

## Tolmen restoration hampered by bad weather but funding rolls in

Tracey Clowes

(Hon. Chair Constantine Enterprise Company)



In good fine weather on Monday 14 December, work began to replace the surface of the Tolmen Centre car park. All was going well and in just two days we were ahead of schedule with the old surface dug out and removed. Finding the condition of the existing substrate such that no additional hardcore was required to make the surface good, we were ready to have the cement base poured. However on Wednesday 18 December the rain started!

### The Rain it Raineth...

Unusually wet, even for this time of year, work was unable to continue as two clear dry days were required for the cement to be delivered, laid, imprinted, and to set. So the weather, combined with Christmas holidays, a scheduled Tolmen event, and contractor illness meant work was unable to continue.

On Monday 6 January the contractors returned to reinstate drainage along the path towards the kitchen gate, which had been covered by the old tarmac surface.

*Continued p2*

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### Tolmen restoration update (Cont'd)

This completed we were once again facing a poor weather forecast and another scheduled event on Friday 10th. Because the concrete is supplied in bulk by a separate contractor, it has to be booked in advance and paid for, and once in the lorry we are committed to it, so getting a slot with the cement company to coincide with the builders' availability, and a good forecast



reliable enough to advance book cement, required some good fortune. By the time you read this I am hoping you will have been walking across or parking on the new surface for several weeks!!!!

### Meanwhile funds continue to roll in

Our fundraising has continued apace since I last wrote, and the Constantine Enterprise Company (who own the Tolmen Centre) are thrilled to announce that just before Christmas we received a donation from the Charities Aid Foundation for £15,000 and a pledge for funds of £4,000 from the Bernard Sunley Trust. We applied for grants from the Trusthouse Foundation, Cornwall Council, Community Chest Fund, and Isles of Scilly Steam Ship Company whose deadlines for submission were just before the end of last year, and we are hoping to hear back from all three in the next few weeks. We are so hoping that we will receive some success and are able to start work on the roof before too long as over this extended period of bad weather the dilapidated gutters haven't coped at all well with the debris coming off the roof leading worryingly to more water ingress, very evident on the ground floor west wall. We have funds in

place from the Tanner Trust which will allow us to begin some of the work on the windows in the building but crucially for any window work we are looking towards the better weather so I suspect we shall have to be patient!

As I said in my last article we absolutely could not do any of this without your continued support with donations, or just wonderful words of advice, encouragement, and the occasional hug. You are what keeps us going!

*Sally & Alfie Coot wish to thank everyone for the many cards, gifts and flowers on our retirement from the Save The Children shop.*



*We both wish the shop all the best for the future.*



## More great music at the Tolmen Centre

Dougal Jeffries

This season offers a great variety of music, starting on Sunday Feb 16 with the Cornish bluegrass-and-more band, Flats and Sharps. On Saturday March 7 something very different: IMS Prussia Cove brings a classical ensemble offering an accessible programme of classical music including Dvorak, Schumann, Weber and contemporary composer Magnus Lindberg.

A week later on Saturday March 14 DLM, a trio from Bristol, bring a blend of folk, jazz and pop. Lastly, on Wednesday March 25 we are thrilled to see the return of two of our favourite artists, this time playing as a duo: Chris Garrick (of Budapest Cafe Orchestra fame) and John Etheridge (jazz guitarist extraordinaire).

Finally, if you want to catch the award-winning folk band Lau on May 30 you will need to book well ahead as half the tickets have already gone! You can book online via our website [www.tolmencentre.com](http://www.tolmencentre.com).



## Exciting childcare at BF Adventure this half term!



Parents of 6-13 year olds - treat your children to the most exciting childcare in Cornwall! Our Holiday Activity Days follow a structured set of activities and with a wide range of age specific challenges. We have children coming back time and again to experience something new.

Take your pick from rock-climbing, abseiling, zip-lining, kayaking, canoeing, quarrysteering (our own version of coasteering!), archery and our popular adventure team-building games!

Full or half days are available to fit around your schedule. A full day begins from 08:30am and consists of a morning and afternoon adventure. We'll supervise lunch time, so all you need to do is drop off your children in the morning and pick them up after the afternoon activity. Each day includes both adventurous and light activities, so there's something for everyone. No two days in a week are the same and your child will be talking about this for weeks.

### Money goes to charity

All profits from our activity centre support our core charitable programmes, where we support local disadvantaged children and young people facing some of life's toughest challenges.

*You can find out more here or to enquire, please contact Berni at [bookings@bfadventure.org](mailto:bookings@bfadventure.org) or call 01326 340912 and choose option 3.*



## Can you Help?

### Have you an hour to spare?

Falmouth Age Concern is a small, independent, local charity helping isolated and lonely elderly people in Falmouth, Penryn and surrounding areas. We have been running our befriending service successfully for over 15 years and have now, thanks to lottery funding expanded into the Constantine area.

Our primary purpose is to alleviate loneliness and improve well-being among the elderly. We also run a number of clubs, classes and social events during the year for anyone over the age of 65.

- Do you know an elderly person who may be lonely, is isolated or house-bound and who would benefit from seeing a friendly face?

- Do you have an hour to spare to maybe visit someone in your community who is in need of some company, talk with and listen to while having a cup of tea?

It really is that simple to make a huge difference to someone's life so if you feel you can help in any way we would love to hear from you. Please contact the office on 01326 313620 or Email [falmouthbefriending@btinternet.com](mailto:falmouthbefriending@btinternet.com)  
Many thanks, FAC.



**Save the Children**

## CAN YOU HELP?

*Four members of Save the Children Fund Raising Committee would like a well-deserved break. Would anyone like to join the remaining two members (the Treasurer and the Secretary) and make a difference to the future of children throughout the world? I promise the work will not be onerous!*

*Also, if you are interested in volunteering to work in the shop, please contact me; you would be very welcome to join the group.*



*We are very grateful to receive all donations **BUT** our store room is the size of a small single bedroom and so storing summer clothes and Christmas items donated in December, Halloween outfits donated in March and winter clothes donated in September is a **big** problem! If you could please hang on to seasonal items until nearer the appropriate time, we would be very very thankful.*

**Ann Mullaly**

**[ann@mullaly.uk](mailto:ann@mullaly.uk) 07703 222270**

## Local artist profile

The Editor

*To celebrate Constantine's long-established artistic heritage, The Constant Times is featuring profiles of local artists. If you are an artist, sculptor or performer and would like to be featured, please contact the Editor.*

### Nell Kerr - Landscape Artist

*"For whatever we lose (like a  
you or a me),  
It's always ourselves we find in  
the sea"* E.E. Cummings

Having lived in Cornwall for most of the last sixteen years, I moved to Constantine in 2016, and have found the creeks, rivers, beaches and shorelines of the area to be an abundant source of inspiration. I feel very lucky to be able to live and work in such a beautiful part of the country, and one which has such a rich artistic heritage.

I completed my Art Foundation course at Plymouth College of Art and Design, and went on to do a BA in Fine Art Painting at Coventry University. My current paintings are studies of the surface of the water: how the light affects it, how it moves, how it feels, how it sounds. Using traditional methods of oil painting the aim is to evoke the essence of moving water, from crashing waves to placid ripples.



Spending time in and on the water as often as possible is what informs my work. My studio sits right next to a stream that eventually feeds into the Helford River, which serves as a constant reminder of its proximity.

Spending so much time near the rivers and the sea and studying them so closely has also given me a deep appreciation for how important it is to protect and preserve our environment.

Last summer I showed some of my paintings at Port Navas Village Hall, in a joint exhibition with glass artist Bryony Lane. My work has also been shown in Coventry, Bristol and Hay on Wye. It features in several private collections, both here and abroad.

More examples of my painting can be seen on my website: [www.nellkerr.com](http://www.nellkerr.com)



## Happy to be back at school!

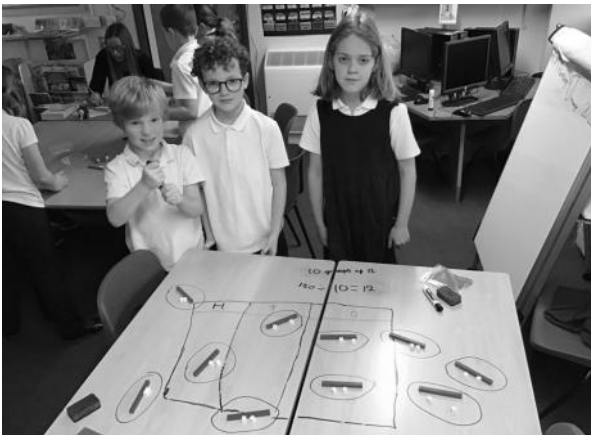
Some children in Helford Class are more than happy to be back at school after a great school holiday.

### New Maths equipment

Year four are excited to be using the new maths equipment that arrived as we returned to school. 'Base Ten' to help with our division and many other areas of the maths curriculum. Resources are so expensive and school has little money to spend on them, but when these arrived we couldn't wait to start using them.



The children in Tamar Class responded to Hurley's incredible image with a series of white on black drawings. They used white conte pastels, white chinograph pencils and compressed charcoal to create their haunting images.



### Active start to 2020

We all learn to improve our skills in gymnastics at Constantine School. Agility, balance and coordination are all required along with great control in order to be successful. We work on

### Art and Antarctica

The Endurance was a three-masted ship in which Sir Ernest Shackleton sailed for the Antarctic in on his ill-fated 1914 Imperial Trans-Antarctic Expedition.

It was sunk on 21 November 1915, after being crushed by pack-ice in the Weddel Sea, but not before Frank Hurley, the expedition's photographer, captured her for eternity in arguably his most famous photograph.



## Cags Gilbert, Head of Constantine School

our core strength and practise our skills on the floor, low and high apparatus. Year six are joining skills to perform a sequence working on their own skills as well as supporting others with tips for improvements. Headstands have been the most popular latest addition to our routines and the children have shown great perseverance and commitment to strive for Excellence.

### Competitions

Well done to our four gymnasts who did amazingly well at Partnership finals coming third overall. The level of competition was extremely high and they did themselves and our school very proud by performing a vault, body management and floor routine each, so well.



We have swimming galas and sports leagues coming up so watch out for an update report in the next edition...

### Be a school governor

Constantine is a village with an abundance of community spirit. At its heart, our school is dedicated to serving local families by providing a good education underpinned by the Olympic values of friendship, courage, equality, determination, excellence, inspiration and respect. Have you thought of becoming a



community governor, using your skills to help the school in its development? If you would like to know more or wish to meet our friendly team, it would be great to hear from you. *Please contact me through the school (Tel 01326 340554) or email secretary@Jude Carroll (Chair of Governors)*



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## HELFDORD VOLUNTARY MARINE CONSERVATION AREA

February and March sees the last two Helford Marine Conservation Group events at Gweek Village Hall before moving outside for the Spring and Summer.

### **Saturday 8 February – Cornwall Red Squirrel Project**

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

A talk by Natasha Collings-Costello about the Cornwall Red Squirrel Project which aims to reintroduce native red squirrels back on the Lizard. Established in 2009, the Project has been working towards removing grey squirrels and re-establishing a suitable habitat for red squirrels. With red squirrels now being captive bred in Cornwall the project is working towards its first release. Event organised by Helford Marine Conservation Group.

### **Saturday 29 February – The Migration of Common Birds in Cornwall**

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

The British Trust for Ornithology (BTO) is the UK's leading ornithological charity. Cornwall's BTO Regional Representative Simon Taylor will be talking about the amazing feats of migration undertaken by common birds in our county and some of the citizen science behind our knowledge. Where do these birds come from? When do they arrive and depart? These are some of the questions that we are only now getting answers for.

### **Saturday 28 March – Where to Watch Wildlife**

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

Helford Marine Conservation Group's AGM with supper. Renown wildlife photographer David Chapman will give an illustrated talk on some of the best locations in the county for watching wildlife both in Cornwall and the Isles of Scilly. He will also look at some of the changes that have occurred in the world of wildlife in recent times as well as introducing his exciting new book. Please book if you would like supper. Cost £5 email

[coordinator@helfordvmca.co.uk](mailto:coordinator@helfordvmca.co.uk)

*For more information about the Helford Marine Conservation Group please go to [www.helfordmarineconservation.co.uk](http://www.helfordmarineconservation.co.uk)*

### **GWEEK PLAYERS IN APRIL**

For their next production, **Gweek Players** will be performing **Blithe Spirit**, Noel

Coward's celebrated comedy about a novelist,



Charles Condomine, and his second wife, Ruth, who, thanks to eccentric medium Madame Arcati, are literally haunted by his first wife, Elvira. When she appears, visible only to Charles, and determined to sabotage his current marriage, life - and the afterlife - get rather complicated. Performances: 21 to 24 April at 7.30 (extra performance on the 21<sup>st</sup>) and matinee on Saturday 25 April at 2.30. Tickets: £10, including dessert, on sale soon. Venue: Gweek Village Hall.



## Transition Constantine bid to restore Glebe Garden Caitlin DeSilvey



The Glebe Garden is an area of 2.12 acres adjacent to the Brillwater stream, owned by the Diocese of Truro. It was developed in Victorian times by one of the village vicars and was later planted as an orchard by a local family.

More recently, the lease was taken in 1989 by the Parish Council, and substantial restoration and maintenance was carried out in the early 1990s. The Parish Council lease lapsed some years back, and although a footpath through the land remains, it has largely reverted to an un-maintained woodland with informal public access.

At the end of 2019 the Glebe land was advertised for sale or lease. After initial discussions, Transition Constantine submitted a tender on the 2 January deadline with a tentative proposal to lease

the land and secure continued public access. The Diocese has now confirmed that it is willing to offer the woodland to let to Transition Constantine, pending approval from the Constantine Enterprises Company (CEC) Board.

Transition Constantine is interested to consult with the wider community to establish the scale of support and the focus of interest of those wishing to be involved, should the proposal go forward. Some general principles for future management are emerging from conversations with interested parties: there will be no commercial activity; the land will be lightly managed as a community woodland and wildlife reserve; any restoration work will be carried out gradually and incrementally, to preserve the special character of the place.

Transition Constantine is currently gathering expressions of interest and support from local residents.

*If you would like more information, please email Robin Curtis: [tmconstantine@btinternet.com](mailto:tmconstantine@btinternet.com).*



## Constantine Cottage Garden Society

### November talk by Dr. Colin French

Colin looks after the records of plants in West Cornwall. He explained that the first records concerning plants were made in 1570, with few other recordings made up to 1820. In 1900, recordings of plants reached a peak, but after 1970 even more recordings were made. During the next 20 years, up to 1.25 million recordings were made by dividing the land into 2km squares in order to make detailed surveys. In 2007, 1km square surveys were started and the findings computerised.

In Cornwall, Par has the most species, some 600, and Bodmin the fewest. Today, 2.25 million plant records have been made.

Colin showed pictures of rare plants recorded in the latest survey. e.g. 1 Perennial Centaury is one of the rediscovered plants, which were previously thought to be extinct. 2. Several hundred species new to Cornwall have been discovered, such as Sea Daffodil. 3. Several plants new to science have been found, such as a new hybrid orchid growing at Crousa Downs. 4. Dozens of plants new to Britain have been recorded. These are mostly alien plants, but a few are native plants not previously known.

He then showed pictures of some rare plants found locally. e.g. 1 Pennyroyal Mint. A few of these endangered plants grow naturally on a footpath near Mullion Holiday Park. When checked recently, it was noticed they were thriving in patches on part of the field next to the path. This part of the field had a horse grazing on all the vegetation except the mint which was able to proliferate. 2. Prostrate Juniper Trees. There are only 13 natural trees in the world which grow near Ky-nance Cove. Despite efforts to increase

numbers using cuttings planted near the original trees, they were nearly destroyed by fire from a badly aimed flare and nearly eaten by recently introduced Highland cattle.

Colin showed several maps of rare plant locations and they showed that most grow in coastal areas of Cornwall where there are few people, poor soils and are not disturbed by modern farming techniques.

### Christmas Party



Thanks to Janet and Jenny, the WI Hall was carefully arranged for the Christmas party. Neil Wiseman had kindly sent money for liquid refreshments and members brought in lots of party food. Although numbers attending were less than usual, there was something called an "election" on the same evening, a good time was had by all.

### January talk by Mark Harris of The Potager Garden

Mark Harris, who has been in charge of Potager Garden at High Cross for some 10 years, gave an inspiring interesting and amusing talk.

The garden was started some 20 years ago by Dan, a gardener, and Peter, an

## Howard Bolt

architect. They had visited what remained of High Cross Nurseries to arrange to use some greenhouse space and ended up buying the whole nursery. They could only work at weekends, because they both had jobs, but with the help of friends and family, set about transforming the overgrown nursery. They had little money but gradually cleared areas and started replanting them in a 'small room' philosophy.

Eventually, the Potager opened to the public on Sundays using a greenhouse for a small cafe. They have held candlelit evening events such as a tapas meal eve-



Studios were created in greenhouses so that craft people could rent spaces to carry out their work, which helped the project become more financially viable. As more people have joined the project they have all shared skills.

The new cafe now has a relaxed atmosphere, serving vegetarian food, where possible grown on site. There are currently 2 potters working there, some of their pots are for sale with plants reared on site. There is a children's group on Wednesday mornings as well as the following: Foraging courses, green woodworking courses, a bee study group, a variety of craft work including linocut art work, fine art, jewellery, furniture, metal work, print work. There is a dementia group which works in the garden.



ning, a Japanese meal evening, a Christmas Roast. Day events have included 'paint in the woods' and 'nature bugs'.

There is no master plan, but all the people working on the project know roughly the direction they want to go. Mark is their facilitator and is doing a most successful job.

Mark arrived in 2006, hoping to use space in a shed to build boats, and succeeded creating a pleasing wooden sail craft. He gradually got involved with the gardening aspects of the project. He bought a tractor to help deal with lower growing vegetation and a chain saw to help remove taller plants and trees. Mark's work became somewhat 'The Good life' based.



## The Constant Times CONSTANTINE CALENDAR

### Regular events during February & March

**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)** - REFIT Class 6.30pm Church Hall, info@madsallfit.co.uk, 01326 340096

**Tues (every)** - Band practice, Social Club. Beginners 7.00pm. Main band 7.30pm. New members welcome. Free tuition and instrument loan.

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

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

**Thurs (every)** - Body Blitz/Circuits Fitness 6.45pm Church Hall, info@madsallfit.co.uk, 01326 340096

**Thurs (every)** - Pilates for Men, WI Hall, 10.45-11.45am. Booking essential. Contact Lynn Wise on 01326 290360 or via www.lizardpilates.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.

**Thurs (every second of the month)** Transition Constantine, 7:30pm, Queens Arms

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

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

**For Tolmen Centre events, see pages 14/15.**

### Other February events

**Mon 10** WI Annual Meeting followed by Tea and Chat. 7.15pm.

**Mon 24** WI Soup & Pud

**Mon 17** One & All Club. The Cameo Group. Social Club 2.15 start.

### Other events in March

**Mon 9** WI meeting - Lynn Kentish helping us all make a Willow Heart. 7.15pm

**Mon 16** One & All Club. Ronnie Rashleigh. Social Club 2.15 start.

## WORLD DAY OF PRAYER 2020

*(a women-led, global, ecumenical movement)*

Friday 6 March at 2pm  
St Constantine Church



*“Rise! Take your mat  
and walk!”*

Written by the women  
of Zimbabwe.

World Day of Prayer is an international inter-church organization which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers.

The Day of Prayer is celebrated in over 170 countries. It begins in Samoa and in native prayer languages travels throughout the world – through Asia, Africa, the Middle East, Europe and the Americas – before finishing in American Samoa more than 36 hours later.

Do please come and join us in our service in Constantine. Everyone is most welcome to attend.  
Followed by refreshments.

## St Constantine Church Services

### February

**Sun 2** - 8.00am BCP Holy Communion  
10.30am CW Holy Communion

**Sun 9** - 8.00am BCP Holy Communion.  
10.30am CW Holy Communion

**Sun 16** - 8.00am BCP Holy Communion  
10.30am CW Holy Communion

**Sun 23** - 8.00am BCP Holy Communion  
10.30am CW Holy Communion

**Weds 26** - 7.00am BCP Holy Communion  
with Imposition of Ashes

### March

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

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

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

**Sun 22 - Mothering Sunday** 8.00am  
BCP Holy Communion 10.30am CW  
Holy Communion

**Sun 29** - 8.00am BCP Holy Communion.  
10.30 CW Holy Communion

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

Thursday 10.00am BCP Holy Communion  
followed by Ladies Fellowship

Thursdays 10.00am BCP Holy Communion  
followed by Ladies Fellowship

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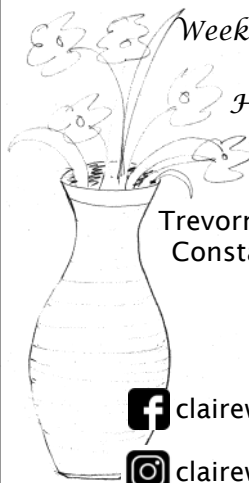
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Night)



## Pottery with Claire Winterton

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## What's On at the Tolmen Centre - February & March

Monday 27 January - Saturday 14 March

### **The Festival of Curious Puppetry**

The Tolmen Centre is participating as a venue in the exciting project The Festival of Curious Puppetry, which is running during February and March in and around the Falmouth area. Check out [curiouspuppetry.com](http://curiouspuppetry.com) to see the full scope of what is available – there is a whole range of performances, talks, and workshops. The festival is supported by the Arts Council, Little Angel Theatre, Feast, AMATA and The Poly, and curated by Sarah Wright who is an Associate Artist of Little Angel Theatre and of Kneehigh.

7:30pm Saturday 8 February

### **Tales from the Trees**

'Tales from the Trees' is a terrific tangle of puppetry, storytelling, live music and comedy, with a theme that embraces natural history, folklore and ecology. Listen! The trees have tales to tell. Meet some friendly forest creatures and encounter crazy characters from folklore and fairy tales!...

Tickets £5, Children £2.50, Family £12



7:30pm Wednesday 12 February

### **Rocketman**

Rocketman is an epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John. This inspirational story — set to Elton John's most beloved songs and performed by star Taron Egerton — tells the universally relatable story of how a small-town boy became one of the most iconic figures in pop culture. Tickets £4



Mid February / March

### **British Insects**

Step back into an era of the first world

explorers and natural discoveries, with fascinating curiosities to inspire and ignite a passion for the incredible diversity of wildlife on this beautiful planet. There will be an exhibition of British insect artwork by Rae Gray, with originals, prints and gifts for sale. As well as experts in the field of the Natural World, there will be nature based workshops and lots more in store. So come along, bring the kids, and enter a world of discovery!

10:00am - 4:00pm Thursday 20 February

### **British Insects Workshop**

Nature based workshops and lots more in store. So come along, bring the kids, and enter a world of discovery!

7:30pm Sunday 16 February

### **Flats & Sharps**

Flats & Sharps, Cornwall celebrated bluegrass band, will be making their welcome second appearance at the Tolmen Centre on Sunday February 16th 2020.

Delivering energetic, enthusiastic and spirited Bluegrass to audiences all around the world, Flats and Sharps have been performing their unique take on this music for over eight years. Their shows include a wide variety of influences, from a fresh and modern outlook on foot-stomping Bluegrass material through to their powerful and well-crafted original songs, with beautiful moments everywhere in between. Their music perfectly blends strong harmonies and stonking solos, their incredible stage presence and energy create an evening that'll have you dancing, laughing and singing along in no time.



7:30pm Wednesday 26 February

### **Bait**

*"Mark Jenkin's breakthrough feature is a thrillingly adventurous labour of love – a richly textured, rough-hewn gem in which form and content are perfectly combined. A refreshingly authentic tale of tensions between locals and tourists in a once-thriving fishing village."..... Mark Kermode. Tickets £4*



Saturday 29 February

### **The Assembly of Animals**

The Assembly of Animals comes to the Tolmen Centre for two performances. Part installation, part sculpture, and part puppetry performance, this is an exciting addition to our spring programme as part of the "Festival of Curious Puppetry". The show, which is suitable for all ages from 3 upwards, lasts a bit over half an hour, followed by a discussion led by designer Tim Spooner in which audience members can explore the objects used and see how they function.

The Assembly of Animals has been performed widely across the UK and Europe to audiences of all ages and has been part of the British Council Showcase, which takes standout shows from the Edinburgh Fringe to wider audiences.

Performances at 2pm and 5pm.



7:30pm Saturday 7 March

### **IMS Prussia Cove**

In association with Carn to Cove Appealing to all ages, world class musicians are bringing an accessible programme of classical music to Constantine. This will include Weber's exuberant Clarinet Quintet alongside works by Dvorak, Schumann and the hugely entertaining work Steamboat Bill Junior written by contemporary Finnish composer Magnus Lindberg in homage to Buster Keaton's silent film of the same name.

Tickets £9, Child £7, Family £25

Free for 8 to 25 year olds – telephone bookings only – quote 'Cavatina'.



7:30pm Wednesday 11 March

### **Sorry We Missed You**

Ricky and his family have been fighting an uphill struggle against debt since the 2008 financial crash. An opportunity to wrestle back some independence appears with a shiny new van and the chance to run a franchise as a self-employed delivery driver. It's hard work, and his wife's job as a carer is no easier. The family unit is strong but



when both are pulled in different directions everything comes to breaking point.

*"Loach at his most insightful and clear-eyed."*.....Telegraph

Tickets £4



7:30pm Saturday 14 March

### **DLM**

DLM are Andrew Cresswell Davis, Clare Lindley and Brian Mullan. They play guitars, cello, violin and ukuleles, and use three part harmonies to create a sound full of warmth and rich in dynamic contrast. Strong writing, beautifully arranged, and performed by three highly accomplished musicians.

Tickets £10.



7:30pm Saturday 21 March

### **Twisted Tales 2**

Back by popular demand is Twisted Tales Vol. 2; a brand new show by 'Owdyado Theatre Company touring in 2020. Following on from the huge success of Twisted Tales, which toured across the country in 2018 and 2019, this show is a new trilogy of darkly comic 'tales of the unexpected.'

Tickets £10, £8, Children £5



7:30pm Wednesday 25 March

### **Chris Garrick and John Etheridge**

John Etheridge and Chris Garrick have been associated for many years. The duo provides a feast of interplay, improvisation and eclectic repertoire. Both players make extensive use of looping and other effects-creating exotic tapestries of sound, almost orchestral at times, yet can seamlessly switch to the most acoustic sound. They can evoke Reinhardt and Grappelli and then summon up the spirits of the electric avant-garde, atmospheric and hypnotic. They can roar, seduce, whisper. Jazzwise described their relationship as "one of the most potent in European Jazz".

Tickets £12



## Night Sky

Robert Beeman

As Orion moves westwards it seems to drag Arcturus up into the eastern sky and early in February it will be visible low in the east. By the middle of March Arcturus will have climbed quite high in the south east at the foot of Bootes the Herdsman. It is an enormous star, 25 times the size of the Sun and a 180 times more luminous when the infrared output is included.

Further west look for Regulus in Leo, at the foot of what looks like an inverted question mark. Regulus, 79 ly from the Sun is almost on the ecliptic, the imaginary line in the night sky defining the orbit of the planets.

Ursa Major the Plough will be high in the night sky at midnight in early March, the two front stars Dubhe and Merak, the pointers, lead to Polaris the pole star. The second star of the plough's handle Mizar has a fainter companion star Alcor which is just visible with the naked eye. There are a pair of galaxies bright enough to be seen through binoculars in the far north of the constellation, Bode's Galaxy (M81) and the Cigar Galaxy (M82). M82 is almost edge on to us but M81 is tilted at less of an angle, these galaxies are about ten million light years away and are interacting with one another.

There are some good photographic opportunities in these two months, but be warned this can become addictive!! Even given our weather you should be able to catch something;

1. At 2200 on February 9<sup>th</sup>, Albieba, the Moon and Regulus are nicely arranged in the SE night sky.
2. At 0630 on the mornings of February 18-20 the Moon, Saturn, Jupiter and Mars will be on display low in the SE. This display is repeated at 0530 on the mornings of

15-19 of March and at the end of the month on 31 March just the planets will be visible in the SE sky at 0600.

3. Venus and the Moon can make an interesting photograph so look to the west on 27,28 of February at about 2000. This display will repeat on 28, 29 March at 2100,

A DSLR camera on a tripod will give good results. If you have not got a remote shutter release then use the delay timer to avoid camera shake when activating the shutter. Camera settings will be down to individual camera/lens combinations but as a start point, a film speed ISO400, maximum aperture on the lens and let the camera work out the shutter speed and then adjust to obtain the best results. If you are using a telephoto lens then it may be worth checking the focus over a few shots as the infinity setting is not always the best for a sharp picture.

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## Constantine History Group

Don Garman

### October meeting

Peter Searle, from the Royal Cornwall Polytechnic Institution, identified the key stages of Falmouth's development in a talk entitled "Falmouth for Orders". The sheltered deep water inlet of the Fal was used for water borne trade from the Bronze age. Falmouth was just a small collection of fisherman's cottages in the parish of Budock until Henry V111 decided to build two forts. The Killigrews, living at Arwenack, encouraged the growth of the harbour, which began to be used by merchants and privateers, The Civil War brought change but at the restoration the town gained a Royal charter, adopted the Killigrew coat of arms and the King provided funding for a Church, a memorial to Charles 1<sup>st</sup>. In 1688 the packet service to Lisbon began and extended to other ports but steam was to be the death knell. The development of the docks reinvigorated the town's economy and the arrival of the railway began to bring tourists. The docks, with the addition of Pendennis Shipyard, despite challenges have continued to be successful.

that were used. The talk included fishing for pilchard and mackerel as well as shell fish. Jan explained the influences that brought about change including reducing fish stocks, the impact of



steam power and later the internal combustion engine. Today it is only the oysters in the Truro River that are worked using oars and sails. Members were impressed by the distances Cornish fishing boats travelled and the speed that they were able to achieve for voyages from Lowestoft to Mousehole. Jan shared several amusing stories and a number of photographs of Cornish fisher folk, which encouraged some laughter!

### Constantine History Group AGM

Following the AGM members of Constantine History Group learned about fishing around the coast of Cornwall using sail and oar from Jan Pentreath who drew on his excellent photographic collection to illustrate the different types of fishing in the past and the range of craft



## Constantine W.I. reports

Barbara Willoughby

We finished 2019 in style with a very Festive Soup and Pud Lunch when the Hall was bursting at the seams. Our Christmas meal was at Polurrian Hotel, a Carol Service at Constantine with our Group W.Is, Mawnan Smith, Budock Veian and friends, was very well attended. Members and friends also enjoyed a coach outing to see the Christmas Lights around West Cornwall, with Supper at The Meadery, Penzance. Such a festive end to our year. So Happy New Year to you all and Thank You for your support.

Our first meeting on January 13 was very wet and windy outside but "welcoming" inside and Mr John Bastin spoke to us on "Dynamic DNA" - not inspiring you may think but surprisingly, all our members joined in with "question time" and opinions throughout the evening. It was agreed that there were moral and ethical issues raised with the discovery of DNA and so far it has



mainly been used to help with medical issues, how cells work, reproduction, prevention of diseases etc. But how far should it be allowed to go - producing perfection in everything, humans, animals, food products etc. There are already cloned animals, and genetically modified food crops, what happens next?? It was a very interesting evening with many questions raised!! Mr Bastin was warmly thanked by Dominique.

Our next meeting on 10 February is our Annual Meeting followed by Tea and Chat. Our Soup and Pud will be on 24 February, something to keep the chill out of Winter months. On 9 March we have Lynn Kentish helping us all make a Willow Heart, a lovely gift for somebody. All our meetings are on the 2nd Monday in the month starting at 7.15pm and Soup and Puds during Winter months are usually the 4th Monday each month, from 12 noon, look out for posters in village to confirm and on W I Hall Notice Board.

We welcome guests and visitors every month and look forward to seeing you.



## Port Navas Village Hall Events

*If you would like to add your name to our mailing list please contact 01326 340214 or [m.b.scott@btinternet.com](mailto:m.b.scott@btinternet.com).*

*The hall can be booked for private events by ringing Cate Jones on 01326 340581 or by e-mailing her at [cate.jones@btinternet.com](mailto:cate.jones@btinternet.com) There is a modest charge.*

*All our events are featured on the Port Navas web page; do have a look for the latest information: [www.portnavas.com](http://www.portnavas.com)*

### Port Navas Art Group

Spring term 16 January to 2 April  
Thursdays 1pm to 4pm

Contact Francesca Stuart on 01326 341119 or [franstuart@icloud.com](mailto:franstuart@icloud.com)

\*

### Yallah Coffee Roasters - what makes coffee special

Wednesday 29th January at 7pm  
Richard Blake

An introduction to specialty coffee and what makes this industry different from the norm. How the coffee is sourced, the process involved in roasting it for flavour and the company's guiding principles.

To book a place ring Margaret on 340214 £7 to include a pasty.

### Pope's Garden Squad

4 March

10.00 am - 12.00 noon

Gardening and chat followed by well deserved coffee and biscuits!

Bring your own gloves, trowels etc  
Stay for the soup kitchen to warm up.

\*

### Soup Kitchen

Wednesday 4 March from 12.30pm  
Soup and Crusty bread. £3. Booking not required

\*

### Annual General Meeting

Wednesday 18 March at 7pm  
Refreshments after the business!

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## Constantine Parish Council Minutes

### Ordinary Meeting held on Thursday November 21, 2019

Introducing herself, Mrs Esther Richmond, Community Link Officer said that she has recently taken on the job and is anxious to get to know Councils and Councillors within the Falmouth and Penryn Network. She went on to describe the rôle of Cornwall's nineteen Community Networks as the principal link between Town and Parish Councils and the Unitary Authority. What individual Networks choose to do is a matter for members of the Network to decide: her rôle is that of a facilitator.

### CORNWALL COUNCILLOR'S REPORT

CCllr Bastin reported that:

The matter of the Comfort Wartha open space area is with Alan Mason, who is the Head of Planning Enforcement at Cornwall Council. It is his, Cllr Bastin's, opinion that the signed S52 legal agreement remains in force, despite the owners of the site saying they know nothing about it.

The path through the open space and on down to Bosahan Woods has been used without challenge for a continuous period in excess of 20 years and the Parish Council might therefore like to consider seeking a Definitive Map Modification Order

The dates for the collection of household waste and recycling materials over the Christmas period are available to view on the Unitary Authority's website. Considerable discussion followed concerning the Authority's proposal to discontinue the recycling bin service on the grounds of cost. Members noted that, despite the fact that the contents of Constantine's seven bins are collected on a

weekly basis, they are frequently full to overflowing. Members were concerned that the present proposal will have unforeseen consequences. In particular, there is a high risk of increased fly tipping (occasioning additional costs to the Unitary Authority to clear) and additional, environmentally unfriendly car journeys to the nearest council tip site. The rationale and figures being used to calculate the cost also appears to be open to question

He feels that a Community Emergency Plan is simply a matter of 'if that happens, we'll do this'. This prompted discussion concerning insurance for individuals helping others and the Clerk agreed to seek a definitive answer from the Parish Council's insurers in addition to an Emergency Plan the Council might like to consider the First Responder scheme under which people are trained in first aid to assist during the initial stages of an emergency before qualified help arrives

Training in non-confrontational reporting of dog-fouling, littering and fly-tipping is available from the Public Protection department at Cornwall. This process enables offenders to be reported to Cornwall Council and, possibly, for a Fixed Penalty Notice to be served on them by post

### PARISH COUNCIL MATTERS

#### Parish Councillors

The Clerk reported that interest in standing for co-option as a Parish Councillor has been expressed by Mrs Batley-Birch.

*Mrs Batley-Birch left the room while this matter was discussed*

**Cllr John Andrew**

Following discussion, Cllr Wickins proposed, Cllr Andrew seconded and it was agreed that Mrs Batley-Birch should be co-opted as a Parish Councillor.

*Mrs Batley-Birch was invited to return to the room.*

Cllr Mrs Batley-Birch signed and read aloud her declaration of acceptance of office before Mr Chapman, Clerk to Constantine Parish Council, the Proper Officer. The Chairman welcomed Cllr Mrs Batley-Birch as a member of Constantine Parish Council.

**Meeting on Tuesday December 10, 2019**

Mr Kok, acting as the spokesman for the Comfort Wartha Residents'

Association, thanked the Council for its support in the matter of the earlier application for the development of the Public Open Space in the close. The more recent application to remove the Section 53 agreement is now a cause of concern.

The fact that the play area has not been formalised is the fault of the applicant, but residents actually prefer the green, informal open space. Within eyesight of their parents, children can play safely and naturally and enjoy the open countryside – and have been enjoying doing just that for some thirty years.

He asked the Parish Council to seek refusal for the current application PA19/10056.

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## Another ap-peal for bell ringers ...

Constantine Bell Ringers

We'd still dearly like more people, young or not so young, to join our 'band' and learn to become fellow bell ringers. After all, what other unique 400 year-old team activity keeps you fit, exercises your mind and can introduce you to new friends? And we have a good laugh!

Ringling is well within the capabilities of most people: young or old; male or female. After just a few initial half-hour one-to-one sessions with experienced teachers to learn the basics, and then attending several subsequent practice nights, learners can usually begin ringing with the rest of the band.

You don't have to be particularly strong, know anything about music, or even be or become a churchgoer. Instruction is carried out safely under close supervision and begins with a trip up the tower to see how the bells work, followed by some explanation and demonstration of technique, before having a go yourself on the end of the rope. There's no obligation to continue if it isn't your 'thing', but once you've tried it you'll probably want to do more!

Our practice nights are on Tuesday evenings from 7.45 to 9.00pm and all are welcome to come and watch, but if you would like to have an introductory one-to-one 'taster' session, please telephone Jane Mann, Tower Captain, on 01326 375502 or e-mail [randjmann@yahoo.co.uk](mailto:randjmann@yahoo.co.uk).

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# The Constant Times

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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

**April & May 2020** issue is

**15 March 2020.** 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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