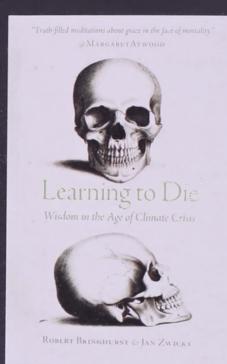
dy on Parisans, deeps-evel with rights, dresdul workday ahead, marriage. I loved to guess about ash lessons on my phone and readding up words I thought belond L. Esmitt, next. Phones: a con-

theol to avoid fighting with the thought of byte the archandled frequently. The school always applied French cologne and pashing in the morning. Every day taste, left over from claves the in would be put our blooding of still partial to them).

new students, chefs from ansural essain who came to our school be had artained the sacred titles of Oversier de France for MOFs, as no of the highest designations for in the longer durier of extended ing chefs come and go, clowning. I amish with the small group of or of pride that [Interinal sectors

less and the only native English rating beside me ware five taker or early twenties (wo) Parisians; a petite Viennamese woman, H, hat it was hard to know how her m her tiny (fame,

Lei Parisano un



DESCRIPTION

other virtues is crucial if something positive is to comof such grief. But awareness steel also prevents parals in What use, to amone, is it to lie down, immobilize is by pain? Pain must be used to turn the soul toward the real to reform both action and attention, to love what in this case, remains.

Course

The role of courage in the face of cataclysmic enviral mental change is obvious. It will take physical courage to stand up to the inevitable physical pain and durelit will take cone courage to live with the wars and end wars, the death tolk and disease, the mob violence that are likely to become common. But above all, it will require moral courage to continue to ever ite the virtue of awareness; to see things for what they are, and to know while one does not know, the one does not know to refuse to conflict opinion and ideology with understanding

Humility—a deep unconcern with the social fatof the self—is the foundation of courage as well as wildom it frees one to see the truth. Humility and courage empty the mind of irrelevant preoccupations and cleaa space for imight. SHOW

The jon one show that show Green, President the fact adopted

14

it was all your baking nce with men in the ed in the dismissal of my dy made me fortify them espect for my boundaries ard down. This becomes sur relationship. your passion for books. I'm a budding writer, e quick to point out edito rst book. I am soothed by r, the absence of the mas-Il space, and the ocean of . Even your most showy with a pompom and the our walnut leather boots. boastful. Whereas I am ed, you easily find plea d and understated-

e-cold chocolate bar, a

Two months into our friendship. I nervously reveal that I've started to have more than friendly feelings for you. I had deliberated during the week whether to say anything, because I knew that once more than friendly feelings were on the table, our relationship would be altered. It could even end.

I don't want to ruin what we have, I text you from a movie theatre washroom stall, in between our double bill. Going to see two movies back to back had become another tradition for us.

Me neither, you text back from another washroom.

I'm still mourning my last relationship. I don't know if I'm ready. You already know about my ten year relationship with Shemeena and our breakup the year before. Unlike most gay men. you never question the validity of my relationship The

MEASURE

of my

POWERS

A MEMOIR

OF FOOD, MISERY,
AND PARIS

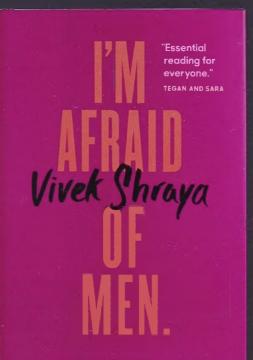
"Essential reading for everyone." TEGAN AND SARA

about you (or maybe it was all your baking).

Although my experience with men in the past had often resulted in the dismissal of my boundaries, which only made me fortify them more, your genuine respect for my boundaries allows me to let my guard down. This becomes a theme throughout our relationship.

Two months into our friendship. I nervously reveal that I've started to have more-than-friendly feelings for you. I had deliberated during the week whether to say anything, because I knew that once more-than-friendly feelings were on the table, our relationship would be altered. It could even end.

Études et essais



about you (or maybe it was all your baking). Although my experience with men in the past had often resulted in the dismissal of my boundaries, which only made me fortify them more, your genuine respect for my boundaries allows me to let my guard down. This becomes a theme throughout our relationship.

I am charmed by your passion for books, and not just because I'm a budding writer, especially since you're quick to point out edito rial mistakes in my first book. I am soothed by your quiet demeanour, the absence of the masculine obligation to fill space, and the ocean of curiosity in your eyes. Even your most showy accessories, a beanie with a pompom and the yellow shoelaces in your walnut leather boots, are more playful than boastful. Whereas I am perpetually unsatisfied, you easily find pleasure in the underrated and understated—Dufferin Mall, a fridge-cold chocolate bar, a plan-free Saturday.

Two months into our friend reveal that I've started to have a friendly feelings for you. I had e during the week whether to say because I knew that once more-feelings were on the table, our r would be altered. It could even a

I don't want to ruin what we have from a movie theatre washroom our double bill. Going to see two back had become another tradit

Me neither, you text back from washroom.

I'm still mourning my last relatil know if I'm ready. You already kr ten-year relationship with Sheme breakup the year before. Unlike r you never question the validity of

49

m dre nday glass to discreetly on Partie

"a chere thoughts: of previous rights, size a

"the daily subseau papers, looking up

"bakes, and broader feelbalden

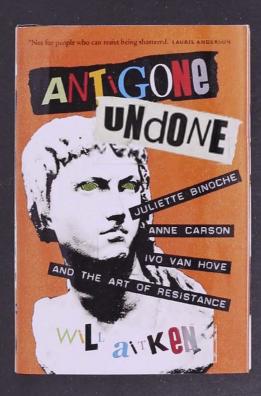
I always arrived early at school to avoid findings out, sho, over the only change ment, hoping to bytes the mix-word attent without that happened frequently. The always because of a mixture of freshly applied Pench, always always mass haking in the owen first thing to the morning beery day they was womening different to take, left over its mixture, the day was womening different to take, left over its mixture, the day

Each week we welcomed new underto, their from arounthe tracher

The property of the tracker of the tracker of the tracker of MOFA. The seed of the tracker of their or would call them for whord), one of the highest design stores to program upon these months wring chets some and a bearing mound, feeling a bit like an elite family with the small group of mountainess, and developing a series of peak that I imagined secre-

spake in our wall class. Learning heade me were two other stakens model in their late teem or early recently two Patrianas. Sparsard, a Collombiant and, a petite Vietnamas moman, H. off such an air of abolescence that it was hard in know how her Steparask field had early from the rum frame.

.....



ANTIGONE UNDON

5. Performance and Direction

ANNE: I hardly ever go to the theat as Greek tragedy, good acting starts quiet and then uses the feeling as required. That's real of. I just don't know much abo about acting.

willt: When you saw the first run embourg, back in February, ca immediate reaction:

ANNE: I was greatly relieved. I trans and it's a popular play and it's of it's usually really unbearable people just scream from the beg off screaming, and then there's more screaming. I find that ha

With Antigone you could which hardly ever happens a edy, especially with the choru a relief. And there was a balan in that there was emotion is very gradually came up to the the way it's supposed to happe edy. Often it doesn't, because

- 104

is about grace in the face of mortality.



JAN ZWICKY

other virtues is crucial if something positive is to come of such grief. But awareness uself also prevents paralysis. What use, to anyone, is it to lie down, immobilized by pain? Pain must be used to turn the soul toward the real, to reform both action and attention: to love what A SHIP PROM DEEDS

sdf-Centrel

Self-control appears to be a virtue that humans—at least those who contrue themselfor and consumers—severely lack. Its fundamental importance to taught over and over in the stories told by sustainable cultures, which suggests that it may be difficult for any human boing to acquire. Pleases—wanting more than enough—is Plato's name

EN NOUS I

First Prize (tie)

Études et essais

Premier prix (ex aequo)

Title | Titre

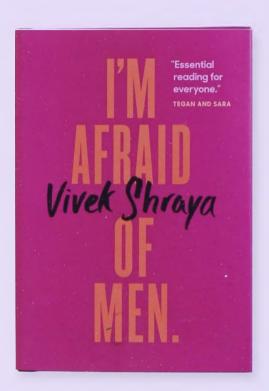
I'm Afraid of Men

Designers | Conception graphique

CS Richardson & Jennifer Griffiths

The clashing colours on the cover make it unforgettable. Inside, the text has an accessible, friendly feel with large type and spacious leading. One detail especially impressed the judges: the sans serif typeface representing digital messages within the serif body type is so perfectly balanced that it nearly escaped their notice.

L'affrontement de couleurs en page couverture est inoubliable. À l'intérieur, les gros caractères et titres rendent le texte accessible et convivial. Un détail a particulièrement impressionné les juges : les caractères sans serif utilisés pour représenter les messages numériques à l'intérieur même du caractère serif body sont si parfaitement équilibrés qu'ils ont failli leur échapper.



about you (or maybe it was all your baking). Although my experience with men in the past had often resulted in the dismissal of my boundaries, which only made me fortify them more, your genuine respect for my boundaries allows me to let my guard down. This becomes a theme throughout our relationship.

I am charmed by your passion for books, and not just because I'm a budding writer, especially since you're quick to point out editorial mistakes in my first book. I am soothed by your quiet demeanour, the absence of the masculine obligation to fill space, and the ocean of curiosity in your eyes. Even your most showy accessories, a beanie with a pompom and the yellow shoelaces in your walnut leather boots, are more playful than boastful. Whereas I am perpetually unsatisfied, you easily find pleasure in the underrated and understated—Dufferin Mail, a fridge-cold chocolate bar, a plan-free Saturday.

Two months into our friendship, I nervously reveal that I've started to have more-than-friendly feelings for you. I had deliberated during the week whether to say anything, because I knew that once more-than-friendly feelings were on the table, our relationship would be altered. It could even end.

I don't want to ruin what we have, I text you from a movie theatre washroom stall, in between our double bill. Going to see two movies back to back had become another tradition for us.

Me neither, you text back from another washroom.

I'm still mourning my last relationship. I don't know if I'm ready. You already know about my ten-year relationship with Shemeena and our breakup the year before. Unlike most gay men. you never question the validity of my relationship

49

Author | Auteure Vivek Shraya Publisher | Maison d'édition Penguin Canada Printers | Imprimerie Coral Graphic Services (USA) & LSC Communications (USA) Typefaces | Polices de caractères Champion, Copernicus, Founders Grotesk & Helvetica Trim Size | Format massicoté 118 x 175 mm | ISBN 9780735235939

First Prize (tie)

Études et essais

Premier prix (ex aequo)

Title | Titre

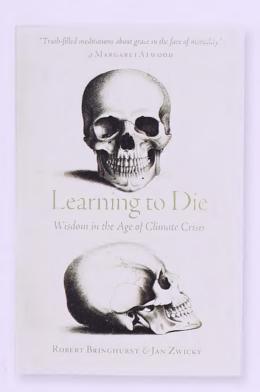
Learning to Die: Wisdom in the Age of Climate Crisis

Designers | Conception graphique

Duncan Noel Campbell & Robert Bringhurst

From the excellent front cover to the lovely rhythm of the back cover text, this is an elegant and typographically exquisite book. The trim size feels right, the proportions on the page are perfectly scaled, and every detail of the type is handled with care.

De son excellente page couverture jusqu'au rythme agréable du texte de la couverture arrière, ce livre à la typographie exquise est d'une grande élégance. La taille de la bordure est la bonne, les proportions de pages sont parfaitement mises à l'échelle et chaque détail dans les caractères est soigneusement choisi.



KARDES

other virtues is crucial if something positive is to come of such grief. But awareness itself also prevents paralysis. What use, to anyone, is it to be down, immobilized by pain? Pain must be used to turn the soul toward the real, to reform both action and attention: to love what, in this case, remains.

Cauragi

The role of courage in the face of cataclysmic environmental change is obvious. It will take physical courage to stand up to the inevitable physical pain and durest will take crivic courage to live with the wars and crew wars, the death rolls and disease, the mob violence that are likely to become common. But above all, it will require moral courage to continue to exercise the virtue of awareness; to see things for what they are, and to know who one does not know, that one does not know; to return to conflate opinion and ideology with understanding.

Humility—a deep unconcern with the social fate of the self—is the foundation of courage as well as was dome it frees one to see the truth. Humility and courage empty the mind of irrelevant preoccupations and clear aspace for inught

54

....

Self-Centrel

Self-control appears to be a virtue that humany—at least those who construe themselves as consumers'—severely lack. Its fundamental importance is taught over and over in the stories told by sustainable cultures, which suggests that it may be difficult for any human being to acquire. Plantu—wanting more than enough—a Plato's name for the complementary vice, which appears to be the defining characteristic of North American and other posterological cultures.

Self-control is behind reducing, reusing, and recycling. It's behind wearing old clothes, letting those clothes air-dry, and wearing a sweater instead of turning up the thermosta. It's behind eating locally, eating in season, and staying away from sugar and fast lood. Self-control can prompt one to walk or take the bus, to choose to have no or very few children, and to vacation at home or very near by. Altogether, it allows a joyous simplicity, a delight in living as lightly as possible on the earth. One gives away what one does not need.

The joy and delight that attend genuine self-control show that there was intimate connection with awareness.

Grim, Procrustean self-denial, self-exconation with rules one has adopted without examining—this is ideological.

5

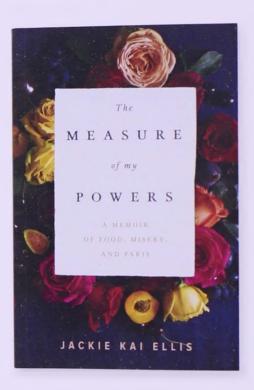
Authors | Auteurs Robert Bringhurst & Jan Zwicky Publisher | Maison d'édition University of Regina Press

Printer | Imprimerie Marquis Typefaces | Polices de caractères Adobe Jenson Pro, Monotype Poliphilus & Blado (recut) & Monotype Centaur Trim Size | Format massicoté 105 x 165 mm | ISBN 9780889775633

Second Prize

Études et essais

Deuxième prix



Title | Titre

The Measure of My Powers:

A Memoir of Food, Misery, and Paris

Designer | Conception graphiqueLisa Jager

This is a complex assembly of content, made coherent and approachable by robust hierarchies and deft management of the various elements. The pink that continues from the cover to the endpapers is a nice touch, and sans and serif typefaces are combined to good effect throughout the book.

Il s'agit d'un assemblage complexe de contenu, rendu cohérent et accessible par une vigoureuse hiérarchie et une habile gestion des différents éléments. Le rose qui s'étend de la couverture aux pages de garde est bien pensé et les caractères sans et serif sont combinés à bon escient, tout au long du livre.

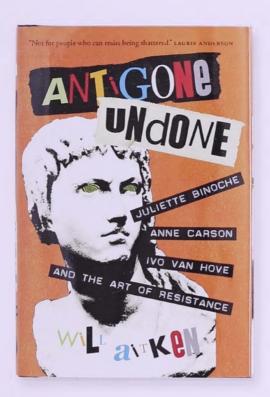


Author | Auteure Jackie Kai Ellis Publisher | Maison d'édition Appetite by Random House Photographer |
Photographie Jackie Kai Ellis Printer | Imprimerie Friesens Typefaces | Polices de caractères Granjon, Helvetica,
Miramar & Proxima Nova Trim Size | Format massicoté 140 x 216 mm | ISBN 9780147530394

Third Prize

Études et essais

Troisième prix



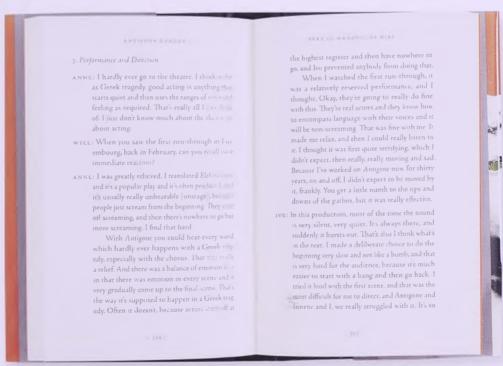
Title | Titre

Antigone Undone: Juliette Binoche, Anne Carson, Ivo Van Hove, and the Art of Resistance

Designer | Conception graphiqueDuncan Noel Campbell

The dust jacket design is unexpected and smart, though it covers a simple and perhaps more effective cover of foil type on black cloth. The typesetting is done well, with distinguishing touches like the hanging indents used for conveying dialogue.

La conception de la jaquette est inattendue et intelligente, bien que celle qui se trouve en-dessous est peut-être plus efficace, vu sa simplicité avec un tissu noir et un lettrage métallique. La composition est bien faite, avec des touches distinctives comme les tirets suspendus utilisés pour les dialogues.



Author | Auteur Will Aitken Publisher | Maison d'édition University of Regina Press Printer | Imprimerie Marquis Typefaces | Polices de caractères Adobe Jenson Pro, Dymo & Sex Pistols Trim Size | Format massicoté 108 x 165 mm | ISBN 9780889775213