

Sept 9, 2014 (July letter)

Dear Samantha,

Congratulations on getting your driver's "N". What does this permit you to do – and under what circumstances? I guess now you'll be saving up to buy gas.

I loved the short story your Mum wrote about making the announcement to your park kids. It must make you feel very satisfied when they get excited about your accomplishments. This must mean that you also gave them a good time as the supervisor.

I'm desperately trying to get caught up in my letter writing since I won't be able to do any over the next few weeks. I have 6 presentations coming up in 5 places over the next 5 weeks. Here's my agenda:

- Sept 16: Webinar presentation to a class of nurses in Sudbury on rural issues.
- Sept 21: Ottawa presentation with Fran on the sex work project.
- Sept 25: Prince George presentation at the annual Canadian Rural Revitalization Foundation conference.
- Sept 29: Webinar presentation on rural revitalization
- Oct 1: Ottawa presentation to the Social Sciences and Humanities Research Council about managing large research projects.
- Oct 14: Blanc Sablon, QC presentation on rural issues to a community workshop

It's hard doing all these presentations, but I learn a lot each time I do them. Each time I have to think about what I want to say, what's important to say, and how to say it, I learn something new about the topic as I do the research, something new about how to say things clearly, and something new about myself as I consider what's important to say.

I have included a couple of photos from a presentation I made in July – at the announcement of an award that my colleagues and I got. It is \$2.5 million over 7-years! There are about 60 people involved from many parts of the world. The Federal Minister of State for Industry and Research was there to make the announcement. If you want to see more about the project you can do so via <http://rplc-capr.ca>.



I used to think that after doing so many presentations I wouldn't be nervous – but it never happens. I have given up figuring out ways to avoid being nervous and instead work on ways to manage my nervousness. I took a few seminars in public speaking since they gave me some lovely tricks to help: like

remembering to breathe deeply once in a while, to slow down in my speaking, to stand up tall, to look at people in all parts of the room, and to smile.

Of all the advice, however, the most useful was to prepare well and practice saying it out loud – many times. I'm sure that Fran is tired of hearing my presentations so many times – but she can't complain too much since I have to listen to hers when she practices. She's a great critic – as you already know – and after I get over being angry at her I usually agree with her advice!

I will be happy to be finished on Oct 17<sup>th</sup> because after that Fran and I will drive from Montréal to Vancouver. We are hoping that the weather will be nice – especially no snow!

It will also be fun to settle into the Vancouver suite. We are already thinking about things we want done to the place but it's hard to make specific plans because we haven't seen it for such a long time. I hear you've got your eye on it as well!!



Hon. Ed Holder with RDI Director Dr. Bill Ashton  
and RPLC Director Dr. Bill Reimer