

# CHILTON NOTES

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## CHILTON NOTICEBOARD

**Holy Communion**  
**Sunday, 9th**  
**September 2018 at**  
**10.00am**

**FLOWER ROTA**  
**SEPTEMBER**  
**Julia Cartwright**

### CLEANING ROTA

**Liz Lewis**

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



## September Birthdays

3rd September	Nick Wasey
11 <sup>th</sup> September	Rebecca Wasey
12 <sup>th</sup> September	Peter Scraton
21st September	Stuart Misseldine

### The Old Post Office, Chilton

3rd September	Frederic Ellis
10th September	Bryony Ellis
12th September	Chris Ellis
25 <sup>th</sup> September	Jules Ellis

If you have friends and family whom you would like mentioned in this feature, please send details to Karen Woodin at [mandkwoodin@btinternet.com](mailto:mandkwoodin@btinternet.com)

## CHILTON HOUSE GARDEN PARTY



### UNWANTED BOOKS

Nikki Ashley will be collecting unwanted books for the book stall. If you want to clear out all those unwanted books, please contact Nikki on 07941 291754 and she will be only too happy to come and pick up.

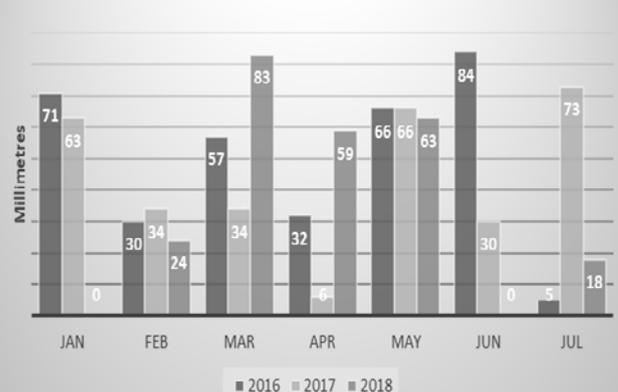
**THANK YOU  
 VERY MUCH**

To all my friends especially Barbara who has helped me while I had my new hip. I cannot thank her enough for transporting me at short notice, also those who watered my begonias and those who have visited me at home.

On occasions like this I really appreciate how many friends I have. I am progressing well and hopefully in action again by the time you read this!!

Many Thanks, Norma Rolfe

### Les's Rainfall Chart - Chilton



# CHILTON NOTES

“What’s going on in the garden???”

## Timely Tips



Continue to feed and dead-head your hanging basket and container plants - they will often keep going until the first frosts.

Now is the time to divide perennials

Start to divide herbaceous perennials as the weather cools.

Make sure you water in the new divisions well.

Fill gaps in borders with autumn flowering plants such as sedum and chrysanthemum to extend the colour to the end of the season.

Plant hyacinth and amaryllis bulbs for forcing, to ensure a crowd of colourful blooms at Christmas. Perfect for a homemade Christmas present!

Plant spring-flowering bulbs such as daffodils, crocus and hyacinths now.

Plant out any biennial plants sown earlier in the year, or if you didn't have time, you can buy plants now. This includes foxgloves, wallflowers and Violas.

September is a good time to plant new perennials as the soil is still warm but there is generally more rainfall.

With wetter weather arriving this month hopefully, it's the ideal time to order trees and shrubs. They will grow vigorously next spring if planted this autumn.

Keep deadheading annuals and perennials to extend their performance.

Keep dead-heading your Penstemons, Dahlias and Roses to prolong flowering.

Prune any late-summer flowering shrubs such as the rock rose (Helianthemum).

Prune climbing roses and rambling roses once they've finished flowering (unless they are repeat-flowering, in which case leave them).



## Gingery plum cake

### Ingredients

Butter, for greasing  
2 tbsp demerara sugar  
500g plum  
For the cake  
175g butter  
175g dark muscovado sugar  
140g golden syrup  
2 eggs, beaten  
200ml milk  
300g self-raising flour  
½ tsp bicarbonate of soda  
1 tbsp ground ginger  
1 tsp mixed spice

### Method

Heat oven to 180C/160C fan/gas 4. Grease and line the base of a 23 cm square cake tin with baking parchment. Butter the paper generously and sprinkle with the demerara sugar. Halve the plums and arrange in the base of the tin in 1 layer, cut-sides down.

For the cake, melt the butter, muscovado sugar and syrup in a large pan over a low heat, stirring until smooth. Cool for 10 mins, then stir in the eggs and milk. Sift in the flour, bicarbonate of soda and spices, then mix to a smooth batter.

Pour the batter into the tin, over the plums, and bake for 45-55 mins until firm to the touch. Cool in the tin for 10 mins, then turn out onto a wire rack and leave to cool. Will keep in the fridge, wrapped in baking parchment and foil, for up to 5 days.

# CHILTON NOTES

## 50 km Sponsored Walk

### Last push for Malawi



### Can you help me to raise the last £300 towards helping children in Malawi?

As you probably all know I am going on an exchange trip with my school to Malawi to help improve the facilities in the schools of all ages in the area around Malosa.

The fundraising is going tremendously well thanks to people donating and giving me jobs, so I can put money towards the cause. However, I am doing a last push in hoping to raise £300 to reach the two-thousand-pound aim.

To do this I am going on a 50 km walk around the Aylesbury Ring which I am planning on completing within a day on my October half term holidays.

More details are on my crowdfunding page if you want to know more, where you can also donate.

To reach the page go on to [Justgiving.com](https://www.justgiving.com) and search my name Sam Ashley into the search bar and click onto 'Raising £300 to help raise money for schools in Malawi' or you can enter the link '<https://www.justgiving.com/crowdfunding/sam-ashley>'.

I will write another article for the December issue recounting my journey around Aylesbury. Thank you for all your generosity and support over the last year,

Sam Ashley

## Cydney Scraton

3/7/2003 – 10/7/2018



Cydney sadly left us in July at the tender age of 15 years, 1 week and 1 day old.

Arriving in Chilton in 2007 I think it is fair to say she made her mark very quickly. We moved into Springhill Cottage across the road from Mark and Karen Woodin where Cyd would frequently visit uninvited until we got the netting put on the gate.

Steve the postman was another firm favourite as although he came every day for 5 years she saw it as her duty to terrorise him any opportunity she got. Safe to say she was always indoors upon his arrival.

We spent many years enjoying the walks around Chilton and meeting many new friends along the way.

So many funny stories and great memories but a couple of favourite pastimes as with any hunting dog was the pheasant flushing (sorry Chris) and the chasing of hares through the snow.

We were lucky to find Chilton and the friends, walks and dog socialising all aided to her long life.

Never long enough for us dog lovers .....



## CHILTON NOTES – Safari Supper



We know it is a pride of lions, a crash of rhinos, a bloat of hippos, a coalition of cheetahs, an implausibility of wildebeest and herds of elephants and buffalo but what on earth is the collective noun for a group of 33 Chiltonians heading off for their Safari Supper?

As the group gathered on the patio of Chilton House, surrounded by the orchard and sweeping lawns at the rear of the House, the sun was still beating down following a day of tropical temperatures, setting the ambience for the start of the Safari.

A welcoming glass of Prosecco, to quench the thirst of all of guests, hosts and friends, was on offer from Lucy Syrett who kindly gave up her evening to help host the reception. Acquaintances and newcomers awaited the announcement of their first destination. The wait was long enough for a second glass to be dispensed and consumed before Henry Aubrey-Fletcher revealed the secrets of his sealed envelopes, revealing the Hosts for the starters as Karen & Mark Woodin, Rosemary & John Morris, Sanda Ringsma & Chris Henry, and finally Hilary & John Bach.

Organisers, Rebecca Wasey and Michelle Scraton, creatively selected these hosts for the starter course as it led the safari hunters on the longest part of their expedition to the extremities of the village, allowing the homeward journey to be towards the centre of the village.

Each host had six guests, apart from Rebecca who had the addition of Harry Aubrey-Fletcher who, due to a clash of diary events had to split from Louise for the evening to honour their dining commitments - We missed you Louise!

Amongst the regular Chiltonians, we were able to welcome two recently arrived couples to the village; Duncan & Anna at Hubbocks Cottage and Karen & Paul at Gregory's. Our sincere thanks to all four of them for embracing the community spirit and we look forward to seeing them at future events, along with other villagers who we would love to welcome.

With 45 minutes allowed for the first course and fifteen minutes to head off to the main course hosts, conversation, laughter and eating abounded at quite some pace but thanks to the organisation skills of the hosts, no one was late for the next course. The destinations were revealed, again from sealed envelopes by the hosts, to Michelle & Peter Scraton, Rebecca & Nick Wasey, Bertie & Henry Aubrey-Fletcher and Paul & Louisa Vincent.

The final destination was at Bertie and Henry's house where all of the hosts and guests were welcomed with yet another drink from the temporary bar set up in the garden, taking advantage of the still warm evening temperature as twilight approached.

The dining still had one more course, the all-important and anticipated desserts. All of which had been donated by those who were not hosts, ensuring that everyone on the evening had contributed to the successful outcome of this event.

In addition to the wide range of delicious and tantalising sweets on offer, further "tipples" and raffle prizes had been donated to the evening. The evening ended as it began with Henry holding the guests spellbound whilst he revealed, one by one, the results of the copious raffle prizes, won by the generous raffle ticket holders who Rosemary Morris had cajoled into buying more tickets than they intended! – Well done Rosemary.

Apart from generating community spirit, the beneficiary of the evening's fundraising is St Marys Church which will be receiving £788 raised from the ticket sales, raffle and donations.

So, the collective noun for Chiltonian Safari Hunters? It could be an Excitement, or a Happiness, or even an Intoxication!! However surely it must be a Satisfaction?

*Contributed by Stuart Misseldine*

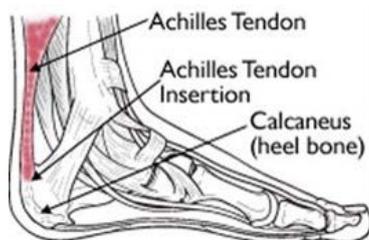
# CHILTON HEALTH & WELLBEING

## **Is your Achilles Heel Your Achilles Heel?**

Achilles' only weakness in his otherwise invincible body was his heel. Left unprotected because of his mother's failure to immerse it along with the rest of his body in the river Styx, a poisonous arrow piercing the heel ultimately ended his life. (NB It's always the parents' fault)

Fortunately, I'm able to assure you that Achilles pain isn't a fatal condition and a full recovery can usually be expected.

The Achilles tendon (also known as the Calcaneal tendon) attaches the calf muscles to the calcaneus (heel bone) and withstands large forces with every step we take. Whilst walking the force is equivalent to almost four times body weight, and when running, seven times body weight.



Achilles Tendinopathy is an umbrella term that encompasses both swelling (tendinitis) and degeneration of the tendon (tendinosis). Although we tend to hear more often about Achilles tendinitis, tendinosis is the more common condition; usually an overuse injury, often age related and frequently not attributable to sporting activity.

Indications of Achilles tendinopathy are a gradual onset of pain and stiffness of the Achilles tendon, usually worse in the mornings, but easing as the day progresses. It will probably be painful at the onset of exercise, easing through the session, and worsening again once ceases. Pain can be reproduced by "pinching" the tendon between your fingers.

There are two types of Achilles tendinopathy, the first known as Midpoint Tendinopathy where pain is felt 2-3cm above the calcaneus and the second, which is less common, Insertional Tendinopathy, where the tendon attaches to the heel bone.

Factors that increase your chances of suffering from Achilles tendinopathy are both within your control and not. They include: -

- Foot biomechanics – over pronation of the foot causes the lower leg to rotate inwards and "twist" the Achilles tendon. Gait analysis will indicate whether you're wearing the right shoes or if you have muscular imbalances that can be addressed.
- Age and gender - tendinosis often coincides with middle age with men more likely to suffer than women.
- Increasing running mileage too quickly – weekly distance shouldn't be increased by more than 10%.
- Running uphill causes the Achilles tendon to work under load in a stretched position which can cause wear and tear. Stop any activity that causes Achilles pain.
- Regularly wearing high heels causes the calf muscles to shorten and the Achilles tendon to become thicker, which can cause pain when bare foot or wearing flat shoes. Stretching the calves after wearing heels will help prevent the problem developing or becoming worse.

Treatment protocol depends on whether you're suffering from midpoint or insertional tendinopathy, although there is some overlap. Here are a few ideas to begin with, although I would always urge you to see a qualified physiotherapist or sport and remedial massage therapist for treatment and a personalised rehabilitation programme.

- If there is swelling, ice the area for 15 minutes every couple of hours.
- Wearing a heel lift can help ease pain.
- Self-massage the calf muscles using a foam roller.
- Perform heel raises daily, progressing each day but keeping the level of discomfort low - with insertional tendinopathy it's important not to drop the heel below toe-level as this will load the tendon at the insertion point but do speak to a qualified practitioner for a personalised programme

Achilles tendinopathy can take between 6 weeks to 6 months to rehabilitate. It can be a stubborn and frustrating injury, but you can overcome it!

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

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

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