

Winter 2017-18

P-O Life

Life in the Pyrénées-Orientales

N° 58
FREE / GRATUIT



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EDITO:-)

3

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After another cracking autumn, winter's here - and although it's tempting to batten down those hatches and curl up in front of a roaring fire with 'Paws Before Bedtime', (see P 50) the ski slopes are just a short drive away and, the empty beaches beckon for long winter walks. As P-O Life slides into its 13th year, a big **THANK YOU** to our advertisers without whom we would quite simply not exist. If you use their services, please tell them from us how much we appreciate them.

And an even bigger thank you to the many amazing people who contribute to P-O Life. You make it what it is – informative, enjoyable, useful and loads of fun to produce!

Wishing you a 2018 full of Love, Laughter and Good Health.

Kate



We'd love to hear from you!

Tell us a P-O story. What do you love here? What do you hate here? Have you had a good experience? A bad one? A weird one? **Tell us about your favourite restaurant**, a fascinating 'Did you Know' about the region, a favourite walk, drive or picnic spot..... **Maybe you have a French language booboo to pass on or a good French joke...or even better, a really bad one!** If you'd like to share it, we'd love to publish it.

Contact us on info@anglophone-direct.com

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Cover: Ski Font Romeu

Have you signed up for our free weekly newsletter full of all the stuff that we couldn't cram in here? Or dropped in on our Facebook Pages where you can chat, recommend, ask questions, buy and sell your bits and bobs....



MAURELLAS: Modern, well-built bungalow. Approx 155m² living space on 4,000m²+ plot. 3 bedrooms (one en-suite), laundry room, spacious lounge/diner approx 71m² with open, fitted kitchen. Garage. Heated pool. A MUST-SEE!

PRICE: 480 000 € • REF: 5217 Dpe A



CERET CENTRE: Bright, superb renovated duplex apartment. Boasting 2-bedrooms (one in its very own tower with amazing views!). Part of a small co-ownership with low maintenance charges. NOT TO BE MISSED!

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SAINT JEAN PLA DE CORTS: Near lake, superb stone barn for renovation. Approx 127m² on 2 levels with adjoining 2-bed apartment in habitable condition and garage. Plot approx 504m². Fabulous mountain views. Huge potential. RARE THESE DAYS!

PRICE : 195 000 € • REF: 5629 Dpe (not provided)



AMÉLIE LES BAINS: Minutes on foot from Spa. 1-bed ground floor apartment - spacious lounge/bedroom approx 22m², separate kitchen, small room (approx 6.60m²) ideal office. Large courtyard. Charming contemporary/character mix. Low charges. Ideal investment or second property. NOT TO BE MISSED!

PRICE : 53 000 € • REF: 5743 Dpe F



REYNES: Super family home. Recent build (2013). Approx 595m² plot with large terrace. Living room approx 35m², games room approx 14m², 3 bedrooms, shower room. Excellent insulation. Pellet-burner. A real find. DON'T DELAY!

PRICE : 234 000 € • REF: 5684 Dpe (not provided)



ARLES SUR TECH: Close to Abbey. Catalan 4-bedroom house approx 115m² living space. 2 lounges, living room, open fitted kitchen. Well-built with stone façade, terrace + garage. Lift possible. Open views. Maison de Patrimoine. CONTACT US NOW TO ARRANGE A VISIT!

PRICE : 120 000 € • REF: 5745 Dpe (not provided)

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Notre Dame de Pène/Calce Circular

GETTING THERE

Take D117 from near Perpignan Airport, direction Foix, St Paul de Fenouillèdes. After a few kilometres turn left at island to Casa de Pène. On leaving the town look out for parking on left hand side of road at the first right hand bend. This area offers shade for vehicles.

START OF WALK

👉 Start directly from car park. Well-made path with rocky steps leads to a fork. (10 mins) Rockfaces plunging into the valley are impressive! (Take right hand path for an extra 15 mins aller/retour to Notre Dame de Pène if you wish, with lovely views across the Agly valley and Casa de Pènes.

ERMITAGE
NOTRE DAME
DE
PENYA DU ROC

A 13 km 4 hour circular
with 500 metres of ascent, much of which
is in the first part of the walk.
**Well signed route with yellow
waymark signs.**

The views from the ridge reach out to sea
and inland in all directions.
Walking boots essential.

****Shorter 2h 30 mins option included and is
a really good morning or afternoon walk
if this is all you have time for.**



≈ View to chapel from ascent to ridge

👉 Return to fork and follow other track to left with 2 options for ascent to ridge. Either take the path to the right marked with a yellow cross a few metres on which you can follow to reach base of a scree path taking you directly to the top, **OR** take our more gradual approach, bending left on the path from the fork, following path for approx. 80 metres, and turning right at a large cairn.

👉 Gradually traverse and climb in direction of mast visible on ridge. Emerge at top of scree section. After short scramble path bends left to enter a short rock gully.

👉 Turn right at end of gully and continue upwards to summit ridge, (1 hour to here if you included chapel visit).

**FOR SHORTER WALK TURN LEFT HERE AND
FOLLOW THE BROAD SUMMIT TRACK UP AND
OVER THE ROC REDOIN AND DOWN TO A QUARRY
EDGE** 25 MINS**



≈ Ascent to chapel



In the year 1000 the rock was occupied by a small castle Castellum de Pena. As it gradually lost its strategic importance, it became a hermitage from 1488. The site is now maintained by a group of volunteers.



View of Casa de Pène >>

WALK *The* REGION

Notre Dame de Pène / Calce Circular



⌘ Traverse to ridge

⌘ Rocky gully

📍 To continue full walk, turn right on broad track to reach mast after 50 metres. Here turn left and drop to another broad track. Turn right and follow this rock and stone summit track La crête de la Cresse for approx 35 minutes to reach path on left in direction of Calce.

📍 Summit ridge offers superb views of the coastal plain, the Albères and Canigou, the Corbières and Quéribus and the Agly valley.

📍 Turn left and drop down to reach section of tarmac. Do not continue on new tarmac unless you want to walk into Calce. Take vineyard road, (rougher tarmac), on left – waymarked “Chapelle de St Catherine 1h 10 mins”. In fact, the long,

CALCE, CALM AND PRETTY VILLAGE, an island in a sea of vineyards, is best known for its wine. It won't take you long to wander around its narrow streets but it's worth taking a look at the remains of St Paul le Vieux, romanesque church, restored in 1963, its chateau and its ‘clocher’, tall and narrow square bell tower.

With a small restaurant/shop, Calce is a perfect base for many superb walks amidst vine, almond, fig and olive trees. The name ‘Calce’ may come from ‘chaux’ after its former limestone quarry.

⌘ Ermitage Ste Catherine



pleasant valley road to the turning for the chapel takes approx. 45 mins.

A left turn is waymarked to chapel and return routes.

After 20 metres find path to chapel, which is set among trees, and offers a good picnic place.

Return to crossroad of paths, and follow waymarked signs for Notre Dame de Pène.

📍 Pass an impressive set of split rocks from an old quarry. Take the route signed only for Notre Dame de Pène and NOT the routes signed via Roc Redoun, as they will take you back to the top of the ridge. Sign indicates 1h 25 mins for the return route.

Enter pine woodland. Trust the signs for ND de Pène as they take a few turns.

** ARRIVE NEAR QUARRY EDGE and follow for 700m. Reach path on left waymarked ND de Pène. Path drops into valley and continues in a downward direction with a few ups along the way! The cliffs of Roc Redoun make an impressive side to the valley.

Arrive back at first fork and turn right to descend to car park.

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OH LÀ LÀ...
this language of

Love

Some great quotes by French writers and celebs
to add to your **Valentine's card**

*Vivre sans
aimer n'est pas
proprement vivre.*

To live without love is
not living at all.

Molière

*Plus je te découvre,
et plus je t'aime.*

The more I know you,
the more I love you.

Jeanne-Marie Guyon

*Entre deux cœurs qui
s'aiment, nul besoin
de paroles.*

Two hearts in love
need no words.

Marceline
Desbordes-Valmore

*Tu es l'unique
pensée de ma vie.*

You are the only
thought in my life.

Napoléon to Joséphine



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f Rouge Safran

MUSIC ^{DANCE} & THEATRE

The Theatre by the Lake

Great entertainment at prices that make regular theatre-going easy.

highlights

NEW YEAR CONCERT: 'Musique'

Sunday 14th January at 17h

Perpignan's very own Orchestre d'Harmonie take you out of this world with powerful musical extracts from fantasy films. *Fanfare for a new horizon*, *ET*, *Avatar*.....

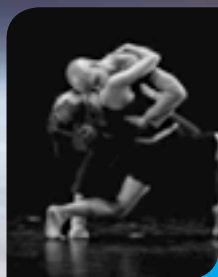
OPERA: Don Giovanni

Saturday 27th January at 20h30

Based on 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.

Named after the lake on which it stands, this purpose built theatre has plenty of parking space, access for the disabled, and offers high quality music, dance, theatre, comedy and culture.

FROM JUST 5€ PER PERSON!



DANCE: Danser Gainsbourg

Saturday 3rd February at 20h30

Danser Gainsbourg
Dance troupe "Instant Commun" translate into dance some of the music of this famous, often controversial French icon. Remember *Je t'aime*?

KIDS: L'Univers du Rythme

Wednesday 14th February at 15h30

"The first thing that we hear is our mother's heartbeat." The Compagnie Teampulse look at the rhythms that surround us. **Educational concert combining music from Africa and South America.**



MUSIC: Pop Machine

Saturday 17th February at 19h (5€)

British hits of yesteryear. Joan Jett, Radiohead, The Beatles, David Bowie...

MUSIC: Soul Jamaïca (Apéro-concert)

Saturday 19th May at 19h

Tribute to "Black Music", reggae, ska, R&B. Otis Redding, Ray Charles, Bob Marley, Temptations...



These are just some of the highlights. Visit their website at www.theatre-de-letang.fr for a full and varied programme.

2017-2018 Season



THÉÂTRE DE L'ÉTANG
s a i n t - e s t è v e



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

And many more ...

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www.theatre-de-letang.fr - 04 68 38 34 95 **Magasins FNAC ou www.fnac.com**



FESTIVALS & TRADITIONS

February and March see carnivals all over the P-O – fancy dress, street parades and fireworks, singing, dancing.....along with the symbolic burning of evil spirits



FEASTING AND FASTING

Ash Wednesday (14th February) marks the beginning of Lent, with its ritual fasting. The day before is Shrove Tuesday, traditionally a day of feasting, a last night of eating rich, fatty foods before the thin times of lent, known as Fat Tuesday, or Mardi Gras (13th February) in French.



Pieter Aertsen's The Pancake Bakery, circa 1508.
Picture: Wikimedia

NAUGHTY....BUT NICE

Before the days of fridges and freezers, all remaining meat and animal products such as eggs and butter had to be used up before the fast. So why not make a party of it? It was a time of 'acceptable naughtiness'. Fancy dress and masks encouraged people to be just a little wicked! Mardi Gras was a last fling, a chance to eat, drink and be excessively merry before the 40 day period of fasting, abstinence, and purging of sins.

BURN AWAY YOUR BAD LUCK

Watch out for the burning of the straw-filled Carnival king, symbol of infertility, sins, and bad luck – an important character in the traditions of modern



carnival, who is burned in a spectacular ritual at the end of the festivities, on Mardi Gras, the day before Ash Wednesday.

THE ORIGINS OF CARNIVAL

Carnival actually dates back to the ancient Greek spring festival in honour of Dionysus, the god of wine. It was a massive binge – a celebration of excess, and later the church, unable to suppress it, wisely adapted it instead to its own traditions.



Other aspects of Carnival are believed to derive from the ancient Roman festival Saturnalia, when social rules of behaviour and class were reversed, masters waited on their slaves, men dressed like women, people wore fancy dress, paraded in the streets, and thus disguised, could be as wicked as they wanted.

THE CARNIVAL FLOAT

The word 'carnival' is often interpreted as coming from the Latin 'carne vale', meaning 'farewell to meat' but it is also believed to stem from 'carrus navels' the 'naval car' or ship, which carried the Gods to the winter feasts. The medieval Church reinterpreted this as the Ship of Fools, on which sinners sail to their deaths, and so was born the carnival float.



February bear festivals

Arles-sur-Tech: **Sunday 4th February**
Prats-de-Mollo: **Sunday 18th February**
Saint-Laurent-de-Cerdans: **Sunday 25th February**



Bears wear sheep skins, their faces and hands blackened with a mixture of suie (soot) and huile (oil) as they flee the hunters. Les 'hommes en blanc' are covered in flour, and dressed in white lace bonnets. They catch and shave the bear... Intrigued? Visit our website or the local tourist office to find out more.

With its strong Catholic roots, it is not surprising that many ancient religious parades have survived over the years.

FRIDAY 30TH MARCH (vendredi saint) PROCESSION DE LA SANCH, PERPIGNAN

Long black or red hooded and robed figures march slowly through the streets to the solemn beat of black veiled tambourines. Some walk barefoot, others are on their knees.

In 1416, Vincent Ferrier founded the brotherhood of "La Sanch" (the blood) in the church of St Jaques in Perpignan, to assist and accompany the condemned to their execution. They carry 'misteris', full-size representations of the different scenes of the Passion, and crosses, crucifixes and religious statues weighing up to fifty kilos. Their suffering is not feigned! The death penalty has long since been abolished, but the Sanch lives on.

Night processions also take place in the evening at Collioure and Arles-sur-Tech.



Restaurant REVIEWS

We love publishing your reviews. They're objective, unrelated to advertising and cover a wide range of tastes, prices, and places. You might not always agree with them - we all have different tastes and standards - but they give you an idea of what's available.

CAVE LE CARRIGNAN

Laroque des Albères.....with Beth

A fabulous place to meet like minded people. A cosy friendly atmosphere and great choice of fine wines, great beer and tasty tapas in a charming setting. Really feels like you have been invited to someone's home for an intimate and cheery gathering among friends, new and old - complete with the host passing around little plates of delectable Spanish ham on the house!



2 Rue De La Pompe. Laroque-Des-Alberes
Tel: 07 86 63 84 15

L'APPETITO

Perpignan.....with Jan

Discovered this week, a large modern restaurant on Tecnosud Perpignan, near Oliver Bajard. Serves Italian and now Indian food and open 7 days a week, with dancing and regular entertainment on Friday and Saturday. Our Indian food, chicken tikka masala, fish tikka, dahl, plain naan and plain rice, was beautifully spiced and well cooked. Under 40 euros and delicious. **Will go back to try the Italian food and have bit of a dance perhaps!**



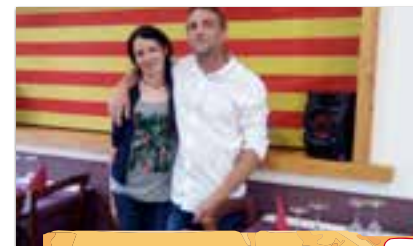
479 Rue du Dr Parcé, Perpignan
Tel: 09 70 15 20 57

OVER THE BORDER

EL NOSTRE RACO

LANANÈRE...with Jenny

We had a lovely afternoon. The drive up there was stunning & the meal and restaurant were very good and not too expensive. Well worth a visit. You need to phone in advance for a meal this time of year. 0611374544 Charlotte. (open Friday - Sunday and by reservation from Tuesday to Thursday).



Lamanère
0611374544

L'HOSTAL

CASTELNOU....with Moray

This restaurant just 10 minutes from Thuir has menus in the 25-35€ range (plus à la carte). Catalan cuisine a speciality. The restaurant's BIG plus point is its **large terrace with panoramic views to die for!** Inside, if the weather demands, there is also a nice, rustic ambiance.



3 carrer Na Patora, Castelnou
04 68 53 45 42

EL BODEGON CATALAN

St Jean Pla de Corts....With Katja

Just had a great burger with real meat and homemade potato chips at El Bodegon Catalan in St Jean Pla de Corts (near bakery on D13). **Lovely ambiance. Delicious menu with what looks like loads of homemade dishes using good quality ingredients** - all at very "normal" affordable prices. They've havent been open long and are definitely worth a try. We need more places like this. Try their take-aways too including home made cous cous.



500-3 Saint-Sébastien,
Saint-Jean-Pla-de-Corts
04 68 85 33 18

LE MARABOUTHÉ

Perpignan...with Morgane

Wonderful selections of tea, nice plat du jour, excellent croques monsieur, and the best cakes, tartes, desserts! Brunch on Sunday

2 Place des Poilus, Perpignan
04 68 38 71 09



FOOD & DRINK

Restaurant REVIEWS

LE BOEUF EN FOLIE

Rivesaltes....with Malcolm

We tried this restaurant for convenience when out shopping in the shopping centre and were very pleasantly surprised! Beware. This is no place for vegetarians! **Most of the excellent starters are under 5€.** A 600g beef roast to share between two at 24.50€ was perfectly cooked, well presented, part sliced on a wooden board and served with gravy, garnish and home made fries on the side. A Cafe Gourmand to share with two coffees followed. **Total cost 47.30€ for two.** Lovely food, friendly service and a great atmosphere. Highly recommended.



4 rue Georges Méliès. Zone Cap Roussillon Rivesaltes Tel: 04 30 44 50 62

LA VIEILLE CAVE

Banyuls-sur-Mer.....with Fiona

Tucked away in a tranquil side street, not far from the front, this is a jewel not to be missed! A family affair. Superb and friendly service comes with delicious dishes – as homemade as they come – and served piping hot. Choose from tempting pizzas, an array of pasta dishes, plus meat and fish.



12 rue Marius Douzans, Banyuls-sur-Mer Tel: 04 68 88 39 86



Geraud Mathy, owner of family run business Sud Croquettes in Mas Guerido, loves his work.

A confirmed animal lover, a **specialist in nutrition for dogs and cats**, he travels all over the world tasting new 'croquettes' to add to the wide range of animal foods already available at Sud Croquettes (known to many as Guerido Zool).

He loves chatting and advising customers (in French or English) on pet requirements and diet - and may even do a bit of a Gillian McKeith and interrogate you on the colour of your doggy or moggy poo - a good indication of pet health. He is a firm believer that bad or difficult behaviour in animals is often linked with poor nourishment. To prove his commitment, **he will be happy to give you free 'dégustation' pack samples (for your pet, not you!)** of the many types of quality pet food. Totally natural, hypoallergenic, free of artificial colouring, flavours, preservatives or genetically modified products, there's no better way to tell your pet

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MARTIN BAILEY
MÉLANGEUR DE SAVEURS



From Wine to Vinegar

By Hilary Caccio

Turning good wine into great vinegar is easy - and will taste far better than any vinegar you are likely to buy. However, you must NEVER put wine into your vinegar jar that you would not enjoy drinking yourself. You can easily waste money buying vinegars off-the-shelf but you will never waste money buying great wine to make vinegar.



You will need....

.....a large glass jar (anything from two litres upwards) with a reasonably wide neck. I use glass so that I can watch the process.

Choosing Your Wine

Avoid using wines with high sulphur content as the transformation from wine to vinegar will be significantly less successful. Most white wines contain too much sulphur, which will inhibit the vinegar bacteria (known as the vinegar mother) so I suggest starting with an organic red wine or cider with a low-ish alcohol content (up to around 13%).

Ask your wine merchant or wine maker for advice on the best options available, and remember to taste the wine - it must be delicious! You will only need one bottle of 'organic' wine to get your vinegar mother established.

From Wine to Vinegar

First the easy part. Drink half the wine!

Pour the other half into your jar, cover the neck with a piece of kitchen roll and secure it in place with a rubber band. Leave the jar somewhere dark but with some air-flow.

My kitchen in the Vallespir has a temperature range of between 8C and 40C during the year, and this range doesn't seem to hinder the production of delicious vinegars. **The 'rules' of vinegar making prefer a temperature range of 16C-35C.**



A naturally occurring vinegar mother will take a couple of months to evolve. During the first stages you may see a light film start to develop over the surface of the wine/cider. This will evolve into a disc of jelly (cellulose).

You can buy ready made vinegar mothers but developing your own is far more satisfying! As the vinegar mother develops you should notice that the contents of the jar begin to smell 'vinegary'.

During the initial weeks I don't add anything further to my jars but wait until the vinegar mother has developed, then start to add approx one glass of wine per week, so as not to overwhelm the process.

Taste your vinegar on a weekly basis and when it has developed a flavour that you like, simply fill storage bottles from your vinegar jar. Make sure that you leave around 10 centimetres (a couple of inches) of vinegar in your jar so that you retain some of your vinegar mother and can continue to add wine and produce more vinegar.

When bottling your vinegar try to fill the bottles so that there is very little airspace between the surface of the vinegar and the cork.

The cork should fit snugly into the neck of the bottle so that it prevents further bacterial activity. The vinegar will keep for several years, and will possibly mellow and improve with time. The thick jelly element of the vinegar mother tends to sink to the bottom of your jar. I recommend removing it once your vinegar is well under-development. This is easier to do if your vinegar jar has a nice wide opening!

Over the years I have had a couple of occurrences of 'nail varnish' aroma.

The first time it happened I threw away the contents of my vinegar jar, washed it out, and started again.

The second time I was dashing out of the house for a few weeks and forgot to empty the jar... when I returned a month later the aroma had gone and the vinegar was back on-track!

I love to slowly braise shallots in cider vinegar and olive oil to serve alongside roast pork. I cook them covered with a lid for the first hour and then take off the lid and turn up the heat slightly, cooking them until they are soft, and golden brown, and glazed with the vinegar. These shallots will keep in the fridge for several days.



From her home in Arles-sur-Tech, Hilary is inspired by its farmers' markets, its hard working and talented producers, its olive oils (some of the best in the world coming from the nearby Emporda Region), the cheeses, honeys, almonds, saffron, olives.... a cook's utopia.

Check out her book "Sourdough Suppers" (available from Amazon.fr, ebay.fr or by email athilaryjj@btinternet.com) and visit her blog hilarycaccio.com, for a slightly more modern take on Catalan recipes.



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DID YOU KNOW

THE PHARAOHS. FUN GUYS?

Are you heading off mushroom gathering in the P-O this winter? 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.



LES GRÉGOIRES

When Pélage II was carried off by the plague on February 8, 590, Grégoire was elected Pope. Rome was ravaged by the plague and threatened by famine and flood, so Grégoire organised prayers and processions to boost morale.

During one of these processions, the 'Ange exterminateur' (Exterminating Angel) appeared and ended the plague. To celebrate, 'Sa majesté carnaval Grégoire' and the Swiss Guard lead a procession every year through the streets of Amélie. Behind walk the villagers, dressed in white, with pointed hats, sprinkling flour around them as they walk. **The Carnival King is then burnt.**



A Delightful Drive and Day Out in...

Permission for the construction of the abbey around which Lagrasse was built was given by Charlemagne himself in 783. Highlights include the cloisters and the dormitory and an attractive courtyard overlooked by balconies, as well as numerous features carved in stone

The Abbey of St Marie d'Orbieu dates from the 8th century and stands across the river Orbien on the opposite bank from the village.



Not quite P-O, situated in the north of the Corbières, between Narbonne and Carcassonne, the medieval village of Lagrasse offers a feast for the eyes. With its old humpback bridge, medieval houses, the remains of ancient ramparts and its abbey overlooked by an imposing bell tower, this medieval village is full of history and culture. It is classed as one of France's most beautiful villages.

GETTING THERE FROM THE P-O

Take the A9 and A61, leaving at the exit for Lézignan. Follow the D611 south towards Fabrezan and from the centre of Fabrezan take the D212 towards Lagrasse.

It is possible to follow the D212 all the way to Lagrasse but for a delightful drive, take the scenic approach via 2 gorges – the Gorge de Congoust and the Gorge d'Alsou, turning right off D212 onto D114, signed Camplong D'Aude.

Travel along with Mont Alaric on your right and head into the very pretty Gorge de Congoust. The road is narrow and the scenery dramatic. The Roman name for the gorge was "co angustum" meaning "strangled way of fear", but it is quite safe, not at all frightening, and is a very pretty place for a picnic. The river bed is littered with huge rocks from the flanks of Alaric following centuries of erosion.

At the pretty village of Montlaur, join D3 direction Lagrasse, passing through the Gorges d'Alsou, named after the river which meets the Orbien near Lagrasse. This gorge is wooded and perhaps less dramatic than Congoust.

<<< *scenery in Gorge de Congoust*

LAGRASSE

LAGRASSE

Cross the bridge, park on the left and walk directly into the pretty village under the new bridge, with the ancient 13th century bridge on your right.

Created in the 11th-13th century, the heart of Lagrasse is ancient, with some fascinating buildings, including La Halle, a beautifully covered market place with stone pillars, dating from 1315. The village is unspoiled and peaceful with various craft shops discreetly part of the housing and street ambience.

Wandering the streets, there is a feeling of life undisturbed for centuries.

You will notice evidence of ancient fortifications by the river and around the village.



13th century
bridge



Riverside
houses near
new bridge



Medieval
house

La Halle



Abbot's Chapel



First floor Abbey

Cross the passage à gué (ford) to visit the ancient Abbey of St Marie d'Orbieu, one of the most prestigious in France, dominating the little village. Entrance is 4 euros. A café and library are available here. A supplement of 4 euros is payable to

visit the other part which does not belong to the Département, the Canon's section with cloisters and monastic gardens. This part is an active monastery where you are welcome to join Mass or Vespers.

OUT for THE DAY with Tim and Chris Parker

LAGRASSE

The Master of Cabestany

An anonymous 12th century sculptor, the Master of Cabestany was not recognised until the 1930s when a Romanesque-style tympanum was unearthed during renovation work at the parish church of Cabestany.

Since then, over 100 superbly crafted pieces of sculpture have been attributed to the anonymous Master, identified only by certain similarities, and possibly not all down to him.

However, it was the tympanum at Cabestany which gave him his name.

Mouldings were taken from his works, and castings in stone, reproducing the same grain and colour as the originals, were made.

Cabestany opened a museum in an old winemaking cave (Centre de Sculpture Romane, Parc Guilhem, 66330 CABESTANY Tel 04 68 08 15 31) devoted to Romanesque sculpture.

Other works in the PO can be found on the outer door of Monastir del Camp near Thuir, and the frieze on the outer door of the parish church of Sainte-Marie in Le Boulou

Apart from the café by the river, the main places for refreshment are on the D3 road which skirts the village. On your way there find the 14th century gothic church of Saint Michel nestled amid the houses and the very informative tourist office in its shadow, holding examples of restored medieval painted wood.



Also on the main road is the fascinating 1900 museum and vinaigrie and the more traditional Vinaigrie of Cyril Codina. Tasting is essential! There is an amazing selection of vinegars, balsamics and wine flavoured with unusual tastes such as pepper from Nepal, raspberry (super on salads!), apricot, honey and a range of herbs.



There is plenty to do in the village and Abbey but if you are too hot and want to cool off, just go back over the ford, turn left and go to the river beach. A swim in the river Orbieu in summer or just a foot dabble in the winter sunshine!

Have a great day out!



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FONT ROMEU, centre of excellence

A Modern Resort with an Ancient History



⌘ MARTIN FOURCADE

Céret-born Martin Fourcade, a 26-year-old non-commissioned officer of the mountain infantry brigade at Chamonix, **emerged from the 2014 Sochi Olympic Winter Games as the new star of biathlon, with three medals – two gold and one silver.**

With a centre of excellence for biathlon located in Font Romeu, the second-oldest ski town in France, after Mont-Revard in the Alpes, it is hardly surprising that many top French biathletes are P-O natives.

The development of Font Romeu as a ski resort and tourist destination started more than 100 years ago and took place in three phases.

LE PETIT TRAIN JAUNE

First, the Yellow Train, named after the colour of its rolling stock and the Catalan flag, built to connect the mountain towns with the plains.

As roads improved, motor vehicles took over much of its original traffic, but the Train Jaune remains a commuter line as well as a popular tourist attraction. When winter snows close roads, Le Petit Train Jaune stays open, its snowploughs resolutely clearing the track ahead.



>> Le petit train jaune

It is the highest railway track in France, with the highest SNCF station and stunning views along the way. Building the line was no easy task however, requiring 65 bridges and viaducts, more than one for every kilometre of its 62.56 km length.

THE WORLD'S LARGEST SOLAR FURNACE

The abundant sunshine that triggered the evolution of Font Romeu as a resort also led to **the building of the world's largest solar furnace**. The immense parabolic mirror, tall as the Arc de Triomphe in Paris, reflects the countryside and sky, giving an ever-changing patchwork view of the surrounding countryside that is beautiful and fascinating to watch.



OUT for THE DAY

FONT ROMEU,

centre of excellence

LE GRAND HÔTEL

Next came accommodation. At 1,312 to 2,213 metres above sea level, Font Romeu enjoys 300 days of sunshine a year, so it clearly had potential as a resort. In 1911, **La Société des Chemins de Fer et Hôtels de Montagne** built **Le Grand Hôtel** overlooking the town.

And grand it was indeed when **opened on 28th July 1913**, with 200 rooms, apartments, elevators, electric lighting, an American bar, a casino, a garage and a shuttle bus service to the railway station. It soon **became THE place to be seen in high society on both sides of the nearby Spanish border**, and welcomed the Spanish royal family and famed painters Pablo Picasso and Salvador Dali amongst its many guests.



>> le Grand Hôtel today



LE MUSEE SANS MURS

Nature and art collide in this museum without walls. Wander around sculptures and statues, the highest art gallery in Europe, starting in the centre of Font-Romeu opposite the tennis courts. museesansmurs.fr



THE SKI RESORT

The third phase. began in the winter of 1920 when the Hotel offered its first winter program and Font Romeu became a 'station de ski'.

Today Font Romeu is a busy ski town, twinned with the neighbouring **Pyrénées 2000** to offer 60 pistes served by 25 lifts, and 110 kilometres of cross-country ski trails as well as paragliding, boarding, snow shoe walking, husky sledge riding and quad VTTs. It also attracts Olympic teams and great athletes for its biathlon facilities at its Centre National d'Entraînement en Altitude (CNEA) ("National centre for sports training at altitude").

The Grand Hotel still towers above the town, after being closed down in 1975 and split up into apartments. >>>



PILGRIM'S FOUNTAIN

Font Romeu means 'pilgrim's fountain', named after the Ermitage de Font-Romeu, built in the 17th and 18th centuries, on the site of a 1035 oratory. According to legend, a cowherd noticed his bull scratching at some water and bellowing loudly. There in the ground, he found a statue of the Virgin. Pilgrims on the Camiño de Santiago (St. James's Way), en route to Santiago de Compostela in north-western Spain, heard of the miracle and stopped at the holy fountain, putting Font Romeu firmly on the map of Medieval Europe.

To this day, the meticulously preserved Hermitage at Font Romeu is still a stop on the Camino for pilgrims, who bathe in the interior basin and visit the magnificent Sunyer altar.



>> Sunyer altar

EGAT

Follow the trail through the forest from Font-Romeu to the pretty village of Egat, a thirty-minute walk culminating in views to take your breath away.



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AND CULTURE OF FONT-ROMEUE

Check in with the
Font Romeu Tourist Office on

04 68 30 68 30

office@font-romeu.fr



www.font-romeu.fr

3W

HIGHLIGHTS

WHAT?
WHEN?
WHERE?

Ice Show

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Philippe Candeloro Ice Rink

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on the themes of 'Tarzan' and 'The Olympic Games'.
Great fun for children and adults alike.

La Romeufontaine 2018

January 21 & 22

Around Font-Romeu

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www.traildefontromeu/romeufontaine.com

European Snowboarding Cup

January 18 - 22

Font-Romeu

Speaks for itself! Come and watch.

Ladies Night Tour

March 5 - 7

Font-Romeu

Ski circuit reserved for some of the best lady skiers in France.
Come and watch this fabulous show of female skill.

Avalanche Tour

March 17

Col Del Pam

Obstacle course on snow with 3 different runs!

FONT-ROMEUE
changez d'ALTITUDE !

OUT for THE DAY

**FONT
ROMEU,**
centre of excellence

But Font Romeu isn't just about the snow. In this modern and lively winter resort – with its **casino/cinema/disco and plenty of hotels, bars, and restaurants** – there is also plenty of opportunity for **relaxation at the natural hot baths at nearby Llo, Dorres or St Thomas**. Alternatively, there are numerous superb, marked hiking trails through fantastic countryside that is worth exploring at any time of the year.



A HISTORICAL HICCUP?

Why not visit the nearby Spanish enclave of Llívia, a little piece of Spain surrounded by France? About eight square miles in area, with a population of around 1,000 people, Llívia is considered by some a bit of a historical hiccup. By a strange quirk of fate when the Treaty of the Pyrenees (1659) decreed that Spain hand over Roussillon and 33 communes of the Cerdagne to France, Llívia was classed a town, not a village. As the treaty stipulated that only villages were to be ceded to France, it remained, a small enclave of Spanishness. With a fortified XVII century church, its other claim to fame is the 'Oldest Pharmacy In Europe', founded at the beginning of the 15th century and now a small museum with antique drugs, and one of the largest collections of prescription books in Europe.





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LA GRANGE

CRIT'Air

If you enjoy a stop-over in Paris on the drive down to the P-O, make sure you have your Crit'Air air quality sticker unless you want to risk a fine.



All non-emergency vehicles within the perimeter of the 'Périphérique' - Paris ring road - need to display a sticker on the windscreen to show their level of pollution. You don't actually need a sticker to travel on the 'Périphérique' itselfbut better safe than sorry in case you find wandering off the ring road into one of the Crit'Air zones.

There are six stickers, from the goody 'greenest' number 1 representing 100 per cent, pure-electric, to the baddy number 5 representing Euro 2 diesel-engine cars registered from January 1, 1997 – December 31, 2000.

In a nutshell, petrol cars, vans and motorhomes first-registered before 1997 and diesels prior to 2001 are banned from the French capital's streets between 8am and 8pm Monday to Friday.

Strasbourg and Grenoble are expected to follow with the introduction of the Crit'Air sticker in the near future, and in 2018, environmental no-go-without-a-sticker zones are likely to be introduced in Lille, Bordeaux, Lyon, Marseille, Toulouse and Annecy.

STICKERS FOR THE DISABLED

According to the official Crit'Air website...
..'vehicles bearing a parking card for disabled persons need no Crit'Air Vignette.'

WHERE TO BUY

Each vehicle must have its own sticker, which relates to the vehicle, not the driver. Cost is a one off payment of **€4.18**.

Application is online and easy. Visit www.certificat-air.gouv.fr, click on the English flag at the top right and click on 'Applying for your certificate'. You will then be given a choice of 'Vehicle Registered in France' or 'Vehicle Registered abroad'. Follow it through to apply for your sticker. You will need to upload a scan of your registration document but otherwise it's all pretty straightforward.

Once you apply on line, you will receive a confirmation email that you can use until the sticker arrives. This could take up to 30 days.

FINES FOR NOT DISPLAYING A CRIT'AIR STICKER

€68 (£58.63) for cars
€138 (£119) for lorries.

RENTAL CARS

As the sticker is for the car, not the person, the responsibility for the sticker and any fines, lies with the rental firm.

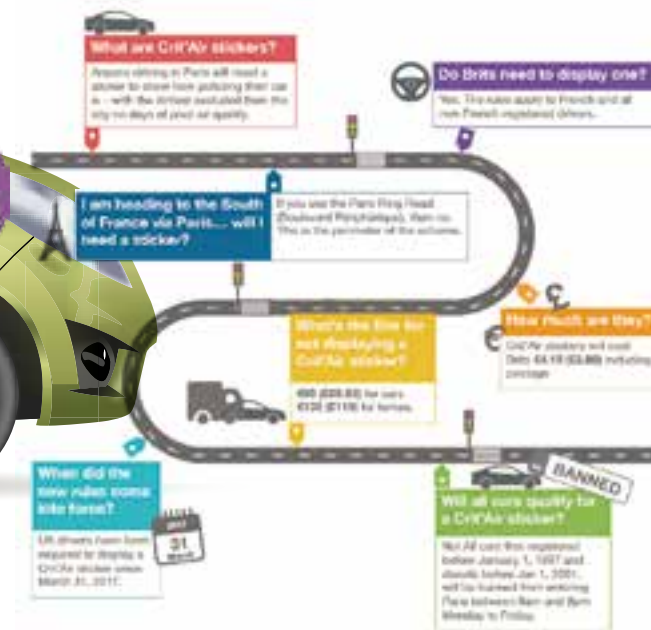
WARNING: LOOK OUT FOR PREMIUM RATE CALLS FOR CRIT'AIR ANSWERS

If you need more info, don't ring the suggested Crit'Air helpline number of 118 118 which is apparently charged at €2.99 per minute. Instead, use the official info number +33 800 970 033 from the UK, or 0 80097 00 33 from France or send an email via their site at www.certificat-air.gouv.fr.



Anyone driving in the French cities of Paris, Grenoble and Lyon will need to display one of these anti-pollution stickers. Older cars will be barred from the streets altogether during certain hours.

Here's your at-a-glance guide to the Crit'Air sticker...



WHAT CRIT-AIR STICKER WILL I NEED FOR MY CAR?

	CRIT'AIR GREEN VEHICLES (GREEN AND WHITE STICKER) for 100% pure-electric or hydrogen vehicles.
	CRIT'AIR 1 (PURPLE STICKER) Plug-in hybrid cars and Euro 5 and 6 petrol models (registered from 1 January 2011).
	CRIT'AIR 2 (YELLOW STICKER) Euro 4 petrol cars (registered between 1/1/06 to 31/12/10) and Euro 5 and 6 diesel models (registered from 1/1/11).
	CRIT'AIR 3 (ORANGE STICKER) Euro 2 and 3 petrol cars (registered from 1/1/07 to 31/12/10). Crit'Air 3 also includes Euro 4 diesel cars (registered between 1/1/06 to 31/12/10). Petrol cars registered before 1997 will be barred from entering the city 8am and 8pm Monday to Friday.
	CRIT'AIR 4 (DARK RED STICKER) Euro 3 diesel cars registered between 1 January 2001 and 31 December 2005.
	CRIT'AIR 5 (DARK BLUE STICKER) Euro 2 diesels, registered from 1 January 1997 to 31 December 2000. Diesel cars older than this are not eligible for a Crit'Air and will be barred from entering the city 8am and 8pm Monday to Friday.

P-O NATURALLY

test your nature knowledge...



With
Lesley McLaren

As PO Naturally enters its third year, we're taking a quizzical look back over past articles – with a few extra questions thrown in for good measure!



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

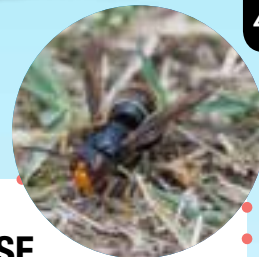


MAKE YOUR CHOICE

- What is the most common species of eagle to breed in the PO?
 - Golden
 - Short-toed
 - Bonelli's
 - Booted
- What type of berries does a blackthorn bush produce?
 - Hips
 - Blackberries
 - Sloe
 - Bilberries
- When do pine processionary caterpillars "process" on the ground?
 - Feb/Mar
 - All year round
 - January - October
 - July - September
- Which type of bird is the only one that can climb down a tree headfirst?
 - Treecreeper
 - Woodpecker
 - Nuthatch
 - Tit
- How many worms can a mole eat in a year?
 - 53kg
 - 77kg
 - 16kg
 - 22kg



- How does a female wolf spider behave towards her newly hatched young?
 - She carries them around on her back
 - She guards them in a nest hole until they are able to fend for themselves
 - She abandons them
 - She eats them if they come near her
- Which two of these animals hibernate?
 - Beech marten
 - Marmot
 - Red squirrel
 - Mediterranean tortoise
- Which is the largest bat in the PO?
 - Mediterranean horseshoe
 - Bulldog
 - Great mouse-eared
 - Natterers
- What is the average weight of a blue tit?
 - 11g
 - 24g
 - 37g
 - 57g



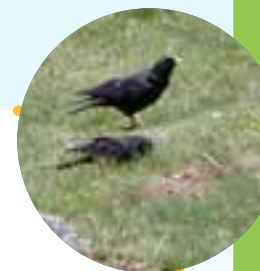
TRUE OR FALSE

- | | T | F |
|--|--------------------------|--------------------------|
| 1. Asian hornets hibernate in their nest and make repairs to it each spring. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Only female mosquitoes bite and suck blood. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Not all wasp species are aggressive towards humans. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. There are no scorpions in the PO. | <input type="checkbox"/> | <input type="checkbox"/> |



DON'T YOU JUST KNOW IT?

- What is the name of the crow-like birds with yellow bills that are found at high altitudes in the Pyrenees?
- What is the Catalan word for exceptional rainfall and flooding combined?
- What is the plural of octopus?
- What is the French name of the poisonous fish found in the Med? (Clue: name also describes the level of pain its sting inflicts)
- What are lichens made of?



ANSWERS ON THE NEXT PAGE...



P-O NATURALLY

ANSWERS

MAKE YOUR CHOICE answers

1. b) Short-toed

These summer visitors regularly soar over the Albères and the Roussillon plain as well as the high slopes of Canigou.

2. c) Sloe

Blue-black berries ripen late in the year and can be used to make winter-warming sloe gin.

3. a) Feb/Mar

They only descend from their nesting tree in order to pupate underground, which occurs in late winter/early spring. In the PO, depending on levels of sunshine, this is usually Feb/Mar.

4. c) Nuthatch

5. d) 22kg

Moles eat ants, spiders and grubs too.

6. a) She carries them around on her back

7. b) Marmot

d) Mediterranean tortoise

8. b) Bulldog

Also called the European free-tailed bat.

9. a) 11g

TRUE OR FALSE answers

T

F

1. **False.** All hornets die each autumn/winter, except for new queens, who hibernate elsewhere and start to build a new nest the following spring.

☐
☒

2. **True.** The males drink nectar.

☒
☐

3. **True.** It's really only the common "social" wasps we have to worry about!

☒
☐

4. **False.** There are two! The black and the yellow scorpion.

☐
☒

DON'T YOU JUST KNOW IT? answers

1. Alpine choughs

2. Aiguat

3. Octopuses

4. La Vive

5. Part fungi, part bacteria and/or algae



Your teeth
don't need glasses!



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.

Allianz 

Allianz 

Olivier Leclercq-poulin
Insurance

Health Insurance designed
for you – only pay for
what you need!

Olivier Leclercq-poulin and
his team offer expert advice
for all of your insurance
needs.



Car, Motorhome,
Boat, Motorbike, etc.



Home & Contents
Insurance



Business
Insurance



Life Insurance &
Savings Plans



Worldwide Travel
Insurance



Holiday Homes,
Gites and B&Bs

04 68 87 00 84

E-mail: 4006701@agents.allianz.fr



28 place de la Liberté, 66400 Céret
Ample, free parking nearby

Twilight
La Maison de Retraite pour chiens

Paws Before Bedtime

THE TWILIGHT BIOGRAPHY

Pull up a basket, snuggle down into your cushion, grab a box of tissues – and read the heart warming/heart breaking story of the retired English teacher and his psychologist wife who have opened up the doors of their Dordogne home to thirty old, sick or disabled dogs. **Paws Before Bedtime** tells how this incredible couple, Mike and Leanne Whitley, have dedicated the last ten years to rescuing over three hundred dogs in need.

This 260-page biography explains how and why **Leanne** and **Mike** set up **Twilight**, the ups and downs of daily life with over thirty 'puddings', and some very special dog stories.

Discover the magic of Twilight – the retirement home for dogs, where the old, sick, lame and unwanted spend their final years, months or days in an oasis of love and tranquillity.

HOW TO BUY YOUR COPY

1.

BY POST: €15 collected | €20 posted in France
Cheques payable to 'Asso Twilight' (euros) or 'L Whitley' (stirling)

Please mark 'book', (not just a donation) and send your postal address.

2.

Click the 'Donate' button on the website: www.twilightchiens.com

3.

SEND A PAYPAL PAYMENT
marked 'book' in any currency to twilightchiens@gmail.com

REVIEWS

"This book is one every animal lover should own; it is humbling, inspiring, and just simply wonderful." **Susan Keefe**

"I received the book yesterday and it is beautiful! It encompasses the very essence of Twilight and the love so many supporters have for these valiant doggies that have had such heartbreaking lives so far. It also pays homage to Mummy and Daddy Twilight who have dedicated their lives and their home to give the Puddings love and care until the end of their days. They continue despite having their own set-backs and I am sure there must be days when they just want to turn over in the morning and go back to sleep! Their legion of Twilights will always be there for them - they just have to ask. If you haven't ordered your book yet I would urge you to do so - it is funny, sad, amusing and above all uplifting - all that is best about mankind" ~ C

"It's a true insight into how Twilight evolved, and shows the true, unselfish love 2 amazing people have for the dogs that many would have put to sleep!" V.

Twilight
La Maison de Retraite pour les Chiens
La Peyzie, Saint-Paul-la-Roche,
24800 France



Mum and two sons
undertake the adventure
of a lifetime to change
attitudes towards HIV
and Down's Syndrome

THREE CATALANS' STIGMA-SMASHING WORLD TOUR

- 20 years old with Down's Syndrome
- Loves sport- particularly catch
- Loves animals- particularly horses
- Very curious but unused to being out of a routine

- 25 years old
- Car fanatic- can't wait to see the American models
- Co-founded and manages a community radio station
- Looking forward to new cultures, even if the language barrier may be a bit tricky

- 53 years old and HIV positive
- Full time carer to Alexandre
- Loves making glass bead jewellery
- Never does anything by half but not looking forward to coming face to face with creepy crawlies



Alexandre



Cyril



Claire

Claire, 53, Cyril, 25 and Alexandre, 20, are embarking on a voyage of epic proportions in a bid to change people's perception of HIV and Down's Syndrome. Setting out in July 2018, their Dodge Ram 1500 4x4 will take the daring trio through 45 countries over a period of around 18 months.

Heading first through Eastern Europe, they will then cross into Asia before making their way to North America, travelling down to South America and finally coming back to Europe via Africa...

Truly the adventure of a lifetime!

During their 21,100 km trip, each member of the team will have their own vital role to play.



Alexandre, who finds it difficult to express himself orally, **will visually document the voyage with a series of photographs.** These will be published, each one accompanied by a phrase, to allow audiences a snapshot into his experience. Alex will also be taking photographs of other people with Down's Syndrome from all over the world, using their portraits to help overcome prejudice.

Cyril will draw on his vast technical experience at the radio to create and publish drone footage of the journey. **Creating films in a professional documentary style as well as a more authentic, personal video-diary,** he will also be available to respond to any specific requests from partners and supporters.

Claire, via her daily blog, is aiming to bring the discussion of HIV from the shadows of stigma in to the mainstream. With her own personal day-to-day experiences, she hopes to dispel the myths that are commonly associated with the virus and help to prevent the ostracism that sufferers are too often subjected to.

Follow their adventure:

On line: www.troiscatalansaboutdumonde.com

On Facebook: www.facebook.com/troiscatalansaboutdumonde

Get involved by sponsoring the trio, various packages available, including professional/corporate opportunities:

Call 06 51 97 34 33 • Email mcpm66@gmail.com

WINE CLUB



P-O Wines

TRIED AND TASTED



Tony Goodman continues his tour of regional wine producers, chatting to the vigneron and recommending wines that have inspired him. Once again, a bit of poetic licence will allow you to enjoy some fun observations from this talented amateur wine taster.

This winter he visits another four fabulous domaines; **Domaine Lafage, Chateau Du Mas Deu, Mas Cristine and Abbé Rous**

The history of wine making in the PO dates back to the pre-Roman Phoenicians. Ancient winemakers saw promise in its hot red plains. With bloodied hands they hacked and stacked razor-edged stone to create the terraces of Banyuls and Collioure. Their modern descendants also craft their wines within a framework which allows a level of individuality other wine producing regions never experience. Vines are matched to precise microclimates, old vines are respected for the quality of their grapes not the quantity. While other regions require their winemakers to be chemists and mechanics, PO's master winemakers are allowed to be alchemists and magicians.

DOMAINE LAFAGE PERPIGNAN www.domaine-lafage.com

YOUR VISIT

Sixth generation winemakers **Jean-Marc and Eliane Lafage** represent the very best of modern wine production in the P-O. Devoted to the region to produce world conquering wines. Very visitor friendly venue located beside the D617, 10 minutes from Perpignan. Selected regional produce also available. Ample English speaking staff, parking and facilities.

Vin Rouge
CHATEAU SAINT ROCH KERBUCCIO 2014
40% Grenache noir 40% Syrah 20% Mourvèdre



This wine is fabulously vanilla, cassis and liquorice scented. Profoundly red, powerfully elegant. A finely balanced impeccably mannered prowling panther of a wine. Perfect for a celebratory Beef Wellington for several or a thick well seasoned Saturday evening Cote de Boeuf for two. **Gloriously drinkable now, its power and structure will allow it to be laid down for five years.** Let the wine breathe for 30 minutes or so, serve at 14C.

DOMAINE LAFAGE LEA 2015
50% Grenache noir - 30% Carignan - 20% Syrah



Crafted from vines clinging 400 meters above the hot Roussillon plain, this classic blend of hand picked grapes is a perfect example of soil, microclimate and mature vines. Deep ruby red with hints of red fruit and exotic spice, its elegant playfully long finish will satisfy ardent and freshly hatched red wine enthusiasts alike. Perfect for a medium to rare rump steak with parsley butter, Cassoulet, or a tomato rich Lamb Jalfrezi. **Perfectly acceptable now or put aside for say 3 years.** Open around 30 mins before serving at 14C.



**Un verre de vin,
c'est bon pour la
santé.
Le reste de la
bouteille 'c'est bon
pour le moral!**



**FAMILLE LAFAGE ARQUETA
COLLIOURE 2015,**
70% Grenache Noir, 5% Grenache Gris, 10% Syrah 15% Carignan

Intensely red, almost black. A joyous celebration of Banyuls/Collioure's steeply inclined hills and vines. Hand picked, it has an intriguing complex aroma with hints of coffee and apricot jam. Match it with Grilled Lamb with Thyme, a well seasoned New York strip steak, Pork roasted on a bed of fennel. Love it, love it, love it. Its fine structure and relative youth suggests it could be set aside for up to three years but why would you? Jean-Marc has created the wine to be consumed now, don't disappoint him. Let it breathe for 30 minutes or so then serve around 14C.

MAS MIRAFLOR, PERPIGNAN

TEL: 04 68 80 35 82

contact@domaine-lafage.com

CHATEAU DU MAS DEU, TROUILLAS

YOUR VISIT

Mr Claude Oliver is a quintessential son of the PO, the real deal. When you shake his hand you can sense his total commitment to his wine, his family..... and his rugby. Nestled deep within peaceful ranks of grapes, the Bio certified winery shares its location with the ancient Templar Commanderie where General Luc Dagobert and his Spanish counterpart Antonio Ricardos went toe to toe in the battle of Trouillas in 1793.

Located on the D612 10 minutes from historic Trouillas village, tasting takes place among the vats and casks holding the recent 'récolte'. Claude personally runs the tasting sessions, his English is reasonable but you will need some French to meet him half way. Totally authentic, well signposted, generous parking.

Vin Blanc Cuvée Chloe 2017

100% Petit Grain Muscat Bio certified

Muscat Blanc à Petits Grains is arguably one of the most ancient grape varieties whose tight bunches are still producing fine wines today. Here the master winemaker's skill has produced a crisp Gordon Greenidge classic cover drive of a wine. It will work with cod or monkfish wrapped in slices of Iberian ham then roasted, langoustines quickly grilled at a high heat then drizzled with green sauce, a quick ricotta and goat cheese cannelloni supper or tapas, as you watch the match. Perfectly useful now, its powerful structure suggests it will benefit from being put aside for two years or so. Serve at 8 – 10C.

Vin Doux Naturel Cuvée Murmure 2016

100% Grenache Noir Bio certified

Order it, and the sommelier will give you an intriguing offering showcasing the power of Grenache. Picked and bottled according to the lunar calendar, it is lush, plush, not to be rushed. Carrying unexpected hints of East Asia, it is something more than a classic vin doux naturel. Certainly pair it with red fruit and dark chocolate, however its extra dimensions suggests it would work well as a game day starter with man-sized slices of peppery Iberico ham, fresh crusty tomato bread and fat Cerignola olives. Serve at around 12C.

CHÂTEAU DU MAS DEU. TROULLAS

Tel: 06 81 55 04 05

claude.oliver@orange.fr

**MAS CRISTINE, SAINT ANDRÉ**www.mas cristine.com/en/**YOUR VISIT**

The Argeles/Banyuls/Collioure pocket is a magical place where the Pyrenees plunge into the sea. The interaction of mountain morphology and silky soft Med has created a truly extraordinary terroir. In his state of the art winery, master winemaker Andy Cook and his team use grapes from precise pockets of old vines to craft a range of fine wines that can be found on the wine menus of the best restaurants in the world. The salle de dégustation is an integral part of the winery, and Andy personally guides visitors through his comprehensive range of wines. Plenty of parking and facilities. Ring ahead, especially around harvest time.

Vin Blanc Mas Christine

Grenache Gris 33%, Grenache Blanc 25%, Macabeu 25% Roussanne 9%, Vermentino 5%, Carignan Gris 3%

A showcase of the winemaker's blending and balancing skills and the generosity of the area's schist-rich geology. Peach with a hint of Tahitian lime aroma. An alert crisp wine, perfect with a seafood platter, cheese, and with enough presence of mind to carry you from the pre-dinner apero, through the warm goat's cheese and roquette salad entrée and well into a seasonal main course of free range roast chicken. Chilled around 12C, while it could be laid down for say 12 months, enjoy it now.

Vin Rouge L'Etrangle Chien 2015

100% Mourvèdre

From time to time the vendange rewards winemakers with extraordinary grapes. Hand picked from old Collioure vines perched on steep schist slopes high above the sea, soft pressed and aged in oak, the wine's name is a reference to its power to satisfy the most determined red wine aficionado. Will perfectly match a well seasoned grilled 35 - 40 mm thick aged Cote de Boeuf. Carefully decant, rest for 60 mins and serve around 15C. It could be put aside for up to 5 years.

**Le Sanglier 2015**

100% Syrah

Syrah more than any other grape type reflects the terroir, the moods of the weather gods and the winemaker's skill. This totally approachable wine with its complex berry rich aroma is big and bright. The initial taste hints at leather and autumnal days. Satisfying to the last due to its full bodied southern French tannins, it possesses the resolute strength of purpose of Kathleen Hepburn and the affability of a young Fred Astaire. Pair with meat bien sûr but also late night rich and velvety Belgian dark chocolate. Serve at 15C, Happily be put aside for 2 – 3 years.

Mas Cristine

48% Grenache 42% Syrah 10% Carignan

The region's wines have moved far beyond the wines of last century, thanks to the dedication and determination of winemakers such as Andy Cook. In this instance old growth vines, gentle harvesting and state of the art winemaking has produced an utterly reliable classic southern French wine as it should be. Bright, peppery perfect for a mid-day BBQ'd shoulder of local lamb, with friends, in our bright winter sun. Serve around 14C. It would age quite well but is very much a wine for today.

CHEMIN DE SAINT-ANDRÉ, ARGELÈS-SUR-MER

Tel: 04 68 54 27 60andy@mas cristine.com
ABBÉ ROUS Banyuls-sur-Mer.
www.abberous.com
YOUR VISIT

If Banyuls-sur-Mer did not exist, Hollywood would have invented it. Surrounded by impossibly steep bleached terraced slopes protecting the town from harsh weather, the resort is just extraordinary. The modern visitor centre of Abbé Rous will welcome you almost year round, (closed all January). Ample parking, well paced and structured tours in English provide a detailed insight into modern wine making.

Vin Rosé Cuvée de Peintres 2016

Grenache noir 70 % Mourvèdre 20% Syrah 10%

An elegantly simple Rosé from old growth Collioure vines. Grenache and Syrah provide a festive strawberry and grapefruit welcome, while Mourvèdre provides depth and a sense of direction. Perfect for a Friday night Margarita pizza, a Saturday Grilled Dorade or a Sunday seafood platter. Chilled 8 – 10 C.

Vin Doux Naturel Banyuls Blanc Cornet & Cie 2015

Grenache Gris 70 % Grenache Blanc 30 %

Elegantly green and gold, Rita Hayworth in a pale green evening gown. Floral and bright aromas which never overpower. The aged vines' deeply buried roots have extracted the taste of peaches and apple. Generous and powerful, lingering without clinging. An aperitif perhaps with slices of slightly salty jamon, small provençal style olives or an accompaniment to a seasonal tarte aux poires or Serve at 8 - 10C.

Banyuls Grand Cru-Domaine de Baillaury

Grenache Noir 75% Grenache Gris 25%

A deeply enticing wine. As smooth as Ernie Els's swing, as determined as Tiger Woods' 2005 chip shot on Augusta's 16th hole. Structured orange and chocolate aromas. A soft rustic spicy sweetness driven by Collioure's dry schist terroir. A perfect apero wine, a partner to rich cheese, chocolate or a rich sweet brioche. Lightly chilled to 13 C if the weather demands.



ROUTE DU MAS REIG BANYULS-SUR-MER

Tel: 04 68 98 36 70

Slipping Effortlessly from France into Spain.

I still feel as if I'm going on holiday every time I pop over into Spain, one of the many joys of living in the Pyrénées-Orientales. A complete change of country and language without crossing water is a bit of a treat for us Brits!

For motorway users, the recent introduction of a 'télépéage' remote control that can be used on both sides of the border means that you can sail blithely through the toll booth without stopping (more or less) and the payment is taken automatically out of your bank account. You can use the electronic toll payment badge on all motorways in France, and Spain. And particularly for right hand car drivers, it takes all the pain out of passing the péage!

Organised by two companies, **Bip&Drive**, and **Bip&Go**, it has taken several years to actually get this show on the road, bringing together the Spanish VIA-T and the French Liber-T des Français.

HOW DOES IT WORK?

When you register, (see below) you will receive a remote control 'beeper' to place on a bracket (also supplied) in your windscreen. As you approach the reserved lanes (orange T but it works in any lane), reduce your speed

and stop briefly. Your details will automatically be recorded, you will hear a beep, and the barrier will rise in response to a signal from your beeper. Many péages now have lanes for "Liber-T" badge holders where you do not actually have to stop, but simply slow down to 20 or 30km. It takes a bit of courage, as the barrier opens at the very last minute!

The Liber-t Bip&Go badge also works in more than 350 car parks around France and selected airport car parks. Look for car parks with an electronic toll payment system, indicated by the T symbol.

HOW MUCH DOES IT COST?

The service will cost you an extra €1.70 on top of tolls per month of use (no fee for months where motorways not used) or €15 per year, plus normal toll fees.

Charges are invoiced and taken from your bank or credit card account once a month, according to the rules in each country (VAT etc) and you will receive a monthly detailed internet invoice.

If you already have the Liber-T beeper for France, you should be able to return it and have your original deposit reimbursed. At the time of writing, the télépéage boutique in Rivesaltes is closed for the foreseeable future, and they suggest either taking your remote control to Narbonne télépéage boutique or posting it back. Reimbursement will apparently be automatic into your bank account but no further information or address supplied at present.

THE PLUSES

- No need to roll down your window at the tolls
- No ticket to take and scrabble around for later
- No coins or card needed.
- Reserved payment lanes (indicated by a 't') so no queues.
- Works in more than 350 car parks around France and selected airport car parks. Look for car parks with an electronic toll payment system, indicated by the T symbol.

THE MINUSES

- A small monthly or yearly fee to pay on top of the cost of the tolls

A couple of things to think about.....

- Check the battery occasionally to avoid embarrassment if it doesn't work and you have to back out (you can also use it through the manned 'péage' booths if the worst comes to the worst but there aren't many around!)
- Put it out of sight when you are away from the car as it is a target for thieves

HOW TO REGISTER

We all have certain 'expectations' about hassle with French admin don't we, but honestly....c'est du gâteau.

Simply go onto the Bip&Go website at www.bipandgo.com/en/, and fill in the clear and easy form in English.

If you're a UK resident, click on 'UK CITIZENS: HERE IS YOUR DEDICATED UK WEBSITE', and follow the simple instructions, which will lead to payment with your UK card..... et Robert est ton oncle - your electronic badge should arrive within a week

SOME USEFUL VOCAB

- un badge de télépéage – remote control
- Un boîtier – box/casing
- La barrière de péage – the toll barrier
- Un signal sonore – a 'beep'
- Une voie réservée – reserved lane
- circuler - drive
- installer sur votre pare-brise – put on your windscreen
- emprunter l'autoroute – to take the motorway (literally to borrow)
- Je voudrais m'abonner au télépéage – I would like to register for the télépéage
- Pouvez vous m'envoyer mon badge en Angleterre (Irlande, Norvège...?) – Could you send the remote control to England (Ireland, Norway...?)



TEST your FRENCH

Tongue Twister

(Repeat quickly 3 times)
Douze douzaines
douches douces

1

L pour Lalala!

Match up the words, all beginning with L with their definitions.

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

- | | | | |
|-----------|----|---|------------------------------------|
| linge | 1 | a | se lit facilement |
| limande | 2 | b | pour promener le bébé |
| laid | 3 | c | petit traîneau pour glisser |
| lisible | 4 | d | objets en tissu, vêtements sales |
| locataire | 5 | e | poisson de mer plat |
| louche | 6 | f | animal qui n'existe pas en réalité |
| licorne | 7 | g | un peu suspect |
| luge | 8 | h | escargot sans coquille |
| limace | 9 | i | désagréable à regarder |
| landau | 10 | j | qui paie un loyer |

Funny translation
Talkie walkie
(walkie talkie)

Blague Bête

Pourquoi dit-on que le fromage,
c'est bon pour la vue ?
T'as déjà vu une souris avec
des lunettes ?



See Page 70
for answers

2

Find the missing number

- Chercher midi à -A- heures
to make things complicated
- À -B- pas d'ici
a stone's throw from here
- Tous les -C- jours
once a fortnight
- Voir -D- chandelles
to see stars
- Merci -E- fois
Thanks a million
- Un de ces -F-
one of these days
- En moins de -G-
very quickly



3

Match up the Acronyms

- | | | | |
|-------|----|---|----------------------------|
| SDF | 1 | a | French rail |
| AOC | 2 | b | French electricity company |
| EDF | 3 | c | Tax included |
| SNCF | 4 | d | guarantee of origin |
| SMIC | 5 | e | RSPCA |
| RIB | 6 | f | Bank account details |
| TTC | 7 | g | parking ticket (fine) |
| P.-V. | 8 | h | homeless |
| SAMU | 9 | i | minimum wage |
| SPA | 10 | j | emergency medical service |

Useful expression
C'est celui qui dit qui y est
It takes one to know one

...and here
they are in full

- Sans Domicile Fixe.
- Appellation d'origine contrôlée Électricité de France.
- Société Nationale des Chemins de fer Français.
- Salaire Minimum Interprofessionnel de Croissance.
- Relevé d'Identité Bancaire Compagnie.
- Toutes taxes comprises.
- Procès-verbal.
- Secours d'Aide Médicale d'Urgence.
- Société protectrice des animaux.

NON!

Vary your language

Don't just say ...non
Say...

Non, non et non !

Absolument pas

Pas question

Hors de question

Pas du tout!

Impossible!

Pas vraiment.

Malheureusement pas

je crois que non

Bien sûr que non

Certainement pas!

Du tout!

Pas du tout !

Que non!

NON

NON!

New Word
in the Dictionary
Vapoter
to smoke an electronic
cigarette

Encore une Blague Bête

Une petite araignée demande à sa mère :

Maman, qu'est-ce qu'on mange
pour dessert ce soir ?
Une mouche au chocolat!



TEST your FRENCH



blague bête

Deux Camemberts dans une tente. L'un dit à l'autre: "Tu trouves pas que ça sent les pieds?"
(ça sent – it smells of...-)

4 Match up the useful sayings

- | | | | |
|-----------------------------------|----|---|------------------------------------|
| Il met toujours son grain de sel. | 1 | A | It's on the tip of my tongue. |
| Il y a quelque chose qui cloche. | 2 | B | It's as plain as day. |
| Pile ou face? | 3 | C | Something's not quite right. |
| Je dis ça, je dis rien. | 4 | D | Just saying! |
| Cela saute aux yeux. | 5 | E | She's out of it! |
| C'est dans la poche. | 6 | F | It's not the done thing. |
| Ce n'est pas grand-chose. | 7 | G | It's a sure thing. |
| Je l'ai sur le bout de la langue. | 8 | H | Heads or tails? |
| Ca ne se fait pas. | 9 | I | He always has to stick his oar in. |
| Elle est complément à l'ouest! | 10 | J | It's no big deal. |

Useful Expression

*Par acquit de conscience
to be on the safe side, just to be sure*

J'en avais marre de ne pas avoir de souliers, puis j'ai rencontré un homme qui n'avait pas de pieds, et je me suis trouvé content de mon sort.

(J'en avais marre
was fed up
soulies
shoes
de mon sort
with my lot)



Proverbe Chinois

See Page 70 for answers

A Little of What you
Didn't Learn in School!
(LOOK AWAY IF YOU DON'T LIKE
BAD LANGUAGE!)

Some naughty expressions NOT to use
in polite company - with the nearest
English equivalents that I dare to
publish!

Casse-toi! – Get lost
Ca me fait chier – That p-----s me off
J'ai péte un plomb – I freaked out /hit the roof
Putain! – Oh cr-p
Je m'en fous – I don't give a damn
Connard! – Rude way to call someone an idiot
Arrête tes conneries! – Cut the bullsh-t
Ta gueule! – shut your gob



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and at our Book Exchange at
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AMÉLIOREZ votre ANGLAIS



See Page 70 for answers

IN EACH P-O LIFE, WE WILL GIVE YOU A MISSION.

Votre Mission.... si toutefois vous l'acceptez, est de glisser tout doucement cette phrase dans votre conversation au moins une fois par jour pendant une semaine!

Chiche !and Bob's your uncle! (.....et voilà!)



1

R is for Rat!

Find the definitions for the following words which all begin with the letter R.

- | | | | |
|-----------|----|---|---------------------------|
| rubber | 1 | a | steps of a ladder |
| rubbish | 2 | b | written or spoken account |
| raw | 3 | c | stop working |
| raspberry | 4 | d | gun with long barrel |
| rein | 5 | e | not cooked |
| rung | 6 | f | thick floor mat |
| report | 7 | g | tough elastic substance |
| retire | 8 | h | strap to control a horse |
| rifle | 9 | i | soft, sweet red berry |
| rug | 10 | j | waste material |



Tongue twister (virelangue)

Répétez trois fois

Three free fresh fish

Language Tip While/during/for?

While (pendant) + sujet
While I was sleeping, he stole my teddy bear.

During (pendant) + nom
I often get up for a wee during the night!
(nb : On ne peut pas utiliser 'during' pour exprimer une période de temps -
eg during 2 days)

For (pendant/depuis) + nom (qui indique depuis quand, ou combien de temps un évènement dure.)
They talked for 2 hours.

2

Fill in the blanks with 'while', 'during' or 'for'

- They came round.....we were eating.
- Traffic in Perpignan is bad.....rush hour.
- She will be in hospitalthree days.
- He broke his leg..... he was playing rugby for the Dragons
- I lived in Leeds.....20 years

Ouch, that
ENGLISH
humour !

Just been to the gym. They've got a new machine. Only used it for half an hour and started to feel sick. It's great though. It does everything .

Kit-Kats, Mars bars, Snickers....

3

A little bit of slang.

Can you find the equivalents?

- | | | | |
|-----------------------------|---|---|---------------------------|
| He's lost the plot | 1 | a | C'est gratuit |
| He is stark raving bonkers! | 2 | b | Tout va bien |
| I don't have any dosh | 3 | c | Tu veux une tasse de thé? |
| Would you like a brew? | 4 | d | J'ai les mains sales |
| We're having a ball | 5 | e | On s'éclate! |
| It's a freebie | 6 | f | Il est complètement fou |
| My hands are grubby | 7 | g | Il a perdu la boule |
| Everything's Hunky-Dory | 8 | h | Je n'ai pas d'argent |

4

Some Very British Idioms!

Can you find their equivalent in French?

- | | | | |
|------------------------------------|----|---|------------------------------|
| I need to spend a penny | 1 | a | Restons en contact |
| I was gobsmacked | 2 | b | C'est un bon ami |
| it's a knees up | 3 | c | Aimer les bonbons |
| That's pants | 4 | d | Loin des yeux, loin du cœur |
| It's all gone pear-shaped | 5 | e | A chacun ses goûts |
| It's sod's law | 6 | f | Je soupçonne quelque chose |
| I'm knackered | 7 | g | Un coup de foudre |
| He's on the pull | 8 | h | C'est fade |
| He's a picnic short of a sandwich | 9 | i | Il m'a taxé 5 livres |
| Don't get your knickers in a twist | 10 | j | C'est une situation critique |

Expression Utile

Don't go off in a huff
(Ne prend pas la mouche)

DAFT JOKE

"Where were you born, Sir?"

"In the United Kingdom"

"OK, which part?"

"My entire body."



ANOTHER DAFT JOKE

Do you want to hear
a joke backwards?

Yes...

OK, start laughing.





Things You Might Need to Know

Spam Spam Spam

Look out for spam emails about the Vitale V3 card claiming to be from the service public (Service-public.fr), inviting you to download a form to obtain the new card within 24 hours.

This is a fraudulent mail to encourage users to reveal their personal data, and take you to a website that looks similar but is set up to obtain bank and credit card information (ID cards, passport, driving license, residence permit ...) and home details (electricity bill, gas, telephone...).

DO NOT REPLY.
DO DELETE THE EMAIL



If you are a victim of crime in Spain...

...call **902 102 112** to make a 'denuncia' (police report) or visit the Spanish Police's website at www.policia.es/denuncia (English version available). Most insurance policies require you to have some sort of crime number from the local police.

It's 'Electrifyin' – Cheaper Electricity



Ten years after the privatisation of the EDG/GDF, at a time when competition is hotting up between providers of gas and electricity, the P-O branch of UFC-Que Choisir has started a new campaign 'énergie moins chère ensemble'.

This rather unusual auction allows consumers to get the best offer on the market through a competitive bidding process.

"The company offering the best deal will become the official supplier to all consumers who have registered. That company will also commit to a contract without commitment, and a promise not to increase its electricity rates for 2 years," explained Philippe Proia, of the Perpignan branch.

An identical initiative carried out last year reduced electricity bills by 23% and gas bills by 17% for 627 households participating in the scheme.

For more information, contact UFC-Que Choisir, 45 avenue Marcellin-Albert, 66 000 Perpignan, tel: 09 83 87 07 07.



Watch over your Parents

Do you worry about elderly parents living in France without family support, or in isolated areas?

The **post office now offers a paid service to help out.** For a monthly payment, the postman/woman will not just deliver the mail but will pop in for 5 - 10 minutes as many days as arranged by you. **The person will also receive a wrist band alarm with a button to press in case of emergency.**

They will have a chat, go through a list of specific questions (Are you well? etc) and inform children or relatives if there are any problems. After each visit, you will receive a summary by text or email.

Sign up online for the 'Veiller sur mes Parents' initiative at www.laposte.fr.

If you live out of France, call **00 33 1 41 85 97 91**

JUST A LITTLE PRICK



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

Buy your own vaccine at the chemist for around 7 euros (note that the usual percentage is still reimbursed by the state), and **make an appointment with a local doctor, nurse or vet (joking)** to administer it. Anybody can do this, whether you're registered in the French Health System or not.

The job is particularly recommended for over-65s and for those with health problems which could make them more vulnerable to the bug.

If you are amongst the above, you will probably receive a letter recommending the vaccination, along with a 'prise en charge' voucher for free vaccination.

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

We love it here – but it ain't perfect!

A British lady was mugged in broad daylight in Lidl car park (since pulled down) in Reynes. At this time of year, shops and car parks are much quieter. They were slick and fast, have probably done it before and are likely to try it again. She would like to warn people to be on their guard.

Things to think about:

• **Try to park nearer to the main entrance of big shops**, not in more isolated areas of large car parks, especially if you are on your own, elderly or not so mobile.

• **Watch out for anyone hanging around near your car or lurking in bushes/shrubberies**, wearing hoodies and dark clothing.

- Watch out for transit vans or other vehicles which don't park but **hang around with the engine running**;
- **Put handbags in less accessible places in your car**, under seats, perhaps, whilst loading shopping.
- **Beware 'distraction' tactics** - getaway vehicle pulling up right behind your car, people jumping out at you - a couple of seconds is all it takes to grab a bag whilst your attention is momentarily elsewhere.



From **British** to **French** in Not-at-all Easy Steps

The fallout from Brexit has left many British residents of France wondering how it is going to affect their rights in their adopted country...and whether they should become French citizens. It could certainly avoid many potential complications when Britain leaves the EU.

However, knowing how France creates paper mountains for the most trivial issues, don't expect a change in nationality to be easy.

It can be done by...

...NATURALISATION.

Unless you have a French husband or wife, this will probably be the best way for you, as long as you have lived in France for five continuous years and can give various proofs of integration such as proving basic knowledge of French language. (Free classes available to help you to reach the required level – check with the préfecture)

...OR BY MARRIAGE.

To prevent you going out and grabbing a stray man or woman in the street for a whirlwind wedding at the Mairie, you must prove that you have been married to your French partner for at least four years – and still be together!

Applying for French citizenship

Start by visiting your local préfecture with passport, birth certificate, marriage certificate, proof of employment or retirement and pension, financial guarantees, proof of medical insurance, proof of living circumstances, the kitchen sink... and a whole load of other paperwork that will be asked for once you start the process.

You can do it yourself...or pay someone else to do it, (ask on expat forums, Facebook pages etc) which is likely to run into more than a euro or two – but could save a lot of stress.

Once the application is in, it will be passed from pillar to post – **the whole process can take several years – but if all goes well, you will find yourself invited to a naturalisation ceremony as a new French citizen.**

Félicitations. Vous êtes maintenant Français/e



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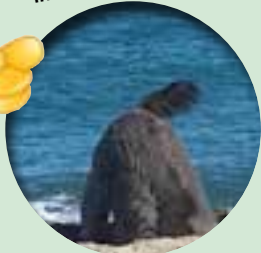
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JUST FOR FUN

BOTTOMS UP!

It's ruff on the beach in winter!


TEST your FRENCH

- ① 1d 2e 3i 4a 5j 6g 7f 8c 9h 10b
- ② A14 B2 C15 D36 E1000 F4 G2
- ③ 1h 2d 3b 4a 5i 6f 7c 8g 9j10e
- ④ 1i 2c 3h 4d 5b 6g 7j 8a 9f 10e
- ⑤ 1d 2e 3b 4a 5c

AMÉLIOREZ votre ANGLAIS

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

SOME EASTER VOCAB

Pâques – **Easter** (NB spelt with an S but pronounced Pack)

Joyeuses Pâques! – **Happy Easter!**

La Semaine Sainte – **Holy Week**

Un défilé Pascal – **Easter Procession**

Vendredi Saint – **Good Friday**

Dimanche/lundi de Pâques –
Easter Sunday/Monday

Les cloches sont passées –
The Easter eggs have arrived
(the bells have been)

Vacances de Pâques –
Easter holidays

Un lapin de Pâques – **Easter bunny**

La chasse aux oeufs – **Egg hunt**


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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.

Useful Vocabulary

Help > Au secours!

**It's an emergency >
C'est un cas d'urgence**

**I need an ambulance >
J'ai besoin d'une ambulance**

**I've had an accident >
J'ai eu un accident**

**The house/car is on fire >
La maison/voiture a pris feu**

**My husband has had a heart attack/stroke >
Mon mari fait une crise cardiaque/a souffert un AVC
(accident vasculaire cérébral – pronounced ai vai cai)**

**My child is choking >
Mon enfant s'étouffe.**

**I'm bleeding >
Je saigne (beaucoup).**

**I'm diabetic, I need insulin >
Je suis diabétique, j'ai besoin d'insuline.**

**My wife is having the baby, her water has broken >
Ma femme accouche, le bébé arrive, la poche des eaux a percé.**

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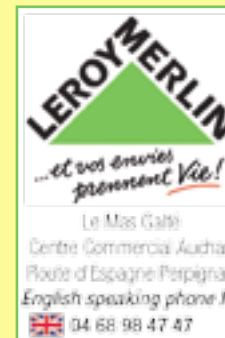
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