

CORTLAND BREAKFAST ROTARY NEWS

Together We Serve, Together We Make a Difference

✳️ CORTLANDBREAKFASTROTARY.ORG

✳️ EDITED BY SOPHIE WELBURN



President Mark Roberts

Front Desk:

Chuck Feiszli
Sophie Welburn

Thought for the Day:

Mike Catalano

Raffle Winner: Mike Shafer

Attendance: 23

Zoom: 0

Guests:

Heather Wiese
Michael Ragsdale
Rob Corpora
Rosie Taravella
Pino Alarco Hernandez

UPCOMING EVENTS

ReUse Red Dragon event

✳️ May 16-17, 2026

Ride for Rotary

✳️ May 31, 2026

McGruff Tournament

✳️ June 18, 2026

Paul Harris/Pass the Gavel Dinner

✳️ June 24, 2026

“More than just food, its a mission”

Heather Wiese and Project Lean Nation



The Cortland Breakfast Rotary Club welcomed Heather Wiese as guest this week!

Heather and her husband Mike operate Project Lean Nation (PLN) in the Marketplace Mall at 64 Main Street. Their journey toward joining the franchise started about ten years ago, when the Wieses noticed the people around them experiencing declining health and decided to start focusing on taking care of themselves. They began meal prepping, with meals often constituting of bland chicken, rice, and veggies. But along the way they learned a lot about portions and nutrition.

Heather then described her first encounter with Project Lean Nation while on a trip to Costco, coming upon a sign advertising their protein shakes. But she discovered that PLN offered more than just shakes; PLN provides healthy ready-made meals, but most importantly the meals are tasty with a wide variety of options. After years of meal prepping, this discovery was a “Where have you been all my life?” moment. Immediately, Mike made the decision to drop meal prepping, and Heather was soon to follow. Before they knew it, other family members gave the meals a try and the Wieses realized that “More people need this!” (continued on page 2...)

Project Lean Nation continued...



It took some convincing to open up a PLN location in Cortland given the smaller population, but just over a year after opening their doors, PLN has earned recognition as Cortland County's small business of the year.

Customers to PLN can buy meals a la carte, or become a member to save on meal plans. The flash-frozen meals have no preservatives, no seed oils, and are gluten free, and there are even vegan options. They are microwaveable in packaging that is also fully recyclable.

Members also receive 1-on-1 coaching, and Heather explained that through PLN, "we don't just provide a meal, we change lives...you can make a change at any point. There's no wrong time to want to take care of yourself." Both Heather and Mike, at forty years old, are not on any medications and wish to keep it that way. "Even if you're exercising, if you're not fueling appropriately, you're still not taking care of yourself," Heather explained.

CBR member Mike Catalano commented that he's tried meals from PLN and found them "pretty tasty, and surprisingly satisfying."

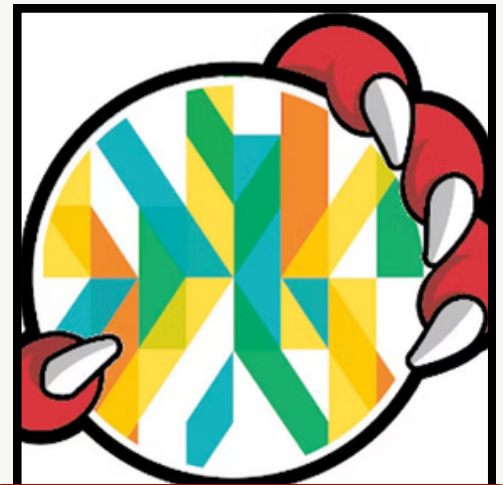
[LEARN MORE ABOUT
PROJECT LEAN NATION HERE](#)



None

Anniversaries

Tiffany Martinez (5/13/2015)



RED DRAGON REUSE EVENT

**VOLUNTEERS NEEDED
MAY 17TH!!**



Cortland ReUse (now located on Port Watson Street!) can use help sorting at their store anytime from 10am-4pm.

Happy Dollars

Steve Cinquanti: For our new members.

Karen DeWitt: Had a great trip to Florida with Pino, went to the beach, pools, shopping, and Pino did lots of sleeping!

Chrissie Allen: New members; daughter will be graduating from college.

Bob Martin: For Monday's Cavaliers game; saw a screech owl just outside his house.

Kim Cameron: Was a keynote speaker on the importance to vote at South Seneca for Civics Day.

Laurie Comfort: Welcome to our new members.

Don Richards: For our new members; orthopedic surgeon says no surgery, but he fell and broke some ribs.

Mike Shafer: Welcome to new members; had a quiet enjoyable birthday.

Matt Banazek: For our new members- welcome; back selling raffle tickets for St. Anthony's \$10/ticket.

Mark Helms: Thank you for advertising the drug take back in the newsletter; took in 700 lbs.

Conrad Janke: For our new members; Cortland Standard has recently featured many previous speakers- Sheila Ossit, Kansas Underwood, Candace Rozansky, Michelle Enright, Anna Aldrich, Mindy Lawrence, and today's speaker, Heather Wiese was just featured!

Rosie Taravella: Thank you for letting her join; the Red Cross had a successful annual conference last week.

Mark Roberts: Welcome new members; hope Pino's family in the Canary Islands stay safe; met up with college roommates.

Chuck Feiszli: New members; spent a wonderful week in Utah; for Glenn filling in for him last week.



New members Rob Corpora, Rosie Taravella, and Michael Ragsdale.



Induction Ceremony

Tentative date: Tuesday, May 19th
at the McEvoy Center

More details to come!

Seven Valley Rotary Interact Club volunteered at Lime Hollow Nature Center to plant a rain garden on May 7th.



Interact Club

VOLUNTEERS

**ReUse
Red Dragon**



Ride for Rotary

COMMUNITY DAY

📅 MAY 31ST
🕒 REGISTRATION
11AM

📍 Homer Community Building
(Behind the Fire Station)

Cortland Breakfast
Rotary
Club

RIDE, RUN, OR WALK!
RAISE FUNDS THAT GO BACK
INTO OUR COMMUNITY!

[LINK TO REGISTER
HERE](#)

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<i>Chuck Fieszli</i>	<i>Genson Overhead Door</i>	<i>Shipwreck Amusements Cortland</i>
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<i>Coriano Trucking</i>	<i>Mike Shafer & Kathleen Hennessy</i>	
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