



'High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip.'

If by "crunches" you mean the sound potato chips make when you chew them, then yes, I do crunches.

I thought I was losing weight, but it turned out my sweatpants had come untied.

Rotary Coquitlam Sunrise
Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com
Tuesday, November 4, 2025
Poirier Sport and Leisure Complex
 633 Poirier Street, Coquitlam, Room 3, Upstairs
 Meeting starts at 7:15 am



Welcome to
Carol Metz Murray
 Through the Eye of a Naked Leader
 What mindset do you bring to Leadership?



Carol Metz Murray is a people possibility alchemist, intuitive narrative leadership consultant and coach, speaker and author. She brings leadership, organizational change and development, advocacy and outreach, people engagement and strategic building skills to her services. She lives the principles, life tools, and systems learned on her life's discoveries, offering authenticity, vulnerability and her God-given gifts of radical presence and listening to help build breakthroughs for those in need.

WHAT IS NAKED LEADERSHIP?

- ◆ Being comfortable doing what is uncomfortable
- ◆ Mastering the 3C's of Courage – Curiosity, Capabilities and Connection
- ◆ Standing up, showing up and speaking truth
- ◆ Naked leadership is the sum of all of the parts – heart + spirit + soul + head+ body wrapped in LOVE

Rotary District 5050

Success Seminars
Saturday, November 15
Clayton Hills Golf Course, Surrey

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

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.

Tuesday, November 4th 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.”

November is Rotary Foundation Month



Rotary 
Coquitlam Sunrise

BOWLING FUNDRAISER | **NOV 14**
6:30 PM - 9:30 PM

POCO BOWL 2263 McAllister Ave,
Port Coquitlam

All funds stay in our community!

Bowling ticket \$50
Networking ticket \$30

E-transfer to Lois McNary - put names in notes
loismcnary5@gmail.com
604-616-1341

We are Rotary. We are People of Action.

Rotary
District 5050



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

**Meetings and Member Duties
November 2025**

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

Rotary thought - everyone be ready

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

Tuesday, November 18

Sarah Poole

City of Coquitlam - Park Spark Program

Tuesday, November 25

Edward Jones

Four Pillars to thrive in retirement

Tuesday, December 2

NO MEETING

Wednesday, December 3

Area D Joint Breakfast Christmas Meeting

Host Rotary Club of Coquitlam

Coquitlam Golf Club Time ??

Cost \$25

Tuesday, December 9

Election of 2026-2027 BOD

Speaker review - ideas for next year

Update on Banos Project

Tuesday, December 16, 2025

Annual Gift Exchange

7:30 am Coquitlam Gril

Oder off menu

Tuesday, December 23

NO MEETING

Tuesday, December 30

NO MEETING

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, November 19
Cora's Restaurant, at 7:30 am**

Weeks of:

November 4 – November 17

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Special Days

Our Foundation

Give to The Rotary Foundation and fund service projects that change lives - both close to home and around the world.

Rotary 
Coquitlam Sunrise

Last meeting attendance 80%

YTD attendance 77%