



IN A SPAN OF 11 YEARS
115 PEOPLE DIED IN A
WEIGHTLIFTING ACCIDENT
AT THE GYM.

IN THE SAME 11 YEARS
ONLY 1 PERSON DIED
EATING A DONUT.

MAKE GOOD CHOICES.

Why is everyone at
the gym asking me why
I'm sitting still on
the stationary bike?

I'm going downhill, dude,
mind your business.

Rotary
Coquitlam Sunrise
Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, December 17, 2024

Coquitlam Grill
#108 2535 Barnet Hwy, Coquitlam,
Meeting starts at 7:00 am

Christmas Gift Exchange

Bring a wrapped gift to add to
the exchange/stealing/trading event
Value around \$25

Elf-ette Sherron will be the ring master





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."

December is Disease Prevention and Treatment Month



Dates: May 2-4, 2025
Location: Tulalip Resort, Tulalip, WA
Early Bird: \$325.00 (Until December 31, 2024)

MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA



REGISTRATION CATEGORY	25-29 MAY 2024	30 MAY 2024 TO 15 DECEMBER 2024	16 DECEMBER 2024 TO 31 MARCH 2025	1 APRIL 2025 TO 25 JUNE 2025
Club member, nonmember, or guest, age 31 or over	\$475	\$525	\$625	\$695



Dave Duskin
2024-2025 Governor, District 5050



Meetings and Member Duties

December 2024

Sergeant - Hamed, Greeter - Greg

Tuesday, December 17, 2024

Christmas Gift Exchange

December 19, Starfish Drivers

Bob, Stan, Clive

Tuesday, December 24 & 31, 2024

No Meetings

January 2025

Sergeant - TBD

Greeter - TBD

Tuesday, January 7, 2025

Ian MacPhail - Port Moody Ecuador Project

Coffee/Muffins - Norm

Rotary thought - everyone be ready

Starfish January 9– Stan, Sherron, Clive

Tuesday, January 14, 2025

Preet Pall - Global Change for Children

Coffee/Muffins -

Rotary thought - everyone be ready

Starfish January 16 – Greg, Ron, Lucille

Tuesday, January 21, 2025

Candrina Bailey - Coquitlam Heritage

Coffee/Muffins -

Rotary thought - everyone be ready

Starfish January 23 – Greg, Stan, xxx

Tuesday, January 28, 2025

Lexa Hobenshield & Stephanie Snider

Trans Mountain Expansion Project

Coffee/Muffins -

Rotary thought - everyone be ready

Starfish January 30 – Greg, xxx, xxx



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: Wednesday, January 15, 2025

Cora's Restaurant, at 7:30 am

Week of:

December 17 - January 6, 2025

Happy Birthday

Sunday, January 5 - Emmanuel

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Last meeting attendance 84%
YTD attendance 71%

TRF Annual Fund Donations YTD
USD \$7,224 per cap \$452