



# THE POULTON EYE

COMMUNITY - NEWS - INFORMATION



## IN THIS MONTH'S EDITION:

CELEBRATING THE QUEEN'S PLATINUM JUBILEE  
- FREE EVENTS FOR ALL

A MAJOR MARATHON EFFORT - RUNNING THE  
6 BIGGEST MARATHONS IN THE WORLD

WHAT'S GROWING? A LOOK AT THE CROPS  
GROWING AROUND POULTON

A 25-year-old with the eyes of the world upon her and the weight of unimaginable responsibility on her shoulders. A young mother grieving the loss of her own father. A member of a generation who grew up in a world traumatised by war, and now lived in a Britain that, though victorious, was impoverished, its empire disintegrating and facing the new dangers in the Cold War. Watched by 20 million people in the new televised age this new monarch dedicated her life to the service of her country.

Nothing about the situation in which she found herself was ordinary. Luckily, there was nothing ordinary about this woman. Filled with a sense of duty towards a role for which she had not been destined until the abdication of her uncle, she has come to represent many of the values which we hold dear: resilience, stability, reliability, kindness and having a strong moral compass.

She dedicated her life to one of service to others. We salute, thank and celebrate her remarkable achievements.

As ever, we hope that you find something to interest you in this June edition, and we welcome contributions from all for future editions.

Rosie and Lizzy

Editors, Poulton Eye



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## MESSAGE FROM THE RECTORY



Dear Friends

“I just know how much I rely on my own faith to guide me through the good times and the bad. Each day is a new beginning, I know that the only way to live my life is to try to do what is right, to take the long view, to give of my best in all that the day brings, and to put my trust in God. Like others of you who draw inspiration from your own faith, I draw strength from the message of hope in the Christian Gospel.” The Queen 2002

For all of my life the Queen has been Head of State, Head of the Commonwealth and Head of the Church of England. She has been unashamed about her belief and faith in God, and has been steadfast, constant and consistent in her service of this country.

When I was installed as Vicar at Down Ampney Church in 2011, I was required to swear an oath of allegiance to the Queen – as all clergy are when they are appointed to new jobs. I did so willingly, for in our country the monarch is an intrinsic part of an ancient system (which we don't necessarily understand or appreciate) of checks and balances in public life that help protect our rights and freedoms. The monarch is above politics, can speak freely to those in power, has a unique insight into the life of the country, provides the long-view, and is a symbol of unity and nationhood. Whilst we may take this for granted – we are the envy of other nations.

Yes, the Queen is fated and there is fuss and flummery when she visits, or people visit her – but she has remained authentically herself: daughter, sister, wife, mother, monarch, countrywoman and a Christian.

“Jesus Christ lived obscurely for most of his life, and never travelled far. He was maligned and rejected by many, though he had done no wrong. And yet, billions of people now follow his teaching and find in him the guiding light for their lives. I am one of them because Christ's example helps me see the value of doing small things with great love...” The Queen 2016

We have much to be thankful for in our monarch who has served us, our country, the Commonwealth, and her God faithfully for the past 70 years.

**GOD SAVE THE QUEEN!**

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)**

PARISH REGISTER			
Wedding	Edward Lowe and Frances Denney	13th May	Holy Rood Church, Ampney Crucis
Funerals	Mr John Tugwell Mrs Beryl Dunford	4th May 24th May	St Mary's Church, Driffield Kingsdown Crematorium
Thanksgiving Services	Mr Jake Morley Mr Simon Burridge	11th May 25th May	Cirencester Parish Church Holy Rood Church, Ampney Crucis



PAUSE AND PRAY  
MISSION AND MEDITATION

## Reflections - A Community of Prayer

St Michael & All Angels Church Poulton  
12 noon - 1.00pm  
1st Tuesday of every month  
Beginning Tuesday 1st March  
All welcome

More information from Canon Tony Ross  
e-mail: [tonyrosstssf468@gmail.com](mailto:tonyrosstssf468@gmail.com)



## Volunteer Drivers Urgently Needed

Paid up to 50p per mile driven

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**We would love to hear  
from you!**

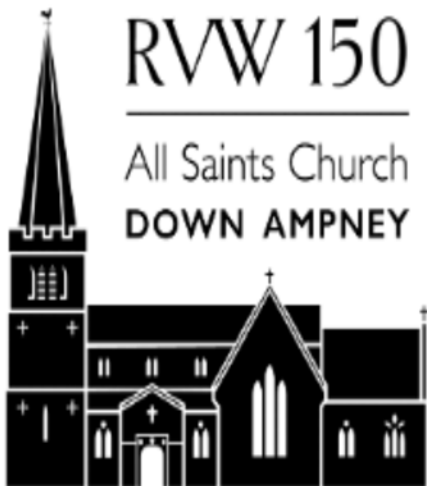


[www.cotswoldfriends.org](http://www.cotswoldfriends.org)

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## CHURCH SERVICES IN JUNE

<b>Sunday 5th June</b> <i>Pentecost and Jubilee Weekend</i>	8am 10am 10am 6pm	Holy Communion Parish Communion Jubilee Songs of Praise Jubilee Songs of Praise	Ampney Crucis Down Ampney Poulton Ampney St Mary
<b>Tuesday 3rd May</b>	12pm	Communion & Meditation	Poulton
<b>Sunday 12th June</b> <i>Trinity Sunday</i>	8am 10am	Holy Communion Parish Communion	Poulton Driffield
<b>Sunday 19th June</b> <i>1st Sunday after Trinity</i>	8am 10am	Holy Communion Parish Communion	Ampney St Peter Ampney Crucis
<b>Sunday 26th June</b> <i>2nd Sunday after Trinity</i>	8am 10am	Holy Communion Parish Communion	Harnhill Poulton



### FROM PUB TO PULPIT

Come and enjoy the premiere performance of a new concert about to tour the British aisles! Pub to Pulpit tells the story of how British composer - Ralph Vaughan Williams, turned folk tunes into well-known hymn tunes.

Folk singers - Broomdashers are joined by acclaimed folk group - Coracles for a musical treat. Listen to some wonderful music - and join in some of the singing. And there will be a beer tent for the interval too!

Starting at 7pm on Friday 3rd June - Jubilee Bank Holiday weekend  
 at Down Ampney Church

**7pm Friday 3rd June | Down Ampney Church | Part of the Jubilee Weekend Celebrations**

TICKETS ARE £15 AND AVAILABLE FROM TICKET SOURCE - SEARCH FOR 'DOWN AMPNEY' AND YOU WILL FIND ALL OUR SPECIAL EVENTS FOR 2022

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# PARISH COUNCIL ANNUAL GENERAL MEETING – AGM

POULTON PARISH COUNCIL ANNUAL MEETING HELD ON THE 9TH MAY 2022

Parish Councillors – Cllr. Collyer-Bristow, Cllr. Davies, Cllr. Hyslop, Cllr. Sleight.  
Cotswold District Councillor – Cllr. Spivey  
Gloucestershire County Councillor – Cllr. Spivey

## Chair's Report.

The last year has been another strange and difficult year for most communities in Britain, including Poulton, with the hopeful final throes of the Covid pandemic. A blessing is that whilst Poulton has been impacted in various ways it has fortunately avoided the most severe effects of the pandemic. We must all now look ahead and together get things “back on track”.

The village has continued to work together with everyone continuing to look after neighbours, friends and strangers alike. There are very few positives from the past two years BUT the “Blitz” spirit has been great to witness and hopefully that sense of comradeship and community can continue as normal times return. The upcoming Platinum Jubilee celebrations are a great platform for us all to utilise renewed unity.

Sadly, some notable Poulton residents have passed away in the last year. A brief moment’s silence for them. We have also said our “good-byes” to some long-standing residents but happily they have been replaced by newcomers – some of whom have jumped straight into community events and activities.

The Parish Council has also had some relatively seismic changes in the last year with all the previous Committee having moved on and in one case moved on and then returned! My thanks go to Ailsa Summers, Mike Willis, Phil Heneghan and Andy Young for their various stints on the Parish Council and all their hard work. Fortunately the Parish Council avoided having any expensive contested elections and is now made up of Ed Hyslop, Carolyn Sleight, the returning Chris Davies and myself. We have one outstanding vacancy, which needs filling as soon as possible, and we await for the right character to put themselves forward. Meantime we will continue to seek wise counsel from those whom have “been there, seen it and done it”.

The one constant has been our excellent Parish Clerk, Heather Harris, and I know my fellow newbie Councillors would like to join me extending thanks to Heather for her guidance introducing us to the completely alien world of local politics, bureaucracy and administration.

Issues old and new remain. A large number of AirBnB’s now exist in the village bringing an influx of visitors using the leisure facilities and footpaths and causing a loss of privacy and surfeit of noise in some parts of the village. Flooding, of sewage and surface water, are on-going problems and the state of the roads continues to tax and trouble all bar Trevor Carr’s repair shop. Planning applications, good and bad, come before us on a steady basis, and we hopefully do all we can to encourage traditional buildings alongside modern additions; and finally the playground facilities need to be kept safe and sound. Many of you will have noticed the necessary removal of the Twin Towers which had become a risk to our children and grandchildren. Finally the green areas of the village, verges and the trees falling under the Parish Council’s responsibility need to be looked after. And this all costs money. This unfortunately has meant an increase in this financial year’s village precept charge via Council Tax but this has not been applied to the less well-off living in the village.

The speed of traffic and the number of heavy lorries travelling through Poulton continues to worsen despite countless requests to varying bodes, including our MP, to get something done. It impacts on our quality of life, our properties, and our safety. Ed Hyslop has taken the lead in this key area and a local Speed-Watch Group has recently been formed with about 10 volunteers. The police have also done two surveys regarding traffic-speeds in the village and we are hopeful that working together with the local police that positive changes will soon be made. The ideal would be less heavy traffic using the village as a thoroughfare, a reduction of speed on the East of the village, possibly a 20mph speed limit throughout and certainly no speeding above 30mph happening at all BUT these will take time. We must all work to make sure that deterrents are put in place and stuck to. The recent fatal accident in the village highlighted to us all the life and death danger of traffic to our residents.





# Just ask

Making the right decisions can be stressful at the best of times, but we are here to help.

Whatever's on your mind, just ask.

**JANE DAVIDSON** DipPFS  
Principal

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**THE POULTON EYE**



# PARISH COUNCIL ANNUAL GENERAL MEETING – AGM

In a fortnight's time on Monday 23rd May a public meeting will take place in the Village Hall primarily regarding traffic/speeding and the provision of cemetery space. All relevant organisations such as the Police, County and District Council and the Church have been invited. Hopefully we will get good turnout and some valuable input from the village – and those who can help facilitate change will be listening and taking notes that they will act on.

One positive item that really needs highlighting is the successful addition of the village newsletter, Poulton Eye. Many thanks to the Poulton PCC and the two editors, Rosie Arkwright and Lizzy Roughton, for their hard work plus all those who contribute “copy” and help “spread the word”.

In my brief tenure as Chair of the Parish Council I have really tried to incorporate together all the various village organisations via open and transparent communication. Whilst sounding rather trite, Poulton as a village and community will be much stronger working together rather than in factions and with individual agendas, as can sometimes occur in small communities. More people, especially newcomers and younger residents, being involved with our voluntary organisations will help share the work-load and also avoid any cabals forming.

Finally, and again, I would like to thank the Parish Clerk, Heather, and my fellow Councillors, Chris Ed and Carolyn, for all their support in what was a totally unknown area to me. It is also very important to record my thanks to Lisa Spivey, our District and County Councillor for all her support and continual sound advice to the Parish Council and me. She has attended all our meetings and I know is working hard for us all.

Thank you all.

Simon Collyer-Bristow

12 residents were in attendance. Verbal reports and Q&A were then given by Representatives of the Poulton Parochial Church Council, Poulton Playing Fields & Allotment Committee, Poulton Village Village Hall and Poulton Action Group (PAG); followed by the District and County Councillor report.

## Yoga For All

Mondays 9am - 10.15am

Poulton Village Hall

With Becky Barry  
Heart and Soul Yoga and Therapy



# DOWN ON THE FARM

**Poulton Eye talks to Charles Horton – Poulton's own Jeremy Clarkson - and branch chairman of the local National Farmers Union (which Jeremy Clarkson is not!)**

May has been a good month on the farm. It is a relatively quiet time on for most farmers, as planting has been completed but harvesting hasn't begun, and the crops are largely left to grow on their own.

This month Charles talks us through the lifecycle of the crops we can see in the fields at the moment, and reflects on the impending global food crisis as a result of the war between Russia and Ukraine.

First the crops, then the politics!

**Tell us about what you have planted and why, Charles?**

Walking around the village, you will see a plethora of **rapeseed** transforming the countryside into fields of gold. It is planted in August and lies in the field over the winter, whilst farmers try to keep pigeons away (they have a penchant for rapeseed!). In May, and June it grows and flowers. You may also notice the strong smell of cabbage, which makes sense because rapeseed is a relation member of the cabbage family. Rather than being vegetative, it flowers and sets a pod with little black seeds inside. Currently it is a magnet for bees and insects who are busy pollinating the centre. The pods are setting and will be ready to harvest in July.

Harvesting the rapeseed crop around Poulton will take about 3 days at a rate of 120 - 150 acres a day. The Combine Harvester collects the rape, the seed is sifted, taken to a plant and crushed to create oil. The dry, dead material is chopped and is ploughed back into the ground. There are only two plants in the UK which are able to process seed into oil – one in Kent and one in Liverpool. Most rapeseed is pooled and goes into big stores to be taken to the plants on a regular basis. You get up to 4 tonnes of seeds per hectare which will give you around 3 tonnes of oil after crushing.

Although we will get onto the politics shortly, it is worth noting here that the main oils used for cooking and food processing are rapeseed, sunflower and palm oil. A significant proportion of the world's sunflower seeds are grown in the Ukraine and many more are processed in the Ukraine and shipped on. That gap can't be plugged in the short term so watch out for shortages of cooking oil this year.

**What about Sunflower oil, then? Can we grow more sunflowers to make up the shortage?**

Many UK farmers stopped growing sunflowers because of the danger of crop loss from cabbage stem beetle, a pest which eats the plants and can wipe out a whole crop. Historically controlled by pesticides applied as seed dressing, the problem recurred with a vengeance after the EU banned use of the pesticides because of concerns that they affected the bee population. While the rest of the world continues to chemically control the beetle so it remains an economically viable crop outside the EU but not within it. There are alternatives to use of pesticides – here in Poulton, cultural control methods are being used. This means that you grow companion crops which divert a beetle's interest so in theory they eat the companion crop rather than the main crop. Animal manure is also a deterrent.

**What else is growing in the fields, Charles?**

Our **Winter barley** is now tall enough to sway in the wind, and will be harvested at the same time as the rape. This will be used in animal feed or for malting, beer or whisky.

There is also lots of **corn**, currently still green, but the ears will develop in June and ready for harvesting in August. Depending on the variety it will go to be made into flour for bread and biscuits, or be processed into animal feed. Poulton corn goes to make biscuits and bread after being milled in Manchester and sold to bakeries across the country.

There is also some **rye** in the fields. Although it's an old fashioned crop it works quite well on poor ground. This will be sent to Spain as feed for pigs which produce Iberico ham. The rye will be harvested at the same time as the wheat.

The **Spring barley** has just gone in the ground. This will go to Heinken and is harvested in August.

## DOWN ON THE FARM

We have also planted quite a lot of **beans** this year. Field beans may look familiar to you as they are like a broad bean. These are harvested in September. Their destined use depends on the quality of the end crop; If they are high quality (with no holes), they go to the Middle East and are sold as a high protein delicacy which is usually served as an aperitif. If they have holes in them, and are therefore of lower quality, they will be mixed into animal feed. These holes are made by bruchid beetles - another pest which used to be chemically controlled by pesticides which are now banned. Farmers have to take their chances and hope that the beetles won't be too prevalent.

**Thank you Charles for telling us about what we can see in the fields around us. Now we can't put off the second part of this discussion any longer, so let's turn to the politics, and why this is a concern...**

The war is already having a significant direct impact on our farmers and an indirect, but already apparent, impact on all of us.

### **The facts:**

- The UN World Food Programme warns that "we haven't seen a humanitarian situation as severe as this since the Second World War"
- Between them, Russia and Ukraine produce 30% of global wheat exports
- Currently Ukraine has silos full of grain, wheat and corn ready for export but unable to be sold/moved/processed because of the Russian blockade
- Similarly they have ships loaded with thousands of tonnes of corn, stuck in port and unable to move

### **What does this mean for us?**

The consequences of this are manifold. The immediate knock-on effect, which we are already seeing, is higher food prices globally. The longer term consequences will be food shortages which may drive some countries to the brink of famine. While this won't be the case for the UK, where we have the finances to pay a premium for the greatly reduced amounts of wheat available on the global market, and where our average spend on food is 10% of our income, African countries without financial means and where average food spend is 40% of income will suffer:

- At least 14 African countries import half or more of their wheat from Ukraine and Russia
- Eritrea depends entirely on these deliveries
- Some 400 million people in total are fed with the grain, wheat, maize and sunflower oil that come out of the Ukrainian war zone, or does NOT come out of there currently
- Somalia is suffering its worst drought in decades but can't turn to Egypt for emergency imports because Cairo imports 80 per cent of its wheat from Ukraine and Russia and has had to fix the price of bread

### **Wow. This looks pretty bleak?**

Charles speculates despondently about the consequences of the war in Ukraine, a single country, for politics and peace on a global scale.

There is an obvious and well-documented link between famine, hunger and uprisings & instability. For example, the Arab Spring uprisings of 2010-11 came about following a spike in food prices. It would be foolhardy to ignore the threat which will impact on all of us long after this war is over.

### **From Politics to Poulton**

The fields of Poulton already echo the international effects of the Ukraine war. As we noted last month, the cost of some fertilisers has risen by 350% over the past year. The effect of this will be that fewer crops will be grown in our fields over the next 12 months because it will be either unaffordable to produce the crops, or will make no economic sense for many farmers.

Hopefully, armed with this new knowledge, we might look at the crops in our fields with new eyes from now on. Seeing not just plants growing, but picturing the journey they will make, they uses they are destined for, and just how important they are in the context of an apparently foreign war, but one which affects us all much closer to home than we might imagine. A war which we are all being drawn into one way or another.

**Rosie Arkwright in conversation with Charles Horton**





## Jubilee Special Books, Bickies, Beer & Burgers

Saturday 4th June  
Poulton Village Hall and Courtyard  
10:30am - 2pm

Homemade Biscuit or mini-Victoria Sandwich cake and a pot of tea/coffee - £2  
From 10:30am

Beer Tent: Corinium Mosaic Ale, cider, lager, wine, fizz, soft drinks  
From 11:30am to 2pm

BBQ: Andrew Butler burger (or vegetarian) with cheese and onions/coleslaw - £5  
From 12 pm



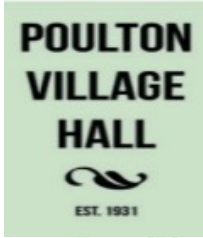
Childrens  
crown making  
activity



Optional red,  
white and blue  
dress theme

**Poulton Fields Allotment Charity will be attending to celebrate the new shelterbelt, planted as part of the Queen's Jubilee Green Canopy. Come along and sponsor a tree!**

# FROM THE VILLAGE HALL



## NEWS FROM THE VILLAGE HALL

You should be receiving this edition of Poulton Eye in time for the Jubilee Celebrations and so we very much hope you will come and enjoy an extended BBB, with BBQ on Saturday 4th June in the village hall and courtyard. Details can be found on the following page. We look forward to seeing you at this event and other events being held in the village over that weekend.

### A Stall at BBB

Continuing on the topic of BBB, we are keen to expand the format of this popular monthly event by welcoming local crafters or businesses to hold a stall of their wares on one of the monthly Saturday mornings. The aim is to offer additional (to the evergreen book sales!) items of interest for those who come for a coffee with friends and neighbours, so if the idea is of interest to you, please contact Judy (851230) for more information.

### Keeping You Informed

Whilst we always advertise Village Hall events on the village Facebook page and via the village WhatsApp group and here in Poulton Eye, we are aware that some people may wish to receive information via email, so if you would like to join the village hall mailing list, then please send a mail to [poultonvillagehall@gmail.com](mailto:poultonvillagehall@gmail.com) and we'll add your details.

## DATES FOR YOUR DIARY in JUNE

POST OFFICE



Each Tuesday afternoon – 1.30 to 3.30 pm – Post Office & Pantry Outreach Post Office is run by Matthew each week.

Take advantage of this local service for your postal and banking needs and stop for a while to enjoy a pot of tea/coffee and a homemade slice of cake.



Saturday 4th June – SPECIAL JUBILEE BBB & BBQ 10.30am to 2pm – See opposite for all the details



Film Nights will be Tuesday 7th June and Tuesday 25th June – subscribe to the mailing list at [poutonone&nines@gmail.com](mailto:poutonone&nines@gmail.com) to be notified of the film details.

Films begin at 8pm, the hall opens at 7.30pm for pre-film drinks, which is a great way to meet people or catch up on news.

# LADIES! GIVE US YOUR SUPPORT



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## DACHSUND DAY OUT IN POULTON

111 Dachshunds met at The Gilbertine Kitchen in Poulton on Sunday 24th April. S

hannan Barrett and Rebecca Hicks organise 4 walks per year; spring, summer, autumn and a festive walk completes the calendar. It's a free event; meeting usually around 10:30am for a drink and breakfast followed by a group photo before heading off on the walks.

Poulton has the perfect setting for a mixture of lengths of walks; short routes suitable for puppies and older dogs and longer routes for those who want to run further! Previously this event has seen over 200 dachshunds. The walks originally started in Cirencester park in 2019 but since COVID-19 we have decided to relocate to a more rural area to allow the dogs to play more and support the village cafe is a huge bonus as we love to support local businesses.

**For more information please join Dachshunds of Cirencester on Facebook and for information on our next walk!**



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# Open Gardens at Cotswold Farm

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Weekend of 11th & 12th June 2022

2pm - 5pm



£7.50 Entrance (cash or contactless)

Children FREE

Tea, Coffee & Cakes

Plants for sale

Supporting National Garden Scheme & A Rocha  
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## GARDEN NOTES



ROSES ARE RED...

BY JACKIE PIGOTT

We're here at last. Its rose season. Surely the best plant of all.

I could fill several pages enthusing about roses, but I decided to hold back until next month as I would like to include your contributions.

**Please send me your rose stories and top-tips- anything, from best places to buy, where and how to plant, planting combinations, ongoing care and ,of course, lots of photographs of your favourites.**

If in the meantime you fancy seeing some amazing rose displays, a visit to The Queens Rose Garden at Sudeley Castle is a must.

- Feed roses twice a year in early spring and in mid- summer, with an appropriate fertiliser.
- Apply a thick layer of mulch around the base of rose plants in late spring to inhibit weed growth and to help maintain moisture around the roots
- Deadhead faded blooms weekly for a prolific floral display

The timings are slightly wrong for me to properly feed back to you about No Mow May- the conservation initiative from the charity 'Plantlife'. I have left an area of grass unmown and will be completing the 'Every Plant Counts' survey in the final week of May. This entails counting and identifying all the different species of plants that have grown in a metre squared area of the unmown lawn. On early inspection it's amazing how many different grasses are flowering.

For mown lawns, mow weekly now to maintain the vigour of the grass.

The risk of frost has passed, and tender plants will happily thrive outside. This includes all those colourful annuals that are filling the garden centres now. Or maybe you have grown your own from seed on a sunny windowsill or in a greenhouse. I can picture a wonderful red, white, and blue hanging basket display to celebrate the Queen's Platinum Jubilee with dark blue lobelia, red pelargonium, and white petunia. Is anyone decorating their garden with floral displays for the jubilee? I would love to include your photographs in the next edition of Poulton Eye if you are.

Keep a close eye on container grown annuals during warm weather as the compost dries out quickly and they may need watering regularly. Mix a slow-release fertiliser with the compost when planting container grown annuals, and feed with a high potassium liquid feed every two weeks throughout the summer.

Please send any contributions for next months gardening column to [jackie.pigott1@btinternet.com](mailto:jackie.pigott1@btinternet.com)



**Perry Bishop**

Thinking about a move in and around Poulton but struggling to find somewhere to move to?

# Join Perry Bishop's

# VIP Buyers Club

- > Hear about new properties about to list before they hit the property portals Rightmove and Zoopla
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# POULTON PLAYING FIELDS AND ALLOTMENT CHARITY - PFAC





So how do the 420 trees planted on Englands link to the Platinum Jubilee celebrations?

They are part of the Queen's Green Canopy (QGC) initiative which invites people across the UK to plant a tree for the Jubilee. The aim is to create a legacy which will benefit future generations and increase and protect our native tree cover. We received our trees from the Woodland Trust, the partner of the QGC, as part of their Free Trees for Schools and Communities Scheme.

We decided to take the bull by the horns and apply for the largest number of trees that were available! We are so glad we did, the shelterbelt style of planting adopted will provide a shield from the wind and protect the soil from erosion. We will be taking photographs of the finished results and uploading them on the official QGC map and getting a commemorative plaque to mark the hard work of so many of you.

We will be at Books, Bikkies and Beverages on Saturday 4<sup>th</sup> June inviting villagers to sponsor a section of the shelterbelt to help us raise funds for ongoing maintenance of the meadow.

Did you know...?

-  A mature tree can absorb up to 150kg of CO2 a year
-  UK Green spaces remove up to 1.3 billion kg of air pollutants each year

Onto more mundane things now.

As we have been out in the meadow quite regularly over the last couple of months we have, unfortunately, come (quite literally) into contact with doggy "business" on more than one occasion. This is obviously extremely unpleasant, so a plea to all dog walkers to pick up after your furry friend.

If the situation does not improve in the next month we will have to insist that dogs must be on leads in the meadow as well as on Englands.

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## NATURE NOTES

Another good reason to visit the village hall...

A few weeks ago, on a particularly warm and sunny late April day I was walking past the south facing wall of the village hall when I was aware of a loud buzzing. A medium sized black bee was carefully inspecting the wall and its many cracks and crevices. Then suddenly it disappeared into a round hole. This was none other than the hairy footed flower bee, *Anthophora plumipes*, so called because of the strikingly hairy middle leg of the male (latin pluma = feather, pes= foot). I remained there watching for around 10 minutes during which time I saw 9 separate bees enter different nests, the wall was buzzing with activity. This is one of the earliest bees to appear, a typical solitary bee, which often nest together in places which provide suitable nesting sites. However unlike the honey bee, individuals do not cooperate but just look after their own nest and progeny.

The sexes look very different. The male has pale gingery brown hairs over its abdomen and the famous feathery feet. The female is black all over until you see one disappearing into a hole, when it is apparent that they have orange hairs on both hind legs, giving a orangey margin to their silhouette (see below)



Like many solitary bees they are excellent pollinators as they collect mainly pollen and ignore the nectar. This is because unlike honey bees, they don't need honey to survive the winter because they hibernate.

The life cycle involves the adults emerging from their nests in spring, usually in March but it can be as early as February if the weather is mild. The nest is in the form of a long tube in a natural crevice, lined with pollen with female grubs deepest in and males nearer the surface. Thus the male emerges first but remains close to the nesting area waiting for a female to emerge and mate. Like honey bees the male does not live long after mating but the female will remain busy visiting food plants for the next 2-3 months. She collects a lot of pollen, visiting up to 2000 flowers per day. The pollen is used to line the nest which is usually a hole in soft mortar or exposed vertical banks / soft cliff faces. She then lays 4-5 eggs, females at the back and males at the front sealing each one in with enough food to allow the egg to develop and pupate ready to emerge next spring. Their favoured food source are typical spring flowering plants like pulmonaria, primroses, dead nettles and comfrey, all of which are common in the village and surrounding countryside.

Like many bees they have a cleptoparasite, the mourning bee, which lays its eggs in the nest. Their eggs hatch before the hairy footed flower bee eggs and the grubs eat the remaining eggs and food stores. They are also black bees but are distinguished from their host by four white dots on the side of their abdomen.

*Anthophora plumipes* grubs are also the favoured food for the larvae of the rare Flame Shouldered Blister Beetle, a black beetle with orangey yellow shoulder streaks. It lays its eggs near the favoured food source of *A. plumipes* and its larvae hitch a ride on the female to the nest where they seek out the grubs and devour them. When threatened the adult beetle plays dead, falling to the ground and curling up. Do look out for these, their orange shoulders are quite distinctive. They were once pretty rare but I did see one some years ago at the foot of the wall, so they plainly appreciate the village hall wall and its inhabitants.

Robin Spiller



Est<sup>d</sup>



2010

# Poulton Hill

VINEYARD

## Queen's Jubilee Tea at the Cellar Door

Open to the public - Tuesday 31st May  
15:00 – 18:00

- Bottles will be open for tasting throughout the day, 09:00 – 18:00 (tastings of the new vintage) -
- Free raffle to win a Rosé 2018 Magnum -

Meet the team, enjoy some tea and cupcakes and celebrate English wine and the Queen



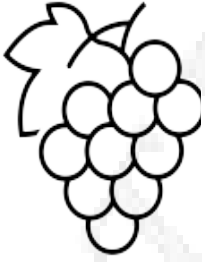
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[www.poultonhillestate.co.uk](http://www.poultonhillestate.co.uk)

Visit us online or at the Cellar Door

Poulton Hill Estate, Poulton, Cirencester, Gloucestershire GL7 5JA

## FROM THE CELLAR DOOR



CHEERS! HERE'S TO A SUMMER WORTH CELEBRATING

POULTON HILL VINEYARD'S NATALIE BARKER LOOKS FORWARD TO THE JUBILEE, VINEYARD TOURS AND THE LAUNCH OF ITS NEW WINES

Pop those corks for a platinum celebration! Poulton Hill Vineyard is hanging up the bunting ready to celebrate the Queen's Platinum Jubilee with two very special offerings:

- First, we are launching our Jubilee Sparkling Duo, which comprises a bottle of Bulari 2018 and Bulari Rosé 2018 in a branded bag. This party-perfect pair will help put the fizz into any celebration and costs £52 (RRP £57.98).
- On Tuesday May 31st we have are hosting a very special Queen's Jubilee Tea at the Cellar Door. The celebratory event will run from 3pm until 6pm, with cupcakes, cups of tea and the opportunity to taste our new wines. There will be a free raffle to win a magnum of Poulton Hill Rosé 2018 and a chance for you to meet the Poulton Hill team.

If you wish to try our new wines but cannot make it to the Jubilee Tea, we will be offering tastings throughout the day.

So why not celebrate the Queen's special anniversary with a glass of English wine?

### **Tours and Tastings are back**

For the first time since 2019 we are going to be running our very popular Tours and Tastings. All participants will get a guided tour of the vineyard, with an explanation of the work we do and the different grapes that we grow. Then it is back to the Cellar Door to sample some of our wines, discuss the tasting notes and perhaps find your new favourite!

The cost of the Tour and Tasting experience has been kept at the 2019 price of £25, which includes a £10 voucher to spend at the Cellar Door afterwards.

All tours must be pre-booked, and the available dates and slots are now on our website ([www.poultonhillestate.co.uk/the-vineyard/tours-and-tastings/](http://www.poultonhillestate.co.uk/the-vineyard/tours-and-tastings/)). You can book via email or on the phone or by visiting us at the Cellar Door. But hurry as spaces are booking up quickly.

### **Subsoiling work to give ground support**

The vineyard is now blossoming into life as leaves are bursting out of the buds on the vine. Every day we see a little more greenery emerge.

We have been undertaking work in the vineyard to help prepare the ground for the growing season ahead, which has included Diogo carrying out subsoiling throughout the vineyard on every row. This involves breaking up the compact soil beneath the ground surface in order to improve the soil structure. We cut and loosen the soil that has compacted from the tractor wheels during spraying and from the mower throughout the season, and also from our feet walking up and down between the vines! If the soil becomes really compact, the growing vine roots can hit the firm soil and start to anchor upwards, as they find it difficult to penetrate through.

The work that we do with subsoiling aids root growth and also helps to eliminate standing water, allowing it to drain away more easily.

Our summer opening hours for the Cellar Door are 09:00 – 16:00 on Mondays, and 09:00 – 17:00 Tuesday – Friday (closed on Bank Holidays). All our wines and spirits are at special Cellar Door prices.

However you are celebrating, the team at Poulton Hill Vineyard would like to wish you a fantastic extended Bank Holiday for the Platinum Jubilee.





# 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 sheries; 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!

## ON THE GRAPEVINE

We're currently in the midst of the annual release of en primeur prices for the most recent Bordeaux vintage. This year is the first since 2019 that the crowds have actually descended on Bordeaux itself for the usual round of tastings, meetings and château visits. That tends to happen in April, when Merchants and Critics from around the World taste barrel samples of just-made wine. After they've all gone home, we're in to the waiting game. Waiting for the critics to release their judgement of the vintage and, most importantly, the individual château scores. Then waiting for the châteaux to gauge 'sentiment' (that basically means what they think they can get away with charging for their wines). Then waiting to see who puts their heads above the parapet. Some like to release their price relatively early, some drag it out, especially the grand properties. Some even release the wine in 'tranches': a handful of cases at a cheaper price, then more at a higher price, depending on how the first tranche went down. It can sometimes be difficult to maintain interest, especially with a vintage like the 2021, which is the most variable in terms of quality for a number of years.

So what is 'en primeur'? And why do it?

Essentially, it was a cash-flow wheeze. The top red wines from Bordeaux, made mainly from Merlot and Cabernet Sauvignon, take time to be ready to drink. That's their great asset, but also a great weakness. The best wines live for a very long time and develop slowly into gorgeous, silky, complex wonders, but they're a real struggle to enjoy when they're young as the tannins are too plentiful and need time to soften. Think of a teabag in a mug of tea that's been left there too long and all that furry residue you get on your teeth when you drink it – that's the tannin. Now multiply it. Tasting a lot of young Bordeaux red can leave you with a very chewy mouthful, which is odd considering it's supposed to be a liquid. The problem is that if you wait to sell it until it's ready to drink, you're going to go a long time without any cash to show for your efforts. So they sell it before it's ready. When you buy a case of Bordeaux en primeur, 6 months or so after the harvest, it probably won't even be bottled for another year, and it might not be ready to drink for at least a decade. You must be patient.

But what's the advantage for the consumer of parting with cash so far in advance of enjoying the purchase? Well, the Bordelais will tell you that there are three main advantages. First, you can secure wines that are sought after and in limited supply. Secondly, when you buy en primeur, you can choose what format you'd like the wine bottled in. Thirdly, and most importantly, you will be buying at the most advantageous price you'll ever get.

The first reason is a bit iffy – although there are some properties, particularly in Pomerol or Saint-Emilion, which produce relatively small quantities, many of the grand châteaux of the Médoc produce tens of thousands of cases every year, so while they might be sought after, they're often not exactly rare – it's not like Burgundy. The second reason is actually pretty good – it is quite useful to be able to specify the size of bottle you want – but it's not really a deal-breaker is it? The third reason is the key, and that's where I think the deal has soured in recent years. Top-end Bordeaux has always been something of an investment commodity. There used to be an idea that you could, if you had the capital to start it off, end up drinking for free, because you'd buy however many cases when they were first released, then sell most of them a few years down the line, cover all the costs of your original purchase and be able to drink the remainder. As the whole thing became more open to investors looking to take advantage, and more of the estates are owned by companies than families, the châteaux wanted more of that 'secondary' value, and so release prices for en primeur have increased to the point where many wines are out of reach for all but the wealthiest drinkers. That's a bit of a shame for wine lovers like me who have been priced out of the opportunity to buy and drink the top wines. So perhaps we should look a bit further down the pecking order, at wines which aren't quite so well known, but should still be lovely. They're also still quite expensive, just not as painfully so as the First Growths. However, unlike some of the 'blue-chip' names, especially those which receive particularly good scores from critics, these wines are often available to buy some years down the line, when they've actually been finished and bottled and stored, for little more than what you would have paid en primeur, so why on earth would you bother? I'm very far from convinced that the system works well for everybody. If you're looking to buy anything en primeur I'd certainly suggest that you have a look at the price and availability of well-regarded older vintages first.

Cheers!

**Mark Chamberlain**

## FIFTEEN FUN FACTS ABOUT THE QUEEN:

1. The Queen never went to school! But that doesn't mean that she didn't have to do lessons; she had teachers and tutors at home...
2. She speaks fluent French, learned from her French and Belgian governesses.
3. The house in which she was born (17 Bruton Street in London) is now a Chinese restaurant!
4. The Queen became a homeowner for the first time at the age of 6, when the people of Wales gave her a playhouse which was placed in the grounds of her home at Windsor's Royal Lodge. Named Y Bwthyn Bach, it means "Litte Cottage".
5. She worked as a mechanic and truck driver during World War 2...
6. As Princess Elizabeth, she made her first radio broadcast in October 1940, during the Second World War
7. The Queen sent her first email in 1976 – and published her first Instagram post in 2019
8. Over her lifetime, The Queen has sent over 50,000 Christmas cards – so far!
9. The Queen loves dogs – and invented her own dog breed, the Dorgi, when her corgi mated with a dachshund belonging to her sister, Princess Margaret
10. The Queen owns all the swans in the UK
11. She also owns an elephant, 2 giant turtles, a jaguar and a pair of sloths – all gifts from other countries which are housed at London Zoo.
12. The Queen supports Arsenal FC
13. She is the only person in the UK who is allowed to drive without a driving licence!
14. The Queen has *two* birthdays... her actual birthday, April 17th, and her official birthday, which is held on the first Saturday in June, when the weather is better!
15. The Queen is the longest reigning monarch *ever* in Britain.



## REGAL REPARTEE

- Before numerous portrait sittings: “Now then, with teeth or without?”
- To a woman whose mobile rang during a meeting with The Queen: “You’d better answer that. It might be someone important.”
- After an egg was thrown at her during a tour of New Zealand: “I myself prefer my New Zealand eggs for breakfast.”
- During an engagement on her 72nd wedding anniversary, she signed the guest book and jokingly asked what the date was, knowing full well it was her anniversary.
- The Queen is one of the most famous women in the world, but she reportedly wasn’t recognised by a group of tourists while at her Balmoral country home. The group asked if she’d ever met the Queen, and Her Majesty pointed to her protection officer and said, “No, but he has.”
- On another occasion in Scotland, she was told that she looked just like the Queen. Her Majesty replied “How reassuring.”
- During a parade one military commander stood in front of her, blocking the crowd’s view of the royal carriage. “Actually, Captain, I think it’s me they’ve come to see,” the queen joked.
- At the 2016 Chelsea Flower Show, a gardener told her how lilies of the valley have poisonous traits. The Queen is said to have replied: “I’ve been given two bunches this week. Perhaps they want me dead.”
- In the summer of 2013, royal baby watch reached a peak as the world waited for the arrival of the Duke and Duchess of Cambridge’s first child. When pressed for clues on when the baby might arrive, the Queen simply replied: “I hope it arrives soon because I’m going on holiday.”
- In 2005, she met musician Eric Clapton at a reception at Buckingham Palace. When Clapton introduced himself to the queen, she asked, “Have you been playing a long time?” “It must be 45 years now,” he calmly replied.



Date	National Events	Poulton Programme
Thursday 2nd June	Queen's Birthday Parade & Trooping the Colour  Lighting of Beacons across the Country	Poulton's Got Talent & Last Night of the Proms Singalong - come along to watch or join in...
Friday 3rd June	Thanksgiving Service at St. Pauls Cathedral	Village Zumba Fitness Party  Quiz
Saturday 4th June	Party at the Palace (Concert)	Family BBQ  Village Party on Englands
Sunday 5th June	Big Jubilee Lunch  Jubilee Pageant	Jubilee Service at Poulton Church  Village Picnic on Englands including Children's Treasure Hunt followed by Village Fun Cricket Match
Beer, Cider & Gin Festival Running from Friday 3rd June to Sunday 5th June		



Hosts	Time/Location	DETAILS
PCC	7pm in the Village Hall	Calling Volunteers and Audience Members! Supper (please request in advance and make a donation towards costs) & Cash Bar Available
Cricket Club	5pm in the Village Hall From 7pm in the Marquee on Englands	Please wear gym kit; sadly, we can't include Under 16s With Quizmaster Phil James Beer Festival Bar Open & BBQ supper available for purchase
Village Hall Team	10.30 - 14.00 Village Hall	Extended BBB with Bar opening at 12.00 and BBQ from 12.30
Cricket Club	From 7pm in the Marquee on Englands	John Newman Disco from 20.00 Gourmet Burger & Pizza Vans, Beer Festival Bar, Poulton Vineyard Tent
Vicar & PCC	10.00 at St Michael & All Angels Church	
Cricket Club	From 12.30pm on Englands followed by cricket from 2pm	Bring your own picnics; Beer Festival Bar Open

...nday 5th June on Englands, kindly hosted by The Cricket Club







*Relaxed dining and a friendly atmosphere...*



*Drop in and enjoy your local!*

## BEHIND THE BAR



With the arrival of Spring we are once again firing up our wood-fired oven and bringing back pizza nights at The Falcon.

These are always very social occasions in our intimate garden and it's a lovely atmosphere.

And after two years of covid – and social distancing – this summer will see a return to the communal bench seating making it a great opportunity to mingle with your fellow Poultonites.

Spring brings a bounty of delicious fresh ingredients into the pub kitchen, providing plenty of inspiration for our chefs. So earlier this month we decided what better way to celebrate than with a Spring Tasting Menu.

The evening was a great success with demand for more special dinners so we'll look at making it a seasonal event.

If you want to find out more about events at the pub drop us an email to [bookings@falconinnpoulton.co.uk](mailto:bookings@falconinnpoulton.co.uk) and ask to be included on our

## FREE & FUN CHILDRENS TREASURE HUNT

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1.30PM SUNDAY 4TH JUNE ON ENGLANDS



1.30 pm Sunday 4th June | Englands Cricket Ground | Part of the Poulton Jubilee Weekend Celebrations



## HEALTH AND FITNESS

BY ADAM POWELL

YOU CAN ONLY BE SOUND IN BODY IF YOU ARE SOUND IN MIND

So, by now you should all be sleeping well and energised by your new nutritional changes and diet! If you missed the last issue of Poulton Eye I was discussing the importance and challenges that our Western diets cause. We are all on a diet, the word is often associated with a miserable experience and starving yourself. To clarify, what and how you eat is your diet. This month I will be covering the third pillar of health, mental wellbeing.

A quick recap if you are new to Poulton Eye and my recent articles.

The four pillars of health are:

1. Sleep
2. Nutrition
3. Mental wellbeing
4. Physical wellbeing

To quote Paulo Coelho, "All stress, anxiety, depression, is caused when we ignore who we are, and start living to please others." Thankfully mental health is becoming less of a taboo subject and more recognised as a vital part of our wellbeing. If you are in a state of anxiety, you are constantly worrying about the future. Depression is the opposite; you are stuck spending energy and time thinking about what happened in the past.

First, if you or someone you know is in a serious state then the best thing you can do is go to see your doctor. This applies to everything relating to your health. As I mentioned in my previous article, I am a Personal Trainer with 20+ years' experience working in the fitness industry, not a mental health specialist. What I write about is based on research I have done and the volume of work I have done with clients, members and people who have been a part of my teams over the years.

Poor mental health doesn't happen overnight (unless you experience some dramatic form of trauma or big loss). Think of it as death by a thousand cuts, one of the most well-known forms of stress in the news currently is PTSD. If you are suffering from panic attacks and/or anxiety, you are continuously in a state of fight or flight. Poor diet and lack of sleep then compounds the ability for your body and mind to be able to deal with the cause of your stress. In response to acute stress, the body's sympathetic nervous system is activated by the sudden release of hormones. The sympathetic nervous system then stimulates the adrenal glands, triggering the release of catecholamines (including adrenaline and noradrenaline).

This chain of reactions results in an increase in heart rate, blood pressure, and breathing rate. After the threat is gone, it takes between 20 to 60 minutes for the body to return to its pre-arousal levels. You can probably think of a time when you experienced the fight-or-flight response. When faced with something frightening, you can feel your heartbeat quicken, you may start breathing faster, and your entire body becomes tense and ready to act.

The issues of being in a constant state of anxiety are the hormonal changes in your body and the structure of your brain. Being in a relentless cycle of stimulation and stress, eventually will end up in a state of chronic fatigue. We always think about shaping muscles through exercise. Research has found that how we live our lives can have a positive or negative effect on the structure of our brains. If you want to know more about this do a google search on neuroplasticity.



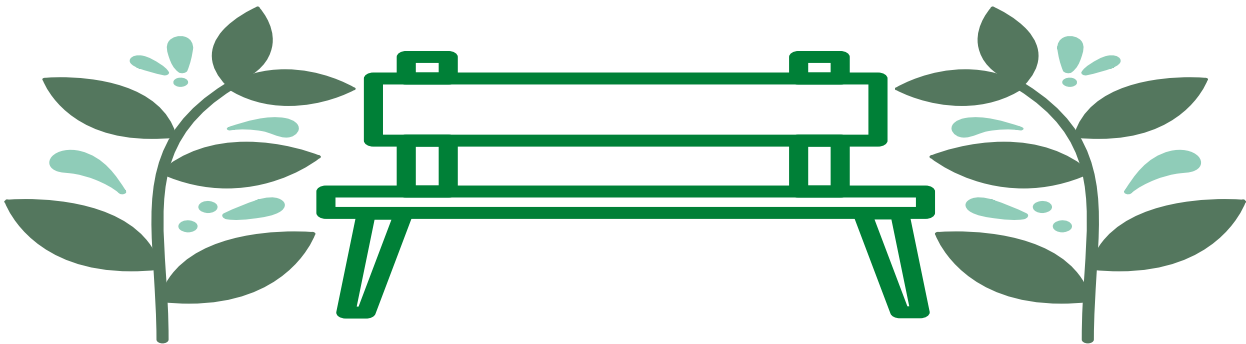
## HEALTH AND FITNESS

One of the best things you can do is get into a flow state. What is a flow state? If you watch children playing in a garden they are totally engrossed in the moment. We often talk about it when running and in sports, getting into 'the zone'. A flow state is when you are living and focusing on the current time and activity you are doing and not thinking about anything else, especially something in the past or something in the future. Breathing exercises are also proven to help and again, something we always take for granted. A good practice is the 4 second square breathing method. Sit down and visualise a square and breathe in for a four second count as you trace along the top edge of the square, expand your diaphragm and waist as you do so. Then as you go down one side of the square hold your breath for a four second count. Along the bottom of the square breathe out for four seconds and then hold, breathe again as you come up the other side to complete the square. Start off aiming to do this for a minute and progress for 2 – 5 minutes in total. If you feel light-headed then stop and breathe normally again.

One final thing to remember, human beings are social creatures. We have all been affected by the recent lockdowns and seen how our mental health suffered by not being able to talk and interact with one another. Do not bottle things up, talk and share your feelings and emotions with those around you and keep yourself in a good place mentally. Without mental health you cannot have physical health.



Each issue of Poulton Eye I will be discussing fitness and health topics and sharing my knowledge gained from a long time working in the fitness industry. If you have any questions or subjects, you would like me to cover, please feel free to speak with me when I'm out walking/running with Digby (our black lab) or email me [adam@cotswoldpt.com](mailto:adam@cotswoldpt.com) and Instagram @cotswold\_pt



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## A MARATHON EFFORT

There are many runners to be seen on the Poulton farm track daily. Some jog a quick circuit, others a longer circuit. Few are marathon runners and even fewer are serial marathon runners, but Poulton's Charlotte Wilton most definitely falls under this category. She is very modest about her achievements but Poulton Eye persuaded her to talk to us about her running. We managed to catch up with her (!) just after she had completed the Boston Marathon last month, in the hope that some of her focus and general sportiness might rub off on us!

Surprisingly Charlotte tells us that she was never sporty at school. Her love affair with running started later on during her first job in London. She was at the gym on the treadmill and the gym coach said she should go outside and run as it was a beautiful day. He then persuaded her to do a 10K run – and these were the humble beginnings of a journey which has become a passion. Her first marathon was New York. At that stage, she says, she didn't really know much about running at all so she simply joined a running club and just gave it a go.

After that, she really got the bug and started doing triathlons and duathlons (running, cycling, swimming), representing the UK in both 25-29 and 30-34 age groups. There was a great team atmosphere, she remembers and it was fun competing against other countries. Her best result was 4th place – really which was the worst place to be given that there are only 3 medals!

Since then, she has returned to her marathon running roots, and has run many in the UK including coastal marathons.



There is a challenge in running and for Charlotte this comes in the form of getting faster. Her time for New York was 4'30, then London at 4 hours, and the next London Marathon was 3'31 so it was highly motivating to take 30 minutes off each time. She has now run the London marathon 4 times with a personal best of 3'26.

Charlotte has just run the Boston marathon for the first time. It is a fascinating course, she says, because it is the oldest course for the modern marathon and has been run 126 times. Boston is a hilly course, especially in the 5-mile stretch between miles 16 – 21. This is the worst stage of the entire 24+ miles for runners, so the Boston course represents an additional challenge. Charlotte was not expecting to run a great time but was determined to soak up the atmosphere. Having made the decision not to look at her watch during the race, she was so relaxed when she came to the final hill ("Heartbreak Hill") that when she spotted her husband Adam cheering her on from the side-lines, she went over and gave him a hug. It was only when she finished that she realized she had done it in 3'30 - her second best time ever. If only she hadn't stopped for that hug...

Charlotte and Adam have two boys of 8 and 10, and she works as a lawyer, so running gives her "freedom and space to be on my own, with a strong element of pushing myself. I love challenges and trying to get quicker." She has a coach in Swindon who inspires her – he is over 50 and gets faster as he gets older. She is hoping to follow the same path (*Poulton Eye Note - her marathon time was an hour slower in her 20's than in her 30's so she's going in the right direction!*)

Charlotte first chooses a goal and then builds towards it. Her coach writes a plan and they have strength sessions and personal training once a week. She runs 6 days a week and covers around 50 miles a week. While training for Boston she ran for 1 hour on 5 days of the week and then for up to 4 hours if she was putting in a long run.

## A MARATHON EFFORT

As with so many things in life, Charlotte advises that the more running you do, the better you get. When Poulton Eye expressed some scepticism she insists that you do get used to it. People who start out thinking it's a really awful hobby and then push through really feel the benefits in the longer term.

What about injuries which seem to beset so many sportspeople? Charlotte has a (non-running injury related) niggly hip sees an osteopath regularly. She also has sports massages regularly. If you want to do a lot of running, she says, good maintenance is essential, just like looking after your car and getting it serviced regularly. That includes what you eat and drink so a lot of smoothies with protein and spirulina are consumed.

Charlotte likes training for a purpose and next on the list is running the other 3 marathons in the World Marathon Majors. There are six of them in total. She has already done London, New York and Boston, so Tokyo, Berlin and Chicago remain. Those who finish all six become members of a small and exclusive club; there are only 7584 world members, of whom only 733 are from the UK. Charlotte runs the Berlin Marathon in early September.

We wish her very well in this exciting endeavor and look forward to hearing about it when she returns.

### MARATHON RUNNING FUN FACTS

The New York City Marathon is considered the largest marathon with at least 50,000 finishers each year since 2013

When we run, the human heart creates enough pressure to squirt blood 30 feet

Running burns about 50% more calories than walking

Runners can store roughly 2000 calories worth of glycogen in their bodies, which is enough to fuel about 18-20 miles of running

Three animals that are (surprisingly) faster than the human being are domestic rabbits, cats and kangaroos

Three animals that are (surprisingly) slower than the human being are elephants, squirrels and domestic pigs

The marathon was **not** an event of the ancient Olympic games. The marathon started in 1896 in Athens, a race from Marathon – northeast of Athens – to the Olympic Stadium, a distance of 42.195 kilometres

57% of all marathon finishers in 2015 were women

45 degrees is the optimal outdoor temperature in which to run marathons based on scientific testing of how the body reacts to different temperatures

Your feet can produce up to a pint of sweat each day

Just 2 1/2 hours of weekly running increases men's testosterone by 15%

Fauja Singh is the oldest marathon finisher, completing his last race at the amazing age of 101

Rosie Arkwright in conversation with Charlotte Wilton





**Get into the Jubilee spirit  
Just Watch or Join In!**



Jubilee Supper Menu:

Coronation Chicken or Queenly Quiche  
Salad Bar  
Jubilee Puddings

Wine/beer/soft drinks available for purchase (card preferred)

Please let us know in advance if you would like supper so we can cater for you.  
Donations towards the cost of supper greatly appreciated - any surplus will go  
towards the Church Loo Intallation fund

**Poulton Village Hall | Thursday 2nd June | 7.00pm**

# POULTON CRICKET CLUB

The news from the cricket club is much more positive this month. Leagues are well under way and the three senior league sides have all had their first victories of the season but also a loss to blemish the report card. Even the Ladies team who were unbeaten until Friday evening stopped an unbeaten run of four games with a loss to a good Cheltenham side. Our junior sides though are doing really well with the under 13s and 11s unbeaten at time of writing thanks to large squads and parental support for games.

The club is set for a record membership of over 200 this year and I am happy to report that we have added an additional 12 new local members to that roster. Our new girls section is already supplying players to the senior & Junior sides and things are looking good for the future. The moment the seasons start, there's just a new energy to the club which has been built further by our public announcement of our partnership with Frank Water. Everything is on track and the season is going as well as it can. A young South African called Kieran Yould has also just joined us as an overseas player to help with the club and coaching as well. Aside from being a fantastic cricketer, he has thrown himself full length into the club already with plenty of our youth following him around in awe.

The next big event on the horizon is of course June's Beer, Cider & Gin Festival. We do want to highlight that **admission to the Festival is free**. The purchase of a drink will not be, although it will be very reasonably priced, but we want to throw our doors open and welcome you all free of charge as this is absolutely one of the village's events to celebrate the jubilee. You can also come along to enter a team in the Friday night quiz or party the evening away on the Saturday. The whole structure of this event is centred on the village meeting the wider cricket club so we will be the hosts but we do need guests! If the large crowds, music and beer aren't for you then there will be cricket on during the day as well with the Gloucestershire over 70s side in action on Thursday, the ladies on the Friday, the 2nd XI on the Saturday and then the Junior teams on the Sunday. One marquee is already with us and the sponsorship is collected!

The pavilion bar is back in full operation between now and then, so do come along and have a drink and bear with us as we are all trying to do this as well as Wayne did, particularly the procurement! While on the subject of our much missed friend, we're pulling together some things for a little ceremony at the Pavilion on the Saturday evening of the Jubilee weekend so do join us for this, especially if you are going to come for one thing. It will likely be around 7pm and we'd love to see as many of the village there as possible. We are currently trying to decide on the best memorial to him, there will definitely be one but it is important we get it right! We have opened a book of condolence in the Pavilion and are hoping to fill this with funny stories/Photos about/of Wayne. There were some brilliant ones in last month's Eye. If you would like to contribute to this, please do pop into the pavilion one evening or over the weekend when someone is there.

Finally, just a reminder that we cater to all ages and abilities at the cricket club so if you want to give the game a go, please just drop an email into us on [PoultonCC@hotmail.com](mailto:PoultonCC@hotmail.com) and we'll take it from there. We offer social memberships of £10 for the year and once this is paid you can book our nets as a club member and be covered by the club insurance when using them. One of the club's coaches can even show you the ropes and get you started!

POULTON CRICKET CLUB INVITES YOU TO ENJOY  
OUR  
JUBILEE WEEKEND BEER, CIDER & GIN FESTIVAL

FREE ADMISSION  
REASONABLY PRICED DRINKS AVAILABLE FOR PURCHASE THROUGHOUT  
THE WEEKEND  
FOOD AVAILABLE FOR PURCHASE FROM GOURMET BURGER & WOOD  
FIRED PIZZA STALLS EACH EVENING  
BBQ

Come and Join our Free  
Friday Night Quiz from 7pm  
in the marquee

Come & Party on Saturday  
evening - free music  
& dancing

Friday 2nd - Sunday 4th June | Englands Cricket Ground | Part of the Poulton Jubilee Weekend Celebrations



# ROUND & ABOUT

## June Events

Wednesday 1st June	2.30pm	Mothers Union Speaker - Rev Alison Love "My Journey to Faith" Bring & Buy Stall	Parish Hall, Watermoor , Ampney Crucis
Wednesday 8th June	12 - 1pm	Mothers Union Soup lunch	Parish Hall, Watermoor
Thursday 2nd June	TBA	Deanery Synod Quiet Morning	TBA
Sunday 5th June	12.30pm 12 - 6pm	Ampney Crucis Village Jubilee Lunch on the cricket pitch. Bring your own lunch or BBQ and drinks available to buy. Theme - "A Splash of Purple" Down Ampney Village Jubilee Picnic - bar open, ice creams for sale and music from 1952 - 2022	Ampney Crucis Cricket Pitch Down Ampney Village Hall
Thursday 16th June	2.30pm	Ampney Crucis Gardening Club visit to Hookshouse garden and pottery (make your own way there; meet in the car park). Tickets £8.50 including entrance & tour. Please pay in advance (see contact details in Directory)	Hookshouse, Tetbury GL8 8TZ
Wednesday 22nd June	7pm	Ampney Crucis Rural Cinema Tickets £3. Refreshments available Please contact Anne Bridges (652471) for programme details	Ampney Crucis Village Hall
Thursday 23rd June	7 for 7.30pm	Ampney Crucis WI Barry Hicks will talk about Wildlife Rescue Competition: A single garden rose	

## Regular Events

Tuesdays	6.30 - 7.30 7.30 - 8.30	JIG Dance & Pilates Pilates Adult Ballet	Ampney Crucis Village Hall
Tuesdays	9.30 - 11.00	Ampney Crucis Playgroup	Ampney Crucis Village Hall
1st Thursday monthly	7.30pm	Ampney Crucis Bridge Club	Ampney Crucis Village Hall
Wednesdays	4pm	Ampney Crucis Petanque Club - newly refurbished and ready to go! Please turn up or contact Liz Anderson - 07891525166	

## Coming Up...

**Driffield and Harnhill Tug O War + BBQ.** Friday 8th July 2022 6pm @ Harnhill Lower Farm Field - free entrance + parking. Traditional Tug O' War competition. Why not make up a team of 6 and join in? BBQ and Bar available. Fun for All the family.



# WHAT'S ON IN JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
				7pm Poulton's Got Talent & Last Night of the Proms Singalong Village Hall	5pm Village Zumba Party Village Hall  7pm Village Quiz Englands	10.30 - 14.00 Jubilee Special BBBs + BBQ & Beer Village Hall  From 7pm Village Party Music & Dancing Englands
05 Pentecost	06	07	08	09	10	11
10am Jubilee Church Service, Poulton  12.30 Jubilee Picnic together with:  13.30 Childrens Treasure Hunt  14.00 Fun Cricket Match  All taking place on Englands	9am – 10.15 Yoga For All Village Hall  7pm Parish Council AGM Village Hall All Welcome	1.30 - 3.30 Post Office & Pantry Village Hall  7.30 for 8pm start Poulton One & Nines Village Hall				
12 Trinity Sunday	13	14	15	16	17	18
8am Holy Communion Poulton  10am Parish Communion Driffield	9 – 10.15am Yoga For All Village Hall	1.30 - 3.30pm Post Office & Pantry Village Hall				
19 1sr Sunday after Trinity	20	21	22	23	24	25
8am Holy Communion Ampney St Peter  10am Parish Communion Ampney Crucis	9 – 10.15am Yoga For All Village Hall	1.30 - 3.30pm Post Office & Pantry Village Hall				
26 2nd Sunday after Trinity	27	28	29	30		
8am Holy Communion Harnhill  10am Parish Communion Poulton	9 – 10.15am Yoga For All Village Hall	1.30 - 3.30pm Post Office & Pantry Village Hall  7.30 for 8pm start Poulton One & Nines Village Hall				

## DIRECTORY

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<b>Poulton WhatsApp Group</b>	Please contact Rachel Hutchinson to be added to group; 07557 006623
<b>St Michaels and All Angels Church, Poulton</b>	Vicar: The Rev'd Canon John Swanton 01285 – 851309; <a href="mailto:john@swanton.plus.net">john@swanton.plus.net</a> Church Wardens: Simon Collyer-Bristow <a href="mailto:scb@crfc.co.uk">scb@crfc.co.uk</a> <a href="mailto:rosie.arkwright@icloud.com">rosie.arkwright@icloud.com</a>
<b>Village Hall</b>	Available to hire for parties, wedding breakfasts, clubs or meetings - <a href="mailto:kjclapton@gmail.com">kjclapton@gmail.com</a>
<b>Playing Field &amp; Allotment Charity (PFAC)</b>	<a href="mailto:pfacrustees@gmail.com">pfacrustees@gmail.com</a>
<b>Post Office</b>	In the Village Hall. Tuesday 1.30 – 3.30
<b>Parish Council</b>	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>
<b>District Councillor</b>	Lisa Spivey: <a href="mailto:lisaspivey4@gmail.com">lisaspivey4@gmail.com</a>
<b>Poulton Action Group (solar farm)</b>	<a href="mailto:poultonactiongroup@gmail.com">poultonactiongroup@gmail.com</a> .
<b>Fix My Street</b>	Report issues within Poulton: potholes, fly tipping, etc. <a href="http://www.fixmystreet.com">www.fixmystreet.com</a>
<b>Refuse Collections</b>	Food bin weekly Friday 7am. All other bins & bags on alternate Fridays.
<b>Gloucestershire Police</b>	The Forum, Cirencester GL7 2QY Mon-Sat 8am-8pm <a href="http://www.gloucestershire.police.uk">www.gloucestershire.police.uk</a>
<b>Poulton Sports Club</b>	David Knight: <a href="mailto:knightd@hotmail.co.uk">knightd@hotmail.co.uk</a>
<b>Poulton Football Club</b>	<a href="http://www.poultonfootballclub.co.uk">www.poultonfootballclub.co.uk</a>
<b>Poulton Cricket Club</b>	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>
<b>Heart &amp; Soul Yoga Class</b>	<a href="#">Becky Barry</a>
<b>Ampney Crucis WI</b>	<a href="#">Anne Bridges 652471</a>
<b>Poulton One and Nines</b>	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>
<b>Books Bikkies &amp; Beverages</b>	Village get-together 1 <sup>st</sup> Saturday of each month, 10.30 – 12.30 Poulton Village Hall Judith – 01285 851230
<b>Ampney Crucis Mothers Union</b>	Rosemary Franklin 01285 654282
<b>Ampney Crucis Playgroup</b>	Meet Tuesdays during term-time 9.30 – 11.00 Ampney Crucis Village Hall. £2 per family. Ella Milligan – <a href="mailto:daniellaceliamorris@yahoo.co.uk">daniellaceliamorris@yahoo.co.uk</a> – 07815502463 or Sofia Richie – <a href="mailto:sofia.kluge@hotmail.com">sofia.kluge@hotmail.com</a> – 07540198151
<b>The Falcon Inn</b>	<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
<b>Ampney Crucis C of E Primary School</b>	Head Teacher Tana Wood – 01285 851440 <a href="http://www.ampneycrucis.glous.sch.uk">www.ampneycrucis.glous.sch.uk</a>

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