

44 PORTLAND PLACE

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Photo taken by Danette O'Hara

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Groups @ 44 News

Book Group

This month's meeting is on Thursday 25 March from 2.30 until 4.00pm when we will be discussing Sebastian Barry's acclaimed novel – winner of the 2008 Costa Award – "The Secret Scripture". This takes the form of a dialogue between two accounts of the past life of Roseanne McNulty, believed to be approaching her hundredth birthday, and once one of the loveliest

girls in County Sligo but now a patient in Roscommon Mental Hospital. Roseanne has hidden her secret journal under the floorboards but the psychiatrist, Dr Grene uncovers another account written by a local priest....

Knitting Group

We are changing our meeting times!
 We will now meet on the second and fourth Tuesdays of

each month between 17.30 and 19.30.

It is a free event for members, to share ideas and advice on current and future projects. We welcome people at all stages and help is often on hand.

Craft Group

The craft group will not be meeting in March. If you can't wait for their next meeting, feel free to drop in on the Knitting Group.

Women's Business Club @ 44

This is a business networking club, open to all women who are either running or thinking of starting their own business.

We always meet on the first Thursday of each month, 6.30pm – 8pm.

For every meeting we arrange a speaker to do a presentation or a workshop on business related topic. There's always plenty of time for networking afterwards. As there are rarely more than 25 people at each meeting, there is plenty of opportunity to really get to know other members and build productive business relationships.

The Club was started nearly two years ago by Elaine Smith. As a small business owner she felt there was a need for a place where she could meet other entrepreneurs and exchange advice and ideas. At the beginning of this year, Elaine asked Lana Hersak to take over the running of the Club. Lana is a business adviser and has been a regular member of the Club since its beginning.

Upcoming events

"Selling Is Not About Selling – A View From the Elevator"
 4th March – free
 Speaker: Jim Price, Business Counsellor

"Clear your clutter – manifest your dreams!"

1st April – £5
 Speaker: Birgit Medele, Professional Organiser & Motivational Speaker

"Promoting your business online"

6th May – free
 Speaker: Lana Hersak, Business Adviser

Find us online

We have a brand new blog! Visit us at <http://wbc44.wordpress.com> and find out about the club events and news. You can also subscribe to our blog, to make sure you don't miss

out on the latest updates.

We are also on LinkedIn and Facebook – just search under groups for 'Women's Business Club @ 44'. In the interest of privacy both groups are 'closed', which means that you have to become a member in order to view the content. .

Speakers wanted

Could you be our next speaker?

If you would like to share your knowledge, expertise or an inspiring story with other women entrepreneurs, please contact Lana on lane.hersak@ymail.com

London Events in March 2010

Half Moon Open Mic...

Herne Hill

Tuesdays

Do you have a performer in you bursting to get out? If so, get down to The Half Moon pub in Herne Hill on a Tuesday evening for their Open Mic Night. If not, you can go and see the talent London has to offer. It takes place between 8.30 and midnight.

www.halfmoonpub.co.uk

Boogles Master Class.

Marylebone, London

3 March

Thinking of starting a business, or would like to learn how to better manage your current one? Boogles is

holding a Masterclass to give you practical advice and tips. Learn how to read a Profit & Loss Account and Balance Sheet and more...

The Masterclass has two sessions: 3pm – 5.30pm and 5.30pm – 8pm, £25 each or £45 for both.

www.booglesltd.com

Terry O'Neill: New and Unseen

Chris Beetles Gallery

17 February – 6 March

Do not miss this exhibition of one of Britain's most popular photographers. O'Neill's work has been exhibited globally.

This exhibit will give collectors an opportunity to pur-



chase previously unavailable prints.

www.chrisbeetles.com

The Hero Inside

Menier Gallery

16 – 20 March

This exhibition documents black culture in comics and cartoons from stereotypes

to current images. Work by notable animators and storytellers will be supported with artwork of local children.

www.meniergallery.co.uk

London Reviews – by Samantha Hulas

VitaOrganic

74 Wardour Street

VitaOrganic is quietly tucked away at the far end of Wardour Street, and so understated that you could actually walk past it without realising. The interior décor is barren, the windows bare. What really stands out are the number of heavy, clumsy wooden stools and tables, crammed up together awkwardly. Little do you realise that you too will soon also be crammed up together awkwardly with complete strangers, and that the beautifully carved wooden seats are murder for anyone above five feet two in height, are extremely wobbly and are generally uncomfortable. It would seem that eating healthily is the new sack-

cloth-and-ashes of modern life – no pain no gain, and no entry to vegan heaven without some sort of discomfort.

That brings me on to the waiting staff. Customers are required to queue and read the many lists high up on the wall, scribbled in garish colours. There seem to be lots of choices. When asked what these choices are or mean, the staff affect that usually bored air of “don't-you-know-what-that is?” that is so common to health-food establishments. And as they walk off sighing, you can almost hear their thoughts – “why do they let these sorts of people in here?”

In fact, the two women who are supposedly serving seem more interested in moving

food from one container to another, than actually interacting with anyone. This means you can stand there like a lemon being flatly ignored by women half your age for some considerable time. The man taking the money is a bit more helpful, although he had to tell one of the “girls” three times before she stopped strolling listlessly from counter to counter and actually served someone. Three customers also left because VitaOrganic do not accept anything but cash.

But having said all of that if you can survive the furniture and the staff, the food is among the most delicious in London and not badly priced for the location. It is both healthy and filling and does

not leave you bloated. The time in which it can take to get to you varies however, according to whether or not the staff have something better to do. But once it gets there – wow! There are also a wide variety of buffet choices too, all crammed with pulses and fresh vegetables and combined beautifully. The person I took with me started off saying she would never go there again, but after she ate, she was asking when we would go back!

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

5 fitness questions answered – by Rachel Furness

How can I get a flat stomach?

Abdominal exercises such as crunches will develop the underlying muscle but a “six-pack” won’t show if it’s hidden under a layer of fat. For a high calorie-burning exercise, try running or power walking to slim and strengthen your core, in addition to a healthy diet. To work the abs, pull your belly button in towards your spine.

Breathing normally, hold it for 10 seconds. Repeat this 10 times, 2 or 3 times a day, and make it into a habit, which builds muscle memory (ideal to do while you are waiting for the bus or tube!)

How do I tone my arms?

One of the most challenging areas for women to tone is the upper body. Women generally have far less upper body strength than men, but there are plenty of exercises you can perform to help combat flabby arms and weak chest muscles.

Triceps Dips – Triceps dips are exercises you can perform to improve the shape and size of your arms. You’ll need to sit on the edge of a strong chair or bench. Place your hands next to you on the edge of the chair with

your fingers pointed forward. Then lift your behind off the chair and bend your elbows, moving down towards the floor. Gently raise back up again. This is an excellent exercise for toning the arms.

Bicep Curls – When performing bicep curls, you want to make sure you raise the weights in a controlled motion. Lowering is just as important as lifting the weight. You should perform bicep curls on the same days you do triceps dips, so you evenly spread the weight bearing exercise to your arms.

Push Ups – Most women have trouble performing a standard push up. The good news is you can perform a modified push up quite easily. Simply rest your hands and knees on the floor instead of placing your weight on your hands and feet.

Gym Exercises for the Arms

- Lat pull-downs with bar
- Chest Press with weights or bar
- Shoulder Press
- Triceps pull-down
- Bicep Curl with bar

Do I need to stretch during and after exercising?

Stretching helps to make you stronger. Don’t throw yourself into a stretching routine the minute you enter the gym as stretching cold muscles is pointless and could even be harmful because you could pull something. Instead, start your workout with at least 8 minutes of warming up to get your muscles and joints moving – cycling or brisk walking are perfect. After the warm-up, stretch out each muscle group, holding each stretch for a minimum of 20 seconds. This helps to prepare your muscles for your workout. End your workout with 5-10 minutes more of stretching, paying attention to glutes (bottom), abs (stomach), back, hamstrings (behind the knee) and calves. Stretching is essential if you don’t want to be sore later and it increases your range of motion.

What are the best fat-burning exercises?

Cardiovascular exercise is the only way to shift extra inches, but steer clear of endless exhausting sessions – it’s much more effective to exercise at a higher intensity

to burn more calories overall. Perform intervals while walking, running or cycling or any exercise that makes your heart beat faster and makes you more breathless – work very hard for 20 seconds, recover for at least a minute and then repeat. Just 5 minutes skipping can burn approximately 30 calories, while walking uphill can burn 40+ calories.

Will exercising on an empty stomach burn more fat?

Many women think that if they don’t eat before a workout, their body will use fat for fuel, but going straight to the gym without having anything to eat first will make you tire quickly and your workout will be less effective. It may even cause you to feel dizzy or faint. For optimum energy, improved performance and a safer workout, have a healthy carbohydrate-based snack (about 200-300 calories) between 1 and 2 hours before you exercise, such as a banana, yoghurt, nuts and raisins or a slice of toast.

Four Light and Healthy Meal Options – by Bernadette Bostic

We’ve all done it - felt a bit peckish, gone to the cupboard and grabbed the biscuits. Here are three light and healthy meal options that will fill you up without piling on the pounds.

Tomato soup

Because the soup has such a **high water content** it can

help fill you up quickly and stop you from reaching for the chocolate

Wholemeal wrap packed with salmon and salad

Tortillas with salmon and green leafy salad make a tasty lunch. The wholemeal wrap has **fibre** and the salmon provides **protein**.

Mixed bean salad

Take a can of mixed beans, add chopped peppers and your favourite leafy green salad. Why should you eat this? Beans are full of **soluble fibre, helping lower high cholesterol levels**.

Sardines on toast

Sardines are packed full of beneficial **omega-3 fats, which help prevent heart disease**, a good enough reason to give this old classic a try.

Human Kind



This month's issue will focus on **Waste** and what we can all do to stop so much being produced.

Fact: If each one of the UK's ten million office workers used one less staple a day, 120 tonnes of steel would be saved every year. (Change the World 9 to 5).

You can do your bit by investing in a stapleless stapler. This will also save money in the long run as you need never buy staples again.

See below for more.

Have a lovely March
Will

Waste: Reduce, Reuse Recycle

According to Save Cash and Save the Planet the average UK person will throw away their body weight in rubbish every three months. Another figure they have published is UK households throw away enough rubbish to fill the Albert Hall *hourly*.

When rubbish is sent to landfills we lose the natural resources. This is damaging to the environment for a number of reasons:

- It creates a demand for extracting new resources, which uses energy
- It uses natural resources which are not infinite and they will eventually run out.
- The environment then has to deal with decomposing the rubbish, which can cause the release of damaging chemicals and gases, as well as taking longer to do so when in a landfill.

We need to become a more sustainable society and leave resources available for future generations.

We need to start thinking of the resources we throw away, how they can be reduced, reused, recovered, recycled and if all else fails, how to best dispose of them.

Reducing

Minimise. Avoid. Prevent.

This can refer to any part of a products life cycle. When buying a new product think 'Do I need it?' 'Can my existing one be fixed or upgraded?' If you still need to buy a new one, choose one with the smallest environmental impact. Try buying things which are ethically traded, organically grown, and as natural as possible to reduce their impact.

The durability and life expectancy should also be considered. If an item is more durable and well made, it will last longer and prevent you from needing to buy another one. It may cost more initially, but it is often worth while financially in the

long term. Companies are becoming greener, designing with upgrading and durability in mind.

Reusing

Buying from charity shops and second hand shops, passing on unwanted items to be reused by others and returning equipment back to manufacturers for them to remanufacture are all good ways of reusing products and materials.

Refurbishing furniture is a Human Kind way of redecorating and redesigning your home. Containers can be reused as plant pots or storage devices.

Reusing can also be incorporated into everyday essentials such as getting milk in glass bottles which are returned and reused.

Recycle

If it is essential to buy it in the first place, and it cannot be repaired or updated, and it is no use to anyone else it

should be recycled wherever possible.

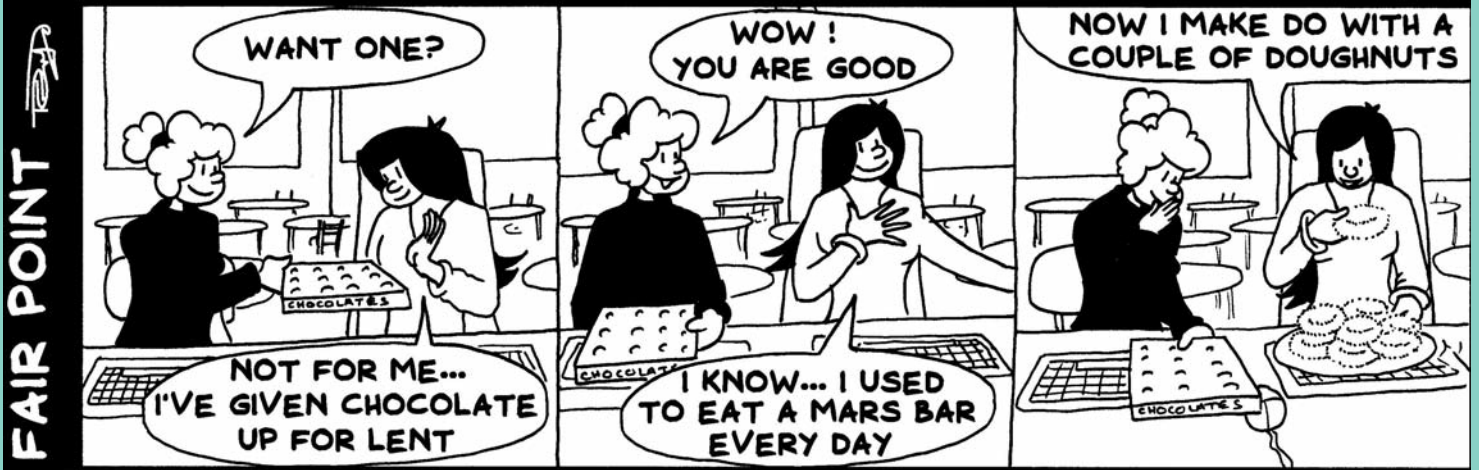
Although it uses energy to recycle materials it reduces the demand for raw materials, lessening the impact on the environment cause by extraction. The extraction of some materials can destroy the natural environment and local wildlife habitats. It also uses less energy to recycle products than it does to extract new ones.

Recycling has not been successful until it has come full circle. To ensure companies opt for recycled materials in their products society has to make a demand on them to do so. So, wherever possible buy products that have been made with recycled materials.

Finally

Know that each purchase, each product, each act that you do will influence and help make a future for us and generations after us. (www.wasteonline.org.uk).

Illustrations by Andrew Kay



Cartoon by Penny Haynes www.bluebeancartoons.co.uk

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:

Crochet Granny Squares
8 March 7.00–9.00pm

Beginners Knitting
20 March 1.30–4.00pm

Amigurumi Crochet Dolls
22 March 7.00–9.00pm

Wire Wrapped Ring
24 March 7.00–9.00pm
www.teaandcrafting.co.uk

Course Review: Pilates

Thought about doing a course with us? Hear what one of our students had to say about our Pilates course.

“When I saw the notice board on the steps of 44 Portland Place I knew at once that it has been put there for me! Looking for a Pilates class for years, I had been deterred by the prices in Central London, but there was one within my means and only one street away from where I worked!

A first I expected a lot of creaking and twanging from a protesting set of seventy year old muscles and pathetic bleats could be heard from my mat, but

Anne is such a wonderful teacher that you are never pushed into knee-trembling agony and going at your own unstressed pace you can still walk upright at the end, and go home feeling an inch taller.

So Ok, I might never be able to balance on one foot with my eyes shut, but minor triumphs keep me optimistic. Best of all is the welcome characteristic of the sessions – Pilates at No. 44 raises the spirits as well as the backbone.”

By Christian Bailey

What Are You Into?

We have a range of groups and clubs that run on a monthly or bimonthly basis, from Business Club to Knitting Group. We do suit many tastes, but maybe not yours. Come and tell us what groups you would be interested in joining and we may be able to help start it.

Are you a Photographer in your spare time?

As we run very popular Digital Photography courses, there are many members who obviously have an interest in the area. Would you be interested in joining a group that meets once or twice a month. Our

Photography tutor has agreed to set projects to keep us inspired.

Do you want to be ‘Greener’?

A few members of staff have been talking about green issues, including growing there own. They would like to set a base for exchanging ideas and advice on becoming ‘greener’ and reducing their carbon footprint. Maybe they have taken a step in Will’s direction.

Follow us on...

