

It helps if you imagine autocorrect as a tiny little elf in your phone who's trying so hard to be helpful but is in fact quite drunk.

Courage is knowing it might hurt, and doing it anyway.

Stupidity is the same.

And that's why life is hard.

Both my mother and grandmother were travel agents for Guilt Trips. I went on many of these trips.

The Black Eyed Peas can sing us a tune, but the chick peas can only hummus one.

Boy aged 4: Dad, I've decided to get married.
Dad: Wonderful; do you have a girl in mind?!
Boy: Yes... grandma! She said she loves me, I love her, too....and she's the best cook & story teller in the whole world!!
Dad: That's nice, but we have a small problem there!!
Boy: What problem?!
Dad: She happens to be my mother. How can you marry my mother!!
Boy: Why not?! You married mine!!!!

I don't get nearly enough credit in life for the things I manage not to say.

I swear if my memory was any worse, I could plan my own surprise party.

Rotary



Coquitlam Sunrise

Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, October 14, 2025

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

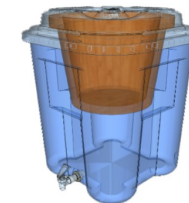
Welcome to
Mike Storey
President, Ideal Door Ltd
Rotary Club of Ladner



Adopt a Village in Laos

Remote villages in Luang Prabang province of the southeastern Asia nation of Laos, still struggling after extensive destruction in the Vietnam War, have been receiving education facilities and supplies and clean water from a Rotary initiated program, **Adopt-A-Village**, started by Steve Rutledge of the Rotary Club of Whitby, Ontario.

Over time Adopt-A-Village has helped many thousands of people, mostly children, in small, remote villages of northern Laos, live healthier lives with access to clean water and, in turn, gain a valuable education to improve their lives. Providing water filters to these villages enables education support in that region, as the original aim of Adopt-A-Village, in a poor country still suffering the impact of the Vietnam War and struggling to look after its people.



**END
POLIO
NOW**

**WORLD POLIO DAY
IS 24 OCTOBER**

**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.”

October is Community Economic and Development Month

Rotary 
District 5050

Success Seminars

The Rotary Success Seminars are now open for registration! Space is limited, so register early! Join us in one of two Rotary Success Seminars. The two Seminars will be identical, and you can choose the one that is more convenient to you.

Saturday, November 8 at Shawn O'Donnell's at the Farmhouse on the LaConner Whitney Road, WA.

Saturday, November 15 at the Clayton Hills Golf Course, Surrey

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.

The Seminars will start at 8:30 with Registration and end by 3:30 pm.

Morning munchies and lunch are included.

To register sign in at rotarydistrict5050.org then go to events.

Cost is \$65.00 - pay online and keep your receipt to get reimbursed by the club.

We are Rotary. We are People of Action.

Rotary 
District 5050



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

Meetings and Member Duties October 2025

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

**Tuesday, October 28
Steve Kim Executive Director
Access Youth Outreach Society**

**Tuesday, November 4
Carol Metz Murray
Through the Eye of a Naked Leader
What mindset do you bring to Leadership?**

**Tuesday, November 11 - NO MEETING
Remembrance Day**

**Tuesday, November 18
Speaker TBD**

**Tuesday, November 25
Speaker TBD**

**Tuesday, December 1
Speaker TBD**

**SAVE THE DATE
Wednesday, December 3
Joint Christmas Meeting Host Coquitlam**

**Tuesday, December 9
Speaker TBD**

**SAVE THE DATE
Friday, November 14
Coquitlam Sunrise
Bowling Fundraiser**

**Cost: \$50 per person
Includes shoes and pizza
Networking ticket \$30**

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, October 22, 2025
Cora's Restaurant, at 7:30 am**

**Weeks of:
October 21 – October 27, 2025**

Happy Birthday

No one this week

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

October 22, 2008

Ron Postma

17 years

October 22, 2013

Jennifer McKinnon

12 years

Special Days

Rotary 
Coquitlam Sunrise
**Last meeting attendance 57%
YTD attendance 77%**