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Dear Reader,

We know that humility and modesty are admirable qualities but we just want to say... we won! We won! WE WON!! We won the Pioneer category at the Girls! Make Your Mark Awards, sponsored by Handbag.com.

A panel of judges, including Carrie Grant, vocal coach to the stars, and Jacqueline Gold, CEO of Ann Summers, deemed the Catapult Club to be the cream of the country's newest female-led enterprises. We are absolutely over the moon! You can see pictures of the glamorous event on Handbag.com.

During the last month our Crash Courses launched successfully. So many lovely women have learned to project their voices and their personalities through the Voice & Poise course. The next one is in Winchester on Tuesday 7th October. There are more dates, and details of other courses, on our website.

Yesterday was the autumn equinox; a day where every point on Earth experiences 12 hours of darkness and 12 hours of daylight. So as the new season rears its splendidly colourful head we offer a farewell toast to summer with a sumptuous blackberry cocktail. In the article below we suggest several inspirational ways to make the most out of the longer, darker evenings and those cosy autumn days.

And of course, we present twelve sensational suggestions for things to do in the coming month.

Best wishes,

Emelie & Louise

Quick link to our website...
<http://www.thecatapultclub.com>

Don't Miss Out!



The next Fight Like a Girl takes place in Wimbledon on Saturday 4th October 2008. For more details please visit our website:

the Catapult Club

Come and See Us

On Sunday 28th September we are exhibiting at the All Woman Show in Winchester at the Guildhall. It starts at 10:30am and finishes at 4pm. Tickets are only £2.50 on the door. Why not make a day of it? Winchester is a beautiful city, with stunning architecture, ancient history, fantastic restaurants and great shopping!

On Monday 29th September Louise will be speaking at a major women's business networking event in London. Louise will be talking about owning your personal space. For details click here. This is a fantastic networking opportunity for all South London businesswomen. And for those of you thinking of starting up on your own the day will be full of great advice and inspiration. Proceeds from the event are being donated to Breast Cancer Care.

Awesome Autumn

Autumn is magical in all its colourful, blustery glory. It can also be a depressing time as the days grow shorter. But there are so many things you can do that take advantage of those long, long nights...



- Make your home a sanctuary. Invest in a selection of candles and table lamps and dot them around your home. Then establish a quick routine for

lighting them all, so that you can turn your home into a glowing, soothing retreat within minutes of returning from work or a day out. It's a great way of introducing a bit of luxury into your everyday.

- Learn something. A new school year has started and it's not too late for you to start something too. An evening course is the perfect way to make those long dark hours count. By Christmas you could have mastered a new skill. Contact your local council for details of Adult Education services in your area.
- Switch off the telly. Autumn is a great time to learn a new craft. Try your hand at knitting, sewing, embroidery or jewellery making. If you start now then you could have knitted yourself a scarf by the time winter arrives.
- Get friendly. Now that your home is all candlelit and welcoming invite your friends round for a game of Scrabble or a card game. Or go really retro and offer cocktails and a jigsaw. (Jigsaws are also a great way to spend an evening alone. Honestly! Keeping your hands active and your mind free you really relax, which is good for you.)

the Catapult Club Cocktail of the Month

"Blackberry Muddle"

A handful of blackberries
1 Measure lemon vodka
1 Measure blackberry liqueur
Juice from half a lime
Juice from quarter of a lemon
Teaspoon of syrup
Soda water



Muddle blackberries in a mixing glass, add all ingredients and shake. Strain over fresh ice into a glass. Top with a splash of soda. Garnish with fresh blackberries.

Crash Courses

Our day and half-day experience are in the South of England now. For full details visit the website.

Fight Like a Girl - Wimbledon - 4th October
Voice Poise - Winchester - 7th October
Zest Express - Esher - 17th October
Voice Poise - Guildford - 23rd October
Voice Poise - Wimbledon - 25th October
Zest Express - Wimbledon - 31st October
Voice Poise - Esher - 13th November
Fight Like a Girl - Winchester - 19th November
Zest Express - Guildford - 21st November
Voice Poise - Bristol - 25th November

Delicious Dozen: 12 Ways to Make this Month Magic

1. Enjoy the flaming autumn colours. Play in the leaves, walk in the woods and be amazed by the bright oranges and reds in nature.
2. Go apple picking. Find a local farm and either pick your own or buy delicious fresh apples.
3. Bob along to the Apple Festival. Taking place at Erddig in Wrexham, this celebration of all things apple-related is run by the National Trust.
4. Bake a cake. Or maybe an apple crumble with all those apples you picked?
5. Watch a film with subtitles. Reading and watching at the same time is great exercise for your brain.
6. Go ape. The Great Gorilla Run takes place in London on 27th

September. Watch 1,000 people running 7km in a gorilla suit to raise money for real gorillas.

7. **Skim stones.** If you can't make it to Winchester on Sunday why not go north? The World Stone Skimming Championships 2008 take place on Easdale Island in Scotland.

8. **Watch The Family on Channel 4.** Every Wednesday night for the next seven weeks watch the lives of an ordinary family unfold in this documentary experiment.

9. **Play conkers.** It might have been banned in some schools because of health and safety fears but that hasn't stopped the World Conker Championship from going ahead. It takes place in Ashton, Northamptonshire on 12th October.

10. **Reminisce.** Spend an evening sorting photographs into albums and frame your favourites.

11. **Play fair!** Visit Nottingham Goose Fair, one of Europe's most famous travelling fairs, from 1st to 4th October.

12. **Study someone who inspires you.** For example, if you love Picasso's art, find out more about the man by reading his biography. Or if Marilyn fascinates you, spend an hour researching her on the internet.

Thank you for reading *the Curiosity*. It's written with you in mind, so we welcome your feedback. Email info@thecatapultclub.com and let us know what you think.

To make sure you receive the next issue please add info@thecatapultclub.com to your address book.

Enjoy the month of September.