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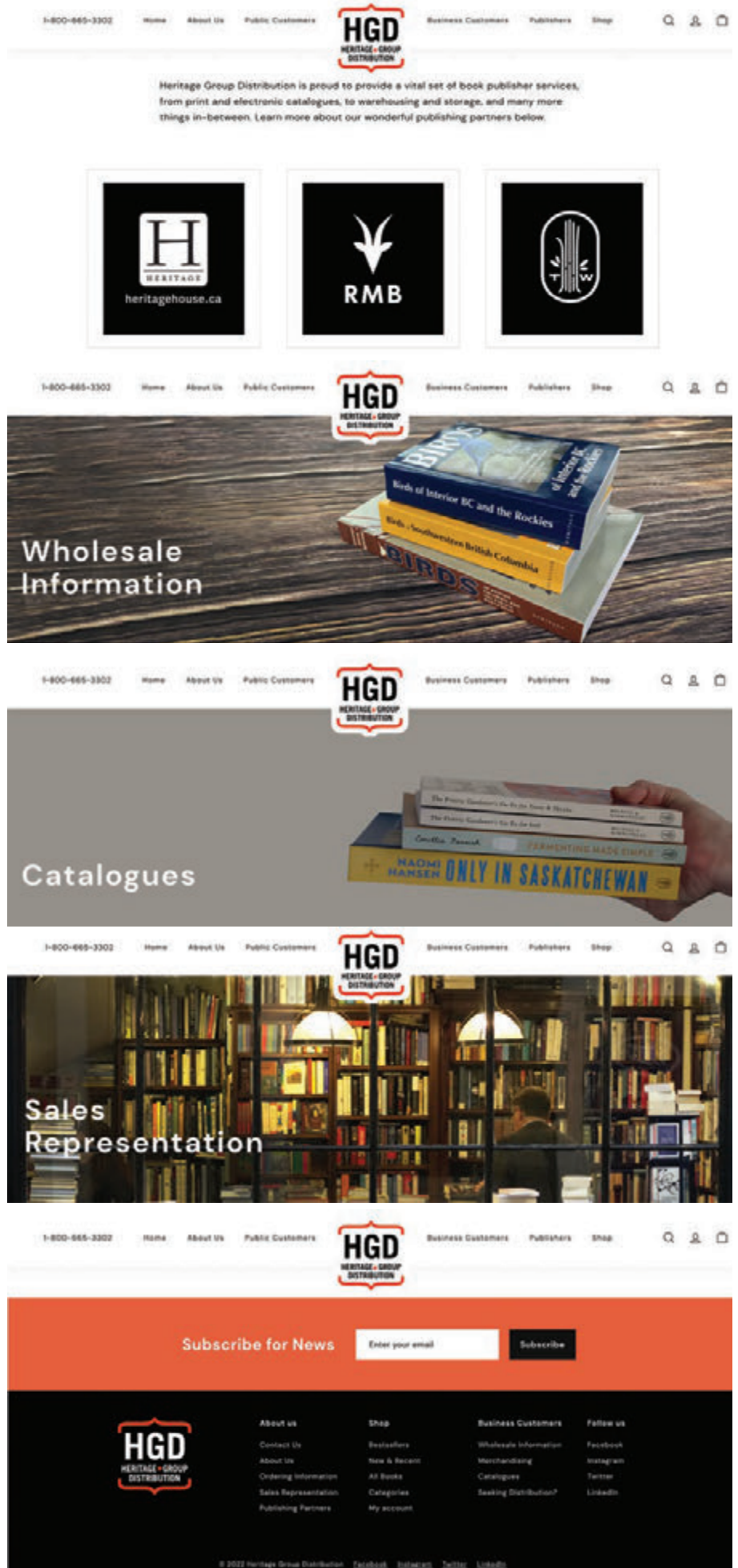
SPRING 2023

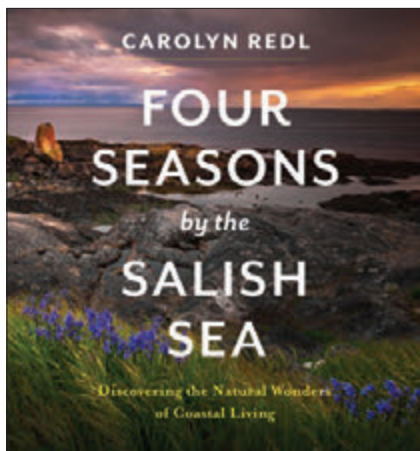


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Four Seasons by the Salish Sea

Discovering the Natural Wonders of Coastal Living

Carolyn Redl; Nancy Randall (contributing photographer)

Part travelogue, part natural history, this enchanting book explores life over the course of a year along the south coast of Vancouver Island.

Four Seasons by the Salish Sea is the culmination of twenty years of observation, curiosity, discovery, and delight at the natural wonders and seasonal ebbs and flows along this magnificent stretch of coastline. This profoundly personal and deeply informative book contains facts about plants, animals, history, parks, and communities. It highlights events in nature, such as spring flower blooms and herring and salmon spawns, and reveals mysteries in the water and in the coastal cedar, hemlock, and Douglas fir rainforest.

It describes places as diverse as Malcolm Island, the Sunshine Coast, and Stamp Falls. Experiences range from viewing orcas in the distance to finding sand dollars, Turkish towels, and nudibranchs in the intertidal zone. While celebrating the area's idyllic setting and warm climate, the book also recognizes potential threats such as earthquakes, water shortages, and challenges for gardeners. It also touches on the histories of Indigenous Peoples and settlers. Beautifully illustrated with scenic photography, *Four Seasons by the Salish Sea* is an indispensable resource and keepsake for locals and tourists alike.

Carolyn Redl is a retired university professor, who taught literature and creative writing for over thirty years. Her articles, reviews, short stories, and poems have been published in *The Edmonton Journal*, *AMA Insider*, *Prairie Journal of Canadian Fiction*, and *University of Toronto Quarterly*. Redl is also the co-producer of "A Woman I Know: Canadian Literature by Women," an eight-part series of programs for ACCESS, the Education Channel.

Nancy Randall is a photographer and artist, whose work focuses on the wonders of the Salish Sea region. She has chaired the boards of art galleries in Kamloops and Nanaimo, and is the founding director of the Vancouver Island University Teaching and Learning Centre, where she was also a faculty member. She has taught for the University of Victoria's Healthy Aging programs and VIU's ElderCollege program.

Local Interest (BC) / Nature

April 2023 * \$32.95

9781772034479 * softcover

8.5" x 9", 288 pages, full colour

Author's home: Victoria, BC

Photographer's home: Coombs, BC

Heritage House Publishing

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: No

Ebook also available

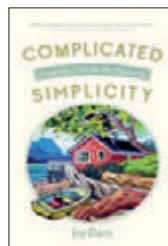
MARKETING & PROMO:

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- Outreach to subject-specific organizations, markets and festivals
- Outreach to travel and tourism organizations
- Electronic ARCs
- Excerpts available

OF RELATED INTEREST



A Journey Back to Nature
9781772033588, \$26.95



Complicated Simplicity
9781772032703, \$22.95



Secret Beaches of Central Vancouver Island,
9781926936031, \$26.95

A Complex Coast

A Kayak Journey from Vancouver Island to Alaska

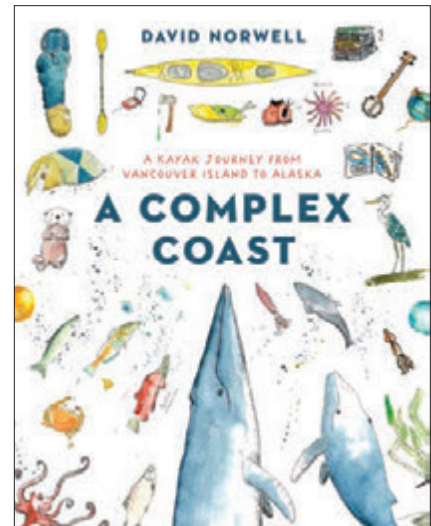
David Norwell

A soul-searching personal account of a young man's 1,700-kilometre kayak journey from Victoria, BC, to Gustavas, Alaska, illustrated with whimsical watercolour maps and illustrations of local flora, fauna, and landscapes.

In 2014, twenty-four-year-old geography student David Norwell set off on a daunting kayak journey in search of purpose in his life. A jigsaw puzzle of jagged mainland and over 50,000 islands—stretching from southern Vancouver Island to Alaska—lay in front of him. A self-described ordinary kid from small-to-medium-town, British Columbia, David had paddled through the Gulf Islands and guided youth groups on a nine-day journey from Nanaimo to Victoria. But nothing could prepare him for this.

For the next several months, David navigated the waters off coastal British Columbia, recording his observations, musings, and daily activities in a notebook. The result is this one-of-a-kind travelogue, filled with more than 700 whimsical watercolour illustrations of coastlines, local plant and animal species, camping supplies, and portraits of people he met along the way. He wrote about the nature of solitude, the search for meaning and adventure, the wildlife he encountered, the survival skills he acquired, and the existence of his own privilege. *A Complex Coast* is an unforgettable coming-of-age story that will appeal to kayakers, naturalists, and anyone looking for adventure.

David Norwell is an author, illustrator, and world traveller. He holds a BSc in Geography from the University of Victoria, and has worked for six seasons conducting biological and geological surveys in BC, Alberta, and the Yukon. His passion is communicating science in a way that accesses the human heart. David has visited thirty-three countries, sailed across the Atlantic and Indian Ocean, trekked over the Himalayas with a kitten, and hitchhiked over two hundred rides. He is dedicated to understanding the human experience and sharing his findings. When not working on books, he is volunteering at schools, studying Buddhism, and practising meditation.



Local Interest (BC) / Travel Writing

April 2023 * \$29.95

9781772034493 * softcover

8" x 10", 224 pages, full colour

Author's home: Kamloops, BC

Heritage House Publishing

RIGHTS HELD: World, all languages

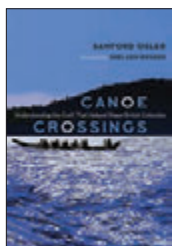
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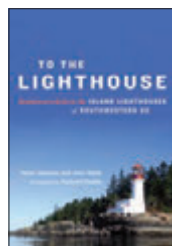
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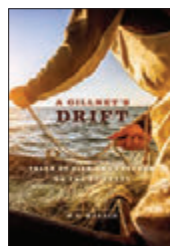
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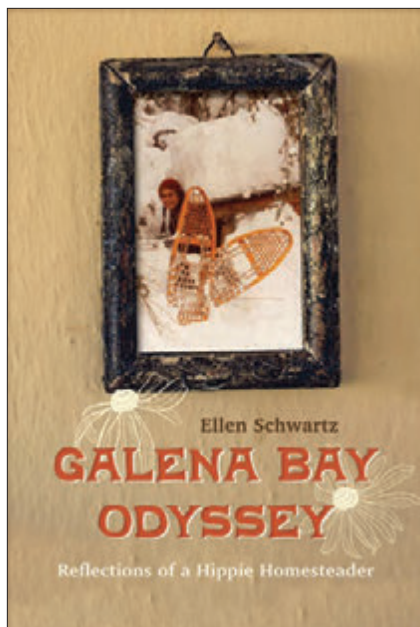
Canoe Crossings
9781927527740, \$19.95



To the Lighthouse
9781772030464, \$19.95



A Gillnet's Drift
9781927527719, \$17.95



Local Interest (BC) / Memoir
 March 2023 * \$26.95
 9781772034455 * softcover with flaps
 6" x 9", 288 pages, b&w photographs
 Author's home: Burnaby, BC
 Heritage House Publishing
 RIGHTS HELD: World, all languages
 AVAILABLE VIA UTP: No
 Ebook also available

MARKETING & PROMO:

- Regional and subject-specific print features, excerpts, review coverage, broadcast and television interviews
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- Outreach to travel and tourism organizations
- Electronic ARCS
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Galena Bay Odyssey

Reflections of a Hippie Homesteader

Ellen Schwartz

A writer and educator reflects on the idealistic, tumultuous, and eye-opening time she spent as a back-to-the-land hippie homesteader in the Kootenays in the 1970s.

What compelled a nice Jewish girl from the suburbs of New York to spend a decade of her life as a hippie homesteader in the BC wilderness? *Galena Bay Odyssey* traces Ellen Schwartz’s journey from a born-and-raised urbanite who was terrified of the woods to a self-determined logger, cabin-builder, gardener, chicken farmer, apiarist, and woodstove cook living on a communal farm in the Kootenays.

Part memoir, part exploration of what motivated the exodus of young hippies—including American expatriates, like Ellen and her husband, Bill—to go “back to the land” in remote parts of North America during the 1960s and ’70s, this fascinating book explores the era’s naivety, idealism, and sense of adventure. Like most “back to the land” books, *Galena Bay Odyssey* describes the physical work involved in clearing land, constructing buildings, and living off of what they produced, but it also traces the complicated journey of discovery this experience brought to Ellen and Bill. Now, nearly half a century later, Ellen reflects on what her homesteader experience taught her about living more fully, honestly, and ecologically.

Ellen Schwartz is the author of eighteen award-winning books for children, as well as one non-fiction book for adults, a collection of profiles of women singer-songwriters. In addition to writing books, Ellen works as a corporate writer and editor and as a freelance magazine writer who has published hundreds of magazine articles. Ellen has taught creative writing classes for many years at the college and university levels. Her passions include reading, jazz dancing, baking, and hiking.

OF RELATED INTEREST



Always Pack a Candle
 9781772033625, \$22.95



Cooking Tips for Desperate Fishwives
 9781772033953, \$22.95



Home on the Strange
 9781772033649, \$22.95

Room at the Inn

Historic Hotels of British Columbia's Southern Interior
Glen A. Mofford; foreword by Greg Nesteroff

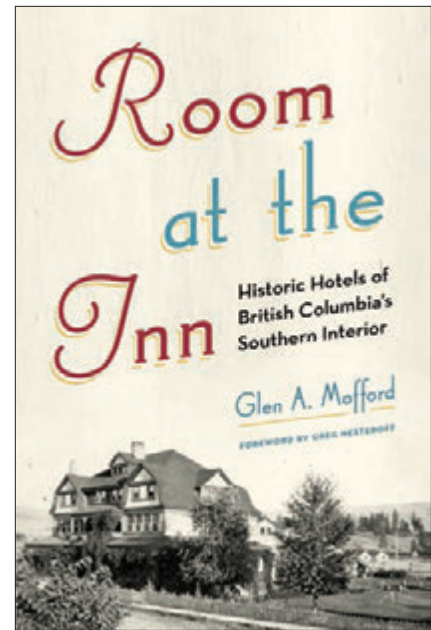
A fully illustrated social history profiling forty historic hotels spread over six regions of the southern interior of British Columbia, covering the time period of the 1890s to 1950s.

Room at the Inn reveals the long-forgotten histories of British Columbia's early hospitality industry, through the riveting stories of the men and women who built, ran, and frequented hotels, hostelries, resorts, and road-houses in the southern Interior. From the Similkameen town of Keremeos to Spences Bridge at the confluence of the Thompson and Nicola Rivers, east to the Alberta border along the Trans-Canada Highway, and south to the Canada-US border, the history of these hotels mirrors the history of BC's mining towns and boom-bust economy of the late nineteenth and early twentieth centuries, as waves of prospectors, settlers, and eventually tourists shaped the culture of the province that we know today.

Of the forty historic hotels profiled in this book, all contributed to their communities in various ways. They provided more than just a roof over the heads of weary travellers; they were often the sites of live entertainment, places where community members could meet and socialize. Some even doubled as makeshift hospitals during wildfires and floods. Through colourful anecdotes, meticulous research, and fascinating archival photography, *Room at the Inn* transports readers to a bygone era and pays tribute to the pioneers, entrepreneurs, and hard-working men and women who built and operated these accommodations.

Glen A. Mofford was a historian and a writer with a passion for sharing the social history of British Columbia. He held a degree in history from Simon Fraser University and was the author of two previous books on BC's historical hotels and their drinking establishments: *Along the E&N* and *Aqua Vitae*. He passed away in 2022.

Greg Nesteroff is the former editor of the *Nelson Star*, former news director of the Vista Radio stations in the West Kootenay, and the co-author of *Lost Kootenays: A History in Photographs*. He runs "The Kütne Reader," a blog about local history.



Local Interest (BC) / History

April 2023 * \$26.95

9781772034233 * softcover

5.5" x 8.5", 272 pages, b&w and maps

Nesteroff's home: Trail, BC

Heritage House Publishing

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: No

Ebook also available

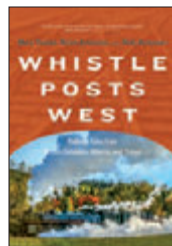
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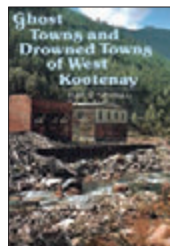
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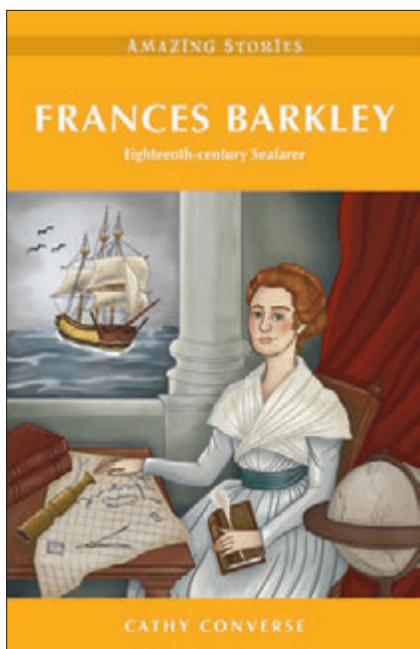
Children of the Kootenays
 9781772031850, \$22.95



Whistle Posts West
 9781772030433, \$18.95



Ghost Towns and Drowned Towns of West Kootenay
 9781894384261, \$11.95



Local Interest (BC) / History

March 2023 * \$12.95

9781772034417 * softcover

5.5" x 8.5", 144 pages, b&w photographs

Author's home: Victoria, BC

Heritage House Publishing / Amazing Stories

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: No

Ebook also available

MARKETING & PROMO:

- Regional and subject-specific print features, excerpts and review coverage
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Frances Barkley

Eighteenth-century Seafarer

Cathy Converse

A rivetingly imagined re-telling of the voyages of Frances Barkley (1769–1845), who as a young woman travelled the world on a trading mission with her sea captain husband.

Over two hundred years ago, Frances Barkley, a seventeen-year-old girl fresh out of a convent school in France, met a twenty-six-year-old sea captain, fell deeply in love, and married him after a six-week courtship. Five weeks later, she stepped aboard his ship, the *Imperial Eagle*, to set sail on an eight-year voyage that would take them around the world twice.

Frances Barkley's story is a remarkable one. It is a story born of discovery, of firsts, of hardship, of disease, of illness, and of death. Relying on her strength of character and wit, this young woman survived fierce seas, shipwreck, and capture by pirates. When Frances was approaching her seventh decade, at the behest of her daughter, she put pen to paper and wrote down what she could remember of her life with her husband in the merchant sea trade. *Frances Barkley: Eighteenth-century Seafarer* is not simply a re-issue of Frances's own reminiscences, but a work of creative non-fiction—an extensive reimagining of her time at sea, supplemented through extensive historical, geographic, and nautical research.

Cathy Converse is an award-winning author and historian whose career has spanned more than thirty years. She is the author of *Following the Curve of Time: The Untold Story of Capi Blanchet* and *Against the Current: The Remarkable Life of Agnes Deans Cameron*. For more information, please visit cathyconverse.com.

OF RELATED INTEREST



On Their Own Terms
9781772033250, \$9.95



Flourishing and Free
9781772033533, \$9.95



Sir John Franklin
9781927051818, \$9.95

Edible and Medicinal Flora of the West Coast

British Columbia and the Pacific Northwest, Expanded Edition
Collin Varner

A newly expanded and revised edition of the bestselling field guide to more than 150 edible and medicinal plants and fungi that grow wild throughout the west coast of British Columbia and the Pacific Northwest states.

“This book is a potpourri of plant knowledge—to enjoy out in the wild, in your own backyard and kitchen, or sitting at the fireside. From ocean to forest, from orchard to garden, plants valued by humans everywhere are celebrated here.”—Nancy J. Turner, Professor Emeritus, University of Victoria

“*Edible and Medicinal Flora of the West Coast* is well-written and thoughtful while also leaving room for the individual to build a relationship with nature, and to also further their research by combining it with other resources that they may use to ID wild native plants.”—Señákw, Senaqwila Wyss, Squamish Nation Ethnobotanist

The coastal Pacific Northwest of North America is home to a multitude of edible and medicinal plant species, marine plants, and edible mushrooms—from Black Gooseberry to Western Tea-Berry, from Golden Chanterelle to Yellow Morel Mushroom, and from Sea Asparagus to Winged Kelp. Now revised and updated with additional species and recipes, this compact, full-colour forager’s guide offers clear photography, descriptions, safety tips and warnings, as well as culinary and medicinal uses from both Indigenous and settler traditions, for every type of wild-growing flora species in the region. Practical, user-friendly, and safe, *Edible and Medicinal Flora of the West Coast* is an indispensable guide for beginner and experienced foragers alike.

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

OF RELATED INTEREST



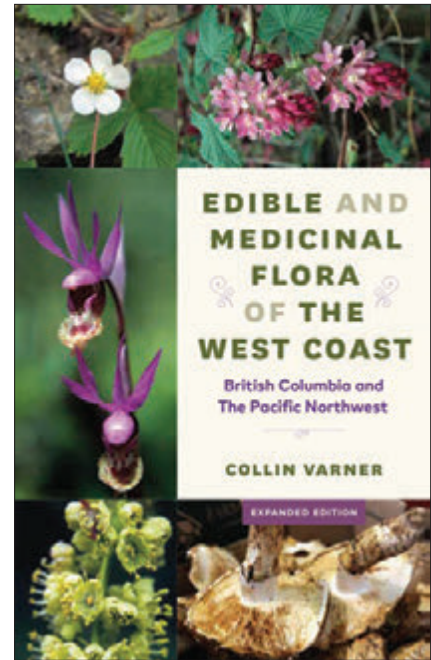
The Flora and Fauna of Coastal British Columbia and the Pacific Northwest
9781772033564, \$39.95



Invasive Flora of the West Coast
9781772034134, \$24.95



The Flora and Fauna of Stanley Park
9781772034059, \$24.95



Local Interest (BC) / Nature

May 2023 * \$26.95

9781772034394 * softcover

5.5" x 8.5", 272 pages, full colour

Author's home: Victoria, BC

Heritage House Publishing

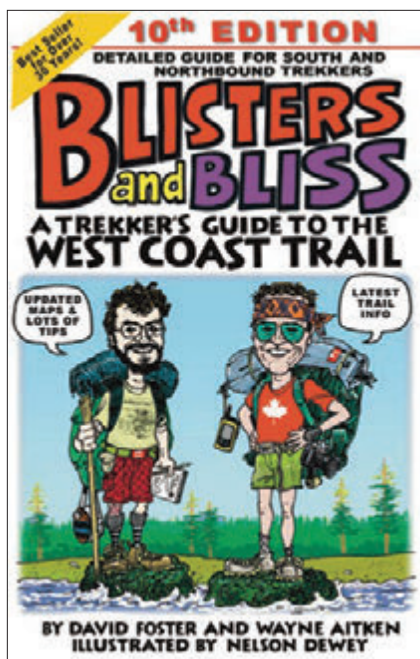
RIGHTS HELD: World, all languages, excluding US

AVAILABLE VIA UTP: No

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MARKETING & PROMO:

- Regional and subject-specific print features, excerpts and review coverage
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Local Interest (BC) / Guidebook
 Now Available * \$19.95
 9781772034370 * softcover
 5.5" x 8.5", 144 pages, b&w illustrations
 Authors' homes: Victoria, BC
 Heritage House Publishing
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MARKETING & PROMO:

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Blisters and Bliss

A Trekker's Guide to the West Coast Trail, 10th Edition
 David Foster, Wayne Aitken, Nelson Dewey

The 10th edition of this popular guide is fully updated with all the information you need for a safe and enjoyable trek on the West Coast Trail.

The bestselling *Blisters and Bliss* has been the trekker's guide to the West Coast Trail since 1989. The 75-kilometre trail on Vancouver Island is rated as one of the world's greatest hikes. This revised 10th edition once again provides a practical and easy-to-use resource for the thousands of hikers who visit the West Coast Trail every year. Combining current and accurate trail information with hundreds of safety and planning tips, this is the ideal guide for novices and experienced trekkers alike.

David Foster spent much of his trekking time checking out flora and impressing others with his skill in building campsites and driftwood furniture (when not chasing mice out of his backpack). He was a retired school teacher-librarian, a master gardener, and an ardent nanny when in his award-winning Japanese shade garden. He passed away in 2018.

Wayne Aitken is frequently seen with his face in campfire smoke, tearfully preparing his culinary delights. He shamelessly followed in Dave's footprints, particularly on soft, sandy beaches. Between treks, he may be seen trying to keep his kayak upright and his mountain bike in some else's slip stream. Wayne continues to strive to keep *Blisters and Bliss* topical and current.

Nelson Dewey is an acclaimed cartoonist and illustrator. His work has appeared in numerous national magazines, comic books and movie story-boards. He has illustrated over 50 how-to books, but none as good as *Blisters and Bliss*. For more information, visit nelsondewey.com.

OF RELATED INTEREST



How to Catch Crabs
 9781927527474, \$9.95



How to Catch Bottomfish
 9781927527504, \$12.95



Living off the Sea
 9781926613642, \$11.95

Camping British Columbia, the Rockies and the Yukon

The Complete Guide to Government Campgrounds, 9th Edition

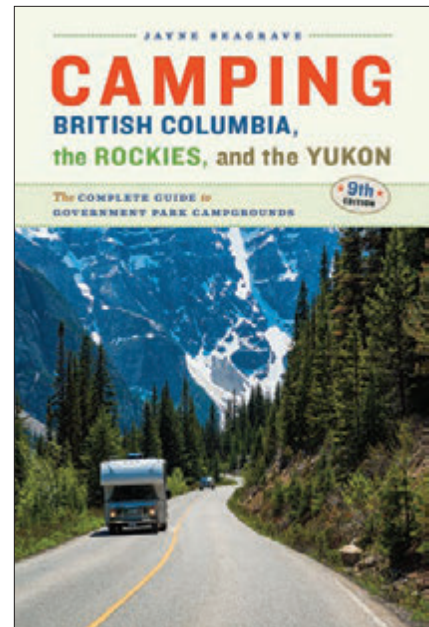
Jayne Seagrave

The bestselling guide to campgrounds across BC, Yukon, and the Canadian Rockies, newly revised and updated.

Western Canada's quintessential camping guide—now in its 9th edition—lays the groundwork for anyone planning to get out of the city and explore the best that nature has to offer. At a time when many people are bursting to travel but still concerned with safety, *Camping British Columbia, the Rockies, and the Yukon* offers over 150 possibilities for campers of every age and experience level.

For those packing up the RV with all the comforts of home or pitching a tent next to a quiet spot by a picturesque lake, this practical guide tells would-be campers everything they need to know: which campgrounds have the best playgrounds, safe swimming beaches, and interpretive programs; which parks have hot showers and nearby restaurants; which grounds are RV accessible; and which are best for families, young adults, and retirees. Every provincial, territorial, or national park campground in the region is listed alphabetically, along with clear maps and directions, more than 100 photos, and the latest health and safety regulations.

Jayne Seagrave is a bestselling travel writer and has published an eclectic range of books over a twenty-five-year writing career. Born in England, Jayne moved to Canada more than thirty years ago. She is the author of *Camping British Columbia, the Rockies, and the Yukon*, *Camping with Kids in the West*, and *All the World's a Stage: The Story of Vancouver's Bard on the Beach*. In 2021, she published her first work of fiction, *The Games Women Use* (Vanguard Press). She lives in Vancouver, where she is now retired. Find a full list of her writing at jayneseagrave.com.



Local Interest (BC, Yukon, Rockies) / Camping
February 2023 * \$29.95

9781772033991 * softcover

6" x 9", 352 pages, b&w photographs and maps;
colour photo sections

Author's home: Vancouver, BC

Heritage House Publishing

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: No

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MARKETING & PROMO:

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Campfire Stories of
Western Canada
9781772031126, \$12.95



Ghostly Campfire Stories
of Western Canada
9781772032451, \$12.95



Campfire Stories from
Coast to Coast
9781772033113, \$19.95



Children's Picture Book - Nonfiction (ages 4-8) / History

April 2023 * \$19.95

9781772034332 * hardcover picture book, paper over board

9" x 9", 32 pages, full colour

Author's home: Nanaimo, BC

Illustrator's home: Victoria, BC

Heritage House Publishing

RIGHTS HELD: World, all languages

AVAILABLE VIA UTP: Yes

Ebook also available

MARKETING & PROMO:

- National, regional, and subject-specific print features, excerpts and review coverage
- 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
- Electronic ARCS

Lilian Bland

An Amazing Aviatrix

Haley Healey; illustrated by Kimiko Fraser

The amazing life story of Lilian Bland, the first woman ever to design, build, and fly her own airplane, beautifully illustrated to inspire young readers.

Ever since she was a little girl, Lilian Bland (1878–1971) wanted to fly. She loved to watch black gulls soaring through the sky near her England home, and she was fascinated by the mechanics of flight. However, airplanes were still very new when she was growing up, and those who did fly were usually men. Lilian would not give up. When she could not find anyone to teach her to fly, she took matters into her own hands. She designed and built her own plane, and after many tries, she finally got it to fly. This delightful picture book celebrates the life of Lilian Bland, remembered both in England and in her adopted home of Quatsino Sound, on Vancouver Island, for her many achievements—especially her ground-breaking achievements in aviation. Told with beautiful illustrations and a clear, inspiring narrative, Lilian's story of adventure and creativity is sure to enchant young readers.

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*, *Flourishing and Free: More Stories of Trailblazing Women of Vancouver Island*, and *Her Courage Rises: 50 Trailblazing Women of British Columbia and the Yukon*. 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 is the illustrator of *Her Courage Rises: 50 Trailblazing Women of British Columbia and the Yukon*. 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



Brother XII's Treasure
9781772030716, \$12.95



The Silver Lining
9781772031324, \$12.95



Up in Arms
9781772032024, \$12.95

Kimiko Murakami

A Japanese-Canadian Pioneer

Haley Healey; illustrated by Kimiko Fraser

The inspiring and true life story of Kimiko Murakami, a Japanese-Canadian pioneer and internment camp survivor, beautifully illustrated for a young audience.

Ganbaru is a Japanese word that means to keep going during hard times and never give up. This picture book introduces young readers to Kimiko Murakami (1904–1997), a brave and determined woman whose life embodied the ganbaru spirit. Born in the village of Steveston, BC, and raised on Salt Spring Island, Kimiko was part of a long tradition of Japanese-Canadian families who made their livings fishing and farming. During the Second World War, she was among the 22,000 Japanese Canadians who were sent to live in internment camps because they were seen as “enemy aliens.” The camps were dirty and crowded, but worst of all, they robbed Japanese Canadians of their basic rights and freedoms. Following the War, Kimiko and her family were allowed to return to Salt Spring Island and had to rebuild their farm and their life from scratch. Through it all, Kimiko—a pioneer and survivor—never lost hope. This book celebrates her achievements, courage, and ganbaru spirit through vivid illustrations and a clear, informative, and inspiring narrative.

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*, *Flourishing and Free: More Stories of Trailblazing Women of Vancouver Island*, and *Her Courage Rises: 50 Trailblazing Women of British Columbia and the Yukon*. 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 is the illustrator of *Her Courage Rises: 50 Trailblazing Women of British Columbia and the Yukon*. 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.

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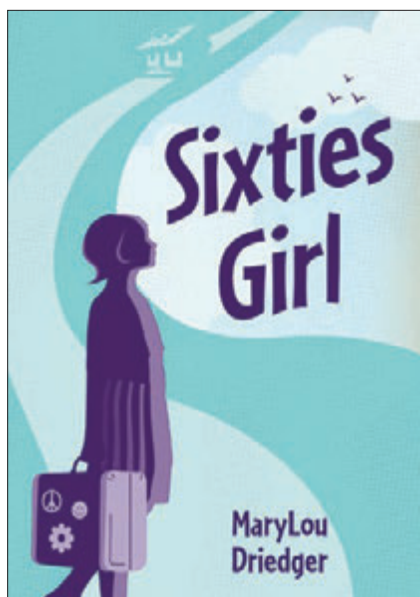
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MaryLou Driedger's curiosity and love of learning have taken her to some fifty destinations across the globe. As an educator, she has taught in three different countries and is the recipient of a Manitoba Teacher of the Year award. She is the author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

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