

Seworgan stages Shrove Tuesday pancake race

Howard Bolt reports

Thanks to Victoria Jeffery, families from Seworgan were able to enjoy a socially-distanced pancake race event on Shrove Tuesday, 16 February, with entrants coming along to race throughout the day.

Victoria provided the pancakes and, with the help of Jack and Oscar, laid out the track with signs where to flip the pancakes, and decorated it with bunting and balloons to brighten up the day!

Celebratory boxes of chocolates were awarded to the winners of the three categories:

- **Fastest round the course** - won by Jack.
- **Best fancy dress** - the Wild family.
- **Most flips** - Peter (we lost count after 40!).

The weather interrupted the event halfway through, but everyone enjoyed participating and



cheering on the racers. We look forward to doing it again next year, hopefully with everyone racing at the same time!

Covid restrictions prohibit a paper copy distribution of this issue. If you have friends or neighbours not on-line, why not print them off a copy?

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Meeting the Covid challenge at Constantine Surgery Dr David Roberts

It's been a challenging year at the Mullion & Constantine practice, with lots of changes and new ways of working. It's also been inspiring to see people helping each other to overcome the difficulties of the pandemic.

At the surgery we have seen people keen to help with deliveries of medicines to people who are isolating. We have also benefited from the help of the "Friends of Constantine Surgery" charity, who have purchased the "COVID cabin" which helps us to see patients while minimising the risk of infection to the staff or other patients.

We are gradually starting to open the surgery again bit by bit. This is possible as more and more of the vulnerable patient groups are vaccinated and protected against the COVID virus. In the coming months we hope that we will be able to open the premises more fully, but this will be a gradual process.

Meanwhile, the practice is doing well with the COVID vaccine rollout with about 97% of people in the top four patient risk groups having been vaccinated with their first dose, and about 50% of people in all the patient risk groups having been vaccinated with their first dose (*at the time of writing*).

As a practice, we would like to thank you all for continuing to work with us, and our special thanks to the Friends of Constantine Surgery who are continuing to support us with improving the Surgery to cope with COVID.



W.I. hope to resume meetings

As we are beginning to see a little light at the end of this tunnel, I have begun to look at a possible timetable for the future, if Covid cases continue to decrease and the 21st June sees us free of some of the restrictions we have been under.

All the planned meetings opposite will be risk assessed and COVID compliant.

All things being good, we also hope to begin taking Covid-compliant bookings for the W.I. Hall from 21 June.

Liz Pearce, Constantine W.I. President

21 June 2.30 in W. I. Hall - full committee meeting - future planning

12 July - afternoon tea party at Lital, for W.I. members 2.30 p.m.

2 August - W.I. Annual lunch, this year at Trenarth Manor, 12 noon for 12.30 p.m.

6 September - W. I. full committee meeting 7 p.m. in W.I. Hall

13 September - full W.I. meeting at 2 p.m. in W. I. Hall.

The last year...

What a year we have all had! With the temporary closure of the Pre-School last year in lockdown #1 and reduced opening hours from January, Kate and the team have tirelessly offered support to our children and families throughout this time. They provided story-time recordings, toy library deliveries, useful links for activities and support and arranged one-to-one visits. We are so fortunate to have a dedicated, passionate team who care deeply about their roles and the children.

What's going on...

With hope of the times ahead, the team excitedly welcomed back all children on 8th March, along with some new starters who we hope will settle in well in the coming weeks.

This half term the children are investigating the signs of Spring and the new beginnings it brings. They will be planting up the Pre-School garden and vegetable patch and using their role play market stall to sell their produce to their peers!

The team and children are excited to be returning to the woods, for weekly Forest School sessions (*right*) from the end of March, which we find are invaluable to children's development and emotional wellbeing (and they're just super fun!).

Constantine Pre-School

We need your help!

Like many charities the impact of the numerous national lockdowns has greatly affected the financial support

for our little Pre-School. Our kit that is used for our weekly Forest School sessions is becoming very tired and desperately needs replacing. If you are able to support our cause, we would hugely appreciate any donations through our Gofundme page (<https://gofund.me/ed7aaa34>).



We are incredibly grateful for donations received so far this year and would like to share our appreciation to OTS (running the Bus services through Constantine to Falmouth and Helston) who very kindly made a generous contribution earlier in the year.

Whatever you can spare will make a big difference and will allow the children to continue to fully immerse themselves in the wonderful world on their doorsteps.

If you would like to get in touch to know more about the Pre-School, please contact committee@constantine-preschool.co.uk.



Transition Constantine Update

Glebe Woodland Lease Caitlin DeSilvey

Thanks to the support and patience of the CEC board, we now have agreement on a final version of the lease that will allow for community stewardship of the Glebe Woodland. Our hoped for start date has been delayed slightly as we wait for South West Water to finish their work expanding the holding capacity of the pumping station at the entrance to



the woods. The understanding is that once the work is completed the area will be restored to something like the condition it was in prior to the works starting, so it will likely be May or perhaps later before we can take up the lease (and begin our own works).

In February we sent a call-out to people who had pledged support over the last year to cover the necessary set-up expenses, insurance and annual lease payment, approximately £600. We've now raised about half of what is needed, and will be doing another appeal once we have the lease start date confirmed. If you would like to be included in updates, or offer a donation, please email me at c.desilvey@gmail.com.

Future of the Church Hall Chris Hussey

The Church Hall is owned by the Diocese of Truro, along with the car park, the fields below, and the Glebe Garden. Now that the Church has given up its lease on the Church Hall, the Diocese is considering what should happen to it. In mid-March the Parish Council received copies of documents sent to Cornwall Council planning department that form a 'pre-application' submission. In other words, the Diocese will be seeking planning permission to re-develop the Church Hall as residential property, and has submitted an outline of the proposal to prompt comment from the planners. There are various options presented, showing the Hall being converted into one, two, or three residences. All involve the current walled car park being taken into the exterior space of the residence(s), with the further car park by the green being extended into the field below.



Early in 2020 the Parish Council successfully nominated the Church Hall as an 'Asset of Community Value'. The consequence of this is that should the Diocese put the Church Hall up for sale, there is a requirement for the sale to be delayed by six months if there is community interest in buying the Hall. There is no preferential treatment - the required delay is simply to allow a community group to raise funds.

They would then compete in an open market with others interested in the property.

At the time of writing it is unclear what the Diocese's intentions are. It is possible, but perhaps unlikely, that it will retain ownership of the Hall. Should planning permission be granted, there seem three possibilities. The Diocese could:

- sell the Hall as-is with planning permission in place;
- redevelop the Hall and let the properties (in which case no sale would take place, and the 'community right to bid' would not be relevant;
- redevelop the Hall and sell the properties.

The next scheduled meeting of Constantine Parish Council is on Tuesday 15 April 2021, and the proposed redevelopment of the Church Hall will undoubtedly be discussed then. These meetings are open to the public to attend, and there is always provision for public questions before the meeting begins. In any case, I am sure Parish Councillors will welcome public views on the proposed redevelopment in advance of the meeting.

Transition on Slack

Robin Curtis

We have recently established ourselves on Slack as a means of allowing our various different interest groups to communicate between themselves. With the Slack messaging platform, people can work together more effectively, connect all their software tools and services and find the information that they need. It's faster, better-organised and more secure than email.

At the moment there are "Channels" set up for General discussion, Precious Plastics, and Making-Space-for-Nature. If you would like to participate, or suggest a new community related Channel, please send a request to us at

tmconstantine@btinternet.com.

Tackling dangerous driving and antisocial behaviour

Unfortunately there has been a rise in the incidence of dangerous driving and antisocial behaviour in the village. We have one main road, along which sit most of our amenities and the increasing speed of cars along this road is now at the point it is endangering children in the park and walking to and from school. The local Police, The Parish Council and the local Housing Officer have all been made aware of this situation.

As a deterrent, and to make sure we as a community can keep our residents safe, we have been advised to fit our cars and vehicles with front and back dash cams which can be purchased cheaply online and to use our phone cameras as much as possible to report any dangerous driving through the village. This can be reported to the police where you will be given a crime number.

Any form of antisocial behaviour including verbal abuse, any kind of behaviour that is threatening, dangerous driving, or excessive noise can be reported to Katie Treble, Tenancy Management Coordinator - Tenancy@coastlinehousing.co.uk

There is also now a community email account where you can send any reports or incidents. Any information will be treated with the upmost confidentiality. constantinesafety@outlook.com

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Reminder - local elections on 6 May John Bastin, Cornwall Councillor

These elections are at three levels: - Parish Council, Cornwall Council and the Devon and Cornwall Police Commissioner.

You may feel that you do not want to go out to vote in the present Covid situation, but you can do a postal vote from your home. To apply for a postal vote, go to the Cornwall Council website and register to do so.



Statement from John Bastin

Dear Elector,

I am standing once again for election onto the Cornwall Council Unitary Authority, but this time in the new division of Constantine, Mabe and Mawnan in the hope you will re-elect me to continue the work I have carried out on your behalf.

I intend to put to good use the experience I have acquired in local government matters when facing the considerable challenges of the future. I want to see that the proposals to rationalise and improve the efficiency of local services are implemented without increased taxation and cost.

I have been concerned that the current administration has increased taxation but the value of the services you have the right to receive, shows little, if any improvement. My focus is on improving essential services, cutting down on time wasting and bureaucracy.

I have a particular interest in the environment and the very real threat of Climate Change. We have an opportunity in the post-Covid era to make use of what the pandemic has taught us about the way we live and to ensure that local need is very much respected in our thinking.

I would like to reassure you that, whatever your political persuasion, my aim is to represent each one of you from Constantine, Mabe and Mawnan. I will listen to your views and represent your concerns to the best of my ability. And, as ever, I will continue taking an active interest in the life of your community.

I look forward to representing you and ask for your support on Thursday 6 May

Yours sincerely

John Bastin

£1200 raised for Carn to Cove by Gweek Players!

The premiere of Gweek Players' *The Village Hall Murder* went off swimmingly on 1 March on YouTube. The actors and "backstage" crew did themselves proud by filming the scenes under strict Covid conditions. The play was organized and produced by the wonderful Mandy Rolleston and directed by the brilliant Emma Phillips, who spent literally hours and hours editing the videos she received from the cast, then adding music and drone footage to create *The Village Hall Murder*. We would like to

thank the 1,183 viewers (as of 9 March) who have watched the murder mystery so far. It can still be seen on YouTube by registering on our website, gweekplayers.co.uk.

Another thank you goes to those viewers who helped raise £1200 in donations for the performing arts charity, Carn to Cove, who very much appreciated our initiative. We look forward to seeing a real live audience when we perform *Blithe Spirit* on 17-20 November this year at Gweek Village Hall (fingers crossed!).

Books, Tea, and Cake

Tracey Clowes and the Christmas Lights Team

Very cautiously the Christmas Lights Team are beginning to plan for some of our popular fundraising events.

Last year we relied, as everyone did, on funds saved for a rainy day to put on the village Christmas lights display, now hopefully if the government road map goes to plan, we can look forward to holding some community events.

With that in mind we would like you to pop these dates in your diaries: From April 17 the Book Harbour will be back on my drive in Bridge every week-end. You can't miss it as you drive or walk past. A huge thanks to so many of you have been donating books over the lockdown, meaning we have a fantastic selection to start off this new season.

Following on from this will be 'Books at the Bus Stop' May bank holiday Monday. Weather and road map permitting, we shall aim for May 3rd however should the weather be inclement we shall try for the second bank holiday May 31.

It has been 18 months since we last sat and drank tea together on the grass opposite the Church so we are extremely excited to think that fingers crossed, this August we shall be able to run 'Teas Under the Trees' every Wednesday from 2.00pm – 4.00pm. It will be fantastic to be together again eating cake and drinking tea.

As always, our events will be advertised by a notice board either on the railings near the Bus Stop or propped against the telegraph pole near the village carpark.

Please do come and join us.



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Constantine School fully open again

What a strange year it has been so far for us all in schools, especially when we have spent most of the first term in lockdown. We have been open for the children of Key Workers and this was quite challenging as we had children in school and at home to educate. The learning curve for staff, children and parents was steep with getting to grips with different learning platforms mid lockdown, but we are delighted with how successful it was.

Now we are fully open again we are so happy to be back together where we all belong. Our school has come alive again and we'd love to bottle the excitement, enthusiasm and smiles we have been seeing every day since welcoming everyone back.

We are really hoping to see restrictions ease further as we move into the summer term. We'd love to be able to go on our camps, have our sports day, Tolmen Centre performances, and be able to look forward to all the other long standing Constantine School traditions that occur at this time of year.

Science Week

Our whole school enjoyed National Engineering and Science Week and this year's focus was on 'Space'. If you have been checking out our Twitter feed (@ConstantineSch2) then you will have seen some of the fun investigating and learning we took part in. The quality of what was investigated, discussed and also produced was really impressive.

Here are a few images to let you in on the fun:

- We have been investigating ways to transport tourists into space, help them travel on the Moon and also get back to Earth after their visit.



- Immersed in STEM challenges to find a way to bring space tourists safely home. We used our learning powers of collaboration and questioning to design an experiment.
- A fabulous day learning about the Earth, Sun and Moon. The children worked in small groups to use circular/spherical objects to represent their ideas of the relative sizes of the Earth, moon and Sun. Afterwards we learned that the Sun is so huge that it could fit 1.3 million Earths inside it!

We are very excited to have recently heard that our school, along with all other schools in Kernow Learning Academy Trust, will become part of the Ogden Trust Partnership. This is a charitable Trust



to promote physics and science in primary schools and we can't wait to get stuck in. This means funding, training, resources and exciting opportunities for us all over the next 4 years! We promise to share more about this journey with you as we go along.

International Women's Day

The children enjoyed celebrating this special day and we read and heard about many inspirational women in the wider world and also those in our own lives.

Chateez

To help the children communicate and develop their skills in understanding their own and others feelings, all staff have undertaken Youth Sport Trust Chateez training. This added to our Trauma Informed and PACE (playful, listening, curious, empathetic) approach's we already use.



The initiative behind this uses emojis for children to help them explain their thoughts in whole class, group or 1:1 situations. This has worked really well so far and has been enlightening also as some children don't understand some feelings and may have never experienced them. Some have been able to tell us they are hungry and we have been able to provide extra fruit at break-times or even breakfast if it's been a rushed morning at home. The children love the emojis and many games are played in PSHE using these cards also.

We also have friends in the village who would like us to become more involved in the Plastics Project and as a school we will certainly be wanting to get stuck in. This is being led by Vera an ex-pupil and Christo

Cags Gilbert, Head of School



(Max and Ella's dad). It's great to have so many exciting projects and community links to look forward to.

Constantine School Local Advisory Board (Governors)

Our LAB are seeking a further member to join our team. If you would like to become involved and feel you can offer our village school some of your time then do get in touch with our Chair of Governors Mrs Jude Carroll via school 01326340554. We are seeking parent and community representatives and we are always looking out for ways to continue and make further positive links with our community.

Jewell Podiatry is an established Podiatry clinic based in Falmouth. We also cover Home Visits in Constantine and surrounding areas.



Our treatments include all aspects of routine Podiatry, Diabetic assessments, Nail surgery and Orthotics. All of our Podiatrists are degree qualified and registered with the HCPC and The College of Podiatry.

To find out more information call 01326 316033, email: enquiries@jewellpodiatry.co.uk or see our website at www.jewellpodiatry.co.uk

Second History Book of Constantine

Tracey Clowes

Judging from the number of photographs and local stories that have been offered so far, Sally Coot and I both feel encouraged to go ahead with a second history book of Constantine. This will be quite a process, and having gauged enthusiasm for the project, an important task now is to raise sufficient funds enabling us to not only get the project off the ground but ultimately for us to go to print.

With that in mind we are hoping to organise some small-scale community fundraising events when restrictions allow, such as a coffee morning or afternoon tea, to keep everyone up to date, giving you a chance to see how far we have come and to share even more of your stories and photographs. However, until that time, and just to set the ball rolling, Sally has agreed to have a small Bric a Brac stall to raise funds on her driveway (next door to the Recreation ground) for one month. We do have some lovely bits and pieces for the stall so keep your eyes open as you walk along Trebarvah Road.

In the meantime, my task is to start to research grant options. If anyone has ever been down the route of writing and producing a book in the past and can offer any advice or support, or help us steer clear of any pitfalls, then I would welcome a chat. Although our main aim is to produce a book, we hope to collect and collate oral history accounts along the way, which will complement the contents of the book. We are also hoping, if funds and planning

permission allows, to see a listening post installed somewhere within the village.

You can help by keeping those photographs and stories coming in. Every day we are making history so please don't think you have nothing to add because you haven't lived in Constantine for several generations.

Sally Coot can be contacted on her email – sallyandalfie@icloud.com.

I can be contacted on 340279.

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Click and collect now available in Constantine

Helston Local Food Hub is a new way of shopping each week for the finest fresh, local and seasonal produce that you can usually only buy once a month from a Farmers' Market or by visiting lots of different farms and shops. Over 400 items of meat, vegetables, dairy, preserves, sweet and baked goods from a range of local producers are available to purchase from

www.helstonlocalfoodhub.co.uk. It is a 'click and collect' service with pick-up from the Old Cattle Market in Helston and at collection points in Mullion and Porthallow in the early afternoon.

We've had a lot of interest from Constantine and whilst we can't make a delivery point there, one of our regular customers, Rosie North has offered to pick up any orders from Helston, bring them to her home where you can collect from her, saving a few journeys and a few less food miles. By shopping with us, you help strengthen and support your local food economy, and 80% of your spend goes directly to the producer.

How it works

Helston Local Food Hub is just like a 'click and collect' service that you might be familiar with at a supermarket. We sell delicious food items from a range of producers local to Helston. These include: Gear Farm Organic Vegetables (in season, not now) Treveador Farm cheese, Boscarnon Farm Beef, Primrose Herd pork, Penny's Pies, Boscadjack Mill Seasonal Produce, Gweal Mellin Cider, Ruby June's Indian Kitchen and lots more.

1. Visit www.helstonlocalfoodhub.co.uk to see the range of produce available to buy



from our website on the Open Food Network. You can filter the items by producer or by product type, e.g. 'Dairy' or 'Bread and Baking'. If you don't have access to a computer or don't like shopping online, give me a call on 07421 271106 and we can arrange a different way for you to shop for these products. We are also now offering a 'subscription' service so if you want a regular order you don't need to remember to order each week (but you will need to remember to come and pick your order up!)

2. We work in order cycles, opening up the online shop each week until Thursday lunch-time for you to shop from. We then assemble all the orders at the Old Cattle Market in Helston on Saturday morning and Rosie will deliver to Constantine (Staplehurst, Bowling Green, (the turning space and entrance to the doctors surgery) rosie.north16@gmail.com Tel:07491658155 at 11.00.

3. Just click 'Collection in Constantine' at checkout and we'll make sure your order arrives with her.

4. Please bring shopping bags or boxes to take your food away in.

5. Rosie won't always be able to offer this service, so there may be times when this service is not available. Please talk to Rosie if you think you might be able to help out on days that she can't get to Helston.

I look forward to hearing from you soon.

Precious Plastic Cornwall

Let's recycle our plastic right here in Constantine!

Everyone knows that climate change is a big problem, but sometimes it's really hard to know what you can do to help. Precious Plastic Cornwall is something everyone can be a part of and it's something we're really excited to tell you about!

Recycling in Cornwall can be difficult. So it isn't a surprise that the average home is throwing away more and more rubbish every month. In Spring 2018 the average Cornish home threw away 42kg of rubbish every month. By Autumn of last year, the most recent period that the Council has data for, this has grown to 45kg every single month. And in Cornwall we don't use any landfills. We burn it instead, releasing a lot of CO₂ and maybe other pollutants as well. This isn't great!

Worse, the recycling isn't increasing fast enough to make much of a difference. Yes it is increasing... and maybe it's encouraging that the amount of household waste that is recycled is up 3 percentage points since Spring 2018. But that still means that only 22% of all household waste is actually recycled. All the rest gets burnt.

Precious Plastic Cornwall wants to make a dent in that. We're taking advantage of the Precious Plastic global community (more than 80,000 strong) and **we are setting up a community plastic recycling centre.**



This means we can recycle the plastic here, more types than can be recycled via the kerbside collection, and it also gives us all a chance to learn about the problem, for other charities and schools and the community to be involved, and to benefit from it and to give something back (instead of shipping the plastic off to distant counties so others can recycle it and sell it back to us!). So it's early days. There's a small group of us who are now hard at work, but we will accept any help you can offer!

We need a location where we can put the machines. We are going to use the Precious Plastic tried-and-tested designs for a shredder and an injection moulder, but advice and help from everyone and other ideas are very welcome. We're going to work with local businesses, local secondary schools and the local universities to help with injection mould dies and other matters. We have got some great supporters in the council and we will be applying to them and others for help with funding.

We would love to have your help with any of these, and there are so many other things as well. If you're interested and you'd like to know more or if you just have any questions then you can email us at preciousplasticcornwall@gmail.com

Thanks!

Vera & Cristo



Via Ferrata Cornwall re-opens

Epic outdoor adventures for all ages and exciting childcare

Launched by the charity BF Adventure, we share the same values and approach as our dedicated charity team – as well as the same beautiful 60 acre site near Penryn! This makes us the perfect place to come and escape the crowds, get back to nature and enjoy some adrenaline. 100% of our profits still go to BF Adventure's charity work supporting local children and young people in need, meaning you can enjoy amazing activities whilst making a difference!

We're opening within Government road-map restrictions around Covid. As we run both formerly organised (with an instructor) outdoor sporting activities and organised outdoor childcare, we're able to open from 2 April. You can pre-book your adventures on our website!

Via Ferrata: ultimate high wire adventure!

Come and enjoy South England's only full Via Ferrata! Journey through our historic granite quarries by scaling cliff faces, wobbling across our 70m long High Wire Bridge and soaring through the air on our zip wire! You'll be clipped in at all times, so you'll get to push your limits and have fun in a completely safe environment, whilst making amazing memories!

This adventure can be as challenging as you like and suits adventuresome kids aged 8+ through to full-on adrenaline junkies!

Adventure Holiday Club

Are you looking for childcare during half term? Our adventure holiday club is perfect for children aged 6-13 who love the outdoors! Simply drop them off for a day or half day of watersports, climbing, zip-lining or archery! We also offer wraparound care options for working parents.

Other activities and birthday parties

We also run coasteering (in our quarry!), rock climbing, archery, watersports, bespoke private adventure sessions and birthday parties, as well as camping!

Quarryside Café

Our Café offers amazing goodies made from locally sourced ingredients, and is set to be open daily from Easter, beginning with take-aways only (coronavirus permitting). Check our website for the latest opening times.

Enter our Prize Draw!

We're running a giveaway pack, including coffee and cake for two, plus activity vouchers worth £25! To enter our prize draw, all you need to do is sign up to our newsletter by 14th April.

Wild play areas and nature trails

Love being outside with your family? We're in the process of creating some wild play areas for kids aged 3+ and nature trails for all ages to enjoy.

Covid Confident certified

We are well versed in operating safely and are AA Covid Confident certified.

Charity work

100% of the income from our activity centre and 10% of sales from the café goes towards BF Adventure's charity programmes supporting young people facing life's toughest challenges, from poverty, to disabilities, mental ill health and behavioural challenges. We're continuing to support these young people through the pandemic and beyond.

Follow us

For updates and special offers, check out our Facebook and Instagram pages!



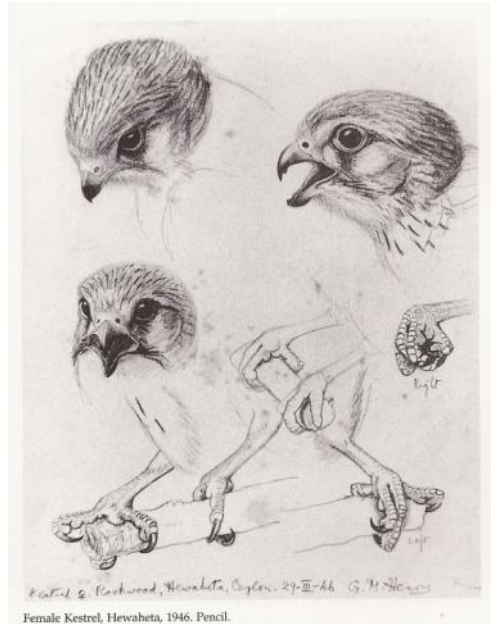
The falconer of Fore St - Episode 1

Lockdown has had many disadvantages and difficulties but it has given me time to do some research into the history of our house. I had promised myself I would find out more about 61 Fore Street when I first saw the handwritten deeds from 1824 and 2020 has given me that opportunity. I have been able to follow a fascinating trail of local families, businesses and occupants.

61 Fore Street was built by John Reynolds, mason, after he obtained the lease in January of 1824. It was then owned and /or occupied by the Reynolds family for 122 years! The final family member being a Mrs Ada Vague, nee Reynolds who left in 1947. I discovered a wealth of detail about the Reynolds family and what went on here, but there were also other remarkable occupants.



The years moved on and in 1954 it was bought by Mr George Morrison Reid Henry and his wife Olive. He was a retired officer of the Ceylon Government Service and had been the Senior Entomologist of the Columbo Museum. He was a Baptist lay preacher, a falconer and a very well-regarded bird artist, with many scientific texts, books and book illustrations to his credit. I first came across his name on passenger lists of steamers going to India!



Female Kestrel, Hewaheta, 1946. Pencil.

This explains a few things we had been told about previous occupants and a curious fact about our floors! Some people in the village remember a 'military' type chap living here and that he had been in Ceylon (now Sri Lanka) and that he had a big aviary in the garden with an 'eagle' in it! When we first arrived and took up old carpets and lino we found that many of the solid floors, doorsteps etc. were deep red, not paint but some softer material. It was Cardinal red floor polish, very, very popular in Sri Lanka then and now. There are still adverts for it on YouTube!

Mr Henry, or 'GM' as he was known, retired to Constantine for the mild climate and luckily for us wrote his memoirs which were published under the title 'From Pearls to Painting'.

He was born in 1891, one of eleven children, on the Goatfell Tea Estate, Kandapola, not far from where some of the

Lynda Gregory

Good Karma Hospital TV series is filmed when they go to the tea plantation at Wilehena. His father was a 'planter'. Planters were employed by wealthy owners to manage everyday matters. GM never really went to school but was taught by his older sisters and the odd tutor. The family moved around various remote estates and they were strict Baptists so life was fairly austere. At one point they lived 12 miles away from the railway and 4 from a cart road 'Isolated from european society' but well-schooled in Scripture! Their father made them learn texts from the bible. Already a great lover of wildlife GM scoured the bible for zoological references and learnt 'Dead flies cause the ointment of the apothecary to send forth a stinking savour'!

GM's interest in wildlife prompted a neighbour, who collected moths, to set him up with nets, killing bottles etc. and he began to collect insects. He led a fairly free existence, foraging in the jungle, capturing 'pets' (sometimes snakes!) and falling in the estate waterhole. It all sounds like an eastern version of Gerald Durrell and 'My family and other animals'!



Colombo Museum, c. 1930.

Mission Home. So, at 16 he started his first job as draughtsman and lab assistant to the Ceylon Company of Pearl Fishers, the company did not last many years, but he had begun his scientific and artistic career.

In 1913 his talent for drawing was recognised when he became Assistant in Systematic Entomology at the Columbo Museum. He had some training in India but basically was self-taught. He made the post his own, reading, collecting, organising, displaying and writing, officially on insects and also, on his great love, birds.

He never found his career easy as without formal training the colonial British class system was unassailable but he resolutely pursued his talent and interests. At home he had an aviary, insect rearing cages and raised many species of chicks from eggs. He still had his pets, owls, vampire bats, a green pit viper and at one point kept a crocodile tethered in a zinc bath in the garden! This obviously explains the aviary in the yard here in Constantine!

When WW1 came along GM had to stay in Ceylon allowing him to continue his work. We shall hear more of his adventures in the east in the next edition of the Constant Times.



The family suffered various trials over the years, moving to Columbo when his father was sacked for not making the 'Coolies' work on Sunday and there sadly his brother died of dysentery. At one point they were living off the charity of the

The Plastic Problem

Kate Milan

'Plastic pollution has become one of the most pressing environmental issue, as rapidly increasing production of disposable plastic products overwhelms the world's ability to deal with them.'

National Geographic June 2019

Every year, about 8 million tons of plastic waste escapes into the oceans from coastal nations. That's the equivalent of setting five garbage bags full of trash on every foot of coastline around the world.

You could make a difference by collecting your hard colourful plastic waste, and giving it to Cornwall Cast: a new circular economy business in Constantine, making signs, memorials and smaller objects from recycled materials.

While single-use plastic is a massive worldwide problem, I am offering a solution to help my local community, to remove the excessive plastic waste already in the system. I have collection points in Penzance and Falmouth, but especially here in my own village.

This enterprise has been developed over the last 3 years, working with many business advisory groups, and has received funding from TEVI, towards a Granulator (this shreds the plastic). I am currently working with Acceleration Through Innovation 2, to explore and research uses for plastic waste, alongside The Skills Hub and Cultivator

Currently, I am accepting any hard colourful plastics to my home address; 14 Penwartha Close, Constantine TR11 5GB - there is a big yellow wheelie bin just inside my garden as a receptacle. Bottle tops, old plastic bowls, toys, tubs, anything that is hard, colourful and made of plastic, etc.



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Port Navas Village Hall news

A new committee was *formed in March*, four long-term members having decided to retire - Tiffa Meadows, Margaret Scott, Richard Tiptaft and Roger Wickins and welcomed Ann Frost, Helen Gleadowe and Gaye Tiptaft. As soon as it is allowed there will be a new programme of events starting again. In the summertime there have always been exhibitions from local artists and bookings can be made via annfrost19@gmail.com if you are interested in showing your work.

Other news

The Yacht club has been serving delicious takeaways on Thursday evenings, much enjoyed by many locals.

The Port Navas chit chat What'sApp group has continued chit chattering. Hannah Darling has produced weekly quizzes, and has unearthed some wonderful old pictures and documents about the village.

Parish Council Election - prospective candidate statements

Keri Scott

I live on a small-holding near Seworgan with my husband, Bill, and a menagerie of rescue animals. I was formerly a teacher, actress and celebrant.

I am passionate about the need to protect the environment for future generations.

I believe that local residents (adults and children!) should have a say in what happens in the community and feel that their interests are represented.

The pandemic has highlighted the need for community networks to support everyone within the parish.

I love our parish and, if elected by you to stand as a councillor, I will encourage local people to participate in local decision-making and to share their ideas about how to bring us together and improve and enrich our lives.



Edward Jeffery

I live in Seworgan with my wife Victoria and two sons who attend Constantine School. I have my own Groundworks, Construction and Landscaping business with 7 employees. I have 20



years' experience in project management and running a large team.

I'm passionate about reducing waste and how we can better our younger generation's future prospects.

As a parish councillor my focus would be to listen to our local community and embrace changes. I'm hugely driven and have a varied skilled set and feel I can make a difference to what our community needs.

Editor's note - we are grateful to Spar Constantine for agreeing again to distribute paper copies of this on-line issue with grocery deliveries to 350 households.

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How can we make space for nature?

Antonia Mullaly, Transition

Spring is well underway and we have hopefully been able to spend more time outdoors enjoying the birds singing, the bees buzzing and the flowers blooming. However, without our help these natural wonders will become steadily become poor imitations of themselves as across Cornwall and the UK they are facing alarming declines due to pollution, habitat loss and climate change. Perhaps you have already noticed that there are fewer sparrows and swallows around since you were younger, or less bees visiting your flowers?

Our gardens have the potential to be mini nature reserves - by just making a few simple changes, they can become places where wildlife thrives. Food, water and shelter are the top priorities. Here are some top tips for creating a wildlife friendly garden of any size.

Provide water - Water is one of the most important resources you can offer, it will be gratefully used by birds, insects and even amphibians. If you have space, dig a pond and even if you have a very small space, an old washing up bowl filled with rainwater will soon attract visitors like pond skaters and damselflies.

Make a deadwood pile - Dead and decaying wood is almost as important to wildlife as living wood. It provides shelter for amphibians and reptiles. If in sun, logs provide nesting habitat for some types of solitary bee, while if in shade and partially buried, dead wood provides nesting habitat for some types of beetle.

Plant for pollinators - Fortunately, there is a great variety of beautiful flowers and shrubs which provide much needed nectar for bees and butterflies. Nectar rich varieties will attract colourful displays and reward your efforts. Try to reduce or eliminate the use of pesticides as these are particularly harmful to bees.



Other ideas include building a bat or bird box, opening up a gap in your fence for hedgehogs, leaving areas of long grass and of course feeding the birds. There are no rules, simply do as much as you want and have room for. Gardens take up more space than all of our nature reserves put together, so whatever you do will make a difference!

Trees for the planet

Transition Constantine has been part of a group in Falmouth which raised money to save thousands of new oak saplings from being mulched.

We are now offering these to people in the Parish for free. Anyone who has room in their garden, or on their land, for a tree or for a few trees, please contact Sandra Boreham, 01326 341493 as soon as possible. It would be good to get them in the ground as soon as we can.



HELTFORD VOLUNTARY MARINE CONSERVATION AREA

Watch the website!

Due to the uncertainty surrounding covid restrictions Helford Marine Conservation Group has not been able to finalise any outdoor activities in time for the Constant Times deadline.

But as these are planned details can be found on the group's website along with future zoom events. Please visit www.helfordmarineconservation.co.uk

Members have free access to these while for everyone else over 18 there is a charge of £4 per event. Against this it is just £10 p.a. to become a member. For details contact Sue Scott coordinator@helfordvmca.co.uk

Our most recent event online was the Group's annual meeting due to be held on Saturday March 27 with guest speaker Dan Jarvis from British Divers Marine Life Rescue.



Photo: Helen Chadwick

In his illustrated talk Dan planned to focus on marine rescue work in the region, highlighting some of the most significant incidents, seasonal variations and the more unusual species that have arrived on our local shores, with particular reference to the Helford.

BDMLR volunteers can respond to anything from a seal pup, to stranded dolphins, the Helford is becoming a hotspot for dolphin strandings, to a 19 metre long fin whale, as in the one washed up on the Helford last February.

More excellent zoom talks are planned for the future. Details on the website or follow the Group on social media.

THE LANGUAGE OF PLANTS

With Stina Falle and FE Rose

Saturday 1 May - BELTANE

Greet the Summer – a walk in the woods

10am -12pm followed by a picnic.

Meet 9.45am at the Bus Stop in Constantine.



Choose a favourite spot in the wood and sit there with your eyes and senses skinned. BE with it. Draw and/or write what the place, plants, trees and mosses are saying to you.

Assemble the drawings and pictures to make a little book.

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For more information, contact Stina Falle on 01326 340053 or e-mail

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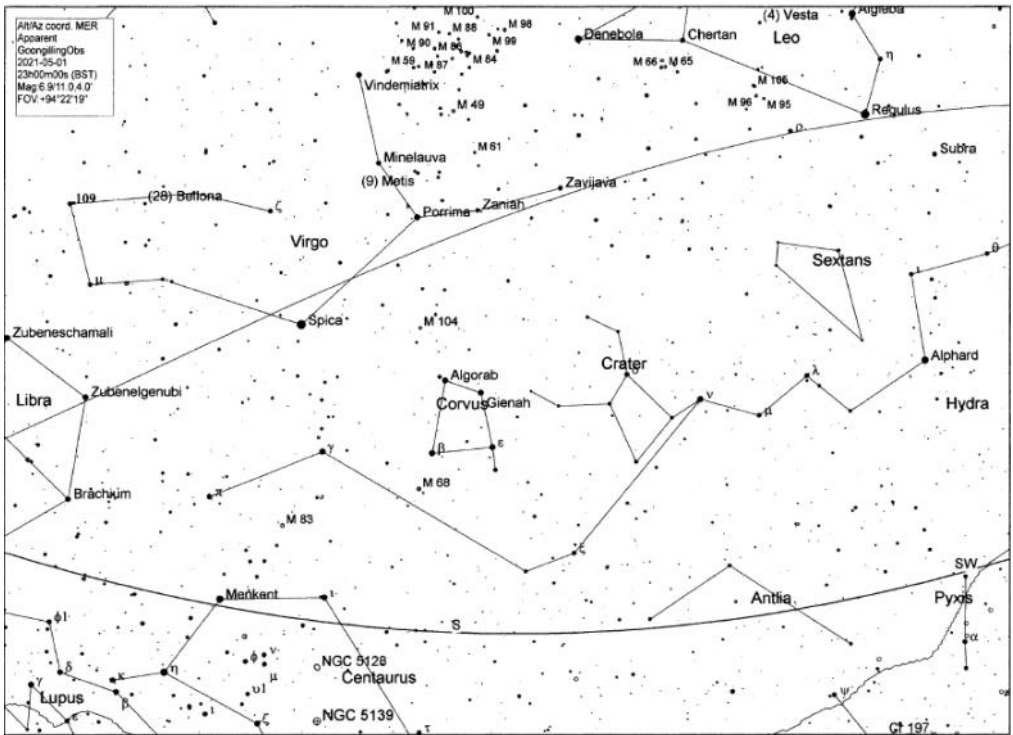
Robert Beeman

As Orion moves steadily westwards the spring constellations come into view. Due south Corvus and Crater, the Crow and the Cup accompany Hydra, the Water snake as it raises its head in the south west.

Low in the south east shines Spica, the principle star of Virgo. Spica is a binary system, its two stars rotating round each other at high speed such that they become egg shaped. Virgo is home to a number of Messier objects, named after the French astronomer Charles Messier. Messier was hunting for comets but became frustrated by finding fuzzy objects which at first sight might have been comets but were not. In 1781 he published as catalogue of these objects, 110 in all. They are in fact distant galaxies, star clusters and nebula. At this time of year, weather and Moon phase permitting, many amateur

astronomers spend a happy night out with their telescopes doing the Messier Marathon, a sort of astronomical twitching(to use a bird watching analogy!!) to see how many they can see in one night. As Messier reportedly used a 80mm refracting telescope these objects are well within reach of todays amateur equipment. In fact a number are naked eye objects or appear better in binoculars than a telescope.

Cassiopeia, the heavenly Queen is now well above the northern horizon and is due north at 2200 in mid May. The stars of Ursa major, the Great Bear which incorporate the seven bright stars of the Plough are high in the sky. A telescope will reveal that Mizar, the middle star of the plough handle is a nice double star. Find Polaris, the pole star in Ursa Minor and then look for the constellation of Camelopardis, the celestial Giraffe which is about halfway



between Polaris and Capella. There are no prominent stars, but with binoculars look for an asterism of approximately 20 stars in a straight line, Kembles cascade or the Wristwatch, the centre star being the watch and the outer stars the strap. The eastern end of the strap appears to be flowing into the open cluster NGC1502.

If you have a good south eastern horizon look for the constellation of Libra, the main stars of which are named Zubeneschamali and Zubenelgenubi, the Northern and Southern claws respectively. Their names reflect the time when they formed a part of the constellation of Scorpius, the Scorpion which lies just below Libra. Look out for a red star Antares, the heart of the Scorpion, or sometimes called the rival of Mars.

There is a meteor shower in April, the Lyrids which peaks on the 22/23rd. Unfortunately this is four days before full Moon so there will be

considerable interference but you might get lucky. The radiant is high in the north east just above Vega, the hourly rate is about 18 and they move quickly leaving a persistent trail.

Another stronger shower starts on the 18th of April, the Aquariids and reaches a peak on the 6th of May with a maximum hourly rate of 40. The radiant is low in the east around dawn. A waxing crescent Moon will help but remember that the hourly rate is in ideal conditions. Approximately 25% leave persistent trails.

The planets are a bit elusive over this period; Mars will be visible throughout in the west around 0000 BST as it moves eastwards from Taurus into Gemini. Jupiter and Saturn will be morning objects before dawn. Venus is initially visible in the pre dawn eastern sky but will later be low in the evening sky for a brief period.

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Constantine Cottage Garden Society

Peter Wilson

As we emerge from what seems a long dark winter, I think we are all feeling a sense of expectation that 2021 will continue to improve and a belief that some form of normality may return. As more Covid vaccinations are administered and the roadmap out of lockdown revealed, as a society I am optimistic that we can start to make tentative preparations for garden society meetings towards the end of the year. Unfortunately until the all clear has been given we must be cautious with any preparations or decisions made.

With this in mind, I have to report that the 2021 Garden Society Show in July will not take place. As mentioned in the last magazine entry, we will be having the Constantine Village, best front garden and hanging basket award. The properties that will be judged will mainly focus on those along Fore Street. The judges will start by Constantine School and walk Down towards Penbothidno taking in streets either side. This will be judged in July, by 3 society members, who will chosen

at a later date. The award will be presented soon after the judging has taken place. I'm sure that after 3 lockdowns and the amount of time that some people have spent planning, preparing and improving their gardens we will have some great gardens to see. So please if you are resident within that area, get planning, preparing and planting. Good luck to you all.

I personally am hopeful that the old English proverb, 'In like a Lion out like a Lamb' will hold true this year. I will be glad to see the back of these frosts and cold easterly winds. As I sit here writing this, the wind is howling and sleet hitting the windows, I can't wait for Spring to arrive. I have lost a few plants this winter to the frost and am currently working overtime to protect the new shoots that are coming through in the garden and all the seedlings that are growing under lights and those in the greenhouse

Music returns to the Tolmen Centre (we hope...) Dougal Jeffries

After the disappointment of having to cancel Martha's Tilston's New Year show, we are keeping all our fingers firmly crossed for our first live event in nearly a year. On Saturday May 29th Kitty Macfarlane will be playing to an audience limited to 50% of our usual capacity. Kitty is a young singer-songwriter from the Somerset levels, and this is what the Guardian had to say about her:

"Her remarkably accomplished debut album, Namer Of Clouds, beguiles with its poetry and tenderness, and her eye for detail, vivid imagination and bright vocals make it a captivating listen. She is a talent to watch". Tickets on sale shortly, and we hope to welcome back as many people as are allowed.



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Kitty Macfarlane

From June 21st, if all goes well, we should be able to open to full audiences, and we already have bookings in the pipeline for a wide range of musicians including Martha Tilston, and The Blackheart Orchestra, both in June/ July, with The Odd Folk, Daoiri Farrell, the Budapest Cafe Orchestra and Thomas Gabriel in the autumn. Watch this space!

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Submission Deadlines:

Deadline for news items, calendar entries and other submissions for the **June/July/August 2021** issue is **15 May 2021**. Please send to :

constant.times@gmail.com or deliver to the Layout Editor at Comfort View, Well Lane.



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