

# The 'Book Club' Celebrates 10 Years of Great Reading ....and much more

*"Our Book Club is an eye opener and a mind opener."  
"... a learning experience tempered with humour and light heartedness. An event highly recommended."*

The Book Club celebrated its 10<sup>th</sup> anniversary in September with two of the founding members still in attendance. The club started at RICC Neighbourhood Centre and has consistently had a membership of between six and eight. While some members have left, due to changes in circumstances, we remember the laughter, tears of emotion and the joy of discovering and sharing a good book.

During this time we have read and critiqued more than 100 books, so it was extremely difficult for the Club to come up with the best 'Reads' of the past 10 years. After much discussion we produced the following list.

**The Book Thief** by Markus Zusak

**Ransom** by David Malouf

**Evidence of Things Unseen** by Marianne Wiggins

**Joe Cinque's Consolation** by Helen Garner

**Suite Française** by Irene Nemirovsky

**Middlesex** by Jeffrey Eugenides

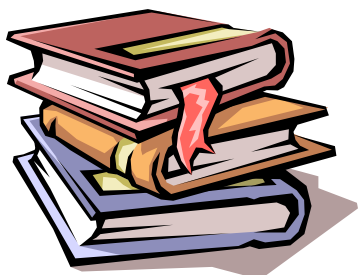
**The Story of Pi** by Yann Markel

**The Constant Gardener** by John Le Carre

**Poisonwood Bible** by Barbara Kingsolver

**Disgrace** by J. M. Coetzee

**Eucalyptus** by Murray Ball



Book Clubbers were also asked to comment on the experience of being in a book group.

**Anna comments:** "The second Thursday of the month is a date I always look forward to. Our Book Club has an intriguing diversity of opinions, at times discussion can be lively, but polite."

**Helen adds:** "Our Book Club is an eye opener and a mind opener. The variety of friends and variety of books we read opens up the world to me. From one month to the next I look forward to the companionship and conversation and dissection of the books we read. Each book leads me to read many more."

**Su-jen, writes:** "In the Book Club, unlike the others who jot down a few points at most, each time I take a few pages of my personal notes with me. Because English is not my 1st language, I need to write my thoughts down and get my thoughts organized."

The members of our club are always openly and unselfishly telling me or correcting me about things that I don't know. Ex: In our September discussion, I asked them about a phrase that appeared in Helen Garner's 'The Spare Room' i.e. "Happy birthday, ol bean ol pea". Everyone tried to explain to me that it's, in fact, a term of endearment. Without their explanation, "ol bean ol pea", to me it may sound like 'Oh! Bin (rubbish bin)! Oh! Pee!

I've learnt a lot not only from the books we have been reading but also from our intellectual discussion. I enjoy it and I will keep enjoying it."

**Lastly, from our founding member Sue:**

"Coming together each month with those who love books, and of course reading, was always a joy! Our choice of books and discussions were a learning experience tempered with humour and light heartedness. An event highly recommended."

PS. Sue, who has made the journey from Willoughby every month, leaves us after 10 years. She will be greatly missed and we wish

her continued happy reading.

We welcome new members, so if anyone is interested in joining us please contact JNC on 93498200. The group meets on the second Thursday of each month from 2.00-3.00pm. We discuss the 'book of the month' and select a book for the following month. We read fiction, non-fiction and biography. For information on other book clubs in the local area contact Randwick Council's Information and Library Service, or why not start your own!

**Corinne** - founding member and book lover!

For over 8 years now our centre has been blessed with the volunteer skills of Ruth Rutherford. Ruth is a registered nurse with a Bachelor of Health Science and advanced qualifications in counselling. She has put in considerable and consistent effort to provide this much needed weekly support group to our local community. The group meets locally in Maroubra, every Wednesday.

Anxiety affects a person on physiological, behavioural and psychological levels so treatment must address all these areas. At Harmony these principles are followed and you can learn how to relax, meditate, calm your breathing and be aware of how you carry muscle

## Harmony

### Anxiety Support Group

tension and stress. You also learn how to use visualisation to help move toward goals, look at how you behave when you are anxious and examine those automatic negative thoughts which slip under the guard and contribute to feeling down. Harmony takes a holistic approach to anxiety, promoting good mental health practices such as mindfulness, assertiveness, keeping good boundaries, building self esteem and detecting traits which tend to promote anxiety.

At Harmony you can also have a bit of fun and meet new people. If you need more information or wish to connect with this group, drop into our centre or give us a call on 9349 8200.