



# **CAPRI ECHO**

## **February 16, 2026**

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

**President: Peter Spek**  
**Secretary: Carola Spek**

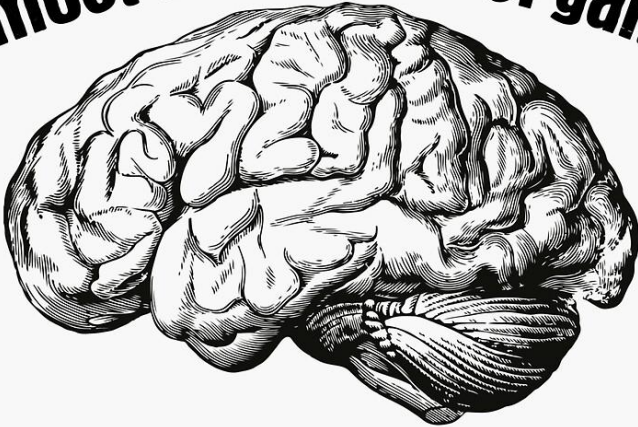
**Treasurer: Lockie Bracken**  
**Editor: Peter Spek**



- Feb 23 - Regular Meeting
- Mar 2 - Regular Meeting
- Mar 9 - Regular Meeting
- Mar 16 - Regular Meeting
- Mar 23 - Regular Meeting
- Mar 30 - Regular Meeting



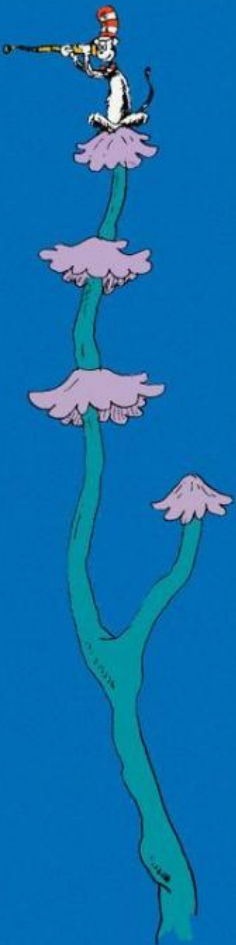
**The Brain Is The  
Most Important Organ**



**According To The Brain**

I like nonsense,  
it wakes up the  
brain cells.  
Fantasy is  
a necessary  
ingredient in  
living. It's a way  
of looking at  
life through the  
wrong end of a  
telescope, which  
is what I do, and  
that enables you  
to laugh at life's  
realities.

— Dr. Seuss —



REMEMBERING SEUSS

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The Sheriff this week was Peter Spek.

***Here are some fun facts about Family Day to share and enjoy with your loved ones today! Since the date is February 16, 2026 (a Monday in mid-February), this ties into the popular Canadian provincial holiday known as Family Day, celebrated on the third Monday of February in several provinces.***

- ***Family Day started in Canada — Alberta was the first province to make it official in 1990, thanks to the Family Day Act passed under Lieutenant Governor Helen Hunley. It was created to give hardworking people a break during the long winter stretch and emphasize family values, love of home, and community.***
- ***It's not a national holiday — Family Day is provincial in Canada (observed in Alberta, British Columbia, Ontario, Saskatchewan, and New Brunswick as "Family Day," with similar mid-February holidays under other names like Louis Riel Day in Manitoba or Heritage Day in Nova Scotia). Most Canadians live in provinces that recognize it, making it a de facto long weekend for many!***
- ***It spread across provinces over time — Saskatchewan adopted it in 2007, Ontario in 2008, British Columbia in 2013 (originally on the second Monday before aligning), and New Brunswick in 2018. The goal? More quality time with family during the chilly February blues.***
- ***Winter fun is the vibe — In Canada's cold February weather, popular ways to celebrate include skating, hockey, snowboarding, skiing, snowshoeing, winter festivals, or cozy indoor activities like hot chocolate and baking. It's the perfect excuse for outdoor adventures or snuggling up at home!***
- ***Family time has real benefits — Research shows spending quality time together (like family meals or activities) builds kids' confidence, reduces stress for everyone, improves communication, boosts self-esteem, and even lowers risks like substance abuse or depression in teens.***
- ***Similar "Family Days" exist worldwide — Beyond Canada, Family Day (or equivalents) is a public holiday in places like South Africa, Namibia, Angola, Vietnam, Israel, Uruguay (where Christmas is officially called Family Day for secular reasons), and Vanuatu (on December 26). In the U.S., there's American Family Day on the first Sunday in August (starting in Arizona in 1978), focused purely on quality time without gifts.***
- ***No gifts required — Many versions of Family Day (like the American one) encourage focusing on relationships, fun, relaxation, and catching up—rather than shopping or presents. It's all about making memories!***

*Whether you're hitting the slopes, playing board games, cooking together, or just hanging out, Family Day is a great reminder that any day can be family day. What's your favorite way to celebrate?*



## **Happy Sad**

Art mentioned that it was in February that he and Glenna had their first date.

## **Business**

The domain caprirotary.ca needs to be renewed and it was chosen to renew for another 3 years. Peter will inform Clubrunner to claim this domain for another 3 years.

## **Rotary Day June 28<sup>th</sup> 2026**

Carola provided us an update about the last Rotary meeting. The team went outside in the park to make a layout of Rotary day. She mentioned that there will be 2 types of sponsor packages with a maximum of 10,000 CAD who will get the most exposure.

HUMOUR



# 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.