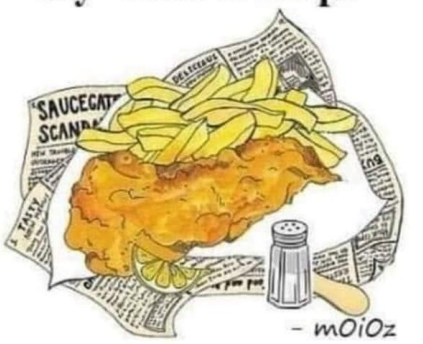


I don't think the therapist is supposed to say "wow," that many times in your first session but here we are.

The three hardest things to say are:  
1. I was wrong  
2. I need help  
3. Worcestershire Sauce

Picked up a hitch-hiker. Seemed like a nice guy.  
After a few miles, he asked me if I wasn't afraid that he might be a serial killer?  
I told him that the odds of two serial killers being in the same car were extremely unlikely

The only thing I truly trust in the newspaper today, is my "Fish 'n Chips"  
  
- even that I'll take with a pinch of salt.

Therapist: Your wife says you never buy her flowers is that true?

Him: To be honest, I never knew she sold flowers.



I went to the grocery store and they now have a parking spot for Fat guys that like to grill. That's so considerate.

Sometimes I Wonder...  
"Why is That Frisbee Getting Bigger?"  
...and Then it Hits Me.



Rotary  
Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 26, 2024

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

Welcome to  
**Jennifer Martin-Blatherwick**  
Executive Director of Access Youth



Raising five children here in Coquitlam, Jennifer was elected to the School Board of SD43 Coquitlam in 2018 and 2022. She also serves on the Finance and Audit Committee, as the Board's representative to the BC School Trustee Metro Branch, and to the Provincial Council.

**History of Access Youth**  
In 1993 PoCoMo Youth Services Society was incorporated, providing supports and services to youth ages 12 to 18 living in Port Moody, Coquitlam, and Port Coquitlam. In 2013 our agency expanded its services and programs outside of the Tri Cities and required a name that was inclusive to the new communities and youth we serve. PoCoMo Youth became Access Youth Outreach Services Society and continues to



Sovereign's Medal for Volunteers 2018

be an independent, community based registered charity.  
As a grass-roots organization, our mandate includes the development and delivery of innovative programs and services for youth ages 12-23 who may be disadvantaged, marginalized, or at-risk. Presently, our services and programs are offered in the Tri Cities communities – Coquitlam, Port Coquitlam, and Port Moody.





**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 26, 2024**

**Speaker: Jennifer Blatherwick**

**Access Youth**

Coffee/Muffins - Stan

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, Greg

**Tuesday, April 16, 2024**

**Speaker: Craig Longstaff,**

**Honour House Society**

Coffee/Muffins -

Rotary Thought - Ron

April 18, Starfish: Hugh, Ron, Clive

**Tuesday, April 23, 2024**

**Speaker: TBA**

Coffee/Muffins -

Rotary Thought - Tom

April 25, Starfish: Lucille, Stan, Greg

**Tuesday, April 30, 2024**

**Pub Night Venue TBA**

May 2, Starfish: Clive, Bob, Greg

**Tuesday, May 7, 2024**

**Speaker: TBA**

Coffee/Muffins -

Rotary Thought - Emmanuel

May 9, Starfish: Amanda, Sherron, Clive



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, April 17, 2024**  
Cora's Restaurant, at 7:30 am

**Week of:**

**March 26 - April 1, 2024**

*Happy Birthday*

*No one this week*

*Happy Anniversary*

**Wednesday, March 27 - 1965**

**Clive and Joyce Evans**

**59 years**

*Rotary Anniversary*

*Joined Coquitlam Sunrise*

*No one this week*



Coquitlam Sunrise