



CAPRI ECHO

May 11, 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



May 18 - Regular Meeting

May 25 - Regular Meeting

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

Jun 1 - Regular Meeting

Jun 8 - Regular Meeting

Jun 15 - Regular Meeting

Jun 22 – Installation night light





The Sheriff this week was Peter Spek.

May 11th in Canada is packed with fun, silly observances perfect for some light-hearted chaos.

No big official Canadian holiday lands exactly on it (Victoria Day usually falls around the Monday before May 25), but plenty of quirky international "fun days" line up nicely with classic Canadian vibes.

Top Funny Things to Celebrate on May 11

- ***Eat What You Want Day — The star of the show. Ditch the kale smoothies and poutine guilt. Go wild with timbits, maple syrup everything, butter tarts, or a full-on Montreal smoked meat feast. Nutritionists even say a cheat day can be good for you mentally. In Canada, this is basically a national love language.***
- ***Twilight Zone Day — Perfect for that moment when you step outside in May expecting spring... and it snows. Or when your hockey team blows a 3-1 lead. "Do do do dooo..." Celebrate by watching old episodes or gaslighting your friends with weird Canadian facts.***
- ***Bonus weird ones: National Foam Rolling Day (for all that hockey-induced soreness), Hostess Cupcake Day (or swap for Canadian snack cakes), and World Ego Awareness Day (ideal for politely apologizing while secretly feeling superior about our politeness).***

Canadian-Flavored Funny Ideas for the Day

- ***Poutine Indulgence Challenge: Eat poutine for every meal. Bonus points if you add weird toppings like pulled pork or butter chicken. Post it with #SorryNotSorry.***
- ***"Eh" Twilight Zone Pranks: Tell people bizarre Canadian history facts with a straight face (e.g., we once paid \$11 million for a huge chunk of land from the Hudson's Bay Company, or how geese terrorize golf courses more effectively than any security system).***
- ***Victoria Day Warm-Up: Since the long weekend is often nearby, start early with fireworks (where legal), cottage plans, or complaining about the weather.***
- ***Memes & Relatability: Lean into Canadian memes — endless winter jokes even in May, double-double runs, or "I'm not mad, I'm just disappointed... eh?" energy. Funny Canadian meme pages are gold for this.***

If you're planning an event, party, or social media post, combine Eat What You Want Day with Canadian classics for maximum laughs. It's the perfect low-stakes excuse to embrace the absurdity of life up north. What kind of funny stuff are you looking for — party ideas, memes, history jokes, or something else?



Happy Sad

Lockie generously added happy and sad dollars in memory of Ted Turner (87) who passed away May 6th. Ted is being remembers as an American businessman, television producer, media proprietor, and philanthropist who founded CNN and married Jane Fonda.

Art donated happy dollars since he now can walk more freely with only the support of a cane.

Business

Installation night is tentatively set for Monday June 22nd and will be lighter version since the roles remain similar to this Rotary year. The meeting will be more casual.

May 16th will be Victoria Day, but despite it being a statutory holiday we still have our regular meeting.

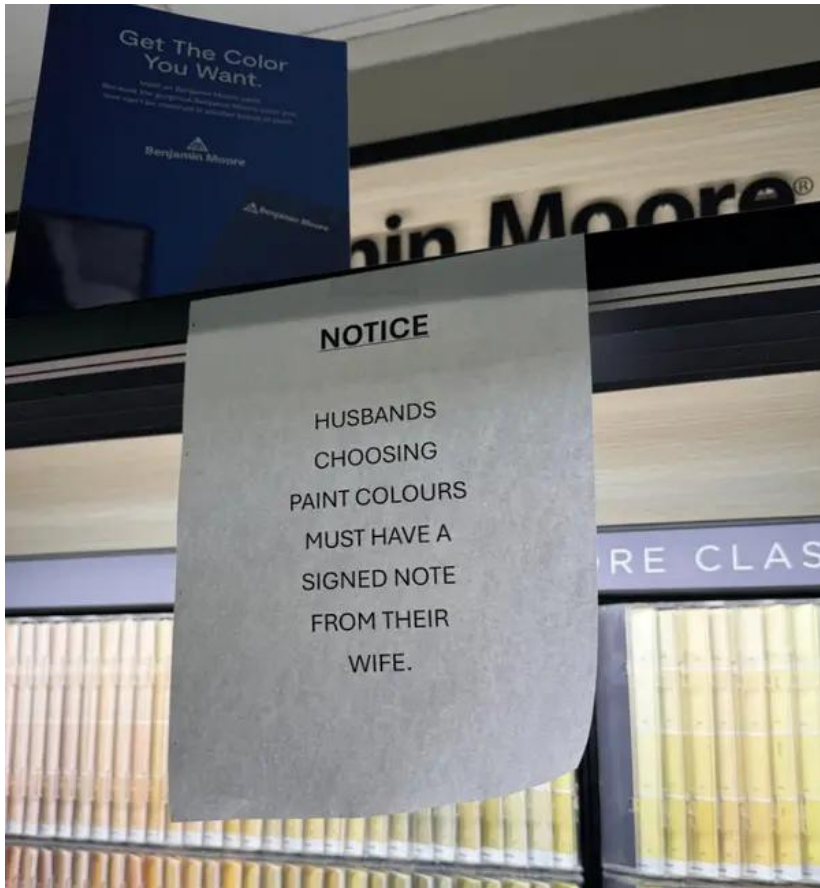
Next meeting we go through the 2026/2027 budget and establish the membership fees.

This week a cheque will be sent to Rotary World Help to contribute to the shipping of a container filled with medical equipment to the Ukraine. This will be the second container we financially support.

Rotary Day June 28th 2026

We are continuing to work on the pamphlet until it reaches perfection. Close to Rotary Day we will update our website as well to reflect the latest information of our club.

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.