



Why is it so much easier to fall asleep on the couch unintentionally than to fall asleep in bed intentionally?

The older I get, the more I regret all the people I've lost over the years.

Maybe being a trail guide wasn't such a great idea after all.



I choked on a carrot this afternoon and all I could think was "I bet a donut wouldn't have done this to me."



I SPEND A LOT OF TIME HOLDING THE REFRIGERATOR DOOR OPEN LOOKING FOR ANSWERS.

Rotary



Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, January 9, 2024**

**Poirier Sport and Leisure Complex**

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

**HAPPY NEW YEAR**



Welcome to:

**Ron Postma**

Water filtration project to provide safe water to 4933 Students and 380 teachers and staff in Banos de Agua Sanata, Ecuador

Host Club:

Club Rotario Banos de Agua Santa, District 4400  
President Marcela Perez

Possible Global Grant with

Coquitlam Sunrise as International Host

**Tuesday, January 9, is SHARE Day**





**Gordon McInally**  
2023 - 2024  
President Rotary International



RI President-elect R. Gordon R. McInally 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**

**MARCH 1ST-3RD**  
2024

**\$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** ROTARY YOUTH LEADERSHIP AWARDS

HELP SUPPORT THE NEXT ROTARIANS!

CAMP SQUEAH, HOPE, BC

**SAVE the DATE!**

**Rotary District 5050 Conference**

**Rotary = Family**

**We Are Family**

**Activities for all Ages!**

Children • Youth • Adults

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



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

**Meetings and Member Duties**

**Sergeant - January - Allan**

**Tuesday, January 9, 2024**

**Speaker Ron Postma**  
Possible Global Grant Project  
**Banos, Ecuador**

Coffee/Muffins - Stan  
Rotary Thought - Greg  
Jan 11, Starfish: Clive, Allan, Greg

**Tuesday, January 16, 2024**

**Speaker Hazel Postma**  
Cinterandes Project, Ecuador

Coffee/Muffins -  
Rotary Thought -  
Jan 18, Starfish: Amanda, Stan, \_\_\_\_\_

**Tuesday, January 23, 2024**

**Speaker Ken Kuhn**  
Tri-Cities Seniors Action Society

Coffee/Muffins -  
Rotary Thought -  
Jan 25, Starfish: Emmanuel, Greg, Clive

**Tuesday, January 30, 2024**

**Speaker TBA**  
Coffee/Muffins -  
Rotary Thought -  
February 1, Starfish: Stan, Clive, \_\_\_\_\_

**Upcoming District Events**

**Grants Training Seminars**  
January 27, 2024  
Rotary Field House, Surrey  
March 02, 2024  
Silver Reef Casino

**District Assembly**  
April 13, 2024 8:00 am - 3:00 pm  
Kwantlen Polytechnic University

**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, January 17**  
**Cora's Restaurant, at 7:30 am**

**Week of:**  
January 9 – January 15, 2024

**Happy Birthday**

**Friday, January 5 - Emmanuel**  
**Monday, January 8 - Sherron**  
**Friday, January 12 - Valerie**

**Happy Anniversary**

**No one this week**

**Rotary Anniversary**  
*Joined Coquitlam Sunrise*

**No one this week**



**Bob's Rotary Foundation Moment**

**WHAT ARE SOME WAYS TO LEAVE A LEGACY OF DOING GOOD?**

You can qualify as a **Benefactor of The Rotary Foundation** by making an outright gift of US\$1,000 or more to the Endowment or notifying the Foundation that you've included the Endowment as a beneficiary of that amount in your estate plan.

Benefactors receive a certificate and insignia to wear with a Rotary or Paul Harris Fellow pin. If you make a commitment for a future gift of \$10,000 or more to the Foundation, you'll be invited to join the **Bequest Society**.

Bequest Society members receive benefits and recognition pieces for different levels of giving, including pins and crystals, the ability to endow named funds, or special seating at the Rotary International Convention.

More than 100,000 Benefactors and more than 14,500 Bequest Society members are creating legacies of generosity as they help people around the world live better lives.

