

Nick, a Calgary participant in the Tomorrow Project, speaks to us about his experiences. Nick was one of the first to join the original study when it began in Alberta in 2001 and then re-enlisted in the national study in October 2009.

1. **Why did you join the Tomorrow Project?** I was approached. It was of interest to me – anything that helps our knowledge of cancer. As I get older, I am seeing more and more people that I know getting some form of cancer. So anything that can help be preventative or proactive against cancer is a good thing. It takes a little bit of time but that's not an issue when you look at what it could do for our world.
2. **How did you find the process?** I'm used to this type of process because I donate plasma every week. It was a pleasant experience. The questionnaires take a little time to fill out but that wasn't a problem, you just have to schedule the time to do it.
3. **Would you recommend that others sign up?** Yes, absolutely
4. **What keeps you busy in Calgary?** I'm an Urban Transportation Consultant. Anytime someone is developing or re-developing a piece of land we get involved. For example, we manage the traffic logistics for the new Bow building. We assess the parking requirements and analyze the outcomes when we close 6th Avenue for a year. We work for the City of Calgary, the City of Red Deer and the Province of Alberta. We basically assess peoples' habits and preferences.
5. **What do you enjoy doing when you aren't keeping busy at work?** I like learning languages; whenever I visit a new country I learn their language. When I met my wife we had to figure out a way to communicate, she is from Germany and I am from England. I didn't know German and she didn't know English but luckily we both knew French! I also like cinema and sports including; hiking, cross-country skiing and tennis.