

# P-O Life

*Life in the Pyrénées Orientales*

*Restaurant Reviews*  
**MED, MOUNTAIN...  
AND IN BETWEEN**

*French Life*  
**CUSTOMER SERVICE  
IN FRANCE?**

**AUTUMN 2014**  
FREE / GRATUIT N° 45



**AMÉLIOREZ VOTRE ANGLAIS  
AND TEST YOUR FRENCH**

*[www.anglophone-direct.com](http://www.anglophone-direct.com)*

# Edito

Coucou!

After a summer season which can only be described as 'bof!', stylish September announces another golden autumn in the P-O, my favourite season of the year. Love the vivid reds and oranges that replace the faded summer greens. Love the light which continues to chase away the blues as summer wanes! Elle nest pas belle la vie? .

This autumn, our days out take you to Banyuls on the coast and tiny La Trinité up in the mountains, with a great picnic from Katja in the heart of the ancient iron mines of Canigou, and a fabulous walk with Leigh and Merry from Chateau Valmy.

Lyn Hall investigates locally grown saffron, John lays out the airport options with his usual attention to detail, and I try to squeeze blood out of a stone... (and I don't mean trying to get my son to tidy his room!!)

Don't forget to visit our site at [www.anglophonedirect.com](http://www.anglophonedirect.com) to find out more about what's going on in the region, register for our free weekly newsletter if you haven't already done so and check out our forum and FB page for more restaurant reviews, advice, recommendations, car shares for airport runs, items for sale or wanted... or just a bit of a chat!

Wherever you are, and whatever you are doing, we hope your autumn is golden this year in the PO.

*Kate*

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**Impression:** Imprimerie du Mas Tirage: 9000 ex  
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**Maquette & Création:**  
[www.blyth-spirit.com](http://www.blyth-spirit.com)  
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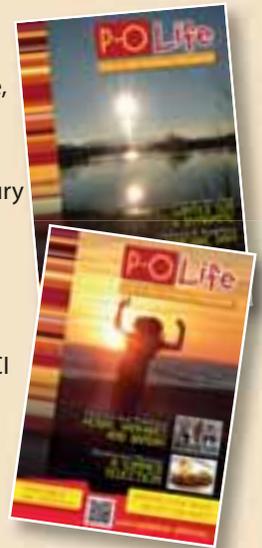
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# Walk the region...

with Leigh and Merry Foster



## CHAPELLE ST LAURENT, ARGELES

Map IGN 1:25000 Banyuls/Col de Perthus/Cote Vermeille (GPS) 2549 OT - Also see "Guide des Randonnées Pédestres" from Argelès tourist office. The trail is well marked with yellow paint strokes. Length approx 5.9km, 2-1/2 hours, 250m climb/descent.

 **The Walk:** This is a moderately easy walk up to and around a circuit in the wooded hills above Valmy Chateau. The views back down to Argelès and over the plain are beautiful, and the cork-oak forests are peaceful and full of birdsong as you follow the winding footpath.

 The cork oaks were planted at the end of the 19th century, on the steep vine terraces devastated by the phylloxera pest epidemic around 1880. In the 1950's two factories in Argelès were producing wine corks. In places you can still see the dry stone terraces on the hillside, now overgrown by forest.



 Park at the upper car park of Chateau Valmy and leave the car park on the left, walking up the road past the camping les Mimosas. The road quickly turns into a track and winds up the hill. Pass the disused quarry on your left, (502080m E 4708300m N) after which the track turns to the right. Continue on the track until you come to another fork, just after a hairpin bend (501860m E 4707950m N.) with a signpost to Mas de la Monja to the right. You can go round the circuit either way, but we chose to go left to visit the Chapelle first. At various points, look back down through the trees and enjoy the view of the pretty port of Argelès

laid out far below. Continue on the main track to a signpost (501720m E 4707463m N) and leave the track for a footpath heading north west, up into the woods for about 250m, to the Chapelle.

 The Chapelle itself is a simple stone building. A beautiful example of Catalan Romanesque art, it is one of the few monuments of the Albères whose restoration is finished. It was built in the twelfth century by order of the Abbot of Saint-Genis, on a large parcel of land on the slopes of the mountain of Argelès. The Chapelle is first mentioned in documents around the time of 1069 AD. After its consecration, Saint Laurent became a parish church, serving the many small Mas nestled in the surrounding hills whose inhabitants survived by raising animals, farming, logging, making charcoal and a bit of smuggling!

 After a brief stop to visit the Chapelle, continue south on the footpath and turn right/east. (501550m E 4707570m N.) The seriously energetic may wish to stay on the main path and continue all the way up to Tour de la Massane!

The trail climbs a little, then starts to descend through the forest for about 1km, until you arrive at an old ruined farmhouse – Mas Pardès. Some of these old farms have origins dating back to the early Middle Ages. There is a makeshift picnic camp here under the trees, but not much to see. The path doubles back west across the hillside and continues down through sun-dappled forest, occasionally showing you glimpses of the plain below. After another km or so, you arrive at the Mas de la Monja and rejoin the original track.

 From here, retrace your steps down towards Valmy. If the day is too hot or windy for a long walk,

## DID YOU KNOW?

The word 'ambulance' hasn't always referred to a vehicle. Around the time of the Crimean War, (think 'Charge of the Light Brigade') the French set up temporary movable hospitals close to the battlefields, called 'hôpital ambulante', literally 'walking hospital'. (Ambulante coming from the Latin verb ambulare, meaning 'to walk'). Later, the same word was used to describe the wagons used for transporting the wounded to the field hospital. In time, the word hôpital was dropped, and ambulante changed to ambulance.

take a stroll instead around the lovely gardens of Valmy (it's free!) and enjoy the impressive family of storks living there, or visit the tasting rooms with views over the perfectly manicured vineyards to the sea. ☀





## THE 'MÉMORIAL DU CAMP DE RIVESALTES'

Around 10 million people died in Europe during the First World War. Another 20 million were seriously wounded. France alone lost 1.4 million soldiers and 300,000 civilians, with 4,266,000 military wounded. For the famous French 'Poilus', who fought in the trenches, it was to be the 'war to end wars'. But of course it wasn't!

The Second World War, less than 20 years later, showed once again that man's inhumanity to man was knew no limits. The beaches and the camps of the Pyrénées-Orientales played their part.



Reminders of that later, great war are being preserved at Rivesaltes, under the shadow of a wind-farm, behind an industrial estate, where desolate ruined huts and latrines bear witness to the sad history of Camp Joffre.

In 1939, at the start of WW2, Camp Joffre became a military transit base. In 1941, it was used to shelter the thousands of Spanish refugees fleeing

the Franco dictatorship, a slight improvement on the freezing beaches of Argèlès and Le Barcarès.

By 1942, under German pressure, the camp became a 'Centre national

de rassemblement des Israélites' - a 'sorting centre' for Jews. So handy for the railway. Destination: Auschwitz, via Drancy.

Seriously overcrowded, families separated, often starving, stark figures remain: Two thousand five hundred and fifty one Jews are recorded as having been deported from Rivesaltes - four hundred of them were children.

### The Mémorial du Camp de Rivesaltes

In June 2015, on the original site of the former camp, a museum will open - 'un musée de la grandeur de l'homme libre, pour un mémorial non de la défaite mais du combat, pour un musée de l'homme digne et debout.' (A museum to show how great is the free man, a memorial of combat, not of defeat, a museum showing man dignified and standing tall). →



## Le Dormeur du Val By Arthur Rimbaud

*C'est un trou de verdure où chante une rivière  
Accrochant follement aux herbes des haillons  
D'argent; où le soleil de la montagne fière,  
Luit; C'est un petit val qui mousse de rayons.*

*Un soldat jeune bouche ouverte, tête nue,  
Et la nuque baignant dans le frais cresson bleu,  
Dort; il est étendu dans l'herbe, sous la nue,  
Pâle dans son lit vert où la lumière pleut.*

*Les pieds dans les glaïeuls, il dort. Souriant comme  
Sourirait un enfant malade, il fait un somme:  
Nature, berce-le chaudement: il a froid.*

*Les parfums ne font plus frissonner sa narine;  
Il dort dans le soleil, la main sur sa poitrine  
Tranquille. Il a deux trous rouges au côté droit.*

*It is a green hollow where a stream gurgles,  
Crazily snagging its silver tatters on the grasses;  
Where the sun shines from the proud mountain:  
It is a little valley bubbling over with light.*

*A young soldier, open-mouthed, bare-headed,  
With the nape of his neck bathed in cool blue cress,  
Sleeps; he is stretched out on the grass, under the sky,  
Pale on his green bed where the light falls like rain.*

*His feet in the yellow flags, he lies sleeping. Smiling as  
A sick child might smile, he is having a nap:  
Cradle him warmly, Nature: he is cold.*

*No scent makes his nostrils quiver;  
He sleeps in the sun, his hand on his breast  
At peace. There are two red holes in his right side.*

*Lest we forget..*



**Friedel Bohny-Reiter** worked for the Swiss Red Cross Aid to Children in the Rivesaltes Camp from 1941 to 1942. Touched by the misery of the interned 'undesirables', she handed out extra food, organized activities for the children and provided medical services.

When the deportations began in August 1942, she smuggled Jewish children out of the camp to children's homes, one of which was in Chambon-sur-Lignon in the Auvergne, whose inhabitants protected some 3000--5000 Jews from the Nazis between 1941 and 1944. The home was run by Auguste Bohny, later to become her husband.

Thanks to this brave young woman, many children were saved from certain death in the extermination camps in the East. For her efforts, she was decorated «Righteous among the Nations » in 1990.

Friedel Bohny-Reiter kept a diary which was published fifty years after its creation, noting down daily her experience of the camp: hunger, fear, despair. Despite the hardship, she wrote: "These children's eyes are the reason I stay here."

The exterior will remain as it is – a crumbling and sombre witness to the past, whilst the interior will have exhibitions, learning annexes, and bare minimalist spaces for reflexion.

Every year on 1st November, La Toussaint, people throughout France visit cemeteries to remember, and place flowers on the graves of departed family and friends.

Every year, on 11th November, flowers are placed on the tomb of the "soldat inconnu" (Unknown Soldier) and on war memorials around the country, that we never forget both soldiers and civilians, victims of two 20th century wars that rocked the world. ☀

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**No one wants to have this conversation, but careful planning now, can help protect those you care about most in the future.**

**To find out more speak with Christophe on :**

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## Bank Holidays



### September 11th

National holiday throughout Catalonia, anniversary of the day in 1714 when the Franco-Spanish army captured Barcelona, bringing an end to the region's independence. From political demonstrations to concerts, fireworks, parades through the streets, the day is punctuated in unique Catalan style by sardanes, gégants and castellers amongst other events. People wave 'senyeres' or 'estelades' (Catalan flags) and hang them on their balconies, and red and gold are the colours of the day. **Most shops closed.**

### 1st November

#### La Toussaint (All Saints Day) (contraction of "Tous les Saints")

Created by the Catholic Church to honour saints and martyrs who had no holy day of their own, it was also believed to be an attempt by the church to detract attention from the Celtic, Pagan celebration of Samhain, (pronounced sow-in), born in the British Isles, later to become Halloween. Cemeteries are busy this weekend of remembrance and chrysanthemums are on sale on every street corner. Don't offer them to your hostess when invited out for dinner! They are for the dead!

**Most shops closed.**

### 11th November

#### Armistice of WW1 (1918).

The armistice of 11 November 1918 marked Germany's surrender and the end of the First World War. The date has become a day of remembrance to pay tribute to all soldiers.

Flowers are placed on the tomb of the "soldat inconnu" (Unknown Soldier) beneath the Arc de Triomphe in Paris and other war memorials.

**Most shops closed.**

### 25th November

#### La Sainte Catherine

Rarely observed today, but in the past, unmarried ladies over 25, (and over the hill!) were known as 'les Catherinettes' and wore eccentric hats to help hook a husband on this Feast of Saint Catherine, patron saint of young unmarried women. 'Capping Saint Catherine' (coiffer Sainte Catherine) became synonymous with being still single after this ripe old age 25. As women's status changed in society, so the tradition more or less died out, but parades of ladies wearing striking and outlandish hats can still be seen on 25th November. **Not a public holiday, just a bit of fun!**

## DID YOU KNOW?

**LA CASTANYADA** : Historically, La Castanyada, celebrated on All Saints Day, was to honour saints and dead ancestors. Whole villages would stay awake in vigil, and help with the church bells, which would ring out throughout the night. They would eat 'castanyes' (roast chestnuts) along with 'moniatos' (roast

sweet potatoes) and 'panellets' (small almond balls covered in pine nuts) and share Muscat in 'porrons', traditional glass wine pitchers with stem to pour wine into your mouth without touching lips, and avoid passing on bugs!. The traditional, high energy foods were served up to prevent them from passing out from lack of sleep and the effort of ringing the heavy bells.

## It aint over til the fat lady sings!

If you think the end of the summer season brings a curtain down on outdoor frolics in the P-O, you must be lost in France! In fact, summer fun is fine, but autumn entertainment is awesome, with fairs and festivals around the region, little and large, celebrating every imaginable 'produit de terroir', animal, vegetable and mineral.

Potatoes, olives, wine (bien sûr) chocolate, antiques, roast chestnuts, more wine, (bien sûr) witches, horses, foie gras, apples, encore du vin (bien sûr) .....

They might not all be a pulsing whirl of excitement - some are only small gatherings scantily attended - but it's a great way to support the local producers, many of whom are struggling in the present economic climate.

Don't forget to check out your local tourist office (or visit [www.anglophone-direct.com](http://www.anglophone-direct.com)) for dates and locations.

**Don't forget to turn your clocks back Sunday 26th October 2014**

(Clocks go back one hour during the night of Saturday/Sunday morning)



## School holidays for our region

**Summer Holidays** - 4th July to 1st Sept  
**Half term** - Friday 17th October - Monday 3rd November  
**Christmas** - Friday 19th December 2014 - Monday 5th January 2015

## Vide Greniers

Visit our site at [www.anglophone-direct.com](http://www.anglophone-direct.com) for an up-to-date list of the vide greniers in your area.

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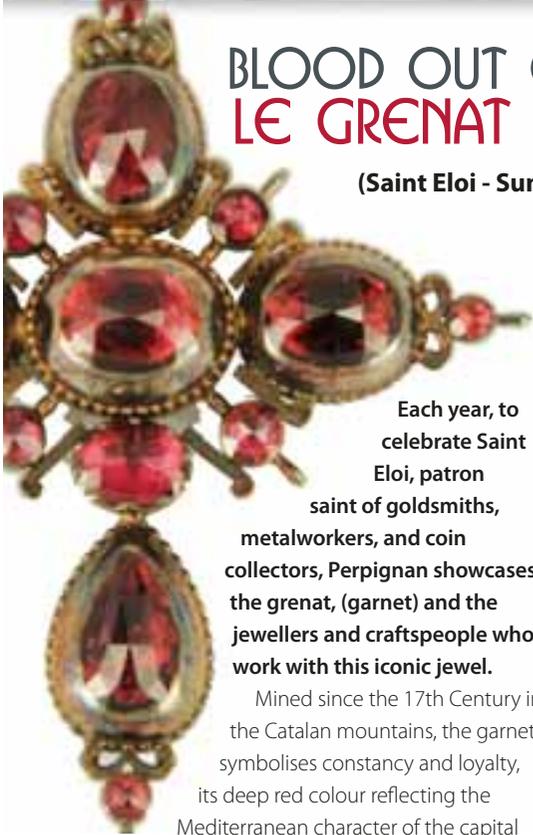
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## BLOOD OUT OF A STONE – LE GRENAT DE PERPIGNAN

(Saint Eloi - Sunday 30th November)



Each year, to celebrate Saint Eloi, patron saint of goldsmiths, metalworkers, and coin collectors, Perpignan showcases the grenat, (garnet) and the jewellers and craftspeople who work with this iconic jewel.

Mined since the 17th Century in the Catalan mountains, the garnet symbolises constancy and loyalty, its deep red colour reflecting the Mediterranean character of the capital of North Catalan culture. The stones were also believed to cure blood disorders, and excessive anger!

Garnets were viewed as prestigious stones in Catalonia from around 1750 although the production of garnet jewellery actually dates back

to the 11th century, when the jewels were mined in Estagel, Costabonne and the Col de la Bataille. Today most garnets come from Madagascar, Sri Lanka, and Africa, but what makes them unique to Perpignan is the way in which they are cut, with a clear scarlet brilliance rarely seen elsewhere, and finely hand crafted settings made out of eighteen carat gold.

Symbol of regional pride, a popular piece was the "Croix Jeannette", a cross, mounted with Perpignan garnets. Believed to have been named after the 'Fête de la Saint Jean', a time of the year when workers received their quarterly wage, its combination of gold and garnet reflected the red and gold Catalan flag.

Changing fashion, two world wars, a decreasing regional pride, and rising prices for Catalan jewellery, saw a decline in the industry through the 20th Century. In the 1980's, the Association "Grenat de Perpignan" was created, and the garnet was resurrected, old methods to produce new, modern designs.

On the Fête de la Saint Eloi, a variety of events bring out that Perpignan sparkle, but the highlight is undoubtedly the much talked of procession of the



Confrérie du Grenat (Brotherhood of the Garnet). This parade in historical costumes leaves the Palais de Congrès around 10h, heading for the église Notre-Dame La Réal where a mass and solemn ceremony of 'intronisation' (investiture - remember, this is a brotherhood!) takes place. The public are invited to join in by decking themselves out in the costume of their own region, or favourite period of history, and entering a competition for best costume. The whole thing is followed by colourful 'dances Catalanes'.

Although garnets are no longer mined in the

region, small examples of the stone are still to be found in the Fenouillèdes, Costabonne or the garrigues above Ille sur Tet. However, leave your spade at home, and enjoy the magnificent views in the knowledge that you could be sitting on a fortune - it is illegal to dig for this little jewel!

Find out more about the grenat, or the Fête de la Saint Eloi at the Institut du Grenat in Perpignan, who are hoping to create a permanent museum or exhibition in the future to showcase the Grenat de Perpignan. [www.institutdugrenat.com](http://www.institutdugrenat.com) 06 83 82 29 18



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**Nr Lake Caramany.** "Maison de Maitre" set the vineyard village. Main house (7 rooms). Independent 60m<sup>2</sup> apartment to be completed and 40m<sup>2</sup> annex to renovate. 50m<sup>2</sup> garage, 2 courtyards with palm trees. *Endless possibilities!*

### Did you know?

#### P-O Catastrophe

It is nearly seventy-five years since the infamous 'Aiguat' (Catalan for flood or deluge) of October 1940 when north Catalonia was devastated by the worse floods of the century. The four days of excessive rains that mainly hit the Vallespir and the Conflent caused unbelievable damage, which left around fifty dead. *Pictured left: Pont Joffre Perpignan*



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## THINGS YOU MIGHT NEED TO KNOW

### Landlord/tenant helpline

The annual 'trêve hivernale' (winter truce), which prevents landlords evicting tenants during the cold winter months started on 1st November and ends on 15th March. If you are

having problems with a landlord (or with a tenant - in theory this helpline advises both), you can ring the free telephone helpline, SOS Loyers Impayés, on 08 05 16 00 75

## Les Poilus



Le Poilu, informal term of endearment for a French World War I infantryman, and literally meaning 'hairy one' was also used to describe soldiers in the time of Napoleon Bonaparte. (The term 'groggnard' (grumbler) was also common.)

The word was coined from the caricature image of the bear-like, bearded and moustached French

## DID YOU KNOW?

soldier, much used in propaganda at the time.

The stereotype of the Poilu was brave but undisciplined. During the disastrous 'Chemin des Dames' offensive of 1917, they were said to have gone into battle baa'ing like sheep, to symbolize lambs to the slaughter.... as proved to be the case. Widespread mutiny followed, and a mini military revolution was only avoided by withdrawing from the whole offensive.



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**CÉRET** : Sympathetically restored south facing « bergerie » retaining many original features, set within 3040m<sup>2</sup> of land enjoying breathtaking mountain and countryside views. Spacious rooms, large open fire, large garage, pool... **Must be seen!**  
**DPE E 365 000 € réf 11716**



**Amélie les Bains** : Beautiful 130m<sup>2</sup> south facing town house set over 3 floors with garage and cellar with lovely views. Possible to divide the property into 5 independent studio apartments.  
**Great investment / rental opportunity DPE D**  
**138 500 € réf 12078**



**Near Ceret** : Characterful 2 bedroom village house with office, garden and garage. Close to all amenities.  
**A charming property!**  
**DPD E**  
**170 000 € réf 12181**



**Amélie-les-Bains-Palalda**  
Unique south facing stone property consisting of 2 houses. Enjoying a private, peaceful setting with gardens and magnificent views. Close to all amenities. This property lends itself to a number of possibilities.  
**DPE E 252 000 € réf 11402**



**St Genis Des Fontaines** : Lovely south facing detached villa with views of the Albères. 5 bedrooms (inc master en-suite) lounge, kitchen, conservatory, pretty terrace with pergola. Set within 3 000m<sup>2</sup> of mature gardens with pool. **DPE D**  
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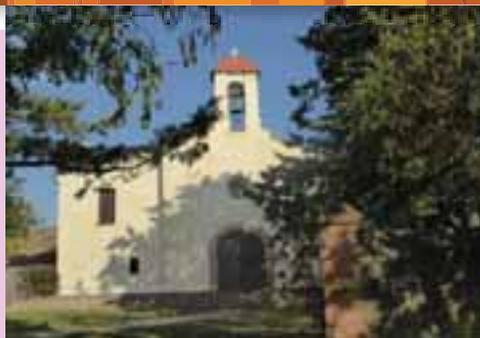
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## Did you know?

### Palalda and St Rosaire

Every October, Palalda's 'Chapelle du Rosaire' celebrates the Fête du Rosaire with a programme of songs, traditional dancing, prayers and concerts. In 1571 Christian troops provided by the Vatican overcame a Turkish armada in the entrance to the Corinth gulf. The Pope at the time, Grégoire XIII, attributed this victory to the daily processions of St Rosaire brotherhoods who promoted the rosary in the streets of Rome. He promptly changed his planned 'Victory Day' to 'St Rosaire day', to be



celebrated on the 7th October. The celebration continues to this day, with special masses held in St Rosaire sanctuaries all over the world.

## THINGS YOU MIGHT NEED TO KNOW

### Sex, drugs and rock'n roll

At present, only pharmacies are allowed to sell over-the-counter, non-prescription drugs, so you will not find paracetamol or haemorrhoid cream at your local corner shop or supermarket. However,

a new recommendation by the IGF (General Inspectorate of Finance) suggests that such drugs should be available in large supermarkets, breaking the present monopoly, increasing competition, and thus keeping prices down.



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Restaurant  
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*\* Drink only in moderation - excessive alcohol consumption can damage your health*

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[www.pascal-borrell.com](http://www.pascal-borrell.com)



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## Restaurant Reviews

with Kate and Mates

### An Autumn Selection...

I am no gourmet 'foodie' but I know what I like. Fresh, tasty food, good and friendly service, clean cutlery, crockery and loos, and prices that don't send me into shock compared to the quality of the meal. The following reviews are not adverts, they are just restaurants that I have enjoyed, or that friends have recommended. Bon appétit.



**MED.....**

### La Bartavelle, Argelès village.....with Kate

Situated in the narrow Rue de la République opposite the church in Argelès village, La Bartavelle really is all about the food. Small on covers, but BIG on taste and quality, the presence of several locals who clearly make eating here a regular date, pretty much speaks for itself.

There is just one lunchtime menu (15€ for 2 courses and 19€ for 3 courses), with no choice of dishes - but the menu changes daily, alternating between fish and meat, and they are happy to make up something else if there is really nothing to suit



on that day. Ring in advance, and they will also prepare veggie options.

We started with a delicious creamy reduction of lobster bisque, followed by filet mignon of pork with lemon thym reduction, mange tout and haricots verts. I'm not a trifle gal, but the 'trifle' on this menu was like one I've never had before, with crunchy white chocolate crumble, stewed apricots (giving an astonishing fresh ginger taste) and rosemary whipped cream, topped off with strawberry and ice cream on a stick!

This leapt right to the top of my favourite all time desserts list.

A strong, local wine list had been picked with care, but the reasonably priced 'vin maison', from Mas Christine between Argelès and Collioure, changed regularly, was just what the doctor ordered, and we looked no further.

Evening menus are from 28€ to 37€, with more choice, including dishes such as 'stuffed squid with pork as a tournedos and mussel cream' or 'roasted lamb loin on vine shoots'.

There's no outside space for those who enjoy dining al fresco, but the interior is cool and pleasant. One of the 'must visit' small restaurants of the P-O in my opinion.

**24 Rue de la République,  
Argelès-sur-Mer  
06 19 25 70 13**

### .....AND MOUNTAIN

### Le Point d'Art, Montbolo..... with Andrew

A fairly short but winding uphill drive from Amélie-les-Bains brings you to Le Point d'Art with stunning views up the Vallespir and down to the sea.

Cosy but charming, run by Florence, (Catalan with perfect English) with husband Peter (English) in the kitchen.

We had the 19€50 menu with a choice of 3 starters, mains and deserts. The cheaper 16€ menu looked tempting too, but had only one item per course. Many dishes are proudly labelled Catalan.

The starter of Serrano Vieille Reserve with melon was tasty and refreshing, and the baked figs wrapped in ham and topped with blue cheese were lovely too. For mains we had Filet Mignon of pork topped with goats cheese and chorizo, and a tender piece of lamb cooked in 9 spices. The third choice was fillets of Rouget cooked with ginger and Kaffir lime.

### Can Père, La Bastide..... with Vicky

Tucked away in the foothills of the Canigou, Can Père run by Nathalie & Joel, offers delicious home-made food, such as Pork Cheek in Banyuls, duck breast with fig, and mouth watering home-made desserts. As a vegetarian, I find it difficult to find a good restaurant that offers a tasty meal I couldn't have cooked better myself at home. I was offered an omelette (oh, how many times have I eaten that in a



Today's home made dessert was a tasty roulade with cream and Banyuls inside.

Surprising to find high quality cuisine in such a small out-of-the-way place. Very good food and lovely ambiance. Do give it a try.

Closed Sunday evening and all day Monday.  
8 Rue de L'Eglise, 66110 Montbolo  
[04 68 82 58 63 pointdart@montbolo.cat](mailto:04 68 82 58 63 pointdart@montbolo.cat)



restaurant in France) BUT this time I can honestly say it was the tastiest omelette I've ever eaten.

From Mon - Thursday the menu of the week is between 13.90 & 15.90euros for 3 courses, (wine not included) and the weekend menu is from 15.90 - 20euros for 3 courses, (including wine).

Eat inside the simple, but clean restaurant or outside in the place du village just in front of the beautiful roman church "église Saint-Michel".

**Restaurant "Can Père" : 06.60.15.02.37**

**Please bear in mind that reviews are based on the subjective opinion of the reviewer. Times, dates and prices are correct at the time of writing but you are advised to ring ahead and check Bon appétit**



to see more resto reviews visit  
[www.anglophone-direct.com](http://www.anglophone-direct.com)

## .....AND SOMEWHERE IN BETWEEN!

### La Salamandre, Sorède..... with Merry

Our favourite place to eat is in Sorède, La Salamandre is a friendly, family restaurant, displaying some quirky local art.

We are always tempted with the 3 courses for



28€, but you can settle for 2 courses for 24€. There are 6 choices for starters, 10 choices for mains (fish, meat or veggie) and 7 choices for desserts. The starter of Flan de Saint Jacques, coulis de langoustines (supplement 4€) is a favourite as it is light and so full of flavour. We also tried the tomates anciennes cottage cheese starter which was delicious. For mains I had the Pluma de porc Ibérique, poivre vert de Madagascar, tasty and tender, and my husband had the Magret de canard poivre long, served with tangy mango. Many of their main courses are served with an interesting selection of vegetables and their own creamy quinoa recipe. Delightful! The dessert selection always provides a difficult choice with fruity, creamy, chocolaty or cheese options all covered.

It is also nice to see that they show case very local wines.

**3 route de Laroque Sorède**  
Tel, 04 6889 2667

## SILLY COIN COIN

*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 ?"*



Coin coin - quack-quack  
(& corner)

Un canard - duck

La nourriture - food

En colère - angry

Nous n'en avons pas -  
we don't have any

Il revient - he comes back

Le lendemain -  
the next day

Va-t'en - go away

Je te cloue - I will nail you

Un bec - beak

Le comptoir - counter

Un clou - a nail

## THINGS YOU MIGHT NEED TO KNOW

### English-speaking

### Alcoholics Anonymous

If you seem to be having trouble with your drinking, or if your drinking has reached the point where it worries you a bit, you may be interested in contacting the English speaking Alcoholics Anonymous in the south of France. You will be most welcome to join the thousands of men and women in A.A. who have put their drinking problems behind them. Call today in complete confidence on **08 20 20 02 57**. Montpellier will be hosting an AA National Convention at the Corum on November 15, which will include 4 English speaking meetings. For more information, consult the [www.aa-riviera.org](http://www.aa-riviera.org) site under events.



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

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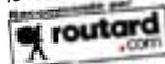
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Quai Arthur Rimbaud, 66750 ST CYPRIEN PLAGE

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Restaurant

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3-course menu 16,00 €

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**04 68 37 19 64**

### THINGS YOU MIGHT NEED TO KNOW

#### (Home) Made in France

To try and help restaurant goers distinguish in advance between restaurants serving fresh homemade food, and those serving up the ubiquitous processed, pre-packed or microwave 'produit', a bill has been passed in parliament allowing chefs to put a 'homemade' logo next to any dish made in the actual restaurant. Culinary capital of the world for many years, France has been gradually sliding down from its place at the top of the gastronomical ladder, and it is hoped that these measures will boost quality and go a small way towards holding up France's excellent cuisine reputation.



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20m from the sea front, the road running parallel to the seafront, just up from the Tourist Office.



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## Saffron in the Pyrenees

By Lynn Hall

To find the best quality saffron you do not need to travel far. In the hills above Calmeilles, at the foot of Canigou, Laurent Dieval and his Belgian wife Hilde have been growing this intriguing flower since 2011. Each year Laurent painstakingly expands the area farmed, although the actual volume produced is very much at the mercy of the weather. Currently he has approximately 82,000 bulbs planted – all by hand.

Farming is never easy, but here the foremost natural threats include wild boars, deer, hares and mice. To try to protect the saffron bulbs it has been necessary to install elaborate fencing. Sanglier can dig, deer and hares can leap, and mice can go where they please.



Unlike the well-know spring bulb, the saffron crocus (*crocus sativus*) blooms in the autumn. The harvest takes place over 6 weeks during October and November. The whole process is very labour-intensive and a real labour of love. Early each morning that day's flowers are picked before they fully open. The deep golden orange filaments - just 3 per flower - are then pinched out of the petals and put to dry the same day. The day I visited the ground was littered with heaps of discarded purple flowers. An experienced worker can deal with around 1000 to 1200 flowers for picking and 500 to 600 flowers for pinching per hour. During the drying process the saffron loses around 80% of its weight.

### Safran des Aspres

Laurent DIEVAL, Producer  
Carrer del Roc del Ram  
66400 Oms  
Tel. 04 34 29 21 45  
[www.safran-des-aspres.com](http://www.safran-des-aspres.com)



### Other local producers

Safran Della Roma, Sahorre  
Safran de Rodes, Ille sur Têt  
Domaine Casenobe, Maureillas  
Le Safran de Marie, Espira de Conflent  
La Vinya d'Alqué, Taillet

130 to 250 flowers are needed to produce just 1 gram of dried saffron.

No chemicals are used in the production of Safran des Aspres, as quality is of prime importance for artisan producers such as Laurent. He is currently working towards organic status, and from 2014 will be able to use the 'Bio' label. This season's crop will be ready just in time for the Foire au Gras (Christmas markets). Stored correctly, in sealed glass jars, away from direct light and humidity, saffron can be kept for up to 3 years. Laurent's advice is to only buy saffron when it is sold in whole filaments. Powdered saffron is too vulnerable to being bulked up with additions such as turmeric or paprika.

Throughout history, since ancient times and across the whole world, saffron has been highly prized for both its culinary and its medicinal properties. In the 17th century Culpepper's Herbal said 'saffron is endowed with great virtues' – but dosage is critical, so always consult a doctor or qualified herbalist when thinking of medicinal use!

It is possible to visit the saffron farm at any time of the year – even if it is at its most spectacular during the flowering season (October/November). The safranière is situated in a beautiful natural site and makes a great destination for a hike in the hills.

### Using Saffron - the golden rules:

- 1). Saffron is powerful – you only need 3 to 6 filaments per person in sweet recipes, 6 to 9 filaments per person for savoury dishes.
- 2). Before using, infuse in a small amount of warm liquid (water, milk, fruit juice etc) for at least 2 hours, or even overnight. This allows the →



### Pumpkin Risotto (for 4 people)

- 400g Arborio rice
- 400g prepared butternut squash (or similar)
- 1 medium onion
- 3 soup spoons of olive oil
- 1 vegetable stock cube
- 24 saffron filaments
- Parmesan

Prepare 1.5 litres of warmed vegetable stock and add saffron. Leave to infuse for 2 hours or more in a covered pan.

Cut the pumpkin into small dice. Peel and chop the onion. Gently fry the onion and pumpkin in the olive oil until the pumpkin is soft. Add the rice to the pan and mix well. Then over a low heat, add a ladle of vegetable stock. Stir constantly until the rice has absorbed the liquid before adding the next ladle of stock. Continue until the rice is nearly ready. Add a generous quantity of grated parmesan before the last addition of stock and mix well. Remove from the heat, cover and leave for 5 – 10 minutes before serving on warm plates. Your risotto should be moist and creamy – and a beautiful golden colour.

subtle flavours, scents and colours to permeate the liquid. To release the maximum amount of colour, gently crush the filaments. If using in cream or egg white, it is a good idea to infuse overnight in the fridge.

3). Add the infusion towards the end of the cooking time as saffron does not benefit from long or very hot cooking.

Saffron can lend its sophisticated flavour to food both sweet and savoury. It is best used as the star of the show in relatively simple recipes. Think of cakes, omelettes, pancakes, gratin of potatoes or leeks, risottos, crème brûlée... ✨

## Saffron Cake (for 8 people)

- 54 filaments of saffron
- 1 pot of natural yoghurt
- (using empty yoghurt pot as measure)
- 2 pots of caster sugar
- 2 pots of plain flour
- ½ pot of light oil or softened butter
- 3 eggs
- ½ sachet of yeast

Infuse the saffron in the yoghurt overnight. Preheat the oven to 180° C. Mix all ingredients together until smooth.

Transfer into a buttered and floured cake or loaf tin.

Cook for approximately 30 minutes, depending on your oven.

Kept in a cool, dry place the cake will keep for up to 2 weeks. The flavour of the saffron will develop with each day that passes.

## Crêpes Safranée (For about 20 pancakes)

- 250 g plain flour
- ½ litre milk
- 3 eggs
- Pinch of salt
- 25 g castor sugar
- 50 g butter
- 25 filaments of saffron (infused for in the milk for at least 2 hours)

Make the batter and leave 20 minutes before cooking the pancakes.



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Tel. 04 68 98 46 00

Anse Gerbal - La Criée, 66660 Port-Vendres

  
Les Poissonneries  
de la Côte Catalane

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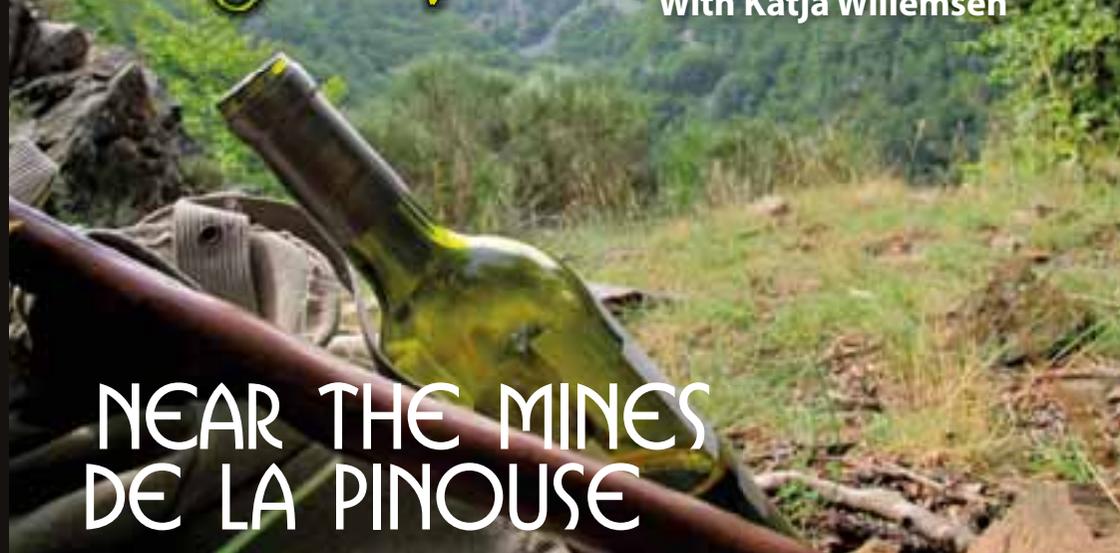
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*Out for the day...*

## Pretty Perfect P-O Pines

With Katja Willemsen



## NEAR THE MINES DE LA PINOUSE

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The iron ore found deep within Mount Canigou has over the centuries adorned churches, noble homes and palaces: the fences of Versailles Palace are forged from our metal.

Remnants of the mining industry still scar Canigou's flanks. A coil of iron rope on the edge of a precipice could be a leftover pulley system, transporting the day's haul in great metal basins that swung heavily to the opposite side. The occasional abandoned railway carriage lies belly-up where it fell, often in the oddest places, and weathered railway sleepers today provide a perfect path to meander along.

Until the early 1800's, mining was manual and dangerous. Village children started young, first as apprentices, handing tools to older miners, then when they were stronger, as wagon-pushers. Entire villages were made up of miners, coalmen (for the forges), mule skinnners, →

### mining VOCAB

- **Les piqueurs:** literally « biters », these men were traditional miners, « biting » into the coalface with hammer and pick.
- **Les charbonniers:** they kept the forge fires going
- **Les porteurs:** the least paid and the youngest, responsible for carrying iron ore out of the mine in baskets on their backs.
- **Les boiseurs:** too old for the dangerous work of mining, these men handled wood used to support mine shafts.
- **Les muletiers:** men and women whose donkeys hauled the iron ore to the forges

# Out for the day...

blacksmiths, and transporters.

It's just over an hour's drive from Céret to get to the spot from where you'll walk 45-60 minutes along a tree-lined path that was once the access route to the Mines de la Pinouse. (See info block for details on how to get there.)

Once you reach Col de Palomère (about ten minutes past the little village of La Bastide), ignore the well sign-posted path on the left, and drive up the concrete track. The road is part concrete, part stone, (and part sludge if it's rained!), but if you drive slowly, your city car will find its way to the dead end: a small field that's just to the right of two tracks heading further up the mountain.

The track you want is the gated one with the small signpost "chemin d'enfer" hammered onto a tree. Walk through the small opening on the side the gate and follow nature's copper carpet of leaves through a dense beech forest whose stark trunks and branches form skeletal silhouettes against the autumn sky.

After about half an hour, you'll come across an old miner's cave that's been annexed by a bat community. Venture in if you dare and see how many you can count!

Soon the forest drops below the track and the

vista opens. If it's a cold day, mist will drape mountains that disappear into the horizon in folds of eerie blue.

When shades of ochre, flame and rust start to burnish the dark rock next to you, it means you're getting closer to the mine.

The path splits into an unobtrusive V. If you miss the fork, don't worry, the plan is to explore both routes as each leads to a possible picnic spot. Start with the lower path which takes you to two tunnels. Use a torch and explore the one on the left first. You won't get very far as rockfall blocks the way, but it gives an idea of what the excavating miners did with their rudimentary tools, and your kids will love it.

The tunnel on the right is the way to the mine's "loading bay" where tons of rock were tipped from above, to be hauled down the mountain by sturdy Catalan



donkeys. Trees now soar inside its walls but you can still see many of the old metal stays and hinges.

Scramble right through this building to the other side, and if you don't have out-of-control kids or pets, and you're not scared of heights, picnic on the edge of the terrifying cliff that slices down to the Lentille River. For the less brave, backtrack to the fork in the path and take the higher track, the official "chemin d'enfer" continuation.

A wide plateau, complete with a metal, albeit rickety, fence awaits your picnic blanket! ☀



## How To Get There

- **From Céret, take D615 (near the Pont de Diable), direction Oms/ Llauro.**
- **After 7 kms of bends, turn left, D13.**
- **Pass through village of Oms (pay attention as it only takes seconds!).**
- **7.5 kms after Oms, turn left into D618 towards La Bastide.**
- **At the T-junction (after about ten minutes), turn right into D13.**
- **Another 20 mins (11.5kms) later, you'll reach Col de Palomère**
- **There are two tracks, take the concrete track through the gate. The road is good enough for a city car - a mixture of concrete, sand and stone, but drive slowly!**
- **For more athletic walkers, park your car at Col de Palomère and walk the rest of the way.**
- **Follow the track, by car or on foot, for roughly 2 kilometres until you reach a small field with two tracks on its left. Park here and continue on foot.**
- **Take the gated path, marked "chemin d'(en)fer".**
- **The walk is a steady but comfortable uphill hike, and will take between 45mins and 60mins.**

Read Shepherd's Prayer, Katja's fast-paced adventure set in Collioure.

Available on Amazon





## Banyuls-sur-Mer

**Argelès to Banyuls-sur-Mer is a short but fabulous coastal drive on a crisp autumn day, offering panoramic views over the bay of Collioure, row after row of steep, terraced vines, and a sparkling Mediterranean ever present throughout the drive.**

Birthplace of Aristide Maillol, his sculpture 'Jeune Fille Allongée' relaxes on the seafront, with more of his work on view in the small museum just outside the town. Maillol was very much part of the turn of the century art scene, friends with Matisse, Derrain, Picasso, Dali. A sculpture of Dina Vierny, aged 17, his last muse, model, and member of the French Resistance, stands beneath the huge jacaranda tree behind the town hall.

Banyuls has plenty of bars and restaurants to suit every taste and



pocket. The pretty town with flower filled alleys, and the seafront itself, are delightful for a gentle stroll, but it is also a brilliant base for rambling and walking. The famous GR 10, running the length of the Pyrenees, starts in Banyuls and ends in the Atlantic at Hendaye. If you don't fancy walking for 50 - 60 days, an easier option is the coastal path, which will lead you to small coves and peaceful picnic spots.

In 1860, Abbé Rous, new Curé at the Chapelle de la Rectorie, first tasted the local wine and declared it delicious. So delicious in fact, that he decided, through his network of Catholic contacts, to make it the communion wine throughout France. In 1870 the railway reached Banyuls, and soon naturally sweet Banyuls wine was being drunk as the perfect

accompaniment to foie gras in the best restaurants in the land.

High above the town, the little white chapel of Notre Dame de la Salette catches the first rays of the sun as it rises out of the bay. Above it, on the skyline, the Tour de Madeloc was once an important part of the Roussillon communications system. The drive via Madeloc from Banyuls to Collioure is breathtaking: twisting hairpin bends through the terraced vineyards, the whole of the Cote Vermeille spread out below you.

The Banyuls Aquarium, soon to be extended, offers an exciting glimpse of local underwater life, and the 'Jardin Méditerranéen' of the Biodiversarium, hanging from the cliffs above the valley of the Baillaury, gives a fascinating insight into Mediterranean plant life on the surface. The Reserve Marine Naturelle, 650 hectares of sea between Banyuls and Cerbère, is a sub-marine paradise.

The annual Fête de Vendanges on the 11th and 12th October, turns the beach into a colourful, animated mass of eating and drinking, bands and musicians, jugglers, glee and laughter. Towards the end of the afternoon, Catalan Barques zig zag a ballet in the bay before bringing the "harvest" in to the shore.

Book your own free table on the beach (info from town hall) and invite your friends to make a day of it with you. Take your own food and drink, BBQ, or buy food and wine from the many beach bars and restaurants. ☀



# Out for the day...

## A WALK, A DRIVE, A VIEW

Céret - up, up and away...  
...and back down again



La Trinité - view from ruined castle

**This is a high drive circuit along winding, sometimes narrow roads, through unexploited countryside, remote hamlets and villages with great walking opportunities and superb views. Shops, cafés and restaurants are few and far between, but views and picnic spots abound! Passengers in the back might consider taking a sick bag if they have delicate tummies!**

Our day out starts from the Pont du Diable in Céret, 14th-century bridge with 46-metre span, at the time of its construction the world's largest bridge arch.

Take the D615 signposted Llauro and Oms, and after a couple of kilometres, be careful not to miss the sign on the right, taking you to our first stop, L'Ermitage de St Ferréol.

This 13th century chapel had the hermitage added in the 18th century. Other buildings were tacked on later to accommodate the many visiting pilgrims.

The chapel bells, named Maria, Margarita and

Salvaterra, date back to 1608.

Views from this tranquil spot are enormous, overlooking Céret, and the surrounding plains and mountains. Shady oaks, picnic tables and designated BBQ spaces make it a delightful pause for a bite to eat, a spiritual siesta or quiet contemplation.

Back onto the D615, some may wish to turn left and head back to Céret, a visit to the peaceful



Ermitage de St Ferréol



La Trinité



La Trinité

chapel an outing in itself. The curious and adventurous, however, will turn right and continue up the twisty, turny road, taking a left turn towards Calmeilles and Oms after about 3 km.

Time for another stop, this time to stock up on foie gras and all its associated products at Le canard bien élevé du Mas Cané (open Mon - Fri from 10h to 16h [www.lecanardbienelevedumascane.com](http://www.lecanardbienelevedumascane.com))

Turn off right and follow the signs down one of those 'Aren't-we-there-yet?' tracks, until you arrive at the farm shop. Don't forget to take a cool box - we've a long way to go yet!

Head back to the main road and continue towards Oms, (Catalan for Elm), with its pretty, cobbled streets, and imposing 11th Century church. If the bar, and 'alimentation' is open, you may wish to stop a while, otherwise it is onwards and upwards along oak lined roads with fantastic glimpses through the trees, of the views that await. Pass Calmeilles, tiny, immaculate pedestrian

village, with interesting Romanesque church, first mentioned in 959.

Many of these villages have mining origins. The Romans were the first to extract the mineral, building roads for easy access to Perpignan, crafting iron wheels for carts, used to transport the iron to make armaments for their vast empire. The Romans left, but the industry continued and prospered. Small settlements grew up in the Vallespir, the Conflent and the valley of the Lentilla, to house the families of miners, muleteers, blacksmiths, and transporters.

From 1950 onwards, the mines could no longer compete with the rest of the world, and closed down. Today, many of the ancient villages have been saved from ruin by second home and gite owners, immaculately restored remnants of the mining age.

Continue climbing until you arrive at the Col du Fortou crossroads, at 655 metres altitude, with →



# Out for the day...



Oms



St Marsal



Le Relais de St Marsal,

signs indicating straight on for Ille sur Têt or left towards Amélie. We will be taking a left, heading for La Trinité, but the intrepid may wish to take a little detour to the right, down a narrow road, to the tiny hamlet of Prunet. Blink and you will miss it. Clustered around a miniscule 10th century church beneath a couple of two hundred year old oak trees in whose branches peacocks roost, the graveyard has some fine examples of traditional wrought iron crosses.

Back to the crossroads, and arrive quickly at another neat little hamlet - La Trinité. Next to the small Mairie of Prunet and Belpuig is the pretty 11th century Chappelle de la Trinité - religious art and interesting door - but the highlight of this hamlet has to be the views. Behind the church, a steep 10 minute climb will take you to a ruined château.

On a clear day, the views will take your breath away. Take a picnic and combine food, drink, and amazing



Rock pools - Taulis

views - or drive into the next village, La Bastide, (another detour) for lunch at the pleasant little café restaurant. (See Restaurant Reviews on p20-22)

After a well deserved rest, continue over the Col Xatard (pronounced ch) to St Marsal, more splendid views, and colourful, terraced, cobbled streets. A fairly steep climb up through the village will bring you to Le Relais de St Marsal, mairie-owned café-restaurant, perfect for a late lunch or a cold beer in the restful square on a sunny autumn day. Open all hours, every day except Wednesday, Monique, self-described 'passionate cook', has a plat du jour (10€50) on the bubble most of the day, or will cobble up your request for vegetarians or salad eaters at any time of the day. If it's closed, the épicerie on the main road has bread, pizza, patisserie and coffee to take away.

To stretch the legs a little more, follow the sign to the right of the church, leading to the dolmen and the ice well.

From St Marsal,

walkers can also reach 'La Ligne', the railway line that used to carry the iron ore from the mines at La Pinosa and Manarots to Formentère. Now without rails, it is a grassy walk around a mountain contour, with spectacular views of the Mediterranean, the plain of Roussillon, the massif du Canigou and the border with Spain along the Alberes. (More on this walk in the P-O Life spring edition)

Back in the saddle, head out of St Marsal, maybe popping into the pottery on the right as you leave the village. After around three km, look out on a left hand turn for a (second) bridge with water running below and a derelict and overgrown former Catalan blast furnace on your left.

Park here, at the side of the road and walk back to the bridge, where a short path brings you out at a series of magical rock pools and little waterfalls. Shhhhh! This hidden gem is our secret! Kick off your shoes and socks, cool your feet, close your eyes and listen to the gentle trickle of the waterfall into the pool. Nearby, there is also the possibility of walking to the Col de Formentère, the Tour de Batère or along the old mine railway ending in an eerie, deserted complex of mine buildings - but that is for another day, a fascinating day out in its own right.

Continue down through the village of Taulis, and if your spirit of adventure hasn't started to sag, take a sharp right after the village, following signs

for La Forge De Sanquen Bea. Olivier Marchand, master knife and cutlery maker, with a reputation for originality and quality, designs magnificent bespoke knives and cutlery according to your requirements. Ring him on 06 35 34 07 98 before you take the long track (another of these 'Aren't-we-there-yet?' paths) to his workshop where he is happy to show you round his machinery and techniques, or visit [www.laforge-desanquenbea.book.fr](http://www.laforge-desanquenbea.book.fr). This is a long and bumpy track, but the small shop and workshop at the end will thrill knife and metalwork fanatics.

Back on the road, turn right and continue downwards, until a fork in the road indicates left for Céret, and straight on for Amélie.

In autumn, the colours in these wooded valleys, rich with sweet chestnut trees, beech, fir, and micocouliers are particularly beautiful.

Spare a thought for the driver. He/she can't really appreciate the magnificent views, as the roads are mainly narrow and need concentration, so make sure that you spoil him/her on all the stops, share the driving, or cut this day up into several shorter adventures. Have a lovely day, however you play it! ☀



Bespoke knife



Olivier Marchand, master knife maker

## DAUGHTER OF CATALONIA

By Jane MacKenzie

Romantic, thrilling, 'Daughter of Catalonia' is a tale of love and betrayal in wartime France. Written by talented new author Jane MacKenzie, the story is constructed with an attention to historical detail and sense of time and place that could only come from up-close-and-personal knowledge of the region - which in fact Jane has in buckets!

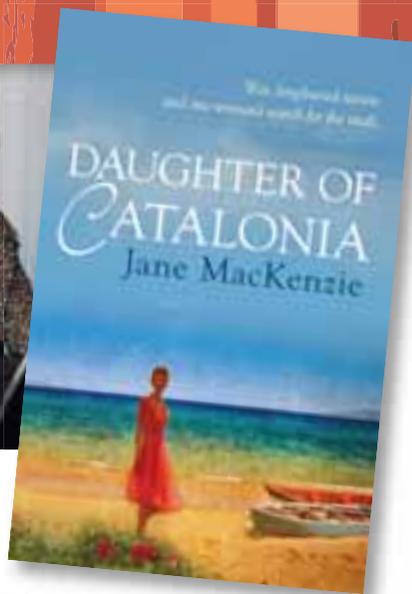
Conversations with a 91-year-old fisherman, her own move to Collioure, and her fascination with its history were the inspiration for the novel.

And what better base to gather together the material to write of the Catalan people, and their lives during the Second World War than Collioure, jewel in the crown of North Catalonia?

Written across three time frames, 1958, the Spanish Civil War of 1936-39, and the Second World War itself, we follow the story of the interesting and complex Madeleine, and her struggles to come to terms with her past. In doing so, Jane plunges us into the life of a small French community devastated by the events of the war, divided by the actions of some, united by the loyalty of others.

It is November 1942. Madeleine and her family cross the Pyrenees, fleeing Nazi occupied France. Alongside her brother Robert, and their Mother Elise, the plan is to return to Elise's home in England. Spanish father, Luis stays on in Catalonia, fighting for freedom as a member of the French Resistance. They never see him again.

The story moves forward twenty years. Elise is dying. Madeleine and her brother Robert have been brought up in the sheltered and restrictive household of their grandparents, disappointed by their daughter's choice of husband, embarrassed by their grandchildren's Catalan roots. Madeleine has grown up never really knowing who her father was.



She escapes once more - this time from the stifling disapproval of her grandparents. She heads for Catalonia, to the village of her early childhood, her quest to discover the truth about her heritage.

How did her father die? Why did her Mother never speak about this man who she loved and lost?

Her arrival in France opens a Pandora's Box of secrets and lies that are both shocking and life-changing. Jane transports the reader to the small close-knit communities of Catalonia, communities still scarred by the events of the War, communities that hold their secrets close, but have long memories.

'Daughter of Catalonia' is available on Amazon (FR & UK), the Maison de Presse in Collioure, and most UK bookshops. ☀



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## THOSE DAMN SCAMS

If your French is up to it, keep an eye on [www.hoaxbuster.com](http://www.hoaxbuster.com) a site which lists and describes all the latest scams, and hoaxes, including a list of 'Hoax les plus consultés'.

Two reader warnings (with thanks for this useful info)

*"Had a call from an indian call centre yesterday claiming to be from Microsoft, having detected some serious viruses on my computer. They knew my name address and telephone number and said they had my license number.*

*I was given instructions to open some log which showed various threats they said would not be removed by anti virus software and that their technicians would remove for me.*

*I was then passed to the 'technical manager' who gave me a Manchester number I could contact him on and asked me to allow them access to the computer to make the changes. They logged on and he then sent me to a payment screen*

*with no apparent security lock to add my card details which I queried and he said it was 3d technology which made it secure. I then said I'd call him back and investigated the number which came up on Google as a scammers number.*

*When I went back to the remote access screen they were downloading files from my computer so I cancelled it immediately, shut down and ran the virus scanner and changed all my passwords.*

*This morning a new icon was on the computer and having looked at the contents which include a contract, this is with an outfit called Ruben Marketing Ventures based in New Delhi not Microsoft at all. **Beware!**"*

### THINGS YOU MIGHT NEED TO KNOW

*"I wanted to let you know that I have had a second person contact me saying that they have been telephoned by someone claiming to represent a company associated with Microsoft/Windows and then talking them through enabling remote control on their machine (ostensibly to clean the non-existent virus) before, in the first case, charging them 500€!*

*It looks like a gang could be targeting Brits, in France or in our region, with a view to scamming the victims for supposedly cleaning their computers.*

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# Test your French

## 1 - T POUR TOP!

Match up the words, all beginning with To, with their definitions.  
(Why not try to work them out first just from the definitions?)

tousser	1	a	outil qui sert à serrer une vis
tonneau	2	b	grand récipient en bois
torticolis	3	c	de l'épaule à la taille
tonnerre	4	d	tissu pour essuyer la vaisselle
torse	5	e	couper l'herbe, les poils...
tournevis	6	f	chasser de l'air par la bouche
torchon	7	g	reptile avec carapace
tournesol	8	h	douleur dans le cou
tortue	9	i	grande fleur jaune
tondre	10	j	bruit pendant un orage

**Tongue twister (Virelangue)**  
(Répétez trois fois)

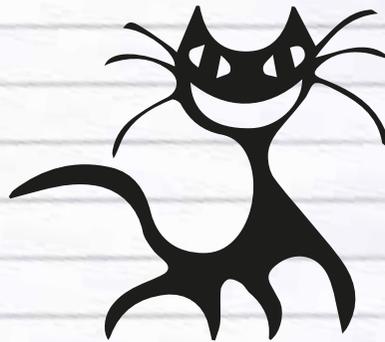
**Seizes singes suisses chantent Shakira!**

**Useful expression**

**Mal barré**

**Off to a bad start**

(lit. badly helmed!)



**Useful phrase**

*C'est du pipi de chat*

*It tastes like dishwasher! (Lit. cat's pee!)*

## 2 Expression intéressante

**Ménager la chèvre et le chou - to try and please everyone**

Fill in the blanks to find out how this expression came about.

**Le problème**

Un 1 \_\_\_\_\_, propriétaire d'un loup, d'une chèvre et d'un chou, doit 2 \_\_\_\_\_ une rivière. Son bateau lui permet de 3 \_\_\_\_\_ seulement un élément à la fois. Comment traverser la 4 \_\_\_\_\_ avec ses trois éléments, sachant que la chèvre risque de 5 \_\_\_\_\_ le chou, et le loup risque de dévorer la chèvre?

**La solution**

Il 6 \_\_\_\_\_ par transporter la chèvre. Il revient à vide, et transporte le chou. Il 7 \_\_\_\_\_ le chou et repart avec la chèvre pour aller chercher le loup, il la redépose et transporte le loup près du chou, avant de 8 \_\_\_\_\_ à vide pour la 9 \_\_\_\_\_ fois, et de ramener enfin la chèvre... Les trois 10 \_\_\_\_\_ sont passés.

a transporter b manger c revenir d homme e éléments  
f dernière rivière g h commence l traverser j déposé

## 3 - TAKE A BREAK - FIND THE ENGLISH FOR THESE USEFUL FRENCH EXPRESSIONS, WHICH ALL USE THE VERB 'CASSER' - TO BREAK.

Il est casse-bonbons	1	a	At the very most...
A tout casser	2	b	He's a real daredevil
Elle casse souvent du sucre sur le dos des gens	3	c	Get lost!
Ils ont cassé les prix	4	d	She often talks behind people's backs
Il me casse vraiment les couilles (vulg.)	5	e	Shall we eat?
C'est un casse-cou	6	f	They've slashed the prices
On casse la croûte?	7	g	I'd like to smash his face in!
Ne te casse pas la tête	8	h	Don't worry about it
J'ai envie de lui casser la gueule (sl)	9	i	He's a pest
Casse-toi (sl)	10	j	He really p-****es me off!

**More fun with those bodily functions! (You never know when you might need them!)**

**Éternuer (ay-ten-you-ay)**  
- to sneeze

« Ah...ah... ah... je vais éternuer! »

**Avoir le hoquet (ockays)**  
- to have hiccoughs

« Ah non! J'ai le hoquet! »

**Peter (pett-ay)**  
- to break wind.

« Ooops Désolé, j'ai peté! »

**Se moucher (suh moo-shay)**  
- to blow one's nose

« Passez-moi un kleenex - je dois me moucher »

The Facebook Wall  
Write Something...  
**Définition bête**  
Facebook : Le seul endroit où tu parles à un mur sans être ridicule !!



**Great word**

**Flipper - to freak out**  
eg J'ai flippé!

**Terrible!**

Comment appelle-t-on un squelette qui parle sans arrêt?  
Un haut-parleur (os-parleur) !!  
(sans arrêt - non-stop)  
**haut parleur - loudspeaker**  
os- bone)



# Améliorez votre Anglais

## 1 - Lisez cette petite histoire amusante et remplissez les blancs

I 1 \_\_\_\_\_ a fairy today who said she would grant me one 2 \_\_\_\_\_.  
 "I want to 3 \_\_\_\_\_ forever," I said.  
 "4 \_\_\_\_\_," said the fairy, "but I am not 5 \_\_\_\_\_ to grant that  
 6 \_\_\_\_\_ of wish."  
 "OK," I 7 \_\_\_\_\_, "Then I want to die when 8 wins the World 9 \_\_\_\_\_."  
 "You crafty 10 \_\_\_\_\_!" said the fairy.

a) sorry b) replied c) cup d) met e) sort f) fox g) England h) wish i) allowed j) live  
 (grant - accorder)

## Virelangue

(Répétez trois fois)

Three free throws

## Interesting expression

And Bob's your uncle!  
 Et voilà! (le tour est joué)

## Very bad joke

What are the three quickest ways of spreading gossip?  
 3. Telegram  
 2. Telephone  
 1. Tell a woman



## 2 - Up or down!

Choisissez 'up' or 'down' pour vous aider à trouver la bonne traduction

Fed...	1	a	Descendez
Lay...	2	b	Vomir
Save...	3	c	Calmez vous
Upside...	4	d	En avoir marre
Throw...	5	e	Déchirer
Sit...	6	f	Courage!
Tear...	7	g	A l'envers
Cheer...	8	h	S'allonger
Get...	9	i	Asseyez-vous
Calm...	10	j	Faire des économies

## 3 - Trouvez les équivalents en français de ces phrases idiomatiques

Heads or tails?	1	a	C'est à toi de décider
Bottoms up!	2	b	Bon débarras!
It's up to you	3	c	Plus de bruit que de mal
Upside down	4	d	Tiré par les cheveux
Brand new	5	e	Quand on parle du loup
Far-fetched	6	f	Éclatez-vous
All bark and no bite	7	g	A l'envers
Let your hair down	8	h	Pile ou face?
Good riddance	9	i	Cul sec
Talk of the devil!	10	j	Flambant neuf

## Daft Joke

Why did the cow cross the road?  
 He wanted to go to the mooovies.

(moo - meuh)

## And another....

How is getting up at 6am  
 like a pig's tail?

It's twirly!

(twirly - tournoyant)

(sounds like 'too early')



## 4 - C - is for Cave

Trouvez les définitions des mots suivants, qui commencent tous avec les lettres Ca

cauliflower	1	a	baby cow
care	2	b	not planned or arranged
caterpillar	3	c	person who works with wood
cardboard	4	d	knitted woollen jacket
candle	5	e	thick paper for making boxes
cap	6	f	protection and attention
calf	7	g	soft, flat hat
casual	8	h	large round vegetable
carpenter	9	i	small worm with short legs
cardigan	10	j	wax stick that burns

## Suggérer quelques chose

Comme dans toutes les langues, il y a plusieurs façons de proposer quelque chose à quelqu'un. En voici quelques unes

How about + verbe + ing

How about going into Perpignan?

(Si on allait à Perpignan)

Shall we + verbe

Shall we go?

(On y va?)

Why don't we + verbe

Why don't we go to the cinema?

(Pourquoi pas aller au cinéma)

Let's + verbe

Let's stay at home tonight.

(Restons à la maison ce soir)

We could + verb

We could eat pizza

(On pourrait manger des pizzas)

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## Spain Closes for Chris

No, I didn't miss the 'mas' off the end.

October 12th, (Sunday this year) is Día de la Hispanidad, national holiday in Spain, commemorating the exact date that Christopher Columbus set foot in the Americas - so naturally everyone gets the day off in his honour! Good ol' Christopher!

## THINGS YOU MIGHT NEED TO KNOW



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CERET, villa (120m<sup>2</sup>) panoramic views of Canigou  
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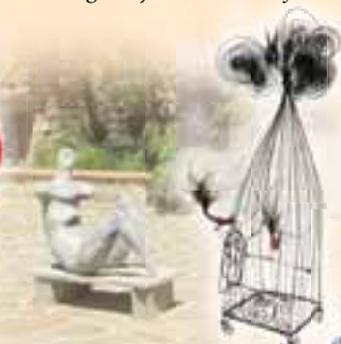
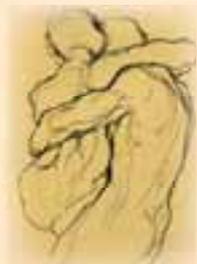
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## CHOOSING THE BEST WOOD FOR YOUR WOODBURNER by Gill Storey

Rating 10 corresponds to wood which gives the greatest heat per dm<sup>3</sup> (litre) and 5 to the wood which only gives half as much heat. All firewood must of course be properly dried and stored carefully.

FRENCH	ENGLISH	RATING
Charme	Hornbeam	10
Chêne	Oak	9.9
Frêne	Ash	9.2
Érable	Maple	9.1
Bouleau	Birch	8.9
Orme	Elm	8.4
Hêtre	Beech	8
Saule	Willow	7
Sapin	Fir and Pine	6.7
Aulne	Alder	6.7
Pin Sylvestre	Scots Pine	6.7
Mélèze	Larch	6.6
Tremble	Aspen	6.5
Tilleul	Lime	5.7
Peuplier	Poplar	5.1

efficiency as heating material. It can be ordered by length (usually 50cm) although some stoves may take shorter lengths of wood.

### There's no smoke without fire

Fire damage resulting from a chimney fire is one of the most common insurance claims in France. Any chimney that is in use needs to be swept at least once per year. Many insurers will NOT pay out for fire damage without a cleaning certificate ("certificat de ramonage") which your chimney sweep (ramoneur) will leave you when he cleans your chimney. Of course, the most important reason for keeping your chimney clean is the risk of fire and the danger of breathing in carbon monoxide which stays in the house instead of being released through the chimney ☀

## Did you know?

### Origins of bonfire

Whilst it would be understandable to assume that the word 'bonfire' comes from the French, and describes sitting around a reet good fire, the word actually originates from 'bone fire', and describes the Celtic practice of burning animal bones to ward off evil spirits, and possibly to provide fuel. An occasional heretic is believed to have been chucked onto these fires too.

It is best to order wood from your wood merchant in early summer, as the price may go up later in the season. Make sure that you buy seasoned firewood that has been cut and dried out for at least a year, as freshly cut wood has a very high moisture content and will leave creosote deposits in your chimney. Wood is sold by the stère (cubic metre) and there are 1000 dm<sup>3</sup> in a stère. The price varies with its

## LOG IN TO BOIS DU CANIGOU!

They say that firewood warms you up twice: once when you stack it and again when you burn it, but how do you know that you're not going to get your fingers burnt on price, quality and quantity?

Jean Luc has spent his entire life in the wood industry. His move to the foothills of Canigou ignited a flame for his English wife Anne and re-ignited a burning passion for wood. Together they created Bois Du Canigou with one clear goal - to supply quality logs and a bi-lingual service for their clients, whether ordering 1 stère or 100 - with stacking service on request. Thanks to state of the art cutting and weighing equipment, the quantity is spot on and you wont be watching your money going up in smoke this winter. (Stère - one cubic metre (from Greek stereos meaning 'solid')

Je ne bois jamais rien de plus fort que le gin avant le petit déjeuner. W.C. Fields  
(Ooops, sorry. Wrong kind of bois!)

### Useful vocab with 'bois' (wood)

- gueule de bois - hangover
  - bois de chauffage - firewood
  - bois de construction - timber
  - bois de pin - pine
  - bois mort - dead wood
  - charbon de bois - charcoal
  - chaudière à bois/granulés de bois wood/ wood-pellet fuelled boiler
  - chèque en bois - rubber cheque
  - feu de bois - wood fire
  - toucher du bois - touch wood
- Comment s'appelle un boomerang qui ne revient pas ?  
Un bout de bois.



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# AIRPORT NEWS

With JOHN FAIRCLOUGH



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## AUTUMN 2014

Over the summer months, air travel has been in the news for all the wrong reasons. New security measures have been threatened by the US and European authorities, but so far, I have heard of no special developments in that regard, nor any disruption/delays on flights from or to our local airports.

One pleasing development has been the continuation of Ryanair's more 'customer friendly' approach. The addition of a second small bag allowance, the less heavy-handed weighing and sizing of cases, and the opportunity for families to sit together thanks to the competitively priced seat allocation choice have all been welcome features. More recently the Irish budget carrier has announced a further novelty of discounts on ancillary services if they sign up to a new online 'Family Extra' club. There is also now a simple application to enable booking via one's Smartphone.

Before we take a look at flights on offer at our local airports over the winter period, I'd just like to explain what I mean by 'Winter'. Airlines essentially operate two flight schedules over the year. Generally speaking, they run from/to the times when the clocks change...ie the summer period is from the last weekend in March to the last weekend in October, when the winter period begins and runs

till the following end of March. Of course there are often alterations to the basic schedule during Jul / Aug in summer and Christmas/New Year in winter. So for the purposes of this article, the schedules I'm referring to are from the commencement of the Winter 14-15 schedule till around Christmas. As always I'll publish any revisions to them in the winter edition of P-O Life, due out in early December.

The big news for PO residents and visitors for this year is the fact that, after a long absence, Ryanair have decided to operate from **PERPIGNAN** over the winter months. The only drawback I've seen is that the flight ex UK leaves at a rather unsociable 0630 in the morning!

STANSTED 3x pw Ryanair

Other French airports in our region appear to have a very similar service to previous winters

**CARCASSONNE** will be operating from their smart new refurbished terminal to

STANSTED 3x pw Ryanair

LIVERPOOL 2x pw Ryanair

DUBLIN 3pw Ryanair

From **BEZIERS** there is just one offering

LUTON 2x pw Ryanair

**MONTPELLIER** also has one destination.

GATWICK 5x pw EasyJet

**TOULOUSE** continues its essentially business focussed operation

HEATHROW 21x pw British Airways

GATWICK 16x pw EasyJet

BRISTOL 5x pw EasyJet

Every silver lining has a cloud attached, of course, and Perpignan's gain is evidently **GIRONA's** loss, as Ryanair barely feature the Spanish airport in their UK routes for the winter, with just one Scottish destination on offer.

GLASGOW (PREST) 2x pw Ryanair

So, yet again, anyone wishing to access the region via Spain will have to travel to/from

**BARCELONA** this winter

HEATHROW 40x pw BA/Iberia

GATWICK 14x pw BA

14x pw Vueling

30x pw EasyJet

5x pw Monarch

3x pw Norwegian

LUTON 8x pw EasyJet

SOUTHEND 4x pw EasyJet

STANSTED 28x pw Ryanair

MANCHESTER 3x pw Ryanair

3x pw Monarch

2x pw Jet 2

LIVERPOOL 4x pw Ryanair

5x pw EasyJet

BIRMINGHAM 4x pw Ryanair

BRISTOL 5x pw EasyJet

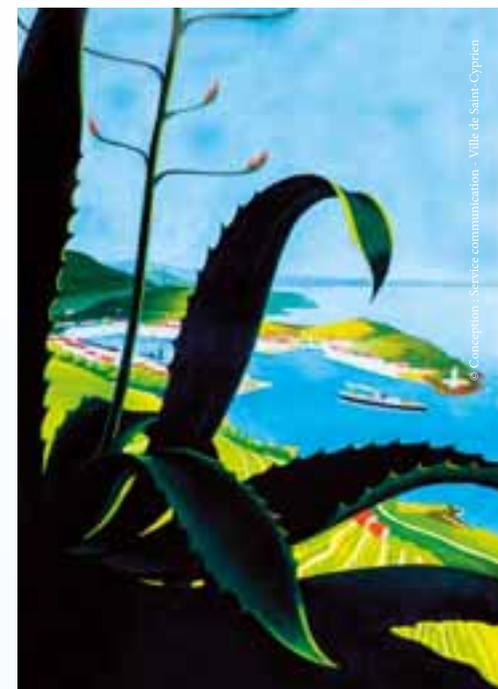
NEWCASTLE 4x pw EasyJet

LEEDS BRADFORD 2x pw Jet 2

EDINBURGH 3x pw Ryanair

DUBLIN 7x pw Aer Lingus

As ever, for further more specific details refer to the Airlines' own websites. And, the usual plea; if you come across any routes other than the ones listed here (written end July 14), please let us know here at PO Life. ☀



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MUSÉE CULTURE

## Customer service in France

*A tongue-in-cheek look at the French 'accueil'*



**I've lived in France for a large chunk of my extremely privileged and happy life. It's home... and for the most part, I wouldn't change a hair on its hexagonal head. But, like all that is human, life in France is not perfect, particularly on the administration and customer services front.**

Reputable French admin and retail outlets will tell you that 'le client est roi' (the customer is king) - but we all know what France did to its kings - don't we?

Now don't get me wrong, I have had good service as well as bad, smiles as well as frowns, thoughtfulness and cooperation as well as unpleasantness and rigidity - but the 'customer is always right' banner frequently sags under the weight of a nation of retailers and civil servants, (fonctionnaires), who tend to believe that, actually, the customer is usually wrong.

Some might even suggest that the least likely place to get satisfaction, or assistance in the French retail or admin sector is the desk marked 'Service Clientele'.

When up against blank faced disinterest, complaints made with irritation, anger or indignation in France simply do



**Mon père était fonctionnaire et ma mère ne faisait rien non plus.**  
*Colluche - French comedian and actor, famous for his irreverent sense of humour*  
**(fonctionnaire - civil servant non plus - either)**

not work. Nor does being smiley, warm and friendly. Far better to tell a sad hard luck story of broken Hoover, parts missing, papers lost or non-functioning Internet, in a defeatist, 'how-useless-am-I' manner, with a pathetic little smile to prove that you are not blaming the item or the person. Appeal to your opponent's sense of pity and pray for absolution, I mean resolution.

Unfortunately, once a job offer comes with a full time contract or CDI (Contract Duration Indeterminée), French law makes it virtually impossible to get rid of a lazy, incompetent or uncooperative employee, which is why we may regularly come across bored looking receptionists, cashiers or admin clerks. They don't NEED to please us. Their job is assured forever and a day, so why make that extra effort?

So do I have any useful advice to ease your passage along the thorny path of admin, exchange and return? Heck no! I would like to tell you not to take 'no' for an answer, to fight your corner - but in truth, I'm not sure that would improve your situation. Maybe the best solution when faced with poor customer service, rather than spend the rest of the day and most of the night fuming and going over what you should have said, is to give a good old 'Gallic Shrug', accept that 'c'est la vie', and save yourself a fortune in blood pressure remedies!

## What the French have to say...

### Olivier, Maureillas

*Ayant vécu pendant plusieurs années à l'étranger, je me suis aperçu en revenant en France, que l'idée de service n'était pas vraiment présente. Je vois souvent des exemples où le client n'est pas bien accueilli.*

*J'ai souvent d'impression de déranger quand je demande un renseignement ou fais une réclamation. Je pense que la région a beaucoup à apprendre d'autres pays.*

### Brigitte, Le Boulou

*Je travaille chez (large supermarket chain) depuis 11 ans. Franchement, il n'y a aucune motivation pour me persuader de faire plus que le minimum. Je touche le SMIC, si je fais plus de travail, personne ne l'apprécie ou me remercie. A quoi bon? Le client est roi? Vous plaisantez! Moi aussi, je mérite un peu de respect!*

ayant - having vécu - lived  
 à l'étranger - abroad  
 je me suis aperçu - I noticed  
 en revenant - on returning  
 accueilli. - welcomed  
 déranger - to disturb/put out  
 Franchement - honestly Je touche - I earn  
 Le SMIC - minimum wage  
 personne ne - nobody  
 A quoi bon - what's the point?  
 Vous plaisantez - you're joking

### Making a complaint

Je ne suis pas content/e I'm not happy  
 Ce ne marche pas It doesn't work  
 Ça ne va pas It's no good  
 Je voudrais faire une réclamation/me plaindre  
 I want to make a complaint  
 Je ne suis pas du tout satisfait  
 I'm not at all satisfied



## Winterising your pool

Olivier, of TPM, gives us some tips for winter pool care.

Taking the time to properly winterize your swimming pool is likely to make it easier to open when the warm weather returns. Despite common belief, winterisation is mainly to protect the installation from frost damage although it also aims at preventing green water.

In my experience some pools will still turn green despite the winterising process.

The following tips for winterisation apply particularly to the P-O plain and coastal region, and may not be relevant in colder climates.

- Winterise your pool when the water temperature reaches 15°C. This may be as late as December.
- Clean and vacuum thoroughly, including walls and bottom.
- Make sure your PH is between 7.2 and 7.6.
- Shock the pool with chemicals appropriate to your installation and leave on full filtration for 24 to 48 hours, followed later by the addition of a winterising product. Always follow manufacturer's instructions. Repeat whole procedure half way through winter
- Set up pool filtration to turn for a couple of hours in the early morning, to keep the product moving and prevent ice formation.
- Where applicable, make sure that the overflow pipe is clear to allow excess water to drain off in case of heavy rains.
- Cover pool and disconnect alarm if applicable.

- As the temperature in the PO rarely drops below freezing, you may or may not wish to drop the water level below the return outlets. If you do, put in a 'gizmo' which plugs the skimmer and absorbs pressure created by ice if pool fills back up from winter rains. Make sure that the elastics of your floating cover (if applicable) are not over stretched, and that security covers with bars are protected with a 'kit neige' to prevent damage from the weight of the snow.
- You may prefer to quite simply turn everything off, and sort it out at the opening! Be prepared to deal with a green pool on opening and cross your fingers that there is no 'Big Freeze'. If the temperature looks likely to drop below minus 5, turn your filtration back on.
- For above ground pools, it is recommended to drain whole filtration system and pool below return outlets as the pipes are exposed. It is not really worth putting in winterising products as products will not mix properly without filtration.
- If you do drain your filtration system, open the cover of your filter and pump, and leave the handle of the six way valve in between any two positions,

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### Test your French

- answers p44-45

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

### Améliorez votre Anglais

- answers p46-47

1. 1d 2h 3j 4a 5i 6e 7b 8g 9c 10f
2. 1d (up) 2h (down) 3 j (up) 4 g (down)  
5 b (up) 6i (down) 7e (up) 8f (up)  
9 a (down) 10c (down)
3. 1h 2i 3a 4g 5j 6d 7c 8f 9b 10e
4. 1h 2f 3i 4e 5j 6g 7a 8b 9c 10d



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[www.csf-suddefrance.webs.com](http://www.csf-suddefrance.webs.com) | [www.csf-forum.org](http://www.csf-forum.org)

CSF - Sud de France (11,09,66) Association no. W 112000594

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Lizzie's Kitchen, Route de Prades

Ille-sur-Têt 10H00 to 12 noon Third Wednesday of the month

**and at our Book Exchange at** Café des Artistes, Laroque des Albères 10H30 to 12 noon Third Monday of the month



# Who You Gonna Call?

## Emergency Numbers

<b>SAMU (medical emergency)</b>	<b>15</b>	<b>Directory enquiries</b>	<b>118 008</b>
<b>Police emergency</b>	<b>17</b>	<b>International directory enquiries</b>	<b>118 700</b>
<b>Fire service emergency</b>	<b>18</b>	<b>International Mastercard</b>	<b>08 00 90 13 87</b>
<b>European emergency line</b>	<b>112</b>	<b>Local weather forecast</b>	<b>08 36 68 02 66</b>
<b>SOS Doctor 24/24</b>	<b>08 20 20 41 42</b>	<b>GDF (gas problems)</b>	<b>08 10 43 30 66</b>
<b>Emergency vet</b>	<b>04 68 55 55 83</b>	<b>EDF (electricity problems)</b>	<b>05 56 17 40 70</b>
<b>Anti-poison centre</b>	<b>04 91 75 25 25</b>		
<b>Perpignan hospital</b>	<b>04 68 61 66 33</b>		
<b>CPAM (English spk serv)</b>	<b>0811 36 36 46</b>		
<b>Cancer support France</b>	<b>04 68 69 01 37</b>		

You can use the European emergency number 112 in any EU country from any telephone. You do not need a card or money to ring this number from a pay phone. 112 may also be used from a mobile to connect you with all emergency services.



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**SOS Help** .....01 46 21 46 46  
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 Vinça ..... www.apis.fr

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**Maison Guizard** .....04 68 51 30 20

## Garages/Car Mechanics & Bodywork

**Carrosserie Art** - Andy .....04 68 56 49 56 or 06 28 97 74 27  
Panel beating & spraying ..... www.carrosserie-art-66.com

## Garden Services

**La Main Verte** ..... 06 77 03 04 46  
Gardening, Landscaping & Tree felling throughout the PO  
**MSB Property Services** .....04 68 51 80 46 or 06 43 22 86 15  
**TPM** - Maureillas .....06 75 46 93 65  
www.tpm66.com

## Gift Ideas

**Au Coeur du Bien-Être** .....06 64 81 99 49  
An inspired range of products promoting health & well being  
33 Route de Collioure, Argelès  
**Ciel & Bleu**, 1 rue Jules Palms, Port-Vendres .....06 42 08 61 10  
Fine porcelain, table decorations, teas, beauty products etc  
**Le Fanal**, Banyuls-sur-Mer ..... 04 68 98 65 88  
Gift sets (Dinner for 2, Spa etc) ..... www.pascal-borrell.com  
**70th Chocolate Park**, Canet Plage .....04 34 29 42 38  
Home-made chocolates, cakes & biscuits ..... fb: 70th-Chocolate-Park  
**Hair & Beauty**  
**Gomina Coiffure** Unisex .....04 68 83 43 84  
11 rue des Pyrénées, Le Boulou  
**Sam's Salon** .....04 68 29 78 74

## Health & Well Being

**Au Coeur du Bien-Être** .....06 64 81 99 49  
An inspired range of products promoting health & well being  
33 Route de Collioure, Argelès  
**Cristaline** English speaking Reiki practitioner .....06 31 97 64 79  
Argeles Sur Mer ..... www.cristaline-soins-energetiques.com  
**Elisa Jarry** .....04 68 88 84 47 or 06 88 85 18 87  
registered practitioner of natural medicines  
**Frédéric Campana** .....06 19 22 22 48  
English Speaking Osteopath in Collioure ..... Free client parking  
**Elizabeth** Ille sur Têt .....06 12 98 39 06  
Massage, Reflexology, Indian Head Massage. VTCT qualified  
**Shereen Roopi Daniel-Defour** .....06 67 06 78 38  
English speaking clinical psychologist ..... shereendefour@gmail.com

## Hearing Tests

**Optique Clote Vermeille** .....04 68 85 12 92  
English speaking hearing tests ..... Port Vendre

## Heating & Insulation

**La Gaieté du Feu** Stove specialists .....04 68 54 13 13

## Help in France



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**06 70 70 62 10**  
www.theevesolutions.com

**Carole Cassoly** - admin help / translation  
Prades area - levignesus@hotmail.com .....06 11 44 15 95  
**Chez Liz** .....04 68 88 84 47 or 06 88 85 18 87  
**Eve'Solutions** .....04 68 88 46 34  
Ease your life in France .....06 70 70 62 10  
**France - SOS, Louise Sayers** .....04 68 56 54 22  
Translation & administrative service .....06 20 03 54 46

## Holiday Reservation Services

**Villa Living** .....06 10 05 06 90  
Property management & reservation service villaliving.fr@gmail.com

## Home & Decoration

**Au Coeur du Bien-Être** .....06 64 81 99 49  
Health & well being products ..... 33 Route de Collioure, Argelès

## Insurance

**Allianz** Céret .....06 43 80 73 51  
R.Estebe-Rigall ..... 4006701@agents.allianz.fr  
**AVIVA** ..... Prades 04 68 96 38 73  
..... Céret 04 68 87 04 83  
**AXA** - St Génis - Cô .....04 68 89 72 75

## Kennels

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## Kitchens

**Cuisines de la Grone** .....04 68 81 02 49  
Kitchens, storage & dressing rooms ..... www.cuisinesdelagrone.com

## Lawyers & Notaires

**André Slatkin** .....04 68 35 24 06  
English speaking Lawyer based in Perpignan andre.slatkin@slatkin.fr

## Marketing Services

**Blyth Spirit** ..... www.blyth-spirit.com  
Websites, brochures, flyers, Signs & Vehicle graphics  
**Marketing66** .....04 11 64 59 85  
Offering a full range of marketing support ..... www.marketing66.fr

## Massage & Reflexology

**Elizabeth** Ille-sur Têt .....06 12 98 39 06  
Massage, Reflexology, Indian Head Massage. VTCT qualified

## Opticians

**Port-Vendres** .....04 68 85 12 92



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## Osteopaths

**Frédéric Campana** .....06 19 22 22 48  
English Speaking Osteopath in Collioure ..... Free client parking

## Panel Beating & Spraying

**Carrosserie Art** - Andy .....04 68 56 49 56 or 06 28 97 74 27  
Panel beating & spraying ..... www.carrosserie-art-66.com

## Places of Worship

## ANGLICAN CHURCH VERNET-LES-BAINS

**06 04 50 31 37**  
**04 68 05 37 49**  
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## RIVERCHURCH

**06 35 92 91 99**  
International English - speaking church  
[www.riverchurch.com](http://www.riverchurch.com)

## Pools

**TPM** .....06 75 46 93 65  
cleaning, maintenance, accessories ..... info@tpm66.com  
**MSB Property Services** .....04 68 51 80 46 or 06 43 22 86 15

## Picture Framing & Mounting

**Art Deco** .....04 68.87.07.93  
LE BOULOU (opposite the post office) ..... www.artdeco66.fr

## Plumbers & Electricians

**ACP Plumbing & Heating**, Pollestres .....06 21 30 01 30  
We cover all of the P-O .....04 68 85 51 96  
**Languedoc Electrics** .....04 68 42 37 97  
**Robert Morley** .....04 68 37 96 50  
www.morleyrenovation.eu .....06 80 34 45 17



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[www.morleyrenovation.eu](http://www.morleyrenovation.eu)

**VNelec** - Stephan .....06 13 24 87 47  
**Walter v.d. Hoogen** .....06 25 24 00 81  
English & Dutch speaking Electrician

## Property & Project Management

**Eve solution** .....06 70 70 62 10  
Port-Vendres  
**MSB Property Services** .....04 68 51 80 46 or 06 43 22 86 15  
Home, pool & garden maintenance . www.msbpropertieservices.com  
**TPM** - Maureillas .....06 75 46 93 65  
www.tpm66.com  
**Villa Living** .....06 10 05 06 90  
Property management & reservation service villaliving.fr@gmail.com

# English speaking services...

## Restaurants & Bars

**Auberge des Albères** .....04 68 89 88 38  
www.auberge-des-alberes.com

**Café des Artistes** .....04 68 89 76 53  
Laroque des Albères ..... www.cafedesartistes66.com

**Côte Catalane**, Perpignan .....04 68 66 89 00  
Opposite Méga-Castillet cinema ..... www.cotecatalane.net

**Chez Pujol** .....04 68 82 01 39  
Port Vendres ..... www.chezpujol.com

**Le Fanal**, Banyuls-sur-Mer ..... 04 68 98 65 88  
Near the Aquarium ..... www.pascal-borrell.com

**Le Jardin de Collioure** .....04 68 95 12 52  
Route de Port Vendres, Collioure

**Le Jardin de St Sebastien** .....04 68 55 22 64  
Banyuls Sur Mer

**LE TRÉMAIL** .....04 68 82 16 10  
Collioure ..... www.restaurant-letremail.fr

**Oyster & Wine Bar** (La Criée) .....04 68 98 46 00  
Port-Vendres ..... www.cotecatalane.com

**La Marine**, St Cyprien Plage .....04 68 39 06 21  
Closed Monday & Tuesday

**Restaurant Pierrane** .....04 68 56 83 01  
VILLELONGUE-DELS-MONTS ..... www.lapierranne.com

**Le Portofino**, St Cyprien Plage .....09 51 58 89 55  
www.leportofino-restaurant.fr

**Le Bounty**, St Cyprien Plage .....04 68 37 19 64

**L'Ane Rouge**, St Cyprien Plage .....07 70 57 01 10  
f: lanerouge66750 .....04 68 88 23 07

**Spaghetteri'Aldo**, Perpignan .....04 68 61 11 47  
f: Spaghetterialdo

## Sky TV Installation

**Skydigi** .....04 68 87 18 30



## Take-Aways

**La Criée**, Port-Vendres .....04 68 98 46 00  
Fish, seafood, Paella & Bouillabaisse to take away

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**Côte Catalane**, Perpignan .....04 68 66 89 00  
Seafood Platters to take away ..... www.cotecatalane.net

## Tearooms

**70th Chocolate Park**, Canet Plage .....04 34 29 42 38  
70 av de la Côte Vermeille ..... fb: 70th-Chocolate-Park

**Ciel & Bleu**, Port-Vendres .....06 42 08 61 10  
1 rue Jules Palms - overlooking Port, near obelisk

## Transport

**Taxi Belesta** .....04 68 96 78 51 or 06 37 77 43 15  
Airport transfers & travel 24/24 - 7/7 ..... www.taxi-belesta.com

## T Shirt Printing

**Blyth Spirit** .....06 68 05 86 71  
Personalised hats & clothing for businesses & associations  
..... www.blyth-spirit.com

## Wedding & Party Planning

**Coup 2 Coeur** .....06 28 26 15 63  
Tailor made, All inclusive wedding packages in the PO  
..... www.coup2coeur-organisation-mariage.com

## Website Design & Hosting

**Blyth Spirit** .....04 68 05 86 71  
Websites, vehicle graphics, logos, brochures . . . www.blyth-spirit.com

**Marketing66** .....04 11 64 59 85  
Offering a full range of marketing support ..... www.marketing66.fr

## Windows & Conservatories

**Tryba** .....04 68 55 05 05  
Windows, doors, shutters ..... www.tryba.com

**Le Vérandier** .....04 68 55 05 05  
Conservatories and Sun Rooms ..... www.le-verandier.com

## Wine & Beer

**La Brasserie De L'Ours** .....04 30 44 36 31  
Artisanal Beers ..... labrasseriadelours.com

**V&B** - Mas Guerido ..... 04 68 86 36 68  
..... Wine & Beer Cave & Bar

## Wood Suppliers

**Thierry Bouthors**, Latour-Bas-Elne .....06 85 10 68 18  
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