

To me, my bike represents freedom – the ability to get from place to place for free without worrying about parking; sustainability – not using gas and taking up highway space; health- getting exercise built into my daily routine; community- I find other bikers to generally be good people to hang around with; fun – a bike ride on a sunny, cool day just makes you feel alive, wherever you're going; and ability – it's kind of amazing how far you can get on a bike!





I currently am blessed to live with two beautiful cats named Judd and Solstice; I grew up with the regal, loving Sandy; and I have the joy and gifts of cuddling with my sister and brother-in-law's cat, Judd, pictured, every time I come to San Francisco.

I don't know how to begin describing what cats mean to me and what they have to teach us! All cats, deep down, are capable of giving and receiving unconditional love and affection, although we all know that they, like us humanfolk, manifest various tolerances of sharing affection! I am continuously amazed by the intuition, both sensory and emotional, that my kitties and others' manifest. They are so intoned to their environment, to the world, in a very primal, real way. We humans get so caught up in the cognitive world with our theories, our pre-conceived notions of how things SHOULD BE, our analyses, etc. We have a lot to learn from our feline friends about what is real about living in the moment. In being so intuitive to the world around them, they are very in touch with our emotions, and respond readily to us in what we are feeling. I LOVE CATS!

I sense in cats a highly beautiful spiritual connection. Again, they have an awareness, and insight, that many of us humanfolk may never know. My cats take such good loving care of me. It's no coincidence that my cat Solstice found me, not I him. Around the time of last year's Winter Solstice, he, a once stray cat, ran into my life, through my found door. I fell in love instantly.

I pray for a world in which all cats are safe, free of harm and pain, and given the opportunity to love and be loved.

Bay Bast the Cat Goddess revered by the Egyptians of old, St. Francis the patron saint of animals and all of us forever bless the cats.

This project came to me right when one of my closest friends Kordula was visiting me from Austria. Kordula and I used to work together at a design studio in NYC, we haven't seen each other for about 4 years and I missed her dearly. During these 4 years, she also had a son Darian who is just about the cutest kid in the whole world and he's about 19 months now. Kordula brought Darian with her on this trip and it's been a blast hosting them. Meeting them made me sad that we are not close enough to be in each other's lives more but we promised to visit each other every year now, so expect lots of trips! Love you Kordula, love you Darian.

