

Cortland Breakfast Rotary. 26 April 2023

Kathy Taylor

NATIONAL ALLIANCE ON MENTAL ILLNESS

With a personal and heart wrenching presentation, Kathy detailed her journey with mental illness. One out of five people will develop mental illness, and in Kathy's case it was her son, Matt. People may or may not be aware that they have mental illness, and exhibit behaviors that are very scary.

Kathy and her husband Dale have tried to destigmatize mental illness; with the right treatment this individual can be caring and polite, and can lead a full and productive life.

Mental illness is everywhere, and bizarre behaviors can stress a family. Through the pain, Kathy has met many kind and wonderful people. She explained about the huge resource that is NAMI—National Alliance on Mental Illness. Kathy and Dale are facilitators, and have helped many other families.

Part of the stress of families is taking care of oneself, and Kathy's self care is reading. She is pictured with "You Are Not Alone", one of many books that help her understand and cope with mental illness. Also, NAMI Finger Lakes is very helpful.

Kathy, sharing your story must not be easy, and we are glad that you shared with us and many others.



President.	Conrad Janke		
Front Desk.	Mike Shafer, Glenn Reisweber		
Thought for the Day.	Matt Banazek		
Guest.	Kathy Taylor.	Raffle.	Matt Banazek
Happy Birthday.	Charlie Dellow.	Attendance.	23 + 1 guest + 3 Zoom
SYDKAM.	Jeremy Boylan		

ran down some of his accomplishments over the years: was the youngest County historian in NYS; was Dairy Parade judge; Miss NYS pageant judge; broke many bones; interviewed Hilary Clinton, Cliff Klaben, Pete Best, and Sponge Bob; has been a member of three Rotary Clubs; grew up 5 miles from his wife but met her at college 220 miles away.

Announcements



There will be a Board meeting next Tuesday, May 2, 7am, by Zoom . All are welcome.

Steve Cinquanti announced an endowed scholarship in the name of Regina Grantham (p. 3).

Yesterday the Interact Club had its Induction Ceremony. Rotarians Eric Comtois, Maria Gimma, Karen Dewitt, Steve Cinquanti, Tom Turck, and Conrad Janke attended.

In addition, the Interact Club will be hosting a Cinco de Mayo celebration at Burnet Park Zoo on May 5, highlighting the cultures of all 22 Latin America countries.

Ride for Rotary is June 3: motorcycle, car, bicycle, scooter, run, walk—all modes of transportation, and a meal afterwards! (p. 4).

Kurt Behrenfeld donated a \$1 Happy Dollar and a \$99 grateful dollar for the Club.

Andy Polley was happy to be here in person and to see Kathy Taylor.

Maria Gimma donated because of the Interact Induction.

Regina Grntham appreciated the standing ovation the Club gave her, and for the memory of her husband Bob.

Mark Roberts relinquished the last dollar he had after taking his grandson in Colorado to the toy store.

Mike Shafer congratulated Regina, and met the inbound Danish Exchange student at the Dryden Rotary Club.

The McGruff Golf Tournament will be at Elm Tree Golf Course on Thursday, June 15.

The Nightingale Concert, for the nurses of Guthrie Medical (such as Kansas Underwood, last week's Speaker) will be at the Center for the Arts on Friday, May 12. (p. 4).

Jackie Burke explained that she and Eden Harrington-Hall are in charge of Crutches for Africa, and are looking for any donations.

This month's Rotary Magazine is again punching above its weight. Page 34 has a fascinating article about female marathon runners in Afghanistan. Page 40 is about 60 years of the Interact Club. Page 50 has a Rotary Club in Spain that attend meeting in

Glenn Reisweber was excited to learn at 515am that his 3rd grandson, Bodie Atlas Reisweber, joined the family.

Matt Banazek congratulated Regina, and is happy to make it through tax season.

Steve Cinquanti and Conrad Janke congratulated both Regina and Maria.

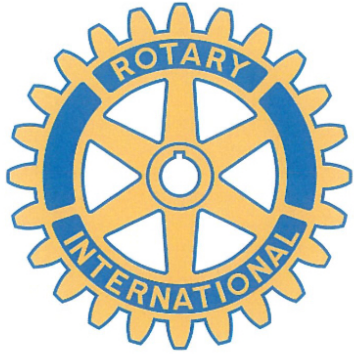


**CONGRATULATIONS TO REGINA GRANTHAM
FOR AN ENDOWED SCHOLARSHIP IN HER NAME AT
SUNY CORTLAND, CEMENTING HER KEGACY AT
SUNY CORTLAND IN PERPETUITY!**

**CONGRATULATIONS, REGINA, FOR WELL DESERVED
RECOGNITION!**

Ride for Rotary June 3rd, 2023

Motorcycles, Classic Vehicles, Bicycles, Runners, Walkers, Etc.



All Participants: Registration by 10AM, at the Living History Center. Start/Finish at the Living History Center, Lunch and 50/50 after the ride. Hope to see you there!!!

This year we have paired with the **Cortland NY Law Enforcement, Homer Center For the Arts, & The CNY Living History Center,** to bring awareness and help raise funds for their programs!

\$25.00 per participant includes T-shirt, meal & free tour of the Living History Center!
Families welcome. Kids under 12, no charge for the meal.



Email to: rotaryrichards@gmail.com

Mail to: Complete Construction Concepts, LLC 137 South Main Street, Homer, N.Y. 13077

Register or Sponsor Online: <https://www.cortlandbreakfastrotary.org/ride-for-rotary-1>

NAME

EMAIL

SHIRT SIZE

**Must pre-register by 5/25/2023 to receive a T-shirt.*

2023 Sponsors are listed on the front of this flyer.>

Thank You all for your Support!



CORTLAND MEMORIAL FOUNDATION PRESENTS

Nightingale Concert

A Night to Celebrate Nurses

Proceeds to Benefit
Guthrie Cortland Medical Center

LIVE JAZZ

WITH
**Steve Daniels
& Special Guests**

Jeff Stockham
Chris Persad
Tom Killian
Barry Blumenthal
Peter Mack
Samantha Daniels

Friday, May 12, 2023

Welcome Reception - 6:00 p.m.
Concert - 7:00 p.m.

Center for the Arts of Homer
72 South Main Street, Homer, N.Y.

\$50 per ticket available at:
www.Guthrie.org/NightingaleConcert

whoever is humming
the jaws theme
is gonna get slapped

