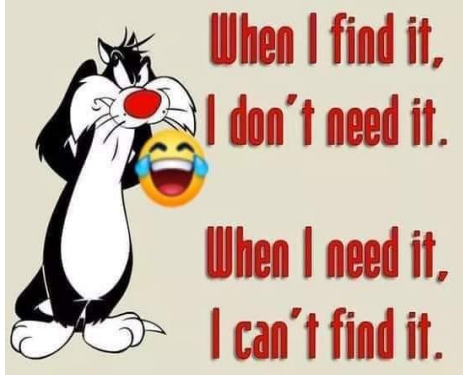
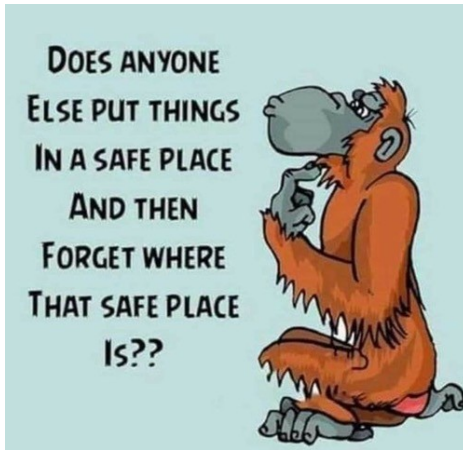




**Laughter**  
is the best medicine,  
but if you laugh  
for no reason, you  
need medicine.



So let me get this straight. I go to To the grocery store and buy a lb. of sliced ham wrapped in plastic, a loaf of bread in a plastic bag, a gallon of milk in a plastic jug, a pack of napkins wrapped in plastic, a Greek salad in a plastic container, a plastic bottle of mustard and a plastic bottle of ketchup, and they won't give me a plastic bag to carry it home because the plastic bag is bad for the environment?!



**Rotary**  
Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, December 16, 2025**

**Poirier Sport and Leisure Complex**

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

**Tuesday, December 16, 2025**

**Annual Gift Exchange**  
Bring wrapped gift, unsigned  
max \$25 value

This is really a fun gift stealing event  
**7:15 am Coquitlam Grill**  
Order and pay off the menu

**SAVE THE DATE**

Thursday  
January 22, 2026

**Club Social**

6:00 pm

**John P Pub**

1000 Austin Ave,  
Coquitlam

EVERY  
 ROTARIAN  
 EVERY  
 YEAR

**Every Rotarian, Every Year Club**

For this recognition, Rotary clubs need to achieve a minimum Annual Fund contribution of \$100 per capita during the Rotary year, and every dues-paying member needs to personally contribute at least \$25 USD to the Annual Fund during the year.

[www.my.rotary.org/donate](http://www.my.rotary.org/donate)

**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.”

**December is Disease Prevention and Treatment Month**



A sponsored and exciting experience open to all youth, 15-17 years old!

**YAIL**  
YOUTH ADVENTURES IN LEADERSHIP  
**2026**

February 6-8, 2026

Timberline Ranch, 22351 144 Ave, Maple Ridge, BC V4R 2P8

**RYLA** 2026

Fully Sponsored Rotary Leadership Event for Ages 18-30!

May 28<sup>th</sup> - May 31<sup>st</sup>, 2026

Stillwood Camp & Conference  
Lindell Beach, B.C.

Unlock Your Leadership Potential: Join RYLA for an Unforgettable Experience!

Connect with driven, like-minded peers, engage in dynamic workshops, inspiring speakers, hands-on activities, and life-changing personal development. This is your chance to transform your future—don't miss it!



Rotary District 5050

Apply Today! [www.rotarydistrict5050.org/ryla](http://www.rotarydistrict5050.org/ryla)

**We are Rotary. We are People of Action.**

**Rotary** 

District 5050



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

**Meetings and Member Duties  
December 2025**

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

Rotary thought - everyone be ready

Tuesday, January 6, 2026  
Lynn  
BC Guide Dogs

Tuesday, January 13, 2026  
David Burnell  
Author

Tuesday, January 20, 2026  
Georgia Ohm  
Coquitlam Watershed Society

Thursday, January 22, 2026  
Club Social - 6:00 pm  
John P Pub  
1000 Austin Ave, Coquitlam

Tuesday, January 27, 2026  
Speaker TBA

*Special Days*

**Weeks of:  
December 16 - January 5**

**Happy Birthday**

Monday, January 5 - Emmanuel

**Happy Anniversary**

No one this week

**Rotary Anniversary  
Joined Coquitlam Sunrise**

No one this week

**Rotary** 

Coquitlam Sunrise

**Coquitlam Sunrise 2025- 2026**

**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: Thursday, January 15, 2026  
Cora's Restaurant, at 7:30 am

**Coquitlam Sunrise 2026- 2027**

**Executive**

**President, Secretary** - Malcolm Kennedy

**President-Elect** - Lois McNary

**Past Pres., Membership** - Ron Postma

**Treasurer** - Stan Wylie

**Directors**

**Club & Vocational** - Greg Garrison

**Community** - Hamed Najafi

**International** - Allan Lawrence

**The Rotary Foundation** - Bob Moody

**Coquitlam Centre Foundation  
2026 - 2027**

**President, Secretary** - Malcolm Kennedy

**President-Elect** - Lois McNary

**Past President** - Ron Postma

**Treasurer** - Stan Wylie

**Director at Large** - Hazel Burnell

**Rotary** 

Coquitlam Sunrise

**Last meeting attendance 95%**

**YTD attendance 78%**