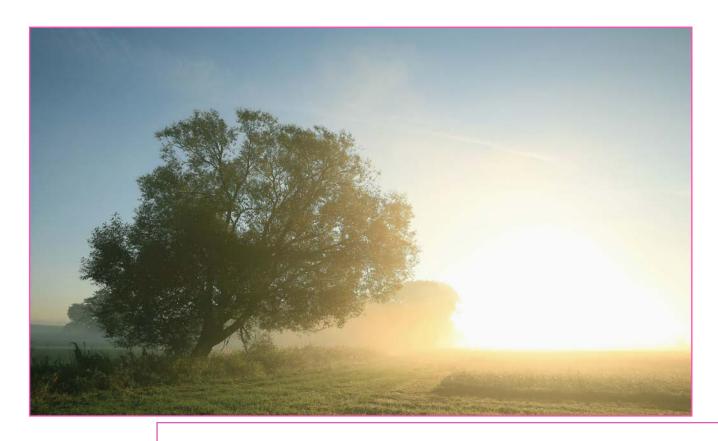


# THE POULTON EYE



# COMMUNITY - NEWS - INFORMATION



# In this month's Edition:

What Your MP should Do for You

**Little Saints** 

**Browns Are Back** 

**Angelic Angelica** 

**Harvest Time** 

# Welcome to the September edition of the Poulton Eye

St Michael and All Angels Church was the centre of activity at the beginning of August; we celebrated a village wedding and - with a quick turnaround - opened our doors to the Little Saints Holiday Club a couple of days later. On the day in between these two events was a special wedding anniversary celebration, at which the hosts generously requested that guests make a donation to the church instead of gifts for the couple. The building was at the centre of celebratory and community events and activities one way and another.

It's a beautiful building and a tranquil space or a centre for celebration, contemplation or remembrance. (whether or not you are religious, the door is always open). But I had never given much thought to who St Michael was... and what he had to do with Angels.

St Michael is recognised in Christianity, Judaism and Islam (he is mentioned in the Qur'an), being particularly honored for defeating the devil in the war in heaven in the christian bible book of Revelations. Traditionally portrayed as wielding a sword and slaying a dragon (representing the devil), he is one of only 3 Archangels (arche being the ancient greek word for chief), and is generally regarded as the greatest of all the angels.

The idea of guardian angels is seen by many to derive from St Michael's victory over the devil. Guardian angels work for individuals and communities - let's hope that "our" St Michael and his angels keeps an eye on us in Poulton this September and beyond!

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



# INDEPENDENT FUNERAL DIRECTORS

01285 653298

Triangle House, 62 Victoria Road GL7 1ES www.cowleyandson.com

24 hours a day, 365 days a year Interest free pre-payment funeral plans LET OUR FAMILY CARE FOR YOUR FAMILY







# **MESSAGE FROM THE RECTORY**



### **Dear Friend**

We are entering that period which Keats described as the 'Season of mists and mellow fruitfulness'. I love the changing of the seasons and the autumnal colours of the countryside. The start of another school year brings big changes for children arriving in Reception Class and a big change for their parents too. This summer I have met a few pupils I first knew at our primary schools, and they are now finishing university and making their way in the world.

Most of the time change is incremental and we often don't notice the small changes that happen around us — and then suddenly we do: my hair slowly went grey and now, suddenly, it's going white!

At weddings, I remind couples that (even if they have been living together for some time) the commitment they are publicly making to each other on their wedding day is a huge change and not to underestimate it. During the service I sometimes tell parents that their son from this day forward is no longer first and foremost their son, but rather the bride's husband; and the parents of the daughter that she is no longer first and foremost their daughter, but rather the groom's wife. Marriage brings about new dynamics in relationships and friendships. It's a big change that sometimes takes families and friends unawares.

Recently, I met a gentleman at All Saints' Church, Down Ampney who had visited the church last when he was a teenager. He remarked how reassured he felt that the 'Arnhem Memorial Window' was intact and that the church hadn't really changed.

In a world of change we can seek places and institutions to help give us a sense of stability and security. 'The Church' is one of those organisations and/or buildings that we somehow hope will remain the same; and yet I am sure change will occur even to those bastions of stability.

Two hymns come to my mind when thinking about the inevitability of change — the old hymn 'Abide with me' which reminds me of one constant — God - and contains the verse:

- 'Change and decay in all around I see,
- O thou who changest not, abide with me.'

And the popular school song 'One more step along the world I go' which — with a cheerful tune - optimistically hopes:

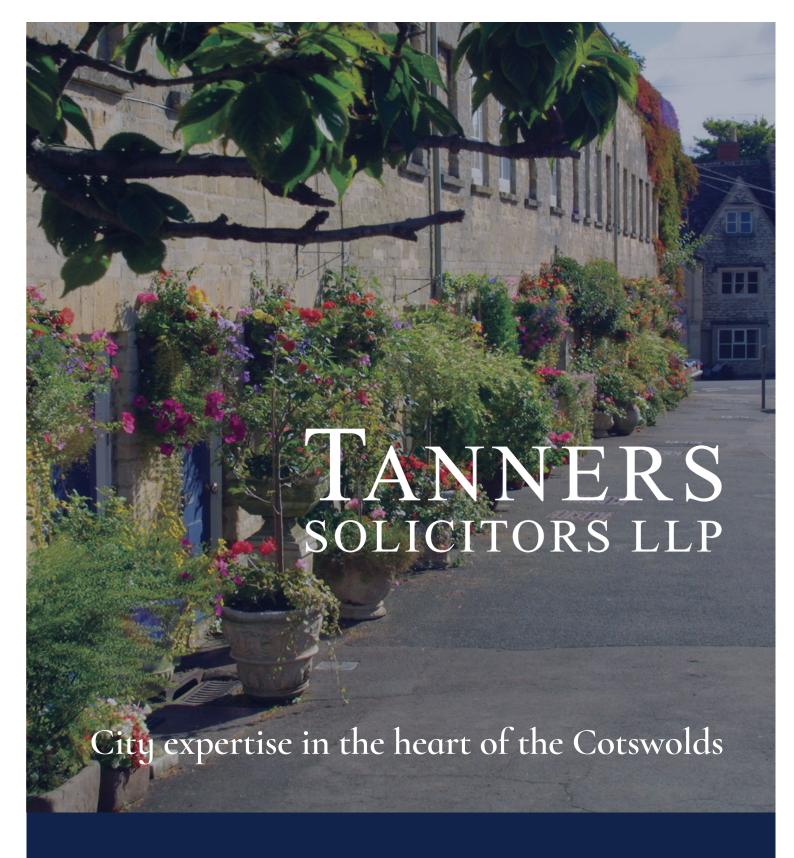
And it's from the old I travel to the new,

keep me travelling along with you.

Whatever changes we are facing, may we have hope in our hearts for the future.

Yours as ever - John

The Rectory, Ampney Crucis, Cirencester, GL7 5RY | 01285 851309 | ampneyrector@gmail.com | www.ampneychurches.info



Tanners Solicitors LLP
Lancaster House
Thomas Street, Cirencester
Gloucestershire GL7 2AX

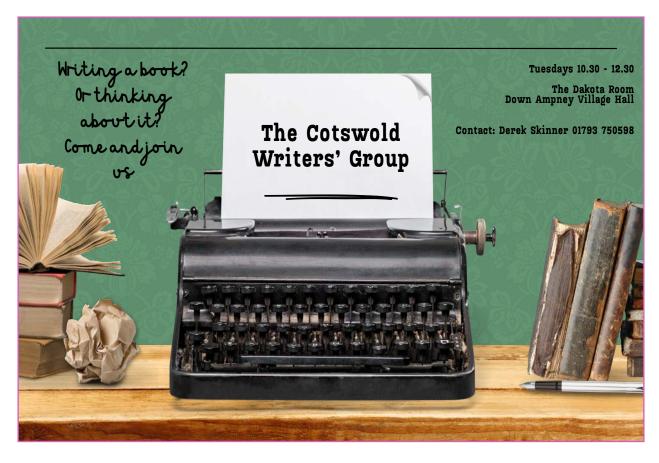
T: 01285 659061 F: 01285 655603 DX 39409 Cirencester E: law@tanners.co.uk

www.tanners.co.uk

# **CHURCH DATES FOR SEPTEMBER**

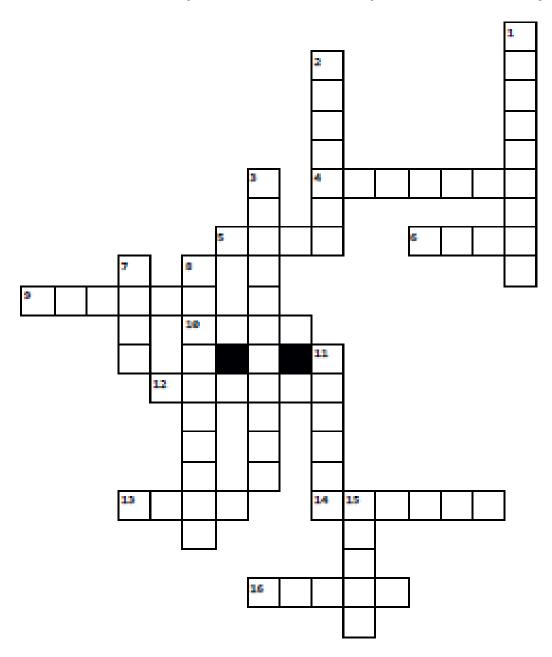
Sunday 1st September	8am	Holy Communion	Ampney Crucis
14th Sunday after Trinity	10am	Parish Communion	Down Ampney
	10am	Word and Worship	Harnhill
	6pm	Evensong	Ampney St Mary
	6pm	Prayer & Praise - contemporary songs, prayer & teaching	Fairford Church
Sunday 8th September	8am	Holy Communion	Poulton
15th Sunday after Trinity	10am	Parish Communion	Driffield
	10am	Word & Worship	Harnhill
	11am	The Arnhem Service - 80th Anniversary	Down Ampney
		Preacher - The Chaplain in Chief of the Royal Air Force	
Sunday 15th September	8am	Holy Communion	Ampney St Peter
16th Sunday after Trinity	10am	Parish Communion	Ampney Crucis
	10am	Word & Worship	Harnhill
	6pm	Harvest Service and Supper	Ampney St Mary
Sunday 22nd September	8am	Holy Communion	Harnhill
17th Sunday after Trinity	10am	Parish Communion	Poulton
	10am	Word & Worship	Harnhill
Sunday 29th September	10am	Parish Communion	Harnhill
St Michael and All Angels	6pm	Evening Praise for St Michael's Day	Poulton

Church website: www.ampneychurches.info





# A Travel Inspired Crossword for September – Give it a Try!



# Across

- 4. IN THE CARIBBEAN, KNOWN AS THE ISLAND OF SPICE
- 5. FIND THE SPANISH STEPS IN THIS CITY
- 6. NATIVE SYMBOL OF NEW ZEALAND
- 9. COCKTAIL INVENTED AT BODEGUITA DEL MEDIOIN HAVANA, CUBA
- 10. A JOURNEY
- 12. NATIONAL DISH OF SPAIN
- 13. SOAK UP SOME HISTORY IN THIS UK CITY
- 14. HOME TO THE ACROPOLIS
- 16. HOME TO THE WORLDS TALLEST BUILDING THE BURL KHALIFA

## Down

- 1. MOST NORTHERLY CAPITAL CITY
- 2. EUROPEAN CITY, SOUNDS LIKE A PERFUME
- 3. SMALLEST STATE IN THE USA BY LAND AREA
- 7. FAMOUS PARIS FASHION HOUSE
- 8. FICTIONAL HOME OF BATMAN
- 11. COUNTRY FAMOUS FOR MAPLE SYRUP
- 15. THIS RIVER SEPERATES CORNWALL AND DEVON

# LITTLE SAINTS HOLIDAY CLUB

The beginning of August saw the return of the Little Saints Holiday Club for local primary school age children.

While many children in our area will enjoy foreign trips and holiday fun at home, there are some families who are not able to offer these treats, and working parents struggle to focus on child care and activities when their holiday allowances just don't stretch to covering the school holidays. So we (the PCC) thought it would be good to see whether we could do something to help, using the church as a base for a holiday club and making use of access to Englands and the Meadow, as well as our footpaths and countryside.

Working with local charity Sportily, which is funded by the Church of England, and their amazing qualified sports coaches, we aim to give children a chance to be active, meet local friends and, of course, to have fun. We also ensure that the children have a hot lunch and those who need to can come for breakfast as well. As the cost is £5 per child for the morning (9.00 - 13.00), it is affordable and accessible.

We first tried the idea last summer and, having learned a few lessons, were back this year - and busier than ever! As you can see from the pictures, we had fun. Perhaps the best endorsement is that children who came on day one came back for all 4 days - and both younger and older siblings of children who were enrolled asked to join in too. We were also happy to see some familiar faces from last year.

We have been so lucky to have received financial donations from villagers, and to have been able to rely on an amazing team of volunteers. You may spot some of them in the pictures below - but a particular thank you must go to Jean Nunn, who provided a truly sumptuous spread of cakes and cookies every day. John Swanton, our Rector, showed endless patience as he supervised the stomp rocket (and was frequently called on to retrieve rockets from the top of the hedge). Chris Saunders, South Cotswolds youth worker, brought his experience and games to the party, while Derek Skinner was the star storyteller and Pam Varey the singing supervisor. Sue Spiller kindly provided a truly astonishing number of cupcakes for cake decorating purposes, which proved to be a messy business!

Thank you also to PFAC and the Cricket Club for allowing us to use Englands, and for mowing the meadow... And to everyone who helped, supported and encouraged. It was worth it!



























# See your finances bloom

Time is precious. You want to spend it doing the things that make you happy. So keeping on top of your finances can often fall way down your list of priorities. We get it. Managing your wealth is time-consuming and complex, after all.

Our friendly and approachable service is backed by the strength and security of St. James's Place Wealth Management.

We pride ourselves on building trusted long-term relationships, placing you at the heart of everything we do. You are unique, so you deserve a service that reflects your personal circumstances and aspirations.

Let's sow those first seeds

Associate Partner Practice

Jane Davidson

01285 850567

DipPFS **Principal**  jane.davidson@sjpp.co.uk

www.davidsonfinancialplanning.co.uk

Davidson Financial Planning is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sip.co.uk/products. The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.

SJP Approved 06/08/2024 SJP1489b\_DS B3 (06/24)

# WHAT YOUR MP SHOULD DO FOR YOU

# What Should You Expect from Your Local MP?

The election of a new Member of Parliament in the South Cotswolds brings with it the promise of new energy and ideas for our community. The Poulton Eye is not a political magazine and so there are no party political points here, but we thought it might be interesting to investigate what to expect from your local MP, and how to effectively interact with them, in order to help maximize the benefits of their representation.

# Here are key areas on which an MP should focus:

MPs represent their constituents' interests in the House of Commons. This involves debating bills, voting on legislation, and participating in committee work. They must be in London for much of the week when Parliament is in session.

MPs should be accessible to their constituents. This includes holding regular surgeries (meetings where constituents can discuss issues), attending local events, and understanding local concerns. They often work with local councils and other organizations to address these issues.

MPs assist with individual problems, often related to governmental services such as immigration, social benefits, and housing. Their offices manage a significant volume of correspondence and casework.

MPs can advocate for local projects and funding, support local businesses, and work to improve community services. They often collaborate with local groups to promote initiatives that benefit the community.

# To ensure your MP is effectively representing you:

- Attend surgeries, town hall meetings, and local events where the MP is present. This allows direct communication and the opportunity to raise concerns.
- Follow your MP's activities in Parliament. Websites like TheyWorkForYou provide detailed records of MPs' speeches, voting records, and attendance. This transparency helps you assess their effectiveness. Engage in local campaigns and petitions. If there's an issue you feel strongly about, gather support from fellow constituents and present it to your MP. This collective voice can influence their priorities.

# If you have a question you want raised in the House of Commons or feel strongly about a local issue, here's how to proceed:

- Write to your MP with your question or concern. MPs can submit questions for oral or written response by ministers, providing an official channel to address your issue.
- Organize or participate in petitions and local campaigns. Demonstrating strong local support for an issue can prompt your MP to take action in Parliament or within the community.
- If your concern requires immediate attention or broader visibility, engage with your local council and media. Highlighting the issue through these channels can add pressure and bring about quicker responses.

Let's remember too, that MPs are just people, and they have a really tough job to do, characterized by long hours, significant travel, and high levels of scrutiny.

MPs typically spend Monday to Thursday in Westminster and return to their constituency for the weekend. This often nvolves extensive travel depending on how far you are from London, and long working days and weekend activities.

The job comes with significant risks The tragic murders of MPs like Jo Cox and Sir David Amess have highlighted the dangers they face. MPs now operate under heightened security measures to ensure their safety and that of their staff and constituents. MPs are also under constant public and media scrutiny.



# 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 excellent some 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: <a href="mark@chamberlainwines.co.uk">mark@chamberlainwines.co.uk</a> or on the mobile, 07894 528 580.

All the best!

# WHAT YOUR MP SHOULD DO FOR YOU

Many MPs are incredibly hard working. There are always a few who are not! Although Winston Churchill is celebrated for his leadership during World War II, and is arguably one of our finest Prime Ministers in history, his early years as an MP were marked by a focus on personal pursuits, including writing and lecturing, often at the expense of his parliamentary duties. He once remarked, "History will be kind to me, for I intend to write it"!

Sir Stuart Bell. Bell, a Labour Party politician, is a contender for laziest politician. He served as the MP for Middlesbrough from 1983 until his death in 2012. Despite his long tenure, he seems to have faced significant criticism for his lack of responsiveness to constituents. In 2011, it was reported that he had failed to hold constituency surgeries for 14 years and did not answer over 100 phone calls from constituents in a three-month period. This led to widespread media coverage and questions about his effectiveness as an MP (according to Wikipedia).

The prize for laziest from my online trawl (and I make no claims for this to be the definitive answer) is Lord Melbourne, who served as Prime Minister in the early 19th century. He often slept through meetings and debates, and his general inactivity led to him being described as the laziest Prime Minister in British history. His tenure was marked by a lack of significant achievements, and he was more famous for his lethargy than any political accomplishments (ouch!)

**Rosie Arkwright** 

# Justin Rundle Painter & Decorator 07970 296579 justinrundle@hotmail.com



# **Local & Trusted**

# **POULTON DEFRIBRILLATOR DETAILS**

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

The code is C159X



Offering IT and Audio-Visual sales & support and established for over 16 years.

We can help with all aspects of your home and small business technology, from computer support to designing and installing a complete home WiFi and Audio-Visual setup we have you covered.

- Complete home WiFi setup & troubleshooting
- Virus & Spyware removal & prevention
- Home Office & Home Working setups
- Sales of PC, MAC, printers and all IT peripherals
- iPhone, iPad and tablet sales & support
- Computer upgrades & troubleshooting
- Supply and installation of Smart TVs
- **Authorised SONOS dealer**

Please contact us and we will be more than happy to help.

01285 750277- iain@computersolutions.me.uk



















# DOWN ON THE FARM

It's harvest time! That means Charles and Ed are working flat out so rather than disturb them this month, we thought we'd have a more general look at harvest and check in to see how it all went in the October edition. In the meantime, expect to see Charles and Ed out until 3/4am throughout this month - and again really early the next morning,. Do spare them a smile and a wave if you see them around.

Harvesting is one of the most labor-intensive periods for farmers. They have to collect crops at their peak ripeness, which requires careful monitoring and precise timing. Tasks involved include cutting, threshing, and winnowing, all of which are physically demanding. Farmers often work 12-16 hour days during harvest season and sometimes up to 20 hours in every 24 if the conditions are good. The machinery used, while helpful, requires constant maintenance and operation, adding to the workload. Weather plays a crucial role, making the timing of the harvest incredibly sensitive. A sudden rainstorm can spoil crops, and excessive moisture can lead to mold and mildew, ruining an entire season's work.

The implications of a ruined harvest are severe. Financially, it can be devastating, as the income from the crops is crucial for covering the costs incurred throughout the year, such as seeds, fertilizers, and equipment maintenance. A poor harvest can also affect future planting decisions and cause huge strain to farmers and their families.

There are several myths about harvesting that have permeated popular culture. One common misconception is that modern farming is less labor-intensive due to advanced machinery. While technology has indeed eased some burdens, the physical and mental demands on farmers remain high. Another myth is that crops can be harvested at any time once they are ripe. In reality, there is a narrow window of optimal ripeness, and missing this window can result in significant losses. These myths may stem from a romanticised view of farming, often depicted in media and literature as a simpler, idyllic lifestyle. The reality, however, involves precise planning, hard labor, and a deep understanding of agricultural science.

The Cotswolds, like many other regions, have developed unique traditions surrounding the harvest. Historically, communities would come together to celebrate the end of the harvest with a feast, known as the "harvest supper." This event was a time for relaxation and gratitude, featuring local produce and various dishes made from the freshly harvested crops. Those of us who listen to The Archers know that the harvest supper in Ambridge is an annual highlight, and you are welcome to join the Ampney St Mary Harvest Service and Supper, which takes place at 6pm on Sunday 15th September.

One of the enduring traditions is the creation of corn dollies. These are decorative figures made from the last sheaf of corn, symbolizing the spirit of the harvest. This tradition dates back to ancient times when it was believed that the spirit of the corn lived within the crop and needed a home for the winter months. I can't confess to having ever made one or had one but I am sure some readers have. If you have photos do send them in.

# harvest facts

Harvest Moons are the full moon closest to the autumn equinox. This phenomenon provides extra light, historically allowing farmers to work late into the night to bring in their crops.

Scarecrows are used worldwide to protect crops from birds. Their use dates back to ancient Egypt, where farmers along the Nile used wooden frames to keep birds away from wheat fields.

Harvest Festivals take place around the world. In India, the harvest festival of Pongal is celebrated in January and involves boiling the first rice of the season, offering it to the sun god, and sharing it with family and community.

The Combine Harvester is the machine whose invention revolutionized agriculture. It combines three operations — reaping, threshing, and winnowing — into a single process, significantly reducing the manual element of the harvesting process



# Functional You

# Functional Medicine - Nutritional Therapy - Health Coaching

Functional medicine and nutritional therapy aim to address the underlying causes of your symptoms to help restore you to optimal health.

# We specialise in conditions such as:

- Gut & Digestive Disorders (Gut health, IBS, IBD, Reflux, GORD, Bloating, Food Sensitivities)
- Male and Female Specific Health Conditions (Menopause, PMS, PCOS, Prostate disorders, Hormone Balancing)
- Metabolic Conditions (Diabetes, Pre Diabetes, Weight Gain/Loss)
- Cardiovascular Health, Hypertension
- Auto Immune conditions
- Immunity
- Fatigue
- Sleep, Mood Disorders, Anxiety
- Stress Management

We look at you as a whole person, review your medical and family history, consider interactions with genetic, environmental, and lifestyle factors.

Advanced functional testing (where relevant) can be used to help identify the drivers of your symptoms.

We use food as medicine, offer dietary support, lifestyle recommendations and where necessary supplementary support to restore you to optimal health.

Our goal is to restore balance so you can live a full, vibrant and healthy life.

To find out more or to book a free discovery call, visit us at:

www.functionalyou.co.uk Instagram: functional\_you email: info@functionalyou.co.uk

# HARVEST TIME





Photographs courtesy of Poulton Resident Piers Belmont



# Summer Time is here

# And so are our new opening hours

# Lunch & Dinner Tuesday to Saturday

# **GARDEN NOTES**

The feast of the archangel Michael, or **Michaelmas Day**, falls on 29th September. This marks the change of season from summer to autumn and the start of the academic year with the Michaelmas term. It used to be celebrated with a roast goose, but nowadays it is more typically marked by harvest festival.

St Michael has long been associated with the herb angelica which is named after him.

Legend has it that angelica's healing properties were revealed to monks in a dream as a cure for plague. In mediaeval times it was known as Spiritus Sancti Radix (the Root of the Holy Ghost.)



## Herb of the month - Angelica Archangelica



Angelica is native to Scandinavia and is also known as Norwegian Angelica. Unlike many medicinal and culinary herbs it likes damp soil conditions and will happily grow in partial shade. It prefers to be grown in the ground, but if you need to grow angelica in a pot choose the largest one you can find and keep it well watered.

The seedheads are quite spectacular — a set of mini globes, rather like a small firework going off. It will happily grow at the back of the border where it will command attention. For a herb it grows tall — up to two metres - with a spread of up to one metre so be wary if you have a small plot.

Angelica is a biennial plant and dies after it has set seed. It will readily self-seed so once established it will persist. It is recommended that the seed is sown in the autumn as germination rates fall dramatically if the seed is kept over winter.

Angelica is another plant that is used to ward off evil spirits and combat witchcraft — perhaps due to its association with guardian angels and the holy ghost.

### **Medicinal Uses of Angelica**

Traditionally angelica was used to combat plague and as an antidote to poisons, as well as for respiratory and blood disorders. Gerrard's Herball writes of angelica: "It attenuateth and maketh thin, gross and tough phlegm: the root being used green, and while it is full of juice, helpeth them that be asthmatic, dissolving and expectorating the stuffings therein".

Culpeper's Herbal identifies angelica as a treatment for a wide range of complaints including gout, sciatica, ulcers, flatulence and toothache. He even cites it as treatment for poor eyesight and hearing. As we all grow older, perhaps we should follow Culpeper's lead and consume more angelica!

### Uses as a Botanic

Angelica is a popular botanical flavour used in drinks manufacture. In particular angelica root pairs well with juniper and is used to enhance the flavour of Gin.

Angelica root is also listed as one of the ingredients of Green Chartreuse famously made by Carthusian monks in the French Alps near Grenoble.

As a plant native to Scandinavia, it is a key ingredient of the spirit aquavit. Angelica's medical properties may be the reason this drink's name means "water of life".



### In the Kitchen

All parts of the angelica plant are edible, and I have fond memories of the bright green crystalised angelica my grandmother used in her baking and how, mixed with citrus peel, it enhances the flavours of Italian tutti frutti ice cream.

I discovered a new way of using angelica in Herb, a cook's companion by Mark Diacano. He suggests adding angelica when cooking rhubarb to enhance the flavour and reduce the need to add sugar — a modern day health benefit.

Finally a word of warning - angelica can be confused with the highly toxic hemlock plant (the poison that is said to have killed Socrates.)



# 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.

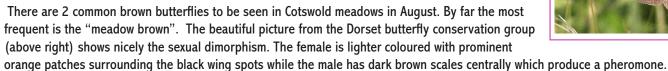
You can give as much or as little time as you have, from a few hours a month to several hours each week – it can be very flexible.

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

# **NATURE NOTES**

### The "browns" are back

It is high summer and as I write this the grass is high and the meadow butterflies are fluttering through the grass. What these butterflies all need is tall grass to complete their life cycle so leaving some uncut is important for their survival. The females are looking to lay their eggs and to take in some nectar from scabious, bramble, Oxford ragwort and thistles, while the males are hunting for a female or challenging any other males straying onto their territory.



ack wing spots write the male has dark brown scales centrally which produce a pheromone.





Prior to mating he shakes off some scales, dusting the female who then allows him to mate. These butterflies rarely rest with their wings open so such images are rare. Mostly what you see is a fluttering brown blur with a flash of orange, which is the female or a much darker chocolatey form which is the male. It is only when they rest or feed that you are able to see them clearly and then it is the underside, which is designed to camouflage them in the browning grass (left). This shows the female with her prominent wing spot designed to scare any predator, as when they open their wings it looks like a pair of eyes which is quite a deterrent. The male looks very similar except it has 2 dark spots on the pale band of the underside of the lower wing.

These butterflies only live for 3-4 weeks, so they will be gone by late September. The female scatters her eggs randomly while in flight. These rapidly develop into green caterpillars which feed at night retreating into the base of the grass during the day to avoid being predated. The caterpillar initially feeds on the finer leaved grasses like fescues, bents and meadow grasses but when it is larger it can manage the tougher coarser grasses like cock's foot and false brome. They hibernate as caterpillars, resuming feeding in the spring before pupating attached to a grass stem. During pupation, which takes around 8 weeks, most of the body parts undergo decomposition prior to reassembly as the beautiful butterfly, a truly amazing process.



My favourite brown butterfly is the gatekeeper, so called because it favours hedgerows near gates where brambles, one of its favourite nectar sources, abound. They like to sun themselves so they are easier to photograph and I can share one of my own pictures (left).

They are distinctly more orange than meadow browns but share the black eye spots, this time with 2 white centres. This one is a female, the males have a dark patch on the main wing (with those all important pheromones) and are a bit smaller than the female. The males defend a small territory and will rise up to meet you if you walk by. Right now they are feeding on Oxford ragwort and brambles. Their life cycle is similar to the meadow brown.

If the "brown" you see lacks orange markings it may well be a ringlet, aptly named for its multiple pale rings surrounding a dark patch with a white central dot. Its dark colour allows it to warm up rapidly so it is one of the few butterflies to be seen on an overcast day.

Another dark brown butterfly which is likely to favour the shadier parts of a meadow is the specked wood, a chocolate brown with yellowish rings. The males defend a territory in wooded glades and its yellowish markings can be seen flickering in the sunlight against the dark background. If you see a much smaller orangey/ brown butterfly which flits from flower to flower at great speed it may well be a skipper. They have much smaller jet fighter like wings unlike the large floppy typical butterfly wings. They have a rather characteristic resting pose with the forewing partially raised and the rear wing horizontal to absorb the sun's rays.

All butterflies are vulnerable to predation but their erratic flight makes them pretty hard to catch as anyone who has tried using a butterfly net can attest to. Despite their rather large flexible wings compared with other flying creatures they can fly great distances and at high altitudes. Recent studies throw some light on how their unusual wings allow them to take off from rest with unexpected speed.

The down stroke of the wings provides upward lift but towards the end of the upstroke the leading and trailing edges meet before the rest of the wings thus catching a pocket of air which is forced backwards providing, forward thrust. This "wing clap" together with the very erratic and unpredictable flight path makes them very hard for a bird or human to catch, so when you next see a brown butterfly just enjoy its flitting beauty, which like summer, passes all too quickly.



# Poulton Hill



# Harvest Helpers 2024

We are always keen to have helpers at our harvest. It is a great way to get to know our customers and our local community. Harvest days start at around 9am, with a cup of tea or coffee, a biscuit and maybe a small glass of last year's wine to toast the start of what we hope is another bumper year. Training and a harvest lunch, with wine, is provided, as are snacks and tea and coffee throughout the day.

If you are interested in helping out with harvest, please drop us a line at info@poultonhillestate.co.uk We can't give you a date when harvest will start yet, but you will be informed nearer the time.

# FROM THE CELLAR DOOR

### Countdown to harvest 2024

Poulton Hill Vineyard's Natalie Barker explains how they know when the grapes are ready to be turned into wine

### It's nearly that time of year again...

The 2024 harvest at Poulton Hill may be a bit later than it has been in previous years. The UK has not experienced a prolonged heatwave this year, but we have had some warm weather and quite a bit of rainfall. Although the grapes have been growing well, the damp weather has led to mildew forming on some bunches and we have had to remove the damaged ones. We sprayed the vines to avoid the disease spreading. This is another reason why canopy management is so important at this time of year as we need to increase the airflow in the canopy and around the grapes.

Now that veraison is happening, and both the white and red varieties of grapes are starting to change colour as they ripen and sweeten, we know that we are on the final countdown. Veraison is easier to spot in red grapes as the fruit turns from green to purple when the chlorophyll is replaced with anthocyanin. We can also see how close to harvest we are by changes in the leaves. As the grapes ripen, energy is taken from the leaves and they begin to turn red and orange (but maintain their green veins).

When both the grapes and the leaves change colour, we start to check the sugar levels in each of the grape varieties as some will ripen earlier than others. We collect 25 random samples from each variety and use a refractometer that is set to the Oechsle scale, which measures the density of the grape must. This will indicate a grape's ripeness and sugar content. When we measure the must, we need to ensure that no light gets in as this can affect the reading. Once the sugar and acidity levels reach the right point, it is time to harvest.

The one final thing that can directly affect when we harvest the grapes, even if they appear to be ripe and ready, is the daily weather. If it is raining, the grapes will swell up with water and both the sweetness and the acidity levels will be affected.

Once we start to harvest, the grapes are sent directly to the winery where they are crushed and the wine-making process starts. If the grapes are destined for still wines, the 2024 vintage will be released in late spring/early summer 2025. If they are being turned into sparkling wine, the process takes a little longer and it will be a few years until the wine is ready.

### **Pickers wanted**

We are always keen to have helpers at our harvest. It is a great way to get to know our customers and our local community. It is also a good opportunity for people to learn a bit more about vineyard life!

We give all the training that is needed and provide clippers, snacks, drinks and lunch. We recommend you bring a pair of gloves as the clippers are sharp and the grape juice is sticky. You do not have to spend the entire harvest with us, but you can pop in for a morning or afternoon or for a few hours when you have time.

We can't give you a date when harvest will start this year, but we anticipate it will be late September/early October. If you are interested in helping out with harvest, please drop us a line at info@poultonhillestate.co.uk.

### Last of the summer wine!

Our Bulari Bar summer openings will be coming to a close mid to late September depending on harvest so why not join us for our last few weeks of vineyard fun. We have loved these openings and all the wonderful food vendors that have visited.

Friday 6th September sees Marinades joining us to serve their delicious Caribbean cuisine between 5pm and 9pm, with further vendors being announced on our Instagram @poultonhillestate in due course. The Bulari Bar will be open serving Poulton Hill wines, Cotswold Lakes Brew Co beers and a selection of soft drinks for children and drivers.

There is plenty of free parking for cars and bicycles, with no need to book and dogs on leads are also welcome.

We look forward to seeing you.

**Natalie Barker** 

# **POULTON VILLAGE HALL**



# Books, Bickies & Beverages – "BBB" Village Coffee Morning

**10.30 to 12.30pm - Saturday 7<sup>th</sup> September** 

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

# POULTON VILLAGE HALL EST. 1931

# **POULTON VILLAGE HALL**

In September, the Village Hall team will be hosting the village Coffee Morning, "BBB" (Books, Bickies & Beverages) on Saturday 7th September from 10.30am to 12.30pm. This is a regular event on the first Saturday of each month when all are welcome to join us for a pot of tea or coffee, some homemade biscuits and perhaps browse & buy from the range of pre-loved books that are available – all in very good condition. If you haven't yet been then we'd encourage you to come, as it is a good time to meet neighbours &

friends and make new ones.

Also, this month, Film Nights will resume. Under the banner of Poulton One & Nines, we have a cinema evening twice monthly, on the first and third Tuesdays. You can 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, with each film entrance being £1. All are most welcome to come along. A bar is open prior to the film starting, when wine, beer or soft drinks are available and 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, email 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!

Best wishes.

The Village Hall Team



Tuesday Afternoons – 1.30 to 3.30pm

At

Poulton Village Hall



Pantry

Alongside, The Pantry is open for tea, coffee and homemade cakes

# THANKYOU!

WE HAVE BEEN ABSOLUTELY OVERWHELMED BY THE KINDNESS OF TEAM POULTON IN HELPING WITH PREPARATIONS FOR BECCA AND JOSH'S WEDDING AT THE BEGINNING OF AUGUST. VILLAGE LIFE IS TRULY PRECIOUS, AND SO MANY PEOPLE IN POULTON HAVE CONTRIBUTED THEIR WONDERFUL SKILLS TO MAKE THE DAY ABSOLUTELY FABULOUS.

WE CAN'T NAME EVERYONE WHO HAS BEEN SO FANTASTIC BECAUSE WE MIGHT INADVERTENTLY LEAVE SOMEONE OUT, AND THAT WOULD BE TERRIBLE! BUT PLEASE KNOW THAT WE ARE PROFOUNDLY GRATEFUL AND TOUCHED BY YOUR NUMEROUS ACTS OF KINDNESS AND THOUGHTFULNESS. WE THANK YOU FROM THE BOTTOM OF OUR COLLECTIVE HEARTS.



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

The Editors and The PCC produce this publication for the community of Poulton. No liability can be accepted by The Editors or The PCC for any losses, however caused, arising from or in connection with this publication. The Editors and The PCC reserve the right, at their discretion, to amend or exclude any articles submitted for publication. The contents of published articles and advertisements and any views expressed are solely the responsibility of their authors and in no way represent the views of The Editors, The PCC or the publisher. The Poulton Eye is printed by YouLovePrint.co.uk.