



Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

The distance it takes for me to forget a number between 1 and 10



If Your Child Can Operate A Smartphone

They Can Use Any One Of These

I pretended to be asleep and then I fell asleep. Now I'm going to pretend I'm skinny.

Rotary
Coquitlam Sunrise
Good Morning Report



Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, November 28, 2023

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

Welcome to

Mark George

President

Rotary Club of Port Coquitlam Centennial
Mark George Homes - Keller Williams Realty



The four Tri-City Presidents in Area D agreed, probably at PETS and with alcohol most likely involved, to each do a presentation to the other three clubs.

The intent was to get to know more about each President and for each President to be able to talk about the activities, goals and concerns that they are facing this year as President.

Tuesday we will hear from Mark, he has/is involved in many more groups than just Rotary - Toastmasters, Tri-City Chamber, PAC....

Repair Café
PORT COQUITLAM

brought to you by:
Rotary Port Coquitlam Centennial





Rotary 

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 PAUL HARRIS SOCIETY MEMBER?

The Paul Harris Society recognizes people who commit to contributing US\$1,000 or more each year to the Annual Fund, PolioPlus, or an approved global grant. The society's purpose is to honor and thank people for their generous and ongoing support of The Rotary Foundation.

Paul Harris Society contributions count toward several different kinds of individual recognition, and members receive a chevron-style pin and a certificate. Members are also listed in the Paul Harris Society Report.

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

SAVE the DATE!

**Rotary
District 5050
Conference**



We Are Family



**Activities
for all Ages!**

Children • Youth • Adults

May 4, 2024
MT. VERNON HIGH SCHOOL

**IT DOESN'T
MAKE ANY CENTS
BUT
VOLUNTEERING
IS REWARDING**

Rotary 
District 5050



David Lukov
2023-24 Governor, District 5050

Meetings and Member Duties

Sergeant - November - Hugh

Tuesday, November 28

Mark George,

President POCO Rotary

Coffee/Muffins - Stan
Rotary Thought - Norm
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, Clive

Tuesday, December 12

Off Site Meeting - Douglas College

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

Thursday, December 14

Club Pot Luck Social

Hosts: Ron & Hazel
1431 El Camino Dr, Coquitlam
More details to follow

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

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:
November 28 - December 11

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Rotary 

Coquitlam Sunrise

**BEING IN DEBT
ATTRACTS A LOT
OF INTEREST
FROM BANKERS**

