

P-O Life

Le grand magazine anglais en petit format

pour tout savoir sur les Pyrénées Orientales



What's On

EVENTS
AROUND
THE
REGION

8



DISCOVER THE
REGION

15 OUT FOR THE DAY OUT



24



A selection of events
from the Palais des Congrès

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n°17

2008
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welcome to the Pyrénées-Orientales!
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Bonjour !



Shhhhhhhhh. Put down whatever you are doing, close your eyes and listen. Can you hear it? The crickets are a-chirping, the frogs are a-croaking, the emerald green vines are whispering gently to laden fruit trees and unruly wild flowers that summer is in the air. And oh, the smells! Rosemary and thyme growing wild in the garrigue, and wafting in on a light breeze of heat, lavender mingling with suntan oil and barbeque... Wow!

The region is still tingling with victory in the fight against the THT (très haute tension - extra-high voltage line) this month as minister of ecology Jean-Louis Borloo announced that it will no longer pass through Le Perthus but will be buried (enterrée or enfouie) either underground (enfouissement souterrain) or undersea (enfouissement maritime).

You may also have noticed that P-O Life has put on weight again for summer. What else could we do? I am absolutely bursting with so much to say, eat, drink, visit, giggle about... If I hadn't added a few more pages, I might have exploded!!

Have a great summer
Kate

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ROUND THE ETANGS AT PEYRIAC DE MER AUDE



This undulating walk is one of our favourites with stunning views, wild flowers, rosemary, thyme, lavender and gorse - the smell is wonderful at any time of the year. Part of one of the lakes, the étang de Bages-Sigean, is a nature reserve with flamingos, pelicans, grebe, cormorants, herons and egrets. The smaller "Etang de Doull" has a very high salt content, similar to the Dead Sea apparently, and is great to float in. The downside on this walk is that you are entering midge heaven, insect repellent recommended!

Comment appelle-t-on un boomerang qui ne revient pas ?
Un bout du bois

Access : Take the N9 (which changes into the D900 when you enter the Aude!) from Perpignan, direction Narbonne, then the D105 into Peyriac de Mer and at a no entry sign turn left, take the first right and first left at the Tabac. Follow the one way system and turn left at the stop sign. The car park is on the right.

Walk : Yellow marks throughout

✓ Facing the 'étang', take the left bank and turn right at the play area, following the étang until you come to a boardwalk. Take the boardwalk which eventually becomes a path passing in front of an abandoned building. Keep left at the junction, and at another car park (usually full of motor homes), turn right and immediately right again, uphill, yellow X. At the top, take the second path on the right with a fir tree at the junction. Pass through two gaps in 2 walls until you reach a pile of stones on the right at the top with amazing views.

✓ Turn left here, walk under a telegraph pole, keeping to the path nearest the edge. When the path joins a broader path, turn right and keep to the broader path, passing a concrete circle with the number 16 on it. Cross in front of it, veering left. You will see two 'étangs' ahead of

you in the distance on your right and left and further still the lovely village of Bages clinging to the hill. Follow this track gently downhill until you join gravel, partly tarmac road, and turn right. Look for the yellow waymarked sign on a stone opposite. The rest of the walk is waymarked with yellow markers.

✓ Carry on along this road, looking out for and following the yellow direction markers. The views at the top are great, and in the far distance to your left you can see as far as the cement works at Port la Nouvelle!

✓ At the bottom of the hill turn left and cross the road to a yellow signpost. The walk continues to be well signposted so carry on at your leisure, soaking in the scenery and bird life. At the top of the ridge top you will see a beach with trees, also a car park down to your right below you, an ideal place for a swim or picnic on a summer's day.

✓ Once over the hill, it is very steep going down in parts but there are several paths, just pick one which suits you. Eventually you arrive at the road crossing the causeway back to the car park.

Do you know of a great walk? Why not share it with us !

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Don't forget **Fathers' Day** (la Fête des Pères)
Sunday June 15th

Did you know?

GRUB-ADA

BAD TURNS GOOD

Apparently Bompas was built on the site of a river ford, which travellers used to cross to go from Perpignan to Narbonne. Unfortunately, this rather dangerous passing spot was **frequented by villains and highway men**, and therefore named "MAL PAS" (Bad Passage). Later on, the ford's reputation improved with the building of a **high bridge guarded by soldiers**, and it became known as "BONPAS" (Good Passage). The name for the subsequent settlement of Bompas evolved quite naturally from there.

LA TOUR DES PARFUMS

The tour des parfums is a fun, **educational and interactive museum in Mosset** (apparently the smallest ski resort in the world). Visitors are encouraged to discover their environment via their senses, concentrating particularly on smell and taste in this tiny museum where you stick your nose into various elements from round the world and try to guess the smells.

TAKE A FRIEND TO THE BEACH!

If you are stung by a *méduse* (jelly fish) don't panic! The sting of our wibbly, wobbly friends is apparently very painful, but not mortal! Do not scrub or wash with fresh water which will aggravate the stinging cells but **rinse immediately in** (jellyfish free) seawater. Any visible tentacles remaining in your skin should be taken out with tweezers or similar - the pain can be eased by a **vinegar rinse or urine** (yes, really, peeing on it neutralises the toxins so make sure you take a friend with you to the beach!) After all tentacle sections have gone, pain can be treated with a cold pack and/or a local anaesthetic such as a sunburn lotion or insect bite treatment that lists "...ocaine" as an ingredient. If there is continued swelling, or itchiness, apply a light steroid cream e.g. Hydrocortisone eczema cream. If muscle spasms or pain persist, see a doctor. After this, go and find the jellyfish responsible and make it into soup.



The Catalan tradition for an "*ada*" (a collective meal for many, based around a single ingredient,) often creates some highly unusual, charming and community spirited festivals where the whole community meet up in the place. Some examples are *bullinada* (fish stew), *cargolada* (grilled snails), *ollada*, (a winter stew), *escalivada* (grilled veggies), *calçotada* (char grilled onions)

SEX, DRUGS AND ROCK'N ROLL!

(OK, no sex or rock'n roll involved really, but it got your attention didn't it!). Don't forget that if you are going across the border into Spain (or from any country to another), and have prescription drugs on you, you should **carry the actual prescription** in case you are searched, in order to prove that your drugs are legally acquired

A LIZARD'S TALE

Did you know that the **Gecko lizard**, most common around here, can stick upside down or even cling to smooth vertical surfaces such as windows thanks to the **sticky pads on its toes?**

A gecko's tail is also crucial to its movement as it serves as a «fifth leg» to prevent it from slipping and also to rotate itself in a fall so that it lands on its feet.



LEST WE FORGET

Symbol of Catalan resistance during WW2, the village of *Valmanya* (Great valley in Latin) on the CD 13 coming from Vinça, was totally destroyed by the Germans in August 1944, not long before the liberation, in reprisal against resistance fighters operating in the area. Villagers who were unable to flee to the safety of the mountains were machine gunned. From this *maquis* stronghold, Captain Julien PANCHOT, later to be brutally tortured and killed, led brave resistance fighters who sheltered in the nearby mines of **La Pinosa** and set up the *Sainte Jeanne* escape route for refugees. The village was rebuilt but the ruins of the mines can still be seen in the *vallée de LA RABAÇA*.

YOUR CONSUMER RIGHTS - THE NEXT STEP

Don't let the bullies win - You've signed a contract without understanding all the small print and find out afterwards that the deposit you paid is non-refundable - even if the company fails to deliver its side of the bargain - or you can't cancel the contract without paying the company loadsa money. EU law states that these are unfair contract terms - do not allow yourself to be bullied!

Think twice before considering legal action. France is not (yet!) a "litigation" nation and quite apart from the complicated process and expense involved in taking someone to court, the actual procedure is looked upon with distaste and disapproval by the average Frenchman. It can take two years for a matter to even come to court and further delays if there is an appeal.

Below are some suggestions for instigating legal procedures without actually taking on the expense of a lawyer. These services are free and confidential.

The legal conciliator (*conciliateur de justice*) will try to settle disputes between consumer and trader out of court. If conciliation is successful, even partially, a statement of agreement signed by the professional, the consumer and the conciliator will be drawn up and passed to a judge for approval. If approved, it has the authority of a ruling.

Conciliation by the magistrate (*juge d'instance*). This is also free but only applies in certain circumstances (e.g. disputes not exceeding €10,000)

For amounts under €4,000 you may submit an application to the *greffe du tribunal d'instance* (Clerk's Office) or the *juge de proximité* (local non professional magistrates), who deal with minor disputes. Forms are available from the Clerk's Office of the magistrates' court in your area.

ARE YOU THINKING OF BRINGING YOUR CAR TO FRANCE ?

After six months in France, you have to change the registration of your car.

**Please note: French insurance companies allow 1 month insurance only for English registered cars !*

BONNE ROUTE !

You require: (for EU Residents)

** Proof of residence - EDF/Water bill

** Passport/Identity card

** Logbook

** If car older than 4 years, French M.O.T.

** Certificate of Conformity - -- ask us at AGF Insurance how to obtain

** If new car - certificate of V.A.T.(TVA in French)

** An export certificate if car from outside EU

Finally -- do not forget to cancel your car insurance in the UK and re-insure in France. Ask us at AGF, Place de la Liberte, Ceret (tel. 06.43.80.73.51) for prices and conditions.

Tip: Carry with you written proof of your no claims bonus in Britain - insurance companies will take it into account



Home Insurance
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ARE YOU INSURED IN FRANCE ?

Regine Estebe Rigall (AGF Insurance) can offer you individually tailored insurance cover for all your needs, plus information on Savings Plans and Mortgages.

English advice and consultation, please phone:

Hortense -- 06 43 80 73 51

e-mail:4006701@agents.agfr

Offices: 28, place de la Liberte 66400 Ceret (Open Mon pm, Tues - Fri and Sat.mornings) and 18 Rue du Marechal-Foch 66000 Perpignan

minus 10% on presentation of this advert

Things you might need to know...

Who to call in a medical emergency

Dial 15 for the SAMU (*Service d'Aide Médicale d'Urgence*)

The SAMU is the French **hospital based emergency medical service**, providing around the clock phone support, and swift and appropriate emergency call out.

They will:

- Give medical advice over the phone
- Send ambulances where appropriate
- Send a GP to your home
- Send mobile resuscitation unit in absolute emergency
- Manage large scale crisis

Dial 112 from British and other mobile and your call will be redirected to the local emergency telephone number. Most mobile phones can dial 112 calls even when the phone keyboard is locked or the phone is without a SIM card.

The switch board is able to transfer you directly to an English-speaking specialist in the emergency services who will identify the type of emergency based upon the information supplied.

New visibility law

From the 1st July 2008, it will be obligatory for all vehicles travelling in France to carry a **fluorescent visibility vest** in addition to the **triangle** already required by law. Failure to do so will result in a fine.

NB: **TWO** warning triangles and a fluorescent visibility vest per person required in Spain



Bank holidays

14 July – Bastille Day (The Bastille was stormed on July 14, 1789 and came to represent the end of the king's power and the transfer of power to the people). Most shops are closed

School holidays for our region (Zone A) 2008
Summer Thursday 3rd July – Tuesday 2nd September 2008

Know your limits

June, July and August are the big festival months in the P-O and festivals often involve eating, drinking and driving home - *une mauvaise combinaison!* The *gendarmeries* continue to crack down on drink drivers with regular and **random contrôles** both on the festival evenings and the day after (the morning or afternoon following a *féria* have proved to produce nearly as many drivers over the limit as on the actual night).

The drink **drive limit in France is 0.50g per litre of blood** (as opposed to 0.80g/l in the UK) allowing no more than **two small glasses of wine** for an average person.

If you are over the limit by between **0.5g/l and 0.8 g/l**, you will receive an on-the-spot **fine of 135 euros**, and the loss of **six points** on your driving licence. (If your licence is British, you will most likely be told to apply for a French one so that the points can be deducted.)

You will not be allowed to drive your car again until you are below 0.5g/l.

If you are over the limit by **more than 0.8g/l**, your **licence will be confiscated**, and you will receive a fine of up to **4500 euros** with **6 points** on your licence and **possible jail time**, to be decided by a judge. You might also be banned from driving in France for up to 3 years.

Most large festivals will have a stall offering **free Alco tests**.



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What's on?

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FÊTE DE LA MUSIQUE

National

21st June



Maurice Fleuret, Director of Music and Dance, wanted to find a way to bring people and their music out on to the streets. Three weeks later the *Fête de la Musique* was born. If you are in France on this day it will be hard to avoid the vibrant sounds of salsa, string quartets and steel bands playing on street corners and accordionists wandering among the crowds. The event has become a social phenomenon (it even had a postage stamp devoted to it in 1998) and its success has been exported to other cities across Europe, San Francisco, New York and Manila, not to mention Brazil and Colombia. Carnival atmosphere, food, drink, laughter, and music of all sorts in the bars and cafés, streets, squares and courtyards – great fun for all.

LES FEUX DE LA SAINT JEAN AND LA TROBADA DU CANIGOU

La Trobada du Canigou - A lovely tradition to celebrate the Summer Solstice of *St Jean* around the 22nd June is the **meeting of Catalans from both sides of the Pyrénées on the summit of the Canigou**. Troops of walkers and representatives of villages and

regional

21st June



Every year around the summer solstice, the longest day of the year, both amateur and professional musicians from all over the world perform **free concerts** in venues throughout France. The festival aims to celebrate music in **all forms and is open to anyone**. It all began in October 1981, when

towns throughout Catalonia, meet up on the *Plateau des Cortalets*, where they set up tents and prepare for a sleepless night! The ultimate goal of the *Trobada* is to get up to the peak at 2,784m high, with bunches of wood to contribute to the **huge bonfire prepared on the summit**. This gathering is known as the *Trobada* (a catalan word meaning "meeting" or "reunion"). At midnight a flaming torch, kept throughout the year at the *Castillet* in Perpignan, is carried to the top of the mountain and used to light a bonfire which can be seen all over the Conflent. The next day, relay runners carry the *flamme du Canigou* down onto the plain to all the villages they pass through on the way to Perpignan and in the evening, these flames light the *Focs de la Saint Joan* or *Feux de la Saint Jean*, fires that have been prepared in towns and villages all over the region. With the arrival of the torch, and the lighting of the fires, the festivities begin. It is a night for celebration and an important symbol of the unity of the Catalan culture.



June/July

Saint Cyprien
Port Barcares

LE TOUR DE FRANCE À LA VOILE

A four week regatta - national Every year, in the month of July, the *Tour de France à la Voile* (TFV) takes place around the French shores from the Channel, into the Atlantic and the Bay of Biscay and on along the Mediterranean. If you are around the P-O in July, why not pop along to *Saint-Cyprien*, (15th - 17th July) or *Port Barcarès* (18th - 19th July) to cheer on the arrival of this great national and international sailing event.

Excerpt from online diary *My Life in the P-O*

The festival season has arrived in the Pyrénées-Orientales. Yesterday, following hot on the heels of la Fete de la musique came les Feux de la Saint Jean, a feast of fire and music. We went to the Maureillas festival - great fun, with fireworks and candysfloss but we were surprised to see a local tradition in which the children, some as young as 7 or 8, jump over the bonfire!! Lulu had a go too, wearing his nylon T shirt and nylon trainers, and we narrowly missed having roasted sweetbreads for dinner! The local firemen were there to douse down burning offspring!

3rd, 5th July

LES JEUDIS DE PERPIGNAN

Argelès-sur-Mer

Music, street theatre, jugglers, acrobats, flamenco, salsa, jazz... and late night shopping! This is Thursday evening in Perpignan when local, national and international artistes light up the streets and the *places* with a sparkling mixture of colour, sound and rhythm. A weekly event throughout July and August. A Jeroboam of atmosphere! Not to be missed.

4th-5th July

Céret

QUERENCIAS



Catalan music festival featuring well known artistes with the accent on flamenco music and dancing. (*Querencias* is actually a bull-fighting term, signifying the spot in the bull arena where the bull makes his stand and prepares himself, ready to charge!)

3rd, 5th July

LES DÉFERLANTES

Argelès-sur-Mer

Les Déferlantes d'Argelès-sur-Mer (Déferlantes - breaking waves or surf) has now permanently replaced *les Méditerranéennes* and will take place for the second year running, in the magnificent grounds of



Valmy, but also on the beach and in Argelès village. Featuring rock, vocals, world, blues, hip-hop, électro, dub, the first evening, 3rd July, will kick off at the *Théâtre des festivités* at Argelès- plage with bands, a batucada, (type of samba, African influenced Brazilian percussive style characterized by its repetitive style and fast pace)

and the English group "Kill the Young" along with French vocalists Daguerre and Bizern. One of the highlights of the festival is apparently BABYSHAMBLES with Pete Doherty. All street entertainment is free.

July

Perpignan

LES ESTIVALES

In July 2008, the Perpignan Estivales will celebrate its 21st anniversary with shows of live music, theatre and dance at the Campo Santo, and « Scènes ouvertes » at the Couvent des Minimes. After a group of friends, passionate about theatre in historical surrounding, created « Nuits Estivales » in the 80s, the festival grew quickly, turning to southern culture for its theme: Mediterranean, Catalan, Spanish, African, gypsy, Middle East, Latin America... and moving to new, mainly open air venues within the department. Today, the festival retains its Mediterranean flavour and colour as it opens this year with a show created specially for the Festival of Carthage, « Carthage, la mémoire des Sables », made up of four shows based around the themes of earth, wind, fire and water, an opera of shape, colour, dance and song.

For more info, visit www.estivales.com

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What's on?

Our pick of events around the region. For a more detailed events calendar, visit us on www.anglophone-direct.com



FÊTE DE L'ABRICOT

8th July

Rivesaltes

Rivesaltes is not only famous for its sweet fortified wine, but also for its

apricots. Every July, the town celebrates the fruit with a festival of apricot tasting, apricot jam, apricot eating competitions, apricot drinking (look out for the local drink "abricotade"), in fact all things apricot! Add to this a general atmosphere of fun and good humour, a local produce market, and an evening of music and dancing, and you have a superb family day out.



INTERNATIONAL CARILLON FESTIVAL

July/August Perpignan

(Carillon - Cathedral bells played via a keyboard)

Stand around the cathedral (recommended listening place – in front of *Saint-Jean le Vieux*) and **listen to the bells ringing out**. The festival theme this year is *La Catalogna*, so each concert programme will include one or two arrangements of popular Catalan music, along with a varied programme of popular and classical music.

11th -13th July

Céret

FÉRIA CÉRET DE TOROS

This yearly Féria weekend has taken place in Céret since the early 1990s. A **bullfighting festival**, with bull run through the streets, market, bands, street entertainment and party atmosphere, *Céret de Toros* is a big event in Céret and indeed in the whole of the PO, (along with the Millas and Collioure ferias which take place later in the season) but be warned. It is not for everyone! Céret de Toros weekend attracts an enormous amount of criticism and generates heated controversy, as much for the staggering drunkenness which seems to be *de rigeur* on the Friday and Saturday night as the perceived animal cruelty of these bullfights to the death, which take place in the purpose built bullring just out of town. All restaurants close and food and drink, from a full meal to a burger, is on sale from the many *bodegas* (street bars), run by the different *associations* of Céret. If you don't want to stand out from the crowd, wear the traditional féria colours of red and white. Not for the faint-hearted from late evening onwards!

Excerpt from online diary 'My Life in the P-O'

Bulls are not the only animals to get slaughtered in Céret over the fèria weekend! Céret last night was a seething mass of bodies in various stages of undress, swaying and staggering, swilling down beer and pastis, wine and spirits, screaming, dancing, laughing, vomiting and peeing against walls..... I love to see people having a good time, but not when they've just lurched into me, poured pastis down my leg and are now peeing up against a nearby shop window!! (although I suppose it would have been worse if it had been the other way round!) All this went on until early this morning (by which time I had been tucked up in bed for several hours) and, after a couple of hours off for good behaviour, began again this morning at 10h00!

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The word **troubadour** derives from the Provençal word **trobar**, which meant "to invent or compose" in the langue d'oc.

DIADES CATALANES

Catalan gastronomy, traditions, street music and arts.

Celebration of Catalan culture and tradition over a three day period.

Traditional Catalan cuisine in all the local restaurants along with a **Catalan cuisine workshop**, a **cargolade**, (25 000 snails grilled over a fire of pruned vines) a parade of **giants**, fireworks in the street, folk dancing and sardane...(Reservation for Cargolade 04 68 53 45 86)

30th July

Montbolo

THE FESTIVAL OF ARLES-SUR-TECH AND PROCESSION OF THE RODILLA DE MONTBOLLO

The origin of this procession goes back to 1465 when a Montbolo shepherd called Noguier de GASNACH had a vision at the *Col de la Porta* (Col de Formentere). In this vision, two witches brought bad weather to Montbolo. When they arrived at the Col, they were unable to pass as the two saints, Abdon and Sennen stood before them and forced them to take away the bad weather and destroy the crops elsewhere. The grateful villagers decided to make that day a yearly **celebration in thanks to Saint Abdon and Saint Sennen**. Every 30th of July the inhabitants carry together a coil of bees wax (the *Rodella*) fixed to a cross as an offering to the Sainly protectors of Arles-sur-Tech and various entertainment and activities take place throughout the day.

FESTIVAL PABLO CASALS Prades

26th July-13th August

Now in its 57th year, the Pablo Casals festival is one of the most respected **chamber music festivals** in France and, indeed, Europe. The event consistently attracts soloists and larger groups of the highest quality to perform in the beautiful and acoustically excellent abbey of *Saint-Michel de Cuxà* and other churches in the Prades area. As you might expect from a festival named after a world famous cellist, many of the concerts focus on the cello, and the programme is mainly based around much known artistes such as Mozart and Beethoven although there are also evenings devoted to organ and other music.



Thuir

17th - 19th July



FÊTE DU SLIP

Prats-de-Mollo

26th July

.....and now for something completely different!!!

the **underpants festival!**

Yes it's

Created by the young people of Prats-de-Mollo several years ago, this festival sounds like great fun! The committee who organise it call themselves the *slipards*. According to (a somewhat unsubstantiated and heartily embroidered) legend, an aged document was unearthed in Fort Lagarde, signed by Caporal Calçotets (caleçon = boxers) according to which the said gentleman punished the soldiers of his command by **ordering them to carry out an assault course in their underwear!** It seems that they broke every record for speed and endurance! To "immortalise" this event, a great feast was organised which became a yearly celebration known as the *Fête du Slip*. Various games, barbeque and MOUSSE evening (a machine produces tons of mousse and EVERYBODY slips and slides around in it); men in underpants parade ending in the burning of underpants king!! (Don't know how good it is but it was great fun finding out about it!!)

Selection of events from the Palais des Congrès, Perpignan

For the full programme of events visit www.anglophone-direct or www.congresperpignan.com

Events at the PALAIS des CONGRÈS

12th - 13th June - 8.30 pm - An evening with funny man Franck Dubosc, French actor and humorist

15th - 6th June Salon Derbi - Renewable energy convention

The Palais des Congrès wish you a happy summer. Keep an eye out for our new programme of events, exhibitions, concerts and conferences starting in September 2008

"Alcohol - the cause of and solution to all of life's problems".

Homer Simpson

WINE Recommendations

Your wine questions answered by Jonathan Hesford of Domaine Treloar. 16 Traverse de Thuir, TROUILLAS. Tel: 0468950229 - www.domaintreloar.com

WHAT'S HAPPENING IN THE VINEYARDS?

June and July are the main growing months for the vines. During this time the vigneron are thinning out the vegetation, adjusting the wires, keeping down the weeds and spraying to protect the vines from diseases such as powdery mildew and pests like Eudemis, the grape grub. People are free to walk along the vineyard tracks but don't touch the vines.



Mas Amiel Le Plaisir

Cotes du Roussillon Blanc '05

Rather restrained and subtle savoury aroma. Nice weight and balance with flavours of peach and apricot. Here is a wine that improves in the mouth and finishes with an interesting smokiness. Suits richly flavoured fish dishes. 8 € - Widely available.

Primo Terrimbo

Collioure, '05

Deep rich aroma of blackberries and toffee. Good palate, concentrated and yet smooth with some interesting tannin flavours and good length. A fine example of a dry Collioure red without being too stewed. 12 € from Aux Vins 4 Canons, Bde Clemenceau, Perpignan

Vielle Réserve Maury

Vignerons de Maury, 1977

Perfumed raisins on the nose. Extremely smooth in the mouth with flavours of dried figs and dates. A lovely, sweet, complex old wine with good length. To drink with chocolates or rich desserts. 11 € from Leclerc

Elderflower Champagne

- 3 heads of Elderflowers
- 2 lbs sugar
- 2 tbs wine vinegar
- 8 pints water.

Place elderflower heads, sugar, vinegar and water in large container, cover and leave for 24 hours.

Strain and bottle in well stoppered sterilised bottles. Flip top bottles are the best type as they are unlikely to "explode" open.

Leave for at least two months and chill before serving.

It has a lovely light fragrant flavour and is perfect for those special occasions, and make a lovely gift for your special friends.

Another recipe from Cindy Guilbert's Recipes and Remedies easily found in the P-O. Contact her to see a selection of her handmade cards, jewellery and original gift ideas
marcel.guilbert@orange.fr - Tel 04 68 88 02 77

Your questions

WHAT DOES THE CODE ON TOP OF THE CAPSULE MEAN?

The French Tax capsule contains some pieces of useful information. A blue capsule means the wine is a Vin de Pays or Vin de Table. A green one means it is an Appellation Contrôlée wine. The word RECOLTANT means the wine is estate-produced, the letter "N" means the wine is bottled by a negociant, who buys wine from other producers. Cooperatives are classed as Recoltants

WHAT IS CORKED WINE?

A corked wine is a wine that smells and tastes mouldy. It is caused by a mould in the cork, hence the name.

A bottle whose cork has shrunk or disintegrated to allow air to get in and oxidise the wine is not strictly "corked". Nor does it refer to bits of cork floating.

You would do well to remember that, according to an old French law, it is illegal to name your pig Napoleon!! Stick to Porky or Babe if you don't want to lose your head!

When someone recently suggested trying "Le Patio Catalan" (4 Pl de General de Gaulle, Thuir), I groaned inwardly, expecting the obligatory red/gold décor, donkeys and USAP posters. It was therefore with great relief that, when I sauntered in one rather rainy Friday evening, none of the above was in evidence. Instead, a shady tiled and seated patio, no doubt lovely in less inclement weather, and an elegant comfortable and roomy interior finished in terracotta, dark wood and pieces by local artists. Very Catalan, but not OTT.

The same applies to the food. David Vincent, owner and chef, told me he wishes to **provide meals with a hint of Catalonia about them**, but without the over-heavy element that can be such a part of this region's cuisine. There is a lunchtime formule at 10€ which looks stunning value. Evening menus range from 19 to 34€, all of which change seasonally. Our party were divided between the 19 and 25€ deals. The cheaper one featured piping hot "gratinéed" mussels with almonds or anchovy salad to start, with a melt in mouth sirloin steak or Catalan black pudding to follow. The 25€ offering meant quail salad as an example of a starter, with very "ducky" mains (confit or magret). Desserts were delicious, and homemade, with not a crème catalane, or flan in sight. All seemed home made, and as with the rest of the meal much use was made of fresh seasonal ingredients.

Mention should be made of another option at the "Patio", notably



Restaurant reviews

LE PATIO CATALAN

Thuir

John Fairclough



their "assiette" meals. With these, starter salad, main course and cheese are all served on a very large plate all together, ploughman style, and are designed for those either in a hurry, or with a smaller

appetite. A Périgord or Catalan version of these are currently available. The house wine comes from Terrasous, as do many of the bottled vintages. I found prices very reasonable, with 10€ for a litre pichet, and a wide selection of local reds, rosés and whites to be had for 14€. Opening hours are a little unusual. Open all day over the weekend (including Sun nights) but closed all day Wed and Thurs. Plenty of nearby parking, and bookings (0468535728) are advised, particularly at busy times or if a patio table is desired. Some English is spoken.

If you like **good, imaginative Catalan food, but in a subtle form**, "Le Patio Catalan" would be just for you.

With summer upon us, this time Henri from Cellier des Arcades, Ceret, has recommended two whites to chill and enjoy during the season's heat.

Domaine de Soula Tigone

2006

One of the first offerings from the new second Domaine run by the renowned Gauby family. Perched in a high part overlooking St Martin de Fenouillet, Soula has produced this crisp white from a good mixture of Maccabeu and Vermentino grapes. Bone dry, and full of freshness, it would be ideal well chilled as an aperitif or with shellfish. 9€40 and 13% abv

Domaine Vaquer

Blanc 1995

Vaquer is one of the most historic Domaines in the whole of Roussillon. Keeping whites for this long is unique in the region, but it's well worth the wait. Formed from 100% Maccabeu, and aged traditionally, this, for the price is an astoundingly fine wine, that features notes of honey and grilled nuts in its complex flavour. Again, a sweetish aperitif or with a light dessert. 9€ and 13%

Le pied dans le plat
Restaurant - grill
Grilled fish
Terrace
English spoken
Tel. 04 68 87 17 65
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NOTICE board

 **Rover 400, 1998, 120kmiles aircon, leather, CD player, RHD GB REG, 500 euros - Ken Larkins tel. +44 774 7777 675 (St Genis des Fontaines)**

 **13 year old French boy looking for native speaking English family for three weeks «intensive english practice» this summer. No need for other children as wishes to speak English only. Will pay up to 250€ per week. Contact aunt in Vallespir on ms.lang@orange.fr**

 **French-American, 19, is looking for a summer job in/around Perpignan; would like to work in English. First-Aid diploma, BAC S, driving permit B. Available mid-May. Call: Emile 06.86.86.49.69.**

 **Pool robot Zodiac Baracuda G4 hydraulic pool cleaning robot, brand new - offers 04 68 39 75 81**

 **Nice boarding kennels; I will take care of your friend; here, he will have space, fun and everything he needs! Call me 04 68 87 16 37**

 **Regency style dining room suite, 4 chairs+2carvers, extendable table, matching buffet/sideboard with concealed lightning, excellent condition, Maureillas - offers 04 68 39 75 81**

 **French university student who speaks English and Spanish looking for summer job (receptionist, waitress, bar work, secretary, baby-sitting,... - anything considered). Available from middle of June to end August. Hard working and conscientious. Contact: hurault.v@hotmail.fr**

For sale Pretty Siamese kitten, 2 month old - phone 04 68 87 16 37

shiatsu massage



Marie & Jean-Paul
06.63.15.96.25

Malibu Village
Canet

The word **brassière** or **bra** comes of course from the French and was originally used to mean a soldier's arm guard or shield (coming obviously from bras - arm) and later a military breast plate, then a women's corset. Funnily enough, this word in French means a baby's vest (USA) or a lifebelt, while the French for bra is soutien-gorge, literally «throat-support».



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A new pull-out section of PO Life featuring a series of very varied day trips planned and researched by Jane Mann. Predominantly set in the PO, from time to time the Days Out may slip into Spain or stray into the Aude. They will lead you from mountain peak to shining sea, up and down the valleys of the Tech, Têt and Agly, taking in castles, chapels, monasteries, museums, lakes, rivers, walking, riding, cycling, canyoning, sightseeing, exploring, eating and drinking your way round, enjoying this many splendoured corner of France.

and the **Sentier Sousmarin** at Peyrefite

The Banyuls Aquarium

The **Banyuls Aquarium** is housed in the Laboratoire Arago at the end of the marina. The glimpse it offers of local underwater life: bright corals, octopus, eels, fish of all shapes, sizes and hues, plus showcases of seabirds should inspire you to head off south along the coast road to *The Sentier Sous-marin at Peyrefite*.

The *Réserve Marine Naturelle*, opened in 1974 and covers 650 hectares of sea between Banyuls and Cerbère. It has successfully provided a protected space for threatened species of sea-life to flourish and allows the public to appreciate and enjoy the richness of the 12000 fish and shellfish, plus 500 sea-plants that live in its 6.5 x 2 km coastal strip. The **Sentier Sous-Marin** (Underwater Trail), organised by the Conseil General, is a sub-marine paradise. The area is marked off, no boats may enter and no fishing is done. Masks and snorkels can be hired and the trail of 250 metres has bouys at intervals, each with an underwater notice listing the different species that may be seen.

Cliffs shelter the bay of Peyrefite from the Tramontane wind and the slope is gentle, making the start of the route well within one's depth. **On one side of the beach vineyards run to the cliff edge, on the other, cork trees provide shady picnic spots.** *Advice and information is available in the summer from a Reception Hut.*

All year round the **Hippo Camp's Restaurant**, Peyrefite Plage, is open for snacks, drinks and ice-creams as well as menus for lunch and dinner. *Bookings 04 68 88 47 33.* More than just a restaurant, it houses a surprising little **museum of Napoleonic uniforms and military artefacts from the 1st and 2nd World Wars.** On guard above the bar is a bright stuffed parrot advertising Sangria and other Cocktails.

Back in Banyuls sur Mer more information about the Marine Reserve can be obtained from their office on the Quai Georges Petit. And while on the Quai you might like to call at no 5 to find out all about **diving.** Eric of **Aqua Blue Plongée** runs courses for all levels, abilities and ages (from 10 upwards). A perfect way to explore the Marine Reserve in depth. (If you prefer to remain on the surface you may snorkel from the boat.) *www.aquablue-plongee.com - 0468881735*

Next door, at **La Case Marine**, boats and bikes can be hired and Permis Bateaux arranged. They also stock all manner of useful nautical kit as well as a large range of tempting leisure wear, bags, books and accessories. *www.lacasemarine.com - 0468885839*

Finally, what better way to end the day than sitting on the seaside terrace of the restaurant/bar of **La Marendra** on the Av. République, glass in hand, choosing from their Menu Gourmand at 22 euros or from any of their range of delicious snacks, salads, grills, drinks and ice-creams. *Open all day and evenings: 04 6888 3042.* Alternatively, at 15 Rue St Pierre, the **Pizzaria Del Patio** offers pizzas to enjoy in their delightful courtyard patio, or to take away. They also cater for groups, and have a full range of menus, grills, fish dishes and Catalan specialities. *04 6888 0931 www.delpatio.fr*



Les Balades en Estives

An opportunity to spend a memorable day in the high mountain pastures, organised by the farmer/producers of **La Rosée des Pyrénées**.

For the last fifteen years these *éleveurs* have been farming veal by traditional methods. The calves are fed exclusively on their mother's milk and the grass and herbs of the high Pyrenean meadows. From June to September the farmers lead a series of day long *balades* up to their summer grazing grounds. There you will meet the cattle they breed to produce their "pink Pyrenean" veal.

The day starts at 9am at one of six mountain villages. The air is clear and clean. We are given a welcome coffee, a slice of spiced bread and money is collected. 30 euros per person. Half price for under 12s, under 6s go free. Some people put on sensible walking boots; all carry water and suntan cream. The farmer, after a short introductory talk, leads the group off and up. For the keen walkers an extra 10 euros can turn your "balade" into a "randonnée." (min. 8 people). Jordi Mach, cowman extraordinary and official mountain guide, will take a longer but speedier route. For the rest, the pace is gentle, the scenery magnificent and the farmer has a wealth of local stories to tell. The talk is of cattle-raising and farming methods. He shares his passion for and knowledge of the spectacular countryside in which he works. The day heats up; water bottles are passed around, stragglers waited for. After two or three hour's walking bells are heard and out of the magnificent landscape the gentle cattle emerge. They are of rustic race, "Aubracs" and "Gasconnes". Caramel coloured or grey, little calves, doe-like mothers and, occasionally, a bull. Here you see no mad cows, these cattle are raised in liberty, perfectly at peace in their surroundings. The farmer feeds them salt. They lick it off flat stones with long black tongues, occasionally sticking their tongues up their nostrils. We stand and watch them. The super-fit group joins us.

In the distance, beside a lake or a babbling mountain stream, a drift of wood smoke hangs on the air. The other members of the Rosée des Pyrénées team have arrived in a 4x4, set up trestle tables groaning with food, and lit fires for the grillade. They pour glasses of Roussillon wine, or local fruit juice. We are shown how make "Pa amb tomatec" first grating raw garlic then rich red tomatoes on toast, followed by a trickled "net" of olive oil. The result is topped with slabs of local charcuterie. While we eat it, cutlets, escalopes and sausages of Rosée des Pyrénées are grilling. The feast is delicious, the atmosphere relaxed and friendly. Towering mountain peaks soar above us as we laze in meadows of mountain flowers, eating, drinking and watching the distant herd. Large trays of local peaches follow large trays of local cheeses. There is hardly room for coffee.

After lunch, the farmers describe their work and answer questions. We learn about other animals raised in the Pyrénées Orientales: "Tirabuixó" pigs, "El Xai" Catalan lamb, free range chicken and guinea fowl, organic beef and veal. Along with veal of La Rosée des Pyrénées they are all sold under the banner of **Saveurs du Pays Catalans**, fortnightly orders delivered to meeting points all over the P O. The meat is packed ready to cook, freeze or store in the fridge. Check the website for details and ring in your order.

Energy is gathered for the walk back down, led, once again, by the farmer. By 6pm we are back at the cars, etched on our minds an unforgettable and stimulating day spent in the breathtaking scenery of **Parc Naturel Regional des Pyrénées Catalanes** and in the company of the men and women who work there.

Ring 0468052580 or 0468966183 to book your "Balade." Special rates for groups 12 plus, remember to ask for the speedy version if interested. www.roseedespyrenees.com - roseee@wanadoo.fr

Saveurs du Pays Catalans: 0800801501, 0468052580 and 0616326413 - www.saveursdupayscatalan.com - saveursdupayscatalan@orange.fr



Elne, ancient capital of Roussillon, its stones steeped in 2,500 years of history, is an inspiring and fascinating town. Constantine, the first Christian emperor, changed its name from Illiberis to Elne in honour of his mother Helena in the 4th Century. It was the seat of the Bishop of Roussillon from the 6th to the 17th centuries and to this day, the high town, on top of massive ramparts dominates the plain and the old routes to the Iberian Peninsular. Reached by cobbled, oleander lined alleys, is the huge Cathedral consecrated in 1069. Its peaceful cloisters, made of the blue marble of Céret are amongst the most beautiful in France. Following the sculptural style of St Michel de Cuxa and Serrabonne, the garden they surround is full of traditional herbs and medicinal plants, just as it would have been in the Middle Ages. The cathedral itself, containing a fine *Croix des Outrages*, has a magnificent marble font and a stupendous view from its terrace. For a rewarding guided visit ring 04 6822 7090. Or wander around alone between 9h30 and 17h30, avoid 12h - 14h when it is closed for the usual French lunch hour.

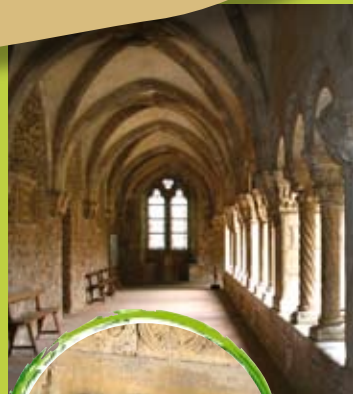
Across the way, **The Terrus Musée** has a permanent exhibition of Etienne Terrus, contemporary of Matisse and Derrain, as well as interesting shows of artists with Elne connections. Well worth a visit. Walk the clearly signed **circuit of the ramparts**, or wander the flower filled alleys full of small galleries and workshops. Don't miss **Les Soufleurs de Verre**, glass blowers of great talent and creativity, in their Aladdin's cave of colourful glass works. Fascinating to watch, their highly original glass make ideal gifts: *Tour des 4 Vents, 1 Rue du Couvent, near the Tourist Office on Place St Jordi. 04 68 22 85 79.* Pop into the Tourist Office for the summer programme of concerts and animations. Tel 04 68 22 05 07.

It is sometimes possible to visit the **Maternité Suisse d'Elne**, an inspiring and moving memorial to the young Swiss nurse, Elisabeth Eidenbenz, who, in 1939, opened *Château d'en Bardou* and, with her team of young nurses rescued pregnant women from the internment camps of Argelès, Rivesaltes, Bacarès and St Cyprien thus saving the lives of almost 600 babies before being closed down by the Germans in 1944.

Au Remp'Arts Restaurant and Chambre d'Hôtes open every day and evening all year round, is a perfect, sheltered spot for a relaxing meal, snack or drink, either on the terrace or inside the restaurant. Produce this page and you will be welcomed with a complimentary aperol! (English spoken) 3 - 5 Place Colonel Roger, 66200 Elne. 04 6822 3195 www.remparts.fr info@remparts.fr

As you leave Elne, direction Argelès, at 67 Av Paul Reig, the beautiful old cellars of **Mas Reig, Les Vignerons d'Elne** offer free tastings of their wide range of AOC Roussillon wines both red and white as well as their unique, naturally sweet AOC Rivesaltes. A combination of traditional methods and modern technology ensure high quality wines at a very reasonable price. The staff are knowledgeable and friendly. Their help and advice makes a visit to the cool cellars full of large wine barrels and racks of enticing, glowing bottles both enjoyable and informative.

Continuing along the same road, just before the express way you can't miss the large blue butterfly sign of **Le Tropicque de Papillon**. Stop, and enter a butterfly paradise. As you wander through aviaries filled with exotic plants and tropical flowers, you will marvel at literally hundreds of ravishing butterflies from all over the world. A more relaxing and magical place would be hard to imagine. There is a caterpillar nursery, a children's play area and a shop, but, above all, it is the murmuring of the fountains, the greenhouse garden of bananas, lotus and hibiscus and the magnificent colours of the softly fluttering butterflies that make the Tropicque du Papillon a gentle oasis of peace and beauty to be enjoyed at your leisure. *Open non stop June to the end of August, 10h - 19h.* A natural extension of the butterfly paradise, **La Clé des Champs** restaurant is also open in summer months from 10am till the last diner leaves in the evening. Snacks and full meals, summer salads, grilled fish and meat as well as midday and evening menus are served either outside in the garden or in the cool bar/restaurant/tea-rooms where goldfish swirl beneath the lilies in a pond of gently moving water. 0468378377 to check other opening hours. www.tropicque-du-papillon.com



CHATEAU L'ESPARROU

Tucked away in its own proud domain, in the "heights" of Canet, (at 14 metres you are about as high up as you can get!), *Château l'Esparrou* beckons you in from the hustle and bustle of Canet plage and "wows" you by its sheer contrast – a magical atmosphere of calm and peace, an oasis of instant feel-good factor.

The Sauvy/Rendu family have lovingly tended the land for five generations, passing down their wine making skills and knowledge from father to daughter and Esparrou wines date back to 1813, when the famous *Guide du Voyageur en France* first mentioned them as belonging to the best vintages from the Roussillon region. The *château* itself was built in the 19th century by a Danish architect called Petersen, the same gentleman who also built *Château Valmy* at Argelès and *Aubiry* at Céret.

But *Château Esparrou* is not just another cave and wine tasting venue! It also offers you an audio guided walking tour (MP3 supplied) through the vineyards, with views extending from the headland of Cerbère to the mystic Canigou, and sweeping down to the Canet *étang*, protected nature reserve with its pink flamingos, coots, cormorants and herons. This 2km walk, full of the odours and atmosphere of a working *vignoble*, passes through the gently sloping vineyards of *Grenache*

noir, Syrah, Merlot, Cabernet, Muscat, Carignan...

Shady wooded areas and stone benches allow you to rest a while, drink in the views and become a part of it's charm and history.

The tour ends with

king and of course if you fancy a free, *dégustation*, you will be greeted with a smile by lovely Essex girl and ex go-go dancer Maggie, who will be happy to pop a cork for you and direct you through the many possibilities for tasting - the red *Cabernet* which was such a great success last year that it sold out before the 2007 harvest had even been picked, put into vats and aged in oak! Or the *Mas Grand* – silver medal winner, selected by the *Bachus guide*. Or how about the *Muscat de Rivesaltes* 2007, gold medal winner in Paris?

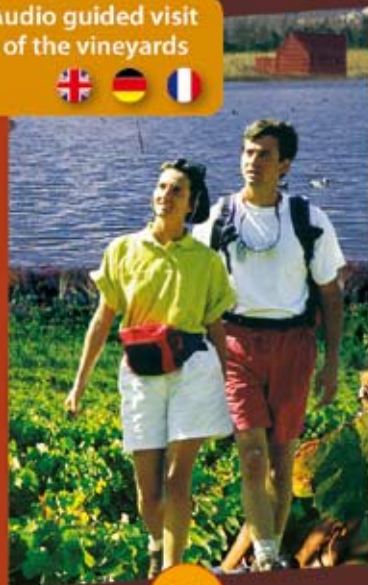
Oh, and after your tasting, why not sway into the small art gallery where local painters display their artwork?

What fun, for old and young alike, and what a great complement to a day at the beach!



A superb walk at Canet plage

Audio guided visit of the vineyards



4 €

All year round

● Monday to Saturday

9h - 12h and 14h - 18h

● July and August

Monday to Saturday : 9h - 12h and 14h - 18h

Sunday : 10h - 12h / 15h - 19h

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Test your French

Use this easy table to help you to ask what time things open, close, arrive, depart

A quelle heure	part	le train ?
	arrive	le cinéma ?
	ouvre	la boulangerie ?
	ferme	

A quelle heure part le train ? What time does the train leave?

A quelle heure ferme le supermarché? What time does the supermarket close ?

Useful grammar construction

Venir de + infinitive – to have just done something

je viens de manger – I have just eaten

Il vient d'arriver – he has just arrived

Trouvez la couleur qui manque (find the missing colour) 1

- de rage (furious)
- de travail (overalls)
- travail au ----- (working illegally)
- à lèvres (lipstick)
- examen ----- (mock exam-)
- Chauffé à ----- (red hot)
- Peur ----- (terrified)
- une nuit ----- (a sleepless night)
- voir tout en --- (to be optimistic)
- être dans le --- (to be overdrawn)

Un vieux rat rencontre une petite taupe. Curieux, il lui demande : "Que veux-tu faire plus tard, ma petite ?"

Taupe-modèle !!
(taupe = mole)

Match up these idiomatic sayings 3

- | | |
|---|--|
| Vous avez dépassé les bornes ❶ | ❶ How's it going? |
| Quelle mouche t'a piqué ? ❷ | ❷ Stop beating about the bush |
| Arrête de tourner autour du pot ❸ | ❸ It makes prices go up |
| J'en ai l'eau à la bouche ❹ | ❹ It's hardly a favour! |
| Prenez votre temps ❺ | ❺ You have gone too far |
| C'est jeter l'argent par les fenêtres ❻ | ❻ Take your time |
| Ça roule ? (fam) ❼ | ❼ You could knock me over with a feather |
| Ça fait monter les prix ❽ | ❽ It's throwing money down the drain |
| Ce n'est pas un cadeau ❾ | ❾ what's got into you? |
| Les bras m'en tombent ❿ | ❿ My mouth's watering |

Répétez cinq fois !

Virelangue

Je cherche ces six chats chez Sandy

Say.....

Youpi (for yippeee!)

Devinette : Je suis un mammifère carnivore qui aime bien dormir et faire sa toilette. On m'a dans la gorge quand on est enrhumé ou malade. Lorsqu'il pleut très fort, les Anglais disent que je tombe du ciel avec des chiens.

What animal am I?

Remplissez les blancs avec les mots ci-dessous 2

- " Je ne 1 plus aller à l'école. 2 ne m'aime. Les élèves me détestent et les profs aussi. Je veux 3 à la maison "
- " Absolument 4 question. Dans la vie, il 5 faire des efforts ."
- " Mais ce n'est pas 6 ! Donne 7 deux raisons 8 y aller. "
- " La première, tu 9 52 ans. La deuxième, c'est 10 le directeur ! "
- a moi - b faut - c as - d rester - d pour - e toi - f pas - g veux - h juste - i Personne

VARY YOUR LANGUAGE!

Don't just say something is *mauvais*. Say it is...
abominable
désagréable
imbuvable (drink)
immangeable (food)
insupportable
infect (foul)
minable (pathetic)

ANSWERS TO 'TEST YOUR FRENCH' PO LIFE N°16

- 1g 2f 3e 4h 5a 6c 7d 8i 9j 10b
- 2 1b 2a 3c 4c 5a
- 3 1h 2c 3i 4d 5e 6g 7j 8b 9a 10f
- 4 1deux 2 huit 3 trente-six 4 mille 5 à zéro
- 5 1g 2c 3b 4e 5f 6h 7j 8i 9d 10 a

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Améliorez votre Anglais

Trouvez l'équivalent en américain pour ces mots anglais

1

petrol (essence) ❶	❶ sick
aerial (antenne) ❷	❷ yard
angry (en colère) ❸	❸ drapes
biscuit ❹	❹ antenna
caretaker (concierge) ❺	❺ candy
cinéma ❻	❻ gas
curtains (rideaux) ❼	❼ janitor
garden ❽	❽ cookie
ill (malade) ❾	❾ mad
sweets (bonbons) ❿	❿ movies

Phrase utile

*Put a sock in it! (arg)
La ferme*

✓ Rappel

In Front Of – devant (position)
Behind - derrière
Before – avant (temps)
After - après
Eg I met him in front of the town hall.
He arrived before me
Let's hide behind the tree.
You first. No, after you! (very British!)

Répetez cinq fois ! Tongue twister
I think you thought it through

VARIÉZ VOTRE VOCABULAIRE!

Ne dites pas que quelque chose est "bad" Dites...
It's atrocious
awful
bad news
disgusting
dreadful
unacceptable
unsatisfactory
the pits (arg)
minging (arg)

What cheese is made backwards?

EDAM!!

Confusing words 2

1. ____ sat down ____ me.
A beside
B besides
2. You don't feel well? Go and ____ down
A good
B well
3. Some say that a hairy chest is very ____ !
A masculine
B male
4. Yippee! I have won a ____
A price
B prize
5. Be _____. He is sleeping
A quite
B quiet
6. You must finish your homework ____ six o'clock
A until
B by
7. I often make ____ when speaking English
A mistakes
B faults
8. We went to the rugby ____ in Perpignan
A play
B game

3 Choisissez la bonne préposition

A woman **1** her husband up **2** the middle of the night.
"Darling. Quickly. **3** the phone. I just **4** a sound of **5** glass and when I **6** downstairs to see what was going **7**, I saw a **8** sitting in our kitchen eating my **9** steak and kidney pie"
"Oh no! What a disaster!" replied her husband "Who shall I **10** first? Police or ambulance?"
a heard / b home-made / c grab / d call / e crept / f burglar / g woke h in / I breaking / j on

Trouvez l'équivalent en anglais pour ces expressions françaises

4

- | | |
|--------------------------------------|---------------------------------|
| A Bientôt ❶ | ❶ I'm not feeling up to it |
| A haute voix ❷ | ❷ he's saving the best for last |
| Motus et bouche cousue ❸ | ❸ I'm fed up |
| Je ne suis pas d'attaque ❹ | ❹ what a shame |
| Je suis bien dans ma peau ❺ | ❺ He's a real pain in the neck! |
| Il raconte des histoires ❻ | ❻ see you soon |
| Il réserve le meilleur pour la fin ❼ | ❼ I feel good |
| j'en ai marre ❽ | ❽ mum's the word |
| Quelle dommage ❾ | ❾ out loud |
| C'est un vrai casse-pieds ❿ | ❿ he's telling tales |

Réponses d'Améliorez votre Anglais PO Life n° 16

- 1 11e 2d 3g 4a 5f 6h 7b 8c
- 2 1 make 2 do 3 get 4 do 5 get 6 make 7 get 8 do 9 get 10 make
- 3 1b 2b 3a 4 a 5a 6b 7b 8b
- 4 1 in 2 from 3 about 4 at 5 with
- 5 1d 2j 3a 4i 5f 6b 7e 8h 9c 10g

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LES COLLECTIONS de SAINT CYPRIEN

The *François Desnoyer* museum was created in 1972 to house an important donation of pieces from the artist's personal collection.

In 1994, a second museum, this time one of contemporary art, grew up just a short distance from the first. In 2003, both museums were restructured and given the name *Collections de Saint Cyprien*. Since then, they have concentrated on daring, sometimes shocking exhibitions, mostly following a theme of "collections". New, up-and-coming artists regularly exhibit here also. Thanks to the legacy from François Desnoyer (French painter) in 1972, the permanent collection is added to regularly. As well as the many works of Desnoyer, one will also find

Did you know that if you were born before 2nd September 1929, you can obtain a FREE passport from the British embassy in Paris

Vernissage – a private showing or preview of an art exhibition.

Originally used to describe the day before an exhibition opens, reserved for artists to varnish and put finishing touches to their paintings, but now used for a grand exhibition opening. Literally means 'varnishing' taken from *vernis* (varnish)

Albert Marquet, Utrillo, Suzanne Valadon, Salvador Dali, and many other major artists.

The **ethnic Yoruba collection** contains 50 Yoruba sculptures which have never before been seen by the public, accentuating the air of mystery which surrounds Yoruba rites and traditions. The aim of the exhibition is to show a mix of aesthetics (beauty, strength, technique, aura...) but also the utility of each object. Among the most impressive artistic cultures in the world, the Yoruba people live on the west coast of Africa in Nigeria, and also in the eastern Republic of Benin and Togo. They are one of the largest cultural groups in Africa with around 40 million Yoruba world-wide. They created a strong economy through farming, trading, and art production and their outstanding and unique artistic traditions include woodcarving, sculpture, metal work, textiles, and beadwork.



YO RU BA

une collection privée

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Photos by Marianne Hadler

with
Michael
Brady



REAL AND SURREAL - PERPIGNAN STATION

Standing in a temporary station in Perpignan on 2 July 1858, the managers of *Compagnie des Chemins de fer du Midi* hardly could have known that the new rail line from Narbonne opened that day was anything other than the first of many land transportation links between the *Pyrénées-Orientales* to the rest of France. But more was in store.

By 1866, the temporary station had been replaced by the neoclassical **Gare de Perpignan**, and the company had become a leader in railway technology and construction. It continued apace, electrifying its lines and extending its network to 4300 km in the mid 1930s, when it was absorbed into the newly-created **SNCF**.

The story of the station might have remained interesting only to railway buffs, but in 1963, *Gare de Perpignan* had an enduring moment of fame. Catalan surrealist painter **Salvador Dali** was often in the station, as he shipped his large canvasses from Perpignan to New York. While waiting in the station on 19 September, he had a vision: "I had an example of a cosmogonic ecstasy, more powerful than the preceding ones. I had a precise vision of the constitution of the universe." Thereafter, he believed that when the universe ultimately converged, it would be within this station.

That vision led him to paint *Le mystique de la gare de Perpignan*, a giant 3 x 4 metre canvas that now hangs in **Museum Ludwig** in

Cologne, Germany. Regarded as one of the foremost works of the surrealist movement, it features the religious and mystical images and, of course, a railway locomotive. Little is certain about Dali's inspiration for the painting save that in his odd hallucinatory world, Perpignan may have been as central as it was in his physical world, perhaps because he knew the legend of *Babau*, the local medieval mythical monster.

But there's one certainty: in 2012, when the high-speed TGV rail line opens between Perpignan and Barcelona, the first station south of the border will be Figueres, Dali's home town.





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If you've wandered around Perpignan recently, you may have noticed strategically placed groups of red and white bicycles bearing the name BIP. This new, healthy, pollution free form of "public transport" is simple, practical, reasonably priced and available to all, providing you with a great way to travel around the town all year round. BIP is not necessarily a tourist facility – it is intended to **complement other forms of public transport in Perpignan**, its object being to cover

short daily journeys in the heart of the town.

To register, simply order your BIP by

internet at www.bip-perpignan.fr. You will then

receive by post your BIP card along with all the necessary information to accompany it. Use the card to take a bike from one of the *15 *station BIP* dotted around Perpignan. At the end of your journey, return it to any one of these *stations*. It's as easy as falling off a bike!

For more info or in case of accident...téléphone vert: 0 800 200 307



Vide-greniers (car boot sales)

Taking place mainly on Sundays, the vide-grenier, the nearest equivalent to the car boot sale, is a chance to get rid of those unwanted bits and pieces. Get there early if you want to get the bargains and avoid the rush! NB If you wish to display/sell at a vide-grenier, you will normally need to register in advance to book your 'emplacement' and show some proof of identity when registering. More information on how to do this from your local town hall.

JUNE

Sunday 1st

Canet-Plage
Canohès
Olette

Sunday 8th

Villefranche-de-
Confient
Sorède
Trouillas
Peyrestortes
Osseja

Sunday 15th

Mont-Louis
Thuir
Ortaffa

Sunday 22nd

Saillagouse
Ur

Sunday 29th

Perpignan (Chateau
Parc Ducup)
Le Soler
Arles sur tech

JULY

Sunday 6th

Sournia
La Cabanasse

Saturday 19th

Sainte-Marie-la-Mer

Sunday 20th

St-Paul-de-Fenouillet

Tuesday 22nd

Saint-Paul-de-
Fenouillet

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Why not pop in any Saturday morning for a cup of tea or coffee (or even a lunch time *apéro!*) and take a look at some of the fabulous designs they have on offer? Or design your own based on your dog, the Canigou...

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HERE COMES SUMMER...

AND OUT COME
THE MOZZIES!



WHY ME?

It is believed that **diet** plays an important role in making us more or less attractive to mozzies, along with **perfumes, soap residues, make-up, and deodorants**. Some claim that women are more likely to be "bitten" than men because mosquitoes are repelled by the strong odour of human sweat. (Sorry guys, you do tend to be the stinkier sex) others that mosquitoes prefer certain blood groups, or that drinking alcohol causes your skin to give off a chemical that attracts mosquitoes. Even the medical treatment you may be taking can play a role in your "mozzie attractiveness".

DON'T INVITE MONSIEUR MOZZIE TO DINE CHEZ VOUS

Use an unscented antiperspirant to keep your sweat levels down
Wear light clothing. Mosquitoes are more apt to bite people wearing dark colors.

Use a DEET-based insect repellent during the dawn and dusk periods, when mosquitoes are most active. (DEET-based sprays should be used very cautiously with children).

Avoid standing near water which attracts mosquitoes.

Avoid wearing perfumes and body lotions. Citronella candles can help keep mosquitoes out of an area, but don't rely on them, particularly in the P-O as wind can dissipate the smoke and smell quickly.

Create a mosquito trap by placing a cow in your garden!! Cows give off the chemical signature that mosquitoes crave. They are warm and release certain plant chemicals (from eating grass) and produce carbon dioxide with every breath. Yes, I know. VERY SILLY and not the most practical option but apparently it does work!!!

The mosquito (meaning "little fly" in Spanish) has been around for **more than 30 million years**, giving it plenty of time to hone its "biting" skills to a fine point (if you'll pardon the pun!!)

These little blighters track their "prey" via **chemical sensors**. They are able to sense lactic acid, and carbon dioxide, given off by the normal breathing process. They can also detect **heat and movement!**

Only the **female mosquito** bites. She is attracted by heat (infrared light), light, perspiration, body odour, lactic acid and carbon dioxide. When she lands on your skin, she sticks in her "**proboscis**" (from Greek *pro* "before" and *boskein* "to feed"), a very sharp, thin, organ which you will often not even feel. Her saliva contains proteins (anticoagulants) which prevent your blood from clotting. After she has bitten you, **some saliva remains** in the wound, causing itching and provoking a response from your immune system – the dreaded mozzie red lump! The itching continues until your immune cells break down the saliva proteins

YOUR GARDEN IN JUNE & JULY...

Xavier, of Vallespir Paysage Gardening services offers the following advice for looking after our gardens. It is time to :

- trim your conifer hedges
- do a preventive treatment on your peach trees to protect them against the «Cloque» disease.
- prune lilacs : cut off about half the branches.
- éclaircir « your fruit trees ie take off young fruits if tree is well loaded . This will give you bigger fruits
- place your grass cuttings around the bottom of your trees and shrubs to retain moisture.
- treat your roses against «tache noire», « rouille» and «oidium» disease and check for . Also check if you don't see «puccerons» (greenfly etc)

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Next edition

Next edition - LEISHMANIASIS - illness caused by the bite of the "butterfly mosquito" or Phlebotomus and potentially fatal for your dog

Some top tips from our forum

**There is a stinky kind of cheese called Limburger that smells (to a mozzies) like a person so if left out in a bedroom confuses the hell out of them.*

**Gin and tonic - heavy on the tonic – as the quinine in tonic keeps them at bay*

**Brewers yeast tablets or marmite as apparently the yeast comes out of your pores and repels the mozzies.*

**Cut a lemon in half and press dried cloves into the cut half and leave to dry out. keeps flies rather than mozzies away and makes house smell gorgeous.*

**Mash cooked garlic into cider vinegar and leave it overnight, then rub it into your feet and legs between your toes, in your armpits and groin and you will find the mozzies (among others!!) leave you alone*

"BEAUCOUP DE possibilités"

A tongue in cheek look at what estate agents say and what they really mean :

They say: "*beaucoup de possibilités*"

They mean: "*The buyer can enjoy the possibility of one day having running water and sleeping on their back without seeing the stars!*"

Ok, that's extreme but a house described as having "*beaucoup de possibilités*" is generally one with any, and often all, of the following:

- ✓ electrics which are, quite literally, shocking
- ✓ toilet facilities that wouldn't look out of place at Glastonbury
- ✓ wallpaper dating from circa 1950, which is so old it has become highly fashionable once again
- ✓ a roof which may or may not win a fight against a light shower of rain
- ✓ a rabbit's warren of rooms which don't in any way meet the requirements of modern day (human) living
- ✓ a bidet in the living room (we bought such a property!)

Next time you accuse somebody of being a **cretin**, be aware that it is not really much of an insult, originating as it does from the French word "Crétin" which originally meant "Christian"

We say: "*Total renovation*"

Of course, there is a market for renovation properties so by calling it exactly that, we aim to attract those people searching for a project and to avoid wasting the time of those that aren't. We don't see the point in pretending a property is something that it's not, dragging a client half way up a mountain to show them something which in no way fits their criteria.



Ref: 50618 Price 48,600 euros
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However, if you are looking for a total renovation, here is one. It needs everything, and I mean everything, doing as it's currently a barn, but if you're looking for a project at a bargain price, this one fits the bill and there are precious few around. The current owners have planning permission to convert it into a 3 bedroom house with a roof terrace.



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Spotlighton...

A PAIN IN SPAIN...

I still get excited about the concept of being able to 'pop over into Spain' at the drop of a hat. It feels so 'summer holiday'! However, after reading some of the letters below, I will think twice before donning my shorts and suntan cream and heading south without taking a few precautions first.

"A client of mine was travelling up from Barcelona yesterday in a hire car. Just outside Barcelona at some traffic lights, (looking at a map and looking very tourist like) some motorbikes/scooters pulled up parallel to them and managed to slash/puncture their tyre. They pulled off the road, pulled out their luggage from the boot to find the spare, and were stripped of all their belongings at knifepoint! Apparently they target hire cars and also women travelling with children."

"A common scam on the streets of Barcelona is where a young man comes up to you and asks for directions to a popular landmark. He is followed by 2 or 3 men who flash police ID cards. "Do you know this person?" they ask "He is wanted for drug smuggling/fraud/burglary... You may be a material witness. Can we see some ID?" You take your wallet out of your pocket/ bag..... and the rest is easy!

"As we were walking in Barcelona, a thief cut through the straps of my handbag with large scissors"

"Some friends stopped for a drink at a motorway services near Girona. When they set off again, they discovered they had a puncture. A helpful chap stopped and helped them change the wheel. He also helped himself to their money, credit cards and passports."

"It is so bad in Barcelona that there are two tyre places open 24 hours a day just to change tyres."

And closer to home...

"La Palme services on the A9 north of Perpignan are frequented by unsavoury types who approach you when you are filling your car, and ask for 1 euro (sob story about running out of petrol, needing to visit sick child in hospital...) if you don't pay attention a small urchin will deftly pinch something out of your car or wallet while you are distracted".

A friend went to Auchan in his rented Corsa. He returned to his vehicle to find a flat tyre round the passenger side. He started to change the tyre and thieves stole his bag containing passport, credit cards, money, camera etc. Take care out there! And stay safe.

A man approached us for money in Carrefour car park, while we were eating sandwiches in the car. We had our windows open and

- Inform your credit card provider of holiday plans to prevent any problem with payment whilst your company is checking unusual activity.
- Keep the credit card cancellation number separate from your wallet to ring in case of lost or stolen card

he stuck his head inside the car. He was quite intimidating and we tried to ignore him but he would not go away so we gave him a few euros. Keep your windows up.

Of course, the majority of tourists in Spain are not victims of crime and have a great holiday. However, it does not do any harm to take a few simple precautions.

DO NOT

- stop if you are flagged down by a stranger
- stop to give directions, answer queries....
- have maps on display inside the car clearly identifying you as a tourist
- assume that any official approaching you is genuine. Policemen are clearly identifiable by their uniforms and it is unlikely that any undercover police would want to speak to you.
- carry more than the bare minimum around with you. Leave passports, money, credit cards locked in your hotel
- stop (unless driving is dangerous) for a flat tyre until you find somewhere safe (eg a police station!)

DO

- Keep the car locked even when you are inside
- be vigilant if approached by a motor cyclist
- Avoid stopping at deserted rest areas on the motorways
- Take a mobile phone with you to make an emergency call if necessary. (112)
- keep your bag/ wallet out of sight
- Familiarize yourself with your travel insurance policy (ie do you need to make a police report for it to be valid?)
- Try not to look too much like a tourist!!!! (no knotted hankies around the head...)

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	118 700 NEW
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
CPAM (English language service): 08 20 90 42 12	
SOS Doctor 24/24	08 20 20 41 42
Emergency vet	04 68 55 55 83
Anti-poison centre	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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