

They should put more wine in a bottle, like so there's enough for two people.

Sometimes I think I'm reasonably intelligent, and sometimes I click the remote car door a second or a third time for extra lockiness.



I went to the grocery store today and the cashier said my total was \$208.47...

I wanted a second opinion so I went to self checkout and my new total was \$43.20

I did some financial planning and it looks like I can retire at 97 and live comfortably for eleven minutes



By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, June 16, 2026

Poirier Sport and Leisure Complex

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



Welcome
Ariel Taylor
Special Olympics BC - Coquitlam



Ariel Taylor has been involved in Special Olympics BC - Coquitlam for 19 years. She has competed in six different sports, enjoying training with her friends, learning new skills, and keeping fit!

Ariel has been fortunate to complete at Regional (Representing Coquitlam), Provincial, National and World Games, where she met new people and learned about different parts of Canada and of course Italy.

When not competing, **Ariel** loves to hang out with her friends and families.

Get Involved With Special Olympics BC

Change lives, including your own, with Special Olympics BC's year-round sports programs for people with intellectual disabilities! Special Olympics BC offers year-round sport, youth, and health programs for athletes with intellectual disabilities of all ages and a wide range of ability levels, in 55 communities across the province.

Special Olympics BC – Coquitlam is home to more than 200 athletes and 150 volunteers. Our dedicated volunteers work hard to provide high-quality programs for the athletes in the Tri-Cities.

We offer a wide range of spring and fall sports, including: 5-pin bowling, 10-pin bowling, swimming (including learn to swim), figure skating, speed skating (including learn to skate), floor hockey, rhythmic gymnastics, snowshoeing, alpine skiing, curling, basketball, soccer, softball, athletics, bocce, and golf.

Also offered are Active Start/FUNDamentals, Club Fit, high intensity cardio training, and walking club – there is something for everyone!

Let me win. But if I cannot win, let me be brave in the attempt.



**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.”

June is Rotary Fellowships Month



Colossal 50/50 Draw

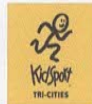


Ticket Prices

100 for \$100
20 for \$50
5 for \$25
1 for \$10

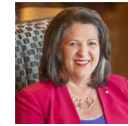


Sponsored by the Rotary Clubs of the Tri-Cities and supporting these great organizations.



Rotary 

District 5050



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

Meetings and Member Duties

June 2026

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

Tuesday, June 23

**AG Maureen Boyd
Coquitlam Sunrise BOD Installations**

Tuesday, June 30

NO MEETING

End of Rotary Year! Thanks Ron

Welcome to the 2026-27 Rotary Year

Tuesday, July 7

**Hazel Burnell
Classification Talk**

Tuesday, July 14

**Marcus Fahrner
Coquitlam Heritage Society**

Tuesday, July 21

**Malcolm Kennedy
Club Assembly - Club Goals for 2026-2027**

Tuesday, July 28

Speaker TBA

Tuesday, August 4

NO MEETING

Upcoming District Events

11:00 am Sunday, July 19

**Governor & District Leadership Team
Installation Luncheon
Shawn O'Donnell's Skagit Restaurant
Mount Vernon, WA \$49USD**

Noon, Saturday, August 8

**Rotary Hands Across the Border 2026
Heritage Hall, at the Peace Arch
\$50 CDN**

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, July 22
Cora's Restaurant, at 7:30 am**

Weeks of:

June 16 - June 22, 2026

Happy Birthday

No one this week

Happy Anniversary

No on this week

Rotary Anniversary

No one this week

Special Days

Rotary 

Coquitlam Sunrise

Last meeting attendance 59%

YTD attendance 77%

2026-2027

**Presidential
message**

**CREATE
LASTING
IMPACT**

We are Rotary. We are People of Action.