




**IRONY OF LIFE**

Remember those days when people used to write diaries and got mad when someone read them...

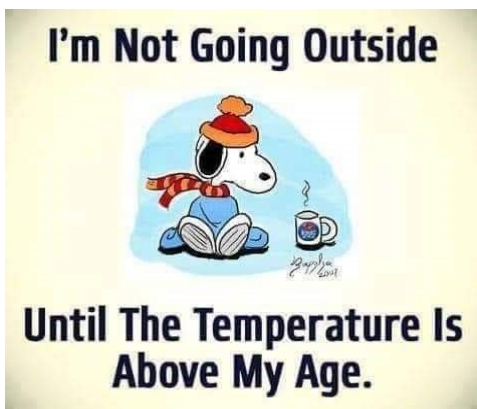
Now they put everything on facebook and get mad when people don't read them...

Rotary   
 Coquitlam Sunrise  
**Good Morning Report**

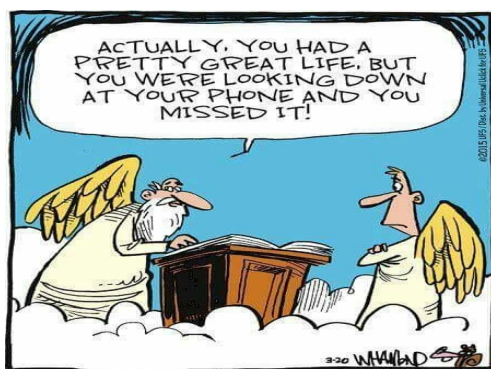
Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, July 11, 2023**

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



Special Welcome To  
**Amanda Movahedi**  
**Classification Talk and maybe more!**  
 RE/MAX City Realty  
 Languages - English, Persian, Farsi  
 eLearning Instructional Designer, Coastal Health  
 Ob/Gyn Specialist Physician, Dubai UAE 2009-2011  
 Hobbies/Skills  
 Graphic Design, Development of Online Courses,  
 Drawing, Face Painting, Microsoft Office, Photography



Tuesday, July 11 is SHARE Day

I try to **AVOID THINGS** that make me **FAT**.  
 Like scales, **mirrors,** and **photographs.**

" STAY AWAY FROM NEGATIVE PEOPLE. THEY HAVE A PROBLEM FOR EVERY SOLUTION. "  
 - ALBERT EINSTEIN







**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.

**July is Rotary Transition Month**



# Ribfest Colossal 50/50 Draw

Hosted by the four Rotary clubs of the Tri-Cities



Funds raised support local community projects including:

- ✓ StarFish Pack Program supporting food security for 1543 kids
- ✓ Youth leadership programs
- ✓ Environmental programming
- ✓ Community Grants
- ✓ Kids Camps
- ✓ and much, much more!



**Ticket Sellers Needed**  
**See Malcolm**



**Ribfest 2023: July 21 - 23 at Rocky Point Park**



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



## Meetings and Member Duties

**Sergeant - July**  
**Ron**

**Tuesday, July 11**  
Program

**Amanda Movahedi**  
Classification Plus  
Coffee/Muffins - Stan  
Rotary Moment - Greg  
Starfish Drivers - summer break

**Tuesday, July 18**  
Meeting Chair - Clive  
Program

**Mayor Jamie Ross, Village of Belcarra**  
Experiencing a Rotary Scholarship  
Coffee/Muffins - Greg  
Rotary Moment - Bob  
Starfish Drivers - summer break

**Tuesday, July 25**  
Program  
TBA  
Coffee/Muffins - Sherron  
Rotary Moment - Ron  
Starfish Drivers - summer break

### Up Coming Events

**GO FUN** SAVE THE DATE  
**August 25**

**Thursday, September 21**  
**Quiz Night**  
Start collecting auction items



Coquitlam Sunrise Executive 2023- 2024

President, Secretary, Bulletin Editor  
Malcolm Kennedy  
Past President  
Lori Travis  
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: Tuesday, August 15  
On Zoom, at 5:30 PM

**Week of: July 11 - July 17**

**HAPPY BIRTHDAY**

No one this week

**HAPPY ANNIVERSARY**

Friday, July 14 - 1967  
Stan & Margrete  
56 years

**Rotary Anniversary**  
Joined Coquitlam Sunrise

No one this week

