

# The Constant Times

Volume 1, Issue 2

May/June 2012

## Parish Matters Robert Williams

The recent terrible fire near the village square received regional newscast, but this was outdone by the national reports of the planning application to declare a shed near High Cross as a legal dwelling. Local residents objected and the matter is still under consideration, as is a similar application at Calamansack, near Port Navas. Also, the Parish considered a proposal for a housing estate outside Port Navas, which was thought to be unsuitable.

Car parking was also on the agenda, as the tortuous extension to the Church Hall space is nearing completion. Thanks to our County Councillor Neil Hatton, who extracted £3000 from the County Highways, the Parish purse was so much the heavier. Elsewhere, inconsiderate parking led to complaints which were transmitted to the same authority. It is with satisfaction that we are not affected by the County's increase in car parking charges, as ours are free at the point of use (if not to the rate payers). Not so to the costs of burials, which have been raised considerably County-wide. The Parish received a proposal to increase its tariff substantially but decided on only minor changes.

Crimes have been of a minor sort, but not so to those concerned. Driving accidents can cause injuries as well as fines; an assault is always unwelcome to the victim and thefts an inconvenience, if not worse, to the losers. Happily, some offenders get sentenced, as has happened recently to the house trashers at Wheal Vyvyan.

There are two temporary committees working on forthcoming matters. One is the Diamond Jubilee, which is organising a four day series of events in June.  
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## Editor's Note

Hello all,

We are delighted to announce that the first edition of *The Constant Times* was generally well received, so much so that in preparing this second edition we were overwhelmed with content. We have expanded from 16 pages to 24 (we can only expand or contract four pages at a time). However, we also need to strike a balance between expenditure and revenue. The newspaper is a volunteer effort, but it must break even on printing costs. This issue features our first run of advertisements—please support our advertisers with your custom, and let them know where you saw their ad!

We promised an item on the oldest and youngest resident of Constantine Parish. The youngest (at press time) is Mia Hannah Jade Vincent, born 23rd March 2012, daughter of Paddy and Kerry Vincent of Penbothidno. Many of you will already know that Rose Pearce of High Cross is our oldest resident, at age 104!

Next issue will be July/August—submissions no later than **9 June** please.

Looking forward to the May flowers!

Benjamin Symes

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### Parish Matters, continued.

The other is to explore funding to replace the playground equipment, which was found to be dangerous.

Thought is being given to the Christmas lighting, which Councillor Wiseman has to relinquish after many years of hard work due to the ravages of age. A possible successor has been identified and will be approached.

A walled bank is collapsing in Brillwater Road which it is hoped the County will repair. Appeals for funding were looked at but only the Helford River Children's Sailing Trust found favour to the tune of £250.



After the feisty Public Question Time in February, the unique absence of the public in the March meeting allowed the Council to finish within two hours: a record.

## Celebrations for the Queen's Diamond Jubilee

### 2nd - 4th June 2012 James Agnew

There are so many events taking place, and so many of the Parish groups and organisations will be involved, that it is difficult to list them all here. A special commemorative programme will be available prior to and over the weekend, which will give details of all the events and contributors.

We begin the celebrations with a launch event on Friday 18th May in the Tolmen Centre, where a special CD (which has recently been recorded by several communities' choirs) and a full souvenir programme of all the events will be available to buy. On Sunday 27th May there will be 'Open Gardens' from 1 to 6 pm; this is a fundraiser to help with the costs of the weekend's events.



The main celebrations begin on Saturday 2nd June. Key events include a Hog Roast and Fun Day on the Recreation Ground and a parade to the Marquee for a Community Service on the Sunday. There will be a chance for everyone to celebrate the vibrant community we have in the Parish, with 'Have a Go' activities being held by a variety of Constantine's groups and organisations, a regatta at Polwheveral, and then the Lighting of the Beacon on the Monday. This will be followed by a screening of the events in London on the big screen and the presentation of commemorative mugs to the children of the Parish (children resident in the Parish who do not attend Constantine School or Pre-school can arrange to collect their mug by contacting [charlotte\\_m\\_evans@hotmail.com](mailto:charlotte_m_evans@hotmail.com)).

There will be plenty of events running throughout the weekend, including a Flower Festival, an Art and 50's Fashion Exhibition in the Tolmen Centre, and Story Walks at special locations around the Parish. The weekend also coincides with the annual Cornwall-wide Open Studios, and several local artists' studios will be open to the public. All proceeds from the events will go into a Constantine Diamond Jubilee Fund, held and administered by the Parish Council, and all Parish Organisations/Projects will be able to make applications. There will be something for everyone over this lively celebratory weekend, and we now look forward to enjoying the special occasion, which is only a matter of weeks away. Hooray!

For more information about the Jubilee Celebrations please contact steering group Chairman James Agnew on 341041 or [jim@pollyshouse.eclipse.co.uk](mailto:jim@pollyshouse.eclipse.co.uk).

## Constantine Open Gardens Day



### A Launch Event for HM the Queen's Diamond Jubilee Celebrations

**Sunday 27th May 2012 (N.B. CHANGE OF DATE)**

1:00pm until 6:00pm

One ticket for all gardens @ £5 per adult (accompanied children free). Tickets will be available at each participating garden. Leaflets will be available, with the gardens' map, prior to the day, in the Spar Shop, Constantine Stores, and on the day outside the Tolmen Centre.

CREAM TEAS will be served at Nancenoy Farm, the home of Mr. and Mrs. Michael Dunstan between 2:00pm and 6:00pm.

## Three Artists and Another One George Willoughby

Four very different artists, living in and around the beautiful Helford creek village of Constantine, are opening their studios as part of the Open Studios Cornwall 2012, which runs from Saturday 2nd June to Sunday 10th June.

Kathy Atkins will have her delightfully light and fresh mixed media paintings, together with her drawings, both framed and unframed available. George Willoughby's work, although produced mainly in oils, now takes in some exciting exploration into watercolours and printmaking - these skills he combines with his love of the local landscape. Lin Williams will have alongside her pastel traditional landscape and seascapes a new venture into oil and mixed media - hoping to trap the light and atmosphere with a new medium. Marian Saunders ('the other one') will be showing her stunningly vibrant and colourful jewellery, together with embellished textile and knitted accessories, cards and mixed media panels.

Each of the artists will be very pleased to welcome you - every studio will be bursting with art to suit all tastes and budgets. Just look for the big 'O' signs on the roads into Constantine. We have produced a trail map (see right), showing how to get around between the studios by road or on footpaths through the woods. Beautiful art, a woodland walk and maybe a delicious lunch - what's not to like? If you would like more information just ring 01326 341440 or 07989898173

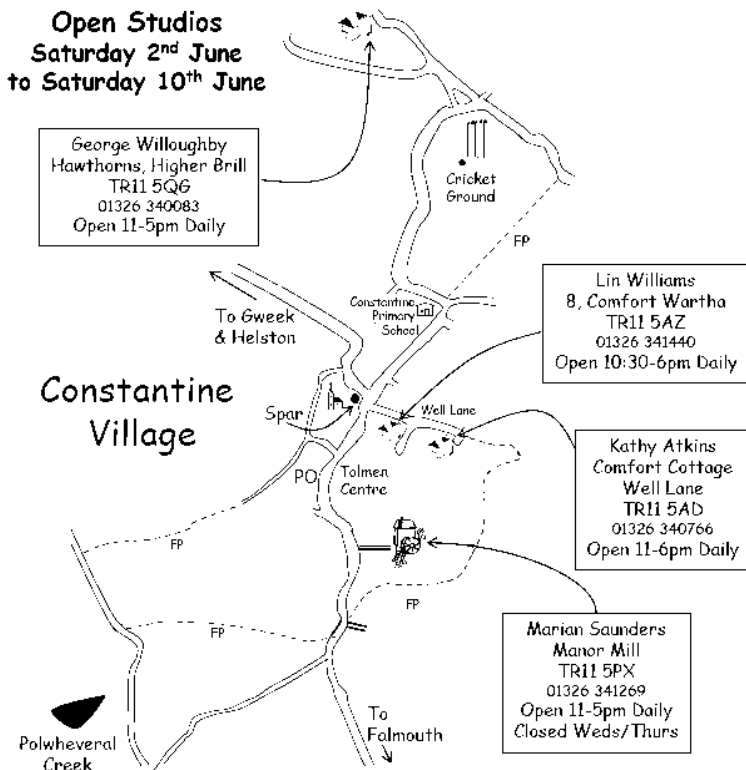
## Constantine Cottage Garden Society Anthony Bolt

As part of the Open Gardens Day on 27 May the Cottage Garden Society is to have a display and plant sale in the Agnew garden, thanks to Carol and James.

Please note the date for the Garden Society Show - Saturday 21st July, starting at 2.00 p.m.

There will be classes for Horticulture, Home Produce, Floral Art, Arts and Crafts, Photography and a Children's Section.

Schedules may be collected from Spar or Constantine Stores, but if you read this first, subjects for Photography are: Pets, Industrial Cornwall - Past or Present, Feeding Birds, Flowers or Plants, Sunset, A Cornish Landscape, Head and Shoulders Portrait, Spring Scene, Railways, Black and White of your choice. Get snapping!



## JuMP Update Tamsyn Gendall and Russ Johnston

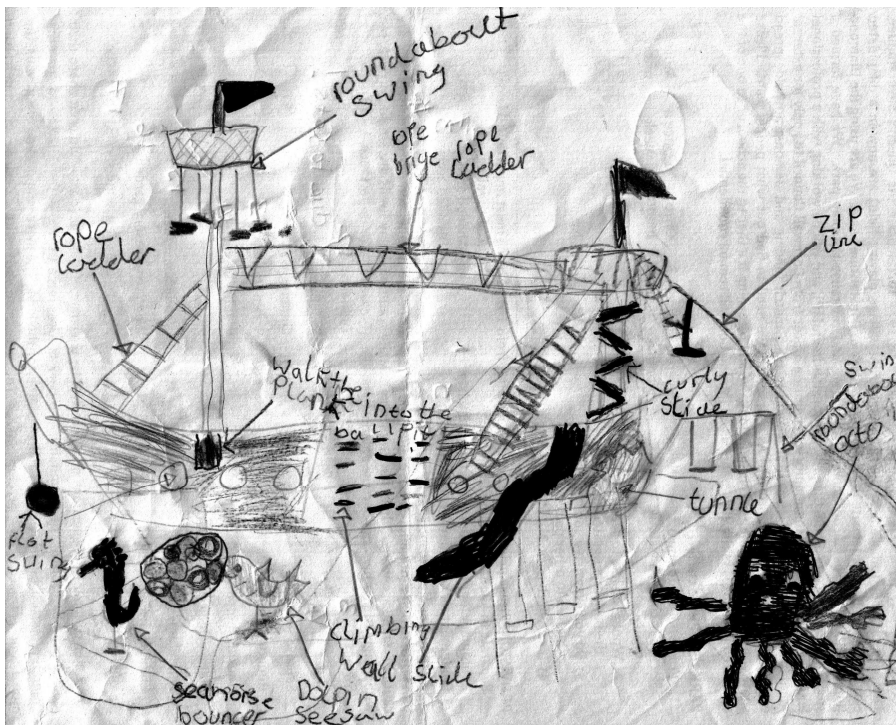
The Jubilee Memorial Playpark project has now reached its second stage, as public opinion gathered from the first phase passes to a design team tasked with turning your



suggestions into firm proposals. Our initial questionnaire revealed a preference for traditional play equipment (slides, swings, etc.), closely followed by adventure items (e.g. scramble nets), then imaginative play (wendy houses, static vehicles), with environmental stimuli such as sensory gardens and wind chimes ranking last. These results were confirmed by a second survey conducted at the Easter Bake Off. Children of primary school age are considered most important to provide for, followed by toddlers; entertainment for older kids is deemed a lower priority. There was, however, huge support for a zipwire and a basket swing, with, significantly, equal endorsement for these features coming from parents. Ellie Mae Smith was the winner of a free Flambards pass in our 'dream park' design competition (winning design pictured right).

Professional garden designer Matt James ([mattjamesgardens.com](http://mattjamesgardens.com)) has now assembled his dream team, including David Losasso, formerly Design Director at the Eden Project, and Daniela Coray, Royal Horticultural Society Young Designer of the Year, to help him construct blueprints for a playground that will turn heads as well as exercise little legs. With the right proposal, Matt believes, JuMP will be in a position to pitch to major donors, who will want to see their names associated with our park.

We cannot expect anyone to invest in this project unless we are prepared to invest in it ourselves, by raising money and by demonstrating widespread community involvement and support. Our three warm-up fundraisers (one of which made the West Briton front page!) have so far netted close to £800. The scale of operations is set to climb during the summer months. For Jubilee Weekend, there will be a sponsored walk and cycle from Constantine Bay to Constantine church town on Saturday 2nd June, and a barbecue for the Queen's Great Picnic on Sunday 3rd June. A glamorous evening of 'Ball-gowns and Welly-boots' is planned for sometime later in the summer, along with an opportunity to get closer to heaven by ascending Constantine Church tower during the July Farmers Market. Please give generously to this campaign or volunteer to get involved yourself. We need to ensure Constantine remains a village for families, in which future generations continue to thrive. Contact Tamsyn Gendall, 341369, with ideas and offers of help.



## Story Shop Goes Mobile! Natalia Ernstman



Over the past two months the Story Shop has collected stories from Constantinians by walking through the village and its surroundings. Many have contributed with childhood memories, thoughts about the village, historical facts, visions of the future, times-gone-by and things to come. All these recordings

will become part of a audiowalk. During the celebrations you will be able to take out headphones, stroll around and listen to these stories. So make sure you find a quiet spot in the busy program of the Jubilee to let the stories take you to another time, following in the footsteps of other fellow villagers.

As this edition of The Constant Times comes out, the collecting of stories has come to an end, but you can still contribute to the archive and soundwalk by sharing recordings you have at home. Voice, sounds, music... anything that you think is related to Constantine is welcome! Please contact the Story Shop on [story-shop.constantine@gmail.com](mailto:story-shop.constantine@gmail.com) or 07 765420345, or bring a copy to the Heritage Collection (tapes are also accepted).

## Mayday, Mayday Charlie Pugh

Good news for Tolmen Centre theatre enthusiasts: an extra performance has been added to the summer programme, on Saturday 5th May. We have persuaded Tristan Sturrock and his wife Katy Carmichael, of Theatre Damfino, to bring back their amazing show for one more performance in Cornwall - following sellouts and rave reviews at The Poly and The Acorn in March.

The story begins on Mayday 2004, when Tristan Sturrock (RSC and Kneehigh, and sometime regular on Doc Martin!), after a day imbibing the atmosphere and the beer of Padstow's annual May festival, fell off a wall and broke his neck. Tristan presents an absorbing and poignant show based on his dreadful accident, which left him paralysed and close to death, and his subsequent recovery. Hilarious and heartstopping by turns, the show is a warm tribute to the medical profession and the NHS, but it's also a theatrical delight. Sturrock is a consummate actor, with a commanding stage presence. Combined with some wonderful theatrical design, he makes a show that holds you completely absorbed from start to finish, with moments of complete hilarity interspersed with the dark reality of a horrific accident and the life-affirming but anguishing process of gradual recovery. Since his recovery in Derriford's spinal unit, where he was put back together again, Tristan Sturrock has performed all over the world, most recently on Broadway in Kneehigh's *Brief Encounter*. *Mayday Mayday* is directed by his wife, actress Katy Carmichael, who was pregnant with their first child at the time of the accident, and who features heavily in the background to this story.

Tristan and Katy really wanted to do a performance of the show in Cornwall (where it all happened!) on or near to Mayday (when it happened!) and so the date was fixed. We are delighted that *Mayday Mayday* is back for one more night in Cornwall - a chance not to be missed to see this wonderful performance. The show starts as usual at 7.30, and Café Tolmen and the Bar will be open from 6.00 for drinks, snacks and light suppers. Tickets are £9 (£7 concessions) from the Tolmen Centre Box Office on 01326 341353.

Meanwhile the Tolmen summer season continues on May 26th with *Release* by Icon Theatre, another first class piece picked up from the Edinburgh fringe. It explores the life of three released prisoners trying to rebuild lives after a short prison term. Then comedy mayhem for all the family on June 15th with Gonzo Moose's mega-spoof, "I'm an Aristocrat, get me out of here". The season ends with two amazing music gigs, Endless Journey, music from the deserts of Niger, and finally a night of high energy folk from Gigsanner.



## Farmers Market Thriving Mandy Milano

The village Farmers Market continues to thrive - held monthly in the Village Hall on the 2nd Saturday of the month. In April we welcomed back the lovely Susan (aka the rhubarb lady) and Mike with lots of fresh stuff from their poly-tunnel, and the “young Gwenan” who will be running the Cornish Smookies stall.

**Stallholders Profile:** The Old Post Office Bakery - the fabulous stall run by John (aka ‘Pie’) and his wife Fran, selling wonderful artisan breads, buns, savouries, etc. Their sunflower loaf was one of the Independent newspapers national top ten artisan breads!



It all started when John linked up with Karl-Heinz Rossback in 1986. Karl was baking organic bread from a disused Old Post Office in Brixton to supplement his income whilst studying psychotherapy. There were not many organic suppliers then, and they supplied just 3 shops, with no competition. The business grew; they moved into premises in Clapham and started to sell bread from the front of the shop as well as expanding the wholesale business, supplying the likes of Able and Cole. When A&C grew too large they decided to find more of their own outlets; they expanded the shop, obtained another shop (Greensmiths of Waterloo) and concentrated on farmers markets. John and his team supply Marylebone, Queens Park, The Oval, Brixton, Venn Street Clapham and Broadgate markets... and now, of course, Constantine! John's bread even earned him his wife! Apparently, Fran worked in the studio next door to his shop and was a regular customer; the rest, as they say, is history.

The family moved to Constantine in July 2010, where Fran's parents Mike and Judy Ford live. They are currently looking for premises to set up a bakery. Meanwhile John returns to London to keep the bakery going there. John says, “What I like best about baking is the creativity and the contact - you make and bake the loaf and sell it direct to the customer. The least attractive part is the early nights and early mornings - too many!” When not baking he relaxes with lots of walking and drinking - malt whisky preferably - but not usually both at the same time. Fran first got involved helping in the London bakery with the Admin, then got drawn into the breadmaking. Once back in Constantine, she was approached by Sally Martin and Debbie Tufnell about opening a small bakery shop in Debbie's garden. “Crumbs” was born and now opens every Friday and Saturday morning apart from Farmers Market weekends - but more about that next time when we look at Sally's wonderful cakes.

## Farwell to Constantine Bob Mynett

In the summer of 1976 I came to Cornwall to work and in looking for somewhere to live I found my way onto the target butts on the creek where I met Walter Symmonds fishing with his grandchildren. He and I struck up a conversation (had a bit yak) and he sang the praises of Constantine as a place to live. A couple of weeks later my wife came down to Cornwall and together we toured the area looking for a place to buy. Arriving in Constantine my wife alighted from the car, looked around and said: "This is where I want to live."

Six weeks later we moved into a cottage in Fore Street. Thirty five years later we are on the move back to Gloucestershire (nearer to our grandchildren & daughters) - proper 'fly by nights' - here one moment, gone the next. A happy thirty five years and we believe that we have put our two pennorth into the village for and to the benefit of the village. We have made so many friends that it would be unfair to single any one person out but be assured that you will all be remembered fondly and will feature regularly in our thoughts and conversations in the future. Many a tale of Constantine will enliven the dinner table.

When we came the Tolmen was the Methodist Chapel and now it is an award winning community resource centre. The Doctor practised his healing arts in a house in Doctors Lane and did not much like the look of a pair of carbuncles in the small of my back (I was not very keen on them myself). Now there is a well equipped modern surgery as part of a larger practice that serves the community in an up to

date way. Village voluntary organisations have grown and slimmed, some have come and gone. The strength of any voluntary activity lies in the dedication and hard work of those who give countless hours for their chosen cause.

For seven years the Gweder Myras touted its own particular brand of fact and fiction, po faced solemnity and satirical humour - and so, going with us are the Over 70's Leap Frog Team with the Incontinence Pad Long course League and the Max Schmelling Short course Cup, Sidney the one armed projectionist and the Constantine Ritz, Professor Madsa Hatta, Bombardier Eli Jalsberg (Constantine Poet Lorry Ate) and a host of other lesser characters who appeared briefly and then departed.

M.J.B.B. 34

NOVEMBER 2010

CONSTANTINE  
GWEDER MYRAS

Your amiable local newspaper delivered free to over 400 households.

RUSHES COUNCIL  
THURSDAY 21 October 2010

Mr Tony writes:

Public Question Time opened at 6.15pm with Councillor Williams in the Chair. Firstly we had notice about the formation of a Residents Association, then a notice about the whole village. Constantine in Transition were there to ask if any planning by the Council should consider the use of floating structures a matter not approved by the County Forester if applied to the car park extension. Mr Village Councillor, Mr Jones then reported he had to deal with the recent flood in the car park and re-use the area to prevent a repetition, for which he was wholeheartedly thanked. Finally Councillor Gweder stated the early nature of the dogs keep out notice I all of these would be given immediate attention.

The Meeting properly then started at 7 pm with Councillor Carter now in the Chair. The Minutes of the previous Meeting were accepted and amended for sharp-eyed and grammatically literate Councillors. Then, Apologies for Absence were accepted, and other business noted.

The Police Report was given by PC/SGO Andy Huddleston, with the help of PC/SGO Peter Gweder. He brought bad news, having been over-cashed in the centre of getting a verbal report, but having to substantiate reference to the Police website, this unfortunately gave only the statistics of events in the six parishes for which they are responsible, leaving no clear account of crime in our parish. Promises will be made. I however, he was able to say that a powerful roadblocker had left the village, that I think living in the former Twickenham quarry was being dealt with and noted the growing of wildflowers in native fields.

The Cornwall Council, then spoke of the change of refuse collection dates (phone 0300 1234 141). Mr Jones if there is a problem, how the allocation of refuse to the new bins for the future.

The Council's Emergency Committee then reported on its plans for the future. It had revised the list of emergency contacts and their phone numbers will be published. It had arranged for strategic placed parishioners (or mostly farmers with property equipment) to hold supplies of salt to deal with particular places. It would also purchase 23 kilograms of road salt (cost 6.5) for Villagers to purchase for their own use. Information about the availability of hall use for emergency accommodation if your house burnt down, would also be sought.

The Neighbourhood Watch Scheme would now be revised to take advantage of the internet. Police information will be circulated to all one line, with printed publication on notice boards for those without the facility. Please write to robert.williams@cornwall.gov.uk if you wish to be put on the list. To contact the police, call the usual numbers: see Gweder Myras for these.

Overgrown Trees on the Recreation Ground had been inspected following a complaint. Steps will be taken to cut them down to remove the problem.

Investigation into the sorry state of the Squire's Garden to the south to remove the present plants then replanting with new plants provided free by the Fire Tree nursery.

The Car Park Extension, which at present looks very large thanks to Mr Jones, will be further by securing permission to cut the tree nearest the road, allowed by the County Forester in return for replanting against the back fence, no permit a run of parking space along the road (which Mr Jones will be allowed to plant these.

We will have again have trees at Xmas, both in Fore Street, Stewerston and Port Nanto.

The Village has changed and it is not for us to say whether it be for the better or worse - it has just changed as all things change. There are many more children than when we came and that gives hope for the future but the men of the village do not sing as they used to. Swings and roundabouts - as one door closes another one opens. Ronnie Rashleigh said to me: "Tis their village now. They shall have to look after it."

So it is over to you, all of you, to keep the village in your hearts as it changes over the years. No doubt new building will come and the village will grow larger but as long as it keeps its Cornish flavour as the most 'villagy' of villages it will always be Constantine.

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## **Business Spotlight: The Waymarker** Rhiannon Mann, Proprietor

Have you found the flavour at this refreshment and function venue just north of Constantine in Trewardreva between the hamlets of Treverva and Brill? Come along to enjoy our seclusion and uninterrupted views, with fully disabled accessibility and facilities. Our product range includes tasty Sunday roast lunches, Afternoon Teas, Breakfast Choices, Homemade Cakes, Lunchtime Meals and Snacks with Unique Evening Menus being held on a monthly basis. Drop in either while out for a walk around the abundant footpaths in the area or whenever you want to enjoy some fantastic home-cooked and freshly prepared savoury or sweet treats! The Waymarker aims to combine its tranquil surroundings with the abundant excellent local produce to provide a great place to enjoy the refreshments. All dietary requirements considered with a newly installed infant changing unit and high chair availability. The Waymarker can be booked for functions and special occasions with a range of catering options available. Why not bring your group or society to this rural retreat to enjoy full facilities for a private meetings, conferencing or team building? Open daily 10.00 - 18.00. Closed Tuesdays. Please contact us to check for any changes to opening hours during off peak season: [www.thewaymarker.co.uk](http://www.thewaymarker.co.uk), 01326 341323, [info@thewaymarker.co.uk](mailto:info@thewaymarker.co.uk).



*(The July/August Business Spotlight is already filled, but please contact us if you'd like us to feature your business in a later issue.)*

# **The Constant Times**

## **CONSTANTINE CALENDAR**

### **MAY 2012**

**Sat 5** - Mayday Mayday: Theatre Darn-fino. 7.30pm. Tolmen Centre. £9/£7. 341353. (Café Tolmen open 5.30pm)

**Thurs 10** - Café Tolmen. 9.30am-2pm

**Thurs 10** - Transition Constantine Meeting. 7pm. Queen's Arms. Contact Chris Hussey 340007.

**Sat 12** - Constantine Farmers Market. 9.30am-12pm. Church Hall.

**Mon 14** - Women's Institute Meeting. 5.15pm. W.I. Hall.

**Mon 14** - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

**Tues 15-Sun 20** - Ron Prior Exhibition. 10.30am-4pm. Port Navas Village Hall.

**Wed 16** - Tolmen Movies. The Artist. 7.30pm. £3.

**Wed 16** - Café Tolmen. 3pm-7.30pm-hot food from 5.30pm.

**Thurs 17** - Café Tolmen. 9.30am-2pm.

**Thurs 17** - Parish Council Meeting. 7pm. Vestry.

**Fri 18** - Constantine History Group. Trenarth - Lucie Nottingham. 7.15pm. W.I. Hall. Geoff Roberts 340154.

**Sun 20** - HVMCA event: Botany, Wildlife and Conservation at Budock Vean. Find out more how the hotel manages its natural environment, with botanist Keith Spurgin. 2-4pm. Budock Vean Hotel. Contact Abby 07917 765581 or Charles 07795 845696.

**Mon 21** - Constantine One and All Club. Ifracombe Trip. Meet at Spar. 9am. Contact Sally Coot 340050.

**Thurs 24** - Café Tolmen. 9.30am-2pm.

**Sat 26** - Release: Icon Theatre. 7.30pm. Tolmen Centre. £9/£8/£4. 341353. (Café Tolmen open 5.30pm)

**Sun 27** - Open Gardens Day. 1pm-6pm. Contact Gill Just 340434 or Carol Agnew 341041.

**Mon 28** - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

**Tues 29** - Ladies Circle. Weather Forecasting, with Carol Pearce. W.I. Hall. Contact Jean Olds 340388.

**Tues 29** - Constantine Pre-School Pub Quiz. 9pm. Tren-gilly Wartha.

**Wed 30** - Tolmen Movies. A Separation. 7.30pm. £3.

**Wed 30** - Café Tolmen. 3pm-7.30pm-hot food from 5.30pm

**Thurs 31** - Café Tolmen. 9.30am-2pm.

**See [www.tolmencentre.co.uk](http://www.tolmencentre.co.uk) for details of shows and films.**



## **JUNE 2012**

**Sat 2-Mon 4** - Celebrations for the **Queen's Diamond Jubilee** (see p.3)

**Sat 2- Tues 5** - 'You and 1952'. 11am-4pm. Port Navas Village Hall. An exhibition of artefacts from 1952/3. Contact Margaret 340214/Gillian 340600.

**Mon 4** - Community Choir Singalong Party. 7pm. Tolmen Centre.

**Tues 5** - 1950's Themed Menu Night. Waymarker. Celebrations with prize for best fancy dress.

**Weds 6** - HVMCA event: Dig beneath the sandy muds from Bar Beach to Pedn Billy with Dr Tegwyn Harris. 1-3pm. Meet at Ferryboat Inn, Helford Passage. Contact Pamela 01209 842316 or Charli 07740 090777.

**Sat 9** - Constantine Farmers Market. 9.30am-12. Church Hall.

**Sat 9** - Deadline for Constant Times submissions, July/August issue.

**Mon 11** - Women's Institute Meeting. 5.15pm. W.I. Hall.

**Mon 11** - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

**Wed 13** - Tolmen Movies. Dean Spanley. 7.30pm. £3.

**Wed 13** - Café Tolmen. 3pm-7.30pm- hot food from 5.30pm

**Thurs 14** - Café Tolmen. 9.30am-2pm.

**Thurs 14** - Transition Constantine Meeting. 7pm. Queen's Arms. Contact Chris Hussey 340007.

**Fri 15** - Constantine History Group. Cornwall Record Office - Deborah Tritton. 6.30pm. Truro. Geoff Roberts 340154.

**Sat 16** - Constantine Pre-School. Rounders Wars. Details on [www.constantine-preschool.com](http://www.constantine-preschool.com).

**Fri 15** - I'm An Aristocrat Get Me Out Of Here: Gonzo Moose. 7.30pm. Tolmen Centre. £9/£8/£4. 341353. (Café Tolmen open 5.30pm)

**Mon 18** - Constantine One and All Club. St Mawes/Mevagissey Trip. Meet Spar 9am. Contact Sally Coot 340050.

**Thurs 21** - Café Tolmen. 9.30pm-2pm.

**Thurs 21** - Parish Council Meeting. 7pm. Vestry.

**Mon 25** - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

**Tues 26** - Ladies Circle. Navy Stories, with Rev Stewart Turner. W.I. Hall. Contact Jean Olds 340388.

**Wed 27** - Endless Journey. 7.30pm. Tolmen Centre. £10/£8/£4. 341353.

**Wed 27** - Café Tolmen. 3pm-7.30pm- hot food from 5.30pm

**Thurs 28** - Café Tolmen. 9.30am-2pm.

*Please send calendar items to  
[constant.times@gmail.com](mailto:constant.times@gmail.com).  
Remember to include: date/event  
title/time/place/price (if any)/  
contact details. Thank you!*

## ***CLUBS, GROUPS AND GOINGS ON***

*Calendar entries and reports on group happenings (400 words maximum) are welcome. We'll try to make space to print everything that comes in, though we may occasionally need to hold items over if we run out of space.*

### **Constantine Silver Band News**

2012 marks another milestone in the history of Constantine Silver Band, as this year we will be celebrating 35 years since the band was reformed in 1977 after the Queen's Silver Jubilee Committee were unable to acquire a band to lead the village parade during its celebrations. Two local residents thought it was time that Constantine had its own band back so they got busy throughout the summer and practice started that year with a few old instruments and no music or music stands. We have now, over the years, built up a good stock of instruments and percussion for the future. Over the years we have seen 30 years of Brass On Grass, plus the reformation of the Village Carnival which the band ran for 27 years. We have also enjoyed band tours overseas.

Now, looking to the future, we see the band in transition. We have been very fortunate to acquire the help and support of Mark and Lorna who have worked very hard with the Senior band plus building up our Youth band, with their tireless commitment leading to a growth in Youth section numbers and performances. They have, for the second year running, entered the Cornwall Music Festival at Truro, doing Constantine Band and the village proud. We would like to express the band's thanks to all our vice-presidents, sponsors, Constantine Social Club and all helpers who support us in these difficult times, for without their help and support we would find it difficult to run and attend as many local events as we can without charge.

The band has a very busy season ahead starting with the Jubilee Celebrations in June. The band will perform at the Garden Show on 21st July followed in the evening by our Brass and Voice Concert featuring St Stithians Male Voice Choir, Trenigilly Singers and Constantine Silver Band. On 22nd July we have our Brass On Grass, with guests Camborne Town, Helston Town, and St Keverne bands. On the weekend of the 28th we have the Port Navas Regatta, followed on the 29th by the Carolaire on the Quay with the Church Choir and Band. This weekend also sees the Village Carnival events. August 4th we have a fête at Princess Pavilion and on September 9th we are again at the Pavilion taking part in the National Brass Band Bandstand Day.

## 100 Years of Constantine Sea Scouts George Bibby

In October 1912 Col. Vyvyan, the Scout Commissioner, formed the Village Scout Troop as 11th Falmouth Scout troop, led by Mr J B Seager and Mr W E Edwards, with over a dozen boys being the first to join.



Since 1912 there have been over a thousand boys from Constantine who have been Cubs and Scouts in the Village Group. During the 1970s the 11th Falmouth Scout Group was re-titled 1st Constantine Sea Scout Group, and started operating on the Helford River during summer meetings and continuing meeting in Constantine Church Hall throughout the winter.

By the 1980s the Constantine Sea Scouts were attracting boys from a much wider area such as Helston, Gweek, Halvaso, Port Navas and Mawnan Smith, and, with the addition of Beaver Scouts for children of pre-Cub age and Venture Scouts for 16 to 21 year olds, the Group had 80 members by the late 1980s.

In the last two decades of 20th Century, Constantine Sea Scouts and Venture Scouts took Scouting world-wide with participation at Jamborees in Holland and India, and a visit to Russia and Pont Croix.

Sadly, by 2000, Constantine Beavers and Cubs had ceased and as a consequence the Sea Scout numbers started falling; also the Venture Scout Unit had folded. The problem was not lack of interest from children but that Adult Leadership was no longer forthcoming from the people of Constantine. The troop was only kept going with the help of two Leaders from Helston and Penryn. However, in 2010, parents in Mawnan Smith were encouraged to re-form the Mawnan Cub Pack which, with the help of an experienced Group Scout Leader and Young Leaders, many from Cornwall University College, Tremough. The Cub Pack quickly thrived and, within a year, a Beaver Colony had formed as well. By 2011 some of these Cubs were old enough to progress to Scouts.

So, after 100 years of Scouting in our area, it was time to combine Mawnan Smith Cubs and Beavers with Constantine Scouts as well as incorporating all the other Villages in our vicinity by re-naming the Group 'Helford River Sea Scouts'. Now we have full Sea Scouts, Cubs and Beavers and recently welcomed Girls into Sea Scouts for the first time!

Sea Scouts (ages 10 - 14) meet Wednesdays 6.30 - 8pm. For details contact Sea Scout leader: Scott Woyka, Vicarage Terrace, Constantine, Mobile (07968) 332092.

## Transition Constantine News in Brief Chris Hussey

**Jubilee Trees:** Many of the trees donated by the Woodland Trust have now been planted. Members of Transition Constantine, with the help of Well Lane residents, 'topped up' part of the Bosahan woods towards the end of March. In a later planting session, local scouts helped the Transition group to re-stock the hedge on the playing field and place some further trees around the perimeter. The Glebe Garden is the next likely target for the sapling squad.



**Constantine Community Library:** Many people have collections of books sitting on their shelves gathering dust. Most people are happy to lend books to people they know. Lots of people would be glad to borrow a book rather than pay for a copy of their own. This state of affairs brought on a 'light bulb' moment recently for Robin Curtis, chairman of Transition Constantine. Why not publish list of books available to borrow, with details of who has them, and then leave the potential borrower to contact the lender and arrange the loan? Within a small community the personal contact should create a certain level of trust and obligation, and it would be an opportunity to meet new people with similar interests.

A pilot online 'library' has been set up as a trial. The current collection of books available is broadly on 'Transition' themes, but could be expanded to cover any number of subject areas. The only limit is the number of people participating and the books they are willing to lend out. An online catalogue of books available can be accessed via a link on the Transition Constantine website: <http://www.constantinecornwall.com/transition>. You can search the catalogue by subject or author (or just download a full list of what's available). Selecting an individual book will bring up the contact details of the person who has the book (phone or email). It's then up to you to make contact and arrange the collection. If anyone else wants to participate in the scheme and offer books for loan, please contact Chris Hussey (340007 or [chris.r.hussey@gmail.com](mailto:chris.r.hussey@gmail.com)).

**Fal Energy Partnership:** The new Social Enterprise set up by the Fal Energy Partnership was officially launched in the Falmouth Town Council Chamber on March 28th. There were talks by members of the partnership, by local and county council representatives, and by Sarah Newton MP, all setting the context for why the Falmouth and Penryn area needs a local energy plan. One of the starkest facts emerging in the talks was that about 20% of the local economy is devoted to energy in one form or another, and most of the spend disappears out of the county.



## **‘Save the Children’ Needs You!** Paula Roberts

Come and join us-we need your help! Last year we raised an amazing £21,000 to help children here and abroad. We are looking for new members for our friendly team so that we can maintain and build on our success. Could you help with fund-raising events, by cooking, running stalls, producing crafts, helping in one of the shops, etc? Or maybe you could bring some fresh ideas? Contact Paula on 340552 or paula.roberts45@btinternet.com. Constantine’s Save the Children Charity Shop is open Monday, Wednesday, Thursday, Friday, 10am-12pm.

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## **Past Times** (regular historical feature provided by Gerald Trethowan)

*The West Briton* - Thursday, October 16th, 2003

### **Jo, aged 90, to stay on as supervisor in new Save the Children shop**

“Following years of working in damp conditions, volunteers and their 90-year-old supervisor at the Constantine and Mawnan branch of Save the Children have new, larger premises to sell goods.

The shop, established nearly 30 years ago, was in an old garage in Lower Fore Street which had damp and restricted conditions but has now moved next door.



The new premises were officially opened by supervisor Jo Lawlor, who despite failing eyesight and poor health, is keen to stay involved with the branch.

The premises were revamped by the volunteers after a successful pasty supper was hosted by Shirley Barnicoat last month, raising £330. The shop provides more storage space and will be less draughty for those who help.

An outlet in Constantine was first created in 1976 by Mary Hawkins, who lived in the village before she opened her first local outlet at Port Navas.

She founded premises in Constantine, first at a cottage next to the Armoury and moved around until settling in Lower Market Street. Mary was succeeded by Jo who, along with her helpers has been dedicated to running it.”

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## Constantine Village Carnival 2012

Many thanks from all on the Carnival Group to everybody that supported our Easter Draw. Over £200 was raised. This year's Carnival will be held on Saturday 28th and Sunday 29th of July.

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## Constantine Community Choir on YouTube! Marian Saunders

Choir member Gavin Saunders has produced a wonderful short video of the Community choir in action during the recent recording for the Jubilee 'Constantine Sings' CD. See how many faces you can recognise on <http://bit.ly/cnk4Z>. Everyone is welcome at any of our rehearsals - come along, it really is fun.

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## New Support Group in Constantine

The Tolmen Centre is hosting a new support group for women living with Endometriosis. Sara Gadd, a patient at the Cornwall Endometriosis Centre, RCHT, Truro, runs the group with co-patient Hannah Pinnock from Penryn. In two months they have already raised £445 and now have 26 members.

The group is hosted in conjunction with Cathy Dean, an Endometriosis Nurse Specialist, and national charity Endometriosis UK. They aim to raise awareness, bring diagnosis times down from the average of 8.3 yrs, and lobby for Endometriosis to be recognised as a disability. Sara and Hannah have now had their first support group meeting at The Tolmen Centre. They plan get-togethers in May and July, a fundraising "Well-Being" day later in the year, and a Christmas Jumble Sale!

"I am keen to get the message out there and raise awareness of the condition and the group, as we have a centre of excellence here in Cornwall" says Sara. "In consultation with their GP, any ladies suffering from period problems, bowel problems, painful sex and infertility, could all be helped by the centre. The Cornwall Endometriosis Support Group is here to offer down-to-earth support!"

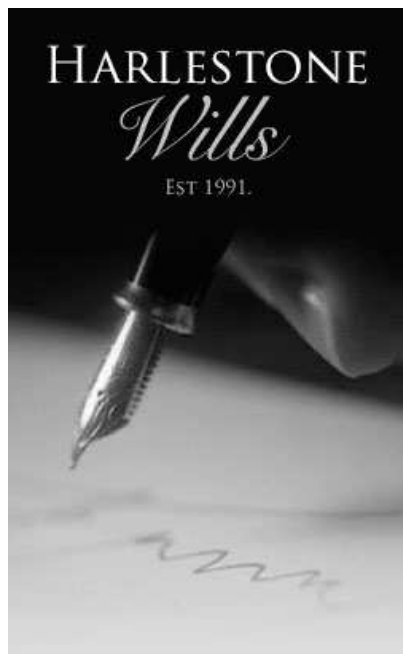
The Cornwall Endometriosis Centre, which is based on the Royal Cornwall Hospital site in Truro, has been running for three years having been set up in April 2009 by RCHT Consultant Gynaecologist Mr Dominic Byrne and Mr Alfred Cutner. For further information Sara and Hannah can be contacted at [cornwallendometriosis@yahoo.co.uk](mailto:cornwallendometriosis@yahoo.co.uk) or go online to [www.endometriosis-uk.org](http://www.endometriosis-uk.org) and click on local support groups.

## Obituary (Obituary contact: Ron Rashleigh, 01326 340047)

**George Steele**, 1st June 1918 - 3rd October 2011

George was born in Constantine on the 1st June 1918. After leaving school, he took up a engineering apprenticeship with the Falmouth Docks. In his final year of this apprenticeship, he was offered the chance of completing his last year at sea on board a tanker. However, his mother refused, stating that she had no intention of letting her son go to sea around the world, what with all that drink and loose women! A year later, in 1938, George asked his mother if he could join the Navy. This time she had no objection and George spent 32 years in the Navy as an engineer artificer, mainly in submarines, and retired in 1970. In 1968 George was awarded the BEM (British Empire Medal - the MBE for Other Ranks at that time) for 'Services to the Royal Navy'. George and his wife Myra had a daughter, Susan, a grand daughter Dawn and two great grand children Arthur and Estella.





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## West Cornwall Food Guide

A new edition of the West Cornwall local food directory is now available. The directory was developed by Art & Design students from Helston College and the Helston and Penwith Transition Groups. Search the online version at [www.westcornwallfood.org.uk](http://www.westcornwallfood.org.uk) order a printed copy of the guide for £2.

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## Review Shorts

(contributions welcome)

"The Best Exotic Marigold Hotel" is still on at the Phoenix in Falmouth and is one of the funniest films we've seen since "The Full Monty". A group of elderly people, trying to make their



pensions go as far as possible, go to India to live in a run down hotel, formerly a palace, which the young owner is trying to make a go of. We see how they cope with their new lives; some well, some not so well. The scenery is stunning and the acting superb - well, with Maggie Smith, Judi Dench, Ronald Pickup, Celia Imrie and Tom Wilkinson it could hardly fail.

*Reviewer: Elizabeth D'Alton*

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## \* \* Night Sky May/June Robert Beeman

**Note:** To receive a copy of the star chart for 2300hrs 31st May please email [constant.times@gmail.com](mailto:constant.times@gmail.com), or collect from the envelope on the door of The Constant Times office at the Tolmen Centre.

The summer triangle is now appearing high in the east formed by Vega (the 5th brightest star in the night sky), Deneb (at the head of Cygnus) and Altair, close to the horizon.

Locate the Plough, follow the handle to the kink and find the pair of stars Alcor and Mizar. These are easy objects with binoculars, known in mythology as the horse and rider. Once thought to be a binary system (a theory now discounted), these stars are about 80 light years (ly) away and about 3ly apart. Mizar itself has a companion star but you will need a powerful telescope to see this.

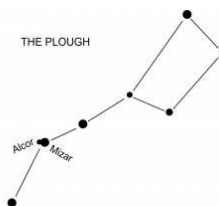
Extend the handle further south to a bright star - Arcturus at the base of Bootes. It is the 4th brightest star in the sky, a red giant 37ly away and 110 times as luminous as the Sun. Use a star chart to find Izar, which is above and to the east of Arcturus, which is a yellow and blue double star system. The colours reflect the individual star's ages and stage of evolution.

On an imaginary line between Vega and Arcturus, and about a third of the way west from Vega in the constellation of Hercules, you should spot a fuzzy patch, M13. M13 is a globular cluster, one of the oldest objects in the solar system at 13 billion years.

Extend the Plough handle further towards the horizon from Arturus to a bright star, Spica, and you should find Saturn close by. Mars should be to the west about two thirds of the way to Regulus.

The Eta Aquarid meteor shower (remnants of Halley's Comet) peak on the 5th of May. You will need to be up and about at 0330hrsBST and as the radiant is low in the east. You will also need a good clear horizon.

For more information visit  
[www.astronomynow.com](http://www.astronomynow.com)



# The Constant Times

## Contact Details

Email: [constant.times@gmail.com](mailto:constant.times@gmail.com)  
Post: Tolmen Centre or  
47 Fore Street  
Phone: 01326 341129

## Editorial Team

Oversight and Advertising:  
Benjamin Symes  
Submissions: Lottie Bowser  
Layout and Copy-editing:  
Caitlin DeSilvey  
Copy-editing and Distribution:  
Russell Johnston

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## Submission Deadlines:

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

Please send to [constant.times@gmail.com](mailto:constant.times@gmail.com), post to the addresses above or drop in the Constant Times post box at the Farmers Market.

**DEADLINE FOR JULY/  
AUGUST 2012 ISSUE:  
JUNE 9**

## Letters, comment and opinion

(contributions welcome)



*Perhaps the constant theme that I will develop in "Constant Times" is that, in fact, "the times they are a changing". Sir Richard Doll, a pioneering epidemiologist, published in the 1950s his report on the unexpected link between smoking and lung cancer. Many scientists and medics recognised the implications immediately but it took 50 years for the public at large to take the message on. Recently, Professor Jim Hansen of NASA was in the UK. He first published a paper linking climate change with carbon emissions over 30 years ago - and the world at large is still taking its time to wake up to the issue. Perhaps it will take another costly twenty years, despite Hansen's predictions being remarkably accurate. Both he and other scientists are now making the issue an ethical and moral one - with Hansen likening the campaign for carbon emission reduction to Wilberforce's campaign for the abolition of slavery. It requires all of us to seek ways of reducing our carbon footprint. Our small effort to plant 400 or so carbon absorbing trees in the village as part of the Woodland Trust's six million trees for this Jubilee year is one example. To learn more about some of these and other "Transition" related issues, please take advantage of our novel community lending "library" that we have just launched.*



Robin Curtis (Transition Constantine Chairman)