: Cami Engel, Senior Services of Albany

Door Prize: Marshall Barrett

Powerball: Mike Brooks tried for \$294 but was unsuccessful.

Rotarians Present: Barrett, Brooks, Moak, O'Shea, Ries, Sipe, Tremblay, E., Tremblay, L.

Good News/Bad News:

Mike Brooks thanked Ed Tremblay for the ride home from the meeting. He read some words of wisdom.

Byron Moak was happy to have survived Mike's jokes. He was happy that spring has arrived. He had a good time at the Friends of St. Patrick Dinner and at dinner at the Red Lion with his sister and brother-in-law.

Chuck Ries looked out his window from his home on the river and realized that very quickly all the ice was gone. The merganser ducks have already arrived on the river.

Roderick Sipe was not to be outdone by Mike Brooks. He told a joke. He was happy that it was the first day of major league baseball, although it was in Japan. He was happy that his mother-in-law's house is cleaned out and on the market for sale. He had a great time Thursday night volunteering at the St. Patrick's Day dinner at the Cohoes Senior Center.

Ed Tremblay was happy that the Senior Center had a successful St. Patrick's Day dinner. They served 130 meals. Byron Moak's tie was a big hit. Last night several Rotarians assisted at the Century House with the Coat Check for a Cause program. The club earned \$45 in tips.

Marshall Barrett was happy that he and Roderick Sipe were able to use their past experience as bus-boys to help out at the St. Patrick's Day dinner. Marshall had also been a pool boy.

Club Business: The club will hold an Easter Basket Raffle. The winner of the raffle will receive an Easter Basket and \$50 in Lottery scratch off tickets. Tickets will cost \$5 each and will be distributed next week.

Program: Cami Engel from Senior Services of Albany spoke about how to create a stronger safety net for victims of elder abuse. Elder abuse can include anything from physical, emotional and sexual abuse, to caregiver neglect and financial exploitation. Only one out of every twenty four incidents of elder abuse is typically reported to authorities. Fourteen per cent of all adults over 60 years old have been abused. Ninety per cent of elder abuse happens at the hands of family members.

Response: Ed Tremblay responded on behalf of the club.



Ed Tremblay and Cami Engel

Upcoming Meetings

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

4/2/19-Cohoes Rotary Board Meeting, 5:30 pm, The Century House, Latham, NY

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

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: Red, Red Robin

When the Red, Red Robin comes Bob-
Bob Bobbin' along, along,
When the Red, Red Robin comes Bob-
Bob Bobbin' along, along,
There'll be no more sobbin' when he
Starts throbbin' his old sweet song.

Wake up, wake up you sleepy head,
Get up, get up get out of your bed,
Cheer up, cheer up the sun is red,
Live, love laugh and be happy.

Cohoes Senior Center Menu for Cohoes Rotary

Entrée

Honey Mustard Chicken over Rice
Seasoned Zucchini
Dinner Roll

Dessert

Fruit Cocktail