



Rotary Club of Cohoes

PO Box 81
Cohoes, NY 12047
<https://rotaryclubofcohoes.org>
District 7190

Cohoes Rotary Officers and Directors

President: Edward Tremblay
President Elect: Edward Tremblay
Past President: Tammy Parker
Secretary: Linda Tremblay
Treasurer: Michael Brooks
Director: Peggy O'Shea
Director: Charles Ries
Director: William Sage
Director: Byron Moak
Director: David Havnen
Director: Byron Moak

Rotary International President

R. Gordon R. McNally

District Governor District 7190

Whitney Pangburn

Cohoes Rotary Meeting Schedule

7/12/23-Lunch Meeting, LifePath at
Cohoes Senior Center, 12:00 pm
7/19/23- Lunch Meeting, LifePath at
Cohoes Senior Center, 12:00 pm,
Guest speaker: DG Whitney Pangburn
7/26/23-Barbecue at Tremblay
residence and Installation of officers,
5:45 pm

8/1/23-(Tuesday) Board Meeting,
Century House, Latham, 5:45 pm
8/9/23- Lunch Meeting, LifePath at
Cohoes Senior Center, 12:00 pm,
Guest speakers: representatives from
NAMI NYS
8/16/23- Lunch Meeting, LifePath at
Cohoes Senior Center, 12:00 pm
8/23/23- Zoom meeting, 7:00 pm
8/30/23-No meeting

The 4-Way Test of the things we think,
say and do:

- Is it the Truth?
- Is it Fair to all concerned?
- Will it build Goodwill and Better Friendships?
- Will it be Beneficial to all concerned?

July 14, 2023

Mission of Rotary

The mission of Rotary International is to provide service to others, promote Integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional and community leaders.

Door Prize

Powerball

The Powerball card raffle is worth \$157. The next drawing will be Wednesday, July 19.

Good News/Bad News

Mike Brooks read some words of wisdom.

Bob Van Alstine has not been walking due to the extreme heat, which aggravates his asthma. Bob is working on his new book about the early years of the Van Alstine family.

Byron Moak just returned from Charlotte, North Carolina, where he attended a Shriner's convention. He was happy to have driven home before the rain hit the area. Byron had a blood test to evaluate for lyme disease.

Ken Rose said that his only bad news was all the rain we have been having, and the good news is that it stopped.

Bill Sage had a tooth pulled and is undergoing preparation for a dental implant. The bad news is the price of the implant.

Linda Tremblay was starting to feel better after the car accident, but the bad news is that she broke a glass vase and ended up with four stitches in her right hand.

Ed Tremblay distributed a flyer about the drive through BBQ Chicken Dinner fundraiser to benefit the programs and services at the Cohoes Senior Center. The event is Tuesday, July 25 from 4:30 – 6:30 pm. Cost is \$15. Reservations can be made by calling 518-235-2420 or emailing cohoes@lifepathny.org.

Club Business

Given that there is already a Cohoes Rotary Board meeting scheduled for Tuesday, August 1 at the Century House, there will not be a Board meeting at the July 26 barbecue at the Tremblay residence. However, the installation of new officers and directors will take place on July 26.

Ed Tremblay talked about the new Rotary International President R. Gordon R. McNally's theme for 2023-24: *Create Hope in the World*. His goal is to focus on mental health, which will restore hope and help the world heal from destructive conflicts. This, in turn, will help us achieve lasting change for ourselves.