

October 2, 2024

# Cortland Breakfast Rotary

The Friendliest Club in the District!



## Bonny Georgia Renner

Lioness Self-Leadership Coaching

# **We are not victims of circumstance, but co-creators of our own reality.**

As a Life Coach, Bonny stressed to us the power of choice—every choice we make brings us closer to who we are. While people get caught up in the “victim mentality”, we have the power to choose our own thoughts.

We have a lot more power than we think we do, and we need to think about what choices we are making—consciously or unconsciously.

In her *Lioness Self-Leadership*, Bonny explains that the more we do things, the more they become a habit. At first we create our habits, and then we create our life. If at any time we do not like our life, we can change it. We make a series of small decisions that develop into choices we are proud of or not proud of.

We thank Bonny for her thought provoking presentation, and for showing us that we are responsible for our mindset, and can choose either happiness or misery.

***<http://www.lionessselfleadership.com>***

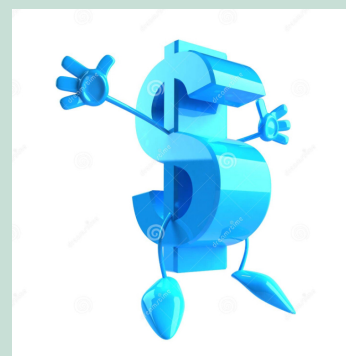
Bonny Georgia Renner is an award-winning writer, women-centered coach, facilitator, and founder of Lioness Self-Leadership Coaching & Facilitation. With over 20 years of leadership experience, Bonny uses transformational coaching techniques to empower her clients to lead lives of authenticity, confidence, and purpose.





**President.**  
**Front Desk.**  
**Thought of the Day.**  
**Guests.**  
**Happy Birthday.**  
**Rotary Anniversary.**  
**Raffle.**  
**Attendance.**

**Jackie Burke**  
**Chuck Feiszli, Mike Shafer**  
**Jeremy Boylan**  
**Bonny Renner, Nishi Kadvani**  
**Steve Cinquanti, Valerie Kaiser**  
**Regina Grantham**  
**Jackie Burke**  
**21**



**Jeremy Boylan recapped the River Clean Up. Thanks to our members, the Interact Club, and the Cortland Police Dept., we had the largest group ever! (P 4&5).**

**Don Richards forwarded us the figures on the Chicken Barbeque, also on September 28. We raised over \$1400 in this successful enterprise (p. 6).**

**Major Corinne Hayes informed us about the First Annual Salvation Army kickoff on November 4 at the Cortland Elks, 730-9am. Sponsorship opportunities are available (p. 7)**

**MIKE MAY'S DAUGHTER WAS MARRIED DURING THE PANDEMIC, AND CELEBRATED LAST WEEKEND IN PHILADELPHIA;**  
**CONRAD JANKE PONIED UP FOR BONNY SPEAKER, AND FOR NISHI;**  
**KATHIE O'MARA IS HAPPY TO BE HERE;**  
**MATT BANAZEK IS HAPPY TO SEE KATHIE AND FOR THE RIVER CLEAN UP;**  
**JEREMY BOYLAN NOTED THAT THE RIVER CLEAN UP GARNERED TWO PICKUP TRUCKS OF GARBAGE;**  
**GLENN REISWEBER WAS GLAD TO HAVE PARTICIPATED IN THE RIVER CLEAN UP, AND WANTS TO NAME THE CRAWDAD AS OUR CLUB MASCOT;**  
**DON FERRIS WAS GLAD TO SEE KATHIE O;**  
**DON RICHARDS SALUTED BOTH OF OUR PROJECTS ON SATURDAY;**  
**JACKIE BURKE LAUDED THE WORK OF THE INTERACT CLUB AND FOR OUR SPEAKER.**



## **September 28--River Clean Up**

**Jeremy Boylan** led the charge, ably supported by his children **Christopher** and **Kaitlyn**. CBR Rotarians participating were: **Glenn Reisweber, Matt Banazek, Pat and Jennifer Clune, Mike Shafer, Conrad Janke, Terry Cahill, Todd and Jenna Curtis, and Jackie Burke**. **Nikki Morgan** and her son **Brayden** led a contingent of students from Steven Valley Schools; **David Guerrera, Chad Hines, and Jim Crow** from the City Police Dept. and DPW pitched in.

Great job everyone!





The treasures we find in the Tioughnioga River every year are varied and limitless. President Jackie Burke is astonished when presented the “Magic Crawfish” by Chairman Jeremy Burke.



# ALSO ON SEPTEMBER 28TH— CHICKEN BARBEQUE



**Past-President Don Richards held the Cortland Rotary Clubs Chicken Barbeque at Bob's Barbeque on Route 281. Over 150 chickens were picked up to help local charities.**

**Rotarians who helped were: Gina Sikora, Jim Dempsey, Jackie Burke, Bob Martin, Luann Hopkins, Happy Customer (future Rotarian?), Conrad Janke, Don Richards, and Bobby Sikora.**





DOING THE MOST GOOD

The Salvation Army of Cortland

138 Main St.  
Cortland, NY 13045  
607.753.9363

September 26, 2024



*Support Your Community*

Business Name  
Address  
Address

Dear (Contact Name),

Plans are underway for The Salvation Army of Cortland's 1<sup>st</sup> Annual Kettle Kick-Off Breakfast! **This highly anticipated debut of the holiday season will be held on Thursday, November 7, 2024, at The Elks Club, 9 Groton Ave., Cortland, NY.**

This event officially launches The Salvation Army's longstanding and honored Red Kettle fundraising campaign which allows us to continue providing a wide variety of much needed community services to nearly 1,000 neighbors in Cortland County. It is only through the generosity of caring members of this community that we can respond to people in crisis 365 days a year through our local programs.

We greatly rely on event sponsors to raise funds toward our annual goal. Thank you for considering a sponsorship of our event at one of the following levels:

- **\$750 Red Shield Sponsor** provides a month of meals in our Soup Kitchen.
- **\$500 Red Kettle Sponsor** provides a season of music & arts programs for local youth.
- **\$250 Friend of the Army Sponsor** provides 5 local families with groceries for a week.

If you would like to be an event sponsor, please scan the QR code below or contact us at 607.753.9363. Individual tickets at \$20 each can be reserved by completing and mailing the form below to our office at 138 Main Street, Cortland, NY 13045. Unable to attend our event? Consider sponsoring a local red kettle for 1 day for \$100.

*At this event we will also provide opportunities to sign up for bell ringing, adopt-a-family, companies to host angel trees, and other ways to help this Christmas season.*

Thank you for your support of The Salvation Army of Cortland! On behalf of the Advisory Board, staff, volunteers, and, most importantly, the neighbors we serve, we thank you for your generosity and partnership.

Gratefully,

Major Corinne Hayes  
Corps Officer



This week's banners had a theme—Rotary Clubs in locations near the path of Hurricane Helene.

Noted were: St. Petersburg, FL; Pollocksville, NC; and Okatie, SC.

When asked the number of Rotary Clubs worldwide, Corinne Hayes supplied the correct number.



# Cortland. Youth Bureau, October 26

## Trunk or Treat

# Trunk-Or-Treat



Saturday, October 26 • 2pm to 4pm • Court Street, Cortland (Rain Date: Sunday, October 27, 2 - 4pm)

## What Is Trunk or Treat?

At trunk or treats, costumed children walk through a parking lot, stopping at cars that have decorated trunks and receiving candy.

At many trunk or treat events, people who decorate their cars are asked to set up small, carnival-type games for kids to play, such as a ring toss, bowling, or shooting a foam basketball. The games should be short and easy enough for young children to play. You can add an educational element with estimation games—for example, guessing how many pieces of candy corn are in a jar or how much a pumpkin weighs. Children who win the game can be given small prizes or extra candy; however, all children should receive a treat at each station, regardless of how they did on the game.

## Contest

A trophy will be given to the top decorated trunk to display in your business until next year's event. Each participant will be given a ticket, they will deposit their ticket in the pumpkin bucket at each trunk to vote. The trunk with the most votes will win the annual **Trunk or Treat Trophy**.

## Food Trucks Welcome!

Does your business also have a food truck? Bring it! Contact Battalion Deputy Reynolds for more information on how to sell during our event: 607-327-0172, [events@cortlandfire.org](mailto:events@cortlandfire.org)

## Trunk Or Treat Guidelines

1. Let us know you're coming! Registration is required, and limited to the first 40.
2. Don't make the decorations too scary, young kids can be afraid of loud noises or quick movements. You don't even have to have a halloween theme! Carnival, On a Farm, Under the Sea, or book themes are great too!
3. Set up will begin one hour before the event starts, enter off of Church Street. (1:00pm)
4. Provide enough candy, giveaways, and/or prizes for the whole event. Once you park, you're there until the end.
5. All candy must be prepackaged.
6. There is no access to electricity or water.
7. Registration is open to businesses and organizations in Cortland County. Limited to the first 40 registrations, so don't wait!

I WARNED YOU  
ABOUT THAT TIME MACHINE,  
CARL.

CARL BLUMFIELD  
1951 - 1924