

Queen's Platinum Jubilee Quilt now 'on tour'

Back in March 2022, I approached the 'Wednesday Sewing Group' (who meet in the Lower Vestry - small cottage space at the back of the Church) to see if they would be interested in coordinating and producing a Quilt reflecting village life over the past 70 years as part of Constantine's celebrations for Platinum Jubilee. After much discussion re design, size, materials to be used, and cajoling many, many, other Crafters and Stitchers in the village of all ages, to create a square, we now have the most beautiful inter-generational Constantine Platinum Jubilee Quilt.

We want everyone to see the Quilt which will be going on tour around the village over the next few months. It will hang in the Tolmen Centre until Easter and then move across to either Constantine School or the WI Hall. Eventually the Quilt will find its resting place in Constantine Church. Keep your eyes open for it as you visit these village venues.

A huge thanks to everyone who has taken the time to produce a square; each one is unique – I wonder which square will be your favourite? But special



thanks to the 'Stitchers' of the Wednesday Sewing Group who have spent hours and hours putting it all together.

The Quilt is a part of Constantine village history, but most importantly, it has been lovingly created to celebrate the reign of Queen Elizabeth the second.

Tracey Clowes

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Glebe Woodland Landmark Tree planted

Caitlin DeSilvey

If you go down in the Glebe Woodland today you may notice that a new tree has appeared, above the path near the main clearing, across from the veteran Western Red Cedar.

Last summer the Parish Council contacted Transition Constantine about a Forest for Cornwall offer of free 'landmark trees', as part of a programme to give every local community in Cornwall the chance to plant a tree to celebrate what is special to their community. We were asked if we might be interested in planting the landmark tree in the Glebe, and asked to specify what kind of tree we would like. In late November our landmark Holm Oak (*Quercus ilex*) was delivered, and on December 4 a few volunteers gathered for the planting.

Our landmark tree celebrates the renewed village stewardship of the Glebe Woodland (two years in June), and also the resilience of our community in the face of challenging and uncertain times. The Holm Oak travelled to Cornwall from the Mediterranean and it has been growing happily in the Helford River watershed for a couple of hundred years now. We chose it on the hunch that its adaptation to slightly warmer climates will help it thrive in the decades to come.



Constantine's Christmas Lights Thank you from a grateful village resident

Richard & Tracey Clowes with their team of volunteers have once again brightened up our village with an even better display of Christmas lights this year. It was amazing that they managed to arrange for a busy Father Christmas to visit us for a ride around the village on the night of the big switch-on!

Without these hard working volunteers, the support of village residents & the Parish Council we would not have been able to enjoy this bright, colourful & cheerful display.

So a very big THANK YOU to Tracey & Richard & to all those who helped to make Constantine look so festive.

WI Soup & Pud

Due to the fuel and cost of living crisis, the Constantine W.I.

feel that we would like to support our community, especially as we have recently benefited from a grant. Therefore the Soup & Pud sessions on the last Monday of each month will be **free of charge**.

We would like anyone, our regulars, pensioners, families included, to join us, as a social event, the soups are home made and delicious, the puddings are pretty good too, or if you just want to come for a hot cup of tea or coffee, in a warm and friendly atmosphere, and have a chat, you would be very welcome.

Monday February 27th

Monday March 27th

Open 10.30am – 3.00pm

lunches served 12.00 - 1.15pm

*Everyone welcome. And all free of charge.
(Donations accepted if preferred).*



Second history book of Constantine takes shape Sally Coot & Tracey Clowes

There is a saying that everyone has a book in them, well for anyone who is about to embark on such a project all I can say is it's hard work! Visions of sitting quietly in a study writing on a laptop, with tea and coffee provided at every opportunity has definitely gone out of the window. Interruptions either from telephone, texts, emails, everyday life, work, volunteer roles, family events, holidays, illness, all put pressure on the time available to actually settle down to the project in hand.

So the 'Second History Book of Constantine' is slowly making progress and as we have gone on, it has become more and more a book of reminiscence telling the stories of our village rather than a book of pure historical facts. These stories are fascinating, and in the collecting of them nothing can be rushed, as Sally and I have listened closely to those sharing such precious memories, and it is a privilege to be able to spend the time, sometimes amounting to several hours chatting and listening.

After almost eighteen months our research is very nearly at a close so if you have a story about our village which you haven't yet shared with either Sally or me then get in touch ASAP 01326 340050 as it is unlikely to be included if received after the end of February as we are about to meet with our Graphic Designer to discuss our first chapter.

But it isn't just about research, I have a meeting on Friday all about Copyright law. If we wish to include photographs, pictures, reference a story found in a book or in newspaper articles we have to ensure we have permission to use it from the copyright owner, a minefield of legalities in an increasingly litigious world, so we must get it right. Again it all takes time

writing to individuals, large companies, waiting for replies and then sorting out paperwork.

What to include and what to leave out – editing and proof reading. A lengthy but crucial part of the process and so any deadline originally suggested for the printing of the book has most definitely shifted to the right; when we started we just did not realise the work involved.

We do have a request for any budding artists out there. Our stories are beautifully detailed recollections of village life but often there isn't a photograph to accompany the story so we are looking for someone to help us illustrate the stories, using either simple pencil sketches or possibly ink line drawings. If you are interested please contact Sally on the telephone number above or Tracey 01326 340279.



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Gill Just & Angela Whittaker

Cornwall

Council has the answer with the Digital Inclusion Scheme. This free service aims to provide everyone with access to the services available on the internet even if you cannot afford a laptop or tablet and do not have broadband.



We have qualified as 'Digital Champions' which means we can arrange the loan of a computer to persons who qualify and help them complete an online course covering basic skills and safety on the internet. This will take place in the Church using the free WiFi facility available daily from 9am to 4pm or 5pm in the summer.

If you are interested please contact Gill Just on 01326 340434 leaving a message or leave a text on 07773444276 and Gill will call you back.



Argal Farm Shop is family-run and offers all the essentials, as well as those Cornish treats that you can't resist adding to your basket. Providing fresh and as local produce as possible, supporting and showcasing all the wonderful Cornish suppliers. *Open 7 days a week!*

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The next production from Gweek Players will be *Quartet* by Ronald Harwood.

Set in a home for retired musicians, the relatively calm existence of three ex-opera singers is thrown into turmoil by the arrival of a fourth. Not only is she a renowned diva and their stage partner, but she is 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 much-celebrated recording of *Rigoletto* and inspires them to consider reprising their famous performance of *The Quartet* from the opera for the annual Verdi celebration. But there's one major problem: A fourth member 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 and repairing old wounds.

A drama with humour — it is saucy, funny, and touching. It examines love, friendship and forgiveness and above all it celebrates growing old positively and maybe just a little disgracefully!

The play will be performed by Gweek Players from Wednesday 29th March to Friday 31st March at 7.30pm and a Saturday matinée on 1st April at 2.30pm. Ticket price: £12 to include a choice of dessert. The bar will be serving wine, beer and soft drinks. Tea and coffee also available.

More information as well as how to book will be available on Gweek Players website:

gweekplayers.co.uk.

Margaret Rae, Director

Volunteers wanted for Constantine Cottage Garden Society Show 2023

We have not had a show for the past three years and a lot has happened in that time. As we have been out of touch for so long we have lost many of the members who helped to organise and run the event, so below is a list of tasks we need volunteers for, with a brief account of what each entails.

Marquee Manager

Post filled.

Cups

Every year the cups are returned after twelve months and we need someone to receive the cups to their address and follow up any that are not returned by the due date. This does not mean you will be accountable for any losses.

Entries

We need someone who can receive the entries by post or email: then give each person a number for each of their entries (the same number); then record each entry in a book for each division 1-12 stating which classes have been entered; then make out entry cards with the person's number, division and class which is then laid with the exhibits.

Marquee Teas

Organize the donating of cakes etc and to set up the stalls for the sale of teas coffees and cakes by you and friends.

Publicity

Contact the Constant Times, Radio Cornwall, Pirate FM and any other local media you think will publicise the show.

Raffle Prizes

Contact businesses in the area to donate a raffle prize in exchange for an advertisement in the schedule.

Raffle

Someone to sell the tickets on the day and get them ready for the drawing of the raffle at the end of the show.

Schedule

Post filled.

Utilities

Someone to get the marquee set up with the electrics, the tea urn, safety tapes around marquee, parking etc.

If you require more information about any of the above please send me an email at chippyjohn@aol and I will let you know who to contact if I can't answer your query.

The Show this year will be held in a marquee on the playing field, slightly smaller but the same layout as in previous years.

J Andrew

Show Coordinator

A New Year for Constantine Farmers Market

Open second Saturday of each month, 9.30-12 noon

Jenny Leighton

The market, in its new venue at the primary school, goes from strength to strength. For this we must thank a brilliant bunch of volunteers and stall holders and of course, all our customers who come through that door to stock up on produce, and to listen to some music - and take a bit of time out to have cake and tea and a chat.

A new year is a time to review what we have done and what, as a community, we want to do next. Our focus is on selling what is locally and sustainably produced. What we want to do more of is promoting a local circular economy, with local initiatives which are about repairing and reusing and sharing. We aim to expand as a social hub, connecting young and old in our efforts to tackle these projects.



share: gardening, wild plant foraging, fundraising. Others want to learn more about sewing, woodwork and up cycling clothes. We have had a suggestion for a cafe using local produce and also a tool bank. As a Transition group, we would like to see more cooking classes and demonstrations, such as Lynn's slow cooker shows, using the produce which our stall holders sell. And more foraging walks!

So watch this space!! We will be looking to match skilled teachers with those who want to learn and getting times and spaces organised. And, if you have more ideas of your own, PLEASE let us know.



What we have done so far, with income from the farmers market, is the purchase of storage for the Food Waste project. And at the market itself, when it comes to repairing - Andy will continue to help with bike maintenance - and Jo is prepared to help with textile mends - from trousers to teddies. We also have swaps of toys and clothes - and information and a free cycle board on the Transition table.

So what is next? We have had many discussions and have also asked our customers what they would like to happen when it comes to reuse and recycle, repairing and sharing. Some of you have skills to

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Constantine Silver Band

PRESIDENTS
Richard & Tracey Clowes



NEW PLAYERS WANTED

**Help us keep our village band going
Vacancies in our Beginners, Youth and Training Bands**

Constantine Silver Band is looking for new brass players and percussionists.
Beginners and their parents are both very welcome to join us.

Come and have a go!

- *FREE training and teaching - many of our youngsters have achieved Grades 1 -8 GCSE Music*
- *Instruments available on FREE loan to new band members*
- *Classes held at Constantine Social Club every Tuesday at 7.00pm*

You give us some of your time and we will do the rest!

With many younger members of our main band entering higher education outside the County, there are also vacancies for experienced players.

If you are interested in having a go, or you are an accomplished player new to the area, please contact Dougie Down on 01326 340813



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Reducing food waste and cooking more economically Transition Constantine

The stall containing surplus food and vegetables near the Doctors' surgery is being used well by villagers now and the group is working hard to secure other supermarket donations to ensure we meet our goal of helping to reduce food waste and supplying our community with free produce in a time of crisis.

The project has expanded to embrace recommending slow cooking as an economical way of preparing food for a family. The stall is a community source of ingredients available to all. Using a slow cooker to make the most of the produce available with the addition of a few other ingredients is a great way to stretch budgets and make tasty meals with no hassle.

Slow cookers are cheap to purchase and use very little power compared to stove top cooking. Transition member



she can share including the curry one below. Anything - chicken, chick peas etc., according to dietary preferences, can be added to the sauce.

Ingredients and Method

- 3 tablespoons veg oil
- 2 teaspoons cumin seeds
- 1 teaspoon sugar
- 3 large onions chopped

Place all the above in the slow cooker and cook on high for 3 hours until caramelized.

Add:

- 2 tablespoons ginger garlic paste (available in jars at the supermarket)
- 1 teaspoon powdered turmeric
- 1 tin chopped tomatoes
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 3 tablespoons of dried fenugreek leaves (also called Methi, available at Asda, Sainsburys etc)

Then add your meat or veg cubes or beans of choice. Stir well, add more water if needed, cook on slow for 6-8 hours or overnight. Add a couple of tablespoons of yoghurt and 2 teaspoons of garam masala at the end.

Good luck and good eating!



Lynne Hammerton has demonstrated slow cooking at Transition Constantine's Community Day and a number of our Farmers' Markets in the village. Anyone who wants to test a slow cooker prior to purchasing one should contact Lynne at 3 Vicarage Terrace.

Lynne also has a number of recipes

Notes from the Parish Council

Welcome to 'Notes from the Parish Council' taken from their January meeting and penned by myself Wendy Deering, who was also co-opted to the Council to fill a casual vacancy at that Meeting.

Update on the Church Hall

The Parish Council has sought permission to borrow money from the Secretary of State for Levelling Up, Housing and Communities and is still waiting for this permission to be granted. Once Parish Council has that permission, then a Parish Meeting will be called to ascertain if parishioners wish the Council to proceed with the purchase of the Church Hall etc. The building survey as requested by parishioners at the October Parish meeting has been completed and displayed in the vestry, like the business survey was, from 11.00am to 5.00pm on Sunday 29 January, with Councillors present to answer questions.

Commemorative historic post

A beautiful granite post has been selected to be the village's marker for Royal events. It will have a plaque commemorating the Queen's Platinum Jubilee and her reign and a plaque celebrating the King's Coronation may be added later. This new Granite Commemorative Post is to be erected and, together with the granite finger post at the corner, it is intended to add historical context to the green space which many recognise as the Village Green.



Historic finger posts

The Parish Council noted with concern the sad condition of the historic metal finger sign posts around the village and is considering restoring them. The first two considered as priority are on the corner at Brill and the corner at Mount View. Progress on this motion will follow from next month's meeting.

News from CCllr Bastin (our local councillor on Cornwall Council)

There will be a Public Meeting on 27 January at the Maritime Museum in Falmouth with a presentation regarding the benefits of the proposed 'Devolution Deal for Cornwall' which involves the election of a Mayor for Cornwall, potentially making more funding with greater regional control available. It is interesting to note that Parish Council unanimously voted that the change of governance required for

Mayoral devolution should be put to a referendum of all voters in Cornwall. Head to the Cornwall Council's website for info and have your say!

Pension Credits

CCllr Bastin reported that a third of eligible pensioners are not claiming Pension Credits. Find out if you are eligible by phoning: 0800 991234

Wendy Deering



Constantine Museum closed for re-organisation

Constantine Museum is currently closed for a deep clean and thorough re-organisation and won't be reopening until around Easter time with a book launch.

At present, we are at bursting point with objects and documents and cannot accept any more objects, documents, etc., for the time being. We really need to reorganise and create more space.

We can be contacted via our new email address: constantinemuseum@gmail.com if you have any queries etc. We are

always on the lookout for new volunteers - you don't have to be an historian to volunteer with us. As a rule of thumb, two hours a week is all you need to commit to and there are some benefits which we will explain to you.

In the meantime, we would like to thank everyone in the community who has supported us throughout last year. We look forward to reopening later this year with some new displays and exhibits.

Chris Hillyer, Secretary & Archivist

Services at St Constantine Church

February

Thursday 2

10.00am - Morning Prayer (Iona Service)

Sunday 5 – no service

Thursday 9 – 10.00am

Morning Prayer (Iona Service)

Sunday 12

8.00am Holy Communion (BCP)

10.30am – Holy Communion (CW)

Thursday 16 – no service

Sunday 19

8.00am Holy Communion (BCP)

10.30am Holy Communion (CW)

Wednesday 22 – Ash Wednesday – no service

Thursday 23

10.00am Morning Prayer (Iona Service)

Sunday 26 – no service

March

Thursday 2

10.00am Morning Prayer (Iona Service)

Friday – 3

2.00pm WORLD DAY OF PRAYER

Sunday 5 –

10.30am Holy Communion (CW)

Thursday 9

10.00am Morning Prayer (Iona Service)

Sunday 12 – No Service

Thursday 16

10.00am Morning Prayer (Iona Service)

Sunday 19

8.00am Holy Communion (BCP)

10.30am Family Service – Mothering Sunday

Thursday 23

10.00am Morning Prayer (Iona Service)

Sunday 26 - to be confirmed. Please see church notice board.

Please see church notice board for details or please contact me on 01326 340167 (Maureen Metcalfe) (BCP – Book of Common Prayer, CW – Common Worship) Everyone is most welcome to join us.

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COULD YOU DING DONG MERRILY ON HIGH?

St Constantine needs more bellringers to keep this 400 year-old tradition alive

Hearing church bells ring before Sunday service (and on practice night!) is an essential part of village life, which would be all the poorer without them. But, as in many towns and villages up and down the country, the continuity of this almost exclusively British tradition depends on the dedication, loyalty and physical ability of a tiny handful of ringers. Can you think what other unique 400 year-old team activity keeps you fit, exercises your mind and can introduce you to new friends?



With the recent sad loss of one of our regular ringers, and the inevitability of younger accomplished ringers moving on to higher education elsewhere in the country, we have an urgent need to recruit and train more bellringers to replace them. This is especially significant in 2023 when churches all over the UK will be expected to ring out their bells for the Coronation of King Charles III this May.

Ringling church bells is well within the capabilities of most people: young or old; male or female. After just a few initial half-hour one-to-one sessions with experienced teachers to learn the basics, and then attending several subsequent practice nights, learners can usually begin ringing with the rest of the band. Why not come and see what it's all about?

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



Find out more by coming to our Bellringing Open Day on Saturday 11 March

Our practice nights are on Tuesday evenings from 7.00 to 8.30pm and all are welcome to come and watch, but we're also holding a Bellringing Open Day on Saturday 11 March from 10.00am to 12.00 midday. Come along to the church, see where we ring the bells and have some fun pulling on the end of a rope yourself! Whether on your own, or with the family, all are welcome – especially youngsters.

If you can't come but would like to have an introductory one-to-one 'taster' session another time, please telephone Jane Mann, Tower Captain, on 01326 375502 or e-mail

randjmann@yahoo.co.uk.

W.I. News Elizabeth Pearce, President

The next W.I. Committee meeting will be at 2.00 pm on Monday 6th February in the W.I. Hall.

The next full W.I. meeting will be at 2.00pm on Monday 13th February – which is also the Annual General Meeting.

On February 27th the W.I. Hall will be a designated Warm Space from 10.30 a.m. until 3 p.m. There will be free hot drinks and refreshments throughout the day, and a soup and pud lunch. All welcome, including our regulars, and accompanied children. (sorry, we don't have any high chairs)

We have a full programme of speakers and activities throughout 2023. If anyone is looking for a warm welcome, new friendships and challenges, then please give us a try. Be our guests.

The W.I. Hall is also available for hire at £8 per hour which includes electricity.

Anyone out there with website expertise and a little time on their hands?

The CEC and the Tolmen Centre are looking for one or more volunteers to take on the management of their websites and associated village websites (see www.constantinecornwall.com and www.tolmencentre.co.uk). Our current webmaster is looking to hand over his role gradually and would give full support to anyone interested.

This is a great opportunity for someone with good IT skills, preferably with experience of Wordpress. You would be making an important contribution to the village community, and joining an enthusiastic team of like-minded volunteers. If you would like to know more about what would be involved please contact Dougal on

01326 341356 or email

dougal6@gmail.com

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Constantine Pre-School & Forest School

Ella Lee

Fantastic start to the fundraising year...

The children celebrated Christmas with a wonderful performance of 'The Christmas Robin' at the Tolmen Centre. It was a heartwarming and wonderful tale and the stage was full of total superstars, bravely and confidently singing, dancing and performing lines in front of the biggest audience we have had in a while! Leading up to the performance, the Committee and

Pre-School team raised money selling cards, crafts, mince pies and tickets for our ultimate raffle! We were absolutely **thrilled** to raise over £900 from this event and would like to thank all of the contributors to our raffle prizes; we were blown away by the response from our amazing community! Huge thanks also to all of those who purchased tickets. What a fantastic start!

The year so far...

It seems like a long time since those balmy September days already but as this is our first entry of the academic year, we were able to take the time to look back to where this year started. The team have relished getting to know so many new faces, have enjoyed watching new school starters settle in across the way, and have welcomed new team members to the Pre-School family.

The year started with reconnecting with the beautiful woods, marking the Autumn equinox and creating tie-dyed materials with natural dyes like blackberry juice. The children then journeyed back in time to Medieval England, making and sampling traditional dishes from the time, learning about knights and castles, and growing their imaginations in yet another **spectacular** role-play area.



A magic twist...

After the Christmas holidays, the children returned to find a giant had fallen through the ceiling! The new topic of Fairy Tales was ready to be explored! Already, they have grown magic beanstalks all the way up to the tree canopy in the woods, spotted footsteps in amongst the leaves and enjoyed traditional tales and stories. This half term the children will be exploring new and traditional fairy tales, sparking their imaginations, and developing their story telling skills.

Each week we will be diving into a different story and we are so excited to see where they take us!



Constantine Cottage Garden Society

As a new year dawns, we all ponder what it will offer us, be it like last year with tremendous storms for the first few months or a more settled but colder start. The anticipation is always there and one of the primary discussion points when we meet our fellow gardeners. One thing is for sure, before we start anything, the gardens need a tidy up, the leaves put away for leaf mould and tools cleaned and sharpened ready for the season ahead.

November 2022 - Trelissick Gardens talk

November's illustrated talk was given by Jennie Pina-Trengove. She has worked for the National Trust for some 12 years at Trerice, Glendurgan as well as Trelissick. For the last six years she has been an assistant Head Gardener at Trelissick and is now the Property Operations Manager.

Her talk was about the walled garden, constructed around 1750 along with the house. In 1844 sketches of the garden showed new paths and a greenhouse and by 1880 these had been built. There was a lot of investment and new planting in this era. A photograph, taken in the 1940s, showed the walled garden was still fully productive which was unusual because at that time many of the local estates were not maintained due to conscription of the



View of the walled garden from the area across the ridge open to visitors

workers. In 1955 Ida Copeland donated the estate to the National Trust. In 1960 the old greenhouses were dismantled but despite ideas, no progress was made for regeneration.

In recent years, the south vista to the house has been opened to the public, but the walled garden, which has not been used for the last 8 or 9 years, has not been visible or accessible. However, there is now a new plan for this garden and to open it for the public. It is envisaged that a new fruit garden will be created within the walls. The original greenhouse is to be reinstated and all types of fruit planted. A learning centre is to be built using it as a community space for workshops and education. Trials may be carried out comparing old and new varieties and fruit grown may be used for making products locally. After some years of financial difficulties, the National Trust is in a position to renovate the garden and create an interesting area for all to see.



One of the entrances to the walled garden

Our garden society had its first meeting for 2023, where we had a most enlightening talk from Jacob Howard-Endean, the head gardener at Lamorran House and Gardens, in St Mawes. Cornish born and bred, Jacob, cut his teeth at Heligan, be

Peter Wilson, Chair

fore becoming head gardener at this beautiful 4.5 acre estate in 2019. An Italian styled garden, on an embankment down to the shore, is certainly on my list for a visit this summer. The variety of plants, In particular Azaleas, hydrangeas and the Palms thrive in the micro climate of this garden.



The Christmas party was well attended and even though the questions this year were slightly more challenging, it still went to a tie break. A great evening was had by all.

Next month is the AGM and we as individuals really need to fill our committee posts for the succession of the society. The most important posts required are Treasurer and Secretary and I implore you all to think deeply about supporting the society and putting yourself forward for these posts. Please feel free to contact me to discuss this if you wish.

John Andrew, our show co-ordinator, is working hard to try and get a show this year. There are several positions within the committee that he needs assistance with (see page 5). If you feel you can offer John any help with organisation please contact him at chippyjohn@aol.com.

We have two meetings left for our winter programme, both on Thursday 9th, February and March respectively. The February talk will be by the National Garden Scheme and March by Dr Peter Kennedy about Honey Bees and the Asian Hornet.

Constantine History Group

Following the 2022 AGM in November, Kingsley Rickard gave an informative and interesting talk on Trevithick and this Cornishman's contribution to the history of steam power. The development of the Cornish boiler, which could tolerate high pressure because of its shape, revolutionised the use of steam as a means of energy and led to the first locomotive. Trevithick's Puffing Devil, built in 1801, proved that steam could be used to enable motion. All steam locomotives, for example, were to make use of the Cornish boiler.

A mine engineer by the time he was 26,



Trevithick's engineering skills were not limited to steam and extended for example to screw propellers for ships, the construction of the Plymouth breakwater and the Thames tunnel. Some of his projects took him abroad to countries in South America. The man from Illogan is, perhaps, not as well known beyond Cornwall as Watt, Newcomen and Stephenson but is equally important.

Kingsley completed his talk by recounting the building of a Puffing Devil by the Trevithick Society (above).

Don Garman

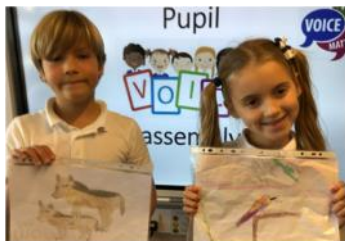
Constantine School news

Celebrations and collective worship

We have some fantastic homework and interesting news shared during our pupil voice assemblies each week of every term. All classes take part in a variety of assemblies where we celebrate and share what we have been studying, we sing, play instruments, discuss world issues and we celebrate our learning and achievements from both in and out of school - no matter how big or small.

Once a week we welcome our local church group into school and they are called 'Open The Book'. A small group of enthusiastic volunteers come in each week to bring stories from the Bible alive for us by acting them out. Many children say the Open the Book assemblies are their favourite, so huge thanks to Peter, Tracey, Gill, Ruth and Steve who give up their time for us. Children from all age groups look forward to them and those in KS2 often get to join in with acting and speaking parts each week.

We also have pupil voice assemblies that are class-based each week where the



children like to share their views and recognise each other's successes and efforts. On a Friday we have a whole school celebration assembly where Team Points are awarded by our six Team Captains from Y6. Once a term we welcome parents into these assemblies also - the hall can get quite full as they are so well attended! Because we have grown, we now split these celebrations between EYFS and KS1 and KS2. The dates are published on our newsletter which can be found on our school website.

Here is an insight to some of our Spring Term learning so far:

A great day was had by all in Tresillian Class by Y6 when they were making and evaluating their Egyptian jewellery. The results were fantastic.



Year 5 learners in Tamar Class have enjoyed learning about the Earth, Sun and Moon. The children completed a glossary which demonstrated their existing knowledge about the vocabulary linked to the new topic. Trying to comprehend just how big the Sun is compared to the size of the earth and Moon can be challenging in school, so to help us compare we used lots of equipment from the PE cupboard.





In Kenwyn Class, Y4 have been working on their map and atlas skills in geography, looking at countries and cities that have hosted the Olympic Games and learning multiplication facts through using dice for games.

In Year 3, Helford class have been learning about different types of forces.



In Lerryn Class, Y2 have been looking for doubles arrangements within even numbers. They found out that two odd

Cags Gilbert, Head of School

numbers made an even number and they have been investigating if this is always the case. Further investigations looked at if two even numbers always make an even number and what happens to an odd and even number.

Children in Cober Class in Year 1 have started the year with some Cosmic Yoga Kids Learning.



Our youngest learners in Fal Class have been making the most of the outdoors – when its not too wet!

Vacancies:

We currently have vacancies for parent and community Governors. If you are interested or would like to know more, then please email:

constantine@kernowlearning.co.uk

or call school on 01326340554 as we'd love to hear from you.

Constantine School (Continued)

Community and School Garden Project:

Our learning spaces outside have also been revamped and huge thanks must go to all those in our village community as their efforts have made such a different to



our school grounds. We have some wonderful gardeners who turn up on the second Saturday of each month to transform this space quite literally! A massive thank you must go

to Ed and Ben of Green Stone Landscapers for volunteering their time, resources and energies and to Sandra for organising us all. It didn't go unnoticed that they, alongside many parents and children worked flat out for 5 hours one week!

Thank you to FoCS (Friends of Constantine School) for providing refreshments and funding a skip and huge thanks to all the parents and children who turned up to help, making a massive difference to our outside spaces. If you haven't seen what has been achieved then make sure you take a look as it is amazing.

This is just the beginning, and we will keep you informed of our progress. If you want to be part of The Garden Club or can offer your time as a volunteer, then text Sandra on 07791 956452. The next garden day will be in February and the date will be published on our newsletter.

Jewell Podiatry is an established Podiatry clinic based in Falmouth. We also cover Home Visits in Constantine and surrounding areas.



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Tolmen Centre News Spring 2023

Dougal Jeffries

Following on from performances by poet Luke Wright and folk legend Phil Beer in January, our spring programme continues with a wide variety of theatre, music and literary events.

On Saturday February 4th the inimitable Wurlitza return with a live music accompaniment to Charlie Chaplin's classic film, *The Kid*.



On Sunday 12th top-flight theatre company Theatre Ad Infinitum bring a one-woman show, *Beautiful Evil Things*, a tour de force based on the Trojan Wars seen through the eyes of Medusa. On Friday February 24th local comedian-cum-commentator Seamus Carey stages his provocative comedy show, 'Help! I Think I'm a Nationalist', all about Cornish Identity, nationalism, xenophobia...and bagpipes(!?).



Saturday March 11th sees an exciting evening of accessible jazz performed by two great musicians already well known to Tolmen audiences: Chris Garrick (of Budapest Cafe Orchestra fame) on violin and John Etheridge on guitars.

On Friday March 17th writer and memoirist Cathy Rentzenbrick is the speaker at a literary evening organised by the Constantine Book Group.



On Sunday March 17th we welcome back the award-winning folk duo Kathryn Roberts and Sean Lakeman: last seen at the Tolmen 8 years ago their music has continued to evolve into a captivating mixture of the traditional and the contemporary.



Finally, on April 1st local singer songwriter Martha Tilston returns to the Tolmen stage with her band: always special and always popular.

To avoid disappointment at the door, tickets for all these shows can be booked in advance through our website, www.tolmencentre.co.uk. If you would like to eat beforehand, cafe bookings must be made in advance via Barbara on 01326 340630 - numbers are limited.

Also see Tolmen Movies Spring film programme on pages 20 and 21

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Tolmen Movies

Wednesday 1st February 7.30 pm

The Courier

The true story of British businessman Greville Wynne (Benedict Cumberbatch) unwittingly recruited to form an unlikely partnership with a Soviet officer hoping to prevent a nuclear confrontation during the Cuban Missile Crisis. *Tickets £5 on the door*



Wednesday 22nd February 7.30 pm

Hit the Road

A beautifully acted comic drama, Hit the Road uses one family's journey to make trenchant observations about society as a whole.

Tickets £5 on the door



Cafe Tolmen

The cafe will be open before most of the films and shows. Booking a table is essential.

Please phone Barbara on 01326 340630

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- Spring 2023

Wednesday 8th March 7.30 pm **The Quiet Girl**

Rural Ireland 1981. A quiet, neglected girl is sent away from her dysfunctional family to live with foster parents for the summer. She blossoms in their care, but in this house where there are meant to be no secrets, she discovers one. *Tickets £5 on the door*



Wednesday 22nd March 7.30 pm



Rocks

An east London schoolgirl abandoned by her mother struggles to survive and take care of her younger brother in this gritty yet irrepressible ensemble movie. Guardian *****

Tickets £5 on the door

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Night Sky

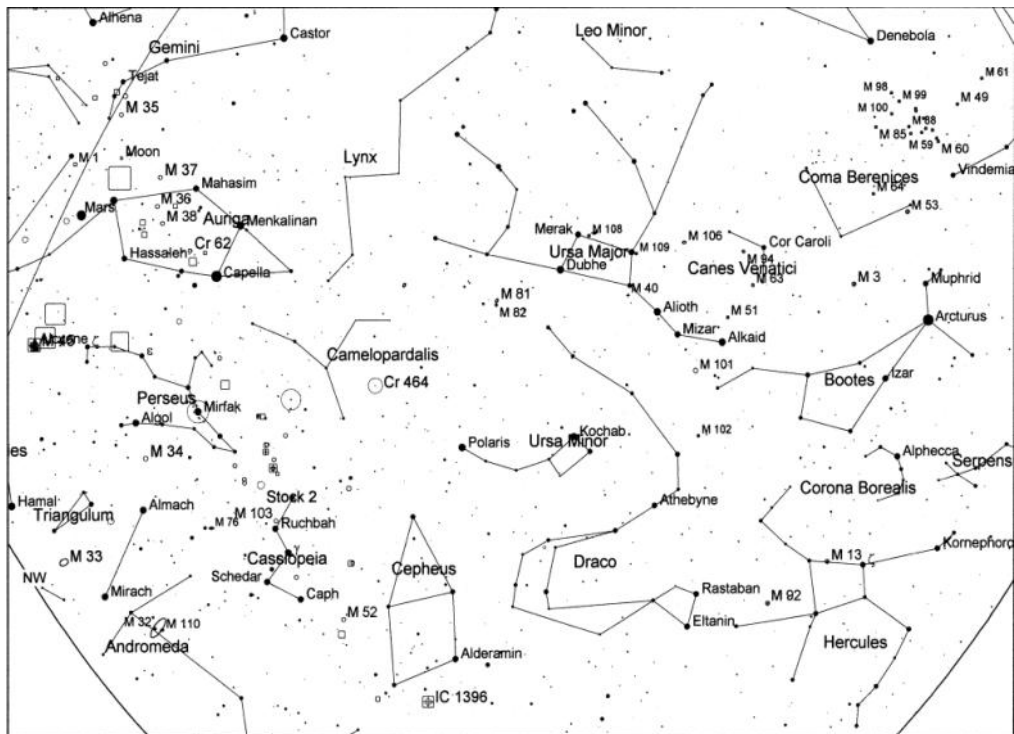
The star strewn constellation of Cassiopeia, legendary Queen of Ethiopia is more usually described as the celestial W or M (dependent on season) now tilts precariously to the west of Polaris. Once familiarly known as “the Lady in the chair”, her vanity was punished by the Gods who caused her to hang upside down in the sky for half of the year clinging desperately to her throne.

The star in the middle of the “W”, Gamma Cassiopeia varies in brightness from time to time. It is a hot and unstable star and in the 1930’s it went through swings in brightness. Since the 1960’s it has been almost constant in brightness but it is one of those stars that astronomers keep an eye on in case it shows further variability.

Between the two left hand stars of the “W”, and slightly below a line between the two is NGC 663, a small star cluster which should be easily visible in binoculars.

Look above and to the west of Orion to the constellation of Taurus the Bull. This constellation contains one of the most easily seen star clusters in the night sky, the Hyades.

The Hyades appears as V on its side with a bright star Aldebaran at the eastern end of the lower limb. Although Aldebaran appears to be a part of the cluster it is a good example of an asterism as it is 65lys away compared with the background stars which are about 150lys away. The space probe Pioneer 10 (now dormant), was launched in 1972 being first probe to have a close encounter with Jupiter. It is now heading out of the Solar System towards Aldebaran, and if it survives the long hazardous journey it should pass



Robert Beeman

Aldebaran in about two million years time! The planets are a bit elusive but Venus will become visible in the evening sky towards the end of February. Mars is fading in brightness and is in Taurus (compare the colour with Aldebaran). Jupiter will still be visible in the evening sky at the end of February whilst Saturn will be lost in the morning twilight as it is close to the Sun. Into March and Venus is very bright but depending on time may be too close to the Sun to be easily and safely seen. Mars continues to fade and by the end of March will be seen in the west in the early evening. Jupiter is too close to the Sun to see and Saturn will remain lost in the morning twilight.

There is a comet about in February, C/2022 E3 ZTF. At the beginning of

February it will be roughly level with, and to the west of Polaris. By the middle of the month it will be close to Aldebaran, when it will continue to dive rapidly towards the south western horizon. There is a possibility that it will be sufficiently bright to be a naked eye object from a dark sky site, but it should certainly be visible in binoculars and small telescopes. It is a greenish colour which is due to the effect of ultraviolet light from the Sun on organic molecules evaporated from the comet nucleus. These then rapidly decay so that only the comet head only shows a glow, there is no tail

May the 2023 night skies be clear.

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Submission Deadlines:

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



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