

## Rotary Club of Cohoes

PO Box 81  
Cohoes, NY 12047  
<https://rotaryclubofcohoes.org>  
CNY District 7180

### Cohoes Rotary Officers and Directors

President: Edward Tremblay  
Past President: Edward Tremblay  
Secretary: Linda Tremblay  
Treasurer: Michael Brooks  
Director: Peggy O'Shea  
Director: Charles Ries  
Director: William Sage  
Director: Byron Moak  
Director: David Havnen  
Director: Robert Van Alstine

### Rotary International President

Stephanie Urchick  
**CNY President 2024-25**  
Lizzy Martin

### Cohoes Rotary Meeting Schedule

9/3/24-(Tuesday) Board Meeting,  
Century House, Latham, 5:45 pm  
9/11/24- Lunch Meeting, LifePath at  
Cohoes Senior Center, 12:00 pm, guest  
speaker, Gary March, LifePath  
9/18/24-No Meeting, LifePath fundraiser  
at the Tremblay residence at 5:00 pm  
9/25/24-No Meeting  
10/1/24-(Tuesday) Board Meeting,  
Century House, Latham, 5:45 pm  
10/9/24--Lunch Meeting, LifePath at  
Cohoes Senior Center, Guest Speaker  
Marisa Multari  
10/16/24-No Meeting  
10/23/24- Lunch Meeting, LifePath at  
Cohoes Senior Center, 12:00 pm  
10/30/24-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?

September 11, 2024

### 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:** Bill Sage, Linda Tremblay, Dave Havnen

**Anniversaries:** Bill Sage, Raychel Marcil

**Visiting Rotarians:**

**Guests:**

**Door Prize:** Mike Brooks

**Powerball:** Raychel Marcil tried for \$128 but was unsuccessful.

### Good News/Bad News

**Mike Brooks** remember the tragedy on 9/11. Mike read some words of wisdom.

**Raychel Marcil** was happy for a smooth opening of school for the year. She thanked Cohoes Rotary for their donation of school supplies to the district. Raychel's two children are thriving in school. Raychel thanked everyone for the anniversary wishes.

**Byron Moak** remembered 9/11 as the most difficult day he had teaching school. The Lansingburgh Rotary met that night. One of Byron's colleagues suffered from long term medical issues from having been at ground zero and eventually died from his exposure to the toxins. September 11 is the anniversary of the battle of Plattsburgh that ended the final British invasion of the northern states during the war of 1812. Byron's neighbor was hired as an extra for the Gilded Age.

**Linda Tremblay** thanked everyone for the birthday wishes. She is looking forward to the LifePath fundraiser at her home next week.

**Dave Havnen** thanked everyone for the birthday wishes. His new Dr. Scholl's shoes were delivered and are extremely comfortable. Dave has a doctor's appointment tomorrow.

**Ken Rose** was happy to have had a good summer.

**Bill Sage** was happy that the sun was shining. One of Bill's grandsons is a TV newscaster, and the other is attending Alabama State. He thanked everyone for the birthday and anniversary wishes. Bill was on the top of the DEC building on 9/11. A plane was flying low and close to the building. It turned out to be the plane that hit the second World Trade Center Tower.

**Gary March's** son and daughter both auditioned for the Nutcracker at Proctor's and both were accepted. Gary is enjoying the summer.

**Ed Tremblay** won a wedding cake from Coccadotts Cake Shop at the LifePath Travers Soiree silent auction. He and Linda will be using it for their 50<sup>th</sup> anniversary cake on January 4, 2025.

## Rotary Club of Cohoes

PO Box 81  
Cohoes, NY 12047  
<https://rotaryclubofcohoes.org>  
CNY District 7180

### Cohoes Rotary Officers and Directors

President: Edward Tremblay  
Past President: Edward Tremblay  
Secretary: Linda Tremblay  
Treasurer: Michael Brooks  
Director: Peggy O'Shea  
Director: Charles Ries  
Director: William Sage  
Director: Byron Moak  
Director: David Havnen  
Director: Robert Van Alstine

### Rotary International President

Stephanie Urchick  
**CNY President 2024-25**  
Lizzy Martin

### Cohoes Rotary Meeting Schedule

9/3/24-(Tuesday) Board Meeting,  
Century House, Latham, 5:45 pm  
9/11/24- Lunch Meeting, LifePath at  
Cohoes Senior Center, 12:00 pm,  
guest speaker, Gary March, LifePath  
9/18/24-No Meeting, LifePath  
fundraiser at the Tremblay residence  
at 5:00 pm  
9/25/24-No Meeting  
10/1/24-(Tuesday) Board Meeting,  
Century House, Latham, 5:45 pm  
10/9/24--Lunch Meeting, LifePath at  
Cohoes Senior Center, Guest Speaker  
Marisa Multari  
10/16/24-No Meeting  
10/23/24- Lunch Meeting, LifePath at  
Cohoes Senior Center, 12:00 pm  
10/30/24-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?

September 11, 2024, Page 2

### Club Business:

Tomorrow is the picnic at LifePath at Cohoes Senior Center. Several Cohoes Rotarians will be volunteering at the event. The annual LifePath fundraiser hosted by Linda and Ed Tremblay will be at the Tremblay home on September 18. All Rotarians are invited to attend. Cohoes Rotary will be participating in the City of Cohoes Halloween Party and Parade on Friday, October 25, providing and serving hot dogs and water at the event. Coats for the Community will be held November 1 & 2. If you have any coats to donate, bring them to LifePath at the Cohoes Senior Center. Cohoes Rotary will be collecting holiday items to be donated to the Holiday Hope program held in December.

### Program

Gary March, Executive Director of LifePath and new Cohoes Rotary member, introduced himself to the club. Gary was born in the Capital District. He has been married to his wife Sarah for 14 years. They have two young children. Gary is also President of the West Glensville Fire Department. He is an avid golfer, and he loves the beach.

Gary started as Executive Director of LifePath on January 2, 2024. His previous professional experience was in long term care. LifePath has been around for 72 years. The organization changed its name to LifePath in 2018. LifePath delivers 400-500 meals a day to seniors in Albany County through its Meals on Wheels program. LifePath offers congregate meals at 9 sites, and soon there will be a 10<sup>th</sup> site, where participants are able to socialize and get a nutritious meal. The organization operates 3 Senior Centers located in Cohoes, Watervliet, and Albany, offering programs and Adult Day Care. Gary is excited about where LifePath stands financially. The organization received a \$250,000 ARPA grant. LifePath holds 3 major fundraising events, The Third Age Awards, The Travers Soiree, and the Senior Expo. This year's Travers Soiree was the most successful since before Covid. Gary feels positive about LifePath's future.



*Ed Tremblay and Gary March*