

Rotary



Cortland Breakfast

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CORTLAND  
BREAKFAST  
ROTARY

11 SEPTEMBER 2024

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*Jen  
Rafferty*

Empowered Educator

JEN RAFFERTY WAS OUR SPEAKER ON AUGUST 4, 2021; THINGS ARE MUCH DIFFERENT FOR HER SINCE THEN!

IN DECEMBER OF 2019, JEN, IN HER OWN WORDS, WAS “ON TOP OF HER GAME”. A SUCCESSFUL TEACHER OF 15 YEARS, WHO PUBLISHED HER FIRST BOOK. LIFE THREW HER A FEW CURVEBALLS, AND SHE FOUND HERSELF AS A SINGLE MOM, OUT OF WORK. IT GAVE HER THE CHANCE TO PONDER THE QUESTIONS: WHO AM I? WHO CAN I BE?

AFTER EARNING HER PHD IN BEHAVIORAL PSYCHOLOGY, JEN DISCOVERED THAT THERE IS A HUGE GAP BETWEEN WHAT TEACHERS NEED AND WHAT THEY HAVE. TEACHERS AND PRINCIPALS CAN NOT BRIDGE THIS GAP AND END UP LEAVING.

ONE DILEMMA SHE HAS SEEN IS THAT WHILE KIDS HAVE CHANGED, TEACHERS HAVE NOT. SHE STARTED EMPOWER EDUCATOR, A PROFESSIONAL SUPPORT FOR ALL THE ADULTS IN SCHOOLS—NOT JUST TEACHERS, BUT EVERYONE WHO IS IN CONTACT WITH STUDENTS. EMPOWER EDUCATOR IS NOW INTERNATIONAL WITH FIVE EMPLOYEES.

JEN HELPED US TO UNDERSTAND THE ROLE THAT STRESS PLAYS IN OUR LIVES. STRESS PREVENTS US FROM BEING IN THE PRESENT, AND DOESN'T ALLOW US TO FOCUS ON WHAT'S HAPPENING NOW. WHEN TEACHERS HAVE STRESS AND BURNOUT, IT IS THE KIDS THAT SUFFER.

JEN HAD US PARTICIPATE IN A BREATHING EXERCISE, TO SHOW OUR NERVOUS SYSTEM THAT EVERYTHING IS OKAY. WE THANK JEN FOR SHARING THE ESSENTIAL WORK SHE PERFORMS, AND HAVE BOOKED HER FOR AUGUST 11, 2027!



JEN RAFFERTY IS AN EDUCATOR, AUTHOR, AND FOUNDER OF EMPOWERED EDUCATOR. SINCE ITS INCEPTION, THE EMPOWERED EDUCATOR HAS REACHED TEACHERS AND SCHOOL LEADERS ALL OVER THE WORLD. JEN HAS BEEN FEATURED IN FORBES, AUTHORITY MAGAZINE, MEDIUM, THRIVE GLOBAL, BEST HOLISTIC LIFE MAGAZINE, WELLNESS VOICE MAGAZINE, AND WAS ON THE TEDX STAGE WITH HER TALK, GENERATIONAL CHANGE BEGINS WITH EMPOWERED TEACHERS. BECAUSE OF ITS RELEVANT NATURE, A CLIP OF HER TALK WENT VIRAL WITH OVER 4 MILLION VIEWS ON INSTAGRAM. SHE IS ALSO THE HOST OF THE PODCAST, TAKE NOTES WITH JEN RAFFERTY, WHICH IS RATED IN THE TOP 2.5% OF PODCASTS GLOBALLY. HER INSATIABLE CURIOSITY CONTINUES TO MAKE EMPOWERED EDUCATOR PROGRAMS



	President.	<b>Jackie Burke</b>
	Front Desk.	<b>Dianne Higgins, Terry Cahill</b>
	Thought of the Day.	<b>Jeremy Boylan</b>
Guests.		<b>Jen Rafferty, Cindy Stout, Carol Costello Corbin, Nishi Kadvani</b>
	Happy Birthday!	<b>Matt Banazek, Mark Helms</b>
	Rotary Anniversary.	<b>Jim Anderson</b>
	Raffle.	<b>Todd Curtis</b>
	Attendance.	<b>24 + 2 Zoom</b>



**September 28** is a really big day:

- First up is the **Annual River Clean Up**, starting at 830am at the river side of Elm St. **Jeremy Boylan** is in charge of making the city spic and span (p. 8);
- Second is the **Chicken Barbeque** at **Bob's Barbeque** on Route 281. Pre-order sheets are available at our meetings, and is on the website. **Don Richards** has signed us up from 12-2pm (p. 7);
- **Sheriff Mark Helms**, a member of our Club, informed us of the **Drug Take Back** that the Sheriff Department is holding (p. 9).

Mike Shafer, chairman of the Rotary Foundation for our Club, reminded us of the purpose of the Rotary Foundation, and asked that every Rotarian contribute \$100 each year.

**Jessie Farrell** let us know that high school football season is here;

**Conrad Janke** ponied up for **Jen**, our Speaker, and for **Nishi**;

**Mark Roberts** remembered 9/11 today, and purchased tickets for his spring trip to, Africa;

**Mike Shafer** is traveling to Quebec;

**Pat Clune, Regina Grantham,** and **Richalle Cicioni** also noted the anniversary of 9/11;

**Jeremy Boylan** contributed or seeing **Regina** here; **Jackie Burke** flashed cash for **Cindy** and **Carol** of the Homer Congregational Church, for **Jen** as our Speaker, and meeting **Nishi**.





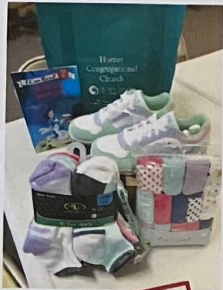
President Jackie Burke presents a check to Carol Costello Corbin and Cindy Stout, to help support the Homer Congregational Church's Back to School PREP 2024 Program. Thank you Carol and Cindy for the work you do!





# Thank You

for supporting Homer Congregational Church's  
Back to School PREP 2024



What we provided



The Team

Distribution Day!



Homer Congregational  
United Church of Christ  
28 South Main Street  
Homer, New York 13077  
(607) 749-2604 • [office@homercc.org](mailto:office@homercc.org)

September 9, 2024

Dear Breakfast Club, Cortland Rotary:

Thank you for your support of our 9<sup>th</sup> Annual Back to School PREP event! With your help, we Provided Resources and Essentials to Prepare kids for school. We committed to serving 350 kids this year, and as in past years, we required pre-registration to ensure proper sizes. We opened online registration on July 1, and filled all 350 spots by July 3, demonstrating the great need of our community.

- We provided NEW sneakers, socks, and underwear to **350 kids**. Kids were from all school districts in Cortland County.
- For the **152 families**, we provided a bag of toiletries (shampoo/conditioner, toothpaste, toothbrushes, and soap) and back-to-school snacks. Homer Food Pantry contributed bags of Goldfish crackers and fruit cups, and Seven Valleys Food Rescue provided applesauce cups and granola packets. Dentes Dental provided all the toothbrushes.
- With assistance from the Homer School district libraries and through the non-profit shopping day of the Friends of the Tompkins County Public Library book sale, we provided an age-appropriate book to each child.
- We also provided community resource information to each family on transportation assistance, area food pantries, and health resources.

We believe that children cannot meet their full potential in school if they and their families are struggling with basic needs. This annual event continues to fill a gap in our community and assists families with one of the most expensive items for school – sneakers. A well-fitting, proper sneaker not only boosts confidence but also allows children to fully participate in physical education classes and recess, contributing to overall health and well-being.

Thank **YOU** for helping give a child a strong start to the school year. While Homer Congregational Church coordinates the event, it truly is a county-wide outreach effort, and we could not host it without the support of the entire community. We look forward to your continued support in the future!

Sincerely,

Carol Costell Corbin  
On behalf of Homer Congregational Church and the Outreach Team





# Nishi!

We are thrilled to welcome Nishi as our Club's Exchange Student. Nishi Kadvani is from India, and we look forward to learning more about her.

Let us all make this Nishi's best year ever!



# Rotary Fall Chicken Barbeque

## Fundraiser



**Chicken Dinners with 2 sides for \$15.00  
or a Half Chicken for \$8.00**

**Where: Bob's BBQ - 5290 NYS Rte 281, Homer, NY**

**When: Saturday September 28th - Noon to 2pm**

**How to Order: Use this link and QR code**

**<https://www.cortlandbreakfastrotary.org/chickenbbq>**



**venmo**

**ATTENTION BUSINESSES  
LARGE ORDERS AVAILABLE  
FOR PICK UP ON FRIDAY 9/27**

**Thank you for your support**



2024 River Clean

[Sign up Here!](#)

**Saturday**  
**September 28 @ 8:30am**

**We've got an ambitious stretch this year, so get out your hip-waders!**

We'll have two teams this year. One will start at Riverside Plaza, and we will work our way downstream via kayaks if the water level is high enough. I have a couple extra kayaks available for those that want to give it a try. Our second team will begin at





## Drug Take Back Event

Cortland County Sheriff Mark Helms, in partnership with the Cortlandville Fire Department, Cincinnati Fire Department, Marathon Fire Department, and the Marathon Area Volunteer Ambulance Corps (MAVAC), proudly announces the Fall 2024 Drug Take Back Event scheduled for Saturday September 28<sup>th</sup>, 2024, to be held in three locations:

- Cortlandville Fire Department from 9am - noon
- Marathon Village Green/ High School from 9am - 11am
- Cincinnati Fire Department from 9am – 11am

This is a drive thru style event to help the public dispose of any unused, unsure, or outdated medications in the easiest and most efficient manner possible, while ensuring these medications are kept out of the hands of youth and are safely disposed of.

Thanks to my friends in the Cortlandville, Cincinnati, and Marathon Fire Departments, there will once again be annual Drug Take Back Events each year.

For anyone that may not be able to attend the Drug Take Back Events, there are multiple permanent medication disposal kiosks available in Cortland County, some for example are located at our Police Departments in Cortland County:

- Cortland County Sheriff's Office: 54 Greenbush Street, available 24/7
- City of Cortland Police Department: 25 Court Street, available 24/7
- Village of Homer Police Department: 43 James Street, Monday-Friday, 8am-4pm
- SUNY Cortland Police Department (Whitaker Hall): 4 Pashley Drive, available 24/7

These Kiosks can be utilized throughout the year without waiting for a specific drug take back event, ensuring that residents can dispose of medications safely at any time.

Unfortunately, we will be unable to take liquid medications or sharps at this event.

I look forward to seeing everyone on Saturday, September 28<sup>th</sup>, 2024!

A handwritten signature in blue ink that reads 'Mark Helms'.

Sheriff Mark E. Helms

Dist. by King Features

Thanks to you, all  
of Italy can enjoy  
rich, savory pesto.

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Wayno®  
& 2  
PIRRO.  
10-18-23

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JOHNNY GARLICBULB





This week in banners has a European flair: Meppel, the Netherlands; Foroyar, Faroe Islands (the home Club of our former Exchange Student, Noah Bech); and Gyor, Hungary.

