

# Lizzie's Lighter Look on Life



## A washing machine full of apples

I wrote all my exam essays with a fountain pen and still love the feel of the ink flowing across the paper. So when I was paid my novel advance this week - one of the most exciting firsts ever - I treated myself to a new fountain pen, complete with violet ink. Peter from Penultimate was Mr. Olivander to my Harry Potter - I tried heaps but finally found one that fitted perfectly - weight, nib, barrel. The Pineider was the winner.

I've also been working on my memory skills, or lack thereof. Like pretty much everyone I know, they are declining at best, vanishing at worst. I can still remember my times tables but where I parked my car is something else.

We're all vaguely aware of memory gurus who can recall a shuffled deck of cards within minutes, and the slightly inferior feeling you get when someone you vaguely recognise remembers your name.

So [Nelson Dellis's \*Remember It!\*](#) has been a revelation. The trick is to envisage silly images, the wierder the better, and make them into a story. Start the ball rolling using Nelson's technique to learn the first few presidents of the United States - George Washington (washing machine), John Adams (Adams apple).

I really recommend it - more detail in Life's Rich Pattern below. You'll surprise yourself how quickly you pick it up, and you'll be a steal for Tuesday Trivia at the local pub.

Liz

## Happenings



Some honest opinions and reviews on current stuff



### Reading

*Forever Home* by Graham Norton. A cross between Maeve Binchy and Alexander McCall Smith. If you haven't discovered



### Watching

*The Last Bus* (Amazon Prime). An old man travels by bus from John O'Groats to Lands End to fulfil a promise to his late

this national treasure's fiction repertoire yet, you're welcome.



### Playing

*Waffle*, the lesser-known word game app and more fun than Wordle. Move all the letters within a set number of moves to form the right words. Also I can beat my sister Teens at it which I can't at Wordle.



### Going

*Fresh Takes: Winter '23, State Library of NSW.* A showcase of some of the best new pieces of publishing, featuring established and emerging writers. Featuring [Bebe Backhouse](#), [André Dao](#) and [Cynthia Dearborn](#) amongst others.



### Writing

Laughing out loud writing the real life anecdote (with permission) in my next novel. featuring my two sisters who worked together, an important WebEx meeting (early Zoom) and private messages that became all too public.

wife. Get the Kleenex ready for the most stunningly drawn portrayal of love, loss and human kindness you'll ever see.



### Listening

*BBC Radio 4's Life Changing: People whose lives have been reshaped through extraordinary events.* [Mayday](#) (my fave episode) profiles cruise ship entertainer Moss Hills who finds himself in charge when the ship starts to sink.



### Yearning

Mangoes. I can't bring myself to buy Mexican fruits but I can't wait for the first Aussie crop in October either. Might just have to move to Far North Queensland to expedite it.



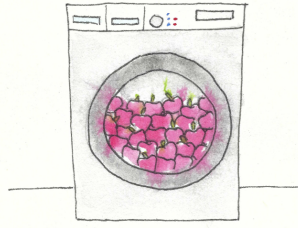
### Loving

All this stunning winter sun and the first King's Birthday long weekend means bike riding round Bicentennial Park, the sports arenas, residential villages and parklands repurposed from the 2000 Sydney Olympics.

Life's Rich Pattern



## It's All in the Mind



Growing up I knew the phone numbers of all my family and friends by heart. And I, same as the rest of us, learned to speed read the street directory and mark each page in order for my route.

But Google has replaced the need to remember, and we've all got lazy. No need to learn Amir's phone number, I can just tell Siri to 'call Amir'.

[Read The Village Observer full article here](#)

*I acknowledge the Traditional Custodians of the lands on which this was written. I pay my respects to Elders past, present and emerging and celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters of New South Wales.*



### Liz Foster Author

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