

No beating around bush here

KNEE-DEEP in noxious weeds, Kammi Kam is a long way from the high-rises of Hong Kong.

Ms Kam and her Korean boyfriend Lee Jeongyun formed part of an international team last week, helping a Conservation Volunteers bush regeneration project at Little Pelican.

"It's something different that we can do while seeing Australia, it's a whole new experience," Ms Kam said. She was put to work removing lantana and bitou bush from the flat wetlands. "It's nothing like Hong Kong."

Ms Kam and Mr Jeongyun spent a week at Lake Macquarie and two days assisting the project.

Regeneration work at the Little Pelican flat wetlands is part of a 10-month project to provide continuing protection of natural habitats, to remove invasive weed species and to allow for regeneration of native flora.

The project is funded by a Conservation Management Authority grant. It is being conducted through the Lake Macquarie City Council and Conservation Volunteers.

Country sound can top \$1000

BUDDING songwriters have a chance to have their music professionally recorded and played on radio in a new contest which will also help raise funds for Red Cross.

The writer of the best country music song about things people do to help others – whether it's family, neighbours or the broader community – will win \$1000 of studio time at the Puzzle Factory Studio and the services of producer Noel Macdonald, to

record a master tape and 10 master copies.

The winning entry will be the featured song-of-the-week on radio station Cool Country 2KA in early-May.

Second prize is a Yamaha Pacifica 112 guitar pack.

The \$10 entry fee will assist Red Cross in helping vulnerable people.

Details, entry forms, terms and conditions are on www.redcross.org.au/NSW



Lee Jeongyun and Kammi Kam attack those weeds at Little Pelican.