



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

# Rotary Coquitlam Sunrise

## Good Morning Report

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

**GLOBAL CHANGE FOR CHILDREN®**



**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

**DISTRICT 5050  
CONFERENCE  
2025**

**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




**Rotary**  
Port Coquitlam Centennial

**20th Anniversary!**

**PRESENTS**

**ROTARY PUB NIGHT!**  
Friday, February 28  
6:00 PM  
\$25.00/ticket  
Cat & Fiddle Pub

Includes burger, fries and one drink  
For tickets, click on QR code or email  
info@pocorotarycares.ca




**YAIL**  
YOUTH ADVENTURES IN LEADERSHIP  
**2025**

**February 28 -  
March 2, 2025**

**RYLA**

**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

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



Coquitlam Sunrise

Saturday, January 18, 1990

#### Charter Members

Tom Ramsay

Rob Hopkins

Mike McKone

34 years