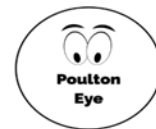
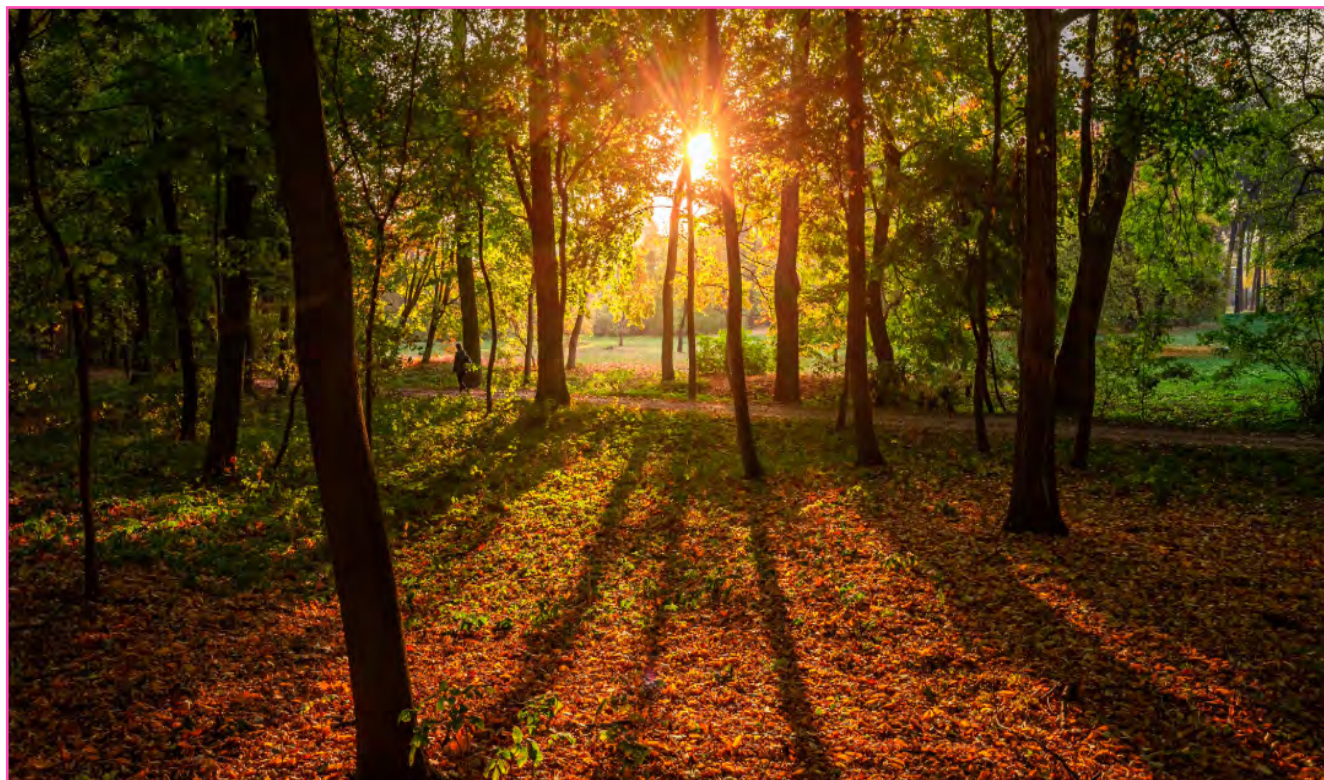




# THE POULTON EYE



COMMUNITY - NEWS - INFORMATION



## In this month's Edition:

Old Age is Not for Wimps!

A Tangled Web...

How did Halloween Happen?

Saffron - worth its weight in gold

Christmas Dates Coming Up

## Welcome to the October edition of the Poulton Eye

Given that October is the 10th month of the year, I wondered why it was named after the the Greek word for the number 8? Well, the answer is simple - the months of January and February were added in after October was named, when the Romans standardised the calendar.

Lots of things to celebrate or get involved in this month - Black History Month, Breast Cancer Awareness Month, International Walk to School Month, World Menopause Month. And that's before we get to the **change of the clocks - note it's on Sunday 27th October** - and Halloween at the end of the month (see article on page 7). Sunday 6th October is Grandparents Day, but by then you will have missed National Poetry Day on Thursday 3rd October. Or just get away from it all by visiting Munich in Germany to join Oktoberfest!

Something to celebrate here in Poulton is the new playground facilities, which are already in use and being enjoyed. If you are walking around the village, wander up and have a look. It's great, and a real asset to the community - parents, grandparents and children alike.

And we can look forward to more celebrations coming up, as Christmas events are being scheduled in. You know we've started the countdown to the big day when The Falcon has released it's Christmas Menu! Lots to get involved with, come along to and enjoy...

Don't forget that you can contact us with comments or contributions for The Poulton Eye. Our deadline for contributions is 15th of each month.

Rosie and Lizzy - [poultoneye@gmail.com](mailto:poultoneye@gmail.com)

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# MESSAGE FROM THE RECTORY



Dear Friend

We are very fortunate having three great local CofE Primary Schools so close to Poulton – Ampney Crucis, Down Ampney and Meysey Hampton. I have the privilege of being a Governor at the Ampney schools and regularly go in to lead the daily act of ‘Collective Worship’.

In the last academic year, Down Ampney Primary School was recognised for its work on environmental issues. It proudly displays an Eco Award Flag on the fence near the main door to the school. Children in the school take environmental issues seriously – as should we all – because we only have one world and we need to care for it!

At the start of this term, I was invited to join the school as the four different houses – Dakota, Templar, Thames and Vaughan - thought about different aspects of school life for the coming year. I was impressed by the thought and ideas coming from the group that was looking at Collective Worship within the school – they came up with great ideas for Harvest, Remembrance, Christmas, Easter and Pentecost. Their forward planning is better than mine; and I think we might have a couple of theologians in the school too!

The group looking at ‘Environment’ have decided to work with the church to think about how we might make our church and churchyard more ecofriendly. The children tell me they are going to begin with a wildlife and habitat survey. They have ideas for bat boxes and bird boxes; and we need to find a location for a bug hotel or two; and perhaps a feeding station for birds – the white doves who have adopted Down Ampney Church this year will be delighted!

If the idea of helping to make our churchyard more wildlife friendly appeals to you – perhaps by making a bat or bird box – do let me know. Perhaps you might have a pallet or two which we could use as the basis for a bug hotel? We could do similar things in Poulton Churchyard.

We are also having a special Harvest Service at 1.30pm on Friday 25th October at All Saints’ Church. The children from the school will be helping to lead this service – but it is open to everyone and if you’d like to join us, you would be very welcome.

There is an old African saying that goes ‘It takes a village to bring up a child’. We are blessed with having some great little primary schools nearby and I am keen to encourage the pupils to think, and dream and have aspirations – for themselves, for others and for the world in which we all live. We all have a part to play encouraging young people to achieve their potential.

So please, if you can, do come to the Harvest Service on Friday 25th October at 1.30pm – you would be very welcome. And if you can help with the pupil’s ideas for the churchyard – which we could implement in Poulton too - do put up your hand.

Yours as ever - John

The Rectory, Ampney Crucis, Cirencester, GL7 5RY | 01285 851309 | [ampneyrector@gmail.com](mailto:ampneyrector@gmail.com) | [www.ampneychurches.info](http://www.ampneychurches.info)



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# CHURCH DATES FOR OCTOBER

<b>Wednesday 2nd October</b>	8.30 - 9pm	Compline or Taize Service <i>A quiet evening service as the day comes to an end</i>	Harnhill
<b>Sunday 6th October</b> 19th Sunday after Trinity	8am 10am 10am 6pm	Holy Communion Parish Communion Word and Worship Prayer & Praise - contemporary songs, prayer & teaching	Ampney Crucis Down Ampney Harnhill Fairford Church
<b>Wednesday 9th October</b>	8.30 - 9pm	Compline or Taize Service <i>A quiet evening service as the day comes to an end</i>	Harnhill
<b>Sunday 13th October</b> 20th Sunday after Trinity	8am 10am 10am	Holy Communion Parish Communion Word & Worship	Poulton Driffield Harnhill
<b>Wednesday 16th October</b>	8.30 - 9pm	Compline or Taize Service <i>A quiet evening service as the day comes to an end</i>	Harnhill
<b>Sunday 20th October</b> 21st Sunday after Trinity	8am 10am 10am	Holy Communion Parish Communion Word & Worship	Ampney St Peter Ampney Crucis Harnhill
<b>Wednesday 23rd October</b>	8.30 - 9pm	Compline or Taize Service <i>A quiet evening service as the day comes to an end</i>	Harnhill
<b>Friday 25th October</b>	1.30pm	Harvest Festival with Down Ampney School <i>All welcome for a celebratory service!</i>	Down Ampney
<b>Sunday 27th October</b> Last Sunday after Trinity	8am 10am 10am	Holy Communion Parish Communion Word & Worship	Harnhill Poulton Harnhill
<b>Sunday 29th September</b> St Michael and All Angels	10am 6pm	Parish Communion Evening Praise for St Michael's Day	Harnhill Poulton
<b>COMING UP..</b>			
<b>Monday 1st November</b> All Saints Day	12 noon	Holy Communion	Down Ampney
<b>Sunday 10th November</b> Remembrance Sunday	10.50am	Act of Remembrance at the War Memorial	Poulton War Memorial
<b>Monday 11th November</b> Armistice Day	10.55am	Act of Remembrance	Driffield War Memorial

Church website: [www.ampneychurches.info](http://www.ampneychurches.info)



There are upcoming changes for travellers to the Schengen area which encompasses all EU countries, (but not Cyprus or Ireland ) PLUS Iceland, Norway, Switzerland & Liechtenstein. The purpose of the EES is to modernise border management, combat identity fraud and improve security by **electronically** registering non-EU nationals' entries and exits. Let's hope it is efficient and works as planned. As always though, we have to expect teething problems !

## **EES- EU Entry/Exit System**

*(planned for November 2024 onwards)*

From November 2024, the new EU Entry/Exit System (EES) will start for non-EU nationals travelling to/from the Schengen area. The EES is a digital border system which registers visitors instead of stamping passports. You will need to have your fingerprints and your photo taken when entering the Schengen area. If you enter the Schengen area through Dover, Eurotunnel at Folkestone or St Pancras International, your fingerprints and photo will be taken before you leave the UK. You will also need to provide either your fingerprint or photo on exit.

## **PLUS**

Look out for a confirmed date as to when you **MUST** apply for the new TIAS online so you have it in place ready for any planned travels.

## **TIAS - European Travel Information and Authorization System**

**From Spring 2025 - exact date to be announced**

UK travellers could be required to have authorisation to visit EU countries before the end of May 2025

**Here is what we know to date:**

- 👉 Your passport should not expire in less than three months and it should not be older than 10 years
- 👉 Applications will be online / app & checked against EU information systems for borders and security
  - 👉 The online application will request the following information:  
*Personal information including your name(s), surname, date & place of birth, nationality, home address, parents' first names, email address & phone number ! Passport details ! Details about your level of education & current occupation ! Details about your intended travel & stay in any of the countries requiring ETIAS ! Details about any criminal convictions, any past travels to war/conflict zones, and if you have recently been subject of a decision requiring you to leave the territory of any country.*
- 👉 Most applications will be approved within minutes, but to allow up to 72 hours
  - 👉 The most complex applicants should leave 30 days for approval
  - 👉 The cost of an ETIAS will be €7 per application
  - 👉 The fee applies to adults age 18yrs - 70yrs
- 👉 Once approved the ETIAS will be valid for three years or expiry of passport whichever comes first

**Want to find out more ? Here's the official website [https://travel-europe.europa.eu/index\\_en](https://travel-europe.europa.eu/index_en)**

**Custom Travel Office Tel: 01793 828002**

**Enquiries@customtravel.biz [www.customtravel.biz](http://www.customtravel.biz)**



# HAPPY HALLOWEEN!

The end of October means Halloween. I am not a huge fan but it is certainly very popular so we thought we'd have a look into where it came from and how it developed. If you thought it originally came from the US, not a bit of it. It came TO the US FROM here and then went through a few changes to make it the more family friendly entity it is today before being re-exported in its current form.

## HOW DID HALLOWEEN HAPPEN?

HALLOWEEN HAS ITS ROOTS IN ANCIENT CELTIC TRADITIONS, PARTICULARLY THE FESTIVAL OF SAMHAIN, CELEBRATED IN WHAT IS NOW IRELAND, THE UK, AND NORTHERN FRANCE. SAMHAIN MARKED THE END OF THE HARVEST AND THE BEGINNING OF WINTER, WHERE IT WAS BELIEVED THAT THE BOUNDARIES BETWEEN THE LIVING AND THE DEAD WERE THIN, ALLOWING SPIRITS TO ROAM THE EARTH. PEOPLE LIT BONFIRES AND WORE COSTUMES TO WARD OFF THESE SPIRITS. WHEN CHRISTIANITY SPREAD TO THE REGION, SAMHAIN MERGED WITH THE CHURCH'S ALL SAINTS' DAY (OR ALL HALLOWS' DAY), AND THE EVENING BEFORE BECAME ALL HALLOWS' EVE, EVENTUALLY EVOLVING INTO HALLOWEEN.



HALLOWEEN AS WE KNOW IT TODAY, WITH COSTUMES, TRICK-OR-TREATING, AND PUMPKIN CARVING, WAS LARGELY SHAPED IN THE UNITED STATES. WHEN IRISH AND SCOTTISH IMMIGRANTS ARRIVED IN THE US IN THE 19TH CENTURY, THEY BROUGHT ELEMENTS OF SAMHAIN WITH THEM. THESE BLENDED WITH OTHER EUROPEAN AND NATIVE AMERICAN TRADITIONS TO CREATE A MORE COMMERCIAL AND FAMILY-FRIENDLY HOLIDAY. THE AMERICAN VERSION, WITH ITS EMPHASIS ON CONSUMERISM, COMMUNITY EVENTS, AND CHILDREN, BECAME WIDELY EXPORTED BACK TO THE UK IN THE LATE 20TH CENTURY.

**Boo!**



THE DOMINANCE OF US MEDIA AND POP CULTURE HAS A LOT TO DO WITH THE INTRODUCTION OF CULTURAL PRACTICES. HALLOWEEN IS OBVIOUSLY ONE — AND FILMS, TV SHOWS, AND MUSIC HAVE PORTRAYED HALLOWEEN AS AN EXCITING, FUN-FILLED CELEBRATION, WHICH MANY IN THE UK SAW AS MORE ATTRACTIVE THAN THE QUIET, MORE SOMBRE VERSION WE WERE USED TO. IT'S ALSO A HUGE RETAIL OPPORTUNITY. THE GROWTH OF SUPERMARKETS AND GLOBAL CHAINS MAKES IT EASIER TO INTRODUCE HALLOWEEN MERCHANDISE GLOBALLY. BONFIRE NIGHT, ONCE THE BIG AUTUMN CELEBRATION HERE, HAS SOMEWHAT DECLINED IN POPULARITY, PARTLY BECAUSE OF A GROWING AVERSION TO FIREWORKS DUE TO SAFETY CONCERNS AND ENVIRONMENTAL ISSUES. MEANWHILE, HALLOWEEN'S "FUN FACTOR" AND EASY ADAPTABILITY TO MODERN CELEBRATIONS MADE IT APPEALING.



Some of the other traditions which came from the US and are now part of our every day culture include:

**Father's Day** -a relatively recent celebration in the UK compared to Mother's Day. It gained popularity due to American influence, and like Halloween, it has been embraced by retailers.

**Proms**: Once an iconic American high school event, prom culture is now firmly established in British schools. This tradition came through movies and TV shows like "Grease" and "High School Musical," which glamorised the idea of a formal dance and celebration to mark the end of school.

**Baby showers**: Another American custom, baby showers have become much more common in the UK in the last couple of decades. Again, this is largely due to exposure through TV and films, as well as the increasing availability of baby-themed party supplies.

**Black Friday**: This US shopping tradition has taken hold in the UK in recent years, especially with the rise of online shopping. British retailers have jumped on the bandwagon, offering huge sales and discounts, especially through large online retailers like Amazon.

**So get out your pumpkins, orange costumes and trick or treat tubs and enjoy!**

Rosie Arkwright

Page 7

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# DOWN ON THE FARM

**This year's harvest in Poulton proved to be better than initially anticipated, particularly considering the challenging spring.**

However, certain patches of land didn't produce anything due to flooding. In these areas, crops simply couldn't take hold. Overall, though, the quality was good. The milling wheat all met the required standard, and the malting barley, destined for Heineken, just about passed the germination test at 98%, the threshold necessary for the barley to be used for brewing but require a gravity separator to nudge that percentage slightly higher.

Just in case the term "Milling standard" had passed you by, it refers to the specific quality parameters that wheat must meet to be suitable for producing flour. These standards include factors like protein content, moisture level, and the hardness of the grain, all of which affect the flour's performance in baking.

A gravity separator might also have passed you by. It is a piece of equipment used to ensure that grains, such as barley, meet quality standards. It works by separating the grain based on density and size, filtering out the lighter, less mature grains that might reduce germination rates. This helps maintain the 98% germination rate required for brewing.

The areas where nothing grew were primarily affected by flooding as mentioned in previous months, it was anticipated. Excessive rain and poor drainage caused patches of land to become waterlogged, drowning the seedlings and making it impossible for crops to grow. Charles and team couldn't fill in the gaps where crops failed, as the weather made it impossible to work the land properly.

Despite these setbacks, the harvest was much better than anyone expected during the second week of May. However, the process was frustratingly stop-and-start due to intermittent weather disruptions, although there were no significant issues like fires or punctures. Harvesting is a labor-intensive process. On the longest day, Charles and his team worked from 11 a.m. to 2:30 a.m., with most starting their days at 8 a.m. Prepping the combine for the day's work takes at least two hours every morning, mostly for safety and operational efficiency. Every day begins with blowing the dust off the combine using a compressor to prevent potential fires.

## **Combines, Dust, and Safety**

Combine harvesters are incredibly expensive machines, and they're also quite dangerous if not maintained properly. They're large, complex pieces of equipment, costing hundreds of thousands of pounds, and are essential to the harvesting process. Combines accumulate a lot of dust during operation, and this dust must be cleaned off daily. Dust can settle on various parts of the machine, especially around the exhaust and belts. If dust builds up and isn't cleared, it can cause the belts or other parts of the combine to overheat, and in the worst cases, it can lead to fires.

Fires in farm equipment like combines and balers are a real threat. Combines can catch fire when the dust ignites, and this happens more often than one might expect. For instance, in Barnsley just up the road, two balers caught fire two weeks in a row this summer. Charles and his team meticulously blow the dust off the combine every morning. This process, akin to a pilot's pre-flight checks, takes a couple of hours. Additionally, greasing the bearings is critical because if they aren't lubricated regularly—every 8 hours or so—they can seize up or overheat, also leading to fires. Windows and mirrors are also cleaned to ensure clear visibility during operation.

Their Combine operator carries a fire extinguisher, just in case. Fortunately, this year's cooler weather has reduced the overall risk of equipment overheating and catching fire. But even in milder years, the precautions remain the same to avoid accidents.

## **Beyond the harvest**

Several other activities are being undertaken on the farm. The hay is made and stored in the barn, while the straw is baled behind the combine. The stubbles are drilled with cover crops, and the oilseed rape has already been planted. The warm, wet weather is ideal for slug activity, so the team is keeping an eye on the crops, hoping they grow faster than the slugs can eat them. If necessary, they'll treat the crops with ferric phosphate, a nature-friendly slug deterrent.

In late September, they'll start drilling cereals, preparing for the next growing cycle. Fortunately, the poor weather gave the farm workers an unexpected break over the bank holiday weekend, which made the season less exhausting than in previous years.

This autumn doesn't bring any new machinery, but Charles and his team are managing an extra 400 acres as part of their contract farming responsibilities. Contract farming now accounts for about a quarter of their total operations. This year, the oilseed rape is already planted on the additional land, and they'll continue to manage it along with their own crops.



# 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!

## DOWN ON THE FARM

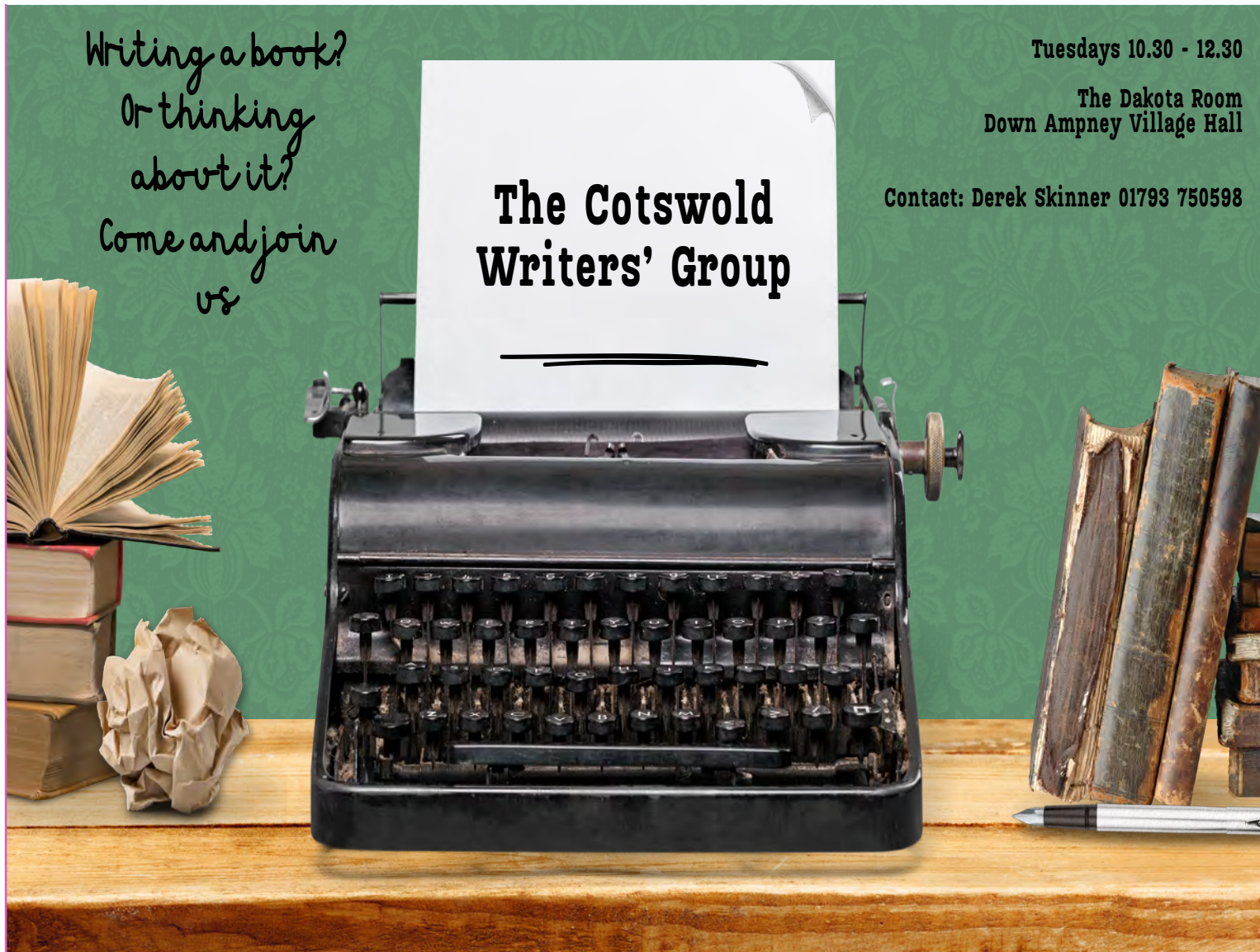
### Farm Life and Dog Walkers

As the season progresses, one aspect to consider when walking around the village is the presence of Howard Ford's lambs behind electric fences. These lambs are grazing on the cover crops and the aftermath of the oilseed rape harvest. The sheep will eventually move to the winter cereals, all using portable electric fencing. So a please from our local farmers for dog walkers to be mindful.

And a final plea re parking and farm vehicles. Charles notes there's also a growing trend of people driving their dogs to a walk site, parking, and not realising how large and long farm equipment can be. For example, people often park their cars at the end of tracks or in gateways, blocking access for large farm machinery like combines or balers. This can cause significant delays, especially when time is critical. Charles recounted an incident where someone parked in Ampney St Mary, preventing a baler from leaving the field until the dog walker returned. Farmers rely on having clear access, so it's essential for visitors to leave at least 5 to 10 yards from the end of a track or entrance to allow farm vehicles to manoeuvre.

A big thank you from Charles, Howard, Joe and other local farmers in advance for taking note.

Rosie Arkwright



Writing a book?  
Or thinking  
about it?  
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vs

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Writers' Group**

Tuesdays 10.30 - 12.30  
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Contact: Derek Skinner 01793 750598

### 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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The Cotswold Writers' Group meet each Tuesday morning at 10.30. at Down Ampney Village Hall. Here is a recent piece on a relevant and current topic written by Pam Varey!

### OLD AGE IS NOT FOR WIMPS!

You've got to be tough as you grow older. Advancing years are not for the faint-hearted. This can be the busiest time - so much to do.

Bits dropping off or seizing up. Battling with the NHS to get on to a waiting list to get on to a waiting list.

When your children have flown the nest and you are left alone in the family home, much too large for one person. Constant pressure to move to somewhere smaller. 'A nice little flat would be so much more convenient, dear'.

You've got to be tough to with stand the constant criticism. Dress smartly and you are mutton dressed as lamb. Dress in your old familiar cardi and slippers and you have let yourself go. Be yourself and to hell with what people think.

Sometimes there is a temptation to do something reckless- get a tattoo, dye you hair bright pink, buy an open-top sports car. Just for the hell of it.

One's offspring look on in horror as they see their inheritance disappearing on exotic holidays, cosmetic surgery and flash cars.

Grandchildren suddenly visit when they have ignored you for years, hoping you will pay for their driving lessons; this is the time for selective deafness.

Ignore all the good advice. Look after yourself, dear. Make sure you have three square meals a day. You are free to do what the heck you like- a quick sandwich for lunch before you dash off to keep fit class. Can't be bothered to cook? What are fish and chip shops for? Or phone for a nice Deliveroo lad to bring something tasty to your door.

It's so easy to listen to others' advice and grow old gracefully, but these can be the best years. After a lifetime putting others first you can do what the heck you like. Hard of hearing? Well, you are spared wall to wall musak constantly blaring out in shopping centres and lifts. Can't see too well and have to give up driving? Well, treat yourself to a taxi or get the family to take Gran to her karate class and sit back and let them get stressed out by all the other idiots on the road.

Old age is not for wimps. It is time to do all those things that devotion to the family's needs and the need to be respectable prevented you from doing for all those years.

So don't be a wimp. Go wing walking. Have affairs. Take up hang gliding. Just **DO IT!**



## *The Falcon Inn Christmas Party Menu 2024*

*Available from 1st to 21st December*

*Bookings now open!*

*Deposit of £10pp is required and a menu pre-order for the Christmas menu*

*3 courses with coffee and mince pies £33.95 per person*

*2 courses with coffee and mince pies £27.95 per person (available at lunch only)*

*Roast chestnut soup v*

*Bibury smoked trout, smoked trout pate and pickled cucumber*

*Confit duck leg croquette with pear and celeriac remoulade and plum puree*

*Mushroom parfait with brioche roll*

~

*Roast turkey breast with all the trimmings*

*Sea bass fillet, crushed new potatoes, roast fennel with a cherry tomato and mussel sauce*

*Slow cooked pork belly, mash, mulled wine braised red cabbage, roast celeriac, apple and quince puree, pork jus*

*Paella of wild mushrooms, baby spinach, roast red peppers, butternut squash and pine nuts v*

~

*Homemade Christmas pudding with brandy custard*

*Baked espresso cheesecake*

*Pecan pie with vanilla ice-cream*

*Selection of English cheeses*

*Tea or coffee with mince pies*

*Please speak to a staff member if you have any food allergies or intolerances*

*A 10 per cent optional service charge will be added to parties of 8 or more*

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# GARDEN NOTES

The end of summer brings dramatic colours to our trees as they prepare to lose their leaves. This reminds me of the Culture Club hit song Karma Chameleon which topped the charts the autumn of 1983. The chorus includes the lyric “Loving would be easy if your colours were like my dream; Red, gold and green, red, gold and green”

This reflects what is happening in nature and brings back fond memories of the college disco!

Another October transformation is the emergence of an unassuming flower which is used to create a reddish-coloured spice which acts as a yellow dye and can be literally worth its weight in gold. The stamens of the autumn crocus are gathered and dried to produce saffron and requires 450 hand-picked stamens for each gramme of this luxurious condiment.



## Herb of the month – Saffron, or Autumn Crocus (*Crocus Sativus*)

Saffron is versatile and can be used as natural dye, to spice up food, as a medicine or as an aphrodisiac.

The name is derived from the Arabic word Za’afaran meaning yellow.

The Cambridgeshire town of Saffron Walden is named after its association with the English saffron industry. The surrounding countryside was ideal for growing the saffron crocus and was close to the East Anglian wool industry.

English saffron growing peaked in the 14th Century, when it was used as a yellow wool dye. Whilst the saffron fields are long gone the name endures.

Nowadays the autumn crocus will add a splash of purple colour to the ground, just before the trees start to change colour and lose their leaves.

## Medicinal Uses of Saffron

Traditional medicinal uses of saffron include the treatment of wounds, coughs, colic and scabies. It was also used to treat melancholy and improve mood.

Culpeper writes:- Saffron is endowed with great virtues, for it refreshes the spirits, and is good against fainting-fits, and the palpitation of the heart: it strengthens the stomach, helps digestion, cleanses the lungs, and is good in coughs.

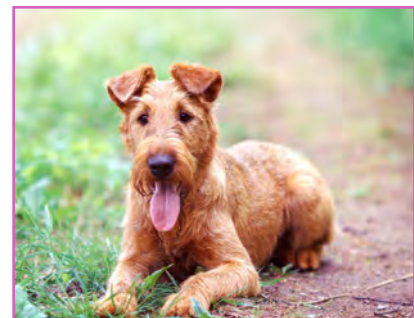
Gerard warns saffron should be used in moderation: “it causeth head-ache, and is hurtful to the brain, which it cannot do by taking it now and then, but by too much using of it: for too much using of it cutteth off sleep, through want whereof the head and senses are out of frame.

## Cultural References

It goes without saying Saffron is a great name for a dog and is particularly suited to Irish Terriers who share the wonderful orangey-red colour with this special spice.

## In the Kitchen

Saffron is packed with flavour and only a few strands are needed to enhance the flavour of your chosen dish. The Spanish dish paella traditionally uses saffron which turns the rice yellow. The French fish dish bouillabaisse also uses it, whilst closer to home visitors to Cornwall may have enjoyed the local delicacy of saffron buns for breakfast or tea.



Where saffron comes into its own is in Persian and Middle Eastern cookery. This is not surprising as the spice was first cultivated in ancient Mesopotamia, now home to modern-day Iran, where over 80% of the world’s saffron is produced.

If you are feeling adventurous there are some great recipes in Sabrina Gayhour’s book *Persiana*. One of her recipes I particularly enjoy is Saffron and Lemon Chicken Joojeh.



# Cotswold Friends

**Reducing isolation and  
supporting independent living**

## **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)**



# NATURE NOTES

## The Tangled Web

October is the month when one realises just how many and varied British spiders are. The early morning dew condenses onto the web silk which the morning light makes sparkle, a thing of beauty. These webs include the beautiful orb web, most people's idea of a spider's web as well as the sheet webs often seen in the early morning grass. Perhaps less obvious, often hidden away under floor boards or in holes in walls or trees, are the funnel webs and tube webs where spiders hide, waiting to jump out at any unsuspecting prey that vibrates their threads.

Spiders are carnivores, preying mostly on insects but also on other spiders, including their own species - even their siblings when food is scarce! Just how spiders catch their prey depends on both the prey and the spider. Some, like the wolf spider, have good eyesight and are capable of moving rapidly to chase and capture their prey, By contrast, jumping spiders stalk their prey, leaping on it at the last moment. The crab spider is a master of disguise, crouching in a flower, camouflaged so unsuspecting prey approach, mostly small insects but some are even able to overpower a bumble bee. It holds its front 2 sets of legs forward in a crab-like posture to facilitate capturing the prey with a pincer movement. Somewhat surprisingly it is only a minority of spiders which capture their prey using a web such as the orb web as illustrated above.



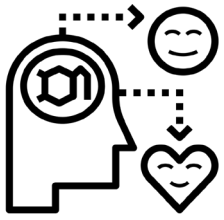
All spiders produce silk, which is an amazing fibre, being very fine yet strong. In fact it is an amazing five times stronger than steel on a weight for weight basis. While we use plant fibres for tying and fixing things (string and rope), spider's silk is made very differently, being formed as chains of 15-50 amino-acids. Amino acids are the basic building blocks of protein and contain both crystalline and amorphous components. It is this combination that gives silk both strength and elasticity, with the ability to stretch 2 - 4 times its original length without breaking. This makes it ideal for wrapping struggling prey as it can absorb all its efforts to escape! A bumble bee crashing into a web exerts tremendous force but the web can absorb it without breaking.



Spiders produce many sorts of silk with very different properties. All produce a fibre called dragline silk which they use to get around - in fact, spiders can travel hundreds and thousands of miles by climbing to the top of a plant or rock and emitting a very fine silk thread which as it elongates exerts a bigger and bigger force until finally it equals the weight of the spider, which then lifts off. Sometimes they do this en masse and their landing ground is covered with a fine "gossamer" silk. Spiders also use draglines to absail off objects. Once the end has stuck to something solid, they draw it tight and secure it, thus giving them a tight ropeline that they can climb down securely. The dragline is impregnated with pheromones, chemicals which signal their sex and fertility status which also allows males to track down a mate.

Silk is also used by Nursery Web spiders for wrapping eggs and as protection for young spiderlings. These webs are often seen at the end of tree branches and bushes, full of eggs or newly hatched spiderlings which, unlike most insects, are miniature versions of adults.

The classic orb web has an outer frame with radii emanating from the centre made of strong rigid silk (formed by a combination of mechanical and chemical reactions occurring as silk is extruded via its spinneret from the rear end of the abdomen). The capture spiral of the web, however, is made of a very different sort of silk which is highly elastic so it can withstand the deformation caused by a struggling prey without breaking. This silk is not sticky but the spirals are coated further with an antibacterial silk glue. The stays to anchor the web are made of a special silk glue, so altogether 5 different types of silk, all with their unique properties. As the web is easily damaged the spider remakes it every few days, eating the old one thus recycling its component proteins.



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## NATURE NOTES

Most spiders live outside and are rarely seen by humans unless they are especially interested in nature but there are 2 which no-one can avoid. One is the cellar spider shown right illuminated against our kitchen window. We seem to have one in every window, where they do a great job catching other spiders and insects.



Somewhat surprisingly given their skinny, gangly appearance they specialise in catching the much larger giant house spider (*Eratigena atrica*) who at this time of year disturbs us by running across the floor at an impressive speed, said to peak at 0.5 metres per second - meaning they can cross most rooms in less than 10 seconds! These usually live out of the way under floor boards, but in the autumn they have reached adulthood and need to find a mate. Once they have mated the female will lay eggs and if we have a very cold winter most adults will die though some can live as long as 3 years. The species survive as eggs which are cold resistant and which will hatch next spring to form the next generation.

The main spider one is likely to see outside is the garden spider (pictured below), which weaves an orb web.

Like many spiders the garden spider has poor eyesight - despite having 8 eyes! It relies on sitting at the centre of its web and feeling the vibrations created by a struggling insect caught in its web. It then seizes its prey and bites it injecting a neurotoxin which paralyses the prey allowing the spider to wrap it in silk and keep it alive to eat at its leisure. Be reassured that spiders rarely bite humans... usually they try to escape and only bite if they are picked up. While a few people are allergic to spider bites, for most people the bite of spiders living in the UK barely breaks the skin and so is of no consequence. More serious even life threatening neurotoxicity can occur after bites of Brazilian, North American or Australian spiders, though deaths are rare.



Humans have been fascinated by the idea of using spider silk to create garments but spiders are more difficult than silk worms as they produce much less silk and tend to eat each other when farmed!

A French colonial living in Madagascar managed to pull 80-700 metres of silk from the spinnerets of local spiders called *Nephila* who produce some of the largest webs in nature, up to 2 metre across. Fifty of these spiders yielded 1 gramme of silk so it was with great difficulty that the Frenchman produced a bed hanging which was displayed in the Exposition Univeselle of 1900 in Paris . A further century had to pass before the fabulous silk cape shown pictured right was produced, again in Madagascar, and displayed in the Victoria and Albert Museum in 2012.



It had taken an astounding 1.2 million spiders to produce the silk, 5 years work from the Madagascan weavers and more than \$500,000 to make.

Garments like this seem unlikely to be in the shops any time soon! So we had better be content to admire the beauty and ingenuity of nature for free to raise our spirits these foggy mornings.



Poulton Hill  
ESTATE

# Winter Tastings + Charcuterie

£45.00 per person. Dates available in Nov & Dec. Please book online.



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

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

### Book in for our Winter Wine Tastings with Charcuterie

Poulton Hill Estate's Natalie Barker looks forward to a new line-up of events at the vineyard from November.

We had a fabulous summer with our Tours and Tastings and our Friday Night at the Bulari Bar events, and it was lovely to meet so many of our local friends and neighbours. We want to continue to welcome you to the vineyard and have got a brand-new event lined up for the winter months.

Last year, our Winter Wine Tastings were incredibly popular and we added more dates to keep up with demand. This year, we are offering something new – Winter Tastings + Charcuterie. Attendees will sample one of Poulton Hill's sparkling wines and three of our still wines. Then enjoy a full glass of Poulton Hill still wine alongside a platter of charcuterie.

The Tastings are held in our beautiful Cellar Door at the vineyard. Tickets cost £45 per person, and each session starts at 11.30am. Bring your family and friends and make it a great social event.

You can book a Winter Tasting + Charcuterie for **Friday 1st November, Friday 15th November, Saturday 16th November, Friday 6th December, Saturday 7th December, Friday 13th December and Saturday 14th December** by visiting [www.poultonhillestate.co.uk](http://www.poultonhillestate.co.uk).

If you would like to book a private Winter Tasting, give us a call on 01285 850257 or email [info@poultonhillestate.co.uk](mailto:info@poultonhillestate.co.uk) to discuss your requirements.

As well as the Winter Wine Tasting sessions, there will be a number of other events that we will be hosting in the run up to Christmas. For more details on these, keep an eye on our social media feeds or sign up to receive our newsletter. The link is on our website.

### Wine by the glass

If you can't make it to a Tasting event, you can still enjoy a glass of wine in our beautiful vineyard.

We sell wine by the glass at the Cellar Door, so you can stop off with friends for a drink and a chat. We are set up for any weather, with indoor and outdoor seating, and our Cellar Door staff are on hand to offer advice and information.

You can also take advantage of our special Cellar Door prices on bottles of wine or spirits to take away.

The Cellar Door is open Tuesday – Friday, 9am to 4pm, and Saturday from 11am to 3pm.

**Natalie Barker**



**CHRISTMAS CRAFT FAIR**  
**POULTON VILLAGE HALL**  
**SATURDAY 30<sup>TH</sup> NOVEMBER**  
**10.30 TO 2PM**

Local crafts and produce for sale

Refreshments available- Tea/Coffee, Mulled Wine, Sausage Rolls, Mince Pies etc.  
Stalls selling Pottery, Jewellery, Poulton Vineyard, Honey & Preserves, Gifts, Cakes & Brownies

Bottle Tombola

Christmas Trees on Sale

*Thank you for your support, we look forward to seeing you*



**STOP PRESS !**

**Christmas Wreath Workshop**  
Hosted by Beth Bruce -Gardner

At Poulton Village Hall  
Date to be set but it will be an evening early in December

Cost £25 – to include all materials and a glass of fizz

More details in next month's issue



*Poulton Village Christmas Party*  
*Friday 13<sup>th</sup> December*  
*7.30pm to 11.30pm at the Village Hall*

*An informal evening to meet and celebrate Christmas together*

*We hope you'll be able to join us.*

**MORE DETAILS will be in NOVEMBER'S POULTON EYE**

October will see the Village Hall running its' regular events:

- **Village Coffee Morning - "BBB"** (Books, Bickies & Beverages) on **Saturday 5<sup>th</sup> October from 10.30am to 12.30pm**. Spend some time at the hall for a pot of tea or coffee, homemade biscuits and meet friends, other villagers and visitors – all most welcome. While you there, browse & maybe buy from the range of pre-loved books that are available – all in very good condition. (only 50p for paperbacks or 20p for Children's books)
- **Film Nights**, under the banner of **"Poulton One & Nines"**, on the first and third Tuesdays of each month, so **1st October & 15<sup>th</sup> October**. Either just turn up each time, entrance is £4 or, if you're likely to be a more regular attendee, then an annual membership is available for £20, when subsequent entrance will only be £1. All are most welcome to come along. The hall is open from 7.30pm for pre-film drinks prior to the film starting at 8pm. This is a popular time for people to gather and chat. If you'd like to be added to the film mailing list from where you'll be notified each time of the forthcoming film, please email [poultononeandnines@gmail.com](mailto:poultononeandnines@gmail.com)
- In addition, the Village Hall also hosts **The Post Office** each week, on **Tuesday afternoons, from 1.30 to 3.30pm**. All usual postal and banking services are available from Matthew (Sub Postmaster) along with a selection of stationery items, cards and small gifts. Whilst the Post Office is open, we run **The Pantry**, when tea/coffee and homemade cakes are served – pop in for a cuppa if you are about on a Tuesday afternoon, we'd love to see you!

We have also begun planning Christmas events, see overleaf for more information. and pop the dates in your diaries! The Christmas Fair will be a week earlier than usual this year, on Saturday 30<sup>th</sup> November. More details about the Party and the Wreath Making Evening will be in November's Poulton Eye, when we will also be asking for your support with donation of bottles for the Tombola and items for the "Christmas Gift Stall".

Best wishes, The Village Hall Team

**Books, Bickies & Beverages – "BBB"**

**Village Coffee Morning**

**10.30 to 12.30pm - Saturday 5<sup>th</sup> October**

Come and enjoy a pot of coffee or tea and homemade biscuits. Meet & chat with 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!)

**All welcome**



**Film Night at the Village Hall on**

**Tuesday 1<sup>st</sup> & Tuesday 15<sup>th</sup> October**

Email: [poultononeandnines@gmail.com](mailto:poultononeandnines@gmail.com) to be added to the mailing list for news of forthcoming films

Entrance £4 (£1 if a member) – All Welcome

Hall open from 7.30pm for pre-film drinks.  
Film begins at 8pm.

# Justin Rundle

## Painter & Decorator

### 07970 296579

### [justinrundle@hotmail.com](mailto:justinrundle@hotmail.com)



## Local & Trusted

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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