

IN ORDER TO MAKE AN APPOINTMENT, HE FIRST HAD TO UPDATE HIS OPERATING SYSTEM, DOWNLOAD AN APP, GET A USERNAME, CHOOSE A PASSWORD, LOG IN TO A HEALTH PORTAL, NAVIGATE TO MESSAGES AND WRITE HIS DOCTOR...BY THEN IT WAS TOO LATE.



One of the weirdest things about being an adult is having a favorite stove top burner. No one ever talks about it, but y'all know it's true.

Everyone talks about leaving a better planet for our children.
Why doesn't anyone try to leave better children for our planet?

Sometimes, before bedtime, I fall asleep on the couch... it's my lil sleep appetizer... my nappetizer



IT'S BETTER TO GROW OLD WITH A SENSE OF HUMOR THAN TO GROW OLD WITH NO SENSE AT ALL

For you John



HAD TO CLEAN MY HOUSE FOR 2 HOURS JUST TO TELL MY GUEST "SORRY FOR THE MESS"

Grandad age is just a number, but in your case it's a REALLY BIG number!

Rotary Coquitlam Sunrise
Good Morning Report



Editor: Malcolm Kennedy malcolm.rotary@outlook.com

Tuesday, August 26, 2025

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

Welcome to our very own

Allan Lawrence

What happens when the "OIL" gets to Burnaby



Baños
de Agua Santa

Baños Project - teaser #1 - please consider joining us in Baños, Ecuador

Project timeline:

- Wednesday January 28 and Thursday January 29, 2026 team members to arrive in Quito, Ecuador - this gives flexibility to the team members plus will allow for flight delays etc. **Last year flight costs \$1,000 - \$1,2000 - return ticket**
- Friday January 30 everyone is on the bus to Baños – say around noon?
- Saturday January 31, those team members that wish to participate in the Baños Warm Hands Foundation Fundraiser Dinner can. More details on this later. This will also allow for some sightseeing etc. earlier in the day.
- Sunday February 1, a day of coordinating the work teams, plus for new team members more time to explore the area.
- Monday February 2 - Friday February 6 work at the project(s).
- Saturday February 7, team members leave Baños, for home or other adventures.
- More details will be coming re hotel room costs; I can tell you last years rate was very attractive. (\$66 USD per person based on double occupancy includes breakfast & dinner, single \$86 USD per day at the Sangay Hotel, owned by Baños Rotary members)
- Sangay Hotel (listed as 4-star) is currently holding us 35 rooms.

**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

SangKoo Yun resigns as 2026-27 Rotary International President

Dear Rotary Members,

As you may recall, last April, President-elect SangKoo Yun informed us all of his diagnosis of pancreatic cancer and his decision to step back from Rotary responsibilities so he could focus on his treatment. Today, President-elect SangKoo notified me in a letter that he has decided to resign as President-elect of Rotary International after extensive consultation with his doctors. In his message, he shared the following sentiments:

"My doctors have advised that it may not be possible for me to meet the demanding travel and schedule required of our President. As much as I wish to serve in this role, I must honor that advice."

"It has been a tremendous honor and pleasure to be given the opportunity to lead our organization. I will continue to serve however I can, and my love for Rotary and my commitment to our mission remains unshaken."

On behalf of the Rotary International Board and with a heavy heart, I accepted SangKoo's resignation. While it is a difficult decision, we deeply appreciate SangKoo's thoughtful consideration and his focus on the best interest of Rotary.

The Board will convene soon to determine next steps. We will keep you updated on any further developments.

I want to thank SangKoo for his tremendous service, leadership and contributions to our organization. Please join me in wishing him a swift recovery and good health in the future.

With warm regards,

Francesco Arezzo
President, Rotary International, 2025-26

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 26

Allan Lawrence

Trans Mountain Pipeline - at the end

Tuesday, September 2

NO MEETING

Labour Day

Tuesday, September 9

Speaker TBA

Tuesday, September 16

DG Isabelle Hayer

Official Visit

Tuesday, September 23

Amanda Todd

Amanada Todd Legacy

Tuesday, September 30

NO MEETING

**National Day for Truth &
Reconciliation**

Garden Work Party

Saturday, August 30

10:30 am - Noon

Eagle Ridge Hospital

**Possible after work lunch
at a nearby PUB!**

Rotary
Coquitlam Sunrise



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**

Weeks of:

August 26 – September 8, 2025

Happy Birthday

Thursday, August 28 (1940)

John Panrucker

A proud 85 years

Happy Anniversary

No one this week

Rotary Anniversary

Joined Coquitlam Sunrise

Wednesday, August 25

Emmanuel - 5 years

Tuesday, August 26

Tom A - 32 years

Special Days

Rotary
Coquitlam Sunrise



**Last meeting attendance 81%
YTD attendance 76%**

We are Rotary. We are People of Action.