

Sandhill BOOK MARKETING

Distribution for Small Press & Independent Publishers



Alder Tangle in Orange • oil • Mark Tworow

Fall/Winter 2017

Forthcoming, New Releases and Backlist Highlights

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Cover image: One of Kelowna's many public art pieces, the Dolphins was created by sculptor Robert Dow Reid.

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December release...

from bestselling cookbook author Shelley Adams!

WHITEWATER COOKS
more beautiful food
Shelley Adams



Twelve years ago, Shelley Adams arrived on the British Columbia book scene with a gorgeous self published cookbook, *Whitewater Cooks: Pure, Simple and Real Food from the Fresh Tracks Cafe*. In about a year, the 5,000 copy print run had sold out. Shelley sold her publishing rights for the first book to Whitecap Books, a highly regarded publisher that has since gone on to sell tens of thousands of copies. But when Shelley self published a second book, *Whitewater Cooks At Home*, and sold 6,000 copies in its first 4 weeks - Shelley decided to form her own publishing company with husband Mike Adams. Since then, two more Whitewater cookbooks have appeared, all with the same distinctive design, flair and super fan following. With over 200,000 copies now sold, the *Whitewater Cooks* brand has become known nationally for simple, healthy, delicious and fool-proof recipes, many of which have become standards in Canadian households.

Shelley's long-awaited fifth book will release in early December - just in time for Christmas. *Whitewater Cooks: More Beautiful Food* is full of new recipes to inspire fans and once again turn home cooks into culinary rock stars, a hallmark of Shelley's earlier books. In the Salad section, try the *Grilled Peach, Prosciutto and Burratta Salad*, *Soba Noodles with Prawns* or the *Fancy Pants Grilled Caesar Salad*. From the Sides and Starters section, choose *Cornmeal Crushed Tartes with Carmelized Onions*, *Fig Jam and Cambonzola Cheese*, *MIke's Special Potatoes* and/or the *Hasselback Yams* recipe. For an Entree - there's *Marsala Chicken with Lentils and Butternut Squash*, *Spiced Lamb and Halloumi Meatballs* or the *Texas Style Beef Brisket* to name just a few. Finish off the evening with some baked sweetness with *Raspberry Coffee Cake*, *French Silk Pie* or a *Rhubarb Frangipane Tarte*. Shelley's innate flair for creating and developing recipes will not disappoint and soon home cooks across Canada will be serving their guests...*more beautiful food...*

Paperback, 10 x 9, 140 pp (approx), french flaps

ISBN 978-0-9811424-3-2 \$34.95

Alicon Holdings Ltd • December 2017 • Cooking

New release

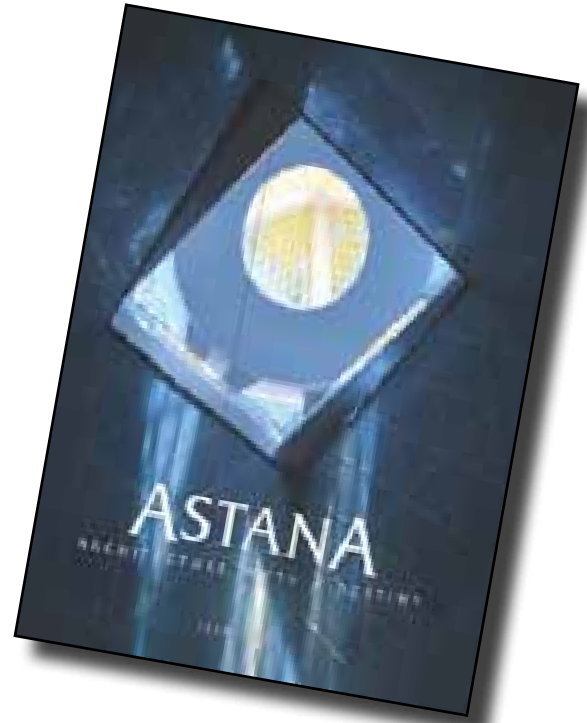
ASTANA

Architecture, Myth & Destiny

Frank Albo

Astana is the capital city of Kazakhstan. A planned city, like Brasilia in Brazil and Canberra, Australia, it is home to many futuristic buildings, hotels and skyscrapers. But its futuristic buildings actually encompass far more than awe inspiring silhouettes.

Here, Winnipeg professor Frank Albo lays out a foundation myth encoded into the breathtaking architecture of this unusual city. An omnibus of folk epic, archaeological research, and code-breaking symbolism, *Astana* advances challenging ideas and offers a wealth of fresh insights into the hidden complexities embedded deep within one of the most remarkable cities on Earth. It shows that Kazakhstan's destiny as a harbinger of peace and a centre of stability, adaptability, and security in the world, is part of a pan-national epic concealed in the heart of Central Asia. This book provides a unifying opus of human, cultural, and religious connectedness and reveals Kazakhstan's shimmering new capital to be more than a symbolic statement marking the birth of a new nation—it instead provides an architectural roadmap for the peaceful destiny of the world.



About the author

In 2001, Frank Albo began researching the Freemasonic and Hermetic symbolism of the Manitoba Legislative building. He concluded that the original architect actually designed the building as a “temple to Hermetic wisdom masquerading as a government building”. Dr. Albo was featured as the code-breaking protagonist in the best-selling book, *The Hermetic Code*, and his approach to architecture, landscape, and design seeks to transform public spaces into interactive journeys of discovery which elevate the mind and promote a sense of wonder. Dr. Albo has a unique ability to peel back conventional history to reveal new vistas of understanding about our built environment and the cultures of the past. He's been called “Canada's Dan Brown”.



Albo is an Adjunct Professor of History at the University of Winnipeg, where he specializes in architecture, Freemasonry, and the Western esoteric tradition. He holds graduate degrees in ancient Near Eastern languages and art history, and a PhD in the history of architecture from the University of Cambridge (Peterhouse).

Marketing includes full page ad in Winnipeg Sun newspaper, review copies to major media, launch events in Winnipeg, the UK and Europe.



Hardcover, 8.5 x 11, 288 pp, all colour

978-1-988-1822-1-6 \$49.95

Vidacom Publications • May 2017

Architecture / Myth and Symbol / Asian studies

New release

PORTRAITS OF THE NORTH

Text and Art by Gerald Kuehl

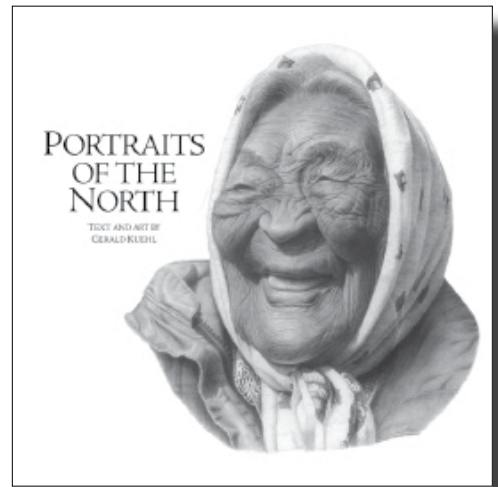
Gerald's Indigenous pencil portraits...capture the essence and spirit of the individual, leaving you in eager anticipation of his next drawing.

Chief Jim Bear, Brokenhead Ojibway Nation

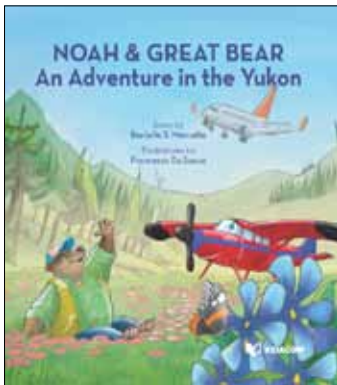
This gorgeous book offers an incomparable glimpse into the experiences and history of more than one hundred First Nations and Métis elders from Canada's North—"the last generation born on the land." These stunning graphite pencil portraits are rendered with love, respect, and painstaking detail, along with gripping intimate profiles assembled from oral accounts and anecdotes. Their poignant facial features, lines, and creases, weathered by the harsh outdoors and a lifetime of challenges, are like badges of their remarkable achievements, sustained resolve, inspired patience, and deep-set defiance to the hardships their people have endured for generations. The masterful realism of Kuehl's work helps uncover the tales of these seasoned individuals—their many triumphs and trials revealing in turn a greater portrait of life in the communities of Northern Canada, a compelling homage, and an enduring historical legacy. The portraits capture images of Cree, Ojibway, Oji-Cree, Dene and Metis peoples. [For more images from the interior of this book, please visit www.portraitsofthenorth.com](http://www.portraitsofthenorth.com)

About the author

Gerald Kuehl is a self taught pencil artist who grew up in Pinawa, Manitoba. In addition to commissioned hockey portraits and posters, Gerald has produced a series of drawings of the fish and mammals of northern Canada for the Federal Oceans and Fisheries Department. Over the years Gerald's consuming interest in portraiture developed, which has proven to be "the most challenging but certainly most rewarding of all my subject matter." Because pencil lends itself to fine detail and subtlety of tones it allows Gerald to capture the extreme realism of his subjects leaving the viewer with a feeling of their unique spirit and character. Gerald currently lives in Winnipeg, MB.



Hardcover, 10 x 10, 240 pp
978-1-988182-40-7 \$35.00
Vidacom Publications • June 2017
Art / First Nations



NOAH & GREAT BEAR An Adventure in the Yukon

Text by Danielle S. Marcotte • Illustrations by Francesca Da Sacco

*"Flowerin' fireweeds!" says Noah, the little airplane.
"What a great summer day!"*

And so begins this delightful story of Noah, the little airplane, and his pilot, Great Bear, two friends who love to explore all corners of the Yukon. Follow the adventures of this intrepid duo as they eagerly take to the skies to deliver packages and help those in need wherever they may be in the territory, in good weather and in bad...

About the author

Danielle S. Marcotte was a radio host for Radio-Canada for over thirty years. Now retired from broadcasting, she contributes to French and English magazines and newspapers across the country. She never misses an opportunity to travel with her family and friends. After having lived in Quebec and the Maritimes, she now resides in Tsawwassen, British Columbia. (See *Midtown Press* on page 25 for more children's books by this author.)

About the illustrator

Francesca Da Sacco is an artist who has written and illustrated many comic books and graphic novels. She later broadened her portfolio by collaborating with authors internationally and illustrating children's books, where she discovered a new, fascinating world that has filled her with wonder ever since.

Paperback, 8.5 x 8.5, 32 pp
978-1-988182-31-5 \$11.95 • Vidacom Publications • June 2017 • Children ages 6 - 8

For the grown children who will become the caregivers to their aging parents...

THE DWINDLING

A Daughter's Caregiving Journey to the Edge of Life

Janet Dunnnett

"...daring yet compassionate."

Gail Sheehy - Author of Passages and The Caregiving Passage

"Dwinding" is how many doctors describe the end of life fragility of the very old, when everything seems to be falling apart, and yet nothing spells a terminal event. We recoil at that word and deny its reality when and if we think of our own last chapter, though studies show that "dwinding" is becoming "the modern way of dying" as a result of our longevity revolution.

In this book, twin baby boomers anticipate freedom following kids and careers. But there's a hitch. Mom and Dad are frail and fading fast. So Judi and Janet become caregivers, and journey with Betty and Fred to the ends of their lives. Over a decade, the twins reluctantly accept that old age has no cure. As they strive for quality through every stage of dwindling, they sharpen their skills and hone new inner strengths. Both daughters and parents discover their deep connection and tenderness in the slow dance of caring and being cared for.

Flashbacks enrich this impassioned story. The twins learn to recognize both excellence and imperfections in doctors' offices, emergency wards, dementia lockups, assisted living and long-term-care settings, and hospices. They come to appreciate the challenges all health systems are facing as they work to deliver high-calibre care at the edge of life. Some readers might ponder, "What will happen when the boomer generation begins to dwindle?" Lyrical and full of humour and insight, this memoir is a fast-paced, eyes-wide-open and hope-filled narrative for our time.

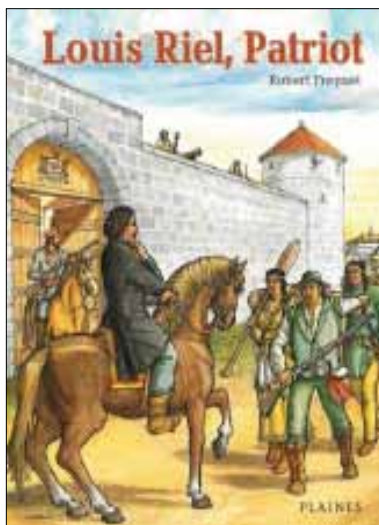
About the author

Janet Dunnnett has worn many hats in her adult life. She turned 21 in a hut in the foothills of the Himalayas, where she was working in a Head Start program for little boys bound for school but with no literate back up in the family. She was picked up by the federal government and spent her full career developing policies for international development assistance and getting great projects going all over the world. For several years she was a diplomat in Bangladesh and Zimbabwe, with her focus on getting Canadian aid to the people. At the age of 55 she was awarded a Masters Degree by the University of Victoria. She specialized in an emerging field called community based research.

Paperback, 6 x 9, 252 pp

978-0-9958644-1-2 \$20.00 • Journeys Press • May 2017

Graphic Novel



LOUIS RIEL, Patriot

Robert Freynet

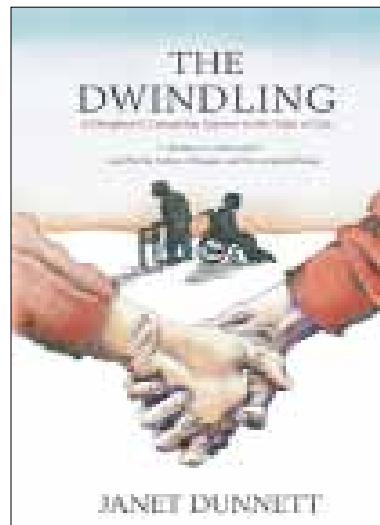
In *Louis Riel, Patriot*, Robert Freynet transports us, via the "ninth art" of the graphic novel, to the colourful events around the time of Canada's Confederation. Here we delve into the tragic life of the controversial Métis leader, Louis Riel, Canadian politician and founder of the Province of Manitoba.

Brought to life once more through his richly documented and faithful account, these monumental events in Canadian history continue to captivate and inspire. This concise and authentic account, set in the 19th century, is fascinating and exciting. Against a backdrop of political intrigue international in scope, a man stands his ground, his people are rallied, and a country is forged.

Robert Freynet studied the art of the graphic novel with masters of the art form from Belgium and France at the Ecole internationale de Bourdeaux, France. He has authored, amongst other works, the best-selling historical graphic novel *La Verendrye: explorateur de l'Ouest canadien*.

Pb, 8.5 x 11, 75 pp, all colour

978-2-896115-310 \$24.95 • Vidacom Publications • Nov 2016 • Graphic Novel / History • Ages 12 +



The bestselling Baby Lullaby board book series...

Each board book in the series measures 6 x 6, 24 pp with beautiful full colour illustrations. Retail: \$12.95



ONTARIO Lullaby

P.L. McCarron, Illustrated by Joy Steuerwald

This lovely portrait of Ontario for children highlights its various regions from forests in the north to vineyards, orchards and Niagara Falls in the south, from the Rideau Canal in Ottawa to the Toronto skyline, from lake country to the wilds of Algonquin National Park. The text is a gentle lullaby for the very young, and the images will appeal to anyone living in Canada's largest province. A wonderful gift for locals and visitors alike.

About the Author

Lynn McCarron started her career in the music industry, and after studying English and Children's Literature, she worked as a journalist, writer and editor of children's books before starting Baby Lullaby Souvenirs.

Board, 6 x 6, 18 pp, all colour • 978-0-9919463-9-6, \$12.95

Baby Lullaby Souvenirs • November 2016 • Ages 0 - 2

Also available:

- British Columbia Lullaby 978-0-9919463-8-9 \$12.95
- Alberta Lullaby 978-0-9919463-6-5 \$12.95
- Saskatchewan Lullaby 978-0-9919463-2-7 \$12.95

- Ontario Lullaby 978-0-9919463-9-6 \$12.95
- Hanukkah Lullaby 978-0-9919463-7-2 \$12.95



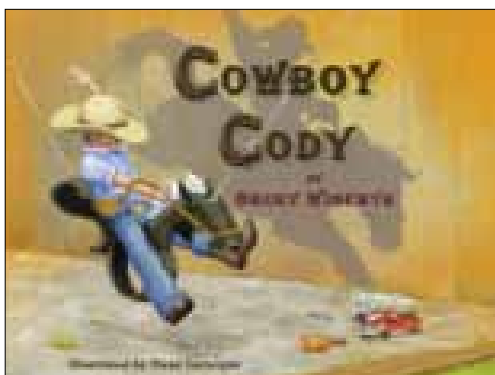
Available APRIL 2018!

CANADA Lullaby

978-1-988758-00-8 \$12.95



All he ever wanted was to be a real cowboy...



COWBOY CODY

Becky Wigemyr

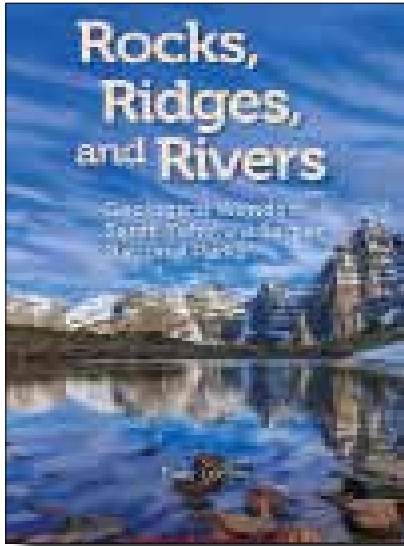
Written for the countless children who dream of riding, roping and rodeo, *Cowboy Cody* is the inspiring story of a boy who wants more than anything to be a cowboy, but there's just one problem: Cody lives in the city. How he goes from being a make-believe cowboy to a real 'mutton buster' is an awesome tale where Cody discovers that with grit and determination, our wildest and wooliest dreams can come true.

Cowboy Cody epitomizes the cowboy spirit with themes of hard work and old-fashioned 'cowboy grit'. It's a story that will spur young readers to saddle up, rope their dreams and always enjoy that victory lap.

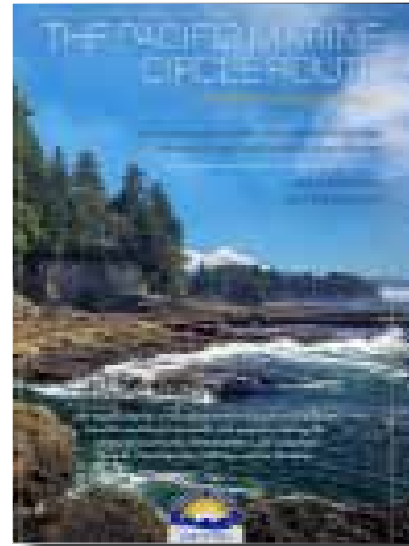
About the author

Becky Wigemyr knows what she's writing about because she, too, was raised a rodeo kid. For Becky and her siblings, rodeo was just a part of every day life. Barry and Gloria Black raised their children in a sport that is rich in tradition and history, family values and hard work. In 1993, Becky married two-time Canadian Professional Team Roping Champion Dwight Wigemyr. They live with their two sons near the southeastern Alberta city of Brooks.

Hardcover, 8 x 10, 32 pp • 978-0-9959051-0-8 • \$14.95 • Ample Publishing • May 2017 • Children ages 3 - 8



Two exciting
new regional
guide books!



ROCKS, RIDGES, and RIVERS Geological Wonders of Banff, Yoho, and Jasper National Parks

Dale Leckie

This geological guide will assist tourists to choose and visit easily accessible sites that exemplify the sensational vistas in Banff, Jasper and Yoho National Parks. It was this breathtaking scenery for which the parks were given status as a UNESCO Canadian Rocky Mountain Parks World Heritage Site. The route is along the principle highways from Canmore to Banff, to Lake Louise, a side trip to Field, BC, back to Lake Louise and then north to Jasper through the Icefields Parkway.

Explanations, over 190 color photographs, illustrations and maps highlight the geology for 51 sites. Mountains, rivers, glaciers and 500 million year old fossils of the Burgess Shale are described. The book will assist travellers on how to arrive at a viewpoint, where to park and where to walk. Travellers interested in natural history such as birding, vegetation and wildlife will want this book to understand these geological wonders and much, much more.

About the author

Dr. Dale Leckie is an award-winning geologist, internationally recognized for his contributions to geology. With degrees in Geology and Geography, he has worked in the Rocky Mountains for much of his career. Dale lives in Calgary, Alberta.

Paperback, 6 x 9, 240 pp, all colour
978-0-9959082-0-8 \$27.95

Dale Leckie Publishing • July 2017
Guide book / Natural History / Geology

The PACIFIC MARINE CIRCLE ROUTE of VANCOUVER ISLAND

Janis Morrison and Dave Mann

The Pacific Marine Circle Route connects southern Vancouver Island's coastlines from south, east and west, linking the communities of Sooke, Port Renfrew, Lake Cowichan, Duncan, Cowichan Bay, Mill Bay and the Malahat with something for all ages and abilities to explore by car and on foot.

Visit beaches and waterfalls all along the coast – look up at some of Canada's largest and most unique trees – hike in the back country or walk in a rainforest – seek out tidal pools full of sea life – find the local herd of elk. This exciting new guide offers alternate adventures, views and interests for everyone.

With in-depth detail, exploring is made simple with detailed descriptions, mileages, maps and GPS for the entire route. Stunningly beautiful photographs show the diverse and breathtaking sights to be discovered along the way. The book also includes special nature sections to help identify trees, plants, tidal pool inhabitants, geology and a host of value added information to help make the most of one's adventures.

About the authors

Authors, photographers and friends, Dave Mann and Janis Morrison have devoted three years to putting this guide together, exploring the route tirelessly to cover everything that might interest. They live in Sydney, BC

Paperback, 6 x 9, 232 pp, all colour
978-1-77500-410-3 \$29.95

Explore Vanilse Publishing • July 2017
Guide book / Natural History

New Edition!

OKANAGAN II

Celebrating the Terroir of the Canadian Wine & Culinary Region

Tarynn Liv Parker

This premium hardcover is a second edition to *Okanagan*, a showcase of the Okanagan's premium wineries through landscape photographs of vineyards and vistas, paired with portraits of the people and activities captured from the cellar to the tasting room and beyond. This second edition continues as a revelation of passion and beauty in this young Canadian wine region with a new expanded focus on the culinary experiences and bounty of the Okanagan, complete with a locally focused recipe section from area chefs.



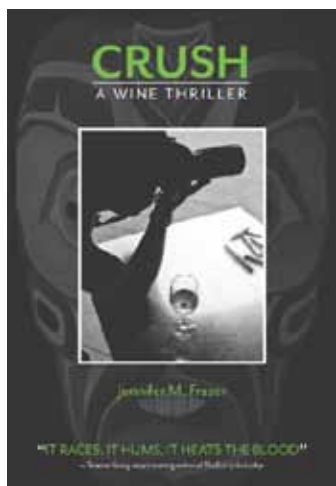
While it's a stunning coffee table book full of rich colour imagery, it's a useful tool for the armchair traveler as well. Explore the region from North to South Okanagan including the Similkameen Valley, discovering the passion and focus of each winery, cidery, brewery and culinary experience. Key wines, styles and philosophies from vineyard to cellar help identify the little-known and "best of" highlights of each winery. Culinary experiences are highlighted for their quality, uniqueness and commitment to expressing the Okanagan terroir. Included here is a portrait of the area through the seasons, as well as its history and profiles of five innovators that have helped shape the wine industry.

About the author and contributors

Tarynn Liv Parker is a professional photographer and designer and lives in Summerland, BC. Other contributors include Tim Pawsley, one of Canada's foremost food and wine journalists, Jennifer Cockrall-King, author, food and culture writer and Jamie Maw, former Food & Travel Editor of *Vancouver* magazine, contributor to multiple print media, and author among his many accomplishments.

Cloth, 12 x 12.5, 204 pp, all colour • 978-0-9947661-1-3 \$49.95
The Field Guide • June 2017

Fiction



*"V.I. Warshawski
meets Sideways"*

*Liza Potvin, award winning
author of The Traveller's Hat*

CRUSH

A Wine Thriller

Jennifer M. Fraser

Traumatized Syrian war correspondent, Paige Munroe, takes a safe assignment: Her uncle, a Toronto publisher, hires her to travel to the Okanagan to do research and take photographs for a coffee table book about BC's fabulous Okanagan wine industry. But when she gets involved with winemaker and apparent smuggler, Nicholas Alder, her world turns back into a dangerous realm.

Set in the Okanagan Valley, readers will recognize the landscape and familiar scenes described in the book. The plot involves interesting characters whose motives create numerous suspects from the Italian woman who appears to be sabotaging the fundamentals of winemaking, to a Chinese photographer and the threatening Ross Mahone, both of whom work for her. Paige witnesses nefarious midnight deliveries by boat to Nicholas Alder and the mysterious boxes he receives set her on a course of suspicion, torn by her growing romantic feelings for him. Amidst this is the tenuous relationship between the neighbouring winery owned by a First Nations family and the Alder family winery.

This is a complex and engaging thriller that will appeal to anyone who loves whodunnits and the wine industry.

Pb, 6 x 9, 272 pp • 9780994729910 \$19.95
Integrated Publishers 2016 • *Fiction / Mystery*

Reprinted by popular demand...

Myra's Men

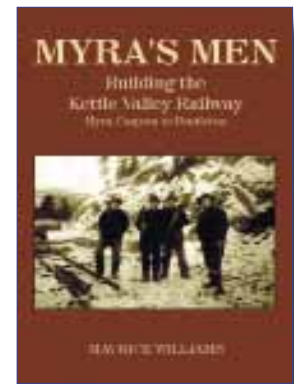
Building the Kettle Valley Railway - Myra Canyon to Penticton

Maurice Williams

This book celebrates those who built the KVR through mountains, up impossible grades and built trestles across deep canyons. These were men who toiled with pick and shovel, sledge and scoop. They leveled grades, blasted and filled holes, dug foundations and pounded spikes. Here, Williams tells their story and provides new details on life in the construction camps as well as highlights of their workday. He writes of those who cared about the navvie - to reveal the life of those who truly built the Kettle Valley Railway.

Paperback, 6 x 9, 168 pp, b & w archival photos

978-0-9809878-0-5 \$20.00 *Myra Canyon Soc* • 2nd printing May 2017 • History



HIGH QUALITY CANADIAN COLOUR PICTORIALS



CANADA

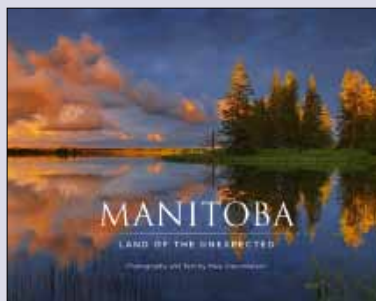
Text by Shelagh Rogers

Photography by Mike Grandmaison

Cloth, 12 x 11.5, 240 pp

978-2-89611-420-7 \$49.95

Vidacom Publications • 2015



MANITOBA

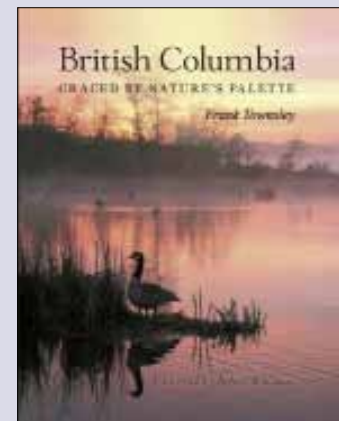
Land of the Unexpected

Mike Grandmaison

Hardcover, 11 x 8.5, 122 pp

978-1-988182-00-1 \$29.95

Vidacom Publications • Nov 2016



BRITISH COLUMBIA

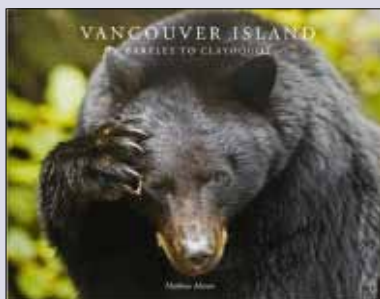
Graced by Nature's Palette

Frank Townsley

Cloth, 8.5 x 11, 210 pp

978-1-4602-8961-7 \$49.95

Frank Townsley • 2016



VANCOUVER ISLAND

Barkley to Clayoquot

Matthew Maran

Cloth, 8.5 x 10.5, 146 pp

978-0-9568196-1-1 \$39.99

Hemisphere Publishing

2nd printing 2016



The PEACE

An Exploration in Photographs

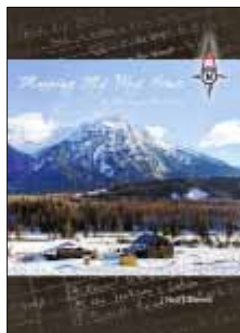
Donald Pettit

Cloth, 10.75 x 12.25, 144 pp

978-0-9687363-1-9 \$59.95

D. Pettit Photography • 2002

Winter / Spring Highlights



WINNER of the
Roderick Haig-Brown
Regional Prize
2017 BC Book Prizes

2nd prize
awarded in the
Lieutenant-Governor's
Medal for
Historical Writing

Mapping My Way Home

A Gitksan History

Neil Sterritt

978-1-928195-02-3 \$29.95 Pb

978-1-928195-01-6 \$39.95 Hc

7 x 10, 384 pp, illus

Creekstone Press • 2016 • History / First Nations



HUTTERITE

The Things I Saw Growing Up
as a Hutterite Teen

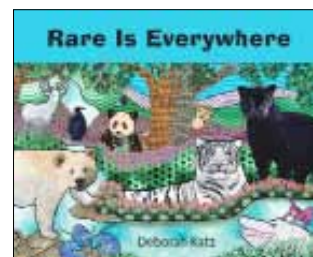
Kelly Hofer

Cloth, 10.25 x 8.25, 240 pp

978-0-9952969-0-9 \$45.00

Kelly Hofer Studios • 2016

Photography / Religion



Rare is Everywhere

Deborah Katz

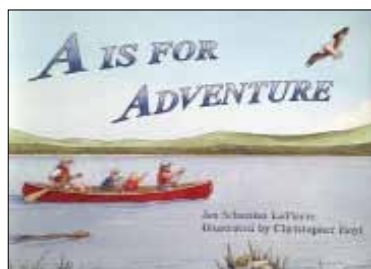
Cloth, 11.75 x 9.5, 32 pp

978-0-9958261-0-6 \$19.95

Miss Bird Books • Feb 2017

Children's / Animals / Self Esteem

Ages 4 - 8



A is for Adventure

Jan Sebastian LaPierre

Illus by Christopher Hoyt

11 x 9, 60 pp, all colour

• Paperback 978-0-9949607-0-2 \$19.95

• Hardcover 978-0-9949607-1-9 \$24.95

A is for Adventure Publishing • 2016

Juvenile Fiction / Ages 8+



A Dog to Give Away

Dr. Dave Perrin

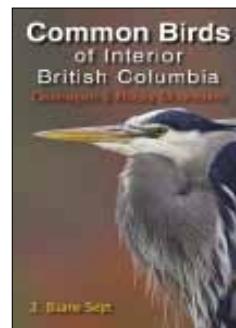
Paperback, 6 x 9, 96 pp

978-0-9866569-7-2 \$12.95

Dave's Press • Dec 2016

Fiction / Pets

By same author - pg 25



Common Birds of Interior British Columbia

Okanagan & Rocky Mountains

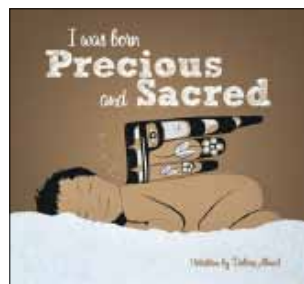
J. Duane Sept

Paperback, 5.5 x 8.5, 96 pp

978-0-9952266-0-9 \$14.95

Calypso Publishing • Apr 2017

Nature / see full series pg 18



I Was Born

Precious and Sacred

Debora Abood

Paperback, 8 x 8, 32 pp

978-0-9921516-2-1 \$10.00

Peppermint Toast • 2015

Indigenous Kids / Self Esteem

Ages 4+



I Know I Am

Precious and Sacred

Debora Abood

Paperback, 8 x 8, 32 pp

978-0-9921516-4-5 \$10.00

Peppermint Toast • 2016

Indigenous Kids / Self Esteem

Ages 4+



Dysconnected

Isolated by Our Mobile Devices

Anton Scamvougeras

Paperback, 11 x 8.5, 160 pp

978-0-9952056-0-4 \$19.95

AJK Publishing • 2nd pr Oct 2016

Current Events / Mass Media

Visit www.sandhillbooks.com for complete title information

21 of Canada's greatest chefs present

INSPIRED COOKING featuring...

Michael Smith, Connie DeSousa, Ned Bell, Roger Mooking
plus 17 more Canadian celebrity chefs

Adrian Brijbassi, Ed • Foreword by Vikram Vij

Inspired Cooking features an all-star cast of 21 of Canada's finest chefs. The book is intended to inspire everyone to eat healthfully with proceeds from the book going to InspireHealth for supportive cancer care.

The book begins with profiles and stories from chefs in both eastern and western Canada who have donated their time and talents to this cause. Contributors from the west include Vikram Vij, Ned Bell, Dale McKay, Connie DeSousa and John Jackson, Roy Oh, James Walt, Stefan Hartmann, Angus An, Andrea Carlson, Jackie Kai Ellis and Warren Barr. From the east are Michael Smith, Jason Bangerter, Victor Barry, Roger Mooking, Rob Gentile, Patrice Demers, Antonio Park, Chris Aerni, Jeremy Charles. In addition to the chefs' stories of how cancer has touched their lives, are their recipe contributions covering delicious and healthy recipes in the following categories: vegetarian, meat and fish, and desserts and drinks.

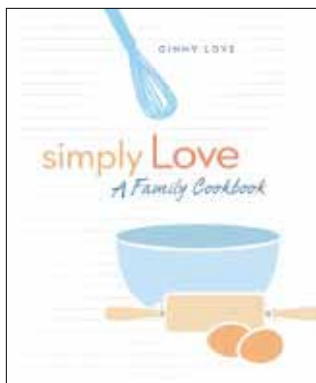
Here, too, are inspirational stories of cancer survivors from all walks of life whose discovery of healthy living has brought them new-found hope and happiness.



Pb, french flaps, 8.5 x 11, 198 pp
ISBN 978-0-9812281-1-2 \$35.00
FreshAir Publishing • Jan 2017
Cooking / Healthy lifestyles

*Proceeds to InspireHealth
Supportive Cancer Care*

Reprinted 2017



Simply Love A Family Cookbook Ginny Love

Simplicity is the key in a busy world. Forget exotic ingredients and elaborate preparation: this is all about healthy, delicious food, prepared and served with a minimum of fuss. Notable here are family recipes for 6 or more and a Christmas recipe section for 12 - 20 guests. There's also a special section on community cooking for crowds of 80 to 100! A busy mother of four, with a background in catering and running a restaurant, Ginny has developed recipes and methods for making food preparation simple - and delicious. *(Please note new publisher - formerly with Hedgerow Press)*

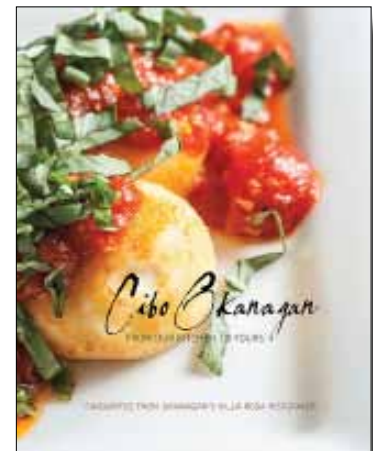
Paperback, 7.75 x 9.5, 192 pp
978-0-9736882-7-6 \$24.95 pb Love Publishing • May • Cooking

Cibo Okanagan From Our Kitchen to Yours Favourites from Okanagan's Villa Rosa Ristorante Nicole Gable

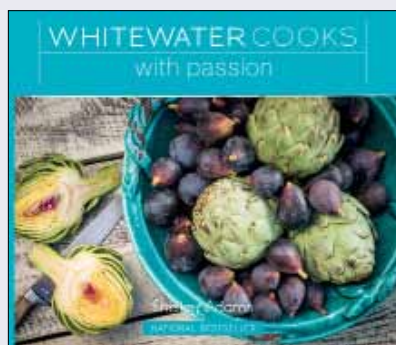
For over ten years, Nicole and Tyler Gable have been the driving forces behind one of Penticton's top Italian restaurants. Here, they share a selection of their signature dishes ranging from appetizers and entrees, to desserts, dressings and sauces. Delicious and easy to make recipes include their house Bruschetta, Garlic Leek & Prosciutto Soup, Arancini di Aragosta (Lobster Risotto Balls) with Garlic Chive Cream Sauce, Basil Pesto Salmon with Sundried Tomatoes, and desserts like Amaretti cookies, Hazelnut Zuccotto and, of course, Tiramisu. Beautiful colour images accompany each recipe.

Hardbound, 8.25 x 10.25, 74 pp, all colour
ISBN 978-0-9952418-1-7 \$26.95 Mint Media / Villa Rosa Ristorante • May 2017

New!



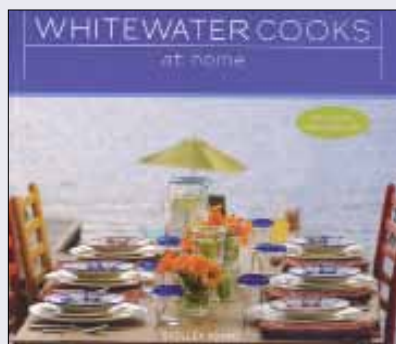
Bestselling Canadian Cookbooks...



Whitewater Cooks with Passion
 Shelley Adams
 Pb, 10 x 9, 200 pp
 978-0-9811424-2-5 \$34.95
 Alicon Holdings • 2014



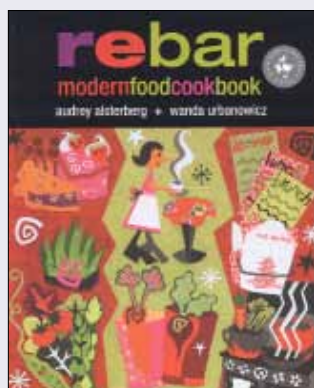
Whitewater Cooks with Friends
 Shelley Adams
 Pb, 10 x 9, 160 pp
 978-0-9811424-1-8 \$34.95
 Alicon Holdings • 2011



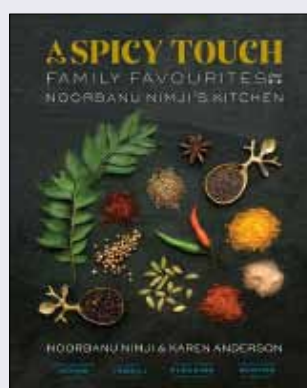
Whitewater Cooks at Home
 Shelley Adams
 Pb, 10 x 9, 170 pp
 978-0-9811424-0-1 \$34.95
 Alicon Holdings • 2009



**Whitewater Cooks
 Pure, Simple and Real**
 Creations from the Fresh Tracks Cafe
 Shelley Adams
 Pb, 10 x 9, 132 pp
 978-1-55285-871-4 \$29.95
 Whitecap Books • 22nd printing 2016



**Rebar
 Modern Food Cookbook**
 Audrey Alsterberg
 & Wanda Urbanowicz
 Pb, 8 x 10, 260 pp
 978-0-9688623-0-8 \$29.95
 Big Ideas Publishing • 2001



**A SPICY TOUCH
 Family Favourites**
 Noorbanu Nimji
 Karen Anderson
 978-0-9693159-2-6 \$34.95
 Hbnd, 7.75 x 9.75, 320 pp
 Spicy Touch Pub • 2015

*Silver Medalist
 Taste Canada Awards 2016*

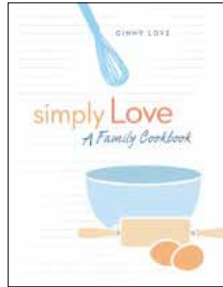
COOKBOOK HIGHLIGHTS



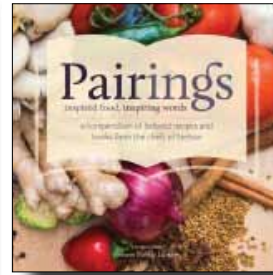
INSPIRED COOKING
Featuring Michael Smith + 17 more celebrity chefs
Adrian Brijbassi, ed
9780981228112 \$35.00
Pb, 8.5 x 11, 198 pp
FreshAir Publishing



OKANAGAN EATS & DRINKS
Brandi Parnell, ed
9780995241800 \$39.95
Hc, 8 x 10, 190 pp
Mint Media Inc



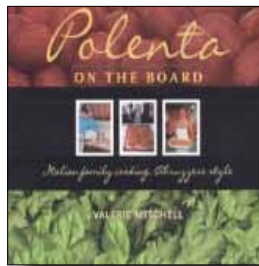
SIMPLY LOVE
A Family Cookbook
Ginny Love
9780973688276 \$24.95
Pb, 7.75 x 9.5, 192 pp
Love Publishing



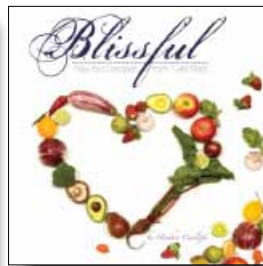
PAIRINGS
Beloved books & recipes from the chefs of Nelson BC
Anne DeGrace, ed
9780986661112 \$27.95
Pb, 9.5 x 9.5, 144 pp
Nelson Public Library



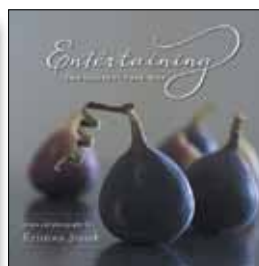
SEASONINGS
A Year of Local Flavour
Jocelyn Carver, Anne DeGrace
9780986661105 \$24.95
Tp, 9.5 x 9.5, 128 pp
Nelson Public Library and
Kootenay Country Store Coop



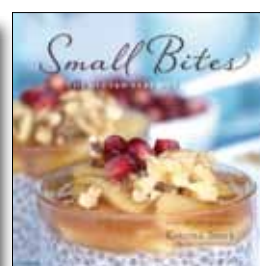
POLENTA ON THE BOARD
Valerie Mitchell
9780973285109 \$21.95
Pb, 9 x 8, 158 pp
Valerie Mitchell



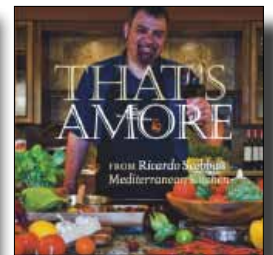
BLISSFUL
Raw Food Recipes/Bliss Cafe
Heather Cunliffe
9780987675705 \$30.00
Tp, 8.5 x 8.5, 116 pp
Cafe Bliss



ENTERTAINING
The Gluten-Free Way
Kristina Stosek
9780994037107 \$19.95
Tp, 8.5 x 8.5, 128 pp
Bluecap Books



SMALL BITES
The Gluten-Free Way
Kristina Stosek
9780994037114 \$19.95
Tp, 8.5 x 8.5, 116 pp
Bluecap Books



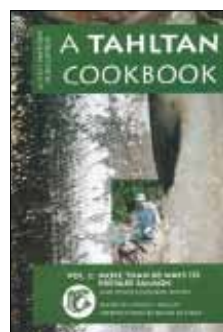
THAT'S AMORE
Ricardo's Mediterranean Kitchen
Ricardo Scebba
9780986666364 \$24.95
Tp, 8 x 8, 192 pp
Okanagan Institute



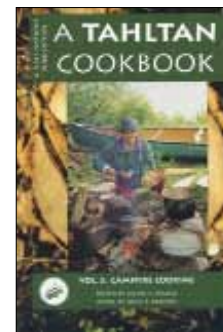
WISEWOMAN'S COOKERY
Food, Sex, Magic & Merriment
S Loeber, M Edwards
9780981234601 \$29.95
Pb, 7 x 9, 190 pp
Shanamar Publishing House



ADVENTURES WITH KNIVES
Culinary School
Bob Foulkes
9780986603129 \$21.95
Pb, 5.75 x 8.35, 200 pp
French Apple Press



A TAHLTAN COOKBOOK
Vol. 2 More than 88 Ways to Prepare Salmon
Louise Framst
9780969553854 \$17.95
Hc, 6 x 8.75, 112 pp
Louise Framst Books



A TAHLTAN COOKBOOK
Vol. 1 George & Grace Edzerza Family
Louise Framst
9780969553847 \$17.95
Hc, 6 x 8.75, 112 pp
Louise Framst Books

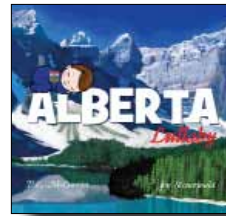
The Baby Lullaby series...see www.babylullaby.ca for all titles in this series.



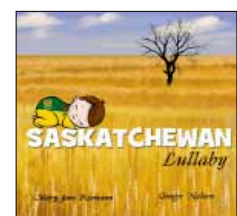
ONTARIO LULLABY
P.L. McCarron
9780991946396 \$12.95
Board, 6 x 6, 18 pp
Baby Lullaby Souvenirs • 2016
Ages 2 +



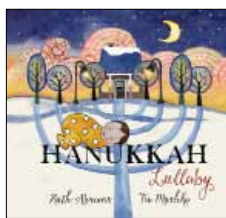
BRITISH COLUMBIA LULLABY
P.L. McCarron
9780991946389 \$12.95
Board, 6 x 6, 18 pp
Baby Lullaby Souvenirs • 2016
Ages 2 +



ALBERTA LULLABY
P.L. McCarron
9780991946365 \$12.95
Board, 6 x 6, 18 pp
Baby Lullaby Souvenirs • 2015
Ages 2 +



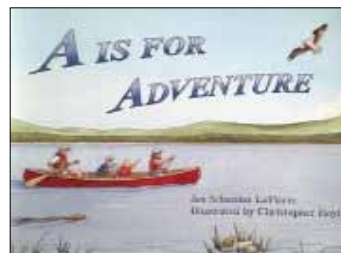
SASKATCHEWAN LULLABY
P.L. McCarron
9780991946327 \$12.95
Board, 6 x 6, 18 pp
Baby Lullaby Souvenirs • 2013
Ages 2 +



HANUKKAH LULLABY
P.L. McCarron
9780991946372 \$12.95
Board, 6 x 6, 18 pp
Baby Lullaby Souvenirs • 2015
Ages 2 +



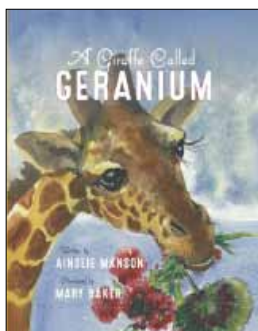
ONE BLUE MOOSE
Troy Townsin
9781928131014 \$14.95
Board, 7 x 7, 28 pp
Polyglot Publishing • 2016
Ages 2+



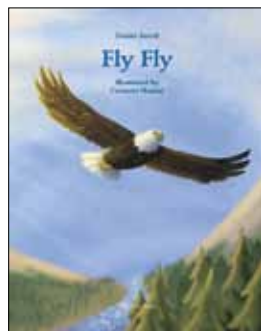
A IS FOR ADVENTURE
Jan Sebastian LaPierre
11.25 x 9, 60 pp
Paperback 9780994960702 \$19.95
Hardbound 9780994960719 \$24.95
A is for Adventure Publishing • 2016 • Ages 8+



THE JOURNAL OF ETIENNE MERCIER
David Bouchard
Paintings by Gordon Miller
9781988182100 \$19.95
Hardbound w gold foil, 10 x 8, 40 pp
Vidacom • 2016
Juvenile Fiction / History



A GIRAFFE CALLED GERANIUM
Ainslie Manson
9780993734106 \$19.95
Cloth, 8.5 x 11, 40 pp
Red Diamond Books • 2014
Ages 4 - 8



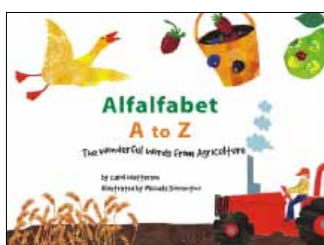
FLY FLY
Daniel Ancil
9780988110168 \$19.95
Hardcover, 9.5 x 12, 32 pp
Midtown Press • 2014
Ages 4 - 8



THE GIRL WHO WRITES
Richard Cole & K.Jane Watt
9780991714612 \$19.95
Cloth, 11.5 x 7.5, 64 pp
Fenton Street Publishig • 2014
Ages 8-12



THE BOY WHO PAINTS
Richard Cole & K.Jane Watt
9780991714605 \$19.95
Cloth, 11.5 x 7.5, 64 pp
Fenton Street Publishig • 2013
Ages 8-12



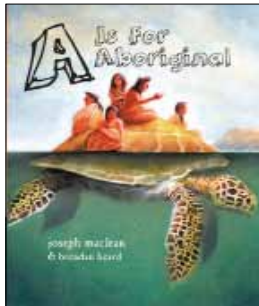
ALFALFABET
Wonderful Words from Agriculture
Carol Watterson
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Paperback, 11 x 8.5, 32 pp
BC Agriculture in the Classroom
Ages 4 - 8

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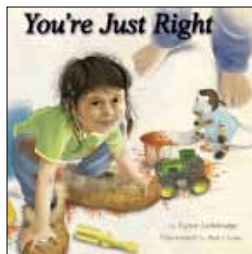
Visit www.sandhillbooks.com for complete title information

CHILDREN'S BOOKS con't

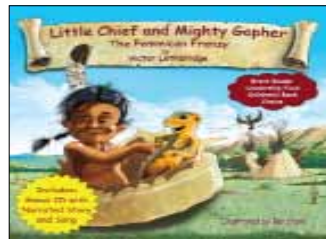
First Nations children's titles...



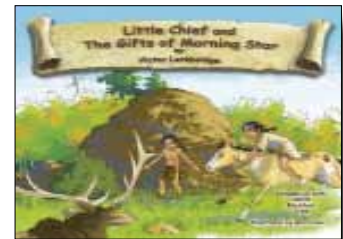
A IS FOR ABORIGINAL
Joseph McLean, Brendan Heard
9780991858903 \$24.95
Hc, 8 x 11, 92 pp
nuMedia Group • 2013
Ages 6 +



YOU'RE JUST RIGHT
Victor Lethbridge
9780986673825 \$15.00
Hc, 8 x 8, 30 pp
Tatanka Productions • 2015
Theme: Self Esteem
Ages 4 - 8+

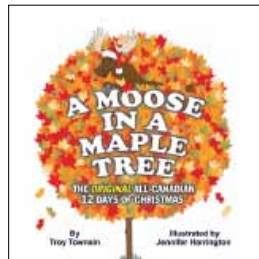


LITTLE CHIEF AND MIGHTY GOPHER
The Pemmican Frenzy
Victor Lethbridge
9780986673801 \$21.95
Hc, 10 x 9.25, 34 pp
Tatanka Productions • 2010
Juvenile Fiction • Ages 6 - 10

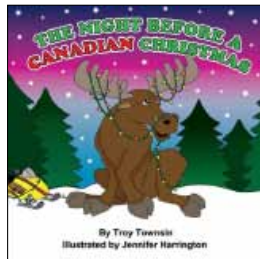


LITTLE CHIEF AND THE GIFTS OF MORNING STAR
Victor Lethbridge
9780986673818 \$21.95
Hc, 10 x 9.25, 34 pp
Tatanka Productions • 2012
Juvenile Fiction • Ages 6 - 10

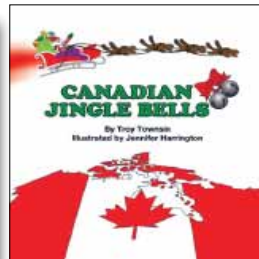
Books by Troy Townsin...



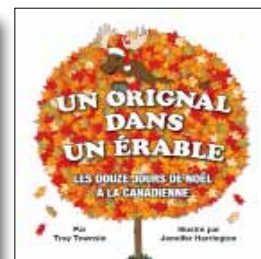
A MOOSE IN A MAPLE TREE
All-Canadian 12 Days of Christmas
Troy Townsin
9780986889233 \$19.95
Hc, 10 x 10.5, 32 pp
Polyglot Publishing • 2011
Juvenile Fiction • Ages 4 - 8+



THE NIGHT BEFORE A CANADIAN CHRISTMAS
Troy Townsin
9780986889226 \$19.95
Hc, 10 x 10.5, 32 pp
Polyglot Publishing • 2011
Juvenile Fiction • Ages 4 - 8+



CANADIAN JINGLE BELLS
New Edition
Troy Townsin
9781928131076 \$19.95
Hc, 10 x 10.5, 40 pp
Polyglot Publishing • 2011
Juvenile Fiction • Ages 4 - 8+

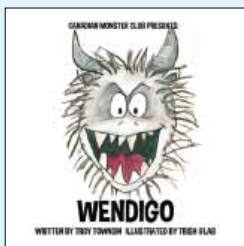


UN ORIGNAL DANS UN ERABLE
LES DOUZE JOURS DE NOËL À LA CANADIENNE
Troy Townsin
9780986889257 \$19.95
Hc, 10 x 10.5, 32 pp
Polyglot Publishing • 2013
Ages 4 - 8

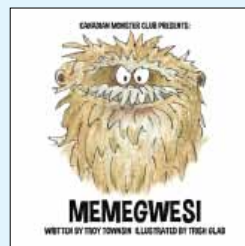


CANADIAN MONSTER CLUB
The Summer Picnic
Troy Townsin
9780986889288 \$16.95
Hc, 9.25 x 9.25, 32 pp
Polyglot Publishing • 2015
Ages 4 - 8+

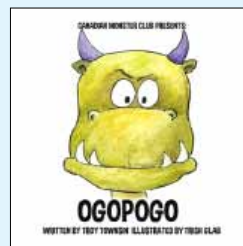
MINI Canadian Monster Club series...



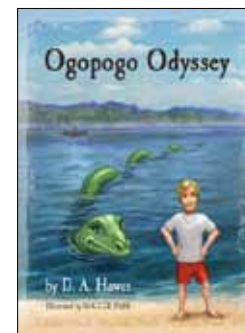
WENDIGO
Troy Townsin
9781928131021 \$12.95
Hc, 7 x 7, 32 pp
Polyglot Publishing • 2017
Ages 3 - 5+



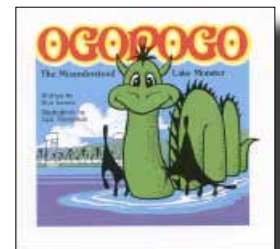
MEMEGWESI
Troy Townsin
9781928131045 \$12.95
Hc, 7 x 7, 32 pp
Polyglot Publishing • 2017
Ages 3 - 5+



OGOPOGO
Troy Townsin
9781928131052 \$12.95
Hc, 7 x 7, 32 pp
Polyglot Publishing • 2017
Ages 3 - 5+



OGOPOGO ODYSSEY
D A Hawes, Maggie Parr
9781927559741 \$12.95
Pb, 8 x 10, 32 pp
Promontory Press • 2016
Ages 4 - 8



OGOPOGO
Misunderstood Lake Monster
Don Levers, Jack Thompson
9780920923054 \$7.95
Pb, 8 x 8, 26 pp
Sandhill Publishing
Ages 3 - 6+

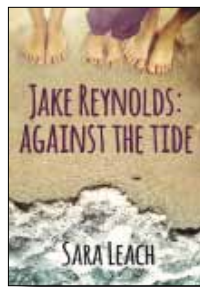
Partial proceeds to the First Nations Child & Family Caring Society

CHILDREN'S BOOKS con't



**GRANNY
GET YOUR GLUE GUN**
How to Have Fun with Your Grandchildren

Maureen Goulet & Diana Budden
9780994809704 \$19.95
Pb, hidden coil, 7.5 x 10, 64 pp
Madi Publishing • 2016
Kid's Activities Ages 4 -8



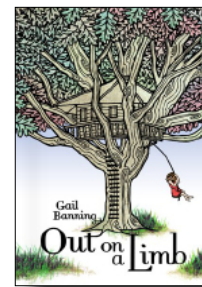
**JAKE REYNOLDS:
AGAINST THE TIDE**

Sara Leach
9780978281830 \$9.99
Pb, 4.75 x 7, 128 pp
Poppy Productions • 2016
Ages 7 - 12



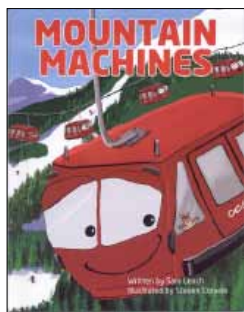
**WAIL OF THE
WENDIGO**

An Early Adventure of PierreTrudeau
Steve Pitt
9780993679629 \$12.95
Pb, 5.5 x 8, 247 pp
Fireside Publishing House • 2015
Juvenile Fiction/Historical • Age 10 +



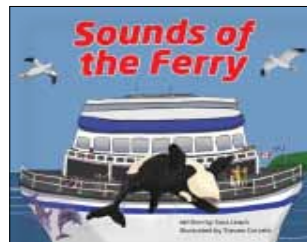
OUT ON A LIMB
Gail Banning

9780988114265 \$11.95
Pb, 5.5 x 8, 256 pp
Vivalogue Publishing • 2013
Juvenile Fiction • Age 8 - 12+-



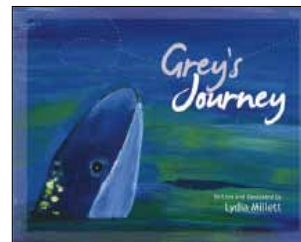
MOUNTAIN MACHINES

Sara Leach
9780978281816 \$9.95
Pb, 8 x 10, 24 pp
Poppy Productions • 2010
Juvenile Fiction • Age 2-6



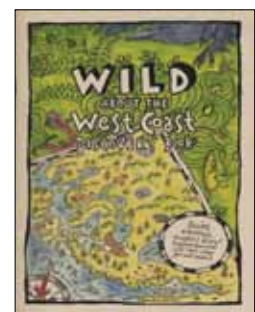
SOUNDS OF THE FERRY

Sara Leach
9780978281823 \$9.95
Pb, 10 x 9, 32 pp
Poppy Productions • 2011
Juvenile Fiction • Age 2-6



GREY'S JOURNEY

Lydia Millett
9780988081307 \$14.95
Pb, 11 x 8.75, 32 pp
Lydia Millett • 2012
Juvenile Fiction Age 4 - 8



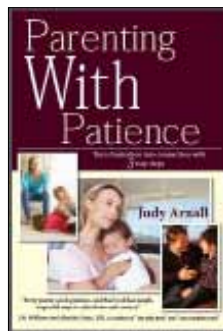
**WILD ABOUT THE
WEST COAST**

Discover Book
Adrienne Mason
9780986505805 \$9.95
Pb, 8 x 11, 26 pp
Postelsia Press • 2010
Art/Activity • Age 4 - 8

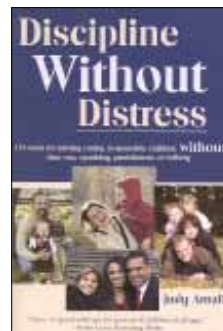
PARENTING



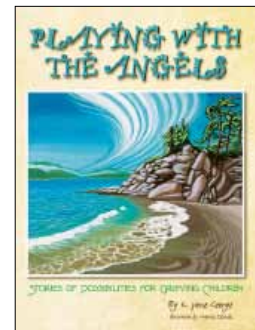
DEAR MS. BARBER
Managing Children's Behaviour
Brenda Fisher-Barber
9780994863805 \$16.95
Pb, 5.5" x 8.5", pp
B Fisher-Barber • 2015



**PARENTING
WITH PATIENCE**
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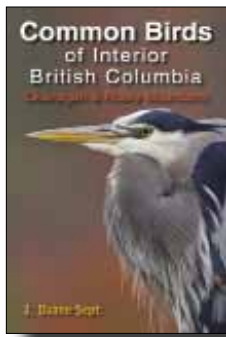


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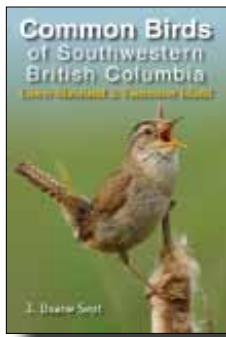


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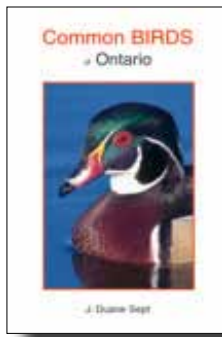
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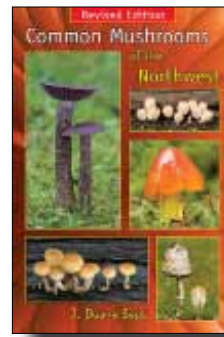
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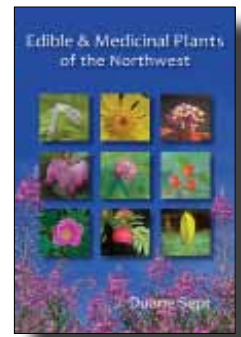
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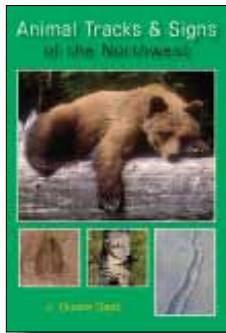
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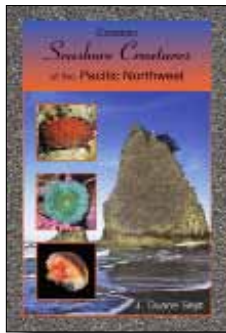
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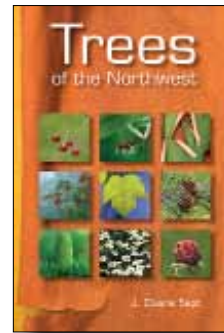
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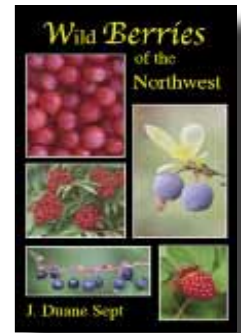
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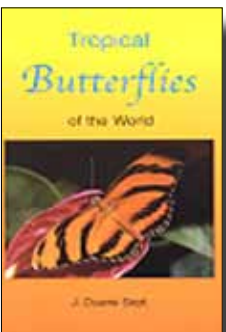
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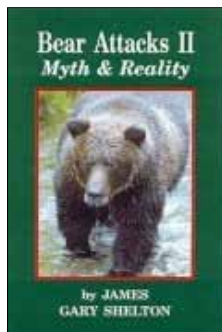
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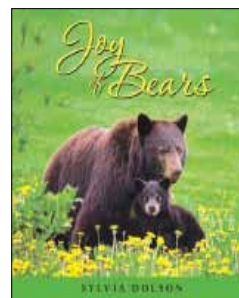
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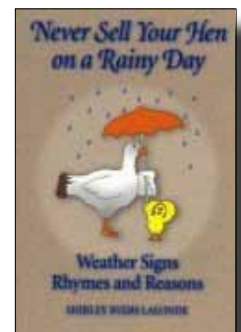
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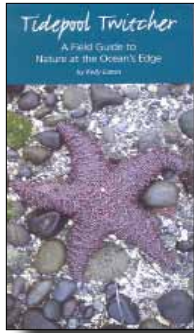


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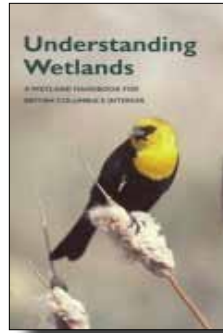
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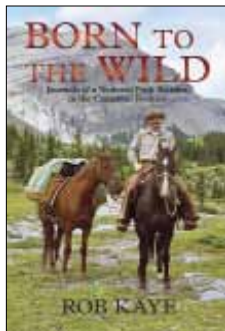


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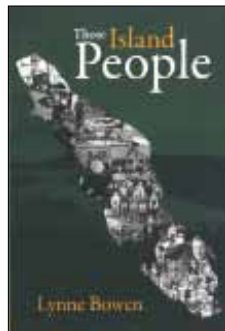


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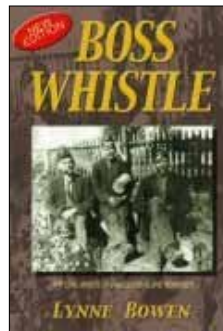
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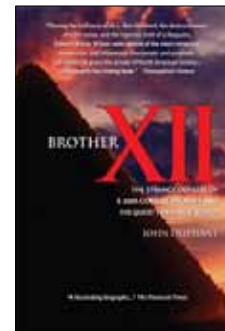
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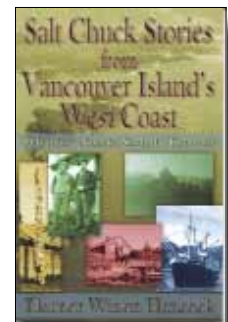
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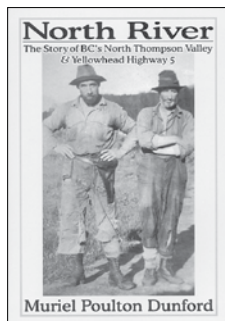


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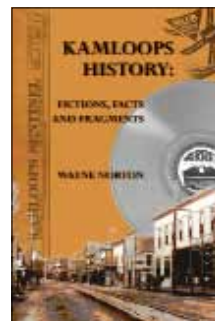
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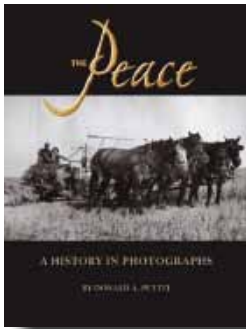


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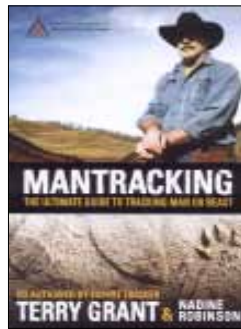


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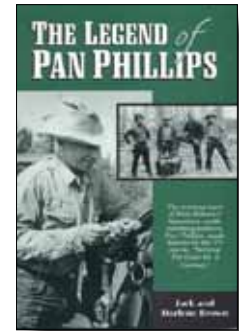
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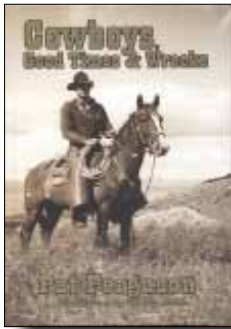
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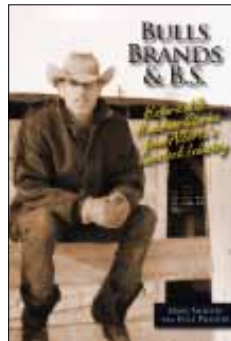
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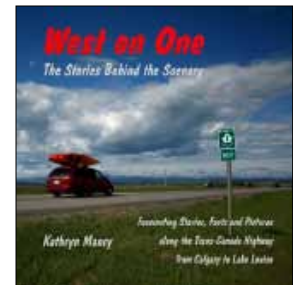
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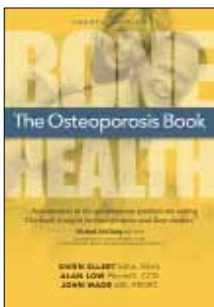


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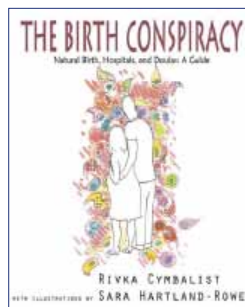


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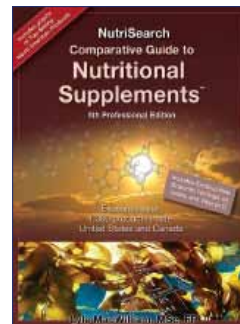
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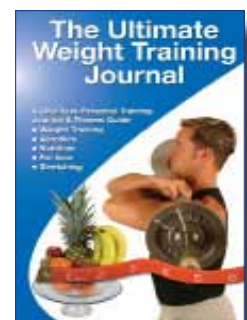
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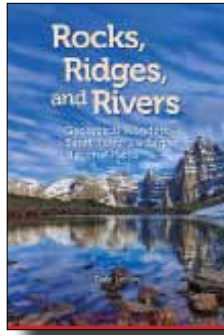
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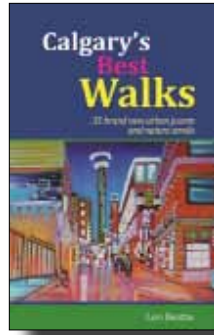
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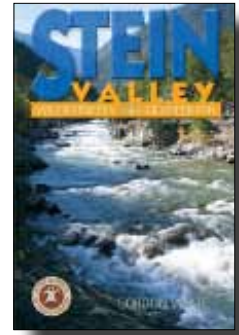
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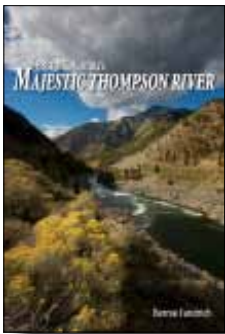
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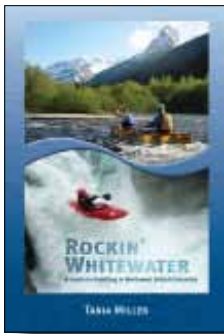
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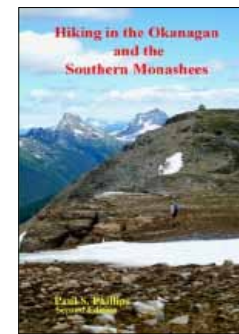
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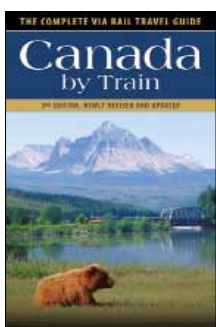
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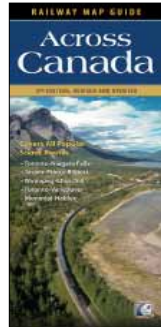
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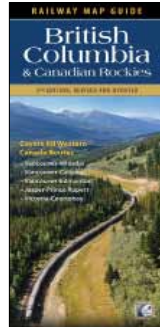
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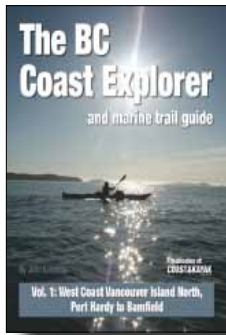
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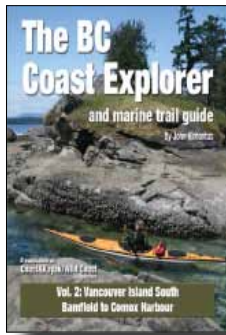
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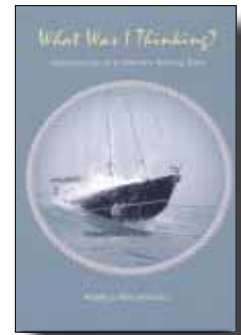
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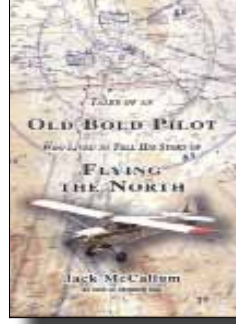
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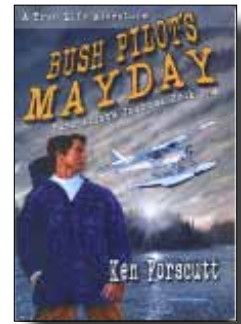
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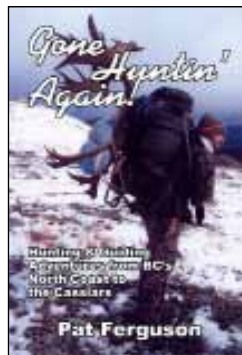


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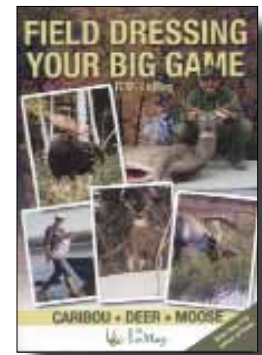
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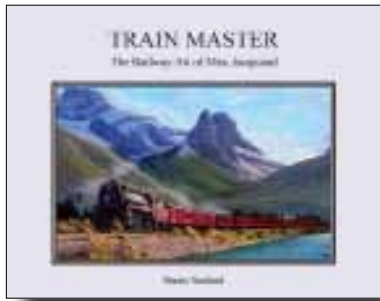


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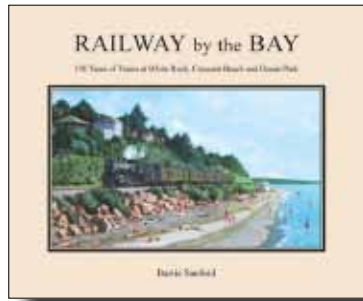


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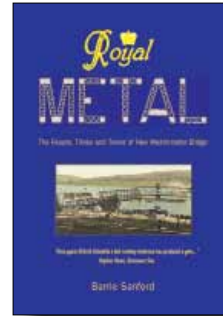
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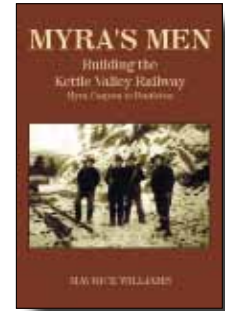
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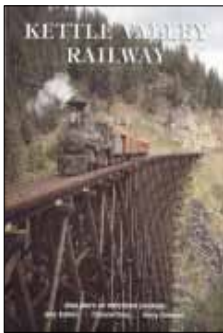
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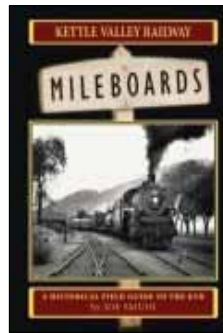
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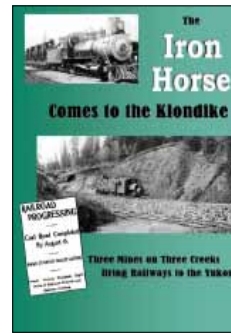
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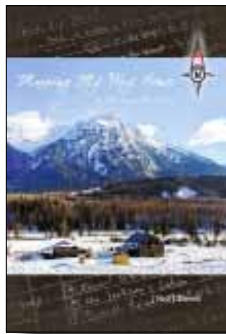

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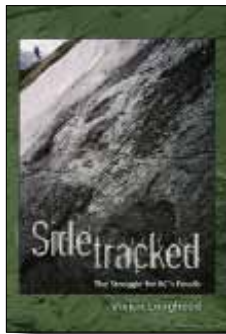
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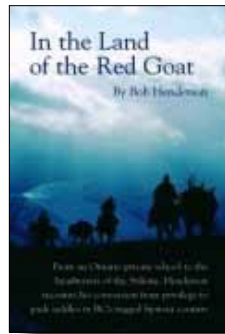
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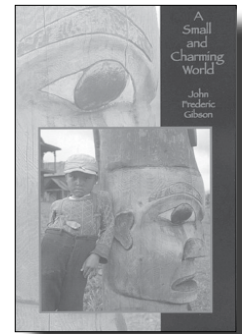
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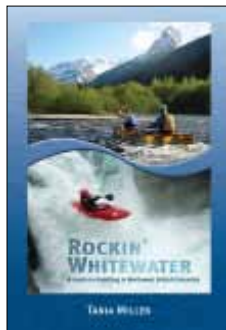
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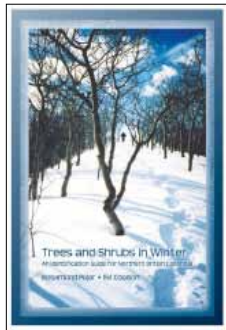
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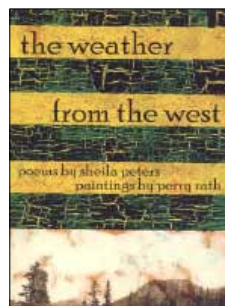
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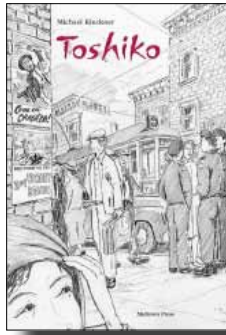


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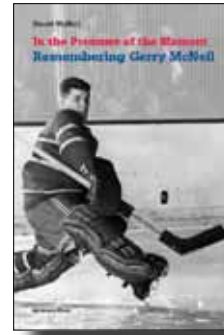
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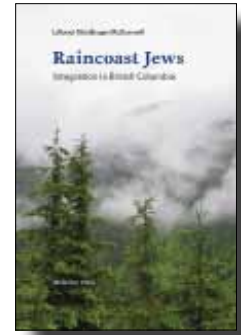
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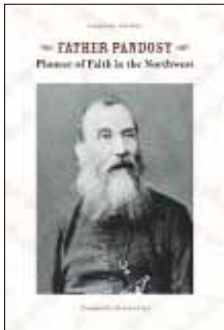
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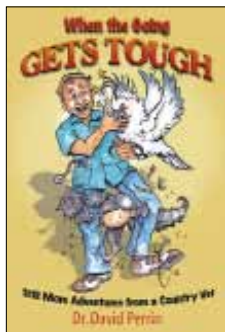


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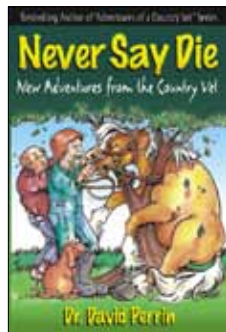


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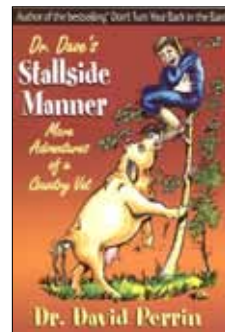
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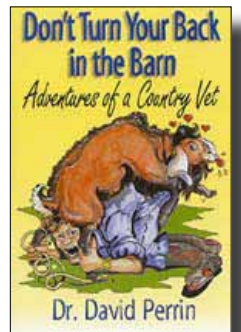
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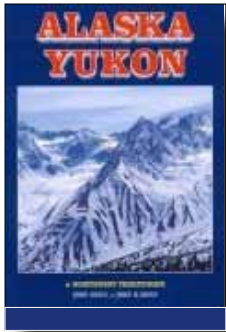
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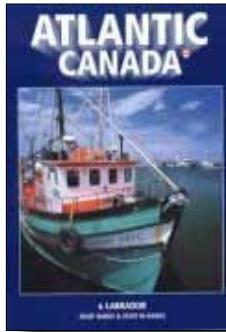
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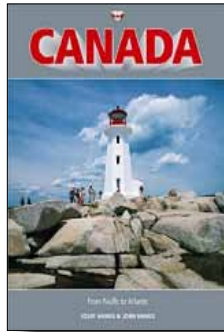
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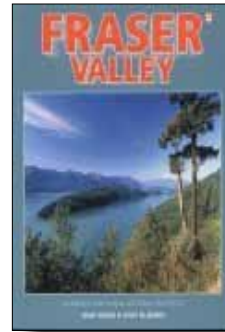
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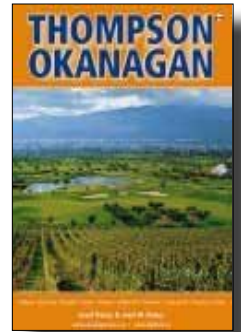
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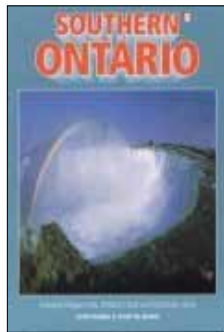
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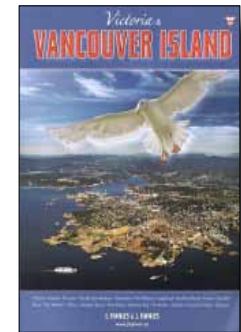
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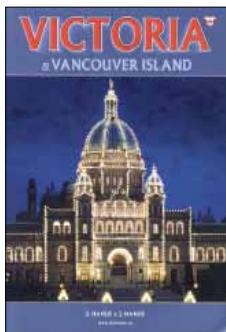
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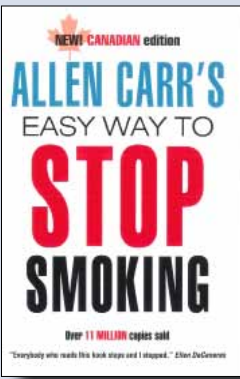
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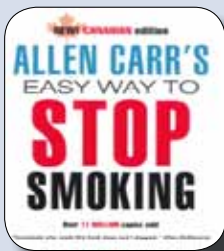
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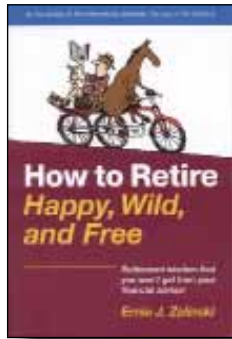


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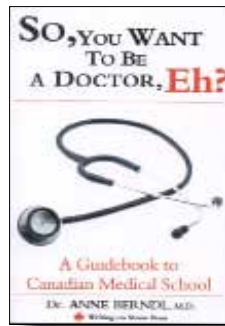
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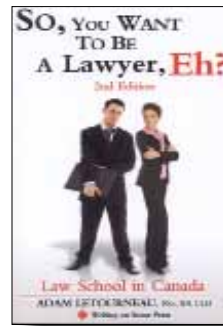
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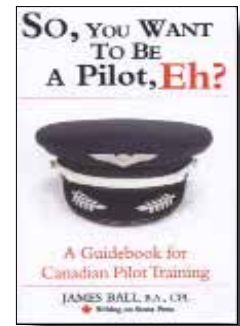
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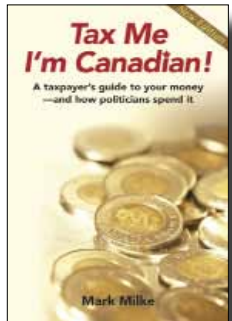
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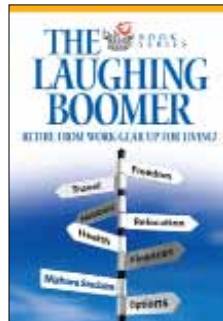
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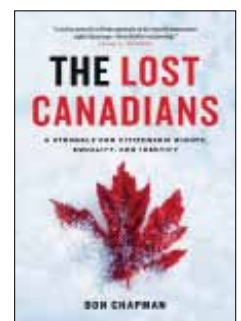
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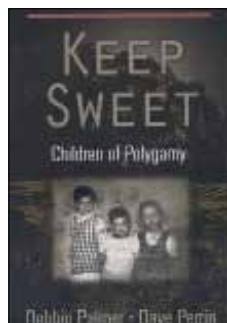


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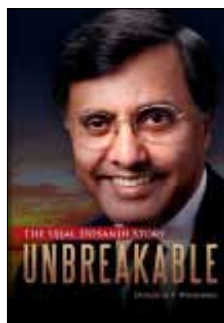
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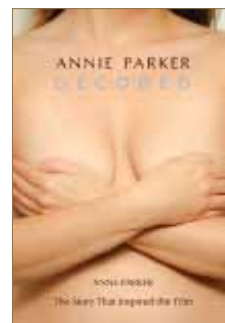
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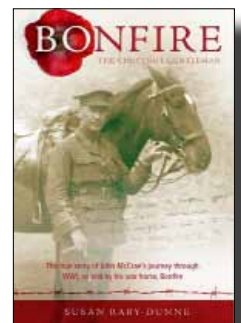
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