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# THE WHITNASH TYMES

Welcome to the Autumn 2005 issue of the Whitnash Tymes from Whitnash Town Council



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# The Whitnash Society

*At the AGM of the Whitnash Society Mr Stan Warburton stood down as the long serving Chairman. The Whitnash Society under his Chairmanship has moved forward in leaps and bounds. Thank you Stan for all your hard work.*

*The Whitnash Tymes has received the following open letter from the new Chairman. Mr John Curtis.*

## People of Whitnash town and surrounding areas.

May I take a moment of your time to introduce the Whitnash Society? We were formed in 1993 to help keep Whitnash attractive and independent. In the last 12 years it has grown from strength to strength. We meet the second Monday of the month in the New Hall, next to the Whitnash Sports and Social club Heathcote Road. We have Speakers and also light refreshment. There is ample parking and is within walking distance for the fit. The hall is on ground level for easy access. We

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# Ryan Kenny - Rising Star

Leamington junior Ryan Kenny a local Whitnash lad, Has had an Excellent Season on the road and at Cross-country, Ryan's early Road form won him no fewer than 8 Titles, that included the East Midlands grand prix series. At cross-country Ryan Brought his team back in gold position in the Warwickshire Championships, and getting a Individual Bronze, Also winning one of the top 6 medals in the West Midlands league. However Ryan's achievements on the road earn him a place in the great BUPA Ireland 10km race in Dublin, at the famous Phoenix Park. Were Ryan ran in front of a massive crowd, including Family and Friends. Ryan broke the course record for under 18s in an excellent time of 34.29. The race was screened on Channel 5, As Kenny came an excellent 24th overall. After the race Irish Coach Ray Fitzsimons said he would like Ryan to come back on a later date in the year, to run in a national race. The following week Ryan in the Whitnash 3 mile road race, Again in fine form Ryan won the race in a excellent time of 15.54, to clinch top prize. Ryan was selected to run in the U.K intercounties cross-country championships for Warwickshire at Wollaton Park in Nottingham. Were he came an excellent 46th in the under 17s race. The race was shown on Skysports 2. Ryan is now getting ready to make his

Leamington debut for the men's cross-country team in October 05.



Ryan is pictured with his winning medal from the Great BUPA Ireland Race.

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area happy group of all ages.

So Ladies and Gentlemen may I extend a very warm welcome to you to come along and join us, we start at 7-45pm and it is all over by 9-30pm.

Our next meeting will be on the 12th September 2005 and the speaker will be Mrs Jenny Mason the Whitnash Town Clerk.

So come along and have your say, do you like the Hanging baskets and the floral tube? What about on street parking etc. But most of all we would like to meet you.

Our Secretary is the famous historian and author of many books including Whitnash, Mrs Jean Fields. We have many gifts for sale including postcards, fridge magnets and the wonderful 2006 calendar.

We are an independent group and are not connected to any Political party, Church or the Town Council. So as we say truly independent.

We have a fine Treasurer and our funds are sound, our annual subscription is only £5-00 a year so it would not break the bank.

Once again we would love to see you please try and come.

Yours Sincerely,

*John Curtis*

Chairman

For more details Please call on 01926 427724

And many thanks for reading my letter.



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## An answer to the Article in the last issue on what to do with your spare time

What is Warhammer? It is a futuristic table top game that uses the player's sense of battle strategy and fun.

There are three main games, Warhammer Fantasy, in which swords, magic, Dragons and much more are used. Game two is the Warhammer 40,000, another game where the players use big guns, Aliens and super enhanced humans. Lord of the Rings is the third of the

games. This game is based on the books and films.

All of the games are played using models, dice and many rules; most of the games involve destroying your opponent army but there are many after missions you can play.

The hobby is not all blood and war, before you can play all of the models have to be made, painted and learning the strict rules and the secrets of how to use your force is one of the main exercises.

We have tournaments locally also worldwide and there are many painting competitions for all ages.

To find out more about Warhammer call 01926 435771

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to a ceremonial planting of a tree, again all 4 Mayors took part, with all that much skill, it should grow. Then off to an Ecumenical church service in which readings and prayers were said in all 4 languages. The evening was then spent with our host families.

Monday was an early start off to Reims to visit the very fine cathedral and to finish off a visit to a Champagne house for a tour of the cellars via 116 No. steps, and a sampling, no shortage of bottles to open, as they have 20 million bottles stored under ground there.

Tuesday, with bags packed, said farewell to our host families, and

onto the coach for the start of the return back to Whitnash, via a visit to Momatre, and a boat trip along the river Seine. Finally to the airport, but we were delayed again due to severe thunderstorms in the UK, but finally arrived home in Whitnash at midnight.

All the participants enjoyed the full and busy programme provided by our French Twin Town.

We welcome any new members who live in Whitnash area to join us. Please contact us on 01926 739675.

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## Whitnash Visit Their Twin Town in France

We eventually arrived at Paris (CDG) airport one and half hours late, due to severe thunderstorms in the Paris region. We finally got to the twin town Villebon sur Yvette at approximately midnight and were introduced to our host families who we were going to stay with for the next 4 days.

Not such an early start on the Friday with a visit to Dourdon, which has a castle and a very fine old church with English speaking guides, in the afternoon we then visited Sceaux ( Leamington Spa's twin town) which is not far from Villebon, with a visit to the beautiful Chateaux and gardens which surround the building. In the evening were went to a reception with visitors from Villebon's other twin towns Liederbach am Taunus ( Germany) and La

Rosa de Madrid (Spain) for a formal welcome from Villebon's Mayor with replies from the 3 visiting Mayors.

Saturday, there was a Fete d'Europe with all participating towns taking part, with the Spanish producing the largest Paella cooking dish we had ever seen approx. 8 metres in diameter to provide lunch along with the German twin town with sausages and German beer. The evening we were entertained by Spanish dancers and German and French Choirs and a good evening was enjoyed by all.

Sunday, Whitnash's Mayor Cllr Parminder Birdi along with the other 3 Mayors opened the new local community Police Station by cutting a tricolour ribbon, which was then cut up and given to all the witnesses. After this we went



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# Bodies and Co

## The Fitness Organisation

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We have other classes in Leamington, Warwick and Kenilworth if you want one of our regular classes

If you would like more details about these or any of our other of our classes please phone Jenni on 01926 492183



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## Active Citizenship at Warwickshire College

Active Citizenship is an important element of the current national agenda in Post 16 Education, it is driven strongly by the overriding need to engage young people meaningfully in the life and fabric of the Country and their Communities. The aim is to develop the skills and commitment that will enable and motivate young people to become involved and contribute in the areas of social, moral, political and environmental activity in a confident and assured way. The key word is 'Active' as this denotes the emphasis on empowering the young people to develop, lead, communicate and pass on information, ideas and resources focussing on issues that are important and relevant to them.

To support the work around Active Citizenship at the Colleges five sites there is a Website, Intranet Site and Newsletter which provide information on materials, guidance, resources and news. We also have groups which meet regularly at each site to discuss issues, developments and to share good practice with colleagues.

The range of projects so far this year has been extensive, exploring a range of themes and issues,

from Equality to Honesty. The recent Election created an opportunity to run a College wide on-line Election/Poll on the 4<sup>th</sup> of May to raise awareness of the importance of voter engagement. A variety of Students have attended a number of national events, which will culminate in attendance at the Learning and Skills Development Agency conference for young people in London later this year.

Active Citizenship is a crucial, if not yet mandatory aspect of Post 16 Education and can affect commitment and engagement in many ways, while providing an inspirational vehicle for enlivening all areas of the Curriculum.

K Ford  
Citizenship Manager



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## The League of Friends

The League of Friends of Royal Leamington Spa Rehab Hospital is a volunteer service and our aim is to raise money for the patients needs that the health service can't provide – buying special beds, wheel chairs, arm chairs, electrical equipment etc. We hold whist drives every fortnight, car boot sales, coffee mornings, summer and Christmas fayres and other events yearly. We also have a very good cafeteria opened daily apart from Sunday selling tea, coffee, biscuits, sandwiches and chocolates run by the volunteers of the hospital. We meet once a month on a Tuesday 7.30 to 9.00 p.m. discussing expenditure of funds to whereby the managers of the wards and physio staff write requesting that we buy a piece of equipment whatever it is granted and to talk over our forthcoming events.

The committee consists of a chairman, vice chairman, treasurer, secretary and a handful of committee members.

Then we have the Volunteer Services whereby there is a volunteers co-coordinator who is in charge of the volunteers who give their time free to the hospital whether it near Acre Close be one morning or afternoon per week or

a couple of days weekly. The volunteers usually work in pairs playing bingo, quizzes, and reading to the patients, painting ladies fingernails or just chatting to them. All this is very valuable for them as their days are long. You wouldn't be asked to do anything you didn't feel comfortable with and the ward managers would assist you with any queries, also it wouldn't be expected of you to move anyone from A to B. that is a nurse's role as it could be dangerous.

If there is anyone interested in becoming a volunteer or to be on the League of Friends committee or knows of someone who has an interest in charity work please have chat with me. We are desperate.

The £40.00 grant aid contribution is still in the account at the bank and will be used as payment for the hall for a fashion show on the 7<sup>th</sup> September 2005.

*Mrs Moreton*

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# Antibiotics

Why is it that when you go to the doctor's they don't give antibiotics to you? We now know that most infections that people suffer with are due to viruses. If someone is normally well then his or her immune system should fight off this type of infection.

Viruses are the cause of most throat, ear, sinus and chest infections. Also most flu-like episodes and tummy upsets.

Antibiotics do not kill viruses and can cause side effects such as rashes, diarrhoea and sickness. Also if they are overused some

bacteria can become resistant to them so they are less effective when they are really needed.

Viruses can make someone feel unwell for several days or even longer before the body clears it. The best thing for viruses is to use paracetamol or ibuprofen for any temperature symptoms and aches with plenty of fluids to avoid dehydration. If you have a high temperature do not wrap up – you need to remove layers to cool down. Chemists are a good source of advice and information for other things to help symptoms.

What happens if it is a bacterial infection? In most people, the immune system will clear this too. Antibiotics can sometimes help speed up this process. However, there are more serious infections that do need antibiotics and doctors will use them in this instance.

If things change what do I do? If anything is changing or after several days is not improving then see your doctor for advice.

Dr. Kate Holtby

Whitnash Medical Centre

## What's This?



If you think you know what this is please send an email. There will be a prize for the correct entry

out of the hat. Last issues answer was a Light Switch. Email Address: - [whatsthis@whitnashtowncouncil.gov.uk](mailto:whatsthis@whitnashtowncouncil.gov.uk)

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# CALENDAR

## Daily

Pre-School                      Methodist Hall                      9.15-11.45am

## Mondays

Women's Fellowship              Methodist Hall                      2.30pm (Fortnightly)  
 Cubs                                  Methodist Hall                      6pm  
 Whitnash Society                  St Margaret's Chapter House      7.45pm, (2nd Mon)  
 Ballet Classes                      St Joseph's Parish Centre          3.30pm-7.30pm  
 Bodies & Co, Beginners          St Margaret's School                  7-8pm  
 Fitness

## Tuesdays

Beavers                              Methodist Hall                      6pm  
 Briar Bunnies Toddlers          The Hodcarrier                      10-11.30am  
 Mothers Union                      St Margaret's Chapter House      2pm, (3rd Tues)  
 Scouts                                Methodist Hall                      7.45pm  
 Under 12 Youth Club              Community Centre                  6.00-7pm  
 12+ Youth Club                    Community Centre                  7.15-8.30pm  
 'Tuesday' Club                    St Joseph's Parish Centre          10am—11.30am

## Wednesdays

Rainbows                            Church Centre                      5pm  
 Brownies                            Church Centre                      6pm  
 Town Council Meeting            Community Centre                  Times Vary (3rd Wed)

Women's Institute                  Methodist Hall                      7.15pm (2nd Wed)  
    £2.00, visitors are very welcome.  
 Whist Drive                        St Joseph's Parish Centre          8pm  
 Carmel Prayer Group              41 Landor Road                      8pm  
 Line Dancing for Beginners      St Margaret's School                  6.30-7.30pm  
 with Silver Dollar

## Thursdays

Brownies                            Methodist Hall                      5.15pm  
 Brownies                            Church Centre                      6pm  
 Weight Watchers                  Community Centre                  7pm  
 SCJ Group                          St Joseph's Parish Centre          7.30pm

## Fridays

Guides                                Methodist Hall                      6.30pm  
 Bingo                                St Joseph's Parish Centre          8pm  
*Every week unless otherwise stated*

Neighbourhood Watch  
 At 2-3pm and 7-8pm in the Community Centre:  
 Monday 26th September; Monday 30th January 2006

*Please contact the Council to have your organisation's event or activity group*

## Email contacts

All Whitnash Town Councillors can now be contacted using e-mail.  
 Every councillor's email address has the same format:

`cllr.surname@whitnashtowncouncil.gov.uk`

The Town Clerk can be contacted at:

`town.clerk@whitnashtowncouncil.gov.uk`

For further information please visit [www.whitnashtowncouncil.gov.uk](http://www.whitnashtowncouncil.gov.uk)

## *Your Councillors*

	Bernard Kirton ‡	01926 771473
	Mick Morris	01926 425884
Parminder Birdi	01926 337348	Simon Rowberry 07976 925088
(Mayor)		Joe Short †
Robert Margrave	07834 388414	Brian Smart
(Deputy Mayor)		Richard Sparkes
David Clough	07788 437388	David Stocks
Ian Colls	01926 332918	
Kitty Crutchley	07984 741649	† Councillor is also a District
Judy Falp †	01926 312428	Councillor;
Tony Heath	01926 429152	‡ Councillor is also a District and
John Hughes	01926 881873	County Councillor

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