

## WELCOME TO THE MAY 2007 NEWSLETTER OF THE ESSEX BUSINESS CLUB

### **Previous Meeting – what you missed!**

A big thank you to Barry Rix, who gave a very interesting and moving talk on how to overcome your fears when public speaking. He spoke from personal experience about how he had managed to control his stammer and illustrated his talk with slides.

Frank Lo from Family DVD also gave a great presentation on his new website and offered special rates to Essex Business Club Members. Frank's contact details are on page two.

### **Quiz Night**

There will be a Quiz for the next meeting. Light refreshments will be provided although you are welcome to bring your own drink with you. We will supply the glasses. Tickets are just £5 per person. You can have up to 6 members in a team. If you need extra members, just let us know. Please submit your team members and team name to Olive by the end of May, on either [orawlins.ebc@blueyonder.co.uk](mailto:orawlins.ebc@blueyonder.co.uk) or [o.rawlins@alexandraanthony.com](mailto:o.rawlins@alexandraanthony.com). Both members and non-members are invited.

### **Wildlife Trust day out**

We are currently planning a field trip to the East Hanningfield Reservoir, part of the Essex Wildlife Trust for 7<sup>th</sup> August. Partners and guests are welcome for the field trip. The tickets will be available at a small price of £5 per person, which will include a tour guide and coffee and biscuits after. If you think you may be interested in this please let Olive know by the end of May, as we have already got the minimum number required and places are going fast.

### **\*\*\*Please be aware\*\*\***

I'm not sure whether this announcement was made last time so just to reiterate, your personal details are circulated to organisations as well as members. If you would prefer that this wasn't disclosed please advise Ray Stannard or Olive Rawlins. We can supply you with a list of recipients, if you wish.

Remember this is your newsletter so please do email me at [info@elamarketing.co.uk](mailto:info@elamarketing.co.uk) with your news.

As usual you can e-mail us [orawlins.ebc@blueyonder.co.uk](mailto:orawlins.ebc@blueyonder.co.uk) or [o.rawlins@alexandraanthony.com](mailto:o.rawlins@alexandraanthony.com) or Lizzie on [info@elamarketing.co.uk](mailto:info@elamarketing.co.uk)

Make a note in your diary for our next meeting

**TUESDAY 5<sup>th</sup> June 2007 AT 7.30.P.M.**

### **Quiz Night**

Get your teams together to battle it out for this summer's Essex Business Club Quiz night.

This is your chance to show other members your quiz skills!

Teams need to be no more than 6.

Please see above for more details