

# Chilton Notes

## JUNE

It is the month of June,  
The month of leaves  
and roses, When  
pleasant sights salute  
the eyes and pleasant  
scents the noses.

*Nathaniel Parker Willis*



### Dates for your Diary

Safari Supper

Summer Fete

Harvest Lunch

Details on next page

St Mary's Church  
Holy Communion  
Sunday

9th June  
10 am



WE LOVE  
OUR VOLUNTEERS



### Church Flowers Duty

Julia  
Cartwright

### Church Cleaning

Wyn Sparks  
& Kathy



Join us in wishing our local residents a  
very Happy Birthday in June

Sandy Randall 1<sup>st</sup> Saturday

Wyn Sparks 17<sup>th</sup> Monday

Rod Alexander 27<sup>th</sup> Thursday

*If you have friends and family whom you would like  
mentioned in this feature, please send details to*

[mandkwoodin@btinternet.com](mailto:mandkwoodin@btinternet.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.

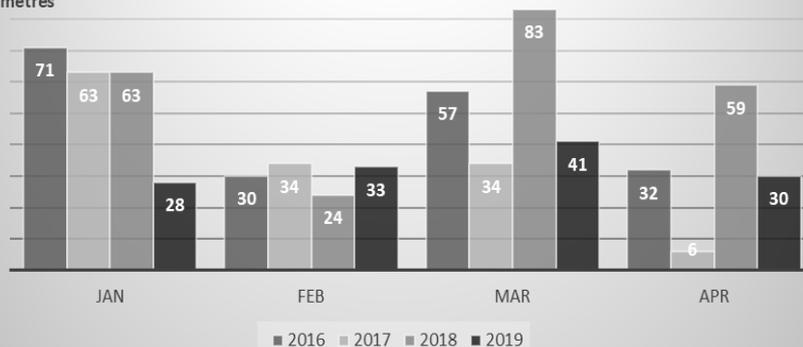
## St. Mary's Churchyard Cleanup

A huge thank you to the 16 people who turned out on a beautiful spring morning armed with tools and energy to attack the overgrowth created during a growing spurt following the sun and rain of recent weeks. The Churchyard is becoming easier to manage with every cleanup as we have tackled the large jobs.

**The Parochial Church Council would like to thank families and friends who generously donate towards the specific costs of the Churchyard which are separate from those of the Church**

### Les's Rainfall Chart - Chilton

Millimetres



### April Rainfall

With April rainfall at 30mm this year we are seeing a see-saw of results over the past 4 years. With 2016 being comparable to this year but 2017 dropping to almost nothing at 6mm whilst we were deluged last year with 59mm – So April Showers are very much part of this season.

# Chilton Notes

**UNDER  
THREAT!**

**YOUR  
Countryside**

**NO EXPRESSWAY**

[noexpressway.org](http://noexpressway.org)

## **OXFORD to CAMBRIDGE EXPRESSWAY**

The Chilton Expressway Group is working closely with Expressway Action Group and No Expressway Group to raise awareness of the very real and possible implications of this project coming within our Parish.

No Expressway Group kindly assisted and organised the installation of awareness signage in and around Chilton Parish

Residents are encouraged to visit the following sites to find information about the plans, impact and timetable for this massive infrastructure project:

[www.chiltonpc.org.uk/oxford-to-cambridge-expressway](http://www.chiltonpc.org.uk/oxford-to-cambridge-expressway)

[www.noexpressway.org](http://www.noexpressway.org)

[www.expresswayactiongroup.com](http://www.expresswayactiongroup.com)

## **For your attention!**

Highways England have commissioned a Corridor assessment report which calculates the amount of new housing development that might be 'un-locked' by building the new road.

The aim was to build approximately **half a million houses** along the route, mostly grouped around junctions that will be positioned every 12 kilometres or so.

The report states their Corridor B was picked as the preferred option as there are large areas of sparsely inhabited rural areas in the Oxfordshire/Buckinghamshire border regions.

**Corridor B3 which includes Chilton** and the surrounding area has been identified as having more development potential than the other routes being looked at so there is a very high chance it will be chosen in the decision made this autumn. The extra development on our route includes plans for a new city of **150,000 people or 64,000 houses** (the size of Oxford) called '**East of Oakley**' positioned as the name suggests.

## **CHILTON PARISH BIODIVERSITY PROGRESS REPORT by Duncan Parker**

### **UPDATE**

So far independent Ecologist Tony Powell has carried out six site visits during March and April, two for each section of Chilton parish. Each visit has been for 5-6 hours in varied weather conditions, so it is inevitable not all species present will be observed by him, but that is how an independent study has to work.

For instance I see or hear both Barn and Tawny Owls most evenings, but if Tony doesn't, they don't count!

**However**, he has recorded an impressive list already with hopefully more to add, I have listed a few snippets to encourage everyone to carry on supporting our campaign.

We have the funds in place for another 3-4 months of surveys with a comprehensive written report at the end to submit to the No Expressway campaign. If anyone else wants to donate to help further this study please visit the **Chilton Parish Council Website** where there is a link to a Just Giving page in the Expressway section.

### **TOTAL BIRD SPECIES OBSERVED SO FAR: 76**

### **TOTAL OF THESE SPECIES ON THE "CONSERVATION CONCERN" LISTING: 32**

Tony thinks Chilton is an important area for both wintering birds and a staging area where birds stop to feed and rest as they are passing through.

#### **Sightings so far include:**

- **Fieldfare** – 65, **Redwing** – 50 (both Red-Listed Thrushes)
- Three types of Wintering Gull Species (Both Amber & Red-Listed)
- **Long-Eared Owl**
- Various wintering Ducks & Geese including amber-listed **Mallard, Teal & Wigeon** (110 of the latter present on one occasion) plus amber-listed **Greylag Goose**
- 120 amber-listed **Golden Plovers** witnessed on one site alone
- **Wheatear**, Red-Listed **Curlew & Redstart**, large numbers of **Pied Wagtails** and amber-listed **Meadow Pipits**.
- 30 **Blackcaps** witnessed on one visit alone to the east of the parish. these birds were part of what is known as a **Fall** where birds are known to literally drop from the skies overnight and are usually held up by misty conditions or a weather front.
- The same date as above also witnessed 15 **Whitethroats**, and a brief bit of song from a Red-Listed **Turtle Dove**.

#### **• Total butterfly species observed so far: 8**

A count of **7 Hares** seen from one location alone.

**Flowering Plants:** include **Bluebells, Cowslips, Dog Violets, Cuckoo Flower, Shepherds Purse, Red Campion & various Deadnettle species.**

# Chilton Notes

## Diary Dates



### Safari Supper

Saturday 29th June at 6:45 pm

Meet at Chilton House for a pre-supper drink where you will receive your invitation for starters at your allocated host's home. Next stop will be the main course host location after which we will all return to a currently secret location for desserts and a catch up on the evening's events

### Find out more

[www.tickettailor.com/events/chiltonvillageevents](http://www.tickettailor.com/events/chiltonvillageevents)

### Safari Supper Order Form

The easiest way to **order and pay** is online at <http://buytickets.at/chiltonvillageevents/255723>

Prefer to order the 'old fashioned way'? – No problem

**Call Rebecca Wasey on 07929 044870**

[Rebecca.wasey@gmail.com](mailto:Rebecca.wasey@gmail.com)

**We need to know  
NOW  
Please call or email**

### **Decide if you would like to be a Guest or a Host**

Hosts need to advise Rebecca if they prefer to offer Starters or Main Course

To ensure everyone contributes, guests should bring a dessert and/or raffle prize to the final location

**Tickets are £17.50 per person**

All proceeds go to St Mary's Church



### Summer Fete

Saturday 7<sup>th</sup> September at 2 pm - Chilton House

Steam Train Rides: Live Music: Hog Roast : Licensed Bar :

Face Painting : Stalls : Games and more

If you have an idea for something to add to the attractions, then please make contact with Stuart 07789 985709

[clerk@chiltonpc.org.uk](mailto:clerk@chiltonpc.org.uk)

### St. Mary's Harvest Festival Service

Sunday 13<sup>th</sup> October at 11:30

*followed by*

*Harvest Lunch at Chilton House at 12:30*

*To help the planning, please email*

[clerk@chiltonpc.org.uk](mailto:clerk@chiltonpc.org.uk) or call 01844 208196

**HARVEST**  
*Lunch*

# Chilton Notes

## Stretching – Is it worth the Effort?

Do you bother? Should you bother? Current thinking on the benefits of stretching both before and after exercise is quite different from what was recommended twenty-plus years ago. It's safe to say that the jury's out on stretching.



As school children participating in sports activities we were encouraged to stretch as a “warm-up” prior to commencing aerobic exercise, but after much research on the subject it's now thought that static stretching prior to aerobic exercise can actually increase the chance of injury. This is because when we stretch receptors in the muscle send messages to the brain which stimulate the "stretch reflex". This is where the muscle tries to resist the change in length by contracting and limiting the stretch in order to prevent injury.

The more sudden the stretch (for example if you "bounce" – please don't!) then the stronger the countering contraction. One of the reasons why we hold a stretch for longer is, so the stretch receptors become accustomed to the stretch and the effect of the stretch reflex is diminished. So, static stretching before a run, cycle or game of hockey, could lessen the muscles' ability to contract, not only temporarily reducing strength, but also the ability of the muscle to protect against the over-stretching that may occur in dynamic, multi-directional sport, potentially leading to injury.

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Stretching after exercise has been used as a recovery tool for many decades, if not centuries, and anecdotally at least, has been shown to have numerous small but significant positive effects on recovery, including a reduction in muscle soreness and stiffness.

Whilst it's not scientifically proven that stretching reduces DOMS (delayed onset muscle soreness - usually felt in the days after exercise), it is thought that stretching post-exercise can help the realign the micro-tears in the muscle fibres caused by exercise (and which are one theory of what causes DOMS), so reducing the likelihood of injury the next time you exercise.

Personally, I find that stretching the main muscle groups of the legs and hips after running or cycling helps maintain flexibility and reduces the sensation of stiffness and sluggishness at the start of the following run/cycle. It's thought that static stretching is most effective immediately post-exercise when the muscles are still warm and compliant, rather than as a stand-alone session from cold.

So, once you've completed your run, cycle, hike or match, try to give yourself at least 10 minutes for a decent stretch. Ideas can be found online, but as always, don't do anything that causes pain or discomfort, and if in doubt, always ask a fitness professional.

And of course, I should mention that massage, whether from a professional massage therapist or self-massage using a foam roller or massage ball, can also help in post-exercise recovery and injury prevention.

# Chilton Notes



## The final question – How did we do?

The Quiz Night was held at College Farm on a wet and windy evening on 27<sup>th</sup> April and attended by over 50 well-informed residents eager to share their knowledge and trust to luck on the multiple-choice questions.

The quiz had been pre-prepared by John Slusar and is available on his website for anyone to review and see where they went wrong!

Go to [www.greyhoundderby.com](http://www.greyhoundderby.com) and scroll down to QUIZ 13

With many generous donations for raffle prizes and enthusiastic participation in Joker rounds combined with bar and ticket sales we are delighted to announce a successful fundraising total of £1241 towards annual Church maintenance costs of over £10,000 per annum. The generosity was equalled by the enthusiasm and participation in the quiz and we are looking forward to the next event which is the Safari Supper on Saturday 29<sup>th</sup> June.

## Chilton Parish Council



### Annual Council Meeting

Annual meetings can be somewhat procedural but this year's Annual Council Meeting saw the retirement of BRIAN LLOYD as Council Chair after an impressive 33 years in the post. The post was previously held by Brian's father for many years and brings an era to a close with many thanks from past and present Councillors for the dedication and commitment to many events and actions in the village during his tenure.

Following the nomination and election process, Louisa Vincent was elected as Chair for the remainder of the meeting. Louisa commented after the meeting: ***"I am delighted and honoured to have been elected as chair of the Chilton Parish Council. Also not a little daunted as Brian Lloyd did such a good job over so many years. I don't think I'll be copying his 33 year achievement but I am looking forward to being able to contribute to our lovely village, especially at such a challenging time"***



Councillor contact details can be found online at [www.chiltonpc.org.uk/council-members](http://www.chiltonpc.org.uk/council-members)

The meeting reported on recent success with Bucks County Council attending to a wide range of Highways and Footpath issues.

Residents are encouraged to report issues online to <https://fixmystreet.bucksc.gov.uk/report> this does elicit a response from Bucks CC and the more that are submitted, the more awareness that is raised for a particular issue.

Our speed camera is on order and it will have 6 locations around the village and it is hoped that with its downloadable captured information shared with the police that speeding in Chilton can be curtailed.

Parish Council elections will take place in May 2020 and candidates are invited to contact The Clerk at [clerk@chiltonpc.org.uk](mailto:clerk@chiltonpc.org.uk)  
Or call on 01844 208196 and speak to Clerk, Stuart Misseldine for more information.



### Chilton Notes Editorial Team

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[www.facebook.com/chiltonbucks](https://www.facebook.com/chiltonbucks)

and

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

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