

## Can you help support the wildlife of Bosahan Woods?

Terry Swainsbury

As part of a programme to support the biodiversity of Bosahan Woods, it is planned to place a number of bird, owl and bat boxes at suitable locations. This is a community project that you may like to help with.

Since coming into ownership of the village, as a result of a generous benefactor, Bosahan Woods has become the responsibility of all of us who care, not just for this beautiful place, but nature in general. This is a great opportunity to enhance the habitat by encouraging more birds and bats to think of the woods as their home. I am therefore looking for anyone who has basic carpentry skills to build a bird, owl or bat box



using the simple plans that I can provide. The plans give details about the materials and tools needed.

At the moment, the idea is to number and place the boxes in sites that will optimise their use. Once fixed to a particular tree, it is hoped that the locations will be recorded on a map available for everyone visiting the woods to use.

(Cont'd p2)

### Also in this issue...

Tolmen Centre Restoration milestone - **Page 5** • Looking back on Silver Band's Golden Year - **Pages 10-11** • If you go down to the woods today - **Pages 12-13** Goings-on at Goongillings - **Pages 18-19** • Village recycling bank going - **Page 21**



## Can you help support the wildlife of Bosahan Woods? *(Continued from front page)*

I am a novice carpenter myself with limited skills. The plans are very simple, although the bat and owl boxes require a little more work. If you have a young family, this could be a great opportunity to involve your children in the making. Once in situ, you and your family will have your own, small real



estate and investment in the future of the woods. Part of my motivation for this project is to encourage present and future generations to enjoy this wonderful place and to promote a personal responsibility for the woods and its management.



I'm also thinking of setting up a feeding station for birds that will be maintained all year round. Hopefully, with your help, we can make Bosahan Woods a special place for humans and animals alike.

For plans or advice, please contact me either by email or phone. I can then send you the appropriate plans that have been provided by Cornwall Wildlife Trust.

*Email: [terry.swainsbury@gmail.com](mailto:terry.swainsbury@gmail.com)*

*Telephone: 01326 340661.*

---

## Constantine Arts Society    *Come and join us when we're back to normal!*

It's been a challenging time for us all during the past three months but we appear to have maintained our group spirit via our new Facebook page at Constantine Arts Society. We have issued a weekly Tuesday challenge to all our members - a different subject each week - and the response has been fantastic. Our annual exhibition of members' work in the Church Hall was, inevitably, cancelled, but was replaced with a virtual exhibition on the internet. Take a look : <https://vimeo.com/442141137>

The members' choice for the most popular painting was 'Lockdown 2020' by Mollie Silver (see opposite page) with a truly inspirational picture. Well done, Mollie.

We usually meet every Tuesday from 11 to 4 in the Church Hall during term time. You don't need to be an accomplished artist to join us, we have beginners, artists who paint or draw for fun, and those who sell their work in galleries and exhibitions. If anyone needs help there are always willing artists to suggest what to do, what materials to buy or where to seek inspiration. If you would like to join us when things get back to normal, why not come along one Tuesday to see what we do, and it only costs £10 a term.

We have social events at Easter and Christmas. We also like to support a charity each year at the exhibition and raise funds for Constantine School. Please join us, you would be very welcome.

***For further information please contact our membership secretary Bobbie Parker at [rojaparker22@gmail.com](mailto:rojaparker22@gmail.com).***

## Teas Under the Trees

I have an App on my phone that enables me to check the weather, hourly, on any given day, and in any location. On Wednesday 5 August it rained, and I already know that on Wednesday 19 August it will be raining (it's only the 13 today). Why, you ask, is this relevant? Well, it means that two of the four Wednesdays in August, when our village tea-drinking and cake-eating get-together 'Teas Under the Trees' should be happening, would have been rained off. There was nothing we could have done about it. It out of our hands, nature taking over, but it makes me feel better knowing that had the Covid situation had not forced us to cancel. We would have lost at least two due to weather anyway, so I am being positive!

On the wall of my kitchen I have a vibrant painting by Mollie Silver, showing 'Teas Under the Trees' when it started, with just two picnic benches and a couple of foldable chairs. I am even able to identify the dozen folk in the painting, chatting, drinking tea, and munching cake. Now, this year apart, every Wednesday in August we get 6 times that number, with every spare chair, bench, cushion, picnic blanket and rug transported to the green from each of the Christmas Lights Teams' homes, ensuring everyone has somewhere to sit and enjoy this community event for the two hours it runs. Baking used to be two sponges and six scones – now the team plan weekly for the dozens of cup-

## Tracey Clowes, Christmas Lights Team

cakes, batches of scones, flapjacks, sponges, eclairs, fruit loaves regularly on offer, supplemented most generously by baking donations from several magnificent village cooks. All funds raised (we never charge, just ask for donations) go towards Constantine Christmas Lights.

Every August Wednesday afternoon is non-stop chatter, laughter rising through the leaves of the overhanging trees, giggling babies toddling from table to table, children gently reading to one another sitting on the many cushions, whistling kettles, dogs looking up longingly at owners for the slightest morsel, all accompanied by the sound of clinking, tea filled china cups. Visitors have celebrated birthdays with us, anniversaries, success in exams, and given much needed love and support to anyone who has lost a loved one.

SO, I hope you read the poem below at the bus stop announcing we could not run 'Teas Under the Trees' this August. And at 3.00pm sharp you got out your china tea cup, tea pot and jolly tea cosy, and together with a good big slice of cake, celebrating everything we have in our village - not the being apart, but the being together. And we SHALL be back, drinking tea and eating cake with you all next year.

*'I had a little tea party every Wednesday at 3.00.*

*Twas very small, three guests in all, just I, Myself and Me.*

*Myself ate all the sandwiches, while I drank all the tea.*

*Twas also I who ate the pie and passed the cake to me'*  
(Jessica Nelson North)

FAQ

**'Will the village still have Christmas Lights as there have been no fundraisers this year?'**

YES – the team have planned over the years for a rainy day and this is the rainy day, so have some funds in the bank. If you would however like to donate either with time when it comes to putting the lights up, or with cash we are always very grateful. Ring 340279 for more details.



## Constantine Cottage Garden Society

Peter Wilson, Chair

This edition would have been mostly about our Summer Show that was due to take place in July. We would have been blessed with marvelous weather and I'm sure the day would have been a tremendous occasion. The last time the show was cancelled was during the Second World War although a show did take place in 1945, where money was raised for the local forces tribute fund. There was a similar occurrence in the Great War, it again resuming in 1919. After such a long period of absence during both wars, I bet it was a great morale booster for the village.



*Constantine Cottage Garden Society's 2019 Summer Show in happier times*

Whilst our current predicament cannot be compared to those events, we must certainly look to next year and if we are not able to hold a full show, we must see how we can try to have some involvement of the various categories. It will certainly be feasible to judge, best gardens, hanging baskets in the Division 9 category, maybe a virtual show via Facebook or web pages will be an option. The committee are open to suggestions for this. As the cups presented in 2019 have not been collected, can I please ask that those winning recipients of that year, please ensure the cups are safe and stored securely, ready for collection at a later date.

The Constantine Cottage Garden Society Facebook page is now operational, several members have joined so please have a look and join, so we can boost the numbers. It is a chance to share pictures, ideas, problems we all encounter while gardening. If you are not on Facebook, please feel free to use me as a conduit for items, issues to be posted.

As the summer schedule visits have all been cancelled, we are currently unable to arrange the winter program of talks in the WI hall. There are a number of health and safety issues which preclude the use of the hall and until these can be addressed, it is unfortunately closed for meetings.

While we have had a lovely spring and summer so far this year, our attention as Gardeners' undoubtedly turns to the Autumn and the inevitable garden tidy up. While that seems a little way off yet, just take a few moments out of your busy schedules and enjoy your garden, while the sultry days of summer slowly ebb into the Autumn.



## Milestone reached for Tolmen 'Love Me Restore Me' campaign Tracey Clowes, Hon. Chair, Constantine Enterprises Company

### *'The Show Must Go On'*

On 14 February 2019 we launched, with a 'Crowdfunder' campaign, the Tolmen 'Love Me Restore Me' project. After 18 months of trawling grant providers, chasing quotes, and generally thinking we were living in some parallel challenging universe, we have done it!!! We have reached our £54,500 target, meaning we can replace the roof on our fantastic Tolmen Centre. We are all still pinching ourselves as we cannot quite believe it.

The Constantine Enterprise Company (CEC) would like to say an enormous thank-you to:

- **Garfield Weston**
- **The Tanner Trust**
- **The Bernard Sunley Foundation**
- **Power to Change/Locality**
- **The Tolmen Operating Company**
- **The Tolmen Crowdfunder Community**
- **And the very many generous local, distant, and anonymous donors.**

We encountered some of the roof grant funders, (Garfield Weston) 22 years ago when they first supported us as we were setting off on our journey to convert a Victorian Methodist Chapel into what has become a countywide- known, and respected Arts Centre. YOU HAVE ALL had the faith in us to get the job done, and if we could, we would give you a massive hug and invite you to a celebration get together.

We are absolutely thrilled to announce that the contract for the roof replacement has gone to Landstone Construction Ltd, a Constantine Building Company who have worked with the CEC before and know our building very well. We are hoping work will begin late September or



early October, with completion before Christmas (weather permitting)

If you remember, we launched our 'Put it on the Slate' appeal last October at the Big Community Lunch. Many of you now have roof slates with your names and stories on them about how you have used the Tolmen Centre over the years. We only have 80 available so if you wish to be part of our history roof then please contact me (340279) These slates will all form part of the new roof, being there for future generations who will read our stories next time they decide to replace the roof!!!!!!

So we move on, feeling positive, to Phase Three and the final stage of the Tolmen 'Love Me Restore Me' project - the window repair and replacement. We have made the decision to tackle them one by one as funds allow as so many grants have naturally been diverted to support the COVID crisis.

At the moment the building is dormant – we are having, like so many theatres, an interval, but behind the scenes we are preparing for our new chapter and whatever that brings. In the words of one of world's greatest bands 'The show must go on' and my goodness, we are determined that it will.

**See you in 2021!**

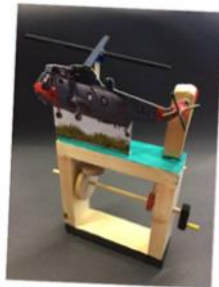
## Constantine School News

Cags Gilbert, Head of School

We were delighted to open more widely in the second half of the summer term allowing more pupils to return to school. This enabled the majority of Reception, Year 1 and Year 6 to return along with children of Key Workers in Years 2, 3, 4 and 5. Remote learning continued to take place via Class Dojo which is the platform we use to communicate with parents, carers and children at home and this proved very successful.

Those children at home continued to impress us with the quality of their home learning projects and ongoing maths and spelling work. Those in school also did well and here are some snippets of what we were getting up to:

- ***Year 6 did a week long project and made some mechanical toys in Design Technology, learned how to do screen printing in Art, and in Drama they performed their play on the Jabberwocky in the woods.***



- ***Fal Class had some amazing Pirate fun and themed days. They also spent time improving the school environment.***

### Cornwall School Games 2020

As sports day couldn't go ahead and the Cornwall School Games as originally planned couldn't go ahead, we joined in with the virtual Cornwall School Games. This also took part during National School Sport Week and what a week we had! ***We joined over 10,000 unique participants and nearly 40,000 individual results registered, which is AMAZING!***

It was an overwhelmingly positive week with so many children getting involved and getting active with their teachers, families and friends in school and at home. We take our Physical Education, school sport and physical activity very seriously and always promote the enjoyment and fun elements with all our children and staff. ***As a bonus we were delighted to finish the week having been awarded with eight medals in the following categories:***

- Gold- Volleyball Year 4
- Gold Volleyball Year 5
- Gold Tennis Year 3
- Silver Tennis Year 4
- Bronze Tennis Year 2

- Bronze Tennis Year 6
- Silver Gym & Dance Year 3
- Silver Making up the Miles Year 3

The games were streamed live daily on You Tube and they have been great and enjoyed by us all. Here are some quotes from our children and staff:



Erin Y4 "It helps me feel connected to my friend who I haven't seen at all in lockdown"

Lucy Y4 "I like doing the miles and adding up over the day"

Sophie Y2 "I like the gym"

Morva Y1 "I have done lots of running"

Emilie Y1 "I liked the jumping high. I did one at home indoors and I'm going to do the ball one today at school"

Jimmy Y2 "I've been walking with my brother and sister and father"

Matthew Y2 "I love being active"



Alex y6 "it's better doing things with friends"

Elijah "I was good at jumping because I do parkour"

Mrs G "It's great to see every child and adult in school active, happy and going for it. There is a real buzz in every classroom. This virtual year has really enabled us to focus even more on equality and inclusion which has been inspirational- something that should surely continue next year"

Miss M "it's been great to get the kids active and focused on a common goal. They get so excited when they see our school in the videos"

### Year 6 Leavers



Our Year Sixes were delighted to be back in school and although we couldn't continue with all the usual Constantine School traditions we did manage a few surprises. They loved their leavers' celebration, hoodies, gifts, awards and cream tea delivered on roller skates by the staff! We will miss them all greatly and wish them well in their future secondary schools for September. They have been the most amazing class and I have no doubts that they will continue to do us proud.

**In line with government guidance, from September we will be welcoming ALL registered pupils to our school. There will be additional measures in place to ensure all pupils, parents and staff remain safe and these have been communicated via Class Dojo. If you have any questions then please contact school via email on: [constantine@kernowlearning.co.uk](mailto:constantine@kernowlearning.co.uk)**

## From the vicarage

There is no doubt these last few months have been extremely challenging for all of us. In March our world and everything we considered to be normal changed. We have all had to adapt and deal with the challenges and the consequences that the coronavirus pandemic has brought about.

There is still a great deal of uncertainty in the world at the moment. Everything is fluid and situations and circumstances seen to be changing on a daily basis and none of us know when life will return to normal or what that new normal will look like, and the church is no exception. One thing for certain, however, is that it will not be the same as before.

The bishop of Leicester, Marty Snow, said that *"In March 2020, almost overnight the church changed, and those changes are here to stay"* Our own bishop Philip has said, *"Our churches may no longer be fit for purpose"*

Since we re-opened on 5 July our services have been quite different. We are evolving new patterns of worship, new ways of doing things which we hope will inspire people, and enable them to discover new ways of relating to God, and as bishop Martyn said, these changes are here to stay.

However, whilst worship is important, the church is not just about Sunday mornings. Here at Constantine we have

## Rev Stewart Turner, St Constantine

a clear vision for the future. We do not exist in isolation, we are part of the wider community and as Christians we are here to serve just as Jesus did. That's why we opened the foodbank, that's why we started the community helpline and why we want to open the church up for community use both now and in the future.

We want to build a church that welcomes everyone, young or old, people of faith or no faith, a place where everyone feels comfortable and safe, but in order to do this we need your help we need people to join us. We need people to share their ideas and insights, their own personal gifts and talents, and together we can build a church that is fit for purpose both now and in the future.

May God bless you all

### WHAT'S NOT ON IN CONSTANTINE

**Port Navas Village Hall** - remains closed but we hope to have some events starting again at Christmastime. Please watch the Port Navas website for further updates.

**Constantine One & All Club** - No meetings on September 21, October 19, November 16 or December 14.

**Constantine Community Day** - Transition Constantine is very sad to announce that there will be no Constantine Community Day this year or a Big Lunch due to the Coronavirus situation.



Now operating your local bus services  
to Falmouth and Helston!

for timetable information, visit:  
[transportforcornwall.co.uk](http://transportforcornwall.co.uk)



## Constantine Womens' Institute

Patricia Wilson

Well what a Summer! Hopefully you are all getting accustomed to the ever changing guidelines regarding lockdown, the gradual easing of lockdown, when and where to wear masks and what we all can and cannot do.

Sadly many of the WI activities have been, shall we say, 'postponed' rather than cancelled. The WI have been active in a number of areas though

Some members have been sending letters to care home residents, almost like one way penpal letters. This activity has continued throughout lockdown and feedback received suggests the letters have been warmly received in these unsettling times.

Members have been staying in touch via chain emails, sharing funny stories, very creative poems and stories about where they've managed to visit and other activities. Like a lot of the country many have been using the down time to do a lot of walking and gardening.

One of our WI members, Shelly, runs a local flower farm Jam Pot Flower Co and has very kindly been delivering beautiful arrangements to members picked from a hat. They have been very much appreciated.

The expected easing of restrictions prompted members to plan this year's Summer Lunch and many members were looking forward to visiting Trenarth Manor. Sadly at the the eleventh hour, a halt was put on the lockdown easing and this was another event postponed for the time being.

Guidance received on the use of the WI hall suggest there will be no WI meetings until the New Year unless the guidance changes.

## Constantine Community Land Trust

Unfortunately I have to report that we have failed to get approval of our scheme for 14 houses for sale at Bridge. The Planning Officer Mark Ball responded to our Pre-App enquiry in a very negative and subjective manner although it was supported, with caveats, by the Housing Officer Sarah Roberts, and in our view complied with Policy.

Also, Coastline have submitted a scheme for 28 units of which 20 are for rent and 8 for shared ownership which will be approved, in my opinion. This will extend the village towards Brill (which is where they want it to go).

It is thought that with this lack of support, together with the uncertainty of the Covid-19 pandemic and its associated worries on employment and confidence, there is no point in us proceeding any further at the moment. I therefore have to advise that this CLT is going into hibernation for a while.

**Richard Colbert, Chairman**

### ZERO WASTE DELIVERY



Avoid single-use plastic packaging  
with a plastic free delivery.

Find dried foods such as spices,  
grains, pastas, nuts, cereals, as well  
as home cleaning products, refills for  
bathroom and reusable lifestyle  
products - all delivered to your door!

#### DELIVERY DATE:

Second Friday of the month  
Order by 2pm Thursday before  
for more info email:

[incrediblebulk@](mailto:incrediblebulk@)

[mobilezerowasteshop.co.uk](http://mobilezerowasteshop.co.uk)



## 2002 - a Golden Year for Constantine Silver Band!

With 2020 on hold because of the Coronavirus pandemic, we've pulled the one-armed-bandit of time and come up with 2002, perhaps one of Constantine Silver Band's finest years to look back on

2002 kicked off in professional style in May with the official launch at Constantine Social Club of the Band's first ever CD and tape cassette entitled 'One of The Best'. Recorded by Paul Martyn of PM Sound, this wide-ranging collection of tracks from the Band's repertoire has since found its way to appreciative audiences as far afield as New York, Sydney, Frankfurt and the Netherlands. On the evening, Band Chairman Dougie Down thanked the then Musical Director Ian Edwards for his hard work in bringing the Band up to recording standard, and Band Secretary Chris Reynolds for securing sponsorship.

The end of May then saw Constantine Silver Band embark on a concert tour of Holland, the result of a 30-year friendship between Band member Brian Edwards and Bart Kraak, a founder member of the 100-strong Den Helder Fishermans' Male Voice Choir who kept asking when the Band

would cross the North Sea to perform for Dutch audiences. On 28 May, 64 Band members and officers travelled to Den Helder on the northernmost tip of the Dutch mainland where they were officially welcomed by the city's Mayor during rehearsal at their hotel.



The Band's first concert took place two days later at the Floriade, an international horticultural exhibition held every ten years near Amsterdam attracting over 3 million



visitors between April and October. Their performance was the first by a British band at this event. Then it was off to the centre of Amsterdam to play at the Heineken Experience, then one of the city's newest tourist attractions. Playing between the copper vats, the Band 'refreshed the parts that other bands cannot reach' by entertaining brewery visitors, again the first time by a British band at the Heineken Experience.

After a day's rest, sightseeing back in Den Helder, the Band took the stage again that evening at the Nogalweidus Restaurant whose owner provided a free meal for members in appreciation of their performance, which was rounded off with a traditional sing-song.



On Day 3 of the tour, the Band were up early to play at the official opening of Den Helder's Day of Music in the city square after which they processed through the city centre led by standard bearers Dougie Down (Constantine Silver Band banner), David Cotterill (Dutch flag) and Tony Waddington (St Piran's flag). The entire band and supporters were then treated to a lunch at the Visserhall by the Den Helder Fisherman's Male Voice Choir before an afternoon practice with them in readiness for the evening's

sell-out final concert also featuring the Rejoice 60-strong ladies' choir. Each gave a 30-minute performance with the Band giving two encores, followed by a massed choir and band rendition of Glory Glory Hallelujah. Solos by Belinda Reynolds on cornet, Aly Smith on flugelhorn, Cecil Bennetts on euphonium, Greg Williams on trombone, and an unforgettable performance on bass drum by Tony Waddington were loudly applauded.

After a farewell get-together and exchange of mementos of the occasion with their Dutch counterparts, the Band returned to Constantine on Sunday 2 June but were back to engagements the very next morning at the Mabe Shindig followed by Constantine's Jubilee celebrations in the afternoon. The Band's hectic summer programme continued with sometimes more than one appearance each week at local venues and events including the Princess Pavilion, Constantine Agricultural Show, Poldhu Carolaire, Constantine Garden Show, Brass on Grass, Port Navas Regatta, Lizard Lifeboat Day, Constantine Carnival, Harvest Festival and many more.



But surely the Band's crowning triumph of its 25th year was to become Fourth Section Southwest Brass Band Association Champions at the SWBBA contest in Torquay for the first time in November 2002. A fitting end to a golden year for Constantine's Silver Band.

## **If you go down to the woods today...**

**Bosahan Woods Management Team Quarterly Report 8 July 2020**      **Liz Pearce**

We have been unable to have a Team Meeting since 2019, due to ill health and the Coronavirus lockdown, although we have kept in touch via emails.

Firstly we have had a considerable number of people say to us how much they have appreciated having the woods available to them, with family friendly paths during lock down. The bluebell season was beautiful.

Sadly I have to report that wood we had harvested from the necessary felling of dangerous trees under licence, and which was stored at Bosahan Quarry, has been stolen along with 7 x 7"x2" 4 meter lengths of sawn wood (path edging) and some drainage piping. This has been reported to the police and our local Police Community Support Officer Paul Whitford has been looking into the case for us, also following up on some additional information we received from the public. The felled lengths of wood were for resale to provide an income for the future maintenance of the woods and to fulfil our VAT requirements. In fact it had been sold and was awaiting collection after lock down.

Some good news, The signs at the four entrances to our woods have been completed and are in place on specially prepared surfaces of existing granite boulders. This was work that the benefactor stipulated in the gift of the woods to CEC. We need to thank Chris Hussey for all his hard work in designing the signs, consulting widely, obtaining quotes for work and seeing the operation through to the end.

A number of fallen trees and logs at one point were damming the stream, preventing the flow of water down the stream, thus the water was making inroads into the path and undermining other tree roots, A hard working volunteer has sorted this problem. Thank you.

Financially, we have been very fortunate to recently receive a large donation which is gift aided, which we are very grateful for and which we will put to good use. Thank you from all of us, both Woods management and users.

A Dens and Swings inspection was carried out on 13 July and the following noted. The large swing at the north end of the top path now has a visible bracket fungus growth on it, adjacent to the blue polypropylene rope attachment. According to our tree professionals and online information the "bracket" appears only when the disease is advanced and the fungus has invaded the hardwood core of the tree.. We already have an example of bracket fungus which has brought down half of a large beech between the upper and lower paths, near where the very large recently fallen tree currently is awaiting attention. This will need to be professionally looked at asap.

There is a new den, charmingly decorated and with a welcoming notice, which is fine, between the middle and river bank paths about 150m north of the fallen beech blocking the middle path. The previously noted dens and swings have not changed since the last report and there are no signs of any change in risk status of any of them.

New possible hazards are a broken branch overhanging the Forest School camp circle and a slender tree overhanging our boundary line, which should be considered for removal. Thank you Adrian for another excellent report.





A large beech tree has fallen in the high winds, taking with it a large section of the footpath. This area has been taped off, as the pit left by the up rooted tree is quite deep and there are several large stones in the root ball which could come loose and injure someone. The go ahead has been given for work to be done to make the tree safe, along with those trees it affected when it fell. This operation will look at whether the root ball can be placed back in the hole, when the weight of the trunk is taken off. If this is not possible, then we are looking at plan 'B' on how to fill in the hole and make the path safe, without having access for machinery (even small machinery) from the bridge at the bottom of the woods, which is the nearest point to the fallen tree. We don't want to damage the path we repaired in October, tracking lots of machinery over it.

## Tregelly Plumbing & Heating



**Repairs, servicing and  
installations**  
**LPG, OFTEC & Gas Safe registered**

Angus McArthur, Carlidnack Lane,  
Mawnan Smith, Falmouth

**01326 251010 Mobile: 07818 569110**



**PROFESSIONAL DOG GROOMING**  
City & Guilds qualified  
& ANIMAL PORTRAITS

Michelle Thornton B.A. Hons

**07957 771645**

[www.littlehut-groomers-portraits.com](http://www.littlehut-groomers-portraits.com)

# Night Sky

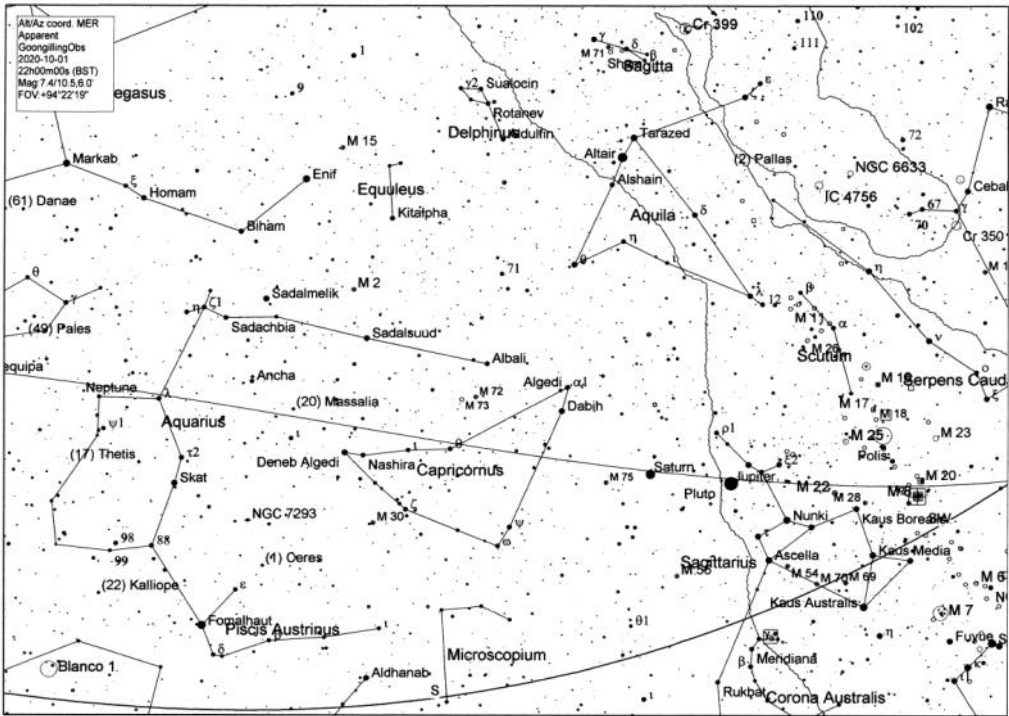
Robert Beeman

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.

In the Milky Way to the south look out for Delphinus the Dolphin, the four brightest stars sometimes have the curious title of “Job’s coffin”, that aside, it is nice constellation to view.

To the north east Castor and Pollux start to make an appearance, with the bright star Capella above. Just to the east of Capella is a triangular collection of stars known as Haedi or Kids.

The Summer triangle of Vega, Deneb and Altair is falling westwards as the evening progresses, and with the Summer constellations starting to give way to those of the Autumn take the chance to view Alberio, a pair of stars with contrasting colours which lies in the Northern Cross within the Summer triangle. The brighter component Alberio A is an orange giant, 100 times more luminous than the Sun and 20 times as large with a yellow hue; the companion star Alberio B is a main sequence star 270 times as luminous as the Sun but is only 3 times as large, this has a distinctly bluey tinge.



Another double star worth viewing is Algedi, the principal star of Capricornus the Sea Goat. This constellation is almost due south in September. Algedi is naked eye viewing but really comes to life in binoculars showing a yellow giant and an orange super giant. This is a good example of an asterism as the two stars lie 100 lys and 900 lys away so they are not bound to each other at all. Each of these stars is a double system in its own right, although you will need a 200mm telescope to detect the faint companion stars. Slightly below Algedi is Dabih which is also a double star, both components can be seen with binoculars.

Towards the end of October Orion the hunter will start to appear above the eastern horizon which together with the Pleiades heralds the onset of autumn

The peak of the Orionid meteor shower takes place on the 21st of October. These arise from the Earth's orbit intersecting the debris trail from Halley's Comet. The Moon this year is favourable with the peak occurring 3 days before First Quarter Moon. The radiant will be low down in the East, suggest start watching as soon as it gets dark and if you are lucky you may see 20 to 25 per hour. The maximum rate is fairly broad lasting a week from 20<sup>th</sup> to 27<sup>th</sup> October so plenty opportunities if the weather can be persuaded to co-operate.

During September Mars, Saturn and Jupiter will be visible in the early evening sky. Saturn and Jupiter will set in the west progressively earlier as we move into October so worth catching these first. Venus will be an early morning object throughout this period.

# DEAN STEVENS WEALTH MANAGEMENT

Investment Planning • Retirement Planning  
Inheritance Tax Planning

[www.deanstevenswm.co.uk](http://www.deanstevenswm.co.uk)

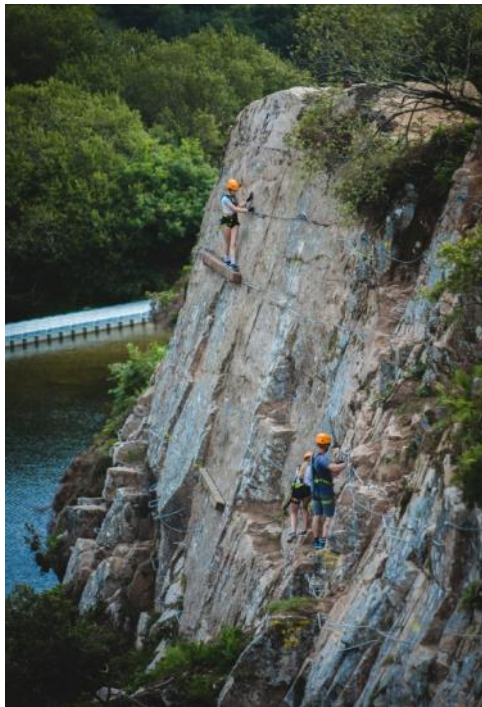
For a no obligation consultation contact:

Telephone: 01326 617160

# Have a unique adventure and support vulnerable young people

Ready for an epic adventure that will push your limits, conquer fears, build confidence and make amazing memories?

Check out Via Ferrata Cornwall!  
 Launched by and sharing the same site as local charity BF Adventure, Via Ferrata Cornwall lets participants journey through historic granite quarries in an adventure like no other. You'll climb the Iron Stairway, traverse across rock faces, balance your way from one side of the quarry to the other on a single strand of wire and leap from the cliff top on one of Cornwall's most scenic zip-lines. Most importantly, you'll have FUN!



Originating in the Alps during World War I to enable troops to cross mountains, a Via Ferrata is a climbing route like no other. Metal steps, ladders, suspension bridges and zip wires make it



one of the most adrenaline-filled climbing activities worldwide. Sharing BF Adventure's 60 acre site near Penryn, Via Ferrata Cornwall will enable people to push their limits as they journey across historic granite quarries in an unforgettable adventure.

With training provided, participants will develop their climbing skills as they negotiate quarry walls over 20 meters high, balance on wire bridges and conquer their fears. This challenge caters for adventurous 8's and over, with various difficulty levels.

So much more than just an adrenaline rush, children and adults will share an unforgettable experience and make a real difference to local disadvantaged children and young people, with 100% of profits going to BF Adventure's charity work supporting those facing some of life's toughest challenges.





This adventure is perfect for...

- *Families, with routes catering for adventuresome 8 year olds through to daring thrill-seekers*
- *Couples and groups of friends*
- *Birthdays and stag and hen parties*
- *Corporate team-building and away days*
- *School/scout groups*

The on-site Café is run in partnership with The Cornish Barista and offers locally sourced food, with 10% of income being donated to BF Adventure in aid of its charity work.



All risks associated with Covid-19 will be minimised and Via Ferrata Cornwall will operate within strict instructions to maintain a safe environment. All medical research shows that the open outdoor environment is of low risk for the spread of the virus and Via Ferrata is an activity that facilitates social distancing. BF Adventure and the Goodygrane Activity Centre have been open and operating throughout the current pandemic crisis offering support to vulnerable young people, so the team is experienced at operating 'covid-safe' and has adapted the site's facilities and operating procedures to welcome more people back onsite.



**Visit [www.viaferratacornwall.co.uk](http://www.viaferratacornwall.co.uk) for bookings and more information.**

BF Adventure is also running school residencies and adventure sessions for children and adults including climbing, watersports, archery, adventure games and more.

**Visit [www.bfadventure.org](http://www.bfadventure.org) for further details.**



## Footpath news from Goongillings

Charlie Pugh

The last five months have been extraordinary viewed from almost every angle – and our footpath down the farm towards Scotts Quay and the river is no exception, though perhaps an unexpected one.



Always a popular walk as it is one of the few ways to access the creeks of the Helford from the land, the Covid lockdown has seen a massive increase in use as people need desperately to get some exercise and fresh air, walk the dog, feel the countryside around them. Hundreds more people than ever before were seen walking, running, exercising dogs, enjoying the space.

We didn't mind this at all. We have always welcomed the public access to the River which runs across Goongillings, and indeed in the recent

past (well for twenty years now!), we have extended the original path to allow access through part of Scotts Wood to make a number of circular routes. Most of the walkers have been local folk, and many have formed strong affection for the walk – and indeed I have had many delightful conversations with walkers who love the access we have given.

But the increase in numbers raises some wider questions. It poses the question about when public access to beautiful places threatens to harm the

very beauty which is their principal feature.

The walk across Goongillings is not under that sort of threat, but there is no doubt the pressure of numbers brings some problems. Our normal number of about 10 people in a day is not the same when it becomes 100 – as it has recently. And with a similar increase in the number of dogs too.



Some folk – no doubt feeling that the main paths are too busy – abandon the well marked tracks and wander all over the fields to find other routes with fewer people. There are cattle, calves and a bull often grazing the pastures and though ours are quiet and non aggressive, every year there are cases across the country of people being harmed by cows. Dogs are usually involved.

There is always risk in the countryside, and sticking to the footpaths is the best way to minimise this.

Quite recently, we had a much nastier incident. A group of bikers decided to do some off-roading across the farm – without asking of course. They roared off down towards Scotts Quay, five of them, scattering pedestrians aside, with megaphone exhausts blaring. I found them parked up on Scotts Quay, and told them to leave, pointing out that the access was for pedestrians only.

I began to take phone photos to record details. At that point one of the youths became extremely aggressive and abusive. He threatened me with violence if I took any photos, and approached my landrover, kicking and punching it, and making more threats. I am not easily intimidated, but it was an unpleasant and rather alarming experience. I was alone, and there were five of them.

So being the owner of a beauty spot with public access has its ups and downs. We would never want to remove the access, and thoroughly enjoy meeting walkers and interacting with the public. Making our lovely place available to

walkers is something we have always done and is good for us – and for the walkers. But it does bring the associated problems of occasional bad behaviour and even petty vandalism. Is there a level of public access which threatens to overwhelm the capacity of a place to deliver its purpose? It is a question which applies to Goongillings only in a minor way, but there are



places where it is a far bigger problem. Here's another thing: 2020 sees the end of the small financial grant we have had for many years for creating public access under the Defra Countryside Stewardship schemes. The new post-Brexit versions of Stewardship now specifically exclude assistance to landowners for permissive access. They have also removed our quota of Educational Visits by which we welcomed groups from schools, Universities, and other organisations for study purposes.

We will continue to allow these, and the permissive access footpaths: but it seems like a pointer to the future when successful schemes such as we have been part of are cut back in the very areas where the public gains most.



## Tolmen News - Autumn 2020

**Dougal Jeffries**

It's a bad news, good news story from the Tolmen Centre. The bad news is that, given the continuing uncertainty as the Covid-19 pandemic plays out, we have decided that we cannot open for live performances for the foreseeable future. We have looked at how big an audience could be accommodated in the auditorium with acceptable social distancing, and it amounts to about one-third of our normal capacity. This

Now for the good news. Like similar venues across the UK, a government grant has allowed us to weather the lockdown without eating into our reserves. Furthermore, thanks to Herculean fund-raising efforts by CEC Chairperson Tracey Clowes and colleagues, and to the Tolmen Centre's successful programme of performances and Barbara's cafe, we have sufficient funds to go ahead with renovating the roof of



would hardly be viable, and on top of that we have concerns about managing social distancing downstairs, and whether people would be prepared to take the risk of attending, small though it may be. At the moment we are tentatively thinking about opening again in the New Year, but it will all depend on how things evolve, and of course on official advice. Meanwhile, it may be possible for the venue to be used for private functions, with all safety measures in place and at the party's own risk.

the building. The work is set to start in October, and so, if we are able to restart our events in the New Year we shall be doing so under a new roof and with dry interior walls. This will be a huge relief.

We will keep all our regular supporters posted through our email subscription list; if you are not currently on the list and would like to be added, please drop us a line at: [tolmen@constantinecornwall.com](mailto:tolmen@constantinecornwall.com). We value your support!



## Cornwall Council removes Constantine's recycling bank

These recycling banks were put in place before Cornwall Council introduced our household recycling collections. Recycling is collected from every household in Cornwall every two weeks. Banks provided by supermarkets in their car parks will remain, as will those at the Council's 14 Household Waste and Recycling Centres.

If you've been using the recycling bank in Constantine, please start using your household recycling collections or take your recycling to your nearest Household Waste and Recycling Centre. The Council's Cabinet agreed to remove the banks at a meeting last year. If you'd like to know more, please read the minutes of the relevant agenda item.

Each town and parish council in Cornwall has been given the option of taking over the management of recycling banks in their area. The removal of the recycling bank in Constantine was scheduled to take place on 24 August.



- New Roofs • Roof Replacement • Slating & Tiling
- Roof Repairs • Flat Roofing • Lead Work
- Chimneys • Fascias & Guttering

### CALL FOR A FREE QUOTATION

Office: 01326 617477 Mobile: 07825 041276

[www.jenglandroofingcontractor.co.uk](http://www.jenglandroofingcontractor.co.uk)



# Save the Children

## WE NEED YOU!!

Please volunteer to keep this shop going. It is so valuable to your village.



& they need you too!

*As little as an hour a fortnight would help a lot.*

Contact:- [alineturner@btinternet.com](mailto:alineturner@btinternet.com) or 251233

## Help us save our Save the Children shop!

The Save the Children shop will be re-opening, though the hours will be restricted sadly, as the charity will not permit volunteers over 70 to serve in the shop - including Ann Mullaly!

We therefore urgently need younger volunteers to work in the shop - and volunteers of any age to replace five members of the Committee, one of which has retired.

Anyone over the age of 18 is still most welcome to come and sort donations and clean when the shop is not open to the public.

## MS electrical

Est. 1954

**Electrical Contractors**

**Domestic & Commercial  
Inspections & Testing**

**Domestic Appliance  
Sales**



**The Square**

Mawnan Smith

Falmouth

Cornwall TR11 5EP

[mselectrical@email.com](mailto:mselectrical@email.com)

**01326 250436**



**SpiralUK**  
Bespoke  
Staircases

[www.spiral.uk.com](http://www.spiral.uk.com)

0330 123 2447



**Do you want to  
stay in your own  
home but need  
some extra help?**

*Bluebird Care Mid & West Cornwall  
offer live-in, companionship care ser-  
vices enabling you to continue living  
the life that you choose.  
Contact us on 01872 276006 for further infor-  
mation or visit our website -  
www.bluebirdcare.co.uk  
"Bluebird Care is Outstanding Care"*

## **BOSAHAN STORAGE**

(close to village)

**BOATS, CARS, MOTORHOMES,  
CARAVANS, TRAILERS**

**CONTAINERS TO RENT  
20' X 8' X 8.6'**

**Secure, Clean & Dry**

**Contact John Olds: 07890384094**

## **VIV BECKERLEG**

**Painting & General Property  
Maintenance**

**FREE ESTIMATES**

*No job too big  
or too small*

Tel:

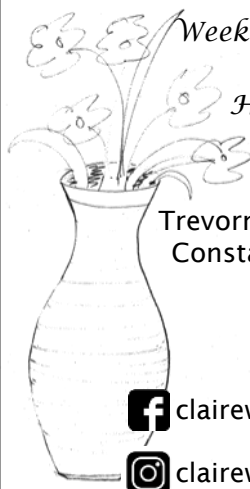
01326 340463

Mobile:

07787 706179



## *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

## **KEITH PENROSE** *Funeral Services*

An independent family business  
established in 1984

*Golden Charter  
pre-payment plans available*



*Private Chapel of Rest*

Appleshaw, Mawnan Smith,  
Falmouth TR11 5EG  
Telephone: 01326 250646  
(Day or Night)



# The Constant Times

## Contact Details

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

Phone: 01326 340908

## Editorial

Layout Editor & Calendar: Peter Binns

## Advertising

Sue Yates

## Printing

Peter Binns

## Distribution:

Transition Constantine

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

## Submission Deadlines:

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

**November, December & January**

issue is **15 October**. Please send to [constant.times@gmail.com](mailto:constant.times@gmail.com) or deliver to the Layout Editor at Comfort View, Well Lane.

## HCG CARS

### Quality Used Car Sales

High Cross Garage, Constantine TR11 5RE

**Nick & Helen Morrison**

welcome you to our independent family business celebrating over 30 years serving the local community and beyond

*All your motoring needs from  
first car to family car*

Visit our website at

[www.hcgcars.co.uk](http://www.hcgcars.co.uk)

TEL: 01326 340203 MOB: 07867 975222

EMAIL: [hcgcars@gmail.com](mailto:hcgcars@gmail.com)



**IRON ORCHID**  
*landscapes*

DESIGN CONSTRUCTION TREE CARE GARDEN MAINTENANCE

- PROFESSIONAL TREE INSPECTION
- TREE SURGERY
- LANDSCAPE AND GARDEN DESIGN
- LANDSCAPE CONSTRUCTION
- PLANTING PLANS AND PLANT SOURCING
- GROUNDS MAINTENANCE
- QUALIFIED, EXPERIENCED AND INSURED

CALL 01326 340 823 / 07816 406932  
EMAIL [INFO@IRONORCHID.CO.UK](mailto:INFO@IRONORCHID.CO.UK)  
WEB [WWW.IRONORCHID.CO.UK](http://WWW.IRONORCHID.CO.UK)

LANDSCAPING  
10 YEARS  
EXCELLENCE  
CORNWALL



**FLO GAS**

LPG Bottled Gas  
Patio, BBQ & Camping Gas  
Kiln Dried Firewood  
Coal & Smokeless Fuel  
Eco Heatlogs  
No Contracts  
**FREE DELIVERY**



**01208 816827**  
[sales@loganslogs.com](mailto:sales@loganslogs.com)  
[www.loganslogs.com](http://www.loganslogs.com)

**AIR PRODUCTS**  
Cylinder Gas Agent

- Commercial Gases
- Welding & Cutting Gases
- Food & Drink Gases
- Balloon Gases

