



Who are you and what's your role on the team?  
*Laura Parmar – Regional Quality Improvement Coach*

What are you reading at the moment? Is it any good? *Do cookbooks count? I recently borrowed Ottolenghi test kitchen from the library and it's great!*

What personal, non-work related achievement are you most proud of and why? *Winning our first International award last summer with the women's choir I have sung with for the past 10 years.*

What's your favorite food and what foods would you pass on every time? *My favourite foods are almost anything pickled especially pickled beets! Least favourite is polenta, not a fan of the texture.*

Who would be your perfect fantasy dinner party guests and why? *Tracy Wong, Wade Davis, Vandana Shiva, Laura Hawley, Tanya Tagaq, Nancy Turner . A good mix of musicians, activists, and ethnobotanists seems like the ideal blend for a captivating dinner party.*

Where and when was your most memorable vacation ever? Why was it so special? *A whirlwind surprise 3.5 day trip to Paris for my partner's birthday. I couldn't resist a flight deal and delighted in the chance to pull off an exciting surprise!*

What was a single piece of wisdom or famous quote that has influenced your life in a profound way? *Worry doesn't add a day to your life.*

Favorite movie/book/poem (pick one) of all time and why?

*Rocks  
i didn't want to carry  
the rocks  
in my backpack anymore  
so we walked to the lighthouse  
and skipped them  
- Brigitte DePape*

*This poem reminds me to be grateful for the people in my life who encourage me to let go of the burdens of life.*

When you were at primary school, what did you want to be when you grew up? Why didn't you? *I wanted to be an explorer complete with a khaki ensemble, safari vest, binoculars, and a Tilly hat. I grew to discover that very few people get to be explorers for a living, but we can all explore.*

13. Best way to relax after a hard day improving quality? *Tinkering in the garden.*