

# The Constant Times

Volume 1, Issue 3

July/August 2012

## What a Weekend of Celebration! James Agnew

Now that it is all over, and life starts to resume to normal, it only leaves me on behalf of the Steering Group to thank everyone who helped with the Diamond Jubilee Celebrations in whatever capacity, however much, even the smallest contribution. Without your help, we would not have been able to offer the facilities, or widespread fun and games. The list of names is too long to print here, but you know who you are.



To those who came and supported the various events I do hope you enjoyed it, and gained a real feel of community spirit. We do live in the most wonderful Parish. Please look out for future announcements, once the final financial position is known.

We are hoping to create a pictorial archive of the Jubilee Celebrations to be held at the Heritage Centre for future generations to look back on. If you took any photos that you are happy to share and have recorded, and, if chosen, to be published please 'burn' them to a disc, or save them to a memory stick (mark the disc/memory stick with your name, so the resultant photos can be attributed). Slowly the archive will be created!

You can post photos to James Agnew, Polly's House, 2 Clinton Road, Constantine, TR11 5AS. If you want them returned, then please add your address. If you only have one or two photos, then please feel free to e-mail them to: [jim@pollyshouse.eclipse.co.uk](mailto:jim@pollyshouse.eclipse.co.uk).

## Inside this issue



Buckingham Palace Post, Page 2



Snail Race, Page 7



Brass on Grass, Page 4

Comment and Opinion, Page 15

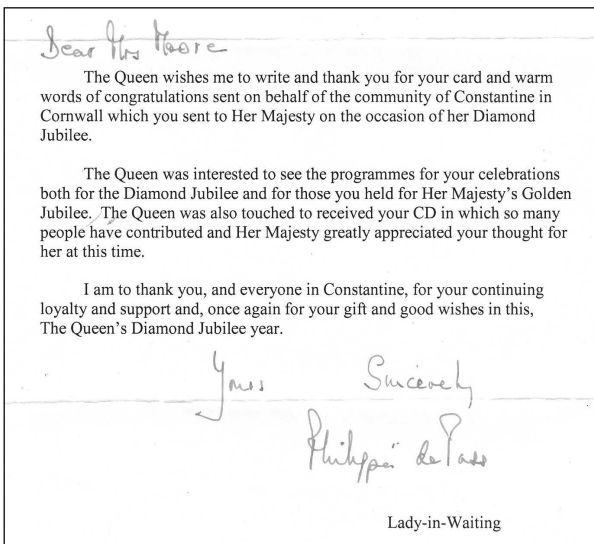
## Constantine's Jubilee CD Liz Moore

A suggestion was made to record all the village choirs for the Jubilee, to raise funds for our proposed very active weekend of celebration. The recordings took place during April, in many different locations. I have always been amazed at the talent in this village and this recording proves it. Thank you everyone for taking part, potentially over 150 of us, and thanks to Rob Norman for doing the recording. Our CD is available from Constantine Spar, The Stores and choir members, a great present for friends and family who live away from the village. All proceeds go to the Jubilee expenses fund, and excess money to the Parish Council Jubilee Project Fund. We sent a copy of the CD to The Queen and received a thank you letter from Buckingham Palace, below.

We initially planned to take a photograph for the cover design, but everything was looking dull and uninspiring from Calaman-sack in the rain of April. Then I saw Lin's amazing painting hanging in the Tolmen Centre. Desmond Reynolds 1982 introduction to the "Who's Where" was used as the CD introduction:

*"Our village is like a Granite city set on a 'hill' almost in the centre of one of the largest parishes in Cornwall, reaching from the banks of the lovely Helford River to the high granite country some five miles to the north. Farms and quarries, fisheries and builders, shops and garages provide jobs and services. Housing developments have increased the size of the village and brought new blood and ideas to supplement the many 'local' families ensuring the survival of this ancient settlement. If the buildings are of hard granite, the hearts of the people are of gold in this friendly and thriving community."*

We are still that friendly and thriving community, though none of the quarries are working. With over forty clubs, groups and societies, we organised a huge weekend of events for the Queen's Diamond Jubilee in June, and we sure did enjoy it.



---

## Parish Matters Robert Williams

This report straddles the months of May and June and thus covers the momentous events of the Diamond Jubilee. What happened will be recorded elsewhere but the Parish can be justly proud of the planning and execution by residents, who were lauded at the June Meeting. James Agnew, Chairman of the Steering Committee, had attended the May Meeting to discuss the planning, which the Council had sponsored to ensure that there were sufficient funds available to prime the pump. The investment seems to have been amply rewarded by the events themselves and the surplus on budget, a result always to be welcomed.

In May, the Council Chairman, Paul Carter, had given his review of the past year. There had been some difficult times, such as the cessation of the Youth Club due to poor attendance and problems at the Social Club, but completion of the car park extension and improvements at the Social Club, meant that on balance, we had emerged on the credit side. He thanked the many efforts to assist the parish by County Councillor Hatton, including the financing of the car park. All this was recognised nationally by invitations to the Royal Garden Parties to himself and other villagers, together with the Queen's Award for Voluntary Service to the Constantine Enterprises Company, a.k.a. the Tolmen Centre.

The May and June Meetings dealt with nine Planning Applications, none of which were challenged, much to the relief of the Councillors, who dislike frustrating the wishes of their constituents, although it has to be done sometimes. The Police must have been active elsewhere for no report was available in June. In May, they attended the fire in the village, and in their annual review noted 56 crimes, compared with 51 in the previous year. There were 18 criminal damages, 14 assaults, 11 thefts, and 6 burglaries, with a detection rate of 30%. Their work also dealt with liaison with the school, boat thefts in the Helford, parking problems and rogue traders. Like poverty, malefactors are always with us.

The unstable banking in Brillwater Road will be costly for the Parish as the County deny responsibility. We will have to find some thousands to rectify the matter, an unwelcome outcome when we need the money to replace the playground equipment. Happily, the JuMP committee are very active and hope to raise £5,000 this year. At the June Meeting a new Model Code of Conduct aroused some dissent from Councillors who objected to some of its provisions, which seemed to hamper rather than encourage informed debate. It was agreed to revisit the topic in July but force majeure will have its way and the law obeyed, even if it is sometimes an ass.

## Constantine Silver Band's Weekend of Brass and Voice (Brass on Grass) D. Down

The village of Constantine is preparing for a busy weekend of musical entertainment when the Constantine Silver Band holds their annual Brass on Grass weekend. This is a most popular weekend event in the Band's busy Calendar year and begins on the Saturday evening of July 21st at 7.30pm. For this year's concert we have the very popular St Stithians Male Voice Choir, Trengilly Singers and Constantine Silver Band, plus junior band all providing a varied evening of singing and music.



This evening sets the mood for the most entertaining event in the Band's year as they stage the much awaited original Brass On Grass evening, to be held on 22nd July, where the band's parade through the village at 6.30 for the concert that starts at 7.00. This will be the 31st Brass on Grass and is the highlight for many supporters who have attended all the evenings since it began in 1981.

This hugely popular event has given much pleasure and enjoyment to a large section of the Community who have enjoyed the wide variations of numerous Bands over the past years.

We anticipate a very special evening of musical entertainment as we have some of the best Bands not only in Cornwall but in the South West. Returning again by popular demand are Camborne Town, Helston Town and St Keverne, who will each play their own programme, joining together along with Constantine players for the finale with a spectacular Massed Band rendition.

The evening provides music of a variety which has something for everyone. Both events will be held in the marquee on the recreation ground. Parking is free. Access for disabled persons.

Admissions £3.50 Saturday and £7.00 on Sunday. Children accompanied by an adult £1.

---

## **Constantine Agricultural Association Country Show**

**Saturday 7 July 2012, Trengilly Farm, TR11 5RS**

Gates open to public 9.30 am

Entry fee £3.50 adult, £1.50 ages 5-16, under 5 free

BSJA Show Jumping, Gymkhana

Domestic Tent (cookery, needlecrafts, horticultural, eggs, children's classes)

Coconut Shy, Various Stalls, Fun Dog Show, Cattle Show

Display of Vintage Tractors, Cars, Commercial Vehicles

Refreshments and a Bar.

---

## **Constantine Cottage Garden Society Summer Show**

**Saturday 21 July 2012, The Recreation Field**

Gates open 2 pm—Admission £2, children free

Horticultural, Home Produce, Floral Art, Arts & Crafts, Children's Section.

Constantine Silver Band in Attendance

---

## **Constantine Carnival**

**Saturday & Sunday 28-29 July 2012**

The morning starts with our Town Criers telling the village of events over both days.

Please support our yearly event. It's your event, and once gone we won't get it back!

Look out for posters with details, or contact Ann Fowler, 340625.



## JuMP Update Russ Johnston

We are delighted to announce that Jubilee Weekend proved a spectacular success for JuMP. Our Saturday sponsored Hike and Bike from Constantine Bay back to the village was very well supported, with crowds gathering outside the Social Club to welcome the triumphant participants home. Despite blisters, aches and a 4am start for the walkers, they remained cheerful the whole way and never once ran out of conversation. Meanwhile, the cyclists took on the relentless Cornish landscape fuelled by a combination of jelly babies and masculine bravado. Some of them got lost, one crashed into a road sign and another went AWOL only to be discovered in a coffee shop after a half hour search, but all of them made it back eventually. On the Sunday, a range of activities in the Pavilion accompanied the decoration of the willow carriage. We ran a barbecue, sold cakes and other goodies, hooked ducks, raced snails, and set up a stock to punish miscreants. It's astonishing how eager children are to turn their parents' pockets inside out for the privilege of throwing wet sponges at an adult. We'll certainly be using that one again. Throughout, there was a wonderful atmosphere with kids more or less keeping themselves entertained and the Social Club doing a roaring trade to grateful parents on an otherwise gloomy afternoon.



Tensions mount as the snails enter their final twenty-minute sprint.

Jubilee Weekend was a milestone in the JuMP campaign. Our total amount raised shot from under a thousand pounds to close to three thousand. Thank you to everyone who contributed. The generosity and goodwill extended to our cause has been heart-warming and inspirational. However, we still need to keep going. We require at least five thousand pounds by the end of summer to be in a good position to begin applying for external grants, which typically demand matching at around the 5-10% mark.

Sadly, our plans to open up the tower of St. Constantine's have had to be cancelled: the Church has no insurance and the Lord moves in such mysterious ways that safe conduct up and down the steep steps cannot be guaranteed, even for so worthy a cause as JuMP. If anybody has any other ideas for a fundraiser, please get in touch. There are sections of the community we have not yet found a way to draw in and we need to know what you would like us to do for you. Forthcoming events will be advertised in the usual spots around the village.

---

## Volunteer Curator Needed for the Constantine Heritage Collection

Well established, vibrant Village Museum and its enthusiastic volunteers need to find a new Curator as Tracey Clowes is leaving the post at the end of June.

The applicant needs to be enthusiastic about Village life and history and be keen to progress what has become a popular and respected part of our village.

Enthusiasm more important than experience as Tracey will provide training and all the help and advice you will need.

If you are interested, and want to know more, then call Tracey on 01326 340279.



## Constantine Art Society supports Cornwall Hospice Care Margaret Deans

This year the art society celebrates its 38th Annual Exhibition which will be held from Saturday 20th July to Saturday 11th August. Open every day from 10am - 7pm, the exhibition is stewarded by the artists. Why not come and talk to them about how they make their art?

We have a tradition of supporting a charity and this year it is Cornwall Hospice Care. You can help us support this charity by buying a raffle ticket and maybe winning an original painting, or by making a donation in one of our collecting tins. We will have original paintings, cards, crafts, woodwork and ceramics for sale at excellent prices. Everyone welcome, admission free.



# CONSTANTINE ARTS SOCIETY

## 38th.ANNUAL EXHIBITION

*Saturday  
21st. JULY  
until  
Saturday  
11th. AUGUST  
10 am. - 7 pm.*

**CHURCH HALL,  
CONSTANTINE.  
TR11 5AN.**

**Original Painting Raffle in aid of  
"Cornwall Hospice Care"**

We welcome people wishing to join us at our friendly painting session on Tuesdays in the Church Hall from 11am - 4pm. Our members come from across West Cornwall and both beginners and more experienced artists are welcome. We also have regular workshops hosted by professional artists and social events. For more details please contact Kath Jones 01872 863275, [katchon@hotmail.co.uk](mailto:katchon@hotmail.co.uk).



## Business Spotlight

### Constantine's "Art of Gardening" - gARTen Design

Sara Gadd launched gARTen in 2008 from her garden studio here in Constantine. With four years horticultural/design training, and a doctorate in art, she brings experience and quality to her gardens. She has worked with some of the UK's leading designers at The Eden Project and the Chelsea Flower Show, and has recently been involved in the landscape design of a large business development in St. Austell.




Sara's practice embraces environmentally sensitive design, using local knowledge, materials and skills. In 2008 she won ITV's 'Garden for Eden' and is now helping the children at Constantine School's "Eco-Club" to develop their own garden.

For the past two years Sara and her team of Contractors, Stonemasons, Groundworkers, Blacksmiths and Nurseries, have worked with a family in Fowey to transform their Victorian home. "The thing that we think is particularly unique is that, as a designer, Sara hasn't railroaded her ideas onto us" says owner, Lorraine Shaw. "She is always flexible and is happy to let a space evolve whilst maintaining the integrity of the garden. She has produced outstanding results!"

After 10 years toiling in her own garden, Sara opens it for the first time this year, in Support of Endometriosis UK, on September 15th 2012. All are Welcome!

If you would like to contact Sara she's always happy to have an informal chat, and her FIRST CONSULTATIONS ARE FREE. She's at home at Lower Treculliacks on 340 493 or 07814 885 141, or you can contact her through the website, [www.gardendesignincornwall.co.uk](http://www.gardendesignincornwall.co.uk)

*(If you would like us to feature your business in the September/October 'Business Spotlight' please contact [constant.times@gmail.com](mailto:constant.times@gmail.com), or ring 341 129.)*

# **The Constant Times**

## **CONSTANTINE CALENDAR**

### **JULY 2012**

**Sun 1** - Helford Conservation Cruise. HVMCA. 2.30-5pm. The Ferryboat Inn Jetty, Helford Passage North Shore. Adults £8, Under 18s £4. Contact Paul 341030 or David 340686 to book.

**Thurs 5** - Café Tolmen. 9.30am-2pm.

**Sat 7** - Constantine Agricultural Association Country Show. Gates open 9.30am. Trengilly Farm. £3.50 adult, £1.50 ages 5-16, under 5 free.

**Sat 7** - Summer Fayre. 10am-12pm. Constantine One and All Club. Social Club/Recreation Field.

**Mon 9** - Women's Institute Meeting. 5.15pm. W.I. Hall.

**Mon 9** - Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

**Wed 11** - Café Tolmen. 3-7.30pm. Hot food from 5.30pm.

**Wed 11** - Tolmen Movies. The Artist. 7.30pm. £3.

**Thurs 12** - Café Tolmen. 9.30am-2pm.

**Thurs 12** - Transition Constantine Meeting. 7pm. Queen's Arms. Contact Chris Hussey 340007.

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

**Mon 16** - Constantine One and All Club. Brixham Trip. Meet at Spar 9am. Contact Sally Coot 340050.

**Wed 18** - Regatta Coffee Morning. Goodies for sale and raffle. 10am-12pm. Port Navas Village Hall.

**Wed 18** - Sheherzade. Constantine School Year 6 performance. Tolmen Centre. 7pm.

**Thurs 19** - Sheherzade. Constantine School Year 6 performance. Tolmen Centre. 7pm.

**Fri 20** - Constantine History Group. Helston - Marion Smith. 7.15pm. W.I. Hall. Contact Geoff Roberts 340154.

**Thurs 19** - Parish Council Meeting. 6.45pm. Vestry.

**Fri 20** - Gigspanner: Peter Knight of Steeleye Span. 7.30pm. Tolmen Centre. £10. 341353. (Café Tolmen open 5.30pm)



**Sat 21** - Constantine Garden Society Show. 2pm. Recreation Field. Schedules available at Spar and Constantine Stores.

**Sat 21** - Brass on Grass Concert. 7.30pm. £3.50 adult, £1 child.

**Sun 22** - Brass on Grass Concert.  
Parade 6.30pm. Concert 7pm. £7  
adult, £1 child.

**Sat 21 - Sat 11 Aug** - Constantine Arts  
Society, 38<sup>th</sup> annual exhibition. 10am-  
7pm. Constantine Church Hall. Free  
Admission. Kath Jones 01872 863275.

**Mon 23** - Community Choir Rehearsal.  
6.45 for 7pm. Tolmen Centre.

**Mon 23-Sun 29** - Oliver White Exhibi-  
tion. 10.30pm-5.00pm. Port Navas Vil-  
lage Hall.

**Sat 28** - Port Navas Regatta. 12 noon.

**Sat 28-Sun 29** - Constantine Carnival.  
Contact Ann Fowler 340625.

**Sun 29** - Constantine Silver Band Caro-  
laire. 7pm. Port Navas Quay. Intro-  
duced by Rev Stewart Turner, with  
Constantine Silver Band and Constan-  
tine Church Choir.

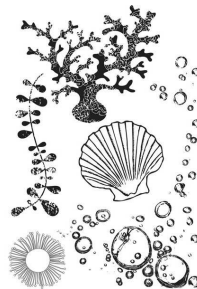
**Tues 31** - Cream Tea. 2.30pm. Ladies  
Circle. W.I. Hall.

**Mon 13** - Women's Institute Meeting.  
5.15pm. W.I. Hall.

**Fri 17** - Constantine History Group.  
Goongillings Ancient Site and Minerals -  
Charlie Pugh. 7.15pm. W.I. Hall. Geoff  
Roberts 340154.

**Sun 19** - A Walk on Bodmin Moor led by  
George Brew. 10.30am. Meet at car  
park at the end of Roughtor Road com-  
ing from Camelford. George 340445 or  
Clare 340336 to book.

**Tues 21** - Rockpool Ramble to Prisk  
Cove. HVMCA.  
1.30-3.30pm.  
Meet at Maw-  
nan Church  
TR11 5HY. Con-  
tact Ruth  
07967 251278  
or Charles  
07795 845696.



**Thurs 23** - Parish Council Meeting.  
6.45pm. Vestry.

**Mon 27** - Constantine One and All  
Club. Dartmoor Trip. Meet at Spar  
9am. Contact Sally Coot 340050

## **AUGUST 2012**

**Thurs 9** - Transition Constantine Meet-  
ing. 7pm. Queen's Arms. Contact Chris  
Hussey 340007.

**Sat 11** - Summer Barbecue. 6pm. Port  
Navas Village Hall. £6.

**Sat 11** - Constantine Farmers Market.  
9.30am-12pm. Tolmen Centre (note  
temporary change of location).

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

*Please send calendar items to  
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.*

---

### **One and All Club Outing to Ilfracombe** Sally Coot

Constantine One and All Club enjoyed a wonderful coach trip on May 21st with 39 passengers on board leaving the village at 9 o'clock, on the Olympic torch route to Ilfracombe via Barnstaple, passing through many decorated villages. We stopped at Trethorne at Launceston for coffee, then on to Ilfracombe for our dinner stop. We finished up at the White House restaurant for late afternoon tea. The weather for our day out was beautiful (lots of sunshine). The trip was enjoyed by everyone, arriving home at 8 o'clock.

---

### **Transition Constantine News in Brief** Chris Hussey and Sandra Boreham

#### **Royal Oak Planted**

One of the trees donated to Constantine by the Woodland Trust was a 'Royal Oak', grown from an acorn from one of the royal estates. This was ceremonially planted as part of the Queen's Jubilee celebrations in early June. The tree was planted by Freyja Allen, aged six, who has helped to plant many of the Woodland Trust trees around the village. It can be seen behind the newly developed car park near the church hall - still quite small, but with potential for greatness!

#### **Village Freecycle Initiative**

At the Jubilee weekend 'meet the group' occasion, Transition Constantine launched a trial 'Freecycle' board where unwanted items could be offered free of charge. A fridge/freezer and a dishwasher were offered and both had been snapped up by the end of the morning. They were later installed in the social club and will therefore be used by the community, which is very rewarding. Given this success Transition Constantine will be putting a Freecycle sheet in the notice board at the top of Well Lane, opposite Spar. If you have an item to give away please put a description and a contact telephone number on the sheet with a post-it or postcard. Please remove the notice when the item has been taken. On every second Saturday of the month the Freecycle sheet will be installed at the Farmers' market so as wide an audience as possible will be aware of what is on offer! Please recycle objects, help your neighbours out, and reduce landfill!

## Farmers Market News Mandy Milano

The market continues to thrive and is proving a popular place to meet once a month for coffee. My apologies to those who have been asking about the finances of the Market - it hadn't occurred to me that anyone would be interested! To explain in brief: to end of April 13 markets have been held with an average of 10 stalls @ £5 per stall = income of £650. Monthly expenditure: hall rent £25, electric meter £3, tea/coffee for stallholders £5, diesel for driver who puts out signs £6. Total £39 x 13 markets = £507. One-off expenditure includes table cloths £30, receipt books £7, materials for road signs £10, mulled wine at Xmas £15 AND 2 new folding tables £140. Total £202. So income of £650 and total expenditure of £709 - which means I am hopeless at keeping the books and currently owed £59.

The Farmers Market was never meant to make money - just give local producers an opportunity to do business, and a chance for local people to buy great local produce. We would really appreciate a couple more volunteers to help out if one of us is away and a plea from me for a Treasurer! So to anyone interested in the finances please step forward email [mandymilano@hotmail.com](mailto:mandymilano@hotmail.com).

**NB:** 11 August Market will be at the **Tolmen Centre**. All others at the Church Hall.

### Stallholder Profile: Sally's Cakes



Sally's Cakes began in 1988 when I started making original design decorated birthday and special occasion cakes. The more traditional cakes started when Mike Hodges let me sell them from his shop. I have always loved baking and coming up with my own recipes is a real challenge. It makes all the early mornings worthwhile when customers come back every week for their favourites, current number one being chocolate cake followed closely by lemon drizzle cake and my individual Bakewell tarts. After Mike retired I carried on from home, farmers markets and the primary school on a Friday afternoon. I am also involved with Crumbs; the idea for Crumbs came about 12 months ago, while out walking with Debbie Tuffnell. She thought it would be a great idea for us to open a small bakery with Fran Ford on Friday and Saturday mornings in her garden. I now work with my sister who does all the artwork for my special occasion cakes. Together we have drawn everything from cowboys to coats of arms, power rangers to ponies and motorbikes to maps. So far there hasn't been anything we can't draw on a cake. I hope Sally's Cakes and Crumbs can continue pretty much as it is, because juggling all the baking with being a full time mum to 5 children takes up most of my time. When I do get a chance to sit down it might be with a piece of cake but more likely a piece of chocolate!

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

*Falmouth Packet*, September 6, 1986

### **Earthquake. 3.45p.m. Tuesday Sep 2. The moment a village trembled with fright.**

Fear and near-panic gripped the villagers this week as an earthquake shook homes, gardens and streets at Constantine for the second time in just five years. Elderly people are too frightened to go to bed, people rushed to their front doors and into the streets and pets scuttled into corners and hid under beds. Reaction from villagers at Constantine varied from fear and shock to passive indifference as once again the village and surrounding countryside was shaken by earth tremors. People had been going about their everyday business on Tuesday when at 3.45pm the ground began to move beneath them and their homes and gardens started to tremble.

Fourteen-year-old Annabel Battersby was walking along the garden path at the back of her mother's home in Wheal Vyvyan Estate, when she heard a loud bang followed by a rumble and then the smashing of glass. "Our back door has three panels of glass in it," she said. "One of these smashed as the tremor came and later we found that a smaller pane of glass has also smashed in one of the front windows in the house. It was very frightening."

Mrs. Ella Farrington, of Bowling Green Road, said that all her dishes had started rattling. "I heard a loud bang and thought two aeroplanes at Culdrose had crashed. Somebody else in the house thought a lorry had crashed into the house," she said. A shopkeeper in Constantine said she had been hanging out her washing on Tuesday afternoon, after closing up the shop, when the ground started moving like quicksand.

And Mrs. Beth Hocking of Fore Street, who is a newspaper correspondent for *The Packet*, said that villagers told her they had been "terrified" by the tremor. "Some were frightened to go to bed last night," she said the morning after the quake. "And some of those didn't get changed for bed, because we were warned there might be more tremors during the night."

One eye witness said that just after the tremor the calm basin in the Helford River, where hundreds of yachts and small craft are moored, suddenly became "choppy" with large waves pounding the shore. Then, as suddenly as it came, the sea was calm again.

## Letters, comment and opinion

(contributions welcome)



Watching a family stand on a pavement seeing their home burning down in front of them was one of the most humbling and difficult experiences of my life. We could muster clothes, and nourishment but that night, solutions and answers abandoned us altogether.

Only upon reflection has it struck me that even in our rather relaxed, conserved and quiet surroundings, we seem to have an expectation and a perception that answers and solutions in this world should be instantly accessible. Ten years ago, problems that today, can be solved in an hour would have brought a person to their knees with quandary.

It is at times like that horrible night that we are rudely reminded that our lives, our expectations and our privileges are frankly ludicrously out of kilter with what is real and indeed what is possible, and now and again something that we have no control over mercilessly brings us back down to earth.

I don't believe in fate anymore. Somebody told me recently that fate is a term that we throw over one or more coincidences that come about due to deliberate actions or inactions on their or someone else's part. We canter through our time on this earth thinking that the things we see on the news won't happen to us, but they do. What the News cannot and does not show us is what happens afterwards when the victims, our friends, are adjusting to an entirely new way of life. A new habitat, new clothes and a whole new list of things to do; forget the holiday this year people, we have to rebuild our livelihood.

If you've ever moved house you will know how much we hold dear, how much we don't want to lose or throw away because of our memories and our keepsakes. Some people no longer have those luxuries, and the test of hearts, minds and memories truly begins.

I take great comfort in the way our streets filled up that night. So many people, desperate to help those in need, I dare say it was actually quite uplifting. But the real test for our village and our family is the bumpy road that lies ahead in helping our neighbours find themselves all over again. Relations may become strained, and things may be said and felt that we wouldn't entirely appreciate, but if you are even slightly put out by what is to come during the recovery, then I implore you; do not forget that night, because heaven knows they won't.

- Robert Butland



**CONSTANTINE STORES LTD**  
THE WINES AND SPIRITS SPECIALISTS

**www.drinkfinder.co.uk**

30 FORE STREET · CONSTANTINE · FALMOUTH · TR11 5AB  
TEL: 01326 340226 FAX: 01326 340182



**HARLESTONE**  
*Wills*  
EST 1991.

## Services We Offer

- ◆ Specialist Will Writing Services
- ◆ Property Trusts
- ◆ Advice on Lasting Power of Attorney
- ◆ Will Documents for Children with Special Needs
- ◆ Advice on Living Wills.
- ◆ Inheritance Tax planning and Probate Advice

*All of these services are available on a home visit basis.*

**01326 210 414/07583 174943**

**info@harlestonewills.co.uk**

Harlestone Wills & Quills Wills Harlestone  
PO BOX 309  
Falmouth  
TR11 9BH

**CONCEPTS AND IDEAS, DESIGN AND PLANTING FOR YOUR GARDEN**



**GARTen®**

“ The designs that Sara produced for us are stunning, and we still find it amazing that her plans translated identically into reality. We have really enjoyed the whole process of planning our garden. ” **LS, Fowey.**

**WWW.GARDENDESIGNINCORNWALL.CO.UK / 01326 340 493 / SARA@GARTENDESIGN.CO.UK**

**C. RUDRUM AND SONS  
(CORNWALL) LTD.  
DIPLOMA COAL MERCHANTS**

*Reliable and regular deliveries*

Redruth (01209) 215561/213365  
Camborne (01209) 713158 Stithians (01209) 860385  
Falmouth (01326) 377345 Truro (01872) 274942  
Helston (01326) 573661 Mevagissey (01726) 842365  
St. Austell (01726) 850462

**BARTON HOUSE, PARC ERISSEY  
NEW PORTREATH ROAD**

**SAAB SPECIALIST  
SALES - PARTS  
SERVICING**

Pre M.O.T. Checks

Body Repairs

Car Valeting

Free Estimates

New & Used Spares

Cars Purchased for CASH



SAAB 9.3



SAAB 9.5



SAAB 900

**MGD LTD. - MOTOR TRADING**

15 Commercial Park, Wilson Way, Pool,  
Redruth, Cornwall TR15 3RT

Tel/Fax: 01209 314847 • Mobile: 07831 585443

**ADVERTISE IN THIS SPACE!**

**Enquiries to Benjamin Symes  
01326 341129**



**4000 Varieties of Unusual  
and Cottage Garden  
Perennials, 70 varieties  
of Clematis.**

**Free Planting Plans**

**MAIL ORDER AVAILABLE**

OPEN: Wednesday - Sunday,  
February - October

**[www.cornwallgardens.com](http://www.cornwallgardens.com)**

Email:

**[plants@cornwallgardens.com](mailto:plants@cornwallgardens.com)**

Catalogue available online or  
send six 1st class stamps to:

**Constantine Garden Nursery,  
Fir Tree Farm, Tresahor,  
Constantine, Falmouth,  
Cornwall, TR11 5PL  
Tel: 01326 340593**



**12, 16, 24, 29 and 53 seater  
Minibuses and Coaches**

**For Group Tours, Cruise Transfers  
and Wedding Transport**

Falmouth Town Shuttle Bus and Carnon Vale Corlink

**Ring Steve or Ben Moore on 01326 378100**

For Corlink Enquiries Phone 01326 259794  
Out of Hours 01326 340703



**The Club with a big heart**

The warmest welcome awaits you at your local Slimming World group. For more information just phone Dawn or come along and see for yourself with no obligation to join.

**Wednesdays 7.30pm**  
Constantine Primary School  
Trebarvah Road  
Tel: Dawn 01326 558720

## SPIRAL CONSTRUCTION LTD.,

*Special Staircase Manufacturers*  
Turning Ideas Into Reality

WATER MA TROUT  
HELSTON TR13 0LW  
TELEPHONE 01326 574497  
FAX 01326 574760

E Mail [enquiries@spiral.uk.com](mailto:enquiries@spiral.uk.com)

## The Waymarker

**Tasty Sunday Roasts**  
**Morning Coffee & Afternoon Tea**  
**Special Events & Function Hire**

**Open Daily 10:00—18:00**  
**(Except Tuesdays)**

"A rural retreat for a  
sweet or savoury treat"

| phone: 01326 341323 |  
Trewardreva, Constantine, TR11 5QD  
[www.thewaymarker.co.uk](http://www.thewaymarker.co.uk)



**Zumba and Dance**  
**Movement classes**  
**for all ages and**  
**abilities**

For full timetable and to find a class  
near you visit:

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

For more information please contact  
Gill Sadler on 07817174114 or  
email [zumbasisterz@gmail.com](mailto:zumbasisterz@gmail.com)

## Constantine Carriage Company

Private Hire, 6 Seater Taxi, Local/  
Long Distance, Airports, Railway  
Stations, Day Tours around Cornwall.  
Door to Door Service, with a Smile.

Tel: 01326 341291

Mobile: 07890 489040

[Clive@clive0.wanadoo.co.uk](mailto:Clive@clive0.wanadoo.co.uk)



## \* \* Night Sky July/August Robert Beeman

**Note:** To receive a copy of the star chart for July/August 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.

At this time of year the Milky Way constellations dominate the view, but unlike the winter constellations we are looking into the centre of our galaxy. If you have a good southern horizon look for the "teapot" shape of Sagittarius with its very dense star fields.

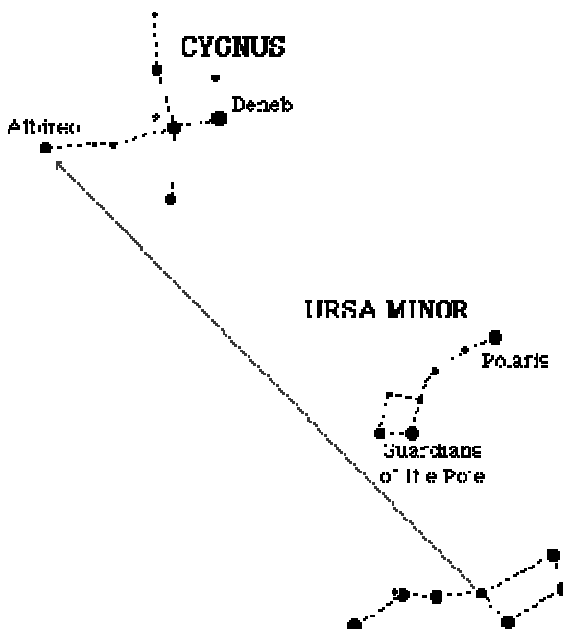
Move upwards and eastwards to find the tiny constellation of Delphinus the Dolphin. Above and to the west is Albireo, the southernmost star of Cygnus, one of the most spectacular double stars in the night sky; even a small telescope will reveal the contrasting blue and gold of the two components.

August 12th/13th sees the peak of the Perseid meteor shower. The radiant will be high in the NE in Perseus, which is just below and to the east of the W shaped constellation Cassiopeia. The best time to see these meteors is after midnight but you stand a good chance of seeing the odd one or two as soon as it's dark. While you are waiting try and find the Andromeda galaxy M31, the most distant object visible to the naked eye, which lies below the westernmost star of Cassiopeia.

Good freeware programmes for more information are:

*Carte du Ciel*, from [www.stargazing.net](http://www.stargazing.net) which will enable you to produce your own star charts for dates and times of your choice.

*Stellarium*, a planetarium programme, from [www.stellarium.org](http://www.stellarium.org).



## 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

*The Constant Times* is produced with support from the Constantine Enterprises Company and Transition Constantine. Volunteers distribute free copies to households in Constantine Parish every two months. Please let us know if you do not receive a copy, or if you would like to help with distribution.

### 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  
SEPTEMBER/OCTOBER  
2012 ISSUE: AUGUST 11**

## Review Shorts

(contributions welcome)

*Coming soon to The Tolmen Centre*

Film: "The Artist". Dir. M. Hazanovicius  
(French)



This film won five Oscars and is well worth seeing. It's a romance, a tragedy, funny and amazingly compelling.

It's a silent film, shot in black and white, set in 1927, which you may think will make it dull - but definitely not. The story is beautifully told - a silent movie star who loses his livelihood when the Talkies arrive and then falls for an up and coming young woman who becomes a big star in the new talking pictures.

The most memorable member of the cast is Uggie - a delightful, characterful dog who steals every scene he's in.

The story is, in a way, a basic boy-meets-girl-loses-girl-regains-her, romance, but it's told with great sensitivity - and what's more, makes you use your imagination.

*Reviewer: Elizabeth D'Alton*