

**NOTE TO SELF...
DON'T SIT ON THE FLOOR**



**WITHOUT A SOLID PLAN ON
HOW TO GET UP AGAIN!**



**MY MIND IS
LIKE MY
INTERNET BROWSER**

19 TABS OPEN
3 OF THEM ARE FROZEN &
I HAVE NO IDEA WHERE
THE MUSIC IS COMING FROM

Sometimes it's
better to just
remain silent
and smile.



Me: (sobbing my heart
out, eyes swollen, nose
red)...I can't see you
anymore... I am not
going to let you hurt
me like this again!

Trainer: It was a sit up.
You did one sit up.

Rotary



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 24, 2026


Poirier Sport and Leisure Complex

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



Welcome
Hedi Darestani
Avee Health

Hedi Darestani is with Avee Health clinic. This is a telehealth service based in BC that connects patients with licensed doctors through secure online appointments. It offers same-day virtual care for various health needs. Including prescriptions and medical consultations, all without long wait times or the hassle of traditional walk-in clinics. The service is designed to be accessible and affordable with appointments available through a platform that integrates with local pharmacies, ensuring a convenient and efficient healthcare experience for residents of British Columbia.

 Proudly Canadian

We Provide All Your Medical Care Needs

Connect with physicians from home for follow ups, test reviews and concerns at no cost in BC.

**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

Rotary Club of Coquitlam

Spring Shredding - Saturday, March 28
10 AM - 1 PM

Parking lot, Coquitlam Canadian Tire

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 31

Allan Lawrence
Car Club

Tuesday, April 7

NO MEETING

Tuesday, April 14

Steve Kim
Access Youth

Tuesday, April 21

Maura Fitzpatrick
Children of the Street

Tuesday, April 28

TBA

Save the Date - Street Clean

Saturday, April 4 @10:00 am
Meet at the
Rotary Volley Ball Courts

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: Wednesday, April 22, 2026
Cora's Restaurant, at 7:30 am

Special Days

Weeks of:

March 24 - March 30

Happy Birthday

Monday, March 30 - Arvind

Happy Anniversary

Sunday, March 22, (1997)

Rob and Lisa, 29 years

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Rotary 
Coquitlam Sunrise

Last meeting attendance 71%
YTD attendance 79%