

Canning Creations



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ISSUE 51

May/June 2021

Canning Arts Group
thanks the
City of Canning for its
continued support.



This bi-monthly newsletter is distributed to members of the Canning Arts Group, and a limited number of printed copies are available from the office at Canning Arts Centre between 9.30 and 2.30pm weekdays.

Contributions from
members are welcome.

Committee Roundup

Hello Members

We would like to welcome all our newcomers, members and tutors, and especially our new Coordinators. Of course Fran and Katie are only new to the role of Coordinator as both were existing CAG members and Fran has filled in as office support for a number of years. They bring fresh knowledge, ideas and enthusiasm to the role and we wish them happy times here at CAG. Their impact has been immediate as they have implemented our new online booking system for all children's and adult classes thus making enrolment easier for those of us with busy lives. Of course, they're also very happy to help members face to face.

It has been an eventful

couple of months. Our first real sale at the Riverton Library was a great success. We received very positive feedback from visitors to the library and this was reflected in sales of pottery, paintings, glass, textiles and papercraft of almost \$3000 in one week. We are planning on holding another event in November.

While on the subject of sales, we have also reserved a spot at Southlands Shopping Centre in October. This has been a very popular venue in the past and we hope to repeat our success in selling members' work and promoting CAG as the best and friendliest place for all things arty.

We have been busy working on our 50th Birthday Celebrations too. As well as our Open Day on Sunday 3 October and Riverton Library event already mentioned, we will be having an afternoon tea for members in November where we will celebrate our life and founder members. There will be presentations to these members, free souvenir bags for all members and a photo display.

The committee, with the invaluable assistance of our Coordinators, has also been working on a series of workshops in the areas of pottery, glass slumping and painting. Members can use their \$50 discount for these workshops (including the Collagraph workshop already advertised), or as a reduction in course fees.

You may have noticed a large piece of equipment in the shed! Jill has been very busy organising the recent purchase and delivery of our gas kiln. Once some modifications have been made it will be ready for action – and we're anxiously awaiting the first load of gas fired pottery! We're also looking forward to seeing the first prints off our new etching press. Our new extruder has also been installed. And we also have a beautiful new lockable cabinet in the entry for the display of precious items such as jewellery and smaller or more delicate clay and glass pieces. All we need now is a power point for the inbuilt lights – not an easy process as we have to comply with all of the City

of Canning regulations, etc. Never a dull moment at CAG! Many thanks to Jill, Chris and Alison for organising these acquisitions.

In recent weeks we have had lots of visitors to CAG – over 60 artists from the metro area and beyond who were delivering and collecting their artworks for the Inland Art Prize. We have received many thanks and compliments about our centre and the helpfulness of members both from the artists and especially from the organising committee of the Inland Art Prize. Thanks to committee members and others who helped with this project to aid fellow artists and publicise the group.

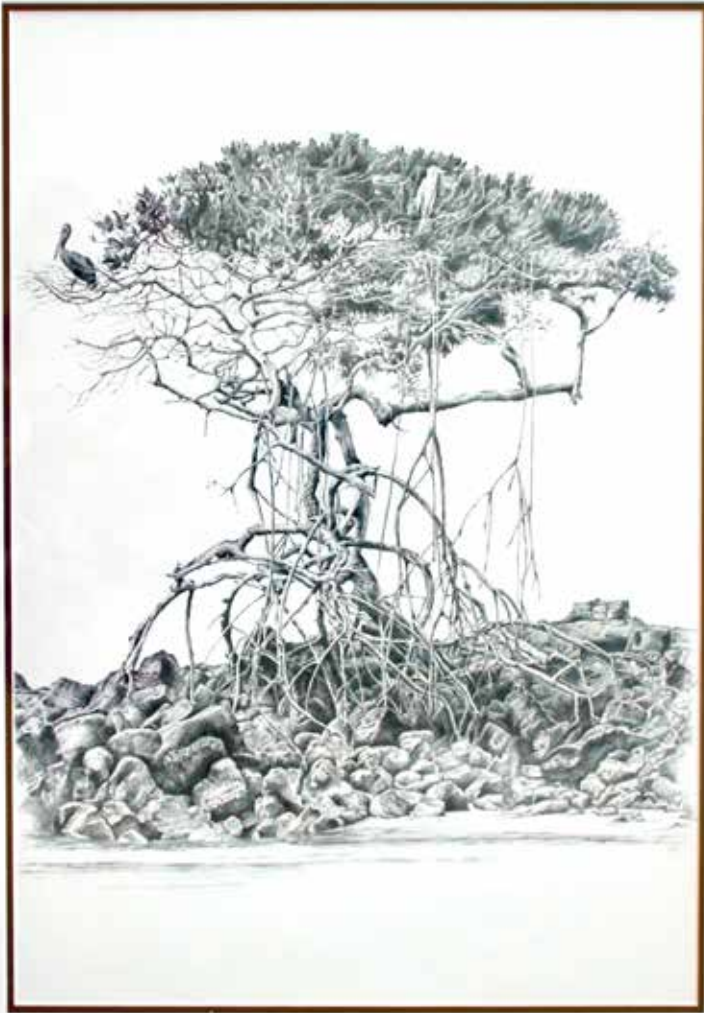
The committee would also like to congratulate CAG members Barb Stockton (The Mangrove Tree) for winning the 2D category - Drawing, Printmaking, Textiles etc - and Chris Goldberg (Blue) for winning a Highly Commended and the People's Choice Award at the Inland Art Prize. Have a look at these lovely pieces elsewhere in the newsletter.

As one art prize closes another one opens! Don't forget your entries for the Canning Art Awards which will be held between 20-28 August at the Riverton Library. Entry forms are available from CAG. As part of our close relationship with the City of Canning, CAG has again been asked to help with the setting up and monitoring of this event. We will be putting up a roster in the near

future so please put your name down for a spot or two as this is a fund-raising event for CAG.

As you can see, life at CAG is always busy. If you would like to be involved with the organising of any events or if you have suggestions for courses or workshops we'd be happy to hear from you.

CAG Committee



Leonora Inland Art Prize

Winner - 2D Drawing, Print
Making, Textiles

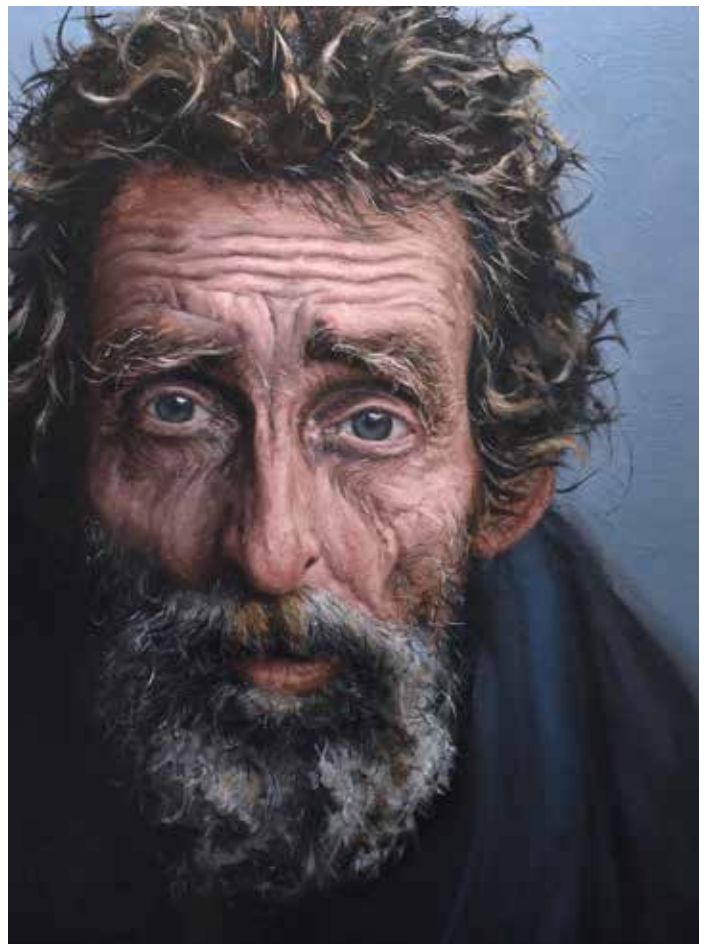
Barb Stockton

Leonora Inland Art Prize

Highly Commended- Painting

Winner - People Choice

Chris Goldberg





Coordinators Corner

Fran and I are very excited to be embarking on this new adventure together as joint Coordinators. You will find me (Katie) in the office on Mondays, Tuesdays and Wednesdays, and Fran is in the office on Thursdays and Fridays.

Fran already knows many of you, but it has been a pleasure for me to meet many of the members and enjoy the odd morning and afternoon tea with the Potters and Painters!

We have been busy organising the classes for Term 3 and workshops for the July Artsfun school holiday program. All the term classes and Artsfun workshops have now been finalised and we have trialed a new on line booking system for the term classes. The feedback from participants has been very positive, with many people appreciating the ease of booking online and this is definitely something that will continue into the future.

Term 3 starts on the 27th of July and Painting and Pottery hobby days will start again at that time. There are also many exciting workshops that are currently being planned to run at various times throughout the remainder of the year, so please stay tuned to see what will be on offer for members.

So it's just a short note from us for this newsletter, but I'm sure we'll have more to say as we get to grips with our new roles.

Thank you so much for the warm welcome!

Katie and Fran

Annual Childrens Exhibition

Canning Arts Group



26th July - 18th August

Open Daily, Mon - Friday 9.30 - 1.00pm

Painting, Ceramics, Glass, Jewellery, Craft

Members Exhibitions 2021

7th May- 14th May Riverton Library	Impressions	
10th May-9th June [5 weeks] Deliver art Thurs 6th- Setup Fri 7th CAG Gallery	Little Works	A4 maximum size. Pottery glass miniatures
14th June-21st July [6 weeks] Deliver art Thurs 10th - Setup Fri 11th CAG Gallery	Western Australia	What do you love about WA? Landscape, activities, places, people
26th July-18th Aug [3 weeks] Deliver art Thurs 22nd - Setup Fri 23rd CAG Gallery	Children's Exhibition	Artworks from the school holidays
23rd Aug-13th Oct [7weeks] Deliver art Thurs 19th - Setup Fri 20th CAG Gallery	Copy a Master	Provide a photo of the original to sit alongside your masterpiece
18th Oct-24th Nov [6weeks] Deliver art Thurs 14th - Setup Fri 15th CAG Gallery	Aqua	Sea, colour blue, pottery, glass in sand and sea colours, coastal, water.
12th Sept- 19th Sep Stockland Riverton Forum	Art Sale	
10th Oct - 17th Oct - Confirmed Southlands Shopping Centre	Art Sale	
18th Nov -26th Nov - Confirmed Riverton Library	50th Anniversary Art Exhibition	
TBA Painters Hall CAG	Christmas Sale	
School holidays 2021		
School resumes 1st Feb 2021 Easter 2nd April - 18th April Winter 3rd July -18th July		
Spring 25th Sept - 10 Oct Christmas 17th December - 30th January		

Dates For Your Diary



Workshops

Sunday 11 July

Recycled Glass Workshop with Marilyn O'Shannessy

Thursday 23 September

Workshop/Demo "Tableware" with Chris Harford

Sat-Sun 25-26 September

2 Day Raku Workshop with Chris Harford

Sunday 26 September

Mixed Media Workshop with Naomi Grant

Sunday 10 October

Natural Dyeing Workshop with Trudi Pollard

Saturday 23 October

Plein Air Painting with Leon Holmes

Date TBA

Introduction to Glass Slumping with Irene Perry

Events

Fri 30 July

Canning Art Awards Entries Close

Sat 21-Sat 28 August

Canning Art Awards @ Riverton Library

Sat (pm) 18 Sept-Sun 19 Sept

CAGStock - Members Weekend

Sun 3 October

CAG Open Day to celebrate our 50th Birthday

Sun (pm) 10 Oct-Sun 17 Oct

Southlands Shopping Centre Sale

Sun 14th November 2-4pm

embers Afternoon Tea to celebrate our 50th Birthday

Thurs 18-Mon 29 November

Exhibition at Riverton Library

Christmas

Mon-Tue 29-30 November

Centre Clean Up

Wed-Thurs 1-2 December

Christmas Sale Setup

Fri 3-Sun 12 December

Christmas Sale

Fri 17 December

CAG closes

Term 3

19 July-24 September

Term 4

11 October-16 December

Painting with Paper Workshop

with multi award winning artist

Naomi Grant

Saturday 25th September
9.30am to 4.30pm



Explore your creativity and allow yourself the freedom to experiment with Acrylic and Collage.

Naomi is running a one-day workshop to demonstrate her technique of collage/painting with paper. She has been doing this technique for about 20 years, and loves the freedom of expression and new ideas that can be developed with the technique. So, whether you're a complete beginner or accomplished artist, this workshop will give you new ideas to extend your creativity and free you up, especially if you would like to move more into the semi abstract side of art.

You will look at how to move beyond the realms of basic painting by learning to use layers of coloured tissue paper and paint to create the painting you desire, whether that's realism or abstraction or somewhere in between. By developing your collage techniques, you will be able to create a piece that moves beyond what paint alone can offer. She will demonstrate and discuss with you the techniques she uses, then you will create your own piece.

What to bring

- A canvas (max size about 50 x 50 cm)
- Your own acrylic paints/brushes etc
- An old 1/2 " paintbrush stiff hog hair that you won't mind being used for gluing (glue will ruin a good brush)
- A palette knife, flat plastic plates or palette for mixing paint on.
- Water jar and paper towels
- Photo /images or ideas about what you might like to paint, (if you have none there will be plenty of pictures to choose from at the workshop)

You will be able to purchase glue and tissue papers from Naomi on the day, **Special workshop price are \$5 for plain colours and \$7.50 for fancy papers** (a large sheet of paper aprox A2 in size) and depending on your painting, you may need 4 - 6 sheets.

Members \$170 Non-Members \$190

Bookings @
<https://canningartsgroup.vpweb.com.au>



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Leon Holmes Painting Light, Plein Air

Workshop



Achieve a better understanding of light and colour through painting from life with international award winning artist and outdoor painting specialist Leon Homes

Saturday October 23rd - Kent St Weir 9.30am - 4.30pm

Leon will give a talk and demonstrate his process, you will then paint on location with his assistance. He is very interactive and able to teach at all levels in one class.

He can also provide field easels and pochade boxes for hire @ \$30 each, or a complete kit @ \$60 (\$30 refundable if you choose to buy one of the boxes from him, both payable on the day to Leon).

Or if you prefer to use your own equipment and paints, please bring -

- Outdoors painting easel/pochade box or just work on the ground
- Paints – at least one red, blue and yellow + white
- Brushes
- A palette knife
- A palette (mixing area)
- A couple of small canvases or boards to paint on, approximately 20x30cm
- Rags
- A camp chair

Members \$130 Non members \$150

Bookings @ : <https://canningartsgroup.vpweb.com.au>

Find us on    **www.leonholmesart.com.au**



Travel Tales

A place to share your travels and Public Art you have seen

When overseas travel is on the distant horizon it's a pleasant experience (I think?) to look back at a time when we were free to travel. I recently had a nostalgic half an hour looking at old photos from a trip to Spain we did many years ago. I've always been interested in the history of gardens and architecture and from my late teens Granada, and especially the Alhambra, was on my bucket list.

Spain. The name Alhambra, signifying in Arabic "the red," is probably derived from the reddish colour of the tapia (rammed earth) of which the outer walls were built. Constructed on a plateau that overlooks the city of Granada, the Alhambra was built chiefly between 1238 and 1358, in the reigns of Ibn al-Ahmar, founder of the Nasrid dynasty, and his successors."



From Britannica.com: "Alhambra, palace and fortress of the Moorish monarchs of Granada,

For a potted history the Alhambra website is an interesting read: <https://www.alhambra.org/en/alhambra-history.html>





Arrow Town, is an old gold rush, (now tourist) town, 20 mins from Queenstown, it has an amazing Autumn festival, when all the deciduous trees are changing colour. The hill in the background is then completely covered in red and gold. It had been over about a month.



Hoar frost, which happens a lot in Central Otago region in winter, very pretty and very cold.

Maggie Smith

New Zealand

As some of you may know I have just returned from 6 weeks in NZ to visit my Dad, here is a little of the South Islands winter scenery, apologies for image quality, mostly taken from a moving vehicle.



The Southern Alps from plane flying into Queenstown



Lake Hawea, on a cold day.



Lake Pukaki is part of a major hydro electric power scheme in the region covering 5 lakes and rivers, which overall provides more than 50% of NZ hydro-electric storage.



Lake Dunstan. This man made lake was created by a hydro electric dam on the Clutha river at Clyde and flooding of the Cromwell Gorge.



Top of the Lindis Pass, @ 971 m it is the highest road in the South Island.



Public art in a Christchurch shopping mall, created by winding wool and string around tacks.

Chris Goldberg



Painters Page

A place for you to share your work, workshops you might have attended, show a WIP (work in progress) or just tell us what you have been up to, any exhibitions or workshops you've attended. We can all learn from each others work and experiences. If there is anything in particular you would like to see in these pages, email me chris@posterpassion.com.au

10 Artist's paint the town in WAROONA !

A group of intrepid Friday Hobby Painters set forth from Perth on a damp Monday morning in May.

First stop was at the best bakery in Byford to buy coffee and assemble the ongoing convoy.

As we headed south the dismal day brightened and the sun shone for us as we approached the next stop - Pinjarra Arts Hub. A truly delightful

setting of chalets displaying many arts and crafts and old farm machinery.

Lunch was enjoyed and we continued on to the Drakesbrook Hotel in Waroona.

Most of our group opted for accommodation in the Donga's, and much to our surprise the standard was pretty good. On our previous two painting trips around Perth the accommodation has been somewhat unconventional and truly rustic, this time we aimed more for luxury and we were not disappointed. Cosy Donga's with their own shower room, TV, fridge, heating and comfy bed, and all for \$75 per night.

What more could poor starving Artists ask for ?

Once settled we trooped into the local visitors centre to explore different painting venues for the next two days.

The assistant was extremely helpful and excited that a large group of '10' were in town. She obviously passed the word around as we were to benefit from later.

We ventured on to Drakesbrook Weir and hoped to do some sketching. The sun was shining but only a few artists braved the chilly wind to sit and sketch. The rest of us were camera happy



and explored with admiration the beautiful green scenery, lake and woodland walks, getting ideas for future paintings

The sun was still warm when we returned to our sheltered digs so a few of us sat outside at the rustic cable drum table (supported on three star pickets) for a welcome cuppa before heading into the hotel restaurant for a delicious meal.



On Tuesday morning we decided to paint at Lake Navarino. Convoy CAG wound it's way to the Waroona Dam on the lake.

We parked up and walked through the trees towards the Dam but couldn't find an ideal view-point for us all to sit and paint so decided to move on somewhere else.

As we were leaving a Good Samaritan pulled up in his ute and introduced himself as Bernie Worthington from Drakesbrook Winery. He had been told by a little bird that a large group of Artists were in town and looking to paint at the Dam.

He knew our difficulty and invited us to visit his winery for the day and paint there. We journeyed on and what a lovely surprise we had on arrival.

A magnificent setting of lakes and hillside scenery, pretty gardens, a vegetable patch, ducks, geese and a resident large black wild Boar named Ringo, who was said to be friendly and often roamed the grounds but we decided to let him enjoy the sun inside his wire enclosure.



The winery didn't cater for lunches and offered us a range of cheese and crackers - together with a selection of homemade cakes brought by members of our group. We relaxed in the sun and discussed our good fortune for the day.

By mid-afternoon the desire for a cuppa descended and again that little bird messaged ahead and persuaded the early closed cafe at the caravan park to re- open for 10 thirsty artists.

Just what we needed.....!

Again, the sun was still warm on our return to the hotel and this time a bottle of wine encouraged a few more folks to gather for our 'happy hour' but our endeavours to glimpse the 'red moon' on our way to dinner was thwarted by cloud, or was it the wine? This is the life ! We were well settled into our routine.....!!!

On Wednesday morning we explored the charming town of Waroona, including a visit to the Antiques and Collectables centre, specialising in Moorcroft Pottery - what an Aladdin's cave !

Lunch was enjoyed at the Waroona branch of the Pinjarra Bakery before the convoy headed across country to the coast to visit the Thrombolites at Lake Clifton. Thrombolites being ancient microbial formations appearing as many mounds under water and well protected by a wooden walkway which enabled a close up view without damage to



the delicate structures.

This adventure proved thirsty work and what luck, the Bouvard Winery close by was open for afternoon tea. We lazily reminisced over our trip in the delightful shaded garden with hungry parrots hovering around for any crumbs we might drop.

And yet again on our last evening 'happy hour' outside the Donga's was getting serious - more bottles of wine and nibbles appeared. None of us were remotely thinking of home the next day, and our last dinner was enjoyed at the Waroona Hotel in town.

On the final morning, quietly contented artists packed up their easels and individually headed for home.

Except for a few who did not want it all to end and stopped again at Pinjarra to explore the town and relax in the quirky Coffee Fusion Cafe garden.

A successful trip with many thanks to Karen De Vries who located the venue and Graham Longworth who organised our trip. We would love to do it again.

PS. A number of artistic interpretations of our trip are in the throws of development so keep your eyes on the GAG Gallery. 1st one below.

Margaret Colyer



Whats on your

Easel/Wheel/Table

Alison Hanrahan



Janette Pryor WIP



Chris Taylor WIP



Trish Ray WIP



Margaret Colyer WIP



John Guilfoyle WIP



Lynn Owen



Jeff Armstrong



Colin Muscroft



Sue Clark

This is what I've been painting lately. Our son and his girlfriend bought a house that needed some TLC so we've spent the past month painting and upgrading it. I haven't done any of my own painting but it's been worthwhile to see the house come to life.



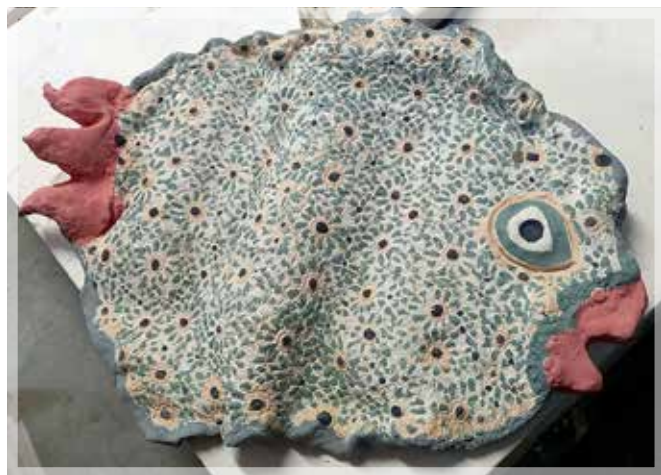
Chris Goldberg WIP



Completed work from the Potty Ladies workshop with Robyn Lees



Marilyn Baker



Fran Fishlock



Potters Page

HOBBYDAY

TUESDAYS 9-30 TO 3PM

Well we are half way through the year looking at a very busy second half with Celebrations for our 50th ANNIVERSARY with lots of commitments coming, workshops, exhibitions, open day Cag-stock and shopping centre sales.

We need to get productive and busy producing our Art and crafts for the many events ahead. With the weather being cold and wet it's good to be inside creating our Art and keeping warm.

Also we have our Fund raiser as we did last year (EMPTY BOWLS) which takes place on the 22nd of August, the money is raised for Foodbank WA to help fight hunger in Western Australia.

The soup bowls will be sold with soup included.

Pottery members, the size of the soup bowls to be made are approx size 140-160mm wide x 60-80mm high or thereabouts.

The Canning Art Group will donate the clay and glaze and if pottery members are able or want to make a couple of bowls each towards the Fund-raiser but there is no obligation to.

There is a form on the notice board, could you put your name on it and how many you are prepared to make so we can inform White Peacock Gallery who are hosting the event.

Don't forget school holidays are upon us so there will be 2 weeks with Artfun so we won't be back until Tuesday 22nd July.

Marg and myself will be down at Capel in Pottery heaven at Cher's firing workshop ,Yay!...

Well members there is plenty to keep us busy

during the next few months, come down and enjoy the company of the members and a delicious morning tea.

Cheers Jill

New Gas Kiln

Well the big day came to pick the kiln up at Trudy's at Bedforddale. Ken and I had gone up the week before and packed the inside with pillows and bean bags and disconnected the gas pipes and prepared it to be transported with the truck. Thursday morning the truck arrived to pick the



kiln up we had a few problems getting the kiln onto the trolley to take it to the truck and had to get some crates but after some time we got it on the trolley and out to the truck. Richard, the truck driver hoisted the kiln into the air and loaded it onto the truck and we said goodbye to Trudy and headed to the Art Centre.

When we arrived at the Art Centre everything was so much easier, the kiln was hoisted over the fence into the caged area and put on the trolley



and rolled into the shed.

Now I am getting the gas and exhaust fans organised and before long it will be ready to be used.

I must say a BIG Thank You to my Husband for cleaning up the shed and cutting all the frames up to put into the skip bin and doing all the work for the kiln to get put into the shed.



Once the kiln is ready for use there will be some lessons to learn how to use it .

Cheers Jill

Whats in myGarden/Community

A place to share what's growing in, residents/visitors to, or art in your garden

Fran Fishlock

I have a Yucca in my back garden which I've never really liked but instead of ripping it out, we stripped it of leaves and popped my pottery totem on the top! Thats better!! Cheers the garden up no end.





Recipe Corner

Yes cooking IS an art form

This is a place to share your favourite recipes

The Queen's Chocolate Biscuit Cake



It's rumoured that this is the Queen's favourite cake. You might think it's perhaps a bit "indulgent" but the Queen is well into her 90s so it can't be too bad for your well-being. And I think it's delicious!

Ingredients:

CAKE

- 1/2 teaspoon butter, for greasing the pan
- 225 grams Rich tea biscuits (or Petit Beurre and Marie biscuits)
- 115 grams unsalted butter, softened
- 115 grams granulated sugar
- 115 grams dark chocolate
- 1 egg

ICING

- 225 grams dark chocolate, for coating
- 30 grams chocolate, for decoration

Method

1. Lightly grease a 6-inch-by-2½-inch cake ring with the butter and place on a tray on a sheet of parchment paper.

2. Break each of the biscuits into almond size pieces by hand and set aside.
3. In a large bowl, combine the butter and sugar until the mixture starts to lighten.
4. Melt the 4 ounces of the dark chocolate and add to the butter mixture, stirring constantly.
5. Add the egg and beat to combine.
6. Fold in the biscuit pieces until they are all coated with the chocolate mixture.
7. Spoon the mixture into the prepared cake ring. Try to fill all of the gaps on the bottom of the ring because this will be the top when it is un-molded.
8. Chill the cake in the refrigerator for at least 3 hours.
9. Remove the cake from the refrigerator and let it stand.
10. Meanwhile, melt the 8 ounces of dark chocolate in a double boiler or saucepan on the stove top over low heat. Slide the ring off the cake and turn it upside down onto a cake wire.
11. Pour the melted chocolate over the cake and smooth the top and sides using a palette knife.
12. Allow the chocolate to set at room temperature.
13. Carefully run a knife around the bottom of the cake where the chocolate has stuck it to the cake wire and lift it onto a tea plate.
14. Melt the remaining 1 ounce of chocolate and use to decorate the top of the cake.

**Courtesy of Chef Darren McGrady,
The Royal Chef.**

Lemon Delicious Pudding

(A lovely old-fashioned recipe)

Perfect for this time of year when there are masses of lemons (and oranges) around.

Ingredients

125 grams butter, melted
2 teaspoon finely grated lemon rind
1½ cups (330g) caster sugar (I use less)
3 eggs, separated



1/2 cup (75g) self-raising flour
1/3 cup (80ml) lemon juice
1 1/3 cup (330ml) milk

Method

1. Preheat the oven to 180°C (160°C fan-forced). Grease six 1 cup ovenproof dishes.
2. Combine butter, rind, sugar and yolks in large bowl. Stir in sifted flour then juice. Gradually stir in milk; mixture should be smooth and runny.
3. Beat egg whites in small bowl with electric mixer until soft peaks form; fold into lemon mixture, in two batches. Place ovenproof dishes in large baking dish; divide lemon mixture among dishes. Add enough boiling water to baking dish to come halfway up sides of oven-proof dishes. Bake, uncovered, about 45 minutes. Delicious hot or cold.

Maggie Smith

Cheese Puffs

Ingredients

1 Cup plain flour
3 tsp baking powder
2 cups grated tasty cheese
1 egg, beaten
1/2 Cup milk
1/2 finally diced onion (optional)



Preheat oven to 200 C

Gently mix all ingredients together in a bowl. Drop large spoonfuls onto a cold baking tray lined with baking paper.

Bake for 12 mins until puffed and golden

These are great with soup.

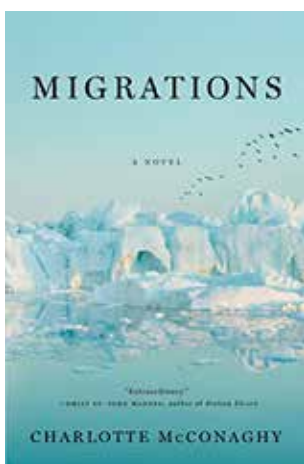
Chris Goldberg

Whats on Your Bookshelf



Migrations

by Charlotte McConaghy



Franny Stone has always been the kind of woman who is able to love but unable to stay. Leaving behind everything but her research gear, she arrives in Greenland with a singular purpose: to follow the last Arctic terns in the world on what might be their final migration to Antarctica.

Franny talks her way onto a fishing boat, and she and the crew set sail, traveling ever further from shore and safety. But as Franny's history begins to unspool—a passionate love affair, an absent family, a devastating crime—it becomes clear that she is chasing more than just the birds. When Franny's dark secrets catch up with her, how much is she willing to risk for one more chance at redemption?

Epic and intimate, heartbreaking and galvanizing, Charlotte McConaghy's *Migrations* is an ode to a disappearing world and a breathtaking page-turner about the possibility of hope against all odds.

(Goodreads)

Chris Goldberg

Burial Rites

by Hannah Kent



A brilliant literary debut, inspired by a true story: the final days of a young woman accused of murder in Iceland in 1829.

Set against Iceland's stark landscape, Hannah Kent brings to vivid life the story of Agnes, who, charged with the brutal murder of her former master, is sent to an isolated farm to await execution.

Horried at the prospect of housing a convicted murderer, the family at first avoids Agnes. Only Tóti, a priest Agnes has mysteriously chosen to be her spiritual guardian, seeks to understand her. But as Agnes's death looms, the farmer's wife and their daughters learn there is another side to the sensational story they've heard.

Riveting and rich with lyricism, *Burial Rites* evokes a dramatic existence in a distant time and place, and asks the question, how can one woman hope to endure when her life depends upon the stories told by others?

(Goodreads)

(Goodreads)

Chris Goldberg

One Life

by Kate Grenville



Nance was a week short of her sixth birthday when she and Frank were roused out of bed in the dark and lifted into the buggy, squashed in with bedding, the cooking pots rattling around in the back, and her mother shouting back towards the house: Goodbye, Rothsay, I hope I never

see you again!

When Kate Grenville's mother died she left behind many fragments of memoir. These were the starting point for *One Life*, the story of a woman whose life spanned a century of tumult and change. In many ways Nance's story echoes that of many mothers and grandmothers, for whom the spectacular shifts of the twentieth century offered a path to new freedoms and choices. In other ways Nance was exceptional. In an era when women were expected to have no ambitions beyond the domestic, she ran successful businesses as a registered pharmacist, laid the bricks for the family home, and discovered her husband's secret life as a revolutionary.

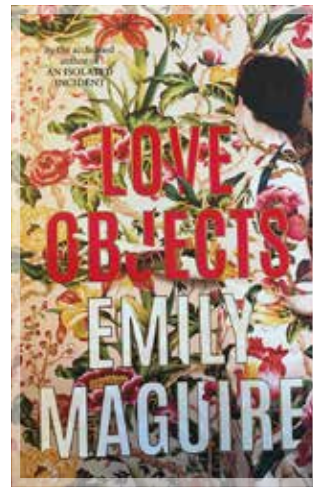
One Life is an act of great imaginative sympathy, a daughter's intimate account of the patterns in her mother's life. It is a deeply moving homage by one of Australia's finest writers (Goodreads)

Chris Goldberg

Love Objects

by Emily Maguire

A stunning, simply told story of great compassion and insight, from the author of the Stella Prize-shortlisted *An Isolated Incident*. Nic is a forty-five-year-old trivia buff, amateur nail artist and fairy godmother to the neighbourhood's stray cats. She's also the owner of a decade's worth of daily newspapers, enough clothes and shoes to fill Big



W three times over and a pen collection which, if laid end-to-end, would probably circle her house twice. She'd put her theory to the test, if only the pen buckets weren't currently blocked in by the crates of Happy Meal toys and the towers of Vegemite jars, take-away containers and cat

food tins.

Nic's closest relationship is with her niece Lena. The two of them meet for lunch every Sunday to gossip about the rest of the family and bitch about work (they're both checkout chicks: Lena just for now, Nic until they prise her staff discount card from her cold, dead hands).

One Sunday, Nic fails to turn up to lunch and when Lena calls she gets a disconnection message. Arriving at the house she hasn't visited in years ('Too far for you to come, hon. Let's meet in the middle.') she finds her aunt unconscious under an avalanche of stuff.

Lena is devastated that her beloved aunt has been living in such squalor all this time. While Nic is in hospital, she gets to work cleaning things up for her. Her first impulse is to call in the bulldozers and start searching Gumtree for a roomy caravan. But with the help of her reluctantly recruited brother, Will, she gets the job done.

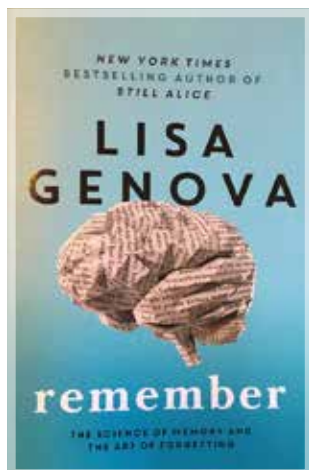
This heroic effort is not appreciated by the plastered up, crutch-wielding Nic. She returns to an empty, alien place unrecognisable as her home and the unbearable pity of her family who have no idea what they've destroyed. How can she live in this place without safety and peace? And how can she ever forgive the niece who has betrayed her? (Goodreads)

This is an interesting story about a hoarder. I thought that I'm a bit of a hoarder but after reading this, I realise I'm not. That's good news

Sue Clark

Remember

by Lisa Genova



A fascinating exploration of the intricacies of how we remember, why we forget, and what we can do to protect our memories, from the Harvard-trained neuroscientist and bestselling author of *Still Alice*.

Have you ever felt a crushing wave of panic when you can't for the life of you remember the

name of that actor in the movie you saw last week, or you walk into a room only to forget why you went there in the first place? If you're over forty, you're probably not laughing. You might even be worried that these lapses in memory could be an early sign of Alzheimer's or dementia. In reality, for the vast majority of us, these examples of forgetting are completely normal. Why? Because while memory is amazing, it is far from perfect. Our brains aren't designed to remember every name we hear, plan we make, or day we experience. Just because your memory sometimes fails doesn't mean it's broken or succumbing to disease. Forgetting is actually part of being human.

In *Remember*, neuroscientist and acclaimed novelist Lisa Genova delves into how memories are made and how we retrieve them. You'll learn whether forgotten memories are temporarily inaccessible or erased forever and why some memories are built to exist for only a few seconds (like a passcode) while others can last a lifetime (your wedding day). You'll come to appreciate the clear distinction between normal forgetting (where you parked your car) and forgetting due to Alzheimer's (that you own a car). And you'll see how memory is profoundly impacted by meaning, emotion, sleep, stress, and context. Once you understand the language of memory and how it functions, its incredible strengths and maddening weaknesses, its natural vulnerabilities and potential superpowers, you can both vastly improve your ability to remember and feel less rattled when you inevitably forget. You

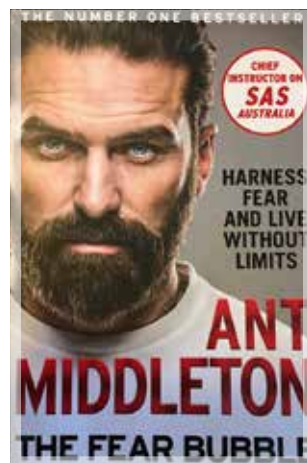
can set educated expectations for your memory, and in doing so, create a better relationship with it. You don't have to fear it anymore. And that can be life-changing. (Goodreads)

Lisa Genova explains how memory works and how we make memories. It's reassuring for those of us who keep forgetting why we walked into the room.

Sue Clarke

The Fear Bubble

by Ant Middleton



Without fear, there's no challenge. Without challenge, there's no growth. Without growth, there's no life.

Ant Middleton is no stranger to fear: as a point man in the Special Forces, he confronted fear on a daily basis, never knowing what lay behind the next corner,

or the next closed door. In prison, he was thrust into the unknown, cut off from friends and family, isolated with thoughts of failure and dread for his future. And at the top of Everest, in desperate, life-threatening conditions, he was forced to face up to his greatest fear, of leaving his wife and children without a husband and father.

In his groundbreaking new book, Ant Middleton thrillingly retells the story of his death-defying climb of Everest and reveals the concept of the Fear Bubble, showing how it can be used in our lives to help us break through our limits. Powerful, unflinching and an inspirational call to action, *The Fear Bubble* is essential reading for anyone who wants to push themselves further, harness their fears and conquer their own personal Everests.

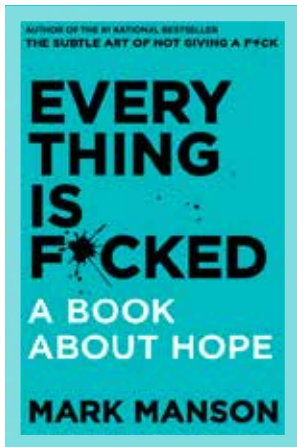
(Goodreads)

Ant Middleton explains how he overcomes fear. He describes how he climbed Mount Everest which is an amazing story.

Sue Clark

Everything is F*cked

by Mark Manson



We live in an interesting time. Materially, everything is the best it's ever been—we are freer, healthier and wealthier than any people in human history. Yet, somehow everything seems to be irreparably and horribly f*cked—the planet is warming, gov-

ernments are failing, economies are collapsing, and everyone is perpetually offended on Twitter. At this moment in history, when we have access to technology, education and communication our ancestors couldn't even dream of, so many of us come back to an overriding feeling of hopelessness.

What's going on? If anyone can put a name to our current malaise and help fix it, it's Mark Manson. In 2016, Manson published *The Subtle Art of Not Giving A F*ck*, a book that brilliantly gave shape to the ever-present, low-level hum of anxiety that permeates modern living. He showed us that technology had made it too easy to care about the wrong things, that our culture had convinced us that the world owed us something when it didn't—and worst of all, that our modern and maddening urge to always find happiness only served to make us unhappier. Instead, the "subtle art" of that title turned out to be a bold challenge: to choose your struggle; to narrow and focus and find the pain you want to sustain. The result was a book that became an international phenomenon, selling millions of copies worldwide while becoming the #1 bestseller in 13 different countries.

Now, in *Everything Is F*cked*, Manson turns his gaze from the inevitable flaws within each individual self to the endless calamities taking place in the world around us. Drawing from the pool of psychological research on these topics, as well as the timeless wisdom of philosophers such as Plato, Nietzsche, and Tom Waits, he dissects religion and politics and the uncomfortable ways they have come to resemble one another. He looks at our relationships with money, entertainment and

the internet, and how too much of a good thing can psychologically eat us alive. He openly defies our definitions of faith, happiness, freedom—and even of hope itself.

With his usual mix of erudition and where-the-f*ck-did-that-come-from humor, Manson takes us by the collar and challenges us to be more honest with ourselves and connected with the world in ways we probably haven't considered before. It's another counterintuitive romp through the pain in our hearts and the stress of our soul. One of the great modern writers has produced another book that will set the agenda for years to come.

(Goodreads)

I was going to stop reading this halfway through but decided to persist and I got a lot out of the second half. So it was a lesson in persistence.

Sue Clark

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www.theboxman.com.au

Thought I'd include this information for members as art packing boxes were being discussed recently and I have used this company before. Their boxes are excellent and affordable.

They stock a range of generic sized "Heavy Duty" Art Boxes suitable for shipping locally and abroad.

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Chris Goldberg



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