

Sometimes, not saying anything is the best answer. You see, silence can never be misquoted.

I woke up this morning determined to drink less, eat right and exercise...

But that was 4 hours ago...when I was younger and full of hope.

I'm tired of being the only one who cleans, pays all the bills, cooks, and does dishes in this house. I live alone, but still.

If you've never tried blindfold archery, you don't know what you're missing.

WHENEVER I'M SAD,
YOU'RE THERE.
WHENEVER I HAVE PROBLEMS,
YOU'RE THERE.
WHENEVER LIFE CRAPS ON ME,
YOU'RE THERE.
LET'S FACE IT, YOU'RE BAD LUCK.

A study just released says that if you drink coffee in the nude you're much less likely to spill it

SHOUTOUT TO EVERYONE WHO GOT THROUGH THE DAY WITHOUT TAKING A NAP.

PULLED AN ALL-DAYER TODAY. PRETTY TOUGH.

Rotary
Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, February 24, 2026

Poirier Sport and Leisure Complex

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



Welcome
Chef Adam Jonas, RSE, M.Ed.
Teaching Chef Instructor
Centennial School



Adam - I am a Culinary Arts educator and Red Seal Chef with 18 years of experience teaching at Centennial Secondary. My work focuses on inclusive education, food systems, and addressing food insecurity through student-centered, hands-on learning. I am committed to developing students' practical, real-world, and transferable skills that support their growth beyond the teaching kitchen classroom.

At Centennial, I have taken the lead on establishing our breakfast and snack programs and led the creation and operation of the school food garden, an experiential learning space that supplies our culinary program with access to fresh herbs, vegetables, and salad greens.

I believe that reliable access to nutritious food is essential for student success. My approach is informed by my M.Ed. from the University of British Columbia, where my research explored inclusive and holistic models of Culinary Arts education.

With continued growing community support, I am dedicated to sustaining and expanding programs that improve food access, strengthen student well-being, and build a healthier, more resilient school community.

"At present, our culinary program provides cereal, oatmeal, milk, fruit, and yogurt to about 40–60 students each morning before school starts, ensuring that any student in need has access to food. Our goal is to expand this program to include lunch options (such as salad and soup) and afternoon snacks for 40–60 students at no cost. These meals primarily support students at risk of food insecurity and those who forget to bring a lunch. Our vision is to ensure access for all students, so any student seeking food has the opportunity at school.

*Currently, the morning program is funded at approximately \$800 per month through the BC Government Feeding Futures food security program. **We are seeking similar funding to support a lunch and afternoon snack initiative, which aligns with our vision of universal access to food at school to support learning for our children.***

Unfortunately, we have received little or no additional funding beyond the \$800, resulting in a shortfall of approximately \$250 per week in expenses over our overall culinary cafeteria budget and our program is running in deficit that has accumulated since post covid (before covid we were a break even program) Any other food we purchase is sold as meals to students at a price point of \$5 to \$7."

**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.”

February is Peacebuilding & Conflict Prevention Month

District Grants Seminar - March 7 & March 28 (Zoom)

Clubs must qualify to receive Foundation Funds (Grants).

Qualification Requirements

- Attend a Grant Management Seminar – 2 seminars held each year
- Two club members must attend each year**
- One must be the President Elect
- The second should be the club grant writer, club Foundation Chair or the grant writer in training

The Grant Management Seminars for the 2026-2027 **will only be online**

this year. Dates are **March 7 and March 28, 2026** – both seminars will contain the same information.

For more information or to sign up, talk to Malcolm

SAVE THE DATE

Membership Matters - Seminar

Presenter: District Membership Chair Mike Roux

Room #1 Poirier Rec Centre

Thursday, March 19, 2026 @ 5:30 pm Cost \$5 includes light supper

More details to follow

Upcoming Fundraiser

Rotary Club of Port Coquitlam

Pub Night Fundraiser at the Cat & Fiddle Pub

Friday, April 10, 2026

\$25

More details to follow and Malcolm will have tickets

Rotary
District 5050



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

Meetings and Member Duties

February 2026

Sergeant - Hugh, Greeter - Hamed
Coffee/Muffins - Norm
Rotary thought - everyone be ready

Tuesday, March 3

Chantelle Burga
New View Society

Tuesday, March 10

Malcolm Kennedy
Banos 2.0

Tuesday, March 17

ROAD TRIP
SHARE Foundry Tour

Tuesday, March 24

Hedi Darestani
Avee Health

Tuesday, March 31

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 

**Last meeting (February 24)
attendance 82%**

YTD attendance 80%

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, March 20, 2026
Cora's Restaurant, at 7:30 am

Weeks of:

February 23 - March 2

Happy Birthday

Monday, February 23 - Stan

Tuesday, February 24 - Allan

Happy Anniversary

Saturday, February 28 (1976)

Bob & Jo-Ann Moody

50 years

Rotary Anniversary

Joined Coquitlam Sunrise

Sunday, March 1 (2022)

Allan Lawrence

4 years

Sunday, March 1 (2003)

Jason Jakubec

23 years

Sunday, March 1 (1991)

Reg Tyers

35 years

Special Days

We are Rotary. We are People of Action.