

QC

AUTHOR OFFERS SWEET STORIES

Annette Bower writes non-traditional romance novels **Page 3**



Annette Bower has published four romance novels since 2012 and is currently working on her fifth. *SHERRY SHAMBLIN/PHOTOGRAPHYBYSHERRYLYNN*



TWO WAY SERVICE
DL#908374
SOUTHEY SK

Take the short trip to Southey!

1-866-726-2188

www.TwoWayService.com

**2016 FORD
EDGE
SEL**



**ONLY
74,880 KM'S**
**ONLY
\$19,995**

#COVER STORY

BOWER'S ROMANCES DRAW FROM LIFE IN WAYS BIG, SMALL

ASHLEY MARTIN

On a trolley in Waikiki a couple of years ago, Annette Bower observed three generations of a family, a man gazing lovingly at his son and the man's father alongside.

"I watched how he was with ... his son and father and it was such a lovely, lovely feeling," said Bower.

The memory of that feeling inspired the hero of her next novel.

Bower draws from life in ways big and small. Her website states, "Your way of sitting, holding hands, the way you tilt your head, or a T-shirt you wear may end up in one of her stories."

She borrowed a line from an acquaintance in Regina Beach to label a character "Frank in name and frank in nature."

She looked to the lives of two friends' children to dream up a hero who has cerebral palsy.

She recalled past vacations to Portugal to envision one of her newest characters.

Bower writes romance novels, which she says are not traditional.

"Mine are so sweet I say sometimes that your back teeth might crack. What I mean is, it's a slow burn, it's a respect, it's a friendship, and that's sort of where it comes from," she said in a recent interview from her Downtown Regina home.

"There's romance in every story." David Carpenter's novel Nice-man Cometh came to mind: "It's his romance novel."

A romance differs from other genres in that "a romance always starts at a moment of change in usually the heroine or the hero's life, perhaps both."

Bower's romances usually begin with a strong woman.

Her first novel, Woman of Sub-

women's studies course Bower took at the University of Regina.

"It was all about women's body issues. ... After people had read the story, they told me that they hadn't realized that some of the issues that women who were heavier or had a body image that way, what they might go through. And so I guess in some ways I want to reach out to people and give them insight into that."

While Bower draws from life for her books, there's one experience she doesn't plan to tackle any time soon — the COVID-19 pandemic.

"Everybody's going through it; they don't want to read about it," said Bower.

In a world of physical distanc-

ing, she recalls her 2019 book Poyntails and Promises, which leads with a big hug: "Emily crushed her best friend in an enormous hug, the stress of the previous days lessening with such a simple gesture."

"I didn't grow up in a hugging family," said Bower — adding it's no wonder given her parents' early years in Germany and Russia, living through tuberculosis, scarlet fever and chicken pox, with family members who had endured the 1918 Spanish flu.

"They went through so many contagious situations when they were growing up that (hugging) wasn't part of who they were."

SEE BOWER ON 4



Author Annette Bower rides her bike in Victoria Park in Regina on Sept. 15.

BRANDON HARDER

Restyle Your Kitchen



Renewed Kitchens
~ & Countertops ~

SAVE

\$1,000

ON COMPLETE KITCHEN REFACING!

For a **FREE In-Home** consultation
call 306.584.3340 or visit www.renewedkitchens.com

NOT VALID WITH ANY OTHER OFFER. COUPON EXPIRES DECEMBER 31, 2020

MUTCHMOR LODGE

Live in a Comfortable & Affordable Environment



- Well-designed Suites
- Assigned seating in the dining rooms
- Three nutritious meals and snacks daily
- Fresh towels and light housekeeping daily
- Weekly bed linen supplied changed with full room clean.
- Staff on-site 24hrs/day; emergency response system
- Complimentary laundry rooms
- Single or Queen beds with night table and desk
- Power, heat and water supplied
- Supervised daily recreation
- Elevator and lifts
- Wheelchair accessible

Also offered is Independent Living at Hewitt Place Apartments.

CALL FOR A TOUR TODAY

Mutchmor Lodge

Bower writes 'ordinary' happy ever afters

BOWER FROM 3

When Bower read Jason Heit's novel Kaidenberg's Best Sons, it resonated. Heit's characters emigrate from Germany to the United States and finally to Saskatchewan, where they experience the Spanish flu.

"Actually my 96-year-old dad read it and could relate to a lot of stories more so than I could," said Bower.

Bower has loved romance novels since she was a teenager — "112 years ago," she said laughing.

"I have an aunt who read Harlequins and so she would pass them to me. ... I loved the idea of the story, the happy ever after ending, just the idea of people finding each other and discovering love and usually overcoming difficulties."

That favour continued into adulthood, as a married mother of two young boys.

"Cam would bring me home a Harlequin that I could just lay on the couch and get lost in for a few hours and then come back refreshed. So that's what I liked about them always."

Bower is clear she doesn't write Harlequins, though: "I write my kind of story, which has a happy ever after, but I think they're more ordinary and they pertain to people who are around me."

To write those stories — her first was published in 2012 — wasn't a straight road.

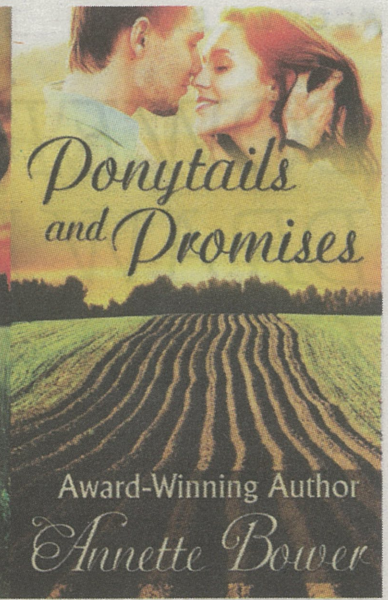
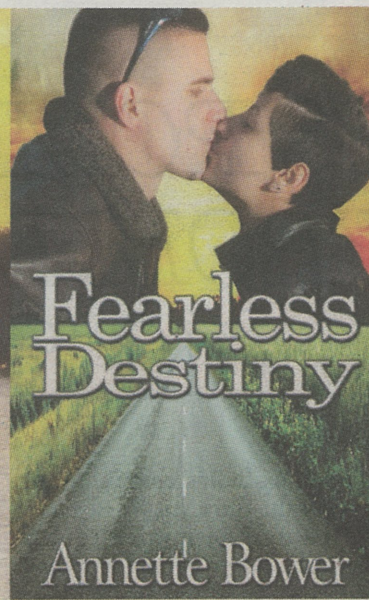
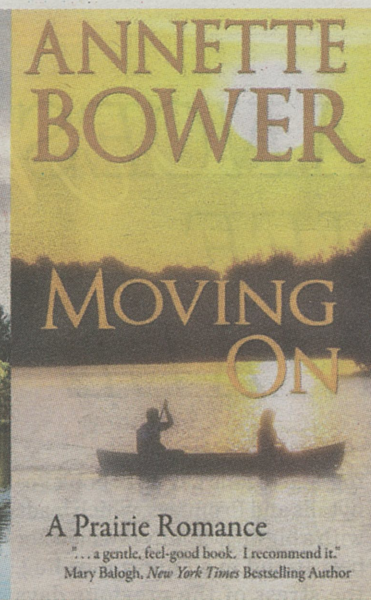
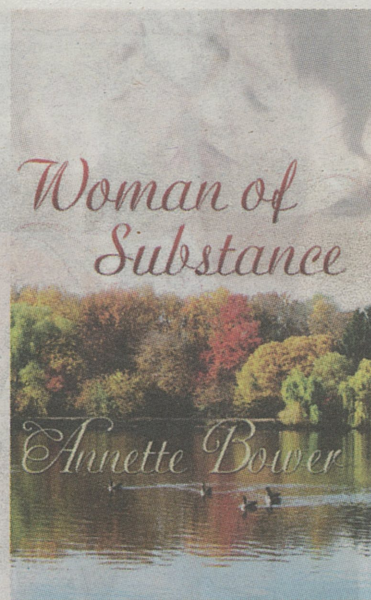
Growing up in "Germantown" in Regina, "I guess I always told stories. ... I remember being called a tattler in my family."

She enjoyed writing, but didn't pursue it early on.

Bower recalls her teacher asking a group of girls from St. Augustine School "what do you want to be when you grow up?"

"And of course there was nun, nun, nun, and I said I'll be a nurse. ... So that kind of started, so then I just sort of continued on that path."

She wrote poetry through nursing



Bower has published four romance novels since 2012 and is currently working on her fifth.

When the Bowers moved to Ottawa, there were so many nurses she couldn't find work, so she took a secretarial course.

Bower has worked as a town administrator in Regina Beach — where the Bowers lived after Ottawa — served as a town councillor, and worked as an education assistant.

"When my children were younger and we were on the beach, I started to write what I wanted to write, which was my romance novels, but I never got far with them because I didn't really know how to write them; I had read them but I didn't know how to write them"

When her sons Lloyd and Eric were older, Bower returned to university for an English degree — running into first-year student Lloyd on campus.

Bower joined writing groups, travelling to Saskatoon to meet with members of the Saskatchewan Romance Writers group. She mentored with Lawrence Hill and Catherine Bush through Sage Hill.

And she continued to read romances by authors like Maeve Binchy, Debbie Macomber, Mary Balogh and Iris Rainer Dart. The latter writer wrote one of Bower's favourites, When I Fall In Love.

"It is about a woman who falls in love with a man who is not perfect," said Bower.

"That's what I also like to think about is different people falling in love, that they aren't your normal hunks, right? And they aren't your normal women, they're just more ordinary."

places too — Regina, Lumsden, Regina Beach, and a fictional town near-by called Apex.

Bower sometimes takes liberties with the details: In *Moving On*, published in 2014, "I put some houses in places that could see the lake that people knew couldn't see the lake and they took offence. I talked to Gail Bowen about this, because she uses Regina and she of course moves things. So she said, 'Well, you know, you just kind of have to do what you do and hope people understand.'"

Creating Apex from scratch allows for imagination: There, her hero built an accessible community with "houses and apartments that are accessible, with lower cupboards and wider doorways and all those kinds of things that make it easier for people to live in when they have handicaps. ... I went, 'write it and it will happen!'"

That adage pertains to a woman Bower met in a fitness class at the Fieldhouse. In her 2016 book *Fearless Destiny*, Bower wrote about psychologist Arthur Aron and his research into the 36 questions that can make two people fall in love.

Bower shared the list with her friend.

"She took the questions, she said 'we did it, we sat across from each other and we asked these questions.' And they are now married — so, happily ever after," Bower said laughing. "I know, I know! So those are the things, because ... initially there are lots of those big tough or heady feelings, but sometimes it's just a

HAPPY THANKSGIVING!

BRING THIS AD IN AND RECEIVE 10% OFF UNTIL OCTOBER 31ST, 2020

Fall Special

Includes:

- Oil & filter & lube
- Check block heater
- Check anti-freeze for strength & condition
- Check all filters & fluids
- Check tire pressure & wear
- Check under carriage, lights, hoses, belts, battery cables & ends

FREE tire rotation

upon request
68⁹⁵

*comes with maintenance check

SGI Accredited Inspection Station

Taxi, First time registration, total loss and UBER.

150⁰⁰

Brake Service

Includes pads or shoes & turning rotors, drums repack wheel bearings when required. Labor included.

Drum Rear **186⁹⁵** Disc Front **196⁹⁵**

Fall Engine Care Package

Get rid of the sludge in your engine walls, the sticking fuel injector in rail and throttle body.

Includes • Tune-Up • Oil Change • Purge Fuel Injectors • Engine Flush

4-cyl. 6-cyl. 8-cyl.

224⁰⁰ 241⁰⁰ 256⁰⁰

Extra charge to remove upper intake if required to remove plugs.

Scan Computers for Codes Engine, ABS, Airbags

110⁰⁰

FMC Computerized Thrusts Alignments

Two Wheel Four Wheel

100⁰⁰ 120⁰⁰

Plus shims if required

Balance and Rotate All 4 tires, including labor

80⁰⁰

Cooling System Flush

Includes new anti-freeze and chemicals & labor

134⁹⁵

Fuel Injection Purge System

Includes labor, chemicals extra

80⁰⁰

Power Steering Flush

Includes Fluid

89⁹⁵

Minor Tune-Up

Includes plugs and labor.

4-cyl. 6-cyl. 8-cyl.

124⁹⁵ 141⁹⁵ 150⁹⁵

Extra charge to remove upper intake if required to remove plugs.

PRO CERTIFIED AUTO SERVICE 2009 LTD.

2505 - 4th Ave. N. • 306-359-3323