

The Constant Times

Also on-line

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JUNE, JULY & AUGUST 2023

Constantine's Coronation Events weekend a resounding success

Mixed weather didn't stop Constantine folk enjoying a fun-packed weekend of activities and events skillfully organised by Tracey Clowes and her team of volunteers to mark the Coronation of King Charles III on Saturday 6 May.



The bells of St Constantine Church rang out to mark the beginning of the festivities which ranged from a 'Clear Out Your Clutter' table-top sale in the Church (*top right*) and display of 2D and 3D crowns created by members of the Constantine Arts Society (see *page 17*), to 'Have a go' sessions at the Bowls Club for adults and children, a commemoration service, a 'Constantine's Got Talent' variety show (*middle right*), a Community Big Breakfast (*bottom right*) and a Woodland Walk with drama group Story Republic.

More pictures on pages 2 and 3.



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Constantine's Coronation Celebrations *(continued)*

Perhaps the highlight of the whole weekend was the Variety Show at the Tolmen Centre on Sunday 7 May. Compered by Tracey Clowes, a packed first-floor theatre audience was treated to a spectacular and highly professional ten act programme opened by keyboard/guitar singing duo Ron & Ter (*top right*). Madonna sent her apologies but an Andrews Sisters tribute number amused the crowd, followed by vocal group Friends in Harmony.

Our own village performance poet, Kerry Vincent, delighted the audience with a locally-themed poem to music, specially augmented



Talented young singer Hollie Davis then stunned the audience with popular and stage songs, handing over to father and daughter duo Richard & Rosie for more guitar-accompanied beautiful singing.



to take in the Coronation. Francis Gendall then closed the first half with emotive unaccompanied songs from each of the Celtic nations.

The Ukelele Orchestra of Constantine opened the second half with several humorous 'sing-along' numbers, making way for the Trengilly Singers performing a contrasting set of traditional and contemporary pieces under the baton of Melanie Uren.



The finale featured school gate Mums' group Graymalkin who closed the show with brilliant versions of several rock and ballad numbers.



The audience was hugely impressed by every act in the show and were amazed that so much talent and virtuosity existed in the village of Constantine.

With wind and heavy rain forecast for the Monday, the planned Constantine Community Big Breakfast on the Teas Under the Trees outdoor space was hastily re-located to the Tolmen Centre. Despite the weather and this eleventh hour change, the Breakfast was attended by well over 200 villagers who enjoyed hot breakfast rolls, a variety of crepes, cakes and hot and cold drinks while they chatted about



the weekend's activities. There was a real buzz of community spirit that morning.

After Breakfast 'Story Republic' delivered a doorstep performance (inside due to the weather) for Mollie Silver as part of not just the Coronation weekend but in anticipation of Mollie's 105th birthday celebration in August.

The weekend events concluded with a 40-minute walk led by Story Republic through Bosahan woods. 35 adults and children plus 3 dogs were not put off by torrential rain as they were entertained with Cornish stories, poetry, and songs with a backdrop of bluebells and luscious green woodland. An all round wonderful sensory experience.



Coronation Mugs



If you are aged between 11 and 16 and have not yet received a Commemorative Coronation mug' and would like one - please call **01326 340279**.

Teas Under the Trees



Every Wednesday in August 2.00 – 4.00pm
Raising Funds for
Constantine Christmas Lights
 On the grass opposite St Constantine Church

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Constantine Community Day - 1 October

Another date for a village which knows how to celebrate large and often. This time it is about coming together on October 1 in the Tolmen Centre for the big Transition Community Day. The doors will be open from 10.00am for events all day, with a big community lunch from about 12.30 pm. You are invited. Come along with a dish to share. And bring your neighbour!



Weather permitting, we will also be using the Tolmen gardens. We have been holding this event for a few years now, and every year it grows . . . but somehow there is always room for all, on that long line of trestle tables.

But is not just about eating together and getting to know each other better. Throughout the day there will be demonstrations and exhibits to help us meet the challenges of the climate emergency. Last year these were about solutions to the domestic energy crisis. This year we are

going to be all about clothes and textiles. Here you will find the facts: about how the fashion industry is a major plastic polluter AND is responsible for around 10% of all harmful greenhouse gases. But above all we want to exchange ideas about the fun of avoiding waste, of making and mending, sharing and recycling.

Here are some of the things that we are planning:

- *The impact of the textile and fashion industry, looking at pollution in the local area.*
- *Textiles: what is available locally*
- *The Clothes Line Project film - about recycling, wearing and sharing - The film on show will be made as a result of The Clothes Line project, which is running over the summer. The idea is that a group of local people will be borrowing a garment from Save the Children for a couple of weeks, taking a photo or making a short clip of themselves wearing it, styled to their own taste, and then passing the garment on to someone else who will do the same - and so on. It's like a chain letter, only with clothes! We'll be compiling a short film from everyone's contributions, to highlight the benefits of clothes sharing. (PS: It's not too late to join in - just email Tod Welch for details: tod-welch@aol.com).*
- *A partner exhibition in the Constantine Museum. What the workers of Constantine used to wear and what this clothing was made of.*
- *Learn how to mend, how to dye, how to make from fibre, how to refurbish your clothes.*
- *A giant clothes swap!*
- *A screening around the time of the Community Day of a film about sustainable fashion. TBA!*

And above all, a collection of more ideas about what we can do to reduce our own consumption of textiles and fashion.

We hope to see you there!

Food Waste Stall: Notes from a Thrifty Cook

The food waste stall is such a bonus to the village and is being well used; great to be helping to reduce the mountain of food that is needlessly wasted every day in this country. Recently we have seen huge quantities of bread donated by various super-



markets. It's hardly a surprise to say that this has not been cleared as quickly as some of the other delicious things which have appeared on the stall.

Bread has been a staple food in England for so long; perhaps the easy availability we have to a great fresh loaf today has led to a decline in the popularity of recipes which make use of those loaves that are a little past their best. As a thrifty cook I would like to remind everyone of a few ways to make some delicious dishes that will cut down on wastage.

The first is very simple and for me a childhood memory: **a simple toasted sandwich**, no fancy sandwich-maker needed, just a simple frying pan.

Take two slices of stale-ish bread and thinly butter on one side. Place butter side down into the pan on medium heat. Meanwhile, prepare the filling. My favourite is cheese and mushroom. Once the bread is golden, place the filling, thinly sliced, in between the toasted sides of the bread and close the sandwich. The plain (untoasted) bread should be on the outside. Thinly butter one side of the sandwich and place it back into the warm pan, butter side down. Whilst this side is toasting thinly butter the upper, plain side of the sandwich and flip to finish. I like to squish mine down a little with a fish slice and flip it a few times to achieve maximum melt.

The second is a little more complicated but equally delicious:

Vegan Maple Pecan Bread Pudding (All quantities are approximate)

One stale loaf

1 can full fat coconut milk	$\frac{1}{3}$ cup cornflour
$\frac{3}{4}$ cup maple syrup	Vanilla extract
2 tsp cinnamon	1 cup pecan pieces
1tsp salt	$\frac{1}{4}$ cup brown sugar
1 cup non dairy milk	$\frac{1}{4}$ cup vegan butter

Remove the crusts from the bread (could be used to make bread crumbs) Chunk roughly into cubes and spread over a baking dish. Whisk together coconut milk, maple syrup and cinnamon plus $\frac{1}{2}$ tsp salt and heat slowly in a pan. Mix the non dairy milk with the cornflour. Once the coconut mixture comes to the boil stir in the cornflour milk, whisking together to thicken the custard. Once thickened, set aside to cool a little before mixing in the vanilla essence. Pour over the bread cubes, mixing slightly to ensure an even coating and distribution. Topping: Melt the vegan butter and mix together with the pecan pieces, brown sugar and remaining $\frac{1}{2}$ tsp of salt. Spread the topping across the custard coated bread and then bake in the oven (180°) around 40 mins until toasty and golden on top.

This recipe is easy to adapt to whatever you happen to have in store. You could add a squishy banana or some dried fruit for example. If you have less time, ready-made or instant custard would work equally well. The crusts which I made into bread crumbs using a food processor could be added to thicken a soup, or combined with a little oil, salt and perhaps some chopped herbs then toasted in the warm oven to make a crispy topping for a salad or a shepherd's pie.

The possibilities are endless. Why not bag a loaf of bread from the stall and have a go?

Gleaning Cornwall Network

What does gleaning mean? To pick up after a reaper, or 'to strip the leaves after a harvest is to glean a field.'

Gleaning Cornwall has been providing fresh vegetables for our reduce waste food stall, gleaned from our own Cornish fields for the last 18 months, including cauliflowers, parsnips, savoy and pointy cabbages, potatoes, pumpkins. A blessing in the present climate of changing food supply and financial difficulties.

The reason we can glean is because the production of vegetables and perishable produce is unpredictable and growers need to make growing and harvesting decisions according to weather, demand and pickers' availability. The marketing is then dictated by the supermarkets acting on our decisions when shopping. This makes the whole process very unpredictable and often results in unharvested produce left in the fields to rot. Unless of course Gleaning Cornwall is invited to glean any remaining produce.



Since starting, Gleaning Cornwall Network has gleaned over 142 tonnes of produce, saving food charities around £235,000. They help feed around 6000 of Cornwall's most vulnerable people nearly every week and it has become a nationally recognised organisation on how gleaning can work to promote less waste food.

Action required; Could you become a volunteer? The pickers are volunteers, with an increased number of pickers, we can increase the amount of saved produce. Time picking is variable, join the team, come on the half day, that you are able? If you only have an hour spare that's appreciated too. Once 'hooked' you won't regret the jolly, social camaraderie. Tea coffee and biscuits usually available!

Funding the organisation is required to collect and distribute the gleaned produce, which covers the whole of Cornwall, liaising with farmers and food distribution places. (Food hubs, reduce waste food centres, lunch clubs etc.) Transportation of the vegetables to all corners of Cornwall requires money. Cornwall Gleaning network has just launched some fundraising activities to enable this vital service to the people of Cornwall to continue. At Transition's Farmers' Market on May 13th we managed to raise £32.52.

If you feel you could help in anyway contact Mike or Rosie North in Constantine - 01326 341007. The main contact is; website - gleaningcornwall.org.uk, Facebook or email Holly - gleaningcornwall@gmail.com.

If food waste were a country, it would be the third largest Greenhouse Gas emitter in the world after the US & China.!

Transition Films & Talks at the Tolmen Centre

Wednesday 7th June, 7.30pm

"Once you Know"

Entry £5 or what you can give.
We have had to hire this film.

Once you know, what do we do? Supported by Roots-of-Resilience, Resources such as a guided discussion podcast and hundreds of opportunities to take action on issues of energy, climate, collapse and resilience. Faced with the reality of climate change and the depletion of resources, director Emmanuel Cappellin is aware that a collapse of our industrial civilization is inevitable. But how can we continue to live with the idea that the human adventure may fail? In search of answers, he sets out to meet experts and scientists such as Pablo Servigne, Jean-Marc



Jancovici, and Susanne Moser. They all call for collective and united action in order to prepare a transition that is as humane as possible.

Wednesday 5th July - 7.30pm

'The Climate Crisis is a Refugee Crisis:

What can we Do?'

A talk by Dr Lynne Jones and Dr. Asmamaw Ylgeremu.

The talk will start with things we know, some personal experience, some facts about displacement, and finally what can we do?



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Constantine History Group Spring events

Don Garman

In the last few weeks, the Constantine History Group has enjoyed Richard Radcliffe sharing his researches into the many attempts to develop a safe harbour at St Agnes and a visit to the County Archive at Kresen Kernow, Redruth.

Trevaunance Cove St Agnes posed a challenge to develop a harbour with its exposure and high cliffs. Following four unsuccessful attempts the fifth lasted for several years until storm damage rendered it unusable. Many of the dressed granite blocks still lie on the floor of the cove (see right) and some of the structure can be seen in the cliffs. There was a 20th century move to reinstate the harbour but it was decided the challenges were too great and the funds raised should go to local charities

The tour of Kresen Kernow led by Tamsin Mallett was much enjoyed. The converted brewery is impressive and members noted how well appointed it is and had sight of the amazing county collection.



The next meeting was a visit to Gwennap Pit on Friday 20th May. A full report will appear in the next issue.

Visitors and new members are welcome. Contact: 01326 2050604.

Job Vacancy for Personal Assistant

Personal assistant required for a bubbly, energetic 7-year-old with learning & physical disabilities living in the Constantine, Falmouth area.

To assist with play therapy and build on life skills. The needs include intimate care and expectations will be clearly explained by the employer.

Approximately four hours per week, with some additional hours in the school holidays.
£10.90 per hour.

The successful applicant will be employed under a private arrangement with the family.

We are committed to safeguarding and promoting the welfare of children. All offers of employment will be subject to the successful candidate undertaking an enhanced DBS check, this administration process will be undertaken by Cornwall Council.

Please apply by emailing a copy of your CV and **quoting the Reference code DP/1027** to:

cypdirectpayments@cornwall.gov.uk



Tamsin had Constantine Vestry Minutes, school photographs from the 1960s, a lease of a farm owned by one of the group, a farm diary and details of a court case available to be viewed .

Constantine Carnival - come and get involved!

Add the date to your diary now and start thinking about those wonderful costumes... What will you be?!

As well as encouraging our fantastic community to join the fun parade, this year the committee were wondering if any village organisations would like to join us in hosting some activities on the recreation field on the afternoon of the carnival?



Perhaps you'd like to sell cakes or ice creams, have a tabletop sale, share a craft with children or put on some games? We'd love for everyone to be involved so if you'd like to take this opportunity to raise some funds for your organisation in any way **please contact Emily Norman on 07828477990** and we'll make sure you have a spot on the day.

We are also looking for some volunteers in the lead up to the Carnival to help with preparations, and on the day to help organise the parade and traffic flow etc. Again, please contact Emily if you'd like to get involved.



Carnival Entry Classes

- Best Walking Single
- Best Walking Pair
- Best Walking Group
- Best Decorated Person-propelled Transport
- Best Float
- Best Animal
- Best Visiting Carnival Queen
- Best Visiting Carnival Fairy Queen
- Best Visiting Carnival King
- Best Overall Carnival Royalty
- Best Overall Carnival Entry
- Most Humorous Entry
- Best Effort
- Best Decorated House en-route
- Best Vehicle

Prizes will be awarded for each category.

Timings for the day

- Fun on the field from 1pm
- Judging carnival entries 4pm
- Parade 5pm
- Entertainment 6:30pm

Cricket Club's defi-BRILL-ator now in place

Nigel Logan

There is now a defibrillator in Brill. It is on the wall of the outbuilding to the right as you go through the Cricket Club gate at Boulder Parc.

It is available in an appropriate emergency to locals and visitors alike and we hope that as many as possible of us can get some sort of training on it.

If you live anywhere in the village (especially in Brill) please contact Nigel Logan on 01326 340583 or at nigelslogan@gmail.com and we will try to get a training session organised at the pavilion if we have enough takers.

The purchase of this valuable piece of kit for the benefit of all of the community has been made possible by the members of the Cricket Club through the proceeds of the bar in the Club house and with the



generous support of the Friends of Constantine Surgery.

The defibrillator on the side of the Social Club is also now operable and has been arranged by Constantine Football Club in association with the Premier League.

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Notes from the Parish Council

Coronation

Every child in the Parish was awarded a commemorative mug as a keepsake by Chair Cllr Paul Carter and Mrs Carter. On our much loved 'village green' a Royal Commemorative stone displaying plaques for the Queen's Jubilee and the Queen's reign was unveiled by well known Constantine parishioner Mrs Coot BEM (who was awarded the British Empire Medal for services and support to the community for over 37yrs) and Chair Cllr Paul Carter. There was a toast to the new King by the village, accompanied by the Constantine Silver Band.

Cllr Wendy Deering



Annual Meetings

At the Annual Parish Meeting on the 18th May, many parishioners made their views known. Read the minutes on the Constantine website for full details.

Immediately afterwards at the Annual Parish Council meeting, Paul Carter was voted in as Chair. Howard Bolt stepped down as Vice Chair, many thanks on behalf of the council for all his years of service in this role. Chris Painter was voted Vice Chair. He has been on the council for a few years now and has worked tirelessly on the 'church hall project'. Many of you would have seen him presenting at both Parish meetings held in the school hall last autumn and at both presentations in the upper vestry rooms answering questions on the church hall building survey and the business plan to buy and run the church hall, carparks, green space etc.



Church hall, carparks, WC and green space

We have had confirmation that the Secretary of State is now fast-tracking our application to apply for permission to seek a loan. Therefore the Parish Council still cannot enter negotiations to purchase these amenities yet, but there is progress.....

Finger posts

Work has started on the first historic 'fingerpost' signpost by the cricket ground. Cllr Chris Painter, Cllr Keri Scott plus volunteers from Brill, spent a lot of time and elbow grease to ascertain the best method of restoration. It has been decided to remove the entire thing for shot blasting professionally. It will reappear transformed. Hopefully this procedure can then be rolled out for the other fingerposts in the parish.

Update on bridges in Bosahan Woods

'Highways' have confirmed that the wooden bridge (that disappeared 16 months ago) will be replaced this summer. The stone 'clapper' bridge (that is currently subsiding at an alarming rate) has been reported again to Highways and the Historic Officer at Cornwall Council.

Constantine WI News Lynda Gregory, Publicity Officer

As I sit down to write this article for the Constant Times I realised that as a very new member of the WI I clearly remember that previously I thought the we were just about jam making..... How untrue this is! So, let us tell you what we do actually stand for and what is at the heart of everything we do.

The WI is the largest women's organisation in the UK, and we have consistently championed the education and rights of women. We are a supportive and progressive organisation, and we pride ourselves on being a trusted space for women of all generations to come together to share experiences and learn from each other. For over 100 years, the WI movement has been instrumental in achieving positive change for women and for society. Our vision is to offer support and opportunity to every woman who wants it, giving women a voice to make an even bigger impact and continue being a force for change in our world.

So how does this look in Constantine at the moment? Let me think about our activities over the last 3 months.

Well, we have met and enjoyed good company, exchanging ideas and supporting each other. Some members have been walking in the countryside, good for both physical health and mental well-being, especially on such a lovely day.

We have learned from local organisations including, Ruth and Kerry of The Cornish Seaweed Company

(theseaweedinstitute@protonmail.com),

Richard Clowes – Flying Hawk Jets at RNAS Culdrose, informative and delivered with humour and Wendy Deering from our

Parish Council, an interesting and thought provoking talk. We are offering support to our Primary School and have been enquiring and encouraging action to fix the bridges in Boshanan Woods and local muddy footpaths! Councillor John

Bastin has just confirmed to us that money has been allocated for the bridge.

Work is scheduled for July and that 'The clapper bridge is an important piece of history and needs to be saved from further deterioration'.

Hopefully it will also be

included in the project.

Members have attended Parish Council Meetings and we are concerned about the big increase in Parish Council Tax this year, particularly as everyone is under financial pressure at the moment due to current inflation rates. We will also have a presence at the upcoming Constantine Enterprise Company annual meeting.

Over the Coronation weekend we ran the 'Clear out your Clutter' stall raising funds for the church and ourselves and having fun! Well done to all those who participated.

If I ask the question, are we fulfilling the aims and beliefs of the WI here in Constantine, I believe we are. We also enjoy each other's company and would love to see new members who also care about the life of our village and the people who live here and of course enjoy a cup of tea and a piece of cake!

Next WI meeting June 12th – A Cornish Sampler and the life of Anne Menhenitt who made it. 7.15 at the WI Hall.

theWI
INSPIRING WOMEN



Constantine Cottage Garden Society

Peter Wilson, Chair

You cannot change the past, so look to the future; this is something that I have been constantly doing hoping the warmer weather will soon arrive. While we have had sporadic warm days a continual stretch of sun and heat would be most welcome. It has been a long slow introduction to summer and the flowers just seem to be waiting for that moment to burst into life.

The Planter in the village was planted up just before the Kings Coronation, it was left as late as possible for the fear of a late frost hitting any plants that may have been put in. While it currently looks a bit sparse, the plants will soon grow as the summer improves, showing the full potential intended for the Coronation day.

Continuing with the Coronation theme, home owners were asked to Decorate their front door and submit their entries to the garden society for judging. The winner is Jenny, Steve and Theo Smith from Well Lane, Constantine. I think you will all agree a fantastic door portrait of his Majesty the King, a fitting tribute for the occasion and a worthy winner. It will be lovely to be able to present the Smith family with their prize at the Summer Show in July.

The Garden Society's Summer Show is taking place on Saturday 15th July on the football pitch in Constantine. The Marquee will be rented on the Thursday before, anyone wishing to assist with the build up for the show, please come to the field on Thursday and Friday. There will be plenty to do, so any help will be gladly received. It is also hoped that a BBQ will be held on Sunday 16th by the marquee, with local folk music for entertainment.

On that note it has been 4 years since the last show, for those of you who currently have any of the cups that were awarded at the last show, can you please make

arrangements to return it ready to be presented this year. Please e-mail constantinegardensociety@gmail.com giving your details so arrangements can be made.

The first Summer visit for the garden society will be to Lamorran Gardens in St Mawes. This will be on Friday 9th June, if you wish further details please e-mail constantinegardensociety@gmail.com for further information.



Big grant for Bowls Club roof

Debbie Read

Constantine Bowls Club have received a £3,000 grant from the Cornwall Community Foundation towards replacing their pavilion roof. This money, alongside the grants of £400 from John Bastin our County Councillor and the £500 from Constantine Parish Council, mean the Club now has the full amount for the work. This will be carried out at the end of the bowling season.



Constantine Pre-School & Forest School

Around the world in... a term!

This term Pre-School has been travelling around the world. The children and staff have been to South America, Africa & Peru. They have been learning about different countries, exploring their cultures, food, education and habitats. Following this, there was a focus on learning about and celebrating the UK, preparing for and recognising the King's Coronation. We did of course visit Cornwall with a nod to our delicious pasties, which the children loved making and



of course eating! A big thank you to parents sharing their fascinating pictures and objects from their 'around the world' travels. We would also like to extend our thanks again to Councillor Paul Carter and Mrs. Carter who kindly joined us on Wednesday 3rd of May and gifted all of the children a special Coronation mug.

We have also enjoyed finishing our weeks off with Forest School. Thank you for acknowledging our change of day from Wednesday to Friday, and for your support as ever with abiding by the notices laid out with regards to dog walking nearby. With the blanket of blue that has appeared in the recent weeks, the children really are immersed in magic when we visit! They have enjoyed searching for hidden eggs, chasing bubbles, meeting new friends and making

many a potion (including a deliciously muddy 'Coronation quiche' fit for the King!) It is a real joy to watch the children absorb the natural world around them, pausing to listen, interact and care for the woods we cherish. Our planters are also starting to wake up, and we are enjoying spotting the signs of spring!



We would also like to share the wonderful news that our Manager Kate and her husband Jamie welcomed their beautiful daughter Ivy into the world on the 18th April. All are doing very well and adjusting to life with their new addition beautifully!

Fundraising...

We would like to extend our HUGE thanks for yet more support with our most recent Pre-School fundraisers. Our sponsored beach clean blew our target out of the water, and we raised a whopping £530! Our recent plant sales at the Constantine Farmer's Market (*right*) have also raised over £400, and hopefully helped brighten up the gardens and allotments in the village too! We truly are blown away yet again with the amazing support from our wonderful

Ella Lee

community and we look forward to revealing the many things that this valuable funding will be spent on.

Coming up in the next few months, we have our weekly ice lolly sales returning by popular demand! These will be every Friday from 19th May (weather permitting) from 3pm on the bank outside Pre-School. Please do pop along for an end of the week treat and chat to some of our wonderful Committee members!

Job opportunities...

Do You Have a Level 3 In Early Years Education? We are looking to add to our Bank Staff (temporary cover) team! If you enjoy working with children and have a Qualification in Early years, we would love to hear from you. E-mail Charlie at hello@constantine-preschool.co.uk.

And finally... can you help?

In the interest of shopping pre-loved, the Pre-School team has gathered a wish-list of some resources that would be hugely appreciated, before we look to buy them. If you are able to donate any of the items below, we would be ever so grateful (again!):

Office supplies - Children's garden tools - Art & craft resources - Storage baskets - Cut willow

If you are able to supply any of the above, please either pop them up to Pre-School



**Fundraiser
Fridays!**

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RESOURCES AND ENVIRONMENT.)

between 9 and 3, or e-mail Ella at:

committee@constantine-preschool.co.uk

We also can't believe that it is time to start preparing our eldest children for the transition to big school. We approach this with big emotions each year, but we are sure you will join us in wishing them every happiness in their new adventure! Pre-School provides the very best environment to prepare them and we love watching them step into their new, very grown up shoes.

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Gweek Players stage postponed Quartet

Linda Capone

Gweek Players are very happy to announce that our next major production, *Quartet*, will be performed at Gweek Village Hall from **Wednesday 14th June to Saturday 17th June 2023**. Evening

performances start at 7.30; the Saturday matinée starts at 2.30.

As many of you are aware, we had to postpone the production due to illness, but we are now up, running and raring to go with an invigorated and healthy cast!

Set in the 1990s in a retirement home for musicians, this bittersweet comedy initially focusses on three residents, all ex-opera singers, and the turmoil resulting from the arrival of a fourth. Not only was the new-comer their stage partner but also the ex-wife of one of them, and he is not pleased to see her! Her arrival coincides with the re-release of their celebrated recording of *Rigoletto*, and this inspires them to consider reprising their famous performance of The Quartet from the opera for the Giuseppe Verdi celebratory day. But there's one major problem: one of the four refuses to countenance the idea, and the quartet looks to become a trio. But the show must go on!



This play has many layers, drawing parallels between the characters and the roles they performed in *Rigoletto*. Appearances are deceptive and long held secrets are gradually revealed, challenging and changing their beliefs about each other.

Saucy, funny, and touching – the play examines love, friendship and forgiveness. Above all, it celebrates grabbing opportunities, embracing change and growing old gracefully.

Please note: This play is set in the 1990s and reflects some attitudes and language of the time.

Tickets cost £12 and include a choice of wonderful desserts at the interval. They can be booked online via The Minack Theatre Box office (minack.com) under "Other Venues". Or go to gweek-players.co.uk and follow the link to The Minack website.



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Constantine Arts Society's crowning glory

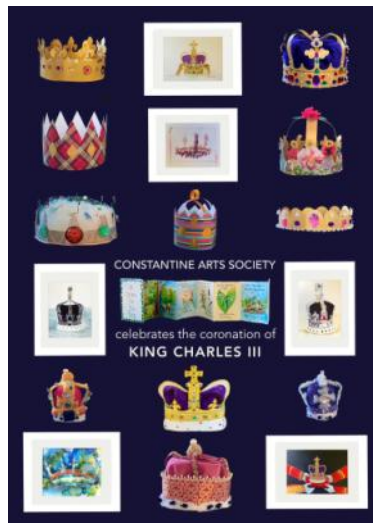
George Willoughby

Constantine Art Society decided to have a competition resulting in an exhibition in the Church during Coronation Week. Art Society members were asked to produce a two or three dimensional piece of work reflecting the title "CROWNS". It certainly sparked the imagination of many members who had only 5 weeks to produce their image. The Crowns were produced in various mediums, Water-colour, Acrylic, Sewing, Wood, and Multimedia, with some even adorned with jewels. Once displayed in the Church it could be seen as an excellent example of the creative mind of the Art Society Members. There were many posi-



tive comments made by Church visitors and showed the many types of art that Society members can produce.

Thanks to those Art Society Members who participated.



St Constantine Church Services

June

Thursday 1

10.00am Morning Prayer (Iona Service)

Sunday 4 – Trinity Sunday

8am Holy Communion (BCP)

10.30am Holy Communion (CW)

Thursday 8

10.00am Morning Prayer (Iona Service)

Sunday 11

10.3am Holy Communion (CW)

Thursday 15

10.00am Morning Prayer (Iona Service)

Sunday 18

10.30am – Service of the Word

Thursday 22

10.00am Morning Prayer (Iona Service)

Sunday 25

10.30am Service of the Word

Thursday 29

10.00am Morning Prayer (Iona Service)

July

Sunday 2

8.00am Holy Communion (BCP)

10.30am Holy Communion (CW)

Thursday 6

10.00am Morning Prayer (Iona Service)

Sunday 9

10.30am Service of the Word (CW)

Thursday 13

10.00am Morning Prayer (Iona Service)

Sunday 16

10.30am Service of the Word (CW)

Thursday 20

10.00am Morning Prayer (Iona Service)

Sunday 23

8.00am Holy Communion (BCP)

10.30am Holy Communion (CW)

Thursday 27

10.00am Morning Prayer (Iona Service)

August

Sunday 6

8.00am Holy Communion (BCP)

10.30am Holy Communion (CW)

Other service dates in August are yet to be arranged. Please see church noticeboard

Everyone is most welcome to join us.

(BCP – Book of Common Prayer, CW - Common Worship) Enquiries please contact: Maureen Metcalfe 01326 340167

Constantine School news

New curriculum for CPS

As a school we have been working hard on our new curriculum. Every class has half-termly topics that are linked to key texts and we have spent a lot on many new guided reading texts to support this. The children really are loving the new books and at the beginning of term when some texts hadn't arrived we had children and teachers running to the office to ask if they had come as they were so keen to start them. As a school we aim to promote a love of reading and the children are loving their new texts.

This terms topic questions are:

Y1 What is the weather like today?

Y2 Why are rainforests unique?

Y3 Why are our coasts changing?

Y4 What was Henry 8th famous for?

Y5 Where in the world is Paddington?

Y6 What legacy did the Celts leave in Cornwall?

King Charles III Coronation

The children were delighted to receive their Coronation mugs that were kindly gifted to them from the Parish Council. They will be treasured and kept for many years to come to commemorate this special occasion in history. Tracey came into school with Christine and Paul Carter to present them and she also told us all some brilliant stories from newspaper cuttings from many years ago when King Charles was about 10 years old. Did you know that he visited Scotts Quay and enjoyed the Helford River and locations close to us that we are all familiar with and recognise? We loved hearing these stories.

Gill, our wonderful school cook, spent time preparing special coronation cup cakes for us all to enjoy- they were delicious and so beautifully decorated.

Our wonderful choir did us proud and accepted the invitation to perform at the Princess Pavilion on Saturday 6th May for the Coronation celebrations.



In class we learned facts about our new king and his life and also created some collage art for a display.



Inspirational ex-pupils become World Champions

Several ex-pupils (and 5 staff members) all competed in the World Gig Rowing Championships 2023 on The Isles of Scilly. All are members of Helford or Newquay gig rowing clubs and everyone returned to the mainland very pleased with their results and achievements.



Two ex-pupils were in the Open women's crew for Helford and they were crowned the world champions 2023 after some extremely close and very competitive days of racing.

Grace Maguire and Ellie Britain-Long were in Mrs G's very first class when she started teaching at CPS and now they are world champions - we are all very proud of them and are inspired by their commitment and dedication to the Cornish Sport of Gig Rowing.

Helford have a junior rowing section and if you are interested in giving this sport a go, then please visit: [Helford River Gig Club](https://helfordrivergigclub.org.uk) » [Home \(hrgc.co.uk\)](https://hrgc.co.uk)

There are many social and competitive adult crews that parents may like to join also. Please visit the website for more info and contacts.

Cags Gilbert, Head of School

Art:

In Year 3 we have been working carefully to create different tones and shades. What amazing results!



Cross Country Success

Huge congratulations to the following children who all ran at the second round of the cross country and gained the following positions: Macey (46th) Jack (14th), Matthew, (4th) Jimmy (16th), Henry (22nd) and Ethan (1st) who all competed in and completed the Cross Country second round at Helston School. They all ran superb races and did us proud. Four of these pupils earned themselves places in the county finals that were held at Newquay Sports Ground just three days later. Mrs G took the children who represented our school and Sports Partnership and they did an amazing job in the challenging



ing races with over 100 children in each and came home with results to be proud of.

Ethan also became the County Champion for his age group for the second year running which is amazing and very well deserved.

Constantine School news

Hockey League

Our team have played well in this year's hockey league, earning themselves a place in the finals. It was a very wet evening on the exposed pitches and our team fought long and hard, ending up in second in the 2023 League—Fantastic! Many thanks for all the support from parents with driving and for cheering us on



CAST Science day for Y3



Year three had the most wonderful last day of term at CAST thanks to Penryn College.

Mrs O'Boy has some great quotes from the children and she is very happy to do an evaluation if needed.

The teacher posted this message to parents:

"What a super final day of term! The children (and adults!) all had a wonderful time at CAST today. We learned about the solar system, sources of light and became real life shadow puppets before finally making our own! This was a wonderful teaser into our topic next term and we are all really looking forward to it!"

School Garden

Our volunteers continue to give their time making our school garden look so amazing. We have fruit, pumpkins and wild flowers all growing away nicely.



We also now have some beautiful picnic benches. A donation was made towards the cost of the new picnic benches at Constantine Primary School



in memory of Liz Moore, who died nearly 6 years ago. Liz was a passionate supporter of the School, (both her children and grandchildren have attended) and of the village in many, many ways, so Steve was delighted to be able to support this project in her name, and knows that Liz would have been very supportive of the recycled materials that are used in their design and happy knowing it would enable the children to spend more time learning in the outdoors.



Cags Gilbert, Head of School

HRCST

Our sailing club is almost full with 22 children enjoying the Helford River and learning to sail each week. We are very fortunate that as a local school we are given a slot each week from Easter to October. Many of our children get to try sailing and several leave our school with their RYA awards 1, 2 and 3 – amazing! So far this term they have been out in all weathers and we are looking forward to some sunnier times very soon.



Tolmen news and Summer programme

Thanks to Tracey and Richard Clowes and their band of helpers, the Tolmen Centre was a hive of activity over the Coronation weekend. Sunday night the upstairs auditorium was packed out for a fabulous Village Variety show, with music, comedy, and poetry from performers of all ages; and on Monday morning the Big Breakfast was relocated to the Tolmen Centre (because of bad weather), and again the building was packed, for a feast of bacon and sausage baps, cakes, tea and coffee, and also of entertainment from Storyville Republic with their songs and stories. It was wonderful to see so many people from the village gathered together and making the best use of the Old Wesleyan Chapel. It reminds us that the Tolmen Centre is not just an

arts centre and party venue, but a vital community centre at the very heart of the village which is open to all and serves a wide variety of functions.

The highlight of our official summer programme will no doubt be the **Community Play**, 'Before the Flood', written and directed by Jon Welch and featuring a big cast of local actors from age 7 upwards. Expect drama, humour, and surprise. There will be three performances on **June 1st, 2nd and 3rd**, and tickets are selling fast.

We have two musical offerings in the programme. On June 24th, Bristol-based folk duo **Kit Hawes and Aaron Catlow** combine fine vocal harmonies with virtuosic guitar and fiddle playing. Mark Radcliffe describes them as "reminiscent of Swarbrick and Carthy...



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Dougal Jeffries

I can give them no higher accolade." On July 8th the fabulous **Barb Jung**, with her keyboard accompanist Jenny Carr presents 'Forgetful Heart', her interpretations of love songs by Leonard Cohen and Bob Dylan: spell-binding stuff.

The **Tolmen Movies** programme consists of two highly-rated and moving dramas: Ali and Ava on **June 14th**, and Brian and Charles on **June 28th**.

Transition Constantine continues its series of informative and stimulating films on environmental and climate-related issues, with discussions following, on **June 7th and July 5th**.

For June and July, the featured artist on the walls of the gallery will be **Barbara Kennedy**, a printmaker based in Penzance.

Our new two-tier ticket pricing seems to be proving a success. Our aim is to encourage those who can to pay the normal, full price for their tickets, while at the same time offering a discounted price for those who feel they would otherwise be unable to attend an event. We rely on your own judgement as to what you can afford and do not ask for any evidence of financial status.

And finally, a reminder that we are always keen to hear from anyone who would like to join our friendly team of volunteer helpers, whether with help behind the bar, on the door, or in the cafe at our programmed events; with odd jobs and gardening; or with administration and planning.

Any enquiries to dougal6@gmail.com, sallyhamling@hotmail.com, or for the cafe barbara@goongillings.co.uk.

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Musings

Rev Mike North

If you're going to Glastonbury Festival for the first time this year then this picture may be a prompt about essentials.

The first Glastonbury Festival was held in 1970 (and started the day after Jimi Hendrix died!) Thanks to the tenacity of a farmer called Michael Eavis it has grown to become the world's biggest performing arts festival. It covers 900 acres in the Vale of Avalon and accommodates over 200,000 folk.

After the pomp and pageantry of the Coronation of King Charles III and Queen Camilla then our nation's other hugely successful story is 'festivals.'

Feeling good and enjoying ourselves is a very important part of our life journey. God doesn't do miserable. Apart from the best live music available the Glastonbury Festival is also about promoting qualities in life that are admirable; the environment, freedom, organic farming, spiritual seeking, peace, love and beer (because beer is proof that God loves us and wants us to be happy.) The Festival continues its philanthropic mission of donating its profits to three main charities: Greenpeace, Oxfam, and Water Aid. Brilliant.

There is also the lovely story of Joseph of Arimathea (the man who buried Jesus) visiting Glastonbury; some like to think Jesus even came with him. But if Jesus was here today, would he be going to Glastonbury Festival? I think he would.....and he'd love the beer and conversations. So enjoy life, give it a jolly good squeeze; imagine.



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Night Sky

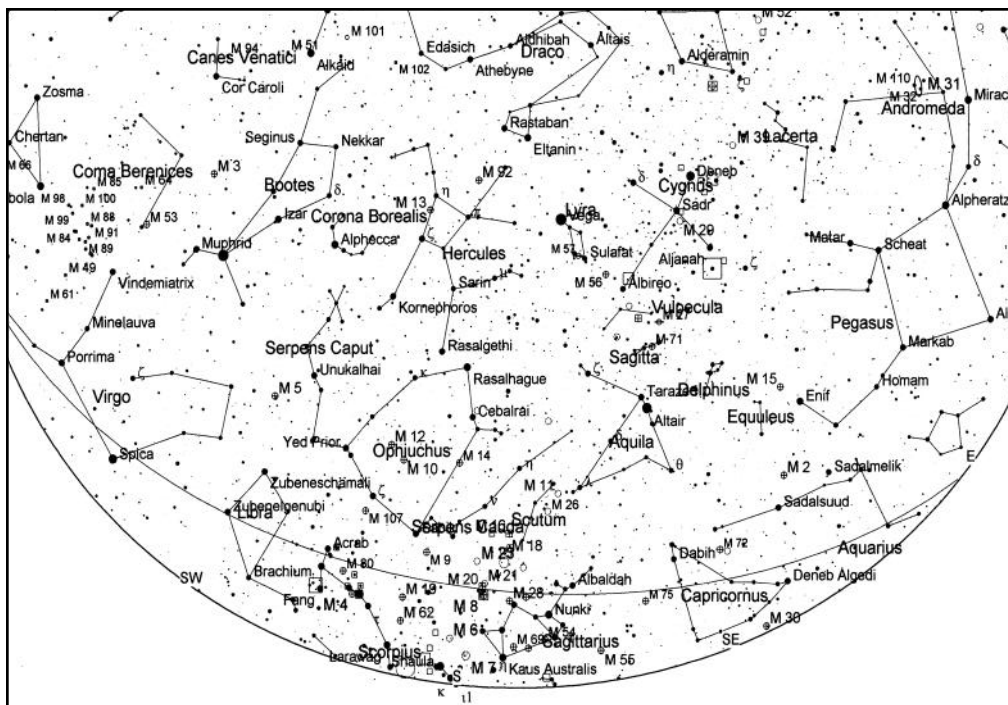
By June, even as far south as we are, we experience some form of twilight throughout the night. This makes for a late night if one is to take advantage of the hour or two either side of midnight.

There is a possible compensation though, as you might be lucky enough to see a display of noctilucent clouds (NLC). These are very distinctive clouds which shine with an electric blue tint. You will need to be looking towards the North Pole and have a low northern horizon. The clouds form at an altitude of 80 to 85kms, so are far above other clouds. These are only visible a month or six weeks either side of the June 21st solstice. With the observer in darkness the clouds remain illuminated by light from the Sun which is below the northern horizon.

July's night sky boasts what is arguably the finest coloured double star in the sky. Alberio 'the beak star' of Cygnus the Swan and is 430ly away. Even in a small telescope its yellow and blue components are easily separated even at low magnifications.

The ecliptic (the path that the planets take in orbiting the Sun) is low in the south in August, so the fainter summer constellations such as Capricornus and Aquarius may be lost in haze, although Sagittarius fares better with its brighter stars. The easily identified Square of Pegasus is now rising in the east; counting the number of stars you can see within the Square is one way of assessing how dark your sky is. If you can see one or two or none at all, then you are sadly a victim of light pollution.

The morning of the 10th of June will see Saturn close to a last quarter Moon at 0400 and



Robert Beeman

on the 14th Jupiter very close to the Moon at 0345. On the evenings of 20th to 23rd of June at about 2215 a narrow crescent Moon passes Venus and Mars in the west north west. You may be able to see Regulus just below the Moon on the 22nd and 23rd in the west, other stars will probably be lost in the twilight.

On the morning of 7th July at 0400 the Moon is close to Saturn and then at the same time on 11th to 13th of July the Moon passes Jupiter, Uranus and the Pleiades. On the evening of July 20th, 21st at 2145 a very slim crescent Moon will pass Mars.

On the morning of 3rd and 4th August at 0430, an hour before sunrise the moon will pass Saturn and on the 8th, 9th will pass Jupiter and Uranus. On the 30th August the moon is almost full when it joins Saturn again at 2130 when it is low in the southeast.

July brings some meteor activity in Capricornus and Aquarius but conditions are not particularly favourable for northern hemisphere observers as the radiant is quite low down towards the horizon. In addition the peaks of the alpha Capricornids and delta Aquariids are on the 30th of July which is two days before Full Moon. It is well worth keeping an eye out from the beginning of July to mid August.

August sees the Perseid meteor shower when conditions are favourable over the peak of 12th 13th August which is three or four days before New Moon. The shower starts about the 17th July and continues to around the 24th August. During the peak period the hourly rate may reach 100 per hour

Wishing you clear skies and warm evenings.










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Submission Deadlines:

Deadline for news items, event dates and other submissions for the **September/October 2023** issue is **15 August 2023**.

Please send to: constant.times@gmail.com
or deliver to the Layout Editor at
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