

If you remember your mom doing this, you are pre-seat belt and really old, like me.



**DON'T BURN BRIDGES**

**JUST LOOSEN THE BOLTS A LITTLE BIT EVERY DAY**

**MADE WITH LOVE REALLY MEANS "I LICKED THE SPOON AND KEPT USING IT"**



I've never tried to outrun a police car. But, if this shows up behind me, yeah, I'm taking my chances.



**I just don't know how a cemetery can raise burial prices, and blame it on the cost of living.**



A PESSIMIST sees a dark tunnel  
An OPTIMIST sees light at the end of the tunnel  
A REALIST sees a freight train  
The TRAIN driver sees 3 idiots standing on the tracks.



**Rotary**

Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, August 15, 2023**

**Poirier Sport and Leisure Complex**

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome

**Max Weselowski**

Executive Director

**Innervisions Recovery Society**



**innerVisions**  
RECOVERY SOCIETY

### Hannah House

Hannah House, named so for the Hebrew meaning "grace of God", has helped thousands of women learn to live clean and sober. Our staff at Hannah House are all graduates of our program and are dedicated to helping women receive the support and guidance they need to become the best versions of themselves. At Hannah House we believe in the power of women lifting each other up and supporting one another. Hannah House helps women transform their lives and overcome the horrors of addiction every day.







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



*RI President-elect R. Gordon R. McNally 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.*

**August is Membership and New Club Development Month**

**Bob's Rotary Foundation Moment of the Week**

**WHAT IS A GLOBAL GRANT FOR VOCATIONAL TRAINING?**

Vocational training teams are groups of professionals who travel to another country, either to learn more about their profession or to teach local professionals more about it. The Rotary Foundation funds some vocational training teams in our areas of focus through global grants. This training is often carried out in conjunction with a humanitarian project. A team should include at least three people. The team leader needs to be a Rotary member, while the other participants can be members or nonmembers who have experience in the area of focus. Rotary previously had a program called Group Study Exchange, which promoted international understanding and offered person-to-person opportunities for participants to learn how their vocation was practiced in other countries. It was phased out when we updated our grant model and placed this activity within global grants.

**Coquitlam Sunrise in Action - August 5, 2023**



**Up Coming Events**

**Thursday, September 21, 2023**

**Quiz Night**

Start collecting auction items  
More details later  
Will need all hands on deck

**Saturday, October 14, 2023**

**Protect our Children**

8:45 - 3:30 pm  
Eagle Ridge Bible Fellowship  
1160 Lansdowne  
More details later

**Tuesday, October 31**

Regular morning meeting  
District Governor 2023-2024

**David Lukov**  
**Official visit**



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



**Meetings and Member Duties**

**Sergeant - August - Greg**

**Tuesday, August 15**

Hannah House  
Max Weselowski  
Plus Cheque Presentation  
Coffee/Muffins - Greg  
Rotary Moment - Sherron  
Starfish Drivers - summer break

**Tuesday, August 22**

Helena Michaels  
Coquitlam Search and Rescue  
Coffee/Muffins - Stan  
Rotary Moment - Jennifer  
Starfish Drivers - summer break

**Tuesday, August 29**

No morning meeting  
Pub Night

**John B Pub**

Start Time 6:00 PM  
Everyone welcome  
Guests, family and friends

**Sergeant - September Stan**

**Tuesday, September 5**

**NO MEETING**  
Labour Day

**Tuesday, September 12**

Steve Rutledge  
Adopt a village in Laos  
Coffee/Muffins -  
Rotary Moment -  
Starfish Drivers -



**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: Tuesday, August 17**  
**on Zoom, at 5:30 PM**

**Week of: August 15 - August 21**

*Happy Birthday*

No one this week

*Happy Anniversary*

Friday, August 18  
Mike & Linda  
45 years

Monday, August 21  
Malcolm & Evelyn  
58 years

**Rotary Anniversary**  
**Joined Coquitlam Sunrise**

No one this week

**Rotary**  
Coquitlam Sunrise