

# Chilton Notes

## MARCH

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

*Charles Dickens,  
Great Expectations*

## This month's special feature

### Oxford – Cambridge Expressway



St Mary's Church  
Holy Communion  
Sunday

10th March  
10 am



**WE LOVE**  
OUR VOLUNTEERS



### Church Flowers Duty

None Required for  
Lent

### Church Cleaning

Wyn Sparks  
Kathy



Join us in wishing our local residents a very  
Happy Birthday  
**March**

Matilda West	1 <sup>st</sup>	Friday
John Fowler	5 <sup>th</sup>	Tuesday
Paul Vincent	22 <sup>nd</sup>	Friday
Harry Aubrey-Fletcher	29 <sup>th</sup>	Friday
Orla West	30 <sup>th</sup>	Saturday

If you know someone who would like a 'shout-out'  
please let Karen know [mandkwoodin@btinternet.com](mailto:mandkwoodin@btinternet.com)

"Don't just count  
your years, make  
your years count."

George Meredith



## CHILTON SAFARI SUPPER

Saturday 29<sup>th</sup> June 2019

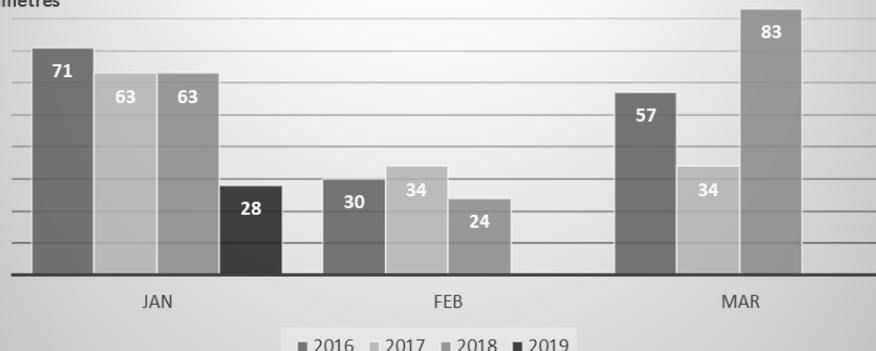
More details to follow in next month's  
Bernwode News & on the Parish Council Website  
If you would like to be a host please contact  
[rebecca.wasey@gmail.com](mailto:rebecca.wasey@gmail.com)

## Churchyard Flowers

Please use the large green bin situated just  
outside the main gate of the church for  
disposing of flowers instead of leaving them  
in Churchyard. Please note this bin is for  
Church waste only and is not a communal  
facility

## Les's Rainfall Chart - Chilton

Millimetres



## January Rainfall

Well what a difference a  
year makes!  
Just 28mm in January  
compared to just over  
double during the previous  
three years.  
March appears to have  
been volatile over the past  
three years, so let's see  
what is in store!

# Chilton Notes



## CAFETIERE COSY

I hope you enjoyed the February heart coaster, please send me pictures so we can put them up on the village website, so now is the time to get your needles out for a **cafetière** pattern below:



### **YOU WILL NEED**

**50 g DK Yarn : 3.25mm Needles : 3 Buttons**

Cast on 65 stitches loosely  
For border work 6 rows in garter stitch  
Work body of cosy as follows:  
Row 1: K5, Purl 55, K5. Row 2: Knit.  
Row 3: K5, Purl 55, K5. Row 4: Knit.  
Row 5: Knit. Row 6: Knit.  
These 6 rows from the pattern, continue until 48 rows have been completed Row 49: Knit.  
Row 50: Knit.  
Row 51: Knit.  
Cast off purl-wise.  
Button Loops - Make 3  
Cast on 15 stitches then cast them all off again, this creates a strip of knitting which can be shaped into a loop.  
Attach buttons to one side of the cosy, at the top, bottom and middle, then attach the loops on the opposite side.  
The cosy pictured was knitted by omitting the garter stitch border and knitting moss stitch (seed stitch) instead, the main body was worked in stocking stitch.

## **WONDERFUL SUPPER DISH FOR ALL THE FAMILY** *from Julia Cartwright*

This recipe has the exciting title of  
**“Maccheroni con la salsiccia e le carote”**

but essentially it is sausage meat and carrots with pasta!

I used to cook this when my daughter was young and it was always a firm favourite. Her friends, all now adults, still regularly serve this at their supper parties! A cheaper alternative to a bolognese sauce!

### **METHOD**

If using whole sausages, make a slit down the side of each and remove the meat. Heat the oil and butter in a saucepan and cook the onion until translucent. Add the sausage meat and lightly brown, breaking it up with a fork. Add the carrots and stir for a few minutes. Add the tomatoes, stock, bay leaf and oregano and cook, covered, over a low heat for 30 minutes. If you like your sauce a little thicker, then just add some tomato puree. Taste for seasoning, if the sausages are spicy you may find you don't need to add any.

Cook and drain the pasta and put into a warm serving dish. Mix with the sauce, reheating this if necessary. Serve the grated cheese separately.



**Serves 4**

8 oz good pork sausage meat or sausages  
1 Tablespoon cooking oil  
½ oz butter  
½ medium size onion  
3 medium size carrots- grated  
14oz can chopped tomatoes (pureed)  
4 fl oz chicken stock – made with ½ stock cube  
1 Bay leaf  
1 Teaspoon dried oregano  
12 oz Pasta – any shape like fusilli  
3 oz freshly grated parmesan or mature Cheddar cheese  
Salt & Pepper  
Tomato puree (optional)

# Chilton Notes

## The Core

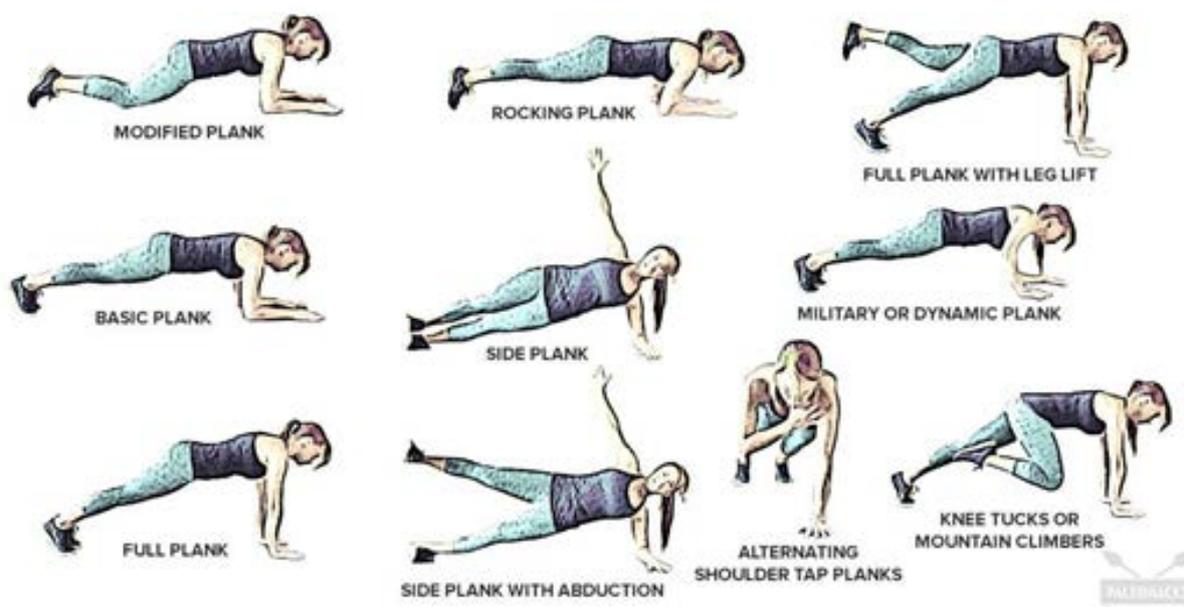
Did you ever do sit-ups (or crunches) until your stomach burned with the effort, in the hope of achieving the mythical six-pack? OK, maybe you didn't but I bet you knew someone who did.

What were we doing? What were we trying to achieve? At the time the aim was probably nothing more than aesthetic, but now most of us are aware that "core strength" is something desirable. But, what exactly is the core? Why is a strong core desirable and how on earth do you achieve it?

The core muscles are the support foundations for the whole body. They surround and support the spine and pelvis, allowing forces to transfer efficiently between the upper and lower body. The core consists of the muscles of the abdomen and spine, the pelvic floor, the diaphragm, the gluteals, the hip flexors and the latissimus dorsi – more than just your six-pack! I should say that this list varies a little depending on where you read it, but the idea of the core providing a base support remains constant.

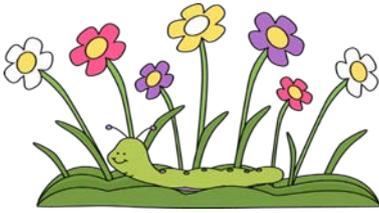
The core provides stability of the spine during every day weight-bearing activities like standing, walking, running and even sitting, helping you maintain good posture. A strong core becomes increasingly important in sports involving multi-directional movement and quick changes in direction, like football, hockey, tennis etc, when efficient transfer of power through the limbs is key to avoiding limb injuries. A weak core increases the likelihood of suffering from low back pain and renders you more susceptible to muscle and joint injuries, particularly if you are relatively sedentary during the week, but participate in vigorous physical activity at weekends.

If you've made a decision to get fit, a good place to start would be with the core muscles, but where should you begin? Core strengthening should be done in all planes of motion and ideally the exercises should be functional and dynamic; ideally replicating the movements of your particular sport. For example, a standard "plank" on toes and hands might be a great place to start, but it's not functional. Here are some ways to make it more dynamic.



There's an exhaustive range of core strengthening exercises suitable for everyone, at the gym or at home, whatever your age or fitness level. But this shouldn't be the preserve of the "sporty" alone; a strong core will take you into middle and old age with a far better chance of remaining active, mobile and injury free. Give it some thought and chat to someone in the fitness industry who can tell you where to begin.

# Chilton Notes



**Spring is a busy time for gardeners.  
Get it right now and you'll be all set for the best summer yet.  
Here are five top tips .....**

*From our green-fingered contributor- Michelle Scraton*

## **Get on top of your perennials**

- ✿ Spring is a good time to freshen up the soil and apply a little mulch to feed the soil and the plants. As you work through the border there's still time to do a little dividing of perennials. Lift them, divide the crown and re place the plant in a smaller group or elsewhere, discarding the central part of the crown.
- ✿ Some of the perennial plants in your borders will be emerging and noticeable above ground and you can navigate through the border without fear of trampling the crowns of the plants.

## **Get ready for a great lawn**

- ✿ Now's the time to get the lawn mower out of the shed and give the grass the first cut of the season.
- ✿ Mowers work best if well serviced and sharp. Blades need to be sharpened and balanced and its best to get this done at a garden machinery outlet. If the blades are sharpened at the start of the season then the grass will remain in better condition. The cleaner the cut, the less bruising on the grass and the nicer the appearance and better the health is in your lawn.
- ✿ Start with the mower set at a much higher level than you would ultimately like. Give your lawn a few cuts at this grade to give the grass blades the best chance of health, strength and rigidity for the season ahead.

## **Get planting now**

- ✿ There's still time to plant bare rooted plants, like top fruit, soft fruit, roses or any trees or shrubs, although aim to have it all done by St. Patrick's Day (March 17th).
- ✿ Containerised stock and bare rooted evergreens can still be planted out but mulch them. The weather often turns windy and dry between March and May. Carry on planting perennials and any Lily, Gladioli and Fritillaria bulbs.

## **Pay attention to your spring bulbs**

- ✿ Now is a great time to lift and divide bulbs which have finished flowering. Take off any faded flowers and seed-heads and tease out the bulbs and their leaves and replant them individually about 60-75mm apart.

## **Don't forget your vegetables**

- ✿ This is a busy time for the vegetable growers. Many of your main crops to be raised from seed can be started in a gently-heated propagator if the ground is still too cold outside.
- ✿ But remember, as soon as the seed is up, lift them into a cooler, but well-lit place to stop them becoming spindly and weak. The seedlings will need turning, ideally a quarter turn a day to stop them developing one-sided.



## **Chilton Library Box**

News from Nikki Ashley – our librarian

*"I swapped ALL of the books in the library this week and so I would like to encourage you all to go and have a look and see if there is something of interest – it is so rewarding to see so many using our small but exciting library – especially the children"*

# Chilton Notes

## Oxford to Cambridge Expressway

*Review and update from Duncan Parker*

The corridor for the **Oxford to Cambridge Expressway** was announced in September 2018, it will be "broadly aligned" with the proposed East-West rail route from Abingdon to south Milton Keynes via Winslow. It is yet to be decided whether the route will pass west or east of Oxford.

Within this corridor are 3 possible routes. **Chilton Parish Council** is working alongside the **Expressway Action Group (EAG)** to oppose the Oxford-Cambridge Expressway route B3, which could come right through Chilton Parish.

Chilton, and other Parish Councils within route B3, have been asked by EAG to set aside some money in case it is one day needed for a legal challenge.

Chilton's own Expressway Group has formed independently from the Parish Council, to do whatever we can to show Chilton as an area that is too important to consider building a major dual carriageway through, which would not only ruin the appearance of the beautiful area we live in, designated an 'Area of attractive landscape' by Aylesbury Vale District Council, but would also pollute it with noise, light and exhaust emissions. Local house values could also be seriously affected.

We know Chilton is special and should not have a road built near it, but we need to have evidence to back this up.

We will need to present data on the historic landscape and archaeological features we have, some work is already being done on this but we are looking for more information and anyone who can help.

We have commissioned a freelance independent professional Ecologist, Tony Powell, to undertake a survey of the biodiversity present in the parish. His main speciality is farmland and woodland bird population ecology and has contributed his research to many scientific papers in this field, but he will of course record all the important wildlife he finds.

His plan is to split the parish into 3 sections and survey each section for a day each in March, April, May and June (the main breeding season) which will comprise 12 visits (travelling from near Newbury).

He is doing this for £125 per survey with a final report at £400 which means we have so far committed ourselves to spending £1900.

He will keep some dates free in July - September in case more funds become available to increase our species count and make a more comprehensive report.

He is very keen and capable and I think we are lucky to have got him involved.

Chilton Expressway group are happy to put in the time and some of the funding, but if there are any other Chilton residents that are able to contribute to this cause, it would be great to hear from you. Ideally, we would raise sufficient funds to extend the study and make our case as strong as possible.

If you would like to donate, please go to [www.justgiving.com/crowdfunding/chiltonexpresswayfund](http://www.justgiving.com/crowdfunding/chiltonexpresswayfund)

DONATE NOW WITH  
**JustGiving™**

### Chilton Parish Council

Next Public Meeting

**Tuesday 12<sup>th</sup> March 2019**

7:30pm

St. Mary's Church

*Please submit any agenda items to the Clerk by*

*Thursday 6<sup>th</sup> March*

**SIGN UP NOW**

**Chilton Parish Council** can provide you with local news, information, details of events and so much more....all we need is your email address.

Please sign up at the bottom of any webpage

**[www.chiltonpc.org.uk](http://www.chiltonpc.org.uk)**

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