# Cat Chat

**CAT HAVEN'S MAGAZINE | November 22** 

Adopt A Senior Pet Month

**Val Mitchell** 

A lasting legacy at Cat Haven

Blood Donors Needed

What's on at Cat Haven

Purrfect Christmas gifts for your loved ones



## Message from our CEO Roz Robinson

Hello everyone,

Welcome to the final Cat Chat of the year, a year in which we saw the passing of Val Mitchell, the last of the founding members of Cat Haven. Val sadly passed away in June this year, after a long illness. This is the end of an era, Val was a much loved and integral part of Cat Haven over 60 years. The term "rescuing cats from the perils of the streets" was a motto Val very much lived by, and one which continues today with our Cat Rescue Service on the road. You will find further information about Val and her pioneering work further on in this edition. Vale Val.

Cats continue to come in to the shelter due to the Rental Crisis and cost of living increases. Cat Haven has joined forces with RSPCA WA, Dogs Refuge Home, and Shelter WA to lobby as a collective for changes to the Residential Tenancies Act 1987. More and more people, see their pets as a family member, and it is no longer acceptable to deny them ownership. But sadly, only around 15% of private rentals in WA allow pets, and we see the trauma of surrenders daily.

In addition to this, our emergency boarding facility has been at capacity for quite some time now.



Our dedicated Dental Room which was funded by the State Government as an election promise, was opened by our Local Member Dr Katrina Stratton in August. This allows for any cats with severe dental issues to be treated prior to leaving Cat Haven as well as ensuring all our dentals can be done on site.

With Christmas fast approaching us, please consider doing some of your Christmas shopping with us. Our Retail Store on-site is filled with great gifts for all ages and you know your money it going to a worthwhile cause. If you can't make it down here, then we have our online shop.

So as always, thank you for your unwavering support for the work we do, and your continued love of cats. It is a relief to be out of Covid teams and getting a feeling of some normality back within Cat Haven - thank you for all your support during the last two years and understanding the changes we had to put in place.



### Connect with us



@cathavenau

www.cathaven.com.au

Please email Amber Ashford on marketing.coordinator@cathaven.com. au if you are interested in advertising in Cat Chat.

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## YES! I would love to help support the homeless cats of Perth by donating to Cat Haven.

### **Enclosed is my donation of:**

\$25 \$50 \$100 \$250 Other All donations of \$2 and over are fully tax deduce	
Credit Card I/we authorise that Cat Welfare Sinstructions below:  Amount: \$	Society Inc. to debit my/our credit card in accordance with the
Type of Card: Visa MasterCard	Card Expiry Date:/
Card Number:	·
Name on Card:	Signature:
Your Name: Dr/Mr/Mrs/Ms/Miss/	
Address:	Postcode:
Phone Number: Emai	l:

### **Direct Credit:**

Direct Debit Option: BSB:06 6130 Acc#:10430479

Please make your transfer description: Appeal/Surname

Please make cheques payable to Cat Welfare Society Inc and send your completed form to:

Accounts Cat Haven

23 Lemnos Street Shenton Park WA 6008



## **Message from The Chair - Rob Orton**

Wow – where has the year gone.

To borrow words from my address at the AGM, Arianna Huffington, CEO of the Huffington Post chose the word "Resilience" in 2021 as her Word of the Year and for 2022 aptly chose "Resilience+". In a nod to television streaming platforms who have done the same, the 'plus' recognises the fact we are in a constant state of change. If 2022 has taught us anything on a local or global level, we cannot predict what will come our way but instead must remain agile, flexible, and unwavering. These three adjectives are the epitome of Cat Haven: agile in our approach to services we provide; flexible in how we adapt; and our unwavering commitment to the cats of Perth.

In September we held our Annual General Meeting where we farewelled Board member Maryam Omari and welcomed Julie Hewson – a familiar face to our grounds volunteers. We also welcomed the re-election of our Treasurer (Nick Coombes) and Secretary (Amy Pearn). The AGM saw a reflection on the past year – an impressive result considering the impacts of COVID but underwritten by a strong level of beguests. More on that later.

Together we have navigated COVID and the transition to a relative state of normalcy. I would like to thank the tireless efforts of the staff who have borne the brunt some challenging times and to our esteemed leader, Roz, for her continued stewardship. For the second year running there has not been the traditional winter downtime. Intake numbers and sadly, owner surrenders, have persistently remained high which is a reflection of the rental crisis and cost of living situation. We continue to see owners faced with the heartbreaking choice of either keeping a roof over their head or keeping their beloved pets. This should not be something anyone should have to be forced to contemplate, period. There is irrefutable evidence around the profound benefits that pet ownership has, among other things, mental health. We continue to advocate to changes to the Residential Tenancies Act to remove pet discrimination.

We recently saw the return of our wildly successful Quiz Night event. This year was an amazing showing of love and support for Cat Haven. Tickets sold out in record time and a great night was had by all. Mark May 2023 in your diary for the next instalment. Wet Nose Day is just around the corner – our flagship annual event. Please help by spreading the word to friends and family to come down and enjoy our open day, meet some cats and support not just Cat Haven but other local vendors.

Volunteers are the mainstay of Cat Haven and without you, we would cease to exist. I cannot say thank you enough for all your efforts regardless of how small or in what capacity. At this time of year, we are particularly looking for new foster carers. With the rental situation it has been challenging to get new carers. If you are a current foster carer, I would encourage you to share the positive experiences, you are our greatest advocates.

Our new dental room was officially opened by Dr Katrina Stratton MLA in August. We could not have done this without the generous support of the State Government. Construction of the expanded retail area and dedicated bereavement rooms is still planned but like most things in the construction industry, faces cost pressures and subcontractor availability issues. In July we received a Lotterywest grant for the installation of a transportable building which will see improved amenities for staff and volunteers.

With COVID restrictions eased, we have welcomed back Corporate Volunteers to help with works on site, be it general tidying or gardening. If you own a business or can influence this space with your employer, please reach out to our Marketing Coordinator to discuss.

Two of Rob's cats Aurora & Chance We are currently working through two disputed deceased estates. The generosity of people is humbling and always well intentioned, however, for various reasons they can sometimes become complicated. I would encourage anyone considering leaving a legacy to Cat Haven or updating their existing wills to discuss with a legal representative or otherwise we have a partnership with Safewill who can guide through this process and also ensure quardianship can be arranged for your beloved cats (visit www.safewill.com/cathaven for further details).

Until next time, have a safe and happy festive period and please continue to support Cat Haven so we may deliver on our mission of saving cats from the perils of the streets because Every Cat Matters.

Purrgards, **Robin Orton** 



We will miss you dearly...

Rescuing cats from the perils of the street is Cat Haven's motto and Val Mitchell, one of the early pioneers of Cat Haven did justice to that. Val played a very vital and major part in the history of Cat Haven and right from the start, did everything she could to bring in as many cats as she could to avoid their suffering on the streets.

When Val joined Cat Haven in the early years when it consisted of only two large second-hand corrugated iron sheds set in the sand. In one shed there were fifty cages made of wood and chicken wire which stood in two tiers. The other shed had a table for the vet and was used for storage. Wet blankets were put over the cages to keep the cats cool in the summer.

Val not only rescued unwanted cats and kittens from homes, but rescued wild strays. Over the years, Val brought thousands of cats into Cat Haven. She would risk anything to get a cat out of an unsafe environment

Val never acknowledged her involvement but always referred to the others who had founded the organisation. She stood for so much but the main thing Val wanted for cats was compulsory sterilisation and was delighted when the Cat Act 2011 came into force as well as being so happy that the euthanasia levels continued to reduce.

Val, you are one in a million. The vast improvements to Cat Welfare in this State can be attributed to you. We will never forget you and the wonderful work you did and hope we can continue to do you proud.





# Help us cat! name a cat!



Scan here to help!

Cat Haven takes in over 8,000 cats a year, a large number of these cats are stray and don't have names. Do you have any good names you can give us? A \$2 donation gets your name put up on our board to pick for the incoming cats.



# HE COLLECTIVE Creative co-op hub

The Carlisle Collective is a tribe of passionate small business owners who have come together to open a unique retail space in the heart of Carlisle, Perth.

Grab a coffee and take a stroll down the laneway to the warehouse co-op hub, which is home to 18 handpicked vendors.

In this inviting Aladdin's cave, you will find unique and beautiful wares by talented local artisans, creators, growers and collectors. It's the perfect place to buy a special gift for a loved one - as well as yourself!

Expect a shopping experience with a twist! Explore vintage homewares, fashion, furniture, Australian-made products, candles, books, preloved-vinyl, plants, fairies, crystals, and so much more.

You can also unwind in the onsite cafe and bring along your pooch too!



# Adopta Senior Pet Month

November is National Adopt A Senior Pet Month, a month dedicated to helping older pets find loving forever homes.

We are hoping those looking to adopt a new furry friend will consider adding a senior pet to the family this month. If you are a cat lover like many of us, are please spread the word throughout November, let's help find homes together!

### Senior pets have trouble finding homes

Many people walk into the shelter or head to our website looking for kittens, and as kitten season is fast approaching (we will have plenty) but there are lots of perfectly adoptable older cats that get over looked for kittens, they are often left waiting in the shelter for over 5 weeks while kittens get adopted the day they have had their sterilisation.

### The benefits of adopting a senior pet

There are so many benefits of adopting an older pet over a younger one. Senior pets are often less energetic than their younger friends, their more docile attitude means they are more likely to sleep during the day and not need as much play time as kittens. Many people find themselves unprepared for the energy and needs of a young pet.

# What do you get when you adopt a senior pet?

Adopters who add a senior pet get an entirely different level of satisfaction from the adoption experience. When you adopt a senior, you're saving a life. Some of these cats have been in our care for over a year in foster, waiting patiently for their furrever home.

When an adopter brings home a senior many say they would never go back, they are always showered with love from their new furry friend and realise how much they have changed that cat's life.



Adopt Bonnie & Misty ID:173897/8
14 year old sisters

# FELINE BLOOD ONORS MEET

Be a life saver, the gift of blood is the gift of life. Our friends over at The Animal Hospital (Murdoch University)

Just like people, cats have diseases or injuries that require blood transfusions. We are looking for healthy cats who can donate blood to help these pets.

### REQUIREMENTS

- Aged between 1-7 years old
- Ideally 5kg, or greater we will accept 4.5kg if suited being a donor
- Healthy and of appropriate body weight
- Calm relaxed temperament
- Currently on flea/tick prevention (ideally on heartworm preventative)
- Up to date with current annual vaccinations
- Not on a complete raw diet
- No previous blood transfusions
- Available for donations every 3-4months
- Ideally donor cats are indoor cats. However, we recognise that many cats are indoor/outdoor cats and we will take this into consideration

If you can help or would like more information, please contact Clare at communitybloodbank@murdoch.edu.au

### BENEFITS

- Annual general health profile (CBC and Biochemistry)
- Screened for FIV/FeLV
- Flea/tick preventives
- Echocar diagrams every 2 years
- Physical health examination at every visit
- LOTS of treats
- Bandana
- Updates when donated blood is used on a patient







### The **BEST** solution for all your Pet Waste needs

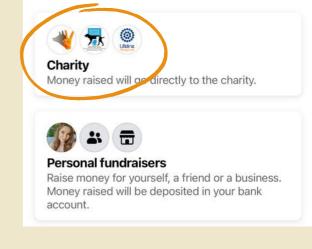


# Donate to Cat Haven in lieu of a Christmas present this year!

Did you know you can set up a fundraiser via Facebook for your birthday or Christmas? This means your friends and family will donate directly to the cats instead of a present. Here are some instructions on how you can make yours!

Step 1.





Create fundraiser

# Step 3. Type Cat Welfare Society Inc. into the search bar



Step 4. Change to birthday or Christmas fundraiser for Cat Haven



Step 5.

Set a goal amount and click 'create'



Western Australia's premier cat welfare organisation, Cat Haven is an 'open admission' shelter which means we never turn away any cat no matter how old, sick or feral. As a charity, with very little government funding, we rely heavily on donations from the public and businesses to keep cats fed, safe and healthy until they find a home.

Over 8,000+ cats are surrendered to Cat Haven every year and we strive to find loving homes for as many of these cats as possible.

Facebook takes care of the donation processing with no fees.

\$300		
Currency		
AUD		~
them. Only people of	olic, so anyone on or on Facebook can dona ns to charities. All don	ate. Facebook charge
	Create	

# Fee Free Success!

At the beginning of September we were at our capacity limits with cats on site. We held a fee free weekend and managed to get 107 cats adopted, a huge achievement we couldn't have done without your help. Together we changed the lives for so many cats some of which had been waiting for over 5 weeks in their condos.

As our surrender and council pickups keep increasing even with huge weekends like this we are still reaching full capacity while coming into kitten season, if you can adopt or foster a cat for a period of time please reach out.





# Get Certified

in Animal Care and Start your Dream Career!

Learn about animal health and welfare on-campus and complete practical training at the Cat Haven.



Scan me!

Follow us @appvoc | www.appvoc.com | RTO No. 5273







# Cat Haven's 2023 CALENDAR



beautiful cats for next years calendar.

We had an amazing number of entries this year at over 700, We managed to narrow this down to 160. Out of those we asked you to vote for them.

We had so many votes, with Chevy (Mr January) taking the top spot with 7,000 votes. HUGE!

As there were so many adorable cats and stories we would like to fill the next page with some of the beauties that didn't make the top 12. Make sure you start taking more photos now for our 2024 calendar!

# **Only \$10!**

Head to www.cathaven.com.au to purchase yours!



We have kept all your photos on file to use for lovely promo images this year! Keep an eye out for your cat!

## Hello there, can I finally go to my furrever home?

## Foster feature of the 10 longest fosters

We don't only have cats at the shelter... a large number of our cats are out in foster homes or at our External Adoption Centres. Some cats unfortunately don't handle the shelter well and often get very frightened with the new faces, noises and other cats. If it is the case that the cat can't cope in the shelter, we place them in a foster home where they are much more comfortable.

Our foster carers do a great job in turning a lot of these cats around. However, these cats out in foster often get overlooked by potential adoptees coming to the shelter to find their new companion. Here are a few of our cats that have been in foster the longest, to showcase how much they need furrever homes. Do you have space?

If you would like to enquire about any of these cats or any cats we have in foster please email fostercare@cathaven.com.au

There are so many more to view on our website www.cathaven.com.au/collections/catsfor-adoption



### Caesar ID:170284

Friends, Romans, countrymen, lend me your ears! My name is Caesar and I am a four year old boy who loves taking naps in strange positions around the house and getting lots of pats.

### **Alliance Insurance** ID:172224

Hi, my name is Alliance Insurance and I can be at your door today! I am a sweet 5-year-old boy that is ready to bring my charm to a furrever home



### **Edgar** ID:170532

Hello, my name is Edgar and I'm 2 years old. I'm still a young man and I'm not used to living with humans so I'm a bit shy. But, at night, I can get quite playful. I like my tovs, a ball with a bell and a stuffed animal but the straps on bags are even better.

### **Nether** ID:172457

Hey there! Yeah you! Staring at this screen, looking for the purrfect cat for you... Well look no further! My name is Nether, but my foster mum calls me Neds and I am the bestest boy you will ever meet! I am only 1 year old but boy, I've had quite a doozy of a start.





### Zeta ID:172962



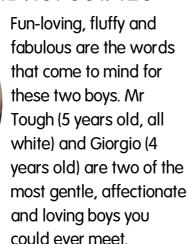
Zeta is a sweet 14 year old lady that was sadly surrendered due to her owner becoming too unwell to care for her. She is a shy but very lovable cat who is talkative when she wants to be and loves to announce when she is in the vicinity.

### Biscuit ID:174274

Hi, I am Biscuit a sweet, affectionate 14 year old lady looking for a home to spend my golden years relaxing in and someone to enjoy pats from and hang out with.



# Mr Tough & Giorgio ID:167001/123



### Lilly ID:175121

Hi, my name is Lilly and I am looking forward to meeting you! I am 12 years old. My foster mum says I have the softest fur and the loudest purr. My cutest features are my little pixie tufts on the tips of my ears.



### Mooz ID:173470

Hi, my name is Mooz but my foster mum calls me Moose and tells me I am the bestest cat! I'm a 2 year old boy that was surrendered to a vet clinic! It's sad but now I'm here to find my new furrever home!

# Mary-Anne ID:167112

Hello, My name is Mary-Anne and I am not yet 2 years old. Aren't I a pretty girl, with my lovely, long soft fluffy fur and bushy tail!





# **Quiz Night Results**

A huge thankyou goes out to all those that donated to, attended or volunteered at Cat Haven's sell out guiz night held on Saturday, 17 September 2022.

It was such a fun night with Cat Haven raising over \$25,000. Once expenses were taken out we have:

\$22,708!

Heading to support Cat Haven's Emergency Boarding facility.

Massive shout out to Nat from Nova 93.7s. Nathan, Nat and Shaun breaky show for hosting our event. She did an amazing job keeping the audience entertained with some very tricky cat inspired trivia questions.

Listed are some of the amazing businesses that supported our event:

> The Park, Floreat Subiaco Antiques

Black Swan Theatre Company Captain Cook Cruises Seashells Hospitality Group Time's Up Escape Rooms **Grand Cinemas** Luna Palace Cinemas Catapipe Beds **Enex Perth** 

Regal Theatre Wembley Golf Complex Advocate Resources – Bayer

Perth Zoo **Duxton Hotel** Hills Pet Food La Vida Vegan Houndstooth Studio

Twisting Peacock Yoga West Australian Symphony Orchestra

Ecali Fine Jewellery Paintball Skirmish Fremantle Prison Chapels on Whatley Dymocks - Subiaco Pet Pacific Phoenix Insurance

CONTAINERS FOR CHANGE







Don't forget to keep collecting those bottles and cans for containers for change. You can directly scan this QR code or use our Scheme ID:C10294441 to donate to Cat Haven when recycling. A great activity for the little fundraising champions in your life to raise money for the kitties.



The Value of Cat Haven Membership

Sign up to be a Cat Haven Member and start enjoy the benefits all year round!

Cat Haven membership provides;

- · 10% discount on retail products
- 10% discount on boarding fees
- Invitation to promotional events

Your membership of the Cat Welfare Society Inc will assist Cat Haven to improve cat welfare in Western Australia and to provide care and rehoming facilities for rescued and surrendered cats.

## **Application Form**

NEW RENEW	
PERSONAL DETAILS	
Full name: DOE	B://
Address:	
Suburb:	Postcode:
Email:	
Phone:	
O Adult Membership \$50	
Senior Membership (60 years +) \$35	Send form to:
Adult Lifetime Membership \$1,000	Cat Haven
Over 55 Lifetime Membership \$500	Reply Paid 83881 23 Lemnos Street
PAYMENT DETAILS	Shenton Park
CHEQUE – attached, payable to Cat Welfare Society Inc and mailed to Cat Haven, 23 Lemnos Street, Shenton Park WA 6008	WA 6008
CREDIT CARD I/we authorise the Cat Welfare Society Inc to debit my/our care in accordance with the instructions below	d
Type of Card: Visa MasterCard	
Card number:	Expiry Date:/
Name on card:	
Signature:	
Signature I/We agree to support the mission and objectives of the Cat Welfare Society Inc (available or online) upon this application being accepted. If a volunteer, I agree to follow all relevant policies the proper functioning of Cat Haven for the continued welfare of all cats. I understand that membership.	s and procedures to ensure
Please sign here to indicate your agreement Date	e:/



It is a legal requirement for the Cat Welfare Society Inc to keep a register of members' names and addresses and to make this register available to any member for perusal and copying. Questions about this requirement may be directed to the Department for Consumer and Employment Protection on 1300 304 074.











for 50% off







www.cathaven.com.au to get yours!

# Cat Haven's WETNOSE DAY

SUNDAY 13TH NOVEMBER 10AM-3PM

Entry by gold coin donation

Wet Nose Day is a fun family day out with lots of stalls including pre loved ladies clothing, books, brica-brac, crafts, plants and heaps of Cat Haven merchandise. There will also be raffles, bake stalls and a sausage sizzle (with vegan options) for everyone to enjoy!

We can't wait to see you there!











# A DELICIOUS MEAT-RICH TREAT FOR CATS

Available in three tasty flavours inspired by the culture and landscape of New Zealand, each handcrafted piece contains a combination of 5 meats and fish to satisfy your cats cravings.

Slowly and gently air-dried to protect the nutritional integrity of the ingredients



10% superfood blend in every bite, delivering peak nutrition for health

Three unique recipes packed with 96% meat, organs, and seafood











Superfood blend of cold-washed tripe, NZ green mussels & kelp



# Christmas Tree of Hope

Not every cat has a family this year!

It's a hot balmy night in WA, you hear all the families celebrating with twinkly fairy lights on, cooking up delicious smelling seafood barbeques and you're thinking 'Look at that happy cat, all curled up under the Christmas tree in the airconditioning with a full belly. I wish that was me'

Did you know just \$5 covers a Christmas dinner and a toy for a cat this year!

Scan here!



### We love hearing your stories.

# Samantha recently emailed us with this lovely story about her cat Tom.

Just wanted to say thank you for Tom. We adopted him and his brother from you in 2006, although it was delayed by a week because they both came down with cat flu. Their welcome to our home was accompanied by medication and time in a steamy bathroom, mainly for Jerry as Tom got over it very quickly. It was thought that they were 3-4 years old. No history was known.

Tom has been mainly an indoor cat with some accompanied time in the garden. Sadly Jerry

passed away in 2007.

Sadly age has caught up with Tom and he's struggled with mobility issues in the last few weeks. He doesn't do his daily lap of the house and the windowsill doesn't tempt him anymore. He struggles to jump so we've moved furniture so he can still get to his favourite spot on the couch. Warm roast chicken tempts him to eat but we've made the decision with our vet that, at about 20yrs old, it's time.

Thanks to you, he had another 17 years or so of life, so I'll set up ongoing donations in his name soon. I've attached a photo of him in his element, the only reason we kept the dog kennel - the dog was never interested but Tom loved laying on it.









1st Prize

\$7,000 Cash Prize!



Allure Pearl Earrings & Necklace









3rd Prize

Vendula Regents Arcade Bag







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Gingerbread Houses!



\$15 of every purchase goes to Cat Haven!

Scan this QR code to get yours! Orders open until the 30th November







# FUNDRAISING PIES AND TARTS

\$15 per box, head to our website to get yours! Pickup on the 18th December at our Christmas market!

# PBM unaate

Remember our sweet girl Peni from our last Cat Chat?

She has taken weight loss in her stride and has lost 1kg so far! We are so very proud of her.

She has been offered some treatment for her osteoarthritis through injections that should really see her performing much better and will reduce her pain enough so we don't have to give anymore pain relief. This is a huge win for Peni.

We will give you another update once she has had her 3 months of treatment.







# Staff focus LAURA

### My role at Cat Haven is...

Vet Nurse Team Leader

### Before Cat Haven I was working at...

A Production Designer on independent films and founding Perth Rescue Angels.

#### The most interesting thing I have learnt at my time at Cat haven...

How many amazing people out there truly care about cat welfare, and making the world better for our furry feline friends.

### The thing I am most passionate about at Cat Haven...

Helping the most vulnerable people in our community and their kitties through programs like Emergency Boarding and being able to be part of the positive changes Cat Haven have made over the last 10 years in our goal of reducing euthanasia and 'Getting to Zero.'

### My favourite food is...

**Burritos!** 

### What's the biggest misconception people have about your position at Cat Haven?

That all we do is play with kittens!

#### When you're not working, how do you like to spend your time?

Looking after my two sons and my hoard of cats, plus rescuing more cats on the side.





#### **NEW PRODUCTS AVAILABLE FROM** LEADING RETAILERS























t of water, auto-shutdo Blinking: Time to refill



#### Serve up to 6 varied meals at any time



















VIEW THE FULL RANGE AT CATIT.COM

# Volunteer focus FRANKLIN

#### Where I work is:

I retired from Perth Zoo in July 2019. I used to work in the Vet Hospital. My role was the Zoo database and general admin.

### If I were to describe my current volunteer role at Cat Haven in one sentence:

My volunteer role at Cat Haven is better than yoga.

#### I became a volunteer at Cat Haven because:

I became a volunteer at Cat Haven because I wanted to help deal with the tragic cat crisis in our lovely city of Perth. Also, in the wider international world street animals and working animals are among my special causes. My partner and I have been rescuing stray and feral cats for many years, but now we are older we need to bring them into an organisation that we trust. Cat Haven is just amazing and they have our trust. I am proud to be part of a truly amazing team of dedicated people.

### The best part of my volunteer job is:

The best part about my volunteer job is everything. I even enjoy cleaning the litter trays because everything helps to keep our cats well and happy. Of course morning clean, or cat resort room service, as I call it, is a special job. Perhaps most of all, I love visiting all the cats for a cuddle. But as a lifetime animal person, I also enjoy visiting the staff and volunteers at the Haven. It is a joy to find such people in the world. I am a very happy vollie.

#### When I am not at Cat Haven I normally:

When I am not at Cat Haven I am normally playing up somewhere else. I help out a number of animal organisations, spend time with my cats (foster kittens included), walk, swim, read, study, write, garden and practice my languages. Nowadays I also write books. My first book is published and I have three more in draft. I just need time to work on them. WHEN? That is the question.

#### My favourite holiday destination and why:

My favourite holiday destination is Africa. Well!! It has lots of amazing animals. I remember sitting near the water hole in Hwange, Zimbabwe and watching the elephants arrive for the evening session. As far as the eye could see, there were groups of elephants moving through the landscape. All night long, they stood by the water hole. I could see the shapes moving in the dark. Bulls, calves etc. The noise was magnificent



### My signature dish is:

My signature dish is anything vegan these days. I love Indian Veggie dishes. But I do make a good V2 plant based sausage, mashed potato, onion gravy and lots of veg.

### My all-time favourite movie is:

My all-time favourite movie is the Lord of the Rings trilogy. Not as good as the books, but still very good. I remember reading the book as a young person. It was magical.

### One thing I want to do in my lifetime is:

One thing I want to do in my lifetime is find myself standing next to a Tardis and receiving an invite from the current doctor to go travelling in time and space.

#### Something no one knows about me is:

Something no one knows about me would be quite a lot. I tend to be very private about my background. So, I used to be a historian. Ancient history and medieval history were my areas.

### My biggest lesson in life is:

My biggest lesson in life is that all life is sentient and connected. True compassion is extended to all forms of life. It does not place limits on itself. The pyramid with humans at the top and everything else paying homage belongs in the Dark Ages.

