

I PUT THE
THINGAMABOB INSIDE
THE WHATCHAMACALLIT,
TURNED THE
DOOHICKEY AND THE
WUTEVERITIS STILL
DOESN'T WORK.
ANY IDEAS?

It was only a matter of time, first hybrids
then electric and now vegan.



**Ever notice how many
towns are named after
their water tower?**

Triscuts are the
perfect snack for
anyone that has
ever had the
urge to eat
wicker furniture.

THIS YEAR WENT BY
SO FAST I DIDN'T
GET A CHANCE TO
LOSE WEIGHT.

IF YOU KNOW WHAT THIS IS,
YOU ARE OFFICIALLY OLD.
SORRY 😊



THANKS FOR BEING
FRIENDS WITH ME.
QUESTIONABLE LIFE CHOICE,
BUT I APPRECIATE IT.



Rotary
Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, July 21, 2026

Poirier Sport and Leisure Complex

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



Welcome
Mary O'Neill
Talitha Koum Society



Mary holds degrees from SFU and UBC and is a Certified Clinical Counsellor and Family Therapist. During her nearly 40-year career with School District 43, she served as a teacher, counsellor, vice-principal, and principal, retiring as principal of Dr. Charles Best Secondary.

She helped establish several important district and community initiatives, including the Critical Response Team, the Teen Parent Program, and the Tri-Cities' first restorative justice program. Following retirement, she continued to support education as a contract administrator, counsellor, and practicum supervisor with City University of Seattle.

Mary joined the Talitha Koum Society in 2017, serving in a variety of leadership and support roles, and has been president since 2022. In recognition of her community leadership and service, she received a BC Achievement Community Award in 2018 and the City of Coquitlam's Freedom of the City award in 2026.

Mary and her husband, Terry, have lived in Coquitlam for 46 years and are proud parents of two sons and grandparents of four grandchildren.

Rise Up

"**Talitha Koum**" is ancient Aramaic for, "Little girl, rise up"—a motivational phrase we cite as we celebrate new life through addiction recovery. As a non-profit society, we assist women in healing from past trauma and overcoming addictions at two recovery homes and one bridging home. Recognizing the importance of family, we also make accommodations for our clients' children to stay with their mothers during their recovery journey. We are committed to providing a safe and supportive community environment for women to be able to lead healthy and fulfilling lives. It's how we, "**Love our clients back to living.**"

We are a compassionate recovery and life-skills program for women who are seeking to live addiction-free lives.



(Yinka) Olayinka Hakeem Babalola
2026- 2027
President Rotary International



The 2026-27 presidential message, Create Lasting Impact, reminds us that “change is only the beginning. Impact is what endures.”

July is New Leadership Month

Rotary Good News of the Week

President Yinka answers the call Olayinka Hakeem Babalola

Shaped by his native land, the 2026-2027 president carries the dynamic spirit of Nigeria with him to Rotary leadership.

This is it. It's showtime, the moment that Yinka, as he's called — the 2026-27 Rotary International president, the second from Nigeria, the second from all of Africa for that matter — will make his debut to the Rotary world.

He steps forward and stands taller, his glittery green-and-white striped hat matching his country's flag. Peace Udoka Anyira, a Nigerian Canadian Rotarian, steps onstage and sings:

*Nigeria, we hail thee,
Our own dear native land,
Though tribes and tongues may differ,
In brotherhood we stand
Nigerians all, are proud to serve
Our sovereign Motherland.*

Babalola sings along too, and as he does, a tear rolls down his cheek.

“You hear a lot of bad stories about Nigeria, but today, the story is not a bad story,” he says afterward, choking up with emotion. He takes off his glasses and wipes his eyes. “The flag of this country is being raised amongst people of goodwill — good people from more than 100 countries, for a good cause.”



We are Rotary. We are People of Action.



Kathleen Olson - RC of Arlington
2026-2027 Governor, District 5050

July is New Leadership Month

Ms. Kathleen Marie Olson

About me

Joined Tacoma Rotary in 1994;
Club President 2004-05.
District 5050 Assistant Governor Area J
2023-25
District Governor 2026-2027.
Transferred to the Marysville in 2018
and moved to Arlington in 2021.
I am a Certified Animal Welfare
Administrator and HSUS Animal
Rescue Volunteer.
I am married to a fellow Rotarian,
have 2 adult sons and 1 granddaughter.
I have 4 little senior dogs & 2 cats.

Meetings and Member Duties

July 2026

Sergeant - Bob, Greeter - Clive
Coffee/Muffins - Norm

Tuesday, July 28

Speaker
TBD

Tuesday, August 4
NO MEETING

Tuesday, August 11
Arvind & Kiran Jian
Classification

Tuesday, August 18
Don Seitz
CART Presentation

Tuesday, August 25
Tom Mullan
Grandmothers Advocate Group



Coquitlam Sunrise 2026 - 2027

President, Secretary

Malcolm Kennedy

Past President, Membership

Ron Postma

President-Elect

Lois McNary

Treasurer

Stan Wylie

Director: Club & Vocational

Greg Garrison

Director: Community

Hamed Najafi

Director: International

Allan Lawrence

Director: The Rotary Foundation

Bob Moody

Next board meeting: Wednesday, July 22
Cora's Restaurant, at 7:30 am

Weeks of: July 21 - July 27

Happy Birthday

Wednesday, July 22 - Hamed
Saturday, July 25 - Lucille

Happy Anniversary

NO ONE THIS WEEK

Rotary Anniversary

NO ONE THIS WEEK

Upcoming District Events

Noon, Saturday, August 8

Rotary 2026

Hands Across the Border

Heritage Hall, at the Peace Arch
\$52 CDN



Attendance
Last meeting 64%
2026 - 2027 YTD 63%