

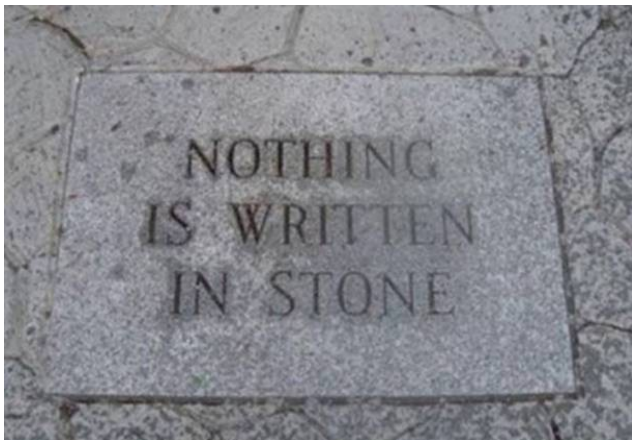
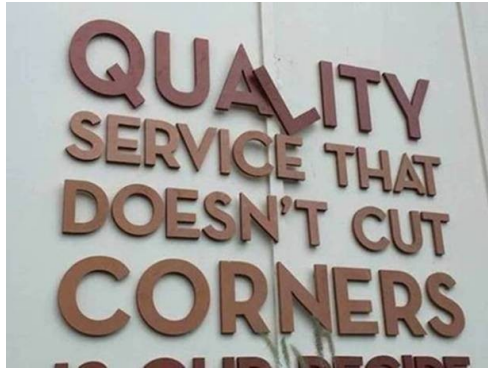
The Diet Fork



Available in Fine Stores Everywhere!



Did you know that 14 muscles are activated when opening a bottle of wine? Fitness is my passion 😎



Officer: "Soldier, do you have change for \$10?"
Soldier: "Sure, mate."
Officer: "That's no way to address an officer! Now let's try it again!"
Do you have change for \$10?"
Soldier: "No, SIR!"

Rotary
Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 10, 2026

Poirier Sport and Leisure Complex

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

Welcome
Malcolm Kennedy
Water Filtration Project 2.0 Recap



Baños

de Agua Santa



Celebrate Crossroads: A Walk Down Memory Lane is an open invitation to our entire community to gather, reflect, and celebrate the remarkable journey of Crossroads Hospice Society and inspire our future work. Come celebrate with us on **April 11th from 1:30pm to 4:30 pm at the Como Lake United Church**. This special afternoon will include a short formal program, an opportunity to share stories and reconnect with familiar faces. Together, we will remember the milestones, and achievements that have made Crossroads what it today. Most of all, this is a chance to be together, to pause, remember, and celebrate the incredible work and collective energy that built Crossroads and continues to sustain it.

SAVE the DATE
Celebrate Crossroads
A Walk Down Memory Lane

April 11, 2026
1:30pm - 4:30pm

Refreshments provided at
Como Lake United Church
535 Marmont St, Coquitlam

CROSSROADS
HOSPICE SOCIETY



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.”

March is Water, Sanitation and Hygiene Month

District Grants Seminar - March 28 (Zoom)

Clubs must qualify to receive Foundation Funds (Grants).

Qualification Requirements

- Attend a Grant Management Seminar
- **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. Date: March 28, 2026

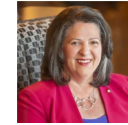
For more information or to sign up, talk to Malcolm

SAVE THE DATE

Membership Matters - Seminar
Presenter: District Membership Chair Mike Roux
Room #1 Poirier Rec Centre
Thursday, March 19, 2026 @ 5:30 pm
includes light supper

Upcoming Fundraiser

Rotary Club of Port Coquitlam
Pub Night Fundraiser at the Cat & Fiddle Pub
Friday, April 10, 2026
\$25
Tickets at check in table



Isabelle Hayer
2025-2026 Governor, District 5050

Meetings and Member Duties

March 2026

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

Tuesday, March 17

ROAD TRIP
SHARE Foundry Tour

Tuesday, March 24

Hedi Darestani
Avee Health

Tuesday, March 31

TBA

Save the Date
Street Clean

Saturday, April 4
@10:00 am

Last meeting attendance 90%

YTD attendance 79%

Rotary Club of Coquitlam
Spring Shredding

Saturday, March 28
10 AM - 1 PM
Parking lot of
Canadian Tire

BY DONATION



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

Special Days

Weeks of:

March 10 - March 16

Happy Birthday

Sunday, March 15 - Jason

Happy Anniversary

No one this week

Rotary Anniversary
Joined Coquitlam Sunrise

Friday, March 13 (2007)

Malcolm Kennedy
19 years

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.

We are Rotary. We are People of Action.