The Constant Times

Volume 2, Issue 3 June/July 2013

Jump Needs Your Vote! Clare Davison

The Jubilee Memorial Park (JuMP) fundraising campaign is now entered in the finals of the Community South West competition in a bid to win £1,500 towards our play park regeneration. At press time we were in a dead heat with Lostwithiel, so every vote counts! To vote for JuMP by the 14 June deadline go to www.communitysouthwest.co.uk or contact Jane Sobey 341134 for a paper vote if you do not have an email address. This is the second round of voting, so you'll need to vote again (and ask your friends and neighbours to vote) even if you already cast your vote in the first round.

JuMP has had some success in funding bids over the last few months, winning the Cornwall Community Foundation grant of £2,800 for a new entrance and Legacy Scheme seating area, and nearly £10,000 from the SITA Young Persons Volunteering Fund. We also won the Proceeds of Crime award of £650, thanks to the community voting from the Parish. The community voting competitions not only help with raising funds, but also help with bigger grants by showing the huge community spirit we have within our Parish.

Adrian Roberts will be competing in the Bude Shoreline Triathlon in June and has kindly offered us the opportunity to raise sponsor money for him to complete. If you would like to sponsor Adrian please contact Anna Gardner, racj.gardner@yahoo.co.uk or 341489. All proceeds will go to JuMP and Preschool. We have also launched our Legacy Scheme and are asking you to become a friend of JuMP. For more information about this Scheme please contact Clare Davison, clare.davison@rocketmail.com or 340594.

Inside this issue

Woods and Quarry Meeting, Page 3



Calendar, Pages 10-11



Garden Show, Page 8

Letters and Opinion, Page 20

Page 2 Volume 2, Issue 3

AGM News from Village Companies Liz Moore

The Constantine Enterprises Company (CEC) and Tolmen Operating Company (TOC) held their Annual General Meeting on Thursday evening, 9 May, at the Tolmen Centre, with eighteen people in attendance. CEC Chairman Dick Just thanked the many volunteers involved for all their help during the year.

The Tolmen Centre continues to be regularly used for a wide range of activities. Following the successful applications for two grants, the most visual development this year has been the toilet extension and garden access lobby, which now provides the Tolmen Centre with excellent modern facilities. We shall be needing green-fingered enthusiasts during the summer to help in the new garden area.

Café Tolmen had its busiest year yet and the Tolmen's reputation continues to grow with a wide range of high quality and well-attended performances being held. The Heritage Centre has overcome problems caused by a leak into the floor void, and has now re-opened and is progressing on a number of exciting projects. Tracey Clowes remains as Curator with a heritage team led by Jacqui Hessing. The fortnightly Film Group had shown many good films over the year and now has regular and enthusiastic audiences.

Over the year a small group of volunteers has established *The Constant Times* as a respected village bi-monthly publication with a circulation of over 700 copies. Transition Constantine continued to pursue lower carbon levels. A successful climate change week was held, trees were planted within the village and they continue to organise the successful monthly Farmers Market. Progress with the Residential Home and Granite Quarry/Walks projects has been slow, but following the recent completion of feasibility studies more offers of professional help have been forthcoming, although funding remains difficult.

Membership of the CEC, which is a charity and has the objective of promoting and progressing initiatives for the benefit of the village, is open to all parishioners and we would love to hear from you. If you would like to stand as a director or vote at the AGM we need you to join as a member. For more information please contact Dick Just (340434) or any of the directors listed below.

CEC directors are Dick Just, James Agnew, Peter Tatham, Charlie and Barbara Pugh, Jeff Meadows, Liz Moore, Tracey Clowes, Richard Thomas, Adrian Roberts and Gia Shaw. TOC directors are Charlie and Barbara, Tracey, Liz, John Welch, Dougal Jefferies and Tim Beattie. Full accounts for both CEC and TOC can be found on www.constantinecornwall.com.

Meeting on the Future of Bosahan Woods and Quarry Liz Moore

Our community has the opportunity to buy the larger part of Bosahan Woods and the Quarry. We need to act quickly.

Public Meeting at the Tolmen Centre, Friday 14th June, 7pm

The CEC has for some time now been working on a project for the quarry and woods area which would involve recording our granite industry heritage, setting up some small workshops, and providing training courses on hedging, woodland management skills, etc.

So please come to the meeting if you: wish to keep this area in community ownership, would like to be involved in the project, or would be interested in a small workshop space.

Whether or not the main project goes ahead, we really must keep the woodland for community access, so please, please come along!



Page 4 Volume 2, Issue 3

Constantine Silver Band's Weekend of Brass and Voice Dougle Down

The village of Constantine is again preparing for a busy weekend of musical entertainment when the Constantine Silver Band holds its annual Brass on Grass weekend.

This is a most popular weekend event in the Band's busy calendar year and begins on the evening of Saturday July 20th at 7.30 pm. For this year's concert we have a strong youth content, with the ever-popular Cornwall Boys' Choir, Constantine School's Choir, Samba Band & Rock Band, plus Constantine Silver Band and Youth, 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 21st July where the bands parade through the village at 6.30 pm for a concert that starts at 7.00 pm in the marquee. This will be the 32nd 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.

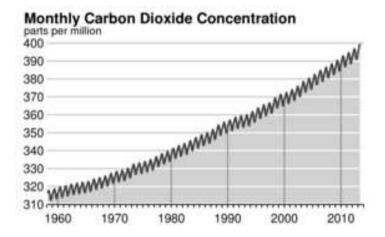
We anticipate a very special evening of musical entertainment as we have some of the best bands not only in Cornwall but in the South West. Returning again by popular demand are Camborne Town, Helston Town, St Keverne, plus this year being joined by Pendennis Brass, who will each play their own programme, 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, £3.00 Saturday and £7.00 on Sunday. Children accompanied by an adult, £1.

A Significant Event? Robin Curtis (Transition Constantine)

Unnoticed by many, a symbolic event occurred in the period between the publication of the last *Constant Times* and this one. The average concentration of carbon dioxide in the atmosphere passed through 400 parts per million. You might be forgiven for thinking that there is nothing particularly remarkable about this number. However, the Earth has not seen this level of Greenhouse gas for over 800,000 years, i.e. never before in human history. In addition there has not been such a rapid increase in CO2 as has been recorded in the period between the beginning of the Industrial Revolution and now - thanks in part to the vast amounts of previously buried carbon that we have released to the atmosphere through our coal, oil, and gas fired power stations

None of these figures are in dispute - these concentrations are as measured at the Mauna Loa observatory on Hawaii - where the figures have been meticulously recorded for the last 50 years. They are now reported as they occur on the Keeling curve web site (http://scrippsco2.ucsd.edu, source for graph below).



There are a number of significant impacts that we are seeing locally in and around the parish as a result of this. The increasingly unpredictable behaviour in the weather, changes to wildlife, plant life and farming, and the arrival of renewable energy installations in the locality that do not emit carbon dioxide. Whilst some may find any, or all, of these issues unpalatable, there needs to be a dramatic reduction in the amount of carbon released to the atmosphere if we are to avoid the severe changes that will be imposed on us from an increasingly warming planet.

Page 6 Volume 2, Issue 3

Parish Council Matters

Chairman's Report (abridged version of the statement delivered by Paul Carter at the 16 May Parish Council Meeting)

The Parish Council has been very busy over the last twelve months keeping our parish running as our residents expect. I have once again enjoyed being your Chairman and continue to believe that this is a very pro-active Council. I would like to publicly thank my fellow Councillors for their unending hard work, commitment of time and support.

The past year has seen the JuMP Committee put in huge efforts in fund raising and with writing funding applications, all with the ultimate goal of replacing the play equipment in the play area. Many thanks go to the hard-working members of that group.

By far the biggest event for the parish was the weekend to celebrate the Diamond Jubilee of HM Queen Elizabeth II. The committee, chaired by James Agnew, put together a very varied and interesting four days of events. The Saturday saw the presentation of the Jubilee mugs, the Sunday morning saw a Church Service in the marquee and the big event of the Monday was the regatta at Polwheveral and the lighting of the beacon in the evening at Polwartha. A very wet Tuesday morning saw some of us at a tree planting



event on the green space by the new car-park where an oak sapling from a Royal Forest was planted. I see it has survived its first winter and is now in leaf.

In November, this Council supported the Poppy Appeal, purchasing a poppy wreath which Cllr Nicholls and I laid on behalf of the Parish Council at the War Memorial on Remembrance Sunday. We take great pride in this duty, remembering those from this parish who served and died for their country. Christmas saw the usual purchase of trees for the village. This year it was organised by Ellen Worth with some advice and steering in the right direction from Cllr Wiseman: my thanks to them.

This last year we, as a Parish Council, have looked at and commented upon fifty-four planning applications (which is two less than the previous year). Some of these are straightforward but others can be more contentious and can take a lot of thought.

Members of this Council are very conscious of the needs of the Parish when we set our precept. We need sufficient income to maintain and improve the areas we have responsibility for. The two big projects this year were the erection of the stone wall at Brillwater Road (which was completed last September) and the other, which has been completed only recently, was the laying of the new surface to the paths in the Lawn Cemetery and the post and chain fencing around the Garden of Remembrance. I have already heard praise from the public about a job well done. Thanks go to Councillors Wiseman and Gray for their hard work in managing this project.

As usual, I end with much thanks to our Parish Clerk, Colin Chapman, who has much knowledge and continues to keep us well advised.

May Parish Council Meeting Summary Liz D'Alton

Councillor Paul Carter was re-elected as Chairman; Cllr Nicholls: Vice Chair. Other Councillors are Mrs. E. D'Alton, Mrs. S. Dunstan, Miss C. Evans, Mr C Gray, Mr N Wiseman, Mr A. Bolt, and Mr C. Chapman (Clerk) There are two vacancies on the Parish Council. If you are interested in being co-opted, please contact any Councillor.

CCllr Neil Hatton was congratulated on his re-election to Cornwall Council for the next 4 years. Among his comments was news that a tree preservation order has been confirmed at Bosryn, Port Navas and a statement that he is, with Cormac, pursuing maintenance of the closed churchyard.

There appears to be a widespread belief that the rent paid by the Social Club goes to the Fields in Trust (formerly the National Playing Fields Assoc). It does not. It goes to the Management Trustee, which is the Parish Council, and is spent exclusively on maintaining the Recreation Ground. Despite notices at every entrance, people still exercise their dogs on the Recreation Ground. Therefore it has been agreed to seek the creation of a Dogs Exclusion Order covering the Recreation Field.

PCSO Ben Gardiner reported a fall in crimes committed in the area and that speeding issues have again been raised. He has also worked with the school.

Several Planning Applications were discussed (please see notice Board for details). It was agreed to underwrite the cost of the Jubilee Memorial Stone to a maximum of £500.

Page 8 Volume 2, Issue 3

Constantine Garden Society Summer Show

Liz Pearce, Howard Bolt and Fraser Green

Come and see the wonderful entries, join us for cream teas in the marquee and enjoy listening to the Constantine Silver Band at the annual Constantine Garden Society Summer Show on 20 July. Gates open at 2pm, and there will be something for everyone.

If you grow anything, make anything or bake anything, why not join the village tradition by entering it in the show? You may be surprised how well you do. In recent years we have had winners from 1 year to 104 years, so you are never too young or old! If you would like to enter an exhibit in the show simply pick up a show schedule from one of the shops in the village and complete the entry form.

The many classes include not only Vegetables, Plants and Flowers but also Photography, Art and Craft (of all kinds) and Baking. Photography has become very popular and it's easy to have a go. No names are on the exhibits so unless you win, no one knows it's your photo. Also, the number of men exhibiting in the home produce section has increased year on year with some excellent results, so come on lads, let's see what you can do! The children's entries make a remarkable impact on the show and we all appreciate their joyful creativity and innovation.



Show Entry Classes: Plants in Pots; Cut Blooms; Floral Art; Fruit; Vegetables; Home Produce; Arts & Crafts; Most Attractive Front Garden & Best Hanging Basket.

Photography Competition Subjects: Any Pet or Pets; Architecture; Garden Visitors; Flowers or Plants; Black & White Photograph (any subject); A Lovely Sky; Farmyard Scene; Head & Shoulder Portrait; Autumn Colour; A Cornish Lane.

Children's Sections: Flowers & Vegetables; Home Produce; Arts & Crafts.

All entry forms to be returned to Constantine Post Office or the Entries Secretary, Mrs. Vera Tripp (Vista-Del-Marie, Brill, TR11 5QA, tel. 340649) by 4pm Monday 15th July.

Business Spotlight: Potager Garden Mark Harris

We're often asked 'What is Potager?'

Potager is continuing to evolve from its origins in 2000 when Dan and Peter set about carving out a garden from the overgrown remains of the abandoned plant nursery in High Cross. Inspired by the French 'potager' style of gardening - productive growing made beautiful - they have created a garden that mixes ornamental and edible plants and are happiest when visitors make themselves at home and spend time in the garden, relaxing in hammocks or playing games.



Mark first came to Potager to build boats in the workshop next to the top green-house but three years later (much to his surprise) found himself responsible for the whole project. Now that the refurbishment of the café is complete he is looking forward to increasing the amount of fresh produce we grow for it. Saffa met Mark when she was visiting Cornwall on holiday and has since abandoned her native Canada, got a degree in horticulture, and is keen to develop an educational program at Potager as well as propagating and selling plants.

Now running the café, Awen originally came to volunteer in the garden but his passion for cooking healthy and delicious organic food soon led him to the kitchen. Though he still likes to be outside his uncompromising approach keeps him very busy. Tanya's talent for cakes and pastries completes the picture and together they bring a bit of Breton-Swiss charm to rural Cornwall.

Together we're trying to create a place where people will enjoy spending their time now and in the future - working, learning, relaxing, playing or eating. If you'd like to join our team of volunteer gardeners, just let us know - we work together on Fridays.

The garden and café are open on Fridays, Saturdays and Sundays from 10am to 5pm.

Potager Garden, High Cross, Constantine - 01326 341258 enquiries@potagergarden.org

The Constant Times CONSTANTINE CALENDAR

June 2013

Mon 3 - Constantine Community Choir. 6.45pm. Tolmen Centre.

Thurs 6 - Café Tolmen. 10am-2pm. 341353.

Sat 8 - Old Vic presents 'Chapel Street and Bitch Boxer Double Bill'. 7.30pm. Tolmen Centre. Adults £10, Conc. £8. Child 14+ £6. 341353. Café Tolmen open. Booking essential.

Mon 10 - W.I. Meeting. 7.15pm. W.I. Hall.

Tues 11 - Parish Council Meeting. 7pm. Vestry.

Wed 12 - Tolmen Movies. Sightseers. 7.30pm. £3. 341353. Cafe Tolmen open.

Thurs 13 - Transition Constantine Meeting. 7pm. Queens Arms.

Thurs 13 - Café Tolmen. 10am-2pm. 341353.

Mon 17 - Constantine Community Choir. 6.45pm. Tolmen Centre.

Thurs 20 - Café Tolmen. 10am-2pm. 341353.

Fri 21 - Waymarker evening menu: Tuscany. 341323.

Fri 21 - Dreadnought South West Association presents 'Oxygen'. 7.30pm. Tol-

men Centre. Adults £10, Conc. £8. 341353.

Sat 22 - Helford Marine Conservation Cruise. 3-6pm. The Ferryboat Inn Jetty. Adult £6, Under 16 £4. Charles 07795845696 David 01326 340686.

Mon 24 - One and All Club. Coastal Trip. Leaving Gweek 8.45am, Constantine Spar 9.00am, Bottom of Constantine 9.10am. 340050.

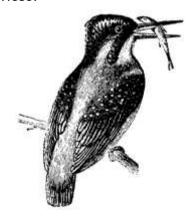
Tues 25 - Ladies Circle. Floral Art with Mrs Leggo. 2.30pm. W.I. Hall. Jean 240388

Wed 26 - Tolmen Movies. Les Miserables. 7.30pm. £3. 341353. Café Tolmen open.

Wed 26 - Constantine Cottage Garden Society. Lucie Nottingham's Garden's and Cream Tea, Trenarth. 2.30pm. 340306.

Thurs 27 - Café Tolmen. 10am-2pm. 341353.

Fri 28 - Andy Sheppard.7.30pm. Tolmen Centre. Adults £10, Conc. £9. 341353.



July 2013

Mon 1 - Constantine Community Choir. 6.45pm. Tolmen Centre.

Thurs 4 - Café Tolmen. 10am-2pm. 341353.

Sat 6 - One and All Club. 10-12. Summer Fayre.

Mon 8 - W.I Meeting. 7.15pm. W.I. Hall

Wed 10 - Tolmen Movies. The Fireman's Ball. 7.30pm. £3. 341353. Café Tolmen open.

Thurs 11 - Café Tolmen. 10am-2pm. 341353.

Thurs 11 - Transition Constantine Meeting. 7pm. Queens Arms.

Fri 12 - Waymarker evening menu: Basque region, Spain. 341323.

Sat 13 - Helford Marine Conservation Snorkel Safari. 10.30am - 12.30pm. Durgan. Abby 07973400183 Ruth 07825070613.

Sun 14 - Gigspanner. 7.30pm. Tolmen Centre. Adults £10. 341353. Café Tolmen open. Booking essential.

Mon 15 - Constantine Community Choir. 6.45pm. Tolmen Centre.

Mon 15 - One and All Club. Dartmouth Trip. Leaving Gweek 8.45am, Constantine Spar 9.00am, Bottom of Constantine 9.10am. 340050.

Thurs 18 - Café Tolmen. 10am-2pm. 341353.

Thurs 18 - Parish Council Meeting. 7pm. Vestry.

Sat 20 - Constantine Cottage Garden Society Summer Show. 340306. (see p. 8).

Sat 20-Sun 21 - Weekend of Brass and Voice (see p. 4).

Sat 20-Sat 10 Aug - Constantine Arts Society. 39th Annual Exhibition. 10am-7pm.

Wed 24 - Regatta Coffee Morning. Port Navas Village Hall. 10am-12 noon.

Thurs 25 - Café Tolmen. 10am-2pm. 341353.

Sat 27-Sun 28 - Constantine Carnival. 340607.

Tues 30 - Ladies Circle. Cream Tea. 2.30pm. W.I. Hall. Jean 240388.



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

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

Page 12 Volume 2, Issue 3

CLUBS, GROUPS AND GOINGS ON

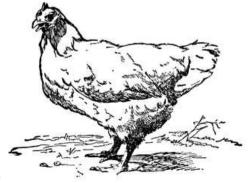
Calendar entries and reports on group happenings (400 words maximum) are welcome. We'll try to make space to print everything that comes in, though we may occasionally need to hold items over if we run out of space.

Constantine W.I. Report Barbara Willoughby

Our evening at Constantine W.I, began with a very warm welcome for two members who had been absent for many months due to ill health; also a big thank you was given to all contributors who had supported our Soup & Pud Lunch Winter Season, and special thanks to all those who came every lunch to enjoy our home cooking. Plans were going ahead on our entries for the Royal Cornwall Show and Stithians Show and our Birthday Outing for members to a garden near Coverack. Members were also asked to note in their diaries the Constantine Cottage Garden Show where the W.I. have a cake and preserves sales table. It looks like a very busy summer ahead.

Business followed with discussion on the National Federation of Women's Institute's Resolution for this year, which is 'The Decline of our High Streets and Town Centres'. All W.I. members are asked to support their local High Streets (in our case the local Village Fore Street), as well as the town High Streets, to help keep them alive. The computer age is not helping this situation with many stores now offering 'online shopping with delivery to your door'. Use our shops or lose them there could always be a bargain or a special gift to be found! We know many National Shops have already left our High Streets but several are now being occupied by new ventures. Our village shops are still thriving/surviving and will continue if we support them.

After that our evening turned "Fowl". Two of our members came (armed with two laying hens in their travelling case), to talk about their selection of Rare Breed Chickens. With such intriguing names as Buff Orpingtons, Light Sussex, White Leghorns and Cream Crested Legbar (to name but a few), they were both keen to keep these rare breeds alive and flourishing. Each breed lays significantly different



size & colour of eggs (from very dark brown to light blue) obviously they are extremely 'fresh' and the hens have a very happy existence outdoors (though fenced in for safety from predators) and only tucked up in their henhouses at night when they make their own way to bed (sometimes as late as 10.30pm!). The winner of the competition 'A Fowl Limerick' was Mary Vyvyan - all the limericks were read out and added to the fun evening enjoyed by all.

Our next meeting on Monday 10th June will be Dawn with Slimming World and Catering. The competition - 'A Seashell Item'. On 8th July, Judith Peters will talk on Jewellery - pearls in particular. The competition - 'An Interesting Pearl Item'. We look forward to welcoming all guests and visitors.

Past Times Gerald Trethowan



Village of the Year 2006: Smiles all round at Constantine

The prize, a plaque to be proudly displayed in the village, was presented at a special celebration event held in Fraddon. Paul Worth of Calor and Lady Mary Holborow, Lord Lieutenant of Cornwall, presented representatives of the villages with their prizes. Judges said they were impressed with how much effort Constantine had put into staging their bid.

In photo from left: Bob Mynett, Paul Worth, Lady Mary Holborow and Liz Moore

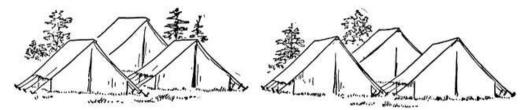
Page 14 Volume 2, Issue 3

More News from the Front Nichola Butland

Every glimmer of sunshine is greeted with shouts of "Huzzar!" by the 32nd Cornish Regiment of the Foot. Following some musket-shatteringly cold and blustery drill days through the winter, Cornwall's only Napoleonic Re-enactment regiment are marching into the new season with their best boots forward.

Most recently, our faithful ladies and gentlemen of the 32nd could be seen demonstrating their drill, and getting embroiled in firing competitions at a multi eraevent in Wales. More than one of our regiment found themselves chronologically confused at points, with one foot soldier spending the first evening as a Viking (such is the beauty of multi-era events). Gender also became somewhat pliable as our Marvellous Miss Edwards switched from her role as soldier in the ranks (well-placed padded sock and stick-on sideburns optional) to fine Regency lady and back again with her usual dash and ease. Our heroine did however draw the accuracy line at stew-in-a-tin, choosing instead to roast chickens on spits over the campfire, with delicious consequences. An army does indeed march on its stomach.

Our next trick as the Cornish militia is to ride into Kent to the Battle of the Nations, England's biggest Napoleonic event of 2013. We're preparing for all weathers and temperatures (lots of sewing involved). From lightweight chemises to thermal bloomers, preparation is the key to comfort, particularly when it comes to sleeping arrangements, in canvas military tents: brrrr!



We fear not the cold on our next major event abroad, however—the 200th anniversary battle of Vitoria in Northern Spain at the end of June. Such is the gravity of the occasion that the town itself has decided to treat all re-enactors by offering a free tapas with every drink, Salud! But, until then, I return to my post behind my sewing machine, with some thick and thermal fabrics. (Saluting!) Signing off.

Nichola Butland (Lyrebird Costume and Sewing Services, 340878.)

Introduction to Wine Course Ellie James

Do you face the huge array of bottles in the wine aisle, panic, finally opting for the same old, same old?

Does your wine selection criteria largely depend on if the bottle has a nice label?

Do you find yourself intimated by the wine list in a restaurant & usually choose the 2nd cheapest?

If you'd like to broaden your wine horizons and gain a little knowledge about wine in a relaxing and fun atmosphere we may have the answer. Constantine Garden Nursery will be running a 5-week wine course in June and July aimed at building your confidence in buying, storing, serving wine & matching it with food.

There's no exam at the end, just small, sociable classes, run by enthusiastic & knowledgeable tutors in the gorgeous setting of Constantine Garden Nursery. We hope that by the end of the course you'll be inspired to try new & different wines, to have built your confidence when facing the wine wall in the supermarket but most of all to have had a bit of fun learning about wine.

For further details, including dates, times & prices, please contact Ellie James on 01326 340051 or plants@cornwallgardens.com



JEWELLER & GOLDSMITH

35 Years experience

Alterations & Repairs
Watch batteries replaced
Valuations
Commissions undertaken
All work fully guaranteed
Gold & Silver bought

Linzi Ball

01326 341352 07981 883248

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

Page 16 Volume 2, Issue 3



www.drinkfinder.co.uk

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

The waymarker

TASTY SUNDAY ROASTS

MORNING COFFEE & AFTERNOON TEA

SPECIAL EVENTS & FUNCTION HIRE

Open Daily 10:00–18:00 *New* Early Evening Opening:~ last reservation 19:30 on Fri & Sat (Closed Tues)

"A Rural Retreat for a Sweet or Savoury Treat"

| phone: 01326 341323 | Trewardreva, Constantine, TR11 5QD www.thewaymarker.co.uk









BLUEBIRD CARE

WOULD YOU LIKE HELP AT HOME?

PERSONAL AND DOMESTIC CARE and a flexible service to suit you

Care visits from pop-in to 24 hours allowing you to stay in your own home

www.bluebirdcare.co.uk

018 7227 6006

cornwallmid@bluebirdcare.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

For more information please contact Gill Sadler on 07817174114 or email 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



SPACE TO RENT IN FORE STREET

THE VESTRY IS THE SMALL SEPARATE BUILDING IN THE CAR PARK AT THE TOLMEN CENTRE. IT'S ABOUT 6M X 3M AND OFFERS A VERY PRETTY SPACE SUITABLE FOR USE AS OFFICE, STORAGE, ARTIST STUDIO OR EVEN AS A GALLERY. HAS ELECTRIC SUPPLY BUT NO RUNNING WATER OR LOO (THESE ARE AVAILABLE IN THE TOLMEN CENTRE). RENT £20 PER WEEK. APPLY TO THE TOLMEN CENTRE 01326 341353.

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

SAAB 9.3

Car Valeting
Free Estimates

SAAB 9.5

New & Used Spares

Cars Purchased for CASH



MGD Ltd. - Motor Trading

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

Tel/Fax: 01209 314847 • Mobile: 07831 585443

Telephone: 01326 340421 Mobile: 07968772874

Melanie Uren

Dip. TCL PGTCL

Professional Soloist

Singing & Piano lessons given.

CONSTANTINE GARDEN NURSERY

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
Email:

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



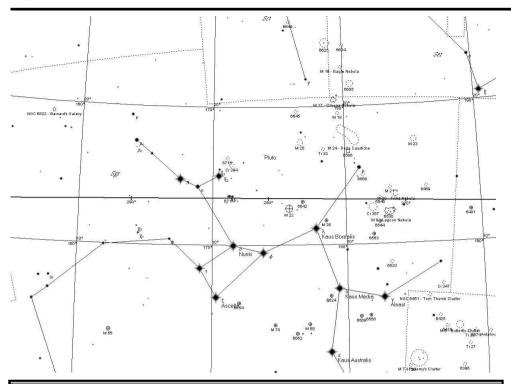
12, 16, 24, 29 and 53 seater Minibuses and Coaches

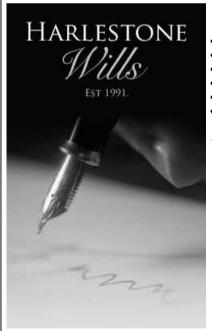
For Group Tours, Cruise Transfers and Wedding Transport

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 Page 18 Volume 2, Issue 3





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

* Night Sky June/July Robert Beeman

Our local star, the Sun, is now starting to reach its highest position in the sky to give long days and short nights. This is not ideal for observing unless you are a total night owl, but the upside is that it will, hopefully, be a great deal warmer than of late should one wish to do so. A constellation worth looking for is Lyra, shaped like a Greek lyre, which is dominated by Vega and forms the western point of the Summer Triangle. Close to Vega is a quadruple star known as the "double double". Those with good eyes should be able to separate the pair but a small telescope will show that each star itself is a double.

Looking down to the south just above the horizon lies Sagittarius, and with good imagination one can form a tea pot shape. This is an area of the night sky rich in nebulae and star clusters, which on a clear night and with binoculars is well worth scanning. There are several objects that are visible to the naked eye and, using the chart, look for the Lagoon Nebula M8, an area where stars are being born.

The planets are in short supply at the moment, but you might just get a glimpse of Saturn as it sets in the west and, if you have a 150/200mm telescope, Uranus as it rises in the east. Pluto, although shown on the chart close to M25, is well beyond the reach of most amateur telescopes. For more information visit www.stelarium.org.

Cont. from page 20.

Surely a community which welcomes - and even might want to encourage - visitors, might think about adding a couple of seats in our public places without worrying about the gathering of unruly crowds wanting to use them!

And, come to think of it, not only visitors might use them. Those of us who walk in the village might welcome the chance for a brief sit down - not creating mayhem as we did so - just having a rest!

We now have a lovely public space in the corner of the Glebe Car Park. What could be nicer than a couple of benches to allow people to sit and enjoy the view. There must be other places around the village too.

So - Parish Councillors - why not grab this bull by the horns, think creatively about saving tired legs, and promoting the timeless recreation of 'sitting and thinking' - give us some public seats. Do we want Constantine to be famous for having nowhere for a pleasant sit down?

The Constant Times

Contact Details

Email: constant.times@gmail.com
Post: Tolmen Centre or
47 Fore Street
Phone: 01376 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 or post to the addresses above.

DEADLINE FOR AUGUST/SEPTEMBER 2013 ISSUE: 13 JULY

Letters, comment and opinion



A plea for seats! Charlie Pugh

Barbara and I spend some of our leisure time travelling: across England, Scotland, Europe - wherever we can get without flying. We usually stay in rented cottages or B and B's in picturesque villages - hopefully with a nice pub available for sustenance.

Inevitably, we make comparisons between where we find ourselves and our home village of Constantine - and it must be said Constantine comes out tops on almost every count. Except one: the provision of seats in public places. In almost every location we visit - be it by the bus stop, under the spreading chestnut tree, on the village green, by a beauty spot - wherever there is a public space - you find a seat or bench where as you stroll around you can take a few minutes to rest your legs, take in the view, read the paper, or - just sit!

Constantine seems to have missed out on this. Apart from a decrepit couple (of seats that is) on the rec and one down beyond the surgery, our public places seem devoid of any seats. Why should this be? Do we begrudge those who wander around the village the chance of a sit down? Do we collectively disapprove of sitting and resting? If so it seems strange - and certainly quite the opposite of most villages, towns, even cities, where the public are welcomed and seats are provided.

Some years ago I suggested that a seat be provided in the Well Lane public area opposite Spar. The idea was rejected out of hand by the Parish Council - on the curious grounds that it would encourage people to sit there! (cont. p. 19)