



# Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

September 26, 2018

**Invocation:** Byron Moak

**Song:** Rotary Fight Song, Chuck Ries

**Birthday:**

**Anniversary:**

**Visiting Rotarians:**

**Guests:** Maria Jones, Senior Services of Albany; Jennifer Doesburg, Counseling Care and Services

**Door Prize:** Jennifer Doesburg

**Powerball:** Jennifer Doesburg tried for \$187 but was unsuccessful.

**Rotarians Present:** Barrett, Brooks, Heslin, Mitola, Moak, Ries, 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 his granddaughter Sophia turns 8 years old tomorrow. He read some words of wisdom.

**Dave Mitola** stated that Mike Brooks is a hard act to follow. Dave was happy that he and his wife attended Open House at their children's school. He had some very sad news.

Curtis Hovey resigned from the Cohoes Community Center. John Doemel will be helping out during the transition period at the Center.

**Stephanie Heslin** paid for missed meetings. She has had a lot of changes in her life. Stephanie became a grandmother. Her daughter, son-in-law, and grandchild moved out of her house. Her son is in his senior year in college. He recently lost a childhood friend due to illness. Stephanie and her husband are both changing jobs.

**Bob Van Alstine** was sad to report that he has been sick for a week. He was happy that his son Matthew left for Mexico for a gig with his band.

**Marshall Barrett** was sad to report that his son-in-law had a car accident on the way to work. He was able to get the passenger out of the other vehicle and then the car blew up. His son-in-law was ticketed for failure to yield.

**Byron Moak** was happy to be meeting at the Cohoes Senior Center. He was glad to have survived Mike's jokes. He was happy to have attended a Masonic Conference in Syracuse. Byron was very sorry to hear that Curtis Hovey left the Community Center.

**Linda and Ed Tremblay and Chuck Ries** were sorry to hear that Curtis Hovey left the Community Center. The entire membership wishes Curtis well.

**Ed Tremblay** was happy to hear that Stephanie Heslin intends to stay in the Cohoes Rotary even though she is changing jobs. He was happy that he and Linda had a great dinner at Max 410 with friends from high school who were in town visiting.

**Club Business:** Maria Jones discussed the Taste of Cohoes event to benefit the Cohoes Senior Center. Councilmember Steve Napier is the event chair. There will be food tasting provided by local Cohoes restaurants, craft beer tasting, live music provided by Double D, and a silent auction. The Cohoes Community Center is holding a spaghetti dinner on October 5. They are looking for volunteers to help work the event. The District Leadership Institute will be held October 20 at SUNY East. 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. Ed Tremblay thanked everyone who supported the fundraiser he and Linda had in their yard to benefit the Cohoes Senior Center. Capital Region Rotary is working with the Land Bank to create Tribute Park in Schenectady.

**Program:** Jennifer Doesburg gave an update on Counseling Care and Services in Cohoes. Counseling Care and Services has been in existence for 35 years. They offer individual and family counseling. Currently they conduct about 200 counseling sessions a month. Now that they accept CDPHP and Beacon Health insurance they have been getting many more referrals. They have seen an increase in the need for addiction counseling, anxiety disorder counseling in children, and trauma counseling. They have a grant from the Office of Mental Health that enables them to offer services to people without insurance.

**Response:** Ed Tremblay responded on behalf of the club and gave Counseling Care a donation from the club.



*Ed Tremblay and Jennifer Doesburg*

## Upcoming Meetings

**10/10/18-** Lunch Meeting, 12:15 pm, The Cohoes Senior Center, Speaker Wendy Burch, NAMI NY.

**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](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: Rotary Fight Song

We're all good Rotarians,  
Each one the other's friend,  
And we'll be good Rotarians until this  
world shall end.

So while we're together,  
Let's give a rousing cheer for  
R-O-T-A-R-Y the bond we hold so dear.

Let's give a hip hip hooray for dear old  
Rotary, Let's give a hip hip hooray and  
shout it to the sky.

We'll make the rafters ring when all the  
Rotarians sing, about the Rotary wheel.  
It's the grandest thing.

### Cohoes Senior Center Menu for Cohoes Rotary

#### *Entrée*

Cheese Burger on hamburger bun

Roasted Potatoes

#### *Dessert*

Pears