

Car faints after seeing petrol prices.



Did you hear Julie Andrews will no longer endorse cheap lipstick? It crumbles easily and makes her breath smell. She explained, "The super colour fragile lipstick gives me halitosis."



IF YOU LOVE SOMETHING, SET IT FREE. IF IT COMES BACK, IT'S YOURS. IF IT DOESN'T, IT NEVER WAS. AND IF IT JUST SITS THERE ON THE SOFA, WATCHING TV, UNAWARE THAT IT'S BEEN SET FREE, YOU PROBABLY MARRIED IT OR GAVE BIRTH TO IT!

At my last colonoscopy I had the doctor write a note to my wife stating that my head was NOT up there...

So apparently RSVP'ing back to a wedding invite 'maybe next time' isn't the correct response



Some call it multi-tasking, I call it doing something else while I try to remember what I was doing in the first place

Rotary Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, March 31, 2026

Poirier Sport and Leisure Complex

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

Welcome

Allan Lawrence
2025 Little Classical Gas Editor



Vancouver Jaguar / MG Car Club – More than just cars!

A group of like-minded guys got together in 1969 and formed what is now one of the longest continuous running British car clubs in North America. Ultimately spouses and partners got involved and a great social organisation developed over the years. Membership now fluctuates between 180 and 200 members.

The hobby is as much about memories as it is cars. Comments from strangers like – “my dad had one of these” or “I’ve always wanted one of these” are common. Clubs help preserve these memories provide technical support and driving opportunities. The club is also part of a major yearly fund raiser for the Christmas Bureau together with many other car clubs in the lower mainland.

Allan and daughter Kate have been active club members for over 25 years.



This is our Jaguar/MG Club Mission Statement

To promote and support the love of Jaguar's and MGs in a club environment

Objectives

“We are dedicated to the preservation, maintenance and enjoyment of classic MG and Jaguar cars. We drive and show our cars. We share advice and mutual support. Comradeship, entertainment, and fun underlie the design of all of our Club activities.”

**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 Port Moody Fundraising Event
Primary Sponsor: The SEARCH FOR THE PERFECT PINT
Event Sponsors: Healthy Foods, Save@foods, Westwood
Friday | May 1, 2026 | 6 - 9 pm
The Galleria, Port Moody City Hall
100 Newport Dr, Port Moody
Craft Beer Tasting with Live Music & Finger Food
Admission \$60
SearchforthePerfectPint.ca



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

**TOGETHER WE SEE A WORLD
WHERE PEOPLE UNITE AND TAKE ACTION
TO CREATE LASTING CHANGE
ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES**



Celebrating
THE IMPACT OF ROTARY
HARRISON HOT SPRINGS - MAY 1 - 3, 2026



Tri Cities Rotary Clubs **50/50** Supporting **STARFISH PACK**
SHARE FAMILY & COMMUNITY SERVICES
FoodLink

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, 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

RYLA 2026

We are looking for candidates to attend
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 31 - April 13

Happy Birthday

No one this week

Happy Anniversary

Sunday, April 12, (1980)

Ron & Hazel, 46 years

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Rotary
Coquitlam Sunrise



Last meeting attendance 73%

YTD attendance 79%