

44 PORTLAND PLACE

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Photo taken by Danette O'Hara

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Groups @ 44

Film Club next meets on Thursday 18 February to watch *Orlando* (UK 1992 Sally Potter).

Gorgeous costume drama of Virginia Woolfe's 1928 fantasy biography portrays Tilda Swinton as an Elizabethan gentleman who lives into the 20th century and becomes a woman in the process.

Book Group Please feel free to drop into the book group which meets again on Thursday 25 February from 14.30 to 16.00 in the Adam Lounge. We will be discussing this year's winner of the Man Booker prize, Hilary Mantel's 'Wolf Hall'. A best-seller, this riveting and richly researched historical novel has Thomas Cromwell as its central figure. Cromwell,

who succeeded Cardinal Wolsey as Chancellor to Henry VIII, has usually had a bad press but here we see things from an unfamiliar angle, and most readers are hooked from the first line onwards.

The Japanese Conversation Group

Meetings take place on Tuesday evenings between 19.30 and 21.00. The group has a tutor with the fees split between attendees. They are currently working on 'Japanese for Busy People: Book 3'.

For more details please contact the office staff on 020 7079 2855 or

info@44portlandplace.org.uk

Craft Group will meet on 17 February between 13.30 and 15.30.

Bring any recently completed projects to 'show and tell' and a current one to continue with.

Knitting Group meets on the second and fourth Wednesday of each month, (10 and 24) between 17.30 and 19.30.

If you would like to join the group, just turn up on the night.

The **Craft Group** and **Knitting Group** would greatly appreciate any unwanted materials, such as odd balls of wool and knitting needles. If anyone has any to donate, please drop them off in the office.

If you have an interest and would like to share it with fellow members, you could set up a Group @ 44 and meet in the Adam Lounge, at a time to suit you.

Email Dani for more information, or to make suggestions.

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London Events in February 2010

Points of View: Capturing the 19th Century in Photographs

British Library

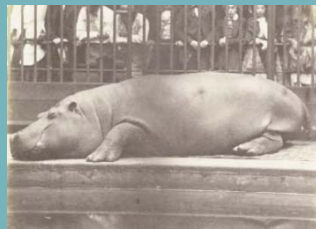
30 October 2009 – 7 March 2010

To celebrate 170 years of photography The British Library is displaying a selection of images from its 300,000 strong collection. The free exhibition draws attention to the progress photography has taken from an exclusive pursuit of the rich to a mass pastime. It also examines the different forms photography has taken and its usefulness since its invention in 1839.

Displaying rare and early examples of X-ray photographs, negatives, daguerreotypes and calotypes, the exhibition showcases rare nineteenth century portraits, war photography as well as

scientific experiments and shots of London street life. Images on show include William Henry Fox Talbot's photographic experiments with botanical specimens in the 1830's; Anna Atkins' beautiful and delicate cameraless images of algae taken between 1843 – 1853; some of the earliest images from the Far East; the construction of some of London's most famous landmarks; the 1852 image of a hippopotamus at the Zoological Gardens at Regent's Park; and workers taking a break from the construction of Crystal Palace around 1852.

www.bl.uk



Love In The Suburbs: Commuter Love

London Transport Museum
12 February

Fancy an alternative to the Valentine's Day dinner and drinks? Why not try London Transport Museum's temporary exhibition? With clips from Underground, Anthony Asquith's 1920's silent movie illustrating love on the Tube; take part in an aromatherapy workshop and the chance to take part in speed dating. £5-£7 for the Friday Lates, Speed Dating an additional cost.

www.ltmuseum.co.uk

Pub Quiz

The Old Queens Head,
Angel

Every Tuesday

If you fancy a pub quiz with a difference, then the Old Queens Head is the place

for you. The quiz takes place every Tuesday night from 7pm. With unusual rounds and prizes it is sure to be a good night out.

It is comprised of four rounds:

Kazzoo-Keoke – name that tune, played through a small instrument.

Sleeve Art – Pictionary style focusing on album, book and film covers.

Guess the Punch – Guessing the ingredients of a punch.

The Week That Was – answering questions on the biggest headlines of the past week.

Prizes range from free drinks, cash prizes, T-shirts and gift packages.

www.theoldqueenshead.com

London Reviews – by Laura Rigley

Food For Thought

31 Neal Street

One of my favourite haunts in Covent Garden is a hole-in-the-wall café by the name of Food For Thought. During peak times, this small café can appear to be bursting at the seams, but it is always worthwhile to stop in for a meal or a treat. Fresh, locally acquired ingredients abound in each and every one of the daily made, inexpensive dishes and a recipe book, which has seen its fair share of incarnations and is full of time-tested favourites (such as the apple crumble, one of my personal favourites), is available for purchase for a little less than a tenner.

Located at 31 Neal Street, just North of Covent Garden itself, café comprises of a busy take-away counter upstairs and a cosy eat-in area downstairs. A gallery space as well as an eatery, the cafe presently sports on its walls a smattering of artworks celebrating London attractions, including Food For Thought.

The café provides a fun and friendly, albeit somewhat noisy environment; it is not the location for romantic, candle-lit dinners, but is more the place for a casual meeting of friends. As a non-vegetarian myself, I like to merely enjoy the delicious, wholesome dishes, dealt out

in generous portions. The one and only draw-back of Food For Thought remains the establishment's cash-only payment policy.

Popular for a reason, Food For Thought is a Covent Garden landmark for vegetarians, vegans and general food enthusiasts. It could be construed as an institution and was the destination of choice for a group of friends and I last Saturday evening. We each tried the Mushroom Jalfrezi – a type of curry comprising of rice, vegetables and just the right amount of spices, all baked together – with the selection of side salads, all of which was agreed to be

lovely. Unfortunately, it was decided to be so lovely that dessert had to be foregone for a while.

One of my favourite dining options is the quiche (especially the leek, potato and mushroom quiche), served with a heap selection of salads, from greens to pasta to fruit. It has, as of yet, never proved a disappointment. Topped off with a crumble (sporting whatever fruits are fresh and in season) and foodie heaven can be achieved.

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

What is exercise-induced asthma?

Most people diagnosed with asthma will experience asthma symptoms when exercising and some who are not diagnosed with asthma will experience asthma symptoms, but only during exercise. This is a condition called exercise-induced asthma. Exercise-induced asthma is different from the typical asthma that is triggered by allergens and/or irritants. Some people have both types of asthma, while others only experience exercise-induced asthma.

Asthma is a chronic, inflammatory lung disease that leads to three airway problems: obstruction, inflammation, and hyper-responsiveness.

How does exercise cause asthma symptoms?

When breathing normally, the air that enters the airways is first warmed and moistened by the nasal passages to prevent injury to the delicate lining of the airways. However, for someone with asthma, the airways may be extremely sensitive to allergens, irritants, infection, weather, and/or exercise. When asthma symptoms begin, the airways' muscles constrict and narrow, the lining of the airways begins to swell, and mucus production may increase. When exercising

(especially outside in cold weather), the increased breathing in and breathing out through the mouth may cause the airways to dry and cool, which may irritate them and cause the onset of asthma symptoms. When breathing through the mouth during exercise, a person will inhale more air-borne particles, including pollen, which can trigger asthma.



What are the symptoms of exercise-induced asthma?

Exercise-induced asthma is characterized by asthma symptoms such as coughing, wheezing, and tightness in the chest within 5 to 20 minutes after starting to exercise. Exercised-induced asthma can also include symptoms such as unusual fatigue and feeling short-of-breath while exercising.

However, exercise should not be avoided because of asthma. In fact, exercise is

very beneficial to a person with asthma, improving their airway function by strengthening their breathing muscles and heart capacity.

How can exercise-induced asthma be controlled?

Stretching and proper warm-up and cool-down exercises may relieve any chest tightness that occurs with exercising. Breathing through the

are high (if allergy plays a role in the asthma).

- If inhaling air through the mouth, keep the mouth pursed (lips forming a small "O" close together), so that the air is less cold and dry when it enters the airways during exercise.

- Carry an inhaler, just in case of an asthma attack.
- Wear an allergy mask during pollen season.
- Avoid exercise when experiencing a viral infection.

A good sport for people with asthma is swimming, due to the warm, humid environment, the toning of the upper muscles, and the horizontal position (which may actually loosen mucus from the bottom of the lungs). A few other recommended activities and sports include:

- biking
- football
- golfing
- gym
- hiking
- short-distance track and field
- surfing
- walking
- aerobics

However, with proper management and preparation, most people with asthma can participate in any sport.

What Sets Us Apart From Other Gyms?

No Joining Fees – Just pay for the membership term you want.

No Minimum Term – You can join for just a day, or year after year.

Fees Starting From £5.00 – We have a range of fees to suit different needs.

Friendly, Approachable Staff – All our gym instructors are fully qualified and happy to answer any questions.

Relaxed, Friendly Atmosphere – The gym is used by women of all ages and abilities.

Women Only – The gym promotes an unthreatening environment.

Complementary Induction – Each member will need to complete an induction which includes a programme, and will have the opportunity to have a re-programme every eight weeks.

Lowering Blood Pressure Through Diet and Exercise – by Gemma Hill

Blood pressure is the force of blood pushing against the walls of arteries as the heart pumps blood around the body. This pressure rises and falls with increased and decreased activity levels. However, if the pressure remains consistently high, over time this can lead to coronary heart disease, heart failure, stroke and other health complications.

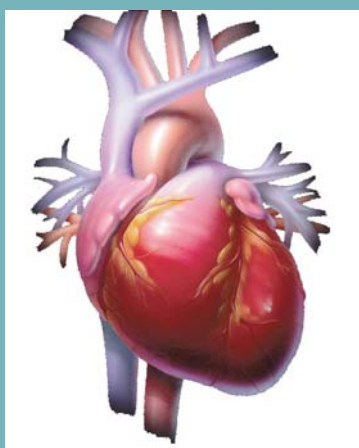
As high blood pressure usually has no symptoms it is important to have it checked regularly. If the reading is normal, then you can maintain this through regular exercise and eating a balanced diet, alternatively, if the reading is high, then it is important to seek treatment to lower your blood pressure to reduce the likelihood of developing serious health complications.

Living with High Blood Pressure (HBP)

If you have HBP, you will need to make lifestyle changes such as losing weight (if overweight or obese) following a healthy

eating plan, exercising regularly and if you smoke, STOP. Your doctor may prescribe medication which should be taken as per instructions.

Evidence from the National Institute of Health has found that individuals who focus on eating food's low in saturated fat, cholesterol and



eating more fruit and vegetables benefit enormously. In addition, limiting or excluding high salt foods such as the processed ready meals, bacon and not over salting foods when cooking are some of the first steps when embarking on dietary changes.

Small changes can make a big difference.

Eating less meat will reduce the amount of saturated fat in your diet. Focusing on having a few meals a week which exclude meat, can really be an exciting and tasty way to experiment with new foods and flavours.

Lentils and legumes can be added in place of meat to stews and soups, mixed with cous cous or rice flavoured with Moroccan or Indian spices they can provide a tasty lunch or dinner.

Switching from white bread and pasta to whole grain will

keep you feeling fuller for longer and provide much more nutritional benefit for your body. Swapping full fat milk and yoghurts for semi or skimmed milk can save you up to 3lb of fat a year!

Common Pitfalls when shopping.

When buying any packaged food product, always look for the phrase "natural flavourings and seasonings." Sodium is a natural seasoning and should be used in moderation or not at all depending on the severity of your case of hypertension. MSG (monosodium glutamate) is another natural flavouring that should be avoided. It is also a form of sodium and should be eliminated if possible. Many Asian seasonings and dishes are high in sodium and other minerals that can affect hypertension. Read labels and try to avoid foods with lots of additives and preservatives. You can season these to your own taste and have a much healthier diet.

Not a Gym Person, What About a Course?

If you are wanting to get fit but hate the idea of slogging it in the gym, or just wish to mix up your fitness programme, take a look at what we have to offer:

Supple Strength
2 February 8.00–8.45
7 weeks £44.50

Abs and Backs
4 February 8.00–8.45
7 weeks £44.50

Legs, Bums, Tums
8 February 8.00–8.45
7 weeks £44.50

Lunchtime Pilates
12 February 12.00–13.00
7 weeks £58.50

Pilates
22 February 19.00–20.00
7 weeks £58.50

Yoga
22 February 18.00–19.00
7 weeks £58.50

Pilates
23 February 17.45–18.45
7 weeks £58.50

Zumba
23 February 19.00–20.00
7 weeks £58.50

Belly Dancing
24 February 18.00–19.00
7 weeks £58.50

If you would like to see articles on particular topics, please email your ideas to danette.ohara@44portlandplace.org.uk.

Course Review: Zumba

Thought about doing a course with us? Hear what two students had to say about our Zumba course.

“ A couple of months ago, I heard the word Zumba for the first time. I really didn't know what it was. Someone told me it was a mix of many different dances and that it was very nice. I love to dance, so I gave it a try.

I did a course of seven classes at Portland Place and I really enjoyed it! Salsa, Latin, Samba, every kind of dance passed during the seven weeks. The teacher was very kind and enthusiastic. She encouraged us to try everything and sometimes she just asked us what kind of dance we wanted to do. Every week was different and a little bit more difficult. The course started easy and got

a little harder each week, so it was enjoyable for everyone.

Due to the group size of approximately ten women, all of the participants got a lot of attention from the teacher.

Some dances were there every week, so we really learned the moves. The dancing is great, but besides this, Zumba is also very good for your condition and shape. You have to move your belly and shake your backside a lot. Zumba really is a lot of fun and it improves your condition. So I want to encourage everyone to try it! ”

By Lenneke Minjon

“ I've followed the Zumba course on Tuesdays from October till December and it was really great. The teacher was very nice and enthusiastic. She always asked whether we had any injuries, which is a really important question because sometimes people won't say they have physical problems.

The place where the course was given, 44 Portland Place, was a very pleasant building with perfect changing rooms and showers. Also the people at the entrance were always polite and helpful.

Zumba is a good way of working out because you get to learn different kinds of dances and it is also easy to

practise at home. This is because with other dances you are dependent on other people to dance with, but Zumba can be practised individually which is very nice.

In the beginning the group of 10 people was maybe a bit too big for the room that was available, but after a couple of weeks we were left with 5 or 6, which was perfect. Also, when we were dancing in the room with 10 people, it became very hot.

After each lesson you are not only feeling great because of the workout but also because of the up-tempo and happy music. I couldn't stop smiling ”

By Lonneke Grijseels

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

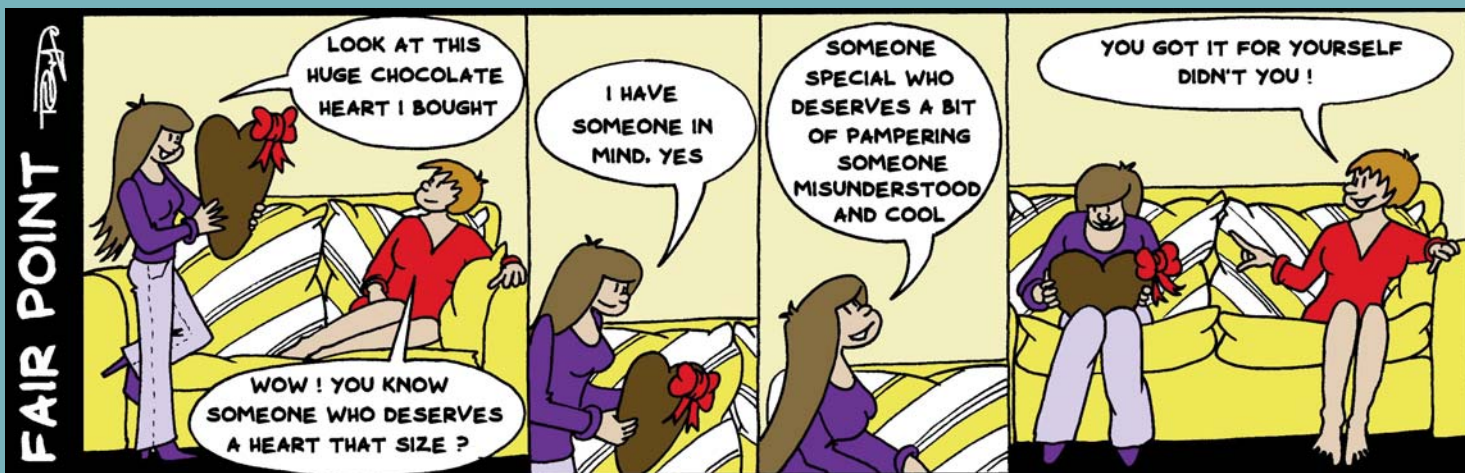
card. She has the following workshops scheduled at 44 Portland Place:

Crochet Granny Squares
8 February 7.00–9.00pm

Crochet Flower Brooch
17 February 7.00–9.00pm

Beginners Knitting
20 February 1.30–4.00pm

Crochet Granny Squares
24 February 7.00–9.00pm
www.teaandcrafting.co.uk



Cartoon by Penny Haynes www.bluebeancartoons.co.uk

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Human Kind



Hi,

I'm Willow, but my friends all call me Will. I would like to welcome you all to what I hope will be my regular slot, Human Kind. It is not a place for me to tell you about human beings, well not in the direct sense, but where I will share my ideas, tips and advice on being kind to the planet.

I will also write an article each month highlighting a particular issue I feel should be shared, but for this first edition I thought I would give some steps we could all take to get us started.

First 5 Simple Steps to becoming Human Kind...

1. Reduce, Reuse and Recycle.

This ranges from putting glass and plastic in recycling bins, to composting, to giving furniture a new lease of life. Every time you go to put something in the bin just think if there is another use it could have. Food scraps can feed your garden, paper can be recycled into new paper, and furniture can be altered or painted to create a new unique piece. If however, you really do not have use for it anymore, someone else might, so give it to a charity shop or offer it online (uk.freecycle.org is one such useful site). In addition, when you go shopping, think: 'Do I really need this?' Reducing the amount of materials we buy will ultimately reduce the amount of materials we throw away and end up in landfills.

2. Use your LOAF.

This is a practice to use when shopping:

Locally produced – Buying food that has been produced locally means less food miles and carbon emissions, support to the local economy and farmers, and less waste produced from extra packaging required to keep it fresh.

Organically grown – Growing organically is good for the environment; it leads to healthier soil, uses less fossil fuel energy, and is beneficial to wildlife rather than detrimental.

Animal friendly – 18% of greenhouse gas emissions are due to livestock farming, we could help reduce this by eating less meat and dairy products. Also avoid animal products that have been produced through intensive farming practices. Look for free range, outdoor reared/bred and freedom-food, but avoid farm/country fresh, as these are often used to sell factory farmed products. Organically reared

animals are also a good choice as they are subjected to high welfare regulations.

Fair traded – Trade needs to be sustainable and fair. People deserve to be paid a fair price for their produce.

3. Stop using plastic bags. Plastic bags may be convenient, strong, lightweight, and waterproof but they are very detrimental to the environment. Britain produces eight billion carrier bags a year, most of which get used once and end their very short life in landfill. You can make a stand and so no to the carrier bag. There are so many alternatives to a plastic carrier bag; different fabrics and boxes. Just make sure you take them with you for your weekly shop.

4. Turn the tap off when you brush your teeth. Although the world's surface is about 70% water, a lot of energy goes into making that water clean and drinking

quality. We can help by only using the water that is needed, i.e. turn the tap off when we brush our teeth, wash vegetables in a bowl of water rather than under a running tap etc.

5. Switch off and unplug unused chargers and appliances.

This not only applies to phone chargers, but leaving appliances on standby when not being used. Only 5% of the energy used by the UK's mobile phone chargers is actually used to charge phones, the rest, that's 95%, is used when the charger is plugged into the wall but not switched off at the socket, and it is completely wasted. Similarly leaving TVs DVDs and computers on standby wastes four million tonnes of CO2. By switching off and unplugging, the average household can expect to save £37 per year in electricity.

Illustrations by Andrew Kay