



ACTIVITIES OF ASHTON UNDER HILL WI FOR NOVEMBER 2014

The President welcomed 35 members and guests to the November meeting. She reported that the fashion show held the previous month had been a great success and complemented all who had taken part.

Arrangements for travel were given for the visit to Coventry on 13th where a tour of the Cathedrals has been a pre-booked. A theatre visit to the Everyman Theatre was proposed for January.

Marjy then asked members for views on a possible "Film Club" – an idea put forward by Christine Shaw – proposing that a monthly showing of a popular film could be held at the village hall during the winter months. A film rights licence would have to be obtained, the funding of which could be made by providing a supper at the same time. Guests of members could also be invited. A large proportion of members were enthusiastic that this go ahead once a trial run had been made to check the picture quality etc.

A new booklet about "Ashton Village" has been produced by John Dodge and is now on sale for £2 and available at the Church. It contains information and attractive drawings of the interesting buildings in the village.

The speaker for the evening was Rosalind-Marie Fallon who practices the Bowen Technique at Bidford on Avon. Many members were intrigued by this topic and had not heard of this interesting therapy before. Introduced by Tom Ambrose Bowen, an Australian, who discovered the benefits of this very gentle manipulation and massage as a treatment of the whole body. Rosalind explained that this stimulated the blood flow and generated healing warmth to a painful area, thus encouraging the bodies own healing powers. It is suitable for all ages and as a parallel treatment to orthodox medical care. Muscular damage and conditions such as `frozen shoulder` and sciatica can be greatly helped. Two volunteers offered to experience this gentle technique and Rosalind gave them a taste of her treatment. Both ladies experienced the healing `warm` sensation and concluded that they enjoyed the massage. It is likely that more than one treatment to treat long-term problems would be necessary, but she explained that sometimes just one session proved very successful.

After answering many questions, she was thanked by Marion Nelson and everyone agreed this had been a very interesting talk.

The WI monthly walk was arranged by Judith Hunter on the 18th November and began at Dumbleton village. This was a pleasant circular walk ending with lunch at the local Stores for a light lunch.

On 13th November thirteen members travelled on the mini-bus – kindly driven by Sarah Lane – to Coventry for a “Three Cathedrals Tour”. We met Paul who proved a very knowledgeable and enthusiastic guide for the morning. We first enjoyed a warming coffee in the Establishment café – a restored building that used to be the Old County Hall which was built in 1783 and used to be the main court in Coventry, and is infamous as the place where the last public hanging in Coventry and Warwickshire took place. Then braving the fierce cold wind we set off to first see the Holy Trinity Church. Surviving the war it houses the medieval ‘Doom’ painting which was discovered in 2004 after being hidden in whitewash for many centuries. Next we visited the remains of the medieval Priory of St Mary built in 1043 by Leofric, Earl of Mercia, and his more famous wife, Lady Godiva. It was obvious that Coventry had acquired great wealth during this period and latterly Paul went on to remind us of the many manufactured items produced here. From bicycles (the first penny farthing came from Coventry), to sewing machines, watches, airplane engines and, of course, the car industry.





We finally arrived at the ruins of the Cathedral which was bombed on 14th November 1940 during an 11 hour raid. Despite the best efforts of the fire fighters and wardens, this and the ancient city centre was almost totally destroyed with over 500 people losing their lives and more than a thousand injured. Leaving the freezing cold we arrived to the warmth and sanctuary of the new St Michael's Cathedral.

Designed by Sir Basil Spence and completed in 1962, the cathedral is home to one of the most significant collections of 1960's art housed in one place and includes the 70 feet high glass wall entrance and the beautiful 72 feet high tapestry designed by Graham Sutherland. We thanked our guide and headed back to the Establishment café for a welcome lunch and afterwards, some headed to the nearby Art Gallery or to the shopping centre. Another very enjoyable outing, kindly arranged by our outings secretary Andrea Garland.

JEN CREESE