

Let's Make Rotary a Priority!

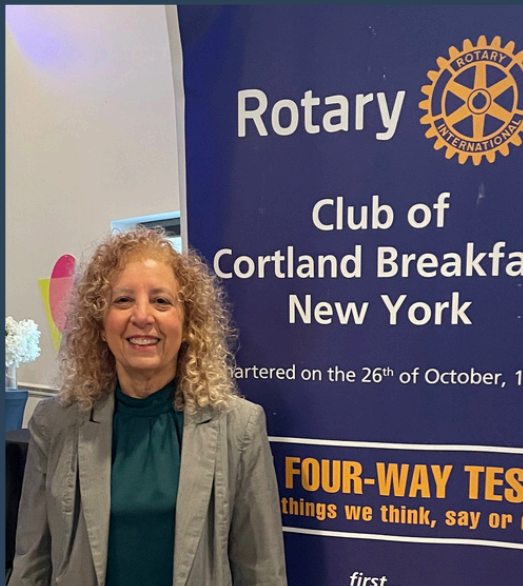
CORTLAND BREAKFAST ROTARY

05.21.2025

Cortlandbreakfastrotary.org

Wednesday

“MAKE PRODUCTS THAT MAKE YOU FEEL GREAT” Dr. Mary Balliett Shares Her Health Care Journey to Potential Power Nutrition



[Potential Power Nutrition website](https://www.potentialpowernutrition.com)

The Cortland Breakfast Rotary Club welcomed Dr. Mary Balliett this week to discuss her journey developing Potential Power Nutrition. Dr. Balliett is a Doctor of Chiropractic. She is a Professor Emeritus from Northeast College of Health Sciences (formerly New York Chiropractic College) after teaching for 30 years, including being the Dean of the School of Nutrition for 4 years. She is a self-proclaimed "woman of science and service", and has found just the means of uniting her passions for nutrition and compassionate health care through Potential Power Nutrition.

Traditionally, the health care industry has focused on disease management, but Dr. Balliett strives for a holistic approach to health, one that centers on sleep, exercise, mindfulness, and diet. She found that over half of Americans take supplements yet consistently skip breakfast. 87% of Americans say that they want to try to be healthier, yet only 2.7% actually achieve it!

Potential Power Nutrition is a nutritional shake that helps mitigate the barriers of money and time, and is plant-based and free of all major allergens. Through the product, Dr. Balliett simplifies nutrition while prioritizing transparency and manufacturing processes that don't negatively impact the environment. All in a product that tastes good too!

President: Jackie Burke

Front Desk: Jim Dempsey,
Doug Withey

Thought of the day:
Jeremy Boylan

Birthdays:
Matt McSherry (5/22)

Anniversaries:
None

Attendance: 24

Zoom: 1

Guests:
Dr. Mary Balliett
Trisha Hiemstra
Nishi Kadvani

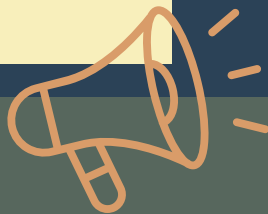
Raffle winner:
Sophie Clough

SEEKING FUTURE CHAIR FOR YOUTH EXCHANGE COMMITTEE



Contact Karen DeWitt:
kldewitt29@yahoo.com

Announcements:



- 2nd announcement of the pending membership of Nicholas Lundberg.
- Thank you to those who helped at the Red Dragon ReUse collecting event!
- Induction of 3 new members to Interact took place 5/20.
- June 1st- Ride for Rotary Community Day- please pre-register before Friday if you'd like a t-shirt!
- June 19th- McGruff Tournament- get your team signed up!
- **Help wanted for registration on June 1st & June 19th**
- June 25th- Pass the Gavel dinner sign-ups at meeting and online.

The Cortland Breakfast Rotary Club Presents:
34th McGruff Golf Tournament

June 19, 2025



[Register to play here!](#)

Happy Dollars



Karen DeWitt: Nishi will be wrapping up her stay in June, her parents coming in to visit & travel. Planning a get-together for Nishi's friends, exchange families, and Rotarians.

Laurie Comfort: Happy to be back at Rotary!

Jessie Farrell: Son will have his last lacrosse game, although might go to sectionals.

Mike Shafer: Trip to Belgium for 50th anniversary; shared story that took place in the same fish market that is the setting for a shootout scene in "In Bruges".

Mark Roberts: Club members represented at the Tully golf tournament; returned from a 12-day trip to Africa.

Jeremy Boylan: Son played last high school baseball game last night.

Jackie Burke: Happy to have her friend Mary Barliett as a guest; excited by the new direction at Interact.

Conrad Janke: Friday worked with Doug Withey for ReUse event & in evening attended the Centennial event at CCHS; Saturday had a great golf game; Crystal Palace won FA cup which must mean its the year for the Buffalo Bills!



Not only do Members of the Cortland Breakfast Rotary work the Red Dragon Reuse for the Epic Day of Service, but so do its Speakers! Doug Withey and Conrad Janke were joined by Bobcat (2nd from left) and Paul Kozlowski (far right).

Cortland Breakfast
Rotary Club

**Ride for
Rotary**


COMMUNITY DAY

JUNE 1ST **SIGN-IN**
9:30 - 11AM

Homer Community Building
(Behind the Fire Station)

RIDE, RUN, OR WALK!

A DONATION OF \$20 WILL SECURE YOUR MEAL TICKET WITH
PRE-REGISTRANTS RECEIVING EVENT T-SHIRTS AS WELL.
FOOD & LIVE MUSIC AFTER THE RIDE.



Thank You

Dear Cortland Breakfast Rotary, May 2025

On behalf of The YAC, I
want to thank you for your
kind donation to our Summer
Camp. I also want to
apologize for Taylor and I
missing breakfast this past
week. Tara had an
enjoyable breakfast and brought
back our check for this Summer!
Much Appreciation!
Sami Bisocchi
Child Care Dir.

Cortland Breakfast Rotary Club,
On behalf of the Cortland
High School Athletic Booster
Club, our athletes and
coaches - Thank you for
donating to our Chair Fund-
raiser! We appreciate your
support - Best Regards,
Marshall Phelps,
President

Ride for Rotary Community Day, June 1st, 2025

For questions call Don Richards Office 607-749-7770, Cell 607-745-7779

Registration at 10:00 am. Sponsors of the Ride for Rotary at the \$500.00 level have their names listed on T-shirts, all advertising and formal announcements. Also includes two participants to the day's event. Lunch is included after the ride. Registration on the back of this flyer.

All Participants meet at the Homer Community Center(In back of the Homer Fire Department) Main Street Homer N.Y. 13077 @ 10:00 am.
Thank You 2025 Sponsors!

*Adhan Piping Company,
Inc.*

*Brian Barlow, Financial
Advisor – Wells Fargo
Advisors*

*Bailey Place Insurance,
Jeremy Boylan*

Beard Electric LLC

Benson Davis Insurance

Builders Best Do It Center

C&M Excavation

Chuck Fieszli

CNY Farm Supply

*Complete Construction
Concepts, LLC*

*Contento's Demolition
and
Recycling*

Coriano Trucking

*Cortland County Chamber
of Commerce*

Cortland Diner

Cortland Self Storage

Dafoe Tree Company

DG Masonry

*Don Armstrong & Bill
Pomeroy*

*First National Bank of
Dryden*

Genson Overhead Door

Halco Energy

Homer Iron Works

K&H Motorsports

*Mike Shafer & Kathleen
Hennessy*

Murdock Excavation Inc.

Osborne Flooring

*Plan First Technologies,
Inc.*

*Premier Property Service/
Lawn Care*

Randolph Paving Inc.

Royal Motor Company

Steve Cinquanti Family

Randolph Well & Pump

WXHC 101.5

CP Cash & Carry

