

CHILTON NOTES

Correspondent Diana Bird : seamsfine@btinternet.com

CHILTON NOTICEBOARD

Holy Communion
Sunday 9th April 10am
EASTER SERVICE
Sunday 16th April 11am

FLOWER ROTA

All flower ladies
required for the
Easter Service
please

Chilton Parochial Church Council

The 2017 AGM will be held in the Church
after the service on Sunday 9th April

CLEANING ROTA

Liz Lewis & Jackie Alexander

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

Happy Birthday



Happy 2nd Birthday to

Rafe Aubrey-Fletcher on 1st April

Louie Shurrock on 4th April



Tuesday 4th Charlie Parker – 21 Today!

Monday 10th Kevin Gray

Wednesday 12th Adrian Gill

Saturday 15th Vernon Sparks

Monday 17th Bertie Aubrey-Fletcher

Thursday 20th Duncan Parker

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

Dates for your diary



Friday 28th April

10:30am at

Chilton House

An open invitation to all residents, friends and
family to enjoy Coffee, Cakes & Crafts

All monies raised will be donated to

St Mary's Church Chilton

Chilton Quiz Night – The Barn

Saturday 13th May 7pm



**Book Now –
Tickets are going fast!**

Our very own quiz inquisitor, John Slusar is back
with another challenging & competitive 8 round
quiz

Special prizes for each round culminating in a
Bonus round where even the lowest scoring team
can still win

Fish & Chip supper at the half-way point with
plenty of Beer, wine and refreshments from the
bar

£12 per person

There is no set size for a team but 5-6 is
recommended

We are looking for local business sponsors for
each round –

Please contact Stuart at stuart@seychelles.net
for tickets and sponsorship details

CHILTON NOTES

Welcome to Chilton

The village offers a warm welcome to
Rebecca Morris who moved into Gala Cottage,
Hornage Farm Barns - Friday 17th March



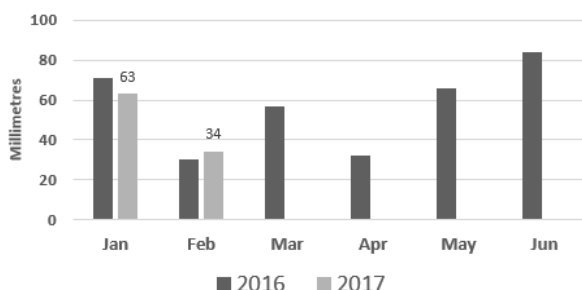
Congratulations to
Gareth and Becky Imms at 1
Gatehouse Cottage on the safe
arrival of their baby boy
Frederick Michael Imms
&
Morten and Hannah Hemmings
at 14 Thame Road on the birth
of their baby girl - **Harper**

St. Mary's Church **Chilton Parochial Church Council ACM** **(AGM)** **Sunday 9th April**

The meeting will be held in the Church after the Sunday
service at approximately 11:00 am

This meeting is open to everyone in the village to appoint
Church Wardens, Secretary & Treasurer, approve the
accounts and reflect on the previous year and the work of
the church - **All Welcome**

Les's Rainfall Chart - Chilton



Hilary's Birdwatch

One of the joys of living in Chilton is its birds. Many of these are permanently resident in our beech hedge.

In the past month on our bird feeder we have had four robins (all at the same time), every sort of tit including longtails which tend to come only in cold weather, greenfinches, chaffinches, goldfinches, and one pair of tangerine fronted bullfinches. The tits and finches keep separate from each other at all times. Blackbirds, thrushes and hedge sparrows run around the ground, while the tiny wren streaks out of the honeysuckle for a quick feed and back home again at top speed. Around lunchtime we have visits from a family of lesser spotted woodpeckers, and occasionally a green one. We know they will visit when we hear their rhythmic tap from the trees in the spinney over the road.



Then we have the 'bad' birds, not just magpies, jays and the hapless pigeons. A couple of years ago, we found a cuckoo sitting on a robins' nest in a pear tree with two hideous babies of its own, and last summer we counted no less than seventeen red kites overhead. Within minutes there were three times as many crows, and the battle of Britain followed. The clever native Buckinghamshire crows always triumph in the end and succeeded in driving the kites out of the sky back into the trees.

Now that spring is on its way, the hen pheasants are nesting in the irises up against the house. They can be seriously aggressive when protecting their chicks as I discovered last year. A frightening experience!

The rise in bird numbers may be partly due to the copious amounts of food we provide, but also due to the recent reduction in cat numbers in our part of the village. Even Lion's Dung from the garden centre does not deter them!

Incidentally, has anybody seen a yellowhammer recently? They disappeared from our garden like the sparrows some ten years ago.

Contributed by Hilary Bach

CHILTON NOTES

St. Mary's Church Churchyard Community clean-up Saturday 6th May

Volunteers with mowers, strimmers, pruners, rakes, saws, secateurs, energy and enthusiasm are invited to join the regulars to assist with the annual clean-up

10:00 am to 1:00 pm

Refreshments will be provided

Come for as long as you like, any assistance, even half an hour, will help to get the job done



23rd April - 1st May is Great British Beef Week

Support your local beef farmers

In Chilton we have

The Morris family, with their award winning Charolais herd

The Parkers with their beautiful Suckler herd

The Aubrey-Fletchers who produce beef from their calves born in Chilton.

I wonder if many villages could say they have 3 farms where this happens?

Diana Bird – Chilton Grounds Farm

Life at Chilton Grounds Farm

We would love to say a big thank you to a dog walker, who on her walk was kind enough to walk all the way to our farm and tell us that she had found a sheep cast on its back and the sheep was distressed as crows/ ravens were attacking her. We rushed down the field to find a sheep pregnant with triplets, on her back, her eyes, tummy and udder pecked so badly that we didn't think she would live - She has.... and she has had her triplets and is now getting on very well. Thank you whoever you are.

She was very lucky you found her!

Garden Corner



Spring is such a busy time in the garden, so much to do all at once, I'm no gardener but even I can see a multitude of tasks shouting pick me, pick me!!! 🌱🌱🌱

Moss filled lawn - harsh rake and feed
A green greenhouse - bucket of soapy water and elbow grease

Pruning large shrubs - eekkk a motorised trimmer

Slippy decking - definitely a pressure washer and very clever cleaner

Lots to do and not even a minute spare
oh when will I have time ???

STOP 🖐️ LISTEN 🗣️ LOOK 👁️

Sit down I tell my manic self



Breathe in the fresh air and enjoy the moment, hear the birds, so many songs all blending together, see the wonder of nature slowly changing the colours, bursts of yellows in places which were brown for so long, purple and blue, AMAZING !

We have no assurance of tomorrow so enjoy today and the wonders we are blessed with and let tomorrow wait.

Compiled by Paula Shurrock

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Why Sitting is Bad (part one)

Whilst watching a documentary about a tribe living in a rainforest I was fascinated by the supple movements of the hunters. They were running, side-stepping, dodging, leaping, ducking, squatting, climbing, throwing - moving in every plane at every level - this is what we were made to do! Hardly surprising that our sedentary lives cause us more physical (and mental) grief than the physical life we evolved to lead.

Sitting for long periods of time is responsible for a host of problems that begin at the hips and have knock on effects around the body (honestly, I'm not exaggerating!).

When we are sitting, a group of muscles called the hip flexors, are shortened. The hip flexors unsurprisingly are responsible for flexing the hip – that's pulling your knee upwards towards the torso in a standing position or sitting up from a lying position where the torso moves towards your thighs (a sit-up).



If we sit for too long, the shortened position becomes the hip flexors' default position. Tight hip flexors are also overactive and overactive muscles cause their antagonist muscle (the muscle that causes the opposite action) to stop functioning and become inhibited. This is called reciprocal inhibition. Think about when you're flexing your biceps how your triceps are relaxed. Antagonist muscles cannot both be contracting simultaneously. So, if the hip flexors are permanently shortened and active, the antagonist hip extensors (primarily the gluteus maximus) are inactive and become weak. Inactive, weak glutes are extremely common and can contribute to lower back pain, overactive hamstrings, an overactive piriformis as well as a host of other problems.

Since the glute max's primary role is to extend the hip, you'd be forgiven for thinking that doing some hip extension exercises to strengthen it would solve the problem. But bear in mind that if the glutes are under-performing, their synergist muscles (that assist the primary muscle in its action) will be doing more than their fair share of work, causing fatigue, overuse and muscle imbalance. So, the first thing to do is to give the glutes a fighting chance by stretching the hip flexors.

Here's an effective hip flexor stretch: -



In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. Now, engage your pelvic floor muscles and glutes and tuck your tailbone underneath you to tilt the pelvis backwards and flatten your back. As you lean forward, you should try to maintain that flattened back. You should feel the stretch deep in the front of your hip. To increase the stretch, raise your arm above your head on the side being stretched. I recommend holding for at least 30 seconds and repeat 2-3 times a day, although realistically just the once would be better than nothing.

Now we can look at some ways of getting those lazy glutes working again, but that's for next time...

Rebecca Wasey

www.rebeccawasey.com

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

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Refuse and Recycling Collections

To avoid duplicating collection dates in every village section, you can now find details at the front of each issue of the magazine

Please note that all bins should be put out no later than 6.30am every **Wednesday** morning.



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.

Please note that this bin is only for Church Waste and is not a communal facility



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

Diana Bird : seamsfine@btinternet.com

Michelle Davies: mdavies@rhamar.com

Anne-Marie Misseldine: minky_1@hotmail.co.uk

Paula Shurrock: paula.shurrock@btinternet.com

Karen Woodin : mandkwoodin@btinternet.com



EASTER BISCUITS

This recipe is 3 generations old and was given to me by a very good friend.

Ingredients

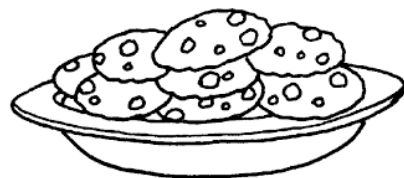
- 250g butter cut into small pieces and put in the freezer for an hour or so to get it very cold
- 12ozs self-raising flour
- 8ozs caster sugar
- 5ozs currants
- Oil of Cassia – lots of drops, approx. 1 teaspoon*
- 2 medium to large eggs, beaten

Method

Set the oven to 160C and line 4 large baking trays with parchment. You will also need a small fluted pastry ring.

In a food processor, place the flour and the butter and mix until like breadcrumbs, then add the sugar. Mix this for a few seconds and immediately turn the mixture into a large mixing bowl.

Using a fork, mix in the currants and oil of cassia. Stir in the beaten eggs and the mixture will come to a pastry consistency. Two lots are easier to handle. You may need to use a little more flour. Chill for 24 hours in the fridge or for up to 3 days.



When you are ready to make the biscuits, take the mixture out of the fridge at least half an hour before rolling out.

Using self-raising flour to roll out with, cut the mix into the desired size biscuits, about a quarter of an inch thick and one inch apart on the trays.

Cook at 160C for 10 minutes. They will look very undercooked but that is the way they are meant to be. They should not be brown anywhere if possible.

Leave them on the trays for at least an hour before placing them in a tin, with a layer of parchment and a dusting of caster sugar between each layer.

*Oil of cassia may be purchased in any Health Food Shop and gives the biscuits a distinctive flavour.

Contributed by Anne-Marie Misseldine