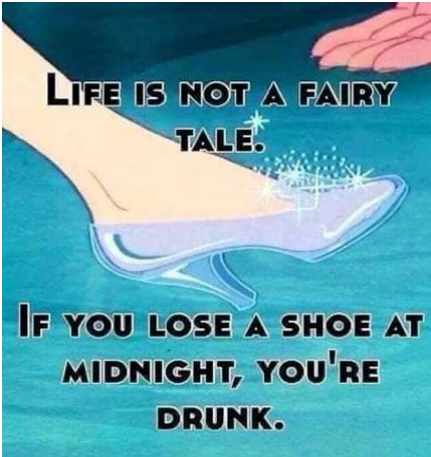




Ok.. I'm not a bird specialist, but I'm pretty sure that this couple just had a fight.



"What else did you fix today?"



"I've crunched the numbers in your retirement account. It's time to figure out who will be wearing the mask and who will be driving the getaway car."

Rotary



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, October 3, 2023

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome

BOYD & associates

Brooke Lewis

Counsellor, Psyd, RCC
Boyd & Associates Counselling Inc.



President of the Rotary Club of Coquitlam

Brooke's Topic the

Rotary Club of Coquitlam



Brooke, a Registered Clinical Counsellor, offers counselling to individuals sixteen years and older who are experiencing a variety of concerns, including depression, anxiety, self-esteem, transition, stress management, personal growth, and substance abuse.

Brooke incorporates a range of therapy orientations into her practice. She provides a safe, supportive environment in which clients can explore their personal challenges and difficulties.

Brooke has worked in high school settings in addition to day and residential addiction programs. Brooke has also provided workshops on a variety of topics including stress management, addiction, suicide and sexual exploitation. She received her Doctorate of Psychology from Cal Southern University. Brooke has a special interest in self destructive behaviours, emotional regulation and physical activity in mental health.

Tuesday, October 3 is SHARE Day





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

Protect our Children

Saturday, October 14, 2023,
Eagle Ridge Bible Fellowship
1160 Lansdowne Dr, Coquitlam,
9:00 am - 3:30 pm Lunch provided

Free – please register on line



PROTECT OUR CHILDREN

Attention: Parents, Grandparents & Caregivers

HUMAN TRAFFICKING, SEXTORTION AND GANG RECRUITMENT EXIST IN THE TRI-CITIES AND OUR YOUTH ARE VULNERABLE!

Guest Presenters

PLEA Community Services Children of the Street Program
Fraser Health Forensic Nursing Service
Amanda Todd Legacy Society
Yo Bro | Yo Girl Youth Initiative

Time & Place

Saturday, October 14, 2023, 8:45am to 3:30pm
(Lunch & refreshments will be provided)
Eagle Ridge Bible Fellowship
1160 Lansdowne Dr., Coquitlam

Rotary Coquitlam, Coquitlam Sunrise, Port Coquitlam, Port Moody



David Lukov
2023-24 Governor, District 5050

Meetings and Member Duties

Sergeant - October - Allan

Tuesday, October 3

Brooke Lewis
President, Rotary Club of Coquitlam
Coffee/Muffins - Greg
Rotary Thought - Bob
Starfish Drivers -

Tuesday, October 10

NO MEETING

Saturday, October 14

Protect our Children Workshop

Tuesday, October 17

Jerrica Hackett
The Good Wolf Foundation
Coffee/Muffins - Stan
Rotary Thought -
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

Speaker TBA
Coffee/Muffins -
Rotary Thought -
Starfish Drivers



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 (s) of:
September 26 - October 16

Happy Birthday

No one this week

Happy Anniversary

Thursday, October 5, 1975
Allan & Lisa
48 years

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

