



Rota-Briefs

Rotary Club of Cohoes - A Subsidiary of Rotary International

February 16, 2022

Mission of Rotary/Invocation: Roderick Sipe

Birthday:

Anniversary:

Visiting Rotarians:

Guests: Peter Koniuto, The Food Pantries of the Capital District; Bryan Cranna and TJ Grasso, Albany Community Action Partnership (ACAP)

Door Prize: Bryan Cranna

Powerball: Chuck Ries tried for \$403 but was unsuccessful.

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

Good News/Bad News:

Mike Brooks read some words of wisdom.

Bob Van Alstine was happy that his children had a good sibling's weekend in the Adirondacks. All three children were at Bob's house on Sunday.

Byron Moak was sad that he had to go to a wake. His cousin passed away. The wind was strong today.

Chuck Ries was happy that his 1994 Troy Bilt snow blower was able to be repaired. He has it back and is ready for the next snowstorm. Unfortunately, Chuck's son David had a pipe break in his home in Lake George. He has been fighting with the insurance company, but he got his claim paid.

Peter Koniuto has two children ages 7 and 12. They are entering their third quarter of the school year. His daughter is starting to read a lot.

Bryan Cranna's 18 year old son had an accident, but he has been cleared to fly again. Bryan was happy to have spent Valentine's Day in Lake George with his wife.

TJ Grasso was happy that his goddaughter was visiting.

Ed Tremblay spent Valentine's Day with his sister at St. Peter's hospital. Her surgery went well and no cancer was found. Ed was on a conference call yesterday with TJ Grasso. It was nice to see his face tonight on Zoom.

Linda Tremblay was happy that her daughter and granddaughter baked a gluten free heart shaped cake for Valentine's Day. It was delicious.

Roderick Sipe got a call from an Edward Jones office in Green Bay, Wisconsin. Someone's 14 year old son had been training for luge in Lake Placid and was on his way home. Because of his young age an adult was needed to accompany him to the gate at Albany Airport so he could fly home. Roderick met him at the airport and got him on his flight. If he is successful with his training, this boy will be on the 2026 US Olympic luge team.

Club Business:

The Rotary District Conference will be held April 29-May 1, 2022, at the Great Escape Lodge in Lake George. There will be a District Membership meeting on Zoom February 17. Cohoes Rotary Virtual Trivia Night will be held Wednesday, March 30, 2022, at 7:00 pm.

Program:

Peter Koniuto, Director of Development and Communications for The Food Pantries for the Capital District, spoke about the complexities of the organization. They are a coalition of food pantries in Saratoga, Schenectady, Albany, and Rensselaer Counties that operates similarly to a membership organization. There are no dues. Members get money to be part of the coalition. They collaborate on addressing food insecurities and poverty. Member food pantries can purchase food at lower costs. Often food is delivered to the individual food pantries. One of the goals is to mitigate food waste. Their mission is to have a hunger free Capital District. In 2020, 66,000 people were served through the coalition that gave out 3 million meals and 3.7 million pounds of food and necessities.

Bryan Cranna and TJ Grasso work at Albany Community Action Partnership (ACAP). Bryan works at 333 Sheridan Avenue in Albany and TJ works at 145 Remsen Street in Cohoes. There are 14 ACAP programs in Albany County and 12 Head Start programs. They provide food and personal hygiene items to families. Their programs include preparing people to enter the workforce by providing professional clothing for interviews, collaborating with professional schools for training, and offering other employment services.

TJ supervises the outreach center in Cohoes. He does a comprehensive assessment of the needs of the individual or family upon intake. Intake takes place Monday – Wednesday. On Thursdays, people are evaluated using a software program to determine if they need to be enrolled in community services such as SNAP, WICK, or HEAP. Then referrals are generated to help the individual. The program is more than just a food pantry, it is all about stabilizing people's lives.

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:
Note: All meetings are Zoom meetings until further notice.

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

2/2/22-Cohoes Rotary Board Meeting, 7:00 pm, Zoom
2/9/22-Cohoes Rotary Meeting, 7:00 pm, Zoom
2/16/22-Cohoes Rotary Meeting, 7:00 pm, Zoom
2/23/22- 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