

# Chilton Notes

**LOVE**  
is in the  
**AIR**

Valentine's Day is fast approaching and this month we have some special items for you



**Poems, Recipes**  
**Craft Ideas**



A BIG reminder for you to remember your loved ones and those you would like to love!!

**St Mary's Church**  
**Holy Communion**  
**Sunday**

**10th February**  
**10am**



**WE LOVE**  
OUR VOLUNTEERS



Church Flowers Duty

Anne Kingsley

Church Cleaning

Liz Lewis



Join us in wishing our local residents a very  
*Happy Birthday*  
**FEBRUARY**

Thea Aubrey-Fletcher	5 <sup>th</sup>	Tuesday
Louisa Vincent	13 <sup>th</sup>	Wednesday
Florence Daniell (1 <sup>st</sup> )	14 <sup>th</sup>	Thursday
Mark Woodin	16 <sup>th</sup>	Saturday
Paul Avenell	22 <sup>nd</sup>	Friday
Louise Aubrey-Fetcher	28 <sup>th</sup>	Thursday

If you know someone who would like a 'shout-out' please let Karen know [mandkwoodin@btinternet.com](mailto:mandkwoodin@btinternet.com)

**CONGRATULATIONS**  
**TO**  
**ALICE & ED WEST**

On the safe arrival of

**Edith Poppy**

on

**Thursday**

**10<sup>th</sup> January**

**Sister to Matilda & Orla**



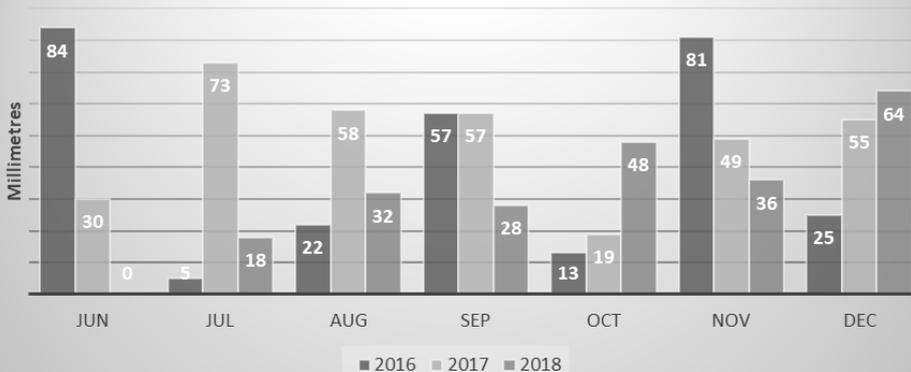
## BERNWODE NEWS

Just a reminder that the annual subscription for your HOME DELIVERED copy of the magazine is due now. At an annual cost of £10 pa for 12 copies This is great value - 16% off cover price Please contact Norma on 01844 201676

## 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

## Les's Rainfall Chart - Chilton



## Rainfall

As the final results for 2018 are released showing December peaking over the last 3 years at 64mm, we can see a comparison of annual results over the past 3 years as below

2016 - 543 mm

2017 - 544 mm

2018 - 518 mm

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A letter from Santa.....



Dear Chilt-ho-ho-ho-nians,

The sleigh is in for service, Rudolph and his pals are taking a well-earned rest after their global tour and the elves are busy cleaning out the workshops before they too, head off for their annual break.

So now as I sit in my log cabin, I can look back at some of my highlights for this Christmas.

My early trips before Christmas, when I check up on who has been naughty or nice, are always a real delight as I see people preparing for the celebration of the birth of Jesus. Your Carol Service at St. Mary's is always a delight, especially with the Marsh Gibbon Silver Band accompanying your congregation in full song.

I was slightly ahead of schedule this year and was able to listen to two or three of your carols and to hear the children reading the Christmas story in between each carol. The children spoke so clearly, with enthusiasm and joy and at times with the speed and excitement that only they can deliver, making the service so charming and quintessential.

Lost in the wonderment of all this, I lost track of time and burst through the door to wish everyone a very Merry Christmas, only to find I had interrupted Priscilla in the middle of her final blessing at the end of the service.....(Father) Christmas certainly came early in Chilton this year!

I am renowned for my red face but feel it was somewhat redder this year whilst I waited for the end of the service.

You are all very lucky to live in such a beautiful part of the world and to have such a lovely Church to celebrate in. I am drawing up my schedule for next year and all being well would hope to visit you again for one of my favourite visits.

Be happy, With love, Santa



## CHRISTMAS DAY SERVICE

As always, the Chilton Christmas day service was very special, the sun shone and we were hugely well supported by a big congregation. Thanks to the flower ladies and Norma the church looked beautiful, Priscilla led us enthusiastically through the special service, and we even had a couple of descants sung by visitors from another parish accompanied by Wyn Sparks on the organ!

Particularly nice to see the Marsden and the Pringles who used to live in Chilton, please come again soon!

A BIG thank you to all those who made it happen – Contributed by Bertie Aubrey-Fletcher

# Chilton Notes



## Recipe for Happiness from Anne Kingsley

- 2 heaped cups of patience
- A dash of laughter
- A heart full of love
- A headful of understanding
- 2 handfuls of generosity

Combine ingredients, sprinkle with kindness, add plenty of faith, mix well.

Spread over a period of a life time & serve to everyone



## Sloe Gin Martini

from  
Louisa Vincent

After the challenges of Dry January it is now time for a special treat in the shape of an appropriately coloured and delicious cocktail for Valentine's Day!

This is based on the **Vesper Dry Martini** made so famous by James Bond.

**2 parts Gin / 1 part Sloe Gin / 1 part Vodka**  
**1/2 part Vermouth / Twist of lemon peel**

Pour all the ingredients into a cocktail shaker and add a few cubes of ice. Tighten the lid securely and shake vigorously. Strain into two cocktail glasses leaving the ice behind and garnish with the lemon twists. Serve and enjoy!

Note: Depending how sweet your sloe gin is, you may want to vary the proportions of sloe gin to normal gin. My homemade sloe gin doesn't have added sugar so I do 50:50, but if yours does the proportions given here should work well

## Diana Bird's Valentine Coasters

These knitted coasters are made using simple knitting techniques, such as garter stitch, KFB (knit into front and back of stitch) and k2tog (knit the next two stitches together).

### You'll need:

- Chunky yarn
- Knitting needles 8mm
- Tapestry needle
- Scissors

Knit the top of the heart. Cast on 5 stitches. Row 1: Knit. Row 2: Increase first stitch by knitting in the front and back (kfb), knit to end of row. Row 3: Knit. Row 4: Knit to last stitch, increase (kfb). Repeat the first 2 rows. Knit 4 rows. Cut the yarn and push your work to the bottom of the needle. Now cast on 5 stitches on the same needle where your work is. Repeat step 1 to create the other side of the heart. Once completed, the two pieces should be on the same needle.

Join the two pieces by knitting across them. Knit 4 more rows. Then on the next row decrease first and last stitch by knitting 2 stitches together (k2tog). Knit next row. Repeat the last two steps until you have 2 stitches left. Cast off and weave in ends.

Just a fun, easy pattern to use up any ends of wool, so you can give a gift to say I love you!!!

## A Valentine Poem - My Promise by Dan P Brown -

If you were my rose, then I'd be your sun,  
painting you rainbows when the rains come.  
I'd change my orbit to banish the night,  
as to keep you in my nurturing light.

If you were my world, then I'd be your moon,  
your silent protector, a night-light in the gloom.  
Our fates intertwined, two bodies in motion  
through time and space, our dance of devotion

If you were my island, then I'd be your sea,  
caressing your shores, soft and gentle I'd be.  
My tidal embrace would leave gifts on your sands,  
but by current and storm, I'd ward your gentle lands.

If you were love's promise, then I would be time,  
your constant companion till stars align.  
And though we are mere mortals, true love is divine,  
and my devotion eternal, to my one valentine.

# Chilton Notes

## Winter Wellbeing



It's cold outside. How do you resist the temptation to stay inside next to a roaring fire with a good book, perhaps sauntering down the road to the pub for a large glass of red? Don't even try and resist - just spend some time outside first. You'll appreciate the wine and roaring fire all the more after time spent outside enjoying our beautiful, rolling countryside.

Research shows we move 18 minutes a day less during the cold winter months, but did you know that exercising outdoors in the cold burns significantly more calories than doing the same exercise indoors or during warm weather? This is explained by the roles of the two types of fat cells; white and brown.

White cells are the body's main store of energy and make up almost all of the fat we see when we look in the mirror. However little affection you feel for your white fat stores, they serve an important purpose in insulating the body, releasing hormones and cushioning the organs. However, too much visceral white fat, found in the abdominal cavity, can lead to resistance to insulin, diabetes and heart disease.

Brown fat (sometimes known as "good fat") decreases after infancy and adults have far less of it than they do white fat. It doesn't store energy but burns calories to generate heat when we feel cold, a process called thermogenesis. So, more brown fat is clearly desirable in encouraging weight loss. Exercise increases the brown fat in our bodies through the production of the hormone, irisin, which induces the white cells to convert to brown ones. A 2014 US study discovered that shivering caused by the cold had the same effect as exercise on white fat cells, by stimulating them to convert to brown cells and "burn" energy. Of course, I'm not endorsing that you deliberately lower your body temperature in order to start shivering, but it shows how being in a colder environment increases calorific burn; just working and sleeping in a cooler room has been shown to increase white to brown cell conversion.

But more than that, spending time outdoors is proven to have a strong link to mental and physical wellbeing. GPs have recognised this and are increasingly giving Green Prescriptions as an answer to stress and anxiety as well as physical symptoms like high blood pressure and obesity. Just being outside in a green space is an undeniable mood enhancer and we're lucky in the Aylesbury Vale area to be surrounded by glorious countryside. It's a chance to reconnect with nature and appreciate the nuances of the passing seasons that too often go unnoticed in our increasingly hectic lives.

So, if you're already flagging on the New Year resolutions of "going to the gym" or "exercising more", try spending just 20 minutes a day outside, walking, running, cycling, gardening or playing with the kids, in any weather, in daylight or darkness. You'll feel the benefits (as long as you dress right), even if it's simply justification for an evening in front of the roaring fire.



# Chilton Notes

## Sponsored walk for trip to Malawi – Sam Ashley



On the 21st of October 2018 I went on a 50km walk around Aylesbury for my charity trip to Malawi where my school and I will help the schools around Malosa. When I woke up it was the conditions were perfect for a long hike; the sun was shining and there was a nice cool breeze against the skin.

I started the journey at the newly renovated Dinton Castle and soon I was heading over the fields to Waddesdon. The next stint would circle me all the way round the top of Aylesbury through Hardwick and Rowsham down to Aston Clinton. It was now about Midday, so I had a pasty brought to me by my Dad and continued.

The easiest part of the trek was now here, along the Grand Union Canal to Wendover and Halton. As I was slightly under par, time wise, I had to speed up, so all the way to the last checkpoint I had to run. Just as it was turning dark, I had a friend accompany me for the last leg of the journey which consisted of walking up through Ford and back to Dinton Castle, where I was greeted by a welcoming party and applause (my Mum!).

It couldn't have been a more valuable experience; I spent 11 hours in the rolling hills of the Buckinghamshire countryside and managed to appreciate what a beautiful part of the world we live in and at the same time raising £417 for a great cause. On that note I would like to thank everyone: friends, family and every kind heart who has donated or found some work for me to contribute to the future trip which is fast approaching.

My next update on the trip will be a summary of it, as I will be going at the end of March. I look forward to sharing with you the news of all the good work that we hopefully do for the schools out there and I'm pleased to say I have raised a total of £1867, all of which will go to the schools. **Good luck Sam from all your supporters**



**On behalf of all the residents in Chilton we would like to extend the warmest of welcomes to:**

*Richard & Naomi Daniell with baby Florence to Wheelwrights*

*Phillip & Jane Dodds to Stonepitts*

*Jack & Georgie Gilding with baby Harriet to Grooms Cottage*

### **OXFORD – CAMBRIDGE EXPRESSWAY**

The Parish Council has formally applied to join the Expressway Action Group and would welcome anyone who can assist with the research and evidence of the historic heritage of our village.

A new webpage is available at [www.chiltonpc.org.uk/expressway](http://www.chiltonpc.org.uk/expressway)

### **SIGN UP NOW**

**Chilton Parish Council** can provide you with local news, information, details of events and so much more....all we need is your email address.

Please sign up at the bottom of any webpage

**[www.chiltonpc.org.uk](http://www.chiltonpc.org.uk)**



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