

CORTLAND BREAKFAST ROTARY NEWS

We Have Fun, And We Get Things Done!



CORTLANDBREAKFASTROTARY.ORG



EDITED BY SOPHIE WELBURN



President Mark Roberts

Front Desk:

Jackie Burke &
Corrine Hayes

Thought for the Day:

Sophie Welburn

Raffle Winner: Jim Anderson

Attendance: 21

Zoom: 2

Guests:

Frank Towner

Bob Balk

Ron Wilson

Frank Towner

"Alternatives to Life Through Humor"

This week's Cortland Breakfast Rotary meeting was kinda one of those "you had to be there" meetings.

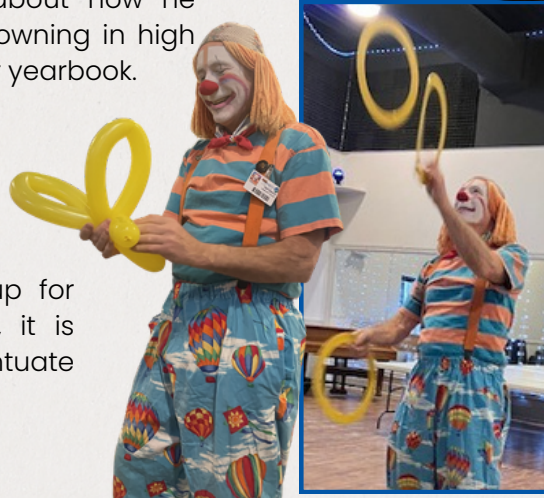
Frank Towner is a fellow Rotarian in the Rotary Club of Ithaca, having grown up with Rotary in his hometown of Rochester through his Rotarian father. Towner is also former CEO of the Ithaca YMCA, and currently serves as gift officer at Cayuga Medical Center.

But for all these official sounding titles, Towner held a surprise for CBR quite literally under his snazzy suit sleeve(s)- that is, his alter ego as Crossroad the clown.

As he started to undress, Towner assured the club that "this is a family friendly show," before revealing a lifeguard's uniform underneath.

The club was then treated to observing the process of Towner's transformation into Crossroad, while learning about how he entered into the world of clowning in high school as an idea to sell their yearbook.

Around that time, Towner took a 10-week course in basic clownology, and has been clowning ever since. Every clown has their own face, and while the makeup for Crossroad is not patented, it is suited specifically to accentuate Towner's own features.
(continued on page 2...)



UPCOMING EVENTS

* Founder's Breakfast

February 18, 2026

\$15 buffet breakfast; featuring Steve Cinquanti who will speak on the club's history.

* Area 17 Social Gathering

April 2, 2026 @ 5:30pm

Join us at Vespar Hills Golf Club in Tully for an evening of fun and fellowship!

Crossroad makes visits all over, and is a well-beloved regular visitor to Camp Good Days and Cayuga Medical Center.

Towner's personal philosophy is built on the idea that "there are a lot of funny things out there when you look at them the right way," even at scary places like the hospital!



Jeremy Boylan is gifted his own clown nose!

Happy Dollars

Conrad Janke: Happy to see our guests Bob Balk, Frank Towner, & Ron Wilson.

Bob Balk: Received a surprise visit from his daughter from Buffalo.

Ron Wilson: Happy for the "tropical" weather we've been having.

Kathie O'Mara: Wiped out on her driveway, but grateful she landed on her knees and didn't injure her new hip!

Steve Cinquanti: Excited to see Frank, welcome!

Glenn Reisweber: Happy to see Mike Shafer's bush pilot look on Zoom from Puerto Rico.

Joanne Sautter: Happy to be here.

Mike Shafer: Has his earmuffs on since it was a chilly 69 degrees; went to a friend's home for the Super Bowl and enjoyed a sing-along during the halftime show.

Pat Clune: Saw Dottie Fowler a few weeks ago; is sure he has more to be happy for but can't remember at the moment.

Kim Cameron: Nice to be back!

Ed Finkbeiner: For the upcoming Founder's Breakfast; for those that would like to see San Juan worms see Mark Roberts or Conrad Janke.

Doug Withey: Privilege to sit with Jackie and Corrine.



**Mike Catalano
(2/14)**

Anniversaries

Sophie Welburn (2/14/2024)

Rotary Leadership Institute

When: March 7th, 8am-1pm

Where: Johnson City High School

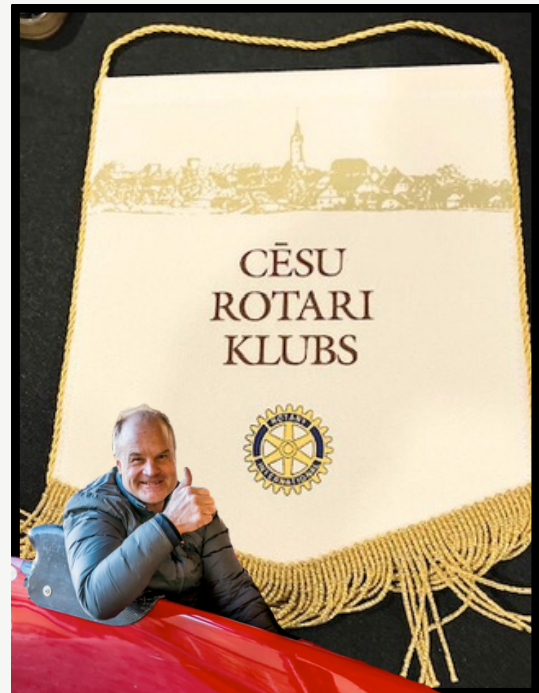
What: Courses are designed to provide Rotary knowledge and to develop leadership skills for voluntary organizations.

Cost: \$25



[LEARN MORE AND
REGISTER HERE](#)

This week's banner comes courtesy of CNY Rotary President Bob Balk, who brought it back from Latvia where he won **FIRST PLACE** in the Para Bobsled race!



KIWANIS CLUB OF CORTLAND

CORNHOLE TOURNAMENT

SATURDAY, FEBRUARY 28
AT MCGRAW BOX BREWING CO.
1 SPRING ST. MCGRAW NY
REGISTRATION AT 11:00
BAGS FLY AT 12:00

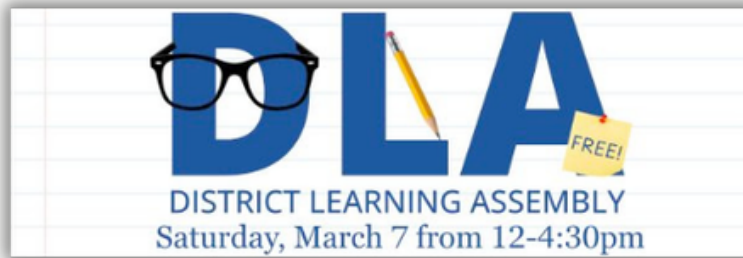
No partner needed!
4 games – Round Robin.
4 Bagger Challenge
Dice Game

Cash prizes for top 3 teams!
Food & drinks available

Registration Fee:
\$20
per person

50/50 & RAFFLE BASKETS





When: March 7th, 12pm–4:30pm

Where: Johnson City High School

What: This event is designed to prepare all club leaders with topics that will support administrative activities, membership growth, Foundation participation, better public image and more. We cannot stress this enough though –you do not have to be a leader to attend and all are welcome to come enjoy the fellowship and learning!

Cost: Free!

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When: April 11th, 8am–8pm

Where: Syracuse Downtown Marriott

What: Come together to collaborate and share ideas, celebrate our accomplishments, and plan a vibrant future.

Discounted Registration if You Sign Up by February 22nd!

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REGISTER HERE](#)