



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

9/5/23-(Tuesday) Board Meeting,
Century House, Latham, 5:45 pm
9/13/23-Lunch Meeting, LifePath at
Cohoes Senior Center, 12:00 pm, Guest
Speaker Marisa Multari, Gift of Life
9/20/23-No meeting
9/27/23-Lunch Meeting, LifePath at
Cohoes Senior Center, 12:00 pm, Guest
speaker: Mary Beth Honsinger, NAMI NY
10/3/23-(Tuesday) Board Meeting,
Century House, Latham, 5:45 pm
10/11/23-Lunch Meeting, LifePath at
Cohoes Senior Center, 12:00 pm, Guest
Speaker Christiann Gibeau, Cohoes
Public Library
10/18/23-No meeting
10/25/23-Lunch Meeting, LifePath at
Cohoes Senior Center, 12:00 pm, Guest
speaker: Cliff Bird, Principal, Abram
Lansing School
10/27/23-Trunk or Treat, 6:00 pm,
Remsen Street

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?

September 27, 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.

Birthdays

Anniversaries: Tammy Parker

Visiting Rotarians: ADG Marisa Multari and Albany Rotarians Dave Phillips, George Hauenstein, Rich Sucker, Tom Buck, and Prentiss Carnell

Guests: Mary Beth Honsinger, Affiliate President, NAMI Capital Region NY

Door Prize:

Powerball: .

Good News/Bad News

Mike Brooks was sorry that Brooks Robinson passed away. Mike's granddaughter Sophia turned 13. Mike read some words of wisdom.

Byron Moak thought Ed and Linda Tremblay's fundraiser for LifePath on September 20 went well. Byron is having problems with his right hip. He hopes that it does not need to be replaced.

Dave Havnen is happy that his sister is visiting. Dave is scheduled to get his eye injection this afternoon.

Bill Sage was sorry to report that someone broke into his car and stole his wallet. He has been replacing credit cards and his driver's license.

Mary Beth Honsinger moved into an apartment in Watervliet.

Linda Tremblay was happy for the support she and Ed received for their LifePath fundraiser.

Ed Tremblay reported that he and Linda raised \$5,300 for LifePath at the Cohoes Senior Center.

Marisa Multari was happy to see the Cohoes and Albany Clubs collaborating for a joint meeting. The Rotary Foundation Dinner will be held November 16 at the Edison Downtown. The District Conference will be held April 26-28, 2024, at the Binghamton Doubletree.

Program

Mary Beth Honsinger spoke about the National Alliance on Mental Illness (NAMI). NAMI Capital Region serves Albany, Rensselaer, Greene, and Saratoga Counties. NAMI is the nation's largest grassroots organization for mental health. They provide free advocacy, education, support, and public awareness. Their vision is that all people affected by mental illness live healthy, fulfilling lives supported by a community that cares. NAMI uses a peer education approach. Programs are created and led by individuals with lived experience. Support groups include recovery support, family support, peer to peer support, and family to family support. Homefront is an educational program for families, caregivers, and friends of military service members and veterans with mental health conditions.