

Retro meets whimsy



‘Whistleblower’ by Ben Sanders.
[Image: www.bensanders.com.au]

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[/dropcap]ENNINGTON is a little town that punches above its weight in terms of growing serious talent – think **Shane Howard** (Goanna) and **Val Bertrand** (champion rower and netballer) – and it is where talented author and illustrator **Ben Sanders** was born.

Michaelie Clark, from Warrnambool Books, has chosen Ben’s new children’s book as her selection for the week and what a fine choice it is.

[We love children’s books – even though we don’t have any children – because they can take you to another place, a bit like a Disney movie, or the wonderful stuff from Pixar. Who can resist Dr Seuss, Shaun Tan, Mem Fox, Pamela Allen...no matter how old you are. If you are having a bad day, try reading a kid’s book: we promise it will improve your mood.]

Meanwhile, here is what Michaelie has to say about Ben’s book:

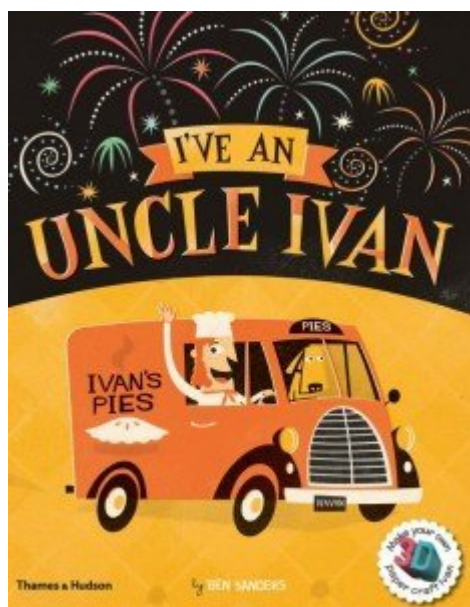
“Written and illustrated by award-winning artist Ben Sanders, ***I’ve an Uncle Ivan*** is a delightfully whimsical

picture story book that has been a stand-out over the last few months for its cruising rhythm and retro style.

Following Uncle Ivan in his pie van is his entire extended family on various modes of transport, including Kate on a single roller skate and Michael on a unicycle. Through a romp of rhyme and nostalgia, they form a capering convoy all the way to their ultimate destination – the circus.

The book also includes a make-your-own 3D paper craft van.

Check out Warrnambool Books on [Facebook](#) for more updates on new releases by local authors.



[box] Ben Sanders has a sensational website. You can check it out at www.bensanders.com.au [/box]



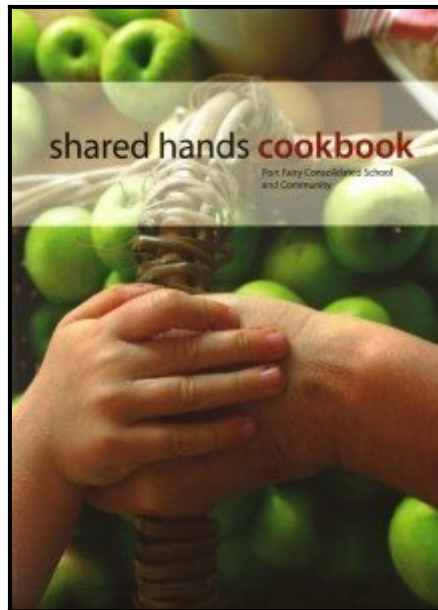
Catch up on our other Bookmarks...

[Can Paul Jennings put a foot wrong?](#)

[Getting fit the fun way with Marie Bean](#)

[Gorgeous working dogs](#)

At last – a cookbook you can use!



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ow many times have you been lured into buying a sumptuous-looking cookbook, only to find that the fine print includes ingredients that you have either never heard of, or which are almost impossible to buy? (Fresh bamboo sticks, dried banana leaf, mud crab...)

And we all own at least one cookbook that has such convoluted, complex recipes that even if you source the ingredients, you haven't got time to devote an entire day to making dinner.

There are no such problems with this week's choice for Bookmarks, which is a collection of recipes from the Port Fairy Consolidated School and Community.

This is what **Michaelie Clark**, from Warrnambool Books, has to say about her selection:

[dropcap style="font-size: 60px; color: #8F9F59;"] 'T
[/dropcap]his book was released by the Port Fairy Consolidated School and Community last year and is very impressive (deviates greatly from the old binders you used to get with photocopies of Mum's yo-yo recipe, etc)!

It has been a consistent seller since its release.

In 2007, the Port Fairy Consolidated School made a successful application to join the [Stephanie Alexander Kitchen Garden Program](#), which gave the students the tools and support to grow, harvest, prepare and share food, with a strong focus on the value of local produce.

An important result of the program is the **Shared Hands Cookbook**, a beautiful collection of recipes from the school and its associates, the local culinary community, and others they are inspired by. The book includes high quality, full-colour photos of most of the dishes, plus lots of images from the garden, the school and around the town.

The recipes are easy to follow, diverse and incredibly tempting (the 'Baked Zucchini Stuffed with Spicy Rice' and the 'Quince and White Chocolate Muffins' would be pretty hard to pass up), but best of all is the book's wonderful local flavour.'

Yum!

[box] You can keep up with new releases at Warrnambool Books via its [Facebook page](#).[/box]



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[Ben Sanders: Retro meets whimsy](#)

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Losing it, with Marie Bean



Local author Marie Bean takes a realistic look at keeping fit.

EXERCISE IS ONE OF THOSE THINGS that sounds really great, until you have to do it.

If only getting fit – and staying that way – was as easy as

buying all of the right gear. Unfortunately having the best jogging shoes and sexiest running top is only the start: you still have to use them.

Which is why this week's book choice by Warrnambool Books really appeals to us.

This is what **Michaelie Clark**, from Warrnambool Books, has to say about her selection:

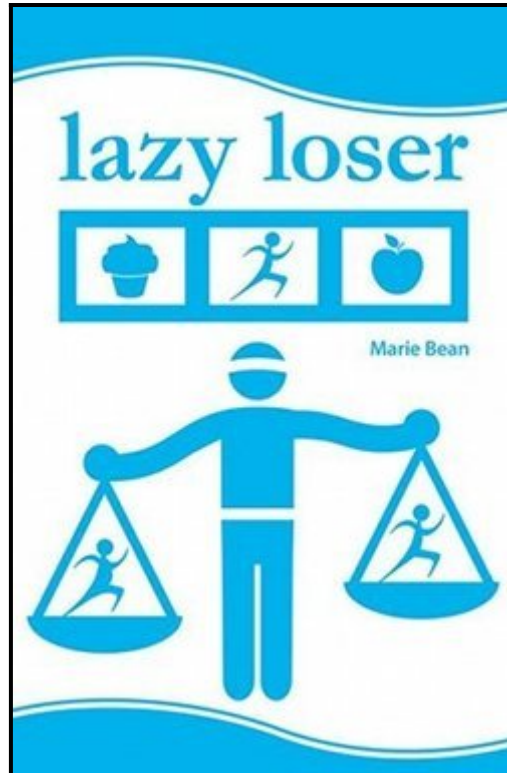
Hot on the (jogger-shod) heels of the UK tour of *Lazy Runner* comes the release of *Lazy Loser*, the second book by local-born author and health & fitness guru, **Marie Bean**.

Confronting weight-loss myths and diet fads head-on, *Lazy Loser* offers sustainable and practical strategies and advice for implementing simple, effective and enjoyable changes to lifestyle and mindset.

Lazy Loser examines Australia's food, exercise and body image mentality to evaluate where the real problems lie; it breaks the population into 'temptation categories' and then suggests realistic approaches to overcoming weight issues long-term.

Best of all, this is done in Marie Bean's entertaining and down-to-earth style: "There is no magic bullet to weight-loss. I wish there was and it came coated in chocolate, but alas, there is not."

(No chocolate-coated solution? Damn – Carol)



- Please visit Warrnambool Books on [Facebook](#) for regular updates on new releases.

Swimming in words



[Image: Amelia Schmidt]

[dropcap style="font-size: 60px; color: #A99E90;"] P
[/dropcap]eople rarely need an excuse to go to Port Fairy, but if you love books, writing, or just words, this weekend is the perfect time to visit the quaint fishing town for the **Ex-Libris Festival of Words**.

The event runs from Friday to Sunday and this year's theme is *Dressed to Kill*, offering the tantalising combination of crime and fashion.

Once again festival co-ordinator Marg Sinnott and her team have pulled together an impressive line-up of authors and guest speakers, including the former editor-in-chief of Vogue Australia, Kirstie Clements, former detective Simon Illingsworth, prolific children's author Justin D'Ath and the Western District's own, much-loved ABC announcer Derek Guille.

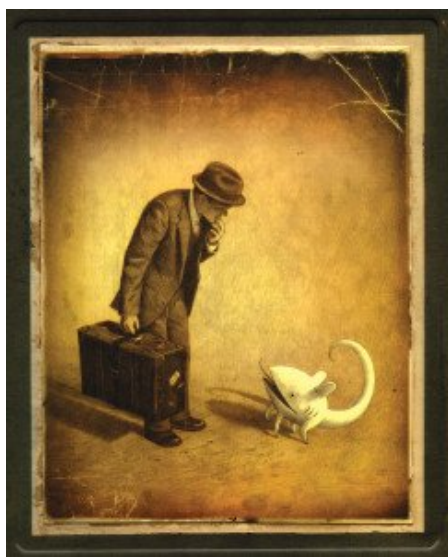
In keeping with the community spirit of the festival, there is a vast array of events to suit all tastes and many are free.

For a full listing of guests and a downloadable copy of the program, please visit the Ex Libris [website](#).

In conjunction with the Ex Libris Festival of Words, quirky local bookshop **Blarney Books & Art** (James St) is holding its

annual children's picture book illustration exhibition, which this year is called UNREAL.

Helen and Des Bunyon from Customs House Gallery are hosting the event, which is now – remarkably – in its 24th year.



The Arrival: Shaun Tan

Again, the line-up of work to be displayed is impressive and includes illustrations by the award-winning Shaun Tan, Leila Rudge, Judy Horacek, Felicity Marshall and Mark Wilson.

(And be sure to tuck an extra couple of dollars in your wallet, because it is almost impossible to walk out of Blarney Books without buying at least one secondhand gem tucked away on their shelves.)

For more about the illustration exhibition, visit their [website](#).