

44 PORTLAND PLACE

44 Portland Place
London W1B 1NE
Tel: 020 7079 2855
Fax: 020 7079 2856
www.44portlandplace.org.uk
info@44portlandplace.org.uk



Photo taken by Danette O'Hara

Inside this issue

London Events	2
London Review	2
Achilles tendonitis	3
5 Simple Ways to...	3
Human Kind	4

News and Events

Women's Business Club

The next meeting will take place on Thursday 1 April from 6.30pm.

There is a £5 fee for this meeting to cover costs, but do not let that put you off. "Clear Your Clutter – Manifest Your Dreams!" presented by Birgit Medele will help you find out how to turn into a butterfly and set off towards your dreams!

Book Group

The Book Group will be meeting on 29 April from 2.30pm, when we will be discussing Joseph O'Connor's 'Star of the Sea'. Roddy Doyle has hailed this as O'Connor's best book to date and many reviewers agree with him. The 'Star of the Sea' of the title is the ship in which a motley collection of refugees are flee-

ing Ireland and heading to New York in the harsh winter of 1847. It is the time of the potato famine and the personal dramas of the passengers, from first class to steerage, are played out against this background. One story sets up a 'thriller' theme – revengeful murderer stalks a victim who may well deserve his fate, but the novel is more than this....

MESSAGE BOARD

44 Portland Place Member Discounts

Tea and Crafting

Jane Gois is offering members 10% off Tea and Crafting workshops on production of a membership

card. She has the following workshops scheduled to take place here at 44:

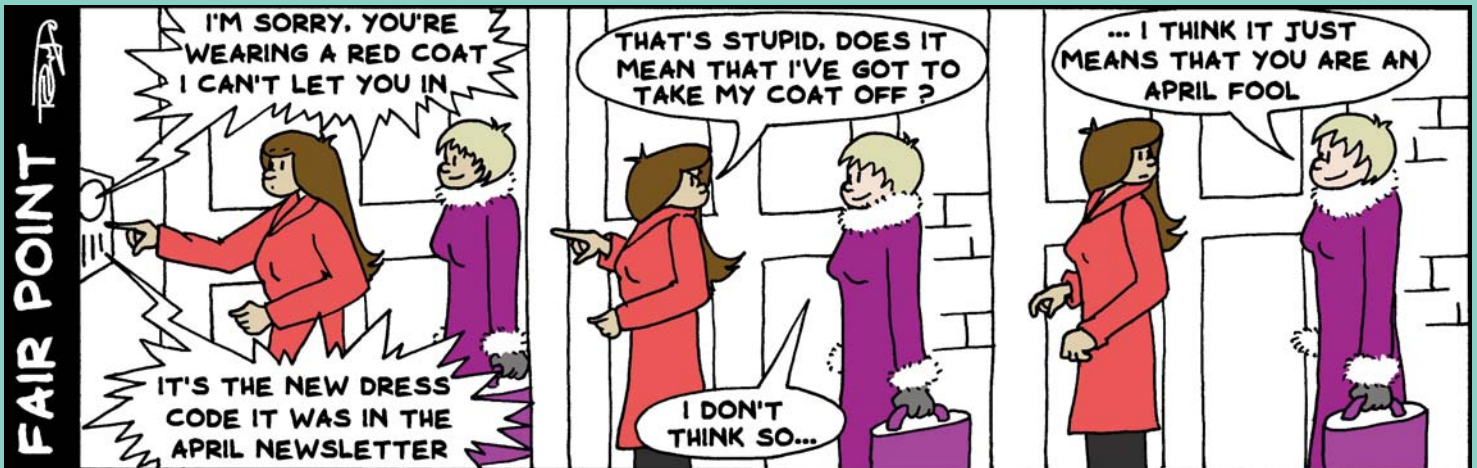
Easy Socks
1 April 7.00–9.00pm

Jewellery Making Techniques
9 April 7.00–8.30pm

Loom Knitting
14 April 7.00–9.00pm

Croquet Granny Squares
19 April 7.00–9.00pm

www.teandcrafting.co.uk



Cartoon by Penny Haynes www.bluebeancartoons.co.uk

London Events in March 2010

April Fools Ancient Pub Quiz

Red Lion, 23 Crown Passage
1 April (18.30 – 21.00)

Heritage Key is holding a fun and educational get together pub quiz night on April Fools! The quiz will focus on the Ancient World in London, featuring London's unique history, art, archeology and geological past. You stand a chance to win surprise prizes throughout the quiz and gain 100 points towards the Ancient World in London grand final.

Bring your mates and come and meet the Ancient World in London team for a night of foolish fun!

Woodlands Farm Trust Lambing Day

331 Shooters Hill
3 April (11.00 – 16.30)

All are welcome at the Woodlands Farm Trust Lambing Day. Come and see our new-born lambs and



enjoy the chance to buy quality local produce at reasonable prices, including home-made preserves, cakes and honey. Relax in the cafe, enjoy the treasure hunt or

get involved in craft activities. All proceeds go towards caring for our animals. A great family day out!
www.thewoodlandsfarmtrust.org

Price £1 Adults, 50p children
thewoodlandsfarmtrust.org

Concert on the Square – 'Rhythm of London'

Trafalgar Square
24 April

This year's concert starts at 13.00 and runs until 18.30 and is presented as a 'double bill'. The first half comprises of performances by young musicians and groups from London's schools, plus the winners of the 2009

'Busking Underground' competition. The second half begins with a celebration of Music Hall, an important part of London's musical heritage. Some of its best-loved songs will be presented by performers from the Royal Academy of Music and the Player's Theatre.

www.london.gov.uk/priorities/art-culture/festivals-and-events/st-georges-day

London Reviews – by Samantha Hulass

R.A.W. Poetry Night

The Central Station
Kings Cross

Many people might be easily put off from attending poetry recitals. At best, they are seen as pretentious, navel-gazing events, populated by hippies and people who are alternative. I was pleasantly surprised then, when I attended R.A.W. as in (Real interActive Writing) in order to support a friend who was reading some of his work – otherwise known as having "an open mic floor spot".

Apart from being held at a very comfortable venue, the crowd were a mixture of people from all walks of life, most of whom were friendly and pleasant to be around.

Many of them were the performing poets themselves, or friends of the poets, but there was none of the elitism that I expected. The Central Station is not a large pub, so people were required to share tables with people they did not know, and this did not pose any problems.

The compere, known as CT, who also promotes the event, was lively and interesting and her enthusiasm for the power of both the written and spoken word, really came across.

Her choice of performers was diverse and eclectic. One poet, from Milton Keynes, really impressed the audience with her scathing critique of her hometown,

delivered in an almost hip-hop way, but interlaced with dazzling insights into life, which seemed to go far beyond the capacity of someone so young. Another, much older poet, talked passionately about an abusive relationship she had been in. She deftly demonstrated the power of language, both in terms of vocabulary and rhythm, in conveying that experience. Of course there was one whimsical student type, who kept flipping his hair out of his eyes, and who read from a fairly limited, however, well-read perspective. There was another girl who had suffered with mental health issues, and who took us by the hand along her journey to wellness. These are just to name a few, and in addition to the

poetry, there was music, both operatic and folk.

All in all, I would say it was a lovely way to spend a Monday evening after work. Instead of obsessing about my daily concerns with friends, I was challenged to think and reflect about bigger issues, and felt better for the experience. I will definitely go back.

This event takes place every first Monday of the month. The next one will be on Monday 5 April 2010.

www.myspace.com/rawpoetry.ct

If you would like to write a review on a restaurant, exhibition or event, please email danette.ohara@44portland-place.org.uk.

Achilles Tendonitis – A common running injury – by Bernadette Bostic

Inflammation of the Achilles tendon

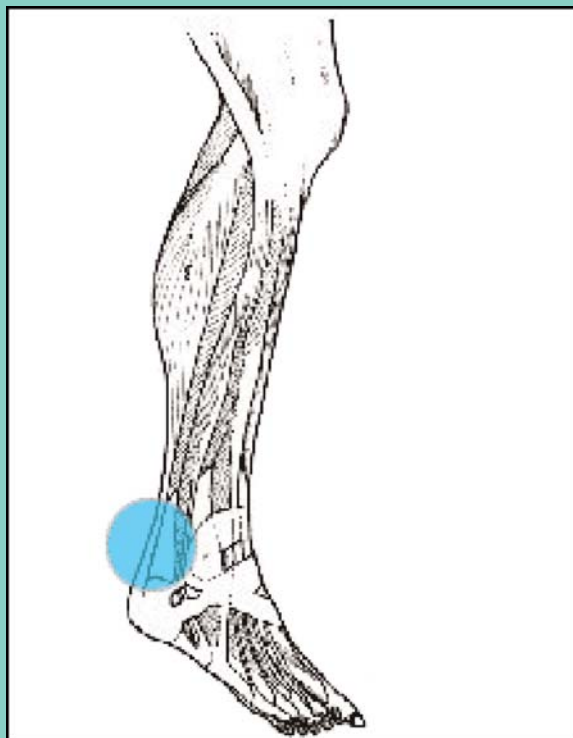
The Achilles is the large tendon connecting the two major calf muscles, (gastrocnemius and soleus) to the back of the heel bone. Under too much stress the tendon tightens and is forced to work too hard. This causes it to become inflamed.

Symptoms

A dull or sharp pain anywhere along the back of the tendon, but usually close to the heel. Also limited ankle flexibility and a cracking sound with ankle movement.

Causes

Tight or fatigued calf muscles, which transfer the burden of running to the Achilles. This can be due to



poor stretching, rapidly increasing distance, or over-training, excessive hill run-

ning or speed work, which stress the Achilles more than other types of running.

Self-treatment

Stop running. Take a course of non-steroidal anti-inflammatory drugs (ibuprofen / voltaren) available from your GP or pharmacist. Apply ice to the Achilles – for 10 minutes every 2 hours in order to reduce the inflammation. Avoid weight bearing activities and keep foot elevated where possible. Self-massage – using arnica oil or anti-inflammatory gel. Rub in semi-circles in all directions away from the knotted tissue, three times a day. Stretch the calf muscle gently, and don't start running until you can do heel raises and jumping exercises without pain. Full recovery is usually between six to eight weeks.

Five Simple Ways to Burn More Fat – by Bernadette Bostic

Do you want to look and feel better than you have in years – maybe better than you ever have before?

1. Lift weights

Now, before you start saying “I don't want to get big”, its not easy to get big and women don't have the necessary hormones to get big.

2. Eat breakfast

When you skip breakfast your body will go into starvation mode which will slow down your metabolism.

3. Interval Training

To be more effective at burning fat, you need to do interval training. This method involves exercising at a high intensity for a short period

of time followed by an active recovery. This will ‘rev up’ your metabolism and it will



stay elevated for some hours afterwards.

4. Stop doing the same workout over and over

At the beginning your body is new to the exercises and burning plenty of calories.

After 4–6 weeks your body will become used to it and therefore you need to

change your workout to keep your body guessing so that it continues to adapt.

5. Drink more water

Drinking more water will help to flush out toxins which may have caused your

body to store fat. It will also reduce water retention.

The hardest part is getting started and maintaining your motivation until fitness becomes a habit. If you can't do it on your own, get help. Don't let friends or colleagues sabotage your efforts. Once you develop the habit, your whole life will change for the better.

If you would like more advice, please ask the gym staff when you're next in, or contact the office to book an induction.

Human Kind



Chemicals: 5 Big Ones to Avoid

1. Artificial Musks – found in different products from baby wipes to detergents; They can disrupt the body's hormone system, have a long chemical life and can build up in the body. They have been found in the environment and in breast milk.
2. Parabens – found in cosmetics and bathroom products to stop them growing mould. They mimic oestrogen which is believed to interfere with the hormone system, which increases the risks of breast cancer.
3. Parfum – covers a multitude of different chemicals which should be avoided; they cause allergies in millions of people. Found in shampoos, baby products and cleaning products.
4. Phthalates – industrial pollutants that leak from the products that contain them, such as PVC, toys, clothing, flooring, wallpaper and cosmetics. They are ingested, breathed or absorbed into our bodies and they have been linked to fertility problems, foetal and birth defects and genital deformities. Products are not always labelled as having them.
5. Solvents – Solvents can cause irritation when absorbed through our skin, nails or when inhaled. They are used in nail varnish, nail varnish remover, dry cleaning and detergents, to name a few.

Source: Save Cash and Save the Planet (2005)

How Safe is your House?

You may have a very secure front door and bars on the windows, but have you ever thought about all the chemicals you are locking inside?

We fill our houses with lovely looking furniture and furnishings, which express our style and personality, and we keep it all clean with man-made products, but they can all be harming us by the toxins that get released.

What are they doing to us?

Scientists are now warning that manmade chemicals affect human health; causing decreased intelligence, reduced immunity, low sperm count, and cancers. It is not just the lotions and potions we use to keep us looking good either, but the chemicals that are released from computers, furniture, carpets and dry-cleaned clothes.

So what can we do?

It is not a matter of chucking out the old and bringing in

the new, but when something needs replacing, or you are planning on redecorating your home source more natural products.

– Use water-based paints or ones with a low Volatile Organic Compounds (VOC) rating; also ventilate rooms during and after painting.

– If you have to buy a new carpet go for one that is 100% wool with jute natural latex or wool backing.

– When purchasing new furniture, ensure it is made of solid wood and not MDF or Ply-wood, as these may also release toxins into our homes.

– Avoid PVC.

– Reduce the number of air fresheners you use around your home, open windows to clear the air and use natural oils instead.

– Do not use Teflon Pans, as they release fumes when they over-heat, instead opt

for stainless steel and iron-bottom cookware.

In addition, source new cleansing and cosmetic products that are less harmful or even make your own. There are many sites online that can help with this. One example is to use an avocado as a face mask for dry skin.

When it comes to cleaning you need to be aware that whatever you put in the water to clean the floors or the oven releases toxins which you will breathe in as you clean and then, when they get poured down the drain, they contaminate our water supply. Yes this water will be cleaned, but not before all those chemicals effect the environment. One way to tackle this is to make our own cleaning products, which can also save money.

– Bicarbonate of Soda (Sodium Bicarbonate) can be used to deodorise and clean

fabrics. Mix with water or sprinkle on dry.

– Lemon Juice can be used to clean surfaces and remove stains and limescale. If left in the fridge a cut lemon will absorb all the nasty smells. Mix it with water to whiten whites and brighten colours.

– Vinegar (malt or white wine varieties) can be used as a surface cleaner, stain remover, descaler, deodoriser and disinfectant. It can also work wonders cleaning windows: just mix with water, wash on, and polish off with screwed up newspaper.

– Olive Oil can be used as a furniture polish (use sparingly).

– Tea Tree Oil can be used as an antiseptic and a disinfectant. It is also effective on mould and mildew.

Illustrations by Andrew Kay