

I'M PROUD TO ANNOUNCE
THAT I HAVE COMPLETED
THE 1ST ITEM ON MY
BUCKET LIST



I HAVE THE BUCKET

Got up at 5am, 8km run
completed, came back
prepared a vegetable
smoothie for
breakfast....

Don't remember the
rest of the dream....

DON'T BOTHER PAYING
A THERAPIST.

I'LL TELL YOU WHAT'S
WRONG WITH YOU
FOR FREE.

I'm the type of
wife that will help
my husband look
for his chocolate,
that I ate.

A WASP LANDED ON MY
BARE FOOT AND NOW I KNOW
HOW TO RIVERDANCE.

9 out of 10 times
when I lose
something...
it's because I put
it in a safe place.

This morning, I accidentally
changed the GPS Voice to
"Male." Now it just says,
"It's around here somewhere."
Keep driving."

So I was in a shoe shop
this morning trying on
a shoe, I said to the
assistant "It's too
tight".
She said "Try it with
the tongue out"
I said "It's th nho ghoo,
it'th thtill thoo thight".

My wife and I got stuck in an
elevator and when we got
home, we told the story to
our kids. They just looked at
us and said,

"Soooo.....
...did ya get out?"

My wife and I looked at each
other and made a pact to
go ahead and start drinking
away their college fund.

Rotary



Coquitlam Sunrise

Good Morning Report

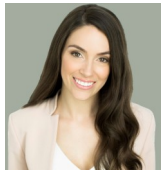
Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, July 22, 2025

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

Welcome to

Renee Hamilton



Renee Hamilton Mortgages

Topic: Mortgages in General with an emphasis on Reverse Mortgages

I am a mother of three amazing girls, Kylee, Addison, and Holland, and a wife to my incredibly supportive husband, Geoff. I grew up in Port Coquitlam, BC, and I still live here to this day. On my off days, you'll find me doing yoga, playing baseball, attending events with the kids, and I even get out to the odd dinner and movie with my husband. I'm a self-confessed workaholic, so I work hard to find the right balance for my clients and my family.

Shawn M. O'Donnell Named District Governor Nominee Designate

Shawn O'Donnell Sr., a dedicated Rotarian since 1993, has been selected as Rotary District 5050's Governor for 2027-2028.

With a history of service, including terms as Everett-Port Gardner Rotary Club President and Assistant Governor, Shawn has been active in training and committee roles across the district. He and his family, who manage their restaurant group in Washington and Montana, have been involved in numerous community projects and hosted Rotary events. A longtime wrestling official and avid mountain biker, Shawn is also recognized as Mukilteo's 2024 Citizen of the Year. Shawn and his wife Tina reside in Mukilteo.



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.



Rotary
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

Rotary District 5050
Leadership Team Installation
 Rotary Hands Across the Border
 Club Awards & Foundation Giving
SUNDAY, JULY 20
 Meet Under the Peace Arch 1:00PM



Peace Arch Park \$50 CAD
 Celebration begins at 1PM
 Music, Fun, Food & Fellowship
 in the Clubhouse 1:30PM

UNITE FOR GOOD

Passport or Government Issued ID Required for all Attendees

PARKING:
 USA: Peace Arch Historical State Park, east of the Peace Arch.
 WA Discovery Pass (annual or one-day) required.
 Canada: Peace Arch Provincial Park, west of the Canadian Border Services Agency Building.
 Accessible Parking is available at the outdoor picnic area on the Canadian Peace Arch Park side.
 Walking in: The Peace Arch is accessible by foot from both locations - Check in at Border Services with Government issued identification required.

Register 

Limit 150 Attendees



Rotary
 District 5050

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 29

Speaker TBD

Tuesday, August 5

NO MEETING

Tuesday, August 12

Speaker TBD

Tuesday, August 19

Speaker TBD

Tuesday, August 26

Speaker TBD

July 18 - July 20

11:00 am - 9:00 pm

PORT MOODY ROTARY



RIBFEST



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

Weeks of:

July 22 – July 28, 2025

Happy Birthday

Tuesday July 22 - Hamed

Friday July 25 - Lucille

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week

Special Days



Coquitlam Sunrise

Last meeting attendance 75%

YTD attendance 73%