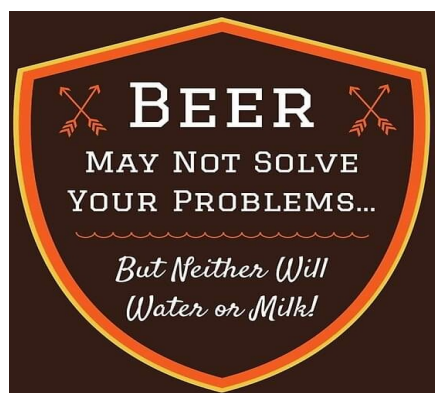


DRIVE SLOW &  
SEE OUR CITY.  
DRIVE FAST &  
SEE OUR JAIL.

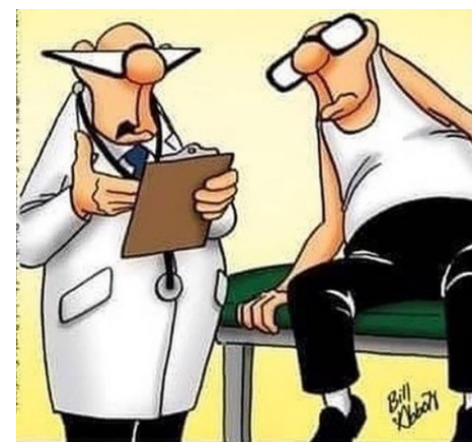
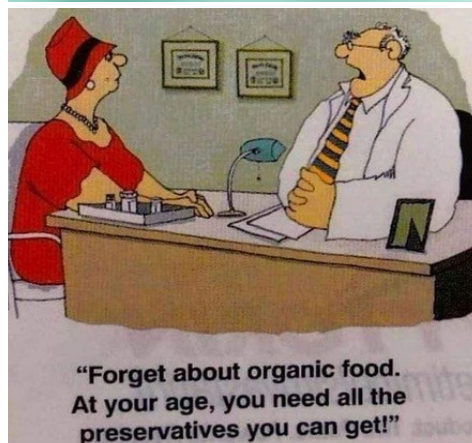
I LIKE MY  
CANDY CANES IN  
MINT CONDITION!



"But all the blueberries...the wholegrains...  
the skimmed milk...the decaffeinated coffee...  
the broccoli...you mean it's all been for nothing?"

GOOD MOMS  
LET YOU LICK  
THE BEATERS  
GREAT MOMS TURN  
THEM OFF FIRST

I LOOKED UP  
OPAQUE  
THE DEFINITION  
WASN'T VERY  
CLEAR



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

Rotary

Coquitlam Sunrise



# Good Morning Report

Editor: Malcolm Kennedy [malcolm.rotary@outlook.com](mailto:malcolm.rotary@outlook.com)

**Tuesday, December 10, 2024**

**Poirier Sport and Leisure Complex**

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome to

**Igor Bjelac**

Director, Immigrant Link Centre Society



**Igor**, leads the organization in creating and implementing innovative programs to support immigrant integration and community development.

## OUR MISSION

To lead the way in food recovery by rescuing surplus food, distributing it to those in need, and advocating for sustainable solutions that eliminate food waste and hunger, thus enhancing food security for vulnerable populations. Our goal for the next two years is to establish 'Food Security Through Zero Food Waste' as a pilot project in Coquitlam, promoting sustainable urban food systems and ensuring access to nutritious meals for our community.

**Our journey** began in 2015 when a small group of immigrants, during an English as a Second Language (ESL) training at Vanier Centre in Coquitlam, watched a documentary on food waste. Motivated by what we learned, we initiated a food recovery project called "Win Win" gathering unsold food from grocery stores to prevent it from being wasted. What started as a small effort to provide free food for students in the program soon expanded, as we realized how much good, edible food we could rescue and distribute



**Immigrant Link Centre Society  
Charity**

**Tuesday, December 10, is SHARE Day**

**SHARE**  
FAMILY & COMMUNITY SERVICES



**Stephanie Urchick**  
**2024- 2025**  
**President Rotary International**



"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words, It's up to you. You create the magic with every project completed, every dollar donated, and every new member."

## November is Rotary Foundation Month



### *Club Christmas Social*

*December 12 - 6:30 pm*

*Ron & Hazel's Home*

*1431 El Camino Drive*

*Pot Luck - bring something to share*

*B.Y.O.B*

*sign up sheet at next meeting*

## *Abacadabra:* BEHIND THE MAGIC OF ROTARY



**DISTRICT 5050  
CONFERENCE  
2025**

**Dates: May 2-4, 2025**  
**Location: Tulalip Resort, Tulalip, WA**  
**Early Bird: \$325.00 (Until December 31, 2024)**



**Dave Duskin**  
**2024-2025 Governor, District 5050**



## Meetings and Member Duties

**December 2024**

**Sergeant - Hamed**

**Greeter - Greg**

**Tuesday, December 10, 2024**

Igor Bjelac

Immigrant Link Centre Society

Coffee/Muffins - Norm

Rotary Thought - everyone be ready

**December 12, Starfish Drivers**

Bob, Hugh, Clive

**Tuesday, December 17, 2024**

**Coquitlam Grill @ 7:00 am**

**Christmas Gift Exchange**

**December 19, Starfish Drivers**

Bob, Stan, Clive

**Tuesday, December 31, 2024**

**No Meeting**

**Last meeting attendance 84%**  
**YTD attendance 70%**

**Week of:**

**December 10 - December 16, 2024**

**Happy Birthday**

**No one this week**

**Happy Anniversary**

**No one this week**

**Rotary Anniversary**

**Joined Coquitlam Sunrise**

**No one this week**



**Coquitlam Sunrise 2024- 2025**

**Executive**

**President**

Ron Postma

**Past President, Secretary**

Malcolm Kennedy

**Treasurer**

Stan Wylie

**Directors**

**Club & Vocational**

Greg Garrison

**The Rotary Foundation, International**

Bob Moody

**Membership & Programs**

John Panrucker

**Committee Members**

**Membership & Programs**

Lucille Le, Sherron Regehr

**YAIL & RYLA**

Karen Kirby

**Bulletin**

Malcolm Kennedy

**Next board meeting: Wednesday, January 15, 2024**  
**Cora's Restaurant, at 7:30 am**

**Coquitlam Sunrise 2025- 2026**

**Executive**

**President, Past President**

Ron Postma

**President Elect, Secretary**

Malcolm Kennedy

**Treasurer**

Stan Wylie

**Directors**

**Club & Vocational**

Greg Garrison

**Community**

Hamed Najafi

**The Rotary Foundation**

Bob Moody

**International**

Alan Lawrence