

The Constant Times

Volume 5, Issue 1

February-March 2016

Sally Coot honoured for services to charity

Sally Coot has been awarded the British Empire Medal for services to fundraising and to the community in Constantine. The 70-year-old, who has lived in the village all her life, said she was delighted and amazed to be recognised.

"I was very surprised," said the mother of three. "When I got the letter, I couldn't believe it. I thought they must have made a mistake. When I read further down and I realised it was for me, my legs went like jelly."

Since 1979 she has been a fundraiser for the Constantine Silver Band and is a member of the band's social committee. Here she helped to raise funds in the early years. Since 1994 she has been a volunteer at the Constantine Save the Children charity shop and since 2007 has been volunteer shop manager. Two years ago she received the news that its premises would soon be no longer available and tirelessly fundraised for it to be moved to new premises to save the branch.

Since 1996 she has been a keen supporter and helper at the local heritage centre and museum, and helped to design, construct and man the museum float for the village carnival on three occasions, once winning best overall float. She regularly fundraises for the museum and assists on a number of school-based projects there. Since 2000 she also has been a regular fundraiser for the Royal British Legion, assisting with the Poppy Appeal, parades and rallies.

Since 2005 she has been founder member and organiser of the One and All Club for elderly people, which provides monthly meetings with entertainment and coach trips for members during the summer. (*continued page 2*)

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And the grandmother of six has no plans of taking a step back from her fundraising work anytime soon. "It all started with the band but people come to me every time they need to raise money for something," she said. "I don't want to stop. I will carry on for as long as I can."

(adapted from West Briton article by W B Gayle, originally published 31 December 5)

Constant Times Reshuffle CT Editorial Team

The first issue of *The Constant Times* rolled off the presses in March 2012, and the paper has been a (more or less) constant feature in the village in the four years since then. We now have a solid group of contributors and a loyal base of advertisers. *The Constant Times* editorial team has been fairly stable throughout, with Benjamin Symes acting as overall editor (responsible for communications and advertising), Caitlin DeSilvey handling layout, and Russ Johnston managing production/printing and distribution. A few issues back Elly Van Veen took over calendar editing from Lottie Symes, but otherwise things have remained fairly stable.

With the next issue we're looking at a bit of a shake-up, as Caitlin and Russ bow out for a year's sabbatical and Ben begins to hand over the reins. Antonia Mullaly will be taking over as layout editor, and will gradually be inheriting some of Ben's editorial tasks. Chris Hussey has volunteered to tend the printers in the Tolmen Centre print room. Distribution will be managed by the wider Transition Constantine team, in collaboration with the current volunteer delivery crew. Hopefully the transition will be smooth, but we ask for your patience as the new editors learn the ropes. Keep sending news and calendar items to constant.times@gmail.com, deadline for next issue 16 March!

Important Public Meeting

As many of you will know, sadly, our village Post Office will close later this year.

Over the past few months some alternatives have been considered but, unfortunately for a number of reasons, none have come to fruition.

Since Constantine is now facing a future without a full time Post Office a Public Meeting is being held in the Church Hall, on

Wednesday, 24 February 2016 at 7 pm.

Please come along to find out what options are now open to us.

Parish Council News Charlotte Evans

Abridged from the draft minutes of the Ordinary Meeting held on Thursday 21st January 2016.

During public question time attention was drawn to two street lights in the village that require attention. The suggestion of granite boundary stones to mark the village was also raised and will be considered at a future meeting.

Cllr Wiseman reported it is hoped that community defibrillators will be in position before the end of March. The planned locations are, The School, The Tolmen Centre, Port Navas and Gweek. Cornwall Councillor, John Bastin, reported on (1) upcoming public consultations for the revised Cornwall Local Plan and Integration of Health and Social Care in Cornwall documents, (2) highways plans for the middle lane of the A39 between Treluswell roundabout and Sticking/Sticken Bridge to be removed to slow down traffic, (3) the developer of the Trebarvah Farm site will be required to create a passing-place in the road between Constantine and Trewardreva.

The Clerk reported that he had received no expressions of interest in co-option onto the Council. In the light of the revised Cornwall Local Plan and the uncertainty surrounding its implementation, members agreed to defer a proposal to create a Neighbourhood Plan to a future meeting. There were no planning applications for consideration at this meeting. The Council did however note several decisions received from the Cornwall Council (see full minutes on Parish Notice Board for details.)

In financial matters, it was agreed to pay for the electrical installation of the three defibrillator cabinets to be sited within the community, at an estimated cost of £400. Following a request from Constantine School Samba Band for financial help towards the purchase of new drums it was agreed that £200 should be forwarded. The £50 annual membership fee of Fields in Trust (which is the Custodian Trustee of the Alice Hext Recreation Ground) was also passed.

Cllr Andrew reported that a recent meeting concerning the closure of the Post Office had identified a number of possible sites for a hosted outreach (which, if adopted, would mean that the Post Office will have a presence in the village for at least part of the week). A Public Meeting to discuss the matter more fully has been called for February 24, 2016 at 7pm in the Church Hall.

Next meeting: Thursday February 18, 2016 at 7:00pm in The Vestry, Constantine.

Christmas Lights 2015 Success Tracey Clowes

By the time you read this your trees will be down, the decorations back in the loft, turkey remnants eaten, and the slow haul to lighter nights beginning. The Village Lights Team will have dismantled and packed up for another year, and started planning something new for 2016. However, in the meantime, we thought you should know how much was raised during 2015, and what it was spent on to bring you this Christmas's lights.

A total of £1022 was raised through your generosity at events held throughout the year, including: August Tea Treats on the Green near the Church, "Hunt the Christmas Bauble" walks in the woods, and the popular Halloween hot dog event. Adding to these were a number of donations from villagers, the collection box in the Spar, and generous donations from Buz & Rita Nicholls, and Mitch Mitchell, of the proceeds from their very popular fruit and veg honesty boxes. Finally, the Parish Council continued their support, making a £450 contribution, which gave us a total of £1472.

Unfortunately, our historic supplier of large trees had retired after the 2014 season, and other sources of large trees were prohibitively expensive, so the decision was made to instead create a mini "forest" on the Bank by the bus stop using the biggest trees our standard tree supplier could provide. We also provided outdoor trees for the Tolmen Centre, the Social Club, the grass area at the entrance to Wheal Vyvyan, Seworgan, the W.I., the corner by the School, and the main tree in the Church. Thirty five smaller trees were also purchased for willing residents in Fore Street, the beginning of Trebarvah Road, Vicarage Terrace, Well Lane, and Clinton Road to display in their front gardens. The main tree lights we purchased in 2014 were still fine but many of the sets of small outdoor lights we bought in 2014 which are loaned to those in Fore Street displaying trees had failed, so a substantial number of new outdoor lights had to be bought. We also provided a number of battery operated lights (and copious batteries!) for the tree at Wheal Vyvyan, the tree on the corner by the school, the Church entrance arch, trees on Vicarage Terrace, and the footpath leading from Bowling Green into Penbothidno. Also, a new purchase, which we loved, was the wicker reindeer and lights which stood on the Bank. We also installed a curtain of lights on the Lych Gate roof, powered very kindly by Kevin & Debbie at the Spar.

Other expenditure went on the mundane but necessary PAT testing of the electrical equipment, outdoor safety-compliant cabling and junction boxes, and the purchase of steel, which was made into the tree bases for the main trees by one of the Lights

Team. Fortunately, the fabulous illuminated crosses made in 2014 by 2 members of the Team required no repairs so were able to take pride of place on the Church Tower once more, although during installation, the two team members installing them found themselves locked in the Church Tower! Also, the silhouettes purchased in 2014 were used again, and thanks must go to Kevin & Debbie (Spar) and Alfie & Sally Coot for displaying them on their properties.

Notice: We desperately need a small, dry, space to store our boxes of lights and the Reindeer, so if you can help, please contact Tracey on 340279. All that remains is to wish everyone a happy 2016 and please keep supporting the Lights Team events.



WaterAid

Thank you to everyone who purchased the Church/Water Aid Christmas card. We have been able to send a cheque for £125.00 to this very worthwhile charity and have contributed the same amount to Church Funds.

Liz Moore and Valerie Axe.

Constantine Farmers Market 5 Years Old in April Mandy Milano

They said it would never last... but much to our surprise the Farmers Market will be five this April. A few stallholders have come and gone and we miss them, but most have left us because of their success, which is great news for a Market established to help support local producers as well as to provide a service to the community.

We have a very lovely, loyal group of customers, for whom the fabulous local produce on sale is just as important as catching up with friends and the bottomless pot of great coffee (and a cheeky slice of Sally's cake!) served up by the organisers.

If you haven't tried the market yet then do come along on the second Saturday of the month, 13th Feb, 12th March and 9th April (our birthday). We are hoping to have a fabulous hamper of goodies from the stallholders to win in April. And, we also have raised a bit of money--donations have been given to the Porthleven fishermen after the storms of 2014, the Constantine Christmas lights, the school and the scouts, as well as other local charities. We have bought new tables for the village hall as well as other bits and pieces. If you would like to help out at the market we are looking for new people so our original team (also 5 years older!) can have the odd market day off. For more information pop into the market and talk to Mandy or Ann, or email mandymilano@hotmail.com

Constantine History Group January Report Don Garman

Constantine's W.I. Hall was transformed into a pharmacy of yesteryear for the January History Group meeting. There were bottles of varying shapes, sizes and colours, the tools of the dispenser and a collection of retail items sold by chemists in the past. The sign of the pharmacist, the well remembered 33lb carboy filled with blue liquid, graced the counter. The comprehensive collection provided illustrations and prompts for speaker Kingsley Rickard. Kingsley was an apprentice pharmacist and worked for Boots for many years. There were few branches in the south of England he had not visited.



Beginning with the world of glass (no plastic in the dispensary) we learned that coloured bottles protected the contents from UV and that ribbed ones contained substances unsuitable in their current concentration for human consumption. The chemist decided on the containers to be used and attractive ones would be purchased for display. Labels on thin strips of glass were waxed onto the bottle and could be removed with a little heat so the bottle could be used for another purpose. Labels normally used abbreviated pharmaceutical Latin. Bottles were marked with the tare weight so that weighing allowed the remaining contents to be measured easily; this made stock-taking a straightforward process. Large containers were sometimes used to store stock mixtures at signs of epidemics. The pharmacist would know the preferences of the local doctors and would ensure their favoured prescriptions were kept in stock.

Dispensing required knowledge and skill, and preparation of prescriptions on site took more time than today, so often clients would need to return the following day. The retail department would perhaps have supplied customers with stone hot water bottles, torches with wooden cases (we were shown a beautifully made 120 year old example) and cameras. There would also have been beauty items such as Toni curlers, and curling tongues. The demands of the farming community in Cornwall meant that the pharmacy often stocked medicine kits to treat animal disorders. Kingsley ended his presentation by writing out a prescription and decoding the abbreviated pharmacists' Latin. He explained that doctors did this so that the patient was not aware of what they had been prescribed.

Peter Tatham thanked Kingsley for reminding us of the significant changes in pharmaceutical practice and for entertaining us with his many stories. The Group will meet on February 19th in Constantine WI Hall at 19.15 when Paul Cockerham will talk about the "Tombs of Our Ancestors".

Constantine Museum WW1 Commemoration Don Garman

“Constantine Remembers” August 6th and 7th 2016, is a commemoration of Constantine’s contribution to World War 1. A small team is currently undertaking research, planning and designing the exhibition, and enlisting the support of local groups. We would be delighted if other members of the community would like to join us, either to prepare for the event or to help set up and run the two days. A re-enactment group, story teller and speaker have already been booked for the event and we will be providing teas and light lunches each day.

There is much information about those who served and lost their lives, thanks to the efforts of Ronnie Rashleigh. We would like to add information, photographs and objects to the current record, and we are also very interested in learning more about those who served and returned, probably numbering over 40. We are aware of the following, and would like to know more about them: **Richard, Edward, William and Thomas Vague**; **Captain Collings** of Port Navas, who was skipper of the “Guiding Star”, an armed brigantine; **Graham Rodgers**, who later ran the yacht yard in Port Navas; **Mr Dunn** a teacher in the boys school; **G Thomas** who had been a councillor; **J. H. Thomas**; **Sgt Rowe** of Trevassick; and **Edward Seager**, who served in the Royal Navy. We have a bit more knowledge about, **Samuel John Martin**, 1871 – 1922, a miner, who was living with his mother, Mary Jane, at Buck’s Head, Constantine in 1915 when he was called-up to become a “Sapper” tunnelling beneath the German trenches. At the end of the War he was awarded the British War Medal and the Victory Medal. If you know anything about him please contact David Freeman (Tel: 340679). That is just 12--who were the others?

We would also like to know about the contribution that the parish made to the war. We know the boys’ school contributed to an Overseas Club, that there was a Constantine Working Party for Soldiers Sailors and the Belgian Refugees, and that there were recruitment visits. There must have been members of the Women’s Land Army (formed in 1915) in the village to provide labour for the farms. The boys’ school was closed for celebrations at the end of the war, but what were the celebrations like in Constantine?

Objects will be accepted on a loan basis, photographs scanned and returned and information acknowledged. If any groups or individuals have personal collections they would like to display do please contact us. To make contact to help or provide information please drop into the museum on a Monday from 12.00 - 15.30 (the museum has been closed since December 18th and reopens on Monday 1st February), or ring Don Garman 250604 or email: dj.garman@btinternet.com.

The Constant Times

CONSTANTINE CALENDAR

February 2016

Wed (every) – Todlins. 9.30am. Tolmen Centre.

Thurs (every) – Port Navas Art Group. 1-4pm. Port Navas Village Hall. Contact Ron Prior on 340566.

Fri (every) – Fitness Fusion. 11.30am. Tolmen Centre.

Tues 2 – Bournemouth Symphony Orchestra Resonate Strings. 7.30pm. Tolmen Centre. £10 (£8). Café Tolmen open (booking essential). 341353 or online.

Wed 3 – Soup Kitchen. 12.30pm. Port Navas Village Hall. £3 for soup and crusty bread. Booking not required, all welcome.

Sat 6 – Helford Marine Conservation Group. The Story of the Cuttlefish, from Egg to Budgerigar Cage, with John Rundle from the Marine Biological Association. 7.30pm. Gweek Village Hall. £3. 01326 340961/07772323501.

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

Wed 10 – Tolmen Movies. Under the Skin. 7.30pm. £4. Café Tolmen open (booking essential). 341353.

Wed 10 – A talk by Andrew Bloodworth "Cornwall from Above and Below: The Tellus South West Environmental Survey Project". 7pm. Port Navas Village Hall. £7 includes a pasty. To book ring Margaret on 340214.

Wed 10 – Fun Quiz to raise money for Save the Children. 7pm. Social Club. £5 per person (includes light refreshments).

Thurs 11 – Compline (prayers at the end of the day during Lent). 5.30-5.45pm. Port Navas Village Hall. All welcome. 340233.

Thurs 11 – Constantine Cottage Garden Society AGM. Illustrated talk on the Wild Flowers of Cornwall by David Chapman. 7.30pm. W.I. Hall. £1.

Thurs 11 – Transition Constantine Meeting. 7pm. The Queens Arms. Chris Hussey 340007.

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

Thurs 18 – Compline. Port Navas Village Hall (see details 11 February).

Thurs 18 – Parish Council Meeting. 7pm. The Vestry.

Fri 19 – Constantine History Group. Tombs of our Ancestors. Paul Cockerham. W.I. Hall. 7.15pm. Contact Geoff Roberts 340154 or geoffdroberts@btinternet.com.

Sat 20 – Gabby Young Duo. 7.30pm. Tolmen Centre. £11 (£10). Café Tolmen open (booking essential). 341353 or online.

Wed 24 – Tolmen Movies. Gone Girl. 7.30pm. £4. Café Tolmen open (booking essential). 341353.

Wed 24 – Public Meeting on the future of the Constantine Post Office. Church Hall. 7 pm.

Thurs 25 – Compline. Port Navas Village Hall (see details 11 February).

Sat 27 – An evening of live music from Duane. Constantine Social Club.

March 2016

Wed (every) – Todlins. 9.30am. Tolmen Centre.

Thurs (every) – Port Navas Art Group. 1-4pm. Port Navas Village Hall. Contact Ron Prior on 340566.

Fri (every) – Fitness Fusion. 11.30am. Tolmen Centre.

Wed 2 – Martin Bell “accidental MP” in aid of SSAFA. 6.30pm. Tolmen Centre. £20 (includes finger buffet). 341353 or online.

Wed 2 – Soup Kitchen. 12.30pm. Port Navas Village Hall. £3 for soup and crusty bread. Booking not required, all welcome.

Wed 9 – Tolmen Movies. I Served the King of England. 7.30pm. £4. Café Tolmen open (booking essential). 341353.

Thurs 3 – Compline. Port Navas Village Hall (see details 11 February).

Thurs 10 – Compline. Port Navas Village Hall (see details 11 February).

Thurs 10 - Constantine Cottage Garden Society (tbc). 7.30pm. W.I. Hall.

Thurs 10 – Transition Constantine Meeting. 7pm. The Queens Arms. Chris Hussey 340007.

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

Mon 14 – W.I. Meeting. 7.15pm. W.I. Hall.

Wed 16 – Port Navas Village Hall Society AGM with refreshments after the business. 7pm. Port Navas Village Hall.

Thurs 17 – Compline. Port Navas Village Hall (see details 11 February).

Thurs 17 – Parish Council Meeting. 7pm. The Vestry.

Fri 18 – Constantine History Group. Sport in Cornwall. Jo Mattingley. W.I.Hall. 7.15pm. Contact Geoff Roberts 340154 or geoffdroberts@btinternet.com.

Sat 19 – Helford Marine Conservation Group Annual Meeting. Speaker Matt Slater from Cornwall Wildlife Trust, The Good Seafood Guide. 7.30pm. Gweek Village Hall. £3. 01326340961/ 07772323502.

Sun 20 – Miracle Theatre presents Zonk FM. 7.30pm. Tolmen Centre. £12/ £10/£8. 341353 or online.

Wed 23 – Tolmen Movies. Macbeth. 7.30pm. £4. Café Tolmen open (booking essential). 341353.

Sun 27 – Rob Heron and The Tea Pad Orchestra. 7.30pm. The Tolmen Centre. £11/£10. Café Tolmen open (booking essential). 341353 or online.



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

W.I. Report Barbara Willoughby

"Bust me Bra" with J.M.Ellis - surely a talk about lingerie/underwear? How could we be so wrong. Mr Ellis had been a head teacher at a failing primary school in a deprived city area in Leicester. He trained as an accountant before discovering sport and teaching. He played rugby for the RAF and went on to 'encourage' many of his 500 pupils to start gymnastics. Very reluctantly the pupils began training, and eventually there were two gymnastic teams within the school, winning competitions and even rising to County level. It was at one of these competitions when Mr Ellis, as trainer to the team, was supporting the girls team on the vault section. The last young girl was so excited she started her run much too fast and vaulted dangerously high, so Mr Ellis caught the back of her leotard to bring her down. Unfortunately she did not score enough to win a place AND she yelled "Oi Mr Ellis, ya Bust me Bra"!!!

There were many stories of hardship and truancy, and some exciting trips to places like Covent Garden and France, but in time the school succeeded in turning round to become a very happy place with ex-pupils making a point of saying how much they had enjoyed their school life on meeting staff many years after leaving. A very successful comeback and a very enjoyable evening for all members.

Our next meeting on 8th February is the Annual Meeting, followed by a talk on a trip to New Zealand by a Member. There is a new popular Craft Club twice monthly, 1st & 3rd Mondays, time at present from 2pm. This may change to an earlier time to encourage mothers to enjoy the Club and leave in time to collect children from school. Please look out for posters to confirm new times. Our ever popular Soup and Pud lunch continues—the next is 22nd February. All are very welcome.

NOTICES

Following their SOLD-OUT performances of The 39 Steps in November, Gweek Players' next production will be The Importance of Being Earnest by Oscar Wilde on 13-16 April. Details to follow.

Come along to Jess' yoga classes at the Tolmen Centre, Tuesdays 6:30pm - 7:45pm. Jess welcomes beginners or those with some experience to a dynamic ha-tha yoga class where we focus on posture, alignment and breath. £6 or a 5 class pass for £25; jess@yogagrace.co.uk; www.yogagrace.co.uk.

Constantine Cottage Garden Society Howard Bolt

The November meeting in the W.I.Hall concerned The Evolution Of Trebah Gardens. Darren Dickey gave an excellent talk which was beautifully illustrated using past and present photographs, displayed on the 'big screen'. The Christmas Party in December was well attended. Thanks to Janet Green, Helen Rogers and partners, the hall was decorated and set out in a 'party style'. Members brought in festive food and the event continued in a similar manner.



At the January meeting, Clare Webb who is a 'gardener florist' from The Cornish Cutting Garden gave a most interesting talk. This concerned the development of a commercial garden with a difference, where the weather and seasons controlled the production of cut flowers. Seasonal examples of P.Y.O. wedding flowers were shown, and a living floral wreath was auctioned off.

The February AGM meeting starts at 7pm on Thursday 11th in the W.I. Hall. After the business, David Chapman, the famous local photographer will give an illustrated talk on the Wild Flowers of Cornwall. Many of his photographs have been taken on the Lizard. Even if you do not have a garden, his talks are very entertaining and show how photographs should be taken. Entrance £1, all welcome.



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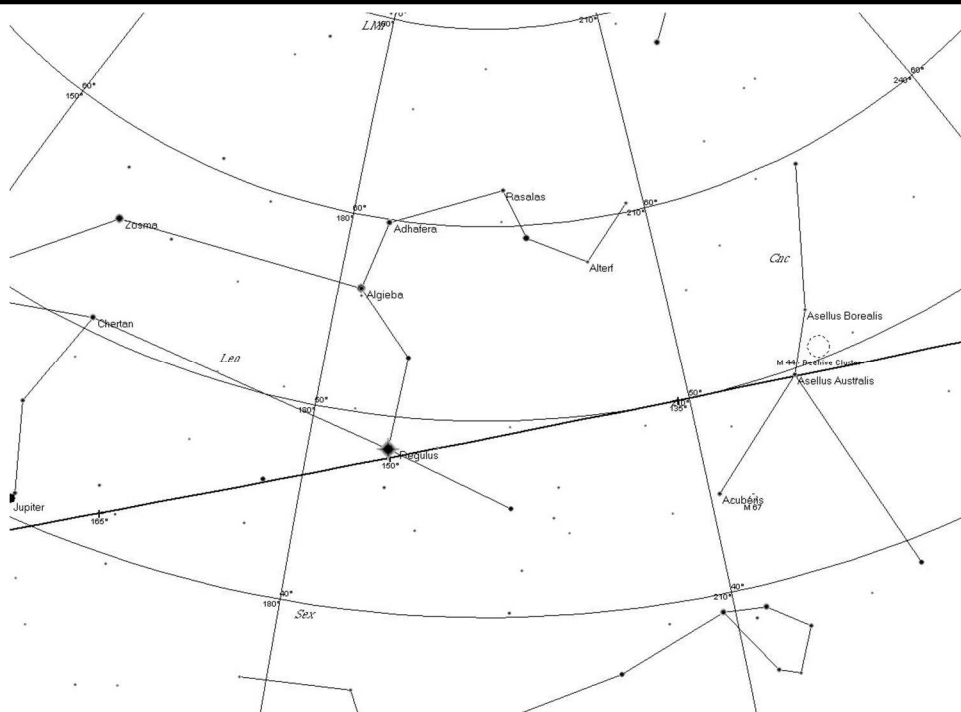
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* * * **Night Sky February-March** Robert Beeman
*
*

Towards the end of February in the dawn sky, Saturn, Mars and Jupiter will be visible. Earlier in the month the Moon will be present, so might well wash out Mars. Jupiter will be close to the constellation of Leo, which looks like an inverted question mark. The bright star at the bottom of the mark is Regulus, which is a quadruple star system. Even more complex is Castor in Gemini, which has six components. A 100/150mm telescope should allow you should see the two main components

Extend a line westwards from Jupiter, through Regulus and about the same distance again, and you should spot M44, the Beehive cluster; this is an open cluster sometimes called Presepe, the Latin for a crib or manger for two donkeys, which are represented by the stars Asellus Borealis and Asellus Australis. M44 is best seen through 7x40 or 10x50 binoculars or a 70/100mm short focal length telescope. There are about 1000 stars in the cluster with a mass 500/600 times that of the Sun. It is the second closest open cluster to us at 577 light years; the Pleiades are closer at 440 light years. M44 is about 600 million years old, but is a spring chicken when compared with a close neighbour M67 to the south, which is thought to be about 5 billion years old.

In March, the Pleiades slip westwards and this, with Sirius sinking in the south west, heralded to our ancestors the end of winter and coming of spring. Further confirmation of the coming of spring is from the position of the Plough with its handle pointing earthwards. Hopefully we shall all have drier and clearer weather to enjoy the spring skies.

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The Constant Times

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Transition Constantine

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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 or post to the addresses above.

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