

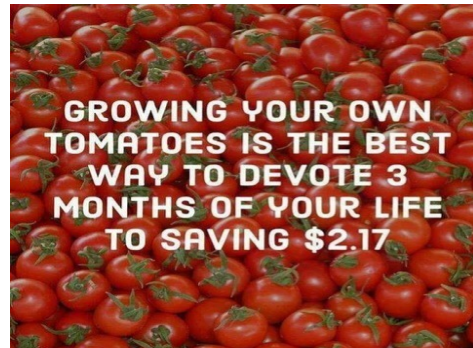
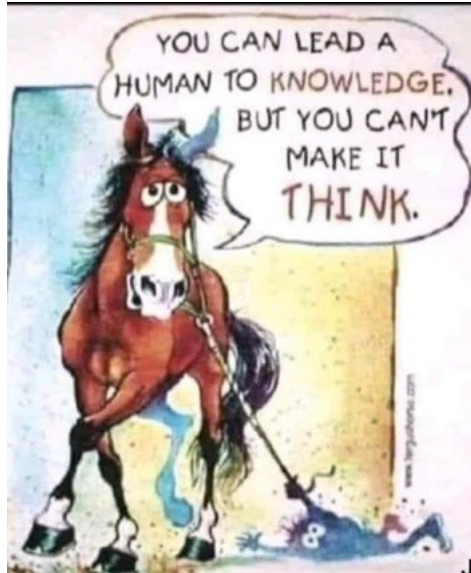


# Rotary Coquitlam Sunrise *Good Morning Report*

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

**Tuesday, January 7, 2025**

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



**I DON'T ALWAYS CARRY  
ALL THE GROCERIES ON  
ONE ARM,  
BUT WHEN I DO, MY KEYS  
ARE IN THE WRONG  
POCKET**



**Be honest, if people heard  
what you are thinking half of  
the time, you would either be  
in jail or a mental hospital.**

I had a really bad day. First, my  
Ex got run over by a bus.

Then I got fired from my  
job as a bus driver.



Welcome to  
**Ian MacPhail**  
Rotary Club of Port Moody  
Update on  
**Ecuador - Cervical Cancer - Hip Dysplasia project**



According to international medical organizations Ecuador is a country with a higher than acceptable rates of cervical cancer and hip dysplasia. The vast majority of the population affected by these pathologies have little or no recourse for screening and treatment. With an effective screening program both pathologies can be reduced substantially greatly reducing costs to the Ecuador medical system and improving the quality of life for many less advantaged people.

There are 2 primary objectives for this project: 1) Vocational training & 2) Humanitarian aid. 1)Vocational Training: True North Mission (TNM) will train 5 gynecologists associated with the University of Azuay medical Department (UDA) as lead instructors in the etiology, diagnosis and treatment of cervical cancer using Visual Inspection of the cervix with acetic Acid (VIA) and subsequent treatment as appropriate with thermo-coagulation. TNM will use Curricula developed by the World Health Organization (WHO). TNM will also train 5 paediatricians in the etiology, screening and early treatment of developmental hip dysplasia.

**Friday, May 2, 2025 Tickets \$55**

**The  
SEARCH  
FOR THE PERFECT  
PINT**

**Tuesday, January 7, is SHARE Day**

**SHARE  
FAMILY & COMMUNITY SERVICES**





**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."

## January is Vocational Service Month



**Dates: May 2-4, 2025**  
**Location: Tulalip Resort, Tulalip, WA**  
**\$350.00**

WINE & DINE

# PERFECT PAIRING

5-courses  
5 wines  
Supporting food programs in the  
Tri-Cities

Saturday, January 25th  
All Saints Parish Hall, Coquitlam  
Early Bird Tickets: \$100  
\*until Dec 31st  
Tickets Jan 1st - \$115



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



## Meetings and Member Duties

### January 2025

**Sergeant - Hamed, Greeter - Greg**  
**Coffee/Muffins - Norm**  
**Rotary thought - everyone be ready**

**Tuesday, January 7, 2025**

Ian MacPhail - Port Moody Ecuador Project  
Starfish January 9– Stan, Sherron, Clive

**Tuesday, January 14, 2025**

Preet Pall - Global Change for Children  
Starfish January 16 – Greg, Ron, Lucille

**Tuesday, January 21, 2025**

Candrina Bailey - Coquitlam Heritage  
Starfish January 23 – Greg, Stan, Clive

**Tuesday, January 28, 2025**

Lexa Hobenshield & Stephanie Snider  
Trans Mountain Expansion Project  
Starfish January 30 – Greg, Allan, Clive

**Tuesday, February 4, 2025**

Speaker - TBA  
Starfish February 6 – xxx, xxx, xxx

**Tuesday, February 11, 2025**

Dorothea Arnett  
Cognitive & Physical Benefits of  
Exercise for Older Adults  
Starfish February 13 – xxx, xxx, xxx

**Tuesday, February 18, 2025**

**Family Day, February 17**

**NO MEETING**

Starfish February 20 – xxx, xxx, xxx

**Tuesday, February 25, 2025**

Speaker - TBA  
Starfish February 27 – xxx, 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

Next board meeting: Wednesday, January 15, 2025  
Cora's Restaurant, at 7:30 am

### Week of:

January 7 - January 13, 2025

### Happy Birthday

Wednesday, January 8 - Sherron

Sunday, January 12 - Valerie

### Happy Anniversary

No one this week

### Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

**Last meeting attendance 71%**  
**YTD attendance 71%**

**TRF Donations YTD**  
**Annual Fund**

**USD \$7,403 per cap \$462**  
**Polio - USD \$1,100 per cap \$69**