

Who is old enough to remember when...



You needed two keys for one car?

DOES ANYONE STILL HAVE A LITTLE ROUND SCAR ON THEIR ARM?



IT'S NOT GRAY HAIR THAT REVEALS MY AGE. IT'S MY USE OF COMPLETE SENTENCES AND PUNCTUATION WHEN I TEXT.

Marriage is when one person handles the flights, passports, bags, hotel bookings, rental car & itinerary

...and the other one asks, "Where are we going again?"

If liars' pants really *did* catch on fire, watching the news would be a lot more fun.

Note to yourself: You are not too old and it is not too late.

CABLE REPAIRMAN WAS ON THE STREET AND ASKED ME WHAT TIME IT WAS. I TOLD HIM BETWEEN 8AM AND 1PM.

Rotary



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, January 20, 2026

Poirier Sport and Leisure Complex

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

Welcome to

Georgia Ohm

Executive Director

Coquitlam River Watershed Society



Georgia has worked with the Coquitlam River Watershed Society since 2022, recently stepping into a role as Executive Director of the Society in 2025. With a long career in Cultural sector and Environmental Organizations, Georgia brings skills in project management and stakeholder engagement to her work for the Society. During her time with the Coquitlam River Watershed Society, the organization has transitioned to a formalized Society structure, welcomed several new member organizations, and provided new volunteer stewardship opportunities for individuals and organizations.

Our Background Story

Before the Coquitlam River Watershed Society was established, the Coquitlam River Watershed Roundtable was founded in 2011 following a four-year community engagement process. During this development period, individuals and organizations representing a broad range of perspectives on the watershed came together to develop a solid foundation for the Roundtable, including developing a mission statement, values and guiding principles for the Roundtable. The Roundtable coordinated and implemented activities that would promote the health and long-term sustainability of the watershed.

Anyone who supported the Roundtable's mission could participate in Roundtable meetings, which are held once or twice a year. A multi-sector Core Committee, whose members represented the diverse sectors of interest in the watershed, met on a regular basis to carry out the work of the Roundtable. Sectors represented on the Core Committee include municipal, provincial, regional and federal governments, First Nations elected officials and staff, industrial, arts and culture, education, community, real estate development and stewardship groups.



**Coquitlam
River Watershed
Society**

Today, the Coquitlam River Watershed Society continues to follow the Roundtable's vision for a healthy watershed and healthy community.

**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.”

January is Vocational Service Month

Governor's Message - January 2026

Honouring Every Path – Why Every Vocation Matters

Vocational Service Month is a powerful reminder that every vocation matters. Across District 5050, Clubs create meaningful opportunities for Rotarians to share their vocational journeys, the passion, purpose, or circumstances that led them to the work they have done throughout their lives. These stories deepen our understanding of one another, broaden our perspective, and foster a genuine appreciation for work we may never have personally experienced. Most importantly, they allow us to see the value of every profession through a deeply personal lens.

Vocational Service is not about titles or accolades. It is about integrity. It is reflected in the daily choices we make, the way we treat others, and the values we carry into our workplaces and communities. As Rotarians, our vocations are more than what we do, they are an expression of how we live our commitment to Service Above Self.

Within our District, Rotarians represent an extraordinary range of professions. Each one matters. Each brings unique skills, perspectives, and lived experiences that shape who we are and how we show up in Rotary. When we honour all vocations, we honour the people behind them, and the impact they make, often quietly and without recognition.

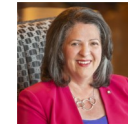
**EVERY
ROTARIAN
EVERY
YEAR**

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.**

We are Rotary. We are People of Action.

Rotary
District 5050



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

Meetings and Member Duties

January 2026

**Sergeant - Clive, Greeter - John
Coffee/Muffins - Norm
Rotary thought - everyone be ready**

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

**Tuesday, January 27, 2026
Tobin Postma
Director of Special Projects
FIFA World Cup 2026 Vancouver**

**Tuesday, February 3, 2026
Victoria Segovia Borgia
Rotary Youth Exchange Student**

**Tuesday, February 10, 2026
Speaker TBA**

**Tuesday, February 17, 2026
NO MEETING**

**Tuesday, February, 24
Speaker TBA**

We are looking for candidates to attend

RYLA

18-30 years old
May 28-31, 2026
Lindell Beach, BC

For more information contact
Karen Kirby
directly at

bob.kirby@shaw.ca 604-936-0606

The candidates can be a relative of Rotary.

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: Friday, February 20, 2026
Cora's Restaurant, at 7:30 am**

Special Days

Weeks of:

January 20 - January 26

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

Monday, January 26, (2024)

Lucille Li

2 years

Rotary

Coquitlam Sunrise



Last meeting attendance 81%

YTD attendance 80%