

# The Constant Times

Volume 4, Issue 1

Feb 2015 - March 2015

## **Who's Where Winds Down** Caitlin DeSilvey

A while back Liz Moore realised that Constantine and its neighbouring villages needed a directory of local businesses and services. The first issue of *Who's Where* appeared in 1981.

Margaret Thatcher was in No. 10, Adam Ant and Shakin' Stevens were battling it out at the top of the charts and the editors of this newsletter were in primary school. Thanks to Liz's tireless dedication the directory has appeared without fail every spring for 35 years, often including special features about local history and happenings. Liz has decided that the 2015 edition will be her last, and we all need to pitch in to make sure it is accurate and complete (since it will no doubt be an essential refer-

ence in parish households for years to come). Please send updates and new entries to Liz by 20th February (50 Fore Street, Constantine, 340703, [salots@hotmail.com](mailto:salots@hotmail.com)). The publication is supported by advertising. A 1/6 page advert costs £50. Line entries £2. Club and services information free. (*Who's Where* entries can also be found on [constantinecornwall.com](http://constantinecornwall.com), and will be updated there after publication of the print edition ceases.)

**Buy Locally / Save Globally**

## **WHO'S WHERE 2015 35<sup>TH</sup> EDITION**

Parish Directory for Constantine, Gweek  
and Mawnan Smith

**Updates required by  
20th February**

**Main business listing, lines and adverts, also full details of  
local clubs, churches, medical services, schools, etc**

## **Inside this issue**



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## Help Sustain Our Pre-School Alice Kirby

Ten years ago a fantastic community effort came together to build our wonderful pre-school building. From the outset it was designed as a building with a low ecological impact and features that would help to keep the running costs low. As well as being extremely well insulated, it has a groundbreaking heat pump system extracting heat from a borehole drilled underneath the building. We now have a great opportunity to keep the building running for the next 20 years. The school is currently featured on the national crowdfunding scheme run by 1010 Solar Schools. This helps to raise the funds to install Solar PV systems for schools throughout the UK. Our installation would generate an income for the next 20 years – and help to maintain the long term sustainability of the pre-school, which is always struggling to raise funds.

At the time of the proposed solar farms in Constantine there was a strong preference for Solar PV to be fitted on our community buildings – we now have our first opportunity to achieve this. The project could happen tomorrow – the roof is suitable, there are no planning issues, we have quotations – all we need is funding. Any contributions, whatever size, will effectively be turned into a 20 year income stream for the pre-school and help to maintain this important centre of community life in Constantine. You can contribute as little as £5 at <http://www.solarschools.org.uk/constantinepreschool>, or you can purchase vouchers at the Farmers Market or from any member of the pre-school team.

Also, if you are one of the many thousands of people who are changing your electricity supplier, and you switch to the 100% renewable source, Good Energy, who generate Cornish electricity from Delabole Wind Farm, they will donate £50 to this

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## Housing Needs Survey Results In Russ Johnston

Results from the Housing Needs Survey conducted on our behalf by Cornwall Council have now been analysed and returned. Although there was a relatively low response rate (90 surveys completed), the responses received demonstrate broad support for the scheme. The Council produced a bullet point summary of the findings, reproduced below in full:

- ♦ local need for between 15-20 affordable homes within the Parish
- ♦ predominant need for 2 and 3 bed accommodation
- ♦ broadly divided support for affordable rented and affordable ownership
- ♦ preference for affordable home ownership rather than rent

- ♦ desire for some self-built homes
- ♦ majority who want to live in the parish
- ♦ high degree of support for providing more affordable housing
- ♦ level of support for around 20 affordable homes
- ♦ need for between 10-25 workspaces for an average rent of £55pw
- ♦ general concern to ensure that the number and location of affordable homes provided is appropriate, they are eco-friendly, of good quality, and aimed specifically at local people so as to promote sustainability.

With documented need and evidence of public approval for a scheme of this kind, Cornwall Council is happy for Constantine Community Land Trust to proceed with planning. Thank you to everyone who took the time and trouble to contribute to what was admittedly a fairly involved procedure. We were particularly heartened by the apparently high level of support for the project, especially since almost 70% of respondents were not themselves in need of housing. The next public event will be our Annual General Meeting in April, at which a Board of Directors will be elected. In the meantime, the Steering Group meets regularly every second Wednesday at 7.30 pm (next meeting 11 Feb), at the Social Club, and all are welcome to attend.

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## *Constantine & District Twinning*

### *Café Society comes to the Tolmen!*

### *Saturday, March 7th from 10am to noon*

2015 is the 25th anniversary of the twinning link between Constantine & District and Pont-Croix in Brittany. As part of the lead-up to our French visitors arriving in April, we are holding a French-themed coffee morning in the Tolmen Centre. There will be good coffee (and tea) with an excellent range of cakes and pastries served by semi-authentic Bretons! In addition we'll have stalls selling cakes, books, bric-a-brac and more, Constantine School children's choir singing French and Cornish songs, a French-themed fancy dress competition for children, a children's tombola and a raffle.



The Association is always looking for new members to join the fun, and keep the links strong for the next 25 years. If you are interested, please come along on the 7th March and speak with one of the organisers or call Eric Williams on 341440.

## **BF Adventure in our Backyard** Clare Davison

Every year BF Adventure, formerly known as Bishop's Forum, helps hundreds of disadvantaged and disabled children and adults in Cornwall to believe in themselves and to gain the skills and accreditations to succeed at school or to find employment. In total the adventure centre in Halvasso runs more than 8000 activity sessions annually for over 3000 Cornish individuals.

Here is an example of what can be achieved through the charitable programmes: Josh (15): 'I was homeless before I came to BF Adventure. Everyone was really nice and friendly and they helped me to find somewhere to stay. Through the programme I have become much more confident and I have learnt how to deal with problems. After the course my instructor helped me to find a volunteer position with a local garage and I will soon start an apprenticeship with them.' The parent of one of the young people wrote to us after an event: 'Thanks for today, J rose to the challenge better than I thought he would, he was so pleased with himself he hasn't stopped talking about it! All the effort that BF and especially Tony have put in to helping J while he has been at BF are definitely paying off! He kept saying I can't believe I did that! I am glad I could be a part of it, thanks again.'

BF Adventure is not only a charity facility: it also offers exciting adventure activities, corporate team building days, private parties, school & club activity days and very popular holiday adventure days for children aged 7+ years. These commercial sessions help towards funding the core programmes and are vital to the charity. Children's adventure days are action packed and full of exciting outdoor fun with no parents required! Designed for ages 7-11, each day there is a different theme, which makes a complete adventure package each week. Days run 9.45am to 3.30pm (£25pp) or from 8am to 5pm (£35pp). Adrenalin-rush birthday packages and family adventure packages are also a specialty: fly down our zip wire, test your climbing ability, try abseiling and water skills in one of the five quarries or come along to a bush craft or orienteering day. Adventure days and birthday parties can be tailored to your specific request.

With government funding cuts it is becoming more and more difficult to provide the incredible service that BF Adventure offers to its core clients. By supporting and booking the adventure packages not only will you have a fantastic day but you will also be supporting the charity and enabling it to provide opportunities to more disadvantaged, disabled and neglected young people and adults in Cornwall. For more information about the services BF Adventure provide, funded courses for charitable programmes, or to book an adventure day, call 01326 340912, email [enquiries@bfadventure.org](mailto:enquiries@bfadventure.org) or visit [www.bfadventure.org](http://www.bfadventure.org)

## Farmers Market Profile: A Hidden Gem Mandy Milano

Visitors to the Farmers Market often comment on the fantastic display on our veg stand. The wide variety of beautiful fresh vegetables and fruit all laid out with great bunches of leafy greens, different kales, herbs, bright orange carrots, baskets of unusual chillies and knobbly looking roots, along with all the staples: spuds, parsnips, onions, etc. Even in mid February or March there will be plenty to tempt for delicious, filling home-made soups and veg to go with a Sunday roast.

But it is Andrea who runs the stall who is the hidden gem here! A Hungarian reporter who moved to Cornwall to work with her sister Monika at Fox Farm in Gulval, owned and run by Monika's husband Laurence Blewett. They now have 14 polytunnels (2 dedicated to dahlias and cut flowers) the rest full of their gorgeous veg, over 200 different poultry and 2 working horses! 'The chickens, ducks and other birds are truly free range,' Andrea tells me, 'I should know as I have to chase them all into the henhouse at night! We aren't officially 'organic' mainly because of the expense, but we use only tiny amounts of chemicals and pesticides, which mean our veg has a wonderful flavor.' They are planning to grow more unusual veg – so if you are unsure what something is or how to prepare it just ask Andrea and she will have lots of ideas. Celeriac mash? Or try finely chopped kale tossed in a little olive oil and salt spread onto a baking tray and roasted in a hot oven – delicious!



## **Tolmen Centre Facilities Update** Charlie Pugh

The Tolmen Centre is now an established Arts and Performance centre with a county-wide reputation. We have a regular programme of theatre, music, films and general entertainment. However, the Tolmen Centre is also available for all sorts of other things. Here are a few examples:

The downstairs area can be hired at very reasonable cost for events, parties, or meetings. The area can be divided into two or left as one big space, and is well equipped with tables, chairs and comfortable sofas, as well as having a modern kitchen with enough catering facilities for up to 100 people. At the back is a newly landscaped garden and patio area which allows your event to open out into the fresh air and a pleasant lawned area. There is disabled access to all areas. We also have a high quality film and projection system with a big screen and surround-sound capability. This can be used to show films or dvds, or to do business style presentations. If the event is a private function (ie, not open to the public) there are no licence implications, so village groups can screen films at very low cost as part of their activities.

Either the downstairs or the upstairs can be used for band or event rehearsals, or for such things as yoga, pilates or just for group meetings or classes. We already host Fitness Dance, Todlins, The Thursday Drama Group (more adults always welcome, but fully subscribed for youngsters) and the Community Choir sessions, but there is room for more. The rents are very reasonable.

There is a small fiction library in the Centre where books can be borrowed and/or exchanged. We are hoping to arrange a regular daytime opening time for the Centre to allow access to this facility, which is free. *The Constant Times* print facilities are available for hire for a range of printing services. We can't actually do the printing for you, but there are computers with good software and a range of fast printers which can be used on a DIY basis by arrangement. The Constantine Museum is housed on one side of the Tolmen Centre. As well as the semi-permanent displays, there are archives of documents and photos, and, as important perhaps, the volunteer helpers have the expertise to help with all matters relating to village heritage.

The Tolmen Centre is a village facility entirely run by volunteers. It's open to all, and everyone is welcome to make use of it. New ideas for events and activities are always welcomed. You can see details on our website [www.tolmencentre.co.uk](http://www.tolmencentre.co.uk) or call in when we are open, or phone on 01326 341353.

## On Stage in the Villages: Gweek Players and Cube Theatre

*On Golden Pond*, review by Aline Turner

A funny, witty and moving play, this is the love story of Ethel and Norman Thayer. He is a retired professor, nearing eighty, with heart palpitations and a failing memory—but still as tart-tongued, observant and eager for life as ever. Ethel, ten years younger, and the perfect foil for Norman, delights in all the small things that have enriched and continue to enrich their long life together.

They are visited by their divorced, middle-aged daughter and her dentist fiancé, who then go off to Europe, leaving his teenage son behind for the summer. The boy quickly becomes the "grandchild" the couple have longed for, and as Norman revels in taking his ward fishing and thrusting good books at him, he also learns some lessons about modern teenage awareness—and slang!—in return. The play was made famous when turned into a film with Henry Fonda and Katherine Hepburn.

Gweek Players are producing *On Golden Pond* 18-20 March 2015 at 7.30 and 21 March at 2.30 at Gweek Village Hall. Tickets and further details are available from 0845 094 8874 and [www.gweekplayers.co.uk](http://www.gweekplayers.co.uk)

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*After the Accident*, review by Millie Jones

Julian Armistead mixes poetic language and compelling subject matter in *After the Accident* to create stark observations about the society we live in. The play doesn't shy away from some hard issues, and Armistead expertly uses passion and emotion to underpin the dramatic, thought-provoking themes contained within his narrative. Centred around the tragic story of a little girl, three people come together to pick apart their feelings about each other, themselves and the wider world around them. It is impossible not to be drawn in by the characters, so real and respectfully are they depicted in the text. This goes some way to explaining why Cube Theatre chose this play to perform as its next project.

Another reason why we feel this play is vital is because of the theme of Restorative Justice (referred to as "RJ" from now on) which runs through the narrative. The action takes place at a "restorative conference" where victim(s) and offender(s) meet, to try to work together to move forward. RJ aims to empower victims by giving them the ability to express just how a crime affected them, and to personally explain to the perpetrator the consequences of their actions.

This is a real practice, used across the UK, with some excellent results: there has been a 14% reduction in the rate of reoffending amongst offenders who have been through an RJ programme (according to the latest Ministry of Justice research) and 85% victims who have participated say they feel satisfied that the conferences are effective in helping them move forward after a crime. (*continued p. 8*)

*continued from p. 7*

Restorative Justice holds offenders to account, directly and personally, gives them an insight into the real impact of their behaviour, and an opportunity to make amends. Restorative Justice gives victims the chance to have their say, to get answers to their questions, to receive an apology and move on with their lives (see [www.restorativejustice.org.uk](http://www.restorativejustice.org.uk) for more information). However, the reality is that only a small number of victims and offenders have access to RJ as an aid to rehabilitation. In an effort to raise awareness, Cube has led workshops across Cornwall, engaging community leaders, young people and drug and alcohol awareness groups. Using scenes from the play in order to facilitate a greater understanding of RJ, these workshops were hugely successful and the participants could see how such a programme would benefit Cornish communities if used more widely.

RJ is often assumed to be something which is an easy way out for the offender, an unviable option especially for victims and perpetrators of serious crimes. *After the Accident* challenges this assumption; the play's aim isn't to glamorise a crime or patronise the audience with simple answers, but to use dramatic devices to show how RJ can work effectively alongside the criminal justice system, to repair trust within a community. Cube Theatre's *After the Accident* will be performed at the Tolmen Centre on Thursday 26th February at 7.30pm.

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## **Parish Council Report** E.A D'Alton and Charlotte Evans

### **January 2015** (Charlotte Evans)

The Parish Council met on Thursday 15th January. There were no questions from members of the public before the start of the meeting.

The police report outlined six crimes that were reported during December (of assault, theft, criminal damage and three vehicle related incidents). There were four calls to 999 (two domestic incidents, an incidence of anti-social behaviour and a road traffic collision).

Cornwall Councillor Hatton informed the meeting that at long last the historic fingerpost at Calamansac has been repaired. He also provided an update on the application at Treetops in Trewince Lane, which is now likely to be granted permission using delegated powers, despite the Parish Council's concerns.

CCllr Hatton went on to explain that a change in government policy which previously required an element of affordable housing on exception sites now means that a site of less than eleven new homes does not have to include an affordable housing component. He also commented that the house-building target for the local Community Network Area identified in the emerging Cornwall Local Plan has already been met; indeed it has been exceeded. There was one planning application for the con-



struction of a garage at Comfort View, Well Lane. The Parish Council opted to support this application. Notification was received from Cornwall Council of an appeal against the decision to refuse permission for the development of solar photovoltaic panels and associated works at Butteriss Farm.

Members considered a request from the Trustees of Constantine Church Hall for financial help towards the purchase of new chairs, which members agreed to support with a contribution of £400. Cllr Bolt reported that following correspondence with Cornwall Council he had been informed that Highways will re-surface the road through Seworgan in the coming financial year.

### **November/December 2014 (E.A D'Alton)**

The Christmas Lights Committee received financial help of £412 to buy Christmas trees for Fore Street, Constantine Parish church and that at Seworgan. The lights "switch-on" ceremony went well. Mrs Clowes thanked those who had helped collect the trees. She and her husband were thanked by the Parish Council for their hard work.

The new picnic tables should be kept under cover in the Bier House. The Band will remove its property. The Carnival Committee has yet to respond to the Parish Council's request to do likewise.

From October to end November there had been eight crimes reported to the police, including sheep worrying, theft, an RTA, intruders, anti-social behaviour, a child left at home alone and suspicious activity. There were also nineteen 999 calls. PLEASE NOTE: Non urgent calls to the police should be made to 101.

Councillor Hatton reported that there was a poor response to the Housing Needs Survey, but from it, five areas had been identified where perhaps new homes could be built. Cornwall's Local Plan will be forwarded to the Secretary of State for approval, which should be sometime in the summer. The traveller's pitch and associated works planning application has been approved by the Planning Committee. Cornwall is short of up to 20 travellers' sites, which weighs against local opinion.

Trees which obscure lights near the Village Hall and further on towards Bridge have been trimmed back. The scale of charges for the Lawn Cemetery has been revised. The fee for a burial plot will now be £275, with other charges raised proportionately. The Precept for the year from April 2015 is set at £34,500. The Parish Council agreed to forward £100 to Constantine Bowling Club for its roof repairs and £60 will be sent to the Cornwall Blind Association.

# The Constant Times

## CONSTANTINE CALENDAR

### *February 2015*

**Mon 2** – 'Both Sides' exhibition opening. 15.30. Constantine Museum.

**Wed 4, 11, 18, 25** – Todlins. 9.30am. Tolmen Centre.

**Wed 4** – Pop-up Baby and Toddler Cafe. 10.30am. Potager. £3 parent and child.

**Wed 4** – Tolmen Movies. Searching for Sugarman. 7.30pm. £3. 341353. Café Tolmen open. Booking essential.

**Fri 6, 13, 20, 27** – Fitness Fusion. 11.30am. Tolmen Centre.

**Mon 9** – W.I. Meeting. 7.15pm.

**Mon 9** – Community Choir. 6:45. Tolmen Centre.

**Wed 11** – Save The Children Fun Quiz. 7pm. Constantine Social Club.

**Thurs 12** – Transition Constantine Meeting. 7pm. The Queens Arms

**Thurs 12** – Constantine Cottage Garden Society AGM and 'How I Permacultured my Garden, my Home, Myself' by Dan Thomas. 7pm. W.I.Hall. £1.

**Fri 13** – Two Destination Language presents 'Near Gone'. 7.30pm. Tolmen Centre. £10/£8/£5. 341353. Café Tolmen open. Booking essential.

**Fri 13 - Sat 14** – Valentine's Dinner Menu. Arrivals 6-7.30pm. The Waymarker. 2 courses £24/3 courses £30.

**Sat 14** – Farmers Market. 9.30am-12noon. Constantine Village Hall.

**Sat 14** – Valentine's Dinner. Constantine

Social Club. 3 courses £14.95.

**Wed 18** – Tolmen Movies. Ida. 7.30pm. £3. 341353. Café Tolmen open. Booking essential.

**Wed 18** – Pop-up Baby and Toddler Cafe. 10.30am. Potager. £3 parent and child.

**Thurs 19** – Parish Council Meeting. 6.45pm

**Fri 20** – Deadline for *Who's Where* updates

**Thurs 19** – 'Village Life and Community Values' by Michael Foster. 7pm. Port Navas Village Hall. £7 includes pasty. David 341018.

**Thurs 19, 26** – Compline. A gathering of people of all denominations for a short reading of prayers at the end of the day during Lent. Port Navas Village Hall. 5.30-5.45. 340233.

**Fri 20** – Constantine History Group. 'Wartime in Our Area' by Ivor Corkell. 7.15pm. W.I. Hall. Geoff Roberts 340154.

**Sat 21** – Save the Children Coffee Morning. 10.30-12.30. King Charles Church Coffee Shop. Falmouth.

**Sat 21** – Helford River Road Show. Helford Marine Conservation Group showcases past, present and future life around the Helford. Coffee and cake. 11-3. Memorial Hall. Mawnan Smith.

**Sun 22** – Helford River Road Show. 11am-3pm. Port Navas Village Hall (see 21 Feb).

**Mon 23** – Community Choir. 6:45. Tolmen Centre.

**Thurs 26** – cube essential theatre presents 'After the Accident'. 7.30pm. Tolmen Centre. £8/£6 13+. 341353. Café Tolmen open. Booking essential.

**Sat 28** – Leveret. 7.30pm. Tolmen Centre. £11. 341353. Café Tolmen open. Booking essential.

**Sat 28** – Helford Marine Conservation. 'The

Story of Cuttlefish' by John Rundle. 7.30pm. Gweek Village Hall. £3. David 340686/Sue 07772323502.

## ***March 2015***

**Mon 2** – Constantine Museum. Planning meeting for World War 1 commemorative exhibition in August 2016. 10am. Contact Don Garman, dj.garman@btinternet.com or 250604.

**Wed 4, 11, 18, 25** – Todlins. 9.30am. Tolmen Centre.

**Wed 4** – Pop-up Baby and Toddler Cafe. 10.30am. Potager £3 parent and child.

**Wed 4** - Tolmen Movies. Lars and the Real Girl. 7.30pm. £3. 341353. Café Tolmen open. Booking essential.

**Wed 4** – Port Navas Village Hall Soup Kitchen. 12.30. £3.

**Thurs 5, 12, 19, 26** – Compline. Port Navas Village Hall. 5.30-5.45 (see 19 Feb).

**Fri 6, 13, 20, 27** – Fitness Fusion. 11.30am. Tolmen Centre

**Sat 7** – French-themed coffee morning. Tolmen Centre. 10am to noon. Constantine & District Twinning Association.

**Mon 9** – W.I. Meeting. 7.15pm.

**Mon 9** – Community Choir. 6:45. Tolmen Centre.

**Wed 11** – Port Navas Village Hall AGM. 7pm.

**Thurs 12** – Transition Constantine Meeting. 7pm. The Queens Arms

**Thurs 12** – Cottage Garden Society. 'Japan: Sakura, Tsubaki and Samurai' by John Price. 7.30pm. W.I.Hall. £1.

**Sat 14** – Farmers Market. 9.30am-12noon. Constantine Village Hall.

**Sat 14** – Josienne Clarke and Ben Walker,

Folk Music. 7.30pm. Tolmen Centre. £11. 341353. Café Tolmen open. Booking essential.

**Sat 14** – Helford River Road Show. 11am-3pm. Tolmen Centre. Constantine (see 21 Feb for details).

**Sun 15** – Mothering Sunday Menu. The Waymarker. 2 Courses £18/3 Courses £22.

**Wed 18** – Tolmen Movies. Mr Turner. 7.30pm. £3. 341353. Café Tolmen open. Booking essential.

**Wed 18** – Pop-up Baby and Toddler Cafe. 10.30am. Potager. £3 parent and child.

**Wed 18 - Fri 20** – Gweek Players presents 'On Golden Pond'. 7.30pm. Gweek Village Hall. Tickets 0845 0948874.

**Thurs 19** – Parish Council Meeting. 6.45pm

**Thurs 19** – Constantine & District Twinning Association AGM. 7:30pm. W.I. Hall.

**Fri 20** – Constantine History Group. 'The Isles of Scilly' by Suzanna and Dougal Jeffries. 7.15pm. W.I. Hall. Geoff Roberts 340154.

**Fri 20** – Single Shoe Theatre Company presents 'Crazy Glue'. 7.30pm. Tolmen Centre. £10/£8/£5. 341353. Café Tolmen open. Booking essential.

**Sat 21** – Gweek Players presents 'On Golden Pond'. 2.30pm. Gweek Village Hall. Tickets 0845 0948874.

**Sat 21** – Save the Children Coffee Morning. 10am-1noon. Constantine W.I. Hall. Cake stall, plants, raffle, tombola, bric a brac, clothes, books, cards and soft goods.

**Mon 23** – Community Choir. 6:45. Tolmen Centre.

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

## CLUBS, GROUPS AND GOINGS ON

### Community Choir Developing for 2015! Lynda Gregory

We have been in existence for four years now and were amazed to discover that over 120 people have sung with us at some point over that time! Alison Churchley, our charismatic musical leader until the summer and Marian Saunders, our ever efficient administrator (with much appreciated IT support from Gavin Saunders!), have led us until now. The time has now come for someone else to do some work! They have stepped down and leave their posts with heartfelt thanks from us.

Jenny Whittaker our erstwhile accompanist has taken over our musical leadership and Lynda Gregory and Penny McGovern are our administrators. We sing for fun on a fortnightly basis and some members have begun to meet on a weekly basis to work on slightly (Jenny has promised us it won't be too difficult!) more difficult material to improve our musical skills and singing technique. If we ever sing in public you shall be the judge! Both groups are open: no auditions, no previous experience necessary. If you would like to come along to the main choir, just turn up, sing and enjoy. If you like the idea of a little more commitment and learning then come to the smaller group as well.

Main choir meets every other Monday 6:45-8:00ish at the Tolmen Centre (see calendar for dates). We have a glass of wine before we start (although you don't have to!). Pop £1 in the pot on the way in please: this covers the administration costs and hire of the Tolmen Centre. Our smaller group meets on the same Mondays as the main choir from 6:30-7.00 (and then joins in with the main choir), and on the other Mondays from 7:00 till 8:00. If you like the idea of singing along even if you have never tried it before or if you want to try our smaller group do come along.

A recent article in *The Independent* mentioned ways in which singing can improve our health. 'Like walking, singing has always been taken for granted – it's just something people have always done, walking is prescribed for health and now benefits of singing for health are being rediscovered' So come and have a healthy 2015!

**Fun Activities for Families at Paradise Park** (for families with children under 5). Thursday 9th April, 9.30am – 4.00pm. Open to all new Children Centre members in February/March 2015. If you are not already a member and wish to join us on the trip please contact Falmouth Children's Centre (01326 312493) by March 10th.



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## — Barbara Willoughby

Monday 12 January was a very wet & windy evening but many of our members braved the stormy weather to hear Sally Spens talk about her life in textile design. After studying at college she began, with a friend, designing textiles for upholstery, furnishing, throws and fashion. At the beginning (before digital technology) their work was all created by hand using a small copper wax pan with a Tanji (brush) to apply the paint design to the fabric and silk screen printing.

To expose their designs they took their work to London Street markets, mainly two metre squares for throws, upholstery, etc. They were soon "spotted" by designers - Paul Smith being one - for whom they were designing hand printed shirts which, during the 1980s, were very popular. They also had work shown around Covent Garden and their fabric designs were printed in many magazines as furniture covers and curtaining. On one occasion they were asked to create fabric designs for the Duke & Duchess of Westminster who wanted a Cherubs & Angels design for a room in their home.

In 2001 they were approached by Japanese and American textile companies to create fabric designs. In Japan these were used in the manufacture of outfits similar to kimonos but with much less fabric and less formality. After working for 7 years with these companies they had created 77 designs. Our members were treated to an exhibition of many of these fabrics, all with beautiful designs.

Members were then reminded of our AGM in February when it was hoped they would consider joining the Committee. Some Committee members have been serving the W.I. for several years and believe it is time for new blood on the Committee, this would keep Constantine Women's Institute fresh with new and interesting ideas. Two of our members (also on the Committee), Mary & Sylvia, will be talking "Cooking" and the Competition is Valentine Biscuits. We look forward to seeing you all and hope you will give your support.

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## Constantine Bowling Club J.E.G Boote

Constantine Bowling Club invites you to 'New Members Open Days' on Saturday 25th April and Saturday 9th May, both at 1pm. Coaching and equipment will be available but please bring soft-soled shoes. For current members Vice Captains Day will be on Saturday 11th April. Whites to be worn.



—Don Garman

### **Exhibitions and displays 2015**

"Both Sides", an exhibition of World War 1 British and German postcards from those serving at the front and their families, opens on February 2nd and will run until the end of March (Mon 12.00-15.30; Tues 11.00-15.30; Wed and Thu 10.00-15.30). The postcards have been selected from Councillor Neil Hatton's private collection. Neil will be opening the exhibition at 15.30 on Monday February 2nd. In April, 25 years of twinning will be celebrated by an exhibition and this will be followed in September by "Fore Street: Now and Then". This final exhibition for the year will use photographs and postcards from the museum collection and compare with present day photographs taken from similar positions. From May onwards the museum will be commemorating the individuals who lost their lives during World War 1 using photographs and information held in the museum archives. The first will be William Bishop, a stone mason who was on board the Lusitania when she was sunk by a torpedo off the Irish coast on 7th May, 1915.

### **Other news**

A generous donation of a plasma screen, which is now mounted and up and running, will increase the number of photographs that can be displayed and thus support exhibitions. To achieve accredited status the museum management committee have been developing policies, improving the security of the store room and have recently had a survey of the museum environment. Humidity levels were high in two areas and ultra violet levels were high in the display cases. A grant application will be made by the end of March to enable improvements to be made so that the collection is conserved in a more appropriate environment.

### **Acquisition Policy**

A new policy explaining what the museum collects has been written and will soon be on the website for all to see. In outline we will collect objects, photographs and documents which increase knowledge and understanding of the history of our parish (including what are now parts of Mawnan Smith and Gweek) and add information relating to the five key themes of mining and quarrying, farming, services and trades, community spirit and the River Helford. The Museum is particularly interested in items that are accompanied by a human story.

### **Volunteers**

Two volunteers have recently increased the size of the team but we would love to have more. If you are interested in cataloguing objects, photographs, helping in the archives, conserving objects, researching and mounting exhibitions, looking after the book collection, or stewarding we would be pleased to hear from you. The time commitment could be a couple of hours a month or more frequently. Contact: jacqui.hessing@googlemail.com

## Wendy Brewer

Members of Constantine Art Society gathered for an extra special Christmas party as it doubled as celebration of its 40th anniversary. Any members and guests welcomed guest of honour Peter Bale founder and life member, who was accompanied by two fellow life members, Mollie Silver and Myra Doubleday. Peter described in his speech how it all began when 12 artists decided to paint together in a draughty and sparsely equipped Church Hall with the purpose of improving their skills and sharing new learning. On December 4th, 1974, a committee was formed and since then the society has flourished and now benefits from a detailed programme led by visiting artists, sharing the wealth of art of art/media skills available to artists today. Today the membership stands at 68 artists and crafters. The society's annual exhibition held in July and August each year receives excellent reviews locally and has visitors from Europe and America. Proceeds from the exhibition support local charities and the continuing development of this much loved society.

The **Constantine Cottage Garden Society** has a vacancy for the position of social secretary. The secretary arranges for speakers to visit the society in order to give talks to the members. The retiring secretary will give help and guidance to a volunteer for this position. If any member is interested could they please contact Howard Bolt on 01326 340306. **Summer Show** to be held on Saturday July 18th 2015. Photographic Titles (print size should be 15cm x 10cm): Class 198, Any pet or pets; Class 199, Reflections; Class 200, Through the garden gate; Class 201, Flowers or plants; Class 202, A black and white photo-any subject; Class 203, Skyscape; Class 204, Cornish Coastal theme; Class 205, A Head and Shoulders Portrait; Class 206, Spring in the Woods; Class 207, Transport. Children's section: Class 329, My best Selfie; Class 332, Any pet or pets.



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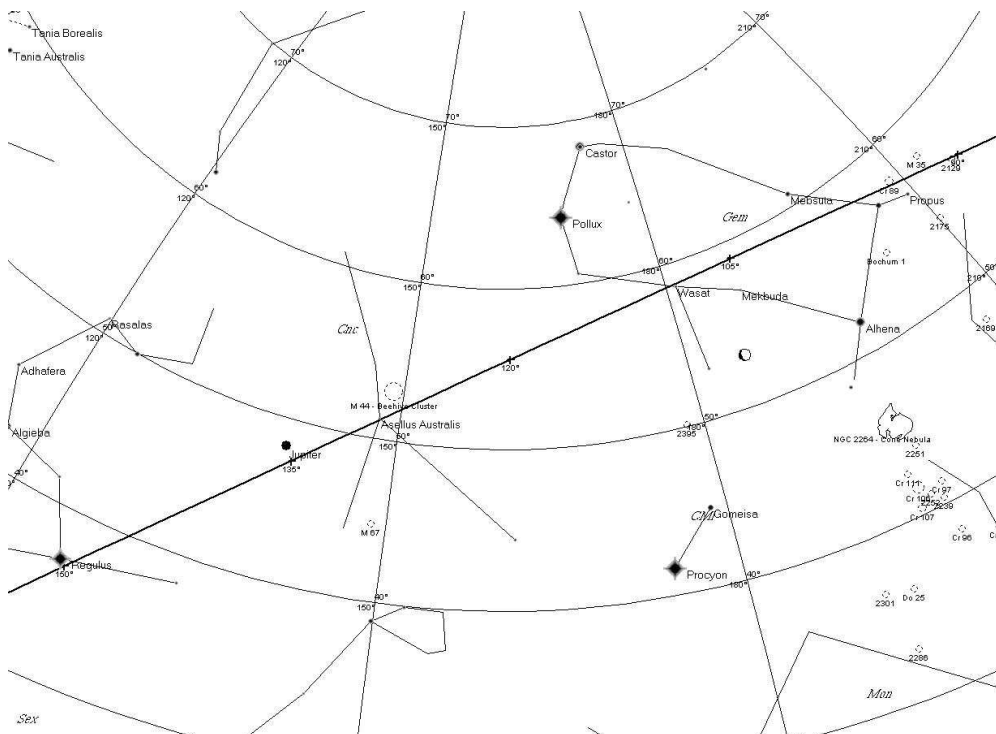
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\* \* \* **Night Sky February-March** Robert Beeman  
\* \*

With Jupiter now becoming quite obvious in the night sky, it is well worth a look, even with binoculars, which should enable you to see two or three of the larger of its attendant moons. We can also use Jupiter as a pointer to look at the open clusters M44 and M67: both are naked-eye objects, found in the constellation of Cancer (the Crab), which is enclosed in a triangle formed by Pollux, Procyon and Regulus. At the end of February at around 21.30 Jupiter will also be in this triangle. M44 contains over a thousand gravitationally bound stars and is approximately 600 light years away. The cluster includes red giants, white dwarfs, and Sun-like main sequence stars (i.e. stars of varying ages). M67 is a much more compact cluster; it is at least four times further away than M44 and is thought to be one of the oldest galactic clusters at four billion years.

The main event of March will be the Solar Eclipse on the 20th. The central dark part of the Moon's shadow will only make landfall on the Faroe Islands and the Svalbard archipelago. The British Isles will not achieve totality but we should experience about 88% obscuration. The entire event will last over two hours commencing at 0820 and ending at 1033. The event can be observed given the right equipment. The safest way to observe it is to make a pinhole projector using a piece of card to project the image onto a light coloured wall. Alternatively, if you have an old shoe box then make a pinhole in one end, fit a piece of white card inside at the other end and cut a viewing port in one of the long sides. Check the internet for other safe ideas to observe this event. Whatever you do DO NOT observe the sun directly even at the period of maximum obscuration which will be at about 09.24. Let's hope

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Please let us know if you do not receive a copy, or if you would like to help with distribution.

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