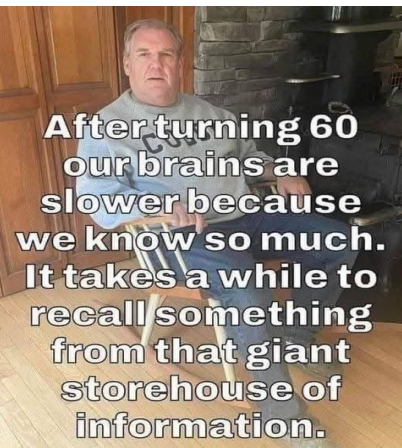


The distance it takes for me to forget a number between 1 and 10

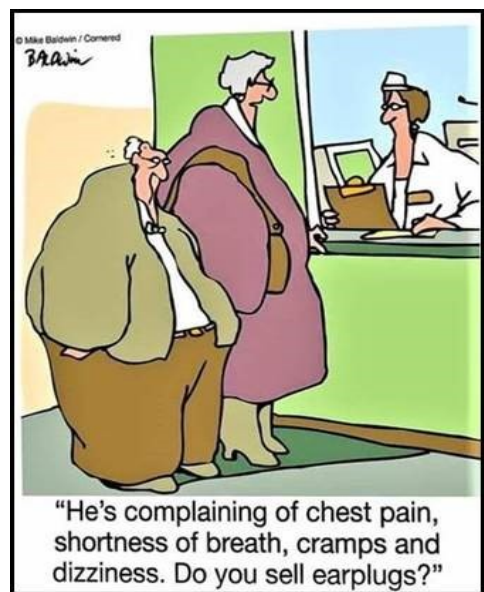


Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

Back in the day before Social Media we spent quality time together



After turning 60 our brains are slower because we know so much. It takes a while to recall something from that giant storehouse of information.



It's never too late to start exercising...
That's why i'm waiting until later. *jus'sayin*

Rotary Coquitlam Sunrise Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 25, 2025

Poirier Sport and Leisure Complex
633 Poirier Street, Coquitlam, Room 3, Upstairs
Meeting starts at 7:15 am



Welcome to
Ron Warneboldt
Secretary, Rotary Club of Coquitlam
The Last Mile Project



I have been a member of the Rotary Club of Coquitlam for 11 years, and prior to retiring in 2014 I was a full service family physician in New Westminster for 36 years.

I was active at Royal Columbian and St. Mary's Hospitals, was Director of the Palliative Care Unit at St. Mary's for 8 years, and was a Course Director at the UBC Medical School for 7 years.

I have been married for 51 years, have 2 grown children, and have 3 grandchildren, with a 4th due next month.

We have a cabin near Princeton where we spend half of the time in the summer, and I am an avid collector of Victorian Canadian stamps and of medical history on stamps.

The Last Mile Project was started by the Rotary Club of Coquitlam in June 2022 during my club presidency. So far we have raised over \$160,000 for the delivery of Ukrainian food and medical supplies.

Coquitlam
SPRING SHREDDING event

SAT, MARCH 29, 10AM-1PM

PARKING LOT OF CANADIAN TIRE
(corner of Lougheed Hwy and King Edward St)

BY DONATION

business documents,
old taxation forms,
old banking forms
and many other papers







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, 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

Tuesday, May 20

NO MEETING

Starfish, May 22 - Hugh, Emmanuel, xxx

Tuesday, May 27

Speaker Joanna - Hannah House
Starfish, May 29 - 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, April 16, 2025
Cora's Restaurant, at 7:30 am

Special Days

Weeks of:

March 25 - 31, 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 73%