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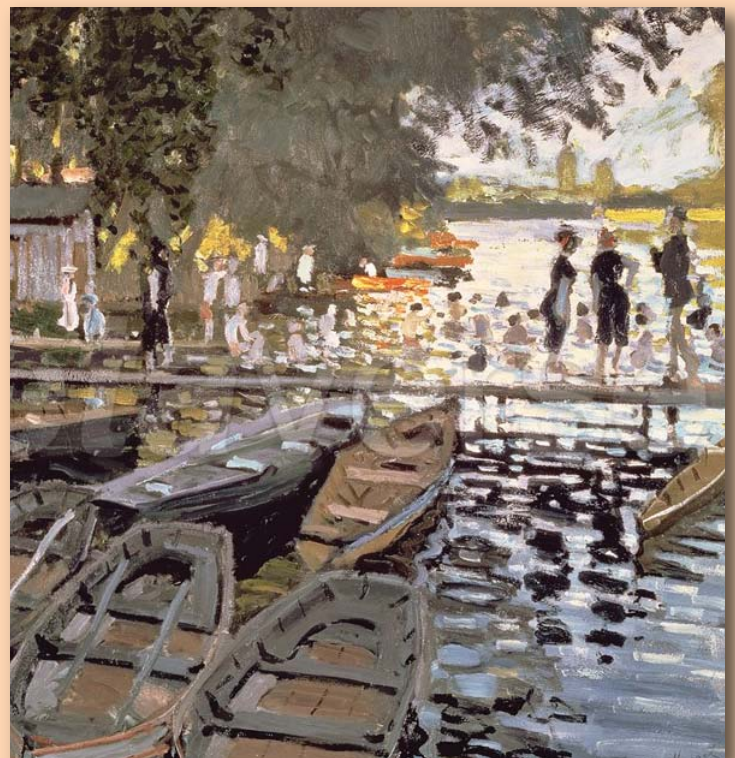
CLUB NEWS AND EVENTS

ART IN LONDON

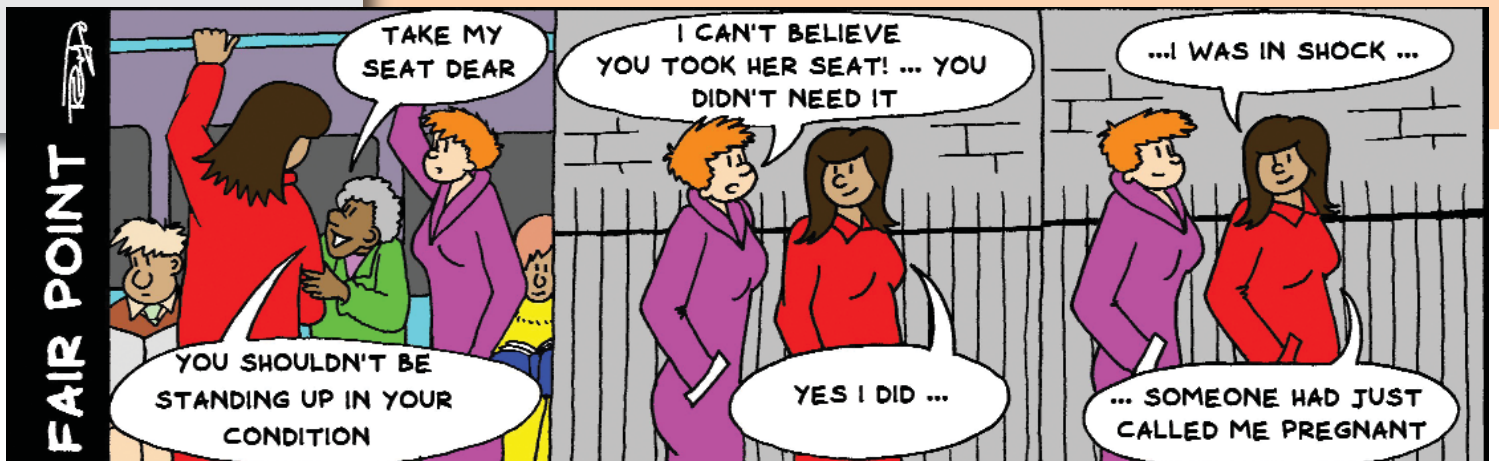
**Claude Monet: Master of Impressionism**

Thursday 13 October  
11.00 – 12.30 (1 day)  
Tickets: £8.75

Consider a range of work by leading French Impressionist painter Claude Monet. Known as the most consistent and prolific practitioner of the philosophy of Impressionism, which involved the depiction of an artist's visual impression of a moment, capturing the natural effects of light and colour.



Exhibition: **National Gallery** Permanent Exhibition <http://www.nationalgallery.org.uk>



Cartoon by Penny Haynes

twitter: @pennybluebean [www.bluebeancartoons.co.uk](http://www.bluebeancartoons.co.uk)

CLUB NEWS AND EVENTS CONTINUED

**FILM CLUB**

**The Golden Age of British Cinema**

Thursday 27 October at 14.00

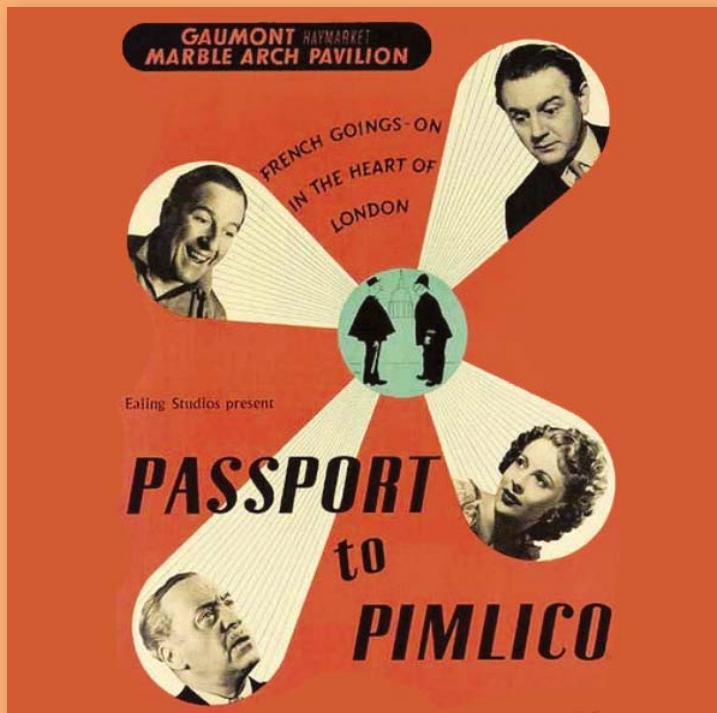
This month's Film Club will be an informative lecture about the Golden Age of British Cinema.

The session will be full of relevant film clips, discussions and will also feature a screening of the Ealing comedy *Passport to Pimlico*.

**Tickets**

Members: £3.50

Day Members: £5.00



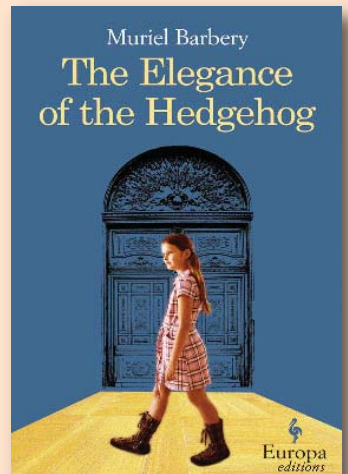
**BOOK GROUP**

**The Elegance of the Hedgehog by Muriel Barbery**

Thursday 20 October 14.30 – 16.00 (1 day) Free Event

October's Book Group will be discussing *The Elegance of the Hedgehog* by Muriel Barbery (translated from the French). This has been a bestseller in France and applauded by critics here.

The novel has two narrators – a 54 year old concierge and a precocious 12 year old who have more in common than they realise. The concierge is self taught and secretly a lover of Tolstoy, Mahler and Japanese cinema. The 12 year old, Paloma, through observing her elders, decides life is meaningless and plans to commit suicide on her 13<sup>th</sup> birthday.



The catalyst is the arrival in one of the apartments of a cultured Japanese man...

Author Muriel Barbery is a former philosophy teacher who now lives in Japan. The novel has a French confidence in dealing with philosophy as applied to everyday life and, despite its erudition, is utterly accessible.

Join us in the Adam Lounge to discuss what *Le Figaro* has described as 'the publishing phenomenon of the decade.'

**THE FULL PICTURE**

Next meetings:  
**Monday 10 October**  
**Monday 31 October**  
 18.00 – 20.00 Free Event

The Full Picture is a news club that discusses issues that make headlines on a national or global scale. Please note that the Full Picture meetings will now be filmed.

**Attendance is strictly via RSVP. Please email:**  
[contact@nabilapathan.co.uk](mailto:contact@nabilapathan.co.uk)

**WOMEN'S BUSINESS CLUB**

**Thursday 06 October**  
 Starts at 18.30 Free Event

**Cash or profit: What's the difference?**

Many self-employed people and micro-business owners struggle from day to day, just worrying about whether there is enough money coming in to pay the most urgent bills. But you can have cash and not be making a profit, and you can

certainly be profitable and have no cash. To plan your business properly you need not just to predict the cashflow but also to work out whether you are making a profit.

This session will look at how to calculate your real costs and how much profit you will make.

Guest Speaker:  
**Bruce Wood**

Bruce Wood has spent 25 years advising and training

people starting up businesses, not-for-profit organisations and running loan funds for social enterprises.

He is currently a free-lance consultant and trainer.

**Book your free place:**  
<http://cashorprofit.eventbrite.com/>

For more information visit:  
<http://wbc44.wordpress.com>

Any enquires, please email:  
[lane.hersak@ymail.com](mailto:lane.hersak@ymail.com)

**EAT MORE, LOSE WEIGHT!!!**

BY JUSTYNA REINERT

There is no magic way to lose weight. Put simply, we need to burn off more energy (calories) than we consume. However, if it really was that straight forward to put into practice, none of us would have a weight problem.

Day-to-day living for most of us involves little physical activity, especially if we drive to work and sit in a office all day. As a result, many of us find it difficult to burn off extra calories that we eat or drink. This makes it hard to lose weight and even harder to keep the weight loss off.

One challenge many of us struggle with when we're trying to lose weight is the belief that we have to cut down the amount of food we eat. This often leaves us feeling hungry and we end up feeling deprived and unsatisfied.

**Is there a way to eat satisfying portions, feel full and still lose weight?**

Yes, there is a better way to lose weight. By making smarter choices, you can reduce your calorie intake while still eating enough food to satisfy your appetite.

This means you can feel full without consuming too many calories and still enjoy what you eat. Eating fewer calories, combined with increased physical activity will help you to achieve a healthy, steady weight loss. It's all about understanding the 'energy density' of foods.

**What is energy density?**

Energy density is the amount of energy (or calories) per gram of food. Lower energy density foods provide less energy per gram which means we can eat more of them while consuming fewer calories.

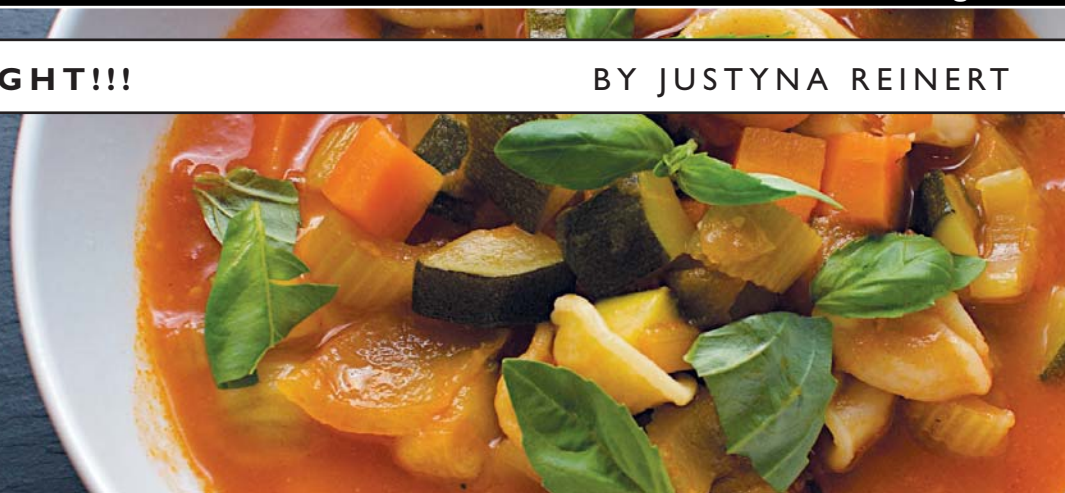
So choosing foods that are lower in energy density is a good way to help control how much you eat without going hungry, and is very effective way to lose weight.

You can reduce the calories in and increase the size of your favourite meals by

lowering the amount of fat and/or increasing the amount of water-rich and fibre-rich ingredients, such as vegetables or pulses.



**Please turn to page 4 for an example of a high and low density menu.**



**WHICH FOODS ARE LOWER IN ENERGY DENSITY?**

**FRUITS & VEGETABLES**

(prepared without adding fat or sugar):

- Apples, berries, oranges, broccoli, carrots, cauliflower, cucumber, tomatoes**

These foods are naturally high in water and contain fibre.

**LOW-FAT & FAT-FREE DAIRY PRODUCTS**

- Semi-skimmed, 1% fat or skimmed milk, low-fat or fat-free yogurt, low fat**

**cream cheese, cottage cheese**

Choosing lower fat dairy products will help lower your total fat intake.

**LEAN MEAT, POULTRY & FISH**

- Lean or extra-lean beef, pork with fat trimmed, chicken and turkey without skin, grilled or steamed fish.**

These foods are high in protein and lower in fat.

**STOCK & VEGETABLE-BASED DISHES**

(without cream)

- Vegetable-based soups or stock-based meat soups and stews/ casseroles, vegetable based sauces such as tomato-based pasta sauces (low in sugar & salt)**

**POTATOES & WATER-RICH CEREAL-BASED FOODS**

- Pasta, rice (preferably whole-**

- grain), boiled and baked potatoes (preferably skin on), low-fat oven chips, couscous, bulgar wheat, quinoa, pearl barley**

These foods provide energy but have high-water content.

**BEANS & PEAS:**

- Red kidney beans, chickpeas, lentils, green peas, butter beans, soya beans, baked beans (low salt & sugar)**

These foods are high in protein and contain fibre.

**HEALTHY AGEING**

BY RACHEL FURNESS

**We reach our physical peak in our 30s, which is good news if you are in your 20s, but bad news for the rest of us!**

Whilst we can't completely halt the ageing process, we can slow the rate of attrition. Health is defined by our habits, genes, environment and health history. Consequently, our age is not always the best indicator of health and fitness.

There is a direct relationship between your fitness level and your susceptibility to a number of health issues. In other words, the fitter we are, the healthier we are, and therefore the "biologically" younger we are.

Adopting the positive health habits of exercise and a balanced diet can significantly reduce your physiological age. In this way, a 70 year old can have the health and physical capacity of a 40 year old.

As we move into our third decade and beyond, our co-ordination, flexibility, strength, speed and endurance decline.

Our maximum aerobic capacity, i.e. how fit we are, declines at a rate of 8–10% each decade. However, in moderately active individuals, the rate of physical decline can be reduced to 4–5% and in highly active individuals the rate of decline can be as low as 2%.



A combination of exercise and a diet high in antioxidant-rich foods appears to play a crucial role in limiting the effects of ageing. It is also thought that increasing the level of protein in your diet may enhance muscle and additionally reduce the rate of muscle mass loss.

In addition to a reduction in physical capacity, ageing also leads to a gradual reduction in bone mineral density. Weight-bearing exercise can reduce the rate of this. In addition,

balancing exercises help to strengthen the body's core and decrease the risk of falls.

Despite a frequent reduction in appetite and calorie consumption in older individuals, our body composition changes in favour of a decrease in muscle mass and an increase in fat mass.

However, increasing levels of physical activity can maintain muscle mass, reduce fat mass and improve appetite.

**COMPARING HIGH & LOW ENERGY DENSITY MENUS**

BY JUSTYNA REINERT

**MENU 1: HIGH ENERGY DENSITY MENU**

Breakfast:	Portion Size	Kcal
Danish Pastry	<b>90g</b>	<b>420</b>
Tea and Full Fat Milk	<b>215g</b>	<b>21</b>

Lunch:	Portion Size	Kcal
Cheese Burger in a Bun with Chips	<b>437g</b>	<b>1,037</b>
Tomato Ketchup	<b>20g</b>	<b>23</b>

Dinner:	Portion Size	Kcal
Macaroni Cheese	<b>400g</b>	<b>621</b>
1 small glass of Red Wine	<b>125g</b>	<b>85</b>

<b>Total:</b>	<b>1,287g</b>	<b>2,207</b>
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**MENU 2: LOW ENERGY DENSITY MENU**

Breakfast:	Portion Size	Kcal
Muesli with Semi-Skimmed Milk	<b>175g</b>	<b>240</b>
Tea & Semi-Skimmed Milk	<b>215g</b>	<b>18</b>
Half a Grapefruit	<b>80g</b>	<b>24</b>

Lunch:	Portion Size	Kcal
Chicken & Lean Bacon Sandwich	<b>305g</b>	<b>394</b>
A bowl of Vegetable Soup	<b>503g</b>	<b>100</b>
Mixed Berries & Low-Fat Yoghurt	<b>215g</b>	<b>99</b>

Dinner:	Portion Size	Kcal
Wholemeal Macaroni Cheese made with skimmed milk & reduced-fat cheese with Vegetables & a Side Salad	<b>440g</b>	<b>439</b>
Chocolate Mousse	<b>63g</b>	<b>94</b>
1 small glass of Red Wine	<b>125g</b>	<b>85</b>

<b>Total:</b>	<b>2,121g</b>	<b>1,493</b>
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References: Adjusted from British Nutrition Foundation (2010) Eat more lose weight! www.nutrition.org.uk