

Chilton Notes



Happy New Year

From all of us in Chilton

After the Champagne, Sherries, Port & Liqueurs we continued getting headaches by trying to think of a new layout for our pages in Bernwode News. We just thought that a New Year required a refresh and hope you like the new format. Comments gladly received at www.chiltonpc.org.uk/contact-us

WE LOVE
OUR VOLUNTEERS



Church Cleaning
Yes, it's your turn again..
**Barbara Lloyd &
Rosemary Morris**

Church Flowers Duty
This month is easy
No one required
Christmas flowers will suffice



We have so many lovely comments about the articles that we publish but we would really love to gather more stories, anecdotes and history of our village life.

Please feel free to send in your contributions, photographs, birthday events, observations and comments to minky_1@hotmail.co.uk

St Mary's Church
Holy Communion
Sunday 13th January
10:00 am



Join us in wishing our local residents a very
Happy Birthday
JANUARY

Lacey Shurrock **Monday 28th**
David Kingsley **Monday 28th**
Gwen Fox **Tuesday 29th**

If you know someone who would like a 'shout-out' please let Karen Woodin know mandkwoodin@btinternet.com

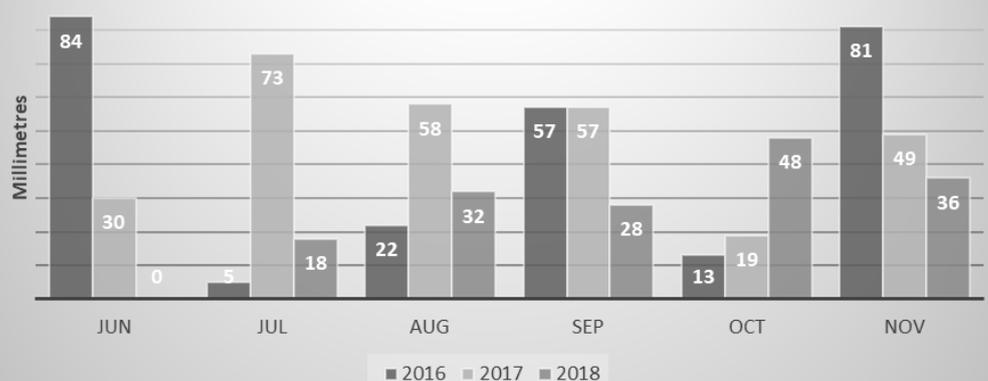
Churchyard Flowers

Please use the large green bin situated just outside the main gate of the church for disposing of flowers instead of leaving them in Churchyard. Please note this bin is for Church waste only and is not a communal facility



**Raindrops keep
falling on our
head**

Les's Rainfall Chart - Chilton



Chilton Notes

New Year's Resolutions – Are they Really Worth the Effort?



Have you ever failed to keep a New Year's resolution before January is even over? Yes? Me too! Depending on which statistics you read, as few as 8% of people succeed in keeping their resolutions.

I bet you can guess what the top three resolutions are; exercise more, lose weight and eat more healthily. All justifiable goals for so many of us, so why do we fail?

First, we have a tendency to over-burden ourselves. To maximise our chance of success we should set ourselves no more than a couple of straightforward resolutions that are measurable, achievable and realistic.

"I want to exercise more", is a worthy aim. But how much is "more"? What will you do and when will you do it? Look at your weekly schedule. Can you honestly get to the gym three times a week? If you can, great. Look at the timetable and decide which classes you're going to do. But if there's no capacity for gym-going within your hectic family life, then don't join a gym. Instead look at how you can capitalise on your spare time. Where does your capacity lie? Before breakfast, lunch breaks, after taking the kids to school, before picking them up? Is there time to squeeze in a bracing walk / run? Could you adapt your dog walk from an amble to a brisk power-walk? Could you park the car further from work and walk? Or get off the Tube a couple of stops before your usual destination and walk the rest? Whatever you decide, it needs to fit in around your day-to-day routine.

Sometimes, setting a specific goal and then advertising your plan to everyone you know can be enough of a motivator in itself. So, "I'm going to run a 10k by March" might be a realistic aim. Research your goal, plan how you're going to achieve it and then tell everyone about it! Plaster your Facebook page with the trials and tribulations of training or not training. You'll be surprised at the support you get and how much less inclined you feel to give up.

"I want to lose weight", is another classic. Brilliant! But how? Faddy juice diets will do the job, but isn't January depressing enough without having to give up solid food? Perhaps a more realistic goal is to stop snacking between meals and then make sure you actually eat three proper, balanced meals – it's surprising how many people don't. Undoubtedly, it'll take more planning, but it's an achievable aim and might have other unforeseen advantages like eating together as a family more.

**LOSE
WEIGHT**
Feel great!



The means of reaching your goal should be at least a little bit pleasurable for you to have any chance of success. If you're hating every moment, then step back and take stock. How can you make it more enjoyable? Make sure you give yourself some slack too – eating a bar of chocolate one day doesn't mean you should throw in the towel and succumb to another bar, plus a block of cheddar and half a tub of ice-cream. Just wipe away the chocolate smears and continue with your healthy eating as though it never happened.

In conclusion, "New Year's Resolutions; Are They Really Worth the Effort?", surely the answer's got to be, "It depends". But remember, nothing beats the smug self-satisfaction of a goal achieved, especially when the journey has been documented on Facebook!

Whatever you decide to do, or not do, I wish you all a very happy and healthy new year. www.rebeccawasey.com

*Huge thanks from
the team to
Rebecca for
keeping us fit &
healthy in 2018*

Chilton Notes

Chilton Parish Council

A few words from The Clerk

Since accepting the invitation to become Clerk to the Parish Council, I have endeavoured to ensure that the whole community is in touch with Village Events. This has been done by more regular posting of notices on our Notice Board, which is located at the front of the Bowling Green.

Embracing technology, we established a website with pages covering, News, Parish Council information and documents, Church Services, Planning Applications, a Gallery of village photos, Newsletters, Events and a Contact Us page which provides an opportunity for you to send in ideas, complaints and observations.



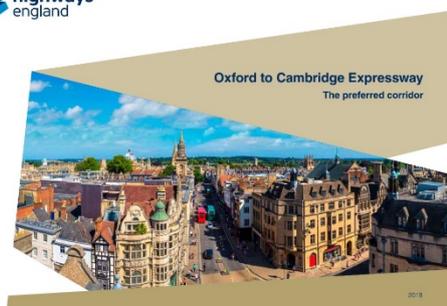
If you haven't had a look yet go to www.chiltonpc.org.uk and see what is on the site, we would love your feedback.



We have a correctly regulated mailing list, following the introduction of GDPR earlier in 2018 which allows us to send out notices of events, ticket sales and breaking news of any importance to the village which we are finding does promote more engagement and contact with residents. If you are NOT on the mailing list and would like to be, simply **register at the bottom of any page** on the website to sign up to receive website updates and mailings. The more we can share our news the more informed and stronger our community can become.

Feel free to contact your councillors directly, their details are on the website on The Parish council Page or alternatively drop me a line at clerk@chiltonpc.org.uk or by mail to The Old Thatch, Dorton Road, Chilton HP18

OXFORD – CAMBRIDGE EXPRESSWAY



9NA

If you want to find out more about the proposed Expressway linking Oxford and Cambridge we can provide you with some links

Highways England: <https://highwaysengland.co.uk/projects/oxford-to-cambridge-expressway/>

Expressway Action Group Website

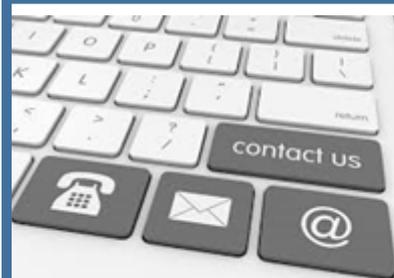
<https://www.expresswayactiongroup.com/>

Expressway Action Group – Facebook Page

<https://www.facebook.com/pg/expresswayactiongroup/posts/>

Chilton has a small team engaging with the Expressway Action Group, comprising of Councillors and Residents with a meeting taking place late December. There will be a dedicated page on the Parish Council Website and any news or feedback will be published through this facility. Feel free to engage at any time via the Parish Council contact details above.

IT IS IMPORTANT YOU ARE AWARE OF HOW THIS MAJOR SCHEME COULD AFFECT OUR VILLAGE



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www.chiltonpc.org.uk

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