The Flora and Fauna of Coastal British Columbia and the Pacific Northwest
Expanded Edition
Collin Varner

A newly updated, expanded edition of the spectacular bestselling field guide to the plants and animals of North America’s Northwest Coast.

With its temperate climate and rich biodiversity, the coastal Pacific Northwest is an ideal environment for nature lovers of all sorts. Stretching from Juneau, Alaska, south to coastal British Columbia, Washington, Oregon, and all the way down to California’s San Francisco Bay, this vast region is home to an incredibly rich variety of flora and fauna.

Packed with over 1,500 photographs and essential information about more than 900 commonly found plant and animal species across the region, this updated and expanded edition of The Flora and Fauna of Coastal British Columbia and the Pacific Northwest is a colourful, concise, easy-to-follow resource. Accessible for anyone with an interest in nature—from amateur arborists to avid gardeners, from weekend hikers to experienced beachcombers—this book provides an essential overview of the region’s trees, shrubs, bushes, flowering plants, berries, ferns, fungi, marine plants, marine and land mammals, birds, amphibians, reptiles, and insects.

With expanded flora and fauna sections; revised species organization; and new information about at-risk species, toxicity, edibility, and traditional uses, this book is an essential guide to the abundance of nature in this beautiful part of the world.

Collin Varner is a horticulturist/arboriculturalist. He began his career at the University of British Columbia’s Botanical Garden, and over the next forty years assumed responsibility for conserving 25,000 trees across campus and taught courses in native plant studies. Now retired, Varner is an avid photographer, world traveller, and the bestselling author of The Flora and Fauna of Coastal British Columbia and the Pacific Northwest and Edible and Medicinal Flora of the West Coast.

OF RELATED INTEREST

Edible and Medicinal Flora of the West Coast
9781772033236, $22.95

Birds of British Columbia and the Pacific Northwest
9781772033274, $29.95

Fishes of the Salish Sea
9781772032932, $179.00
A Journey Back to Nature
A History of Strathcona Provincial Park
Catherine Marie Gilbert

A fascinating account of the century-long effort to define, access, preserve, develop, and exploit the uniquely beautiful area of rugged wilderness now known as Strathcona Provincial Park on Central Vancouver Island.

Strathcona Provincial Park is situated in the middle of Vancouver Island, bordering Clayoquot Sound on the west, Port Alberni on the south, and a large property once known as the Esquimalt and Nanaimo (E&N) land grant on the east. Measuring 250,000 hectares, this breathtaking park, with its gorgeous mountains, lakes, and waterfalls, is a nature lover’s paradise. Yet behind this picture of serenity lies a volatile history.

_A Journey Back to Nature: A History of Strathcona Provincial Park_ takes a comprehensive look at this rich, beautiful stretch of wilderness and the competing interests that struggled to protect it, define it, and/or control it—from Indigenous Peoples, who have lived on the land for millennia, to European explorers and industrialists, who could not see beyond the wealth of its natural resources, to early conservationists and enterprising settlers, who wished to preserve the area as a wilderness playground for BC’s booming population and nascent tourist industry. Over the course of a century, Strathcona Provincial Park was frequently at the centre of some of the most heated public debates in BC history, between economic and environmental interests. This detailed account—lavishly illustrated with archival and contemporary photographs and maps—uncovers the intriguing history, complex legacy, and majestic natural beauty of BC’s first provincial park.

Catherine Marie Gilbert is an author, historian, and lecturer, whose interest in BC coastal life, past and present, is evident in her work. In 2018, she completed her master’s thesis on the environmental history of Strathcona Provincial Park and obtained her master’s degree in Public History from the University of Victoria. She is the author of _Yorke Island and the Uncertain War: Defending Canada’s Western Coast_, and her articles have appeared in _Western Mariner, BC Historical Federation Journal, BC Studies_, and _Escape._
Wagon Road North
The Saga of the Cariboo Gold Rush, Revised and Expanded Edition
Art Downs
Edited by Ken Mather

A newly revised and updated edition of the classic pictorial account of the Cariboo Gold Rush trail.

First published over half a century ago, Wagon Road North is the quintessential popular history book chronicling gold-rush-era BC. Focusing on the Cariboo Wagon Road—the crucial transportation route stretching from Fort Yale to Barkerville that made it possible for tens of thousands of prospectors to make their way to the Cariboo goldfields in the 1860s—this newly updated, expanded, and re-designed edition brings to life the adventures, hardships, and blind ambitions of the men and women who risked everything in the quest for gold. Packed with more than a hundred archival photos, many of them rarely seen, as well as maps and contemporary images of historical sites, this fascinating book is a visual celebration of a pivotal chapter in early BC history.

Art Downs (1924–1996) was a writer, editor, historian, and pioneer of BC book and magazine publishing. Born in England, he moved to Saskatchewan as a young child and later settled in Quesnel, BC. He became owner of the Cariboo Digest, which evolved into BC Outdoors, a successful magazine about BC history, wildlife, and conservation. Downs and his wife, Doris, were the founders of Heritage House Publishing.

Ken Mather has been researching western Canadian heritage for over four decades, working in curatorial, management, and research roles at Fort Edmonton Park, Barkerville, and the O’Keefe Ranch since the early 1970s. He is the author of several books on pioneer and ranching history, including Stagecoach North, Trail North, Ranch Tales, and Frontier Cowboys and the Great Divide.
An intriguing look at the accomplishments and contradictions of Joseph William McKay, one of the most successful Métis men to rise through the ranks of the Hudson’s Bay Company.

Throughout the history of British Columbia, one would be hard-pressed to find an Indigenous person who so successfully navigated the echelons of colonial power as did Joseph William McKay (1829–1900). McKay was Métis, born in Quebec, and began his career in Oregon during the dispute over the international boundary in 1845–46. After moving north, he met his mentor James Douglas and, at twenty-three, was given the job of building the city of Nanaimo from the ground up.

McKay made several exploratory trips with Douglas during the Gold Rush, and he surveyed the route for the Overland. He rose through the ranks of the Hudson’s Bay Company, earning the appointment of Chief Factor, the company’s highest rank, at a time when few Indigenous employees of HBC were permitted to rise beyond the rank of postmaster.

After leaving the company in 1878, McKay began a second career in the Department of Indian Affairs. A product of his time who had found personal success working within the colonial system, McKay is a complicated figure when viewed through a twenty-first-century lens. He advocated on behalf of Indigenous Peoples and personally inoculated more than a thousand individuals with the smallpox vaccine. Yet, he also participated in a system that did untold harm to First Nations, Métis, and Inuit people. This fascinating new biography sheds light on an accomplished and complex man.

Greg N. Fraser is an educator with a long-time interest in the history of western Canada. For thirty-three years, he taught Canadian, BC, and Indigenous history in the Vernon and Nanaimo school districts. Since retiring from full-time teaching, he has continued his career at the post-secondary level, teaching courses at Okanagan University-College and Vancouver Island University Elder College, where he also sits on the board.
Always Pack a Candle
A Nurse in the Cariboo-Chilcotin
Marion McKinnon Crook

The true story of an adventurous young nurse who provided much-needed health care to the rural communities of the Cariboo-Chilcotin in the 1960s.

In 1962, newly minted public health nurse Marion McKinnon arrived in the small community of Williams Lake in BC’s Cariboo region. Armed with more confidence than experience, she got into her government-issued Chevy—packed with immunization supplies, baby scales, and emergency drugs—and headed out into her 9,300-square-kilometre territory, inhabited by ranchers; mill workers; and many vulnerable men, women, and children who were at risk of falling through the cracks of Canada’s social welfare system.

At twenty-two, a naïve yet enthusiastic Marion relied entirely on her academic knowledge and her common sense. She doled out birth control and parenting advice to women who had far more life experience than she. She routinely dealt with condescending doctors and dismissive or openly belligerent patients. She immunized school children en masse and made home visits to impoverished communities. She drove out into the vast countryside in freezing temperatures, with only a candle, antifreeze, chains, and chocolate bars as emergency equipment.

In one year, Marion received a more rigorous education in the field than she had at university. She helped countless people, made many mistakes, learned to recognize systemic injustice, and even managed to get into a couple of romantic entanglements. Always Pack a Candle is an unforgettable and eye-opening memoir of one frontline worker’s courage, humility, and compassion.

Marion McKinnon Crook is a nurse, an educator, and the author of more than fifteen books. She began writing short stories in the 1960s while working as a public health nurse in the Cariboo. In addition to her nursing degree, McKinnon Crook holds a master’s in liberal studies, and a PhD in education. Now a full-time writer, she lives on BC’s Sunshine Coast with her dog and cat, who hate each other. For more information, visit marioncrookauthor.com.
When I arrived at the health unit, one of the three office clerks handed me a package.

“I’m Ellie Carpenter,” she said. “I’ll type your letters.”

“Wonderful. Nice to meet you.” I’d never had a secretary before. I was glad my letters would be both legible and correct in grammar and spelling. Although my grammar was usually correct, my spelling was creative.

Ellie was about forty, big boned with dark hair and brown eyes.

“Rita asked Elsbeth, a retired PHN, to leave her old summer uniform here.” Ellie looked critically at me. “Should fit.”

I’d come to work in a blue pencil skirt and white blouse, as close to a uniform as I had with me.

“The bill’s inside.” Ellie flapped her hand toward the package.

I’d have to pay the retired nurse for it. I’d started with $300 in my account, and after paying my room and board, my current balance was $220. I hoped the uniform wasn’t pricey.

“Thank you.” I took the parcel and headed for the office Ellie indicated.

“Incoming is on your desk,” she called after me.

I nodded. *Incoming? Incoming mail?* I felt very professional with an office, a secretary, and incoming mail.

As soon as I was alone in my office, I opened the package and shook out the uniform, a blue and white seersucker shirtwaist dress. I changed quickly. It was a little loose in the waist, but came with a belt, and I buckled it tight. There was no mirror in the office, but I was sure it fit. I stood straighter and felt important. I ran my fingers over the badge on the sleeve: BC PHN. British Columbia, Public Health Nurse. I was official.

—from *Always Pack a Candle*
Home on the Strange
Chronicles of Motherhood, Mayhem, and Matters of the Heart
Susan Lundy

A funny, heart-warming ode to motherhood written by an award-winning journalist and humour columnist.

For Susan Lundy, motherhood began when she moved into her boyfriend’s Salt Spring Island home at the age of twenty-one. Her new living arrangement came with furniture, a pair of kids, and a biting gerbil named Quasimodo. Susan was a career-oriented budding journalist, eager to write her way to fame and fortune. Becoming a mom was not part of her plan—at least not yet. But after initially surveying her new domicile with quiet horror, she grew into her new role, discarding many of the lessons her own mother had given her about keeping house and inventing her own rules as she went along.

By the time her two daughters were born, Susan had already fallen deeply in love with motherhood. Moreover, she chronicled her family’s topsy-turvy Gulf Island life in a collection of popular newspaper and magazine columns. Home on the Strange follows Susan’s journey from pregnancy to parenthood, career milestones to birds-and-bees talks, separation to new love at mid-life, and cross-country road trips to empty nesting during a global pandemic. Charming, poignant, and frequently hilarious, this is the perfect book for mothers or moms-to-be at any stage of their journey.

Susan Lundy has been a writer since the age of six, when she re-invented the lemonade stand by selling handmade books at roadside booths. Today, she is a multiple-award-winning writer—including a two-time recipient of the prestigious Jack Webster Award of Distinction—with a thirty-five-year career in print journalism. She is well known throughout BC as the managing editor of Boulevard magazine and is also the author of the book Heritage Apples.

OF RELATED INTEREST

Grandfathered
9781772033335, $22.95

Gilly the Ghillie
9781772033359, $19.95

Hard Knox
9781772033492, $19.95
Sometimes when my kids were preschoolers, I tossed aside the Lego, the 100-piece puzzles, the games of “let’s pretend I’m a cute fluffy kitty and you, Momma, are a ferocious, two-headed alien,” and found something really useful to play with my daughters, who were by then curly-headed blondes with willpower and endless energy. I created two games, one for periods of exhaustion, the other to coincide with rare bursts of energy.

“Let’s play naturopathic physician,” I’d suggest, giving a modern spin to the old favourite as I eyed the couch and pictured myself prone.

Then I’d plop down on its cushiony surface and attempt to doze off while the girls used a mixture of shamanism, medieval doctoring equipment and ancient crystal-stone-wood techniques to cure me of whatever ailment (usually death) had overtaken me on this day. They opened my mouth to check my heart. They placed a badminton racket on my face. They used lotion (after I removed the jar of vapour rub) to coat my feet.

Often they’d chant little healing verses while I slipped off into another world, only to emerge refreshed and to find my now-bored physicians happily arguing about whose turn it was to be the princess and who must be the dreaded prince.

However, as good as this game was in theory, it didn’t always weave its intended path; there were dangers, such as the “healing the hair” activity. In this process, a razor-edged club, disguised as a brush, was banged into the scalp and ripped down the length of the hair. From the carnage emerged several thoroughly knotted shapes called “braids” by the physicians-turned-hair-stylists.

—from *Home on the Strange*
Flourishing and Free
More Stories of Trailblazing Women of Vancouver Island
Haley Healey

An inspiring and eye-opening collection of true stories about fourteen women who blazed their own trails in life and contributed in a fundamental way to the history of Vancouver Island and the surrounding islands.

In this fascinating follow-up to On Their Own Terms, author Haley Healey chronicles the lives of a whole new crop of resilient, hard-working, rule-breaking, diverse women who lived on and around Vancouver Island. Flourishing and Free introduces readers to Sylvia Stark (1839–1944), who was born into slavery in Missouri and went on to become a homesteader on Salt Spring Island; Mary Ann Croft (1865–1935), the first female lighthouse keeper in all of Canada; Victoria Chung (1897–1966), the first Asian-Canadian person to earn a medical degree, who provided urgent care during the Second World War; Dr. Ellen White (1922–2018), a renowned Coast Salish educator, author, and storyteller; Isabel Kimoto (1921–), a cook, who was sent to a Japanese-Canadian internment camp in 1942 with her three-month-old baby; and many more. Uplifting, empowering, and entertaining, this concise collection of stories will appeal to anyone interested in learning more about the unsung heroines of the West Coast.

Haley Healey is a high school counsellor, registered clinical counsellor, and the bestselling author of On Their Own Terms: True Stories of Trailblazing Women of Vancouver Island. A self-proclaimed trailblazing woman herself, she has taught in isolated fly-in communities, guided whitewater canoe expeditions, and plays the violin. She has an avid interest in wild places and unconventional people. She has appeared on Into the Wild, an outdoor adventure radio show on CHLY, Nanaimo’s campus-community radio station.

Local Interest (BC) / Women
April 2021 • $9.95
9781772033533 • softcover
5.5” × 8.5”, 144 pages, b&w photographs throughout
Author’s home: Nanaimo, BC
Heritage House Publishing / Amazing Stories
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OF RELATED INTEREST

On Their Own Terms
9781772033250, $9.95

The Famous Five
9781772032338, $9.95

Rebel Women of the West Coast
9781926612284, $9.95
Birding for Kids
A Guide to Finding, Identifying, and Photographing Birds in Your Area

Damon Calderwood
Donald E. Waite

An interactive full-colour field guide that teaches kids the fun, safe, and educational way to observe birds in their natural habitat.

Join expert bird photographers Damon Calderwood and Donald E. Waite, and their young friends, as they highlight all the basics of birding. Birding for Kids is filled with full-colour photos, fascinating facts, and fun projects that allow children to get up close and personal with nature while respecting the habitats of birds in the wild. The book includes guidelines on how to look for or attract birds in backyards, city parks, and rural areas; how to take pictures of birds or record information about them in a log book; how to help endangered or at-risk species; what to do if you find a hurt bird or abandoned nest; and much more. This informative guide also includes a list of common and scientific species names, a glossary of birding terms, and all the basic equipment you need to become an avid or casual birder.

Damon Calderwood is an actor, teacher, and avid wildlife photographer. He is the author and photographer, with Donald E. Waite, of Baby Birds in the Wild and More Baby Birds in the Wild. To learn more, visit globalbirdphotos.com.

Donald E. Waite is a former RCMP officer, an established historian, and an accomplished bird photographer with over four decades’ experience. Waite opened a portrait studio in Maple Ridge, BC, in 1971 and sustained his passion for photography after retirement. He is the author of numerous books on birding and BC regional history.
HOW TO USE THIS BOOK

Birding for Kids is all about the fascinating world of birds in the wild—where to find them, how to feed them, how to tell one bird species from the next, what to take with you when you’re birdwatching, how to take the best pictures, and how to help birds in need. Whether you live in the city or the country, on the coast or in the middle of the country, birds are all around you. You can hear them chirping, cawing, or quacking. You can see them perching on tree branches and power lines. If you’re really careful, you can observe just-hatched baby birds being fed by their parents. Or you can learn to feed certain birds yourself—either with a birdfeeder or from your hand! This book is your how-to guide to everything bird-related.

CHAPTER 1: Identifying Birds goes over the parts of a bird—from beak to tail feathers—and identifies key characteristics that will help you tell one bird species from the next. What’s the difference between raptors and waterfowl? How do hummingbirds seem to hover in midair? How can you tell the songs of different songbirds apart? Read this chapter to find out!

CHAPTER 2: Finding and Observing Birds tells you everything you need to know about where to find certain birds at different times of day and year. Do all birds fly south for the winter? Where do nocturnal birds go during the day? Where is the best place to find a robin’s nest? This chapter gives helpful tips on how to record information about the birds you see when you’re out and about so that you’ll know what to look for next time. Here you’ll also find a range map outlining habitats of many common birds found throughout North America.

CHAPTER 3: Feeding and Housing Birds goes beyond simply watching birds to interacting with them. Some birds are tame and like to be fed from your hand. But others can get nervous and attack if they think you are threatening them. How to tell the difference? Read this chapter to find out. And always bring a parent or guardian with you. This chapter also includes instruction on how to build birdfeeders, birdhouses, and bird baths to attract all sorts of feathered friends to your house!

CHAPTER 4: Photographing Birds is your crash course in bird photography. Don’t have a fancy camera? No
Lost on the Prairie
MaryLou Driedger

Set between Kansas and Saskatchewan in 1907, this middle-grade novel follows a young boy who gets separated from his family en route to Canada and must find his way alone across the immense prairie landscape.

Following the sudden death of his eldest brother, twelve-year-old Peter is chosen by his father to travel by train from Kansas to Saskatchewan to help set up the new family homestead. But when Peter’s boxcar becomes uncoupled from the rest of the train somewhere in South Dakota, he finds himself lost and alone on the vast prairie.

For a sheltered boy who has only read about adventures in books, Peter is both thrilled and terrified by the journey ahead. Along the way, he faces real dangers, from poisonous snakes to barn fires; meets people from all walks of life, including famous author Mark Twain; and grows more resourceful, courageous, and self-reliant as he makes his way across the Midwest to the Canadian border, eventually reaching his new home in Drake, Saskatchewan. The journey expands Peter’s view of the world and shows him that the bonds of family and community, regardless of background, are universal and filled with love. Packed with excitement and adventure, this coming-of-age novel features a strong and likeable young protagonist and paints a realistic portrait of prairie life in the early twentieth century.

MaryLou Driedger’s curiosity and love of learning have taken her to some fifty destinations across the globe. As an educator, she has taught in three different countries and is the recipient of a Manitoba Teacher of the Year award. As a writer, Driedger has been a columnist for Winnipeg Free Press and The Carillon, and her freelance work has been published in numerous periodicals, anthologies, travel guides, institutional histories, and curriculums. Driedger chronicles her adventures on her popular daily blog, maryloudriedger2.wordpress.com.

Miles to Go
9781772032642, $12.95

Journal of a Travelling Girl
9781772033375, $12.95

The Flags of War
9781772033070, $12.95
Mr. Schmidt shakes my hand hard and sure just the way Papa did when I left Newton, like I’m a real man. Sometimes I think about what a little boy I was, the day I left home all excited but with no idea about what was to happen to me. But now I feel a heap more grown up.

After all, I’ve killed a copperhead and climbed down a roller coaster. I crawled back up after a terrible fall down a ravine and survived a near drowning. I rescued my friend from quick sand and saved a barn full of animals from a fire. What with all my adventures I’m becoming more and more brave and grown up like Harvey was at the end of Captains Courageous. Will Mama and Papa and my brothers even recognize me?

“It’s not a long trip Peter,” Mr. Schmidt says bringing my head back from its meanderings. “You should be in Minneapolis this afternoon. Greet your folks for me and tell them someday I just might come for a visit. Never been to Canada. Might be I want to see another country in this world before I die.”

Mr. Schmidt begins to slide the door in place. “Goodbye” I say trying to sound manly and sure of myself.

“*Gruss Gott Peter,*” I hear Mr. Schmidt say just before the door clangs shut. The familiar phrase almost brings a tear to my eye. I stand between Prince and Gypsy and put one hand on each horse. “We’re going home,” I say.

—from *Lost on the Prairie*
Little Wolf
Teoni Spathelfer
Illustrated by Natassia Davies

A young Indigenous girl moves to the big city and learns to stay connected to her culture and the land.

When Little Wolf moves to the big city with her mom and sister, she has difficulty adjusting to their new life. She misses living close to nature and seeing animals wherever she goes, and she misses fishing with her grandfather and seeing dolphins leaping beside their boat. Most of all, she misses feeling connected to her culture.

At school, Little Wolf has trouble fitting in. Although her class has kids from many different cultures, no one is Heiltsuk, like her. The other kids call her names and make her feel unwelcome. Her only defence is to howl like a wolf so they run away. But this only isolates her further.

Gradually, Little Wolf starts to see the beauty in her new surroundings. An otter swims beside her as she walks on the seawall. A chickadee chirps in a tree in the big park near her house. And her mother helps her stay connected to their culture by signing them up for beading and dance classes. Despite the difficult start, Little Wolf grows up proud of her background and ready to face the future.

Teoni Spathelfer is a hereditary member of the Heiltsuk Nation from coastal BC. Since childhood she has loved immersing herself in her own culture and learning about other cultures around the world. Spathelfer has worked as a publicist; a radio journalist, host, and producer; and an arts and music writer. Her documentary Teoni’s Dream, informed by her mother’s residential school experience, has aired nationwide on CBC Radio. She has three daughters and two grandchildren.

Natassia Davies is an artist and graphic designer of Coast Salish ancestry from WSÁNEĆ territory. For nearly a decade, Natassia has worked traditionally and digitally to create illustrations, develop visual brand identities, and design various other visual communications tools for local businesses, individuals, and non-profits. She also works with Indigenous groups to create educational tools and public art pieces. Natassia has collaborated on multiple large-scale Indigenous murals that can be found throughout Sooke and Victoria’s harbour.

OF RELATED INTEREST

Magical Beings of Haida Gwaii
Teoni Spathelfer
Illustrated by Natassia Davies
9781772023963, $22.95

Mwakwa Talks to the Loon
Teoni Spathelfer
Illustrated by Natassia Davies
9781894974325, $12.95

The Legend of the Buffalo Stone
Teoni Spathelfer
Illustrated by Natassia Davies
9781927527481, $12.95
Explore the Eelgrass Meadow with Sam and Crystal
Gloria Snively
Illustrated by Karen Gillmore

This fascinating story teaches children about the many fish, crustaceans, marine mammals, and micro-organisms that live in and feed off the eelgrass meadows of the north Pacific coastal region.

Sam and Crystal’s coastal adventure continues as brother and sister dive deeper into the marine habitats of Eagle Cove, home of Aunt Kate and Uncle Charlie. In their third adventure, the kids learn about one of the most ecologically important ecosystems on the west coast: the eelgrass meadow. This rich habitat provides food and shelter to countless marine critters—from tiny micro-organisms to giant marine mammals. Ada, an Indigenous woman from nearby Salmon Bay Village, tells the children about her people’s knowledge of land and sea, complementing Aunt Kate’s Western scientific teachings and reinforcing the importance of respecting nature. Combining an entertaining story with gorgeous imagery and the author’s scientific background and extensive work with Indigenous Elders and educators, Explore the Emerald Eelgrass Meadow with Sam and Crystal brings the coastline to life for children ages eight and up.

Gloria Snively is a professor emeritus of science, environmental, and marine education in the Faculty of Education, University of Victoria; a former classroom teacher of primary and junior secondary grades; and a founding member of the Northwest Association of Marine Educators. In addition to the Sam and Crystal series, she is the author of the classic bestselling field guide Exploring the Seashore in British Columbia, Washington, and Oregon and (with Wanosta’a7 Lorna Williams) Knowing Home: Braiding Indigenous Science with Western Science.

Karen Gillmore has been an artist since she could hold crayons. In addition to being a children’s book illustrator—most notably of the Sam and Crystal series—she also writes and illustrates comics and graphic novels.

OF RELATED INTEREST

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Praise for Explore the Eelgrass Meadow with Sam and Crystal

“A special story that will whet young people’s curiosity about the very special ecosystem of native eelgrass in the Pacific Northwest.”

Nikki Wright, Executive Director, Seachange Marine Conservation Society

“Gloria Snively and Karen Gillmore do it again, bringing fascinating, detailed information about eelgrass meadows and the mysteries and value of our oceans to youth of all ages. Respect, equality, sustainable use, and conservation are all wrapped up in the words and pictures of the working west coast.”

Dr. Joachim Carolusfeld, World Fisheries Trust

“Dr. Snively captures the wonder and excitement of the rich eelgrass meadow and associated ocean ecosystems. Seen through the eyes of two delightful, curious children, the biological wonders of this habitat are interpreted by a marine biologist, a fisherman uncle, a First Nations Elder, and even a small, wise, and perceptive fish. Beautifully illustrated by artist Karen Gillmore, scientifically accurate, and fun to read, this story of the ocean coast and all its relationships will captivate children and adults alike.”

Dr. Nancy Turner, ethnobotanist

Praise for the Explore with Sam and Crystal series

“The mission of the naturalist writer and artist is to inform us, excite our imagination, and deepen our understanding and appreciation of nature. It is a call to be careful stewards of the land and sea. For many, it is a call to action. Snively and Gillmore do this in a strong complementary fashion, reminding us of our children, and of future generations to come.”

BCATA Journal for Art Teachers

“Recommended for school and public libraries regardless of their proximity to the west coast. Although works of fiction, the books contain a wealth of accessible facts.”

Resource Links

“A major theme that emerges is the need to respect and care for the ocean environment and to understand the harmony among its inhabitants. These appealing, fact-rich books go a long way to enhancing that understanding for young readers. Highly recommended.”

CM: Canadian Review of Materials
Park Bagger
Adventures in the Canadian National Parks

Marlis Butcher

An inspiring collection of personal adventures and stunning photographs sharing the profound beauty of Canada’s national parks.

Distributed across the second-largest country in the world, the Canadian national parks can be challenging to get to. Many of them are so remote that they have no road access or infrastructure of any kind, but they are not impossible to visit. Although much of the vast Canadian wilderness is fraught with challenging terrain, unpredictable weather, and sometimes threatening wildlife, there are also pleasant beaches, waterfalls, and places to just kick back and relax.

Explorer Marlis Butcher has “bagged” all of the Canadian national parks. In her quest to visit and get to know the parks, Marlis canoed, kayaked, mountain biked, backpacked, hiked, snowshoed, snorkelled, and trekked by whatever means of travel she could devise. During her park explorations she’s encountered grizzly and black bears, polar bears, wolves, and wolverines. She’s survived incredible storms, fell off mountainsides, and sinking boats. Marlis has investigated uncharted lands and travelled down quaint country roads. In Park Bagger, she shares her adventures, with the objective of encouraging others to explore the national parks and to protect Canada’s vast wilderness.

Marlis Butcher grew up in the suburbs of Montreal, but discovered a love for the outdoors early in life. Whether camping with the Girl Guides or volunteering to shovel snow, she strived to get outside. Her head for maths, however, led her into a career in Toronto’s major financial institutions. Marlis’s detailed travel journals and photography became the basis for several published magazine articles, and caught the attention of The Explorers Club and the Royal Canadian Geographical Society, in both of which she’s been honoured with membership. She lives in Burlington, Ontario.
Take Me Outside
Running Across the Canadian Landscape that Shapes Us

Colin Harris

One educator’s story detailing a cross-Canada run to inspire students and teachers to get outside and experience the benefits and beauty of nature.

You’d think starting a non-profit organization aimed at getting young people to spend less time in front of screens and more time outside would be difficult enough. But with a decrepit support vehicle housing two dogs that despised each other, a good friend who left after five months, a lot of peanut butter, and a hope to inspire thousands of students, Colin Harris decided to start this journey by running 7600 kilometres, the equivalent of 181 marathons, across Canada. And to ensure this was a truly Canadian venture, he started in the bleak and snowy month of January.

Take Me Outside is Colin’s story of spending nine months running from St. John’s, Newfoundland, to Victoria, British Columbia, visiting over 80 schools along the way to engage with 20,000 students about the importance of spending time outside learning, playing, and exploring in the Canadian landscape. With one of the biggest and best backyards in the world, people across Canada are spending the vast majority of their time inside. Yet, our identity as Canadians has always been rooted in our relationship with the outdoors. This wildly entertaining book not only recounts what it’s like to run across the world’s second-largest country but also implores readers of all ages to reignite their connection with the natural world.

Colin Harris is the founder and executive director of Take Me Outside. Colin has been immersed in the field of outdoor and environmental education for over 15 years. He has been the director of outdoor education at an Ontario-based centre, he has instructed canoe trips for Outward Bound Canada, and he has worked with Indigenous students in the Western Arctic Leadership Program in NWT. He has taught grades 7 and 8 and has completed a Master’s of Environmental Education and Communication through Royal Roads University. Colin lives in Banff, Alberta.

OF RELATED INTEREST

A Purpose Ridden – Updated Edition
9781777602648, $30.00

Marathon Quest – Revised & Updated
9781777602662, $25.00

The Secret Marathon
9781777602960, $25.00
The organization has grown by working collaboratively with other organizations, school boards and individuals to encourage children and youth to spend more time outside through various projects and initiatives. Since that inaugural day on the last day of my run, our cornerstone program Take Me Outside Day has seen more than a million students in Canada participate in heading outside to increase awareness about the importance of outdoor learning. Every fall, we hold a student video contest in partnership with Banff Mountain Book & Film Festival and MEC, asking students across the country to make short videos about why we have the best backyard in the world and why they like spending time in it. We facilitate a year-round outdoor learning challenge where teachers across the country have committed to taking their students outside once a week for the entire school year. We host a winter challenge, encouraging teachers across the country to take their students outside for learning in the heart of a Canadian winter too. We even sell t-shirts in MEC which promote Take Me Outside. We’ve recently expanded our board of directors and have found funding for a part-time staff member. While I haven’t felt a sense of arrival, I know I’m running in the right direction. I know this because Take Me Outside is committed to raising awareness and facilitating action on nature connection and outdoor learning in schools across Canada. We believe in a future where spending time outside playing, exploring and learning is a regular and significant part of every student’s day. Running a non-profit is tough: grants come and go, funding is volatile with changes in government, and appetites for projects and programs can shift quickly like a change in the wind, all while I continue to work my full-time municipal job. Throughout all of this, there is a belief that convictions matter. And I have learned that I’m not alone in my convictions. There are thousands of individuals and hundreds of organizations across this country who care deeply about getting young Canadians outside, getting them active and connecting them to the land. We’re all running together.”

—from *Take Me Outside*
The Ageless Athlete
Age is Just a Number
Martin Parnell and Malcolm Kent

Guinness World Record holder Martin Parnell shows how, at 62 years of age, he devoted himself to beating his personal running records set in his 40s and 50s, and to get into the best shape of his life.

In 2017 Martin Parnell tackled the Calgary 150 km Ultra Marathon. He didn’t finish. This was just one of a number of racing disappointments he had encountered in recent years and he found he was running slower and slower.

Parnell realized he had to do something drastic if he was to turn things around. To accomplish this Martin knew he would need the best shoes, best gear, best nutrition, and of course the best coach. Martin knew just the trainer: Malc Kent. Kent is a highly experienced coach and one of the leading experts in the world in remote and wearable gait analysis. He has coached athletes in more than 10 countries and performed more than 4,000 gait analyses on runners of all levels.

Martin and Malc show the importance of the runner / coach relationship in terms of the older athlete, while also resonating with anyone who wants to challenge themselves to improve their overall health or learn something new about running.

Martin Parnell started his “Quests for Kids” initiative in 2010 after a 25-year career in the mining industry. Over the next five years he completed 10 “Quests.” These included running 250 marathons in one year, setting five Guinness World Records, and summiting Mount Kilimanjaro in 21 hours. By the end of 2014, over $1.3-million had been raised for the humanitarian organization Right To Play, and 27,000 children had been given the gift of hope. Martin lives in Cochrane, Alberta.

Malcolm Kent is a professional applied scientist specializing in gait analysis and strength training for runners. He originally began running competitively as a teenager in the UK in both cross-country and orienteering at the National Championship level. Malcolm lives in Calgary, Alberta.
Martin thinks running can be enjoyable and fulfilling, even while it makes specific demands on the human frame that require us to be physically able to handle them. He provides a wealth of information in the form of tips and training sessions, recovery from injuries, and successful running plans. Whatever the type of race or distance you want to run, Martin has the intelligent information on what it will take for you to reach your goal. Only by properly taking care of one’s body through the adoption of proven training techniques and strategies can a runner begin to feel they are making positive progress.

In *The Ageless Athlete*, Martin trains with his world-renowned running coach and friend Malc Kent. Malc is an accomplished and dedicated runner himself, and working together, they can identify key moments when one should pour it on or cut back. If one seriously takes up this vital lifestyle of running, Martin and Malc prepare you for the many hours of investment of time. However, they remind us that the dividends more than make up for it. Everything in Martin and Malc’s latest book is practically based, on getting runners to manage their aspirations and empowering them to reach out to them. Enjoy this read!

—John Stanton, president and founder of the Running Room
Wild Roses Are Worth It
Reimagining the Alberta Advantage
Kevin Van Tighem

A timely collection of provocative, personal, and thoughtful essays for an Alberta in transition.

This selection of works by naturalist, hunter, conservation activist, and outdoors journalist Kevin Van Tighem will both inspire and provoke, because it offers an unflinching challenge to cherished myths and conventional wisdom in a troubled province beset with profound questions about its future. Even at their most provocative, however, these writings remind us of what is best about the Alberta spirit, and offer the possibility of a more sustaining relationship with our place and with one another.

The rich imagery in these writings is drawn from the author’s intimate relationship with the streams, forests, grasslands, and mountains of the Canadian West. There may be no sacred cows in Van Tighem’s prose, but even the most unblinkingly critical of his writings resonate with a love of place and an abiding respect for the people whose lives he shares. He reminds us that Alberta’s stories were always meant to be about much more than oil. At a time when social, economic, and environmental changes confront and confound what is still one of Canada’s greatest provinces, we need better ways of remembering our past, knowing our present, and imagining our future. That’s what this inspiring body of work offers — just in time for tomorrow.

Kevin Van Tighem, a former superintendent of Banff National Park, has written more than 200 articles, stories, and essays on conservation and wildlife which have garnered him many awards, including Western Magazine Awards, Outdoor Writers of Canada book and magazine awards, and the Journey Award for Fiction. He is the author of Bears Without Fear, The Homeward Wolf, Heart Waters: Sources of the Bow River, Our Place: Changing the Nature of Alberta, and Wild Roses Are Worth It: Alberta Reconsidered. He lives with his wife, Gail, in Canmore, Alberta.
This book is a collection of columns and articles originally published in that remarkable magazine. They were written to celebrate, to challenge and to reinterpret the province of my birth and what it means to be of this place. Most were written in the heady days of an oil boom that too many believed would last forever. They were meant to provide a counter-narrative to those who see this place simply as Oil-berta. But now, coming out of an oil crash and pandemic into the dust clouds of what will almost certainly be our own generation’s Dirty Thirties, perhaps they offer something more. Perhaps they can help to remind us of where we actually are and, through that, help us to imagine who we will choose to be next. This is an era of unavoidable and dramatic change; we shouldn’t waste time on what didn’t work or what can’t last. Our future won’t forgive us for that, any more than it will forgive us for ruining the place for lack of care and attention to its most lasting values.

—from *Wild Roses Are Worth It*
Aloft
Canadian Rockies Aerial Photography
Paul Zizka

An astounding, unique collection of some of the most stunning mountain landscapes in North America.

There is a reason why the Canadian Rockies are some of the most photographed mountains in the world. Rugged peaks encircle glacier-fed lakes, rise up like protective walls around tree-filled valleys, and offer a stunning backdrop to open alpine meadows. They have been photographed from the valley bottoms, from the shores of famous lakes, and from the summits of prominent peaks. They are accessible by vehicle, boat, gondola, skis, and hiking boots. But a lucky few have photographed the Rockies from the air.

In the most comprehensive collection of aerial photos to date, Aloft: Canadian Rockies Aerial Photography by Paul Zizka gives the reader a unique bird’s-eye view of this prized mountain range. From vast glaciers to winding rivers, animal overpasses to lakes that look like brilliant spills of turquoise paint on the landscape, these images provide a rare look at mountains that are as grandiose from the skies as they are from their better-known vantage points.

Paul Zizka is a professional mountain landscape and adventure photographer. His award-winning images have been featured in a wide variety of publications, including Maclean’s, National Geographic Traveller, National Geographic Adventure, Alpinist, Huffington Post, The Guardian, and Canadian Geographic. His client list includes leading national and global brands such as Apple, Dell, Arc’teryx, lululemon athletica, Panasonic, MEC, and Canon. Paul has published numerous books with RMB, including: Summits and Starlight: The Canadian Rockies; The Canadian Rockies: Rediscovered; Grandeur of the Canadian Rockies; Splendour of the Canadian Rockies; Beauty of the Canadian Rockies; and Souvenir of the Canadian Rockies. Passionate about teaching, Paul is the co-founder of OFFBEAT, a creative community for photographers which offers workshops in far-flung destinations around the globe. Originally from Quebec, Paul now lives in Banff, Alberta.
Cold Comfort
Surf Photography from Canada’s West Coast
Marcus Paladino

Marcus Paladino’s unique and stunning portfolio contains some of the photography world’s most compelling surfing images.

Surfing is why Marcus Paladino moved to Tofino. It’s an integral part of his lifestyle and contributes to his livelihood. Bumpy boat rides, long drives, getting skunked, scoring good waves, chattering teeth, numb feet, blacking out, drowning cameras, mental frustration, and chasing serotonin are all part of the game when surfing the cold waters off Canada’s west coast.

Dedicated to capturing high-performance surfing at its best and finding split-second action and beauty in lost moments of time combine to help craft a portfolio of energetic and meditative photography like few others. With a keen eye for the unique and the almost forgotten, Cold Comfort is an amazing collection of imagery that skilfully communicates the photographer’s deep love and respect for this western Canadian coastal landscape.

Marcus Paladino is a professional photographer specializing in cold-water surfing on the west coast of Canada. He grew up on Vancouver Island, where he went on to receive a diploma in photography in 2010. Shortly after, he moved to Tofino for a summer and hasn’t looked back. Marcus’s work has been featured in various publications around the world, including SURFER, Surfing Magazine, The Surfer’s Journal, Explore magazine, Tracks, and Carve. He has also worked with clients internationally, including Hurley, Monster Energy, Red Bull, Hydro Flask, Clif Bar & Company, Reef, Yeti, O’Neill, and Vans. His dedication to showcasing high-performance surfing that continues to be pushed north of the 49th parallel, along with his distinctively artistic approach, has made Marcus one of the most desired water photographers to work with in Canada.

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OF RELATED INTEREST

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9781771603713, $40.00

The Wild Coasts of Canada
9781771603331, $60.00

Converging Waters: The Beauty and Challenges of the Broughton Archipelago
9781771601658, $40.00

rmbooks.com
Northern Stone
50 of Canada’s Best Rock Climbs
Brandon Pullan and David Smart

A stunning, full-colour climbing guide that focuses on a curated selection of Canada’s best rock climbs.

With over 50 years of combined climbing experience between them, authors Brandon Pullan and David Smart have spent countless hours debating and reviewing Canadian climbs to settle on the routes chosen for this book. Divided into two sections — Western Canada (British Columbia, Alberta and Yukon) and Eastern Canada (Ontario, Quebec, Nova Scotia, New Brunswick, and Newfoundland–Labrador) — Northern Stone profiles an equal number of routes in each half of the country (something no climbing guide has ever done).

Along with maps and a healthy selection of photos showing the route, each climb includes information on local accommodation, food, climbing gyms, and alternative climbs, along with access notes, approach info, grade, length, and pitch-by-pitch descriptions.

Brandon Pullan was born and raised in Ontario and is a graduate of Lakehead University. He started writing for publications in the late ’90s and is now editor-in-chief of Gripped, Canada’s Climbing Magazine. Brandon lives in Canmore, Alberta.

David Smart has completed hundreds of new routes in eastern Canada and is the founder of Gripped, Canada’s Climbing Magazine, Canadian Running magazine, Canadian Cycling Magazine, and Triathlon Magazine Canada. He is the author of A Youth Wasted Climbing, short-listed by the Banff Mountain Film and Book Festival; Paul Preuss: Life and Death at the Birth of Free-Climbing, short-listed for awards by both the Banff Mountain Film and Book Festival and The Boardman Tasker Prize for Mountain Literature (UK); and Emilio Comici: Angel of the Dolomites. David lives in Toronto, Ontario.
Bikepacking in the Canadian Rockies
Ryan Correy

The first full-colour guidebook introducing backcountry cyclists to the exciting and increasingly popular world of bikepacking.

Before his untimely death from cancer in 2018, veteran rider and passionate cyclist Ryan Correy (two-time finisher of the Tour Divide, founder of Bikepack Canada and author of *A Purpose Ridden*) pedalled his way through the most popular national parks in the Canadian Rockies in order to complete his work on this unique guidebook. Featuring routes in Waterton, Kananaskis, Banff, Kootenay, Yoho, and Jasper, *Bikepacking in the Canadian Rockies* will take biking enthusiasts on Beginner, Intermediate, and Expert journeys in the following locations:

- Front Range – 496 km gravel grind down the Alberta foothills
- High Rockies – 183 km opening sampler for the Great Divide
- Beaverfoot – 389 km expedition along the Rocky Mountain Trench
- Devil’s Gap – 214 km backcountry passage into Banff National Park
- Highwood – 357 km over Highwood Pass into the Crowsnest region
- Castle – 266 km circumnavigation of Waterton and Castle parks
- Top of the World – 347 km of remote climbs in the East Kootenays
- Flathead Valley – 291 km in southeast British Columbia
- Three Point – 173 km hike-a-bike adventure around Kananaskis
- Icefields Parkway – 291 km fat-bike trek up to Jasper

The result of Correy’s remarkable dedication is an unparalleled collection of ten ambitious, multi-day routes complete with directional cues, detailed maps, a helpful Bikepacking 101 section, rich photography, and personal stories that will stoke the curiosity of all backcountry riders.

**Ryan Correy** was one of Canada’s most accomplished adventure cyclists. Ryan regularly spoke to professional groups about turning passion into purpose and was actively involved in various forms of charity work. He was also the founder of Bikepack Canada (bikepack.ca) and was a tireless promoter of cycling and outdoor adventure. Ryan died in April 2018 after a courageous battle with cancer.
Popular Day Hikes: The Castle and the Crowsnest
Andrew Nugara

Popular Day Hikes is a series of bestselling books written for visitors and locals looking to hike scenic trails from well-established staging areas.

Popular Day Hikes: The Castle and the Crowsnest covers 37 of the best trails north of southern Alberta’s Waterton National Park. Featuring easy short-day walks, more-strenuous full-day hikes, and the occasional easy scramble in Castle Provincial Park, Castle Wildland Provincial Park, and Crowsnest Pass, Andrew Nugara’s well-written and beautifully illustrated guidebook contains routes for everyone. Some of the trips included are:

- North Drywood Falls
- Prairie Bluff
- Table Mountain
- Southfork Lakes
- Gravenstafel Ridge
- Frank Slide Trail
- Star Creek Falls
- The Promised Land

Each hike includes:
- detailed directions
- colour maps and photographs
- seasonal information
- round-trip distances
- trail commentary
- difficulty ratings

Waterfall Hikes in Southern British Columbia

Steve Tersmette

The first in an all-new series of full-colour guidebooks featuring hikes and walks to some of the most beautiful waterfalls in western Canada.

Waterfall Hikes in Southern British Columbia is the comprehensive guide to discovering waterfalls in BC. It provides detailed access and hiking directions to more than a hundred cascading water features in the BC Rockies and Southern Interior mountain ranges, as well as the Okanagan. Highlighted by stunning photographic imagery, this is the ultimate companion for those looking to chase spectacular and serene waterfalls in Western Canada. Provincial and national parks covered include:

- Elk Lakes Provincial Park
- Yoho National Park
- Kokanee Glacier Provincial Park
- Syringa Provincial Park
- Glacier National Park

Written for families with young children, this book will also appeal strongly to outdoor enthusiasts, hikers, and walkers of all ages, along with photographers and artists seeking out the unique beauty of waterfalls.

Steve Tersmette was introduced to the mountains by his father at a young age and grew up hiking and backpacking in the Canadian Rockies. In 2006 he moved to Kimberley, where he continues to explore the mountains with his friends, wife, and two young children. In 2017, along with his best friend and climbing partner, he became the first to traverse the Purcell Mountains on foot in the summer by trekking from near Kimberley to Rogers Pass. Steve is also an avid climber and mountaineer and has established first ascents and new climbing routes in both the Purcells and the Rockies. He actively volunteers with the East Kootenay Climbing Association to advocate for, maintain, and develop outdoor climbing in Southeastern BC. Steve lives in Kimberley, British Columbia.

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Rocky Mountain Books
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AVAILABLE VIA UTP: No
Ebook also available

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- Outreach to subject-specific organizations, markets, and festivals
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OF RELATED INTEREST

Popular Day Hikes: South-Central Okanagan – Revised & Updated
9781777182278, $20.00

Popular Day Hikes: Northern Okanagan – Revised & Updated
9781777182457, $20.00

9781777182464, $30.00
**Time to Wonder – Volume 1**


*Suzanne Harper and Lesley Buxton*

A dynamic, exciting, and full-colour guidebook designed for kids and families looking for adventure throughout the interior of British Columbia.

Go on... be a time traveller, an anthropologist, an archeologist, an artist, or an explorer! Be everything at once! When you visit a museum, you enter an amazing world where you are limited only by your imagination. The books in the *Time to Wonder* series give adventurous families a backstage pass to explore behind the scenes in regional museums throughout British Columbia.

All will be revealed with the help of dozens of colour photographs, regional maps, lists of activities, historical information, and interviews with a team of amazing experts who specialize in a variety of regions throughout the interior of British Columbia. Whether families are experienced museumgoers or just curious about something new, this is a book they will read over and over.

*Suzanne Harper* is a retired secondary school teacher who has a BSc in psychology, an MA in English Language and Literature, and an MFA in Creative Nonfiction from the University of King's College in Halifax. She has published 10 educational textbooks for the Ontario secondary English curriculum and has written three titles targeting reluctant readers as part of *The Ten* series published by Scholastic. Her writing can also be found in a number of magazines, including *NUVO Magazine, Okanagan Life, Okanagan Arts, Kelowna's Daily Courier – Sunday Edition*, and *BC Food and Wine Trails*. Suzanne lives in Kelowna, British Columbia.


**MARKETING & PROMO:**
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- Outreach to subject-specific organizations, markets, and festivals
- Blogger outreach, online ads, and social media campaigns
- Outreach to travel and tourism organizations
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- Electronic blads

**OF RELATED INTEREST**

- **Popular Day Hikes: Northern Okanagan** - Revised & Updated
  9781771602457, $20.00

- **Popular Day Hikes: South-Central Okanagan** - Revised & Updated
  9781771602778, $20.00

- **Mountain Footsteps: Hikes in the East Kootenay of Southeastern British Columbia**
  9781771602464, $30.00

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*Local Interest (BC) / Kids*  
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8” × 8”, 168 pages, full colour throughout  
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RIGHTS HELD: World, all languages  
AVAILABLE VIA UTP: No  
Ebook also available
What’s going on?

If you ask the locals, the story goes that around 1910, a man named Soo Lee Ping Wong, arrived in the city of Vernon, British Columbia, from China. Mrs. Wong was a trusted RCMP officer who pick up pails of soy beans and egg from the restaurant and take them to the police station where they were made into tofu. In order to get the tofu to Vernon, she loaded it into the police car’s trunk and took it with him on his way to Vernon.

Your Turn:
- What are the plusses and minuses of eating tofu? What are the health benefits?

Would you believe…

Would you believe…

Today, many vegetarians eat tofu instead of meat, but it wasn’t as popular in the 1960s. Chinese restaurants were Mrs. Wong’s biggest customers. The first step in making tofu was to grind the soaked soya beans with the millstone. Even though the millstone was made of stone, it was still used in the 1960s. Mrs. Wong’s millstone is a symbol of the importance of the Chinese culture.

The millstone is a special tool that is used to grind soybeans. It is made of stone and is still used today. Mrs. Wong used the millstone to grind the soya beans to make tofu. She used the millstone to make tofu every day. She used the millstone to make tofu for her family and friends.

Your Turn:
- How are they different? Why has there been a change in the way tofu is made?

What are the plusses and minuses of eating tofu? What are the health benefits?

Would you believe…

Would you believe…

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What are the plusses and minuses of eating tofu? What are the health benefits?
The Wonders That I Find
Written by Meghan J. Ward
Illustrated by Taylor Odynski

Vibrant, whimsical illustrations accompany this thoughtful poem, which will quickly become a favourite for both parents and children to read together.

It’s a beautiful summer day and Geneva’s parents have something special in mind: a hike to a scenic viewpoint in the mountains. So, they load up their car and drive to their chosen trail – a steep but rewarding hike called “Climb into the Sky.” With her teddy in tow, Geneva tries to keep up with her parents, who are eager to show her the view up high. A bird’s-eye view is what they promise, one that shows a winding river and trees down low, and rows of peaks that stretch into the distance. But as she walks, she’s distracted by the wonders of nature that catch her eye and beckon her to take a closer look.

_The Wonders That I Find_ taps into a child’s curiosity about the world – something we all possess but often neglect as we grow older. The book asks us to slow down as we join Geneva on the trail, to appreciate the smaller things and savour the journey as much as the destination.

Meghan J. Ward is an outdoor, travel, and adventure writer. She is also the co-founder and editor-in-chief at Crowfoot Media, a mountain culture publishing house and the creative force behind the _Canadian Rockies Annual_. An avid adventurer with a voracious appetite to understand her surroundings, Meghan has established herself over the past decade as a mountain historian and an authoritative voice in the Rockies outdoor and travel scene. She lives in Banff, Alberta, with her husband, Paul Zizka, and their two daughters.

Taylor “Tay” Odynski is a full-time freelance artist and illustrator. A graduate of the Bachelor of Design program at Alberta College of Art and Design (now Alberta University of the Arts), Tay works in styles that are both distinct and diverse. In addition to her commissioned paintings, sought after by collectors around the world, Tay has provided artwork for multiple album covers of Canadian recording artists; window painting for special events; and a full mural in the Calgary Children’s Cottage. She lives in Calgary, Alberta.
Instead of playing in the yard or riding on her bike, Geneva packed a bag and joined her parents for a hike. It was the perfect summer day, the skies were blue and bright—the kind of day you spend outside from morning until night.

Backpacks on and boots laced up, the adventure was underway. A gentle breeze picked up the leaves and pines began to sway.

“This view is worth the hike,” she said. “The journey is worth it, too!”

I saw the tiny ants below, stretching t’wards the light. Ferns were basking in the sun and the river winding through the evergreens. From miles away I saw the cliffs that rose with all their might.
Prairie ABCs
Jocey Asnong

Bright illustrations and whimsical text bring the Canadian Prairies to life for early readers.

Author and illustrator Jocey Asnong continues her journey across Canada in this early concept board book that showcases the diversity, habitats, native animals, and outdoor activities enjoyed across the prairie provinces of Manitoba, Saskatchewan, and Alberta. Children will learn the alphabet and letter recognition as Asnong’s illustrations take us on a tractor ride through our fields, follow bison as they roam through birch trees, and look for antlers in alfalfa fields. From the shores of Lake Winnipeg, through the back roads of rural Saskatchewan, to the foothills of Alberta, Asnong’s bright and colourful illustrations celebrate the heart of Canada and prairie life.

Jocey Asnong was raised by a pack of wild pencil crayons in a house made out of paper and stories. After finishing several years of illustration school at Sheridan College, she left the land of maple trees in Ontario and moved to the mountains of Alberta so she could wear mittens most of the year. When she is not chasing her cats around her art cave, she might be caught in a blizzard near Mount Everest, or running away from wild dogs in Mongolia, or peeking out castle windows in Scotland, or sleeping under the stars in Bolivia. Jocey’s books for children include Nuptse and Lhotse in Nepal (winner of a Purple Dragonfly Award), Nuptse and Lhotse Go to the Rockies, Nuptse and Lhotse Go to Iceland, Nuptse and Lhotse Go to the West Coast, Nuptse and Lhotse in the Land of the Midnight Sun, Rocky Mountain ABCs, Rocky Mountain 123s, West Coast ABCs, West Coast 123s, Prairie ABCs, and Explore Canada. Jocey lives in Canmore, Alberta.
Good Morning, Takaya
Cheryl Alexander and Alex Van Tol

The remarkable story of Vancouver Island’s lone wolf, Takaya, is told in this charming, lyrical picture book for infants.

Takaya, the lone wolf, wakes up on a quiet bluff and sets out to discover the calm, gentle beauty of his coastal home. Encountering a variety of colours and other wildlife, and witnessing the beauty of the natural world, Takaya spends his day wandering, hunting, eating, howling, resting, and sleeping.

This charming book, available as both a board book (ages 0–5) and a picture book (ages 4–8), features poetic text and stunning photos that illustrate the natural splendour of Takaya’s island refuge.

Cheryl Alexander is a conservation photographer working worldwide to ensure protection of wilderness and wildlife. Through visual documentation and storytelling, she hopes to inspire passion and action that will protect the imperilled wild in our world for future generations. She has been studying and documenting Takaya’s life on both Discovery and Chatham islands for years. Cheryl’s film about this remarkable animal, Takaya: Lone Wolf, has been broadcast on CBC and the BBC to great acclaim and will be touring various film festivals throughout 2020 and 2021. Cheryl’s other books about Takaya published by RMB include Takaya: Lone Wolf; Good Morning, Takaya; and Takaya’s Journey. Follow Cheryl on Instagram @takayalonewolf and @cherwildawake or visit her website at wildawake.com. Cheryl lives in Victoria, BC.

Alex Van Tol has written numerous fiction and non-fiction books for young readers with Orca Book Publishers, the Royal BC Museum and Crabtree Publishing. A former middle-school teacher, Alex facilitates workshops in mental health and mindfulness, advises organizations on culture and team cohesion, and coaches private clients in neuroplasticity. You can find out more about her at alexvantol.com. Alex lives in Victoria, BC, with her two sons.

OF RELATED INTEREST

Takaya: Lone Wolf
9781777160373, $30.00

West Coast ABCs
9781777160285, $12.00

West Coast 123s
9781777160302, $12.00
Takaya’s Journey
Cheryl Alexander and Alex Van Tol

Takaya’s Journey introduces young children to Takaya, the lone wolf.

Using beautiful photography and charming, accessible text, Cheryl Alexander and Alex Van Tol take elementary school readers into Takaya’s world. Along the way many questions are answered:

- Who is Takaya?
- Where did Takaya come from?
- What does Takaya need?
- What is Takaya’s home like?
- What does Takaya eat?
- Who keeps Takaya company?
- What will Takaya do?

Entertaining and informative, Takaya’s Journey is written for pleasure, but also aligns with basic school curriculum needs in terms of dealing with natural history and human encounters with wildlife in urban settings.

Cheryl Alexander is a conservation photographer working worldwide to ensure protection of wilderness and wildlife. Through visual documentation and storytelling, she hopes to inspire passion and action that will protect the imperilled wild in our world for future generations. She has been studying and documenting Takaya’s life on both Discovery and Chatham islands for years. Cheryl’s film about this remarkable animal, Takaya: Lone Wolf, has been broadcast on CBC and the BBC to great acclaim and will be touring various film festivals throughout 2020 and 2021. Cheryl’s other books about Takaya published by RMB include Takaya: Lone Wolf; Good Morning, Takaya; and Takaya’s Journey. Follow Cheryl on Instagram @takayalonewolf and @cherwildawake or visit her website at wildawake.com. Cheryl lives in Victoria, BC.

Alex Van Tol has written numerous fiction and non-fiction books for young readers with Orca Book Publishers, the Royal BC Museum and Crabtree Publishing. A former middle-school teacher, Alex facilitates workshops in mental health and mindfulness, advises organizations on culture and team cohesion, and coaches private clients in neuroplasticity. You can find out more about her at alexvantol.com. Alex lives in Victoria, BC, with her two sons.
The Prairie Gardener’s Go-To for Seeds
Janet Melrose, Sheryl Normandeau

The third installation of the new gardening series Guides for the Prairie Gardener is all about seeds, from saving and starting to transplants and even winter sowing.

Certified master gardeners Sheryl and Janet offer you all the tools you need to start seeds, ensuring they thrive and grow into beautiful mature plants. They answer your questions on things like

- how to determine the viability of seeds
- the difference between an heirloom, heritage, and hybrid seed
- the best containers and planting media to use
- troubleshooting common problems such as damping off and overwatering
- when and how to use grow lights.

They also give you the information you need to direct sow straight into the garden, and on winter sowing. Then they delve deeply into how you can collect and save seed so that you can continue the cycle for future growing seasons.

The book is complete with detailed charts to give you specific information about seed starting on the prairies, with several plant lists to help you decide what selections work best in a variety of situations and conditions.

Janet Melrose is a garden educator and consultant, and an advocate for Calgary’s Sustainable Local Food System. She is a life-long gardener and holds a Prairie Horticulture Certificate and Home Farm Horticultural Therapy Certificate. She is a regular contributor to The Gardener for Canadian Climates magazine. She lives in Calgary where she runs her education and consulting company, Calgary’s Cottage Gardener.

Sheryl Normandeau is a life-long gardener, and holds a Prairie Horticulture Certificate and a Sustainable Urban Agriculture Certificate. She is a freelance writer specializing in gardening writing with hundreds of articles published. She is a regular contributor to The Gardener for Canadian Climates, The Prairie Garden Annual, Herb Quarterly, Mother Earth Gardener, and many more. She lives in Calgary.
The Prairie Gardener’s Go-To for Small Spaces
Janet Melrose, Sheryl Normandeau

The fourth installation of the new gardening series Guides for the Prairie Gardener will teach you how to maximize your small-space garden in the prairies.

Not everyone in the prairies has a big, wide-open space in which to garden, but with a little extra know-how and some specialized techniques, you can maximize your success in the space you have.

Lifelong gardeners Sheryl and Janet are here with answers to all of your big questions about small-space gardening including

- Which types of growing media to use in containers or raised beds
- How to properly fertilize and water your container plants
- How to get started in square foot gardening
- How to reap the rewards of succession planting and catch-cropping
- How to build raised beds, wicking beds, and sub-irrigation planters
- Which veggies and vines to grow vertically, as well as small tree options for your tiny yard.

Small-space gardeners are a different breed and what they create can be magic!

Janet Melrose is a garden educator and consultant, and an advocate for Calgary’s Sustainable Local Food System. She is a life-long gardener and holds a Prairie Horticulture Certificate and Home Farm Horticultural Therapy Certificate. She is a regular contributor to The Gardener for Canadian Climates magazine. She lives in Calgary where she runs her education and consulting company, Calgary’s Cottage Gardener.

Sheryl Normandeau is a life-long gardener, and holds a Prairie Horticulture Certificate and a Sustainable Urban Agriculture Certificate. She is a freelance writer specializing in gardening writing with hundreds of articles published. She is a regular contributor to The Gardener for Canadian Climates, The Prairie Garden Annual, Herb Quarterly, Mother Earth Gardener, and many more. She lives in Calgary.
The Distilleries of Vancouver Island
A Guided Tour of West Coast Craft and Artisan Spirits
Marianne Scott

A guided tour that highlights the recent evolution of the 21 craft and artisan distilleries that have sprung up on Vancouver Island and the Gulf Islands.

In the past five years the number of craft and artisan distilleries on Vancouver Island and the Gulf Islands has more than doubled. A change in the provincial liquor laws in 2013 made small-batch distilling a viable business and with this alternative to high-volume, mass-market liquor comes a focus on local ingredients and distinctive flavours.

From relative veterans like Merridale and Sheringham, to the newest stills on the block, you’ll meet a group of entrepreneurs unbound by traditional liquor-making rules who are creating vodkas, gins, whiskeys, and liqueurs with their own unique characteristics, using a wide range of grains, fruit, botanicals, peat smoke, seaweed, and spices. Craft-spirits enthusiast Marianne Scott introduces readers to the methods distillers use to develop their spirits, how they learned their craft, the products they make, and the recognition they’ve garnered.

With an introduction on the history of spirit making and the process of distilling, a glossary of common distilling terms, cocktail recipes inspired by each distillery’s products, and a map to help you organize your ideal tasting tour, The Distilleries of Vancouver Island has everything you need to jump into the region’s burgeoning craft-spirits scene.

Marianne Scott is a writer, sailor, and spirits enthusiast. She has been a freelance journalist for more than thirty years, is a columnist for Pacific Yachting and the author of Naturally Salty—Coastal Characters of the Pacific Northwest. She lives in Victoria, BC, with her husband, David. Visit her at Saltytales.com.
Bottom two photos courtesy Stillhead
Craigdarroch Castle in 21 Treasures
Moira Dann

Told in 21 objects—including furnishings, artwork, and tools—this approachable museum guide takes readers into the family history, local lore, and oddities of one of Victoria’s most famous landmarks.

Craigdarroch Castle, built by coal baron Robert Dunsmuir for his wife, Joan, and their family, was completed in 1890. Following Joan’s death, the castle was put up for sale in 1908, and later housed a military hospital and the nascent University of Victoria.

Since 1979 the castle has operated as a museum and is one of the top tourist attractions in the city, a prime example of a “bonanza castle” and a rich repository of Victorian-era furnishings and décor, as well as objects evoking the hospital and college eras. Author Moira Dann offers the reader 21 selections from the castle’s collection, using each artifact as a portal into the history of the building and life in Victorian and more recent times.

The Black Forest clock, acquired by Joan on a trip to Europe; the telescope used by the eldest Dunsmuir son, James, aboard his yacht the Dolaura; the castle’s famous stained-glass windows; a nineteenth-century intercom system known as a speaking tube—these and 17 more are described with detail and enthusiasm, and accompanied by photographs. Dann provides careful research into each object’s provenance and manufacture, while inviting readers to join her imaginative journeys into the lives of the castle’s occupants through the years.

Moira Dann is a writer, editor, speaker, and current president of the Craigdarroch Castle Museum Society board. She has a Master of Fine Arts in creative non-fiction from the University of King’s College and is a former editor of the Globe & Mail’s Facts and Arguments page and former journalist with the CBC. She is a communications manager at the James Bay Community Project and is the author of The Mothers of Confederation. She lives with her husband, Sam Bufalini, in Victoria, BC.
Victoria Unbuttoned
A Red-Light History of BC’s Capital City
Linda J. Eversole

A nuanced history of prostitution in Victoria told through newly uncovered stories of women who lived it.

From the establishment of Fort Victoria, BC’s capital city has had a long history of prostitution. But little has been written on the lives of the women themselves—some of the most enterprising in Victoria’s past. Instead, these women’s stories have been relegated to judgmental newspaper headlines. Now historian Linda J. Eversole takes a deeper look at their lives, from the mid-nineteenth century to the First World War and the Moral Reform movement.

Story by story, from the fur trade, through confederation, waves of immigration, and attempts at reform and legislation, Eversole uncovers the histories of the women who made a living, and in some cases a fortune, from the world’s oldest profession.

With accompanying maps and historical photos, new research, and the support of the descendants of some of her subjects, Eversole presents a nuanced, human series of portraits that enhances our understanding of this important strand of the city’s history.

Linda J. Eversole is a writer and historian with a long career in research, heritage preservation, and museums. Stella: Unrepentant Madam, her biography of Victoria bordello owner Stella Carroll, was published in 2005. She lives in Victoria, BC.

OF RELATED INTEREST

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9781894898317, $19.95

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A Lethal Lesson
A Lane Winslow Mystery (№ 8)
Iona Whishaw

Lane Winslow trades crime solving for substitute teaching in the eighth installment of this mystery series that Kirkus Reviews calls “riveting”.

Back home in the Kootenays after her Arizona honeymoon, Lane offers her assistance when neither the outgoing teacher, Rose, nor her replacement, Wendy, show up at the local schoolhouse one blizzardy Monday in December. When she finds the teachers’ cottage ransacked with Rose unconscious and bleeding, and Wendy missing, Lane delivers Rose to the hospital in Nelson and turns the case over to her exasperated husband, Inspector Darling, and his capable colleagues, Sergeant Ames and Constable Terrell.

Lane enlists as substitute teacher for the final two weeks before the Christmas holidays, during which time she discovers a threatening note in the teachers’ desk and a revolver in the supply cupboard. But these clues only convolute the case further. Who has been tormenting these women, and where has Wendy gone?

Meanwhile, Darling finds the body of a hit-and-run victim in a snowbank miles outside of Nelson, the residents of King’s Cove are preoccupied by the possibility of a new neighbour, and Sergeant Ames is as confused as ever by the inimitable Tina Van Eyck.

Iona Whishaw is a former educator and social worker whose mother and grandfather were both spies during their respective wars. She lives in Vancouver, British Columbia, with her husband. Visit her at ionawhishaw.com.
DISCOVER THE LANE WINSLOW MYSTERIES

“The ‘find of the year’ . . . with the feel of Louise Penny’s Three Pines, the independence and quick wit of Kerry Greenwood’s Phryne Fisher and the intelligence of Jacqueline Winspear’s Maisie Dobbs; this mystery series has it all!”

—MURDER BY THE BOOK, HOUSTON, TEXAS
The Pocket Guide to The Unheralded Artists of BC Series


Introduction by Marsha Lederman
Edited by Mona Fertig

A valuable art history guide to the in-depth Unheralded Artists of BC series.

This small attractive full-colour book, will gather thirteen forgotten and accomplished artists from the acclaimed Unheralded Artists of BC series (ten books), in one place, for the first time. A summary of each artist’s life and art from the early 1900’s to the 1980s, will inspire art and history lovers to investigate the in-depth series more fully. In British Columbia between 1900 and the 1960s over 16,000 artists worked and lived. It was the height of an immense creative surge in the province. Beyond the handful of names of successful artists there is little documented evidence of the other artists of those times. Art was made invisible by socioeconomic or political forces and also by a lack of public galleries. “Those artists that worked the system got recognition and those that didn’t, disappeared from view.”—Former curator at the Vancouver Art Gallery

Marsha Lederman is the Western Arts Correspondent for The Globe and Mail. Before joining The Globe in 2007, Marsha worked for CBC Radio, mostly in Toronto, where she held a variety of positions, including National Arts Reporter. Prior to that, Marsha worked for many years in private radio as a reporter, news anchor and talk show host. Marsha was born and raised in Toronto and has lived in Vancouver since 2007.

Mona Fertig’s father, George Fertig (1915-1983), was one of the unheralded artists of BC and she grew up acutely aware of the politics of art. The Life and Art of George Fertig took her 14 years to research and write. Fertig was made a Vancouver Literary Landmark in 2017. There was a retrospective of George Fertig’s work at the Burnaby Art Gallery in 2010.
Black Bears in the Carrot Field
Linda K. Thompson

Finally, a Canadian poet that writes characters better than a novelist. Bold, humourous, and with the twang of a hurting song.

Linda K. Thompson’s debut book of poetry, is loaded with personalities from small towns and long ago days. Growing up in the isolated Pemberton Valley in BC her characters are full of imperfection and humour. Verna, who sneaks back from the dead, Gloria, who whacks down walls, Kirk, who buys a house on Visa, and old Pete, who never loved the moon. Thompson deftly combines the twang of a hurting song with something dark, lyrical and very witty. Peppered with farm life, cows, horses and old cars, the reader enters each poem and doesn’t want to leave. There’s Eddie who rolled his skidder in ’68. Dominion Day on the verandah. Juicy Fruit and Sen Sens. Dreaming about black bears in the carrot field. Ethyl Peach hammering out tunes on a mildewed piano. And then there is Jesus, come to town, driving a Chevy Chevelle or was it a Dodge Dart, mid-blue, hardtop with a 273, spotted later at the Stawamus Chief looking way up. Finally, a Canadian poet that writes characters better than a novelist.

Linda K. Thompson was raised on a farm in the Coast Mountains and has lived for many years on Vancouver Island. Her work has been published across Canada and in the U.S. and Great Britain. She has won several awards for her writing and been shortlisted at the Malahat Review and the Troubadour International Poetry Prize contest. Linda has a chapbook Four Small People in Sturdy Shoes and her work most recently appeared in Prairie Fire and Release Any Words Stuck Inside of You: Canadian Flash Fiction and Prose Poetry. Black Bears in the Carrot Field is her first full-length book of poetry. She lives in Port Alberni.
I will be more myself in the next world

Matsuki Masutani

Minimalist poems with perceptive wit, refreshing work from a new BC poet.

In Masutani’s debut book of poetry, his clear minimalist poems embrace with gentle and perceptive wit; aging, family, dreams, his Japanese roots, self-acceptance and island life. Some poems rise tall like sunflowers in an understated garden, untangled and reflective, addressing marriage, Parkinson’s, Chemo and impermanence. You will know exactly where you are when you read “I will be more myself in the next world.” Refreshing work from a new BC poet. Includes translations of many of the poems into Japanese.

Matsuki Masutani is a poet and translator living on Denman Island. He moved from Tokyo to Vancouver in 1976. Ten years later he moved to Denman Island, where he eventually began writing poems in English and Japanese. He has translated Canadian works such as Roy Kiyooka’s MotherTalk, Hiromi Goto’s Chorus of Mushrooms, and from Japanese into English, Kishizo Kimura’s memoir, Witness to Loss, published by McGill-Queen’s University Press in 2017. His poems have appeared in Geist magazine, Capilano Review and in the anthology Love of the Salish Sea Islands.

Poetry / Human Interest
June 2021 • $19.95
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Lakes of Victoria, BC
Hike • Walk • Swim • Fish • Paddle • Nature • History
Adam Ungstad

Swim, picnic with the family, catch rainbow trout, explore new trails, and discover the nature and local history of Victoria’s freshwater lakes. Packed with trail maps, photographs, lists, and more.

People who love the outdoors, nature, and local history will love this unique guidebook to Victoria’s freshwater lakes.

- Hike & walk: lakeside strolls, single-track trails, views
- Swim: beaches, docks, sunshine
- Fish: species, stocking, piers
- Paddle: boat launches, islands, shorelines
- Discover: wildlife, watersheds, natural features
- Unearth: place names, stories of days past

Full of maps, access information, reference tables, top ten lists, trivia, and colourful photographs of lakes, and the plants and animals that call them home.

Everyone will discover something new about the freshwater lakes that bring Victoria, BC to life.

Adam Ungstad is a Canadian writer and naturalist with two passions: lakes, and good writing. He is legally blind, and has been exploring and learning about Vancouver Island’s lakes, nature, and local history for over 15 years. He currently lives in Switzerland, and has previously worked with the World Health Organization as an Editor.
The 150th anniversary of Emily Carr’s birth is an ideal opportunity to highlight the wit and wisdom of this beloved artist and author who continues to inspire generation after generation as a relevant role model for our times.

Emily Carr described herself as “a duplex person ‘Artist & writer.’” While the artist was obvious from her early years, Carr didn’t officially become a writer until late middle-age. So her writing reflects insights gained from decades of searching and striving—enjoying advantage; battling adversity; coping with relationships; facing despair; finding meaning; and never, ever giving up.

This carefully curated collection distills those insights: Carr’s thoughts, observations, and advice. The book ranges across the spectrum of her experience—art, writing, nature, learning, inspiration, spirituality, and life—to offer meaningful guidance for modern readers.

The appealing layout highlights quotations alongside Laurie Carter’s notes on source and context. A succinct biography provides additional background for those who like to delve a little deeper. *Timeless Emily Carr: Quotations for Life* is for recent graduates, working women, mothers of all ages, creative people, and everyone seeking meaning and inspiration.

*Laurie Carter* is an author, editor, journalist, and speaker whose favourite topic is anything to do with Emily Carr. Her many years of research into the life and work of this unique individual have solidified her belief that Carr has much to offer, especially to women, in these uncertain times. Carter’s books include her popular trilogy, *Emily Carr’s B.C. – Vancouver Island; Northern B.C. & Haida Gwaii;* and *South Coast to the Interior.*
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