

## Royal recognition for Constantine charity shop effort

Princess Anne came to the Constantine branch of Save the Children UK on 11 January to meet local volunteers, hear about their work, unveil a plaque and present a Long Service Award to shop manager Sally Coot.

The branch which has been running for almost 40 years, now has more than 70 supporters from Constantine, Mawnan and Treverva, with 27 volunteers working shifts. In the past five years alone, they have raised over £350,000 from shop sales and a host of other fundraising activities.



*Sally and colleagues welcome the Princess Photo: Sally Adams*



The branch raises around £20,000 each year from the shop and other events - raffles, bridge drives, coffee mornings, Christmas Fairs, and quizzes.

After being greeted at the shop in Fore Street by local schoolchildren, the Princess took tea at The Tolmen Centre with Dr Paula Roberts (branch chair), Sally and the volunteers.

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## W.I. Meetings

Barbara Willoughby

### November -

#### Christmas Baking Made Fun.

Two members of Constantine, Sylvia and Mary have totally different Christmasses: Sylvia, a farmer's wife, feeding all animals very early before breakfast, with lunch sometime much later! Mary, with a family of 22, may celebrate Christmas Day on New Year's Eve whenever all the family can get together!!

But the one thing they do have in common is home baking tips which they came to share with our members, with a lot of fun thrown into the mix!!

Vegetarian Mincemeat with no suet but half a pint of sherry added to all the usual ingredients. Chocolate Christmas Cake, the same ingredients with added cocoa & chocolate chunks - yummy!!

Leftovers - Blue Cheese and Cold Ham? What better than Blue Cheese Pate blended with soft butter and Port!! and Hash Cakes whizzing chopped ham, mash potato, gherkins, egg, parsley, mustard powder & breadcrumbs. Roll into patties and fry.

Mini Fridgecake Puddings: luxury fruit, amaretti biscuits, liqueur or Brandy rolled into rounds then decorated when set.

As you can imagine the members had a very 'jolly' evening after sampling these and many other festive goodies. The empty plates said it all. Recipes were available and eagerly taken.

### January - A Passage to India

Ann Nightingale and Betty Williams, two very independent women, decided 'to do India' independently without going on an organised travel agency tour.



*Sylvia (left) and Mary (right) shared baking tips*

They knew what they wanted to see and where to go. On arrival in Delhi they spent two hours moving 'dreckly' through immigration, and on the drive to their first hotel found the rules of the road only meant 'Don't Kill The Cows'!

Obviously the Taj Mahal, The Golden Temple, President's Palace were on the agenda, but in their own time. Each of these were done travelling by train, through miles of slums, then flat agricultural land, then being met by a driver and guide who gave such a different insight to these beautiful monuments.

Most days began before dawn to arrive as the sun was rising giving the most beautiful light at each place. Also, fewer tourists meant more space for better photographs. Afternoons were spent locally in markets, cooking & eating with local families, artisan shops, and getting Henna Tattoos.

Shimla in the Himalayas could only be accessed by car followed by a climb of 100 steps but on arrival going through the entrance to town, the whole area was on the level with far reaching views over many ranges with snow capped mountains in the distance, the best view being from the best hotel.

Lastly, determined to venture out alone, they 'closed their eyes', took their life in their hands and strode out crossing the

### ***Constantine WI Hall is in need of a new roof !***

*The existing roof covering is 30 years old and has started deteriorating. The felt has wrinkled and there are already small holes and leaks. We are investigating the cost of repair, and obviously talking of serious fundraising to get it fixed before any serious damage is done to the structure. Watch this space!*



*Ann and Betty at the Taj Mahal*

roads to have a meal out. The locals were both horrified and full of admiration.

Ann and Betty both arrived home exhausted and in one piece - what a wonderful experience!

***The meeting on 12 February is our Annual Meeting and on March 12 Sylvia King will talk about Local History. New members and visitors are always welcome.***

## **Come and try a little twinning**

**Lyn Watson**

This is the year we visit our friends in Pont Croix. We are always sure of a very warm welcome and look forward to finding out what trips have been organised. We are never disappointed. Last time we were taken to the Heulgoat Forest with its wonderful rock formations. The time before there was a trip up the River Benodet. And of course the delicious food that is always served at the evening celebrations. My mouth is already watering...

If anyone would like to join our group, this is a good year to see if you like the idea of staying with a family in Pont Croix- so different from staying in an impersonal hotel. We have all made good friends with our hosts over the years. Most of them speak very good English [putting many of us to shame], so it is a perfect way to improve your linguistic skill.

We leave on the evening of April 5 by coach from the school in Constantine and return [usually with a few cases of wine) on April 9. If you would like to join us, please contact me on **01326 340076** or e.mail **ethnevas@outlook.com**.



## Winter events with Helford Marine Group

**HELTFORD**  
**VOLUNTARY MARINE**  
**CONSERVATION AREA**

### Cornwall's Big Fish

Basking Sharks and Blue Fin Tuna are in the seas around Cornwall. Learn more about these big fish with two events being held by the Helford Marine Conservation Group at Gweek Village Hall.

### **Saturday 24 February 2018 – Tracking Blue Fin Tuna**

Blue Fin Tuna are being spotted more frequently in Cornish waters much to the excitement of marine biologists and fishermen alike. Exeter University Marine Resident Tom Horton has been working on a tagging project to understand more about the biology and distribution of these fish, and will be sharing some fascinating insights into this work. Gweek Village Hall, 7.30pm £4 entrance, under 18s and HMCG members free.

### **Saturday 24 March 2018 – A Sea Monster's Tale, AGM and Supper**

The Basking Shark, the second largest fish in the world, is a regular visitor to Cornish waters. Hunted to the point of extinction it became the focal point of a major conservation campaign in the 1980s.

Yacht skipper and researcher Colin Speedie spent many years at sea conducting surveys of these magnificent creatures and has now written a book on the subject, "A Sea Monster's Tale – In Search of the Basking Shark. He will be telling their story at the AGM. Gweek Village Hall, 7.30pm £4 entrance, under 18s and HMCG members free. £5 for supper. Please book for supper via events page.

**For more information and bookings, contact [www.helfordmarineconservation.co.uk](http://www.helfordmarineconservation.co.uk) and Eventbrite, or contact Sue Scott 01326 340961.**

### **Port Navas Village Hall Events**

#### **Soup Kitchen**

*Wednesday 7 February from 12.30pm*  
Soup and Crusty bread.  
£3. Booking not required

#### **Cycling the Via Francigena**

David Cross  
*Thursday 8 February at 7pm*  
An ancient pilgrims' way from Canterbury to Rome. Most walk but David cycled, stopping at all the great cathedrals.  
£7 to include a pasty.  
To book a place ring Tiffa on 340340

#### **Soup Kitchen**

Wednesday 7 March from 12.30pm  
Soup and Crusty bread. £3. Booking not required.

#### **The History & Geography of Murder**

Professor Peter King  
*Thursday 8 March at 7pm*  
Peter's second talk in the Hall, which promises to be as thrilling as the first.  
£7 to include a pasty. To book a place ring Margaret on 340214

#### **The Annual General Meeting**

Wednesday 14 March at 7pm  
Refreshments after the business!



## Whats On at the Tolmen Centre this Spring

Box Office: 01326 341353 [tolmen@constantinecornwall.com](mailto:tolmen@constantinecornwall.com)



7:30pm Saturday 10th February

### Martha Tilston

Penryn-based singer-songwriter with a big local following, as well as an international reputation. Backed by her superb band, Martha's crystal-clear vocals will inspire and captivate, and her charismatic stage presence will delight.

£11, £10 (concessions), £5 (children)



7:30pm Wednesday 14th February

### After the Storm

A once successful author now working as private detective gambles away his money and tries to reconnect with his estranged family. Tickets £4.



7:30pm Saturday 24th February

### Translunar Paradise

#### Theatre ad Infinitum

After his wife passes away, William escapes to a paradise of fantasy and past memories, a place far from the reality of his grief. Returning from beyond the grave, Rose revisits William to perform one last act of love: to help him let go.

Tickets £12, £10



7:30pm Wednesday 28th February

### Wind River

Veteran tracker with the Fish and Wildlife Service helps investigate the murder of a young Native American woman, and uses the case to seek redemption for earlier act of irresponsibility which ended in tragedy.

Tickets £4



7:30pm Saturday 10th March

### Edd Bateman's West African Love Affair

Joined his first African band at 14 and went on to work with Senegalese and Congolese musicians around Europe and in Africa. Original music reflecting the joyful heartbeat of West African dance music.

Tickets £11, £10



7:30pm Wednesday 14th March

### A Man Called Ove

An unlikely friendship forms between angry old man Ove and the boisterous family who move in next door. Heartwarming tale of unreliable first impressions and a gentle reminder that life is sweeter when it's shared.

Tickets £4



7:30pm Sunday 18th March

### Police Cops in Space

#### The Pretend Men

The multi award-winning comedy trio are back with their critically acclaimed Ed-Fringe sell-out comedy; set in the most dangerous place on Earth ...Space. Sammy Johnson, the last Police Cop in the universe, blasts off in an unmanned escape pod. Now on a distant planet, he must team up with Alien fighter pilot Ranger and his trusty Cyborg C9 as they embark on an intergalactic adventure.

Tickets £10, £8



7:30pm Friday 23rd March

### Budapest Cafe Orchestra

Led by jazz violin superstar Christian Garrick, the BCO evokes vivid images of Tzigane fiddle maestros, Budapest café life and gypsy camp fires. As fantastically exciting as they are musically impressive, they journey far and wide across the Balkans and Russia, playing Klezmer, Romanian Doinas and Hungarian Czardas.

Tickets £11, £10



7:30pm Wednesday 28th March

### The Sense of an Ending

Tony Webster (Jim Broadbent) leads a reclusive existence until long buried secrets from his past force him to face the awed recollections of his younger self, and the devastating consequences of decisions made a lifetime ago.

Tickets £4



## Gweek Players

Linda Capone



### The Memory of Water

by *Shelagh Stephenson*

14–17 March at Gweek Village Hall



It's curious how three sisters who grew up under the same roof could hold such varied memories of their own childhoods. This is a poignant but very funny play about sibling rivalry and relationships as three estranged sisters reunite on the eve of their mother's funeral. Stories clash and secrets are revealed. How could they have grown so far apart? Their mother would be wondering where it all went wrong.

*"Wild humour and bruising emotion" - Daily Telegraph*

*Winner of the Laurence Olivier Award for Best Comedy, 2000*

**Tickets:** £10 (including a choice of dessert served in the interval)

**Box Office:** (01726) 879 500 Online: [gweekplayers.co.uk](http://gweekplayers.co.uk)

**Performance times:** Wed 14–Fri 16, March 7:30pm Sat 17 March 2:30pm

## Auditions for young actors age 10-14

Gweek Players are presenting a new play *The Pirates of Trebah* at Trebah Amphitheatre in the May half term of 2018.

The play deals with the adventures of two children in the eighteenth century who become entangled with a group of pirates who have lost their ship on the Helford River.

The three roles we are looking to cast are:  
**Eustace**, bold, cheeky and thoughtless, though his heart is in the right place  
**Jennifer**, his sister (older or younger), sensible and cautious, but brave when she has to be

**Laity**, a pirate apprentice and part-time farmer's lad (older or at least taller than Eustace)

The production dates are Thursday 30 May to Saturday 1 June 2018. Rehearsals will be on either Tuesday or Thursday evenings, 7 to 8.30pm, from the start of April, plus a few Sunday afternoons

If you know someone who may be interested and available, please invite them to the Auditions on Saturday 10 February 2018, 2 to 4pm at Gweek Village Hall.

Please contact David Ivall at [david.ivall@mypostoffice.co.uk](mailto:david.ivall@mypostoffice.co.uk) for more information and a copy of the audition pieces.





## Remembering a Constantine 'one-off'

The Editor

I only knew Lizzy for the two and a half years since we moved to Constantine, but as most people who've lived here a lifetime would agree, she made an indelible impression with her kindness, energy, ability and enthusiasm.

We had only been here a matter of days, surrounded by the chaos of moving house, when one bright morning suddenly became even sunnier with a surprise visit from Lizzy.

Large as life she strode up the garden path to introduce herself and welcome us to the village. Her thoughtfulness even extended to thrusting three bags of narcissus bulbs into our hands, urging us to get them planted for a good show the following Spring!

As a fellow bell ringer, I got to know Lizzy a bit better and was soon amazed to learn just how much of an impact one person could have on a community. One minute she would be church chorister, the next she would be organising the re-design of the Tolmen Centre garden: one week she would be chairing the W.I., the next she would be masterminding a church bazaar.

This was only the tip of the iceberg! For over thirty years, Lizzy was at the forefront of Constantine life, holding many important offices including one time Chair of the Parish Council. But it was her vision and determination to improve and re-generate amenities and services in the community for which I imagine she will be most remembered.



**Elizabeth Moore MBE**  
**1951-2017**

Without Lizzy we would possibly not today have the fantastic facility that is the Tolmen Centre, our improved and visitor-friendly bus-stop area, or the now well-established Christmas Lights tradition. Without Lizzy we would not have had the invaluable 'Who's Where?', the Book of Constantine, and probably many other community 'assets' I'm too new to be aware of.

I am ashamed to say that it wasn't until very recently

that I became aware of the degree to which Lizzy had been recognised for her lifelong service to the community, hidden from me because of her natural modesty and refreshing absence of self-importance. However, her MBE, awarded in 2008 for services to the community, and her creation as a Bard of Gorsedh Kernow in 2004 were well-deserved and are testament to the very high regard in which she was held by locals and those further afield.

Lizzy's legacy will live on in the hearts and minds of us all.



## Parish Council Update

John Andrew

*Please note that full minutes can be found at [www.constantinecornwall.com/council](http://www.constantinecornwall.com/council)*

### Ordinary Meeting - 16 November 2017

CCllr Bastin's reported that the first full meeting of the Cornwall Council will take place in the next week. Up to now all decisions have been made by the ten Cabinet members. Members expressed considerable disquiet about this and think it very undemocratic.

On the ongoing problem of flooding at Bosvathick, Cormac have looked at the problem and said that the land was too wet for them to do anything and will look at it again in the summer of 2018.

Cllr Bastin confirmed that the decision on future weekly collections of recycled, and fortnightly household waste had already been made by the Cabinet.

There were no expressions of wish to be co-opted onto the Parish Council.

The Chairman reported that the welcome stones were still with Wearnes. Members noted a new maintenance agreement for the public lighting owned by the Council, due to start April 2018.

Members noted from the annual report from SSE that the bracket to the lamp in Penbothidno (012BJ) needs to be replaced, and after discussion it was agreed to replace it.

Cllr Bolt reported that the defibrillator has been installed in the Council- owned telephone kiosk at Seworgan.

**Planning:** There were five applications submitted this month for discussion. There were also three decisions of approval made by Cornwall Council.

### Ordinary Meeting – 14 December 2017

Meetings in 2018/9 will be as follows:

*January 18, 2018 Ordinary Meeting  
February 15, 2018 Ordinary Meeting  
March 15, 2018 Ordinary Meeting  
April 19, 2018 Ordinary Meeting*

*May 15, 2018 Annual Parish Meeting  
May 15, 2018 Annual Meeting  
June 21, 2018 Ordinary Meeting  
July 17, 2018 Ordinary Meeting  
September 20, 2018 Ordinary Meeting  
October 18, 2018 Ordinary Meeting  
November 15, 2018 Ordinary Meeting  
December 13, 2018 Ordinary Meeting  
January 17, 2019 Ordinary Meeting  
February 21, 2019 Ordinary Meeting*

Public Question Time will precede all meetings which are due to begin at 7:00pm

Cllr Mrs Dunstan raised the question of residential developments in rural hamlets of which there are increasing numbers. Members noted!

1/ The preference would be for infill rather than new builds in the open countryside, as is the case at the moment.

2/ Possibly because of the AirBNB holiday lets becoming less profitable their owners are applying for change of use to residential.

3/ Planning policies have changed to allow redundant buildings in the countryside to be made habitable.

4/ The rules for workers in urban environment take no account of the needs of the workers in rural areas such as Cornwall.

5/ The sitting of single caravans in the open countryside is to be deplored.

6/ It is incumbent upon everyone to report breaches of planning permission.

The chairman again reported about the welcoming stones, they are ready for installation. Weather permitting they will be laid late January.

There were four planning applications submitted this month for discussion, and five decisions approved by Cornwall Council.



## 'There's a wise man down in the village!'

Tracey Clowes

The Christmas Lights will be packed away by the time you read this article, and it is always tinged with both joy and sadness that we move on into another year. The lights and trees survived the horrendous winds and rain and as Christmas doesn't actually finish until Candlemas on February 2nd this means that we are fortunate to still have the light from the crosses on the Church Tower.

We are already planning for Christmas 2018 and Constantine School have been booked once again to make lanterns with us, ready for, hopefully, a drier lantern parade -Wednesday 5<sup>th</sup> December 6.30pm, ready for 7.00pm Big Tree Switch On (pop it in the diary). Despite the terrible weather on the switch on evening last December, around 150 people marched up Fore Street proudly holding their lanterns and torches and having a good sing as we strode along. We hope next year it will be dry enough to be led by our fabulous Constantine Silver Band. It was wonderful to see families on other evenings throughout the festive season going around the village, with their lanterns, taking in the lights.

We had lots of new lights, with large trees at Brill and Bridge, a new sign welcoming everyone to Constantine, and a wonderful Nativity scene at the entrance to Wheal Vyvyan (thanks to the Arts Society and Constantine Church). As well as our festoons along the recreation ground, we also extended our offer of small trees and lights beyond the residents of Fore Street.

It came as no surprise to me therefore

when one morning I had a phone call telling me there was a 'Wise Man' down in the village! It's only afterwards that I wished I could have been quicker on the response – tongue in cheek of course. I should have replied, "What in Constantine!", but I knew what the caller was talking about as it had been a windy night and the Nativity scene had suffered wind damage!

Plans are afoot to light up a few more dark areas in the village next year but as always it all only happens with your support. We are always looking for new ideas for fundraisers - please let me know if you have any ideas or if you would like to join the Christmas Lights Team.



### **Constantine Arts Society**

*was asked to paint this year's nativity figures by the vicar of St Constantine, Fr. Stuart Turner. Fr Stuart cut the figures for the tableau himself from marine ply and ten members of the Art Society had great fun in painting these half size characters and managed to complete the nativity scene in time for the switch on of Constantine Village lights.*

## The Constant Times CONSTANTINE CALENDAR

### February 2018

**Mon (every)** - Constantine Craft Club W.I. Hall. 2.00 - 4.00pm.

**Tues (every)** – Yoga. 6.30pm. Tolmen Centre. Contact jess@yogagrace.co.uk

**Tues (every)** – Body Blitz Fitness 6.30pm Church Hall

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

**Thurs (every)** - Zumba Class 6.45pm Church Hall

**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.

**Weds 7** – Soup Kitchen. Port Navas Village Hall 12.30pm.

**Thurs 8** - 'Cycling the Via Francigina' David Cross. Port Navas Village Hall 7.00pm.

**Thurs 8** - Constantine Cottage Garden Society AGM and talk. W.I. Hall 7.30pm.

**Sat 10** - Martha Tilston. Tolmen Music 7.30pm

**Mon 12** - Soups & Puds 12.00 - 1.30pm. Annual Meeting 7.30pm. W.I. Hall.

**Weds 14** - 'After the Storm'. Tolmen Movies. 7.30pm

**Thurs 15** - Parish Council Ordinary Meeting. The Vestry. 7.00pm.

**Mon 19** - One & All Club - Anne & Friends (group). Social Club 2.15pm.

**Sat 24** – Helford Marine Conservation Group - 'Tracking Blue Fin Tuna'. Gweek Village Hall 7.30pm.

**Sat 24** - 'Translunar Paradise' Tolmen Theatre. 7.30pm.

**Weds 28** - 'Wind River'. Tolmen Movies.

### March 2018

**Mon (every)** - Constantine Craft Club W.I. Hall. 2.00 - 4.00pm.

**Tues (every)** – Body Blitz Fitness 6.30pm Church Hall

**Tues (every)** – Yoga. 6.30pm. Tolmen Centre. Contact jess@yogagrace.co.uk

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

**Thurs (every)** - Zumba Class 6.45pm Church Hall

**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.

**Weds 7** - Save the Children Fun Quiz. Social Club 7.00pm. £5 inc refreshments

**Weds 7** – Soup Kitchen. Port Navas Village Hall 12.30pm.

**Thurs 8** - The History & Geography of Murder. Professor Peter King. Port Navas Village Hall 7.00pm.

**Sat 10** - Edd Bateman's West African Love Affair. Tolmen Music. 7.30pm

**Mon 12** - 'Local History'. Sylvia King. W.I. Hall. 7.30pm.

**Tues 13** - Save the Children AGM. W.I. Hall. 9.30 for 10.00am.

**Weds 14** - Annual General Meeting. Port Navas Village Hall 7.00pm.

**Weds 14** - 'A Man Called Ove'. Tolmen Movies. 7.30pm.

**Weds14 - Sat 17** - 'The Memory of Water'. Gweek Players. Gweek Village Hall. 7.30pm (Sat 2.30pm)

**Thurs 15** - Parish Council Ordinary Meeting. The Vestry. 7.00pm.

**Sun 18** - 'Police Cops in Space'. Tolmen Theatre. 7.30pm.

**Mon 19** - One & All Club. Ronnie Rashleigh. Social Club 2.15pm.

**Fri 23** - Budapest Cafe Orchestra. Tolmen Music. 7.30pm.

**Sat 24** – Helford Marine Conservation Group - 'A Sea Monster's Tale, AGM & Supper. Gweek Village Hall 7.30pm.

**Weds 28** - 'The Sense of an Ending'. Tolmen Movies. 7.30pm.

## St Constantine Church Services

**Fri 2 February** 7pm Deanery Event – Candlemas Followed by refreshments

**Sun 4 February** 8.00 am BCP Holy Communion 10.30 am Holy Communion (CW)

**Sun 11 February** 8.00 am BCP Holy Communion 10.30am Holy Communion

**Wed 14 February** 7.00 pm Ash Wednesday Service

**Sun 18 February** 8.00 am BCP Holy Communion 10.30 am Holy Communion

**Sun 25 February** 8.00 am BCP Holy Communion 10.30 am Holy Communion

**Fri 2 March** 2.00 pm Women's Day of Prayer (International and Interdenominational) All welcome – followed by refreshments

**Sun 4 March** 8.00 am BCP Holy Communion 10.30am Holy Communion

**Sun 11 March** Mothering Sunday – Family Worship

**Sun 18 March** 8.00 am BCP Holy Communion Passiontide begins 10.30 am Holy Communion

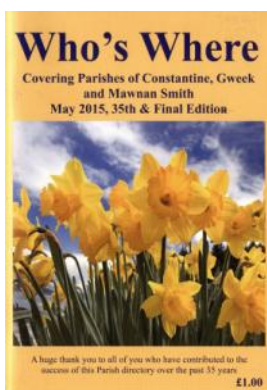
**Sun 25 March** 8.00 am BCP Holy Communion Palm Sunday 10.30am Holy Communion

**Thurs 29 March** 7pm Maundy Thursday Service

**Fri 30 March** 10.00 am Stations of the Cross 11.00 am Good Friday Liturgy

**Sun 1 April** 8.00 am BCP Holy Communion Easter Day 10.30am Holy Communion

*Everyone is very welcome and refreshments are served after the 10.30am service. Thursdays 10.00am BCP Holy Communion followed by Ladies Fellowship*



*Everyone who has lived in the village more than a couple of years will remember Who's Where – the invaluable directory of contacts for local businesses, groups and societies. I would guess that most*

*people will still have their copy of the last one produced – Issue 35, from 2015.*

*From issue 1, the work of producing it, year after year, was done virtually single-handed by Liz Moore, who sadly died towards the end of last year. After 35 issues I think she felt it was time for someone else to pick up the baton, but it really was too much work for any one person to take on.*

*And so Issue 35 remains the last one produced. A new approach might allow this essential directory to live again. Rather than being a one-person job, it does look as though the process of producing it could be broken out into a number of more manageable tasks. These would differ in nature, such as cover designer, editor, proof-reader and so on. They might also differ in focus, with perhaps different people looking after updates for advertisers, local businesses, clubs, and public service information. In other words – a team effort could bring Who's Where back to life.*

***If you feel you would like to be involved in reviving the village directory, please contact Chris Hussey (340007, or [chris.r.hussey@gmail.com](mailto:chris.r.hussey@gmail.com)) I will be happy to talk with you about the kind of activities involved. If enough people are interested, we will get together to discuss how a new directory might look, and how to share the work.***

## Constantine Cottage Garden Society

**November 2017**

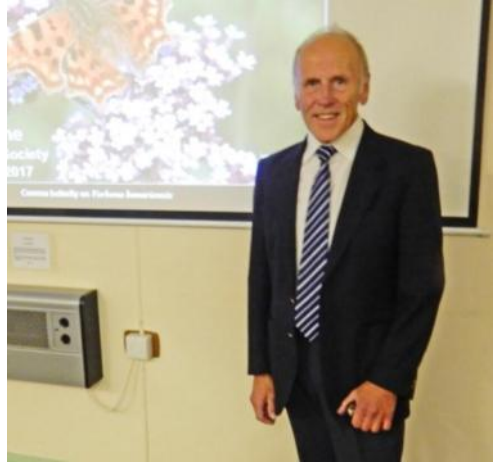
### **'Gardening for Wildlife'**

We had an outstanding illustrated talk, 'Gardening for Wildlife', by Howard Wills from Fernwood Nursery in Devon.

He has 3 acres of land and encourages, supports and studies our native wildlife and flowers. The nursery holds the Plant Heritage National Collections of 'Houseleeks' and held the National Collection of Phormiums until 2011, when during a second severe winter, many of the larger phormiums died. Howard used to exhibit at RHS shows but now concentrates on local shows.

His first selection of photographs illustrated how there is often much evidence of wildlife even if viewing the wildlife itself is missed, e.g. feathers from a bird killed, tracks in the snow or on wet grass, broken snail shells at a thrushes' 'anvil', a squirrel cache, starling foraging holes, a hole made by wasps. Howard once found and dissected an owl pellet, which indicated what else was in the area. In that case he found 280 bones from 3 voles in the pellet.

His second selection of photographs illustrated how wildlife may be encouraged. Howard has sufficient space to



*Howard Wills of Ferndown Nursery*

pile up rotting vegetation as opposed to burning unwanted material. He has planted hedges as opposed to using fences. He has provided bird baths and ponds, bird feeders, both suspended and on the ground. Plants have been chosen which provide food for wildlife, such as Pyracantha, elder, crab apples, cotoneaster, blackberries, teasel - even dandelions are encouraged!

Further planting has encouraged insects. Plants such as Lady's smock, ragwort, nettles, hogweed, buddleia, nasturtium, verbena. Again, he admitted that he has the room to allow several plants to thrive which many gardeners would remove.

He had a selection of photographs to illustrate the variety of habitats he has available for wildlife. e.g. sheds with doors left open, bareground, a gravel garden, lawn with weeds, shrubs, a wildflower meadow, a pile of dead wood, compost heaps, a boggy area.

His final selection of photographs



## Howard Bolt

was of wildlife 'snapped' in his garden. He particularly likes 'banded' snails, said that the hornets were not aggressive and that wasps were no problem if left alone. He said that shield bugs have a horrible taste because he accidentally chewed one on a raspberry he had picked. The largest bird photographed by Howard was a heron, on the top of his greenhouse.

It was a most entertaining talk and many of his 'snaps' were reminiscent of those of local photographer, David Chapman.

## January 2018

### 'One Garden - Four Seasons'

The January meeting was well attended and we were treated to a beautifully illustrated talk, by Pat Ward of Perranwell Station, titled 'One Garden - Four Seasons'.

Her story starts in Winter when snow sometimes prevails to alter the look of her garden. As Spring begins to show its face, the usual crocus, snowdrops and daffodils raise their heads but Pat had brought a basket full of flowers, berries and leaves which she picked that day, to illustrate just how much colour is in her garden at this time of year. Pat keeps containers of her favourites, especially spring bulbs, summer time lilies, and autumn salvias which attract bumble bees.

She included photographs of natural visitors which add that something extra to any garden. She also included pictures of foliage, illustrating the variety of greens and the provision of other colours at different times of the year.

The talk included many tips for gardeners such as: how to grow wisteria as a standard tree, the usefulness of knee high apple trees, how to cut back ornamental grasses, how to feed tree ferns etc.

## Constantine School

My name is Sonya Herbert and I am absolutely thrilled to be the new Head Teacher at Constantine Primary School. I feel very privileged and lucky to be part of such a special school and I have really enjoyed my first couple of weeks. The children, parents, staff and wider community have made me feel very welcome and I very much look forward to the exciting times ahead.

The Spring Term started off with William and Barney playing with the Ukulele Orchestra of Constantine at Poldhu Nursing Home. Barney and William really enjoyed the experience of performing with the other musicians and the audience enjoyed the afternoon too!

On Thursday 11th January, all 167 children and approximately 30 staff and helpers walked to the Tolmen Centre to greet HRH Princess Anne who was visiting the Save the Children Shop. All of the children sang to her and eight children were lucky enough to meet Princess Anne. The children behaved impeccably especially as the Princess was running a bit late.



Photo: Sally Adams



## Constantine History Group

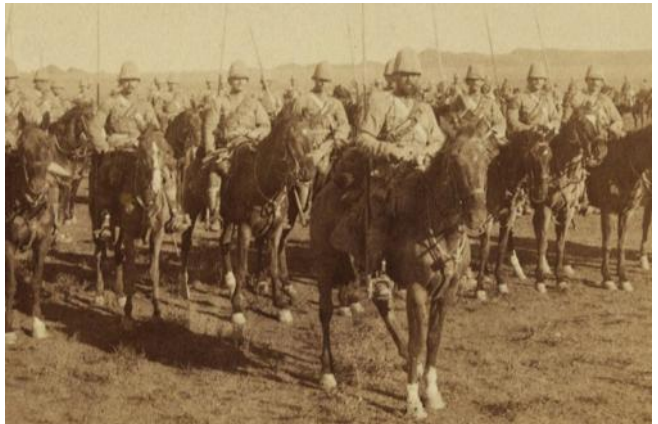
### November meeting

A short AGM was followed by John Head, a retired vet from Helston sharing the experiences of his grandfather, a vet, in the Boer War (1899 – 1902).

In 1898 Alfred Searle Head, a recently qualified veterinary surgeon from East Grinstead, obtained a post with a Mr Hoadley in Helston, but at the outbreak of the war in South Africa, described by John as a war of horses, he signed up to join the 6th Inniskilling Dragoons, but not before making an impression on his employer's young daughter.

Following a month on board ship, Lieutenant Colonel Head arrived with the dragoons and 407 horses. By now the animals were already in a poor shape. Long rides north to the Orange Free State followed. The Boers burned the grassland to reduce the fodder, and there were few oats and mealies available, so the animals were poorly fed.

Clear water was also an issue and poor hygiene meant mange spread freely. The horses also had to carry heavy weights (rider and all their equipment) and trek through either very dry environments or the horrendous wet season and experience extremely cold nights when the horses had to be walked all night to stay warm.



*6th Inniskilling Dragoons in South Africa*

Not surprisingly there were heavy losses and vets were in limited numbers with few aids, to treat the animals. Of the 570,000 horses 70% died, of which only 5% were lost through enemy fire.

Huge losses of animals led to improvements in horse welfare and following a supply of fresh horses in 1901, each soldier was allocated his own horse with severe punishment if the animal was not properly looked after. Losses of animals reduced.

Following the end of the war, Alfred remained in the army and served in Sudan. On his return to Helston he married his employer's daughter. During World War 1 he ran a hospital for horses and ensured animals going to the front were in good condition before they were shipped to France. During this war, losses of horses was reduced to 20%. In World War II he took command of the Home Guard in Helston. The veterinary practice he established is still trading.

**February's talk will be on" Mine Buildings of Cornwall by Kingsley Rickard on Friday 16<sup>th</sup> at 19.15 in the WI Hall. Visitors always welcome. Contact 01326 250604.**



## Reports by Don Garman

**January Meeting**

Oysters, a food item since Neolithic times and a product of the Helford for several hundred years, was the theme of Don Garman's talk. The first record of harvesting of the Native Oyster is 1580 when the oysterage for Merthen Manor was valued at £2-10 shillings. Until 1915 when the river was purchased by the Duchy of Cornwall, the ownership of the oysterage was divided between Merthen Manor and the Diocese of Exeter. Tenants managed the oysters layings including the Tyacke family, farmers at Merthen. In 1904 the depot was moved to Port Navas from the Pond House in Pol-wheveral Creek and from 1890-2005 was managed or tenanted by the Hodge family.

Oysters were valuable and not surprisingly the court in Helston records several cases of stealing, which resulted in imprisonment and hard labour. A group of fishermen wishing to fish the waters were deterred by armed miners in boats who were employed by John Tyacke. Other incidents recorded include a timber vessel bound for Gweek anchoring over the oyster beds and then drying out on them. The Captain in his defence blames the local pilot! Disease, silt and algal blooms have also threatened the oysterage from time to time.

Ownership by the Duchy of Cornwall prompted three royal visits in 1921, 1937 and in the 1970s. The Constantine Museum has recently been given a photograph of the 1925 Port Navas annual oyster festival. This is the only evidence thus far of this event. During the 1950s and 60s the Dutch Oyster Farm's 12 employees operating three dredgers and a transport boat were producing 75,000 oysters a week during the season, a third of UK production. Oysters packed into wooden casks had to leave Port Navas by 11.10 to catch the London train.

Following strong easterly winds in 1963 50% of the oysters died from suffocation by silt build up, this led to the introduction of Pacific oysters in 1964 which then formed 25% of production. Outbreaks of *Bonamia* in the 1980s also decimated the oysters. From 1990 – 2005 the oysterage was rarely worked, however the Wright Brothers became tenants and laid 30 tons of young oysters in the river. Unfortunately algal bloom was the next challenge in 2009 and Natural England gave permission for Pacific oysters be farmed. New techniques from Brittany were introduced to increase

rates of growth, hence the raft which operated as a nursery at the entrance to Port Navas Creek. Once large enough the oysters were placed in cages off Bosahan before being laid in oyster beds west of Port Navas Creek and harvested at 3 years.

Unfortunately, the use of a non-indigenous species was not supported by environmentalists and a strong lobby encouraged the owner to call in the tenancy in Spring 2017, but it is now being re-let.

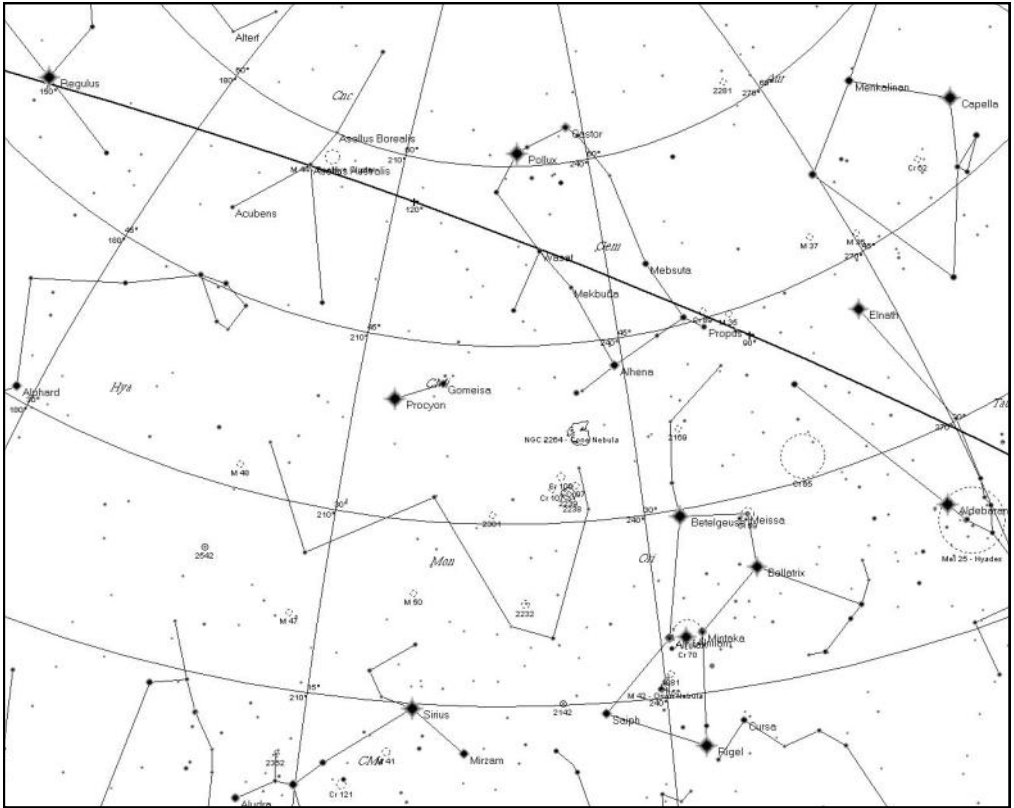


# Night Sky

At this time of year, the south-western sky boasts many bright winter stars. Follow the distinctive line of Orion's Belt upwards to Aldebaran, the main star of Taurus the bull, and downwards to Sirius the Dog star. Sirius is the brightest star in the night sky .It seems to flash in many colours, it is a young star so the light is bluey white but is re-  
fracted by the Earth's atmosphere to create false hues. Look below Sirius with binocu-  
lars and you should spot M41,a compact galactic star cluster 2300lys away.

Aldebaran, the "eye" of the Bull is a red giant, halfway between us and the sparkling V shaped group of the Hyades, to which it appears to belong. Whilst the Hyades are a true cluster moving together through space, they have no connection with Aldebaran.

Two constellations which show a range of visibility of star groupings are Leo and Can-  
cer. Leo the Lion has many bright stars, the brightest being Regulus which is 77 lys  
away. From Regulus an inverted question mark extends upwards to form the head of  
the Lion. To the west of the lion is Cancer, the Crab; in light polluted skies this constella-  
tion is almost invisible, but binoculars will reveal the Beehive Cluster M44,an assembly  
of about a 200 stars nearly 600 lys away; with binoculars you should see about 40 stars.



Robert Beeman

The available planets over this period are early morning viewing only. By mid- March at 0430 looking due south you will Saturn, Mars and Jupiter; Antares, a red super giant will be below and between Saturn and Mars, Spica will be to the west of Jupiter. Antares has a faint blue companion star in a 900 year orbit, the pair being about 600lys away. Spica by comparison is a much younger blue white main sequence star about 260lys away.

This will be a great photographic opportunity as the Moon should not interfere. For a DSLR try setting the ISO to half the camera range, focus to infinity and let the camera do the rest. Using a tripod will be essential if you are to avoid camera shake .If you can, set the mirror lock to enabled and use a remote release to fire the shutter. If the exposure time is above 30 seconds then you run the risk of star trailing so you will have to try a few adjustments to reduce the exposure time.

Wishing you clear skies.



## KERNOW CARERS SERVICE

### *Support for those who care*

*Many people help take care of a loved one, neighbour or friend, often without looking upon themselves as a carer. Kernow Carers Service recognises their important contribution and commitment and offers them free support through a number of Carers' Forums throughout the county. Carers will be able to discuss any concerns they have about their caring role or the services they receive, and get advice and information from a Carer Support Worker who will be present at the meeting. Everyone will receive a very warm welcome at the meeting.*

### The next meeting of the **Falmouth Carers Forum**

will be held in The Council Chamber,  
Municipal Buildings, The Moor, Falmouth TR11 2RT  
on

**Tuesday 27<sup>th</sup> February 2018 from 2.00 pm to 4.00 pm**

For further information please contact:

**Chris Watkin, Forum Administrator**

Cornwall Rural Community Charity, 2 Princes Street, Truro, Cornwall, TR1 2ES  
Telephone: 01872 243931 or e-mail: [chris.watkin@cornwallrcc.org.uk](mailto:chris.watkin@cornwallrcc.org.uk)

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**RSVP** [meetup.com/Thrive-Cornwall](http://meetup.com/Thrive-Cornwall). [Facebook.com/Cornwallthreeprinciplesforum](https://www.facebook.com/Cornwallthreeprinciplesforum).  
Alice Rollinson 07950935590  
Russell Davis 0780694929

## Could you give some hens a happy home?



Hen keeping is on the rise and it's not difficult to see why. Ex-bats in particular make wonderful pets and are great company, each with their own distinct personalities. The British Hen Welfare Trust re-homes hens, both free range and caged, that would otherwise go to slaughter at 72 weeks old. The local team, based in Redruth, holds re-homings roughly every 6 to 8 weeks. Since the team was set up in April 2016 it has found homes across West Cornwall for 3,000 hens.

Once you have kept ex-bats you will never want to be without them. Seeing a hen fresh out of her cage enjoying the sunshine, scratching for bugs and slugs and dust bathing is one of life's pure joys. Although they may be looking a little tatty at first, after a pedicure and a few days of fresh air they will start to grow their new feathers and become real characters. The added extra is that you will be provided with free range eggs for breakfast!

**If you would like to re-home some hens contact [www.bhwt.org.uk](http://www.bhwt.org.uk) or 01884 860084.**

**Constantine, Mawnan Smith & Trevvera Save the Children** would like to thank everyone for their support at the Mawnan Smith Christmas Fair this year. It was a very successful and enjoyable morning and the total raised was £1152.83 which is a great result.

## DISCO GLITTER BALL . . . .



There will be a FABULOUS disco ball at the Tolmen Centre on Friday February 16th at 7.30, featuring Wayne and Wanda's cabaret and retro disco! Entrance £10. Food with a Syrian theme for sale and a bar with cocktails. To raise funds for refugee-support.eu - for their work with refugees in Greece and Bangladesh.  
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# The Constant Times

## Contact Details

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

Phone: 01326 340908

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Layout Editor & Calendar: Peter Binns

## Advertising

Sue Yates

## Printing

Peter Binns

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## Submission Deadlines:

Deadline for news items, calendar entries and other submissions for the

**April/May 2018** issue is

**12 March 2018.** Please send to [constant.times@gmail.com](mailto:constant.times@gmail.com) or deliver to the Layout Editor at Comfort View, Well Lane.

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