

Troubled Parent Posted...

THIS MORNING MY KID SAID THEIR EAR HURT AND I SAID ON THE INSIDE OR OUTSIDE, SO THEY WALKED OUT THE FRONT DOOR, CAME BACK IN & SAID BOTH. MOMENTS LIKE THIS GOT ME WONDERING IF I'M SAVING TOO MUCH FOR COLLEGE..

A PENNY FOR YOUR THOUGHTS SEEMS A LITTLE PRICED

Do y'all remember, before the internet, that people thought the cause of stupidity was the lack of access to information? Yeah. It wasn't that.

DEAR WINE, WE HAD A DEAL YOU WERE TO MAKE ME FUNNIER, SEXIER, SMARTER, AND A BETTER DANCER. I SAW THE VIDEO. WE NEED TO TALK.

INSANITY does not run in my family. It strolls through taking its time getting to know everyone personally.

To Err Is Human To Blame It On Someone Else Shows Management Potential

LAZY IS SUCH AN UGLY WORD I PREFER THE TERM SELECTIVE PARTICIPATION

Rotary

Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, January 30, 2024

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome

Chloe Goodison

Founder & Executive Director

NALOXHOME



Hi, I'm Chloe! I'm a fourth-year student at Simon Fraser University, studying Health Sciences on Entrance Scholarship.

I am the Founder and Executive Director of NaloxHome Society, I work as a Recreation Leader with the City of Coquitlam, and I am a soccer coach with the Port Moody Soccer Club. I volunteer as a Board Member at Port Moody Police; Leadership Team Member & Stakeholder at Tri-Cities Community Overdose Action Team; Manager at Port Moody Soccer Club; Former President at The FentaNIL Project at SFU; Health Care Volunteer at Eagle Ridge Hospital; and YOLO (Youth Offering Listen Opportunities) Panelist at SHARE Family & Community Services.

In 2022, I won SHARE Family & Community Services' Volunteer of the Year Award; in 2023, I won the City of Port Coquitlam U25 Volunteer of the Year award. I also won the 2023 Mazda Canada Rising Legends award, worth \$50,000.

As a winner of the 2020 AND 2021 SFU Student-Community Engagement Competitions, and Sharon Perry & Associates CPA \$50,000 donation, I created NaloxHome Society to educate youth in SD43 secondary schools, and the greater community, about the prevalence and signs of overdose in BC. As well, we teach the skills and importance in carrying naloxone and run annual warm clothing drives and hygiene drives.

In my free time, you can find me on the water, on the soccer field (playing OR coaching!), or supporting local businesses here in Port Moody, BC. I have played sports my whole life, I hold a black belt in Tae Kwon Do, and I am an accomplished pianist.



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

WHAT ARE THE ROTARY PEACE FELLOWSHIPS?

Each year, Rotary awards up to 130 fully funded fellowships for dedicated leaders to study at Rotary Peace Centers at universities around the world. Through academic training, practice, and global networking opportunities, these professionals develop their capacity to become effective catalysts for peace. Rotary Peace Fellows earn either master's degrees or professional development certificates in subjects related to peace and development. Since 2002, the Rotary Peace Centers have trained more than 1,500 fellows who work in over 115 countries in education, in government roles, and at international organizations. Rotary members like you can shape the next generation of peace leaders by identifying and interviewing potential candidates.



David Lukov
2023-24 Governor, District 5050

Meetings and Member Duties

Sergeant - January - Allan

Tuesday, January 30, 2024
Chloe Goodison

What is NaloxHome and How Can We Help

Coffee/Muffins - Greg
Rotary Thought - Induction of Lucille Li
February 1, Starfish: Stan, Clive, Sherron /Doug

Tuesday, February 6, 2024
Laura Pachal

The role of the Youth Worker in SD43

Coffee/Muffins - Stan
Rotary Thought -
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



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 30 – February 5, 2024

Happy Birthday
Thursday, February 1 - Jim
Happy Anniversary

No one this week
Rotary Anniversary
Joined Coquitlam Sunrise

No one this week



MARCH 1ST-3RD
2024



\$375

Help send youth to a once in a lifetime opportunity! Candidates must be sponsored by a Rotary/Rotarian 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 ROTARY YOUTH LEADERSHIP AWARDS

HELP SUPPORT THE NEXT ROTARIANS! CAMP SOUEAH, HOPE, BC




Upcoming District Events

Grants Training Seminars
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