



Rotary Coquitlam Sunrise  
**Good Morning Report**

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, January 23, 2024**

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

Welcome to  
**Ken Kuhn**

Regional Mentor Fraser Valley West  
 BC Association of Community Response Networks (BC CRNs)  
**Recommended Vaccinations for Seniors**



Ken comes from a background of teaching business, computers, and accounting at many levels of education. Since his retirement he has kept busy in a volunteer capacity with several different organizations that match his values and goals of life. One focus includes trying to build Age-Friendly Community policies and initiatives in the Tri-Cities by working with Councils and seniors' organizations in the Tri-Cities. Another focus Ken has, is trying to share information for seniors for Shingles, Pneumonia, and Influenza Vaccines to help keep them healthy and active. He has worked with pharmacists, seniors' care providers, and healthy authorities to offer workshops and information for seniors. Ken was also the Tri-Cities CRN Coordinator prior to moving to the regional Mentor position for Fraser valley West.



A Community Response Network (CRN) is made up of a diverse group of concerned community members, community agencies, local businesses, government agencies, professionals, and others who come together to create a coordinated community response to abuse, neglect, and self-neglect in vulnerable adults. When the community cannot provide appropriate support to the adult, the Adult Guardianship Act provides designated agencies (Health Authorities and Community Living BC) with the responsibility of investigating and ensuring that the proper action is undertaken.



**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.*

**January is Vocational Service Month**

RI president-elect announces 2024-25 presidential theme

Rotary International President-elect Stephanie Urchick announced that the 2024-25 presidential theme is *The Magic of Rotary* and called on members to recognize and amplify the organization's power to save lives.

Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words," "It's up to you. You create the magic with every project completed, every dollar donated, and every new member."

Urchick, a member of the Rotary Club of McMurray, Pennsylvania, USA, said she saw the magic of Rotary on display when she was helping install water filters in the Dominican Republic. Two boys were watching as dirty water entered the filter, then ran out clean at the other end.

One of the boys grabbed my sleeve and said, 'Show me the magic again,'" she said. "Obviously, the water filter wasn't magic.



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

**Meetings and Member Duties**

**Sergeant - January - Allan**

**Tuesday, January 23, 2024**

**Speaker Ken Kuhn**

**Tri-Cities Seniors Action Society**

Coffee/Muffins - Stan

Rotary Thought - Bob

Jan 25, Starfish: Emmanuel, Greg, Clive

**Tuesday, January 30, 2024**

**Chloe Goodison**

**What is NaloxHome and How Can We Help**

Coffee/Muffins - Greg

Rotary Thought -

February 1, Starfish: Stan, Clive, Sherron /Doug

**Tuesday, February 6, 2024**

**Speaker**

**TBA**

Coffee/Muffins -

Rotary Thought -

February 8, Starfish: Allan, Hugh , Greg

**Tuesday, February 13, 2024**

**Speaker Kristin Ignacz**

**Canadian Women for Women in Afghanistan**

Coffee/Muffins -

Rotary Thought -

February 15, Starfish: Ron, Greg, Stan

**Tuesday, February 19, 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



**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:**  
January 23 – January 29, 2024

**Happy Birthday**

**No one this week**

**Happy Anniversary**

**No one this week**

**Rotary Anniversary**

**Joined Coquitlam Sunrise**

**No one this week**

**NEW 2024 - 2025 Theme**



**MARCH 1ST-3RD**  
2024

ALEXANDRA HALL

**\$375**

Help send youth to a once in a lifetime opportunity!  
Candidates must be sponsored by a Rotary/Rotaract Club. Family members of Rotarians can participate. We encourage clubs to sponsor multiple candidates!

**Alex House**  
2916 McBride Ave  
Surrey, BC

OPEN TO ANYONE 18-30 YEARS OLD!

\$525 CAD / \$425 USD

MAY 9-12 2024

**RYLA**

HELP SUPPORT THE NEXT ROTARIANS!

CAMP SQUEAH, HOPE, BC

**Upcoming District Events**

**Grants Training Seminars**

January 27, 2024

9:00 am - 2:00 pm

Rotary Field House, Surrey

March 02, 1024

9:00 - 2:00 pm

Silver Reef Casino,  
Ferndale, WA

**District Assembly**

April 13, 2024

8:00 am - 3:00 pm

Kwantlen Polytechnic University

**District 5050 Conference**

"We are Family"

Mount Vernon High School

May 4, 2024

8:00 am - 6:00 pm