

there should be a calorie refund for things that didn't taste as good as you expected



MORNING CHUCKLE.....They weren't in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen. As I looked around the parking lot, I realized he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen. Then, I made the most difficult call of all to my husband: "I left my keys in the car and it's been stolen." There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. "Are you kidding me?" he barked, "I dropped you off!" Now it was my turn to be silent. Embarrassed, I said, "Well, come and get me." He retorted, "I will; just as soon as I convince this cop that I didn't steal your damn car!"

NEVER LEAVE HOME WITHOUT A KISS, A HUG AND AN 'I LOVE YOU.' THEN REMOVE THE DOG HAIR FROM YOUR MOUTH AS YOU WALK TO THE CAR.



Rotary
Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, September 9, 2025

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



Welcome to
Nicole Watson
Founder Econic Earth Foundation



Presentation Title: Lighting Up Students Lives and Empowering Futures.

Nicole Watson lives in White Rock BC and is based part-time in California. Her career and passion for exploration has taken her to over 40 countries and she's lived and worked across the globe, combining her background in documentary filmmaking with her passion for sustainability and clean energy access.

Nicole is the founder of the **Econic Earth Foundation**, a California-based 501(c)(3) nonprofit focused on delivering solar-powered solutions to students and communities living off-grid. She leads the **WATTS ON: Lighting Students' Lives** program, which currently provides solar lights to students in Kenya and Zambia—improving safety, supporting education, and reducing emissions in areas without electricity.

Nicole is also a proud **Rotary Youth Exchange alumna (1997–1998)**, having traveled from her hometown of **Castlegar, British Columbia** to spend a year in a French-speaking community in **Belgium** through **Rotary Club #5080**. That formative year helped sparked her lifelong commitment to cross-cultural understanding and global service.

With an MBA in Sustainable Business and over 20 years of experience in the film industry including impact storytelling, Nicole is a member of **The Explorers Club** and loves combining her passion for adventure with impactful work.

econic Our Mission
The 'econic earth foundation' is a California based 501(c)(3) nonprofit centered on renewable energy solutions to advance the protection and preservation of the earth's natural environment, preserve and protect wildlife and empower people with sustainable solutions that reduce inequalities, elevate education and give the tools needed to advance societies under a clean energy model.

Tuesday, September 9 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.”

September is Basic Education and Literacy Month

In September, Rotary highlights the importance of Basic Education and Literacy, reminding us that the ability to read, write, and learn is not just a skill but a fundamental human right. Yet across the globe, and even here at home, millions of people remain vulnerable to being left behind. Rotary reports a staggering statistic: **more than 775 million people over the age of 15 are illiterate, which constitutes about 17 percent of the world's adult population.** The United Nations educational, Scientific and Cultural Organization (UNESCO) reported in 2023 that “**3 million children are struggling with minimum levels of proficiency in reading, writing, and numeracy, while some 250 million children between the ages of 6-18 years are out of school.**”



SEPTEMBER IS

**BASIC EDUCATION
& LITERACY
MONTH**

*“The more that you read, the more things you will know.
The more that you learn, the more places you’ll go.”*
- Dr. Seuss, *I can Read with My Eyes Shut*

Rotary 

www.rotary.org

We are Rotary. We are People of Action.

Rotary 

District 5050



Isabelle Hayer
2025-2026 Governor, District 5050

Meetings and Member Duties

September 2025

Sergeant - Arvind

Greeter - Kiran

Coffee/Muffins - Norm

Rotary thought - everyone be ready

Tuesday, September 16

DG Isabelle Hayer

Official Visit

Tuesday, September 23

Carol Todd

Amanada Todd Legacy Society

Tuesday, September 30

NO MEETING

National Day for Truth & Reconciliation

Success Seminars

By popular demand, and following on the successful session at the Rotary District Assembly, join us in one of two Rotary Success Seminars.

September 27 in Washington State

October 4 in BC (exact locations TBD).

The Rotary Success Seminars will emphasize the importance of the Rotary Action Plan and the vital relationship between Membership, Public Image, and The Rotary Foundation in helping clubs grow.

It is a unique, exciting, and fun way to help both new and experienced members become truly engaged in Rotary. Learn new insights to help your members and your club become more vibrant, relevant and attractive to both new potential members and to your current members.

You and your club will develop skills to retain and engage existing members and to grow your club's membership with new members.

Registration will open soon, but save the dates in your calendar now!

Rotary 

Coquitlam Sunrise

Coquitlam Sunrise 2024- 2025

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, Sept 10, 2025
Cora's Restaurant, at 7:30 am**

Weeks of:

September 9 – September 15, 2025

Happy Birthday

Wednesday, September 10

Greg Garrison

Happy Anniversary

Saturday, September 13, (1980)

Tom and Sherry

45 years

Sunday, September 14, (2002)

Arvind and Kiran

23 years

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Special Days

Rotary 

Coquitlam Sunrise

Last meeting attendance 73%

YTD attendance 75%