

## Constantine Carnival - Fiesta on Fore Street!



Constantine's colourful 2019 Carnival on 7 August had something for every one and the village turned out in force.

Festivities began with stirring performances from Constantine Silver Band and The Jump Out Jazz Band who returned after being a rip-roaring success in 2018.

Helston Town Band then led the procession with the infamously hilarious

Falmouth Marine Band once again bringing up the rear whilst dressed as Vikings!

(Cont'd on p2)

### Also in this issue...

Constantine Community Day - **Page 3 & pull-out** • Best Brass on Grass for many years - **Page 5** • Garden Show success - **Page 6** • School news and bee project - **Pages 8, 9 & 19** • History Group's St Austell Brewery visit - **Page 17**



## Constantine Carnival (Cont'd)

Village entries included 7 Swans a Swimming, a fisherman complete with lighthouse, Mexican Day of the Dead (true Carnival style!), Animals of the Amazon Rainforest and The Greatest Showman theme float which took the £100 grand prize.



Following the parade the crowds were entertained by vocal four piece group Hit & Miss who went down an

absolute storm along with Miranda Brook who brought her own take on some acoustic classics. There was also a small spoken word set by our own performance poet, Kerry Vincent.

DJ in Cornwall rounded off the evening with a disco in the Social Club and despite a quick rain shower, it's fair to say that the day was a great success.



## Don't miss Constantine Community Day - Saturday 14 September

Themed '*In our hands: Food and Resilience*', Transition Constantine is hosting its second Constantine Community Day at the Tolmen Centre and in the Church from 9.30 - 5.30pm on Saturday 14 September.

Earlier this year, Transition Constantine screened the film 'In Our Hands' to a packed audience and on the strength of that, decided to base its next Community Day around this theme in terms of resilience and food security for the community in the light of the climate crisis. This is an opportunity for all community groups and organisations to contribute, share ideas and be part of something together.

With a similar format to last year the day will include the farmers market, a repair café, stalls, workshops, the big lunch and varied entertainment, including a free repeat showing of 'In Our Hands' at 4.00pm.



In the Church, the Repair Café is a great opportunity to get things fixed locally. Bring your faulty electrical items, broken toys, bashed-up bikes and clothes needing repair and see what they can do. If you have clothes and shoes your children have outgrown, bring them to the Children's Clothes Swap and maybe find replacements for their next growing spurt! And to add your voice to climate change protest, have your t-shirts block printed by Extinction Rebellion.

At the Tolmen Centre, come with your home-made starters, main dishes and desserts to share at The Big Village Lunch in the garden marquee. Clear out your bookshelves and bring your unwanted books to the Constantine Book Club Plus big book swap. And donations for Helston's Food Bank will be greatly appreciated.

***So come, share, join in and enjoy!!***

## Trengilly Singers delight at Gwennap Church Concert Series

*The Trengilly Singers gave a concert on 26 June as part of the Gwennap Church Concert Series under the direction of Melanie Uren and accompanied by Clive Ellison. They performed a varied programme of sacred music, madrigals and folk songs from Mozart, Vivaldi to the Beatles. Photo: H McGuire.*



## Varied musical programme at the Tolmen this Autumn Dougla Jefferies

This autumn's musical programme at the Tolmen Centre offers four very different and exciting events.

On Friday 13 September the incomparable guitarist, singer and songwriter Martin Simpson returns with an evening of fabulous musicianship ranging across a wide range of folk and blues. Musician of the Year in the BBC Radio 2 Folk Awards in 2018, Martin is hugely admired on the folk scene - don't miss him.

Next, on Friday 11 October and back by popular demand we welcome for a third time Chris Garrick and his Budapest Cafe

Orchestra, playing gypsy-jazz and Eastern European influenced tunes with verve, humour and inestimable skill.

On Saturday 2 November we are honoured to be presenting Andy Irvine, one of the greatest Irish singers and musicians of the past half-century. Andy has played with everyone: Sweeney's Men, Planxty, Patrick Street, Paul Brady, Dick Gaughan and many more. This time he will be appearing solo, with a magical programme of songs, music and stories - a rare chance to catch him as he looks back on his long and distinguished career.

Finally and by contrast, we close the season on Saturday 23 November with two young, up-and-coming Scottish artists, Orcadian fiddler Catriona Price and Peebles harpist Esther Swift, who make up Twelfth Day. Both classically trained, they produce a mix that is hard to define but contains elements of folk, jazz and pop; to get a flavour of their unique sound take a look at their Youtube clips. They are truly original and we are excited to be promoting their first Cornish appearance.



## WOW what a week that was!

Yet another spectacular musical weekend in Constantine began on Saturday 20 July with our Silver Band playing at the afternoon's Cottage Garden Society Summer Show. This was followed in the evening with a concert by the Band under musical director John Reynolds and the Nankersey Male Choir who both put on great performances.



then playing in turn on the stage, their choices of programme content and the quality of the entertainment they provided was outstanding. Their combined performances were a great credit to the Cornish brass band tradition.

The massed Bands under the batons of John Berryman (Trelawny), Aaron Harvey (Pomp & Circumstance), Kevin Johns (The Floral Dance) and Karl Long (The National Anthem) played an ever popular and rousing performance in which the audience stood and waved flags to the playing of Trelawny and Land of Hope & Glory with their singing led by Melanie Uren.

Not content with a very full musical weekend, on the following Saturday the Band also played at Port Navas Regatta where they were very happy to entertain the many people who attended.

## Dougie Down, Constantine Silver Band



During its programme the Band was joined by soloist Katherine Morrison singing The Rose, both drawing a standing ovation.

On Sunday 21 July came the much-awaited Brass on Grass. After first launching and then being involved with the event for nearly 40 years, I can say there are nights to remember, and this was certainly one! With the four visiting bands marching up from Fore Street and



## Core division entries up at this year's Garden Show

Howard Bolt



2019 saw another successful Constantine Cottage Garden Society Summer Show day on 20 July. However, it was not without some difficulty when on the preceding Friday our setting up plans were washed and blown away because we could not keep the weather out of the marquee!

Although overall entries were less than last year, our core divisions 'plants in pots', 'cut blooms', 'fruit', 'floral art' and 'children's flowers and vegetables' all had increased entries compared to last year, which is pleasing. The standard of floral art was particularly high this year.





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Liz Pearce receiving the Liz Moore trophy from Tracey Clowes

Children's work was again a spectacular feature from the schools and village groups as well as that from individuals. There were some excellent model animals made from fruit and vegetables.

The Garden Society is grateful for support from the Constantine Silver Band for providing excellent musical entertainment during the afternoon. The Band also helped clear away Society equipment on Sunday and Monday.

Could I also thank all the people who turned up to help setting up on the Thursday and clearing away the Garden Show on Saturday evening. Thanks too to everyone who provided prizes for the raffle and tombola or plants for sale.

Finally thank you to all members of the Garden Society for their contributions to Show day in whatever capacity.



### Unclaimed Prizes/Vases

We have a raffle prize for Julian Rowe, a bag of tombola prizes found during marquee clearing and several vases/jugs/bowls left behind. Please contact me, Howard Bolt to claim yours on 340306.



### Constantine Mobile Post Office

*We are pleased to let you know that we have restored Post Office services to the community of Constantine with the introduction of a temporary mobile service while we continue to seek a permanent solution. The mobile service commenced on Friday 19 July 2019.*

**The mobile van will be parked at  
Constantine Church Hall Car Park  
Vicarage Terrace  
Constantine  
TR11 SAN**

**The mobile service operates on:  
Fridays from 09:30 - 10:30**

*We do hope that you will continue to use the mobile service.*



# Constantine School News

## Platinum Sports Award for CPS

Our school has been recognised by the Youth Sport Trust as one of the first schools to become a Schools Games Mark Platinum Award winner.

The Platinum Award was launched in 2017 as an extension of the School Games Mark to reward schools who have maintained consistently high standards with their school sport provision. As part of the extended application the eligible candidates, who had achieved five successive gold awards, were asked to submit a detailed case study along with a supporting paragraph from their School Games Mark Organiser (SGO). We are delighted to have been recognised and as a winning school we are exempt from next year's School Games Mark award process and will automatically receive the Platinum Award again in 2019. We also received a special plaque to commemorate our achievements.



## The Constantine Bee Project

With a long term aim to help protect bee populations in their area, The Constantine Bee Project was initiated by Mirte Greve, volunteering parent at Constantine Primary School, who suggested the idea of a project to put nature and more specifically bees at the heart of learning.

Head of School Caroline Gilbert embraced the idea and with a team of teachers to work the subject into their curriculum, The Constantine Bee Project was

born. Objectives range from creating bee friendly habitats to connecting children with the natural world through immersive outdoor learning.

The project was very hands-on with all classes working in the school's increasingly bee friendly outdoor areas, which includes Goongillings Orchard - the wild space at the heart of the project. Pupils come here for orchard days, where they see bees buzzing around and pollination happening right before their eyes.



Local artist Rae Gray and her bee chart artwork



Habitat loss is a major threat to bees. Since the 1940s, up to 97 per cent of UK's wild-flower meadows have been lost through agricultural intensification and land development.

Goongillings functions as a wildlife haven and children are already realising the difference they can make - noticing the difference in insect and more specifically bee numbers with the biodiverse, nectar and pollen rich flowers they have helped to sow.

Experts Beth Roberts and professor Juliet Osborne, from the University of Exeter, have given inspiring talks at the site, sharing their knowledge and enthusiasm. Pupils have also benefitted from a visit to Cornish Black beehives, where they met Dan Gibson- a local bee keeper who shared his knowledge on beekeeping and the importance of healthy honey bee populations.

This project has made Constantine Primary School children ambassadors of the bee, but more needs to be done to help support the local wild bee populations. The project is now embarking on a Dutch design-inspired identification chart of Cornish honey, solitary and bumblebees to encourage more people to take part in monitoring programmes.

Local artist Rae Gray has begun creating the art work, while children from Tresillian class (year 6) have been researching intriguing facts about local bee species in contribution to the chart.

The Constantine Bee Project is currently seeking support from Cornish businesses and conservation charities to make the chart widely available. Email [beeproject@constantine.cornwall.co.uk](mailto:beeproject@constantine.cornwall.co.uk) with enquiries. To see Rae Gray's bee chart art work, visit [www.raegray.co.uk](http://www.raegray.co.uk)

## Trophies

Many thanks to all families and village

## Caroline Gilbert, Head of School



organisations who willingly donated money to help fund our end of year trophies and medals. The children who received them were delighted and will proudly be the first to have their names engraved on them. They will be returned to school and displayed in our trophy cabinet shortly after the start of term, so please feel free to pop in and have a look.

## Staff Fitness

As a result of all the healthy exercise we ensure our children get, the staff have also been working on improving their fitness levels. We have a very keen and able bunch of staff who are members of various local clubs including; Falmouth Road Runners, Gylly Surf life saving, Jolly Sailor cross fit etc. At the end of term six staff entered the inflatable 5k at Stithians.

## More School News on page 19!





## Whats On at the Tolmen Centre - September & October



7:30pm Friday 13th September

### **Martin Simpson**



We welcome a return visit from the virtuoso folk/blues guitarist and singer, nominated Musician of the Year at the BBC Radio 2 Folk Awards 2018, and listed in Gibson Guitars' Top 30 acoustic guitarists of all time. His last appearance was a sell-out so we recommend booking early.

*"One of the virtuoso instrumentalists of the English music scene"*

*'Sounds better than ever' \*\*\*\* 4 Stars The Guardian*

Tickets £15

7:30pm Wednesday 18th September

### **The Favourite**



A trio of pitch-perfect performances from Olivia Colman, Rachel Weisz and Emma Stone drive Yorgos Lanthimos's spiky period drama – a tragicomic tale of personal and political jealousy and intrigue in 18th-century England.

Tickets £4

7:30pm Saturday 28th September

### **New and Selected Potatoes**



John Hegley

In an ideal world, John Hegley would be mass-produced and sold in the shops. Not his books, they're already out there, but the man himself. He'd cheer everyone up and distract you long enough to forget what you were bothered about. Whether it's at his ludicrous drawings, silly join-in songs, or clever and unexpectedly structured poems, he hits the spot with all ages and brings in the laughs. If everyone could see life and each other through his glasses I bet the world would be a sweeter, safer, better and funnier place.

Tickets £12, £10, £5 Children from 9.

7:30pm Friday 20th September

### **Karamazoo and Bike**



*A stunning double bill from Cube Theatre.*

'Karamazoo' by Philip Ridley tells Ace's story. She's irresistible. Her image is everything and no one – no-one! – ever stands her up...until today.

'Bike' by Jon Welch. Karen's parents, on Karen:, 17, fearless cycling champion; a sweet natured young lady. Karen's parents are worried. She won't come out of her bedroom. Which is odd, given she's such a go-getter. Odder still is what she's doing in there...

Tickets £8. In aid of the Sowenna Appeal.

7:30pm Wednesday 2nd October

### **All is True**



When his renowned Globe Theatre burns to the ground, devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family.

Haunted by the death of his only son Hamnet, he struggles to mend the broken relationships with his wife and daughters.

Tickets £4

7:30pm Wednesday 16th October

### **Cold War**



In the 1950s, a music director falls in love with a singer and tries to persuade her to flee communist Poland for France. Best Director at the Cannes Film Festival, Pawlikowski creates another masterpiece to follow *Ida*.

Tickets £4

9:30pm Saturday 26th October

### **Budapest Café Orchestra**



We are delighted to welcome back the Budapest Café Orchestra, led by leading violinist and composer, Christian Garrick., playing traditional folk & gypsy music with jazz and swinginflections whilst Klezmer, Romanian Doinas and Hungarian Czardas are awarded fresh treatments.

*"The music is magic in their hands"...*

*Sean Rafferty, BBC Radio 3*

Tickets £12

7:30pm Wednesday 30th October

### **Woman at War**



Halla secretly wages a one-woman-war on the local aluminum industry. But as she plans her boldest operation, she hears her application to adopt a child has finally been accepted. Tickets £4.

## Cottage Garden Society Summer Garden Visits

Howard Bolt

### Pinsla Garden & Nursery, Bodmin June 12<sup>th</sup> late afternoon visit

The owners have been here since 1982. Over the years, they have changed an overgrown forest of laurel bushes into a fantasy garden full of scents, textures and colour. They have created a wonderful garden with a wild romantic feel. As well as plants, they have made decorative paths, arches, shelters and edgings. We started with refreshments, followed by a guided tour, and could not resist making purchases from their well stocked nursery.



### Trerose Manor Open Garden July 7<sup>th</sup> afternoon visit

Many members individually visited this open garden in Mawnan Smith. It was a delightful afternoon with tables set out on the lawn for refreshments or simply to listen to the St.Stythians Band which was playing music just outside the walled garden. Visitors were allowed to wander freely around the grounds to explore and discover plenty of interesting varieties of plants. There were a wide range of tender plants and shrubs not normally found in other regions of the U.K.



### Trevince Gardens, Gwennap July 26<sup>th</sup> afternoon visit

These gardens have been in the same family ownership for over 25 generations. They are being discovered and developed by the current generation of the family. The walled garden is

probably of 18<sup>th</sup> century origin and the parkland of similar date. The kitchen garden provided cut flowers, fruit, vegetables, and there were heated plant houses and greenhouses. Today's gardening staff is supported by volunteers who are helping restore and reinvent the gardens of yesteryear. An immaculate 50' greenhouse is the result of a recent restoration. Following our guided tour of the shrubbery, the walled garden, the pond garden and the wilderness, we were able to take advantage of a well earned rest in the cafe, enjoying homemade goodies.

### Trenarth Gardens 7<sup>th</sup> August late afternoon visit

We are grateful to Lucie Nottingham for inviting the Cottage Garden Society to her home and gardens. It was a lovely evening and everyone enjoyed the visit. The wonderful gardens overlook the Helford valley and contain many unusual mature shrubs and plants. Drinks and nibbles were provided and we could wander the grounds to explore or sit and chat, as we wished.

## The Constant Times CONSTANTINE CALENDAR

### September 2019

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

**Mon & Thurs (every)** - Pilates, WI Hall, 9.30-10.30am. Booking essential. Contact Lynn at lizardpilatescornwall@gmail.com, 01326 290360.

**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.

**Fri (every)** - Mobile Post Office - Church Hall Car Park 9.30-10.30am.

**Sun 1** - HMCg Rockpool Ramble. Prisk Cove. 1.30-3.00pm (See page 16)

**Mon 9** - W.I. Meeting 'Cornish Food Box' W.I. Hall 7.15pm.

**Sat 14** - Transition Constantine Community Day. Tolmen Centre & St Constantine Church. 9.30am - 5.30pm. See page 3 and pull-out supplement for full details.

**Mon 16** - Constantine One & All Club - One & All Group. Social Club 2.15 start.

**Sat 21** - History Group Wenchies in Trenches' Sue Robinson. WI Hall.

**Sun 22** – HMCg Snorkel Safari & Barbeque 3.00pm to 6.00pm. Durgan Beach,

**Weds 25** - Volunteer for Marine Life 7.00pm to 9.00pm. Falmouth Art Gallery.

### October 2019

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

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

**Fri (every)** - Mobile Post Office - Church Hall Car Park 9.30-10.30am.

**Thurs 10** - 7.30 p.m. W.I. Hall. An illustrated talk on Beautiful Edibles by Duana Pearso.

**Sat 12** - Bridge Drive and Tea 2pm - 5pm £6 Mawnan Smith Memorial Hall. This is a fun afternoon for players of all levels to enjoy a few rubbers and meet new & old friends. More information from Martin Winters 2511144.

**Mon 14** - Constantine One & All Club - St Austell Strummers. Social Club 2.15 start.

**Mon 14** - W.I. Meeting. Rubina Tyler-Street 'Cornish Gins and Spirits'. W.I. Hall 7.15pm.

**Fri 18** - History Group 'History of Polwheveral and Goongillings' John Shepperd. WI Hall.

**Sat 26** - HMCg 'Good Seafood and the lessons learned' 7.30pm. Gweek Village Hall,

**PULL  
OUT AND  
KEEP SAFE!**

# Constantine **COMMUNITY**

**2019**

hosted by  
Transition Constantine **Day**

*Join us for another fun-  
filled, fact-finding day  
focusing on Food  
and Resilience*



TRANSITION CONSTANTINE COMMUNITY DAY 2018

***A FREE all-day programme of activities, community lunch,  
entertainment, varied displays, information and film.***  
**FULL PROGRAMME DETAILS OVERLEAF**

**Saturday 14 September**  
**Tolmen Centre & St Constantine Church**

# *All this in Constantine on Saturday*

## **FARMERS' MARKET**

**Tolmen Centre 9.30 - 12.00pm**

**Including The Incredible Bulk**

*The way to say good-bye to unnecessary household goods packaging.*

**Bring your own containers!**

## ***The Big Vibe***

**Tolmen Centre Market**

**EVERYONE WELCOME •**

### **ALSO AT THE TOLMEN CENTRE FROM 2.00PM**

#### **Put it on the slate with Tracey**

*Sponsor a tile for the Tolmen Centre Restoration roof appeal.*

#### **Apple Pressing**

*Demonstration and sampling the end product!*

#### **Constantine Pre school/Forest School**

#### **Transition Constantine and Transition Helston**

*Focus on food growing and food resilience and the impact of climate change on food security.*

#### **Transition Library**

*Browse books and publications on all things eco.*

#### **Cornwall Council**

*Meet Richard Haycock, our Community Support Officer for Waste Recycling.*

#### **Friends of the Earth**

#### **Camel Community Supported Agriculture**

#### **Ocean Free Sailing**

*The impacts of pollution and climate change on our seafood.*

#### **Art Exhibition**

*Works by Sandra Boreham, Maxine Hart & Evelyn Binns.*

#### **Wishing Tree**

*Leave your ideas about what we can do to as a community to become more food secure.*

#### **Helston Food Bank**

*Please bring your donations.*

#### **Constantine Book Group Plus**

*Ideas and guidance for starting your own book group - it's so simple! Discuss your favourite books or even bring along one to swap.*

#### **Plastic-free Helston**

*Focus on food and packaging.*

#### **PLUS Constantine Museum Open 9.30am – 4.00pm**

*Discover fascinating facts about the history of farming in Constantine*

# 14 September - remember the date!

**Age Lunch**  
**quee 1.00 - 2.00pm**  
**BRING FOOD TO SHARE**

**REPAIR CAFÉ**  
In the Church 10.00 -1.00pm  
*Please bring your electrical  
items, toys, bikes and clothes  
for repair.*

## ALSO IN ST. CONSTANTINE CHURCH FROM 10.00 AM

### Open Tower Morning

10.00am – 12.00 Explore and discover the mysteries of bell-ringing!

### St. Constantine Church

See proposals to make our church a more accessible community facility.

### Women's Institute

Not all jam and Jerusalem!

## ENTERTAINMENT AT THE TOLMEN CENTRE

2.00pm

### Kerry Vincent

Performance poet

2.30pm

### Constantine School

Surprise performances!

3.00pm

### Misri Dey

Solo contemporary theatrical performer

4.00pm

### Film 'In Our Hands'

How food is grown in this country and about new movement  
The Landworkers' Alliance.

### Bosahan Woodland Management Team

Find out about their future plans.

### Cream Teas & Coffee

For a modest charge.

### Children's Clothes Swap

Bring your outgrown garments and shoes and maybe pick up some bigger bargains!

### 1<sup>st</sup> Constantine Brownies

### Constantine Cottage Garden Society

On the path to recruit new members

### Extinction Rebellion block printing

Bring your T-shirts and add your voice to climate change protest

## Constantine COMMUNITY Day

Hosted by  
Transition Constantine





# FALMOUTH & PENRYN REPAIR CAFE



**Bicycles  
Lamps  
Clothes  
Vacuums  
Toasters  
Electrical  
Ceramics  
Electronics  
Lawn mowers  
Woodwork  
Radios & more**

**Repair Cafés are free meeting places and they're all about repairing things (together).**

**You'll find knowledgeable volunteers and the tools needed to help you repair your household items for free.**

**Even when something can't be repaired, it is a useful learning process. If you have nothing to repair, maybe come along and lend a hand.**

## St Constantine Church Services

**Sun 1 September** 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

**Sun 8 September** 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

**Sun 15 September** 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

**Sun 22 September** 8.00 am BCP Holy Communion 10.30 am Baptism

**Sun 29 September** 8.00 am BCP Holy Communion 10.30 am Harvest Service

**Sun 6 October** 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

**Sun 13 October** 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

**Sun 20 October** 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

**Sun 27 October** 8.00 am BCP Holy Communion 10.30 am CW Holy Communion

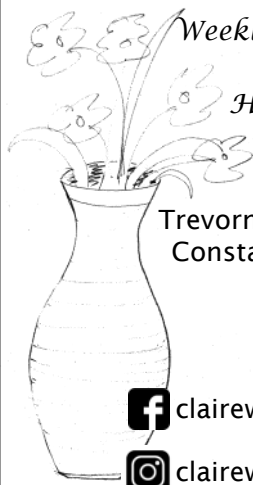
(\*BCP – the Book of Common Prayer, CW – Common Worship)

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

Thursdays 10.00am BCP Holy Communion followed by Ladies Fellowship

## Pottery with Claire Winterton

*Weekly adult classes  
All abilities  
Holiday sessions  
for children*



The Pottery,  
Trevorn, Bowling Green  
Constantine TR11 5AP  
07887 572 666  
c.winterton  
@yahoo.com



clairewintertonpottery



clairewintertonpottery



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(Day or  
Night)



## Constantine W.I. reports

### June - 'Fire & Alchemy' - Or A Love Affair with Clay with Mel Chambers.



Based in Mawnan Smith, Mel has had over 40 years of a meandering journey knowing she “wanted to be an Artist”. Beginning, of course with training to be a Fitness Instructor! She then went through Permaculture, Art courses, animal portraits, working in clay and all the time learning techniques, working ethics bringing value and meaning to her finished articles. This included Raku Firing which is an ancient Japanese technique giving the finished clay glaze a crazed finish and every piece is different. Every piece from clay tiles, figurines, pots etc are worked individually by hand and fingers are crossed at every firing with no expectation of a perfect finish, meaning every piece of work is “unique”. The firing process takes between 18-20 hours and the articles are then left in the kiln for 2 days to cool. Depending on the “weather” during kiln firing and using anything from sawdust, horsehair, feathers and even llama fur - All this makes each piece unique.

Every article made in this way will keep its colour throughout its lifetime and will not wear away. Mel explained the original flooring In Exeter Cathedral still has its vibrant colouring having been made using this technique and because of this process Space Shuttles have been lined with these tiles to deflect the heat! Mel finished by demonstrating carving a beautiful tile ready for slip work and firing, in less than 10 minutes!! Members had many questions, admiring her work and thanks were given by Gill Just for a very entertaining talk.

### July - 'Multiple Sclerosis & The Merlin centre' with Steve Lawrence

Our Speaker Mr. Steve Lawrence, was welcomed on a very warm evening and the insight he gave us into the Condition of Multiple Sclerosis (MS) and the Merlin Centre at Hexas Water was “eye opening”.

There are 5,000 people in the UK, each year diagnosed with MS, mainly in women, and the highest number in the country from The Orkney Islands, Cornwall is 2nd with 1,500.

The central nervous system is protected by the Myelin Sheath but for, as yet unknown reasons, this protective sheath is destroyed by inflammation and scarring. Thus leaving nerves throughout the body



Steve Lawrence receives a cheque from Liz Pearce

unprotected, causing a great deal of pain in whichever problem area attacked. Every patient diagnosed will have different symptoms and it can take up to 18 months for MS to be diagnosed because the range of symptoms is so varied it can be mistaken for other illnesses.

After 7 years of fundraising, The Merlin Centre was built in 2009 for Cornwall, because the nearest facility previously was in Exeter and by 2015 there were 70 people a day receiving treatment. This includes many therapies, physio, hydrotherapy, oxygen therapy and even the social contact improves quality of life. There are 3 full time staff and 50 to 60 volunteers. There are Outreach Centres in Hayle and Bodmin. Patients can be seen by Self Referral, respite can be given at the Centre for up to 3 days a week.

There are many fundraising & social events around Cornwall, Art Auctions, Christmas Fairs etc. The Centre is not funded by the NHS. The Centre was very lucky to receive £1 million pounds from a local Lottery Winner recently which helped build the Hydrotherapy Pool. One of our members, Mrs Lucie Nottingham, will be opening her garden at Trenarth, Constantine in September for Multiple Sclerosis. All are welcome.

### July boat trip to Malpas

Members had a very enjoyable Birthday River Boat Trip along the Fal on 1st July, a dry, clear evening, finishing at Malpas, a surprise because of a good high tide. Some of our new members put together our entry for The Stithians Show on 15 July. There was no meeting in August but members were invited to "bring a plate" to share at the home of our new President Mrs Liz Pearce.

### Barbara Willoughby



The WI will be at the Transition Community Day on 14 September with many items of interest showing our many and varied trips and plans. Please feel free to come and talk.

Our meeting in September will be speakers from The Cornish Food Box, and in October Rubina Tyler-Street will talk about Cornish Gins and Spirits. Food and Drink - who could resist!! Both meetings on the second Monday, starting at 7.15pm.



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## Autumn events with Helford Marine Conservation Group



### Sunday 1 September – Rockpool Ramble

From 1.30 to 3.00pm. At Prisk Cove. Meet at Mawnan Church, Old Church Road, Mawnan, TR11 5HY. SW 788 272. Free event. Investigate the fascinating rock pools at Prisk Cove and discover the hidden world of crabs, fish, sea anemones and strange shellfish with marine expert Ruth Williams. Booking is essential. Contact Sue Scott (01326) 340961 coordinator@helfordvmca.co.uk

### Sunday 22 September – Snorkel Safari and Barbeque

From 3.00pm to 6.00pm. On Durgan Beach, Helford River. SW 773 272. Barbeque £5. Our end of the summer barbeque and get together on the beach. You don't have to snorkel to join in the barbeque, but if you would like to then join Cornwall Wildlife Trust's marine experts on a guided tour of Durgan Bay. Snorkelers must bring their own equipment and wetsuits. Booking essential, and snorkel places are limited. Contact Sue Scott (01326) 340961 coordinator@helfordvmca.co.uk

### Wednesday 25 September – Volunteer for Marine Life

From 7.00pm to 9.00pm. Falmouth Art Gallery, The Moor, Falmouth TR11 3QA.

Free event, run with Falmouth Marine Conservation Group.

Be inspired to volunteer in Marine Conservation work, with films of Cornish marine life and various speakers active in local projects.

### Saturday 26<sup>th</sup> October – Good Seafood and the lessons learned

From 7.30pm. Gweek Village Hall, TR12 6UG. HMCG members and under-18s free. £4 others.

Cornwall Wildlife Trust's marine biologist Matt Slater discusses the rich history of Cornwall's fishing industry from the heyday of the pilchard seines to the crawfish bonanza of the 70's and how lessons learned will be important for future sustainability.

### Saturday 30 November – Lasers, Lights and Fluorescent Tattoos.

From 7.30pm. Gweek Village Hall, TR12 6UG. HMCG members and under-18s free. £4 others.

Sam Davis from Cornwall Inshore Fisheries and Conservation Authority talks about the lengths and depths their research team goes to in order to find answers to managing fisheries and marine wildlife around the coast of Cornwall.

An advertisement for OTS Minibus and Coach Hire. The background is a black and white photograph of a coastal town with a bus parked on a road. A curved banner at the top left says 'serving Falmouth for over 30 years!'. A circular graphic in the center contains the text 'Where shall we go?'. The OTS logo is in the top right, with 'Minibus and Coach Hire' written below it. At the bottom right, the phone number '01326 378 100' and email 'office@otsfalmouth.co.uk' are listed.

## Constantine History Group

Don Garman

### June - Visit to St Winnow

A visit on a beautiful evening in June was made by Constantine History Group to St Winnow Church and St Winnow Barton Farm Museum.



Canon John explained that the Celtic Llan (religious enclosure), established by the Welsh missionary Winnow, beside the River Fowey, was replaced by an Anglo-Saxon Church, later by a Norman structure and then by a 15<sup>th</sup> century building, much of which remains. The development of the church has been influenced by the successful local agricultural economy, key families such as the Robartes, national events and incumbents who were in post for long periods. Renovation took place in the latter part of the 1800s and into the early 20<sup>th</sup> century. Later work was influenced by the Arts and Crafts movement.

The church has some very impressive late Medieval and 16<sup>th</sup> century carvings in the pew ends and some magnificent Medieval stained glass. The Church serves a widespread parish of 800 and services are regularly attended by over 35. It is well supported by a successful Friends Group and exudes a feeling of being a well-loved building.

Following the Church visit, Members visited the eclectic agricultural museum of St Winnow Barton Farm.

### July - visit to St Austell Brewery

Members and guests visited the Brewery to learn about its history and the brewing process.

Walter Hicks, a young St Austell farmer mortgaged his farm in 1851 and set up shop as a wine and spirit merchant in the town. He soon moved into brewing and purchased his first public house in 1863. Today the brewery is still a family business.

Local water and barley, hops from Kent and elsewhere and yeast form the key ingredients in the five brews that are completed each day. Different quantities of the ingredients and different barleys and hops enable a variety of tastes. The brewers are always experimenting using the small batch brewery. Some of the products are only available online or from the brewery shop and often do not go into mass production.

The most popular beer is Tribute (originally called Daylight Robbery after the Eclipse) which was first produced in 1999 by head brewer Roger Ryman. Over 14 million pints are sold a year and 40,000 pints are produced each day. A six-acre field of Maris Otter barley produces 4 pints per square yard. The pub selling most pints is the Shipwright in Padstow.



**Next meetings - 21 September  
'Wenches in Trenches' Sue Robinson  
18 October 'History of Polwheveral and  
Goongillings' John Shepperd.**

## Constantine Parish Council Minutes

### Annual Meeting Thursday May 16

#### Public Question Time

Introducing himself as the representative of Mrs Brittain-Long who has applied for planning permission for the retention of a mobile home (PA19/02071) Mr R Mitchell said that when the mobile home was installed, Mrs Brittain-Long had not realised that she would need planning permission. Following a visit from a Planning Enforcement Officer, she is now seeking permission for its retention.

Mr Hawken said that he was present simply to seek the Parish Council's support for his application for the use of two redundant agricultural barns as holiday properties (PAI 9/03216).

#### Election of Chairman

Cllr Mrs Dunstan proposed, Cllr Wickins seconded and it was agreed that Cllr Paul Carter be elected to the Chair of Constantine Parish Council for the year 2019 - 2020.

Cllr Carter read aloud, signed and dated the statutory Declaration of Acceptance of the Office of Chairman of Constantine Parish Council for the year 2019 - 2020 in the presence of the Clerk and the Council.

#### Cornwall Councillor's report

CCllr Bastin reported that

- Cornwall Council 's Annual Meeting will be held next week, when the Chairman and the Leader for the coming year will be elected
- in the light of problems with some large developers who are overlooking important details, Cornwall Council has asked Central Government to consider returning the supervision of Building Regulations to Local Authorities

- the second phase of the Town and Parish Boundary Review comes to a close on July 17: the Parish Council is asked to repeat its original wishes and concerning this matter
- Public Consultation notices will shortly be distributed offering residents the opportunity to have their say
- Parking Wardens' time may be secured through the Community Networks Panel at a cost of £45 an hour. However, a report of persistent offending may result in a Parking Warden, who, in the course of his duties, is passing through a Parish, stopping and carrying out his duties for a short while.

A question concerning planning enforcement protocol established clearly that the procedure is both long-winded and fraught with secrecy.

### Ordinary Meeting Thursday June 20

#### Public Question Time

Speaking of his planning application PA19/03393, Mr Talbot said that he believes the proposed extension will be harmonious with the original building and sought the Parish Council's support.

#### Cornwall Councillor's report

In the absence of CCllr Bastin there was no report.

### Ordinary Meeting Tuesday July 16

#### Public Question Time

Mr Mills stated that he was present to represent Mrs Nottingham and to seek the Council's support for her application PA19/05294 to build a replacement dwelling. The existing bungalow has been derelict for some years and great care has been taken to observe the setting of the Cornwall Area of Outstanding Natural Beauty, the adjacent Grade II listed Trenarth Barton and the many great trees



### **Cllr John Andrew**

surrounding the site. The proposed dwelling has a marginally larger footprint and its design reflects the materials used in the construction of Trenarth Barton. The proposals have been looked at both by the AONB partnership and by the Planning Authority and both had expressed encouraging opinions.

Mrs Nottingham said that it is her opinion that the proposed building will be an asset to the site as a whole

Speaking of the Diocese's proposals for the Church and the Church Hall, Cllr Nicholls asked if the matter might be made an agenda item for the meeting in September.

### **Cornwall Councillor's report**

In the absence of CCllr Bastin there was no report.

### **The Alice Hext Trust**

Members considered the purchase of a bank of three small recycling bins for the Recreation Ground. Following discussion, Cllr Nicholls proposed Cllr Andrew seconded and it was agreed to purchase a set of three bins on a stand from Wybone at an anticipated net cost of £645.00

Members noted the formation of an advisory committee under the chairmanship of Mr Richard Thomas to develop the proposal to re-build the pavilion. Members noted the report on its initial meeting, a copy of which is attached to these minutes. Members considered the provision of a budget to cover out-of-pocket and minor expenditure for members of the Advisory Committee charged with the delivery of rebuilding the pavilion on the Recreation Ground. Cllr Nicholls proposed, Cllr Andrew seconded and it was agreed to set aside an initial budget of £400 to cover invoices and out-of-pocket expenses attributable to the project. Vouchers are to be presented to the Parish Council for payment in the usual way.

## **More Constantine School News**

### **Open The Book Party**

Our Reception and Year 1 children did a fantastic job of acting out the story of Noah's Ark in St Constantine Church to help celebrate twenty years of 'Open The Book'. The children worked alongside our open the book team to rehearse and they performed to a full church of people. This was followed by drinks and biscuits which the children really enjoyed.

Our children love Wednesdays when our very own Open The Book team come into school and take assembly.

### **Crickey Moses**

The end of year performance was amazing. Talented pupils from years 4, 5 and 6 all entertained and wowed three full audiences at the the Tolmen Centre. It really was a memorable and great show that we are all very proud of.

### **Sports Day 2019**

Another great competitive Sports Day took place in June, with blues taking first place for the first time in many years. We were blessed with wonderful weather too.

### **Isles of Scilly Camp**

Forty pupils braved the Scillonian and experienced a wonderful five days camping on the islands. One of the highlights was seeing many puffins and seals and being so close to them.

### **Olympic swimmers visit**

We were all fortunate enough to meet Amy Smith and Joe Roebuck. When they came in we all completed a fast and furiously energetic circuit training session and then they lead an inspiring whole school assembly. It was a great afternoon and whilst having fun mixing with athletes we have also been raising money for future athletes and our school. Over £450 was raised.

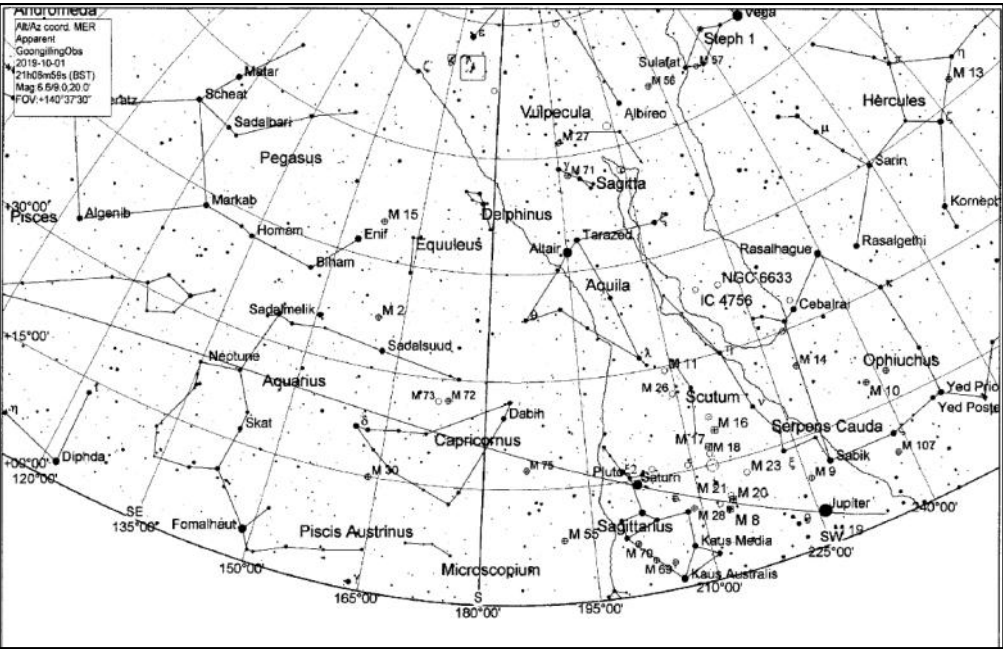
# Night Sky

The late evenings will show the Milky Way stretching across the night sky from east to west. The Plough is now well down on the northern horizon, whilst high overhead is the M31 Andromeda Galaxy, a collection of some 400 billion stars. With binoculars this appears as an oval smudge, but then it is 2.3 million light years away and generally held to be the furthest object that can be seen with the naked eye. To the ancient Chinese a tortoise and tiger lurked in this area of the sky.

In the east the rising of the Pleiades, the Seven Sisters, reminds us that summer is slipping gently into autumn. The ancient Greeks and Romans associated this cluster and its neighbour the Hyades with stormy autumn weather. To the left of the small group of stars making up the Triangulum, the Triangle, which, unlike many constellations looks like what it represents, is the hero Perseus. One of his many bright stars is Algol( Arabic Ras Al Ghul,Head of the Demon);its name probably stems from its reputation as a sinister star as it varies in brightness quite noticeably to the naked eye over a period of just under 3 days.

Low down in the south, close to the horizon lies a distinctive whitish star,Formalhaut,25ly away, a first magnitude star in the Southern Fish, Piscis Austrinus.It is one of many stars now known to have orbiting dust rings and planetary systems imaged by the Hubble telescope in 2012.

Almost overhead is Cassiopeia, a W shaped constellation, the main stars offer a variety of colours within the star swarms of the Milky Way.The middle star, known by the Chinese as Tsih, is a massive rapidly rotating blue white Sun, while Shedir to the right in the W is Orange, and the right hand star Caph looks white.



**Robert Beeman**

There is a meteor shower to look out for, the Orionids which are dust and debris from Halley's Comet which visits us every 75 years. The radiant is midway between Castor/Pollux and Betelgeuse. They start in early October and peak on the 21st, given good conditions we might see 18 per hour. As ever the best time for meteor observing is after midnight but that is not to say that you will not see any beforehand; at midnight on the 21<sup>st</sup> the radiant will be almost due east and the Moon is favourable.

Planets are in short supply during this period, both Saturn and Jupiter will by early October have set by about 1030pm, Mars will be an early morning object rising not long before the Sun so if you do decide to view, be very careful. The upside to this is that there is plenty of opportunity for lunar observing, look out for the Super New Moon on the 28<sup>th</sup> September, Moon rise being at about 5am.

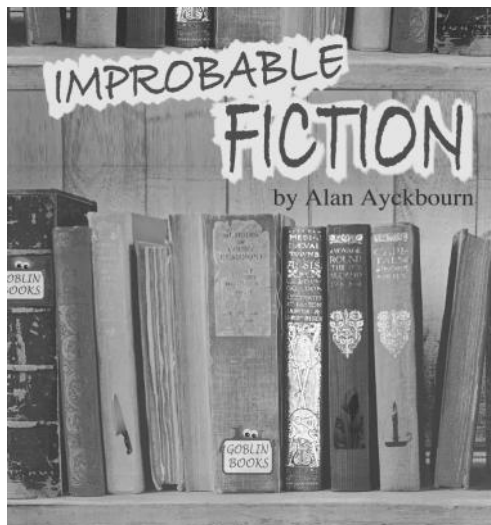
Wishing you all clear skies

### ***Have you got space for our Community Container?***

Transition Constantine is seeking a semi-permanent or even temporary location within reach of the village to park their ISO container.

It measures 20 ft x 8 ft x 8.5 ft high and currently contains our mini-wind turbines, but would be suitable for a future tool store or other community based possibilities.

Any suggestions or offers - please contact the group at:  
tmconstantine@btinternet.com.



This year, Alan Ayckbourn celebrated his 80<sup>th</sup> birthday and 60 years since his writing debut. Gweek Players is also celebrating these milestones by presenting the 69<sup>th</sup> of his, to date, 83 plays, *Improbable Fiction*, a comedy about a creative writing group. At their monthly meeting, strange events inadvertently unleash their collective writer's block. Performance dates: 6-9 November 2019. For ticket information go to [www.gweekplayers.co.uk](http://www.gweekplayers.co.uk).

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## Port Navas Village Hall Events

*If you would like your name adding to our mailing list please contact me, 340214 or m.b.scott@btinternet.com. The hall can be booked for private events by ringing Cate Jones on 01326 340581 or cate.jones@btinternet.com. There is a modest charge.*

### Pope's Garden Squad

We need more people to join the group and help to keep our community garden tidy  
Monday 11th September 10.00 am - 12.00  
Gardening and chat followed by well deserved coffee and biscuits!  
Bring your own gloves, trowels etc



### Port Navas Art Group

Thursdays 1pm-4pm, 19th September to 5th December

An informal group meeting each Thursday through the winter for art enjoyment. Contact Francesca Stuart on 01326 341119 or franstuart@icloud.com



### Frugi

Wednesday 25th September at 7pm  
Lucy and Kurt Jewson

From Fore Street, Constantine to Buckingham Palace, Lucy & Kurt tell the story of the award winning ethical clothing company, which they started in their spare bedroom in 2004 and is now a global brand. £7 to include a pasty. To book a place ring Margaret on 340214



### Kernow French Speaking Group

Join our friendly & relaxed group on  
Wednesdays at 3pm

Autumn term starts in October

For more information do contact me on  
7931974816 or

fernwharrison@yahoo.com

Facebook: Kernow French Speaking Group

### Soup Kitchen

Wednesday 2nd October from 12.30pm  
Now a village tradition.

This is the first of our monthly gatherings throughout the winter. The soup, a choice of two, is made by local friends. Soup and Crusty bread. £3. Booking not required.



### Alchemy Tiles Workshop

Saturday 5th and Sunday 6th October  
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 home made cake on both days.

You'll be making up to 5 of your own tiles; each tile is approx. 14x14cm with a RRP value of £30 each. 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



### Shipwrecks around the Cornish coast

Wednesday 23rd October at 7pm  
John Strike, £7 to include a pasty. To book a place ring Pauline on 250604.

# The Constant Times

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## Submission Deadlines:

Deadline for news items, calendar entries and other submissions for the **Nov/Dec 2019 & Jan 2020** issue is

**15 October 2019.** 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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