

Q&A

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Q. What's the first thing you do after getting out of bed?

A. Depends on the day. Week days– right into the shower, followed by breakfast, a quick read of the Globe & Mail and off to the office or meeting. On the weekend, I slow down and have a good cup of coffee, read, reflect and visit with my husband and our dog.

Q. What is the one thing you always make time for each day?

A. Every day I am grateful. Sometimes I write down in my journal what I am most grateful for, sometimes I just think about it, but I am always grateful. I am very blessed.

Q. Who had the biggest impact on the person you have become?

A. My family. Starting with my parents and grandparents who taught me work ethic and how love is what is most important. My husband and I have been married 30 years and he has made it possible for me to do what I do. I have always learned from our children Rebecca and Emma, and now that they are adults I continue to learn from them.

Q. If you could call up anyone in the world and have a one hour conversation, who would you call?

A. If I could call one person who is alive or who has passed on, I would call my Dad who died almost 20 years ago. I wish I could talk to him again. For someone who is still on earth, I would love to chat with Warren Buffett. Not for his investment advice, for insight on how he has chosen to live his life. Even though he is very wealthy he continues to live in a very frugal way and has donated much of his money to do good work....I find this very admirable in a world where many have become filled with greed.

Q. List one thing on your "bucket list" that you still need to do.

A. I have finished the course work for a doctorate degree I am working on. I need to complete the exam, and get on to the research.

Q. What's the last great book you read or are currently reading?

A. I always have several books on the go. I ploughed through John Grisham's *Camino Island* sitting in the sun this weekend (was a luxury to be able to sit and read a whole book), and I also just finished *50 Is the New Fifty* by Suzanne Braun Levine. I am in the middle of *Case Study Research* by Robert K Yin. I love to read and panic if I am on the road with less than two books for plane and airport reading!