

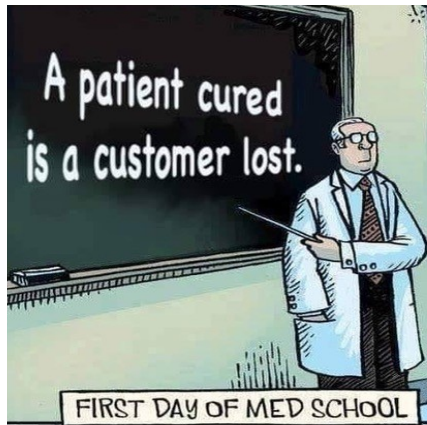
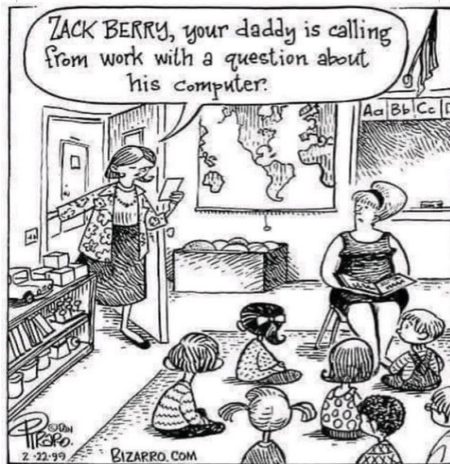
When you're a child, you make funny faces at the mirror  
 When we become adults, the mirror gets even

*Trish  
 Mama Bunny*



THANKS FOR TEACHING ME THE MEANING OF -PLETHORA- IT MEANS A LOT

NEVER MAKE A WOMAN MAD. THEY CAN REMEMBER STUFF THAT HASN'T EVEN HAPPENED YET.



The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.



Rotary  
 Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, October 17, 2023**

**Poirier Sport and Leisure Complex**

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome to

**Jerrica Hackett- Owner  
 The Good Wolf Cafe & Co.**



After a decade of Law Enforcement experience with several years in a Supervisory and Managerial roles, I have taken a leap of faith by quitting my job to open my own business. I opened a small cafe in Port Coquitlam, BC called The Good Wolf Cafe & Co. We are indigenous-inspired, NOT a indigenous-owned.



"The business name comes from a Native American parable that inspired Hackett, and, though she is not Indigenous, she said she was motivated by the idea that people can either feed their loving, compassionate 'good wolf' or their angry, greedy 'bad wolf.' "I want to feed my good wolf, to treat people with kindness and to be that person all that time," said Hackett.

There was a time when Hackett felt she was blind to the emotional needs of others while working as a corrections officer at the North Fraser Pretrial Centre in Port Coquitlam.

She was just 20 when she started the job and, during the next several years, was often the lone guard among dozens of male prisoners, sitting at a desk in the common area while the men played cards or went out into a concrete 'yard' for exercise.

In that environment, there was always the potential for violence.

"I was known for my take downs and pepper spray," said Hackett, who told the *Tri-City News* she didn't see the inmates as people.

"You fit into this hardline job and you have to fit into the hard-line culture, and you hide that part of yourself and ignore it," said Hackett."





**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.*

**October is Community Economic & Development Month**

**Bob's Rotary Foundation Moment**

**WHAT IS POLIOPLUS?**

Ending polio is Rotary's main humanitarian goal, and PolioPlus is the program that supports these efforts.

It was launched in 1985 with help from Dr. Albert Sabin, the developer of the oral polio vaccine, as a worldwide program to protect children from the paralyzing consequences of polio. Rotary later became a founding member of the Global Polio Eradication Initiative.

Since then, the incidence of wild polio cases has decreased by 99.9% and the wild poliovirus remains endemic in just two countries, Afghanistan and Pakistan.

The processes Rotary helped build to fight polio have also been used to protect communities from COVID-19 and other diseases. This illustrates the *Plus* in PolioPlus.

But polio anywhere is a threat to children everywhere. Only global eradication will ensure that no child suffers its devastating effects ever again.

Learn more about Rotary's efforts to eradicate this disease at [endpolio.org](http://endpolio.org)



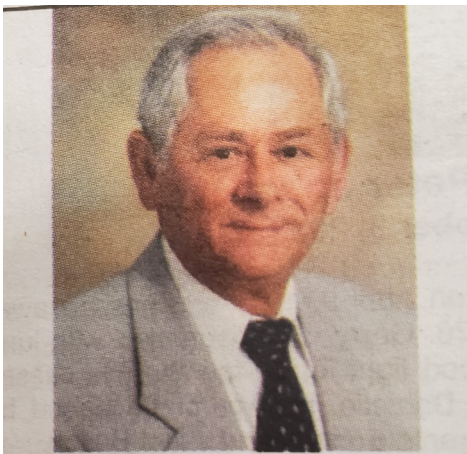
**Upcoming District Foundation Events**

**District 5050 Foundation Dinner**  
Saturday, November 18  
More details to follow

**Grants Training Seminars**  
January 27, 2024  
Rotary Field House, Surrey

March 02, 1024  
Silver Reef Casino

**In memory**  
**Coquitlam Sunrise - Charter Member**



**BUCKLEY, Wilfred**  
**George**

**Feb 22, 1937 - Sep 20, 2023**



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

**Meetings and Member Duties**

**Sergeant - October - Allan**

**Tuesday, October 17**

**Jerrica Hackett**

**The Good Wolf Foundation**

Coffee/Muffins - Stan

Rotary Thought - Malcolm

Starfish Drivers

**Tuesday, October 24**

**Susan Bell**

**Rotary Club of Port Moody**

Coffee/Muffins -

Rotary Thought -

Starfish Drivers

**Tuesday, October 31**

**DG David Lukov**

Coffee/Muffins -

Rotary Thought -

Starfish Drivers

**Tuesday, November 7**

**Off Site Meeting - SAR**

Coffee/Muffins -

Rotary Thought -

Starfish Drivers

**Tuesday, November 14**

**NO MEETING - Remembrance Day**

**Tuesday, November 21**

**Vanessa Wideski - Low Entropy**

Coffee/Muffins -

Rotary Thought -

Starfish Drivers

**Tuesday, November 28**

**Possible site visit to Douglas College,**



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, October 17**  
**on Zoom, at 5:30 PM**

**Week of:**  
**September 17 - October 23**

**Happy Birthday**

**No one this week**

**Happy Anniversary**

**No one this week**

**Rotary Anniversary**

**Joined Coquitlam Sunrise**

**Thursday, October 19, 2021**

**Amanda Movahedi - 2 years**

**Sunday, October 22, 2013**

**Jennifer McKinnon - 10 years**

**Sunday, October 22, 2008**

**Ron Postma -15 years**

