

CHILTON NOTES

Correspondent Diana Bird : seamsfine@btinternet.com

CHILTON NOTICEBOARD

Holy Communion
Sunday
13th May 10 am

FLOWER ROTA - MAY
Anne-Marie
Misseldine

CLEANING ROTA

Barbara Lloyd & Rosemary Morris

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



Nicole Haig 4th May

Betty Pugh 9th May

Graham Walker 18th May

Jacky Alexander 21st May

.....

Happy 7th Birthday to

Ethan Kingsley 26th May

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



St. Mary's Church Churchyard Community clean-up Saturday 12th May

Volunteers with mowers, strimmers, pruners, rakes, saws, secateurs, energy and enthusiasm are invited to join the regulars to assist with the annual clean-up

10:00 am to 1:00 pm

Refreshments will be provided

Come for as long as you like, any assistance, even half an hour, will help to get the job done

JOB LIST

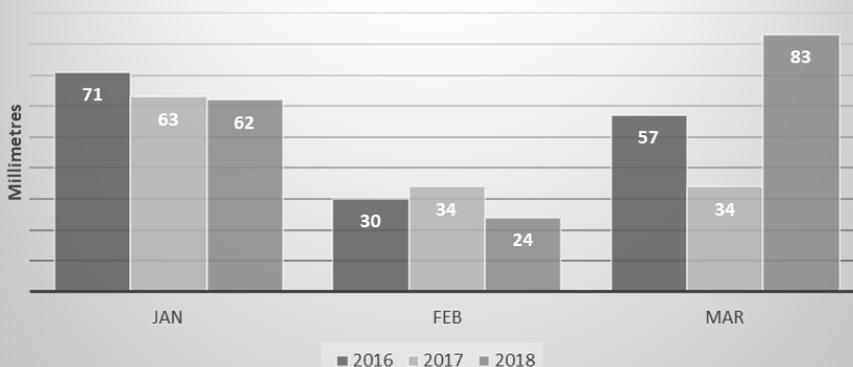
You are more than welcome to tackle anything that will enhance the overall look of the Churchyard for as long or short amount of time that you can spare. We have a trailer available to take away all of the cuttings and waste so you can create as much as you like!

We do have some specific jobs to do and assistance with these would be much appreciated

- Grass Cutting – the whole area!
- Strimming around walls & graves
- Remove old Oil Tank
- Path & Gutter cleaning / weeding
- Remove non-approved decorations
- Remove ivy from shed (she won't mind!)

Please bring your own tools

Les's Rainfall Chart - Chilton



RAINFALL NOTES

None of us needs to look at the graph to know there was a lot of rain in March!!

However, Les's recording of the actual rainfall makes us realise just how wet it was – Nearly as much as 2016 and 2017 put together!!

CHILTON NOTES

“Be the change you want to see in the world!”

Alice West
says....



I'm increasingly mindful of the waste we produce as a slightly hectic household, inspired by a few local groups and bigger campaigns. It can sometimes be hard to make the best and most sustainable choices when we're pushed for time or struggling to get everyone organised and out of the door, so here are some local tips and more general ideas for helping to improve our 'circular economy.' I'll be trying out all of these ideas out too!

Buy Local, Second Hand or Freecycle

“One woman's trash is another woman's treasure”, as the saying (almost) goes! Facebook groups like 'Thame Bay', 'Thame Kids Take 2', 'Brill Sell, Swap or Free to a Good Home' and 'Long Crendon & Surrounding Villages Sell Anything' are just a few of the very active selling groups in the area. Upload pics of unwanted items, browse what's for sale, and try to not get too addicted! A fun day out for either selling or buying is the Tetsworth Car Boot sale, too!

Bring Your Own Coffee Cup

It is a truth universally acknowledged that parents with young children need coffee, and often when they're out and about. It's also an inescapable fact that disposable coffee cups are becoming a genuine environmental problem - so much so that Waitrose will be removing disposable coffee cups from their free coffee stations in Oxfordshire from the end of April. Many cafes and coffee shops will now fill your own coffee cup (and water bottle) if you produce it and ask nicely, and many will sell you your flat white for cheaper (Costa and Rumsey's included) if you're supplying your own container for it. If you're not sure if your local will fill your thermos for you, why not just ask?

Grow Your Own

Get your children interested in seasonal, local food from a young age, and get sowing this month! May is a great time to plant beetroot and broccoli, carrots, cabbages, radishes, salad leaves and watercress, spinach, parsnips, spring onions and swedes! While you're waiting to harvest your own crops, check out Howe Farm Shop in Dorton for local produce and flowers – their opening hours are on their Facebook page.

Banish Plastic Bags

Bradmoor Farm Shop in Haddenham is now selling produce loose or in biodegradable packaging wherever possible. Bucksom in Long Crendon invites customers to bring their own bags and jars to bring their oats and lentils, salad, spinach and kale home in. They also run monthly 'Frugal Kitchen' classes for adults to bring home cookery tips that can be shared with the whole family.

Order from the Milkman

Running out of milk is a bit of a disaster in our house with two small people who still drink lots of it, and we throw out several four-pint plastic bottles a week. Although they go in the recycling bin we could do one better and sign up to an old-fashioned bottle delivery service. I have it on good authority that Wren Davis Ltd is the company to get in touch with, but would welcome any other local tips!

Lots of ideas for this article came from the new 'Plastic Free Thame' Facebook page which is full of clever tips and articles.

I'm off to buy my reusable coffee cup! Have a great month, Alice

Chilton News would like to thank Alice West for introducing another new feature
If you would like to send in any ideas for features please contact the team

CHILTON NOTES – CHILTON BOWLS CLUB

Potted History

When the Chilton Club was opened back in the 1920's, the Bowling Green was said to be one of the best in the county. Unfortunately, after some years, the bowling stopped and the Green became very neglected. I don't know when or why this happened but as a little girl, I have fond memories of watching bowls over the wall. Fast forward to the early eighties, my father Ted Walker, (after his retirement) started work on the Green and finally got it back into some sort of playing condition.

Several Chilton Club members showed an interest in playing bowls and that is how the present Bowls Club came about. Founder members included Norma and John Rolfe, Terry and myself, Ted Walker, Les Willey and others from the village, as well as people from surrounding villages who were members of the Chilton Club.

This proved to be very successful and in the early 1990's, we managed to retain interest by playing on the bottom lawn (the old Tennis Court), while waiting for a new green to be laid, complete with automatic irrigation system. This was made possible through various money raising events.

Since then, the green has been well used. We now run Tuesday and Wednesday 4-a-side leagues, 6 teams of 4 on each evening (48 players). We also have several reserves who play in knockout competitions or to make the 4-a-side teams when required.

Competitions

There is an opening tournament in April/May to start the Summer outdoor season and a triples tournament in June. There are singles and pairs knockout competitions throughout the season and a mixed pairs league on Sunday afternoons and evenings. A club night for anyone who turns up on Fridays.

In October, we have a presentation evening which serves as a fundraiser and some of these funds go towards a charity chosen by the members. The two recent ones have been held in Thame Snooker Club.

The green is well used during the summer months, while continuing maintenance is carried out throughout the year. Many members have voluntarily undertaken the tasks of mowing, treating and generally keeping the green in very good condition. The green always looks lovely and is an attractive feature in the middle of the village.

Indoor Bowls

During 1997/1998, members expressed an interest in playing indoor bowls during the winter months and luckily at that time, we had the facility of the Hall at the Club. We started with one mat placed diagonally across the hall to get enough length. Eventually, members of the bowls club laid a new wooden floor and split the stage so that this could be lifted up to give enough room for two mats side by side. Each mat measures 45 feet long and 6 feet wide. Although this facility was lost upon closure of the club, our players have kept up the interest by playing in Chearsley Village Hall and more recently in Tiddington Village Hall.

The Future

Our most recent meeting was held at the Tiddington Hall on 14th March 2018 and was very well supported. The Chilton Bowls Club looks very promising for the 2018 summer season. The bowlers love playing at Chilton and have remained loyal to us during a very difficult couple of years.

We all hope that the village development will soon be under way. The green has had its first mowing and all necessary treatments and all we need now is for some warm balmy summer evenings to get out there again, somewhere to sit after the game to chat and analyse the good and bad features of our matches and a toilet!!! The Portaloo was a godsend last year but obviously not ideal. We would welcome new players so why not come and have a go. Come and have a look over the wall like I did all those years ago...you never know, you might be inspired to join us. Contributed by Wyn Sparks who is the main contact for the Bowls Club on 01844 208891

CHILTON BOWLS CLUB circa 1930

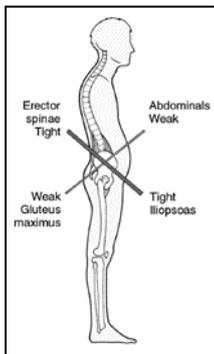


CHILTON NOTES

Another Cause of Lower Back Pain

Lower back pain is the most common cause of long term disability in the western world. It's a complicated subject with many causes both physical and psychological. However, so many people would benefit from a simple exercise programme to resolve some common muscle imbalances in the hip region. One such muscular imbalance is known as Lower Crossed Syndrome (LCS), which perfectly complements Upper Crossed Syndrome (February BN) and they often occur together.

Here's a diagram showing the typical posture of someone with LCS.



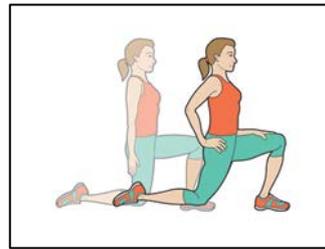
It looks familiar because it's so common. The bottom and tummy sticking out are typical symptoms of LCS. The "cross" is created by a weakening and lengthening of the abdominal and gluteal muscles and a tightening and shortening of the hip flexors and lower back muscles.

The short hip flexors pull the pelvis forwards, causing an increased lordosis (curve) of the lower back, which puts pressure on the facet joints of the spine and can cause lower back pain and sacro-iliac joint dysfunction. Weak abdominal muscles mean the muscles of the back take a leading role in maintaining posture, which fatigues them, potentially causing lower back pain. Because the hip flexors are tight from excessive time spent sitting, their opposing muscles, the gluteals, become weak. This causes the hamstrings to compensate and become fatigued and dysfunctional. All in all, a recipe for lower back problems.

There are no prizes for guessing the primary causes of LCS; Prolonged sitting, particularly with bad posture, physical inactivity, poor exercise technique and an unbalanced training programme.

The good news is that LCS is a problem that can be resolved through a series of stretching and strengthening exercises. Here are some simple examples: -

Hip Flexor Stretch

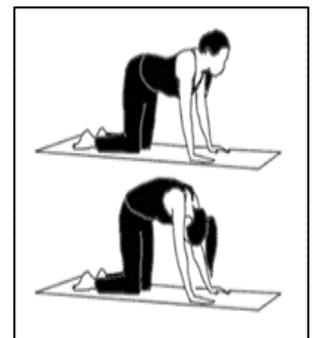


In a kneeling lunge position, move your body forwards to stretch the front of the thigh and groin. Engage the pelvic floor muscles and glutes and tuck your tailbone underneath to

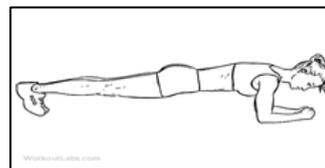
tilt the pelvis backwards and flatten your back. You will feel the stretch deep in the front of your hip. Hold for at least 30 seconds and repeat the other side.

Decrease anterior pelvic tilt

The cat / cow stretch encourages the pelvis into a neutral position. Go onto all fours in a neutral position. Pull in your abdominals to create a gentle stretch in the lower back. Hold for 5 seconds and repeat 5 – 10 times.



Improve Core strength



Lie on your front propped up on your elbows. Engage your glutes, and tilt your pelvis backwards. This will help you engage

your core muscles. Raise your hips from the floor to create a straight line from the head to the feet. Take care not to arch the back, or stick your bottom into the air. Hold for up to 30 seconds.

Lie on your back with your knees bent. Squeeze your bottom and lift your body up to form the bridge. Squeeze your tummy towards the spine to



contract the deep abdominal muscles. Hold for 20-30 seconds. Raise one leg if you can but ensure the hip on the raised side doesn't drop out of line

Persevering with daily exercises will undoubtedly help resolve the problems, however, if you are sedentary, just increasing your daily activity levels will help.

www.rebeccawasey.com

CHILTON NOTES



The long road we have walked since this project was first started is well documented on the Parish Council Website www.chiltonpc.org.uk/village-green-development However Harry Aubrey-Fletcher has kindly provided some latest news for us.

Having submitted the plans for the Centre of the Village in November 2017, we were hopeful to get a decision on the planning application in the Spring. However, following the validation of the planning application, AVDC then decided to invalidate the application until further information had been provided.

The straightforward elements of this were a Heritage Assessment and further Landscape work (which were completed in January) alongside this however they insisted that we should complete all our Protected Species Surveys ahead of determining the application. Unfortunately, there are only certain times of year at which these surveys can be completed (May onwards), so we have been awaiting the "season" to start.

We would hope to have completed the surveys (12 separate visits for Bats and Newts) by the end of June, allowing AVDC to revalidate the application and start the 13-week determination process.

The Estate is as frustrated as anyone by these delays (not least because of the ongoing business rates bill), but planning is a sequential process which we have to follow.

I Look forward to updating all in the next edition of the Bernwode News

Regards

Harry

VILLAGE EVENTS VENUE

As a result of the planning delays described above, Chilton House has very kindly offered the use of the reception rooms in the House for events organised by the village for the benefit of residents. This will include a Quiz Night, Safari Supper, Harvest Lunch with the possibility of other events being added. Full details and dates will be announced next month.

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. Can we please request flowers are not left in the Churchyard. Please note this bin is for Church waste only and is not a communal facility

CHILTON PARISH COUNCIL

AGM

Tuesday 15th May 2018 @ 7:15pm

PUBLIC MEETING

To follow AGM @ 7:30pm

Full details will be published on the notice board and Website by 1st May

Keep up to date with all the latest news for Chilton by visiting and joining our Facebook page www.facebook.com/chiltonbucks and www.chiltpc.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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