

CHILTON NOTES

Correspondent Diana Bird : seamsfine@btinternet.com

CHILTON NOTICEBOARD

Holy Communion
Sunday 14th May
10am

FLOWER
ROTA
Anne
Kingsley

Chilton Parish Council AGM & Meeting

Tuesday 16th May @ 19:30
St.Mary's Church, Dorton Road

CLEANING ROTA

Barbara Lloyd & Rosemary Morris
*If you would like to help please contact Norma
Rolfe on 01844 201676*

Happy Birthday

Nicole Haig 4th May

Betty Pugh 9th May

Graham Walker 18th May

Jacky Alexander 21st May

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Happy 6th Birthday to

Ethan Kingsley 26th May



**Congratulations to
Ed & Alice West
Of
Garden Cottage
On the safe arrival of their
baby daughter
ORLA CONSTANCE
On 30th March
A little sister for Tilly**

Dates for your diary

Chilton Quiz Night – The Barn

Saturday 13th May 7pm



*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 including supper

*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*

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

CHILTON NOTES

“Every dog has its day “

I have had the pleasure of living in Chilton for 10 years now, stumbling upon the village in a time of need when I was looking for a haven that welcomed myself and my dog Cydney who was three and a half at the time and a rather lively Hungarian Vizsla.



For ten years I have walked Cydney over the fields always respecting the landowners of Chilton. I have met some of the loveliest people who have become great friends which enhanced my social life within this beautiful part of the world.

In recent years Cydney has slowed up, so walks have become much shorter and has made me more aware of the smaller areas I am walking in.

What disappoints me nowadays is how little respect some dog walkers have for the countryside we are spoilt with here. Namely poo bags that are filled but left by trees or just on the kerb side, not sure if they are expecting the dog poo fairy to come along and remove!!!

With HUGE disappointment, after the village recently provided a dog poo bin in the centre to assist us, there were two HUGE carrier bags of dog poo placed by the side of it. Once again, I am not sure if the dog poo fairy is expected to remove them!

Apologies for the rant but we live in one of the most beautiful parts of the UK, let's all work together to keep it that way please.

Michelle Davies

Garden Corner



GARDENING JOBS FOR MAY

Summer is on its way and there are lots of jobs to do in the garden and greenhouse. Keep weeding, and gently hoeing the earth around plants.

Trim back spring flowering plants such as aubrietia, alyssum and candytuft to encourage new growth and flowers.

Plant out summer bedding plants and sow herbs at the end of May.

Make up your hanging baskets or containers, but keep in greenhouse or under cover until the end of May.

Stake up perennials such as delphiniums and fox gloves.

Let spring bulbs die back down and cut off foliage when dried out – no need to uproot bulbs – just let them naturalise in the ground.

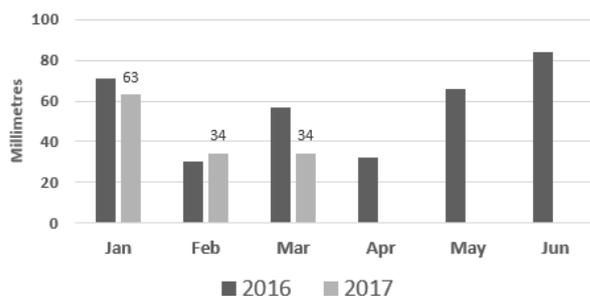
Mow lawns weekly.

The May Birth Flower is the Lily of the Valley.



Compiled by Anne Kingsley

Les's Rainfall Chart - Chilton



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Lower Back Pain and the Buttocks



I'm reading a book* about buttocks, or at least the muscles of the buttocks, otherwise known as "glutes". Yes, an entire book whose theme is simply the importance of the gluteal muscles. If that doesn't get your attention, you might be interested to know that dysfunctional glutes can cause problems from low back pain to pain in the shoulders, knees and ankles. It's safe to say that strong, muscular buttocks aren't just the latest celebrity body fad.

In last month's article, we concluded that thanks to the long periods of time we spend sitting, a disproportionately high number of us have tight hip flexors and lazy glutes. It's not only the least active ones amongst us who suffer – even those who exercise daily won't completely counteract eight to ten hours of sitting every day.



The gluteus maximus (Gmax), as the name suggests, is the largest of the glutes. In fact, the Gmax is the largest muscle in the body and its main function is to extend the hip – that's taking your leg backwards away from the central line of the body – assisted by the hamstrings and muscles of the lower back. The Gmax, hamstrings and low back muscles work together to maintain balance and stability whilst walking, running, climbing stairs etc.

If the Gmax is weak or inhibited, then the other muscles must compensate and they become overactive, fatigued and tense, leading to "tight" hamstrings and low back pain.

So, how do you know if you've got weak glutes? Well, there's a test rather brilliantly named "The Chair of Death", which you can easily do at home. First, stand in front of a dining chair with your feet under it and your knees just touching the seat. Put your arms out in front of you and squat down, trying not to let your knees push into the chair.

If your knees come forward to move the chair, you are initiating the squat movement with the thigh muscles (the quadriceps), which puts stress on the knees. The idea is to initiate the squat from the hips, so try sticking your bum out before bending your knees - this will engage the Gmax.

OK, so you failed the Chair of Death and now you know your glutes are weak. But don't despair, once you've stretched out the hip flexors as I explained in April's article, you're ready for the glute strengthening to begin! Start training your glutes by performing the following simple exercise: -

Lie on your front and engage the glutes on one side before lifting that leg slowly off the ground, hold for two seconds and slowly lower the leg back to the floor, ensuring the glutes remain engaged throughout. Perform 2 sets of 10-15 repetitions on each leg.



Now your glutes are active again, you can begin some more challenging strengthening exercises. There are almost infinite examples online but please cease any exercise that causes pain or discomfort.

**The book is "The Vital Glutes" by John Gibbons and opens with a fascinating example of how someone's inactive right gluteus maximus caused debilitating pain in the left shoulder blade. Read it!*

Rebecca Wasey
www.rebeccawasey.com

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

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CHILTON PARISH COUNCIL

AGM -Tuesday 16th May 19:30

St.Mary's Church Dorton Road

This will be followed by

The 1st Council Meeting of 2017-18 at 19:45

Items for the agenda must be submitted no later than 5pm on 6th May to

clerk@chiltonpc.org.uk

or by post to

The Old Thatch, Dorton Road, Chilton HP18 9NA

NEW WEBSITE Launched 1st May 2017

www.chiltonpc.org.uk

See details of events, latest news, download minutes of meetings, review planning applications and keep in touch with Chilton Feedback welcomed via contact Pages

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



With Poultry Housing Restrictions now lifted, Chickens are free range once more and happily producing lots of eggs, with plenty of fresh asparagus growing in the garden, this can only amount to an....

Asparagus Tart

(well would be rude not to!)

(Serves 4-6)

- For the pastry (or use 250g ready-made shortcrust pastry)
- 120g cold butter, plus extra to grease
- 225g plain flour, plus extra to dust
- 1 medium egg yolk
- For the filling
- 300g asparagus, trimmed
- 284ml double cream
- 2 eggs, beaten
- 50g gruyère, or nutty cheddar, finely grated



To make the pastry, grate the butter into the flour and rub in roughly with your fingertips to coat (or use a food processor). Stir in the egg yolk and a pinch of salt and, if necessary, a drop of cold water to bring it together into a dough. Form into a thick disc, wrap and chill for 20 minutes.

Preheat the oven to 180C (350F/gas mark 4) and grease a 22cm round tart tin. Roll the dough out on a lightly floured surface and use to line the tin, pressing it into the sides with a small ball of excess dough. Prick the base with a fork, line with baking paper and baking beans or pulses/rice and bake for 15 minutes until lightly golden. Remove the beans and paper and put back into the oven for five minutes.

Meanwhile, steam the asparagus for about four minutes, until al dente. Chop into short lengths, and put about half of the stalks into a food processor (keep all the tops). Puree. Pour the double cream into a jug and add the eggs. Beat together, then stir in the puree and the grated cheese. Season well.

Arrange the remaining asparagus pieces on the bottom of the tart, and then pour in the cream mixture. Bake for about 35-40 minutes until jiggly but set, and golden on top, and allow to cool slightly before serving.

Contributed by Karen Woodin