

The Constant Times

Volume 1, Issue 1

March/April 2012

Editor's Note

Hello, Constantine. Welcome to Issue #1 of *The Constant Times*. Thanks to all who contributed and all who have wished us well in this new endeavour. For this first issue proper we have a great mixture of information on village events and news, along with a very interesting star guide (complete with chart) and a few other educational titbits. There's also notice of lots of activities to get involved with, especially with the upcoming Diamond Jubilee celebrations.

If we have not reached you yet, or if indeed you missed this issue's deadline, please do get in touch. We really want *The Constant Times* to be community-driven, so please engage with us (and what you read) to make this paper useful and interesting for everyone. We are still in the early stages of organising our editorial team (and all the systems we will use to make us efficient) so bear with us if we drop any balls. That's the only way to learn to juggle.

We've had many suggestions for regular features. In future issues we'd like to include contributions of photographs and illustrations; seasonal recipes; births, deaths and marriages; local walks and wildlife sightings; reviews of concerts, performances and exhibitions; more reports from local groups; spotlights on local businesses; and much more. Send in your words and images and we'll send them out for others to enjoy. The 'Back Page' will be a place for fun facts and features—in the next issue we'd like to profile the oldest and youngest person in the village (tell us who you are!).

Next issue May/June (deadline for submissions 14 April). Have a great spring!

Benjamin Symes

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Diamond Jubilee 2012 Update James Agnew

On Thursday 2nd Feb an open meeting about the Diamond Jubilee weekend was held at the Social Club. Members of the steering group, chaired by James Agnew, presented a draft programme of suggested events and activities. The meeting was attended by representatives of parish clubs, societies and organisations.

James, and the steering group, highlighted that the current programme is only a draft, based on the many fabulous ideas that have been forthcoming from clubs, societies, businesses and individuals. The Jubilee weekend is from Saturday 2nd - Tuesday 5th June.



The programme, so far, includes a village breakfast, music festival and fun day, a community church service, community sing-along, a regatta style event at Polwheveral and a fun triathlon. There will be a marquee set up beside the Social Club which, as well as being used as a venue for a range of activities, will host a big screen to show national events such as the Queen's pageant on the Thames. There is also support for the idea of a village lantern walk to Bosahan Quarry to mark the end of the celebrations on the Tuesday evening.

Representatives from the Playground Regeneration campaign attended the meeting and were enthusiastic about links which could be made with the Diamond Jubilee events to promote the playground cause (see story on page 5). Paul Carter, chairman of the Parish Council, also highlighted that the Parish Council will be presenting children with commemorative mugs to mark the Jubilee.

At the end of the meeting the steering group stressed that anyone wishing to get involved with organising events or activities or volunteering over the weekend, is encouraged to do so, and that the steering group will help facilitate ideas and support groups to work together. For more information you can contact James on 01326 341041 or jim@pollyshouse.eclipse.co.uk or see the Constantine website (www.constantinecornwall.com) where details of the draft programme can be viewed.

Constantine Open Garden Day Carol Agnew

It has been suggested that we have another garden open day on June 3 during the Diamond Jubilee weekend celebrations. We have several pretty gardens in Constantine, big and small. We would like to hear from anyone who would be interested in opening their gardens and help make it another successful day. We are joining with the Open Studios, which happens to be running at the same time. If you would like more information please contact Gill Just, 01326 340434, or Carol Agnew, 01326 341041.



Story Shop Natalia Earnstman



The Heritage Collection is expanding its archive. A new 'shop' in the vestry next to the Tolmen Centre supplies stories about Constantine, but the shelves are still a bit bare and waiting to be stocked by you. We are looking for stories about what the parish was, is and could be. Anyone (young, old and new) can come to stock the shop. All stories (big or small) are welcome: special

memories, ordinary accounts, history, something that happened recently, or your visions for the future... Pop in, listen to stories and leave your own tale! The Story Shop is open whenever the Tolmen Café is (see calendar on pages 8-9 for dates and times).

Until the end of April there will be different activities at the shop that will hopefully spark your memory. You can leave a memory of a place on Constantine's map, plot out a memorable walk through the parish, and listen to the stories the Girl Guides collected during Talk and Taste. Also, we are very happy to receive any audio recordings (interviews, grandparents narrating, sounds of public events, speeches, etc.) that you have at home and would like to share. So rummage through your cupboards and find those dusty tapes or files!

And finally, this column will feature a story every edition, so please send in a story or memory that you would like to share with the parish and it will be placed here. You can leave your contribution by mail (storyshop.constantine@gmail.com) or bring a copy to the Heritage Centre.

Jubilee Memorial Park Regeneration Tamsyn Gendall and Russ Johnston

Shortly before Christmas, Constantine Parish Council removed the wooden castle in the village play park due to safety concerns, leaving behind little more than a few venerable swings, two decaying benches, a sandpit and a heavily pruned camellia. The castle had weathered seventeen Cornish winters; it was dangerously degraded and beyond repair. There is no money to replace it.

In January, a group of concerned parents approached the Parish Council to ask for support with a regeneration scheme and the Council enthusiastically agreed to help. A well-attended public meeting followed, chaired by the Parish Council, which resulted in the formation of a steering group (Jubilee Memorial Park—JuMP). The volunteer effort will draw on the expertise of Tatia Churchill, Community Regeneration Officer for the County Council. We've already had some press coverage, with an article in the 9th February edition of the *West Briton*.

External funding opportunities are scarce and competition for them high. To succeed we will need to demonstrate broad community support and match fundraising with local donations. The need to rebuild the park falls thirty-five years after the land it occupies was initially purchased—to celebrate the Queen's Silver Jubilee in 1977! By rolling park fundraising in with the Diamond Jubilee celebrations, we can make this a year to remember and give ourselves a memorial park to be proud of. Over the last month we have been collecting ideas and suggestions from the village and will continue to do so. We have sent out a questionnaire to all families with children at the pre-school and primary school, and encourage you to send suggestions and advice directly to us by email (constantinejump@gmail.com).

Local father and professional landscape gardener Matt James has offered to work with his students to transform suggestions into blueprints for park designs. In early summer we will call a meeting to present the alternative designs and report on initial fundraising. Watch this space—we'll need your help and support to make this happen!



Inspiration from new facilities at Verryan, contributed by Robert Gunlack.

Helford Photo Competition 2012 Rhiannon Pipkin

Photograph the marvelous communities, wildlife and activities of the Helford! Entry forms and details of adults' and children's classes in the Helford Voluntary Marine Conservation Area annual photo competition available from:

Rhiannon Pipkin, 4 St. Michaels Road,
Ponsanooth, Truro, TR3 7EA, 07710
956734, Rhiannon.Pipkin@yahoo.com.

Photographs to be submitted to Gweek Village Hall between 9.30am and 10.30am, Saturday 24 November 2012, for judging and display at that evening's event. The best photographs may be added to the HVMCA Website and displayed in Great Atlantic Galleries, Falmouth!



Bass survey at Polwheveral, June 2011.

Parish Council Announcements Robert Williams

Cornwall Conversations: Alec Robertson, Leader of Cornwall Council will be holding a Cornwall Conversation event on March 26 in Helston. The events are an opportunity to chat with Alec and members of his cabinet, to ask questions and let them know about community concerns and priorities. The meeting on 26 March will take place at Helston Community College, 7pm - 9pm. RSVP to Helen Couch, Cornwall Council Town and Parish Council Advisor, hcouch@cornwall.gov.uk, 01726 223601.

Bus Routes: Alec Robertson, Message to Members, 30 January 2012: 'One of the most important issues discussed at last week's cabinet meeting was the future of the supported bus routes in Cornwall. These bus routes are a vital lifeline for many people, particularly those living in some of our more isolated villages, and I was delighted that the Cabinet agreed to provide additional money to protect these routes. Many other parts of the country have seen these routes slashed and the fact that we have been able to protect these bus services in Cornwall is solely down to the responsible way in which we have managed our budget.'

Constantine Farmers Market Mandy Milano

Every second Saturday of the month (and sorry, we did close for Jan and Feb!) from 9.30am to 12 o'clock in the Church Hall, you will find a wonderful range of fresh local food on sale - and very often for tasting too.



We have everything for your breakfast: bacon, eggs, sausages, mushrooms and tomatoes, the bread for your toast (and the jam to go on it), and tea and coffee. There are perennial plants and wonderful flowers, the meatiest pasties and pies, veggie pizzas and some of the best ciabatta ever. You'll find full-flavoured beef from the heathland of the Lizard, and, from even nearer to home, Sylvia's pork (great crackling). There are locally smoked fish fillets and patés, chutneys and cheese, and a wonderful array of fresh seasonal veg and fruits. Finally, you'll find a superb range of cakes and beautiful puddings. Despite all this temptation, one lady I overheard in the little café area enjoying a pot of Shane's fresh coffee and a slice of homemade apple cake said, "I don't really come here for the food, it's just so lovely to catch-up with people from the village I wouldn't normally see otherwise, share a pot of coffee with my friends, and I get to admire any new babies!"

Transition Constantine started the Farmers Market in March 2011 as a project of the Food Sub-group. We decided from the start that we should meet in the pub for our monthly meetings (well, we are the 'foodie group' and that must include beer and wine!). Liz Bayntun, Ann Mullaly, Fran Ford and Mandy Milano planned the market and found the stall-holders (we now have a waiting list!). Other helpers regularly turn up early to help with setting up tables, unloading goods for the stall-holders and clearing-up afterwards (Jenny Parshall deserves special mention). There are other unsung heroes who step in to help clear-up or do a bit of washing up for Shane. Thanks to all of you. But let's face it, we do it because it's fun (okay, apart from the times that we wonder if anyone will turn up, or buy anything, oh, and the really wet days... but we are getting the hang of it now!). We hope to do a short profile on some/all of our stall holders in future editions. Anyone interested in helping out or have ideas for other foodie projects? Contact mandymilano@hotmail.com.

Saint Constantine's Feast Day Liz Moore

Very little, if anything, is known for certain about Saint Constantine, except that he was one of the few Celtic saints to be a Cornishman. One legend claims that Saint Constantine was a nephew of King Arthur, to whom he bequeathed his crown when he was mortally wounded. There was a Constantine, King of Dumnonia (a kingdom which comprised Devon and Cornwall) mentioned by some early historians as living around the middle of the sixth century or earlier. He was known locally as Constenton or Constantan until recent times. Most sources state that our saint was, at first, wild and violent and may even have committed murder, but after his conversion he put away his sword and became a monk and missionary. The Feast of St. Constantine is observed on March 9th or the Sunday nearest.

Saint Constantine's Feast celebrations in the past have taken many forms. One source notes that a mock mayor was once elected following the parish feast: 'The mayor was adorned with a hat, and having taken his place in a cart was dragged through the village by other revellers who, like himself, had generally been well plied with liquor.' Another source notes that, 'The procession usually started from the Queen's Arms, and halts were made at various places... If there had been any scandal in the village during the year a halt would be made at the house of the chief actor or actors, and advice given as to their future conduct. After a tour of the village, the cart was sometimes drawn down to the river at Ponjeravah, and the worthy mayor toppled in.'

In 1869 the Feast Celebrations had a dark side, and that was the destruction of the Tolmen Stone, a massive egg-shaped granite boulder weighing 750 tons, that sat above the quarry at Maen. This stone was a tourist attraction in its own right with people traveling from Falmouth and Penryn to see it. This stone, the size of two double-decker buses side by side, was blown from its rest into the quarry beneath. Why the stone was destroyed we don't know, but one thing is certain—within a month an act was passed in Parliament to protect such wonderful natural ancient monuments from wanton destruction. You could say English Heritage started here in Constantine!

The Feast Concert in recent years has been held on the Tuesday nearest the feast day, and this year is no exception. The Concert will be in the Tolmen on Tuesday 6th March at 7.00pm. Already there is much practicing going on by those involved. Entry is only £2, so come and join us. There is also to be a Patronal Service on Sunday 11th March at 10.30 am and this will be followed by a Parish Lunch in the Church Hall to which all are invited.

The Constant Times

CONSTANTINE CALENDAR

MARCH 2012

Thurs 1 - Tolmen Café. 9.30am-2pm.

Sat 3 - Spring Faire. 10am-12pm. Constantine Social Club. Contact Sally Coot 340050.

Sun 4 - Constantine Twinning Sunday Lunch. 12:30. Tolmen Centre. £12/£6. Contact Marian Saunders 341269.

Mon 5 - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

Tues 6 - Constantine Feast Concert. 7pm. Tolmen Centre. £2.

Thurs 8 - Tolmen Café. 9.30am-2pm.

Thurs 8 - Transition Constantine Meeting. Time and location TBC. Contact Chris Hussey 340007.

Fri 9 - Wardrobe Ensemble: Riot. 7.30pm. Tolmen Centre. £9/£8/£4. 341353. (Tolmen Café open 5.30pm)

Sat 10 - Constantine Farmers Market. 9.30am-12. Church Hall.

Mon 12 - Constantine One and All Club. Blue Bells. 2.15pm. Constantine Social Club. Contact Sally Coot 340050.

Weds 14 - Tolmen Café. 3-7.30pm.

Weds 14 - Tolmen Movies. To Kill a Mockingbird. 7.30pm. £3.

Thurs 15 - Parish Council Meeting. 7pm. Vestry.

Thurs 15 - Tolmen Café. 9.30am-2pm.

Fri 16 - Constantine History Group. Cornwall's Lord Lieutenant - Christine Edwards MBE DL. 7.15pm. W.I. Hall. Contact Geoff Roberts 340154.

Mon 19 - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

Weds 21 - Constantine & District Twinning AGM. 7.30pm. W.I. Hall.

Thurs 22 - Tolmen Café. 9.30am-2pm.

Fri 23 - Teasel Theatre: Grisly Tales from Tumble Water. 7.30pm. Tolmen Centre. £5. 341353.

Mon 26 - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

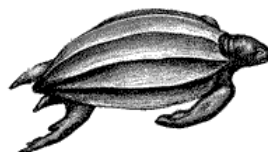
Tues 27 - Ladies Circle. Travelling, with Colin Gray. 2pm. W.I. Hall. Contact Jean Olds 340388.

Weds 28 - Tolmen Café. 3-7.30pm.

Weds 28 - Tolmen Movies. Tell No One. 7.30pm. £3.

Thurs 29 - Tolmen Café. 9.30am-2pm.

Sat 31 - Helford Marine Conservation Area (HVMCA) Leatherback Turtles and their Jellyfish Prey & AGM. 7.30pm. Gweek Village Hall. £2 (members & children free). Contact Paul 341030 or Charles 07795 845696.



APRIL 2012

Sun 1 - C.A.S.U.A.L (Constantine Active Seniors Upper Age Leapfroggers) Spring Tournament.

Mon 9 - Constantine One and All Club. Easter Monday Trip to Boscastle. Contact Sally Coot 340050.

Tues 10 - HVMCA Seashore Safari. 2pm. Meet in front of the Ferryboat Inn, Helford Passage. Free. Contact Ruth 07967 251278 or Charli 07740 090777.

Thurs 12 - Transition Constantine Meeting. Time and location TBC. Contact Chris Hussey 340007.

Sat 14 - Constantine Farmers Market. 9.30am-12. Church Hall.

Sat 14 - Deadline for Constant Times submissions, May/June issue.

Sun 15 - HVMCA Heron and Egret Survey. 9.30am-12. Meet at entrance to the road to Calamansack, between Port Navas and Constantine. Free. Contact Martin 561164 or 07854 123 877.

Mon 16 - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

Thurs 19 - Tolmen Café. 9.30am-2pm.

Thurs 19 - Parish Council Meeting. 7pm. Vestry.

Fri 20 - Dalla (Cornish-based folk music). 7.30pm. Tolmen Centre. £8/£7/£4. 341353.

Fri 20 - Constantine History Group. Cream of Cornwall-Alfred Rodda. 7.15. W.I. Hall. Contact Geoff Roberts 340154.

Tues 24 - Ladies Circle. Glendower Singers. 2pm. W.I. Hall. Contact Jean Olds 340388.

Thurs 19 - Tolmen Café. 9.30am-2pm.

Thurs 26 - Constantine Enterprises Company and Tolmen Operating Company AGMs. All parishioners can be members of the CEC. Please come along to enjoy a glass of wine and find out what your village company has been doing recently.

Mon 30 - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.



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See www.tolmencentre.co.uk for details of shows and films.

Save the Children Charity Shop: Open Monday, Wednesday, Thursday, Friday, 10am-12pm.

*Please send calendar items to
constant.times@gmail.com.*

*Remember to include the
following: date/event title/time/
place/price (if any)/contact
details. Thank you!*

CLUBS, GROUPS AND GOINGS ON

If you're involved with a community group please get in touch with contact details and entries for the Constantine Calendar. Longer (200-400 words) reports on group happenings and photographs of events are very welcome. We'll try to make space to print everything that comes in, though we may occasionally need to hold items over for the next issue if we run out of space.

Constantine Arts Society Margaret Deans

Constantine Arts Society is in its 38th year. We are a diverse group of painters and makers in all media who enjoy our contact with other creative people. In 2011 we awarded life membership to Constantine resident Mollie Silver, in recognition of her huge contribution to the society. Our retiring Chairman George Willoughby made the presentation. He was thanked by the membership for his long and valuable service to the society. George remains our local contact within the village.

We have a few vacancies for artists to join us. We offer workshops in all media on a regular basis and we also have art talks, outings and events throughout the year. Members can exhibit their work in our Annual Exhibition in the Church Hall which runs for three weeks in July and August.

Our Tuesday sessions run from 11-4pm and people come and go throughout the day as they wish. We have tea and coffee on tap and there is friendly co-operative atmosphere that our increasing membership thoroughly enjoy.

Current members live throughout West Cornwall, with some from Constantine itself. We would welcome more members from Constantine and its surroundings areas. Currently membership costs £25.00 per year. If you are interested you are welcome to come as a guest. For further details or to join contact Kathleen Jones, katchon@hotmail.co.uk or 01872 863275.



George Willoughby presenting Molly Silver with her life membership.

It's Official – Singing is Good for You! Marian Saunders

Constantine Community Choir was started in October 2010 by Alison Churchley and Marian Saunders to provide a fun, relaxed and social environment for communal singing. The response has exceeded our wildest dreams - 40 to 50 singers show up to rehearsals, not necessarily always the same people, as we have over 80 regular singers on our books. We span both the age range (12-80+) and musical ability range. Everyone is truly welcome - all you have to do is want to sing.

Gareth Malone inspired us to see how much fun could be had singing. The increasing body of evidence for the physical and psychological benefits of communal singing is an added bonus - we have fun and do ourselves good at the same time. One US study even showed that people in choirs have a longer life expectancy!

We meet every other Monday evening during school terms in the Tolmen Centre. New members are always welcome - just show up at 6:45 for a glass of wine and a chat, we start singing at 7pm for one hour. Upcoming dates are March 5th, 19th & 26th and April 16th & 30th.

Constantine Eco-Club 'Soup and Dig' Sara Gadd (gARTen design)

'Be Outrageously Bothered!', says Eco-BOB!

...and everyone WAS 'bothered' on Sunday 5th Feb, when we had a huge push to prepare the school garden for spring planting of fruit and vegetables. We'd all like to extend a massive "Thank You" to everyone who took part. Around 40 people turned out to our 'Soup and Dig' day, and wow, how they worked! Cleaning, weeding, digging, sorting, tipping, scrubbing, and even planting. As well as clearing all the vegetable beds and preparing the shed as our Eco-Headquarters, we also helped to begin planting a "Jubilee Walk" on the playing field, with Robin Curtis from the Transition Constantine crew. Thanks guys! We made soup from our diggings of artichokes, leeks and chard and all enjoyed a mug of home-made fare. All we want to know now is, when is the next one!? If you think this sounds fun, please feel you can come and join us since we'd love you to share your knowledge and energy! We garden, we recycle, we compost, we keep an eye on energy and above all else We Are Outrageously Bothered!!



Transition Constantine Robin Curtis

To write about "transition" in the first issue of the "Constant" Times may seem contradictory. As much as the appeal of certainty and constancy may be, we live in uncertain times. The impacts of gross economic mismanagement, the relentless rise in fuel prices, and the increasingly unpredictable behavior of the weather are affecting us all. The Transition movement, initiated in Totnes, and now spreading nationally and internationally, sets out to foster the "Transition" that will be required to wean us away from fossil fuels and towards a low carbon, sustainable, economy.

While often lost in its gross over-use and misuse, the whole essence of "sustainability" is that we should aspire to live in constant times. We hope that this re-launched version of the parish newsletter will flourish and be able to report on the numerous activities of a thriving Constantine community.

On this page we introduce a few of the issues and projects that the fledgling Transition group are involved in. If you would like to engage with these, or other aspects of the Transition movement, please get in touch. We meet once a month, and you can get involved in one or more areas of interest to you. Active members who you may already know are Robin Curtis, Chris Hussey, Sandra Boreham, Mandy Milano, Simon Allen, Daro Montag, Vernon White and Jim Boote.



Further Information and Contacts

<http://www.transitionnetwork.org> : the home of the UK transition movement

<http://constantinecornwall.com/transition/> : website of the Constantine Transition group

<http://www.postcarbon.org/> : information and resources for a fossil-free future

Contacts: Robin Curtis (Chairman) tmconstantine@btinternet.com; Chris Hussey (Secretary) chris.r.hussey@gmail.com

Transition Constantine News in Brief Chris Hussey

Jubilee Trees

To celebrate the anniversary of Queen Elizabeth II's historic Diamond Jubilee, the Woodland Trust is helping communities across the UK to plant 6 million trees. They hope that communities, schools and families will plant individual trees, groups or whole woods to celebrate the event. Transition Constantine has received a pack of 420 trees from the Woodland Trust and will be working with village groups to plant trees in and around the village.

Community Farm near Truro

Truro's Transition Group is working with a local farmer, Victor Barry, to establish a Community Supported Agriculture (CSA) scheme on the outskirts of the city. The aims are all about increasing local food production, involving the community and helping them to learn more about growing food.

Ladock - the 'Sustainable Village'

Last year the parish of Ladock won the Cornwall Rural Community Council's 'Sustainable Village of the Year' award. Ben Giles, a Cornish based documentary maker, has made a short film about how the community embraced low-carbon living, and the lessons they learnt along the way. The film can be seen on YouTube by searching on 'Ladock winners'.

INSULATE! INSULATE!! INSULATE!!! Sandra Boreham

25% of Heat is lost through your roof and 33% through your walls. Homeowners and private tenants over the age of 18 can take advantage of a significantly discounted offer for loft and cavity wall insulation at £99 for each type of insulation installed. Apply through CEP by calling Freephone 0800 954 1956.

Many elderly people in the parish cannot take advantage of these grants because their lofts are full! If you could join a group of people willing to empty lofts and put the contents back after the insulation is down, or if you are a person needing help with your roof space then please contact Chris Hussey 01326 340007 or Sandra Boreham 01326 341493.



Royal British Legion Coffee Morning R C Mitchell



On Saturday 4th February the Constantine Branch of the Royal British Legion held a coffee morning to raise funds for the poppy appeal. Unfortunately the weather was not particularly favourable and the turn out was lower than we had expected, but on the flip side of the coin those who did attend dug very deeply into their pockets. The coffee morning along with the raffles raised an exceptionally creditable £453.45p which brought the Branches total for the 2011/12 poppy appeal so far to £5830.38p. We are well on our way to our target figure of £6000 for the year. The Chairman would like to once again thank all those who assisted in making the coffee morning and raffles such a resounding success.

As a part of the proceedings a raffle was held. All of the raffle prizes were donated by local establishments, hotels and businesses and meant that there were some very special and coveted prizes on offer. In the present economic climate the response of so many local businesses to our request for raffle prizes was very heart warming and reflects very well on the generosity of this area of Cornwall. We appreciate that many of the businesses we approached receive numerous requests from other charities for donations and feel very privileged that we were so well supported. Our most grateful thanks to all who sponsored the raffle with prizes and vouchers. The Branch President Mr N Hatton L/Col retired attended and presented the following long service awards for poppy collectors: a 25 year award to Carol Agnew (who in truth has actually been collecting for over 35 years, she started when she was very young); Sheila Dunston a 20 year award; and a 5 year award each to Mrs Sally Coot and Mr Alfie Coot.

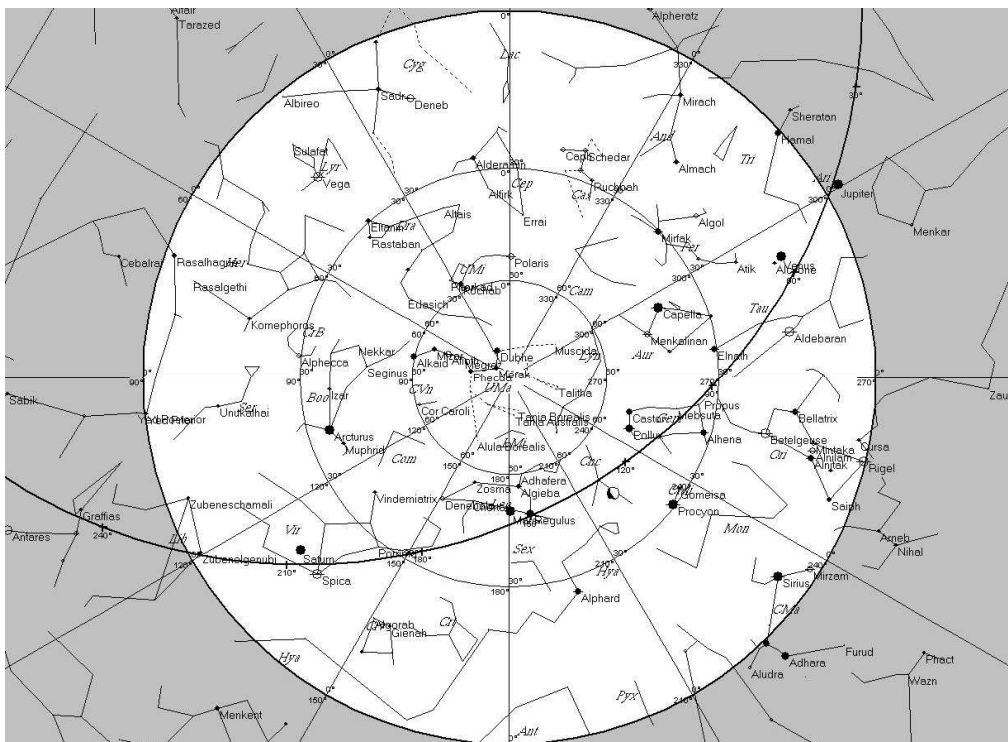
BUSINESS SPOTLIGHT

Do you own a local business? Would you like to tell people about what you do? In future issues we'll set aside space to print contributions from local businesses. This could include letters, photographs, special offers or anything else you'd like to share. The Waymarker will be featured in our May/June issue. If you'd like to contribute to a later issue please get in touch.



March/April Sky at Night Robert Beeman

In this first contribution we set out a few hints to finding one's way around the night sky. The star chart is set for 10pm April 1st. Hold the chart so that the direction you are facing is at the bottom. The lower half shows the sky ahead of you. The centre of the chart is the point directly overhead.



Find the Plough or Ursa Major (UMa) and using the two right hand stars extend a line northwards, ie up the chart to the pole star Polaris. From the pole star pick out Ursa Minor (Umi). Using the two left hand stars of the Plough extend a line downwards until you come to a bright star Regulus. Regulus forms the base of an asterism, the Sickle in Leo. An asterism is a line of sight effect, the stars being at great and varying distances from us. Comet Garradd is a binocular object for most of March and April. Take the middle of the line between Polaris and the end right hand star of the Plough, from this point extend a line at 90 degrees towards the horizon. In early March Garradd will be close to or nearly level with, Ursa Minor and should appear as a fuzzy ball. April brings the Lyrid meteor shower, the name indicating the radiant, the part of the sky from which they appear to originate, Lyr on the chart and has a bright star Vega. The prediction is for 10 to 20 per hour and they should be visible from the evening of 21st to dawn on the 22nd. Jupiter is well worth viewing in early March before it slips away westwards. With binoculars try to spot the Jovian moons, Io, Europa, Ganymede and Callisto. To download your own free chart and notes go to www.skymaps.com/store.

The Constant Times

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The Constant Times is distributed free to all households in Constantine Parish every two months, with support from the Constantine Enterprises Company and Transition Constantine.

Submission Deadlines:

News items, calendar entries and other submissions are required by the second Saturday of each month prior to publication.

Please send content to constant.times@gmail.com, post to the addresses above or drop in the Constant Times post box at the Constantine Farmers Market.

**DEADLINE FOR MAY/JUNE
2012 ISSUE: APRIL 14**

Advertising:

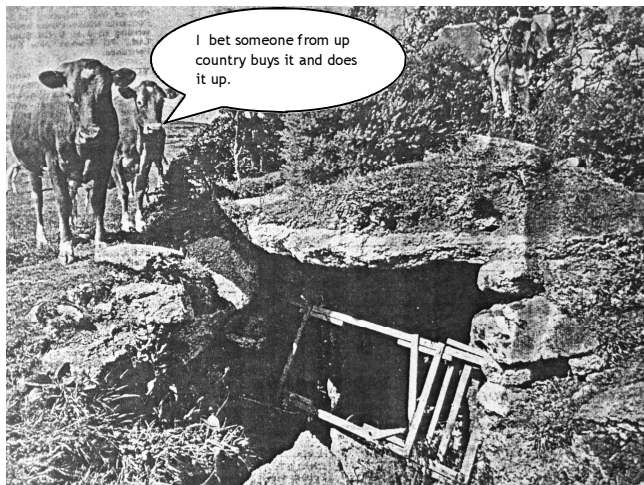
We're looking for advertisers to sponsor the newsletter for a modest annual contribution. Many thanks to Constantine Stores, C. Rudrum and Sons, MGD Motor Trading, Constantine Carriage Company, OTS, The Waymarker, Spiral Construction and Bailey's Country Store for their generous support of the Gweder Myras.

Past Times

*Excerpt from 'Gunn's Cornwall', date unknown.
Cutting supplied by Gerald Trethowan.*

"Just off the main road from Penryn to the Lizard at Bosahan is the Trewardreva Fogou, more commonly known as Pixies Hall. This is a slightly curved passage some 66 feet long and up to 6ft 6ins in height with rough granite walls and the remains of a fortified enclosure, traces of which can still be seen. It was thought to be once used as a smugglers cave but is traditionally regarded as a home of Cornish Fairies.

Folklore has it that Cornwall is the home of no less than five varieties of fairies: the Spriggans (ghosts of giants), the Small People (Spirits of Cornish ancestors who, since they grow smaller each year are virtually invisible), the Knockers (who lived in mines and were thought to be the souls of early Jews who had mined for tin), the Brownies (household fairies who were good or mischievous by turns) and the Piskies. It is this last group, much given to evil deeds such as luring travellers into bogs, robbing houses and carrying off children in the dead of night who were most often said to inhabit the hall."



Cattle ponder Pixies Hall.