



Hello there: Quamby the ostrich greets visitors (top), Pooh the bear dips his toes in the pool (above centre) and Jemma Jatke helps the ostriches cool off (above).
PHOTOGRAPHY BY JAKE NOWAKOWSKI

says. "I love the lifestyle."

And she plans to expand her wildlife empire. There's pumas coming from Perth Zoo, giraffes, and two white-handed gibbons.

There's also an animal hospital on the way.

"We've always brought in injured animals," Jenny says.

Sheila the wallaby was found on a dirt road, nursed and set free, a galah was rescued, and a kookaburra with broken wings was rehabilitated.

Just last week the Jattkes grieved the loss of Amy the lion cub, who was put to sleep because of kidney disease.

Down in Vulture Valley, a place at the back of the property where they bury dead animals, Amy was laid to rest with a

painting done by Jemma and plants decorating her grave.

By far the hardest part about working with animals is when they get sick or injured.

"You get so attached to them," Jenny says.

But for all the difficulties, there is nothing Jenny would rather be doing.

"My only frustrations are that there is not enough time or money to do everything I want to do," Jenny says.

"But we'll be doing this forever." W

■ Cairns Wildlife Safari Reserve is looking for naming sponsors for the animal hospital and volunteers to help on the reserve. If you can help, phone 4093 7777.



Kick some butt: Motivational speaker Deborah Storer loves getting people excited about life.

fire up february with 5 MOTIVATION TIPS

Do you procrastinate often? Lack enthusiasm for life? Need a kick up the behind? Motivational speaker DEBORAH STORER has some pointers

Several years ago, I found myself in a position where I struggled to get out of bed each morning. I felt like baggage – dragging myself around where everything seemed to be an effort. I had low self-esteem, my job lacked meaning and my life was dull.

One day I was so sick and tired of feeling this way, I went on a hunt to discover how I could feel motivated. Not until I implemented these five tips did I gain a burning desire for life. Now, I am on fire – I love who I am, love what I do and am wildly passionate about my life. Isn't it about time you fired yourself up?

1. UNLEASH YOUR PASSION

Look at your life right now, be honest and ask yourself: "Am I passionate about what I do?" If the answer is no, make it your intention to discover what lights your fire. Find something that captivates your attention and that develops in the morning with energy and drive. Motivation comes naturally when you love what you do.

Action step: Go on a treasure hunt and re-ignite a dream.

2. MAKE A DIFFERENCE

When I used to own a dance studio years ago, people often asked me why I was so highly motivated. The answer: Thinking of others. When I got up every morning, I focused on how I was making a difference in people's lives – building their confidence and providing them with opportunities to have fun. It was that vision I had so bright in my mind that motivated me. Therefore when you think of others and are determined to brighten their day in some way, it motivates you instantly.

Action step: Find a need and fill it.

3. STOP AND BREATHE

The one tip that I have seen change people's lives is something simple: Take time out for yourself. A cluttered busy life means a cluttered busy head which can de-motivate you. You will be surprised how different you will feel mentally, physically and emotionally when you take some time out to just be. It's not lazy – it's about refreshing your mind and body so you can feel good. You deserve it!

Action step: Give yourself

full permission to do absolutely nothing once a week.

4. MASTER YOUR MIND

Is your mind your worst enemy or best friend? I use to be consumed with comparison, criticism and negative thinking. It wasn't until I began to take charge of my mind and choose words that benefited me that I start to feel motivated. Self-love is certainly the answer to any positive change.

Action step: Choose motivating thoughts.

5. FACE YOUR FEARS

Imagine for a moment that fear is really excitement in disguise. When you face your fears and step through it, your confidence will skyrocket. Motivation doesn't come from playing it safely.

Action step: Choose something you think you cannot do and do it! YES YOU CAN!

■ Deborah Storer is a motivational speaker and author of seven books, including *Gain a Burning Desire for Life*, www.deborahstorer.com.au