



President Mrs. Jackie West, 01283 814446

Are You Sitting Comfortably?

Members turned out to listen to a fascinating talk from Chris Rapley, who teaches the Alexander technique. We also had five visitors, who braved the freezing cold to join us for the evening. Refreshments rounded off the evening including heart shaped sweets to remind us it was Valentine's Day and, of course, there was a chance to enter the monthly raffle!

Chris recommended a website - www.alexandertechnique.com – for anyone who wants to learn more about the technique.

Next month – Thursday 13th March – our speaker will tell us about the highs and lows of being a Wimbledon umpire. It will be good to think of summer weather and strawberry teas.

We welcome visitors, so come to the Village Hall between 7 and 7.30 p.m. for more information, contact our secretary, Carol Hall, on 01283 813161 or visit www.tutbury.org