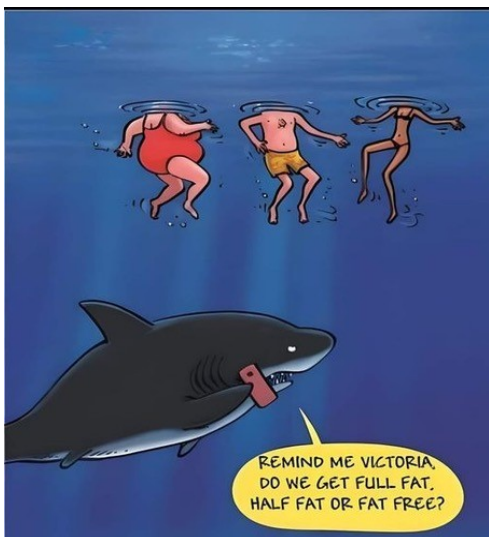
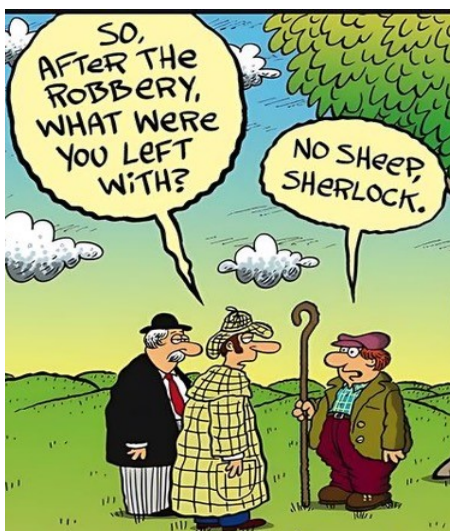


*Prices* SUBJECT TO  
**CHANGE**  
*According*  
TO CUSTOMERS ATTITUDE

I'M AT THAT DELUSIONAL  
AGE WHERE I THINK  
EVERYONE MY AGE LOOKS  
WAY OLDER THAN I DO



**Common  
sense is a  
flower that  
doesn't grow  
in everyone's  
garden.**



**Rotary**   
Coquitlam Sunrise  
**Good Morning Report**

Editor: Malcolm Kennedy [malcolm.rotary@outlook.com](mailto:malcolm.rotary@outlook.com)

**Tuesday, November 26, 2024**

**Poirier Sport and Leisure Complex**  
633 Poirier Street, Coquitlam, Room 3, Upstairs  
Meeting starts at 7:15 am

Welcome to  
**Malcolm Kennedy**  
District Grants Stewardship Chair  
**The Rotary Foundation Update**  
Plus  
**Election of the 2025-2026 BOD**



**Club Christmas Social**

**December 12 - 6:30 pm**

**Ron & Hazel's Home**

**1431 El Camino Drive**

**Pot Luck - bring something to share**

**B.Y.O.B**

**sign up sheet at next meeting**

**Find the Perfect  
Pint TOUR**  
**2024-25**

**Malcolm has books for sale \$50**



**Rotary**   
Club of Coquitlam



**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**

## BALLS OF ENERGY

**Join Tamara Williams, PhD**  
**Registered Psychologist**

Helping Kids Handle Big Feelings!  
Discover simple ways to support  
your child through big emotions  
and create a calmer, happier  
home.

**Date:** November 26, 2024  
**Time:** 7:00-8:30PM

**Location:** Douglas College  
Coquitlam (Lecture  
Theatre)

**Cost:** Free  
\*Registration Required

**Register Now**

<https://www.mentalhealthspeakerseries.com/rsvp-1>



**TAMARA  
WILLIAMS  
PhD**



Coquitlam  
Coquitlam Sunrise  
**Rotary**  
Port Coquitlam Centennial  
Port Moody

Tri-Cities Rotary Clubs

**Rotary**  
District 5050



**Dave Duskin**  
2024-2025 Governor, District 5050



### Meetings and Member Duties

**November 2024**

**Sergeant - Allan**

**Greeter - Malcolm**

**Tuesday, November 26, 2024**

**Malcolm Kennedy**

The Rotary Foundation  
2025-2026 BOD Election  
Coffee/Muffins - Bob

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, Greg

**Wednesday, December 4, 2024**

**Tri-City Christmas Meeting**  
**Boathouse, Port Moody Hosting**  
**Cost \$30.00**

**Tuesday, December 10, 2024**

TBA  
Coffee/Muffins -  
Rotary Thought - everyone be ready  
**December 12, Starfish Drivers**  
Bob, Hugh, Clive

**Tuesday, December 17, 2024**

**Coquitlam Grill @ 7:00 am**  
**Christmas Gift Exchange**  
**December 19, Starfish Drivers**  
Bob, Stan, Clive

**Last meeting attendance**

**79%**

**YTD attendance**

**70%**

**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 26 - December 10, 2024**

**Happy Birthday**

**No one this week**

**Happy Anniversary**

**No one this week**

**Rotary Anniversary**

**Joined Coquitlam Sunrise**

**Missed last week**

**November 18, 2003**

Clive Evans

21 years

**November 27, 1997**

Greg Garrison

27 years

