The Constant Times

Volume 1, Issue 4
September/October 2012

Jumping Forward Russ Johnston

We are delighted to report that the total amount raised by the Jubilee Memorial Park regeneration project (JuMP) has now passed £3500, on track for our minimum target of £5000. JuMP is now due to enter a new phase as the 'summer' of 2012 draws to a close. Matt James and his team have all-but completed their blueprint for the park, later than anticipated but still in time for a public consultation before our quest for external funding begins in earnest. This event will be advertised widely so that everyone has a chance to comment on the plans. The park belongs to the village and every opinion is important. From here on, however, the core team will need to turn their attentions from fund-raising to form-filling, as we chase any and every opportunity to apply for grants to rebuild our park, using the £5000 base as match funding.

But the fundraising at home *must* continue. To this end, we have worked over the last two months to turn JuMP into a village franchise—in other words, to pass it over to you! Our call for ideas and volunteers in the last edition of *The Constant Times* met with a fantastic response: dog shows, tide races, the car boot collection and many other events were all conceived and delivered by people approaching us with their own pet projects. The Social Club raised money simply by challenging its patrons to balance 20p pieces on a lemon; more recently, Sara Gadd offered us the opportunity to entertain children at her endometriosis awareness Garden Party in September (see page 9). We need more offers of this kind. If you are part of a village society or club and think you could help us raise money, please get in touch. Getting involved is not only worthwhile but also tremendous fun. *(continued, p. 2, over)*

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JuMP, continued

For those unlikely to host an event but keen to support the project, we were recently approached about creating a 'Friends of JuMP' legacy scheme. Who wouldn't take pride in being able to bring their grandchildren to 'the park granny built', with a plaque to prove it! Watch this space.

For a short while we can continue to accept donations in the box in front of the Tolmen Centre for the car boot effort. Just two pounds worth of unwanted resaleable stuff from every household in the village - books, clothes, furniture, toys, kitchenware, trinkets, tools - would raise over a thousand pounds.



The incoming tide tests castles at the JuMP Maenporth Tide Race on August 19, 15.01pm.



The tide works fast. Eight minutes later, 15.09pm, it's all over for some!

Parish Matters Robert Williams

At the July Meeting Public Question Time seven members of the public came to comment on the absence of a dog refuse bin, inconvenience to wheel-chair users from uneven road surfaces, weeds in gutters and overgrown roadside hedges. Also, support for a solar panel plant was sought but was not given. A proposed new house in Port Navas also met the Council's disapproval.

The Meeting proper started with Councillor Just writing to explain his absence whilst he considered his membership in the light of the new Code of Conduct Regulations, which require Councillors to accept more onerous conditions of service under Article 31 of the Localism Statute: this seems to defeat the intention to get more people to volunteer for (unpaid) community jobs. Councillors Boote and Reynolds went further and immediately tendered their resignations and left the Meeting.

Others agreed with them but accepted the position for now as, otherwise, there would be no Council to conduct business. With no August Meeting, the Chairman and Clerk were given powers to deal with matters until the next Meeting on September 13.

The Police Report noted two crimes - a bicycle theft and assault - but no antisocial behaviour. The land slip in Brillwater Road will be dealt with as soon as possible, at considerable cost to the Parish. The decrepit historic Parish road signs may receive some attention. A fence will be placed to separate cars from the grass in the new car park.

Under Planning Applications, the fire damaged houses' renovations in Well Lane and 65 Fore Street were agreed. The Council liked the idea of new toilets at the Tolmen Centre, and did not mind the rear extension at 32 Fore Street, the alterations at Penolva at High Cross and those at the garage at Port Navas.

Finance saw the statement of income and expenditure for the current year to date examined and approved. That left room for approving grants to the Band and Guides and Brownies. Finally, Councillor Nicholls gave an update on the JuMP Committee's efforts to raise funds for the replacement of play equipment in the Recreation Ground, which were making pleasing progress to its target of £5000.

Fuller details of what was done will be shown on the Public Notice Boards or on by contacting robert_williams30@btinternet.com.

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Thursdays, Too, at Café Tolmen Charlie Pugh

Café Tolmen, as many will know, is run by Barbara Pugh and a team of willing volunteers. There are two aims - one is to provide an occasional meeting place and the opportunity for inexpensive snacks, meals and drinks (we have a full licence) for all comers. The second aim is to generate funds to support the Tolmen Centre - which (unlike most Community Centres) receives no financial support from external sources and is totally dependant on the money produced by the services we provide.

Because we are a 100% voluntary organisation, operating the café is a successful and efficient way of raising the money we need to survive as a centre. Most of the 'overheads' of the Tolmen Centre - such as insurance, licences, fire and safety certification, phone, oil, electricity and water charges are covered by the funds raised by the café - and this en-



ables us to do all the many other things which the Tolmen Centre provides such as professional theatre performances, movies, events, a Heritage Centre, and a venue for everything from the Community Choir to Zumba to private parties and weddings! Not to mention a free fiction and DVD library, funding the village website, access to the internet, and even premises and equipment for *The Constant Times*!

In recent seasons, Barbara and the team have shifted the emphasis onto providing meals and snacks before the many shows and movies we put on - nearly every evening event now offers the chance to eat well and economically first - and this has proved immensely popular. But it's important to realise that the café is also open EVERY THURSDAY (except during school holidays) during the day - for drinks, snacks and lunches. Numbers have been dropping a bit for these Thursday Café days, even as the evening sessions have increased in popularity, and there may come a time when it's not worth asking the team to turn up and open the café if it's not supported.

So please support Café Tolmen - Thursdays all day and whenever there's a show or a movie in the evening. You'll find a friendly welcome, good food, and by doing so you will be helping to keep the Tolmen Centre solvent and able to provide the many benefits to our community that it does.

Constantine Heritage Collection Repairs Liz Moore

We are sorry to advise you that our amazing museum has had to close until the Autumn. We have discovered an under floor water leak, which to rectify will include the replacement of a large section of the floor.

All is not lost. We very carefully emptied and stored the contents of the cabinets to museum standards using acid free tissue, sturdy boxes, proper labelling and dehumidifiers. Fortunately nothing has been damaged by the water leak, it just all need protecting. When all the repair work is completed we are going to take the opportunity to redecorate and to improve the lighting and other bits and bobs which I am sure we will think of. Because time moves on faster than we often realise, we shall have a tenth birthday party in 2013, with it all totally spruced up.

As you are aware, Tracey Clowes had resigned her curatorship of the museum as of the end of June, but as always she has agreed to manage this situation for us, for which we are hugely grateful.



Charity Concert at Tolmen Centre Sue Rosevear

On Saturday 1st September, Jake Walton will be performing in the Tolmen Centre. Jake is performing in aid of Global Natural Healthcare Trust (GNHCT), a charity founded by Annette Montegue Thomas, a Cornish herbalist and qualified pharmacist. The charity runs a clinic on a settlement in South Africa where the inhabitants live in abject poverty. GNHCT was started in 2000 after Annette watched a programme about suffering caused by the Aids/Hiv pandemic in sub-Saharan Africa. She was so moved that she immediately flew out and met the Minister of Health. Following this she set up a clinic and an orphans' reception centre to try to alleviate some of the suffering. There are now 15,00 patients and 13,000 babies and children looked after in a foster care system. So, by supporting the evening not only will you be entertained but you will be supporting a worthwhile charity.

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Farmers Market News Mandy Milano

Unfortunately, due to family commitments - lots of zooming up and down to Kingsbridge in Devon in August for my rather poorly father, and the much happier graduation of middle son from the University of Leicester in July - I have missed the last two Farmers Markets. Luckily, thanks to all our fab helpers, I wasn't missed at all and July was probably the most successful Market so far, and August had the most stalls yet! But strangely I did miss the market, the socialising and monthly catch-up with all the stall holders and regular customers. No catch-up at the Farmers Market would be quite the same without one of Shane's wonderful pots of coffee and a bit (just a bit) of her Bakewell tart. So for this newsletter we have a short profile of Shane.

Farmers Market Profile

Shane does all the refreshments for the Farmers Market - she volunteered to take over from the organisers after we struggled for the first few months! (Remember the days of plain mugs, no cloths on the tables, let alone individual pots of proper coffee and home-made cakes!!). She does use coffee freshly ground from our coffee man at the Market too - every little bit helps. Since Shane took over the 'café' has really taken off.



Shane has lived at the beautiful, peaceful Drift Farm for the past 15yrs and for most of those worked as a teacher's assistant at Mawnan School. A year ago she left the school and decided to become self-employed, taking on a range of roles: doing change-overs for holiday lets, helping to look after the Tolmen Centre, caterer, gardener etc. Shane said "A year later I can now report its working - I have (a bit of) money in the bank - and have bought my own laptop and strimmer! It was much harder work than I imagined - family meals have gone a bit by the way-side and my house is nowhere near as tidy as I thought it might be!" She particularly enjoys the challenge of cooking for large parties. She recently catered for 160 at the Penzance Art Convention, and regularly caters for courses at the art gallery in Manaccan, as well as other local one-off parties. She works helping out a local sail-maker, has her own industrial sewing machine and makes fabulous colourful canvas bags (I own a beautiful green and red version that takes me to the beach! We hope to have some on show at the next Farmers Market).

Of the Farmers Market, Shane says "I make a bit of pocket money doing the Farmers Market - but more importantly it's my networking and socialising time. Being

self-employed can be quite isolating - so as well as supporting the principle of helping other local producers - it is great to be there meeting lots of customers and friends."

In her spare time she loves doing woodwork (she recently made a traditional gate that won 2nd at the Constantine Show) and just being at home with her "tangle of a garden, and animals". She enjoys kayaking, walking and cycling, but had to give up rowing when she became self-employed... just not enough time!

A Final Report from the Jubilee team

What a highly successful four day Diamond Jubilee weekend Constantine put on for the parish in June, which offered everyone the opportunity to join in and enjoy this special celebration.

Leading up to the weekend there was the recording of the Constantine music CD, the Open Gardens event, organised by Carol Agnew, which together with a great launch evening with entertainment from the Trengilly Singers raised a magnificent £1,700.

The organising team only had limited grants for the event but are most grateful to the Parish Council, the County Councillor, Cornwall Community & the Parish Church for their contributions amounting to £1,300. Naturally, we had some major expenditure of £2,700, for such items as the programme printing, marquee hire & CD production so it was important that the events & sales went a long way to covering the cost involved in running such varied and enjoyable events.

Many people have remarked how much they enjoyed the weekend & the successful Polwheveral Regatta, kindly hosted by Mr & Mrs Hatton, which received £250 to cover equipment hire, first aid & essential facilities.

Fortunately, due to the hard work of everyone involved in running the events and the support of our community a small profit has already been made of £759, which is now held by the Parish Council, with the intention of creating a Jubilee Fund to make small donations to different village groups in the future.

Full details of the financial breakdown are available & we hope further CD sales (an ideal Birthday or Christmas gift!) will add to the balance of the Jubilee Fund. Our thanks again to all those who helped &/or supported Constantine's own Queen's Diamond Jubilee celebrations.

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Macbeth at the Minack cube theatre

Building on the success of their acclaimed Hamlet, Cornwall-based cube theatre are once again exploring Shakespeare with an exciting reworking of Macbeth. It's a show which will be both extremely accessible to those new to Shakespeare and also compelling for those that love the Bard. And it will be a great night out, either at The Minack on the cliffs, or at Sterts, up on Bodmin Moor.



cube are based in Constantine, and have been rehearsing scenes from the show at The Tolmen Centre. They tour in the south west and nationally, and are well known for their ground-breaking new writing and their unflinching approach to the material. They are bringing this style to their new production of Shakespeare's tale of a tyrant's descent into madness.

Artistic Director Benjamin Symes, who is playing Macbeth, said: 'We're approaching Shakespeare's script as if it's a piece of new writing. As such, it's open to interpretation and we've made some amazing discoveries through coming to this classic story afresh'.

cube's Macbeth boasts a core of professional actors including Steve Jacobs (Wildworks/Kneehigh) and Becca Hulbert (Forest Forge / Miracle) working in conjunction with a highly experienced creative team and a dynamic ensemble of talented actors hand-picked from the local community. It's an ambitious event which features exciting physical sequences and live percussion as well as great text delivery.

Ben Oldfield, director of the production said: 'It's amazing- we have managed to assemble a 40 strong company who are all working brilliantly together to create some real theatrical magic. It's going to be epic; prepare yourselves...'

Sterts Arts Centre: 4th - 7th September, 7.30pm. Matinee performance: 6th September, 2.30pm. www.sterts.co.uk 01579 362382.

Minack: 10th- 14th September, 8pm. Matinee performances: 12th and 14th September, 2pm. www.minack.com 01736 810181.

For more information, please contact Lottie Bowser on 01326 341129 or admin@cube-theatre.co.uk. General information about cube theatre can be found at www.cube-theatre.co.uk.



Charity Garden Party

23 September 2012, 12 – 4.30pm

Lower Treculliacks House, Constantine, Falmouth TR11 5QW



endometriosis uk











Rodda's Clotted Cream, Bailey's Country Store, Garten Design and JuMP all support Endometriosis UK

The Constant Times CONSTANTINE CALENDAR

SEPTEMBER 2012

Sun 1 – Jake Walton and Tinkerscuss. 7.30pm. Tolmen Centre. Adult £7.50 Child £4. 341353.

Thurs 6 - Café Tolmen. 10am-2pm.

Fri 7 – HVMCA Evening Seal Spectacular. 5.30pm. Gweek Seal Sanctuary. Adult £4, Child £2.50, Booking required. Contact Abby 07917 765581.

Mon 10 – Port Navas Crafters. 2-4pm. Port Navas Village Hall.

Mon 10 – W.I. Meeting. 5.15pm. W.I. Hall.

Mon 10 – Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

Thurs 13 - Café Tolmen. 10am-2pm.

Thurs 13 – Wildlife Gardening – Dispelling the Myth. 7pm. Port Navas Village Hall. £7 including pasty. Bernice (340718) or Margaret (340214)

Thurs 13 – Transition Constantine Meeting. 7pm. Queen's Arms. Contact Chris Hussey 340007.

Thurs 13 – Parish Council Meeting. 7pm. Vestry.

Fri 14 – Café Tolmen. 6-7.30pm. Booking requested. 341353.

Fri 14 – Piccadilly, by Wurlitza. 7.30pm. Tolmen Centre. £7, £6. 341353.

Sun 16 – Garden Open Day for Constantine History Society. 2-5pm. Ponjeravah Cottage. £3. Refreshments

available. Melanie and John Richards 340421.

Mon 17 – Port Navas Crafters. 2-4pm.

Wed 19 – Soup Kitchen. 12.30pm. Port Navas Village Hall. £3.

Wed 19 – Café Tolmen. 6-7.30pm. Booking requested. 341353.

Wed 19 – Tolmen Movies. The Best Exotic Marigold Hotel. 7.30pm. £3. 341353.

Thurs 20 - 6 Dec - Painting Group Exhibition. 1-4pm. Port Navas Village Hall. Contact Ron Prior 340566

Thurs 20 - Café Tolmen. 10am-2pm.

Fri 21 – Constantine History Group. Arsenic – It's Production and Use, with Kingsley Rickard. 7.15pm. W.I. Hall. Geoff Roberts. 340154

Sun 23 – Harvest Concert. 6pm. Constantine Parish Church.

Sun 23 – Charity Garden Party. 12-4.30pm. Location and details see p. 9.

Mon 24 - Port Navas Crafters. 2-4pm.

Mon 24 – Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

Tues 25 – Ladies Circle. Harvest Auction with Sheila Symonds. 2.30pm. W.I. Hall. Contact Jean Olds 340388.

Thurs 27 – Café Tolmen. 10am-2pm.

Fri 28 – Café Tolmen. 6-7.30pm. Booking requested. 341353.



Fri 28 – The Rua Macmillan Trio. 7.30pm. Tolmen Centre. £9. £8. Child £4. 341353.

OCTOBER 2012

Mon 1 - Port Navas Crafters. 2-4pm.

Wed 3 – Bus trip to Truro. 9.30am. Depart from Port Navas. £8. Booking required. Patricia Cross 340123.

Weds 3 – Café Tolmen. 6-7.30pm. Booking requested. 341353.

Weds 3 – Tolmen Movies. Moonrise Kingdom. 7.30pm. £3. 341353.

Thurs 4 - Café Tolmen. 10am-2pm.

Mon 8 - Port Navas Crafters. 2-4pm.

Mon 8 – W.I. Meeting. 5.15pm. W.I. Hall.

Mon 8 – Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

Thurs 11 - Café Tolmen. 10am-2pm.

Thurs 11 – Transition Constantine Meeting. 7pm. Queen's Arms.

Sat 13 – Café Tolmen. 6-7.30pm. Booking requested. 341353.

Sat 13 – Animal Farm by Guy Masterson. 7.30pm. Tolmen Centre. £10, £8, Child £4. 341353.

Mon 15 - Port Navas Crafters. 2-4pm.

Mon 15 – Ladybirds. Constantine One and All Club. 2.15pm. Social Club.

Wed 17 – Soup Kitchen. 12.30pm. Port Navas Village Hall. £3.

Wed 17 – Café Tolmen. 6-7.30pm. Booking requested. 341353.

Wed 17 – Tolmen Movies. The Help. 7.30pm. £3. 341353.

Thurs 18 - Café Tolmen. 10am-2pm.

Fri 19 – Constantine History Group. Trenarth, by Lucie Nottingham. 7.15pm. W.I. Hall. Geoff Roberts 340154.

Fri 19 – Book Group Plus, talk by Lucinda Hawksley. 7.30pm. Tolmen Centre. £5. 341353.

Sun 21 – HVMCA Fungus Foray with Pauline Penna. 2-4pm. Goongillings Farm, TR11 5RP. Booking required. Martin 07854 123877.

Mon 22 – Port Navas Crafters. 2-4pm.

Mon 22 – Community Choir Rehearsal. 6.45 for 7pm. Tolmen Centre.

Thurs 25 – Café Tolmen. 10am-2pm.

Fri 26 – By Centenarian Barque to Antarctica with John Shepperd. 7pm. Port Navas Village Hall. £7 inc. pasty. Dilys 340453

Fri 26 – Café Tolmen. 6-7.30pm. Booking requested. 341353.

Fri 26 – The Odyssey by The Paper Cinema. 7.30pm. Tolmen Centre. £10, £9, Child £4. 341353.

Mon 29 - Port Navas Crafters. 2-4pm.

Tues 30 – Ladies Circle. History of A.E.Rodda & Son, with Philip Rodda. 2.30pm. W.I. Hall. Contact Jean Olds 340388.

Wed 31 – Café Tolmen. 6-7.30pm. Booking requested. 341353.

Wed 31 – Tolmen Movies. Wuthering Heights. 7.30pm. £3. 341353.

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

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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 Wednesday Afternoon Bridge Club

Every Wednesday, for the last 12 years, from 2.00 to 4.30pm in the W.I. Hall, Social Bridge (Chicago Scoring) is played. Usually there are between 12 and 20 players (3-5 tables). A cup of tea is provided and at Christmas a small celebration takes place. New members (partners not required) are welcome for this year starting Wednesday 19th September 2012 and continuing until the beginning of May 2013.



For further enquiries please contact George Doubleday on 340112.

Visit to WWI Cemeteries in France and Belgium Ron Rashleigh

Several village residents recently participated in a coach trip to France and Belgium to visit WWI cemeteries. The coach picked up at Falmouth Mr and Mrs Alfie and Sally Coot, whose objective was to visit the grave of PTR John Henry Roberts, great uncle, father of the late Mrs Ermy Mitchell and Mrs Roberts and grandfather to Mrs Maureen Shipman.

The coach crossed to France and to Ypres and Belgium to see the ceremony of Playing the Last Post at the Menin Gate at 8pm. They also visited the Cloth Hall and its new museum. Sally asked before about the cemetery where John Henry Roberts lay and they agreed to stop as it was on the route N369 about 1.6km away, she was told. The coach pulled in and Sally and Alfie, with a guide, found his grave (IV.H.3) where Sally placed poppies. People were moved by this and taking photos.

The building here was an A.D.S (Advance Dressing Station) and there are three caves cut into the side of the hill where the wounded were also treated. The cemetery was laid out in 1918 and is named after an Irish Hunt. Soldiers were brought here to their final resting place, as was John Henry Roberts. The coach trip also visited several monuments: Thiepval, Arras and Vimy Ridge.

Choir News Marion Saunders and Liz Moore

We restart Choir on Monday September 10th - 6:45 for 7pm in the Tolmen Centre. Everyone welcome - new members, lapsed members and, of course, returning members!

The Village Choirs CD produced for the Jubilee celebrations is still available from several village locations. CDs cost £6.00 each or 2 for £10. They make ideal Birthday and Christmas presents for friends and family and help to put some additional funds into the Jubilee Fund.

Constantine W.I. Report Barbara Willoughby

The first Monday in July saw members celebrating with a Birthday Dinner at Falmouth's Princess Pavilion. Unfortunately the weather meant we couldn't walk around the gardens, but the entertainment by Nankersey Male Voice Choir made for an excellent evening.

At our W.I. meeting on Monday 9th July we welcomed Mrs Pam Douglas to tell us 'How she became an Authoress'. Being born in Plymouth, and after a busy life of marriage, travelling, and teaching craft and art, for medical reasons she had to give up the fine art & craftwork that she enjoyed. She decided to write (on a typewriter) notes about her family life from a child to keep as a record to pass down to grandchildren in the future. After joining W.I. writing classes and with encouragement from several friends she tentatively approached publishers who were interested. BUT because she was not 'a celebrity' rather than pay her for writing the book, the publishers expected the 'common writer' to pay them for printing the book.

The first 'offer' she had was an exorbitant price and she declined, but a few months later another publisher contacted her and a reasonable price was agreed, though this did mean several more months of self-editing her own book before it went to print. Mrs Douglas read several paragraphs from her book, which were very entertaining and many of our members could remember several incidents of a similar nature in their own childhood. The book itself was accepted in a few local shops, though the author had to find the outlets herself - another drawback of not being 'a celebrity'. The road to become 'an Author/ess' can be very long and exciting, but if you love the idea of writing a novel then you will find a way. It was a very enjoyable and entertaining evening.

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Transition Constantine News in Brief Chris Hussey and Robin Curtis

"It is up to communities to take the power for themselves"

A recent news item from Regen SW (which promotes sustainable energy in the South West) makes this claim: 'We have seen an extraordinary growth in community groups who want to harness their natural resources and generate their own energy. Not only are these communities reducing their impact on the climate, but they are also generating an income, reducing their existing energy costs and creating local jobs...nationally, the government is waking up to the importance of the community energy movement...'. The article refers to local projects by Low Carbon Ladock and Community Energy Plus (based in Pool). Regen SW is working through a Community Interest Company called 'Communities for Renewables', making a £300,000 development fund available to help community projects through the planning process.

Another source of funding - the Renewable Heat Premium Payment - has just been launched by the Department for Energy and Climate Change (DECC). It aims to encourage the take up of domestic renewable heating technologies, and is being targeted at off-gas areas. This fund is being managed by the Energy Saving Trust (on behalf of DECC) and could provide a great opportunity for community projects aiming to reduce fuel bills and carbon emissions. At the same time it will help local people to tap into big savings for installing renewable heat technologies. Transition Constantine will be looking into the possibilities for the village and parish offered by both of these funds.

'Bee-Cause' Campaign

For some time there has been a decline in bee populations in the UK, for a variety of reasons, including an unidentified virus or disease. British scientists have recently announced that they are closer to identifying the virus. In the meantime Friends of the Earth (FoE) is encouraging us to build bee 'hotels'. Both FoE and the Co-op have been distributing wild flower seeds with the hope of attracting

more bees. For more information see www.foe.co.uk/what_we_do/the_bee_cause_35033.html and www.co-operative.coop/Plan-Bee/Ways-to-get-involved/Plant-wildflowers. Transition Constantine would be interested to hear from anyone who already keeps bees and/or would be interested in establishing new hives - as well as hotels!

Tired, nervous headache, irritable, got WiFi? Steve Miller

In May 2011 the World Health Organisation declared non-ionising microwave radiation as used in mobile phones, WiFi and DECT cordless phones a Class 2B carcinogen in line with DDT



and lead in petrol. Yet, unlike these two substances, we are still sold WiFi everywhere without a health warning. Many people in the village have felt the symptoms which vary from person to person but include headaches, insomnia, exhaustion, memory loss, nosebleeds, dizziness, inability to concentrate, mood swings and irritability, skin rashes and abnormal behaviour in children. Children are at the greatest risk from this radiation as their bodies are not fully formed and are more susceptible to radiation. Symptoms in children can include, in addition to the above, night sweats and hyperactivity.

Here are just a few quotes from mothers in the village who have taken the decision to remove non-ionising microwave radiation from their homes: 'Since we turned the WiFi off our two children's behaviour has returned to normal'; 'Our kids are not bouncing off the walls anymore'; 'That was the best Christmas ever. Our kids were lovely, no fighting and screaming, and we get a good night's sleep too'.

The following is a personal, non-political, unqualified quote from Neil Hatton: 'I strongly believe that the Communications Industry and the Government's scientific advisors must reconsider their stance on this matter in the light of independent research findings, and adopt the precautionary approach when granting operator's licences'.

If you need broadband internet access around your house it is easy to buy non-wireless Homeplugs which transmit broadband around the ring mains safely and securely with faster download speeds than WiFi and provide access anywhere there is a mains outlet. Just make sure you disable wireless in your router software and save as the new default setting.

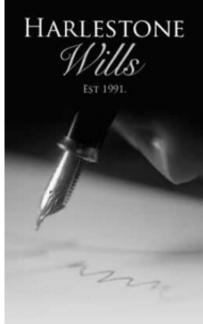
Further information is available here:
www.radiationresearch.org
www.radiationeducation.com
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www.schoolradiation.com
www.listen2yourgut.com/blog/defibrillators-in-high-schools

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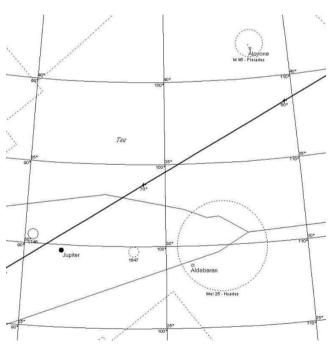
* Night Sky September/October Robert Beeman

Note: To receive a copy of the star chart please email constant.times@gmail.com, or collect from the envelope on the door of The Constant Times office at the Tolmen Centre.

The sun is moving steadily southwards on the ecliptic and after the autumnal equinox on the 22nd of September it will be below the celestial equator to give observers a marked increase in the hours of darkness. Given clear skies(!) we should try and see the 'Harvest Moon'. The Moon follows a tilted path around the sky which changes its angle with the horizon at different times of the year. On September evenings the Moon's path runs roughly parallel to the horizon so although the Moon moves to the left in the sky it hardly seems to move downwards.

In mid-September the summer triangle is moving into the southwestern sky and with the 'W' of Cassiopeia being high overhead gives a sense that autumn approaches. By the end of September and into October, at around midnight Jupiter should be close to the constellation of Taurus. Binoculars or a small telescope will reveal Jupiter's moons strung out like pearls, the positions and number seen dependant on the day of viewing.

Look towards the west of Taurus for the orange/red star Aldebaran, a red giant.



Close by will be the star cluster of the Hyades, Mel 25. A little further west and up are the Pleiades M45, the 'Seven Sisters'. With good eye sight you may well be able to see more. Both these objects are well worth viewing with binoculars or a small telescope.

More information is available from the freeware programme www.stellarium.org

The Constant Times

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

Please send to

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

DEADLINE FOR NOVEMBER/DECEMBER 2012 ISSUE: OCTOBER 13

Letters, comment and opinion (contributions welcome)



I wrote this piece originally in mid-June with intense rain falling - and severe weather warnings issued by the Met Office. It is now August and apart from a very lucky spell of good weather for the Olympics the rain is falling again in Cornwall. Just natural variability in the weather or increasing signs of a change in the climate? Whilst the very successful Olympics have since intervened, the Rio 20+ conference in Brazil took place in July. It is generally accepted that this enormous gathering in Rio failed to generate much optimism, and did not manage to agree on binding targets across a range of increasingly threatened environmental issues. The main achievement was the largest ever "Twitter Storm" - calling for an end to the \$1 Trillion subsidy currently paid out worldwide for fossil fuels annually. This is one storm that the climate modellers failed to predict! By contrast, the most recent figures have been published on progress towards European renewable energy targets. In percentage terms, the UK still only manages to outdo Luxembourg and Malta (ie. 3rd from bottom). And, in the meantime, there are record (high) temperatures across North America and Canada and the Mediterranean, record losses of ice in the Arctic, and widespread snow melt in Greenland, and we continue to burn record amounts of oil, gas and coal. For anyone wishing to pursue these issues further, a recent article in Rolling Stone magazine is fairly mind blowing (http:// tinyurl.com/8yvcdvy) and an interview by Transition Culture with a long term environmentalist and co-author of "Limits to Growth" sets out some interesting challenges (http:// tinyurl.com/crfnyed). Happy reading!

-Robin Curtis