

**When chickens
communicate do they
use foul language?**

The 3 stages of life...

1. You don't want to
sleep but you have to.



2. You want to sleep
but you can't.



3. You don't
want to sleep
but you do.



**GOOD MOMS LET YOU
LICK THE BEATERS.**



**GREAT MOMS TURN
THEM OFF FIRST.**

LET ME FORGET TO
THINK ABOUT IT AND
GET BACK TO YOU
AFTER IT'S
TOO LATE



"I can't see any sense in this!
We passed about 10 fish markets
on the way here."

**Be honest, if people heard
what you are thinking half of
the time, you would either be
in jail or a mental hospital.**

I was visiting my DAUGHTER last night
when I asked if I could borrow a newspaper.

"This is the 21st century" she said. "We
don't waste money on newspapers. Here, use my
iPad."

I can tell you this... that fly never knew
what hit him...

Rotary
Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 18, 2025

Poirier Sport and Leisure Complex
633 Poirier Street, Coquitlam, Room 3, Upstairs

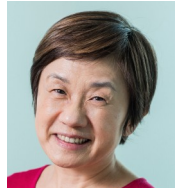
Welcome to
Winnie Hsu

CEO & Founder, Vision2Reality Foundation

Winnie Hsu came to Canada thirty years ago as a financially struggling student from China, working several low-paying jobs to sustain herself. Eventually, she started her own small accounting business. But that was 20 years ago. Today, she has a team of fifteen professionals serving over 230 small businesses in the greater Vancouver and Fraser Valley in B.C.

Winnie never stops learning. Wanting to achieve more, she studied for an MBA with the Jack Welch Management Institute (JWMI) in the USA by taking online classes during the pandemic. Using the 18-month fast track route, she graduated with all honours for all 12 of her courses at the end of 2021, also winning the distinguished scholar award with the JWMI at age 59 – all while working full-time to manage her business.

Today, Winnie and her professional advisors in NexGen Accounting Inc. made **V2RF** the company's social impact project, so all staff in NexGen Accounting and their business clients could contribute knowledge and money and offer support and mentorship to anyone who has an entrepreneurial mindset.



Our Mission

Vision2Reality Foundation is a not-for-profit organization that focuses on empowering and coaching newcomers in B.C. with

a positive and inclusive mindset. We foster innovation and encourage newcomers who are seeking to start their businesses through an online, integrated community.

Our Vision

We believe that anyone who possesses a bold vision and has a plan for success can overcome any obstacle to emerge as an industry leader. We aspire to support and help manifest the dreams of all motivated individuals, families and communities through the promotion of entrepreneurship



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

Saturday, April 5, 2026

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 18, 2025

Winnie Hsu - Vision2Reality
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, Allan

Tuesday, April 8, 2025

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

Tuesday, April 15, 2025

Claire MacLean - SHARE
Starfish, April 17 - Stan, Hugh, Allan

Tuesday, April 22

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

Tuesday, April 29

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

Tuesday, May 6

Maura Fitzpatrick
Plea - Children of the Street
Starfish, May 8 - Hugh, Sherron, xxx

Tuesday, May 13

Speaker TBA
Starfish, May 15 - Stan, Hugh, Emmanuel



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 18 - 24, 2025

Happy Birthday

No One this week

Happy Anniversary

Saturday, March 22, 1997

Rob & Lisa

28 years

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Last meeting attendance 76%

YTD attendance 73%

Special Days