

CORTLAND BREAKFAST ROTARY NEWS

We Have Fun, And We Get Things Done!



CORTLANDBREAKFASTROTARY.ORG



EDITED BY SOPHIE WELBURN



President Mark Roberts

Front Desk:

Jim Dempsey &
Kurt Behrenfeld

Thought for the Day:

Bob Martin

Raffle Winner: Laurie Comfort

Attendance: 20

Zoom: 1

Guests:

Kelly Tobin

Ron Wilson

UPCOMING EVENTS

*** Founder's Breakfast**

February 18, 2026

\$15 buffet breakfast; featuring Steve Cinquanti who will speak on the club's history. Reach out to Kathie O'Mara to sign-up by 2/11.

Dr. Kelly Tobin

"Give your body a new rhythm to follow"



This week, CBR was pleased to welcome Dr. Kelly Tobin, owner of Authentically U. With a PhD in Metaphysical Psychology, Dr. Kelly provides experiences based on principles of Resonate Sound Wellness. Our society is filled with constant noise and stress that can cause us to feel as though we are always bracing for impact. Stress is something we are built to only be able to handle on a short-term basis, but over the long term it generates a feeling of dis-ease. Dr. Kelly explained that there is a mind-body connection, and that stress isn't just mental, it is a regulation problem which in turn exhibits itself physically in our bodies in various ways: tension, illness, exhaustion, etc. We've been taught to think of this state as normal, but it's not.

Dr. Kelly further explained that "everything is frequency," and when certain sounds match our body's rhythms, we can reach a state of restfulness and healing, feeling safe and regulated.

Dr. Kelly emphasized that this is not an escape from stress, but a reset in the middle of it, a form of regulation that allows us to "go back to grazing," in the way that a herd of animals can switch to a state of calm once a potential threat has passed. (continued on page 2)

Give your body a new rhythm, continued...

The club then received a taste of what a Sound Journey experience is like; Dr. Kelly asked that the group either put on the supplied eye masks or close their eyes, then led the group to adjust their postures, and focus on different parts of the body and its reactions to the sounds created by various instruments. Although brief, many members expressed feeling a change, feeling particularly relaxed by the end.

Dr. Kelly provides group or private sessions in her studio located at the Center for the Arts, as well as in homes and community settings.

To learn more, visit Authentically U's website via the link below.

AUTHENTICALLY U

Happy Dollars

Pat Clune: Happy to be strong-armed by Conrad the Enforcer!

Jeremy Boylan: For a great WinterFest, great turnout, and a great time! Also for our guest speaker, Kelly Tobin.

Mike Shafer: Glad Doug Withey only brought back one beer!

Bob Martin: For Jackie's article in the paper in the Cortland Standard about Interact; Forrest Earl noticed him in the photo too; Community Arts Challenge during WinterFest, Pam Jenkins was the winner in Fine Arts category.

Doug Withey: For Sophie Welburn's assistance at Cortland County Historical Society in getting photos for history of the Water Works.

Terry Cahill: For our speaker; for a successful WinterFest; thanks to Mike for the beer!

Conrad Janke: For Kelly, our speaker; for last week, he was Zooming from the bathroom of a hotel in Honolulu.

Mark Roberts: Glad to have Conrad back.



January 31
Todd Curtis

Anniversaries

None



Mike Shafer gifts Terry Cahill the beer produced for the 60th anniversary of Club Kulmbach in Germany, brought back by Doug Withey from his latest visit.



Rotary Leadership Institute

When: March 7th, 8am-1pm

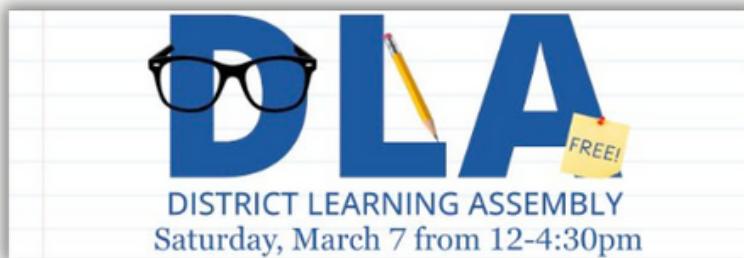
Where: Johnson City High School

What: Courses are designed to provide Rotary knowledge and to develop leadership skills for voluntary organizations.

Cost: \$25

LEARN MORE AND
REGISTER HERE

Same day, same place!



When: March 7th, 12pm-4:30pm

Where: Johnson City High School

What: This event is designed to prepare all club leaders with topics that will support administrative activities, membership growth, Foundation participation, better public image and more. We cannot stress this enough though –you do not have to be a leader to attend and all are welcome to come enjoy the fellowship and learning!

Cost: Free!

LEARN MORE AND
REGISTER HERE