

SHOROPLOVA, Nina



As Nina Woolliams, Nina Shoroplova wrote an important book on ranching in B.C., *Cattle Ranch: The Story of the Douglas Lake Cattle Company* (Douglas & McIntyre, 1979).

With an endorsement by Lieutenant Governor Judith Guichon, Nina Shoroplova later hybrid-published her advice about spirituality as *Trust the Mystery: Questions, Quotes, and Quantum Wisdom* (North Vancouver: Influence Publishing 2015).

“If we are physical, emotional, mental, and spiritual beings,” Shoroplova says, “then I began my adult life working through the physical plane—first training as a physiotherapist in Wales, UK, and then writing the history of Canada’s largest cattle ranch because I was living there. I was very grounded.”

Born in Cardiff, Wales in 1947, she came to Canada in 1969 to work as a physiotherapist and married the manager of the Douglas Lake Ranch in 1970. In 1979, as her book was published, she left to operate a sheep and cattle ranch in Australia for five years. She returned to Vancouver in 1984 and studied Communications at SFU prior to a fifteen-year career in government relations. After taking a "body-mind-spirit" course at the Canadian School of Natural Nutrition, she increasingly turned to matters of spirituality and health. Remarried, she has raised four children.

BOOKS:

Cattle Ranch: The Story of the Douglas Lake Cattle Company (Douglas & McIntyre, 1979)

Trust the Mystery: Questions, Quotes, and Quantum Wisdom (North Vancouver: Influence Publishing 2015) \$21.95 978-1-77141-130-1.

[BCBW 2015] "Ranching"