

Realized I had to use the bathroom.

Got up and walked across the house, to the pantry.

Couldn't remember why I was in the pantry.

remembered I had to use the bathroom.

Walked across the house to the bathroom.

Sitting on the throne I remembered why I went to the pantry...

Toilet paper.




Rotary  
Coquitlam Sunrise  
**Good Morning Report**



Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, March 12, 2024**

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



Special Welcome To  
**Amanda Movahedi**  
**One of the Basic Rules of Communication**  
RE/MAX City Realty  
Languages - English, Persian, Farsi  
eLearning Instructional Designer, Coastal Health

**We are now Incorporated**





**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.*

**March is Water, Sanitation and Hygiene Month**

**ROTARY DISTRICT 5050**  
**DISTRICT ASSEMBLY**  
**Saturday, April 6, 2024**

Kwantlen Polytechnic University, Surrey, BC  
 12666 72nd Avenue, Surrey, BC

**Registration begins at 8:00 AM. Assembly begins promptly at 9:00 AM.**

The District Assembly is an excellent training opportunity for Rotarians of all ages and experiences.

This event is created for:

- New Club Officers (President-Elect, Secretary, Treasurer, Membership, Foundation, Youth, etc.)

Rotarians wanting to network, develop relationships and learn from other Rotarians in our District,

Newer Rotarians who would like to better understand the value and meaning of Rotary.

We will have a group gathering to begin our time followed by seminars on topics pertinent to Rotarians who are seeking strong leadership skills and connections.

**Lunch is provided. Parking is free.**

**Do not pay for parking - you will not be reimbursed!!**

Each Rotary Club in our District is charged for 5 club members to attend.

Please register your club officers and interested Rotarians who are planning on attending

Details will be sent about parking and any other matters closer to the event

**\$55 per person, \$275 per club Canadian dollars**  
 Pat Bond will collect the cheques/checks at registration.



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



**Meetings and Member Duties**  
**Sergeant - March - Clive**

**Tuesday, March 12, 2024**

**Speaker: Amanda Movahedi**

**One of the Basic Rules in Communication**

Coffee/Muffins - Greg

Rotary Thought - Allan

March 14, Starfish: Clive, Bob, Greg

**Tuesday, March 19, 2024**

**Speaker: Joe Calendino**

**YBYG**

Coffee/Muffins -

Rotary Thought - Jennifer

March 21, Starfish: Spring Break

**Tuesday, March 26, 2024**

**Speaker: Jennifer Blatherwick**

**Access Youth**

Coffee/Muffins -

Rotary Thought - Bob

March 28, Starfish: Spring Break

**Tuesday, April 2, 2024**

**NO MEETING**

**Easter Monday on April 1**

April 4, Starfish: Bob, Stan, Clive

**Tuesday, April 9, 2024**

**Speaker: Kathleen Nadalin**

**ICBC - Road Safety Coordinator**

Coffee/Muffins -

Rotary Thought - Amanda

April 11, Starfish: Amanda, Sherron, ????

**Tuesday, April 16, 2024**

**Speaker: TBA**

Coffee/Muffins -

Rotary Thought - Ron

April 18, Starfish: Hugh, ????, ????



**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, March 13, 2024**  
**Cora's Restaurant, at 7:30 am**

**Week of:**

**March 12 - March 18, 2024**

**Happy Birthday**

**Friday, March 15 - Jason**

**Happy Anniversary**

**No one this week**

**Rotary Anniversary**

**Joined Coquitlam Sunrise**

**Wednesday, March 13, 2007**

**Malcolm**

**17 years**

