



Supporting English-speaking people living in the Languedoc who are affected by cancer

Newsletter - October 2021

Drop-In Update

We would like to be able to say that normal Drop-In Days could be resumed in the Autumn at Montplaisir, but we continue to have concerns about our ability to practise social distancing, mainly because of the close proximity of seating arrangements in the main Salle. We are exploring various options and will keep you informed of further arrangements. However, the Drop-In team ran a second summer picnic at the Mas de Laux in Magalas. The weather was perfect and a relaxing time was had by all. We even managed to celebrate one member's birthday with a beautiful cake made by Jan.



Therapies

Therapies normally available at Drop-In remain available with Sue Cartwright. If any client would like to make use of these opportunities, please contact Alison Kane on alison.csflanguedoc@gmail.com.



The CSF-L Helpline number is:

THE CSF-L HELPING NUMBER IS:

04 67 44 87 06

Please leave a message on our voicemail – you will receive a personal response as soon as possible, normally within 24 hours.

In this Issue:

Click on the item you're interested in to go straight to that section:

- Upcoming Events incl [Walks for Life](#) and an [Open House sale in Valros](#).
 - **NEW** - [Writers' Workshop](#)
 - [Register your Interest](#) in two management roles
 - [October Rose](#) - La Ligue's activities in October
 - [CSF-L supporter successfully completes Triathlon](#)
 - [Scams Corner](#)
 - [What's New in Cancer Research](#)
 - [The Arts](#) - recommendations for [music](#), [films](#) and [books](#)
 - [Recipes](#)
 - [Emergency Numbers in France](#)
-

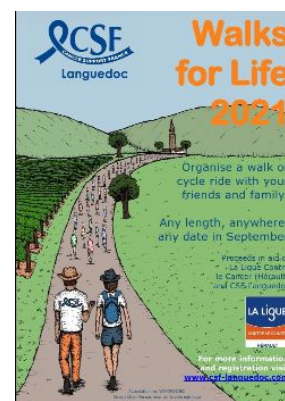
Upcoming Events

CSF-L Walks for Life 2021

You can still register to take part in this year's CSF – Languedoc Walks for Life.

We at Cancer Support France, Languedoc are delighted to announce that we are repeating last year's format for **CSF – Languedoc Walks for Life 2021**.

Once again, we invite you to organise a walking or cycling group to support and remember those close to you who are, or have been, affected by cancer.



As with last year, we will be donating half of all money raised through your CSF –

Languedoc Walks for Life 2021 to La Ligue Contre le cancer Comité de l'Hérault continuing our co-operation with local and national cancer charities in France.

Last year we were overwhelmed by your support for our new format CSF – Languedoc Walks for Life. As a result and despite the COVID restrictions facing us all, over 200 of you walked or cycled in small groups, in Herault, Aveyron and in several other countries beyond France, to raise a superb total of €8,292.

We hope that together we can do our very best to reach the highest sum possible this year.

To remind you how the revised format of CSF – Languedoc Walks for Life 2021 works, we've produced a separate leaflet with all the details. Please click on this link [leaflet](#) to read further information.

[Click Here to Register for CSF-L Walks for Life 2021](#)



CSF-L supporter, Cristianne Mulligan is leaving for pastures new and is holding an Open House on Sunday 17th October 2021. She is very kindly donating all proceeds to CSF-L. She wants to create a day that is full of fun, as well as the opportunity to browse the items she's selling, you'll be able to win prizes in her special tombola (local ateliers and service-providers have generously agreed to donate) and there will be homemade cakes plus teas and coffees made available (for a donation, of course!)

You can also book a place on a 90 minutes Sophrology session. Just email laggerlaurence@gmail.com and Christianne will book you in. Minimum donation 10 euros to be donated to CSF-L.

[The address is 24 avenue St Thibery, 34290 Valros.](#)



CSF-Languedoc to Launch a Writers' Workshop

It's surprising how many people harbour a compulsion to commit their thoughts, ideas and even visions to a written form, whether on paper or through their keyboards. Most people who do so keep their work to themselves but they may wonder if, in fact, it's actually quite interesting to other people.

That's why there are so many writers' workshops around the world, full of people presenting and discussing their work with other like-minded writers. It can be a wonderful process, at the same time encouraging, inspiring and yes, even therapeutic and life-affirming.

The aim is to run a [writers' workshop](#), on a regular basis, during the winter months, to bring members, subscribers and anyone else who is interested together to share their fiction, non-fiction and poetry.

The CSF-Languedoc Writers' Workshop will be held in the village of Valros, between Pezenas and Beziers. It will be founded on the principles of mutual encouragement and support for all its members and it will be chaired by CSF-Languedoc member Ronnie Smith.

To indicate your interest and obtain further details, please contact:
csflanguedoc@gmail.com

Wheelchair available

A wheelchair has been given to CSF-L and is available for permanent or temporary use. (In the case of temporary use, it should be returned to CSF-Languedoc.) This black wheelchair is light, foldable and fits easily into a car



boot/trunk but is not self-pushing

Wigs and headcovers are also available.

Enquiries to Alison

at Alison.csflangedoc@gmail.com



Walking Frame

One of our members has kindly donated a walking frame to CSF Langedoc for any member who would find it useful. The four wheeled walking frame is in excellent condition, and is designed to fold flat for easy transport. The model details are Bischoff & Bischoff Rollator B. If you are interested, please contact Graham Luck in the first instance at

graham.csflangedoc@gmail.com



News

Become involved with the management of
CSF-L

Become involved with the management of
CSF-L

We are now asking for members interested in taking on a management role on the CSF-L council to put their names forward. To be eligible for election at the AGM, you need to be a fully paid-up member and have a second member propose you. You do not need to have been an active volunteer in the past, so these opportunities are open to all those who now wish to increase their involvement with CSF-L.

Role of Treasurer

As some of you will already know, Tony Orsman is standing down at the next AGM after 6 years as Treasurer

Role Description : Treasurer

The Treasurer is one of the three members of the Bureau who have overall oversight and responsibility for the running of the Association. The key aspects of the Treasurer's role are to:

- Work with the Bureau and Council to ensure CSF-L's operations, financial activity and reporting conform to the French laws for 1901 associations.
- Protect the assets of CSF-L.
- Maintain accurate, auditable records of CSF-L's financial activity.
- Provide information for forward budgeting/development purposes.
- Report financial information to an agreed schedule to the CSF-L Council and members.

The role does not require prior experience of accountancy.

However, numeracy, familiarity with spreadsheets and a knowledge of basic financial controls are essential.

In addition to supporting the work of the Bureau and the Council, the Treasurer's role requires a commitment of around 5-6 hours per month. Ideally, the Treasurer should serve for a minimum of 3 years, subject to re-election by members at the AGM.

The role has been fully documented and Tony will be available to assist with the handover. If you are interested in the position, please

Role of Secretary

As some of you will already know, Jackie Keefe is standing down at the next AGM after 3 years as Secretary.

Role Description : Secretary

The Secretary is one of the three members of the Bureau who have overall oversight and responsibility for the running of the Association. The key aspects of the Secretary's role are to:

- Work with the Bureau and Council to ensure CSF-L's legal requirements are upheld as laid down in French law for 1901 Associations.
- Ensure effective membership records are kept and maintained.
- Keep appropriate records and maintain statutes with the relevant French authorities.
- Ensure Bureau, Council and Members' meetings are effectively organised and minuted.
- Ensure the CSF-L email accounts are monitored for requests for support, referring appropriately.

The Secretary is supported by the Membership Coordinator and the Communications Team.

You do not need to have previous Secretarial experience but familiarity with Microsoft Word and Excel is essential.

In addition to supporting the work of the Bureau and the Council, the Secretary's role requires a commitment of around 5-6 hours per week. Ideally, the Secretary should serve for a minimum of 3 years, subject to re-election by members at the AGM.

Jackie will be available to support

contact him at
treasurer.csflanguedoc@gmail.com
for further information.

[Back to top](#)

during an extensive handover
period. If you are interested in the
position, please contact her at
secretary.csflanguedoc@gmail.com
for further information.

Did you know that ...?

October is Liver Cancer Awareness Month
(<https://livercancermonth.eu>)



October Rose

October is also Breast Cancer Awareness Month and in France, it's called "Octobre Rose". (We are all familiar with the pink ribbon, the international symbol of breast cancer awareness.) The aim of this worldwide annual campaign, organised by major breast cancer charities, is to highlight the importance of breast awareness, education and research, and to raise funds. Watch out for news about fund-raising ideas and, if you don't have a pink ribbon, why not wear something pink every day in October to show solidarity?



[La Ligue contre le cancer](https://www.facebook.com/search/top?q=csflanguedoc) will be organising lots of events and providing lots of useful information for “Octobre Rose”. We are sharing some snippets here and will share others on our Facebook page (at: <https://www.facebook.com/search/top?q=csflanguedoc>) during October.

La Ligue has come up with a fun “bra challenge” for 2021. The aim is to encourage all women to adopt the rules of good conduct for breast cancer screening. The earlier the disease is detected, the greater the chances of being cured. The idea: take a photo/video of yourself as you throw your bra in the air and share it on social media with the hashtag #HautLesSeins. Challenge three friends to do the same by tagging them. Men, of course, should take up the challenge too!

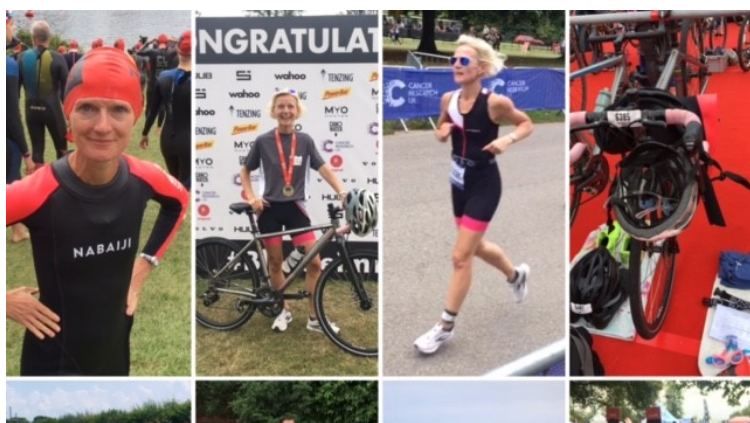
La Ligue is also planning a virtual race, "Faster than Cancer!", on the 24th and 25th October. More information (in French) at: <https://plusvitequelecancer.net> (web site still construction at time of writing).

In France, from the age of 25 a palpation (i.e. feeling for a lump with fingers) by a health professional once a year is recommended, and in addition, from the age of 50, a mammogram every two years. Such screening saves lives. Detected at an early stage, breast cancer can be cured in 9 out of 10 cases. Women between the ages of 50 and 75 who have a Carte Vitale are invited by letter to have a mammogram every two years, which is free of charge. The invitation gives a list of the radiology centres agreed by the CPAM (Caisse primaire d'assurance maladie - who finance the appointment). The mammography is double-checked by a regional centre and the results are sent back by post.

More information at: <https://octobre-rose.ligue-cancer.net>

[Back to top](#)

Alison Melrose takes part in a gruelling triathlon



We are very grateful for the support of Alison Melrose whose father we had been supporting. Our support inspired Alison to do something she had been planning for some time - taking part in a gruelling triathlon.

She told us she needed a challenge and. not



We wish Alison and her family all the best and we are pleased to have been able to help at a very difficult time.

[Back to top](#)

known for her love of swimming, nor cold water, she entered the ballot for the Blenheim Triathlon, which took place on Sunday 12th September. Alison publicised her efforts on LinkedIn and has asked friends to donate to us via our [website](#) here: <https://csflanguedoc.com/ways-to-donate/>.

Scams Corner

Tony Orsman

The high number of text scams relating to parcel deliveries about to be cancelled, part dispatched orders, pretty much anything to do with Amazon and unpaid tax bills has continued throughout the summer. There is some evidence the banks and police are finally trying to crack down on the perpetrators, so let's hope they have some success.

Pertinent current scams for us to look for in particular include:

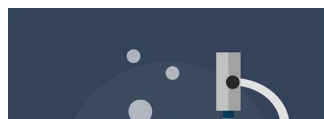
- emails or texts purporting to be from the French administration asking for further personal information to support requests for residency permits;
- people offering to help with applications for residency permits for a fee;
- social media messages from 'relatives' claiming they have lost their phone and have this new number, then asking you to pay a bill on their behalf.

For the first two, check email and contact details online before responding and, for the second, ask your friends who they would recommend for reliable assistance.

The third scam has been around in email form for some time but has now switched to WhatsApp and Instagram. It's very easy when you are a long way from friends and relatives to fall for this type of urgent plea, so please be alert. Always try to contact them on their old number before falling for it.

[Back to top](#)

What's New in the World of Cancer Research?





Here we bring you links that you might find interesting to explore. Click on the title to see the entire article.

[Newly developed software unveils relationships between RNA modifications and cancers](#)

Researchers have developed a software called ModTect that can help reveal the relationships between RNA modifications and the development of diseases and disorders. Their work highlights the potential of using RNA modifications as biomarkers to test for diseases.

(National University of Singapore)

[Antibiotics linked to increased risk of colon cancer](#)

There is a clear link between taking antibiotics and an increased risk of developing colon cancer within the next five to ten years. This has been confirmed after a study of 40,000 cancer cases. The impact of antibiotics on the intestinal microbiome is thought to lie behind the increased risk of cancer.

(Umea University, Sweden)

[Scientists discover a fundamental feature of aggressive lymphomas](#)

New research has revealed a new fundamental feature of aggressive B-cell lymphomas which could open the door to further research into early detection and treatment of the disease.

(University of Southampton, UK)

[Researchers developing new cancer treatments with high-intensity focused ultrasound](#)

While doctors have used low-intensity ultrasound as a medical imaging tool since the 1950s, experts are now using and extending models that help capture how high-intensity focused ultrasound (HIFU) can work on a cellular level.

(University of Waterloo, Canada)

[Back to top](#)

The Arts

Music and the approach of autumn



As autumn approaches, many of our feathered friends may soon taking flight for their winter migration. Here are some pieces of music with ornithological connections.

1 Jonasson: Cuckoo Waltz

https://www.youtube.com/watch?v=J-1CzLcmdtg&list=OLAK5uy_I0jHmk2Fals_6V3PmrfvmHsV71iBjvnOU

A light and cheery musical interlude from Sweden. Dancing is permitted!

2 Respighi: The Birds

<https://www.youtube.com/watch?v=0YJ55DWCc-s>

After the short prelude, these birds are musically represented, in this very beautiful suite:

La colomba (The dove)

La gallina (The hen)

L'usignuolo (The nightingale)

Il cucù (The cuckoo)

3 Traditional Catalan: El cant dels ocells (Song of the Birds)

<https://www.youtube.com/watch?v=vD3UZGQqbl8>

This stunning piece was made famous by the great Catalan cellist, Pablo Casals. After his exile in 1939, he would begin each of his concerts by playing this song. For this reason, it is often considered symbolic of Catalonia.

4 Rossini: La Gazza Ladra (The Thieving Magpie)

<https://www.youtube.com/watch?v=KYfaKAIf-SU>

The famous overture to Rossini's opera of the same name. Even though it's certain to be familiar to many readers, such a 'fun' piece had to be included!

[Back to top](#)



Art space:

The Musée de Lodève is well worth a visit.

The museum has a permanent geological/archeological exhibition but holds an annual winter/spring exhibition. The 2021/22 exhibition is dedicated to Jean-François Auburtin (1866-1930), one of the “plein-air” painters who worked in the open air and included Delacroix, Courbet, Boudin, Jongkind and, of course, Claude Monet.

25th September 2021 to 27th March 2022

1 place Francis Morand
34700 Lodève
(<https://www.museedelodeve.fr/en/>)

[Back to top](#)



DVD film review

from John Kane

When I lived in London I had an elderly chum who loved movies as much as I did. A couple of times a month I would collect him from Victoria coach station and bring him home where, for the rest of the weekend, we would sit in my study watching films. We did stop to eat and sleep but I have to confess that when the time came to take him back to Victoria, I was a bit wobbly on my legs.

Ted preferred silent films and always brought down a favourite to show. I especially remember dozing through “Dr Mabuse” directed by Fritz Lang which I found slow and hideously over-acted but I enthused about it when the lights went up. (I may have enthused a little too much for when he came for Christmas that year he gave me my very own copy! Checking my shelves I see to my shame that it’s still in its original wrapping.)

Ted was no fan of modern movies. In his view, they went on too long, the dialogue was muffled and they were full of people that he really wasn’t interested in. So this month, although he has been long gone, I’m choosing two “modern” movies (released in the last 20 years at least) that even he would have enjoyed.

The first is “Gravity” which contains the minimum of dialogue and isn’t overlong. Who could fail to be interested in the lovely Sandra Bullock? It’s a simple tale of a space station destroyed by meteorites and Sandra’s attempts as the last survivor of the disaster to get herself back to Earth. I won’t tell you whether she manages or not (although you can probably guess the outcome) but not only is her struggle hugely exciting, with its breathtaking views of space, “Gravity” is also a stunningly beautiful movie. Don’t miss it.

My second choice is “Valkyrie”, a 2008 thriller film set in Nazi Germany during World War II and which depicts the 20 July plot in 1944 by German army

officers to assassinate Adolf Hitler, and then to use the Operation Valkyrie national emergency plan to take control of the country. The film stars Tom Cruise as Colonel Claus von Stauffenberg, one of the key plotters and includes Kenneth Branagh, Bill Nighy, Eddie Izzard, Terence Stamp, and Tom Wilkinson.

Initially, the reviews for the film were lukewarm so I wasn't expecting too much of the movie. The plot against Hitler failed so what possible suspense could there be? What I hadn't anticipated was the tension that builds after the failed attempt by the plotters to use the chaos and uncertainty to still take over the government - which makes it ultimately a very exciting watch. The dialogue is crisp and not at all muffled and, as a historical piece, it contains many characters that Ted couldn't have failed to have been interested in. As I mentioned in last month's review, some stars are so "starry" that you never lose sight of who they are. This is true to a certain extent with Cruise in the role of the chief plotter. Nevertheless, his depiction of Von Stauffenberg is a convincing one and he is as watchable as ever. Granted the movie runs for one hundred and twenty-one minutes, which is a little long for Ted but when he'd complain about the running time of the "modern" films I showed him, I would gently point out that one of his favourites, "Gone With the Wind", runs all of three hours and fifty-eight minutes. So there!

[Back to top](#)



Your [Book](#) Recommendations and Reviews

By Angie Pratt

The Mercies **Kiran Millwood Hargrave**

This is a gripping novel inspired by a true life witch hunt. A tale of courageous women facing overwhelming odds, set in a bleak island locality off the coast of Norway in the early 1600's.

The characters are so well drawn. Ursa is a naive, flighty teenager, excited by the prospect of being married to a Commissioner. She is rudely brought down to earth and soon repelled by her husband, as his cold and cruel nature is revealed. Maren's awakening is no less painful, as her loyalty to old friends and

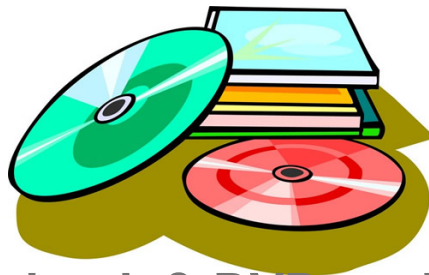
her new friend Ursa drives a wedge between her and those with whom she has grown up, not least her own mother.

The book portrays so well the strength of the women and their will for survival. It is the men in power who give themselves up to hysteria and superstition, abusing their control of others' lives and deaths.

This is a beautifully written book and the day to day details of life in the village are truly fascinating. It is also a little chilling but such a worthwhile read.

Tell [us](#) about a book you've loved or hated.
(csf.languedoc@gmail.com)

[Back to top](#)



Ann's book & DVD exchange

Hopefully we'll have news about a face-to-face exchange of books & DVDs for donations to CSF-L in the next newsletter. In the meantime, it's still possible to look on-line [HERE](#).

Here's how it works:

Copy and paste title/s from the website (<https://bookexchange34.libib.com>) into an email to books.csflanguedoc@gmail.com and Ann will arrange to deliver or post them to you.

She's happy to keep an eye out for your favourite authors/directors. Just let her know.

All proceeds go to CSF - Languedoc. You can make a donation either on delivery or online [HERE](#).

[Back to top](#)



Recipe Corner:

If you have a favourite recipe that you would like to share, please send it to us [here](#). (Please let us know if you would prefer to remain anonymous.)

Chicken with basil and sun-dried tomatoes

Ingredients: (serves 4)

- 4 chicken breasts
- 2 cloves garlic
- Basil leaves (as many or as few as you like)
- 1/2 glass white wine
- Jar of sun-dried tomatoes
- Oil from the jar of sun-dried tomatoes
- 200 ml cream

Method:

Chop chicken into bite-sized pieces or strips and place in a bowl. Crush or chop the garlic and add to the chicken. Cut the sun-dried tomatoes roughly (as many or as few as you like) and add to the chicken. Add a tablespoon or 2 of the oil from the jar. Add the basil leaves. Leave to marinate for as long as possible - several hours, if possible.

Heat some of the oil from the jar of sun-dried tomatoes. Fry the chicken mixture until coloured evenly - about ten minutes. Add the wine and bring to the boil. Add the cream and then simmer gently for 30 minutes or so. (You can leave simmer for up to an hour or so. I have also transferred it to the oven and left it for up to an hour.)

Serve with mashed potatoes. Pasta is good, but not AS good!

Share your favourite recipe by sending it to csf.languedoc@gmail.com.

[Back to top](#)

Quick Reference

Emergency numbers in France

- **15** SAMU (Medical emergency)
- **17** Police
- **18** Pompiers (Fire/accident)
- **112** European emergency phone number, available everywhere in the EU, free of charge

CSF-Languedoc is on Facebook

[We now have a Facebook Page](#). Please "Like" our page and then "Share" it with your Facebook friends in order to spread the word about CSF – Languedoc. Thank you!
<https://www.facebook.com/search/top?q=csflanguedoc>

[View this email in your browser](#)

Copyright © 2021 Cancer Support France - Languedoc, All rights reserved.

You are receiving this email because you have asked us to contact you with information about our events.

Please let us know if you no longer wish to receive these emails. Our Privacy Notice explains how we process your personal information and your rights in connection with this processing. You can download it from our website: <http://www.csf-languedoc.com/legal>.

Our mailing address is:

Cancer Support France - Languedoc
20 bis Quartier de Sercognes
34800 Nebian 34800
France

Add us to your address book

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.