



My name is Helena, and I am a medical laboratory technologist with over 12 years of experience, currently pursuing a degree in biomedical science. Faith has always been central to my life, and I strive to live as a steward of creation. My journey with stray animals began humbly in 2011 when I started feeding strays and rescuing a small group of puppies, who were all eventually adopted. Over time, what began as small acts of kindness grew into a calling.

Together with my sister Felicia, we have been rescuing, neutering, rehoming, releasing and managing them.

In December 2022, after witnessing several heartbreaking nights of council-led dog-catching operations, it became clear that more needed to be done. Seeing the sacrifices of so many feeders, who often risk their own safety to protect these animals, I felt we had to act. With encouragement and collaboration from other advocates, I co-founded the Animal Kindness Coalition (AKC) to advocate for humane solutions like TNRM (Trap-Neuter-

Release-Manage). By January 2023, we secured our first meeting with MP Gobind's office to raise awareness of the plight of strays and the feeders who care for them. With support from independent advocates, MBPJ, and local leaders, we successfully launched a TNRM pilot project in Bandar Utama.

This journey has taught me that caring for animals is not just the responsibility of a few rescuers or NGOs it's a community effort. Kindness and compassion towards animals are reflections of the values we want to instill in future generations. My time as Treasurer at Furrykids Safehaven also deepened my understanding of the importance of fundraising, managing resources, and collaborating with others for the welfare of stray animals. These experiences have shaped my commitment to creating a better world for both animals and people.

I firmly believe that in caring for these voiceless creatures, we embody the essence of compassion and love that unites us all. As St. Francis of Assisi once said, "It is in giving that we receive." By extending kindness to these animals, we not only transform their lives but also enrich our own.