

# THE POULTON EYE



COMMUNITY - NEWS - INFORMATION



## Welcome to the April edition of the Poulton Eye

Did you know that the ancient Romans had a holiday called Hilaria, a day on which they played jokes on each other? Well, perhaps this is the origin of April Fools, which we will be looking out for on April 1st. Others suggest that the origin of the tradition was much later, in 1582. During this year France switched to a different calendar and the start of their year was switched from April to January. Some people accidentally celebrated new year in April and were called 'April fools'!

Staying in France, April 1st is celebrated by sticking a paper fish on each others backs. They then shout "Poisson d'Avril" (April Fish) once it has been discovered! Meanwhile, closer to home in Scotland, the celebrations actually last for 2 days - and the celebration is known as "April Gowk, or Gowkie Day. Gowk means 'cuckoo'...

One of the most legendary April Fool jokes was played in 1957 by the BBC. The broadcaster reported that a family in southern Switzerland was harvesting spaghetti from the family "spaghetti tree". At the time spaghetti was relatively unknown in the UK, so many British people were unaware that it is made from wheat flour and water. After the broadcast, a number of viewers contacted the BBC requesting advice on how to grow their own spaghetti trees.

Was this the origin of 'fake news'?...

Rosie and Lizzy - poultoneye@gmail.com

### In this month's Edition

Food Security Explored

King of the Jungle

Marvellous Mosses

Playground Plans

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## MESSAGE FROM THE RECTORY



Dear Friend

We're a family that enjoys 'Strictly Come Dancing'. When The Rev'd Richard Coles was on it (his skill level being similar to mine, he didn't last long!), I admired the clerical collar he wore – all covered with sparkling sequins. That year, an early Christmas present was one of my black clerical shirts covered in sparkles! I still wear it at Christmas and New Year.

We are now in the season of Eastertide and one of my favourite hymns for this season is 'Lord of the dance'. It is a favourite at school with the children, and for weddings. It has a rhythmic, catchy tune that does make the feet tap and want to dance; and I think the words are engaging as they tell the story of Jesus' life and ministry.

Throughout the Bible there are references to joy and how it can be expressed. So often religion is characterised by images of negative rules and regulations; and in this country, sadly, we still live with historic puritan folk memory of a dour church. The Psalms enjoin us to dance (eg Psalms 30:11; 149:3; 150:4). We know Jesus enjoyed a party – and surely there would have been dancing. Certainly, in the story he told about the Prodigal Son, there was dancing at the party celebrating his return. Even the old agnostic who wrote Ecclesiastes recognised that there was 'A time to weep, and a time to laugh; a time to mourn, and a time to dance' (Ecclesiastes 3:4).

Last year, I took the funeral of a middle-aged lady who was keen on Latin dancing, particularly the Tango. Her funeral service was in Cirencester Parish Church – which is a spacious building with wide aisles. When planning her funeral, her daughters and I came to the same conclusion about how we might best celebrate her life. During the 'Music for Reflection' immediately after the Eulogy, some of her dancing friends got up – much to the surprise of the congregation - and danced a Tango to her favourite piece of music! In the midst of tears, we joined in the dance of life and love.

We live in difficult and uncertain times – and yet we still need to find joy where we can.

More recently, I have been asked to approve an application for a new headstone in one of our churchyards. It is in memory of a young man who had the dancing skills of The Rev'd Richard Coles and me; but he more than made up for that with his enthusiastic approach to dancing! The epitaph is simple and just so appropriate, and applies to us all -

'Dance then, wherever you may be ...'

Yours as ever - John

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# CHURCH DATES FOR APRIL

<b>Sunday 7th April</b> 2nd Sunday of Easter	8am 10am 6pm 6pm	Holy Communion Parish Communion Evensong Prayer & Praise - contemporary songs, prayer & teaching	Ampney Crucis Down Ampney Ampney St Mary Fairford Church
<b>Sunday 14th April</b> 3rd Sunday of Easter	8m 10am 10am	Holy Communion Parish Communion Word & Worship	Poulton Driffield Harnhill
<b>Sunday 21st April</b> 4th Sunday of Easter	8am 10am 10am	Holy Communion Parish Communion Word & Worship	Ampney St Peter Ampney Crucis Harnhill
<b>Sunday 28th April</b> 5th Sunday of Easter	8am 10am 10am	Holy Communion Parish Communion Word & Worship	Harnhill Poulton Harnhill



## The Kings Men In Concert

Friday 12th April

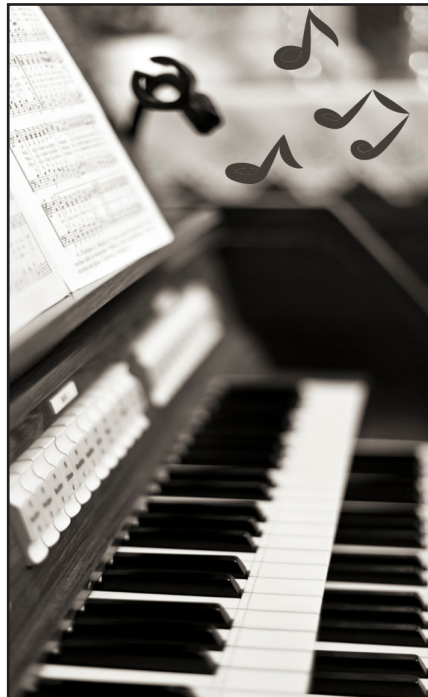
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We have a fantastic line-up this year, including musical events and wonderful writers.

Our first author is Peter Frankopan, who will be discussing his new book, *The Earth Transformed: An Untold History* on **Saturday 13 April**.

The main festival will be held on **Saturday 20 April** and **Sunday 21 April** and our writers include Sir Nicholas Coleridge, Ian Fleming biographer Nicholas Shakespeare, Boris Johnson biographer Andrew Gimson and Robert Hardman, whose latest book looks at the first months of the reign of Charles III.

On the evening of Saturday 20 April there will be a discussion on writing memoir and biography featuring Anne de Courcy, Jane Ridley and Lady Henrietta Spencer Churchill.

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# Cotswold Friends

**Reducing isolation and  
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## **Cotswold Friends needs you!**

**Cotswold Friends provides Community Transport across Cirencester and needs more Volunteer Drivers.**

**Local charity Cotswold Friends has been providing Community Transport to elderly and vulnerable people in the North Cotswolds since 1978 to combat loneliness and isolation.**

**They began to expand into Cirencester and surrounding areas (from Rencdomb to South Cerney, Sapperton to Poulton and many places in between) after the pandemic and have seen the demand for the service grow year on year. Their incredible team of volunteers take clients anywhere they'd like to go; for medical or social appointments – to see family and friends, to the hairdresser, shops, doctors, or the hospital. And they'd love you to get involved.**

**Becoming a Volunteer Driver is a wonderful way to meet new people, bring a smile to someone's face, get more involved in the community and be part of the inspiring team of Cotswold Friends volunteers with events throughout the year to celebrate one another.**

**You can give as much or as little time as you have, from a few hours a month to several hours each week – it can be very flexible.**

**If you'd like to find out more or to apply to become a volunteer, please contact their lovely Volunteer Manager on 01608 697007 or email [volunteering@cotswoldfriends.org](mailto:volunteering@cotswoldfriends.org)**

## DOWN ON THE FARM

This month has brought its share of setbacks and new starts on the farm, reflecting the unpredictable nature of farming. The first lambs of the season have arrived, a joyful sign of spring. However, the farm has also faced significant challenges due to unusually severe wet weather which is impacting crops and future planting plans.



The first lambs were born earlier than expected – Charles reported his great surprise when he went to the field to find lambs walking next to mum. It's the sort of event which always brings a sense of renewal and optimism – a real highlight of the farming year. There are now only about 60 sheep on the farm, down from around 600 at one time, so looking after them isn't quite the job it used to be.

On the downside, the relentless wet weather continues to cause problems. December killed many crops when they became waterlogged at the wrong stage in their development. It is hard to tell how much damage has been caused by the recent bout of wet weather as the fields need to dry out before it is possible to make an assessment of what crops have been lost and what can be salvaged.

The coming weeks will be crucial for sowing new seeds and starting the recovery process from the weather damage. Charles has already managed to get a bit of fertiliser on everything just to get it going, and if you're walking in the fields, you'll see that the oilseed rape is starting to shoot.

There are spring crops to be put in the ground where winter crops have failed. If it dries out next week, Charles is hoping Ed will get out his hoe and start weeding crops. I had visions of Ed wielding an old fashioned hoe and digging – but nothing could be further from the truth. This is a very high-tech piece of kit, a mechanical hoe which is attached behind a tractor. Crucially, it runs on the same width as the drill used to plant the crops, and uses the same satellite tracking to follow the same planting lines. The hoe works up and down the rows of crops, whether it's cereals or pulses. Integrated cameras determine the colour and density difference between crops and weeds, so it targets the weeds and leaves the crops alone. This machine means that Ed can hoe 50 hectares a day – and would do more if the hoe could operate in the dark - but because of the camera, can only be used in daylight.

The old system, used by Charles's father and uncle, consisted of one driving the tractor and the other sitting on the back with a bar he used to push in to weed the turnips. Charles remembers it resulted in huge family arguments along the lines of 'you can't drive in a straight line' and 'you can't look and see what you're doing' and came to blows at the end of every field!

**Rosie Arkwright in conversation with Charles Horton**



**View from Poulton towards Meysey Hampton (with thanks to Gordon Lee)**

That feeling when you finally  
wave them off, for the second time



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# FROM FARMING TO FOOD SECURITY

Food security is not a phrase that trips easily off the tongue, or that you hear in day-to-day conversation, yet it underpins every aspect of our daily lives. It is an issue that cuts across policy areas, government departments and national boundaries. We thought it would be interesting to take a closer look at food security - what it means and why it matters - to uncover the bigger picture that forms the backdrop to the farming issues we talk about each month here in the Poulton Eye.

FOOD SECURITY is “the state of having reliable access to a sufficient quantity of affordable, nutritious food” [Oxford Dictionary]

So far, so simple. But just think about each concept this short sentence covers:

**Reliable** - a guaranteed plentiful supply

**Available** - in the right place, at the right time

**Sufficient quantity** - to feed a global population of 8 billion (November 2022 - was 2.5 billion in 1950 and is projected to reach 9 billion by 2050 according to the UN)

**Affordable** - that everyone can afford to buy (whilst meeting cost of production, distribution and sale)

**Nutritious** - that sustains life, health, employment, reproduction

The World Economic Forum explains why food security matters: “The obvious reason is that everybody needs food. But the complexity of delivering sufficient food to a national and global populations shows why food security is such a priority for all countries, whether developing or developed. It is a challenge because it’s not just about food and feeding people but also about practically all aspects of an economy and society.”

While demand for food is clearly increasing, this is not necessarily matched by increased production. As we see in a small way here in Poulton, climate challenges directly affect crop yields, and farming is under pressure to produce quality, affordable food whilst taking a long-term approach to sustainability, soil protection and reduction of greenhouse gas emissions.

At a UK level the country faces unique challenges in achieving food security. A combination of factors such as limited agricultural land, varying climate conditions, and changing farming practices has led to a situation where the UK imports about half of its food. As Charles Horton points out “This isn’t just about having enough food; it’s about ensuring our food system’s resilience against global uncertainties. Being dependent on imports for basic food items makes us vulnerable to external shocks like trade disputes, global pandemics, or climate change impacts.”

Brexit has added another layer of complexity to the UK’s food security situation. Where previously the UK sat within EU tariffs (a tariff is a tax imposed by one country on the goods and services imported from another country), it has now had to negotiate trade deals with individual countries. Given that there are 195 countries in the world, that is quite a job... Changes in trade relations and potential tariffs on food imports could have implications for food prices and availability. Charles observed: “Brexit has forced us to re-evaluate our food system and consider how we can enhance our self-sufficiency.”

One area where Charles sees significant potential for improving food security is through sustainable farming practices. “By adopting more sustainable agriculture methods, we can increase productivity, enhance soil health, and reduce our environmental impact,” he explained. This approach not only supports food security by making farming more resilient to climate change but also aligns with growing consumer demand for environmentally responsible products.

Supporting local food systems is a critical aspect of strengthening food security. Charles is a strong advocate for buying local; “When consumers support local farmers and producers, they help build a more robust local food economy.” This can lead to more resilient food supply chains, reduced food miles, and fresher, more nutritious food options for consumers. Raising awareness among consumers about the importance of food security and sustainable choices is vital. “It’s about making people aware of the impact of their food choices on the environment and encouraging them to support sustainable practices,” Charles emphasised.

Technology plays a pivotal role in addressing food security challenges. Innovations in agriculture, such as precision farming, hydroponics, and vertical farming, offer opportunities to produce more food with fewer resources. Charles is optimistic about the opportunities presented by technological developments such as the weeding hoe used by Ed on the Poulton crops this month - reducing weeds to maximise crop yields.

Looking ahead, the future of food security in the UK will depend on a multifaceted approach that includes supporting local agriculture, investing in sustainable farming practices, adapting to technological advancements, and fostering a culture of sustainable consumption. “We all have a role to play in ensuring food security,” Charles remarked. “From policymakers to farmers, businesses to consumers, working together is the key to a resilient and sustainable food system.”

Rosie Arkwright in conversation with Charles Horton

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# POULTON PARISH COUNCIL

The last Parish Council meeting was on March 11th.

Main matters dealt with were: Flooding & Sewage, Speeding & Traffic, the Playground refurbishment project plus related Fundraising; one Councilor vacancy on the committee and 3 vacancies on the PFAC Trustees; various CDC/GCC matters reported by then discussed with Lisa Spivey. There were also a number of smaller village matters discussed, sorted and actioned.

In common with many bodies monies are generally tight and the Parish Council is now happy to finally announce (see below) details of fundraising and crowdfunding projects towards the playground equipment replacement and refurbishment project. Community financial input demonstrating overall villagers support can unlock valuable local Government grants matched to village monies raised.

2 Councillors had a long and productive meeting with Glos Highways in the village very recently and the good news is that we now have Highways' approval for the 4 camera sites, following Police approval of the same before Christmas. We are now awaiting the quote for the costs of installing the posts (needs to be organised by Highways using their own contractors), as well as a sense of timescales before we can launch the fundraising on this. We are hoping for installation later this Spring, but the process is frustrated by changes of key personnel in both the relevant Highways and Police teams. We will update on this in the next Poulton Eye. Local Government bureaucracy!!

A big "thank you" to Robin Spiller who organised the recent Litter-Pick Day service and all his helpers. Over 30 bags of litter, rubbish and detritus were collected. Let's all pick-up any rubbish we see when out walking and be proud of our surroundings.

The next Parish Council meeting is on Monday 13th May in the Village Hall @ 7pm. This is the Annual Meeting and there will be reports from all the invited main village organisations. Members of the public are most welcome to attend, listen and contribute.

Happy Easter wishes to all Poulton residents.

**Simon Collyer-Bristow – Chair**

## **Poulton Spring Clean 2024**



A big thank you to all those village stalwarts who helped with our spring clean.

As you can see from the pile of rubbish in the village hall car park this is a serious problem which only we can solve. Plastics are brilliant but will ultimately be our downfall because they do not degrade.

Every year we need to collect between 30 -60 such bags of debris if we are serious about preserving our beautiful countryside for our children and grandchildren. If left in our country lanes they would still be there in 100 years time as if new. The cumulative effect would be devastating but with a strong community spirit we can prevent this.

It happens every year so if you missed your chance to contribute this year there is always next year.

You would be very welcome to come and help and enjoy some tea and splendid cakes afterwards!

**Robin Spiller**

## **POULTON DEFIBRILLATOR DETAILS**

**The yellow defibrillator is located on the outside wall of the village hall, on the pub side.**

**The code is C159X**

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## Launching Fundraising for Major Playground Upgrade

We are excited to announce that plans for the new playground upgrade have now been finalised and, subject to fundraising, the works will be completed this summer.

The plans include:

- **New Tower Play System** – the previous one having been removed 12 months ago due to decay and safety issues. The new, improved unit will include a double-towered structure with climbing frames, slides and a rope wall.
- **New Adventure Trail** – the new apparatus will replace the existing agility trail, which is unfortunately starting to rot in places and will shortly no longer be safe. It will also have some new, enhanced features to improve the experience for children.
- **New Basketball Hoop** – a new free-standing professional basketball hoop and back-board with surrounding all-weather playing surface – to cater for older children and grown-ups.
- **Full Overhaul and Repair/Maintenance of existing equipment** – including re-painting of swings, refresh space net safety space and repairs to the roundabout, see-saw and train.
- **Please see the attached photos of the proposed new equipment.**

The overall cost of the project will be approximately **£40,000**. The Parish Council has set aside funds of around £10,000 to date, and we are delighted to have already secured an additional grant of £3,000 from Gloucestershire County Council via their “Build Back Better” fund (a big thank you to our County Councillor, Lisa Spivey for her support), and a further generous £3,300 donation from a corporate donor with close links with our village. In addition, we have now applied to Cotswold District Council for a grant in their Spring 2024 round of “Cotswold Crowdfunding”. This means that as soon as our application has been approved, we will be able to reach out to the local community to ask for donation pledges via the Cotswold Crowdfunding website (details, including a web-link to be circulated shortly). Importantly, if we can then demonstrate a strong community support for the project, evidenced by a large number of donations (however small) from multiple residents of the village, then Cotswold District Council will give us a further grant of up to **£10,000** towards the project. Even before our donation web-link has been released, any private pledges of support would be incredibly helpful in our application for the grant, and we obviously still have a big chunk of funds still to raise to bring this amazing project to life. We would therefore be very grateful if people would be prepared to send a brief email in the meantime to the clerk of the parish council at [poultonclerk@gmail.com](mailto:poultonclerk@gmail.com) to either pledge “£xx” or else express an interest in possibly donating at a later date, so that we can forward you the crowdfunding link as soon as we receive it. Alternatively, Heather can provide bank details for an immediate direct bank transfer.

We hope, with your support, that by this summer we will have a wonderfully upgraded and enhanced playground, for the enjoyment of the children of the village and their parents and grandparents, as well as for the many visitors we welcome to Poulton every week.



# KING OF THE JUNGLE?

In the world of endurance sports, few challenges can compare to the sheer intensity and demanding nature of the Jungle Ultra Marathon. It encompasses five back-to-back ultramarathons across five days, traversing the upper reaches of the Amazon rainforest in Peru. This is not a challenge for the faint-hearted!

Ed Horton, mentioned often in the Poulton Eye for either winning awards or looking after the fields around Poulton, has another string to his bow. He is a seasoned athlete with a penchant for pushing his limits, embarked on this formidable challenge, not just as a test of physical endurance but as a profound journey of personal growth and resilience.

An ultramarathon is any footrace longer than the traditional marathon length of 42.2 kilometres (26.2 miles). The Jungle Ultra, however, takes this definition to an extreme, with competitors running on average 65 kilometres (over 40 miles) per day, culminating in an 83-kilometre (approximately 51.5 miles) sprint on the last day.

This daunting task is further amplified by a cumulative elevation gain of over 6,500 feet across mountainous terrain. Temperatures reach 100 degrees and there are multiple river/swamp crossings as the race plunges participants into the heart of the Amazon, subjecting them to a relentless test of endurance, willpower, and survival skills.



Ed's journey to the Jungle Ultra was a pivot from his previous focus on triathlons. The shift required a significant overhaul in his training regimen, focusing solely on running. His preparation involved clocking in at 85 kilometres per week, incorporating a mix of easy recovery runs, interval training, and long back-to-back runs during weekends. This gruelling schedule was part of Ed's broader athletic goals, which included participating in the London Marathon in a couple of weeks, as a lead-up event to the Jungle Ultra. He is running for the Lord's Taverners charity, which supports disadvantaged and disabled children through sports.

The Jungle Ultra is as much about survival as it is about racing. Competitors must carry all their essentials, including food, sleeping gear, and medical supplies, throughout the five days. The race is self-sustaining, with water being the only provision supplied. This format not only tests physical endurance but also mental fortitude, navigational skills, and the ability to adapt to unforeseen challenges. The varied terrain, from mountainous paths to riverbeds and dense jungle, combined with the extreme weather conditions – ranging from high humidity during the day to cold nights – adds layers of complexity to the challenge.



## KING OF THE JUNGLE?

Facing such an arduous task, Ed's mantra is "completion, not competition." The goal is to cross the finish line, a feat that, given the race's attrition rate, would be a significant achievement. The camaraderie and shared struggle with his racing partner, Gemma, highlights the underlying ethos of the Jungle Ultra – it is as much a battle against the elements and the course as it is an internal struggle, a test of one's limits, and a journey towards self-discovery.



For Ed, this race is not an end to a chapter of running and challenges, but a part of a journey, with plans in train for future endurance events, including a return to triathlons and another ultramarathon in Rwanda in December! Amazing stuff. I find it inconvenient carrying a suitcase from the car to the airport so the idea of running such long distances with all your kit on your back at high altitude, heat and humidity, is just mind-boggling to me, but then, I'm not going....

We very much look forward to catching up with Ed after his return on May 11th to see how he got on and, we hope, see some photos of him in action. For now, we wish him every possible good wish and piece of luck for this great adventure.

**Rosie Arkwright in conversation with Ed Horton**

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# NATURE NOTES

## Marvellous Mosses



Today has been grey, wet and cold and as you go through the countryside around Poulton it looks as if nothing is happening, unless that is, you know where to look. There is one rather overlooked species which is growing and thriving at this time of year, the mosses.

They are truly amazing plants, one of the most ancient of all life forms. They are grouped together with liverworts and hornworts as Bryophytes, the non-vascular plant which lack roots or stems and were the first land colonisers, with fossils at least 330 million years old. This pioneer quality is seen after a lava flow when mosses are amongst the first plant to colonise the bare lava.

Such moss fields, metres thick, cover vast areas of the Icelandic countryside which has been dominated by volcanic activity for many centuries.

Lacking roots and living on bare rock they needed to be able to survive drought and extremes of heat and cold. They thrive where other plants cannot, hence their preference for shade and areas with extremes of moisture and temperature, like the tree stump shown above. When the summer finally comes the stump will be dry and the moss will shrivel up but not die. It will wait until the winter rains when it will start growing again. It has an incredible ability to both absorb and lose water through its leaves because they are just one cell thick. This also means it can absorb nutrients without needing roots. This ability allows them to play an important role in bogs and swamps by absorbing rain and reducing flooding.

Mosses are unusual in that the green mass that covers the rocks and tree trunks (and that most people think of as the plant) is actually a gametophyte. This has only one set of chromosomes (haploid) unlike most plants and animals which have two sets per cell (diploid). The gametophyte produces sperm and eggs. The sperm swim through water to find an egg which it will fuse with to produce a plant (a sporophyte) with two chromosomes per cell. The sporophyte has no chlorophyll and gets all its food from the gametophyte to which it remains attached. The sporophyte is so called because it produces spores in a capsule which sticks out above the moss on the end of a stem as shown in the picture on the right.



When the spores are shed they are carried by the wind and so dispersed to colonise new areas. The need for sperm to swim through water means that mosses can only survive and multiply where water is plentiful, at least in one part of the year, such as bogs, around ponds and in shady areas in woods. Along with their seemingly miraculous features they are also hosts to a range of minute animals such as tardigrades which are known as “moss piglets” or “water bears” because their 4 pairs of legs swing out like a bear walking (see picture). These are spectacularly resilient to extremes of cold and heat and can survive the mosses’s cycle of hydration and then desiccation. NASA sent some to the international space station in 2021 to see how they could manage the stress. Previous space missions had some tardigrades on the outside of a rocket orbiting the earth for 12 days and 2/3rds survived!



The ability of mosses to survive desiccation relates to their production of a sugar trehalose and special proteins. This is a subject of active research since the genes which control these products could be added to staple food crops like wheat and maize to make them more resilient to the effects of global warming.

Mosses are not only amazing but also beautiful, this is exploited by the Japanese in their fabulous moss gardens (right) which are designed to create a sense of peacefulness and calm. They care for the mosses like we would precious plants and give them wonderful names, often after animals like “weasels tails”. Their uniformity is part of their appeal to the Japanese because they make the scenery peaceful with no jarring notes. Moss walls have been installed in London with the idea of improving the air quality. They absorb atmospheric pollutants like nitric oxide as well as looking beautiful and calming.



So next time you are out, look out for these beauties, the hedgerows round us are full of them and right now they are loving all the rain!

Robin Spiller



# CHAMBERLAIN WINES

Hello. My name is Mark Chamberlain, and I have lived in Poulton with my family for more than ten years. If we haven't met, you may have seen me walking the dogs around the village!



I am an Independent Wine Merchant. I have almost twenty years' experience in the Wine Trade, including living and working in Saint-Emilion. I have run my own Wine Merchant's business for more than a decade.

I list wines from all over the World, and in a wide range of styles: crisp, dry whites; richer, fuller bodied whites; pale and refreshing Provençal rosés; light, supple reds; full-bodied fruity reds; luscious pudding wines; an array of sparkling wines including some excellent Grower Champagnes; a selection of ports and sherries; classic Clarets, Burgundies, Riojas and Barolos; lots of interesting wines from off the beaten track. In essence, anything that I like and I think represents good quality and good value for its type and origin. I don't list anything I wouldn't drink. And I always try to be amongst the most competitively priced for the wines I list.

I don't have a shop, but I do offer a range of traditional Wine Merchant services – expert advice, naturally; free local home delivery (or I can send wine anywhere in the country using a reliable courier service); glass loan for events; gift boxes. If I don't stock a wine or style you're looking for, I will do my best to find it for you. In short, all you could want from a Wine Merchant, on your doorstep!

As I live in the village, Poulton residents get 10% off the list price of any order.

If you want to see a list of the wines I have currently, join my local email list, or have any other questions, please do get in touch: [mark@chamberlainwines.co.uk](mailto:mark@chamberlainwines.co.uk) or on the mobile, 07894 528 580.

All the best!

## GARDEN NOTES

This month I write about a fantastic herb known in Roman times as the holy herb. It has a soft green colour, often used around here in the Cotswolds. Its name also promises wisdom. In a word **Sage**.



For me, sage will always be associated with the rather grumpy owl in *The Herbs*. Her song goes:

I'm a rather fat feathery owl called Sage,  
I'm not at all happy in fact in a rage,  
It's bad enough having one's home all upset,  
But to make matters worse all my feathers are wet.

She would have felt at home in Poulton this winter, given the rain we have all had to endure.

### **Plant of the month: Sage – Salvia Officinalis**

Sage is another very valuable evergreen herb that grows well here so long as the ground is not too wet.

Salvia, the botanic name for common sage, is derived from the Latin word 'salvere' meaning to be in good health. Many herbs have the name "Officinalis" – this refers to the Monastery's herbal storeroom or "officina", its use indicates that sage was a prized herb with valuable medical properties.

John Gerard's *Herball* (1597) states that sage "is singularly good for the head and brain, it quickeneth the senses and memory..." Note to self- "eat more sage"!

Amongst the more outlandish claims for the uses of sage is Culpeper who claims that sage can be used as a hair dye. He says, "A decoction of the leaves and branches of sage made and drank ... causes the hair to become black". Calling all the silver-haired foxes of Poulton- have you tried it yet?

In the past, sage was used for wound dressing, treating ulcers, as a fertility treatment, as an astringent and as a treatment for acne. It is yet another mediterranean herb with a reputation for a cure-all and was clearly an essential part of the mediaeval medicine cabinet.

Today sage is used in cosmetic industry, especially for skincare products where it is claimed it increases the blood supply to the skin.

### **Sage in the kitchen**

Sage and onion is a familiar combination and goes particularly well with pork and poultry, flavouring sausages and is used in the stuffing for the Christmas turkey. The fact that the Paxo brand of sage and onion stuffing is still going strong after more than 100 years shows how enduring and popular this combination is.

I like to use sage the Italian way by lightly frying the leaves in brown butter to accompany pasta or meat dishes – for example butternut squash ravioli or saltimbocca ... delicious!

### **Uses in the garden**

Sage is an evergreen shrub with woody stems and soft, slightly hairy, leaves. There are a number of sage varieties to choose from – some have purple leaves; others are variegated, or you could stick with the tried and tested plain old green variety.

Over time sage will grow into a substantial shrub, so one bush should be plenty for most family's culinary needs. As a Mediterranean shrub, sage prefers a sunny position in well-drained soil and like the owl in *The Herbs*, will go into a sulk if it gets too wet.

Salvias are a wonderful family of plants with hundreds of varieties of all shapes and sizes that will enhance your garden. Do take care when you make your choice as not all varieties are frost hardy so some may need to be treated as annuals whilst others will happily make a home in your garden for many years to come.



# Poulton Hill ESTATE

## Easter Offer Case for £99

Our offer case includes: Arlington Red x 2, Phoenix 2022 x 2,  
Arlington White 2022 x 1, Rosé 2022 x 1



Think Local, Drink Local

[www.poultonhillestate.co.uk/eastercase](http://www.poultonhillestate.co.uk/eastercase)

### Opening times

The Cellar Door is open Tuesday – Friday 9-4pm and Saturday 11-3pm, with staff on hand to chat about any of our wines and spirits.  
If you wish to visit outside of these hours, it may be possible by appointment. Please call 01285 850257.

## FROM THE CELLAR DOOR

### Happy Easter from Poulton Hill Estate

#### Natalie Barker on new life in the vineyard, a new product on the shelves and a special offer for your celebrations

While we have not seen too many lovely spring days recently, the trees around the vineyard are starting to blossom and we are keeping a close eye on our vines for the first signs of life. Bud break should be happening very soon!

Easter is a time associated with new life and rebirth, from the pagan spring festival of renewal dedicated to the goddess Eostre to the Christian celebration of the resurrection of Jesus. It is a time for celebration and togetherness after the dark winter days when friends and family come together, often to share a meal.

To help your celebrations, we have our special Easter Mixed Case of wine. The case has something for every meal over the Easter period. Our Phoenix 2022 has the perfect balance of acidity and fruit that will pair perfectly with your fish on Good Friday. Our Arlington Red is a great match with lamb and beef for your Easter Sunday meal.

Included in the case with the two bottles each of the Phoenix and the Arlington Red, is a bottle of our award-winning off-dry Arlington White and a bottle of our Rosé, which both make for easy drinking and pair excellently with cheese.

The recommended retail price for this case is £111.47 but you can pick it up for just £99.99 from our website ([www.poultonhillestate.co.uk/eastercase](http://www.poultonhillestate.co.uk/eastercase)) or by visiting us at the Cellar door in Poulton.

#### Phoenix is rising!

Our new Phoenix Vermouth is on sale. We have already had a lot of interest in this limited-edition spirit. Vermouth is becoming more and more popular, and our vermouth lives up to the fresh new image for the spirit. The bottle looks great on display and the spirit tastes great in the glass!

This complex and well-rounded semi-sweet vermouth is robust enough to enjoy on its own or as an addition to cocktails. It has notes of orange and vanilla at the forefront with a hint of botanicals, and a gentle warmth with its refreshing and caramelly notes. And like its mythical namesake, we hope that this vermouth will help the spirit to rise again in popularity.

You can pick up a bottle for £25 at the Cellar Door or pop along to try a sample. We would love to meet you to talk about it. The Cellar Door is open Tuesday to Friday from 9am until 4pm and Saturday from 11am until 3pm.

#### Goodbye and thank you Courtney

We are very sad to announce that Courtney Gillibrand is leaving the Poulton Hill team. We want to thank her for her incredible efforts, her passion and her dedication. We will miss her.

Natalie and Diogo are looking forward to welcoming a new team member very soon and we will introduce you as soon as we can. In the meantime, any queries or orders should be sent to [info@poultonhillestate.co.uk](mailto:info@poultonhillestate.co.uk).

**Natalie Barker**





## Film Nights at Poulton Village Hall

“Poulton One & Nines”

First and third Tuesdays of each month

7.30pm for pre-film drinks - Films start at 8pm

**Tuesday April 2nd & Tuesday April 16th**

Email [poultononeandnines@gmail.com](mailto:poultononeandnines@gmail.com) for more information

## Books, Bickies & Beverages – “BBB”

### Village Coffee Morning

First Saturday of the Month

**10.30 to 12.30pm - Saturday 6<sup>th</sup> April**

**Pop in for a pot of coffee or tea and homemade biscuits**

**Meet other villagers and visitors**

**Browse/buy from the selection of good quality pre-read books, including Children's titles**

**We accept donations of paperbacks (not too many & in good condition please!)**

**Hope you can join us**

# POULTON CRICKET CLUB

**The Cricket Club is ramping up for the new season even if it is the wettest it has been for several years.**

Our ladies softball team has been training all winter and is now over 20 strong. It has encouraged more women to get involved in the club and we now count 7 qualified female coaches on our coaching staff of over 20. This is not a number repeated across the county and one which means coaches can dip in and out of their commitments this summer while our youth benefit from having varied approaches. Indoor nets have started, attended by taller versions of last year's youth and wider versions of some of the seniors. We have already welcomed many new local faces to both of these. Come and try your local club!

We have had our AGM, grown the wider volunteer base to nearly 40 and taken several decisions to shape the club moving forward. Soon our old, broken roller will be taken away and replaced with a brand-new purpose built one. We are going to name this after Wayne Tinson. It costs £15k and with a far simpler engine will be easier to maintain and last longer (hopefully). Funding this has been something we have been doing since he left us and we are now ready to do it.

We will also buy a £13k outfield robot mower. With current machinery reaching end of life, the choice was either more diesel driven machinery or a more sustainable option. We have had feedback that our neighbours in the village would appreciate less mowing noise at antisocial times (these are the only times volunteers aren't working!). This, along with far lower maintenance & running costs, nudged us towards the robot option. It will mow the whole of the playing field through the summer. We were all set to purchase and then the grant rug was pulled from under us and we are funding a resultant £6k gap with a crowdfunding campaign. We would like to thank all villagers who have contributed to this so far and we hope that this choice makes us better neighbours to those living next door although we are conscious there is more to do here.

<https://www.spacehive.com/new-mower-for-poulton>

All donations no matter how small are still very welcome as we target other grants. With Trustee support & oversight from PFAC we are also starting a two-year plan to renovate the inside of the pavilion with paint, furniture and flooring.

Against the backdrop of financing improvements, we have had the consent of PFAC and the Parish Council to hold another festival at the club with a quiz on the Friday night, alongside the youth training evening, a party on the Saturday night (would villagers like another White Party?) following a 1<sup>st</sup> XI league game and then on the Sunday we will hold a Ladies Softball Festival. This will all be under the umbrella of beer, cider, gin, soft drinks & BBQ. The is all planned for June 28-30 and will be free to come to. The rain is not invited.

The summer is nearly here, please come and enjoy it at Englands with us and as ever any questions, comments, joining requests to [PoultonChair@gmail.com](mailto:PoultonChair@gmail.com), we are listening!

## Will Bathurst

Chairman, Poulton Cricket Club  
Registered Charity Number: 1102682



**POULTON  
CRICKET CLUB**



e: [PoultonChair@gmail.com](mailto:PoultonChair@gmail.com)

t: 077765 251951

w: [www.poultoncricketclub.co.uk](http://www.poultoncricketclub.co.uk)



**Living in hope of dry and sunny weather and wicket!**



**Hatha Yoga**  
**Thursday evenings**  
**7:30pm - 8.30pm**  
**Poulton Village Hall**

**Contact :** Hannah for more information and for bookings

**Tel:** 07393684139

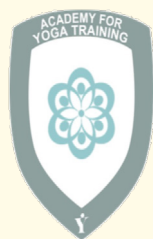
**Email:** [hania.yogini@gmail.com](mailto:hania.yogini@gmail.com)

**Website:** [www.haniayoga.co.uk](http://www.haniayoga.co.uk)

**All ages and abilities welcome**

*Try your first class for free*

**8 classes for £50 or  
 £7 pay as you go**



Poulton Eye Newsletter	<a href="mailto:Poultoneye@gmail.com">Poultoneye@gmail.com</a> Editors: Rosie Arkwright, Lizzy Roughton
Poulton Village Website	<a href="http://www.poultonvillage.co.uk">www.poultonvillage.co.uk</a>
Poulton Facebook Page	<a href="https://www.facebook.com/groups/959278000806216/?multi_permaLinks=4503302606403720">https://www.facebook.com/groups/959278000806216/?multi_permaLinks=4503302606403720</a>
Poulton WhatsApp Group	Please contact Rachel Hutchinson to be added to group; 07557 006623
St Michaels and All Angels Church, Poulton	Vicar: The Rev'd Canon John Swanton 01285 – 851309; <a href="mailto:ampneyrector@gmail.com">ampneyrector@gmail.com</a> Church Wardens: Lizzy Roughton - <a href="mailto:pryorlizzy@gmail.com">pryorlizzy@gmail.com</a> ; <a href="mailto:rosie.arkwright@icloud.com">rosie.arkwright@icloud.com</a>
Village Hall	Available to hire for parties, wedding breakfasts, clubs or meetings - <a href="mailto:kjclapton@gmail.com">kjclapton@gmail.com</a>
Playing Field & Allotment Charity (PFAC)	<a href="mailto:pfac trustees@gmail.com">pfac trustees@gmail.com</a>
Post Office	In the Village Hall. Tuesday 1.30 – 3.30
Parish Council	Chairman: Simon Collyer-Bristow <a href="mailto:scb@crfc.co.uk">scb@crfc.co.uk</a> Clerk: Heather Harris <a href="mailto:poultonclerk@gmail.com">poultonclerk@gmail.com</a>
District Councillor	Lisa Spivey: <a href="mailto:lisaspivey4@gmail.com">lisaspivey4@gmail.com</a>
Poulton Action Group (solar farm)	<a href="mailto:poultonactiongroup@gmail.com">poultonactiongroup@gmail.com</a> .
Refuse Collections	Food bin weekly Friday 7am. All other bins & bags on alternate Fridays.
Poulton Football Club	<a href="http://www.poultonfootballclub.co.uk">www.poultonfootballclub.co.uk</a>
Poulton Cricket Club	Club Secretary: Will Bathurst <a href="mailto:w.m.bathurst@gmail.com">w.m.bathurst@gmail.com</a> <a href="http://www.poultoncricketclub.co.uk/">www.poultoncricketclub.co.uk/</a>
Poulton One and Nines	Films in the village hall every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month. Contact <a href="mailto:poultononeandnines@gmail.com">poultononeandnines@gmail.com</a>
Books Bikkies & Beverages	Village get-together 1 <sup>st</sup> Saturday of each month, 10.30 – 12.30 Poulton Village Hall Judith – 01285 851230
The Falcon Inn	<a href="http://www.falconinnpoulton.co.uk">www.falconinnpoulton.co.uk</a> email: <a href="mailto:bookings@falconinnpoulton.co.uk">bookings@falconinnpoulton.co.uk</a> 01285 850878

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