

MORNING CHUCKLE.....They weren't in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen. As I looked around the parking lot, I realized he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then, I made the most difficult call of all to my husband: "I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. "Are you kidding me?" he barked, "I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said, "Well, come and get me."

He retorted, "I will; just as soon as I convince this cop that I didn't steal your damn car!"

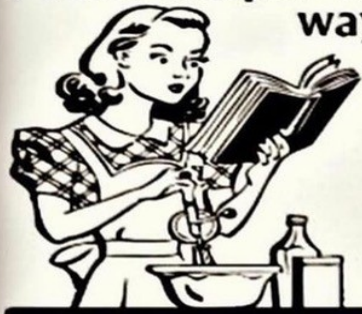
Welcome to the **GOLDEN YEARS**



Just bought  
a head of lettuce.  
Should I throw it  
away now or wait  
two weeks like I  
usually  
do?



I read recipes the same  
way I read  
science  
fiction



Gas is so high the  
mailman is working  
from home. He called  
me yesterday to read  
my bills to me 🤔🤔🤔

Rotary



Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy [malcolm.rotary@outlook.com](mailto:malcolm.rotary@outlook.com)

**Tuesday, February 13, 2024**

**Poirier Sport and Leisure Complex**

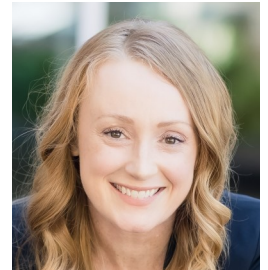
633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome to

**Kristin Ignacz**

Community Engagement Manager,



**Kristin Ignacz** is a communications professional with 15 years of strategic communications experience focused on advancing equity and justice. Kristin joined Canadian Women for Women in Afghanistan in December 2022 after leaving a rewarding corporate career as a legal analyst and writer to pursue her passion for women's rights and non-profit work. Complimenting her strategic communications background is two decades of pro-bono experience in community engagement and volunteer management. Kristin holds a BA in Sociology and English and a PDD in Professional Communications.

### About Canadian Women for Women in Afghanistan

Canadian Women for Women in Afghanistan (CW4WAfghan) exists to make the right to learn a reality.

They have supported human rights and education opportunities for girls and women in Afghanistan since 1998 by providing access to quality, gender-equitable education.

Over the past 25 years, Canadian Women for Women in Afghanistan have trained 10,000 teachers, established 300 libraries and science labs, and established a digital library with tens of thousands of downloads each month.

As of August 2021, Afghanistan became the only country in the world to ban women and girls from receiving an education. Working in partnership with Afghan women, Canadian Women for Women in Afghanistan adapted their numerous programs to offer free virtual courses to connect thousands of Afghan women and girls with quality education. Their programs transform lives, promote gender equality, and uphold the universal right to learn.



CREATE HOPE  
in the WORLD

Rotary



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.

### February is Peacebuilding & Conflict Prevention Month

As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect.

By carrying out service projects and supporting peace fellowships and scholarships, our members take action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

**SAVE the DATE!**  
**We Are Family**

**for** District 5050 Conference  
Adults • Youth • Children



**May 4, 2024**  
MT. VERNON HIGH SCHOOL

**District 5050 Conference**

Rotary  
District 5050



David Lukov  
2023-24 Governor, District 5050

### Meetings and Member Duties

#### Sergeant - February - Norm

**Tuesday, February 13, 2024**

**Speaker Kristin Ignacz**

Canadian Women for Women in Afghanistan

Coffee/Muffins - Greg

Rotary Thought - Greg

February 15, Starfish: Ron, Amanda, Stan

**Tuesday, February 20, 2024**

**NO MEETING - Family Day**

February 22, Starfish: Allan, Greg, Clive

**Tuesday, February 27, 2024**

**Speaker Jennifer McKinnon**

My work and volunteer duties

Coffee/Muffins - Stan

Rotary Thought - Malcolm

February 29, Starfish: Greg, Amanda, Emmanuel

**Tuesday, March 5, 2024**

**Speaker TBA**

Coffee/Muffins - Sheron

Rotary Thought - Karen

March 7, Starfish: Hugh, Stan, Emmanuel

**Tuesday, March 12, 2024**

**Speaker TBA**

Coffee/Muffins -

Rotary Thought - Alan

March 14, Starfish: Clive, Bob, Greg

**Tuesday, March 19, 2024**

**Speaker TBA**

Coffee/Muffins -

Rotary Thought - Jennifer

March 21, Starfish: Spring Break

Rotary



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, February 14  
Cora's Restaurant, at 7:30 am

**Week of:**  
**February 13 - 19, 2024**

*Happy Birthday*

No one this week

*Happy Anniversary*

No one this week

*Rotary Anniversary*

Joined Coquitlam Sunrise

No one this week

**Upcoming  
District Events**

District Assembly

April 13, 2024

8:00 am - 3:00 pm

Kwantlen Polytechnic University