



"Something from our wine list?"

I ENJOY A
GLASS OF WINE
EACH NIGHT FOR ITS
HEALTH BENEFITS.
THE OTHER GLASSES
ARE FOR MY
WITTY COMEBACKS
AND FLAWLESS
DANCE MOVES

People with siblings
have better survival
skills because they've
had experience in
physical combat,
psychological warfare,
and sensing suspicious
activity.

My mind still thinks I'm
25.
My body thinks my
mind is an idiot.

Some call it multi-tasking, I
call it doing something else
while I try to remember what
I was doing in the first place

Shoutout to
everyone who can
still remember
their childhood
phone number but
can't remember the
password they
created yesterday.
You are my people.

I don't
understand
why people
have to "get
ready" for bed.
I'm always
ready for bed.

Rotary



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, October 7, 2025

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome to

Rotarians Dr. R. Lee Harman and

Winston Conyers fund-raise to eradicate polio

Dr. Lee Harman. He is a 40 year member of the Arlington Rotary Club, a member of the Arch Klumph Society. Members of the Arch Klumph Society

donate \$250,000 or more to the Rotary International Foundation. Thank you Dr, Harman for all you do for Rotary and your efforts to eradicate polio worldwide. Dr. Harman and Miss Vicky have crossed continents to raise funds for the PolioPlus campaign, on two occasions raising \$47,000 on each tour. Those two rallies were the Beijing, China to Paris, France Rally and the Anchorage, Alaska to Cabo San Lucas Rally. **Miss Vicky** is a 1931 Model A Vintage Ford Victoria. The goal of Polio Plus is to vaccinate every child. Dr. Harman stated that polio does not mutate. Before 1984, there were 350,000 paralytic cases every year with 50,000 deaths each year. Since 1988, we've seen a worldwide reduction in polio cases of 99.99%. Only two countries remain polio-endemic: Afghanistan and Pakistan.

Winston Conyers. Vice President of the White Rock Rotary Club, was privileged to drive Harman's antique vehicle (affectionately dubbed Miss Vickie) on the 17-day first leg of the trip, from Anchorage, starting on Aug. 28, to Walla Walla, Wash.

A promotional poster for the "Miss Vicky 2026 Challenge for PolioPlus". The poster features a blue background with a yellow sunburst at the bottom. It includes a QR code, a photo of a vintage car, and a photo of a group of people. The text on the poster reads: "MISS VICKY 2026 CHALLENGE FOR POLIOPLUS", "Miss Vicky has traveled the circumference of the world in her effort to eradicate polio. You can help her end polio now and keep children from ever facing this disease again.", "Generous donors have offered \$50,000 which will be donated when matched!!", "Whether you can match the full \$50,000, donate \$100, or give any amount in between - every dollar gets us closer to a polio-free world.", "Last year, we raised an incredible \$108,979 USD. This year, with your support, we're aiming even higher - let's double that & help end polio for good.", "UNLOCK THE MISS VICKY \$50,000 CHALLENGE DONATION", "Join Lee, Winston & Miss Vicky's enduring ride to end polio!!", "Scan me for more details and DONATE:", "END POLIO NOW", "\$50,000".



Tuesday, October 7th is
SHARE DAY

**UNITE
FOR
GOOD**



Rotary 

**Francesco Arezzo
2025- 2026**

President Rotary International



Unite for Good “[It] means involving all members, but not only members, in our service. It means involving [partner] organizations ... local administrations, other voluntary associations. In short, it means ‘expand our reach,’” said Arezzo, who was selected earlier this month as the next president. “Let us create one great shared dream that unites us, that excites us, that changes the world and changes our lives, too.”

October is Community Economic and Development Month

Rotary 
District 5050

Success Seminars

The Rotary Success Seminars are now open for registration! Space is limited, so register early! Join us in one of two Rotary Success Seminars. The two Seminars will be identical, and you can choose the one that is more convenient to you.

Saturday, November 8 at Shawn O'Donnell's at the Farmhouse on the LaConner Whitney Road, WA.

Saturday, November 15 at the Clayton Hills Golf Course, Surrey

The Rotary Success Seminars will emphasize the importance of the Rotary Action Plan and the vital relationship between Membership, Public Image, and The Rotary Foundation in helping clubs grow.

It is a unique, exciting, and fun way to help both new and experienced members become truly engaged in Rotary. Learn new insights to help your members and your club become more vibrant, relevant and attractive to both new potential members and to your current members.

You and your club will develop skills to retain and engage existing members and to grow your club's membership with new members.

The Seminars will start at 8:30 with Registration and end by 3:30 pm.

Morning munchies and lunch are included.

To register sign in at rotarydistrict5050.org then go to events.

Cost is \$65.00 - pay online and keep your receipt to get reimbursed by the club.

We are Rotary. We are People of Action.

Rotary 
District 5050



**Isabelle Hayer
2025-2026 Governor, District 5050**

Meetings and Member Duties

October 2025

**Sergeant - Malcolm, Greeter - Hazel
Coffee/Muffins - Norm**

Rotary thought - everyone be ready

**Tuesday, October 14 - NO MEETING
THANKSGIVING**

Tuesday, October 21

Mike Storey - Adopt a Village in Laos

Tuesday, October 28

**Steve Kim Executive Director
Access Youth Outreach Society**

Tuesday, November 4

Carol Metz Murray

**Through the Eye of a Naked Leader
What mindset do you bring to Leadership?**

**Tuesday, November 11 - NO MEETING
Remembrance Day**

**Tuesday, November 18
Speaker TBD**

**Tuesday, November 25
Speaker TBD**

**Tuesday, December 1
Speaker TBD**

**SAVE THE DATE
Wednesday, December 3
Joint Christmas Meeting Host Coquitlam**

**Tuesday, December 9
Speaker TBD**

**Coquitlam Sunrise
Last meeting attendance 81%
YTD attendance 79%**

Rotary 
Coquitlam Sunrise

Coquitlam Sunrise 2024- 2025

Executive

President

Ron Postma

President-Elect, Secretary

Malcolm Kennedy

Treasurer

Stan Wylie

Directors

Club & Vocational

Greg Garrison

Community

Hamed Najafi

International

Allan Lawrence

The Rotary Foundation

Bob Moody

**Next board meeting: Wednesday, October 22, 2025
Cora's Restaurant, at 7:30 am**

Weeks of:

October 7 – October 20, 2025

Happy Birthday

No One this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Special Days

**SAVE THE DATE
Saturday, November 14
Coquitlam Sunrise
Bowling Fundraiser**

**Cost: \$50 per person
Includes shoes and pizza**

**Networking ticket \$30
No bowling but includes pizza**