

The closest I get to a spa day is when steam from the dishwasher smacks me in the face.

Trying to make protein shakes but they keep coming out as margaritas.



If you can't look back at your younger self and realize that you were an idiot, you are probably still an idiot.

Working at an unemployment office has to be a tense job...knowing if you get fired, you still have to come in the next day.



"Look, as soon as a private room becomes available, you'll get one."



"Maybe your account's overdrawn!"



"Whaddya mean, 'Which one is ours?'"



"You getting athlete's foot is about as ridiculous as a coal miner with sunstroke!"

Rotary



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, October 24, 2023

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome to

Susan Bell

President Rotary Club of Port Moody



Jim and Susan Bell are passionate and enthusiastic certified professional bookkeepers with over 25 years of experience in accounting and controllership roles.

TFT - The Fun Team - Area "D" Presidents



WORLD POLIO DAY
24 OCTOBER





CREATE HOPE
in the WORLD

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.

October is Community Economic & Development Month



SAVE the DATE!
We Are Family
District 5050 Conference
Adults • Youth • Children

Rotary = Family

May 4, 2024
MT. VERNON HIGH SCHOOL

District 5050 Conference

Activities for all Ages!

Upcoming District Events

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
\$80 US

Pre-Pets Ron this ones for you!
Saturday, December 2, 2023
9:00 am - 3:00 pm Silver Reef Casino

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

Rotary 

District 5050



David Lukov
2023-24 Governor, District 5050

Meetings and Member Duties

Sergeant - October - Allan

Tuesday, October 24

Susan Bell

Rotary Club of Port Moody

Coffee/Muffins - Greg

Rotary Thought - Bob

Starfish Drivers - 3 needed

Tuesday, October 31

DG David Lukov

Coffee/Muffins - Sherron

Rotary Thought - Greg

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

TBD

Tuesday, December 5

NO MEETING

Wednesday, December 6

Joint Christmas Meeting

Coquitlam Golf Club

7:15 am Cost \$30

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: October 24 - October 30

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week



Rotary 
Coquitlam Sunrise