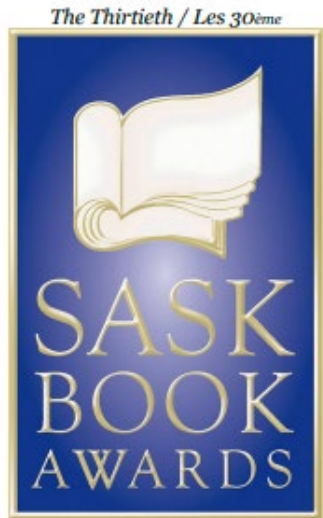


Excerpts from

https://www.bookawards.sk.ca/images/2023_SBA/2023_SBA_30th_Anniversary_Program.May_4_2023.pdf



Saskatoon Inn, Saskatoon
Saskatoon
Thursday, May 4, 2023

*Celebrating Excellence in Writing and Publishing in Saskatchewan
Célébrons l'excellence en littérature et en édition en Saskatchewan*



Ministry of Parks, Culture and Sport

**First Book Award
Honouring Brenda MacDonald Riches**

*This award is presented to a Saskatchewan author, or pair of authors,
for the best first book, judged on the quality of writing*

Barbara Reul

Perfect Timing- Recollections of coping with cancer during a pandemic
University of Regina Open Educational Resource Publishing Program

[recte: endometrial cancer]

A beautifully crafted recounting of an ovarian cancer journey during Covid that ties traditional medicine with holistic practices and spirit guides, that ultimately led to recovery. Entrenched is “Focus on the now, not the future.” That mindset helped Reul manage the pain and side effects of chemotherapy and radiation and the loneliness of battling disease in pandemic conditions when isolation was critical to survival. Told with warmth and humour, this marathon guide toward healing will enlighten, enthrall, and even seem like a miracle.



City of Regina Book Award

*This award is given for the best book by a Regina author
judged on the quality of writing.*

Barbara Reul

Perfect Timing – Recollections of coping with cancer during an epidemic (an e-book)
University of Regina Open Educational Resource Publishing Program

Intensely personal and clear-sighted, Barbara Reul's *Perfect Timing* narrates the experience of cancer, set against the backdrop of the Covid19 pandemic's early months. In a quirky, observant voice, Reul's intent in writing solely to serve as a companion to others who may confront a similar diagnosis shines through the text, replete with reflections on sickness and well-being that also unpack the inscrutable methods and means of modern medicine for those inexperienced in its ways.