

Hands on deck



Admiring the recently acquired support boat is Chris Penglase representing the Coast Guard, Bernie Atkins representing Sailability Capricornia and Desley Rial representing the Iwasaki Foundation.

Groups get behind local sailing club with grant

SEVERAL local organisations have shown their commitment to the community sailing support group, Sailability Capricornia.

The group recently received a grant of \$9500 from the Iwasaki Foundation and used some of this money to purchase a second-hand support boat from the Coast Guard.

The Coast Guard had previously received the boat, named Lion2, from the Lions Club.

The president of Sailability Capricornia, Bernie Atkins, is just delighted at the community support they have received. He recently took the opportunity to thank both Desley Rial, the director and chair of the Iwasaki Foundation Committee, and Chris Penglase, Flo-tilla Commander of the Coast Guard, for their support in helping Sailability Capricornia.

"Without support boats it would not be possible for the group to operate," Mr Atkins said.

"We are now in a position to purchase, not one, but two support boats.

"We are very grateful for the support we have received as this is a step forward in enabling us to increase the number of disabled, disadvantaged, or elderly people that we can take out for a sail.

"Prior to the purchase of Lion2, Keppel Bay Sailing Club kindly allowed us the use of one of their boats.

"The community support has been outstanding."

Sailability Capricornia is an organisation facilitating sailing for people with disabilities, the elderly, the financially and socially disadvantaged. The group sails on the first and third Tuesday of every month on the causeway lake.

For more information contact Bernie Atkins on 0400 742 053 or Steve at info@sailability-capricornia.org or 4935 1162.

Catch the cricket action to aid school

THIS Friday evening head down to Farnborough School to watch backyard cricket at its best.

The fast-paced twenty20 match is a fundraiser for the school. It will be a lot of fun with heaps of sixes and the crowd able to catch the ball, according to organiser Rhodes Watson.

"We have four teams playing on the night. Each has a single innings, batting for a maximum of 20 overs," said Rhodes, who is well known

Cycling expert offers advice

NEED some help changing the flat tyre on your pushie? The Capricorn Coast Bicycle Users group is holding a free basic bike maintenance workshop on Wednesday, May 12, at 7 Cycles, 51 Tanby Road, Yeppoon.

The evening will include tips on nutrition and the benefits of cycling for health, wellness and weight loss from QUniversity's exercise and cycling expert Associate Professor Peter Reaburn.

The evening is a good preparation to ensure your bike is in top-notch condition for the Gold 'n' Beach ride from Mount Morgan to Yeppoon the following weekend.

These events are part of Bike Week, a state-wide initiative designed to promote cycling.

For more information, see the CapCoast BUG website at <http://www.capcoastbug.org/>, call Ian Boyd 4939 7409 or email Lindsay.lgreer@cqu.edu.au about the Gold 'n' Beach ride.

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