

This picture made me smile



# MY MIND IS LIKE MY INTERNET BROWSER

19 TABS OPEN
3 OF THEM ARE FROZEN &
I HAVE NO IDEA WHERE
THE MUSIC IS COMING FROM



I put vegetables in my Instant pot and pushed the "cake" button.
But they were still vegetables when it was done. What did I do wrong?



I see people my age out there climbing mountains and zip lining and here I am feeling good about myself because I got my leg through my underwear without losing my balance.

I've found marriage to be very educational. For example, I had no idea there was a wrong way to put milk in the fridge.



# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 4, 2025

**Poirier Sport and Leisure Complex** 

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



Welcome to

Malcolm Kennedy

Rotary Club of Coquitlam Sunrise - Baños Project

Safe Water in 8 schools benefiting 5,000 students & 380 teachers Costs: USD \$64,400 plus District Grant Cost: USD \$6,200









Tuesday, March 4 is SHARE Day







#### **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."

March is Water, Sanitation, and Hygiene Month





Tickets \$55

Go to

Events@PortMoodyRotary.ca



SEARCH

FOR THE PERFECT









Dave Duskin 2024-2025 Governor, District 5050

## **Meetings and Member Duties March 2025**

Sergeant - Emmanuel, Greeter - Allan Coffee/Muffins - Norm Rotary thought - everyone be ready

Tuesday, March 4, 2025

Malcolm Kennedy - Banos Project Starfish, March 6 - Stan, Greg, Allan

Tuesday, March 11, 2025

On site visit to **Immigrant Link Centre Society** Starfish, March 13 - Stan, Greg, Ron

> Tuesday, March 18, 2025 Speaker TBA No Starfish, March 20

Tuesday, March 25, 2025

Ron Warneboldts - Last Mile Project No Starfish, March 27

Tuesday, April 1, 2025

Ken Kuhn, Tri-Cities Seniors Society Starfish April 3 – TBA

Tuesday, April 8, 2025

Speaker TBA

Starfish. April 10 - TBA

Tuesday, April 15, 2025

Speaker TBA

Starfish, April 17 - Stan, xxx, xxx

Tuesday, April 22

No Meeting

Starfish, April 24 - TBA

Tuesday, April 29

City Hall Field Trip - 7:45 am Starfish, May 1 - TBA



### 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

Next board meeting: Wednesday, March 19, 2025 Cora's Restaurant, at 7:30 am

## Weeks of:

March 4 - 10, 2025

Happy Birthday

No One this week

Happy Anniversary

No One this week

Rotary Anniversary Joined Coquitlam Sunrise

No One this week

Last meeting attendance 84%

YTD attendance 72%