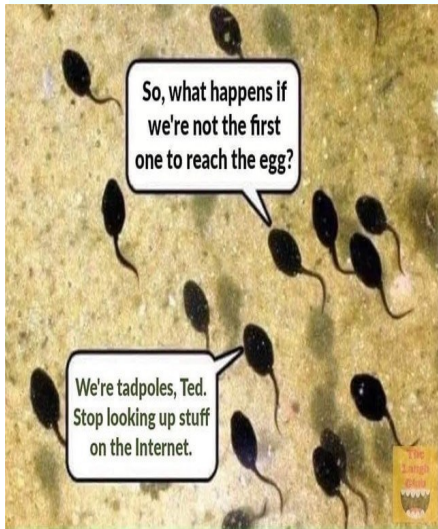


a scammer called my grandma
and said he had all her
passwords


she got a pen and paper and said
'thank god for that, what are
they'

**I DON'T KNOW
HOW TO ACT
MY AGE.
I'VE NEVER
BEEN THIS
AGE BEFORE.**

there should
be a
calorie refund
for things
that didn't
taste as good
as you expected



**Some days
I amaze myself.
Other days, I put my
keys in the fridge.**

Rotary 
Coquitlam Sunrise
Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, February 6, 2024

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



Welcome to
Laura Pachal
Youth Worker/Community LINK Supervisor
The role of the Youth Worker in SD43

School District No. 43 or SD43 is one of the sixty school districts in British Columbia. The district is the third-largest in British Columbia with 45 elementary schools, 14 middle schools, and 11 secondary schools and 32,000 students. It serves the cities of Coquitlam, Port Coquitlam and Port Moody (Tri-Cities) and the villages of Anmore and Belcarra. The district is governed by an elected board of nine trustees representing the five communities with a total combined population of approximately 230,000.

**MARCH 1ST-3RD
2024**

\$375

Help send youth to a once in a lifetime opportunity!

Alex House
2916 McBride Ave
Surrey, BC

FREE LEADERSHIP PROGRAM

OPEN TO ANYONE 18-30 YEARS OLD!

MAY 9-12 2024

ELEVATE YOUR SKILLS WITH 4 DAYS OF INTERACTIVE EXPERIENCES

RYLA

CAMP SOUEAH, HOPE, BC



Tuesday, February 6
is **SHARE** Day



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

HOW THE ROTARY FOUNDATION AFFECTED ONE PERSON

"The Rotary Peace Fellowship program came at a point in my life where I wanted to validate my work. Some of the skills I took back from the fellowship include better communication in the nonviolent space. I feel supported by this community and can reach out to any peace fellow in the world."

— ElsaMarie D'Silva, CEO, Red Dot Foundation

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 6, 2024

Laura Pachal

The role of the Youth Worker in SD43

Coffee/Muffins - Stan

Rotary Thought - Clive

February 8, Starfish: Allan, Hugh, Greg

Tuesday, February 13, 2024

Speaker Kristin Ignacz

Canadian Women for Women in Afghanistan

Coffee/Muffins - Greg

Rotary Thought -

February 15, Starfish: Ron, Greg, 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 -

Rotary Thought -

February 29, Starfish: Greg, Amanda, Emmanuel

Tuesday, March 5, 2024

Speaker TBA

Coffee/Muffins -

Rotary Thought -

March 7, Starfish: Hugh, Stan, Emmanuel

Tuesday, March 12, 2024

Speaker TBA

Coffee/Muffins -

Rotary Thought -

March 14, Starfish: Clive, Bob, Greg

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 6 - 12, 2024

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

Monday, February 12, 2002

Sherron Regehr

22 years

Upcoming
District Events

District Assembly

April 13, 2024

8:00 am - 3:00 pm

Kwantlen Polytechnic University