

**CAUTION** Never hike alone  
in bear country!  
Always hike with someone  
you can trip and outrun.

I hate that feeling after  
surgery when you're  
not sure if you're awake  
or asleep...  
...or if you operated on  
the right patient.

I'm tired of being the  
only one who cleans,  
pays all the bills, cooks,  
and does dishes in this  
house. I live alone, but  
still.

**Time to get up  
and get going.**

**Today's bad  
decisions aren't  
going to make  
themselves.**

**MY KIDS LAUGH  
BECAUSE THEY  
THINK I'M CRAZY.**

**I LAUGH BECAUSE  
THEY DON'T KNOW  
IT'S HEREDITARY.**



A recent study  
has found that  
woman who carry  
a little extra weight  
live longer than  
men who  
mention  
it.

One day, I'm going to judge  
a spelling bee.

I'll ask one of the kids to  
spell the word "there."

When he asks for it in a  
sentence, I'll say...

"Their car is parked over  
there and they're late."

**Studies show that people  
with high IQs tend to be  
lazy. Or something like  
that. I didn't read the  
whole article.**

I don't think I get enough  
credit for the fact that I do  
all of this unmedicated.

**Rotary**



Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy [malcolm.rotary@outlook.com](mailto:malcolm.rotary@outlook.com)

**Tuesday, July 18, 2025**

**Poirier Sport and Leisure Complex**

633 Poirier Street, Coquitlam, Room 3, Upstairs

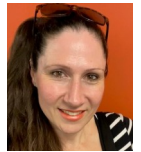
Meeting starts at 7:15 am



Welcome

**Heidi Maddrell**

**Kinsight - Community Development**



Heidi has been with Kinsight since 2018, as Community Development she liaises with the broader community to help further our vision for a world where everyone's welcome, everyone belongs, everywhere! This support can range from a small \$25- monetary donation, volunteering expertise or service, all the way up to major gifts and real estate development partnerships providing more affordable, accessible and inclusive housing for the people we serve as well as our greater community members.

Kinsight has served our community for over 70 years, we provide opportunities for people with developmental disabilities &/or delays to live meaningful and fulfilling lives - all the way from birth to seniors. We're thrilled to showcase our important work with the CoQ Sunrise Rotarians and thank you ever so much for supporting our family and youth summer picnic this year! Thank you for all the good work you do for our local community and beyond! It's truly people like you who make a difference in the lives of the people we serve - with us! We appreciate your contribution towards our mission for more inclusive communities -everywhere!

Kinsight is an accredited not-for-profit organization. We work with families and individuals, from infants to seniors, who are at risk for, or have, developmental delays or disabilities. We serve the communities of New Westminster, Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra.

We promote options and opportunities for people to have meaningful relationships and fulfilling lives. We're Kinsight (formerly Simon Fraser Society) and we work alongside families of children, youth and adults with developmental delays or disabilities to support growth, development and personal well-being.

**Kinsight**



**Francesco Arezzo**  
2025- 2026  
President Rotary International



"[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."

### July is Maternal and Child Health Month

Installation of District Governor Isabelle Martinez Hayer  
and the District Leadership Team  
PLUS Rotary Hands Across The Border 2025,  
Club Awards, and The Rotary Foundation donation opportunity

DATE: Sunday, July 20, 2025

LOCATION: Peace Arch Park Heritage Building  
12 Peace Arch Park, Surrey, BC

TIME: 1:00 p.m.

COST: \$50 CAD + GST (to cover facility rental and food)

District Governor 2025-2026 Isabelle Martinez Hayer invites you to join in the festivities at the Peace Arch Park for:

- Rotary Hands Across the Border ceremony : 1pm sharp under the Peace Arch
- The installation of 2025/26 District Governor and District Leadership Team at the Heritage Building (Canadian side) at 1:30
- Followed by Club Awards & Rotary Foundation donation cheque donations from clubs & Individuals
- Enjoy music, fun, World Flavours Bbq Buffet, Sweet Treats & fellowship in the Clubhouse.

**We are in the running for a District Award, it would be nice to have more members in attendance**



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



### Meetings and Member Duties

July 2025

Sergeant - Bob

Greeter - Clive/Reg

Coffee/Muffins - Norm

Rotary thought - everyone be ready

Tuesday, July 22

Renee Hamilton - General Mortgages  
Emphasis on Reverse Mortgages

Tuesday, July 29

Speaker TBD

Tuesday, August 5

NO MEETING

Tuesday, August 12

Speaker TBD

Tuesday, August 19

Speaker TBD

Tuesday, August 26

Speaker TBD

### Street Clean Work Party

Saturday, July 12 @ 10:30 am  
Trevor Wingrove Way

Meet near the  
Rotary sand  
volley ball  
court



### 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, August 06, 2025  
Cora's Restaurant, at 7:30 am

**Special Days**

**Weeks of:**

July 15 – July 21, 2025

**Happy Birthday**

No one this week

**Happy Anniversary**

No one this week

**Rotary Anniversary**

Joined Coquitlam Sunrise

No one this week

**Rotary**

Coquitlam Sunrise

Last meeting attendance 70%

YTD attendance 70%