

44 PORTLAND PLACE

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Film Club *with John Wischmeyer*

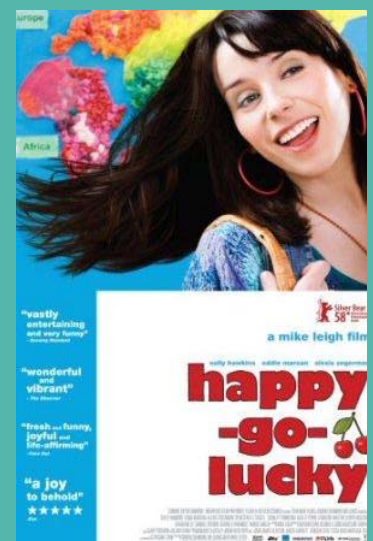
The Films of Mike Leigh 26 February 14.00



Mike Leigh's world moved from South London's 'Bleak Moments' in the 'seventies' to North London's 'Happy Go Lucky' last year. We will look at his films and the director himself.

Tickets:
Members £3.50
Day Members £6.00

We are offering all U3A members a £1.00 discount on our Film Club day membership in February.



Special Events in February

Members' Evenings

As the cold days of January draw to an end and February does not look much better, please don't forget that a warm welcome awaits you at the Club. In February we are running another Social Networking Evening on Thursday 12. If you are a new member or would like to introduce one of your friends to what we have to offer, why not come along at 6.30 for a glass of wine, a tour of our Grade II* listed building and a chance to meet other members. You can also meet some of our

members who are involved with running the activities found elsewhere in this newsletter. On 12 March we will be running one of our infamous quizzes so do book and come along to try to beat our champions!

Craft Group continues on Wednesday 18 February 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'. Alternatively, join those of us gradually making a simple patchwork

quilt for Project Linus – we should be starting to 'sash' the blocks, i.e. join them together to complete the top of the quilt.

The Spanish Conversation Group

has increased its number of meetings each month. There will be three meetings in February; 5, 19 and 26. All meetings take place on Thursdays at 11.00. The group now has a tutor to help keep them 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.

Art in London – 12 February

This illustrated talk will highlight the splendours of the Byzantine Empire, from the foundation of its capital, Constantinople in 330 AD by the Roman Emperor Constantine, through to the capture of the city by Ottoman forces. Speaker: Dr Margaret Knight. Exhibition at the Royal Academy until 22 March.

London Events in February 2009

Chinese New Year

Welcome in The Year of the Ox with the Chinese New Year celebrations. On 1 February there will be live performances in Trafalgar Square, fireworks in Leicester Square, with food just around the corner in China Town. Many events are being held across London to celebrate the start of the Year of the Ox, including the National Maritime Museum on 7 February, the Museum in Docklands on 8 February and a free exhibition at City Hall from 30 January to 27 February. See www.viewlondon.co.uk/whatson/chinese-new-year-london-feature-542.html



Designer Wedding Show, 13 – 15 February, Battersea Park

With love in the air this St. Valentine's Day, why not get a head start on planning a wedding or just seeing what's out there at the Designer Wedding Show. You will be able to find everything you need for the Big Day from hats to shoes, venues to flowers, and much more. See www.designerweddingshow.co.uk

Valentines Singles Ceilidh Night, 14 February, Hammersmith Town Hall

For all those singles out there looking for love, why not go along to the Valentines Singles Ceilidh Night. All dances are explained, so no experience necessary. You can dance the night away with the hope of meeting that special someone. For details see

www.ceilidhclub.com Pancake Day, 24 February

Why not burn off the excess calories from this year's pancakes by having a



race this Pancake Day. There are a number of races being held around the capital on 24 February, see golondon.about.com/od/februaryannualalevents/ss/pancake_day_4.htm for just a few. Many raise money for charity, so whether you want to take part or just watch from the sidelines, it's worth getting involved.

For Your Eyes Only, Imperial War Museum, until 1 March

Don't miss your last chance to see 'For Your Eyes Only', the Imperial War Museum's exhibition about Ian Fleming. It is an absolute *must* for any James Bond fan, and will be enjoyed by anyone interested in English literature and cinema. The exhibition explores Fleming's experiences which helped to create Bond. Look at the books and films, including some previously unseen artifacts, as well as examining how he created the worldwide fascination for spy literature. For details see london.about.com/od/februaryannualalevents/ss/pancake_day_4.htm



Small Business Club – Thursday 5 February

Marketing Clinic

18.30
(Adam Lounge)

For our next Business Club Meeting we are holding a clinic for members which will be run by Lou Ellerton, who works for a local marketing company, specialises in 'branding'. We will discuss common problems facing our small businesses at the moment.

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

Next month's session will take place on 5 March, and will look at internet networking for small businesses.

For those looking to start a business, we have a *Business Start Up* course due to start on Monday 16 February, for 7 weeks, between 18.00 and 19.30.

Contact the office for more details.

Book Club – Thursday 19 February

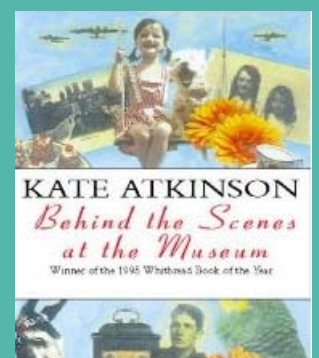
with Angela Broad

'Behind the Scenes at the Museum'

Kate Atkinson
14.30 – 16.00
(Adam Lounge)

We will be discussing 'Behind the Scenes at the Museum', which was Kate Atkinson's brilliant, quirky and funny debut novel. It tells Ruby Lennox's story and that of her chaotic and somewhat dysfunctional family over several generations. The novel won the Whitbread prize in 1995 and established Kate

Atkinson on the literary scene. You are welcome to come and join us – just turn up on the day. If you are a member at 44 Portland Place, membership of the book club is free.



Complementary Therapies: Acupuncture

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

Acupuncture takes a holistic approach to diagnosis and treatment, considering each patient as a whole, and as a unique individual. It can be used to preserve health as well as to treat illness. It can treat a wide range of conditions, from reducing pain and stress to increasing fertility. This month's article concentrates on fertility based acupuncture.

Acupuncture is now widely recognised for its effectiveness in enhancing fertility. Research has found that acupuncture therapy can have a positive effect on those trying for a baby, and can actually aid the conception process.

Fertility focused acupuncture treatment has been

found to increase blood flow to the reproductive organs, balance hormone levels, regulate the menstrual cycle and help improve the lining of the uterus and quality of eggs released. Additionally, conditions such as polycystic ovaries and endometriosis have also been shown to improve with regular Acupuncture treatment. Benefits to male fertility have also been found with positive effects on sperm count, morphology and mobility.

As trying to conceive can often be a stressful experience, many find that undergoing a course of acupuncture reduces associated problems such as anxiety, stress and insomnia and

helps to improve the chances of pregnancy by improving well being in general.

Acupuncture can also be used along side IVF treatments. Deciding to pursue IVF is not a step anyone takes lightly. It is a demanding process and often follows years of hope, frustration and grief. But there are things you can do to make the experience more pleasant and more likely to bring you the result you want, the birth of your baby.

Acupuncture can make a significant contribution not only to how you feel during your IVF cycle but also to your chances of success.

Treatments @ 44

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

Members of the British Acupuncture Council (BAcC) have completed a thorough training of at least three years in traditional acupuncture and biomedical sciences appropriate to the practice of acupuncture. They carry the letters MBaCC after their name. The BAcC maintains common standards of education, ethics, discipline and practice to ensure the health and safety of the public at all times. Members are covered by Medical Malpractice and Public/Products Liability insurance.

www.acupuncture.org.uk

Meet the Trustees: Vivien Van Hoof *profiled by Danette O'Hara*



Vivien retired in the Summer of 2008, and living close by, stumbled across Central Club. She joined the gym, which she describes as intimate, small and beautifully formed. She found all the Club's facilities relaxing especially the décor of the building, and the "friendly, supportive and informative staff". She attends some of the groups and events that Central Club has to offer and, admiring the whole operation, felt she wanted to contribute, which she did by becoming a trustee.

Vivien learned business and finance at the knee of her father, who was a post-war businessman. At the age of 18, she studied fine art in

Italy, and was part of the 1968 student riots in Naples. However, she realised she would not make a portrait painter so fell into a career in the travel industry, and became a Tour Guide for Thomas Cook, specialising in Italy. She worked in the Summers and spent her Winters researching for her commentary – 'a very happy period'.

In her thirties Vivien left work, gained a degree in History and Comparative World Religions, followed by Post-Grad study in Japanese History. She describes these as inspiring years.

She then spent twenty years working in a self-financing

University Language Centre as the Finance Manager, where the team succeeded in producing a surplus each year.

With all her career experience, especially in finance, Vivien is a member of the Finance Sub-Committee, as well as the Marketing Sub-Committee and Film Club Sub-Committee.

Vivien appreciates that she has had a very interesting life, but like everyone, it has had its ups and downs. She has a son who is disabled, who has given her two lovely granddaughters. Now she is retired, she plans to devote more time to her growing family.

Vivien loves gardening and animals, and will eventually have a rescue cat and dog, but, in the meantime she has done voluntary work for animal charities.

She also enjoys reading and feels she socialises too much...

Last year she took a road trip to Arizona with a girlfriend. Her favourite site was Monument Valley, made famous by John Ford and John Wayne. She also visited a ranch where they breed the rare white buffalo which are sacred to Native American Indians.

So what of the future? As a member of the Craft Group, Vivien is enjoying expressing her creative side, and would like to resume her painting.

As a keen international driver, she wants to take a racing car around the track at Brands Hatch or Silverstone, and maybe one day, go on a challenging rally.



Spirit of Thunder

Art in London: written by **Maureen Hunt**

BABYLON: MYTH AND REALITY: explores the Babylon of our imagination and the historic evidence for one of the great cities of antiquity at the moment of its climax and eclipse.

This was the theme of the talk given by Dr Irvine Finkel, Head Curator of the Babylon Exhibition at the British Museum.

The Germans carried out the main exploration of the site in the late 19th and early 20th centuries and the Berlin Museum – whose vast halls contain the reconstructed Ishtar Gate and part of the Processional Way – has lent whole panels of glazed blue and gold tile displaying bulls, lions and the famous 'Mushussu' dragons.

Dr Finkel argued that the Bible's Old Testament had won the myth battle over Babylon with its mass of legend and history from the reigns of Nebuchadnezzar and his successors, a period witnessed by the Jews of the 'Babylonian Exile', after the great king sacked Jerusalem in 597 and 587 BC and deported its elite to Babylon.

The Greeks wrote about Babylon, the Koran describes it. The Greeks were the first to mention the Hanging Gardens but the Bible remained the main source for some of the most powerful images: The Tower of Babel; the ordeals of Daniel; the madness of Nebuchadnezzar – reduced

to a naked, crawling creature eating grass; Belshazzar's Feast and the writing on the wall and the sinful city's cataclysmic destruction.

The show includes clay tablets recording the building of the Ziggurat by Babylonian kings, together with its measurements and a Berlin model reconstruction.

There is a map of the Mesopotamian world engraved on a tiny clay tablet, while another reveals a school lesson exercise copied from a curriculum, with teacher's notes on the back providing a human connection with this age gone by. The 60-part division of the minute and the hour is something we take for granted, but we owe our

watches and clocks to ancient scientists from Babylon.

This exhibition ends with modern barbarities: Saddam Hussein's cult of himself as the new Nebuchadnezzar, with his name engraved on each brick, and the damage done to Babylon since 2003 by American and Polish troops based among the ruins.



Club Nights

Quiz Evening

Thursday 12 March
18.30-21.00

Members £9.50 / Guests £11.50

Light supper included

Call 020 7079 2855 to book your places

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@inedamassage.co.uk
tel: 07952 339 497

For more discounts please see our website

Health and Fitness Event

Free sessions

Come along and try one or more of our studio sessions or drop-in and meet the gym team and have your fitness programme updated!

12.00 – 15.00 **In the gym:** Inductions, Abdominal Sessions, Interval Training, and Fitness Programming.

12.15 – 13.00 **Cardio Kick** – A combination of aerobics and martial arts/boxing based moves.

13.15 – 14.00 **Hi Lo Aerobics** – A mix of high and low impact moves to raise your pulse and tone your body.

13.00 – 13.45 **Free Weights Workshop**

14.00– 14.45 **Supple Strength** – A blend of Pilates, Yoga and Body Conditioning.

16.30 – 17.15 **Cardio Circuit** – A Dynamic Class which Alternates cardiovascular with muscular endurance stations.

16.30 – 19.00 **In the Gym** – Inductions, Abdominal Sessions, Interval Training, and Fitness Programming.

18.00 – 18.30 **Free Weights Workshop**

Contact the office for more details 020 7079 2855