

## 'To Harry, Meghan and Community Life'

Tracey Clowes

### *How Constantine celebrated the Royal Wedding*

The day had been planned for months, teams of people had been involved, discussions about locally sourced food, flowers, and what would be worn on the day, had all taken place. The music had been carefully chosen. Guests included locals and great friends, even the 'odd celeb', but not high ranking political figures or Heads of State. For days before, the site had been decorated with heraldic flags lining the tree canopy, and the grass cut – but not quite in chequers!



No carriages were required as guests could walk the short distance from their family home to the venue. The forecast was sure – sunshine from 7.00am.

And so under an incredible blue sky we were ready for the 'Big (pre) Royal Wedding Breakfast' bacon rolls, pecan pastries, red white and blue fruit salad, breakfast muffins, fruit flapjacks, indulgent chocolate cake and a wonderful Union Flag decorated sponge, all washed down with lashings of tea and coffee.

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## Royal Wedding Breakfast (cont'd)

It wasn't about whether you are a royalist or not, it was about our wonderful village community getting together to eat, laugh, chat and embrace the sunshine after a long dark winter, and to feel comforted by a huge sense of belonging.



No one gave a thirteen minute address, or recited a poem, but a

toast to Harry and Meghan and to our village community fittingly brought proceedings to a close.

We don't need a reason to gather, but I would like to thank the Duke and Duchess of Sussex as without them, we may not have had our breakfast together on 19May.

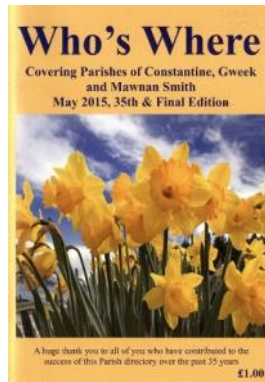
A huge thank you to everyone who came along and supported us and for those who helped. We raised £570.29 for Constantine Christmas Lights.



## Who's Where Re-Launch Chris Hussey

Following a call for volunteers, there is now a group in the village working towards producing a new issue of the invaluable parish directory - "Who's Where".

As it is now three years since the 'final' issue was produced, there is clearly a need to check the details of former entries and identify any new ones that should be included. If you had an entry before, or if you would like to be included in the new issue, please email (by June 16th): whoswhereconstantine@gmail.com ...to register interest in being included. The team will then follow up to gather details of the required entry. Plans for publication will follow in the September/October issue of Constant Times.



**Stacey, Colin and Deanne Williamson would like to say a big thank you to everyone who attended Ben's Funeral and Celebration at the Tolmen Centre on 23 April. As a family, we were so touched by the help offered by so many volunteers, the love shown for Ben, the memories and how he made such an impact on so many. The Constantine village community spirit warmed our hearts and everyone did Ben proud.**

## Time never stands still at Constantine Primary!

Sonya Herbert

This term the whole school are studying the topic of Africa which is incredibly exciting! We started the topic off by providing all pupils with the opportunity to actively take part in an African drumming workshop and they loved it! They learnt a number of drumming skills and also about the history of African drumming. Children have also been exploring African art, undertaking cooking with an African theme and also enjoying our visitor who came to talk to us about her work with the African rhinos.



As part of their Personal Social Health Education, Kenwyn Class have had the opportunity to undertake the British Heart Foundation Heart Start Programme. They have learnt how to resuscitate an adult and also a baby. They have had the opportunity to rehearse these skills at the poolside and all will shortly be awarded with a certificate. We are really proud of their achievements.

The Early Years staff and volunteers have worked really hard this term to develop an exciting and engaging outdoor area for all of our children to thrive in; this has included a magnificent bug hotel and an incredible mud kitchen. Juno and Sally enjoyed making a fairy garden, along with a beautiful fairy bed made from daisies!



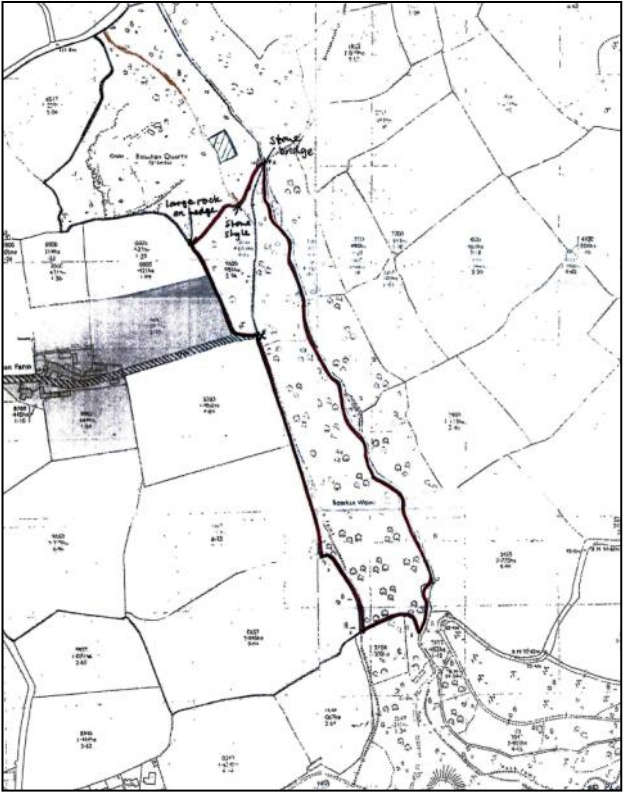
Keeping active and providing children with a range of exciting sporting opportunities still continues to be a real focus. This term we have football and tennis coaches teaching a number of children. There are also opportunities to take part in a number of activities out of school which include the leagues, surfing and sailing!



## Bosahan Woods Public Meetings

Through the amazing generosity of a local resident, a large part of Bosahan woods has been bought for the benefit of the local community. It is now owned by Constantine Enterprises Company (CEC) – the village not-for-profit charity that operates the Tolmen Centre and that has been the umbrella organisation under which a number of village projects have flourished. CEC has set up an initial Woodland Management Team that recently held public meetings at the Social Club and the Tolmen Centre.

The aim of the meetings was to tell the story of how the gift came about, to set out plans for the first tasks that must be carried out, and mainly to begin to understand how members of the local community would wish ‘their’ woods to be managed.



The initial work focuses on making the woods safe. After consideration of quotations for work, a local tree firm was selected to deal with those few trees that have been assessed as being in a dangerous state. Later in the year there will be some significant restoration carried out on the bridleways, bringing them back to the sound and level state they were in several decades ago. Any further work beyond that will be

**Liz Pearce**

directed by views and suggestions gathered from the community.

The public meetings were well attended, and there was much positive discussion of the need to retain the character of the woods. There was also discussion of safety-related issues – particularly around the swings and the problems of liability that ensue. There are no easy answers here, and the Woodland Management Team will be seeking expert advice.

All those attending the meetings were encouraged to fill in the comments form and to consider whether they would be able to support the project by offering

skills or volunteer effort. If all goes to plan we are hopeful that, other than skilled tree surgery work, we can use volunteers who are licenced and skilled for the actual path reconstruction work.

It is not too late to become involved in the many aspects of this community wood. Forms are available in the Spar and Constantine Stores, and when completed can be posted through the Tolmen letter box. All the comments will be gathered and considered, and the Management Team will be keen to provide further updates on progress via the Constant Times, the Herald, notice boards and potentially the village website.

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**‘Au revoir’ Dick, ‘Bienvenue’ Tracey****James Agnew**

In 1998, after much hard work & dogged determination, the Constantine Methodist Chapel was secured under the ownership of the then newly created Constantine Enterprise Company.

Since 2007, Dick Just has presided over the Trustees/Directors, as their Chairman, in organising various projects for this community. The list is too long to mention here, but just to say that that list culminated in seeing Dick, on behalf of the CEC, complete the transfer of part of the Bosahan Woods into Community ownership, in perpetuity. A wonderful epitaph!

It goes without saying that Dick's Naval career, his larger than life presence, and 'No nonsense' approach, has got the CEC to where it is today. His drive & determination to see projects concluded for the betterment of this community has always been his main focus; and for that, we have a lot to thank him. Luckily for us, he is not going far, and will remain close to the team.

Dick, we must all thank you for your loyal service to this community: an example to us all. To Gill, Dick's wife, a big thank you for your kind hospitality, in suffering several times a year, for 11 years, the invasion of your dining room at Tresedder for meetings. Now a new era unfolds with Tracey Clowes as our new Chairman. We, as a community, must support Tracey in all her endeavours on behalf of the Constantine Enterprise Company.

I started this article with, 'after much hard work & dogged determination', and I know Dick, and all the other Trustees, will acknowledge that our beloved Lizzie Moore (CEC Trustee), no longer with us, was the main driver in securing the Chapel for the whole Community, and I must encourage everyone to see the most beautiful Agapanthus sculptures, in the Tolmen Garden, in memory of Lizzie.

## Farmers' Market News

June sees the ever popular Constantine Farmers Market move to the Tolmen Centre for the summer - June 9th, July 14th, August 11th and September 8th, 9.30am to midday. In September we will be part of the Community Day and Big Lunch with lots of good stuff going on.

The Market has just welcomed Constantine Apple Juice to its array of stalls - come and try some freshly pressed local apple juice in June. Our beef and pork are both farmed within a mile or two of the village, and are high-welfare, outdoor reared (the owners run the stalls so come along and talk to them about their produce). Local fish comes from Porthleven including local seaweeds and salts; by June there will be a colourful and tasty range of locally grown fruit and veg. Then there's award-winning Pie's breads and buns (fabulous ciabatta), Sally's cakes with hopefully some of her deliciously light summer fruit tarts, Debbie's quiches



and strudels (all you need for a ready cooked salad supper), with other local producers visiting when they can (local honey etc.).

And if you need a little light refreshment after doing all that shopping, there is the highly sociable tea/coffee area with freshly ground coffee at £1 per cup including practically limitless top ups, and maybe a slice of one of Sally's cakes.

What's not to love!



National  
Trust

## Celebrating The Lizard's Heritage

July walks

### Shipwrecks, signals and an undersea bell

*Tuesday 24th July 10am*

Join the National Trust for a stroll around Lizard Point. Hear tales of shipwrecks, dramatic rescues and a rich history of communications, from semaphore to ground breaking radio, plus the strange story of the undersea bell! Ends with a tour of Lizard Wireless Station.

*Meet at Lizard NT car park, opposite lighthouse entrance TR12 7NT. £3 pp. Additional parking charges for non-members. Booking not necessary. 10am start ~2hrs.*

### Poltesco - pilchards, mills and serpentine

*Thursday 26th July 1pm*

A guided walk with the National Trust around Poltesco, now a delightful secluded wooded valley but once home to a thriving Victorian polished stoneware factory, fishing cellars and mills. Tour the ruins with us, and discover the valley's varied past. £3 pp.

*Booking not necessary. Meet Poltesco carpark near Ruan Minor TR12 7LR 1pm start ~2hrs.*



## WEEKEND OF BRASS & VOICE

The village of Constantine is again preparing for a busy weekend of musical entertainment when the Constantine Silver Band will be holding their annual celebration of brass and voice.

This is the most popular weekend event in the Band's busy Calendar and begins on Saturday July 14 at 7.00 pm. For this year's concert we again have a strong youth content, with the ever popular Constantine School's Choir, Samba Band, & Ukulele Band, along with Constantine Silver Band and its Youth, all providing a varied evening of singing and music.



The concert sets the mood for the Band's most entertaining event of the year, as for the 37th year they will again stage the original Brass On Grass evening on Sunday 15 July. The bands will parade through the village at 6.30 pm for the concert that starts at 7.00 in the marquee.

This hugely popular event has given much pleasure and enjoyment to a large



section of the Community who have enjoyed the wide variations of numerous bands that have performed over the years. We anticipate a very special evening of musical entertainment as we have some of the best bands, not only in Cornwall but in the South West.

Returning again by popular demand are Camborne Town Band, Lanner & District Silver Band, Helston Town Band and St Keverne Band, who will each play their own programme, joining together for the finale with spectacular Massed Band renditions. This year, compere Donna Birrell of Radio Cornwall returns and the singing of Trelawny, Pomp & Circumstance & National Anthem will be led by Melanie Uren.

The evening provides music of a variety which has something for everyone. Both events will be held in the marquee on the recreation ground. Parking is free, Easy access for disabled persons.

Admissions, £3.00 on Saturday and £9.00 on Sunday. Children accompanied by an adult £1 on Saturday and £3 on Sunday.



## **PLASTIC FREE** Helford River communities lead the way on **HELFDORD RIVER** reducing plastic pollution

**SURFERS AGAINST SEWAGE** The Helford River now has a new community initiative: Plastic Free Helford River. As a group of individual residents, businesses and organisations, we are trying hard to reduce our consumption of single use plastic. We live or work around the Helford and are increasingly concerned about the amount of plastic pollution that ends up in the river. We want to do our bit to improve the situation and encourage others to do the same.

We have begun to contact local businesses about the alternatives to using plastic. In April we nominated three businesses as Plastic Free Helford Heroes, because they have already made great positive changes to their single plastic use footprint. Well done to the Gweek Seal Sanctuary, the Gweek Boatyard Café and the Budock Vean Hotel!

We also organise regular clean ups of the river to remove deadly plastics from the shores and the water. Last month, thanks to 30 amazing local volunteers, we picked up 180 kg, or that's thousands of individual pieces of rubbish: plastic bottles, straws, polystyrene cups, cable ties, fishing gear and more. The three clean ups were organised by One Bag Clean Up and Clean Ocean Sailing.



Together we are determined to make our Helford River and her shores PLASTIC FREE! The Plastic Free Helford River Community Group is supported by the Helford Marine Conservation Group, and is part of a Cornwall-wide initiative started by Surfers Against Sewage. It is proud to join communities across the county working to protect our environment.

We meet every month and we would love to have your support. Let us know if you have reduced your use of single use plastic in your home or business. Follow us on facebook: Plastic Free Helford River or find out more at [cleanoceansailing.org](http://cleanoceansailing.org).

### **CONSTANTINE ONE & ALL CLUB**

**June 18th - TRIP TO DAWLISH**  
**July 9th - TRIP TO PADSTOW**

#### **Coach Trip departures**

**GWEEK 8.45    SPAR 9.00**  
**BOTTOM 9.10**

**COACHES ARE 49 SEATS.**

**Fare £10.00**

*Please let us know immediately on  
340050 if you cannot come*

### **Constantine Bowling Club**

**USE IT OR LOOSE IT!**

**New Members urgently required**

#### **CONTACT:**

**Richard Colbert: 01326 341143**

**Bob Long: 01326 340937**

**Derek Williamson: 01326 340716**



## Remember The Wombles?

John Hawes

When I was newly married, deep back in the last century, my wife and I lived in Wimbledon, not far from the Common. In those days, there dwelt on Wimbledon Common a comic, cartoon family called the Wombles. I am sure that some readers will remember them. Their role in life was to pick up litter.

Now, I live in Ponjeravah, at the bottom of the hill, the 'Constantine swamps' as some people call them. Some years back when I retired from the daily commute to Truro, I got into the habit of walking up to the Spar shop to collect my daily newspaper. My route is through Bosahan woods, up Well Lane and down Fore Street followed by Constantine Hill for my return.

I began to notice the litter, especially along Fore Street and the Hill and I decided that I would do something about it. I bought myself a pair of long handled tongs and set out thus armed. This was years before David Attenborough and his magnificent series *The Blue Planet* put litter and above all plastic litter in the spotlight.

I am delighted to report that I have had some success. I don't refer to the two tenners which I gratefully came across – years apart – but the complimentary comments and, above all, the decline in the amount of litter on the streets. It seems as if my example has had some positive effect. My latest coup was only a month or so ago when, on a very damp morning I came across a sodden wallet. After some "money laundering", the first I have ever done, four tenners and a selection of credit cards



were revealed. I managed to discover the owner and to reunite him with his property.

What do I find most often? Well, on Monday mornings, 'take away' wrappers and drink cans. During the rest of the week cigarette ends – I particularly abhor the piles in the kerb where somebody has emptied

a car ashtray – crisp packets, plastic bottles and cigarette boxes. But there is less than five years ago and that is excellent news. Only one person has ever said to me, "I've got better things to do than to pick up litter". Somebody once commented that there was lots of litter up at Trebarvah which needed dealing with. Somehow or other I restrained myself from suggesting a solution....

I look after my beat, and what I want other people to do is to be responsible for a relatively small area around where they live, to have their regular beat. If more of us were to make this effort then our dear village of Constantine would be more litter free and Cornwall and England and the United Kingdom and Europe and the World would be moving forward. Do please do your bit, everyone of you. Age must not be a bar. I myself am not quite in the first flush of youth and, yesterday, returning from a trip to Kennack Sands to see if the Sand Martins had arrived - they hadn't - I saw a venerable old lady supported by a walking stick, with her collection bag in the same hand and her tongs in the other, PICKING UP LITTER.

I have a pair of long handled tongs to give to the first of my recruits. I look forward to meeting you!

## Constantine W.I.meeting –May 2018

Penhaligon's Friends - for bereaved families in Cornwall, began 26 years ago after the sudden death of Cornish MP David Penhaligon. Children and families who need help in any way to recover from the death of a loved one are helped to live with bereavement. Barbie Hartley gave a heart-warming talk of the many and varied ways support is given for whole families. In 2017 there were 840 young people helped in Cornwall. Throughout the UK, 23,000 were helped by other Groups in a similar way.

Memory Days involve whole families, first in age groups, then brought together to combine activities and open discussion, where young children especially are told it is OK and normal to feel sad and happy after a loved one had died. To be able to keep the happy memories alive and to talk about how they feel is part of the recovery.

Grandparents are also involved as in many cases they are the ones "holding" families together especially for bereaved parents after the death of a child and for children after the death of a parent. In all cases everyone is encouraged to talk openly and to remember the happy times. All members agreed it was a helpful and enlightening evening showing the way to help families through a difficult time. The meeting continued with a report on the Spring Meeting at the Hall for Cornwall on Mental Health Matters and members voted to agree on The WI Resolution for changes in Mental Health practices throughout the whole system.

Sylvia Dunstan then showed members a new Competitions Cup for Constantine Cottage Garden Show each July, donated by Constantine WI in memory of Liz Moore, hopefully for a Floral Section.

**Barbara Willoughby**

Our next meeting is on Monday 11 June with a talk on "Salads with a Twist" by Fran Ford and Shane Flutter. Just in time for summer luncheons in the Garden! Our Birthday Outing on Monday 2 July is "A Mystery" travelling by coach, stopping for lunch about 1pm, leaving for home about 3pm.

At our meeting on Monday 9 July we have Mr A Abrahams with the "Story of Leather" and our Members' August Luncheon will be at Nancenoy on Monday 6 August. Meetings in the W.I Hall start again in September when we should be snug, dry and warm after the completion of a new roof during August - fingers crossed!!!!



*Janet Green, events secretary, presenting on behalf of Constantine WI, the memorial cup in memory of Liz Moore, MBE, who was the president of the Constantine WI to Howard Bolt, Chairman of Constantine Cottage Garden Society. The cup has been awarded in her memory and all WI members hope that this new cup will be used for a floral category.*



## Whats On at the Tolmen Centre in June & July



**Wednesday 6th June 7:30pm**  
**Murder on the Orient Express**



*What starts out as a lavish train ride through Europe quickly unfolds into one of the most stylish mysteries ever told. A star strewn cast is directed by Kenneth Branagh.*  
Tickets £4

**Friday 8th June 7:00pm**  
**Jane Darke & Jim Causley**



*Acclaimed film-maker Jane Darke's most recent work celebrates the life of the well-loved Cornish poet Charles Causley who was born 100 years ago. It features interviews with many well-known contemporary poets including Andrew Motion, Simon Armitage and Roger McGough as well as intimate conversations with family and friends. Filmed on location in North Cornwall and Causley's ancestral Dartmoor village of Trusham, it also features musical settings of Charles' poems throughout by acclaimed folk singer and relative Jim Causley. There will be a Q&A after the 90 minute film.*

**Wednesday 13th June 7:30pm**  
**Transition Constantine presents Human Flow**



*Directed by iconic Chinese artist/ film-maker Ai Weiwei, this film has remarkable footage of the mass migration of some of the 65 million people who have been forced from their homes to escape famine, climate change and war in the greatest human displacement since World War II.*  
Tickets £4

**Box Office: 01326 341353**  
**tolmen@constantinecornwall.com**

**Saturday 16th June 7:30pm**  
**Great Train Robbery**



*Scratchworks Theatre*  
*Four train robbers were never caught. What if the anonymous four were women, hired to clean the robber's hide-out? After all in 1963 who would suspect a woman? Using a raucous combination of physical theatre, live music and clowning, Scratchworks uncovers the truth about history's forgotten women. Non-stop invention and hilariously funny.*

Tickets £10, £8, £5 children

**Wednesday 20th June 7:30pm**  
**Personal Shopper**



*This ethereal ghost story stars Kristen Stewart as a high-fashion personal shopper to the stars who is also a spiritual medium. Grieving the recent death of her twin brother, she haunts his Paris home, determined to make contact.*  
Tickets £4

**Wednesday 4th July 7:30pm**  
**After the Storm**



*A once successful author now working as a private detective gambles away his money and tries to reconnect with his estranged family. "A story of bittersweet regrets ... coloured with gentle humour and observation"..TheGuardian*  
Tickets £4

**Saturday 28th July 7:30pm**  
**Steve Tilston & Jez Lowe**



*Two of the UK's acoustic/folk scene's finest songwriters join forces for an evening filled with songs and music, chat and banter and intimate insights into their approach to their craft. Head to head, neck to neck (guitar necks that is!) listen in as they rekindle the spontaneity of their late-night living room song swaps.*

## The Constant Times CONSTANTINE CALENDAR

### June 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)** – Zumba Class 6.30pm Church Hall, info@ruthiesfitnessclasses.co.uk

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

**Weds (every)** - Ladies' Craft Group, Gweek Mission Church 10.00 - 12.00.

**Thurs (every)** – Body Blitz Fitness 6.45pm Church Hall, info@ruthiesfitnessclasses.co.uk

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

**Thurs (every)** - Weekly Whist Drive. 7.30 - 10.00pm Constantine Social Club. New whist players welcome.

Call 07557414231 for further details or just turn up to play.

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

**Sat 9** - Constantine Farmers' Market 9.00 - 12.00

**Mon 11** - W.I. Meeting 'Salads with a Twist'

**Tues 12** - Falmouth Carers' Forum. Council Chamber, Falmouth 2 - 4.00pm.

**Sat 16** - Helford Marine Conservation Sunset Paddle Board up the Helford. 5.00pm Durgan.

**Mon 18** - One & All Club trip to Dawlish.

**Thurs 21** - Cottage Garden Society visit to The Hidden Gardens, Par.

**Thurs 21** - The History of Constantine Church by Dr. Jo Mattingly 6.30 p.m. With BBQ and refreshments (including wine/Beer). All welcome.

**Sun 24** - Annual Carolaire at Gweek. 7.00pm.

**Fri 22** - Constantine History Group Guided Walk, Hayle with Kingsley Rickard 18.30.

**Tues 26** - Ladies' Circle 'Wartime London' W.I. Hall 2.25pm.

### July 2018

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

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

**Sun 8** - Port Navas Tea in the Garden at Chyrose, Bosaneth Valley TR11 5LL with the Ukulele Orchestra of Constantine. 3.00-5.00pm. Tickets £5 Bookings from P.Garman 01326 250604.

**Mon 9** - One & All Club trip to Padstow.

**Sat 14** - Constantine Farmers' Market 9. - 12.00

**Sat 14** - Concert - Constantine Silver Band and Youth. Rec marquee. 7.00pm.

**Sun 15** - Helford Marine Conservation Big Sea-weed Search. Mawnan Church 12.00 - 2.30pm.

**Sun 15** - 'Brass on Grass'. Village parade 6.30pm. Concert in marquee 7.00pm.

**Fri 20** - Constantine History Group. St Ives – guided walk and visit to the St Ives Museum. 6.30pm.



**Sat 21** - Constantine Cottage Garden Society Summer Show

**Tues 24** - National Trust Lizard Walk  
'Shipwrecks, signals and an undersea bell'.  
Lizard NT Car Park 10.00am.

**Thurs 26** - National Trust Lizard Walk  
'Poltesco - pilchards, mills and serpentine'.  
1.00pm.

**Sun 29** - Helford Marine Conservation Wildlife  
Treasure Hunt near Constantine. 10.30am.

### St Constantine Church Services

**Sun 3 June** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 10 June** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 17 June** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 24 June** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 1 July** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 8 July** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 15 July** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 22 July** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 29 July** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 5 Aug** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 12 Aug** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 19 Aug** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

**Sun 26 Aug** 8.00am BCP Holy Communion.  
10.30am Holy Communion (CW)

(\*BCP – the Book of Common Prayer, CW – Common Worship)

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

## August 2018

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2.00 - 4.00pm.

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**Tues (every)** – Zumba Class 6.30pm Church  
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Mission Church 10.00 - 12.00.

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

**Sat 11** - Constantine Farmers' Market 9.- 12.00.

**Fri 17** - Constantine History Group. Guided  
tour Penlee House & Gallery, 6.30pm.

**Thurs 30** - Helford Marine Conservation Rock-  
pool Ramble. Meet Mawnan Church. 1.30-  
3.30pm.



**PROFESSIONAL DOG GROOMER**  
City & Guilds qualified  
Michelle Thornton  
07957 771645  
michellethorntoncornwall@yahoo.co.uk

## Constantine Cottage Garden Society

Howard Bolt

### May meeting

Eighteen members of the Garden Society visited Charlie Pridham's nursery on 17 May. The one acre garden was full of flowers and scent with large numbers of unusual plants and climbers. Most of the garden plants were available for sale in the nursery, which many from the Society took advantage of. After the visit, we were grateful for teas with home made cakes.



Fruit, Vegetables, Floral Art, Home Produce, Arts and Crafts, Photographs. Do not forget that gardens and hanging baskets may be awarded prizes along Fore Street, Penbothidno, and Wheal Vyvyan/Glebe Terrace..

Young people have their own schedule which includes Flowers and Vegetables, Home Produce as well as Arts and Crafts.



During the visit, Janet Green presented a new trophy to the Garden Society from the W.I. which will be awarded for the first time at the Summer Show on 21 July. The cup is in memory of Liz Moore.

### Summer Show

The Cottage Garden Society is to hold the Summer Show on Saturday the 21st July. Schedules may be obtained from the Constantine Stores in June or by e-mail from [ccgardenshow@aol.com](mailto:ccgardenshow@aol.com).

Entries will be welcomed in the following classes: Plants in Pots, Cut Blooms,



### Next meeting

On 21 June we are visiting The Hidden Gardens at Par. The Social Secretary on 340532 has further information about the visit.

## Hunting for seaweed, shellfish and treasure

*Helford Marine Conservation Group joins forces for events with Cornwall Wildlife Trust, plus supporting the Marine Conservation Society's seaweed recording project.*

**HELTFORD  
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### **Saturday 16 June – Sunset Paddle Board up the Helford**

Organised by Cornwall Wildlife Trust Your Shore Beach Rangers strictly for those with prior stand up paddle board experience. Cost £20 per person £10 for under 24's. Setting out from Durgan Beach at 5pm, drifting up the river, ends at 8pm, followed by a BBQ. Booking is essential, for more details contact Jenn on 07973728775. There is an option to have a one hour lesson, cost £20, prior to this event.

### **Sunday 15 July – Big Seaweed Search**

Prisk Cove, meet at Mawnan Church, Old Church Road. TR11 5HY. SW788272 12noon to 2.30pm. Searching for 14 species of seaweed with Helford Marine Conservation Group as part of the Marine Conservation Society's Seaweed project.

### **Sunday 29 July – Wildlife Treasure Hunt**

Near Constantine, Falmouth, from 10.30am to 12.30pm. Free for Wildlife Watch and Helford MCG members. A treasure hunt on an organic farm with meadows, woodland, pond and Iron Age remains, all leading down to the banks of the Helford. Prizes for winning teams and best wildlife finds. Booking essential with Cornwall Wildlife Trust 01872 273939.

### **Thursday 30 August – Rockpool Ramble**

Investigate the fascinating rock pools at Prisk Cove and discover the hidden world of fish, sea anemones and shellfish with Cornwall Wildlife Trust marine expert Ruth Williams. Meet at Mawnan Church, Old Church Road, Mawnan, TR11 5HY. SW788272. 1.30pm for two hours.



### **Don't forget – be part of the picture this summer!**

*Just a reminder that in the summer holidays, with your help, we will be undertaking a "Village Photo shoot" to obtain a modern set of photos of as many residents as possible outside their houses in the village.*

*We hope to be able to post notes through letterboxes to let you know when your area of the village will be having photos taken, and that as many people as possible will be willing to take part in recording a moment in time in the history of Constantine.*

*Thank you to those who have volunteered to help, and if anyone else would like to get involved in organising please contact me.*

**Alan Pearce 01326 340012 or email [acwpearce@yahoo.co.uk](mailto:acwpearce@yahoo.co.uk)**

## Constantine Museum & History Group News

Don Garman

### Exhibitions

The Museum is currently celebrating the 20<sup>th</sup> anniversary of the Constantine Enterprises Company and the Tolmen Centre with an exhibition of photographs and artefacts. The exhibition includes the Wesleyan/Methodist Chapel with photographs from the early 1900s.

During the 20th anniversary AGM, and following the unveiling of the sculptures in memory of Liz Moore, the forty or so attending assembled at the front of the Museum to witness the unveiling of the slate plaque which once adorned the predecessor chapel built in 1835. The plaque was discovered in a garden where it was being used as flagstone. During some landscaping work it was turned over and "Weslyan Chapel 1835" became apparent. The plaque has recently been mounted free of charge by stone masons Frederick Wearne and Son.



The first chapel in the centre on Constantine was built in 1794 but by the 1830s the congregation was growing and land was leased from the Vyvyans and a new chapel was built in 1835. Following a further increase in the congregation it was decided to remove the gallery and add a first floor. Mr Wynn, an architect from Helston, was appointed and a tender of £720 accepted, the development was completed in 1880.



Future exhibitions this year will include "Constantine in the Past" to coincide with Transition Constantine's green community event on October 13. In November we will display part of the "Constantine Remembers WW1" exhibition to coincide with the end of the war on the 11<sup>th</sup> November at 11.00 in 1918.

### New additions to the Museum

Geraldine Gove and her brother Andrew Grigg have recently added considerably to the Museum library and have also contributed some of Geraldine's research notes and maps to the archive. They have also added to the collection of quarry tools. A significant new object, now on display, is a jack for lifting granite which is over 100 years old and was used by the Grigg family at Tresa-hor Quarry. It displays the makers name J. Toy, Helston.



## Constantine Museum & History Group News (Cont'd)

We have also been given a collection of pottery sherds, a flint and a piece of chalk. These items were found during a dig of the site of a henge at Trevaney Farm. The flint appears to be a scraper whist the chalk is thought to have been placed on top of the pillars of the henge to catch the light. The oldest piece of pottery is gabbroic, probably from the Lizard and thought to be Bronze age. The items extend the Museum's collection back in time. Many thanks to the Hubbards for placing them in the collection. They will soon be on display.

### Volunteers

Interested in local history, want to see more of the historical objects, photographs and archives in the collection? Interested in developing new skills – cataloguing, labelling objects, conservation, mounting displays and of course helping to steward? Then we would be delighted to meet you. Training in-house and on Cornwall Museum Group courses are provided. Please call in at the Museum between 12 – 15.30 on Mondays or 10.00 – 14.00 on Wednesdays.

### Constantine History Group

The April meeting was not as billed as unfortunately the speaker had to cancel at short notice. Don Garman therefore brought along some artefacts and photographs from the Constantine Museum. Several objects puzzled members, these included a drag for placing under the back wheels of a horse drawn cart to slow it down when descending hills and a scraper for removing the hairs of slaughtered pigs. No one guessed that the 2lb cannon ball was used to help prize out and move stone in a granite quarry. Members brought information about their families, archaeological digs and their properties. A fascinating evening and someone was heard to say "who needs a speaker?".

The June 22 visit will be to Hayle for a guided walk with Kingsley Rickard. Members will meet at Constantine Church to arrange transport at 17.30. Visitors are welcome but please contact 250604 in advance.

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## Parish Council Update *(for full minutes go to [www.constantinecornwall.com](http://www.constantinecornwall.com))*

### Meeting held on March 15

#### PUBLIC QUESTION TIME

No members of the public were present.

#### CORNWALL COUNCILLORS' REPORT

In the absence of Cllr Bastin there was no report.

#### PARISH COUNCIL MATTERS

##### Co-opted members

The Clerk reported that he had received an expression of interest in standing for co-option as a Parish Councillor from Mr Roger Wickens.

##### Public Rights of Way

Members considered an invitation from Cornwall Council to continue with the Local Maintenance Partnership scheme. The grant offered for the year to March 31<sup>st</sup> 2019 is £3,005.46 ( or 100% of eligible costs, whichever is the lower) Cllr Bolt proposed, Cllr Wiseman seconded and all were in favour that Constantine Parish Council should accept the terms relating to the Local Maintenance Partnership as offered by Cornwall Council.

##### Alice Hext Trust:

##### Use of Recreation Ground.

Members considered a request from Constantine Carnival Committee for permission to use the Recreation Ground on Saturday August 18<sup>th</sup> 2018. Following a brief discussion, the Council, acting in its role as the Management Trustee of the Alice Hext Recreation Ground, agreed to grant permission.

##### Insurance Policy.

Members reviewed the terms of Constantine Parish Council's Insurance Policy and considered an invitation from Cane & Company to review insurance cover with Ecclesiastical in the sum of

£1303.92. Cllr Wiseman proposed and Cllr Mrs Thomson seconded and all others in favour to renew Constantine Parish Council's Insurance.

##### Welcoming Stones

The Chairman reported that yet again the weather has been to wet, the ground needs to dry before putting heavy machinery on it.

##### Planning Matters

##### Applications

There were five new applications

##### Decisions

Approved Three. Withdrawn One.

### Meeting held on April 19

#### PUBLIC QUESTION TIME

Mr Painter said that he expressed an interest in co-option, he was present simply to observe.

Members noted that there appears a problem with the new urinal flushing mechanism in the public toilets, and that a new platform has been ordered to replace the broken one on the zip wire.

#### CORNWALL COUNCILORS' REPORT

Cllr Bastin reported that; a consultation document concerning the Unitary Authority's future strategy for resources and waste is now available on-line for public consultation: it aims to increase the number of officers dealing with enforcement issues, to increase recycling rates to 65%, to increase green waste recycling and to do away with single-use plastics. Charges will still be levied for the disposal of hard-core, earth, asbestos, and plasterboard.

He had voted against the proposal for a Stadium for Cornwall for a number of reasons: he does not believe the present

**Cllr John Andrew**

proposal fits his vision for many uses for Cornish sports and activities, only the Truro College, Truro City Football Club and the Cornish Pirates will be able to use the new stadium: no thought has gone into the infrastructure (there is no provision for dedicated parking, no drainage planning, no new road infrastructure) the application contains no accompanying business plan and perhaps most importantly, once built, the freehold (along with the taxpayers' £3 million) will pass to the Cornish Pirates. He added that everything depends on Central Government matching Cornwall's contribution.

**PARISH COUNCIL MATTERS**

Mr Roger Wickins was co-opted to the Parish Council. Mr Wickins will be representing the village of Port Navas.

**Alice Hext Trust:****Use of the Recreation Ground.**

Members considered a request from the Constantine Silver Band for permission to hold the Brass and Voice Weekend on the Recreation Ground on the weekend of July 14th-15<sup>th</sup>. Following a short discussion the Council agreed.

**PLANNING MATTERS****Applications**

There were five new applications.

**Decisions**

Approved Four. None refused

**Something interesting to say?**

If you have any community news or want to talk about a particular subject, e-mail [constant.times@gmail.com](mailto:constant.times@gmail.com)



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## Night Sky

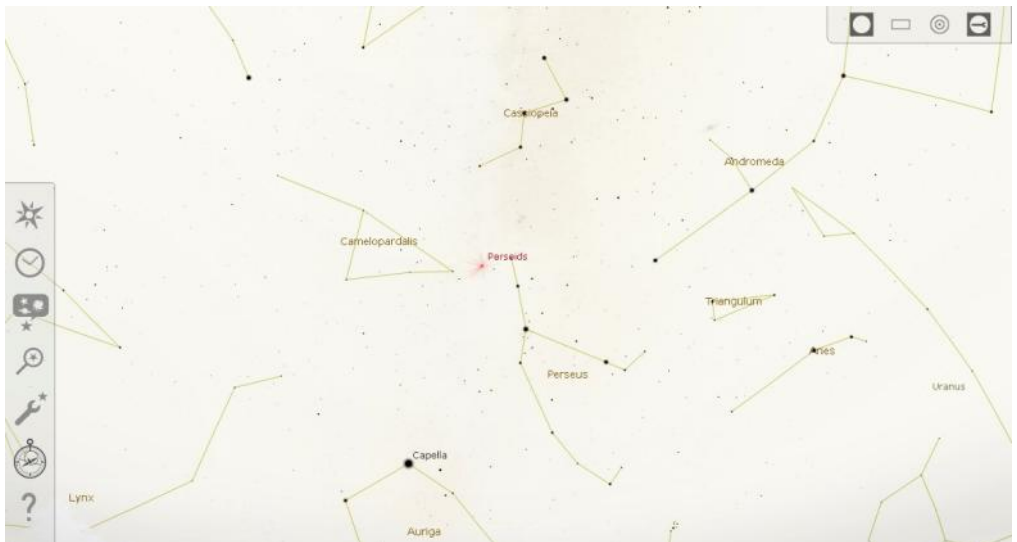
Fair weather stargazing is now here (well it is warm as I write this) but with quite short nights until after the summer solstice.

The most obvious feature of this time of year is the Summer triangle formed by Vega, Deneb and Altair which marks the direction of the Milky Way. Vega and Altair are relatively close to us at 25ly and 16ly respectively whereas Deneb is 1700ly away.

Follow the Milky Way towards the southern horizon to Antares in Scorpio, note the difference in colour to the three main stars of the Summer triangle. To the east of Antares is a globular cluster, M4, another of Messier's fuzzy objects. This contains some of the oldest stars of the Milky Way, almost as old as the universe itself. Use binoculars to find M4 and then pan eastwards into the abundant star clouds and clusters of our galaxy.

Comet 21P Giacobini-Zinner makes a return to our skies over this period. Discovered in 1900 by Michel Giacobini and recovered two passages later in 1913 by Ernst Zinner. It has an orbital period of 6.2 years and the nucleus is estimated to be 2km in diameter. It will pass the Earth at a distance of 0.4AU (Sun/Earth distance 1AU). The predictions are quite good for naked eye visibility by late July early August. It will rise in late evening in the north east so will be well placed to try and spot on those warm summer evenings to come. Its orbit will take it to the east of Cassiopeia and by mid-August it will be almost opposite the easternmost limb directly up from Capella. For more detailed positioning on a particular date throughout this period visit [www.theskylive.com/21P-info](http://www.theskylive.com/21P-info).

The Perseid meteor shower occurs every year between 23<sup>rd</sup> July and 20<sup>th</sup> August as the Earth's orbit intercepts the orbit of the dust trail of Comet Swift-Tuttle.





**Robert Beeman**

The peak this year will be the night of the 12<sup>th</sup> and the early morning of the 13<sup>th</sup>. The best time to observe will be after midnight and the Moon will not interfere. The radiant at midnight will be about halfway between Cassiopeia and Capella and will therefore be close to the predicted position of comet 21P so let us hope for a clear night to see the comet and meteors.

At this time of year the planets are quite low down on the horizon. You may be able to snatch a glimpse of Venus as it sets shortly after the Sun has set. Mars, Saturn and Jupiter will be very low in the south mid-July at around midnight so may be difficult to see unless you have an unobstructed view of the southern horizon.

Best of luck in finding 21P and seeing some Perseid meteors.

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## **Constantine Community Day - Past, Present, Future**

**Saturday 13 October 2018 Village Hall and Tolmen Centre**

***Transition Constantine is hosting a day event, along with the organizers of The Big Lunch, that it is hoped will bring together local people to celebrate Constantine's past, present and hopes for the future.***

All local groups are being invited to join in together with some groups from the wider community with specific interests in, for example, affordable housing and plastic pollution. We are hoping to have a Repair Café and stalls where people can join in and make things. There will be fun activities for children. As we know who wants to do what, the picture will become clearer but for now we are seeking expressions of interest.

Ideas will also be sought to help Constantine become more resilient in the face of the inevitable changes to come, while preserving the essence of the village. It is hoped that all age groups will find something of interest and that the event will prove to be enjoyable for all.

Transition Constantine is a small group of local residents who support the idea of building local resilience and sustainability in all aspects of village life.

**Contact:** Robin Curtis Chairman on 07771 593325 [tmconstantine@btinter.net](mailto:tmconstantine@btinter.net) or Eiluned (Lee) Morgan on 01326 340545 [eiluned.morgan@elmtwo.com](mailto:eiluned.morgan@elmtwo.com)



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## Port Navas Village Hall Events

### **Kernow French Speaking Group**

*Every Wednesday 3pm, to 27 June*

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For more information: 07931974816

frenchspeakinggroup@yahoo.com

Facebook French Speaking Group

### **Save the Children Fund Trek and Tea**

*Sunday 3 June*

This annual charity walk, organised by The Save the Children Fund local branch will start at the hall. Tea for walkers and non walkers will be served in the hall from 3pm, for which donations will be very welcome. Further information, contact Mel on 341484 or Roger 340718.

### **Horses and Elements**

*Saturday 16 June - Friday 22 June*

*10:30am - 12:30pm*

An exhibition by Carole Downing Jones Carole is a Cornish sea and landscape artist. After a lifetime of extensive travelling, she has returned to her Cornish roots, which still inspire her. As the daughter of a farmer who bred horses, this subject together with the elements of Cornish landscape are now at the centre of her practice. She works in oils and has exhibited in London, Hong Kong and France.

### **The Helford River**

*Saturday 7 July to Sunday 14 July*

An exhibition by Tom Cross (1931-2009) Tom Cross worked mostly out of doors - from the shore, the cliffs, the woods and often from his boat. In the studio he developed these watercolour sketches into larger paintings.

### **Tea in the Garden**

*Sunday 8 July 3pm -5pm*

*Chyrose, Bosaneth Valley*

Come and enjoy afternoon tea in this valley garden, the home of Mr and Mrs Don Garman, and be entertained by the Ukulele Orchestra of Constantine.

Entry by ticket, £5, from Pauline 250604

### **Regatta Coffee Morning**

*Wednesday 18 July*

*10am-12.00 noon*

### **Pope's Garden Squad**

*Monday 23 July 10.00 am - 12.00 noon*

Come and give our community garden a summer tidy up. Keep Pope's Garden a pleasant place to sit.

Gardening and chat followed by well deserved coffee and biscuits !

Bring your own gloves, trowels etc.

### **Port Navas Art Group Exhibition**

*Saturday 27 July-Saturday 4 August*

*11am-5pm*

The group's seventh exhibition, a display in various mediums by amateur local artists.

### **Port Navas Regatta**

*Saturday 28 July, 4pm*

### **Summer Barbecue**

*Saturday 11 August, 6pm*

### **Time & Tide**

*Fri 24 to Mon 27 August*

*10am to 5pm*

Now in its 5th Year, Mel Chambers' annual exhibition takes you on yet another adventure! This year's theme 'Time & Tide' takes you through a magical underwater world of myths & legends of the deep. Raku Fired Sculpture, Alchemy Tiles, Original Paintings and gifts to suit all budgets

# The Constant Times

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## Submission Deadlines:

Deadline for news items, calendar entries and other submissions for the **September/October 2018** issue is **14 August 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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**The next meeting of the Falmouth Carers Forum will be held in The Council Chamber, Municipal Buildings, The Moor, Falmouth TR11 2RT**

on

**Tuesday 12 June 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 243531  
or e-mail:**

**[chris.watkin@cornwallrcc.org.uk](mailto:chris.watkin@cornwallrcc.org.uk)**