

# Rota-Briefs

Rotary Club of Cohoes - A Subsidiary of Rotary International

November 24, 2021

**Mission of Rotary/Invocation:** Roderick Sipe  
**Birthday:**

**Anniversary:**

**Visiting Rotarians:**

**Guests:**

**Door Prize:** Roderick Sipe

**Powerball:** Ed Tremblay tried for \$351 but was unsuccessful.

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

## Good News/Bad News:

**Mike Brooks** read some words of wisdom.

**Byron Moak** reported that his sister's surgery ended with good results. Tomorrow, Byron, his sister, and brother in law have reservations at the Desmond for Thanksgiving dinner and he will be going to their house later. Byron will be bringing a mincemeat pie from De Voe's.

**Bob Van Alstine** has not been doing his two mile walk due to the cold weather. He is happy to report that his wife Karen is making great progress. It has been three weeks since her knee replacement surgery.

**Dave Havnen** was happy that he has most of his outdoor Christmas decorations up. However, he is sore now.

**Chuck Ries** was happy to know how many friends he has out there. He thanked everyone who reached out to him to offer condolences for his wife Debby's passing. There were many Rotarians at her celebration of life at the Century House. Chuck was able to stand on his feet for the whole event.

**Ed Tremblay** will be participating in the City of Cohoes Turkey Trot tomorrow morning at 9:30 am.

**Linda Tremblay** will be cooking Thanksgiving dinner, then packing for their Disney trip.

**Roderick Sipe** and his wife followed the Whole 30 diet plan and finished their 30 days on Tuesday. Roderick lost 8 pounds. He was happy that three out of his four children are in town for Thanksgiving. His daughter who lives in San Francisco will not be coming. Roderick's

wife Karen made three pies and an apple square today. She used the excess dough to make a jelly roll. The jelly roll was his dessert tonight.

## Club Business:

Rotary ornaments and mugs are available for sale. See Linda or Ed Tremblay if you need any. They are also on sale at Marra's Pharmacy and LePage's market. Holiday Hope gifts can be turned in at the December 7 Board meeting at the Century House or delivered to Linda and Ed Tremblay's home on December 5 or 6. The Bell Ringing for the Salvation Army will be scheduled after Thanksgiving. The Cohoes Rotary Holiday party will be Thursday, December 16 at the Century House in Latham.

The winner of the Thanksgiving 50/50 was Mike Brooks. He received \$325. Mike did not want the pumpkin pie, so Chuck Ries offered to take the pie.



*Photo credit: Getty*

## 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](http://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

12/7/21-Cohoes Rotary Board Meeting, 5:45 pm, The Century House, Latham  
12/16/21-Cohoes Rotary Holiday Party, 5:45 pm, The Century House, Latham  
12/22/21-Cohoes Rotary Meeting, 7:00 pm, Zoom  
12/29/21- 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**