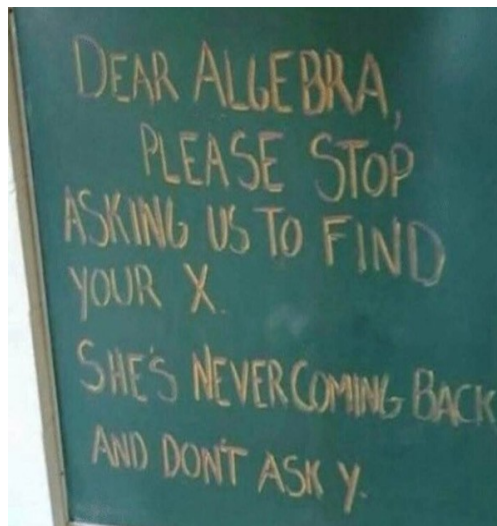


Remember as a kid when you fell on the trampoline everyone would keep jumping so you couldn't get back up? That's basically life as an adult.



The more I get to know people, the more I realize why Noah only let animals on the boat.

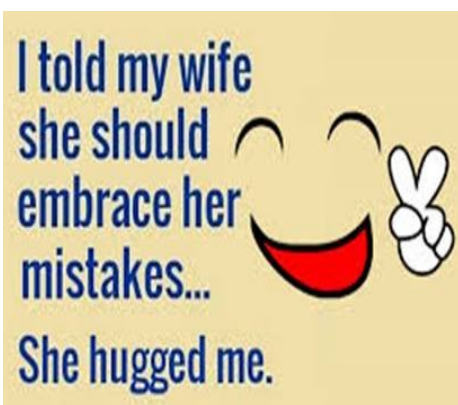
"DUNNING-KRUGER EFFECT."

... a type of cognitive bias, where people with little expertise or ability assume they have superior expertise or ability. This overestimation occurs as a result of the fact that they don't have enough knowledge to know they don't have enough knowledge.

FINALLY!



SOMEONE MADE A COFFEE CUP FOR LEFT-HANDED PEOPLE



Rotary
Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, April 1, 2025

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



Welcome to
Ken Kuhn
Executive Director
Tri-Cities Seniors Action Society



Ken comes from a background of teaching business, computers, and accounting at many levels of education. Since his retirement he has kept busy in a volunteer capacity with several different organizations that match his values and goals of life. One focus includes trying to build Age-Friendly Community policies and initiatives in the Tri-Cities by working with Councils and seniors' organizations in the Tri-Cities.

Ken's focus is on seniors' educational workshops & events--Older Adult Abuse Awareness, Vaccinations for seniors (Shingles, Pneumonia, Influenza), Age-Friendly topics and Information & Events to decrease isolation of seniors and to inform them of important topics that may affect them.

Executive Director of the Tri-Cities Seniors' Action Society hosting many in-person and online events for seniors and publishing a monthly newsletter "Staying Connected" and many other initiatives.



Tuesday, April 1 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."

April is Environment Month

ROTARY & ROTARACT DISTRICT 5050 DISTRICT ASSEMBLIES

Kwantlen Polytechnic University, Surrey, BC
12666 72nd Avenue, Surrey, BC

Saturday, April 5, 2026

Registration begins at 8:00 AM.
Assembly begins promptly at 9:00 AM.

This year we will be holding two concurrent District Assemblies – one for Rotary and one for Rotaract. The Rotary morning sessions will focus on membership and The Rotary Foundation. The Rotaract morning session will focus on issues specific to Rotaract and youth programs. Rotarians can attend either of the morning sessions.

The afternoon session will be a variety of different sessions, open for all. This will include the traditional sessions for Club Officers (Presidents-Elect, Secretary, Treasurer, Membership, Foundation, Youth, etc.),

The District Assemblies will build networking and relationships and provide learning for both long term members and newer members who would like to better understand the value and meaning of Rotary, Rotaract and our youth programs.

We will have a group gathering to begin our time followed by seminars on topics pertinent to members who are seeking strong leadership skills and connections.

Lunch is provided. Parking is free.

Clubs will be billed for a minimum of four persons for this event.

Clubs are requested to bring a club cheque/check for their minimum or actual number of attendees. Pat Bond will collect the cheques/checks at registration.

\$55 per person, \$220 per club Canadian dollars



Dave Duskin
2024-2025 Governor, District 5050



Meetings and Member Duties

April 2025

Sergeant - Jennifer, Greeter - Stan
Coffee/Muffins - Norm .. mostly
Rotary thought - everyone be ready

Starfish April 3 – Bob, Hugh, Allan

Tuesday, April 8, 2025

Shalon Morrison - Crossroads Hospice
Coffee/Muffins - Clive
Starfish. April 10 - Bob, Hugh, Greg

Tuesday, April 15, 2025

Claire MacLean - SHARE
Coffee/Muffins - Hugh
Starfish, April 17 - Stan, Hugh, Allan

Tuesday, April 22

No Meeting

Starfish, April 24 - Bob, Hugh, Greg

Tuesday, April 29

City Hall Field Trip - 7:45 am
Starfish, May 1 - Stan, Hugh, Greg

Tuesday, May 6

Maura Fitzpatrick
Plea - Children of the Street
Starfish, May 8 - Hugh, Sherron, xxx

Tuesday, May 13

Speaker TBA
Starfish, May 15 - Stan, Hugh, Emmanuel

Tuesday, May 20

NO MEETING

Starfish, May 22 - Hugh, Emmanuel, xxx

Tuesday, May 27

Speaker Joanna - Hannah House
Starfish, May 29 - Stan, Hugh, Emmanuel



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, April 16, 2025
Cora's Restaurant, at 7:30 am

Special Days

Weeks of:

April 1 - 7, 2025

Happy Birthday

No One this week

Happy Anniversary

No One this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week



Last meeting attendance 79%
YTD attendance 74%