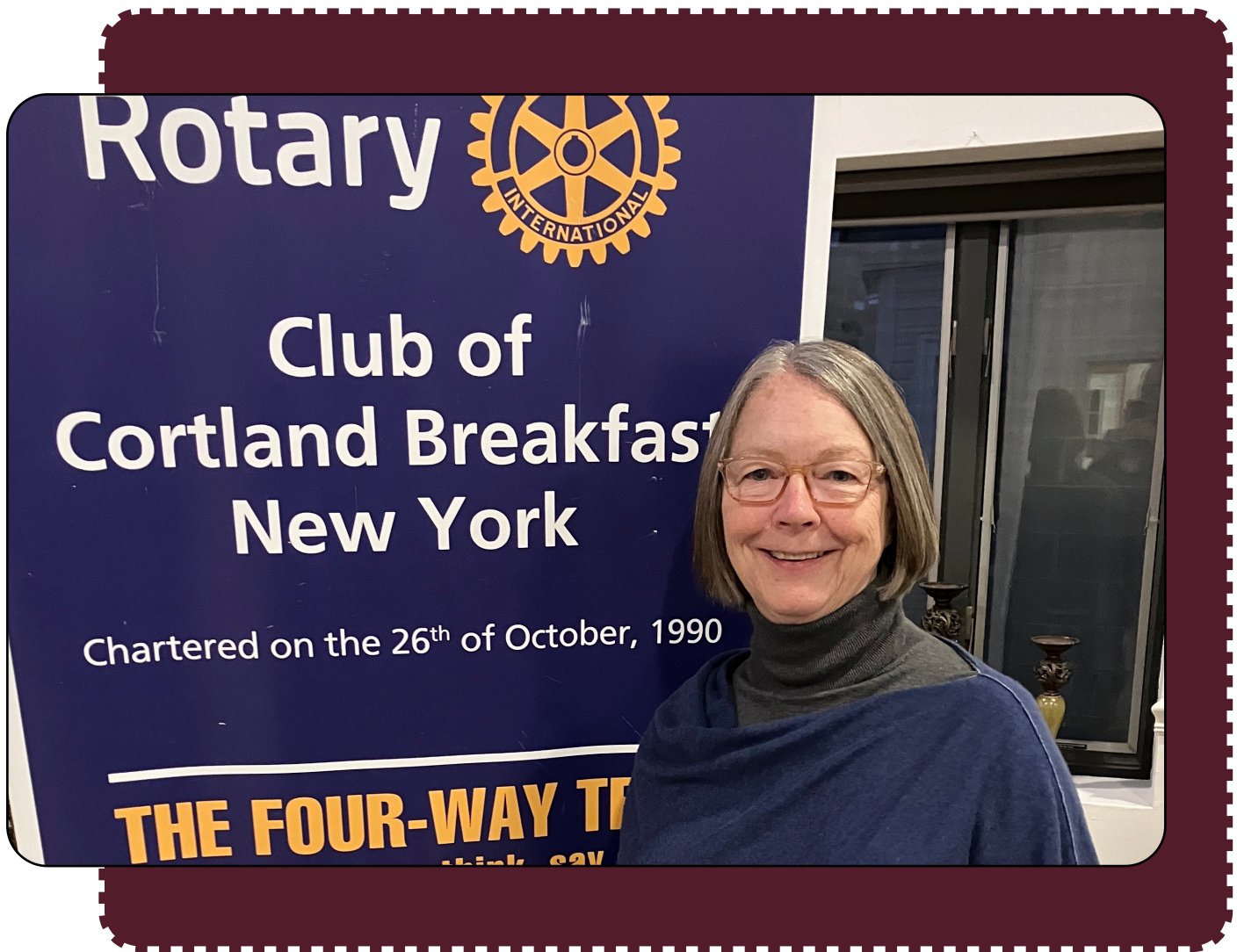


October 18, 2023. The Self Proclaimed *Friendliest Club in the District!*



Wendy Deis

Rotary District
7170 Governor

CORTLAND BREAKFAST
ROTARY

Past District Governor Evan Kurtz introduced our present Governor, Wendy Deis. Wendy used to be a nurse, and likes Rotary International's theme: Create Hope in the World. Wendy has witnessed hope, and feels that we as Rotarians provide hope. In fact, as Rotarians each one of us has to decide how to give hope.

Wendy handed out a brochure that is specific to each of the seven counties in District 7170, that offers counseling, websites, and services for anyone concerned with mental health (p.4). Another topic that Wendy touched on was the upcoming merger of Districts 7170, 7150, and 7190 into CNY Rotary. This new collaboration will be District 7180, encompassing 110 clubs and 2900 members. CNY Rotary has a Facebook page and a website; the District Conference will be April 26-28 at the Doubletree in Binghamton. We appreciate Wendy's visit to our Club, and hope we can help her with a successful year!



Wendy,
PDG Rocky
Martinez,
future CNY
Rotary
President
Lizzy Martin.

Wendy joined Rotary in 2010 as a member of the Owego, NY club. She has held many leadership positions including Board of Directors, Club President, Foundation Chair and Program Chair. Wendy has served the District in many capacities including Foundation Area Director, Grant Committee Member and Public Image/Social Media point person. Wendy is also a member of the transition team for CNY Rotary, serving on the Steering Committee, Executive Committee and as the Liaison for the Public Image Committee. She and her husband Tim enjoy cooking and working in the garden of their 1845 farmhouse.

President.
Front Desk.
Thought for the Day.
Guests.
Happy Birthday.
Rotary Anniversary.
Raffle.
Attendance.

Don Richards
Dianne Higgins, Mark Roberts
Conrad Janke
DG Wendy Deis, AG Evan Kurtz
Kurt Behrenfeld
Chuck Feiszli
Conrad Janke
19 + 3 Zoom



Steve Cinquanti is passing a card for Rotarian **Ken Deis** of the Richfield Springs Rotary Club, who started the Food Pantry, and is celebrating his 95th birthday.

President **Don Richards** remarked that this Saturday is **Rotary Radio Day**, and that several members of our Club, including our International Exchange Student **Noah Bech**, will be on WHXC 101.5.

Kathie O'Mara informed us that last Thursday she and **Jeremy Boylan** participated at the Homer Intermediate School's Open House, explaining Rotary Exchange.

Matt Banazek reminded us that November 9 will be the **Ric Minter** Zoom presentation of the sinking of the **Edmund Fitzgerald**. This special event will be at 630pm at the Living History Center, let Matt know if you can attend.

Glenn Reisweber contributed for his election campaign and for our guests; **Steve Cinquanti** donated for **Glenn's** work; **Mike Shafer** appreciates the DG and AG attending; **Karen Dewitt** thanked **Kathie O'Mara** and **Jeremy Boylan** filling in for her at the Homer School; **Jeremy Boylan** noted our guests, working with **Kathie O**, and for **Glenn**. not knowing where he lives; **Bob Martin** not only enjoyed a 3500 mile drive around Nova Scotia and Cape Breton but also some great seafood; **Wendy Deis** thanked the deer in 3 counties for not intercepting her drive to our meeting; **Conrad Janke** likes having the DG and AG here, and **Glenn's** Feiszli Fest party over the weekend; **Evan Kurtz** is happy to be here in Cortland at "his second favorite Rotary Club", **Matt Banazek** toasted Feisli Fest; **Andy Polley** also tipped one for Feiszli Fest; **Regina Grantham** applauded Glenn's candidacy; **Don Richards** lauded **Wendy** and **Evan**, and for **Todd Curtis** being our next member.



It's okay to ask for help



Resource Guide for Services in Otsego County



Counseling/Support

Warm Line (peer support)	800-377-3283
LGBTQ support	866-488-7386
Suicide Survivors Support	607-832-5888
Friends of Recovery	607-267-4435
Addiction Recovery	607-431-1030
Helios Grief Support	607-423-4337

Useful Websites

The Bully Project: www.thebullyproject.com

Narcotics Anonymous: www.na.org

Alcohol Anonymous: www.aa.org

Smart Recovery: www.smartrecovery.org

Legal Services of Central NY: www.lseny.org

Rape, Abuse & Incest Network: www.rainn.org

Project HEAL (eating disorders): www.theprojectheal.org

Parent Handybook: tinyurl.com/otsegoOCCAN

Emergency Services

Child Abuse Hotline	800-342-3720
Domestic Violence	800-799-7233
Mental Health Crisis	988
Law Enforcement	911
Medical Crisis	911
Human Trafficking Hotline	888-373-7888
National Center for Missing and Exploited Children	800-843-5678
Poison Control	800-222-1222

Urgent Services

Otsego Mental Health	607-433-2343
Child Help Line	800-422-4453
Mobile Crisis Assessment	844-732-6228
Self-harm	800-366-8288
Sexual Assault	800-656-4673
Rape Crisis Hotline	607-432-4855
Suicide Prevention	800-273-TALK
Veterans Crisis Line	800-273-8255
Adult Protective Services	844-697-3505
AA	888-227-6237

Local Resources

Local Food Pantry	www.otsegohunger.com
Emergency Housing Assoc.	607-433-8318
HEAP (energy assistance)	607-547-1700
Rental Assistance	844-691-7368
WIC (Woman, Infants, Children)	607-433-8071
Salvation Army	607-432-6120

You're not alone A graphic of a hand holding a heart, symbolizing support and care.

Printed in 2023

Cortland County version coming soon!



SAVE THE DATE

District Conference
April 26-28, 2024
DoubleTree, Binghamton NY

What's in the works?

- Friday fun & inspiration
- Saturday learning to include both Rotary and non-Rotary topics
- Sunday brunch & inauguration for CNY Rotary

Watch your email for the invitation to register later this year and special offers for signing up early!

Rotary  District 7150 Rotary  District 7170 Rotary  District 7190

Let's come together and



**CREATE HOPE
in the WORLD**



Cortland Breakfast Rotary Club presents



The Wreck of the Edmund Fitzgerald

With Ric Mixer



Living History Center
4386 US Route 11
Cortland, NY

Thursday November 9 @ 6:30PM

Nationally recognized Shipwreck Historian Ric Mixer is one of only a handful of people who have visited the wreck personally, diving 550 feet down in a tiny submarine to explore the site will be ZOOMING in with his energetic and entertaining lecture on the Wreck of the Edmund Fitzgerald.

Let us know you are attending with email to:
cortland.breakfast.rotary@gmail.com
or browse to

<https://www.cortlandbreakfastrotary.org/edmund-fitzgerald>

Or follow this QR code and register now!



TATTLETALE

SOUNDS

THE EDMUND

FITZGERALD

INVESTIGATIONS

RIC MIXTER

According to Rotary International, please do not use this logo:



Instead, use one of these:

