

# Cortland Breakfast Rotary

The "Friendliest Club in the District!"

24 JANUARY 2024



**Ariel Corl**

**Meraki Skin Co.**

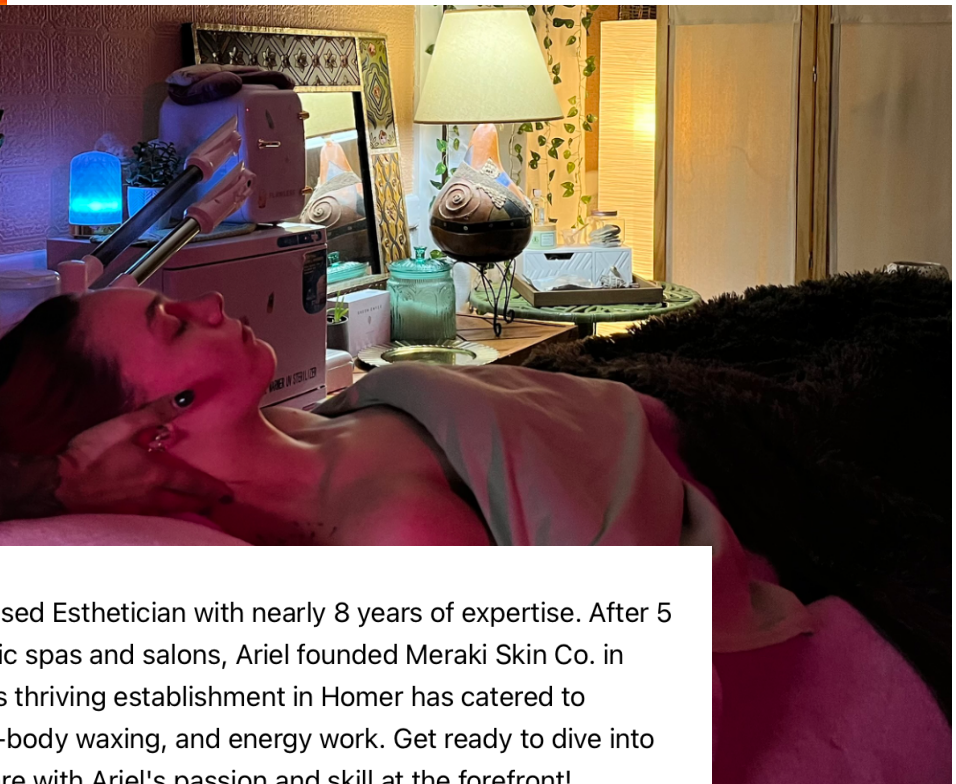
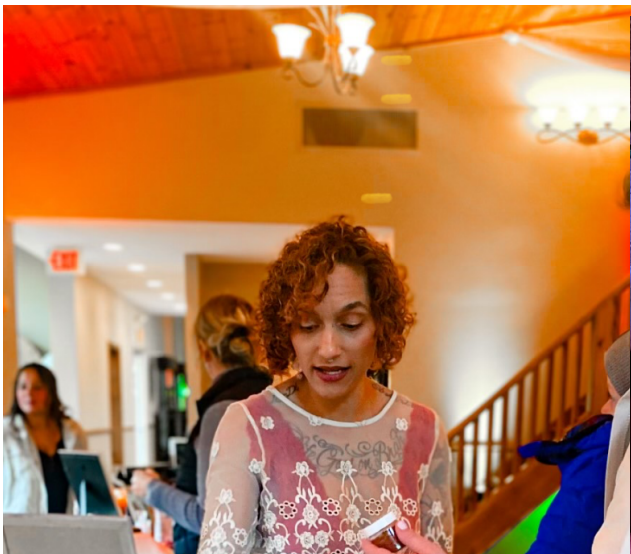
# Meraki—“essence of self”: soul, creativity, love

Ariel Corl has been a licensed esthetician for 8 years, a Reiki practitioner, and started Meraki Skin Co. in August of 2020. In October of 2022 she moved down Main St., Homer, next to Edward Jones. Along with her cohort Taylor MacLaughlin, Ariel’s mission to help women—and men, teens, and even babies, to feel comfortable in their own skin.

Ariel explained that the skin is the body’s largest organ, and that our skin protects us. The skin has its own metabolism, and each one of us needs to build a relationship with our skin. Conditions like acne reveal an imbalance in our skin, as the skin is the most sensory of our organs. The health of our skin is determined by factors like mental health, sleep and the health of our gut.

In providing us tips on a healthy skin, Ariel told us that it is best to cleanse and moisture our face every day, to gently exfoliate our face twice a week, and to use sunscreen with zinc oxide. Keeping a skin journal helps us to maintain good habits. Things we should avoid include the picking at our faces, over exfoliating, smoking, and sleeping while still wearing make-up.

Thank you Ariel and Taylor for the insight on how we can all improve our health and lives!



#### Meraki Skin Company:

Meet Ariel Corl, a seasoned Licensed Esthetician with nearly 8 years of expertise. After 5 years gaining experience in holistic spas and salons, Ariel founded Meraki Skin Co. in 2020. Over the past 3+ years, this thriving establishment in Homer has catered to hundreds, excelling in facials, full-body waxing, and energy work. Get ready to dive into the realm of esthetics and self-care with Ariel's passion and skill at the forefront!



Prez pro Temp.(3rd string).	Conrad Janke
Front Desk.	Mike Shafer, Terry Cahill
Thought of the Day.	Mark Hahn
Happy Birthday!	Jackie Burke
Guests.	Sophie Clough, Taylor MacLaughlin, Lizzy Martin
Raffle.	Chuck Feiszli
Attendance.	20 + 9 Zoom



We have a large collection of Rotary Club banners from over the years, and several will be highlighted every week. (Page 5).

There are many opportunities to engage in and better understand Rotary (page 4). For the Rotary Learning Institute at Johnson City on March 2, Conrad Janke has room for one more person in his car.

**Mike Shafer** thanked **Terry Cahill** for being a good Board member of **Loaves and Fishes**;

**Jeremy Boylan** had a great trip to NYC, and hoped everyone will come out to the **Homer Winterfest** this weekend;

**Ed Finkbeiner** is just happy;

**Conrad Janke** praised our guests and his successful skin surgery;

**Lizzy Martin** is happy to be here with us;

**Chuck Feiszli** reported that his son has returned home from India;, and he (Chuck) has cross country skied;

**Glenn Reisweber**, as a local representative of the Bills Mafia, thinks that the NFI should widen the goal posts;

**Mark Roberts** supports Glenn but thinks a new kicker may be in order;

**Don Richards** thanked **Conrad Janke** for being substitute Prez .

# Rotary Opportunities

## Feb-April 2024

**04 Feb**, Zoom Chat with DG Wendy. An opportunity to ask any Rotary questions you might have. This is a monthly event so there are 4 more opportunities!

Details: [rotarydistrict7170.org/events](https://rotarydistrict7170.org/events)

**07, 13, 21, 29 Feb**, Four free, pre PETS sessions on Zoom. Required for your club's President Elect but open to ANY Rotarian.

Details: [rotaryempiremdpets.org](https://rotaryempiremdpets.org)

**02 Mar**, Rotary Learning institute (RLI), special rate of \$30 for 7170 Rotarians, reimbursable by the District. An opportunity to learn more about Rotary to help do more 'Service Above Self'.

Details: [rlinea.org](https://rlinea.org)

**15 - 17 March**, President Elect Training Sessions (PETS) Your club paid \$275 for your President Elect to attend. If they cannot, or you don't yet have one, then ANY club member may attend.

Details: [rotaryempiremdpets.org](https://rotaryempiremdpets.org)

**06 April**, CNY Rotary District Training Assembly. This is for any and all CNY Rotarians. Free training for club secretaries, treasurers, with many opportunities to make connections with fellow members across the new District. Here about other Rotary programs, meet CNY Rotary leaders, and make new Rotary friends!

Details: TBA

**26 - 28 April**, Multi District Conference, hosted by 7170 in Binghamton. Another great chance for networking and learning more about the larger Rotary world.

Details and registration: [rotary7150.org/page/district-conference-2024](https://rotary7150.org/page/district-conference-2024)



# Rotary Banners

Since its origin in 1990, our Club has had many guests from other Rotary Clubs, and has had members visit other clubs.

Featured below are banners from the North Raleigh Club of North Carolina, the Caruaru Mauricio de Nassau Club of Brazil, and the Rotary Club of New Territories, Hong Kong.





The first District Governor of CNY Rotary, Lizzy Martin, zoomed into our meeting today!



When she assumes the District Governor position, Lizzy will have over 120 Rotary Clubs in her District—yet she reaffirmed that she will visit Cortland Breakfast Rotary during her term!

We can't wait to see you, Lizzy!

**Mike Shafer** successfully answered this week's Quiz: "what two countries, besides the United States, are not on the metric system", with one of them—Liberia (the other is Myanmar). For his braininess, Mike received 20 Eastern Caribbean Dollars!

Bonus round: which country in the world is the only one with purple in its flag? Dominica.





