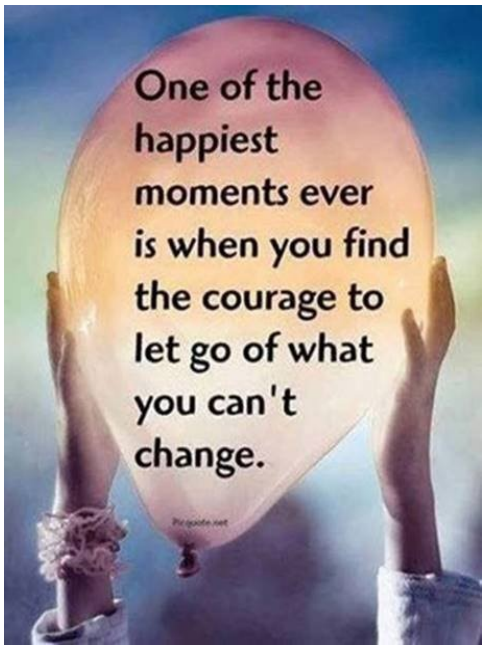


I'd rather look back at my life and say "I can't believe I did that" instead of saying, "I wish I did that."

*Someday us old folks will use cursive writing as a secret code.*



**DENIAL, ANGER, BARGAINING, DEPRESSION, ACCEPTANCE... THE 5 STAGES OF WAKING UP.**



When I complained to Amazon about a missing parcel they asked me to send photographic evidence.



**SOME DAYS YOU EAT SALADS AND GO TO THE GYM, SOME DAYS YOU EAT CUPCAKES AND REFUSE TO PUT ON PANTS. its called balance.**



# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, April 28, 2026**

**Poirier Sport and Leisure Complex**

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



Welcome  
**PDG Denis Boyd (2013-2014)**  
With full support from  
**Area D Assistant Governor Maureen Boyd**



## Donor Recognition

### Paul Harris Fellow

When you give \$1,000 or more to the Annual Fund, PolioPlus, or an approved Foundation grant. To recognize someone else as a Paul Harris Fellow, you can give that amount in their name.

### Multiple Paul Harris Fellow

When you give additional gifts of \$1,000 or more to the Annual Fund, PolioPlus, or an approved Foundation grant.

### Major Donor

The Rotary Foundation recognizes individuals or couples whose combined giving reaches US\$10,000, regardless of the gift designation. This recognition level can be achieved only through personal contributions. Since Rotary's Major Donor recognition began there have been over 30,000 Major Donors.

- Level 1: US\$10,000 to \$24,999  
**Coquitlam Sunrise (4 current active members)**
- Level 2: US\$25,000 to \$49,999  
**Coquitlam Sunrise (1 Honouary Founding member)**
- Level 3: US\$50,000 to \$99,000
- Level 4: US\$100,000 to \$249,000



**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.”

**April is Environment Month**

**Saturday, May 23  
Garden Work Party**



**RYLA  
2026**

**We are looking for candidates  
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**

**PORT MOODY ROTARY**



**July 17 - 19, 2026  
11:00 am - 9:00 pm**

Tri Cities  
**Rotary**   
Clubs **50/50**  
Supporting



**SHARE**  
FAMILY & COMMUNITY SERVICES



**Rotary**   
District 5050



**Isabelle Hayer  
2025-2026 Governor, District 5050**

**Meetings and Member Duties**

**April 2026**

**Sergeant - Kiran, Greeter - Arvind  
Coffee/Muffins - Norm  
Rotary thought - everyone be ready**

**Tuesday, May 5**

**Kamakshya Pudasa  
YLSBC Model United Nations**

**Tuesday, May 12**

**Zoe Royer Member of Parliament  
Port Moody - Coquitlam  
Welcome to our new Canadians  
Arvind & Kiran Jain**

**Tuesday, May 19**

**NO MORNING MEETING**

**Club Social - Pasta Polo  
6:00 pm - 9:00 pm  
Sign up sheet at next meeting**

**Tuesday, May 26**

**Nick Zupan, Tom Zajac, Tracy Crawford  
Coquitlam Search & Rescue**

**Tuesday, June 2**

**Foodlink Society**

**Tuesday, June 9**

**Chris Wilson  
Kids Sport**

**Tuesday, June 16 - TBA**

**Tuesday, June 23  
Club BOD installations**

**Tuesday, June 30  
NO MEETING  
End of Rotary Year!**

**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, May 27, 2026  
Cora's Restaurant, at 7:30 am**

**Special Days**

**Weeks of:**

**April 28 - May 4**

**Happy Birthday**

**No one this week**

**Happy Anniversary**

**No one this week**

**Rotary Anniversary  
Joined Coquitlam Sunrise**

**No one this week**

**Rotary** 

Coquitlam Sunrise

**Last meeting attendance 81%  
YTD attendance 79%**

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