

ONE THOUSAND TREES



Saplings
for the child in all of us!



Catalogue of Published Books

TABLE OF CONTENTS

Saplings - Children's Books	11
7 Suitcases, by Cynthia Spring	12
A Dragon Named Naturally Speaking, by Barbara Andrew	13
A Land in the Sky, by Beverly Nuttall	14
A Star for Nevaeh, by June Anderson	15
Adventures in Tyendinaga, by Anna Neriya Abdulla	16
Angel By Numbers, by Pete Watson	17
Angel Has Her Wings, by Pete Watson and Noah Nogueira	17
Benjamin, by Malcolm Bernstein	18
Courage for Carly, by Sandra Wilson	19
Dino-Stars, by Sandra Wilson	20
The Emotional Animal Alphabet series, by Sandra Wilson	21
Fight Like a Zebra, by Catherine Giroux	22
Fox's Tale, by Barry Orme	23
Friends: A Cat and Mouse Tale, by Sandra Wilson	24
The Girl Who Talked the Hind Legs Off a Donkey, by Jeanette Clarke	25
Grampa's Butterfly, by Margaret-Ann Brix	26
The Happy Home Fairy, by Lindsay Brant	27
Hazel Grace and the Magic Blanket, by Don Callahan	28
Home Is Where the Family Is, by Sandra Wilson	29
How Bonnie Blue Bird Finds a Happy Heart	30
Hugo and the Sad, by Olivia Radocchio	31
Hugo and the Silver Lining, by Jess Foye	32
I Picked Up a Germ, by Jackie Cooper	33
I'm Still Here, by Sandra Wilson	34
The Lion's Quest for Freedom and Family, by Sarah Ganesh	35
The Lost Dog and the Lone Wolf, by Sarah Ganesh	36
The Missing Sock Mystery, by Cathy Brant	37
Monty and Me (series), by Brenda Sullivan	38
Mr Frighten, by Marisa Weir	39
My Parents Aren't Noobs, by Michelle Nogueira	40
My Unique Brother, by Carrie Cunningham & Abigail Berces	41
New School, No Problem, by Matt Kernaghan	42
Odd Tales and Strange Names, by Anna Neriya Abdulla	43
Robot Rules (series), by Sandra Wilson	44
Sammy the Sensitive Seal, by Lindsay Brant	45
Super Kids Save the World (series), by Sandra Wilson	46
The Stellar Queen of Oaxaca, by Heather Embree	47
The Unpleasant Pirate (series), by Sandra Wilson	48
Waboba, by Sandra Phair	49
When I Am Among the Trees: a book about forest bathing	50
Who Needs Little Brothers Anyway? by Brenda Cassidy	51
Who Needs Little Sisters Anyway? by Brenda Cassidy	51
Willow & Douglas: The Unlikeliest of Friends, by Penny Burton	52
The Women in the Moon, by Peggy Dietrich	53
Zola: The Zany, Zippy, Zealous Pig, by Arlene Davies-Fuhr	54

Fiction.....	55
The Ark of the Oven Mitt, by James Gordon	56
Birdsong on a Summer Evening, by Marilyn Helmer.....	57
Café Conversations, by Marion Reidel.....	58
The Last One, by Samantha Kis	59
Other People’s Problems, by Marion Reidel.....	58
Slices of Life, by Robert Smith	60
So, You Just Want to be a Rock Star, by Craig Dubecki	61
The Warrior’s Tale, by David Rankine	62
We Drank Wine, by Marion Reidel	58

Non-Fiction	63
21 Cups, by Jenna Dakin	64
A Practical Guide to Sheep Dairying, by Eric and Elisabeth Bzikot.....	65
A Year with the Clairvoyant Coach, by Libby Pease.....	66
The Art of Living After Loss, by Julianne Fleming	67
The Brave Diary, by Julia Petrisor	68
Daily Wisdom from My Philosopher Dad, by Tanya MacIntyre.....	69
Embracing Love and Beauty, by Lorna McLeod & Daniel Borich.....	70
Food for the Journey: Thoughts and Reflections from the Awakening Series.....	71
From the Heart, by Dennis Perrier	72
Get Real: The ABCs of Authenticity, by John Cotton.....	73
Guelph Chamber Choir: 1980-2020, by Gerald Neufeld	74
The Highway and I, by James Gordon	75
Human Mechatronics, by Craig Dubecki	76
Letters from the Club: Wisdom from Mothers Who Grieve.....	77
Like Ripples in a Pond, by Karen Destun.....	78
Meaningfully Random, by Yvonne Karijo.....	79
Mindful Wisdom from My Philosopher Dad, by Tanya MacIntyre	69
Much More to Ponder, by Andre Auger	80
My Brudder and Me, by Bob O’Connor	81
My Life, My Art: an autobiography of Paul Duff	82
My Little Readers, by Linda Kent	83
Pandemic Mamas, by Sabrina Catallo	84
Pandemic Pangrammatic Ponderings, by Marian Peirce	85
Praying the New Spiritual Exercises in Daily Life, by Andre Auger	86
So Much to Ponder, by Andre Auger	80
Ten Days to Get Here, by Clay Williams	87
The Three Paths to Healing, by Dominic Mitges	88
True Stories, by Jane Fraser	89
Unjunk Your Life, by Kimberley Durst.....	90
The Way of the Cross, by Nicole deFrancesco	91
Welcome to Our Garden, by Cynthia Spring	92
What the Fuck! - Life of a Medium, by Mark Hamilton	93
What If, Just for Today, by Lee Pryke	94
When Pete Was a Kid, by Dennis Perrier.....	95
What I Have Seen, Heard, and Experienced, by Gerald Neufeld	96
What I See When I Close My Eyes, by Oliver Toope	97
Whole Damn Fire, by Emily Brant	98

Cookbooks	99
A Cancer Warrior’s Food Journey, by Roblynn Hunnisett	100
Kids Cooking From Scratch, by Krista Harrison	101
Taste, by Irene Neal	102
Poetry	103
A Wild Hallelujah, by Kelly-Anne Whalen	104
After Midnight, by Robert R. Sytnick	105
Beautiful Disaster, by Krystal Gray	106
Echoes of My Past, by Robert R. Sytnick.....	105
Finding Meaning: Poetry for Painful Times, by Beverly Nuttall.....	107
It’s All God, Anyway, by Jennifer (Jinks) Hoffman	108
The Lady in Red, by Jean Beatens	109
Perspective: Choosing to See Beauty and Truth, by Linda Neff.....	110
Reclamation, by Kelly-Anne Whalen	104
Scattered Leaves, by Jaclyn Abrahams.....	111
She Was Born Glowing, by Maya Serbu	112
splinters and fragments (vols 1 and 2), by Edward Pickersgill	113
Tears of Rose Water, by Maya Serbu	112
This Is Me Now, by Lindsay Brant	114
Anthologies	115
Animals and Our Emotional Wellbeing	116
Care for the Caregiver:	117
The Journey to Shameless: inspirational perspectives on mental health	118
Sharing: our stories, our selves, our success - Volumes 1 through 7.....	119
Stories of Guelph Little Theatre.....	120
What A Gift! - inspirational stories of hope after trauma, abuse, or addiction.....	121
With Open Hearts: stories of gratitude and inspiration	122
You Are Enough	123
You Are Not Alone: 52 Stories of Hope.....	124

Authors

Abdulla, Anna Neriya	15,43
Abrahams, Jaclyn.....	111,118,121
Adair, Leilan Grace	117
Almond, Joan.....	116
Anderson, June	15,77
Andrew, Barbara.....	13
Arsic, Richard	119
Arthofer, Csaba.....	119
Arzensek, Alesh.....	116,122
Ash, Temine	119
Auger, Andre	80,86
Barker, Leslie.....	50
Barrow, Peter	119,121
Bassie, Sandy.....	50,119,122
Bateman, Lori	119
Baynham, Jessie	118,121
Beatens, Jean	109
Bedard, Jean-Paul.....	119,121
Bentley, Karen	116
Berces, Abigail.....	41
Bernstein, Malcolm	18,116
Bettridge, Kelly.....	119
Black, Fran.....	117
Boon, Francisca.....	119
Borich, Daniel	70
Bragg, Cynthia	116
Brajak, Natalia	122
Brant, Cathy	37
Brant, Emily	98,119
Brant, Lindsay	27,45,50,122
Brix, Margaret-Ann	26
Brown, Dennis	119
Brown, Scott	112,121
Browning, Carrie (Carrie Cunningham)	119
Browning, Lisa.....	50,116,117,119
Brubacher, Bill.....	50,116,118,121,122
Buko, Brittany	116
Buko, Tania	117
Burrows, April.....	119
Burton, Penny.....	52
Bzikot, Eric and Elisabeth.....	65
Cahill, Kevin.....	119
Callahan, Don	28,119
Cameron, Andrew.....	120
Cameron, Jane	120
Cameron, Ken	120
Campeau, Michelle.....	118
Canonico, Mena.....	116
Cassidy, Brenda	50,51

Chavez, Cathy (Cathy Skiles-Brunner).....	119
Cikovic, Mia	122
Connelly, Brenda	117
Conversi, Ellen (Leilan Grace Adair).....	119
Cooper, Jackie.....	33
Cotton, John	73
Creighton, Lisa	50
Culver, Laura-May	119
Cunningham, Carrie (Carrie Browning)	41
Cunningham, Sherie	119
Cunnington, Shanan	119
Dakin, Jenna	64,123
Daly, Theresa.....	117
Dane, Doug.....	119
Davey, Bo	116
Davies-Fuhr, Arlene	50,54,122
DeCoste, Jenny	119
DeFrancesco, Nicole	91
Delle Palme, Alyssa.....	50
Derraugh, Dave	117
Deschamps, Joshua	118
Destun, Karen	77,78,123
Dietrich, Peggy	53
Dillon, Kate	119
Doering, Dee.....	117
Donnison, Claire	119
Doyle, Michael	119,121
Drouin, Suzanne	117
Dubecki, Craig	61,76,119
Duff, Paul.....	82
Durst, Kimberley.....	90
Eales, Patricia.....	119
Eckhart, Phae	117
Elphick, Marilyn.....	116,119,122
Endacott, Rod	119
Endicott, Don.....	120
Evans-Allen, Colene	118
Favro, Nancy	122
Feagan, Robert.....	119
Feggans, Doug.....	120
Ferraro, Stephen.....	119
Ferrie, Chris.....	121
Fishburn, Helen	118
Fleming, Julianne	67
Foye, Jess	32
Fraser, Jane	89
Frey, Pamela	121,123
Frieday, Leah	119
Ganesh, Sarah	35,36
Garner, Brian	119

Garner, Susan.....	119
Gazzola, Amanda	119
Georgie, Michael.....	117
Gerard, Matthew	119
Giroux, Catherine	22
Gismondi, Denise.....	120
Gordon, James.....	56,75
Gordon, Ross.....	119
Goudie, Cathy	120
Goudie, Eric.....	120
Graber, Vanessa	119
Gray, Krystal.....	106,121
Gray, Marcey	119
Grenon, Line.....	121
Gross, Barbara	118
Hamer-Jonkhout, Carrie	116
Hamilton, Mark	93
Harrison, Krista.....	101
Helmer, Marilyn.....	50,57,116
Heubner, Andrew	117
Heyes, Trish	122
Hillis, Deb.....	117
Hoare, Jim	120
Hock, Paul	119
Hoffman, Jeff	118
Hoffman, Jennifer	108
Hogg, Devin.....	118
Houston, Francine	50,116,122
Hughes, Danielle	119
Hunnisett, Roblynn	97
Imlau, Benjamin	119
Isles, Collin	120
Isles, Maureen	120
Jackson, Robin.....	120
Jaffe, Peter	121
Johnson, Dennis.....	120
Jones, Charlene.....	119
Jones, Rachel.....	123
Kanarek, Alex	120
Karijo, Yvonne	79
Kaszina, Annie	119
Kaye, Victoria.....	119
Keays, Rod.....	229
Kent, Linda	50,83
Kernaghan, Matt.....	42
Kis, Samantha	59
Knight, Claire	117
Kovacs, Cheron	119
Kucherawy, Dennis	116
Kuypers, Margreet.....	121

Lanfranchi, Pat.....	117
LaRocque, Danielle	118
Lefler, Jay	118
Lindsay, Lisa	119
Lines-Botell, Andrea.....	119
Lippert, Moragh.....	119
Long, Krista.....	119
Lyndon, Diane.....	119
MacEachern, Alex.....	119
MacIntyre, Tanya.....	69,117,119,123
Main, Amie (Amie Meek)	122
Malone-Trovo, Marlene.....	119
Maros, Maura.....	119
Mattes, Nancy	29
Mattin, Mark.....	119
Maybury, Deb.....	119
McAuley, David	119
McBride, Elizabeth	120
McCabe, Bob	119,121
McCullough, Christine.....	118
McHenry, Nicole.....	119
McLeod, Lorna	70
Mead, Evan.....	119
Meek, Amie (Amie Main).....	119
Melville, Gord.....	119
Meyer, Keith.....	119
Miller, Diane.....	120
Mitchener, Janelle.....	119
Mitges, Dominic	88,119
Monsinger, Wendy	119,121,122,123
Moreton, Robert	120
Morrison, Martha	122
Morrison, Nicole.....	119
Mossman, Emilie	118
Mueller, Christina.....	120
Muma, Shelley	119
Murphy, Kimmy	119
Nadon, Jason	102
Neal, Irene	99
Neff, Linda	110
Neufeld, Gerald	74,96
Newfield, Trischa	119
Nightingale, Christine.....	116,117
Nogueira, Michelle.....	40
Nogueira, Noah	17,40
Novack, Honey	119
Nuttall, Beverly	14,107
O'Brien, Kathryn	119
O'Connor, Bob.....	81
O'Connor, Tim.....	119

Orme, Barry	23
Pease, Libby	66
Peirce, Marian	85
Peirson, Glenn	119
Peniuk, Deborah	119
Perrier, Dennis	72,95
Petrisor, Julia	68
Phair, Sandy	49
Phillips, Rihannon	120
Pickersgill, Edward	113
Porteous, Anne	116,122
Porter, Jan	119
Pryke, Lee	94,119
Purdham, Adelle	116
Racicot, Dan	119
Radatus, Kayleigh	119
Radocchio, Olivia	31
Raje, Sonal	119
Rankine, David	62,119
Reidel, Marion	58
Rosenberg, Judith	116,118,123
Roshan, Roxana	119
Roth, Laura-May	119
Rowbotham, Laura	120
Rutledge, Steve	119
Schiafone, Brandon	119
Senyk, Valerie	122
Serbu, Maya	112
Sgrignoli, Jessica	119
Slapack, Rita	116
Slater, Rosalind	120
Sloane, Mary Beth	117
Smith, Derek	121
Smith, Robert	60
Snider, Drew	116
Solie, Kevin	120
Speck, Deb	116,121
Spencer, Arlene	119
Spring, Cynthia	12,92
Stefanovich, Guy (Guy Stefan)	119
Stein, Lauren	119
Stevens, Gord	119
Stewart, Susan	119
Sullivan, Brenda	38,123
Sullivan, Kathy	119
Sytnick, Robert R.	105
Tahir, Nadia	117
Taylor, Evelyn	119
Toope, Oliver	97
Turner, Doris	119

Valiquette, Tyler	118
van Ginkel, Govert	119
Vick, Elizabeth	119
Virgin, Trina	122
Waldman, Grant.....	119
Warren, Heather (Heather Embree)	45
Wasilik, Sebastian	118
Watson, Pete	17
Weir, Katherine	50,116,118,122
Weir, Marisa.....	39
Wells, James	119
Whalen, Kelly-Anne	104,123
Williams, Clay.....	87,117,118,119
Wilson, Sandra	19,20,21,24,29,34,44,46,48,120,122
Wisniewski, Lizzy	123
Wyllsun, Lorna.....	121



Saplings

for the child in all of us!

Children's Books

7 Suitcases



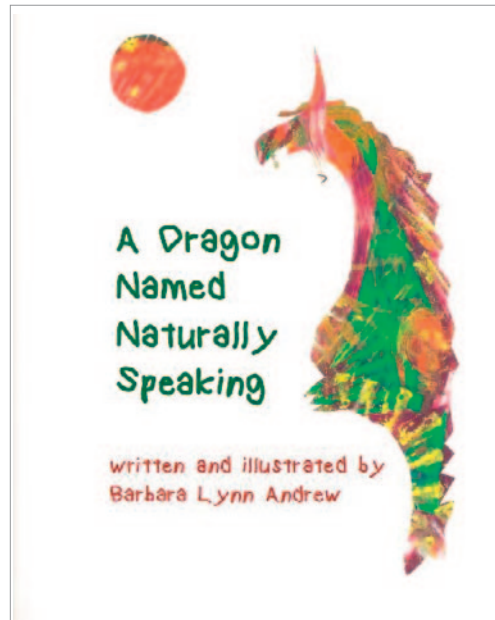
written and illustrated collaboratively by
Ahmed Marie
Farah Marie
Hala Marie
and Cynthia Spring

This story is told in the voice of a nine-year-old girl who has recently arrived to Canada from her war-torn country. The experiences are based on real-life situations; however, they are a compilation of the perspectives of two sisters and their little brother.

We have told their story in English, as they have been learning to speak very well, and very quickly! They really do know how to say the word October. They simply remember how they used to say it, and like the sound of it that way!

The words and the illustrations in our book are a collaborative effort!

Proceeds from the sale of this book will go towards helping other people who are newly-arrived to Canada.



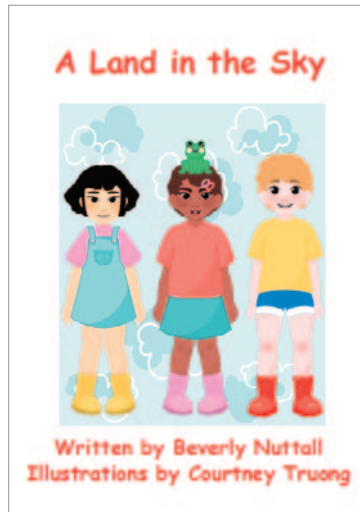
Appealing to all ages, *A Dragon Named Naturally Speaking* tells the tale of what can happen when an individual and a community come together to try to understand one another and to appreciate the gifts of someone who seems so very different.

A percentage of all net proceeds from the sale of this book are split between the Children's Foundation of Guelph and Wellington and the Wilson Education Resource Centre, to support them in their mission to help children and youth reach their full potential through programs that support their intellectual, emotional and physical well-being.



About the Author

Barbara Lynn Andrew is a writer, artist, energy worker and Ordained Peace Minister who lives in Guelph, Ontario and loves it all!



A Land in the Sky is a story of imagination that provides an opportunity for people to explore beyond what we see. Join these friends as they seek adventure in the sky.



About the Author

Beverly Nuttall likes writing poetry for all ages, including topics related to self-discovery and social change. She was raised in the Prairies where people look to the sky for whimsy and inspiration. Beverly now lives in Guelph, Ontario, Canada.

About the Illustrator

Courtney Truong is just beginning her journey in Graphic Design, and *A Land in the Sky* is her first published work. Being drawn into the fascinating world of illustration and design, Courtney hopes to take any opportunity to advance her career in the arts.



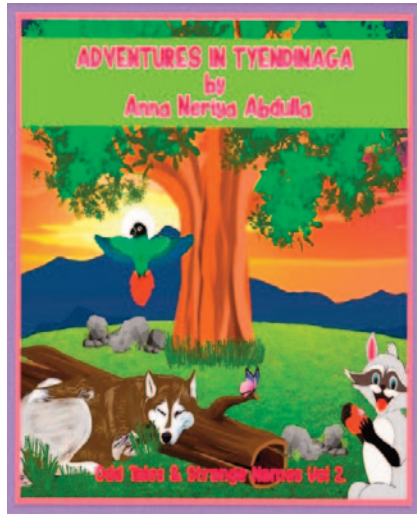


June Anderson has written this book from her personal experience of losing both of her sons. Her wish is to offer an alternative approach to explain death to children using Indigenous beliefs.



About the Author

Late in life, June found she had stories to tell. After years of finding her way and facing isolation during the pandemic, she was a non-writer who became a writer. Her stories involved her life experience as a mother, grandmother, and spiritual care provider. After losing her job of 20 years at a local Food Bank due to Covid, June turned her hand to putting her experiences on paper. She has been acknowledged with a Queen's Jubilee Medal for her work with people living below the poverty line. She believes that it is now time to help others through her newfound interest of putting words on paper about her life.

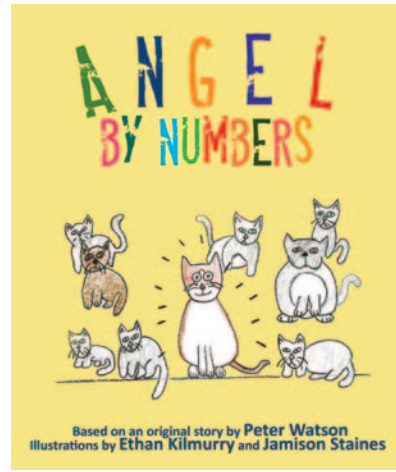


This book contains five fictional short stories that aim to teach children good moral values, such as listening and paying attention to advice from parents, sharing, being kind and caring, being helpful, forming friendships, caring for animals, and so on. The author is from a Canadian Guyanese heritage, and she tries to blend both worlds into her stories while giving purposeful meanings and lessons to the reader. Included in this volume are fun facts where the reader gets a bit of science, geography, language, history and gardening facts. The author is a young, homeschooled student who published her first book at age 8 years old, and she intends to showcase the wonderful benefits of homeschooling life as she continues in her early writing career.



About the Author

Anna Neriya Abdulla is 9 years old and has always been homeschooled by her mom, and she enjoys it very much. Her favourite subjects are math and story writing. She especially loves being outdoors since gardening is her favourite pastime. Anna loves animals and has rescued several. In addition, she likes playing the piano and singing her own original songs and poems. Most of these songs and poems are praises for God because of all the good things He has done and provided including lessons He has given. Lastly, she likes making new friends and having conversations with new people of all ages.



When Guelph author Peter Watson contacted Lisa Browning, Editor and Publisher at One Thousand Trees, about his story of Angel, her first reaction was “This would make a great children’s book!” As the editing process began, it soon became apparent that the story could, and should, be told three ways. And so, *Angel Has Her Wings* has become a story in three versions: an illustrated children’s book, a shorter chapter book for young readers, and Peter’s original story for adults.

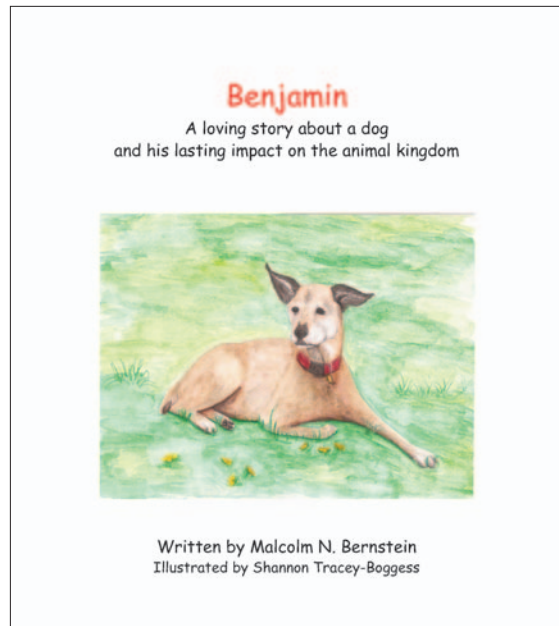
The illustrations in the children's book were created by Ethan Kilmurry and Jamison Staines, two members of the Guelph Humane Society’s Junior Humane Club. Peter’s original story was rewritten for younger children, grades 4 through 6, by Noah Nogueira, also a member of the Junior Humane Club. Animal lover and graphic designer Leah Frieday donated her time to the project, and Burlington water-colour artist Sheilagh Mercer graciously agreed to create a painting for the chapter book cover.



About the Author

Peter’s entry into writing a book does not replicate anything else he has ever accomplished. With only entrance grade education and hard work, he has overcome any shortfalls he may have had with his schooling. Peter’s working life started quite young; first as a paperboy, then as a delivery boy for a corner store. Peter went to work for a car dealership at age 14 and from there to an apprenticeship as a Motor Machinist at an automotive machine shop. After many years working in the shop, Peter moved on to another town as a branch manager for the company. Several years later he became an agent with a Life Insurance Company.

Like many others, the “Midlife Crisis” took its toll on Peter and at 50, his first marriage ended, and he started out on a new journey. Peter met his current wife, Joy and together they spent a few years travelling on their RV between Florida in the winter and a return to Ontario for the summer. Peter’s sudden turn of health brought them back to Ontario to settle in Guelph where Joy resumed her massage therapy profession, and Peter designed and built specialty tables for massage therapists. After Peter retired from business, he found himself with time on his hands and decided it was now time to retrieve the manuscript, “As Told To Me,” that he had channeled so long ago, and bring it to fruition.



Benjamin was found wandering around Newmarket Ontario in April 2000. He was a beautiful mix of border terrier with something much bigger! with a very long thick coat, and six pounds under his proper body weight. He was gentle, playful, athletic, and wise. He was a gift from Helen for Malcolm's 50th birthday and the love of our lives.



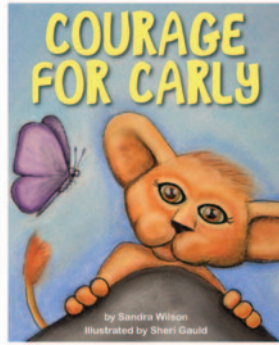
About the Author

Malcolm Bernstein is a human resources/management professional and full-time animal lover.

His professional background includes executive roles in the private, public and not-for-profit sectors and partnerships in the consulting sector.

His commitment to animals and their welfare is in the form of The Benjamin Project (www.thebenjaminproject.ca), a nonprofit initiative he founded in memory of his dog. The mission of The Benjamin Project is to educate on responsible pet ownership and raise funds for shelters, sanctuaries and rescues. Malcolm also serves on the Board of Toronto Humane Society.

Malcolm lives in Toronto with his far better half Helen who brought Benjamin into their lives, for which he is eternally grateful.



Join Carly on her difficult journey climbing the mountain of courage. With some inner strength and a little help from her friends, she fights fear, storms, sleep, and what seems like an impossible climb.

Courage For Carly is a volunteer organization that sends every cent of proceeds to the Ewings Cancer Foundation of Canada.

Ewing sarcoma is an aggressive bone and soft tissue cancer. It is most commonly found in children, teens and young adults between the ages of 10 and 20, though it can occur at any age. It is often misdiagnosed as growing pains or a sports injury. This cancer can metastasize and usually by the time it is diagnosed, 1 in 4 people will be told the cancer has spread. Once it has spread, survival rates drop substantially.

For more information, please visit www.ewingscancer.ca.

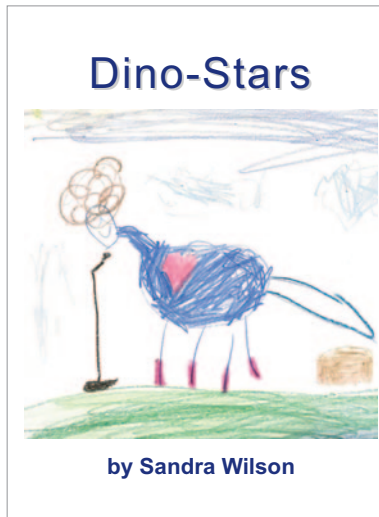


About the Author

Although she never had the privilege of meeting Carly, Sandra was inspired by her story and compelled to help her tell it so she could continue to help others.

Whether battling a life-threatening disease or starting school for the first time, we all face fears in our lives. This book acknowledges that and encourages the reader to move past the fear so they can find the courage to move forward. Sandra wants this book to inspire, to encourage and to bring hope to others – just like Carly has to her friends and family.

Sandra is a professional writer, educator, and photographer. She is also the founder and Director of the Wilson Education Resource Centre in Kitchener, Ontario. Her passion is to help people learn, laugh and be inspired.



Thank you everyone, please take your seat.
Today we have for you a special treat.
We are having a concert, with a dinosaur group.
We call them the Rm 6 Dino-Star Troupe.

It is my pleasure to be a part of this incredible story of friendship and diversity and celebrating the individual. The Room 6 Dino-Stars are such an important part of our Vista Hills community, adding their unique personalities and characteristics to make VH an even better place to live and learn.

Don Oberle - Principal
Vista Hills Public School



About the Author

Sandra Wilson is a writer, educator and photographer looking to bring positivity, inspiration and fun into this world. She has a Bachelor of Arts in English and History and over 35 years of working with children. Sandra's stories are relatable, and they help children understand their struggles a little bit more. She loves to include the children in her stories and therefore most of her books involve a young illustrator. Please visit Sandra at www.quiteacharacter.ca.



The Emotional Animal Alphabet Series

The Kindness Project began when Sandra witnessed a small act of kindness make a big difference to someone. At first it was just the book Kindness Kangaroo but then, with Brenda's help, ideas emerged for Empathy Elephant, Hopeful Hippo and Bravo Bear. Before we knew it a whole alphabet of emotional animals arose.

We thought it was important to get ideas from children as to what they felt the emotion meant and when Sandra was asked into a classroom to discuss kindness a new idea was created.

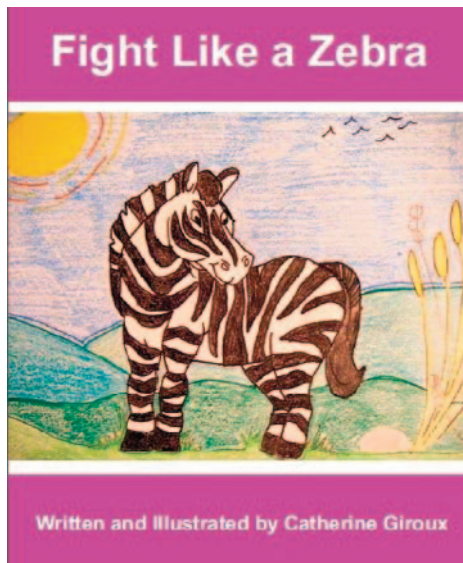
Our plan is to have a class sponsor each book. This means that Sandra, as one of the authors, will visit the classroom and discuss the emotion with the children to gather ideas for the book. Then, the story is developed to include some of their ideas. The completed story is sent to the class so the children can each offer a drawing to help illustrate the book.

Keep an eye on the Kindness Project at www.quiteacharacter.ca for the latest updates and books.



About the Author

Sandra Wilson is a writer, educator and photographer looking to bring positivity, inspiration and fun into this world. She has a Bachelor of Arts in English and History and over 35 years of working with children. Sandra's stories are relatable, and they help children understand their struggles a little bit more. She loves to include the children in her stories and therefore most of her books involve a young illustrator. Please visit Sandra at www.quiteacharacter.ca.



Fight Like a Zebra is a heartwarming tale of how a young girl overcomes the challenges of everyday life with Ehlers-Danlos Syndrome. Charlotte Johnson learns that everybody is facing some unique battle and, sometimes, asking for help and letting people in can pay off in bigger ways than she ever could have imagined. Written for children, parents, and educators alike, this book opens the world of those living with chronic medical conditions to those who are looking to understand. Most importantly, it shows that strength, perseverance, and determination are necessary qualities. It teaches that, together, we are stronger.

50% of net proceeds will be donated to support aneurysm and gentle research in the field of connective tissue disorders.



Inspired by bedtime stories he tells to his two children, Barry has created a heartwarming series about a brother and sister who seek adventure on the wings of Owl and end up discovering so much more.

About the Author



Barry Orme is a lifelong storyteller, in the mediums of poetry, prose, screen plays, articles, comics and adventure role playing. A teacher by trade, he has turned his attention to children's stories. Barry lives in his hometown with his wife and children, and their cat; can't forget the cat.

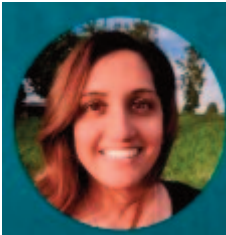
ZEN WANG - ILLUSTRATIONS



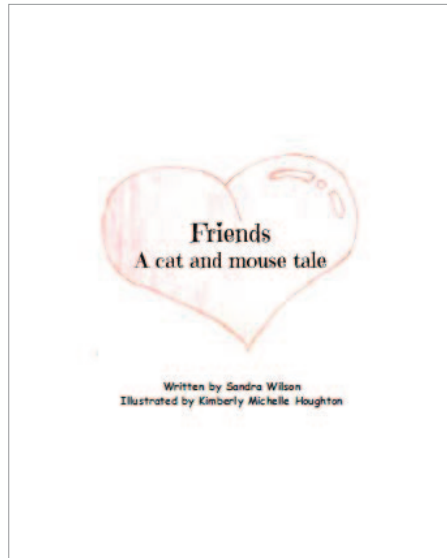
Zen is a Renaissance-style polymath artist who belongs to a long line of courageous creators of art. He combines the Eastern and Western fine art traditions to build enjoyment and learning opportunities for people of all ages. Zen lives in one of the best places on Earth —Canada—with his wife and daughter.

Visit: patreon.com/zenwang and consider becoming a patron.

SAMANTHA PEREIRA - DESIGN AND LETTERING



Samantha is a handlettering artist and designer. She is as much a nerd at work as she is in everyday life. When she passes a sign, she speaks in the way the type appears; when she's watching the latest Disney movie as a full grown adult, she's thinking about the camera's placement. When she is not behind the computer, she enjoys being by a mountain (although they are significantly lacking where she's located) or floating on a pouch couch by the beach.



"Friendship is a special love. It involves people who aren't your family but become your family. It gives you someone you can laugh around, cry on and share your dreams with. This book was inspired by a friendship of two very different people who have become very special sisters."



About the Author

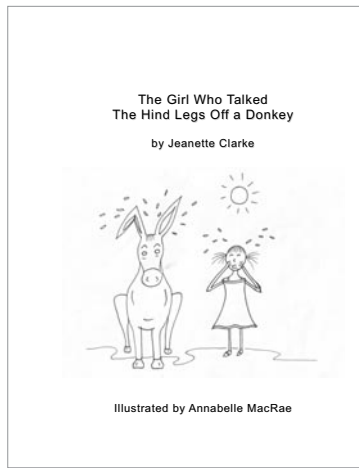
Sandra Wilson graduated from Wilfrid Laurier University with a Bachelor of Arts degree in Language and Rhetoric as well as History. Sandra continued to explore writing with a variety of courses to help inspire and inform. Then, as a mother, Sandra decided to home educate her children and eventually began to customize lessons for them with unit studies she created. The idea that she could inspire learning with her writing has motivated her to continue to include this purpose with all her books.

Today she is an educator, an editor, and continues as a writer offering children's books that inspire learning.



About the Illustrator

Kimberly Michelle Houghton lives in Aylmer, ON and is 10 years old. She enjoys basketball, dance, piano, and karate. She loves to play with her cat Lilly and her dog Bliss who is an American Bulldog. She enjoys drawing because it helps her express herself in many ways and because each drawing is unique.



Keira is a little girl who likes to talk, a lot ... so much so that her grandma told her she could “talk the hind legs off a donkey.” Keira thinks this is funny, but after a donkey ride on a hot day she thinks she has actually caused the donkey to collapse. Keira is so upset that she stops talking.



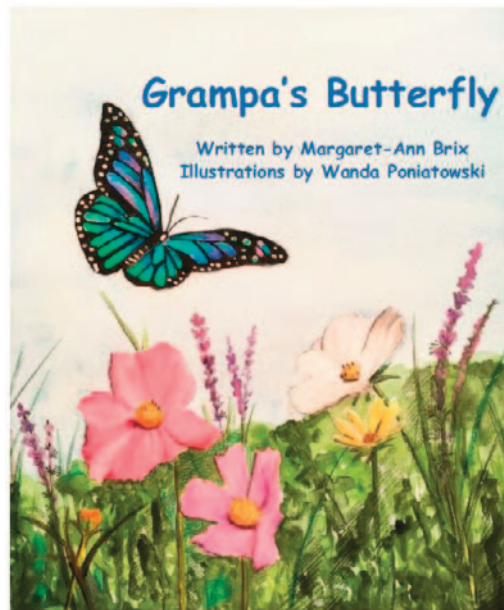
About the Author

In order to encourage her granddaughter, Keira, to read during Covid, Jeanette Clarke wrote this story for her. Scottish born, but now living in Fergus, Ontario, Jeanette is an avid reader, especially of murder mysteries. As a member of a local creative writing group, she is known for committing many murders, at least on paper! Jeanette has had short stories published in the U.K. and U.S.A.



About the Illustrator

Annabelle MacRae is a young professional artist who holds a bachelor’s degree in Drawing and Painting, and a minor in Art History from OCAD University. She is passionate about teaching and the practice of Art Therapy, and believes art can be a remedial process for adults and youth to improve their emotional, physical, and cognitive health



Lilly and her Grampa love to spend time together. While walking through the woods, Grampa tells Lilly the story of the butterfly, through which she learns the importance of being kind to others. One day Grampa encourages Lilly to take a caterpillar home so that she can watch the butterfly emerge from its cocoon. Unfortunately, while Lilly is waiting for her butterfly, Grampa becomes ill. While in the hospital Grampa reminds Lilly to be patient; the butterfly will fly free soon. On the morning that her butterfly finally appears, Lilly learns the true meaning of the "story of the butterfly."

About the Author

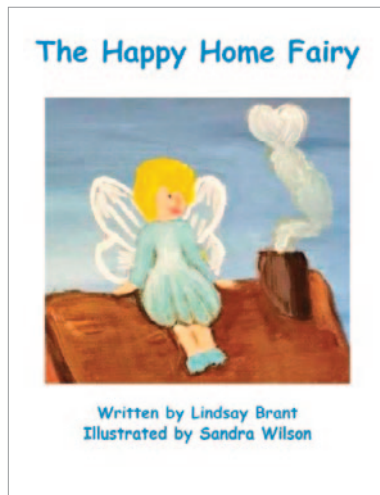


Margaret-Ann Brix was born and raised in Guelph and obtained a Bachelor of Commerce degree from Queen's University. She currently lives with her husband, Andrew Brooks, and their three children Jaimie, Liam and Adam in Metcalfe, Ontario. Margaret-Ann has always dreamed of writing a children's book and Grampa's Butterfly is the fulfillment of that dream. After losing her father and grandmother, two people who greatly influenced her life, within 8 months of each other, she found herself telling the story of the butterfly to her own children to help them cope with their sense of loss and grief. Writing this story has been such a positive experience that Margaret-Ann hopes to publish more children's books in the future.

About the Illustrator



Wanda Poniatowski was born in England and raised in Italy, yet she has lived most of her life in Guelph. Wanda earned a BFA in Fine Art from the University of Guelph and currently teaches Lower Elementary at the Guelph Montessori School. She lives with her husband Jim Garland and two sons, Zachary and Nicholas. This is the first children's book Wanda has illustrated.



The Happy Home Fairy is a whimsical and sweet story written for children who may live in and between multiple homes, and/or with blended families, so that they can know that they are surrounded with love wherever they may go!



About the Author

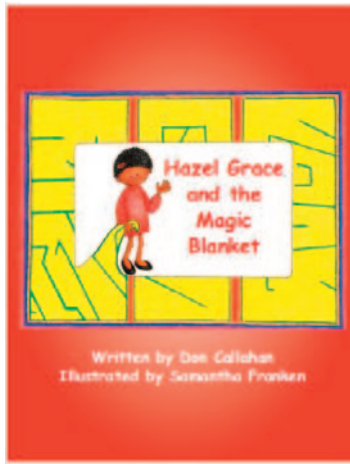
Lindsay (Kawennenha:wi) Brant is an Educational Developer (Indigenous Pedagogies and Ways of Knowing) and an Adjunct Lecturer at Queen's University. She is a mom to two very sweet young boys. She is also a storyteller, and writes non-fiction, poetry, children's literature and self-development books. She uses a culturally based storytelling approach to weave in stories from her knowledge and cultural understanding, and her own professional and personal experiences, to take you on a journey towards discovering your core values and strengths as an individual, while encouraging you to learn, lead and teach from your gifts. You can learn more about her at www.lindsaybrantauthor.com.



About the Illustrator

Sandra Wilson is a children's author, educator and illustrator living in Ontario, Canada. With her writings and drawings she hopes to inspire children to explore the world with a creative eye, think about all the ways a story can be told and create stories of their own.

Visit her website at www.quiteacharacter.ca.



This story is about the real-life adventures of 'Hazel Grace,' a wonderful friend, coworker, and inspirational leader who has a true love of life. Hazel Grace has a special way of seeing life for what it is, and how it should best be lived. Always one to help other people, Hazel Grace truly is a Magic Blanket to everyone she meets.

About the Author

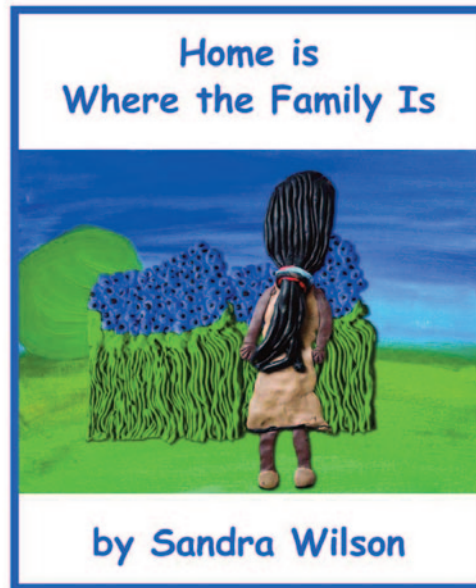


Don Callahan grew up in Dartmouth, Nova Scotia where he met and married the love of his life twenty five years ago. Don's love of life is evident in his two grown children, who also enjoy travelling and finding new adventures of their own. Don lives in Waterloo, Ontario with his wife, two cats, and a magic blanket of his own.

About the Illustrator



Samantha Franken has spent over twenty years expressing her creativity through drawing, painting, sculpture and mixed media. She is very grateful to her friend, Don, for inviting her to illustrate this lovely story. Sam lives with her amazing husband, two beautiful children and one crazy Siamese cat in Cambridge, Ontario.

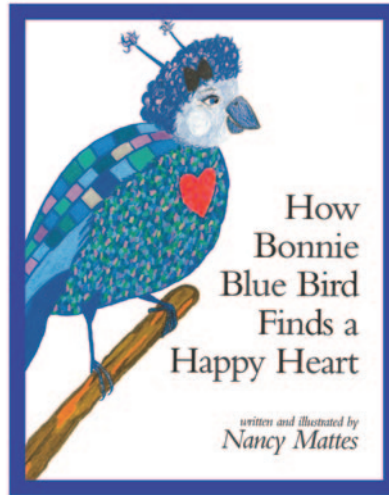


Cornflower loves her home but now it is time to move. Cornflower doesn't want to move and leave all the things that are special to her. Despite her complaints, Cornflower's family tells her they will be moving. Then, her grandmother gives her some advice that makes the move seem not so bad after all.



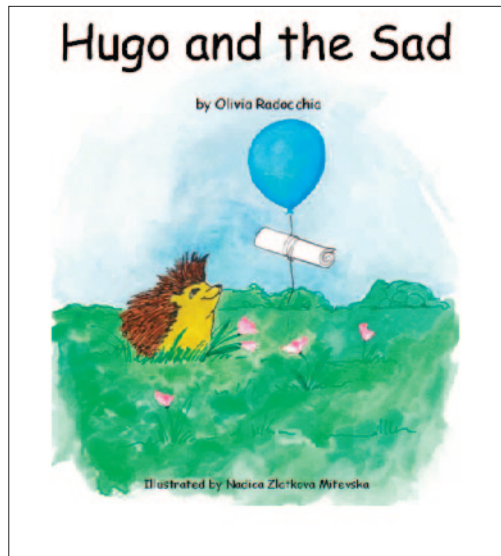
About the Author

Sandra Wilson is a writer, educator, amateur photographer and Director of the *Wilson Education Resource Centre*. With a Bachelor of Arts in English and History, much of her work includes historic facts presented in fun and interesting ways. Although trained to take portraits at Sears Portrait Studio, Sandra prefers to capture nature with her camera. Her passion is to help people learn, laugh and be inspired.



After a sudden storm, Dickie and Ollie Blue Bird discover that their nest has blown away. Their neighbour Bonnie decides to help, and begins a journey of giving that unites all the blue birds in the big old cherry tree.

This delightful original story teaches the joy of giving to children of all ages. This edition is published in support of the YMCA of Three Rivers, which seeks to make our diverse communities healthier and more vibrant. With dignity and respect, their programs and services have been created to inspire individuals to reach their full potential.



Hugo and the Sad tells the story of a young hedgehog who, not quite knowing why, begins to feel sad. At first, he does not know how to make the Sad go away and has trouble explaining to his friends how he feels. Just then, along comes Sammy the Snail who shows Hugo a creative way to express himself and how let the happy feelings flow back in!

Hugo and the Sad provides an engaging, interactive way for children to learn creative strategies which will help to build emotional resilience. This book is perfect for children ages 2 to 6 and includes blank work pages as well as a parent and teacher resource section.



About the Author

Olivia Radocchia lives in Toronto, Canada and works in the field of psychology in assessment and counselling. In her free time, she runs an Italian coffee truck, hosts wellness retreats in Italy, loves to dance, play piano, read books, and spend plenty of time in nature. Most of all, she loves spending time with her family and friends.



Hugo and the Silver Lining follows the journey of a young dog as he learns to find the silver lining in a new (and somewhat scary) situation. The story highlights the importance of adaptability when faced with new challenges.

The story begins with Hugo at the farm where he had lived since he was born, along with his farm animal friends. One day, a girl comes to take him to his forever home. The story outlines difficult emotions children face when being put into a new environment, and the importance of friendship during difficult times.

This is the first in many books of a series to help aid children to cope with more uniquely mature situations that can be faced in life; by assisting in teaching mindfulness and meditation techniques to help self soothe during life's more difficult times.



About the Author

Jess Foye currently works in the hospitality industry after attending college for Print and Broadcast Journalism in Toronto in 2015, as well as a certification in Mental Health Support in early 2020. Born in New Westminster, BC, Jess currently resides just outside of Toronto, ON, where she is also working towards returning to post-secondary to continue her education and skills to continue to assist in the mental health field and further assist children in foster care.

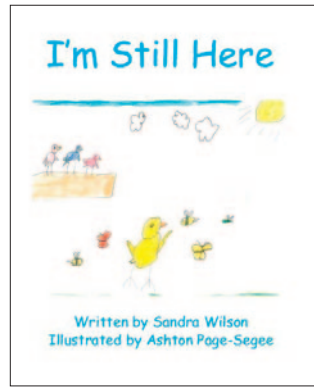


COVID-19 is a bad virus, but nothing to be afraid of. It's not scary if you wash your hands and practice social distancing! This book is a great reminder, and a source of hope, for both big and little kids



About the Author

Jackie Cooper is the youngest of 3 siblings, was born and raised in Cambridge Ontario, and now lives in Guelph. She is a self-taught artist, a lover of magic, and a total health nut. She also loves nature, photography, and her dog Nugget, and has been grooming dogs for 30 years. Most days if you don't see her out walking her dog, she'll be in her home gym, or just having fun creating!



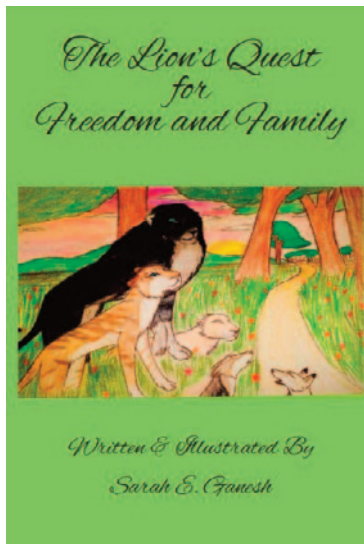
I'm Still Here is a heartwarming story about a struggle to get noticed, that becomes an understanding that we can all get there in our own time.



About the Author

Sandra Wilson is a writer, educator and photographer looking to bring positivity, inspiration and fun into the world! She has a Bachelor of Arts in English and History, and over 35 years of working with children. Sandra's stories are relatable, and they help children understand their struggles a little bit more. She loves to include the children in her stories, and therefore most of her books involve a young illustrator.

Please visit Sandra at www.quiteacharacter.ca.

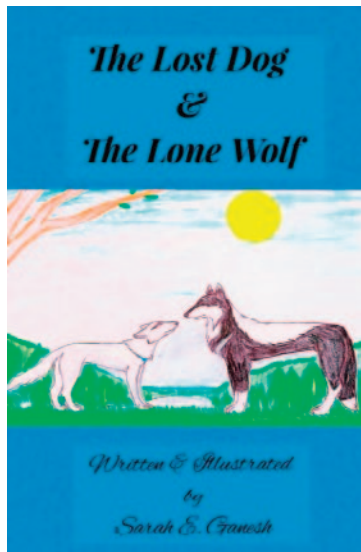


In this novel, Hairan and his friends are on an exciting quest to find his long lost mother. The way to his destination is full of obstacles, danger, and enemies. He finds out hidden secrets about his past; some which are too sad to hear. Many things challenge him to persevere. But, he pushes on determined to reach his goal. Learn lessons about perseverance, thankfulness, courage, and much more as you join Hairan on his unforgettable quest for freedom and family!



About the Author

Sarah Ganesh is a talented 13-year-old Guyanese American author and illustrator who found her joy for writing at five years old. Other than drawing and writing, she also loves to play piano, cook, train her dog Shirah awesome tricks, and most of all study God's Word and spend time with her family. Sarah believes that with God all things are possible even if your goal seems far from your reach. She is also homeschooled and is very intrigued about learning, especially languages and history, which sparks a curiosity in her. Sarah is determined and hopes to continue publishing books and teaching all ages Christian-based morals. She wants to remind all readers that with God your farthest dreams are possible!

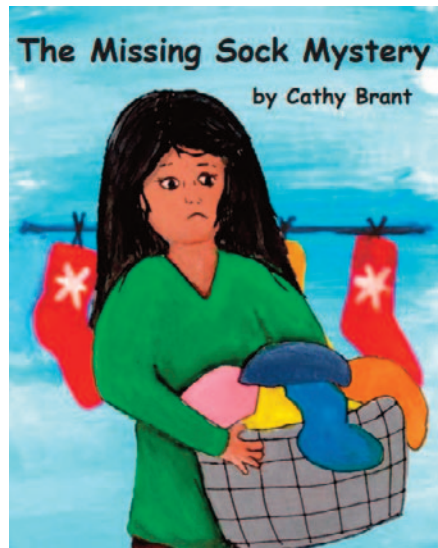


Come on the adventurous and epic journey of Shira, a lost dog, as she beats the odds against her in the wild terrain of the Northern Forest and finds her way home. Along the way, she meets many friends and foes but her greatest friend of all comes from the most unexpected place, whose loyalty and love gives her hope and courage as she finds her home again.



About the Author

Sarah Ganesh is a talented and dedicated Guyanese American author who has been writing since she was five years old. She enjoys seeing her imagination come to life when she puts it on paper. She also loves to draw, play the piano, and spend time with her family. She is especially fond of playing and spending time with her furry pal, Shira. Sarah believes that with God all things are possible and sets aside special time daily to study the Bible. She also loves listening to Christian music and engaging in conversation with the elderly because she learns a great deal from their life experiences. She is homeschooled and quite intrigued about learning, especially history and languages and how things came to be. She hopes to continue writing and publishing more books that will help inspire others and remind them that no matter what happens in life; with God all things are possible.

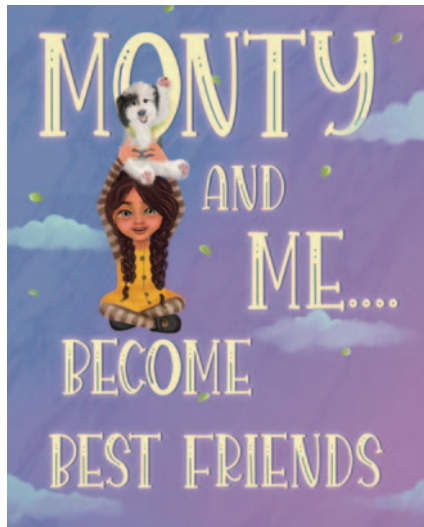


The Missing Sock Mystery is a fun rhyming book with some math practice included. You can look for the patterns and practice counting!



About the Author

Cathy Brant is an educator, a mom and a grandma. She has been working with children for over 40 years. She has a passion for reading with children and teaching them how to read.



About the Books

The first in a series, *Monty and Me ... Become Best Friends* is about a little girl, Lucy, and her new puppy, Monty. Monty and Lucy develop a new-found friendship and a strong bond of love is built between them as they make a promise to care for one another.

In the second book in the series, *Monty and Me ... Go to the Park*, Monty and Lucy strengthen their friendship and bond of love as they help each other work through the fear they encounter when they are caught in a thunderstorm.

About the Author

Brenda Sullivan is a retired registered nurse and mom of one son. Recently life has been turned upside down by a mild traumatic brain injury but because she has had great life lessons she has been able to turn lemons into lemonade.

Visit her at www.brendasullivan.ca.

About the Illustrator

Leena Shariq is a self-taught, Pakistan-based children's book Illustrator and portrait artist. Always encouraged by her parents, Leena started freelancing at the age of 16, and now, after five years, she has illustrated many children's books, one after another. Her body of work consists of semi realistic illustrations and stylised portraiture.



Mr. Frighten

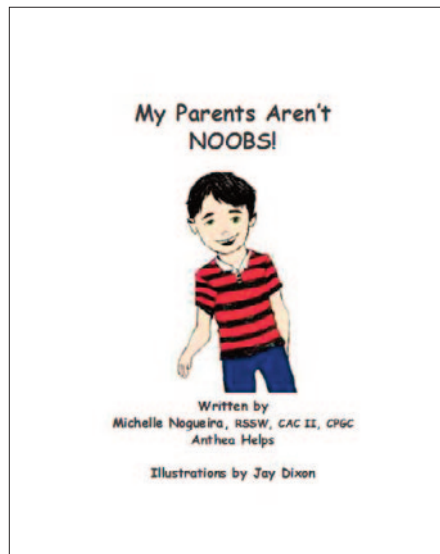


Written and illustrated
by Marisa Weir



About the Author

Born and raised in Guelph Marisa Weir is a graduate of the University of New Brunswick. She is married, and has two children.



This heartfelt story for children (age 5-8) and parents highlights the importance of technology (video games) with today's generation of youth. Throughout the book there are chat bubbles that provide important information for children and parents about key elements that promote healthy video game habits (communication, limit setting, game ratings, and balance/variety). This story will hopefully inspire ongoing family discussions that will provide a fountain of information and understanding that will serve as a spring board to managing video games within the home.

A percentage of net proceeds from the sale of this book will go to the Children's Foundation of Guelph and Wellington, and the Wilson Education Resource Centre, two organizations that care about the health and wellbeing of our children and youth.

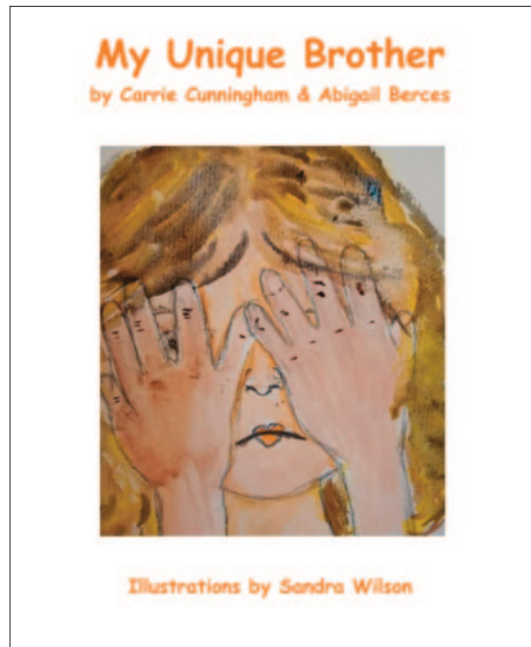


About the Author

For the past 27 years, Michelle Nogueira has worked through the continuum of care in the addiction field. She has achieved certifications in Gambling, Addictions, Internet Addiction and Psychology of The Web, and is a Registered Social Service Worker. Michelle is currently working at Homewood Community Addictions Services as a Problem Gambling Counsellor and teaches an Introduction to Relapse Prevention at Wilfrid Laurier University (Addiction Certificate Program).

In Michelle's professional role, she has seen a crossover from gambling to gaming and vice versa and notes many similarities between the two behaviours. Most importantly, Michelle has approached this project as a concerned mom. She has an 11 year old son who enjoys gaming and her personal experiences in raising a son has peaked her professional interest and passion for learning.

For the past 6 years, she has been delving into the fascinating world of video gaming and has had the opportunity to present on video gaming to diverse audiences (parents, youth, teachers, Social Workers, Child and Youth Workers, Psychologists and other helping professionals) at a variety of forums.

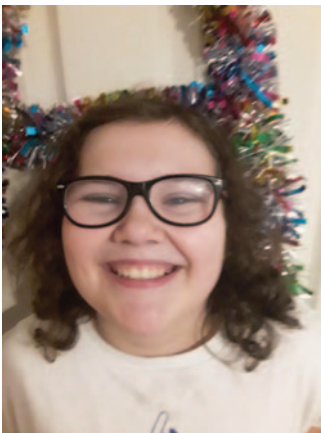


My Unique Brother is a story that helps you understand Autism, and how to help someone who is on the spectrum. Whether they are non-verbal, or have some sensory sensitivities, this book can help you understand what they might be going through, and how you can help them feel comfortable in the world around them. It reminds you that differences are beautiful and should be celebrated.



About the Authors

Carrie Cunningham is a writer who currently resides in Ayr, Ontario. She has always wanted to be a mom, and is blessed to be a mother of four beautiful children.



Abigail Berces is ten years old and is currently in grade five. Her favourite subjects are art and science. She is an artist, who loves anime, ramen, and spending time with her friends and family.

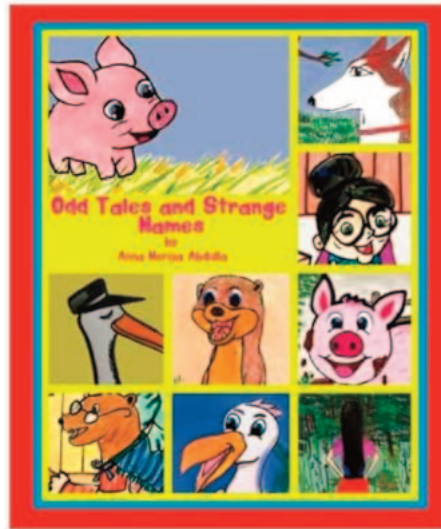


The book is about the experiences of a young boy, and a young girl, who have are leaving their old school and then heading to a brand new school the next day. It talks about their nervousness about going to a new school, and the worries they face. It goes through their their first day at the new school and the wonderful experiences they have meeting their new teachers and friends, and overcoming the obstacles of being the new kid in class, with an optimistic outlook and outcome.



About the Author

Matt Kernaghan has been teaching for the past 14 years on various First Nation reserves, as well as all over Ontario. Teaching and making a difference in children’s lives, has always been his passion, and he hopes this book helps young students with the process of moving from one place to another. Children often move from one spot to another at early times in their lives, and this process is often difficult for them. Matt wrote this book with the hope that it will help ease some of the stress and anxiety they may face when dealing with these life experiences and changes.



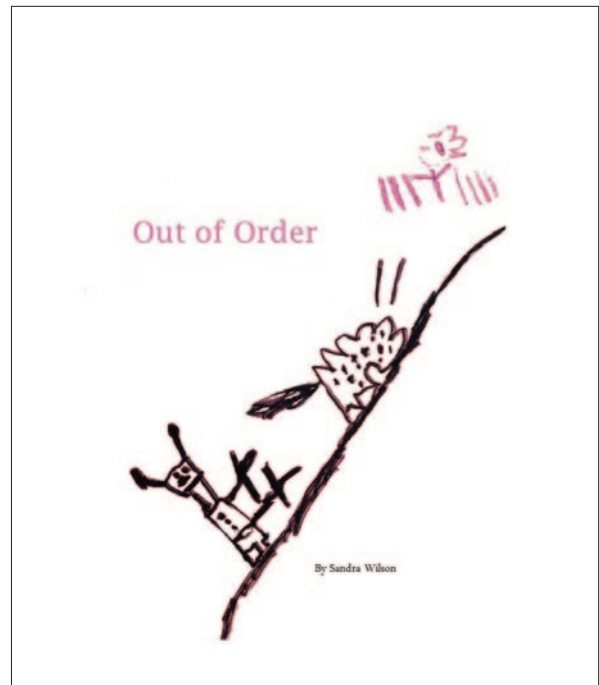
Odd Tales and Strange Names contains the following five short stories, each with a moral lesson:

- Aunty Kat-a-Har Learns Something New
- Aunty Shack-shack's Crab Soup
- The Glistening Pearls
- Piggy-Jiggy Saves the Day
- Stumbling Upon a Family



About the Author

Anna Neriya Abdulla is 9 years old and has always been homeschooled by her mom, and she enjoys it very much. Her favourite subjects are math and story writing. She especially loves being outdoors since gardening is her favourite pastime. Anna loves animals and has rescued several. In addition, she likes playing the piano and singing her own original songs and poems. Most of these songs and poems are praises for God because of all the good things He has done and provided including lessons He has given. Lastly, she likes making new friends and having conversations with new people of all ages.



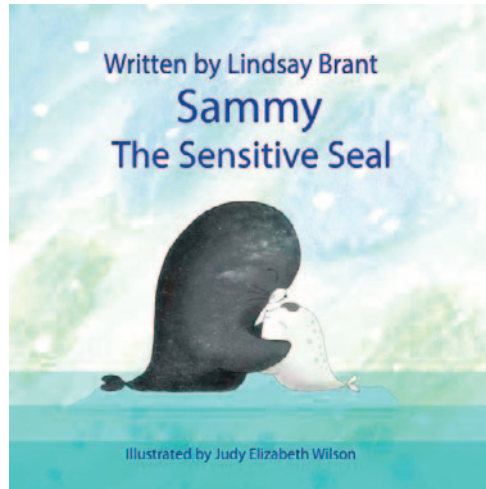
The Robot Rules series is part of the Kindness Kangaroo Project, which has author Sandra Wilson visiting groups of kids with a workshop that engages them in storytelling ideas. These ideas are worked into the final story and the children then provide illustrations to finish the book. Visit www.quiteacharacter.ca for information on all the project books.



About the Author

Sandra Wilson is a children's author, educator and illustrator who lives in Ontario, Canada. With her writing she hopes to empower and inspire children and help get the conversation started on topics that can make a difference in the life of a child, and even the world.

She believes compassion and understanding are key concepts to learn to create a better world. And stories are a powerful tool to help teach these concepts to children.



Sammy The Sensitive Seal is about a young seal with big feelings. He has trouble navigating his feelings, as well as life in the sea. By the end of the story, we see Sammy is able to begin to express his feelings, and feel more comfortable in his ocean home.



About the Author

Lindsay (Kawennenha:wi) Brant is an Educational Developer (Indigenous Pedagogies and Ways of Knowing) and an Adjunct Lecturer at Queen's University. She is a mom to two very sweet young boys. She is also a storyteller, and writes non-fiction, poetry, children's literature and self-development books. She uses a culturally based storytelling approach to weave in stories from her knowledge and cultural understanding, and her own professional and personal experiences, to take you on a journey towards discovering your core values and strengths as an individual, while encouraging you to learn, lead and teach from your gifts. You can learn more about her at www.lindsaybrantauthor.com.

Super Kids vs the Climate Monster



by Sandra Wilson

Super Kids vs the Earth Monster



by Sandra Wilson

Super Kids vs the Energy Monster



by Sandra Wilson

Super Kids vs the Garbage Monster



by Sandra Wilson

Super Kids vs the Green Monster



by Sandra Wilson

Super Kids vs the Motor Monster



by Sandra Wilson

Super Kids vs the Smog Monster



by Sandra Wilson

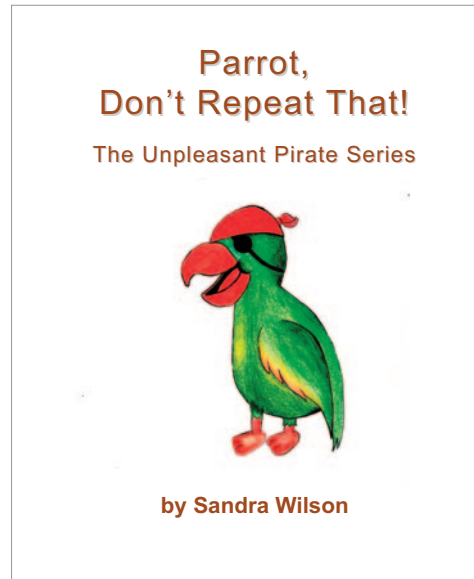
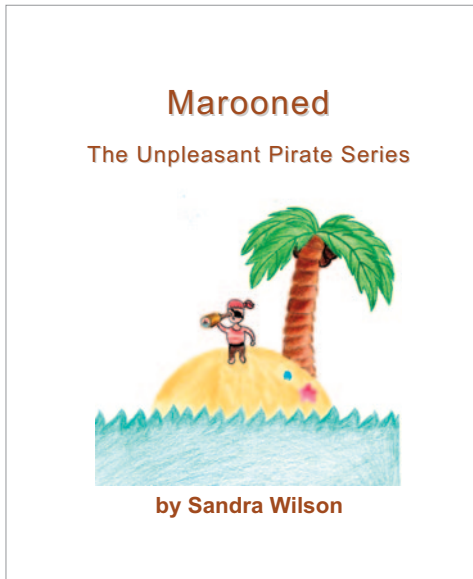
Super Kids Save the World is a book series with a focus on the environment. Each book will have ideas and illustrations contributed by a classroom of students to help bring awareness to specific environmental issues.



About the Author

Sandra Wilson is a children's author, educator and illustrator who lives in Ontario, Canada. With her writing she hopes to empower and inspire children and help get the conversation started on topics that can make a difference in the life of a child, and even the world.

She believes compassion and understanding are key concepts to learn to create a better world. And stories are a powerful tool to help teach these concepts to children.



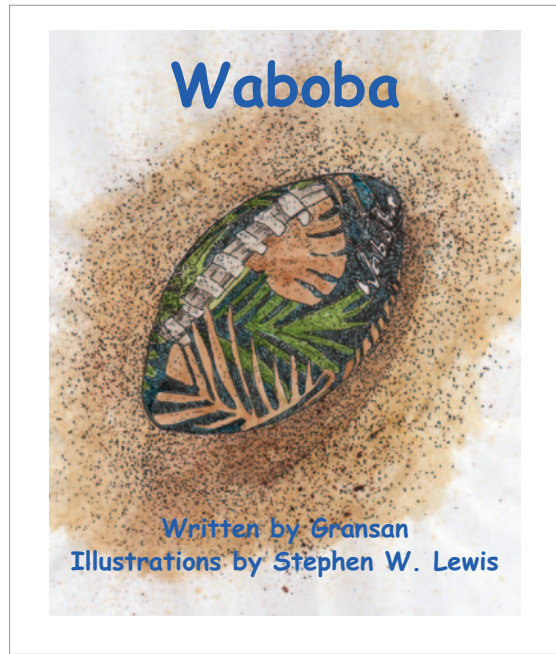
The Unpleasant Pirate series focuses on bullying issues. Each book will have ideas and illustrations contributed by a classroom of students to help bring awareness to bullying and discover ways to deal with the situations.



About the Author

Sandra Wilson is a children's author, educator and illustrator who lives in Ontario, Canada. With her writing she hopes to empower and inspire children and help get the conversation started on topics that can make a difference in the life of a child, and even the world.

She believes compassion and understanding are key concepts to learn to create a better world. And stories are a powerful tool to help teach these concepts to children.



About the Author

Gransan, only officially referred to as Sandra Ruth Phair, has been writing for pleasure during the past three years. The several special someones in this book are her immediate family of eight. Theresa and Tegan are the greatest and the best in her life. Their wonderful husbands, Glen and Daryl, and their children, Sam, Andrew, Avi and Jace, bring light and love into many experiences of life.

About the Illustrator

Stephen Wm. Lewis has been sketching for eight decades. He has a Master of Fine Arts and a Master of Science in Art Education. He is known as an art educator, artist and welded steel sculptor. He likes lots of textures in his artwork. In this book he has used an art technique with numerous small dots or specks, called stippling. Mr. Lewis lives in Guelph, Ontario with his dog, Savannah.

When I Am Among the Trees

a book about forest bathing



Do you like to be among the trees?
Do you feel their strength and their power to heal?

When I Am Among the Trees contains
twelve stories about the benefits of forest bathing,
each beautifully illustrated by artist Sandra Wilson.

It is our hope to get children, and adults too, out in nature
as much as possible, and we hope that these stories
provide the inspiration to do just that!

Authors:

Leslie Barker
Sandy Bassie
Lindsay Brant
Lisa Browning
Bill Brubacher
Brenda Cassidy

Lisa Creighton
Arlene Davies-Fuhr
Alyssa Delle Palme
Marilyn Helmer
Francine Houston
Linda Kent



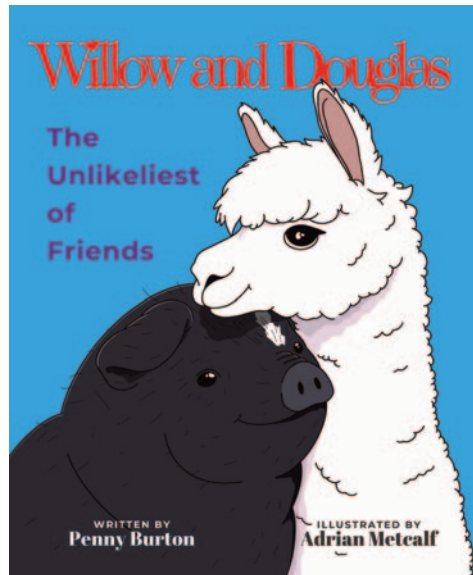
Who Needs Little Brothers Anyway? is a delightful story about a big brother, about to get a little brother. It is a publication of **Saplings**, *children's book publishing with a difference*. Fifty percent of all net proceeds from the sale of **Saplings** books goes to charity, and the proceeds from *Who Needs Little Brothers Anyway?* is being donated to Big Brothers Big Sisters of Guelph.

Who Needs Little Sisters Anyway? is a delightful story about a big sister, about to get a little sister. It is the companion book to *Who Needs Little Brothers Anyway?*, published by Saplings in 2014. Fifty percent of all net proceeds from the sale of both of these books, now sold as a set, is split between Big Brothers Big Sisters of Guelph, the Children's Foundation of Guelph and Wellington, and the Wilson Education Resource Centre in Kitchener..



About the Author

Brenda Cassidy has learned many lessons on the long road to finding herself, one of the greatest of which has been that we need to love ourselves and take the time to do the things we are passionate about. Brenda has always been passionate about writing. It was one of the things she had put off for a long time, but is now bringing some of her ideas to life, and to be able to share them with others is one of her lifetime goals. She is the proud mother of three grown sons, one granddaughter and three grandsons, with another on the way. Brenda is very proud to be partnering with Big Brothers Big Sisters on this project ... "It's a wonderful organization and a blessing to many little brothers and little sisters."



This beautiful story of Willow and Douglas is true. It is a tale about compassion, understanding and acceptance, Reminding us that even in the most unexpected places, we can find the truest form of friendship. The story imparts a valuable lesson about the beauty of diversity, the power of kindness and the importance of keeping your heart open when everything seems at a loss.



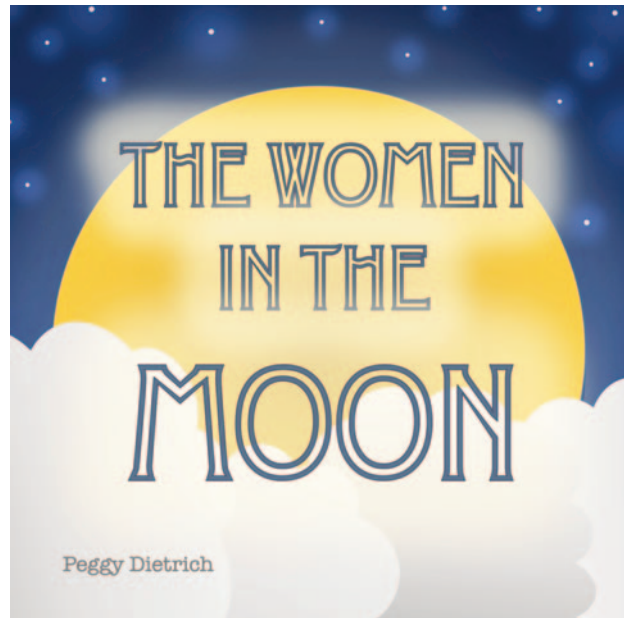
About the Author

Penny Burton's love for animals spans a lifetime. Her journey in farming began at a New York City street market where she impulsively purchased an alpaca cape. She had no idea what alpacas were but was captivated by its softness. A visit to an alpaca farm deepened her fascination, setting in motion a seven-year endeavour to build Brae Ridge Farm and bring 5 alpacas into her life.

Sharing her days with these gentle animals taught valuable lessons in kindness, compassion, and the innate love that animals possess. Inspired by them, the Sanctuary was born and she began rescuing animals in need of a loving home.

Willow and Douglas were scared, defeated and utterly sad when they arrived at Brae Ridge. Watching them learn to trust again and their relationship bloom was incredibly beautiful.

Penny's hope is that their story brings you a smile and illustrates that a little kindness can do amazing things.



While on holiday, walking the beach one evening, I was thinking about the movements that women were engaging in all over the world.

When I looked up at the moon, shining in the night sky, it occurred to me that all of the other women could see this same bright moon – especially my granddaughters at home in Canada.

My thoughts went to those feeling unloved or hurt or depressed, without anyone to help them; especially our young and vulnerable girls. I hoped that, maybe, if each girl could look up at this same moon and sense the caring thoughts and prayers of others around the world, they would have comfort and even empowerment to overcome the issues around them.

We, as women, can join together to form a healing community throughout the globe. We just have to look up at the moon and believe in ourselves.

Peggy Dietrich



About the Author

Peggy Dietrich is a mother and grandmother, residing in Waterloo, Ontario, Canada. Although she has written poetry since she was young, this is her first published book.

When she isn't playing with her grandchildren, hosting dinners for friends and family, or helping at her church, you can find Peggy strolling the parks close to her house – capturing the most astonishing aspects of nature through photography.



This is the story of Zola, an ambitious, zealous pig who wears aviator glasses and designs over-the-top adventures for herself. Her zany personality sparkles in the sequined outfits she adores. Zola is an inspiration as she overcomes obstacles and discovers a way to accomplish her dreams.



About the Author

Arlene Davies-Fuhr was an English as a Second Language teacher, a community college English instructor, and a Mennonite pastor. She enjoys playing the ukulele, dulcimer, and djembe drum. Arlene is quite unconventional and has been called the Queen of Razzmatazz. It's not a stretch to see ways that Arlene and Zola are similar.

About the Illustrator

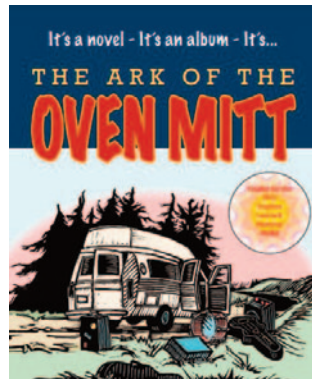
Born and raised in Ukraine, Yaroslava Fedoriv holds degrees in Applied Mathematics and Linguistics, and is currently serving as a Professor of English at the National University of "Kyiv-Mohyla Academy. Beyond academia, she likes photography, painting, and adapting AI images as she seeks to convey the serene beauty of the world.





ONE THOUSAND TREES

Fiction



A reporter for a Canadian music magazine is asked to do a 'where-are-they-now' story about 'Miles and Myles', a popular band in the '80s.

Maddie Myles, the charismatic lead singer, leaves her partner and the band at the height of its fame, and disappears. Her ex, Miles Gerber, has been touring the bar circuit for 20 years with his own group "Miles Gerber and The Shit Disturbers." As the audience declines, Miles says each night that they are 'searching for the end of the music business.' Miles is unwilling to be interviewed, so the reporter gives an old tape recorder to the group's drummer, who gives us a rolling report on the slow decline of the band, and the music business in general.

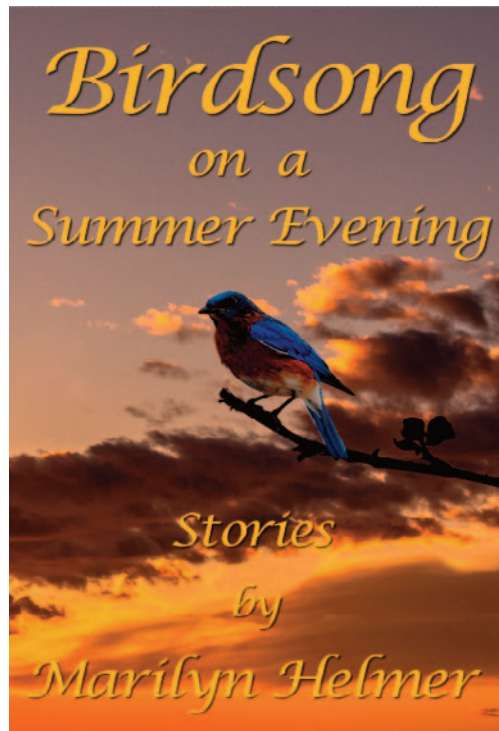
One day, in their beat-up touring van, they pick up a dynamic young woman at the side of the road, who starts them on a new journey: not an ending, but a new direction that leads to a revival, and lots of self-discovery for Miles. Along the way they learn the value of community, and the power of stories. In Part Two they accidentally find themselves at the centre of an embryonic 'utopian colony' with a festival atmosphere, which is where the unusual title of the book comes from. Miles writes songs along the way that tell the story of the challenges of a changing world, compelling tales of those who have fallen in between the cracks of a system that has left them behind.

With humour, and 36 original songs, we laugh, learn, and love along with a rag-tag bunch of characters who find resolution and fulfillment after years of drifting along an endless highway.



About the Author

James Gordon is a songwriter, playwright, producer, performer, activist and a City Councillor in his hometown of Guelph Ontario Canada. He has released 40 albums as a solo artist or with his former band Tamarack, and was songwriter-in-residence for CBC radio's Basic Black and Ontario Morning. This is his first novel.

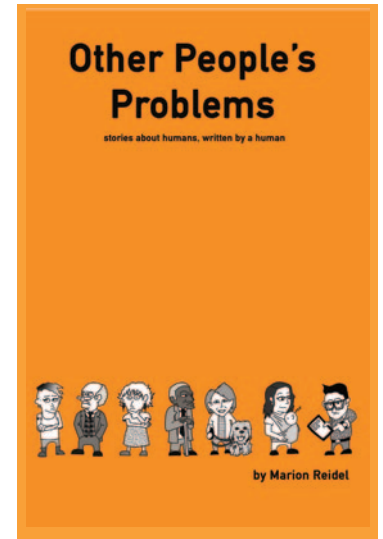
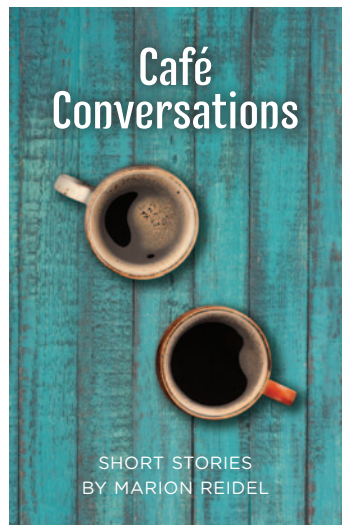
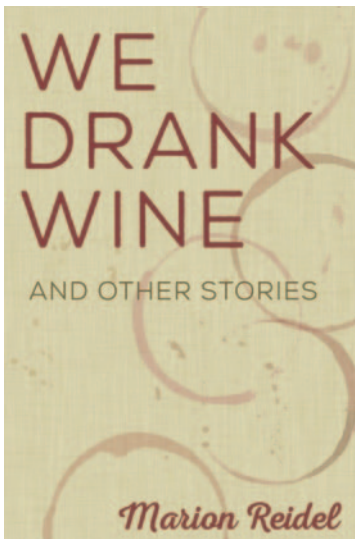


About the Author

Marilyn Helmer is the award-winning author of over 30 children's books. Her books include picture books, early chapters, retold fairy tales, riddle books, and novels.

Her short stories, poetry and articles have appeared in many children's magazines and anthologies in Canada and the United States. Marilyn's penchant for entering writing contests has results in success with short adult fiction as well.

You can visit her website at www.marilynhelmer.com.



About the Books

We Drank Wine: The foibles of four women, their families, and neighbours form a web of stories woven among the rituals of sharing wine. These accounts are a cosmic peek into the lives of everyday people.

Café Conversations: This collection of stories is dedicated to neighbourhood coffee shops where people gather and their life journeys intersect.

Other People's Problems: This collection offers sharp, satirical observations of the human condition. Reidel's characters find themselves in awkward situations and often respond without filters.



About the Author

Marion Reidel is a prize-winning author who enjoys crafting stories that evolve from daily life. She has written for most of her adult life, as a journalist and a marketing expert.

She regularly performs at Open Mic nights because she craves attention and loves to make people laugh.

You can track her down on the internet by typing in her name.



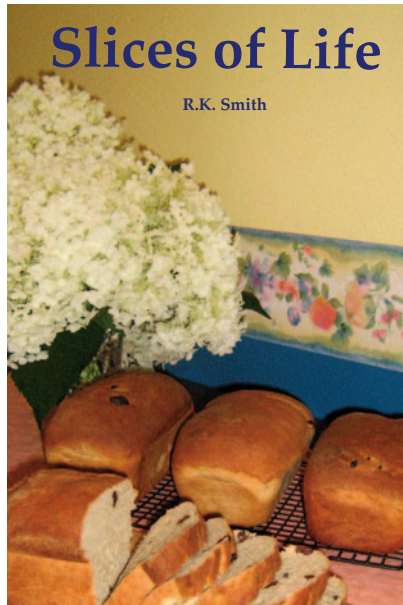
New to town, Rebecca was hoping to meet some new people, maybe go on a date or two. What she wasn't expecting was to meet Daniel, a handsome man, a man with secrets.

Daniel went out for a drink that night, after a day of hard work. What he wasn't expecting was to meet Rebecca, a woman who was looking for someone.



About the Author

Samantha Kis lives in Guelph ON, with her fiancé, four cats and hamster. She has a diploma in Child and Youth Work, and spent five years working as an adolescent mental health and addictions counselor, before deciding to pursue a bachelor's degree in psychology at the University of Guelph. This is Samantha's first novel, which she says will be the first of many.



Enough already with the superheroes, superstars, and supernatural characters!

Most of us are ordinary people, leading regular lives. But we are all the heroes of our own existence and that isn't unexciting.

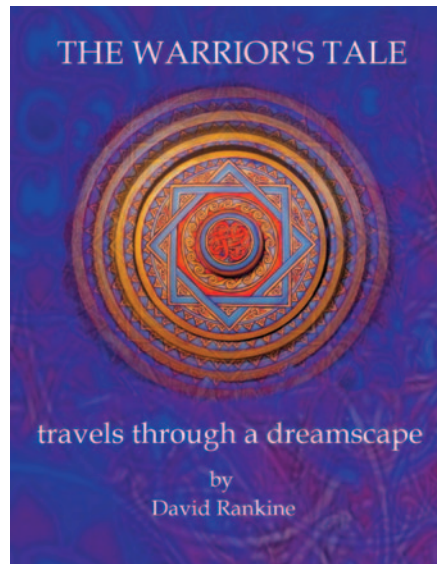
In this collection of short stories, there is no one with X-ray vision, no Hollywood idol, no vampire. Instead, there is a man who reluctantly attends a memorial service for an unremarkable colleague and discovers he wasn't so ordinary after all. A girl whose mother recently died reconnects with her father who is lost in grief. A woman discovers support from school friends who seem to have grown apart as adults.

Positive and optimistic, these stories affirm the strength, creativity, and thoughtfulness we all have.



About the Author

Like many writers, R.K. (Bob) Smith has worked in widely different places, from a YMCA camp in Lebanon and Easter Seals Camp in Ontario to Canadian factories, railways and colleges, accounting for diverse characters, settings, and story lines. He describes his stories as character-driven as people face challenges with creativity and integrity, often connecting with others as part of the process. He believes all people, no matter how ordinary they think their lives might be, are actually extraordinary, and that sentiment is reflected here.



Warrior's Tale is a compilation of stories within stories, set in the 'no-time' of the storytelling, in a dreamscape that is here (yet anywhere) and peopled by characters who are familiar to us all. Warrior, Farwalker, Artist, and Sha Ne Kwa the Shaman join a host of other archetypal characters who explore themes of death, birth, awakening, joy, awe, sadness and creation. These stories speak to a common human experience and will resonate with readers of all ages and backgrounds.

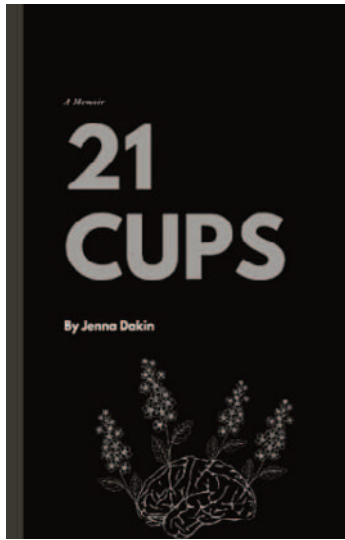


About the Author

Through his original music, art, writing and teaching, David Rankine explores the nature of creativity and its place in healing, and in the development of consciousness and search for self. David lectures on medieval sacred art and sacred geometry, and his work with mandalas (both graphic and sonic) as a healing tool has been recognized in a number of publications. He lives and works in rural Huron County.



Non-Fiction



About the Book

A paralyzing stroke changed Jenna's life in a matter of seconds. To lose the past 21 years of memories made it seem like she was starting life over again in a world she knew nothing about. Her recovery is neverending, but *21 Cups* is a glimpse into the first year of her new life.



About the Author

Jenna Dakin is a normal girl with a not-so-normal story. A paralyzing stroke at the age of 21 left Jenna with severe impairments, including the loss of her long-term memory. For the past year and a half, she has worked to regain her mobility and understanding of the world. Not only has Jenna learned her own name again, learned to speak, and learned to walk in the past year, she has completed undergraduate and post-grad degrees, started a masters program and published a book entitled *21 Cups*. Jenna has spent this first year of her new life embracing all it has to offer. After all, not everyone is lucky enough to experience all their firsts again.

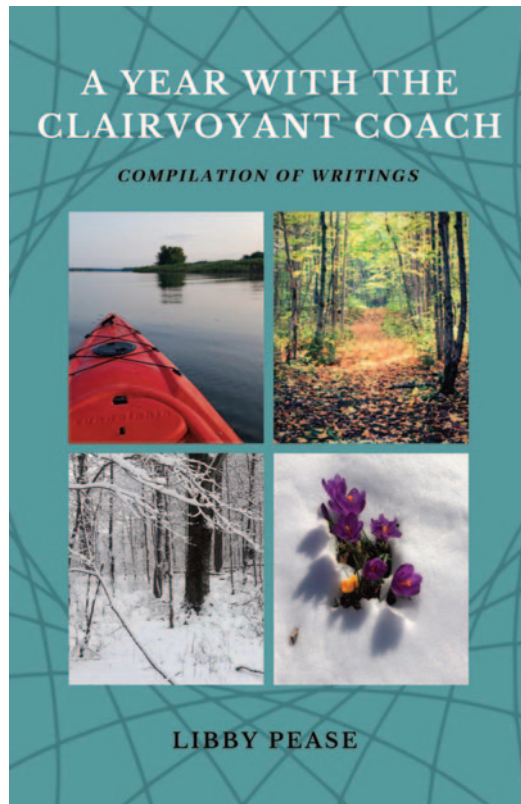
A PRACTICAL GUIDE TO SHEEP DAIRYING



Eric and Elisabeth Bzikot

Having received little advice when we first began milking, and having learned most of our lessons through hard experience, we are writing this book to give practical advice to sheep dairy farmers to help them avoid problems in this field of farming. If you come from a background of dairying (cows, goats) there will be similarities, but also differences. We ran a dairy cow herd for many years and were surprised at some of the differences in behaviour between the species, especially as applies to milking.

This is not an academic exercise, but a book based on our own practical experience.

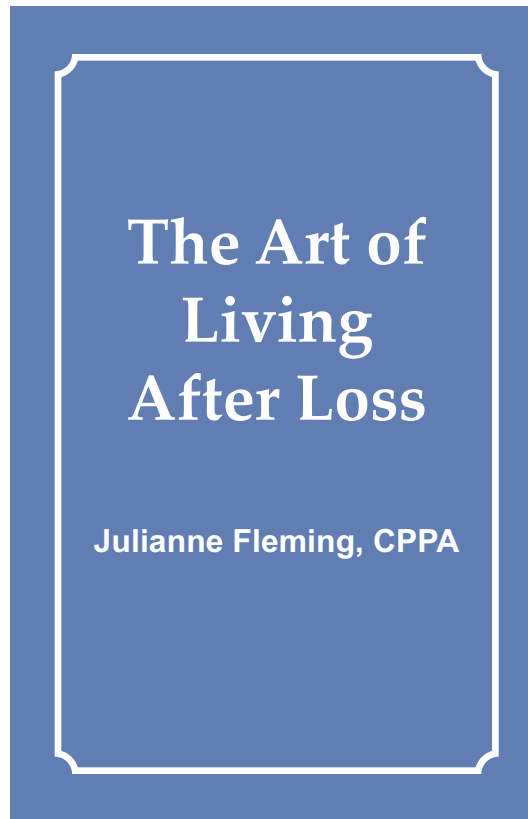


A Year With the Clairvoyant Coach is a compilation of articles focused on overall wellness and, in particular, emotional health. Libby Pease is an Internationally Certified Life Coach and crisis response expert. As a Clairvoyant, she specializes in cult recovery through her practice at Listening Tree Studio & Coaching. Drawing on her 20 years of experience helping people in crisis; she supports them to create a life that is meaningful, increases their ability to cope with life's challenges and to be proactive and confidently step into who they are.

Libby focuses on supporting individuals who have emerged from highly controlling experiences; who are committed to moving forward in their lives: shifting the shame, guilt and isolation to clarity, confidence and joy!



www.clairvoyantcoach.ca



When Julianne Fleming decided to give up everything to stay home and care for her terminally ill husband, she didn't realize how deeply it would affect her life.

After caring for him for over five years, and inevitably losing him to the illness, Julianne made the choice to not get stuck in grief and exhaustion. Beginning slowly, with baby steps, she began reinventing herself, changing her life completely.

Now, in *The Art of Living After Loss*, Julianne shares her inspiring story with readers. Told through a blend of anecdotes describing the tough lessons learned, Julianne offers readers an invitation to discover what's possible after all that they had ever known has crumbled around them. Julianne's optimism and perseverance are an inspiration to anyone who knows what it's like to be left with nothing after giving everything.

About the Author



Julianne Fleming is sole proprietor of Fleming Appraisal, Inc., an art appraisal company based on southern Ontario. A longtime art enthusiast, Julianne has taken courses in Impressionism, Realism and Watercolour painting. For the past ten years, Julianne has been an active volunteer at the Guelph Arts Council and several other local committees, while also becoming an accredited Auctioneer. Julianne gave up her life to care for her terminally ill husband for five years, after which she completely recreated her life, including opening Fleming Appraisal, Inc. at age 70.

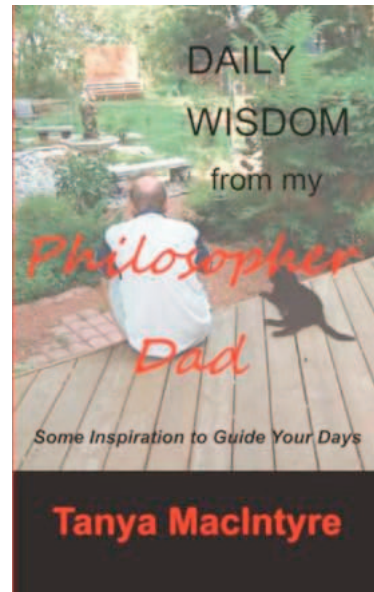
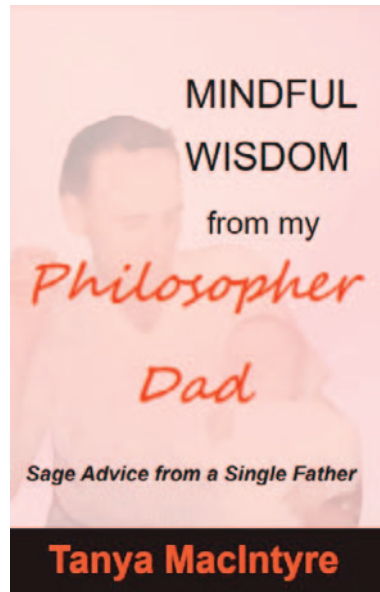


A powerful tool for knowing ourselves lies right at our fingertips: keeping a diary. In *The Brave Diary*, Julia Petrisor shares her experience of keeping a diary since age eleven, and how it has allowed her to understand her ever-evolving nature – and use this understanding to guide her throughout her life. Written with wisdom, clarity and a passion for the practice, Julia offers readers practical tools and tips to establishing their own daily diary practice, and thus connecting with themselves on a deeper level.



About the Author

Julia Petrisor is a writer, traveler and spiritual seeker. An avid diary writer, Julia has kept a consistent chronicle of her life and travels for over 30 years. Her adventures have led her from the far reaches of northern Canada to remote villages in Indonesia. Her base camp is in southern Ontario.



The transition to adulthood can be a bumpy ride, because we can sometimes be psychological children who are trying to fill emotional voids that were not fulfilled while we were growing up.

Mindful Wisdom from My Philosopher Dad offers some mindful wisdom to help you navigate this sometimes mindless maze of life.

Daily Wisdom from my Philosopher Dad contains a lot of my father's wisdom, together with my life's experiences and the timeless wisdom that has been passed to me from countless mentors.

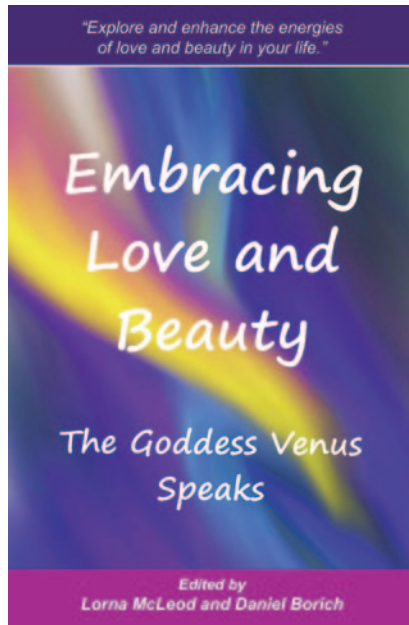
When you read the daily message, spend a few minutes of contemplation and write your intentions for the day. Our words are powerful, and our written words are magical.

About the Author



Tanya MacIntyre is the author of *Mindful Wisdom from My Philosopher Dad*, the 1st in this series of "Philosopher Dad" books. She and her husband of 30 years live in Canada's prettiest town, Goderich, Ontario.

Tanya is passionate about helping people overcome mental health and addiction challenges. As a Certified Facilitator with SMART Recovery (self management and recovery training), she operates an innovative program called Red Roof Recovery - an intensive and exclusive 7-day inpatient recovery program that uses CBT (cognitive behavioural therapy) and mindfulness techniques to help people abstain from harmful behaviours and substances.



Lorna McLeod was surprised and a little hesitant when her husband, Daniel Borich, and The Goddess Venus requested that she channel this book. She was already busy writing her own book and pursuing her coaching career. Nevertheless, she was willing to do so. McLeod is author of the book *Make Peace with Money: Redefine Your Relationship with Money, Master Your Personal Finances, and Discover True Wealth*. She is a financial coach, mother of two daughters and grandmother of three grandsons. She lives on the beautiful north coast of California with Daniel. She is currently writing the second of her *Make Peace with Money* book series. She counts working with Venus and Daniel to bring forth the beauty and the love in this book as among the most rewarding things she has done.

The Goddess Venus reveals herself to be much more complex than simply a goddess of romantic love, beauty, and procreation. Although she is generally envisioned on a seashell by the shore or carved in marble, Venus is a vibrant living energy that you, too, can embrace and learn from. The art of bringing love and beauty more alive is to enhance and grow the resonance or vibration of these energies. She is delighted to be a vehicle for your growth.

Daniel Borich was amazed when The Goddess Venus requested his help to bring her book into being. He had more than a little trepidation in asking Lorna's help, given her busy professional life. He has been honored and delighted to be of service to Venus by recording the sessions and partnering with the channel to edit the book. He is retired from a career of service in the restaurant and resort industry and loves to care for and prune landscaping plants around his home. He is grateful for the richness that has come through learning and applying the wisdom and principles in this book. He has been astonished at how his work with love and beauty has made his life come alive. He already had a good marriage, yet this work made the love in his marriage really blossom and grow.

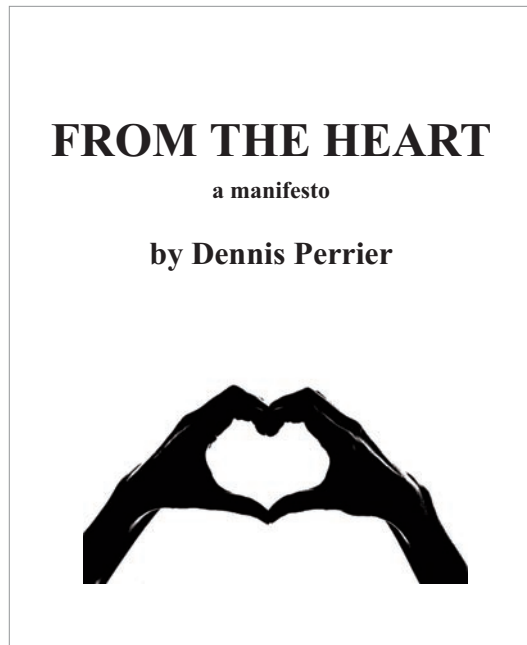
FOOD FOR THE JOURNEY
THOUGHTS AND REFLECTIONS FROM
THE "AWAKENING" SERIES



Compiled by the
Spiritual Life Committee
of
Harcourt Memorial United Church

2014

This little volume contains a compendium of articles written by members of the Spiritual Life Committee over the four-year period from late 2009 to early 2014 to introduce the awakening moment of members of the Harcourt community who shared of themselves at a Sunday service. They are gathered here to testify to the richness of spiritual practices in the Harcourt community, and to invite you to consider these as ways to enhance your own intentional spiritual journey into a deeper relationship with God.



From The Heart is really about achieving quality of life. There are those that believe material possessions and a certain respectability, that may be attained independently of doing what is right, determine their rank in society.

Certainly we must create a community where everyone has an equal opportunity to be physically and economically safe. This is the standard we must strive for. The word “community” implies that everyone has a responsibility to bring one’s fellow citizens to this level. This is what it means to be truly human.

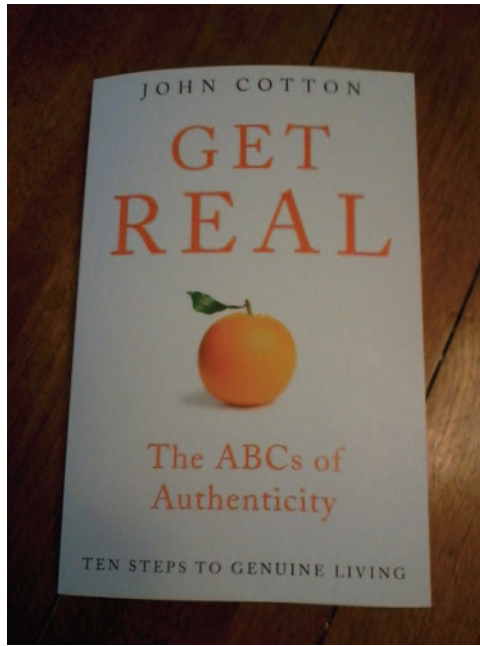


About the Author

Dennis Perrier was born and raised in southern Saskatchewan and Alberta communities where a free range kid, to everyone’s surprise, turned into a teacher, and to his surprise a political candidate.

Aside from his working career, and quite possibly because of it, he began collecting newspaper clippings, magazine articles and workplace literature, and listening to CBC radio. Notes were taken to summarize many non-fiction editions. The result was a mass of ideas that supported his notions and musings of quality and equality.

When he moved to Cambridge, Ontario, Dennis dredged out his idea collection and wrote a book – a compilation of what he believes in



Embark on a powerful journey of self-discovery that will transform your relationships and empower you in any situation. Potent, pragmatic, and entertaining, *Get Real* is your personal guidebook to genuine living in a new age of authenticity. It will show you—step by step—how to get real with your experience to discover what you really want, and who you really are.

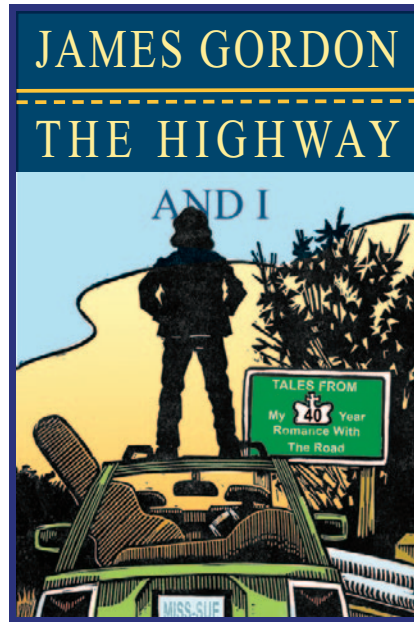




Compiled by Gerald Neufeld, Conductor of the Guelph Chamber Choir from 1980 to 2018, this book includes:

- A History of the Choir
- Board Structure and Mandate of the Choir
- Memorable Highlights
- Community Engagements and Collaborative Concerts
- New Ventures in Early Music
- Board and Administrative Support
- Reflections on the Importance of the Guelph Chamber Choir
- A Conductor's Viewpoint

plus, the programs of concerts from 1980 to 2020.



James Gordon's first novel, *The Ark Of The Oven Mitt*, was published in 2021 to great reviews and was rewarded with a finalist spot for the Stephen Leacock Humour Award. The book tells the story of a rag-tag bunch of Canadian musicians on a cross-country tour. Well, surprise, surprise, the fictional tale was inspired by Gordon's own 40-year career as a travelling musician.

The Highway and I is the real deal: true stories from a lifetime on the often-rocky road.

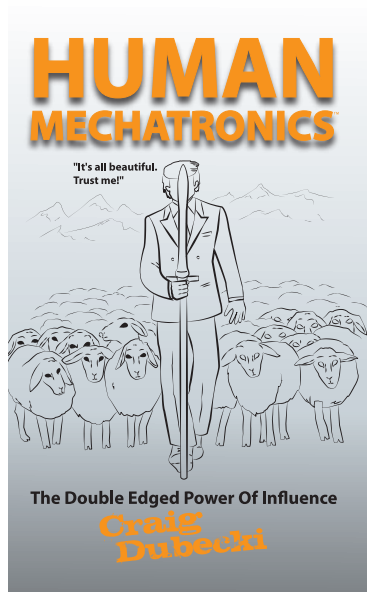
You'd think from reading this book that his career was a comic disaster. Far from it, but Gordon tends to dwell in his own inimitable style on the 'shows that got away'; the quirky ones, the misadventures that are more memorable than his many triumphs. He takes us along with him in 'the lovely Miss Sue Baru' as he plays at fall fairs, beauty contests, small town banquets, the deli section of a grocery store, and yes a nudist colony. Venues all over the world that vary in size from the Cotton Bowl in Dallas to an ATM machine in his hometown. With a free download you'll also get to hear a collection of twenty of the best James Gordon road songs.



About the Author

James Gordon is a songwriter, playwright, producer, performer, activist, and former City Councillor in his hometown of Guelph Ontario Canada. He has released 40 albums as a solo artist or with his former band Tamarack, and was songwriter-in-residence for CBC radio's Basic Black and Ontario Morning.

jamesgordon.ca



Human Mechatronics is the first book in a two-book series based on Human Mechatronics—our Human Machine and, in particular, the power of our mind. Here we will discuss—with the help of movies, music, sports, history, and gaining more of an understanding of faith, religion, politics, human behaviour, and much more—how, through history, we humans have been influenced to arrive at the point we are today. Human evolution has been incredibly exciting and transcending, yet also so incredibly savage and controlling, with prejudice still extremely prevalent; thus the double-edge of power. Here we will create a better awareness of those two sides of power. Here, you will then learn that you do have the power from your mind, to be in control of your destiny from this day forward.



Craig Dubecki is an active volunteer with numerous associations in the Kitchener-Waterloo region of Ontario, Canada, in particular with Suicide Prevention and Heart & Stroke. Along with being a Marketing Manager with multi-trade industrial contractor, he is a:

- Published author
- Performing musician
- Accomplished and recognized Toastmaster speaker, evaluator and judge
- Public speaker with the Professional Speaker Associations (PSA)
- Member of Adlerian Society

Craig is a cognitive authority and life coach, using non-complex analogies and human experiences to entertain and help people be the best they can and rock their life. Craig created and is owner of: The WYLIWYG® Principle: WYLIWYG (pronounced: Will-eee-wig): Where You Look Is Where You Go®, a Principle designed to help the audience find the personal power of true focus.



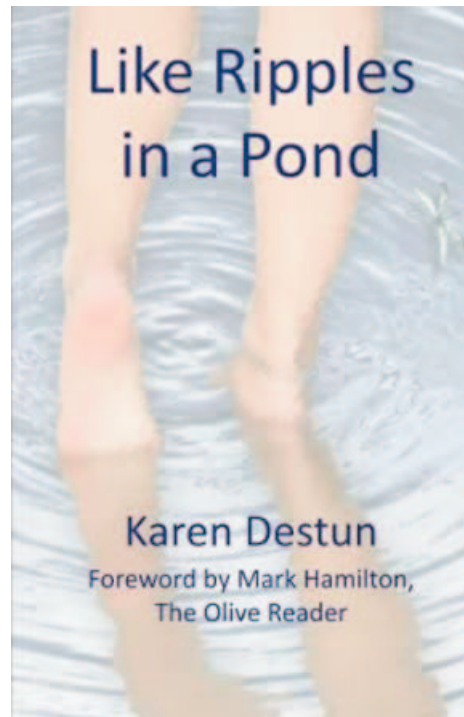
After the loss of her two sons, June Anderson felt a strong commitment to bring mothers together to share their experiences of the loss of a child. On the back cover of the book June writes, “I promise although this journey has no roadmap, there are those who can help. Sometimes I believe that there is an invisible silver thread that joins mothers that have lost children. We meet in the most usual places. When we meet, we know.”

Three years in the making, *Letters from the Club* is a collection of heart-wrenching stories, and has been described as a lifeline for mothers that mourn the loss of a child. In this beautiful anthology, 32 mothers talk about their devastating experience of loss, presented through individual letters to another mother. After reading the book, a grieving mother said, “I laughed and I cried, but it reminded me that this is an experience that other mothers have survived. Maybe, just maybe, I can survive.”

This is a book of stories that offers both courage and comfort while still presenting the overwhelming power of this loss.

Erin Davis, grieving mother, podcaster, and author of the national bestseller *Mourning Has Broken*, wrote in the foreword of *Letters from the Club*, “Be gentle with yourself: take the time to wrap yourself in each cherished memory. I am grateful to be reminded not only that we can survive the worst tragedy a parent may experience, but also that we need to tell our stories and share our grief.”

***Letters from the Club* is available from
the One Thousand Trees bookstore (www.ottbookstore.com).**



This book will take you through the joy and sadness of one family's life. A journey like no other. Learning to live with serious medical situations during their children's lives, only to be faced with incredible loss. A real life story of love and grief.



About the Author

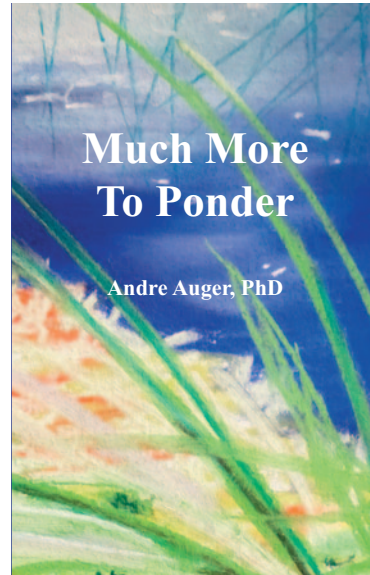
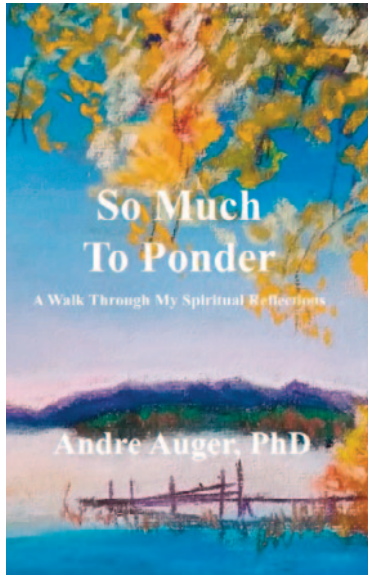
This may be Karen's one and only book. As a young girl, she aspired to be a nurse, and a teacher. Throughout her life she has been helping others in whatever situation life puts her in. Circumstances gave her an education as a medical mom. She currently works as an early childhood educator in kindergarten. Life led her to The Compassionate Friends as a group facilitator and leader of a local group for bereaved parents.



My son Jacques was born on January 22, 1975, and passed away on August 14, 2017.

These memories are a testament to
the extraordinary quality of his 42 years of life,
and a monument to our enduring love for him.

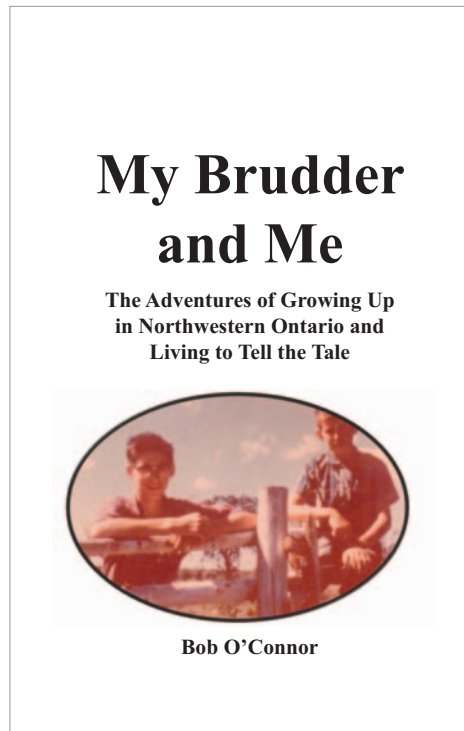
with love,
Yvonne Karijo



Andre Auger was born in 1941, got his Licentiate in Philosophy at the Universite de Montreal, and his PhD in Philosophy from the University of Guelph. After retiring from a senior management position in student services at the University of Guelph, Andre retrained as a spiritual director and has been a Covenanted Spiritual Companion at Harcourt Memorial United Church since 2005. Andre is married and has two adult children and four grandchildren.

Originally written as a personal record of his own spiritual journey, the reflections presented in these books cover a period from the early 90s right up to 2018 (So Much to Ponder) and to 2023 (Much More to Ponder).



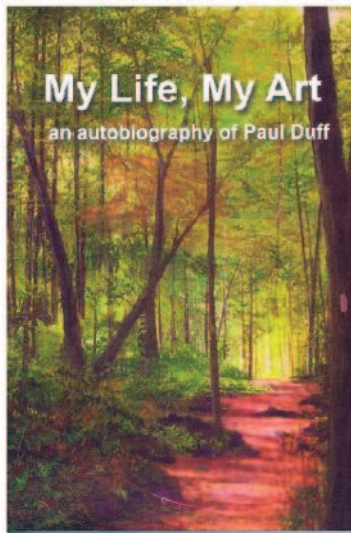


In the 1950's, small towns in Northern Ontario were going through an evolution that would change the character of each little town. Experience these changes through the eyes and adventures of two young boys, who lived to experience the joys of watching steam locomotives and blacksmiths shoeing horses before these activities disappeared. Meet many of the characters that they encounter. The two "brudders" were free to roam the town before helicopter parenting became the norm. Add the attraction of the river and woods, and how they became the subjects of the search for the missing boys. Share their humorous adventures with their horse, and the day they found treasure. Experience their near death misadventures, which used up almost all of their nine lives. A tale worth telling, and well worth reading.



About the Author

Bob O'Connor spent his first twenty years experiencing the wonders of small town living in Northwestern Ontario. After high school, he discovered his vocation while teaching in a one room country school with eight grades. He then moved to Southern Ontario where he obtained his certification and Masters Degree in Education. Over the course of 33 years, he taught all grades from 1 to 12 in Elementary, Secondary and Vocational schools. He married Helen and raised their two children. Together they discovered their passion for travel and sailing. In addition to sailing their own boat to every port on Lake Ontario, they have visited over sixty countries and sailed on all five continents.



Paul Duff was born in Hamilton, Ontario, Canada, in January 1928. He began his professional career with his first solo show in 1946. With sales from succeeding shows, he managed to cover his tuition and expenses leading to graduating from McMaster University in 1951 and Hamilton Teachers College, 1952. At age 22 he exhibited with members of Canada's Group of Seven, leading to official recognition by the National Gallery of Canada as "Canadian Painter" in August, 1956.

Nineteen years later as a teacher, painter and resident in Brazil, he was invited to exhibit at the National Gallery in Rio de Janeiro. The following year he became the first Canadian to become an honorary citizen of Rio de Janeiro and was later inducted as a member of the Order of Honourary Cariocas, an honour reserved for non-Brazilians.

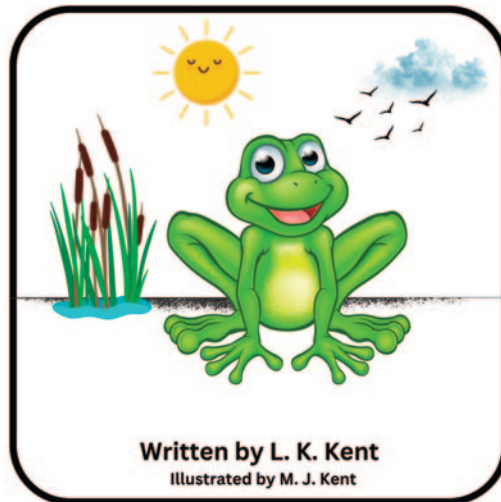
Later, he was invited again to exhibit at the National Gallery of Brazil in 1980, the year before he returned to Canada. In May, 1997 a painting from his Scottish collection was acquired by the National Gallery of Scotland and now hangs in Duff House, Banff. About that time, Paul Duff was conferred a knighthood in the Order of St. Andrew of Jerusalem.

His paintings appear in public and private collections with representations in Australia, New Zealand, United States, United Kingdom, Germany, France, Holland, Switzerland, Brazil, Bermuda, Taiwan and the Philippines. The art library and archives of the National Gallery of Canada informed the artist that he is now listed in the "Allgemeines Künstler-Lexikon...World Biographical Index of Visual Artists", Stuttgart, Germany. During his lifetime, Paul had 91 solo exhibitions on three continents.



My Little Readers

Book 1



My Little Readers is a collection of mini books. Each book contains 10 basic words, a word for the week, simple sentences with adorable illustrations. They provide several practice exercise pages which help children become independent readers.



About the Author

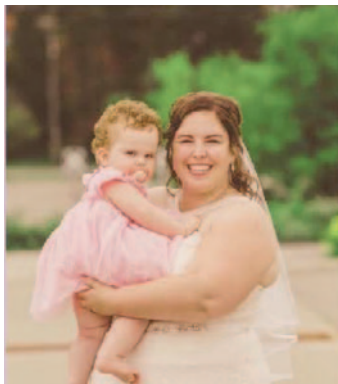
LINDA K KENT, B.A., B.Ed., M.S.Ed.

A parent, a teacher and an educational consultant. Linda Kent is a trusted voice on reading development and skills impacting children's reading abilities. She has spent many years mentoring readers on all levels of the spectrum, both enrichment and remedial. Her special interests are the emerging readers and providing quality materials for helping the beginning readers thrive.



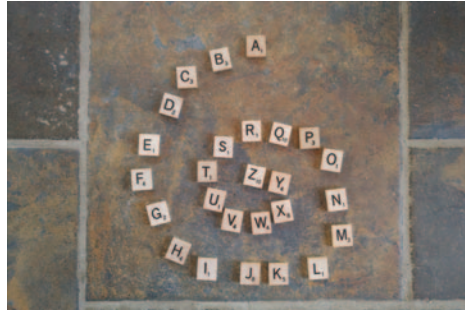
Sabrina Rose is a new mom. While snuggling with her baby Athena during an overnight feed, the idea of this book was born. Sabrina reflected on her own experiences of having her first child during what has been the first pandemic of this scale for her generation—Covid-19, and wondered what other mamas had experienced.

Sabrina's goal is that these stories will touch the hearts of their readers through the retelling of birth stories that highlight the struggles of Canadian mamas during the pandemic. The underlying message is one of resilience, and hope.



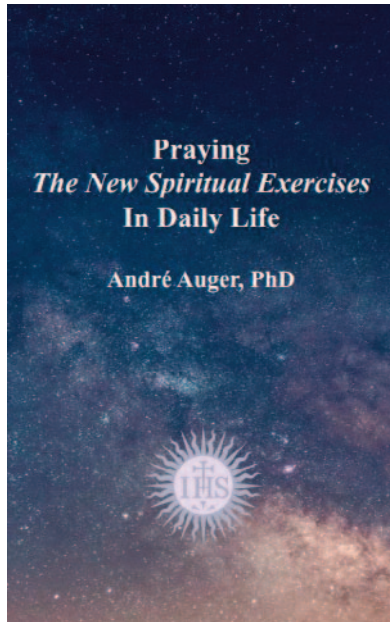
Pandemic Pangrammatic Ponderings

An anthology of my experiences, thoughts and memories during the first 15 months of the pandemic.



Written, compiled and edited by Marian Peirce
March 30, 2020 to June 30, 2021

What can one do when faced with endless days of isolation? Write a daily Pangram, of course! Each day for fifteen month, Marian wrote a sentence or phrase that contained all of the letters of the alphabet at least once and what resulted was this journal of her experiences, thoughts and memories. Perhaps some of them will strike a chord with you.



This book is seen as a companion to Louis M. Savary's excellent updating of the traditional Ignatian Spiritual Exercises. It is designed to turn this highly readable "transposition" of a spiritual classic, in the spirit of Teilhard de Chardin, into material amenable to be used in a retreat setting or as a "retreat in daily life" (Annotation 19).



André Auger was born in 1941, got his Licentiate in Philosophy at the Université de Montreal, and his PhD in Philosophy from the University of Guelph. After retiring from a senior management position in student services at the University of Guelph, André retrained as a spiritual director and has been a Covenanted Spiritual Companion at Harcourt Memorial United Church since 2005. He became acquainted with Louis Savary's *The New Spiritual Exercises* through his own spiritual director, and has offered them and participated in them several times. André is married and has two adult children and four grandchildren.



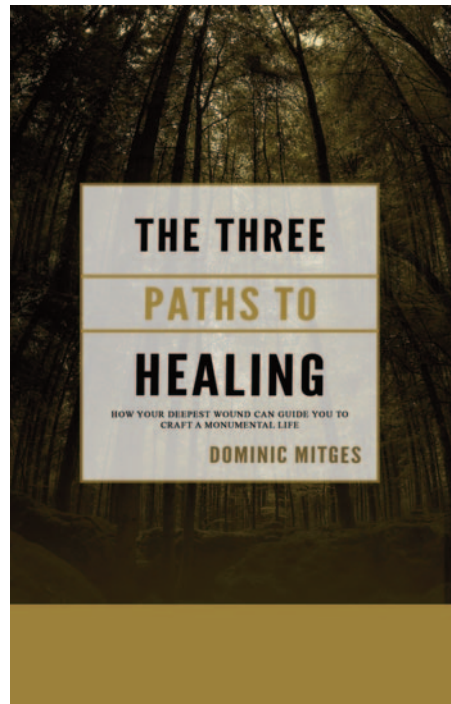
In the summer of 2017, ultra runner Clay Williams hopped on his Harley and rode west. It was initially planned as a break from work and developed into a journey, an opportunity to say some goodbyes, visit some old friends, make some new ones, and revisit some old haunts. Each day on the bike took his body and his focus west and north, and his memories further and further into his past. This book is a sort of travel log; about a journey westward and then home on a motorcycle; about a journey back into a personal history that had been intentionally tucked out of sight; about the physical journey of an ultra distance runner; and about the family history that led to the development of a mental health advocate.

All profits from the sale of this book will be donated to the Mood Disorders Society of Canada's Defeat Depression campaign.



About the Author

Clay Williams is an avid distance runner, motorcycle enthusiast and mental health advocate, with more than a dozen 100 mile races under his belt. Finishing as first place male in the 2014 Dirty Girls 48 hour trail race was the first big step that started him on a series of new adventures that have included running in three countries during one event, long motorcycle camping trips and raising over \$100,000 for a mental health charity.



What if the experiences we once believed to be the most heartbreaking are actually the doorways to a life of deeper love, soul-to-soul connection, and alignment with our true nature? What if those who have felt the deepest pain also have the most soulful capacity to radiate the humanity we need displayed most in today's world?

The Three Paths to Healing will set you on the path to redefining all the experiences life has brought forth for you. You will discover the three ways in which you can start your journey of reconnecting with the parts of you that you once thought were gone forever.

TRUE STORIES



Jane Fraser

MORE TRUE STORIES



Jane Fraser

MOST TRUE STORIES



Jane Fraser

True Stories ... a diverse collection of life experiences revealing heartfelt reminiscences



About the Author

Jane Fraser is a lifelong learner and volunteer, which were topics of dissertations she wrote after age 60. Her interests include championing computer literacy for seniors, writing community and family history. Jane encourages seniors to share their stories for future generations. Jane's stories illustrate how excerpts from one's life can inspire others to share their stories

Unjunk Your Life

50 ways to help you edit your life so that you can
focus on your health and happiness



Kimberley Durst



Kimberley Durst is a Health Coach, teacher and mother of three. She decided to become a health coach to fulfill her passion of helping people live their best lives possible. She works with individuals and small groups. Kim received her training at Integrative Nutrition. She graduated from the University of Guelph with a degree in Business but also studied Nutrition and Food Science. Kim also has a Bachelor of Education from the University of Western Ontario. She has spent many years teaching nutrition and food science to teens. Kim leads workshops and offers individual health and nutrition coaching as well as group programs. In fact, this is what led Kim to write a book. Her clients kept asking for a summary of her advice. Well, as they say, "The rest is history."

THE WAY OF THE CROSS:

MEDITATIONS ON THE STATE
OF OUR EARTH

Nicole De Francesco, MCT



There comes a time in life when we question who we are, and what we are meant to do. For Nicole DeFrancesco, these questions arose during a mental health crisis. Struggling with depression and anxiety, she found healing in nature. It is on this journey of discovery, melding Christian contemplation with the nurturing power of the earth, that this book came to be. Inspired by meditation, this book uses The Way of the Cross, a traditional Catholic reflection on Jesus' last days, to tell the story of our planet. It is a call to action. It is a call to change. It is a call to see the beauty and worth of every living thing.



Welcome to Our Garden

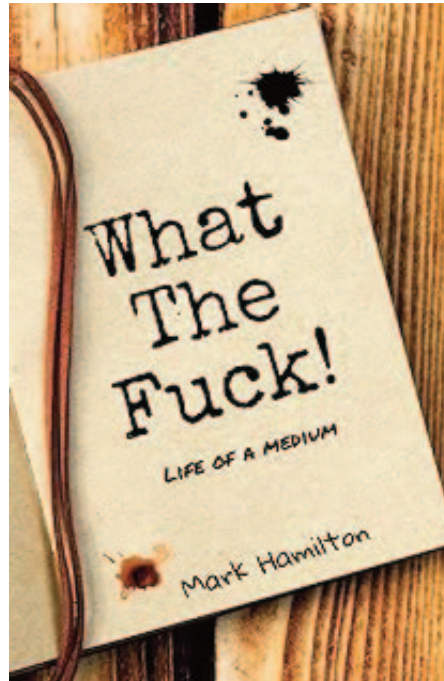


Cynthia Spring

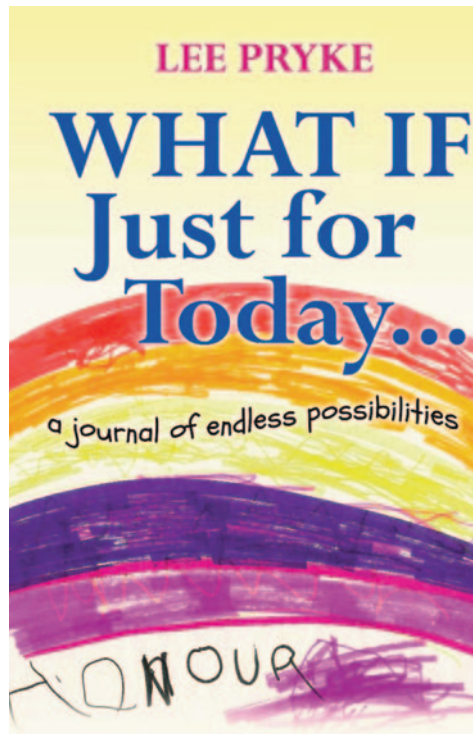
Take a walk along the trails on Meares Island ... and discover how all the life you find is a key part of its environment ... helping humans, as humans continue to try to sustain its existence...

Proceeds from this book will go towards helping the fight to preserve the life here.

While simply a visitor to the west coast from time to time, Cynthia Spring continues to be inspired by life in this area. Combining a sensual experience with a peek at history and asking some thought-provoking questions, the goal of this collaborative project has been to share the spirit of, and to help preserve, this paradise.



*A bit of my journey becoming a medium and talking to dead people.
Oh and a few tips and tools for you to talk to dead people too.
- Mark Hamilton*



This journal is Book ONE in a series called Happy in a Handbag, an invitation to come out and play, and bring out the creative child who loves YOU unconditionally. Let this book be your map to discovering your brilliant, succulent, loving self ~ in action, and may the process feel good from your heart to the tips of your toes.

Be INspired. Celebrate your uniqueness on each page and create your masterpiece of endless possibilities today.

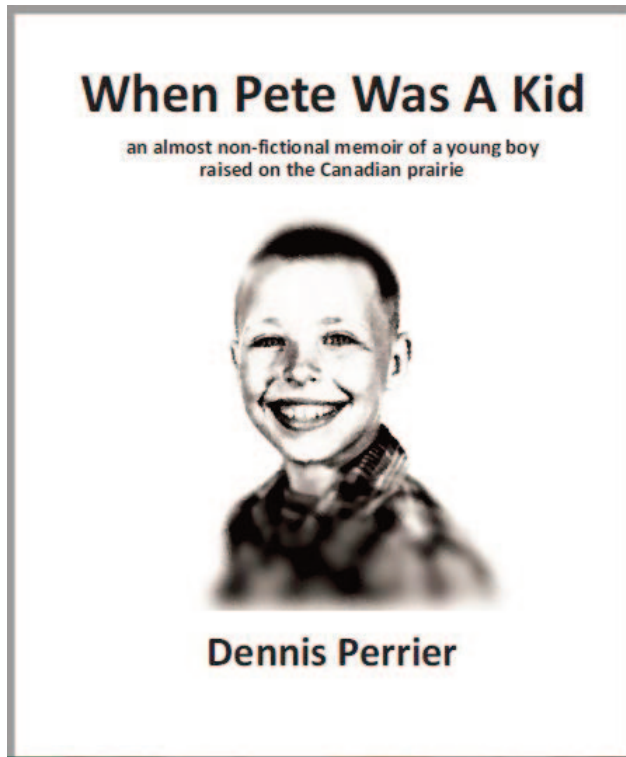
"No matter what else is going on in your life, just for today let's make YOU magnificent. There is only one of you...and you are FANTABULOUS!"

Lee Pryke



About the Author

Lee Pryke is CEO and Founder of I Am I Can Self Enrichment Centre, a thriving business that promotes empowered living through speaking engagements, transformational workshops, and her inspiring books. Lee lives in Canada; visit her at www.iamican.ca



A small town in Saskatchewan in the 1950s was the absolute best place and time for a little boy with an over-developed sense of curiosity to grow up Pete, all the other “free range” kids and adults occupied roles that allowed children to play. Kids discovered what it meant to be members of a community where water was lugged in pails from a well, electricity was often absent, and sewer systems were non-existent. Children were expected to be good. Parents did not worry so much about being “good parents.” Their children played outside, where they were given their independence to play spontaneously. They weren’t given a lot of rules, but they sure found out what the rules were when they broke them!

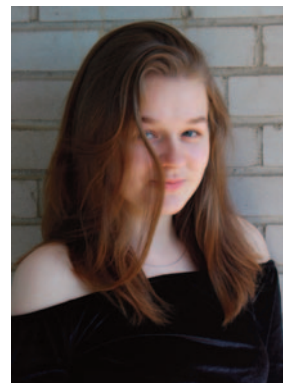


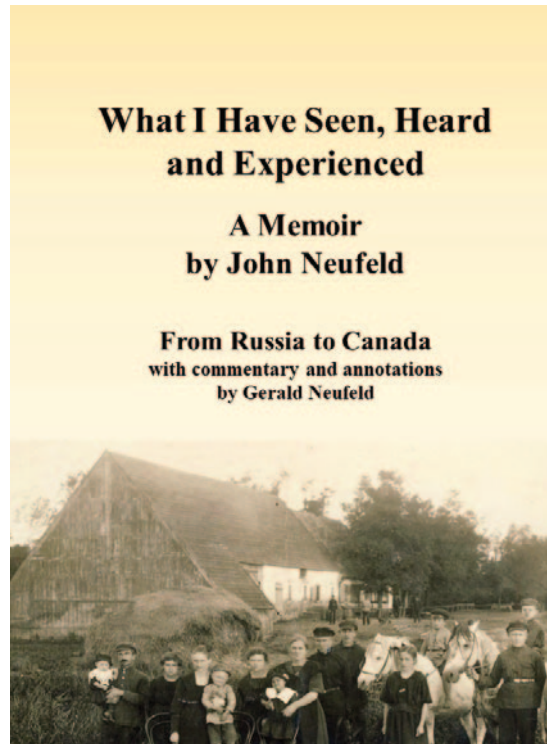
About the Author

Dennis Perrier was reared in the southern parts of Saskatchewan and Alberta. He was a school teacher for thirty-three years while raising a family in Medicine Hat. After retiring, he moved to Cambridge, Ontario to be closer to his children and grandchildren. It was there that he satisfied a nostalgic yearning to write about a near perfect childhood.

About the Illustrator

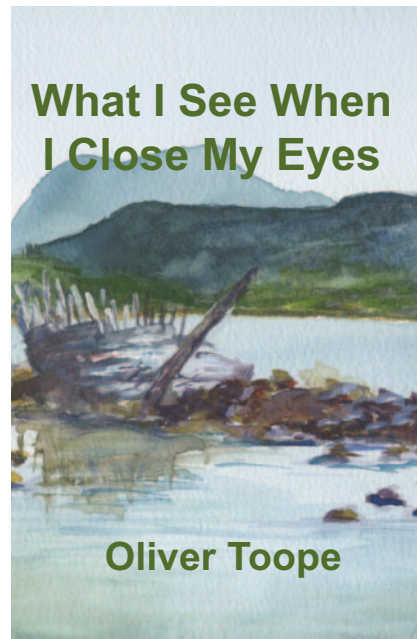
Aletta Erdős is a Grade 12 high school student, born and raised in Transylvania, who moved to Canada at the age of 16. Aletta works part-time as a barista at a café in downtown Guelph, has been vegetarian for two years, and enjoys swimming and yoga. She is passionate about fine arts, and is planning to pursue a career in architecture.





During the lockdown periods of the COVID-19 Pandemic of 2020-2022, Johann (John) Neufeld's memoir gave me, his fourth child, an opportunity to meet my father at a much deeper level than I had experienced him during my childhood and youth. Dad was a man of few words, but there were occasions when he did speak about his childhood in "Russia," present-day Ukraine. However, I heard little about his life in Canada, begun in 1926 at age 21. Having many hours to transcribe Dad's written words electronically onto my computer, first in German and then in English with my sister Linda's translation, I often found myself working through tears as I read his accounts of loss and survival. But through all the tribulations and losses during his childhood, Dad constantly lived a life of gratitude for what he believed was divine guidance and purpose in his life. I have come to realize that his trust in the goodness of God's grace and a firm belief that our lives will unfold for the best has often given me strength and courage during difficult times. He taught me to be grateful for a lifetime of many wonderful gifts.

Gerald Neufeld

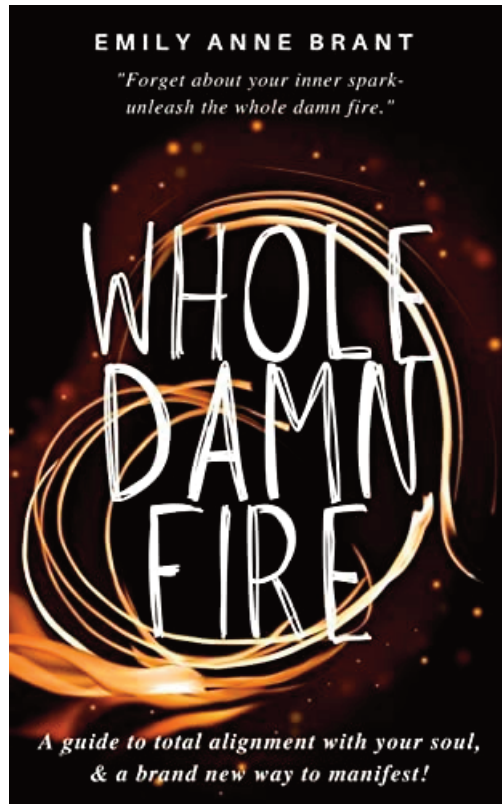


This book describes the author's life as the youngest son of a fishing family in rural Newfoundland in the 1930s and 40s, his years as a young teacher in the 1950s and 60s, and his role in the development of Newfoundland and Labrador's vocational education system in the 1970s and 80s. It describes the resourcefulness and resilience of the people and communities in Newfoundland and Labrador in the wake of the Great Depression, and the impact that reforms of the provincial education system had on opportunities for children, youth and adults in the province.



About the Author

Oliver Toope grew up in Irelands Eye, an island in Trinity Bay, Newfoundland. He is a self-professed "Jack of all trades but a master of none." His many roles as a young man included dreamer, fisherman, galley cook, bread maker, moonshine brewer, carpenter, actor, Lay Reader, and, eventually, a teacher, administrator and father. He taught in both Newfoundland and Labrador, and was a Department Head at the College of Trades and Technology (later the College of the North Atlantic). He currently lives in Ottawa, Ontario with his family. This is his first book.



You are about to learn a brand new way of operating, and a new way of manifesting the most incredible life, without any of the mental burn out!

This is NOT another law of attraction book! This audiobook is about remembering who you really are, and living life in the most empowered, beautiful way. When you learn to operate first as a soul, and as a human being second, there is nothing you cannot achieve or create!

Break out of your current mold, and come home to who you were always meant to be. Master a new law: The Law of Resonance! Go beyond your current 3D paradigms, and limitations. Operate from 5D, and your higher self!



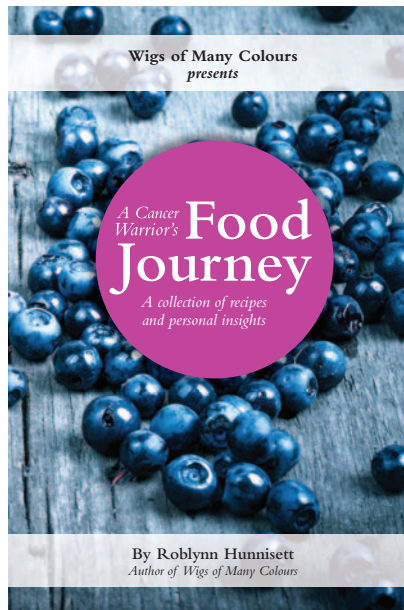
Emily Anne Brant is a spiritual author, mentor, and speaker from Tyendinaga Mohawk Territory. She retired from “working” at the age of 28, and believes that a fulfilling, exciting life is not only possible for you but INEVITABLE when you do your soul’s work. She is the host of The Soul’s Way podcast, where you can hear more from Emily and guests about manifesting and doing life “the soul’s way.” Emily is the creator of *The Morning Ritual Journal* and *The Evening Ritual Journal*, available on Amazon. She’s been featured in a women’s empowerment anthology, an Indigenous short stories collection, and can be heard as a guest on several top podcasts, including the Manifestation Babe podcast.

You can connect with her at www.emilyannebrant.com or on social media everywhere as @emilyannebrant. For interviews and press, email emilyannebrant@gmail.com.



ONE THOUSAND TREES

Cookbooks



Take a food journey with Cancer Warrior, Roblynn Hunnisett, as she creates a collection of healthy, immune system building recipes that are super easy to make and even easier to eat! This book is for anyone who enjoys wholesome, nutritious food to improve their overall health although the recipes have proven particularly successful with others going through chemotherapy, radiation, hormonal treatments, and/or surgery. If you have issues with nausea, tin mouth, mouth sores, diarrhea, constipation, or allergic reactions, then this book may be especially beneficial to you.

About the Author



Roblynn Hunnisett was diagnosed with stage three breast cancer in 2009. While struggling through treatment, and an extensive list of side effects, it became clear that she was unable to eat many of the foods that she was accustomed to eating. Not being one to sit around and do nothing, Roblynn started experimenting with foods and recipes to help ease her discomfort. This cookbook is the result of that journey.



Krista Harrison had a vision of creating a project that supported local charities for over a year. However, nothing seemed to fall into place and really speak to her heart until a few months ago. This cookbook idea came to life through divinely timed events, and a passion to support the health of our children.

The pages of this cookbook are filled with beautiful photographs, creative culinary delights, nutrition information, and inspiration all bonded by community and a sense of togetherness.



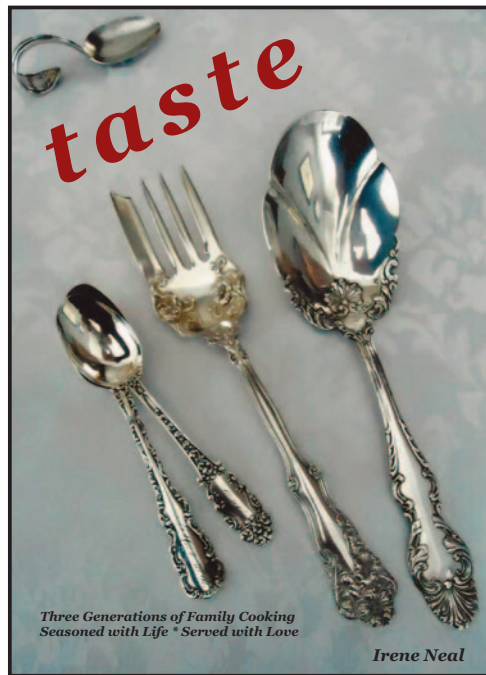
About the Author

Krista Harrison is a Registered Holistic Nutritionist, Culinary Nutrition Expert, Certified Reflexologist, Author and most importantly a Mom to three beautiful, creative and inspirational children.

Through the healing power of whole foods, honing into her innate wisdom, and learning how to be present within the moment, she has freed herself of many constraints and ailments. These events lead her down a path and culminated in her first book, *Living Your Dreams* – a guide to support women in seeing the beauty within themselves, acknowledge their unique gifts and follow the song of their heart. After graduating with honours from the Academy of Culinary Nutrition, she was motivated and inspired to create a cookbook for kids and parents. The goal is for families to cook together exploring gratitude and an appreciation for real food. *Growing Up Nourished* was published in December of 2016 and encourages families to journey together through healthy and mindful living.

Krista's mission is to educate and bring awareness to the importance of raising our children through whole foods, along with incorporating the integral art of mindfulness.

Leading workshops for kids and adults, teaching classes, running seminars at schools, and writing all bring joy to Krista and are avenues for her passion to be shared.



Discover a variety of unique tastes that offer the perfect flavours to serve family and friends as well as when entertaining distinguished guests. The uncomplicated methods that have been practiced for three generations in the kitchens of Irene's family offer satisfyingly simple but stunningly sophisticated dishes that are easily prepared and delicious to eat.

This collection of family recipes encourages the use of fresh, quality ingredients, boasts a sense of pride and enjoyment in cooking and baking, and stresses that the main ingredient is to cook with love in your head, hands and heart.



About the Author

Irene is a certified foodservice manager and former restaurateur, once owning a cozy dining room in a heritage building in small town Ontario. She was President of her regional Restaurant Association, has been a judge for food competitions and has attended Culinary Congresses throughout the world.

Irene was Chair of her County Board of Education, was a Coordinator for the Heart and Stroke Foundation, taught Heart Smart cooking courses, and worked as an Interviewer for the Federal Government.

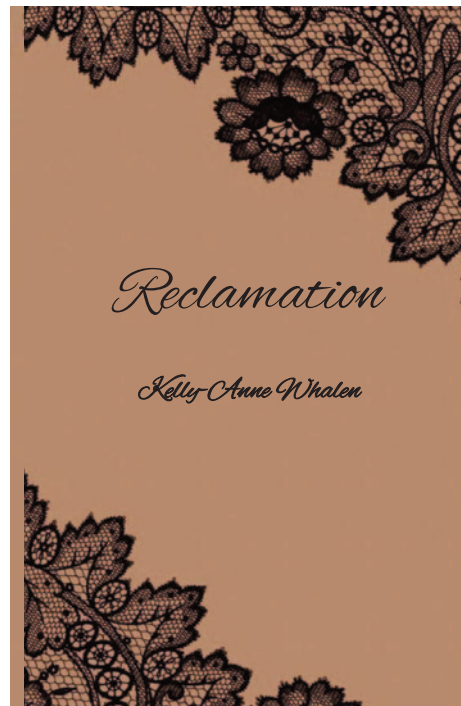
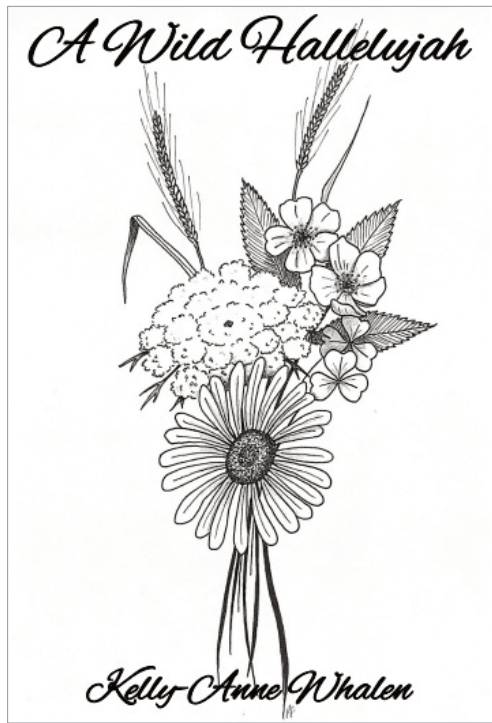
An avid gardener, Irene is a qualified Ontario Horticultural Society flower judge, and has both competed and judged at flower design competitions, including the Canadian Peony Society's Annual Shows held in Rideau Hall, Ottawa and the Botanical Gardens, Montreal.

Now retired, she devotes her time to family, gardening, reading, writing, cooking, travelling, and maintaining a healthy lifestyle.



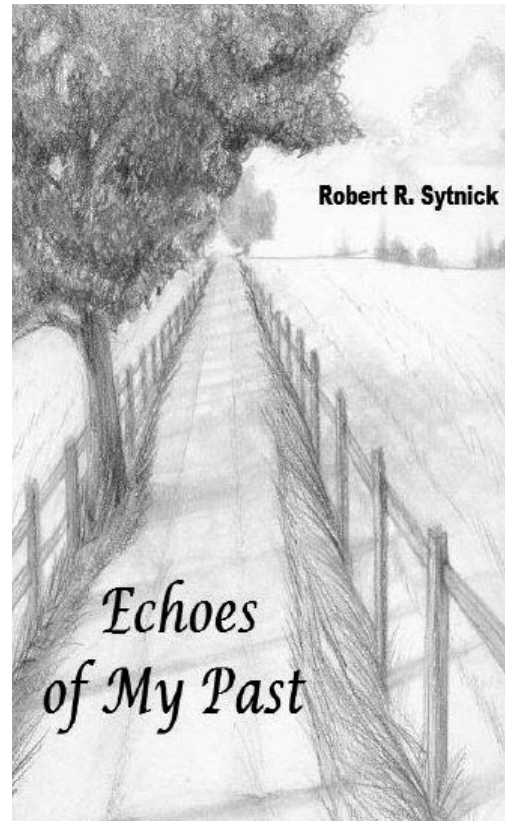
ONE THOUSAND TREES

Poetry



About the Author

Kelly-Anne Whalen is a wife, momma and poet living in rural Ontario. This is her second book of poetry. She finds it enchanting who you can become when you decide to follow the trail of breadcrumbs life offers, in search of yourself.



After Midnight: A journey filled with tender memories we have all embraced

Echoes of My Past: Stories that will take you back in time and recapture your youth

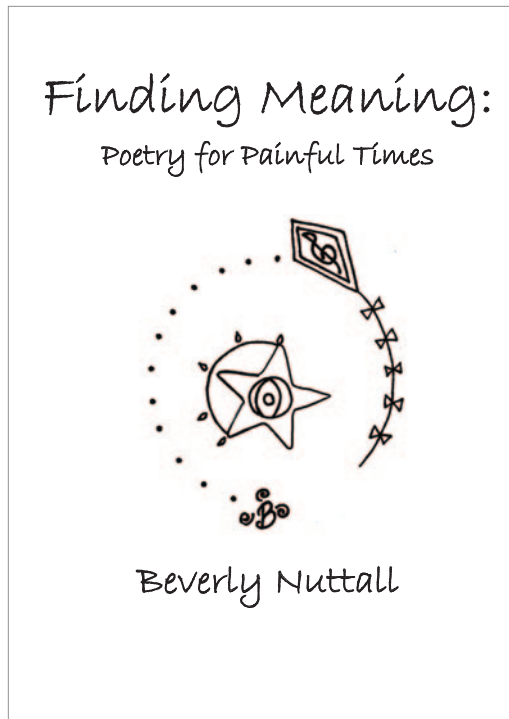


BEAUTIFUL DISASTER



KRYSTAL GRAY

Follow the main character in this heartfelt story as she fights the darkness of depression and the fear of anxiety to evolve into something beautiful.



Finding Meaning: Poetry for Painful Times explores the themes of grief and loss, relationships including love's beginnings, separation and divorce, social justice, resilience, nature and hope. It moves from traumas to recovery, based mostly on the author's personal experiences and observations. It is hoped that this can be of help to people going through their own experiences.



About the Author

Beverly Nuttall likes writing poetry for all ages including topics related to self-discovery and social justice. She turns to community and music for self-care, including participating in a band. She believes in the critical importance of lifelong learning. Beverly was raised in Saskatchewan and now lives in Guelph, Ontario.

It's All God, Anyway
Poetry for the Everyday



by Jennifer (Jinks) Hoffmann



About the Author

Jennifer (Jinks) Hoffmann was born in 1943 and was raised in South Africa but has lived in Canada since 1966. Jinks is a Spiritual Director and a retired psychotherapist. She is the poetry editor of *Presence: an International Journal of Spiritual Direction*. Jinks loves to write poetry, and to work daily with her dreams. These are two of her most loved ways of listening for life's Mystery. Jinks has had numerous poetry and prose publications both in print and on-line journals.

The Lady in Red



an anthology of poetry
by Jean Beatens

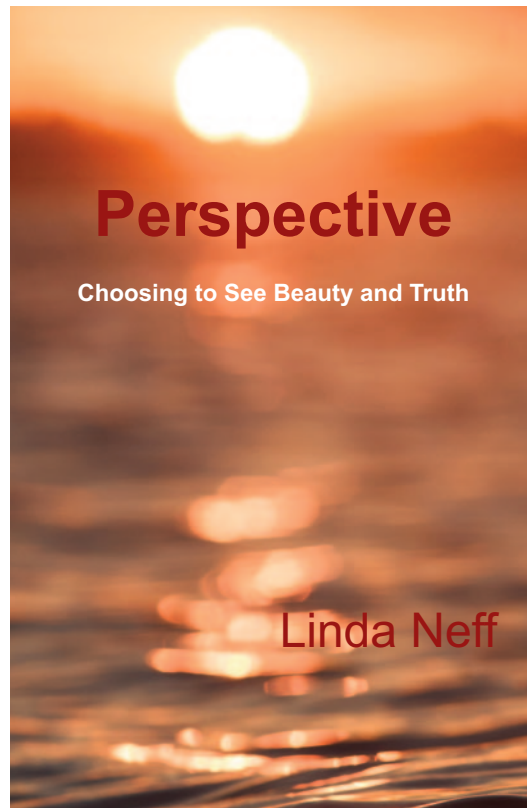


About the Author

Jean Rosina Beatens (née Hazelgrove) was born in Shepherd's Bush, England. She was a window dresser, ballroom dancer, artist and poet.

Jean is married to Leonard, who remains the love of her life to this day. She has two adult children, four grandchildren, and three great-grandchildren, with another on the way.

Jean has lived in Canada since 1963.



In your busy life, do you ever want to hit the “pause” button? Here is your chance. This book will help you to take a deep breath, and soak in moments of peaceful awareness. Poetry is alive and well, and can make you feel that way too!



About the Author

Linda Neff is a writer, speaker, and former teacher living in Ontario, Canada. She loves telling stories, appreciating art, and reading books.

Scattered Leaves



a poetry collection
by
Jaclyn Abrahams

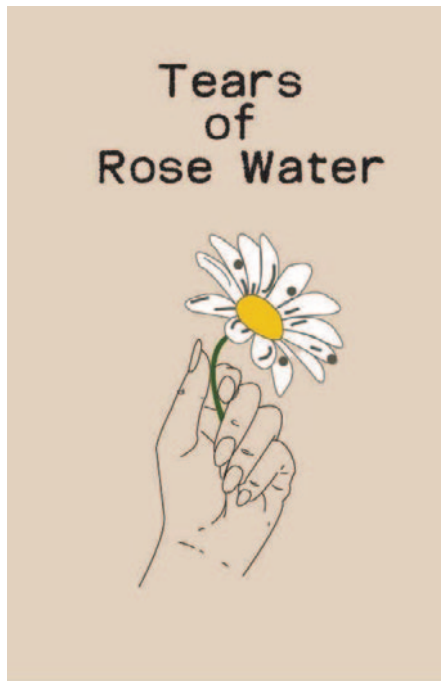
Poetry for me is like music to my soul... I can express feelings in words that touch others by sharing them. It often hints at the things hard to find the words for. Like music and art, poetry can inspire and enlighten because of its power to change form.

~ Jaclyn Abrahams



About the Author

Jaclyn Abrahams has been writing poetry since her teens, about her experiences in life and places she has seen. This volume contains a cross-section of life, the good and not so good, the exciting, the troubling, joyful and rewarding. Jaclyn's hope is that you look at our world from another point of view, and reflect on what is the same for all of us, and what differences we see. Currently, she is a stay-at-home mother of one. She has an interest in vintage and antique household articles, adores many genres of music, and is passionate about art & photography as well as various kinds of crafts, cooking and baking. She has enjoyed travelling wherever she could, pre-covid



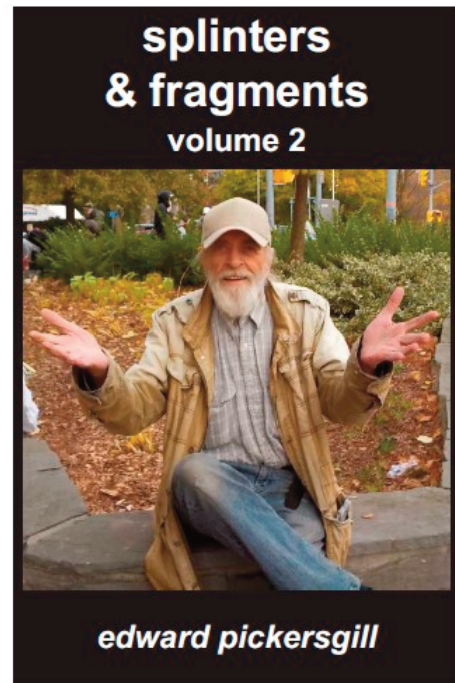
Tears of Rose Water is a collection of poems that give a sneak peek into all that teenagers deal with and how much of an impact mental health has on growing minds. *Tears of Rose Water* takes you through life: the hard nights, the happy days and the things that keep you going through it all. Growth is something that we can achieve only by truly enduring all of life. So what are you waiting for?

She Was Born Glowing is a collection of poems that capture the feeling of losing your glow and having to find it again on your own. *She Was Born Glowing* walks you through this journey of independence: discovering the toxicity that made you dim in the first place, stumbling through the dark alone to find your light again and finally being able to shine that newfound light on the rest of the world. Love is something we can't give to others unless we give it to ourselves first, so don't wait.



About the Author

Maya Serbu is a 12th grade student from Dartmouth, Nova Scotia. She loves reading and writing, and she has been doing musical theatre from the age of 7. When she's not onstage or writing she loves to be with her friends and family. Maya believes in the importance of being passionate, as well as spreading awareness about topics that she believes in, such as mental health. Maya had a message that she wanted people to hear, so she wrote life another love letter and addressed it to the world. wrote life a love letter and addressed it to the world.

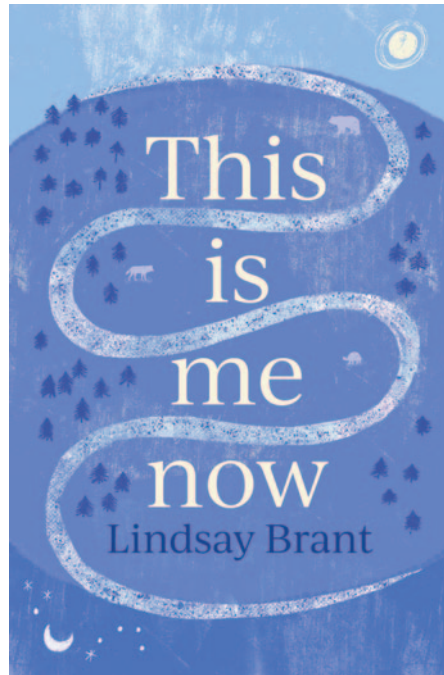


About the Author

Edward was born in Glasgow, Scotland way back in October 1944.

Moved to England at age 4 =to Quebec at age 12 and to Guelph, Ontario at age 26.

The rest is less clearly defined.



Revealing her first ever published poetry book, Lindsay Brant publicizes personal collaborated life events by placing truth and honesty in the hands of her readers. Discussing her upbringing within the Mohawk culture and vivid memories of the affects of alcohol abuse, Lindsay opens up the well-hidden doors of her past - emotionally displaying strength and integrity throughout each poem. Every line expresses another thought that led to the independent, mentoring woman she is today. Lindsay's humility and vulnerability helps readers unveil their own past times and, as a result, sparks an awareness for improvement and change in one's everyday life. By dissecting her own heartaches and discussing her courage to overcome pain, Lindsay hopes to ignite a lost flame in her readers so they, too, can proudly say, "This is Me Now."



About the Author

Lindsay (Kawennenha:wi) Brant is an Educational Developer (Indigenous Pedagogies and Ways of Knowing) and an Adjunct Lecturer at Queen's University. She is a mom to two very sweet young boys. She is also a storyteller, and writes non-fiction, poetry, children's literature and self-development books. She uses a culturally based storytelling approach to weave in stories from her knowledge and cultural understanding, and her own professional and personal experiences, to take you on a journey towards discovering your core values and strengths as an individual, while encouraging you to learn, lead and teach from your gifts. You can learn more about her at www.lindsaybrantauthor.com.



Anthologies



Animals and Our Emotional Wellbeing contains 23 stories of love, courage, hope and redemption, which are testament to the human and animal spirit, and the sentience of the animal realm. This is a joint project of One Thousand Trees and The Benjamin Project (www.thebenjaminproject.ca).

Authors:

Joan Almond
Alesh Arzensek
Karen Bentley
Malcolm Bernstein
Cynthia Bragg
Lisa Browning
Bill Brubacher
Brittany Buko
Mena Canonico
Bo Davey
Marilyn Elphick
Carrie Hamer-Jonkhout

Marilyn Helmer
Francine Houston
Dennis Kucherawy
Christine Nightingale
Anne Porteous
Adelle Purdham
Judith Rosenberg
Rita Slapack
Drew Snider
Deb Speck
Katherine Weir

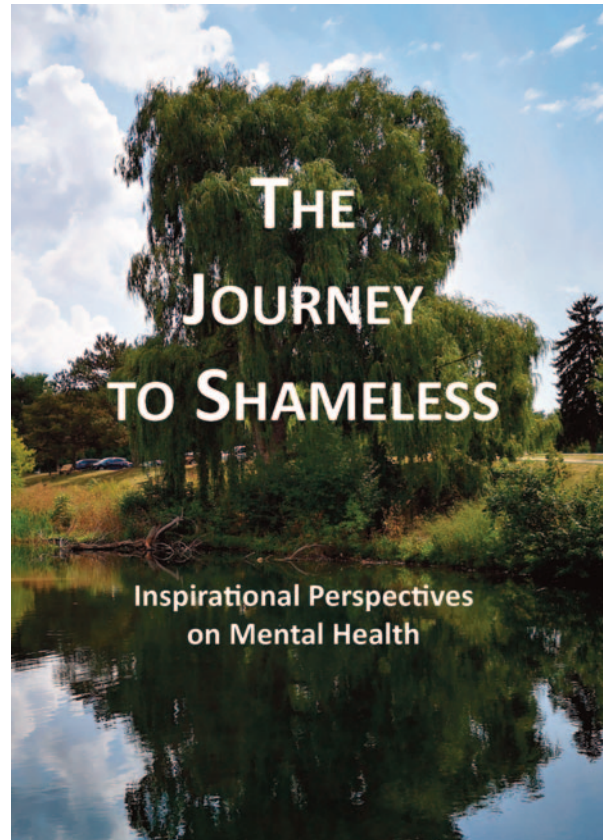


Care for the Caregiver features 20 stories of empowerment, written for and/or by caregivers. It is our hope that the stories will inspire you, whether you are a caregiver or the recipient of care. We are in this world together, and it is through connection and caring that we can thrive.

Authors:

Leilan Grace Adair
Fran Black
Lisa Browning
Tania Buko
Brenda Connelly
Theresa Daly
Dave Derraugh
Dee Doering
Suzanne Drouin
Phae Eckhart

Michael Georgie
Andrew Heubner
Deb Hillis
Claire Knight
Pat Lanfranchi
Tanya MacIntyre
Christine Nightingale
Mary Beth Sloane
Nadia Tahir
Clay Williams



We all have a story. Everyone in this life has faced adversity and challenge, to one degree or another. It is only when we face our challenges, with an underlying faith that we will come through them stronger and more aligned with our authentic selves than ever before, that we give ourselves permission to shine. And when we share our stories, with courage and vulnerability, we show each other that we are not alone. This project is a work of love ... pulling stories together to give voice to the challenges of mental health, as well as the transformation, hope and healing that is ours to receive.

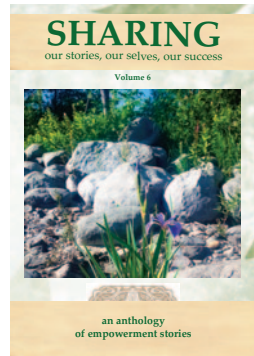
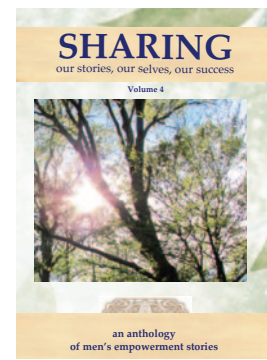
Net proceeds from sales of this anthology are being donated to the Canadian Mental Health Association - Waterloo Wellington.

Authors:

Jaclyn Abrahams
Michelle Campeau
Jessie Baynham
Bill Brubacher
Joshua Deschamps
Colene Evans-Allen
Barbara Gross
Jeff Hoffman
Devin Hogg
Danielle LaRocque

Jay Rosenberg Lefler
Christine McCullough
Emilie Mossman
Judith Rosenberg
Sebastian Wasilik
Katherine Weir
Clay Williams

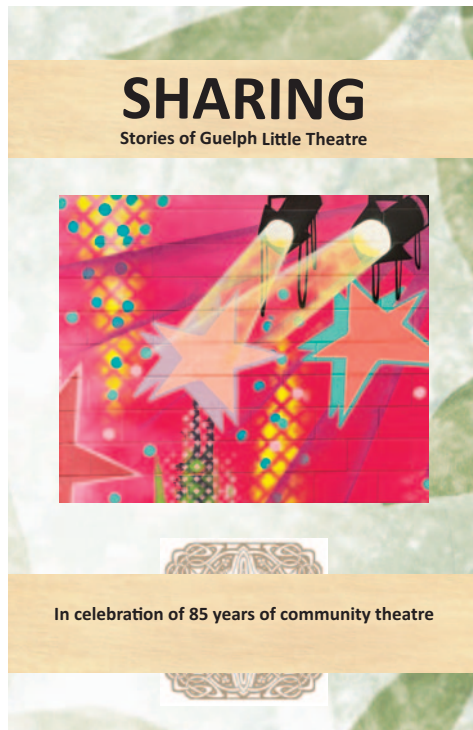
Foreword by Helen Fishburn
CEO, CMHA Waterloo-Wellington



We all have a story. Everyone in this life has faced adversity and challenge, to one degree or another. It is only when we face our challenges, with an underlying faith that we will come through them stronger and more aligned with our authentic selves than ever before, that we give ourselves permission to shine.

Lisa Browning
Publisher

See pages 126-174 for information on the authors in these volumes.



Memories and reminiscences of 85 years of Guelph Little Theatre. Creating excellence in theatre in Guelph, Ontario for, by, and with volunteers and the community.

Authors:

Andrew Cameron
Jane Cameron
Ken Cameron
Don Endicott
Denise Gismondi
Cathy Goudie
Eric Goudie
Jim Hoare
Colin Isles
Maureen Isles
Robin Jackson
Dennis Johnson

Alex Kanarek
Betty Anne McBride
Diane Miller
Robert Moreton
Christina Mueller
Rihannon Phillips
Marion Reidel
Laura Rowbotham
Rosalind Slater
Kevin Solie
Sandra Wilson



In *The Gifts of Imperfection*, Brené Brown writes, “The dark does not destroy the light; it defines it.” In *What a Gift!*, each of the 14 writers has shown vulnerability, honesty, and courage by sharing the raw truth of their darkness, and the path to their own light. It is that light which they are now shining brightly on the world.

“Truth, no matter how painful, is the route to healing. The authors within have shared their truth and hurt as part of their therapeutic journey. Never shy away from confronting the source of pain in your life. Have the supports in place, do it on your own time, and persist until you turn that corner. These stories are an inspiration to all of us who have a journey to complete.”

Rob Talach
National Victim’s Advocate
Beckett Personal Injury Lawyers

Authors:

Jaclyn Abrahams
Peter Barrow
Jean-Paul Bedard
Scott Brown
Bill Brubacher
Michael Doyle
Chris Ferrie
Pamela Frey
Krystal Gray
Line Grenon

Bob McCabe
Wendy Monsinger
Derek Smith
Deb Speck
Lorna Wyllsun

Foreword by Peter Jaffe
Professor Emeritus, Western University



In this volume, authors write about someone, or something, that they are grateful for, or have been inspired by.

Authors:

Alesh Arzensek
Sandy Bassie
Natalia Brajak
Lindsay Brant
Bill Brubacher
Mia Cikovic
Arlene Davies-Fuhr
Marilyn Elphick
Nancy Favro
Trish Heyes

Francine Houston
Margreet Kuypers
Amie Main
Wendy Monsinger
Martha Morrison
E. Anne Porteous
Valerie Senyk
Trina Virgin
Katherine A. Weir
Sandra Wilson



Current surveys conclude that approximately 80% of all women feel like they are "not good enough" ... not smart enough, not pretty enough, not successful enough, and the list goes on.

You Are ... Enough contains messages of "good enough" from ten inspiring women, to all women everywhere!

A great gift for all your female friends ... and for yourself!

Author:

Jenna Dakin
Karen Destun
Pamela Frey
Rachel Jones
Tanya MacIntyre

Wendy Monsinger
Judith Rosenberg
Brenda Sullivan
Kelly-Anne Whalen
Lizzy Wisniewski

You Are Not Alone



stories of hope

On July 16, 2015, my father took me out for dinner to celebrate my birthday, as he did every year. Ten days later, he collapsed in his home, and was taken to hospital by ambulance. Dad was 94 years old at the time, and still living alone. Although he had been doing remarkably well for the most part, recently we (his children) had noticed a rapid decline.

After a week in the hospital, Dad's condition worsened. We knew that he did not want any extraordinary measures taken to prolong his life, and the treatment at the hospital was very invasive, due to the type of medication that he required.

We made the very difficult decision to discontinue all medication and to provide palliative care. Dad was transported to Hospice Wellington on August 4, 2015.

From the moment I walked in the door of Hospice Wellington, I sensed beauty and peace. My father received phenomenal care, and it made his last days so much easier, for him and for our family.

My brother, sister-in-law and I orchestrated a 24-hour vigil, so that Dad would not be alone. We wouldn't have been able to do this, if it weren't for Hospice Wellington. Because we spent so much time there, we were able to share some very special moments with Dad.

Because of this, and so many other gifts that Hospice Wellington provided, I wanted to do something special, as a token of my gratitude. And so, the idea of putting together an anthology of "stories of hope" came to mind.

One hundred percent of proceeds from the sale of this book are being donated directly to Hospice Wellington, together with my heartfelt thanks.

Lisa Browning
(Excerpts from the Introduction)



Anthology Authors

Meet the Writers!



Lori Bateman

Lori is a lifelong writer with a passion for journaling. Having developed the unique Open Heart Journals process, she is happiest facilitating workshops and online programs that teach how to write powerful and touching journals of acknowledgement to your loved ones. Lori is the author of the soon to be published "Open Heart Journals -- Acknowledge the Ones You Love" companion book due out late 2013. Lori lives in Richmond Hill, Ontario with her partner and two young adult sons. For more information visit www.openheartjournals.com.

Chosen Charity: Because I Am A Girl

Because I am a Girl is a global initiative to end gender inequality, promote girls' rights and lift millions of girls – and everyone around them – out of poverty.

The Because I am a Girl initiative was founded by Plan International, one of the largest international charities in the world. Founded in 1937, Plan has supported girls and boys in the developing world for more than 75 years through collaboration with children, their families, and their communities.

www.becauseiamagirl.ca



Franziska Boon

Franziska is a Psychic Medium certified by internationally recognized Psychic Medium, Lisa Williams. She had the honour of sharing the stage with her mentor doing a Platform Demonstration in Melbourne on August 23, 2013. She is also a qualified Permaculture Designer who values the subtle influences of Biodynamics. An eternal hippy at heart, she married her Aussie backpacking hubby on stage at the 1999 Woodstock Concert in Rome New York. Franziska is a Spiritual Healer, Spirit Artist, mother of three, nanny Franny of two and spruiker of sustainability & environmental awareness. For more information visit www.franziskaboon.com.

Chosen Charity: Chicks for Charity

Chicks for Charity has simple beliefs. Give back. Enjoy life. Laugh a lot. Be thankful. Cherish your family and friends. Share the wisdom. Girls nights. That's what Chicks for Charity is all about. Chicks for Charity raise community awareness through uniting women from all walks of life. Chicks for Charity encourage all women to harness the power of "giving back". Organized fundraising events inspire women to donate time, talent and money to better communities. Through our collected efforts we represent an example to younger generations; we will encourage their involvement and nurture their confidence to ensure that the power of "giving back" is sustained.

www.chicksforcharity.com.au



Lisa Browning

Lisa is the creator of One Thousand Trees, the website and the magazine, and the sole proprietor of *words ... along the path*, offering writing, editing, and desktop publishing/pre-press services. She received a Bachelor of Arts in English in 1988, and subsequently worked as an editor for over fifteen years. In recent years, she rediscovered her passion for writing, and has had essays and articles published in a variety of online and print magazines. No matter what she does, Lisa is inspired to make a difference in this world, and to help others realize their passion and their gifts. For more information visit www.onethousandtrees.com.

Chosen Charity: On Butterfly Wings

On Butterfly Wings is a work in progress, and the brainchild of Lisa Browning. The vision is to create an online community for girls who struggle with self-esteem issues. Lisa will partner with local organizations and individuals interested in empowering girls to become strong, confident and independent women, to create a secure, supportive online environment where girls will feel safe to be themselves, and obtain the skills and support they need to thrive.

www.onethousandtrees.com/wings



April Burrows

April is the owner of FLOW Office Wisdom, is a trained facilitator, Enneagram Coach, and Spiritual Director, and the Canadian Ambassador for the Enlightened Business Foundation. She is passionate about organizational and spiritual clarity and loves to journey with groups and individuals in the deep work of discovery and the action that comes from such discoveries. For more information visit www.flowofficewisdom.com.

Chosen Charity: The Hunger Project

The Hunger Project (THP) is a global, non-profit, strategic organization committed to the sustainable end of world hunger. In Africa, South Asia and Latin America, THP seeks to end hunger and poverty by empowering people to lead lives of self-reliance, meet their own basic needs and build better futures for their children.

www.thp.org



Beverly Buss

Originally hailing from the far reaches of northern Manitoba, Beverly now calls Ontario home. A Mom and a Grandmother to the 'joys of her heart', she carves time out of a busy schedule to write with seemingly unstoppable determination. Believing wholeheartedly in Oneness, Beverly understands that through sharing stories we create a deepening awareness of our Oneness and the miracle of Love. Always having had a passion for children, Beverly has planned a series of stories for earth's littlest of Angels and their families ... stories that will inspire and uplift hearts into ever higher dimensions of joy.

Chosen Charity: Victims of Violence

Since its inception in 1984, the mission of Victims of Violence has been to provide long term support and guidance to victims of violent crime and their families and to aid families of missing children in the search for their loved ones; to conduct research on issues affecting victims of violent crime and to act as a resource centre providing information on these topics for victims and the community; to provide to governments, news media, and the community a victim's perspective on issues affecting victims of violent crime; and to generally promote public safety and the protection of society.

www.victimsofviolence.on.ca



Laura-May Culver

Laura-May exudes enthusiasm and passion in all areas of her life. She has been known to challenge herself and others to delve deeply into the mysteries of being human; wonder about our life purpose and potential, and, consider the possibility that our personal power lies hidden within the truth of our interrelated Earth community. Founder of Knowself Services ~ Foundations for Life Coaching and author of The Red Telephone Booth Meditations, Laura-May believes in Angels ... and so much more. For more information please visit www.knowselfservices.com.

Chosen Charity: Mindfulness Without Borders

Mindfulness Without Borders teaches foundational skills to manage emotions, cope with stress, strengthen character, build healthy relationships and engage communities responsibly. These vital social and emotional skills equip people to take positive action and live more fully.

Mindfulness Without Borders (formerly Between Four Eyes) is a 501(c)3 non-profit organization. In the span of two short years, it has encouraged over 650 educators and healthcare providers and more than 400 students, worldwide to bring mindful living, presence and connection to their personal and professional lives.

www.mindfulnesswithoutborders.org



Sherie Cunningham

Sherie is accomplished in many ways. She is an active member of "The Writers Café", "The Write Practice" and "Poets and Writers" groups. When she takes a break from writing, you'll find her working on her own custom designed jewelry, taking long walks along San Diego Bay, or engrossed in photography. She has four children and three grandchildren ... so far. She has made her home in San Diego for forty-five years.

Chosen Charity: University of California, Student-run Medical Clinic

The UCSD Student-Run Free Clinic Project, in partnership with the community, provides accessible, quality health care for the underserved in a respectful environment in which students, health professionals, patients, and community members learn from one another.

The clinic seeks to sustain health through free medical and preventive care, health education, and access to social services.

<http://meded.ucsd.edu/freeclinic/>



Kate Dillon

Kate is an Early Childhood and Business Trainer in Adult Education in Australia. She holds Advanced Diplomas in Children's Services, Business, Adult Education and a Masters Degree in Education (Leadership & Management). With a chequered career and personal life history she endeavours to enrich others' lives with her accumulation of experience and lifes' lessons into her teaching and everyday interactions. She is a lover of writing empowering childrens' books, organic gardening, food, hiking, with a passion for promoting others' potential and social justice.

Chosen Charity: Dress for Success

Dress for Success is a global not-for-profit organization offering services designed to help disadvantaged women find jobs and remain employed.

The mission of Dress for Success is to "promote the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life."

www.dressforsuccess.org



Patricia Eales

Patricia is a Registered Holistic Nutritionist (R.H.N.) and a highly trained and experienced health professional in natural nutrition and healthy lifestyles. She believes that diet, lifestyle and the environment play a key role in our mental, physical and emotional well-being. In her 40's, her high stress, corporate work life, combined with other life stresses, caused her to gain over 50 pounds making her the heaviest she had ever been! Refusing to believe that this was 'normal' and realizing that there are so many other women out there just like her, she went back to school to train as a holistic nutritionist to be able to help others who are going through the same things as she had. For more information please visit www.guelphnutritionist.com.

Chosen Charity: Food and Friends

Food and Friends supports local children through student nutrition programs. Their mission is to initiate, facilitate and support quality, sustainable student nutrition programs.

They provide breakfast, lunch and snack programs for students in a supportive, nonjudgmental environment where they feel cared for and safe.

<http://www.childrensfoundation.org/food-and-friends>



Heather Embree

Heather is a metaphysical healer and soul intuitive practitioner in Guelph, Ontario. She has been a regular writer and editor of various genres over the past 15 years, as well as a human and earth rights activist. For more information visit www.blossomingheart.ca.

Chosen Charity: Guelph-Wellington Women in Crisis

Guelph-Wellington Women in Crisis is a feminist community-based organization providing services to women and their children on woman abuse and sexual violence. We believe our services must be inclusive and equitable for all individuals accessing our programs while being responsive to issues of race, gender, religion, age, sexual orientation, socio-economic status and/or abilities.

www.gwwomenincrisis.org



Marcey Gray

Marcey is an artist and crafter, and Program Coordinator for Spark of Brilliance. Spark of Brilliance is a community-based mental health program of the Self Help Alliance, operated by CMHA Waterloo Wellington Dufferin, that promotes healing, recovery and discovery through the expressive arts for those with a lived experience of mental health issues and/or addiction.

Chosen Charity: Spark of Brilliance

Spark of Brilliance, a program of the Self Help Alliance services, operated by the Canadian Mental Health Association Waterloo Wellington Dufferin Branch, is a community-based mental health initiative that promotes healing, recovery and discovery through the expressive arts. Workshops are open to people living with mental health issues and/or addictions and their supportive allies, including: family members, friends, mental health workers, etc.

www.sparkofbrilliance.org



Danielle Hughes

Danielle offers the world a shining light of joy as she helps other find their heart centre. She is a Holistic Health Practitioner specializing in Energy Medicine at Let it Heal Cambridge. Through deep inner study and learning from holistic and spiritual teachers, Danielle has developed her unique heart-centred approach to bring healing into the lives of others. Continuing her work with spiritual development, Danielle writes a monthly column in the Cambridge Citizen and is a contributing writer on Lightworkers World and One Thousand Trees Magazine.

Chosen Charity: Anselma House/Women's Crisis Services

Women's Crisis Services of Waterloo Region offers a variety of programs to help women and children move beyond violence. We operate a residential program at our two shelters; Anselma House in Kitchener and Haven House in Cambridge plus regional outreach services, for abused women and children.

www.wcswr.org



Victoria Kaye

Victoria is a marketing/public relations/event planner/editorial journalist. Eclectic and chameleon-like in nature, Victoria is at home when wearing many hats as she is also co-partner in SpinalWrap.ca and ShowTimeChocolate.com, where she uses her unique style in writing and communications, bringing a refreshing new approach to the areas of well-being through balance

Chosen Charity: Family Transition Place

Since 1984, Family Transition Place (FTP) has been providing critical services to women and their children who have experienced abuse and unhealthy relationships. Inside FTP's doors, women find a warm and welcoming place where their safety and well-being is the most important thing in the world. Whether they need a safe place to live, or the services of a professional, skilled counsellor to assist them on their journey, FTP is there to help.

www.familytransitionplace.ca



Moragh Lippert

Moragh is a Registered Orthomolecular Health Practitioner, Registered Holistic Nutritionist, Meditation Teacher and Reiki Master. Through her company, Guided Holistics, she specializes in addressing nutritional deficits and biochemical imbalances to help people heal from mental and emotional disorders such as depression, anxiety, fatigue, alcoholism and other addictions. Moragh has been on a healing journey for many years and, as a recovering alcoholic, she uses experience, insight and deep compassion to help people heal. Moragh lives in Guelph, Ontario and is a mother, grandmother and community volunteer. She is passionate about nature, sustainable food, yoga and inspired writing. For more information visit www.guidedholistics.ca.

Chosen Charity: Stonehenge Therapeutic Community

Stonehenge Therapeutic Community offers a long-term, intensive treatment program (4-6 months) for people whose lives have been devastated by alcohol and drug abuse, and whose reality includes the fractured relationships, derailed careers and encounters with the legal system that so often result. At Stonehenge Therapeutic Community, the members, staff and alumni comprise a supportive therapeutic community in which the whole is greater than the sum of its parts, where profound and enduring change can and does occur.

www.stonehengeetc.com



Alex MacEachern

Alex's background was inspired by her upbringing on a farm and her love of cooking. A master's degree in Sociology and a catering business followed, bridging her passion for organic food and small farms. Alex is making the most of her transition to the UK and venturing down a new career path, having enrolled in a flower essence course and reiki training.

Chosen Charity: Kids Company

Kids Company provides practical, emotional and educational support to vulnerable inner-city children. Their services reach 36,000 and intensively support 18,000 children across London, including the most deprived and at risk whose parents are unable to care for them due to their own practical and emotional challenges. For many, the roles of adult and child are reversed and, despite profound love, both struggle to survive. Kids Company provides a safe, caring, family environment where support is tailored to the needs of each individual. Their services and support empower children who have experienced enormous challenges to lead positive and fulfilling lives.

www.kidsco.org.uk



Nicole McHenry

Nicole is an accomplished medium, psychic, healer and teacher, whose passion is taking her to the international stage in an effort to support that healing on a mass level. She has also spent the last half century working her 'magic' in the corporate world in cutting edge accounting and business services. She combines that 6th sense into an uncanny knack for assisting people to bring balanced success to their business, whilst readying them to make the best of opportunities that haven't even presented yet. A wife and mother, she teaches financial management in university graduate schools, and is completing her master's in education.

Chosen Charity: Friends of Stansted Hall

The Friends of Stansted Hall – The Arthur Findlay College” [herein called “The Friends of Stansted Hall] is a registered Charity under the Charities Act 1960. Its objectives are to promote education in Psychic Science and in particular to assist in the establishment and maintenance of a College for the Advancement of Psychic Science, namely Stansted Hall in Memory of J Arthur Findlay. It is all about raising the vibration, one person at a time ... mass healing that goes beyond the bounds of one person.

<http://www.friendsofstanstedhall.com/>



Wendy Monsinger

Wendy has been married for 21 years and is a mother of two boys, ages 17 and 20. She has a Social Service Worker diploma, a certificate in Supervisory Skills, is a Caseworker with the County of Simcoe and also is Chief Steward of CUPE Local 5820. She has always had a passion for writing and is happy to now make it part of her life. She loves helping people and by sharing her story, she hopes to inspire others and put some flame to someone's light so the darkness may fade.

Chosen Charity: The Monsinger Family Award

The Monsinger Family Award is not a traditional charity. Created by Wendy Monsinger, it is an education grant/bursary to be awarded to a young girl who, despite the struggles and hurdles, has pushed through and made it to her grade 12 graduation. It doesn't matter what her grades are, what matters is that SHE matters. It will be given to a girl who made it through the odds; whether it is some form of abuse, bullying, parental separation, depression or any other life "curve ball" she may have been thrown.

Email sharingcharity@outlook.com for more information.



Nicole Morrison

Nicole is a teacher of love. From a very young age Nicole could see the beauty in people no matter what role they were portraying in the world. She uses this unique ability to coach teens in remembering the Truth of who they are and how to live according to those Truths.

Nicole is the Founder of Inspire Counselling & Therapeutic Services where she uses a combination of counselling strategies, Energy Healing, and Hypnotherapy. When you change your mind, you change your experience of the world. For more information please go to www.inspirecounselling.ca

Chosen Charity: Habitat for Humanity

Habitat for Humanity Canada is a national, non-profit organization working towards a world where everyone has a safe and decent place to live. Habitat for Humanity Canada's vision, mission and values are delivered by Habitat for Humanity affiliates working in over 300 communities across Canada. Habitat for Humanity Canada affiliates select and prepare partner families for home ownership, manage the construction of Habitat homes, and hold partner family mortgages. They play a vital role at the local level by engaging community volunteers, securing resources, increasing the profile of Habitat for Humanity and raising awareness about the issue of affordable housing in their communities.

www.habitat.ca



Trischa Newfield

Trischa was born and raised in British Columbia, has lived in Quebec and Ontario. She writes, speaks, motivates, and encourages audiences of all ages to connect to each other and heal their “war wounds” of life in order to create a life worth living. Living, in her belief, is not just about breathing, eating, sleeping, and time spent in waking, but is really meant to enjoy, create, participate and help others.

Chosen Charity: Food4Kids

Food4Kids provides backpacks of healthy food for kids with limited or no food during weekend periods. Each food package contains kid friendly, non-perishable and easy to prepare meals with maximum nutrient value. The focus is provision of foods from each food group including five servings per day of fruits and vegetables. Not only does Food4Kids fill hungry tummies, it also fills an important gap. They offer great synergy with local Student Nutrition Programs and local hubs that provide breakfast, lunch or after school snacks. There are currently no programs in Hamilton or Halton providing healthy food for children going entire weekends without food.

www.food4kids.ca



Jan Porter

Jan is a published author, member of The Writer’s Union of Canada and workshop facilitator residing in beautiful rural Belmont Lake, Ontario. Her personal joy comes from assisting others to live in joyful fulfillment and to pursue their aspirations in soul path alignment through non-secular writing, one-on-one, groups, and events. For more information visit www.inspiredsoulworks.com.

Chosen Charity: Soulworks Gifting Foundation

The Soul Works Gifting Foundation's mission is to innovate, empower and inspire children, youth and adults globally through gifting books, music, materials and workshops to make a positive difference in individual lives and community.

<http://www.inspiredsoulworks.com/soul-works-gifting-foundation.html>



Lee Pryke

Dubbed a 'boost of happy', Lee ushers her audience to align on a personal and professional level, laughing often and loving self. Lee's eclectic approach of connecting the dots unfolds in her workshops, soul coaching, as an author and inspired communicator. Her words are life-changing, pivotal, and transformational; they have the power to mobilize you. Founder of I Am I Can Self Enrichment Centre and Healthy Choices Wellness Show, Lee believes when you find vibrational alignment within, you personally thrive. You feel good; you look good; you have clarity; you have wit; you have abundance of all things good. For more information visit www.iamican.ca.

Chosen Charity: Power of Hope

Power of HOPE Community Organization is a registered not-for-profit organization that helps families in the communities of Waterloo Region, Wellington County, Perth County and Woodstock area.

Through the generosity of friends, families, local businesses and fundraising event donors, Power of HOPE is able to provide essential items needed by low income families, children and women in crisis.

www.powerofhopeontario.ca



Catherine Skiles-Brunner

Catherine is a life-long traveler on a path to self-awareness, whose journey so far has taken her on many roads. She is a self-proclaimed late bloomer in her career choices, still seeking that perfect calling, and she intently advocates for programs that empower and lift others to see the potential in their unique and magnificent purpose for being. Her own words came to task when the Universe declared that, after her 25 year marriage suddenly ended in divorce, she embark on a new journey on faith. She quit her job, accepted a new relationship and moved 1,600 miles to the Phoenix Arizona area. Her writing has always been a small glimpse inside her private world but serendipity has declared it now be shared.

Chosen Charity: Heifer Project International

Heifer International's mission is to work with communities to end hunger and poverty and care for the earth. By giving families a hand-up, not just a hand-out, we empower them to turn lives of hunger and poverty into self-reliance and hope. With gifts of livestock and training, Heifer projects help families improve their nutrition and generate income in sustainable ways. We refer to our animal donations as "living loans" because in exchange for their livestock and training, families agree to give one of its animal's offspring to another family in need. It's called Passing on the Gift – a cornerstone of our mission that creates an ever-expanding network of hope and peace.

www.heifer.org



Elizabethhe Vick

Elizabethhe approaches all of life through the heart of service. She believes that we can speak through our authentic voice and genuine caring. Elizabethhe offers practical tools that empower her students to become conscious participants in their own healing and growth in order to embrace a meaningful and purposeful life. Her vision is to shed what no longer serves, to focus on the journey within and with an open and loving heart. Her hope is that students take away something that they can integrate and project into their everyday living and the lives of others.

Chosen Charity: Heart & Stroke Foundation (Celebration of Life Account)

The Celebration of Life fundraiser was first launched in 2008. Its mission is to raise funds for the SPCA and for AEDs to be installed in area facilities. Vick has dedicated herself to promoting the importance of heart health after the death of her sister Cathy, who suffered a massive heart attack at the age of 40.



Candace Wormsbecker

Candace's passion is to bring joy into the lives of those she touches, to help people overcome fear and self-doubt and begin to live the lives of their dreams. She writes weekly messages that inspire us to think differently about our lives, to trust life, and to live life authentically and passionately ... to live the lives we have been called forth to live.

Chosen Charity: Unity Kitchener

Spiritual, but not religious? Looking for a Positive Path for Spiritual Living? Unity is a great place to start.

All ages, including children, are welcomed to Sunday services which include inspiring music, and practical talks to support you in living a life that is truly meaningful and abundant.

www.unitykitchener.com

Men's Volume One

Writers' Bios



Jean-Paul Bedard

Jean-Paul is author behind the very popular blog "Breathe Through This". As a survivor of childhood sexual abuse, he is a leading advocate raising awareness for other male survivors of sexual abuse to find their "voice". Most recently, Jean-Paul completed a Double Boston Marathon (84.4km) to raise funds for the Gatehouse Treatment Centre in Toronto, a nonprofit organization that specializes in working with survivors of childhood sexual abuse. Jean-Paul is also a "featured contributor" to the Huffington Post. When he's not sitting in front of his laptop, Jean-Paul is pursuing his passion of endurance running. Having completed almost 100 marathons, Jean-Paul considers his representing Canada at the prestigious Comrades Ultra Marathon in South Africa to be his greatest athletic achievement.

<http://breathethroughthis.com>



Doug Dane

Doug has a past that contains the following ingredients ... adoption, physical abuse, emotional abuse, sexual abuse, self-abuse, alcoholic parents and violence. He has a present full of time, freedom, money freedom, great health, full relationships and abundance. How he went from A to B is an inspiring and motivating story. He has no formal education but managed to find his way through serious study and application of alternative education and personal development from teachers like Bob Proctor and others. Douglas, now an international key note speaker and coach has turned his own personal experience into a duplicable system to help people.

www.talkingworks.com



Rod Endacott

After farming for 20 years, and running a landscaping company for another 20, Rod opted for a change and began attending university again. Back in the 1970's he studied what little was offered in ecology; today his interests lie in sharing his experience of working with the land. In particular he enjoys discovering of power of words . . . their meanings and their ability to facilitate mysticism. He believes mysticism, as always, contains the root of our connection with the earth and one another.



Robert Feagan

Robert is a father, a son, a brother, and a husband. He is a committed community member, working with a variety of community organizations leading towards what he hopes to be a better world. He also works in the 'south', with students from the university where he teaches and does research, building homes in partnership with Habitat for Humanity and their Global Village program. Robert's journey is a conscious one – aware of the beauty, difficulty, and wonder of his own trek through life, and how it connects to the people and the creatures with whom he shares this world..



Brian Garner

Brian was born into a large family, the seventh of thirteen children who helped their parents run a large dairy farm operation in Oxford County. Following graduation from high school, Brian had a very serious accident on the farm, falling over forty feet onto a cement floor thus causing him severe brain damage, multiple fractures as well as leaving him with epilepsy due to the TBI. After recovery Brian went on complete two degrees; a BA (Psych & Soc majors) and fifteen years later his Bachelor of Music Therapy (Hons). He completed his Clinical Internship in New York and has worked in both Ontario and Texas for seven years before returning to Ontario; now running his Music Therapy business and being Director of Music at a local Guelph Church – the type of position he has held since being seventeen years old.



Ross Gordon

Ross lives in Burlington, Ontario, and is the father of son Sean and daughter Caitlin. He is at work on his book *Ten Steps to Loving Yourself 10 out of 10*. He offers talks at schools to support teens and parents of teens in loving themselves, and is presently working on a series of public talks and workshops that support attendees in living life guilt free, and developing powerful communication abilities. He continues his volunteer work in the Family Division of Landmark Worldwide, Toronto office.



Rod Keays

Rod is a student of Adult Education with the intent of teaching his recently published book on critical men's issues. *The Naturally Good Man and The Ten Thousand Blades of Life* is a history of male purpose. It explores the theme that men have accomplished the cultural goals that were set out for them over ten thousand years ago. Rod's larger purpose is to lay out the next steps that men will uncover as they adapt in the ever-changing gender landscape. He has been a director on the boards of many non-profit societies related to men's issues and was a 15-year president of a mountain retreat centre for building community between men and boys. In addition to writing Rod has a love of gardening with a 30-year career as a landscape designer and installer. His other interests include: hiking, camping and reading.

www.thenaturallygoodman.com



Mark Mattin

Mark is an artist, craftsman, gardener, numerologist, tarot reader and an amateur historian. A lifelong "flaneur", he explores our world one step at a time. He has always believed we cannot know where we are going if we do not know where we have been. Sharing his rambles and olden day tales is a favourite pastime. Mark has overcome many challenges successfully and continues to stand tall and be himself in a bold and forth rite manner. He believes he possess all he needs to face any adversary. He marches forward, united with family and friends towards renewed health and happiness. So it has been and so it will always be.



David McAuley

David is a dedicated and loving father, grandfather, son, brother and partner who offers the gifts of his time, profession and resources to help create balance and equality in his community. His present passion is to realize the creation of an urban co-housing/intentional live-work community in Guelph and to spread the learnings of this to others seeking the need to return to a closer, more healthy, socially and environmentally sustainable home.

www.jdm-arch.com



Evan Mead

Evan is a 22-year-old Toronto-born independent film-maker currently operating out of the Greater Toronto Area. At age 5, he was diagnosed with Aspergers Syndrome, and though he required support in school for his learning disabilities, he got mostly good grades and today he is considered very sociable and outgoing amongst his friends and colleagues. In High School he took a co-op program for television production at Rogers TV, and still volunteers there. Evan studied at the Toronto Film School from 2011 to 2013 and, while he has always been fond of writing and storytelling, it was there he discovered his passion for directing movies. He has directed a music video and two short-films that he wrote (one completed, one in post-production – to be completed 3rd quarter 2014), and he is currently in the process of writing and developing his first feature film. As someone with a visual mind, film has always been something that has fascinated Evan, and he can't wait to see ideas of his own come to life on the silver screen!



Keith Meyer

Keith is a born communicator a person who has a strong moral and social compass and who is in his element, listening to and helping others who have been demoralised and afflicted or aggrieved by the actions of others. This no doubt comes in part from his own life's experiences, dealing with depression and anxiety as well as his numerous roles and vast management experience in the business world. Today he is a mentor and teacher to many who don't have the years of wisdom and hindsight to draw on that he has had.



Glenn Peirson

Glenn was a man of compassion with a powerful connection to healing. He walked boldly wherever he found himself, from the highlands of Kenya to Moose Factory. A man for all seasons, he was a physician, musician, husband, father, son, brother, uncle, friend, mentor, athlete, spiritual giant, poet, gardener and great lover of the complexities of the brain and the multi-faceted Land of Narnia. When he was diagnosed with cancer in February 2007, Glenn put his skills at out-of-the-box thinking and collaboration to use in staying alive for longer than anyone might have thought. The rigours of his disease and its treatment claimed him in November 2009. He was 44 years young. His phenomenal legacy now resides in his book, *I am Keats as you are*, and in the lives of all whom he loved and all who loved him. The book is dedicated to his two children, Theodora and Henry.

<http://www.physicianmusician.com> .



Dan Racicot

After his retirement from high school teaching in 1997, Dan devoted much of his time to completing several lifetime projects in the arts and literature. A series of life crises, however, created an important detour into the realm of Men's Studies and the development of support groups for men in the Sudbury community. Enamoured of the Northern Ontario wilderness, he became an avid kayaker. Currently he is devoting time to his interest in digital art, and continues to lead a self-study group based on the Teaching of G.I Gurdjieff which he has studied continuously since 1964.

www.mountaintop.ca



Guy Stefan

Guy is a passionate student of life. Although he studied for four years at York University and the University of Toronto exploring his love of Fine Arts, Literature and Psychology. Overall, he has a Phd from SOHK (School of Hard Knocks), and brings a richness of inquiry to all that he does as a Singer-Songwriter, Ambient Composer, Public Speaker/ Storyteller, Psycho-Spiritual Counsellor, Shiatsu Therapist, Writer, and Healing Music Circle Facilitator.

www.guystefan.com



Govert van Ginkel

Govert is an expert in dealing with stress, open communication skills and strengthening resilience in individuals and organizations. Presenting to hundreds of people each year, he is an international speaker (Europe & N-America) with a master's degree in law, a masters degree in Neuro Linguistic Programming, trainer in Nonviolent Communication, the Alternatives to Violence Project (AVP), the Expert Center for Restorative Justice in Education (ECHO) and facilitator for Restorative Circles. He also is the chairman of the Mankind Project Foundation in The Netherlands. When you get Govert you get practical how-to's that decrease stress and miscommunication while increasing mutual understanding, productivity and workplace satisfaction. He is a humorous speaker who delivers his message in an insightful and playful manner. He'll show you how to access the hidden potential that is in all of us.

http://www.govertvanginkel.nl/index_en.php



Grant Waldman

Grant has resided in British Columbia, Canada for over a decade. He has been involved with men's work for nearly 18 years. He initiated in the Mankind Project (MKP) in the spring of 2006, and was previously on the board for over 2 years as the Vancouver Island representative. Prior to the MKP, Grant was involved in men's groups in Indianapolis, Indiana, Toronto, and the Sunshine Coast. Grant is the Executive Director and Wellness Coach at West Coast Men's Support Society, an organization whose mission is: Helping men, families and community to create full, healthier lives. Grant graduated from York University in Toronto with degrees in History and Business. He is currently pursuing his MA in Counselling Psychology at Yorkville University in Fredericton, NB. Grant is an accomplished and published singer-songwriter and a member of his local Folk Guild. Learn more at his website: www.waldocreative.com. Grant has also published poetry and has recently published his first book. Grant has been married to his loving partner Annik for 26 years, and has a 17 year old son, Nathaniel.



James Wells

James Wells is a full-time tarot consultant and circle process practitioner in Guelph, Ontario. He is the author of *Tarot for Manifestation* and *Tarot Circle Encounters*. James enjoys trees, good food, close friends, reading, writing, and long walks.

jameswells.wordpress.com

Women's Volume Two Writers' Bios



Leilan Adair

Leilan (sounds like ee'lon) is a certified Usui Reiki Master and Reiki Instructor. She loves introducing people to energy adjusting modalities such as Reiki, Crystal Therapy and Access Consciousness: The Bars and Body Processes and Axiatonal Alignment. She offers Distant Energy Adjustment sessions, as well. Leilan is working at the (soon to be opened) 'Inner-gy Center' at Healthy Foods & More in Waterloo, Ontario. She can be reached at C# 226-972-8396.



Leah Frieday

Leah's passion lies in assisting women to overcome the obstacles we all face daily, and to hinder the voices of the past from dictating our lives in the present. Together with a collective of healing muses and magical musicians, she shows us how to find our hum by providing the chance to write or rewrite the melody of our souls.



Charlene Jones

Charlene hosts Off the Top, a radio program for www.whistleradio.com where she interviews writers.

Look for her latest book, *Medicine Buddha/Medicine Mind* on the power of visualization supported by neuroscience.

www.soulsciences.net



Annie Kaszina

Annie Kaszina, Ph.D, is a women's relationship coach, international speaker, and author of "The Woman You Want To Be", "Married To Mr Nasty" and "Do You Choose Your Dog More Carefully Than Your Husband?" She has spent 10+ years helping women to stop struggling with despair heartache, and self-doubt so they can enjoy the happiness, success, and fulfilment they deserve. Annie is passionate about sharing everything she has learned that makes a powerful difference, and has posted a wealth of valuable free resources on her websites:

www.recoverfromemotionalabuse.com

www.anniekaszina.com

www.ChooseYourMan.com

To connect with Annie, email annie@anniekaszina.com with the subject line: Personal



Lisa Lindsay

Lisa lives in Guelph. She is continuing her grief journey and living more deeply with each step. She wrote her story in memory of her mother.

Death is not extinguishing the light, it is only putting out the lamp because the dawn has come.

Rabindranath Tagore



Deb Maybury

Deb is an entrepreneur, author, speaker, musician, facilitator and advocate who specializes in sexual abuse recovery and helping people realize and share their unique gifts. Please visit her website at www.debmaybury.com.



Kim Murphy

Kimmy is a holistic nutritionist looking to lead a healthy life and learning to love herself. She is passionate about helping people become healthier through fitness and food. Kimmy can be found walking the Northern California streets with her two best friends, Sunny & Terry (puppy and husband respectively). When Kimmy's not making and eating delicious vegan food, working on her blog, or volunteering, you may find her with her nose stuck in a good book.



Deborah Peniuk

Over the last 15 years, Deborah's travel consulting expertise and her leadership as an entrepreneur have been celebrated by various communities, such as Women's Post which is a magazine designed for professional women and The Karina Chronicles, who acquired her as one of their Brand Ambassadors. In addition to running AYA LIFE, Deborah writes articles and reviews for many Food and Travel events and products as well as a new lifestyle blog, *Life, Bliss and All of This*.



Kayleigh Radatus

Kayleigh is a Personal Empowerment Mentor, Certified Life Coach, and Certified Level 2 Reiki Practitioner. Her mission is to inspire hope and dreams, to encourage, support, and uplift, and to bring more joy, happiness and love into the world. In support of this mission, she created the "This Groovy Life" line of empowerment tools that includes; handmade semi-precious gemstone jewellery, pendulums and bookmarks, Remembrings Cards, and the Home Edition of her popular Beadiful Intentions Workshop. She also conducts one-on-one mentoring and Reiki sessions, empowering oracle card readings, and group workshops. She can be reached through her website; www.kayleighradatus.ca.



Laura May Roth

Laura May is a Guelph native with a knack for adventure. In 2013, Laura May completed here Masters in International Affairs from the University of Ottawa. She currently works for the Federal government in the nation's capital pursuing her career in the area of foreign policy. Born with an extra travel chromosome, Laura May has ventured to over 50 countries. She's sipped wine in rural Italy, backpacked through the Middle East, and dove with sharks in the Galapagos. She even celebrated Christmas on the Trans-Siberian Express. Taking pictures and revisiting old travel journals inspired Laura May's *The Road Less Travelled*.



Valerie Senyk

Valerie earned a BFA in Fine Arts while a single parent, and an MA in Drama from the University of Saskatchewan, and taught Theatre at universities in both Saskatchewan and Ontario for over 20 years. She is an actor, director, performance poet, and visual artist. She's been published in many journals and has a collection of poetry,* *I Want a Poem**, published by Vocamus Press, 2014. She is blessed with three amazing sons and six grandkids, and attributes her continued learning and creative adventures to her long-standing adherence to the Baha'i Faith.



Jessica Sgrignoli

Jessica graduated from Brock University with a Bachelor of Arts major in Psychology. She is currently enrolled at the Canadian College for Massage and Hydrotherapy, and wishes to incorporate Massage Therapy into her current practice in the field of Alternative Medicine. Her desire is to support female helping professionals on their healing journey to wholeness through the use of Yoga therapy and Ayurvedic body treatments. Jessica believes self awareness and unconditional self-care to be key components to restoring physical, mental, emotional and spiritual equilibrium. Please visit Jessica at www.journeytowholeness.ca.



Evelyn Taylor

Evelyn is a storyteller through music and spoken word poetry. She uses her art to connect with others with similar stories of hurt and healing. Only through sharing stories can we truly heal ourselves.



Doris Turner

Doris has been operating a successful consulting firm for the past 26 years and has nurtured two astonishing and courageous sons on her own. They have also greatly contributed to nurturing her. She has always “known” she was supposed to write. Being involved in and/or reading multitudinous sources of spiritual growth writings for decades, plus riding out her own life experiences, has enabled Doris to “allow / forge” a paradigm shift within her, so that she can share her discoveries and hope with others. .

Men's Volume Two Writers' Bios



Scott Brown

Originally from Campbellton NB, Scott resides in Halton Hills ON with his wife Barbara and their two dogs, Jilly and Boo. Some of Scott's passions are cooking great food, yoga, running and men's mental health. He believes in embracing diversity and constantly seeks balance in life. As a director of product development in seafood, he practices innovation engineering which he says has enriched his life significantly. He tries to live his life with an open mind and optimism. He would not change any of his past because he feels that today he's reaping the rewards for dealing with life's adversities.



Kevin Cahill

Kevin is an award-winning sales professional and consultant specializing in the art of managing change and achieving great results. As the founder of *The Change Revolution*, this international bestselling author and speaker inspires men and women alike. As someone who has mastered the art of resilience and hope, Kevin's philosophy is strategic and results driven. Kevin's passion is to equip individuals and organizations with a renewed sense of clarity and excitement, knowing that positive change will bring about positive gains. His exciting creation *The Change Revolution* offers a winning blue-print for navigating through change and achieving success.



Dave Derraugh

Dave has been involved in the supporting of and advocating for children, youth, seniors and the special needs community his entire life, both personally and professionally. He is a trained, experienced facilitator, community connector and co-ordinator, with a personal core belief and approach of person centred focus and activity. Dave has a background of self-employment in health care, personal support and championing individual growth. When combined with his extensive volunteer experience, Dave's strong advocacy skills and beliefs, and his focus on passionate support within the special needs and animal rights communities, result in a rewarding and beneficial approach and success for both those he supports, as well as for himself.



Michael Doyle

As a gifted speaker, author and coach, Michael believes everyone has the power to follow their dreams and discover the deeper purpose of their life. He overhauled his own life in a dramatic way more than seven years ago, moving away from being exhausted, overweight and stuck, to now having competed in sprint triathlons and becoming a successful life and business coach. Michael's natural gifts of humour and intuition, along with business and life experiences, enable him to bring out the full potential in everyone he engages with. His powerful process for change is transforming lives across the country.



Craig Dubecki

A cognitive authority and life coach, Craig is on a mission to help individuals and companies focus at a higher level and achieve their best potential and ROI. By using non-complex analogies and human experiences, Craig created and is owner of, The WYLIWYG Principle™: WYLIWYG (pronounced: Will-eee-wig): Where You Look Is Where You Go™, a principle designed to help the audience find the personal power of true focus. Craig is an active volunteer with numerous associations. He is a performing musician, Toastmaster and public speaker connected to professional speaker associations. Living in Kitchener, Ontario Canada, Craig does sales & marketing helping AIM Industrial Contractors grow and provide the best services possible. His three adult children are what he is most blessed with in life. For more information visit www.craigdubecki.com.



Matthew Gerard

Matthew is a motivational speaker who has been touring hospitals, universities, colleges, and special events for the past 15 years. His inspirational story not only inspires audience members, but it also encourages them to dream big and flex their potential muscles. When Matthew isn't on stage sharing his story he works as a corporate associate, performs stand-up comedy and is in the process of completing his first novel. Matthew's story is one of heart break, sorrow and a young man's battle to prove that 'Against all Odds,' nothing is impossible.



Gord Melville

Gord wants to be known as a husband and father first, then as a man who loves and cares for people, then as a successful business man ... only in that order! He lives in Waterloo with his wife of 25 years, and their three growing sons. Gord has become a serial entrepreneur businessman founding and running two international companies as well as running his own rapidly growing fully holistic financial consulting practice, specializing in working with women and small businesses. He is passionate about building relationships and helping people achieve their goals and dreams.



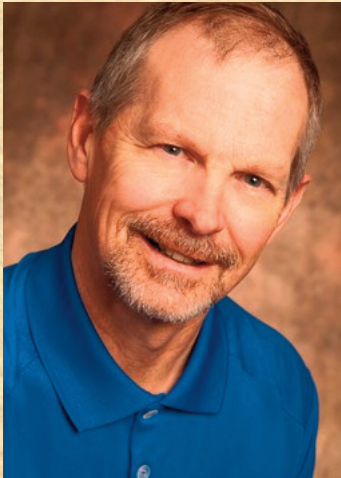
Dominic Mitges

Dominic is the Founder of *Spartan Motivation Coaching and Motivational Speaking*. A highly sought-after speaker and coach, Dominic works one-on-one with clients who want to overcome the fears and limiting beliefs that are preventing them from living life on their own terms. For more information please visit www.spartanmotivation.com.



Jason Nadon

Jason is a weekday technologist and weekend dream chaser. When not working or creating he enjoys volunteering and learning from others. He lives in Kingsville, Ontario and his top five passions include Arts & Culture, Heritage, Community, Parks and Information Technology. He can be found on Twitter: @JaeNadon



Tim O'Connor

Tim is a golf and life coach, writer and golf nerd. At least, these are things he does. He is also Head Coach of the University of Guelph golf team and Mental Performance Coach at the ClubLink Academy. He is author of four books, including *The Feeling of Greatness: The Moe Norman Story* (2nd edition released 06/2018), and he co-hosts the Swing Thoughts podcast with Howard Glassman. He's on the leadership track in the ManKind Project. This part is closer to who he is: Tim is married to Sandy Halloran, and they have sons Corey and Sean. For more information visit www.oconnorgolf.ca.



David Rankine

David brings over 30 years of experience as an artist, musician, healer and educator, to a new understanding of sacred expression through art, music, and geometry. David is an experienced workshop leader, facilitating experiential events focused on creativity, healing and community building. The creator of numerous art manuals, records and articles, David is also authoring an upcoming compilation of his short stories. He has recorded over 10 CDs, and performs with his ground-breaking band, Dulcimerhead. David lives and works in rural Huron county.



Steve Rutledge

Steve was born 1966 in Lindsay, Ontario. He grew up in the heart of Ontario, a little village called Cannington. He worked his way into a career with his H.V.A.C. Licences, servicing customers in the same community. He then carried this experience into the school system, where he learned about leadership by taking a number of courses that helped him move ahead in his career. Five years ago he joined a writers club, and enjoys sharing his experiences through his writing. Steve is also involved with the Epilepsy charity in his area, and he wants everyone to realize how privileged we are with our everyday life, and the curves we face in life's road.



Brandon Schiafone

Brandon is a certified master empowerment coach and hypnotherapist, as well as a student of behavioural psychology. Born and raised in Richmond Hill, Ontario, he has a great love for public speaking and a deep aspiration to become a performing saxophone player. When he needs a little down time, Brandon can often be found in the company of a good page-turner, or writing his own which he hopes to have released soon.



Tyler Valiquette

Tyler is obsessed with politics. He promises it's a healthy obsession. He is currently a researcher on LGBT rights, and a visiting professor at the University of Brasilia. In addition to focusing on Brazilian and international politics, Tyler also co-founded and runs the organization Vote Savvy. Vote Savvy is a non-partisan organization that works with Universities across the country in engaging young people in the politics that matters to them.



Grant Waldman

Grant has resided in British Columbia, Canada for over 14 years. He has been involved with men's work for over 20 years. He initiated in the Mankind Project (MKP) in the spring of 2006, and has served on the board for 2 years as the Vancouver Island representative and previously as the Integration Group Chair. Prior to the MKP, Grant was involved in men's groups in Indianapolis, Indiana, Toronto, and the Sunshine Coast, BC. Grant was involved in the opening of West Coast Men's Support Society in 2009 and still sits on the board. Grant graduated from York University in Toronto with degrees in History and Business. He recently completed an MA in Counselling Psychology at Yorkville University in Fredericton, NB. Grant is an accomplished and published singer-songwriter-poet and a member of his local Folk Guild.



Clay Williams

Clay is a 57 year old father of two living in Waterloo with his wife of 36 years. A former smoker, Clay started running with a friend in 2003 to "get in shape," then ran a local 5 km race for fun and progressed through 5km, 8km, and 10km races, to half marathons, marathons and beyond. In 2011 Clay ran 43 marathon distance runs, and has run several 100 mile and 48 hour races. In each of the past two years, he has run the Canal Pursuit for Mental Health, a 765 km run along the Trent Severn and Rideau Canals to raise awareness and funds for the Mood Disorders Society of Canada's Defeat Depression Campaign. He has recently found his voice as an advocate for mental health awareness and education, speaking to middle school and high school students and encouraging conversation about mental health.

Sharing: our stories, ourselves, our success
(Volume 5)
Writers' Bios



Leilan Grace Adair

Leilan is a speaker, certified teacher and author who talks about the interaction of Divine Spirit with her personal and every day 'growth' experiences. Her Sharing Anthologies' stories offer insight into the different facets of her life as a daughter and caretaker for her parents. Her approach to whole-self healing and personal engagement with Divine Spirit is entertaining as it is informative. Her dedication to clearing out fears and misconceptions regarding various techniques that she has used for her own self-awareness and self-healing is inspiring and uplifting.

leilangrace@gmail.com



Temine Ash

Temine attended Orangeville Secondary School and received her Certificate of Business Administration at Sheridan College. She has been married to Mike Ash for over 31 years and is the mother of two sons, Michael and Jeffery Ash. Temine is now enjoying 2 grandsons, Luke and Nathan. Temine has been a past member of the Orangeville IODE, Yellow Briar Chapter and The Highland Rotary Club. For 25 years, she worked in her family's printing company, Mono Arts and Graphics, became president and then in the last few years took over ownership. It has since been sold to new owners. Travel has always been a passion of Temine's, and she is presently a Travel Advisor with Expedia Cruiseship Centres in Orangeville, helping to make others' dreams come true. Temine and Mike have lived in the rural area of Caledon/Orangeville for over 20 years.



Emily Brant

Emily is a holistic health enthusiast who has overcome various health challenges herself and realized the power of nature's tools like whole foods and essential oils to assist in healing. She is a young professional in the kitchen design industry in Toronto but her true passion lives on her blog and website, where she empowers the everyday busy woman to also heal herself using nature's gifts and the power of mindset. The blog also serves as an outlet for her other true passion for writing. Emily is on a mission to share her unique story and gifts in hopes that it'll help inspire and motivate anyone who might be up against any challenges, self-doubt or difficult times.

www.essentiallyemm.com



Lindsay Brant

Lindsay is from Tyendinaga Mohawk Territory, closely aligns herself with her Mohawk identity, and embraces the incredible power and strength that come with owning and standing in one's true identity. In addition to writing and editing, she works full-time as a Curriculum Specialist, and part-time as a professor. Lindsay is a storyteller by blood, and believes that holistic living and happiness are keys to optimum health and wellness, and contribute to her remaining on a positive, good path in life.



Jennifer DeCoste

Jennifer grew up in the Belleville, ON area and still calls it home today. Jenny has held a variety of positions in manufacturing, insurance and investments, and has dedicated much of her life to volunteering for local causes to help support education, health care, and women with cancer through the Look Good Feel Better program. Jenny is passionate about helping others to reach their full potential. She loves singing in a women's choir, painting, and crafting. She loves to walk, bike, and practice relaxation and mindfulness through meditation and journal writing. She enjoys her quiet yet fulfilling life, and keeping a positive outlook. She loves spending time with her family, which includes her beautiful daughters and precious grandchildren.



Amanda Gazzola

Amanda started her career in the corporate world working as a health coordinator for a small business. She quickly learned that the environment wasn't for her, and wanted to expand her vision. It is Amanda's passion to help women feel amazing, beautiful, confident and strong, and to be who they are and find out the truth about themselves to produce true change in their life. She would love to help you create the best version of yourself on your own Journey to Greatness!



Danielle Hughes

Danielle is a published author, health and wellness advocate, and has a passion for learning and teaching holistic techniques. She also has a background in health care as a respiratory therapist with over 4 years experience in the field of sleep and sleep therapies.



Cheron Kovacs

Cheron is a successful Teacher of "Self Love," Professional Speaker, and International Bestselling Author, who is passionate about working with others, to help them achieve greatness in their lives, and thrive even through difficult and challenging times. She shares her life story, which begins in Zimbabwe, where she was born and raised. In her late twenties, she immigrated to Canada, where she currently resides. Cheron is the Founder of Your Canadian Sister. A company founded on how "Gratitude Changed Her Life!"

www.yourcanadiansister.com



Andrea Lines-Botell

With a passion for many creative modalities, Andrea infuses her work with creativity in order to offer individualized support. Andrea's journey with behavioural and mindfulness training started 25 years ago in England within a large corporation and now encompasses many diverse outlets including art therapy and energy healing. Being a mother of four children Andrea has a passion for youth mindfulness and has a vast background in supporting those journeying with addiction and loss.

www.mandaliahouse.com



Krista Long

Krista is a shamanic, and a reiki and animal reiki practitioner. She has a passion for the natural world and helping others find their connection to spirit and All That Is. She has two beautiful daughters, who teach her the meaning of love every day.



Diane Lyndon

Diane is a graduate of the school of life. She has studied a variety of healing modalities including reflexology, therapeutic touch 1 & 2, Access Consciousness: the bars, the F.I.X. code for relief of anxiety, as well as floral design and interior redesign. She has been a reflexology practitioner for 27 years. She was hit by a bus, and in a head on collision as a passenger, and has had more concussions than a hockey player. She considers herself lucky to be here! Her favourite job ever is as grandmother. She is ordained and can officiate weddings in Ontario. She has been a photojournalist and published poet for many years as well. Soon, and with God's grace, she will be 65, and wonders what retirement will bring!



Tanya MacIntyre

Tanya is a former broadcast journalist who got fed up with being immersed in negative news every day! She packed up negative news for positive media making her life's mission to educate people about the FUD Factor (the agenda of mainstream media to perpetuate fear, uncertainty, and doubt) and to be conscious of consuming only media that serves their health and well-being.



Maureen Malone-Trovo

Maureen loves to heal, and to empower others to know that they are their own healer. She uses the channeling gift she received over three years ago, believing that the heart, mind and spirit are all integral parts of the process. She has always loved the concept that there is much more out there than any of us can imagine. Miracles do abound everywhere, and we must trust our heart to go where we are guided. She also has recently started to practice restructuring work, believing that some of the root cause for illness is a result of our earlier traumas and stresses.

heartfireheal@hotmail.com



Maura Maros

Maura has a Master's Degree in Human Resources Administration from the University of Scranton and Creative Writing from Wilkes University. In 2018 she completed her Master's in Fine Arts at Wilkes University. Maura's short story, *Hidden Gem* (February 2016) and her book review of *The Self-Care Solution* (June 2016) were published in *Mother's Always Write*. Her short story, *The Warrior*, was published in the anthology *I AM STRENGTH*. Maura resides nestled in the hills of Northeast Pennsylvania with her husband, two children, two dogs, and a cat who provide daily hours of entertainment and fresh stories.



Amie Meek

After escaping a religious cult 11 years ago, Amie embarked on an adventure leading her to find her life's purpose and calling, and was guided to her divine path as a shamanic womb healer and a priestess, combining her spiritual paths with her knowledge as a shaman, past life regression, Kundalini Reiki, and many other tools. A highly intuitive healer, Amie incorporates what she is guided to use to receive messages, including tarot and oracle cards, channeled messages, astrology. Amie supports women's journeys from premenstruation to birth to menopause, with healing arts mentoring, assisting women on their spiritual journey to nurture and birth the Divine Goddess within and without.

belovedlilith222@gmail.com



Kat O'Brien

Kat has been practicing as a nutritionist for over a decade and as an embodied living guide for nearly 5 years. After sustaining her third concussion 6 years ago she rediscovered her medicine, used it to heal herself and now that medicine has become her service to the world. She loves to work with people to find their creator mindset, fall in love with their bodies, and reconnect with Spirit. What she is most passionate about is helping people remember they are already Divine! Kat currently lives in Guelph where you will find her acting silly with her son, in deep conversations over a cup of tea with friends or in a solo dance party in her kitchen.

www.evolvingalchemist.com



Sonal Raje

Sonal is a professional artist based in Guelph, Ontario. She is actively involved in the local art associations, as well as global ventures that promote the arts. She is a member of the Canadian delegation that is invited to participate every year in the annual show of the Société Nationale des Beaux – Arts (Est 1862) at The Louvre in Paris. Sonal's cultural roots in India, travels through Europe, and the natural beauty of her hometown Guelph have all contributed towards evolving her art in new directions, resulting in a treasured collection of inspirations. Her vision is to give art a prominent place in the toolkit of wellness. She provides arts education in a variety of capacities, particularly personal and spiritual, teaching the freeing power of expressive art.

www.blueamberarts.com



Lauren Stein

Lauren is an actor, writer, and therapist who has been teaching improvisational theatre for over ten years, and performing for almost thirty. She has taught and performed in over ten countries on four continents. She is very passionate about making the world a better place, and believes that improvising is a crucial first step. She works at the Guelph ADHD & Asperger's Centre.

www.slightlybetter.ca



Susan Stewart

Susan has been teaching gentle yoga and meditation for over 20 years and incorporates them into her practice, along with Craniosacral Therapy, Reiki and Somato Emotional Release, to assist her clients in creating more balanced lives and achieving their wellness potential, through the release of stress and pain.

www.kindredspiritswellness.com



Kathy Sullivan

Kathy grew up in the Lac St. Jean region of Quebec and moved to Montreal when she was 7. She considers herself fortunate to have been raised as an Anglo kid in an Italian neighbourhood in a French province. She studied Forestry and Outdoor Recreation, and has her Life Skills Coach Certification, which she feels has come in very handy raising her four daughters.

She considers Guelph her home and community. She has a new passion spinning crêpes and playing music in Elora, where she is co-owner of a crêperie.

Sharing: our stories, ourselves, our success
(Volume 6)
Writers' Bios



Csaba Arthofer

Csaba lives in southern Ontario with his wife Natasha and son Tyson, after immigrating from Hungary over thirty years ago. Besides enjoying all things in nature, one of his passions is permaculture gardening and discovering through scientific and spiritual teachings the natural mysteries this wonderful planet has provided for us.



Peter Barrow

Peter is the owner of Petrona Associates Ltd, a management training and development company. He previously owned a B2B marketing firm which he sold successfully after 22 years in 2000. He develops a wide range of seminars, lectures and facilitated sessions for private, public and NGO organizations and has been working for more than four decades across North America and in Bermuda and Switzerland. He is annually invited to deliver up to 100 presentations of various lengths in customer-centricity, employee engagement, leadership, relationship building and business communications, among other disciplines. Peter is a Certified Member of the Canadian Society for Training and Development, a recipient of the Guelph Chamber of Commerce Lifetime Achievement Award and an Honorary Paul Harris Fellow from Rotary International for service to business and philanthropy. He currently chairs the PIN- People and Information Network in Guelph. He and his wife Fiona live in Guelph. They have two sons and two grandchildren.



Sandy Bassie

Artist, poet, dreamer. Sandy is a stubborn advocate for those she loves. Fierce, yet tender. She holds to this: it is never too late to learn or change. The things we believe about ourselves drive our lives and choices. Choose to believe the good and those will be places we soar.



Dennis Brown

Dennis is an occasional jotter, whenever the moods and seasons of life impel him to put pen to paper. A wandering pilgrim, he enjoins with kindred souls as we live the earthly journey together.



Shanan Cunnington

Shanan is passionate about learning and has moved from designing training in the corporate world to facilitating workshops, events, and a networking group as an entrepreneur. She is building a community of heart-centred entrepreneurs called Embrace Network Guelph with a focus on connecting, growing and learning.



Marilyn Elphick

Marilyn's first career was as a Registered Nurse in various fields of medicine. Her last position was as a dialysis nurse. She completed an MDiv degree in 2002 and a TH.M in 2013. From 2002-2015 she worked as the Director of Campus Ministry, and at present she works as a chaplain at a long-term care facility. She recently moved to Orton, Ontario, and she loves to write!



Stephen Ferraro

Stephen began his martial arts journey at the age of 9. Now 37, Stephen has taught his passion all over the world, including Japan. Owner and Operator of Ferraro Karate Limited, Stephen's life has been a wide ride full of adventure: a touring musician, a struggling actor, a "self-made" university graduate, father, husband, high school teacher and Sensei.



Vanessa Graber

Vanessa is a Certified Buti® Yoga instructor who dances to the beat of her heart. Ninja by day, she is currently putting her creative skills and 18 years of experience to use by finding helpful & effective solutions as a Customer Solutions Ninja at Copernicus Educational Products, Inc. Vanessa is grateful to have celebrated her 24th year wedding anniversary this year with her husband. Together they raised two children and were blessed in 2018 with their first grandchild. Vanessa has always enjoyed writing poetry and journaling, but after having children it was not a priority. Her full circle journey back to self, has rekindled her need to write and given her the bravery to share her truth. She is currently enrolled at the Ontario College of Reflexology to become a Certified Reflexologist this year and will obtain her Reiki Level II certification in the fall.



Paul Hock

Paul is an author, illustrator, songwriter and storyteller. Two of his books were inspired by songs he has written. "A Pilgrimage to Memphis" inspired a novel he completed in 2014 and has published in 2018 and a children's chapter book "The Tree" published in December 2017, inspired by a song he wrote of the same title. For more information, visit his website at www.paulhockpublishing.com



Diane Lyndon

Diane is a storyteller. With Irish and Welsh in her bloodline and a maiden name of Bard, there was no escaping it. As a photojournalist, a reflexologist and a wedding officiant, Diane has access to many people and loves to seek out a good story. Diane's writing also appeared in the 5th Sharing anthology. A grandmother to six, she resides happily in a village called Frankford on the Trent River along with her pug and lovebirds.



Amie Mae Main

Amie is a mother, grandmother, Magdalene priestess, transformational storyteller and spiritual life coach. Message her on Facebook, or LinkedIn.



Bob McCabe

Bob is a recovered alcoholic and a survivor of sexual abuse, who lost his job, his wife, his family, all his financial resources, his friends, his self respect and dignity. His successful, long and painful journey back to health, serenity and stability is inspirational. He is a passionate believer in the power of the recovery process and the human spirit as evidenced by his own experience.



Shelley Muma

As a single mother, Shelley has dealt with the hardship of balancing both parental roles, being a supportive role model for her daughter, and being a mom she is proud of. After saving her friend's life, she realized she needed to save herself, and this forced her to understand that she hadn't healed from her childhood wounds. He passed away a year and half after she found him that day, and she still misses him dearly as he was her rock and her confidant. Shelley would like to thank everyone who has read her story, as well as the other authors in this book. Know that healing is possible!



Libby Pease

Libby is an internationally certified coach, 20-year crisis response expert, and clairvoyant, who specializes in cult recovery with Listening Tree Studio & Coaching. She draws on her experience of helping people in crisis to supporting individuals to be proactive and really step into who they are, thereby creating a life that is meaningful, and increasing their ability to cope with life's challenges. Please visit her website at www.listeningtreestudio.ca.



Roxana Roshon

With her Ph.D. in Toxicology and Environmental Biology (U of Guelph, 1997) and more than 15 years of consulting and government experience, Roxana bridges the gap between Western science and complementary therapies. After personally experiencing the healing power of alternative therapies, Roxana trained in holistic energy medicine (acupressure points, Therapeutic Touch, Craniosacral, Reiki), with an emphasis on indigenous healing techniques (Mexica / Toltec). She focuses on sensitive individuals who are feeling disconnected from themselves, others, and nature. Change is facilitated in people who are experiencing physical, mental, and/or emotional health challenges. This is accomplished by clearing the energetic and spiritual patterns blocking their well-being. She also offers workshops in Lucid Dreaming, Mexica Healing Techniques, and Intuition. Roxana authored a chapter on Energy Medicine for a university textbook on “Holistic Healing: Theories, Research and Practices” (2019).



Arlene Spencer

Arlene is a wife, mother of three grown boys, and a special education educator who has a passion for life, an abundance of energy and a need to be heard because at the end of the day everyone has “Words They Couldn’t Say.” You can reach Arlene by email, at Arlenewics@gmail.com.



Leilan Grace Adair (poem and cover photograph)

Leilan is a speaker, certified teacher and author who talks about the interaction of Divine Spirit with her personal and every day ‘growth’ experiences. Her Sharing Anthologies’ stories offer insight into the different facets of her life as a daughter and caretaker for her parents. Her approach to whole-self healing and personal engagement with Divine Spirit is entertaining as it is informative. Her dedication to clearing out fears and misconceptions regarding various techniques that she has used for her own self-awareness and self-healing is inspiring and uplifting.

leilangrace@gmail.com

Sharing: our stories, ourselves, our success
(Volume 7)
Writers' Bios



Alesh Arzensek

Alesh lives in Guelph, Ontario.

You can message him on Facebook or at alesh.arzensek@gmail.com.



Sandy Bassie

Artist, poet, dreamer. Sandy is a stubborn advocate for those she loves. Fierce, yet tender. She holds to this: it is never too late to learn or change. The things we believe about ourselves drive our lives and choices. Choose to believe the good and those will be places we soar.



Dennis Brown

Dennis is an occasional jotter, whenever the moods and seasons of life impel him to put pen to paper. A wandering pilgrim, he enjoins with kindred souls as we live the earthly journey together.



Carrie Browning

Carrie was born in Toronto, Ontario and grew up in Guelph. She studied Executive Office Administration at Conestoga College, and has experience in a variety of office settings, as well as in hospitality/food service and retail. She recently discovered her passion for writing, and now works as a fiction writer/ghostwriter, and a reviewer of children's books. She lives in Ayr with her partner and three young children.



Bill Brubacher

Bill is a long-time resident of the Region of Waterloo, a former successful business entrepreneur and an internationally published author of 15 national bestselling books. He is a Certified Bereavement Specialist, and a Certified Conflict Coach/Elder Mediator, helping seniors and their families through difficult time through Caregivers Oasis, Pathfinder Canada, and Heart and Soul Bereavement for Seniors.

For more information about his books go to <https://legacypress.ca/> or contact Bill at billbrubacher@gmail.com.



Don Callahan

Don was born and raised in Cole Harbour, Nova Scotia, the youngest son in a middle class family. In search of better employment, Don moved with his wife and two children and planted roots in Waterloo, Ontario. Don wrote his first illustrated children's book – Hazel Grace and the Magic Blanket – as a tribute to an inspirational friend. When Don isn't spending his time traveling, volunteering, or enjoying lattes, he can be found co-hosting moMondays Waterloo – a monthly live event bringing guests inspiration and motivation through storytelling and entertainment.



Arlene Davies-Fuhr

Arlene is retired and resides in Guelph. She has been a lay-minister in the United and Mennonite churches, a college English instructor, and an ESL teacher. She has published a workbook on the Psalms and has edited a book of essays. She has travelled widely and currently enjoys playing the ukulele and the mountain dulcimer.



Claire Donnison

Claire's fascination with the power of the words we use, personal development and the exploration of how our brains work led to her certification as a Master NLP Practitioner. She co-owns Only1AndyWright, a photography business with her husband Andy, where they love to challenge and shift perspectives on what we see.



Marilyn Elphick

Marilyn's first career was as a Registered Nurse in various fields of medicine. Her last position was as a dialysis nurse. She completed an MDiv degree in 2002 and a TH.M in 2013. From 2002-2015 she worked as the Director of Campus Ministry, and at present she works as a chaplain at a long-term care facility. She recently moved to Fergus, Ontario, and she loves to write!



Marilyn Helmer

Marilyn is the award-winning author of many children's books including picture books, early chapters, retold fairy tales, riddle books and novels. Her short stories, poetry and articles have appeared in numerous children's magazines and anthologies in Canada and the United States and her penchant for entering writing contests has resulted in success with short adult fiction as well. You can visit her at www.marilynhelmer.com.



Paul Hock

Paul is an author, illustrator, songwriter and storyteller. Two of his books were inspired by songs he has written. "A Pilgrimage to Memphis" inspired a novel he completed in 2014 and has published in 2018 and a children's chapter book "The Tree" published in December 2017, inspired by a song he wrote of the same title.

For more information, visit his website at www.paulhockpublishing.com.



Benjamin Imlau

Benjamin is a dedicated writer living in southern Ontario, with his incredible wife Kyla and two cats. What he may lack in spoons, Benjamin more than makes up for it with his passion for learning and growing. Besides personal growth, his passions also lie in advocacy, education, and pushing for a better society. Both writing and videos can be found on Benjamin's website, www.livingwithautismblog.com.



Marge Kuypers

Marge has immigrated twice and as a result has lived on three continents. As an introvert she prefers to observe, rather than share her views. Until now she used to communicate mainly through music and photography, since then it wasn't necessary to put thoughts into words. Marge did an online Memoir writing course during 2020 which inspired her to share some of her experiences on paper. Visit her at www.walkingthewalk.life.



Tanya MacIntyre

Tanya is the author of "Mindful Wisdom from My Philosopher Dad," and a Certified Facilitator with SMART – Self Management and Recovery Training to abstain from any substance or activity addiction. Through the week, Tanya drives a school bus, transporting special needs students to and from school. When the school term ends in June of 2021, Tanya will embark on a new path with Red Roof Recovery, a 7-day intensive residential recovery program for professional women based on SMART together with tools and techniques from TEAM CBT from Dr. David Burns.



Amie Mae Main

After escaping a cult, Amie is continuing on her path as a practicing Magdalene Priestess, mother, grandmother, bibliotherapist, certified trauma support specialist, spiritual life coach, advocate, published author, public speaker, and last, but certainly not least, a storyteller.

Visit onceuponasecondtime.life to find out more about HerStory, or email amieunmasked@gmail.com or thebibliotherapist144@gmail.com.



Honey Novick

Honey is a singer/songwriter/voice teacher/poet, living in Toronto, Canada. She has been published in numerous anthologies and has 9 chapbooks and 8 CDs. She is the 2020 Recipient of the Mentor Award (CSARN) Canadian Senior Artists Resource Network), 3rd time awardee of the Dr. Reva Gerstein Legacy Fund and recipient of the 2020 Community Hero Award. She teaches Voice Yoga and sings with Bill Bissett and George Elliott Clarke Her next collection of poetry is called "Bob Dylan, My Rabbi." You can connect with her at honeynovick.com or creativevocalizationstudio@hotmail.com.



Deb Speck

Deb started journaling as a teenager to deal with her family life, which led to poetry and memoirs. After Deb retired, she joined a creative writing group through the seniors group in Fergus and they put together 50 word stories jointly in a book called "Stories to Chew On." Deb hopes to write some stories about the fascinating ancestors that she found in her family tree.



Gord Stevens

Gord is passionate about expanding his awareness of his awareness through reflection and self-inquiry! This has brought him the unexpected benefits of increasing his performance in the “pointy-end” of aircraft, flight simulators, and in online classrooms, just as much as it benefits his personal relationships. He offers pilot coaching, individual and group training, consultations, and group speaking engagements.

You can reach him by email at stevensgord8@gmail.com or by visiting www.gordandamber.com.



Sandra Wilson

Sandra is a children’s author, educator and illustrator that lives Ontario, Canada. With her writing she hopes to empower and inspire children and help get the conversation started on topics that can make a difference in the life of a child. She believes compassion and understanding are key concepts to learn to create a better world. And stories are a powerful tool to help teach these concepts to children.



Janelle Michener (opening poem)

Janelle lives in beautiful downtown Guelph, and enjoys writing poems for her friends and family. Writing has always been good medicine for her, but in this poem she explains how she found another type of good medicine.