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

A. I feed my cats and then dash to the farm to start my work. At night, I always map out the things that I intend to accomplish the next day, so I can get up and get started!

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

A. The 10 pm CBC news.

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

A. My father, Dr. George Jones, who was known as an innovative thinker and visionary in his field of expertise. He taught me the value of concentrated effort to achieve whatever goals you have set for yourself. He used to ask, "What have you done today to justify your existence?!"

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

A. I would call Ellen Johnson Sirleaf, the President of Liberia. She is Africa's first democratically elected female head of state and has won many awards for her commitment to integrity, good governance, women's rights, education and anti-corruption reform. In 2010, Newsweek listed her as one of the ten best leaders in the world.

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

A. I want to travel on the Trans Siberia Railway from Moscow to Vladivostok. This line was built between 1891 and 1916 and extends over 9000 kms through 8 time zones. Thirty percent of Russian exports travel on the line and it also connects with China, Mongolia and North Korea.