



27 July, 2022

# Cortland Breakfast Rotary

The Friendliest Rotary Club in District 7170!



## Kimberly Friedman Meditation Mama

### **What are we in a hurry to or from? We are pulled in a thousand directions.**

Having knocked on death's door with breast cancer, Kim shares her experiences with others. We need to serve ourselves first, and then serve others. If anyone of us died tomorrow, our workplace will keep going. At the end of the day, we need to live, love, and share what is in our hearts. Kimberly cares deeply to show people that their lives are more than the vortex they are sucked into.

As a first for the CBRC, Kimberly led us into a brief, and refreshing, meditation session.

Kimberly has lived several lives in her past 25 years in Cortland.

At age 16, she returned home to find out that her father had died. She is a survivor of domestic violence, moving to the YWCA for a time. Sixteen years ago her son was born autistic; in 2015 she was diagnosed with breast cancer.

In all of her trials, Kimberly fought with class and dignity. Her battle with cancer involved chemo treatment, and she did not shy away from pictures that featured her without her flowing locks.

From her experiences, Kimberly helps others to see the bright side of life. As a Reiki Level II and Certified Meditation instructor, she can instruct others to understand and concentrate on what is most important—ourselves. We thank her for contributing positively to the fabric of our community.

**With other parents of autistic children, Kimberly started Puzzle Solvers, which raises money to provide funds for families with the autistic spectrum.**

President. *Conrad Janke.*  
 Front Desk. *Kathie O'Mara.*  
 Greeter. *Bob Martin.*  
 Invocation. *Mark Roberts.*  
 Raffle. *Jim Dempsey.*  
 Happy Birthday! *Dick Kroot.*  
 Rotary Anniversary *Ed Finkbeiner, Cindy Stoker, Brian Halladay.*  
 Rotary 1/2 Minute. *Don Ferris. 1) Joined in 1990. 2) Sponsor was Clyde Cook. 3) Most memorable moment was Charlie Dellow's Schnauzer.*



*The Friendliest Club in the District!*

**Our Rotary Clubs are Collaborating Again!  
 The Cortland Breakfast Club and Cortland Noon Club  
 Are Inviting You to a FUN SUMMER PICNIC!**

**DATE:** Wednesday, August 3rd  
**TIME:** 5:30 – 7:30pm  
**PLACE:** Don Richards' Home – 692 Hatcher's Run, Cortland  
**WHAT TO BRING:** Chicken Provided by Bob's Barbecue.....  
 Bring a Dish to Share, Swimsuit (if you dare) and Preferred Beverage  
**COST:** \$10/person for Members and Spouses/Significant Others  
 Prospective Members, as Guests – No Charge  
**QUESTIONS?** Contact Don Richards....cell: 607-745-7779  
 email: [rotaryrichards@gmail.com](mailto:rotaryrichards@gmail.com)  
**RSVP DEADLINE:** Friday, July 29

Sign up on our webpage: [cortlandbreakfastrotary.org](http://cortlandbreakfastrotary.org).

We will be taking a Club picture at this meeting!

 **There will be NO meeting at 7am on August 3!**

## ANNOUNCEMENTS

**Karen Dewitt has been asked by the District about restarting Youth Exchange, she is asking for someone to help her.**

***Dues are due July 31! Mike Shafer earned a raffle ticket by identifying Ringo Starr touting dues in the Newsletter.***

**Next week—NO 7am meeting, picnic at Don Richards' house.**

***This month's Rotary Magazine has plenty of interesting articles. Did you know that a Rotarian is planting urban forests in Kirachi, Pakistan? Or that the number of Rotarians in Ukraine has INCREASED since the war started in February?***

**Polio has returned to the US—in Rockland County, NY**

## Happy Dollars

Karen Dewitt—glad to be here!

Don Richards—hosting next week's picnic, for attending Nick Cinquanti's wedding.

Conrad Janke—having Kimberly Friedman as Speaker.

Mike Shafer—seeing people wearing Rotary pins and for seeing Richalle Cicioni.

Jeremy Boylan—Bob Martin as Greeter, seeing Kimberly Friedman, and for Karen Dewitt's work with Youth Exchange.

Bob Martin—for the Club's donation to Lime Hollow.

Kathie O'Mara—visited her Mom for four days.

Steve Cinquanti—great wedding over the weekend for his son.



# YWCA IS ON A MISSION

## Mission-Based Programs

- Aid to Victims of Violence (AVV)
  - 24-Hour Crisis Hotline
  - Crime Victims Assistance
  - Domestic Violence Emergency Shelter
  - Domestic Violence Permanent Supportive Housing
  - Educational Programming
  - Support and Advocacy Services
- Child Care
  - Licensed Child Day Care
  - School Age Care
  - Summer Care and Recreation
- Health and Fitness
  - Aquatics
  - Children's Recreation
  - Group Exercise
  - Personal Training
  - Specialty Health Programs
  - Weight Training
- Mentoring
  - Bridges for Kids
  - GEMS (Girls: Empowered, Motivated, Successful)

### YWCA Cortland

14 Clayton Avenue  
Cortland, NY 13045

Phone: (607) 753-9651

Hotline: (607) 756-6363

Fax: (607) 753-8774

Email: [info@cortlandywca.org](mailto:info@cortlandywca.org)

Website: [cortlandywca.org](http://cortlandywca.org)

**eliminating racism  
empowering women**

# ywca



July 6, 2022

Peter Williams, President  
Cortland Rotary Breakfast Club  
P.O. Box 5572  
Cortland, NY 13045

*Thank you!*

Dear Peter and members,

Thank you for supporting YWCA Cortland's Child Care school age summer camp program field trips.

Below is a summary of your grant for tax purposes:

**Check #13363 for \$1,800 received on 6/21/22; receipt #191542.**

Our mission is **to eliminate racism, empower women and to promote peace, justice, freedom and dignity for all.** We do this through our four core program and service areas: Child Care, Aid to Victims of Violence, Mentoring, and Health and Fitness.

In keeping with our mission, the Child Care programs of the YWCA Cortland are designed to offer quality child care services for families. Our programs support and empower parents and children by offering opportunities to gain knowledge and respect of self, family, culture, and community in an atmosphere that is developmentally appropriate, safe, stimulating, and nurturing. Activities offered through our Summer Camp program promote growth in the areas of physical, social, emotional, cognitive and creative development.

Thank you for helping us stay ON A MISSION; your donation allows the YWCA to continue making a difference every day. Our programs and services could not be sustained without your support, particularly during such a difficult year.

With sincere thanks,

*Robyn Hayes*

Robyn Hayes, Director of Development

ACKNOWLEDGEMENT: As required by IRS guidelines governing charitable gifts, the YWCA of Cortland certifies that no goods or services were provided in exchange for this gift. Please retain this letter as your receipt for tax purposes.



