



A lion was getting rather old and slow and having difficulty catching its prey. It decided it needed a disguise so that other animals did not know it was a lion and would not run away. So it goes into a fancy dress shop and buys a gorilla suit. It then heads for a watering hole to see if it can catch something with its new disguise. On the way it comes across two eagles sitting on a rock. One eagle says to it "Hi Mr. Lion!" The other said, "Where did you get the gorilla suit?" The lion, rather frustrated, asks, "How did you know I was a lion?" The eagles then started to sing, "You can't hide your lion eyes"."



"Please arrive 15 minutes before your appointment time, which is one and a half hours before the doctor will actually see you."

I'VE HEARD ABOUT THIS MY WHOLE LIFE



☹️ When you are bored just think about a few things that don't make sense ☹️.....like ;

1. If poison expires, is it more poisonous or is it no longer poisonous? ☹️
2. Which letter is silent in the word "Scent," the S or the C? ☹️
3. Do twins ever realize that one of them is unplanned? ☹️
4. Why is the letter W, in English, called double U? Shouldn't it be called double V? ☹️
5. Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work. ☹️
6. Every time you clean something, you just make something else dirty. ☹️
7. The word "swims" upside-down is still "swims" ☹️
8. 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses. ☹️
9. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them ☹️

Sometimes happiness looks like staying at home, minding your own business, saying no when you need to, and enjoying your own company.

Rotary



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, May 5, 2026

Poirier Sport and Leisure Complex

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

Welcome

Kamakshya Pudasaini

YLSBC to host its 4th Model United Nations Conference for High School Students



YOUTH LEADERSHIP SOCIETY OF BRITISH COLUMBIA

Developing Leadership Skills Through Experiential Learning

The Youth Leadership Society of British Columbia (YLSBC) promotes education and the development of youth leadership skills through experiential learning. Our youth-driven programs are designed to foster good citizenship and build their life skills. It is our endeavor that the youth are laying a good foundation for Canada

Our Mission

- To promote education and the development of leadership skills among youth through experiential learning.
- To encourage youth to register and pursue Duke of Edinburgh's Award program for improving leadership and fostering good citizenship.
- To conduct leadership camps and workshops to enhance leadership skills.
- To run Public Speaking Program and Public Speaking Contests among youth to increase their communication skill set.
- To relieve poverty by operating a soup kitchen for Indigenous Communities living on reserves or in urban areas; individuals or families who are in need.
- To relieve poverty by providing basic necessities of life, including food, clean water, clothing, essential supplies, care packages, and/or shelter to Indigenous Communities living on reserves or in urban areas; individuals or families who are in need.
- To advance education by providing equipment and supplies such as: desks, textbooks, computers, notebooks and etc; to Indigenous Communities living on reserves or in

Tuesday
May 5 is
SHARE DAY



**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.”

May is Youth Service Month

**Saturday, May 23
Garden Work Party**



**Saturday, May 30
SAVE the DATE**



PORT MOODY ROTARY



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

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

 **STARFISH
PACK**

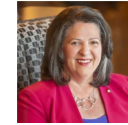
 **KidSport
TRI-CITIES**

 **SHARE**
FAMILY & COMMUNITY SERVICES

 **FoodLink**

Rotary 

District 5050



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

Meetings and Member Duties

May 2026

**Sergeant - Greg, Greeter - Emmanuel
Coffee/Muffins - Norm
Rotary thought - everyone be ready**

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
Special Olympics**

Tuesday, June 23

Club BOD installations

Tuesday, June 30

**NO MEETING
End of Rotary Year!
Thanks Ron**

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**

**Weeks of:
May 4 - 11**

Happy Birthday

No one this week

Happy Anniversary

No on this week

**Rotary Anniversary
Joined Coquitlam Sunrise**

No one this week

Special Days

Rotary 

Coquitlam Sunrise

**Last meeting attendance 77%
YTD attendance 79%**

We are Rotary. We are People of Action.