

CLARE MEPSTED BIO

In 1984, I left England for the warmth of the South of France, where I've called home ever since. Retiring from a forty-year career in Monaco, my active retirement involves sports like golf, Pilates, hiking, and tai chi. Additionally, I engage in benevolent activities, supporting TAF-The Animal Fund and mentoring for PWN (Professional Women's Network). Through Pilates, I connected with Berit Legrand, my teacher, and learned about her impactful work for TAF.

Berit's association, TAF-The Animal Fund, aligns with my passion for ocean preservation. A trip to Iceland with Berit deepened my commitment to raising awareness about preserving oceans for the sake of humanity. Together, we visit schools to educate youngsters on the vital role oceans play in providing oxygen. TAF organizes beach cleans, emphasizing the importance of ocean cleanliness and promoting alternatives to plastic, a major ocean pollutant. I also participate in TAF's presence at forums like The Ocean Week in Monaco.

