

Local Interest (BC) / Humour
 September 2022 • \$22.95
 9781772034172 • softcover
 5.5" x 8.5", 224 pages, b&w illustrations
 Author's home: Victoria, BC
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 RIGHTS HELD: World, all languages
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 Ebook also available

MARKETING & PROMO:

- Regional and subject-specific print features, excerpts, review coverage, broadcast and television interviews
- Social media campaigns, blogger outreach, digital collateral for online use
- Publicity and promotion in conjunction with author's speaking engagements
- Outreach to subject-specific organizations, markets and festivals
- Regional author tour
- Electronic ARCs
- Electronic blads

Fortune Knox Once

More Musings from the Edge

Jack Knox

Victoria's favourite humourist returns with a hilarious collection of observations on Island living.

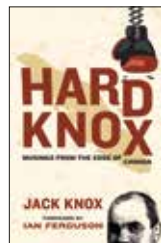
For more than twenty-five years, Jack Knox's weekly humour column has captured the essence of life in BC's picturesque capital city, a.k.a. Dysfunction-by-the-Sea. In *Fortune Knox Once*, as in his previous humour collections, Knox gathers together his favourite *Time Colonist* pieces that best sum up the absurdity of our times.

The subject matter is all over the map: the lost art of handwriting, the sexiness of the Canadian accent, phone addiction, the Rogue Cow of Metchosin, trucker convoys, a parody of end-of-school announcements, and a letter to Prince Harry. The chapter on Pi Day is some of the best math-based humour you will read all week. And while there are a dozen pieces on plague-related topics—from dog shortages to doomscrolling to the time Knox dropped his credit card into the saltchuck—COVID appears only in brief glimpses, like a moustache-twirling villain occasionally creeping onto the stage in an old-style British pantomime.

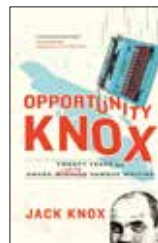
Whether you are a born-and-bred Islander who thinks this is all completely normal, or a Mainland transplant lured by the myth of lower housing prices, *Fortune Knox Once* is the laugh we all need right now.

Jack Knox is the author of three bestselling books, *Hard Knox: Musings from the Edge of Canada* and *Opportunity Knox: Twenty Years of Award-Losing Humour Writing* (both long-listed for the Leacock Medal for Humour), and *On the Rocks with Jack Knox: Islanders I Will Never Forget*. All of his books are based on his popular column at the *Victoria Times Colonist*, where he has worked for more than twenty-five years. In his spare time, Knox performs in a rock 'n' roll band with members of his Tour de Rock cycling team.

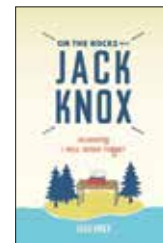
OF RELATED INTEREST



Hard Knox
 9781772031492, \$19.95



Opportunity Knox
 9781772032086, \$19.95



On the Rocks with Jack Knox
 9781772032666, \$19.95



One long-ago night, I had the flu.

So did my wife. So did our infant, who, while writhing in 3 a.m. discomfort, managed to head butt me in the face, splitting my lip.

At that point it seemed like a good idea (at least to me) to hand off the child to my wife, which I did. Then—nauseated, sleep-deprived, and bleeding from the mouth—I staggered back to the bedroom, flopped down on the mattress and thought: “What’s next?”

That’s when I heard the dog in the hallway, barfing.

And that, dear reader, is the past few years in a nutshell.

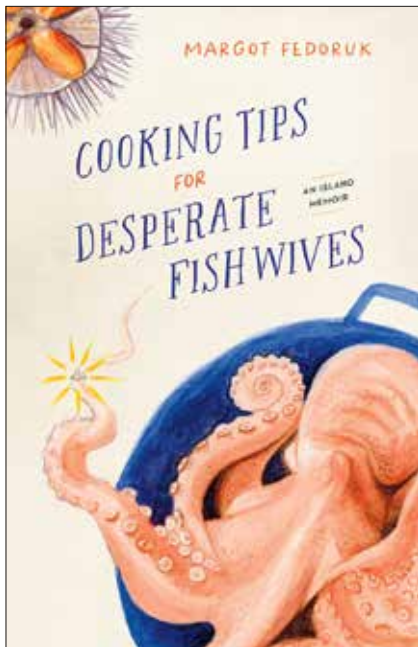
Really, it has been one thing after another. So far, this decade has been like the opening to an Indiana Jones movie, hurling us from one crisis to the next until, breathless and dazed, we found ourselves reeling in circles, fedoras askew, masks riding up over our eyes, waiting for a giant rolling boulder to crush us to death. By now we could all use a laugh.

That’s all this book tries to do: Give you a reason to smile. It won’t change your life. It won’t give you deep insight into the human condition. It won’t offer *Ten Steps to Unlocking Your Inner You*, or whatever.

It might make it easier to drift off to sleep. Just don’t read it while driving...

—from *Fortune Knox Once*





Local Interest (BC) / Memoir
September 2022 • \$22.95
9781772033953 • softcover
 5.5" x 8.5", 256 pages, b&w illustrations
 Author's home: Gabriola island, BC
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MARKETING & PROMO:

- Regional and subject-specific print features, excerpts, review coverage, broadcast and television interviews,
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Cooking Tips for Desperate Fishwives

An Island Memoir

Margot Fedoruk

Part love story, part survival story, part meditation on family dysfunction, this offbeat memoir chronicles the unpredictable life of a young wife and mother on Gabriola Island.

In 1989, twenty-three-year-old Margot Fedoruk left Winnipeg and her volatile Slavic-Jewish family for the wilds of BC to work as a tree planter and to contemplate her mother's untimely death from cancer. There, she met Rick Corless, a burly, red-headed sea urchin diver, and soon found herself pregnant and cooking vegetarian meals for meat-eating divers on Rick's boat, *The Buckaroo*, as they travelled along the rugged northern BC coastline.

Eventually, the unlikely couple settled on Gabriola Island to raise two girls, dig for clams, keep chickens, clean houses, and make soap to sell at the local market. As she washed windows with stunning ocean views, Margot also wiped away lonely tears, determined not to repeat the same mistakes as she had witnessed during her parents' marriage made in hell. Through dark humour, vivid descriptions, and quirky characters, Margot's reflections on marriage, motherhood, isolation, food, and family paint an unforgettable portrait of a modern-day fishwife left behind to keep the home fires burning. True to its title, *Cooking Tips for Desperate Fishwives* is a memoir infused with recipes, from the hearty Eastern European fare of Margot's childhood to more adventurous coastal BC cuisine.

Margot Fedoruk is a writer, book reviewer, and entrepreneur, whose work has been published in the *Globe and Mail*, *Quill & Quire*, *BC BookWorld*, *Ormsby Review*, and *Portal*. She holds a BA from the University of Winnipeg and is currently completing a Creative Writing degree at Vancouver Island University, where she was awarded the Barry Broadfoot Award for creative nonfiction and journalism and a Meadowlarks Award for fiction. She has a personal blog called *Death Defying Acts of Living* and an instructional soapmaking blog called *Wash Rinse Repeat*. For more information, visit margotfedoruk.ca.

OF RELATED INTEREST



Home on the Strange
 9781772033649, \$22.95



Beckoned by the Sea
 9781772031799, \$19.95



Always Pack a Candle
 9781772033625, \$22.95

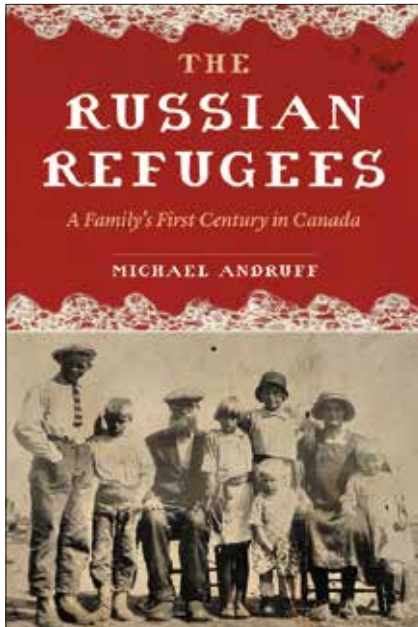


Rick is a west coast urchin diver. The ocean is his element, where he is most at home. He is away for weeks at a time harvesting spiny sea urchins that in turn would feed our family. The painful urchin spines get lodged under the skin of his fingers and sometimes his pale freckled legs. He picks at them with a sewing needle he sterilizes with a red plastic lighter. I swear when I step on them, shocked to find them carelessly lodged in the loops of the carpet.

Some dives he catches a Puget Sound king crab and brings it home scabbling at the sides of a taped-up Styrofoam cooler. It is his job to kill it with a swift knock to its thick shell, then to deftly slice it in half with a sharp knife. He turns its sweet flesh into mounds of crab cakes we feast on hot and greasy from the pan. After, we sit contentedly on the deck, my bare feet in his lap until the stars come out.

—from *Cooking Tips for Desperate Fishwives*





History / Human Interest
September 2022 • \$26.95
9781772034196 • softcover
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MARKETING & PROMO:

- Regional and subject-specific print features, excerpts, review coverage, broadcast and television interviews
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The Russian Refugees

A Family's First Century in Canada

Michael Andruff

The multigenerational story of a family that fled Russia in wake of the Civil War and settled in rural Alberta.

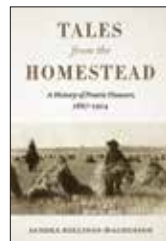
Every refugee has a story. This book follows the life of Nikifor Andriev, driven from his homeland in 1924, to settle in Canada as part of a group of 116 privately sponsored Russian refugees. Their new home, the aptly named Homeglen, Alberta, was a symbol of promise and prosperity.

Like countless other refugees and immigrants, Nikifor faced the obstacles and opportunities of life in Canada with a determination to succeed against all odds. Reinventing himself time and again, he watched his family grow and disperse to pursue their own dreams, with the hope that each succeeding generation would have an easier life than the one that came before it. Nearly a century after Nikifor's arrival in Homeglen, his son Michael Andruff reflects upon his family's history, the legacy of the refugee experience, and the parallels of his father's generation of refugees with people fleeing recent conflicts in Syria, Afghanistan, and Ukraine.

As the son of a refugee who has benefitted from the stability and prosperity of life in Canada, Andruff shares this story as a call to action. The descendants and friends of the original group of 116 refugees who settled in Homeglen are asked to contribute to the Homeglen Legacy Fund, with the goal of raising \$30,000 to privately sponsor a refugee family of four prior to June 2024 (the hundred-year anniversary of the original group's arrival in Canada). Andruff is donating his royalties from the sale of this book to the Homeglen Legacy Fund.

Michael Andruff is a retired realtor and the son of a refugee from Russia. In partnership with MOSAIC, he is the founder of the Homeglen Legacy Fund, a tribute to the 116 Russian refugees, including his father, who settled in Homeglen, Alberta, in 1924. Through the fund, descendants and friends of this original group will support a new generation of refugees to Canada. For more information, visit mosaicbc.org/about/donate/homeglen-legacy-fund.

OF RELATED INTEREST



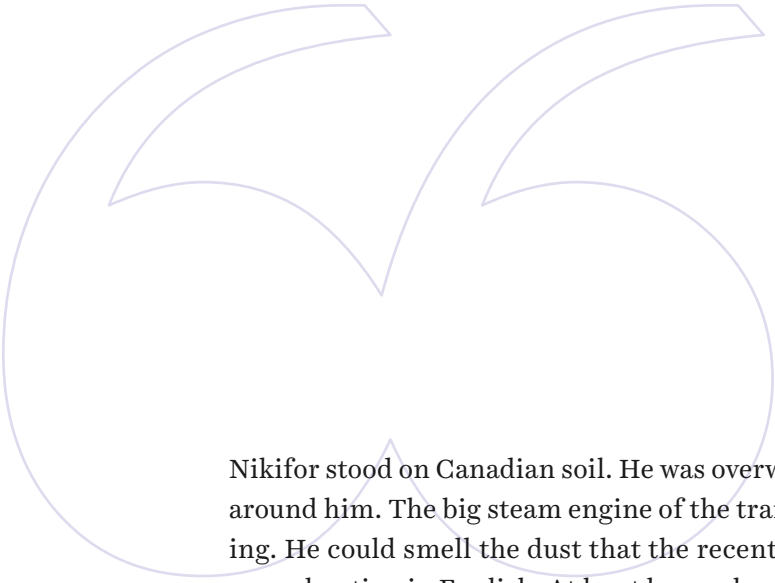
Tales from the Homestead
 9781772033892, \$29.95



Afterlight
 9781772033830, \$24.95



Finding Home
 9781894384766, \$22.95

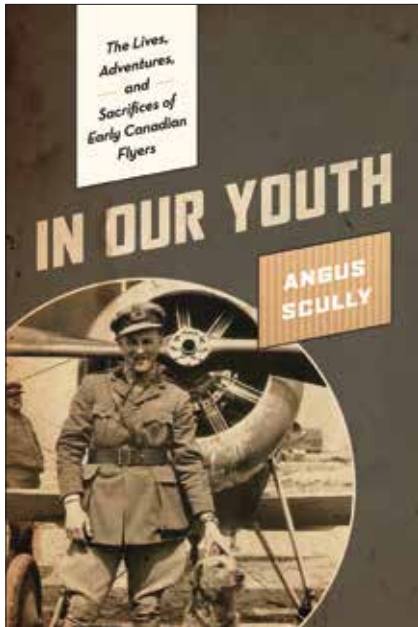


Nikifor stood on Canadian soil. He was overwhelmed with all the activity around him. The big steam engine of the train was still huffing and puffing. He could smell the dust that the recent rainfall had raised. People were shouting in English. At least he was beside his brother, and near his family. His mother, Elena, was holding his one-year-old sister, Valentina. She was crying either from a full diaper or because she was hungry. His father, Phillip, was holding the shoulder of Akim, Nikifor's older brother. His grandpa, Gregori, was standing with Nikifor's uncles, Vasili and Ivan, and their families, and his aunt Lucaria and her family. The Andriev and Sidorov families with the other Russians posed for a picture in front of the Canadian Pacific Railway (CPR) passenger car, which transported them from Vancouver.

The young three-year-old, like the other children present, had few thoughts in mind aside from feeling that his winter coat was making him uncomfortable in the muggy, rainy June afternoon. He was feeling pangs in his tummy for something to eat. He was also upset at being jostled for the picture. The rest of the group, also in winter apparel, stood rather grim faced. Perhaps it was their weariness from travel, or maybe they had thoughts of the past, or more likely their future. In any case, smiles were few, and frowns born from anxiety were plentiful.

—from *The Russian Refugees*





History / Military

September 2022 • \$26.95

9781772034219 • softcover with flaps

6" x 9", 320 pages, b&w photographs, illustrations, and maps

Author's home: Nanaimo, BC

Heritage House Publishing

RIGHTS HELD: World, all languages

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Ebook also available

MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts, review coverage, broadcast and television interviews
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- Electronic ARCs
- Electronic blads

In Our Youth

The Lives, Adventures, and Sacrifices of Early Canadian Flyers
Angus Scully

A fascinating, photo-rich exploration of early aviation in Canada, told through the backstories of pilots who flew, fought, and risked their lives in the First World War, though the interwar period, and beyond.

In Our Youth explores the lives of thirty-two young Canadian military and civilian flyers, viewed through the medium of archival photography. All of these young men were pilots in the First World War, a time when flying was pure adventure and danger. Some of them were from humble origins, some from elite families, some became heroes, one was cowardly, and most have now faded from our attention. However, all embraced the romance and danger of flight.

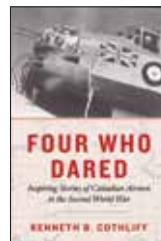
Although much of the book is focused on military experiences—including the mental stress and injuries faced by pilots who had barely reached adulthood—the book looks beyond war, examining the fascinating world of civilian aviation from 1908 to 1941. Featuring long-hidden photography uncovered from provincial archives, confidential military records, and precious family collections, this book covers the lives of many young Canadians who made important contributions as they flew and fought in what seem today to be the flimsiest of machines.

Angus Scully is a writer, editor, historian, and educator. He is the author or co-author of fifteen Canadian history textbooks for elementary and high school, including *Canada Today*, now in its fourth edition with more than 100,000 copies sold. He is the current editor of the newsletter of the Vancouver Island Military Museum.

OF RELATED INTEREST



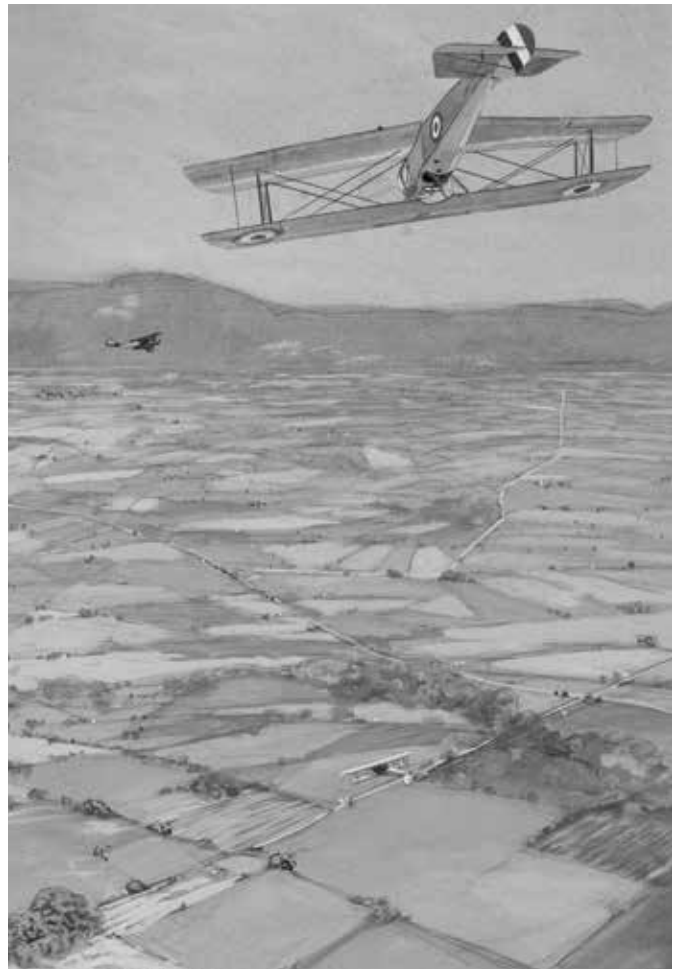
Failed to Return
9781772033816, \$26.95

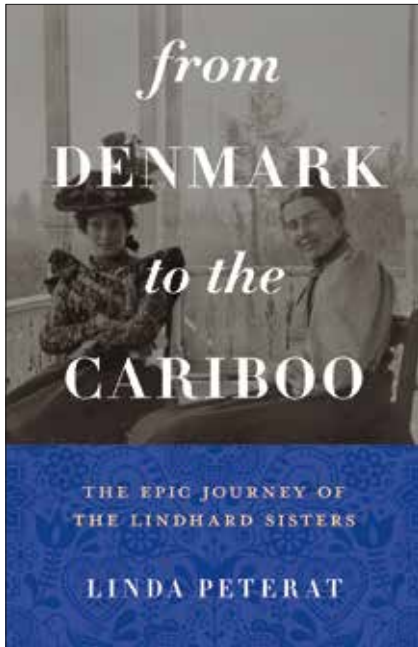


Four Who Dared
9781772032949, \$22.95



The Spitfire Luck of Skeets Ogilvie
9781772032116, \$22.95





Local Interest (BC) / History
September 2022 • \$26.95
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 5.5" x 8.5", 288 pages, b&w photographs, illustrations, and maps
 Author's home: Chilliwack, BC
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MARKETING & PROMO:

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- Electronic ARCs

From Denmark to the Cariboo

The Epic Journey of the Lindhard Sisters

Linda Peterat

A captivating account of the lives of Laura, Christine, and Caroline Lindhard, three sisters who left Denmark in 1870 and pursued new lives in the Cariboo region of British Columbia.

There are few stories of entrepreneurial, business-class women in nineteenth century BC. They didn't keep diaries or save letters like the upper class women often did, and they were usually overlooked in newspaper reports. Yet many came into British Columbia in the early years of the gold rush and helped build and sustain the developing communities. This book tells the stories of three sisters—Laura, Christine, and Caroline Lindhard—who arrived in BC from Denmark in the 1870s. Coming of age in Europe, the Lindhard sisters had aspirations that were restricted by societal norms about what women could and should be and do.

This is a story of how each of the sisters made a life for themselves: marrying and having children, becoming single parents at an early age, working together, providing for their families, and making choices that set them on different paths. While their lives diverged, their commitments to each other and the next generation remained strong.

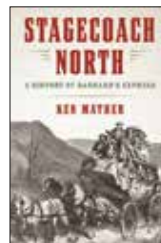
The sisters' stories illustrate the importance of family and community relationships as support structures for women entrepreneurs who combine family responsibilities with earning a living. While they were not heroic in the traditional, patriarchal sense of the word, the Lindhard sisters were powerful, influential members of their families and their community, and their lives reveal much about the complex social fabric of early British Columbia and the unsung contributions of women.

Linda Peterat is an author, educator, and researcher. She holds a BSc, BEd, MEd, and PhD in Curriculum Studies from the University of Alberta, and for many years she directed the home economics education program and graduate programs at UBC. In recent years, she has pursued her interest in researching food as it relates to home economics and is a frequent contributor to bcfoodhistory.ca.

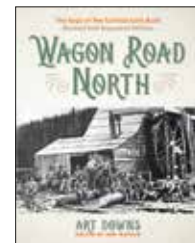
OF RELATED INTEREST



Always Pack a Candle
 9781772033625, \$22.95

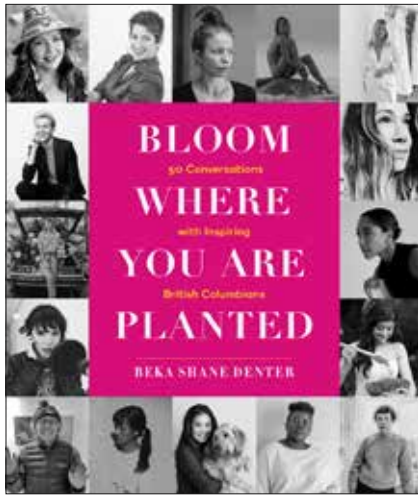


Stagecoach North
 9781772033090, \$22.95



Wagon Road North
 9781772033601, \$26.95





Photography / Women

September 2022 • \$39.95

9781772034295 • hardcover, paper over board

8.5" x 10", 224 pages, b&w photographs

Author's home: White Rock, BC

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MARKETING & PROMO:

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Bloom Where You Are Planted

50 Conversations with Inspiring British Columbians

Beka Shane Denter

A celebration of fifty talented, creative, passionate people (forty-nine women and one nonbinary person) working in the fields of visual art, dance, photography, music, design, comedy, storytelling, food, fashion, beauty, wellness, and advocacy.

Bloom Where You Are Planted is a collection of interviews and photography that honours a group of innovative, hard-working, diverse people, whose creative and business ventures inspire, support, and infuse others' lives with purpose and positivity. These are people who are passionate about work, community, and giving back.

The forty-nine women and one non-binary person featured in this book have established a strong community of supporters and followers in their respective sectors. Among those featured are: Haida and Cree artist and entrepreneur Erin Brillon; singer-songwriter Julianna Laine; dancer Erika Mitsuhashi; nonbinary model and writer Lydia Okello; storyteller and entrepreneur Samantha Reynolds; cosmetic chemist Veerpal Sdihu; sculptor Marie Khourie; artist Athena Bax; pastry chef Kiko Nakata; Hip Hop/R&B recording artist Kia Kadiri; and author/illustrator Emma FitzGerald.

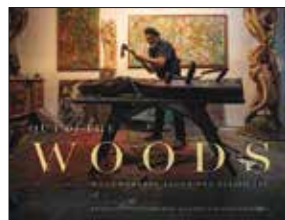
After a decade of writing and interviewing fascinating people, author Beka Shane Denter realized that the true stories of women and nonbinary people are often left untold or presented in an overly polished way. In this collection, she explores the story behind the image, the movement, and the brand. *Bloom Where You Are Planted* infuses positivity into a world in need of inspiration and brings to life the stories of a phenomenal group of people.

Beka Shane Denter is a Canadian features and content writer, who has used her knowledge, passion, and nomadic lifestyle to fuel her writing career. Her work has appeared in *Elle Canada*, *Fashion*, *NUVO*, *Montecristo*, *LUXE*, *Ottawa Wedding*, *BUST*, *Women's Surf Style Magazine*, *MindBodyGreen*, *Today's Parent*, and *The Inertia*. She holds a bachelor of arts in English, a master's in education, and a certificate in web writing and social media communication.

OF RELATED INTEREST



Out of the Fire
9781772033434, \$39.95

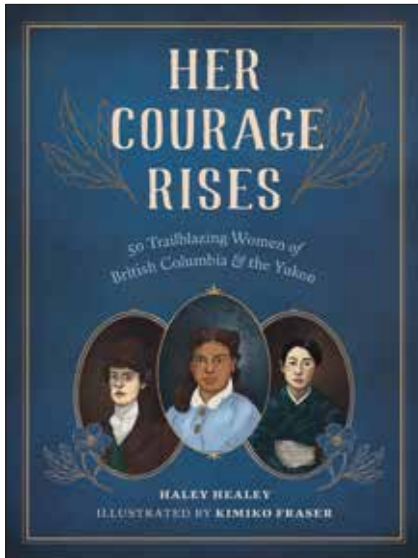


Out of the Woods
9781772032604, \$34.95



Sylvia Grace Borda
9781772033298, \$39.95





Juvenile Nonfiction (ages 12+) / Women
 September 2022 • \$22.95
 9781772034257 • hardcover, paper over board
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 Fraser's home: Victoria, BC
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MARKETING & PROMO:

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Her Courage Rises

50 Trailblazing Women of British Columbia and the Yukon
 Haley Healey; illustrated by Kimiko Fraser

Fifty inspiring stories of extraordinary historical women.

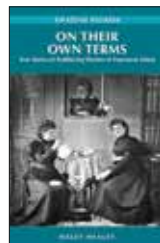
This fascinating book introduces young readers to a diverse group of women who changed the face of history and defied the gender norms of their times. Through charming illustrations and concise biographies, *Her Courage Rises* features social activists and politicians, artists and writers, scientists and healers, pioneers and prospectors, athletes and entrepreneurs, teachers and cultural tradition keepers.

These women represented all ages, walks of life, and backgrounds. Some, like politician Rosemary Brown, artist Emily Carr, and Olympic sprinter Barbara Howard, achieved fame during their lives. Others, including photographer and cultural teacher Elizabeth Quocksister, artist and cultural consultant Florence Edenshaw, and language champion Barbara Touchie, made great strides in preserving and promoting Indigenous rights and cultures. And many, like environmentalist Ruth Masters, water diviner Evelyn Penrose, and Doukhobor pioneer Anna Markova, are less well-known but still made important historical contributions to their communities. *Her Courage Rises* is full of inspirational female role models and celebrates the trailblazing women who made history in BC and the Yukon.

Haley Healey is a high school counsellor, registered clinical counsellor, and the best-selling author of *On Their Own Terms: True Stories of Trailblazing Women of Vancouver Island* and *Flourishing and Free: More Stories of Trailblazing Women of Vancouver Island*. A self-proclaimed trailblazing woman herself, she has taught in isolated fly-in communities, guided whitewater canoe expeditions, and plays the violin. She has an avid interest in wild places and unconventional people.

Kimiko Fraser is an illustrator and historian-in-training. She grew up constantly making—drawing, painting, knitting, sculpting, bookbinding, etc.—and has never learned how to stop. She holds a bachelor of arts (honours History, major Visual Arts) from the University of Victoria. She works with many mediums to create her illustrations, including watercolour, digital, ink, and tea. Most of her work is inspired by her interest in plants, history, and folktales.

OF RELATED INTEREST



On Their Own Terms
 9781772033250, \$9.95

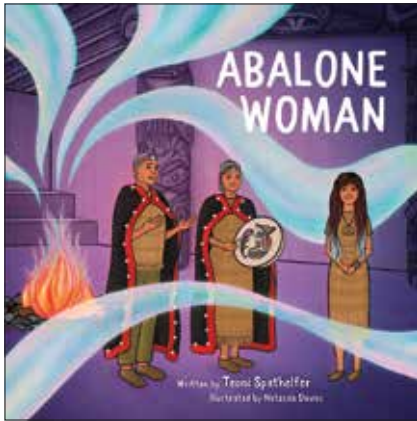


Flourishing and Free
 9781772033533, \$9.95



The Famous Five
 9781772032338, \$9.95





Abalone Woman

Teoni Spathelfer; illustrated by Natassia Davies

A vivid dream teaches Little Wolf about courage and acceptance of those who are different, and inspires her to show her daughters and their classmates how to be proud of their diverse cultural backgrounds.

NEW IN PAPERBACK

Children's Picture Book - Fiction (ages 4-8) / Indigenous

September 2022 • \$12.95
9781772034271 • softcover

9" x 9", 32 pages, full colour
Spathelfer's home: Sooke, BC
Davies's home: Vancouver, BC

Heritage House Publishing
RIGHTS HELD: World, all languages
AVAILABLE VIA UTP: Yes
Ebook also available

MARKETING & PROMO:

- Social media campaigns, blogger outreach, digital collateral for online use
- Electronic ARCs

Throughout her life, Little Wolf has been troubled by the injustice she sees all around her. When she was young, she was bullied for her Indigenous heritage. Her mother, White Raven, spent ten years in a residential school, separated from her family and isolated from her culture. Little Wolf's own children are growing up in a different, more open society, but hatred and racism still exist. Little Wolf worries about the world her daughters will inherit. One night, a vivid dream helps her realize her own strength as a leader and peacemaker in her community. Told with powerful imagery and symbolism, *Abalone Woman* is the third book in the Little Wolf series, which presents themes of racism, trauma, and family unity through relatable, age-appropriate narratives.

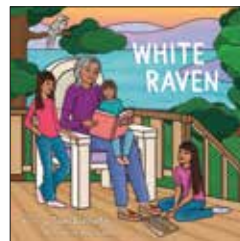
Teoni Spathelfer is a member of the Heiltsuk Nation from coastal BC. Since childhood she has loved immersing herself in her own culture and learning about other cultures around the world. Spathelfer has worked as a publicist; a radio journalist, host, and producer; and an arts and music writer. Her documentary *Teoni's Dream*, informed by her mother's residential school experience, has aired nationwide on CBC Radio. Her photography has been featured across various media and sold privately. She has been blessed with three daughters and four grandchildren.

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

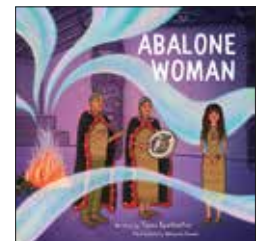
OF RELATED INTEREST



Little Wolf
9781772033809, \$12.95



White Raven
9781772033786, \$12.95



Abalone Woman
9781772034110, \$19.95





kā-āciwīkicik / The Move

Doris George and Don K. Philpot; illustrated by Alyssa Koski

A magical children's picture book, written in Cree and English, depicting the transformation of a barren landscape into a rich natural world where an elderly couple can spend their remaining days.

Rooted in the historical displacement and relocation of members of the Chemawawin First Nation from their ancestral homeland, *The Move* is a bilingual story of two Cree Elders adjusting to life in their new environment. The story presents two contrasting landscapes of the old community—the homeland of the Chemawawin People—and the new community of Easterville, which at first appears barren and lifeless. Gradually, the couple begins to incorporate their old customs and traditions into their current surroundings. Family members begin to visit, and eventually nature begins to bloom all around them. Through traditional Cree storytelling techniques and vivid imagery, the new landscape springs to life and becomes a true community, filled with life and happiness.

Doris George is a Cree educator. She is the principal of Chemawawin Schools in Easterville, Manitoba, where she also taught Cree language for four years. She holds a BA and BED from University College of the North and a Community Linguist Certificate (CLC) from the University of Alberta. She has a passion for her language, and credits her grandparents and parents with speaking Cree with her when she was growing up. She is married with three sons and six grandchildren.

Don K. Philpot is an educator specializing in Cree language structures and use, language and literacy education, and children's literature. He is a member of the reading faculty at Shippensburg University and holds undergraduate and graduate degrees in Indigenous Studies, Teacher Education, and Literacy education from the University of Manitoba and University of British Columbia. His current research focuses on Indigenous landscapes and worldviews in contemporary adolescent novels by Indigenous writers.

Alyssa Koski is an illustrator and member of the Kainai Nation. She holds a BA in Visual Communications from the Alberta College of Art and Design. Koski is the recipient of the Janet Mitchell Award and the Harley Brown Artistic Endowment and the winner of the 2017 Applied Arts Magazine design award.

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9781772034288 • softcover

10" x 10", 48 pages, full colour

George's home: Easterville, MB

Philpot's home: Shippensburg, PA

Koski's home: Okotoks, AB

Heritage House Publishing

RIGHTS HELD: World, all languages

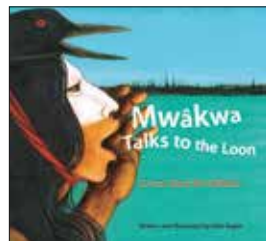
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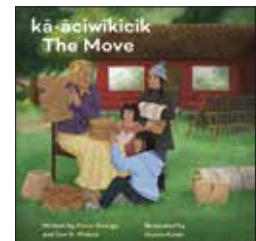
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