

TALK IS CHEAP  
BECAUSE THE  
SUPPLY ALWAYS  
EXCEEDS  
THE DEMAND

People: How much faith do you have in the human race?

Me:



I look both ways on a one-way street!

**CAUTION:**  
The media is NOT a reflection of reality.



"Pretend you're a purse snatcher... I wanna try something."

Billion dollar idea.  
A smoke detector that shuts off when you yell  
"I'm just cooking!"

Overthinking:  
The Art of  
Creating Problems  
that don't exist

due to inflation you can now eat food that has been on the floor for up to 7.3 seconds



Rotary  
Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, April 16, 2024

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

Welcome to

Craig Longstaff

Executive Director

Honour House Society



Craig emigrated to Canada in 2005 after living in England, Scotland and Ireland for most of his life. Upon arriving in Vancouver he worked in an office management role for both the Ministry of Health and in the I.T. sector before he joined Honour House as their General Manager and then their Executive Director.

Craig grew up in a police family. His Father was both a Military and Civilian Police Officer. Both Grandfathers served in WWII and both of them became police officers after the war until they retired. His cousin recently retired from Durham Constabulary in the UK having served since she was 18. Craig feels very lucky to be able to help to give back to the families of a community that he's been a part of all of his life.

Honour House is a refuge, a "home away from home" for members of our Canadian Armed Forces, Veterans, Emergency Services Personnel and their families to stay, completely free of charge, while they are receiving medical care and treatment in the Metro Vancouver area.

These brave individuals, along with their families, sacrifice so much on a daily basis to protect our freedom and our everyday way of life. Honour House allows us the opportunity to show them that we care and how much we appreciate all that they do for us.

Located on a quiet tree-lined street in New Westminster, Honour House is a beautiful, fully renovated heritage home with 11 private bedrooms, each with its own en-suite bathroom. The house has a large shared kitchen, living room, a media room, sunrooms and many other common spaces. The house is fully modernised, wheelchair accessible and is set in its own extensive and lovingly maintained grounds.





**Gordon McInally**  
2023 - 2024  
President Rotary International



RI President-elect R. Gordon R. McInally calls for Rotary to create hope in the world by working for peace and mental wellbeing. He urges members to engage in tough conversations and earn the trust that's necessary to realize these values.

**April is Environment Month**



**GREAT CANADIAN CASINO**  
VANCOUVER

**SAVE THE DATE**  
Coquitlam Sunrise  
"Pub Night"  
**Tuesday, April 30, 2024**  
6 pm — 9 pm  
Bring a Guest

NOW OPEN  
**GORDON RAMSAY**  
**BURGER** | **PERFECTION IN EVERY BITE**



# We Are Family

Rotary District 5050 Conference  
May 3 - 5, 2024 | Mount Vernon, WA

**Activities for all ages!**  
Children, youth, and adults





**David Lukov**  
2023-24 Governor, District 5050



### Meetings and Member Duties

**Sergeant - April - Bob**

**Tuesday, April 16, 2024**

**Speaker: Craig Longstaff,**  
Honour House Society

Coffee/Muffins - Greg  
Rotary Thought - Ron  
April 18, Starfish: Hugh, Ron, Clive

**Tuesday, April 23, 2024**

**Speaker: TBA**

Coffee/Muffins - Stan  
Rotary Thought - Tom  
April 25, Starfish: Lucille, Stan, Greg

**Tuesday, April 30, 2024**

**Pub Night - Gordon Ramsay Burger**

May 2, Starfish: Clive, Bob, Greg

**Tuesday, May 7, 2024**

**Speaker: Eva Lo**  
Girls for Ghana Campaign

Coffee/Muffins - Greg  
Rotary Thought - Emmanuel  
May 9, Starfish: Amanda, Sherron, Clive

**Tuesday, May 14, 2024**

**Speaker: TBA**

Coffee/Muffins -  
Rotary Thought - Emmanuel  
May 16, Starfish: Hugh, Stan, Greg

**Tuesday, May 21 2024**

**NO MEETING**

May 23 Starfish: Bob, Sheron, Greg

**Tuesday, May 30, 2024**

**Club Assembly - AGM**

Coffee/Muffins -  
Rotary Thought - Emmanuel  
May 16, Starfish: Clive, —, Greg



Coquitlam Sunrise  
Coquitlam Sunrise Executive 2023- 2024

**President, Secretary, Bulletin Editor**  
Malcolm Kennedy  
**President Elect,**  
**Director Community & International**  
Ron Postma  
**Treasurer**  
Stan Wylie  
**Director Club & Vocational**  
Greg Garrison  
**Director The Rotary Foundation**  
Bob Moody  
**Director Membership & Programs**  
John Panrucker - Sherron Regehr  
**Chair - YAIL & RYLA**  
Karen Kirby

**Next board meeting: Wednesday, April 17, 2024**  
Cora's Restaurant, at 7:30 am



**Week of:**

**April 16 - April 22, 2024**

*Happy Birthday*

No one this week

*Happy Anniversary*

No on this week

*Rotary Anniversary*

*Joined Coquitlam Sunrise*

No one this week



Port Coquitlam Centennial

**Rotary May Day Parade**  
**May 11, 2024**

*They are looking for volunteers*  
*Sign up sheet at next meeting*