

Autumn 2017

P-O Life

Life in the Pyrénées-Orientales

N° 57
FREE / GRATUIT



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OUT *for*
THE DAY

Cathar Castles.
Where Eagles Dare

FOOD
& **DRINK**

Recipes and
Restaurant Reviews

MUSIC *DANCE*
& **THEATRE**

What's on
this Autumn

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credit: Karrie Barron

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EDITO:-)

3

*Hola nois
i noies*

Welcome to autumn in the P-O, my favourite
season in my favourite little corner of France.



Love those clear blue autumn skies, dry and sunny days, cold crisp mornings and evenings - although a 'petite laine' (a woolie) is definitely recommended if you're staying up to watch the stars!

As usual, P-O Life brings you **walks, restaurant reviews, recipes, airport news, French and English language exercises, silly jokes, days out.....** and a **host of talented guest writers who have volunteered (or been volunteered) to be your personal guides around the region.** Tim and Chris, Henry, John, Hilary, Allen, Cindy and Fiona, Lesley, Anthony..... and of course, the small but perfectly formed 'put-it-together' P-O Life team

My grateful thanks to you all - you are what make P-O Life special!

And as the festive season approaches (yes, yes, it's just around the corner!) here is a little Catalan proverb to bear in mind.

BEURE MOLT I ANAR DRET NO POT SER

BOIRE BEAUCOUP ET MARCHER DROIT EST IMPOSSIBLE
(Excessive drinking and walking straight are impossible)

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

Fins aviat!

Kate

KEEP IN TOUCH

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CERET: Spacious 2 bedroomed ground floor flat with a garden, kitchen, bathroom and large terrace of 17m². Just 5 minutes walk from the centre in a quiet area with fantastic, panoramic mountain views over Canigou.

PRICE: 118 000 € • REF: 5531

Dpe
(not provided)



La Cabanasse de REYNES/ CERET: Two independent one bedroom flats on the first floor of a pretty house. Ideal for rental investment or turning into one larger flat. Plus terrace and private parking. A GREAT OPPORTUNITY!

PRICE: 88 600 € • REF: 5618

Dpe
(not provided)



CERET: Spacious villa with 4 bedrooms, large living room with fireplace, fitted kitchen, garage, 2 bathrooms, double glazing. Close to centre and to all the amenities. A MUST-SEE!

PRICE : 288 000 € • REF: 3594

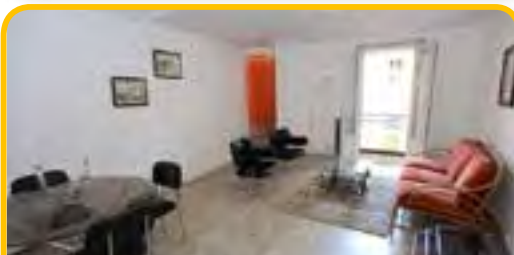
Dpe B



CERET: Attractive modern villa on one level (built 2017) in pleasant area just a few minutes from Céret centre. Two bedrooms, one en suite with dressing room. Brand new including furniture. READY TO MOVE IN TO!

PRICE : 289 000 € • REF: 5307

Dpe E



CERET CENTRE: Superb, bright renovated duplex apartment. Open-plan fitted kitchen, spacious lounge approx 31m², 2 bedrooms (one in its very own tower with amazing views!), office, shower room/WC. NOT TO BE MISSED!

PRICE : 150 000 € • REF: 5577

Dpe
(not provided)



AMÉLIE LES BAINS: Large traditional well maintained house just a few minutes walk from the centre of Amélie. 5 bedrooms, bathroom, 3 shower rooms and 4 toilets. Large garage and second double garage! Mature gardens. FULL OF CHARACTER.

PRICE : 285 000 € • REF: 5584

Dpe
(not provided)

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2, bd des Pyrénées - CS 80540 - 66005 Perpignan Cedex
Tél : +33 (0)4 68 51 52 53 - info@cdt-66.com



Montner Força Réal Circular

A circular 3h 15 mins walk with approx. 380 metres of ascent. Starts with descent to Montner and then ascent to Força Réal, with final descent to Coll del Bou via Le Sentier Botanique.  Yellow waymarking.

ACCESS map IGN 1:25000 Thuir Ille sur Têt 2488 OT

START:

From Perpignan follow the River Têt on the N116 direction Ille sur Têt. Take the exit for Millas. Go through the town, turning right to cross the river Têt. Continue following signs for Força Réal, turning left at the roundabout once across river, and climbing on D612 to the Col de la Bataille. Turn right onto D38 towards Força Réal and park at the Coll del Bou, about 1km from the Col de la Bataille.

Coll del Bou:
start of walk looking across to Le Canigou >>



COL DE LA BATAILLE

After the treaty of Bayonne, which set the borders between France and Spain, the King of Aragon, Jean II, handed over the Roussillon and the Cerdagne to Louis XI of France. Years later, Louis's successor, Charles VIII, decided that the rebellious Roussillonnais were a nuisance – he no longer wanted them, and handed them back to Spain!

In 1496 this fickle king changed his mind again, marched back into Roussillon and waged war to win back the region – a decisive battle which took place on the Col de la Bataille, as it was subsequently named.



It is on this ancient battle ground that you will find a poignant memorial to members of the resistance group Henri Barbusse, whose leader Julien Panchot, along with other members of the group, was interrogated, tortured and shot by the Germans whilst defending the villagers of Valmanya.

Archive records state “ils lui ont brisé les tibias avec une barre à mine attachée sur une table pour le faire parler”.


Symbol of Catalan resistance, the village of Valmanya (Great valley in Latin) near Vinça, was totally destroyed by the Germans in August 1944, in reprisal against resistance fighters operating in the area.

Villagers who were unable to flee to the safety of the mountains were machine-gunned. From this ‘maquis’ stronghold, Captain Julien Panchot led brave resistance fighters who sheltered in the nearby mines of La Pinosa and set up the Sainte Jeanne escape route for refugees. The village was rebuilt but the ruins of the mines remain.

THE WALK:


 Descend behind parking area and go left on broad track signed as Montner Força Réal circular. After 100 metres pick up footpath on left to proceed at same level for a time before path drops down to a cabin (15 mins to this point).


Turn right on grassy track to reach a tarmac road.

 Turn right to follow road round left-hand bend and pick up road on left. (Turns are marked with yellow lines, while yellow crosses mark tracks not to be followed). The tarmac road soon becomes a rough track, which turns right near a breezeblock cabin and eventually leads to the village of Montner (1 hour to this point).



Montner 

 Cross the village to take Rue de Força Réal on right. At end of street keep left into new housing and exit the village. Just before a small water pumping station, take right turn (waymarked) onto broad track into the vines.

 Emerge onto tarmac road and just after sharp right-hand bend in valley, take left turn into vines, then immediately right alongside a hedge (turning marked with a cairn). Go uphill through vines to emerge on tarmac track. Turn left.





Força Réal ↗

👉 Track soon becomes rocky and goes uphill, quite steeply in sections, to emerge on flat circular area next to D38 near summit of Força Réal. The short climb to the top is rewarded by wonderful 360° views to the coast and inland, across to the Corbières and beyond. Two features on the top contrast tremendously – the red and white telecommunications mast of modern times and the ancient Ermitage de Força Réal.



On the summit nothing remains of the original 13th century fort, the Força Réal or Royal Fortress, which gave its name to the hill, but the polished steel convex mirror by the path approaching the chapel offers interesting photographic opportunities. Facing it, take a picture of yourself and everything or everyone behind you!



Panorama Roussillon_ Força Réal

WALK ^{The} REGION

FORÇA RÉAL

Over the years, Força Réal (Royal Fortress) has been many things to many people! Signal tower and fortress for the defence of Roussillon, welcoming beacon landmark for returning fishermen, hermitage, and today a 'tour de guet' for fire spotting. On a clear day, the view will take your breath away. Built in 1258 by the kings of Aragon to reinforce Roussillon defences, the original signal tower and small fort, constructed on two adjacent hills, were destroyed in the 17th century. The fort was transformed into an hermitage and 'Conjurador', its function to appease the elements and chase away storms and summer drought. Unfortunately, the chapel is rarely open, but masses and processions do take place there on festival and Saints' days.

A visit to Força Réal is not recommended on a windy day, unless you wish to lose your hat and anything else that's not well secured to your body!

👉 To descend to Coll del Bou, pick up the Sentier Botanique from the flat circular area on which you emerged near the summit, or walk down the road a little to find access to it on right. **There are 2 routes back to the Coll:** one to left of the hill and the other over its right-hand edge then round the back of it. Those interested in plants will find plaques with the names of trees and plants on the route down.

A few steep shortcuts are available near the Coll to cut across the hairpins of the broad track.

P-O Life

Win a hand painted portrait of your pet



When Karen, Nigel and Phoebe, the Tibetan Terrier aren't exhibiting at Crufts, crafts, flowers, and horse shows, they spend all the time they can at their second home and small studio in Saint Cyprien.

Animal lover Karen's work is all about animals - with a contemporary twist. She prefers to get up close and personal to capture their character and personality, the twinkle in their eye, the kink in their ear..... **She uses mostly acrylics or oils, painting on layer after layer to obtain fine details in a pet portrait where every whisker counts.**

The unusual perspectives that she adapts add a touch of humour to her hairy subjects, and a smile to all who view them.

Karen is kindly donating a commissioned painting of your pet, worth £395, to raise funds for Twilight Doggie Retirement Home...
(www.twilightchiens.com)



ALL YOU NEED TO DO IS MAKE A DONATION (MIN £2) ON THE JUST GIVING PAGE SET UP ON KAREN'S WEBSITE www.karencrookart.com

THE WINNER WILL BE DRAWN AT RANDOM AFTER THE COMPETITION FINISHES AT MIDNIGHT ON THE 1st December.



MUSIC DANCE & THEATRE

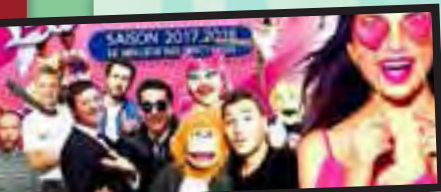
A Proliferation of Perpignan Performances

THE DIVERSITY OF THE PERPIGNAN THEATRE SCENE

by Henry Shaftoe

For a relatively small city, Perpignan seems to be blessed with an extraordinary amount of live entertainment, from the highbrow Théâtre de l'Archipel, to the more "popular" Boitaclous, not forgetting the unique Jazzebre and the cosy L'Anthropo.

The "Saison 17/18" brochure of the **Théâtre de l'Archipel** is a book in itself (it runs to 130 pages) and is crammed full of reasons to get out more, from opera to contemporary dance to erm, live skateboarding on stage! There are lunchtime "sandwich" concerts too, for those who prefer their cultural fix in the daytime, while munching a BLT. Pick up a brochure at the theatre box office or the Office de Tourisme in Perpignan. Alternatively look at their website: www.theatredelarchipel.org



For more down-to-earth entertainment, pop on down to **Boitaclous-land**. A lot of comedians and slapstick comedy (in French of course), but also Vivaldi's Four Seasons, an Irish "Riverdance" type show, the 'Dirty Dancing' musical and a Beatles tribute band! Most of the events are at the Palais des Congrès in Perpignan. Tickets from usual outlets or at the Office de Tourisme. www.boitaclous.com



(7 October, Salle de l'Union, Céret), who may provoke an outbreak of dancing in the aisles. Jazzebre continues with concerts throughout the winter and Spring. www.jazzebre.com

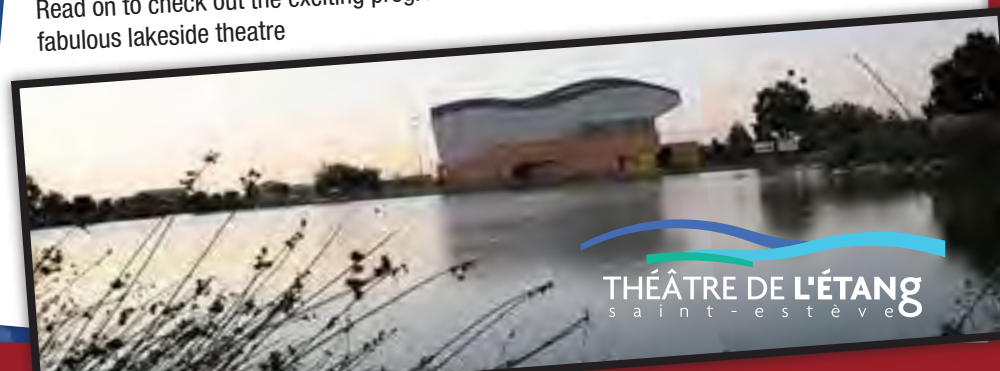
The 29th Festival Jazzebre (23 Sept to 22 Oct.)

Is much more than an event for hardcore jazzers. They have an astonishing range of musical styles (African, Middle Eastern) and interesting venues, including jazzy picnics in Port Vendres and St Cyprien and even a concert in Thuir Psychiatric Hospital. The big star this year is everybody's favourite Korean jazz singer Youn Sun Nah, who mixes influences ranging from Billie Holiday to Joni Mitchell and Paul Simon (22 Oct at the Théâtre de l'Archipel). My hot tip is the percussion heavy Kanazoe Orkestra from Burkina Faso and France

Finally, (and, selfishly I almost don't want to tell you about this!) is one of Perpignan's best kept secrets – **L'Anthropo** (tucked away in a side street near the Palais des Rois de Majorque.) This is a "café associative" (ie: non-profit venture) run by a small group of enthusiasts who put on a quirky series of concerts and other events (often free) while serving up tasty vegetarian food and ridiculously cheap beer and wine! The ambiance is more like being in some arty relative's living room, rather than a formal concert venue (there are board games, books and comfy sofas) and all ages (including children) are welcome. You need to become an "Adhérent" (member), **but it only costs 5 Euros annually...**



There's plenty going on in theatres outside Perpignan too! Read on to check out the exciting programme of Saint Esteve's fabulous lakeside theatre



THÉÂTRE DE L'ÉTANG
saint-estève

Automne en Vallespir 2017



Superb concerts by professional musicians, from September 29th to November 12th in the 10 communes that make up the Communauté de Commune du Vallespir.

Organised by Musiques et Voix en Pays Catalans



Friday 29th September, 18h30

Vives, Eglise Saint Michel.

The **Duo Enigma** (violin, Nina Skopek, and accordion, Félicien Brut) play their variations on works by Saint-Saëns, Bartok, Massenet, Galliano, Piazzolla and more.

Sunday 1st October, 17h

Maureillas, Foyer Communal.

Langendorfer Mandolin Orchestra - 30 young musicians play a diverse programme including Telemann, Offenbach, Tchaikovsky, and Dvorák



Saturday 7th October, 17h

Le Boulou, Les Echards.

The **big Brass Band of Toulouse**. 33 musicians playing film and orchestral music to raise the roof.



Sunday 8th October, 17h

St Jean de L'Albère, Eglise St Jean.

The 4 members of **'A Veus'** bring their harmonies to traditional songs from around the Mediterranean.



Musical

Saturday 14th October, 17h

Eglise St Valentin Taillet

Duo of harp (**Rébécca Féron**) and mezzo soprano (**Christelle Gouffe**), with melodies by Ravel, Debussy, Rossini, Massenet and Verdi.



Sunday 15th October, 17h

St Jean Pla de Corts, Salle Polyvalente.

The trio **'Contrastes'** from Paris play works by Mozart, Debussy, Bartok plus their own improvisations. Violin and viola (**Deborah Nemtanu**), clarinet (**Florent Pujaila**), piano (**Natacha Kudritskaya**).



Friday 20th October, 20h

Le Perthus, Eglise St Louis Roi

Nathalie Juchors and her students from the region's Conservatoires play a varied program including works by Boccherini, Brahms, Poulenc and Weber.



Sunday 22nd October, 17h

Reynès, Chapelle St Paul.

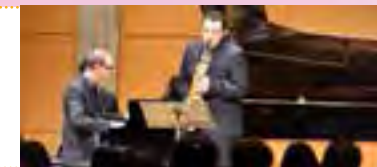
An evening with Schubert, presented by **Christian Papis**, with piano (**Emilie Benterfa**), violin and cello plus the singers of Accent Lyrique.



Sunday 5th November, 16h

Les Cluses, Eglise St Nazaire (Les Cluses Hautes).

Recital with Internationally renowned saxophonist **Jérôme Laran** and **Michael Ertzscheid** on piano, playing works by Bizet, Piazzolla, Debussy, Caccini and Gershwin.



Sunday 12th November, 16h30

Céret, Salle de l'Union

Grand festival closing concert of the comic opera **'Béatrice & Bénédict'** by **Berlioz**. 40 singers with soprano and **Emilie Benterfa** on piano.



Places: 15 Euros or 12 Euros for members, and free for those under 15.
Reservations: Tel: 06 99 88 90 43 or email: fcpc.ceret@gmail.com. And then pay on the door
For the full programme visit: www.amuvall.org

During the Festival visit the galleries in Céret taking part in the 'Carrefour des Arts', and don't miss the brilliantly presented exhibits in the Céret Musée de Music, plus exhibitions in the Médiathèque.

MUSIC & THEATRE



Boitaculous
SPECTACLES

MUSICAL DIRTY DANCING

FRIDAY 15TH DECEMBER 20H29
PARC DES EXPOSITIONS -
PERPIGNAN

Join Baby and Johnny on stage in this classic musical featuring all the great hits, including 'Hungry Eyes', 'Hey Baby', 'Do You Love Me?' and the heart stopping '(I've Had) The Time Of My Life'. Remember. 'Nobody puts Baby in a Corner'.



IRISH DANCE IRISH CELTIC GENERATIONS

SATURDAY 2ND DECEMBER 15H29 & 20H29 -
PALAIS DES CONGRÈS - PERPIGNAN

An enchanting evening of songs, stories and dance, in a legendary thousand year Old Irish Pub, featuring professional dancers from Lord of the Dance and Riverdance, and five of Ireland's finest traditional musicians. Unique, original, fully live and 100 percent authentic.

BEATLES THE RABEATS

THURSDAY 11TH JANUARY
20H29 - PALAIS DES CONGRÈS -
PERPIGNAN

All you need is love - and an evening with the excellent Beatles Tribute Band. Nearly 60 years after they split, their timeless music is flawlessly performed, transporting you back as if you'd never been away. 'Hey Jude', 'Twist and Shout', 'Yesterday', 'Michelle', 'Help'... Two hours of the Fab Four.



JAZZ A NIGHT IN NEW-ORLEANS

TUESDAY 23RD JANUARY 20H29
PALAIS DES CONGRÈS - PERPIGNAN

The is jazz made for dancing. With trumpet, sax, trombone, and drums, the Oyster Brothers slide effortlessly from swing to street beat, from Lindy hop to Charleston and Blues. Close your eyes and imagine yourself in New Orleans.



BALLET GISELLE

WEDNESDAY 31ST JANUARY 15H29 & 20H29
PALAIS DES CONGRÈS - PERPIGNAN

Ballet de l'opéra National de Kiev
An idyllic country village, a naive girl's first love, betrayal, madness, death,.... the Ballet de l'Opéra National de Kiev with star duo Ekaterina Kukhar and Alexandre Stoyanov bring to the stage ballet at its very best.



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highlights

VALESES DE VIENNE

Sunday 22nd October at 15h

Operetta based on the music of Johann Strauss and son. Young Johann Strauss dreams of becoming 'king of the waltz' like his father, who refuses to recognise his son's talent. Countess Olga, seduced by his charms, promises to help him, but Rési, in love with Junior herself, is jealous.



LES STENTORS

Friday 24th November at 20h30

If you like the Tenors and Il Divo, you'll love this quartet of four male opera singers, who will take you on a rousing musical journey through some of the great classics of French chanson. 'Le déserteur' by Boris Vian, 'Paris en colère', 'L'hymne à l'amour', 'Le Chant des Partisans' sung by the French Resistance.....An exciting and moving show.

DANI LARY

Friday 22nd December at 20h30

'Rétro Temporis'. Fancy a touch of magic for Christmas? Dive into the extraordinary world of Dani Lary. Magic and cabaret from this world renowned magician and illusionist combining theatre and illusion with magical effect. Fascinating, exciting and incredible.



NEW YEAR CONCERT 'AVATAR'

Sunday 14th January at 17h (FREE)

Perpignan's very own Orchestre d'Harmonie bring you powerful musical extracts from films that are out of this world. Avatar by James Horner, Snow White by Thomas Doss The Da Vinci code an Inception by Hans Zimmer...

DON GIOVANNI

Saturday 27th January at 20h30

Opera by Wolfgang Amadeus Mozart, inspired by the legend of 'Don Juan', fictional womaniser and seducer. Accompanied by cunning servant Leporello, Don Giovanni leaves broken hearts wherever he goes. But is he about to get his comeuppance? A fine blend of comedy, melodrama and supernatural elements.



THÉÂTRE DE L'ÉTANG

s a i n t - e s t è v e

2017-2018 Season



Les Stentors
Friday 24th November 2017
Opera Singers



Dani Lary
Friday 22nd December 2017
Christmas Spectacular



Anne Roumanoff
Saturday 10th February 2018
Comedian



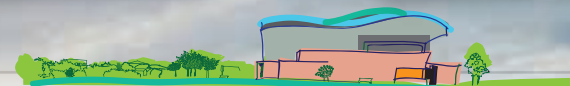
Pascal Légitimus
Saturday 3rd March 2018
Comedian



Le Temps qui Reste
Saturday 17th March 2018
Comedy



Les Etoiles de Demain
Saturday 7th April 2018
Ballet



www.theatredeletang.com - 04 68 38 34 95



AIRPORT NEWS



A hot summer in PO has been and gone, the months tick by, but there still seems to be very little flesh on the Brexit bones, and its impact on aviation is no exception. A few airlines, notably EasyJet, have pre-empted things by announcing restructuring of their corporate operations so that the potential loss of the EU 'Open Skies' accord (whereby any EU airline has the right to operate any route within the EU) will not affect them as greatly. Being an Irish (ie EU) registered operation, the impact on Ryanair could potentially be very serious indeed, and Chairman Michael O'Leary has voiced all sorts of dire warnings for UK flights from the end of next year onwards if some workable solution is not found. Time will tell, but developments need to be closely monitored.



with John Fairclough

Early indications from most airports/UK routes suggest a fall in numbers of passengers this summer – perhaps not surprising with the continued poor exchange rate Sterling to Euro. FlyBe were to be congratulated on their launch of the Southend to Perpignan route, but load factors have been disappointing, so the much hoped for continuation into the Winter 17-18 period will not materialise, and it remains to be seen if it will resurface for Summer 18. So, sadly, yet again that leaves absolutely no route to UK/Ireland from **PERPIGNAN** this winter.



Things are a little brighter at **CARCASSONNE**, with the launch of a new winter route to Edinburgh



STANSTED 3x pw
MANCHESTER.. 2x pw
EDINBURGH 2x pw
DUBLIN 2x pw

All Ryanair

At **BEZIERS** airport just one winter service remains:



LUTON... 2x pw Ryanair **Ryanair**

MONTPELLIER keeps its sole winter offering:



GATWICK 4x pw **EasyJet**

Much the same level of service at **TOULOUSE** as last winter:



STANSTED 12 pw **Ryanair**
HEATHROW 20x pw **BA**
GATWICK 18x pw **Easyjet**
LUTON..... 3x pw **Easyjet**
BRISTOL 7x pw **Easyjet**
MANCHESTER.. 4x pw **FlyBe**
BIRMINGHAM .. 3x pw **FlyBe**
EDINBURGH... 2x pw **Ryanair**
DUBLIN 7x pw **Aer Lingus**

Over the border in Spain, sadly again there is no UK/Ireland route from **GIRONA** this winter, which is particularly disappointing given the huge expansion there this summer.

PERPICAT

AIRPORT SHUTTLE

Pick-up points:
Collioure,
Argèles-sur-Mer,
St Cyprien, Canet,
Perpignan,
Le Boulou
(VIP car on request)

**GIRONA &
BARCELONA**



contact@perpicat.com
www.perpicat.com

04 68 80 69 98

So, as usual it's off to **BARCELONA** for the most choice:

HEATHROW	47x pw	BA
.....	4x pw	Vueling
GATWICK	21x pw	Vueling
.....	10x pw	BA
.....	7x pw	Norwegian
.....	35x pw	Easyjet
.....	2x pw	Monarch
STANSTED.....	30x pw	Ryanair
LUTON.....	21x pw	EasyJet
.....	14x pw	Vueling
SOUTHEND.....	2x pw	Easyjet
BIRMINGHAM	7x pw	Ryanair
.....	2x pw	Vueling
.....	3x pw	Monarch
BRISTOL	10 x pw	Easyjet
LIVERPOOL	4x pw	Ryanair
.....	4x pw	EasyJet
MANCHESTER...	3x pw	Jet2
.....	4x pw	Vueling
.....	7x pw	Ryanair
.....	4x pw	Monarch
LEEDS BRAD.....	4x pw	Jet2
NEWCASTLE	4x pw	EasyJet
EDINBURGH	3x pw	Norwegian
.....	5x pw	Ryanair
.....	3x pw	Vueling
GLASGOW INT....	2x pw	Jet2
GLASGOW PIK....	2x pw	Ryanair
DUBLIN	20x pw	Ryanair
.....	7x pw	Aer Lingus
.....	2x pw	Norwegian
.....	7x pw	Vueling

AIRPORT NEWS

The usual reminder applies, that these schedules were good at the time of writing (mid Aug), and refer to the mid season. Frequencies could be higher at the peak Christmas/New Year period, and lower out of season in Jan/Early Feb. Contact the Airlines' own websites for further details.

One very bright spot on an otherwise uncertain horizon is that the continued low oil price means that airlines can pass on these fuel savings to customers, resulting in some exceptionally good fares. I recently booked two return tickets from Carcassonne to Stansted just before Christmas, for the grand total of 46€, so the message has to be: book early for the best bargains.

Proud Partners of the Catalan Dragons

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TEL.: 04 68 92 33 20

Open Monday-Saturday for lunch and dinner

Just 10 minutes from the Airport
and the Théâtre de l'Etang

Love singing? we need you.



Originally formed by a group of friends to sing Christmas songs around the Albères, now a registered association, the **"CHORALE INTERNATIONALE D'ALBERA"** needs you.

Meetings are generally conducted in English, but members are French, Norwegian, Swedish, Irish, South African as well as British. **You don't need to read music or play an instrument ...** you just need to love singing and be prepared to dedicate a few hours per week towards learning new songs.

OUR AIM? Christmas concerts from late November until Christmas and a series of concerts in late Spring or early Summer.

The chorale is Montesquieu-based with a weekly 2 hour practice and there is a small membership fee for the initial Autumn term.

If you would like further information, please **contact David or Valerie Ingram on 04 68 39 69 28 or email david-ingram@orange.fr**

Or why not pop along to a practice and see if it's for you?

WE LOOK FORWARD TO SINGING WITH YOU

BANK HOLIDAYS

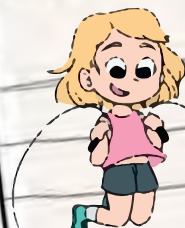
1ST NOVEMBER
LA TOUSSAINT
(ALL SAINTS DAY)

People visit cemeteries and place chrysanthemums on the graves of family members (most shops closed)

11TH NOVEMBER -
ARMISTICE OF WW1 (1918).
Remembrance ceremonies and flowers placed on war memorials (most shops closed). Recently suggested that this day should represent all wars.

25TH NOVEMBER -
LA SAINTE CATHERINE -
now rarely observed but unmarried ladies over 25, known as 'les Catherinettes' used to wear eccentric hats to help hook a husband! (not a public holiday).

SCHOOL HOLIDAYS FOR OUR REGION



Beginning of Summer term -
Monday 4th September

Toussaint (half term)

Saturday 21nd October - Monday 6th November

Christmas

Saturday 23rd December - Wednesday 3rd January

DON'T FORGET TO TURN YOUR CLOCKS BACK

Sunday 29th October
(during the night of
Saturday/Sunday morning)

Mornings will be lighter
but it will grow dark earlier.

FOOD & DRINK

Restaurant REVIEWS

We love publishing your reviews. They're honest (we hope!) objective, (mostly!) unrelated to advertising (of course!) and cover a wide range of tastes, prices, and places. You might not always agree, the chef might be different, your standards might be higher....or lower – but they give you an idea of what's available.

AS THE SUMMER SEASON DRAWS TO A CLOSE, SO DO QUITE A FEW RESTAURANTS IN THE REGION. DON'T FORGET TO PHONE AHEAD AND CHECK IN ADVANCE.

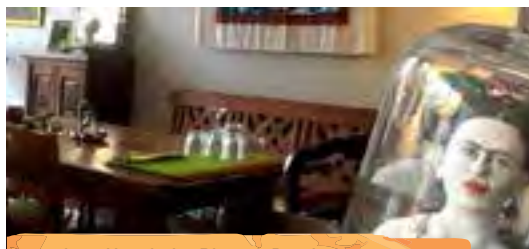
OUR PICK OF THE MONTH

FRIDA'S

PERPIGNAN...with Laura & Teddy

What can I say, I love the place! The populaire Place Rigaud in Perpignan is a multi-cultural, working class square full of comings and goings. It is also now home to an organic, vegan restaurant, inspired by the revolutionary Mexican artist, Frida Khalo. **We've eaten there twice now, and both times were an absolute delight.** The menu is full of ingredients and flavours from across the world and chef Jean-Claude takes the time to explain your options, which **change regularly according to the seasons!** On our last visit, we shared a selection of starters, including humus, shalima and maghreb cigars (like Asian spring rolls, but stuffed with a mouthwatering concoction of veg and North African spices). I then moved onto a colourful vegetable patras (Indian curry), while

my partner devoured a seaweed and vegetable lasagne. For desert, we tested the buza, coconut milk and dried fruits, and the devilishly-good chocolate truffles! For 3 plentiful courses and a drink (wine, beer or soft drink), we paid 28EUR per person. Considering **everything is organic** (where possible), fresh and homemade with love, in my opinion it was worth every penny. **As a vegetarian, you may well think I'm biased, so don't take my word for it, take my partner's word for it- he's as French and as carnivore as they come!**



24, place Hyacinthe Rigaud. Perpignan
Tel: 06 16 97 10 29

LES SIMIOTS

ARLES-SUR TECH...with Florence

Last week I went again to Les Simiots. **I loved it!** Incredible burgers but also giant salads and meat... **set menu at 13 Euros also extremely good.** Really large choice of Bio wine and beers as well as the normal ones. **Best to book** as often full in evenings.



2 Rue de la Place, Arles-sur-Tech
04 68 36 45 24

EL TALLER

TAURINYA...with Nick

Went last night and definitely as superb as usual. **An interesting modern building in an old village**, with beautifully-cooked and presented food and great service - a firm favourite for several years.



2 Le Village, Taurinya
04 68 05 63 35

AUBERGE DE ROUA

ARGELES...with Ruth

For a **special night out** you can't beat Auberge de Roua in Argeles ...gorgeous food and lovely setting albeit a bit difficult to find.

Dine next to quiet pool bathed in glorious sunset, or tucked into a cosy back room.

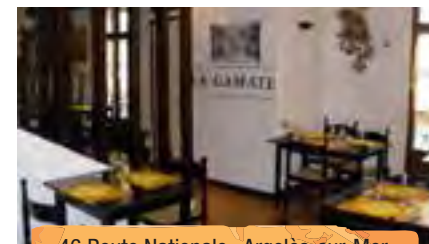


46 Chemin du Roua,
Argelès-sur-Mer
04 68 95 85 85

LA GAMATE

ARGELES VILLAGE...with Marie

We loooove La Gamate in Argeles village, really nice reasonably priced meals and excellent service. Great presentation and flavour, very good value (**three delicious courses for 20 euros**). Consistently good.



46 Route Nationale, Argelès-sur-Mer
04 68 81 11 34

L'ATELIER DE FRED

CÉRET...with Wendy

This is our go-to place for consistently excellent food and wine as well as great service. **Not found anywhere that tops it.** Lunchtime menu is fantastic value for the high quality at **25 euros for 3 delicious courses.** Always love it.



12 Rue Saint-Ferréol, Céret
04 68 95 47 41

L'ANTRE TEMPS

RENNES-LE-CHATEAU....with Dave

Original and delicious with a distinct Catalan influence. **Simple, yet quality menu that also caters for vegetarians and vegans.** If the weather is good you can eat out on the terrace overlooking the chateau. Wonderful meal and service in a beautiful location.



Grand'rue, Rennes-le-Château
04 68 74 28 98

Restaurant REVIEWS

CAFE DE LA FARGA

BAILLESTAVY...with Jenny

We have had the best times and meals here and would highly recommend it. **Collette and Jean Luc make you so welcome, it's really reasonable, and food is always fresh and home cooked.** Cater very well for vegetarians too if booked in advance.



Place Nova, Baillestavy
04 68 05 96 69

LA GARRIGUE (RELAIS DES CORBIÈRES),

SAINT PAUL DE FENOUILLET...with Claire

Fabulous fresh food and homemade desserts, plus the best pepper sauce I have tasted. Extensive menu and always an impressive plat du jour. **Perfect setting on a warm evening outdoors. Inside dining all year round.**



Av. Jean Moulin,
Saint-Paul-de-Fenouillet
04 68 59 23 89

LE GECKO

CAMÉLAS....with Val

Fab food all organic, beautiful outside eating in summer and cosy indoors for winter. He makes **the best 'Fraginat'** that I have ever tasted. Great fresh ingredients to suit all preferences, all superbly cooked and presented. **Pretty courtyard to soak up the autumn sun.**



Camélas
04 68 50 75 29

COTE FRITES

CERET....with Nora

Restaurant/snack bar with **fantastic fish and chips to remind you of the UK.** They do other good things too, but **the chips are the best around here I think!** Eat in or take away.



Zone Oulrich, Céret
(near the Intermarché)
04 68 88 36 88

DO YOU KNOW A RESTAURANT YOU WOULD LIKE TO RECOMMEND? WE'D LOVE TO HEAR FROM YOU.
(CONNAISSEZ-VOUS UN RESTAURANT QUE VOUS VOUDRIEZ RECOMMANDER? ON SERA RAVI DE VOUS ENTENDRE)

SEND YOUR COMMENTS TO US AT info@anglophone-direct.com. (No restaurant owners please!! :-)

DID YOU KNOW



SPENDING NEW YEAR'S EVE IN SPAIN?

As the twelve strokes of midnight sound on the 31st December, **the Spaniards pop a grape into their**

mouth for each bong to bring good luck for the 12 months ahead. As all twelve grapes must be eaten by the 12th bong, this can lead to much hilarity, spitting and dribbling. What better way to start off a new year?

DID YOU KNOW

THE PHAROHS - FUN GUYS?

Are you heading off mushroom gathering in the P-O this autumn? Well, did you know that it used to be illegal! According to ancient hieroglyphics, **the Ancient Egyptians believed mushrooms to be the plant of immortality.** In fact, they were such a hit with the pharaohs that common people were banned from touching or eating them.



Chilli Sherry

for the Chilly
Autumn
Months

with Hilary Cacchio

This sherry is best left for 3-4 weeks to give a zesty flavour. It makes a punchy cocktail when mixed with ice, sparkling rosé wine, mint and lime. It also makes a super addition to a Bloody Mary, spices up a Marie Rose sauce or a Thousand Island dressing, and tops a mushroom soup delightfully.

Ingredients:

- 1 bottle of sherry (I prefer dry sherry but sweet works equally well)
- 1 Jalapeño chilli (washed and sliced in half lengthways)

Method:

I usually re-use the sherry bottle, in which case, simply poke the chilli halves into the bottle of sherry. If you're using a new bottle, add the chilli halves and decant in the sherry. Cork the bottle and allow to mature for as long as you can wait in a cool dark place.

May this spicy delight warm your cockles over the autumn months!



LES POISSONNERIES DE LA CÔTE CATALANE (ALIAS LA CRIÉE)



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OYSTER BAR



FISH



SHELLFISH
& SEAFOOD



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Rendez-vous the last Friday of every month (6.00-7.00pm):



+

6 oysters

=



+

6 oysters

FREE*

*6 Marennes Oléron Oysters N° 3 or 6 Bouzigues Oysters + a glass of Côtes du Roussillon blanc



Tél. 04 68 98 46 00

facebook.com/cotecatalane
www.cotecatalane.com

Anse Gerbal - La Criée, 66660 Port-Vendres



Roast Carrot and Olive Hummus

with Hilary Cacchio

Ingredients:

- 200g Organic Carrots, scrubbed (peeling is optional), roughly chopped and tossed in Extra Virgin Olive Oil then roasted until soft.
- 1/2 a bulb of Garlic, roasted until soft.
- 250g cooked Chickpeas (or tinned)
- 50g Lemon juice (approx 1 Lemon)
- 30g Tahini
- 75g Extra Virgin Olive Oil
- Small bunch of Flat Leaf Parsley, roughly chopped.
- 1/2 Clove of Garlic, crushed into a paste with a pinch of Salt.
- 150g Pitted Green Olives, roughly chopped.
- Salt and Pepper

Method:

Place the cooled roasted carrots into a food processor. Cut the end off each clove of roasted garlic and squeeze the soft insides into the food processor. Add the chickpeas, lemon juice, tahini, oil, parsley and the crushed garlic into the food processor. Season with black pepper and whizz into a fairly smooth paste.

Drop in the olives and pulse the hummus to chop the olives slightly. Taste the hummus and season accordingly with salt, pepper and lemon juice. Allow the hummus to sit in the fridge for 24 hours before electing to add any more crushed garlic as the flavour develops over time.



Packed with texture, colour, satisfaction and flavour, this hummus keeps well in the fridge, makes a fabulous packed lunch, part of a mezze platter, and accompanies roast lamb, baked fish and chicken superbly. I sometimes crumble small pieces of Feta into the hummus or swap the Parsley for Coriander.

Simple Fig Chutney

Perfect for a ploughman's, delicious with cheese, cold meats and fresh bread, figs are rich in minerals and a good source of potassium, manganese and iron. They also contain vitamins A, B and C and a decent amount of fibre. The leaves of the fig have been shown to have anti diabetic properties and can actually reduce the amount of insulin needed by diabetics.

Pick them ripe from the tree, as they don't ripen well once picked. A very firm fig is not ripe and will not ripen further. They also have a very short shelf life, so you should eat or freeze them within seven to 10 days of harvesting.... or make them into this delicious and simple fig chutney which will keep for months..

Ingredients:

- 13 - 15 fresh figs
- 150ml balsamic vinegar
- 100ml red wine vinegar
- 300g soft brown sugar
- zest and juice of 1 lemon
- 2 red onions (sliced thinly)
- 2 teaspoons mixed spice
- 10g fresh grated root ginger, or 1 teaspoon of dried ground ginger
- 1 tablespoon of olive oil



Method:

Remove the stalk from the figs and cut into quarters.

Heat the oil in a large pan over a medium heat and fry the onion for 5 minutes until soft and slightly caramelised.

Add all the other ingredients to the pan except for the figs, season with salt & pepper, bring to the boil, and simmer for 30 minutes.

Once the liquid has reduced to syrup, add the figs and cook for a further 15 minutes, stirring occasionally.

Pour into sterilised jars, and allow to cool.



Pascal Borrell, Michelin-starred chef of Le Fanal in Banyuls-sur-Mer, takes you on a gourmet stroll along the rocky shores in his new book of culinary creations inspired by the Mediterranean.

Colourful and original recipes, bursting with subtle taste combinations, will take you backstage in his renowned, multi-award-winning Banyuls restaurant.

More than just a cookbook, there is advice on the best ways to cook fish, tips on seasoning, accompaniments.... and descriptions of the various fish species, overseen by Professor Vincent Laudet, director of the Oceanographic Observatory of Banyuls-sur-Mer.

A subtle warning nevertheless reminds us of the importance of respecting and preserving our rocky coast, natural habitat

to an amazing underwater world, a grand larder which should be used thoughtfully and sparingly.

With magnificent illustrations by Hugues Argence, *TERROIRS MARINS* takes us into the very heart and heat of the kitchen of a passionate and renowned chef. Try his Carpaccio de Gambas, caviar et marinade Thai, his Civet de Homard de Méditerranée, Banyuls, navets et ail noir, his Langoustine Bouillon, nage de légumes et herbes...

A fabulous gift idea.



LE FANAL

BANYULS-SUR-MER



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afternoon tea on the
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with panoramic views
overlooking the port

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MICHELIN-STARRED CHEF

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17 avenue du Fontaulé
66650 - Banyuls-sur-Mer
www.pascal-borrell.com

OPEN EVERY DAY



Chocolate

in Arles sur Tech

FEED THE SOUL

A STORM OF CHOCOLATEY FLAVOUR!

Florence Losa's chocolate shop could just be your gran's front room! Walk straight in off the narrow streets of Arles sur Tech, and you will find her standing in her pinny, stirring up the latest chocolate storm. Fancy Lemon, Lime and Thyme centres? Or Basil? How about Ginger and Lime, Fig, Pear, Raspberry, a three tier Honey, Maca and White Chocolate? Or maybe you'd prefer Cherry and Armagnac, Chilli, Elder and Blueberry, Cherimoya, Orange and Lemon....or one of everything, like me!



CINDY GUILBERT INTRODUCES FLORENCE LOSA

As we drive up the mountain through the village of Arles sur Tech, past Tournon and round the corner on the left along Rue Bailly Jean Vila there is my favourite petit bijou

Florence Losa, a small artisan chocolaterie. There, my dear friend Flo makes her delicious and healthy organic 'chocolat cru'.

I am lucky enough to visit regularly and smell the amazing rich deep chocolate as she creates with love, care and attention her wonderful range of raw chocolates with bio fruits, nuts and flowers and without the addition of milk or sugar, **making them good for the heart, soul and health.**



A BIT OF WHAT YOU FANCY DOES YOU GOOD

Flo's centres may change with the seasons but what doesn't change is the quality of the raw chocolate she breaks up by hand. It contains no refined sugar, and the beans are not roasted, conserving all the bio magic - nutrients such as iron, zinc, magnesium, copper, vitamin C, and antioxidants which are blasted out in most chocolate. Whilst the raw chocolate comes from Ecuador, she uses almonds from Rivesaltes, and honey and fruits from the Vallespir to keep a local flavour.

FOOD & DRINK

Chocolate

in Arles sur Tech

Did you know
that chocolate beans were used as
currency by the Aztecs, for
'every day small change'?

Part of a market price list gave the following exchange rate.

One small rabbit = 30 cacao beans
One turkey cock = 300 cacao beans
One good turkey hen = 100 full cacao beans
or 120 shrunken ones
One newly picked avocado = 3 cacao beans



FROM BELGIUM TO THE P-O (VIA THE UK)

English speaking Florence moved to the P-O from her native Belgium in search of sunshine, carrying on the chocolate making tradition taught to her by her great grandmother, armed only with a thermometer, a blender and a 'bain marie'. In 2016, she was awarded one of only three 'Espoir' prizes at the prestigious Salon du Chocolat in Paris.

A GUILT-FREE TREAT!

Flo's raw chocolate is dairy free, mostly suitable for vegans, contains no refined sugar (which causes your chocolate cravings), or artificial additives, and will turn a guilty pleasure into a guilt-free treat!

Go on. Spoil yourself!

Look out for Flo on Céret market every Saturday or pop into her Olde Worlde Chocolate shop on Wednesday or Saturday from 15h30 to 19h and Sunday from 10h – 12h30.

12, baills jean villar, Arles-sur-Tech
07 83 15 93 18

<https://florenceelosachocolat.wordpress.com>
Facebook: Les-chocolats-exquis-de-Florence-Losa

Come and meet our friendly staff!
4 SHOPS IN THE P-O

OUR AUTUMN DEALS START 1st October to 31 December

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9.30 AM TO 12.30 PM
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Tel. 04 68 87 18 72
29 rue St Ferreol - 66400 Céret

Le Boulou
OPEN MONDAY-FRIDAY
9.00 AM TO 1.00 PM
and 2.00 PM TO 7.00 PM
ALL DAY SATURDAY
Tel. 04 68 83 33 29
Zone commerciale, RD 900 - 66160 Le Boulou

Perpignan
OPEN MONDAY-SATURDAY
9.00 AM TO 7.30 PM
Tel. 04 68 55 35 33
9013 route d'Espagne - 66000 Perpignan
(Direction Auchan, below Nature & Golf, next to Feu Vert)

Staff:
YANIRA Health & Beauty Advisor
SÉVERINE Health & Beauty Advisor
VÉRONIQUE Health & Beauty Advisor
JULIE Health & Beauty Advisor and dietitian
NICOLAS Naturopath
MAUD Make-up & Beauty Advisor
EMILIE Health & Beauty Advisor
ASMA Health & Beauty Advisor

www.resobio.fr
www.facebook.com/resobio

For your health, avoid eating in between meals. For more info go to www.mangerbouger.fr

Reso BIO

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English spoken

Bookings
recommended

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(We are down a side street near the Vet)

FOOD & DRINK

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Bar-Restaurant

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Serving traditional food inside or out*

Just one menu at 15,50 €
3 courses, including buffet starter and wine

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Shady courtyard

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www.lejardin-restaurant-ceret.fr
f: Le-Jardin-Restaurant

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Anse Gerbal - La Crie, 66660 Port-Vendres

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alcohol consumption can damage your health

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ENGLISH
SPOKEN

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ALL YEAR**

IN PERPIGNAN...

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FOR EATING
OUT

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SHALL
WE EAT
TONIGHT?

DOVE ANDIAMO A CENA STASERA?



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TAKE AWAY

Near the Castillet – easy parking (Clemenceau and Wilson)
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ENGLISH
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...IN PERPIGNAN...



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Make sure you book! 06 16 97 10 29

24 Place Rigaud > 66000 Perpignan > imego@hotmail.com
WE SPEAK ENGLISH

blague bête

(where does she find them?)

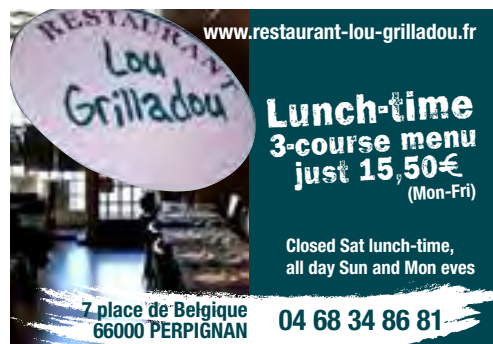
Comment appelle-t-on un
steak qu'on ne voit pas?

Un steak haché!



(You may have to think
about this)

IN THUIR



IN LAROQUE



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*Cosy Wine Bar
the ideal place to meet
and make friends!*

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and fresh fish
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58-59 Esplanade du Nouveau Monde
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DID YOU KNOW

LA CASTANYADA



Look out for a 'castanyada' near you, village festival celebrating the **sweet chestnut**, traditionally held on the 1st November at Toussaint.

Historically, La Castanyada was to honour saints and dead ancestors. Whole villages would stay awake in vigil, and the church bells would ring throughout the night.

They would eat '**castanyes**' (roast chestnuts) along with '**moniatos**', (roast sweet potatoes) '**panellets**' (small almond balls covered in pine nuts) and white, bone-shaped '**ossos de sant**' cakes, and share Muscat in '**porrons**', glass wine pitchers with stem to pour wine into your mouth without touching lips, and avoid passing on bugs!

The traditional, high energy foods were served up to prevent them from passing out from lack of sleep and the effort of ringing the heavy bells.

La Mariscada

FISH AND SEAFOOD SPECIALITIES

3-course lunch from 16,00 €

Monday-Saturday except bank holidays

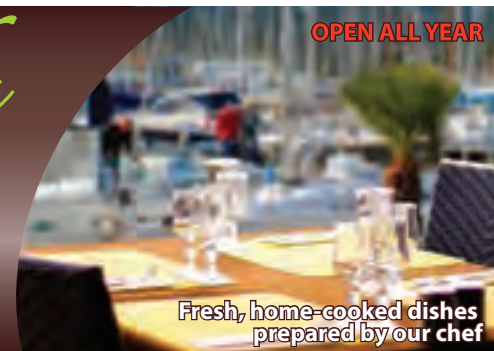
(from 23,00 € evenings)

Varied menu

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www.lamariscadarestaurant.com

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Music and Theme Nights
All year round

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Friday, 27th October!

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Mention P-O Life
and get a free coffee!

Catalan Jardin Party?

Looking for that perfect gift, beautifully wrapped up and ready to go? Why not pop into the Jardin Catalan and browse through their *Coffrets de Vin* and *Coffrets Gourmands* - or choose from quality, local products and compose your own according to your fancy and your pocket! Wines are sold by the bottle and on tap for your Christmas or New Year Party. There's a good range of Muscats, Cognac, Marc de Banyuls and for the sweet tooth, the famous Rousquilles and Croquants biscuits make a great gift with a splash of honey and local jams. Terrines and tapenades, artisanal mustards and deliciously-flavoured vinegars. All in all, a hidden treasure trove!

HOW TO FIND US: Direction St Cyprien Sud / Les Capellans. Take turning off roundabout opposite boatyard (main road is LIDL road).

Jardin Catalan

Open all year

More than **800 wines** to choose from!
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YOUR SWIMMING POOL IN WINTER

Swimming pools. They're expensive, time consuming and require a certain amount of know-how to keep them running smoothly. It's certainly much cheaper and simpler to go jump in the sea to cool down during our hot P-O summers.....but for those of us lucky enough to have a pool, what a joy, that first 'plouffff' as the warm weather arrives.

But they need looking after! We asked **Oliver, of TPM Piscine Services** (and by no coincidence husband to the editor!) for advice for a worry-free pool-opening next season.

WHAT SHOULD POOL OWNERS BE DOING NOW?

Avoid a last minute scramble! This is a good time to check, maintain, repair and replace equipment, whilst the pool is not in use.

- > Change that old cover
- > Search for and repair leaks.
- > Change sand in sand filter
- > Order new bubble cover
- > Redo grouting
- > Install heat pump, salt unit or any apparatus needed now, ready for new season
- > Move pool equipment from in-ground pool housing to above-ground pool house
- > Change liner. (temperature dependent)
- > Reset copingstones and repoint joints

And a couple of answers to frequently asked questions

IS IT WORTH INSTALLING A HEAT PUMP TO EXTEND THE SWIMMING SEASON?

Well, they're not cheap....but they're cheaper than they used to be! **On average they extend the season by 2 months per year and cost roughly the same as an air conditioning unit.** For smaller budgets, a bubble cover is a reasonable alternative.



WHAT ARE THE ADVANTAGES OF CONVERTING TO A SALT UNIT?

People often choose salt pools because they want a non-chlorine based treatment, but actually salt units also create a different kind of chlorine. **They are simply a more controllable treatment method.** Salt systems are tried and tested. Most have PH control, are easy and reliable, and treat the water better than chlorine tablets, which are heavily stabilised.

Clients often say that the water from a salt pool is lighter and softer on the skin and does not smell of chlorine.

AND THE COST?

The major cost is the price of the machine at the outset. **After that, one or two bags of salt once a year.** Salt units come at all prices depending on the sophistication of the unit and the make.



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HEAT PUMPS,
SALT SYSTEMS...

LEST ^{we} FORGET

Priests and Policemen

by Allen Rowe



VINCA ESCALDES SAFE HOUSE

During the German Occupation, the 'maison de santé' at Escaldes, near the village of Dorres, was a discreet and convenient safe house for the resistance networks commanded by the future Minister of Prisoners, Refugees and Deportees, Henri Frenay.

Abbé Ginoux, the parish priest, knew all the paths leading to the Spanish enclave of Llívia and, in his worn and mildewed soutane, often delivered letters that would have resulted in his execution had they been discovered.



Escaldes sanatorium

Braving the many dangers of the forbidden zone, he did not hesitate to accompany in person escapees entrusted to him.

CANADIAN AIRMEN

During the winter of 1943-44, his network was asked to pass six Canadian airmen across the frontier, crew of a plane shot down in France during a bombing mission. These men, hidden for several days in the sanatorium at Escaldes, wanted to reach Gibraltar.

Family friends in Puigcerda recommended some farmers with a farm between Enveigt and Puigcerda, known as 'The Gelabert Tower' or 'Mas Français'. This property had a particularity that had always been of great interest to smugglers: the buildings and their grounds sat astride the French-Spanish border, a situation lending itself to all sorts of interesting possibilities.



Dorres centre

The farmers willingly agreed to give temporary shelter to the Canadians.

Their guide then had the job of transforming them into priests, disguising them as clergymen taking treatment in the Cerdagne.

Not without difficulty, he obtained enough soutanes for his plan, although they were too short and only half-hid the airmen's giveaway boots. The odd looking group of clergy headed for the Hermitage of Belloch, which overlooked all of the Cerdagne, taking care to avoid German patrols from Ur and Bourg-Madame.



As they passed in front of the chapel, our brave Abbé recited a few Our Fathers to seek forgiveness for the venial sin he was committing in thus abusing priestly garments. The prayer obviously worked because all escapees arrived safely at the refuge where reliable friends awaited with warm soup.

SAFE HOUSE ANGOUSTRINE

In the neighbouring village of Angoustrine, a 'maison de repos' run by monks was another valuable stop for escapees, providing food, shelter and relative security, despite being regularly raided by a suspicious Gestapo.

LEST ^{we} FORGET



OSSÉJA GENDARMES

In nearby Osséja, Brigadier Lamarques of the Gendarmerie and his gendarmes advised on the best places and times to cross the frontier, sometimes offering safe shelter in the rest-houses where they were able to repose for a few hours.

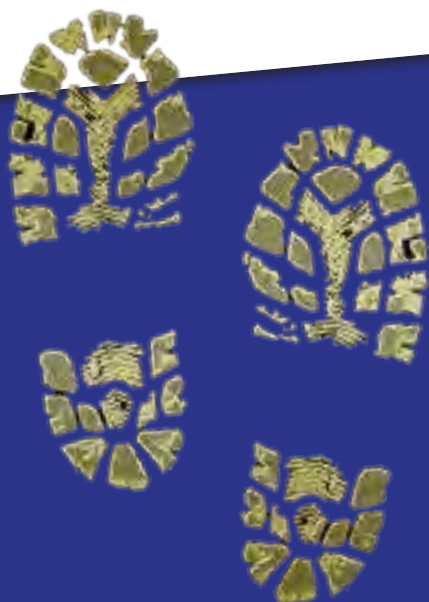
Lamarques was in contact with the leaders of an escape network operating out of Marseilles, whose Préfecture prepared ID papers for those who wanted to escape. They were then lodged in the Osséja clinics as if receiving treatment, and helped across the border by the gendarmes, in groups of two or three.

More than six hundred people were able to cross the frontier in the Osséja region thanks to the brigade of gendarmes and a little group of devoted guides.

I hope this has given you a glimpse into the reality of past life in these idyllic areas we live in. It has never been as easy as we have it now, and was often subject to famine, war and poverty, but the courage of humanity is invincible and showed itself quite brilliantly in those dark days of the occupation.



Refugees Osséja- la tour de Carol



The presbytery of Latour de Carol, home of the Abbé Jacoupy, was a safe house for many. The balcony of the house overlooked two obstacles that had to be overcome by escapees: the nearby border and the Gestapo headquarters thirty metres up from the balcony. From his vantage point, he could see the German patrols leaving and entering their headquarters.

When an escapee was sent to the Abbé, he would place himself on his balcony and indicate the best route and departure time to set out for the nearest Spanish village.

FRENCH ^{Life}

The Poppy and the Cornflower



To commemorate the allied action of WW1, many communities of the Pyrénées-Orientales invite residents of all nationalities to join together in a ceremony of solidarity.

Whilst the poppy is a powerful and iconic symbol of remembrance in England, the French equivalent, 'Le Bleuets de France', is their own poignant reminder of the First World War.

The 'Bleuet' or cornflower symbolises delicacy and innocence and, like the poppy, used to grow abundantly in France, often the only sign of life and colour amidst the mud and desolation of WW1.

The symbolic poppy is well known in France, mainly thanks to British footballers and celebs, who are spotted wearing them throughout November, but **Le Bleuets is unknown internationally and little known amongst the younger French generation.**

Maybe it will never become high profile like the poppy in Britain, but it nevertheless continues to support veterans and their families. **Look out for Le Bleuets de France on November 11th**, the only day it is sold, and pin a cornflower next to your poppy.



LIVING ^{off} THE LAND Rosemary and Yarrow

The third in the series of gentle weed walks, salves, poultices, and plant based remedies and recipes from Fiona Sass and Cindy Guilbert.

Cindy on Rosemary

This very Mediterranean herb is versatile, **antiseptic and antibiotic** and can be used in many different ways. You can find it in many gardens, roadside borders and McDonalds car parks!

Traditionally used to help alleviate muscle pain, improve memory, boost the immune and circulatory system, and promote hair growth, it is also great in salad dressings, tisanes and even in the bath.

As Halloween (Samhain) approaches, I have made 'smudgies' of rosemary, sage, lavender and rose petals foraged from the mountains to keep away the ghosties and ghoulies.

They are a natural incense which, when burnt, purify the air, giving the house a wonderful smell in a purely natural way - no nasty plug ins required!



POACHED ROSEMARY PEARS

- 4 whole pears, peeled
- Juice of 1 lemon
- 4oz / 110g sugar
- Sprig of rosemary
- Caramel sauce
- 8 tbsp sugar
- 1 oz / 30g butter
- Sprig of rosemary
- 1/2 pint / 110g double cream

Place pears, lemon juice, sugar and rosemary into pan and cover with water. Bring to boil and reduce heat to a simmer until pears are soft. Remove sprig of rosemary.

Caramel sauce

Put sugar in pan and heat gently until dissolved and caramelised.

Add butter, rosemary and cream and stir well.

Remove from heat and cool ... remove sprig of rosemary.

Cut pears in half lengthways and drizzle with caramel sauce.



Cindy Gilbert

As well as my interest in flowers and herbs I make perfumes, paint mandala watercolours and other artworks; make chocolates and dabble in crafts.

If you would like to see my portfolio or have any questions please visit my **Naturale Magick Facebook page** where you will find photos of my work, or contact me by e-mail at naturale.magick@gmail.com

By Cindy Guilbert and Fiona Sass

Fiona on Yarrow



Also known as **Soldier's Wound Wort**, Yarrow was often associated with battlefields, thanks to its **ability to help the healing of deep and bloody wounds**.

Yarrow tincture, made by **steeping the flowers and leaves in alcohol for 6 weeks and then straining**, is an excellent, if bitter 'aperitif', stimulating the liver and aiding digestion.

Use it as a cold preventative and even as an alternative to toothpaste as it tightens the gums, kills bacteria, stops gums bleeding and freshens the breath.

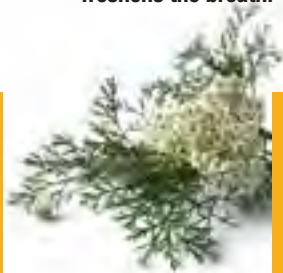
Use it also as an **insect repellent**, on the ankles to prevent ticks, and all over the body to repel mosquitos. **Strong yarrow tea or tincture can help to bring down the temperature and support the immune system. Be careful not to confuse yarrow with poison hemlock.**

The stem of yarrow is a little hairy with fern like leaves coming directly out of the stem whereas the Hemlock's stem is smooth with purple blotches.



Fiona Sass

Interested in herbs and weeds? I offer simple workshops on herbal preparations, identifying edible and medicinal wild plants and cultivating homegrown varieties. I also make and sell herbal salves, called pommades. Contact me by email on chara.earth@gmail.com, Facebook: **FionaSass**, visit my site at <http://hubpages.com/@charaearth> or ring 07 68 46 34 27



P-O NATURALLY

When the “Aiguat” Comes, Nothing is Saved

By Lesley McLaren



AIGUAT (pronounced aïgouat) is a Catalan word with no single word equivalent in English or

French.

It means exceptional rainfall and flooding combined.

The P-O might not suffer terrifying hurricanes, like those in the USA and Caribbean, **but its weather can still be dramatic, frightening and destructive.** Like other Mediterranean regions, our long dry summers are usually followed by a wet autumn. When warm, humid air from the Med meets cold air that's come down from Greenland, very unstable clouds develop and deliver on average 30%-40% of our annual rainfall in just three months (September, October, November). The real problem comes when there's little wind to move those clouds on. **Things start to get hairy when 200mm or more falls over a 24-hour period** – something that happens once every 5-10 years in the P-O, according to Météo France. Much more than this, and catastrophic floods can result. There's a Catalan proverb: **“Quan arriba l'aiguat, hi ha pas res de salvat”.** When the *aiguat* comes, nothing is saved.



Olot Credit: Archives La Clau



Chauvin 1940. >
Arxiu terra nostra i el Punt Avui



Lesley McLaren is one of “The Warblers” – a group of natural history enthusiasts in the PO.

Photos by “The Warblers” unless otherwise stated.

www.mediterraneanpyrenees.com

Twitter @66warblers

Records of the River Tech's regular floods date back to 1421. Over the centuries, many have been especially bad. In 1876, for example, between 17th and 20th October, houses were demolished, railway bridges destroyed, road bridges badly damaged, and two people drowned.

Sixty-four years later – bizarrely, over exactly the same period – the region experienced the most devastating and record-breaking *aiguat* of them all.

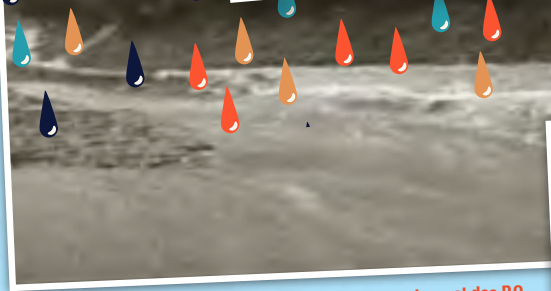
It was 1940. Over five days, from 16th October, nearly 2,000mm of rain fell on the Canigou mountain range. Around 1000mm of this came down in just 24 hours, mostly on the south side. **Never before had all the rivers of the PO, Aude and Catalonia flooded at the same time.**

Witnesses said **the Têt and Tech ran brown, black, sometimes reddish.** Added to this, the smell of sulphur made some people think the water came from hell. On October 17th l'Indépendant ran the headline (referring to Vernet-les-Bains): “Hier Paradis des Pyrénées, évoque aujourd'hui un chapitre de l'enfer de Dante”.

PARADISE IN THE PYRENEES YESTERDAY, DANTE'S INFERNO TODAY.

Vernet was on Canigou's north side, but the Tech valley on the south side fared worse. Hardest hit were **Amélie-les-Bains** (58 buildings flooded, 40 houses destroyed and 23 people dead), **Prats-de-Mollo, Banat and Arles-sur-Tech.**

P-O NATURALLY



Journal des P.O.
Le Soler, porte de la Vallée de la Têt

Roads were impassable, buried under 1m of rocks and stones.

Down on the plain, thousands of hectares of fields, orchards and vineyards were drowned under 1-1.5m of water. At Elne a railway bridge was destroyed. Here, the Tech, at its peak, was estimated to be flowing at 3,500 cubic metres per second!

We can only guess the devastation caused to plant and animal life. Over ten thousand trees alone were uprooted.



The total human death toll in the PO was 48 – all in the Tech Valley – and hundreds lost their homes. Spare a thought for those across the border, though. **In Catalonia 320 died and thousands were left homeless.**

It's said there was the smell of death in valleys once rich and prosperous. After the waters



Pont Joffre. Credit Archives La Clau

receded, in places like **St-Laurent de Cerdagne**, which had experienced the highest rainfall, you could stand next to telegraph poles and touch the top, or sit on the edge of house roofs, with your feet touching the ground. This was wartime, and the scene and response to it resembled the aftermath of a bombing raid. Many flood defences were put in place after that. At some point in the future they are likely to face another serious test. But these days there are more stringent warning, safety measures and evacuation procedures in place too.

Destruction can be very limited, according to where the rainfall is most intense. The most damaging localised *aiguat* in recent years came in 2011, from a small river that rises in the **Albères** and runs through **Sorède**. An amazing video, compiled by Denis Spiral, shows the Vallée Heureuse like you've never seen it before. (Google "**Sorède le 21 Novembre 2011 La Catastrophe**".)

At least six streams course down the flanks of Pic Néoulous and feed into the River Tassio, which in turn flows down the Vallée Heureuse, across two dams, and through Sorède.

By November 21st that year, four days of steady rain had already left the ground saturated, when a massive storm kicked off with a bone-rattling thunderclap at 9.30am, directly above Néoulous. **For the next seven hours the rain was torrential, relentless.**

The Tassio quickly turned into a raging brown torrent and by lunchtime had cut the valley off from the village. **A swirling mass of boulders, stones and tree trunks gradually blocked a bend in the river until finally something gave**

way and debris-filled water surged, tsunami-like, down the valley, taking everything in its path, including parts of roads, bridge railings and a 100-year-old concrete footbridge. It blew in the windows of a ground floor bedroom, swept away a garage, filled swimming pools with silt and rocks. Luckily, no one was injured, despite some people watching from positions dangerously close to this terrifying natural event – this *aiguat*.



Pick a seat for your coffee & croissant!

There can be risks at the coast as well. Although the Med isn't tidal, gales or a drop in atmospheric pressure can cause sea levels to rise in spectacular fashion.

With the return of benign, clear skies, the violence of autumn storms can be hard to imagine if not experienced first hand. Winters can be dry by comparison. Come December, if there's a cold snap, any rain turns to snow on the high slopes – often the first to stick on Canigou. But the weather changes fast here and you can never be sure when or where the *aiguat* may strike next.



Piles of debris show how high the Tech rose in Oct 2012



WANT TO KNOW MORE ABOUT NATURE IN THE PO?
VISIT OUR BLOG ON www.mediterraneanpyrenees.com

FEMMES, HOMMES ET ENFANTS

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DE COIFFURE

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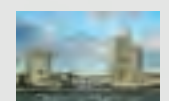
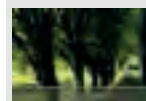
- Joyeux Noël - Merry Christmas
- Bonne Année et Bonne Santé
Happy New Year and Good Health
- Joyeuses Fêtes et Bonne Année
Merry Christmas and Happy New Year
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La petite Marcelle

By Fiona Sass

they both worked at the spa hotel in La Preste. She was server number one. There were only men in the kitchen but she would stride in defiantly and with great charm.

She had clients who asked especially for her and she would sing for them. She will still sing her favourite song for me now.

My partner, Pascal, was born in the café on the square and was pushed round in his pram by most villagers. He is still dearly loved to this day.

His friends call Marcelle and Raymond "the father and mother" of the village as they raised that generation. All the boys would come over to play babyfoot and flipper and watch the goings on. The girls, of course, would come too and watch.

My mother-in-law has dementia but she can still remember every day of her working life. She can't tell you what she had for breakfast or the name of the person greeting her but when she knows it, she can tell you their story.

Marcelle Chadeyron and her late husband, Raymond, ran the local cafés in Saint Laurent de Cerdans. Initially on the square up by the church, as a hotel, restaurant and bar, then later at the local syndicate on the main road.

Raymond was a Master Chef, trained during his time in the army. It sounds unlikely if you think of mess food but he could cook lobster tails à l'Américain and stuffed mussels like nobody else.

Often, of an evening, **he would provide food free of charge at the end of the service for his regulars.** Warm onion soup on a cold night warmed the soul.

Marcelle was the waitress. She met Raymond when

There were the regulars for the aperitif, the diners and digesters, the all-nighters and the mainstays. One customer would simply order a full crate of beer and sit down and drink. He might often be found sleeping in the basement the next morning.

Another, a mule farmer, would come in at the end of a long day's work and rest his calloused hands on the wood burner to warm up, without feeling a thing.

Even the customers helped out in the café. One old man would carry the fuel for the oil burner up from the basement to keep everyone warm. As they say in French, everyone put their hands into making the dough (tout le monde met la main à la pâte).

If Pascal came home late, his mother would be waiting up for him with a broom, behind the door.



>> Raymond and Pascal

She would beat him all the way up the stairs. On other occasions he would help her sweep and wash the floors into the early hours. He would then sleep on his desk in class and get beaten by the teacher.

After retirement, **Raymond received a medal honouring his kindness and involvement with voluntary village service. He served many years on the town council, covering at least three different mayors' terms.** He ran a local club for the young to learn to play boules, his favourite sport. **There is an annual trophy in his name in St Laurent now. He is sorely missed.**

Marcelle lives with her sister, Tati Henriette, who looks after her every need. Two sisters under one roof can get pretty fiery but they get by. Marcelle repeats herself endlessly and Tati isn't much better, but they love remembering the old days when they were at the heart of the village world.



>> Tati Henriette

Where Tati is unassuming, Marcelle is gregarious. In her years in the Third Age club she regaled the coach with antics and songs, sliding up and down the aisle like Linda De Sousa with her suitcase ready to go.

Now she sits in the car when Tati and I do the twice-weekly shop. She loves the attention her fellow villagers pay her but prefers to hear that she was asked after or to receive a kiss through the window while she waits. She still says "I was someone". Not out of pride but the knowledge that she could really touch people.

She is well remembered for her sprightly service and cheeky good humour.

While writing this story, Pascal passed away.

I still take care of Marcelle and Tati. They have become my family. As they say in French, I landed well (Je suis bien tombée).

About Me

Interested in herbs and weeds? I offer simple workshops on herbal preparations, identifying edible and medicinal wild plants and cultivating homegrown varieties. I also make and sell herbal salves, called pommades.

CONTACT ME.....

by email: chara.earth@gmail.com

Facebook: FionaSass or ring 07 68 46 34 27



>> Marcelle

OUT for THE DAY

Where Eagles Dare



A TALE OF THREE CASTLES (and a smattering of cathar history)

THE HISTORY

An estimated 200,000 to 1,000,000 people were massacred in Languedoc Roussillon during the Albigensian Crusade of 1209–1229. ('Albigensian' was another word for Cathar, so-called because of the strong Cathar following in the town of Albi.)

The Cathar faith flourished during the 12th and 13th centuries in southern France, at a time when many Christians were questioning their beliefs. The gentle Cathar doctrine of tolerance and respect, a far cry from the inflexible 'believe or die horribly' policy of the church, attracted the nobility and many clergy as well as the common people. The Roman Church was outraged.



>> Cathars expelled



Pope Innocent III quickly proclaimed the religion heretic, and called for a crusade to crush the Cathars. Men, women and children were massacred, the nobility disgraced, humiliated and replaced, leaving behind only the ruins of the famous 'Cathar castles' as a sad heritage of the violence that took over a region which had, until then, always been known for its policy of tolerance.

THE CHATEAUX

Strategically placed to defend the French border against the Spanish, the strongholds of Peyrepertuse, Puilaurens, Aguilar and Termes, known as the "Five Sons of Carcassonne," are each perched high on a hill. Veritable eagles' nests, once owned by noblemen sympathetic to the Cathar religion, and the last resort for the Cathars as the Albigensian Crusade threatened to wipe them off the face of the earth, they lost all strategic importance when the Treaty of the Pyrenees moved the border further south.

For our day out, we have chosen just two, Quéribus, and Peyrepertuse, near enough to each other to be visited on the same day - but we've added an extra one for chateau junkies wishing to overdose in one day.

Start in Estagel, and take the N117 towards Maury, following signs for Cucugnan and climbing the Grau of Maury where the **Château de Quéribus perches on its 728m high rocky pinnacle**, dominating the beautiful rolling vineyards of Maury and Cucugnan. Regarded as the last Cathar stronghold, it's a steepish 15 minute walk from the car park to the castle, probably not suitable for prams or wheelchairs, but with phenomenal views to reward you on arrival.



>> Quéribus view

Pick your day if you don't want to lose your hat and anything else that isn't tied on - this is a windy site. An information sheet is provided in several languages and an entertaining audio guide can be purchased, on top of the small entrance fee.

OUT for THE DAY



Facilities are basic - loos and a drink or an ice cream - but a 'between-castles' visit to the nearby villages of Cucugnan or Duilhac-sous-Peyrepetuse will provide a château-hopping lunch break, both villages worth a short walk around.



>> Quéribus vaulting

Much of the original structure has crumbled, battered by the elements over the years, but one large, well preserved room has an imposing gothic column and vaulted ceiling, and there is a secret passageway under the keep, (take a torch with you).



From Quéribus, **Château de Peyrepetuse** is easily visible, an amazing fortress eight hundred metres high, well placed to send communication signals to the château de Quéribus. **Like Quéribus, this castle also formed an important part of the Cathar defences, and a secret passage ending in a detachable ladder affording vital access, is still to be found.** Much of the walls and towers are still intact, as are parts of the dungeon, some of the rooms and the chapel. The path from the carpark to the entrance (entrance fee payable) is a bit of a steep hike. Walking boots recommended.

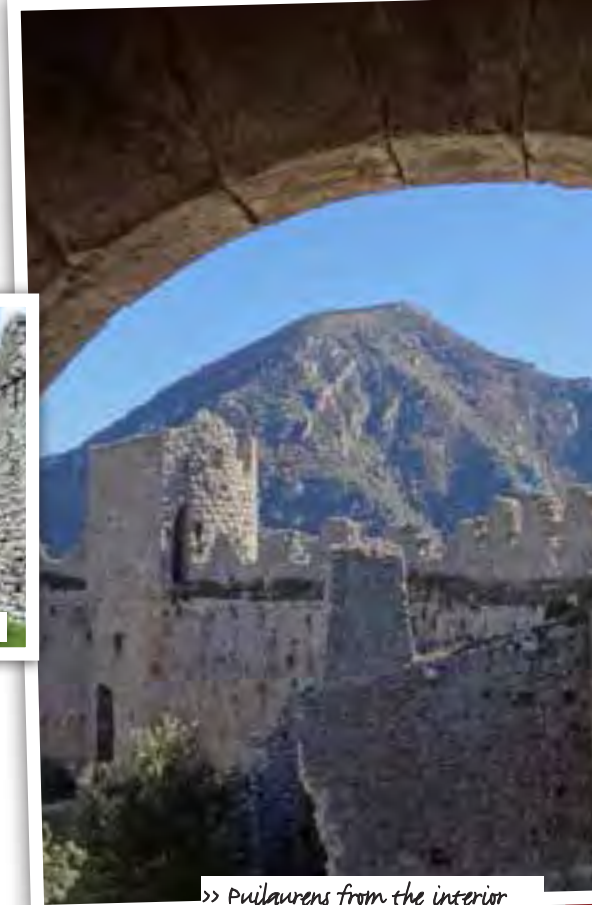


≈ Château de Peyrepetuse

If two castles really aren't enough for your day out, the **château de Puilaurens** can be reached by returning to the N117 and continuing on to St Paul de Fenouillet, crossing into the Aude after Caudiès de Fenouilledes and following the road to Lapradelle.



>> Puilaurens



>> Puilaurens from the interior

Another steep but pretty climb to the entrance, **the château de Puilaurens** rises high above the village and the valley of the Boulzane and was used by the Cathars for refuge, and a main border defender in the endless battles between the French and the Spanish.

Picnic tables and loos in the carpark...but no amenities once you get to the top.

A fascinating hike through the region's history, this castle day out should be combined with a few tasters at some of the excellent wineries you will pass as you drive through the seas of vines. Have a lovely day.

OUT for THE DAY

PIRINEXUS

The longest cycle route in Southern Europe.

Autumn in the P-O is the perfect season to explore the region by bike or on foot.

With 353 kilometres of cycle track, parts of it purpose-built for safe cycling and walking, the transborder Pirinexus route takes you through 53 towns and two different countries, combining stretches of 'voie verte' with rural, low traffic level roads.

The route is pretty well signposted throughout but, to be on the safe side, you can download the 'track ap' onto your smartphone from the download section on their website, www.pirinexus.cat. If you have Android, Blackberry or iPhone, www.viesverdes.cat also offer you an app with information of sights of interest and services along the route.

Along the way, Michelin starred restaurants, wine-tasting, ancient roads, castles and abbeys, fascinating architecture and ruins, art, craft, local produce - a cocktail of nature, history, leisure and adventure. Plan your cycling or walking programme to combine fresh air and exercise with culture, gastronomy and fun.

We'll be taking you Out for the Day on the Pirinexus route in future editions of PO Life, but for much more detail, check out their official website www.pirinexus.cat or the **Pirinexus guide published in Catalan, Spanish, French and English, available in most tourist offices.**

We set off from Le Boulou, but start also from Perpignan, Argelès, Figueres, Girona or Ripoll - or anywhere in between. You are recommended to follow the circuit in a clockwise direction.

THE MAIN TOWNS ALONG THE WAY

Le Boulou->La Jonquera->Capmany->Peralada->Castello d'Empuriès->Sant Pere Pescador->L'Escala->Pallarugell->St Feliu de Guixols->Girona->Olot->Sant Joan de les Abadesses->Prats de Mollo->Arles-sur-Tech->Amélie->Cèret->Le Boulou



"...for health, for sport, for tourism, for culture, to try out the menus of any of the 18 Michelin star restaurants or the wine of the Empordà denomination of origin... each person will find their own reason to plan a tailor-made trip of their very own".

WINE CLUB



P-O Wines

TRIED AND TASTED

Over the next few editions, **Tony Goodman** will be visiting regional wine producers, chatting to the vignerons and recommending a few wines that have inspired him. A bit of poetic licence will allow you to enjoy some fun observations from this talented amateur wine taster.



He starts off the series with four fabulous domains; **Domaine de la Perdrix, Chateau de Corneilla, Arnaud de Villeneuve and Dom Brial.**

Hearts, hands and feet firmly embedded in the local terroir, passionate and determined winemakers were producing wine in the PO before the Romans arrived. They sold Vin Blanc to the Phoenicians and Vin Rouge to the Visigoths. They watched over their vines as France and Spain volleyed the frontier back and forth and Hannibal's elephants lumbered past their cellar doors.

Wars, revolutions, blistering heat in summer, a chilly tramontane sent down by old man Canigou since the end of the last ice age... To have survived all of this suggests the local winemakers know their trade.

DOMAINE DE LA PERDRIX, TROUILLAS
www.domaine-perdrix.net

YOUR VISIT

Perdrix wines are complex, thought provoking yet approachable. Discover them in a comfortable, well-equipped tasting room surrounded by vines. **Nicholas is passionate about his wines - and the blues!** At our tasting session, the great John Lee Hooker quietly plied his trade in the background. Generous samples, easy to find, ample parking, picnic tables. Definitely worth a visit.

Vin Blanc « Ceux qui rêvent le jour »
12.5%Vol Grenache/Rousanne

Rousanne is a grape variety normally found in the upper Rhone valley, one of only six varieties allowed to be blended with Syrah to produce the world's best wines. The blending here, with Grenache, produces a superb wine for grilled fish and Fruits de Mer. Keep a couple of bottles on standby in the wine fridge for when friends drop in unannounced. Serve chilled 8 – 10C

Rosé « Ceux qui rêvent le jour »
12.5%Vol Syrah/Grenache.

Forget what you think you know about Rosé. This is not a bland pink bargain-shelf-quaffer. It has depth, style and glorious colour. Close to perfect blend will get even better if you can resist drinking for two years. Perfect with grilled Mackerel or summer sweet Charantais melon wrapped in wisps of air-dried aged Catalan ham. Served chilled 10C

Rouge « Le Charakter »,
Syrah /Grenache

An enormous red with plenty of Syrah panache. A superb match for any meat and game with a rich sauce. It would not be out of place on Rules of London's wine menu, and the Xmas turkey will thank you. Perfectly drinkable now or can be laid down for 5 – 10 years.

TRAVERSE DE THUIR. TROUILLAS
TEL: 04 68 53 12 74
contact@domaine-perdrix.com

Gouter - to taste
Déguster - to taste with the specific
intention of identifying / judging a product

CHÂTEAU DE CORNEILLA DEL VERCOL
www.jonqueresdoriola.fr

YOUR VISIT

Between Saint Cyprien and Villeneuve de la Raho, the Jonqueres d'Oriola family have been making wines for twenty-seven proud generations. Mt Canigou's seasonal rhythms have been their timepiece, the green shades of the Albères Mountains their weather gauge.

Well signposted, easy-to-find location 15 minutes from Perpignan, pop in for a warm welcome. Plenty of parking. Bright well-appointed and airy tasting room. Max, with his excellent English, steered us through their range of wine.

Collioure Blanc 2016 14%Vol
Grenache Gris, Grenache Blanc, Rousanne

Blended with traditional local grapes, with a sharp elegance. Its abundant honeysuckle and tea aroma shouts out quite loudly "Bouillabaisse" or baked fish with rich cream sauce, or a plump poulet jaune spit roasted with butter and tarragon. Drinkable now at around 10°C, it has the capacity to develop over the next 3 – 5 years.

La Canaille Rouge 2015 13%Vol
Mourvèdre, Grenache Noir, Syrah

A delightful easy drinking red, a classic example of what you will find as you explore the local wineries. Plenty of red fruit, plenty of colour and generous aromas. The blend of grape types and skill of the winemaker have produced a red that would work equally well with a nice steak or grilled Tuna with a crisp fennel, sweet red apple and walnut salad.

Best served at 14C - 15C. It will reward you if you can put it aside for 3 to 5 years.

3 RUE DU CHÂTEAU, CORNEILLA DEL VERCOL
TEL: 04 68 22 73 22
chateaucorneilla@hotmail.com

WINE CLUB

ARNAUD DE VILLENEUVE, RIVESALTES
www.arnauddevilleneuve.com

YOUR VISIT

Rivesaltes is a global centre of gravity for 'vin doux naturel' production. Arnaud de Villeneuve, located in the very heart of Rivesaltes, has been a recognised core producer since the turn of last century, producing award winning wines for all palettes and pockets. Ample parking at their historic tasting rooms, or a short level amble from the station. The decor and ambiance of the tasting rooms themselves alone are worth a visit. Open and attentive staff will make every effort to make your visit enjoyable.



Rivesaltes Ambré 20 aged 16%Vol
 Grenache blanc, Grenache gris, Macabeu
 Crafted with fruit from old vines, which have won the right to extract the very best from the region's sometimes harsh, red-soiled, limestone-strewn terroir. Aroma is floral without being florid. Rich, with seductive dry vanilla, caramel and just a hint of lightly toasted peppery Blue Mountain coffee. Certainly serve as an apero, however, to take advantage of its lovely lingering nature it will be at its best on the balcony or terrace beneath a harvest moon with sweet fresh fruit and hard cheese. Lightly chilled only please.



Rivesaltes Ambré 1985
 Granache Blanc, Graache Gris, Macabeu, Muscat d'Alexandrie
 Aged in oak for over 30 years, this is an elegant silken Belle Epoque ballgown, Victor Mature in a tuxedo. The floral aromas, with hints of Tahitian lime, are powerful without being overwhelming. A soothingly caramel, jasmine, sweet nutmeg island of a wine. It connects on a personal level. Serve at not less than 15C.

AVENUE LEDRU ROLLIN, RIVESALTES

TEL: 04 68 64 79 34

TERROIR

Coming from the French word *terre* for 'soil', the word *terroir* originally described the special characteristics of a region, or piece of land, which gave different varieties of wine, coffee and tea their individuality. (Soil, climate, position, regional

traditions...) Over the centuries, French winemakers developed and took for their own the concept of *terroir* but the word is still often used to describe rural activities and harvest festivals.

DOM BRIAL, BAIXAS
www.dom-brial.com

YOUR VISIT

Flavoursome wines packaged in a tasteful contemporary style, representing excellent value for money for top quality wine, the cooperative cave of Baixas is impressively well equipped with underground cellar housing French oak barrels. Dom Brial himself was a priest from Baixas, confessor to Marie Antoinette, who introduced the wines from his village to the royal court. Enjoy a guided trip around the well-groomed vines, followed by a dégustation in their pleasant tasting rooms.



Chateau Les Pins Blanc 2013 14.5%Vol
 Grenache, Malvoisie, Rousanne

If wine was rugby and Bernard Laporte could have included this wine in his run on side for the final match of the 1999 world cup, his political aspirations may not have stalled at ministerial level. The light-footed and lithe Rousanne calls out for moules marinière, like Serge Blanco calling for the ball as he headed for the goal posts. The Grenache and Malvoise provide a solid prop forward base. Grilled chicken with lime and coriander is another option. Chilled to around 10C. It certainly has the strength and potential to age for 3 years if you are so inclined.

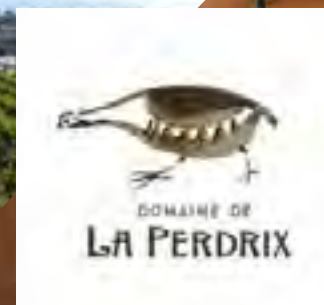


Chateau Les Pins Rouge 2012 14%Vol
 Syrah, Mourvèdre, Grenache

This wine will make your heart sing if on the wine list. Order it, and the sommelier will give you a nod of approval. The Syrah gives it a peppery bounce, the Mourvèdre and Grenache a solid bass line. Select the Cassoulet or Jugged Hare, Coq au Vin or Quail from the Menu à la Carte. Around 15C – 16C, however, no need to be fussy. Set aside for 3 years, perhaps a little longer if you have cellar space.

VIGNOBLES DOM BRIAL. BAIXAS

Tel: 04 68 64 22 37



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P-O NOUVEAU
**les Vins
primeurs**

The 'vins primeurs' signal the end of the harvest. They are usually released on the third Thursday in October here in the P-O., three weeks earlier than the much talked of Beaujolais Nouveau, thanks to our sunnier climes.



**Nuit des Vins Primeurs -
Thursday 19th October**

Cavistes, bars and restaurants accompany the wine makers in celebrating the arrival of the Vin Primeur by proposing wine tasting and **live music on Thursday 19th October**, often accompanied by a traditional Catalan Castanyada (roast chestnuts)

Bright red or violet, fruity, with a taste of cherry, strawberry, raspberry, freshly squeezed grapes, they should be drunk before Christmas according to tradition.

Easy-drinking, uncomplicated wine that shouldn't cost a fortune, they're usually fun, often in trendy bottles with glitzy labels and logos. They arrive in a haze of media hype - and they're not always wine perfection, but hey, no-one expects them to be - *that's fashion. Enjoy!*



You are advised to take at least one sturdy bag and a designated driver.....and whilst there is no real pressure to buy, some might feel that it would be rude not to!

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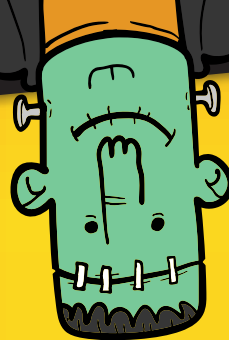
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'Des bonbons ou une farce' is one way to beg for sweeties on Halloween, 'friandises ou bêtises' is another.....but as there is no literal translation, just about anything goes. Here's a little bit of Halloween vocabulary in case you find yourself face to face with a **VAMPIRE**.

Se déguiser (en) – to dress-up (as)
 Sculpter (une citrouille) – to carve (a pumpkin)
 Un fantôme – a ghost
 Un vampire – a vampire
 Une sorcière – a witch
 Un squelette – a skeleton
 Un épouvantail – a scarecrow
 Un diable – a devil
 Un monstre – a monster
 Une chauve-souris – a bat
 Une araignée – a spider
 Une toile d'araignée – a spider web
 Un potiron, une citrouille – a pumpkin
 Une bougie – a candle



ON Y EST!

Une chauve-souris vampire rentre chez elle couverte de sang. Les autres chauves-souris dans la grotte la harcèlent pour savoir où elle a trouvé ce sang délicieux. Finalement, la chauve-souris vampire ensanglantée cède et dit aux autres de la suivre. Après dix minutes de vol silencieux dans la nuit noire, ils plongent dans une vallée, puis dans une forêt et la chauve-souris vampire ensanglantée dit : On y est! Vous voyez cet arbre là-bas? Oui! Oui! crient les autres, la salive à la bouche. Et ben moi je ne l'avais pas vu...

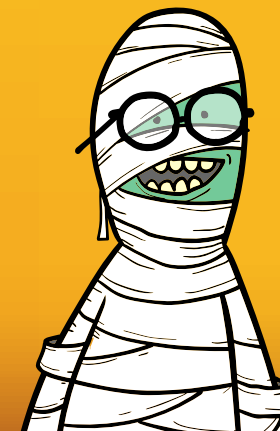


chauve-souris – bat
 sang – blood
 la harcèlent – hassle her
 ensanglantée – bloody
 cède – gives in
 On y est – we're here



Une petite araignée demande à sa mère : Maman, qu'est-ce qu'on mange pour dessert ce soir?

Une mouche au chocolat!



Allianz CERET
AND THE
WARMEST OF
SMILES

Step in through the door of ALLIANZ, Céret and I guarantee that you will be greeted with the warmest of smiles whatever the weather. Director Olivier and his two lovely colleagues, Anne-Sophie and Caroline make a young, dynamic team, ready to bend over backwards to help and advise you on anything you need to know....a good local restaurant, a great market stall to buy your olives and saucissonoh, and the best insurance policy for you!

"Avant de se marier" Olivier tells me, "on se fiance. Pour moi, la relation commerciale, c'est identique" A future client needs wooing with time, thought and attention. "If you're going to put yourself in my hands, I want to get to know you, be sure I'm getting it right".

They will help you with admin, explain in detail any small print or parts of the policy that aren't clear, and be there 6 days per week to sort out any problems. Don't wait 'til you need to make a claim. They're open during the Saturday morning market too so pop in and say hello next time you're in Céret. They'll always be happy to meet you.

THE 'COMPLÉMENTAIRE SANTÉ' OR 'MUTUELLE'

The French healthcare system is constantly under reform and what is true today may not necessarily be true tomorrow, but in general, whatever your circumstances, it is advisable to take out a top up insurance policy (a 'complémentaire santé' or 'mutuelle').

WHY DO WE NEED TOP UP INSURANCE?

A complémentaire santé (a mutuelle is an old fashioned way of saying the same thing) is a policy which reimburses medical costs not covered by the Social Security.

Depending on the policy chosen, it will cover some or all of the remaining percentage NOT reimbursed by the state, which can be an enormous amount if you need hospital or emergency treatment.



CHOOSING YOUR 'COMPLÉMENTAIRE SANTÉ'

It is worth exploring different insurers and policies in order to find the right one for you and your family.

ALLIANZ offer 'made to measure' flexible packages where you can add or subtract what is more, or less relevant to you personally.

For example, if you know that you have regular problems with your teeth, but your eyes are mostly fine, you might choose a higher level of reimbursement for your dental care than your optical needs. ALLIANZ will advise you with great care and tell you what you DON'T need to pay. Now there's a change.

The monthly premium is surprisingly low compared to British health insurance policies and there is no medical questionnaire or sanction on pre-existing conditions



DO NOT WAIT UNTIL YOU
ARE ILL TO TAKE OUT TOP-
UP HEALTH INSURANCE



Allianz Composio

We may be concerned about our teeth, but that doesn't mean we need glasses! Allianz has revolutionized supplementary health insurance by inventing **Allianz Composio**, which separates optical care from dental treatment.

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Tongue Twister

Répétez trois fois
Seize chaises
chères sèchent
chez Serge

1

J pour jungle et K pour Koala!

Match up the words, all beginning with J ou K, with their definitions.

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

- | | | | |
|-----------|----|---|-------------------------------------|
| jumelles | 1 | a | fête en plein air |
| jupe | 2 | b | femelle du cheval |
| kermesse | 3 | c | fleur jaune du printemps |
| journée | 4 | d | avertissement sonore d'une véhicule |
| jeton | 5 | e | remplace les pièces de monnaie |
| képi | 6 | f | pour voir ce qui est loin |
| jument | 7 | g | entre le matin et le soir |
| jonquille | 8 | h | faire une promesse |
| klaxon | 9 | i | sorte de casquette rigide |
| jurer | 10 | j | vêtement féminin |

Useful phrase

C'est du pipi de chat
It tastes like dishwater!
(Lit. cat's pee!)



Useful expressions
Ça fait flipper
It's freaky, scary

PROVERBE CHINOIS

C'est en voyant un moustique se
poser sur ses testicules que l'on
s'aperçoit qu'on ne peut pas régler
tous les problèmes par la violence.

(en voyant – seeing
l'on s'aperçoit – you realise)

Vary your language

Don't just say
...oui. Say..

Absolument
Tout à fait
Bien sûr (que oui)
C'est clair
Volontiers
D'accord
Parfaitement
Avec plaisir
Sans aucun doute
Ouais (pron way)

See Page 86 for answers

Language Tip

Savoir or Connaître?

"Savoir" and "Connaître" both mean
"to know"

How do we differentiate between the two?

Use "Savoir" when following it by a
second verb

Eg je sais parler Français Tu sais
danser la sardane?

Use "Connaître" when following it by
a noun:

Eg Il connaît mon frère Connaissez-
vous la route pour Perpignan ?



Feeling childish?
Say.....
Caca-boudin
(Yukky poo!)

2



Trouvez la bonne définition

- | | |
|--------------------------|-----------------------|
| 1 Une dalle | 6. Un Slip |
| a) valley | a) slide |
| b) paving stone | b) underpants |
| c) brief encounter | c) petticoat |
| 2. Un drap | 7 Le sein |
| a) curtain | a) health |
| b) sheet | b) river in Paris |
| c) flag | c) bosom |
| 3 Un devis | 8) Une marmite |
| a quote | a) Cooking pot |
| b guess | b) Sandwich spread |
| c tool | c) slang for child |
| 4. Un exhibitionniste | 9) Les Piles |
| a) flasher (willy wise!) | a) batteries |
| b) stall-holder | b) haemorrhoids |
| c) art shop | c) Pyramid of objects |
| 5. Sensible | 10 un lavabo |
| a) Sensible | a) toilet |
| b) Sensitive | b) launderette |
| c) embarrassed | c) bathroom sink |

3

Match up these useful phrases which all involve body parts

- | | | | |
|----------------------------------|----|---|--------------------------------|
| Faire un bras d'honneur | 1 | a | a Give up trying |
| Motus et bouche cousue | 2 | b | Do something with ease |
| Faire qch les doigts dans le nez | 3 | c | Give a clue |
| Agir sur un coup de tête | 4 | d | Express disbelief |
| Mon œil! | 5 | e | Give a V sign! |
| Avoir une dent contre qn | 6 | f | Get the truth out of someone |
| Tirer les vers du nez | 7 | g | Mum's the word |
| Donner sa langue au chat | 8 | h | Act without thinking |
| Mettre la puce à l'oreille | 9 | i | Unable to see clearly |
| Avoir de la merde dans les yeux | 10 | j | Hold something against someone |

TEST your FRENCH



Quel bâtiment visite
Dracula à New York ?
Le Vampire State Building...

4 Complete these phrases which are all relevant to the P-O.

- | | | | |
|----------------------------------|----|---|---|
| On peut visiter... | 1 | a | ...sont les rayons bronzants du soleil |
| Les UVA... | 2 | b | ...est moins joli q'un petit cochon rose |
| Les Dragons Catalans... | 3 | c | ...est un pain plat provençal |
| Un sanglier... | 4 | d | ...est un club de Rugby à XIII français |
| La fougasse... | 5 | e | ...s'appelait Llabanere |
| L'âne catalan... | 6 | f | ...est une danse traditionnelle catalane |
| L'aéroport de Perpignan... | 7 | g | ...est nécessaire pour éviter les incendies |
| Le débroussaillage... | 8 | h | ...le musée Dali à Figüeres |
| La sardane ... | 9 | i | ... est le symbole non officiel de la Catalogne |
| Pour appeler les pompiers, je... | 10 | j | ...compose le 18 |

Being polite!

Vous (te) serait-il possible de + infinitive
Could you possibly..... ?

Eg *Vous serait-il possible de me rembourser*
(would it be possible to give me a refund?)

5 Find the opposites

- | | | | |
|----------|---|---|-------------|
| attirant | 1 | a | hostile |
| précis | 2 | b | malchanceux |
| chanceux | 3 | c | généreux |
| amical | 4 | d | repoussant |
| égoïste | 5 | e | vague |

See Page 86 for answers

Letter to Santa

Cher Papa Noel

Pour 2017, je voudrais un gros
compte bancaire et un **corps**
maigre.

N'inverse pas encore les deux s'il
te plait, comme tu as fait l'année
dernière.

Je t'embrasse très fort, **Kate**.

PS Désolée pour le petit problème avec
la cheminée. J'espère que **tes fesses**
vont mieux. **J'éteindrai** le feu cette
année.

Un corps maigre – thin body
N'inverse pas – don't mix them up
les fesses – bottom/buttocks
J'éteindrai – I will put out

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AMÉLIOREZ votre ANGLAIS

1

P is for Papa!

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

- | | | | |
|-----------|----|---|--------------------------|
| paddle | 1 | a | friend |
| puppy | 2 | b | chicken, ducks, geese... |
| plight | 3 | c | nonsense |
| peck | 4 | d | walk in shallow water |
| prim | 5 | e | difficult situation |
| pal | 6 | f | edible shellfish |
| prawn | 7 | g | wooden or metal pin |
| poppcock! | 8 | h | young dog |
| peg | 9 | i | stiff and formal |
| poultry | 10 | j | pick up with beak |



Tongue twister (virelangue)

Répétez trois fois

She sells seashells by the seashore

2

Trouvez la définition de ces abréviations d'usage courant

- | | | | |
|------|---|---|----------------------|
| DIY | 1 | a | date de naissance |
| ASAP | 2 | b | dès que possible |
| AKA | 3 | c | absent sans prévenir |
| AWOL | 4 | d | bricolage |
| DOB | 5 | e | connu sous le nom de |

Expression Utile

Just saying!

Je dis ça,
je dis rien !

paraprostdokian

Une 'paraprostdokian' est une phrase, souvent employée par les humoristes, où la dernière partie est inattendue. En voici quelques exemples en anglais.

War does not determine who is right - **only who is left.**
Hospitality is making your guests feel **at home, even if you wish they were.**
Some cause happiness wherever they go. **Others whenever they go.**

See Page 86 for answers

3

Pardon my French!

Trouvez la bonne traduction pour ces phrases utiles qui contiennent toutes le mot 'French'

- | | | | |
|-----------------|---|---|--------------------------|
| French letter | 1 | a | Embrasser avec la langue |
| French leave | 2 | b | Une baguette |
| French kiss | 3 | c | Des frites |
| French stick | 4 | d | Une porte-fenêtre |
| French window | 5 | e | La vinaigrette |
| French dressing | 6 | f | Filer à l'anglaise |
| French fries | 7 | g | Une capote anglaise |



Just Plain Fact

Women will never be equal to men until they can walk down the street with a bald head and a beer belly and still think they look sexy.

(beer belly – bide)

Daft joke

Doctor, Doctor, everyone keeps ignoring me.

Next, please.

A Clever question

What has four eyes and a mouth?
The Mississippi.



Language Tip

Used to + infinitif
quelque chose qui n'existe plus ou qui ne se fait plus

I used to be a teacher.
Life is much quieter now!
J'étais enseignante. La vie est beaucoup plus calme aujourd'hui.

We used to live in Céret but we moved to Maureillas
Nous habitions à Céret mais avons déménagé à Maureillas



**Expression
Utile**
Hold your horses
(Attendez)

4

Remplissez les blancs avec les mots ci-dessous.

A police...1...pulled over a car on the ..2.. The policeman got..3..of the car and walked..4..to the driver's window: "Excuse me sir, but ..5.. you know that one of your..6.. lights is not working?" To his ..7.., the driver leapt out, ran to the rear ..8.. his car, put his head in his hands and ..9.. into tears. He ..10.. so distressed that the policeman took..11.. on him and said "Don't take it so hard Sir. It's not such a serious ..12.. "I don't think you understand Officer," the driver cried, "I was towing a caravan!"

a looked - b patrol - c over - d of - e pity - f burst - g motorway
- h brake - i offence - j out - k did- l astonishment



All Change at Auchan

Too much small change in your pocket or your gherkin jar?



Did you know that there is a machine in Auchan where you can bung in the lot, and receive a credit note to spend in the supermarket – and there's no commission charged so you get the full amount. It's quite regularly 'en panne' but catch it on a good day and you can get rid of all those 'pièces jaunes' hanging about the house.

Hang on to your trolleys!

Unscrupulous tricksters are making themselves quite a few quid in the large supermarkets by swapping your trolley (before it is too full of course) for one with a 'jeton' (token), thereby pinching your euro.



Passport Renewal on Line

Need to renew or replace your British passport? You can do it on line, with a turnaround time of four to six weeks. It's easy to follow and applications are accepted up to nine months before the expiry of your current passport, with the time left in the old passport added on to the new one so you don't 'lose' any time by sending it in for renewal early.

www.passport.service.gov.uk/filter/select-service

However, if you're planning a visit to the UK, it is worth making an appointment and going in person to one of the regional passport offices as it is cheaper and faster and the passport can be ready in a few hours.

A Free App for your Shop Loyalty Cards

Intermarché, Carrefour, Auchan, Leclerc, Leroy Merlin....? A last minute scramble at the tills to pull out the right loyalty card? **Download Stocard at stocardapp.com**, and simply present your phone at the cash register to collect points and discounts straight away. And don't forget to cash your loyalty cards in before the end of December (Carrefour) or end of February (Intermarché) or else you will lose all.

- 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!**

Are you Exempt?

The French government has now given more detail on its intentions to phase out the council tax (taxe d'habitation) for **80%** of French residents by 2022.

EXEMPT

- > **Couples** without children with an **income of less than €48,000.**
- > **Couples** with children who **earn less than €54,000.**
- > **Single individuals** with an income of less than €30,000.

Macron has promised that the state will compensate local councils for the loss of council tax!

Down with Fees, up with Allowances!

If you haven't already found out from experience, **you could be in for a surprise next time you fly with Ryanair AFTER 1ST NOVEMBER.**

Check-in bag allowance has increased **from 15kg to 20kg** for all bags.

Check-in bag fees have reduced **€/£35 to €/£25** for the **20kg bag**

Only Priority Boarding customers will be allowed to **bring two carry-on bags on the aircraft.**

Non-priority customers **may bring ONE smaller carry-on bag on board but their second (bigger) wheelie bag must go in the hold.**



Compensation no Matter Why

Did you know that the SNCF will compensate TGV and Intercité passengers who arrive more than 30 minutes late at their destination.

Compensation will be 'quel qu'en soit le motif' (no matter what the reason), meaning **they will pay up even if the delay was not within their control.**



If your train is delayed by more than 30 minutes, visit the SNCF site and click on 'garantie ponctualité'. You should receive a 'bon d'achat' (voucher) within 48 hours that you can use throughout the SNCF network – 25% reimbursement for a delay of 30 minutes to 2 hours, 50% for 2 – 3 hours and 75% for anything over that.

DRIVING STUFF

If you have a car accident in France....

...you are advised to always carry a 'constat amiable d'accident' (accident report form) with you in the car 'just in case'! You can pick up a blank form from most insurance offices – but it is now possible to use an 'e-constat' or 'constat électronique' depending on the circumstances, and complete your statement via smartphone. Check out www.e-constat-auto.fr

The free phone app gives the option of completing the e-constat on one or two smartphones, with each able to check the information entered by the other driver. A summary is then sent to each party, and once agreed and signed, is sent to the insurance company involved.

And dont forget to...

- ...ask to see the other party's ID and proof of insurance, especially if they refuse to fill in the 'constat'.
- ...never let the other party fill in your part of the 'constat'
- ...try to take some photographs
- ...note down names and details of any witnesses.

DID YOU KNOW



SANTS INNOCENTS 28TH DECEMBER



A religious holiday in Spanish-speaking countries, this festival day originates from the "Santos Inocentes", the bible account of the killing of innocent children by King Herod around the time of the birth of Jesus.

Today, the festival is more for young children – practical jokes (inocentadas) and silly stories, much like April Fool's Day in Britain. These pranks are usually innocent and funny, like sticking stickers on people's clothes without them knowing – and the newspapers sometimes take advantage of this day to invent news, so watch out for what you read!



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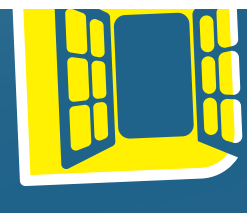
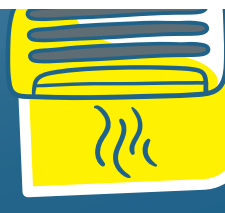
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You can use the **European emergency number 112 in any EU country** from any telephone. **You do not need a card or money to ring this number** from a pay phone. 112 may also be used from a mobile to connect you with all emergency services.

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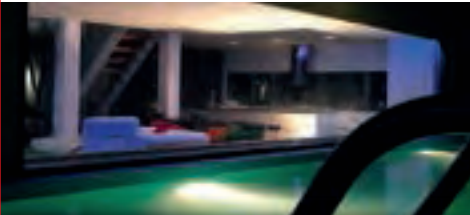
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Port-Vendres www.cotecatalane.com

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www.lejardin-ceret-restaurant.fr f: Le-Jardin-Restaurant

La Marine, St Cyprien Plage 04 68 39 06 21
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La Praline, Tearoom/Lite Bites in Céret 04 68 87 71 21
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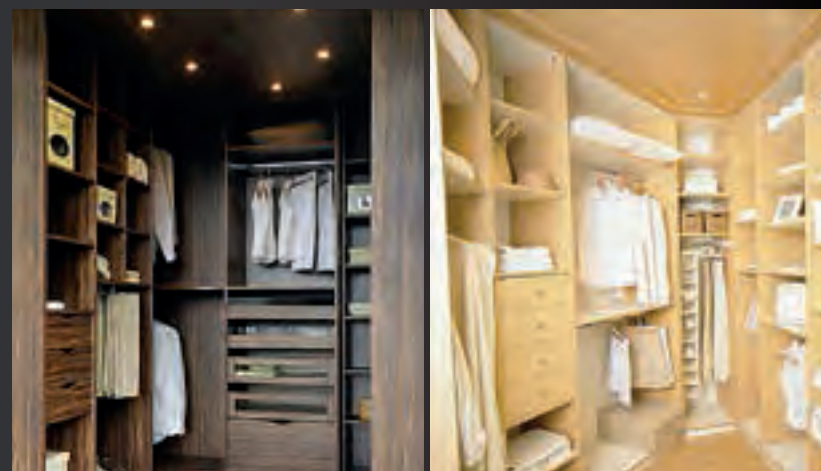


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