



"You've got to start sometime. Why don't you operate on this one?"

when i was a kid, my parents would always say "Excuse my French" just after a swear word... I'll never forget my first day at school when my teacher asked if any of us knew any French.



"Butcher Harris is doing this one tomorrow morning."



Rabbits jump and they live for 8 years.
 Dogs run and they live for 15 years.
 Turtles do nothing and live for 150 years.
 Lesson learned.



Prices SUBJECT TO CHANGE
 According TO CUSTOMERS ATTITUDE

Rotary Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, August 22, 2023

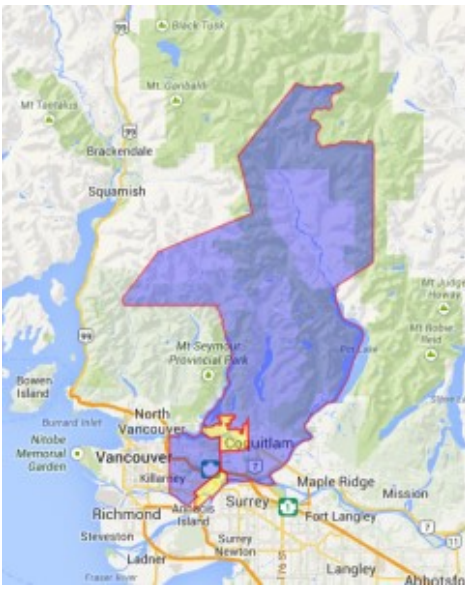
Poirier Sport and Leisure Complex
 633 Poirier Street, Coquitlam, Room 3, Upstairs
 Meeting starts at 7:15 am



Welcome
 Helena Michelis
 President, Coquitlam Search and Rescue



Helena is a 10 year member with **Coquitlam SAR** and is the current President. She is serving her 5th year on the Executive Board. Helena is trained as a team leader, SAR Manager, Rope Rescue technician, Swiftwater technician and in Organized Avalanche Rescue. Helena works in building automation systems at her day job. When not volunteering, Helena can be found biking, climbing, skiing or at one of the local breweries.



About Coquitlam SAR
 Coquitlam Search and Rescue is a Volunteer Search and Rescue team based in Coquitlam, British Columbia, Canada. We serve the communities of Coquitlam, Port Coquitlam, Port Moody (The Tri-cities), Anmore, Belcarra, Burnaby and New Westminster. We are responsible for inland water, wilderness and urban search and rescue in an area bounded by: Indian Arm on the west, Pitt Lake on the east, Garibaldi Park to the north, the Fraser River to the south. This primary area is 1762km² and includes some of the most rugged and inaccessible terrain in the southwest region of the Province of British Columbia.



Gordon McNally
2023 - 2024
President Rotary International

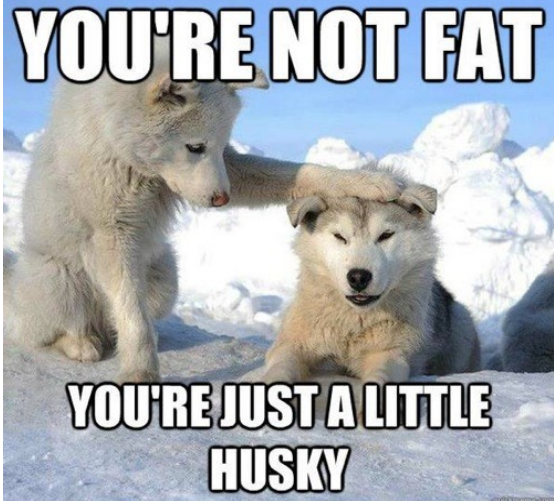


RI President-elect R. Gordon R. McNally calls for Rotary to create hope in the world by working for peace and mental wellbeing. He urges members to engage in tough conversations and earn the trust that's necessary to realize these values.

August is Membership and New Club Development Month

Bob's Rotary Foundation Moment of the Week

In 2020-21, donors gave US\$139.4 million to the Annual Fund. These contributions come from members, other people who support Rotary's goals, corporations, and workplace giving programs (some of which can be matched by employers to increase your donation).



Up Coming Events

Thursday, September 21, 2023

Quiz Night

Start collecting auction items
Take a picture of your item along with a description and value and send it to Malcolm to be uploaded to the site

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 22

Helena Michaels
Coquitlam Search and Rescue
Coffee/Muffins - Stan
Rotary Thought - 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 - Greg
Rotary Thought - Sherron
Starfish Drivers -

Tuesday, September 19

Speaker TBA
Coffee/Muffins -
Rotary Thought - John
Starfish Drivers -



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: Tuesday, September 12
on Zoom, at 5:30 PM

Week of: August 22 - September 11

Happy Birthday

Monday, August 28 - John
Sunday, September 10 - Greg

Happy Anniversary

Tuesday, August 22
Jason & Julie
25 years

Rotary Anniversary

Joined Coquitlam Sunrise

Friday, August 25, 2020
Emanuel
3 years

Saturday, August 26, 2003
Tom A.
20 years

