



When I was young, this was my mobile phone.

image: www.fineartamerica.com



Cinnamon and Sugar Toast

Who still loves this?

AGE TEST



WHAT'S THE CONNECTION BETWEEN THESE TWO OBJECTS?

Even if you never had one of these draped over the back of your couch you knew someone who did.



I MISS BEING ABLE TO SLAM MY PHONE DOWN WHEN I HANG UP ON SOMEBODY!



VIOLENTLY PRESSING 'END CALL' JUST DOESN'T DO IT FOR ME.

SOME OF YOU NEVER GREW UP HAVING THIS FIERY SPIT OF SATAN DABBED ON EVERY SKINNED KNEE AND CUT.



AND IT FREAKING SHOWS.

The black charger I want-



Black charger I have-



Rotary

Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, April 23, 2024

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



Welcome to
Fran McDougall
Executive Director
ACT 2 Child and Family Services



For the past 8 years Fran has been the Executive Director of ACT 2 Child and Family Services. She has brought a wealth of experience, knowledge and energy to this organization.

Fran has over 35 years of experience in the non-for-profit sector in senior roles as agency leader and professional fundraiser.

Those roles have included St. Boniface Hospital Research Foundation, Abbotsford Community Services, Fraser Valley Child Development Centre, National CEO for the Make-A-Wish Foundation of Canada and Seton Villa Retirement Centre.

She reflects on having a very fulfilling career with impact, purpose and value.

Since 1980, **ACT 2 Child and Family Services**, a not-for-profit registered charity, has helped transform the lives of those who have experienced the effects of violence, sexual abuse, trauma in their lives. We work with children, youth and adults to help them rebuild their lives through counselling, education, housing and support.

"Our programs and services are designed to meet a wide range of issues such as parent education, family counselling, sexual abuse counselling, specialized therapeutic intervention, and second-stage shelter for survivors of violence."

At ACT 2 we believe that everyone deserves a chance at a new direction. We take a client-centered, strength-based approach to helping individuals find their own path through the challenges they face. We are a not-for-profit, registered charity."

"Transforming trauma into hope"



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 23, 2024

Fran McDougall

Act 2 Child & Family Services

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

Rotary World Help

Dan Gallant

Coffee/Muffins - Stan

Rotary Thought - Sherron

May 16, Starfish: Hugh, Stan, Greg

Tuesday, May 21 2024

NO MEETING

May 23 Starfish: Bob, Sheron, Greg

Tuesday, May 28, 2024

Club Assembly - AGM

Coffee/Muffins - Hamed

Rotary Thought - Stan

May 30, Starfish: Clive, —, Greg

Tuesday, June 4, 2024

Speaker – TBA

Coffee/Muffins -

Rotary Thought - Clive

June 6, Starfish: Amanda, Stan, Greg



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, May 22, 2024
Cora's Restaurant, at 7:30 am



Week of:

April 23 - May 6, 2024

Happy Birthday

Monday, April 29 - Rob

Happy Anniversary

No one 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