

Brain cells, hair cells
and skin cells - they
all die constantly, but
freaking fat cells seem
to have eternal life...

I said I was good at
making decisions. I didn't
say the decisions I made
were good.

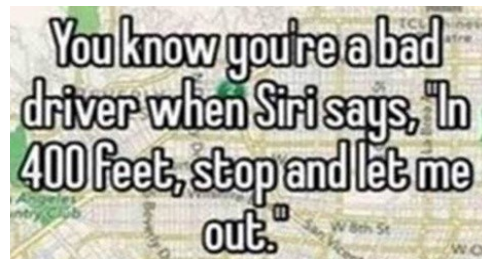


I'M TAKING CARE OF MY
PROCRASTINATION ISSUES;
JUST YOU WAIT AND SEE.

ALL MY
PASSWORDS ARE
PROTECTED BY
AMNESIA

If I waited until I had all
my ducks in a row, I'd
never get across the
street. Sometimes you
just have to gather up
what you've got and
make a run for it.

I HAVE REACHED
AN AGE WHERE
MY MIND SAYS,
"I CAN DO THAT,"
BUT MY BODY SAYS,
"TRY IT AND YOU'LL
BE SORRY."



A QUIET MAN
IS A THINKING MAN.
A QUIET WOMAN IS
USUALLY MAD.



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

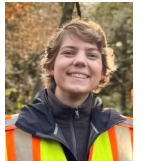
Tuesday, November 18, 2025

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs
Meeting starts at 7:15 am



Welcome to
Sarah Poole
Parks Partner Program Coordinator
City of Coquitlam Park Spark Team



Sarah Poole is a Parks Partner Program Coordinator with the City of Coquitlam's Park Spark team, specializing in volunteer management and coordination. With more than 5 years' experience in this field, she has contributed to streamlining volunteer opportunities across the Parks Department while growing Park Spark's volunteer network.

Sarah has a Bachelor of Science in Biological Sciences, with a minor in Resource and Environmental Management from Simon Fraser University. While working towards her degree, she worked on projects studying coastal ecosystems and bird nesting patterns.

In this presentation, Sarah will discuss the Park Spark program and ways that we engage the community in the City's beautiful park spaces.

Park Spark

Park Spark provides an opportunity to have fun and gain meaningful experiences while enhancing Coquitlam's parks. We offer a variety of opportunities for people to lend their expertise or experiences to connect with our parks.

Park Spark Activities

Join the City of Coquitlam's Park Spark team for a variety of fun and engaging workshops, walks, talks and tours happening this month.

Help light up the season by taking part in **Park Spark Light Brigade** activities—where volunteers craft and install light displays for **Lights at Lafarge**, Metro Vancouver's largest free winter lights display.

**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

GIVING UPDATES

2024-25 fundraising results: A record-breaking year

Rotary supporters, donors, and partners contributed over US\$569 million in 2024-25, exceeding our goal of US\$500 million. These funds fuel global and district grants, disaster response grants, and top priorities like polio eradication.

In 2024-25:

- **478,629 donors** supported The Rotary Foundation.
- **32,972 clubs** contributed, including **1,893 Rotaract clubs**.
- **1,036 Rotaract clubs** earned the Rotaract Giving Certificate — a new record!
- **Rotary Direct** saw a 3.3% increase, raising **US\$12.7 million**.
- **The Paul Harris Society** grew 5% to **35,191 members**.
- **Raise for Rotary** raised **US\$682,000** from 600-plus pages across 50-plus countries.



The
Rotary
Foundation 

Together, we're building a more hopeful, healthier future — one gift at a time. Thank you for helping us complete a very successful fundraising year!

2025 by 2025 Endowment campaign success

Thanks to the dedication and vision of Rotary members around the world, we've reached an incredible milestone: the successful completion of our 2025 by 2025 Endowment campaign. Our goal was to raise US\$2.025 billion for our Endowment. Thanks to our generous donors, we surpassed this goal and raised US\$2.050 billion! This achievement secures Rotary's ability to do good in the world for generations to come.



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 25
Gauri Ratna, Financial Advisor**

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
Vancouver Golf Club Time 7:15 am
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
7:15 am Coquitlam Gril
Order off menu**

**Tuesday, December 23
NO MEETING**

**Tuesday, December 30
NO MEETING**

Rotary
Coquitlam Sunrise 
**Last meeting attendance 77%
YTD attendance 77%**

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 18 – November 24

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

Tuesday, November 18 (2003)

Clive Evans

22 years

Special Days

A new Rotary Peace Center will open in India

Rotary is partnering with Symbiosis International University in Pune, India, to offer a one-year professional development certificate program designed to train Rotary Peace Fellows from across Asia in peace studies, conflict transformation, and sustainable development. Applications to attend the new Rotary Peace Center open in February 2026, with the first cohort of fellows to begin studies in 2027.