

LOSING WEIGHT DOESN'T
SEEM TO BE WORKING
FOR ME, SO FROM NOW ON
I'M GOING TO CONCENTRATE
ON GETTING TALLER.

If I am ever on
life support,
unplug me...
Then plug me back in..
See if that works..

People giving
directions like "then
head south"
Ok Lewis and Clark
Do I go towards Burger
King or turn at sonic?

sometimes I
wonder what
happened to
the people
who asked me
for directions?

Childhood injuries:
Fell off my bike
Fell out of a tree
Twisted my ankle

Adult injuries:
Slept wrong
Sat down too long
Sneezed too hard

1998:
"Don't get in car with
strangers"

2008:
"Don't meet people from the
internet alone."

2019:
UBER..
Order yourself a stranger
from the internet to get into
a car with alone.

**DRUNK PEOPLE,
CHILDREN,
AND LEGGINGS
ALWAYS TELL THE
TRUTH.**

I GET MOST OF MY EXERCISE
THESE DAYS FROM SHAKING
MY HEAD IN DISBELIEF

Rotary



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, November 21, 2023

Poirier Sport and Leisure Complex

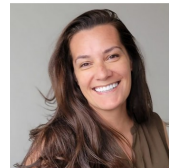
633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome to

Vanessa Wideski

Co-Executive Director
Low Entropy Foundation



Vanessa is a Metis/Samoan mother of four, who has overcome many of life's adversities. Vanessa shares her experience & empathy as the founder and Co-Executive Director of Low Entropy.

The theme of her presentation is:

Working together to create positive change

We believe that personal development should be available to all

Entropy is the measurement of disorder. A chaotic and disorderly state can be said to have high entropy, whereas an efficient, harmonious state—a state of stability, order, and balance—is considered as a low entropy state.

This is why we've taken up a mission as the Low Entropy Foundation. We strive to reduce the entropy in our social system to nurture a more loving, respectful humanity—a caring, global family that supports and cares for one another.

Vision: A kinder, gentler and more compassionate world – a loving humanity that supports and cares for one another.

Mission: Making personal development accessible to all. In doing so, providing people with tools to change themselves and the world.



LOW ENTROPY
FOUNDATION



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.

November is Rotary Foundation Month

Bob's Rotary Foundation Moment

WHAT IS A ROTARY FOUNDATION SUSTAINING MEMBER?

A Sustaining Member is someone who contributes US\$100 or more each year to the Annual Fund. These contributions count toward several different kinds of individual recognition and club recognition banners.

For about US\$10 a month, you can be a Sustaining Member and help provide life-changing opportunities for people on a yearly basis!

WHAT IS A PAUL HARRIS FELLOW?

Paul Harris Fellow recognition is given to anyone who contributes at least US\$1,000 to the Annual Fund, PolioPlus, or an approved global grant. This recognition, which consists of a certificate and pin, can also be given on behalf of someone else.

More than 1.6 million people have become Paul Harris Fellows since 1957, including notable figures such as former U.S. President Jimmy Carter, former Russian President Boris Yeltsin, and polio vaccine developer Dr. Jonas Salk.

**Are you ready to become a Paul Harris Fellow and support
The Rotary Foundation at this level?**

Upcoming District Events

Grants Training Seminars

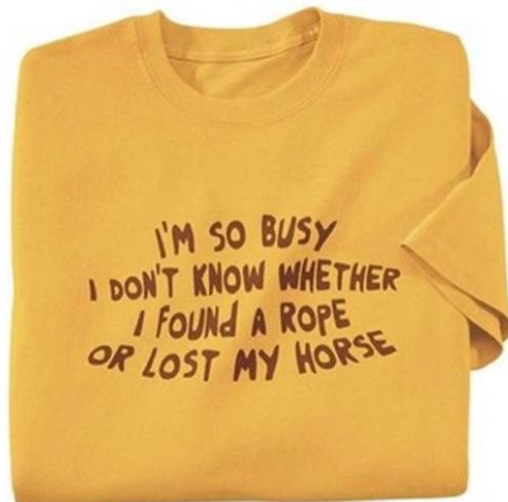
January 27, 2024
Rotary Field House, Surrey
March 02, 1024
Silver Reef Casino

District Assembly

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

District 5050 Conference

May 3rd - 5th
Mount Vernon



David Lukov
2023-24 Governor, District 5050



Meetings and Member Duties

Sergeant - November - Hugh

Tuesday, November 21

Vanessa Wideski - Low Entropy

Coffee/Muffins - Stan
Rotary Thought - Allan
Nov 23 Starfish: Clive, Stan

Tuesday, November 28

**Mark George,
President POCO Rotary**

Nov 30 Starfish: Amada, Hugh, Clive

Tuesday, December 5

NO MEETING

Wednesday, December 6

**Joint Christmas Meeting
Coquitlam Golf Club**

7:15 am Cost \$30

Dec 7 Starfish: Allan, Greg

Tuesday, December 12

Off Site Meeting - Douglas College

Coffee/Muffins -
Dec 14 Starfish: Greg, Hugh, Stan

Tuesday, December 19

Gift Exchange

Coffee/Muffins -
Rotary Thought
Dec 21 Starfish: Amanda, Greg, Stan

Tuesday, December 26

NO MEETING

Tuesday January 2, 2024

NO MEETING



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:

November 21 - November 27

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

November 18, 2003

Clive Evans

20 years

November 27, 1997

Greg Garrison

26 years



Coquitlam Sunrise