

**SHOUTOUT TO EVERYONE
WHO GOT THROUGH THE
DAY WITHOUT TAKING A
NAP.**

**PULLED AN ALL-DAYER
TODAY. PRETTY TOUGH.**

Things I'm Super Good At

1. Forgetting someone's name 10 seconds after they tell me.
2. Buying produce...and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed, because I already forgot the directions. 🍌
4. Making plans. And then immediately regretting making plans.
5. Leaving laundry in the dryer until it wrinkles. Then turning on the dryer to dewrinkle. Then forgetting it again.
6. Calculating how much sleep I'll get if I can just "fall asleep right now".



**SINCE THIS STORM
STARTED MY HUSBAND
HASN'T STOPPED
LOOKING THROUGH
THE WINDOW...**

**IF IT GETS ANY
WORSE I WILL HAVE
TO LET HIM IN.**



Rotary

Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, November 19, 2024

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Always one of our best presentations is a

Classification Talk

Welcome to our very own

Lucille Li

Esthetician - Finesse Beauty & Nails

Joined Rotary Jan 26, 2024

Spouse Edmond- Anniversary July 4, 1993

Sponsor Jennifer

**Rotary Clubs of
the Tri-Cities**

Christmas Breakfast



December 4
Boathouse Restaurant
7:00 am
Cost \$30.50

Festive attire is strongly encouraged





Stephanie Urchick
2024- 2025
President Rotary International



"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words, It's up to you. You create the magic with every project completed, every dollar donated, and every new member."

November is Rotary Foundation Month



TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES



Find the Perfect
Pint TOUR

2024-25

Malcolm has books for sale
\$50



Rotary
Club of Coquitlam



SAVE THE DATE
December 12 - 6:30 pm
Club Christmas Social
Ron & Hazel's Home
1431 El Camino Drive
More details to follow
sign up sheet at next meeting



Rotary
District 5050



Dave Duskin
2024-2025 Governor, District 5050



Meetings and Member Duties

November 2024
Sergeant - Allan
Greeter - Malcolm

Tuesday, November 19, 2024

Lucille Li - Classification Talk

Coffee/Muffins - Stan

Rotary Thought - everyone be ready

November 21, Starfish Drivers

Greg, Hugh, Stan, Allan

Tuesday, November 26, 2024

TBA

Coffee/Muffins -

Rotary Thought - everyone be ready

November 28, Starfish Drivers

Greg, Hugh, Clive

Tuesday, December 3, 2024

No Meeting

December 5, Starfish Drivers

Stan, Hugh, Ron

Wednesday, December 4, 2024

Tri-City Christmas Meeting

Boathouse, Port Moody Hosting

Cost \$30.50

Tuesday, December 10, 2024

TBA

Coffee/Muffins -

Rotary Thought - everyone be ready

December 12, Starfish Drivers

Bob, Hugh, Clive

Tuesday, December 17, 2024

Christmas Gift Exchange

Coffee/Muffins -

Rotary Thought - everyone be ready

December 19, Starfish Drivers

Needed

Rotary



Coquitlam Sunrise

Coquitlam Sunrise 2024- 2025

Executive

President

Ron Postma

Past President, Secretary

Malcolm Kennedy

Treasurer

Stan Wylie

Directors

Club & Vocational

Greg Garrison

The Rotary Foundation, International

Bob Moody

Membership & Programs

John Panrucker

Committee Members

Membership & Programs

Lucille Le, Sherron Regehr

YAIL & RYLA

Karen Kirby

Bulletin

Malcolm Kennedy

Next board meeting: Monday, November 25, 2024
Cora's Restaurant, at 7:30 am

Week of:

November 19 - November 26, 2024

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Last meeting attendance

68%

YTD attendance

69%