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Blinky and the Phone Fiasco
A Family Guide to Screentime Limits

By Tripler Pell, MD

Tripler Pell, MD, MSC is a family physician, medical school teacher, and academic researcher with international experience. She is also an active mother of three, and most recently the author of a light-hearted children’s story pertaining to a health topic with widespread relevance: small children and the use of wireless devices.

The book is meant to be a fun and entertaining story for children under age 8. It is also a useful way for parents and small children to engage together in setting limits and explore the meaning of a healthy lifestyle. In addition, a separate section at the end of the book provides simple suggestions on how parents can make screentime safer.

“A very timely book, sure to be read and read again by children and parents alike. Dr. Pell’s funny, silly tale will appeal to children and surely spark some thoughtful discussions about technology use. Her ideas, expertise and advice for parents make this book a must-have for those of us who grapple with the growing place of new media devices in family life.”

Debra Stein, MD, FRCPC, Child and Adolescent Psychiatrist

“In this accessible and lighthearted book, Dr. Pell sounds the alarm on the effects of the mobile media pandemic on children, and offers sensible ways to address it.”

Alexander Westphal, MD, PhD.
Yale School of Medicine

“A charming and timely book about children and screen time! This is a totally charming book for children ages 3 to 6 about how a child who so loves his mobile phone, and spend so much time on his mobile phone, that yikes... he wakes up one day and he looks and acts like a phone. Of course a doctor comes to the rescue, suggests a remedy and eventually Blinky returns to his old self. The story is fun, it will engage while providing a wonderful opportunity to talk with kids about the screen time vs time doing other things.”

Heather Reisman,
CEO of Indigo Books and Music
DAWN OVER THE MOON
The Invention of the Flying Car

BY TOMADIR
KHALFALLA

WHEN TAMARA AND HER KIDS SAMI AND SAMA MOVE TO CANADA, they don't just find a new home – they find the future! In their adopted city of Eden, anything is possible, including flying cars. Soon the three are off on a round-the-world adventure in Audrey the Flying Car, accompanied by their telescope, Galileo, who helps bring some amazing sights into focus. Follow along as Tamara, Sami, and Sama's stories and songs take you around the globe and back again in this celebration of freedom and dreams come true!

www.dawnoverthemoon.com

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JESSIE YOU’RE SO MESSY

BY JANET LYNN
NORMANDIN

TRENT ALWAYS WANTED A DOG. HE THINKS OWNING A DOG WILL be so much fun. So when Trent finally turns old enough his parents decide to buy Trent a dog. The fun really begins as he finds out just how much work raising a dog can really be! Enjoy laughing along with your children and encourage them to join you in reading this fun adventure about a boy and his messy dog named Jessie!

www.janetlynnnormandin.com

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There is always an invitation from Fun Food Friends to walk the colourful brick road of Ice Cream Street throughout Fun Food Land. Every day is a tasty one with yummy food smells, delicious flavours and a lot of sweetness.

However, there is a bad fry who’s come to town and he’s up to no good. Larry, a spoiled and rotten fry, is a trouble maker. He always ruins happy towns. His latest town to target is Fun Food Land.

Somehow Larry has joined the rest of the Fry Friends living under French-E-Fry’s hat. French-E-Fry owns the Poutine Café and enjoys cooking for everyone in Fun Food Land. He also loves the Fry Friends and they love him.

One by one though, Larry turns the Fry Friends bad, and this is poisoning French-E-Fry’s mind. Larry is creating new recipes that he plants into French-E-Fry’s head with many Fun Food Land characters as main ingredients!

One Bad Fry Spoils the Bunch is the first story of a series called A Fun Food Friends Adventure. There are more stories cooking. Triple Split, Fro-Yo and Icy Cube have an adventure thawing next!

www.angelajoelle.com

“Fun Food Friends is a lively and whimsical book that takes readers into the magical world of marshmallows and the sticky situations they get into! Children will love it.”

Amy Stuart, author of Still Mine

“This is a great book, full of engaging illustrations and a story line that pulls in the reader as every day, ordinary foods suddenly become animated and full of personality: My feelings about French fries, hamburgers and ketchup will never be the same again!”

Robin Gregory, Ph.D., author of Popcorn Queen and Bubble Man Have a Leisurely Day

“...[A FUN FOOD FRIENDS ADVENTURES: One Bad Fry Spoils the Bunch] is amusing, with an exciting story of danger averted through cooperation, planning, and daring. Joelle’s illustrations are dynamic, colorful, and expressive, helping to tell the story.”

Kirkus Reviews

Angela is a visual artist living in Vancouver, Canada. This is her first book in a future series of children's publications, which she has written and illustrated, with the help of her niece, Brynna Beaupre. She is a lover of the very, very small, and of course, the very tall.

Brynna has been drawing since she was four and was nine when she began collaborating on the Fun Food Friends series with Angela. Her favourite colour is yellow, she likes bumblebees and is a tough mid-fielder on the soccer field.

The two of them join forces to create, write and illustrate new Fun Food Friends Adventures every year at a remote lake in northern Saskatchewan, Canada.
THE PERFECT ROSE

BY ANN RENEE

ROMANCE

Fiction, Romance, Historical, 20th Century
102 Pages
B/W
6 x 9

THIS BOOK IS A HISTORICAL ROMANCE BETWEEN TWO STRANGERS, a young woman and a young man meet in the City of Paris, just starting life’s journey. The struggles, life’s experiences and long separations from each other take them different directions. The man returns home after many years from the Navy and is torn by his wife’s love affair becoming a world traveller, and he enters into a love affair. Only the passage of time will determine if they will ever get back together.*

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A LONG WAYS FROM HOME

BY MIKE MARTIN

MYSTERY, THRILLER & SUSPENSE

Fiction, Mystery & Detective, General
378 Pages
B/W
6 x 9

A WEEKEND VISIT TO PICTURESQUE NEWFOUNDLAND BY A LARGE crew of outlaw bikers leaves behind another mess for Sgt. Windflower to clean up. This time he’s facing violence, murder, mystery and intrigue. This adventure has Windflower questioning everything he thought he knew. There are troubles on the home front, cutbacks in the policing budget, old friends leaving and new ones not quite here yet. Windflower is seeking to find answers in territory that is both dangerous and unfamiliar.

This instalment in the Sgt. Windflower Mystery series has our hero dashing all over the beautiful little island of Newfoundland. Along the way he never wavers in his pursuit of justice. But he stills tries to find a way to enjoy the natural beauty that lays all around him, and to bring out the best from everybody he meets.

A Long Ways from Home is about more than just homicides or the dirty dealings of outlaw bikers. It is also about helping people and communities face up to and overcome new and very difficult challenges. Windflower relies on his friends and allies, including some four-legged ones, to help him and them find the answers. He also discovers that we are never really alone, even when we are a long ways from home.*

www.sgtwindflowermysteries.com

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9781460292013
John George Mortimer is at the top of his game. The company he built from the ground up is now one of the largest in the world, and exciting developments promise to broaden its reach into even bigger markets. He prides himself on making good decisions and surrounding himself with strong, capable people, but after learning he has developed breast cancer, he realizes he must quickly find a worthy successor.

He challenges his top executives to develop radical game-changer business strategies that should make it easy for his board of directors to choose one of them. Despite careful preparation, his plan begins to unravel almost immediately. Organized crime, sexual misadventures, and personal tragedy combine to complicate his efforts to select a new CEO. Even as he lies in recovery from cancer treatments, he is forced to battle against shadowy interests who seek to take away the fruit of his life’s work.

Three Weeks Less a Day is a fast-paced international business thriller that takes us inside the lives of high-powered executives and the lengths they will go to achieve results. It is a story of how quickly things can change at the highest levels of corporate leadership, and how easily lives can crumble in pursuit of power and control.

www.garydmcguganbooks.com

“Fans of fast-paced international business thrillers will love Three Weeks Less a Day by Gary McGugan! A tale of corporate intrigue, politics and highbrow lifestyle on a global scale will capture the reader and keep the suspense going until the very last page. As a professional bookseller, I would like to add that the author’s professionalism with his craft carries throughout his work and his marketing efforts with the book.”

Patti Brassard Jefferson, CEO, P.J. Boox

“Three Weeks Less a Day is thriller that conveys a surprising celebration of survival.”

Foreword Clarion Review

Gary D. McGugan is a business consultant who spent much of his career with units of major global corporations. His senior leadership roles have taken him to dozens of countries and introduced him to thousands of people. In 2009, he co-authored NEEDS Selling Solutions, which offers practical advice for sales professionals to identify opportunities, qualify prospects, and sell more effectively.

He loves to travel, and draws inspiration for his writing from the many people he’s met and places he’s been. He and his wife split their time seasonally between Ontario and Southwest Florida to enjoy the best of two different worlds. This is his first work of fiction.
Two thousand years in the future, Earth is dying. The atmosphere has been depleted and the oceans carried away by solar winds. The planet’s magnetic field has all but disappeared and humanity has moved to underground cities made from the remains of their former homes. Despite incredible technological advances, the world’s best minds have been unable to find either the cause of the devastation or a cure, humanity was on the edge of extinction.

When a mysterious ship arrives carrying a time traveler from the distant past, hopes are dashed when they find the pilot dead. However, they see an opportunity to save the planet by combining the creativity, intelligence, and technology of two vastly different eras. Collaborating across the ocean of time, they discover a daring solution that could save humanity and all of Earth’s creatures—or destroy them forever.

www.thomasconnerbooks.com

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IN 1565, THE YOUNG SPANIARD JUAN DE GUARAS RECEIVES AN EXQUISITE BROOCH in the shape of a Maltese cross from his parents to commemorate his becoming a Knight in the Order of St. John. But within four months de Guaras dies in the defense of Fort St. Elmo against the Ottoman Turks during the Great Siege of Malta; and the brooch meant for his beloved, Maria, and their son—is lost to history.

By chance, 450 years after the siege, watercolors commissioned by the Order in the 17th century for their ledger are on display for the first time in the Museum of Fine Arts in Valletta. Kiyoko Bartolo, a professor from the University of Tokyo who specializes in jewellery of the European Renaissance, recognizes the drawing of de Guaras’ brooch. A brooch that was famous throughout history not only for its magnificent gems, but as a key to the wealth that de Guaras had obtained as a corsair raiding the richly laden merchant ships of the sultan, Suleiman, the Magnificent. Kiyoko learns that it was last recorded in 1923 when the Communist Party inventoried the jewellery belonging to the Russian royal family that was held in the Hermitage. Twenty years later, during the German Siege of Leningrad in World War Two, it mysteriously disappears. Kiyoko, determined to locate the Maltese brooch, enlists European colleagues she’s befriended during Renaissance seminars to assist her in her search. However, the closer they come to finding the brooch, the more resistance and violence they meet from unknown parties who want the brooch, and its secrets, for themselves.

www.spanishknightssecret.com

“The Spanish Knight’s Secret is that rare creature: a comprehensively informative novel of historical fiction, but also tremendously entertaining.”

Andrew Smith
award-winning author of ‘Edith’s War’

“...an insightful way to combine history with the tribal aspirations we are still living through. It is a book you can’t, nor do you want to, put down.”

Barbara Boydén
film producer/director/writer

THIS IS PETER H. CHRISTOPHER’S DEBUT NOVEL. A WORLD TRAVELLER AND A photographer for forty-five years he draws on his experiences, observations, love of history and six years of research to bring the reader this exciting mystery/thriller historical novel. Although based in Canada, he has visited his holiday home on Gozo, one the Maltese Islands in the Mediterranean, on an annual basis for thirty years.
KEN CLATTERBAUGH

THE FREEDOM OF WILL

COMING OF AGE CAN BE AN ADVENTURE. NO ONE KNOWS THIS BETTER THAN William James Tillit, an abandoned child from east Texas raised by his loving aunt and uncle, devout evangelical siblings who are determined to do their best by their young nephew. Will has his own conversations with God, but his god sounds nothing like that of his guardians. Will’s deity is insightful, but he’s also sarcastic, and down right grouchy. Needless to say, Will keeps these conversations to himself.

The day arrives for Will to leave home and make his own way in the world. His ticket out? A job at the Bible-inspired Galilee Theme Park in west Texas, run by none other than Reverend Shister. But Will’s passage to Galilee is far from a simple A to Z trip. Sideline by a tornado, a beautiful young woman, and a group of religious doomsday preppers bent on surviving—or ushering in—Armageddon, Will comes to realize that perhaps faith—like life—is not about the destination; it’s about the journey.

The Freedom of Will is an absurdly comic coming of age tale about falling in and out of faith and how we come to be who we are through the influence of those around us. Whether kindly aunts and uncles, a possibly atheistic hamster, lesbian nuns committed to social justice, likeable convicted felons, or a gourmet chef who claims to get his recipes from outer space, there’s something to learn from everyone, if only we have the grace to accept the people life throws our way, and the will to listen.

www.kenclatterbaugh.com

“A gentle satire about one young man’s quest to find his spiritual identity...Clatterbaugh draws even the most outrageous characters with believable humanity, including God, whose running commentary on Will’s life is the comedic highlight of the book. Christians will love the strange concoction he serves up in these pages, and non-Christians will appreciate the evenhandedness of the many spiritual discussions... A religious-themed comedy of errors that presents a wry yet ultimately affectionate look at the state of godliness today.”

Kirkus Reviews

“On the one hand, the novel is a fun, light read. On the other hand, it doesn’t shy away from deep philosophical and theological debate, and the humorous characters and situations leaven things just enough so that such moments do not feel heavy-handed or contrived.”

Kevin Miller, Editor

BY KEN CLATTERBAUGH

LITERATURE & FICTION

Fiction, Satire
318 pages B/W 6 x 9

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RETURN TO ODESSA

A Mennonite baby named Raisa Friedrichsen is born as her mother dies in Blumenau, Ukraine: one of the last villages established in the historic Molotschna Colony. Her father, only sixteen years old, leaves Raisa to be raised by her grandparents, taking on the role of her brother. With schoolyard bullies harassing her with the truth, Raisa now known as Christina, finally leaves home to find a new life in Odessa.

Befriended by a Russian officer who falls in love with her street singing, Christina finds acceptance, support and encouragement, only to lose it once more after a tragic incident. Returning home a widow with a baby, she enters into a second marriage with a devastatingly similar outcome. Finding herself a single mother of two teenage sons on the eve of the Russian Revolution, Christina must do what it takes to keep her boys safe. Finally escaping the clutches of Nestor Makhno, Alex and Nicholas, her sons, join a group of Mennonites immigrating to rural Manitoba, Canada.

As the years pass, Alex and Nicholas become valued members of their church and community. Alex’s son Jacob becomes intrigued with the family history, travels to the USSR on business and begins researching his maternal grandmother’s story. As Jacob and his sister Stephanie, an aspiring opera singer, travel to Odessa, they cannot know how their paths will fulfill the dreams and aspirations of their grandmother Christina, who was not considered good enough to enter the Odessa Opera House, let alone perform in it.

BY HAROLD N. WIENS

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THE CENTURION’S WOMAN

ALEXANDRIA “ALEX” MOLDOVAN FELL ASLEEP AT A WORK RETREAT and woke up in the same place, just not in the right time. The situation improves when she’s inadvertently rescued by a Roman Centurion, and as long as she can keep her wits – and his affections – she might just survive this. But trading one slave class for another doesn’t help with the trouble that always seems to find her...

Ixillius Traversi had been leading his century on a routine razing, but the slave he found imprisoned, injured and starved in the village is anything but typical. That she was alive seemed barely possible, and then she’d saved his life... and she wasn’t afraid of him. He claimed the woman who called herself Alex as his slave, be it a curse or a blessing, but he still needs to know one thing: who is she?

The Centurion’s Woman is set in Germania Inferior circa 5 AD, and Maiden discovers that a two thousand year culture shock may be the easiest problem to overcome, but it won’t be the last...

BY AMANDA FLIEDER

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www.amandaflieder.ca

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HISTORY

History, Canada, Post-Confederation (1867-)
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WHILE SYLVIA PLATH’S LIFE WAS SHORT-LIVED, HER accomplishments were immense, and two college archives now house her writings and valued possessions. Raised in an era when women were taught and expected to be subservient to men, Sylvia wanted more. She seemed to have all that anyone would need to succeed and be happy; however, something was wrong—seriously wrong. As she reached out for help in her time of desperation, Sylvia found a mental health system that was itself troubled and desperate for change. Although the system helped, it also traumatized her. While little was known about posttraumatic stress at the time, Dr. Fournier argues that it became a major factor in the life of this Golden Lady.

Trauma and the Golden Lady shows what it is like for a person to struggle every day to keep their demons at bay and stay sane, while living with severe mental health problems. Over and over, Sylvia worked to perfect herself and avoid falling into a bottomless hole of nothingness and despair. With passion and a heavy heart, she focused on both these goals until the very end. Ultimately, Sylvia Plath’s personality development and life struggles, along with the effects of the trauma events she experienced, contributed to a suicidal movement that led to her death. While Sylvia’s demise left a wake that affected the lives of many, helping some and hurting others, she was truly a woman to be known and remembered.  

www.drbobfournier.com

BIographies & Memoirs
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NEARING MIDLIFE, SUSAN LEAVES HER HOME, SON, AND FAMILY IN the Gulf Islands of British Columbia, embarking on a journey to find her younger brother, gone for twelve years on a spiritual quest. Upon arrival in southern India, she is joyously reunited with her brother and drawn into his home, the experimental international community of Auroville. Her life begins to unfold in undreamed-of ways as she becomes deeply immersed in the magic of India and drawn to the idealistic tropical lifestyle of Auroville; she stays for the next fourteen years. After an initial stint as a photographer, Susan returns to working with fabric, her first passion, and establishes a studio. The intensely concentrated nature of the projects forges bonds with her expert local tailors. Her creative work changes and grows, inspiring her and eventually sending her in international directions. Susan’s life is thrown into upheaval when one of her tailors is accused of murdering his wife and jailed. In the aftermath of the death, she has to take a stand and make a number of difficult choices. The painful and often lonely times that follow are a challenge, but also a powerful catalyst for insight and personal growth. Transparent Dreams—An India Journey is a compelling and passionate memoir of a significant time in a remarkable life. Compiled from a collection of spontaneous journal entries, notebooks, and correspondence, this intimate work opens a window into the experiences and feelings that underlie individual transformation.

www.charman.com

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MAJOR KANWAL SETHI WAS A PROMINENT CHARACTER IN THE EARLY DAYS OF independent Kenya’s military story—but his personal story is more fascinating still. Here he regales readers with tales of his life, from its beginnings as an ambitious young man who learned early on about the importance of honour, hard work and selflessness.

Shaping Destiny tells Sethi’s story, from the migration of his Indian family to colonial Kenya, where he witnessed his new homeland’s nascent evolution. In this environment, Sethi launches himself on a military path that’s colourful, dramatic, and often grippingly turbulent.

In Shaping Destiny, readers get intimate access to Sethi’s adventures as a distinguished and decorated career soldier—a nontraditional choice for an Indian. More than that, they get access to the ups and downs of an emerging country and continent during a period in world history that saw a great number of former colonies break free and establish themselves in a newly independent era.

The resulting storytelling is excellent; peppered with tumult, courage, resilience and the conviction of a man of his word. Here is a soldier through and through, from his enlistment in the King’s African Rifles of the British Army in 1962, through his esteemed officer training at Sandhurst and Camberley in the UK, and his time served with the newly formed Kenya Army. Throughout, this remarkable man—who lifted his life from truly humble beginnings in rural Africa to a reinvention as a businessman in Canada, the country to which he retired at the end of his army career—offers extraordinary adventure, encounters with captivating characters, and the opportunity for authentic enlightenment.

“A fascinating, colourful, dramatic and extraordinary account of a distinguished and decorated career soldier who braved his way with courage through a turbulent era and fortunately for us, his final destination was Canada.”

Maj General Lew MacKenzie, CM, MSC and bar, OOnt, CD, Canadian Army (Retired), Author and Media Commentator

“This is an exceptional story of a man dedicated to his service, his family and his country. Courage and integrity are the very foundation of this soldier who eventually found his way to a new country where he has made a significant and positive difference.”

Vice Admiral Greg Maddison, CMM, MSC, CD, D Sci Mil (Hon), Royal Canadian Navy (Retired)

MAJOR KANWAL SETHI ENLISTED IN THE KING’S AFRICAN RIFLES IN 1962, AND WAS commissioned into the new Kenya Army in 1964. Along the way, he won prestigious training positions at the Royal Military Academy Sandhurst and the British Army Staff College, in Camberley, UK. Sethi was badly wounded in a combat action fighting the secessionist shifta insurgency, and was awarded the Distinguished Service Medal for bravery and leadership.

Throughout his army years, Sethi enjoyed an extraordinary career on the sidelines of history, which he then followed up with an equally successful second act as an entrepreneur in Canada, where he migrated with his family in 1980. He lives in Toronto and is extensively involved as a volunteer at the Canadian Forces College and the Royal Canadian Legion.
Danielle Arsenault is slowly changing how we all see the world, one raw-food recipe at a time. Heal & Ignite: 55 Whole Food, Plant-based Recipes to Heal the Body and Ignite the Spirit is the product of patience, imagination and a strong motivation to change the standard American diet that has been proven to do more harm than good. The author of four previous vegan, gluten-free cookbooks in collaboration with Jessica Perlaza, Danielle also runs Pachavega Living Foods Education. She offers whole-food, plant-based catering, nutritional consultation and raw-food chef certification, including a forty-five-hour Healing Whole Foods Preparation Certificate and a seventy-hour Heal and Ignite Raw Chef Certificate. She has been a professor at Pacific Rim College in Victoria, BC, and developed and taught holistic nutrition cooking, superfoods and whole-foods preparation classes. She has also received a Permaculture Design Certificate from Sadhana Forest in Haiti as well as a Living Foods Lifestyle Education Certification from the Ann Wigmore Institute in Puerto Rico.

A passionate chef, Spanish teacher, cave guide, slack liner, rock climber, mountain lover and world traveler, Danielle is living proof that eating well can change your life. As she says, “No matter how busy I get with projects, ukulele picking, playing in the garden, crossing mountain ranges, writing cookbooks, riding motorcycles, teaching and dreaming, I still have to eat. My boundless energy and creative drive are directly related to the food I nourish my body with.”

www.pachavega.com

“Heal and Ignite offers not only delicious recipes but it gives an education on the healing power of real foods to fuel the mind, body and spirit. Danielle offers us all the key to living a more energized and connected life through wonderful meals that begin with the best, wholesome ingredients.”

Clara Hughes, six-time Olympic medalist, speed skating and cycling

“Heal and Ignite thank you very much for your wonderful book of recipes. I follow a low saturated fat vegan diet as part of my management of high cholesterol and many of your recipes will work for me. I practised gastroenterology for 35 years and I would say that your knowledge and many of your ideas about nutrition are ahead what I have seen in mainstream medicine.

Mindfulness around eating and diet underlies everything you say about nutrition, something too few people understand. Your views of animal protein are probably correct and in any case are respectful of our planet and its beings. Like the plant based diet proponents Campbell, Esselstyn, and McDougall you have put the best information about diet into both words and specific recipes.

This is rare in today’s world of global agribusiness and diet disinformation. Thank you for all your work and your great book. I will be incorporating your ideas and raw food recipes into my own diet plans.”

Robert Thompson, Calgary, AB, Canada
THE AUTHOR HAS WORKED IN BOTH THE LEGAL AND FINANCIAL FIELDS FOR MANY years and holds licences for insurance, investments, law, and is a member of the legal bars of Ontario (Law Society of Upper Canada) and Quebec (Barreau du Quebec). His degrees are Bachelor of Commerce (Queen’s), Bachelor of Laws (Windsor), Licence en Droit Civil (Ottawa), Master of Laws (Ottawa), and Master of Arts in Foreign Affairs (Johns Hopkins School of Advanced International Studies). His awards are many, including the McLeod Scholarship (Queen’s), Dickson Prize (Ottawa), Department of Justice of Canada fellowships, Donner Foundation fellowships, and the Queen’s Diamond Jubilee medal among others. As a lawyer, he has appeared before many federal hearings, the Federal and Supreme Courts of Canada, and the Parliament of Canada.

“The book is very easy to read, comprehensive, and detailed.”
Margaret L. Stephenson, R.N. (retired).

“The book empowers the public to make educated decisions for itself. In plain language, the tools used by estate planning professionals are revealed in a format easy to understand, well structured, with backup authorities footnoted to tax laws and court decisions.”
John Pasemko, Retired Railway Manager & Transportation Consultant

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THIS STRAIGHTFORWARD BOOK USES EASY TO UNDERSTAND LANGUAGE TO educate the general public about estate planning. Often members of the public think that their estate needs are met simply by creating a will and holding assets jointly. What they do not realize is the many other tools available to them in the financial and legal fields, and advice sought in one field does not guarantee information flowing on tools used in the other. Uniquely, this book arms the general public with the knowledge to make intelligent choices among the many tools in both fields. Appendices provide an extensive checklist and inventory for estate planning and an explanation of the many acronyms used by professionals as credentials. Unique also are the backup authorities found in extensive footnotes using, wherever possible, websites freely available to the general public.
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ARUM, ET, VOLESEQUE ATC CON PEROVI
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THIS BOOK IS BOTH AN EDUCATIONAL TOOL AND A FUN WAY FOR CHILDREN TO learn about some of the wonderful animals on the Endangered Species list. By appreciating some of the unique characteristics of interesting creatures like the Asian elephant, the bighorn sheep, the blue whale, and the Siberian tiger – just to name a few – children can better understand the peril these animals face unless humans act on their behalf.

By seeing the bright pink and cherry-colored feathers of the crimson wing flamingo, and learning about the long sticky tongue of the red eyed tree frog, a child can begin to imagine what this planet would be like without these fascinating creatures living upon it.

While this book is directed toward children ages four and up, adults of all ages will enjoy it too, as they see their little ones begin to grasp the meaning of conservation. To that end, everyone who buys a copy of Endangered Animals can benefit in the knowledge that 5% of the purchase price of each book will be donated to the Canadian Wildlife Federation.

www.aboutendangeredanimals.com

"I received my copies of your book today! Well done! Honestly, I didn’t know some of these animals were endangered!"

Frances Spies, Consumer Review, January 18, 2017

JO A. STEELE WAS BORN IN EDMONTON, ALBERTA IN 1964, AND SHE HOLDS A Bachelor of Arts in Applied Psychology. Today she lives approximately 116 kilometers northeast of her birthplace in the Canadian town of Smoky Lake, also known as the Pumpkin Capital of Alberta. She is a nurse’s aide and a childcare worker. It is Ms. Steele’s love of children and animals, as well as her interest in helping endangered wildlife that drew her to write this book.
THE BEAVER AND THE MUSKRAT...or the perils of moving day

BY B. SMITH

HAVE YOU EVER NOTICED THAT THINGS SOMETIMES LOOK MORE exciting and fun just over the next hill? Well, in the case of Mr. Beaver, things always seem to look better just a little farther down the stream. His friend Mr. Muskrat is eager to convince him that happiness is just around the next bend in the river, and then the next one after that. But why? Mr. Beaver just wants to be happy, and he's about to learn that despite his friend's advice, finding his perfect happy place might not be as easy as just moving downstream.

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THE MYSTERIOUS RED FRUIT - LE MYSTÉRIEUX FRUIT ROUGE

BY LAFLÈCHE DUMAIS

THIS BOOK IS INTENDED FOR PARENTS WANTING TO TELL THEIR children a fable with an embedded moral. The story depicts a young kangaroo named Jorgi wishing to eat an intriguing fruit ill-suited for kangaroos. Despite his parents' warnings, Jorgi somehow gets his paws on his prized treasure and eats it with dire consequences.

The colorful images are beautifully illustrated by Steve Cady.

This book is written in both English and French to foster the learning of multiple languages. The Augmented Reality in this book allows you to read a Spanish translation and much more.

www.laflechedumais.com

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CE LIVRE EST DESTINÉ AUX PARENTS SOUHAITANT RACONTER UNE fable imprégnée d’une morale à leurs enfants. L’histoire décrit un jeune kangourou nommé Jorgi désirant manger un fruit intriguant ne convenant pas aux kangourous. Malgré les avertissements de ses parents, Jorgi met la patte sur son trésor et en mange avec des conséquences désastreuses.

Les images vives sont magnifiquement illustrées par Steve Cady.

Ce livre est écrit en français et en anglais pour favoriser l’apprentissage de plus d’une langue. La Réalité Augmentée intégrée au livre offre une traduction en espagnol et bien davantage.

www.laflechedumais.com
CHILDREN LET THEIR IMAGINATIONS SOAR AS THEY READ "PRAIRIE GIRL’S SONG" and follow the adventures of a young girl on her family’s prairie farm. The story is told through the delightful, rhyming lyrics of a folk song written by musician Kate Ferris. The vibrant imagery created with Ferris’ words is woven by artist Mary Ann Tully into an enchanting and richly coloured mixed media tapestry of prairie plants and animals. Seen through the eyes of a child, the diversity of the wild prairie comes alive over the course of a day and into the magic of a prairie night. The glossary at the end of the book provides an excellent source of information about the ecology of the prairies. “PRAIRIE GIRL’S SONG” is an essential addition for the shelves of classrooms, schools and home libraries everywhere.

www.kateferris.ca

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THERE’S AN ATMOSPHERE OF GENEROSITY, CELEBRATION AND inclusion; and no one event in a school embodies the spirit of the season more than the Christmas pageant. The eight skits in this book are meant to enrich the education experience for the teachers and students of middle years classes. Hopefully these humorous skits energize your classroom and make your contribution to the Christmas concert more meaningful and entertaining. Thousands of parents have enjoyed them in years past.
DEBUT NOVELIST JESSICA D’AGOSTINI HAS LIVED IN MIAMI, FLORIDA SINCE 1990. Her love of magic and adventure drew her to children’s books and pursuing a more creative life. Now, she spends hours glued to her computer meeting courageous characters, casting spells, and exploring fantasy worlds. She also enjoys traveling, reading, and walking the sandy beaches of South Florida with her husband and her adventurous crew of three children.

MAGICAL EYES
Dawn Of The Sand

BY JESSICA D’AGOSTINI

A GIANT WHITE EAGLE, A CHARMED BOOK, AND A GIRL WITH SPECIAL POWERS...
In a world where magic is feared, Princess Martina must be careful and conceal her magical talents—especially when her spiteful brother acts like a complete stranger. She finds a true friend in the peasant boy Enzo, and her secret seems safe. But when tragedy strikes the royal palace, Martina’s careful world is torn to pieces. If only brother and sister can work together, the collapsing kingdom might be saved from war and famine, vicious ralthors, and a tyrant king. But Prince Drago has secrets of his own, and a heart of wickedness that no amount of good magic can brighten.

Dark days cloud Brightalia, and only one last hope remains before total devastation. Can Martina and her friend defeat the evil that lurks throughout their land? Or are the days of their beloved kingdom over forever? Only one thing is certain—time is running out...

www.jessicadagostini.com

“This is one extraordinary adventure. The distinctive characters and descriptive scenarios can easily captivate readers of all age. But beyond that, the writer ingeniously adds lovely life lessons about family values, social justice, and perseverance. These are concepts that are always good to remind society and especially our children and teenagers. The colorful cover and each of the pages leave you with the desire to read more. A brilliant idea of bringing the characters to life with their portraits at the end of the book! You can easily relate to them during the reading. Jessica’s unique imagination has definitely created a new princess “Martina” for all Disney lovers. Looking forward to having the opportunity to read part II of “Magical Eyes”.

The story is a “gem” that I am pretty sure will become a classic.”

L.D., Amazon Customer

“Jessica D’Agostini should be commended for writing such an outstanding book. From the richly illustrated cover of the book, you find yourself drawn into a world where magical mystery exists. You discover a world that is in turmoil. What makes this book so unique is that it will appeal to both young adults and adults. I can see it easily be read by a parent to her child and know that both of them will enjoy the adventure. This book ranks right up there with the beloved Disney movies that I grew up with and loved.”

Suzie Housley, Barnes & Noble Customer

DEBUT NOVELIST JESSICA D’AGOSTINI HAS LIVED IN MIAMI, FLORIDA SINCE 1990. Her love of magic and adventure drew her to children’s books and pursuing a more creative life. Now, she spends hours glued to her computer meeting courageous characters, casting spells, and exploring fantasy worlds. She also enjoys traveling, reading, and walking the sandy beaches of South Florida with her husband and her adventurous crew of three children.
LIAM IS YOUR TYPICAL WHIMSICAL, RANDOM, TWELVE-YEAR-OLD boy. He likes music, video games, hanging out with his friends... and girls. His concerned mom wants to be sure he is prepared for this new stage of his life so she assigns him a task that makes doing dishes seem like a walk in the park: In exchange for screen time, Liam has to write a book about boy/girl relationships! His mom plans on giving him a weekly lesson about girls over the 10 weeks of summer vacation. He has to turn those lessons into 10 chapters that will help boys make sense of the confusing world of girls. What choice does poor Liam have? Of course, nothing ever goes as planned. By the time his book is actually finished, more than a year has passed and Liam has learned a thing or two about girls all on his own. With all the wry humour and often sarcastic wit of a teenage boy, *So You Wanna Kiss a Girl* will educate its young male readers even as it entertains.

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ANOTHER SELF

BY TREVOR HARRISON

BEST KNOWN AS A POLITICAL SOCIOLOGIST AND PUBLIC INTELLECTUAL, TREVOR W. Harrison in this collection of poems reveals, as the title suggests, another self. The poems, most never before published, were written over several decades. Both personal and political, the poems trace his experiences and observations from young adulthood to his later years as a married father of two children. Sometimes wryly humorous and playful, but always thoughtful, they will cause the reader to consider the many other selves that they too keep hidden.

TREVOR W. HARRISON IS A PROFESSOR OF SOCIOLOGY AT THE UNIVERSITY OF Lethbridge. He is best known for his studies in political sociology, political economy, and public policy. He is the author, co-author, or co-editor of nine books, numerous journal articles and book chapters, and a frequent contributor to public media.

POETRY

Poetry, Canadian
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**L.A. Fletcher, Ph.D., Is a Graduate of Pacifica Graduate Institute in Santa Barbara, California. L.A. earned the degree of Doctor of Philosophy in Clinical Psychology with emphasis in Depth Psychology in 2009. Dr. L.A. is the author of “Autonomous Psyche: The Complexity of Psychological Life.” With over twenty years of counseling experience, Dr. L.A. continues to explore current interest of traumatic stress, traumatic grief, & traumatic loss on the human psyche. Dr.L.A. is the founder of the nonprofit charity Widow-2-Widow servicing military and civilians in Olympia, Washington. Dr. L.A. enjoys communicating via telephone with family and friends, sharing up-to-date photos via text, shopping via apps, listening to NPR and Brooke and Jubal 92.5 on the radio in the morning, bike riding, gardening, traveling to California and Victoria B.C., walking around Capital Lake in Olympia, Washington, 1:1 and group meetings, visiting Jazz Alley and the Space Needle in Seattle, Washington.**

“Similar to a treasure waiting to be discovered by fearless travelers, “Love Country and Enlightenment Poems” is a fascinating book. Dr. L.A. highlights military life from both the perspective of a U.S. Army soldier and military spouse. Through description or metaphor the author is able to make emotions accessible and present to the reader. The author has done an outstanding job developing fundamental and universal ideas explored in the book. One poem that resonates with me is “Marriage” (page 29): The moonlight brightens the dark sky. The bald eagle prefers to couple with the white-tailed eagle. The anima and animus visit, . . .Traditionally, marriage is considered as a significant event in our lives. Marriage is perhaps the beginning and the end of something wonderful. The genre New Age poetry includes the culture that Dr. L.A. was educated, lives in, and the people and institutions with whom Dr. L.A. Interacts. Dr. L.A.’s poetry is authenticity at its best. Whole heartedly, I recommend “Love Country and Enlightenment Poems” to civilians, all military members, veterans, and their families.”

Staff Sergeant (SSG.) McDonald, A. United States of America, Army Veteran

“With this book, Dr. L.A. Fletchermakes another contribution to the field of psychology. L.A. hopes the poems in “Love Country and Enlightenment Poems” appeal to all who read them. These poems are an extraordinary array of poems; L.A. shares her innermost thoughts and feelings with the world. The theme of gaining self-knowledge comes through to the reader, as well as L.A.’s ability to condense an immense scope of material into short and insightful poems. L.A. is introducing us to a way of exploring overwhelming feelings that have direct relevance to our everyday lives. “Love Country and Enlightenment Poems” is a form of education of the deepest sort, the kind that happens when we discover a way to live after the death of a loved one. To sum up the book in one word “mesmerizing” comes to mind.”

T. Williams

L.A. Fletcher, Ph.D. is a graduate of Pacifica Graduate Institute in Santa Barbara, California. L.A. earned the degree of Doctor of Philosophy in Clinical Psychology with Emphasis in Depth Psychology in 2009. Dr. L.A. is the author of “Autonomous Psyche: The Complexity of Psychological Life.” With over twenty years of counseling experience, Dr. L.A. continues to explore current interest of traumatic stress, traumatic grief, & traumatic loss on the human psyche. Dr.L.A. is the founder of the nonprofit charity Widow-2-WidowDr.L.A.PhD servicing military and civilians in Olympia, Washington. Dr. L.A. enjoys communicating via telephone with family and friends, sharing up-to-date photos via text, shopping via apps, listening to NPR and Brooke and Jubal 92.5 on the radio in the morning, bike riding, gardening, traveling to California and Victoria B.C., walking around Capital Lake in Olympia, Washington, 1:1 and group meetings, visiting Jazz Alley and the Space Needle in Seattle, Washington.
BORN IN DUBLIN IN 1930, CHRIS LOHAN MOVED TO CANADA IN 1951 AT THE AGE
twenty-one and immediately fell in love with the country, vowing to see it from
cost to coast, a promise he has now kept many times over. After starting
with the Canadian National Railway gangs, Mr. Lohan eventually began working
for the Canadian Pacific Railway as a baggage handler. He moved up to switch
tender, yardman, yard foreman, conductor, yard master, and, finally, terminal

Eventually, Mr. Lohan moved into safety, directing and chairing several
organizations, culminating in his roles as chairperson of the Safety Section of the
American Association of Railways and the founding chairperson of the Railroad

Mr. Lohan now lives in Hanmer, Ontario, with his wife of sixty years, Helena. They
have five children, eleven grandchildren, and ten great grandchildren. The Three
Coins is his first novel.
FRANCE, APRIL 1917. IN A BRUTAL SPRING CAMPAIGN, THE CANADIAN CORPS ascended and captured Vimy Ridge from the German Army. That victory turned Colonials into Canadians and might be considered the high watermark of nationhood. For many of the soldiers who fought to gain the heights at Vimy, life went downhill from that point forward. Bloodied and bruised from that April combat, in the fall of 1917 they slid down into the wholesale slaughter that became known as Passchendaele. Incredibly, the worst was yet to come. On December 6th of that year the largest human-made explosion over a living city took place in Halifax—the result of a munitions transport ship collision.

Downhill from Vimy relives these historic events through the life of a wounded veteran, Gordon Davis—a survivor of all three 1917 disasters—and transports us into his nightmares as he struggles to retain sanity, recapture love, and regain his former place in Canadian society. Watch as Gordon loses his personal battle but, stubbornly, does not die. Instead he is filed away in a Veteran’s hospital and forgotten. Gordon remains hidden for seventy-five years, locked in his own personal insanity until a jaded pastor slowly unravels his descent...Downhill from Vimy.

Readers will be transfixed by this richly researched and wonderfully imagined story of love and loss.

www.christopherlevan.com

“Author Levan... writes in a manner that evinces a masterful command of the historical period.”

Kirkus Reviews

“Downhill from Vimy is a great yarn, full of action, humour, romance and social commentary, narrated by the inner, uncensored and often politically incorrect musings of a parish minister. Chris has brought his characters to life and I finished the book anxious for more.”

Ray Drennan, Pastor

CHRISTOPHER LEVAN, PASTOR, PROFESSOR, AND PARENT, HAS SPENT A LIFETIME working with words. His day job is in a church and his life’s vocation is as a “repairer of dreams,” helping others to achieve their goals and ambitions. Whether in a university classroom or a Cuban village, his gifts of enthusiasm and energy are conveyed by vibrant words that move hearts and turn heads. A baker, biker, and tour guide when not writing or helping others, Christopher dreams of crafting the right turn of phrase to change the world. He resides in Toronto, Canada with his wife, Ellen.
SEPARATED SOUL
Moon Child Memoirs

BY SHAENE RAGAN

WHEN FELINE, THE HIGH SORCERER, TRIES TO LOCATE THE SPIRIT of his sister sorceress, Porpoise, he is shocked to discover that her soul has been split in two. Half of her lives as an undead dark witch on the northern moors, while the other is a sorceress who rises and sets with the light of Phoebe Artemis. To unite the two halves of his old friend, Feline must himself take on two identities and carefully weave a web of influence. First, he becomes a cunning cat and charms his way into the dark witch’s trust. He also becomes a sorcery tutor, claiming to be of the vanished Elff Nation, to whisper in the ear of the Moon’s foster child. Just as he begins to think his plan will succeed, his task becomes more difficult when the two sides of Porpoise take opposite positions on the lives of the Romanized Celts and the Saxons after the Romans abandon the area. With both the soul of his friend and the lives of countless mortals in the mix, he must tread carefully to avoid a catastrophe. To make matters worse, an extraterrestrial parapsychologist begins to stalk him from the astral plane, making him realize that his actions may have consequences far beyond their little island.

Separated Soul is grand in scale and rich in unique characters. Drawing from pre-Celtic mythology and history, it ties the mundane and fantastical together into a complex and compelling narrative of operatic proportions.

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THE HEIR
Darkstone Trilogy

BY M.G. DAVID

FOR SIXTEEN IDYLLIC YEARS, NINETEEN-YEAR-OLD KAYLA HAS lived with her adopted family: Mona, Brock, and their son Kale, in the bucolic village of Ilandry. But the idyll ends in one horrific day when Ilandry is attacked by grotesque green men who savagely murder everyone in sight. To her own amazement, when Kayla finds herself threatened, a blinding light blasts forth from her and instantly incinerates her attackers to ash. Rushing home with Kale and Jared, a little boy who is the only other survivor, they discover Brock dying and Mona already gone. With his last breath, Brock reveals that Kayla is their queen and that Kale must protect her and help her to find the gateway to her kingdom. Grief-stricken and afraid, Kayla, Kale, and little Jared set off on a quest that takes them deep into a mystical world of surprising magical creatures amongst a gathering evil. When unexpected allies appear, led by a powerful elven commander, Kayla’s life is further complicated by romantic turmoil that leaves her torn between two loves. Despite their peril, she begins to discover and develop her own astonishing powers. Day by day, she draws closer to her destiny as queen of the realm stolen from her as a child.

www.authormgdavid.com

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WHAT IF ALIENS REALLY DO WANT THE BEST FOR US AND OUR planet? Dr. Isaac St. Clair was a NASA mission specialist — until his program was defunded, that is, and he ended up a divorced, mediocre used car salesman estranged from his family. Mark Randall is a wildly successful San Francisco magnate with all the money in the world to spend but no passion to spend it on. When Mark, in a stroke of inspiration, publishes a national ad requesting the most outrageous, world-changing proposals, Isaac wastes no time in sending his in. Project Spacemine would extract enough resources from space to solve the socio-economic woes of the planet and protect the world from potentially disastrous impacts from space, and the Randall Corporation promptly directs Isaac’s team to implement it.

Isaac and Mark, along with the beautiful and savvy women in their lives, also come to lead secret lives of intense eroticism that push past the boundaries of what is socially acceptable. More and more trusted allies soon join their number. With some extraterrestrial intervention, they co-create a new way for humans to live together, with a sexual bond inoculating them against jealousy, conflict, strife, ego, and competition. Once you meet them, you won’t forget The Team and their completely new approach to creating world peace, cooperation, and prosperity.

TEAM STRYKER VOLUME 001 COLLECTS THE FIRST FIVE ISSUES OF the ground breaking webcomic, Team Stryker. Started as a webcomic in 2012, Team Stryker focuses on the adventures of four overly American soldiers Eagleheart, Deadeye, Casanova and V-Scope. In each issue Team Stryker faces off against deadly foes such a velociraptor in a lab coat or the dreaded hipster assassins known as The Hip Squad. Pages are added weekly to www.teamstrykercomic.com which is currently on its ninth issue.

www.teamstrykercomic.com

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WHISPERS AND SHADOWS

WHISPERS AND SHADOWS is the story of Ahlam, a Moroccan girl, who finds herself living an identity crisis in a culture that privileges boys over girls. Amid the chaos, Ahlam tries to navigate her ways in her turbulent surroundings, with all the injustice that is crippling her senses and making her starve for love and continuous validation from her parents and family. Throughout her tender life, Ahlam has fought hard to remain visible and worthy. From childhood to adult life, Ahlam struggles to fulfill her dreams by working hard to create her little paradise. When Ahlam meets her soulmate, things go from bad to worse. But despite it all, Ahlam is adamant to change her world, along with her destiny, to make a life for herself, no matter the cost. Will her love for a man, an infidel to her parents, conquer the impossible and lead her to new beginnings? WHISPERS AND SHADOWS is a story full of murmurs from a broken past that is hard to bury and impossible to forget.

“When we enter Ahlam’s world, we feel as if we entered our inner self or our life cycle. The beginning resembles the ending but in a different perspective; thus, the circle comes full. We begin by our childhood and finish by our adulthood which takes it over the misry, miserable and mysterious childhood. Ahlam, throughout the plot, is moving steadily but surely from the vague past to a very promising future. The idea of the search for a distinguished identity begins on a rock by the shore. It was born and started growing up to reach a climatic, yet successful, adulthood. The novel can be seen as the very incarnation of Time. Ahlam, by her courage and determination, challenges Time, her family, the street, the neighbours and all the world to culminate into a candid decision, a brave choice, to leave the patriarchal society behind her back and to venture into the unknown. Her patience as well as her dreams were fulfilled on another land, where she found herself, built a strong personality, was rewarded by a family and finally reconciliated with her past by bringing it to the new land and imposed her new life on it. A great triumph that makes out of Whispers and Shadows a master piece par excellence.”

Lahcen Chouali. Professor of literature at Hassan II University of Mouhamed

BY NAJAT SINCLAIR-BENRBIA

Fiction, Biographical
204 pages B/W 6 x 9

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NAJAT WAS BORN AND RAISED IN CASABLANCA, MOROCCO. SHE GRADUATED FROM Hassan II University with a degree in English Literature. She pursued other studies in various fields, permitting her to teach both French and English to young adults before becoming a full-time Early Childhood Educator. Najat lives with her husband and her two kids in Vancouver, Canada. WHISPERS AND SHADOWS is her second book.
MIDWEST PRAIRIE GRASS HAS MANY LEAVES AND MANY MOODS, and each of the sixteen short stories of this collection graphically conveys the challenge, pathos, and beauty evoked by that dramatic setting. "Prairie Voices" speaks through the voices of early pioneers, while "Songs of Experience" adapts Blake's poems to contemporary gender relationships. "What is Unspoken" transforms the prairies into a surreal and terrifying world, where yet humor might just — just might — surface. "Places of the Heart" discovers those secret places in which the spirit may find home, not in a barren landscape, but one teeming with life, growth, and revelation. A richly varied series in its detailed setting and imagery, deeply satisfying in its in-depth depiction of characters and fast-moving narrative.

AMANDA SEEMS TO HAVE IT ALL, BEAUTY, BRAINS, CONFIDENCE and high goals. When a handsome rich Senator’s son sweeps her off her feet and asks her to marry him she is at first reluctant but his charm and love for her wins her over. Their lives are very different but despite some misgivings by her family they plan their wedding and life together. Little did she know that she would end up being caught between two worlds of intrigue and become a pawn! Set in South East Florida during the ‘Bay of Pigs’ invasion and ‘The Cuban Missile Crisis’ the reader will get caught up in the intrigue and left wondering at the end who is right and who is wrong and did Amanda make the right choice?
WHY DID NATIVE HUNTERS IN THE WILDS OF NORTHERN B.C, THE YUKON AND Alaska trace their ancestry through the mother’s side of the family? The author has given a definitive answer to this question which has long puzzled scholars and others.

WAYNE W. ALLEN WAS BORN IN OTTAWA, THE CAPITAL OF CANADA AND GRADUATED from North Grenville District HighSchool in Kemptville, Ontario. He has a B.A. and M.A. in Social Anthropology from McMaster University in Hamilton, Ontario, a Diploma in Public Administration from Carleton University and a Diploma in Business from Algonquin College in Ottawa. He has worked as a teacher in Quebec, the Bahamas, Manitoba, and Saskatchewan before going into computer operations and retiring from IBM Ottawa in 2009. The author is currently retired and living with his wife in Ottawa.
ONCE THE DOMINANT CULTURE IN THE NORTHERN REACHES OF the British Isles, the Picts, renowned for the blue tattoos that gave them their name, were known as a formidable enemy by the armies of Roman Emperor Severus. Their prominence rose as early as 350 BC and continued until at least AD 900. Then, 1,100 years ago, they vanished from history. Although many consider them the predecessors of modern Scots, little is known about them outside of limited archaeological artefacts and mentions of them left by the Romans.

In this thorough and compelling exploration of extant historical sources, we finally have a clearer picture of this enigmatic people. Clayton N. Donoghue argues that much of what we consider culturally Scottish actually has its roots in the Picts, and that they had a more dynamic and rich culture than previously thought. This book fills in the gaps and helps to paint a clearer picture of a people that the Romans considered ferocious savages living in a desolate and frozen waste land. As we now know, this couldn’t be further from the truth.

BY CLAYTON N. DONOGHUE

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GERT WOLFSOHN, BORN IN WINDHOEK NOW NAMIBIA, IN 1924, was the only child of wonderful parents who, I know, did not have a happy marriage but stuck it out as best they could through the ups and downs of life to give me, their son, the very best start in my life that they could. As I grew older I felt very deeply about that and my own aim in life was to be lucky enough to find a wife that I could love, respect and lean on at all times and who would love me.

Although I got to know my Little girl when she was 6 years of age there was friendship but nothing more, I well remember her pushing her little blue dolls pram around her garden while we boys climbed the bordering trees ignoring her pleas to join us. Young boys just had to show off even at 9 years of age.

You will read about what happened in my later life in this, my book of my life's memories.

I am very, very proud of my own family whose love and togetherness has held us together so wonderfully well over so many years. I was fortunate to achieve the love in marriage that my parents did not have.

My deep respect and thanks to my air force buddies who gave us all the courage to stick together through both the horrors and the few good times of WW2. WE “carried ‘each other always, with a deep companionship using the skills that our instructors had drilled into each of us.

WHY CAN WE NOT DO IT IN TIMES OF SO CALLED PEACE ???

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YOU’RE NOT DEAD
The story of a boy
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YOU’RE NOT DEAD CHRONICLES ITS HERO’S TRAVELS DURING HIS ten-month hospitalization, beginning with his viral meningoencephalitis, and ending with his struggle to regain his life and independence.

Acerbic and illuminating, You’re Not Dead pulls the reader into the Hero’s lived experience, while peeling away the layers of politeness we often use when discussing disability.

The Hero is brutally honest as he writes of his journey through the medical system. He speaks of overwhelming pessimism, of pronouncements from “on high” made with little knowledge of his condition or progress, and of being spoken at, rather than being spoken to.

You're Not Dead is both devastating and inspiring, highlighting the importance of perseverance in the face of profound adversity.

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SPACE COWBOY ODYSSEY
Horse Trek Across America from San Diego to Canada in 1970
BY THOR WEIR

THIS IS A TRUE STORY OF 3 YOUTHS SEEKING TRUTH BY TRAVELING across America from San Diego to Hope British Columbia by horse. They learned that the horse was the migration of humanity for 1000’s of years that seemed to have little affect on their surroundings, but in less than one century they seemed to see a repercussion of events from humanity affecting their surroundings. This is an adventure that transpired for over 3 years of an odyssey of a 2600 mile trek thru the Sierras, Cascades, and along the ocean by horseback in 1970. This was an idea with ambition and will power that showed within these 3 concepts anyone can accomplish their goal, dream, or their wildest desire.

It shows concepts of how we can show room for improvement in the world by alternative changes that may be part of the hope and survival of humanity. There is a documentary of the story, and many Newspapers had article of the long ride.

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ON DECEMBER 16, 1967, FIVE ADVENTUROUS BOYS FROM ONE OF THE ISLAND’S
elite high schools, Jamaica College, set out into the majestic Blue Mountains in
search of a mythical trail, endeavouring to reach its highest point, the Peak, at
elevation 7402 feet. They never made it.

A platoon of soldiers dispatched to the area where it was believed that the boys
began their hike along the Blue Mountain Ridge, reported that they were never
there or had vanished into the jungle. The soldiers turned back.

After almost ten days in heavily forested terrain described as “inaccessible as
any place in the world, and perhaps where no man has ever trodden,” they found
themselves hopelessly lost, trapped, and far from a living soul. Cold and starving,
they probably only had hours to live.

This is the story of the harrowing journey that would make headlines and test the
character of five boys as they faced down death on their way to manhood. Using
eyewitness accounts, maps and never-before-seen photographs, the author
tracks the action from an innocent plan hatched during Christmas break to the
dramatic, last-ditch efforts to rescue the boys.

In 1967, Geoffrey Haddad was a curious Jamaica College student with a passion
for the outdoors.

He was one of the five.

Books (colour photo editions) are also available:
www.geoffreyhaddadbooks.com
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“... The author dissects the minutiae of the trip – the rations, the routes – as well
as the psyches of the teenagers who walked the miles. By the end, the hills of
Jamaica seem as imposing and remote as the Himalayas. An engaging memoir
of mishaps and survival in the Caribbean.”
Kirkus Reviews

“Students escape the capriciousness of upperclassmen only to encounter the far
more fickle jungle. The ride is like seeing ‘Happy Potter’ turn into ‘Deliverance.’”

“Riveting, well paced and attention holding tale of five teenagers who came
within a hair’s breath of death. Demonstrates that fact tops fiction when it is
well written.”
Lady Colin Campbell, New York and London Times
bestselling author and media personality.

“A non-fiction response to high school staples like ‘The Young Warriors’, ‘Escape
to Last Man Peak’, ‘Lord of the Flies’ or any other male-oriented coming of age
stories....historic, literary and anthropological merits....all the trappings of a high
school principal reading list. Saliently illustrates the complex social and class
relations which existed then and still exists in Jamaica today.”
Ann-Margaret Lim, The Observer

“An amazing true story.”
Darcy Rezac, CD, Managing Director Emeritus, The Vancouver Board of Trade

GEOFFREY B. HADDAD WAS BORN IN KINGSTON JAMAICA. BY THE TIME HE WAS FIVE HE HAD DEVELOPED A PASSION FOR THE OUTDOORS.
At sixteen he had hiked all the hills of the southern flanks of the Blue Mountains, either while on cub/scout outings or hunting with his
father. Conquering the Peak, however, has always been a personal goal.Spontaneously accepting that challenge on December 15, 1967
almost cost him his life.

He graduated from McMaster University in 1974 (first class honours) and completed a master’s degree in structural engineering in 1975.
He is a professional engineer registered in Jamaica, British Columbia and Ontario, CanadaHe has worked in the consulting engineering
and related fields since that time. He resides in West Vancouver, Canada with his family, including four grandchildren.
LIKE HER HUSBAND, BILL, JEAN FORBES-KING GREW UP AS A FARM KID ON THE
Canadian prairies. Her elementary schooling took place in a one-room
schoolhouse, her high school lessons at home, aided by her mother, a teacher,
from whom she discovered her love of writing and English literature. Together
with her twin sister, Jean also excelled in music. While her sister went on to make
music a career, Jean majored in economics at the University of Saskatchewan,
eventually serving as Executive Assistant to the president of the U of S, where
she applied her writing skills to crafting speeches and other documents.

Though Bill spoke little of his early years, anyone who heard his tales was
fascinated by them. Eventually, Jean convinced him to record some of his stories
on tape. As his health faded, he passed on more stories through conversation.
Jean started this book as a family history, but as she shared Bill’s story with
others, she was encouraged to take it further. To Climb a Mountain is the result
of her efforts to do just that.

“A poignant reconstruction of the events of a memorable life.”
Kirkus Reviews

“To Climb a Mountain is the larger-than-life account of Bill Forbes-King—a
prairie kid who came of age during depression and war and then found his
dream job working in the mountains. It’s an engaging read, drawing on the
power of stories and rooted in a strong sense of place...a reminder of how
writing can have resonance across the years and generations. It’s all lovingly
told by his wife Jean who assumes Bill’s voice in a way that only a partner can.”
Bill Waiser, historian and author,
Governor General’s literary award 2016

“‘To Climb a Mountain turns Bill Forbes-King’s life into a rollicking, rock-em-sock-
em adventure that reads like a more thoughtful literary version of the Boys Own
stories he used to read. War-time missions, blizzards, grizzly bears, quicksand
---every person should be so lucky to have their life woven into an epic story by
a writer as good as Jean Forbes-King.’”
Evan Munday, author and illustrator
of the Dead Kids Detective Agency series.
Michael Nathaniel Best was raised in Cochrane, Alberta. An experienced retired educator, he dedicates his leisure time to volunteer work with institutionalized patients, "helping them improve the quality of their lives". He received recognition for being a patient’s advocate and their link to the outside world and was also awarded the Order of Good Cheer for his valuable contribution of laughter and comfort to the sick patients in the hospital. Best served two-term as president of an auxiliary volunteers association.

I gasped for air and slowly sank underwater...

At five years old, a near-death experience brought Michael into the presence of an angel, and he was saved by divine intervention. In the aftermath, the young boy was blessed with the gift of prophetic dreams and discovered he could see real events that would take place in the near future. An Angel of Comfort tells the story of the author’s life: his challenges and setbacks, tests of strength and faith, acceptance of his gift and the development of a desire to bring comfort and succor to the sick. Through a series of divine visitations and apocalyptic visions, Michael’s journey of faith leads him to embrace a new purpose—to communicate God’s message of love, hope, mercy and repentance to mankind.

“A Book of COURAGE, LOVE, and TRUST, in God’s promise of DIVINE MERCY. The author recounts his journey through life and shares with us the many interesting people he encounters along the way, and by seeing each of them through God’s eye’s discovers how amazingly each one will play a roll in hearing God’s call for him to... Serving His People”

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An Angel of Comfort

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YOU’VE CHANGED
An evocative autoethnography

BY LYN
MERRYFEATHER

LESBIAN WOMEN WHO PARTNER WITH FEMALE-TO-MALE transsexuals (FTMs) are all but invisible in the literature. They have been scarcely depicted in published work, very few research studies have considered them an interesting population, and there are few support organizations dedicated to their aid. My work is about these women. I conducted research and wrote an evocative novella as a way to convey my findings.

The main theme is the challenge of invisibility and marginalization experienced by lesbian women who find themselves partnered with trans men and must decide how to navigate a new identity while living with a mate who is experiencing the biggest life change possible and often has little energy left to support her. A secondary theme is the depiction of the experience of conducting such research in a cautious academic climate.

The outstanding difference, other than the rarity of the subject matter, is the readability of the work. I used autoethnography as a methodology and wrote in an engaging way, using poetry, narration, and imaginative fictionalized accounts of true experiences.

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MOMENTS THAT BLINK BACK
Tips and Triggers for Joyful Purpose

BY AUGUSTA

WHEN WE LISTEN, LIFE IS SPEAKING CONSTANTLY, PROFOUNDLY, and intelligently in its every detail. Becoming aware, feeling beyond the coffee cup, tree or the morning light develops a new set of lens, transforming routine habit into joy-filled meaning. These moments wink at us, beckon us to open our hearts – dare us to respond in kind. And when we do, we discover a moment full of love, a feast of insight and a new consciousness for the neighbour and the pansy.

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“This book is really powerful! The way the author breaks down consciousness into an understandable narrative is great. Whether you have studied the inner works/spirituality or not, he makes the concepts easy to understand and apply to your own life. I highly recommend picking this up!”

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“This is a wonderful book. The author gives you a glimpse of how he was able to be so successful. In reading this book, you can understand how to focus on your goals and how to achieve.”

Ronald Cass

D. J. MIKAIL MAILLET IS AN ACCOMPLISHED MARTIAL ARTIST OF OVER FORTY YEARS certified in multiple disciplines. He has studied eastern philosophy and western thought as well as many faiths around the globe. He has been a seeker of knowledge for well over 40 years, a meditator and practicer of many arts. He has a passion for knowledge and tests what ever he can to prove its worth. Lives in beautiful Harrison Hot Springs, minutes from the lake where some of the inspiration he gets comes from.
JOHN (BAPTISMAL NAME IVAN) PRCELA WAS BORN IN 1922 IN KO_UTE-TRILJ, Croatia. He graduated from the eight-year Franciscan Classical Gymnasium-Seminary in the historic Town of Sinj in July 1944. J. Prcela completed one year of theology in Makarska, Croatia, and two additional years in Rome, Italy. On October 20, 1949, he left the Franciscan Order and, on December 23, 1949, immigrated into the United States and settled in Chicago. On July 9, 1951, he moved to Cleveland, Ohio, where, at John Carroll University, he finished his undergraduate studies in June 1954. He obtained his Master of Arts Degree from Western Reserve University in spring of 1957. Prcela was a high school teacher for thirty-four years; first four years at St. Edward High School in Lakewood, Ohio, and other thirty years in the South Euclid-Lyndhurst City School District, at Charles F. Brush High School from 1958-1983 and at Memorial Junior High from 1983-1988.

In December 1963, John Prcela got married in Carcagente (Valencia), Spain and, in Greater Cleveland, fathered four children and retired in 1988; he became a widower on July 6, 2002. For decades, he has written prolifically in English and Croatian. After more than seventy years of study and reflection, Prcela published two books on the Mystery of St. Joseph and now that he is ninety-four years “young” — here he comes out with the third book of his St Joseph Trilogy.

In today’s universal crisis of marriage and family, this profound Josephological book contains sixteen well researched chapters. Four of these chapters deal with the Covenant of Love between Joseph of Nazareth and the Blessed Virgin Mary. The book has also five chapters on the supernatural fatherhood of Joseph, the Righteous Man and Savior of the life of the Savior of the World. Joseph, after the Heavenly Father, is the Best Exemplar to all heads of family and teaches them how to be the faithful husbands, defenders, protectors and providing fathers of their families. This book’s concluding chapter, “The New Song of the Immaculate Conception,” is exceptionally unique, challenging and inspirational. Another unique feature of the present work is the Annotated Bibliography. This section gives the readers an insightful paragraph about each of the book’s thirty-five entries that had inspired the author to write this and also previous two books of his St Joseph Trilogy. All three books were brought to light by FriesenPress!

Praise for John Prcela’s previous book, Joseph the Messianic Father of Jesus: “...an earnest work watered by the Gospels and by the best works written about St. Joseph...We recommend the reading of this enjoyable book.”

Jose de Jesus Maria, Centro Josefino, published in Estudios Josefinos

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IF YOU’RE A SPORTS FAN, YOU KNOW THAT PROFESSIONAL SPORTS teams play in leagues. Examples include the AL and the NL for baseball, the NFL and CFL for football, and the NHL for hockey, to name a few.

Any team wanting to play in a league must agree to abide by all of its rules, and no team can change any rule without the entire league’s approval. Teams that refuse to abide by the league’s rules get kicked out. It’s that simple.

This also applies to God’s “league” or family. God has shared His rules and standards in His Word, the Bible, to show how to be a Christian and abide in Him. I will endeavor to show in this book how Roman Catholicism has not and does not abide by God’s book of rules. This book will answer questions Roman Catholics should be asking!

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physical, spiritual, and mystical paths. In his photographs, taken in countries all over the world, he captures the mundane and the surreal, the modern and the ancient, and inspires us to go out and see them for ourselves first hand. With vulnerability and insight, Nicholas shares words and reflections from the heart, and with them conveys the joys and wonders to be found when one goes beyond their natural boundaries and truly starts to explore: The insignificance one feels in the presence of enormous statuary and ancient ruins, the size of which seem to defy logic and reason; the timelessness that comes from walking in the very footsteps of the Apostles, the Aztecs, the Mayans ... paths that have been worn smooth by travellers for countless generations; even the sense of belonging that comes from experiencing our modern world from a new or unique perspective. Whether it is a cultural or religious pilgrimage you’re looking for, or simply an exotic adventure away from home, this travel book is sure to motivate and inspire you and get your feet pointed in the right direction.

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A THRILLING TRUE STORY THAT FOLLOWS THE ADVENTURES OF THREE MEDICAL professionals and their dog as they leave behind a thriving practice and head off on the journey of their lives aboard a 52-foot yacht named Nessie. With little experience aside from research and sailing lessons, they pack up two years’ worth of food and embark from Holland onto the North Sea. With new experiences, stunning landscapes and unexpected danger around every corner, the trio sails around Europe and Africa. As part of their mission to help those less fortunate, they set up a makeshift clinic in the jungles of Africa and offer medicine and advice to those who need it before continuing on to their final destination of Halifax, Canada.

This gripping book serves as both encouragement and a cautionary tale; with stories of surviving hurricanes, and even piracy, The Most Adventurous, The Most Arduous, and the Longest Way to Canada will have you on the edge of your seat—but the tranquil scenes of sitting on the deck watching whales and dolphins swim by will remind you why so many people dream of sailing away into the sunset.
THE BEST EDUCATION DOUG EVER RECEIVED WAS GROWING UP ON THE FARM. IT taught him practical life lessons, fostered a strong work ethic, and provided a deep understanding of what it takes to be successful and how the wrong attitude can ensure failure.

After a successful career in provincial politics, Doug stepped away in 2015 to get back to what he really loved – helping build better communities. Now, in addition to being a sought after public speaker, Doug leads a team of community therapists – a term more accurate than you may imagine – working with people all over North America to help them create a brighter future for their communities.
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