

CORTLAND BREAKFAST ROTARY NEWS

Together We Serve, Together We Make a Difference

✳ CORTLANDBREAKFASTROTARY.ORG

✳ EDITED BY SOPHIE WELBURN



President Terry Cahill

Front Desk:

Mike May
Don Richards

Thought for the Day:

Rosie Taravella

Raffle Winner: Leanne Bair

Attendance: 23

Zoom: 0

Guests:

Gabe Fadale
Cody Johnson
Frank Kelly

UPCOMING EVENTS

SHP Bed-Building

✳ August 8, 2026

Summer Picnic

✳ August 12, 2026

Alzheimer's Walk

✳ October 24- Ithaca
November 8- Syracuse

Area 13 Meeting

✳ November 14, 2026

"CPR saves lives"

Cody Johnson, Gabe Fadale, and CPR/AED training



The Cortland Breakfast Rotary Club welcomed Cody Johnson and Gabe Fadale from the Homer Fire Department who provided instructions on how to perform CPR and use an AED. Johnson explained that if you find yourself in a situation where someone is experiencing a medical event in which they stop breathing, are unresponsive, and you're unsure what to do, that you'll never hurt someone by performing CPR on them. But every minute of delay is a 10% decrease in survival, with permanent damage setting in after eight minutes, so it is better to do something than nothing.

First thing is always to call 911. They will be able to provide further instructions on how to perform CPR until help arrives.

CPR is performed by placing the hands on the lower sternum, about at the nipple line, and compressing at least 2 inches at a rate of 100-120 beats per minute (about the pace of "Stayin' Alive").

(continued on page 2)

League of Women Voters continued...



Johnson expressed the importance of not going too fast or else you might not lift up enough to allow the heart to start properly pumping blood through the body.

An Automated External Defibrillator (AED) is a device that performs an analysis of the heart rhythm and if advised can perform a shock to the heart in an attempt to reset it to a normal rhythm. Certain AEDs are able to provide audible instructions to the user, including when to avoid touching the individual, when to administer the shock, and even sounds a metronome for the appropriate CPR rhythm.

AEDs are safe to be used on pregnant persons, although should be applied so as to avoid medical patches, pace makers, etc. In the instance that the individual has excessive chest hair, there are sometimes razors included in the AED kit to be able to shave the necessary areas to allow for proper adhesion. The chest should also be dry, and the individual removed from any standing water.

AEDs should be checked monthly, as the batteries and pads can expire and will need to be replaced.

Johnson and Fadale provided demonstrations of both performing CPR and using an AED, and allowed CBR members to practice as well.



Corrine Hayes (8/1)

Anniversaries

Lee Schaff (8/9/1999)



Saturday, August 8th –
10am at the
Cortland Youth Center
(35 Port Watson St)

Happy Dollars

Frank Kelly: Anna McGraw has arrived safely in Switzerland!

Don Ferris: National Night Out event- various organizations had lanyards, but the Homer Police Department must have run out of money!

Chrissie Allen: Thank you for everyone's kindness and compassion, for the cards, texts, and donation in honor of her father.

Rosie Taravella: Thank you to those who have donated blood, we are in the midst of a blood crisis, so please encourage others to donate.

Conrad Janke: For Gabe and Cody, our guest speakers; played pickleball with Jackie's 83-year-old father-in-law and had his butt kicked.

Pat Clune: Great National Night Out; thank you to Gabe and Cody of the Homer Fire Department being here; for upcoming Brockway weekend, hoping for good weather!

Mike Shafer: Thank you to Bob Martin and all the work put into Meals of Hope.

Jackie Burke: Meals of Hope was amazing, can't wait for next year!



**August
12th
5PM**

NO AM MEETING!

BOB'S BBQ PROVIDED BY DON & LUANNE...BRING A DISH TO PASS, YOUR BEVERAGE, AND A SWIMSUIT IF YOU WANT TO SWIM. COST IS \$10 PER PERSON. AT DON RICHARDS' 692 HATCHERS RUN, CORTLAND

Meals of Hope

OVER 20,000 MEALS PACKED!





THE SALVATION ARMY OF CORTLAND'S

140TH ANNIVERSARY

Celebrating Our Past. Creating Our Future.

CELEBRATION DINNER DANCE

FRIDAY SEPTEMBER 18, 2026

6:00 - 9:00 PM

CORTLAND ELKS LODGE

JOIN US FOR DINNER, DANCING, AND LIVE MUSIC AS WE CELEBRATE
140 YEARS OF THE SALVATION ARMY IN OUR COMMUNITY

TICKET PRICING:

\$50 PER PERSON; \$75 PER COUPLE

**MUSIC PROVIDED BY:
MOLLY & THE RINGWALDS**

**DINNER: CHICKEN CORDON BLEU,
BEEF TIPS WITH MUSHROOM
GRAVY, VEGGIE LASAGNA,
ASSORTED SIDES & DESSERTS**

SEE EVENT WEBSITE FOR MORE DETAILS

CONRAD JANKE IS PLANNING TO FORM A TEAM FOR THE NOVEMBER 8TH WALK IN SYRACUSE- LET HIM KNOW IF YOU'D LIKE TO JOIN!

WALK
TO
END

ALZHEIMER'S

Together,

WE CAN END ALZHEIMER'S.

Rotary



ADRAG

ADRAG FELLOWSHIP EVENT



TEAM CAPTAIN

Name: _____

Email: _____

FALL WALK SCHEDULE

SELECT A WALK DATE / LOCATION

☐ SEPTEMBER 26 – Binghamton Walk
Mirabito Stadium!

☐ OCTOBER 3 – Schenectady Walk
Mohawk Harbor!

☐ OCTOBER 4 – Cooperstown Walk
Clark Sports Center

☐ OCTOBER 17 – Utica/Rome Walk
MVCC Utica Campus

☐ OCTOBER 17 – Queensbury Walk
SUNY Adirondack

☐ OCTOBER 18 – Troy Walk
Joseph Bruno Stadium

☐ OCTOBER 24 – Albany Walk
Siena University!

☐ OCTOBER 24 – Ithaca/Cortland Walk
Ithaca College!

☐ NOVEMBER 8 – Syracuse Walk
SRC Arena at OCC!



REGISTER YOUR
CLUB TEAM

National Partnership Teams
Register Here:



TEAM NAME FORMAT:

CNY Rotary – (Club Name)

[https://act.alz.org/site/TR?company_id=187133
&pg=national_company&pw_id=15048](https://act.alz.org/site/TR?company_id=187133&pg=national_company&pw_id=15048)

EVERY CNY ROTARY TEAM WILL RECEIVE:



PRE-WALK
FELLOWSHIP
TAILGATE



TEAM
T-SHIRTS



WALK
BANNER /
CLUB FLAG



SUPPORT ROTARY'S
COMMITMENT TO
BRAIN & MENTAL
HEALTH



Walk together.

End Alzheimer's.

Let's make a difference
in our communities
and create lasting impact.