


My decision making skills closely resemble that of a squirrel when crossing the street.

Rotary 
 Coquitlam Sunrise
Good Morning Report

Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, August 12, 2025

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



Welcome to
Mike Jennings
 Past President Men's Shed Association of BC



Theme- British Columbia Men's Sheds Ten Years Later. (It is almost 10 years since I first made a presentation to the Sunrise Rotary Club).

Mike founded the **Coquitlam Men's Shed**, the first in the lower mainland. He is a Founding Member of the Port Moody and Burnett Street (Maple Ridge) Men's Sheds.

He was the president of the Men's Shed Association of British Columbia for 7 years and is more enthusiastic about Men's Sheds than ever.

Mike has been a tireless advocate for Men's Sheds in B.C. and has been involved in starting more than 40 Sheds across the province over the last 10 years. He really loves promoting the impact of Men's Sheds, and helping Sheds grow and develop. He's great at it, because he speaks from his own personal experience.

Back in 2015, when Mike sold his BC wood chipping equipment dealership, he found himself at a crossroads. "Everything was centered around my business," he said. "When that was over, I wasn't going to belong anywhere."

What is a Men's Shed?

A welcoming environment where men create shared experiences and build community. While Men's Sheds draw primarily older men, we are inclusive and welcoming to men of all ages.

Men's Sheds Association of BC provides spaces for men to build friendships and engage in community activities, reducing the risk of social isolation and its negative impact. We are part of a global movement of men coming together for men's health and wellness. You can find men in over 65 communities around the province meeting regularly.

Tuesday August 12 is SHARE DAY



**UNITE
FOR
GOOD**



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."

August is Membership & New Club Development Month

AUGUST DESIGNATION IS



**MEMBERSHIP
AND NEW CLUB DEVELOPMENT
MONTH**

"The things that are worthwhile take time, and it is not the I's of the world but the We's who achieve them."
Past RI President H.J. Brunner 1952-53

Rotary 

TAKE ACTION: Join Rotary, Get Involved

**Governor Isabelle's Message
Building an Impactful Membership Experience**

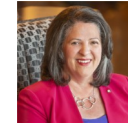
July flew by offering me awe-inspiring moments and meaningful insights into the membership experience across the District. I had the privilege of meeting with many club leaders and members, as District leaders and I attended or facilitated installations across District 5050. At every stop, I was struck by the energy, optimism, and insight of Rotarians whether it be a talented Rapper from the Rotaract Club of Surrey (yes, I'm talking about you, AQ) to skilled Rotary ambassadors leading Clubs in Marysville, Arlington, and Mission, to a Rotary leader from Hope who experienced the impact of Rotary in the Ukraine. We all come to Rotary with our unique life experiences and a common thread to do good in our world. I am drawn to Rotary not only from the work I feel driven to do, but also the experience I feel as part of a Rotary family.

Isabelle

We are Rotary. We are People of Action.

Rotary 

District 5050



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

Meetings and Member Duties

August 2025

Sergeant - Norm

Greeter - Lucille

Coffee/Muffins - Norm

Rotary thought - everyone be ready

**Tuesday, August 5
NO MEETING**

**Tuesday, August 12
Mike Jennings - Men's Shed**

**Tuesday, August 19
Club/Foundation AGM + Banos 2.0**

**Tuesday, August 26
Allan Lawrence**

**Tuesday, September 2
NO MEETING**

**Tuesday, September 9
Speaker TBA**

**Tuesday, September 16
Speaker TBA**

**Tuesday, September 23
Speaker TBA**

**Tuesday, September 30
Speaker TBA**

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, Sept 10, 2025
Cora's Restaurant, at 7:30 am**

Special Days

Weeks of:

August 12 – 18, 2025

Happy Birthday

No one this week

Happy Anniversary

Monday, August 18 (1978)

Mike & Linda McKone

47 years

Rotary Anniversary

Joined Coquitlam Sunrise

No one this week



2025 Port Moody
RIBFEST Colossal
50/50 Draw!!!
\$74,485.

The biggest
jackpot ever
Good luck everyone!!!!

Rotary 
Coquitlam Sunrise

Last meeting attendance 83%

YTD attendance 75%