

Pre-School soaks up the rays! Robin Curtis, Transition



Early this year, Transition Constantine realised that the last opportunity for Solar PV expires at the end of March 2019. It was therefore decided to use legacy funds that had been won by the group, combined with earlier



Just over 15 years ago Constantine managed to construct one of the earliest Eco Pre-School buildings in the UK which was opened in 2004 by Lady Mary Holborow. While it managed to incorporate many energy saving features on day one, solar PV was too expensive to consider at that time.

In July 2012, Transition Constantine arranged to get the Pre-School accepted in the Nationwide 1010 Solar-for-Schools campaign. This initiated a fund raising exercise – with donors invited to purchase individual sections of solar panels. After a lengthy process and a long story, this approach stalled in 2016.

donations to the 1010 scheme, to fund the PV system on the Pre-School.

Things had to move very quickly, with the installer, ZLC able to carry out the installation during half-term. With the scaffolding in place, the entire system was installed in one day and is now operational.

The Pre-School staff and committee would like to thank all the original donors to the 1010 scheme, and hope that they will be pleased with the final outcome.

Cont'd p2

Also in this issue...

Page 3 Alfie's a Star! • **Page 4** Football, first aid and pizza-making at Constantine School • **Page 6** How to make EcoBricks • **Page 9** 'Love me, restore me' campaign raises over £10K • **Page 10** Dentist's chair to potter's wheel • **Page 18** Liz in the chair



Transition Constantine presents a significant film of our time

It's the inspiring story behind the blood, sweat and tears of the British farmers seizing the Brexit moment to outgrow an outdated industrial food system. This film explores the daily reality of nine real life farmers who refuse to be ground down by the machinery of big agribusiness and are proving, every day, that an alternative is not only possible - it's profitable as well!

Made throughout the summer of the Brexit referendum, in 67 minutes the film takes you on a journey ... a journey where hope, hard graft and sheer bloody mindedness triumphs over an outdated industrial farming system that has taken the "culture" out of "agriculture" and the flavour out of the tomato.

The film unearths both, seventh generation traditional farmers and new entrants to the farming world, who are taking back

control of their lives and their livelihoods, from the soil upwards. A way of farming that will "bring back life to the soil, a fair wage to the farmer and a flavour to the tomato."

Pre-School soaks up the rays! *Cont'd*

The 4kW of Solar PV will generate an income for the Pre-School for 20 years, and reduce their electricity bills.

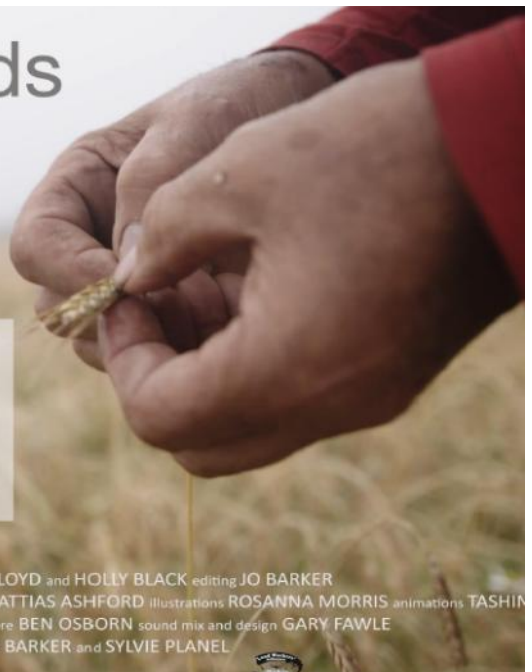
The pre-school building was very innovative for its time and incorporates a number of measures to make it as energy efficient and low carbon as possible. These features include timber frame construction, high levels of insulation, natural lighting and passive ventilation. The active measures include an early borehole based ground source heat pump to service the underfloor heating, a rainwater capture system, and more recently, LED lighting.

In Our Hands

Seeding Change

7.30pm Wednesday 15 May
Tolmen Cinema
Tickets: £4

Presented By



produced by HUMPHREY LLOYD and HOLLY BLACK editing JO BARKER
 camera JASON BROOKS additional camera NICK STREET and MATTIAS ASHFORD illustrations ROSANNA MORRIS animations TASHIN
 grading JASON BROOKS original score BEN OSBORN sound mix and design GARY FAWLE
 directed by JO BARKER and SYLVIE PLANEL

BRITAIN BACK FILM





Flowers, herons and food

Helford Marine Conservation Group events during April include a delightful wild flower walk, and the offer of pasties and breakfast! But please book your place for these events.

Wednesday 10 April – Heron Count and Breakfast

Join Martin Rule from the British Trust for Ornithology for the annual heronry survey on the Helford followed by a full English breakfast at Trengilly Wartha Inn, Constantine. The nest count will be from 6.30am until 9.00am and begins with listening to the dawn chorus before walking down to view the Heronry and completing the count. Bring binoculars if you have them, and dress warmly. Meet at Calamansack between Port Navas and Constantine SW746281. HMCG members and under 18s free, all others £4. Breakfast costs £10 booking see below.

Saturday 27 April – Wild Flower Walk in Tremayne Woods

Come for a spring flower walk through the delightful Tremayne Woods down to the Helford with National Trust Lead Ranger Justin Whitehouse. From 10.30am to 1pm. Park at Gear Farm, St. Martin, TR12 6DE, and order a pasty for lunch by the water.

Free for HMCG members and under 18s, all others £4. Booking is essential.

Sunday 16 June - Annual Conservation Cruise

Cruise into the summer with Helford

Alfie - Star behind the scenes



Alfie Coot receiving the Save The Children Silver Award from Dania Shaw, Community Fundraising Manager, South West. Alfie has completed 20 years of volunteering for the Constantine Save The Children charity shop. The award was given to Alfie for being a 'Behind The Scenes Star'.

Marine Conservation Group on their annual conservation cruise down the Helford River. But you need to book soon, tickets are selling fast!

The cruise is on Sunday 16 June from 3.30pm to 6pm. Allow time for parking and boarding. Leaves from the Ferryboat Inn jetty, TR11 5LB SW 764 269. Tickets cost adults £14 children £7 and booking is essential.

The trip goes in and out of every creek and takes in the wildlife, geography, geology and history of the estuary with local experts. There are displays and children's activities.

Book at www.helfordmarineconservation.co.uk, or contact Sue Scott 01326 340961

Busy start to the year at Constantine School

CPS Football Team 2019

Our strong football team came 2nd in the Penryn Partnership league after winning every match (13) apart from one that they drew. The league ran throughout the whole of the Autumn term and the children played against all the other schools in the Penryn Partnership.

What amazing results from a dedicated team with two awesome coaches (Rob & Gary) who give up their time weekly to support and train our children. Our boys also came third in the football tournament in February. What a great year for football at CPS!

And we have the St Keverne tournament to look forward to next.



Design your own shirt

85 pupils designed a sports shirt for the Cornwall Schools PE conference in November. Thousands of children entered and one of our pupil designs was shortlisted and finally became one of the two winners! The winner was presented with her shirt and members of the hockey team are very excited about being the first children to wear the newly presented sports strip

Community Entertainment Afternoon at Constantine School

We would love to invite members of our local community to an afternoon of entertainment by our choir and dancers etc on Monday 29 April at 1:30pm.

We will provide tea and scones and would love you to join us, especially if you haven't been in the school for a number of years. We are aware that parents come here on a regular basis but it has been a long time since many of you have popped in as your children may have long since left or you may be new to the area.

So, please come along but let our secretary Mrs Sach know if you will be attending so we put enough seating out. We are looking forward to welcoming you in.



Cags Gilbert

Restaurant Visit

Year 4 had an exciting visit to Pizza Express in Falmouth where they looked into the ingredients of dough and how pizzas are made. This linked with our work on the Romans' and digestion. A great time was had by all and we clearly have some amazing chefs in the making.



Balance Bike Festival

Our youngest pupils had a taste of being competitive at the first ever Balance Bike festival at Penryn College. They all came home with medals having had a wonderful time.



Heart Start

Our Y4 pupils are learning how to respond in an emergency. The British Heart Foundation Heart Start course for young people is an excellent way to start learning these skills. They already know how to check for dangers, check for a response, open the airway, check for breathing, call for help and put a breathing casualty in the recovery position. We even used our new skills at RNAS Culdrose where we have our school swimming lessons and the lifeguard was very impressed. We will be moving onto dealing with a non-breathing casualty, choking, heart attacks and bleeding next. Tomorrow's first aiders are in the making!

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Put single-use and non-recyclable plastics to use with EcoBricks

I'm currently on a journey, and it's a journey I'm sure many of you are also on. One that seeks to reduce my personal impact on the environment and heighten my awareness of the amount of plastic I bring into my home. It's no easy task to entirely eliminate plastic consumption from our lives but any small changes that we can feasibly make will have a positive impact for the long term benefit of our planet.

Since November I have been 'EcoBricking'. What on earth is EcoBricking and what purpose does it serve? EcoBricks are a way of capturing all of the single-use non-recyclable plastic that would otherwise end up in our bins and eventually landfill or worse still the sea. They are a way of stopping plastic becoming pollution and instead, giving value to packed plastic. Using plastic bottles of 330ml upwards with no tricky

shapes and with screw-cap lids, these are then filled with cut up non-recyclable plastics, squashed down with a poking stick of your choosing (long wooden spoons work particularly well) and packed tightly until the bottle is so full it is no longer squashy but considerably hard. Ecobricks must reach a certain weight (0.3g-07.g/ml) before they can be logged on the GoBrik website www.gobrik.com where they are validated by others and can then be used for building projects – anything from door-stops to large scale community structures (the possibilities are endless).

The point of making Ecobricks is not to find a permanent solution as to what to do with all our plastic but actually to open our eyes to the amount of single use, non-recyclable plastic we consume and normally send to landfill and hopefully

Making an EcoBrick

1. Choose a clean, dry bottle

We recommend starting with a simple-shaped bottle as it won't have any tricky areas (which if left un-stuffed leave weak air gaps). It must be clean and dry because any organic matter left in the bottle may decay, which could make the brick unstable and compromise the integrity of the build, likewise for your filler plastics.

2. Collect your filler materials

Any clean, dry, unrecyclable plastics can go in. Use soft plastics at the bottom as they will fill any uneven surfaces and prevent air gaps. It is wise to cut up harder plastics into smaller pieces so you won't be left with gaps (and they fit through the opening!). Please do not put metal, glass, paper or biodegradable/compostable plastics in your bottle, or any organic materials.

3. Grab a stick and start stuffing!

We recommend squashing the plastic down as you go with your stick (wooden spoon handle, broom handle, etc.) as it's much easier than doing so once the bottle is full. Mix hard and soft plastic as you go to avoid air gaps. Try squeezing your bottle; you shouldn't be able to if it's packed tight enough!

4. Weigh your bottle

As a rule of thumb, the minimum density should be about 0.3g/ml. Divide the ml of your bottle by 3 to find your target weight. If you haven't reached it, squash more plastic in! Then look for a building project in your area to donate it to.




Anna Williams


inspire us to be able to make changes (however small) to our buying habits in order to reduce that waste...e.g. do we really need to put our loose fruit and veg into plastic bags in the supermarket?

Ecobricks are a temporary solution to the MAJOR problem of our planet drowning in plastic. We all have a duty of care to the planet and the footprint we leave on it. The best Ecobrick is the one we cannot finish because we don't have the plastic to fill it with.


For more information on Ecobricks visit <https://www.ecobricks.org/> and the Ecobricks UK Facebook page and if you would like to get involved I am more than happy to be a collection point for the village. I currently deliver my completed Ecobricks to Falmouth where they are being collected for a community project but perhaps we could make something as a village for the village? Please feel free to contact me by email – anna.michele.williams@gmail.com.



1 - 4 MAY 2019
Gweek Village Hall




EXPOSURE



by Frank Whately

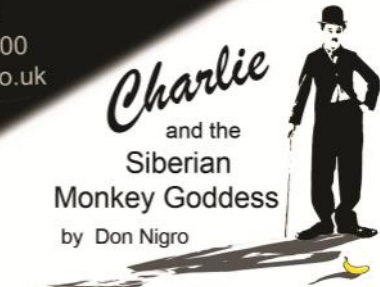
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gweekplayers.co.uk



GWEEK PLAYERS

Charlie
and the
Siberian
Monkey Goddess
by Don Nigro



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Small artist workspace wanted to rent

Room, insulated shed or small outbuilding - from September 2019.

Would like to be near to Constantine School.

Term time, between 9-4.

Please get in touch to have a chat about anything that may be suitable. Thank you,

Bryony 07989988715
bryonyjo@gmail.com

PLANT STALL

At Lizal – along the footpath by High Cross Garage

Lots of perennial plants/shrubs at good prices

All proceeds go to local Constantine Charities.

For more information

Tel: Liz Pearce
01326 340012

Pain, Fascia and The Bowen Technique

Lisa Fresle

Pain is a common theme that unites all of us. An estimated 80percent of adults experience back pain at some stage in their lives.

The Bowen Technique is a gentle and effective way to address a wide range of pain presentations. Originating in Australia the technique is gaining ground in the sports and entertainment world with Bear Grylls and Kylie Mynogue amongst its celebrity fans.

Bowen can be effective in the treatment of musculo-skeletal problems such as frozen shoulder, tennis elbow, back and neck pain, knee and ankle problems, sciatica, as well as organic problems such as migraines, stress, depression - the list goes on.

What on earth is Fascia? you may well be asking yourselves. Basically, it's the connective tissue that wraps around the muscles, yet it is so much more. Recent developments in the world of anatomy have led to a much greater understanding of this amazing organ.

Save the date May 23 at the Tolmen Centre 7.30 pm. Julien Baker, a world renowned Bowen teacher and functional anatomist, is on tour and is heading to Constantine. His presentation promises to be informative and entertaining. Tickets are £3 and any profit goes to the charity Doctors Without Borders.

For tickets for the talk or more information on how the Bowen Technique could help you, just give me a call on **07516 474605** or drop me an email **lisafresle@gmail.com**.



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The Tolmen Centre - 'Love Me, Restore Me'

Tracey Clowes

On behalf of the Constantine Enterprises Company I would like to say a heartfelt THANK YOU to everyone who supported our Crowdfunder campaign. We asked people to show that they felt as passionately about the Tolmen as the volunteers who run the space, by helping us gather a pot of money to use as match funding for bigger grants, enabling us to start a major maintenance project replacing the roof, windows, and resurfacing the car park area. And you have certainly done that, raising £8,500 in just four weeks, £250 over our target! We have also received further generous donations outside the on-line campaign taking the total to £10,900. Absolutely phenomenal!

I had never run a Crowdfunder campaign before and felt very vulnerable and exposed when it came to launching, especially having to involve all the social media elements which is crucial to the campaign, something that usually I do not take part in. But I was not alone. It might be my name on the Crowdfunder site, but as anyone who has ever run a project knows, there are so many people you need with you to get it off the ground, and it is to those volunteers behind the scenes that I must send my personal thanks for all your time and efforts. You know who you are!!!

You do need to prepare everything before launch and that can take several weeks. Also do your homework about which funding site is the best for your project. I chose Crowdfunder because it is local – Newquay, and I had heard of it! And, if I had a problem I could go into the offices and bang on the desk. I didn't have a problem, Crowdfunder are competent and very well organised, guiding you every step of the way.

A short two/three minute film for the Crowdfunder page is necessary to get your message across. I have never made a short film in my life and this is something you definitely need as part of the Crowdfunder website, but am lucky that I know a volunteer and his son who can. Getting the information out there, not just on the Crowdfunder site is crucial, so another volunteer managed various website posts, and another managed Facebook and articles for the newspaper. I might have had two minutes of fame in the press, but I didn't take the photo or write the articles. Contacting local radio, posterage and word of mouth are also crucial and I can manage that, but can't claim that I was the only person Radio Cornwall interviewed. Every day for a month I have managed the Crowdfunder site as it is very important to respond to comments, add encouragement and be on top of advertising just to keep momentum. This can become obsessive and there are huge highs and lows.

It has been quite a journey this four weeks, and actually this is just the start for the Tolmen Centre 'Love Me, Restore Me' maintenance project, (we are very close to completing a large grant application as I write for which the Crowdfunder money provides the match funding). Most importantly the Constantine Enterprises Company (CEC) who own the building know there are so many supporters out there and it is this as much as anything else that gives us the confidence to go forward with our maintenance plans. We know that our beautiful building is loved and appreciated, and with that level of care and commitment will go on to be used by future generations in Constantine. This has to be our aim.

I really cannot thank you all enough.

Dentist to Pottery conversion complete!

Claire Winterton

The dental surgery, with paving slab parking area, cold clinical surgeries and reception hatch, has been turned into a lovely bright home with pottery studio.

It is now three and a half years since I purchased Landscape View, the old Dentist Surgery in Bowling Green. Rona and I 'camped' in the property for ten months using two rooms in the cold and damp. With plumbing in nearly every room, it wasn't difficult to find space for a bath, sitting on a pallet, alongside the washing machine, freezer and tower of full packing boxes. Night storage heaters were on when you didn't want them, no water or sink in the makeshift kitchen and plumbing pipes tripping you up in the middle of the floor where the dentist chairs had been!

Having decided to take the plunge, Rona, me and Sid (the dog) moved out to live in the garden shed and small caravan in the back garden in July 2016, tripping back across the garden with the head torch to use the bath and hot water. Who needs a house when it's summer? But summer doesn't last for ever ... in fact it was two builder's later, 'decision fatigue' and 14 months, before they were back in the house with the novelty of running hot water, a kitchen sink and a flushing loo!

The final 'surgery' has just been transformed into a pottery studio space. With potters wheels, wedging bench, tools galore and purpose built kiln shed in the garden (you may have been wondering about the upturned washing up bowl on the roof keeping the rain out ..). it won't be long till the gas kiln is connected and raku firings are sending sparkles around the garden! The apt renaming of the property to TREVORN was chosen specially TRE - home of the , VORN - furnace!



I have started where I left off ten years ago at Trewardeva Mill Cottage and the Old Blacksmith's Forge, and am now running pottery classes: Monday mornings, Monday evenings and Friday morning. (Possibly Friday afternoons too) Weekly sessions, booked in blocks of half terms for small groups. Sessions for children will be held during school holidays .

I also do garden work and offer B&B. Call in any time or contact me on 34004.

Port Navas Village Hall Events

The Helford and Oysters

Friday 5 to Wednesday 10 April
Display from the Constantine Museum showing the history of oysters on the Helford from early times until recent years. There will be an opening view on Friday evening at 6pm at which Don will be on hand to answer questions.

Drinks and nibbles.

Saturday 6 to Tuesday 9 April, open 12 noon to 4pm



The future for Port Navas Oysterage

Wednesday 10 April at 7pm. Tristan Hugh-Jones. Talk and taste. £5 to include a glass of wine. To book a place please ring Margaret on 340214.

The exhibition will continue for this one evening.



Alchemy Tiles Workshop

13 & 14 April

A great opportunity to make your own Alchemy Tiles (or Encaustic tiles as they are officially known). Using ancient techniques dating back to 13th century you'll

be guided through the skills of carving, applying coloured slip and developing your own tile designs as well as understanding the history and background of this lost craft. This is a great way to hand make your own bespoke gifts or tiles for your own home, as well as relaxing and enjoying the stunning views of Port Navas and delicious vegetarian organic lunch and homemade cake on both days.

You'll be making up to 6 of your own tiles; each tile is approx. 14x14cm with a RRP value of £30. The price of £150 includes full tuition, all materials, glazing, firings and lunch on both days. To book contact Mel on 07768 193848 or info@melchambers.com

*

Easter Event for children of all ages

Thursday 18 April, 2.30pm

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Port Navas Art Group Exhibition

Saturday 25 April – Saturday 1 June
11am-4pm

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

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The Constant Times CONSTANTINE CALENDAR

April 2019

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.

Mon 8 - Cardiac Risk in the Young . Talk by Judith Street. WI Hall.

Weds 10 - Heron Count and Breakfast. Meet at Calamansack . HMCG members and under 18s free, all others £4. Breakfast £10.

Thurs 11 - Transition Constantine meeting. 7.00pm Queen's Arms.

Mon 15 - Constantine One & All Club
PROPER JOB Social Club 2-15 pm Start

Fri 19 - History of the Falmouth Polytechnic by Michael Carver. 19.15 Constantine WI Hall Visitors welcome 01326 250604.

Sat 27 – Wild Flower Walk in Tremayne Woods. 10.30am to 1pm. Park at Gear Farm, St. Martin, Free for HMCG members and under 18s, all others £4.

Sat 27 - Bowls Open Day. Bowls Club, Recreation Ground.

Mon 29 - Community Entertainment Afternoon at Constantine School. 1.30pm.

May 2019

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

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

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

Weds 1 to Sat 4 - Gweek Players 'Exposure' & 'Charlie and the Siberian Monkey Goddess' Gweek Village Hall. Box office 01726 879500

Sun 5 - NGS with Save the Children. Navas Hill House Garden Open Day 2pm - 5pm. £5.00 entry (children free). 'All you can Eat!' Cream Tea with Homemade Cakes £4.00. Trengilly Singers at 3pm. Plant Sale. Contact aline-turner@btinternet.com or call 07703 598896.

Sun 5 - The Trengilly Singers performing at Navas Hill House, Bosanath Valley, TR11 5LL in aid of Save the Children. 3.00pm.

Thurs 9 - Transition Constantine meeting. 7.00pm Queen's Arms

Sat 18 - Save The Children 100 Years Celebration. Muddy Beach Cafe; Penryn. On May 19 1919 Eglantyne Jebb, founded Save the Children. Constantine, Mawnan Smith and Treverva Branch have long been great supporters, contributing over £20,000 in 2018. We are celebrating with an Around the World Meal at Muddy Beach Cafe in Penryn. Cocktails & Canapes followed by a 2 course meal with dishes from countries where Save the Children work. Luxury raffle & entertainment. Tickets

£40 - very limited spaces so please book in good time. All profits to Save the Children.

Contact alineturner@btinternet.com / 07703598896

Mon 20 - Constantine One & All Club Coach Trip to Dartmouth. Fare £ 10. Tel Sally on 340050 for seats.

Thurs 23 - Pain, Fascia and The Bowen Technique - why you hurt the way you do and what you can do about it. An informal and entertaining presentation by Julien Baker world renowned teacher and functional anatomist. Tolmen centre 7.30 pm. Tickets £3. For info call 07516 474605.

St Constantine Church Services

Sun 7 April 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

Sun 14 April - Palm Sunday 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

Thurs 18 April - Maunday Thursday 7.00pm CW Holy Communion followed by a Watch - 9.45pm – Compline

Fri 19 April - Good Friday 10.00am Stations of the Cross. 11.00am – Good Friday Liturgy

Sun 21 April 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

Sun 28 April 8.00 am BCP Holy Communion 10.30 am followed by Annual Parochial Church Meeting

Sun 5 May 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

Sun 12 May 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

Sun 19 May 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

Sun 26 May 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

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

Everyone is very welcome and refreshments are served after the 10.30am Sunday service.



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Constantine Cottage Garden Society Reports

February Meeting

February's talk was given by John Moreland. He is an award winning landscape architect and with colleague Arabella Lennox-Boyd has gained three gold medals for gardens constructed at the Chelsea Flower Show. His talk was about these three gardens, explaining about the difficulties which occurred during the two weeks of construction and the amusing solutions they used to overcome these difficulties.

The first medal was gained for an English Courtyard Garden. They took the innovative approach of using plants which were not in 'pristine' condition. Some were 'in bud' and others had 'gone over'. John also admitted: 1 some dying leaves had been painted green to make them look healthier, 2 all the imperial bricks had to be sawn to make them fit onto a metric designed patio, and 3 the completed patio was slightly out of alignment and had to be adjusted using sledge hammers!

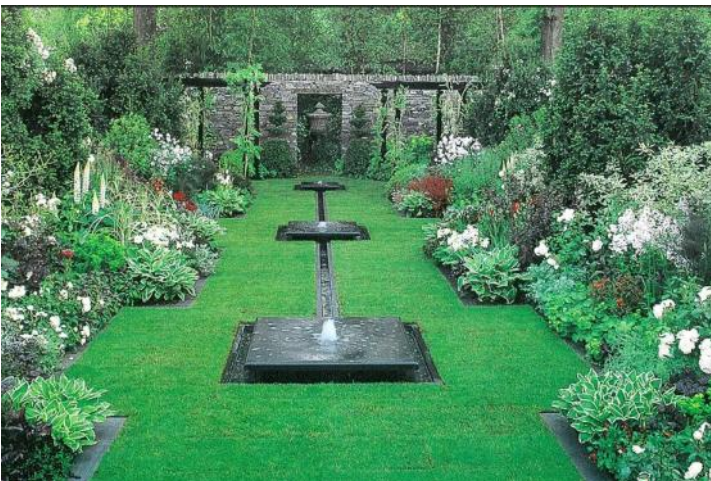
The second garden had an ancient stone tower as its main feature. This had to be



prebuilt in sections which could be slotted together quickly at the show, a bit like giant lego. He also described how a six feet high brick wall had to be 'hidden', so as not to detract from their woodland setting.

The third garden should have had an old stone urn as its central feature. At the last minute, they found out that this would not be available and so a fibreglass substitute was used. This had to be 'toshed' (a landscape term meaning made to look old) and separated from the hands of judges by surrounding it with a thick growth of berberis.

Further problems were caused when the wisteria got 'frosted', the chap supplying the birch trees had died, and lime staining on a water feature had to be treated by adding vinegar to the water making it smell like a fish and chip shop! However, despite all the problems, each garden gained a gold medal.



Howard Bolt

March Meeting

Daniel Michael from Surreal Succulents gave a most interesting and informative talk about the development of the nursery at Tremenheere and how to grow succulents.

His hobby developed into a business in 2002. Two years ago, he was joined by an old friend Mark. Together, they have made further progress, selling plants on line and have successfully entered RHS Garden Show competitions.

Daniel explained about the soil mix they use to cultivate plants, raising new plants from seed rather than using cuttings, how to keep plants alive through winter, and how to treat vine weevil grubs. They have raised many of their own hybrids which have been selected to include plants more tolerant of shade, or of a greater variety of colour or form or hardiness.

He used some spectacular photographs to illustrate types of Agave, Aloe, Echeveria and Aeonium as well as the hybrids they have cultivated.

He closed his talk by showing a couple of extracts from television programmes about the plants they have raised and award-winning displays at national garden shows.



CONSTANTINE COTTAGE GARDEN SOCIETY SUMMER SHOW

SATURDAY 20TH JULY 2019

Schedules available in June from Constantine
Stores or ccgardenshow@aol.com

Photography Subjects – *Cat or kitten, People at Work, A Garden Container, A Dead Tree, Black and White photo, Sunset, Head and Shoulders Portrait, Local Bridge, Bosahan Woods, Farm Machinery.*

Floral Art - *Shooting Stars, Garden Treasures, A Table Decoration for a Picnic, Beachcomber, A Basket of Garden Flowers, A Minature Arrangement.*

We would be very grateful for donations to the Plant Stall and the Tombola.

Any Queries please contact:-

John Andrew (Show Co-ordinator) **01326 341082**

Howard Bolt (Chairman) **01326 340306**

Gardens and hanging baskets will be judged in the week of the Show.

**BOWLS
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DAY**



**Saturday 27 April
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Constantine History Group reports

February meeting

Tony Brookes, a retired Camborne School of Mines lecturer and Gorsedd Bard shared his research at the Constantine History Group's February meeting into iron mining in Cornwall, a veritable Cinderella to the mining of copper and tin. Mining of iron was small scale in Cornwall and evidence on the ground is often absent as the waste was not poisonous and could be used. However, crop marks can often be seen from the air.

One of the largest mines was the Restormel Royal near Lostwithiel. The remains of surface working are still to be seen and Queen Victoria visited with Prince Albert in 1846 and went underground.

Within the parish of Constantine there are two known mines - one on Polpenwith Creek called Wheal Mary Ann, and the other between Constantine and Port Navas.

The Brogden mine was owned by a Welsh company and worked from 1854 - 1875. Between 1869 and 1875 the mine produced just under 10,000 tons of ore. It was a seasonal mine and was pumped out with a portable steam engine each spring. Today all that can be seen is a thicket around one of the shafts and a few mounds of waste.



All that remains of the Restormel Royal iron mine

March meeting



The Helford Oystering in days gone by

Unfortunately, the programmed speaker cancelled at short notice, but the Constantine Museum's archive provided a rich miscellany of Constantine's past from the 1800s to the 1970s.

The Museum's Collection Coordinator, Don Garman, read several memories and accounts to members which covered granite quarrying, key to Constantine's growth in the latter part of the 19th century, education, farming, first and second world war experiences, growing up and working the Helford oysters.

An early reminiscence was written in 1925 by James Roberts who described himself as an "Old Constenten Boy". He was born in the parish in 1839 and became a pupil teacher at Ponjeravah Academy before formal training in London. He later

Don Garman

taught in Yorkshire. A keen Cornish history exponent he wrote on a range of topics.

His description of working in the granite quarries alongside his stone mason father and his tales of smuggling on the Helford and Lizard were read. The "Reminiscences Grave and Gay, facts, Folklore and Legend" can be viewed in the Constantine Museum.

Stuart Hodge's memories of working in the Helford oystering were also read - very apposite as the new tenant prepares to start work in the Helford.

Planning sought for changes at Gweek boatyard

Holly Carberry

Gweek Classic Boatyard in Gweek, Helston have applied for planning permission to convert the Gweek Customs House and a Long Barn at the boatyard into holiday cottages.

Since taking over the boatyard in July 2017, new owners Malcom Beaton and Mark Aichroth have carried out extensive improvements to the yard, including completing extensive ground works, repairing the quay walls and tidying up the site. The continuing renovations have seen the return of many previous customers as well as a number of skilled shipwrights, technicians and contractors.

The owners will be installing a new, state-of-the-art sewage system for the benefit of all residents, including houseboat residents. They will also be installing new showers and a toilet block as part of the showers.

The Long Barn living accommodation has fallen into disrepair over recent years, and the new owners are keen to see both buildings restored to a high standard taking into account environmental as well as historic concerns. Both buildings are listed and have stood at the boatyard for a number of centuries. The conversions will be carried out with sensitivity to the buildings' history, preserving original features and celebrating their role in Gweek's rich maritime past.

The boatyard hope to see benefits to local businesses as a result of the new holiday cottages, while preserving the peace and quiet of the picturesque village of Gweek.

Building is planned to commence as soon as planning is obtained and where possible working with local contractors and tradespeople.

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Constantine W.I. reports

February meeting

It was a lively Annual Meeting on Monday 11 February after a pleasant sunny day, just right for gardening. We began with correspondence, finance and dates for events during February. Members would be walking from St Clements to Tresillian with lunch at the Wheal Inn, Soup & Pud Lunch for all on 25 February in our W.I Hall and Ladies who Lunch at The Olive Grove, Perranaworthal. Lots to look forward to. Members were asked for contributions at the Royal Cornwall Show for The County Stall, i.e Christmas crafts, gifts and any unwanted silk scarves.

Our President Sylvia Dunstan and Secretary Gill Just, were retiring from office on Committee and after asking the three nominees and voting, Liz Pearce was voted on as President. Our new Secretary was voted on by Committee after the meeting. Votes of Thanks for our outgoing President and Secretary and for Committee as a whole by Valerie Axe and Lucie Nottingham.

Refreshments followed with plenty of cheery chatting after the "serious business" of the Annual Meeting.



Incoming WI President Liz Pearce

March meeting

Our speaker on 11 March was Nick Hill, Cider Maker, who filled in at very short notice because of ill health. So Dynamic DNA was not our subject, but Cider Making, together with tastings made all our members very happy!! After 10 years running



Cider maker Nick Hill

pubs for a large company up country and getting awards he decided he was not happy and moved back to his roots. After planting 350 apple trees, setting up beehives with Cornish Black bees, they were ready to produce cider and apple juice. Their first pressing of 150kg of fruit was produced in 2017 followed by six months storing and maturing. They are selling mainly at local Farmers Markets and some local restaurants.

The plan is to recycle returned bottles with a view to also use refillable bottles. Members enjoyed the talk and the tastings, many asked questions and Nick was very warmly thanked for standing in at such short notice.

Barbara Willoughby

Our new President, Mrs Liz Pearce had the pleasure at her first meeting as President to welcome five visitors who all joined our W.I at the end of the evening.

The meeting continued with information for Stithians Show W.I exhibit entitled "Let's Celebrate Life".

Next month's meeting on 8 April will be Mrs Judith Street on CRY - Cardiac Risk in the Young and in May Mrs Irene Brown and Mrs Helena Turner will talk on "Scarves for All Seasons", two very interesting meetings to look forward to.

A Programme of Meetings can be seen in the Notice Board on the front of the W.I Hall.

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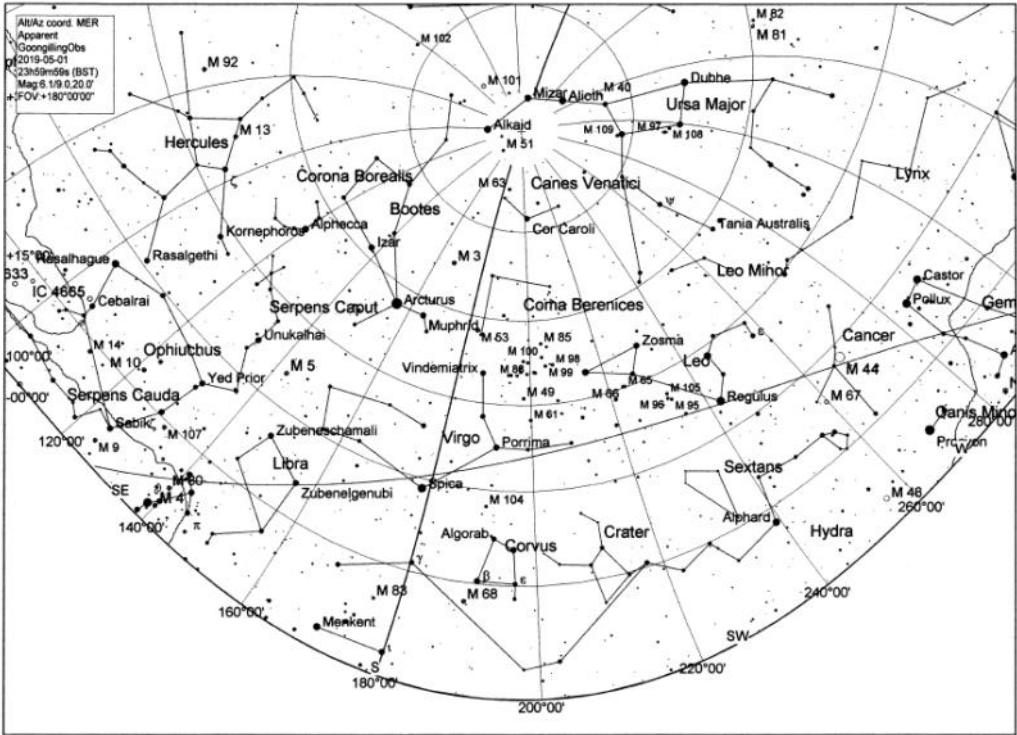
Night Sky

Spica, the brightest star in Virgo and Arcturus at the foot of Bootes, are now prominent in the south. Leo the Lion dominates the early evening sky with the Plough above. Moving up from Leo and Virgo through the faint stars of Coma Berenices we come to a star with an unusual name, Cor Caroli, the Heart of Charles. Through a small telescope Cor Caroli is a colourful double star.

Almost overhead look for the Northern Crown, Corona Borealis with the aptly named star Alphekka, in Arabic" the bright one of the broken ring", a blue white main sequence star about 75lya.This is an eclipsing binary system but the variation in brightness is too small to be detected by the naked eye.

The Lion's tail star Denebola in Leo is 40lya.The Persian astronomers called it "the weather changer"; when this star rises just before dawn in the autumn, the weather will cool, when it finally leaves the night sky in late spring warmer weather is on the way.

About halfway along the body of Hydra, the Water Snake is main star of the constellation, Aplhard, an orange red giant 177lya.This is an Arabic name meaning "the solitary one", as it is an isolated bright star in a rather empty area of night sky. April brings the Lyrid meteor shower, the radiant is close to Vega. The prediction is for 10 to 20 per hour and they peak on the morning of the 23rd of April, but are around in reduced numbers from 16th to 25th April. Unfortunately it looks as if the



Robert Beeman

Moon will washout all but the brightest.

On the 8th of May there is the peak of the Eta Aquarid meteor shower which is one of two showers resulting from the debris of Halley's comet. The radiant will be low in the South East and the Moon should not interfere.

For both of these meteor showers the best time to view will be in the hours between midnight and dawn.

Jupiter and Saturn will be for the night owls, being low in the south from about 0200hrs. Mars will be low in the west just after sunset, but be careful as the separation between Mars and the setting Sun is only a few degrees of azimuth.

Constantine Parish Council Minutes

Cllr John Andrew

Meeting January 17 2019

Public Question Time

Speaking of Planning application PA18/06872, Ms Searle said she and her family object to the proposal because:

- the land was sold with a legally binding covenant preventing development.
- it's adjacent to a Public Right of Way and scaffold use would impair free passage
- it amounts to a new building in the countryside and in a remote area at that
- the footing of existing will not allow for the new building. As such it will be entirely new
- the proposed footprint is significantly larger than the existing
- there is limited visibility from the lane on to the road
- the lane is not wide enough to take large vehicles
- the stables are in use, so they are not redundant
- there will be problems with both sewage and mains water.

Speaking of the proposal to declare a Climate Emergency Mr White and Mr Dangerfield stated that:

- the same motion will be debated by Cornwall Council in the near future
- Stithians and Helston Councils have both declared there is a Climate Emergency

- one of the ways the Parish Council might get involved is to write about its concerns to Cornwall's Head of Environment
- they hope that a working party can be set up to take the matter forward
- It was agreed by the members that this was beyond the influence of the Parish Council, although climate change may be a fact, it is not for the Constantine Parish Council to make pronouncements of this sort.

Cornwall Councillor's Report

Cllr Bastin reported that second homes these days pay full Council Tax, however there is a loophole that an owner of a second property can let it out and class it as a business can claim Council Tax Relief, but some still use the household waste collection service.

In recent months Cornwall Council has been concentrating on national matters in which they have no influence and ignoring the problems of the County of which they were elected for.

Community Governance Review – Parish Boundaries.

After a discussion it was agreed that as matters stand there are no reasons to seek changes.

Cont'd p22

Constantine Parish Council Minutes (*Continued*)

Climate Change.

Following a discussion it was agreed that this matter may be better handled by the Transition Group as the Parish Council feels that they are already environmentally friendly (eg LED lights as they are replaced, recycling banks) and doing as much as it can.

Planning Matters.

There were 5 applications. There were 6 approved.

Meeting February 21 2019 Cornwall Councillor's Report

Cllr Bastin reported that:

- he understood, following the recent outrage expressed at the Community Network Panel Meeting (when it was learnt that Constantine's bid for the creation of a lay-by outside the school had been omitted from this year's Network Highways' funding round), Viv Bidgood from Cormac will have a site-meeting with Cllr Andrew in the near future to discuss the matter further
- there will be a meeting of the full Council next Tuesday when a proposal to introduce a 3.99% increase in Council Tax will be debated
- new parking barrier systems will be introduced on Cornwall Council Car-Parks with effect from next Monday. The rationale behind the change is that it will be more cost effective and will allow Traffic Wardens time to carry out their work on the streets. CCllr Bastin was unable to answer a question concerning the length of time it will take Cornwall Council to recoup the capital outlay
- Central Government has returned the business plan for the proposed stadium in Truro to Cornwall, stating that it lacks detail

- the newly-constructed Treluswell roundabout has been poorly designed and will undergo changes in the not-too distant future. The central area will be maintained by Falmouth Town Council, despite the fact that it is sited in the Parish of St Gluvias and to the north of Penryn
- In answer to questions CCllr Bastin:
- agreed to look into problems created by commercial vehicles being inappropriately directed by sat-navs along the tiny lanes between Nancenoy and Port Navas
- agreed to report drainage problems on Retallack Hill.

PARISH MATTERS

The Alice Hext Trust – Pavilion

Members noted that the Church Hall has been booked for a Parish Meeting on Wednesday April 3, at which the future of the Pavilion will be considered, and all members of the Parish who are interested are welcome to come along at 7-30pm. There will be plans to look at and queries can be put.

PLANNING MATTERS

4 applications, 3 decisions, 1 refused.

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Whats On at the Tolmen Centre - April & May



7:30pm Wednesday 3 April

Safety not Guaranteed

From the producers of Little Miss Sunshine. Three cynical Seattle magazine employees discover a mysterious eccentric named Kenneth, who believes he's solved the riddle of time travel.

Tickets £4



7:30pm Wednesday 24 April

Leave No Trace

After living off the grid in Oregon for years, traumatized military veteran Will (Ben Foster) and his teenage daughter, Tom, are picked up by social services and forced to integrate back into society.

"deeply intelligent story of love and survival in the wild"...The Guardian

Tickets £4



7:30pm Sunday 28 April

Talisk

Scottish firebrands Talisk have stacked up several major awards for their explosively energetic yet artfully woven sound.

Hayley Keenan and Graeme Armstrong seamlessly meld concertina, fiddle and guitar to produce a multi-layered, enthralling signature that has effortlessly captivated audiences from the USA to Australia, and throughout the UK.

Tickets £11 – Under 12s £5.50



7:30pm Thursday 2 May

1927 Theatre – Roots

A preview showing.

We need to know who we were, so we can imagine who we might be.

Acclaimed theatre company 1927 (Between the Devil and the Deep Blue Sea, The Animals and Children Took to the Streets) has unearthed a series of rarely told folktales that offer a glimpse into imaginations from a pre-industrialized age. Tyrannical ogres, magical birds, and very, very fat cats are brought to life with the company's signature fusion of



handcrafted animation and storytelling, with a live score. We are incredibly lucky to have this preview showing of their newest work before it premieres in America.

Tickets £10



7:30pm Wednesday 8 May

Shoplifters

Coming home on a freezing night after a hard day stealing from supermarkets, Osamu and Shota come across a little girl shivering in the cold. Impulsively, they take the poor homeless waif in for a few days. A complex, subtle, mysterious film that builds to the most extraordinary surprise ending.

Tickets £4

7:30pm Wednesday 15 May

In Our Hands – Seeding Change

Presented by Transition Constantine (See details on p2)

Tickets £4



7:30pm Saturday 18 May

Kim & Andrew Lowings

Daughter and Father duo Kim and Andrew Lowings have been writing and collaborating together since 2011. The pair have become well established on the British folk circuit and together form half of the band Kim Lowings and The Greenwood. The sound draws together mountain dulcimer, guitar, bouzouki and piano to resonate with Kim's lyric writing and arrangements of traditional folk song.

Tickets £9 – Under 12s £4.50



7:30pm Wednesday 22 May

Apostasy

A faithful Jehovah's Witness is forced to shun her own sister because of a religious transgression. Gradually she starts to question her belief.

"a supremely intelligent and gripping drama."...The Guardian

Tickets £4



The Constant Times

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Distribution:

Transition Constantine

The Constant Times is produced with support from the Constantine Enterprises Company and Transition Constantine. Volunteers distribute free copies to households in Constantine Parish every two months, with extended summer (June/July/August) and winter (November/December /January) issues. Please let us know if you do not receive a copy, or if you would like to help with distribution.

Submission Deadlines:

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

June/July/August 2019 issue is

15 May 2019. Please send to

constant.times@gmail.com or deliver to the Layout Editor at Comfort View, Well Lane.



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