

I watched a documentary
on marijuana last night.
That's probably how I'll
watch all documentaries
from now on.

If you notice cows
sleeping in a field,
does that mean it's
pasture bedtime?

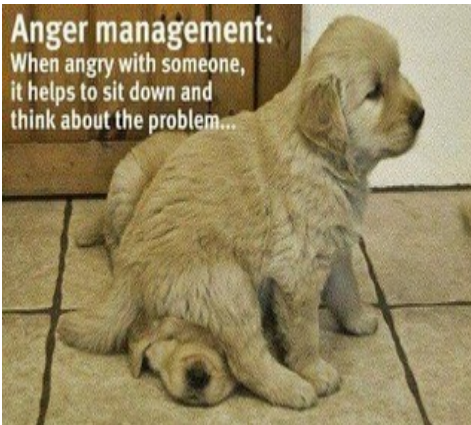
Today I bought a
doughnut without
the sprinkles.
Diets are hard.

Welcome
to the
Back Porch...
where wasting
time is considered
— Time —
Well Wasted!

MAY YOUR DAYS
BE FULL OF
INAPPROPRIATE
BEHAVIOUR
AND FUN.

Anger management:

When angry with someone,
it helps to sit down and
think about the problem...



Note to Self:

Do not sit on the floor
without a plan on how to
get back up.

Procrastination is
totally a good
thing. You always
have something to
do tomorrow, plus
you have nothing
to do today.

Rotary
Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, April 29, 2025

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

Road trip to Coquitlam City Hall

Our Host

Eric Kalnins

Senior Manager Economic Development
Economic Development Division



MEETING START TIME 7:45 AM

Enter via the Buchanan Square Entrance which is the main
entrance next to the RCMP and the main doors to reception.

Economic Development

Coquitlam's Economic Development Strategy was adopted by Council in May 2023. It was developed through extensive research, analysis, and public engagement to achieve a vision of a responsible future with shared prosperity for all residents. The Strategy serves as a unifying and guiding roadmap, providing a clear five-year action plan that supports our local economy as well as the ongoing establishment of a complete community in order to position Coquitlam for success.

Key responsibilities

- Develop, manage and implement a variety of Economic Development strategic initiatives in an effort to promote, attract and grow the local business community
- Market the competitive advantage of the City and its businesses and attracting investors, tourists and film productions
- Support the City's Business LinQ program to support, expand and retain new and existing businesses
- Build relationships with key stakeholders such as provincial/federal government agencies, international trade offices, real estate firms, industry associations and others
- Host City-led events and support community festivals and events
Secure strategic partnerships and corporate sponsorship

Coquitlam



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."

April is Environment Month

Wednesday, April 30 - 6:30 pm

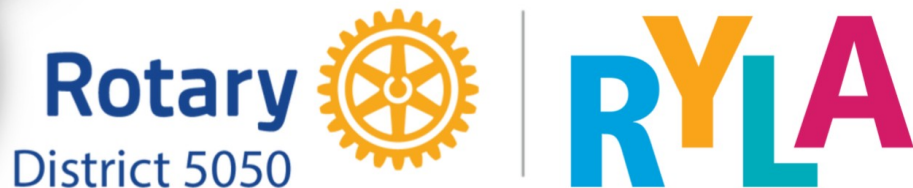
Fireside Meeting

Ron's House - 1431 El Camino Dr, Coquitlam
Lets make Coquitlam Sunrise
Bigger, Better, Bolder



Save the Date
Saturday, May 31
Area "D"

Hands on Project
Ron will have more details
at the next meeting



Unlock Your Leadership Potential: Join RYLA for an Unforgettable Experience!

Empower Yourself with Leadership Skills, Teamwork, and Personal Growth

May 29 - June 1, 2025

LOCATION CHANGE

Stillwood Camp | Lindell Beach (Chilliwack, BC)



Dave Duskin
2024-2025 Governor, District 5050



Meetings and Member Duties

April 2025

Sergeant - Jennifer, Greeter - Stan
Coffee/Muffins - Norm .. mostly
Rotary thought - everyone be ready

Starfish, May 1 - Bob, Hugh, Greg

Tuesday, May 6

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

Tuesday, May 13

Lois McNary - North Korea
Starfish, May 15 - Stan, Hugh, Emmanuel

Tuesday, May 20

NO MEETING

Starfish, May 22 - Hugh, Emmanuel, Greg

Tuesday, May 27

Speaker Max Weselowski - Hannah House
Starfish, May 29 - Stan, Hugh, Emmanuel

Tuesday, June 3

Speaker
Starfish, June 5 - Clive, Ron, Greg

Tuesday, June 10

Speaker
Starfish, June 12 - Clive, Stan, Greg

Save the Date - June 12, 2025
Club Installation - more details to follow

Tuesday, June 17

Renee Hamilton - Mortgage Broker
Starfish, June 19 - Bob, Hugh, Greg

Tuesday, June 24

Speaker
Starfish, June 26 - Stan, Clive, John



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, May 28, 2025
Cora's Restaurant, at 7:30 am

Special Days

Weeks of:

April 22 - May 6, 2025

Happy Birthday

Tuesday, April 29, - Rob

Happy Anniversary

No One this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Last meeting attendance 74%

YTD attendance 74%

