



# Rota-Briefs



Rotary Club of Cohoes - A Subsidiary of Rotary International

October 16, 2019

**Invocation:** Dave Havnen

**Song:**

**Birthday:** Roderick Sipe

**Anniversary:**

**Visiting Rotarians:**

**Guests:** Marilyn Wheeler, Counseling Care and Services

**Door Prize:** Marilyn Wheeler

**Powerball:** Dave Mitola tried for \$46 but was unsuccessful.

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

## Good News/Bad News:

**Mike Brooks** was happy to be at the meeting. He read some words of wisdom.

**Dave Havnen** was happy to be at the meeting.

**Byron Moak** was happy that he will be taking a trip to Vermont next week. Today was the 50<sup>th</sup> Anniversary of the 1969 Amazing Mets World Series win.

**Roderick Sipe** is very happy to be going to Bangladesh for wedding celebrations for his daughter and son-in-law. Roderick sent out a copy of the "elevator speeches" he received from members of the club so everyone could see what others said and perhaps borrow from them for their own use. He is happy to announce that at the end of his Whole 30 program Roderick lost 12 pounds.

**Ed Tremblay** gave a presentation at the Neighborhood Watch meeting explaining the services and management agreement with LifePath (the Senior Center). The presentation went well. Ed and Linda are looking forward to their upcoming trip to Cape Cod.

## Club Business:

The Rotary mugs and ornaments are available for sale. The club will be co-sponsoring the Halloween party at LifePath Cohoes on Halloween night. Parade starts at 6:00 pm in front of the Cohoes Knights of Columbus and ends with a party for children at LifePath Cohoes. Volunteers are needed to cook hot dogs and work games. The club will be selling frozen apple pies for the month of November. Updated flyers and order sheets have been distributed.

**Program:** Marilyn Wheeler, Founding Director of Counseling Care and Services, gave a history of how the organization was started and the issues that Counseling Care is currently addressing with consumers. She discussed the triggers of trauma.

**Response:** Linda Tremblay responded on behalf of the club.



Marilyn Wheeler and Linda Tremblay

## Upcoming Meetings & Events

**11/5/19-Rotary Board of Directors dinner meeting**, 5:45 pm, The Century House, Latham

**11/13/19-Rotary lunch meeting**, 12:15 pm, LifePath Living Center at Cohoes (Cohoes Senior Center), **District Governor Larry Jones club visit**

**11/20/19-Rotary lunch meeting**, 12:15 pm, LifePath Living Center at Cohoes (Cohoes Senior Center), Speaker TBD

**11/26/19-Rotary dinner meeting**, 5:45 pm, The Century House, Latham

**12/3/19-Rotary Board of Directors dinner meeting**, 5:45 pm, The Century House, Latham

**12/12/19-(Thursday) Cohoes Rotary Christmas Party**, The Century House, Latham

**12/18/19-Rotary lunch meeting**, 12:15 pm, LifePath Living Center at Cohoes (Cohoes Senior Center), Speaker TBD

**12/24 and 12/31 No Meeting**

## 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, November 5, at 5:45 pm at the Century House Restaurant (Dinner will be ordered individually off the regular Century House menu)

**Rotary Lunch Meeting** Wednesday, November 13, at 12:15 pm LifePath Living Center at Cohoes (Cohoes Senior Center)

**Rotary Lunch Meeting** Wednesday, November 20, at 12:15 pm LifePath Living Center at Cohoes (Cohoes Senior Center)

**Rotary Dinner Meeting** Tuesday, November 26, at 5:45 pm at the Century House Restaurant (Dinner will be ordered individually off the regular Century House menu)

#### New 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 fourth Tuesday of the month, Rotary dinner meeting at 5:45 pm at the Century House. The second and third Wednesday of the month will be a lunch meeting at 12:15 pm at LifePath Living Center at Cohoes (Cohoes Senior Center). There will not be a meeting if there is a fifth Wednesday in the month.

### Rotary Club Officers

**Linda Tremblay** – President

**Edward Tremblay** - Secretary

**Michael Brooks** - Treasurer

**Larry Jones** - 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 Linda 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: Good Old Mountain Dew

They call it that good old mountain dew,  
And them that refuse it are few,  
If you'll shut up your mug,  
Then I'll fill up your jug,  
With that Good Old Mountain Dew.

My Uncle Bill has a still on the hill,  
Where he runs off a gallon or two,  
And the buzzards in the sky,  
Get so drunk they can't fly,  
From smelling that good old mountain dew.

### LifePath Cohoes Menu for Cohoes Rotary

#### *Entrée*

Salisbury Steak w/mushroom gravy

Mashed Potatoes

Parsley Carrots

Whole Wheat Bread

#### *Dessert*

Cherry Crisp