

Constantine's lights will shine this Christmas - Covid or no Covid!

Tracey Clowes, Christmas Lights Team

The hundreds of enthusiastic villagers at last year's Christmas Lights switch-on leaves us in no doubt how much pleasure and benefit lighting our village brings to the community. This year has been one of the most difficult in recent times and so, more than ever, it is crucial our village is lit up during the dark winter months to give us all a feeling of community and hope for 2021.



Fund raising events throughout 2020 have been limited, but as always, individuals have risen to the challenge and contributed in many exciting and varied ways. Villagers have made generous personal donations, sold plants, fruit, vegetables, jigsaw puzzles, and home-made jewellery. We were able to hold the 'Books at the Bus Stop' event just in time before mass gatherings were banned, and there have been books for sale (Cont'd p2)

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Christmas lights (continued)

on my driveway since lockdown eased. So thank you to everyone who has purchased or donated books. As always, we thank the Parish Council for their continued support and significant contribution of £600 to this year's fund.

We have been asked on numerous occasions if Constantine will be decorated this year as there have been no opportunities for our usual fundraisers and there are several villages in the area who have decided not to put up their festive displays. The Christmas Lights Committee have always set funds aside for a rainy day, and this is our 'rainy day'! We are confident we will be able to decorate the village in the same way as we have done for the past 6 years, working in small family teams and socially distanced. By the time you read this we will have made our annual pilgrimage to the Christmas tree farm to label up 40 medium trees, 6 large trees, and we hope, one enormous tree for the bank, all ready for collection and then distribution at the beginning of December.

Christmas trees are offered to everyone in Fore Street and Clinton Road. We also offer sets of lights to houses with lovely outside trees or bushes. We always have a very large tree at the bus stop and beautiful crosses on the St Constantine Church tower. We put up a large tree at Brill just outside the Cricket Ground, and offer a tree to Seworgan, Port Navas (*right*), St Constantine Church, Social Club, Tolmen Centre and, historically, the Queens Arms

car park. What we are able to do is limited by access to a power supply, so the many silhouettes, Brill Tree, the village crib scene, lights coming up the hill from Ponjeravah, lights along the Recreation ground and around the Church Hall and in the village carpark are reliant on the goodwill of the nearby neighbours who let us plug in. Several trees in other places use battery lights although these are never quite as successful.

Sadly, we will not be able to hold a mass gathering for switch-on or a village lantern parade this year, but we will be encouraging as many folk as possible to try and have lights up and on by dusk on Sunday 6 December giving a real sense of community which is so acutely felt when we usually gather together at the bus stop.

We have been told by so many of you that driving along Fore Street and seeing the lit trees and lights, or the Church crosses from a distance as you come into Constantine, gives such comfort and boosts our festive spirit - it really is immeasurable.

Stay safe and well and we shall hopefully see you next year at some of our village fundraiser events.



Community Plans for the Glebe

Caitlin DeSilvey

Back in February when Transition Constantine updated readers on progress towards securing a lease for community use of the Glebe Woodland Garden, it seemed plausible that we would have an agreement in place by Spring. As with so many other plans and projects, it was not meant to be. The trees haven't complained about the delay, though, and we have made very slow progress over the last months. The Constantine Enterprises Company (CEC) Board reviewed a revised version of the lease agreement at its October meeting. If all goes to plan, we should now have a lease signed by the end of the year. The hope is that we can celebrate community stewardship of the 2 acre parcel with a socially-distanced, staggered-shift work party on New Year's Day.



We already have about 50 individuals and households who have pledged support as Friends of the Glebe, and offered to pay a small annual subscription (£10 suggested, more welcome) to help cover the costs of the lease and the insurance. If you are interested in becoming a Friend and contributing to conversations about future plans, please email me at c.desilvey@gmail.com. Even before COVID-19 slowed down the world, our intention was to begin very gradually with light touch maintenance and restoration of some of the overgrown paths and features. We'll take down the estate agent's signs from Sentry Path and ensure access for all villagers into the future. The special place through the old granite gateposts will stay mostly as it is now, with a bit more care around the edges.

A new chapter for Constantine's history

Tracey Clowes

Twenty years ago, two village historians, Gerald Trethowan and Liz Moore, compiled and published a book 'The Book of Constantine - The Parish Yesterday and Today'. It is now out of print, so if you have a copy, you are one of the lucky few as they are almost as rare as hens' teeth, and quite expensive if one comes up for auction. The book covered many aspects of Constantine's history, including wartime, industry, education, sport, shops, music, Church and Chapel, and village characters.

Just prior to lockdown, Sally Coot and I had plans to create an archive of local stories, interviewing Constantinians about life in the village, and we planned to use the many photographs held at the Museum to trigger memories. Another casualty of Covid you may say, but NO,

quite the opposite. Sally and I have formulated a plan to go one stage further and are hoping to create a second 'Book of Constantine' to complement the first compiled by Trethowan and Moore. We are giving ourselves 2 years to research stories and photographs, edit and publish, however we can't do this without you.

Whether you have lived in the village all your life, or like me, just a few years, we have all seen and been part of the changes and have made a contribution, however small, to its evolving life and history. We would love to hear stories and see your photographs although we cannot promise everything will be included in the final edit! Please telephone **Sally Coot 340050** sallyandalfie@icloud.com, or **Tracey Clowes on 340279** if you want to know more.

Girlguiding resumes face-to-face meetings at new venue

Charlotte Evans

Girls and Leaders from Rainbows, Brownies, Guides and Rangers alike were delighted to attend face-to-face meetings again, beginning on 25 September.

Since lockdown in March meetings have been in the regular Friday night slot over Zoom, allowing many girls to continue seeing their peers remotely as well as work towards a number of achievements, such as the apt for the times, 'Too Cool for School' badge.



With the implementation of a risk assessment signed off by the organisation however, we have been able to start meeting again in

person. Initially we met on 25 September on the recreation ground playing field, before meeting indoors again on 9 October.

As well as being the first indoor meeting since lockdown, the evening also saw the use of a new venue, Girlguiding in Constantine having moved from the Church Hall to the Tolmen Centre, at least until January.

The Rainbows, Brownies, Guides and Rangers are operating in 'bubbles' as part of the Covid-secure risk assessment, which includes all members at Guides and older wearing a face-covering indoors and that social distancing (2metres) is maintained throughout the meetings. Whilst these restrictions mean that meetings look a little different, the goal to empower girls to be their best and become confident women is still central to all activities.

We cannot guess how the months ahead will be affected by the pandemic, but Constantine Girlguiding will continue to offer what we can. Anyone seeking more information can contact local leaders via: <https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/>.



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Port Navas village news

Margaret Scott

Forthcoming events? Sorry we don't have any on the horizon. Past events? Sorry we haven't had any of those either. However, we do plan to have a Christmas tree and lights in Port Navas organised by Village Hall committee member Roger Wickins and helped by other committee members. At least that will bring a little bit of normality to the centre of the village.

As nothing has been happening in the Hall maybe a quick summary of some other Port Navas happenings might be of interest.

The Pope's Garden squad have continued to meet, at a distance, and do some garden maintenance. The garden has been enjoyed all through the last few months as a tranquil space to sit and think about how fortunate we are to have such places on our doorsteps. The Port Navas quay, in its now tidy state, has also been much enjoyed but at times has not been all that tranquil. It's been good to hear happy young voices playing and crabbing, almost like normal.

The river has also been busier than usual, enjoyed by regular sailors and many body boarders and Kayakers. The 6 knot speed limit was not always observed, but new signs are now in place so the safety of the river users and the banks should improve. Have a look at the Port Navas webpage if you want to see the map of where this is in place.



At the beginning of lockdown, Cate Jones set up the Port Navas chitchat WhatsApp group, and there are now approximately 40 members. It has been a source of support and hilarity as well as a place to show beautiful photographs of the Helford and the village. Originally it helped to establish a regular shopping drop and source of information (watch out for compass jellyfish being one item). Hannah Darling has run regular quizzes on the site and although not everyone has participated in these, many of us have tried them out in the safety of our own homes. The questions have been a real challenge for some of us but they also brought out the competitive streak in many participants, all good natured though. Thank you all for contributing so much to community life by these gestures of kindness.

Finally, many congratulations to Lucy Jewson who was awarded an MBE in the latest honours list. Lucy and Kurt presented a fascinating talk in Port Navas way back in September 2019 when they spoke about their journey in establishing the ethical clothing company, Frugi, in 2004. This has now become a global brand.

Friends of Constantine Surgery fund new medical unit

The Friends of Constantine Surgery have shown great innovation in helping the practice to provide continuity of community care during the ongoing pandemic. To maintain protection from Covid 19 and remove risk within the surgery, they have purchased through funds collected, a Portacabin for use as external consulting rooms. This has been placed in the car park and enables the Doctors and other clinical staff to carry out their patient consultations and procedures whilst removing the risk to the main surgery building and allowing the dispensary and other aspects of the surgery to operate efficiently. Lifting of planning restrictions has allowed the installation of the £12,000 Portacabin without an extended application process.

Mr James Agnew, Chair of the Friends of Constantine Surgery said: "Due to the extraordinary support and generosity, over many years, from the community of Constantine & others, we are able to help the Surgery with those items, which are not a statutory duty of the NHS. We cannot start to thank the members of staff for their unstinting service to this community in these uncertain times."

Dr David Roberts from the Surgery commented: "The portacabin provides a safe environment to see our patients and to carry on providing healthcare at the highest level with minimum risk. It is a huge asset to the surgery and the village community. We are very grateful to the Friends of the Surgery for raising the funds and purchasing the portacabin during these uncertain times".



Who are we?

The Friends of Constantine Surgery is a charity which was formed in 1985 in the local community to assist the work of the Surgery in Constantine, Port Navas and Gweek areas to provide extra equipment which the NHS does not supply. This enables the treatment of patients without delay, which can be of real benefit in giving, for example, either immediate diagnosis of heart problems, the latest computer technology or supplying medical equipment for the Doctors visit bags. We have also provided and helped fund Defibrillators for Constantine, Port Navas, Gweek and Seeworgan. Unfortunately, due to the Coronavirus Pandemic we are unable to run our Defibrillator Programme. More recently we have purchased the Medical Unit, which is positioned in the Surgery Car Park. This helps to maintain protection for patients and staff and enables the Doctors to carry out their practices while removing the risk from the main surgery building.

Our funds are raised in a number of ways. We have our annual social evening. Members hold open gardens and coffee mornings. These functions all help

the ongoing needs of the surgery and clinics. Individual donations and bequests given as a mark of gratitude are an equally important part of our fundraising scene. Any donation whether by cash or cheque is warmly received and every penny will be used to support the needs of the surgery and patients. If you would like a Gift Aid Declaration, then please contact me on the number below and I'll arrange for a form to be sent out to you.

Hospital Car Service

The Friends of the Surgery provide a hospital car service. The service is run by volunteers and only if available. It is for able bodied patients, who do not fit the criteria for the ambulance service who find themselves unable to find transport to hospital. This is not a taxi service and our volunteer drivers are purely available to take, drop off and collect if necessary. There is a charge to cover petrol costs. During these present

Sara Thomas

Covid times, the car service is still available if needed, but is at the discretion of our volunteer drivers. Please do not request this service if showing any signs of the Corona Virus. The hospital car service telephone number is 01326 340088.

All registered patients are treated as members of the Friends of Constantine Surgery, so if there is anything you would like to help with, either an interest in joining the committee, fund raising, volunteering for the car service or would like to know more, then please do get in touch. Sara Thomas. 01326 340411.



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Epic adventures with Via Ferrata Cornwall - and Gift Vouchers!

Via Ferrata Cornwall at Goodygrane Activity Centre, Penryn TR10 9BX is still open to advance group bookings and is offering Gift Vouchers – the perfect Christmas or birthday present for anyone who's up for a unique challenge, whether they're an adventuresome 8 year old or a full-on adrenaline junkie and climbing pro!

What's involved?

You'll get to journey through historic granite quarries in an epic adventure that will push your limits, create amazing memories, conquer fears and most importantly, be FUN! With training provided, you'll ascend cliff faces, cross from one side of the quarry to the other on a 70m long single strand of wire, tackle high challenges and zip back down to ground level, seeing views last seen nearly 100 years ago by the local Cornish Quarrymen and enjoying the best of climbing, ropes courses and zip-lining all in one amazing journey across our stunning 60-acre site.

Who's it for?

The routes can be as challenging as you like! Beginners can rely on the metal rungs to traverse across the rock faces, but if you've already got some climbing experience then why not try making use of the natural rock crevices to move about! For this reason it's perfect for both kids and adults, those who've never climbed and full-on thrill-seekers.



What participants think:

"Wow, lucky for us on our doorstep, hard to find words for this amazing adventure, challenging informal safe thrilling all in beautiful scenery with long reaching views... this is a must do...." – Chris, August 2020.

Food time!

Look no further than our on-site Café, run in partnership with The Cornish Barista, for delicious locally-sourced lunch or cake! You'll be kept toasty with our log burner, despite the Cornish weather and what's more, 10% of the income goes to our launching charity, BF Adventure!

Profits to charity

100% of profits from the Via Ferrata go to the charity work of BF Adventure, which supports local vulnerable children and young people facing some of life's toughest challenges, from mental ill-health, to behavioural challenges, to physical disabilities.

Visit our website

For more information and to book spaces, check out www.viaferratacornwall.co.uk.



Trengilly Singers return to face-to-face rehearsals

Chris Martin

We're still here and singing! Do come and have a listen.

The Trengilly Singers have started proper face-to-face rehearsals again, following six months of no regular rehearsals due to Covid 19 and the lockdown. Fortunately during this period there have been virtual practices ensuring all members can keep singing and could at least see their colleagues on screen!

The Choir now meets on a Monday evening at the Tolmen Centre in Constantine, with practices starting at

7.00pm. We would love to welcome any new choral singers, aspiring singers or absolute beginners to join us for a sing, or just simply pop along and have a listen. We are a very friendly and sociable group and have a very wide repertoire that will suit all tastes.

To find out more and have a chat, do call Melanie our musical director on 07968 772874. The rehearsals are Covid secure, with social distancing of the seating and no sharing of paper music. Also, the hall is well ventilated and there is a PPE station as you enter the hall.

In the meantime, do check us out on constantinecornwall.com/trengillysingers or on our Facebook page.



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Constantine School delighted to be back - even to 'new normal'

We are delighted to be back in school again with all pupils and staff in attendance. The summer term was very strange for us here at CPS, but now we are all back together it is great. Of course, school is a little different as we are working and playing within our class bubbles only. However, we are here, attendance is very good, and we are making the most of the great social times and friendships we had missed.

We have extra cleaning regimes in place and staggered start, finish, lunch and playtimes and it is working well now everyone knows the routines. We also have more pupils who have joined our school during the last few months and we are delighted they have chosen Constantine and we are almost full!

We are used to the 'new norm' and are really hoping that plans we have in place for all the fun activities we usually have to look forward to can go ahead, especially our camps. Years 5 and 6 are due



to go to the Isles of Scilly next Summer term so please keep everything crossed for us to help make this happen.

We are very much looking forward to welcoming parents back into our school as soon as we are allowed to do so. You have all been amazing in adjusting and we can't thank them enough for all your continued support.



New Reception Class 2020

If you receive the local newspapers, you may have already seen our wonderful new Reception children. They have settled in incredibly well and Mrs Savage and Mrs Kent have been really enjoying getting to know them. They are an amazing class.

French skipping has taken off

To help the children all be more active and play at break times, each class has a bucket full of ropes, toys, balls and other equipment. One addition has been French Skipping elastic. Many of the children have enjoyed challenging themselves to learning new routines and some have made up their own awesome rhymes and songs to go with the skipping.

Website Facelift



You may have noticed that our brilliant website is having a facelift. There are still some pages under development but it is very nearly finished. Mr Wild and Jeff Meadows (former governor) have worked hard and for many hours to ensure that it is easy to navigate, giving visitors a smoother, cleaner experience whilst retaining its creative personality, friendliness and child centred news focus. It is now also more compliant with OFSTED requirements and other Kernow Learning websites. We believe it stands out from the crowd more than ever now. We hope you like the changes we have made. Take a look by clicking on our much loved aeroplane image link or by visiting www.constantine.cornwall.sch.uk.

Cornwall School Games 2020

At the start of term, Head of School Mrs Gilbert was presented with our trophies following the Cornwall School Summer Games. We were awarded with three Golds for tennis in years 3 and 5, and volley ball in year 6. Due to the success

Cags Gilbert, Head of School



of the games during lockdown and the restrictions on sporting events this term, the Cornwall Sport Partnership have decided to run a winter school games also. We started by entering the athletics and we have the cross country, gym fit and badminton to look forward to before the Christmas break.

Science

Helford Class have been learning about sedimentary, igneous and metamorphic rocks. They have carried out two experiments. In the first they used chocolate to create representations of how igneous rocks are formed. In the second they observed different types of rocks to classify them. They are working hard to think scientifically. Did you know, crystals form when magma cools?



Constantine School

New Appointments

We are delighted that Gill has joined us to be our new school chef. She is amazing and provides us all with delicious hot meals every day. She is so smiley and we look forward to lunch every day- it really is good!



Our amazing cleaning team

Mrs Stocks and Kirsty are doing a brilliant job of keeping our school clean. They come in early in the morning, during the day and after school to ensure everything is squeaky clean in these unprecedented times!



New Governors

We also have two new Governors; Emma Vyvyan (below left) as a community member and Charlotte Evans (below right) as a parent member. We are delighted to have them on our team along with our Chair, Judith Carroll and community member Jo Bryce. If you are interested in becoming a Governor, then please make contact with the school on 01326 340554.



Friends of Constantine School

Over the years, the Friends of Constantine School has hosted many great events and with your huge support, we have managed to raise many hundreds of pounds. The money has helped to fund school trips by paying for coach travel and admission fees. We have also been able to buy gazebos and tables that help to make our sports day a truly brilliant event. Collectively we have funded the purchasing of countless resources and new sports equipment. We have even helped with upgrading IT equipment.

Due to distancing regulations, we are unable to host the regular Halloween discos, sports day activities, Autumn and Christmas fairs. This has had a detrimental effect on The FoCS kitty and for this reason we are setting up a Just Giving Page.



Now operating your local bus services to Falmouth and Helston!

for timetable information, visit:
transportforcornwall.co.uk

(Continued)

The need for FoCS donations to the school are greater than ever at the moment and we ask to give what you can. Every time you shop online you could be helping Constantine School raise funds **for free**. Over 4000 retailers will make a donation to Friends of Constantine School when you place an order online - such a simple easy way to help your local primary school at a time when they can't put on their usual Autumn term events and activities.

1. Register for free by visiting **www.easyfundraising.org.uk**
2. Choose Friends of Constantine School
3. Select your retailer, place an order and our school receives a donation!

The Friends of Constantine School Just Giving page is another great way to show your support and you can add to this anytime. Can you help raise £2000 to help fund school trips and to buy resources and new equipment? Please donate to their Just Giving crowdfunding page at **https://www.justgiving.com/crowdfunding/focs-2?utm_id=2&utm_term=gakKwnVka**

Thank you for all your continued support for what we believe is the best community-led school ever!

Bird boxes for Bosahan woods

Terry Swainsbury (on behalf of the Bosahan Woodlands Committee)

I would like to thank, Martin, Jack, Stewart, Roger, Mark, Jan, Alex, Robert, Mike, Luke, Andrew and Chris for their enthusiastic response to my appeal for the building of bird and bat boxes. I have already received notification from some volunteers about their completed projects. Please could you either keep the box or boxes until March or alternatively I could collect and store them. If anyone else would like copies of the plans, please contact me. However, I am conscious that we are in the first phase of the project and I am mindful of needlessly overpopulating the woods with nesting opportunities! With this in mind, I would advise that if you would like to contribute to the project, please hold fire until I have a better idea of the numbers and types of boxes made.

Please feel free to contact me for further advice or information. I'm particularly keen for children to get involved in improving the biodiversity of the woods. If anyone has ideas regarding building 'Bug Hotels' or similar child-friendly projects, then I'm open to ideas. **terry.swainsbury@gmail.com 01326 340661**

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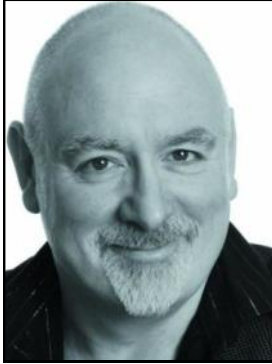
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Music and theatre at the Tolmen Centre: a 10 year retrospective

With the Tolmen Centre closed for events for the foreseeable future, rather than sound gloomy this seems a good time to reflect on some of the highlights of the past ten years.

2011 saw Peggy Seeger, doyenne of the folk world, play with grace and humour to a full house; the international guitar festival ended with Martin Carthy, another folk colossus; while Steve Sogo and his band from Zimbabwe had everyone dancing. On the theatre stage, 'Bound' was a claustrophobic tale set in the cabin of a lurching trawler; and 'The Animals and the Children Took to the Streets' by company 1927 dazzled and delighted, with its shadow puppetry, projections and haunting music.

2012 opened with the incomparable Guy Masterson delivering his one-man show, 'Shylock', and ended with John Welch and Pipeline Theatre's unforgettable play, 'Transports', which explored memories of the Holocaust against a background of contemporary rural Britain; in the



middle came 'Mayday', Tristan Sturrock's thrilling and highly personal account of his near-fatal spinal injury and recovery. On the music front the two extremes of the Celtic fringe were on display: our local Cornish band Dalla led us in dancing in 5/4 time; and Rua MacMillan's driving fiddle led his trio in a show of tunes from the Highlands and Islands.

2013 introduced us to Jacqui Oates, one of the finest voices in English folk; and the founders of Bellowhead, Spiers and Boden,



entertained a sold-out auditorium. We had our first visit from performance poet Luke Wright with the first of his trilogy of political commentary, 'Freddie Dare'; and Guy Masterson returned with another one-man show, the searing 'Soldier's Song' based on the real experiences of a paratrooper in the Falklands War.

2014: for me, the standout theatre show of the year was 'Major Tom', a hilarious exposure of the world of beauty shows and dog shows, presented by Victoria Melody and, of course, her dog Major Tom; equally striking was Pipeline's premiere of Jon Welch's new play, 'Streaming', focussing on webcam sex and its human costs. The big name in folk was Chris Wood, while the female trio Lady



Maisery sang beautifully and also ran a well-attended singing workshop the following morning.

2015 was another good year for music, from Devon's Steve Knightley, through fingerpicking master Stephan Grossman and kora virtuoso Modou Cissshoko to the gritty Dublin band, Lynched. Pentabus' play 'Every Brilliant Thing' about depression somehow managed to be uplifting; and yet again Jon Welch and Pipeline came up with another innovative play, 'Spillikin', where dementia and artificial intelligence met in a powerful, moving piece.

2016 saw more diverse music, including the Gabby Young Duo, the Moulettes, the strings



section of the Bournemouth Symphony Orchestra, and Will Kauffman's fascinating audiovisual show about Woody Guthrie. On the theatre stage the Kernow King was Trevithik; our own Kerry Vincent produced her play 'How Long Will I Love You', and Luke Wright returned, this time as Jonny Bevan.

2017 had Ad Infinitum's musical drama 'Bucket List' about a Mexican woman's fight for justice, and Bea Roberts' extraordinary retelling of Madame Bovary, in 'Infinity Pool'. Wizz Jones and Ralph McTell entranced us old folkies from the 60s, Barb Jungr sang

Dougal Jefferies

Dylan like no one has ever done before, John Etheridge and singer Vimala Rowe, fresh from Ronnie Scott's, graced us with their limitless talents, and the Rough Island Band gave us a great show of self-penned songs and tunes inspired by the Isles of Scilly.

2018 gave us a sell-out courtesy of local singer-songwriter Martha Tilston, as well as modern music from the Kevos ensemble, and great entertainment from two of our favourite regulars, the Budapest Cafe Orchestra, and



the Moscow Drug Club (from Haringey and Bristol respectively). On stage Ad Infinitum reprised the heartbreakingly tender 'Translunar Paradise', leaving many of us in tears; and Lost Dog filled the house with 'Juliet and Romeo', an irreverent retelling of another well-known play.

2019 was a bumper year for drama, led by Pipeline's 'Drip, Drip, Drip', an exploration of racism in the NHS, and more from Rhum and Clay with 'Mistero Buffo', Owdyado with 'Twisted Tales', and 1927 with 'Roots', a weird blend of paper animation, storytelling and live music. Scottish trio Talisk nearly brought the house down, duo Twelfth Day produced a unique sound with full size harp and violin and two distinctive voices, and the great Martin Simpson showed his mastery of folk and blues guitar.

Music and theatre at the Tolmen Centre *(Continued)*

2020 was, as we know, cut short, but not before Squashbox Theatre had entertained our youngest audience with *Tales from the Trees*, and Luke Wright had brought us yet another incarnation, this time as *Logan Dankworth*. Our musical offerings were the effervescent Cornish bluegrass boys, *Flats and Sharps*, and the equally energetic but very different Edd Bateman's *West African Love Affair*, whose infectious rhythms had the downstairs audience on their feet from the very start.

I hope this retrospective will bring back some happy memories to our regulars, and entice others to sample the amazing range of musical and theatrical talent on show on our doorstep. To stay in touch, if you haven't already done so drop us an email to get onto the mailing list: tolmen@constantinecornwall.com

St Constantine Parish Church

Services are as follows:

Sunday 10:30am Morning Worship

Thursday 10:00am BCP Communion

Remembrance Sunday will go ahead on 8 November. This will be a ticketed event in the church only, with a maximum of 30 people.

Please contact the Rev Stewart Turner for tickets on 01326 340259 or e-mail

rev.stewart@stconstantine.plus.com

For Christmas services, and other church information, please see the Constantine Church facebook page, which is updated regularly.

Information correct at time of printing.

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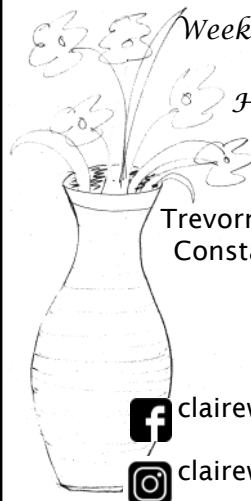
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Tolmen Centre Roof - A Quick Update

Tracey Clowes (Chair Constantine Enterprises Company)

The scaffold is erected, slate has been delivered, and the roofers are on site. There is a huge orange bucket tunnel going from top of scaffold to the ground for easy removal of old cement roof slates, and we have a Bumpa Lift in place for raising the new slates up to scaffold level.



A combination of the moss growth in the roof tile joints, and gutters continually being clogged has caused significant damage to our internal walls. Being able to complete the work after a successful fund-raising campaign, with immeasurable support from locals and major grant providers, has not come a day too soon.

We have had an inspection by ecologist Paul Diamond who required the northern slope to be stripped first as this was the most likely habitat for bats. Much as we love bats, they can cause delay and significant additional work and cost if found in a roof space. Thankfully we had none. However, when the roof is replaced we shall be putting in a specialist bitumen felt so that should bats wish to live with us in the future they are able to cling with their claws to the surface without getting caught.

The work is anticipated to be complete, weather permitting, by 11 December, and what a Christmas present this will be for our wonderful Victorian chapel!

Many of you have written messages on slates which will be incorporated onto the new roof. We have photographed all the slates and will be putting copies into a book which we hope Constantine Museum will hold for the future, as we anticipate we will not see the slates again for many years. When the roof is next replaced, some of our memories of how we have used the building will be there for future generations to read.



Night Sky

Robert Beeman

With Mars reaching opposition on 13th October (closest on the 6th October) it continues in retrograde motion until the 17th November when it will resume direct motion. Mars will be the standout planet of the evening sky throughout November, December and January although dimming as the distance from Earth increases.

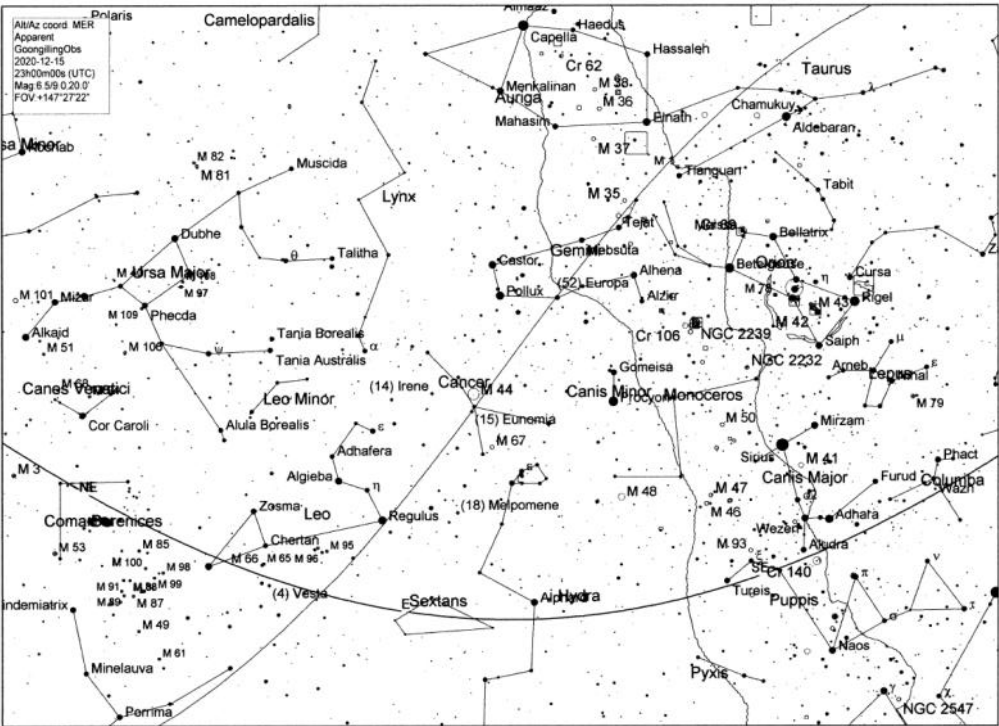
By the end of November Saturn and Jupiter will set in the SW by 2000 so best observed in the early evening just after sunset. Jupiter is slowly overtaking Saturn throughout December and they appear at their closest on the 21st of December, although the conjunction takes place in daylight.

Venus will be low in the E to SE sky just before dawn for most of this period.

In January Uranus will be just to the east of Mars and they will appear close together at 2100 on the 18th of January. If it is a clear night Uranus will be naked eye viewing but binoculars would be better making it easier to pick out from the background stars.

The peak of the Leonid meteor shower occurs on the 17th/18th of November. Best estimates suggest 15 per hour. Leonid meteors are one of the fastest showers with recorded velocities of 70km per second leaving persistent trails. This year the peak is two days after New Moon so conditions should be ideal. The radiant is low in the ENE just above Algieba.

The Geminid meteor shower peaks on the 13th/14th of December. This is one of the most active showers of the year, in some years the peak rate is 100 per hour. A bonus is that it is the one meteor shower that is active before midnight. It is thought that this



shower is closely associated with Asteroid (3200)Phaeton which has a similar orbit and therefore the meteors are denser rocky material rather than being small dust grains. This gives rise to slower meteors with longer lasting trails often ending with a breakup into smaller fragments. This year the peak coincides with New Moon so again conditions should be ideal. The radiant is high in the SE just above Pollux.

January brings the Quadrantid meteor shower which peaks on the 3rd. Another active shower with a peak rate of 80+ per hour. The radiant is in the NE close to Alkaid, the last star on the handle of the Plough. Unfortunately the moon will interfere but you might get lucky. These meteors are associated with minor planet 2003EH1.

This time of year sees the return of the old favourites. Taurus is the home to two star clusters, the Pleiades with young blue/white stars and the V shaped more scattered Hyades, slightly red and closer to us. Aldebaran on the lower leg the V of Hyades is not related the cluster.

Below Taurus is Orion, the most prominent constellation of the winter months. Betelgeuse, the upper eastern red tinged star, has been the source of much speculation. Betelgeuse shows some variability in magnitude with dimming occurring on approximately 1 and 5 year cycles but recently it has been dimming outside of these cycles. Betelgeuse is of an age and size that it will end life in a super nova explosion and the out of cycle dimming was suggested to be a precursor to that event. It seems now that it was an emission which condensed into a dust cloud and obscured the light output, but watch this or that space!

Wishing you clear skies.



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Sailing on plastic tides

After one month sailing and cleaning the coast from Gweek to Exeter, Clean Ocean Sailing successfully completed their mission to deliver one ton of marine plastic to Ocean Recovery Project for recycling into kayaks. The last leg involved paddling the ton of pre sorted, recyclable plastic rubbish on canoes and kayaks up the Exeter ship canal, completing the journey with minimum environmental impact.

They returned home with more rubbish than they originally carried to Exeter on the 112 years-old Danish Schooner The Annette. Anchoring in many hidden places along the South Devon and Cornish coasts, the crew of enthusiastic volunteers were doing clean ups of otherwise inaccessible coves on both ways.

The crew collected over a ton and half of all sorts of flotsam and jetsam (plastic bottles, polystyrene bits, pneumatic tyres, tangled masses of ropes and nets, broken crab pots and barrels, to name but a few).



Such items can be found all along our coastlines, both in the UK and globally representing an unending plastic tide; *"Its quite hard to realise that this cycle of work will never end. We collect marine plastic then find ways to process it, so it doesn't end up in landfill. Yet before we even deliver it we collect again twice as much rubbish on our way there,"* pointed out Steve Green cofounder of COS.

During the voyage The Annette and her crew had many opportunities to observe closely a rich marine wildlife including, Seals, Dolphins, birds and even some surprises such as jumping Tunas, Kingfisher and a friendly Fin whale. *"We were very lucky to meet the Fin whale on a way back home, she stayed alongside Annie for several minutes; these are the moments which encourage us to carry on cleaning up our ocean. These amazing, curious and intelligent creatures deserve a better place to live than in a soup of*



Clean Ocean Sailing

human trash,” Says Monika Hertlova, co-founder of COS.

Sailing old wooden sailing vessels can pose unique challenges, with unique solutions as their oak planking swells and shrinks over time. During the return voyage the crew had their hands full manually pumping out seawater when the Annette sprang a leak somewhere off Berry Head and due to rough seas the electric pump malfunctioned. Whilst anchored by Start point, they had to dive under the boat and attempt some emergency underwater repairs. These repairs methods ranged from nailing on patches (unsuccessful) to carefully delivering sawdust to cracks in the planking whilst underwater (amazingly successful), *“The repairs we have done on the way are only temporary and we must continue restoration work on her stern during this winter. It’s essential for our next mission to keep The Annette seaworthy,”* Added Steve.

On their return to Gweek the crew unloaded all the collected rubbish, weighed it, sorted it and counted it. This will generate important information for understanding the extent of pollution along our beautiful, but fragile shores and marine ecosystems. Volunteers are invited to help with this last bit of work of the whole mission. *“Please come and join us to see for yourself and share awareness,”* Encourages Monika, *“The mission wouldn’t be possible without generous support of people who care about marine environment. We already raised over 80% on our Justgiving crowd funding campaign, thank you! Everyone can help us complete even more clean-up expeditions by donating just a small amount. Together we can do it!”*

For more information, go to <https://www.justgiving.com/crowdfunding/cleanoceansailing2020>

Of interest to elderly or disabled persons in the community

Electric Riser/Recliner Armchair (Green).

Chair fabric has remained covered by previous owner. Suitable for users weighing up to 136kg (21.5 stone). Chair back reclines and front raises so user can be virtually horizontal. Chair rises considerably to assist users to stand.

Quingo Mobility Scooter (silver).

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Gweek Players tread the virtual boards

Linda Capone

Gweek Players have not been idle these past few months, despite Covid-19. Every fortnight on Tuesday and Wednesday evenings we've been reading a variety of plays on good old Zoom.

An average of 24 actors take part over the two nights. Aline Turner, our Committee Chair, has read dozens of plays to find scripts that are interesting, with enough parts to go round and that aren't too long! The plays we've read include *A Midsummer Night's Dream*, *Anne Boleyn* by Howard Brenton and *Nell Gwynn* by Jessica Swale. Next up is *Under Milk Wood* by Dylan Thomas – originally written as a play for radio, so ideally suited to a virtual performance. With permission from the publisher we use the Zoom share function to display the script on the screen.

Another member of the Committee, Emma Phillips, has taken it upon herself to direct and film short sketches, songs and party pieces by various members of Gweek Players. To view, go to gweekplayers.co.uk and click "Contact us" to receive the link.

Our production of *Blithe Spirit*, cancelled this April, is due to go ahead in April 2021. Rehearsals will resume once it is safe to do so. We are very much looking forward to performing in front of a live audience again in the not-too-distant future. The photos show the actors, Chris Breach, Mark Breach, Antonia Coppen, Tabby Lammass, David Quinn and Steph Randlesome, in rehearsal at the WI in Constantine.



A very peculiar gardeners' year

Peter Wilson

Many gardeners will say that as winter approaches, it is the end of the gardening year. Others advocate that it is the beginning and you will yield the results next year due to the preparation done now. Whichever camp you belong to, this year has certainly been a testing one for most of us. Who would have thought that 2020 would end in such a way.

The society has not met since the last AGM and it will most likely not meet again until after the next one would have been held in 2021. We must all wait and see what the future holds prior to any further interaction.

The committee has decided that all Membership annual subscriptions paid in 2020, will be honoured for 2021. Let us hope that we can meet, have gardening talks and plan future events as soon as is reasonably practicable.

As keen gardeners we know that now is a great time to collect seed ready for next year.

As society members can we try to collect a few varieties from our garden so as things get back to normal we can try and get a community seed swap scheme for Constantine going in 2021. It will be a big project to initially start, but I'm sure with our collective knowhow we can make a success of such a scheme.

The Facebook page is there for us all to use, to share ideas, ask questions and post pictures of plants and our gardens. For those without a Facebook account I'm more than happy to administer any content that you wish to be included. For those wishing to have photographs included please send them via an attachment in a JPEG format, not via a Word or Pages document.

As this issue covers November and December, albeit it may be a little early for some, may I wish you all a very Merry Christmas and a Happy New Year.

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Submission Deadlines:

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

February/March 2021 issue is

15 January 2021. Please send to

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



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