

High Steaks RESTAURANT

MONDAY.....STEAK OR FISH
 \$14.95 members \$15.95 non-members

TUESDAYCHEF'S SELECTION
 \$11.95 members \$12.95 non-members

WEDNESDAY \$10 STEAKS
 For members and non-members

THURSDAY ... BLACKBOARD SPECIALS

FRIDAY DINNER FOR 2
 \$36 members \$37 non-members
 2 meals, 1 garlic bread & jug of local beer
 or soft drink or 2 glasses of house wine.

SATURDAY ... BLACKBOARD SPECIALS

SUNDAY\$9.90 SCHNITZEL
 Choice of Beef or Chicken.
 Extra \$2 for selected toppings.

SATURDAY ... BLACKBOARD SPECIALS

SUNDAY\$9.90 SCHNITZEL
 Choice of Beef or Chicken.
 Extra \$2 for selected toppings.



Hotplate Specials
 High Steaks Restaurant open from 5.30pm
 Bookings Essential Friday & Saturday Night

Supervised Kids Club!

FREE FREE FREE FREE FREE FREE FREE

WED & THUR 6 – 8.30pm
FRIDAY 6 – 10pm
SATURDAY 1 – 10pm
SUNDAY 12 – 7pm

Playstation® Games, Movies, Arts and Crafts.
 Come have some fun and meet new friends!



GAMING PROMO

	TUESDAY Grocery Grab from 12.30pm
	WEDNESDAY Win \$20 Fuel voucher 7.00pm
	THURSDAY Money or the Box 12.30pm
	FRIDAY Lucky Dip 12.30pm
	SATURDAY Win a meat tray 12.30pm

BIG CASH PRIZES TO BE WON!



B I N G O

Tuesday, Thursday, Friday & Saturday
 10.30am – 12.30pm
 Snowball jackpots start at \$500!
 Come and meet new friends and WIN great prizes!

GREAT CASH & PRIZES!

EVERY WEEK

THURS 7pm		SUPER
FRI 1.30pm		SUN
SAT 1.30pm		11am

MEMBERS COURTESY BUS DROP OFF & PICK UP FROM YOUR DOOR

MON	1st Monday 5.30 – 9.30pm 3rd Monday of every month 9.30am – 1.30pm
TUES	9.15am – 2.15pm
WED	6pm – 9pm
THURS	9.15am – 2.15pm / 6pm – 9pm
FRI/SAT	9.15am – 2.15pm / 5pm – 12am
SUN	2pm – 7pm

PH: 3390 3011 FOR PICK UPS



CAPALABA SPORTS CLUB

SUPPORTING OUR COMMUNITY
 • FOR 26 YEARS •

113 NEY ROAD CAPALABA

PHONE 3390 3011

SHAMROCK SUNDAYS

Spin the Shamrock Wheel to win cash and prizes

 **\$1500**

On the Shamrock Wheel if you spin up 3 shamrocks in 3 spins you will win \$1500.

 **\$150**

2 shamrocks in 3 spins you will receive \$150.

 **\$25**

1 shamrock in 3 spins you will receive \$25.



SUNDAYS

FEBRUARY
 MARCH & APRIL

3.30pm
4.30pm
 and
5.30pm

Every Sunday with every \$5 Pokie win and \$10 spend at the bar, a ticket is automatically issued and you will be in the running to win great prizes. We will be picking out 1 lucky winner every hour at 3.30pm, 4.30pm and 5.30pm.

Nil shamrocks will receive \$10. Every week an extra shamrock is added to the wheel for more opportunities to win.

If the 3 shamrocks are won, we go back to the original wheel and start adding the shamrocks again each week.

SUPPORTING OUR COMMUNITY

• FOR 26 YEARS •

Bodhi Annetts is a very special boy who lives in our community and is dearly loved by our members. At 18 months of age Bodhi's learning started to regress – he lost his speech, his ability to understand directions and began to struggle with socializing. At 2 years of age he was diagnosed with Autism.



Autism for most people is a lifelong developmental disability. Many individuals with Autism may have difficulty learning normal patterns of speech and/or communication, appropriate ways to relate to people, objects and events.

Early intervention is vital to Bodhi's progress and he requires education and management, both at home and

at school that reflects awareness of and responds to his specific needs. These costs can equate up to \$20 000 per year to ensure Bodhi's family can provide all the therapy Bodhi requires to fulfill his full potential.

Capalaba Sports Club have been fundamental in these fund raising activities and Bodhi's family cannot thank the Club enough for their ongoing support and understanding. With the money raised by fund raising through the Capalaba Sports Club Bodhi's family have been able to achieve the following:

- Additional therapy sessions including speech, occupational therapy and music therapy
- Acquisition of learning aids
- Fulfill Bodhi's extreme dietary requirements (this costs \$100 per week)
- Conventional and natural therapy and specialist appointments
- Swimming lessons with teachers specialised in children with special needs
- Communication lessons including sign language

Our communities' support is greatly appreciated and needed. Donations can be made any Wednesday night at Capalaba Sports Club when Bodhi's family and friends come up and run our raffles.

You can also donate directly to the Bodhi Annetts Foundation at Suncorp.

The details are as follows:

Suncorp Bank
Account name: Bodhi Annetts – Autism
BSB: 484 799
Account No: 027235577

We look forward to continually helping Bodhi's family and we wish Bodhi all the best in realising his full potential.




Capalaba Sports Club has a long tradition of providing support to our local community. Without your support this would not be possible.


Many local charities, sporting and school groups have benefitted including Capalaba State Amateur Swim Team, Lions, Rotary, FOBIC, Wynnum/Redlands Cycle Club, Blues Netball Club, Redland Special School, Bodhi Annetts Foundation and our own fabulous bowls group.

Management and our Board are unanimous in their views that these contributions foster a spirit of mutual support in our community. As we support our community, so too does our community support our club.

Every quarter we will be focusing on a special charity that means a lot to us. We want the community to acknowledge these charities and help where possible.

YES YES YES
BRYAN BYRT 

Queensland's
**Number 1
 Ford & FPV
 Dealer**



XR6 TURBO

More Locations, More Great Deals

- Mt Gravatt....3347 9900
- Capalaba.....3245 9000
- Mansfield.....3360 9511
- Tingalpa.....3890 6300

GREAT LIVE MUSIC



FEBRUARY

Fri	5th	Kaffene7.45pm
Sat	6th	Robert Hackwood Duo7.45pm
Sun	7th	John McInness3pm
Fri	12th	Seductive Soul7.45pm
Sat	13th	Rock Wallabies7.45pm
Sun	14th	Mr Jon3pm
Mon	15th	Ronnie Christie10.30am
Fri	19th	Brown Suga7.45pm
Sat	20th	TyPaul7.45pm
Sun	21st	Blitz Duo3pm
Fri	26th	Dr Brown Trio7.45pm
Sat	27th	Tracey Vaughn Trio7.45pm
Sun	28th	Marco3pm

MARCH

Fri	5th	Kaffene7.45pm
Sat	6th	TyPaul7.45pm
Sun	7th	John McInness3pm
Fri	12th	Seductive Soul7.45pm
Sat	13th	The Bagman7.45pm
Sun	14th	Mr Jon3pm
Mon	15th	Ronnie Christie10.30am
Fri	19th	Brown Suga7.45pm
Sat	20th	Bee Gees Tribute8pm
Sun	21st	Rose Carleo3pm
Fri	26th	TyPaul7.45pm
Sat	27th	Unlimited Soul7.45pm
Sun	28th	Blitz Duo3pm

APRIL

Fri	2nd	GOOD FRIDAYCLOSED
Sat	3rd	Blitz7.45pm
Sun	4th	John McInness7pm
Fri	9th	Seductive Soul7.45pm
Sat	10th	Bagman7.45pm
Sun	11th	Paul Brown3pm
Fri	16th	Brown Suga7.45pm
Sat	17th	Beatlez Tribute8pm
Sun	18th	Rose Carleo3pm
Mon	19th	Ronnie Christie10.30am
Fri	23rd	Dr Brown Trio7.45pm
Sat	24th	Poco Loco Trio7.45pm
Sun	25th	Mr Jon7-11pm
Fri	30th	Robert Hackwood Duo7.45pm

TRIBUTE SHOWS

March 20th.....Bee Gees Tribute
 April 17thBeatlez Tribute

Tribute Shows cost \$25 and \$10 is redeemable towards dinner.



Brown Suga



Robert Hackwood



Ronnie Christie



Poco Loco Trio