

# 44 PORTLAND PLACE

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Photo taken by Danette O'Hara

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### News and Events

#### Women's Business Club

The next meeting will take place on Thursday 6 May from 6.30pm.

#### "The Mouse That Roared"

presented by Ruth Jeremy. 'Loving and believing in yourself can enrich your life and help you achieve your dreams!'

#### Craft Group

This month will see the last meeting of the Craft Group

before the summer, on 19 May from 13.30pm

If anyone is interested in resuming in the Autumn term, please get in touch: info@44portlandplace.org.uk

#### Book Group

The Book Club will meet on Thursday 20 May from 2.30pm in the Adam Lounge.

This month's book is 'A Thousand Splendid Suns', Khaled Hosseini's follow-up to his bestselling debut novel

'The Kite Runner'. Most readers who enjoyed that have not been disappointed by this. He turns his attention to the lives and experiences of Afghan women, following the experiences of Mariam, the illegitimate daughter of a rich man who is ashamed of her, and the privileged educated Laila. Their lives become entwined and their story pulls at the heartstrings.

## 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:

Crochet Granny Squares  
12 May 7.00-9.00pm

Coco Chanel Inspired Necklace  
17 May 7.00-9.00pm

Crochet Mittens  
19 May 7.00-9.00pm

[www.teaandcrafting.co.uk](http://www.teaandcrafting.co.uk)



Cartoon by Penny Haynes [www.bluebeancartoons.co.uk](http://www.bluebeancartoons.co.uk)

## London Events in May 2010

### Showtime presents The Peep Show

Egg, Kings Cross

1 May

For a good night out, why not celebrate Egg's 7th Birthday! This will be followed by a very special afterhours. King's Cross dwelling will be dressed in extra special décor and birthday attire. There will also be some secret performers, intriguing shows and visual decadence.

£15 on the door, £12 concession.

[www.egglondon.net](http://www.egglondon.net)



### Food Junctions

Camley Street Natural Park

1 and 2 May

Catch the last two days of a festival within a festival all focused on food. A variety of films, talks, walks, tours, workshops and games will get a wide range of people exchanging their ideas, knowledge, skills and love of food.

From fruit and veg carving to wine tasting to working towards sustainable food production to poetry, there is an angle for everyone to love.

[www.food-junctions.org.uk](http://www.food-junctions.org.uk)

### Felting Workshop

Knitshop, Lee Green

8 May

Want to learn how to make felt? Then Knitshop have the

workshop for you. The tutor is Julieta, a designer and teacher. Many of her designs are downloadable for free from the knit shop website: [www.knitshop.co.uk](http://www.knitshop.co.uk). Materials are included in the fee of 19.00.

### THIS MONTH'S ART IN LONDON (13 MAY) IS BASED ON:

### Painting History: Delaroche and Lady Jane Grey

National Gallery

Until 23 May

This month will be your last chance to see this exhibition held at the National Gallery.

The exhibition traces the slow and careful development of the painting through

preparatory drawings and sketches. Important precedents are also displayed.



The aim of the exhibition is to return critical attention to a major painter who fell from favour soon after his death, but to whom the public now respond with wide admiration.

[www.nationalgallery.org.uk](http://www.nationalgallery.org.uk)

## Recipes

### Sultana Flapjacks

#### Ingredients

- 110g Butter or Margarine
- 110g Light Brown Soft Sugar
- 175g Rolled Oats
- 1tbsp Golden Syrup or Honey
- 40g Sultanas

#### Recipe

Melt the butter in a pan, pour in the sugar and stir until it has dissolved. Remove from the heat and pour in the oats, golden syrup and sultanas. Mix thoroughly.

Line a baking tray with grease proof paper. Empty mixture into the tin and press flat, including into corners and edges.

Place in a pre-heated oven (150C) for 40 – 45 minutes.

Remove from the oven, cutting into pieces in the tin. Leave to cool for 20 minutes in the tin, then remove and continue to cool on a wire rack.

#### Alternatives

The sultanas can be substituted by a range of other ingredients, including other dried fruits, nuts, chocolate chips or mashed bananas.



### Seafood Provencal

#### Ingredients

- 1 tbsp Olive Oil
- 1 Onion
- 2 Garlic Cloves
- 1 Tin of Tuna in Sunflower Oil
- 1 Medium Cup of Prawns
- 6 Crab Sticks, torn into strips
- 1 Tin of Chopped Tomatoes
- 1 Small Glass of White Wine



2 tbsp Double Cream

Pinch of Mixed Spice

Seasoning

Fresh Parsley to garnish

#### Recipe

Heat the oil in a saucepan. Chop the onion and garlic and fry in a pan until lightly golden brown.

Add the tuna, prawns, crab sticks, tomatoes, white wine, mixed spice and season well. Cook over a medium heat for 20 minutes.

Then add the double cream and continue to cook for a further five minutes.

Serve with plain rice.

Recipe serves 2-3

## The Rules of Goal Setting – by Bernadette Bostic

### 1. Know what you want

Sounds obvious really, but ask almost anyone what they want to achieve from their diet, their exercise plan, their career, and even their life, and you get vague generalities at best. Things like 'lose weight' or 'get fit' or 'earn more' are not good goals. You need to be specific. For example 'to lose 5kg' or 'run a marathon' or 'earn £30,000 after tax'.

### 2. Know why you want it

It never ceases to amaze me that people will happily set goals that they don't really care that much about. This is the surest sign your goals are going to fail. A goal is

nothing without the desire to fuel it into action and in turn, desire can't exist without a strong WHY behind it. The things you could do and the things you should do aren't anywhere near as powerful as the things that have the power of must behind them. Once you take your coulds and shoulds to the level of MUST you no longer look for reasons, excuses, or other 'get out clauses' and instead focus on making things happen.

### 3. Know when you want them by

A goal without a completion date is like a book without words in it. Until you define the timescale that you are

allowing yourself to complete a given goal you're simply reverting back to the 'wouldn't it be nice if' wishes that most people make. That's why whenever you know what you want and why you want it you MUST set a date for getting it. This adds to the urgency to your goal and reinforces the feeling that 'every second counts' which, in reality, it does. You also get to measure whether or not you are on schedule.

### 4. Write your goals down and read them regularly

There is a definite sequence to taking a goal from concept to reality and it can be summed up in three words.

Thought – Word – Action. To take it from a dream it needs to be real in some small way, either by verbalising it into words, or better still, writing it down.

### 5. Know the price

Every goal has a price that has to be paid. It might be financial, it might be time, it might be a change in lifestyle, it might be a relationship cost, but rest assured there WILL be a price.

### 6. Pay the price

Paying the price is an ongoing investment that you must consciously make every day until the goal is yours.

## Put on your Running Shoes... – by Shun-Yin Chan

### But are they the right ones for your gait...?

Your gait (the way you walk or run) is quite individual.

During initial contact when your heel impacts on the ground, your foot rolls inwards (medially) and is part of the body's natural biomechanics which assists the lower limbs in absorbing the shock. This medial rolling motion is known as Pronation, and occurs at the joint below the ankle, the subtalar joint.

What is individual is that some people pronate more (overpronation), and others less (underpronation) than those with a normal pronation pattern (neutral pronation). Subsequently, your pronation pattern will affect the way you run and may increase the likelihood of injury. Your pronation pat-

tern is therefore a crucial factor in selecting what running shoes you put on.

How you pronate can be determined by having a Gait Analysis performed by an expert, who will then advise you on the best running shoe for your pattern of pronation. This service can be found in many specialist running shops where as well as having your running recorded and analysed, your old running shoes will be too – as their wear pattern gives tell-tale signs of the way you pronate.

### Self Analysis – wearing of your sole:

#### Neutral Pronator

- The soles of your shoes are likely to show wear in an S-shaped pattern, from the outer (lateral) heel to the big toe.

- A wide variety of shoes is afforded those having a normal pronation pattern. However, specialised neutral running shoes offering cushioning and support are most suitable.

#### Underpronator

- Likely to have excessive wear on the outer heel of your soles, and the entire upper may be pushed over to the lateral side.
- Neutral running shoes with plenty of cushioning (the extra cushioning will lessen the impact of landing the legs have to endure when running) are most advised.

#### Overpronator

- The soles of your shoes are likely to show extra wear on the inner (medial) heel and under the ball of the foot, especially the big toe.

- Maximum support or structured cushioning shoes should be considered.



Structured cushioning shoes provide a degree of stability and cushioning, whereas maximum support shoes are the most stable shoes you can get. Both of these running shoes will help your feet distribute the impact of running more effectively.

## Human Kind



**Kitchens** – I love mine and enjoy spending many hours in there making delicious soups and other treats. Many use lots of energy keeping them productive with freezers and cookers, but there are a number of ways of making them more friendly to the Earth.

**FACT:** The UK throw away 6,500 fridges a day. To help minimize this number keep it clean and defrost regularly. Only throw away when it is no longer usable. If you wish to downsize or upgrade, try selling it or giving it away for free.

Have a wonderful May  
Will

## Energising Kitchen

One area of the house that can use so much energy is the kitchen; keeping things cool, heating things up and keeping everything clean enough to eat off.

A simple step to get started: when cooking on the hob, bring the pan to boiling then place a lid on top and turn the heat off. The food will continue to cook, at a slightly slower rate, but you will be using much less energy. Some people like their food cooked for longer periods, if you find that it's not done enough for you, experiment and work out what suits you, maybe after it has boiled, leave the heat on low for an extra five minutes.

The same principle also applies to the oven, although the range of how to do this will differ dramatically with what you are cooking and how long you should cook it

for. The oven will retain a lot of the heat, and electric ovens will continue to emit heat after they have been turned off. Meat and bread are probably not things to experiment with, but vegetables and food that are pre-cooked before being made into a dish should be fine.

With both hob and oven cooking, it would be safe to turn the heat off five or ten minutes before serving with most foods.

Cooking in bulk has many uses. When cooking, do extra and put it in the freezer. It is more energy efficient to cook more of the same thing (and only reheat later) than to cook the same thing in smaller quantities twice or three times. It can also be more cost effective to buy the ingredients in bulk, and it will save an additional trip to the shops. Just think of the

time you will save not having to stand over the cooker another night in a row.

Bulk cooking also helps with freezer running costs as a full freezer uses less energy than an empty one. Then when the freezer is full of all your lovely, homemade, frozen meals, you can enjoy a week off doing 'the big shop' while you empty the contents, (saving you money in the process). Once it's empty, defrost, as this will also improve the energy consumption. While you are slowly stocking it with your own range of ready meals keep ice cubes stocks high and the odd loaf of bread for emergencies.

When cleaning, be aware of your water usage. If you have a dishwasher, only put it on when it is a full load. If it is just a couple of little bits, a small bowl of water is bet-

ter. If using the dishwasher is the way forward, scrape plates, bowls, pots and pans before you put them in. There is no need to rinse or pre-wash. If you wash up in a bowl, rinse all messy items in a small bowl of cold water (not necessarily fresh water) to remove the majority of sauces and crumbs, and the bowl you use to wash up it will be cleaner for longer, saving a second, or even third, bowl of fresh hot water.

In reference to last month's issue, when doing any kind of cleaning, be aware of the chemicals you use, as whatever you put in the water to clean, gets washed away into the environment.

Illustrations by Andrew Kay