



CAPRI ECHO

April 20 2026

Newsletter for the Rotary Club of Kelowna Capri
Website: <https://caprirotary.ca/>

President: Peter Spek
Secretary: Carola Spek

Treasurer: Lockie Bracken
Editor: Peter Spek



Apr 27 - Regular Meeting: Guest Speaker

Colleen Cornock - with City and Journey Home

May 4 - Regular Meeting

May 11 - Regular Meeting

May 18 - Regular Meeting

May 25 - Regular Meeting: Guest Speaker

Dr. Hilary Pada – infant care for one year old or younger.



DID YOU KNOW
Gratitude...

- * SHIELDS YOU FROM NEGATIVITY
- * MAKES YOU AT LEAST 25% HAPPIER
- * REWIRES YOUR BRAIN
- * ELIMINATES STRESS
- * HEALS
- * IMPROVES SLEEP
- * BOOSTS SELF-ESTEEM & PERFORMANCE
- * ENHANCES THE LAW OF ATTRACTION
- * IMPROVES RELATIONSHIPS

mindm > yes



The Sheriff this week was Peter Spek.

April 20 (aka 4/20) is the unofficial global holiday for cannabis culture, and Canada has leaned into it hard—especially with nationwide legalization back in 2018. What started as a protest vibe (roots trace back to 1970s California teens, but Canada had its own early activism) has evolved into a mix of chill celebrations, comedy shows, music festivals, and the occasional civic-minded cleanup.

Here are some funny, quintessentially Canadian twists on April 20:

Classic Canadian 4/20 Shenanigans

- ***Highway 420: Yes, there's an actual Highway 420 in Canada (near Niagara Falls). Stoners treat it like a pilgrimage site, with marches, expos, and cannabis-themed events turning it into a "stoner shrine" every year. Perfect for that polite Canadian protest energy: "Sorry, eh, but we're blazing on the 420."***
- ***Medicine Hat's "Smoke then Clean" Tradition: Instead of just getting baked and leaving a mess (looking at you, some unsanctioned Vancouver beach gatherings), folks in Medicine Hat light up... then pick up trash downtown. Fighting the "lazy stoner" stereotype one garbage bag at a time. Very Canadian—polite, productive, and probably ends with everyone saying "sorry" for the smoke smell.***
- ***Parliament Hill Chill-Outs: In Ottawa, people gather for mellow 4/20 celebrations right on Parliament Hill. Post-legalization, it's less "protest" and more "peaceful sesh with the Mounties casually nearby." One of the smallest but most ironically wholesome ones.***

Comedy & Events That Hit Different in Canada

Toronto often goes big with the Cannabis Comedy Festival—stand-up comics roasting weed culture across multiple venues. Stoned audiences = easy laughs, but in true Toronto fashion, it's polished enough to feel like just another weekend in the 6ix. Other spots host things like "Smokus Pocus" (a cannabis-themed magic show with mind-reading and illusions—perfect for when you're already questioning reality).

Vancouver's Sunset Beach events sometimes stay unsanctioned for that rebellious edge, even years after legalization. Calgary has music & arts festivals. Niagara Falls turns it into expos with everything from glass blowing to dab bars. Basically, coast-to-coast chaos, but with better poutine options.

Timeless 4/20 Humor (with a Canadian Filter)

- *The day after 4/20 is unofficially "national surprise drug test day" and the day after that "national unemployment day." (Works extra well if you're in a "safety-sensitive" job up north.)*
- *Post-legalization jokes: "Remember when 4/20 felt rebellious? Now it's just Tuesday at the dispensary... but with more lineups and government stamps."*
- *Munchies level: Expect Tim Hortons runs for double-doubles and Timbits at 2 a.m., or debating whether poutine counts as a "balanced" high meal.*
- *Canadian politeness filter: "Excuse me, mind if I spark up? Oh, sorry about the second-hand smoke, eh. Want a puff?"*

If you're celebrating today, stay safe, hydrate, and remember the golden rule: In Canada, even your 4/20 plans probably involve apologizing to someone. Happy 4/20—blaze responsibly, or at least apologize while doing it. 🍃 😊

(If you're looking for specific city events this year or more memes, let me know!)



Happy Sad

Business

Tuesday April 21st there will be a President meeting which Peter will attend. Friday April 17th there will be the 2026 District Conference which will be held at the Coast Kamloops Hotel & Conference Centre.

Rotary Day June 28th 2026

May 1st will be the deadline for budgeting to see if Rotary Day is a go or not. If we can get enough funding it won't be a go. Wednesday April 29th is the next meeting.

As a club we started with a pamphlet which we will hand out at Rotary. The next 2 pages are a start and we will the upcoming months spend time to tweak it until the final version is ready to hand out June 28th.



Check for Habitat for Humanity

Ready to Join?

Come as a guest to one of our Monday evening meetings at Moxies. No obligation – just good company and great conversation.



Contact us today:

Visit: <https://wwwcaprirotary.ca>

Email: caprirotary@outlook.com



April 2026

Rotary club of Kelowna Capri
information brochure

**Join the Capri
Rotary Club**



Supporting Joeanna's house

**Making a difference
in Kelowna since
1968**

Service Above Self

Who we are

- We are local business leaders, professionals, and civic-minded people who meet regularly to build friendships, grow as leaders, and take meaningful action in our community.



Support renovation East Kelowna Hall

Weekly meetings:

- Every Monday at 5:30 PM at Moxies. (Great food, inspiring speakers, great conversations)
- Hands-on and local projects that improve Kelowna
- Global impact through Rotary's worldwide network (including polio eradication and international humanitarian work.)

Why Join the Rotary Club of Kelowna Capri?

- **Build lifelong Friendships.**
Connect with positive, like-minded leaders in a fun, welcoming environment.
- **Expand your network**
Meet Kelowna's business owners, executives, and professionals who get things done.
- **Develop Leadership skills**
Gain experience in public speaking, project management, and team leadership.
- **Make a real impact**
 - ✓ Support local initiatives in youth, health, environment, and community needs.



- ✓ Contribute to global causes that change lives.
- ✓ Fundraise and volunteer together (past projects include Community lighting, Salvation Army support, and more)

Have fun while giving back

- Enjoy knowing that you help building a better world.

What Members say

"Rotary has given me incredible friendships, new leadership skills, and the chance to make a positive difference right here in Kelowna." Carola



Christmas party for residents Cottonwoods

HUMOUR



**Go ahead, make
fun of Florida, but
it's the only state
with direct flights
to the Moon. 🚀**

Safety Kit Fundraising

We still have some safety kits available for sale. If you or know someone who wants the Family First Aid Kit or the Auto Safety Kit, please mention at the upcoming in person meeting or email me an order.

At this moment we have at least 12 vehicle kits and 18 Family First-aid kits for sale.



FR302 Family First Aid Kit

[10] Adhesive junior bandages, [2] Fingertip adhesive bandages, [1] Adhesive tape, [1] Hand sanitizer wipes, [1] Tweezer, [1] Triangular bandage, [1] Instant cold compress, [2] Knuckle adhesive bandages, [5] Alcohol prep pads, [15] Adhesive bandages, [5] Antiseptic towelettes, [1] Scissor, [3] Gauze pads 2"x2", [3] Gauze pads 3"x3", [2] Povidone-iodine prep pads, [2] Adhesive patch bandages, [1] Trauma dressing, [1] Pair of examination gloves, [1] First aid instructions, [1] Nylon case

Dimensions: 6.5"(W) x 5"(H) x 2"(D) **Weight:** 0.65 lbs.



FR301 Auto Safety Kit

[1] Poncho, [1] Flashlight with handle charger, [1] Seat belt cutter, [1] Thermal rescue blanket, [1] Nitrile dipped gloves (pair), [1] Plastic whistle, [1] SOS signaling flag, [1] Emergency tub candle, [1] Pack of matches, [1] Hand warmer 8HR (pair), [2] Antiseptic towelettes, [1] Povidone-iodine prep pad, [5] Adhesive bandages, [2] Knuckle adhesive bandages, [2] Fingertip adhesive bandages, [5] Adhesive junior strips, [2] Alcohol prep pads, [2] Hand cleansing wipes, [1] Nylon zipper case with velcro back

Dimensions: 7"(W) x 3"(H) x 6.5"(D) **Weight:** 0.85 lbs.