

Hundreds view 2018 snapshot of village houses in 'Fore Street & Further' exhibition

Don Garman

Residents and visitors flocked to the Tolmen Centre in Constantine from 13 -14 August to view the high quality work of four volunteer photographers who recorded homes and their occupants in Churchtown, Constantine and events in the parish during 2018. The houses displayed were accompanied by historical information researched and collated over a seventeen-year period by Alan Pearce, a museum volunteer. A big screen digital presentation of over seventy historical photographs from the Museum's collection were also available to be viewed.



Photo: Alan Pearce

Well over two hundred residents and visitors filled the Tolmen Centre over the two days, several visiting more than once. Residents were eager to find the image of their house, perhaps to purchase a copy and then to learn about its history. The historical photographs generated much discussion and more recent residents were delighted to listen to those born in the village who were keen to share their memories.

Constantine Museum Chair Jacqui Hessing said "The museum team were delighted at last to be able to display the wonderful collection of photographs, which provided a snapshot of Constantine in 2018. The exhibition was originally planned for 2020 but Covid put paid to that. (Cont'd on page 2)



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'Fore Street & Further' (Continued)

We were very pleased that the exhibition was extremely well received and to see residents enjoy the exhibition and hear the buzz of conversation about the history of the houses, which often continued during tea and cake in the courtyard. I would like to thank the four photographers for their time and expertise and also Tracey Clowes for curating the exhibition and the team who realised her concept for displaying the images. I would also like to thank Alan Pearce who took the initiative several years ago to build a history of each property to be held in the museum and for organising the 2018 photographic survey."



Photo: Alan Pearce

A few people expressed disappointment that they had not been able to be included in the photographs of their property. Whilst it is not possible to add them to the 2018 record, if there is anyone who was not included who would like their photo taken and placed in the museum archive, please contact Alan Pearce, who will do his best to assist, at acwpearce@yahoo.co.uk,

If anyone was unable to visit the exhibition over the 13– 14 June or during the following week when the museum was open then please do visit the museum during normal opening times to view the history of your property. A donation to the running costs of the museum would be much appreciated.

Constantine W.I.

Liz Pearce, President

We had a brilliant day at Lamorran Garden in St.

Mawes, travelling by

ferry to St. Mawes and back on a beautiful sunny day, was a real treat, after cake and coffee at the gardens, we finished the day with crab sandwiches and artisan ice creams on the pier. Lots of fun and good company. It felt like we were on holiday.

The W.I. held its annual lunch, which this year was at the home of Mary Vyvyan. We all brought a plate of food, which was shared between us, Mary was a splendid hostess, letting us share her splendid home and garden on a very warm day. Five birthday bunches of flowers were given out to W.I. ladies with birthday's in August. A splendid social event.

The next W.I. committee meeting is on Monday 5 September at 7 p.m. Committee members only

The next full W.I. meeting is on Monday 12th September. Our speaker will be Kate – Flotsam Flo, who will be creating products from items destined for landfill. If you would like to join us, just come along, or if you would rather not be on your own, phone me on 01326 340012 and I will arrange for someone to meet you.

We welcome new members, so why not give us a try, first meeting is free.

The W.I. Hall is also available for bookings. Includes kitchen facilities. To book please contact Eiluned on 01326 340545.

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Monday 31st October 12 – 1.15pm

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Everyone welcome

Constantine Community Day - Saturday October 1st - Tolmen Centre - 11am - 2.30pm.

We are hoping to have a representative from Community Energy Plus to give advice on saving energy and on the Governments' Household Energy Grant Scheme. There is good advice in their leaflets: <https://www.cep.org.uk/resources/factsheets-and-leaflets/>

There may also be a representative from Community Power Cornwall with information about Community owned energy systems. There will be information about local food sources, ending food waste, and slow cooking to save money on your electricity bills.



Lunch at 1.00pm - please bring food to share as usual.

End Food Waste

Transition Constantine is working, with other groups in the village, to gather surplus food from various places like supermarkets, the Gleaning network, allotments etc. and offer this food, which would otherwise go to waste, for free to the Community. There will be a stall outside Staplehurst, Bowling Green on Wednesday mornings from 10 am - 12.30pm. **WATCH THAT SPACE!**

Church Hall update

Transition Constantine conducted a survey about the future of the Church Hall during



lockdown. The majority of survey respondents wanted the hall to be retained for community use, rather than housing. The Parish Council has previously registered the hall as an Asset of Community Value which gives the community an extended opportunity to make an offer if the property comes up for sale. This means that once the Diocese decided to sell the Hall, Parish Council would have the option to register an interest in bidding for the hall. On 28 of June the Diocese decided to sell the Church Hall and surroundings in three lots. Lot 1 The Church Hall, Lot 2 The public conveniences and the walled car park. Or both lots together.

At the recent Parish Council meeting of July 21 the Members considered the question of tendering a bid to purchase the Church Hall under the Community Right to Bid for Assets of Community Value, together with the adjoining two car-parks (which do not form part of the Asset of Community Value). Following discussion, it was agreed that Constantine Parish Council should complete and return the Intention to Bid document with the ultimate aim of purchasing both the Church Hall and both of the car-parks. This will initiate a moratorium on any sale to a third party for a period of six months.

It should be noted that there is no obligation on the seller to accept the council's bid. However, they will take account of any noted Community interest. Cornwall Council has received levelling up money from the government and it may be possible for Parish Council to bid for some of this money.

<https://www.cornwall.gov.uk/council-news/council-budgets-and-economy/bids-invited-from-organisations-which-can-drive-good-growth-for-cornwall-and-the-isles-of-scil/>

New date for Constantine Farmers' Market

Jenny Leighton

The next Transition Farmers' Market will be on September 10 - and after that, on the second Saturday of each month, 9.30 - noon.

Building on the hard work that went into its church hall years, the Farmers' Market's new venue in the school has allowed for some welcome innovations: Andy Carson's bike repair skills share, Tricia Wigmore's clothes swap (different categories of clothing every month, with a school uniform exchange

in September), Sas's craft activity table for children - and from the school kitchen, a drinks and cakes cafe, run by the PTA. Lynne Hammerton plans another demonstration (and tasting!!) of the dishes you can make so economically with a slow cooker. We also hope to book someone to help and advise on clothes repair. And look out for the changing displays on the Transition table with a Freecycle board and information on climate change, conservation and regeneration.

Many of our original traders are back. Dominique of Trebarvah Farm is selling Dexter beef

from her grass fed herd. John from Quayside in Porthleven brings fish from along the Cornish coast, some of it smoked in his smokehouse. Deborah Mackay is with us again - jams, jellies and honey from her bees (so local, the pollen might be from your garden) and Mrs. Dawson brings her range of pickles and preserves. Sally Martin's (*right*) imagination turns to sumptuous cakes and biscuits of every description - and from Fran Ford's ovens, delicious piles of pies, baguettes and sour dough loaves.

The newcomers include Julie, with her dawn baked sausage rolls and pastries - and Josie who makes exquisite pastel coloured macaron treats. The new veg stalls work well together, with Harriet Thody, Sarah from Rose Valley Farm and Polly from Trebarvah Farm selling whatever is in season from their fields and poly tunnels. No-one uses pesticides or artificial



fertiliser, so fill up your bags with sheaves of lush greens - or peas straight from the vine, or freshly dug potatoes or beetroot. And expect something a little unexpected. A pile of artichokes one Saturday from Harriet - or some kohlrabi from Rose Valley. Polly specialises in heirloom vegetables and Sarah brings bunches of beautifully combined flowers.

And we have tables for crafts: Constantine makers Nic Denning - jewellery inspired by history and nature, handmade and plastic free, Natalie Bonney (*above*) with beautifully simple, very usable ceramics in colours of sea and sky, Fiona Leighton's textile homewares featuring detailed designs based on paintings of the wildlife around us. And there is Deena, with her cards and her witty knits. From a little further afield are



card maker Mary from Two Rivers Designs and Julie with a range of stitched goods and jewellery.

Hope to see you here - on the second Saturday of the month, 9.30 - noon.



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Gweek Players November production Linda Capone

Ring Round the Moon by Jean Anouilh, translated by Christopher Fry, is a whimsical comedy of love and matchmaking featuring a cast of crazy characters, identical twin brothers and 1950s Dior glamour. It is a joyous celebration of passion, jealousy and romance. In one magical night the characters discover themselves and resolve their problems. A ball, including some truly terrible tango dancing, ends in a glorious finale.

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Good innings for Constantine Cricket Club

Nigel Logan

Constantine CC have had a very Saturday league teams have leagues and both will finish the leagues. The efforts to increase bearing fruit as our Under 11 and enlightened clubs at County level and Friday evenings have seen coaching for children as young as 5. Mondays in the summer have been for ladies softball cricket, Tuesdays Club practice, Wednesdays 20/20 Mining league and Sundays friendly Trengilly fixtures against touring and occasional sides and 2 family days with barbeques.



active summer at Boulder Parc. The 2 competed in the Cornwall Cricket season mid-table in their respective the inclusiveness of the Club are really under 9's have competed with other



On the ground the new all-weather practice net is now open for all members to use 24/7 (no spiked shoes please) and the bar is generating an income stream which has enabled us to present the ground in better condition than ever before - we think it is a credit to our village. Plans for the winter include a net alongside the road to offer better protection from errant balls for our neighbours.

Want to get involved - playing, scoring or umpiring? Email me at nigelslogan@gmail.com

Do you know of this charity?

Steve Moore

Edward Beling Williams - I have no knowledge of this gentleman other than that I was appointed a Trustee, with others, of the charity which bears his name, some years ago. The one legal document shows that the Church and Chapel were jointly represented when the charity was registered with the Charity Commissioners.

The Minute Book shows an initial meeting on 15th April, 1937 when the appointed Officers included Mrs. Hext, Rev. Graves and H. Warrington-Smyth and the Methodist Minister.

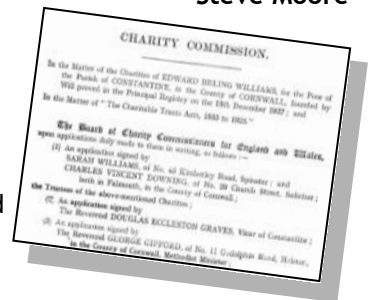
The source of the initial funds appears to have been a legacy from Mr. Williams, and the charity distributed sums of money to those parishioners in need - until "the recipient is now receiving relief from the Public Assistance Committee" when that person was removed from the list of beneficiaries.

Our wonderful organist for so many years,

Desmond Reynolds, appears in the minute book in the 1960's, and first mention of the Skinner's

Charity is made in the late 1960's. This Skinner's charity appears to have been absorbed by the E B Williams charity in later years.

In more recent times, distribution continued until relatively recently and funds are still available to meet the original aims. There has been a request for more information about the history of the charity, and its current role, so if any Constant Times readers are able to shed more light on this Parish charity it would be most gratefully received.



Constantine Silver Band gets back in tune

Dougie Down

After the stop-start frustration of the pandemic-blighted last two years, Constantine's Silver Band is at last getting back to some sort of normality.

In June the Band was central to the Queen's Platinum Jubilee celebrations in the village. On Day 1 (Thursday) the Band played outside the Tolmen Centre in Fore Street to accompany the Queen's Willow Carriage Parade, leading up to the Glebe Field for the lighting of the village beacon at 9.45pm. The many onlookers were



treated to more music from the Band, with Band member, Kerry Vincent, reading her specially-written poem for the Jubilee, 'Changing of The Guards' (See page 8).

On Sunday (Day 4), the Band played for the Church service at 10.30am, after which they quickly re-located to the Social Club for lunch before moving outside to entertain the many Constantine



villagers during the Jubilee Big Picnic Lunch on the Recreation Ground in the afternoon.

In July, the Band performed at yet another Port Navas Regatta on the 23rd - one of its favourite engagements. This was followed on the 31st by its appearance at the Nankersey Choirs Fete at the Falmouth Hotel where they played throughout the afternoon.

Still to come (at the time of writing) is Constantine Carnival on 20 August when the Silver Band will play to the assembled village crowds on the Recreation Ground.

Sadly, the Band was again unable to stage its 'Brass on Grass' concerts this year due to the increase in the cost of marquee hire. However, they were pleased to see the Band's chairs being put to good use at the Jubilee Big Picnic Lunch, the retirement lunch for Rev Stewart Turner, the Port Navas Regatta and weddings during the summer.



Changing of the Guards

A poem for Constantine for the Platinum Jubilee by Kerry Vincent

*In Nineteen fifty-two, our WI was newly formed,
The 'National Anthem' sung
and then 'Jerusalem' performed.
In fifty-eight, a member, Beth Hocking would celebrate,
Invited to the palace to meet with our head of state.
The Queen was still so young, back then,
We'd not long lost the King,
Elizabeth's dear father,
Her first love,
Her everything.
No time to sit and mourn, of course,
She was never one to moan,
Like the changing of the guards
She was steadfast on the throne.*

*Years later, 'The Rolling stones'
And 'The Beatles' in full swing,
Whilst up the road, a brand-new start,
A new era would begin.
For 'sixty-four saw a new school
Built on Trebarvah Road,
Where orange stripey ties
Were Mr. Wiseman's strict dress code.
Young families with smiles
For their new homes, they couldn't wait,
A new housing development:
Wheal Vyvyan estate.
Meanwhile our Queen, was often seen
With child upon her hip
Like any one of us she'd marvel
How they grow so quick.
Our village groups grew strong,
Our 'Over Sixties' were soon born,
And the Arts Society where splendid
Pictures would be drawn.*

*In the Seventies, Mary Hawkins, who shall never be forgot,
Would open up the village's first 'Save the Children' shop.
The Carpenters were in the charts, The Silver Jubilee,
But the music here was silent,
as young Dougie Down would see.
With lots of time and effort he reformed The Silver Band,
Jubilee celebrations enthusiastically planned.
Meanwhile, the Queen changed history,
Her very first 'walk about',
Showing her humanity and loyalty, no doubt.*

*In the Eighties we were eating fish and chips from the Corn
Dolly
Or on the bus with Sunday school on a St Ives' tea treat
jolly!
Our Queen rode in her carriage as some Royal Knots
were tied
And watched on – oh so proudly –
As her grandchildren arrived.
In the Nineties here, Terry and Don would walk a war-torn
land.
We watched proudly as village men took Bosnia by hand
And clubbed together to raise funds
So the chapel could be saved,
Such love and passion for it lies beneath the Tolmen's
stage.
The Queen felt sad as suddenly, she all too quickly learnt,
Son's marriages were over, all whilst Windsor Castle burnt.
We united in grief together when, in nineteen ninety-seven,
The World was changed forever
A princess called to heaven.*

And then, a new millennium.

*Our school would grow much bigger, yet still be a family,
Word got around the village about Liz Moore's MBE.
A special day in history that shall never be forgot
As Princess Anne would visit our own Save the children
shop.*

*And now
We know our village has a love that's so immense,
As Covid came to Constantine, this village showed its
strength.
We don't take things for granted
As we gather here again,
To celebrate her Majesty's
Seventy-year reign!
Our Queen.
She's not so young, of course,
But mighty she has grown,
We've watched her bury her true love,
Whilst sitting on her own.
No time to sit and mourn, of course,
She's never one to moan
Like the changing of the guards
She is steadfast on the throne.*



Double Constantine connection at Truro School Speech Day The Editor

At the suggestion of long-time Constantine resident, Richard Thomas, Chair of Governors of Truro School (*centre right*), Constantine-educated award-winning film and TV director, James Hawes, was Guest of Honour at the school's annual Senior Speech Day on 6 July. Addressing pupils, students, staff, family and friends, James told them *"Dare to dream, dare to ask and when you are given an opportunity, grab it with both hands and make it possible."*



Son of John and Eleanor Hawes of Ponjeravah, James started school in Lima, Peru where his father was involved with the mining industry, but attended Constantine School on the family's return to the UK, before going on to Truro School.

James began his career in fringe theatre, setting up the Young Shakespeare Company before joining the BBC to work on documentaries and current affairs. He then went on to direct many films and was nominated for a BAFTA for his film 'Enid' starring Helen Bonham-Carter, and won the Royal Television Society's Best Single Drama award for 'The Challenger', starring William

Hurt. He has also directed films for the cult Netflix hit, 'Black Mirror'.

More recently James was lead director and executive producer on 'Slow Horses' starring Gary Oldman, a spy thriller following a dysfunctional team of MI5 agents as they navigate the espionage world's smoke and mirrors to defend England from sinister forces. James was also the director who launched David Tennant as the 10th Doctor Who. He is Vice Chair of Directors UK, the guild which represents all UK screen directors.

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Lower bus fares for Constantine

As part of a groundbreaking county-wide bus fares pilot scheme, local bus company OTS have slashed fares on their services 35 and 35A serving the village.

The 'Make Big Savings by Bus' initiative has reduced single and return bus fares in Cornwall by around 40%, as well as introducing fantastic value all-day, weekly and monthly tickets. From Constantine, you can now use an unlimited number of buses in Cornwall for just £5 per day, £20 for a week or £80 for one month. You can also take the family (2 adults and all the kids) for just £10 all day and you can even pay by card when you board: or buy your ticket on the Go Cornwall Bus app.

Bus routes 35 and 35A connect Constantine with Helston and Falmouth. From 6th September 2022 buses will leave the village towards Falmouth at: 0741, 0859, 0959, 1159, 1359, 1559 and 1809. Buses will leave Constantine towards Helston at: 0754, 0859, 1054, 1254, 1454, 1709 and 1818.

For more information, go to www.transportforcornwall.co.uk



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Constantine Cottage Garden Society

Peter Wilson

What an amazing summer so far, lovely warm summer days and humid nights which allowed us all bask in the glorious weather of a true British Summer. The gardens began to flourish and really put on a show, but as the heat built and the rain stayed away, the inevitable word 'Drought' has started to become all the more prevalent. With a hose pipe ban now being issued for the South West, we must look to our water preservation techniques to get our gardens through the last few weeks of this beautiful summer.



It all started so well, the Queens Jubilee planter was placed by the school and began to flourish ready for The Jubilee Celebrations. It continues to show its colours but, it is now past its best and will soon succumb to winter planting.

The best garden showing Red, White and Blue went to Andrew and Suzanne Lugg in Penbothidno. When the judging took place the flowers were just coming into bloom and you could tell it was would be an amazing display. It certainly did not disappoint and when fully out it was a riot of patriotic colour. Well done to Andrew and Suzanne, who were most worthy winners.

The Garden Society winter programme is now being formulated and guest speakers are being lined up for our



Jubilee Celebrations best garden - Andrew and Suzanne Lugg in Penbothidno.

monthly meetings. If you wish to join the society and come along to our meetings, please feel free to e mail me on pete.wilson@me.com and I will send you all the relevant information required.



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Calling all altos...

The Trengilly Singers are looking for altos to join their choir which meets every Monday from 7 to 8.30 pm at the Tolmen Centre in Constantine. We sing madrigals, church music, folk and modern songs and sing at weddings, concerts, etc. We're a friendly group of about 20 men and women. If you're interested or know anyone who may be, please ring **Melanie on 07968 772874**.



Energy crisis help

Information
provided by



There's help for every household to support people with the cost of living. Here's what help is available and when you will receive it:

A £400 energy bill discount will be paid to all households over six months starting from October. This will be paid automatically, or you will be provided with redeemable vouchers.

A £150 council tax rebate will be paid automatically (or we will contact you) from April 2022 if you live in council tax bands A- D.

A £650 cost of living payment (£326 paid from July and £324 paid from the autumn) will be paid automatically to anyone receiving:

- Universal Credit
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment & Support Allowance (ESA)
- Income support
- Pension credit
- Child tax credit
- Working tax credit

Follow this link to Government Website for information about other kinds of help:

<https://costoflivingsupport.campaign.gov.uk/help-with-your-bills/>

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Constantine History Group visits in June and July

Don Garman

The June visit for the Constantine History Group was to the Penlee House Museum and Gallery in Penzance to see the recently hung Walter Langley exhibition. The gallery had been able to gather paintings from far and wide for the spectacular exhibition of this talented artist's work.

Despite coming from a poor back ground in Manchester his drawing talent was recognised at an early age and his mother scrimped and saved to pay for his education. Langley largely used water colour as a medium and his arrival in Cornwall heralded the start of the Newlyn School as others followed in his footsteps. A return to Manchester to paint industrial scenes was not successful and Langley returned to Cornwall where he continued to paint the members of the community going about their daily life. This is an excellent exhibition and well worth a visit.

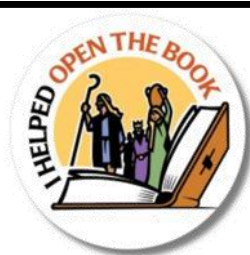
In July members of the Constantine History Group met Will Hazel of Falmouth Discovered on a beautiful sunny evening close to the Arwenack monument. This was to be a humorous and informative evening exploring some of the less-visited parts of the town.

Will explained how Falmouth developed from the Killigrew estate in Arwenack in the 16th century into the current town. The development of a postal service to Spain using the packet ships increased the importance of the port and placed Falmouth during the late 17th

century firmly on the map. Houses of the packet captains and Custom house quay serves as reminders.

At the gates to the Arwenack estate is the building that housed the first art school. Quakers, such as the Fox's were leaders in the town but the Friends Meeting House is now accommodation. The 18th century Jewish synagogue and Primitive Chapel also indicated the range of cultures and religions that once were common in the town. Here there were magnificent views of the port.

Descent to Church Street via an open passed buildings that were once considered to be of ill repute. The walk ended on the Prince of Wales Pier with a mention of Joseph Antonio Emidy from Guinea who was brought from Portugal to Falmouth by Admiral Pellew and became a successful musician in Truro.



We are looking for Christian volunteers to help with 'Open the Book', on Wednesday afternoons, at Constantine Primary School.

We have a lot of fun acting out Bible Stories for the children & they love it!

If you are interested (no age restrictions or experience needed) then please contact Peter for more information on 01326 341336.



Constantine School news

We had the most amazing Summer Term with all events going ahead as planned: three camps for Year 2, through to Year 6, a spectacular end of year performance of Oliver that we performed in the Tolmen Centre, Year 6 leavers treats and surprises, sports day, Jubilee celebrations, Race for Life and many educational visits that we pride ourselves on.

As a school we are still growing and although we sadly say goodbye to 29 Year six pupils and wish them well on the next stages of their learning journeys, we also welcome 24 new Reception-aged children coming in as well as some other pupils into different year groups where we have space.

Our Leavers Service this year was the first to be held with an audience of parents for 2 years, as was sports day. Both were supported well by parents and the local community and we are looking forward to the Autumn Term where we hope there will continue to be no restrictions following the Pandemic. It has also been great being able to invite parents in for our 'Open Classrooms' and these have been a wonderful opportunity for parents to see our learning environments in action.



School Garden

Jo Bryce, one of our governors has been doing the most fantastic job with the children once a week in the school garden. Our pupils look forward to seeing Jo each week where they look after our school garden, plant, weed and reap the benefits of what they grow. In September we will be requiring more help and if you have a spare hour or day then please do come and see us about volunteering so this great work can continue next academic year too.



Sport

We celebrated an epic year of sport by taking part in various leagues and events within school, against other schools and during our last assembly of the year all children who represented us in a sports league left with a medal as here are our results:

- Netball League 1st
- Basketball League 1st
- Hockey League 2nd
- Football League 2nd
- Touch Rugby League 3rd
- Quad Kids Y3/4 and Y5/6 7th
- Gymnastics School Team 1st
- Gymnastics Club Team 2nd
- Swimming Gala 1st
- Cross Country: Our first ever county champion after three rounds of competition. Well done to all our runners and especially Ethan in Y5.



Swimming

Despite school closures over the last couple of years we have finally had a full year of our swimming programme enabling Years 3-6 to all fulfil their swimming curriculum time this academic year. This really is quite an achievement when pools around us are closing, and many schools do not have a pool that has pool time available for this. Having recently taken Year 3 and 4 for the first time in over 2 years we are delighted at their achievements so far. To us, it proves that taking children into deeper water early on prevents fears arising whilst it also encourages a respect of the water and its dangers.

Cags Gilbert, Head of School



We have been working on building confidence, teaching and perfecting swimming strokes, stamina, style and learning water safely skills. We have seen a great deal of perseverance and resilience from everyone as this has been challenging for them, but our children have certainly risen to meet our expectations.



Constantine School news (Cont'd)

Through providing all these sports for all the pupils in our care, and promoting physical activity and opportunities to those who don't always get the chance, we have secured the Platinum School Games Award for the fourth consecutive year.



We welcomed back our '**Open the Book**' team from our local church. This is made up of a small group of volunteers who act out and retell stories, delivering a whole school assembly once a week. The children have absolutely loved this starting again and they can't wait for the next story in the new term. We are so fortunate to have many willing volunteers giving so much of their time to our school.

If you would like to come and volunteer, then please do pop in and see us so we can talk you through the process of becoming a volunteer.

Dates

Autumn term starts Tuesday 6 September.
Half Term: 22nd-30th October 2022
Christmas Break: 17th-2nd January 2023

We have a vacancy for a school governor. If you would like to find out more then please contact Mrs Jude Carroll, our Chair, on jcarroll@kernowlearning.co.uk or come in and speak to a member of staff.



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Services at St Constantine Church

Thursday 1 September

10.00am Morning Prayer (Iona Service)

Trinity 12 - Sunday 4 September

10.30am Baptism - CW

Thursday 8 September

10.00am Morning Prayer (Iona Service)

Trinity 13 - Sunday 11 September

8.00 am Holy Communion – BCP

10.30am Holy Communion – CW

Thursday 15 September

10.00am Morning Prayer (Iona Service)

Trinity 14 Sunday 18 September

10.30am Service of the Word – CW

Thursday 22 September

10.00am Morning Prayer – Iona Service

Trinity 15 – Sunday 25 September

8.00am Holy Communion - BCP

10.30am Harvest Thanksgiving – CW

3.00pm Harvest Thanksgiving – Gweek Mission Church

Thursday 29 September

10.00am Morning Prayer – Iona Service

Trinity 16 – Sunday 2 October

8.00am Holy Communion – BCP

10.30am Holy Communion – CW

Thursday 6 October

10.00am Morning Prayer (Iona Service)

Trinity 17 – Sunday 9 October

10.30am Service of the Word – CW

Thursday 13 October

10.00am Morning Prayer – Iona Service

Trinity 18 –

Sunday 16 October

8.00am Holy Communion – BCP 10.30am Holy Communion – CW

3.00pm Service of the Word – Gweek Mission Ch,

Thursday 20 October

10.00am Morning Prayer – Iona Service

Last Sunday after Trinity – Sunday 23 Oct

10.30am Service of the Word – CW

Thursday 27 October

10.00am Morning Prayer – Iona Service

All Saints – Sunday 30 October

10.30am Service of the Word – CW tbc

(BCP – Book of Common Prayer, CW – Common Worship)

In case of enquiry please contact either of the Churchwardens:

Grahame Sole – Tel 01326 340722

Maureen Metcalfe – Tel. 01326 340167



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What's on at The Tolmen Centre this Autumn ?

We have a packed programme lined up, with the usual mix of music, theatre, film and more. We start off on **Sunday September 18th** with the joyous sound of **Black Umfolosi**, a



five-piece band of singers and dancers from Zimbabwe: expect infectious rhythms, a capella harmonies, exuberant dances and gumboots!

On **Friday September 30th** author and veteran nurse **Nicci Pugh** talks about her experiences in the Falkland War and her book on the subject, 'White Ship and Red Crosses'.

Next up on **Sunday October 2nd** is folk supremo **Martin Simpson** (*right*), multi-award winning guitarist and songwriter, back for his third appearance at the Tolmen. Martin's gigs are always memorable, and well-attended, so booking is advisable.

Our first theatrical event is on **Friday October 7th**, with '**The Last Motel**', a product of the Edinburgh Fringe described as "Homespun Coen brothers with more theatrical flair!"

On **Friday October 21st** **Worklight**

Theatre present '**Fanboy**': epic storytelling, razor-sharp impressions and a dose of theatrical magic.



Our final show in October is on **Saturday 29th** from the contemporary folk trio '**The Trials of Cato**', multi-talented instrumentalists recently joined by highly-rated vocalist Polly Bolton.

Tolmen movies will be showing on alternate Wednesdays with some outstanding films including 'The Duke', 'The Good Liar' and 'After Love'. **Transition Constantine** hope to continue their series of films on climate and environmental topics.



Dougal Jeffries



Barbara's excellent cafe will be open before most shows and places can be booked via Barbara on 01326 341630.

There's lots more to come in November and December including some old favourites! Keep an eye on our website for full details.

<https://tolmencentre.co.uk/>

We are very conscious that times are hard and that a night out is a bit of a treat: on the other hand, a good night out is a great way of relieving the gloom. We have kept our ticket prices as low as we possibly can, and comparison with other venues shows that we continue to provide good value - and it's all on your doorstep. We depend heavily on our loyal local audience and hope you will feel able to continue to support us. See you soon!

Can you help?

We had a few positive responses to our request for offers occasionally to host visiting performers overnight, but can always do with more.

If you have a spare room (preferably with ensuite or separate bathroom) and might be interested, please ring Dougal on 341356 for a chat.



The song of the whales



Clare Owen, from Cornwall Wildlife Trust, has researched marine mammals throughout the world, including Scotland, Iceland, Australia, and New Zealand. She now co-ordinates the Trust's Seaquest Southwest project, involving marine recordings and her research was published in Royal Society Open Science in September.

At a meeting organised by Helford Marine Conservation Group on October 15 at Gweek Village Hall, Clare will be talking about her research into the songs of humpback whales in the South Pacific. Clare compares song recordings from east coast Australia to the French Polynesia. In this area whales in one population typically sing the same song at any one time, but the songs the whales sing one year can be drastically different from the previous year.

Clare will explain how her analysis of these songs give important clues into population structure and show which populations have acoustic contact on shared migration routes.

The meeting at Gweek, a welcomed return after the covid years, begins at 7.30pm and is free for under 18s and HMCG members, £5 for others. No booking required.

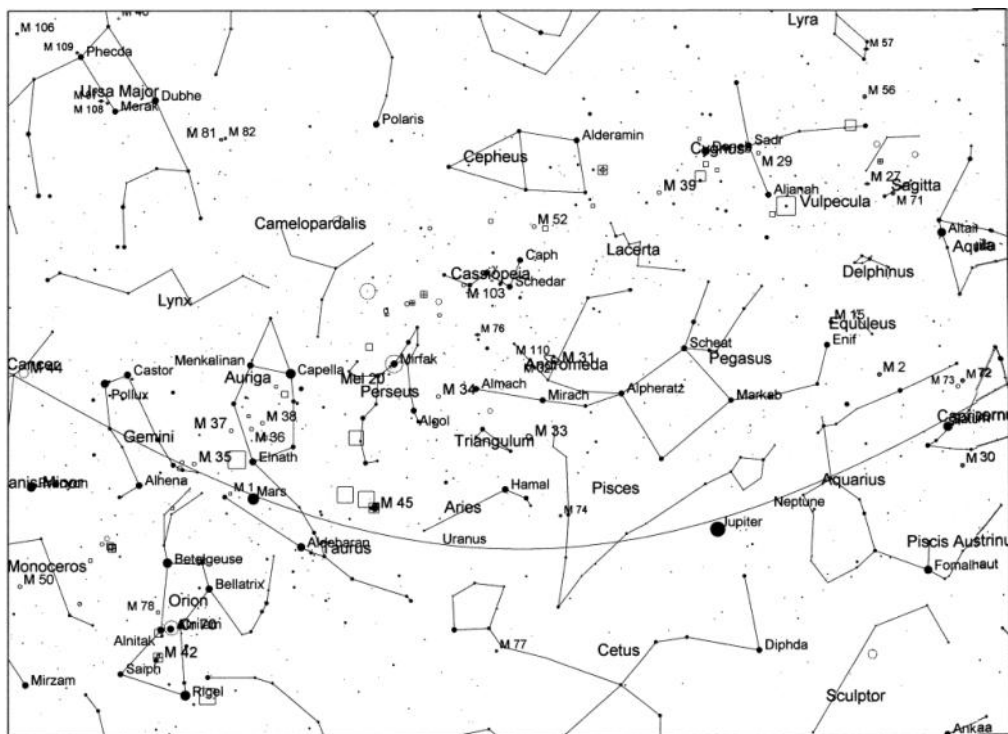
Night Sky

The Great Bear (Ursa Major) is on the northern horizon but bright stars heralding the arrival of autumn now show in the east. First, Capella in Auriga is visible from about 20:00 after the sun has set. In Taurus, bright red Aldebaran, the Eye of the Bull rises shortly before 23:00. In early October look out for M45, the Pleiades in the east, sometimes known as the Seven Sisters, a grouping of hot young blue-white stars. Further into October and Orion the Hunter starts to push his shield over the eastern horizon.

Draco the Dragon is now on its way down towards the north-west. Eltanin (Etamin) in the head of Draco is 154 ly away. In 1748 James Bradley, while trying to measure its distance, discovered the phenomenon of the aberration of light; a slight change in the position of celestial objects due to the motion of the Earth. This confirmed Copernicus's theory that our planet moves around the Sun.

Deneb, the distant yet brilliant tail star of Cygnus the Swan is now almost overhead. Even though it is 2600ly away, this hot blue-white supergiant is still the nineteenth brightest star in the night sky, and is an exceptional celestial light 60,000 times brighter than our Sun. Cygnus is sometimes known as the Northern Cross, sadly for us at latitude of 50° N we are unable to see the smaller but more well-known Southern Cross.

In early October the evening sky will host Mars, Uranus, Jupiter and Saturn. Both Jupiter and Saturn should be visible after sunset, Uranus will be a bigger challenge as you will need at least a 100mm telescope and even then it will only appear as a green/blue disc with no



Robert Beeman

detail. Mars will rise at about 22:00 and Saturn will set at approximately 01:30 so there will be a good window of opportunity to see all three without having to be a night owl!!

There is a meteor shower to look out for, the Orionids(radiant midway between Castor/Pollux and Betelgeuse). These are associated with Comet 1P/Halley and this is our second pass of the year through the stream of cometary particles, the first being in May. These start in early October and peak on the 21st. Fortunately the peak is fairly broad, roughly a week centred on that date so gives a better chance of dealing with the inevitable cloud cover. Given good conditions we might see 25 per hour. The Moon is a waning crescent, so conditions are reasonably favourable. As ever the best time for meteor observing is after midnight.

Ukrainian family's farewell

Mother Tanya, and children Ivan and Hanna Tutchenko have been staying in Constantine with Drs Adrian and Paula Roberts for the last three months, during which time they have been made very welcome by the community.

They have now returned to Kyiv but made this lovely poster to thank the people of Constantine for their warm hospitality.











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Submission Deadlines:

Deadline for news items, event dates and other submissions for the **November/ December & January 2023** issue is **15 October 2022**. Please send to : constant.times@gmail.com or deliver to the Layout Editor at Comfort View, Well Lane.

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