



"OK, one more time: Go home and log on to our website from your computer, create an account and purchase your ticket with your credit or debit card, download the ticket to a smartphone, then come back at the allocated time... Just what part of 'easier and more convenient' don't you get?"



"Anybody that can do at 65 what he was doin' at 25 wasn't doin much at 25!"

You can not get back on your feet until you first get up off your ass.

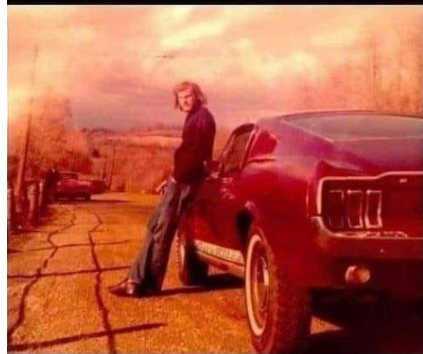


I'm thinking of taking the wine box back to complain. It said once opened it would last 6 weeks, it only lasted me 3 hours

How do you milk sheep?
Bring out a new iPhone and charge \$1000 for it.

The irony for mankind is that a computer program asks a human to prove that they're not a robot.

WE MIGHT BE OLD ...



BUT WE HAD GREAT HAIR, LISTENED TO COOL MUSIC, AND DROVE THE BEST CARS!

FINALLY FIGURED OUT WHY I LOOK SO BAD IN PICTURES.

IT'S MY FACE

Rotary Coquitlam Sunrise
Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, September 19, 2023

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

Rotary Club of Coquitlam Sunrise

? QUIZ NIGHT ?

Join us for a night of TRIVIA FUN to support a good cause!
Includes Online & Silent Auction

<https://www.32auctions.com/quiznight2023>

Proceeds will go to the **Community Outreach Project**, a Douglas College Psychiatric nursing student-led project providing outreach services, supplies and compassionate support for those affected by the opioid and mental health crises.

September 21 2023 at 7 pm
Douglas College Coquitlam Campus
Doors Open/Registration 630-7pm
\$25 for individuals (19+)
\$10 for Douglas College Students (19+)
Can't attend? Sponsor a student team for \$200 and have your business recognized.

Register online:
<https://tinyurl.com/4n7zds97>

For more info, please contact:
partridgee@douglascollege.ca

Rotary Coquitlam Sunrise



DOUGLAS COLLEGE



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.

September is Basic Education and Literacy Month

Bob's Rotary Foundation Moment of the Week

WHAT CAN A \$1,000 GIFT TO THE ROTARY FOUNDATION DO?

A \$1,000 contribution to The Rotary Foundation pays for the materials needed to build a deep bore well in India that will supply clean drinking water to more than 300 people. It provides materials to treat and prevent parasites and anemia in children in Brazil or pays for a tree nursery in Jamaica that will help 700 farmers increase their income. It can provide a cow and animal husbandry training to a woman in Uganda, where children often don't get enough protein and calcium. It can pay for the polio vaccine for 2,000 children in Nigeria or provide \$50 microloans that allow 20 women in Nicaragua to start businesses.



JOIN SHARE FAMILY & COMMUNITY SERVICES FOR

Coffee & Cake

In Celebration of the Rotary Clubs of the Tri-Cities

THURSDAY, SEPTEMBER 28 | 7:30 AM
#101-2312 ST. JOHNS STREET



SHARE Partnership Award

I am writing to advise that SHARE Family & Community Services Society (SHARE) is delighted to have selected the Rotary Clubs of the TriCities (Rotary Club of Port Moody, Rotary Club of Port Coquitlam Centennial, Rotary Club of Coquitlam, and **Coquitlam Sunrise Rotary Club**) as the recipients of the 2023 SHARE Partnership Award!

The Partnership Award recipients are nominated by SHARE's senior leadership and approved by the SHARE Society Board of Directors. The award is given annually to an individual, business, and/or organization that has made a significant contribution by partnering with SHARE in program delivery in the past year. Past winners have included Hillside Community Church (the site of SHARE's Coquitlam Food Bank), School District 43, Coquitlam Centre, the Port Moody Old Timer's Hockey Club, the Anmore Haunted House, and the Port Moody Police.

We believe the Rotary's passion for helping this community and your dedicated support of SHARE's services year after year, makes you incredibly worthy of this award.

Sincerely,
Claire

Claire MacLean, M.Sc SLP
Chief Executive Officer



David Lukov
2023-24 Governor, District 5050



Meetings and Member Duties

Sergeant - September - Stan

Tuesday, September 19

Program - QUIZ Night Prep
Coffee/Muffins - Sherron
Rotary Thought - John
Starfish Drivers -

Tuesday, September 26

Speaker TBA
Coffee/Muffins - Stan
Rotary Thought -
Starfish Drivers -

Tuesday, October 3

Speaker TBA
Coffee/Muffins -
Rotary Thought -
Starfish Drivers -

Tuesday, October 10
NO MEETING

Tuesday, October 17

Speaker TBA
Coffee/Muffins -
Rotary Thought -
Starfish Drivers

Tuesday, October 24

Speaker TBA
Coffee/Muffins -
Rotary Thought -
Starfish Drivers

Tuesday, October 31

DG David Lukov
Coffee/Muffins -
Rotary Thought -
Starfish Drivers



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 19 - September 25

Happy Birthday

Friday, September 22 - Clive
Saturday, September 23 - Amanda

Happy Anniversary

No one this week

Rotary Anniversary
Joined Coquitlam Sunrise

Saturday, September 23, 2003
Stan Wylie
20 years

