



# THE CENTENNIAL

The weekly Newsletter of the  
Rotary Club of Port Coquitlam Centennial



ROTARY  
SERVING  
HUMANITY

Volume 16-17

Issue 23

23<sup>rd</sup> December 2016

Editor: Markus Fahrner

## AGENDA

- ◆ O Canada
- ◆ Invocation
- ◆ Welcome & introduction of visitors
- ◆ Rotary minute
- ◆ Humour minute
- ◆ Celebration of birthdays, anniversaries and important dates
- ◆ Announcements
- ◆ Guest Speaker
- ◆ Other or new business
- ◆ Sergeant-at-Arms, Happy / Sad dollars
- ◆ 50/50 Draw
- ◆ 4 Way Test
- ◆ Close meeting

## 2017-18 BOARD OF DIRECTORS

At the Annual General Meeting of the Club held today, the club elected the following as the Board of Directors of the Club:

President	Mohan Chirayath Mohanan
President Elect	Markus Fahrner
Past President	Barrie Seaton
Secretary	Kathleen Williams
Treasurer	Ron Goyette
Directors	Greg Archibald Karly Simms

The newly elected board will assume leadership commencing 1<sup>st</sup> July, 2017

## GUEST SPEAKERS: MICHELLE TREMBLAY

Michelle Tremblay, founder of MPower Lives Company, is highly recognized as a powerful speaker, great motivator and compassionate leader. She is dedicated, committed and inspired to mpower change that offers each individual the awareness to live fully and acknowledge their own true power. She is a passionate martial artist, health and fitness advocate, and a pioneer in the shift of our human growth and potential. Her strengths are to maximize talent in people by focusing on transforming personal and group excellence, inspiring future visions for herself and others, working hard to achieve goals, and being strategically supportive to alternative ways to do what works best and most efficient in our changing times. Michelle is creative, fun-loving, heart driven and teaches with inspiration, humour, and personal stories She has over 18 years of experience in mentoring, training, coaching, speaking and teaching through various elementary, middle, high school, and college locations, non-profit agencies, employment counselling and facilitation through private government contracts, JCI Okanagan, JCI International, Junior Achieve International, and Corporate Businesses. -



## WHAT IS MPOWER LIVES?

We are a company that focuses on key solutions to prevent 'bullying' through mpowering each individual to have personal awareness and responsibility, mental health and wellness strategies, relationship building skills, self-management tools, safety strategies and social awareness responsibility.

## OUR APPROACH

We deliver our programs with a teaching method that combines the uniqueness of self-defense/martial arts techniques, basic life skills practices and holistic alternatives to support the mind, body, and spirit connection.

[www.mpowerlives.com](http://www.mpowerlives.com)

## UPCOMING EVENTS

**December 17**

**CP Christmas Train**  
West Coast Express  
Station

**January 9**

**DISTRICT 5040 & 5050**  
MILLION \$ DINNER

**February 26, 2017**

**Poco Winter Blues Fest**  
Riverside Secondary  
School

2:00 PM – 9:00 PM

**May 4**

**District Conference**  
Waterfront Marriott  
Seattle

Rotary



Rotary Club of Port Coquitlam Centennial

## Winter Blues Festival updates

*The following sponsorships for the Poco Winter Fest has been confirmed*

**Van City - \$2,625**  
**Westworld Paper - \$1,000**  
**Envision Financial - \$525**

*Other prospective sponsors have also been contacted and we are yet to receive confirmations.*

## ROTARY CORNER

*"Whether we are reaching out to those in our own clubs, or reaching halfway across the world, personal involvement has always been fundamental to Rotarian service. When we Lend a Hand, we focus on this personal involvement and we celebrate our shared humanity. Working together, ready and willing to help our brothers and sisters in need, one hand can become many and there is no limit to what the helping hands of Rotary can accomplish."*

— 2003 International Assembly, Anaheim, California, USA

