

# CHILTON NOTES

Correspondent Diana Bird : seamsfine@btinternet.com

## CHILTON NOTICEBOARD

### CHURCH SERVICE

Sunday 11<sup>th</sup> March –  
10am

### FLOWER

ROTA  
No flowers for  
Lent

**CHURCH CLEANING ROTA –  
MARCH**  
*Norma Rolfe*

*Happy Birthday*

1st Matilda West (3rd Birthday)

5th John Fowler

22nd Paul Vincent

29th Harry Aubrey-Fletcher

30th Orla West (1st Birthday)



Welcome to the world and to Chilton

The latest Shurrock gang member, born on  
Sunday 28th January - Lacey Robyn Shurrock  
to Jack, Nicole and Louis

### 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

## Village Clean up

The morning of Saturday the 27th of January dawned grey and wet with not a sign of the sun, so I suspect there were not many of us who thought whoopee today is the village clean up!

But a number of wonderful and very enthusiastic Chiltonians gathered at the bus stop to tackle the worst that Winter had thrown at us. Branches were cut down, mud swept away and rubbish collected AND it truly made a difference. All of this was made even better by the cake and hot drinks provided by Diana and Anne.

A huge thank you to all those who did “more than their bit”. Please come out to join us next time, it is definitely a case of the more the merrier



Les's Rainfall Chart - Chilton

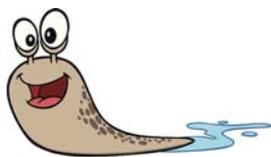


Les has been providing us with rainfall results over a long period of time for which we thank him hugely. Comparing 2017 with 2016 it turns out there was only 1mm of rain more in 2017. The rainfall across the months dipped and rose but overall, we had the same rainfall over the 2 years. Keep those results coming Les

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## "Gardening Tips- Chilton Style"



**Protect new spring shoots from slugs**

**Plant shallots, onion sets and early potatoes**



**Plant summer-flowering bulbs**

**Lift and divide overgrown clumps of perennials**

**Top dress containers with fresh compost**

**Mow the lawn on dry days (if needed)**



**Cut back Cornus (dogwood) and Salix (willow) grown for colourful winter stems**

**Hoe and mulch weeds to keep them under control early**

**Start feeding fish and using the pond fountain; remove pond heaters**

**Prune bush and climbing roses**



## RECIPE OF THE MONTH

### Mac 'n' Cheese with Marmite

*You'll either love it or hate it a bit like Marmite but try it you just never know*

#### Ingredients

500g small elbow macaroni  
80g butter, plus extra for tossing through the pasta  
3 tbsp plain flour  
600ml whole milk  
170g can evaporated milk  
700g extra mature cheddar, 500g coarsely grated, 200g chopped into small chunks  
1 tbsp mustard powder  
large pinch cayenne pepper  
1 tbsp Marmite  
splash of malt, cider or red wine vinegar  
50g grated parmesan  
50g fresh white breadcrumbs  
50g panko breadcrumbs

#### Method

Heat oven to 220C/200C fan/gas 8. Cook the macaroni in salted water for 2 mins less than the stated cooking time, so it still has plenty of bite. Drain well and toss with a small knob of the butter to stop it from sticking together.

In a heavy-bottomed saucepan, heat the remaining butter until frothy and nut-brown. Pour off 1 tbsp into a small bowl and place the pan back on the heat, then scatter over and whisk in the flour and cook for 3 mins until you have a sandy paste. Add the milk, a splash at a time, simmering and whisking until smooth between each addition. Once all the milk has been added, drizzle in the evaporated milk, then add the grated cheddar, a handful at a time, until you have a thick, cheesy sauce. Stir through the mustard powder, cayenne, Marmite and vinegar and taste for seasoning, adding salt and pepper as needed.

Remove from heat, stir in the macaroni, then stir through the chunks of cheese. Tip the contents of the saucepan into a large, buttered baking dish. In a small bowl, mix together all the breadcrumbs, the parmesan, another small pinch cayenne and some crunchy sea salt if you want. Scatter the crumbs over the macaroni, drizzle with the reserved brown butter and bake for 30-35 mins until lightly browned, crunchy all over and bubbling around the edges. Leave to stand for 10 mins before serving straight from the dish.

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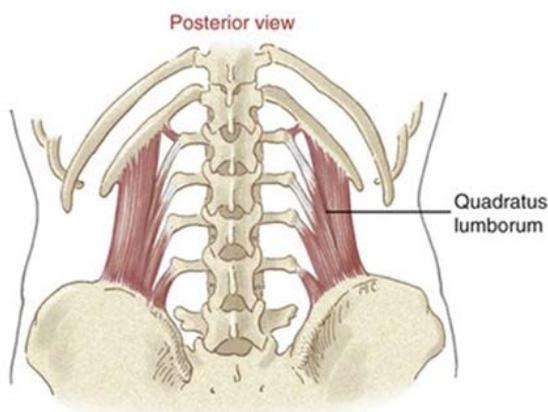
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## Chilton Health & Wellbeing

### An Overlooked Contributor to Lower Back Pain

Every week I see clients suffering from intermittent or chronic lower back pain and there are usually multiple causative factors.

However, a major contributor, frequently overlooked is dysfunction in the Quadratus Lumborum (QL).



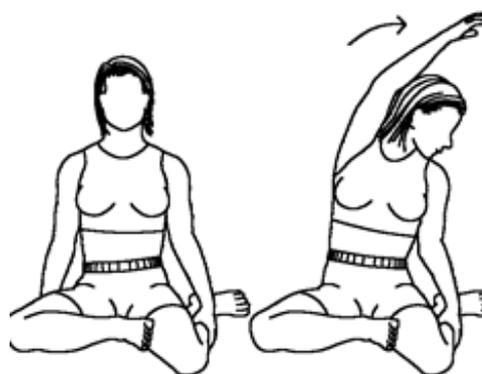
The QL is situated either side of the spine and whilst accessible from the back, it is in fact a very deep abdominal muscle. It attaches from the last rib and the last four vertebrae of the spine to the back of the pelvis. Its role is to help stabilize the pelvis and spine. It also flexes the torso to the side and extends (bends backwards) the lumbar spine.

A symptom of a tight QL is a deep throbbing pain in the lower back, and trigger points in the muscle may initiate a sharp pain in the hip and buttock region. Sometimes the pain might be stimulated by a repetitive action such as running or even walking.

Whilst problems in the QL may begin after an accident or from having unequal leg lengths, there are no prizes for guessing what the most common cause of a tight QL is; yes, that's right, sitting - particularly sitting at a desk in a reclining seat, which causes the lower back muscles to relax and weaken over time. Weak back muscles mean the QL must work harder to stabilise the region and support the back and so it becomes fatigued and tight. Trigger points may develop causing referred pain in the buttock and lower back.

So, what can you do about it? Firstly, check the ergonomics of your desk set-up and counteract the effects of sitting for long periods at a desk by frequent breaks of walking around and stretching. There are also many effective stretches for the QL. Here's one, but look online for more. Always stop if the stretch causes pain.

Sit on the floor with legs to right. Bring your left foot to the inside of your right thigh and sit upright as shown. Grasp the right lower leg with the right hand and place the left arm overhead. Turn the trunk slightly to right and side bend to right. Hold the stretch for 30 seconds and repeat on the other side.



If the problem is chronic, a visit to a sport and remedial massage therapist will help.

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

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## A Personal view from The Parish Council Clerk

Having been away from the Village for over two months travelling through Seychelles, Sri Lanka and Singapore on a mixture of work and relaxation, I have had time to view Chilton from afar.

It occurred to me that during these dark winter months the residents retreat into their homes into a form of hibernation. To be sure, I checked the definition and apart from the obvious zoological one of "*the condition or period of an animal or plant spending the winter in a dormant state*"

However, there is a secondary one:

### hibernate

[hi-ber-neyt]

*"an extended period of remaining inactive or indoors"*

So I think I am justified in making the analogy?

Anyway, with Spring around the corner it is time to shed the winter coat, open our eyes and view our beautiful corner of England with renewed excitement and determination to ensure we focus on all the good things ahead and embrace the growing achievements in the village.

The next Parish Council Meeting is only a few days away on Monday 5<sup>th</sup> March at 7:30pm at St. Mary's Church, so having stored up your energy over the winter months, this will provide a good opportunity for new ideas to be born (along with the lambs!!) and developed over the summer months.

Do not forget that items for discussion MUST be submitted for inclusion on the agenda no later than Wednesday 28<sup>th</sup> February 17:30, please send your submissions to [Clerk@chiltonpc.org.uk](mailto:Clerk@chiltonpc.org.uk) or by post to The Old Thatch, Dorton Road, Chilton HP18 9NA.

We have ticked off a number of items from the Parish Council 'To Do' list including, road repairs, tree pruning, grit bins, Phone Box library, tidying the Village and securing funds for the further development of the village once the Village Green Development is under way.

Your Councillors are ready and waiting for the next challenge, so don't be shy and think of ways of how we can improve the village. The Parish Council is looking for positive ideas where we can all work together for the shared improvement of the village.

The mundane maintenance items are of course important and are constantly being escalated to the higher authorities – we do need to be advised of pot holes, poor road signs, broken pavements and so on but these are simple tasks for us to manage – what we need are ideas and commitment – the Parish Council can only be a facilitator, it has no meaningful budget and so whilst we can take on the ideas, we need to work as a community to ensure they can be implemented.

So, returning to my theme of hibernation – the time is right for us to become active again - a number of events are planned for the summer, so please ensure you attend and support the efforts of others in creating the right environment for us all to live and work together **See you at the Parish Council Meeting!**

## PROPOSED FUNDRAISING EVENTS FOR 2018

Some of the ladies of Chilton got together a couple of weeks ago to chat through ideas for fundraisers in 2018 and here are some we came up with .....

Family Picnic – May

Safari Supper – July

Harvest Lunch – October

However, we want to hear your ideas as the success of any event is about everyone loving the idea and taking part please contact any of us anytime

Keep up to date with all the latest news for Chilton by visiting and joining our Facebook page  
[www.facebook.com/chiltonbucks](https://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 Scraton**: [mdavies@rhamar.com](mailto:mdavies@rhamar.com)

**Anne-Marie Misseldine**: [minky\\_1@hotmail.co.uk](mailto:minky_1@hotmail.co.uk) **Paula**

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