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Legacy of Trees
Purposeful Wandering in Vancouver’s Stanley Park

Nina Shoroplova

An engaging, informative, and visually stunning tour of the numerous native, introduced, and ornamental tree species found in Vancouver’s Stanley Park, combining a wealth of botanical knowledge with a fascinating social history of the city’s most celebrated landmark.

Measuring 405 hectares (1,001 acres) in the heart of downtown Vancouver, Stanley Park is home to more than 180,000 trees. Ranging from centuries-old Douglas firs to ornamental Japanese cherry trees, the trees of Stanley Park have come to symbolize the ancient roots and diverse nature of the city itself.

For years, Nina Shoroplova has wandered through Vancouver’s urban forest and marvelled at the multitude of tree species that flourish there. In Legacy of Trees, Shoroplova tours Stanley Park’s seawall and beaches, wetlands and trails, pathways and lawns in every season and every type of weather, revealing the history and botanical properties of each tree species.

Unlike many urban parks, which are entirely cultivated, the area now called Stanley Park was an ancient forest before Canada’s third-largest city grew around it. Tracing the park’s Indigenous roots through its colonial history to its present incarnation as the jewel of Vancouver, visited by eight million locals and tourists annually, Legacy of Trees is a beautiful tribute to the trees that shape Stanley Park’s evolving narrative.

Nina Shoroplova is a historian, researcher, photographer, and author. Born and raised in Wales, she immigrated to Canada in 1969 and settled for a time at the Douglas Lake Ranch, the subject of her first book, Cattle Ranch: The Story of the Douglas Lake Cattle Company. An avid walker, amateur botanist, and tree enthusiast, she lives three blocks away from Vancouver’s world-famous Stanley Park.
Pioneer Churches of Vancouver Island and the Salish Sea
An Explorer’s Guide
Liz Bryan

A concise, full-colour visitor’s guide to dozens of historical churches scattered throughout Vancouver Island, from humble country chapels to soaring urban cathedrals.

For many European settlers who arrived on Vancouver Island in the late nineteenth century, building a church was as important as establishing a homestead or erecting a school. The church was the heart of the community. Today, although demographics have shifted and church attendance has waned, many of those early structures are still standing.

Pioneer Churches of Vancouver Island and the Salish Sea features more than forty surviving churches whose construction dates back to the 1800s. It explores the architecture; the local history of the area; and the stories of the builders, worshippers, clergy members, and those who are buried in the adjoining graveyards. Divided into geographical sections—Victoria, Esquimalt and the Saanich Peninsula, the Cowichan Valley, Salt Spring Island, Central Vancouver Island, and the North Island—this book is a beautifully photographed, easy-to-follow guide for anyone interested in exploring these architectural treasures and learning more about the history surrounding them.

Liz Bryan is a journalist, author, photographer, and co-founder of Western Living magazine. Bryan has written several books, including River of Dreams: A Journey through Milk River Country, Stone by Stone: Exploring Ancient Sites on the Canadian Plains, and Country Roads of Western BC: From the Fraser Valley to the Islands.

OF RELATED INTEREST

To the Lighthouse
9781772030464, $19.95

River of Dreams
9781772032413, $19.95

Stone by Stone
9781772030495, $19.95
Edible and Medicinal Flora of the West Coast
British Columbia and the Pacific Northwest
Collin Varner

A clear, concise guide to more than 130 edible and medicinal plants and fungi that grow wild along the west coast of British Columbia and the Pacific Northwest states.

The coastal Pacific Northwest of North America is home to a multitude of edible and medicinal plant species, marine plants, and edible mushrooms. This compact, full-colour forager’s guide offers clear photography, descriptions, safety tips and warnings, and traditional culinary and medicinal uses for every type of wild-growing flora species in the region, including:

- Bigleaf Maple—used to make a delicious west-coast maple syrup;
- Yellow Morel Mushroom—a favourite of foragers but not to be confused with the false morel, which is poisonous;
- Sea Asparagus—perfect in a salad or as an accompaniment to seafood; and
- Evening Primrose—an introduced species to the region, used to treat a variety of ailments.

Practical, user-friendly, and safe, Edible and Medicinal Flora of the West Coast is an indispensable guide for beginner and experienced foragers alike.

Collin Varner is an arborist/horticulturalist at the University of British Columbia. He is the steward of 25,000 trees at the university’s Point Grey campus, where he also teaches native plant studies. A member of the International Society of Arboriculture and the American Society of Consulting Arborists, he is the author of several books, including The Flora and Fauna of Coastal British Columbia and the Pacific Northwest.
Birds of British Columbia and the Pacific Northwest
Richard Cannings, Tom Aversa, Hal Opperman

The ultimate bestselling field guide to the birds of the Pacific Northwest bioregion, now fully revised in its Second Edition!

Discover more than four hundred bird species in *Birds of British Columbia and the Pacific Northwest*, the quintessential guide for serious birders who are ready to take their bird-watching to the next level. Now in its Second Edition, this bestselling guide is fully updated to conform to recent comprehensive revisions to taxonomic standards and sequencing of avian families, making it consistent with the most current print and online resources.

Join bird experts Richard Cannings, Tom Aversa, and Hal Opperman as they illuminate key identification traits, vocalizations, seasonal status, habitat preferences, and feeding behaviours. Compact full-page accounts include maps and nine hundred photographs by the region’s top bird photographers. With a wide territorial range that covers much of BC through to southern Oregon and the Rocky Mountain crest west beyond the Pacific coast, this is the most complete portable guide on the market.

Richard Cannings is a renowned naturalist, conservationist, and bird expert. He is the author of numerous books, including *Birds of Interior BC and the Rockies*, *An Enchantment of Birds*, and *The Rockies: A Natural History*, and is co-author of *Birds of Southwestern British Columbia*, *Best Places to Bird in British Columbia*, and *British Columbia: A Natural History*.

Tom Aversa is the co-author of *Birds of Southwestern British Columbia*, *Birds of the Puget Sound Region*, and *Birds of the Willamette Valley Region*. He teaches about wildlife and captive-wildlife care at Unity College in Maine.


**MARKETING & PROMO:**
- Subject-specific print features, excerpts and review coverage
- Electronic blads

**Local Interest (BC) / Birds**
- June 2020 • $29.95
- 9781772033274 • softcover
- 5.5" x 8.5", 464 pages, photographs, illustrations, and maps throughout
- Cannings’s home: Penticton, BC, CA
- Aversa’s home: Unity, ME, US
- Opperman’s home: Seattle, WA, US
- Heritage House Publishing
- RIGHTS HELD: World, excluding US
- AVAILABLE VIA UTP: No
- Ebook not available
“An essential reference for birders west of the continental divide, particularly for intermediate and advanced observers.”

—Western Birds: The Quarterly Journal of Western Field Ornithologists
Sylvia Grace Borda
Shifting Perspectives
Edited by Sylvia Grace Borda and Jordan Strom
Essays by Dorothy Barenscott, Liane Davison, Rachel Nordstrom, Ryan Stec, Ron Tamis, Rebecca Travis, and Liz Wells

A thought-provoking art book exploring changing landscapes through the pioneering work of Canadian photographer Sylvia Grace Borda.

Sylvia Grace Borda made a substantial debut into new media and photo art when she launched Every Bus Stop in Surrey, BC. With this piece, Borda reclaimed California coastal conceptual photo strategies from the 1960s and used them to document a large Canadian city by its own transit system. Since then, Borda has undertaken epic projects to reimagine urban spaces, from the “New Towns” of East Kilbride and Glenrothes in Scotland to modernist faith buildings in Northern Ireland.

In this dazzling new monograph, Sylvia’s exceptional body of work is examined and placed in both a regional and international context. Specifically, her practice developed in Surrey is examined in relation to art history, the Vancouver School of Art, digital media, community engagement, and projects concluded in Scotland, Northern Ireland, and Finland. Featuring essays by renowned curators, artists, and scholars—each presenting specific perspectives on how Borda’s diverse arts practice has shifted and expanded the mediums of art, photography, and social awareness—Sylvia Grace Borda: Shifting Perspectives constructs a conversation between the remembrance of place and current narratives in art history.

Sylvia Grace Borda is a member of a growing field of artists tackling cultural policy through the visual arts. She is a sought-after and respected voice at the forefront of culture-led, socio-economic, and community-development/engagement projects in Canada and the UK. She has worked nationally and internationally in senior roles in the creative and cultural industries for seventeen years.

Jordan Strom is the Chief Curator at the Surrey Art Gallery.

OF RELATED INTEREST

Sonny Assu: A Selective History
9781777203176, $34.95

Out of Concealment: Female Supernatural Beings of Haida Gwaii
9781777203107, $29.95

The Group of Seven Reimagined: Contemporary Stories Inspired by Historic Canadian Paintings
9781777203288, $24.95
Treasures of Winnipeg’s Historic Exchange
George J. Mitchell

A breathtaking full-colour photography book celebrating the architectural splendour and cultural heritage of Winnipeg’s famed Exchange District, a National Historic Site and one of the city’s most vibrant artistic, commercial, and tourist hubs.

The Exchange District is the architectural jewel of Winnipeg’s downtown core, a thirty-block area featuring 150 remarkably preserved heritage buildings dating back to the late nineteenth and early twentieth centuries. These iconic buildings are among the best examples in North America of several turn-of-the-century architectural styles, including Romanesque, Italianate, Beaux-Arts, and Chicago School. From its origins in the 1880s as a commercial and industrial gateway to the Canadian West to its current revitalization, the Exchange exemplifies the spirit of a modern city embracing its past while creating a bright and dynamic future.

Treasures of Winnipeg’s Historic Exchange is a sumptuous visual feast for residents and visitors. With stunning photography highlighting the impressive scale and intricate detail of the Exchange’s imposing banks, sprawling warehouses, and commercial towers, this book will amaze and delight anyone interested in Winnipeg’s history and architecture. In addition, the book captures the renewed energy, creativity, hospitality, and entrepreneurial spirit that have invigorated the Exchange in recent years, making it one of Canada’s most vibrant up-and-coming neighbourhoods.

George J. Mitchell is an avid photographer and the former editorial director and publisher of numerous regional and national business and trade magazines. As the Sun Media Business Publications Division Group Publisher for twenty years, he created custom publications for such organizations as Air Canada, Bombardier, Investors Group, and the Winnipeg Chamber of Commerce.

OF RELATED INTEREST

Vancouver: A History in Photographs
9781894974882, $14.95

Victoria: A History in Photographs
9781926613338, $14.95

Alberta: A History in Photographs
9781894974875, $14.95
Stagecoach North
A History of Barnard’s Express
Ken Mather

An in-depth look at the origins and operations of a pioneering transportation company that moved people and goods across the province throughout the late nineteenth and early twentieth centuries.

At the height of the Cariboo Gold Rush, demand for an efficient transportation route to and from the goldfields was reaching a point of desperation. With a lack of reliable roads to traverse the vast and rugged BC landscape, delivering food, mining equipment, and mail to the newly built gold rush towns was a constant challenge, not to mention the logistics of transporting people. This book tells the fascinating story of one company that attempted to connect the province at an unprecedented time of growth and change.

Barnard’s Express (1862–1878), later known as BX or the British Columbia Express Company (1878–1921), reflects the ingenuity, risk, and enterprising spirit of the era. Focusing on the stagecoach line, which ran from Yale to Barkerville from 1864 until 1886 and from Ashcroft to Barkerville after the construction of the CPR, historian Ken Mather uncovers new details about the gold rush through the lens of this groundbreaking company’s operations. Rich in anecdotes and character sketches backed up with extensive research, this is the first full-length book to cover the history of one of BC’s most important early businesses.

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 Trail North, Ranch Tales, and Frontier Cowboys and the Great Divide.
In the Colony of British Columbia, gold was the great equalizer. Everyone wanted what it could provide: comfort, power, and indulgences of all varieties. Everyone had mining “interests” and hoped for fortune’s smile. Even the colonial officials could not resist investing in particularly promising mining claims, despite the fact that it was they who would rule on mining disputes.

Most of the Canadians who came to the new colony were farmers, merchants, traders, or professional men, who arrived with very little and were determined, not so much to make a fortune but to live comfortable lives free from the restrictions of class economic dependence. The most vocal of these “rebels” were the newspaper men, Amor De Cosmos and John Robson, who used their platforms to attack the elite of the colonial officials and advocate for representative government. They were joined by other key spokespeople and eventually the majority of the Canadians in the colony. Their influence grew, resulting inevitably in the joining of British Columbia to the Canadian confederation of provinces.

Francis Jones Barnard was one of these key influencers. He arrived in the colony with a five-dollar gold piece as his only asset and built an express and stagecoach business that rivalled the best in the world. His drive and determination, coupled with his business acumen, raised him to a position of respect and responsibility from which he served and guided the colony and province that he called home.

—from Stagecoach North
Campfire Stories from Coast to Coast
Barbara Smith

A delightfully frightful collection of spooky stories set across Canada, appropriate for all ages and perfect for reading aloud around the campfire.

In this spine-chilling companion to Campfire Stories of Western Canada and Ghostly Campfire Stories of Western Canada, Barbara Smith takes readers on a cross-country trip of sinister spirits, urban myths, haunted houses, ghostly shipwrecks, and other unexplained phenomena, just in time for camping season. With over forty hair-raising tales set in every province and territory, Campfire Stories from Coast to Coast combines fact and legend with truly terrifying results. From an ancient spirit that haunts a Cape Breton lake to a Manitoba hitchhiker who encounters a UFO to a Tofino surfer who receives a fateful warning from a stranger, this collection is a celebration of all things creepy and Canadian. Ideal for camping trips, slumber parties, or lonely nights when you just want to scare yourself silly, Campfire Stories from Coast to Coast is sure to become a family favourite.

Barbara Smith is the bestselling author of over thirty books, including Campfire Stories of Western Canada, Ghostly Campfire Stories of Western Canada, Great Canadian Ghost Stories, The Famous Five, The Valiant Nellie McClung, and perennial favourites in the ghost-story genre, Ghost Stories of Alberta, Ghost Stories and Mysterious Creatures of British Columbia, and Ghost Stories of the Rocky Mountains.
TIPS FOR STORYTELLERS

1. If you’re going to be reading a story aloud, try to be as relaxed as possible. Make sure you read the story over a few times first so that you know the material. Remember, your audience is eager to hear what you’re about to tell or read. Think of yourself as telling a story to a friend.

2. Select a story that’s appropriate for your group. You can always inject an extra shot of creepy by adapting the setting to a place close to home.

3. Even if it’s not camping season, you can create an eerie atmosphere with candlelight. Don’t forget to ask everyone to turn off their phones!

4. Glance up from the book to make eye contact with your audience periodically and don’t forget to pause and lower your voice occasionally for a dramatic effect.

5. Don’t draw the story out past its natural conclusion. A good campfire story requires an effective ending. Be sure to follow that ending with a moment of silence to let your listeners absorb the story.

—from *Campfire Stories from Coast to Coast*
The Final Voyage of the Valencia
Michael C. Neitzel

A dynamic retelling of the deadly 1906 sinking of the SS Valencia off the southwest coast of Vancouver Island, one of the worst maritime disasters in Canadian history.

There are few places on earth that have such a high record of marine casualties as the short yet treacherous stretch of coastline known as the Graveyard of the Pacific. In the late nineteenth and early twentieth century, the fifty-six kilometres between Port Renfrew and Cape Beale off Vancouver Island saw dozens of shipwrecks and claimed hundreds of lives.

On a blustery night in late January 1906, the steamship SS Valencia, heading from San Francisco to Seattle and Victoria, met its tragic fate on the rocks near Pachena Point. With over one hundred passengers and sixty-five crew members on board, only thirty-seven people survived the wreck. All of the women and children perished.

With journalistic precision, compassion for the victims, and condemnation for those who neglected to prevent the tragedy, author Michael C. Neitzel recounts the Valencia’s ill-fated final voyage, drawing heavily on first-hand accounts of the survivors and witnesses. The Final Voyage of the Valencia is a must-read for anyone interested in the maritime history of Canada’s west coast.

Michael C. Neitzel is an author, filmmaker, and avid sailor with a lifelong love of local and maritime history. He has written extensively about sailing and the sea for publications in Canada and Australia, and he is currently producing an hour-long television special about the Valencia tragedy for the Knowledge Network.

The Luck of the Karluk: Shipwrecked in the Arctic
9781777203204, $9.95

The Graveyard of the Pacific: Shipwreck Tales from the Depths of History
9781926813314, $9.95

A Long, Dangerous Coastline: Shipwreck Tales from Alaska to California
9781926813734, $9.95
Robert Service
The True Adventures of Yukon’s Favourite Bard

Elle Andra-Warner

A quick-paced and engaging biography of Canada’s favourite northern poet, Robert Service.

Born in England in 1874 to Scottish parents, Robert William Service was raised to live the practical life of a banker. Although banking proved a useful skill to fall back on from time to time, Service was destined to pursue a life of poetry, travel, and adventure. After landing on the west coast of North America at the age of twenty-one, Service found his way to Yukon, the place that would capture his heart and imagination for years to come. Despite his many adventures in Europe and around the world, Yukon remained a strong influence on the poet until his death in 1958. His best-known works, including “The Shooting of Dan McGrew” and “The Cremation of Sam McGee,” were inspired by his time there. Focusing on his Yukon period, historian Elle Andra-Warner crafts a vivid story of the poet who defined the North for generations of Canadians.

Elle Andra-Warner is a bestselling author, journalist, and photographer. Her award-winning articles appear regularly in major publications, and her newspaper columns have been in print since 1994. She has given journalism workshops throughout Canada, is an online guest lecturer in journalism for the University of California, Los Angeles, and is the co-editor of the Thunder Bay Historical Museum Society’s annual journal. Estonian by heritage, Elle was born in a post-Second World War United Nations displaced persons camp for Estonians in Eckernforde, West Germany.
On Their Own Terms
True Stories of Trailblazing Women of Vancouver Island
Haley Healey

A fascinating collection of concise and inspiring stories about twenty-one courageous, independent, and diverse women who shaped the history of Vancouver Island.

From the lush rainforest of Clayoquot Sound to the bustling city streets of Victoria, Vancouver Island has been home to an astounding number of inspiring women. On Their Own Terms: True Stories of Trailblazing Women of Vancouver Island celebrates the achievements of twenty-one amazing heroines working in multiple fields, from world-famous artists to social activists to groundbreaking scientists and quietly defiant labourers. The diverse women in this engaging new collection include:

- pioneer and midwife Tuwa’hwiye Tusium Gosselim, Mary Ann Gyves;
- world-renowned algae botanist Josephine Tilden;
- aviatrix Lilian Bland;
- Vancouver Island’s first African-Canadian teacher, Emma Stark; and
- entrepreneur and bounty hunter Ada Annie Rae-Arthur, better known as Cougar Annie.

On Their Own Terms will delight and empower anyone looking for true stories of nineteenth- and twentieth-century women who confronted uncertainty, challenged gender norms, and excelled in their respective vocations. Whether you are an entrepreneur, an educator, a rebellious spirit, or an armchair adventurer, these incredible women who thrived on Vancouver Island will captivate you.

Haley Healey is a high school counsellor, registered clinical counsellor, and self-proclaimed wild woman. 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.
Journal of a Travelling Girl
Nadine Neema
Illustrated by Archie Beaverho; foreword by Antoine Mountain

This fictional coming-of-age story traces a young girl’s journey by canoe through the ancestral lands of the Tłı̨chǫ People.

Eleven-year-old Julia has lived in Wekweëtì, NWT, since she was four. Although the community has always treated her as one of their own, Julia sometimes still feels disconnected from the traditions and ancestral roots of the local culture. When she is invited on a canoe trip, Julia has no idea that the journey is about to change her life. Along the way she faces her fears, learns to survive in the wilderness, and realizes the wisdom of traditional stories. The journey ends at Behchoko, where the historic Tłı̨chǫ Agreement of 2005 is signed, and the Tłı̨chǫ People celebrate their hard-won right to self-government. Julia is there to witness history.

Inspired by true events, this story was written at the request of John B. Zoe, Chief Negotiator of the Tłı̨chǫ Agreement, as a way of teaching the youth of Wekweëtì about that landmark achievement. Journal of a Travelling Girl has been read and endorsed by several Wekweëtì community members and Elders. The book will appeal to both Indigenous and non-Indigenous children for its relatable themes of family, loss, coming-of-age, and the struggle to connect with tradition and culture.

Nadine Neema is a writer, singer, and workshop facilitator. She began working with the Wekweëtì community, in 1999, first as a community manager, then assisting with their land claims and self-government negotiations under Chief Negotiator John B. Zoe. Since the Tłı̨chǫ Agreement in 2005, Neema has maintained a strong bond with the Wekweëtì community and has conducted creativity workshops for the youth.

Archie Beaverho is an accomplished painter, illustrator, and cartoonist whose understanding of his Tłı̨chǫ Dene culture is reflected in his work.

Antoine Mountain has received many awards for his art, community activism, and athletic achievement. Mountain is currently completing a PhD in Indigenous Studies at Trent University in Peterborough, Ontario but will always call Radelie Koe (Fort Good Hope), Northwest Territories home. Find out more at amountainarts.com.
DAY 7 (EARLY MORNING)

I just woke up. Everyone’s still sleeping. The sun is coming back up over the horizon, and there’s mist crawling around the lake.

I dreamt I was lying in my tent and the spirit of an Elder came to me. He sat at the end of my mattress. At first I was petrified. I didn’t know what it was. He told me not to be afraid. His voice was ever-loving.

Then he spoke in a more serious but still kind tone. “You must be vigilant on the trails, my child. Your actions can put you in severe danger. They can cost you your life. And they can put other people in danger too. You must pay attention, and be careful. You cannot be lazy. Look after yourself. Look after each other. Travel safely and together. This is how you survive on the land. And when you have done everything you can to be prepared, remember you are still at the mercy of the elements around you. Then, all you can do is surrender to the Great Spirit.”

And then he disappeared. It was like a dream, but it was ever real. I feel it was the spirit of the man buried on this island. I feel like somehow he’s still here. Maybe the ancestors really do keep watching over us when they pass. Maybe Uncle Joe does hear when I talk to him.

Everyone is still asleep. The birds are starting to chirp, and the wolves are howling in the distance. There’s a little village of people snoring. It reminds me how small we all are in this big huge world.

—from Journal of a Travelling Girl
Explore the Eelgrass Meadow with Sam and Crystal
Gloria Snively
Illustrated by Karen Gillmore

With beautiful, scientifically accurate illustrations, 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—literally—into the marine habitats of Eagle Cove, home of Aunt Kate and Uncle Charlie. In their third story, the kids learn about one of the most 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 juvenile fish—and is the basis of a large food web that includes salmon, mink, black bears, and humpback whales. 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 Eelgrass Meadow with Sam and Crystal brings the coastline to life.

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 draws and writes comics and illustrates graphic novels.

OF RELATED INTEREST

Explore the Wild Coast with Sam and Crystal
9781777203187, $22.95

Explore the Rocky Shore with Sam and Crystal
9781777203269, $22.95

Magical Beings of Haida Gwaii
9781777203296, $22.95
High Tide, Low Tide
A Shoreline Activity Book
Gloria Snively
Illustrated by Karen Gillmore

A children’s colouring and activity book that teaches basic marine ecology concepts—including tidal cycles, predator-and-prey relationships, food chains, habitat, and conservation—through detailed illustrations and informative text.

High Tide, Low Tide is a fun and captivating introduction to the great variety of marine life that can be found at the seashore. With ready-to-colour pictures on nearly every page, along with a list of common species names and a colour key, this book will teach children to identify snails, sea stars, hermit crabs, shore crabs, mussels, barnacles, tidepool sculpins, sea anemones, sea urchins, giant octopuses, shorebirds, harbour seals, seaweeds, and more. The clear, informative text describes basic concepts about how animals and plants live together and survive the always-changing marine environment at different stages of the tidal cycle. While educators and parents will find this book an effective tool for teaching science, reading, critical thinking, observation skills, and basic concepts in conservation, kids will enjoy hours of colouring fun and fascinating facts.

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 draws and writes comics and illustrates graphic novels.
When you visit the rocky shore it will be much more interesting if you can make discoveries yourself. Look carefully in tidal pools, among seaweeds and under rocks. When you explore a tidal pool, watch the animals on the spot. Don’t collect them. If you pick up an animal, put it back where you found it. If you turn over rocks, carefully put them back in the same place. By doing this, you will do less harm to the animals and their living places. Also more people will have a chance to enjoy the rocky shore and see how rocky shore plants and animals live in their own homes.
A Home Away from Home
True Stories of Wild Animal Sanctuaries

Nicholas Read

An informative book for middle-grade readers about sanctuaries across North America that rescue wild animals and provide them with safe places to live.

Years ago, most major cities in North America had zoos full of exotic or wild animals in tiny cages. It was also not uncommon for wild animals to be kept as pets or trained to perform in circuses. Today, we have a different way of looking at animals and deciding if and how they should be kept in captivity. There are still zoos and aquariums, of course, but the best ones are more concerned with protecting animals than putting them on display. There is also a different sort of organization—the animal sanctuary—which provides comfortable homes for animals that have been housed in unaccredited zoos or caught up in the illegal exotic-animal trade. Sanctuaries are never a substitute for the wild, but they are the next best thing.

_A Home Away from Home_ tells the true stories of animals that live in sanctuaries across North America—from the tragic tale of Moby Doll, the first orca held in captivity in Vancouver to the inspiring story of Thika, Toka, and Iringa, three elephants who travelled from a tiny zoo enclosure to a sprawling acreage in Sacramento, California. Often entertaining and sometimes sad, this book is an eye-opening read for children who care about the welfare of animals and want to know more about the organizations that help them.

Nicholas Read is a retired journalist who worked at the _Vancouver Sun_ for most of his career, and a journalism instructor who taught at Langara College for ten years. He is the author (with photographer Ian McAllister) of several bestselling children’s books, including _Wolf Island, The Seal Garden, A Whale’s World, The Great Bear Sea_, and _The Salmon Bears_.

**OF RELATED INTEREST**

- _The Grizzlies of Grouse Mountain: The True Adventures of Coola and Grinder_, 9781772032772, $19.95
- _Fortress of the Grizzlies: The Khutzeymateen Grizzly Bear Sanctuary_, 9781894384539, $9.95
- _Hearts in the Wild: Inspiring Stories of Animal Rescues_, 9781927527283, $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.

OFFERED FOR REVIEW:

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OF RELATED INTEREST

Baby Birds in the Wild
9781772030648, $6.95

More Baby Birds in the Wild
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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 bill 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 habitat 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 instructions 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

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Talking with Bears
Conversations with Charlie Russell

G.A. Bradshaw

A highly literary and reflective portrait of Charlie Russell’s beautiful and unparalleled relationship with some of our planet’s most majestic giants.

Charlie Russell is a legend, not only in his home territory of Alberta but in all of Canada and around the world. An author of several books, including Walking with Giants: The Grizzlies of Siberia; The Spirit Bear: Encounters with the White Bear of the Western Rainforest; and Grizzly Heart: Living Without Fear Among the Brown Bears of Kamchatka, he has been the subject of numerous interviews, documentaries, and articles showcasing him and the bears he loved.

Talking with Bears is an intimate portrait of Charlie Russell’s philosophy of nature, which evolved over the 76 years he graced this planet. Accompanied by stunning photography, the book is written in narrative form, the way Charlie spoke and shared his stories and knowledge with others. Each of the chapters describes some facet of Charlie’s philosophy and experiences through the stories of individual bears and what they taught him: the meaning of trust, respect, attention, love, and much more.

Talking with Bears is written for everyone and anyone who yearns to rekindle the magic of living in alignment with nature and bring the teachings of Charlie Russell and his bears into their own lives.

G.A. Bradshaw is the founder and director of The Kerulos Center for Nonviolence (www.kerulos.org), a non-profit established in 2008. She holds doctorate degrees in ecology and psychology and a master’s in geophysics. Her books include How Landscapes Change; Elephants on the Edge: What Animals Teach Us About Humanity, which was nominated for a Pulitzer Prize; Minding the Animal Psyche; The Elephant Letters: The Story of Billy and Kani; and Carnivore Minds: Who These Fearsome Animals Really Are. She lives in Jacksonville, Oregon, U.S.A.
Adventures with Adoptable Dogs
An Instagram Guide for Animal Advocates
Rachael Rodgers

A unique gift and engaging resource for dog lovers of all types!

Advocates for pet adoption—along with those who have already adopted a pet or are considering fostering one—are always interested in finding the best ways to gain positive exposure for the animals in their care in the most efficient, positive, and cost-effective way possible. By making engaging and thoughtful online posts, you can obtain this exposure on social media for free!

Featuring fun photos and descriptions of several silly, skeptical, sweet, and sometimes brilliant dogs encountered at various shelters, Adventures with Adoptable Dogs is a useful social-media resource and playful gift book that will touch the heart and tickle the funny bone of dog lovers of all kinds.

Rachael Rodgers is an artist, dog lover, and nature seeker. Over the last two years, she has volunteered with a variety of different animal rescue organizations and taken hundreds of adoptable dogs on adventures before showcasing them on social media. She draws from a background in photography, business, and psychology to profile each dog’s individual character online for optimal exposure while conspicuously omitting any mention of their breed. Her work with adoptable dogs has been featured in local, national, and international news. Rachael lives in Canmore, Alberta.
Taking a Break from Saving the World
A Conservation Activist’s Journey from Burnout to Balance

Stephen Legault

Professional conservation and political activist Stephen Legault examines the consequences of overwork in the “save the world” movement.

A veteran of burnout himself, Legault looks at the culture of self-sacrifice that permeates the work done by volunteers and paid staff in the environmental conservation movement, and dissects how to manage our own time, energy, and commitment to our causes. Following a river-running metaphor, and proposing a variety of techniques to help with various states of anxiety resulting from burnout, including clarity of purpose, recognition of limits, fitness and diet, meditation and yoga, as well as organizational structural changes such as leave-of-absence policies, Legault encourages readers to find time to “eddy out”—to rest a moment in quieter waters and scout downriver—to ensure our lifetime of engagement is fulfilling, effective, and self-sustaining.

Just as with teachers, nurses, doctors, lawyers, paramedics, steelworkers, students, and airline pilots, burnout is a growing concern in many social-change circles. Taking a Break from Saving the World takes a look at the impacts of eco-anxiety, overwork, and the associated stress surrounding the present and future state of the environment and offers practical and insightful suggestions on how to deal with it.

Stephen Legault is a full-time conservation activist, writer, photographer, and organizational development consultant. He is the author of Running Toward Stillness, a meditation on Buddhist spiritual practice, running, and parenthood, as well as several photography books, including Earth and Sky: Photographs and Stories from Montana and Alberta and Where Rivers Meet: Photographs and Stories from the Bow Valley and Kananaskis Country. He lives in Canmore, Alberta, with his wife, Jenn, and two children, Rio and Silas.
The people that I’ve worked with—and there are hundreds, maybe thousands—are extraordinary. Passionate, dedicated, and mostly selfless in their pursuit of a better world.

One of the things that characterizes activists—and maybe this is what draws us together—is that we are a little unbalanced in the first place. Workaholics, obsessives, perfectionists, and myopic, we have dedicated ourselves to a cause and are relentless, sometimes regardless of the cost.

There are plenty of us who actually suffer from genuine emotional or mental health issues. Some of us became activists because of damage we’d already sustained and were looking for a path with meaning to try and create some balance in our lives. Others joined a cause because it was a way of blanketing our illnesses under altruism or ego. Others still have been run into the ground by the pressure and despair that comes when facing some of the world’s most pressing challenges.

I’m all three.

I grew up with an alcoholic mother whose approval I sought constantly, but which I would never fully receive. When at sixteen my parents divorced I sought sanctuary in the woods behind my home in Burlington, Ontario, only to witness their destruction as a highway was punched through my refuge. I took up the cause of environmental activism, and it quickly made me a big fish in the small pond that is high school, and later college.

We all have our reasons for doing what we do. Most of us have the very best interests of the planet, its wild critters, and that of humanity as a motivation. But let’s not kid ourselves: many of us are trying to heal deep wounds and our efforts to save the world are a part of that.

— From Taking a Break from Saving the World
Explore Canada
Jocey Asnong

Explore Canada from coast to coast to coast in this charming new board book from bestselling children’s book illustrator Jocey Asnong!

Featuring capital cities, provinces, and territories, this lyrical board book is filled with whimsical illustrations that celebrate the diverse landscape, heritage, and outdoor traditions that make Canada unique. Hear the cry of the loon in Ontario, play hockey on Winnipeg’s river ice, toboggan in Quebec City, and hike with moose under summer skies in Newfoundland. From forests to wetlands, and mountains to tundra, and prairies to tide pools, this early concept book showcases native species, iconic landmarks, and wildlife habitats found in these regions across Canada.

Explore Canada is an excellent introduction for early readers to explore this wild and wonderful country!

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. 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, and West Coast 123s. She lives in Canmore, Alberta.
Old Man’s Garden
The History and Lore of Southern Alberta Wildflowers
Annora Brown
Introduction by Mary-Beth Laviolette
Foreword by Bishop Sidney Black

Old Man’s Garden conveys the legends and folklore of Southern Alberta’s wildflowers, native plants, and Indigenous culture.

Originally published in 1954, Old Man’s Garden is a Canadian classic that tells the story of Southern Alberta’s native plants and wildflowers through art and in consideration of Indigenous traditional knowledge from the region.

Accompanying this new edition, Sidney Black of Fort Macleod, the Indigenous Anglican Bishop for Treaty 7, provides commentary about Annora’s art and writing in relation to the Blackfoot, while independent curator Mary-Beth Laviolette contextualizes the artist’s contribution to Canadian art.

Also included are full-colour images of Annora’s later paintings of Blackfoot lodges (tipis) and regalia, the dramatic landscape of the Oldman River region such as Waterton National Park, and the flora of her homeland.

There is a sparkle throughout to Brown’s stories of early exploration and settlement, her concern for conservation, and her regard for the Blackfoot Nation.

Annora Brown (1889–1987) was trained at the Ontario College of Art in the 1920s, where the Group of Seven and Robert H. Holmes, one of Ontario’s foremost wildflower artists, instructed her. Brown made a living as an artist through teaching (including at Mount Royal College, the University of Alberta, and the Banff School of Fine Arts), illustrating books and magazines, and selling her paintings. Her work is represented in numerous private collections and public venues.

Mary-Beth Laviolette is an independent art writer and curator based in Canmore, Alberta. She is the author of A Delicate Art: Artists, Wildflowers and Native Plants of the West and co-author of Alberta Art & Artists.

Bishop Sidney Black was elected and consecrated in 2017 to be the Indigenous Bishop of Treaty 7 territory, within the Diocese of Calgary. He is a member of the Blackfoot Confederacy from Siksika First Nation and has served in ministry with Indigenous peoples for many years, including leadership roles at the national level of the Anglican Church.

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Author’s home: Canmore, AB
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OF RELATED INTEREST

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9781927330050, $24.95

No Ordinary Woman: The Story of Mary Schäffer Warren
9780921102823, $24.95

An Adventurous Woman Abroad: The Selected Lantern Slides of Mary T.S. Schäffer
9781926855219, $32.95

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Along the Western Front
Photography by Leah Hennel

A stunning debut collection of photography focusing on contemporary cowboy culture and the modern ranching lifestyle throughout central and southern Alberta.

Growing up in the city, Leah Hennel would spend summers with her cousins on a farm near Stettler, Alberta, about halfway between Calgary and Edmonton. The ranching and farming lifestyle intrigued and fascinated her from an early age, though she could already see that it was not an easy life to live. It’s always been hard work, but one of the glories of living it is that those who are able to deal with its gritty realities are rarely shackled to a desk or an ordinary suburban life. In this time of high-speed everything, the rural life is a calling that requires patience and know-how. The appeal is the general simplicity of the lifestyle and its regular exposure to the beauty of the landscape.

Most people, however, never get a glimpse of this way of life. They get their daily sustenance from supermarkets and rarely give a thought to where these necessities come from or how they’re produced. But whether city folks realize it or not, ranching and farming will always be vitally important.

Along the Western Front represents a fresh perspective on this iconic way of life and introduces photography enthusiasts to one of photojournalism’s more evocative shooters.

Leah Hennel originally dreamt of being a veterinarian. And until Grade 12 she thought she would be. But her marks, math in particular, cured her of that dream. While in high school, she jumped at a chance to explore a work-experience option in the Calgary Sun photography department. As it turned out, that practicum was the best thing that ever happened to her, as it opened her eyes to an exciting field and eventually led Hennel to the SAIT photojournalism program, from which she graduated in 1998. She’s built a fulfilling career at Calgary’s daily newspapers—the Sun and since 2000 the Herald. Leah lives in Calgary, Alberta.
Family Walks and Hikes in the Canadian Rockies—Volume 2
Bragg Creek—Kananaskis—Moraine Lake—Yoho—Icefields Parkway—Jasper
Andrew Nugara

Family Walks and Hikes is an exciting series of books written specifically for outdoor enthusiasts of all ages and abilities.

Andrew Nugara’s second book for families looking to experience the splendour of the Canadian Rockies describes additional trips in Bragg Creek, Banff, and Kananaskis that were not included in Volume 1. As well, Volume 2 includes several new areas for family exploration, including Moraine Lake, Yoho, Highway 93 North, and Jasper. Some of the walks and hikes in this new volume are:

- Forgetmenot Ponds
- Nihahi Ridge
- Canadian Everest Trail
- Yamnuska
- Ha Ling Peak
- Sunshine Meadows
- Takakkaw Falls
- Athabasca Glacier
- Sunwapta Falls
- Maligne Canyon

Ranging from charmingly easy to moderately challenging, all of these hikes are accessible from reliable roads and popular staging areas. In addition, each hike is accompanied by a clear, colourful map, step-by-step directions, and full-colour photographs. Each route includes:

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

Andrew Nugara was born in Rugby, England, and moved to Canada in 1979. With degrees in classical guitar performance and in education, he currently teaches high school physics, mathematics, and music. Andrew’s numerous bestselling guidebooks include More Scrambles in the Canadian Rockies, A Beginner’s Guide to Snowshoeing in the Canadian Rockies, Snowshoeing in the Canadian Rockies and Family Walks and Hikes in the Canadian Rockies (two vols.). He lives in Calgary, Alberta.

OF RELATED INTEREST

Family Walks and Hikes in the Canadian Rockies—Volume 1
9781771602242, $20.00

Family Walks and Hikes of Vancouver Island—Volume 1
9781771602792, $20.00

Family Walks and Hikes of Vancouver Island—Volume 2
9781771602815, $20.00
Family Walks and Hikes of Vancouver’s North Shore

Harry Crerar

Family Walks and Hikes is an exciting new series of books written specifically for outdoor enthusiasts of all ages and abilities. These accurate, attractive guides feature expertly curated routes, informative maps, and colour photographs.

This first book in the Family Walks and Hikes series, to guide families on some of the most enjoyable and accessible adventures in North Vancouver, brings together an inspired collection of comfortable strolls and spectacular hikes for visitors and locals looking for unique, guided wanderings in a number of diverse locations, including:

- Keats Island Lookout
- Lighthouse Park
- Cypress Falls
- West Van Seawall
- Yew Lake
- Grouse Mountain
- Big Cedar and Kennedy Falls
- Norvan Falls
- Mystery Lake
- Dog Mountain

Ranging from charmingly easy to moderately challenging, all of these hikes are accessible from reliable roads and popular staging areas. In addition, each hike is accompanied by a clear, colourful map, step-by-step directions, and full-colour photographs. Each route includes:

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

Harry Crerar has won the Harry Quaich for baggers younger than 16 in the Bagger Challenge every year of its existence. He has climbed most of the North Shore peaks. He loves travel and adventures, whether hiking, on skis or in a kayak or canoe. He, along with David Crerar and Bill Maurer, is a co-author of the bestselling guidebook The Glorious Mountains of Vancouver’s North Shore: A Peakbagger’s Guide. He lives in North Vancouver.
Popular Wildflowers of the Canadian Prairies
Neil L. Jennings

A full-colour field guide for the curious amateur naturalist, traveller, or hiker who wishes to learn to identify the flowering plants that may be encountered while in the outdoors on the Canadian Prairies during the usual blooming season.

Neil Jennings's new series of colourful and easy-to-use wildflower guides introduces amateur naturalists to some of the more commonly found wildflowers in the Canadian Prairies. Along with hundreds of colour photos and informative descriptions containing both common and scientific flower names, the blossoms profiled are arranged by their predominant colour, and the books themselves are designed to be small and lightweight enough to encourage the user to take them into the field.

Whether you are hiking, walking, camping, or adventuring in the great outdoors, these charming books are packed with useful information for anyone interested in enhancing their enjoyment of the natural world by learning about the flora encountered. Indeed, the ability to make an accurate identification of various wild plants is satisfying in and of itself, and the user will also be better equipped to avoid certain plants that should not be tampered with owing to their toxicity, scarcity, or sharp spines or edges.

Neil Jennings is an ardent hiker, photographer, and outdoorsman who loves “getting down in the dirt” pursuing his keen interest in wildflowers. For 22 years he was a co-owner of a fly-fishing retail store in Calgary, and he has fly-fished extensively, in both fresh and saltwater, for decades. His angling pursuits usually lead him to wildflower investigations in a variety of venues. He taught fly-fishing-related courses in Calgary for over 20 years, and his photographs and writings on the subject have appeared in a number of outdoor magazines. Neil has previously written several volumes published by Rocky Mountain Books dealing with wildflowers in western Canada, fly-fishing, and hiking venues in southern Alberta. Neil lives in Calgary, Alberta, with Linda, his wife of over 40 years. They spend a lot of time outdoors together chasing fish, flowers, and, as often as possible, grandchildren.
Popular Wildflowers of Alberta and the Canadian Rockies
Neil L. Jennings

A full-colour field guide for the curious amateur naturalist, traveller, or hiker who wishes to learn to identify the flowering plants that may be encountered while in the outdoors in the Canadian Rockies during the usual blooming season.

Neil Jennings's new series of colourful and easy-to-use wildflower guides introduces amateur naturalists to some of the more commonly found wildflowers in western Canada. Along with hundreds of colour photos and informative descriptions containing both common and scientific flower names, the blossoms profiled are arranged by their predominant colour, and the books themselves are designed to be small and lightweight enough to encourage the user to take them into the field.

Whether you are hiking, walking, camping, or adventuring in the great outdoors, these charming books are packed with useful information for anyone interested in enhancing their enjoyment of the natural world by learning about the flora encountered. Indeed, the ability to make an accurate identification of various wild plants is satisfying in and of itself, and the user will also become better equipped to avoid certain plants that should not be tampered with owing to their toxicity, scarcity, or sharp spines or edges.

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OF RELATED INTEREST

Popular Day Hikes: Kananaskis Country—Revised & Updated
9781771602655, $20.00

Popular Day Hikes: Canadian Rockies—Revised & Updated
9781771602679, $20.00

In Plain Sight: Exploring the Natural Wonders of Southern Alberta
9781897522783, $19.95
Popular Wildflowers of South-Central British Columbia
Neil L. Jennings

A full-colour field guide for the curious amateur naturalist, traveller, or hiker who wishes to learn to identify flowering plants that may be encountered while in the outdoors of South-Central British Columbia during the usual blooming season.

Neil Jennings’s new series of colourful and easy-to-use wildflower guides introduces amateur naturalists to some of the more commonly found wildflowers in western Canada. Along with hundreds of colour photos and informative descriptions containing both common and scientific flower names, the blossoms profiled are arranged by their predominant colour, and the books themselves are designed to be small and lightweight enough to encourage the user to take them into the field.

Whether you are hiking, walking, camping, or adventuring in the great outdoors, these charming books are packed with useful information for anyone interested in enhancing their enjoyment of the natural world by learning about the flora encountered. Indeed, the ability to make an accurate identification of various wild plants is satisfying in and of itself, and the user will also be better equipped to avoid certain plants that should not be tampered with owing to their toxicity, scarcity, or sharp spines or edges.

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Popular Wildflowers of Coastal British Columbia and Vancouver Island
Neil L. Jennings

A full-colour field guide for the curious amateur naturalist, traveller, or hiker who wishes to learn to identify flowering plants that may be encountered while in the outdoors of Coastal British Columbia and Vancouver Island during the usual blooming season.

Neil Jennings’s new series of colourful and easy-to-use wildflower guides introduces amateur naturalists to some of the more commonly found wildflowers in western Canada. Along with hundreds of colour photos and informative descriptions containing both common and scientific flower names, the blossoms profiled are arranged by their predominant colour, and the books themselves are designed to be small and lightweight enough to encourage the user to take them into the field.

Whether you are hiking, walking, camping, or adventuring in the great outdoors these charming books are packed with useful information for anyone interested in enhancing their enjoyment of the natural world by learning about the flora encountered. Indeed, the ability to make an accurate identification of various wild plants is satisfying in and of itself, and the user will also be better equipped to avoid certain plants that should not be tampered with owing to their toxicity, scarcity, or sharp spines or edges.

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Vertical Reference
The Life of Legendary Mountain Helicopter Rescue Pilot
Jim Davies
Kathy Calvert

An exciting and heart-pounding look at one of Western Canada’s most adventurous individuals, known as a pioneer pilot of the heli-ski industry and as the first mountain-rescue pilot in the Canadian National Parks system.

Jim Davies is an icon of competence and courage as the first heli-skiing pilot in Canada. But it is his groundbreaking work as a helicopter rescue pilot for Parks Canada that made him a legend to all who worked with him. His stellar career as a pilot overshadowed his other talents as a ski racer and artist.

Jim received several awards for his work in mountain rescue, including the Helicopter Association International—Pilot Safety Award of Excellence, the Alberta Achievement Award for excellence in helicopter flying, the Summit of Excellence Award at the Banff Film and Book Festival, and the Robert E. Trimble Memorial Award for “distinguished performance in helicopter mountain flying.” He is now retired and living in Banff, pursuing his love of painting and photography.

Kathy Calvert grew up in the Canadian Rockies. In 1974 she became one of the first female national park wardens in Canada; in 1977 she was a member of the first all-women expedition to Mount Logan; and in 1989 she was on the first all-women ski traverse of the Columbia Mountains from the Bugaboos to Rogers Pass. She is the author of three books: Don Forest: Quest for the Summits; Guardians of the Peaks: Mountain Rescue in the Canadian Rockies and Columbia Mountains; June Mickle: One Woman’s Life in the Foothills and Mountains of Western Canada; and Ya Ha Tinda: A Home Place—Celebrating 100 Years of the Canadian Government’s Only Working Horse Ranch. She and her husband, Dale Portman, live in Cochrane, Alberta.

OF RELATED INTEREST

Bugaboos Dreams: A Story of Skiers, Helicopters & Mountains 9781897522110, $19.95
Deep Powder and Steep Rock: The Life of Mountain Guide Hans Gmoser 9781771601122, $25.00
The Bold and Cold: A History of 25 Classic Climbs in the Canadian Rockies 9781771601153, $45.00
Show Me the Honey
Adventures of an Accidental Apiarist
Dave Dorogy
Foreword by Rick Hansen

A lighthearted, self-deprecating account of one fledgling beekeeper’s misadventures. With wit and warning in equal measure, this informative, refreshingly honest narrative will resonate with any new beekeeper.

When Dave Dorogy’s sister gives him 15,000 honeybees for Christmas he launches into a hands-on investigation into a fascinating, if frustrating, insect. In this humorous how-to/what-not-to-do, the author recounts his path along a steep learning curve further complicated by the fact that he and the bees are living on a houseboat. Whether it’s the impending chaos of transferring tens of thousands of bees to an outyard, the horror of discovering bees on the inside of his beekeeping suit, or just wondering if he will end up with even an ounce of honey for all his efforts, Dorogy shares the joy, the surprises, and the less-acknowledged financial sting of keeping bees. And while his honey yield has not entirely met his early expectations, in the years since bees arrived in Dorogy’s life, his knowledge of their ways and stories of his own colony could (and do) fill a book.

Dave Dorogy has worked in radio broadcasting and advertising, and has spent the last 30 years in sports marketing. He was the Vice President of the former NBA Vancouver Grizzlies and more recently the Director of Sponsorship Sales for the Vancouver 2010 Olympic Winter Games. Dave now lives on a floating home just outside of the city, where he raises bees and blogs about it at houseboathoney.com. He is the co-author of 111 Places in Vancouver You Must Not Miss.

Rick Hansen is the Founder of the Rick Hansen Foundation and a passionate supporter of people with disabilities in Canada. He is best known as the “Man In Motion” for his epic 26-month, 34-country, 40,000-km wheelchair trip around the world to prove the potential of people with disabilities and raise funds for spinal cord injury research.
The beehive that my sister and brother-in-law had bravely left in my care didn’t come with an owner’s manual. Even if it had, you know by now that I probably wouldn’t have taken the time to read it. Everyone in my circle of beekeeping friends and family had one hundred times the knowledge of bees I had, and so it was no fun always asking them dumb questions like the ones I asked Miriam: “Just how many eggs does a queen lay each day?” Or, “How often should I check for mites?” Or my most frequent inquiry: “When will I be able to finally harvest some honey like we did in the halcyon days when you first dropped off the hive?” It was no fun having zero jars of honey to hand out, especially after I had boasted about how great my hive was to so many people. I had established this faux reputation of being a real beekeeper. It was definitely no fun waking up in the morning and walking out onto the back deck to check my hive only to sweep dozens of dead bees off the deck into the river.

My ineptness was starting to get me down, and I needed to re-establish my reputation among family and friends as a competent beekeeper. So I signed up for a series of apiarist classes. The cool thing about this beekeeping course was that if I could pass a final exam, at the end I would receive a frameable piece of paper from the British Columbia Honey Producers’ Association proclaiming that I was a Certified Beekeeper. The provincial Ministry of Agriculture helped to develop the course curriculum and so it was legitimate. Plus, the certificate had a really cool gold embossed stamp.

— from Show Me the Honey
Tapping the West
How Alberta’s Craft Beer Industry Bubbled Out of an Economy Gone Flat
Scott Messenger

The story behind Alberta’s craft beer boom. An insider’s look that brings together tasting notes, social history, politics, and science.

When Alberta eliminated its laws around mandatory minimum brewing capacity in 2013, the industry suddenly opened to the possibility of small-batch craft breweries. From roughly a dozen in operation before deregulation, there are now more than a hundred. With humour, straight-talking tasting notes, and a willingness to challenge stereotypes, Messenger provides a concise history of brewing in the province before introducing us to key players in the industry today, including Graham Sherman of Tool Shed Brewing, who helped spearhead the change in legislation, and the sisters behind Northern Girls Hopyard, Alberta’s first hop farm. He winds up his narrative with a good, old-fashioned pub crawl, a fitting finale for the story of an industry that is, at its heart, about having fun with friends. Bringing together social history, politics, and science, Tapping the West is engaging and balanced—not unlike the perfect you-know-what.

Scott Messenger’s blog One Year of Alberta Beer was featured on CBC radio, and led to a deeper examination of the steadily booming craft beer industry in Alberta. His writing on a variety of subjects has appeared in the Guardian, Eighteen Bridges, Canadian Geographic, Avenue and more. He lives in Edmonton with his wife and two daughters.
I had a perhaps outsized sense of excitement about our first stop, one that my friends, unfamiliar with the history of the place, and of beer in the province, didn’t quite share. While they were eager for that first pint of fresh-made beer, I felt as if I were taking the first steps on a kind of pilgrim’s journey. Village was one of the last big breweries to open before everything changed in Alberta. Before the end of 2013, regulations were such that breweries had to be able to make at least 500,000 litres of beer a year. In my mind, the brewery was a kind of monument to the lengths to which people once went for craft beer, back before the provincial government decreed that small-batch commercial brewing was, well, no longer illegal. To my friends, it just seemed like a great place to grab a beer. They were right in thinking so, of course. But as we walked up the stairs to Village’s taproom, it took all the restraint I could muster to keep from being the professor at the party and resist trying to impress upon my friends how important that day in 2013 really was, that it was a defining moment in Alberta craft beer as we know it today. Because, with it, the Alberta Gaming and Liquor Commission (AGLC) and the Government of Alberta eliminated the industry’s biggest barrier to entry, a seemingly arbitrary and decades-old law that had all but ensured that only the biggest spenders could afford to play. By 2014, anyone with the proper licence could brew as little or as much as they wanted to. The bar had not merely been lowered; it had effectively been tossed aside. All that the AGLC asked was that local products be “fit and safe for human consumption.” Having met the old requirement and started up in 2012, Village was among a small group of breweries, including Ribstone Creek in Edgerton, that marked the end of an era. In Calgary, this put it at the top of my list. I was just as eager for a beer as Colin and Guy, but not just any beer to start. I had an agenda.

— from *Tapping the West*
Flat Out Delicious
Your Guide to Saskatchewan’s Food Artisans

Jenn Sharp
Photography by Richard Marjan

A robust and inspiring travel companion for both local and visiting food-lovers alike that reveals the stories, inspiration, and friendly faces of the people who craft great food in Saskatchewan.

From the province’s southern grain fields to its northern boreal forests, from its city markets to its small-town diners, Saskatchewan is the humble heartland of some of the nation’s most delicious food. The culmination of a summer road trip and over 150 interviews, Flat Out Delicious introduces small-scale farmers and city gardeners, beekeepers and chocolatiers, ranchers, chefs, and winemakers. Together they tell the story of Saskatchewan’s unique food systems.

The book is organized into seven regional chapters, with essays that delve deeper—into traditional Indigenous moose hunts, wild rice farming, chanterelles, and berry picking. With detailed maps, travel tips, and stunning photography, it’s the ideal companion for a trip that involves plenty of stopping to eat. Whether you’re visiting for the first time or are Saskatchewan born, prepare to be surprised by the abundance of personalities and culinary experiences to be found here in the “land of the living skies.”

Jenn Sharp is a writer based in Saskatoon. She has been a features writer, columnist, and editor at the Saskatoon StarPhoenix for five years. Today, her Flat Out Food column runs in the StarPhoenix and the Regina Leader-Post. She’s a regular contributor to CBC Saskatchewan and Eat North. Her work has appeared in the Globe and Mail and numerous other Canadian publications.

Richard Marjan first picked up a camera when he was ten and has loved everything about taking pictures ever since. After thirty-five years as a photojournalist at the Saskatoon StarPhoenix, he’s now retired and does occasional freelance photography. He’s won several photography awards from the Canadian Press, and his work has appeared in Canadian Geographic, the New York Times, and the Globe and Mail.
John Schreiner’s Okanagan Wine Tour
John Schreiner and Luke Whittall

The definitive guide to Interior BC wineries, covering the Okanagan, Similkameen, Thompson and Kootenays. With updated maps and travel tips, it’s your ultimate glove-box guide, now in its 6th edition!

For nearly fifteen years Okanagan Wine Tour Guide has been the definitive companion for travelling the winding roads of BC’s Interior wine region. In this, the 6th edition, John Schreiner and his new co-author—wine writer, podcaster, and instructor Luke Whittall—chart the latest developments at the oldest wineries and the very first vintages from the newest startups in a region that stretches along Okanagan Lake, west to the Similkameen, north to the Thompson, and east to the Kootenays. This edition includes 258 wineries (that’s over 60 openings in five years!), revised and updated maps, tasting room information, and recommendations. Whether you’re paging through the aisles of the local liquor store, sorting your Viogniers from your Syrahs, or relishing a family vineyard’s journey from its Quonset-hut years to international acclaim, John Schreiner’s Okanagan Wine Tour is the ultimate guide to and celebration of Interior BC wine.

John Schreiner is the best-selling author of fifteen books, and Canada’s most respected and prolific wine writer. He is a celebrated member of both national and regional wine communities across Canada, and has judged in numerous wine competitions. He lives in North Vancouver.

Luke Whittall has worked in cellars, vineyards, and wine shops since 2005. He is a wine instructor at Okanagan College and the producer of “Wine Country BC,” a podcast and blog. He has contributed articles to many wine-focused publications and websites, and is the author of Valleys of Wine: A Taste of British Columbia’s Wine History.

OF RELATED INTEREST

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9781771512077, $39.95

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9781771511537, $24.95

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9781771512169, $29.95
The Prairie Gardener’s Go-To for Vegetables
Janet Melrose and Sheryl Normandeau

All the most common questions about growing vegetables in the prairies are answered in this first installation of the new gardening series, Guides for the Prairie Gardener.

There’s nothing more rewarding than growing your own dinner. Certified master gardeners Sheryl and Janet are here to show you how rewarding vegetable gardening in the prairies can really be. From planning to planting, irrigation to cultivation, and troubleshooting, they encourage you to take a hands-on approach with your prairie vegetable garden. They help you figure out if you should prune your tomatoes, how to hold up your pumpkins off the ground, and maximizing your harvest by planting in succession.

This Q&A-style resource covers all your most common questions about cultivation practices, preventing damage from frost, flood, and drought, harvest and storage, and specific questions about the veggies you love to grow. Whether you’ve just acquired your first garden space, or you’ve been growing vegetables for decades, gardeners are always learning and experimenting, building on experience gained on their own or from others. With Sheryl and Janet on your team you’re that much closer to achieving success in your prairie garden!

Janet Melrose is a garden educator and consultant, and an advocate for Calgary’s Sustainable Local Food System. She is a lifelong gardener and holds a Prairie Horticulture 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 lifelong 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 Farmers’ Almanac, Heirloom Gardener, Herb Quarterly, The Gardener for Canadian Climates, The Prairie Garden Annual and many more. She lives in Calgary.
The Prairie Gardener’s Go-To for Pests and Diseases
Janet Melrose and Sheryl Normandeau

Your guide to trouble-shooting weeds, pests, diseases, moulds, critters, and other common prairie gardener’s problems in this second title in the Guides for the Prairie Gardener series.

Whether you’re an experienced prairie gardener or just a few weeks in, chances are you’ve come to know at least a couple of common pests on a first-name basis. In this second installment in the Guides for the Prairie Gardener series, lifelong gardeners Sheryl and Janet help you tackle weeds, insects, microorganisms, rodents, birds, deer and even other people’s pets. Using an Integrated Pest Management (IPM) approach, they’ll show you how to identify the culprit and how to deter it, while respecting the broader environment.

Should I use landscape fabric? Does vinegar work? What did that to my cabbages? Janet and Sheryl take your most pressing questions in this Q&A-style resource on all the prairie gardener’s most common pests. With elegance and a sense of humour, their solutions reveal their fascination with the natural world and belief in your ability to garden well in its midst.

Janet Melrose is a garden educator and consultant, and an advocate for Calgary’s Sustainable Local Food System. She is a lifelong gardener and holds a Prairie Horticulture Certificate. She has a passion for Horticultural Therapy and facilitates numerous programs designed to integrate people marginalized by various disabilities into the larger community. 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 lifelong 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 Farmers’ Almanac, Heirloom Gardener, Herb Quarterly, The Gardener for Canadian Climates, The Prairie Garden Annual and many more. She lives in Calgary.

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A Match Made for Murder
A Lane Winslow Mystery (#7)
Iona Whishaw

Lane and Darling’s Arizona honeymoon is interrupted by gunshots in the newest instalment in a series that Kirkus Reviews calls “relentlessly exciting.”

Lane and Darling have escaped the chilly autumn in the Kootenays for a honeymoon in sunny Tucson, Arizona. Soon after their arrival Lane’s plans to spend the holiday poolside are interrupted by gunfire. One of the hotel’s wealthy guests has been shot point blank. The longer Lane and Darling stay at the Santa Cruz Inn, the deeper they are drawn into a web of seemingly perfect marriages fraught with jealousy and violence. The situation threatens first their honeymoon and then their lives.

Back in Nelson, Sergeant Ames has been left in charge of the department during Darling’s absence. As he investigates a case of vandalism at the Van Eyck garage, it seems to lead directly to the death of the suspected vandal himself. Working to piece together what happened, Ames finds his romantic interest in mechanic Tina Van Eyck creates complications that are more than awkward; they could be deadly.

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 Whale and the Cupcake
Stories of Subsistence, Longing, and Community in Alaska
Julia O’Malley
Foreword by Kim Severson

A unique and fascinating cookbook that examines the relationships between food, culture, and place in Alaska.

From fish and fiddleheads to salmonberries and Spam, Alaskan cuisine spans the two extremes of locally abundant wild foods and shelf-stable ingredients produced thousands of miles away. As immigration shapes Anchorage into one of the most ethnically diverse cities in the country, Alaska’s changing food culture continues to reflect the tension between self-reliance and longing for distant places or faraway homes. Alaska Native communities express their cultural resilience in gathering, processing, and sharing wild food; these seasonal food practices resonate with all Alaskans who come together to fish and stock their refrigerators in preparation for the long winter.

This collection features interviews, photographs, and recipes by James Beard Award–winning journalist and third-generation Alaskan Julia O’Malley. Touching on issues of subsistence, climate change, cultural mixing and remixing, innovation, interdependence, and community, The Whale and the Cupcake reveals how Alaskans connect with the land and each other through food.

Julia O’Malley is an Anchorage-based food journalist, writing teacher, and editor-at-large at the Anchorage Daily News. She was the Atwood Chair of Journalism at the University of Alaska Anchorage from 2015 to 2017. She has written about food, climate, and culture for the Guardian, Eater, National Geographic, High Country News, and the New York Times, among other publications. She won a 2018 James Beard Award in the foodways category.

Kim Severson is a Pulitzer Prize–winning food correspondent for the New York Times. Earlier she served as news and features editor and reporter at the Anchorage Daily News. A four-time James Beard Award recipient for food writing, she is the author of four books, including Spoon Fed: How Eight Cooks Saved My Life.

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A Spicy Touch
Family Favourites from Noorbanu Nimji’s Kitchen
Noorbanu Nimji and Karen Anderson
Photography by Pauli-Ann Carriere

Mouth-watering Indo-East African dishes that will become instant classics for home cooks.

A Spicy Touch is Noorbanu Nimji’s celebration of her North Indian Ismaili Muslim ancestry and the East African cuisine from her homeland in Kenya. Noorbanu collaborates with award-winning food and travel writer Karen Anderson to present more than 200 tried and true family favourites and new recipes.

With step-by-step instructions and beautiful photographs, the book includes soups and snacks, samosa-wrapping, main dishes, a chapter on Indian tandoori grilling, vegetables, dal, Indian breads and rice dishes, chutneys and sweets.

Many recipes are vegetarian and/or gluten-free and all original recipes have been re-tested and rewritten to reflect the increased availability of ingredients today. There’s an extended section on pantry items, and tips and techniques that can only come from a master. Find out for yourself why Noorbanu is considered the expert in her field by people all over the world.

Noorbanu Nimji is an East African Ismaili Muslim with ancestral roots in Northern India. After arriving in Calgary, in the 1970s, Noorbanu was asked to teach cooking to youth in her Ismaili community. She has been publishing collections of her recipes since 1986, with sales of over 250,000 copies.

Karen Anderson is the owner of Calgary Food Tours Inc. and a columnist for CBC Radio and Calgary’s City Palate magazine. She is co-author of the guidebook Food Artisans of Alberta. Since 2006, she has worked with Noorbanu Nimji, testing recipes and teaching cooking classes.

Pauli-Ann Carriere is a photographer and entrepreneur who lives in Vancouver, B.C. Her photographic art captures transitory encounters of people, places, colours, texture and light. Pauli-Ann is a featured artist at Provide Home in Vancouver.

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Disappearing Minglewood Blues

Poetry

M.C. Warrior

Warrior worked for over thirty years at the sharp end of production in B.C. as a logger, commercial fisherman and union activist.

M.C. Warrior’s book is a fine collection of new poetry and poems previously only found in magazines, anthologies and in the chapbook *Quitting Time* published by McLeod Books in 1978. They range from poetry about working on the coast—commercial fishing, logging, environmental campaigner—to the political meaning of work, and wry and deft observations on topics ranging from Buddhism to Ovid in the afterlife. Warrior was an IWA logging Camp Chairman, UFAWU Organizer (United Fishermen & Allied Workers Union), Lead Strategic Researcher For LiUNA (Labourers’ International Union of North America) and Executive Director of a Habitat for Humanity affiliate.

M.C. Warrior is a poet, former logger and fisherman, and a lifelong trade unionist, and was a founding member of VIWU, (the Vancouver Industrial Writers’ Union) along with Tom Wayman, Kate Braid, Kirsten Emmott, Phil Hall and others. He is also author of *Building the Power: A History of the Labourers’ Union in British Columbia*. This is his long awaited first book of poetry.
In her fourth book of poetry, Elza deftly builds a raft of questions to stay afloat amidst the breakage of things. A twenty-year marriage that has taken on too much water mirrors subtler fragmentations in our human and natural world. “/her story comes a/part w/her the poem rips.” How do you survive this loss of meaning, this “wintering through”? The intricacies of light, of nature, of water buoy us through grief and begin to astonish, to lift us into understanding again. Transforming and coupling a deeper self with the soulful eros/ions of our world.

daniela elza is a prolific writer and poet, and has over a 100 works published internationally in literary journals. She teaches children and young adults Speech Arts & Writing, runs a reading series, contributes to international dialogue on poetic enquiry, and received her Ph.D in Philosophy of Education at SFU. Her previous book of poetry with MTP, was the weight of dew.
Road Trips
Journeys in the Unspoiled World
Trevor Carolan

Trevor Carolan’s eagerness for encountering faraway peoples and places equals Paul Theroux’s excitement when he hits the road again in To the Ends of the Earth.

With vivid descriptions of life from both the developed and developing worlds, veteran world traveller Trevor Carolan tells twenty-three stories that you wish you’d experienced yourself. These tales of backpacking and flashpacking, from near home and far away, offer a harvest of encounters with intriguing people, remarkable landscapes and rich cultures—with side orders of tasty food and wine. Some of the people he meets or talks about include; Lawrence Ferlinghetti, Mike Bloomfield, Joanne Kyger, Ryszard Kapuściński (Europe’s greatest travel writer), Allen Ginsberg, Szymon Ogryzek, Zuzanna Budzynska, Patrick Kavanagh, Luis de Camões, João Soeiro, Jean-Paul Sartre, William Burroughs and Brion Gysin. His accounts of meaningful journeys in search of an authentic life awaken readers to experience destinations as diverse and unexpected as Morocco, Indonesia, India, Portugal, Japan, backcountry Jamaica, new Poland, Gaelic Ireland, the sacred Himalayas, old Lisbon, Bangkok, Yorkshire, Tahiti, Hawaii, and parts of British Columbia. An exhilaratingly fresh travel perspective for all the senses.

Trevor Carolan studied with Allen Ginsberg and Gary Snyder, and has travelled through more than 50 countries. His books include the international Tai Chi classic Return to Stillness; New World Dharma; and Cascadia: The Life and Breath of the World, (Best American Essays Citation, 2013) and The Literary Storefront: The Glory Years...Vancouver’s Literary Centre, 1978-1985.
Mediterranean By Cruise Ship
The Complete Guide to Mediterranean Cruising
Anne Vipond

Now in its eighth edition, this updated guide to Mediterranean cruising is indispensable for anyone taking this fascinating trip.

The Mediterranean is the dream destination of every cruiser. Learn about past civilizations and the art, history and culture of societies that continue to influence the world. Includes valuable detail on home ports, cab fares and getting around major cities. Covering both eastern and western itineraries, this unique guide contains hundreds of color photos and maps, along with large, color pull-out map.

Anne Vipond is an award-winning cruise writer and author of several books on cruising. She has written for many magazines and newspapers in North America and has also written several books for Thomas Cook Publishing in the UK. Anne was the recipient of a 2015 Lowell Thomas Award in the Travel Guidebook Category from the Society of American Travel Writers. She lives in Vancouver, BC.
The White Raven
Sue Coleman

British Columbia artist Sue Coleman brings her knowledge of the Canadian west coast and its culture into her second novel, The White Raven.

In this sequel to Return of the Raven, White Raven escapes his spirit imposed exile and takes up residence in a small fishing village. Along the way, he discovers he has the power to transform.

This enchanting new work of fiction takes the reader on the wings of a raven and eagle for a ride through mountain passes to languid bays. You will feel the morning breezes, smell the salty, west coast air and taste fresh seafood as you follow Raven’s quest to master his newly granted powers to transform. Can he do honour to his grandfather’s legacy?

Sue Coleman takes us on a fanciful and engaging tale of brothers. Her British humour, shaped by her Canadian wit, brings amusement to this tale full of west coast lore, history and rich landscapes. Watch as the two brothers explore their powers in very different ways.

Well crafted and beautifully illustrated with Sue’s unique nature sketches and told from a bird’s eye view, it is hard not to fall in love with the tale and wonderful settings of west coast Canada. Teens and adults will enjoy this engaging tale. Those from Canada’s west coast will have fun identifying the local features and landscapes, while those who have never experienced the area will get a glimpse of its attraction and beauty.

Sue Coleman works from her waterfront studio in Cowichan Bay on Vancouver Island, on the Canadian west coast. A watercolour artist, she paints a wide variety of subjects, but continues to be inspired by the ever-changing natural beauty of the area and the traditions of the Pacific North-West People. Her concern for wildlife and the environment is evident in her work and earns her constant support. She has written and illustrated several books, including the novel Return of the Raven and picture book The Trumpeter Swan.
SELECTED HIGHLIGHTS

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