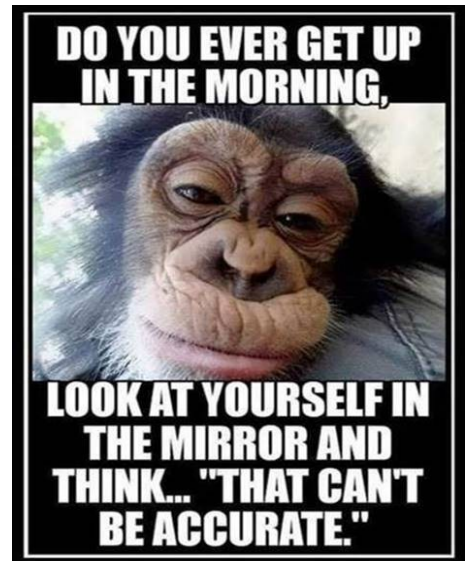


So apparently
RSVP'ing back to a
wedding invite
'maybe next time'
isn't the correct
response



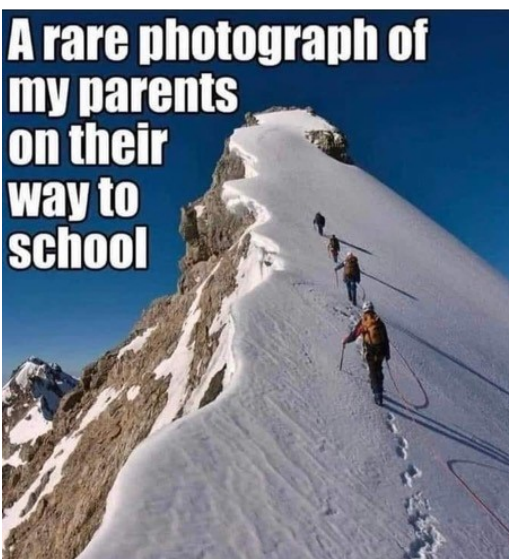
The three hardest
things to say are:

1. I was wrong
2. I need help
3. Worcestershire Sauce

I'm on two diets now...

**I wasn't getting nearly
enough food on just one**

**I really don't
mind getting
older, but my
body is taking
it badly.**



Rotary
Coquitlam Sunrise
Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 11, 2025

Please Note
Our meeting on Tuesday has moved to
The Food Link Society Office
107-17 Fawcett Road, Coquitlam

Out Host: Igor Bjelac
Director, Food Link Society Charity



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 VISION

To build a future where food recovery initiatives thrive, ensuring that no edible food goes to waste, every hungry person is nourished, and communities flourish in a sustainable environment, contributing significantly to global food security and well-being.

The Impact (as of January 2025)

Surplus food recovered and redistributed	4,232,629 kg
Donated food value	\$32,845,201
CO ₂ emissions prevented	10,920,182 kg



**Food Link Society
Charity**



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

ROTARY & ROTARACT DISTRICT 5050 DISTRICT ASSEMBLIES

Kwantlen Polytechnic University, Surrey, BC
12666 72nd Avenue, Surrey, BC

Registration begins at 8:00 AM.
Assembly begins promptly at 9:00 AM.

This year we will be holding two concurrent District Assemblies – one for Rotary and one for Rotaract. The Rotary morning sessions will focus on membership and The Rotary Foundation. The Rotaract morning session will focus on issues specific to Rotaract and youth programs. Rotarians can attend either of the morning sessions.

The afternoon session will be a variety of different sessions, open for all. This will include the traditional sessions for Club Officers (Presidents-Elect, Secretary, Treasurer, Membership, Foundation, Youth, etc.),

The District Assemblies will build networking and relationships and provide learning for both long term members and newer members who would like to better understand the value and meaning of Rotary, Rotaract and our youth programs.

We will have a group gathering to begin our time followed by seminars on topics pertinent to members who are seeking strong leadership skills and connections.

Lunch is provided. Parking is free.

Clubs will be billed for a minimum of five persons for this event.

Clubs are requested to bring a club cheque/check for their minimum or actual number of attendees. Pat Bond will collect the cheques/checks at registration.

\$55 per person, \$275 per club Canadian dollars



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 11, 2025

On site visit to
Food Link Society Charity
Starfish, March 13 - Stan, Greg, Ron

Tuesday, March 18, 2025

Winnie Hsu - Vision 2 Reality
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 – Bob, Hugh, xxx

Tuesday, April 8, 2025

Shalon Morrison - Crossroads Hospice
Starfish. April 10 - Bob, Hugh, xxx

Tuesday, April 15, 2025

Speaker TBA
Starfish, April 17 - Stan, Hugh, Allan

Tuesday, April 22

No Meeting
Starfish, April 24 - Bob, Hugh, xxx

Tuesday, April 29

City Hall Field Trip - 7:45 am
Starfish, May 1 - Stan, Hugh, xxx

Tuesday, May 6

Speaker TBA
Starfish, May 8 - Hugh, xxx,xxx



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 11 - 17, 2025

Happy Birthday

No One this week

Happy Anniversary

No One this week

Rotary Anniversary

Joined Coquitlam Sunrise

Thursday, March 13, 2007

Malcolm Kennedy

18 years

Special Days

Last meeting attendance 83%

YTD attendance 73%