

# CHILTON NOTES

Correspondent Diana Bird : [seamsfine@btinternet.com](mailto:seamsfine@btinternet.com)

## CHILTON NOTICEBOARD

Holy Communion  
Sunday 12<sup>th</sup> February 10am

### **CLEANING ROTA** **Norma Rolfe**

*If you would like to help  
please contact Norma Rolfe  
on 01844 201676*

**FLOWER ROTA**  
**February**  
**Anne Kingsley**



**Happy Birthday**

**Birthday Greetings this month**

**5<sup>th</sup> February Happy 4<sup>th</sup> Birthday to  
Thea Aubrey-Fletcher**

**16<sup>th</sup> February – Mark Woodin**

**22<sup>nd</sup> February – Paul Avenell**

**28<sup>th</sup> February – Louise Aubrey-Fletcher**

**Wishing you all a very Happy Birthday**

If you have any friends or family whom you would like mentioned in this feature, please send details to Diana Bird at [seamsfine@btinternet.com](mailto:seamsfine@btinternet.com)

*Copy required by 18<sup>th</sup> of the preceding month*



## Burns Night



### **Burns Night Supper at The Barn Chilton**

We always look forward to the annual Burns Night Supper at Chilton and happy to report that this year proved no exception. A wonderful evening was spent by Chiltonians and their friends on Saturday 21st January to celebrate the birthday of Robert Burns.

Welcome drinks and canapes on arrival, followed by a sumptuous feast of haggis (soaked in whisky..thanks to Diana Bird), neeps and tatties, peas and gravy, washed down with a selection of fine wines kindly donated by Anne Kingsley. Completing this celebratory meal was an amazing array of tantalising desserts which had been made by many willing and generous hands from Chilton. This year we were lucky enough to have Howard Cox from Brill who brought his bagpipes along to perform the traditional piping and address to the Haggis which was performed with a high degree of flair and drama.

Reverend Priscilla Slusar read the Selkirk Grace before the meal and afterwards the callers entered the hall in full Scottish attire and got the dancing started. Most people had a bash and some mastered the art of Scottish dancing and reeling whilst others created their own unique style! It was clear everyone thought it was great fun.

A big thank you to all those who donated prizes for the raffle. The final figure raised for Chilton Church was £1757 which was a significant increase on last year, so many thanks to all those who participated.

This type of event always relies on contributions of time and resource from a wide range of folk behind the scenes. Sincere thanks go to Henry and Bertie Aubrey-Fletcher for donating the use of the Barn, Anne Kingsley, Brian and Barbara Lloyd, Rosemary Morris, Liz Lewis, Michelle Davies, Wyn Sparks, Julia Cartwright, Anne-Marie Misseldine and not forgetting our Barmen, Duncan, Rod and Stuart.

We will do it again next year so keep your eyes on the Bernwode News as you won't want to miss out.

# CHILTON NOTES

**A BIG THANKYOU  
TO  
ALL THE PEOPLE IN THE VILLAGE  
WHO DELIVER THE BERNWODE NEWS  
ARRANGE THE FLOWERS FOR THE CHURCH  
CLEAN THE CHURCH  
AND TO PEOPLE WHO SMILE AND SAY HELLO**

## **Bernwode News Subscriptions**

If you are reading this because it dropped through your door, it is because you have subscribed for which we thank you. However, if you haven't yet paid for 2017, Norma Rolfe would be delighted to receive your subscription and cross you off her list!!

**NEW SUBSCRIBERS ARE MOST WELCOME**

Please contact Norma Rolfe on 01844 201676

## **Top tips for the Year**

Despite Spring coming ever closer and the mornings getting lighter, it does still feel a long way off! With this in mind, it is always a good time to remember to be neighbourly. We are all so fortunate to live in these countryside communities, and this is the perfect time of year to make a change, to think of others. Here are some easy ways to make a small difference this winter:

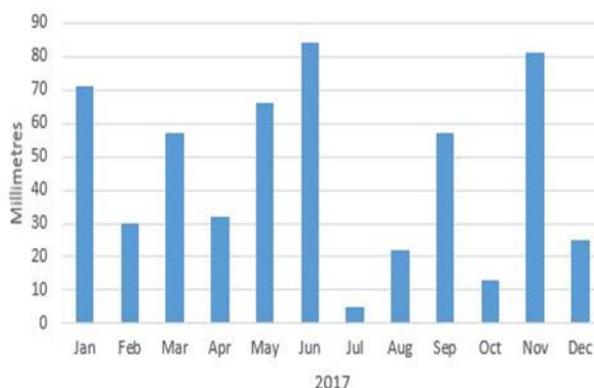
- Check on your neighbours! When a cold spell comes in or the rain gets too heavy, it can be difficult for some to leave their house. By popping round you can ensure they are ok and provide company
- Fill up your bird feeders: While we are probably still full from Christmas, Spring will still feel a long way off for the local wildlife.
- A post-Christmas charity clear-out! Instead of letting some unwanted Christmas presents gather dust and clutter up your house, why not give them to a charity shop/local jumble sale?

## **Valentine's Day Tips!**

This is the friendly reminder to everyone that Valentine's Day is just around the corner! Now whilst it can be tricky to think of something perfect for the special person in your life, we have come up with some ideas which can serve as small displays of your appreciation and feeling for them.

- ♥ Make them a cup of tea/coffee in bed: Though Valentine's Day falls on a weekday, it is still important to take the time to have some time together in the morning
- ♥ Book in advance! If you want to go out for dinner, the time to book is now! If you manage to find space for dinner on the 14<sup>th</sup>, there will be a reason no one else booked there!
- ♥ Tell them that you love them! At the end of the day, this is the most important part of the day and it's what matters the most.

## **LES's RAINFALL REPORT**



## **CHILTON RAINFALL**

**We hope that the monthly information we have provided this year, showing the comparison month on month, has been of interest? The total rainfall for 2016 in Chilton has been 533mm – this equates to 24 x £1 coins stacked on top of each other, or 701 Credit Cards!! Either way it seems to have been quite wet in 2016 apart from July when we only had £2.22 or 6.6 Credit Cards' worth of rain (5mm)!! For 2017 we are going to show a comparison with 2016, month by month as we feel this will be of added interest to residents**

# CHILTON NOTES

Correspondent Diana Bird : [seamsfine@btinternet.com](mailto:seamsfine@btinternet.com)

## *Post Christmas Post*

As it will have done for many other families, I suspect, Christmas again came and went in a bit of a blur. Weeks of preparation and planning – a couple of days of wall-to-wall cooking and entertaining – then a bit of a lull around the New Year, before the Christmas tree and decorations come down, and the house is rather sadly restored to some level of normality. And then of course comes the final, and crucial act, of the festive season - the checking of the Christmas cards.



Has the system failed and you have maybe received a card from someone to whom you did not send one? Has someone again perhaps **not** sent you a card and should now be considered for exclusion from your very important list? The danger of course is that having removed them, they then decide to send you one the following year. Should you reinstate them or is it 'two strikes and you are out'. If you don't receive a card, does one call to find out if everything is OK – or has someone just decided that you no longer warrant a 2<sup>nd</sup> class stamp? Is there some vital news in one of the cards to which you need to respond? So many decisions to make.

For all that I really do hope that, in our increasingly digital age, the custom of exchanging cards prevails. While texts and emails etc. are great for many everyday things, we absolutely love to receive cards and there is nothing to beat one which includes a hand-written, personalised message.

There are always a few cards, however, which frankly seem rather pointless. For over 20 years we have received one from a couple who live not far away whom I doubt we would even recognise if we met them (and for the first 10 years we couldn't even decipher their signature). Others just scrawl a signature but don't bother to write our names at the top.

Then of course there is the dreaded 'family summary' which some people still enclose. When the children were younger I admit we also used to prepare one but tried to always present a measured perspective of the ups and, as importantly, the downs of the previous year. Some enclosures received however seem designed purely to make you realise what an imperfect family you have and what a rubbish life you lead. Their children all seem to be doctors or captains of industry, all are supremely happily married, their children's children are all brilliant - taking the lead role in a West End musical, representing the country at Under 11 hockey, babies walking at nine months and fully toilet-trained....

Exchanging cards with local friends or work-mates is always pleasurable. However, it is those written to old friends - whom you have not seen for years (over 30 years in some cases for us) and whom mostly you will probably never see again - which are undoubtedly the most worthwhile. These are the cards which really take the time. A different personalised message and relevant news update to each one can be seriously laborious but it is worth **every** second, for the joy one can have in receiving their cards in return each year.



It is genuinely one of the highlights of Christmas for us. In many cases it is a wonderful reminder of earlier parts of ones' life - of friendships made and of special times. People you met on holiday, work-colleagues, team -mates on the playing field or school friends. And then you have some truly random connections, like the children's recorder teacher at primary school, with whom we still exchange newsy, family updates.

Although we have all moved on to different places, are at different times in our lives, are facing different issues, stresses and problems, the warmth and love that is generated by those cards simply cannot be measured

**The thoughts and musings of Rod Alexander**

# CHILTON NOTES

Correspondent Diana Bird : [seamsfine@btinternet.com](mailto:seamsfine@btinternet.com)

## To Stretch or Not to Stretch

I'm often asked if it's beneficial or even necessary to stretch before or after a workout. Well, that depends...

Back in the day, it was advised that stretching before a work-out would reduce the chances of injury, and so we would bend forwards to touch the toes, lunge forwards and sideways and probably do a bit of arm stretching just for good measure, albeit for no good reason. However, recent studies have shown that static stretching (in which a position is held for at least 30 seconds) performed immediately before intense aerobic exercise, can briefly inhibit the muscles' ability to produce power. So, for a short time after static stretching, you may not be able to sprint as fast or jump as high as you would without stretching.



However, a more dynamic warm-up does decrease the risk of muscle strain or rupture if you are about to embark upon intense aerobic exercise, particularly if it entails short explosive movements like sprinting, jumping or throwing. In this case, exercises like high knees, front kicks, back kicks (hit your glutes with your feet by bending your knee back), arm circles, hip circles (roll your leg out and to the front with a bent knee), squats and lunges will effectively warm the muscles and prepare you for exercise.

My husband's participation in the Dads' Race at school sports day last summer is a case in point. One minute he was sitting sipping Pimms and chatting, the next he was jostling with the other dads for a place in the 100m sprint final! It didn't end well – about ten paces in, he strained a hamstring and relinquished his place in the final.

Some "limbering up" could have prevented this shock to the hamstrings, although it's a delicate balance to strike – temporarily damaging a hamstring or permanently damaging your playground credibility...

Before running or cycling, the most effective pre-exercise warm-up is simply to start the activity gently, until the muscles feel warm and mobile, before building up to a higher intensity.

Once your aerobic workout has finished and your heart rate has returned to normal, stretching the muscles that have just been working hard will help prevent future injuries. During exercise, the muscles contract and shorten to exert their force across a joint. Stretching afterwards helps the muscles return to their optimal length, so the next time you exercise, there's less chance of injury.

So, there's pre- and post-exercise stretching but there's also stretching to improve or maintain flexibility for its own sake, especially as you get older. Regardless of whether you take part in gym workouts, walk the dog or run long-distances, the chances are that you spend more time sitting than moving. I always recommend taking part in a regular yoga or Pilates class, but a home-based daily stretching routine will also make a big difference. If you don't move it, it'll stop moving, and if you want to be able to tie your own shoelaces at the age of 90, start working on your flexibility!



Rebecca Wasey

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

***Chilton News would like to thank Rebecca Wasey for her regular contributions***

# CHILTON NOTES

Correspondent Diana Bird : [seamsfine@btinternet.com](mailto:seamsfine@btinternet.com)

## Refuse and Recycling Collections

Following a number of requests to publish the Refuse and Recycling Collection dates for Chilton, please find below the dates for February Collection. Please note that all bins should be put out no later than 6.30am every **Wednesday** morning.

Waste Bin (Green)	Recycling Bin (Blue)	Food Waste Bin (Green)
1 February		1 February
	8 February	8 February
15 February		15 February
	22 February	22 February
1 March		1 March



## 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

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

[www.facebook.com/chiltonbucks](http://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

Diana Bird: [seamsfine@btinternet.com](mailto:seamsfine@btinternet.com)

Michelle Davies: [michelledavies@bidvest.co.uk](mailto:michelledavies@bidvest.co.uk)

Anne-Marie Misseldine: [minky\\_1@hotmail.co.uk](mailto:minky_1@hotmail.co.uk)

Paula Shurrock: [paula.shurrock@btinternet.com](mailto:paula.shurrock@btinternet.com)

Karen Woodin: [mandkwoodin@btinternet.co.uk](mailto:mandkwoodin@btinternet.co.uk)



## Shrove Tuesday – February 28th

Is the last day of feasting before Lent begins on **Ash Wednesday**

I'm sure we all have our own favourite pancake recipe – here's mine, using only 3 basic ingredients  
125g plain flour  
1 egg and 1 egg yolk  
300ml milk

This makes 12 thin pancakes and you can easily double or triple the above quantities to make as many as you like. Any uneaten pancakes will keep in a stack in the fridge for 24 hours or can be frozen



## Method

Sift the flour into a bowl, making a well in the middle

Whisk one egg, one egg yolk and a little milk taken from the 300ml, then pour into the well, whisking with a little of the flour Gradually whisk the remaining milk, drawing in the rest of the flour to make a smooth batter

Cover and leave for 30 mins

Heat the frying pan and brush with a little oil Ladle 2 or 3 tbsps of batter and tilt the pan so that the batter spreads evenly over the bottom

Cook over a medium heat for 45-60 seconds until small holes appear on the surface and the edge is starting to curl

Loosen and turn the pancake over by tossing or flipping with a palette knife. Cook the other side until golden

Continue until all the batter is used up Serve warm with a squeeze of fresh lemon and a little sugar