

CHILTON NOTES

Correspondent Diana Bird : seamsfine@btinternet.com

CHILTON NOTICEBOARD

Holy Communion
Sunday 11th
December 10am

CAROL SERVICE
Saturday 17th
December 5pm

**CHRISTMAS DAY
FAMILY HOLY COMMUNION SERVICE**
Sunday 25th December 10:30 am

FLOWER ROTA – December
All flower ladies involved for Christmas

CLEANING ROTA
Liz Lewis & Jackie Alexander
*If you would like to help please contact
Norma Rolfe on
01844 201676*

Happy Birthday

Birthday Greetings for December

Martha & Oliver Bishop – 17th December

Arlo Wasey - 19th December

Happy 30th Birthday to
Lucy Syrett (nee Shurrock) – 31st December



A warm welcome to Chilton Village goes to
Lauren Wilkins & Lewis Crisp
Paul & Anna Gratton
Frank & Vivian Messenger



Come and join us on

Saturday 17th December 5pm

For the Chilton CHRISTMAS CAROL SERVICE at St Mary's Church

The ever popular Marsh Gibbon Silver Band will play a medley of traditional carols during the service and will also accompany the congregation

A very special visitor may be making an entrance



Mince Pies & Mulled Wine will be served after the service



Benefice Communion Service

St. Mary's Church Chilton would like to thank everyone who attended the service on Sunday 30th October

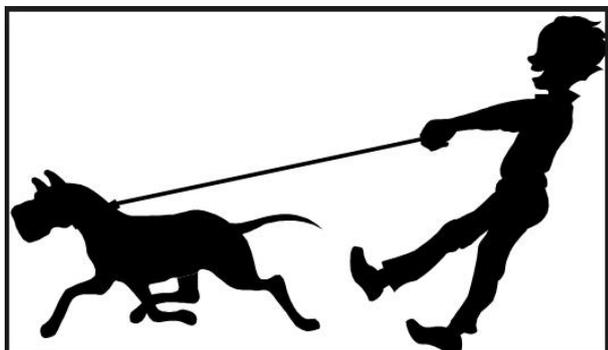
The refreshments afterwards provided a convivial setting for conversation, sharing of stories and renewal of acquaintances from other parishioners within the Benefice



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"DOG WALKERS WE NEED YOUR HELP"



As I was driving through Chilton Estate I bumped into Tim who assists with maintenance on the estate only to see him clearing up at least 6 dog poo bags that walkers have left.

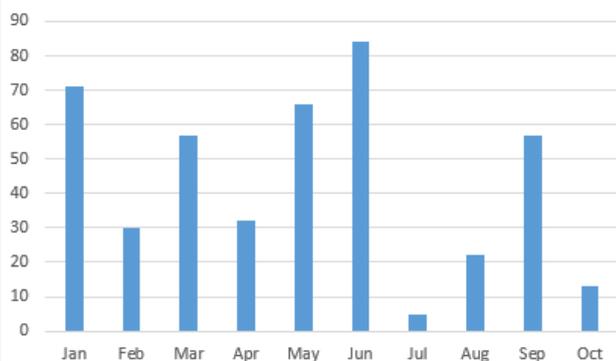
It disappoints those of us that respect the beautiful walks we all enjoy.

The good news is that we have learned from the Parish council that a dog poo bin is to be installed on the corner of Chapel Lane early in 2017 and will be maintained weekly by the Local Authority

IN THE MEANTIME, PLEASE CAN WE ASK THAT IF YOU SEE ANYONE DROPPING BAGS ASK THEM POLITELY TO TAKE THE BAGS HOME

Many thanks, Michelle Davies

LES's RAINFALL REPORT



CHURCHYARD FLOWERS

Would you please be kind enough to use the large green bin situated just outside the main gate of the church for disposing of flowers or take it home. Please can we ask that you do not leave it in the churchyard. Many thanks

In Memory of Bill Cooper



Pauline Cooper and family would like to thank everybody who attended Bill's funeral and for all the cards of sympathy and kind words at this sad time, Thanks also to the Aubrey-Fletcher family for letting us use the Barn for Bill's wake. The collection in memory of Bill which amounted to £180.00 has been shared between The British Heart Foundation and St Mary's Chilton.

WEDDING THANKS

David and Kerri were married at Chilton Church on Saturday 22nd October at 1pm. It meant a lot to Kerri and David for their day to be in Chilton as Kerri's grandparents Len and Peggy Hubbocks, who are sadly no longer with her spent all of their married life in the village. Len Hubbocks, Kerri's grandfather, was born and bred in the village and stayed there until he died in January this year.

Kerri and David were surrounded by close friends and family on their special day, which concluded at The Barn in Chilton, this gave them some spectacular views of Buckinghamshire and made their day even more magical.

The couple were very lucky with the weather which stayed dry all day, albeit a little chilly when photos were being taken.

Kerri and David would like to thank the Aubrey-Fletchers and in particular Karen Woodin for all of their support in planning the day - it really was everything they could have wished for.



Rebecca's Health Tips

We are delighted to introduce a new monthly feature contributed by our local Clinical Sports and remedial massage therapist – REBECCA WASEY

We've been living very happily in the beautiful village of Chilton for over two years now and have been made to feel very welcome. We have two young sons, Arlo and Jacob, who both go to Brill School, the younger one having started this September.

I was lucky enough to have been able to take time away from work to be with the boys full-time for the first few years of their lives, but as the time approached for the younger one to start school the big question loomed

What shall I do now?

In anticipation of this, a year ago I decided to retrain as a sports and remedial massage therapist and now have a BTEC level 5 qualification in Clinical Sport and Remedial Massage from the Oxford School of Sports Massage. It was a fascinating year of study, during which I acquired 120 hours of clinical practice on many brave volunteers.

So, why did I choose this?

Well, like most people, my levels of physical activity have waxed and waned according to the stage of life I was at. I've been a student, a backpacker, a teacher, an office worker, a commuter, and now I'm a mum of two young boys, who exert their own physical and mental demands!

Throughout this, sport has played a part to a greater or lesser extent. I rowed at school and university and have since become a keen, although untalented, runner, swimmer and cyclist. I've completed several Olympic distance triathlons, 10k runs, half marathons and (one) marathon. I am a keen but currently frustrated walker, and have had the good luck to walk some of the world's most spectacular trails. I have also recently discovered the tremendous benefits of yoga! Basically, I'm living proof that you don't need any special talent to get great enjoyment and lasting benefits from sport and I strongly believe that everyone can find a sporting activity that they will enjoy and benefit from.

Like most people, I have been frustrated by injury, as often caused by bad postural habits as through physical exertion. It was the realisation of how lifestyle directly effects posture, which effects muscle balance or imbalance, which causes pain and immobility and which could so often be prevented with a better understanding of body's movement systems, that inspired me to train in sport and remedial massage therapy.

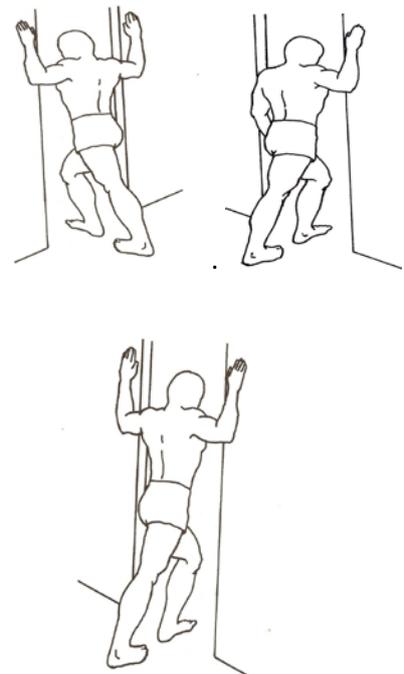
So now my aim is to help people with muscle and joint pain to resume their normal lives, and then keep pain-free, and able to enjoy their favoured activity, whether that is simply taking the dog for a daily walk or ultra-running across the Alps.

I believe educating people about posture would help immeasurably in decreasing the numbers of sufferers of chronic neck, back and shoulder pain. So, as a starter, I'd like to suggest a simple stretch across the chest, particularly aimed at those of us who suffer from neck and shoulder pain potentially caused by sitting with rounded shoulders and head forward, when sitting at a computer, nursing a baby, driving or using a smartphone.

Whilst a deep tissue massage of the neck, shoulders and upper back can create temporary relief, it's really important to stretch out the pectoral muscles first, otherwise your newly relaxed and stretched neck and shoulder muscles will be pulled even further forward by your short, tight pecs.

A good pec stretch is easily done at home:

- Stand inside a doorframe, bend your arm and stand with your bent arm against the doorframe or wall, as in the diagram.
- Angle your body slightly away from your arm until you feel a stretch across the front of your chest. By altering the height of your hand on the doorframe, you will stretch the different fibres of the pec major.
- Stretching the chest like this will enable your shoulders to naturally drop back into a more neutral, less stressful position



GARDENING TIPS FOR DECEMBER



Its that time of year as Christmas approaches and the frost and ice set in



Remember to protect from frost and if garden ponds ice over crack surface to allow pond life to survive and birds to drink.



For a bit of garden colour, group together Cyclamen plants either in pots or in the ground they love the cold!

Continue to rake leaves and put into a compost bin for a year or so or until well-rotted use last year's leaf mound compost to add to borders/beds to increase nutrition for plants and protect from frost.

Keep up to date with all the latest news for Chilton by visiting and joining our Facebook page

www.facebook.com/chiltonbucks

If you have any news, events, birthdays, anniversaries, anecdotes, recipes or facts about Chilton past, present or future that you would like to share please contact any of the following email addresses

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December Recipe



Panettone Bread and Butter Pudding with Marsala

Ingredients

400g panettone, cut into round slices 1.5cm thick
60g raisins
150ml Marsala
50g butter
20g whole candied peel
175ml milk
175ml double cream
60g golden caster sugar
zest of 1 small lemon
4 eggs, beaten
½ whole nutmeg

Method

Begin by putting the raisins in a small saucepan with 50ml of the Marsala and bring them up to simmering point, then remove them from the heat and leave to soak and cool for about 40 minutes.

Meanwhile preheat the oven to 180C, gas mark 4. Then butter the slices of panettone and cut each one into quarters measuring about 6cm (if you are using the small panettone, just halve them).

Now arrange a single layer of slightly overlapping slices in the prepared dish, saving all the nicest-looking pieces for the top.

Next drain the raisins and reserve the liquid. Sprinkle half the raisins over the panettone, and all of the candied peel. Now arrange the remaining slices of panettone on top, overlapping them attractively so the crusts are prominent, then sprinkle with the remaining raisins.

Next, in a large glass jug (it will need to be more than 570ml), measure out the milk, double cream, the remaining 100ml Marsala and the Marsala juices from the raisins.

Now use a mini-whisk to whisk the caster sugar, lemon zest and beaten eggs. Then pour the whole lot over the panettone and grate the nutmeg over the top. Pop the dish on a baking tray and bake for 50 minutes until the top is crisp and golden and the pudding is puffy and set in the centre.

Leave it out of the oven to settle for 10 minutes, and then serve with some chilled pouring cream.