

Cortland Breakfast Rotary. 3-1-23

Rotary District 7170: 41 Clubs. The Friendliest Club: Us!



SEVEN VALLEYS HEALTH COALITION

Kate Downes.

Avery Barber



seven valleys **HEALTH COALITION**

KATE DOWNES and **AVERY BARBER** are both Project Coordinators at Seven Alleys Health Coalition, which takes a holistic approach to supporting the residents of our community.

Its mission is to use local solutions to advance the health of Cortland County; they follow the lead of the community, and know that what worked five years ago is different today.

They feel that food is medicine, and work hard at maintaining food security. Working with local farms, the Coalition has a fruit and vegetable support program, with 50—now 100— families receiving CSA shares. On top of that, they provide a dietician for the families to maximize the effectiveness of the fresh produce.

Transportation is also a key component in helping the community. They pay delivery drivers to deliver the fresh produce; they also help individuals get to work with cab rides and gas cards.

While explaining to us other important topics like maternal health, food rescue, and the search for funding, Kate and Avery stressed that they focus on the needs of the community first and then find the funding.

We'd like to thank Kate and Avery for the important work they do, and for taking the time to speak to our Club today!



Kate Downes, Food Systems Project Coordinator

Kate Downes has extensive agricultural experience, including a Master's in Sustainable Agriculture and Rural Development. Kate recently joined SVHC in November 2022 after working at Cornell University for multiple statewide agricultural organizations for the past eight years. During her tenure at Cornell, she managed multiple public-facing programs, advocated for program funding, and helped increase the breadth of grant funding within those programs. At Seven Valleys, Kate supports multiple local foods-centered grants, the farm to school program, and the Seven Valleys Food Rescue. She also assists with grant development, building community, and cultivating a deeper connection with local farmers and producers. Kate also provides support for community behavioral health programming and the Doula Partnership programming.

Avery Barber Seven Valleys Food Hub Manager

A local to Cortland County with deep roots in agriculture, Avery earned her Bachelor's in Sustainability and Food Studies from Falk School of Sustainability and Environment in Chatham University. She initially joined Seven Valleys Health Coalition as an AmeriCorps Member, where she worked on the creation of a Storytelling Program for food insecure Cortland County community members. Now, as the Food Hub Manager she oversees the Seven Valleys Food Rescue including picking up and dropping of food, leading volunteers, and examining program sustainability. Avery also facilitates community cooking classes and works on a variety of local food system development programming. Avery provides support for the Cortland Food Project steering committee and subcommittees including chairing the Hunger Coalition subcommittee meetings.

President. Conrad Janke
Front Desk. Karen Dewitt, Peter Williams
Guests. Kate Downes, Avery Barber, Bryn Carr
Raffle. Conrad Janke
Something You Don't Know About Me. Conrad Janke sold dictionaries door to door, 80 hours a week, out west, to pay his way through college.
Attendance. 19 + 3 Zoom



The Rotary Learning Institute is this Saturday, March 4, at Johnson City High School; the Club will pick up the cost of the course (\$35).

It is Corn Ducky Derby time! The Derby is on May 6, the Grand Prize is **\$2500!** Tickets are **\$5** each, and the Club will receive half of all money raised by the Club. See Conrad Janke or Bob Martin for tickets..

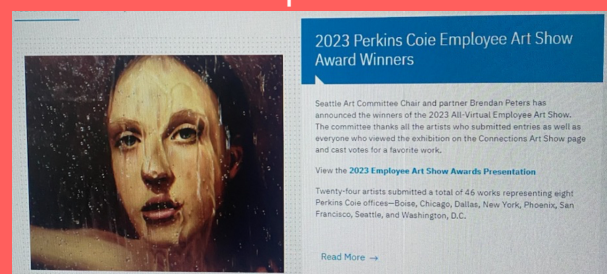
Board meeting next Tuesday, the 7th, 7am, Zoom, all are invited.

The Rotary Magazine has several interesting articles: a Colonel who served in Afghanistan is bicycling 1700 miles to honor fallen comrades; about the city of Lviv in the war in Ukraine; a shelter for underaged girls in Peru; and a Rotoractor in Uganda teaching filmmaking. Also, murals in Clay Center, 1224 miles from both LA and NYC; Mark Roberts correctly guessed it was in Kansas.

Jeremy Boylan mentioned that he is asking seniors what help you they should may need for Spring Clean-Up, and will be assigning teams next month.

Jim Dempsey was in Hilton Head, SC four two weeks.

Bob Martin got a text from his daughter, who won first place in an art contest.



Jackie Burke said it was great to have Conrad Janke back from vacation .

Conrad Janke had fun, and is glad to be in the 607.

Jeremy Boylan commented that his son and Bryn Carr's daughter are both in the Homer High School's Sponge Bob the Musical.

THE HOMER NEWS

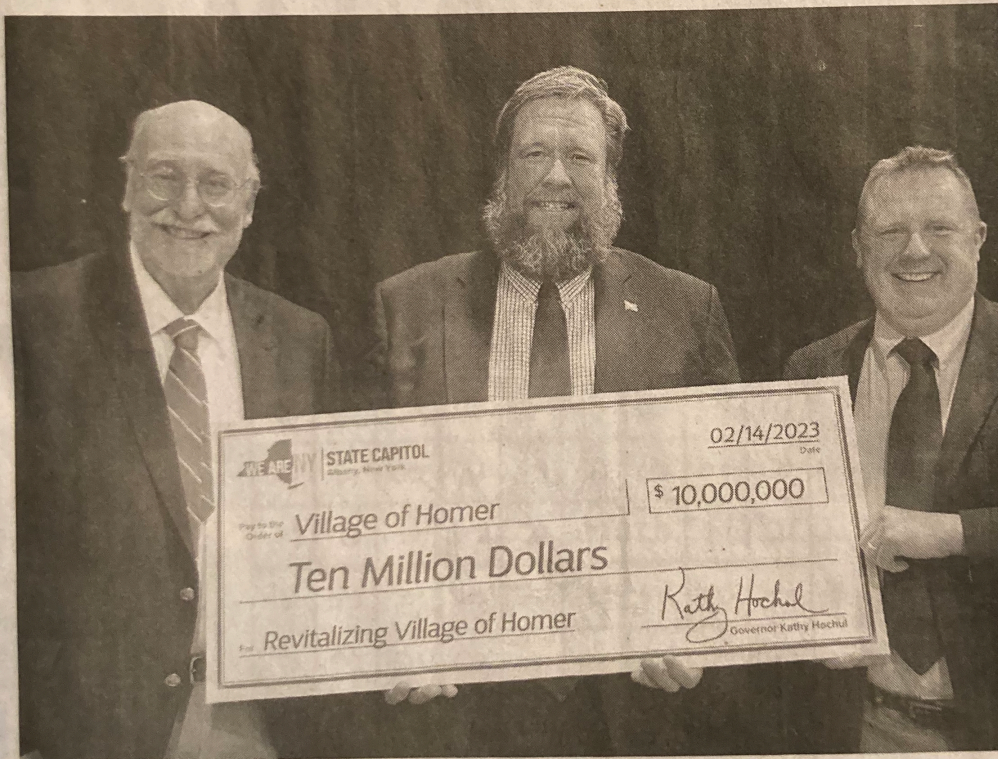
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FREE

We Got It!!!



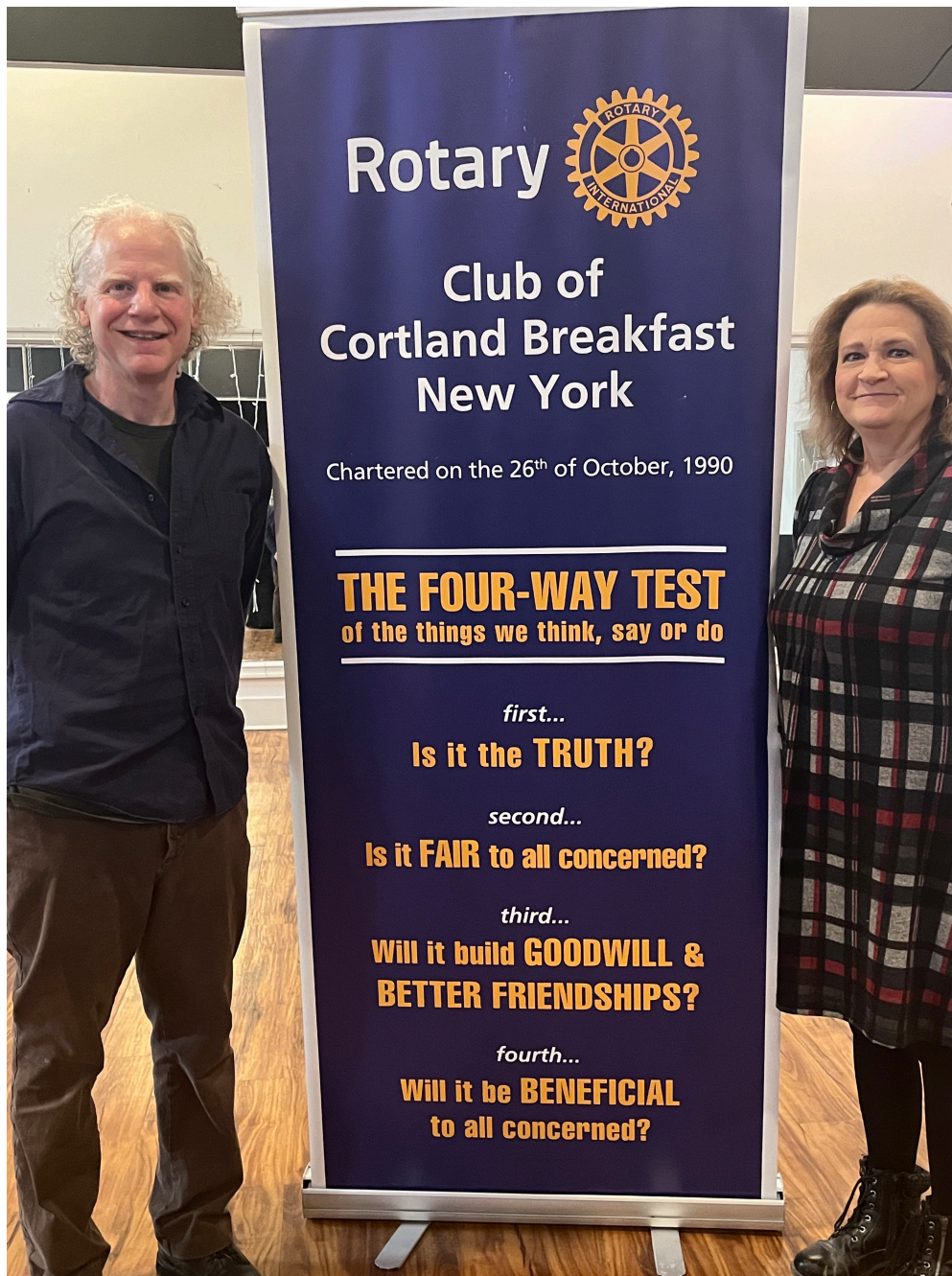
Trustee Ed Finkbeiner, Mayor Hal McCabe, and Trustee Pat Clune with the "Big Check"

FREE

THE HOMER NEWS

On the cover of The Homer News, celebrating Homer's NYS DRI grant are Rotarians Ed Finkbeiner and Patrick Clune.

Speakers for our February 22 meeting:



Cortland Re-Use

John Zelsin, Sue Wood