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Photo by Danette O'Hara

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Join the Club!

We hope you enjoy being a member at 44 Portland Place and that you want to continue to attend the events and use the building and its facilities. If so, now's the time to renew your Club Membership as it will expire at the end of August (the membership year runs from 1 September to 31 August).

Anyone who takes out membership between now and 31 August will be given up to 2 months free membership, so why not

recommend a friend join or perhaps give Club Membership as a gift.

Member benefits include use of the lounge and café, membership of the Film Club and Book Club and the opportunity to participate in a range of other events throughout the year. There are also offers to be had, with discounts for Members including meals at **Ozer** and **Pizza Express** in Regent Street.

Alternatively, for women, the Club Plus membership (annual subscription of £67.50), gives you the previously mentioned benefits plus unlimited use of the changing rooms and sauna, including towels, shampoo and hairdryers.

Membership fees can be paid by cheque or credit/debit card (phone 020 7079 2855) by cash in person.

Holiday Issue

This newsletter covers the holiday period of July and August. After these relaxed summer months, September sees the Club springing into Autumn action with the **Book Club**, **Craft Group**, **Networking** and **Film Club** resuming. New courses will kick off then too, so you can keep on feeling that Summer spring in your heels a little while longer. Watch the website and the next newsletter for further details.

Silents are Golden



One very special feature of our Film Club Autumn Programme is a screening of **'A Cottage on Dartmoor'** (Anthony Asquith 1929) on 27 November.

There will be a regular afternoon screening and a special evening screening with piano.

In the words of Simon McCallum from the BFI, **'A Cottage on Dartmoor'**

is something of an historical anachronism in that it was not an entirely silent film. When Joe sneaks in behind Sally and Harry at the 'talkies', Asquith playfully references his film's status at the precarious transition between two eras, spotlighting the soon-to-be-unemployed orchestra'.

John Wischmeyer, our film studies lecturer, leads the Film Club into the Autumn season. See our website or fliers for full programme details.

The Art of Travelling Light: *packing tips for the traveller*

Have you ever spoiled your holiday by taking far too much or by not taking the right things with you? Whether you are off for a month's trek across the Sahara or a weekend in Cornwall, here are a few tips to help you to pack more efficiently.

First, create a list of items that you think you might need – this makes a little self discipline easier. OK, clothes are necessary, but without the following essential items, you could spend a miserable time.

Essential items

Check you have your passport (and visa if you need one), currency and train/boat/airline tickets. Never enter a country without a little local currency. It's a good idea to take a list of phone num-

bers for your credit cards in case they get stolen and numbers from traveller's cheques in case you lose them!

Make sure you have copies of all hotel confirmations and travel documents, and keep them separate from the originals.

Take maps with directions from the train station or airport to your hotel.

It's hard to get prescription drugs if you're travelling abroad, so take a sup-

ply with you. It's also often cheaper to buy sun protection products before you go away as they can be more expensive abroad. It also leaves a little space in your suitcase on your return trip that you can fill with souvenirs or any new clothes you've bought.

Clothing

Whenever possible, take clothing made from thin, synthetic fabrics which generally take up less space and dry quickly if you need to hand-wash

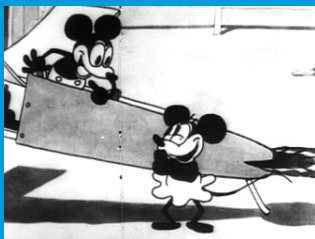
them. Get together a pile of clothes you think you'll really need and try to include some that you can hand wash and re-wear. You'll probably be surprised at how few items you will actually wear!

It's always a good idea to take a small bag in case you want to bring back souvenirs (saves buying an extra bag abroad).

Happy packing andBon Voyage!

In Flight Exercises

Many people are flying off on their holidays now and some may be preparing for long-haul travel. In an aeroplane, the dehydration caused by the dry air may thicken blood and the low cabin pressure, combined with immobility in cramped seats, may cause blood to collect in the legs. Try to walk up and down the aisle as much as possible and try the following exercises to increase the body's blood circulation and to prevent your muscles from becoming stiff. Do them for three or four minutes every hour.



Ankle turns

Lift your feet off the floor and move your toes in a circle, one foot moving clockwise and the other anti-clockwise. Change direction and repeat.

Foot lifts

Place your heels on the floor and bring your toes up as high as you can. Then put both feet back flat on the floor. Then pull your heels up while keeping the balls of your feet on the floor.

Knee lifts

While keeping your knee bent, raise your leg while tensing your thigh muscle. Repeat 20 to 30 times, alternating legs.

Shoulder rolls

Raise your shoulders and then move them forward, downward and then backward in a smooth circular movement.

Arm bends

Start with your elbows on the armrests and your hands pointed forward so that your lower and upper arms make a 90-degree angle. Take turns moving your left and then your right hand toward your chest and back, and continue for 30 seconds.

Upper-body stretch

Stretch both arms over your head. With your right hand, grab your left wrist and pull it slowly to the right. Hold for 15 seconds and change arms.

Shoulder stretch

With your right hand, grab your left elbow and pull your outstretched left arm slowly toward your right shoulder. Hold for 15 seconds and change arms.

Neck roll

Relax your shoulders, let your head drop to your right shoulder and roll your head slowly to the front and then to your left side. Repeat five times.

You could also limit alcohol and caffeine which may contribute to dehydration,

drink water regularly, and walk briskly through the airport during flight changeovers.

Other in-flight measures

- Reduce your risk of DVT
- drink plenty of fluids
 - avoid alcohol and caffeine before and during the flight
 - keep your legs uncrossed
 - wear comfortable, loose fitting clothes.

Art in London: Jenny Karski writes about the talk on Constable

We had a very enjoyable session of **Art in London** this month, on **'Constable and the British Romantic Landscape'**. The talk was given by **James Hicks**, well-known to members and a very entertaining speaker from the Tate Galleries, who provided us with a fascinating insight into the life of Constable and his paintings. It was particularly interesting to be able to trace Constable's development of a particular theme or idea, by seeing slides of early sketches and then comparing them with the later, more detailed final works.

Constable lived from 1776 - 1837 and his paintings are so famous today that it is easy to forget what an innovative figure he was. He thought that there was a kind of falsity about conventional painting at that



The Hay Wain by John Constable

time and he aimed to be true to the landscape that he saw around him, saying - "There is room enough for a natural painter..."

He would go out into the countryside with his enormous canvases and paint there for days until he was satisfied that he had captured the essence of the place, rather than doing some quick sketches and then completing the work in the conventional way in

his studio. He painted what he saw and loved. He once said - "Painting is but another word for feeling", and his works such as "The Haywain" are infused with his own experience of life and the landscape.

By the end of the session we had not only learned a great deal about Constable's paintings and the techniques that he used, but also about the man himself, his aims and

aspirations, his love for Maria Bicknell and his love of the landscape in which he lived.

On 10 July, Rebecca Drew will talk about works at the National Portrait Gallery, including pictures from the recent exhibition entitled 'The Blue Stockings'.

The Blue Stockings were a circle of celebrated women writers, artists and thinkers who challenged the limits of what women were expected to achieve in eighteenth century Britain.

Art in London resumes in the Autumn with a talk giving insights into the exhibition, 'Hadrian: Empire and Conflict', at the British Museum. The presentation focuses on the life, love and legacy of Rome's most enigmatic emperor (Thursday, 11 September at 11.00).

Georgian Evening



By popular request, we are holding a second Georgian Evening, with a walk through the area around Portland Place, led by Stephen Astley from the Sir John Soane's Museum. The second evening will take place on **Friday 12 September** and tickets are selling fast so book soon to avoid disappointment.

Tickets

As this is a very popular event, tickets are limited to 2 per member and cost £8.50 (members) and £10.00 (guests) to include light refreshments.

Booking

To book fill in a booking form, available from the office, and send with a cheque made payable to the YWCA Central Club to 44 Portland Place, London W1B 1NE or call 020 7079 2855 and pay by credit or debit card.

Networking: Lucy Medhurst reports on the June session which focussed on 'buying and selling online

The main points we discussed at the June meeting were:

Purchasing goods:

There are too many sites to mention, including Expedia (for travel), Amazon (for cheap DVD's and books) and EBay. You can find literally anything on your dream list.

Payment for goods:

It seems best to set up an account with a company to make payments secure. Most people use 'PayPal' and feel that this is the best way to make a transaction. Paying by postal order is a safe way too. You can make your purchase by sending a cheque but this does mean that your bank details have been passed to someone that you don't know and can have security implications. Alternatively, you can pick up your goods

from the 'sellers' premises and pay by cash but we felt this could put your safety at risk.

Comments: When looking at the items for sale there will be ratings and comments from other customers who have made purchases from the 'seller' previously and this will give a good indication if the source is trustworthy.

Selling: Many people are prepared to buy on-line; however, selling seems to be a little daunting. There's quite a lot to prepare such as photographing your items, writing accurate and tempting descriptions, etc. However, once you have mastered this it can make a reasonable income and is an excellent way to de-clutter.

It is a good idea to keep an eye out for on-line sales sites because you

can get information regarding items that are very popular with collectors and their value – your possessions may be worth more than you thought!

We shared our experiences of procurement; one member of the group has an agent (her mother) and sold small perfume bottles and lots of Star Wars Lego figures for a tidy sum of money. Another member found a DVD of a favourite children's programme from the 1960s that brought back wonderful memories.

The Club very kindly offered the use of its technology and computer area in the Kinnaird Room to look at websites. This is a facility for companies who wish to rent premises at 44 Portland Place for technology training or

presentations in a fully equipped environment. The club also runs Digital Photography and Photoshop courses here.

We look forward to seeing you at this month's meeting on **Thursday 10 July**. The topic is **'How to Make and Keep Friends in London'**.

London is a big city, and making friends within it can seem difficult. Some of us find friends through our workplace, others through interests – have you any ideas you'd like to share? Come along and join in the discussion. It will be great to see you and hear your ideas.

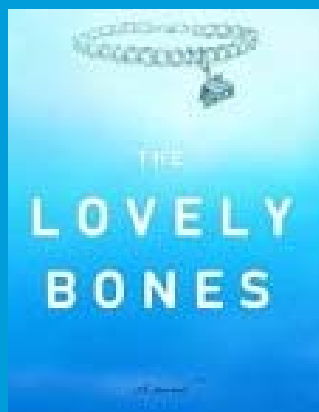
Networking evenings

resume in the Autumn on Thursday, 11 September at 18.30.

Book Club: Report by Angela Broad

bookclub@44portlandplace.org.uk

On Thursday 19 June the **Book Club** met to laugh over **'The Uncommon Reader'**. We found it subversive as well as funny and thought the Queen would probably enjoy it! We will meet again on Thursday 18th September to discuss Alice Sebold's debut novel **'The Lovely Bones'**. This was a best-seller in both the US and the UK when it came out a couple of years ago, and has been a great hit with book clubs in both countries. The subject matter sounds grim – the story of



a murder narrated from heaven by its victim but actually it is engaging, moving and very positive in its feel. The victim is in heaven after all...

Membership of the Book Club is free to members of 44 Portland Place. If you would like to join us just come to the Adam Lounge at 14.30 (till 16.00) or pop into the cafe for a tea or coffee first (cafe open until 14.30) if you like. If you can't make September but would like to join us after that, there will be a meeting on the 16 October. We have made a provisional choice of **Sebastian Faulkes' 'Engelby'** for that month's read. (See the

newsletter in the Autumn to confirm this).

If you have any questions about the Book Club, email Angela Broad or contact the office on 020 7079 2855.

Meet the Staff: *Iain Campbell* interviewed by *Marilyn Green*



Iain Campbell's role at Central Club splits into two halves, by day he assists the Accounts Department and in the evening he's Duty Manager.

Iain Campbell grew up outside Glasgow. He studied Applied Maths at University there, expecting to work for one of the great Scottish engineering firms. By the time he graduated, however, they had closed and there was mass unemployment in the region.

Iain found work with the Tax Office, then the Post Office. Ever wondered how newsagents learn to be sub-postmasters? Iain trained them. After ten days with him they were on their own.

Many of Iain's friends travelled south in search of work. Eventually he followed them, settling in West London. This was the '70s and if you are too young to remember them you really missed something.

Iain adored the punk scene and its alternative

music, and was invited to sing with a number of bands. One night a friend asked him to help out in a Soho bar. He worked there for four years, meeting many wild and wonderful characters.

Then he spent six years at The City Lit as an administrator, greatly enjoying its artistic atmosphere. What he likes best about his present job is its variety, and the elegant premises. And the members of course...

Thai Yoga Massage

Thai Yoga Massage (or "Nuat phaen boran" in its original language) is a type of body work native to Thailand that involves stretching and deep massage. The system was founded in North India more than 2,500 years ago, but reached Thailand along with Buddhism in the 2nd or 3rd century BC.



Traditional Thai Medicine is based on the concept of an energy system comprising 72,000 'sen' lines through which energy is transformed and distributed in the human body. This is similar to the system of 'nadhis' found in Ayurvedic medicine and yoga, and the meridians system found in Chinese Medicine.

Thai Yoga Massage works to stimulate, open and balance the flow of energy through the sen lines to assist the body in its natural tendency towards self-healing. This is achieved through rhythmic manipulation of sen lines, mobilisation of joints, passive stretches and applied Hatha Yoga asanas. In practice the massage unfolds like a continuous and

rhythmic dance, as the therapist uses hands, feet and elbows to apply pressure to important points along the sen lines. This releases blocked energy and frees the body's own natural healing potential, thus restoring balance, health and harmony, and general well-being.

Thai Yoga Massage exemplifies the four divine states of mind described in Buddhist teachings. These are: loving kindness, compassion, vicarious joy and equanimity. Thai Yoga Massage is traditionally taught and practiced with the aim of embodying these states in action. For this reason the massage is sometimes referred to as 'meditation in movement'. During a good Thai Yoga Massage the receiver

should experience this meditation as a state of clear, calm and vivified embodiment.

Thai Yoga Massage is practiced on the floor. There is no need for the use of oil. Treatment is applied through loose comfortable clothing and is beneficial for people of all ages and flexibility. No one is taken beyond his or her own personal limit.

For more information about therapists practising Thai Yoga Massage at YWCA Central Club, please contact the office.