

I am starting  
to think  
I will never  
be old enough  
to know better.

Thinking back to when “a  
new hip joint” meant  
someplace I wanted to go  
on Friday night.

People who ask  
me what I'm  
doing tomorrow  
probably assume  
that I even know  
what day of the  
week it is.

**THESE BIG CHEERIOS ARE WAY  
BETTER THAN THE SMALL ONES.  
AND YOU DON'T EVEN NEED MILK.**

humor by the book.com



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

**NOT TO BRAG  
OR ANYTHING  
BUT I CAN FORGET  
WHAT I'M DOING  
WHILE I'M DOING IT.**

**How many Egyptians  
can you fit in a  
pyramid?  
A pharaoh mount.**

I love my pillow because it gives me



**Different hairstyles  
every morning**

Rotary  
Coquitlam Sunrise



# Good Morning Report

Editor: Malcolm Kennedy [malcolm.rotary@outlook.com](mailto:malcolm.rotary@outlook.com)

**Tuesday, May 26, 2026**

**Poirier Sport and Leisure Complex**

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

Welcome  
**Tom Zajac**  
Coquitlam Search & Rescue

Coquitlam Search and Rescue is a volunteer organization serving Coquitlam, Port Coquitlam, Anmore, Belcarra and Port Moody residents and visitors.

### History

Coquitlam Search and Rescue was formed in 1972 as a result of a search on Burke Mountain by North Shore Rescue and members of the Coquitlam RCMP detachment because there was no local team.

Over the years, the team has grown into about 45 active members. The team is called out to roughly 30 to 40 search and/or rescue operations each year, including mutual aid calls to other teams in the Lower Mainland, and other areas in the Province of British Columbia, and in Washington State.

In recent years, the team has also assisted the local police forces with evidence searches and urban searches for missing persons, as well as assisting the Tri-City communities with a variety of emergency preparedness tasks.

### Mission Statement

Coquitlam Search and Rescue is a community-based volunteer organization providing search and rescue services and wilderness public safety education in the Tri-Cities and surrounding, and when requested by other agencies. We are dedicated to providing the highest quality services 24/7.

### Vision Statement

To adapt and support the evolving needs of our community using the most current search and rescue techniques and knowledge in a professional manner.



**Coquitlam Search and Rescue**

**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**



**RIBFEST**

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

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

**TriCities Rotary Pollinator Garden is Saturday, May 30th!**

This will be a fun, hands-on day - and an important contribution to our community and local environment.

Pollinator gardens play a vital role in supporting bees, butterflies, and other essential species, and we're proud to be part of that effort.

Join us as we work side by side to make a lasting impact. We look forward to seeing everyone there!

- **Where:** Coquitlam Crunch, east of the intersection of Landsdowne Drive & Steeple.
- **Time:** 10 am - 1:00 pm
- **Project:** All 4 Tri-Cities club to participate in planting a pollinator garden – light manual labour (bending, planting, lifting potted plants).
- **Supplies:** All gloves, tools, and planting materials provided by the City of Coquitlam Parks Department.
- **Clothing:** Please dress for the weather.



**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, June 2**

**Foodlink Society**

**Tuesday, June 9**

**Chris Wilson  
Kids Sport**

**Tuesday, June 16**

**Ariel Taylor  
Special Olympics**

**Tuesday, June 23**

**Club BOD installations**

**Tuesday, June 30**

**NO MEETING**

**End of Rotary Year!**

**Thanks Ron**

**Tuesday, July 7**

**Speaker TBA**

**Welcome to the 2026-2027  
Rotary Year.**

**Rotary** 

Coquitlam Sunrise

**Last meeting attendance NA%**

**YTD attendance NA%**

**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  
Cora's Restaurant, at 7:30 am**

**Weeks of:**

**April 29 - June 1, 2026**

**Happy Birthday**

**April 29 - Rob Hopkins**

**May 8 - Norm Cook**

**May 9 - Hazel Burnell**

**May 11 - Reg Tyers**

**May 18 - Kiran Jain**

**June 1 - Hugh Mitchell**

**Happy Anniversary**

**No on this week**

**Rotary Anniversary**

**Monday, June 1**

**Around 1992 !!!!**

**Norm Cook**

**34 plus years**

**Special Days**

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