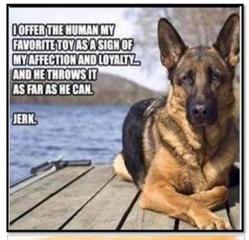






Today I bought a doughnut without the sprinkles.
Diets are hard.









## Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, January 14, 2025

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



Welcome to

# Preet Pall Past President (2015-16) Director, Global Change for Children



**Preet** is a Group Insurance Advisor at Montridge Advisory Group, specializes in employee benefits, individual insurance, and executive benefit solutions for the past 30 years. Preet continues to be a lifelong learner, has obtained her CEBS Fellowship and prides herself on providing sound advice, innovative plans and fostering lifelong client relationships. She has an extensive background in charitable work and has a love for family and being of service. Preet is a director of Watershed Watch Salmon Society, member of Rotary, and has volunteered at Share Family Services, Central City Foundation and the SPCA. As a director for Global Change For Children, Preet continues to raise awareness and support for children locally and in underprivileged countries, focusing on education needs, financial and social assistance.

**Global Change for Children**® (GC4C®) is dedicated to helping children by providing financial and other types of assistance. Our objective is to promote and enhance the health, education, social and economic development of children in disadvantaged regions throughout the world.

The GC4C team comprises professional women, primarily in the mining exploration and mining industry in Vancouver, British Columbia. Because their travel often took them to remote, poorer communities, they saw firsthand the plight of disadvantaged children internationally and here at home. With other GC4C members having direct experience dealing with community issues – specifically child welfare – the team came together with a common goal to make that difference.

GC4C is a volunteer-based organization, and because we have no overheads or paid employees, 100% of our net proceeds go directly to the projects we support.







## **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**









February 28-March 2, 2025



May 29 - June 1, 2025

For more Details on YAIL and RYLA **Programs** Please contact our Youth Chair Karen Kirby





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 14, 2025

**Preet Pall - Global Change for Children** Starfish January 16 - Greg, Sherron, 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

Ken Kuhn

**Tri-Cities Seniors Action Society** Starfish February 6 – Hugh, Stan, Clive

## Tuesday, February 11, 2025

**Dorothea Arnett** Cognitive & Physical Benefits of **Exercise for Older Adults** Starfish February 13 - Hugh, Bob, Clive

Tuesday, February 18, 2025 Family Day, February 17 **NO MEETING** 

Starfish February 20 - Hugh, Bob, Clive

## Tuesday, February 25, 2025

Maura Fitzpatrick Children of the Street Starfish February 27 – Hugh, Bob, Lucille

> Last meeting attendance 79% YTD attendance 72%



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 14 - January 20, 2025

Happy Birthday

Friday, January 17 - Tom R

## Happy Anniversary

Thursday, January 16, 1980 **Emmanuel & Sandra** 44 years

## Rotary Anniversary

Joined Coquitlam Sunrise



Saturday, January 18, 1990 **Charter Members** Tom Ramsay **Rob Hopkins** Mike McKone

