

## Island Tides Review

See the Book Review by Trysh Ashby-Rolls, in the June 29, 2006 edition of Island Tides (page 12). Read the full review in the pdf copy on the Island Tides website .

A short excerpt:

"In this age of jet travel to parts exotic, it's asy to forget our own turf. Especially, say, the other side of the Strait of Georgia, or some of those less accessible Gulf Islands, like Cortes.

Too adventurous, you say. Too difficult. Not or me, you argue. There are so many places around here I'd love to see, but I use a couple of canes now. I always went on holiday with my sister, but now she's in a wheelchair &hellip;.

Have I got news for you. Sticks and Wheels: A Guide to Accessible Travel on the Lower Sunshine Coast is written by a woman who is herself in a wheelchair, Ellen Frank. Whether you use the assistance of crutches, a cane, a scooter, a walker or a wheelchair, whether if you have arthritic knees or tender feet, push a baby stroller or just happen to be a slow walker&mdash;this book is for you."