



Member of the Australian Association of Lyceum Clubs Inc.
(Member of the International Association of Lyceum Clubs)



KARRAKATTA CLUB

Established November 1894

NEWSLETTER MARCH/APRIL 2018

PRESIDENT'S MESSAGE

Guy Kelly quotes Eric Idle, from 39 years ago, who said, 'It's a question that has vexed humans since the Early Dynastic Period. The secret to a longer, healthier and happier life is ALWAYS LOOK ON THE BRIGHT SIDE OF IT.' Kelly reports that a group of researchers from Northwestern University in Chicago presented a paper at the American Association of the Advancement of Science annual conference in Austin Texas, outlining their findings after studying the lives of a group of super-agers for years - including conducting post-mortem examinations on 10 individuals who agreed to have their brains dissected after their death.

Super-ager is the term for somebody well over 70 who has remained just as sharp, hardworking, active and happy as anybody half their age, even if they maintain their vices.

They were not all the health puritans you might expect to live forever, and enjoy nothing more than telling you about it. More than two thirds of the group smoked, 83% drank regularly and one woman even claimed a late afternoon drink with friends kept her sprightly.

There was one intriguing link between the case studies, which we may all be able to take away. According to Emily Rogalski, Professor of Cognitive Neurology at Northwestern, "A Super-ager has a unique personality profile, highlighting optimism, resilience and perseverance as well as an active lifestyle."

Think yourself thin? Think yourself young! A positive mental attitude is absolute essential and probably the most important thing in keeping young.

- Louise Flavelle



Left to Right: Lynn Mias, Dr Lesley Williams, Governor Kerry Sanderson AC, Dr Norrine Anderson, Louise Flavelle

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REMINDER: The Half-Yearly Business Meeting will be held on the 29th of May at 2.00pm.

MARCH/APRIL UPCOMING CLUB EVENTS

DERYN THORPE
FRIDAY 2 March 2018



THE GREAT GARDENS OF EUROPE

Deryn Thorpe is a fanatical gardener, who is passionate about communicating her love of gardening.

She is an award winning print and radio garden journalist and also works as a tour guide and Perth garden consultant, visiting home gardens to provide advice on design and planting.

She broadcasts a weekly garden, food and sustainability podcast titled "All the Dirt" downloadable from iTunes.



EVENT DETAILS:

Time:
11.30 - 12.00pm Welcome Drinks
12.00 Presentation
1.00pm Lunch

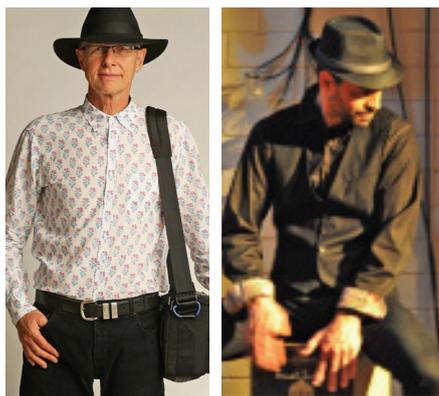
Price:
\$49 members
\$59 non-members

RSVP to Reception by 28th of February

Telephone: 08 9325 8111
reception@karrakattaclub.com.au

WORLD ON A PLATE
FRIDAY 6 April 2018

An elegant and enchanting evening of fine words, music, wine and food.



Last year, many members enjoyed our World on a Plate dinner, and it's back on Friday April 6, with new countries to be explored through words, music and food.

Writer Stephen Scourfield, Travel Editor of the West Australian and a novelist and spoken word performer, and composer and musician Steve Richter will bring the world to you.

We will experience many places - from India to Oman, Tibet to Nepal, South Africa to Lesotho, Armenia to Georgia and many more. And we'll meet plenty of people along the way.

We'll do this while a scrumptious meal and wine are served.

Before each course, Stephen will perform from short scripts, mixing insight with characters and plenty of fun. Steve will accompany him with specially selected music.

Performances, four-course meal, pre dinner drinks and all wine included.

LIMITED SEATS, BOOK EARLY

Date: Friday 6, April 2018

Program:
6.30pm Pre Dinner Drinks
7.00pm Performance and Meals
Finish Time: 9.30pm

Price: \$130 members and their guest
\$150 non-members

RSVP ESSENTIAL by Thursday March 29 2018

Dress: Cocktail

4 Sherwood Court, Perth WA 6000
Tel: 9325 8111
Email: reception@karrakattaclub.com.au
www.karrakattaclub.com.au

MARCH/APRIL UPCOMING CLUB EVENTS

ANZAC DAY LUNCH
FRIDAY 13 April 2018

ANIMALS OF WAR
with ANNE CHAPPELL



The Ode

*“They shall not grow old,
as we that are left grow old;*

*Age shall not weary them,
nor the years condemn.*

*At the going down of the sun and in the morning,
we will remember them”*

We will remember them.

EVENT DETAILS:

Time:
11.30 Welcome Drink
12.00 Presentation
1.00 Lunch

Cost: \$59
2 course lunch with tea, coffee and chocolates.

RSVP by 10 April 2018

Telephone: 08 9325 8111
reception@karrakattaclub.com.au



ARM CHAIR YOGA WITH
CHLOE POTTER
THURSDAY 26 April 2018

Join Chloe for a healthy afternoon of exercise and laughter from the comfort of your chair at the Karrakatta Club. Why not bring a friend?

Please wear loose fitting clothes that you can move in and bring a water bottle. The yoga will be done in socks.

Cost \$15.00 per head, includes refreshments.



Chloe Potter- is a vibrant yoga instructor who thrives off living in one of the most beautiful places in the world, Perth, Western Australia.

Yoga to her is about finding those moments of rest in between the busy lives we lead. Her classes are dynamic and are about developing strength, balance & mobility through Vinyasa yoga.

She believes yoga can be for everyone no matter what your body shape, physical ability or age is. For her, yoga is about taking time out for just you, saying “I deserve a break.” On a personal level yoga has helped her find balance and forgiveness through tough times. Mentally it has given her a quiet space to let go and reset her busy mind.

Her greatest reward as a Yoga teacher is watching clients make changes in their lives and teaching simple techniques that they can apply to their daily lives.



4 Sherwood Court, Perth WA 6000
Tel: 9325 8111

Email: reception@karrakattaclub.com.au
www.karrakattaclub.com.au

LYCEUM SPEAKERS - MARCH

Ladies, our speakers at the Lyceum are always worth hearing, so why not bring your husbands/partners along? Tell them there is safety in numbers. We'd love to welcome them, and you could make Tuesdays a delightful day out.

LITERARY LYCEUM 6 March 2018



ANNE-LOUISE
WILLOUGHBY

*There is no such thing as a true story
– the role of the biographer when
writing a life.*

The Archibald and
Everything Else – Nora
Heysen's Story by Anne-Louise
Willoughby

Anne-Louise Willoughby,
journalist, Channel 10
presenter, publicist and
now lecturer in biographical
writing, discusses the process

of writing a life from a
theoretical perspective and
through her experience as
the biographer of Australian
painter Nora Heysen.



*Picture: Self portrait 1938 Nora
Heysen (Copyright Lou Klepac)*

ARTISTIC LYCEUM 20 March 2018



PHILLIPPA O'BRIEN

Philippa O'Brien is an artist
and writer and has taught
cultural studies in London
and at UWA, Curtin and
ECU. She has worked as a
theatre designer of drama,
opera and ballet in Australia
and the UK and as a curator
of many exhibitions.

She has published books and
written many catalogues and
articles about culture.

She was a member of the
Visual Arts Board of The
Australia Council and of
many cultural and urban
development bodies.

For twenty years she has been
in the design team for the new
town of Ellenbrook in the
Swan Valley and has made
many art works for its public
spaces. She has undertaken
numerous government
consultancies, especially
relating to Aboriginal and
urban cultural development.

Her work is in Kings Park,
The Family Court and many
public and private collections.

GENERAL LYCEUM 13 March 2018

WHO DO YOU THINK YOU ARE?

Many of us have been influenced by a particular grandparent or other ancestor. Come and listen to some of the stories of members and friends as they tell of these important members of an earlier generation.

If you would like to participate please contact reception on 08 9325 8111 or email reception@karrakattaclub.com.au



TRAVEL LYCEUM 27 March 2018



NORWAY
with STAN DAVIES

Stan Davies, who is based
in Daglish, has been a
photographer for more
than 30 years, specialising
in WA and overseas travel
photography. He writes
regularly for 'The Post'
newspaper.



Last year he visited Norway
on a 1800 km trip in a camper
van. He says it's one of the
best road trips he's embarked
on and he hopes to share his
experience with us.

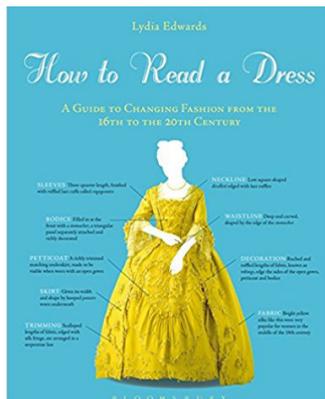
LYCEUM SPEAKERS - APRIL

LITERARY LYCEUM 3 April 2018



LYDIA EDWARD
How to Read a Dress

Lydia Edwards is a fashion historian and lecturer at Edith Cowan University, with a special interest in women's dress from the 16th to early 20th centuries. She is the author of *How to Read a Dress* and is currently undertaking research into the history of male clothing from 17th-21st centuries.



"Looking at a dress tells you so much about the wearer and her status in society and the way in which she lived, the relationship she had with other people." - Lydia Edwards

ARTISTIC LYCEUM 17 April 2018



ANDRA KINS
The Heartbeat of Creativity

Andra Kins was born in Perth in 1952 to Latvian parents. She has a degree in architecture from The University of Western Australia and a Graduate Diploma in English (Creative Writing) from Curtin University of Technology.

Andra has published articles in the field of contemporary public art and has worked for many years as an independent art consultant.

Her memoir 'Coming and Going' about the lives of her grandmother, mother (painter Gunta Parups), herself and her daughter, was published by the Fremantle Arts Centre Press in 2004, and more recently in 2017 she completed a book "The Heartbeat of Creativity" together with creativity consultant, Margaret Blackwell, who lives in London and has had Parkinson's Disease for twenty years. Andra is herself a breast cancer survivor.

In the last few years she has divided her time between Fremantle, Western Australia and Riga, Latvia.

GENERAL LYCEUM 10 April 2018



PAUL COATES, Chief Executive Officer of Carers WA

Paul Coates was appointed Chief Executive Officer of Carers WA in February 2008. Paul's role is to lead the organisation which provides services and advocates for better supports for carers in Western Australia.

The Chief Executive Officer is appointed by the Board and is responsible for the ongoing efficient management of the organisation in accordance with the strategies, policies, mission and directions approved by the Board.

Prior to Carers WA, Paul worked in the UK as a senior executive and at Board level for a 10,000 unit social housing organisation based in London. Prior to this role, he was the Director of Finance for the largest UK National Health Service Community Health Trust which delivered community based services across north London.

Carers WA is the peak body that represents the needs and interests of carers in Western Australia. They work to achieve an improved quality of life for family carers in our state.

Their role is to work in active partnership with carers, persons with care and support needs, health professionals, service providers, government and the wider community to achieve an improved quality of life for carers.

TRAVEL LYCEUM 24 April 2018



WENDY LUGG

Wendy Lugg has been the artist in Residence with the Royal Western Australian Historical Society since 2009. She is an artist with an abiding interest in social history and a Churchill Fellow, with an international arts practice spanning several decades.

In 2015, Wendy curated the Royal Western Australian Historical Society's WWI commemorative exhibition, *Beyond the Battlefields*.

Her research uncovered a historic WWI Red Cross flag taken ashore by WA's 3rd Field Ambulance stretcher-bearers during the Gallipoli landing. The flag had ended up in Canada. Join Wendy to hear of her adventures on the journey to bring it home.

CLUB INFORMATION AND NEWS

The President and the Vice President wish to advise that there is no truth in the rumour that Mrs Joyce Young, our immediate Past President was at any stage ineligible to hold the dual positions of President of the Karrakatta Club and Vice President of the International Lyceum.

WELCOME OUR NEW MEMBERS

22 March 2018

Please join us in welcoming our newest members of the Club at an afternoon tea on the 22nd of March 2018 at 2.00pm. We would love to see the members in full support.

Eileen Bogart
 Patricia Dunn
 Jenny Egerton-Warburton
 Sara Flavelle
 Stacey Grace
 Lynlee Hobley
 Julieann Luscombe
 Valerie Vicich



PROFESSOR BARRY MARSHALL OF A NOBEL LAUREATE' 9 May 2018



Nobel Laureate, Director Marshall Centre & Clinical Professor University of Western Australia

'REFLECTIONS ON THE ROAD TO A NOBEL PRIZE – THE MAKING

EVENT DETAILS

Time:
 11.30 Welcome Drinks
 12.00 Presentation
 1.00pm Lunch

Price:
 \$49 members
 \$59 non-members

RSVP to Reception by 2 May 2018
 Tel: 08 9325 8111
reception@karrakattaclub.com.au

CANCER COUNCIL BIGGEST MORNING TEA 24 May 2018

a wide range of add-on pieces which transform the outfit effortlessly to a fresh new look.

Perth designer Klara Forrest is launching her latest creation, The Black Dress Seven Ways

Join our Biggest Morning Tea with Klara and enjoy the presentation the first look!

"Everyone loves black, the colour claims power and presents elegance. The fact that many of us own more than one, made me want to create the ultimate little black dress!

EVENT DETAILS

Time: 10am for 10.30am start.

Price: \$25 per person

The dress is designed with one purpose: to give you multiple looks and multiple wears! There are

RSVP to Reception by 21 May 2018
 Tel: 08 9325 8111
 Email: reception@karrakattaclub.com.au

INTERNATIONAL ASSOCIATION OF LYCEUM CLUBS NEWS

The organisers of the cultural visit to the Oulu Club in central Finland have sent a message that registration has been extended as the quota of 200 is not completely filled.

I understand there are approximately 20 places available. This is an opportunity for Southern Hemisphere members who may be going to Europe in June.

The date of the visit is 27,28 and 29 of June. To find more details simply go to www.lyceumclubs.org and click on Oulu registrations in the text.

This will provide you with a complete itinerary and further details.

Registration is straightforward but you can contact me if you have any questions or problems. The Helsinki Club has also invited Lyceum members to visit them.

- Joyce Young

1 JUNE 2018 ART EXHIBITION

CALL OUT TO MEMBERS FOR ART WORKS FROM THEIR AUSTRALIAN ABORIGINAL COLLECTIONS

2017 saw the first exhibition of Aboriginal work on loan from the members collections. Thanks to all who lent their work. It was so exciting for Dorothea Hansen and me to organize.

Many of you missed this opportunity to share your work.

2018 provides another opportunity to celebrate the work of Australia's early inhabitants.

Please phone Virginia Ward 93842707, Mobile 0404429403 or email virginiaaward@westnet.com.au

I can pick up work or you can deliver to Club during the last week of May.



CIRCLE NEWS

“Be fearless in the pursuit of what sets your soul on fire”

Bridge Circle - The Circle welcomes you!

March 7, 21, 28 April 4, 18, 30

We commence play at 10.15am with a welcoming morning tea of warm scones, jam and cream. We then settle into our bridge hands. Bridge continues until 1pm when we adjourn to the Dining Room for lunch before departing home. All players would look forward to welcoming new members even if it is a “test trial” to see if it suits you. The Bridge Circle is very accommodating.

Organiser: Rewa Boylson

Mahjong Circle

March 7, 14, 21, 28 April 4, 11, 18, 30

Would you like to play mahjong? Would you like the challenge of something new? If yes, then you are welcome to join members of the Mahjong Circle on a Wednesday afternoon at 1.30pm in the Lady Onslow room.

Our reference book is “The Mahjong Players Companion” by Betty Maloney and Patricia Thompson.

I look forward to welcoming back our regular players . For members who enjoy lunch before the game we meet at 12.15pm in the dining room.

Chairman: Jan Musk

Book Club

March 14 April 11

The Book Club meets in the Lady Onslow room at 10.30am on the second Wednesday of each month.

March's Book
“Falling in Love” by Donna Leon
Leader - Rewa Boylson

April's Book
“A Gentleman in Moscow” by Amor Towles
Leader- Mary Wilding

Convenor: Jean Rushton

Art Focus

March 15 April 19

The first meeting of the Art Focus will be on Thursday 15 th March.

We assemble at the art gallery at 10.30 a.m. for hour's visit with our guide Alice Hood. Some may go back to the club for lunch.

Please notify the club if you are attending, by Tuesday 13 th March

The April meeting is on Thursday 19 th
All are welcome

Organiser: Jean Williams

CALENDAR

MARCH 2018

MON	TUE	WED	THUR	FRI	SAT	SUN
			1	2 11.30 Deryn Thorpe Friday Drinks	3	4
5 CLUB CLOSED LABOUR DAY (WA)	6 11.30 Literary Lyceum Anne-Louise Willoughby	7 10.15 Bridge 1.30 Mahjong	8	9 Friday Drinks 5pm - 8pm	10	11
12	13 11.30 General Lyceum Who do you think you are?	14 10.30 Book Club 1.30 Mahjong	15 10.30am Art Focus	16 Friday Drinks 5pm - 8pm	17	18
19	20 11.30 Artistic Lyceum Phillipa O'Brien	21 10.15 Bridge 1.30 Mahjong	22 2.00pm Afternoon Tea Welcome New Members	23 Friday Drinks 5pm - 8pm	24	25
26	27 11.30 Travel Lyceum Stan Davies	28 10.15 Bridge 1.30 Mahjong	29	30 CLUB CLOSED EASTER	31	

APRIL 2018

MON	TUE	WED	THUR	FRI	SAT	SUN
						1
2 CLUB CLOSED EASTER	3 11.30 Literary Lyceum Lydia Edward	4 10.15 Bridge 1.30 Mahjong	5	6 6.30pm World on a Plate Stephen Scourfield and Steve Richter	7	8
9	10 11.30 General Lyceum Paul Coates	11 10.30 Book Club 1.30 Mahjong	12	13 12noon ANZAC Day Lunch Friday Drinks 5pm - 8pm	14	15
16	17 11.30 Artistic Lyceum Andra Kins	18 10.15 Bridge 1.30 Mahjong	19 10.30am Art Focus	20 Friday Drinks 5pm - 8pm	21	22
23	24 11.30 Travel Lyceum Wendy Lugg	25 10.15 Bridge 1.30 Mahjong	26 1.45pm Arm Chair Yoga	27 Friday Drinks 5pm - 8pm	28	29
30						