

Thoughtful reflection ... not just for testing times

On reading Lorraine Penny McLoughlin 's latest publication *Thinking on paper*, one could be forgiven for assuming it was written this year, during trying times of lockdowns and deprivation of travel and attendance at cultural activities. However, this timely collection of thoughtful and insightful prose pieces was written between 2016 and June 2019, following an invitation from the *Victor Harbor Times* to write 300 words on any topic.

Topics covered ranged from the relevance of Shakespeare in the 21st century and how exchanges about words and ideas can be life changing, to the importance of reflection, following instincts and the wisdom to tread new paths and grasp new opportunities; often in close proximity and within easy reach if only we allow our minds to perceive them.

Having inched out of our comfort zone and opened up new possibilities we never previously thought possible, it is also imperative to record your observations and experiences, thoughts and feelings, as only you can tell your story ... and the combination of reflection and writing can be an enriching experience, not just for yourself but for future generations.

Thinking on paper is available for from the Fleurieu Coast Visitor Centre, Yankalilla; the Normanville Newsagency; Maudie and Fox gift shop, Normanville; the Bookstop, Victor Harbor; and through the websites - www.fitzmcl.com/books/ and www.freestylepublications.com.au/shop/

Other books by Lorraine McLoughlin are: *Barbara Robertson: An Australian artist's life*, *George Tetlow and Mark and Jill Pearse: Lives in art*, and *Elaine Haxton: A colourful artist and life*.