

**I JUST POSTED
A SELFIE AND
PEOPLE TOLD
ME TO GET
WELL SOON!**

falling in love
makes you do
stupid things.

One time I even
got married.

My wife sent me a text,
"Your great"

So, naturally, I wrote back,
"No, you're great"

She's been walking around all
happy and smiling.

Should I tell her I was just
correcting her grammar or
leave it?

**Posted a photo of my
clean house and it was
flagged and removed
as "Fake News"**

Dear Mother In Law,

Don't teach me how
to bring up my
children.

I'm living with one of
yours and they need
a lot of improvement!

**An elderly man thinking his
wife was losing her hearing
went about 20' behind her
and asked "Can you hear me
sweetheart?" No reply. Moved
to 10' and inquired again. No
reply. 5' and not a word. A
few inches behind ear, he
asked "Can you hear me now
honey"? His wife said "For the
fourth time, yes."**

**When I die I
want my last
words to be,
"I left a
million dollars
under the..."**

**You know you've
sunken to new lows
when you refer to a trip
to the supermarket as
'going out'**

Rotary

Coquitlam Sunrise



Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, May 27, 2025

Poirier Sport and Leisure Complex

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am

Welcome

Max Weselowski

Executive Director

Innervisions Recovery Society

Hannah House

Hannah House, named so for the Hebrew meaning "grace of God", has helped thousands of women learn to live clean and sober. Our staff at Hannah House are all graduates of our program and are dedicated to helping women receive the support and guidance they need to become the best versions of themselves. At Hannah House we believe in the power of women lifting each other up and supporting one another. Hannah House helps women transform their lives and overcome the horrors of addiction every day.



innerVisions
RECOVERY SOCIETY



Special Day

June 1, 1935

Birth of Hugh Mitchell

June 1, 2025



**90 years and "still on the green side of the grass"
and still involved in every Rotary Club Project
Thank you Mitch
we are looking forward to many more years!!!!**



Stephanie Urchick
2024- 2025
President Rotary International

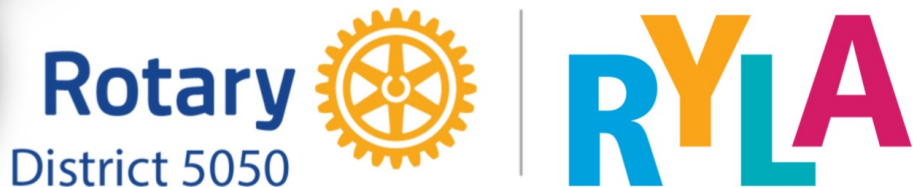


"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words, It's up to you. You create the magic with every project completed, every dollar donated, and every new member."

May is Youth Service Month



Save the Date
Saturday, May 31 @ 8:30 am
Area "D" Hands on Project
Tamarack Terrace
3534 Woodland Drive,
Port Coquitlam



Unlock Your Leadership Potential: Join RYLA for an Unforgettable Experience!

Empower Yourself with Leadership Skills, Teamwork, and Personal Growth

May 29 - June 1, 2025

LOCATION CHANGE

Stillwood Camp | Lindell Beach (Chilliwack, BC)



SAVE THE DATE
Strawberry Sales Pick up
Saturday, June 14, 2025
11:00 am - 2:00 pm
Canadian Tire
Coquitlam



Dave Duskin
2024-2025 Governor, District 5050



Meetings and Member Duties

May 2025

Sergeant - Lois

Greeter - Malcolm

Coffee/Muffins - Norm .. mostly

Rotary thought - everyone be ready

Tuesday, May 27

Speaker Max Weselowski - Hannah House
Starfish, May 29 - Stan, Hugh, Emmanuel

Tuesday, June 3

Grace Shyng

Healthy Hearing = Healthy Aging
Starfish, June 5 - Clive, Ron, Greg

Tuesday, June 10

Club Assembly

Starfish, June 12 - Clive, Stan, Greg

Save the Date - June 12, 2025

Club Installation - Ron & Hazel's Home
1431 El Camino Drive, Coquitlam
6:30 PM

Cost \$25 per person - BYOB

Tuesday, June 17

Renee Hamilton - Mortgage Broker
Starfish, June 19 - Bob, Hugh, Greg

Tuesday, June 24

Speaker
TBD

Last meeting attendance 65%
YTD attendance 73%



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, May 28, 2025
Cora's Restaurant, at 7:30 am

Weeks of:

May 27 – June 2, 2025

Happy Birthday

Sunday, June 1

Hugh Michell

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

Sunday, June 1 - 1992

Norm Cook

33 years

