



CAPRI ECHO

February 23, 2026

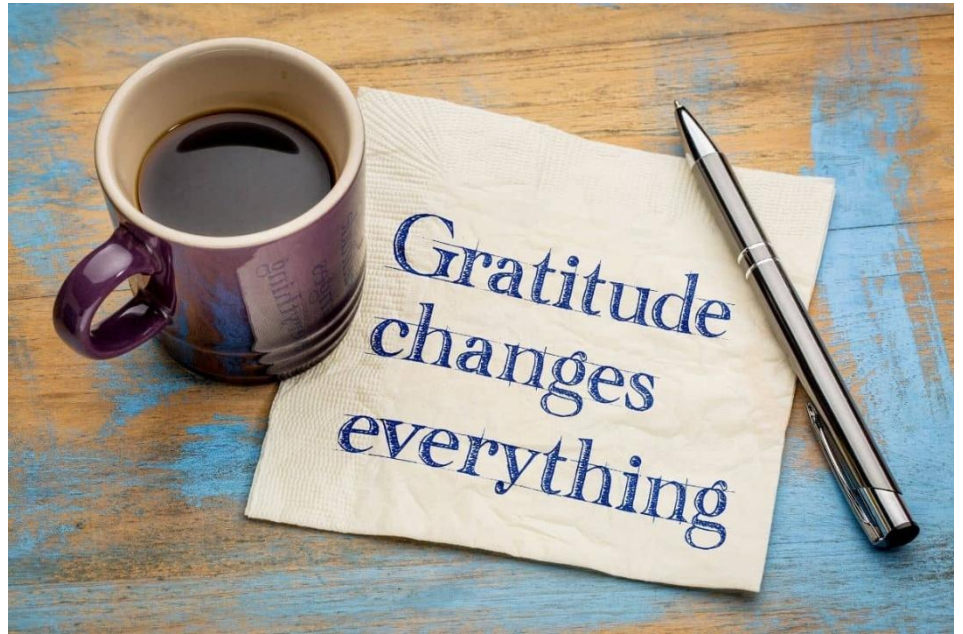
Newsletter for the Rotary Club of Kelowna Capri
Website: <https://caprirotary.ca/>

President: Peter Spek
Secretary: Carola Spek

Treasurer: Lockie Bracken
Editor: Peter Spek



- Mar 2 - Regular Meeting
- Mar 9 - Regular Meeting
- Mar 16 - Regular Meeting
- Mar 23 - Regular Meeting
- Mar 30 - Regular Meeting
- Apr 6 - Regular Meeting



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



The Sheriff this week was Peter Spek.

Here are some fun facts about February 23 — the 54th day of the year (with 311 days left in 2026)!

Food & Fun Holidays

- ***It's National Banana Bread Day — perfect for using up those overripe bananas in the ultimate comfort bake. Who doesn't love that sweet, moist loaf fresh from the oven?***
- ***International Dog Biscuit Appreciation Day (or National Dog Biscuit Day) — a day to treat your pup and celebrate those crunchy, tail-wagging rewards.***
- ***Other quirky observances include Curling is Cool Day, Diesel Engine Day, Tootsie Roll Day, and Play Tennis Day.***

Historical Highlights with a Twist

- ***In 1455, Johannes Gutenberg is credited with printing his famous Bible — one of the first major books produced with movable type, kicking off the Printing Revolution and making knowledge way more accessible.***
- ***1836 marked the start of the Siege of the Alamo in Texas, where a small group held off a massive Mexican army for nearly two weeks — "Remember the Alamo!" became a legendary battle cry.***
- ***On February 23, 1945, U.S. Marines raised the American flag on Mount Suribachi during the Battle of Iwo Jima in WWII. This iconic moment (the second flag-raising that day) was captured in a Pulitzer Prize-winning photo and later inspired the Marine Corps War Memorial.***
- ***1540: Explorer Francisco Vázquez de Coronado set off from Mexico hunting the mythical Seven Cities of Gold (Cíbola). Spoiler: He found no golden cities — just adobe pueblos — but his expedition did map huge parts of the American Southwest, including glimpses of the Grand Canyon.***
- ***In 1778, Prussian officer Baron von Steuben arrived at Valley Forge to train George Washington's ragged Continental Army, turning them into a more disciplined fighting force during the American Revolution.***

Famous Birthdays

- ***George Frideric Handel (1685) — the Baroque composer behind masterpieces like Messiah ("Hallelujah" chorus, anyone?).***
- ***W.E.B. Du Bois (1868) — brilliant scholar, civil rights activist, and co-founder of the NAACP.***

- ***Peter Fonda (1940) — actor and counterculture icon, especially known for Easy Rider.***
- ***Modern celebs include Emily Blunt (actress, A Quiet Place, The Devil Wears Prada), Dakota Fanning (child star turned acclaimed actress), and Kristin Davis (Charlotte from Sex and the City).***

February 23 packs a mix of revolutionary tech, epic battles, legendary music, and plenty of treats for humans and dogs. What's your favorite fact from the day?



Happy Sad

Brian had happy dollars because he was happy that the cataract surgery at one eye was successful and is excited to see clear and looking forward to having his other eye done soon.

Ron had happy dollars that a bad Mexican has died. Relating to Dog Biscuit Appreciation Day Ron informed us that all of them are delicious except the liver once.

Business

This week there will be a President meeting which Peter will attend.

Rotary Day June 28th 2026

Carola provided us an update about the last Rotary Day meeting.

The plan is to invite the BC Lions team to open the festival since they have a breakfast meeting close to the event. Freeze the Fall a melodic metal trio from Kelowna will be closing the event.

HUMOUR

HOW AGING AFFECTS BELT HEIGHT...



YOUTH ADULT MIDDLE- AGE OLD AGE

Reynolds

IT'S WEIRD BEING THE SAME AGE AS OLD PEOPLE

Senior Citizen, Elderly Person, Senior, Golden-Ager, Old Fogey, Old Person, Old-Age Pensioner, Old-Timer, Oldster, Patriarch, Pensioner, Retired Person, Geriatric, Retiree. Yes its true. No you can't start over by pressing reset.



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.