

Constantine celebrates the 105th birthday of its oldest* resident

** to the best of the Editor's knowledge!*

Many family members, friends and villagers packed in to the WI Hall on Wednesday 2 August to raise a glass and wish well-known Constantine artist and gardener Mollie Silver a very happy 105th birthday. Right on cue, our lovely village postlady delivered greetings from the King and Queen on this special day of days.



As World War I was still being fought, Katheen Mary Silver (known as Mollie) was born on August 2nd 1918 at Dingle Brook Farm near Leek in Staffordshire. She was Grace and Jack Langley's first child, her sister Eileen (known as Billie) was born 18 months later. When Mollie was three she pushed a child over in a shop, the mothers then formed a friendship and the child, whose name was Jean, became friends with Mollie and Billie. They were close friends all their lives, sharing fun cycling holidays in their teens and supporting each other over the years until Billie and Jean passed away. Mollie also had a brother Michael who was born when she was eleven. He cycled up from St Mawes to see her only recently!

More about Mollie on page 3!



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Poppy makers wanted!

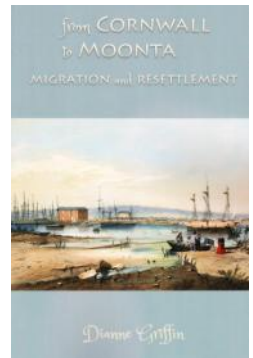


We would like to make a cascading outside display of poppies for Remembrance Sunday. We need 1000! If anyone could knit or crochet red, white or purple poppies for this display we would be very grateful. The last time we asked we had 1500, all made by the ladies of the village, which we use to decorate the pillars in the church every year. Any help would be very much appreciated. **Please contact Liz Pearce on 01326 340012.**

Constantine down-under settlers' story selling fast

Australian Constantine descendant Dianne Griffin has already sold many copies of her Constantine book, 'From Cornwall to Moonta: Migration and Settlement', both in Australia and overseas. It is available through Amazon and Barnes & Noble, and also through Dianne's website <https://www.bowden-moonta.com>.

Copies of the book may also be available in bookshops from Falmouth to St Ives. They only have to order copies from the publisher, Dr David Reiter at sales@jpoz.biz, and the books will be printed on demand.





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Constantine celebrates Mollie Silver's 105th birthday *(Continued)*



Mollie married Colin Montague Sidhey Silver (known as Johnnie) on January 3rd 1942, in Burton on Trent, and they had five children. During their lives together Mollie and Johnnie lived in many places - Pakistan, Beirut, the Midlands and Cornwall to name just a few. When they retired they moved to Constantine in the 1980's and enjoyed life together until Johnnie passed away in 2009.

All her life, Mollie has been creative. When she was five she won a camera for her painting and as an adult she created a miniature village in her garden using papier maché. Her artistic spirit was triggered when in 1978 she and a friend joined a diploma course at Rugby College of Art. From this moment on, painting, sculpture, art galleries, and ceramics became her life's interest. Today Mollie

spends her mornings in her studio, and states she has many paintings in her head and has a website to advertise her paintings for sale. Currently Mollie is a lifelong member of the Constantine Arts group which she attends on Tuesdays. She is also a member of the Manaccan Art Group which she attends when she can. She is also learning how to play the keyboard and mastering watercolour painting - a woman of many talents!

Yippee 105!

*Constantine is buzzing, the news has got around
There's excitement in the air and a tremor in the ground
There's a shake of non-believing, the community's come alive
Who can comprehend it, Mollie is one hundred and five
There's an order in for champagne, sausages on sticks
Sally's making cakes, and we're getting yummy dips
There's some music from the twenties and banners up as well
The invites gone to everyone; they're all coming I hear tell
The people are amazed as they look around with awe.
'She don't look 105' they say, 'she'll live 100 more'
'aint she wonderful' we hear and 'she's a mentor' too
'She's amazing' said admiringly, and that is all so true
She has lived through wars and turbulence and dogs and cats galore
She's had so many children we are glad there are no more
She's an artist and a gardener and a loving Mum and friend
She lives life with a passion that we hope will never end
She has a message from the Queen and now one from the King
We will all sing Happy birthday and let the rafters ring
I'm told this life's soon over; you may as well be loud and bold
Enjoy what life you have and get wonderfully, marvellously,
disgracefully, magnificently old!
Just like Mollie!*

***Mollie's daughter,
Penny Lees,
penned and recited
this wonderful
poem at the party.***

Countdown to Constantine Community Day

A date for your diary - a day for all the community, with its tradition of a shared lunch and a celebration of what we as a village can do together. With a bit of music and fun. Something for everybody, including children.

The programme

10.00am: The doors are flung open! Exhibitions and activities throughout the day.

12.00 noon: Poetry reading by Kerri Vincent: Work especially written for the occasion.

12.30pm: Bring a dish to share for lunch.



In the afternoon activities will continue, but there will also be apple pressing. Please bring some apples - and a suitable container to take your juice away in!!

4.00pm Close

The theme of the day will be Textiles: pollution to solution.

There will be information about the textile industry, giving an account of the damage to people and planet that our vast consumption of textiles causes. You will even be able to look yourself for the evidence of microfibres on the banks of the Helford.

But now for some positive action: Reduce - Repair - Reuse - Exchange - Recycle - Buy Local . . . to cut down on the amount and the impact of the clothes and textiles we all use. We hope to come together to share skills and strategies which might begin to address these problems. For example:

Washing - If you are a bit unsure about how to wash your clothes to minimise damage to our environment, then there will be a few tips on offer

Don't know how to mend? - Advice and a neat little exercise to help you up your game when it comes to hand-sewn repairs.

Don't know how to use a sewing machine?

Do not worry. We have a plan to help you sew a straight seam.

And along the way you may want to add to a string of bunting which will contain a personal pledge as to how you want to reduce your own consumption - and/or tackle the problem of environmentally hostile textiles.

Reusing? - How about participating in making a big rug from all those textiles which really can't be used any longer for their original purpose?

Upcycling? - The Make A-mends team from Redruth will be there to suggest how to give a bit of zing to clothes that may have seen better days.

So if you have a favourite jacket hit by moths, or a favourite dress gone threadbare in all the wrong places, bring it in for a bit of advice.

What about recycling? - The big clothes exchange. If you have an item of clothing that you want to exchange, bring it along! After all, the party season is almost upon us, and what no longer fits your wardrobe, may well be your neighbour's dream come true.

Sunday
1 October,
Tolmen
Centre
10am to 4pm



And how about making or buying new?

Try local. There will be a signpost to local wools, breeders and producers and suppliers, with knitted samples to demonstrate what different breeds offer in the way of softness and durability. And advice on knitting!

And don't forget the community apple pressing!! Bring some apples and a suitable container for juice.

Museum open!

The museum will be open throughout the day. Here you can see something of what Constantine used to do when it came to clothing and textiles: a collection of sewing equipment and materials, some of the implements used in the laundry, a miner's helmet made from felt - and more. Well worth having a look at all this - and the rest of the newly reorganised exhibits. So come along. Bring your own ideas to share. There will be something for everyone.

THE FILM: Unstitched

AND on the 27th September 7.30 at the Tolmen Centre we will be showing Unstitched, a documentary which sheds light on the fashion industry and its environmental and human impacts. Simultaneously it remains optimistic about the future by providing solutions and showcasing a range of changemakers.

Donations welcome, discussion afterwards, and there is a bar

Constantine History Group visits site of 13th century college

Don Garman

The site of the medieval Glasney College provided members of Constantine History Group with an interesting and informative June morning.

Hosted by Chas Wentworth and his team, members viewed the various finds relating to Glasney College on display in the Penryn Museum before walking down to the site of the college. Enroute, buildings of interest were pointed out and material from the college which has been incorporated into later properties, including part of the former gateway, were observed.



The College of St Thomas the Martyr and the Virgin Mary was established in 1265 by Bishop Bronescombe of Exeter and was in existence for 300 years until it fell foul of the change from Catholic to Protestant worship in the reign of Edward VI. The college once covered an area of at least 12 acres and included a deer park, a farm and fishponds. Some of the building material was brought by sea from Caen in France and Seaton in Devon. A key site for the Diocese of Exeter's administration of religion in Cornwall, a palace for the bishop was located just above at Hillhead.

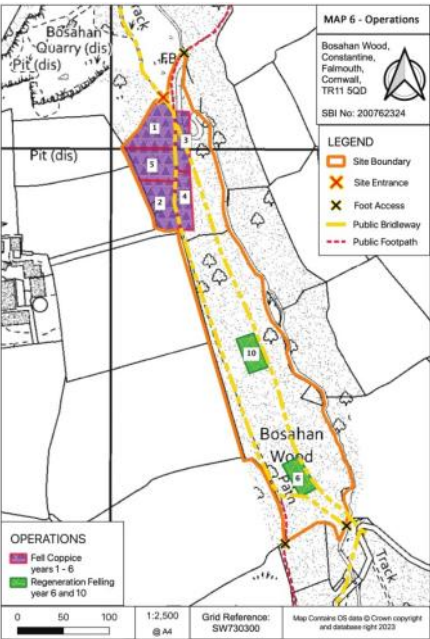
Bosahan Woods - The Developing Long Term Plan

Since the open event held at the Tolmen Centre last summer, the Bosahan Woods Management Group has been engaged with Working Woodlands Cornwall in developing an 'official' Woodland Management Plan for the Bosahan Woods - one that will be recognised and approved by the Forestry Commission.

A draft of the plan is now under discussion, and fuller details will be published in the village over the coming months. The aim is to ensure that everyone is aware of what is proposed, and to gather and accommodate as much comment as we can, so that the plan reflects the wishes of the local community.

The plan has two foundations - firstly, the wood itself with all its history, landscape and current wildlife. Secondly, the situation of the wood as a much-valued community asset: a place of recreation, education and experience of the natural world.

A large part of the woods are the remains of a former beech plantation, laid out in Victorian times and largely felled during the second world war. What we have now is mostly the re-growth from that felled plantation. Up nearer the quarry there is a smaller area with a high proportion of hazel, showing signs of having been coppiced in times past.



A key part of the plan is to reduce the dominance of beech over the long term, broadening the diversity of tree species through a mix of natural regeneration and enrichment planting. All the while seeking to protect and expand the existing ground flora, typically bluebells and wood anemones. Over time, this will tend to restore the character of the woodland to one more typical of the Helford River area.

Beech tends to have a very dense canopy, and due to the lack of light various habitat niches are absent, and the remaining veteran trees and other ancient woodland features are affected. Increasing the diversity of species will help to make the woods more resilient in the face of climate change, invasive pests and diseases.

One specific measure that could be started early is to reintroduce a coppicing cycle to the area of hazel near the quarry, dividing the area up into a number of parcels to be worked on in successive years. This, together with the proposed thinning, at intervals of some years, of small areas of the woodland

Chris Hussey

to encourage diversity, will provide a small quantity of timber which could become available for community use and for developing woodland skills.

Down by the stream the plan proposes that the informal path is 'huddled' away from the stream side in some places, helping to reduce erosion and allowing the development of secure areas for visiting wildlife such as otters.

The full plan, developed to a template provided by the Forestry Commission, runs to some 32 pages, with a collection of accompanying diagrams. One of these is shown here, illustrating the potential for coppicing and thinning small areas over a period of time. The woods group will aim to make all this available for study and comment over the coming months, potentially via displays in various village locations, coupled with another open event.

Constantine Arts Society**George Willoughby**

The last three months have been very busy in the Art Society, a number of competitions being held during that time. They included a visit to Roskorwell Farm where they grow Lavender to be processed and made into various forms. This was a great opportunity for members to spend the day painting the fields of lavender. It was a good day especially as the weather was fine.

Another competition was for The Pastel Trophy won by Jane Bindon with her Still Life painting of "Peas and a Ladle" !!!

Society members also visited The Flicka Donkey Sanctuary where they spent the day painting donkeys and the surrounding landscape, a good day enjoyed by all "en plein air".

The last meeting of this term was held with Cakey Tea. Membership is still growing steadily.

We are now gearing up for our Annual Exhibition to be held from 26 August to 9 September, 9am to 5pm, in the Parish Church. This year we have invited Year 6 Primary School pupils to join us and display their work. Some of the profits from the Exhibition will be donated to the charity "Man Down" which is a local organisation supporting vulnerable men.



Constantine Museum & Archive re-opens



Constantine Museum & Archive has finally opened and will remain open on Wednesdays only from 10.00 am to 2.00pm until 25th October 2023. We look forward to re-opening again around Easter 2024.

The layout of the museum has been altered making it more accessible for wheelchair users and the displays less

cluttered with new items not seen before. We intend to rotate displays on a yearly cycle as much as possible.

First, we have changed our name slightly. We want to develop the use of the archive. The archive contains many documents, press cuttings, photos, and maps of the area over time. Unfortunately, this is all taking much longer than expected as we have encountered numerous issues that were not anticipated and will take time to resolve.

We really hope that we can say we are completely on top of everything by Spring 2025 with everything well and truly catalogued, objects have been given the TLC they deserve and need, and the museum will be in a position to move forward with its development plans - watch this space.





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Chris Hillyer



One problem we have encountered is that we have really run out of space, to the extent that safe working for volunteers becomes a challenge. It is for this reason that we will continue to pause accepting new accessions until we resolve the space issue.

The museum has several publications for sale including 'Five walks around Constantine' by Bill Scolding. It is in full colour, very readable and informative and priced at £4.50. If you would like a copy and we are closed, please try Constantine Village Stores who sell it for us. We also have a large stock of this publication and if any retail outlets in the area would like to stock it on a sale or return basis, please contact us.

Wednesdays is also the work session for the Committee, if you are interested in becoming a volunteer, please contact us on constantinemuseum@gmail.com. You don't have to be a historian or have lived in the parish all your life. We are very friendly and sociable and promise cups of tea and biscuits with the work. You will also have a chance to learn

more about the area and its people as well as learning more about looking after a museum and that itself is quite interesting.

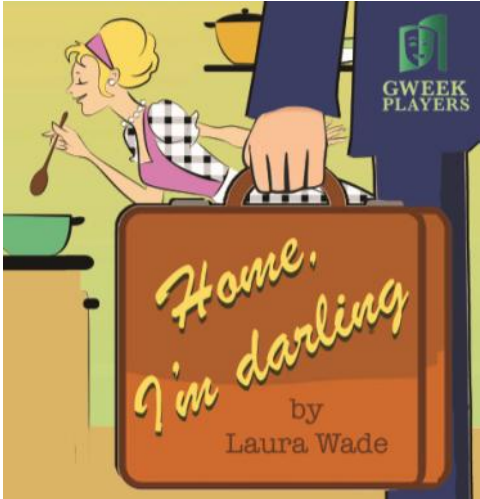


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Gweek Players

Linda Capone



Gweek Players are excited to be staging *Home, I'm Darling* by Laura Wade for their November production. Be prepared to be whisked back to the 1950s in this funny, thought-provoking play, which delivers post-war clichés and charm in abundance, while giving its audience food for thought. Every couple needs a little fantasy to keep their marriage sparkling. But behind the curtains, being a domestic goddess is not as easy as it looks.

Home, I'm Darling is a social comedy about Judy and Johnny, a couple whose fondness for the 1950s goes so far that they not only embrace jive dancing and swing skirts but also outdated gender roles: Judy quits her job to become a stereotypical 1950s housewife who spends her days cleaning and cooking while Johnny goes out to work. Unsurprisingly, paradise turns out not to be a primrose-fitted kitchen after all – and Judy's dream soon has ramifications on their relationship – as well as their finances.

Dates: 15th to 18th November. Tickets:

www.gweekplayers.co.uk or telephone 01736 810181

Directed by Mandy Rolleston

Constantine Christmas Market

The church is going to hold a Christmas Market in the Church on Saturday 25th November 2023 10am until 12.30pm. If you would like a table top, please let me know. Previous years have been very successful for all stall holders and I know some of you have been asking if the event was going ahead this year. Well, the answer is yes. I look forward to hearing from you.

Stalls already booked: Books, Craft, Raffle, Teas and refreshments, handmade photographic cards, Homemade cakes, Games, White elephant and Tombola.

**For more information please
phone Liz Pearce on 01326
340012 or 01326 375502.**

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Notes from the Parish Council

The internet provider Wildanet will be installing a Full-Fibre to Property Service (FFTP) broadband network to 1500 homes in the parish. This is super news as the copper wire service at present will be turned off in 2025. This means that there will road-works/closures and general disruption. If you experience problems with access during this period, Wildanet request that in the first instance you talk to the contractors on site, who will try to accommodate your wishes. Further action is to phone 0800 069 9906 or to email hello@wildanet.com. This is part of the Government's 'Project Gigabyte'

The new 'Community Area Partnership' has replaced the old 'Neighbourhood Partnerships' area group, of which Constantine Parish Council is to be represented by Cllr Painter and Cllr Thomson. The benefits are more funding and more power in local decision making. Cllr Painter is expected to be appointed to serve on the funding sub-group as a representative for 'Rural Parishes in the Partnership Area'. Currently available is funding from the Community Capacity Fund, where local community-based projects can apply for grants from £2,000 to £25,000. The council will be considering whether the Carnival Committee and Christmas Lights Committee could be eligible for a grant.

The ongoing bridge saga continues; the PROW (public rights of way) 54 Bridleway Closure notice has been extended until August 2024 and Cornwall Council have put it out to tender. But the Parish Council has been assured that it will be installed this autumn!

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Cllr Wendy Deering



The Church Hall, car parks, green space and W/C saga also continues: expect a Parish Meeting this Autumn, where all parishioners are invited to attend. Principally; to vote on whether the Parish Council should attempt to purchase it for the village. The council would then keep the Council tax precept at its current level to pay for the Loan from the Government. There will be displays beforehand, so that you can refresh yourself on the plans for the Church hall and have your say on how the church hall could be used.

The Parish Council has acted on complaints from parishioners, that irresponsible dog walkers have been putting used dog waste bags behind the green telecoms box in the lay-by at Ponjeravah. A dog waste bin has been agreed and should be installed presently. Let's hope it gets used!

Mike's Musings

Rev Mike North

This picture won the World Press Photo of the Year in 1973, although it was taken on the 8th June 1972 in Vietnam and was on the front cover of the New York Times the following day.

The photo so sickened the American public that it is credited with bringing forward the ending of American involvement in the Vietnam War; the 9 year-old girl whose clothes were burnt off and her back



covered with burns from a napalm bomb. Her village had been taken over by North Vietnamese troops and so was bombed. Collateral damage? Two of her cousins and two of her fellow villagers were killed.

Lots of people globally continue to face such awful suffering. Do we care? The young girl, named Kim was taken by the photographer to a hospital in Saigon where she was expected to die from her burns. After 14 months in hospital, 17 surgical procedures including skin transplantations and eventually a stint in a West German hospital, ten years on, she was able to properly move again.

Very long story short – Kim Phuc survived. On a flight from Cuba (where she trained as a pharmacist and fell in love with a fellow Vietnamese student) to Moscow (for their honeymoon) the two of them, at a refuelling stop in Gander, Newfoundland, Canada asked for political asylum and in Canada they remained and became citizens. Two children later and she established a Foundation to provide medical and psychological assistance to child victims of war. In 1994 she became a UNESCO Goodwill Ambassador and has received many other honours.....

Why this story? At a time of feeling suicidal, Kim found a New Testament and became a Christian and found within herself the grace to forgive.....

It's all about love, actually!



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Mullion & Constantine Group Practice

We welcomed our new Practice Manager Mrs Louisa Rosevear to Mullion & Constantine Group Practice in May this year. Louisa works between both the Constantine & Mullion sites.

We also welcome Sam Jane who is our new Social Prescribing Link Worker. Social Prescribing is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

Social prescribing is an all-age, whole-population approach that works particularly well for people who:

- have one or more long term conditions
- who need support with low level mental health issues
- who are lonely or isolated
- who have complex social needs which affect their wellbeing.

Please contact your local Surgery if you would like further information or to talk to a GP about being referred for this service.

At the end of March Dr Mark Dorrell retired from the Practice, Mark became a Partner at Mullion & Constantine Group Practice in 1999, we would like to wish him all the best for a long and happy retirement.

At the beginning of the year the Friends of Constantine Surgery very kindly purchased more equipment for the Surgery, one of these items being a FeNO device, some of

the key benefits of this device are:

- More accurate diagnosis of asthma
- Non-invasive, simple & safe test
- Patients being less likely to be referred onto secondary care for further testing
- Opportunity for increased understanding as patients can relate to their own FeNO score.

We would like to thank the Friends of Constantine Surgery for their ongoing support.

Flu Clinics, we are starting to do our annual flu vaccination clinics from the end of September, please contact the Surgery for more information and to book an appointment.

We will be running a shingles clinic in September which will be for patients between 70 -79, please contact the Surgery to book.

Patient Participation Group:

As a Practice we feel patient involvement is very important, we are therefore setting up a Patient Participation Group.

We aim to gather patients from as broad a spectrum as possible to get a truly representative group. We encourage young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

If you wish to be involved with the practice as a patient as part of the Patient Participation Group please e mail mullion.healthcentre@nhs.net for more information.

Keep the economy local - support your Farmers' Market **Jenny Leighton**

The Constantine Farmers Market is about promoting our local economy. Our market is where you can buy veg fresh out of your neighbours' fields or poly tunnel, fish from the local seas, honey from bees who may well have been feasting in your garden. And in this village,

talent extends to ceramics fired in a kiln just around the corner or hats straight off the knitting needle and onto the stall.

Local designers and artists, local bread, local cake, local beef, local lamb, local flowers, local jam and pickle. The Farmers Market in Constantine is a local market. In times of a tightening climate emergency, this all makes sense.

Buying local of course strengthens a network of job opportunities in the community, but also puts us in touch with what is possible as climate and weather changes. Our local producers are the ones with their ears to the ground, best placed to know what to bring to the stall, to try to secure a supply of food and goods the community needs. To keep this circle going, they in turn can only thrive with our support.

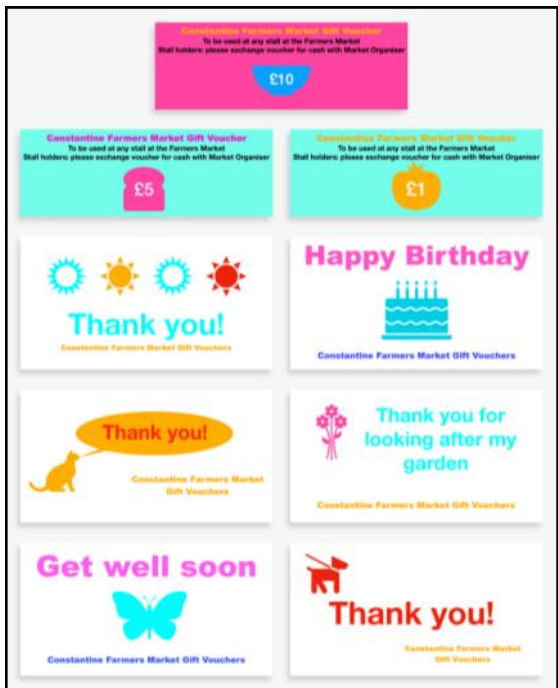
◀ **Fran's Bakery**



**Constantine Farmers Market
Gift Vouchers**

Now here's another thing to keep the economy local. In September we are launching the Gift Voucher scheme. The vouchers can be purchased from the market organisers. They are in denominations of £10, £5 and £1 and can be used to buy goods from the market stall holders. Stall holders in turn will cash the vouchers in with the market organisers. Simple.

The vouchers come with a little folder and could be an ideal gift for someone in the village, maybe as a birthday present or a thank you for looking after your dog or for watering your plants - or for a get well wish. The possibilities are endless. And the recipient has lots to spend their voucher on in the Farmers Market!!





So please make the Farmers Market a regular date: every month in the Constantine school hall. It is held on the second Saturday of the month. Doors open at 9.30 and close at midday.



Sally's beautiful cake for Pride Day

And Harriet even has peaches!



There is always something for children to do, including a craft table and scootering in the front playground. The PTA runs a cafe and sometimes Kin the fiddler plays us a tune.

Constantine Cottage Garden Society

Peter Wilson

Well what a summer!, if you can call it that, coming from a hot May and June, we suddenly had the wettest July and so far August not much better. But as gardeners we are resilient, we do moan when our blooms are not as abundant as they should be and our vegetables do not develop to their true potential, but on the plus side my back feels much better, as I have not had to lug watering can after watering can around the garden to keep it all going. Never happy are we.

It has been a very indifferent summer for the garden society. As mentioned in the last Constant Times, plans were progressing for the Summer Show which was due to be held in July. Unfortunately, an unseasonably deep low pressure moved across the Atlantic and owing to the fierce winds and severe rain the Marquee could not be erected and consequently the show had to be cancelled. Endeavours to rearrange another date have been thwarted, by various issues, so currently as I write this piece no decision has been made if and when a show or rearranged gardening event will be held.

October will see the start of our new winter programme, commencing on the second Thursday of the month and full details of the speakers will be circulated on our Facebook page and via e mail. If you are a new resident to the village and wish to come along to our meetings, please feel free to contact me at constantinegardensociety@gmail.com and I will give you further information about the society.

Let us hope that we get a few nice warm summer days through September, just to eek out our bedding plants a bit longer. With continuous dead heading we may be able to salvage our 2023 blooms for a further few weeks.

Constantine School news

At the end of the summer term we were sad to see the 27 Year Six children leave us – 13 of these children have been with us since Reception Class. We wish them well in the next stage of their learning journeys as they embark on future fun and studies at five new settings in September. We also look forward to welcoming some new families into the school with our new Reception Class of 2023.

Autumn Term Topics include:

- Y6 What did the Egyptians teach us?
- Y5 Why is the planet melting?
- Y4 Where in the world is Nigeria?
- Y3 What was life like in the stone age?
- Y2 How do I survive on a desert island?
- Y1 What makes me marvellous?

More information can be found on our website under the curriculum tab and class pages.

School Garden

Huge thanks must go to the gardening club and group who help maintain and who have also developed our school garden area for the better. The hours of weeding have paid off and we have a selection of fruits, vegetables and plants growing away. The wild flowers are being enjoyed by lots of pollinators. Some families come in during their own time to weed and water out of school hours and this level of upkeep has ensured that the school garden is an area that is loved and enjoyed by the children every day at school.

The children's Council (seen meeting in a photo below) voted for a quiet area and 'books n blankets' and these have been purchased. The lovely picnic benches also provide shade and a space for children to read to each other in a quieter, more tranquil space at play and lunchtimes. We are excited to see how it continues to develop..

Touch Rugby Success 2023!

Our touch rugby team (*right*) have had an amazing year. Not only did they play the nine local primary schools and win the Partnership league undefeated, but as a result they were invited to play at the west Cornwall finals against 15 other schools. They played brilliantly on the main pitch at Redruth and came second which is fantastic! Many thank to Matt Mullaly our coach and also the Pirates who have been coming in to coach our children.



Cags Gilbert, Head of School



Sailing Club

During the Summer and Autumn Terms the Helford River Children's Sailing Trust provide our school with an evening slot each Thursday where up to 24 pupils can learn to sail. This is an amazing opportunity and a popular one. The subsidised places enable many children to learn sailing skills and gain RYA (Royal Yachting Association) awards. Recently the children have been learning about what to do when they capsized.



Norman Nicholls memorial football tournament 2023

These children chose to represent us at the annual St Keverne football event on Saturday 1st July. It was a looonng day and they were supported by our football coach Rob Gardner and their parents. Proudly wearing their CPS sports strip they not only played really well as a team but also showed exemplary be-



haviour and sporting attitudes. We are super proud of each and every one of them for playing 7 matches—6 wins, one draw and winning on penalties in the semi finals and a 7-0 win in the finals! Well done Team CPS!!! And huge thanks to Rob Gardner and all our parents for supporting and transporting them.

Constantine School news *(Continued)*

SPORTS DAY 2023

Wow what a day!. Huge thanks to our FOCs (Friends of Constantine School) for helping to set up and manage the tea, cakes, cream teas, raffle and even remembering the ice poles for all the children. The wonderful support and sense of community cohesion at our sports day each year is always so uplifting and this year was no exception. I can't thank you all enough for making it such a special day.



Congratulations BLUE TEAM- 2023 winners!



Blue Team Captains William and Zephyr

The children were all amazing and I was also immensely proud of our ex pupils who volunteered to come back and support us –they were a fantastic support to us all and especially the children.

St Constantine Church Flower Rota

We have a flower rota at the Church and would love to have more people, male or female, joining us who enjoy creating with flowers.

It is not an onerous task - after all, we are doing something that we enjoy. You do not have to be a regular church member, just someone who is interested in keeping our church looking beautiful . If you consider yourself a novice, that is not a problem. You would have plenty of support.

We would love to hear from you. To learn more, please contact Carol Agnew on 01326 341041 or e-mail

carol.agnew8@gmail.com.

And last but not least..... Pizza-making in Year 4.



St Constantine Church Services

September

Sunday 3

8.00am Holy Communion (BCP)

10.30am Holy Communion (CW)

Thursday 7

10.00am Morning Prayer (Iona Service)

Sunday 10

10.30am – Service of the Word (CW)

Thursday 14

10.00am – Morning Prayer (Iona Service)

Sunday 17

8.00am Holy Communion (BCP)

10.30am Holy Communion (CW)

Thursday 21

10.00am Morning Prayer (Iona Service)

Sunday 24

10.30am – Harvest Thanks Giving (CW)

Thursday 28

10.00am Morning Prayer (Iona Service)

October

Sunday 1 8.00am Holy Communion (BCP)

10.30m Holy Communion (CW)

Thursday 5

10.00am Morning Prayer (Iona Service)

Sunday 8

10.30am Holy Communion (CW)

Thursday 12

10.00am Morning Prayer (Iona Service)

Sunday 15

8.00am Holy Communion (BCP)

10.30am Holy Communion (CW)

Thursday 19

10.00am Morning Payer (Iona Service)

Sunday 22

10.30am PETS SERVICE

Thursday 26

10.00am Morning Prayer (Iona Service)

Sunday 29 NO SERVICE

Everyone is most welcome to join us.

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

Enquiries please contact: Maureen Metcalfe

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Constantine WI News

As usual, our WI has been busy with many varied events: coastal walks, days out, coffee, lunch, talks, Carnival preparation, planning and community concerns have all been part of our programme.

In June we had a talk on the life of Anne Menheniot and the sampler that she made in 1823. It is now back in the possession of its real family completely by chance having been bought in London! We were given a real window into the past.



Members spent a very enjoyable and educational day at Lanhydrock. It is the quintessential country house with the feel of a wealthy but unpretentious family home. After a fire in 1881 the Jacobean house was refurbished in high-Victorian style so you can see the two sides of Victorian life: from the kitchen life 'below stairs', to the luxurious family areas with the comforts of 'upstairs' living. The camellias, magnolias and rhododendrons were also lovely.

Our walking group completed another section on the Lizard coast Path from Roskilly's to Coverack. The weather was just right for walking quite cloudy and not too warm. We welcomed two new walkers, Liz and Gina and managed refreshment stops including pasties! We always enjoy the views and company!



In July we had a talk from by Steve Horscroft, who is the Vice President of Campaign to Preserve Rural England. He joked the last time he had spoken to the WI in Cornwall was 1998! They deal with

controversial planning applications and developments and if the scale impacts the landscape, footpaths and rights of way and are a flood risk they will get involved. Steve gave a very interesting insight to what the charity does and said they are always looking for new members!!

We also had an update on Parish Council matters from Wendy Deering. While we are not a political organisation it is interesting to follow progress on Parish matters and members felt an open clinic with councillors on a regular basis would be beneficial to the village.

Gill our President and Lynda had a meeting with the Presidents of Mawnan Smith WI which was very interesting and useful. They have a very large membership and do an awful lot in their village as there are few other organisations. It was useful to hear ideas and how they organise themselves and recruit.

We also tried a new activity, a 'Coffee morning get together' once a month for an informal chat and socialising in the Cornish Arms. However, the change in opening hours rather scuppered that!

Lynda Gregory, Publicity Officer

Our committee also met with Sam Jane, our new Social Prescriber in the village, attached to our Doctor's Surgery with regard the WI helping/supporting lonely people in our community. It was a useful and fruitful meeting, setting up communication and making us all think about how we can help with this work and we intend to become involved in this project.

Our August meeting is always replaced by a lovely lunch and this year was no exception. We spent a very enjoyable time in Liz Pearce's beautiful garden. We were very lucky, the sun shone and we had delicious food supplied by our members. We have some very talented cooks amongst us! Conversation and Pimm's flowed and it was lovely to catch up and meet new members.

At this event a new painting of Princess Anne, was unveiled by our President. It is to hang in the WI Hall replacing the one of our former Queen

who was also a WI member. The

painting was commissioned from our local artist, Dougal Jeffries, who has made a splendid job of it, many thanks to him. We will feel honoured by the royal gaze!



Later in the year we have a vineyard tour planned - with lunch of course – and we are already looking forward to Christmas lunches and seasonal Murder Mystery trips along with our usually meetings.

We meet on the first Monday of every month in the WI Hall and always welcome visitors and new members. Do join us for some fellowship, education and good fun!



WI Soup & Pud Lunches



**Our Winter Soup & Pud lunches begin again on:
Monday 30th October
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10.30 - 12.00
Lunches 12.00 - 1.15pm**

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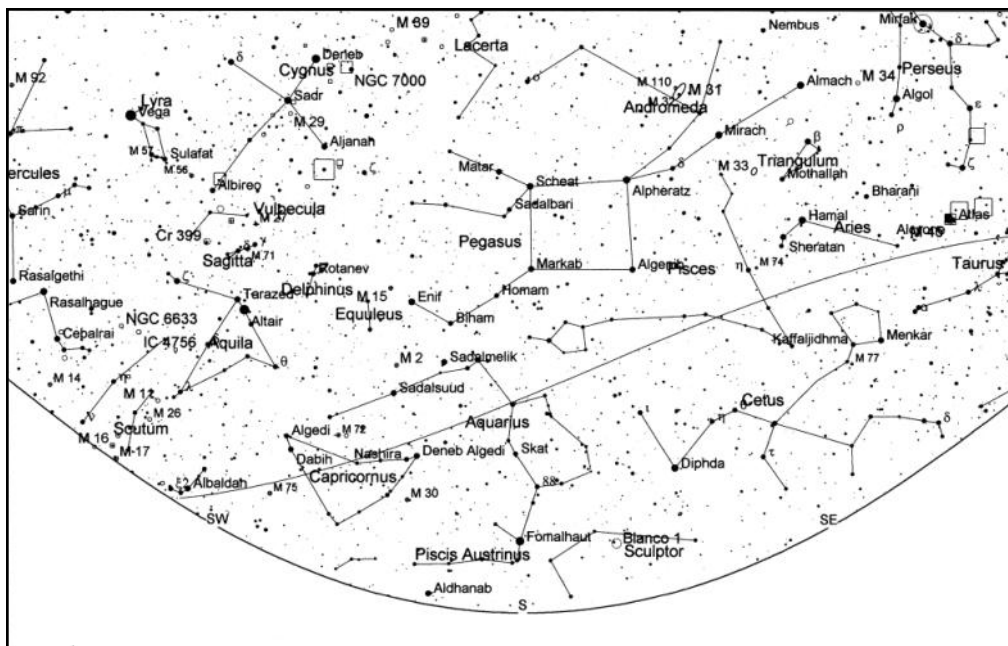
Night Sky

From a dark place, the star clouds and dusty patches of the Milky Way, arching high across the night sky are seen with ease. In the south west the Square of Pegasus is a useful indicator for other stars. The right hand side points down towards Fomalhaut, the southernmost first-magnitude star visible from UK and 25lys away.

The left hand side leads down to Diphda (Deneb Kaitos) and the other stars of Cetus the Whale. Diphda, which translates from the Arabic to The Frog, is a fairly bright star in an empty patch of sky. It is an orange giant, about 93lys away and is known for its habit of flaring unpredictably, appearing slightly brighter than usual at times. Below the square is a small circlet of stars which represents the western Fish of Pisces and is tied to its eastern companion with a starry thread. To the left of the square is M31 the Andromeda galaxy and just below that is a superb telescopic double star Almach 350lys away.

As we move into October the Summer Triangle(Vega, Deneb and Altair), populated with countless stars is well worth exploring as it sinks towards the west. Orion starts to appear around midnight in the east as it follows Aldebaran and the Hyades cluster in Taurus the Bull, a sign to remind us that winter is approaching. Orion's belt stars point south eastwards towards Sirius, the Dog Star.

The Orionids, a fairly reliable meteor shower are active in October and like the May n-Aquariid shower are associated with Comet 1P/Halley. The second pass through the cometary debris slightly fewer meteors will be seen compared with the pass in May. Although the Orionid maximum is quoted to take place on the 21st October it is



Robert Beeman

a very broad maximum lasting a week centred on the 21st. The hourly rate is about 25 and the Moon is around First Quarter so conditions are reasonably favourable.

On 5th and 6th of September at around midnight in the east the Moon will pass Jupiter, Uranus and the Pleiades with Aldebaran close to the horizon. On 27th September after midnight Saturn will be directly above the Moon in the south west. For-malhaut, the brightest star in this area is close to the horizon. Into October in the early morning at 0330 BST the Moon is high in the south when it passes Jupiter, Uranus and the Pleiades. On the 10th October at about 0600BST the Moon lines up with Regulus and Venus, with Algieba to the east. Algieba is a binary system in Leo and can be split in larger binoculars or small telescopes. The waxing gibbous Moon passes Saturn at 2200BST on the 23rd. On the 28th the Moon passes Jupiter, Uranus and the Pleiades at 2200BST.

Wishing you all clear skies.

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What's on at the Tolmen Centre - September & October

We kick off the autumn season on Sunday September 3rd with renowned folk musician Phil Beer, one half of the award-winning duo Show of Hands; Phil



had to withdraw from a previous appearance at the last minute because of ill health, but has fully recovered.



Next up, on Saturday September 16th is another folk act, The Black Feathers, a young couple with an original blend of old and new in their self-penned songs.

On Wednesday September 20th we have an unusual show about Niccolò Paganini, the famed virtuoso violinist, in which premier violinist Thomas Bowes (*right*) will team up with actor and retired medic Sam Freegard (Medical Maelstrom), for a unique glimpse into Paganini's extraordinary life and music.

On Sunday October 1st Transition Constantine will be putting on another Community Lunch and associated events, with a textile theme.

Our first theatre show is on Friday October 6th, when Nikki Rummer, actor, circus artist and storyteller, presents *Unbroken*, a personal story of acceptance, love, loss and rage (hopefully not in that order). Our thanks to Carn to Cove for their support.



On Friday October 13th the Constantine Book Club hosts author Tim Sullivan, acclaimed screenwriter (*A Handful of Dust* etc.), TV director (*Sherlock Holmes* and *Cold Feet*), and now crime novelist featuring the eccentric DC George Cross. Theatre Group *Spies Like Us* (*above right*) appear on Sunday October 22nd with *Speed Dial*, an entertaining comedy thriller packed with inventive choreo-





graphy - suitable for all ages from 8 upwards. Once again, supported by Carn to Cove.

More theatre the following week on Friday October 27th, when the ever-popular one-man Squashbox Theatre presents *Shivers and Shadows*, a cauldron of delights suitable for children of 6+ and above.



To end the month on Saturday October 28th we present folk musicians Katriona Gilmore and Jamie Roberts (*above*), award-winning songwriters and multi-instrumentalists.

The movie programme includes *Top Gun: Maverick* on Wednesday October 4th, and *Lunana: A Yak in the Classroom* on Wednesday October 18th.

Throughout September and October the Tolmen Gallery features Lizard artist Carolyn Thompson.

Dougal Jeffries

There's more to come in November and December! Full details of all our shows, with ticket links, can be found on our website www.tolmencentre.co.uk.

We continue to upgrade and maintain our premises and facilities, with recent replacement of our lighting desk, and gradual substitution of our old theatre lights by new LED lights, which both save energy and allow more colour and other effects.

We are also thrilled to have won an ASDA community grant to upgrade the kitchen and its equipment. We hope to complete this exciting project by the end of the year, but meanwhile Barbara's cafe will be in operation for most of the shows listed above: remember to book direct with Barbara on 01326 340630.

The Tolmen Centre is available for private hire when not booked for public events. Over the past few months we have hosted weddings, memorial services, children's parties and 60th birthdays.

Enquiries via email to tolmen@constantinecornwall.com



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ECO 4 Grants for energy-saving improvements

Transition Constantine

People living in their own property or rented accommodation can apply for an ECO 4 Grant to retrofit the house they are living in.

The Eco 4 scheme applies to people on various kinds of benefits as well as vulnerable people, but now it has been extended to first time central heating for a house, particularly in rural areas, although there is income criteria too, as it is aimed at low income families.

A member of Transition Constantine, who is retired, applied for such a grant through <https://grants4homeimprovements.co.uk> and dealt with their Truro Branch. There are many other agencies that offer help with such grant applications.

A retrofit scheme entails internal wall and loft insulation, an air source heat pump central heating system and solar panels. The scheme is part of the government's move towards a zero carbon economy.

The Eco 4 scheme is funded by Utility com-

panies who under the Energy Company Obligation (ECO), are obliged to take part in the programme. There are stages to go through and the ECO 4 retrofit may need an up-front customer contribution, but this will not be known until after the initial survey.

For more information about this scheme and to find out if you are eligible, look at:

<https://www.gov.uk/government/consultations/design-of-the-energy-company-obligation-eco4-2022-2026>

Research your own utility companies policy eg:

<https://octopus.energy/blog/all-you-need-to-know-about-the-eco-scheme/>

And: <https://cep.org.uk/information-pages/grants-available-for-householders/>

Do not be deterred from applying if first time central heating is not on the eligibility list. Contact someone like Grants 4 home improvements and they will explain it.



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Contact Details

Email: constant.times@gmail.com

Phone: 01326 340908

Editorial

Layout Editor & Calendar: Peter Binns

Advertising

Sue Yates 07564 601111

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Submission Deadlines:

Deadline for news items, event dates and other submissions for the **November, December & January 2024** issue is **15 October 2023**. Please send to: constant.times@gmail.com or deliver to Comfort View, Well Lane, Constantine.



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