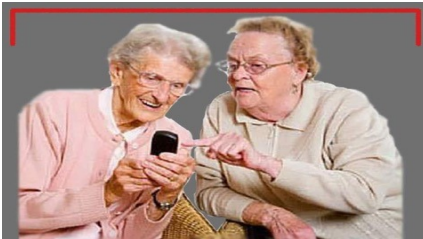




"Sorry about the two scars. We had your X-ray upside down for a while."



I'd like to thank whomever told my mom that WTF means "WOW THAT'S FANTASTIC". Her texts are so much more fun now.



I'M OLD ENOUGH TO REMEMBER WHEN PAPER BAGS WERE BEING BLAMED FOR THE DESTRUCTION OF TREES – AND PLASTIC BAGS WERE THE SOLUTION!

### 5 by 5 rule

If it's not gonna matter in 5 years, don't spend more than 5 minutes being upset by it.

Sometimes I just want someone to hug me and say, "I know it's hard. You're going to be okay. Here's a chocolate and 5 million dollars."



### The older we get...



the less we care!

THOSE WHO CONFUSE BURRO AND BURROW DON'T KNOW THEIR ASS FROM A HOLE IN THE GROUND

Apparently there are 2 types of flu. The harmless one that women and children get, and the "near death" version that men get.

# Rotary



## Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, November 7, 2023**

Off site visit to  
**Coquitlam Search and Rescue**  
**1300 Block Pinetree Way**  
Meeting starts at 7:15 am

Our Host:

**Stu Fleming**

**Search Manager, Coquitlam Search and Rescue**



Meeting is to be held at the Town Centre Fire Hall (TCFH)

TCFH is located in the 1300 block Pinetree Way @ Trevor Wingrove Way. Our equipment and vehicles are in the compound at the rear (northside) of the building.

Please park on the east side of Pinetree in Town Centre Park - Pinetree Lot 'E', north of Trevor Wingrove Way.

Please gather at the rear driveway entrance to TCFH by the chainlink fence. We will meet you there and escort you over to the compound area as the Fire Department considers this a restricted area.

**If it is a rainy morning, please keep in mind that we will be wandering outside in the compound to get to the different areas.**

### About Coquitlam SAR

Coquitlam Search and Rescue is a Volunteer Search and Rescue team based in Coquitlam, British Columbia, Canada. We serve the communities of Coquitlam, Port Coquitlam, Port Moody (The Tri-cities), Anmore, Belcarra, Burnaby and New Westminster.

We are responsible for inland water, wilderness and urban search and rescue in an area bounded by: Indian Arm on the west, Pitt Lake on the east, Garibaldi Park to the north, the Fraser River to the south. This primary area is 1762km<sup>2</sup> and includes some of the most rugged and inaccessible terrain in the southwest region of the Province of British Columbia.

**Tuesday, November 7, is SHARE Day**





**Rotary**  
**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.*

**November is Rotary Foundation Month**

**Bob's Rotary Foundation Moment**

**WHAT IS EVERY ROTARIAN, EVERY YEAR?**

This initiative encourages every Rotary member to:

- Participate every year in a Rotary Foundation program that makes a difference in the world
- Contribute every year to the Foundation's Annual Fund at a sustainable amount

The Foundation recognizes a club as an Every Rotarian, Every Year Club if its giving reaches US 100 per capita or more and all dues-paying members give \$25 in a year.

Today, about one-third of Rotarians participate in this initiative. Think about how much Rotary could accomplish if every member gave at least \$25 to the Annual Fund.



**District 5050 Foundation Dinner**

Saturday, November 18

**Speakers:**

**Lee Harman**  
**Alaska to Mexico**

**April Klassen**  
**Rotary Peace Scholar**

5:00 - 9:00 pm  
 Bellingham Golf & Country Club

**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**



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



**Meetings and Member Duties**

**Sergeant - November - Hugh**

**Tuesday, November 7**

**Off Site Meeting - SAR**

Coffee/Muffins - Greg

Nov 9 Starfish: Amanda, Sherron, Stan, Clive

**Tuesday, November 14**

**NO MEETING - Remembrance Day**

Nov 16 Starfish Drivers: Allan, Clive

**Tuesday, November 21**

**Vanessa Wideski - Low Entropy**

Coffee/Muffins -

Rotary Thought -

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



**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: Tuesday, November 14**  
**Cora's Restaurant, at 7:30 am**

**Week of: November 7 - November 20**

*Happy Birthday*

*No one this week*

*Happy Anniversary*

*No one this week*

*Rotary Anniversary*

*Joined Coquitlam Sunrise*

**November 18, 2003**

**Clive Evans**

**20 years**



CREATE HOPE  
 in the WORLD

**Rotary**  
 Coquitlam Sunrise

