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Photo taken by Danette O'Hara

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News and Events

Full Picture

The Full Picture has just moved in. From this month they will be hosting their fortnightly discussions in the Adam Lounge. As such, you have been invited to the 25th Full Picture Club Session. It will be held on Monday 7 June from 6.00pm.

The Full Picture is a news club that brings together a

network of female thought leaders with the aim of discussing issues that make headlines on a national or global scale. The discussions are thought-provoking, stimulating and robust with the aim of involving more women in the pressing issues of the day.

All discussions are held under 'chatham house rules'.

Regular contributors include individuals from various media outlets including, The New Statesmen, The Guardian, The Independent, Channel 4, and Press TV. The Club also attracts contributors from corporate, think tank and NGO backgrounds.

Attendance is strictly via RSVP. Please contact contact@nabilapathan.co.uk

Women's Business Club

The next meeting will take place on Thursday 3 June from 6.30pm.

"Promoting Your Business Online" presented by Lana Hersak, Business Adviser.

Using websites, blogs and social networking platforms to promote your business and engage & communicate with your customers.

Book Group

The Book Club will meet on Thursday 17 June from 2.30pm in the Adam Lounge.

This month's book is Ian McEwan's latest novel 'Solar'.

This is McEwan's funniest novel for some time, reminding us of the talent for the absurd and for satire shown in his early fiction. As so

often, he tackles big scientific and moral ideas and themes and makes them utterly accessible and entertaining. His central figure, Michael Beard, is a self-indulgent, self-obsessed and self-deceiving scientist and womaniser who becomes an accidental champion of climate-change science...

You are welcome to join us to talk about the novel in the Adam Lounge between 2.30pm and 4.00pm.

Photography Group

This is a new group, which will meet once a month to discuss a specific project.

Just turn up on the day to join in! The next meeting is Tuesday 15th June from 6.30pm. We have been set the project 'The Joy of

Summer'.

Produce a set of 10–12 selected photographs showing the 'The Joy of Summer'. Produce a brainstorm and set yourself a direction, plan and implement your found direction by experimenting with ideas, ready for presentation at the next club event.

Think about the word 'joy' and 'summer' separately at first, doing a brainstorm each, and then combine the two to form an idea (direction). Once you established your direction, plan your implementation and also investigate in already existing photos and how the chosen photographs use certain techniques. You might gain extra inspiration from those, then go out and enjoy yourself, taking pictures. Be criti-

cal while taking the pictures, take your time with each shot and remember it is not the quantity, but the quality that pays off. To spend 20 minutes on one composition is worth more than photographing 20 different images in that time.

At the end, evaluate and choose a set of 10–12 photographs and present those together with your brainstorms and research. Think along the lines of having to sell your idea and come up with a good mini-presentation.



London Events in June 2010

Intelligence Squared Debate: Fashion Maketh Women

Central Hall Westminster

17 June

Women and their relationships with fashion can vary from life dominating to completely non-existent. This debate will explore the influential factors such as fashion companies and magazines dictating purchases and the drive of the latest must-haves.

Guest speakers include Linda Grant, author of "The Thoughtful Dresser" for the motion and Susie Orbach – Psychotherapist and author of "Fat is a Feminist Issue" on the against side.

Tickets cost £12.50 to £25. The event will also be broadcast live on www.intelligencesquared.com/live.

iq2-fashion.eventbrite.com.

Chroma / Tryst / Symphony in C

Trafalgar Square

10 June

The Royal Opera House has teamed up with BP to offer Summer Big Screen showings of world class opera and ballet. There will be various places



around the country, including Canary Wharf and Trafalgar Square.

For an evening of ballet, attend Chroma / Tryst / Symphony in C on 10 June. The performance is due to start at 7.30pm

Turn up early to grab a good spot, but make sure you bring a cushion or a blanket as all seating is stone pavings.

www.roh.org.uk/whatson/bpbigscreens/venues/trafalgarsquare.aspx

Covent Garden 180th Birthday

Covent Garden

18 – 20 June

Covent Garden is 180 this year, and to celebrate there will be a huge, free, two-day party in its heart.

The weekend of 18–20 June marks the 180th anniversary of the opening of Covent Garden's iconic Market Building. Situated in the centre of Covent Garden's piazza, the Market Building is a structure so recognisable it has become a hub for the worlds of fashion, design, food and entertainment.

The Covent Garden Real Food Market will be extended, starting on the Friday. The area will be decked out with balloons and bunting for the weekend. There'll also be musical entertainment, children's workshops and a giant birthday cake.

www.coventgardenlondonuk.com

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:

Loom Knitting
16 June 7.00 – 9.00pm

Easy Knitted Socks
17 June 7.00 – 9.00pm

Beret Knitting with Circular
Needles

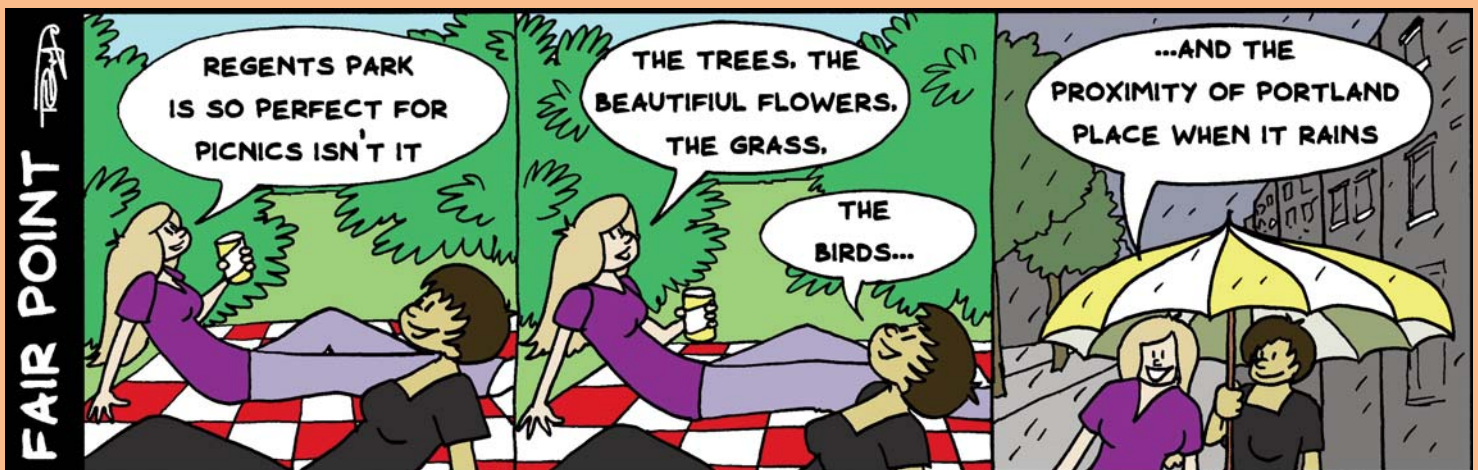
19 June 1.00 – 4.00pm

Jewellery Making Evening
22 June 7.00 – 9.00pm

Crochet Granny Squares
24 June 7.00 – 9.00pm

Amigurumi Crochet Dolls
30 June 7.00 – 9.00pm

www.teaandcrafting.co.uk



Cartoon by Penny Haynes www.bluebeancartoons.co.uk

Avoiding Dangerous Situations – by Bernadette Bostic

The key to being successful on any fitness or nutritional programme is having a plan for situations that might throw you off course.

You need to take the time to think and plan ahead.

Go through your cupboards and fridge and throw out all the junk and processed food. Lets face it, if it's not there, you can't eat it.

You might want to think about writing a food diary. That way you can actually

see in black and white what you've eaten. It's very easy to forget the little snacks and calorific drinks that seem to slip into your mouth.

Plan your meals and snacks so you know exactly what you are going to eat. That way you'll avoid just eating anything, especially junk food, just for the convenience.

If you've made reservations for a new restaurant, why don't you look at the menu

online or ring up and ask if they could make some slight adjustments to your meal to make it healthier for you? If all else fails, see it as a treat and get back on track the next day.

Take healthy meals and snacks with you to work and avoid the vending machine like the plague.

Make sure that your friends, family and work colleagues know that you are on a mission to lead a healthy lifestyle, so that they'll avoid

putting temptation your way.

Avoid the freebies (biscuits, sweets, etc) that are left out at seminars, conferences and meetings. I know they are very tempting, but free or not they react the same way in your body.

You can have treats now and again but make sure that it doesn't become a daily habit.

Be consistent and you will reap the benefits.

Pilates – by Gemma Hill

Pilates is a safe, low impact method of body conditioning devised by Joseph H. Pilates for health, fitness and rehabilitation. He believed that your mind and body should act as a team to gain optimum results. He devised a series of 34 exercises to integrate breath control, fluidity, precision, strength, and flexibility, creating a body awareness that eliminates haphazard and counter-productive exercising, emphasizing control and form.

All of the main muscle groups are worked on, including the smaller important ones that are deep within the body and often neglected in conventional exercising. Strengthening and mobilising all the joints.

Joseph Pilates developed his mat work series to include the use of specific apparatus originally designed to give support and resistances to allow a greater range of movement.

Benefits

- overall fitness and tone

including core stability

- improves posture, balance and alignment
- greater flexibility and strength
- develops and increases coordination
- corrects muscle imbalances
- enhances performance for athletes
- injury prevention and rehabilitation
- stress management
- improves breathing and circulation

Joseph Pilates always said that "one must move without tenseness".

By this he meant that during exercise, only the muscles needed for the activity should be engaged, while all other muscles remain relaxed.

With Pilates, you learn to put at ease those muscles not required for the task at hand.

Pilates instructors use verbal guidance and physical touch to demonstrate the movements and increase individuals own awareness.

Pilates is now a main stream exercise phenomena, with many celebrities endorsing its benefits. As the term 'Pilates' is not protected it is advisable that you check the qualifications of the instructor and ask them how long they have been 'practising' Pilates. It is also advisable that you ask the instructor if the class is 'fitness based' or rehabilitation focused as many classes

offered in gyms and privately are fitness based, therefore the aim of these sessions is to increase strength and stamina and not rehabilitation.

Pilates can be challenging and rewarding. It is important that as with all exercise individuals exercise at their own level and work with what is comfortable for your own personal body.

Studio Classes

If you haven't booked onto the Belly Dancing or Yoga class, there is still a chance. Places are filling up FAST and numbers are restricted.

Belly Dancing
Wednesdays 6.00–7.00pm
02/06/2010 - 14/07/2010
7 weeks £58.50

Yoga – All levels
Mondays 6.00–7.00pm
14/06/2010 - 26/07/2010
7 weeks £58.50

A Legs, Bums & Tums class will help you to tone your muscles, burn calories,

improve general fitness as well as improving bone density. So, get your body ready for the summer.

Legs, Bums & Tums
Tuesdays 7.00 – 8.00pm
15/06/2010 – 13/07/2010
5 weeks £42.00

Have you always wanted to try those exercise balls you've seen in the gym but didn't want to embarrass yourself by falling off?

Core Ball Conditioning
Wednesday 7.00 – 8.00pm
21/06/2010 – 01/09/2010
7 weeks £58.50

Human Kind



Growing your Own...

It can be so rewarding, be it fruit and vegetables or flowers. If you want to produce your own food, you can ensure its fresh and organic, which will also improve the flavour. Flowers also have a tendency to be more fragrant and, being fresh, will more than likely last longer than the shop alternatives.

This benefits your health, gives you fresh organic food, gentle, relaxing exercise and reduces your carbon footprint with less food miles. A win-win situation!

Enjoy the sunshine and vitamin D,
Will

For Peat's Sake

Peat is an organic matter that is formed in wetlands and moors. It is a popular ingredient for many commercially-produced composts. However, there are three main issues concerned with peat extraction:

Habitat destruction

When peat is extracted it disrupts the natural landscape and destroys habitats of numerous creatures and plant life.

Sustainable resources

British bogs are at a record low, and are being dug up much quicker than they can replenish themselves.

Currently peat is being extracted at a rate of three million cubic meters every year and they only grow at a rate of 5mm per year taking thousands of years to reach harvestable depths.

Climate change

Approximately one third of the peat we use comes from

Britain, the rest being imported. The amount imported is also expected to rise as more UK peat bogs come under environmental protection.

The government originally set targets of being 90 percent peat-free by this year, but has failed as 50 percent of compost formulations are still peat-based. In March this year they set new targets for reducing peat in garden compost. They have stated that all composts for home gardeners must be peat-free by 2020.

Using Peat

We can help by switching to peat-free alternatives. However, there is a difference between using peat-based and peat-free products. If you used them side by side and treated them the same, the peat-based would more than likely come off the as the better, but if you are sensitive to it, the peat-

free compost will sometimes outstrip the peat-based. It is just a matter of watering and feeding.

Peat free products, on the whole, have better water retention. This is good for the summer months when hot weather can dry out pots of composts over the course of a day. However, in winter this can cause problems with water logging. This can be combated by keeping it in mind when watering or by adding in grit or sharp sand to create better drainage.

A technique that has been found to be successful is watering and feeding little but often, so the same amount of water or feed, but at shorter intervals.

Making your own

Composting creates a medium very high in nitrates, which is not suitable for use as a potting compost.

However, it can be mixed with other ingredients to make a suitable medium for potting, or used as it is as a soil improver.

Leaf mould is another medium which can be created completely free in your back garden. Made up of decomposed shrub and tree leaves, it is low in nitrogen, making it a good partner for home and garden composted waste. However, it takes a long time for them to decay, one to two years. They should be placed in a bag or wire bin, which will encourage fungal action, and should be kept moist.

There are many recipes for homemade composts. One example is to mix five parts of leaf mould to one part of sand. Potting on compost can then be made from mixing this seed compost with equal parts of garden compost.

Illustrations by Andrew Kay