

# P-OLife

n°27  
spring  
2010

Life in the Pyrénées Orientales

**Walk  
the VOLCANOS**

**Discover  
GIRONA**

**TV digital  
switchover**

**Special  
offer on  
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**AMÉLIOREZ VOTRE ANGLAIS  
& TEST YOUR FRENCH**



**SYNONYMOUS WITH QUALITY PROPERTIES**

**Private Home with Three Gîtes.** Well located just 10 minutes from Perpignan and 20 from the beaches this lovely home is well positioned in a charming village offering all basic amenities. Consisting a four double bedroom owners house plus three Gîtes there is also unused space which could transform well into further accommodation. Private gardens, terraces and pool make this a very desirable property with substantial income-generating potential.

**Ref. 3103. Asking Price: 795.000 Euros.**



**Private Home Plus Gîte.** Situated in the heart of medieval Palalda, close to the famous thermal spa town of Amélie les Bains, is this recently renovated village house split into two separate homes. Upstairs the owners accommodation offers 2 double bedrooms and comfortable living space with roof terrace while below the three double bedroom apartment offers a substantial year-round income mainly from the 'curistes' taking the waters of Amélie for 2-3 weeks at a time.

**Ref. 2044. Asking Price: 249.000 Euros**

**Renovated Farmhouse in 20 Hectares.** Isolated but not at all remote this property is situated on a mainly flat plateau with no immediate neighbours just 15 minutes from the autoroute at Le Boulou. Completely self-sufficient, it has its own water supplies and solar-powered electricity (with generator backup). Five double bedrooms, private courtyard and packed with original features, this is an exceptional character property with huge potential for equestrian activities or similar.

**Ref. 3066. Asking Price: 689.000 Euros**



**URGENT: CHARACTER PROPERTIES REQUIRED THROUGHOUT THE REGION**

Spring has sprung and with it a new property buying season has arrived. The RHF team will soon announce the formal opening of a smart new office in Céret from which we shall welcome a raft of new clients. To service their demand we need more character homes in the 100.000€ to 3.000.000€ price range.

Contact us now to arrange an honest valuation of your property with a view to getting it sold ASAP.

RHF International's Céret Office: Tel. +33 (0) 468 831 950 or Tel. +33 (0) 678 690 597

Register for our free weekly newsletter, and stay up to date with the 'goings on' in the Pyrénées-Orientales. [www.anglophone-direct.com](http://www.anglophone-direct.com)

Holà!

No, Jane and I haven't had ear extensions and snout implantations. We just thought that it would be easier on the eye to replace our ugly mugs with this gorgeous pair, Bisou and Bertie, our hairy companions!



And it's our birthday! P-O Life is four years old. Thank you SO much for your support over the years and please continue to support our advertisers. It is they alone who finance the production of P-O Life and without them, we would not exist.



And youpi, here comes le printemps! Last spring, friend Evelyne showed me how to make 'bunyetes'. Why not have a go? (p14) However, don't test the dough too thoroughly BEFORE cooking like Fleur, Evelyne's daughter. "Ne mange pas la pâte crue" she told me sagely the next morning. "J'ai roté et pétié toute la nuit!!"

Happy spring time!

Kate and Jane

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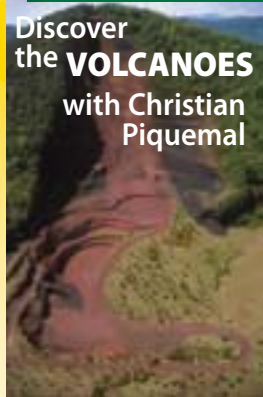
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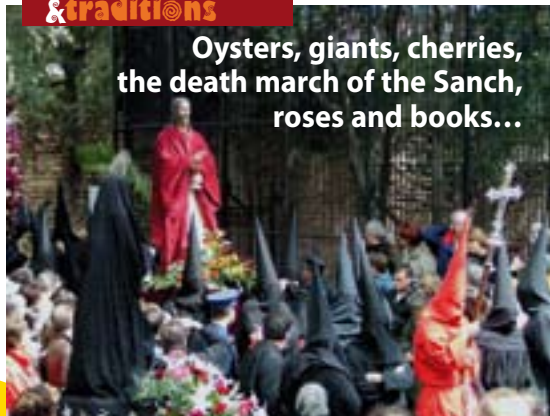
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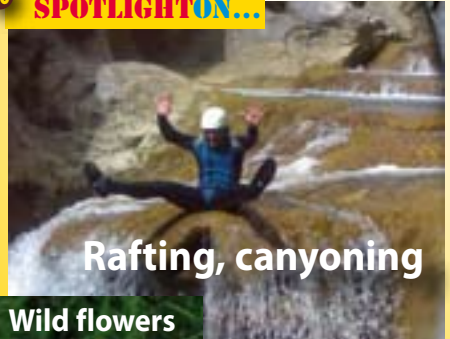


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## COMING SOON...

Want to swish and swirl through rapids, race through narrow gorges, slip, slide and shimmy into natural pools, abseil down spectacular waterfalls, swing through the trees Tarzan style.....?

Don't miss our 'Let's get physical' guide to what to do and where to go, in the next edition of P-O Life.





## VOLCANOES of OLOT

Over the border...

The Garrotxa Volcanic Zone became a Natural Parc in 1985. It consists of more than thirty volcanic cones, most of them hidden in deep forests. This popular itinerary gives the opportunity to visit two of the most outstanding ones and to cross the "Fageda d'en Jordà", a magnificent forest of beech trees classified as Nature Reserve.

Like all around the Garrotxa region, historical heritage is also present in the medieval village of Santa Pau or the neoclassical or "modernista" (Art Nouveau) buildings in the town of Olot.

### Access:

✓ Take the motorway to Spain and leave it at Figueres Nord. On the main avenue of the town, turn right at the second traffic light direction Besalú-Olot. Ignore Besalú and continue direction Olot along the new motorway (free of charge). A few minutes after crossing a long tunnel don't miss the exit to Olot centre. Now you have to carefully look for the direction Santa Pau. There is a ring road leading to a roundabout where you turn left. If you miss it and end up in town, you will find signposts in the centre when reaching a square with arched buildings.

After 4 kms on the road to Santa Pau, a signpost points out the parking place of "Can

Serra" where you can ask for documentation at the information centre.

Count 1h40 drive from Perpignan.

### The walk:

✓ Cross the road through a tunnel to the edge of the forest. A short detour on the right takes you to the memorial of famous Catalan poet Joan Maragall.

✓ Retrace your steps to catch the signposted path to the left. Now you are crossing the "Fageda d'en Jordà", a rare example of beech forest for its relatively low altitude (500 m). When reaching a little road lined with an old stone-built wall, follow it on the right until a crossroads where the white/red signs of the GR2 appear (0h40 from the start).

✓ Turn left. Carefully following the signs, reach a big farm producing organic yoghurt. Soon, at the corner of a beautiful traditional Catalan house, leave the road on foot path leading

to picturesque hamlet of Sant Miquel Sacot, perfect place for a break near its Romanesque-Baroque church (1h30).

✓ Turn right at a crossroads still following the white/red signs until you meet the signpost "Volcà Santa Margarida". Leave the white/red signs. The track goes up onto the slopes of the volcano amidst forests of green oaks. You end up on the edge of the crater and can easily go down into it. A small chapel stands there in the middle of a meadow (2h05).

✓ To continue, find the footpath on the other side of the crater. It goes straight down to a large parking place. You can rest near an old fountain located under the trees a 100 m on the right (2h20).

✓ To go to the next volcano, the "Croscat", cross the car park and the main road to find yellow marks. Follow the signs until the very heart of the volcano and enjoy the spectacular view (2h45).

✓ The information centre, "Can Passavent", is not far away.

✓ To go back to Can Serra and complete your circular walk, you have to get round



### **Painful if you miss it!**

*Don't forget that the end of May is the deadline for your tax return – with a little longer for online returns*

the volcano on the right and follow a dirt track and a little road direction west (3h35).

### **Alternatives:**

✓ If you are not confident with your sense of orientation or are aiming for an easy ramble or are going with kids, drive 5 mn further on from Can Serra, stop on the large car park situated halfway between the two volcanoes and start from there.

✓ You can also decide not to walk at all! In that case, horse carriages leave from Can Serra for a pleasant excursion round the area.

✓ You can also take the little tourist train to the Croscat volcano. Ask the information centre for starting time and reservations.

### **Food:**

There are plenty of restaurants in the area. One of them, "Can Xel", is just by the road halfway between the two car parks mentioned above. A better option will be to drive to Santa Pau where you can combine gastronomic and cultural pleasures. The old town stands almost unchanged since the 18th century with its narrow streets, gothic church, county castle. You will love the arched market place and find there the most reputed restaurant in town: "Cal Sastre".

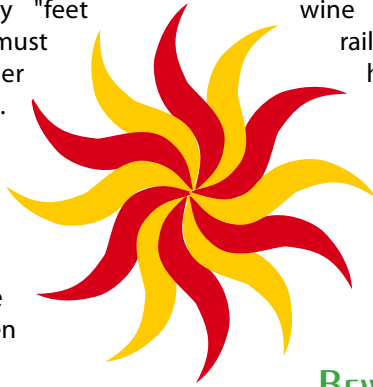
Christian Piquemal is a professional walking guide and a specialist of Catalonia. His programmes combine historical, natural and artistic discoveries. The itineraries are privileging ancient footpaths, often off the beaten track. Thematic walks are available every week. Find details on [www.enchemin.com](http://www.enchemin.com) - Contact : 0033 (0)621 664 215 / [enchemin@mail.com](mailto:enchemin@mail.com)

# Did you know?



## GET YOUR BOULES OUT!

**Pétanque** actually comes from the term **pès tancats** or **pièds tanqués**, Marseilles dialect meaning literally "feet anchored" as the feet must remain close together within quite a small circle. It is apparently one of the more sedate boule variations, deliberately so to accommodate the rheumatic and the disabled, as it can be played standing still or even from a wheelchair.



## COMMUNION IN BANYULS

In 1860 **Abbé Rous**, the new **Curé** at the **Chapelle de la Rectorie**, first tasted the naturally sweet wine of Banyuls and found it so good that he decided, through his network of Catholic contacts, to make it the communion wine of France. In 1870 the railway reached Banyuls and he could shift as much wine as the locals could produce. Soon Banyuls was being drunk as the perfect accompaniment to foie gras in the best restaurants in the land.

## BEWARE THE "SAINTS DE GLACE"

Named after the frosty trio of saints, **St Mamert**, **St Pancrace**, and **St Servais**, whose Saint days are respectively May 10th, 11th, and 12th, the expression **Saints de Glace** describes a sudden return of freezing weather in late spring, which can catch us all unawares, just when we think that summer is on its way!

This is a period of time apparently much feared by gardeners, farmers and vigneron, particularly north of the Loire, but even in the south of France, until mid-May, the locals will shake their heads, and click their tongues if they see you planting your hanging baskets and bedding plants before these dates.



## ENTENTE CORDIALE

*If you go to Vernet-les-Bains, look out for the 'Entente Cordiale' monument next to the mairie, the only one of its kind in France, sculpted in Canigou granite by Roussillon sculptor Gustave Violet and representing France and Britain. Proposed in 1912 in honour of the wealthy Brits who frequented the fashionable spa town, the monument was completed at the end of WW1, dedicated both to the Entente Cordiale and to the memory of those killed during the war.*



Don't forget to turn your clocks forward!  
Sunday March 28th  
(during the night of Saturday/Sunday  
morning)

## OUCH! ME 'EAD!

During the French revolution, it was the kindly doctor **Joseph Ignace Guillotin**, who decided, in a humanitarian gesture, that the **guillotine** shouldn't just be for the benefit of the French nobility. Oh no. In the true spirit of the new French republic, it should be the right of every French citizen to have his or her head cut off by this new machine, as the previous

human executioner would sometimes have to hack away several times, before heads would roll! The guillotine saw off an estimated 40,000 victims during the Revolution among which King Louis XVI, his wife, Marie Antoinette and Revolutionary leaders Robespierre and Danton.



## THE ALBIGENSIAN CRUSADE

An estimated 200,000 to 1,000,000 people were massacred in Languedoc Roussillon during the Albigensian Crusade of 1209-1229 in the name of religion! ('Albigensian' was another word for Cathar, so called because of the strong Cathar following in the town of Albi.)

This 20-year military campaign to eliminate Cathars was launched by Pope Innocent III and directed against the Count of Toulouse, who was blamed for the murder of a papal legate although the real aim of the crusade was to force the count and other members of the Languedoc nobility to take action against the Cathar heretics in their lands.



## FOUGASSE

Look out for **fougasse**, the Catalan version of the Italian **focaccia bread**. It is believed that the slashes cut into this flatbread were to allow labourers to slip their arms through the holes and carry the bread to work over their shoulders, leaving their hands free to carry their tools.



Welcome to the Pyrénées-Orientales!

[www.cdt-66.com](http://www.cdt-66.com)

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## March

### OYSTER FESTIVAL

Port Barcarès  
6th March

Where the lagoon drains into the sea, well signposted at *Mas de l'Ille*, exit 12 on the D83, is the **Centre Conchylicole**. The oysters are raised in the lagoon and brought to the huts that line the channel to be packed and sold. Tanks bubble with water full of oysters, small tables are crowded with people tasting them and sipping crisp white wine. The oysters for "tasting" are served in multiples of 6, small, medium and large; for buying to take away in whatever quantity you need, opened or closed. Either way very few euros buys you a chance to enjoy the taste of the essence of the sea involving almost no calories and the possibility of an improved love life... maybe...

### Carnaval

*Argelès Village : 6th March, 21h*

*Céret : 6th, 13th & 14th March*

*Vernet : 19th, 20th March*

## April

### LA PROCESSION DE LA SANCH

Perpignan  
2nd April (Good Friday)



Impressive, atmospheric, just a little frightening, the long black and red hooded and robed figures of the **Procession de la Sanch** march slowly through the streets of Perpignan to the solemn beat of black veiled tambourines. The Procession de la Sanch, which takes place every **Vendredi Saint**, (Good Friday), opens the celebration of the Easter Holy week.

The brotherhood of "**La Sanch**" (the blood) was founded in 1416 by **Vincent Ferrier** at the church of **St Jacques** in Perpignan, its origin to assist and accompany the condemned to their execution. At the head of the parade walks a red robed figure **le regidor**, intermittently ringing an iron bell as he leads the penitents to the gallows. They carry **misteris** (full-size representations of the different scenes of the Passion) and walk in silence – some walk bare-foot, others are on their knees... only the sound of the tambourine, and the occasional peal of the bell breaks the eerie atmosphere, along with the **Goigs**, traditional Easter songs which accompany the march.

Over the centuries the Sanch has been forbidden several times. It has always survived.

*Night processions also take place in the evening at Collioure and Arles-sur-Tech ( 21:00)*

# FÊTE DES GÉANTS & Goïqs

3rd - 4th April  
Villefranche de Conflent

Easter weekend in Villefranche is a bit of a treat. The *Goig dels ous de xocolat* sees minstrels, playing Catalan musical instruments (*gralles, flaviol and tambourin*) parading through the streets exchanging their music for chocolate eggs. The procession of the giants or *gégants* through the streets of *Villefranche* is great fun too. These enormous painted papier-maché figures with a perspiring human inside are sometimes 14 or 15 ft tall. Most towns have their own giants, often representing some important person in the history of the town. They usually appear in couples, often as king and queen, or some other important person and go out during the patron saint holiday of the town (*Festa Major*) or on special days, and dance in the streets with little "big-heads" or *cap-grossos*.



## LIONS SPORT ACTION

17th April  
Saint Cyprien golf course

The charity *Enfants et Santé Pyrénées Languedoc Roussillon* along with the *Lions Clubs Catalans* (Catalan branch of the International Lion's club) invite you to spend a day at Saint Cyprien golf club, and offer something for everyone, with a golf competition for golfers, an introduction to golf for wannabe golfers, and a variety of entertainments for non golfers.

The best thing about this whole day is that it is an opportunity to have loads of fun for a great cause! All funds and donations from the competition will go to *Enfants et Santé*. Read all about it on p54.

- \* A great day out for all the family
- \* Amateur golf competition (open to all)
- \* Introduction to golf
- \* Visits around the golf course
- \* Stalls and tastings
- \* Various entertainment
- \* A chance to make charitable donations
- \* Grand buffet prepared by renowned chefs

More info:

[wisselmann.armand@orange.fr](mailto:wisselmann.armand@orange.fr)

## SANT JORDI

Celebrated on or around  
23rd April

We all know the legend of George (*Sant Jordi*) and the dragon but did you know that according to legend, roses grew from the ground where the dragon's blood was shed? Here in Catalonia, the tradition on this day is to offer a rose to a loved one, representing the dragon's blood. It is also traditional to buy your partner a book.



Taking *Sant Jordi* as a Catalan symbol, in their fight to uphold the Catalan culture and language at the end of the 19th century, annual competitions were held to encourage young people to embrace Catalan literature and culture. This tradition inspired UNESCO to declare the date the 'International Day of the Book'.

April 23rd is also the anniversary of the death of two great writers: CERVANTES and SHAKESPEARE.

The streets of Perpignan turn into a hive of culture and literature, bookstalls and flower sellers set up on the quai Vauban, place Gambetta, and place Arago, and literary events and signings take place throughout the region.

Visit our site

[www.anglophone-direct.com](http://www.anglophone-direct.com)  
for a detailed events calendar

## Races

*NOWHERE TO RUN?*



*21st March - Arles-sur-Tech*

*The Arles-Belmaig mountain race (11 km) the Ronde de la Fontaine des Buis (10km)*

*28th March - Port Leucate*

*Les 10 km de la Corrège - A race along the beautiful coastline of Leucate*

*23rd May - Perpignan*

*Perpignan Marathon (charity event)*

[www.marathonperpignan.com](http://www.marathonperpignan.com)

## Palais des Congrès, Perpignan

Visit [www.congres-perpignan.com](http://www.congres-perpignan.com) for details of shows, concerts, exhibitions & festivals at the Palais des Congrès and Exhibition Hall...



# May

## FÊTE DE LA BELLE ÉPOQUE

13th/16th May - Vernet les Bains

Costume dramas, musical presentations, exhibitions, processions of vintage cars, the whole village in period costume.... Vernet slips back to the Belle Époque of the 19th century when the 'cream' of British society flocked to this fashionable health spa, rubbing shoulders with Rudyard Kipling, the Princess of Battenberg (daughter of Queen Victoria), Lord Roberts and his wife, Scott O'Connor...

## FÊTE DE LA CERISE

29th - 30th May - Céret

The annual cherry festival in Céret is a colourful weekend of stone spitting, music, dancing and entertainment in the streets, not to mention the inventive recipes involving cherries served up in the local restaurants.... or why not try a glass of cherry beer, cherry wine, cherry pie, cherry pasty, cherry burger, cherries on toast, cherries with spam....

## FREE EVENING AT THE MUSEUM

15th May - National

Many museums throughout France will open free of charge, an invitation to (re)discover the culture and colour of the museum from a night time point of view, often accompanied by atmospheric sound effects, light, special events, guided visits, live music...

Not ALL the museums will be free. Do check beforehand.

**BANK HOLIDAYS** Most shops closed

April 5th: Easter Monday (Lundi de Pâques).

1st May: May Day (La Fête du Travail)

8th May: La Fête de la Victoire 1945 (WW2 Victory Day)

13th May: Ascension (Le Jour de l'Ascension)

## FÊTE DU TRAVAIL & FÊTE DU MUGUET

La Fête du Muguet - May 1st

According to French tradition, give those you love a little bouquet of lily-of-the-valley (*Muguet*), to wish them happiness and good luck in celebration of the arrival of spring. As decreed by King *Charles IX* of France, who offered lily-of-the-valley to all the ladies of his court on May 1st, 1561, on this day anyone in France can legally sell flowers without a license to sell.

La Fête du Travail - May 8th

In the 19th century, demonstrating workers would wear a red triangle to symbolise 8 hours of work, 8 hours of sleep, and 8 hours of free time, later to be replaced by the lily-of-the-valley.

May 1st officially became a public holiday after the eight-hour working day was introduced in France on April 23, 1919. Known as Labour Day in some parts of the world, it is also a day for protests, marches...

# Things you might need to know...

## BE ALARMED, BE VERY ALARMED!

Whilst more than 85% of homes in Britain now have smoke alarms installed, the trend hasn't yet filtered through to France where it seems that less than 3% of homes have alarms. In December 2009, the installation of smoke detectors over the next five years was made obligatory, and the French government has asked trading standards agents to carry out tests, as many of the smoke alarms available on the French market at the moment either failed to detect a fire, did not do so quickly enough, or were too quiet to attract attention.

Of course, any new law is only as good as its enforcing. To help with this, it is likely that insurance companies will be asked to make smoke alarms a condition of their home insurance policies, to put pressure on householders to buy and maintain detectors.

## COMING TO "THERMES" WITH ILLNESS

The medicinal and healing properties of the waters at the many *thermes* in the PO are taken very seriously in France. If your doctor recommends a spa treatment which would be beneficial for your health, the cost of treatment and sometimes accommodation, is reimbursed by the *Caisse d'Assurance Maladie* in the same way that fees for doctor, hospital and prescription is reimbursed. Your doctor will provide you with the necessary paperwork which you should send to your local *Caisse d'Assurance Maladie*.

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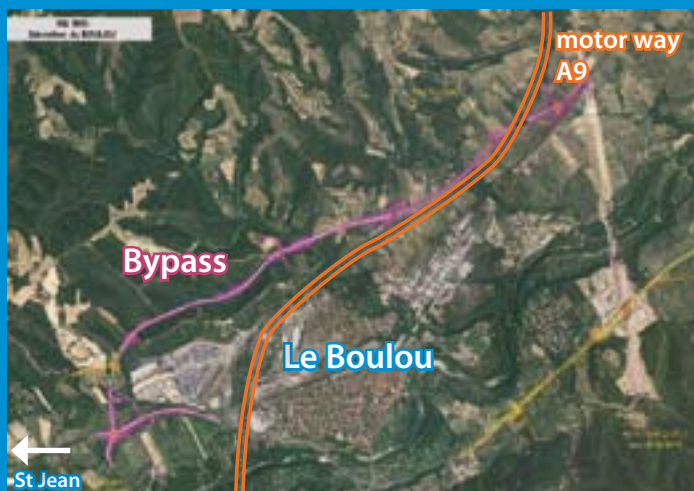
Comment s'appelle une vache  
qui vole le petit  
d'une autre vache?

Une volvo !  
(un veau - calf)

## LE Boulou bypass

After a long wait with eager anticipation for the past 18 years by residents and businesses

alike, the opening of the *Le Boulou* bypass has finally been announced for 10th June 2010. Originally started in 2007, and abandoned for a time due to lack of finance, this link road, starting just before the level crossing at *Nidolères*, direction *Perpignan – le Boulou*, and coming out at a new roundabout near *Saint Jean Pla de*



*Corts*, will pass under the motorway, linking *Perpignan* and the coast with the *vallée du Tech* (*Céret, Amélie.....*) It is expected to relieve much of the congestion that brings *le Boulou* to a standstill every summer, although it will not solve the problem for traffic heading into *Le Perthus*.

## THE EHIC (EUROPEAN HEALTH INSURANCE CARD)

From 1st May 2010, British residents in France receiving a state pension from Britain will have these cards issued by the UK. The EHIC, formerly the E111, or *Carte Européenne d'Assurance Maladie (CEAM)*, covers medical treatment and care through illness or accident abroad, giving you the same rights as the residents of the country you are visiting.

This means, of course, that it will not cover travel expenses, repatriation, or any other costs incurred that would not normally be available through the state health system of that country. If you have not done so already, you should shortly receive a letter explaining the changes.

Don't forget :  
Sunday 30th May  
Mother's Day



## Easter recipes

### BUNYETES

Traditionally Catalan

Also known as 'Oreillettes' or 'merveilles', bunyetes are traditionally made and eaten at Easter all over Catalonia. These flat, fried 'pancakes' flavoured with orange flower essence, swell in oil, become crisp, and are served dusted with granulated sugar, much like beignets or doughnuts.

*1 1/2 teaspoons yeast (levure) -- 4 tablespoons melted butter (beurre fondu) -- 4 eggs (oeufs) -- a few drops orange flower water (Fleur d'oranger) -- 1 tablespoon lemon zest, finely grated (zestes rapés de citrons) -- 1 lb plain flour (farine) -- 1/4 teaspoon salt (sel) -- fine white sugar (sucre en poudre) -- 1 litre of vegetable oil for deep frying (huile pour la friture)*

✓ Prepare soft dough by mixing together all the ingredients. Knead well on floured surface until smooth and elastic. Cover with cling film and leave for

about 2 hours.

✓ Spread with rolling pin then stretch the pastry with fingers into very thin.

✓ Cut into squares and drop into hot oil. When one side is golden brown and crisp, turn and cook other side until golden. They cook very quickly - be careful not to burn them!

#### CHOOSING YOUR FLOUR

##### Farine...

- **de blé:** wheat flour; white flour.
- **complète:** whole wheat flour.
- **d'avoine:** oat flour.
- **de maïs:** corn flour.
- **de sarrasin:** buckwheat flour.
- **de seigle:** rye flour.
- **de son:** bran flour.

#### Word origins

The word **vinegar** comes from the french **vin aigre**, meaning bitter or sour wine, and was coined when it was discovered by accident that wine, left undisturbed, eventually turns into vinegar



Free cocktail  
on presentation  
of P-O Life



Franck,  
*proprietor / chef extraordinaire  
of these two restaurants, spent  
eighteen years working under such  
culinary stars as Marco Pierre White  
and Gordon Ramsay, acquiring his  
considerable skills as well as a very  
colourful brand of English...*  
*He is widely travelled, always cooking,  
"It's all I do, I love it!"*



### Food with a view!

Tucked in between purveyors of pizza and moules frites in Argeles Port, Las Papallonas, serves fresh local food cooked with flair.

Opening for the summer season in April, the menu of the day is **12€90** (changes daily). Enjoy 500 grams of king prawns, salad and chips for only **10€** or the menu 'à la planxa' with king prawns, sea bream and steak all grilled, served with frites and seasoned with local herbs for **19€50**.

There is also a good variety of meat options available.

3 Quai Vasco de Gama - Port Argelès 66700

Tél : 04 68 56 85 23

## EL GAUCHO

### A taste of Argentina!

Just a stone's throw away from the Castillet, El Gaucho serves Argentinean style food, plenty of meat, grills and imaginative dishes with a South American/Spanish/Italian theme.

Fantastic value lunchtime menus include....

- ▶ 13€90 for three set courses from the daily 'ardoise' + wine + coffee
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## Restaurant reviews

with John Frazer-Robinson

Food \*\*\*\*

Wine \*\*\*

Price \*\*\*\*

Service \*\*\*\*

Ambience/Location \*\*\*\*

## FOGHORNS OF DELIGHT!

### Spanish cuisine

Restaurant reviewer, John Frazer-Robinson, pops his passport into his back pocket and heads for Spain (just!)



✓ Here's a real find of a restaurant - 'Els Fogons de Canadal' . In La Jonquera of all places!

✓ The menus (19€ and 28€) are only at lunch time - it's a la carte in the evening. We chose the 28 Euro menu and ate very, very well indeed. The starters were all preceded by complimentary and humungous amount of tapas on which we grazed gratefully. We all chose salads for starters - generous and tasty and thoughtfully constructed, garnished and seasoned. By the time it came to the mains we were beginning to wilt but bravely persevered!

✓ The ladies shared a huge turbot and Robbie and I had a Desperate Dan-size steak each. Both fish and steaks were perfectly cooked and there was plenty of veg. After that I was replete but the others managed to see off portions of profiteroles (6 each!) whilst Elaine went with the less calorific fresh fruit salad. A glass of Cava or sangria is served with the tapas, wine is included - we had a bottle of red and another of white (both on the wine list at 14 Euros each). Coffee is also included. People were leaving with foiled wrapped parcels so take the dog or at least borrow his bag for the evening!

✓ Unfortunately, it is quite hard to find and I wonder how it survives without any passing trade. From Le Perthus direction, go through La Jonquera and turn left at the roundabout before the motorway exit. Take another left after the dubious looking "Desire Club" (doubtless a temperance and celibacy centre), up a steep concrete track which seems to go on forever, but has reassuringly placed signs for all those thinking 'it can't be up here'.

✓ Not cheap by Spanish standards but very highly recommended indeed.

Telephone 0034 972 556 951  
[www.elsfogonsdecanadal.com](http://www.elsfogonsdecanadal.com)



L'Andréu was built as the private hunting lodge for the wealthy owners of chateaux Aubiry and Valmy. Today the facilities of this beautiful 19th century mansion can be enjoyed by all. Set in the tranquil Riuferrier valley, we are 5 mins from the charming hilltop village of Corsavy and 15 mins from the ancient market town of Arles sur Tech.

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# GIRONA & SURROUNDINGS



GIRONA



FIGUERES

Over the past five or six centuries, Girona has undergone twenty-five sieges and been captured seven times by a variety of famous French generals.

Expect to hear Catalan spoken by most people in this region...

Today, it is Mr O'Leary and his Ryanair army who have placed Girona airport firmly on

the map for foreign 'invaders' so it only seemed fitting to take you on a visit of

this colourful and exciting town which is so much more than a fly-in/fly-out.



BESALU



SAN PERE DE RODES



## GIRONA

One of the fourteen original countships of Catalonia in the eight century, the Girona of today is a great mix of historically interesting old and vibrant lively new, all within easy walking distance.

The Rambla de la Llibertat, a busy market in medieval times, is still busy and bustling. Worth getting a map from the Tourist office at no 1 the Rambla. Tree-lined and relaxing, full of interesting shops, bars, cafes and restaurants, there is always something going on, something to see, to buy, to eat or drink. One tiny shop opens into an Aladdin's cave of every conceivable clockwork and mechanical toy, another has an amazing display of drinks in which lurk serpents and bugs, well pickled by the vividly coloured alcohol they contain.

The town has always been well fortified and a good place to get



an idea of the layout is from the Wall Walk. Restored and renovated, a path allows you to stroll around the top of the ramparts that enclosed the city in the time of Charlemagne.

The imposing cathedral, approached by a long flight of wide steps, has grown from the first Romanesque church built in 1038, the cloister and tower of which are still preserved, through the XIV century church with three naves, to the present day cathedral with a single nave, the widest Gothic nave in the world. Inside is a fascinating museum displaying the famous XII century tapestry of the Creation, a stunningly beautiful piece



of needlework, as well as the Beatus, a fantastic illuminated volume dating from the X century and a rich collection of medieval gold and silverwork. And there are many other Museums: The Museum of Art displaying the history of art related to the Girona region; of Archaeology, located in the ancient monastery of Sant Pere de Galligants; of the Cinema, containing one of Europe's most important collections; the History of the City, from pre-history to the present day; and, the Museum to the History of the Jews.

**G**irona is justly famous for its Jewish Quarter, considered one of the best preserved Jewish quarters in Western Europe. The buildings in steep alleys bordering the Forca housed the Jewish community in the middle ages, until, on

the 31st of March 1492, Isabelle of Castile and Ferdinand II of Aragon decided on the expulsion of all Jews from Spain. Their fate was rapid, cruel and terrible. Now their history can be studied at the Bonstruch Ca Porta Centre where you will find the Museum of the History of the Jews.

**T**he Arabs also had quite a presence in Girona. To get the feel of it, a visit to the Arab Baths beckons. To be found in the Capucine Convent, it is a XII century Romanesque building, only the style is Arab. Consisting of a octagonal pool, a Caldarium (hot steam bath), a Tepidarium (warm room) and a Frigidarium (cold water room), the Frigidarium with its rustic ring vault and dome resting on slender columns is the most interesting.

# GIRONA & SURROUNDINGS

The River Onyar splits Girona in two, separating the Old Town from the new city. Stand on one of the bridges on a clear day and gaze at the reflection in the river of Las Casas del Onyar, the tall, narrow houses, painted in a variety of

pastel colours situated along the banks of the River Onyar. Based on architecture in Venice, they were built towards the end of the Middle Ages, and owe their pastel palette to Girona poet and artist, Narcís Comadira.

**Temps de Flors**  
(Girona Flower festival)  
8th - 16th May 2010

For the last fifty or so years, in May, the whole of Girona covers itself in Flowers. It started as a small flower show and competition and has grown into a festival of floral decorations of all shapes and sizes. Huge numbers of visitors are drawn to the Old City to wander and enjoy the

decorations embellishing the ancient stones and historic buildings and the charm and originality of the artistry. And for anyone interested in Gardens, Girona's Botanic Gardens at Cap Roig, Calella de Palafrugell must be visited. In 1924 Col. and Madame de Woevodsky



built a castle, planted 40ha with pines and laid out the garden.

The Gardens run to the edge of the cliffs, glimpses of turquoise Mediterranean glitter jewel like between the pine trees. Arrangements of cactus, of iris, of shrubs and flowering trees are works of art, the only danger the temptation to linger too long and miss the plane.





## FIGUERES, BESALU AND THE VOLCANO REGION

**Figueres is a lively town with an attractive Ramblas and weekly open-air markets attracting visitors from far and wide.**

**I**ts Thursday market is one of the largest clothes markets in the region. Designed by Dali himself, the Dali Theatre Museum is extraordinary to say the least. However, if surrealism is not your thing, there is also a toy Museum of Catalonia and a Museum of Emporda dedicated to local history.

**G**ood restaurants abound serving delicious food farmed in the rich countryside surrounding the town, freshly caught fish and local wines.



**T**o reach the charming medieval town of Besalu, take the Olot road from Figueres. The unusual V-shaped



fortified XI century bridge leads to a maze of narrow streets, sun baked squares and a ton of history. Visit the XII century Benedictine Monastery church, the Casa de la Vila housing the Tourist Office, the Museum in Casa Corneilla, and the restored Mikva, a ritual Jewish bath dating from the eleventh or twelfth century. Enjoy the small cafes, boutiques, restaurants and art galleries galore.

**N**ot enough time in one day, but for something completely different, passing Besalu continue to Olot and the Volcano district of La Garrotxa. Dramatic cliffs and gorges in the north give way to a gentler landscape in the south, with more than 40 volcanoes and various lava flows. The Casa dels Volcans (972 26 67 62 or email [museuvolcans@olot.cat](mailto:museuvolcans@olot.cat)) explains the working of volcanoes and all around the walking, riding and exploring possibilities are endless.

# GIRONA & SURROUNDINGS

## A DALI DAY OUT.



Salvador Dali (1904 - 1989) once claimed that Perpignan Railway Station was the "Centre of the Universe, because its waiting room is where he got all his best ideas."



Needless to say, it is for this quote that he is best known in the P. O. To learn a little more and to enjoy an unusual day out one needs to start by driving to Cap Creus. Declared a Parc Naturel in 1998, it is on this wild and spectacularly beautiful

coast, at Port Lligat, that, in 1930, Dali and his beloved Gala bought seven tiny cottages from some local fishermen. This was to be where he would live and work till 1982 when, upon Gala's death, he took up residence at Púbol Castle. Over the course of forty years he created a labyrinthine home, kitsch in the extreme, fascinating and fantastic as only Dali could have made it. Attracted initially by the light, the landscape and wild isolation of the place, all the rooms have windows of different shapes and proportions, framing that landscape, a constant source of inspiration. A stuffed fully-grown polar bear greets you in the Bear Lobby. A succession of rooms and zones, changes of levels, blind passageways



follow and, as you wander through the maze, you get intimate glimpses of the couple's private life. You are shown the eccentricity of the library where all the books are deliberately out of reach, the phallic swimming pool carpeted with sea urchins, the temple and altar around which he received his friends, the sofa in the form of Mae West's lips, the matador fountain, Pirelli tyres...

**F**igueres and Dali's Theatre Museum is the next stop. You can't miss it, a rose coloured circular building crowned by huge eggs. The full diversity of his artistic repertoire is displayed within. A skilled draughtsman and spectacular artist with a sense of the absurd more absurd than most. A bizarre man, he was born and died in Figueres and opened his Museum there in 1974. Not many living artists have Museums dedicated to them.... but then Salvador Dali was a most unusual artist. At the age of seven he painted his first picture and declared he wished to be Napoleon Bonaparte when he grew up. In fact, he grew up to be a world famous surrealist painter, a sculptor and cineaste. In 1926 he met Gaya, wife of fellow artist Paul Eluard.



She was a revelation. Sexually onanistic, Dali disliked women, declaring them to be preying mantises. But he had dreamed of painting Gaya before he met her and, she was to be the woman with whom he was to share his life. He seemed to many to be dramatically narcissistic but denied the accusation, declaring he made of his whole life a work of art so that he himself existed only its reflection in the eyes of others. He certainly lives on in the Theatre Museum that bears his name.

**HOUSE-MUSEUM PORT-LLIGAT:** Reservations restricted to up to eight persons per visit every ten minutes must always be made in advance. 0033 972 25 10 15, or by e-mail to [pllgrups@dali-estate.org](mailto:pllgrups@dali-estate.org) and you must pick up your ticket 30 minutes before the hour stated. Late arrival means that you will lose the right to enter the museum and your ticket will be sold.

**THEATRE-MUSEUM FIGUERES:** No 5, Placa Gala-Salvador Dali, 17600 Figueres. 0033 972 677500



## GIRONA & SURROUNDINGS

### ST PERE DE RODES, LLANCA AND EL PORT DE LA SELVA



Above the gleaming white fishing town of Port de la Selva, in the province of Girona, stands the Benedictine monastery of Sant Pere de Rodes constructed into the side of the Verdera mountain.

The views from the monastery are superb, stretching over the bay of Llançà, from Cerbère in France to the Cap de Creus. Constructed by the Benedictines between 979 and 1022, the monastery was sacked and abandoned in the eighteenth century and its most

important treasure, an illustrated bible, is now in the Bibliothèque Nationale de Paris.

The impressive bell tower, lookout tower and church all dating from the XII century remain and can be visited. The church with its soaring columns and intricate carving on the capitals is both grand and peaceful. There is a canteen and a good bookshop as well as a study centre.

The first official mention of the monastery originates from the year 878 although a pot pourri of legend surrounds its creation. Some say that when Rome was threatened by Barbarians, Pope Boniface IV ordered the Church's most powerful relics - including the



head and right arm of St. Peter - to be hidden. They were brought to this remote Cape for safe-keeping and hidden in a cave. However, when the danger had passed the relics couldn't be found. A monastery was duly built on the site and dedicated to St. Peter (Pere in Catalan). Walkers can reach the monastery via the GR10, from the campsite at Port de la Selva (approx 2hrs there and back) with access by car for the less energetic.

Above the monastery, a further twenty minutes climb brings you to the ruined castle of Saint Salvador de Verdera from which the views of the Bay of Roses and the whole of the Cap Creus are breathtaking.

It is fun to drive the coast road from the Côte Vermeille to Port de la Selva and to return to France via Figueres.

## Olive oil and Ceramica

For an alternative route to Girona, or just a very pleasant drive, head up and over the Col de Banyuls from Banyuls sur Mer. Instead of turning left at the bottom of the

hill to St Quirze, go straight on. And on and on. The countryside is beautiful and the number of olive trees grows the closer you get to Espolla. In the centre of the village you will find a large bar, Hostal Manela, a very local restaurant (0034 972 563 065) and the possibility of buying excellent olive oil. From Espolla continue towards Mollet de Peralada, then Peralada, a charming town where storks nest in tall trees. Continuing via Castello d'Empuries, another delightful town, you



will reach La Bisbal. This really is Ceramica City. Vases, cooking pots, traditional Catalan tiles, plates, mugs, souvenirs, tourist tat and valuable antiques fill shop after shop. The choice is enormous. From La Bisbal it is not so far to the Botanic Gardens of Calella de Palafrugell if you have not had time to fit them in when visiting Girona. You can return either by the motorway (A9) or the N11 to La Jonquera, Le Perthus.






## GIRONA & SURROUNDINGS

### DID YOU KNOW?

#### NO SMOKE A JOKE



In 2006, Spain banned smoking in the workplace and on public transport but only partially in bars and restaurants, so it is still difficult to find a smoke-free environment in which to eat. In fact, the law gives restaurant and bar/café owners the option of declaring their establishment a "smoke-free" zone or putting up a sign to say that smoking is permitted. They still have to indicate smoking and non-smoking sections but in the small cafés, and restaurants, this hardly makes a difference. The government is now considering imposing a total ban on smoking in enclosed public places for the future.

#### IN FLAGRANTE DELICTO

Since last June, when La Jonquera announced stiff fines (no pun intended) of up to 3000 euros

for prostitutes, and their clients conducting their *business* in public, open air *activity* has reduced by 80%. Many *gentlemen* caught in *flagrante delicto* (in the act) have chosen to pay large fines *on the spot* for some strange reason, rather than wait for the detailed bill to arrive at their home!

#### ANIMAL LOVERS REJOICE



Catalonia is expected to be the first region in Spain to ban bullfighting or 'corridas' when the regional parliament meet in April to vote, as the majority of deputies are believed to be against the 'sport'. French actress Brigitte Bardot is amongst the animal rights campaigners who have fought to abolish the corrida. It is hoped that this anticipated victory in Calalonia will encourage other regions to make the same ban.

► Girona airport information: Tel: +34972186600  
Airport website: [www.aena.es](http://www.aena.es)

► Expect to pay 1.08 euros per kilometre for a ride in a Girona taxi.

#### MORE DALI

Dali fans will now have to wait until 2011 to see "Dali & I: The Surreal Story," filmed in Catalonia and starring Al Pacino, and even longer for yet another biopic entitled 'Dali' starring Antonio Banderas.

However, 2009 saw the release of «Little Ashes," in which the young

Dali is portrayed by Robert Pattinson, best known as Cedric Diggory in the Harry Potter films. Little Ashes follows the intense friendship of three revolutionary young artists: Dali, Lorca and the Surrealist film maker Luis Bunuel, their feelings, their sexuality.....

And you probably won't be surprised to hear that Dali himself produced a short 17 minute

film in 1929 called 'Un Chien Andalou', designed specifically to shock - which it did! A woman's eyeball is slashed open, ants crawl out of a man's hand, priests, (one of whom is Dali) are attached to grand pianos, each with a bloody dead donkey inside....

Girona residents have not only had to deal with various sieges over the centuries, but also the gentle looking river which runs through the centre which has taken many lives.

Subdued thanks to a dam (Susqueda), it still turns into a different kind of beast during heavy rains. Walk to the end of the Rambla from Plaça Catalunya, turn left onto Carrer Ballesteries, and you will see the markings on the wall showing different levels the water has reached over the years.



# GIRONA & SURROUNDINGS

## A PAIN IN SPAIN...

### FOREWARNED IS FOREARMED

Regular travelling to Girona airport means yet another foreign language to cope (or not!) with.

Below are some tips to avoid a pain in Spain!

#### IF YOU ARE A VICTIM OF CRIME...

.... call 902 102 112 to make a 'denuncia' (police report) or visit the Spanish Police's website at [www.policia.es/denuncia](http://www.policia.es/denuncia) (English version available) Most insurance policies require you to have some sort of crime number from the local police

#### MAKING A COMPLAINT

● It is a legal requirement in Spain for public places (shop, restaurant, bank....) to have a complaints book ([libro de reclamaciones](#)). If you are unhappy with service, ask for this book which contains bilingual forms to fill in. Often the attitude or service will change as soon as you mention the book.

#### ON THE ROAD...

● All motorists travelling in Spain must carry two red warning triangles ([triangulos de señalización](#)) and a reflective jacket. ([chaquetas reflectoras](#))

If at any time you have to descend from your vehicle due to accident or breakdown, you should place the triangle in front and behind

your car and wear the reflective jacket. Failure to do so could result in a heavy fine.



*Hmmmm. What do you think ladies?  
A cute Spanish roadworks robot who doesn't answer back!*



How many Spaniards  
does it take to change  
a light bulb?

Just Juan. (Think about it!!)

- Spain has stricter drink driving laws than many other countries. The legal limit is 0.05%, and 0.01% for new drivers.



## Useful vocab

- ▶ *breakdown* - avería
- ▶ *I don't speak Spanish* - No hablo Español
- ▶ *Can you help me?* - ¿Puede ayudarme?
- ▶ *Do you have proof of identification?* - ¿Puede identificarse?
- ▶ *I would like to report an accident/theft* - Me gustaría denunciar un accidente/robo.
- ▶ *please could I have your complaint book* - me puede mostrar el libro de reclamaciones por favor

## Do yew know the origins of the 'V' sign?

So positive were the French in 1415 that they would win the Battle of Agincourt against the English, that they let it be known that they would chop the first and second fingers off all captured English soldiers after the battle. This would prevent them from ever 'drawing' the much feared English longbow again. This renowned weapon was made from the English Yew tree, so the drawing of it was known as "plucking the yew"

Of course, we all know who won the Battle of Agincourt. Yes, it was the Brits! They gleefully waved their middle two fingers at the French, to show that they could still «pluck yew" and so the rude gesture and accompanying insult was born!



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# GIRONA & SURROUNDINGS

## FROGBUS.COM



Since the summer of 2008, FROGBUS.com has built a network of low cost bus services and has become the easiest, quickest and cheapest way to travel between French and Spanish Catalunya.

### Did you know ?

- ▶ FROGBUS.com has stops at Girona airport, Le Boulou peage, Perpignan train station, and Barcelona airport, Perpignan airport, Les Angles, Font Romeu, Argeles sur Mer in season?
- ▶ FROGBUS.com recently slashed its 2010 prices for online bookings?
  - NEW for 2010 ! : Return fares offering 30%+ discounts on single trip prices and an easier booking process.
  - NEW for 2010 ! : Girona airport - Le Boulou prices. 30%+ discounts on 2009 prices.
  - NEW for 2010 ! : Multi-person and family tickets. Travel with a group of up to 5 people and save up to 50% on standard webfares.
- ▶ FROGBUS.com offers the fastest, most frequent, most reliable and cheapest way to travel across the border. Simply transfer at Girona airport and travel onwards to:
  - Girona city centre (10 mins)
  - Barcelona city (1 hr)
  - Costa Brava beach resorts (30-45 mins)
- ▶ FROGBUS.com offers free travel for under 5's?
- ▶ FROGBUS.com is working with regional authorities to offer higher frequency services and to enlarge its network which will include stops at Girona city & Figueres. Details will be announced soon.

**SPECIAL OFFER**  
**FOR PO LIFE READERS**

€5 OFF any adult fare purchased on the weekend of the 13/14th March. Simply enter the discount code PO Life when making your booking at any time on the 13th/14th March 2010 on FROGBUS.com and receive this €5 OFF discount on standard adult webfares.

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[www.equity-point.com](http://www.equity-point.com) **Oh yeah!**

# Test your French

1

**F pour fleur!** Match up these words, all beginning with F, with their definitions.

papier qui donne le prix des produits achetés	1	a	facteur
orchestre composé d'instruments en cuivres & de tambours	2	b	facultatif
l'une des parties rondes qui forment le derrière !	3	c	faucon
histoire en plusieurs épisodes	4	d	fée
se promener tranquillement	5	e	fesse
femme qui a des pouvoirs magiques	6	f	fanfare
employé de la poste.	7	g	figue
activité que l'on choisit de faire ou de ne pas faire.	8	h	flâner
fruit à la peau violette rempli de petits grains	9	i	facture
oiseau de proie	10	j	feuilleton

## Faux amis

*Aie aie aie! These false friends! Just when you think you're getting the hang of the language, total confusion leaps up and bites you on the bum! Here are some of those confusing words to engrave on your memory!*

<b>Blesser</b>	to injure (to bless - bénir)
<b>Piles</b>	batteries (piles - des hémorroïdes)
<b>Un string</b>	a thong (string - une ficelle)
<b>Attendre</b>	to wait (to attend - assister)
<b>Un avertissement</b>	a warning (an advert - une pub)
<b>Un acompte</b>	a deposit (an account - une compte)
<b>Actuellement</b>	now, at present – (actually - en effet)
<b>Assister à</b>	to be present (to help - aider)

*(more of these little villains in the next edition!)*

## **Blague bête**

*Even the french have trouble with genders!*

- *Regarde maman, un mouche!*

- *Ce n'est pas un mouche, mon chéri, c'est une mouche.*

- *Ah bon?!? WOW!  
Comment as-tu fait pour savoir que c'était une femelle?!?*

## Answers on p 57

Repeat 3 times

Virelangue

Serge séchait son chat sans son séchoir  
Serge dried his cat without his hairdryer

### Useful words

**Clock wise** – dans le sens d'une montre

**Anti clockwise** – dans le sens inverse d'une montre

### Bonbons!

**Bonne continuation** – varies according to context but the general idea is "Enjoy the rest of whatever it is that you're doing" (your meal, a walk....)

**Bonne réception** – a rather useless phrase that you might put in a letter or email to mean "I hope this reaches you safely"

**Bon débarras** - good riddance !

**Bon rétablissement** – get well soon

**2**

### Match up the useful phrases below

tirer au sort	1	a	to play truant
vouloir, c'est pouvoir!	2	b	where there's a will, there's a way!
à tout à l'heure	3	c	let's get back to business
tabasser quelqu'un	4	d	to faint
sauve qui peut!	5	e	like father, like son
revenons à nos moutons	6	f	to bear a grudge against someone
sécher les cours	7	g	every man for himself!
avoir une dent contre quelqu'un	8	h	to draw lots
tel père, tel fils	9	i	see you later
tomber dans les pommes	10	j	to beat someone up

### Being polite !

**Vous (te) serait il possible de + infinitive**

Could you possibly..... ?

Eg *Vous serait il possible de me rembourser* (would it be possible to give me a refund?)

# Test your French

## Some French text language (textos)

not to be used in your essays please kids!!

**Biz** – bisous (kisses)

**a2m1** – À demain (See you tomorrow)

**NSP** – ne sais pas (dunno)

**KDO** – cadeau (present)

**Koi29** – Quoi de neuf ? (What's new?)

**MDR** – Mort de rire (lol)

**EDR** – écroulé de rire (lol)

**DSL** – Désolé (sorry)

### 3

Can you have a guess at the meanings of these?

1: b1 sur 2: Je t'M 3: bi1to 4: 6né 5: A+ 6: RDV 7: cb1 6: je c

### 4

Test your idiomatic French (with some extra help at the end)

1. Quand vous êtes en pleine forme, on dit que vous avez :

- a) la pomme
- b) la pêche
- c) la poire

2. Si vous êtes 'crevé', cela signifie que vous êtes :

- a) fatigué
- b) malade
- c) inquiet

3. Quand vous avez 'la chair de poule' vous avez :

- a) froid
- b) honte
- c) faim

4. Si je suis 'bien dans

mes baskets' je suis :

- a) à l'aise
- b) sportif
- c) dépensier

5. Que signifie l'expression 'perdre la boule' ?

- a) être gros
- b) devenir fou
- c) perdre un jeu

6. Que signifie l'expression 'filer à l'anglaise' ?

- a) partir en vacances
- b) courir après les filles
- c) partir sans permission

7. Quand vous avez 'la dalle' vous avez :

- a) mal à la tête
- b) faim
- c) peur

8. Si vous faites beaucoup d'efforts sans résultats, on dit que vous pédalez dans :

- a) le cassoulet
- b) la choucroute
- c) le couscous

9. Quand vous faites quelque chose 'à fond de train', vous le faites :

- a) lentement
- b) en retard
- c) vite

10. L'expression 'poser un lapin' veut dire :

- a) aller à la chasse
- b) ne pas aller à un rendez-vous
- c) manger un ragoût

## Answers on p 57

and to make it a leetle beet easier... Here are all the above expressions used in context.

- 1 J'ai beaucoup d'énergie - je suis en pleine forme - 2 je me couche tôt ce soir - je suis crevé - 3 Il fait froid - j'ai la chair de poule - 4 La vie est belle et je suis bien dans mes baskets - 5 Je vois des éléphants roses qui volent ! Je perds la boule!  
6 Il a disparu sans rien dire - il a filé à l'anglaise - 7 Vous avez quelque chose à manger ? J'ai la dalle 8 C'est très difficile - j'ai l'impression de pédaler dans la choucroute - 9 Je cours à fond le train pour arriver à l'heure -  
10 Snif ! Mon petit copain m'a posé un lapin et je suis toute seule encore !

### 5 Remplissez les blancs avec les mots ci-dessous

Au 1 de l'Atlantique Nord, un chalutier (trawler) fait 2.

À bord de leur 3 de sauvetage, les 4 commencent à mourir de froid, de 5 et de soif quand un gigantesque paquebot (steamer) arrive.

Le commandant du paquebot dit à son 6 « Vite, donnez leur à 7 et à manger ».

Quand les pêcheurs sont à bord du paquebot, le commandant les accueille (welcome) en 8 «Vous avez de la 9 que notre bateau passait par-là, je vous souhaite la 10 à bord du Titanic! »

a chance - b bateau - c marins - d bienvenue - e équipage - f disant - g milieu - h naufrage - i faim - j boire

### To express surprise....

**Tiens !** (*tyang*) - gosh!

**Je rêve ou quoi?** (*chuh revv oo kwah?*) - is this really happening?

**Ah bon ?** - really ?

**Vraiment** (*vray-mon ?*) really

**Ça m'étonne** (*sa may tonn*) - you surprise me

**Quelle surprise !** (*kell surpreeze*) - what a surprise

**C'est incroyable** (*sate an-cry-ab*) - that's amazing

**Sans blague** (*son blag*) - you must be kidding

**Hein ?** (*an?*) - What?

**Tu te fous de moi ?** (*chew tuh foo duh mwa*) - You're pulling my leg?

# Améliorez votre Anglais

1

Trouvez le français pour ces mots et phrases utiles

heat wave	1	a	à vos souhaits !
customs officer	2	b	poids lourd
drinking water	3	c	volontiers
driving licence	4	d	faire la navette
instructions	5	e	lave-vaisselle
to commute	6	f	permis de conduire
willingly, with pleasure	7	g	eau potable
dishwasher	8	h	douanier
heavy goods (HGV)	9	i	mode d'emploi
bless you !	10	j	canicule

Good advice!

There is no  
problem so  
great that it  
cannot  
be soothed  
by a nice  
cup of tea!

Very bad joke

What are  
the three  
quickest ways  
of spreading  
gossip?

Telegram

Telephone

Tell a woman

2

G is for good! Trouvez les définitions de ces mots suivants, qui commencent tous avec G.

precious metal	1	a	gate
a young woman....	2	b	ghost
this sticks things together.	3	c	gift
we drink out of this	4	d	gloves
a very small flying insect.	5	e	glue
type of citrus fruit	6	f	grapefruit
not real. Or are they?	7	g	gnat
a door in a fence	8	h	glass
to keep our hands warm	9	i	gold
a present	10	j	girl



## Answers on p 57

Répetez cinq fois ! Tongue twister

Red lorry, yellow lorry

### Life and living

We make a living by what we get but we make a life by what we give.

### 3

**À cheval !** Pour les amateurs de l'équitation, voici des mots et expressions avec le mot 'horse' dedans. Pouvez vous trouver leur équivalent en français ?

rocking horse	1	a	chahuter
clothes horse	2	b	de source sûre.
horse around	3	c	cheval à bascule
horse sense	4	d	bled paumé
horse-chestnut	5	e	enfoncer une porte ouverte
one-horse town	6	f	marron
straight from the horse's mouth	7	g	bon sens
to flog a dead horse	8	h	étendoir à linge

### Let or make ?

**Let** - permettre à quelqu'un de faire qch

I let him drive my car

**Make** - forcer quelqu'un de faire qch

He made me sing!

### 4

### Exercise

1 I want a cat but my dear husband won't -----me!

2 Impossible to ---- my son clean his room!

3 I KNOW I'm the teacher but please don't ---- me go to school. --- me stay at home in bed !

4 He's a bad man! Don't ---- him in!

5 I will ----- you a nice cup of tea.

## Which driving licence?

Exchanging your UK Driving licence for a French 'permis de conduire'

Did you know that the UK Licence has an expiry date?

Check your current licence and make a note of its renewal date, or you could be faced with all manner of problems in the future!

As the DVLA in the UK do not allow foreign addresses on UK licences, the expiry date may well be a good time to exchange it for a French driving licence if you are a resident. It is a free service, easy, done at the mairie, prefecture or police municipale.

### You will need:

- proof of residency (EDF bill or similar)
- passport
- old license
- 2 passport sized photographs

Your original license will be returned to the UK for cancellation. Do keep a photocopy in order to prove how many years you have been driving prior to receiving your new licence.

Whether you renew your British licence, or exchange it for a French one, as a French resident, you will still be bound by French law on the length of validity of licences and medical examinations required. In France a driving licence is valid until the age of 75. After that, drivers need a medical examination every two years to prove they are fit to drive.



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# Vides greniers

One man/woman's trash is another man's treasure!

An excellent way to combat the 'crise' is to liberate a few extra euros by selling your unwanted items at a vide grenier (literally empty attic).

Get there early if you want to get the bargains and avoid the rush!

If you wish to display/sell at a vide-grenier, you will normally need to register in advance and show some proof of identity when registering. More information on

how to do this from the town hall or tourist office in the commune where the vide-grenier is taking place.

VISIT OUR SITE AT  
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FOR AN UP-TO-DATE LIST  
OF THE VIDE GRENIERS IN YOUR AREA.



It's 'let's get silly' time!

Un canard entre dans une épicerie et demande au patron:

"Vous avez de la nourriture pour canards ?"

Le patron répond

« Nous n'en avons pas. Ici nous vendons de la nourriture pour les gens. »

Le canard s'en va et revient le lendemain à la même heure.

"Vous avez de la nourriture pour canards ?"

Le patron, un peu énervé, réplique:

"Je t'ai déjà dit qu'il n'y en a pas ici ! Va-t'en ! »

Le lendemain à la même heure, le canard revient.

"Vous avez de la nourriture pour canards ?"

Le patron, maintenant très en colère réplique:

"Je t'ai déjà dit qu'il n'y en a pas ici ! Va-t'en ! Si tu reviens demain, je te cloue le bec sur le comptoir..."

Le lendemain, le canard se représente.

"Vous avez des clous ?"

Le patron répond que non.

Et le canard demande

"Et vous avez de la nourriture pour canards ?"

## Useful vocab

<i>Un canard</i>	<i>duck</i>
<i>La nourriture</i>	<i>food</i>
<i>Nous n'en avons pas</i>	<i>we don't have any</i>
<i>Il revient</i>	<i>he comes back</i>
<i>Le lendemain</i>	<i>the next day</i>
<i>En colère</i>	<i>angry</i>
<i>Va-t'en</i>	<i>go away</i>
<i>Je te cloue</i>	<i>I will nail you</i>
<i>Un bec</i>	<i>beak</i>
<i>Le comptoir</i>	<i>counter</i>
<i>Un clou</i>	<i>a nail</i>

## Connaissez vous l'oiseau Oulala ?

C'est un oiseau qui a de toutes petites pattes et de très grosses couilles !

Chaque fois qu'il doit atterrir il fait : Oulala oulala oulala !

(pattes = feet / couilles = slang for testicles! / atterrir = to land)

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The word vaccine was originally coined by Louis Pasteur and comes from the French vache (Latin: vacca) meaning cow, as the first successful vaccine was developed from cowpox as a treatment for smallpox.

## LOSTE IN TRANSLATION

with Ellen Hall

The painter Patrick Loste is a private man. His home and workshop are nestled in the Albères far from distractions, close to nature. An unlikely candidate for two very public projects in the middle of Perpignan. Nevertheless, the decoration of the dome of the FNAC and the panels on the façade of the Conseil General building are his designs.

Loste sees the FNAC's glass dome as a conservatory or winter garden. He loves the idea of nature flourishing in an urban centre.

In his India ink drawings, birds alight on branches while wild pigs, snails, tortoises and frogs crowd the forest floor and fish chase each other in a pond. After scanning the designs, engravers sand-blasted the scenes onto glass. The lively result is reminiscent of the wheel-of-life creation tapestry in Girona cathedral.

For the *Conseil General*,

Loste based his interpretation of the national motto on the human form. "*Liberté*" is a bird, wings spread in flight. A closer look reveals the "bird" to be composed of human figures. The heads of "*Egalité*" and the tree of "*Fraternité*" make a similar statement about human

communality.

Loste's mountain workshop is a vast open space, the walls witness to his preferred colours of black and green with touches of deep blue. Horses and riders painted on 2-meter by 2-meter canvas line the floor as well as the walls. While the composition is highly disciplined and symmetric, the paint seems to be applied freely, creating an aura of energy and spontaneity.



Horses are a challenge for the artist, Loste admits.

Because they are always in movement, it is difficult to capture their tension and restlessness. The artist keeps and rides his own horses, so knows the animal intimately. His abstract landscapes are often fog-bound and brooding, the colours sombre. Traces of

human figures appear as insubstantial visions dwarfed by forces beyond their control. Forever in search of new subjects and new techniques, Loste is never bored. He doesn't copy nature but tries to find out how it works.

Patrick Loste regularly exhibits his work in France. In 2010 he will take part in a group show in Nimes around the theme of bullfighting. For more information, see his website [patrick-loste.com](http://patrick-loste.com).



## ARI HANTKE

Two cats were sound asleep on the drawing board as I entered Ari's office in Port Vendres. He was seated in front of his computer. A programme was running that enabled him do

ten days work in approximately ten minutes. As I watched, the house he was working on spun and tilted, different cuts appeared at a click, the rooms opened and shut. "Wonderful for the clients!" he smiled. "Sometimes I still use the drawing board but mostly the cats are left in peace."

Ari Hantke studied Architecture and Fine Arts in Munich and, on leaving university was snapped up by Von Branca, a top German architect and put to work on a major project that lasted six years... He switched to movie making, winning a German Film Award in 2005 for his work on The Ninth Day (*Der Neunte Tag*: Volker Schloendorff) for Best Production Design. Whilst looking for a film location, they came to Port Vendres. Love at first sight.



"I do smaller, one man projects now. New houses, alterations, renovations. I have a good team, know the planning departments of all the local Mairies, have time for art and music..."



For Ari is not only an architect, he is also to be found in the *Bistrot de France*, playing the double bass in his jazz band on summer evenings. This summer his paintings of mighty cargo vessels manoeuvring in the harbour of Port Vendres will be exhibited

at the *Dome Art Gallery*. They have an architectural quality.

Ari Hantke, 18 Place Belieu,  
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# SPOTLIGHT ON...

Canyoning in the gorges de Galamus, rafting on the Aude, mountain biking in the Fenouillèdes...

On your own, with family, or with a group of friends



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# SPOTLIGHT ON...

## FRENCH TELEVISION DIGITAL SWITCHOVER



From 2010, the analogue television service in France will gradually be replaced by digital (numérique) TV.

Known as TNT La *Télévision Numérique pour Tous* ou *Télévision Numérique Terrestre* (digital television for all), digital TV has been available in the Pyrenees-Orientales since October 2006, for those within reception distance of the *Pic Neoulous*. Up until now, most people have chosen not to take it up. However, the whole region will be expected to adapt its viewing facilities to receive digital signals by the end of 2011, either via a new aerial, satellite, cable service or internet broadband.

### Why digital?

Digital images will be a lot clearer than standard analogue pictures and depending on your television and area, there should also be an increase in sound quality

### TNT offers....

18 free viewing channels ranging from political debates, reports and documentaries to cinema, sport, fiction, music, young people's channel.....including the present terrestrial French television channels. It also offers a range of subscription channels, including Canal+.

### Useful words

<i>digital terrestrial television</i>	<i>la télévision numérique terrestre (TNT)</i>
<i>a subscription</i>	<i>un abonnement</i>
<i>box decoder</i>	<i>un décodeur</i>
<i>SCART lead</i>	<i>un câble péritel</i>
<i>SCART socket</i>	<i>une prise péritel</i>
<i>Can I receive digital TV in my postcode area</i>	<i>Suis-je couvert par la TNT ? Mon code postal, c'est le *****.</i>
<i>une antenne (râteau)</i>	<i>ordinary aerial</i>
<i>a channel</i>	<i>une chaîne</i>
<i>on the roof</i>	<i>sur le toit</i>
<i>broadband</i>	<i>ADSL</i>

### No action is necessary if you...

- ...already receive television via broadband
- ...already watch French television via satellite
- ... have bought a new television recently as most new models should be equipped with **'TNT Intégrée'**
- ...only watch English television

### Action IS necessary is you...

...receive French television through a terrestrial aerial

**ACTION** -You will need a **'boîtier de décodage'** or **'décodeur'** (TNT decoder box) for each set which you should be able to buy from any electrical shop and most supermarkets throughout the department for around 30 - 50€. These are easily installed with the SCART plug and cable supplied with the decoder, which is simply inserted into the sockets in the television and the decoder. It is this decoder which allows the television to cope with a digital signal

Also available are double boxes which allow you to watch one channel whilst recording another.

... have an inadequate terrestrial aerial and cable

**ACTION** – even with a new set, you may find that your terrestrial aerial does not support a good quality image and needs changing. You will only find out by testing the quality of the picture when the new set or decoder is installed.

If you already have the equipment necessary to receive the free channels, go into 'menu' -> 'installation' -> and follow the instructions to add the new channels..

Check out [www.tnt-gratuite.fr](http://www.tnt-gratuite.fr) for up to date info on the TNT (in French). This will also tell you if you can receive TNT in your French postcode area.

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# SPOTLIGHT ON...

## Wild flowers

As the winter snows melt, lovers of wild flowers should hasten to the valley of Eyne. Off the N116 between Mont Louis and Saillagousse the valley is well signposted just beyond the village. A couple of hours walk each way allows you to enjoy an amazing variety of scenery and as many flowers as you can photograph. (Picking is strictly forbidden.) It is a corridor route of migrating birds so take your binoculars. Marmottes, izard and moufflon may also be spotted.

The footpath starts off through pastures full of rather English meadow flowers and on into a grove of silver birches. It continues through a pine forest with an undergrowth of small wild rhododendrons, and as it thins you should see lilies of the Pyrenees. The scent of the bright yellow broom is heady and a small river of melting snow water tumbles along below the path. As you reach the higher pastures gentians, knapweed, tiny pansies, large yellow oxeye and alpine aster to name but a few, blossom in the springy grass. Looking back, the view is to Font Romeu and the mountains, ahead is the Spanish frontier.

In early summer, as the flowers are

beginning to fade, it is possible to follow the "transhumance" as horses and cattle make their way up to their summer pastures.



The mares with their foals go first followed by the gentle grey cows and their calves. Locals and visitors alike straggle after them, picnics in backpacks. When the pastures are reached animals and humans relax by the tumbling waters of the mountain stream. The whole transhumance weekend is one of great celebration in Eyne. Local produce is sold and from large marquees music, food and drink flow.

For information on the transhumance and many other guided balades, some involving dolmen and menhirs, contact the [Maison de la Vallée d'Eyne](#). 04 6804 9705



Trumpet Gentian



Alpenrose Rhododendron



Alpine Colombine



Cranesbill Geranium



Martagon Lily



Pyrenean Lily

Un petit nuage et sa maman  
se promènent dans le ciel.

Le petit nuage dit: "Maman, maman,  
j'ai envie de faire pluie pluie"



## ENFANTS ET SANTÉ

**"Hugs can do great amounts of good - especially for children."**

*Diana, Princess of Wales*

"Enfants & Santé Pyrénées Languedoc Roussillon" (PLR) "roared" into Perpignan with a grand launch at the Parc des Expositions on December 16th. This new charity is part of the Fédération Enfants & Santé which was created in 1998 by the Lions Clubs of France and now boasts 12 regional associations, PLR being the most recent.

The prime aim of the Fédération is to enable children and young people to live a better and healthier life ("mieux être et mieux vivre en bonne santé"). Each regional association is dedicated to raising money for research into cancers which, as suggested by the name, specifically affect children and adolescents.

In the last 30 years in France the mortality rate from childhood cancers has dropped from 75% to 25%, BUT cancer is still the second biggest killer of young people aged between 1 and 15! Enfants & Santé wants to speed up this downward trend by giving the financial means necessary to research teams and hospitals.

Enfants & Santé PLR is sponsored by the Lions Catalans, the 4 Lions Clubs in the P-O, which provide much of the administrative structure, thus enabling the

funds raised to be spent on research and not on paperwork! The area covered stretches from the Spanish border to the edges of Languedoc and reaches as far into the Pyrénées as Toulouse.

Despite the great publicity boost at the December launch, the task ahead for Enfants & Santé PLR is enormous. To achieve their goal and raise sufficient funds, they need to boost public awareness. This they hope to do by hosting local events.

Come and support **Enfants & Santé!** REMEMBER, the research made possible by its work will help children and adolescents EVERYWHERE! The next event is on the 17th April at St Cyprien Golf Club.



[www.enfants-sante.asso.fr](http://www.enfants-sante.asso.fr)

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## answers to language exercises

### Answers PO Life 27

#### I- Test your French

- 1 1i 2f 3e 4j 5h 6d 7a 8b 9g 10c
- 2 1h 2b 3i 4j 5g 6c 7a 8f 9e 10d
- 3 1 Of course (bien sur) 2 I love you (Je t'aime) 3 Soon (bientôt) 4 cinema (ciné) 5 see you soon (A plus) 6 meeting (rendezvous) 7 c'est bien (that's good) 8 je sais (I know)
- 4 1g 2h 3b 4c 5i 6e 7j 8f 9a 10d
- 5 1.b2. a3. a4. a5. b6. c7. b8. b9. c10. b

#### II- Améliorez votre Anglais

- 1 1 j 2 h 3 g 4 f5 i6 d7 c8 e9 b10 a
- 2 1 i2 j3 e4 h5 g6 f7 b8 a9 d10 c
- 3 1 c2 h3 a4 g5 f6 d7 b8 e
- 4 1 let2 make3 make, let4 let5 make

### Answers PO Life 26

#### I- Test your French

- 1 1g 2i 3b 4a 5j 6e 7h 8d 9f 10c
- 2 1/6 2/ 8 3/ 2 4/1 5/3 6/10 7/4 8/9 9/5 10/7
- 3 1f 2i 3d 4a 5b 6g 7c 8h 9j 10e

#### II- Améliorez votre Anglais

- 1 1g 2f 3b 4j 5a 6d 7h 8i 9c 10e
- 2 1g 2h 3a 4e 5b 6d 7c 8f
- 3 5, 4, 8, 9, 6, 7, 3, 1, 2
- 4 1d 2h 3c 4i 5j 6a 7g 8f 9e 10b

Bon conseil: Quand tu te tapes la tête contre une cruche et que ça sonne creux, n'en déduis pas forcément que c'est la cruche qui est vide.  
(cruche – jug / creux – hollow  
n'en déduis pas – don't assume)

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✓ 'luxury' additions, such as a swimming pool

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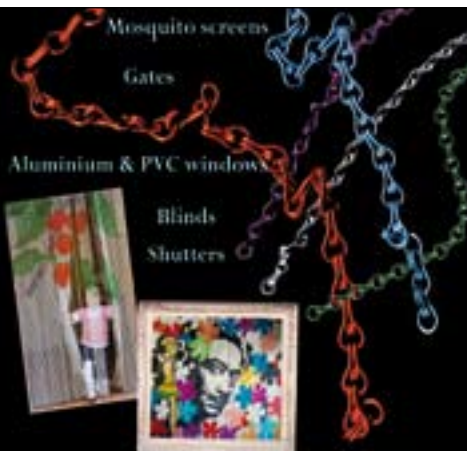
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