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Le magazine anglais des Pyrénées Orientales

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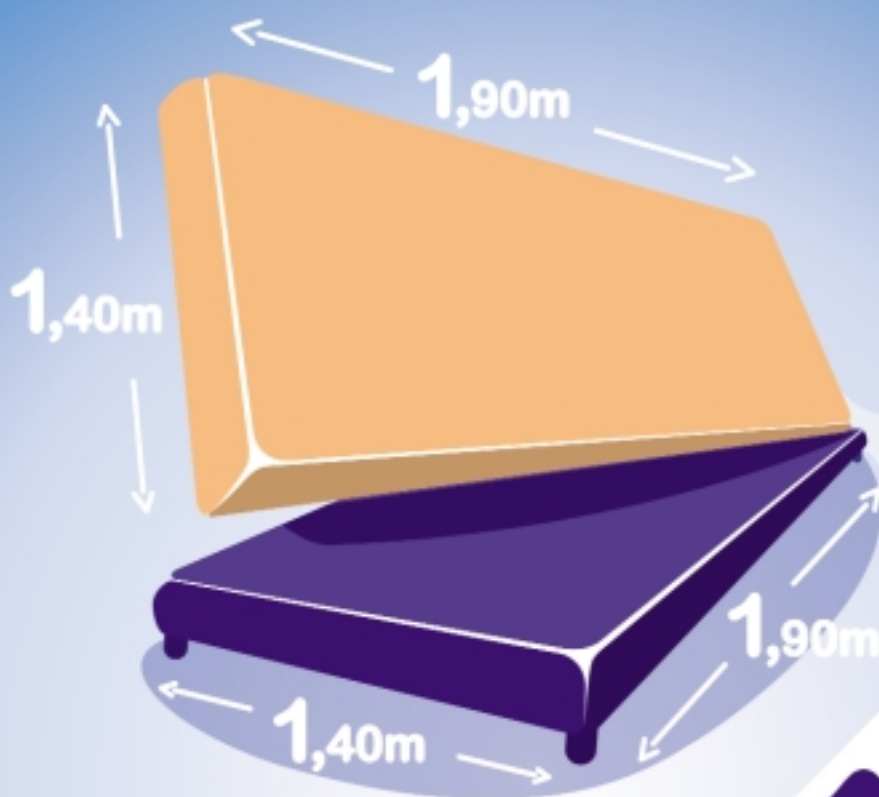
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There are some wonderful expressions in French aren't there ? One of my favourites is "ça m'a coûté la peau des fesses" - "it cost a fortune" - literally meaning (tee hee hee!!) "it cost me the skin off my bum". What a picture that conjures up eh ? Well, you'll find plenty more expressions, word origins and interesting facts about the region in PO Life as the months go by - I'm afraid it's become a bit of an obsession with me, so if you happen to have a favourite yourself, why not send it to me for the next edition ?

Over on page 10, Big John continues to search for that restaurant with a little extra something whilst on page 11 Jonathan Hesford, oenologist and vigneron in Trouillas, answers your wine questions. For more local news, forum, and a detailed "What's on" in the region, don't forget to visit our site www.anglophone-direct.com. See you again in June and in the meantime, have a great spring !

Fins aviat - Kate

SOMETHING TO SAY ... Contact us on info@anglophone-direct.com

Well, well ! Hardly back in the Pyrenees Orientales and invited to an apéro with the Mayor of our commune, no less. Didn't we feel privileged !

OK, I have to admit, the fact that everyone else in the commune was also invited did take something from the uniqueness of our invitation, but who could resist free nibbles and drinks ? Or rather, who could resist the nibbles and drinks we ourselves were funding : less a free do and more a rebate in kind on our taxes.

It was an enjoyable do, held in our new vil-

lage hall. We listened to the Mayor's account of the municipal achievements of 2006 and his good wishes for 2007 (a sort of "listening for our supper" requirement) and then joined the scrum at the tables of goodies. There was a plentiful supply of Muscat and Rivesaltes Ambré and lots of tasty nibbles.

Afterwards, we stotted our way back home, reflecting on a pleasant evening and thinking that there are worse ways they can spend your taxes

Colin L

Edito ...

Hola !



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Maquette MS Lang
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Photo de la Sanch : J. Dupré
Impression : Imprimerie du Mas
Tirage : 5000 exemplaires
Ne pas jeter sur la voie publique

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Welcome to the Pyrénées-Orientales!
Move around, go out...
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www.cdt-66.com

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Walk the region

with
Christian Piquemal



MONASTERY SANT QUIRZE DE COLERA

across the border

The Benedictine Romanesque abbey is located in a small valley on the southern side of the Albera range. During the Middle Ages, it was one of the richest of Catalonia

due to possessions extending from the Roussillon plain to the coastline. Progressively dismantled, it was sacked and ruined at the end of the 16th century. Currently in the process of restoration, the monument is closed to the public but its emblematic silhouette standing in almost desert land is still a reference for all Catalans.

Acces : Drive through Banyuls sur Mer and take the direction of "col de Banyuls". The road narrows gradually crossing terraced vineyards before going severely up to the border pass. Stop for a while to enjoy sweeping views ! Drive down during 1,5 km on the Spanish side to meet a crossroads (signposts aside) not far from a ruined farmhouse, Mas Pils.

Option 1: drive to "coll de Faja" (signpost) following the dirt track on the left (10 mn). Option 2: park there and walk along the same track to the pass named above (30 mn).

Walk :

- ✓ Take the firebreak going up on the left of the pass. It roughly follows the hillcrest, goes past ruins of stone-built sheds to finally meet up with a footpath just under the dominating peak Puig de la Calma (0:45).
- ✓ Turn right and walk gradually up SE along the French-Spanish border. The last pass, coll del Teixo (the badger !), is where you leave the crests (1:35) and turn right (full NW).
- ✓ After a shepherd's shelter, a small path invites you to a detour to a fountain - lucky if it's not dry ! The main path then turns to the south.
- ✓ Leave it at coll de Pallerols (2:05) and turn right down into the valley. 5 mn before reaching the monastery (2:35), don't miss to refill your flask at the "Fountain of the Monks".

✓ After crossing the wooden bridge, you are facing 3 different buildings: the monastery Sant Quirze itself, the church Santa Maria and an old barn transformed into a seasonal inn.

✓ To complete your circle walk : the wide track starting in front of the monument divides in two; take the one on the right going up back to coll de Faja (3:10). Or be lucky to find the footpath going straight up !

✓ Drive back the same way to Banyuls or - chhht ! don't spread the word ! - be a crafty one and head south along the newly tarred country road to reach the village of Espolla (interesting information centre there about the natural and cultural heritage of l'Albera). Now you are only a 30 mn drive from La Jonquera and Le Perthus.

Warnings : Colour marks -yellow in this area- are somehow erratic. A good training for self orientation ! - If possible please avoid week-ends and hunting season to have the full effect of remoteness. • Equipment: short pants are not adequate to the scrubby vegetation - no shade in sight means a hat and enough water are a necessity.

Christian Piquemal invites you to join "Le Club" and benefit from special discounts on the guided walks scheduled monthly.
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Que fait une vache
quand elle a les yeux fermés ?
Elle fait du lait concentré !

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Did you know?

MUSICALpiles?

It is believed by some that "God Save the Queen" or 'Grand Dieu Sauve le Roi', originated in France ! The British national anthem, it is said, was in fact written by Jean-Baptiste de Lully, Italian-born French composer, and sung by a French girls' school to celebrate the healing of Louis XIV's ...haemorrhoids !

Anyway, true or not, here it is. Try singing it to God Save the Queen. It works !

<i>Grand Dieu, sauvez le roi</i>	<i>Qu'à jamais glorieux</i>
<i>Grand Dieu, vengez le roi</i>	<i>Louis Victorieux</i>
<i>Vive le Roi</i>	<i>Voyez ses ennemis</i>
	<i>Toujours soumis.</i>

It was later pinched by Handel and sold to the British crown

LeMONTESQUIEU still worth a quid or two!

Did you know that French franc bank notes can still be exchanged for Euros in a 'Banque de France' ? They each have a 'date limite' - the last date that you can hand them in, in exchange for euros - if you happen to have a 'Pascal' for example, you've missed the deadline which was the 28th February 2007. The *Pascal is in fact a 500f note - a fortune in the days of the franc but a mere 76 euro now. Never mind - if you happen to have a **Montesquieu lying around, (200ff) you have until 31st March 2008 to take it to the bank ! See our website for deadlines for handing in other

notes.

*Blaise Pascal, (1623 - 1662) was a French mathematician, physicist, and religious philosopher who made important contributions to the construction of mechanical calculators, the study of fluids, and the concepts of pressure and vacuum.

**Charles-Louis de Secondat, Baron de La Brède et de Montesquieu (1689 - 1755) was a French social commentator and political thinker who lived during the Enlightenment.

AprilFISHDay

Of uncertain origins, many believe that the tradition of April Fool's Day was born in the 1500s in France, at a time when France celebrated the New Year on April 1st. In 1562, Pope Gregory changed the calendar from the Julian calendar to the one we use today (*the Gregorian calendar*) and from then on, the New Year began on January 1st. Those who forgot or continued to celebrate New Year on the 1st April were called *Poisson d'Avril* (April fish) and had tricks played on them. (April fish are young and therefore easily caught !)

That's theLIMIT

The drink-drive alcohol allowance in France is only 0.5 milligrams of alcohol per litre of blood (around two glasses of beer or one glass of wine) as opposed to the UK where the limit is 0.8. Probably best not to drink at all if you're driving - apparently around 16% of injury accidents and 36% of fatal accidents are alcohol related.

● *Passer du coq à l'âne - changing the topic of a conversation without any connection between the 2 topics eg Il ne sait pas de quoi il parle - il passe constamment du coq à l'âne*

*Don't forget ...
Mother's Day
June 3rd*

WORTHitsWEIGHTinGOLD

Beginning in late January, the PO begins to turn a dazzling sunshine yellow as the tough mimosa tree with its fragrant winter blooms sets the land on fire with its fluffy clouds of cheeky golden blossom. Apparently, several mimosa species were introduced to the Côte d'Azur in the 19th century by wealthy English, who used them to brighten up their winter homes out of season!

ThePRESIDENT's CHERRIES

Did you know that, by local tradition, the first cherries from Roussillon are presented to the President each year as a ceremonial gift ?

Frenchlife

La Roussillonnaise
UNE MUTUELLE *Vie Santé*

How to obtain the maximum refund for your medical expenses ?



Our health has surely got to be the most important thing in our lives and yet those of us who live, holiday or intend to settle in France, are not always clear on the very complex issues of financing health cover, or the enormous bills awaiting us if we are not fully covered. In this month's French Life article, Yves Miralles of the Roussillonnaise explains to us the importance of the complémentaire santé - supplementary health insurance - and the origins and utility of the La Roussillonnaise, a 'mutuelle' or non profit making health insurance group.

What is a "mutuelle" ? A mutuelle is a non profit making organisation offering complementary health insurance (complémentaire santé), owned by, and run for the benefit of, its members in that it has no external shareholders and does not usually look to making profits or capital gains.

What is a "complémentaire santé" ? A complémentaire santé is a policy which reimburses some or all medical costs not covered by the Social Security. This extra insurance is by no means obligatory but strongly recommended, as certain medical care, such as hospitalisation, use of a private room, dental and optical treatments, ambulance costs, is expensive and refunded only minimally or not at all by the basic health insurance. Depending on the policy chosen, some or all of the remaining percentage NOT reimbursed by the state is covered by your "complémentaire santé". This can be an enormous amount if you are hospitalised or need emergency treatment.

La Roussillonnaise is the largest mutuelle in the Pyrénées-Orientales, and offers a range of complementary health cover, adaptable to the individual, along with all the advantages and practical support of a large company. It is neither private insurance, nor state run - rather somewhere in the middle - and members "contributions" return directly "into the pot" where they are reinvested to fund reimbursement of medical treatment, creation and maintenance of their own optical shops. They also have facilities for treatment in clinics, dental centres, radiology departments and retirement homes.

The very fact that it is a non profit making organisation, means

that premiums are likely to be a good deal cheaper than private medical insurance.

La Roussillonnaise provides ...

- Carte plume - an advantage card giving reductions for services, shops and restaurants around the region
 - Home help (depending on your policy)
 - Their own optical and hearing care shops, and radiology centre
 - Immediate refunds in chemists and Roussillonnaise-owned centres (no payment needed)
 - Individually tailored policies for both private and professional
- For more information** about this important "top-up" health insurance, e mail contact@la-roussillonnaise.com with your contact details and an English speaker will call back to answer your queries, or visit you at home.

La Roussillonnaise
3, bd Wilson, BP 89921, 66866 Perpignan, CEDEX 9
1, av Carsalade du Pont, 66866 Perpignan, CEDEX 9
6, rue du 14 juillet, 66700 Argelès sur Mer
Tel: 0 810 0 810 66
contact@la-roussillonnaise.com
www.la-roussillonnaise.com

La Roussillonnaise was actually created in 1900, before the introduction of the sécurité sociale, when all but the wealthy struggled to pay for medical treatment. In small, rural villages, people clubbed together to provide funds to cover medical fees for all villagers. These "mutuelles" were formed throughout France, often based around religious, political, social or employment groups, to allow access to medical treatment for all.

6

Useful phrases

Je voudrais me renseigner sur les complémentaires santé

(Chuh voodray muh ron-sen-yay soor lay complay-mentair sontay)

I would like to find out about complementary health insurance

Pouvez vous me passer / (m'envoyer) quelqu'un qui peut m'expliquer les garanties santé ?

(Poovay voo muh passay ah (monvoy-ay) kelkurn key puh mex-pleekay lay guarantee sontayt?)

Could you put me through to (send round) someone who can explain the complementary health insurance policies



The first day of May in France is La Fête du Travail and therefore a bank holiday. Watch out! Everything will be closed ! It is also La Fête du Muguet, and the tradition is to give those you love a little bouquet of lily-of-the-valley, for good luck and to celebrate the arrival of spring.

FIRE !

The lack of rain is having its effect on the PO and firemen have been called out several times through January and February to deal with fires, mainly caused by 'écobuages' gone wrong.

Ecobuage is the process of fertilizing the fields by burning the grass on an annual basis. It has many advantages - it is a way to clear away brush land and other unwanted vegetation and the ashes are beneficial to the soil - but is too frequently carried out without the necessary safety controls, leading to the spread of fire.

SolarSOREDE

It seems that over a hundred years ago, Sorède was a pioneer village where solar energy was concerned. In 1900, a certain Portuguese physicist, Manuel Antonio Gomes, known as Padre Himalaya because of his height, set up one of the first solar furnaces in the world, not far from the Château d'Ultrera. Using mules, he hoisted all the necessary equipment to the top of the village, where he built a satellite dish 7 metres in diameter, of which the circular rail still remains to this day. Sorède is now planning to build a giant sundial in the heart of the village, at a cost of 35000 euros, which will be visible from a distance and is expected to be finished by the end of the year.

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Localnews

TOUBIBorNOT Toubib, toubib is slang for doctor that is the question?

The *Conseil départemental de l'Ordre des médecins* say that there is a growing problem in the department to find general practitioners to set up 'business' in the rural areas. According to the medical body, the main reason would seem to be 'leurs femmes' who don't like to live in the middle of nowhere, far from shops and 'civilisation' !

NONSMOKINGFrance

As from February 1st, 2007, smoking is no longer allowed in public places such as the workplace, schools, public transport and from January 2008 the law will apply to cafés and restaurants, hotels and discos... There will be an on-the-spot fine of 68 euros for contravention of this law. L'hôpital St Jean in Perpignan is offering a helping hand to those who wish to kick the habit, by proposing individual and group consultations with advice on the best way to stop for you, the best treatments etc.

If you require more info, or want to make an appointment, ring 04 68 61 88 79 or take a look at www.tabac-gouv.fr

SLOWdown, YOU'reonFILM !

The possible installation of another SEVEN radars or speed traps, four fixed and three mobile, is being studied for the near future. They are likely to be fitted on the A9, between le Boulou and le Perthus, on the RD900 twist Perpignan and Pollestres, the RN116 at a point where there are two lanes, and the RD 617 between Perpignan and Canet

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Local traditions

Procession de la Sanch

Good Friday Perpignan

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



In 1416, Vincent Ferrier founded the brotherhood of "La Sanch" (the blood) in the church of St Jaques in Perpignan. The origin of La Sanch was to assist and accompany the condemned to their execution. The wearing of the black and red hooded robes was to prevent prisoners being recognized and 'lynched' in the streets as pay back for crimes committed. The procession as a whole commemorates the Passion and the Agony of Christ. At the head of the parade walks a penitent dressed in red, intermittently ringing an iron bell as he leads the penitents, carrying 'misteris' (full-size representations of the different scenes of the

Passion) through the streets of Perpignan. The procession takes place in silence - some walk bare-foot, others are on their knees... only the sound of the tambourine, and the occasional peal of the bell breaks the eerie atmosphere, along with the Goigs, traditional Easter songs which accompany the march. Night processions also take place in the evening at Collioure and Arles-sur-Tech.

Comments from our forum

"Without being irreverent, good job they are in red and/or black. If they were in white they could be mistaken for quite a different clan!!"

Fête de la Sant Jordi and day of the book and the rose

the rose as a symbol of love & the book as a symbol of culture

Celebrated on or around 23rd April, a date linked to literature and popular traditions ; Sant Jordi is the Patron saint of Catalonia and the French equivalent of St George, a Christian Roman soldier, who was martyred around 303AD for refusing to renounce Christianity. According to legend, he happened across a dragon terrorising the inhabitants of a town, demanding a daily maiden to snack upon. When the short straw was drawn by the king's daughter, help was at hand ! St Jordi rescued the damsel, the king and the whole population converted to Christianity in gratitude and roses grew from the ground where the dragon's blood had been shed. At the end of the 19th century, Sant Jordi became a Catalan symbol as it was felt that his struggle against the dragon was similar to the Catalan struggle for freedom. It became traditional to give a rose and a book to a loved one and annual literary competitions were held to stimulate young people to cultivate, respect and take a delight in the Catalan literature and language, a tradition which inspired UNESCO to declare this date the International

Day of the Book. Offer your lady a rose, buy your man a book in the streets of Perpignan which turn into a hive of culture and literature, as bookstalls set up on the quai Vauban, place Gambetta, and place Arago, and towns and villages throughout the region.

(April 23rd was not only famous because of the legend of St. George, but also because it is the anniversary of the death of two great writers : CERVANTES and SHAKESPEARE)

BANK HOLIDAYS

Bank holidays in France are often extended into a long weekend called a "pont" or bridge. For example, if the holiday falls on a Tuesday or a Thursday, many businesses will "faire le pont" and take the Monday or the Friday off as well, making a long weekend. (Major chains tend NOT to do this)

9th April - Easter Monday (Lundi de Pâques)
1st May - May Day (La Fête du Travail)
8th May - La Fête de la Victoire 1945 (WW2 Victory Day)
17th May - Ascension (Le Jour de l'Ascension)
27th May - Pentecost (Lundi de Pentecôte) no longer officially recognised as a public holiday in France
28th May - Whit Monday



La Fête de la CERISE et des Bandas



2nd - 3rd June

Céret

Don't forget to visit Céret on the 2nd and the 3rd of June for the annual cherry festival, a colorful weekend of stone spitting, music and entertainment in the streets, not to mention the inventive recipes involving... you've guessed it : cherries !

Leucate, La Franqui beach

Mondial du VENT

5th - 11th April

Leucate opens its door for a week to lovers of the sea, the waves and the wind. All the extreme sports meet up for the 2007 edition of this yearly event. On the programme this year will be funboard, kitesurf, sail-car-ting, demos and participation in roller skating, kite flying... and many related forms of entertainment throughout the week... with a bit of help from the Tramontane of course !



The Festival Ident'i'cat is organised by Aire Nou de Baho to celebrate the Catalan culture and to remind Catalans and non catalans alike of the solidarity, culture and language of the Catalan identity. A bonanza of all that is fun, traditional and cultural in the Catalan world !

Festival Ident'i'Cat

16th - 20th May Baho

Selection of events from the Palais des Congrès, Perpignan

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

Events at the PALAIS DES CONGRES

Perpignan

Friday 13th April - 7 pm

Tchéky Karyo concert " In concert for life"
In aid of Cystic fibrosis

Thursday 24th April - 8.30 pm

Theatre : The Tempest by Shakespeare
A cast of French, Italian, German and Tunisian actors each perform in his / her own language ; show subtitled in four languages (French, German, Italian and Arabic)

Friday 27th April - 8.30 pm

"L'Amour sorcier" by Manuel de Falla ; evening devoted to Spanish music with "diva" Ginésia Ortega

4th - 6th May

Salon rêves de nature : gardening, environment, nature, discovery...

25th - 26th May - 9 am - 6.30 pm

Posturology convention : workshops and training on posture

Exhibitions at the PARC DES EXPOSITIONS

Perpignan

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

Saturday 14th - Sunday 22nd April - 10 h 00 - 20 h 30

evening session on Friday 20th April until 10pm - also open 26th - 28th may

Transborder trade fair : Home, decoration, garden, pool, tourism, land, leisure ; and for children ... Le Magic Park (bouncy castle leisure park for children)

Saturday 28th - Sunday 29th April - Saturday : 8.30 am -

8 pm / Sunday : 9 am - 7 pm - admission : 5 € / free for u16 accompanied by parents

Classic car fair

Events at the EGLISE DES DOMINICAINS

Perpignan

3th - 7th April - 8.30 pm - concert most evenings

Perpignan Sacred Music Festival

22th - 23rd May

Exposcience : experiments, demos ... the world of science

Food and drink

Catalan cuisine

BUNYETES

Bunyetes are flat, fried 'pancakes' which swell in oil, become crisp, and are served dusted with granulated sugar; much like beignets or doughnuts. They are traditionally made and eaten at Easter all over Catalonia

1 1/2 teaspoons instant dry yeast • 4 tablespoons butter, melted and cooled • 4 eggs • a few drops orange flower water • 1 tablespoon lemon zest, finely grated • 1 lb plain flour • 1/4 teaspoon salt • fine white sugar • 1 litre of vegetable oil for deep frying

✓ Prepare a soft but flexible dough by mixing together all the ingredients. Place the dough on a floured surface, and knead well until it is very smooth and elastic. Place in a buttered bowl, cover

with cling film, and allow to rise until double, about 2 hours.

✓ Divide the dough into golf ball-size pieces. Leave, covered with a damp towel, for 10 minutes. Roll out each piece of dough with a rolling pin, making the disc as thin as possible, even transparent in some places.

✓ Heat the oil to boiling in a deep fryer and drop the discs into the hot oil, being careful not to get burned by the splashes. When one side is golden brown and

crisp, turn and cook other side until golden. They cook very quickly - be careful not to burn them! Remove to absorbent paper, sprinkle liberally with sugar immediately and serve.

Bon appétit!

Wine to accompany this recipe recommended by **Le Cellier des Arcades** - Céret : Maury Rancio (8 €) Vignerons de Maury or Muscat de Rivesaltes Domaine du Mas Rous (8,90 €)



Restaurant reviews



John Fairclough

COURTEPAILLE

Perpignan

I was rather sceptical of French chain restaurants until a recent visit to Courtepaille in Perpignan sud (by Darty on the av Espagne, tel 04 68 85 08 42) which proved that, with this chain at least, they can serve well chosen and presented food in clean, comfortable surroundings at a reasonable price.

Founded in 1961, Courtepaille has 194 restaurants the length and breadth of France, and the formula / design is very similar in all, housed as they are in distinctive rondavel style buildings with the open plan grill in the middle, enabling you to watch the chef preparing your meal.

All the regional French favourites are present on the extensive carte. Several menus are available. We think that the "Grillardin" represents the best value at 15 € for entrée and plat or plat and dessert, or 19 € for all three. A welcome salad is included in all cases, and starters include Rillettes du Mans, Local Ham, Terrine de Campagne, and Fromage blanc with herbs. Pretty much any meat grilled to your liking with choice of potatoes and vegetables "à volonté" (as much as you can eat) follows, with a fish selection baked in foil, and a real Troyes andouillette as alternatives. The sweet selection is extensive and cheese is offered for those without a sweet tooth. Interestingly, three children's menus are offered, depending on age, a good idea, as the

tastes of a 13 year old can be very different to those of a 6 year old.

Whilst the menu appears to be the same nationwide, one slight nod to regionalism is that clearly the manager is at liberty to stock local wines; in Perpignan's case Terrasous red and rosé at 7 € per half litre carafe. Of course a wide selection of wines from all the French regions is available for those who prefer bottled, and beer and soft drinks are also stocked at average prices.

In addition to a very professional, yet friendly service, the place, including the toilets is spotlessly clean; parents are well catered for (baby changing, high chairs etc), as are the disabled. Parking is ample. Hours are 11h to 23 h seven days a week. If one is looking for cutting edge cooking with regional dishes, then perhaps Courtepaille is not the place to go, but if a reliable tasty fresh meal in pleasant company is what's needed, one can do a lot worse.

Further information is available on www.courtepaille.com





What contemptible scoundrel
stole the cork from my lunch ?
W.C Fields

Gouter : to taste
Déguster : to taste with the inten-
tion of identifying / judging a product
or its characteristics

Recommendations

from our POWINE forum

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

Viognier

Last week I bought a few bottles of white from *Mas Sauvy* in Villeneuve de la Raho. The wine was their Viognier. Very tasty. Previously I had drunk the various reds and all were extremely nice too. Another Viognier which is very pleasant is sold at the Chateau Corneilla at Corneilla de Vercours, priced around 2.50 €.

Pendant ce Temps,
Vin de Pays des Cotes Catalanes,
2003 (9.30 €)

I was recommended this at *Les Vins des Auteurs* in Collioure. It is a pure Mourvedre from a small (almost amateur) producer near Rivesaltes. Great bouquet of wild blackberries, sage, dried thyme. Beautifully smooth palate. Lots of dark berry fruit and a long spicy finish. Went superbly with escargots.

Match up the wine vocab

- | | |
|-------------------|---|
| une dégustation ① | a allowing wine to reach room temperature |
| un vigneron ② | b dry champagne |
| doux ③ | c sweet |
| vendange ④ | d dry |
| pétillant ⑤ | e a label |
| à votre santé ! ⑥ | f a tasting |
| brut ⑦ | g a wine-producer |
| une étiquette ⑧ | h slightly sparkling |
| sec ⑨ | i grape harvest or vintage |
| chambrier ⑩ | j cheers ! |

Wineclub

Chicken or EGG?

According to the *British medical Journal*, people who buy wine also buy healthier food and therefore have healthier diets than those who buy beer.

A survey showed that wine buyers bought more olives, fruit and vegetables, poultry, cooking oil, and low fat cheese, milk, and meat than beer buyers who bought more ready cooked dishes, sugar, cold cuts, chips, sausages...

So which comes first ? The chicken or the egg ? Do the 'already-health-conscious' drink more wine or does drinking wine make us healthier ?

Your questions

answered by
PO oenologist & vigneron Jonathan Hesford - hesfordj@hotmail.com

What are the best recent vintages of Languedoc - Roussillon wine ?

2005 is great for whites and reds alike. The reds need a couple of years to develop ; 2003 was very hot and produced big hearty reds ; 2001 was very well balanced and 2000 is also good ; 2002 tends to be a bit thin and 2004 is very variable.

Where is best to buy - at the vineyard or in the supermarket ?

While you can sometimes find wines on discount at the supermarket, these are often wines that the supermarket wants to clear quickly. Going to the vineyard allows you to learn something about what you're buying, talk to the producers and, best of all, taste the wines before purchase.

How long does wine last unopened in a box ? We were given a box from Fitou in May and we didn't drink it (unopened) and in July it was ready to explode.

Difficult to say about the longevity of BIB : theoretically it should be a few years but I suppose the makers assume it's going to be drunk soon. If I bought a box and it started to ferment, I'd take it back.

Having said that, plastic is not an inert substance like glass. It is slightly porous and soluble. My advice is to drink it within a month or two of purchase.

Test your French

Language tips

✓ **emener** - to take (people, animals ...)

✓ **apporter** - to bring (things you can carry)

eg : j'emmène mon père avec moi ce soir et j'apporte une bouteille de vin.

Répétez cinq fois !

Virelangue

Son chat chante sa chanson.

Match up the idioms

- | | |
|---|------------------------------------|
| j'ai la moutarde qui monte au nez ① | ④ I am over the moon |
| j'en ai plein le dos ② | ⑥ each to his own |
| il a plus d'une corde à son arc ③ | ⑦ I've had enough ! |
| avoir une dent contre quelqu'un ④ | ① to bear a grudge against someone |
| je suis à bout de souffle ⑤ | ⑧ It costs an arm and a leg |
| va te faire cuire un oeuf ! ⑥ | ② I can feel myself getting angry |
| chacun son truc ⑦ | ③ to be confident, comfortable |
| ça coûte la peau du cul ! (slightly rude) ⑧ | ⑤ I am out of breath |
| je suis aux anges ⑨ | ④ get lost ! Leave me alone ! |
| être bien dans ses baskets ⑩ | ⑦ he has many skills |

✓ **'pardon my french'** - After the Norman invasion of England in 1066, French language became the preferred tongue of the governing, educated and upper classes whilst the 'common people' continued of course to speak English and mocked the users of French by speaking French badly and adding 'pardon my French'.

✓ **mayday** - the international radio distress call - used since about 1927 for sailors in danger, mayday is an anglicizing of the French 'm'aidez', "help me" or more fully 'Venez m'aider' meaning 'Come help me'.

Trouvez la bonne définition

1. Salé

- a) qui n'est pas propre
- b) assaisonné avec du sel
- c) qui est vendu bon marché

2. Répondeur

- a) ce qu'on dit en réponse à une question
- b) une machine qui enregistre des messages téléphoniques
- c) Quelqu'un qui donne des conseils

3. Un conjoint

- a) mari ou femme
- b) accord pour l'achat d'une maison
- c) une cigarette

4. Un voilier

- a) Tissu léger et fin
- b) arbre ou pousse des voiles
- c) yacht

5. Un potage

- a) un jardin pour cultiver les légumes
- b) une soupe
- c) un point d'arrivée

12

Match the useful expressions

- | | |
|--------------------------------|---------------------------|
| to talk rubbish ① | ④ être sain et sauf ! |
| who's next ? ② | ⑥ à fond |
| we'll see about that ! ③ | ⑦ attends, je cherche |
| out of service ④ | ① tant mieux |
| to French kiss ⑤ | ⑧ hors service |
| thoroughly ⑥ | ② raconter n'importe quoi |
| to get over it ⑦ | ③ rouler une pelle (fam) |
| hang on, I'm thinking ⑧ | ⑤ On verra bien ! |
| safe and sound ⑨ | ④ reprendre le dessus |
| great (so much the better !) ⑩ | ⑦ Au suivant ! |

4 Find the plurals

- 1. ciel
- 2. oeil
- 3. cheval
- 4. nez
- 5. madame
- 6. jeu

Answers to 'Test your French'

PO Life n°9

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

CHALK & CHEESE...

Are you sitting comfortably ? Then I'll begin ! This is the story of two young estate agents, Gabriella, Canadian and Stéphanie, pure Catalan, who worked together for over 6 years in an agency. Their professional relationship flourished into a beautiful friendship but it was not always easy. Gabriella is from the cold Canadian north, Stéphanie, from the passionate Mediterranean south : Gabriella retains her Canadian ways and accent, calm, relaxed, discreet, Stéphanie is loud, always on the move, tendency to blow her top... you know, something like "LA TRAMONTANA". As they say in USAP circles... "SEMPRE EN DAVANT")

Yet despite, or maybe because of these and many other differences, they found a certain harmony in their work and relationship.

When Stéphanie ventured out on her own and took over LA BAGEENNE IMMOBILIER in Bages, Gabriella was excited for her but a little melancholy. Who would make her morning coffee and afternoon tea ?

After much discussion and reflection, numerous Apéros, lunches and bottles of wine, they decided to take their professional relationship to another level. Et voilà ! Agence CYPRIMMO Real Estate was born.

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before ...



after



13

Améliorez votre Anglais

✓ Language tip !

Attention ! Ces mots ne changent pas dans le pluriel en anglais

advice	conseils
clothing	vêtements
furniture	meubles
rubbish	déchets, ordures
homework	devoirs
information	renseignements
knowledge	connaissances
pasta	pâtes

✓ Let or make

Let - permettre à quelqu'un
I let him drive my car

Make - forcer quelqu'un
He made me sing !

Répétez cinq fois ! *Tongue twister*

Red lorry, yellow lorry,
red lorry, yellow lorry

- 3
- 1 I want another dog but my husband won't -----me
 - 2 I try hard but I can't ---- my son clean his room!
 - 3 Please don't ---- me go to school. --- me stay at home !
 - 4 When he knocked on the door, I ---- him in
 5. ---- me introduce myself
 6. Sad films always ---- me cry !

✓ Trouvez les pluriels 1

- | | |
|--------------|------------|
| 1 mouse | |
| 2 cherry | 6 scissors |
| 3 sheep | 7 crisis |
| 4 son-in-law | 8 fish |
| 5 tooth | 9 wolf |
| | 10 person |

Trouvez les proverbes 4

- | | |
|---|--|
| An Englishman's home is his castle ① | a C'est l'hôpital qui se moque de la Charité |
| Once bitten, twice shy ② | b Chacun voit midi à sa porte |
| To each his own ③ | c Charbonnier est maître chez soi |
| It's the pot calling the kettle black ④ | d Chat échaudé craint l'eau froide |

Trouvez les synonymes 2

- | | |
|-----------------|----------------|
| exhibition ① | a feeble |
| harvest ② | b ailment |
| however ③ | c remarkable |
| entertainment ④ | d diversion |
| sample ⑤ | e joining |
| link ⑥ | f specimen |
| illness ⑦ | g earlier |
| amazing ⑧ | h nevertheless |
| before ⑨ | i display |
| weak ⑩ | j yield |

Réponses d'"Améliorez votre Anglais" PO Life n° 9

- 1 1f 2h 3b 4c 5d 6g 7a 8e
2 1e 2b 3c 4d 5a
3 peoples / people - retire / retired
interessant / interesting - go / went - in / into -
comed / came - were / was - an / a - say / said -
give / giving - writing / write - in / on write / to
write - along / on - have / to have

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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

You can use the **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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