hi this is a j with another effortless english podcast so today is monday and i'm here in san francisco i'm back in san francisco last week we were in texas we were at a teaching conference and the leader of the teaching conference was blaine ray and first i just want to say some nice things about blaine run because he's a super nice person is a fantastic teacher he's a great teacher trainer he really helps teachers become better and better and i went to mow i went and kristin when and joe went we all learned a lot we will all improve our teaching as a result of going to the conference so thank you blind rage you are great see the next thing that happened last week was