

Hello

My name is Gary Castell, I am a 57 year old male, a UK National who lives in Dubai, UAE ([Linkedin Profile Here](#))

I met Lisa Panzica in 2000, and we embarked on a relationship which lasted roughly two years.

During that time, it was clear to me that Lisa had some challenges in her life, that I made every effort to work with, and understand.

Lisa was a high energy lady, full of fun and laughter, as she was a divorcee who had custody of her children it was clear that whatever was going on in her life, Lisa always made her Children, Claire and Jamie her priority.

Lisa suffered from significant mood swings, which could have no trigger at all, where she could move from being filled with fun and laughter to being tearful and even one occasion where she said to me “I could just jump out of that window”

She also struggled to focus on any particular task and would move from one scenario to the next with little or no recognition of what was left behind, this made her quite unreliable and took its toll on our relationship.

It was clear to me that she was very troubled and was unsure of what direction her life was to take, I did fear after we lost contact that I would perhaps find or hear that she had carried out some harm to herself, thankfully that has not been the case.

I would like to re-emphasise that even though Lisa was challenged her focus was always on her children and making every effort to provide and care for them.

In short, she was a wonderful person to have a relationship with, however the demons that caused mood swings, made her unreliable and created a lack of focus unfortunately were probably the root cause of our relationship ending

I hope that this information helps in providing a picture of Lisa in the early 2000's

Kind Regards



GARY CASTELL

10TH February 2026