

# CHILTON VILLAGE NOTES

## CHILTON NOTICEBOARD

**REMEMBRANCE  
SERVICE  
NOVEMBER  
Sunday 12<sup>th</sup> at 3pm  
All welcome**



**FLOWER ROTA  
Anne-Marie  
Misseldine**

**CLEANING ROTA  
Wyn Sparks &  
Kathy Mauger**  
*If you would like to help  
please contact Norma Rolfe on  
01844 201676*

**Happy Birthday**

Ooops.....belated birthday greetings to  
**Robert Cadle**

Who celebrated his birthday on 30<sup>th</sup> October  
**Birthday Greetings for November**

Saturday 4<sup>th</sup> Jack Shurrock  
Monday 6<sup>th</sup> Felix & Dora Aubrey-Fletcher  
Friday 10<sup>th</sup> Harry Syrett  
Friday 17<sup>th</sup> Thomas Aubrey-Fletcher  
Monday 27<sup>th</sup> Henry Aubrey-Fletcher  
Tuesday 28<sup>th</sup> Lottie Scraton

**Here's wishing you all a very happy birthday**



**Have we missed your birthday??**

Please send details to Karen Woodin

[mandkwoodin@btinternet.com](mailto:mandkwoodin@btinternet.com) or 01844 208039

**We are more than happy to include you**

Welcome to the world!  
**Baby Boy!**

A big welcome to  
**Jack Buchanan Aubrey-Fletcher**  
who made an unexpected arrival, more than two weeks early on the morning of Wednesday the 12<sup>th</sup> of October. He is definitely a man in a hurry and decided not to wait until his parents got to the hospital nor even until the ambulance arrived. But thanks to the wonderful neighbours **Becky Syddall** and **Will Birts** who made up the Chilton Medical team he arrived safely in the world.



Much to the credit of Becky and Will, they managed to keep smiling despite being woken up at 4am and even seemed pleased to have been involved. Will had taken the day off to celebrate his own birthday and was certainly not expecting to have to deliver his "twin"! The ambulance men did arrive and as always were wonderfully calming and efficient, a thank you to all involved.

Jack thought he might start the "Born in Chilton" club and was hoping to hear from any other Chiltonians who made their entry into the world actually in Chilton, I am sure there are quite a few - please let us know if you are one of them.

*Contributed by Bertie Aubrey-Fletcher*

# Chiltonians on Safari

On a very wet Friday evening adding to the adventure with monsoon rain, Chilton Village took part in their Safari Supper.

Rebecca Wasey, one of our newer Chiltonians worked tirelessly for weeks organising timings, hosts and guests.

The evening started at 6.45pm in the beautiful surroundings of Chilton House, where Champagne and canapes were served as we gathered in anticipation waiting to see who was hosting and where everyone was going for their first course.



Once this was announced, the buzz of excitement, anticipation and rumbling stomachs could be heard around the room. All gathered coats, hats and brollies and off they went.....

First off was a 45-minute window for starters which everyone enjoyed with their respective hosts. As starters came to an end, all guests descended into the village which was amass with torches shining in the darkness and lots of giggling and laughter as everyone made their way to their next destination for their main course.

An hour was allocated for the main course hosts which was lovely as Rebecca had ensured that no two couples crossed over for starters and mains which was no mean feat. This gave old and new villagers a chance to meet up and get to know each other.

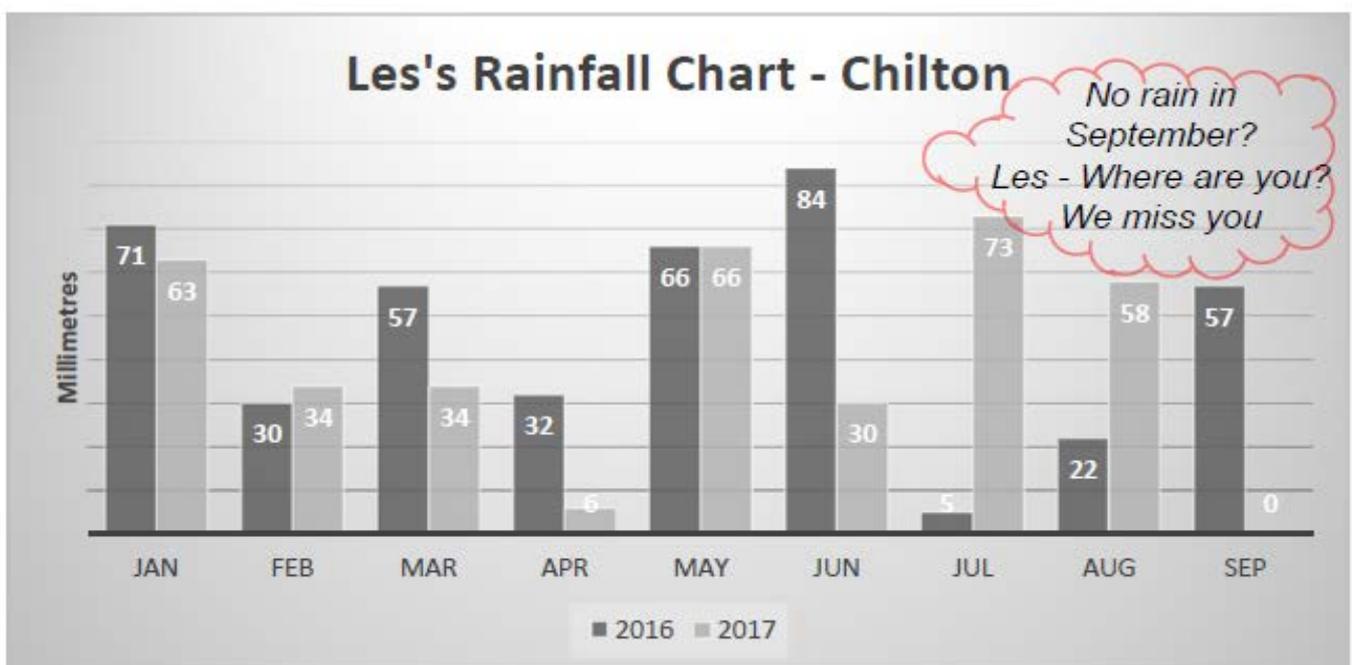
The evening culminated in dessert served at Town Hill Barn. A sumptuous array was on offer, kindly made by skilled Chiltonians.

There was a raffle which added to the fun and laughter of the evening. All in all, a very successful evening raising in excess of £750.00 for the Church.

The plan is to turn this into an annual event and interest from more residents would be welcomed as it would be nice to see the whole of Chilton out next year.

Many thanks to all involved in organising and hosting desserts & raffle prizes

*Contributed by Michelle Davies*



# CHILTON VILLAGE NOTES

## HARVEST LUNCH



The good farming folk of Chilton have ploughed the fields and scattered their good seed on the land and a large number of residents attended St Mary's on Sunday 8th October to celebrate our good fortune in living in such a rural idyll with such bountiful produce grown both commercially and 'at Home'

The congregation was bolstered by a large number of Chilton House residents who were chaperoned by the excellent nursing staff to ensure they could participate in this wonderful autumnal festival

The church looked absolutely stunning bedecked with the most glorious array of reds, golds and amber foliage enhanced by vivid red and orange berries, created by our team of exceptional flower ladies...you know who you are!

The traditional Harvest Lunch was held at The Barn and a number of the congregation were joined by other residents to enjoy the familiar homemade Cottage pies lovingly created and donated by the infamous Chilton Cookforce.

Our hosts, Bertie and Henry Aubrie-Fletcher were sadly absent from the event due to other commitments and thereby breaking an amazing unbroken record of 42 Harvest Lunches. You were both sorely missed but the appreciation of the venue was shared by all.

Chilton Residents are certainly not mean, as we had a table as wide as the room stacked with local produce generously donated for auction to assist with the much-needed fund raising to maintain St. Marys Church.

Our celebrated auctioneer, Brian Lloyd, rose to the task as always, in using his rather cheeky and amusing skills in raising the bids to exceptional levels resulting in a total of over £800 including ticket sales and a raffle.

Vernon Sparks continued a tradition started by his late father, Terry, in bidding for the last cake to be auctioned – this has always been the finale of the auction where the bids keep getting higher and higher and only stop when the cake is finally won by the Sparks family.

The cake this year was made by our own Master Baker, John Fowler, loaded with chocolate it finally sold for over £25.....Vernon we hope you savoured every slice?

Harvest Lunch is of course a great tradition and our very own Chris Humphrey helped in restoring some produce rarely seen these days – Quince – grown in his own garden and he generously donated two huge baskets to the auction. The Owl and the pussy cat in their beautiful pea green boat would have been delighted to see quince on the menu (you must be of a certain age to get the connection here!)

Anne-Marie Misseldine was one of the lucky bid winners for the quince and by Monday night had produced seven jars of quince jelly which I have to say is absolutely delicious with a good helping of cheese and highly recommended.

As always, these events would be impossible to hold without the unstinting and tireless contributions of time, gifts and contributions of so many local people, which is hugely appreciated by everyone.

We can only look forward to next year's lunch and trust we may have tempted more people to attend next year to share the delights of our local food, good friends and family.



### GRIT BINS

The great grit bin saga has finally reached a conclusion, after a year of debate at Parish Council meetings the decision to buy one bin has been transformed into a deal where we now have four bins for a third of the price of one, thanks to local farmer Duncan Parker's eagle-eyed bargain hunting. Watch out for the new bins on Easington, Princes Close, Dorton Road and Coles Hill.

### 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.

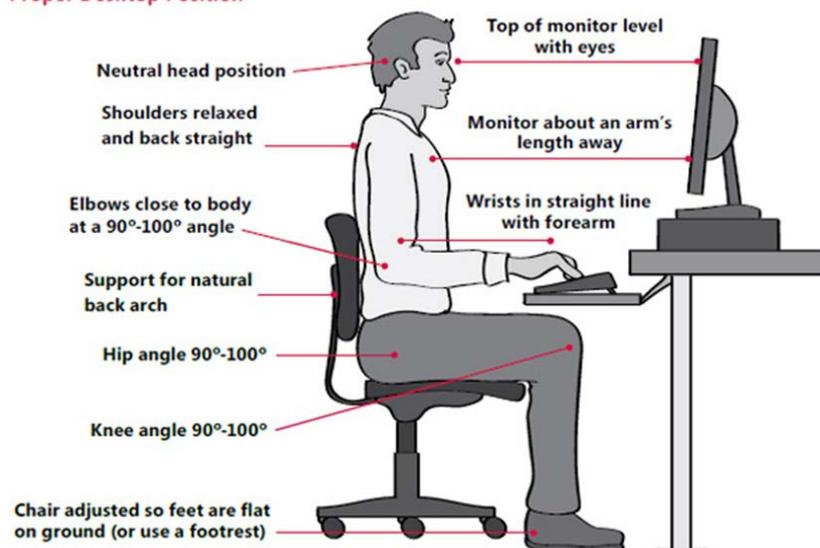
**Please note that this bin is only for Church Waste and is not a communal facility**

## CHILTON VILLAGE NOTES

### Sit Properly! – Rebecca is back after her summer break

I remember my mum saying it to me as a child, and now I say the same thing to my sons at mealtimes. In fact, we should all bear the order in mind, because sitting too much is the curse of modern life! I know that sounds a bit melodramatic, but countless studies show that leading a sedentary lifestyle contributes to obesity, cardiovascular disease, type-2 diabetes, as well as muscle and joint pain. Yikes!

#### Proper Desktop Position



Well, I accept that for most of us, being at a desk for a large proportion of the day is unavoidable. So, if we're going to do it, let's at least do it properly! Desk ergonomics are something that most employers are aware of and the chances are that if you regularly work in an office, your desk is set up in an acceptable way.

However, increasingly we spend more time working from home where the work station set-up may not have been given much thought. I've seen a significant number of people who complain

of aches and pains in the back, neck and shoulders after spending more time than usual in front of a laptop at the kitchen table. Please, don't do it! Making the effort to set up a work area that follows some basic rules isn't difficult. Here's a diagram that summarises the principal points of a seated work station.

Standing desks have become more commonplace in recent years. If you're unaware of what they are, the name is self-explanatory; a standing desk is simply a desk that allows you to work comfortably at a screen whilst standing. The set-up principles are virtually identical to those above, except of course, you are standing.

Studies show that sitting less has a surprisingly positive impact on some quite diverse medical conditions. Here are a few: -

- People suffering with neck, shoulder and back pain who switch to standing desks report an improvement in their symptoms.
- A less sedentary lifestyle directly leads to weight loss and a reduced chance of developing cardiovascular disease and metabolic disorders like type-2 diabetes.
- In one study, the use of standing desks led to participants feeling less stressed, more energetic and happier.

So, if you're looking to change the set-up of your work station, then consider a sit-stand desk, and if you do convert, do so gradually, beginning with standing for half the time.

If you've got a sitting desk with no prospect for change, just make sure you get the ergonomics right and negate some of the ill effects by getting up for a stretch and a stroll every 30 minutes or so.

Whichever kind of desk you use, incorporate more movement into your day; walk more, drive less, use the stairs, take your lunchbreak, visit your colleagues' desks instead of emailing. You'll feel the benefits, I guarantee it.

*With thanks as always to Rebecca Wasey - rebecca.wasey@gmail.com*

## CHILTON VILLAGE NOTES

### Comings and Goings!

#### CHILTON ESTATES

Sadly, we are saying Goodbye to Paul Webb from 1, Easington lane, he has lived in Easington for over eleven years and is only moving to Thame where we hope he will be very happy, all being well he will keep in touch as he plans to go on digging his allotment on the Brill Road. This means that we have a pretty 2-bedroom Victorian cottage coming available, please call Alison in the Estate office (01844265201) if you or anyone you know might be interested in living there.

Finally, the renovation of The Clock Tower will be finished in November, Saunders Brothers have done a brilliant job with a very challenging building and have managed to create 4 very special and quirky flats, three have been pre-let but there is one 2-bedroomed apartment still available, again if you are interested Alison is your girl!

With the completion of the Clock Tower, Builders Avenue (as we might well describe the front of Chilton House) will become considerably less busy and hopefully in the Spring will return to normal, a huge thank you to all those who have put up with the mess and inconvenience of the past year – The last big building project on this site was in 1740 and I don't think the builders came to work by car in those days!

*Contributed by Bertie Aubrey-Fletcher*

#### CHICKEN

##### BAKED IN OLIVES, LEMON AND CAPERS

Ingredients:-

**2 Chicken breast fillets**

**200g cherry tomatoes, halved**

**1/3rd cup small Ligurian olives**

**2 teaspoons grated lemon rind**

**2 tablespoons capers**

**2 tablespoons olive oil**

**Cracked black pepper and sea salt**

**METHOD:**

**Combine cherry tomatoes, olives, lemon rind, capers, oil and pepper and salt and place in the base of a baking dish. Top with the chicken and a little spoon of the olive mixture.**

**Place in a preheated 220 degree C or Gas No 6 oven and bake, turning the chicken once, For 20 minutes or until chicken is cooked.**

**Serve with boiled potatoes and green vegetables**

**Serves 2.**



*Contributed by Anne Kingsley*

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