

# CORTLAND BREAKFAST ROTARY NEWS

*Together We Serve, Together We Make a Difference*

✳️ CORTLANDBREAKFASTROTARY.ORG

✳️ EDITED BY SOPHIE WELBURN



**President Mark Roberts**

**Front Desk:**

Glenn Reisweber

Mike Shafer

**Thought for the Day:**

Conrad Janke

**Raffle Winner:** Kim Cameron

**Attendance: 24**  
**Zoom: 1**  
**Guests:**  
 Melissa Simmons  
 Michael Ragsdale  
 Rosie Taravella  
 Rob Corpora  
 Katie Boylan  
 Pino Alarco Hernandez

## “We take our role as trusted adults seriously”

Melissa Simmons & Cortland Prevention Resources



The Cortland Breakfast Rotary Club this week was joined by Melissa Simmons, Director of Prevention and the LGBTQ+ Center at Cortland Prevention Resources (CPR).

CPR provides prevention-based education in classrooms, and outside of the classroom through various programs.

The Too Good for Drugs program starts in kindergarten going up to 12<sup>th</sup> grade, providing age-appropriate curriculum educating students on avoiding drugs. With a presence in almost all the schools in the county, the team at CPR is able to reach thousands of local students each month. Teen Intervene is a program designed to target those teens that demonstrate early stages of substance abuse problems, and was recently required for some students at Homer who brought cannabis products to school.

Data provided through the Rural Health Institute helps CPR determine which programs are most needed. In 2021, there was a high usage of alcohol and marijuana among students in grades 7-12, but the rate has since dropped to 6 percent. This is proof that the programs are working, but it does not mean they're no longer needed! But CPR has been able to pivot to more of a focus on the Too Good for Violence program which has a deeper social-emotional focus. (continued on page 2...)

### UPCOMING EVENTS

**EPIC Day of Service**

✳️ May 16, 2026

**Ride for Rotary**

✳️ May 31, 2026

**McGruff Tournament**

✳️ June 18, 2026

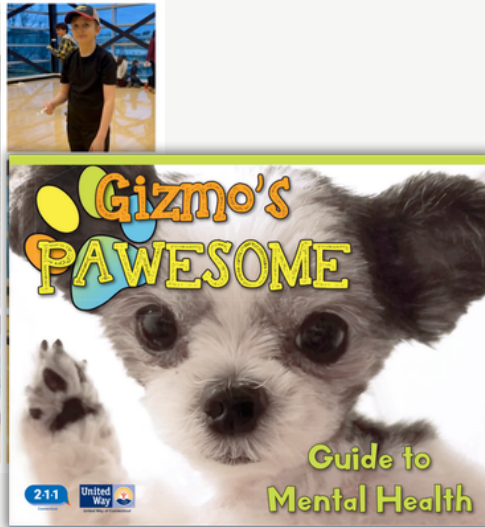
**Paul Harris/Pass the Gavel Dinner**

✳️ June 24, 2026

**Cortland Prevention Resources continued...**



*Compass program activities*



*Gizmo's Pawesome Guide to Mental Health*

CPR also partners with Josie's Journey to include a program that utilizes the book "Gizmo's Guide to Mental Health" and canine comfort to help kids understand their emotions and support their own well-being.

Compass is a mentorship program in which community youth are paired with SUNY Cortland students to engage in team-building activities. Simmons reflected that as a teenager in particular it can be difficult to imagine that things get better, but that interacting with college students can help local teens see that things can in fact get better sooner rather than later.

While many of CPR's efforts are directed at youth, Simmons explained that the biggest obstacle for kids doing well is often their own parents, either through a general lack of support, encouragement, or simply by not showing up. Parents are also unfortunately often the ones giving their children access to drugs. So CPR has a Parenting Wisely program which is online video-based, as well as the Positive Parenting Program, a group that meets virtually to help share positive parenting skills.

Simmons was able to provide many examples of how CPR "pays attention to what the community needs and puts it into action."

[LEARN MORE ABOUT CORTLAND PREVENTION RESOURCES HERE](#)



**May 3- Sandy Samson  
May 4- Joanne Sautter**

**Anniversaries**  
Don Richards (5/1/1992)



**RED DRAGON REUSE EVENT**  
**VOLUNTEERS NEEDED**  
**MAY 17TH!!**



## Happy Dollars

**Kurt Behrenfeld:** After nine years of formation, ordained as a deacon in the Catholic Church.

**Steve Cinquanti:** For his friend for over forty years, Rob Corpora, who is looking to join the club.

**Kim Cameron:** School board election/budget voting time; info on candidates, etc. will be up soon on Vote411. While there are five districts within Cortland County, residents ultimately interact with thirteen including in surrounding counties.

**Conrad Janke:** Thank you to Michael Ragsadle, Rosie Taravella, Rob Corpora for joining as incoming members; for our speaker Melissa Simmons; it was a great day seeing Kurt get ordained.

**Matt Banazek:** For Deacon Behrenfeld, congratulations; very proud of Conrad, we are fortunate to have him in our club.

**Jackie Burke:** For Kurt; for Melissa, our speaker; for incoming members Rob, Rosie, and Michael; her daughter got married two weeks ago!

**Chrissie Allen:** For our incoming members; celebrated dad's 83<sup>rd</sup> birthday!

**Laurie Comfort:** Was a beautiful drive in.

**Mark Roberts:** For the two meetings that president elect Terry Cahill will be covering for him next week.

**Rosie Taravella:** Thank you to Conrad for inviting her to join; her mother would've been 101 today!

**Ed Finkbeiner:** Going to his camp on Friday; will be starting on the hot rod, will keep the club updated.

**Glenn Reisweber:** For Kurt; and for a happy spring!

**Mike Shafer:** Congratulations Kurt- hope it got cleared with the Pope first.

**Jeremy Boylan:** Soil and Water Conservation District is celebrating 80<sup>th</sup> anniversary, there was a tree giveaway through Coffee Mania; tree planting at the Water Works coming up.

**Katie Boylan:** Saw her second Broadway show in NYC.

**Pino Alarco Hernandez:** Was a great experience going to Lake George.

**Doug Withey:** His nephew in Germany was recognized by his region, and nationally for life-saving act, plans to visit US next year in August.

Seeking nominations for Paul  
Harris Fellows!  
Contact Kathie O'Mara





St. Anthony's Altar Society invites you to celebrate the Ordination into the Permanent Diaconate of Kurt Behrenfeld.

Join us for 10am mass and/or for a reception, immediately following mass (approximately 11:15am) to honor and celebrate Deacon Kurt's Sacrament of Holy Orders.

**Sunday, May 3<sup>rd</sup>, 2026 in St. Anthony's Church Hall (basement).  
All are welcome. Coffee/refreshments will be served.**



**Induction Ceremony**  
**Tentative date: Tuesday, May 19<sup>th</sup>**  
**at the McEvoy Center**  
**More details to come!**

# GUEST CHEF DINNER SERIES

Presented by the Salvation Army of Cortland

**MAY 5** Gator's Tavern

**JUNE 2** Gorgers

**JULY 7** DVCC

**AUGUST 4** Brix

**SEPTEMBER 1** Nanu's Hot Chicken

**OCTOBER 6** CP Cash & Carry

Dinners available for pickup only from 4:30 - 6 pm at the Salvation Army - 138 Main Street.

**\$15 PER DINNER**

**OR**

**BUY ALL 6 DINNERS & SAVE**

To purchase tickets, scan the QR code or visit: <https://give.salvationarmy.org/event/use-emp-cortland-chef-dinners-2026/e774622>



ALL PROCEEDS WILL DIRECTLY BENEFIT LOCAL PROGRAMS, INCLUDING EMERGENCY FOOD SERVICES, YOUTH PROGRAMS, A SEASONAL WARMING CENTER, AND HOLIDAY ASSISTANCE.

SPONSORED BY THE CORTLAND COMMUNITY SERVICE CLUB

# 30<sup>TH</sup> ANNUAL CORN-DUCKY DERBY

MAY 2, SUGGETT PARK, CORTLAND  
DUCKS RACE AT 11:00AM



HUMANS RACE AT 9:00AM!  
SPONSORED BY THE CORTLAND YMCA

**WIN \$2500**

2ND - 10TH PLACE \$100 EACH  
11TH - 15TH PLACE \$50 EACH  
16TH - 20TH PLACE \$25 EACH

FOOD, MUSIC, VENDORS & FUN

# BANNERS

