

# The Constant Times

Volume 5, Issue 4

September–October 2016

## Carnival Fever

The village showed its creativity and fun side during August with a weekend of carnival activities that proved to be a highlight of the summer. Villagers and visitors alike turned out to see a fantastic array of costumes paraded through the village which included a circus act, a flock of choughs with their own twitcher, a gaggle of zombies, a Stars in their Eyes band, a family of rubix cubes, and a pearly queen. Music to accompany the event was provided by not one but two brass bands: the Helston Town Band and the Falmouth Marine Band, who marched down Fore Street in clown costumes.



The carnival parade was followed by a family fun day that pulled out all the stops despite the wet weather. Swamp Circus returned to show off their acrobatics and teach children juggling, whilst visitors tucked into a tasty barbeque. Unfortunately, due to the high winds the parachute display had to be cancelled, but the activities on offer kept everyone entertained. These included Morris dancers, henna tattoos, bubble football and face painting.

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## Constantine Remembers Don Garman

Members of the community, several of whom were descendants of those that served their country, gathered around the War Memorial on Saturday 6th August for a service of commemoration, led by Curate Rev. Terry Axe.



The service began a weekend of activity at the Tolmen Centre. Chairman of the Parish Council, Paul Carter, read out the names of the fallen and County Councillor John Bastin read the "Ode to the Fallen", written by Lawrence Binyon on the north coast in 1914. The two hymns accompanied by the Constantine Silver Band were those sung by the choir in 1915 on the anniversary of the outbreak of War the previous year. Cousins Murial Snowden and Maureen Shipman, whose grandmothers were sisters and whose husbands were killed within 24 hours of each other in 1918, laid the wreath.



The seventy attending the ceremony then formed up behind the band and walked down Fore Street to the Tolmen, Centre where Geraldine Gove, the daughter of Jimmy Grigg, a survivor of the Somme and Paschendaele, opened the exhibition and activities. Following the opening, the band gave a short concert followed by the amazing and talented Mrs Kirk, a story teller, who alternated with the Trengilly Singers during the afternoon.

Mrs Kirk had taken the Museum's research and translated some of the information into stories. She also, cleverly, took a poem written by an Army Sergeant whilst in hospital in France, put it to music and created a delightful song. Both Mrs Kirk and the Trengilly Singers engaged the

## \* \* \* A Celestial Dragon - Night Sky Robert Beeman

The saucepan handle of the Plough, Ursa Major, is now close to the Northern horizon whilst the W shaped constellation of Cassiopeia is high overhead. Use the Plough to find Polaris and Ursa Minor and then follow Draco. The celestial dragon whose coils wind themselves between the two bears and then on towards Hercules and Vega. Thurban at the head of Draco was 5000 years ago the pole star, the pivot around which the circumpolar stars revolve. The Egyptians called these the "indestructible" as they never disappeared below the horizon.

To the south is the small constellation of Capricornus, or the Sea Goat. The most interesting star in this constellation is Al Giede, which is a naked eye double star. You will however need to find a dark site with a southern horizon unaffected by sky glow to see it. Look further up above Capricornus and to the east of Altair to find the little dolphin, Delphinus, small enough to fit into a binocular field. As September moves into October the Andromeda group of constellations are well up in the night sky, with the Milky Way, stretching high across the sky from east to west. Almost due south, and under the milky Way find the Square of Pegasus, the Flying Horse. The brightest star, in the top left-hand corner is Alpheratz. Comparison with Polaris shows them to be about the same brightness, but they are at very different distances from us. Polaris is about four times further at 430ly than Alpheratz. Find the two right-hand corner stars and look directly below them, and find Fomalhaut. This is much brighter than any of the stars in Pegasus and ranks among the 20 brightest stars in the night sky. It is also of considerable interest to those seeking exo-planets as there is strong evidence that a planetary system is forming around this star.

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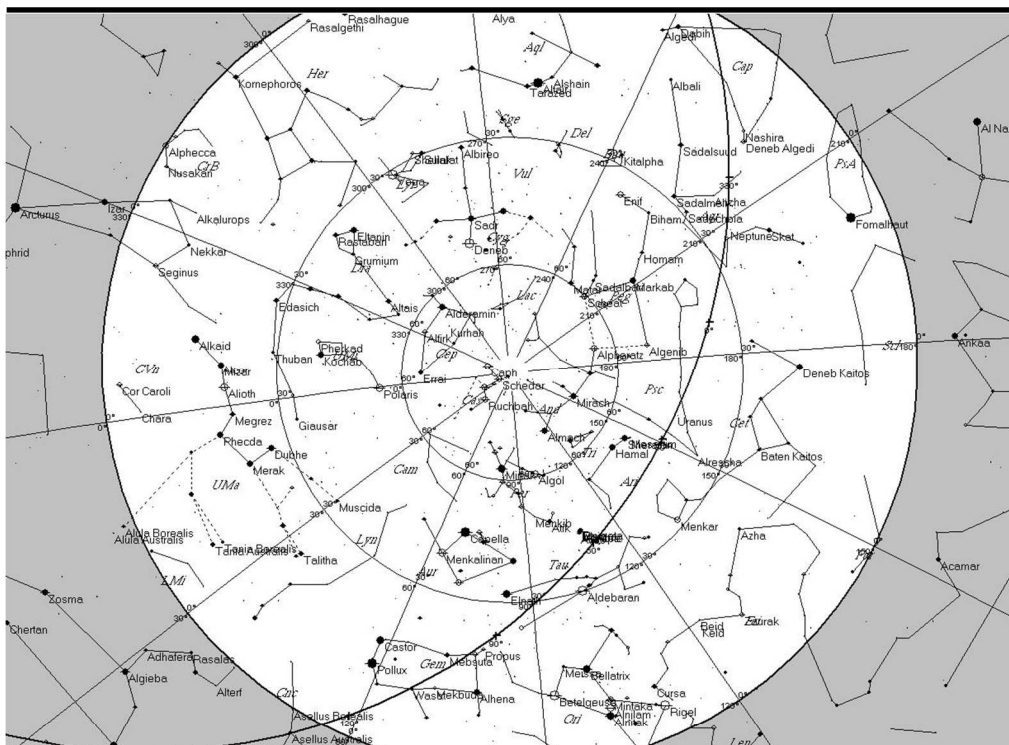
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audience and had them singing along. Throughout the day the Great War Society provided explanations of the lives of officers and men from a 1st World War tent on the lawn.

On Sunday, local historian, Jo Mattingly, gave two short and interesting talks on the involvement of both Cornish people and animals in the War. She alternated with the very popular Constantine Ukulele Orchestra, who played and sang songs from the period. The exhibition, the culmination of research by Museum volunteers assisted by several descendants, provided information about some of the 160 men who had served, and life on the home front. The exhibition also included contributions by the Helford River Scouts, the Constantine Cottage Garden Society, Constantine Primary School and Constantine Women's Institute.

Over two hundred people visited the Tolmen Centre over the weekend and the organisers received innumerable positive comments including: "fabulous", "informative", "very moving" and "great exhibition". Although the majority of visitors were from the Parish, visitors from other parts of Cornwall, the UK and the Netherlands were welcomed. Portions of the exhibition will be on display in the Museum until December for those who were unable to attend.



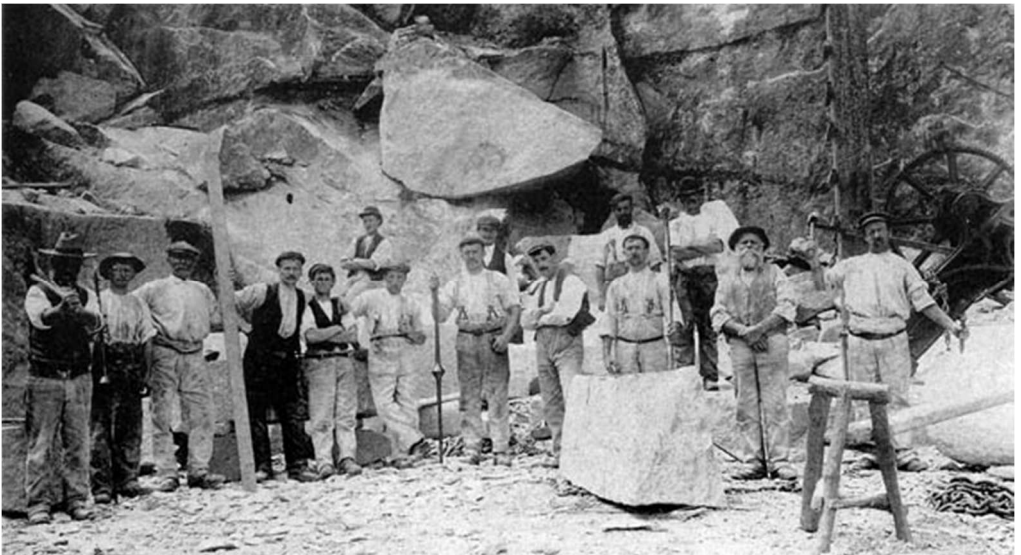
## **Museum achieves Arts Council Accreditation** Don Garman

On 30th June the Arts Council England's web site confirmed that Constantine museum had been awarded full accreditation. This accolade has been an objective since the current museum was established in 2005. The volunteers worked hard from 2013 – 2015 to ensure that all the necessary policies were in place and that our practices would meet the exacting standards expected by the Arts Council.

The standards used are the same for the British Museum as for our small museum. Unfortunately, following submission in May 2015 there was long delay, but the Arts Council eventually began processing our application in January. We had a visit by an assessor to make sure that what was written was happening in practice.

Following the visit we expected to be awarded full accreditation in February, but there were some queries about the relationship of the museum to the Constantine Enterprises Company which had to be resolved, thus a decision was not possible until the national panel met in June.

Members of the community who donate and loan items to the museum can now be sure that we record, conserve and display items according to national standards. Accreditation also means that we can apply to a wider range of grant providers.



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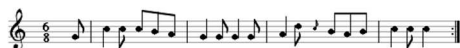
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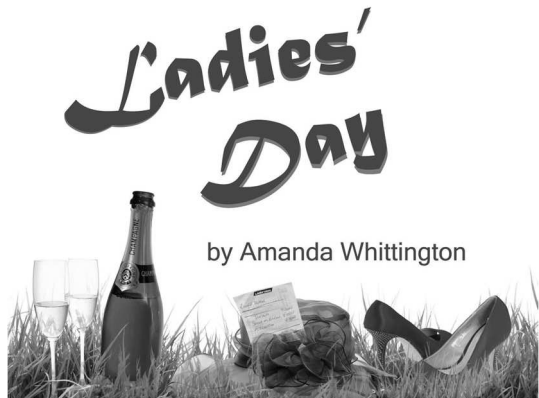


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## NOTICES

Gweek Players will be performing **'Ladies' Day'**, a poignant comedy by Amanda Whittington, on 16th - 19th November 2016.  
(7.30pm Wednesday - Friday and 2.30pm on Saturday).

Four fish factory workers from Hull escape their humdrum lives for a day of sophistication at the races. As the champagne flows, unexpected secrets are revealed.



Reservations from 19th September at [www.gweekplayers.co.uk](http://www.gweekplayers.co.uk) or Box Office no. 0845 094 8874. Tickets: £9/£10 including a delicious dessert in the interval.



**Save the Date!**  
**Christmas Village Lights Switch On**  
Wednesday 7th December carols and mulled wine.

But before then, some other fundraising events to make it all happen.

Wednesday 14th September coffee and cake and bits and bobs and books at 50, Fore Street, Constantine. Monday 31st October Halloween hot dogs.  
Full details on posters. All welcome.



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## NOTICES

**What's Your Story?** I am building a collection of tales in the oral tradition and would love to record your story, fiction or otherwise.

Do you have a favourite story from your childhood, or perhaps the true tale of an event in your life? If you are interested in taking part in this project and for more details contact Kim Croftson on LoquaciousLanellen@gmail.com or call 01326 341135. Anonymity preserved if desired.

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A reminder the popular annual **Helford Marine Conservation Group Barbeque** is fast approaching. The date is Saturday 17th September on Durgan beach, Helford.

This is a great time for members to get together and have a chat whilst consuming the tasty BBQ cuisine (beefburgers, hamburgers, etc) and observing a hardy few taking to the water for a late summer snorkel safari on the eelgrass beds. Come at 3.30pm and enjoy! £5 for food.

Please book by contacting co-ordinator Sue Scott on email coordinator@helfordvmca.co.uk or telephone 01326 340961 or 0777 232 3502. A chair or rug would be useful to bring.

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### **The Helford River Association: Its History and Activities**

Thursday 15th September, 7pm

The HRA is now in its 50th year. The talk by Georgie Higgs, Executive Director of the HRA will address the reasons for its inception, its challenges and achievements during its lifetime and its current issues and activities.

To book a place please ring Roger on 340718. £7 to include a pasty. We look forward to seeing you at Port Navas Village Hall.

## Farmers' Market News Mandy Milano

We could do with some more helpers! After over five years of having great fun running the Farmers Market the team would like to take it a bit easier! We aren't threatening to retire (yet!) but despite our enormous combined age we are all still really busy and do struggle to have enough helpers for some of the Farmers Markets.



It's very sociable, you get to meet lots of people, and drink as much tea and coffee as you like... as long as you keep our wonderful stall holders well topped-up too! It is fairly physical work with quite a bit of lifting and carrying. We set up all the tables from about 8.30am, get the kitchen ready and the kettles on, so stallholders can have a cuppa soon after they arrive.

Unique among farmers markets, we help stallholders carry their produce in and help them clear up afterwards; sweep the hall and generally leave the place clean and tidy. During the Market we serve teas and coffees and sell some of Sally's wonderful cakes, again clearing up, washing up etc... never a dull moment really. So far, the Market has been run mainly by three couples with additional help from time to time.

The men enjoy the gossip, general monthly catch-up and camaraderie as much as anyone and once the hall is set-up can be found washing-up in the kitchen putting the world to rights, or propping up the coffee bar catching up with customers.

So this might suit a group of friends who, once shown the ropes, would like to run a whole morning as a group together every other month or so (the current team aren't giving up yet!). Or anyone who would like to join the existing team to help run the Market every other month or so. Tiring, but hugely worthwhile and great fun!



Contact [mandymilano@hotmail.com](mailto:mandymilano@hotmail.com) telephone 07773 01326 347818, or speak to any of us at the Farmers Market.

## All Aboard! - W.I. Report Barbara Willoughby

Monday 4th July was a 'mysterious' day. The mystery was, as we boarded our coach, where were we going today to celebrate our 65th Birthday? After several 'red herrings' - driving through the centre of Truro (a shopping trip?) and stopping outside Bodmin Military Museum (surely we're not going on manoeuvres)! No - we moved on through the traffic and parked at Bodmin Parkway. We all climbed aboard the train carriage which had seating with tables, all laid up for lunch. We watched the steam engine puff its way to the front ready to pull us off for an afternoon of steaming through the countryside with lunch and refreshments served by our own personal steward. The Bodmin & Wenford Railway outing was a great surprise for all our members and a memorable time was had by all.

Wednesday 6th July was an Open Day exhibiting original memorabilia from our beginning in 1951, with craftwork, homemade cakes, and photographs covering 65 years of Constantine Women's Institute. Members and invited guests came from 10am until 4pm with a short lull mid day for the Committee to recharge with a cup of tea!

Mrs Beaujolois Cavendish, a Founder Member who helped organise the funding for our own Hall and Mrs Sheila Symons—whose husband was one of many who helped with the building— both attended. We now have many more memorable pictures to fill our archives. It had been a very enjoyable week that W.I. members hope will show new members the benefit of belonging to a forward thinking organisation.

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

### **Summer Show Spectacular** Howard Bolt

The Constantine Cottage Garden Society Summer Show was held on the 16th July this year. Many thanks to all of you who came to see the wonderful entries, joined us for afternoon tea, or had an ice cream and listened to the Constantine Silver Band. Well done everyone who grew something, made something, cooked or photographed something and then entered it in the show. The judges had a difficult time deciding who had won the Best Horticultural Exhibit because they were all so good. The Floral Art judge said the overall standard was very high this year. The children's entries both from the schools and individuals made a remarkable impact on the show.



We were lucky with the weather which helped attract many people to enjoy the show. However, four young people were somewhat disappointed because they were unable to collect their winning cups. This was due to the non-return of 4 cups from the 2015 show. Remember the cups are only won for one year and if you still hold a cup from the 2015 show, please contact John Andrew on 341082 or e-mail: [cvgardenshow@aol.com](mailto:cvgardenshow@aol.com) so he can arrange collection and forward them to this year's winners. Thank you.



## Buying together cuts Cornish energy bills Laura Tregonning

Cornish householders are being urged to take action to stop energy suppliers getting rich at their expense by joining Cornwall's collective energy switch to access cheaper energy for one and all this autumn.

Registration for Community Energy Switch's autumn collective switch is now open and householders have until 31st October to register their interest, with no obligation to switch, at [www.communityenergyswitch.org.uk](http://www.communityenergyswitch.org.uk) or by calling Freephone 0800 954 1956.



Community Energy Plus, the Truro-based energy charity behind the energy switching initiative, is highlighting the unfairness in the energy market which it believes sees Cornish householders spending over £41 million more on their energy bills than they need to each year because two thirds of households are on expensive standard variable tariffs.

Community Energy Switch was set up 18 months ago to help fight fuel poverty by making energy more affordable. Since then over 1,900 people have switched, saving an average of £234 which has kept close to half a million pounds in the pockets of Cornish householders.

Rising energy prices may trigger more people in Cornwall to start questioning why their energy bills are so high, explains Community Energy Plus's Chief Executive Dr Tim Jones: "Energy suppliers have been taking advantage of their customers' loyalty for too long in order to make huge profits. Too many people are out of touch with how they use and buy their energy. Rising prices may be the push that many households in Cornwall need to join our collective energy switch to access cheap tariffs and stop paying more on their energy bills than they need to."

Continued on p.8

Cornwall's collective energy switch links into the group buying power of other collectives taking place across the country at the same time, but needs as many people as possible to register their interest in order to secure the winning exclusive cheap tariffs during the energy auction.

The winning exclusive tariffs will be available after 1st November, but only to those who have registered their interest before this date. Householders will be able to see how much they could save and how it compares to other tariffs on the market to be sure that they're getting a good deal before they agree to switch.

Community Energy Plus is a local charity which provides free advice and practical help for householders to enjoy warmer, healthier homes. As well as making energy bills more affordable, each tariff switch generates a small commission from the new energy supplier, which is helping the charity to continue its work to fight fuel poverty

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## **Seascapes - Constantine History Group** Don Garman

A stunning seascape by David James entitled "Breakers" and painted in 1895 confronted members on entering the recent exhibition "Compass'd by the Inviolable Sea" at Penlee House Gallery and Museum, Penzance. The painting provided a great introduction to the exhibition curated by author and historian David Tovey.

Following a welcome by the Director, Louise Connell, the group were guided around the exhibition by Zoe Birkett, the Education officer. Members learned that the title of the exhibition was taken from Alfred, Lord Tennyson's "To the Queen". Although the context of the poem is Great Britain here it has been transposed to Cornwall.

The works of art on display focused on seascapes and coastal scenes. Artists included began with Turner and ended with Alfred Wallis, the retired St Ives Fisherman. Several of the works were by foreign artists lured by the magic of Cornwall. The works on display demonstrated a wide range of skills from the romantic to the decorative.

portunities could exist for those phasing in retirement as markets may, eventually, bounce back.

Deciding how you take your pension benefits is complex and necessitates professional advice. For further information or to request your complimentary guide to retirement planning, please contact Dean Stevens of St. James's Place Wealth Management. Dean can be contacted on 01326 218675 or by email on [dean.stevens@sjpp.co.uk](mailto:dean.stevens@sjpp.co.uk).

The levels and bases of taxation and reliefs from taxation can change at any time and are generally dependent on individual circumstances. The value of an investment with St. James's Place will be directly linked to the performance of the funds selected and the value may fall as well as rise. You may get back less than the amount invested. \*Office of National Statistics, UK Interim Life Tables (released 29/09/11)

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## NOTICES

### Freelance Professional Photographer

Jonathan Wigmore has recently moved to the village and is available for private commissions. He is a commercial photographer covering all areas of photography, and is also a licensed SUAV (drone operator / pilot for aerial work and surveying).

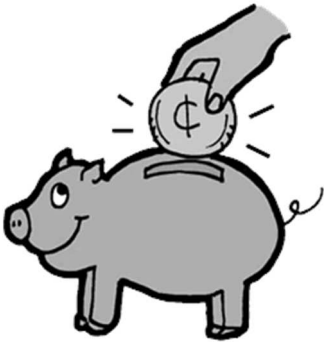
His broad creative background means that he is able to produce beautiful images that capture the very best of both people and wildlife.

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## Running the risk of outliving your savings? Dean Stevens

In a world of low interest rates, volatile markets and increasing life expectancy, Dean Stevens offers some useful guidance on retirement planning. Although the State Pension provides a limited income, it falls drastically short of what is really needed to fund a comfortable lifestyle. So how do we avoid poverty in retirement?



First, decide how large a fund you will need. One method is to multiply your target retirement income by 25. For example, if you think you'll need £25,000 a year, aim for a fund of £625,000. Next, select the most appropriate investment vehicles to achieve your goal. Property, Investment Bonds and ISAs have all proved popular over recent years but don't offer the same degree of tax breaks or guarantees as a pension.

Take advice from a trusted financial professional. If your retirement is imminent you will obviously want to maximise your income from the money available. But be aware – you'll need to make it last.

Retirement funds are coming under increasing pressure from the simple fact that we're living longer. The Office for National Statistics showed that in 1981 a woman's pension was expected to last 17 years, and a man's pension was expected to last 6 years\*. With people generally living longer and facing the possibility of funding a retirement that could now last 20 years or more. So what are your best income options?

Most people will be familiar with annuities, whereby you exchange pension funds for a guaranteed annual income from a life assurance company. Annuities are fixed for life but they can be linked to inflation and furthermore, can provide your partner with an income when you pass away. The annuity rate offered by the life assurer is affected by the prevailing yield on gilts and corporate bonds. Annuity rates have recently been falling. Nevertheless, it is imperative to exercise the Open Market Option – your right to compare annuity rates in the market – before making a decision.

An alternative to an annuity is something called income drawdown. These schemes aim to outperform annuities by investing in assets such as stocks and shares. With recent market volatility they have not performed well. That said, op-



Turner epitomised the romantic school. He was commissioned to produce art work for engravings and produced sketches from his visit in 1811, which he worked up over a period of time. The Napoleonic Wars meant that the grand tour of Europe was no longer an option, but published dramatic images of Cornwall and other home locations provided a lure to alternative destinations.

The 1846 visit by Queen Victoria and Prince Albert was recorded by artists and also helped to promote Cornwall, whilst the development of the rail network was soon to make Cornwall more accessible to both artists and visitors. Work from artists using the realist style, mainly from the 1860s, follows those of the romantic school.

Already members could see that particular locations were very popular with artists, no matter what their style; Kynance Cove, St Michael's Mount, the Crowns at Botal-lack and Lands End appearing frequently. The work of John Brett included so much detail that botanists could identify the different lichens he painted on the granite! The development of photography at this time had an influence on artists who sought to achieve similar detail. Hook often depicted working people in his coastal scenes showing them to be well fed and dressed!

Relevant works from the Newlyn School were featured, largely painted using the realist style and showing nature as it really is. Works by artists Stanhope Forbes and his wife were included. The Swede Albert Julius Olsson set up an art school in St Ives which brought artists from America, Germany and Australia, for example, to learn to paint seascapes. Several works from foreign artists are on display. The exhibition ended with works showing the increased use of colour and pattern as well as the more naive style of Alfred Wallis.

Don Garman, Secretary, thanked Zoe for a most informative guided tour of the impressive exhibition, which had been very much enjoyed by the group.

Jan Pentreath will be giving a talk on the "Ancient Village of Mousehole" in Constantine WI Hall at 7.15pm on Friday 16th September. Visitors are welcome. Contact 01326 250604.

## CONSTANTINE CALENDAR

### The Constant Times

## September 2016

**Tues (every)** – Body Blitz. 6.30pm.  
Village Hall. £5. Ruthie 07521 428653

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

**Thurs (every)** – Zumba. 6.45pm.  
Village Hall. Ruthie 07521 428653

**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.

**Thurs 15** – Parish Council meeting.  
7pm. The Vestry.

**Thurs 15** – The Helford River Association: its history and activities. 7pm. £7 to include a pasty (booking essential). 340718.

**Fri 16** – History Group talk, 'Ancient Village of Mousehole'. 7.15pm. WI Hall. 250604.

**Sat 17** – Snorkel Safari and Barbeque. Helford Marine Group event. 3.30pm-6.30. £5. 340961 or 07772323502.

**Sat 17** – Luke Wright: 'What I learned from Johnny Bevan'. Tolmen Centre. 7.30pm. £10,£8. Café Tolmen open from 6pm (booking essential). 341353.

**Mon 19** – One and All Club (group). Sally Coot 340050.

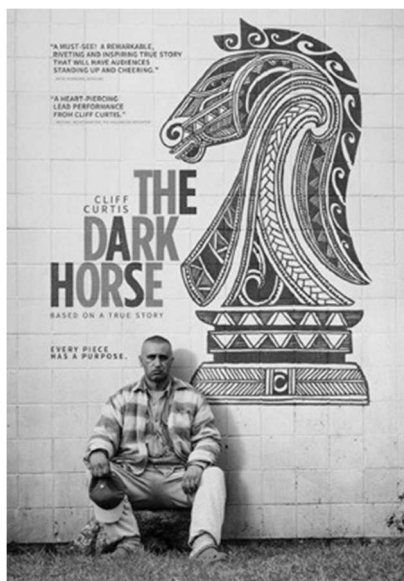
**Wed 21** – Tolmen Movies. The Dark Horse. 7.30pm. £4. Café Tolmen open from 6pm (booking essential). 341353

**Fri 23** – Budapest Café Orchestra. Tolmen Centre. 7.30pm. £10,£8. Café Tolmen open from 6pm (booking essential). 341353

**Sat 24 & 25** – "Make your own Alchemy tiles" workshop with Mel Chambers. Places are limited to 8 people. Introductory rate of £100. For more information and booking see <http://melchambers.com/events/>

**Tues 27** – Ladies' Circle. 1.00pm. W.I Hall.

**Fri 30** – Comedy from The Kernow King. Constantine Social Club. 8pm. £11.



## October 2016

**Tues (every)** – Body Blitz. 6.30pm.  
Village Hall. £5. Ruthie 07521 428653

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1-4pm. Port Navas Village Hall. Contact  
Ron Prior on 340566.

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

**Wed 5** – Soup Kitchen 12.30pm. Port  
Navas Village Hall. The first of our  
popular gatherings, a bowl (or two) of  
homemade soup, crusty bread and a  
good chatter. £3, no need to book.

**Wed 5** – Tolmen Movies. Rams.  
7.30pm. £4. Café Tolmen open  
(booking essential). 341353

**Thurs 6** – Lost Dog one man show.  
Tolmen Centre. 7.30pm. £10, £8. Café  
Tolmen open from 6pm (booking  
essential). 341353

**Sat 8** – Constantine Farmers  
Market 9.30am-12pm. Village Hall

**Mon 10** – WI meeting. 7.15pm. WI Hall.

**Thurs 13** – Transition Constantine  
Meeting. 7pm. The Queens Arms. Chris  
Hussey 340007.

**Thurs 13** – Constantine Cottage  
Garden Society. An illustrated talk by  
Mr. Trevor Wiltshire R.H.S. Cornish  
Woodland Gardens with Ponds – How  
to get going. 7.30pm. W.I. Hall.

**Thurs 13** – Theatre 503 and Bristol  
Old Vic presents, 'And then Come the  
Nightjars'. 7.30pm. £10, £8. Café  
Tolmen open from 6pm (booking  
essential). 341353.

**Sat 15** – Save the Children Bridge  
Drive and Tea. Mawnan Smith  
Memorial Hall 2-5pm. £6

**Sat 15 & Sun 16** – A Weekend in the  
Woods with the National Trust and  
Kestle Barton. 340961 or 07772  
323502.

**Mon 17** – One and All Club. St Austell  
Uke Band. Sally Coot 340050

**Wed 19** – Pipeline Theatre presents  
Spillikin. Tomen Centre. 7.30pm. £8.  
Café Tolmen open from 6pm (booking  
essential). 341353

**Thurs 20** – Parish Council meeting.  
7pm. The Vestry.

**Thurs 20** – Upstream Thinking Talk by  
Victoria Whitehouse. Port Navas Village  
Hall. 7pm. £7 to include a pasty  
(booking essential) 340214.

**Sat 22** – Save the Children Coffee  
Morning. Palacio Lounge Falmouth.  
10.30-12.30pm.

**Tues 25** – Ladies' Circle. 2.15pm. W.I.  
Hall.

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

## The Constant Times

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### Submission Deadlines:

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**DEADLINE FOR NOV -  
DEC 2016 ISSUE: 14  
OCTOBER**



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 hatha yoga class where we focus on posture, alignment and breath

*£6 or 5 class pass for £25*

[jess@yogagrace.co.uk](mailto:jess@yogagrace.co.uk)

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



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