

HARPENDIA

HARPENDEN PEOPLE, CULTURE & NEWS

WINTER 2010



EXCLUSIVE ARTICLES and INTERVIEWS

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Get into shape for Spring.

Healthy eating, exercise, and diets.

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Discover the ultimate in sound and vision. See

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Free Prize Draw

Win a Rolf Harris signed book. See Page 16 for details.

Free Subscription.

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From the Editor Winter 2010



An extra warm welcome to the first ever Winter edition of HARPENDIA magazine. As we know the snow brought chaos on the roads (including terrible potholes) and pavements and great beauty too, with dramatic landscapes like the photograph of the Common shown on the front cover. So let's talk about the weather.....everyone's favourite topic of conversation, and who better to feature in this edition than Harpenden's own weather expert David Thomas. Find out what he predicts for the Summer on page 17.

I'm pleased to welcome several new contributors to this edition who are featured in 'Home Entertainment' and 'Getting into Shape for Spring'. Plus there is a major feature on The Lemongrove Gallery who will be celebrating their official opening on February 27th with a personal appearance by international artist Philip Gray, followed by an exhibition of Rolf Harris' work from March 22-28.

There will also be a Free Prize Draw to link with the Rolf Harris exhibition. Up to the minute information about this can be found on the HARPENDIA web site.

Finally many followers of the web site will have noticed the addition of video interviews and reports. If you are a fan of You Tube you will know how popular they are as a communication medium. You can see the HARPENDIA videos on the web site or on my You Tube site. Simply type *harpendiamagazine* in the search box and all will be revealed. Or go direct to <http://www.youtube.com/watch?v=c02AscZn6q0>

If you have any comments or views about the magazine please send them to me at info@harpendia.com

Ron Taylor
Editor
www.harpendia.com

Beauty.....



and The Beast



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STOP PRESS:

A peak of 16.6 million viewers watched the LIVE BBC1 broadcast of Eastenders on Friday 19th February. See the article on TV veiwng on page 8.

Experience the best in sound and vision Tulsi Parmar reveals the secrets

By Ron Taylor

What's the most important thing to happen to your business recently?

Surprisingly the closure of the Bang & Olufsen store in St Albans last Summer, which resulted in an immediate increase in our customer base and a wider geographic area. Lars Flyvholm, the MD of Bang & Olufsen, was so impressed with our reputation and product knowledge that he appointed us without hesitation to look after all the existing customers.



How did you achieve this reputation?

I have been in the business for 42 years and trading in Harpenden for 37 years. We sell Hi-Fi, TV and Video products that give customers an outstanding sound and vision experience, backed by top quality customer service and after-care including home installation. Plus we have 2 demonstration studios (for home cinema and audio visual) so you can check out the equipment before you buy. In 2006 we acquired the exclusive rights to become a franchise dealer.

Is there more to Bang & Olufsen than just home cinema?

Most definitely, there are individual TV's, digital sound systems, Portable radio, cordless phones, a sophisticated alarm clock, inspired by Mozart's The Magic Flute, earphones for MP3 players and the

BeoLink which enables products and lights to be connected around the home and be controlled effortlessly from a single touch screen remote control.



Above: Tulsi Parmar demonstrates the BeoVision 10

Bang & Olufsen are renowned for design, is the technology equally as good?

Yes, we use 'state of the art' digital and ICE Power technology in all loudspeaker products to give an unrivalled sound and multiple patented technologies for vision experience.

What's the entry price for single items?

We have the A8, a super quality pair of headphones which costs just £100, **BeoCom 4** cordless telephone at £265 or **BeoTime** alarm clock at £299

Any exciting new product for 2010?

BeoVision 10 a remarkable 40" LED lit LCD screen of just 2 inches thick, **BeoVision 7-55** a 55" front LED lit LCD screen which carries a 750w ICE powered speaker underneath, of course the wonderful **BeoTime** (flute) and the magnificent **BeoSound 5** audio system which allows full control of all your digital music with a super

colour screen and aluminum controls. We cannot speak of future products arriving simply because Bang & Olufsen like to keep things under wraps until the time of launch, not even authorized dealers know what is about to be launched beforehand.

Do I need to book an appointment for a demonstration in store?

No, anyone can pop in and be greeted by our friendly and knowledgeable staff however we always ask you to bring a favourite DVD or CD so you can compare it to your existing system.



Above: Tulsi Parmar in one of our demonstration rooms

What do you watch at home to relax

I love watching Cricket and Snooker on TV and with high definition and surround sound you almost feel as if you are there! I also like the stunning HD on the National Geographic channel, Movies always gather a family crowd and often we have a packed living room

Find out more:

Bang & Olufsen of Harpenden
82 High Street
Harpenden AL5 2SP
01582 764246

<http://beostores.bang-olufsen.co.uk/hertfordshire-harpenden/welcome>

BANG & OLUFSEN

Over 100 years of Audio excellence

By Mark Ifield

Unlike their television range Bang & Olufsen started life with Audio 100 years ago. Their first radio receiver, the Lysnetmodtageren from 1925, offered the best sound quality and engineering bar none. Through the Second World War everyone wanted to get their hands on their communications radios, or telfefonbogen, as they were called. Their broadcast Microphone, the Vort Mal hailed a new level of vocal reproduction through the airways, and even today their microphones, such as the MD1 are fetching thousands of pounds at auctions.



Above: BeoLit AM/FM

Of course their most famous of designs came in 1939 with the iconic **BeoLit** radio. This was an all black Bakelite style, sculpted unit which flew convention out of the window, in fact so much so that it wasn't until 1960 when their first truly portable radio came out, the **BeoLit AM/FM**, that their future was certain and honoured within the audio visual industry. Many original patents were registered throughout the years, but two of them stand out.

Linear Thinking

First the linear tracking turntable. This transformed the way we listened to vinyl records. On a conventional turntable, the

playback arm would move across the record on a diagonal movement with a fixed point at the back. Bang & Olufsen's invention physically moved the whole arm horizontally across the record by motor, which meant the tracking was the same at all times through the record from beginning to end, and hence distortion was reduced to almost zero. The second major invention was in collaboration with Dolby Laboratories. Dolby is now of course world famous for surround sound systems, but at the time they were pioneers in noise reduction methods from audio tape.

Hissless Tape

Step in Bang & Olufsen with HX Pro, a unique and superb way of extracting the maximum amount of information from tape by raising the playback head to a point, hence tensioning the tape as it passes over and pulling huge amounts more quality. Every tape deck sold with HX Pro will have the Bang & Olufsen trade mark stamped.



Above: BeoSound 5

Style and performance

Moving forward to the current audio systems, and we find not only "Magical Movements" but slim line, neat and beautifully made audio systems. The latest being the **BeoSound 5**, a sonic and visual masterpiece which is capable of storing thousands of tracks. It is easy to use and delivers the best sound quality. This is achieved by a number of patents allowing

BeoSound 5 to be installed on the wall, floor or table. Like their audio systems, Bang & Olufsen loudspeakers have moved from being passive based (requiring an amplifier to drive them) to active (built in amplifiers), which allows the audio systems to be considerably slimmer and more 'user friendly', giving you the choice to have just a pair of speakers in a room, rather than a whole hi-fi system.

Technologies in audio, unlike television have remained fairly constant over the years, the exception to the rule being the evolution of the digital age from CD to MP3 and from a working parts machine to a storage system. The advantage of the latter giving total freedom of media -saving storage space too.

Bringing LP's back to life

The disadvantage being that many of us will have stacks of dust gathering LP's in our lofts. With our **BeoSound 4** system you can start listening to them again. It is a compact unit with built in DAB/FM radio CD player and most importantly SD card recording (SD Card is the same card we use in our digital cameras) you can now plug in your old turntable and record digitally, allowing a perfect playback of your favourite music, be that 33 1/3 rpm, LP's 45rpm, Singles or 78rpm - even the odd acetate masters.



Above: BeoSound 4

BANG & OLUFSEN

Television and Home Cinema for the Future

By Mark Ifield

Bang & Olufsen introduced their first television in 1950, a small screen with a beautifully crafted wooden cabinet.



Above: BeoVision 6000

Year after year televisions grew in size and shape until 1967 when they launched their first readily available remote controlled television, the **BeoVision 6000**. In 1985 a small 21 inch screen, called M20, was launched and turned the head of the way we view pictures. The television itself was slim and curved with the speaker underneath. It paved the way for even more radical designs into the 1980's and 90's. The classic **BeoVision Avant**, a single painted wall, with either 28 or 32 inch widescreen tube on the front, and the unique **BeoCenter 5**, a hi-fi system with 25" television in one unit with hidden speakers that appear when you switch it on. Bang & Olufsen call this "Magic Moments" - it's a set of principles that make them stand out from the crowd time and time again.



Above: BeoVision 10

Breathtaking colour and depth

Their latest screen, the **BeoVision 10** is a 2 inch thick 40" LED backlit LCD screen with a beautiful design, curtains to greet you when it switches on and wall or floor stand mounted. The LED technology gives you the finest possible picture and with Bang & Olufsen special electronic patents, colour and depth of image are truly breathtaking.

Technology has always been paramount, however, Bang & Olufsen choose not to bamboozle their customers with jargon which, in reality, bear no relation to what you see and hear. Many manufacturers use terms like LED television, when in fact they are LED backlit LCD televisions, ie, the basic technology is the same but the way the panel is lit is different. Trusting your eyes and ears is always the best way to judge performance.

all operated with one remote control.

The fine tuning of audio visual is a delight to experience. With just one button the lights dim, the Plasma panel switches off, the automatic screen lowers and the projector switches on. True home cinema the Bang & Olufsen way is something to be seen to be believed. With another button the the curtains open, lights turn off, the screen winds up and the Plasma switches to your favourite TV channel.

BeoLink-Total control

As a result of this concept Bang & Olufsen now offers a unique product for existing customers. It can be installed to give total control of audio, vision and lighting in any room in the home. With a simple all off button on the remote control or prior to arriving home grab your **iPhone or BlackBerry** smart



Above: BeoLiving, Bang & Olufsen's Home Cinema

Proven with consumer research

Around 2005 Bang & Olufsen teamed up with a panel of professionals comprising artists, musicians and sound engineers whose ultimate aim was to review the various solutions required to create an unsurpassed home cinema experience.

Born of this was **BeoLiving**, a complete home cinema package comprising a 50 inch plasma panel, a 5.1 surround sound speaker set up and a 6 foot screen with projector, (Continued at top of next column)

phone and press the arriving home button and your home can be set to greet you with whatever combination of lighting, heating, music or Television you desire.

The future is very much here and now, but in their own inimitable way Bang & Olufsen will never forget their past.

BANG & OLUFSEN

British and American Television: Hollyoaks vs. Hollywood

By Rhianmor Thomas



V



All Brits love their **Hollyoaks**, **The Inbetweeners** and **Skins**, so why is it that we all can't help indulging in a bit of **Friends** or **Gossip Girl**? Since the beginning of film, Britain has competed with the United States, and although no one can argue that Britain hasn't put up a pretty good fight when it comes to film, British television just can't seem to contend with Hollywood.

British television is especially good at producing the soap opera: **Emmerdale**, **Hollyoaks**, **Coronation Street** and many others. These soaps dominate much of British TV, and are characterised by their never-ending drama and tend to supposedly represent the 'working class' of our society. Although the US has quite a few soaps of their own, they have chosen to rival soap operas with a more bubblegum approach: the sitcom. Many American sitcoms also focus on the working class: **Friends**, **Scrubs**, **8 Simple Rules** and most recently, **Glee**. British television prefers to focus on the darker side of working class, highlighting drug problems, marital affairs and almost always aims to shock the audience as the plots unfold- often being more liberal than our American counterparts when it comes to showing issues like sex. American television on the other hand takes a more optimistic view, following its characters through trivial yet amusing problems in their lives.

Part of this difference though, is the audience these shows are reaching out to. Brits

like a little bit of this American optimism in their lives, but at the end of the day when you're walking down a London street no one is going to 'high five' you, or suddenly burst into a perfectly spontaneous group harmony.

Another obvious main difference is budget: a British sitcom can cost up to £350,000 per episode whereas with an American sitcom, \$1 million is often the starting point - no wonder they're so optimistic.

British comedies, however, will almost never be understood by Americans in the same way, as both countries have such different concepts of humor. For instance, shows like **The Inbetweeners** draw on experiences in general English life that, although Americans may find amusing, they will never fully understand. However the same could be said about one of the US's most popular comedy shows: **Saturday Night Live**.

Most differences are solidly based on demographic. Despite the fact that American television has infiltrated British culture much more than British television has crept onto their screens, British shows still very much fall under the realism and New Wave movements that began in the 1960s, in film and television alike. American shows prefer to follow the lead of Hollywood towards the ever-present 'happy ending' approach.

It all comes down to a matter of fact versus fantasy, Brits thrive on the real world and the US thrives on MTV's The Real World (1992 – present).

The Golden Age of Broadcasting?

By Amanda Thomas

Gone are the days when television gripped half the UK population at once. On Christmas Day 1977 over 28 million of us sat down to watch Morecambe and Wise and for this reason the 1970s are often seen as the Golden Age of British television. Yet the genuinely exciting time for British broadcasting is with us right now, and according to official figures we all watch on average around 32 hours of television each week.

In January the media lamented a drop in Christmas viewing figures, that only around ten million of us sat down to watch the highest rating programmes. Yet many of us later watched recorded versions of these and other seasonal offerings. The Broadcasters' Audience Research Board (BARB) monitors our television viewing, but only of programmes recorded up to seven days following broadcast, so ratings may not necessarily represent what we are watching the most.

Do we get value for our money? A colour television licence costs £142.50 for which we can watch a variety of channels, the largest selection of which is available with a Freeview box, which can be purchased surprisingly cheaply. The full range of channels costs considerably more, and a full package with Sky costs over £50 a month.

The 2006 Royal Charter for the BBC states that the Corporation exists 'to serve the public interest', however recently the BBC has been criticised for not delivering the quality of programming expected and for producing programmes with a mass appeal to boost viewer figures. One of the apparent casualties has been the demise of the costume drama, though recent successes have included *Cranford* and *Little Dorrit*. Such productions make the BBC additional money when they are sold overseas. Whilst some of this money is ploughed back into over-inflated BBC salaries and *Top Gear* expeditions, most would agree that *Clarkson's*, *Hammond's* and *May's* recent expedition across Bolivia was fantastic TV.



Harpentia contributor, Amanda Thomas, looks at the state of British broadcasting and argues that it's probably not as bad as we think.

Revenue from the sale of programmes and from advertising on the commercial channels is also spent on the purchase of some excellent foreign productions such as *Mad Men*, *The Wire*, *The Sopranos*, and even *Desperate Housewives* and *Sex and the City*.

However, despite all the repeats, the so-called dumbing down and political bias, we still have some of the best television in the world. Of the top ten programmes watched this Christmas, eight were home grown, and the most popular imported offerings were both children's films (from one to ten): *EastEnders* (10.86 million viewers), *The Royle Family* (10.23 m), *Doctor Who* (10.03 m), *Gavin and Stacey* (9.17 m), *The Gruffalo* (8.79 m), *Coronation Street* (7.89 m), *Catherine Tate: Nan's Christmas Carol* (7.13 m), *BBC News* (6.8 m), *Strictly Come Dancing Christmas Special* (6.79 m), and the film, *Shrek The Halls* (5.56 m). All compare most favourably with Christmas Day 1977 when highlights included *Emu's Christmas Adventure* and *Sale of the Century*.

How YOU can get into shape for Spring

By Ron Taylor

Researching the background for this feature was not that difficult thanks to vast array of information in the printed media, the almost limitless information on the web and my general observations in Harpenden.

So where to start..... ‘**people watching**’ on Harpenden’s High Street seemed like a good start and judging by the vast majority of people I saw on several occasions, we seem to be much better shape than the national average, with little evidence of overweight adults and children.

The Great Outdoors

Next on my agenda were sitings of people engaged in outdoor sports.....I counted many groups playing football, rugby, cycling, golf, exercise training and running. And for the less strenuous, but still health beneficial, there are the ‘walkers’.....dozens of family groups every Saturday and Sunday around the Village, the Park and the Common.

The Warmer Indoors

Then I sought out the indoor activity with large numbers of people attending gyms, yoga and pilates classes either as groups or with personal trainers.

Healthy Eating

So how does healthy eating fit into the equation? After the indulgences of Christmas, a popular resolution is to loose weight and go on a diet. Did you know that the average New Year dieter gives up after 78 days.....so look out for March 19th!

Quite simply the more you eat and drink, the more weight you will put on UNLESS you balance that with lots of exercise. If you are really positive about improving your life you need to commit to a change in ‘lifestyle’ and stick with it. What you eat is also vitally important.

Home Gardening or Allotments

Or why not “grow your own” and benefit from home grown fruit and vegetables with healthy exercise thrown in free.

Sporting Gear

Harpenden is well served with places to help.....sports equipment, clothes and shoes from **All Sports** in Leyton Road, **Aro Sports** in Southdown or **Argos** on the High Street. Indoor gyms and exercise

classes at **The Harpenden Sports Centre** in Rothamsted Park, **Breathing Space Spa** in Thompsons Close.

Join the Club

Plus all the Sports Clubs and Associations you can think of right here on your doorstep.

Unhealthy Lifestyles

But don’t become complacent. I was shocked to read the recent editorial in the **Sunday Telegraph** (24th Jan) which reported that 20% of patients on NHS wards have diabetes. The unhealthy lifestyles of many adults and children is leading to rising obesity levels which can trigger the condition. Then a report by International Obesity Taskforce last Autumn that revealed the number of overweight schoolchildren in the UK is almost two million, of which about 700,000 are obese.

If this trend towards more obese and overweight children continues, the UK could be facing a serious national health crisis in a decade's time, say researchers.

With fewer and fewer playing fields in the UK, in comparison to ten or twenty years ago, British children are becoming less physically active at school. Add to this the change in eating habits and the reason for this growing childhood obesity problem becomes evident.

How to change your lifestyle

As normal individuals we are all creatures of habit, with a bias towards overoptimism and risk avoidance which can reduce the need to change our lifestyle. To begin the quest for the “new you” we must perceive a need to change from our present state to an achievable goal some time in the near future. With this positive objective in mind you have the incentive to make a start.

Find out more:

www.eatwell.gov.uk

www.food.gov.uk

www.bbc.co.uk/health

Take a few simple steps towards a healthier new you!

By Dr. Sally Higgins

It's never too late to lead a healthier lifestyle. If you establish good habits now, you'll feel better, look better and have more energy. We are probably all familiar with the classic healthy eating advice below, but there are other steps we can take, like following a low GI diet. This can help you lose weight in a steady and sustained manner whilst enjoying an array of nutritious foods.

Eat lots of fruit and vegetables:

Try to eat at least 5 portions of fruit and veg every day.



Eat more fish:

Try and eat two portions of fish a week, one should be oily.



Avoid saturated fat:

Cut down on foods high in saturated fat, such as meat pies, sausages and butter.

Cut down on sugar:

Avoid sugary food and soft and fizzy drinks.

Drink plenty of water:

Aim for about 6 to 8 glasses (1.2 litres) of water, or other fluids every day.



Enjoy alcohol wisely:

Women can drink up to 2 to 3 units of alcohol a day and men up to 3 to 4 units a day, without significant risk to their health.

Try to eat less salt - no more than 6g a day:

Look for foods that are low in salt, those with 0.3g salt or less per 100g and don't put salt on the table!

Get moving!

Walking at a moderate pace – one that slightly raises your heartbeat - is a great way to stay fit and can be incorporated into your daily routine.

Opt for a Low GI Diet to lose weight:

If you are trying to lose weight then following a diet based on low GI foods is the perfect option. The reason is that low GI foods make you feel fuller for longer and significantly reduce the hunger pangs that are the downfall of so many diets. Low GI foods contain complex carbohydrates so the body releases sugar more slowly into the blood stream.

With a low GI diet, cravings are kept in check, so you will experience steady and sustained weight loss, safe in the knowledge that you are providing your body with all the nourishment its needs.

And a low GI Diet is an enjoyable diet to follow because of the wonderful variety of healthy and delicious low GI foods to choose from such as oats, pasta, sweet potatoes, strawberries, peanuts and grapes. Following a healthier lifestyle shouldn't be a chore and even small changes can make a big difference, like slowly introducing more low GI foods into your daily diet. So take the plunge, be adventurous and you will be reaping the benefits for years to come.

Author:

*Dr Sally Higgins
is the technical
director at Slimavite
- the home of the
low GI diet.*



Go Green to get fit naturally

By Ron Taylor



What better place to improve your fitness than the great outdoors at **Camp Green** in Rothamsted Park, and who better than personal trainers **Clare Green** and **Tom Doe** to run the training classes.

“Training in the fresh air has many benefits” says Clare. She told me it is the best way to burn off calories and the levels of serotonin (the body’s natural antidepressant) rise when we are outside. So when you look into a gym, surrounded by mirrors and see lots of people sweating and breathing the same hot air, ask yourself who’s benefitting most.

Their classes provide a full body workout that burns fat, tones the body, building strength and endurance. They use combinations of cardio, body weight resistance exercises and boxing. Workouts are always different, challenging and fun rather than the boring routines offered by other groups.



Classes are run all year round - whatever the weather and all fitness levels and abilities are welcome. Tom who specialises in weight management, toning and dealing with lower back pain is a firm believer in making the routines fun to enjoy. *“To be effective I make sure that everyone is involved and working together with a varied set of activities each week”*

Watching the New Year class in training on January 29th I could see how much everyone enjoyed the competitive nature of the activities and the camaraderie from training together.

Photos: Above top: Getting ready to work with Power Bags 10k each. Above middle: A group stretch. Right: Raising a cheer for the end of a session, with Tom Doe and Clare Green (white hat) together on the back row.

The professionals

It’s professionally managed too. All participants are assessed before starting the programme and dietary advice is also given.

10 Week Competitions

These run alongside our regular classes. They take % body fat and % muscle at the start of the 10 weeks, again at 5 weeks and finally at the end.

There’s a prize of £xx at the end of the 10 weeks for the highest % body fat loss.

Great feed back

There’s amazing feed back from previous course participants on their web site, if you want reassurance about Camp Green before signing up for one of their courses.

They also offer a **FREE trial** so you know what to expect. What’s stopping you then? At just £10 a session it is an inexpensive way to have fun, feel great and get into shape.

Find out more:

clare@campgreen.co.uk

www.campgreen.co.uk

Camp Green is sponsored by Aro Sports

www.arosports.co.uk



The benefits of following a low GI diet

By Dr. Sally Higgins

What is GI?

Many of us will know the term low GI. Some may even have read somewhere that following a low GI diet is a good way to lose weight. However how many of us really understand what the term low GI really means?

GI stands for Glycaemic index and is a measure of the effect that food has on the body's blood sugar levels. Food can be high or low GI. High GI foods contain sugars and/or carbohydrates that are simpler in structure and are quickly and readily released into the blood stream creating peaks in blood sugar levels. This is not good - eating lots of high GI foods has two major disadvantages:



High GI foods give a rush of energy, but this is short lived and is followed by a dip in energy levels, making you hungry and wanting to eat more.

Sugars represent energy. The energy present in your blood will be used before other stores of energy, like body fat. This can mean you will find it harder to lose weight and if you are diabetic, harder to manage your blood sugar levels.

Low GI foods on the other hand

contain complex carbohydrates. The body takes longer to break these down into sugars and subsequently they are released more slowly into the blood stream. This is good and is especially important for those who are dieting or have diabetes as it helps even out blood glucose levels.

Following a low GI Diet:

Determining which foods are low GI can be tricky and the GI of a meal can change depending on the type of foods you are combining. This makes embarking on a low GI diet quite challenging on your own. That's why following an established low GI diet plan is such a good idea, as all the hard work has been done for you.

There is a wealth of information on the internet and lots of books available to help you follow a low GI diet. It's just finding the right one to suit your particular circumstances. The best diets are those that give you clear, concise information on low GI foods.

Ideally it will provide you with a list of GI foods and recommend which to include in your diet and which high GI foods to avoid. The diet should provide you with a day-by-day menu plan that contains a variety of healthy, tasty foods and recipes - as a low GI diet should never be boring! It should also advise on portion sizes and contain tips to help you shop and eat out. By following such a well-planned diet, low GI eating should become second nature.

A good example is The Slimavite Diet Plan. This combines low GI shakes with a balanced low GI healthy diet to help you lose weight. The shakes are used to replace one or two meals per day

and the diet mirrors the Food Standards Agency "healthy plate/ eat well" guidance and also encourages people to become more active which is another important factor in losing weight. The Slimavite Diet Plan is also an ideal plan for diabetics to follow as it has been developed in line with the guidelines of Diabetes UK. The diet helps diabetics maintain blood sugar levels, which helps them manage their diabetes and avoid 'hypos'.

With a good low GI diet you will experience steady and sustained weight loss, safe in the knowledge that you are providing your body with all the nourishment it needs.



The author of this article, Dr. Sally Higgins PhD completed her PhD whilst working at Rothamsted, Harpenden. On leaving she pursued a career in food technical sciences and then joined Vitixity, a company based in St. Albans that develops low GI diet plans and shakes, as Technical Director.



www.slimavite.co.uk



Get healthy by growing your own

By Renata Rybczyk-Savage. (Above) The Plantsitter.

There's probably nothing better than the satisfaction of growing your own fruit and vegetables and now is the time to start. Not only are you getting the exercise and fresh air but it's the good feeling from knowing that you can be self sufficient.

The best place to start is by making a plan whether you are intending to grow in your garden, allotment, or from containers on a patio or balcony. Your plan should consist of what you want to grow, when you need to sow seeds, your soil preparation and what conditions your fruit and vegetables will need. This will help you work out how much time you need to spend working on your crops.

If you are sowing straight onto your outdoor plot then you need to work your soil first. Add good fertilisers to boost the nutrients in the ground. Treat any weeds with a good contact weed killer. Most varieties of these now disperse when spilt on soil and so pose no risk to your future vegetables. If you don't want to use any chemicals then simply dig out the weeds as best as you can and keep an eye on unwanted future growth. Rake the soil so that you get a fine tilth and then you're ready to start sowing or planting. For sowing indoors, a good free draining compost, low in fertility but with good water retention is the perfect start for seed pots and trays. Visit your local nursery to find the best suited compost for your needs. For plants to flourish you need light, nutrients and water. When choosing what to grow, think about what you like to eat. Add those dinnertime favourites to your list and buy

the seeds. Most packets will come with sowing advice so make sure to include sowing times into your plan. If you don't want to grow from seed you can buy seasonal seedlings from most nurseries, while fruit bushes and small fruit trees are readily available most times of the year. These will still need your care and attention so remember to follow instructions carefully when planting and remember to keep to that plan! If you don't have time to visit a nursery, have a look in seed catalogues such as Dobies or Parkers. You can mail order these from the internet. There is such a large variety of fruit or vegetables to choose from today that there is something for every budding gardener out there.

If you need any advice on gardening matters please feel free to contact me at the addresses below.

Renata Rybczyk-Savage

Website: www.theplantsitter.co.uk

E-mail: renata@theplantsitter.co.uk

See my next column in the Spring Edition of HARPENDIA

Useful websites:

www.dobies.co.uk

www.vanmeuwen.com

www.jparkers.co.uk



Left: Philip Gray on Everest. Above: Olivia O'Sullivan, Harpenden Gallery manager (left) with Robyn King Gallery consultant.

Join us for Champagne and meet Philip Gray on 27th Feb.

Gallery Manager Olivia O'Sullivan will be hosting the Lemongrove Gallery official opening at 32 High St. on Saturday February 27th. 12pm -2pm

Featuring internationally acclaimed Irish artist Philip Gray, who will make a personal appearance, giving a **LIVE** painting performance here in Harpenden.

Following audience involvement Philip will complete the picture at his studio. It will then be sold with the proceeds going to local charity Grove House. Philip will be launching his new collection and talking about his recent 'extreme painting' experiences on an Everest exhibition.



'Majestic Heights' by Philip Gray

Interview with Olivia O'Sullivan

Why did you decide to open in Harpenden?

With Galleries in Chiswick, Henley-on-Thames and Reading we were looking for an ideal location to open our fourth gallery. Hertfordshire was on our radar and by co-incidence we were informed of a gallery in Harpenden. Having made an assessment on its history and geography, we made a strategic decision to open our fourth gallery here in Harpenden.

Is the parent company an established force? In short, yes. The Lemongrove Gallery was founded by its parent company 'Project Framing' which has been trading for a number of years, specialising in picture framing and catering mainly to International Hotels and the QVC channel. 'Project Framing' are key to The Lemongrove Gallery Group as they provide strong leadership, financial stability complimented by an excellent working relationship with our Fine Art Publisher 'Demontfort Fine Art'. **(SCROLL DOWN TO CONTINUE THE INTERVIEW)**

Olivia O'Sullivan interview

What have you learned about Harpenden in the 3 months since you opened?

Well, having previously been based at our Reading Gallery and living in Oxfordshire, it was quite a challenge to come to Harpenden. With that in mind, I have learnt that doing business in Harpenden has been nothing short of a pleasure, made possible by the friendly nature and support of those that have been welcomed into the Gallery.



Olivia O'Sullivan, Gallery Manager

What are your aspirations for the Gallery in 2010?

To develop the gallery and demonstrate our commitment to the art loving community in Harpenden that we are here to stay long-term, unlike our predecessors! To show our commitment, we have already planned five major exhibitions this year. The first coming in February named 'Altitude' which is a solo exhibition of the work of the popular artist Philip Gray; and following close behind in March we will be holding a Retrospective Exhibition of Rolf Harris' work in conjunction with his 80th Birthday, which should really begin to define the credibility of the Gallery.

Describe your personal taste in Art?

Good question. My personal taste in Art varies considerably from figurative, abstract and contemporary, oh and governed by what I can afford! I have been on a splurge lately collecting work from Rebecca Lardner who I have been interested in since I joined the company. I also love Helen Fletcher's sculptures and my latest acquisition is work by Sarah-Jane Szikora as I can't get enough of her work right now. My collection also consists of work purchased outside my Gallery either direct with the Artist studios or other Galleries in the business.

How do you help customers choose a piece of Art?

We encourage clients to choose from the heart and buy what they love. Many walk through our door with fabric swatches and mood boards for newly decorated rooms in order for us to coordinate artwork accordingly. We really try to encourage clients to choose the artwork first and then shape the interior decor around the piece, thus ensuring they have bought a piece of art that they, without question, love. We advise clients on artists that are good from an investment perspective. We also have a strong understanding of the up and coming artists and desirability of their work. We also offer a home approval service so clients can try our artwork in their homes, a painting in a well lit white wall Gallery can look very different in a bespoke designed room.

What are the benefits for customers?

It varies, anything from commissioning their own unique piece, framing, re-valuing Paintings, Sculptures or Limited Edition pieces as the market changes. Plus free delivery complimented by an option to hang the artwork. Additionally, we offer customers a 'loyalty scheme' with a greater discount for the more artwork they acquire to their respective collections. In closing, whatever the client's needs and expectations, we endeavour to deliver.

How do you plan to keep the Gallery fresh and exciting all year round?

With our eclectic mix of exhibitions this year from Seascape to Cityscape to still life, we have planned a very broad range of exhibitions to accommodate a wide range of tastes. We also re-hang the Gallery every week and add new artwork, so every time you visit The Lemongrove Gallery, there is always something new to see and explore.



A retrospective exhibition of work by Rolf Harris CBE March 20 -28th at the Lemongrove Gallery

By Olivia O'Sullivan



Hammersley Red Rocks limited edition on canvas by Rolf Harris

“I am delighted to invite all Harpendia readers to an exclusive Retrospective Exhibition of work by Rolf Harris CBE 20-28th March in Harpenden.

This Retrospective Exhibition will include a stunning collection of original oil paintings, new Collectable Editions alongside rare sold out editions from the studio of Rolf Harris. This exhibition has been curated in close consultation with the nation's best-loved artist who has personally selected some of his favourite pieces to be sold in the gallery. This exclusive event will take

place from Saturday 20th until Sunday 28th March and is expected to attract collectors from all over the UK who wish to invest in the work of this genuine modern master.

We are extremely excited to be hosting this memorable exhibition to celebrate Rolf's 80th birthday. We have been in close consultation with Rolf and together we have put together a stunning series of pieces that show exactly why he enjoys his status as the nation's most popular living artist. I hope that all our friends in the area will come and join us for a glass of Champagne and share this very special experience with us.”

FREE PRIZE DRAW to win a signed Rolf Harris special edition book

The Lemongrove Gallery is offering an **exclusive prize draw** to all **HARPENDIA** readers to win a signed copy of Rolf Harris' brand new special edition book, not yet released.

The draw is open to all HARPENDIA readers over 18 years of age who live in a 10 mile radius of Harpenden town centre. You can enter the draw between **March 13th - April 10th**. Simply send an email with 'Rolf Harris Draw' in the subject box, listing your name, address and contact phone number, to info@harpendingia.com. Full rules on the HARPENDIA web site www.harpendingia.com

MEET ROLF HARRIS CBE

As personal dealers of Rolf's work in the UK, we are inviting all buyers who purchase any Rolf Harris artwork during the exhibition (20th - 28th March 2010) to join us at a VIP event in Reading in May, where you will be able to meet and have your work personally dedicated by Rolf Harris himself.

“A warm, dry Summer for Harpenden”

That’s the statistical prediction from Harpenden weather man David Thomas who I met in late January. “After a cold hard winter, the odds are in favour of a warm dry summer this year, but this is purely statistical so don’t bank on it!”

David operates a fairly sophisticated ‘weather station’ as a hobby, providing a 24 hour service updated every 4 seconds on his web site Harpenden Weather. Having been established for 5 years you can also check out detailed historical data on almost any aspect of the weather.

Whilst having a guided tour of the system David told me how it all started.

“Growing up on the coast in North Wales my school offered sailing as a summer sport. As a teenager I spent many a happy hour in a boat off the Menai Straits, learning basic skills. I loved it so much and continued to sail, which must have been where the interest in the weather started.”

“When we go sailing now a weather forecast is essential, but conditions are likely to change in a moment. That’s why I keep a constant check on the winds and clouds looking for tell tale signs of approaching weather systems.”

A birthday gift in 2005 set David on his way, with the help of his son, Alex, installing the system and setting up the web links. The software was bought from a New Zealand dairy farmer who devised it in his spare time. He now employs a farm manger and spends most of his time supporting over 3500 weather installations worldwide.



With a small fan base and a regular audience of up to 3,000 hits each month he has established a reputation for reliable and extensive weather information about Harpenden. Indeed, he won the Rothamsted ‘web site of the month award’ 4 years ago. Additionally the accuracy of his weather stats compares favourably with the Luton Airport weather station.

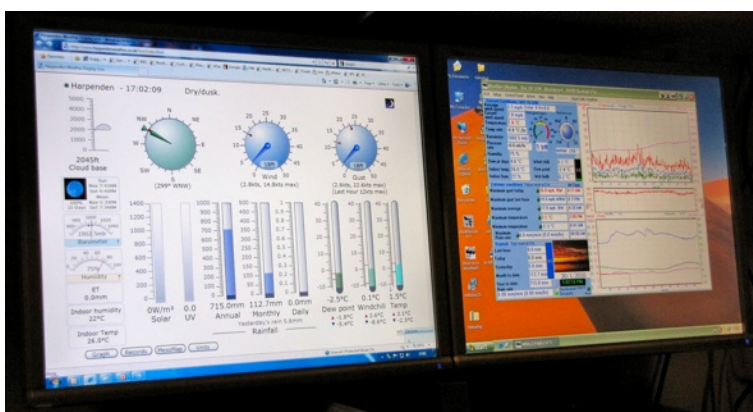
David’s favourite weather presenter is Francis Wilson on Sky TV, who has a un-dramatic approach. Asked which area has the perfect weather for him David replied “definitely the Alps in winter and the Mediterranean coast in summer. And I adore the long sunny UK evenings in late spring/early summer.....especially out at sea watching the sun go down.”

The range of information provided on the weather station is amazing. You can even use it to check whether you need sun cream. The UV stats show exactly when the danger levels are near.

Go on line now to check it out I promise you will become addicted.

www.harpendenweather.co.uk

Photos: Above. David Thomas checking data. Left: Close up of weather stats. Below: The Weather Station





Eurostar to Paris, the easy way to travel! By R. Hunt

Our first experience of travelling by Eurostar from St. Pancras to Paris was a great success!

Any reader stuck in the Channel Tunnel or otherwise affected by the delays and cancellations caused by the recent wintry conditions will no doubt disagree profoundly, but we found it the fastest, easiest and most relaxed way of travelling to Paris for a short break in November. We left St. Pancras on time (First Capital Connect take note!) and arrived on schedule at the Gare du Nord two and a quarter hours later, ready to hit Paris running.

Our modest but perfectly adequate hotel was conveniently situated close to the Charonne Metro station. We checked in and set off for the Rue de Rivoli. After a light lunch and a visit to the wonderful Gothic church of **St. Eustache**, we walked through the damp streets to the **Louvre**. Some 250,000 works of art are displayed in the labyrinth of salons and many visits would be needed to do them justice. We concentrated on the most famous masterpieces, including of course the Mona Lisa and Virgin of the Rocks by Leonardo da Vinci. Overwhelmed by the astonishing beauty and sheer number of exhibits we reluctantly left at closing time and headed back to Rue de Charonne for a superb dinner in a Moroccan restaurant.

The following morning was cold but sunny so we set off through the maze of narrow streets in the **Marais** district. Victor Hugo lived here and although the museum was closed we enjoyed coffee and pastries in a cafe within the delightful colonnaded **Place des Vosges**.

Onwards to the **Ile de la Cite** and **Notre Dame**. On entering the Cathedral we were entranced by the glorious anthems being rehearsed by a visiting choir and the next half hour passed all too quickly.

After a leisurely lunch in Montparnasse, followed by a stroll in the **Jardin du Luxembourg** it was time to head for Montmartre, the **Sacre Coeur**, and then a fabulous 'French' dinner with cassoulet, couscous, and roasted vegetables, followed by tarte au citron, accompanied by a bottle of St. Emilion. Friday morning left us time to visit to the **Musee Rodin** before catching the Eurostar home.

The **Hotel Biron** is a delight in itself with the great sculptors works housed both inside and in the surrounding grounds. A fitting finale to a brief but wonderful visit to one of the great capitals of the world.

Travel arrangements were courtesy of Travel Momentum 01438 841296.



Above: A typical French Patisserie. Top left: Notre Dame. Centre: Rodin, 'The Eternal Idol' Right: Sacre Coeur.

APPENDIA

Looking forward to Spring

EXCITING EVENTS FOR YOUR DIARY

HARPENDEN ROCKS

Saturday 13th March

At The Royal British Legion

Harpenden Rocks promises "a mind-blowing musical melange of sizzling blues, massive rock and acoustic classics", from Anjali Rundle and two outstanding local bands the Low Lamps and the Gigantics, with all profits from the £5.00 entry and onsite activities going directly to the Rothamsted-based A-T Society and Harpenden Lions Charities.

Tickets: www.harplions.com

EXHIBITION of PAINTINGS and PRINTS

March 16th - 28th

Featuring artists including Harpenden based Lucie Green and Anthony Millard. See them at Lauderdale House, Highgate Hill, Waterlow Park, London N6 5HG
Details from:

luciegreen@btinternet.com

CLASSICAL CONCERT & ART EXHIBITION.

April 24th.

Featuring Harpenden pianist Annett Busse at the "Limelight Theatre", Queens Park Arts Centre, Aylesbury, HP21 7RT. 24th April 8 pm. Varied programme of classical and romantic masterpieces including Beethoven's famous "Tempest" Sonata and Chopin's Grande Polonaise op 22 featured in Polanski's film "The Pianist"

HARPENDIA MAGAZINE SPRING FEATURES

COMMONWEALTH GAMES

An exclusive interview with Duncan Lewis about the England team and the Commonwealth Games.

SUMMER HOLIDAYS

Views from local travel agents, our Travellers Tales writers and news from the internet.

SILVER CLAY WORKSHOP

Making your own silver clay jewellery at the Hertfordshire School of Jewellery.

ROUNDWOOD SCHOOL

Journalistic contributions from the School's new venture. Including youth music, fashion and school trips.

IDEAL HOMES

How to transform your home with the help of Harpenden's interior and exterior specialists.

THE SUNDAY PAPERS

Who has been selling the newspapers you love to read for the past 40 years?

PLUS

Lots more news, views and features.

THE SPRING EDITION of HARPENDIA PUBLISHES MID APRIL