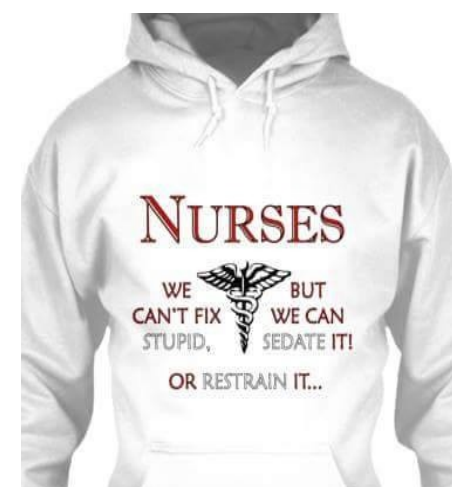
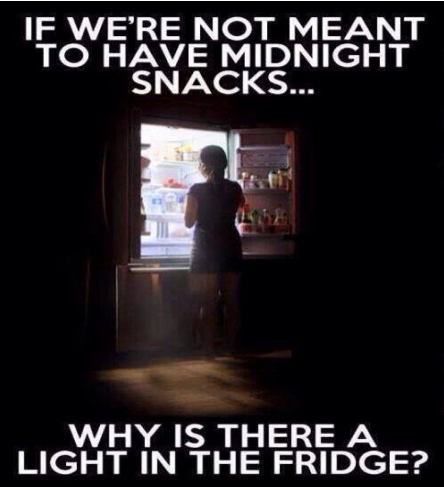


**If at first you don't succeed.. try doing it the way your wife told you •**

**You're never childless, when you have a husband.**



Rotary  
Coquitlam Sunrise

# Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

**Tuesday, July 29, 2025**

**Poirier Sport and Leisure Complex**

633 Poirier Street, Coquitlam, Room 3, Upstairs

Meeting starts at 7:15 am



Welcome to our very own  
**Arvind & Kiran Jain**

An update on their  
past, present and future adventures!

Comfort Keepers® has provided quality, loving, in-home elder care for families just like yours for over a decade. We customize care plans that provide the right mix of services to preserve your loved ones' independence, maintain in-home safety, and enhance the quality of life:

- **Companion Care** services to help with light housekeeping, meal preparation, errands, incidental transportation, grocery shopping, and recreational activities.
- **Personal Care** for bathing, grooming, hygiene, transferring, toileting, and other needs.
- **Dementia Care** is provided by specially trained care providers through many of our local offices.
- **Respite Care** gives family caretakers needed relief.
- **Rehabilitation Services** to assist those recovering from surgery or illness

The compassionate people we call Comfort Keepers, our senior caregivers provide loving in-home care. They come from all different backgrounds but have in common the heartfelt desire to provide life-enhancing care that enable, people to live where they most want to be... home!

Through our distinctive approach—Interactive Caregiving™—our *Comfort Keepers®* engage their clients in day-to-day caregiving and other activities to keep them mentally stimulated, emotionally satisfied, socially engaged, and physically active.

Additionally, we work to provide specialized services such as Alzheimer's care, end-of-life care, transitional care, and much more.

No matter how involved you can be in your loved ones' day-to-day care, the Comfort Keepers team in Coquitlam, BC will keep connected with you—to update you on how your loved one is doing, share concerns and modify services to meet your loved ones' changing eldercare needs.

**Comfort Keepers 1322 Ketch Court Coquitlam 672-888-9957**



**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

Dear Friends of Tri-City Transitions,

We are thrilled to invite you to a very special occasion—Tri-City Transitions Society's 50th Anniversary Celebration!

This milestone marks five decades of growth, transformation, and unwavering commitment to breaking the cycle of abuse in our communities. Thanks to your generosity and support, Tri-City Transitions has empowered countless individuals and families through crisis, offering healing, education, and advocacy in a safe, inclusive environment.

We invite you to join us for an evening filled with connection, celebration, and gratitude. Guests will enjoy delicious food and refreshments, take part in exciting prize draws, and share in meaningful reflections on our journey—along with a glimpse into the bold vision that will shape our future.

Date: Saturday, September 13, 2025  
Time: 7:00 PM – 11:00 PM  
Location: Port Moody Legion Club 119  
2529 Clarke St, Port Moody, BC V3H 1Z1  
Tickets: [tricitytransitions50th.eventbrite.com](https://tricitytransitions50th.eventbrite.com)

As we look ahead to the next chapter, we are proud to share our vision for expanding our impact through the development of a new Women's Centre—a safe and welcoming space to house and grow our programs and services. This new centre will allow us to better support women, children, and families with potential features such as:

- A community drop-in space
- Food and resource programs
- Second-stage housing and wraparound supports

Together, we can build a future where every person feels safe, valued, and supported. We would be honoured to celebrate this meaningful milestone with you.

With gratitude,

**Jatinder Bhatti**  
Executive Director  
Tri-City Transitions Society  
604-941-7111  
[www.tricitytransitions.com](http://www.tricitytransitions.com)



**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, August 5**  
**NO MEETING**

**Tuesday, August 12**  
**Speaker TBD**

**Tuesday, August 19**  
**Speaker TBD**

**Tuesday, August 26**  
**Speaker TBD**



The Traveling Peace Arch has evolved from a simple contest into a vibrant celebration of friendship and Rotary spirit. Now, it's a dynamic way to explore and connect with clubs across borders by sharing stories and experiences. True to Mel Hollinger's vision, it remains a symbol of friendship and encourages regular cross-border visits. As Linda Murray suggests, bring as many club members as you can to make the journey memorable. On our new website, you'll find a record of the Peace Arch's travels, complete with club names, photos, and stories, much like the adventures of a traveling gnome. The Peace Arch might even join in fundraisers, duck races, and other community events, making every stop a unique part of its journey!



### 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 29 – August 11, 2025**

**Happy Birthday**

Thursday, July 31 - Bob

Tuesday, August 5 - Jennifer

Friday, August 8 - Malcolm

**Happy Anniversary**

**No one this week**

**Rotary Anniversary**

**Joined Coquitlam Sunrise**

**No one this week**



**Last meeting attendance 73%**

**YTD attendance 73%**