FREE ELECTRICITY!
A FULLY INSTALLED
SOLAR POWER STATION ON YOUR ROOF
FOR ONLY $7pw!
Impossible? Call RICHARD on 0435 628 138 for a FREE home assessment and find out how
spacial solutions
certified home sustainability assessors
t: 0435 628 138
e: spacialsolution@optusnet.com.au
Accredited by the Department of the Environment, Water, Heritage & the Arts
Member of the Association of Building & Sustainability Assessors (ABSA)
2003881 wk32

"How To Quit Cigarettes In 60 Minutes - Guaranteed"
It only takes 60 minutes to quit cigarettes.
Imagine...
• Feeling free and energetic
• Living up to 14 years longer
• And saving thousands $
How would that feel?
All you have to do is pick up the phone, make an appointment, and keep that appointment. From that moment on your smoking problem is solved.
10% Discount – Feb Only
Call us now to book your reservation
1300 551 876
2063584_exg33

Mountain challenge moves to new heights

ALICIA McCUMSTIE

SHANE Pophfer has never been one to back away from a challenge, which is a good thing, because where he is going there is no room for fear or error.

The father of three, of Charmhaven, is teaming up with his best mate and former paratrooper Darren Wise to tackle two mountains which are among the seven highest mountains of each continent.

"Darren and I met when we were 18, when we were in the army in the 3rd Royal Australian Regiment or parachute regiment," Mr Pophfer said.

"We lost touch for a few years and then when we met up again we became adventurers and started paragliding and then we decided to climb the seven summits."

The action men kicked off their campaign in 2008 in Africa climbing Mount Kilimanjaro where they set themselves the challenge of following the hardest route to the top.

"We climbed the mountain in a record time of three days," Mr Pophfer said.

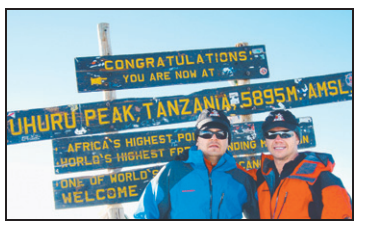
Darren Wise and Shane Pophfer are to climb two mountains on two continents. Picture: PAUL MELVILLE

When the pair started preparations for their latest expedition, which will see them scale Mount Aconcagua in South Amercia and Mount Elbrus in Russia in just five weeks, Pophfer said they decided to use their adventure of a lifetime to make a difference for children who are showing bravery beyond their years, with the pair hoping to raise $25,000 for The Children's Hospital at Westmead.

"We're also involved with the Doyalson RSL Club sub-branch and we're going to fly the flag for all our fallen nurses and soldiers."

To get ready for the mammoth task, Pophfer, who is also a grandfather, has been undergoing intense training, carrying a 30kg pack along the hills of Catherine Hill Bay.

"If I asked you how long it took you to run 100m you'd probably say 30 seconds. When we start climbing it will take us about one hour to climb 100m and that's with 150-200km/h winds whipping around us and trudging through snow and ice. It can get down to -30C."



On Mount Kilimanjaro.

How to help

■ **To make a donation in support of Shane Pophfer and Darren Wise's expedition go to their Everyday Hero website at http://www.everydayhero.com.au./corporatemonk.**

■ **To follow them as they climb go to www.darrenwise.com.au.**

TELSTRA.COM
FOR GREAT
COVERAGE
ON THE CENTRAL COAST
CHOOSE THE
TELSTRA NEXT G™ NETWORK
NEXT G NETWORK
® and ™ – Registered trade mark and trade mark of Telstra Corporation Limited ABN 33 051 775 556. BWMTCW3700/GOS

PUB: EXG DATE: 17/2/10 PAGE: 26 COLOUR: C MYK
ED: MB - GP