

CHILTON NOTES

Correspondent Diana Bird : seamsfine@btinternet.com

CHILTON NOTICEBOARD

Holy
Communion
Sunday 13th
August 10am

FLOWER
ROTA
Karen
Woodin

CHURCH CLEANING ROTA -
AUGUST
Jackie / Liz



Happy Birthday

August is a busy old month in
Chilton for Birthdays.

Happy birthday and have a great day

Norma Rolfe - 19th August

Jay Cartwright - 19th August

Julia Cartwright - 20th August

Michelle Davies – 20th August

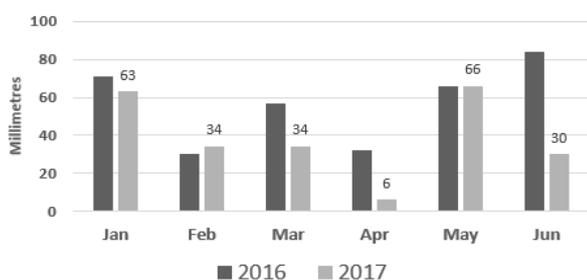
Theresa Walker – 21st August

Diana Bird – 23rd August

Anne Marie Misseldine – 24th August

Ben Shurrock – 27th August

Les's Rainfall Chart - Chilton



Welcome to Chilton

Ray and Rosie Bailey moved into Flat 1
on 15th June 2017.

HAPPY
HAPPY
Happy
(belated)
BIRTHDAY!

We would like to wish Samuel Alexander a belated happy 21st Birthday for the 17th of June (It's a bit late as he has been in Chile for a year and we have all forgotten who he is!).

A resident of Chilton for all 21 of those years, he was a founding member of a 2-man Chilton rugby club (c'mon you Rhinos), participated in probably the best sledging day the village has ever seen and a winning member of the Chilton rounder's team in Ashendon 2015. Have a great day!



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

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RAISING FUNDS FOR A SCHOOL IN MALAWI.

Hello, my name is Sam Ashley, I'm 14 years old and have lived in Chilton for over 12 years. I went to Brill School before moving on to Aylesbury Grammar School where I will soon be starting GCSE's in year 10.

In 2019 along with a group of boys from AGS I will be going over to Malawi to spend time at a school that we have strong links with helping develop the school's infrastructure and taking out lots of equipment to help enhance their learning environment. Over the next 2 years I will be raising as much money as possible to put into the school and also for some students at the school in Malawi to do a return exchange and hopefully for someone to share a week with us here in Chilton!

I have already started raising money by babysitting, watering gardens, leaflet dropping, picking up stones and packing boxes. I am hard working and trustworthy and can provide testimonials on the work I have done.

If you need help with anything, no job is too small please don't hesitate to contact my mum, Nikki on 07941 291 754 who will pass on the message.

All monies raised will be going in the fundraising pot.

Thank you and have a good Summer!

Sam

ASHENDEN WI DESCEND UPON CHILTON GROUNDS FARM

Following 2016 to Chilton Dairy Diana Bird was asked by the Chairperson of the Ashendon W.I if she could bring her members along to have their surprise trip out , I believe they visited several villages in their convoy , to take them off the scent and keep them guessing .

They came to see how our wool on the farm, is used, by spinning and weaving and explaining all the wonderful sheep in Britain GB, what their fleece are used for!

They then opened the boots of their cars and brought an amazing feast!

They have invited the ladies and gentlemen of Chilton, to go and visit Ashendon W.I , on the second Tuesday evening of the month.

I was told that they have wine and nibbles, what an invite!



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You are invited to the Chilton Safari Supper 2017

Friday 15th September

After a few years off, the Chilton Safari Supper is back in 2017! You might have been involved in previous Progressive Suppers (same event, different name), but if you weren't, this is a great evening spent touring the village whilst experiencing dinner with a difference; each course is enjoyed with a different host.

The evening begins at 6.45pm with everyone meeting for pre-dinner drinks and nibbles at Chilton House. Here the destinations of your starter and main courses are confirmed. The evening ends at the Barn, where everyone will gather for dessert, digestifs, tea and coffee to chat about their food journey that evening.

Naturally, for the evening to work we need enough hosts. Of course, not everyone is able to host a course at home, but you can still contribute in some way by bringing your favourite post-dinner tipple and a dessert to enjoy at the Barn, as well as a raffle prize.

The cost to take part is £17.50 per person and all participants are asked to contribute to hosting the event. There will also be a raffle at the Barn. All proceeds from the night will go to St Mary's Church.

Please return the form and payment to Rebecca Wasey at Greystones, 4 Chapel Lane (first house on the right) by **Monday 4th September**. Cheques should be made payable to St Mary's Church, Chilton.

For more information, contact

Rebecca Wasey on 01844 201958 or 07929044870 or rebecca.wasey@gmail.com

or

Michelle Davies on 07393465781 or mdavies@rhamar.com.

Safari Supper

Participants(s) Details

Name(s): _____

Address: _____

Postcode: _____

Email Address: _____

Contact Number: _____

Any allergies or dietary requirements: _____

Please indicate which course you would prefer to host. We shall try our best to accommodate you, but ask you to be flexible in case we have too many or too few hosts for any one course.

Course	Number of guests (including hosts)			
	Tick	8	10	12
Starter				
Main Course				
Drinks & dessert at the Barn plus a raffle prize				



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HEALTH & WELLBING

Plantar Fasciitis

(that's heel pain!)

If you feel pain in the sole of your foot, particularly on the inside of your heel and especially in the morning, it could be a sign of plantar fasciitis. The pain is usually worse in the morning or after prolonged periods of sitting and may radiate down the length of the foot. It tends to ease once you get up and walk around as the muscles and soft tissue of the foot and lower leg stretch out.

The plantar fascia is a thick band of connective tissue that runs along the sole of the foot from the heel bone (calcaneus) to the base of the toes. It's there to support the foot arch and distribute the impact of walking and running.

Whilst plantar fasciitis is often thought of as a running injury, it's frequently found in people over 40, although being overweight can also increase your chances of suffering. It's advisable to treat the problem quickly, before it becomes chronic, after which it's difficult to alleviate.

There are several causes of plantar fasciitis. Most often it's a gradual build-up of tiny micro-injuries culminating over time in a debilitating pain in the heel.

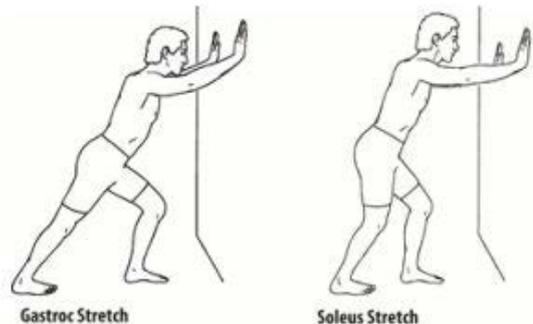
Tight calf muscles are a major contributor to the problem since they attach via the Achilles tendon, to the calcaneus, exerting more force on the heel bone.

Biomechanics also play a role in plantar fasciitis. Weak glutes (muscles in the bum) can cause the foot to over-pronate (roll in), which may lead to over-stretching of the plantar fascia. However, the opposite problem, over-supination (rolling out) of the foot means impact is insufficiently absorbed causing damage to build up over time.

Plantar Fasciitis ../cont'd

There are several things you can do to prevent and treat plantar fasciitis: -

1. **Stretching** the calf muscles is really important – make sure you stretch with a straight and bent leg, which will ensure you target the two main calf muscles (see diagram below). Hold each stretch for at least 30 seconds and repeat at least once or twice a day.



2. Self-massage – massage the sole of your foot by rolling it over a round or cylindrical object like a ball, rolling pin, can of soup or similar. Just roll your foot repeatedly over the object, whilst gently increasing the downward pressure.
3. Wear supportive footwear. Sandals or flip flops can exacerbate the problem.
4. If you're a runner who is already suffering, you should cease running until you are pain-free. If you aren't suffering and are training for a race, don't increase the mileage too quickly – no more than 10% a week.
5. **Runners should consider having their gait analysed** to ensure their running shoes are the correct type for your gait.
6. Finally, visit your local sports massage therapist who should be able to identify the main cause of your heel pain, treat the problem and recommend rehabilitative exercises.

www.rebeccawasey.com

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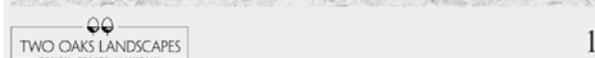
Chilton Village - Looking to the Future

As Chilton is on a mission to become one of the prettiest villages in Buckinghamshire, the Parish Council has been working with landscapers to come up with ideas to enhance the telephone box area to create a more engaging location for the villagers to meet and chat or just sit and enjoy the world going by, or perhaps indulge in some light reading from the library that has been set up within the phone box.

The Parish Council would like Chiltonians to have an input into the designs below and would welcome feedback from the village via the Website at

<https://www.chiltonpc.org.uk/meeting-requests>

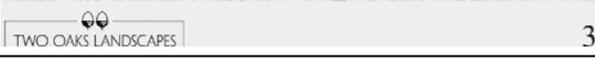
or by post to The Clerk



1



2



3

NEW ORLEANS FISH CAKES

- 200g Crab meat (fresh or tinned)
 - 300g Cooked white fish or Use all crab meat (500g)
 - 2 Eggs
 - 700g Soft Fresh breadcrumbs
 - 1 Tablespoon low fat mayonnaise
 - 2 Teaspoons grain mustard
 - 1 Tablespoon fresh thyme leaves
 - 2 Tablespoons chopped parsley
 - 1 Teaspoon Paprika
 - 1 Red onion, finely chopped
 - 1 Stalk chopped celery
 - 2 Teaspoons Worcestershire sauce
 - 2 Teaspoon olive oil
- Tabasco sauce to taste
Grated zest of half a lime
Ground Black pepper to taste
Cayenne powder to taste

Preheat oven to 190 degrees C.

Place the crab, fish and eggs in a food processor and blend to a coarse paste.

Set aside half of the breadcrumbs and season to taste with pepper and cayenne. Add remaining ingredients, except the oil, to the fish and pulse on and off until just combined. Do not over mix. Shape mixture into cakes and roll in the seasoned breadcrumbs.

Heat oil in a non-stick pan and cook fish cakes for 1-2 minutes on each side or until brown and crisp. Transfer to a lined baking tray and finish cooking in the oven for 6-8 minutes or until cooked and heated through.

Serve with green salad, vegetables or noodles. If you want to add sauce, try yogurt and lime or a sweet chilli sauce.

Serves 4

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

www.facebook.com/chiltonbucks

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

Michelle Davies: mdavies@rhamar.com

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

Paula Shurrock: paula.shurrock@btinternet.com

Karen Woodin : mandkwoodin@btinternet.com