

44 PORTLAND PLACE

44 Portland Place
London W1B 1NE
Tel: 020 7079 2855
Fax: 020 7079 2856
www.44portlandplace.org.uk
info@44portlandplace.org.uk

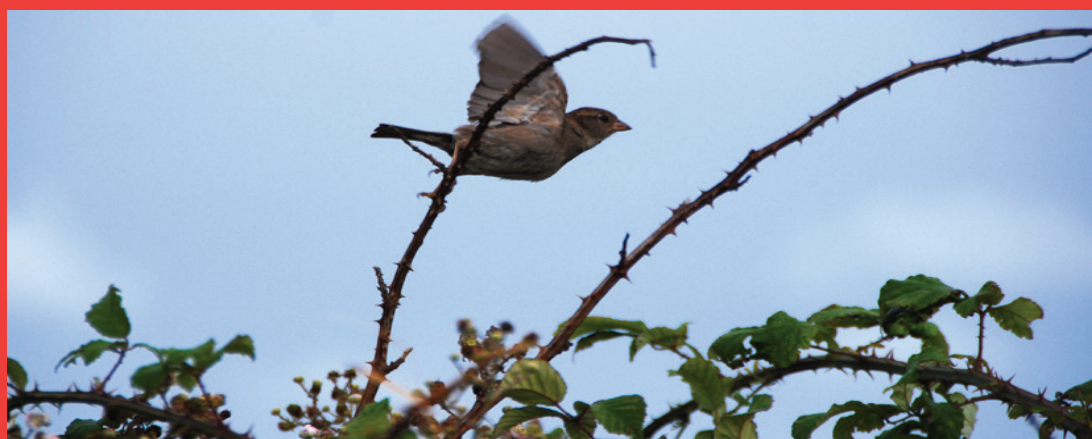


Photo taken by Danette O'Hara

Inside this issue

| | |
|-------------------------|---|
| London Events | 2 |
| London Review | 2 |
| Our 1000th Member | 3 |
| September Art in London | 3 |
| September Film Club | 3 |
| Indian Head Massage | 4 |
| Message Board | 4 |

Membership Renewal!

The new Club Membership year is due to start on 1 September 2009. Club membership is just £10.00 per year, cheapest in London. Details of how to join and benefits are listed on our website.

Bank Holiday Closure

The Club will be closed Saturday 29 and Monday 31 August for the Bank Holiday weekend.

As mentioned in last month's newsletter, we are planning to make some changes. There are some new topics this month such as 'London Reviews', along with some old favourites like 'Complementary Therapies'.

If you have anything you would like to offer, such as a review or a picture for the front page please email it in. Also, if there is something you want to see in the newsletter, we would love to hear from you.

This month sees the start of new courses. With languages, health and fitness and digital art there is bound to be something to suit everyone. See our website for more details.

Groups @ 44

The Japanese Conversation Group

Meetings take place on Tuesday evenings between 19.30 and 21.00. The Japanese group also have a tutor with the fees split between attendees. They have just started on 'Japanese for Busy People: Book 3'.

For more details please contact the office staff on 020 7079 2855 or info@44portlandplace.org.uk

Craft Group meets on the third Wednesday of each month between 13.30 and 15.30.

Bring a recent piece of work to 'Show and Tell' or just to continue, while we have a 'cuppa' and a good 'natter.'

Knitting Group

A new group has decided to meet once a month, in the evening, to do knitting. Their first meeting is set for Tuesday 15 September, 18.00-20.00.

If you would like to join the group just turn up on the night.

The Craft Group and Knitting Group would greatly appreciate any unwanted materials, such as odd balls of wool and knitting needles. If anyone has any to donate, please feel free to drop them off in the office.

If you have an interest and would like to share it with fellow members, you could set up a Group @ 44 and meet in the Adam Lounge, at a time to suit you.

Email Dani for more information, or to make suggestions.

danette.ohara@44portlandplace.org.uk

London Events in September 2009

I Knit Weekender

Royal Horticultural Halls & Conference Centre
11 and 12 September

The first 'I Knit Weekender'. Two days of workshops, presentations, fashion shows and entertainment. It will also include a yarnmarket featuring everything you could ever need to enhance your 'stash'. 'Spend two days in the company of fellow knitters and the most gorgeous yarns in the country...'

www.iknit.org.uk

Fashion on Film Rich Mix

18 September – 4 October

Rich Mix is presenting an autumn season of films entitled 'Fashion on Film', cele-



brating London's style genius and UK creativity. The lineup: Pandora's Box (PG) with live piano accompaniment, Grey Gardens (PG), A Bigger Splash (18) and Brit Chic. www.richmix.org.uk

Open House Public Programmes

Various
19 and 20 September

A chance to see the beautiful architecture this city has to offer. Open House has designed an event to get the

public interacting with its surrounding design, offering an opportunity to meet the architects that designed the buildings, the building users, and the architectural experts who can give you new insights into the city.

www.londonopenhouse.org

Nick Park and Twenty Years of Wallace and Gromit

The Illustration Cupboard
29 September - 24 October

A new, unique exhibition in association with Nick Park and Aardman Animations to celebrate twenty years of Wallace and Gromit.

Nick Park has won three Oscars for his two short films. This new exhibition is entirely devoted to Nick

Park and his original film artwork. The exhibition will include original colour artwork of Wallace and Gromit produced by Nick Park especially for this exhibition, as well as his original storyboard drawings produced in the making of the latest hit film A Matter of Loaf and Death.

www.illustrationcupboard.com



London Reviews

The Pad of Covent Garden

6 Maiden Lane,
WC2E 7NA

My friend came to visit me for the weekend and suggested going for something to eat, and a few drinks in Covent Garden. I don't spend too much time in the



area so was unsure where to go, but that did not put us off. So off we went. We were observing what places were around when we spotted this small but very welcoming Greek restaurant 'The Pad of Covent Garden'. We had a look at the menu, and thought 'sounds good'. But not having made it to the square, we thought we should continue to have a look around, but after 10 minutes walking and looking at different menus we thought 'The Pad' sounded the best so headed back.

We were greeted by the very friendly staff, and were seated at a table in the middle of the ground level. We ordered some drinks and had a look through the

menu. As a vegetarian, I am usually stuck with a few very bland choices, but it took me a while to decide what to have as I was literally spoilt for choice.

We eventually settled on a selection of starters so we could have a variety of what they had to offer. Being unsure of the portion sizes we thought we would have 6 between us (Vegetarian Dolmades, Tzatziki, and Feta to name a few) plus we didn't want to miss out on a good selection. Prices from £3.95 for starters and £7.95 for main courses.

When it arrived we were amazed at the amount, look, smell and taste of it all. All the dishes arrived together

and we got stuck in. The food was obviously cooked fresh, and with high quality ingredients, I could not fault the quality at all.

As I was with a friend I don't usually get to see, we had so much to catch up on, and The Pad was definitely the place to go and do this. We were left to chat and eat at our own pace.

All in all, it was a wonderful experience, well priced, good quality food, in a gorgeous restaurant with very friendly, helpful staff.

I would definitely go back again, and maybe again and again.

www.thepadofcoventgarden.com

Our 1000th Member: Mary Daniels aka The Life Chef

July saw our achievement of reaching 1000 active members. To mark such an achievement we decided to ask the 1000th member to write a little piece about themselves and their relationship with the Club.

“ I create life recipes for authentic, successful, happier living! I have been life coaching and creating life recipes for just over ten years now, and can genuinely say I have found my life's passion! I have been based at Portland Place for a couple of years running life coaching workshops on how to feel genuinely happy and fulfilled with yourself and ALL areas of your life.

I was first drawn to personal development, at the tender age of 14 after I volunteered as a youth mentor and became the youngest person to be accepted on a British youth exchange to Mexico.

After seeing such varying degrees of poverty neighboured by incredible wealth I decided on two things:
– to never have regrets and be truly happy and grateful for my life and experiences.
– to live life to the full and reach for the stars.

Whilst at university I set up a business, coaching young people both in the UK and Europe on how to be innovative and earn a secondary income funding their way through college. It was then I discovered the world of Neuro-linguistic programming (NLP) – enhancing your mind and looking at how patterns of behaviour serve or sabotage your life's purpose.

I continued on my secure path until one day I realised I had diverted too far off my soul's purpose, so went back to the drawing board. With people and property as my

passion, I set up a relocation agency with my partner coaching clients from over-sea looking to start a new life and find their dream home, that is when I discovered my true joy and natural gift for coaching.

After studying as a Life Coach and Prince's Trust mentor, I set up my own coaching practice, TheLifeChef.com. With word of mouth spreading and amazing successes I knew I needed to find somewhere special to hold my workshops and one to one sessions. Several phone calls and disappointing visits later, I stumbled upon Portland Place and have never looked back since!!

The team at Portland Place were and always have been amazingly accommodating, fantastically professional and so friendly. I would highly recommend it to anyone and



everyone looking to meet other people, network, run workshops or just see their clients on a one to one basis. A one stop bliss stop! I will never forget when I opened the front door to discover the beautiful entrance, stunning staircase and a smiling face, it was then that I knew I had found my sanctuary, it was then that I knew I had found my inner city gem!! ”

Mary joined as a Club member in the Summer of 2009. If you would like to start or renew your membership please contact the office.

September Events

Art in London – Thursday 10 September

J.W. Waterhouse: The Modern Pre-Raphaelite
11.00 – 12.30

Exhibition at the Royal Academy 27 Jun — 13 Sep 2009



The talk will focus on how Pre-Raphaelite artist, John William Waterhouse's paintings reflect his engagement with issues of his time, ranging from medievalism and the classical heritage to spiritualism and the New Woman. We will consider his early work, drawn from classical myth; his move toward images of metamorphosis and his return, in his later years, to emotive "Pre-Raphaelite" narratives such as the Tristan and Isolde, Il Decameron, the Annunciation, The Tempest, Dante and Beatrice, and Fair Rosamund and Miranda.

Film Club – Thursday 24 September

A Girl Cut in Two
(Chabrol, 2007, France)
14.00

The film is set around a love triangle, involving Gabrielle Deneige, a young, single, weather woman who lives with her mother; Charles Saint-Denis, a married, middle-aged author; and Paul Gaudens, a spoilt, arrogant messed up young man.

Charles first sees Gabrielle at a party after a television interview, and then again at a book signing. This is also when Paul sees her. She begins to date both men, but she only wants Charles, who



does not seem to want her as anything more than a play thing, whereas, she does not want Paul for much more than a friend, but keeps him hanging on until he tells her he never wants to see her again, which is when she agrees to marry him.

As you can imagine this is only the beginning.

Complementary Therapies – Indian Head Massage

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

Indian Head Massage is a relaxing treatment, focusing on the head, but also pays attention to the face, neck, shoulders, upper back and possibly arms and hands. The treatment combines elements of massage, shiatsu and acupuncture to help relax areas of tension and to rebalance the energy, clearing any negative areas.

The patient normally sits in a chair, fully clothed, while the practitioner performs the treatment, which lasts for approximately 30 minutes. Indian head massage has a number of health benefits, which include, but is not limited to: helping create an overall feeling of wellbeing, calmness and relaxation; helping to disperse toxins

from tense knotted muscles; and improving alertness and levels of concentration. It can also relieve tension headaches, eyestrain, insomnia, neck and shoulder stiffness, and mental tiredness, anxiety and stress.

Following a treatment some patients have reported feeling dizzy, tired, needing to urinate and having aching

muscles. These are all common side effects, which will only last for a few hours, after which the patient will experience an increase in energy and alertness.

MESSAGE BOARD



Penny Haynes

I have always loved and drawn cartoons but this is the first year I have converted my hobby into a fledgling business www.bluebeancartoons.co.uk. I mainly design cards and do illustrations for businesses and books but also occasionally do cartoon strips like the one above.

Wanted... any members with a sense of humour!!

I'd like to involve other members and make this cartoon strip really relevant to what is going on in the Club each month. If you can think of anything funny that has happened at 44 Portland Place or anything about which I could do a Fair Point cartoon, maybe relating to an event coming, something that you did last month or a current issue in the news, let me know and I shall try to make a cartoon out of it. Fair Point is meant to be from the female perspective with female main characters. If you have any idea for subjects or jokes email me penny@bluebeancartoons.co.uk.

You can now follow us on...

facebook

clubbzz
is your club on the map?

* QYPE
FIND IT. SHARE IT.

remotegoat.co.uk

44 Portland Place Member Discounts

Sweaty Betty

On production of your membership card you can claim 10% off all ranges at Sweaty Betty.

www.sweatybetty.com

21 Beak Street
London W1F 9RR