

# CORTLAND BREAKFAST ROTARY NEWS

*Together We Serve, Together We Make a Difference*

 CORTLANDBREAKFASTROTARY.ORG

 EDITED BY SOPHIE WELBURN



**President Mark Roberts**

**Front Desk:**

Glenn Reisweber  
Mike Shafer

**Thought for the Day:**


Bob Martin

**Raffle Winner:** Conrad Janke


**Attendance: 25**  
**Zoom: 1**  
**Guests:**  
 Jennifer Coleman  
 Cliff Carey (via Zoom)  
 Michael Ragsdale  
 Frank Kelly

**UPCOMING EVENTS**


**EPIC Day of Service**

 May 16, 2026


**Ride for Rotary**

 May 31, 2026

**McGruff Tournament**

 June 18, 2026

**Paul Harris/Pass the Gavel Dinner**

 June 24, 2026

**“Best moments of your life are ahead of you”**

Cliff Carey, Jennifer Coleman, and Timeless Hearing



Cliff Carey and Jennifer Coleman were guests at the Cortland Breakfast Rotary Club this week!

Carey joined Timeless Hearing as a consultant, and now serves as the current owner after Dr. Suzette Pace entered into early retirement.

Regular health screenings, including blood work that monitors cholesterol levels, did not become a common part of healthcare practice until the last twenty-five years or so, and Carey makes the case that regular hearing screenings should be included, too.

Damage to hearing is already present in individuals in their thirties and forties, although it might not be noticeable until one’s sixties. Carey emphasized that everyone, even those that don’t work in noisy environment, are susceptible to hearing loss, with everyone’s chances of experiencing some level of loss being essentially the same by age 75.

Risk factors include age, noise exposure, cardiovascular disease, hypertension, and there is a higher prevalence in men compared to women, and in those with less melanin in their skin.

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## Timeless Hearing continued...



Hearing loss is generally characterized as a chronic neurological disorder of the inner ear defined by a loss of function caused by the dying off of cells. But, Carey explained that there is a lot more going on with hearing loss than previously thought, that “we’re on the verge of a big breakthrough,” and Timeless Hearing is striving to stay on top of the research.

Hearing loss is more often than not treated only when it reaches a point that it starts to negatively impact one’s social life, but early detection and early intervention are key for the best long-term results.

“Patients want to age well, get ahead of those issues that lead to decline,” but hearing loss still bears a social stigma, and many cannot cross the barrier to becoming a “hearing-aid wearer,” but Carey explained that there is more than one style of treatment.

Carey concluded that while they would be honored should members choose Timeless Hearing, he asks that you “just go somewhere” to pursue screenings, and to not wait!

[LEARN MORE ABOUT  
TIMELESS HEARING  
HERE](#)



**4/26- Charlie Dellow**

### Anniversaries

None



**May 16th**

Together, we elevate Rotary's impact, empower communities, and create a ripple effect of kindness. Be part of a global movement to make a difference!

**How might our club get involved?**

Share ideas!

## Happy Dollars

**Steve Cinquanti:** His Aunt Pat was born April 21, 1921, and just celebrated her 105<sup>th</sup> birthday!

**Conrad Janke:** For guests Jen & Cliff, for Frank Kelly's article about the district conference that was in the Cortland Standard.

**Kim Cameron:** Happy Earth Day, happy to live in our lush, beautiful world, hope everyone gets a chance to appreciate nature.

**Bob Martin:** Love Where You Play Day at Lime Hollow this Saturday; winding down into the last stages before the Corn Ducky Derby on May 2nd.

**Frank Kelly:** This morning was practice for getting up at 5:00 this Saturday to take the current exchange students to Lake George; he's in a contest with Conrad to see who can visit each other's club the most.

**Jeremy Boylan:** For Frank, for volunteering to go to Lake George.

**Karen DeWitt:** For Jeremy & Richalle acting as host families; got a Cortland family committed for next year so should be an easy year.

**Matt Banazek:** For his two months of "perfect attendance"; for the Glenn Reisweber spring clean-up team.

**Glenn Reisweber:** It's not June, so its a win for his clean-up team! Thank you to his team members, and thank you Jeremy for putting this great act of service together!

**Mike Shafer:** Got back from Puerto Rico, and after running around to appointments went to Tennessee and North Carolina. Thank you to Jim Dempsey and Jeremy Boylan for covering the front desk for him. Thank you Steve C. and Chuck for Zoom, making it possible to join in the meetings when away; thank you Sophie for the newsletter!

## BANNERS





**CURRENT EXCHANGE  
STUDENT PINO ALARCO  
HERNANDEZ BEARS THE  
SPANISH FLAG**



**OUTBOUND STUDENT,  
ANNA MCGRAW,  
DESTINATION:  
SWITZERLAND**

## **GUEST CHEF DINNER SERIES**

Presented by the  
Salvation Army of Cortland

**MAY 5** Gator's Tavern

**JUNE 2** Gorgers

**JULY 7** DVCC

**AUGUST 4** Brix

**SEPTEMBER 1** Nanu's Hot Chicken

**OCTOBER 6** CP Cash & Carry

Dinners available for pickup only from 4:30 - 6 pm  
at the Salvation Army - 138 Main Street.

**\$15 PER DINNER  
OR**

**BUY ALL 6 DINNERS & SAVE**

To purchase tickets, scan the QR code or visit:  
<https://give.salvationarmy.org/event/use-emp-cortland-chef-dinners-2026/e774622>



ALL PROCEEDS WILL DIRECTLY BENEFIT LOCAL PROGRAMS, INCLUDING EMERGENCY FOOD SERVICES, YOUTH PROGRAMS, A SEASONAL WARMING CENTER, AND HOLIDAY ASSISTANCE.

SPONSORED BY THE CORTLAND COMMUNITY SERVICE CLUB



**MAY 2, SUGGETT PARK, CORTLAND  
DUCKS RACE AT 11:00AM**

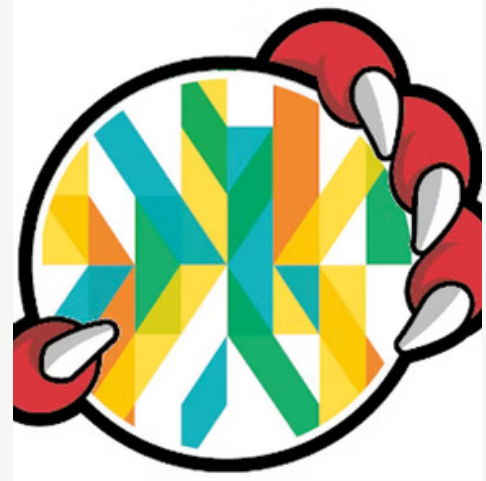


**HUMANS RACE AT 9:00AM!**  
SPONSORED BY THE CORTLAND YMCA

**WIN \$2500**

2ND - 10TH PLACE \$100 EACH  
11TH - 15TH PLACE \$50 EACH  
16TH - 20TH PLACE \$25 EACH

**FOOD, MUSIC, VENDORS & FUN**



**RED DRAGON REUSE EVENT**

**VOLUNTEERS NEEDED  
MAY 17TH!!**



**LOVE WHERE YOU PLAY  
STEWARDSHIP DAY  
SATURDAY APRIL 24TH**

The day will start with a variety of service projects from 9:30-11:30 including invasive plant removal, native tree planting, mulching trails, tree potting, and seed starting!

Once everyone has worked up an appetite, stay for a community cookout celebration.

# CORTLAND COUNTY DRUG TAKEBACK

**WHEN:**

**April 25, 2026**

**\*\*NO LIQUIDS – NO SHARPS\*\***



**LOCATIONS:**

**CORTLANDVILLE  
FIRE DEPT.**

999 State Route 13  
9 AM – NOON

**CINCINNATUS  
FIRE DEPT.**

5722 TELEPHONE RD. EXT.  
9 AM – 11 AM

**HOMER  
FIRE DEPT.**

45 S MAIN STREET  
9 AM – 11 AM

**PARTNERS:**

CORTLAND COUNTY  
SHERIFF'S OFFICE

CORTLANDVILLE FIRE DEPT.

CINCINNATUS FIRE DEPT.

HOMER FIRE DEPT.

HOMER POLICE DEPT.

MARATHON FIRE DEPT.

MARATHON AREA VOL.  
AMBULANCE CORPS (MAVAC)