

CORTLAND BREAKFAST ROTARY

02.12.2025

Cortlandbreakfastrotary.org

Wednesday

Amanda Giles: Creating Community Through CrossFit



CrossFit Cortland

Amanda Giles joined CBR this week to tell us about the incredible journey she has been on starting up and growing CrossFit Cortland! While serving in the NY State police, Amanda fell in love with the style of workouts provided there. Her CrossFit journey started in 2015, and upon the closure of the Seven Valleys CrossFit gym during the pandemic felt a void in Cortland of that caliber of a fitness community. After a hugely successful fundraising event held at the gym in the JM Murray Center, Amanda and her husband, Quentin, started up CrossFit Cortland in the Crescent Commons in March of 2021 with forty members. Not even four years later, membership is up to over 150 with 13 coaches. The goal of CrossFit Cortland is to provide functional fitness for everyone, no matter where they are on their fitness journey. Last year, CFC Nutrition was started as a means to provide more holistic guidance on health even outside of the gym. Most recently, they have taken over Common Grounds coffee shop and rebranded it as Lift a Latte with protein shakes available in addition to delicious coffee creations.

Most important of all, Amanda works hard to create community through CrossFit Cortland, not just for the members of the gym, but by giving back to the community through various fundraising efforts.



On January 11, 74 incredible members—from ages 5 to 70+—joined forces to honor Joshua and raise over \$7,000 for Cortland High School.

President: Jackie Burke

Front Desk: Dianne Higgins,
Jessie Farrell

Thought of the day:

Ed Finkbeiner

Birthdays:

Mike Catalano(2/14)

Jeremy Boylan (2/18)

Anniversaries:

Sophie Clough (2/14/2024)

Announcements:

- (2/15) Regina Grantham memorial service at Grace and Holy Spirit Church @ 1pm.
- (2/23) Rotary Birthday Extravaganza- celebrating 120 years. Party in Ithaca from 2-4pm. Register by 2/17.
- (3/1) Rotary Leadership Institute in Johnson City, Virtual option also available.
- CNY Rotary Conference April 4-6
- Looking for members to join the Youth Exchange committee. Contact Karen DeWitt or Jackie Burke if interested.
- The first person to text Conrad Janke at (315) 460-0258 gets a free breakfast at the Feb 19th meeting !
- **Save the date!** Paul Harris Pass the Gavel dinner scheduled for June 25th.
- "Bowling Committee" reports they will hold off another year.

Attendance: 21 (3 via Zoom)

Guests:

Amanda Giles

Raffle winner: Pat Clune

Happy Dollars



Ed Finkbeiner: Scored great seats for the Super Bowl, after party continues at his workshop.

Glenn Reisweber: Welcome Amanda!

Chuck Feiszli: Happy to see Amanda, and for the Rotary Hockey League. Heading to Utah on Thurs.

Mike May: Thanks to Matt B. for the update from the "bowling committee".

Conrad Janke: For Amanda, and advertising the Tully WinterFest on Sunday. Conrad will be participating in the human slot machine.

Pat Clune: Homer swore in a new Trustee, making a full town board. And for toes finally thawing out after hockey.

Matt Banazek: Welcome to Amanda, and for all the fun at hockey.

Don Richards: Welcome Amanda, and "sad" dollar to be returning to CNY in the afternoon.

Jackie Burke: For Amanda, and seeing Terry Cahill on Zoom.



2-5-25
Dear Jackie, Jim & all members of the Cortland Breakfast Rotary Club,
It is truly an honor for Dolly Parton's Imagination Library to be included as one of the many ways the Breakfast Rotary Club helps our community.

Your very generous donation of \$1500 to Cortland's Imagination Library program will provide 48 children with one book every month for the next year. With each book, you are giving a child the opportunity to grow their excitement and their love of reading & learning. Thank you for giving them that special gift.

Each of those books will proudly display "Cortland Breakfast Rotary Club" as a sponsor. I will send a photo of the mailing label when →

those books are mailed in a couple of months.

Even though I joked about having to get up early for your meeting, I want you to know that I really do enjoy feeling the positive energy and camaraderie among your group.

With appreciation & gratitude for all you do to make Cortland - and the world - a better place,
Vivian





CBR donated \$250 to Kiwanis of Cortland to go toward the purchase of bread for this year's PB&J 500 Event. Just in time for winter break!



- When: February 23rd
 - Time: 2-4pm
 - Where: Hilton Canopy 324 E State Street, Ithaca, NY 14850
- Register by 2/17.**

[Register here](#)



[Learn more here](#)



celebrating the life of

REGINA B. GRANTHAM

December 11, 1940-January 13, 2025

MEMORIAL SERVICE

February 15, 2025 | 1pm

Grace & Holy Spirit Church

13 Court St., Cortland, NY 13045

Gifts to the Regina B. Grantham Scholarship
in Communication Disorders & Sciences
at SUNY Cortland.



CORTLAND BREAKFAST & NOON,
AND TULLY ROTARY CLUBS

WEDNESDAY MARCH 26TH MEETING

AT THE CORTLAND ELKS
COCKTAILS @5:45PM

\$20 per person
Non-spouse guests:
Free

Speaker:
CNY President
Lizzy Martin

