

44 PORTLAND PLACE

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Photograph taken by Danette O'Hara

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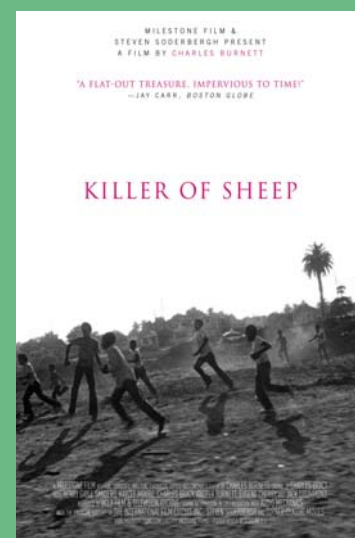
Film Club with John Wischmeyer

Killer of Sheep Charles Burnett (1977, US) 26 March 14.00

Set in the Ghetto of Watts, Los Angeles, the film explores the life of Stan, who is growing frustrated with his life working at a slaughterhouse.

Provoked by his inability to have an affect on his working-class life, he finds pleas-

ure in moments of simple beauty: 'the warmth of a coffee cup against his cheek, slow dancing with his wife in the living room, holding his daughter'. The film is merely a presentation of life – 'sometimes hauntingly bleak, sometimes filled with transcendent joy and gentle humour'.



Special Events in February

Members' Events

March will be a busy month in the Club with two special events for members and guests. *International Women's Day* is celebrated all over the world. If you are free in the afternoon of Friday 6 March, do join us to watch 'Bride and Prejudice'. Popcorn included. If you are only free in the evenings and enjoy a little bit of light-hearted competition, there are still tickets left for our next Club Quiz on Thursday 12 March. Tickets priced at £8.50 which includes a light meal. This is still good value in

these credit crunch times. Bring others to make up a team or come on your own and make new friends. We look forward to seeing you there.

Craft Group continues on Wednesday 18 March 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'. If you do not currently have anything on the go, get festive and start making some Easter cards. Some materials will be avail-

able, but feel free to bring any others you would like to use.

The Spanish Conversation Group

will be meeting on 5 and 19 March. Each meeting will take place on a Thursday 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 March

This talk focuses on the life and work of the Flemish artist, Sir Anthony van Dyck (1599-1641) – the greatest painter in seventeenth-century Britain – and his work at the court of King Charles I.

Led by James Hicks.
Exhibition at Tate Britain, 18 Feb – 17 May.

London Events in February 2009

**Between the Covers:
Women's Magazine's
and their Readers**
1 November 2008 – 25
April 2009
The Women's Library



Indulge yourself with this captivating, colourful and fun new exhibition that tells you everything you need to know about women's magazines.

How do magazines influence women's lives and reflect their readers? *Between the Covers* is the exhibition to

chart the evolution of women's magazines from the 1600s to the present day, showcasing some of the most influential and innovative titles, telling the stories behind their success. A chance to discover and reflect on your own favourite magazines with sections devoted to love and relationships, fashion and beauty, house and home; mapping how magazines have responded to women's changing aspirations.

www.londonmet.ac.uk/thewomenslibrary/whats-on/exhibitions/betweenthecovers.cfm

**Million Women Rise
March, 7 March,
Portman Square**

Join this march, and stand up against male violence towards women. The March starts from Portman Square at 12 noon, and will go along Oxford Street, Regent

Street and Piccadilly. There will then be a Rally and Celebrations in Waterloo Place, between 14.30 and 17.00.
www.millionwomenrise.com

**Birds on Bikes,
7 March, Dragon Hall
WC2**

The London Cycling Campaign has organised an evening bike ride in honour of International Women's Day. Although it is a female-focused event it is open to all. You don't even need to own a bike, as they can be hired for just £12.00 from Simon (www.gopedal.co.uk) if you mention Birds on Bikes.

The ride will last from 18.30 until 21.00 and passes many London sights.

There will be an opportunity to meet fellow riders at the social event from 21.00 until 22.30.
www.lcc.org.uk

**St Patrick's Day Parade
and Festival**
15 March

The Parade will start from Park Lane at 12 noon, and will follow Piccadilly along to Trafalgar Square, ending at Whitehall Place.

The Festival will include a stage in Trafalgar Square, showcasing Irish music and dance, a food market in Covent Garden and a giant Ceili in Leicester Square.
www.london.gov.uk/stpatricksdlay



Small Business Club – Thursday 5 March

March

**Internet Networking for
Small Businesses**
18.30
(Adam Lounge)

This month's Business group will be led by Lana Hersak-Mullins, a business adviser at QSA Street Cred.

April

Next month's session will take place on 2 April and will look at Marketing via Email with Victoria Hatch Echo-Data (www.echo-data.co.uk)

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

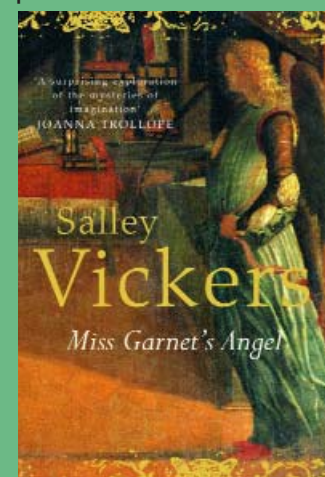
Book Club – Thursday 19 March

with Angela Broad

**Miss Garnet's Angel
Salley Vickers**
14.30 – 16.00
(Adam Lounge)

This month's book of choice is Salley Vickers' debut novel, *Miss Garnet's Angel*. It delves into the life of Julia Garnet, a retired English schoolteacher who spends six months in Venice after her lifelong companion dies. Julia's travels lead her into a soul-altering journey, where she falls in love with Carlo, and befriends Sarah and Toby. However, people are

not exactly what they seem. Can the Angel Raphael's watchful spirit help good prevail?



Complementary Therapies: Kinesiology

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

Kinesiology is a successful and growing complementary therapy that has helped many people recover from symptoms and illnesses like allergies, asthma and stress. It also has a number of other benefits such as increasing energy and vitality and enhancing brain function and co-ordination, making it worth while to those with good health. In addition, Some people consider kinesiology to be one of the best methods to use to uncover and help the underlying causes of health problems that are difficult to find by any other means.

Kinesiology uses a range of gentle yet extremely

powerful, simple, non invasive, techniques, blending principles of Traditional Chinese Medicine and western practices. This allows a kinesiologist to treat you in a truly holistic manner, drawing on other healing techniques and modalities and integrate them into the session, where appropriate. Counselling and reiki are just some examples. This leads a therapist to establish connections between imbalances, prioritise the issues to be dealt with, and then establish the most effective treatment. Therapists can advise on lifestyle changes, nutrition, stress reduction and diet, as well

as using various techniques to improve the functioning of the body on all levels.

Kinesiology develops very unique sessions for each individual, restoring balance to your system to create and maintain health and well-being.

Treatments @ 44

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

The Association of Systematic Kinesiology (ASK) is a recognised accrediting body for Systematic Kinesiology.

ASK maintains a list of registered professional (kinesiologists).

If a Kinesiology Practitioner has (Dip. ASK) or (Cert. ASK) after their name, they have completed the necessary training accredited by ASK.

There are however, other training organisations who are equally able to teach kinesiology without ASK accreditation.

Art in London: written by Carole Holland

Byzantium 330-1453
Thursday 12
February 2009

Dr Margaret Knight gave a most interesting overview of the exhibition currently running at the Royal Academy, highlighting the splendours of the Byzantine Empire. Dr Knight is an Art Historian with experience in adult education at the Victoria and Albert Museum.

Dr Knight chose to focus on the context of the exhibition and the links between Ancient Rome in the West and the growth



of the Empire in the East. She explained how the growth of Christianity during the third century AD, especially among the wealthier classes, increased the number of artifacts which became much more elaborate. She explained how the Empire had grown in the East

after Diocletian had established co-rulers or Augusti to govern the vast Empire.

Much of Dr Knight's fascinating talk focussed on the Emperor Constantine and his role in establishing religious freedom. She also showed us, using examples from the exhibition, how the nature of the City changed and became more firmly Christian and oriental in character. She illustrated how the opulent reliquaries and paintings incorporated oriental techniques. The City attracted very

skilled craftsmen and artists who executed a style of art unique to Byzantium.

The exhibition is at the Royal Academy until 22 March 2009



International Women's Day 2009

Bride and Prejudice

Gurinder Chadha (2004 UK) with Margherita Sprio

Friday 6 March 14.00 – 16.30

Come and watch this reinvented classic romance over popcorn.

Tickets

Members: £3.50

Day Members: £6.00



Would you like to contribute to our newsletter?

You can review a course or event that you have attended.

Alternatively, would you like to offer our members a discount for a product or service that you can provide?

email any contributions to Dani:
danette.ohara@44portlandplace.org.uk

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

Club Nights

Quiz Evening

Thursday 12
March

18.30-21.00

Come along to try and beat our reigning champions

Tickets £8.50

Light supper included

Call 020 7079 2855

to book your places