

# CHILTON NOTES

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

## CHILTON NOTICEBOARD

**Holy Communion**  
Sunday 11<sup>th</sup> June 10am

**FLOWER ROTA**  
Lucinda Lloyd

Church Wardens  
Bertie Aubrey-Fletcher & Brian Lloyd were  
re-elected at the ACM in April

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

# Happy Birthday

**Sandy Randall 1<sup>st</sup> June**

**Wyn Sparks 17<sup>th</sup> June**

**Rod Alexander 27<sup>th</sup> June**

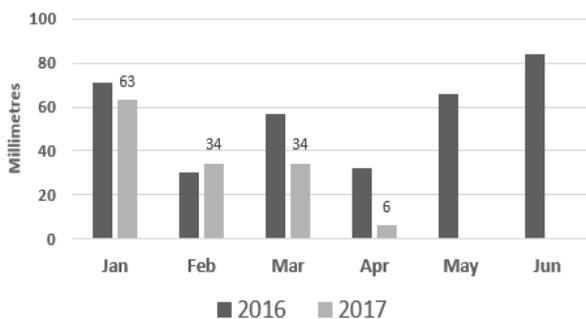


## NEWS FROM OUR WEATHERMAN

Les tells us from his past rainfall records that the 6mm of rain in April was the lowest since April 2007 and 2011 when only 3mm was recorded.



## Les's Rainfall Chart - Chilton



## Churchyard Clean Up

When your electric bulb goes, all you need is a lot of people to put their arms in the air and wave because as the old Chinese proverb goes.....

### Many hands make light work

That is exactly what happened a few Saturdays ago when a staggering number of people turned out over a three-hour period to help improve the whole area of the churchyard.

The hard work undertaken by numerous people over the years has kept the ever invasive weeds and overgrowth in check. The increase in people over the past couple of years has seen a significant amount of control being exercised and the overgrowth kept to a minimum, allowing more time to be spent strimming the perimeter of graves, tree pruning, cleaning the gutters and exposing the shed which hasn't seen the light of day for years.



None of this work would be achievable without the regular maintenance of mowing and strimming by our much valued new groundsman, Steve Liney, who has recently taken over from Ray Tibbles.

St Mary's Church would like to express their deep gratitude to Ray who has looked after the Churchyard for many, many years after his retirement from work and kept it looking so neat and tidy.



# CHILTON NOTES

## St. Mary's Church Quiz Night

The first and hardest question we had to face was "what are we going to eat"?

Traditionally, the team have got together and cooked up some traditional fayre and all worked very hard throughout the evening. So this year we opted to give them a night off and get someone else to do all the hard work...but who? Coming to our rescue was Howe & Co mobile Fish and Chips from The Claydons. Arriving on time in their pristine van, Jamie and his colleague got to work straight away and started "frying tonight", whilst our guests arrived, visited the bar and settled themselves in ready to receive the freshest and tastiest fish and chips anyone could remember.

Fully replete by 8pm, with brains fully nourished and exploding with knowledge our infamous quiz inquisitor started the first of 8 rounds of quizzing. Lulling everyone into a sense of intellectual superiority with almost universal top scores for the 9 teams, round 2 began and brought everyone down to earth with a resounding thud!



Our quiz creator and presenter, John Slusar, introduced a cunning plan in order to keep the quiz competitive between the dunces and 'know-it-all's'. Each team had the opportunity to play a Joker in each round which would allow any points scored to be doubled, entering your Team Joker cost £1 per team member and this proved to be a real fun way of raising funds for the Church and entitled the winners of that round to receive one of the wonderful prizes kindly given by our local sponsors – these included Meal vouchers for Brasserie Blanc, The White Hart at Dorchester, Mole & Chicken together with Wine, Champagne and Garden Vouchers. So not only did we raise funds for the Church, reward contestants for their brilliance and gave everyone a chance to move up the leader board.

The interval arrived along with the Cornettoes, not "just one Cornetto" but 66, giving each contestant a chance to cool down before the temperature rose again with the excitement of the raffle draw.

We had so many generous donations for prizes which ensured a high number of ticket sales further contributing to the fundraising for the evening.

## Shaken AND Stirred

# 007

We were truly shaken and stirred by the generosity of one of the raffle prizes

**An attaché case branded for 007 and containing 22 Bond movies**

We decided this was too special for a raffle prize and had an impromptu auction which was very well supported

By the time we reached the final round, the excitement and competition had reached almost fever pitch – just as well plenty of refreshments were on hand ..... another great contribution to the Church funds. The final round was a test of knowledge and nerve with the opportunity for each team to bet 50% of their total points on each question for the correct answer – this created a constant change in the leader board, reminiscent of Election Night at BBC with Jeremy Vine – he would have loved it!

Tension built to a crescendo as the final answer was revealed and the final scores put **Karen Woodin's team in First place, followed by Lucy Syrett's team in second with Duncan Parker's team securing the third and final medal place.**

Apart from the culinary comestibles from our mobile kitchen, the vast range of beers & wines from the bar, and the brain-draining exertions, the evening was an outstanding success with a tad over **£1500** being raised for the Church funds. With net costs in excess of £10,000 per year this was a most successful conclusion to a wonderful evening's entertainment.

**Huge thanks to the organising team, the hosts, the quizmaster (and his lovely assistant) and THE GUESTS**

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## Appreciating our countryside

*By Rod Alexander*

After another gruelling day of retirement and despite the wall-to-wall coverage of all things politics, I felt I really should exercise my constitutional right and cast a vote in the Local Elections. There were unfortunately no candidates for the 'Anti-pothole cyclists' party' but I was hopeful I would find someone to whom I could give my support.

As soon as we walked down the drive of the Barn to the Polling Station in the early evening, my dedication to the nation was rewarded - with that stunning view across the countryside. It must quite simply be the match of almost anything that Buckinghamshire has to offer. And delivering some of the Bernwode News in recent months I have discovered that such outstanding views are not confined to that part of Chilton. Many other houses and gardens around the village also enjoy extra-ordinarily beautiful views in different directions across the county.

Despite all the beauty on our doorstep we sometimes head off in the car armed with an Ordnance Survey Map and just make up a route to fit in with the time available. Sometimes it doesn't quite work. Thoroughly inadequate footwear was cruelly exposed in a seriously boggy field around the back of Quainton. While my wife had opted for state-of-the-art walking boots, like all good men I was adamant that the £19.99 option would suffice.

Just recently we set off on such a jaunt, driving to the end of a narrow country road close to the start of various designated paths - parking very carefully right up against the hedge so that there was plenty of space for any farm vehicles to pass.

It was a good route with plenty of beautiful scenery and generally pleasant conditions underfoot. At one point we passed a garden laid out for dog agility training where a couple of collies were being put through their paces while an elderly colleague rested in the tunnel.

After a few hours we returned to our car to find that, in our absence, every window had been plastered with sticky tape and hand-written 'Do not park here' signs.



After about ten minutes we had just about managed to remove the tape and were about to leave when a man appeared shouting and remonstrating. I have since established that we were entirely entitled to park there, so after 'exchanging views' for a few minutes we decided to move on and left with further abuse ringing in our ears.

While all decidedly unpleasant, my overriding thought on reflection was what a very sad life this 'gentleman' must have. He seemed to live in a nice house, certainly in a beautiful location but rather than enjoying what he had, I can only assume that every weekend he just lurks at home behind the hedge, waiting to confront innocent walkers.

I shall certainly make sure I never cease to appreciate all that Chilton has to offer.



## Chilton Phone Box by Diana Bird

In the last few years, the box in Chilton has been broken and neglected, it has always been a topic of conversation, working out what we could do with it? should we adopt it? do we do it up?

Then one morning, as I was driving out of the village, someone had made my wishes come true, a lovely man was painting it a beautiful RED!! It had new glass, instead of broken panes. Even gold paint was going to happen on the crest. WOW!!!

But wait for it, it is going to be made into a place where we all can use, book shelves are going in, So anyone can wander in swap a book, so we now will have our own community self-serve library AMAZING!!! Well done all and especially to the instigators.

Loving it!

Who says we cannot do anything in this village

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## Why Bother to Stretch your Calf Muscles?

Everyone knows how to perform the basic calf stretch and it's often one of the few stretches people bother with after a session of physical activity. However, there are lots of reasons why taking the time to stretch and look after this area properly will save you pain and injury in the longer term.

Too often when we train, we give ourselves an hour to sweat, puff and pant before heading for the shower and getting on with the rest of the day. By not giving ourselves times to stretch thoroughly afterwards we seriously increase the chances of injury.

Tight calf muscles mean that dorsiflexion of the ankle is limited (the action of pulling the toes upwards to create a stretch in the calves), and this causes postural changes in the ankles, knees and hips when we walk, run, squat etc., which potentially contribute to numerous injuries including: -

- 1) Plantar Fasciitis (heel pain)
- 2) Achilles tendonitis
- 3) "Shin Splints"
- 4) Trigger points deep calf muscle causing referred pain in the buttocks, heel, mid-sole of the foot and posterior leg.
- 5) Trigger points on the superficial muscle causing referred pain in the lateral leg, posterior knee and mid foot.
- 6) Knee, hip and back pain

That's a big injury risk for the sake of spending a few minutes post-exercise to stretch the calves!

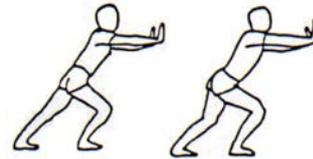
To find out if you've got limited ankle dorsiflexion try deep squatting - a position in which the hips, knees and ankles are in full flexion with the feet flat on the ground. If your heels begin to lift before you've settled down onto your haunches, you probably have limited ankle dorsiflexion.

A more scientific test is the lunge test – try it: -

1. Stand facing a wall with the toes of the foot of the leg being tested about 5 cm away from the wall and the other foot about a ruler's length behind.
3. Bend the front knee forward until it touches the wall without lifting the heel off the ground.
4. Move the front foot a little further back and repeat until you find the maximum distance at which the knee can touch the wall without the heel lifting. Less than 10 cm is considered restricted ankle dorsiflexion.

If you've found that your calves are on the tight side but you've yet to experience any problems, then do something about it now! Luckily, the most basic calf stretches are effective in maintaining good dorsiflexion, but it's important to note that to ensure that the superficial and deep muscles of the calf are stretched you need to stretch with the leg both straight and bent.

First, stand facing a wall, with your hands resting on the wall. Move one leg forwards and gently bend your knee - this is the passive leg, there for support. The leg you will be stretching will remain straight with your heel on the ground. You should feel a stretch in the main bulk of the calf. Hold this for at least 30 seconds. Then, bend the back leg slightly, keeping the heel on the floor and hold for at least 30 seconds. This time you should feel a stretch in the lower part of the calf. See the diagram below.



Self-massage with a foam roller can also help, but if your calf muscles are very tight or you are already exhibiting some of the symptoms above, visiting a sports massage therapist is your best bet!

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

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

## The Hundred Rounders Cup

On **Saturday 24th June** villagers will be picking up their rounders' bats to compete in the bi-annual inter-village Hundred Rounders' Cup.

Teams from Ashendon, Chilton, Brill, Dorton, Long Crendon and Nether Winchendon, will meet in this family friendly event, which promises to be a hugely popular day out.

Based at Ashendon Playing Fields, overlooking a magnificent view of Aylesbury Vale, 6 teams of Adults and 6 teams of Under 14 Children will play 3 games each throughout the day.

Interspersed with a BYO picnic, complimentary afternoon tea, cakes and sausage rolls, plus a few thirst-quenching beverages to improve their game! Teams will be defending their 2015 titles – who will it be holding the trophies this year?

Come and support the village or even better pick up a bat and join in...

Please contact your Team Captain, Sanda Ringsma at [s.ringsma@gmail.com](mailto:s.ringsma@gmail.com) if you would like to join in or visit Facebook/The Hundred Rounders' Cup for more information.

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## Chilton Parish Council Website

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

The website was launched on May 1<sup>st</sup> and has received many compliments on its appearance and content

**Please go to the bottom of the home page to register to ensure you get updates on activities in the village.**

- See recent news items
- Find details of forthcoming events,
- Download minutes of Parish Council Meetings
- Access recent issues of Chilton News
- Review local Planning Applications - quick access to AVDC planning website
- Send in your contribution for items to be included on the website
- Submit any items you would like including on the next Parish Council meeting agenda
- Use the "Contact Us" page to send in any queries you may have
- Download plans for the Village Green Development

## 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](http://www.facebook.com/chiltonbucks)

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

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](mailto:seamsfine@btinternet.com)

**Michelle Davies**: [mdavies@rhamar.com](mailto:mdavies@rhamar.com)

**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.com](mailto:mandkwoodin@btinternet.com)

## Curried Chicken and Mango Salad

This lightly-spiced, fruity salad is a modern take on Coronation Chicken – a low calorie lunch for two.

### Ingredients

- 6 chicken mini fillets
- 1 tsp olive oil
- 2 tsp curry powder
- 4tbsp Greek Yoghurt
- 2 tbsp Mango Chutney
- Zest of half a lime and 2 tbsp juice
- 1 Little Gem Lettuce, leaves separated
- 1 ripe mango, peeled and sliced
- Half a red onion finely sliced and 2tsp toasted sesame seeds



### Method

Heat oven to 180 Fan/Gas 6. Toss the chicken in the oil and 1 tsp of the curry powder, season and mix well to coat. Put the chicken on a foil-lined baking tray and bake for 20 mins until cooked through. Leave to cool a little, then slice.

Meanwhile, make the dressing. In a bowl, combine the remaining curry powder with the yoghurt, chutney and lime zest and juice (add a little water if the dressing is too thick)

To serve, arrange the lettuce leaves on a plate, top with the mango and cooked chicken, then drizzle with the dressing. Scatter with the red onion and sesame seeds before serving.

*Anne-Marie Misseldine*

### Gardening Tip

To prevent the birds eating new grass or vegetable seeds, cover with light netting and lay a section of GREEN hosepipe over the net. The hosepipe looks like a snake and is very effective. This tip was given to me by my father who was a gardener and I am using this at the moment on the new grass seed.



**Contributed by Norma Rolfe**