

P.O.Life

Le magazine anglais des Pyrénées Orientales



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Saint Ferréol

FrenchLife
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l'abus d'alcool est dangereux pour la santé



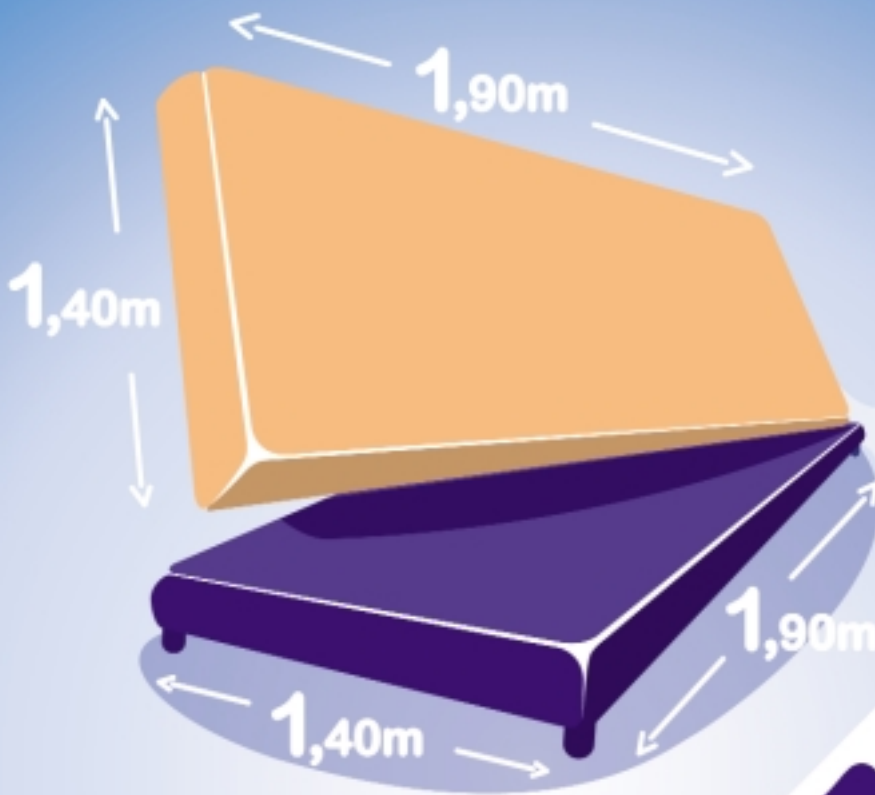
A selection of events
from the Palais des Congrès

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Edito ...

Holà !



Tra la la la ! This superb January weather has lulled us into a bit of a false sense of security here in the P.O. Is it all being saved up for February and March I wonder ? On verra ! (We'll see !) Anyway, a little late I know but Bon Any Nou - Happy New Year in Catalan of course - with warmest wishes for a healthy and sunny new year ! And talking of new, what do you think of the new look P.O. Life ? We would love to hear from you with any further ideas for improvement.

As usual, P.O. Life brings you a restaurant review, seasonal recipe, French and English language exercises, along with news from around the region. Don't forget to check out our site www.anglophone-direct.com for more reviews on dozens of restaurants in the region, wine recommendations, listings of entertainment and events... or maybe you know a restaurant which is worthy of a review by John, our very own P.O. nosh tester - it's a hard job but someone has to do it !

Fins aviats - Kate

I recently read a report in the Independent of the first no-smoking bar in Perpignan, if not the whole region. Did "le patron" decide to make this move for health reasons, to avoid risks to his clients and especially his staff from passive smoking ? Did he succumb to pressure from the anti-smoking lobby ? Is he fed up with the costs of redecorating too frequently ? Is he asthmatic ? Nope.

M Claude Sarda explained : "Our department offers the most beautiful vineyard in the

world ; its range can accompany a whole meal from apéritif to dessert. Now to appreciate the taste of the wines, all the magnificent flavours of our soils, you cannot have tobacco interfering."

Bravo, M. Sarda !! Never mind the health lobby, the taste of the wine is what matters most. So wonderfully and delightfully French.

(The bar in question is "le Sense" in place République. It gets my custom next time I am in town.) VH - Baho

Have your say.

Contact us on info@anglophone-direct.com

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welcomes you amongst the almond blossom
in our beautiful Catalan region!



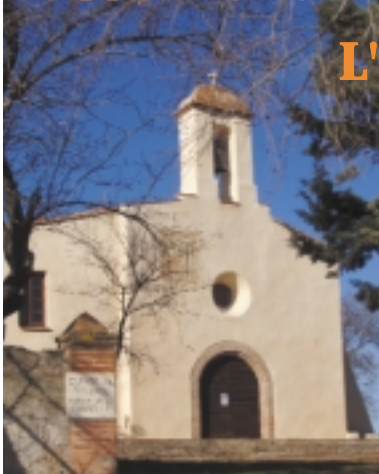
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Walk the region



L'Ermitage de St Ferréol

from Céret

Situated to the north east of Céret, at an altitude of 300m, this 13th century chapel had the hermitage added in the 18th century and other buildings added later to accommodate the many pilgrims who came to pray at the chapel of St Ferréol. Saint Ferréol himself actually lived in the third century but his sacred remains were moved to Céret for security during the 13th century

crusades against 'heretics' and a chapel built to honour him.

This circular walk takes you from Céret up to the hermitage where you can picnic 'on top of the world' surrounded by the most magnificent views.

Level : easy, uphill climb going - mostly down hill or flat on return.

Recommended for : anybody - bearing in mind that the initial uphill climb requires a bit of puff !

Where to park : approaching Céret from Le Boulou, turn right just before the pont du Diable (direction Oms/Llauro - viaduct on right) and park in car park immediately on left.

Walk out of the car park and follow the road left (direction Oms/Llauro) until you see a small roundabout on the right with steep steps behind - the beginning of the walk.

✓ Climb the steps and follow track upwards for several kilometres, ignoring all other tracks to right or left. After passing several houses on the left, you will arrive at a road. (2.5km)

✓ Turn right and walk up the road for just over a kilometre until you see a sign on the right for L'ermitage de St Ferréol. (1.5km)

✓ Follow this road until you arrive at the hermitage, (passing a track on your right signposted Atelier Conrad Paris which will be your return route) (2.3km)

✓ From the ermitage, walk back down the road and take the track on the left, passing the 'atelier' of Conrad Paris, sculptor and artist ; where you can watch the artist at work.

✓ Follow this track until you arrive at the gates of the domaine de St Ferréol. Take the track on the right before the gates

✓ At the crossroad of the tracks, carry straight on down a rocky path, cross over a small bridge leading to a wider tarmac road. Follow the road, turning right after a small building on the corner, past cherry orchards on your left, until you arrive at a junction. (1.5)

✓ Turn right at the junction, follow road through to main road, turn left under the bridge, and arrive back at car park. (1.50km)

For more walks in the PO, visit www.anglophone-direct.com/Walks-in-the-Pyrenees-Orientales - Do you have a walk you would like to share with the readers of PO Life? Contact us on info@anglophone-direct or tel: 04 68 39 75 81



Docteur !
Mes dents claquent comme des castagnettes.
Ah oui ! Ce doit être la grippe espagnole !

John Wall English Estate Agent
in Languedoc Roussillon

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Did you know?

CALCOTADA

The Catalan tradition for an "-ada" (a meal, usually for many, and generally based around a single ingredient such as snails, fish, chocolate...) often creates some highly unusual, charming and community spirited festivals. Such is a *Calçotada, the communal downing of char grilled onions or *calçots*. These tender onions undergo a special growing process in which they are taken out of the ground, saved for a couple of months and planted again, deeper in the ground, so that the onion grows elongated and there is more tender white flesh, untouched by the sun - a long, gangly spear something between a leek and a spring onion. The process takes a year and the *calçots* are harvested in February and March.

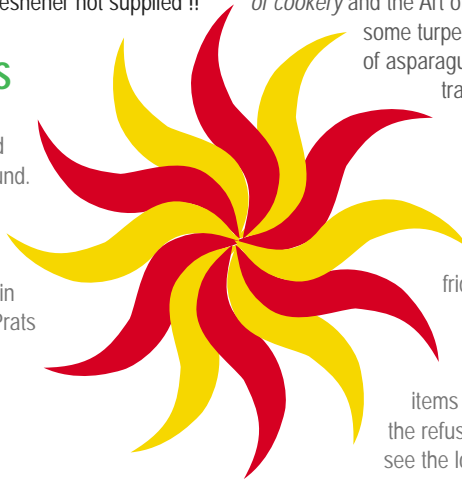
*Breath freshener not supplied !!

MaisWEE !

February and March are just right for walking in the woods of the Pyrenees-Orientales and gathering wild asparagus (les asperges sauvages), fern-like plant, thin, spindly, and packed with flavour. Take them home, blanch them for a few seconds, add a little olive oil, salt, and pepper et voilà ! C'est délicieux ! Beware ! They begin to deteriorate as soon as gathered and toughen rapidly, becoming "stringy" within 24 hours unless refrigerated. Rich in iron, fibre and Vitamins A and C, asparagus is also known to add rather a "distinctive" odour to one's urine. However, in 1891, Pellegrino Artusi, author of *The Science of cookery* and the Art of eating well, wrote that, by adding some turpentine to a chamber pot of asparagus provoked urine, one could transform the odour into the "sweet scent of violets" !

AREGIONofPRATS

If you live or have spent time in the region, you will have noticed that there are a lot of *Prats* around. In fact, Prat is the Catalan word for prairie. Prats de Mollo, for example, is so called after Mollo, a village over the border in Spain, whose land was where Prats de Mollo is now, hence the prairies of Mollo.



TheMONSTERS

If you happen to notice old fridges, bike frames or bathtubs lying around on certain day every month, it's "les monstres" time, a day when you can put outside items next to your bin, to be collected by the refuse collectors. It is not uncommon to see the local kids (sometimes accompanied by a Mum or Dad) wandering round on 'monster' night, to check out the neighbours' rubbish.

Remember!
One man's trash is another man's treasure!

GOIGSdelsOUS

A tradition that dates back to the Middle Ages, the "goigs dels ous" (or *joie des oeufs* in French) are traditional Easter songs, ancient hymns sung by a choir in traditional Catalan costume. The eggs, symbol of the rebirth, the resurrection, are given to the singers by way of thanks.

Do you know the origin of the word 'silhouette'?

Mister Silhouette was actually
Contrôleur général of finances under Louis XIV
and was so unpopular that his profile
appeared regularly in caricature on walls.

HowDOyouPOO ?

Do you know where the expression "comment allez-vous" comes from ?

This courteous enquiry dating back to the Renaissance period is actually all to do with poo ! Yes, it really means "comment allez-vous... à la selle" (aller à la selle - to have a bowel movement) therefore 'How are your bowels ??

At this time, the quality of the aforementioned was very important in gauging a person's health. Think of that the next time you greet someone with this polite phrase !

Frenchlife

La carte vitale

What is the "carte vitale"?

The *carte vitale* is a card with microchip, similar in looks to a credit card and containing your personal details and all the information necessary to prove your entitlement to the "French health service"



IT IS NOT A CREDIT CARD AND CANNOT BE USED FOR PAYMENT OF YOUR MEDICAL FEES OR ANY OTHER PAYMENT.

When you present it to any medical expert, they will be able to bring up the data relating to your payment status. You will still need to pay for your treatment "on the spot" but will automatically receive, via the post, any monies due to be reimbursed to you (normally 70%). The *carte vitale* does NOT contain your medical details. It is purely administrative and was introduced to reduce the mountains of paper work involved in claiming back your medical expenses.

If you are diagnosed with a "chronic" disease, you may well be taken on by the French medical system at 100%. This means that, on presentation of your *carte vitale*, the doctor will see that you have been accepted for reimbursement of all your fees. In this case, you will pay nothing "on the spot" or subsequently, as the doctor will be paid directly by the "assurance maladie" (CPAM, Orasanté... depending on your situation).

Children under 16 are included in the *carte vitale* of their parents. Some doctors, dentists etc are not yet computerised, and may still be using paper forms, despite your "carte vitale". If so, you will be given a "feuille de soins" each time that you visit, which you should sign and send to your "assurance maladie".

The *carte vitale 2* : From 2007, a photograph will be required for a new card, the *Carte Vitale 2*. This new card will be linked to a computerized system called a DMP (dossier médical personnel), containing your medical records and essential details such

as your emergency contact, organ donor details, blood group, allergies etc, and will take effect as individuals renew their cards. Your "assurance maladie" should contact you about this so you do not need to take any action until you hear from them. You should eventually receive a form entitled "Ma nouvelle carte Vitale" which you should check, sign and return to your "assurance maladie" with a photo and proof of ID.

The idea behind the new system is to save the government money by reducing the number of patients who seek opinions from several doctors on the same illness, estimated to cost the government billions of euros per year.

Who is entitled to the *carte vitale*? You are entitled to the *carte vitale* if you are a permanent resident of France and are registered with all the necessary authorities (ie working and paying your taxes, registered unemployed etc) or entitled to a pension or governmental allowance from an EU member State.

Useful phrases

Je n'ai pas encore reçu ma nouvelle carte vitale
(chunay pa oncor rusew ma noovell cat veetal)
I haven't received my new *carte vitale* yet

Que dois-je faire pour obtenir ma carte vitale?
(kuh dwaj fair poor obtuneer ma cat veetal?)
What do I need to do to get my *carte vitale*?

Je voudrais mettre à jour ma carte Vitale ?
(chuh voodray mett ah sure ma cat veetal)
I would like to update my *carte vitale*

J'ai perdu ma carte Vitale
(shay peardoo ma cat veetal)
I have lost my *carte vitale*

Citations

A la sécurité sociale, tout est assuré
sauf la pendule : ça, on ne risque pas
de la voler; Le personnel a les yeux
constamment fixés dessus ! Coluche

Mon père était fonctionnaire et ma mère
ne faisait rien non plus... Coluche

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Don't forget to turn
your clocks forward

March 25th 2007 - French summertime -
clocks go forward one hour (during
the night of Saturday/Sunday morning).

WANNABET ?

If you're in Torreilles in March, don't miss the hundreds of rubber ducks, bearing numbers, who will be set loose on an unsuspecting public, in this rubber duck river race involving betting on the winning duck ! Toreilles is one of the only towns in France to put on this very original race, particularly appreciated apparently by the British!

Bets can be made in advance in many of the shops in Torreilles using a "betting slip" provided.

TheAFMtelethon

(l'association française contre les Myopathies et les maladies neuromusculaires)

The AFM Telethon in December has become France's major fund-raising event. Last year, 2006, the French Muscular Dystrophy Association presented the 20th annual Telethon on 8th - 9th December and raised millions of euros through events and entertainment. For example, the British ladies of Maureillas raised over 500 euros from their British tea room, a cuppa and home-made cakes being much appreciated by the locals. Behind the fun of the AFM Telethon is a serious purpose : to raise funds to support AFM's research programs and services for people with neuromuscular diseases and to inform the general public about rare genetic disorders. For those who fight every day against a devastating disease, each Telethon is a new step on the road to victory over these diseases. For more information visit www.afm-france.org where you can make a donation online.

Localnews

CHENILLESPROCESSIONNAIRES

If you go walking in the PO during the early months of the year, you may well notice some light coloured, web-like cocoons swinging from the pine trees. These are in fact caterpillar nests, constructed by the "chenilles



proceSSIONNAIRES". It is believed that they build these nests in this way to protect themselves from predators as well as to provide a moist environment to encourage the growth of insects. They are actually quite clever chaps as they leave a trail of silk behind them when they leave the nest in procession (hence the name) to feed, which relays information to other caterpillars and also ensures that they are able to find their way back to the nest easily. I wouldn't mind that facility myself for when I leave my car in the car park at Auchan! However, they are undoubtedly pests as they eventually destroy the trees. They are also highly toxic and can cause burns and irritations to any person or animal that touches them. If you have nests on your property, you are advised to cut off the branch of the tree and burn the nest. People who have large properties and a large quantity of the nests can ask the local authorities to send a crop spraying helicopter to deal with the problem.

OPERATION BRIOCHES

Watch out in March for "Opération Brioches", when sales of brioches will be held in many towns and villages throughout the region in aid of the mentally handicapped.

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Local traditions

A not to be missed yearly event
held on the second Sunday
of the February half term

Fête de l'Ours

Prats de Mollo

The legend

According to legend, near the Col d'Ares, about 13 km from Prats de Mollo, at the foot of mont Falgas, a young shepherdess was spirited away by a bear, actually the devil in disguise, who took her to his cave intending to seduce her and steal her virginity. The young damsel however, prayed to Notre Dame du Coral, nearby chapel overlooking the valley, to preserve her virtue, and the bear was unable to approach her.

His howls of frustration attracted the attention of woodcutters felling trees who pushed aside the heavy stone blocking the entrance, rescued the young shepherdess and returned her to her parents. Mister bear was furious, his enraged howling resounding throughout the valley. The hermit of Notre Dame du Coral, along with a local farm boy, followed the howling, and spotted the bear at the top of a large tree overlooking a precipice, eating berries. When he descended for the night, they cut the branch so that it was much weakened, and on the bear's return the next day, he climbed on the branch and fell to his death!

The festival

On three shots from the redan Ste Marguerite at Fort Lagarde, the hunt begins! Men and women dressed as bears and hunters run through the streets as the crowd cheers and screams, deafened by gunfire, excited by the smell of gunpowder, drunk on the atmosphere.... Eventually the 'hommes en blanc' or 'barbiers' intervene, covered in flour, armed with heavy chains and dressed in white with lace bonnets! One of them has an axe, another carries a botifarra (locally made black pudding !!) and a cuvette (basin). After a final, conclusive struggle, the barbiers catch and chain up the bears who are taken to the place du foiral accompanied by triumphant music.

The bears are made to sit down on chairs where they are 'shaved' by the barbiers, using the axe for a razor and the black pudding for soap.

The day of the bear finishes with a Bal de Corre in which bears, hunters and barbers dance around in a frenzied circle until a gun shot rings out and the bears fall to the ground, dead.

... and following on from the Fête de l'Ours', it's CARNIVAL TIME !

✓ **mascarade** : the children of the village dress up in white and cover their faces in flour, after which they parade through the streets making as much noise as possible, banging on pans and bin lids with anything that they can get their hands on !

✓ **Encadenat** (link up) : exactly what it sounds like! Young and old, dressed in flamboyant and colourful costumes, join together to form a long line as they dance through the streets of the town, conga-like !

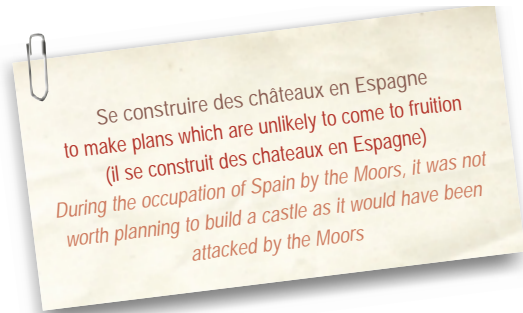
✓ **Ball de la Posta** : the 'posta' is a plank of 1m50 long and 30cm wide, with a picture of a pretty girl at one end, representing the virgin, and a devil on the other side. Dancers range themselves in couples opposite the carrier of la posta and his colleague who carries a wooden sword. The dancers advance three times, in couples, towards the armed pair. The first time they bow, the second time the lady must kiss the face on the posta, choosing devil or virgin, and the third time, she gets a smack on the bottom with the plank! In olden days, this dance was a judgement on vice and virtue !

✓ **Tio-tio** : during the masked ball, dancers dressed in white, covered in flour, and equipped with a lit candle form a circle. They then dance round and try to set the person in front alight !!!

A chap or chapesse with a broom - le porteur du balai - is on hand to put any unfortunates out !

(Tio means log and is actually represented by a roll of paper stuck on the back of each dancer. It is this that they try to set alight rather than the whole person !!) Now call me a killjoy, but I'm absolutely certain that there is no way that I would enjoy, in any circumstances, having my bottom set on fire !





LeBoulouBYPASS

The link road between the RD 900 (Le Boulou Nord) and the RD 115 (Le Boulou Ouest) has begun in earnest. The new route will pass under the motorway linking the vallée du Tech with the coast, and making an enormous difference to the seasonal traffic jams through Le Boulou. There are therefore likely to be delays around Le Boulou until the end of March 2007 as well as regular lane closures on the motorway, for about a mile before the tolls, where a 76 m long tunnel is being dug under the road.

Watch out for changed speed limits in that area until the end of March

What's on?

Come on take me to the Mardi Gras **CARNIVAL**

February and March see carnivals (or carnivals) all over the PO - singing, dancing, eating and drinking, live music, fancy dress, parades and fireworks, along with the symbolic burning of evil spirits - but the origins of these celebrations, ending on Mardi Gras (Fat Tuesday) around forty days before Easter, are actually less frivolous than the word carnival denotes today.

In fact, Mardi Gras used to represent a "last fling" before the thin times of lent where, in more primitive societies, the winter stores of food for both humans and animals were running down, in a society before fridges and freezers allowed us to store provisions indefinitely. It was necessary to use up all remaining meat and animal products such as eggs and butter (hence pancakes !) so why not make a party of it ? It also used to be a time of "acceptable naughtiness" when people disguised themselves behind masks and got up to things they "didn't ought to" !

Watch out for the burning of the straw-filled Carnival king, symbol of infertility, sins, and bad luck - an important character in the traditions of modern carnival, who is burned in a spectacular ritual at the end of the festivities, the day before Ash Wednesday.

Selection of events from the Palais des Congrès, Perpignan

Events at the PALAIS DES CONGRES Perpignan

Tuesday 6th February

The Munich Symphony Orchestra in concert directed by Philippe Entremont
Strauss - Sextet from Capriccio
Mozart - Concerto for piano and orchestra n°21 and Symphony n° 35 " Haffner "
Wagner - Sigfried-Idyll (version for chamber orchestra)
Information/reservation : 04 68 66 33 66

Thursday 8th February - 20 h 30. Salle Charles Trenet. Palais des congrès
Humour in this 'One Woman Show' with Julie Ferrier

Friday 23rd March

Canteloup - one man comedy show 20 h 30

Thursday 29th March - Thursday 5th April

"Beautiful British Cinéma" (see www.anglophone-direct for full programme)

Friday 30th March - Saturday 7th April

Sacred music festival

For the full programme of events for February and March, visit www.anglophone-direct or www.congresperpignan.com

Exhibitions at the PARC DES EXPOSITIONS Perpignan

Information: 04 68 64 68 56 or www.parc-expo-perpignan.com

Saturday 10th - Sunday 11th February - 10 h 00 - 19 h 00
Mineral and Fossil Exhibition

Saturday 17th - Sunday 18th February - 10 h 00 - 18 h 30
Cat show (Grand Hall)

21st - 25th February - 10 h 00 - 19 h 00
Magic Planet (Salle des Festivités) ; Bouncy fun in this indoor theme park for children.

Saturday 17th - Sunday 18th February - 10 h 00 - 19 h 00
International Day of the Insect and Nature (Salle des Festivités)

Saturday 3rd - Sunday 4th March - 10 h 00 - 19 h 00
Salon Animalières (dogs, cats, tigers...) free for under 8s

Friday 30th March - Sunday 1st April
Bicycle and motor bike exhibition 10 h 00 - 19 h 00

Food and drink

Catalan cuisine

QUICHEauxASPERGES

What do you get when you combine a walk in the woods with three eggs ?

Hmm ! A homemade quiche with wild asparagus. D elicious !



Pie pastry (p ate bris ee) or puff (p ate feuillet ee) • One bunch of wild asparagus • 1 shallot • 1 clove of garlic • 125 g smoked 'lardons' (bits of bacon available in any supermarket) • 3 eggs • milk • gruy ere cheese

- ✓ Chop up the asparagus, garlic and shallot and fry in olive oil for 5 mins. Fry the lardons.
- ✓ Prepare the *migaine* (the basic part of any quiche recipe) by beating together three eggs , 1/2 cup of milk, and adding salt and pepper.
- ✓ Shape the pastry into the mould ; add the lardons and asparagus mixture, cover with grated gruyere and pour the *migaine* over it.
- ✓ Place in the oven at a temperature of 180 C for 25 -30 min.

Wine to accompany this recipe :

Muscat sec Domaine Gardies Las Caves (7,50  ) -

C te du Roussillon rouge Le 20 Domaine Laguerre (6,80  )

Recommended by [Le Cellier des Arcades - C eret](#)

Restaurant reviews



John Fairclough

L'AUBERGE du C edre Villemolaque

One of the few drawbacks with living in France, is that in comparison with countries like the UK, Germany and Holland, the number and choice of ethnic restaurants is very limited. It is

for that reason that I was particularly interested when I came across the Lebanese inspired Auberge du Cedre which can easily be found on the main D900 (formerly the N9) at Mas Sabole, Villemolaque approximately half way between Perpignan and Le Boulou.

I had sampled Lebanese fare several times before both in the UK and, perhaps more typically, on trips to the Middle East and Cyprus, and certainly the food at the Cedre is very authentic. The only "menu" as such is the 14   lunchtime offering. Evenings it is   la carte only, with a long list of cold and hot appetisers, including hummus, moutabel, moussaka , tabouleh and small savoury pastries called sameekah (all priced at 5 ) The main course selection consists of several middle eastern style grilled meats ranging from 12 to 20  . For those new to Lebanese fare I would recommend the "mezze". This feast, which is typical of the eastern Mediterranean area, consists of small plates of the appetisers (four per person), salads then followed by a small selection of the grills (we had lamb kefta kebabs and

marinated chicken). All this is accompanied by copious amounts of Lebanese breads and rice, and the price works out at about 20  a head.

In the past, I have to say that I've never much cared for middle eastern type desserts (baklava, halva etc), finding them too heavy and sweet, but those on offer in the Cedre were very good. Much lighter and less gooey than usual.

As far as wine is concerned, there are Lebanese reds on offer, though not cheap at 33 . However there is a good choice of local wines at more pocket-pleasing rates. The pichet wine is only 7  a litre, but we found the quality variable.

Saturday nights see entertainment, overseen by the genial owner, Jaoudat Melhem, in the form of a very skilled belly dancer. You are given the opportunity to join in, but sympathetically, there is not the sort of coercion as is so often the case at these "spectacles". For this reason Saturdays seem popular, so ringing for a table reservation on 04 68 37 25 84 might be advisable. All other nights it is not necessary.

A night out with a difference !



Wineclub

Drink wine, and you will sleep well. Sleep and you will not sin. Avoid sin, and you will be saved. Ergo, drink wine and be saved
Medieval German saying

Recommendations from our POWINE forum

More wine recommendations and advice on www.anglophone-direct.com

Domaine Sarda Malet Reserve 2003

A Cotes du Roussillon Rouge with great fruit and depth of flavour. Blackberries and leather with pleasant balanced palate. (8.50 €, Auchan)

Chamarre

Chamarre (meaning richly coloured in English) is a new French brand designed to beat the New World at their own game. It has won a lot of awards in the UK.

I tasted the *Cabernet Sauvignon / Grenache* (strange blend) last week. (Leclerc 3.95 €) Bright ruby with an upfront berry aroma. The palate is soft and fruity and will appeal to Blossom Hill drinkers. However, it is sweet, not like Maury or Banyuls but it definitely has some sugar. The first glass tastes OK but half way down the second it starts to get a bit Alco pop.

If you like this kind of crowd-pleaser then it's fine but if you're looking for something a bit more authentic from French wine, I'd recommend Lid's basic *Cotes du Roussillon* at only 1.90 €.

From VINE to WINE

In the September edition of PO Life, we followed the vendange (grape picking) with Jonathan Hesford, vigneron, as he harvested his first crop in Trouillas. This month, Jonathan describes the next steps.

"The first harvest went very well, considering we had only completed the refrigeration system the day before picking. Although we hired a colourful team of pickers through the seasonal employment agency, we were very lucky to have several friends helping us. I don't think we would have managed, physically or mentally, without them. After harvest we pressed all the red wine. To get the fermented skins into the press I had to dig them out of the concrete tanks by hand. It takes about two hours of frantic shovelling to empty the cuve - it is a great work-out. When I emerged I was stained from head to toe in red wine and feeling quite tipsy from breathing the alcohol (hic!).

I have transferred the red wine to a mixture of new and used barrels to get a nice balance of oak characters. The wine undergoes 'malolactic fermentation' by special bacteria which convert malic acid to lactic acid, making the wine smoother.



The Muscat stays in stainless steel tanks under an inert gas. For six weeks I stirred up the lees (dead yeast cells) to give the wine more richness and a creamier texture. After racking off the clear wine, I sent the lees to the distillery at St Feliu d'Avall where they turn it into surgical alcohol.

I shall be bottling the white wines in February but the red will stay in barrel until the summer. We are currently designing labels and taking orders from UK merchants."

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For more information on winemaking at Domaine Treloar, email me at hesfordj@hotmail.com

or visit <http://www.anglophone-direct.com/-Tending-the-vines->

Your questions

What wines are worth laying down ?

Reds : To age well, red wine needs to have plenty of tannin and acidity too. Most high quality AOC French wines fall into this category with the exceptions of Beaujolais and Alsacian Pinot noir. However, they need to be very well made and concentrated to age for more than 5 years or so. The classics for ageing are good (i.e. over 25 €) Bordeaux, Burgundy and northern Rhone.

Don't bother laying down 5 € wines for more than a year or two, they will just deteriorate.

White : Acidity and/or sugar are required to age the wine well. Hence Champagne, Sweet Loire, Chablis, good Burgundy, good dry Bordeaux and Sauternes-styles are all good choices.

This just covers France but the same fundamentals apply worldwide. Jacobs Creek won't age well but Penfolds Grange ages magnificently

Test your French

Language tips

Eng : My hair IS blonde (sing)

French : Mes cheveux SONT blonds (plural)

English : I bought my trousers at M&S (plural)

French : J'ai acheté MON pantalon à M&S (sing)

Répetez cinq fois !

Virelangue

Un chasseur sachant chasser doit savoir
chasser sans son chien
(A hunter who knows how to hunt must know
how to hunt without his dog)

Match up these idiomatic sayings 1

- | | |
|--------------------------------------|------------------------------------|
| j'ai les crocs ❶ | a) to make a big deal of something |
| j'ai la gueule de bois ❷ | b) love at first sight |
| un coup de foudre ❸ | c) it's raining cats and dogs |
| faire le pont ❹ | d) long weekend |
| I've got butterflies in my stomach ❺ | e) j'ai le trac |
| faire un cinéma de quelque chose ❻ | f) don't take it like that |
| ne le prends pas sur ce ton ❼ | g) I'm hungry |
| ça me prend la tête ! ❽ | h) that drives me crazy! |
| un sou est un sou ❾ | i) I have a hangover |
| il tombe des cordes ❿ | j) every penny counts |

Answers to 'Test your French' PO Life n°8

- 1 1b 2a 3a 4a 5b 6c 7b 8b 9c 10b
- 2 rouge, bleu, noir, blanc, 2, 8, 10
- 3 1c 2d 3a 4f 5b 6e
- 4 1 plupart, 2 prudents, 3 arrivent,
4 quand même, 5 pendant,
6 bonnet, 7 gilet, 8 sécurité,
9 gardez, 10 près
- 5 1 error CDI contrat à durée
indéterminé (answer not printed)
2E 3A 4B 5C

✓ Mobile or portable?

Both are used to mean cell phone but "portable" refers to a laptop too.

Faux amis 2

Choose the correct definition

1. **Bail**
 - a) lease
 - b) free from prison
2. **En Biais**
 - a) favoring one person over another
 - b) at an angle
3. **Change**
 - a) money exchange
 - b) Coins
4. **Ball trap**
 - a) painful experience
 - b) clay pigeon shooting
5. **Contrôler**
 - a) To inspect
 - b) to be in charge

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Collioure, Matisse and Fauvism - Your language challenge 3

In spring 1905, Henri Matisse landed in Collioure, searching for light and a new style of painting. It was in Collioure that he painted the famous Open Window, with vibrant colours and reflexions that did not fit in with the expected - vermilion masts of blue boats floating on pink waves below a sky of turquoise, and pink. This unconventional use of colour provoked an outrage when Matisse exhibited Open Window, later in the year, at the Salon d'Automne in Paris, where audiences saw this painting and similar works by André Derain, their friend Maurice de Vlaminck, and others. It was reported that people scratched at the canvases in derision, and a critic, noting the presence of a Renaissance-style statuette in the centre of the room, joked "Tiens, Donatello chez les fauves" (Well, well, Donatello among the wild beasts). Soon, these artists were being called the fauves, and the exhibition room le cage. The world glimpsed what art would be in the twentieth century as the fauves became the forerunners of free expression of colour. "When I put a green," Matisse was reported to have said later "it is not grass. When I put a blue, it is not the sky." And so was born Fauvism

Now put these French sentences into the right order to describe the text in French.

- a) Les œuvres de Matisse et ses copains ont été critiqués à une exposition à Paris.
- b) C'était ici qu'il a commencé à peindre avec des couleurs peu conventionnelles
- c) Cette nouvelle approche à la couleur a vu naître le fauvisme.
- d) Au Printemps, il y a cent ans, Henri Matisse est arrivé à Collioure, à la recherche de la lumière
- e) Il semble que des gens ont attaqué les toiles et ont comparé les artistes aux animaux sauvages en les traitant de 'fauves'

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✓ Famous Brit quotes
Always forgive your enemies. Nothing annoys them so much. Oscar Wilde



✓ Warts and all
y compris les défauts
eg I love you warts and all

Répétez cinq fois ! **Tongue twister**
She sells sea shells on the sea shore
(elle vend des coquilles au bord de la mer)

Trouvez la bonne définition Dog words and phrases

- 1
- | | |
|-------------------------|---|
| sick as a dog 1 | a écorné |
| hair of the dog 2 | b très fatigué |
| dog tired 3 | c pleuvoir très fort |
| raining cats and dogs 4 | d tomber en disgrâce |
| in the doghouse 5 | e nager comme un chien |
| let sleeping dogs lie 6 | f vomir |
| dog-eared 7 | g Ne réveillez pas le chat qui dort |
| dog paddle 8 | h boisson alcoolisée recommandée pour chasser la gueule de bois |

Completez les idioms

- 2
- | | |
|-----------------------------|-----------------------|
| do as I say, 1 | a are better than one |
| beggars can't... 2 | b be choosers. |
| fight fire... 3 | c with fire. |
| you can't judge a book... 4 | d by its cover. |
| two heads... 5 | e and not as I do. |

Maintenant, trouvez la traduction pour chaque expression ci-dessus : faites ce que je dis, pas ce que je fais - combattre le feu avec le feu - deux avis valent mieux qu'un - à cheval donné, on ne regarde pas la bride - l'habit ne fait pas le moine

Retirement

3 Pouvez-vous trouver les 15 erreurs qui se cachent dans ce texte amusant ?

Working peoples often ask retire people what they do to make their days interesting.
Well, for example, the other day I go into town and went in a shop. I was only in there for about 5 minutes. When I comed out there were a policeman writing out an parking ticket. I went up to him and say. "Come on man, how about give a senior citizen a break ?" He ignored me and continued to writing the ticket. I called him a nitwit and he wrote another ticket for having worn tyres. I called him a mean, uncaring pig but he finished the second ticket, put it in the windscreen, and started write a third ticket. This went along for about 20 minutes. The more I abused him, the more tickets he wrote. Personally, I didn't care. I came into town by bus. I try have a little fun each day now that I'm retired. It's important at my age !!

Réponses d'"Améliorez votre Anglais" PO Life n° 8

- 1 1c (c'est en forgeant qu'on devient forgeron) - 2e (quand les poules auront les dents) - 3b (il faut que jeunesse se passe) - 4d (il pleut des cordes) - 5a j'ai un chat dans la gorge)
- 2 1a 2a 3a 4a
- 3 1c 2b 3a 4a
- 4 1b 2a 3a
- 5 1c 2d 3b 4a

14

Who to contact in case of **EMERGENCY ?**



SAMU (medical emergency)	15
Police emergency	17
Fire service emergency	18
European emergency line	112
directory enquiries	118 008
International directory enquiries	32 12
International mastercard	08 00 90 13 87
Local weather forecast	08 36 68 02 66
GDF (gas problems)	08 10 43 30 66
EDF (electricity problems)	08 10 333 066
SOS Doctor 24/24	08 20 20 41 42
Emergency vet	04 68 55 55 83
Anti-poison center	04 91 75 25 25
Perpignan hospital	04 68 61 66 33

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Générali - Perpignan	04 68 35 31 31
Builders	
Ian Rye - Elné	04 68 39 75 45
Pascal Dumont (Tiler)	06 78 00 79 95
Sky TV installation	
SkyDigi	04 68 87 18 30
Computer maintenance	
Help.Billard - Céret	06 22 61 03 22
Patrick Boyle - Vallespir	04 68 87 17 35
Education and translation	
Eliane Morley - Le Boulou	06 08 01 80 15
Roussilangues - Estagel	06 75 45 85 13
Property management	
TPM - Maureillas	06 75 45 93 65
Estate agency	
www.cepage-immobilier.com - Rivesaltes	04 68 64 10 67
Taxi	
Leny Montoya - Maureillas	04 68 83 06 10
Plumbers/Electricians	
Robert Morley (both) - Le Boulou	04 68 83 38 54

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