

CORTLAND BREAKFAST ROTARY NEWS

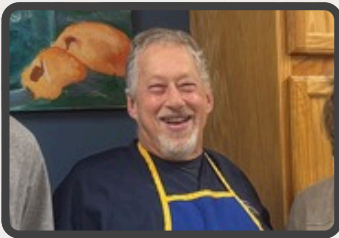
We Have Fun, And We Get Things Done!



CORTLANDBREAKFASTROTARY.ORG



EDITED BY SOPHIE WELBURN



President Mark Roberts

Front Desk:

Don Richards &
Kurt Behrenfeld

Thought for the Day:

Mark Roberts

Raffle Winner: Melanie Vilardi;
on her behalf Morgan Spaulding
pulled Queen of Hearts, donated
\$200 to Seven Valleys Health
Coalition!

Attendance: 21

Zoom: 1

**Guests: Kate Downes,
Hannah Gibbons-Arthur,
Melanie Vilardi,
Morgan Spaulding,
Pino Alarco Hernandez**

UPCOMING EVENTS

* Founder's Breakfast

February 18, 2026

\$15 buffet breakfast; featuring
Steve Cinquanti who will
speak on the club's history.
Please sign-up by 2/11.

Kate Downes & Hannah Gibbons-Arthur "Empowering communities to live healthy & thriving lives"



Kate Downes, Project Manager, and Hannah Gibbons-Arthur, Project & Development Coordinator, visited CBR this week to introduce the amazing services the Seven Valleys Health Coalition offers the community. A part of the Rural Health Network, SVHC works to empower community members to live healthy and thriving lives, filling gaps where there are needs and as grant funding provides.

The areas in which SVHC concentrates are food systems, maternal health, social supports, and community health education.

The 1115 waiver, a newer program for SVHC, provides additional support to Medicaid recipients by ensuring access to food, transportation, and housing.

Through the Doula program, birthing persons in the community receive low or no-cost access to a doula, with prenatal visits, birth support, and postpartum visits. SVHC also is engaged in a breastfeeding partnership.

Mighty Molar is an oral health education program, and during Oral Health Month in February SVHC and the mascot Mighty Molar will visit local second graders to share the importance of good oral hygiene.

In conjunction with the Cortland Collective Impact Initiatives, SVHC supports the Homer Regional Farmers Market which saw over 4,000 visitors throughout the last season, and is expected to continue to grow.

The Seven Valleys Food Rescue takes viable food that might be nearing its expiration date or otherwise is unsalable and distributes it to local food pantries. (continued on page 2)

Empowering communities, Continued...

Main Street Farms and SUNY Cortland are big providers, and through Nourish NY the Food Rescue supplements what they rescue by purchasing foods produced in-state.

Food pick-ups and deliveries are performed largely by volunteers in personal vehicles, but SVHC recently received a grant to go toward purchasing a pickup truck.

With a distribution hub located in the Homer Avenue Plaza, the Food Rescue also performs their own free food giveaways, no proof of need necessary.



Happy Dollars

Steve Cinquanti: Great article in the "Meet Your Neighbor" section of the Cortland Standard featuring Ed Finkbeiner!

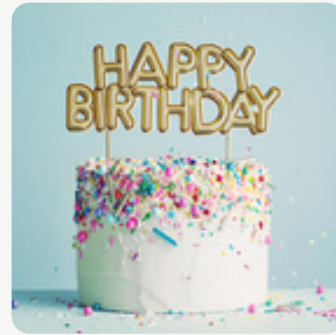
Ed Finkbeiner: For the fine, now that he's (in)famous.

Jessie Farrell: Have been working on replacing the motor in her son's car for four months, expect this week it will be done!

Doug Withey: For the two weeks he missed the club as he was abroad, for a compliment from Jackie.

Don Richards: Heading down to Florida, so paying for Zoom happy dollars in advance.

Jeremy Boylan: For Don being gone for a while-haha.



**January 19
Doug Withey**

Anniversaries

Dianne Higgins (1/17/2007)
Jackie Burke (1/18/2017)

Doug Withey displays banners collected from five clubs in Germany!



Jackie Burke highlights CBR and the Interact Club in the Cortland Standard!



“Cortland Breakfast Rotary has been getting involved with the younger generation of community service enthusiasts through Interact Club, an extension of Rotary International to get students aged 12 to 18 engaged in their communities. In Cortland, Interact Club is housed in Seven Valleys New Tech Academy with meetings every other week.

Cortland Breakfast Rotary Member Jackie Burke is the Rotary Club advisor for the Interact Club. She says these meetings are full of brainstorming ideas on how to get involved with other local organizations to create fundraising ideas and community service opportunities for the students. The most recent meeting was visited by Drew Norton from Lime Hollow Nature Center to propose some service projects over at the center for the students to consider.”



Conrad Janke reps his favorite coffee shop in front of Diamondhead in Waikiki. The Rotary pin is probably just out of sight =)

CBR's new feather banner!

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