



I want to open a TWO dollar store for people that enjoy the finer things.

I'm having a garage sale tomorrow! Please don't come if I've ever borrowed anything from you.

I am starting to think I will never be old enough to know better.



"Now that you're semi-nude under garish lighting with a total stranger in an environment synonymous with illness and death, let's take your blood pressure to see if it's normal."

Woke up to my 6yo holding my hand this morning. It was such a sweet 3 seconds before I realized he was using my fingerprint to break into my phone.



"You say the pains in my left leg are caused by old age. But doctor my right leg is just as old and it doesn't hurt at all!"



# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 17, 2026

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

ROAD TRIP to:

#400 - 2755 Lougheed Hwy

Port Coquitlam – same mall as Michaels

Tall former bank building - 4th floor

· F O U N D R Y ·  
TRI-CITIES

Operated by:

SHARE  
FAMILY & COMMUNITY SERVICES

SHARE Family & Community Services is thrilled to announce the upcoming opening of Foundry Tri-Cities at 2755 Lougheed Highway, Port Coquitlam in partnership with Fraser Health Authority. This central location will provide a safe, inclusive space for young people and families to receive flexible, non-judgmental support for mental health and substance use needs.

### Why Foundry Tri-Cities Matters

Foundry Tri-Cities alongside its provincial network of centres aims to provide support to young people aged 12-24 and families through centering the youth experience and voice. This new center will offer a variety of services, including walk-in counselling, peer support services, primary care services and mental health and substance use programs. These services will be delivered through a collaboration of youth, caregivers, community partners, government organizations, and donors, with SHARE Family & Community Services serving as the Lead Agency for the center's operations.

**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.”

**March is Water, Sanitation and Hygiene Month**

**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**

**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.

**April 11th from 1:30pm to 4:30 pm at the Como Lake United Church.**

**Rotary**  **District Assembly**  
District 5050 **April 11, 2026**

*We are Rotary. We are People of Action.*

**Rotary**   
District 5050



**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 24**

**Hedi Darestani**

**Avee Health**

**Tuesday, March 31**

**Allan Lawrence**

**Car Club**

**Tuesday, April 7**

**NO MEETING**

**Save the Date - Street Clean**  
Saturday, April 4 @10:00 am

Rotary Club of Coquitlam

**Spring Shredding**

Saturday, March 28

10 AM - 1 PM

Parking lot, Canadian Tire

**BY DONATION**

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

**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 17 - March 30**

*Happy Birthday*

Monday, March 30 - Jain

*Happy Anniversary*

Sunday, March 22, (1997)

Rob and Lisa, 29 years

*Rotary Anniversary*

*Joined Coquitlam Sunrise*

Wed, March 18, (2025)

Lois McNary

1 year

**Rotary** 

Coquitlam Sunrise

**Last meeting attendance 77%**

**YTD attendance 79%**