

seaspray

Fresh is not always best

A YOUNG Hastings family recently became the proud new foster family of six hens.

Three children of the house – all younger than five years old – were delighted when the “girls” laid their first eggs and the family could sit down to a truly “home-cooked” breakfast.

But the father of the house wasn't so keen to take part in this exciting meal.

“Why not?” asked his wife.

“Because I've seen where they come from,” explained her husband.

“But you've always known how eggs are laid,” the lady of the house continued, exasperated. “Why do you have a problem with it now?”

A few beats passed before our man replied: “I hadn't seen it for myself until now.”

Game on for a game man

A PORT Macquarie man, who also is a true sports tragic, likes to regale his mates with tales of the famous athletes with whom he has shared a beer or two.

Our man even enjoys introducing himself to television sports reporters so he can swap game highlights.

But when the sports-mad male told his circle of friends he had enjoyed a bevvie with an elephant, his peers thought he had perhaps enjoyed one ale too many.

This was not the case.

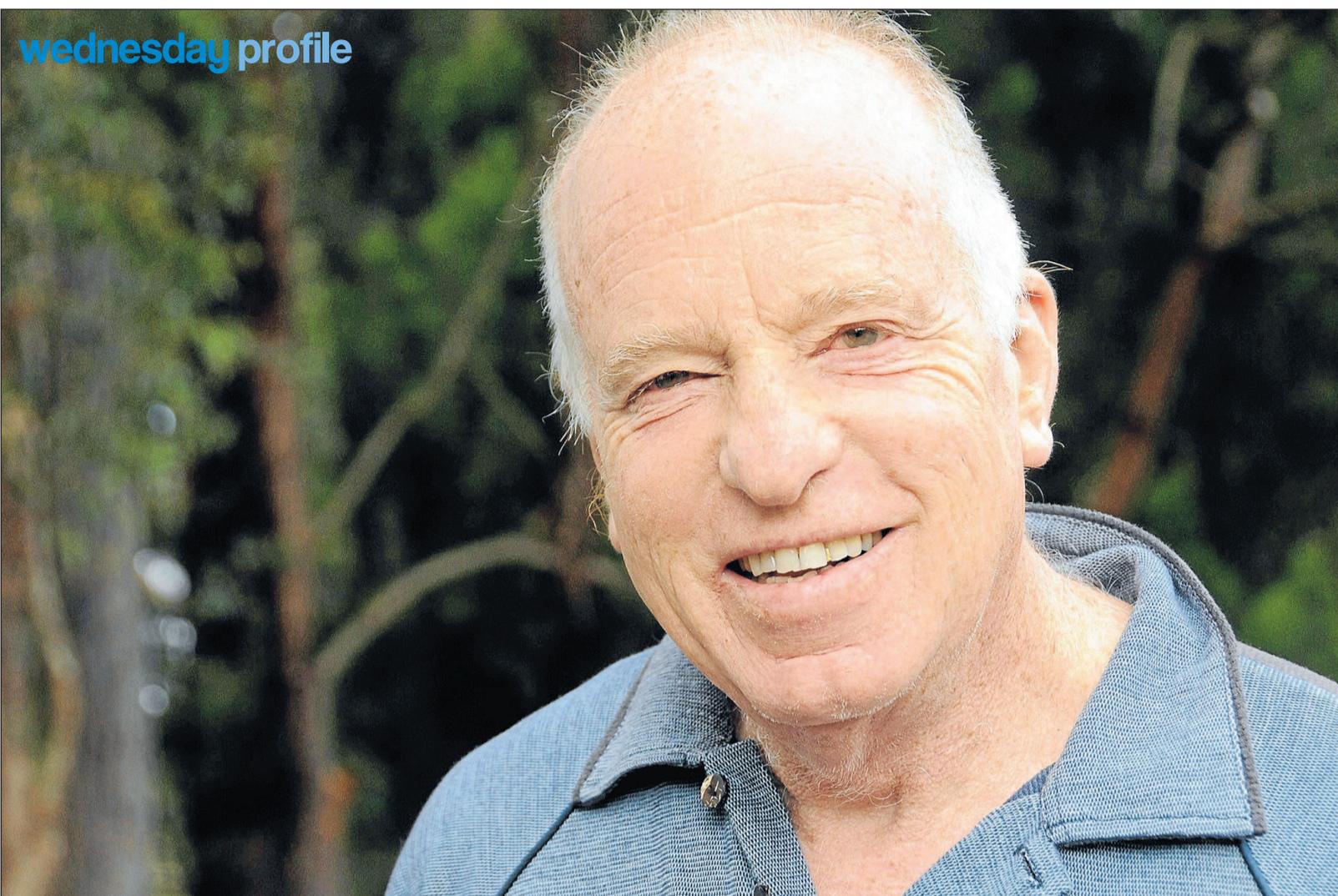
Mr It's Never Full Time had proof such a bar event had taken place when a baby elephant leaned through the window of a pub in Thailand and hugged him with its trunk.

Shop 'til she drops him

A PORT Macquarie woman has had an ongoing “debate” with her partner about shopping habits since a certain discount variety store opened in the area.

“How could you spend \$200 when I already have bought the groceries for the week?” she regularly asks.

“I only bought the necessities,” her man says, unloading bags of fascinating snacks, lollies and soft drinks.



Kilometres for a cause: Former cardiologist Peter Kark is taking part in the City2Surf to raise money and awareness for Parkinson's NSW.

Plucky Peter on track

Lisa Tisdell

RETIRED cardiologist Peter Kark won't let Parkinson's disease stop him from taking part in a famous Sydney event.

In fact, Mr Kark is raising money for Parkinson's NSW and boosting awareness about the disease as he prepares to join more than 85,000 runners, joggers, walkers and pram pushers in the The Sun-Herald City2Surf.

Support from the Rotary Club of Port Macquarie West already has pushed the fundraising amount to the \$700-mark.

The community is encouraged to donate to Mr Kark's City2Surf campaign.

The money will go to Parkinson's NSW, a non-profit, community-based organisation that provides

information, counselling and support to people living with the disease, their partners, carers and families.

Mr Kark's daughter Lauren and her boyfriend Nick Goring will walk with Mr Kark along the 14km course from Sydney's Hyde Park to Bondi Beach.

“I will finish ... I don't anticipate any problems,” Mr Kark said.

His training routine takes in stints intermittently walking and running in readiness for the City2Surf on August 12.

Mr Kark, in addition to doing his bit for people with Parkinson's disease,

also is using the event to promote the benefits of exercise for the general community.

Parkinson's disease is a movement disorder, typically with symptoms such as slowness of movement, muscle rigidity, instability and tremor.

There is no cure, but treatment and therapy can help manage symptoms.

Mr Kark had a procedure called deep brain stimulation in February, which has improved his quality of life.

“It made a big difference,” he says.

The then cardiologist was diagnosed with Parkinson's disease about five years ago.

He retired in April last year after about three decades as a cardiologist, including 16 years in Port Macquarie.

Mr Kark is a member of the Port Macquarie Parkinson's Support Group.

“Parkinson's Disease is under-diagnosed,” Mr Kark says.

Port Macquarie is without a neurologist or a dedicated nurse.

Mr Kark hopes his City2Surf campaign is the just beginning of fundraising here to help people with Parkinson's disease.

You can support Peter Kark's City2Surf Parkinson's NSW fundraiser by typing his name into the search engine at <https://secure1.everydayhero.com.au/home/heroes>

‘I will finish ... I don't anticipate any problems’



Inspirational: Peter Kark is determined to complete the 14km Hyde Park to Bondi Beach course this month.