

Rota-Briefs

Rotary Club of Cohoes - A Subsidiary of Rotary International

October 27, 2021

Mission of Rotary/Invocation: Roderick Sipe

Birthday:

Anniversary:

Visiting Rotarians:

Guests: Beth Smith Boivin, Jon Weaver, Nicolle Beaury, The Alzheimer's Association

Door Prize: Linda Tremblay

Powerball: Bill Sage tried for \$327 but was unsuccessful.

Rotarians Present: Brooks, Havnen, Moak, Parker, Ries, Sage, Sipe, Tremblay, E., Tremblay, L.

Good News/Bad News:

Mike Brooks read some words of wisdom.

Byron Moak reported that the red iris in his yard is in bloom, and he has six others ready to bloom. Byron went to Castleton and ate at the Birdseye Diner. He went to Hagaman to a model car and train exhibit. Byron got an injection in his hip that is helping with the pain. He attended a retired teacher's luncheon.

Bill Sage had a good week last week. He attended two dinners at Franklin Terrace and attended the car show in Cohoes on the weekend.

Dave Havnen was happy to have gotten his Covid booster shot. The bad news is that he thinks his short term memory is getting worse.

Chuck Ries was happy to finally be back on Zoom. He had forgotten how bad Mike's jokes are. Chuck's wife Deborah has been bragging about his cooking skills. Chuck is getting excited about his new dishwasher. The bad news is that the change in weather is causing the river to be very high around his house.

Tammy Parker had four teeth pulled. She went to OrthoNY and was diagnosed with a pinched nerve in her neck and spinal stenosis. She is getting pain relief from prednisone. The good news is that she got her Covid booster shot.

Beth Boivin wished Nicolle Beaury a happy birthday this Friday. She will be going to Utah to celebrate.

Nicolle Beaury is excited to see her sister in law's baby.

Jon Weaver carved a beautiful pumpkin, but the ants discovered it.

Ed Tremblay was sad to report that the rectory at St. John's Church flooded again. The good news is that he and Linda leave for Cape Cod on Friday.

Linda Tremblay was happy to report that both of her grandchildren got a part in the school play. She is looking forward to the trip to Cape Cod.

Roderick Sipe was happy to report that he got the name of someone who came in a matter of days and cut down a tree in his yard.

Club Business:

The City of Cohoes Halloween Party will be held Friday, October 29. The Cohoes Rotary and LifePath will partner with the City of Cohoes sponsoring a party for the children at LifePath at Cohoes Senior Center. Students from The Connect Center for Youth will help in the kitchen cooking hot dogs. Students from the Cohoes Middle School National Junior Honor Society will assist with staffing the games. Several churches in Cohoes will do Trunk or Treat. They will have cars set up along the parade route handing out candy from the trunks of their cars. Phil Sawyer will provide DJ services inside LifePath at Cohoes Senior Center. If you are available to work, please let Roderick Sipe or Linda Tremblay know. Volunteers need to be at LifePath by 5:00 pm. The Rotary Zone Summit for our Zone will be held November 2-4. November 6 will be RLI online training for only \$25. The District Foundation Dinner will be held November 18. District Governor Bruce McConnelee will be visiting the Cohoes club on November 10. The November Board meeting has been moved to November 9. There will not be a meeting the first week of November.

Program:

Beth Boivin thanked the Cohoes Rotary for their generous donation to the Alzheimer's Association. The Alzheimer's Association has a two part mission: research and care and support for those families affected by Alzheimer's disease. The Alzheimer's Association is conducting 730 research projects worldwide. They secured \$3.4 billion from NIH this year. The Alzheimer's Association hosts international conferences on Alzheimer's disease and are editors of 3 leading journals on the subject. Alzheimer's has three stages (mild, moderate, and severe) and the disease typically runs about 12 years. There are four main areas of research. The first is to learn how and why the disease emerges (basic science). Second is to find better diagnostic tools for Alzheimer's. Third is advancing treatments (ie medications). Fourth is risk reduction and prevention strategies.

Jon Weaver discussed the programs and services for families dealing with Alzheimer's. The Alzheimer's Association offers virtual and in person education programs. The caregivers support group gives people the opportunity to share their experiences. The Alzheimer's Association offers information and referrals for care consultations. There is a 24/7 helpline for families and respite support.

Response: Roderick Sipe responded on behalf of the club.

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

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 second Wednesday of the month will be a lunch meeting at 12:15 pm at LifePath at Cohoes Senior Center. The third and fourth Wednesdays of the month will be Zoom meetings at 7:00 pm. 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
Bruce McConnelee - District Governor

Cohoes Rotary Web Site -
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

11/9/21-Cohoes Rotary Board Meeting, 5:45 pm, The Century House, Latham (Change in Date)

11/10/21-Cohoes Rotary Meeting, 12:15 pm, LifePath at Cohoes Senior Center, Guest speaker District Governor Bruce McConnelee

11/17/21-Cohoes Rotary Meeting, 7:00 pm, Zoom, Guest speakers PDG Terry Phillips and PDG Fred Daniels

11/24/21-Cohoes Rotary Meeting, 7:00 pm, Zoom

RI President Shekhar Mehta is urging members to become more involved in service projects, saying that caring for and serving others is the best way to live because it changes not only other people's lives, but also our own.



SERVE TO CHANGE LIVES