

44 PORTLAND PLACE

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Film Club *with John Wischmeyer*

Red Desert (1964, Italy) **Thursday 30 April** **14.00**

The Red Desert is Antonioni's first colour film, set in the industrial area of Ravenna. The director made a point of painting trees and grass white or grey in order to highlight the unnaturalness of the urban landscape and red was used to highlight the emotional anguish and sexual longing of the main character.

The film tells the story of Giuliana (Monica Vitti), who we learn, had tried to take her own life. She is married to Ugo, and has a son, but feels detached from her bleak reality.

She is pursued by a friend of Ugo's, Zeller (Richard Harris), who seems to understand her troubles better than Ugo. However, it is still not enough to alleviate Giuliana from her current state.



Special Events in April

New Courses

Now that Spring has definitely arrived, why not take advantage of one of our new languages courses starting in April and May. A short course could possibly help you find a new job or add to your enjoyment of a foreign holiday. It is also a good way to make new friends! With Russian, Italian, French, Spanish and

more on offer there's plenty of choice. If you are more energetically inclined, why not have a go at Kickboxing, Belly Dancing, Supple Strength or Tai Chi.

Craft Group continues on Wednesday 15 April between 13.30 and 15.30. All crafts and everyone welcome. Bring your current project and put in a

couple of hours work on it, while enjoying a 'cuppa' and a good 'natter'.

The Spanish Conversation Group

Each meeting will take place on a Thursday at 11.00. The group now has a tutor to help keep it on the right track, the fee (£30) will be divided between the members present.

For details please contact Elaine Smith, either by phone: 07940 209 292 or by email: ms.elain smith@btinternet.com.

London Events in April 2009



If you are available on the day, The National Gallery is showing Paolo Uccello's version of *St George and the Dragon* free on St George's Day.

Then, just outside on Trafalgar Square, join the celebrations of a traditional English fete atmosphere in the springtime with plenty of live entertainment too. The theme this year is Food, Glorious Food, and celebrations include a large performance stage with a banquet table, and over-sized tableware.

It will also include stalls from the world famous Borough Market, where you will be able to sample its well renowned wares. With a large variety on offer, you're sure to be well fed, and leave with bursting bags.

Stage entertainment starts at 12, and again at 5. The street theatre will be between 12 and 7 and

Borough Market will be in residence all day.

Henry VIII: Man and Monarch, 23 April – 6 September, The British Library

To mark 500 years since Henry VIII was crowned King of England, The British Library is opening a new exhibition entitled 'Henry VIII: Man and Monarch'.

The exhibition pulls together its own collection, along with supplements from other libraries and museums. It will include books, letters, tapestries, armour and more.

Some of the letters were written by the King, and books annotated by him, providing an insight into the mind of a powerfully influential king

It looks beyond the myths and focuses on the King's journey, from his own perspective, creating a very

unique exhibition.
<http://www.bl.uk/henry>

The Flora London Marathon 2009, 26 April

It may be too late to run this year's marathon if you haven't already applied, but there is no stopping you from going and cheering on those who are running; it is a guaranteed good day out.

Approximately 30,000 people run the marathon each year, some for a sense of achievement and others to raise money for charity and there are those who go that little bit extra to stand out by wearing fancy dress.

<http://www.london-marathon.co.uk/site/>



St George's Day, 19 April and 23 April

If, like many of us, you work during the week, you can start the celebrations early; with dancing, live music and plenty of patriotic fun in Covent Garden on Saturday 19 April from 10.45, including a two minutes silence at 11am.

Small Business Club

April

Marketing via Email
Thursday 2 April 18.30
(Adam Lounge)

This month's Business Group will be led by Victoria Hatch, the Commercial Development Director at EchoData Management.

May

Next month's session will take place on 7 May and will look at *Increasing Your Self-confidence and Selling Your Business*, and will be led by Cate Mackenzie (www.catemackenzie.com)

For further information please email Elaine Smith at: ms.elainesmith@btinternet.com

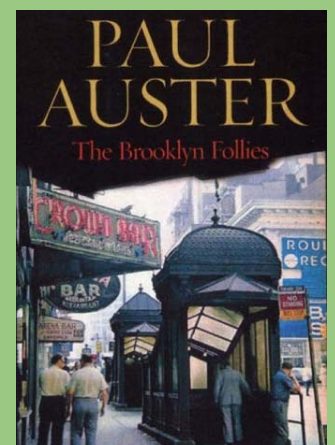
Book Club – Thursday 16 April

with Angela Broad

Paul Auster The Brooklyn Follies

The Book Club meets again in the Adam Lounge 2.30-4.00 on Thursday April 16 (coffee is available in the cafe from 2.00). Our April read is "The Brooklyn Follies" by Paul Auster which tells the story of three men; Nathan, his nephew Tom and Harry, owner of a Brooklyn bookstore. All three men are making a fresh start after assorted mistakes and misfortunes and they strike up a friendship. Then Lucy – the daughter of Nathan's runaway niece – a little girl who refuses to speak, turns up on the doorstep....

Engaging and funny as well as reflective, this is lighter than Paul Auster's earlier work and a good introduction to his unique tone of voice.



Complementary Therapies: Reiki

Continuing our series focusing on the complementary therapies available to members at **44 Portland Place**

Reiki is described as a holistic therapy which brings about healing on physical, mental, emotional and spiritual levels. Teachings claim that there is an unlimited, spiritual energy, which can be used to induce a healing effect.

In a typical whole-body Reiki treatment the patient, dressed in loose comfortable clothing, is first asked to lie down and relax, during which the practitioner takes a few moments to mentally prepare for the treatment. The treatment proceeds with the practitioner placing his or her hands on the recipient in various positions. However, practitioners may use a non-touching technique, where the hands are held a few centimetres

away from the recipient's body, for some or all of the positions. The hands are usually kept still for a few minutes before moving to the next position. Overall, the hand positions cover the chakras of the body – crown (purple), third eye (blue), throat (light blue), heart (green), solar plexus (yellow), sacral (gold), root (red). Between 12 and 20 positions are used, with the whole treatment lasting 45 to 90 minutes. Some practitioners use a fixed set of hand positions, whereas others use their intuition to guide them as to where treatment is needed. The intuitive approach might also lead to individual positions being treated for much shorter or longer periods of time.

Localized Reiki treatments involve the practitioner's hands being held on or near a specific part of the body, targeting a recent injury for example. This kind of treatment can vary in length, depending on the scale and seriousness of the injury.

The patient often reports a warm feeling or tingling in the area being treated, even when a non-touching approach is being used. A state of deep relaxation, combined with a general feeling of well-being, is usually the most noticeable immediate effect of the treatment. Instant cures of specific health problems are not usually detected because Reiki treatment stimulates natural healing processes. It is usually advised that the

patient receives a series of three or more treatments if a chronic condition is being addressed. However, regular treatments, on an on-going basis, can be used with the aim of maintaining a balanced well-being.



Treatments @ 44

Central Club has copies of practitioners current professional liability insurance, and checks that practitioners' have qualifications from reputable training organisations.

Art in London: Van Dyck and Britain

Last month's Art in London lecture was sadly cancelled and had to be postponed to 23 April. However, this gives us the perfect opportunity to tell more about it.



The exhibition at the Tate Britain is divided into eight rooms, each depicting a different subject.

Room 1 is dedicated to 'Painting in England before van Dyck, and van Dyck's first visit to England 1620-21'. The leading English artists of the time painted in a linear style. This was followed by sombre

paintings by foreign artists. Anthony van Dyck (1599-1641), an assistant to the Flemish artist Peter Paul Rubens, came to London in 1620 for six months, where he had an immediate influence.

Room two looks at Van Dyck's return to England and portraits of the royal family. By his return, he had an international reputation. The portraits shown in this room illustrate van Dyck's style and ability to portray a message, rather than the reality. His pictures implied 'Loving rule', but Charles was having a difficult time with Parliament.

Room 3, 'Van Dyck's main Patrons and Sitters', displays solely van Dyck's work. Charles I and many other sitters chose van Dyck as he created portraits that displayed power and wealth.

Van Dyck's personal life is exhibited in Room 4, 'Van Dyck in London'. Included are portraits of the lady who later became his wife, his mistress and his friends, along with numerous documents, including his last will and testament.

Room 5, 'Other Patrons and Sitters, with Family Groups', focuses on van Dyck's individual technique. He introduced his patrons and sitters in a new light. "The ultimate status symbol was not to be portrayed in the height of fashion, but to be painted by the most fashionable artist of the day - Sir Anthony van Dyck."

Room 6 concentrates on 'Studies by Van Dyck'. It focuses on his studies of the natural world.

'Van Dyck's Impact during the Seventeenth Century' is explored in room 7. Van Dyck died in 1641, but his visual

style was embraced by future artists, as is shown in this room.

Van Dyck's work continued to influence the art world well into the mid-eighteenth century and beyond, as demonstrated in room 8. Through the industrial revolution, when wealth changed from land owners to the industrial trade, van Dyck's work stood for power and status.

"Although he spent less than eight years in England he revolutionised British painting, leaving a stylistic legacy that would dominate portraiture for 250 years".

This lecture will see the return of Margaret Knight, free-lance lecturer, who gave our Art in London talk in February. Margaret Knight is also a co-director of 'The Course' which runs at 44 Portland Place.

Meet the Staff: Lou Harrison *profiled by Danette O'Hara*

Lou grew up in Aylesbury, Buckinghamshire. She began her employment years as an NNEB Nursery Nurse, working in Courchevel in the French Alps for a ski season, followed by a few months in Maryland, US, as an au pair and six months in a nursery in Brighton. From here she changed her direction slightly, going into social care, looking

after adults with learning disabilities for a year.

At the age of 21, she travelled around the world visiting Thailand, Laos, Vietnam, Nepal, Australia, South Africa, and Mexico. When she came back she decided to join a gym after lazing around as a 'beach bum' for so long. With her new fitness bug she trained as a personal

trainer with Premier Training in Brighton. She worked at various gyms for several years, working her way up to manager at Reflexions Health and Leisure, before coming to 44 as the Gym Manager in 2003.

Lou's thirst for activity did not stop there. She is a Spurs supporter and plays football in the London and South East Regional Division 1 League for Tring Athletic Ladies FC as a midfielder. She also plays dodgeball on a weekly basis and since the summer of 2006 has enjoyed surfing.

All who know Lou are aware of her love for animals. She has recently returned from Thailand

where she worked at a wildlife rescue centre, WFFT, looking after elephants that had previously been exploited by the tourist trade and forced to live in cities where tourists paid to ride them.

Lou feels very strongly for the cause of the WFFT, which provides a natural environment for these elephants and other animals. Volunteers, like Lou, assist with the daily routine of looking after them and pay a contribution to the running of the centre. (www.wfft.org)

Lou has been a 'veggie' for twenty years, and has a pet rabbit, (Ziggy), and a pet cat (Dora), who are the best of friends.

M E S S A G E B O A R D

Please note the following closures in April

2 April – The Adam Lounge will be closed for the day (apologies, please use the cafe on that day)

10 April – The Building will be closed for Good Friday

11 April – The Building will be closed for the Easter Weekend

13 April – The Building will be closed for Easter Monday

44 Portland Place Member Discounts

Acupuncture Treatments!

Balance Acupuncture, also known as Ross Barr and Ian Prytherch, are offering Members reduced fees on their treatments. They are offering £5.00 off their initial consultation, so that's just £45.00 for 1 hour, and then £10.00 off subsequent treatments, which means £35.00 for 45 minutes. For more details please contact them direct:

Ross Barr 07836 205 076

acupuncture@rossbarr.com

Ian Prytherch 07816 522 803

info@balance-acupuncture.co.uk

Massage Treatments!

Practitioner Susan Morse is offering Members a 10% discount on a wide range of 1 and 1.5 hour treatments. susanmorse@ineedamassage.co.uk tel: 07952 339 497

For more discounts please see our website

Would you like to contribute to our newsletter?

You can review a course or event that you have attended.

Alternatively, would you like to offer our members a discount for a product or service that you can provide?

email any contributions to Dani:
danette.ohara@44portlandplace.org.uk