

Winter 2015

P-O Life

Life in the Pyrénées-Orientales

N° 50
FREE / GRATUIT



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EDITO:-)



Estimats amics meus!

I'm quietly celebrating this **50th edition** of P-O Life with a little jig around the office. Not known for my tranquility and moderation, this uncharacteristic self control may seem a little 'étrange'....but I simply can't believe that this is the 50th magazine to roll off the presses - and I'm still brimming over with places I want to take you and stuff I want to share!

so thank you.

Thank you for accompanying me on days out, thank you for continuing to smile and tut at my bad jokes and curious 'Did you Knows', thank you for supporting our advertisers who make the printing and production of P-O Life possible, and thank you to all the talented and generous contributors named in this and past editions... P-O Life would quite simply not exist without you.

And finally, it would be very unBritish not to comment on the weather. Autumn has been amazing - day after day of warm sunshine, crackling with autumn colours as the leaves turn russet, red and gold. Winter may have arrived, but we still have the magnificent P-O light to hoist us up when we're down, keep a smile on our face and a skip in our step... perfect weather for long walks, bike rides, and cosy nights in front of a log fire. Wishing you sunshine and laughter to warm your winter. Fins aviat!!

Kate

www.anglophone-direct.com

Why not take a peek at our new, soon-to-be-on-line website and register for our free newsletter if you're not already registered via the old site? It's specially designed to work on Smartphones and tablets, so if you visit the site regularly on your desktop computer, you might find it a bit odd at first. I certainly did! Please bear with us! We're bound to have a few teething problems but with your continued support, we'll get through them.



CERET CENTRE

First floor apartment with balcony overlooking the square. Large living room with fireplace. 2 bedrooms, fitted kitchen, bathroom and cellar. Fully renovated.



Ref. 4333 - mandat 2167
PRICE: € 227,000

CERET CENTRE

Pleasant, renovated house. Living/dining room, kitchen opening onto a large terrace/garden with shed and irrigation canal, cellar. Upstairs: 3 bedrooms, bathroom, wc.



Ref. 4297 - mandat 2166
PRICE € 179,000

SAINT JEAN PLA DE CORTS:

typical Delightful detached villa on 955 m² of land, Large lounge with fireplace, opening onto terrace, fitted kitchen, utility room, large garage, 3 bedrooms, one en suite, 2 bathrooms, air con, double Glazing, workshop...



Ref. 4262 - mandat 2114
PRICE € 309,000

CERET CENTRE:

Lovely duplex apartment on top floor with lift and garage. Living room onto terrace, kitchen, bedroom with balcony, bathroom, laundry room, WC and upstairs loft bedroom and bathroom. Great views, air con, electric shutters.



Ref. 3913 - mandat 2125
PRICE: € 249,000

CERET:

Catalan mas style villa on 6000m² of land. Ground floor: large living room, separate kitchen, 2 Bedrooms, Bathroom, WC, two sunny terraces. Basement: 2 Bedrooms, Bathroom, WC, utility room, garage and storeroom. Beautiful views!



Ref. 3799 - mandat 2122
PRICE € 430,000

AMELIE LES BAINS:

Bright and airy apartment with living room onto large terrace overlooking mountains, fitted kitchen two bedrooms, dressing room, and bathroom. Cellar and garage. Double glazing, electric shutters, air conditioning, intercom.



Ref. 4295 - mandat 2123
PRICE: € 146,000



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Concepteur et rédacteur: Kate 09 64 48 51 86

Maquette & Création: demaitesant

M: +34 636 461 384 :: estudi@demaitesant.com

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WALK THE REGION

Collioure Circular 6

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WALK The REGION

with Tim
and Chris Parker

Collioure circular: Consolation, Col d'en Raxat, Fort St Elme

A circular walk with good paths, just one moderate ascent and some roads.

The route offers 2 options to Col de Mollo, depending on fitness.

ACCESS Map IGN 1:25000
Banyuls/Col de Perthus/Cote
Vermeille (GPS) 25490T.

START: Park in Collioure behind Chateau Royale if possible (be there by 8.30am in July/August!) OR after taking the Collioure Centre exit from the D914 and passing under it, turn immediately right into the valley (before first roundabout) and park near the start of the path to La Consolation.

THE WALK: Cross the roundabout at the car park exit to enter Rue du Temple by the front of the Reformed church Or pick up route at ** (see below).

Head under the railway bridge into Rue de la Galère, then Chemin de Consolation. Walk straight on, ignoring the little road (train route) to Fort St Elme on left. Where the road splits, take a left and enter the open road under Viaduct and into vines**

🚶 **Option 1:** Avoiding steeper rocky footpath opposite la Consolation.

Take the second road left in the valley, (after the viaduct) walking through the vineyards until turning up a short steep slope to join another road. Turn right and follow this road to Col de Mollo.

🚶 **Option 2:** Continue straight on to the paved path towards La Consolation. A short but steep incline leads to another valley, where you will find L'Ermitage de la Consolation

🚶 Just before l'Ermitage, yellow waymarkers indicate a path up steps on the left. This soon strikes steeply uphill. On reaching an open area cross to right side of a vineyard and continue to climb to the road (D86) [1 hour]

🚶 Take in the fantastic coastal views then turn left and walk down the road to the Col de Mollo (231 metres). Both options meet here.

🚶 From the Col de Mollo take the Port Vendres direction for 300m then turn left onto a wide track which goes round the Puig de les Daines to the Col d'en Raxat, passing the memorial to a firefighter killed in the area in 1975.

🚶 At Col d'en Raxat, turn right along the narrow road past Fort Dugommier (under restoration and not open to the public). Just after Fort Dugommier take the waymarked path on left to Fort St Elme. The views of the coast as far as Leucate or beyond, and down to Collioure are excellent on a clear day.

🚶 At Fort St Elme, you may see the road train which comes from Collioure to Port Vendres via the hills. Fort St Elme is privately owned but open to the public and well worth a visit with its knights in armour! It has a rich history going back to the 11th century.

🚶 From the Fort car park take the waymarked path down to Collioure, via the Windmill which is a landmark above the town.

🚶 If the mill is not open, continue down steps through olive groves to the town emerging near the Museum of Modern Art and Cave Dominican. (approx 21/2 hours, taking in all the sights)

🚶 From the seafront it is a short walk to the car park, and the many places to eat in Collioure (If you parked near the viaduct, take the Rue du Temple and walk straight on until you reach the valley under the viaduct – approx 15 mins from the town.)



Windmill
(Collioure on route down)



Road train
(Collioure to Port Vendres)



Fort St Elme



start of walk
(Collioure)



Collioure
(near Fort St Elme)

FEMMES FORMIDABLES



Up to 4 months maternity leave, free health care for all, government-funded crèches and écoles maternelles, and a medal for having four children or more (yes really, read on)....

...What a joy to be a lady and Maman in France.

To be successful as a woman, you have to be twice as good as a man. But that's OK! Many are! :-)

But that's not all. A mother of three is labelled "Famille Nombreuse," and on top of generous child support, is entitled to a further subsidy of up to 500 Euros a month if she chooses not to return to work, AND reduced admission to museums and amusement parks.... And did you know that a woman with four children 'qui a élevé au moins 4 enfants de nationalité française', is eligible for the 'médaille de la famille,' an honorary medal from the French government? Yes, really!

In fact, everything possible is in place to support and encourage French ladies to stay at home and have babies!

Not surprising then, to hear that France doesn't do at all well in the world rankings of gender equality in the workplace, tottering in at an alarming 57th position behind most other European countries, the United States, Jamaica, and Russia.

Macho attitudes and prejudice at work, unequal pay (women earn on average 17.9% less than men), reluctance from banks to lend business start up funds (Risky. That biological clock may be ticking away!) mean that setting up business in France is an uphill battle for a woman.

And yet, despite all this, the number of female bosses in Europe is on the increase. As Aretha Franklin sang, "sisters are doing it for themselves".

We spoke to some 'femmes formidables' who have set up their own businesses in the P-O.



Véronique Joguet
Perpignan



Bubbly Sam
Sam's Salon



Elisabeth Delannoy
Rouge Safran



Victoria Robinson
La cuisine in Collioure



Fabienne Martre
Céret

Sam's salon, Cabestany



Bubbly Sam is an Essex girl with a ready smile and a warm welcome for all. She opened her own business five years ago and manages to balance a successful working salon with a busy family life. "The hardest part is the paperwork" she tells me with a wry grin. She particularly enjoys having English speaking clients in her salon as it's one of the only times that she actually gets to speak English!

Here's a bit of useful hair vocab if the language barrier regularly leaves you looking more like Olive Oyl than Oliva Newton John. Probably safer to go and see Sam! :-)

HAIR

haircut *une coupe*
shampoo *le shampooin*
(shom-pwan)

conditioner *l'après-shampooin*

highlights *les mèches*

perm *une permanente*

layered *dégradé*

sideboards *les pattes*

fringe *une frange*

parting *une raie*

blow dry *un brushing*

hair ends *les pointes*

Would this suit me? *Ca m'irait?*

I'd like the colour/roots touching up.
Je voudrais refaire ma couleur/racines.



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Rouge Safran, St Cyprien

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Tucked away at the back of the Place Erik Satie opposite the port of Saint-Cyprien, Elisabeth Delannoy has created a little jewel of a boutique, following a lifetime fascination for quality designer costume jewellery. A regular visitor to craft markets throughout France, Elisabeth's flair and good taste have led her to some exciting and original discoveries created out of an incredible range of materials. If you fancy treating yourself or if you're looking for that special present for birthdays, Christmas or St Valentine's, Rouge Safran is definitely worth a visit.

f Opening Hours:
Tuesday-Saturday 10.00 am - 12.30 pm and
3.00 - 7.00 pm, Sunday morning 10.00 am - 12.30 pm
and Monday afternoon 3.00 - 7.00 pm



Cupcake's Beauty, Céret



Fabienne Martre is nothing if not determined. She has managed to cram into this tiny shop opposite the Café de France in Céret an amazing *mélange* of bath bombs (fab pressies for a few euros), fantasy jewellery galore, fake perfumes, heart-shaped soap, essential oils, swimwear, lingerie... It's an uphill struggle to keep a shop going out of season when the streets are deserted. Pop into this quirky little shop and see if you can find some treasure.

Look out for her on Facebook at

f cupcakesbeauty66

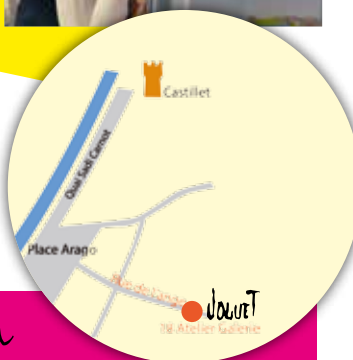
Véronique Joguet, Perpignan



“Je peins depuis toujours” Véronique Joguet tells me as we sit soaking up the radiant colours of her bright and spacious gallery in the centre of Perpignan. After painting for her own pleasure for 30 years, it was time to share her passion for colour with the world. The Atelier Galerie Véronique Joguet off the rue de l'Ange started out a ruin. Totally renovated by Véronique, it is now an oasis of calm, a perfect backdrop for the explosions of colour that burst from her paintbrush. It is also her workshop, her own personal space, where ideas transform into creation.

Véronique sets a theme - Collioure, Paulilles, the vineyards of Maury.... and tells its story in a series of different textures and colours. Always bright. Always joyful. Exuberance, energy, light and heat of the Mediterranean to keep you warm over the winter months to come.

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Opening hours: Tues, Thurs-Sat 10.00am-12.00 noon and 3.00pm-7.00pm

Victoria Robinson, Collioure



Running three businesses, the tapas bar La Cuisine in Collioure, a catering business and cooking courses, Victoria Robinson describes herself as “a project machine”. Ellen Hall asked her how she does it all?

Hard work and single-mindedness helps. In 2004 she started a catering business and then opened the tapas bar the next year. The cooking courses were added in May of this year. Her colourful tiled kitchen with a large table running down the middle provides plenty of space for would-be cooks to learn new skills and to collaborate in creating a meal.

(More details about Victoria's courses to follow in a future article).

Many of the people from whom she buys her ingredients are what 'she calls “recycled professionals” (a banker turned winemaker, a fireman who raises cattle) - people following a passion. Not unlike Victoria herself. We all know how difficult it can be to slice and dice your way through French administration.



<http://lacuisinecollioure.blogspot.fr>

DID YOU KNOW

Lady Killers

The 'affaire des poisons' rocked France during the 17th century. Paranoia amongst the nobility led to hysterical pursuit of murder suspects, for poisoning and witchcraft. Many of the condemned were transferred to France's safest fortresses such as Salses, and chateau Fort Liberia at Villefranche de Conflent. Several infamous lady poisoners were chained up in the 'prison des dames' of the chateau Fort Liberia, amongst them chambermaid Anne Guesdon and go-between La Chapelain, who lived out the remaining 36 years and 43 years of their lives, respectively, chained to the wall of their cell.



FESTIVAL and TRADITIONS

A Catalan Christmas Eve

with
Linda Razzell

It's hard to resist a recipe with such a saucy sounding name! If it conjured up visions of gypsy dancers with flashing eyes you wouldn't be far wrong, because zarzuela (sar-soo-EH-lah) means operetta or variety show in Catalan. Think Carmen meets Nigella Lawson. Basically a seafood stew, this is a dish traditionally served on Christmas Eve to fortify people through the late night mass. The more variety of seafood you can fit in, the better.

It's an economical dish which can easily be stretched to fit in extra guests with the help of a crusty loaf or two and a simple leafy salad. Cava is the usual accompaniment. In a Catalan home, expect a heated debate about some of the finer points - sherry or wine, ground almonds versus hazelnuts, whether saffron or cinnamon bring out the flavour better. Time to serve some more cava!



Christmas Eve:
Zarzuela de mariscos



> Ingredients for four

In total about 2 kilos of fish and seafood:

- Mussels or clams
- Large prawns, peeled (leave four unpeeled for garnish)
- Squid rings
- Firm white fish, like monkfish or sea bass
- Cooked lobster or langoustines (it's Christmas, after all)

To save time you could even use a bag of frozen seafood mix meant for paella

- About 3 cups fish stock (packet is fine)
- 2 medium onions, roughly chopped
- 1 large red pepper, chopped (or a jar)
- 4 cloves garlic, crushed
- 400g tin tomatoes
- 1 cup white wine
- 1 pinch of saffron
- 1 bay leaf
- 1 teaspoon of paprika
- Half a cup ground almonds
- Olive oil

> Preparation

1. Sauté the onion, pepper and garlic in the olive oil until soft
2. Add the saffron, bay leaf, almonds, paprika and tomatoes; simmer for 5 minutes or until amalgamated
3. In another pan, toss the seafood and pieces of fish briefly in the olive oil for 2 minutes
4. Add the wine to the sauce, then the fish and seafood, and stock to cover
5. Simmer until the fish and seafood are cooked through – about 5 minutes

Serve with lemon wedges and chopped parsley. And cava – did I mention cava?

DID YOU KNOW



El Caganer - Bare bottomed bounder

The traditional Christmas nativity scene or 'pessebre', is still very much alive and kicking in Catalonia... but what every Catalan child is really looking for is that bare bottomed bounder, the 'caganer'. A popular and much loved Catalan Christmas figure, this small statue, originally of a pooping peasant wearing traditional red Catalan cap (barretina), crouches with trousers half down, in a 'toilet' position, making



his small contribution to the land. Often hidden behind a tree, or round the back of the stable, the fun is to find the cheeky chappie, symbol of prosperity, health and happiness for the coming year. And if you're looking for an unusual if slightly disrespectful gift, look out for the modern caganers representing almost anybody - William, Kate, the Queen, Elton John, Bono...



Neules

Christmas Eve: DESERT

After this, a light desert is usually eaten, for instance, neules. A neula is a rolled wafer biscuit rather like the French cigarette russe, said to have been invented by a thirteenth century nun who was distracted while making communion wafers. They are very delicious so I assume the distraction was a pleasant one. Most people buy them but they aren't difficult to make.

INGREDIENTS

- 250g plain flour
- 250g sugar
- milk
- 1 egg yolk
- 1 beaten egg white
- 30g olive oil
- vanilla essence to taste

PREPARATION

1. Combine all ingredients with enough milk to make a thin batter
2. heat a wafer maker or a frying pan, and make small thin pancakes
3. when they are crisp, slide each one off and wrap around a wooden spoon handle - and eat them dipped in cava! Followed by *turrón* - that heavenly chewy almond nougat sweet that nobody makes at home - a thimble full of a desert wine like the ruby coloured Anubis, Garnatxa de l'Emporda. And a black coffee.



Christmas DAY

If you want to give your turkey a Catalan flavour, add raisins, dates and pine nuts to the stuffing. Roll your roast potatoes in chopped almonds before putting them in the oven. Slice brussels sprouts thinly and sauté with chopped roasted hazelnuts - together with roast chestnuts, of course. Thicken your bread sauce with ground almonds.



DID YOU KNOW



Who Nose?



'Here's a strange one. The 'Home dels Nassos' (man of noses) has a nose for every day remaining in the year according to Catalan legend. As he can only be spotted on the streets on December 31st, we only ever see him with one big one! One of his relatives is the 'home de les orelles', (the man of ears), who appears on the 30th. Fascinating - and verrrry bizarre!

Log Poo

Le caga tió (literally 'poop log') is a hollow log with four little stick legs, sporting a red barretina hat and a smiley face. From December 8th, (Feast of the Immaculate Conception - all shops closed in Spain) he is 'fed' every night and beaten with sticks on Christmas Day, to make him drop the sweets, gifts and tourrons placed inside him. And why not?



FOOD & DRINK

Restaurant reviews

with Kate & Mates

The following reviews are not adverts, they are just restaurants that I have enjoyed, or that friends have recommended. They are based on that person's opinion, on that day, usually taking into account the whole package. You might not always necessarily agree!

Bon appétit!



LA BRASSERIE

St Nazaire

with Fiona



1

I opted for the excellent value 3-course menu du jour at 14,00€ (2-courses for 12,00€ or one for 10,00€) available at lunchtime Monday-Friday. Refreshing galia melon was followed by a delicious pollack filet in a seafood sauce and a choice of 4 or 5 desserts. Difficult to resist asking for a plate of the highly recommended, home-made chips which did not disappoint.

Evening and weekends there is a 23€ menu or à la carte, which sounds very reasonable with for example Trio de brochettes (bœuf, poulet, saucisse catalane), frites et salade, aioli et sauce aux herbes for 16€, or moules frites and Filet de merlu, aioli et chorizo et sa garniture both at 14€.

Easy parking, spacious inside and out but bookings are recommended at the weekends. Contact Bénédicte in English if you prefer.

A fairly new restaurant, with warm, friendly and attentive service from Bénédicte & Daniel. All of the dishes are home-made where possible, traditional cuisine with down-to-earth prices.

La Brasserie Restaurant-Bar-Glacier
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www.labrasserie66.com / f: labrasserie66

LE PORTOFINO

St Cyprien Plage
with Stéphane

Now incorporating Le Bounty next door, Le Portofino has a bird's eye view over the port. Despite a busy restaurant with the start of the Whitsun holidays, we found the service attentive, if a little slow in between courses, and the staff very welcoming.

The Cocktail Portofino is to be highly recommended as apéro, as is the *Piquemal Muscat*, one of the best I've tasted so far. After oysters from Leucate, I was attracted by the *Dos de Morue* or Cod with a garlic topping (accompanied by a delicious *purée of vitelotte* - mauve potatoes and spinach) from the *à la carte menu*. My girlfriend chose the home-made fish soup, followed by fresh salmon from the 25,00€ *Envie menu*. Very good, and copious which is not always the case where menus are concerned.

Ranging from 22,50€ to 32,50€, there is something for everyone with fish, meat, pasta, salads, seafood and shellfish. There is also an 18,00€ menu at lunchtimes (Monday-Saturday) with a good choice of dishes – available Sunday evening as well. Home-made desserts such as the excellent *Pa d'Ou* – a Catalan version of *Crème Caramel* or the unusual *Tiramisu Glacé* were hard to resist.



Quai Arthur Rimbaud,
66750 ST CYPRIEN PORT
Tel: 09 51 58 89 55 Open all year



WILD BOAR CASSOULET

with Lisa Temperley

Wild boar meat is leaner and tends to be darker red than ordinary pork, with a sweet and nutty flavour, due in part to its wild diet of grasses and nuts and forage. (Freeze for at least 3 months to kill any bugs. I tend to leave it for 9 months minimum to make sure the meat breaks down and is tender).

Ingredients

- 1 large onion (peeled and finely chopped)
- 2 celery sticks (finely chopped)
- 2 garlic cloves (peeled and finely chopped)
- 1 red chilli (de-seeded and finely chopped)
- 2 x 400g tins of chopped tomatoes
- 400 g tin of haricot beans (drained and rinsed)
- 1 tsp smoked paprika
- sea salt and freshly ground black pepper
- chopped flat-leaf parsley, to garnish
- Pasta and crusty bread or mashed potatoes to serve

How to cook



- Preheat oven to 180°C (350°F/Gas 4). Heat 1 tbsp of olive oil in large, heavy-based frying pan.
- Add meat and cook gently for 1–2 minutes or until just sealed and lightly browned on all sides.
- Transfer to a plate and set aside until needed.
- Add remaining 3 tbsp of olive oil, followed by onion, celery, garlic, chilli and sage, and sauté gently for about 10 minutes until onion is soft but not browned, stirring occasionally.
- Add tomatoes and simmer for about 10 mins, stirring occasionally, until sauce slightly reduced and thickened.
- Season with salt and pepper to taste.
- Transfer tomato mixture to small roasting tin or casserole dish, stir in haricot beans and smoked paprika and arrange meat, burying it down into the mixture.
- Cook on low heat for at least 2hrs until tender and falling apart. Check regularly to avoid overcooking, as the lean meat can dry out quickly.
- Scatter with parsley and serve straight away with pasta or mashed potatoes and a basket of crusty bread.

Résolument bio

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LE TRÉMIL

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Reservations recommended

LA CREPERIE DU THEATRE

Perpignan

3

with Anita

There are times when you just fancy
a crêpe and la Crêperie du THEATRE,
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Municipal off the Place République is just
the ticket.

Quality, swift service, and open non-stop from
noon to 9.30 pm Tuesday to Saturday, which
makes it an ideal choice for a lite bite when out
and about in Perpignan and for a pre-theatre meal.

Eat cosy inside or al fresco in the tiny bustling
street. You can even take away if you're in
a hurry. Young couple Marie & Anthony pride
themselves on a dazzling array of sweet and
savory pancakes, freshly-cooked with seasonal,
organic, fair trade ingredients sourced locally.
There are also gluten-free and vegetarian options.

For lunch I recommend the excellent value **Menu
Complet at 13,00€** - one savoury and one sweet
pancake, plus a hot or cold drink. Served piping
hot, the Complète topped with an egg was delicious
and the Caramel au beurre salé maison pure
heaven.

Next time you're in the centre, why not pop in
for a refreshing cup of your favourite tea (no less
than 12 to choose from) accompanied by a sweet
pancake.

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DID YOU KNOW



Pancake Day

Don't wait for Shrove Tuesday to toss your first
pancake of the year. The 'Fête de la Chandeleur'
(Candlemas), also known as the 'jour des crêpes',
dates back to Roman times
and is celebrated 40 days
after Christmas on the
2nd February. Originally a
religious festival, the name
chandeleur actually comes
from the word chandelle
(candle), probably because
this Christian occasion



involved much lighting and blessing of candles. The
English word 'chandler' also derives from chandeleur
- a sort of grocer who specialised in ship supplies
and equipment, and presumably dealt in candles too.

History of Le Boulou

Have you heard about the
'traginers'? These 'muletiers'
(muleteers) were former Catalan
traders who travelled from villa-
ge to village selling coal, wood,
fabric and food, carried on the
back of mules. Find out more at
the « Maison de l'Histoire » in **Le
Boulou**, a small, free museum
documenting the history of
Le Boulou from prehistory to
present day.

21

POLIFE

Lunch on the port? Oh là là!

Summer may be over but the winter sun is still shining, the sky is blue – it's a perfect day for a stroll along the prom prom (tiddely-om-pom-pom) followed by lunch on the port or sea front, or a wander around the market, a visit to the museum or theatre, and a cosy meal in an inviting town bistro....

But wait! Oh là là! Everything's closed!

'Fermeture annuelle', or 'congé d'hiver' on the doors of two out of three of the eateries in the P-O, leave us to shuffle home with heavy heart and empty tum.

Mais ne vous inquiétez pas. All the restaurants advertising in this winter edition of P-O Life remain open most of the season (though it's always worth giving them a ring in advance just to be on the safe side). *Bon app.*



TOP TIP FROM OUR FORUM

Confit de Banyuls.....

with Martyn



You will see this around in tiny pots at 5 Euros a pop, a kind of jelly, made with Banyuls wine, sugar and pectin. It's excellent with Roquefort, hard sheep cheeses and foie gras. Try it on toast, drizzle it nouvelle-cuisine-style on or around hot or cold meat to give a fruity taste, or just eat off the spoon.

You can make it cheaply by buying a litre of out-of-the-barrel Banyuls at your local bottle shop, and adding a kilo of sugar and 1.5 packets of Vitpris, the only pectin I've found in French supermarkets. Ordinary French pectinated sugar (eg confisuc) is not strong enough without more pectin because you are basically asking water to set.

Bring to the boil, boil for about 5 minutes (in a big pan), and stick in pots. About 6 "bonne maman" size pots for 8-9 Euros. I don't know whether it needs added acid, but I stick in the juice of a lemon for luck.

Because there are no solids at all, it can set a bit unevenly. Shake the jars from time to time as it cools. Stick a little paper mob-cap on it and give it away, or just eat it yourself.

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Cheers!
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to more than one person or someone
you would normally 'vousvoier'. (use vous)
A ta santé ! (A la tienne!)
to someone you would normally
'tutoier' (use tu).

MORE INFORMAL
tchin-tchin > santé
Je lève mon verre à > I raise my glass to...
trinquer > to toast
Cul sec > down in one

- 1 Look directly into the eye of the person you are clinking glasses with.
- 2 NEVER cross your glass with someone else when you clink
- 3 Don't drink before you clink! Be sure that everyone has clinked glasses before you get stuck in.
- 4 Take at least a sip directly after toasting and before putting your glass down.

TOASTING TRADITIONS

Superstition? Yes, maybe....but they're not quite as silly as they seem!

As we know, the history of France is jam-packed with intrigue, suspicion, passion, poison, and mysterious death.

It is believed that people drinking together would often exchange part of the contents of their drink with each other during a toast. In this way, they could all be sure that none of the glasses were poisoned. Clever eh? Looking deep into the toastee's eyes was also important, in order to detect duplicity or stress - and not drinking immediately after toasting was considered suspicious in case you had popped a drop or two of arsenic into the group grog.



The Touron Saga

It's 6.30 a.m. on a rare rainy autumn morning in Arles sur Tech. Despite the 1 a.m start involved in the preparation of the famous Catalan Rousquille, Eric greets me with a warm smile.

Eric and his sister are the fifth generation of Tourons to handcraft tasty and authentic Catalan pâtisserie specialities. They live and work in the same village shop and house in which their ancestors lived and worked nearly 200 years ago.

The Touron Saga began in the 1850s when great, great, great grandfather Mathias Touron opened up the family home as a restaurant. Called up to serve in the Crimean War, his catering experience earned him a place in the service of Queen Victoria, and he

returned to Arles sur Tech with a silver tea service and the grateful thanks of the Queen herself.

At this time, Arles-sur-Tech was a lively, bustling, working village with a population of around 2,400, not so far off the 2,700 of today, and probably much busier. There was a direct train line from Perpignan



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to Arles, St Laurent and Prats de Mollo, transporting goods from the village's three main industries, iron mining, weaving....and chocolate! In fact, did you know that the first real chocolate factory in France was created in 1814 in Arles-sur-Tech? And another first. Arles was one of the first villages in France to produce and use its own electricity.

The Touron family house now became a restaurant, hotel and patisserie. Restaurant and hotel closed when Eric's grandfather decided to put all his energy into his passion for baking, coming up with a unique and delightful recipe for the rousquille, a much talked of family secret to this day. As he talks, Eric's pride in his craft, heritage, and the quality of the Touron patisserie,



shines out of every word. Everything is made by hand, a long labour of love night after night. The quality of the ingredients is paramount to producing the perfect, moist, end product. He talks of the rousquille fabrication as a winemaker might speak of his wines.... *"une vraie explosion de flaveur", "un moment de plaisir", "fondant, légèrement parfumé".....*

You may have tasted rousquilles from the local supermarket and found them over sweet, dry and crumbly....Mais non! C'est pas ça! For the authentic Catalan experience, (and for some great traditional regional pressies) head up to Arles sur Tech to the Touron bakery, meet the family, and have a taste of the real thing!

TOURONS MAKE TOURON!

Not surprisingly, the Touron family also make and sell Touron, a type of nougat of Moorish origins, typically made of honey, sugar, and egg white, with toasted almonds or other nuts, with many variations. It is eaten particularly at Christmas in Catalonia, but equally delicious all year round.

Pour vous donner un peu de son royal trésor, le Roussillon chez nous en caresses s'épanche! Il a mis son soleil dans ses mimosas d'or, il a mis sa douceur dans ses rousquilles blanches!

Albert Bausil,
French Poet in 1920.



The Origins of the Rousquille

The word rousquille comes from the Spanish word 'rosquilla' meaning 'little wheel'. Traditionally flavoured with aniseed and orange blossom, this medieval speciality started off with a biscuit texture, but has been developed over the years to become more of a cake than a biscuit.

They are very much a speciality of the Vallespir villages, and the addition of the sweet meringue glaze was actually the invention of Amélie-Les-Bains baker, Robert Seguela in 1810, to keep the rousquille moist inside. Poured on and smoothed over by hand in artisan bakeries, the glaze fills up the hole in the middle.

The rousquille rings used to be fried on long thin sticks called 'rosquillare' that street vendors carried on their shoulders, and sold in the streets at fairs and markets, or held up to windows for people to reach down and help themselves. Traditionally accompanied by Muscat, Banyuls or any Roussillon dessert wine, they also go down rather well with a cup of tea!





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But this is Christmas! Mince pies and puddings, crackers and Cadburys, Christmas biscuits and chocolate boxes, Union Jack mugs, telephone boxes and double decker buses.....

"Ce magasin, c'est le client qui le fait!" Richard tells me. "Tell us what you want and it will be our pleasure to order it". Now that's what I call service.



Vous pensez que le British shop est seulement pour les British? Mais non, au contraire! Il y a quelque chose pour tout le monde, surtout ceux et celles qui ont déjà goûté au British Pub, au British humour, à la British Way of Life...

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Picture yourself slowly unwinding within a vast stone amphitheatre of steam and sauna, Jacuzzi with tonifying horizontal and vertical jets, three outdoor pools with massaging jets, cooled to a steady 37°C, paddling pool for toddlers..... There is something surreal about swimming in a warm pool surrounded by cold snow.

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OUT for THE DAY

Le Perthus

Between France and Spain on the N9 is a strange no man's land dedicated to consumerism. Stroll down the 'route principale' from the French side, and you are still in France..... until you arrive at the stone 'borne' or marker on the left hand side, just past the town hall. At this point, it all depends what side of the road you're on!

In fact, based upon a rather bizarre border agreement which dates back to the signing of the treaty of the Pyrénées, (1659) Le Perthus becomes Spanish on the left hand side and French on the right. Difficult to know where to stop saying 'Bonjour' and start saying 'Hola'!

Most of the large shops on the left (Els Limits) are resolutely Spanish and belong to the municipality of La Jonquera. Booze and tobacco ring up at Spanish prices, meat, fruit and veg can be a bargain, alongside all the latest fashion fads from trendy tee shirts to high thigh boots, mini scooters, watches and jewellery.....and if you're looking

for a gift, there are some exciting, curious and colourful shops to browse boasting something to suit all pockets and tastes. Cafés and restaurants on both sides of the street offer fast food to suit the pace of the shopper.

Dodgy dealers offer camcorders, watches, sunglasses, eyes glancing shiftily up and down the street. The presence of these 'bonimenteurs' or 'vendeurs à la sauvette' - street sellers surreptitiously touting their wares, only adds spice to the slightly seedy fairground feel for some.

Of course, there is a lot more to Le Perthus than cheap booze, paella pans and sombreros!

Turn off right as you enter Le Perthus from France and follow the signs to Fort de Bellegarde, breathing out as the noise of cash registers dims and the lorries on the motorway take on dinky toy proportions. Vauban was responsible for the massive fort with its sixty-two metre high, six metre thick walls, built on a previous Spanish stronghold and France still maintains sovereignty over it.

From its terrace, the views over Canigou, the new TGV line linking Paris to Madrid, the Pyramid of Ricardo Bofill symbolising the junction of the two Catalonias, the archaeological site of the Panissars joining the Via Domitia to the Via Augusta are breathtaking. It also boasts a well sixty-three metres deep, the deepest in Europe. The spectacular views from its high walls and fabulous walks in the area of the fort make Bellegarde well worth a visit.



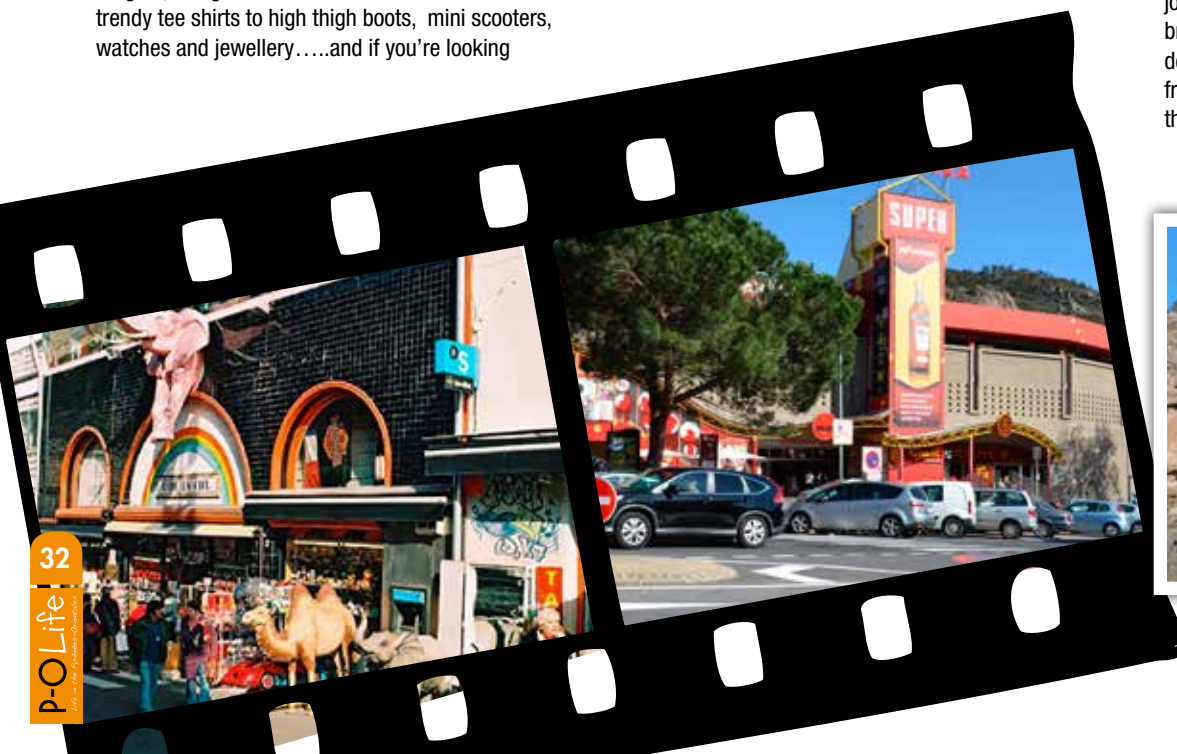
LE PERTHUS

Thrusting and throstrling, bullying and jostling
Pulling and pushing, shouting and shushing
Rushing and puffing, dragging and carrying
Smiling and crying, honied lips lying

Cheep beer and pastis and cuban cigars
Lizards in alcohol and ladies in bars
Whisky and vodka and gin all aflow
Street vendors hassling- so hard to say no

Little girls eyes fixed on bright spanish frocks
Flamboyant flamenco displayed in a box
Sombreros, paellas and cheap leather tat
Dull eyed cashiers calculating the VAT

A shabby excitement, a feel of the fair
And wheeling and dealing afloat in the air
An hour in Perthus leaves me quite suicidal
Au revoir, adios it's time to skedaddle!



Le Perthus

LE PERTHUS-LA JONQUERA BORDER CONTROLS

In October 2010, in late compliance with Schengen agreement of 1995, which decreed 'free movement of persons' between participating EU member countries, the Le Perthus/La Jonquera border and A9 motorway border were abolished. The initiative made an enormous difference to the heavy summer traffic bottlenecks at both motorway and Le Perthus borders, as the Catalan frontier was heavily manned by both French and Spanish police on a regular basis, and believed to be the most controlled border in the EU!

With increased terrorism threats, heavy security can once again be expected at the France/Spain border, with tighter checks on all travellers, including European nationals. Expect passports checks and verification of personal information with police databases

Le Perthus was an important passage through the Pyrénées in Roman times. Initially a military route build by the Emperor Domitius in 118 BC, the Via Domitia divided in two just South of Perpignan after Ruscino. One part headed through Elne and along the coast to Port Vendres, crossing the border over the Col de Banyuls. The other part ran more or less parallel with the A9 motorway, along the Gorges de la Rom, crossing the Albères at Le Perthus. The route connected Rome with Cadiz, and was part of the 100,000 kilometres of roads built by the Romans throughout their mighty empire over eight centuries.

In 71 BC, Pompey had a monument constructed at the Col de Panissars, just below the fort of Bellegarde, to commemorate his victories over the Spanish who had, unwisely, revolted against Roman rule. The 31 x 15 metre foundations were discovered in 1983 beneath the remains of the Benedictine Abbey of Ste Marie des Panissars. Nearby, the tracks of the Roman wagon wheels are still visible, and it is easy to close your eyes and imagine Hannibal crossing the Albères here in 281 BC and Pompey, in the opposite direction, a century and a half later.

In the 14th century, Le Perthus was known as Pertusium deParrochia Santa Maria de Clusa. Imagine filling that in on a form every time you're faced with French bureaucracy!

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OUT for THE DAY

Pretty Perfect P-O Picnics

Idyllic picnic spots are often those discovered by accident. Somewhere off the beaten track, perhaps hidden behind bramble and tumbledown mas, or next to a small stream in a forest of gnarled cork oaks. Here are three scenic picnic spots near the tiny hamlet of Evol, perfect to throw down a rug and open a bottle of wine.

The sun was low in a wintry blue sky when we set off through the Têt valley to explore Olette. Disappointment at this sad patchwork of crumbling crépis switched to delight when we spotted a green and red sign for "Les Plus Beaux Villages de France". A quick change of plan and we were heading up a spaghetti strand road leading into the cleaved ravine of the Evol River. (See box inset for exact directions!).

This authentic little gem of a village, which takes the river's name, clutches onto the northern flank of Mont Coronat. Time has stopped in Evol. The mottled schist houses with their slate roofs and smoking chimneys are a rugged reminder of the fierce winters that have battered the hamlet for centuries on end. Pregnant bulges of bread ovens can still be seen on some of the external walls.



Bread oven



With Katja Willemsen



It's easy to picture donkeys hauling carts of schist from the nearby quarry and Catalan men, cheeks ruddy from the cold, cleaving each tile with pride whilst their black-clad women dry figs and bake bread. The church of Saint André dominates the hamlet and its cemetery is well worth a look for its ornate collection of iron crosses, many still adorned with the heart-shaped porcelain grave markers so popular in the early 20th century.

Once you've walked the cobbled streets, drive through Evol, following the signs to Les Etangs/ Col de Portus. (The road is a bumpy mixture of dirt and old tar.) The first picnic spot is at the humble chapel of Saint Etienne.

Jostle down the untarred slipway on the left and park next to the chapel. Unfortunately, like so

many churches these days, the door is locked but the slate roof is at a perfect pitch for close-up inspection of the handmade tiles. Head down the side of the chapel to the wooden bench for picnicking in comfort, or a little further to the grassland under the trees if you packed a blanket. Both options have spectacular views over Evol and down the valley to the Spanish border.

If you're up for a ten-minute easy climb, or it's a windy day, walk across the road and up to the ruins of the 13th century castle to picnic spot number 2. Inside, you'll be protected by walls that have fought off onslaughts far greater than even the Tramontane!

For the really adventurous and those with 4x4's, keep driving deeper into the ravine. Normal cars do venture on this dirt track but only do so if you have nerves of steel and good insurance. The scenery is breathtaking with jagged mountain spikes ahead and dense forest on either side.

Follow signs to "Les Etangs". After about half an hour, paradise and picnic spot number 3 await at the Refuge de la Mouline. Wooden tables are scattered in between the trees, some shaded, some in the sun, and further along from the refuge, there are plenty of flat rocks on which to balance a glass of wine.

Bon appétit!



View down Evol valley to Spain



Cemetery, chapel & castle

A wolf cult, kidnapped child, and the Tour de Massane create high tension in Shepherd's Prayer, a fast-paced thriller set in Collioure. Available on Amazon



ABOUT EVOL

- > A particularly authentic Pyrenean hamlet with houses of schist and roofs of slate.
- > 9th century Roman church of St André
- > Chapel of Saint Etienne
- > Remains of 13th century castle of Vicomtes de So
- > Work place of Ludovic Massé, Evol's maverick writer-poet.

HOW TO GET THERE

- > Take the N116 to Prades.
- > Allow about 35 minutes from Prades to Evol.
- > Stay on N116 and follow signs to La Rocade.
- > At Villefranche-de-Conflent, take first exit, passing the fortified village on your right.
- > Continue along this winding continuation of the N116 until you reach Olette.
- > Watch out for the "Plus Beaux Villages de France" sign on your right, and take this little road (D4) for about 5 minutes to Evol.

Can't find
bran muffins
in France....?

Bake them for your next picnic!

INGREDIENTS

1¼ cup water, 125g butter, 1 cup muscovado brown sugar,
1 tsp bicarb, 2 eggs, ¼ cup milk, ½ tsp bitter almond essence,
2 cups whole wheat flour (farine de blé, semi-complète), 2 cups oat
bran (son de blé), 2 tpsps baking powder, ½ tsp salt, 3 tsp all spice
(quatre épices), ½ cup raisins, ½ cup roughly chopped dates,
½ roughly chopped pecan nuts, 3 mashed bananas.

NB: avoid oat bran that's too fine, it'll make the muffins dry.
Try The Bjorg Bio brand.

1. Preheat oven to 190°C
2. Place water in high pot, add water, butter, sugar, raisins, and bring to boil. Reduce heat and simmer for ten minutes.
3. Take off heat, add nuts, chopped up dates, then add bicarb and stir. Only panic when it foams up if your pot is too small. Leave to cool.
4. After about fifteen minutes, beat eggs, add milk, cooled fruit mixture and almond essence.
5. Mix in bananas, then fold in dry ingredients: flour, bran, baking powder, salt, mixed spice. The result should be thick and gooey.
6. Scoop into 12 muffin moulds and bake at 190°C for about 20 minutes.



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If you're going away over the next few months and leaving the house empty, it's worth popping into your local gendarmerie beforehand, with your contact details, and those of a local key holder.

They will carry out regular checks on your property in your absence, and look out for alarms ringing or flashing, or any sign of disturbance. In case of the worst, do check your insurance policy – most French companies will not pay out unless you have receipts, photos, valuables in a safe...

...even though there may often be no indication of this on your policy.

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ROLL OUT THE RED CARPET ... for Les collections de saint cyprien

Miles of golden sands, a delightful, busy port with yachts as far as the eye can see, golf club, restaurants open in winter, bars, casino, boat trips and a botanical garden with peacocks strutting their stuff... You could be forgiven for thinking that Saint Cyprien is all about the beach.

But whilst it's true that much of the summer action tends to take place around Saint Cyprien plage, don't dismiss the village, a 10 minute drive from the lively beach resort. It's not ancient ('tho it has an attractive church with 17th Century bell tower and interesting 'rentables') or particularly beautiful – but it has some good restaurants and shops and a very original museum, which is absolutely worth a visit.

On his death in 1972, artist Francois Desnoyer left much of his collection of paintings and

archives to the 'Fondation Desnoyer' in Saint-Cyprien, later to become the 'Collection Desnoyer'.

In 1994, a second museum, this time one of contemporary art, grew up just a short distance from the first. Both museums were given the name



"Les Collections de Saint Cyprien". Since then they have concentrated on daring, sometimes shocking exhibitions, mostly following a theme of 'collections'. With the addition of 700 m² of extra space, numerous lenders agreed to contribute to the collections, bringing them international status. New, up-and-coming artists regularly exhibit here also, and thanks to the legacy from François Desnoyer in 1972, the permanent collection is added to regularly.

As well as the many works of Desnoyer, you will also find Albert Marquet, Utrillo, Suzanne Valadon, Salvador Dali and many other major artists.

This winter, if you don't want the rug pulled out from under you, why not pop along and visit the latest exhibition?

Not daring or shocking this time, but an interesting and original show of tapestries and carpets which will take you on a magic carpet ride across 19th and 20th century Asia, celebrating the art of the tapestry of the twentieth century and its great masters, Jean Lurçat, Picart le Doux, Derain....

Tapis et Tapisseries des XIXème et XXème siècles: From 11th December 2015 to 13th March 2016.

La Collection



Tapis & Tapisseries du XIX^e et XX^e

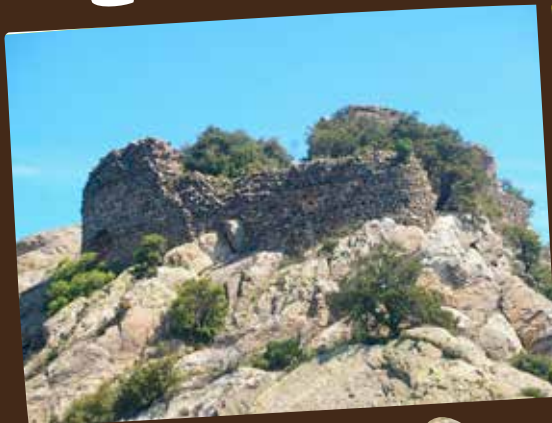
www.collectionsdesaintcyprien.com



OUT for THE DAY

A drive or a walk...

Château d'Ultrera, Sorède



A further 10 minute walk from the Château d'Ultrera will bring you to the site of one of the world's first solar ovens.

High above the village of Sorède, you will find the ruggedly impressive ruins of the Château d'Ultrera – the Castle of the Vultures!

From the centre of Sorède, cross the bridge, direction Argelès, take the first right, signposted to the château, and keep left when you arrive at the aptly named Place du Christ.

It is possible to drive to within the last hundred or so metres of Notre-Dame du Château, ancient chapel and hermitage below the ruins, but the road is bumpy and rutted in parts and a stout heart and sturdy vehicle are recommended. If you don't have either, you should park at the bottom, just before the road turns left and becomes track – and prepare for a 3 mile hike there, and back.

A further scramble from the chapel up to 530

metres, where the ruins of this old castle dominate the Albères from their rocky piton, is well worth the effort. Views over the Vallée de la Massane, the plain of Roussillon and the Med, a distant, sparkling blanket of blue on a clear winter's day, will soothe the soul.

The long history of the château began in Roman times, continued with the Visigoths, and came to a head relatively recently in the 17th century, when local lords came to blows and destroyed the castle along with its chapel. Sadly there is not much left standing, but the outlines of some buildings and walls are still perched precariously on the craggy peak.

The chapel and adjoining Hermitage were built below the ruins shortly after that. Destroyed once

again in 2001, this time by fire, the building has been restored and the chapel, with its dramatic art and baroque altar, is open to the public. It is rumoured that honey and a book telling of the first ever solar oven, created nearby, can be bought from the resident hermit priest. I saw no evidence of this on my recent visits there, but the picnic and barbecue area, shaded by tall plane trees, just begs you to rest awhile, reflect, enjoy the views. And maybe a picnic, a glass of wine? After all, it's all downhill from here!

A rather lovely mural on an external wall records the pilgrimages, which still take place to this little chapel, and if you enjoy mass in the mountains, services take place at Christmas, Easter and a handful of other dates throughout the year.

In 1900, Portuguese physicist, Manuel Antonio Gomes, known as Padre Himalaya because of his height, set up one of the first solar furnaces in the world. Mules heaved heavy equipment high above Sorède, where he built a satellite dish. At 7 metres in diameter, small mirrors attached to the surface directed the concentrated heat of the sun towards an oven that achieved temperatures of 2500 degrees. The circular rail still remains to this day.

TEST your FRENCH

pour COOL!

1 Match up the words, all beginning with C, with their definitions.

(Why not try to work them out first just from the definitions?)

- | | | | |
|---------------|----|---|---------------------------------|
| cuisse | 1 | a | animal qui vit dans la mer |
| châtaigne | 2 | b | le squelette de la tête |
| clignotant | 3 | c | paquet envoyé par la poste |
| crâne | 4 | d | bruit fort et désagréable |
| croc | 5 | e | amende |
| comprimé | 6 | f | grandes dents d'un chien |
| crustacé | 7 | g | la hanche au genou |
| colis | 8 | h | signal lumineux d'un véhicule |
| charivari | 9 | i | médicament en forme de pastille |
| contravention | 10 | j | fruit recouvert d'une peau dure |

Daft joke...

Deux pêcheurs, assis sur un poisson, se disputent : L'un dit à l'autre « Ne me parles sur ce thon! »

(thon - tuna ton - tone) sur moi

.....and another

Quelle nationalité est un cochon heureux ?
Un porc tout gai.

Réflexions

Si Superman est si malin, pourquoi est-ce qu'il porte son slip par-dessus son pantalon?

(malin - clever slip - underpants par-dessus - underneath)

3

Remplissez les blancs avec les mots ci-dessous

Au de l'Atlantique Nord, un chalutier (trawler) fait

A bord de leur de sauvetage, les commencent à mourir de froid, de et de soif quand un gigantesque paquebot (steamer) arrive.

Le commandant du paquebot dit à son « Vite, donnez leur à et à manger ».

Quand les pêcheurs sont à bord du paquebot, le commandant les accueille en
« Vous avez de la que notre bateau passait par-là, je vous souhaite la à bord du Titanic! »

a chance b bateau c marins d bienvenue e équipage
f disant g milieu h naufrage i faim j boire

2 There are so many great expressions using body parts! Can you match a few up with their English equivalents?

- | | | | |
|----------------------------------|----|---|----------------------------|
| J'ai les crocs | 1 | a | It's driving me mad! |
| Il a le cul bordé de nouilles | 2 | b | That's obvious! |
| Je ne vais pas faire de vieux os | 3 | c | I'm hungry |
| Ça me prend la tête! | 4 | d | He's doing it unwillingly |
| C'est le pied | 5 | e | He's lucky |
| Il a pris ses jambes à son cou | 6 | f | He's irritating |
| Il le fait à contre-cœur! | 7 | g | It's expensive |
| Il est casse-pieds | 8 | h | It's great fun |
| Ca coûte les yeux de la tête | 9 | i | He ran off |
| Cela saute aux yeux | 10 | j | I won't be around for long |

.....and even worse!

Qu'est-ce que Benjamin Franklin a dit lorsqu'il a découvert l'électricité? OUCH!!!!

Language Tip

Nouveau/nouvelle -
new (to the owner,
but might be second hand)

Neuf /neuve -
brand new (just made, never used before)

Language tip

Chez- at the home of
This word is all inclusive and needs no other preposition.
Just add the person (never the place).

Eg Venez chez moi -
come over to my place.
(moi, toi, lui, elle, nous, vous, eux, elles)

On est invité chez les amies -
we've been invited to friends.

On va chez les voisins -
we're going round to the neighbours
Use it also for your visit to the doctor, dentist, candlestick maker...

J'ai pris rendez vous chez le docteur.

Useful vocab

Recto-verso
Both sides (of a piece of paper)

Fais/faitez voir...
Let's have a look

What do the French call a really bad Thursday? A trajendi!

AMELIOREZ votre ANGLAIS

1 G is for Go!

Trouvez les définitions des mots suivants, qui commencent tous avec la lettre G.

- | | |
|--------------|-----------------------------|
| gifted 1 | a hold firmly |
| grumpy 2 | b play games for money |
| grip 3 | c small cucumber |
| gaga 4 | d with natural ability |
| grin 5 | e broad smile |
| gherkin 6 | f web footed bird |
| giddy 7 | g slang for television |
| goose 8 | h feeling of spinning round |
| goggle box 9 | i bad tempered |
| gamble 10 | j crazy |

Tongue twister
(virelangue)
Répétez trois fois
Six thick thistle sticks

Good advice
Never go to bed
angry. Stay up all
night and plot your
revenge!
(plot - préparer)

Demandez à quelqu'un qui lit couramment l'anglais de vous lire ce poème pour vous rappeler que, comme dit Lord Cromer à la fin, «Sounds and letters disagree»

When the English tongue we speak,
Why is "break" not rhymed with "freak"?
Will you tell me why it's true
We say "sew" but also "few"
And the maker of a verse
Cannot cap his "horse" with "worse"?
"Beard" sounds not the same as "heard";
"Cord" is different from "word";
Cow is "cow," but low is "low";
"Shoe" is never rhymed with "foe."
Think of "hose" and "dose" and "lose";
"Doll" and "roll" and "home" and "some."
And since "pay" is rhymed with "say,"
Why not "paid" with "said," I pray?
We have "blood" and "food" and "good";
"Mould" is not pronounced as "could."
And why "done" but "gone" and "lone"?
Is there any reason known?
And, in short, it seems to me,
Sounds and letters disagree.

*That British
humour!*

I rang my local Pilates
Instructor and asked if she
could teach me the basics.
She said "How flexible are
you?"
I replied "I can't do
Thursdays"



worse joke ...

A man went to the zoo.
The only animal in the
entire zoo was a dog.
It was a shih tzu
(Think about it!)

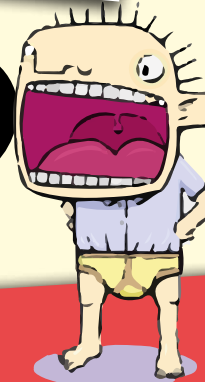
Funny regional expressions

Were tha born in a barn?
(Yorkshire)
Ferme la porte!



Expression utile
(He is) all talk
and no trousers

Il parle beaucoup mais
ne fait pas grand chose!



2 AROUND AND AROUND

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

- | | |
|-------------------|--------------------------------|
| To mess around 1 | a changer de place |
| To shop around 2 | b coucher à droite et à gauche |
| To sit around 3 | c rester |
| To stick around 4 | d chahuter |
| To hang around 5 | e être assis sans rien faire |
| To swap around 6 | f chercher le meilleur prix |
| To sleep around 7 | g poireauter |

Talking Texts

- ne1 - anyone (n'importe qui)
asap - as soon as possible (dès que possible)
brb - be right back (je reviens)
g2g - got to go (je dois y aller)
gr8 - great (super)
idk - I don't know (je ne sais pas)
jk - Just kidding (je plaisante)
lol - Laugh out loud (amusant) ou lots of love (biz)
ttyl - Talk to you later (à plus tard)

3 Quelques mots un peu excentriques qui sont souvent utilisés dans la langue courante

- | | |
|---------------------|-----------------------|
| chit-chat 1 | a à tort et à travers |
| goody-goody 2 | b en vrac |
| higgledy-piggledy 3 | c magouilles |
| itsy-bitsy 4 | d tergiverser |
| jiggery-pokery 5 | e bavardage |
| raggle-taggle 6 | f pyjamas |
| dilly-dally 7 | g sainte-nitouche |
| riff-raff 8 | h débraillé |
| willy-nilly 9 | i racaille |
| jim-jams 10 | j minuscule |



P-O NATURALLY

Watch the Birdie

By Lesley McLaren

A winter Tramontane might make your eyes run and your nose stream, and even freeze the oranges and lemons on your trees - but what's not to like about snow-capped Canigou, cloudless blue skies and crystal clear views? And even if the towns and villages go a little quiet over the winter months, there's still loads going on in the P-O...naturally! Possibly right outside your window.

For example, if you're woken up one morning by loud tapping in the garden, check it out. It might be a great spotted woodpecker, digging out the moth and weevil grubs that are chomping their way through your palm tree.

And if it's too parky to venture outside to watch wildlife, it can be just as rewarding, more comfortable, and possibly safer (there are hunters about!), observing it from your living room. Put out supplementary food for the birds, and you'll be doing them a favour

Great Spotted Woodpecker

and increasing your chances of seeing something fascinating. Win win situation!

The visitors you get will depend on where you live and what you offer them. If the menu du jour is always bread, you'll attract nothing but pigeons – and the wrath of

your neighbours. Bread isn't that nutritious either.

The cute small birds you want to bring to your garden need energy from the oils in seeds and nuts, and from hard, raw fats like lard. Seed mixes and fat balls are great.

Believe it or not, there are quite a few health and safety issues surrounding what and how to feed birds. You want to nourish, not poison or injure. There's no room to list everything here, but rspb.org has all the dos and don'ts.

Canigou



Nuthatch

DID YOU KNOW

The nuthatch (sittelle torchepot) is the only bird that climbs head-down a tree as well as head-up!



black redstart
female

River Tech in winter



P-O NATURALLY



Blue tit
(demonstrating Pilates technique)

Be patient, and the little chaps will come. You're likely to get goldfinches, chaffinches and greenfinches. One winter's day a hawfinch flew through my garden. Impressive – big, with a heavy bill and blue flash on the wing – they're elusive but might come to a feeder or table. Blue tits are a dead cert, along with their sturdier, more aggressive cousins, great tits. If pine trees are nearby, look out for crested tits too.

If you live close to a wood, expect nuthatches. The black stripe through their eyes makes them look like masked villains; and their behaviour confirms it! After friends turned to dismay when a



Goldfinch

pair of nuthatches staged a daily raid, emptying the dispenser and tossing sunflower seeds everywhere. Outraged to not find peanuts maybe? Should've gone to Pecksavers.

On a walk recently, I was curious to see what was hammering on a cork oak. Expecting a woodpecker, I discovered a nuthatch bashing an acorn he'd wedged in a crack in the bark. The acorn kept coming away, stuck on his beak, and he had to ram it back in the crack to free himself, before viciously stabbing once more. Ha! So that's how they got their name!

Bored with nuts and seeds? Try dried mealworms. Yum! Wrens and white wagtails love 'em. Robins and black redstarts might tuck into these as well.

LOOKING FOR FAT BALLS?

Visit Guerido Zoo at Mas Guerido and stock up on bird treats!

CHECK OUT



www.rspb.org
for important advice on feeding birds.



Green finch

DID YOU KNOW

The bearded vulture (*gypaète barbu*) lays eggs between December and February. Brrr!

And if, one cold winter's night, you fancy trying to attract something furry, you could always spread jam on your terrace or rockery. Settle down in your dressing gown, slippers and night vision goggles, stay still and

Quiet.....and wait for the sweet-toothed stone marten. Don't over-encourage though, or these cheeky rascals could move into your attic!

So, as you can see, there's plenty going on, and we're looking forward to sharing more of our experiences with you. Spring next – and is that an exciting time of year in the P-O or what?



WHAT'S ABOUT?

Buzzard (*buse variable*) more numerous on the Roussillon plain in winter

Black woodpecker (*pic noir*) in the Albères listen for their peculiar "squeaky wheel" call

Gannet (*Fou de Bassan*) watch for groups just off-shore, diving for fish

QU'EST-CE QUE C'EST?

Stone marten > *Fouine*
Black redstart > *Rougequeue noir*
Blue tit > *Mésange bleue*
Chaffinch > *Pinson des arbres*
Crested tit > *Mésange hupée*
Goldfinch > *Chardonneret élégant*
Great spotted woodpecker > *Pic épeiche*
Great tit > *Mésange charbonnière*
Greenfinch > *Verdier d'Europe*
Hawfinch > *Grosbec casse-noyaux*
Nuthatch > *Sittelle torchepot*
Robin > *Rougegorge familier*
Wagtail > *Bergeronnette*
Wren > *Troglodyte mignon*

Studying for a university degree requires hard work and commitment - but having the Med and long sandy beaches on your doorstep and the ski slopes of the Pyrénées within an easy car ride, just makes that hard work a little easier to swallow!

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What a great way to learn or perfect your French, have fun, adventure and excitement in an exotic environment, whilst studying in your own language. In fact, the course's high success rate, with the majority of students passing first time with honours, rather speaks for itself.

And that's not the only advantage of studying at Notre Dame de Bon Secours: Tuition fees for the same course at Coventry University are currently 10,000 €, compared to tuition fees in Perpignan which are just 4,550 €.

- UK Universities tend to be large and impersonal, whereas the smaller Notre Dame is able to offer a more personal, 'homely' learning environment.
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Mayday's mission is to support French nationals, the ex-pat community and small to medium sized business with PC, Mac, and networking related issues.

If your computer fails, for whatever reason, it is possible in a lot of cases to retrieve your data such as photos, music, and documents. But do make regular copies or backups. A 128Gb memory stick can be as little as 15€. Right click on your C drive and see how much space you need by choosing "Properties".

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P-O Life



A shop run by animal lovers
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Geraud Mathy, owner of family run business Sud Croquettes in Mas Guerido, is a lucky man.

A confirmed animal lover, a specialist in nutrition for dogs and cats, he loves his work.

"C'est ma passion ET c'est mon métier" he told me with a smile. In fact, before he buys in new 'croquettes' to add to the wide range of animal foods available, he travels all over the world and tastes them himself! Now that's commitment! He likes nothing better than to chat and advise (in French or English) on pet requirements and diet, and may even do a bit of a Gillian McKeith and interrogate you on the colour of your doggy or moggy poo - a good indication of pet health. He is a firm believer that bad or difficult behaviour in animals is often linked with poor nourishment.



Sud Croquettes

And he's not afraid to put his money where his mouth is and give you free samples of different foods to try at home before you make your final choice. One of a wide variety of brands on his shelves, Belcando is produced entirely from fresh meat and fish, and boiled before dehydrating, to preserve vitamins.

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READERS PHOTOS

thank you
readers!!

Hilda Cochrane

Some great winter photos from
around the P-O. We love seeing them
so please do keep 'em coming!

Veronica Wardell



Madeleine McMullin



Sue Holmes



Tom Doneland



Heather Davies



Things You Might Need to Know



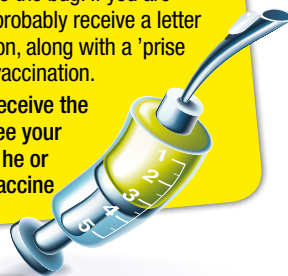
Just a little prick....

I know, I know..... same old title, same old content every year....but flu can be serious and it is easily prevented.

Buy your own vaccine at the chemist for around 7 euros (note that the usual percentage is still reimbursed by the state), and make an appointment with a local doctor, nurse or vet (joking) to administer it. Anybody can do this.

The jab is particularly recommended for over-65s and for those with health problems which could make them more vulnerable to the bug. If you are amongst the above, you will probably receive a letter recommending the vaccination, along with a 'prise en charge' voucher for free vaccination.

If this is the first time you receive the voucher, you will need to see your doctor beforehand, so that he or she can be sure that the vaccine is suitable for you.



Caterpillar Chaos

If you have pine trees with Processionary Caterpillar nests on your property, you are advised to cut off the branch of the tree and burn the nest. If the property has a large quantity of nests, ask advice at your local mairie. Take care. Hairs on their back containing a protein which causes severe irritation and dermatitis to both humans and animals. Even after the caterpillar is dead, the hairs remain toxic. Take care when walking your dog in areas where the caterpillars may be, or have been.

Initial symptoms to watch out for in your pet may include vomiting and tongue swelling.



Bloody silly!

Thinking of donating blood in France? If you lived in Britain for one year or more between 1980 and 1996 (during the Mad Cow Crisis), your blood will be refused

Hospital trip advisor

A new website offers visitors the chance to evaluate their hospital experience and read about the experiences of others. Independent website hospitalidee.fr asks to you to give your honest opinion and marks on your hospital stay, treatment, doctors, nurses, equipment, hygienic....



In a medical emergency....

....dial 15 for the SAMU (Service d'Aide Médicale Urgente) for EMERGENCY MEDICAL TREATMENT. This is the French hospital based emergency medical service, providing around the clock phone support, and swift and appropriate emergency call out.

.....dial 112 for ANY LIFE THREATENING SITUATION or any emergency requiring an ambulance, the fire brigade or the police.

.....dial 08 20 20 41 42 (Perpignan) or 36 24 (national) for SOS Médecins, for less urgent medical problems. This is a private doctor callout and ambulance company with 24 hour service. Visits are reimbursed by the Social Security as long as you are eligible.

Not a good weekend to pop across the border!

The 6th December is "Le Saint Nicolas" and the 8th is "l'Immaculée Conception", both of which are festival days and bank holidays in Spain.

Not a good weekend to pop across the border for a spot of shopping of course as the shops will be closed and the Spanish often make a long weekend of it.

Supermarket Loyalty Cards

If you have an Intermarché loyalty card, don't forget to cash it in before the end of December (Carrefour) or end of February (Intermarché) or else you will lose all.



- Some branches may ask for identification in order to deduct the amount from your bill, others may require a pin.
- A friendly cashier may remind you that it is time to 'use it or lose it' but don't count on it!
- Next time you shop at your local supermarket, check whether there is a deadline for using your points. (Y a-t-il une date limite pour encaisser les points de ma carte de fidélité?)
- Make sure that you inform the cashier at the start of the transaction (J'encaisse mes points de fidélité) or you may be told it is too late!
- When you shop at your 'home' store, where you signed up for your loyalty card, your cash payback can be found on the till receipt.
- Some branches will not accept the 'key ring' card for this transaction and insist on the full size card and ID!

Etat d'urgence. What does it mean?

President Francois Hollande announced that an 'Etat d'urgence' (state of emergency) has been declared in France since the tragic and horrifying terror attacks in Paris, but what exactly does this mean?

It's only the second time since World War II that France has taken such drastic measures within its own borders. The last time was the Algerian War in 1961.

According to the 'Etat d'urgence' laws of 1955 law, authorities can lock down complete neighbourhoods and even whole towns, close down entertainment venues, order spot searches inside any premises, set curfews, ban public meetings.....

FICHE S

In the aftermath of the Paris atrocities, the papers are talking about the Fiche S.

This is a list of people who are already under suspicion as a possible security threat, and should be watched.

Politicians are asking that those with a fiche S be tagged electronically or detained in some way. The present Fiche S already has 10,000 names on it according to Prime Minister Manuel Valls.

Border controls, police road checks and airports regularly refer to this list, as well as the 'fichier des personnes recherchées' (FPR).

Airline Partypoopers?

Thinking of celebrating British style this Christmas and New Year? You'll go crackers to hear that most airlines won't allow Christmas Crackers (and none will allow party poppers) on board – and the few that do stipulate that they must be sealed in the manufacturer's original packaging and placed in the hold. To avoid any possibility of subsequent water boarding following onboard capture with crackers, buy them here in the P-O from Marj & Richards Store in Cérét 04 34 10 28 31 or 5 Continents, Mas Guerido, Cabestany 04 68 67 59 07

FRENCHLife

One Man's Trash - RECYCLERIE du Vallespir

Evelyne de Wangen is a very talented lady. She is an artist, potter, interior designer landscape gardener, builder, plumber, electrician, cute cushion creator, chic clothing designer, jewellery and furniture maker and restorer....

In fact she is one of those rare people who can pretty well turn her hand to anything - and she also just happens to be my neighbour, which is why I know she can whip up a mean cocktail too!

After years of creating and restoring anything that has swung across her bows, she has set up the Recyclerie du Vallespir, just opposite the 'déchetterie' in Céret.

It's an Aladdin's Cave, a 'méli-mélo' of treasure of all shapes and sizes. Evelyne and her team trawl the skips, pulling out anything that can be restored, renovated or recycled, so you never quite know what you'll find from one day to the next. And not everything comes from the tip. Take in your old furniture, household goods, bikes, bags and lamps, 3 piece suites, 2 piece suits, dressers, clothes, hats... anything that can be tarted up and sold. It's a great way to bid farewell to your unwanted items, knowing that they're going to be reused.

The recyclerie employs and retrains jobless people of all ages who have lost their way a little in the



world of work. Donations of recycled items are also passed on to charities offering help to those in need.

And it's not just about giving. Pop in and buy - you will be amazed at the level of quality of the restoration... and maybe find yourself some retro chic gifts at the same time!



Find out more on their Facebook page:
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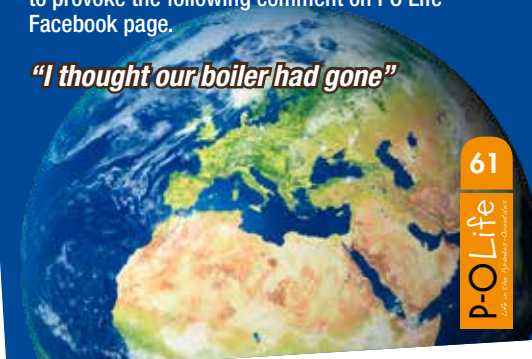
The Region's Heating Stove Experts

DID YOU KNOW

Did the earth move for you?

On 28 September 2015, there was an earthquake just off Cap Béar. Measuring 3,3 on the Richter scale it was felt 'de manière légère' from Banyuls-sur-Mer to l'Escalade and felt but described as 'faible' from Perpignan to Figueres. A further earthquake rocked our little world in late October, just big enough to provoke the following comment on PO Life Facebook page.

"I thought our boiler had gone"



61

POLife



Autumn in Catalonia

By **Jane MacKenzie**...

Reviewed by Claire Galloway



'Autumn in Catalonia' (published in Oct 2015) has been eagerly awaited by the many who enjoyed 'Daughter of Catalonia', the first volume of this trilogy.

The novels are set in the beautiful area where the division between France and Spain becomes increasingly blurred as one travels south and the Catalan identity becomes

more evident. As so often where culture and languages mingle, its history has been turbulent. Against this backdrop, Jane Mackenzie writes moving stories of passion, loyalty and warmth overcoming adversity.

In 'Daughter of Catalonia', Madeleine, a young woman living in England, returns to the South of France to unravel the mysteries of her past. Aged six, her family fled from France to Spain, settling in Vermeilla, a small village in French Catalonia. Her French mother and Spanish father Luis were driven apart by the war and her father killed. Increasingly miserable in England and needing to seek out her roots, she returns to Vermeilla where she uncovers the complex and sometimes shocking truth of her family history.

In 'Autumn in Catalonia' the geographical focus shifts south and much is set in southern Catalonia, in Girona and its surrounding area. The story begins in the 1960s when Spain was in the grip of Franco's brutal regime. Carla, a

Spanish student, is a rebel against the régime and hates what her parents stand for. In love with Luc, she finds that their lives are no longer safe and Luc is arrested. Her grandmother Maria shelters her and it is then that the intricate tale of the family's history back to the 1930s begins to emerge. And gradually, the reader begins to understand the relationships, and the links from the family in 'Daughter of Catalonia' are revealed - to the reader, just as to the family itself.

The story is told with much warmth. Even in the most difficult circumstances, the members of the Garriga family often seem to dance off the page. Lively and affectionate conversations abound and everyday details bring the tales to life. Strong family bonds and courage in adversity show human nature at its best. Past unhappinesses are not forgotten but much is forgiven.

'Autumn in Catalonia' is an accessible and enthralling tale, and just as in its 'prequel', the twists of fate make it a real page-turner. As a stand-alone story, it is still great; as a second volume even better; and finally, it certainly serves as an invitation to discover the intriguing and beautiful land of Catalonia.

Available from Amazon.fr and Amazon.co.uk in paperback and as a Kindle download. Also available in Waterstone's, WH Smith, and alongside *Daughter of Catalonia* in the Maison de Presse in Collioure (opposite the Post Office).



Making sure the Ball's in your Court

Dealing with rogue tradesmen (and let's face it, they DO exist in EVERY nationality), home improvements gone wrong, landlord, tenant, rental and neighbour disputes, companies simply not delivering the service you are paying for.... It can all be complicated enough in your own language so getting your head round it all in French takes it to a completely different level.



Court proceedings are notoriously expensive, lengthy, complex and stressful, with the possibility of costs exceeding the value of the dispute.

And let's face it, most people would rather just let it drop than go to court. Put it behind you, bite your lip, mark it down to experience...ooooo but doesn't it leave a bitter taste in your mouth?

AXA offer RESOLUE HORIZON. For 5,25€ per month they offer unlimited access to legal advisors and experts in every area. They will check the validity of contracts, intervene directly with the other party, and if no amicable arrangement can be reached, they will organise your case and direct the court proceedings.



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GOLF ⁱⁿ CATALUNYA

with Simon Bridges

Following on from a general look at "Golf in Catalunya" in the autumn edition of P-O Life, golfers will enjoy the first in a series of follow up cameos by Simon Bridges, each one taking a look at a local golf course.

MAS PAGÈS



Our beautiful corner of the world has so much to offer that it seems almost churlish to criticise. However, for those of us who wish to play golf but lack the stamina for a twice weekly dose of eighteen holes, there are very few decent par three courses in this part of France.

For those you must travel south into Spain where they are abundant – and each one is different. Get round a par three in about two hours, follow it up by a Catalan menu del dia and you have a super day out.

In this winter edition, I am going to take a close look at Mas Pagès, an eighteen hole par three course incorporating a pitch and putt, located some forty five minutes drive from Le Boulou. The easiest way is to hop on the motorway, drive south and leave at junction 5. The course is less than ten minutes from there.

As you go up the drive, the first thing you notice is that it looks just like a big course, only smaller!

There are ups and downs and it is probably not the best par three for those with walking difficulties. However, if you can manage a flight of stairs then Mas Pagès will present no great difficulties for you.

It is not a course for the faint hearted.....there are sloping greens, sloping fairways.....and trees – lots of trees. No water hazards thank goodness but Mas Pagès doesn't need additional difficulties against which to test one's skills with an iron and a putter.

Three of the eighteen holes are more than one hundred and fifty metres long so you may need something a bit more beefy than a five iron. It is an individual thing as on all courses.

Looking back along the fifteenth fairway you can see that accuracy is essential with trees, a sloping fairway and a bunker ready to trap the unwary.



A personalized, golf polo shirt will be raffled among players that show us this magazine
Attractive discounts ask for our free Loyalty Card

On a clear day, the mountains provide a beautiful backdrop.

The greens are not massive, but accuracy is essential if you are going to make your par. The idea is that each of the eighteen holes should be completed in three strokes.....It really isn't as simple as that but for those with a current full sized course handicap there is a conversion chart on a board next to the first tee.

However, it doesn't matter if you are a beginner without a handicap – all standards are welcome and clubs or trolleys can be hired very reasonably from the office.

A full round of eighteen holes on a week day will cost €16 but there are all sorts of deals to be had.

Anna, whose family own and run the course speaks excellent English and will be delighted to help you in any way she can. She is in the office most days.

The first nine holes are very pretty and feature distances of between about sixty and one hundred metres. They are not a push over but serve very well to get you warmed up for the top nine.

One of the most difficult holes on the first nine is the fourth.... Accuracy and distance are essential. It is only seventy metres but every one of those metres looks daunting to me!

The views, particularly from the top nine holes are breathtakingly beautiful and you can see the whole panorama spread out before you.

Mas Pagès has a small restaurant with an array of pasta and similar dishes, but it is not a full blown meal experience. The hot cheese and bacon sandwiches are definitely not to be missed but it will need a fairly hefty appetite to demolish one. All sorts of drinks are available from the bar including draught beer at €1.50 per glass...all excellent value.

If you wish to practise putting and chipping, there are facilities for both as well as a full blown driving range.

The Mas itself is beautiful and provides a wonderful backdrop to the outdoor dining area.

If you are looking for an affordable and challenging day out for both expert and beginner golfers alike, I wholeheartedly recommend Mas Pagès. Further details can be found on their web site at www.maspages.com



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DID YOU KNOW



My Funny Valentine

Saint Valentine performed weddings for soldiers in secret. The Roman Emperor Claudius II believed that married men did not make good soldiers, so marriage was forbidden. According to legend, our Val carried out secret ceremonies to encourage the soldiers to 'remain faithful Christians'.



And did you know that there is a little village called Saint Valentin in Indre, in the Val de Loire which markets itself as 'le village des amoureux'! People travel there from all over France to renew their wedding vows, wander through the 'Jardin des Amoureux'.....



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SOME *useful* CATALAN VOCAB

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February	febrer
March	març
April	abril
May	maig
June	juny
July	juliol
August	agost
September	setembre
October	octubre
November	novembre
December	desembre

Days of the Week

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Tuesday	dimarts
Wednesday	dimecres
Thursday	dijous
Friday	divendres
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DID YOU KNOW

Bear necessities



Don't miss the Fêtes de l'Ours, bear festivals in **Arles sur Tech (7th Feb)**, **Prats de Mollo (14th Feb)**

and **St Laurent de Cerdans (21st Feb)**. Men and women run through the streets dressed as bears and hunters. Bears wear sheep skins, their faces and hands blackened with a mixture of suie (soot) and huile (oil). Les 'hommes en blanc' are covered in flour, and dressed in white lace bonnets. They catch and shave the bear. ... The whole day ends with a Bal de Corre in which bears, hunters and barbers dance around in a frenzied circle until a gun shot rings out and the bears fall to the ground, dead. Intrigued? Visit our website or the local tourist office to find out more.



DID YOU KNOW THAT A GOOD MUSCAT DE NOËL should be very pale in colour with an intense aroma of white peaches?



Reflections

Is there another word for synonym?

TEST your FRENCH answers

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

AMÉLIOREZ votre ANGLAIS answers

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



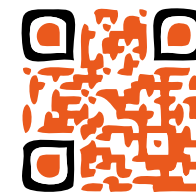
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SALES PEOPLE WANTED

We are looking for someone with a bubbly personality, able to communicate in both English and French, to join the P-O Life sales team. You would preferably have some previous sales experience, and be responsible for developing our successful 'English Speaking Directory' in both the magazine and the new website. This is initially a commission only position. Interested? Ring us for a chat on **06 79 61 96 46** or **06 89 25 88 01** or drop us an email at info@anglophone-direct.com Contact Fiona on fiona@anglophone-direct.com

PRODUCTION AND DESIGN TEAM

Running a magazine can sometimes be a bit of an uphill struggle. Keeping it fresh, contemporary, relevant, honest... it all needs a strong, hardworking and motivated team. So here we are!



Maite

Maite is the brains behind the P-O Life Mag design. She never screams or swears at me, no matter how often she has to correct my mistakes. Maite puts the 'quirky' into P-O Life.

Oscar

As Dr Frankenstein created Frank, so Oscar created the new P-O Life Website. Blood, sweat, tears....and a lorra lorra patience. Gracias Oscar. You're a star!

Fiona

Fiona keeps the wolf from the door, forever chasing that elusive last minute advertiser. She's focussed dynamic as well as bossy! Every magazine editor should have a Fiona!

Kate

And then there's me! I dart around on a cloud most of the time doing a bit of this and a bit of that, a nosey old bird, pecking at the why, who, where.... I research, I chat, I write...I love it!

Don't forget to visit us

at www.anglophone-direct.com and let us know what you think. It's still a work in progress, with all kinds of exciting additions and innovations to come.....but we're getting there! :-)

Newsletter



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15

Fire service emergency

18

POLICE emergency

17

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112

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and at our Book Exchange at **Laroque des Albères**, Café des Artistes
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