

Wednesday 19th July 2017

100 Years Essex Federation

Tonight

Laughter Yoga!
Feel free to bring a
yoga mat along.

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Challenge Cup

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Book trips.

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Lunch club -

Pay balance due
for lunch at

The White Napkin

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Bring books for our
new monthly library

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Discover this
month's photo
theme for

Shutterbelles

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Next Meeting

September

Blood runners

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Thurs. 3rd August

**TBBWI Summer
Garden Party.**



What a fabulous evening we had celebrating the Essex Centenary with cake and prosecco at our Murder Mystery Party. The Ad Hoc Players were very entertaining and left us all pondering who dunnit!

A huge thank you to Lesley Bradshaw, our own master baker, for making the delicious celebration cake.

President's Pitch

Hello Belles! We have a great evening for you with lots of fun and laughter with our Laughter Yoga session. Do have a go if you can and I hope you relax and enjoy yourselves. I'm looking forward to your challenge cup entries too.

TBBWI Group Activities

For more information on any group please see the 'Belles and Beyond' page on our website

www.thebrentwoodbelleswi.co.uk speak to a committee member.

The Homeless Period.

We are supporting the purse project which aims to provide homeless women with much needed sanitary wear and other personal items. We'll be making zipper pouches at sewing bee. For this we would really like any donations of fabric, preferably cotton and to give you an idea the pouch pictured used about a 25cm square which is about half of a fat quarter and the same in a contrast fabric for the lining. If anybody has any zips to spare, these would also be useful -12" or longer. If you have any fabric you can spare, please bring it along to the July meeting.

Once the purses are complete, we will be filling them with items from this list: sanitary wear, undies, hand wash, hair brush, hair bands, Vaseline, moisturiser, roll on deodorant and tissues. If you can donate anything from this list we'll be collecting at our meeting or at sewing bee.



Notices

Make us laugh with **this month's challenge cup** Bring along a funny object, photo or a joke and win a challenge cup point for entering.

Challenge Cup Winners—design a lei

1st place - Margaret Webb - 4 points

2nd place - Chris McAllister - 3 points

3rd place - Lauren Miller - 2 points

London Walk

The walking group celebrate summer with a picnic but this year we are planning an additional walk as well. We'll be heading out on Monday 24th July at 6.30pm from Stratford to walk part of The Line, a contemporary art trail through Three Mills and Cody Dock to view sculptures by Damien Hurst and Abigail Fallis. More information can be found at www.the-line.org. Everybody is welcome. More details at our meeting or email: secretary@thebrentwoodbelleswi.co.uk

Lesley Becket with Scary Bella at Diverse Essex. Well done to all who helped Lesley.



September Lunch— The Eagle in the Ongar Road. No deposit needed but numbers needed so please book with Beryl and Vena who will need to know in advance if you'd like to order fish.