



CAPRI ECHO

May 25, 2026

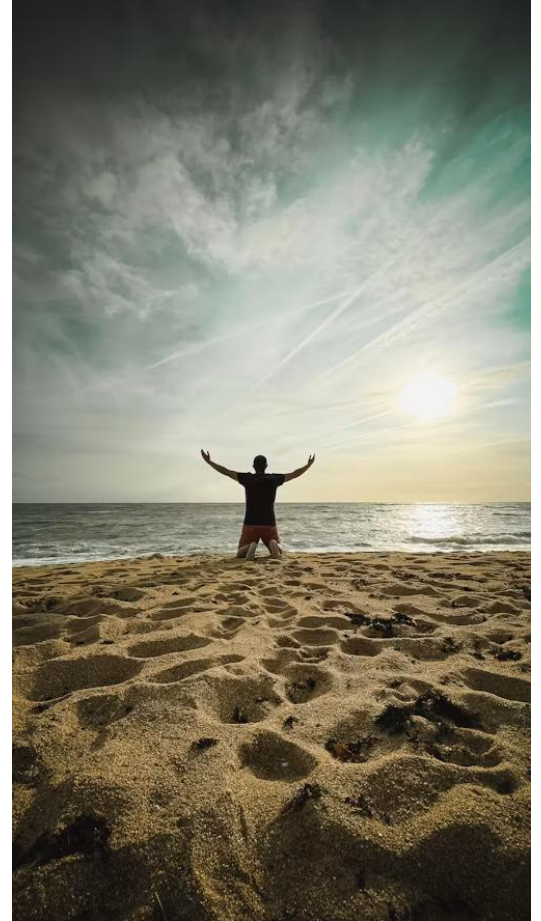
Newsletter for the Rotary Club of Kelowna Capri
Website: <https://caprirotary.ca/>

President: Peter Spek
Secretary: Carola Spek

Treasurer: Lockie Bracken
Editor: Peter Spek



- Jun 1 - Regular Meeting
- Jun 8 - Regular Meeting
- Jun 15 - Regular Meeting
- Jun 8 - Regular Meeting
- Jun 22 – Installation night light
- Jun 29 – Regular Meeting



DANKE!
THANK YOU!
MERCİ!
GRAZIE!
GRACIAS!
DANK JE WEL!
.....



The Sheriff this week was Peter Spek.

Top Quirky & Fun Holidays on May 25

- **Towel Day** — *The ultimate nerd holiday. Fans of *The Hitchhiker's Guide to the Galaxy* carry a towel everywhere because, as Douglas Adams wrote, a towel is "the most massively useful thing an interstellar hitchhiker can have." Don't leave home without it.*
- **Geek Pride Day** — *Celebrate your inner (or outer) nerd! Wear your fandom proudly — comics, sci-fi, tech, gaming, whatever. It's the day geeks of the world unite without shame.*
- **National Wine Day** — *Perfect excuse to open a bottle (or three). Pair it with National Hamburger Day for the ultimate chill combo.*
- **National Tap Dance Day** — *Put on some shoes and tap like nobody's watching. Or just watch old Fred Astaire videos and pretend you're good at it.*
- **National Brown-Bag-It Day** — *Bring your lunch in a paper bag. Extra points if you write a joke on it or pack something ridiculous like a gourmet sandwich in a sad little bag.*
- **Sing Out Day** — *Belt out your favorite songs at full volume. Bonus chaos if you do it in public.*

Random Funny History on May 25

- *In 1932, Disney's Goofy (originally called Dippy Dawg) made his first appearance. A clumsy, lovable idiot was born.*
- *In 1989, Weird Al Yankovic recorded "She Drives Like Crazy" — one of his many perfect parody moments.*
- *Star Wars was released on May 25, 1977 — the day the galaxy got way weirder (and better).*

Other Silly Vibes

- *It's often near Memorial Day (US), so you get serious respect mixed with the chaos of long-weekend barbecues, questionable fireworks decisions, and people pretending it's full summer.*

May 25 is basically the day for wine-drinking geeks who tap dance while holding a towel and singing with their sad brown-bag lunch. Peak absurdity.

Want memes, specific year jokes, or ideas for celebrating any of these? Let me know! 🍷 🍔 🌐



Happy Sad

Ron added in sad dollars because Robert Illichmann passed away.

Business

Next meeting we will go through the 2026/2027 budget.

It was the last meeting Amanda had served us at Moxies. She will be moving to Vancouver Island to advance her career, and she will be dearly missed by us.



Rotary Day June 28th 2026

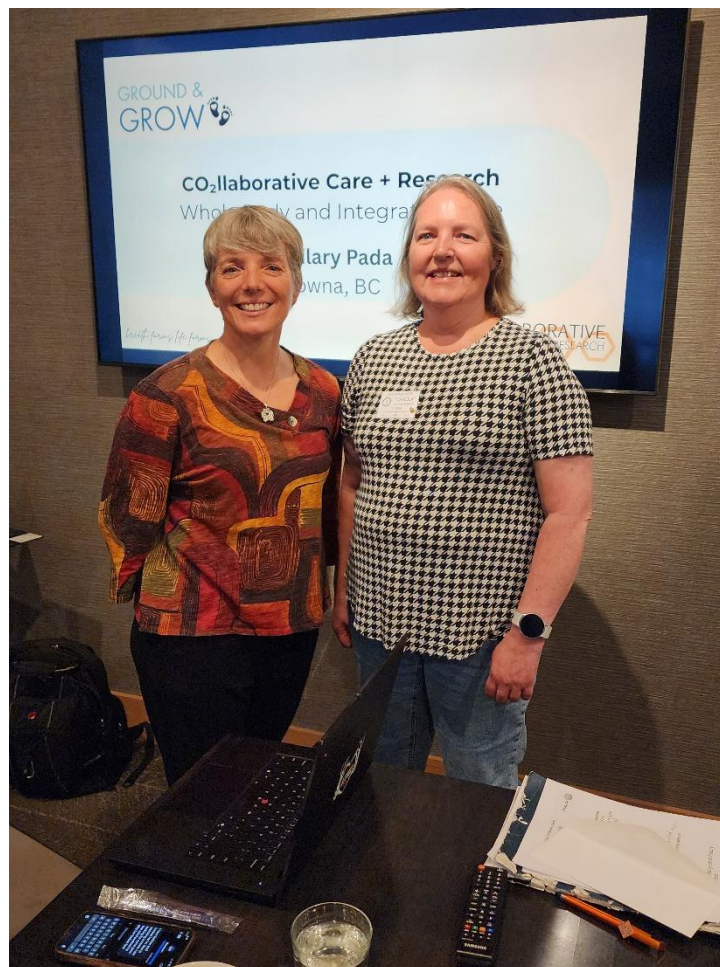
We are continuing to work on the pamphlet until it reaches perfection. Close to Rotary Day we will update our website as well to reflect the latest information of our club.

Presentation

Dr. Hilary Pada from [CO2LLABORATIVE CARE + RESEARCH](https://www.co2laborative.com) provided us an amazing presentation about Myofunctional Care and taught us how instead of using the traditional treatments (StarWars Chapter 4 approach) in many situations for babies and infants relatively easy corrections can make major improvements in breathing, speaking, eating, sleeping, and overall physical and mental health.

The below link explains more about Tongue-tie and tethered oral tissues:

<https://www.healthlinkbc.ca/living-well/parenting/parenting-babies-0-12-months/baby-health/tongue-tie-and-tethered-oral-tissues>



HUMOUR



“Why do
French people
eat snails?
Because they
don't like fast
food”



“Why are
recycle bins
optimistic?
Because
they're full
of cans”

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.