

# CAITLIN PRESS

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# WINTER 2026

HEATHER HENDRIE  
W BRUCE MACDONALD

YVONNE BLOMER

GEOFF MYNETT

CATHALYNN LABONTÉ-SMITH

ANNA BYRNE

CORI HOWARD

BRONWYN PREECE

# WHERE THE EFF IS MY RED TENT?

## ON PERIODS, PMDD, AND A JOURNEY THROUGH HORMONAL HELL

BY HEATHER HENDRIE



*Heather Hendrie*

### MEMOIR

978-1-77386-1852

6" x 9", paperback

\$26.00 CAD

Available September 6, 2026

BIO022000

BIOGRAPHY &

AUTOBIOGRAPHY / Women

HEA062000

HEALTH & FITNESS / Menstruation

**Written in Heather Hendrie's uniquely intimate voice, *Where the Eff is My Red Tent* is a deeply personal collection of essays chronicling a lifelong struggle with PMDD.**

### SALES HIGHLIGHTS

- Heather has a significant following on social media with three active Instagram accounts, totalling over 5,600 engaged followers, newsletter lists of over 600 subscribers, and a LinkedIn following of more than 600. She also has three active websites
- Heather has a history of successful public speaking tours and plans to leverage this experience to organize speaking tours on the subject of PMDD
- Heather Hendrie's previous works, awfully hilarious: stories we never tell and awfully hilarious: period pieces, have both demonstrated significant success in the Canadian literary market, proving there's an eager readership and strong demand for her approach to women's health and humour.

### MARKETING

- Physical and virtual launch event in Whistler to ensure Heather's social media audience can attend; Possible reading in Utah bookstores
- Readings across BC, AB, and ON bookstores including Toronto/Burlington, Calgary, Whistler, Boulder (Colorado), as well as with PMDD and clinical therapist orgs
- Media (national/local/niche): CBC Books, Quill & Quire, Globe and Mail, CTV, The Miramichi Reader, The Literary Review of Canada, BC Review, BC BookWorld, ReadLocal BC, 49th Shelf, Room Magazine, Herizons and local media including Pique Newsmagazine, The Tyee and Vancouver Sun
- Radio/Podcasts: CBC The Early Edition, North by Northwest, On The Coast, On the Island
- Advertising in BC BookWorld, Herizons, Room magazine,
- Pitching to relevant & local festivals: Vancouver Writer's Festival, Word Vancouver, Whistler Writer's Festival, Sunshine Coast Festival of the Written Arts, Word on the Lake Writers' Festival, North Shore Authors Collection, etc.
- Connect with PMDD organizations (@IAPMDglobal, @ThePMDDProject, @Pmdd\_canada, @Theadhdcycle) and influencers (@Bookreviewsbycas, @Bookreviewsbyaimy, @Risereadrepeat, @reeq.readsnreviews, @Simar.bookish.dreamer)
- Submit to awards including Governor General's awards, CBC Literary Prize, Hilary Weston Writers' Trust Prize for Nonfiction, CBC Nonfiction Prize, Women's Prize for Non-Fiction, etc.



### SYNOPSIS

*Where the Eff is My Red Tent* is a visceral, unflinching memoir-in-essays about what happens when a person grows up believing their suffering is just part of life. For decades, Heather Hendrie lived in a body and mind she couldn't quite trust. Each month, like clockwork, a storm rolled in—one of despair, self-doubt, and disconnection. Doctors dismissed it. Culture normalized it. She believed it was her fault. It wasn't.

Told with startling clarity and lyrical precision, *Where the Eff is My Red Tent* traces Hendrie's journey through the unspoken, misunderstood world of PMDD—Premenstrual Dysphoric Disorder. Part medical mystery, part feminist reckoning, and part love letter to anyone who has ever felt “broken,” Hendrie unearths the systemic silencing of menstruating people and shines a light on a condition that affects 1 in 20 people with cycles—yet remains dangerously underdiagnosed. From panic attacks in the backcountry to therapy sessions in snowstorms, Hendrie—a wilderness therapist and clinical counsellor—writes with deep compassion and sharp insight about what it means to heal in a culture that gaslights and mistrusts what's commonly seen as “women's pain.”

A love letter to anyone who has ever felt hijacked by their hormones, misdiagnosed by the medical system, or alone in their suffering, this book is a lighthouse. Unapologetically honest and quietly revolutionary, *Where the Eff is My Red Tent* is not just a story of one woman's diagnosis—it's a call to listen to our bodies, name our truths, and reclaim space for stories we've been told to keep quiet.

### BIOGRAPHY

**Heather Hendrie** is a bestselling author and a nature-based therapist originally from Guelph, Ontario. She lived in Cusco, Costa Rica, California, Colorado, and the Canadian Rockies before calling Whistler, British Columbia home. Heather's intimate writing style draws on her varied life experiences and work as a clinical counsellor to remind us all that in our tough or embarrassing moments, we are not alone. Heather's bestselling anthology series *awfully hilarious* has won the Canadian Book Club Awards readers' choice for the past two years and tells truths in an attempt to end shame, uplift women's health, and destigmatize mental health.

### RESOURCES

CAITLINPRESS.COM | CATALIST | BOOKMANAGER

### CONTACT

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Sarah Vasu, *marketing & publicity* | [sarahvasu@caitlin-press.com](mailto:sarahvasu@caitlin-press.com)

# RAGS TO RICHES

## THE STORY OF RITCHIE NELSON AND THE NELSON BROTHERS FISHERIES

BY WB MACDONALD WITH STUART NELSON

From humble beginnings in Norway to becoming one of the country's most successful entrepreneurs, Ritchie Nelson's story is an inspiring example of Canadian innovation. Discover the fascinating true story behind Nelson Bros. Fisheries, a half-a-billion dollar fishing operation on Canada's West Coast.



*WB Macdonald*

### SALES HIGHLIGHTS

- There are not many books on the history of the fishing industry in BC, but there is interest in books on the history of Canadian entrepreneurship. This book bridges the two.
- Bruce Macdonald is an experienced and award-winning writer.

### MARKETING

- Launch event in New Westminster
- Readings in BC including Victoria and Vancouver bookstores
- Media (national/local/niche): CBC, Globe and Mail, CTV, Vancouver Sun, Western Mariner, The Literary Review of Canada, BC Review, BC BookWorld, ReadLocal BC, BC History Magazine, Canada's History, The Seaboard Review, Pacific Yachting
- Radio: CBC Radio West, Daybreak North, On The Island
- Advertising on BC Ferries, BC BookWorld, BC History
- Pitching to relevant & local festivals: Elephant Mountain Writers Festival, Victoria Writers Festival Sunshine Coast Festival of the Written Arts, Word on the Lake Writers' Festival, etc.
- Connect with groups and organizations associated with and interested in BC nautical history: Vancouver Maritime Museum, The Maritime Museum of BC, Campbell River Museum, Maple Ridge Museum, Gulf of Georgia Cannery, The Freshwater Fisheries Society of BC, etc.
- Submit to awards including Governor General's awards, Cundhill History award, British Columbia Historical Federation's Historical Writing Competition, and the Roderick Haig-Brown Regional Prize at the BC & Yukon Book Prizes

### MEMOIR

978-1-77386-1-777

6" x 9", paperback

black & white photos

\$27.00 CAD

Available February 27, 2026

HIS006050

HISTORY / Canada /  
Provincial, Territorial & Local /  
British Columbia (BC)

BIO003000

BIOGRAPHY & AUTOBIOGRAPHY /  
Business

### SYNOPSIS

Richard “Ritchie” Nelson was born in Norway in 1899, the son of his adoptive mother’s sister and a Swedish Jew. He was raised alongside his three cousins and at age ten, he persuaded his parents to immigrate to Canada’s west coast to join two already established older brothers. By age thirteen, Ritchie was crafting gillnets from discards and fishing the Fraser River for salmon. Quickly mastering English and with money earned from fishing, he paid for a year of education at a Lutheran college. In 1929, he co-founded Nelson Bros. Fisheries with his brother Norman. The fishery operated from the west coast of Vancouver Island to Alaska. With endless energy and boundless bravado, Ritchie grew Nelson Bros. into a highly successful enterprise complete with a huge fleet of gillnetters, packers, reduction plants and canneries. Nelson Bros. processed millions of pounds of salmon, herring, halibut, and crab in a year. In an industry that by the 1930s was conservative and corporate, Ritchie stayed extremely close to “his” fishermen and shore workers, working tirelessly for them—a stance that earned him their loyalty, admiration, and devotion. A champion of all fishermen and cannery workers, Ritchie Nelson was honoured by the Tlingit First Nation as “Big Fin,” which is an allusion to the killer whale or “the one that tells everybody else what to do.” In this unique story of grit, ambition, and kindness, Macdonald delves into the history of one of BC’s most successful fishing enterprises that is today thriving as a business consultancy in the seafood industry.

### BIOGRAPHY

**Walter Bruce MacDonald** is a historian, novelist, poet, and teacher. He was born in New Westminster, B.C. and received his BA in English Literature from the University of Victoria and his MA in Fine Arts from the University of British Columbia. In 2011, Caitlin Press published *The Good Hope Cannery: Life and Death at a Salmon Cannery*, his highly regarded Rivers Inlet history book. In 2013, Caitlin published his acclaimed history of Canadian lacrosse, *Salmonbellies vs. The World: The Story of the Most Famous Team in Lacrosse and Their Greatest Rivals*. MacDonald is also the winner of THIS Magazine’s Poetry Award for Best Poem and has published numerous books of fiction.

**Stuart Nelson** is a grandson of Nelson Bros. Fisheries co-founder Ritchie Nelson and the son of former Nelson Bros. president Bill Nelson. The fishing industry is in Stuart’s blood and after holding senior management positions at B.C. Packers he is today the principal of Nelson Bros. Fisheries Ltd, a management consulting firm offering specialized expertise to the west coast seafood industry and other businesses. Since 1998 Stuart’s firm has completed over one hundred and thirty projects for clients in the private sector, government agencies, First Nations, and environmental and non-profit organizations.

### RESOURCES

CAITLINPRESS.COM | CATALIST | BOOKMANAGER

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# SUBLIME

## POEMS FOR VANISHING ICE

EDITED BY YVONNE BLOMER



*Yvonne Blomer*  
(credit: Nancy Yakimoski)

**In *Sublime: Poems for Vanishing Ice*, celebrated poets from across Canada and the U.S. consider the beauty, fragility and decline of ice. These are poems that ask: what will be released as the planet's ice melts? And how will this reshape the planet we call home?**

### SALES HIGHLIGHTS

- The two other collections in this series, *Refugium* and *Sweet Water*, have been well received.
- Yvonne is an award-winning and renowned poet.
- Poets are from across Canada including BC, Alberta, Ontario, the Yukon, Maritimes and others as well as Alaska and a few other places in the US.
- Poets included in this collection include Governor General's Literary-award winner Arleen Paré, former Vancouver Poet Laureate Fiona Tinwei Lam, multi-award-winning Rob Taylor, celebrated Canadian novelist and poet Evelyn Lau, Vancouver Literary Landmark-receiver Tom Wayman, Laura Apol, John Barton, Gary Barwin, Marilyn Bowering, Elizabeth Bradfield, Kate Braid, Terry Ann Carter, Trevor Carolan, Dymphny Dronyk, Karen Enns, Katia Grubisic, Penn Kemp, Elee Kraljii Gardiner, Anita Lahey, Joanna Lilley, Annick MacAskill, David Martin, Micheline Maylor, Lorri Neilsen Glenn, Catherine Owen, Troy Sebastian and Bren Simmers.

### MARKETING

- Launch event in Victoria
- Readings in BC and ON bookstores
- Media (national/local/niche): CBC Books, Quill & Quire, Globe and Mail, CTV, Vancouver Sun, The Literary Review of Canada, BC Review, BC BookWorld, ReadLocal BC, Rob McClennan's Blog, Malahat Review, The Fiddlehead, Miramichi Magazine, Canadian Literature, Canadian Poetry Review, Vallum Magazine, Arc Poetry, 49th Shelf, Room Magazine
- Radio/Podcasts: Commentary.ca, North by NorthWest, On the Island, Page Fright, Wax Poetic, Writer's Radio
- Advertising in BC BookWorld, Herizons, Room magazine, subTerrain magazine
- Pitching to relevant & local festivals: Vancouver Writer's Festival, Word Vancouver, Whistler Writer's Festival, Elephant Mountain Writers Festival, Victoria Writers Festival, Sunshine Coast Festival of the Written Arts, Word on the Lake Writers' Festival, etc.
- Submit to awards including Governor General's awards, Griffin Poetry Prize, Pat Lowther Award, CBC Literary Prize, CBC Poetry Prize, DC Reid Poetry Prize

### POETRY

978-1-77386-1784

6" x 9", paperback

\$24.95 CAD

Available February 27, 2026

POE001000

POETRY / Anthologies (multiple authors)

POE023030

POETRY / Subjects & Themes / Animals & Nature



### SYNOPSIS

sublime (adjective) of such excellence, grandeur, or beauty as to inspire great admiration or awe.  
sublime (verb) (Chemistry): (Of a solid substance) to change directly into vapor when heated, typically forming a solid deposit again on cooling.

In *Sublime: Poems for Vanishing Ice*, poets from across Turtle Island explore what it means to enter into conversation with ice. The poems in Yvonne Blomer's third, water-focused anthology exemplify sublime as both verb and adjective: these are poems that skate, drink, stomp, crush and dive. In poems that range from street hockey, to snow angels, to meltwater, poets write to the ever-changing ways of ice. Other poems grapple with fires that melt permafrost and rising temperatures that fracture and erode lives. In the poems, fissures form into ever-expanding crevasses, and animals suffer because of humanity's negative impact on Earth's most ancient of water systems: ice.

*Sublime: Poems for Vanishing Ice* features poems by Governor General Award winners, Poet Laureates in cities across Canada, and other important voices for our time and place in history. Contributors include John Barton, Gary Barwin, Marilyn Bowering, Elizabeth Bradfield, Kate Braid, Terry Ann Carter, Trevor Carolan, Dymphny Dronyk, Karen Enns, Katia Grubisic, Penn Kemp, Elee Kraljii Gardiner, Anita Lahey, Evelyn Lau, Joanna Lilley, Annick MacAskill, David Martin, Micheline Maylor, Lorri Neilsen Glenn, Catherine Owen, Arleen Pare, Troy Sebastian, Bren Simmers, Rob Taylor, Fiona Tinwei Lam, Tom Wayman, and many, many more.

### BIOGRAPHY

**Yvonne Blomer** is the author of the critically acclaimed poetry collections *The Last Show on Earth* (Caitlin Press, 2022) and *As if a Raven* (Palimpsest Press, 2015) as well as the travel memoir *Sugar Ride: Cycling from Hanoi to Kuala Lumpur* (Palimpsest Press, 2017). Blomer served as the city of Victoria poet laureate from 2015 to 2018. Through poetry, she has raised awareness for the plight of the Pacific Ocean and its ecology. She is the creator and editor of *Refugium: Poems for the Pacific* (Caitlin Press, 2017), the first in a trilogy of water-based poetry anthologies that was followed by *Sweet Water: Poems for the Watershed* (Caitlin Press, 2020). She was the Artistic Director for the weekly Planet Earth Poetry series and edited the anthology *Poems for Planet Earth*. Yvonne recently edited *Hologram: Homage to P.K. Page* (Caitlin Press, 2023). She has been longlisted for the CBC Poetry Prize and shortlisted for the Montreal Poetry Prize and the Troubadour International Poetry Prize and won the Gwendolyn MacEwen Poetry Prize for *Death of Persephone*. She has performed at reading series and festivals in cities across the country and has had poems published in Canada, the UK and Japan. Yvonne lives, works and raises her family on the traditional territories of the WSÁNEĆ (Saanich), Lkwungen (Songhees), Wyomilth (Esquimalt) peoples of the Coast Salish Nation.

### RESOURCES

CAITLINPRESS.COM | CATALIST | BOOKMANAGER

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# THE FORT GEORGE MURDERS OF 1823

CRISIS AND CO-EXISTENCE IN NEW CALEDONIA

BY GEOFF MYNETT

**In 1823, a violent incident in present-day Prince George shattered a fragile trading relationship between the local Indigenous community and the Hudson's Bay Company. Bestselling BC author and historian Geoff Mynett delves into a crisis that threatened the future of the fur trade in the region.**

## SALES HIGHLIGHTS

- Mynett is a prolific writer in the field of BC history.
- His previous books, *Pinkerton's* and *the Hunt for Simon Gunanoot* and *Murders on the Skeena* both published by Caitlin Press in 2021 were BC bestsellers for eight weeks consecutively.
- Mynett is experienced in virtual and in-person events, having successfully promoted three BC bestselling titles in the past few years.

## MARKETING

- Launch events in Vancouver and Prince George
- Readings in other BC bookstores
- Media outreach to Vancouver Sun, BC Bookworld, BC Review, BC Studies, BC History, Canada History and local publications including Prince George Citizen
- Radio/podcasts: CBC Radio West, Canada's History, Canadian History Ehx, Canadian True Crime
- Advertising in BC Studies, BC Bookworld and BC History
- Submission to relevant prizes, including British Columbia Historical Federation's Historical Writing Competition and the Roderick Haig-Brown Regional Prize at the BC & Yukon Book Prizes
- Connect with groups and organizations associated with and interested in BC history: Victoria Genealogical Society; Brock House, Royal BC Museum, Museum at Campbell River



Geoff Mynett

**NON-FICTION**

**978-1-77386-1791**

**6" x 9", paperback**

**\$26.00 CAD**

**Available February 7, 2026**

**HIS006010**

**HISTORY / Canada /**

**Pre-Confederation (to 1867)**

**HIS006050**

**HISTORY / Canada /**

**Provincial, Territorial & Local /**

**British Columbia (BC)**



### SYNOPSIS

In 1823, a series of violent events in northern British Columbia shattered the fragile trading relationship between the local Indigenous community and the Hudson's Bay Company (HBC). In *The Fort George Murders*, best-selling author and historian Geoff Mynett delves deep into the HBC's documentation about this exceptional period in BC history. Writers later in the century took the HBC stories and added invented details and imagined motivation like layers of paint and grime over an old painting. Unfortunately, there are few written records from the Indigenous point of view. With a keen and curious sensitivity, Mynett examines the records, always bearing in mind the likelihood of conscious or unconscious bias of the writers.

With the murder of two HBC workers following a situation rooted in personal relationships and complicated by tensions between the Indigenous and the settler communities, the future of New Caledonia's trading district was thrown into crisis. Mynett wades through the imperfect historical record in search of what really happened, seeking to understand this period of dangerous tension: Was the HBC to blame? Would they withdraw from New Caledonia altogether? Would they capture the murderers? And if so, what then?

Bringing to life notable figures in British Columbia's history such as Chief Kw'eh, James Murray Yale, John Tod, Sir George Simpson and Sir James Douglas, *The Fort George Murders* explores how simmering tensions between the HBC and Indigenous community upended a delicate trade alliance, in which many wanted to simply co-exist. In a startling account as gripping as it is uncomfortable, best-selling BC author Geoff Mynett brings us to a breaking point in Canada's fur trade.

### BIOGRAPHY

**Geoff Mynett** was born in Shropshire, England and qualified in England as a barrister. After coming to British Columbia in 1973, he requalified and practised law in Vancouver until his retirement. His first book, *Service on the Skeena: Horace Wrinch, Frontier Physician* (Ronsdale Press, 2019), received a Jeanne Clarke Memorial Award. His recent books, *Pinkerton's and the Hunt for Simon Gunanoot*, *Murders on the Skeena*, *River of Mists*, *The Eventful Life of Philip Hankin*, and *A Gentleman of Considerable Talent* were published by Caitlin Press; both *Pinkerton's* and *the Hunt for Simon Gunanoot* and *Murders on the Skeena* appeared on the BC Bestseller List for eight consecutive weeks in 2021, respectively. A believer in the importance of knowing our histories, Geoff Mynett is also an amateur artist. He and his wife Alice live in Vancouver.

### RESOURCES

CAITLINPRESS.COM | CATALIST | BOOKMANAGER

### CONTACT

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# I'M NOT A MORMON (ANYMORE)

AN OUTSIDER'S JOURNEY IN LOVING AND LEAVING THE CHURCH

BY CATHALYNN LABONTÉ-SMITH



*Cathalynn Labonté-Smith*

**As a teenager, Cathalynn Labonté-Smith makes the extraordinary decision to become a Mormon, only to realize that it's not everything she expected.**

## SALES HIGHLIGHTS

- Cathalynn Labonté-Smith's previous book, *Rescue Me*, was a BC bestseller.
- This is a story that will resonate with people interested in the cult-like dynamics of conservative religious communities.
- Cathalynn Labonté-Smith is well-connected to literary communities: she founded the Sunshine Coast Writers and Editors Society (scwes.ca), including the annual Art & Words Festival, the Book Awards for BC Authors, and a literary map (taletrail.ca).

## MARKETING

- Launch event in the Sunshine Coast
- Readings in BC and Alberta bookstores
- Media (national/local/niche): CBC Books, Quill & Quire, Globe and Mail, CTV, Vancouver Sun, The Miramichi Reader, The Literary Review of Canada, BC Review, BC BookWorld, ReadLocal BC, 49th Shelf, Room Magazine, Herizons and local media including Coast Reporter, 100 Mile Free Press, The Beacon, The Lethbridge Herald, North Shore News, Pique News Magazine, Powell River Peak, and The Tyee
- Radio/Podcasts: CBC On The Coast, On the Island
- Advertising in BC BookWorld, Herizons, Room magazine,
- Pitching to relevant & local festivals: Vancouver Writer's Festival, Word Vancouver, Whistler Writer's Festival, Sunshine Coast Festival of the Written Arts, Word on the Lake Writers' Festival, North Shore Authors Collection, Calgary Spoken Word Festival, Wordfest, When Words Collide, etc.
- Submit to awards including Governor General's awards, CBC Literary Prize, Hilary Weston Writers' Trust Prize for Nonfiction, CBC Nonfiction Prize

## MEMOIR

978-1-77386-181-4

6" x 9", paperback

\$26.00 CAD

Available March 7, 2026

BIO018000

BIOGRAPHY & AUTOBIOGRAPHY/  
Religious

SOC039000

SOCIAL SCIENCE /  
Sociology of Religion

### SYNOPSIS

Growing up in a predominantly Mormon community in Cardston, Alberta, Cathalynn Labonté-Smith was surrounded by the stories and culture of the Church of the Latter Day Saints. As an atheist teenager, she was envious of the strong bonds between the members of the Mormon community and wanted desperately to belong, especially when she fell in love with a Mormon boy. In *I'm Not a Mormon (Anymore): An Outsider's Journey in Loving & Leaving the Church*, Labonté-Smith revisits her decision to become a Mormon and how she discovered it wasn't everything she expected. She returns to the raw, sometimes awkward journals of her youth and includes firsthand accounts from former schoolmates in Cardston, including Mormons, ex-Mormons, and non-Mormons who experienced varying levels of bullying. Against this backdrop, Labonté-Smith explains her complicated relationship with the church and their rules that eventually led to her leaving Mormonism.

In this hard-hitting and honest memoir, Labonte-Smith wades through the attraction and perils of religion, discovering how it can serve as fertile ground for abuse, misogyny, and bigotry, but also kindness and forgiveness.

### BIOGRAPHY

**Cathalynn Cindy Labonté-Smith** grew up in the Lethbridge and Cardston areas of Alberta and moved to Vancouver, BC, to complete her Bachelor of Fine Arts in Creative Writing at the University of British Columbia. She later taught English, Journalism, and other subjects at Vancouver high schools. She currently lives in Gibsons (and North Vancouver), BC, where she founded the Sunshine Coast Writers and Editors Society ([scwes.ca](http://scwes.ca)), including the annual Art & Words Festival, the Book Awards for BC Authors, and a literary map ([tailetrail.ca](http://tailetrail.ca)). Her previous book, *Rescue Me: Behind the Scenes of Search and Rescue* (Caitlin Press, 2022), was a bestseller in BC.

### RESOURCES

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# THE LAST CARAVAN

THE POWER OF COMMUNITY AT THE END OF LIFE

BY ANNA BYRNE

**“Will you be part of my dying team?” Four years after her own near-fatal cancer, author Anna Byrne is asked by her friend Mary—a single, queer woman who is terminally ill—to help her to stay at home to die with the help of Medical Assistance In Dying (MAID). As the team embarks on a radical experiment to curate Mary’s vision of dying in community, they must confront their own limitations while avoiding their deepest fear—Mary dying alone.**

## SALES HIGHLIGHTS

- A timely book that details one woman’s experience with MAID, considering that MAID has been in the Canadian recently lately.
- A unique story that asks how we can bring creativity, joy, and community to death.
- A heartwarming story about elder queer friendship.

## MARKETING

- Launch events in Powell River and Whistler
- Readings in BC and Ontario
- Media (national/local/niche): CBC Books, Quill & Quire, Globe and Mail, CTV, Vancouver Sun, The Miramichi Reader, Herizons, Plenitude, The Literary Review of Canada, BC Review, BC BookWorld, ReadLocal BC, 49th Shelf, Room Magazine, Herizons, Xtra Magazine, and local media including qathet Living.
- Radio/Podcasts: On The Island, The Early Edition, CanQueer, Out & About in Canada: the Podcast Edition, End of Life University Podcast
- Advertising in BC BookWorld, Herizons, Room magazine,
- Pitching to relevant & local festivals: Vancouver Writer’s Festival, Word Vancouver, Whistler Writer’s Festival, Victoria Writers Festival, Word on the Lake Writers’ Festival, Kingston Writer’s Festival, Toronto International Festival of Authors, Word On The Street Toronto, etc.
- Submit to awards including Governor General’s awards, CBC Literary Prize, Hilary Weston Writers’ Trust Prize for Nonfiction, CBC Nonfiction Prize, Dayne Ogilvie Prize for LGBTQ2S+ Emerging Writers, Lambda Literary Awards
- Connect with BC Hospice Palliative Care Association, Canadian Integrative Network for Death Education and Alternatives and other hospices and deathcare collectives



Anna Byrne

MEMOIR

978-1-77386-182-1  
6" x 9", paperback  
\$26.00 CAD

Available February 20, 2026

SOC036000

SOCIAL SCIENCE /  
Death & Dying

BIO031000

BIOGRAPHY & AUTOBIOGRAPHY  
/ LGBTQ+

### SYNOPSIS

Author Anna Byrne's close friend Mary Morgan spent her life looking for community. As a youth, the pain of Mary's mother's death is made more difficult by her family's silent grief, financial problems and disapproval of her identity as a lesbian. At 17, Mary leaves her troubled home in Toronto to live among the Guna peoples of Panama—an adventure that ignites four decades of social justice work in war-torn countries around the globe. Flying kites with Bedouin children, smoking with Bosnian men, and resisting the Guatemalan Civil War alongside Maya women offers Mary a powerful salve for her yearning to belong: Chosen family—communities based on mutual values and support.

When faced with a terminal diagnosis while living in a remote British Columbian town with few resources, Mary brings the heart of her life's work—the power of ordinary people to effect change—to bear on her dying. In addition to Anna, she asks two other friends—Jules, and Laurie—to be her “dying team” and help her to die at home. Over 16 months, until her death with Medical Assistance In Dying (MAID), the team embarks on a profound experiment to curate Mary's vision of a death steeped in beauty, ceremony, and practical support through building a casket, hosting a home vigil, and transporting her body for a green burial. The journey to bring tenderness and creativity to one person's suffering emerges as an antidote to the urgency, scarcity, and loneliness that seek to define our lives—and deaths. Anna Byrne's *The Last Caravan* offers a new paradigm for deathcare by returning it to the hands of the community.

### BIOGRAPHY

A cancer diagnosis at age 32 shaped **Anna Byrne's** understanding of dying. As a catalyst for human connection, it also led to over a decade of work as an end-of-life educator, speaker and author. Her memoir, *Seven Year Summer*—a finalist in the Whistler Independent Book Awards—is used as a training tool in hospices; her writing has also appeared in *qathet Living*, *Young Adult Cancer Canada*, and *Feminism and Religion: How Faiths View Women and Their Rights* (Praeger, 2021). Byrne holds degrees in Gerontology, Psychology, Education, and Theology, with a thesis on Medical Assistance in Dying. She delivers keynotes, workshops, and training for organizations such as the Canadian Cancer Society, the BC Hospice Palliative Care Association, and Vancouver Island University. She lives in qathet, British Columbia, on the traditional territory of the Tla'amin Nation, where she coordinates services for a hospice society and co-founded Community-Supported Dying qathet, an initiative to equip communities to care for those who are aging, ill or grieving.

### RESOURCES

CAITLINPRESS.COM | CATALIST | BOOKMANAGER

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# THE FIFTH SEASON

BY CORI HOWARD



*Cori Howard*

## POETRY

978-1-77386-183-8

6" x 9", paperback

\$26.00 CAD

Available February 13, 2026

POE024000

POETRY / Women Authors

POE023050

POETRY / Subjects & Themes /  
Family

Through poetry that is vivid, propulsive and brave, award-winning journalist, essayist, and poet Cori Howard illuminates the experiences of womanhood and the questions we ask ourselves during times of transition and reimagination. *The Fifth Season* vibrates with an intimacy normally reserved for conversations between old friends.

## SALES HIGHLIGHTS

- Cori Howard is an award-winning journalist, essayist and poet.
- Cori has been widely published in various news media.
- People, especially women, of all ages and at various stages of life will relate to this collection of poetry.

## MARKETING

- Launch event in Vancouver
- Readings in BC bookstores
- Media (national/local/niche): CBC Books, Quill & Quire, Globe and Mail, CTV, Vancouver Sun, The Miramichi Reader, TBC Review, BC BookWorld, ReadLocal BC, 49th Shelf, Rob McClennan's Blog, Malahat Review, The Fiddlehead, Miramichi Magazine, Canadian Literature, Canadian Poetry Review, Vallum Magazine, Arc Poetry, Room Magazine, Herizons, Montecristo magazine, Pretty Ripe.
- Radio/Podcasts: Midstory Magazine, Walrus, Commentary.ca, North by NorthWest, On the Island, Page Fright, Wax Poetic, Writer's Radio, Half Betty podcast
- Advertising in BC BookWorld, Herizons, Room magazine, subTerrain magazine
- Pitching to relevant & local festivals: Vancouver Writer's Festival, Word Vancouver, Whistler Writer's Festival, Victoria Writers Festival, Word on the Lake Writers' Festival, Kingston Writer's Festival, Toronto International Festival of Authors, Word On The Street Toronto, etc.
- Submit to awards including Governor General's awards, Griffin Poetry Prize, Pat Lowther Award, CBC Literary Prize, CBC Poetry Prize, DC Reid Poetry Prize



### SYNOPSIS

In *The Fifth Season*, award-winning journalist, essayist and poet Cori Howard explores the seasons of a woman's life, bravely writing about everything from marriage and motherhood to divorce. With humour and insight, Howard explores what she aptly names "disaster dating," and reinvention. Through the arc of midlife, these poems offer a map back to the self and a return to longing and new freedoms.

In poetry that is raw, honest and personal, Howard carries the reader through the thresholds of her life. Vivid, propulsive and brave, her poems vibrate with an intimacy normally reserved for conversations between old friends. *The Fifth Season* illuminates the experiences of womanhood and the questions we ask ourselves during times of transition and reimagination.

### BIOGRAPHY

Cori Howard is an award-winning journalist, essayist and poet based in Vancouver, BC. Her writing has appeared in a wide range of publications across the US, Canada and the UK, including in the New York Times, the Washington Post, the National Post, and the Globe and Mail, among many others. This is her first collection of poetry. Her previous books include *Between Interruptions: Thirty Women Tell the Truth about Motherhood*. Find her at [www.corihoward.com](http://www.corihoward.com).

### RESOURCES

[CAITLINPRESS.COM](http://CAITLINPRESS.COM) | [CATALIST](#) | [BOOKMANAGER](#)

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# hiking beyond

by bronwyn preece

Written wearing muddy boots, in wet tents and with frozen fingers, bronwyn preece's *hiking beyond* is a collection steeped in the messiness of being alive. With reverence for geology, ornithology, botany, history and all that resists easy categorization, preece captures the soundbites, questions and quiet revelations of solo, backcountry travel. From recovery from injury to the realities of living with a genetic disorder, *hiking beyond* explores what it means to hike, to heal, and to belong.

## SALES HIGHLIGHTS

- preece is a published academic writer and poet.
- Her first poetry collection with Caitlin was fairly successful.
- preece has a good following on social media and promotes her books well.

## MARKETING

- Launch event at Whistler
- Readings in BC bookstores
- Media (national/local/niche): CBC Books, Quill & Quire, Globe and Mail, CTV, Vancouver Sun, The Miramichi Reader, BC Review, BC BookWorld, ReadLocal BC, 49th Shelf, Rob McClellan's Blog, Malahat Review, The Fiddlehead, Miramichi Magazine, Canadian Literature, Canadian Poetry Review, Vallum Magazine, Arc Poetry, Room Magazine, Herizons, Montecristo magazine, Pretty Ripe.
- Radio/Podcasts: Midstory Magazine, Walrus, Commentary.ca, North by NorthWest, On the Island, Page Fright, Wax Poetic, Writer's Radio, Half Betty podcast
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- Submit to awards including Governor General's awards, Griffin Poetry Prize, Pat Lowther Award, CBC Literary Prize, CBC Poetry Prize, DC Reid Poetry Prize



bronwyn preece

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### SYNOPSIS

*hiking beyond*, bronwyn preece's second poetry collection, is a courageous journey through landscapes both external and internal. In these deeply personal pieces, preece brings us along on her adventures through poems, narratives and reflections from her perspective navigating the trail with a crooked knee and a fierce will to keep going.

A collection of poetry written wearing muddy boots, in wet tents and with frozen fingers, bronwyn preece's *hiking beyond* is a collection steeped in the messiness of being alive. With reverence for geology, ornithology, botany, history and all that resists easy categorization, preece captures the soundbites, questions and quiet revelations of solo backcountry travel. From recovery from injury to the realities of living with Wilson's Disease, *hiking beyond* explores what it means to hike, to heal, and to belong. In this collection, she brings a sensitive awareness of what it means to move through and learn from her experiences as a woman of predominantly settler descent on the unceded ancestral lands of British Columbia and Alberta.

### BIOGRAPHY

bronwyn preece is honoured to have the privilege of living on the unceded traditional territories of the L'il'wat7úl and Skwxwú7mesh Úxwumixw Peoples in Whistler, BC. This awareness brings with it many levels of responsibility, humbleness, transparency and collaborative possibilities. She is a site-sensitive poetic-renegade and multi-disciplinary, community-engaged arts practitioner. She holds a PhD in Performance, along with a MA and BFA in Applied Theatre. She has taught and performed internationally. Her publications range from place-based children's books, articles to artistic academic chapters. She is the author of *knee deep in high water: riding the Muskwa-Kechika*, expedition poems (Caitlin Press, 2023); *Sea to Sky Alphabet* (Simply Read Books, 2024); *Gulf Islands Alphabet* (Simply Read Books, 2012) and the forthcoming *Olive and Jasper, Canadian Rockies Alphabet* and *My Happy Hiking Trails*, all with Simply Read Books. All of her artistic and educational work aims towards cultivating place-based awarenesses and small acts of reconciliatory repair. bronwyn is an avid, solo, backcountry backpacker and hiker who writes on the trail. She has the word "gratitude" tattooed on her arm.

### RESOURCES

CAITLINPRESS.COM | CATALIST | BOOKMANAGER

### CONTACT

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