

Summer 2016

# P-O Life

*Life in the Pyrénées-Orientales*

N° 52  
FREE / GRATUIT



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Que font  
deux  
brosses à  
dents le 14  
juillet ?

Un feu dentifrice!

**EDITO:-)**

*Hola amics meus*

*The heady scent of lavender mingling  
with suntan oil and barbecue, that  
delightful 'apéro' on a balmy evening,  
accompanied by the sweet background  
music of frogs and crickets, cold  
beer, local wines, outdoor meals,  
street dancing, music festivals....  
That's summer in the P-O!*

In this edition, we take you round some of the great music and dance festivals of the region to get your toes tapping, along with some fabulous days out as usual.

From the heights of Amélie with Tim and Chris to a picnic in Serralongue with Katja, your P-O summer will sparkle. Join Ellen as she chats to a lady vigneron, John on a guided tour of the new Perpignan airport, Clare as she tells the tale of a tower, and the Warblers who advise on whether to stay put or run!

And if all that doesn't keep you busy, there's always loads happening on our website at [www.anglophone-direct.com](http://www.anglophone-direct.com). Register at the top of the home page and leave your comments, good, bad and ugly. Oh, and have you registered for our free weekly newsletter? If you have, but you're not receiving it, try again - it's great to receive the P-O directly into your virtual mail box every week! Just drop your email into the space et Robert est ton oncle!

*Enjoy your P-O Summer*  
Kate

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**5 mins from CERET:**  
Bright, loft-style village house with workshop, open kitchen with balcony, living room, bathroom with walk in shower and a large bedroom on mezzanine.



REF: 4680  
PRICE : 118 000 €  
Dpe Not known



**CERET:** Pleasant, well renovated Catalan Mas. Three bedrooms, kitchen, living room, two bathrooms. Garage and land of 5,000m² with panoramic views.



REF: 4352  
PRICE : 272 000 €  
Dpe D



**CERET:** Superb villa on 2,500m² of land with great views and two bedroomed annex with large terrace. Detached garage and swimming pool.



REF : 4736  
PRICE : 438 000 €  
Dpe D



**Near LE BOULOU:** Magnificent villa with quality fittings. Swimming pool, 3 bedrooms, large living/dining room, kitchen, conservatory veranda, 2 bathrooms, double garage, on private plot of 820m² land.



REF: 4723  
PRICE : 468 000 €  
Dpe C



**CERET:** Delightful house in quiet area. Spacious living/dining room/kitchen, 3 bedrooms, 2 bathrooms, laundry/utility area, terrace with great views, dressing room and garage.



REF: 4678  
PRICE : 275 000 €  
Dpe C



**CERET:** Apartment consisting of entrance, toilet, large bedroom, shower room, large living room with open kitchen and 3 balconies overlooking the fountain. Bright and in good condition.



REF: 4251  
PRICE : 119 000 €  
Dpe D



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Thank you so much to **Lesley**, a great copy reader, when I needed you most.  
I can now unashamedly blame you for all my mistakes!

## CONTACT US

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### EDITORIAL

For editorial queries & comment email: [info@anglophone-direct.com](mailto:info@anglophone-direct.com) - 06 79 61 96 46 (editorial only)



WELCOME TO THE PYRENEES-ORIENTALES!

[www.tourisme-pyreneesorientales.com](http://www.tourisme-pyreneesorientales.com)

Agence de Développement Touristique  
2, bd des Pyrénées - CS 80540 - 66005 Perpignan Cedex  
Tél : +33 (0)4 68 51 52 53 - [info@cdt-66.com](mailto:info@cdt-66.com)



# WALK The REGION

with Tim  
and Chris Parker

## AMELIE CIRCULAR: Le Drapeau, Chapelle St Engracia

A 4h 15m – 10km circular with approx 770 metres of ascent during the walk. Well signed route with blue spots throughout and some yellow waymarks in parts.

### ACCESS

map IGN 1:25000 CERET:

AMÉLIE LES BAINS – PALALDA 24490T



signs along path

**T**ake the D115 from Le Boulou to Amélie les Bains. Park by river off main street or in Charles de Gaulle underground car park at roundabout near entrance to the town.

**START OF WALK:** at left hand side of entrance to underground car park. Up ramp 15 metres to find start of path signed Le Drapeau, Montalba, Roc de France on right. Climb up this broad rocky path through woodland to junction of paths (approx 40 mins).

➡ Turn right, away from path to Roc de France. At this point the path immediately splits again. To right is the path to Le Drapeau (15min detour aller retour) or left to continue our walk. Super views from Le Drapeau over the town.

➡ Take this left branch which descends slightly, and contour round the hill with wonderful views of Le Massif du Canigou and down to Les Gorges du Mondony.

➡ Arrive at the D53 (1h 25mins). Walk down road and over bridge crossing river Mondony. A parking area near the bridge and path down to river suggests this is a good place for river swimming in summer.

➡ About 80 metres after bridge, just round bend, take path on left, which starts as hairpin to the road. [Path rises behind ruins of a house, so if you walk up the road and pass the ruins you have just missed the path. There is a blue spot at start of path and on trees en route. If you do decide to walk up the road for a further 2 kms, a steep path goes from the D53 to meet our described route at later point]

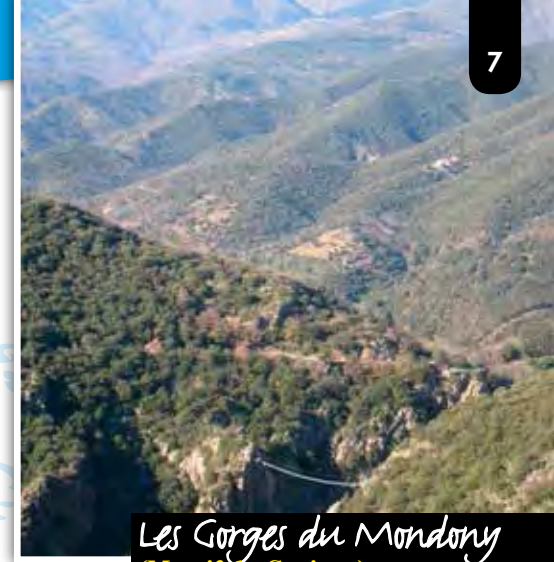
➡ After 5 mins, reach a road. Walk down 50metres to pick up signed route to La Chapelle d'Engracia. This path rises, contours round the hills, and after passing a ruined Mas and outbuildings, climbs steadily uphill in a series of zig zags. (Alternative path, mentioned above, joins after the ruined Mas and before the zig zags).

➡ Near ridge wooden signs for two options – approach via Mas de St Engracia, or take lower route via Les Terraces.

➡ Chapelle St Engracia is at 653metres above sea level. (2 ½ to 2 ¾ hrs to this point)

The charming and well restored chapel is usually open and has lovely stained glass. There is a book for visitor comments. We were advised by another local walker that the wonderful ironwork on the doors is made from a special type of iron which will never rust. Behind the chapel is a viewpoint looking into the valley and across to Roc de France (1450m).

➡ Take main path away from chapel continuing in the same direction as when you approached it. Path is edged with logs. Arrive at junction with bench. Here follow path right (blue spot) or go straight on to meet main path downhill – the other path meets this one a little lower.



Les Gorges du Mondony  
(Massif du Canigou)



Ruined Mas



Chapelle St Engracia

# WALK The REGION

with Tim and Chris Parker



Viewpoint looking into the valley and across to Roc de France (1450m).



Soon pass some interesting carvings on the tree trunks. Where the path meets a piste at a bend, continue down footpath by side of a Catalan shield painted on rock. Path goes downhill for a long way looking over Arles sur Tech, then Amélie. Where it meets a tarmac road, cross directly opposite to continue.

Pass la Source de la Madone then continue down to town to the right of the road. The path emerges on a steep concrete road, which leads down to Les Thermes and town centre. Return to parking (4h 15mins including stops/visit).

Even in winter you will find a place for refreshments in Amélie.

In summer it is very lively with plenty of bars and restaurants •

Ironwork on the doors is made from a special type of iron, which will never rust.



....and while you're in the area....

Combine a visit to Amélie with a drive up to the delightful village of Montbolo, with its amazing views and large fortified XII century church. Take lunch or dinner at the *Bistrot du Pays* with its 'point d'art' and traditional Catalan cuisine, wander through the 'jardin botanique' and the fascinating 'parcours géologique' where the different stones mined around Canigou are on exhibition. Or if you're feeling fit, walk up to the old mine workings of Batère, for a fascinating insight into the mining industry of Canigou's past, with views over Canigou, the Albères, the Vallespir, the Tech valley, the Roussillon plain and the Mediterranean.



## Vocab...

### LA RANDONNÉE.....(hiking/walking)

- .....renforce le squelette et les articulations
- .....limite les risques cardio-vasculaires
- .....lutte contre le surpoids et l'obésité
- .....libère la respiration
- .....entretient les muscles
- .....renforce le système immunitaire
- .....fortifie le cerveau
- .....redonne le moral
- .....éveille les sens

renforce – reinforces / squelette – frame  
 articulations – joints / lutte – fights  
 surpoids – excess weight  
 entretient – maintains / cerveau – brain  
 éveille – awakens



Amélie in the 70s



# FEMMES FORMIDABLES

The continued success of the Domaine Piétri-Gérard in Collioure proves that a woman's place is.....

*...in the vineyard.*

With  
Ellen Turner Hall

**L**aetitia Piétri-Clara, with the halo of curls and playful smile of a Baroque angel, is in fact the hardworking manager of the family business. Representing the fourth generation of winemakers, Laetitia runs the domaine with the same passion that inspired her great grandfather Etienne to venture into winemaking as a sideline to his medical practice.

Laetitia set out on a completely different career path, studying visual communications in Paris. Back in Collioure she worked on projects such as the creation of the "route des vins" for the Maison de la Vigne et du Vin and the Chemin du Fauvisme. Little by little she started to work with her mother, Maguy, who had taken over running the vineyard. The two women spent hours together working in the vines, talking about the grapes and their different qualities. No wonder Laetitia became "completely absorbed by wine". Eventually she went to Australia to train as a winemaker.

Now living in her grandfather's house, Laetitia says her ancestors are very much present. She feels a responsibility to continue the familial tradition. A self-confessed perfectionist, she claims that to produce a great wine

a minimum of "ten years of experience is necessary", working the vines, tasting the grapes and testing the results.

In the Domaine of 20 hectares, each plot has its own character. According to Laetitia, what makes Collioure wines so special is the salinity that comes from the sea and the minerality that comes from the schist. She notes that these two elements combine in her Collioure Blanc (80% Grenache) to produce a pleasingly fresh and light wine.

Is there a special connection between women and wine? As a member of an association of female winemakers in Languedoc-Roussillon called "Vinifilles", Laetitia is convinced that women have a distinct way of talking about and presenting wine. Their network cultivates a spirit of openness and provides a platform for discussing common problems.

Will 2016 be a good vintage? Laetitia says she will know only around the second half of August when she goes into the vines and tastes the grapes. Depending on their sweetness and juiciness and the resistance of the skin, she makes her selection. "Each wine is conceived like that. Each year has its own character."

Domaine Piétri-Géraud offers a wide selection of Collioure wines, Banyuls and Muscat de Rivesaltes. Wine-tastings and visits are available in French and English.

For opening hours and further details:  
[www.domaine-pietri-geraud.com](http://www.domaine-pietri-geraud.com)



Laetitia  
Piétri-Clara



Domaine PIETRI-GERAUD  
"La Vieille Cave"



# FESTIVAL & TRADITIONS

## Piano in the Cathedral Piano Fortissimo Festival

22nd – 24th July - Elne

Elne, ancient capital of Roussillon, its stones steeped in 2,500 years of history, is an inspiring and fascinating town. Every year, the town offers music lovers the chance to attend prestigious concerts by high quality pianists, organised in the beautiful romanescque Elne Cathedral. Many of the artistes are already well known for their musical skills and styles, and happy to share the great masterpieces of the world through generous and inventive programmes.

**'Hard to highlight - they are all wonderful' say the festival organisers.**

### highlights

#### Friday

Philippe Cassard - a great pianist, passionate about music.  
Beethoven, Brahms, Mendelssohn, Schumann...

#### Saturday

Hortense Cartier-Bresson - an outstanding and devoted pianist.  
Bach, Faure, Mendelssohn, Brahms...



**For full programme...  
more info and reservations  
[www.ene-piano-fortissimo.fr](http://www.ene-piano-fortissimo.fr)  
04 68 22 05 07 or email  
[tourisme@ville-ene.com](mailto:tourisme@ville-ene.com)**



## Dancing in the streets Festival Folklorique International

28th July – 7th August

Take a journey through the dance culture and traditions of other nations when hundreds of dancers light up Amélie in a kaleidoscope of colour and rhythm.

Created in 1935 by Jean Trescases, founder of the 'Danseurs Catalans d'Amélie', the yearly Festival Folklorique in Amélie-les-Bains is actually the oldest festival in the Pyrénées Orientales. Belarus, Martinique, Slovakia, Mexico, Columbia are just a few of the participating countries, along with the region's very own 'danseurs catalans'.

### highlights

#### Thursday - AMÉLIE EN FÊTE

Eat, shop, drink and be merry - surrounded by music and dancing. Dance till dawn at the BAL DES NATIONS (Free - espace Amélie en Fête espace le château next to the théâtre de verdure)

#### Friday eve - FIESTA AMERIQUE LATINE

Latin American dinner dance and show with dancers from Mexico and Brazil

#### SATURDAY & SUNDAY

Different live shows with all the groups.



**For full programme...  
more info and reservations  
[www.amelie-les-bains.com](http://www.amelie-les-bains.com)  
Tel: 04 68 39 01 98**

28th July - 7th August, call  
**04 68 83 99 44**  
(10.00 am – 12.00 pm and 4.00 pm to 7.00 pm)

# FESTIVAL & TRADITIONS

## Music in the Villages LeS Musiques delS MontS Festival

4th - 7th August

Don't miss this exciting music festival, held in the small village of Villelongue, with emphasis firmly on the heritage and culture of the region and its surroundings, together with Catalan gastronomy. A variety of musical strolls, dinners and concerts ranging from classical, jazz, children's concerts, to contemporary and world music, will give you the chance to watch great entertainment played out in local scenery.

### highlights

#### Thursday

La grande roue de la musique! Turn the big wheel for a piece of random live music, jazz, classical, world music, Chut les Chiens (jazz)

#### Friday

Ciné-Concert Buster Keaton – Go West.  
Classical Concert Prieuré dels Vilar,  
Afro-funk-Reggae.  
Homage to the great Sun Ra



#### Saturday

Create your own musical cartoon strip  
Homage to John Zorn  
Concert Rumba catalane and tango

#### Sunday

Amane, Amane - Music from the orient,  
fusion jazz-rock.  
Firework display with music, dance and video

For full programme: [www.musiques-dels-monts.com](http://www.musiques-dels-monts.com)



More info and reservations  
06 64 44 03 20 or email:  
[academie.delsmonts2@gmail.com](mailto:academie.delsmonts2@gmail.com)

SUMMER IN....

# Arles Sur Tech



## les mercredis d'Arles

20th July – 17th August

Els Delai – Orchestre de Gérone – Anaïs Petit – Olivier Payré – Oques Grasses – Buhos – La Gran Pegatina

Arles sur Tech, in the Haut-Vallespir, may be just a small dot on the map compared to the Catalan capital of culture, Perpignan, or the jostling and jolly seaside resorts of the P-O, but don't be fooled.

**IN SUMMER, IT SHINES JUST AS BRIGHTLY!**

**EVERY WEDNESDAY**, Arles lights up with a varied and exciting programme of summer entertainment under the Arlésien stars, as well known artists from all over Catalonia, north and south, bring comedy, classical, pop, jazz, rock, blues, reggae, gypsy....

On the last day of the festival, **17 August**, don't miss exotic rock reggae band Buhos and La Gran Pegatina, brass, electric guitar, violin and vocals, lit up in the 'Carreau de la mine', atmospheric wasteland of the ancient iron mine depot - at just 10€ for admission.

**COP i FOC**  
19th - 21st August

As the curtain falls on the final 'Mercredi d'Arles' the village keeps on popping with a weekend of all aspects of Catalan culture, food, wine and traditions. **Giants, castellers, correfocs, traditional Catalan dances, bandas.....Wine, cheese and charcuterie will be plentiful** - and the weekend provides the perfect chance to discover the undersung village of Arles sur Tech.

#### Activities

Els Tirons - Gitanes - Bastoneres - Gegants - Diables et Tambours de l'Agrupacio de Balls Populars de Cubelles - Còbia Tres Vents - Aire Nou de Bao - Falcons de Vilafranca del Penedès - Pastorettes

#### Concerts

L'Homme Parle - Aspenat - Les Barbeaux  
Els Catarres

For loads more information and  
reservations 04.68.39.11.99  
or visit us at  
[www.lesmercredisdarles.fr](http://www.lesmercredisdarles.fr)  
Facebook: Les Mercredis d'Arles.

# A palace OF GLASS

**A**t the foot of the Albères Mountain range sits Palau del Vidre, 'palace of glass', so named in 1442, when glass makers from around France settled in the area.

Attracted by plentiful resources for glass blowing, the industry flourished, only dying out with the start of the French Revolution.

The annual **FESTIVAL INTERNATIONAL DU VERRE**, from the 29th July - 2nd August brings together talented glassmakers from around the world for five days of music and street entertainment. Admire and buy fabulous glassware, watch and participate in demonstrations of glass blowing and hot-glass sculpting, with over 100 glassmakers exhibiting in small 'pop-up' galleries. But don't wait for the festival to visit the five different glass-making workshops around the small village. Styles vary, from intricate handmade glass jewellery to glass blowing, to stained glass and engraving.

**Open every day during the Summer:  
10.00 am-12.30 pm and 2.00 pm-7.00 pm**

**LA VERRERIE D'ART. JORGE MATEUS**  
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WWW.VERRIER-DART-JORGEMATEUS.COM

Look out for La Verrerie d'Art, where master glass blower Jorge Mateus will be happy to show you his impressive showroom....and the kids can have a go at glass blowing and go home with a sphere with their name on it! Cool or what?

EXQUISITE, MURANO GLASS JEWELLERY  
AND FINE OBJECTS  
FREE DEMONSTRATIONS  
*L'effet Verre*  
*Création de bijoux et objets en verre.*  
2 place del Gall, 66690 Palau-del-Vidre - 06 72 89 56 88

Or pop across the square to l'Effet Verre where Marie Munos creates exquisite jewellery out of Murano glass and pearls, painstakingly crafted by blowtorch.

*Susanna Fonserè*  
  
BEAUTIFUL GLASS OBJECTS CRAFTED BY BLOWTORCH  
Come and visit our workshop  
Susanna Fonserè, 56 av Joliot-Curie, 66690 Palau-del-Vidre - 04 68 37 58 17

Alternatively, you may find that perfect gift in **Susanna Fonserè's collection**, on the corner (opposite the café) in the main street. She produces a range of beautiful objects using the same blowtorch technique.

## DID YOU KNOW



### The coolest bar in Canet

Feeling a bit hot under the collar? Could be a good time to try out one of only two ice bars in the whole of France, right here on our doorstep!

Don padded jacket and gloves to enter this unique bar where the furniture, and even the glasses are made from ice. And did you know that there are polar bears in Canet? A fun family affair in daytime, an atmospheric nightclub in the evening, this unique experience has to be one for the (ice) bucket list!

## DID YOU KNOW

### Crackling Correfocs

More popular now in south Catalonia than north, 'correfocs' are a Spanish tradition, meaning 'fire runs', that make sure that any festival goes with a bang! 'Devils' weave in and out of the crowd with sparklers, firecrackers, and roman candles, spitting fire. Great atmosphere, great fun.... but make sure you memorise the emergency phone number 112 just in case!



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RANDO ET CHARIOT - Chemin d'Ortaffa, 66690 PALAU-DEL-VIDRE



# FOOD & DRINK

## Restaurant REVIEWS

### DID YOU KNOW



### Water Fruity Melon!

It's time to cut down on the beer and burgers and stock up on watermelon if you want to spice up your love life! It seems that a chemical called citrulline found in watermelon (and also its Latin name) has a similar effect to Viagra! Researchers have found that eating watermelon helps the blood to circulate more easily as well as being good for your heart and immune system. It also contains the anti-oxidant lycopene which is good for your skin.

The following reviews are not adverts, they are just restaurants that I have enjoyed, or that friends have recommended. They are based on that person's opinion, on that day, usually taking into account the whole package. You might not always necessarily agree!

*Bon appétit!*

# 1

## LA PETITE AUBERGE DE MARIE,

VINCA

*with Lisa*

**W**e love to eat here. Great portions, family friendly and very reasonably priced. Traditional French fayre often with a local, Catalan twist and **always great value for money.**



**LA PETITE AUBERGE DE MARIE**  
74 Avenue Général de Gaulle,  
VINCA\_Tel: 04 68 05 91 24

# 2

## ALLANTOÏNE

RIVESALTES

*with John & Pam*



**A**ntoine Caballero and Nathalie Penelon changed this run down restaurant into a simple, attractive and welcoming interior. Antoine does the cooking, leaving Nathalie to handle the front of house. He uses only local and seasonal produce and makes all the terrines, patés and desserts.

Despite a fairly limited wine list, personally selected by Nathalie from local vineyards, we have yet to be recommended one that we did not enjoy.

Similarly the choice of dishes, whilst not extensive, is interesting and appealing. The **lunchtime menu is 16.50 € or 12,50 €** for the plat du jour. The **evening "Terroir" menu** is reasonably priced at **33 €** for entrée, main course and dessert or **6 € less for just two dishes.**

Nathalie takes pride in describing the dishes and their ingredients to all her customers and recommending wines to accompany, as well as preparing the aperitifs and serving the home-made amuses-bouches - so if you're in a hurry this may not be the place for you.

Bouillabaisse, Zarzuela and Poulet aux Gambas are amongst the dishes that you can order in advance either to eat in the restaurant or to take away.

**Open for lunch from Tuesday to Friday and Sundays, and dinner from Thursday to Saturday**

### ALLANTOÏNE

12 rue Simon Bonafos  
(alongside the Credit Agricole in the main square)

RIVESALTES - Tel: 04 30 19 70 72  
allantoinerestaurant@yahoo.fr

### DID YOU KNOW



### Keeping Vernet in Ice

The yearly Canigou race honours the intrepid ice carriers of the early twentieth century, who used to climb high into the mountain, cut blocks of ice from the hillside, and run back down with the ice on their backs to sell to the hotels of Vernet-les-Bains. On the first Sunday of August, each year, walkers and runners, many with loads on their backs, set off from Vernet-les-Bains, to the summit and back. Not for the faint hearted!

3

A FEW RESTAURANTS  
IN Collioure

with Clare Gallaway

*The state of eating in Collioure is a matter of constant debate. As so many have remarked before me, reviewing restaurants can be a nightmare, especially here, where owners, chefs, and names of restaurants change frequently. Moreover, people's expectations vary widely. My own choices are planted firmly somewhere between 'cheap'n'cheerful' and 'fine dining'.*

BAR DES TEMPLIERS  
BRASSERIE

It's always pleasant eating in the bar, and the menu is the same as in the restaurant. It was grilled loup garnished with rice, veg and black noodles for me, and a paella with black rice for my companion. The paella came with liberal quantities of mussels, juicy gambas, fillet of loup and diced calamares. The rice in squid ink was delicious.

Apologies from the patron for a longish wait, but it was cooked from fresh. Amuse-gueules (nibbles) of country bread with tapenade arrived with our wine. (Take note, other restos – you could behave better in this respect and bring nibbles when there is obviously a long waiting time).



## CHEZ SIMONE



I have already reviewed lunch there – a second visit one evening confirmed the reliable standard. At 21h there were still around 60 diners, and two serveuses running between inside and outside bearing plates piled high, with a bewildering range of dishes. Service was speedy, tapas generous and tasty. The bread is fresh country bread, the ham best serrano. Nothing to find fault with at all. The menu offers something for all tastes: traditional tapas and imaginative dishes influenced from further afield.

## CAN PLA



For a relaxing meal away from the razzmatazz, do try Can Pla, in the Faubourg. I first discovered this restaurant in 2011 and enjoyed several meals there, so was happy to revisit. I was pleased to see the same team, always a good sign. Tables are placed spaciouly, lighting,

music, and décor are modern and tasteful, and service is discrete and gently welcoming. I was tempted by the whole turbot served with vegetables, a garnish of courgette, aubergine, carrots, potatoes, plentiful lemon slices and wedges. The flesh was delicate and firmer than some, and the vegetables were an excellent accompaniment. And the café gourmand seemed the best way to sign off. Altogether a good experience.

*(As an aside - unlike most restos, it has a well-lit, clean, spacious, modern loo on the ground floor. Collioure still lags woefully – indeed shockingly - behind the rest of Europe for loo facilities both inside and outside restos.)*

## LE TAMBOURIN

This small restaurant in the centre of the old town has upped its game this year. From the two dishes of the day, my friends chose 'joutes de porc' which were excellent, and I went for tuna with gambas. It came seared on both sides, raw and delicate in the centre, and delicious it was too, garnished with tasty veg.



## PRICES

As Collioure rents and rates have risen, so prices have slid up since last year. For a meal with plain main dish, wine, café gourmand or sweet/coffee, expect minimum 25-30 €. IMO these prices are not excessive if the service and ambience are good.

*Cheers and bon appétit!*

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## DID YOU KNOW

### Ordering a beer...

Qu'est ce que vous avez comme bière?  
What kind of beers do you have?

#### Je voudrais...../ I would like....

...un demi - a half  
...une pinte/chope – a large beer  
...une pression - draught

#### une bière.....

...blonde - a lager  
...blanche - pale ale  
...brune - brown ale  
...sans alcool - alcohol free

#### une panaché - shandy

#### Beer measures in French and the official measure names.....

12,5 cl = un bock  
25 cl = un demi  
50 cl = un distingué  
1 lt = un parfait  
2 lt = un sérieux  
3 lt = un formidable



P-O RECIPES



Gin  
Mint  
merveille

#### INGREDIENTS

- 50ml gin
- Plenty of sprigs of fresh mint
- Slices fresh cucumber
- Elderflower cordial or liqueur
- Tonic/lemonade/Prosecco
- Thin lemon slices to garnish
- Ice

#### METHOD

Crush the mint and some of the cucumber pieces in the bottom of a cocktail shaker or glass jug, and stir, squashing down the mint and cucumber with the back of a spoon to release their juices. Add a dash of elderflower cordial and the gin. Fill up with cold tonic, lemonade or Prosecco! Garnish with more mint and lemon, close your eyes, and imagine you're in the Pyrénées-Orientales! Santé



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## DID YOU KNOW



### Word origins

Did you know that the word 'salad' actually comes from the ancient Roman practice of salting leaf vegetables? 'Salad' literally means salted. Eventually, the raw vegetables began to be sprinkled with oil and vinegar, and so the salad and its dressing were born.

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## P-O RECIPES

Think sun-beaten olives, fragrant garlic, white beans, a myriad of fish and seafood, simple salads, anchovies, a hunk of meat grilling on an open fire, unctuous paella and spicy sauces, and you're close to typifying the dishes of this area. Here's a rather delicious one!.

## Grilled Mussels with Garlic mayonnaise

BY MARTIN BAILEY  
OF CURRYPAX

### INGREDIENTS

#### FOR THE MAYONNAISE

- 10 cloves of garlic
- 2 egg yolks
- 250ml extra virgin olive oil

#### FOR THE MUSSELS DISH

- 100g butter
- 2 dozen mussels, cleaned
- 100g fresh spinach, finely chopped
- 500ml dry white wine
- 200ml cream
- 1 tbsp plain flour
- Salt and pepper to taste



### METHOD

#### FOR THE GARLIC MAYONNAISE

1. Preheat oven to 180°C and roast unpeeled garlic for 30 minutes.
2. Allow garlic to cool, cut off end and squeeze contents into bowl.
3. Add olive oil slowly a few drops at a time, stirring constantly until emulsion forms.

#### FOR THE MUSSELS DISH

1. Over medium heat, melt half butter in pan, add cleaned mussels and pinch of salt, cover and cook for 2 minutes.
2. Turn up heat, add wine, and cook with lid on for a further 4 minutes.
3. Discard one of the shells from each mussel, and set remaining mussels aside in grill pan.
4. In another pan, add remaining butter and spinach, cook until moisture evaporates.
5. Lightly brown flour in small pan, add cream and gently heat, stirring until thickened. Do not let cream boil.
6. Add cooked spinach to thickened cream and stir well.
7. Add 1 tsp of creamed spinach to each mussel in grill pan, and cover completely but lightly with the garlic mayonnaise.
8. Grill lightly until golden brown in colour.



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# OUT for THE DAY



Restaurant  
**REVIEWS**

with  
Madeleine McMullin

## A DRIVE, A WALK, A LUNCH!

Maçanet de Cabrenys to La Farga + La quadra

(1 hour not including lunch: easy)

This is really just a stroll, but there are many other beautiful and more strenuous walks in the area so take a map and pick a longer route if you're feeling fit.

From the centre of Maureillas, just after the cork museum, follow signs for Las Illas and along the D13 as it winds its way, amidst stunning scenery, towards Las Illas.

At Las Illas, turn off left towards La Vajol (a couple of tricky hairpin bends might require 3 point turn skills!), and arriving in La Vajol, follow signs for Maçanet de Cabrenys.



Maçanet de Cabrenys

We parked just off the main road where you turn to go to El Moli d'en Robert and L'Oiveda, but you can also park in the main car park, or even the restaurant car park and walk back out, following the white and green marks.

Set off up the track that leads to the right (when you stand with your back to the main road), and is signposted La Farga amongst other destinations. Follow the road, through cork oak woods and occasional meadows until it splits, at which point turn left at a tree with a red arrow and a green paint splodge on it.

The track carries on winding down through the wood until it reaches a road. Turn right and right again at the next track on the right signed Font i Gorgues de la Farga. Follow this track to a beautiful weir which would make a lovely picnic spot in summer.

You can carry on from here to a nearby dolmen or hike up to a hermitage on the hill if you have a day to spare, but we had lunch booked, so headed back the way that we had come, retracing our footsteps through the wood. Cross the road and walk into the village, or jump into the car and drive, depending on the time and how lazy you feel.



Gorgues de la Farga

There are several restaurants in Maçanet. We chose La Quadra near the centre of the village, but I've also heard good things about Els Caçadors.

4

### LA QUADRA MAÇANET DE CABRENYS



La Quadra is in an old building with stone walls and vaulted ceilings. Outside there is a large terrace which would be pleasant in summer, but the Tramontane was blowing and it was warm and cosy inside.

The restaurant was packed out with mainly Catalan diners, but service was attentive and prompt. Most of us had the Spring Menu which cost €22, but a couple of people ate à la carte which wasn't really any more expensive depending on what you picked.

We were given an appetiser of squash soup and pan amb tomat. Then most people opted for a baby broad bean and smoked duck salad for a starter. I had aubergines stuffed with mince in a mushroom sauce, which was delicious. The salad was also apparently very good. I had pork cheeks for my main course – very tender and the vegetables accompanying them were nice, but the chips were a bit undercooked for my liking.

Everybody seemed to enjoy their meal, although not many people managed to finish the very large servings. I had two pork cheeks which was far too much to eat, but the dog and cat were very happy with the doggy bag that I brought home.

For pudding I chose cheesecake with strawberry sauce and lemon sorbet. It was beautiful – very light and airy with a sort of orange marmalade on the side which went really well with the other flavours. The restaurant threw in a taster of home-made flan and pastries and a schnapps to finish the meal. The total bill came to €283 for 9, including coffees and 4 bottles of wine, more than you can spend for a meal in Spain, but still well worth it I think.



My pudding

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

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# Le Doggy Bag is here!



Well, not le doggy bag exactly but 'le gourmet bag,' according to a new French law designed to cut down food wastage in France - over a million tons a year from the restaurant industry alone!

Restaurants over a certain size, around 150 covers a day, are now obliged to provide some kind of doggy bag if asked.

A great initiative - but rather unfrench non? You are likely to get more than a few funny looks from other diners, as you scrape your boeuf bourguignon into your 'gourmet bag,' despite the posh name! (Doggy bag may not sound quite so classy, but it has an honest ring to it!)

Le Ministère de l'agriculture has set up gourmet bag.fr, manufacturing smart stickers marketed as 'le doggy bag à la Française' with the logo 'Gourmet bag - c'est si bon je finis à la maison'. Look out for the sticker in the window of your local restaurant! The site also offers you tips to AVOID needing a doggy bag.

From 'tout petit' the French are told 'finis ton assiette' (eat everything on your plate) and in general, grow up less 'picky' than their Anglo Saxon neighbours. Easier too, when the custom is to 'saucer' (wipe the plate clean with a slice of bread), and when French restaurant portions are rarely served in great mountains, as in the US where doggy bags were born.

And then, there's the thorny issue of gastronomic pride. In a country renowned for its culinary excellence, some restaurant owners and chefs see the doggy bag as a slap in the face of their gourmet cuisine. *Quelle insulte!*

Others claim that they don't wish to risk violating health codes, so would never think to offer.

But it's all been cleared up now - *c'est la loi!* So it's a bit of a Mexican standoff! The customer is unused or embarrassed to ask because 'ça ne se fait pas' (it's not done) and the restaurant owner doesn't offer because he or she isn't asked! (*et ça ne se fait pas*)

## We asked a few French friends where they stood on the doggy bag issue.

SYLVIE, Toulouse

Je suis persuadée que les français sont OK pour le doggy bag, parce qu'ils sont *sensibles au gâchis*. Maintenant la question à se poser, les restaurateurs sont ils prêts à proposer le doggy bag? Aujourd'hui *peu le font!*



CHRISTINE, Canet

CA ME CHOQUE! Ce n'est pas trop dans notre culture.

OLIVIER, P-O

Je pense que les gens ne voudraient pas le faire parce qu'ils trouvent très important *comment ils sont vus*.....et ils préfèrent gaspiller *que d'être vus* comme des *radins*!

FRÉDÉRIQUE, (TV Sud )

Les doggy bag sont une bonne chose, mais en France nous n'avons pas encore cette culture. Si cela *se démocratise* dans de nombreux restaurants, *peut-être aurons-nous de plus en plus le réflexe de le demander*. Les restaurateurs devraient aussi jouer le jeu *en nous le proposant*. Moins de gâchis de nourriture se serait bien.



Sensibles – aware

Gâchis – waste

Peu le font – few do it

se démocratise – is made more accessible

peut-être aurons-nous – maybe we will have

en nous le proposant – by suggesting it

comment ils sont vus – how they're seen

que d'être vus – than to be seen

radin – mean

# OUT for THE DAY

## COLLIOURE A TALE OF A TOWER

© Sue Homes

by Clare Gallaway

**In the village of Collioure stands a round-towered church, Notre-Dame-des-Anges, which may be the most well-known round-towered church in Europe**

**A**lmost certainly it is the most frequently drawn, painted and represented. From the Fauvists through to the artists of today, be they professional or simply hobbyists – the bell tower with its pointy little pepperpot hat is a must-do for anyone with a pencil or paintbrush, and features in every street and square, on easels and in galleries, on postcards, magazine covers, teatowels, menus, adverts, paper serviettes and more.

The bell tower or 'clocher' has its feet in the sea, or, more accurately, it stands on a small outcrop of rock next to a sunny bathing beach. When the weather is inclement, it's battered endlessly by huge waves flung against it. Unsurprisingly, the state of the fabric

is now beginning to cause alarm and murmurings are heard about restoration funding.

**So how did this round-towered church find its place by the sea?**

The Bay of **Collioure** was strategically important, it has been suggested, as far back as Roman times. The earliest written reference from a 7th century source referred to it as **Castrum Caucoliberi** which over the centuries has become **Cocoliberis**, then **Collioure**, or **Cotllioure** in Catalan. In the early thirteenth century, protecting commerce was thought important enough to justify the building of a lighthouse, or more accurately, a beacon. It functioned with smoke by day and flames by night,



© Clare Gallaway



but apparently also had a defensive purpose, as the lower part of the tower has narrow arrow-slits in a stout wall.

It's thought that the structure was partially destroyed when the kingdom of Majorca fell, and towards the end of the fourteenth century a higher tower was constructed on its base.

In **1658** the border between France and Spain was redrawn further north, with the Treaty of the Pyrenees, which recognised that the Pyrenees constituted a more natural and practical boundary between the two countries. The Spanish-French skirmishes more or less ceased thereafter.

In **1667** our tower became a prison, but in **1693** Vauban, Louis XIV's chief military engineer, created many fortresses and strongholds in the area. Under Louis's instructions, much of the original mediaeval town surrounding the castle was demolished so that fortifications could be

strengthened. This demolition left the villagers without their church.

A new church had to be found – for a few years an existing monastic building was used on the other side of the bay but this wasn't conveniently sited, so a new church was built, attached to the belltower, completed in **1693**.

The interior of the church is typically Catalan Baroque of the period with an ornate wooden gilded reredos and several similarly dressed side chapels.

The masonry of the tower can be best described in three sections. The lowest third is the 13th century base, which is about 7 metres high, faced with brown schiste and pierced by arrow-slits with white marble reveals. The next level is white rounded stones set in cement. Finally, the top storey is topped with red brick.

It wasn't till **1810** that the pink dome was added.



# OUT for THE DAY



Just 7 km from Prats de Mollo, in the heart of the Valley of Camprodon, you will find Molló Park: 12 hectares of natural park and forest, described by its creators as 'ideal for families to escape the routine and enjoy a day in the mountains'.

It is neither a zoo nor a theme park, but a natural stretch of forest and grasslands alive with flora and fauna.

A marked walk of about 2 hours will take the visitor on a magical mystery tour amidst birds, red deer, foxes, squirrels, wild goats, lynx, mouflons, brown bears, polecats, vultures, marmots, others.....

There are also farmyard animals. Feed them, stroke them, play with them – there are chickens, rabbits, ducks, peacocks.... and the Catalan donkey.

As well as a cafeteria, there are several locations for picnics, along with 'chambre d'hôtes' for those wishing to spend the night communing with nature.

<http://www.molloparc.com>

'Prat' is the Catalan word for prairie or meadow. Prats de Mollo is so called after Mollo, a village over the border in Spain, on whose land Prats de Mollo was built, hence the prairies of Mollo.



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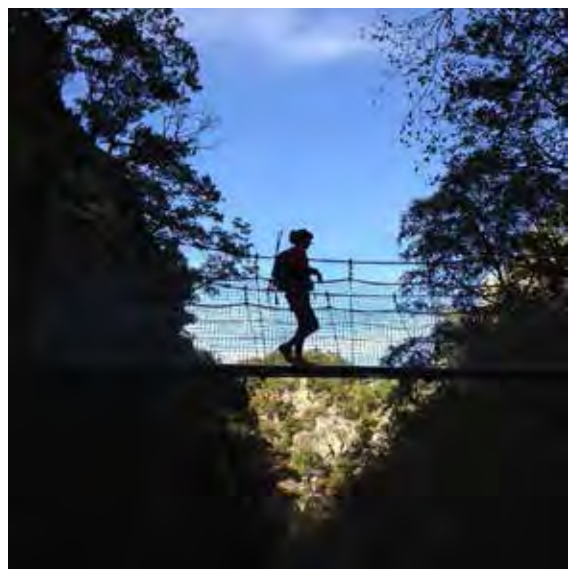
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# OUT for THE DAY

## Les Gorges de la Carança!

*Adrenaline junkies.....here is your fix.*



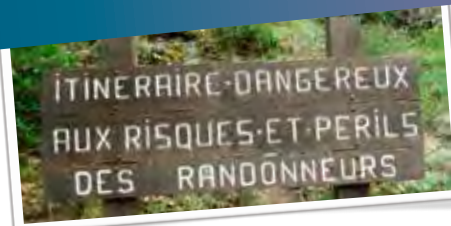
Known also as *Le Sentier du Vertige* (very loosely translated as the dizzy trail), a day out at the Gorges de la Carança is a giddy adventure through stupendous mountain scenery - but it's not for the faint hearted!



**H**ead up the N116 towards Prades and on to Thuès entre Valls (around 17 km after Villefranche de Conflent) and park in the car park (small charge) or take the little yellow train, being sure to get off at Thuès-La Carança.

A picnic area and kiosk selling cold drinks and ice-cream by the car park is the starting point for your adventure - for adventure it will be!

Head over the bridge and follow the footpath as it winds steeply upwards, and into the Gorge. Initially cut out of the rock in 1943 to give access to the tunnel taking the water of the Carança to the hydroelectric plant in Thuès, the path hugs



the steep limestone cliff. Expect narrow ledges, (with cable handrail), metal walkways, ladders and suspension bridges, high above rushing water. It's certainly not for the acrophobic. In parts, you fear that one false move may send you hurtling down 400m into the gorge, but the wonderful views of craggy rocks, splintered multi grey, white and ochre, the deformed trees and plants clinging tenaciously to the gorge walls, and myriad butterflies glinting and fluttering around your head, make every step as much a reward as a challenge.

It's elating and thrilling - popular with steady walkers of all ages. Dogs are NOT welcome, and young children should only take this walk if both you and they are confident that it is within their ability.

There are several options, with longer walks leading up the Gorge and meeting up with the GR10, and possibility of accommodation, **so take a good map, plan ahead, visit their Facebook page ([gorgesdelaCaranca](#)), or ring the Mairie at Thuès on 04 68 97 06 96 for more info.**

And don't be surprised if you spot Indiana Jones on his way down, looking a bit stressed. If he can do it, so can you!



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# P-O Life

## VILLELONGUE... *straight from the Heart*

At the foot of the Albères, off the voie rapide Argelès - Le Boulou, the little village of Villelongue may not be the obvious choice for great food and live music, but it has it all going on this summer.



This is a village with two hearts. The old has a 12th century church, tiny museum of village history, and priory Santa Maria del Vilar up in the mountains, built by Augustinian monks in 1083 at the centre of the original village.

And then there's the new heart. Turn right well before you reach the old village, and on a modern parade, in the middle of a vineyard-turned-residential-estate, looking out over the stadium, a restaurant, a pizzeria and a music and sports bar struggle to make their mark and put Villelongue on the map.

### Each one has its own identity.

The Pierranne restaurant is run by delightful Belgian couple Peter and Anne, so expect a few Belgian specialties amongst Anne's innovative cuisine. At the other end of the parade, Pizza Coco is proudly Catalan and boasts 'the best pizzas in the P-O' according to my mate Vicky, as well as great tapas and Catalan specialties. ...and the warmest of welcomes from Claude and Valérie.

**Next door is the Cordoba Café.** Dynamic Yann makes sure that the parade buzzes with music and entertainment throughout the summer - and shows all the big matches and events on a giant screen.

**Café and restaurants work together.** There's a feeling of hope and bonhomie amongst them, and, tucked away as they are off the main roads only makes them work even harder - to make a life and to make a living.

Apart from regular events (see Facebook Cordoba or check out P-O Life website), don't miss the **Football Festival on 10th July** with bands to celebrate the final of Euro 2016, **Happy Hour** every Wednesday, **family football** every Sunday and **fireworks** show on 13th July. Parking's plentiful. Sit down to lunch, dinner, a drink....and watch Villelongue life unfold before your eyes.

**Also in Villelongue - July and August**  
**Festival International Lyrique et Médiéval**  
**Villelongue Music Festival**

# P-O NATURALLY



## Are Summer Bugs and Creepy Crawlies As Evil As They Look?

Sorting The Good From The Bad and The Ugly.

By "The Warblers"

It's a balmy evening. The barbecue is lit, wine poured. Glass in one hand, fly swat in the other, you're coated in Deet, surrounded by citronella candles; eyes peeled and ears pricked for attackers. The garden's bad enough, but what about tomorrow's walk in the country? How to tell friend from foe, underfoot and in the air?

### FIRST UP: THE BAD GUYS OUR TOP 7 IN THE P-O:

#### 1 Yellow Scorpion (*Scorpion languedocien*)

Happily, they're uncommon. In over 10 years the Warblers have yet to see one. Have you? If you are unlucky enough to get stung on the toe while walking in sandals on dry, stony ground, your toe will swell up and – so we understand – turn blue! But don't panic – you're not going to die.



#### 2 Megarian banded centipede (*Scolopendre*)

It's big, it's fast, it's aggressive. Sometimes growing up to 20cm long, this monster scuttles out from under leaf litter and flat stones at night, and will attack and consume almost any creature ... not bigger than itself. Phew. But stand on a scolopendre in bare feet at your peril. Its defensive bite won't kill you but the pain will be severe for about 15 minutes. It's rarely seen though.



©Fritz Geller-Grimm

#### 3 Tick (*Tique*) April is the worst month for ticks, but they're still around in the summer. The one below looks flat because it hasn't fed yet.

They love long grass, so it's best to avoid rolling around in meadows. Although their bite isn't usually painful or itchy, some ticks transmit dangerous diseases to humans and dogs.



They crawl up stems and wait for a victim to brush past. Or drop out of trees when they sense a warm body below.



### DID YOU KNOW



When a wasp or bee stings, a pheromone is released, attracting others to wade in if the hive is nearby.

**4 Social Wasp (*guêpe commune*)** Anti-social might be a better name, in terms of their relationship with humans! There's wasps and there's *WASPS*, and it's only this species that's the real baddie – prone to making unprovoked attacks; landing on your burger just as you're about to take a bite; circling your wine; chasing you round the geraniums. They deserve ASBOs. All social wasps, hornets & honeybees will defend their nests and hives aggressively, so kids (big or small) are advised not to poke them with a sharp stick to see what happens.

**5 Hornet (*Frelon*)** It's big – especially the queen of the European species, which can measure up to 35mm. They usually mind their own business, even when falling-down-drunk on our grapes. But if angered, like wasps, they can sting any number of times.



European hornet

Asian Hornets have orange faces and legs, and are more interested in attacking bees than us.

P-O



# NATURALLY

## DID YOU KNOW



Social wasps feed larvae with protein in return for a droplet of liquid sugar. But by late summer there are few, if any, larvae left to feed, so that's why the adults switch to bbq sauce and Chardonnay for their sugar hit!

**6 Horsefly** (*Taon bruyant*) In wooded areas during hot, humid weather these can be a real pain in the bum (but more usually on exposed flesh). Anything warm blooded is dinner as far as they're concerned – the girls that is. Males have more refined tastes and suck nectar, not blood. They're not that big; you don't hear them coming and don't feel them land. They flatten themselves on you, keep a tight grip, don't fly away when you bat at them, and are surprisingly hard to squash after you've picked them off. Their bite itches like hell.

**7 Tiger mosquito** (*Moustique tigre*) After last year, who isn't intimately familiar with these daytime bloodsuckers? Some of us still bear the scars. Their black and white markings make them deceptively attractive but there's a risk they could transmit serious diseases. And, once again, it's only the females that bite. They'll be back.

## SOME BEASTIES CAN STING BUT DON'T LOOK FOR TROUBLE

### Black scorpion (*Scorpion noir à queue jaune*)

Lucky P-O, we get two scorpions for the price of one. These lurk in dark, damp places in old buildings. They'll try to scurry out of your way. But if you do find one on that Burgundy you've just picked up in the cellar, its sting is not venomous.

**Long legged centipede** (*Scutigère véloce*) With a body length of no more than 35mm, it's small but scarily formed.



All centipedes have a venomous bite or sting, so, as this one is also known as the house centipede, it's a relief to learn that it's classed as harmless to humans.

These kill and eat spiders and insects (from wasps to bed bugs!), so should be welcomed, not killed or ejected. Their MO for attacking prey is to jump on it or 'lasso' it with their legs and sting with their feet! A mind-boggling spectacle to look out for in your living room.

Other wasps come into this category too.

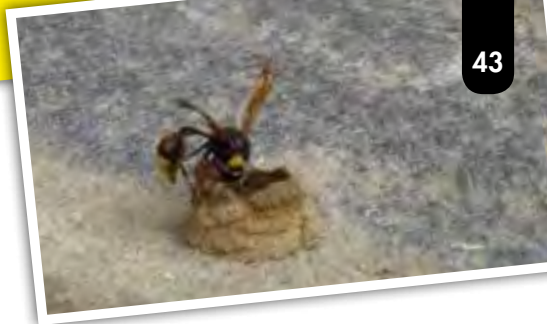
If they're not the social baddies, they're the solitary goodies. Some are huge and look as if they're armour-plated (think Robowasp), but they aren't out to get *you*, and can be fascinating to observe, such as:

**The Ruby-tail** – There are many different types of these metallic-coloured wasps. Their sting isn't usually functional and there's no venom in most species.



*Scolia flavifrons* (*Scolie des jardins*) is the biggest Ruby-tail, with the female up to a whopping 40mm long, but is harmless to humans

**The Mason** (*Guêpe maçonne*) As the name suggests, it builds mud nests. But these are only breeding chambers for two or three larvae, not social housing for thousands; so there's no need to destroy them.



After laying an egg in each chamber, the female adds a spider or caterpillar she has killed, on which the larvae will feed. After sealing the nest she flies off, never to return. Nor will her young, once "fledged".

Bellow: Two fully-grown wasps have emerged after dislodging the plugs from this nest.



**Digger** (*Guêpe creuse-terre*) digs holes in your grass. Like the mason, it lays an egg inside, adds a dead spider and plugs the hole with sand. It's not aggressive but, if trodden on by a bare foot ...

**Honeybee** (*Abeille à miel*) can only sting once. This is because its stinger is barbed and, as the bee flies off, the entire stinging apparatus is ripped from its abdomen – which means it dies. It therefore only strikes as a last resort, in self defence.

When under attack by something like the Asian hornet, some bees sacrifice themselves to protect the hive – they are the suicide stingers of the insect world.

**Bumblebee** (*Bourdon*) Almost cuddly-looking with their fat, furry bodies, these solitary bees are perhaps the least likely of any to sting, and they're also endangered. So why not create a bumblebee haven in your garden?



# NATURALLY



Carpenter bee

Other solitary bees, like the enormous, blue-black **Carpenter** (*Abeille chapentière*) are capable of stinging more than once, but are much more prone to flight than fight. No need to swat!

## SOME MIGHT LOOK EVIL BUT AREN'T

Such as the Praying Mantis (*Mante religieuse*) Females are only evil towards their mates – plus ça change?



**Scorpion Fly** (*Mouche-scorpion*) Despite a wingspan of only 12-15mm, the male's scorpion-shaped rear end looks scary – to everyone but his mate. But you can rest assured that even the females of this species will only feed on you if you're dead. Apparently you can tell if a body is fairly fresh by the presence of scorpion flies. Good to know, if you're a pathologist.



**Mole Cricket** (*Taupe grillon*) Rarely seen in daytime, this peculiar cricket, with lobster-like front claws and vicious looking spikes at the back, burrows rather than flies. And is harmless to all except to vine roots.



The yellow and black or orange and black combo warns predators: "**DANGER!**" But sometimes it's a bluff. Some beetles bluff, and so do hoverflies.

The **Hornet Mimic hoverfly** (*Volucelle zonée*) is a massive, but friendly, 2cm long. One way of telling hoverflies from bees is by their much bigger eyes.



## DID YOU KNOW

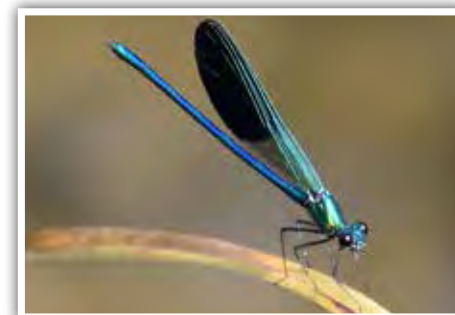
If it hovers it's a hoverfly and is incapable of stinging or biting.

## MEANWHILE, OTHER INSECTS LOOK BEAUTIFUL AND HARMLESS, AND ARE BEAUTIFUL AND HARMLESS

Such as dragonflies and damselflies. Some of these are black and yellow too. But there are countless species of each, in myriad colours.



How can anyone fail to be uplifted by the sight of dragons and damsels darting back and forth like flying jewels over our lakes, rivers and streams in the summertime?



While some bugs and creepy crawlies might look gross enough to give us nightmares, few deserve to be feared or exterminated; many more deserve our admiration, for the role they play in nature, or simply for their beauty.



"The Warblers" are a group of natural history enthusiasts based in the P-O.

For more blogs and photos, or if you'd like to contact them, visit [www.mediterraneanpyrenees.com](http://www.mediterraneanpyrenees.com) You can follow them on Twitter @66warblers

# This summer in Canet

by Canet  
en Roussillon

**W** With the iconic Canigou ever present in the distance, and the long stretches of golden sand and rolling dunes, you could be forgiven for thinking that Canet is all about the beach... but it is so much more.

## GUIDED WALKS & TOURS

### Charmes du vieux village

A gentle wander through the narrow streets of the charming old village.



### Sur les traces des pêcheurs de l'étang

Fauna, flora and fishermen's huts on this walk around the lagoon, fished since the 13th century.



### Nature & Gourmandises

Discover the Arboretum at Mas Roussillon, 11 hectares of trees, shrubs, bamboo, medicinal plants... and a taste of the fruit from the orchards.



### Balade en petit train

Take a trip on the little train with David or Karine, and discover Canet without leaving your seat. History, anecdotes, surprises...



### A la rencontre de nos vignerons

A guided walk through the vines, a chat with the vigneron, a Catalan snack - and a few glasses of local wine to give the day a rosé glow bien sûr!



### Canet-Plage au fil du temps

Along the seafront to the port, this tour, illustrated with anecdotes and ancient postcards, paints the Canet of yesteryear to present day, its evolution from sleepy fishing village to modern resort.



### A l'abordage

Ar Jim Lad... a chance for landlubbers to find out more about the port, its boats, its passionate sailors happy to share their tales of the 'le grand Bleu'... and splice the mainbrace with a Catalan apero bien sûr!



## PÊCHE à la TRAINE

### July and August

Come and join in this age old fishing tradition. A Catalan barque pulls a long fishing net out to around 300m from the shore. It hangs vertically in the water, weighted at the bottom with floats at the top. It needs as many hands as possible to drag it back into shore. On the beach, the catch is shared out between the jubilant fishermen and women who brought in the supper.



## Your CANET LOYALTY CARDS!

Pick up the 'Carte Canet Club' or the 'Canet Pass', both multi activity privilege cards offering reductions on tourist attractions, guided walks and tours, sport and entertainment and many of the Canet shops, bars and restaurants.



### 22h00 - place Charles Trenet

Free show 'Guiguettes et Canotiers' followed by fireworks



### 31st July

### 21h30

### Place Méditerranée.

Fascinating free show with hypnotist 'Rony Gan'



### 11th August

### 21h30 Théâtre de la Mer

LEGENDS. Tribute bands play Stones, Police, Queen, Téléphone U2 and ACDC

### 10th & 11th August

**Flamenco show** and all things Spanish in the village. Son et lumière (Sat), equestrian flamenco (Sun), still walkers, flamenco, jewellery, painting and mask making workshops, rodeo, stands, bodegas....



For more details on any of the events ...  
CANET TOURIST OFFICE  
[www.ot-canet.fr](http://www.ot-canet.fr)  
Tel. +33 (0)4 68 86 72 00



# THE NOT-SO-OLD-MAN AND THE SEA

Patrick Chappert-Gaujal

Born in 1959 in Bédarieux, painter-sculptor Patrick Chappert-Gaujal studied at the Academy of Art in Perpignan from 1975 to 1980, and settled in La Franqui where his studio is in a large wooden house built into a hillside, looking out over long miles of beach.

It was on these Mediterranean shores that he developed a passion for the sea, taking inspiration from the driftwood, flotsam and jetsam, and unusual objects washed up onto the beaches.

"Things arrive on the tide", he told Ellen Hall when interviewed. Each form holds happiness. By osmosis with my work, I have become an optimist."

Ellen reports that his workshop/gallery is like an adventure playground. The entrance is cluttered with stacks of driftwood, plastic bottles and buoys, pram wheels and sponges, treasures from the floating world. Boxes of rusting steel, walls of brushes, shelves of paint and rolls of paper line



his inner sanctum. The worktables abound with ink-on-paper designs exhibiting a draughtsman's deft touch and models of the monumental sculptures which seem to levitate between sand and sea at Le Musée du Sable, along the beach walk at Barcarès. She describes his world as exuberant invention and joyous chaos.

**Chappert-Gaujal's** work feeds on constant innovation and reinvention. From totem-painted sculptures made from driftwood washed up by the sea, to refined black and white drawings or iron and steel sculptures with clean lines, his choice of materials is diverse and varied – full of contrast. He is an explorer of mediums, an imaginative adventurer. **Don't miss a chance to visit his latest exhibition at "Les Collections de Saint Cyprien" in Saint Cyprien village - recently extended to 28th August.**

New, up-and-coming artists regularly exhibit here in this internationally renowned art gallery, and the permanent collection is added to regularly.

**Open in the afternoon from 2.00 pm to 6.00 pm (except Monday)**

**1st July to 28th August:  
Open daily (except Monday) from 10.00 am to 12.00 pm and from 3.00 pm to 7.00 pm**

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



## EXPOSITION : P. CHAPPERT GAUJAL CARTOGRAPHIE MARINE

  
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(tous les jours excepté le lundi)  
Info : 04 68 21 06 96  
[collectionsdesaintcyprien.com](http://collectionsdesaintcyprien.com)



## INDIANA JONES eat your heart out



François Arago

If ever there were a real life character destined for the Stephen Spielberg treatment it's surely local boy François Arago.

Born in Estagel (near Perpignan) in 1786, Arago not only forged successful careers in science and politics but was also a swashbuckler who got into the kind of scrapes that make Harrison Ford's big-screen escapades look positively pedestrian.

Having excelled at mathematics at college, Arago went on to develop a passion for astronomy and whilst on a project to measure the Earth's curvature

in the Balearic Islands, he was arrested on charges of spying and thrown into the dungeon of a Majorcan fortress.

But he managed to escape ("disguised as a Spaniard" whatever that might have entailed!) and, hiding as a stowaway, he endeavoured to make his way by fishing boat back to France.



Estagel

Unfortunately the boat was headed the opposite way, towards the North African coast, where he eventually landed having nearly died of dehydration and sea sickness along the way.

He duly recovered and with the help of a corrupt French consul in Algiers, Arago obtained an Austrian passport (quite why this particular faux nationality was chosen is not explained) and armed with this new ID he booked a passage on a Greek vessel bound for the port of Marseilles. Yes, this time definitely French France, no question.

But a Greek tragedy lurked just around the corner, for within a day of setting sail, the boat was captured by pirates (masquerading as the Spanish navy) for its cargo of spices and wine. Normally in such

circumstances the crew and passengers are summarily dispatched over the side but the ever-resourceful Arago managed to persuade the pirates that he was a wealthy Austrian aristocrat worth a tidy ransom.

And so they took him to the Spanish mainland where he was handed over to the military commander at the fort at Rosas in return for a substantial payment – one that Arago assured the commander he would "recover fivefold" from the Austrian Embassy in Madrid.

This of course never materialised and Arago found himself dumped unceremoniously back in the clink. But he once again managed to escape (in a coffin, don't ask, it's too long) and then stowed away on another boat bound for, oh yes, Marseilles again, skippered by the splendidly-monikered Norwegian Captain Krog. So things were at last going his way.

Well they would have been if a terrible storm lasting days hadn't blown the ship back to North Africa and wrecked it on the beach. Poor old Captain Krog drowned but Arago survived – only to be captured by passing Moroccan Berber warriors. Incredibly, once more he escaped, this time on one of the Berber's camels, which turned out to be blind.

And it goes on. The camel (which had been stolen by the Berbers from Algerian soldiers earlier that same day) though unable to see, made its way back



# PEOPLE and PLACES

By Simon Newman

instinctively and at full gallop to the army camp from whence it originated with Aragó grimly hanging on for dear life. The camp commander was all for jailing the gibbering Frenchman traumatised by his high speed safari, but courtesy of a bribe (provided by the consul in Algiers who had helped him earlier) Aragó was finally repatriated to La Belle France without further incident. Phew!

A hero's welcome in Perpignan greeted him and very soon after Aragó landed a plum job at the prestigious national observatory in Paris. But he never rested on his laurels, going on to make important discoveries in the fields of light refraction, magnetic forces and planetary orbits. And true to form during these endeavours he was regularly found in far-flung places getting himself arrested, incarcerated or otherwise dans la merde though usually managing to charm, blag, or bribe his way out.

And when eventually age called a halt to his peripatetic antics, Aragó went on to have a long and distinguished career in French politics, serving as a Minister for War and several other senior cabinet positions as well as for a short time Head of State during an interim government.

A statue of Aragó stands in Perpignan. How grey the recent batch of Presidential hopefuls have been by comparison.



*L. Arago*



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## OH I DO LIKE TO BE BESIDE THE SEASIDE!

### Mayday, Mayday!

The international radio distress call used since around 1927 for sailors in danger, is an anglicizing of the French 'm'aidez', (venez m'aider) meaning 'Come help me'.

### SEA AND BEACH

Les vagues – *waves*  
La houle – *swell*  
Une marée basse/haute – *low/high tide*  
Les moutons – *white horses*  
Le littoral – *coastline*  
Les algues – *seaweed*  
Une bouée – *rubber ring*  
Un seau – *bucket*  
Une pelle – *spade*  
Un râteau – *rake*  
Un coup de soleil – *sunburn*

### WE ARE SAILING!

Mouiller – *to moor*  
Embarquer/monter à bord – *to board*  
Débarquer – *to disembark*  
Etre amarré – *to be moored*  
Larguer les amarres – *to cast off*  
Faire escale – *to call in at*  
Naviguer – *to sail*  
Jeter l'ancre – *to drop anchor*  
Battre pavillon – *to fly a country flag*

### IN PORT

Un port de plaisance – *marina*  
Un ponton – *jetty*  
Une passerelle – *gangplank*  
Un voilier – *sailing boat*  
Une digue – *breakwater*

### THINGS THAT SHOULD NEVER HAPPEN AT SEA!

Chavirer – *to capsize*  
Se noyer – *to drown*  
Etre à la dérive – *to be adrift*  
S'échouer – *to run aground*  
Faire naufrage – *to be shipwrecked*  
Envoyer un signal de détresse – *send a distress signal*  
Appeler le garde-côte – *call the coast guard*  
Heurter un iceberg – *to hit an iceberg*  
(well, you never know!!)

### SOME USEFUL PHRASES

J'ai le mal de mer – *I'm seasick*  
Je n'ai pas le pied marin – *I'm not a good sailor*  
une bonne/mauvaise traversée – *a smooth/rough crossing*

### Don't Forget...

Un gilet de sauvetage – *life jacket*  
Une bouée de sauvetage – *lifebuoy*

### SOME USEFUL PHRASES

Je prends un bain de soleil  
*I'm sunbathing*

J'ai pied/Je n'ai pas pied  
*I'm in/out of my depth*

### Watch out for....

Les méduses – *jelly fish*  
Les vives – *weaver fish*  
Les oursins – *sea urchins*



Je me suis fait piquer (mon enfant s'est fait piquer) par ....  
*I (my child) have been stung by a ....*

Some cheesy pick up lines to help you find love on the beach...  
and probably a good slap! Hey...it's just a bit of fun.

- > Avez vous un GPS? Je me suis perdu dans tes yeux  
*Do you have a map? I am lost in your eyes*
- > Appelle la police. Tu as volé mon cœur  
*Call the police. You've stolen my heart.*
- > Le soleil me réchauffe le corps mais toi tu me réchauffes le cœur  
*The sun warms my body, but you warm my heart*
- > Si j'étais un chat je voudrais passer mes 9 vies avec toi  
*If I was a cat, I'd want to spend my 9 lives with you.*

## THE SIESTA - strictly Spanish?

In Ancient Rome, the hours of the day were counted from sunrise to sunset. Noon of the Roman day was six hours after sunrise. This sixth hour, (sexta hora in Latin), was nap time. As Latin developed into Spanish on the Iberian Peninsula, sexta became siesta.

Pero no! Mais non!

Did you know that taking an après-lunch nap can reduce stress, improve heart health, and increase efficiency, alertness and memory?

In fact, in some hot countries, small towns actually close down in the early afternoon to allow everybody to go home for a nap, and work later into the evening when temperatures are more bearable.

Many large companies acknowledge the siesta. Google and Apple are amongst several who allow and even encourage employees to take a short nap, as studies have confirmed that 'micro-siestas' can actually increase productivity. Oh, to fall asleep at our desks with the boss's blessing!

In fact, staying with 'computer speak', research has proven that a siesta or 'power nap' provides a sort of 'reboot' where the short term memory is wiped and the brain is updated.

The 'perfect nap' is apparently 10 to 20 minutes, the time needed to improve productivity and short-term alertness, without leaving you feeling groggy or

interfering with nighttime sleep. A comfortable sitting position, rather than lying down, means that you're unlikely to overrun the recommended 20 minutes unless you want a badly cricked neck!

So....take your P-O Life mag to work and show this page to the boss next time you're feeling sleepy!



# COMPLEXE 66..... something for everyone



Happy, lively kids and peaceful, relaxing parents don't always mix, but an afternoon or evening at Complexe 66 opposite Conforama and the Méga Castillet cinema will soon fix that.

This indoor, air-conditioned leisure complex provides a large 'espace détente', relaxation area with bar, snack and sushi bar, designed specially so that parents can supervise the kids getting giddy through large glass windows - see but not hear!

Inside, or outside on the terrace, check out your emails and social media with free wifi and a cold beer. A giant screen runs all the big matches so if you're looking for somewhere to watch UEFA 2016, Wimbledon (just ask) or any other big games, you've got it!

Fabulous for birthdays, girls and boys nights out, celebrations, commiserations.....



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**Yeee ha!** It's time to vest up, charge up your rifle, and head into the wild west for this all action game with hi-tech laser guns!

Is that friend or foe crouching in the corner of the saloon? Shoot or be shot!

Laid out over two floors with a maze of rooms, passageways and tunnels this exciting game can be as energetic as you want it to be. Go in a group, play boys against girls or bosses against employees!! Now's your chance to get back at that special someone!!



**YIPPEE!** When will they start doing these amazing boing and bounce wonderlands for adults? Not fair! Bouncy castles of all shapes and forms with tubes, tunnels, slides, a maze, mini motos, mini football area - and even the titchy tinies from 0 to 3 have their special play area, bright with colour and texture, with padded floor. Some exciting toddler exploration to be done here.



**SON OF TARZAN** would feel very at home around this supercool acrobatic treetop 'assault course' - without the trees! Zip wires, ropes, climbing nets and ladders, giant trampolines - although chez Tarzan, they probably didn't have air-conditioning! NO DAD, it's for 5 to 12 year olds. You can't have go! There's a games room too for the couch potatoes with pool, baby foot, pinball.....



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(Opposite Conforama - behind Orchestra)



# Airport news...

with  
John Fairclough



In May, I had the pleasure of being the guest of Dimitri Sindres, Development Manager for PERPIGNAN Airport, who showed me all the new developments at the newly refurbished airport terminal.

Whilst the arrivals area needs the finishing touches to be made, Dimitri is now sure all will be done by late June or early July at the latest, well in time for the high summer season.

**Motorists will find the car park much more pleasant. Most of the spaces are undercover with solar power panels providing an eco-friendly roof.**

The exterior of the terminal building has been given a complete makeover and looks very futuristic, not unlike its big brother at London Stansted. Once inside, the check-in facility has been increased, and a lot of the clutter removed.

The rest of the 'landside' portion is given over to a travel agent, the new information desk, very pleasant shop and new self-service cafeteria, run by Tribes, the same people as the facility at Carcassonne. Prices in both appear quite reasonable for a French airport!

Airside, the security area is much improved, and, while I was there, passengers were being checked for an impending Aer Lingus A-320 departure to Dublin, and things seemed to be moving a lot more smoothly than before. The biggest improvement, to my mind is seen now in the departure lounges. The previous ones were depressing and stuffy, with no view of the apron.



**The new ones have bright colours, floor-to-roof picture windows offering great views; new toilets, a kids' play area, and a great new development: an airside cafeteria with its own seating.** In addition, upstairs there is a new free-to-all quiet lounge. Very uncluttered, with comfy chairs and settees, and capacity for about 50 people. My advice to travellers would be, if you want a seat in this lounge, not unlike other airports' business class facility, check in early!

We then moved on to the question of new flights to grace the posh new airport. On this, the news is not so good, but progress is being made.

Irish readers will be pleased to see the planned increase of the **Aer Lingus Dublin flight to at least 4x per week**, and of course there has been a well publicised increase in French domestic destinations this summer.

But new flights to UK destinations remain elusive. Dimtri tells me that **negotiations** are at an advanced stage with two well known UK airlines for **flights to Bristol and another London airport**. However, the much requested **restoration of a link to London Gatwick is unlikely to happen**, due to the problem of finding take-off and landing slots at the Sussex airport at the appropriate times.

Likewise, there have been (surprisingly in my view) **no takers to revive a link from Perpignan to the North of England**.

Let's move airports, to one of Perpignan's rivals, **GIRONA**. Since the last issue, the Leeds based budget airline Jet2 have announced that they will be serving Girona from this year, initially this summer from **Glasgow** and Newcastle (**each 2x per week**) and **Manchester (3x per week)**. Further good news is that from **Spring 2017** they will be adding Leeds **Bradford** and **Edinburgh** to that list. But more of that in future issues.

Finally, Dimitri Sindres, who also has responsibility for **CARCASSONNE** airport, has asked me to reassure passengers there that there is absolutely no truth in the rumour that Ryanair are planning on pulling out of the Aude airport. It is true that **Ryanair** are starting services from **TOULOUSE**, but they see the two markets as very separate, and are pleased with load factors at **Carcassonne**.

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## CASA CARRÈRE, BAGES

**F**rançois Carrère, wine merchant in Bages, began the construction of a Baroque style two storey house in 1954. He loved the character added by placing stones around the windows, so covered the whole building in stone, cleverly crafted by local stone cutters. People stopped on the street and commented on the originality of the fairy tale design.

It took him 20 years, several disputes with neighbours and planning permissions - but eventually, it was finished.

The nearby 'Musée des Arts Naïfs' was closing its doors after 11 years.

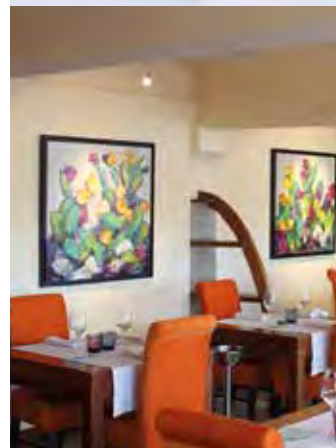
Françoise Caux, better known by her artist name "Javo" fell in love with the Casa Carrère whilst looking for new premises to display her personal works, and those of other international artists.

She bought it - and the 'Palais des Naïfs' opened in 1991.

For the next ten years, the gallery struggled to survive financially, nevertheless making a name for itself both regionally and internationally, thanks to a quality art collection by 'naïf' artists from five continents.

It finally closed in 2002, shortly after the death of his founder. The collection of over 500 works was moved to an Art Naïf museum in Paris and the Casa Carrère changed hands once again. This time, it was bought by the commune to conserve a charming part of Bages history, and is open to the public for exhibitions and concerts on special occasions.

**Find out more at the town hall or visit their new Facebook page Els Amics de la Casa Carrère.**



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# P-O Life

Saint Laurent de Cerdans is well worth a visit any time for its church with tall steeple, its Retirada museum (not as harrowing as the main museum in La Jonquera, but informative and well presented) and its many local walks in the footsteps of escapees from the Spanish Civil War. **However the village is best known for its production of the beautiful striped fabric, the "Toiles du Soleil" and its long tradition of hand crafted 'espadrilles'.**



**T**wo childhood friends, one dream....to restore the age old family tradition of espadrille making in Saint Laurent de Cerdans.

Unable to compete with foreign imports, the old espadrille factory closed down. **In 2008 Céline and Cécile reopened, and breathed new life into the ancient building.** The making of traditional Catalan rope soled shoes was reborn in Saint Laurent.

Unique and handmade, mainly with the brilliant colours of the Toiles de Soleil, you will find both traditional espadrilles, and an exciting range of colourful modern versions.

They make a fabulous regional gift, along with brightly coloured hats, bags, and other surprises - and they can be personalised with the name of the 'giftee', making them extra special.



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Inspired by the iconic Catalan 'sanc i or', the blood and gold colours of Catalonia, the vibrant design of la toile de soleil burst onto the fabric scene, influenced

by local colour: the Tech river, the Sardane, the traditional Catalan barque, the blues and greens of Med and Mountain. ....

With dynamic Catalan couple Françoise and Henri Quinta at the helm, the iconic textile company has moved from 'vigatanes' and table linen to curtains, removable fabrics for deckchairs, and complete furniture upholstery. This snazzy material is used around the world to brighten up your living space. Buy it by the metre, as cushions, table mats and napkins, tablecloths, even teddy bears, and treat yourself to a slice of Catalonia!

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# OUT for THE DAY

With Katja Willemssen

## Pretty Perfect P-O Picnics



Summer certainly took her time to appear this year and if you're finding the heat too much, why not celebrate her arrival in higher altitudes and picnic on the slopes of a conjuratory?

Leave behind crowded beaches and the steaming heat of the Roussillon plains and head for the cool valley of the Tech River where the Vallespir peaks cast shadows even on the hottest day.

Serralongue is a tiny village nestled in a hollow of mountains, just ten minutes before France's southernmost point. Cobble roads, old stone houses and several buildings of historical interest await you in this tranquil oasis.

Head for Céret and follow signs to the D115, direction Amélie-les-Bains. (See inset for detailed directions.) It's a beautiful drive along the river and through a valley that's always luscious, even in the height of summer. Once past the town of Arles-sur-Tech, Mother Nature's mantle of green drapes both sides

of the road, and only the occasional hamlet, or stone houses in impossible-to-reach spots are reminders that people live in this untamed corner of the Pyrénées-Orientales.

Turn left into the D44 towards Lamanère and Serralongue. Once at Serralongue, follow signs to the "conjurador" and park next to the church. The conjuratory, a small square building, perches on a small hill just above the church. Each wall has an opening that faces one of the cardinal points, and centuries ago, when bad weather threatened, ceremonies were held inside in the direction of the oncoming storm.

The 360° views through these arched openings are spectacular. Look out the northern "window" and

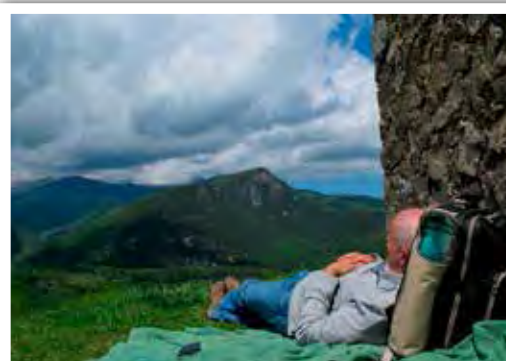


you might see vestiges of snow on the flanks of Mount Canigou. Look west, over Serralongue's terracotta rooftops, and you'll see hills in every shade of green disappearing into the distance.

The conjuratory overlooks both the village and its church and no matter what time you arrive, one of its walls will provide shade. There's even a north-facing bench for those who prefer picnicking in comfort.

Above you, eagles catch thermals as they search for lunch, and closer by, birds and cicadas are your spirited picnic minstrels. Throw a blanket on the ground, lean against the wall of the conjuratory and soak in the pastoral beauty of Serralongue.

Bon appétit!



A wolf cult, kidnapped child, and the Tour de Massane create high tension in Shepherd's Prayer, a fast-paced thriller set in Collioure. Available on Amazon



### WHAT IS A CONJURATORY?

It's a small, square, religious building with four openings facing the cardinal points. Originally pagan, ceremonies were held inside to ward off danger from calamitous weather, like excessive rain, hail or drought that could ruin the harvests.



### KNOW YOUR RIVERS

Three key rivers traverse the Pyrenees-Orientales towards the sea:

- The **Agly River** starts in Aude, winds through the magnificent Gorges de Galamus and ends in the tiny coastal village of Bourdigou.
- The **Têt River** is the PO's longest river, flows from Lac de Bouillouse and winds through the centre of Perpignan.
- The **Tech River** starts over the border in Spain, flows under the Pont du Diable in Céret, and ends in the sea near Argelès-sur-Mer.

### HOW TO GET THERE

**Time needed: an hour's drive from Céret.**

- Head for Céret, follow directions to the D115, direction Amélie-les-Bains and Arles-sur-Tech.
- Drive through Amélie-les-Bains and Arles-sur-Tech then take D44 turn-off to Lamanère/ Serralongue.
- 30 minutes later, you'll arrive at Serralongue.
- Turn left (after the bins) at the signs to the church (Eglise) and the conjuratory (Conjurador).
- Park next to the church and you'll see the conjuratory above the parking area – a few minutes easy stroll.

### FOOTNOTE:

Lamanère is ten minutes further along and is France's southernmost point. Worth a visit if you like ticking things like that off your list!

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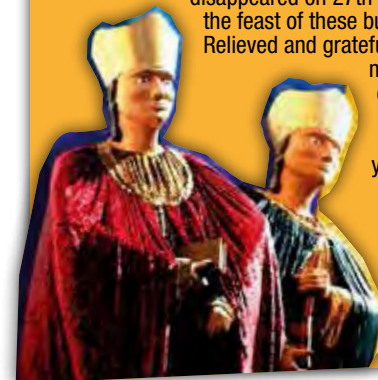
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## DID YOU KNOW

## Healingtwins

Every year, towards the end of September, Argelès-sur-Mer pays homage to its patron saints, Saint Côme and Saint Damien, twins, healers, patron saints of barbers, doctors and pharmacists, and early Christian martyrs. According to legend, Argelès was struck by plague in the 17th century, an epidemic which magically disappeared on 27th September 1652 - the feast of these busy patron saints. Relieved and grateful, the population



made a vow to carry out a solemn procession to honour them every year.

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# LA CÔTE VERMEILLE...

By Robbie Shaw

from the skies!



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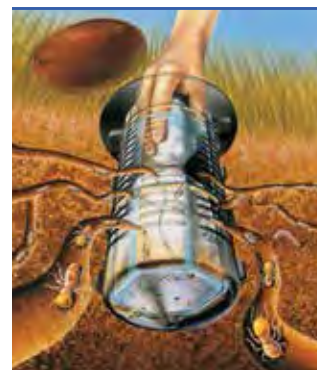
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## Tongue twister (virelangue)

Repeat quickly three times

**Une bien grosse  
grasse mère avec  
de bien beaux gros  
gras bras blancs**

## Useful Expression

**Tu connais la  
musique**

*You know the drill*

## Useful grammar construction

**Venir de + infinitive**

*to have just done something*

**Je viens de finir la  
bouteille de gin**

*I have just finished the bottle  
of gin*

**Il vient de partir**

*he has just left*

**Fun verb  
crapahuter**  
*to clamber, crawl*

## Language Tip

### To Spend....

....money - dépenser (and sometimes energy)  
....time - passer

**eg** J'ai passé le weekend à Barcelone  
et j'ai dépensé beaucoup d'argent!

See Page 82 for answers

## 1 E pour Euh!

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

évier	1	a	aide à faire des travaux
extraterrestre	2	b	agent secret
échafaudage	3	c	du bois sous la peau
échantillon	4	d	sorte de bassin
étang	5	e	mari
épave	6	f	étendue d'eau douce
échasses	7	g	petite quantité de produit
écharde	8	h	longs bâtons pour marcher
époux	9	i	bateau qui s'est échoué
espion	10	j	qui vient d'une autre planète

## 2 Coup – hit or blow

What a great word in French... with so many different meanings  
it will make you dizzy!

Here are a few. Can you find their English equivalents?

Coup de couteau	1	a	gale warning
Coup de foudre	2	b	feeling sad
Avis de coup de vent	3	c	stab wound
Coup de cœur	4	d	glance
Ca vaut le coup	5	e	sudden fatigue
Coup de blues	6	f	toot of horn
Coup d'oeil	7	g	phone call
Coup de barre	8	h	firm favourite
Coup de klaxon	9	i	it's worth it
Coup de fil	10	j	love at first sight

## Word games

**L'amour propre appartient à  
ceux qui se lavent tôt**  
(amour propre – self esteem  
ceux – those appartient – belongs)

## Attention!

**coup de pied** – a kick  
**cou de pied** – instep

3

## Test your French slang!

C'est nickel	1	a	a cute guy
C'est le bordel	2	b	to like
Un(e) fringin(e)	3	c	it's a mess
Une baraque	4	d	the oldies
BG	5	e	it's perfect
Une meuf	6	f	it's easy
les vioc	7	g	a bit tipsy
C'est fastoche	8	h	brother or sister
un peu pompette	9	i	a girl
kiffer	10	j	house

4

## REMPLISSEZ LES BLANCS

Quand le bus arrive dans le 1. de Perpignan, une superbe 2. en mini jupe est la 3. dans la queue, et monte. 4. (direction l'Espagne) en montrant deux belles 5. Assise sur un 6. pas loin de l' 7. du bus, une femme 8. dit à son mari: Tu ne trouves pas cela 9. comment les hommes regardent les 10. de cette fille qui monte dans le bus? Le mari répond: "Quel bus?"

a dedans b première c cuisses d arrêt e honteux f centre g fesses h blonde i indignée j banc

## A load of balls

balle (f) – **small ball (tennis, golf, cricket)**  
ballon (m) – **larger ball with air inside**  
boule (f) – **bowling ball, anything round**  
boulet (m) – **cannon ball**  
bille (f) – **marble, ball bearing**  
bal (m) – **dance**

## Language Tip

### Dessus v Dessous

Despite a similar pronunciation (to the untrained ear) these two words are complete opposites.

**Dessus** – 'on it' 'above it' or 'on top of it'

(Use instead of 'sur' + noun, when noun has already been mentioned)

**Ce livre a mon nom  
dessus – mon nom est  
sur le livre)**

**Il est assis sur la chaise  
– Il est assis dessus**

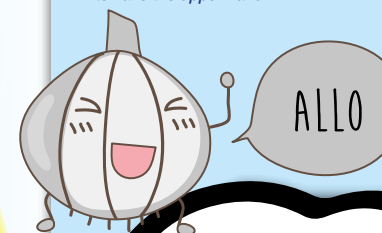
**Dessous** – 'under it', 'beneath it', or 'below it'  
(Use instead of 'sous' + noun, when noun has already been mentioned)

**Elle se cache sous la  
table. Oui je la vois  
dessous**

**On achète cette  
bouteille? Le prix est  
marqué dessous**

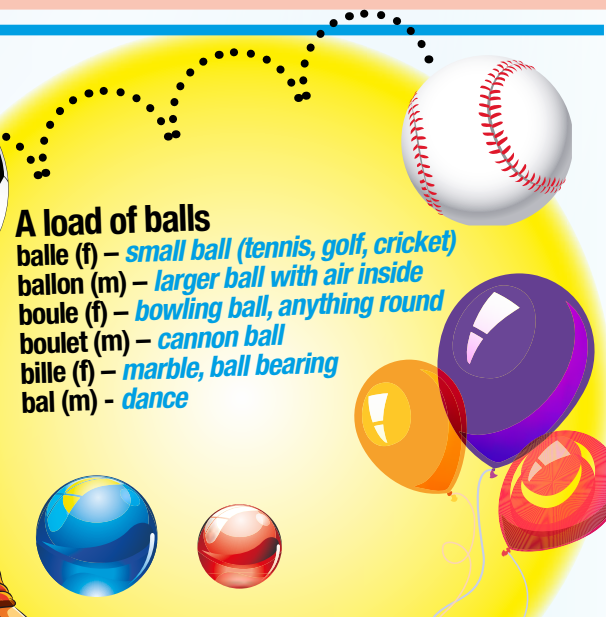
**avoir le dessous** –  
to be at a disadvantage

**avoir le dessus** –  
to have the upper hand



**Blague Bête**  
Pourquoi l'échalote  
dit-il allo?

**Parce que  
l'i Phone**  
(l'ail phone).



# AMÉLIOREZ votre ANGLAIS

## Tongue twister (virelangue)

Répétez trois fois  
**Three thieves seize  
stubby skis**



**Ouch, that  
British Humour!**  
My friend Rosy bet me a  
hundred pounds I couldn't  
build a car out of spaghetti.  
You should have seen  
her face when  
I drove pasta!  
(bet – parier)

**...and more...  
British Humour!**  
What do you call cheese  
that doesn't belong  
to you?

**Natcho cheese**

1

## K IS FOR KANGAROO!

Trouvez les définitions des mots suivants, qui commencent tous avec la lettre K.

- |         |    |   |                           |
|---------|----|---|---------------------------|
| keen    | 1  | a | child or young goat       |
| kidnap  | 2  | b | young cat                 |
| kid     | 3  | c | boils water for tea!      |
| knot    | 4  | d | a man called Sir!         |
| kipper  | 5  | e | eager to do something     |
| kerb    | 6  | f | finger joint              |
| knight  | 7  | g | tie together              |
| kitten  | 8  | h | between road and pavement |
| knuckle | 9  | i | smoked herring            |
| kettle  | 10 | j | take somebody illegally   |

2

## Body Language

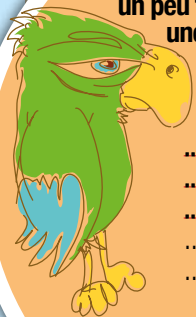
Choisissez la bonne partie du corps (ci dessous) pour compléter ces phrases idiomatiques

- to have a ... wag (*discuter*)
  - to pick someone's ... (*demandeur conseil*)
  - to scratch someone's ... (*rendre service*)
  - to have a long ... (*paraître triste*)
  - to cost an ... and a ... (*very expensive*)
- a back, b arm/leg, c face, d brain, e chin

Quelquefois,  
il faut trouver une phrase polie  
pour quitter quelqu'un qui parle  
un peu trop! En voilà quelques  
unes pour vous aider

Must go .....

- ...the kettle's boiling.
- ...there's somebody at the door.
- ...my other phone is ringing.
- ...I'm desperate for a pee.
- ...my hamster needs a walk



**Tu plaisantes!**  
Pull the other  
one! It's got  
bells on!

See Page 82 for answers

3

## FALSE FRIENDS

Aie aie aie, ces faux amis. Ils sont partout. Ces mots anglais ressemblent à des mots français, mais ont un sens totalement différent. Pouvez vous trouver leur équivalent en français?

ENGLISH		FRENCH
Touchy	1	a fiancé
Rude	2	b tombe
Supply	3	c conservateur
Tape	4	d costume
Engaged	5	e grossier, mal poli
Delay	6	f emplacement
Suit	7	g retard
Preservative	8	h fournir
Location	9	i susceptible
Grave	10	j ruban



## Odd Man Out

The person or thing who doesn't fit in with the others.  
(l'intrus)

## Useful expression

**The hair of the dog**  
An alcoholic drink taken to cure a hangover.  
(cure – guérir hangover – gueule de bois)

## Funny Regional expression

**Gan canny man**  
(Geordie) Be careful

## RIDDLE

What five-letter word becomes shorter when you add two letters to it?

**SHORT**

## Useful expression

**I got my money's worth**  
J'en ai eu pour mon argent

4



## WATCH THE BIRDIE!

Ces expressions anglaises ont un lien avec les oiseaux. Pouvez vous trouver leur équivalent en français?

- |                                                    |                                                      |
|----------------------------------------------------|------------------------------------------------------|
| 1 Don't count your chickens before they're hatched | a Manger très peu                                    |
| 2 A little bird told me                            | b Une bonne vue                                      |
| 3 The birds and the bees                           | c Le monde appartient aux gens qui se lèvent tôt     |
| 4 To eat like a bird                               | d Rien !                                             |
| 5 To kill two birds with one stone                 | e Ne vend pas la peau de l'ours avant de l'avoir tué |
| 6 As the crow flies                                | f Euphémisme pour expliquer la sexualité             |
| 7 Not a dicky bird                                 | g Le plus court chemin entre deux points             |
| 8 Wild goose chase                                 | h Une fausse piste                                   |
| 9 Bird's eye view                                  | i Mon petit doigt me l'a dit                         |
| 10 Early bird catches the worm                     | j Faire d'une pierre deux coups                      |

**Ouch, that  
British Humour!**  
What happens when a cat  
wins a dog show?

**CAT-HAS-TROPHY!**

## Language Tip

Few/little – peu de..  
A few/a little – quelques...

There is little time left –  
il reste peu de temps

There is a little time left  
Il reste un peu de temps

## AMÉLIOREZ votre ANGLAIS

answers

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

## TEST your FRENCH

answers

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



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## Things You Might Need to Know



### You Can Bank on It

Here's a potentially useful site which compares bank charges  
[www.tarifs-bancaires.gouv.fr](http://www.tarifs-bancaires.gouv.fr),  
 set up by the Financial Sector Advisory Council to allow consumers to compare fees and other charges from bank to bank.



From June 1, 2016, you can register both your landline and mobile telephone number with government website [www.bloctel.gouv.fr](http://www.bloctel.gouv.fr) to block spam and unwanted commercial phone calls. Registration is free and valid for 3 years. This new "red list" replaces the former 'Pacitel'.



### Down with Taxes?

Most people with permanent or holiday homes in France are well acquainted with the 'taxe d'habitation' and 'taxe foncière' - resident tax paid on local property, similar to the council tax in the UK - but did you know that some households are entitled to reductions or even exemptions, depending upon their circumstances? Revised this year, if a single person's income is below €10,697 or a couple's income falls below €16,409, AND you meet various other criteria, (age, disability....) you could be eligible for a reduction on one or both of these taxes. It SHOULD be carried out automatically by your local tax office, but if you think you might be eligible, and it hasn't been taken into account on your tax form, it might be worth visiting your local 'hotel d'impôt' for a chat.

### Private Speed Traps



From the end of August 2016, a section of the mobile 'radar nouvelle génération' manned by the police will be handed over to "prestataires agréés", approved, private service suppliers. The move is experimental, and will mean that the cars installed with radar equipment will be driven by 'civilian' drivers, who will be told what areas to patrol, and will simply drive the route directed - the equipment will do the rest, registering naughty car speeds and number plates. The management companies will not be involved with the handing out of fines. The 319 vehicles equipped with this latest speeding equipment will rise to 440 by 2018

## Carte senior — discount Rail Card

At 60 Euros per annum, the French senior Railcard for the over sixties is a little bit more expensive than the British equivalent but with up to 50% discount on the trains, as well as the TGV, car hire, hotels etc, and loyalty points to go towards the purchase of your next card, it is worth every penny. To apply, pick up a leaflet at any French rail station or SNCF ticket office or visit [www.voyages-sncf.com](http://www.voyages-sncf.com) and click on



MENU > TRAIN > CARTES ET ABONNEMENTS > MA CARTE SENIOR



## CHEAP TRAIN TRAVEL

Once again, SNCF propose thousands of cut price rail tickets for July and August. These 'Intercités' (long-distance but not TGV) are for travel between July 1st and August 28th, and cost from €25 for travel between many French towns including Bordeaux, Caen, Clermont-Ferrand, Deauville, Limoges, Montpellier, Marseille, Nice, Toulouse and Paris, and even less for some of the shorter routes.

Available from [www.voyages-sncf.com](http://www.voyages-sncf.com), station ticket offices or by calling 3635. (Expect problems with the website if it hasn't been improved, as the sheer volume of traffic booking these cheap tickets has been known to clog it up!)

## Notaire Fees

From 1st May, the French 'notaire' may offer a discount to clients, where the property is over a certain price threshold.

According to the 'loi Macron', notaires can no longer charge more than 10% of the sale price of the property (with a minimum fee of €90), as they used to do on lower priced properties.

Where a property is over €150,000, they may now offer up to 10% discount on

their fees - 'though bear in mind that much of the notaire's bill is taxes due to the state. Any discounts are purely on the notaire's actual fee.



## Having a Breakdown?

If you break down on the motorway, don't contact your insurance breakdown service as only motorway approved breakdown vehicles are allowed on the motorways.

Contact the emergency services from an orange emergency phone, and they will contact an approved breakdown service, who will explain the procedure to follow with your insurance company.

If you can't get to an emergency phone, call 112 from your mobile, giving motorway number, direction and landmark (milestone indication on panels on roadside or central reservation).



## And don't miss...

I thought they were meant to put the fires out!

### > Festival Pablo Casals

25th July - 13th August  
One of the most respected chamber music festivals in Europe, taking place in the beautiful **abbey of Saint-Michel de Cuxà**, the église Saint-Pierre de Prades and other churches in the Prades area.  
<http://prades-festival-casals.com/>



### > Free Fun in the Capital of Culture..... with Henry Shaftoe

Every Thursday evening from 14 July to 25 August ([www.mairie-perpignan.fr](http://www.mairie-perpignan.fr)) the streets of Perpignan centre will fill with temporary music stages, street theatre, processions and all kinds of open air wonderfulness for the Jeudis de Perpignan.



> Meanwhile, over at the **Palais des Rois de Majorque, (and sometimes the Chateau Royal de Collioure)** a sequence of free open air concerts unfurls under the banner Ete 66. ([www.culture66.fr](http://www.culture66.fr)). Get there in good time to be sure of a seat, as there are no advance reservations – you just turn up and queue to get in.

Look out too from 5 July to 2 August, for “**les Musicales**” another series of free concerts.



## Bank holidays

14th July>> Fête de la Bastille (Fête Nationale)

Symbol of the absolute power of the monarchy of Louis XVI, the day of the storming of the Bastille was declared a French national holiday in 1880, a celebration of the birth of the Republic.

15th August>> Assomption

Commemorating the departure of Mary from this life and the assumption of her body into  
11th September - Diada de Catalunya - national holiday throughout Catalonia

## School Holidays

La Rentrée - Thursday 1st September 2016

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## Who you Gonna Call?

<b>SAMU (medical emergency)</b>	<b>15</b>	<b>Fire service emergency</b>	<b>18</b>
<b>POLICE emergency</b>	<b>17</b>	<b>European emergency line</b>	<b>112</b>

<b>SOS Doctor 24/24</b>	<b>08 20 20 41 42</b>	<b>Directory enquiries</b>	<b>118 008</b>
<b>Emergency vet</b>	<b>04 68 83 35 85</b>	<b>International directory enquiries</b>	<b>118 700</b>
<b>Anti-poison centre</b>	<b>04 91 75 25 25</b>	<b>International Mastercard</b>	<b>08 00 90 13 87</b>
<b>Perpignan Hospital</b>	<b>04 68 61 66 33</b>	<b>Local weather forecast</b>	<b>08 36 68 02 66</b>
<b>CPAM (English spk serv)</b>	<b>0811 36 36 46</b>	<b>GDF (gas problems)</b>	<b>08 10 43 30 66</b>
<b>Cancer Support France</b>	<b>04 68 69 01 37</b>	<b>EDF (electricity problems)</b>	<b>05 56 17 40 70</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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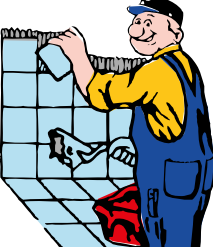
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