

P-OLife

Life in the Pyrénées Orientales



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DAY OUT FOR THE DAY OUT

Living off the land

All ABOUT
SNAILS



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& TEST YOUR FRENCH**

A selection of events
from the Palais des Congrès

FREE / GRATUIT

n°25

October
November

SYNONYMOUS WITH QUALITY PROPERTY ACROSS THE SOUTH OF FRANCE

Near Ile sur Tet: Fully Renovated Farmhouse with Gites and Amazing Views
 Restored with quality materials, attention to detail and style, this property is a great example of a character Mas. Accommodation comprises: main house with two bedrooms and two bathrooms, first Gite has separate bedroom and ensuite bathroom, second and third Gites both studio apartments, fourth Gite currently used as a workshop but which could have two bedrooms. Numerous terraces, huge pool and private location just minutes from the shops. Ref: 2781
Asking Price: 874.500 Euros



Les Hauts de Ceret: Large Villa with Panoramic Views from the Med to Mt. Canigou. A light and airy home with 250m² of accommodation. Terraces, garden, pool and amazing views. Ref 2874
Asking Price: 1.085.000 Euros



Banyuls sur Mer: Sea view villa opposite beach. Currently offering 150m² of living space with a further 150m² to develop. Large 2.000m² plot, ample parking. Ref 2504
Asking Price: 795.000 Euros



URGENT: QUALITY PROPERTIES REQUIRED THROUGHOUT THE REGION

Autumn is upon us and RHF International continue to receive increasing levels of enquiries for properties in the Languedoc-Roussillon. Our clients have a spectrum of budgets however they all share one expectation: to be provided the best choice of quality houses. Right now we need more character homes in the 300.000 to 2.500.000 Euro price sectors plus B&Bs and properties with Gites to satisfy demand. Contact us now to arrange an honest valuation of your property with a view to getting it sold ASAP.

RHF International's Regional Office: Tel. +33 (0) 468 831 950 or Tel. +33 (0) 678 690 597
 enquiries@rhf-international.net | www.rhf-international.net

Contactez nous ...

Kate : kate@anglophone-direct.com

Jane : jane.mann@wanadoo.fr

www.anglophone-direct.com

Concou!



Well, summer may be over but the sun is still smiling down on us (most of the time!) and the PO, whilst maybe a little sleepy, has certainly not gone into hibernation! The beaches still beckon, and wherever you turn, there are festivals, wine tastings, exhibitions, music, dancing and laughter. Elle n'est pas belle, la vie!!

This month, amongst the interesting facts, entertainment listings, wine and food, language, exercises, walks, drives and English speaking advertisers, we spotlight some 'Quirky Properties', talk a 'load of rubbish' and challenge you to test a snail or two! Oh... and vegetarians beware! Don't go to p32!



Don't forget to visit our site at www.anglophonedirect.com to find out more about what's going on in the region and check out our forum for restaurant reviews, wine recommendations, items for sale or wanted... or just a bit of a chat!

Wherever you are, and whatever you are doing, we hope your autumn is golden this year in the PO.

Jane & Kate

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Welcome to the Pyrénées-Orientales!

www.cdt-66.com

Comité Départemental du Tourisme des Pyrénées-Orientales
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LES BOUILLOUSES

with Mike Rhodes

This circular route around the glacial lakes of the desert de Carlit is one of the classic walks of the eastern Pyrenees.

Access : The walk starts from the barrage of Lac de Bouillouses at 2000m, and is accessed in spring, summer and autumn via the D60 which can be found on the D118 Mont Louis to La Llagonne road. By car it takes 30mins from Mont Louis. During the months of July & August the road is open to cars before 7.00am and after 7.00pm but between these hours it is necessary to take a navette just 2k along the D60. The cost is €5 per person. If you manage to walk to Bouillouses then the descent is free!
Circuit of the Carlit Lakes 10kms & 5 hours GPS 31N 418203E 4712415N

Walk :

Yellow marks throughout

- ✓ A barrage at Bouillouses was first proposed in 1846 but was finally built between 1903 & 1909. It is 2500m long and holds 17,000,000m³ of water and provided power for the Yellow Train as well as monitoring water supplies on the river Tet.
- ✓ Whether arriving by car or navette, start this walk at the eastern end of the barrage, near to the CAF refuge and Auberge de Carlit. Crossing the barrage gives stunning views of Pic Peric and the vast area of water to the north. From the far end of the dam wall follow the marked path towards the Hotel de Bone Hores where you will see a sign indicating the start of the walk to ascend Pic Carlit.
- ✓ Taking this well marked path climb steadily through the Scots Pine trees, sometimes on a rocky path, until we arrive in a small stream valley which is followed to our first

Les garçons français en ont deux.
Les autres garçons n'en ont qu'une.
Les filles n'en ont pas.
De quoi est il question?
"C'est la lettre "ç"

lake, estagny Negre which can be seen to our left.

✓ You will reach a split in the path marked by a large cairn and we take the LH track, still well waymarked. Do not take the path going left around the lake.

✓ Our path climbs steadily to the NW and then W and passes estagny de la Comassa where, on still days,



you can get superb photos of Pic Carlit reflected in the lake.

✓ Passing close to an abri, shelter for fishermen in bad weather we pass estagny Sec on our left and climb on to a broad open ridge where the waste lands of the Desert de Carlit really starts to show itself.

✓ A short descent takes you to a bridge crossing the stream joining estagny Llong and estagny de Vallell. It is possible to shorten the walk by taking a path along the RH side of estagny de Vallell but our route turns to the west and continues

to climb through a series of shallow valleys, always with a view of the towering summit slopes of the Carlit.

✓ About 1k after the bridge at a height of 2345m you will



see a small col to your right from which you look down on estagny de Sobirans or Africa lake, named by a group of DoFE students. The slopes to the right of the col make a



great lunch stop, in the sun but with great views of the Carlit and surrounding peaks.

✓ After lunch, follow a small path dropping towards the lake and then a larger path to the right, NE, following the slopes above the lake.



✓ Just before estagny de Trebens the path splits and we take the LH one by the side of the lake, crossing the stream by a bridge with another abri on the other side.

✓ Following the LH side of the small estagny d'en Gombau the path crosses the rocky stream by a not too obvious route, staying high above the small valley leading down to estagny de Castella. Do not descend to the lakeside but follow a small path traversing the azalea covered hillside to the S of the lake until you look down on estagny de les Duques.

✓ Descending a series of shallow valleys you pass a weather monitoring station and arrive at a bridge at the SW corner of the lake.



✓ Cross the bridge and follow a path SE to descend a series of beautiful valleys, past two small lakes that virtually dry out in summer to our last lake, estagny del Viver.

✓ Just past the southern end of the lake you arrive back at a large cairn and

junction with the path taken on our ascent, which is followed back to Lac de Bouillouses and a welcome beer on the terrace at Hôtel de Bones Hores.

✓ This walk can be done at any time from June through to October/November depending on the weather. Before June some of the tracks may be still covered in snow but this does make a great winter trip on snowshoes, perhaps as a two day trip staying in the CAF refuge.

Although this is a fairly straightforward walk it is in a high mountain area where the weather can & does change without warning so please take suitable clothing as well as map & compass & know how to use them.

Mike Rhodes is an International Mountain Leader / Accompagnateur de Montagne, lives all year in Les Angles and specialises in guided walks in the high mountains and Snowshoe trips in winter.. He can be contacted on 0033(0)468043728 - mike.rhodes@free.fr - www.pyrenean-trails.com

Don't forget to turn your clocks back

Sunday 25th October 2009

(clocks go back one hour during the night of Saturday/Sunday morning)

LA STATUE DU PETIT TAMBOUR

Have you seen the statue of the Little Drummer Boy in Le Boulou? This statue, by sculptor Gérard Vié, represents the first child to die for his motherland on November 1st, 1794, during the battle of Le Boulou (30 April-1 May 1794). This French victory in the eastern Pyrenees was fought against the Spanish who came close to conquering Perpignan but were obliged to retreat to the Tech River.

LE MAÎTRE DE CABESTANY

An anonymous 12th century sculptor, the Master of Cabestany was not recognised until the 1930s when a Romanesque-style tympanum was unearthed during renovation work at the parish church of Cabestany. Since then, over 100 superbly crafted pieces of sculpture have been attributed to the anonymous Master, identified only by certain similarities, and possibly not all down to him. However, it was the tympanum at Cabestany which gave him his name.

Moldings were taken from his works, and castings in stone, reproducing the same grain and color as the originals, were made. Cabestany opened a museum in an old winemaking cave (Centre de Sculpture Romane, Parc Guilhem, 66330 CABESTANY Tel 04 68 08 15 31) devoted to Romanesque sculpture. Other works in the PO can be found on the outer door of Monastir del Campnear Thuir and the frieze on the outer door of the parish church of Sainte-Marie in Le Boulou

FAMOUS PLACES

Place Bir Hakeim in Perpignan is named after a WW2 battle in which the French troops were defeated. However, the battle seriously delayed the advancing Italian and German armoured divisions and enabled British troops to win the next important battle, that of El Alamein.

SOMETHING fishy...

There are several restaurants around the region called Le Chalut but did you know that a chalut is actually a large trawling net whilst a chalutier is the trawler which pulls the net.

OPEN DOOR TO THE P-O

On a plateau of the Corbières, near Salses, with panoramic views of sea and lagoon, visible from the A9 motorway and the N9, stands the "Porta dels Països Catalans", or 'Gate of the Catalan Countries'. Created by sculptor Emili Armengol, this gateway to north Catalonia is a symbolic border between Languedoc and Roussillon. A giant arc of four open doors, its uprights symbolise the four bars of the Catalan flag. The monument was originally to be built in La Jonquera, but strong protest from the north Catalonians placed it resolutely in France, a first and last landmark for visitors arriving or departing the Roussillon.

SHORT AND SWEET

Did you know that the only countries in the world with one syllable in their names are Chad, Greece, Spain and of course France?

THE ARAB MARKET

When in Perpignan, don't forget to visit the Arab market for a stroll through the colour, sounds and smells of North Africa on your very own doorstep. Set up daily in the Place Cassanyes, bread, meat and vegetables are cheap and fresh, herbs and spices abound and you will find there every possible item you could imagine - and many that you couldn't!

Pendre la crémaillère - to have a housewarming party

The 'crémaillère' is the saw toothed iron bar that used to hang from a nail/hook at the back of a fireplace to allow different levels for hanging the cooking pot above the fire.

PLANNING PERMISSION

The basics

Thinking of extending, renovating, installing a pool, building a garage? If you have already run the French bureaucracy gauntlet, it will come as no surprise to you to hear that applying for planning permission in France requires mountains of paperwork, both before and after, so prepare yourself for churning out documents in triplicate and in quadruplicate!

Once you have a clear idea of your project, its size and position, take your rough plans to the mairie and ask to see the 'responsable de l'urbanisme.' (Be careful - in smaller communes they may only be present one day per week) He or she will refer to the 'cahier de charge' or 'code d'urbanisme' with you, in order to check that your plans do not contravene any local or national regulations (colour of roof tiles and exterior walls, height restrictions, distances from neighbours...) He will also tell you what documents you need to provide for your application.

Pick up the necessary forms from the mairie or download them from <http://vosdroits.service-public.fr>

✓ The two most common types of planning permission are the 'permis de construire' for new build, extension, or changing of an existing structure (with a surface area greater than 20 m²) and the 'Déclaration préalable' or Declaration de

travaux' for small improvements, which do not alter the use of the building (constructions between 2 and 20 m²)

- ✓ If the total habitable space, (SHON - Surface Hors Oeuvre Nette) including the existing building is greater than 170m² in total, you must use a registered architect.
- ✓ Once you have obtained your 'permis de construire' it is valid for two years after which you must reapply if you have not already begun construction (although you may ask for a two month extension)
- ✓ If your planning permission is refused you may appeal within up to two months of the refusal
- ✓ Planning consent is granted/refused by the DDE (direction départementale de l'équipement)
- ✓ Neighbours may also appeal against your planning permission up to two months after it has been granted.
- ✓ You are legally obliged to publish the planning permission on the site where the building is to take place.

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Quel bâtiment visite
Dracula à New York ?

Le Vampire State
Building...

UNUSUAL PROPERTIES

with spectacular views...

Crise or no crise the property market in the P O is far from static... and very far from dull.



Built into and on the ramparts of the Chateau in Montalba le Chateau, a village house is for sale. Ramparts by definition tend to have spectacular views. From two terraces in one direction over the roofs of the village to the distant sea and in the other, across the vineyards to Canigou sweeping round to the castle and the castle chapel. The house, twisting its way through the old defensive walls, has access from two streets, and invaluable off street parking. In the first half two rooms, a bathroom and a fully equipped kitchen have been renovated and central heating installed. A sort of secret passage leads to the second half comprising a patio, terrace, two bedrooms and a large sitting room still needing some attention. Altogether the house offers plenty of possibilities, bags of character and views to die for.

(142,000 euros)

[Details from First Immo, Ille sur Tet](#)
046884 8181



High, high up above Collioure, on 2.8 hectares of rocky land and gazing out over the coast beneath the Tour Masanne is "El Casot" known affectionately as the Mas de l'Ours. The views are stupendous. Its water comes from a spring, it has no electricity but loads of old world charm and comfort and a long history. . .

In the time of Louis the Pious, son of Charlemagne, it was part of a village known as St Pierre. The houses had dry stone walls, the chapel of St Pierre was sturdier. The village prospered under the control of the Abbot of St Genis des Fontaines. Various conquerors came and went but the village of St Pierre remained till the XV century when it was abandoned and mostly fell into ruin. The more solid Mas survived, more or less, and "El Casot" was probably a cottage belonging to one of those Mas. It is said that Napoleon's soldiers sheltered in it. . . Now it is for sale.

(253,000 euros)

[Details from Port Vendres Immobilier](#)
04 6882 5939.



Built on an elevated rocky outcrop above the village to provide defence against enemy attacks, this castle, dating from 990AD, represents one of the best examples of a medieval fortress left in Roussillon. Fully renovated and currently running as a thriving tourism and wine producing/selling business with fully-fitted restaurant, it is an amazing character property in a fabulous spot with huge potential for banquets, weddings, seminars and functions in one of the top 100 most beautiful villages in France. (2,500,000 euros)

Details from RHF International
04 68 83 19 50

Useful vocab

<i>à rénover</i>	<i>in need of renovation</i>
<i>aménagé</i>	<i>converted</i>
<i>refait/ rénové</i>	<i>restored</i>
<i>ancien</i>	<i>old</i>
<i>à débattre</i>	<i>o.n.o</i>
<i>dépendance</i>	<i>outbuilding</i>
<i>droit de passage</i>	<i>right of way</i>
<i>en bon état</i>	<i>in good condition</i>
<i>puits</i>	<i>a well</i>
<i>tout à l'égout</i>	<i>mains drainage</i>
<i>T1, T2, T3 etc</i>	<i>number of rooms</i>
<i>(T for 'type')</i>	<i>excluding bathrooms and kitchen</i>



L'Andréu was built as the private hunting lodge for the wealthy owners of chateaux Aubiry and Valmy. Today the facilities of this beautiful 19th century mansion can be enjoyed by all. Set in the tranquil Riuferret valley, we are 5 mins from the charming hilltop village of Corsavy and 15 mins from the ancient market town of Arles sur Tech.

Fully restored in 2009, L'Andréu combines fin de siècle elegance and charm with modern style and comfort. All rooms have views of the forested valley, are equipped with showers and have pc's with dvd players, free and unlimited internet access and wifi. There is a heated 10m swimming pool and a 4-seater hot-tub available all year round.

The house is set in extensive gardens and forest bordering the Riuferret river. It is an ideal base to explore the region, go walking, fishing, bird-watching.... or just relax in the grounds and enjoy a taste of the belle époque.

SIRET: 51314841100012 TVA: FR52513148411



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and German spoken*



LA FÊTE DES VENDANGES



BANYULS SUR MER

Every October the Fête de Vendanges takes place, this year on the 10th and 11th. The tastings, and merriment has to be seen and experienced to be believed. On the Sunday the beach becomes positively medieval, the smoke from endless grillades rising in to the autumn air, musicians, stilt walkers and jugglers mingling with the crowd, food is consumed in great quantities, much wine is drunk and, towards the end of the afternoon, Catalan Barques zig zag a ballet in the bay before bringing the "harvest" in to the shore.





Que dit un vampire en
quittant sa victime ?
Merci beau cou...



It's 'ALLOWEEN

(with a silent H)

OCTOBER 31ST &

TOUSSAINT

ALL SAINTS DAY

OR FESTIVAL OF THE

DEAD 1ST NOVEMBER

Halloween in France is still seen very much as an American creation and despite its growing popularity, continues to be resented by some. American films, sit coms, McDo etc, have all given French children a taste for dressing up and 'trick and treating' (originally the poor used to go door to door receiving food in return for prayers for the dead.) There is therefore no literal translation for trick or treat but children (and adults!) around here use 'des bonbons ou une farce' amongst others. Don't forget that the day after Halloween (November 1st, All Saints' Day) is a major French holiday. Most shops and public places will be closed.

CASTANYADA OR FÊTE DE LA CHÂTAÏGNE (DAY OF THE CHESTNUT)

All Saints' Day and the evening before are known as the Castanyada or Day of the Chestnut. Traditionally, 'castanyes' (roast chestnuts) are eaten along with 'moniatos' (roast sweet potatoes) and 'panellets' (small almond balls covered in pine nuts). Cemeteries will be busy this weekend as people visit to sprinkle the graves with holy water, leave flowers and hold vigils. If you see beautiful pots of chrysanthus for sale everywhere, don't be tempted to buy them for the mother-in-law - they are for the dead!



LA FÊTE DES CATHERINETTES

25th November

Rather outmoded now, but nevertheless observed by some, particularly hat makers, the 'Catherinettes' were poor old ladies of twenty-five years old who had not managed to hook themselves a husband by the 25th November, Feast of Saint Catherine, patron saint of young unmarried women. In 19th century France, many single young ladies worked as hat makers. Their friends would make hats for them using the traditional colours of yellow for faith and green for wisdom. These hats would be as outrageous as possible and were to be worn all day, for all to see and wish them a speedy end to their single lives! Before reaching 25, a girl would pray for a 'mari de bon lieu!' (a well-situated husband) After 25, she would pray for a husband who was 'supportable, ou qui, parmi le monde, au moins puisse passer!' (bearable, or who can at least pass as bearable) and approaching 30 would pray for 'Un tel qu'il te plaira Seigneur, je m'en contente!' (Send anyone Lord; I'll take it!).

'Capping Saint Catherine' (coiffer Sainte Catherine) became synonymous with still being still single after 25. As women's status changed in society, so the tradition more or less died out, but parades of ladies wearing striking and outlandish hats can still be seen on 25th November.

Saint Catherine herself was a young, noble and well-educated girl who lived in Alexandria at the beginning of the IV Century. According to legend, she visited the Emperor and attempted to convince him of the error of his ways in persecuting Christians. When he realised that she was successfully converting his followers, including his own wife, she was imprisoned and later condemned to death.

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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

FESTIVAL JAZZEBRE

1st - 25th October
Perpignan & region
Regional jazz

A series of jazz and world music concerts with strong Latino accent, in Perpignan, and towns around the Pyrénées-Orientales. 'Musical picnics, debates, musical apéros, films.....

More info: www.jazzebre.com

FÊTE DE L'OLIVE & PARADE OF GIANTS

10th October - Canet
All things olive and giant fun!

JOURNÉES DU GOÛT

15th -18th October - Le Boulou

Four days of gastronomy, local produce and gourmet tasting, inclu

Foire Saint Martin

Starting in the last week of October and continuing throughout November, one of the most long standing travelling fairs in France comes to the Parc des Expositions in Perpignan.

The Foire Saint Martin brings you all the fun of the fair -big wheel, ghost train, candy floss, dodgems..... a family day out or a wild evening in the tunnel of lurv!

ding wine and chestnuts, Catalan cuisine, market. . .

Info: Office de Tourisme:
04.68.87.50.95

NUIT ET FÊTE DU VIN PRIMEUR

15th - 17th October

From 18h onwards in the centre of Perpignan, caves, bars and restaurants will celebrate the 2009 wine vintage with music, tastings and a general atmosphere of entertainment.

LIVRE EN HERBES

18th October - Prades

Authors and storytellers gather at the 'château Pams' to sign books, tell stories, and promote in particular children's literature. Entertainment and theatre for children

FESTA DE LAS BRUIXES*

Friday 23rd - Sunday 25th October - Tressere

Fairies foul and foulies fair... witches and wizards from around the region

Palais des Congrès, Perpignan

PALAIS des CONGRÈS

16th October

Festival du Rire (Laughter festival)

More info:04 68 63 43 02

3rd November

Les Rendez-vous du Caveau de la Huchette : Named after the famous Paris jazz club, 'Caveau de la Huchette' this regular jazz evening brings together talented jazz musicians. This month, enjoy "Sweet Mama"

PARC des EXPOSITIONS

2nd - 4th October

Salon de l'Auto (car fair)

9th -12th October

Salon Rêves d'Intérieurs

Decoration and design ideas, demos and workshops, cookery and DIY. . .

31st October - 1st November

Exposition Canine Internationale

International dog Show

More info: 04 67 70 10 05

Magic Park - Bouncy castle theme park- Festive fun in this indoor theme park for children with jungle run, mini slides, ball park, soft mountain.

For opening dates and time, ring
06 62 78 20 65

28th- 29th November

Salon du Mariage : Everything you need to get married in the P-O!



arrive on their broomsticks this weekend when the village and its visitors dress up for a weekend of myth, legend and Catalane culture.

*bruixes(pron: brooshas) catalan for 'witch'.

AUTUMN FAIR

Saturday 31st October - Céret

Big Market and street entertainment

FOIRE AUX ÉTALAQISTES

11th November - Perpignan

Colourful market along the banks of the Têt in Perpignan centre

LA FÊTE SAINT MARTIN

11th November - Corsavy

'Castagnade' (grilled chestnuts) accompanied by vin nouveau, music, dancing and a cosy autumn atmosphere

FÊTE DE LA SAINT-ANDRÉ

28th-29th November - Rivesaltes

Blessing of the Christmas Muscat de Noël, parade of the Giants, sardanes, music and celebrations in the streets.

Vide-greniers (car boot sales)

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.

OCTOBER

Sunday 4th

Le Boulou

Laroque des

Albères

Saillagouse

Villeraç

Perpignan

Sunday 11th

Baho

Baixas

Casteil

Prades

Perpignan

Maureillas

Elne

Saleilles

Sunday 18th

Banyuls dels

Aspres

Montesquieu

Saint Feliu

d'Amont

Perpignan

Sunday 25th

Ille sur tet

NOVEMBER

Sunday 22nd

Port Vendres

DAL'I BAR

BAR MUSICAL I TAPAS

We are delighted to announce the opening of our new Tapas Bar, previously known as 'Bigaro Bar'.

We have re-styled the premises, installed a new kitchen and acquired the services of our very own chef 'Eric'.

Discover our Tapas delights.
Menu changes regularly.
Relax indoors or outdoors.
Taste our beers and wines,
served by our friendly,
multilingual staff.

No need for reservation. Just pop in and enjoy the ambience. We look forward to welcoming you!



Opening hours every day except Monday.
11h/15h - 18h/2h
wi - fi

Free apéro on presentation of P-O Life

14, rue mirabeau
66400 Ceret
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dalibar@hotmail.fr



Restaurant reviews

LE ROY TOQUÉ Elné

This brand new, purpose built restaurant just outside Elné, has been tailor-made to suit their future plans for expansion.

✓ The spot chosen, whilst not the most picturesque, is notable for its ease of parking, and easy access, sited as it is just off the main Perpignan - Argeles dual carriageway.

✓ The genial owners, Pascal and Sophie explained that the Roy has two distinct types of clientele; a lunchtime crowd and a separate evening following.

✓ The lunchtime formule available Mon to Fri costs 15€ and consists of a starter and sweet buffet, with a choice of fish or meat main. Coffee and wine are also included. It is excellent value.

✓ Evening menus are 21 and 33€, and again, each course will always have a seafood and meat option. Fish is always fresh, never frozen, and my Daurade on the 33€ offering was enormous and cooked to perfection. The meat option on this menu was Magret de Canard. Cooking style is simple, allowing the freshness of the ingredient to stand out, though on some of the à la carte dishes, which range from 18 to 29 €, both fish and meat are available with a range of sauces, for those who want something a bit fancier.

✓ The wine list is mainly Roussillon based, and ranges from 11€ for a 50cl bottle of the house wine up to 30€, for some local Collioure vintages.

✓ The décor is ultra modern; the minimalist black and white, with a splash of red may not be to everyone's taste, but the seating is very comfortable, and the air conditioning was most welcome on a hot, sultry evening.

✓ Le Roy Toqué is closed Mon to Wed evenings. Thursdays are often notable for theme nights; couscous and paella are two that have featured recently, and these are usually accompanied by entertainment. For further details, or



to make a booking, call 04 68 22 02 43, or visit the new website www.restaurant-leroytoque.com

✓ First time visitors may find Le Roy a little difficult to locate, but if you exit the Voie Rapide Elné bypass at jcn 7, follow the signs for "Zone Industrielle", you will then pick up the restaurant's own black signs pointing you in the right direction. A welcome and refreshing addition to the local dining scene.

Le Roy Toqué : 2 bis Boulevard d'Archimède 66200 ELNE

More What's on...

Don't forget to check out your local tourist office for the date and location of the many fairs and festivals around the region in October, celebrating every imaginable tradition, animal, vegetable and mineral. Here are just a few...

OCTOBER

4th - Collioure:

Traditional Catalan music and dancing

11th - Casteil:

Chestnut festival & vide grenier

17th, 18th - Ur:

International Horse Festival

17th, 18th - Matemale:

Potato festival

20th - Bourge Madame:

Foire au Gras

25th Sahorre:

Apple festival

NOVEMBER

1st - Caudies de Fenouilledes:

Fete du Chardonnay

11th - Banyuls:

Castanyada and Sardanes

22nd - Prades:

Foire au Gras



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Collioure

Henri Matisse arrived in Collioure in May 1905 at the age of 36, depressed, full of self doubts and very short of money. As soon as he got off the train he was struck by the vitality of the little Catalan fishing port. His depression lifted. Everywhere he saw colour and light, almost violent in its intensity. He was about to fill a hundred canvasses and start a new movement in the history of art.

"a new movement in the history of art"

He sent a simple postcard to his friend Andre Derain. "Venez!" it said. And Derain came, just in time to celebrate his 25th birthday. Tall and good-looking, when he arrived at the Station Hotel dressed in white, a red beret on his head, La Dame Roussette, la patronne, thought he looked

dressed for a carnival. She was not sure she wanted him as a lodger. He swept off his beret and bowed to her. His

bags were collected from the station and he set to work. Later, Derain was to remark that the colours of Collioure that summer of 1905 had been as "sticks of dynamite". The two artists certainly went into battle together. Their easels often side by side, they painted Collioure from every angle.

Matisse's family were his models. He would set off in the very early morning, particularly for the painting he did of his wife Amelie, nude in a forest clearing, worried lest she be spotted by a wandering Colliourenc. Fortunately in 1905 the woods came right down to the shores of the Mediterranean, making it comparatively easy to find



and the

Chemin de Fauvisme



and Derain come alive. How Matisse's bursts like fireworks across the canvass, while Derain, a keen amateur photographer, would use the line of the balcony itself to draw the eye to the church and the famous Clocher. We are led through the narrow alleys, up to the top of the town where again they painted side by side, the same view, different pictures. We follow their footsteps, understand their emotion, see the Collioure they saw and painted. Phone number: 04 68 98 07 16

a private glade. He loved open windows, the scenes they framed were alive with colours that had never been used to such effect before. Red sand, pink sea; he painted what he felt. Derain's paintings may have been more conventional in that the sand was often yellow but his use of colour was every bit as powerful as that of Matisse. . . They worked well together.

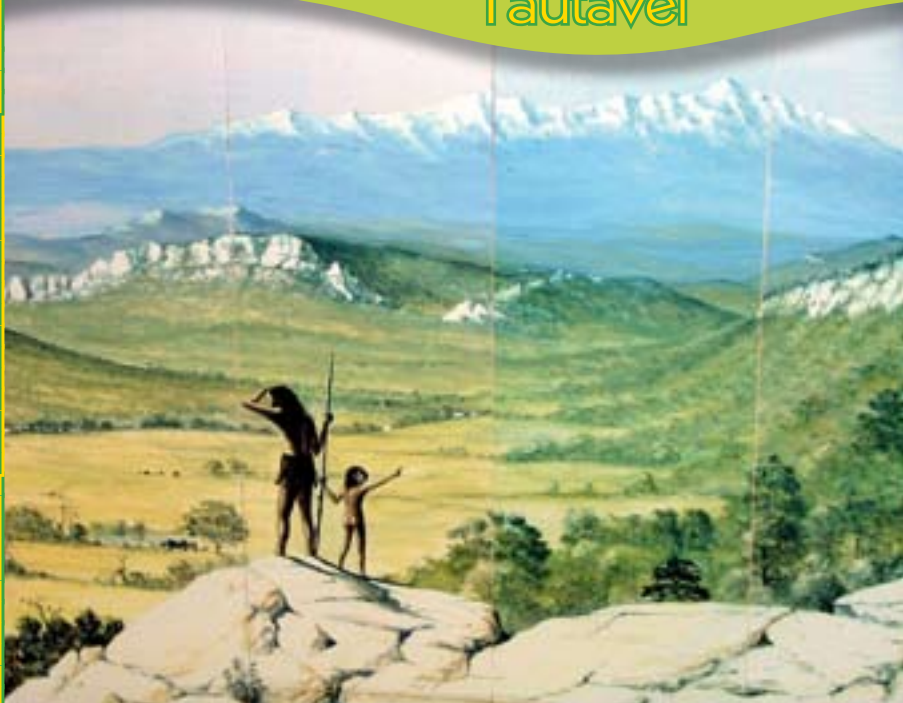
Derain was a great friend of Vlaminck, and, although he never came to Collioure, it was with Vlaminck that Matisse and Derain so shocked the Paris Art World at the Salon d'Automne of 1905. Derain described their work as a "trial by fire", a purifying of painting, a liberating of colour. The critics described it as the work "fauves", of "wild beasts". It was not a compliment. But the name stuck, Fauvism was born and Matisse was head "Fauve".

"trial by fire"

In 1994 "Le Chemin du Fauvisme" was set up, a guided walk with strategically placed copies of the paintings of Derain and Matisse in the positions in which they were painted. It allows a fascinating insight into the storm of colour and excitement that exploded in Collioure that distant summer of 1905. The talk given by the attractive and knowledgeable guide makes the works of Matisse



Tautavel



Easy to find and anyone with the slightest interest in the origins of the human race needs to visit Tautavel. North from Estagel on the N117, right turn on the D611 then D9, or from Vingrau on the D12.

"one million years of human existence in Roussillon"

The 450000 thousand year old skull of Tautavel man was discovered in 1971. With his tribe he lived in caves in the limestone cliffs and hunted the bison, rhinos and lions, the horses and sheep that roamed the Roussillon plains. He had not discovered fire but withstood ice age cold and fearsome carnivores. He also went in for a bit of cannibalism.

The European Centre of Prehistory, a brilliant museum, gives a great insight into the history of mankind in Europe. Through dioramas and a video, the life lived by Tautavel man is realistically reconstructed and show cases of bones and stone implements demonstrate one million years of human existence in Roussillon. It is open daily 04 6829 0776.





Tautavel today is an agreeable village surrounded by vineyards that produce some very drinkable wine. It is overlooked by its ruined feudal castle and the cliffs are much used by keen rock climbers. Many wine cellars open their doors and welcome you to tastings, Rockclimbing and canyoning can be arranged and taught. Info: 06 7995 7844.

The Gorges of Gouleyrous, just north of the village, direction Vingrau, has an arboretum of Mediterranean plants and cool rock pools in which to swim. Above the entrance to the Gorge is the Arago cave, still being excavated, where the Man was found.

From Tautavel the Tour de Signaux del Far is an easy hour's walk each way and has views over the Corbieres, the sea and Canigou.



Estagel & the Route des Vins



from where it is possible to take a tiny winding road from the top of the village with fantastic views offer the vineyards to Chateau de Queribus on the skyline. This will bring you back onto the D612 just below the Col de Bataille at the foot of Forca Real. You could drive up to Forca Real and admire the little chapel before taking the Belesta road or simply turn right to Chateau de Caladroy. Easily recognisable, it looks more like a village clustered

*"ancient machines
glow with colours"*

around its ancient castle than a wine cellar. Dating from the XII century and once a fortress on the old frontier with the Kingdom of Mallorca, the Chateau with its 130 hectares of vines and 7 hectares of olives dominates the valleys of both the Tet and the Agly. Their wines feature

Estagel, a pleasant little town on the D117, is the birthplace of Francois Arago (1786 - 1853). In almost every town in the P O there is a Rue Arago. A distinguished physicist and astronomer, he had craters on the moon and Mars named after him and, as a member of the French Parliament for the Pyrenees Orientales was instrumental in getting slavery abolished. Estagel is also the perfect place from which to set off to explore the Côtes de Roussillon villages, whose rich, red, robust and spicy wines, are reflected in the hot, sunny, windswept land from which they spring. Well worth spending a day or two seeking a few out. And what better time of year in which to do it? It is, after all, the season of mists and mellow fruitfulness and grapes are fruits of one of the P-O's main harvests.

From Estagel set off up the D612 and make a side trip to Montner, (good wine and an excellent restaurant)





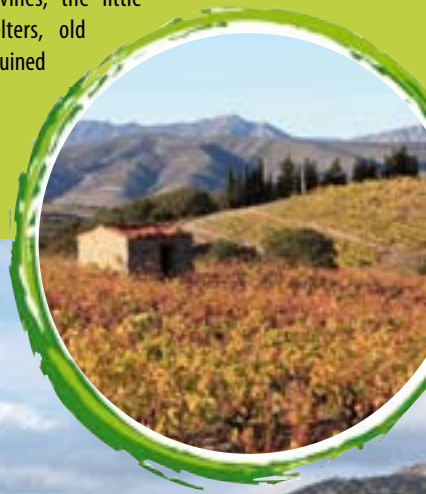
Cross the Agly and continue to Ansignan where the Roman Aquaduct is the perfect spot for a picnic. Set in the vines, it is 100 metres long with numerous arches and a vaulted passage over the Agly, still usable after all these centuries. The Romans were good builders.

Backtracking a little, continue to Rasiguères, good wine, interesting pottery; Planezes with the dear little chapel St Pierre, Latour de France with its fortified centre rising up from

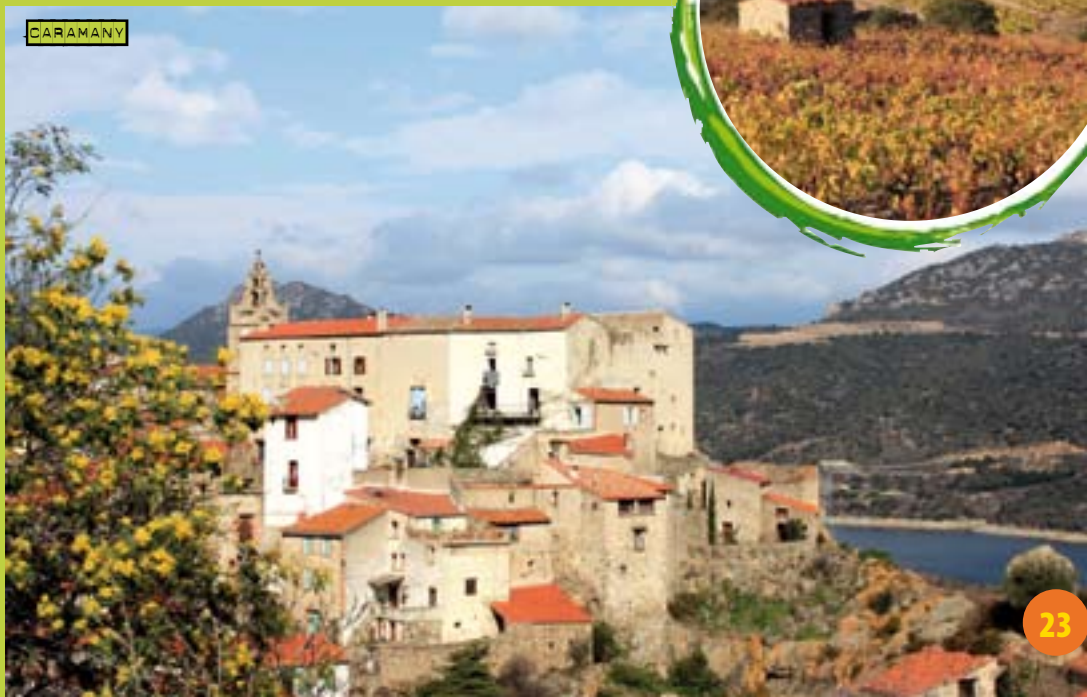
on the menus of many of the best restaurants in France, and, if you drive through the imposing gates, you will be made welcome and given a tasting in the converted chapel of the old chateau before moving on to Belesta de la Frontiere with its interesting museum of pre-history.

Follow the signs to Caramany, a pretty village with splendid views over the jewel like lake formed by the barrage of the Agly and a welcoming Cave Cooperative.

a bend in the Agly and so back to Estagel. Each village is worth visiting in its own right if only to explore the walks through the vines, the little shepherd shelters, old chapels, and ruined towers.



CARAMANY



Saint André de Bailestavy

is here that the footpath leading to the ancient ruined church of St Andre begins. It is said to be suitable for wheelchairs but the donkey back bridge and sections of the path cobbled with large and uneven river stones actually make this claim unrealistic.

Follow the "Tour de Village" signs to the cemetery leading to the chapel of St Andre. Now being extensively restored, it was originally built on old industrial iron workings in the IX century. It grew in importance between the XI and XV centuries but fell into disrepair and was abandoned when the church of the "Torre Mila" was built in 1665 in the "new" village high on the hill.

It is a steep climb up to the "new village" but worth it for the view and to visit the church. The walk takes from 1 ½ to 2 hours but allow plenty of time for sitting by the Lentilla river and drinking in the beauty and peace of your surroundings.

Sitting on a smooth boulder watching the Lentilla river tumbling over rounded rocks, swirling and eddying, forming pools and providing perfect picnic spots, is a pretty idyllic experience. Bright dragonflies dart over the surface, ultramarine flashes of brilliant blue on the dark water. In autumn the rich colours of many different trees are reflected in the deeper pools. Buddleia and other shrubs line the banks. In summer the butterflies are myriad and breathtakingly beautiful. Small notices tell the names of the trees. The newly cleared walkway from Bailestavy over the donkey back bridge and through flowery meadows affords several easy access points to the river. And the drive from Vinca (on the N116 between Ille sur Tet and Prades) along the winding D13 is a dramatic one. The narrow road leads to the Lentilla valley through wild and wonderful mountain scenery, clinging to the steep mountainside. Far below a small irrigation canal can be made out following the river. Canigou, majestic and omni-present towers over receding ranges of lesser near vertical mountain slopes. After 10 km Bailestavy is reached.

Iron has been mined here since the 1st century BC but now the old forge is a charming Bistrot du Pays, honey is made, goats and pigs are raised and tourists in search of peace and tranquillity are well catered for. It



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Blague bête

Un bébé serpent demande à sa maman :

- Maman, est ce que je suis venimeux ?

- Non, pourquoi, mon chéri ?

- Parce que je viens de me mordre la langue...

Véneux - poisonous / je viens de... I have just / mordre - to bite

Répétez cinq fois !

Virelangue

Je veux et j'exige un coussin
sur chaque siège
I insist on a cushion on each seat

MORE FUN WITH BODILY FUNCTIONS!

Roter (rott-ay)- to burp

"Excusez-moi, j'ai rote!"

Baver (bav-ay) to dribble

"Attention! Vous bavez!"

Cracher (crash-ay) - to spit

"Eloignez-vous! (keep away) Il crache quand il parle! »

Match up these useful phrases which all involve body parts

2

Mettre la puce à l'oreille 1

a to do something without thinking

Tirer les vers du nez 2

b to do something with ease

Avoir une dent contre quelqu'un 3

c to give a clue

Agir sur un coup de tête 4

d to express disbelief

Avoir de la merde dans les yeux 5

e Up yours!

Motus et bouche cousue 6

f to get the truth out of someone

faire quelque chose les doigts dans le nez 7

g mum's the word

Donner sa langue au chat 8

h to give up trying

Mon œil ! 9

i to be unable to see clearly

Faire un bras d'honneur 10

j to hold something against someone

✓ Some expressions with chercher

aller chercher - to go and get (Je vais chercher mon sac)

chercher midi à 14 heures - to complicate things

chercher la petite bête - to split hairs

Tu l'auras cherché ! You've been asking for it!

D pour danger! Match up these words, all beginning with D, with their definitions.

1

plaque de pierre pour recouvrir le sol 1

a distrait

le contraire de 'moins' 2

b déborder

descendre de l'avion ou du bateau 3

c douanier

passer par-dessus le bord 4

d devinette

qui ne fait pas attention 5

e dorloter

à partir de maintenant 6

f dalle

celui qui fait des contrôles à la frontière. 7

g dentifrice

s'occuper de quelqu'un avec tendresse. 8

h débarquer

question amusante qu'on pose à quelqu'un 9

i dorénavant

pâte qui sert à nettoyer les dents 10

j davantage

✓ Language tip

Chercher - to look /search for

NB the 'for' is inbuilt

Eg Je cherche mon ami

I am looking FOR my friend

Chercher à - to try or to attempt

Je cherche à comprendre -

I'm trying to understand

ANSWERS TO 'TEST YOUR FRENCH' PO Life n°24

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

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

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Améliorez votre Anglais

Trouvez l'équivalent en anglais de chaque proverbe 'animalier' français

1

- | | |
|---|---|
| Faute de grives, on mange des merles. ❶ | ❶ The apple doesn't fall far from the tree. |
| Qui vole un oeuf vole un boeuf. ❷ | ❷ His bark is worse than his bite |
| Il ne faut pas vendre la peau de l'ours avant de l'avoir tué. ❸ | ❸ Beggars can't be choosers. |
| C'est la poule qui chante qui a fait l'oeuf. ❹ | ❹ Better safe than sorry |
| Petit à petit, l'oiseau fait son nid. ❺ | ❺ Don't count your chickens before they're hatched. |
| Qui naît poule aime à caqueter. ❻ | ❻ Every little bit helps |
| Les chiens ne font pas des chats. ❼ | ❼ Give and you will receive |
| Souris qui n'a qu'un trou est bientôt prise. ❽ | ❽ Give an inch and he'll take a mile. |
| Il faut savoir donner un oeuf pour avoir un boeuf. ❾ | ❾ The guilty dog barks the loudest. |
| Chien qui aboie ne mord pas. ❿ | ❿ A leopard can't change his spots. |

Répétez cinq fois ! Tongue twister

Frank thought fleas flew
Frank pensait que les puces
volaient

Daft joke

*Doctor, Doctor I feel like a vampire.
Necks please !*

Trouvez l'équivalent en anglais pour ces verbes avec 'around'

3

- | | |
|-------------------|--------------------------------|
| To hang around ❶ | ❶ être assis sans rien faire |
| To horse around ❷ | ❷ rester |
| To mess around ❸ | ❸ coucher à droite et à gauche |
| To shop around ❹ | ❹ poireauter |
| To sleep around ❺ | ❺ faire des bêtises |
| To stick around ❻ | ❻ chahuter |
| To sit around ❼ | ❼ chercher le meilleur prix |

E is for egg! Trouvez les définitions de ces mots suivants, qui commencent tous par E

2

- | | |
|-----------------------------------|-----------|
| A large bird of prey ❶ | ❶ eel |
| jewelry for the ears. ❷ | ❷ edible |
| third planet from the sun ❸ | ❸ empty |
| long, snake-like fish ❹ | ❹ elbow |
| joint in the middle of the arm. ❺ | ❺ earring |
| the opposite of full ❻ | ❻ either |
| where to get out ❼ | ❼ eagle |
| one or the other ❽ | ❽ exit |
| fit to be eaten ❾ | ❾ easel |
| frame to support a painting ❿ | ❿ earth |

Good advice

*Marriage is a relationship in which
one person is always right, and the
other is a husband.*

RÉPONSES D'AMÉLIOREZ VOTRE ANGLAIS PO LIFE N° 24

- 1 ❶ chin ❷ heart ❸ arm ❹ eg ❺ leg
2 ❶ 1h 2i 3d 4j 5a 6g 7c 8e 9b 10 f
3 ❶ 1d 2i 3h 4b 5f 6a 7j 8c 9e 10g

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CAMP JOFFRE - RIVESALTES

After the signing of the Second Armistice at Compiègne in 1940, France was split into two and the « zone libre » in which the Pyrenees-Orientales was included, came under the administration of the Vichy government. It was at this point that the sad and sinister history of the camp Joffre began to unfold. Under the shadow of a wind-farm, behind an industrial estate, desolate ruined huts and latrines bear witness to man's inhumanity to man. Camp Joffre opened in 1938 and closed in 1970. Its history is horrific. In that first year it changed from housing for the troops to housing for "Undesirables". Soon refugees from the Spanish Civil War, Jews and Gypsies joined the "Undesirables". So handy for the railway. Destination: Auschwitz, via Drancy. Before long it was seriously overcrowded, families separated, often starving. Stark figures remain: 2,551 Jews recorded as deported from Rivesaltes, 400 of them children.

FRIEDEL BOHNY-REITER

Friedel BOHNY-REITER worked for the Swiss Red Cross Aid to Children in the Rivesaltes Camp from November 1941 to November 1942. Touched by the misery of the interned Jews, Spanish refugees and Gypsies, Friedel tried to improve their lives, handing out extra food, organizing activities for the children and providing medical services.

When the deportations began in August 1942, she smuggled Jewish children out of the camp to children's homes, one of which was in Chambon-sur-Lignon in the Auvergne, whose inhabitants protected some 3000–5000 Jews from the Nazis between 1941 and 1944. The home was run by Auguste Bohny, later to become her husband.

Thanks to this brave young woman, many children were saved from certain death in the extermination camps in the East. For her efforts, she was decorated « Righteous among the Nations » in 1990.

Friedel Bohny-Reiter kept a diary which was published fifty years after its creation, noting down daily her experience of the camp: hunger, fear, despair. Despite all the hardship, she wrote on December 15th, 1941: « These children's eyes are the reason I stay here.»



On the eleventh hour of the eleventh day of the eleventh month.....

If you would like more information about
the project or a guided visit of the camp,
please contact memorialrivesaltes@cg66.fr
or phone: 04 68 80 13 00



THE K12 BARRACK

In the middle of plot K, hidden behind a huge pine tree and covered with bushes, lies the K 12 barrack, home to Swiss Red Cross Aid to Children in the Rivesaltes camp. To brighten up the bleak barrack, the children painted Swiss Alpine scenery on the walls, fir trees, mountains and lake, symbols of the freedom they had lost. Nearly 70 years later, wind and inclement weather have taken their toll. The colours have faded but look closely at the walls and you will see traces of two fir trees and the huge lake. Part of the barrack has already been cut out and will be exhibited in a proposed Memorial Museum, whose inauguration is scheduled for 2012.

Some of the bloodiest fighting of World War I took place in the Flanders and Picardy regions of Northern France. The Poppy stood alone in the aftermath of complete devastation. Doctor John McCrae, serving there with the Canadian Armed Forces, deeply moved by what he saw, wrote these verses.

*In Flanders' Fields the Poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' Fields.
Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though Poppies grow
In Flanders' Fields.*

On the eleventh hour of the eleventh day of the eleventh month in 1918, the First World War ended. To mark the sacrifice of those who had given their lives for peace and freedom, and inspired by John McCrae's poem, an American War Secretary, Moina Michael, began selling Poppies to friends to raise money for the ex-Service community. She also wrote a poem in reply to John McCrae's called We shall keep the faith, in which she promised to wear a poppy "in honour of our dead" and so began the tradition of wearing a poppy in remembrance.

Choosing your meat



VEGETARIANS BEWARE!

Meat is taken very seriously in France (as is all food)... Buying from a good butcher may be marginally more expensive than prepacked supermarket products, but the quality is invariably well worth the extra euro or two.

Here are a few ideas to help you to choose the right cuts for the dish you hope to create. Bear in mind that tough cuts need long slow cooking and should be meltingly tender, poultry and pork are ready when the juices run clear when cut, and steaks and lamb can be grilled, pan roasted or fried according to taste.

Lamb Agneau

Mostly French rather than New Zealand, quite expensive but absolutely delicious, choose *gigot* (leg) or *épaule* or *échine* (shoulder) or *selle d'agneau* (saddle) for roasting or *côtes* (chops) for grilling. Go for *collet* (scrag end) or *jarret* (shank or shin) for stewing.

New Zealand legs are often to be found in the freezers of supermarkets and, well thawed and well cooked, are truly scrumptious.

Pork Porc

Choose *filet de porc* (pork tenderloin) for pork that is tender and quick to cook.

Echine comes in whole shoulder, steaks, chops, or spare ribs and is fatter than *côtes* (loin chops). If you want bacon, ask for *poitrine* ('*en tranches fines*' - thinly sliced). The French word 'bacon' is quite simply smoked pork

Useful vocab

<i>Avec/sans couenne (kwen)</i>	with/without rind
<i>Désossé</i>	boned
<i>Temps de cuisson</i>	cooking time
<i>Escalope/émincé</i>	thin slice
<i>Brochette</i>	kebab
<i>Farci</i>	stuffed
<i>Hachis</i>	minced or chopped
<i>Lamelles</i>	thin strips
<i>Coupé en morceaux</i>	cut into pieces
<i>Maigre</i>	not fatty

The word "butcher" comes from the Old French "boc," which became 'bouc' meaning "male goat." as butchers were originally sellers of goat meat.

Veal Veau

Ask for *escalopes* or *côtes* (chops) for grilling or *noix de veau* or *épaule* (shoulder) for roasting or stewing with a creamy sauce as in *Blanquette de Veau*.

Beef Boeuf

The best cuts are traditionally cut to be eaten rare, so some steaks are likely to be tough if too well done. Ask for *faux-filet* or *contre-filet* (sirloin), or *filet* (fillet) for a top quality but expensive cut. Go for *entrecote* if you fancy a rib steak or *bavette* or *gîte* for cheap and tasty (but tougher than other choices). Choose *jarret* or *paleron* for long slow cooking of stews.



Three of the four *Molas brothers*, second generation butchers, have shops in Ceret. Next door to the *Maison de la Presse*, in the original shop started by his father, you will find Rene Molas. At the back of the shop, he prepares a wide range of

charcuterie and cooked meats as well as cutting meat to order from the top quality beef, lamb, veal and pork available in his butchery emporium.

He can produce a huge ham out of a large leg of pork for Christmas or any other celebration, or prepare it for you to cook yourself. His range of home made sausages and sausage meats are impressive.

Despite limited English, he and his wife will make you welcome and are happy to give advice.





BiB or Cubi

Bag in box wines

Invented by Australian Tom Angove in 1965, today's bag in box wine (BIB or cubi in French) has evolved into a tap-and-bag system which dispenses the wine without allowing air into the bag, preventing oxidation.

A BIB has a shorter shelf life than bottled wine because over time, tiny amounts of oxygen pass through into the wine. Opinions differ, but in general an unopened box can be kept for 6 months to a year, and once opened, should stay fresh for several weeks, depending on cool, dark, dry storage conditions. You can also reduce your carbon footprint by removing the bag and recycling the box with your paper products.

Here are a few boxed wines to look out for from local producers who will be delighted to welcome you into their 'caves', to sample the full range of their wines.

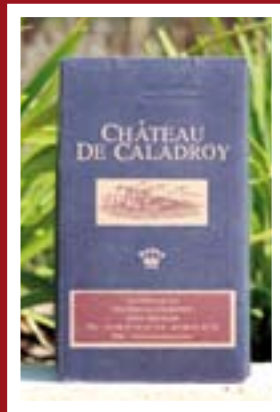
Château Montana Vin de Pays des Côtes Catalanes Merlot - 5 litres rouge



*Delicious soft red wine,
perfect accompaniment
for autumn duck dishes.
Route de Saint-Jean-
Lasseille
66300 Banyuls Dels
Aspres
Tel: 04 68 37 54 84*

Chateau Caladroy

5 litres rouge



*All the characteristics of an excellent
Cotes de Roussillon Villages 13.5%. A
quality rich, fruity red wine, very easy
to drink*

*66720 Belesta de la Fronrière
Tel: 04 68 57 10 25*

Domaine du Mas Rous

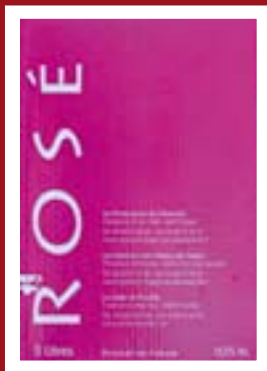
5 litres rouge



*Cotes du Roussillon 13.5%
Quality wine in a handy box. Full of red
fruit with spicy overtones.
66740 Montesquieu
Tel: 04 68 89 64 91*

Le Cellier de Trouillas

5 litres rosé



Essence of summer drinking, full of happy memories and a perfect apero for early autumn.

1 Avenue du Mas Déu - 66300

Trouillas

Tel : 04 68 53 70 26

Les Trabucaires, Les Vignerons du Vallespir

10 litres blanc



*Vin de Pays des Cotes
A clean, crisp wine.
Keep a box in the fridge
for an apero at any
time... Ideal with fish
and chicken dishes.*

25 Avenue Jean
Moulin - 66160

Le Boulou

Tel: 04 68 83 16 94

Mas Deu

3 litres rosé



*Pretty colour, delicious flavour, most Mas Deu
wines are organic as well...*

66300 Trouillas

Tel: 04 68 53 11 66



04 68 53 12 74

contact@domaine-de-la-perdrix.fr

7 Rue des Platanes, 66300 Trouillas.

*"I can see you know your wine. Most
of the guests who stay here wouldn't
know the difference between Bordeaux
and Claret" Basil Fawley*

Looking for a ride?

www.covoiturage.fr is a carpool site which allows you to search for drivers travelling all over France and hitch a ride, or offer one. You can stipulate how much contribution you expect for petrol, how many places you have available, whether dogs are allowed, and even whether you will be expected to chat or just sit in silence!

Bank holidays

1st November / La Toussaint (All Saints Day) - festival of the dead.(most shops closed).
11th November : Armistice of World War I (1918). (most shops closed).

School holidays for our region

(Zone A)

Half term: 23rd October - 5th November

Christmas: 18th December - 4th January 2010

To your health

French Health Minister Roselyne Bachelot recently announced plans to make personal health records or 'Dossier Médical Personnel' (DMP) available in 2010 for some branches of the medical profession, allowing them to share information on patients with illnesses requiring treatment for several related conditions. This is not the first time the introduction of DMPs has been proposed.

It will be up to the patients themselves to agree to the hospital or their GP (médecin traitant) setting up a DMP. Patients will be able to consult their records on line and even erase certain details if they wish - a move much criticized by the medical profession.

Calling 08 numbers from France

You may have noticed how difficult (and costly) it is to call 08 numbers in Britain, from France. If you are with France Telecom, you are able to do this by changing the 00 44 + number to 80 44 + number. Many other telephone companies do not offer this service, so it is worth trying to find an alternative number. Try the site SayNoTo0870.com which has a large database of alternative company numbers.

CARTE SENIOR - discount railcard

At 56 Euros per annum, the French senior railcard for the over sixties is a little bit more expensive than the British equivalent but with 25% to 50% discount on the trains, as well as the TGV, car hire, hotels etc, and loyalty points (S'miles) to go towards the purchase of your next card, it is worth every penny.

Visit www.raileurope.co.uk to book ahead to ensure the cheapest fare on a long distance journey. If your chosen travel date is too far ahead, you can ask for an e-mail to alert you as soon as there is booking availability.

To apply, pick up a leaflet at any French rail station or SNCF ticket office or visit <http://www.senior-sncf.com/accueil> and click on votre carte de réduction senior->commander une carte->acheter la carte senior


KEEP AN EYE ON THAT TAXMAN

If you let out chambres d'hotes or gites, check out your tax return carefully this year. Recent changes in tax allowance for landlords of furnished accommodation (reduction of allowance from 71% to 50%) do not affect you. However, many tax offices don't seem to have twigged and may apply this new charge to B&Bs and gites, until the news filters through!

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BIN RIGHT!

Discarding household refuse in the PO

As in many countries, curb sorting of household refuse is commonplace across France.



That said, refuse processing and recycling systems vary, so what should be tossed into which bin depends on where you are. In the PO, there are three categories of bins and bin carts:

- ✓ Traditional household refuse, including waste food, packed in plastic refuse bags, in grey bins.
- ✓ Recyclable materials, in bins usually having yellow lids.

✓ Glass, in dedicated bins with small openings, usually green, but sometimes other colours.

Stickers on the recyclable materials and glass bins provide clearly illustrated instructions for proper use, and many grey and yellow-lid bins have stickers stating that glass is to be discarded only in dedicated, usually green, bins. The principal texts on the

glass bins also are in Catalan. English translations of the texts on the stickers are listed below. Some bins still have stickers of an older design, but with the same texts. By following the instructions, you'll bin right.

For further information on recycling and discarding refuse, visit the www.sydetom66.com website

Glass containers



Without corks, caps or covers

Prohibited light bulbs, flower pots, dishes, glasses, earthenware and hypodermics

Discard recyclable refuse in this bin

Only: metal cans, plastic bottles and flasks



In this bin

*No, prohibited:
Medical waste
Glass
Dirty items*

*Yes, thanks:
Good empties
Crushed plastic bottles
Bulk disposables*

*This yellow-lid bin
is emptied on...
Monday, Tuesday,
Wednesday, Thursday,
Friday, Saturday*

*Cartons, packets
Boxes, newspapers, magazines
Metal cans*



*Prohibited :
Bottles (Bouteilles)
Jars (Pots)
Tubs (Bocaux)*

*Please discard in the
dedicated glass bins*

Illustrations courtesy of Sydetom66 Communications Manager Vincent Pujol.



Snails

On the snail trail ...



Un escargot rencontre une limace.

Tiens, une décapotable!

(limace - slug décapotable - convertible)

Sunday 4th October

9h00 - CABESTANY - 7 and 21km

"LE SEMI MARATHON DU TRAVAILLEUR CATALAN"

Sunday 11th October

9h00 - THUIR - 15km

"L'ESCAPEDE THUIRINOISE"

At the height of the Roman Empire Romans found snails highly nutritious and farmed them extensively. The French are renowned worldwide for their snail eating. But there are only 100 snail farms in France and one of them is just outside the Conflent village of Estoher. A visit there with Natalie and Stephane is quite an experience. Not only will you learn how to farm snails but Stephane, an actor of some talent, will entertain you throughout the visit after which you will find there is not much about the snail, its raising and life cycle that you don't know. For example, snails use the most energy of any animal to get from a to b, a ratio of energy/weight/distance equalling 200 calories per gram per kilometre as opposed to a wasp, 14 cal per gram per km or a helicopter, not exactly an animal, but using only 5 cal per gram per km...

You will be able to answer a long list of questions including "Do snails lay eggs?" "Do they eat carrots, meat or chocolate?" "and how?" "How do snails cope with the sun?" "Do they live alone or in groups?" and, all importantly, "Who eats them?"

Demonstrations of a "Cargolade" are a frequent event. A discovery menu for those who have never eaten (or had



any desire to eat) snails sounds so delicious and interesting that it is tempting to sit down and order one immediately. Check their new and informative website www.unautres-cargot.fr or ring 04.68.05.83.63/06.16.91.19.49 to arrange your visit.



A selection of...

MARATHONS AROUND THE REGION

Saturday 17th October

14h30 - CABESTANY - Ladies only

5,2 km against the clock.

"LE VENDEMIARE DES CES DAMES"

Sunday 18th October

10h00 - MAUREILLAS - 12km

"LA PISTE DES TRABUCAYRES"

Sunday 25th October

9h00 - LE BOULOU - 42km

"LE MARATHON TRANSPYRENEEN CATALAN"

Sunday 8th November

10h00 - SOREDE - 13km

"Le CROSS DE LA ST MARTIN"

Adieu to the French kiss!

Swine flu - Grippe A (H1N1)
also known as grippe porcine

REGLES D'HYGIENE - HYGIENE RECOMMENDATIONS

Se laver régulièrement les mains (au savon et/ou se les désinfecter avec une solution hydroalcoolique) / Wash your hands regularly (with soap and/or antibacterial solution).

Se couvrir la bouche et le nez quand on tousse ou éternue / Cover your mouth and nose when you cough or sneeze.

Éviter les contacts (bises, poignée de main...) et éviter tout contact avec une personne malade. Avoid contact (kissing, handshake...) and avoid all contact with those who have contracted the virus.

Vaccination centres will be set up across the department if deemed necessary and information passed on through the press.

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PAUL PALAU

Photographer of mist and mystery

“Light” infiltrates Paul Palau’s conversation as it does his photography.

He notes with concern, however, that the intensity of light is being diminished by increasing pollution.

Love and respect for the natural world animate his discussion. Everything from climate change to trees to his recent trip in Ireland to dry stone walls engages his attention.

His passion for detail comes from an early interest in drawing. What he noticed in the Tintin albums he devoured as a boy was the importance Hergé gave to the atmosphere - raindrops bouncing off a car roof! Palau played with different light effects by looking at his own drawings through a hole punched in another piece of paper - an early homemade “lens”.

Born in Perpignan, Paul Palau studied drawing at the Beaux Arts. His introduction to photography came when a friend lent him a camera. Palau’s first photograph, in black and white, was of pearls of water on a spider’s web.



“My daily job is to observe nature,” he says. Rain, snow, fog, mist - extreme weather conditions are the subject of many of his photographs, reminiscent of the paintings of JMW Turner at his most hallucinatory.

The gallery of photographs on Palau’s website shows landscapes with a lot of sky like the old Dutch masters. Palau creates a sense of drama by capturing the tricks that light plays on surfaces, be they plane trees lining a canal, the perfect arch of an ancient bridge or a heap of red onions. Vermeer interiors caressed by light come to mind.

Palau is quoted as saying :“Le Canigou est en moi”. He explains that the mountain is a sanctuary for him, a source of spirituality, connecting him to the rocks, water and mist.



Mist and mystery are two subjects explored in his latest book, "Canigó, Magie d'une montagne" which also comes in a stunning DVD with music by Patrick Vidal.

A wonderful opportunity to see these Canigou photographs is coming up on November 15. To celebrate the anniversary of the foundation of St Martin de Canigou 1000 years ago, the abbey will host a presentation by Paul Palau.

For further information, visit his website at www.paul.palau.free.fr.

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WINTERIZING your pool

Olivier, of TPM, gives us some tips for winter pool care.

Taking the time to properly winterize your swimming pool is likely to make it easier to open when the warm weather returns.

Despite common belief, winterisation is mainly to protect the installation from frost damage although it also aims at preventing green water. In my experience some pools will still turn green despite the winterising process.

The following tips for winterisation may not apply to all installations, but will usually fit most pools which have been professionally installed. Some people may not wish to winterise, and keep their pool running all year round.

- ✓ The correct time to winterise your pool is when the water temperature reaches 15°C as most winterising products do not work above that. This may be as late as December.
- ✓ A clean pool at winterising is more likely to be clear at the opening. Clean and vacuum thoroughly, including walls and bottom.
- ✓ Make sure your PH is between 7.2 and 7.6.
- ✓ Shock the pool with chemicals appropriate to your installation and leave on full filtration for 24 to 48 hours followed later by the addition of a winterising product. The filtration time depends on size of pool. Always follow manufacturer's instructions. Repeat whole procedure half way through winter
- ✓ Set up pool filtration to turn for a couple of hours in the early morning, to keep the product swirling and prevent ice formation.
- ✓ Where applicable, make sure that the overflow pipe is clear to allow excess water to drain off in case of heavy rains.
- ✓ Cover pool and disconnect alarm if applicable.
- ✓ As the temperature in the PO rarely drops below freezing, you may or may not wish to drop the water level below the skimmers. If you do drop the level, put in a 'gizmo' which plugs the skimmer and absorbs pressure created by ice if pool fills back up from winter rains. ('Gizzmos' are quite hard to find around here as it rarely freezes, but your local pool man should be able to order on request). Also make sure that the elastics of your floating cover (if applicable) are not overstretched.
- ✓ You may prefer to quite simply turn everything off, and sort it out at the opening! Be prepared to deal with a green pool on opening and cross your fingers that there is no 'Big Freeze'. If the temperature looks likely to drop below minus 5, turn your filtration back on.
- ✓ For above ground pools, it is recommended to drain whole filtration system and pool below return outlets as the pipes are exposed. It is not really worth putting in winterising products as products will not mix properly without filtration.
- ✓ If you do drain your filtration system, open the cover of your filter and pump, and leave the handle of the six way valve in between any two positions.



- Pool maintenance and repair
- Security, accessories and products.
- Opening and winterising
- Annual contracts

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(ASSURANCE - DEPENDANCE)

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DEPENDENCY INSURANCE IS INDISPENSIBLE if your pension is small and you want to protect your family's inheritance.

Come and see us or make an appointment to discuss your particular case. We will endeavour to guide you in the right direction.

IN FRANCE DEPENDENCY COSTS ARE ABOUT € 2000 per month.

*Here are some examples of tariffs if you are dependent or in a retirement home:
In order to receive an amount of Euro 300 per month for life, your monthly payment would be Euro 33,71 at age 70.*

At age 61 you would pay Euro 21,57 per month.

If you required a monthly amount of Euro 600 for life, your payment per month would be Euro 37,67 at age 58.

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GDF (gas problems)	08 10 43 30 66
EDF (electricity problems)	08 10 333 066
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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..

Feeling down?
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Collioure - loreto.immobilier@wanadoo.fr	
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throughout P-O - www.medandmountain.com	
Port Vendres Immobilier	04 68 82 59 39
Port Vendres - www.port-vendres-immobilier.com	
RHF - International	04 68 83 19 50

Hairdressers

La Coupe - Le Boulou	04 68 88 36 57
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Health and Well Being

Anya Gore (MAR, FFR, CertZB)	06 31 55 30 02
Reflexology, Zero Balancing anyagore@orange.fr	
Falgos - Golf, SPA ...	04 68 39 51 42
Health shop Y. Moreau	04 68 51 23 02
Yoga for Health - Céret	04 68 22 72 94

Home, garden and decoration

Andrew Watts Forestry	04 68 87 34 85
Forestry and fencing - débroussaillage	
Atout bois mm	06 75 55 77 75
Joinery, furniture maker	
Atout Kro- kitchens, tiles...	04 68 67 29 66
Aubergine - made to measure	06 25 18 18 10
curtains, upholstery - aubergine.deco@aliceadsl.fr	
Expert - electrical appliances	04 68 83 19 62
Handyman Stuart	04 68 98 05 74
Hans Peters	06 09 85 94 39
Gardens Zen spirit and minimalist gardens	
Kevin Campbell - handyman	06 10 05 06 90
Home, pool & garden maintenance	
MSB Property Services	04 68 51 80 46
Renewable Energy France	04 68 55 93 36
info@renewableenergyfrance.com	
Torredemer - Shutters / blinds	04 68 87 01 96
Vallespir Paysage - gardens	06 12 99 25 52

Insurance

AGF Céret - R. Estebe-Rigall	06 43 80 73 51
Home, car, health, business 4006701@agents.agf.fr	

Jewellery

Laurene Bijoux	06 86 25 05 34
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Locksmith

Securicle - 06 23 69 46 81	04 68 21 86 26
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Opticians

Port-Vendres	04 68 85 12 92
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Plumbers/Electricians

Robert Morley	04 68 83 38 54
VNelec - Thuir	06 13 24 87 47
Walter v.d. Hoogen	06 25 24 00 81

Pools

Coral - Laroque des Albères	04 68 87 21 90
TPM - info@tpm66.com	06 75 46 93 65
cleaning, maintenance, accessories	

Print & design

Grafika - Le Boulou	04 68 95 79 11
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Property & Project management

Eve solution - Port-Vendres	06 70 70 62 10
TPM - Maureillas	06 75 45 93 65
www.tpm66.com - info@tpm66.com	

Removal

Britannia Sandersteads	020 8669 6688
fortnightly around France - info@sandersteads.co.uk	
Van with human	06 3468 1619
throughout PO - shootgreen@hotmail.com	

Restaurants & Bars

Dal'I Bar - Céret	04 68 81 42 04
Chaudron Magique - Céret	04 68 87 40 84
Chalut - Port Vendres	04 68 37 11 15
L'auberge du Cellier- Montner	04 68 29 09 78
L'entre Mer- Ille sur Têt	04 68 84 25 95
Le pied dans le plat- Céret	04 68 87 17 65
La Table de Cuisine - St André	04 68 95 42 06
La Terrasse au Soleil - Céret	04 68 87 01 94
Totsompops - Colera - Spain	972389196

Ski info, hire and accessories

Chalet du ski - Les Angles	04 68 04 49 84
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Sky TV installation

British TV in France	04 68 69 83 76
06.82.10.55.35 www.british-tv-in-france.co.uk	
Skydigi	04 68 87 18 30

Wine

Le Domaine de La Perdrix	04 68 53 12 74
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