

44 PORTLAND PLACE

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Photo taken by Danette O'Hara

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Little New Year Poem

The New Year lies before you
 Like a spotless tract of snow
 Be careful how you tread on it
 For every mark will show.
 ~Author Unknown~

A new year is upon us and resolutions are on the mind. For those that are making them, we wish you luck in keeping them.

We hope you all had a great year in 2009 and that 2010 will be even better.

Groups @ 44

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 20 January between 13.30 and 15.30.

As they have not met since November, 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, (13 and 27) 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.

Book Group will next meet on Thursday 28 January, between 14.30 and 16.00. They will be reading "Middle Age: A Romance" by Joyce Carol Oates. Sculptor Adam Berendt is a man with a mysterious past. His death (in the novel's prologue) is life-changing for his many friends in the stylish community of Salthill-on-Hudson

just outside New York. The novel offers a darkly comic examination of their lives and values.

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.

danette.ohara@44portlandplace.org.uk

London Events in January 2010

Ms Understood

The Women's Library
8 October 2009 to 31
March 2010

Ms Understood: Women's Liberation in 1970's Britain celebrates the 40th anniversary of the country's first national Women's Liberation Conference at Ruskin College, Oxford. It was during this event that foundations were laid for the movement's key demands, such as equal pay, equal education and free contraception and abortion.

The exhibition explores the prelude, birth, rallies, media, fashion, politics, disagreements and victories of this crucial phase for improving women's rights.

www.londonmet.ac.uk/the-womenslibrary

Eco Home

The Geffrye Museum
13 October 2009 to 7
February 2010

Climate change is at the top of the political agenda at the moment and what better way to explore new greener possibilities than to visit the Geffrye Museum Eco Home exhibition. It explores the way that climate change and the state of the planet affects our homes and the way we use, decorate and inhabit them.

The exhibition will be loosely divided into four sections: reducing energy and water consumption; the life cycle of a chair and its impact on the environment; recycling; and eco-friendly materials.

www.geffrye-museum.org.uk

New Year's Day Parade

1 January 2010

Celebrate the 24th Anniversary of the New Year's Day Parade on 1st January 2010. Starting from 12 noon outside the Ritz Hotel on Piccadilly and finishing around 3pm at Parliament Street, you will get to see more than 10,000 performers representing 20

countries world-wide. See a marching band from Japan, cheerleaders from America, Morris Dancing from the Merrydowners Morris and much more. More than half a million are expected to turn out to see the fantastic spectacular as it weaves its way along the 2 mile route.

www.londonparade.co.uk



London Reviews

Fabric

77a Charterhouse Street

I went to Fabric on a Friday night in July. We pre-booked tickets online, which cost £30.77 for 2, which meant that we had a priority entrance. When we got there we went straight in, and into a queue. We had to go up a flight of stairs, pay or show tickets, back down the stairs and into the club. From here we had to go down stairs to one room, then down some more stairs into the other two rooms. Being a newbie I got lost very quickly, and didn't really know where to go, but after a wander around soon adapted to the large scale.

The music in each room on our wander, and throughout

the night cannot be faulted, so if like what's scheduled you will definitely not be disappointed.

The crowd was a good mix of people, all very friendly and chilled, but from appearances, from different walks of life. There are loads of staff which mean its clean and tidy with no glasses and bottle covering the floor.

There are three rooms, each with a different sound, all with good sound systems and brilliant lighting. I'm a drum and bass fan, but so was everyone else it seemed. It was so packed at one point I had to stand still. At this point I decided to go and get another drink, and started chatting to others who had the same idea.

If you're a serious party animal, like me, you will still be around when the crowds start to thin out, and then there's plenty of room to dance your socks off.

I was really unsure about the dress code before hand. The website just said no day glo or fancy dress, but I was told it had a reputation for all day glo. Ended up wearing jeans, nice top and heels, but once I got in there wished I had worn trainers. Its really relaxed dress code, with such a mix of styles you'll fit in whatever you wear.

We had pre-planned our journey home, but Fabric operates their own cab service which has had very good reviews. They let you know the price before you get in,

which is reasonable, and not waiting.

I personally didn't love this club. It was a good night, but too busy for my liking, and for the price I paid to get in and drinks, I came away a little disappointed. I didn't get to dance the night away as planned, but instead had to wait till 3 in the morning before I could really start. But if you're prepared for that, or like being a sardine, then I guess you couldn't find anywhere better.

www.fabriclondon.com

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

Over Indulging Over the Festive Season – by Alexa Jarzebowska

Christmas can often be a time when a lot of us throw caution to the wind and really over indulge... a little too much turkey or cake, one too many glasses of wine, beer or Port. We start January with good intentions to lose weight and get fit but by February many of us want to escape the dark mornings, damp days and hide under a duvet and eat toast. If any of this strikes a chord then here are a few tips to help you through the festive revelling.

First off... Eat Breakfast. We all know that eating breakfast is a good idea but why is it particularly important over Christmas? Overnight our blood sugar levels drop so when we awake, we are in an energy deficit as it were. By eating breakfast, we stoke up the internal fire that fuels vital metabolic processes as well as everyday mental and physical functions such as walking and talking. If we skip breakfast our blood sugar drops outside the desired parameters (which

are in fact closely regulated by a hormone called insulin) and we can get symptoms such as fatigue, food cravings, dizziness and irritability. At this point we are likely to want to reach for something that will "pick us up" like a caffeinated drink or sugary product. We are also highly susceptible to over-eating. Have you ever noticed the food choices you make if you go food shopping when you're really hungry (i.e. blood sugar has crashed)?

Heartburn, indigestion and bloating are the scourge of Christmas as sales of Gaviscon and Rennies go sky high... mince pies and slices of Stilton come back to haunt us. What can be done to avoid this cruel and unusual fate this Christmas? Heartburn occurs because the sphincter between the stomach and oesophagus relaxes, allowing acid to reflux causing a burning sensation, belching and a sour taste in the mouth. So avoiding or at least limiting the following may help reduce it:

stress, smoking (nicotine), tight clothes, lying down, large meals, fatty foods, spicy foods, onions, alcohol and even tea and chocolate (as these contain theophylline). Instead eat fibre rich foods: more green leafy vegetables, opt for sweet potatoes, oats, wholemeal bread, brown rice, wholemeal pasta. Eat at least three hours before going to bed and try to have smaller portions (start with less on your plate or reduce the size of your plate).

Thirdly, chewing your food properly: perhaps not fifty times each mouthful as that's a bit of a conversation killer, but taking time to eat does actually have physiological benefits. Firstly, good digestion actually starts with the sense of sight, smell and sound as they stimulate the brain to release chemicals that cause saliva and gastric juices to be secreted. The mechanical action of chewing helps breakdown the food particles so they can be easily digested in the small intestine as opposed to ferment-

ing, which can lead to bloating, discomfort and indigestion. Saliva lubricates the food particles but also contains an important enzyme called amylase which starts of carbohydrate breakdown.

Finally alcohol. No righteous or unrealistic comments here just a few tips to help you navigate through the next week. Often we can drink too much because we are actually hungry. So try having a small protein-rich snack before drinking such as a handful of unsalted nuts and seeds (walnuts, brazils, almonds, pumpkin seeds, sunflower seeds), quails egg dipped in celery salt, or smoked salmon on rye bread. This will help to sate any hunger pangs as well as balance the disruption the alcohol may cause in your blood sugar levels. Also, match every alcoholic drink with a glass of still, plain water as alcohol is dehydrating.

Body Fat – by Sam Mendis

Body Fat Percentage

What is body fat percentage?
How do you measure it?
What is a healthy range?

The amount of body fat you carry and your body fat percentage make a difference to your body shape and your health.

Your shape is affected by body fat percentage because muscle tissue is more compact than fat – i.e. 1lb of fat would be bigger than 1lb of muscle tissue in size.

So a women who is 5ft 6ins weighing 140lbs (10 stone), who does regular exercise with the emphasis on toning, will have a lower body fat percentage and look slimmer than a woman of the same height and weight who does not exercise, as they would have a higher ratio of body fat.

How is body fat measured?

Body fat is measured using a Bioelectrical Impedance Machine. This can insure that

body fat is measured accurately. It works by sending a very low level electrical signal through the bod, normally by standing on sensors on a body fat monitor. The signal travels very quickly through lean tissue which has a high percentage of water and is therefore a good conductor of electricity. Whereas it travels more slowly through fat, as fat has a lower percentage of water and is a poor conductor of electricity.

Bioelectrical Impedance devices use the information from this signal to work out body fat percentage.

A healthy body fat percentage for a woman between the age of 20 and 60 would range between 20 and 30 percent. Over 30 percent is considered unhealthy.

Why not book in for a body fat percentage check. Just contact the gym for details.

MESSAGE BOARD

Resolutions – by Gemma Morris

As a New Year dawns on us,
And everywhere Christmas lights fade,
That party dress gets tucked away,
Resolutions get made.

Holiday Season is over,
Decorations go back in the box,
Everyone returning to work,
Wearing dodgy stocking filler socks.

Whether quitting, learning, starting, forgiving,
Or a mix of all the above,
Finding your feet, finding yourself,
Or going in search of love.

Deciding to travel the world,
Or helping shape the way in which we live,
Changing selfish habits,
Less talking means more to give,

Aim to make a difference,
In everything you do.
Reach for your goals. Never stop.
Resolutions like dreams, are down to you,

Just like years before it and those to come.
I'll be gone in the blink of an eye.
So stop if-ing, what-ing and regretting.
The one that just past you by

Set your mind and follow through,
With the decisions you made in December,
Life is what you make it, live it for you,
Make this one a new year to remember.

44 Portland Place Member Discounts

Holistic Treatments!

The Holistic Coach, Gemma Petherbridge, is a Specialist in Kinesiology and Hypnotherapy. She would like to offer Members £10 off their initial consultation, so that is just £65 for 90 minutes and then £5 off subsequent treatments, which means £55 for 1 hour.

To contact Gemma email info@theholisticcoach.co.uk, or call 0778233950. www.theholisticcoach.co.uk

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:

Crochet Granny Squares
14 January 7.00–9.00pm

Crochet Flower Brooch
20 January 7.00–9.00pm

Beginners Knitting
23 January 1.30–4.00pm

www.teaandcrafting.co.uk

India Links

India Links, a local shop selling evening wear, silks, hand embroidered clothing, pashminas, shawls, jewellery and accessories are offering

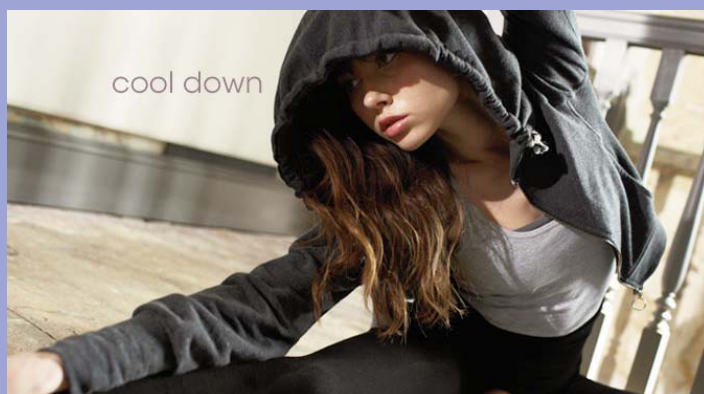
members a 10% on production of their membership card.

317 Regent Street, London, W1B 2HT
tel: 020 7637 1070

Sweaty Betty

On production of your membership card you can claim 10% off all ranges at Sweaty Betty.

www.sweatybetty.com
21 Beak Street, London, W1F 9RR



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