

# The Constant Times

Volume 3, Issue 4

September-October 2014

## Community Land Trust Gathers Momentum Simon Allen

Over the last year the average price of a Cornish home has risen to £223,046 - 12.6 times greater than the average income of £17,633 (*Western Morning News*, 23/8/14). In Constantine and many other Cornish villages, homeownership is simply out of reach for working families—even as many suitable homes remain empty, on the market for months or years. Over the past few months the Constantine Community Land Trust (CLT) has been working on developing a solution to the local housing problem.

The primary objective of Constantine CLT is to develop good quality low-cost housing as a community resource. Land trusts are democratically managed, not-for-profit organisations that reinvest any surplus to maintain local assets in perpetuity. CLT housing stock will be rented or sold to local people, enabling them to remain within the community instead of having to move away to areas where housing is cheaper. Any such stock will be restricted so that upon sale or termination of tenancy it retains a 'below open-market' value and, in the first instance, is offered only to other members of the parish on a basis of local need. A secondary aspiration of the CLT is to develop other community facilities for the parish. These could take the form of occupational workspaces or recreational amenities.

A presentation was made to Constantine Parish Council on June 19th explaining the concept, and support in principal was granted. Constantine CLT has subsequently applied for and gained membership in the National CLT Network. Initial grant funding has been obtained in the form of three days of professional assistance from the regional body, Cornwall CLT, to aid in setting up relevant legal structures and developing the CLT's administrative and operational focus.  
*continued p. 2*

---

## Inside this issue

Christmas Lights Appeal, Page 3



Calendar, Pages 8-9

Museum News, Page 4

Night Sky, Pages 14-15

*continued from p. 1*

Several meetings with County Council representatives have taken place and a local housing needs survey is in the process of being drafted. The housing needs survey is important; it will be used to identify specific areas of requirement, from numbers of bedrooms and disabled access to price ranges for affordable renting or ownership. Current residents should receive details through the post and the survey will also be accessible online, as well as to those with strong and recent links to the parish. Please look out for the survey and be sure to respond to it if you have an interest.

Potential sites for development have already been identified and others are being sought. If anyone wishes to volunteer a site or has any constructive recommendations as to where development might best take place, please feel free to contact a member of the Constantine CLT Steering Group. Our website is now up and running ([constantinecommunitylandtrust.co.uk](http://constantinecommunitylandtrust.co.uk)) and an open event will be held at the Tolmen Centre on September 27th for those who require more information, assistance with the survey, or who want to be involved. Contact: [constantineclt@gmail.com](mailto:constantineclt@gmail.com).

CLT Steering Group: James Croftson, Chair (07581365778), Simon Allen, Louise Munn, Russ Johnston, Cassie Rafferty, Frances Dawson, Michelle Stone.

## Do you want to learn more about the Constantine Community Land Trust?



Tolmen Centre Drop-in Social

All welcome to talk about: Why? What?  
Where? When? Who?

### Note from the Editors

Due to our experience with lower submission levels and reduced calendar entries in August and January, and the challenging logistics of production, printing and distribution (all volunteer!) in certain times of the year, we have taken the decision to publish bumper issues of *The Constant Times* in summer (June/July/August) and Winter (November/December/January). We will continue to publish 5 issues a year, and aim to distribute copies to all households in the parish. Please let us know if you don't receive a copy, or if you would like to help with distribution.

## Christmas Lights Update Tracey Clowes

Over the past few months, you may have been aware of some low key fund raising events for the Village Christmas Lights. This article aims to bring you up to date with progress so far....

In March we had the 'Sing Along to Grease' evening which raised £180, followed by a Bric a Brac stall at the Constantine Country Show, raising £100, then a really lovely afternoon serving 'Tea under the Trees' on the grass by the Church car park (making use of the new picnic benches provided by the Council made it all the more special), and we hope during August that the weather will have permitted 3 more of these 'Tea under the Trees' events. The Social Club also raised £42 by selling teas during their Croquet afternoon and kindly donated it to the appeal.

On September 5th there will be a Coffee Morning and Bric a Brac in the W.I. Hall, and also further events in October—watch our Bright Lights board up by the bus shelter for more details. We also hope to place collecting tins for any loose change in a number of locations.

Why are we doing this? Well, lets not pull our punches, last Christmas Constantine did not look at all festive, with little to brighten the village apart from the few private houses who had made an effort. We missed the pretty little Christmas trees on Fore Street and the main tree by the bus shelter was very uninspiring. Consequently, we hope to make a feature of the area this year, and also place some lights on the trees on the new seating area near the car park and, depending on how much is raised, look to add additional lights over the next few years. As in years past, the Constantine Stores, the Tolmen Centre, Spar, and the Social Club will hopefully have their trees.

Residents in Fore Street, Glebe Terrace, and Vicarage Terrace will be getting a letter shortly encouraging them to decorate their space using trees/lights provided by the Parish Council/Lights Team. If anyone feels inspired and would like to hold an event to raise funds please do, the more money collected the better the lights! The Lights team is working with the Parish Council, and would welcome anyone who wishes to help in any way. Let's make our Village jolly and welcoming again. Contact: Tracey Clowes 340279, Liz Moore 340703 or Colin Chapman 221648.



## Constantine Museum News Don Garman

**Archive opening:** Funding from a charitable trust has enabled the Constantine Museum to fund the transformation of a room (previously a disabled toilet) into an excellent storage space for the plethora of archival material donated by local inhabitants. Now properly stored and catalogued, it is a treasure trove for researchers into the history of the area and local families. Key items include a copy of the Tithe map, original documents relating to mining and quarrying, plans and documents from Trethowan's, the local builder, and several family histories. Constantine Parish resident, Lucy Nottingham, a former City of York archivist opened the Constantine Museum's archive on Monday 4th August. This date was the day war was declared against Germany in 1914, and was particularly relevant as the archive contains information about every member of the parish who served and lost their lives.

**New exhibition:** The photographic display created to celebrate the centenary of the Port Navas Regatta will be in the museum from the 8th September until close in December. The display will be accompanied by artefacts and a digital collection of photographs illustrating a century of change in Port Navas.

**Progress towards accreditation:** In May, the Management Committee was delighted to learn from the Arts Council that our forward plan and accompanying action plan enabled the museum to gain eligibility for accreditation. Accreditation once achieved will demonstrate to the community and visitors that we care for the collection to a very high standard and provide excellent access. We are now busy, with the help of our museum mentor from Penlee House, writing and revising documentation, sorting out the collection and increasing security.

**Volunteering:** If you feel you could give an hour or two a month to help catalogue, conserve or steward then please contact Jacqui Hessing (email [Jacqui.hessing@gmail.com](mailto:Jacqui.hessing@gmail.com)). Alternatively, just pop into the museum. We can provide training, so all that is required is interest and enthusiasm. The museum is open on Monday 12.00 -15.30, Tuesday 11.00 -13.00, Wednesday 10.00 -15.30 and Thursday 10.00 -14.00. Entrance is free.

**Appeal for information:** The artist Thomas W. Holgate lived in Constantine for a while in the 1920s or 1930s before moving to Falmouth. One of his paintings was of Constantine Church Porch, and is housed in Falmouth Art Gallery. Does anyone know any details of when and where he lived, or does anyone remember him? Constantine Museum would like know. Please contact David Freeman on 340679.

---

## Festival Interceltique Lorient 2014

Local artist and member of Transition Constantine Sandra Boreham has just returned from representing Cornwall at the Festival Interceltique in Lorient Brittany. Her installation, 'Walking Alongside Nature', highlights the need for us to return to living in balance with nature and consists of sculpture, prints and drawings. KOOS, Cornish for forest, references Cornwall's and Constantine's industrial heritage, while KOOS TARSOVNA, Cornish for ghost forest, is a poignant reminder of deforestation here and across the globe. The exhibition was well received and 7,825 people accessed the six Celtic artists showing in the Gallerie du Jardin Luthiers. A clip of the exhibition can be seen on YouTube and images will soon be on her website ([sandra-boreham-sculptor.co.uk](http://sandra-boreham-sculptor.co.uk)), Sandra hopes that the exhibition will be shown in Cornwall in the near future.

---

## Vinyl Apocalypse - Classic Album Sessions at the Tolmen Centre

**Sunday September 14th 2014 7.30 PM Admission £2.50.**

In a world where iTunes, Spotify and Napster dominate our listening habits and where white earphones seemingly protrude from every jogger's, dog walker's or cyclist's ears, when was the last time you actually took the time to sit down and listen to a complete album of music? Not just a few favourite tracks with the temptation to pick up the remote control and press the skip, pause or fast forward button, but both sides of a vinyl record?

Vinyl Apocalypse is part of a growing movement – the Slow Movement – that is championing a return to the simpler pleasures in life, in this case taking time out to sit in comfortable surroundings with a drink and listen to a complete artistic statement as it was envisaged by its creator. Starting this September Vinyl Apocalypse will begin hosting such events at the Tolmen Centre, beginning with Bob Dylan's 1976 masterpiece 'Desire.'



The evening will also feature Bill Callahan's 2011 album 'Apocalypse', which we consider worthy of much greater exposure. Both LPs will be played on a top quality turntable and ancillary equipment to enable the full beauty of the work to be enjoyed as it was originally intended. Come along and finish off your weekend celebrating the slower things in life. See [www.vinylapocalypse.com](http://www.vinylapocalypse.com) for further details.

## History Group Visit Piskey's Hall and Trewardreva Don Garman

Thirty members of the Constantine History Group participated in the August evening visit to two locations in the parish. The first stop was Piskey's Hall (a corruption of the Cornish Parc-an-Pacoes – "the fattening field"). Fortunately, the farmer, John Olds, had removed the bull in preparation for our visit, otherwise several members would not have entered! Bridget Olds explained that the fogou is at least 2000 years old and that Iron Age remains have been found in the entrance and there may have been a settlement in close proximity. The purpose of fogous is unknown but they may have been associated with pagan rights, shelters or birthing chambers. Experts have visited the site on the Solstice to see if there is a relationship to the seasons but results were inconclusive. Those members who entered were impressed by the quality of the walling and the size of the capstones. The fluorescent lichen glowing in the poor light was also of interest.

On leaving the field, members entered the drive of Trewardreva and met with James and Rebecca Fox. James provided a history of the site and the house before their impressive home and gardens were explored. Trewardreva means "house in the middle of hut circles", therefore its very early origin may well be linked to the fogou. Axe heads have been found at the mill and in fields belonging to the house, a further indication of early occupation. In the Domesday Book the property was part of the Manor of Tuoys. Later the property became the Manor of Polwheveral. Thomas Rise, the steward of the manor, built the core of the present house between 1590 and 1600. The house was built in the shape of an E, which represented Elizabeth 1st. Thomas' coat of arms can still be seen above the original front porch. The property was subsequently owned by Thomas Trewen of Sancreed, Rise's son in law. This was the beginning of six generations of Trewens at Trewardreva.



In 1719 Thomas and Alice had the building finished in fine cut granite, changed the windows and built the coach house, and thus produced a “delightful early 18th century home”. In 1819 the last Trewen moved to Taunton and his daughter married Charles Scott, a barrister; they now became the occupants. The Scotts had ten children and Charles’ ghost is said to hunt with hounds on Brill Hill. Nobody owned up to having seen this! Financial difficulties led to the eldest son selling the property in 1855. Sold in lots at an auction at the Greenbank Hotel in Falmouth, the house and 50 acres was bought by the Hearle family, who set about removing the west wing and thus destroying the symmetry of the house. By the 1930s the house was in a very poor shape and was bought by Romney Fox, a timber merchant, who set about renovating the property.

Members were impressed with the panelled rooms, the paintings of members of the Fox family and were enthralled by the quality of the plasterwork in the stairway and drawing room. Such is the quality that the work may have been undertaken by Italian plasterers. The group finally explored the gardens which are contained inside a wall dating from Elizabethan times. Geoff Roberts thanked Bridget Olds for her guided tour of the fogou and thanked James and Rebecca Fox for their hospitality and sharing the history and beauty of their home. The group will meet next on Friday, 19th September at 19.15 in the Constantine WI Hall when Steph Haxton will be speaking about “A Lady with Letters”.

---

## Constantine Flower Festival Thanks Liz Pearce



The Constantine Flower Festival was held July 24-27 2014. The Flower Festival Committee would like to thank all those who worked so hard to make this festival possible and to make it the success that it was. There were various village organisations, fund raisers, tea makers, cake bakers, flower arrangers, ladder holders, ‘dogsbodyes’, programme designers, cleaners, organists, musicians, singers, bell ringers, photographers, Facebook advertisers, the vicarage printing services, meet and greeters, the Four Lanes Male Voice Choir and Cornwall Hospice Care and all the lovely visitors. With the help of all those above (and any I have missed off the list) we raised £3000 which we have divided between The Village Church and Cornwall Hospice Care. Thank you all so much.

# **The Constant Times**

## **CONSTANTINE CALENDAR**

### ***September 2014***

**Wed 3** – Todlins. 9.30am. Tolmen Centre. Every Wednesday.

**Wed 3** – Pop-up Baby and Toddler Cafe. 10.30am. Potager Gardens. £3 for parent and child. Every Wednesday.

**Fri 5** – Fitness Fusion. 11.30am. Tolmen Centre. Every Friday.

**Fri 5** – Constantine Christmas Lights Appeal Coffee Morning and Bric-a-Brac. 10.30-noon. W.I.Hall.

**Sat 6** – Katheryn Roberts and Sean Lakeman – Folk Music. 7.30pm. Tolmen Centre. £11/£10. 341353. Café Tolmen open. Booking Essential.

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

**Mon 8** – Constantine Community Choir, 6.45pm, Tolmen Centre.

**Wed 10** - Tolmen Movies. The Grand Budapest Hotel. 7.30pm. £3. 341353. Cafe Tolmen open. Booking Essential.

**Fri 12** – Moroccan Themed Evening Menu. Arrival 6-7.30pm. The Waymarker.

**Sat 13** - Farmers Market. 9.30am-12noon. Constantine Village Hall

**Sat 13** – Its a Crafty Affair. 10am-2pm. The Tolmen Centre.

**Mon 15** – Constantine One and All Club. Alan Cox Slides. 2.15pm. Sally

340050.

**Thurs 18** - Parish Council Meeting, 6.45pm, Parish Vestry

**Thurs 18** – The History of Trenarth with Lucie Nottingham. 7pm. Port Navas Village Hall. £7. Margaret 340214. Booking Recommended.

**Fri 19** - Constantine History Group – A Lady With Letters – Steph Haxton. 7.15pm. W.I.Hall. Geoff Roberts 340154.

**Sat 20** - Helford Marine Conservation: Snorkel Safari and BBQ. 10-noon. Durgan Beach. £5 for BBQ. Sue Scott 07772323502. Booking Essential

**Sat 20** – Wurlitza present 'Diary of a Lost Girl'. 7.30pm. Tolmen Centre. £8/£7. 341353. Café Tolmen open. Booking Essential.

**Mon 22** – Constantine Community Choir, 6.45pm, Tolmen Centre.

**Wed 24** - Tolmen Movies. The Lunch Box. 7.30pm. £3. 341353. Cafe Tolmen open. Booking Essential.

### ***October 2014***

**Wed 1** – Todlins. 9.30am. Tolmen Centre. Every Wednesday.

**Wed 1** – Pop-up Baby and Toddler Cafe. 10.30am. Potager Gardens. £3 for parent and child. Every Wednesday

**Fri 3** – Fitness Fusion. 11.30am. Tolmen Centre. Every Friday.



**Fri 3** – Mini Music Festival. 7pm-Midnight. The Waymarker. Advance £6/£3 On Door £7.50/£3.75

**Fri 3** – Seven Deadly Sins – Dance with Tom Jackson Greaves and Polly Motley. 7.30pm. Tolmen Centre. £8/£7/£6. 341353. Café Tolmen open. Booking Essential.

**Mon 6** – Constantine Community Choir, 6.45pm, Tolmen Centre.

**Wed 8** – Constantine One and All Club. Tavistock Goosey Fair. Sally 340050.

**Wed 8** - Tolmen Movies. Lore. 7.30pm. £3. 341353. Cafe Tolmen open. Booking Essential.

**Thurs 9** – Constantine Cottage Garden Society 'Parks' Life' with Richard Budge. 7.30pm. W.I.Hall. £1

**Sat 11** - Farmers Market. 9.30am-12noon. Constantine Village Hall

**Sun 15** – Helford Marine Conservation: Fungus Foray in Tremayne Woods with Justin Whitehouse. 10am-1pm. Meet at Gear Farm, St. Martin. Sue Scott 07772323502. Booking Essential

**Mon 13** - W.I Meeting. 7.15pm. W.I Hall

**Mon 13** – Constantine One and All Club. Proper Job Group. 2.15pm. Sally 340050.

**Thurs 16** - Parish Council Meeting, 6.45pm, Parish Vestry

**Fri 17** - Constantine History Group – Work and Wealth on the Helford River – David Freeman. 7.15pm. W.I.Hall. Geoff Roberts 340154.

**Sat 18** – Baden-Wuerttemberg Themed Menu. Arrivals 6-8pm. The Waymarker.

**Sat 18** – Save The Children Bridge Drive and Tea, Xmas cards available. 2pm. Mawnan Smith Memorial Hall. £6. Joan Rishworth 340105, Linda Scott 341116.

**Sat 18** – Maison Foo present 'Pendulums Bargain Emporium'. 7.30pm. Tolmen Centre. £12/£10/£6. 341353. Café Tolmen open. Booking Essential.

**Mon 20** – Constantine Community Choir, 6.45pm, Tolmen Centre.

**Wed 22** - Tolmen Movies. American Hustle. 7.30pm. £3. 341353. Cafe Tolmen open. Booking Essential.

**Sat 25** – Save The Children Coffee Morning, 10.30-12.30. King Charles Coffee Shop Falmouth. David Wheeler 315305.

**Sat 25** – Lady Misery Folk Music. 7.30pm. Tolmen Centre. £11/£10/£5. 341353. Café Tolmen open. Booking Essential.

**Sun 26** – Workshop with Lady Misery. 11-12.30. Tolmen Centre. £10/£5. 341353. Booking Essential.

**Fri 31** – Constantine Literary Group present Philip Marsden. 7.30pm, Drinks from 6.30pm. Tolmen Centre. £5. 341353. Booking Essential.

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

---

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

---

### **Constantine W.I. Report: Upcycling** Barbara Willoughby

"Don't Throw It Away - Paint It". Our speaker in July was from Sweetpea and Betty in Falmouth. Their company can give you ideas for upcycling anything in your home or garden that needs an uplift, or even things you are thinking of throwing away. They run workshops for any age, including children, and by using the company's specialised 'chalk paint' anyone can upcycle or give a new look to anything. This includes gilded frames and mirrors, electro-plated items, concrete floors, wall tiles, plastic and glass bottles and plastic garden chairs. If you visit the shop you will also see one of the first items painted - a very pretty pink-painted cash till! One of the highlights of upgrading all these items is that none of it needs any preparation before painting - you just start painting. A visit to this shop is highly recommended to get advice on how to get started.

We were also given a report by our Group Link representative from the Annual Meeting held in Leeds. After a 12 hour long coach trip it was a very enjoyable meeting, with one of the highlights being the mass of voices singing 'Jerusalem'. Our exhibit was brought back from the Stithians Show, but it was not a winning entry. The subject was 'A Song from World War One' and we had chosen 'Till We Meet Again', written in 1916. Unfortunately our realistic representation of the song could not compete with the modern interpretation of the other W.I. entries. Better luck next time.

Our meeting on September 8th will be a Valuation Evening with David Lay. We look forward to meeting new members and guests for our Winter Programme, which includes Textile Design, Steeling Nature, China (crockery not the country) and our usual very entertaining Harvest Auction in October. Please phone either Angela on 01326 341143 or Gill on 01326 340434.

---

### **Constantine Garden Society Summer Show Thanks** Howard Bolt

Despite weather forecasts of strong winds and heavy rain, Show Day proved to be fine and sunny which contributed towards an excellent Show. We had new entrants, some from out of the Parish. All entries were of a high standard, which made the judges' work difficult to carry out. School entries and children's entries were particularly pleasing. Thanks to the Constantine Band for playing during the afternoon and the Rev. Stewart Turner who gave out the prizes. Many thanks to all those who helped set up and afterwards take down all the equipment and displays, not forgetting the refreshment teams working hard throughout the day.



IT'S A  
**CRAFTY AFFAIR**

**Handmade Local Arts, Crafts, Food and Drink.  
Children's Games & Activities.  
Raffle Prize Draw.**

**SATURDAY 13TH SEPTEMBER 2014**  
**10am - 2pm**  
**at the**  
**TOLMEN CENTRE, CONSTANTINE, TR11 5AA**

**Fundraising for Constantine Preschool**  
<https://www.facebook.com/events/814400268585331/>



**Property to Let?**

**Here are four good reasons you should speak to Belvoir!**

Contact Bob or Annabel  
Leach today to discuss your needs.

Tel: 01326 210304 E: [falmouth@belvoirlettings.com](mailto:falmouth@belvoirlettings.com)  
[www.belvoirlettings.com/falmouth](http://www.belvoirlettings.com/falmouth)





46 Killigrew Street  
Falmouth TR11 3PP



**BELVOIR!**  
the lettings specialist

## Constantine Carriage Company



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

Tel: 01326 341291  
Mobile: 07890 489040  
[Clive@clive0.wanadoo.co.uk](mailto:Clive@clive0.wanadoo.co.uk)

## Do you own a holiday home in Cornwall?



### Let it successfully with Helpful Holidays

- A friendly firm offering an award-winning service
- Expert local knowledge
- Over 30 years' letting experience
- Professional marketing via print, press, online and social media

## Helpful Holidays

Welcoming cottages throughout Cornwall



01872 864400    [cornwall@helpfulholidays.com](mailto:cornwall@helpfulholidays.com)    [www.helpfulholidays.com](http://www.helpfulholidays.com)

## HARLESTONE

# Wills

EST 1991.



## Services We Offer

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

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

01326 210 414/07583 174943

[info@harlestonewills.co.uk](mailto:info@harlestonewills.co.uk)

Harlestone Wills & Quills Wills Harlestone  
PO BOX 309  
Falmouth

## 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**

Telephone: **01326 340421**

Mobile: **07968772874**

*Melanie Uren*

Dip. TCL PGTCL

*Professional Soloist*

Singing & Piano lessons given.



## *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](http://www.thewaymarker.co.uk)



## **Constantine Dental Practice**

Providing kind, caring and professional  
 private dental care to the local area

**New patient examination - £25**

**30 minute hygienist visit - £39**

**Tooth whitening - £199**

**Disabled access with parking within a  
 few feet of the entrance**

[www.constantinedentalpractice.co.uk](http://www.constantinedentalpractice.co.uk)  
 01326 340540



## **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](http://www.bluebirdcare.co.uk)

**018 7227 6006**

[cornwallmid@bluebirdcare.co.uk](mailto:cornwallmid@bluebirdcare.co.uk)

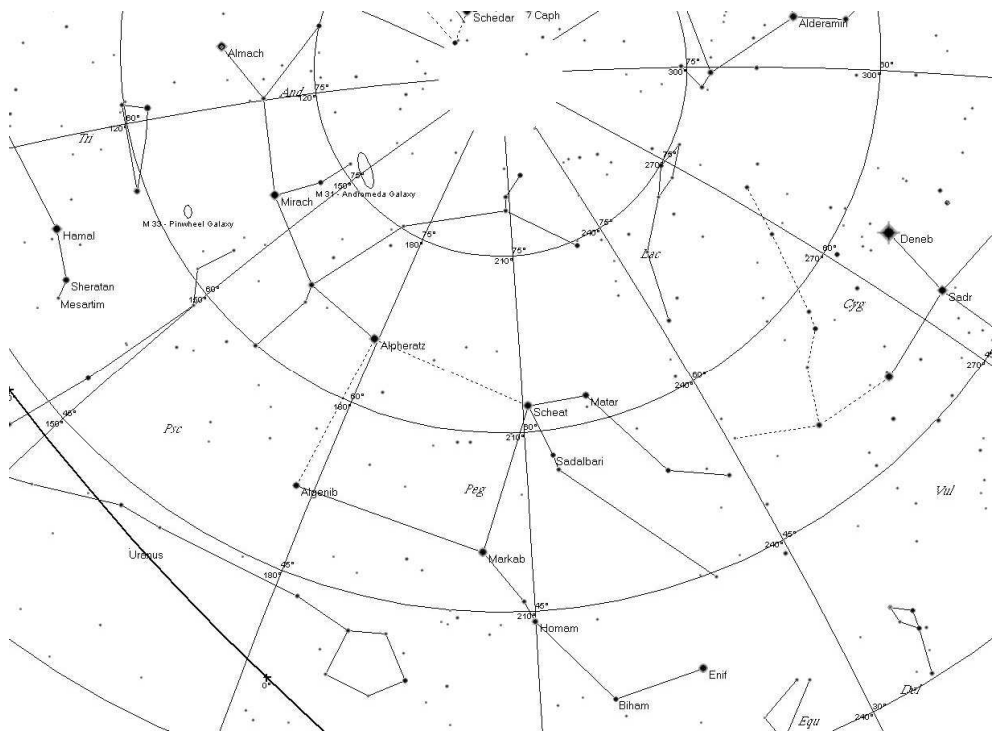


**On The Streets of Falmouth for over 30 years!**

**Quality Coach Hire – from 14  
 to 70 seats and a heritage  
 London Double Decker too!**

**Call us: 01326 378 100**

**Email us: [office@otsfalmouth.co.uk](mailto:office@otsfalmouth.co.uk)**



## SAAB SPECIALIST SALES - PARTS SERVICING

Pre M.O.T. Checks

Body Repairs

Car Valeting

Free Estimates

New & Used Spares

Cars Purchased for CASH



SAAB 9.3



SAAB 9.5



SAAB 900

### MGD LTD. - MOTOR TRADING

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

Tel/Fax: 01209 314847 • Mobile: 07831 585443



**Embrace  
Dance  
Fitness**

**What: FITNESS FUSION**

**Where: THE TOLMEN CENTRE**

**When: FRIDAYS 11.30AM - 12.30PM**

**Info: FUN FITNESS FOR ALL AGES AND  
ABILITIES - LOW - MID IMPACT**

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

For more information or to book please call 078171714114

## \* \* \* Night Sky September/October Robert Beeman

The late evenings will show the Milky Way stretching across the night sky from east to west. The Plough is now well down on the northern horizon, whilst high overhead is the M31 Andromeda Galaxy, a collection of some 400 billion stars. With binoculars this appears as an oval smudge, but then it is 2.3 million light years away and generally held to be the furthest object that can be seen with the naked eye. To the ancient Chinese a tortoise and tiger lurked in this area of the sky. The Summer triangle of Vega, Deneb and Altair is falling westwards as the evening progresses, with the square of Pegasus high in the south. Later in the month, Orion the hunter will start to appear above the eastern horizon. Look out for the Pleiades rising in the east which brings the onset of autumn. This is a triangular collection of bright blue white stars which are relatively young.

Out of the Milky Way in the south leaps Delphinus the Dolphin. The four brightest stars sometimes have the curious title of "Job's coffin". To the north east Castor and Pollux start to make an appearance, with the bright star Capella above. Just to the east of Capella is a triangular collection of stars known as Haedi, or Kids. There is a meteor shower to look out for, the Orionids (midway between Castor/Pollux and Betelgeuse) start in early October and peak on the 21st, given good conditions we might see 18 per hour. As ever the best time for meteor observing is after midnight but that is not to say that you will not see any beforehand. Something that will be worth looking out for given a clear afternoon just after dusk on the 27th October is earthshine on the Moon. Sunlight is reflected from the Earth on to the nightside of the Moon which appears to glow faintly and the entire orb of the Moon is dimly visible.

### SPIRAL CONSTRUCTION LTD.,

*Special Staircase Manufacturers*  
Turning Ideas Into Reality

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

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

### 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

## The Constant Times

### Contact Details

Email: [constant.times@gmail.com](mailto:constant.times@gmail.com)

Post: Tolmen Centre or

47 Fore Street

Phone: 01326 341129

### Editorial Team

Oversight and Advertising:

Benjamin Symes

Submissions: Lottie Bowser

Layout and Copy-editing:

Caitlin DeSilvey

Copy-editing and Distribution:

Russell Johnston

*The Constant Times* is produced with support from the Constantine Enterprises Company and Transition Constantine.

Volunteers distribute free copies to households in Constantine Parish every two months, with extended summer (June/July/August) and winter (November/December/January) issues.

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 two weeks prior to the publication date. Please send to [constant.times@gmail.com](mailto:constant.times@gmail.com) or post to the addresses above.

**DEADLINE FOR  
NOVEMBER 2014-  
JANUARY 2015 ISSUE:  
18 OCTOBER.**

## BOSAHAN STORAGE

(close to village)

**BOATS, CARS, MOTORHOMES,  
CARAVANS**

**CONTAINERS TO RENT  
20' X 8' X 8.6'**

**Secure, Clean & Dry**

**Contact John Olds: 07890384094**

## Constantine Social Club

New members welcome

Join now for just £12 per  
year and enjoy our low  
beer prices

SKY Sports and free WiFi

Open every evening and  
daytime at the weekends

Jackie's Kitchen Friday  
and Saturday Evenings

Function Room available  
for private parties

