

A woman went to the emergency room, where she was seen by a young new doctor. After about 3 minutes in the examination room, the doctor told her she was pregnant. She burst out of the room and ran down the corridor screaming. An older doctor stopped her and asked what the problem was; after listening to her story, he calmed her down and sat her in another room. Then the doctor marched down the hallway to the first doctor's room. "Whats wrong with you?" he demanded. This woman is 63 years old, she has two grown children and several grandchildren, and you told her she was pregnant?!!" The new doctor continued to write on his clipboard and without looking up said: "Does she still have the hiccups?"



Today I stopped at this roadside stand that said lobster tails \$2. So I paid my \$2 and the guy said, "Once upon a time there was this lobster..."

**IF YOU'RE LOOKING FOR
A SIGN TO
DRINK TONIGHT,
THIS IS IT.**

After being married for 30 years, a wife asked her husband to describe her, He looked at her for a while, then said, "You're an alphabet wife A, B, C, D, E, F, G, H, I, J, K." She asks "What the hell does that mean?" He said, "Adorable, Beautiful, Cute, Delightful, Elegant, Fabulous, Gorgeous and Hot". She smiled happily and said ... "Oh, that's so lovely, but what about I, J, K?" He said, "I'm Just Kidding!" Memorial Service will be held Tuesday afternoon.



Rotary



Coquitlam Sunrise

Good Morning Report

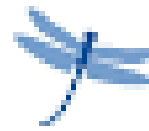
Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, April 8, 2025

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am



Welcome to

Shalon Morrison

Director of Philanthropy

Crossroads Hospice Society



Shalon Morrison serves as the Director of Philanthropy at Crossroads Hospice Society and has a strong connection to hospice and palliative care. She began her journey with Crossroads as a visiting volunteer in 2022 and had previously volunteered at Cottage Hospice in Vancouver. With over 20 years of experience in the non-profit sector, she has worked with organizations such as the Canadian Cancer Society and the Canadian National Institute for the Blind (CNIB). Throughout her career, Shalon has developed a passion for fundraising and building relationships with stakeholders. In her current role, she is dedicated to advancing the mission of Crossroads Hospice Society, which aims to ensure that more individuals and families can benefit from compassionate end-of-life care and to provide essential support services for those facing grief and loss. Shalon has deep roots in her community, having lived in Coquitlam her entire life. In her free time, she enjoys exploring all that the Lower Mainland has to offer with her husband, daughter, and Border Collie. Their adventures include hiking trails, visiting coffee shops, and checking out breweries – not necessarily in that order!

Walk in honour of a loved one & raise funds for our community!

Register Online:
CrossroadsHospice.org/hike-for-hospice



Stephanie Urchick
2024- 2025
President Rotary International



"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words, It's up to you. You create the magic with every project completed, every dollar donated, and every new member."

April is Environment Month

Governor Elect Nominee Designate (2027-2028)

Shawn O'Donnell Sr. joined the Everett-Port Gardner Rotary Club at the invitation of long-time Rotarian Steve Chittenden in 1993. Shawn found Rotary rewarding and the perfect avenue of service for him, his family and his business. Shawn served as his Club's President in 2000-01 and then three years as Assistant Governor starting in 2018. Over the years he stayed active becoming a Rotary Learning Institute facilitator, a PETS training facilitator, a member on the District Conference Committee and the District Membership Committee. His family has enjoyed hosting a Rotary foreign exchange student from Brazil and several GSE team members. In 2016 he transferred to the South Everett-Mukilteo Rotary Club where he has served on various committees and boards. He has also served the community as a high school wrestling official for 30 plus years and has refereed several state championship tournaments. In 2010 he was named wrestling Official of the Year. He was also named "Citizen of the Year" by the Kiwanis of Mukilteo for 2024.



Shawn and Tina O'Donnell were high school sweethearts and married in 1979. They have two children, Shawn Jr. (Molly) and Sophie (Joel) and six grandchildren, Joel Jr., Lillian, Marie, Shawn III, Grace and Bridget. Shawn's wife, children and their spouses all work managing the family's business. Joel is the Sargent at Arms in the South Everett Club. Shawn's sister Carrie Radcliff is the club's president for 2024-25.

Shawn and family own a restaurant group, Shawn O'Donnell's American Grill and Irish Pub with six locations in Washington State and Montana. The restaurants proudly host the South Everett-Mukilteo, Mill Creek, La Conner and Spokane-South Rotary Clubs.

Shawn is a two-time Ironman triathlete, having done Ironman Canada and Ironman Coeur 'd Alene as well as many shorter distances. He is now mainly a mountain biker, usually getting out a time or two each week. He has ridden trails from Everett to Spokane, the Oregon Outback trail and other weeklong trips along the Continental Divide trail in Montana.

Long-time Rotarians may remember former District Governor JB Switzer's District Conference in 1999 when **Shawn was the main magical entertainer** at a magic themed conference. Another fun hobby he has enjoyed over the years.

Shawn was born in Seattle and grew up in Mountlake Terrace Washington.



Dave Duskin
2024-2025 Governor, District 5050



Meetings and Member Duties
April 2025

Sergeant - Jennifer, Greeter - Stan
 Coffee/Muffins - Norm .. mostly
 Rotary thought - everyone be ready

Tuesday, April 8, 2025
Coffee/Muffins - Clive

Starfish, April 10 - Bob, Hugh, Greg

Tuesday, April 15, 2025
Claire MacLean - SHARE
Coffee/Muffins - Hugh

Starfish, April 17 - Stan, Hugh, Allan

Tuesday, April 22
No Meeting

Starfish, April 24 - Bob, Hugh, Greg

Tuesday, April 29
City Hall Field Trip - 7:45 am
 Starfish, May 1 - Stan, Hugh, Greg

Tuesday, May 6
Maura Fitzpatrick
Plea - Children of the Street
 Starfish, May 8 - Hugh, Sherron, Clive

Tuesday, May 13
Speaker TBA
 Starfish, May 15 - Stan, Hugh, Emmanuel

Tuesday, May 20
NO MEETING
 Starfish, May 22 - Hugh, Emmanuel, Greg

Tuesday, May 27
Speaker Joanna - Hannah House
 Starfish, May 29 - Stan, Hugh, Emmanuel

Save the Date - June 12, 2025
Club Installation - more details to follow



Coquitlam Sunrise 2024- 2025

Executive
President

Ron Postma

Past President, Secretary

Malcolm Kennedy

Treasurer

Stan Wylie

Directors

Club & Vocational

Greg Garrison

The Rotary Foundation & International

Bob Moody

Membership & Programs

John Panrucker

Committee Members

Membership & Programs

Lucille Le, Sherron Regehr

YAIL & RYLA

Karen Kirby

Next board meeting: Wednesday, April 16, 2025
Cora's Restaurant, at 7:30 am

Weeks of:

April 8 - 14, 2025

Happy Birthday

No One this week

Happy Anniversary

No One this week

Rotary Anniversary

Joined Coquitlam Sunrise

Saturday, April 12, 1980

Ron & Hazel Postma

45 years

Special Days

Last meeting attendance 80%

YTD attendance 74%