

Summer 2018

P-O Life

Life in the Pyrénées-Orientales

N° 60
FREE / GRATUIT



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**FOOD &
DRINK**
Where to Eat
this Summer

**OUT for
THE DAY**
Culture & Fun in
the Vallespir

**WALK the
REGION**
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de Laroque

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EDITO:-)

3



*temps
d'estiu*

Crickets a-chirping, frogs a-croaking, emerald vines whispering gently to laden fruit trees and unruly wild flowers. And the smells! Rosemary and thyme growing wild in the garrigue, lavender mingling with suntan oil and barbecue wafting in on a light breeze of heat...

Welcome to summer in the P-O!

Wine tastings, beer festivals, absolute 'must' outdoor meals with street dancing, live music, sardanes, castellers, corre-focs, gegants...are all part of your Catalan summer.

So no dieting this summer please. Life's too short.

We have some **great restaurants** for you to enjoy, along with days out and walks from **Chris** and **Tim** to burn off the calories. We have **music and dance festivals, local wine reviews and recommendations from Tony, a cheeky joke or two, airport news from Robbie, palm tree pests from Lesley, language exercises...** Well that should keep you going for now.

Happy summer!

Kate

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....

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NEAR CÉRET CENTRE: Prestigious architect's villa approx 237m² living space. Spacious living area with chimney and lounge, 5 bedrooms, 3 shower rooms, 4 WCs. Garage. Pool inc wave machine. Splendid views over Céret and Canigou! RARE PRODUCT – DON'T DELAY!

PRICE : 650,000 € • REF: 5985 Dpe C



NEAR CÉRET CENTRE: Charming, renovated, bright village house on 3 levels. Includes fitted kitchen/dining room looking out onto courtyard and second, summer kitchen leading to terrace with open views on top floor. 2 bedrooms + attic room. Garage. Quality fixtures & fittings. THE CHARM OF OLD STONE.

PRICE : 249 000 € • REF: 3959 Dpe N/A



TAILLET: Spacious villa on landscaped, fenced plot approx 11,809 m² with pool and magnificent views. 5 bedrooms, open kitchen leading into lounge with chimney. Approx 175m² living space. Lots of charm. Quiet area, great for walking. LET YOURSELF BE TEMPTED!

PRICE : 415 000 € • REF: 6056 Dpe B



CERET CENTRE: SOLE AGENT: Spacious, semi-detached, private villa – approx 135m² living space. 3 bedrooms, one with balcony and en-suite shower room & WC, large lounge with chimney, separate fitted kitchen, garage, adjacent garden. Quality fittings. Open mountain views. DON'T DELAY!

PRICE : 270 000 € • REF: 6117 Dpe C



LE BOULOU: Bungalow in quiet area close to shops. Spacious entrance leading to lounge/living area, separate kitchen, balcony/terrace. 2 bedrooms. South-facing, traditional build, double glazing, garage. Room for pool. NOT OVERLOOKED.

PRICE : 235 400 € • REF: 6005 Dpe C



AMÉLIE-LES-BAINS: Superb, modern villa on one level with pool, totally private in quiet, upmarket area. Nearly 150m² living space. Large, covered terrace. 3 bedrooms each with own walk-in wardrobe. High quality fixtures & fittings. DON'T MISS THIS UNIQUE OPPORTUNITY!

PRICE : 365 000 € • REF: 5739 Dpe N/A

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Contact Fiona on 06 89 25 88 01 or email: fiona@anglophone-direct.com

EDITORIAL

For editorial queries & comment

email: info@anglophone-direct.com - 06 79 61 96 46 (editorial only)

Love the front cover? See more of Les Pritchard's at La Capelleta in Céret throughout August.

Impression:

ROTIMPRES (Girona): 13.000 ex.
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Concepteur et rédacteur: Kate
Maquette & Création: demaitesant



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Tél : +33 (0)4 68 51 52 53 - info@cdt-66.com

Les Balcons de LAROQUE

ACCESS

map IGN 1:25000 Banyuls, Col de Perthus, Cote Vermeille 25490T

A 3hrs - 3hrs.30 circular walk up the hills with 450 metres of ascent, which is all in the first half of the walk. Well signed route with yellow waymarks.



GETTING THERE

Laroque is signed off the D618 road (Argelès to Le Boulou). Take D50 into the Village centre and park opposite the Mairie. Do make time to explore this fascinating village before or after your walk.

START OF WALK:

👉 Cross the narrow main street and continue straight on past le Cafe des Artistes. Turn right into Rue du chateau and walk below town ramparts.

At rear of ramparts descend to a bridge across river and walk through allotments (**Chemin de la Florentine**) to emerge beside house at Place Sebastian.



IDENTIFYING MARKERS

Many walks and rides in the region have been marked out with different coloured paint strokes to represent varying difficulty or activities.

WALKING

Yellow paint stroke - short walk (petite ran- donnée)

Red and yellow paint stroke - Cross country (Tour de Pays)

Red and white paint stroke - long walks (grande randonnée)

HORSE-RIDING

Orange circle

MOUNTAIN BIKING

Two yellow circles and a triangle to indicate direction.

THE WALK

👉 Turn left and follow the road, continuing straight on after the end of the housing estate. There is now just the occasional house and road quality deteriorates.

Pass the **ruins of Chapelle de Roca Vella**.



After 30-40 minutes the broad track narrows to the right and rises to the wide bend of sandy piste. Ignore the signs for Walk 1 and continue up the piste to a hairpin bend.

On this bend take a path on the right leading **up a rocky gully**.

After a short steep climb of 5 minutes reach a piste and cross directly opposite to continue the ascent. Emerge on second more grassy piste.

Turn left and very quickly take path on right to climb to high point of the walk. (If you have had enough of climbing you can make the left turn and continue along this piste all the way to the head of the valley at the fountain mentioned below). **This is the longest stretch of ascent and the views of the coastal plain are lovely as Laroque becomes a dot on the landscape below.** Pass steep cliffs; path continues beside then behind them.

Emerge at cross road of paths and turn left.

(The path straight on is a route to **Pic d'Oreilla [499m]**. The path to the right descends to **Font dels Simiots**)



This path contours through the woods and eventually descends past a picnic bench to meet the piste which was crossed earlier (alternative route).



WALK *The* REGION

with Tim and
Chris Parker

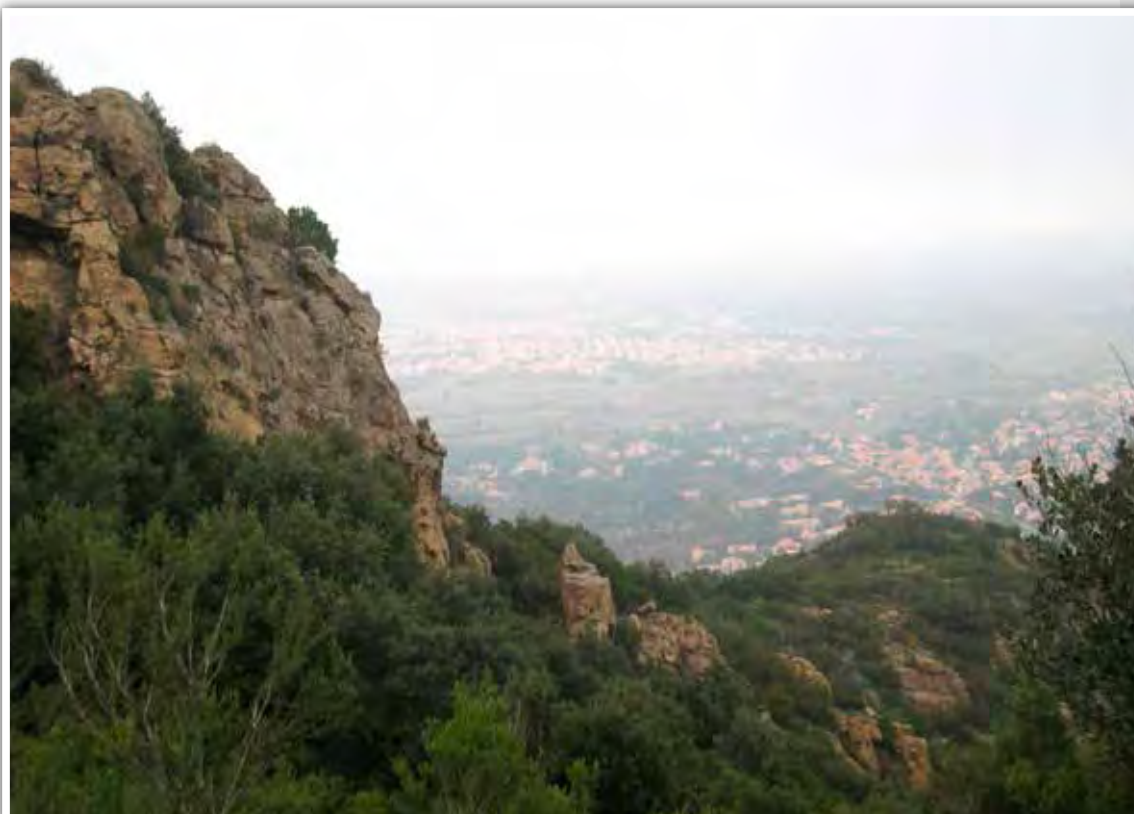


Turn right along the piste; pass **Font de la Vernosa** and reach the head of the valley, where the river **Roca de Vella** forms a pretty pool. (1h 40-50mins to this point)



Continue to follow the piste ignoring all paths until after approx. 10 minutes you reach a path going down on left signed Laroque.

Soon find sign to the very large ice well on the right. This is only a few yards off the path. **It was built end 16th/beginning 17th century to hold packed snow for use as ice during summer.**



Contour round the hillsides, gradually descending and crossing tributaries to the main river below. These are easily passable but one may be tricky after heavy rain so route is not recommended at such times. **Great viewpoints open up as you continue along the hillside.**

Further down, ignore steep path going down into the valley and signed for Laroque.

Continue on the same gradient and direction to emerge very soon beside a **renovated Mas**. Pass the gates of the Mas and continue straight down piste ignoring one to right.

Soon reach a left bend in piste:

2 OPTIONS AVAILABLE –

a) Left turn brings you to the small reservoir on the “common trunk” for several Laroque walks: turn right at the reservoir and immediately left down path with canalisation at the side to reach le Moulin de Pave and Laroque centre

b) Continue straight on through summer gardens to flight of steps down into the village

Pass through the narrow streets to return to car park. Explore the castle within the old fortified village if you have time. Enjoy refreshments at one of the many cafes, bars and restaurants ●●●

WHERE TO EAT AND DRINK IN LAROQUE...

Cave Le Carignan
04 68 568301

Wine and tapas bar.

Delicious home-made tapas, washed down with your favourite tipple.

Les Enfants Terribles
04 68 89 40 51

Spacious restaurant with shady terrace and innovative cuisine.

Café des Artistes
04 88 89 76 53

Morning coffee, lunch dinner, drinks....

... AND IN SORÈDE...

La Salamandre
04 68 89 26 67

Fine dining, full of flavour, an innovative Mediterranean dining experience.

OUT for THE DAY... IN LAROQUE—DES—ALBÈRES

Small, vibrant, and cosmopolitan, Laroque was **the first village in the department to introduce electric lighting in 1897!** As well as medieval chapels, 14th century flour mill, and natural rock pools, the old part of the village is a maze of narrow streets and pretty village houses built into the ancient ramparts of the original castle fortification.

Refuge for kings, the chateau was an important stronghold in the defense of the territory, along with Perpignan, Salses, Elne and Collioure. From the remaining tower, at the top of the village, the views are stunning.



At least 12 well marked walks lead off from Laroque, taking in dolmens, ancient ruins, mineral fountains, ice wells, nature, history and heritage.

Visit the **Maison d'Amande** for fresh almond products or the **Moulin du Llevant**, olive oil mill, from mid June to end August for a free, guided tour of the process from tree to jar along with the chance to taste the oils and related products. (Full details from the Tourist Office.)

For those with limited mobility, a drive to the **Col de l'Ouïlat** has been specially adapted by the National Forests' Office, through chestnut, beech and cork oak forests, taking in some of the most beautiful areas along the Albères chain.

POP INTO THE TOURIST OFFICE FOR EXACT DIRECTIONS, OR TO PICK UP SOME OF THE EXCELLENT VILLAGE TRAIL SHEETS FOR CHILDREN, CREATED TO TEACH AND ENTERTAIN.



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Correfocs, castells gegants



Correfocs are more popular now in south Catalonia than north, but this Spanish tradition, meaning 'fire runs', will make sure that any festival goes with a bang! Originating from a form of medieval street theatre called 'Ball de Diables', these spectacular shows of devils and fireworks represent the fight of good against evil.

CORREFOCS

The Correfocs themselves are not medieval. Spanish dictator Franco banned many aspects of Catalan culture. After his death, Barcelona filled the streets once again with fire and festivity. Dressed in red and black, wearing horns and masks, 'colles de diables' (groups of 'devils') dance amongst the crowds accompanied by loud music, waving sparklers, firecrackers, and

roman candles, spitting fire into the crowd. Great atmosphere, great fun but can be very frightening for small children, animals and the less adventurous adult! And leave your health and safety training head at the entrance! Amongst other useful advice during a correfoc, the Generalitat de Catalunya suggests "If by any chance your clothing catches fire, throw yourself on the ground and roll over to put out the flames. Above all, do not run, as this will spread the flames and make them burn more fiercely."

GREAT ATMOSPHERE, GREAT FUN..... BUT MAKE SURE YOU MEMORISE THE EMERGENCY PHONE NUMBER 112 JUST IN CASE!



LES JEUDIS DE PERPIGNAN

Not to be missed, Thursday nights on the streets of Perpignan in July and August are a flamboyant melange of music, street theatre, jugglers, acrobats, flamenco, salsa, jazz..... It's live, it's free, it's full of sound and colour... and it's always great fun.

CASTELLS

Castells (Catalan for castles) originated at the end of the 18th century in Valls, Tarragona, when rival "colles" (groups) began to compete in constructing human towers. These castellers (castle-makers), wear traditional Catalan costume and climb on to each others shoulders to create a human pyramid, sometimes up to eight or nine storeys high and often topped off with a brave child, a bit like a cherry on a cake!

FESTIVAL INTERNATIONAL DU PHOTOJOURNALISME

1 - 16th September

Professional and amateur photographers from the four corners of the globe meet up for the prestigious "VISA Pour l'Image" festival. Huge exhibitions are mounted in the Couvent des Minimes, Chapelle des Dominicaines and adjacent buildings in the old town. It's all free - and a great chance to see inside some of the oldest buildings of Perpignan! There is also a simultaneous "Off" (fringe) series of exhibitions in various shops and cafes dotted around the centre of Perpignan.

LLEVANT DE TAULA

During a 'festa major' the principal festivals of the year, the Llevant de taula» (literally meaning 'dessert') is the means by which a village raises funds for the fetes and entertainments. Strolling musicians with wind instruments (or these days floats with people in fancy dress or Catalan colours piping traditional Catalan music through speakers) travel from house to house, receiving small amounts of money to be put towards the village festivities.

EXPECT TO HEAR LOUD MUSIC AND A KNOCK ON YOUR DOOR ANYTIME FROM JUNE ONWARDS!

GEGANTS

Géants (giants) are enormous painted papier-mâché figures, sometimes 14 or 15 ft tall, with traditional clothing and a very hot person inside! They usually appear in couples during the patron saint holidays (Festa Major), carnivals and parades, often as king and queen, or some important person in the history of the town. They dance in the streets with little "big-heads" or "cap-grossos".

FESTIVAL & TRADITIONS

Join Hands for *The Sardane.*

Perpignan has been elected 'Capital de la Sardana 2019', a title awarded each year to a different town.

Pop into your local tourist office and check out the variety of cultural and fun activities organised to promote the dance and music, including introductory dance courses, various exhibitions of traditional and modern instruments, dance demonstrations, a **Sardana Championship**, award ceremonies, period films and concerts and lots of surprises.

THE DANCE

Often performed at popular celebrations and community festivals, the Sardane is considered the national dance of Catalunya. A traditional circle dance, slow with small, precise steps, it is believed to be of Greek origin, designed to bring whole villages out into the streets, and get them in party mood – a little like a more complicated version of the 'hokey cokey' in fact!



Tenora



Flaviol



Tible

THE MUSIC

Music for the sardane is played by a **cobla**, a wind band with double bass consisting of **12 instruments played by 11 musicians**. Four of these instruments (**tenora, tible, flaviol and tambori**) are typical **Catalan instruments** along with the more traditional trumpet, trombone, fiscorn and double bass. **The makeup of a cobla never varies.**



Tambori

THE HISTORY

For the Catalans, the Sardane is more than just a dance.

After the Spanish Civil War, Fascist dictator General Francisco Franco resented the Catalans for their national pride and their deep desire for independence. He saw this as arrogance and banned several aspects of Catalan culture, language and heritage, in an attempt to force the Catalans to conform with the rest of Spain.

Not for the first time, the speaking of Catalan was banned. So was the Sardane.

In a paranoid country, where walls had ears and spies were commonplace, Franco even suspected that dancers were passing on coded messages with their feet!

In fact, the banning of the Sardane served only to strengthen the national unity and pride, bringing together all ages and classes, linking them to each other as they raised their heads and hands and declared their 'Catalanité'

Today the Sardane is danced in villages and towns throughout Catalonia, by Catalan and non Catalan alike, and is a great way to make friends and take a little exercise at the same time.

Join in the next time you see a Sardane starting up.

The more the merrier!



FESTIVAL & TRADITIONS

Pablo Casals Festival

Every summer the pretty villages and Romanesque churches of the Conflent become the stage for one of the most prestigious chamber music festivals in the world: the Pablo Casals Festival. This year venues also include the Musée d'Art Moderne de Céret, the beautiful cathedral of Elne and the Théâtre des Aspres in Thuir.

The theme of this 66th festival, 'A bow for peace', pays particular homage to Casals' 'peaceful activism'. Himself a refugee fleeing the Franco regime, the renowned cellist and conductor committed as much time to campaigning for peace as he did to performing music. He settled in Prades and the **Pablo Casals Festival was born in 1950**, "a necessary thing, like a debt that I had towards the town that adopted me". Since then, it has inspired concerts by some of the world's greatest musicians.



Thursday 26th July, 9pm

Abbaye St Michel de Cuxa, Prades

Festival Opening – Concert and Conference with Hubert Reeves: The Planet at Peace
BEETHOVEN with the Trio Marvin and SCHUBERT with Simply Quartet.

The 10th Century Abbey, well signposted from Prades, is majestic in its very simplicity – and Canigou towering in the background, the setting is stunning and inspirational.



Friday 27th July, 9pm

Casino, Vernet les Bains

Grands Quatros (Great Quartets) with Simply Quartet HAYDN, BARTÓK, BEETHOVEN

Pretty Catalan village and spa, Vernet's steep, narrow, flower-decked streets lead to the XII century church of Saint Saturnin attached to the castle. Surrounding countryside is spectacular, and Canigou omnipresent.



Saturday 28th July, 9pm

Théâtre des Aspres, Thuir

Dégustation Franco-Italienne.
Music and wine from the Aspres and Frioul
ROSSINI, RAVEL, MOZART, ROTA

Thuir, dynamic little town in the Aspres, important wine centre, famous for the Caves Byrrh. Plenty of good restaurants, cafés and shops, perfect place to celebrate music and wine together.

FESTIVAL
PABLO
CASALS
P R A D E S



FESTIVAL PABLO CASALS
L'UNIVERS DE LA MUSIQUE DE CHAMBRE

Un archet pour la paix

26 JUILLET - 13 AOÛT 2018

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MUSIC IN THE VILLAGES

Dancing In The Street



TWO COLOURFUL AND EXCITING FESTIVALS NOT TO BE MISSED THIS SUMMER.

The annual **Villelongue Music Festival** in the beautiful Albères foothills promotes the heritage, culture and music of the region. From classical, jazz and contemporary to salsa, world music and concerts for kids, performances take place in venues and spaces throughout the village of **Villelongue dels Monts**; the amphitheatre, in vineyards, mills, gardens, orchards, churches. **Look out too for MUSICAL WALKS and APÉRITIFS around the beautiful countryside and don't miss the MUSICAL FIREWORK FINALE!**

THURSDAY 9TH

Batucada, homage to Mali, night concert

FRIDAY 10TH

Children's musical theatre, musical street party, symphonic orchestra performing Mozart, Wagner and Strouk, improvised jazz.

SATURDAY 11TH

Cello & guitar, woodwind & piano, Saxophone Celebration



SUNDAY 12TH

Musical Apéro, Symphonic Orchestra, Balkan music, Salsa, Afro-cuban rhythms and **Grand FREE Musical Firework Display** – not to be missed!

FULL PROGRAMME

www.musiques-dels-monts.com/programme.html

And if your toes are still a-tappin', head on up the **Vallespir to Amélie-les-Bains for the Festival Folklorique** as hundreds of dancers from around the world light up the streets in a kaleidoscope of colour and rhythm.

THURSDAY 9TH

Free grand bal, Folkloric Dinner and show.

SATURDAY 11TH

Crossing of Cultures Show, free grand bal

SUNDAY 12TH

Parade of the Nations and closing Gala

FULL PROGRAMME

<https://anglophone-direct.com/events/>

Perpignan's Payote pong busters for whiffy espadrille lovers



The espadrille, rustic, rope-soled footwear of humble origin, but today popular, fashionable, very French and much loved for summer wear.... but blistering heat can cause stinky feet!



Never fear! Help is at hand for pongy pied-sters

Perpignan-based espadrille makers, **Payote**, claim to have solved the issue of foot odour, creating the first ever espadrille “qui ne pue pas des pieds”!

Payote, a start-up business launched in 2016, is known for its social engagement. Donating some of the company's profits to l'Association Rêve, director, Olivier Gelly, helps to make dreams come true for hospitalised children across France.

Alongside his social activism, his brand is also committed to using locally sourced, **recycled and sustainable products**, and fabrication is **100% French**.

Now taking espadrilles one step further (pun intended), **Payote** has developed a **system of micro-capsules**, implanted into the fabric, which, when rubbed, release the **pleasant perfume of grapefruit**.

These sweet smelling capsules, tested in laboratories, are anti-bacterial and made from a base of vegetable oil. They can combat pesky pongs for up to 3 weeks!

Do you know somebody who will be keeping their boots on this summer? An attractive, fun and useful present to offer to friends - or a little treat for yourself.

Dive into summer and embrace the espadrilles with Payote.



1325 avenue de la Salanque
66000 Perpignan

04 68 64 32 24

www.payote.fr
Facebook

Readers'

Restaurant REVIEWS

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

Once again, we start with a few choice phrases from a past review of a restaurant which has proved particularly popular with vegetarians, vegans....and Laura's partner!

FRIDA'S

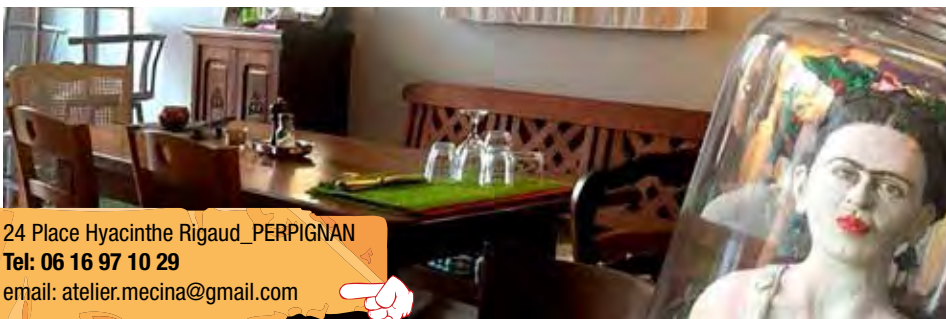
Perpignan....with Laura

Organic, vegan restaurant, an absolute delight. On our last visit, we shared a selection of starters, including **hummus, 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! All superb.

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!

FRANCE



24 Place Hyacinthe Rigaud, PERPIGNAN
Tel: 06 16 97 10 29
email: atelier.mecina@gmail.com

LA COOPERATIVE, DOMAINE RIBERACH,

BELESTA.... with Gillian and Mark

Modern restaurant/hotel encased in the shell of the old Cooperative building in Belesta, the restaurant opens to a beautiful umbrella and tree covered terrace with extensive views across the surrounding hills. Expensive compared to many restaurants but worth every euro. For lunch, we went 'à la carte', sharing an appetizer and desert, and each having our own main course, with two glasses of wine each - **around euro 70 per head** - but the quality of the food, its flavours and **presentation are very special**. There were a number of amuse bouches and interval courses, including a palette cleansing sorbet. It is probably one of, if not the, best lunch we have had in the region.



2 Route de Caladroy, Belesta
Tel: 04 68 50 30 10

66/VINS

MAUREILLAS.... with Penny

Lovely meal with a very good wine list. Sabrina is English-speaking (lived in Birmingham) and the chef is her father. Up-market but with reasonably priced menus, food is modern French, very tasty and decent portions. **I had stuffed mushrooms with pignons for starters, medallions of pork with Asian-inspired veg for main and an amazing deconstructed tarte tatin for pud**. The wines are exceptionally good and many are served by the glass. Sabrina will help with selection if required. **It was around 40 Euros** a head with some fairly pricey wines and coffee and water..

You can sit out in the square on warm days and watch the world go by.



10 Place de la République,
Maureillas-Las-Illas
Tel 04 68 81 66 69

LE RABASSOU

Rodes.... with Ian

A little gem tucked away off the main Prades to Perpignan road. Excellent food and ambiance especially on the terrace as the evening sun sets behind Canigou but also inside. Wood fired oven. Fresh ingredients, locally sourced. Huge veal chop. So impressed that we went back twice.



10 Chemin de Domanova, Rodes
Tel: 04 68 05 95 66

Restaurant REVIEWS

L'ATELIER DE FRED

CERET....with Myriam

This restaurant is consistently excellent. Service, quality and presentation are above the rest. Hard to find a table unless you reserve.

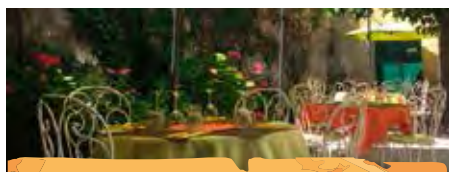


12 Rue Saint-Ferréol, Céret
Tel: 04 68 95 47 41

LE JARDIN

Céret....with Lisa

Le Jardin on Saturday night with 4 friends was really lovely and they made a real fuss of us for my birthday. Good food, interesting starters and mains, all well cooked and amazing deserts. They also have Lafage Cote Rosé wine - which I love. For my birthday, they presented me with a large tuille with 'Bonne Anniversaire'. Friendly, efficient and professional.



7 rue de la Republique, Ceret
Tel: 04 11 64 41 12

VIVA L'ESPAGNE!

B12

Girona....with Claudia

One of the rare vegan restaurants in our area. Food is excellent, they have a special menu at lunch time (starter, main, bread, coffee and a drink or same with main and dessert for 12.50€ or starter, main and dessert plus the rest 14.50€). Huge list of artisanal local beers. Even non vegans will like the food. Even more food choices in the evenings.

Plaça del Vi, 11, Girona
Tel/ +34 972 01 32 02



QA4TRE

Camprodón....with Peter

If you should venture over the col D'Ares and drop down to Camprodón, check out this little restaurant situated in the centre of town centre amongst the shops. It is very compact so it's best to reserve. It has superb local Catalan dishes at very reasonable prices and is frequented by the locals which is always a good sign. Nearby is a small Retirada museum and some excellent charcuterie shops. If you have time, a detour to the medieval village of Beget, to walk off your lunch, will be well rewarded.



C/ Sant Roc, 4, Camprodón, Spain
Tel: +34 972 74 01 85

NOU FUSIÓN

Palau Saverdera...with Caroline

We can heartily recommend this restaurant over the border near Roses. A fusion of east meets west at very reasonable prices, with superb waiting staff and wonderful service. A different menu every time we go. The 3 course lunch is excellent value at just under 15€. There are lovely views of the bay of Roses from the large shaded terrace. English spoken.

Urb. Can Isaac, C. Holanda s/n
Palau Saverdera
+34 972 53 07 27

LA MUGA

Vilanova de la Muga....with Andrew



Excellent Spanish restaurant, relatively near the border with multi-lingual menus.

No menus at the weekend but the à-la-carte was reasonable. Packed with locals. Limited list of local wines - we had 2 half-bottles of Perelada which were perfectly acceptable. Mousse de Foie Gras with Port and apple compote ("just lovely"), Escalivada with anchovies ("the best I've ever had"), and one asparagus salad with "duck ham" ("very light but not bursting with flavour"), roast lamb shoulder (for two) with veg and chips ("great flavour and well presented"), veal cheek with mushrooms ("succulent and tender but no veg or chips"), and half a grilled rabbit, veg and chips ("good, not dry at all"). Great food (taste and presentation), friendly service, good atmosphere. We WILL be going back.

Carrera Major d'Empúries, 26,
Vilanova de la Muga, Spain
Tel: +34 972 67 32 96

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 serait ravi de vous entendre) Send your comments to us at info@anglophone-direct.com. (No restaurant owners please!! :-)

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IN SAINT GENIS DES FONTAINES

L'Auberge des Alberès 04 68 89 88 38
..... www.restaurant-auberge-alberes.fr Open all year

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IN SAINT CYPRIEN

Le Portofino..... 09 51 58 89 55
Jardin Catalan 04 68 21 36 64

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OUT**

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Garriane 04 68 67 07 44
Lou Grilladou..... 04 68 34 86 81
Frida's 06 16 97 10 29
Frankette..... 04 68 29 60 76
Cafe Vienne..... 04 68 34 80 00

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www.restaurant-lou-grilladou.fr
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Aigrefin/Eglefin - Haddock
Anguille (Congre) - (Conger) Eel
Bar - Sea Bass
Cabillaud/Morue - Cod/salted cod
Carrelet - Plaice
Colin/Merlu - hake
Daurade/Dorade - Bream
Espadon - Swordfish
Lotte - Monkfish
Loup - Sea Perch
Rascasse - Scorpion Fish
Requin - Shark
Rouget - Red Mullet
Saint Pierre - John Dory
Seiche - Cuttlefish
Thon - tuna

GENERAL FISHY VOCAB

vider - to gut (lit. to empty)
(court) bouillon - stock or broth
médaillon - small, round pieces (of fish/meat)
(sans) arête - (without) bones
en papillote - cooked in foil
darne - fish steak/slice
décortiqué - shelled or peeled
écailler - to scale fish

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Amandes - dog cockles
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Langoustes - spiny lobsters
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OUT for THE DAY...

With Martin Bailey

Over the border

...in SANTA PAU

"Have you remembered Bob's passport?" "No!"
More delay as our road is closed due to Belgian neighbours painting their roof terrace railings!
Finally, doggy passport in hand, Bob in harness, SatNav programmed and off we go for another adventure, this time just south of the border.

A pit stop at La Jonquera for flavoured gin, tonic and a few other supplies and our break proper starts. **We're driving to Santa Pau, west of Figueres and about 50 km from the coast, for a long weekend.**

As we drive along the quiet A26, the scenery changes with more tree-topped hills appearing, wonderful views of the ever majestic snow clad Canigou to the North and more dark tunnels boring through the solid rock.

We pass evocatively named places busy with history; Besalú, St Jaume de Llierca, Castellfolit de la Roca before entering Olot and the Parc Natural de la Zona Volcanica de la Garrotxa abundant with fascinating conical and sometimes symmetrical hills.

This bustling town, capital of La Garrotxa county, is well known for its art and culture, with botanic garden and volcano museum.

The area actually has thirty volcanic cones but don't panic - the last eruptions were nearly 12,000 years ago and the craters are peaceful and covered in greenery.



Our final destination is Santa Pau, a medieval village located in the verdant La Garrotxa National Park with a myriad of way-marked paths for walkers and nature in abundance. Centred around the **13th and 14th century Plaça Major and castle**, the village twists and turns with covered arcades and charming narrow alleyways.

There are ancient gates and fortified walls to admire and a friendly village store which doubles as a bar, coffee shop and place to watch the world go by. The village isn't short of restaurants either as it's a popular spot with tourists, albeit quieter than nearby Besalú.

We had a great time exploring the **church of Santa Maria** complete with a countryside scene which, for 1€, played music, lit up and allowed streams to flow. Admittedly there was still a nativity scene in place in April and the odd frond of Christmas tree but it all added to the charm.



The best time to explore and really appreciate the serene beauty is early morning before the tourists and day-trippers arrive. When they did, off walking with Bobdog we went, along green lanes, past babbling brooks, flower-filled meadows and woodlands teeming with life.

This part of Spain surprised me with its lush greenery as far as the eye could see. We'll be back for more adventures in this lovely part of Catalonia.

When Martin isn't out looking for new adventures, he is in his spice workshop making delicious, totally home made, nothing-artificial-added curry sauces, mixes and pastes, pickle, Nans...

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MARTIN BAILEY
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WINE CLUB

P-O Wines Tried & Tasted

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

Summer time, and the living is easy. Well, at least it is here in the P-O, drenched in sunshine under Picasso's teal blue skies. Lazy days of golden beaches and soft Mediterranean waters beckon but **don't forget that this is also the perfect time to explore the region's vineyards** with their fruit-heavy vines, and cool, soothing cellars. In this edition we bring you two more superb vineyards, and a 'one stop wine shop' at the excellent Jardin Catalan on Saint Cyprien Port. I do hope these reviews give you a few ideas of wines to try and places to visit.

Contact me with comments and queries on Wineclub66@gmail or on Instagram @antonstjohn.

WINE TASTING — RESTAURANT — CHAMBRES D'HOTES — EVENT MANAGEMENT



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*During July and August



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www.chateau-valmy.com



YOUR VISIT

The 19C chocolate box Chateau sails above the rich Argelès plain like a majestic fully rigged four mastered windjammer. Its vines thrive on a gentle pebbled red earth terroir which runs down towards the Mediterranean sea. Their exceptional wines are crafted to match the demands of their clients. Allow time to stroll through the pine and cork trees in the garden (free entry) or to sit and enjoy the sea view. Plenty to keep the kids occupied, ample free parking, well signposted. Brand new state of the art visitor centre with a restaurant, terrace café and oyster bar. Every facility you would expect for a world class winery including a warm, friendly welcome.

VDN (Vins-Doux-Naturels)

Le Trésor Rivesaltes Ambre

Gloriously rich, honeyed fruit without being cloying. Golden soul soothing colour. Cinnamon, hints of peppered cardamom, peach and slight spice island citrus. Ricardo Montalban and Barry White smooth.

At 57€ consider it a long term investment in your personal development and health. Sip it gently with Shenck's - Suite in G minor for the Viola de Gamba in the background.

57€ Room temperature will do just fine.

VIN ROUGE

Le Premier 2015

Syrah Mouverde Grenache Noir

A traditional Grand Vin crafted with devotion from the trinity of regional grapes. A big, bold and powerful roast beef of a wine with Jonny Wilkinson's smooth technique and reliability. Plenty of Syrah colour and liquorice, Mouverde tannins and Grenache Noir black pepper. To consume now, however if the budget allows put one or two aside for a few years. A traditional roast or a cheese platter which includes a good strong blue. 12.50€.

ROSÉ

Château Rose 2017

Syrah Grenache Noir

A powerful rose, plenty of syrah spice and berry aromatics. The luxurious pale garnet colour is perfect for a candlelit dinner party. Lesser winemakers might over-serve a wine like this and find themselves leaving the tournament early. Bernard Carbonnell and his team have given it Rafael Nadal's balance and control to hit the sweet spot everytime. Its summer, be adventurous with pairings. It can cope. Love it, bravo.

10€. Serve around 12C.

CHEMIN DU CHATEAU VALMY, ARGELÈS-SUR-MER

TEL: 04 68 81 25 70

JARDIN CATALAN
Facebook: Cave-Jardin-Catalan

YOUR VISIT

A gourmand's delight, stocked with the best wines and provisions the region offers plus hard to source international treats at supermarket prices. If time is of the essence, Olivier has done the leg work allowing you to stock up on wine from some of the best local vineyards with one stop, and have time left to take the family for a stroll around St Cyprien's fabulous marina. Well signposted and staffed. Parking at the door. Prices are clearly displayed and comparable to cellar door prices. Bright, open shelved and well laid out with a separate section for fresh local produce.

Three wines out of many which particularly caught my attention:

VIN BLANC

Domaine Deprade Jorda, Argelès sur Mer

Prémices Chardonnay

Fresh and clean, just delightful. Nicely structured with a light touch of oak, it will surely impress, and at 5€ you can tell the neighbours to stock up for when you visit without feeling guilty. It's a perfect summertime BBQ wine. Langoustines and green sauce, Moules.

5€ Serve at 10 - 2C.

VIN ROSE

L'Instant Rosé 2017

50% Merlot, 30% Cabernet Sauvignon, 20% Pinot Noir.

Lovely colour and summer berries linger. While a lighter wine, the Merlot provides plenty of body, the Pinot an interesting slightly dry introduction. Rabbit, rich Valencian paella please or chicken grilled with plenty of olive oil and handfuls of garden fresh herbs.

5.95€ Serve at 12C

VIN ROUGE

Château Montner 2015

Syrah 40% Carignan 40% Grenache Noir 20%

A lovely well rounded, well constructed wine. Deep garnet red purple, good fruit aroma. Some lovely syrah pepper and soft mellow tannins. It's a safe pick when you want something with good credentials and an easy going personality. Pork grilled with artichokes, slow roasted sweet potato.

Around 7.50€ Could be laid down for 2 years or so. Serve around 16C

2 Rue Henri Becquerel, Saint-Cyprien

Tel: 04 68 21 36 64



WINE CLUB

CHÂTEAU DE CORNEILLA DEL VERCOL
www.jonqueresdoriola.fr

YOUR VISIT

Between Saint Cyprien and Villeneuve de la Raho, the Jonquères d'Oriola family have been making wines for twenty-seven proud generations. 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.

VIN BLANC

Collioure Blanc 2016

14%Vol Grenache Gris, Grenache Blanc, Rousanne
 Superb white, 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.

17€ Drinkable now at around 10C, it has the capacity to develop over the next 3 – 5 years.

VIN ROUGE

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.

19€ 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

chateaudecorneilla@hotmail.com

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TEL : +33(0)4 68 22 73 22 www.jonqueresdoriola.fr
cave@jonqueresdoriola.fr

Wine Tasting

It would practically be rude not to!

No visit to the P-O is complete without a spectacular drive through some of the villages and vineyards of the Roussillon and an educated tasting of the excellent wines which reflect the hot, sunny, windswept land from which they spring.

Local oenology club, Roots 66, invites you to join them again this summer for sociable, themed discovery tours in French and English of some of the region's finest vineyards. Many of the smaller winemakers are included in the visits, so some great discoveries to be made - and a chance to support the hard working vignerons.

And at a cost of just 10€ per person, (unless otherwise stated) it would practically be rude not to!

So... *Bonne dégustation! Santé!*

programme

JUNE

Friday 22nd
Domaine Arletaz, Opoul.
A heritage worth protecting

Friday 29th
Domaine Garrigo, Vingrau.
Animals and vines.

JULY

Thursday 5th
Domaine Arabesques & Ausseil, Montner.
Vines and heritage.

Thursday 12th
Domaine Trouillier, Montalba.
Granite and altitude.

Thursday 19th
Domaine Mathouans, Latour de France.
Biodynamics.

Thursday 26th
Domaine Bota Nostra, Estagel.
Truffles and vines.

AUGUST

Thursday 2nd
Domaine Tribouley, Latour de France.
Planting new vines.

Thursday 9th
Domaine Cave Apicole, Montner.
Backstage at the vendanges.

Thursday 16th
Domaine Rivaton, Latour de France.
The importance of biodiversity.

Thursday 23rd
Domaine Les Terres de Mallyce, Rasiguères.
Arid ground.

Thursday 30th
Domaine Les Balmettes, Cases de Pène.
Vendanges and wine production.



SACRÉ BOUTEILLE, JOLIE BOUTEILLE....

Par un beau soir de printemps, un vieux couple partage une bonne bouteille de vin du Roussillon devant les cerisiers en fleurs sur fond de Canigou enneigé. Emu, le vieux homme dit:

"Je t'aime tellement, je ne sais pas comment je pourrai vivre sans toi...."

Sa femme lui répond :

"C'est gentil mon cheri mais ça vient de toi.. ou c'est le vin qui te fait parler..... ?

Le vieux répond:

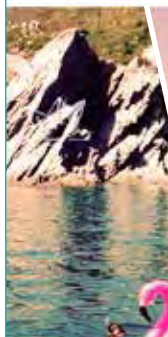
C'est moi... qui parle au vin.

(partage - share emu - moved tellement - so much)



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*6 hours with apéritif: +25€



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FULL DAY OUT

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cooked by
the Chef

ROMANTIC MEAL FOR 2

85€ pp



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Port Lligat,
Port de la Selva

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and book your visit

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ROOTS 66

SUMMER in the VALLESPIR...

Three bridges span the River Tech in Céret, one of which, Le Pont du Diable, was supposedly built by the devil in 1321 in exchange for the soul of the first Cérétan to cross. Temptation still awaits around every corner of the quaint, cobbled streets with pretty squares, lively shops, restaurants, bars, and renowned art and music museums, enticing us to hang around this enchanting, people-watcher's paradise. So enjoy... but don't forget that the surrounding area is also full of treasures just waiting to be discovered.

THE VALLESPIR

L'Albère • Céret • Le Boulou
Le Perthus • Les Cluses
Maureillas-las-Illas • Reynès
Saint-Jean-Pla-de-Corts
Taillet • Vivès



Office de Tourisme
Intercommunal du Vallespir
04 68 87 00 53
<http://www.vallespir-tourisme.fr>

WHAT'S ON just a glimpse.

JULY

7th – 8th Fête de l'Eau - Le Boulou

Ask for details at the tourist office.

11th – 15th Féria – Céret Streets

Market, bands, and street entertainment as the whole of Céret goes pedestrian for the traditional Féria.

20th – 22nd

Festa Major – Maureillas - Prat de la Farga

Music, dancing, food, drink and great entertainment under the stars to celebrate this main festival for the village.

21st – 22nd

Festival de Sardanes – Céret Arena & Streets

Dance competition with dancers from all over Catalonia.

29th

Fête de la Saint Nazaïre – Les Cluses

In honour of the village's patron saint, Saint Nazaïre. Traditional Catalan entertainment and open air lunch.

AUGUST

5th Fête de Reynès – Reynès

Ask for details at the tourist office.

5th Fête du Roser – L'Albère

This traditional festival takes place every year on the first Sunday of August in this tiny, pretty village.

25th – 26th Fête de la Saint Louis – Le Perthus

Traditional Catalan entertainment, food, drink and evening bal

SEPTEMBER



15th – 16th La Ronde

Cérétane – Céret

Céret Marathon. Sporting weekend with market, traditional Catalan entertainment, lace exhibition, pasta evening on Saturday and marathon on Sunday.

18th Fête de la Saint Ferréol – Céret

Fair, open air cinema-theatre, lacemaker's demo, dinner dance, fireworks...in this atmospheric 13th century chapel above Céret.

29th – 30th Festa Major – Vivès

Sardanes, boules, dinner concert....



Marie de l'Albère

C'est évident! Summer in the Vallespir involves much eating and drinkingbut the many outdoor activities available to all leave you no excuse not to work off those calories!

CANYON....

There are some superb canyoning opportunities above Céret, offering spectacular views and a taste of nature at its finest....and some excellent guides to show you the ropes.



Inextremis Aventura

PARAGLIDE....

Reach for the sky, one up or two up! How's that for a great surprise birthday present?

SWIM, FISH, CLIMB, PLAY, GLIDE...

Something for all the family around the lakes at Saint Jean Pla de Corts.



Photo Corinne RICART

WALK...

Stroll or hike the many well-marked paths, rich in flora and fauna, regional history and heritage with the help of a 'Petit Guide Rando' for just 3€ from the Tourist Offices in Céret and Le Perthus or from www.vallespir-tourisme.fr

CYCLE...



Office de Tourisme Intercommunal du Vallespir

Ecological and free, ride the varied itineraries of the many bicycle paths and green ways, from completely flat to as steep as you like it!

HORSE RIDE ...

Equestrian adventures for all levels, from beginners to advanced. Plod, trot or gallop, at one with these beautiful beasts.

It's all going on in the VALLESPIR this summer.

Enjoy

OUT for THE DAY...

THANK YOU FOR THE MÚSIC

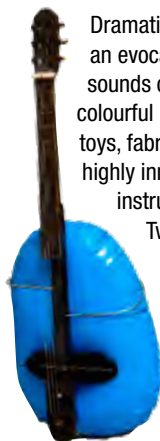
Musée des Instruments, Céret

If you love music, both playing and listening, are fascinated by exotic instruments from far away continents, or just need an injection of colour and culture after a day on the beach, MÚSIC is a one-of-a-kind experience for all ages.

Housed in the former St. Pierre Hospital, next to La Capelleta, Céret's Museum of Instruments and Music is an extensive and fascinating collection of all imaginable types of musical instrument.

Dramatic lighting, photos and video clips, an evocative atmosphere, background sounds of music and everyday life, and a colourful backdrop of headaddresses, crafts, toys, fabric and jewellery all serve to bring the highly innovative and eclectic collection of instruments to life.

Two primary collections, displayed in a series of rooms on two floors (lift available), showcase more than 300 Catalan instruments gathered over the past several decades, as well as an astounding collection of instruments from Eurasia, North Africa and Central America, oboes



being the centerpiece. MÚSIC represents the music of the common people, used to celebrate life, ease death, fill in the loneliness of the shepherd in remote pastures, and blend into the cacophony of clanking and clanging in crowded marketplaces.

This summer, MÚSIC invites you to visit the temporary exhibition 'Supersonic, En Quête de l'Inoui' (In Search of the Unheard Of) to explore their impressive, permanent collection of instruments and music culture artefacts from around the world, but also to voyage with them



into a universe of imagination, magic and dreams as the senses take centre stage.

As its name suggests, **'Supersonic, En Quête de l'Inoui'** aims to shine a light on what has NOT been heard before, what has NOT been spoken about; extraordinary, exceptional, incredible! **From piano makers to violin stringers, dream weavers and doers of the impossible, sound sculptors and artistic wizards...** Oh yes, and you are strictly forbidden NOT to play!

- **ACTIVITIES AVAILABLE IN ENGLISH FOR GROUPS (min 6 people)**
- **ASK FOR OUR FREE HELP GUIDE AT THE INFORMATION DESK**



JULY

Book a workshop or guided tour from Monday to Thursday.

14h30 - 15h30 – ATELIER SONS INOUI

Fun for the whole family at this workshop of unusual sounds.

16h - 17h - VISITE COMMENTEE

Guided tour for adults.

AUGUST

Give us a ring to find out more about our guided tours. **04 68 87 40 40**

JUNE TO SEPTEMBER

Open every day from 1st June to 30th September. **10h - 19h.**



MÚSIC
MUSEE DES INSTRUMENTS CÉRET

14 rue Pierre Rameil
66400 Céret
04 68 68 87 40 40
www.music-ceret.com
contact@music-ceret.com

OUT for THE DAY...

trace

and Breath

by Najia Mehadji



Musée d'Art Moderne de Céret,
8 boulevard Maréchal Joffre | 66400 Céret
www.musee-ceret-expo.com

Najia Mehadji draws on her dual culture to select themes full of symbolic power, celebrating fusion and togetherness, the union between East and West. Big swooping brushstrokes, peony and pomegranate flowers and dancing Dervishes coil and spiral on large format works of pastel or oil paint with imposing presence.

The exhibition is in perfect harmony with the museum's interest in artists from Mediterranean cultures, another of the high quality presentations that make the Musée d'Art Moderne de Céret the best in the region.

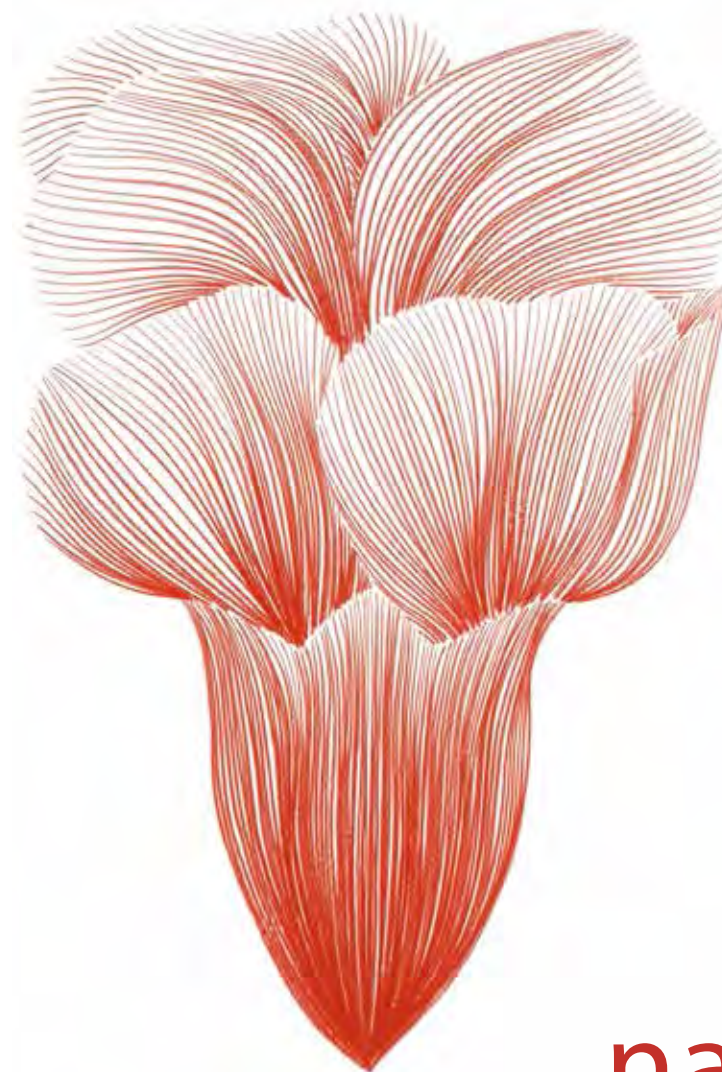


Najia Mehadji, Mystic Dance, 2011
© Jean-Louis Losi, © Adagp, Paris 2018

Created by **Pierre Brune** and **Frank Burty Haviland** in 1950, the Musée d'Art Moderne de Céret houses a permanent collection of both internationally famous and local artists, including 78 pieces by Picasso – 57 of which were gifts from the artist.

Each summer, it hosts an impressive temporary exhibition, often the work of famous 20th century artists who were influenced by a visit to the town. Just some of the names to have fallen under the Céret charm are **Matisse, Gris, Max Jacob, Marquet, Maillol, Manolo, Chagall, Dufy, Miro** and of course, **Salvador Dalí**.

The summer exhibition presents female artist, French Moroccan **Najia Mehadji**, a showcase spanning her entire career, bringing together some fifty canvases and around one hundred graphic works from public and private collections.



najia mehadji

TRACE AND BREATH-LA TRACE ET LE SOUFFLE

June 30 - November 4, 2018 / 30 juin - 4 novembre 2018

Musée d'art moderne de Céret

www.musee-ceret.com / www.musee-ceret-expo.com

Fleur de Grenade (Série Floral), Pomegranate Flower (Floral Series), 10 décembre 2002. Craie sanguine sur papier, 121 x 80 cm. Paris, Centre Pompidou, Musée national d'art moderne/Centre de création industrielle. © Centre Pompidou, MNAM-CCI/Dist. RMN-Grand Palais / Philippe Migeat © Adagp, Paris 2018



NATURALLY

THOSE PESTY PALM KILLERS

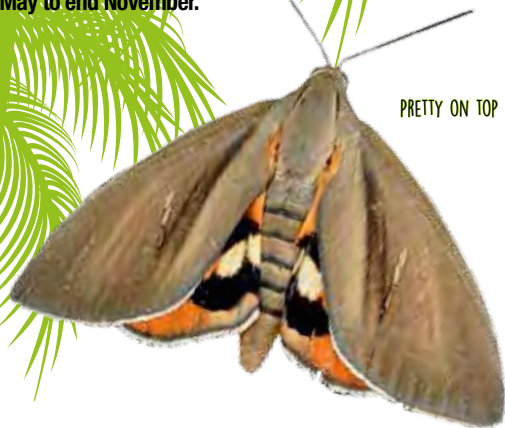
By Lesley McLaren

If you're wondering why the P-O is graced with fewer palms than a decade ago or why many remaining trees look sick or dead, a moth and a weevil are to blame.

THE CULPRITS

Palm moth (Le Papillon du palmier)

Accidentally imported in palms from South America, they're big and easy to spot when flying – from early May to end November.

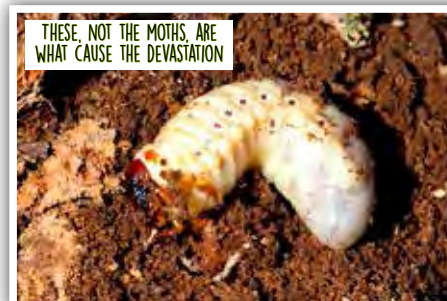


PRETTY ON TOP



LESS PRETTY UNDERNEATH. THAT HEAVY BODY MAKES THEM INELEGANT FLYERS. AND HARD TO SQUASH.

September-November is egg-laying season – on palm trunks. Larvae fatten into white caterpillars. At 6-7cm long, they look like giant maggots.



THESE, NOT THE MOTHS, ARE WHAT CAUSE THE DEVASTATION



ADULT.

Red palm weevil (le charançon rouge des palmiers)

Originating in Asia, both the beetle and larvae eat palm leaves and burrow into their stalk base.

The moths and adult weevils are attracted from a distance by the smell of sap from cut fronds or wounds on trunks. Because neither pest has natural predators in this part of the world, they lay waste to our palms (but only those plants) with gay abandon.

THE DEVASTATION

All varieties are susceptible. Once infested, they quickly sicken.



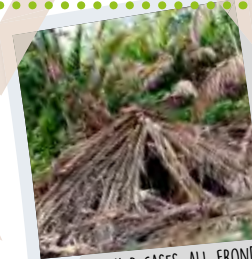
ONE SUMMER YOURS LOOKS HEALTHY...



NEXT SPRING, THE LOWER FRONDS ARE WEAK, CREATING A TWO-TIERED EFFECT.



ONLY A MONTH LATER, IT'S LOPSIDED. THE END IS NIGH.



IN OTHER CASES, ALL FRONDS RAPIDLY TURN GREY AND DIE.



AND SOME SIMPLY TOPPLE OVER BECAUSE THE TRUNK HAS BEEN FATALY WEAKENED.



SYMPTOMS

- **Put your ear to the trunk** in winter, and what might you hear? Chomping.
- **Sections chewed** out of leaves.
- **Holes in the crown or trunk**, from which chewed-up fibres are ejected (resembling sawdust).
- A withered crown or bud.

PREVENTION

- No method guarantees success.
- **Prune in winter or early spring**, when the insects aren't flying.
- Apply a **special type of glue to the bark**, to prevent moths from laying eggs. Practically challenging, with dubious efficacy?
- **Enclose the palm in netting from May to December**. Not an attractive look, even if it works!

ONCE INFESTED, IS THERE A CURE?

No, but you can wage permanent war.

- **Pesticides are forbidden** for private palm owners, but...
- Your weapon is a species of nematode, ***Steinernema carpocapsae*** (available via the Internet). These 0.1mm long roundworms burrow into larvae and **discharge a bacterium that will kill them within a few days**. But **nematodes'** natural habitat is soil, and **they're delicate little critters**, so this isn't quite as simple as it sounds...

TIPS FOR NEMATODES:

- **Apply to the palm crown**, where most larvae congregate.
- Apply at dawn, dusk or when the sky is overcast! **They can't stand sunlight**.
- **Repeat at least each season**, because they die off in winter and are inactive below 12°C. **Ideal air temperature: 15-20°C**.
- Oh, and in the 6-8 weeks following application, keep the palm crown damp.

If all is lost, palms should be felled – ideally over the winter, before the next generation of adults emerges. It should be done by an accredited tree surgeon or gardener. Expensive? Yes, but it ensures correct disposal of the plant and any insects or larvae within it.

So you've had your palm chopped down. You've done the right thing and you're no longer spreading infestation through the neighbourhood, right? Well... **Ours was cut to within a couple of centimetres of the ground. Three years later, one day in April, I took a pickaxe to the stump (as you do), and unearthed eight mature moth caterpillars feasting on the root ball.**



My thanks to all readers who identified the mystery flower in PO Life spring edition (59): Pitch trefoil (*La Psoralée bitumineuse*) *Bituminaria bituminosa*.



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

TEST your FRENCH

Good to see that the Gendarmerie des Pyrénées-Orientales have a sense of humour.

juin 2018

DISPARITION INQUIÉTANTE/APPEL À TÉMOINS



Depuis quelques temps déjà, nous remarquons en masse une raréfaction de clignotants ! Mais où sont-ils donc passés ? Nous vous révélons aujourd'hui une information capitale ! N'hésitez pas à la partager en masse !

Sous chaque volant, à gauche, quelque soit le modèle et l'année de votre véhicule se trouve une petite manette. Il suffit de monter ou baisser celle-ci afin de déclencher ce fameux 'clignotant'. Ainsi les autres utilisateurs pourront savoir quelle direction vous prenez ! Une fois actionné, vous entendrez un bruit caractéristique, pas d'inquiétude c'est tout à fait normal ! Il indique que vous avez bien mis votre clignotant et que celui-ci est en parfait état de fonctionnement ! Et pour couronner le tout, cela n'use absolument pas la batterie ! Vous ne consommerez pas davantage en l'utilisant, si si on vous le promet ! L'oubli du clignotant lors d'un changement de direction est puni d'une peine d'amende de 22€ et d'un retrait de 3 points. Alors, pourquoi s'en priver ?

GENDARMERIE DES PYRÉNÉES-ORIENTALES FACEBOOK PAGE

USEFUL VOCABULARY

disparition inquiétante...

worrying disappearance

appel à témoins...

appeal for witnesses

clignotants...indicators

Mais où sont-ils donc passés?...

Where have they gone?

N'hésitez pas à la partager...

please share

volant...steering wheel

quelque soit...whatever

manette...lever

Il suffit de...it's enough to...

monter/baisser...raise/lower

déclencher...set off/activate

Ainsi...in this way

utilisateurs...users

Une fois...once

pas d'inquiétude...no worries

en parfait état...

in perfect condition

Et pour couronner le tout...

and to crown it all

d'avantage - more

si si on vous le promet!...yes,

yes, I promise you it's the truth

L'oubli...forgetting

lors...during

amende...fine

Alors, pourquoi s'en priver?...

why do without it?



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FRENCH Life

Get yer Boules Out!



Most popular of French pastimes, similar to British lawn bowling, the word 'pétanque', actually comes from Marseilles dialect 'pès tancats' or 'pieds tanqués', literally meaning 'feet anchored' as the feet must remain close together within quite a small circle.

It is one of the more sedate boule variations, deliberately so to accommodate the rheumatic and the disabled, as it can be played standing still or even from a wheelchair.

According to the rules of petanque, when a player loses 13 to 0 ... "il est fanny" (he's fanny) or "il a fait fanny" (he made fanny), and has to kiss the bottom of a girl called Fanny.

SO WHAT'S THE STORY?

The tradition of kissing Fanny goes way back – and is the ultimate humiliation for a boules player!! Sometimes, a bell will be rung before the kiss, to ensure that everyone gathers round to watch the loser in defeat!

Some claim that Fanny was a waitress around the time of WW1, who

would allow boules playing customers a sympathetic kiss on the cheek if they lost. One day, no one knows why, **she literally turned the other cheek, dropped her drawers and offered her bottom to a local.....** Somewhat embarrassed, the gentleman nevertheless took up the challenge!

Others claim the origins of Fanny to be far earlier, based on posters and photos from the late 19th century.

Since it is quite rare to find an obliging Fanny on the boules pitch, there is usually a substitute available in the form of a picture, or sculpture, to ensure that Fanny's bottom is readily available.

If your name IS Fanny, my advice would be to avoid a stroll around the petanque pitches!

Or just go and enjoy!



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An eternal Love Story

The summer exhibition at Collioure's Musée d'Art Moderne displays 40 works by Henri Vergé-Sarrat and Rolande Déchorain.



Vergé-Sarrat

Rolande, 18 years his junior, was first **Henri's** pupil and then his wife. In love with each other and Collioure, the couple visited the quiet fishing port at various times during the 1930's.

They stayed at the villa Les Terrasses, the present Hôtel Triton, overlooking the beach in the Faubourg with its customs tower and fishing boats drawn up on the beach amid rows of curving nets drying in the sun. **Many of their paintings document the details of**



Déchorain

daily life as they viewed it from the vantage point of the villa.

Like Matisse and Derain before them, **the two artists sometimes painted the same scene – but in distinct styles.**

Vergé-Sarrat drew a number of sketches with fine black lines. He often sent his grand-niece postcards with black and white sketches of wherever his travels took him. **His view of Port Vendres from the St Elme hill preserves the black-ink outlines** of grazing goats surrounding the artist at his easel while the landscape is suggested in swathes of pastel greens and blues.

Déchorain's canvasses are much more structured. Lines and shadows are well defined and colours are intense. In her hands solid wooden boats float serenely on the liquid bay, while the massive geometry of the Chateau Royal looms over the scene.

The couple's great niece, **Mme. Valia Boulay**, has **donated to the museum of modern art works painted by Vergé-Sarrat and Déchorain in Collioure.** She said she was so happy that they would be together for eternity here in a place they loved.

Henri Vergé-Sarrat & Rolande Déchorain, Collioure 1930-1940
runs from 2 June to 18 November. Musée d'Art Moderne de Collioure
Open: 10h-12h/14h-18h



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AIRPORT NEWS

Conversation recorded between an Air France pilot (between strikes!) and the control tower. (Flight number changed to protect the innocent!)

Pilote: Air France 1234, on souhaiterait monter au niveau 330.

Contrôleur: Air France 1234, maintenez 290 cause bruit.

Pilote: Ah bon? Pourquoi cause bruit?

Contrôleur: Parce que si vous montez et que vous encadrez l'avion qui est au-dessus de vous au 310, ça va faire beaucoup de bruit et les riverains ne vont pas aimer...

on souhaiterait - we wish to
niveau- level
maintenez - maintain
encadrez - smash into
au-dessus - above
riverains - residents



with Robbie Shaw

As is the norm in airline scheduling there have been some small changes since our last Airport News. In this edition, I have included flights to Nimes and Avignon as those who use Birmingham or Southampton might consider flying into Avignon and out of Perpignan, or vice versa. It is a pleasant train ride between the two along the Mediterranean coast, and don't forget, those over 60 years old get a 10% discount on train tickets.

Due to airline scheduling, as soon as these figures are published they could be out of date, so this should be used for guidance only.

JUNE-SEPTEMBER 2018. FRANCE

PERPIGNAN

Still no direct UK flights scheduled for Winter but Perpignan comes to life in the summer.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	2	RYANAIR
DUBLIN	3	AER LINGUS
SOUTHAMPTON	1	FLYBE
STANSTED	5	RYANAIR



AVIGNON

A bit too far north for P-O readers perhaps, this small airport offers a brief summer only programme.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	1	FLYBE
SOUTHAMPTON	1	FLYBE

BEZIERS

Like Carcassonne, Ryanair has a free run at this small airport.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	3	RYANAIR
EDINBURGH	2	RYANAIR
LUTON	3	RYANAIR
MANCHESTER	2	RYANAIR
STANSTED	3	RYANAIR



CARCASSONNE

Ryanair remains the sole operator here, with the Edinburgh service being added this year.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
EAST MIDLANDS	2	RYANAIR
EDINBURGH	2	RYANAIR
GLASGOW INT'L	2	RYANAIR
MANCHESTER	2	RYANAIR
STANSTED	7	RYANAIR
CORK	2	RYANAIR
DUBLIN	4	RYANAIR

MONTPELLIER

The airport we use as EasyJet has daily flights from Gatwick in the summer.. If only they would move one of those flights to Perpignan! The British Airways flight from Heathrow which started last year appears not to be operating this year.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
DUBLIN	2	AER LINGUS
GATWICK	12	EASYJET
LUTON	3	EASYJET

NIMES

Ryanair is the sole operator for P-O readers.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
LUTON	3	RYANAIR
STANSTED	4	RYANAIR

TOULOUSE / BLAGNAC

There tend to be more flights to Toulouse from UK regional airport in the winter due to skiing opportunities, with Andorra not too far away.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	Winter only	FLYBE
BRISTOL	7	EASYJET
EDINBURGH	2	RYANAIR
GATWICK	21-28	EASYJET
HEATHROW	21	BRITISH AIRWAYS
LUTON	4-6	EASYJET
MANCHESTER	7	FLYBE
STANSTED	14	RYANAIR
DUBLIN	4-6	AER LINGUS



SPAIN

BARCELONA / EL PRAT

As always a huge variety of flights to Barcelona, most of which run all year round, but with seasonal increases. For those unfamiliar, take care on the Barcelona ring-road, one wrong turn could be very time consuming. Ryanair have introduced flights from Edinburgh, and increased the number of flights from Birmingham and Liverpool.

FROM NUMBER OF WEEKLY FLIGHTS AIRLINE

BELFAST	5	EASYJET
BIRMINGHAM	8	RYANAIR
BRISTOL	14	EASYJET
CARDIFF	3	VUELING
EAST MIDLANDS	7	RYANAIR
EDINBURGH	2	NORWEGIAN
	7	RYANAIR
GATWICK	16	BRITISH AWYS
	42	EASYJET
	7	NORWEGIAN
	46	VUELING
GLASGOW PRESTWICK	7	RYANAIR
HEATHROW	47	BRITISH AIRWAYS
LIVERPOOL	12	EASYJET
	7	RYANAIR
LUTON	21	EASYJET
MANCHESTER	5	JET2
	3	NORWEGIAN
	14	RYANAIR
NEWCASTLE	5/6	EASYJET
SOUTHEND	4	EASYJET
STANSTED	28	RYANAIR
CORK	4	AER LINGUS
DUBLIN	14	AER LINGUS
	18	RYANAIR



GIRONA

There has been a big increase in flights to Girona. It seems as though Leeds based Jet2 have suddenly found the airport, and have introduced a whole raft of flights, though most do not start until early May.

FROM NUMBER OF WEEKLY FLIGHTS AIRLINE

BELFAST	2	JET2
	2	RYANAIR
BIRMINGHAM	2	JET2
	3	RYANAIR
BOURNEMOUTH	4	RYANAIR
BRISTOL	5	RYANAIR
EAST MIDLANDS	2	JET2
	2	RYANAIR
EDINBURGH	2	JET2
	2	RYANAIR
GATWICK	2	TUI
GLASGOW INT'L	2	JET2
GLASGOW PRESTWICK	2	RYANAIR
LEEDS BRADFORD	3	JET2
	2	RYANAIR
LIVERPOOL	2	RYANAIR
LUTON	3	RYANAIR
MANCHESTER	4	JET2
	3	RYANAIR
NEWCASTLE	2	JET2
	2	RYANAIR
STANSTED	3	JET2
	3	RYANAIR
CORK	2	RYANAIR
DUBLIN	4	RYANAIR
KNOCK	2	RYANAIR

Please note that these are the average number of flights per week, and will be variable in the shoulder and peak seasons, which is why you will sometimes see a minimum and maximum number listed. If you think I have missed any, please contact me on info@anglophone-direct.com with the heading **AIRPORT NEWS**.



LES AVENTURIERS DE ST JEAN

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Sometimes, in the height of summer, we just need a little cool. And where better to find it than underground?

Just across the road from the medieval fortress town of **Villefranche-de-Conflent**, the network of spectacular caves of the **Grottes des Canalettes** leads visitors deep into the heart of the Massif du Canigou mountain range, following a qualified guide along specially adapted bridges and walkways amidst stalagmites, stalactites and coloured pillars of mineral rock. **In July and August don't miss the spellbinding Sound and Light display**, highlighting the colours of the minerals to the accompaniment of Strauss, Bach, Casals and Pavarotti.

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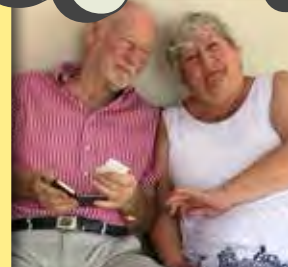
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Just One of the Boys

Marie-Thérèse Figueur (1774 – 1861), nicknamed Mademoiselle

Sans-Gêne (without shame), was one of the few French female soldiers to enlist in the French Revolutionary Army and fight in the Napoleonic Wars. Trained in horsemanship, the use of firearms and sword, this small and courageous lady was assigned to the Army of the Pyrénées-Orientales for the 1793–94 campaign, saving the life of the grievously wounded General Noguès, losing two horses, both shot out from under her. Find out more about her fascinating life at the Maison De L'histoire in Le Boulou (in the car park opposite the mairie.) It's free – and Nathalie will enjoy showing you around the small museum in french or english.



'Le chassé-croisé des juilletistes et des aoûtistes'...

... describes the traffic chaos on the roads of France late July/early August as the whole world and his wife heads off to or home from their hols, and the end of both months when the hols are over.

A chassé-croisé is actually a dance step where dancers criss cross and change partners. This crossover of the "juilletistes and aoûtistes" sees millions of people moving across the country and traffic monitor Bison Fute issues one of its rare 'black alerts' forecasting more than 600 km of jams.

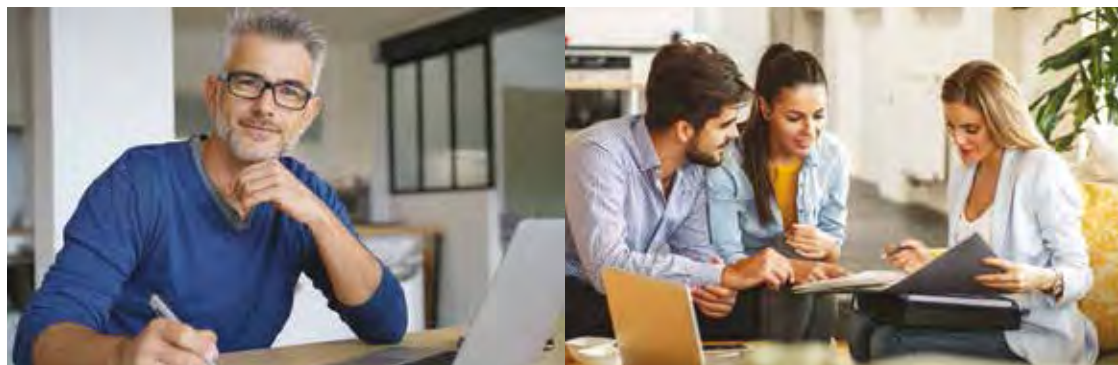


ARE YOU INSURED FOR WEATHER DAMAGE?

We have it so good in this region...but spring sprung wild and woolly this year and many people were affected by storms, hellish hailstones and even a pukka tornado thrown in to remind us how lucky we usually are. **Olivier Leclercq-Poulin of Allianz, Céret told P-O Life.....** "Recently our beautiful region has been prone to some severe weather. **There are insurance policies to provide partial or full cover for much of the damage caused by the weather** such as water damage, appliance breakdown due to weather ...Pop in for a chat and learn more.

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Castelnou

Castle and Spooky Sightings

Officially listed as 'un des plus beaux villages de France', the ancient village of Castelnou tumbles down a hillside, its narrow streets and alleys leading upwards towards the castle. These steep, pedestrian-only cobbles are a maze of workshops and galleries, wood-turners, potters and painters creating their wares in intriguing spaces, sometimes cut into the rock of the hillside.

Plenty of restaurants and cafes too but bear in mind that you must **park your car in the main car park** (3 Euro flat-rate) or **use the free parking at a rather lovely viewpoint about 1km before the village**, on the road from Thuir and walk into the village!

Spooky Sightings

The Château de Castelnou, originally built way back in 990AD, was home to the powerful counts and countesses of Vallespir. Throughout the centuries, sieges, crusades and wars, have shed much blood over the threshold.

But for a truly intriguing mystery, we need look no further back than the Second World War.

During the German Occupation, an American spy named **Elisabeth** was sent to live in the



castle and extract information from Vichy collaborators for the British. **Under the alias, Cynthia, she seduced a certain Captain Brousse and was able to relay invaluable details such as naval codes for the Vichy flotilla.**

After the Armistice, Elisabeth settled in the Château de Castelnou until her death in 1963 when she was buried along with her two dogs, in a discreet corner of the castle's grounds. **But that wasn't quite the end of the story!**

As is often the case with historical monuments, **paranormal researchers have scoured the Medieval castle in search of unexplained phenomena.** And they have not been disappointed!

Exploding light bulbs and a photograph capturing a woman's silhouette in the mirror of the cellar were just some of the exciting discoveries made in recent years.

Could this be Elisabeth, aka Cynthia? Or another character from the castle's long history?



CASTELNOU CASTLE- A GIVEAWAY, LITERALLY!

Would you like to own this amazing chateau? Up for sale for 1,5 M€ in 2007 with no takers, it's now being given away for zero euros by its owners Crédit Agricole Sud-Méditerranée. Mais oui, of course theres a catch! The enormous amount of money and skill required to restore and make it safe. But what a lovely dream!





Les sapeurs pompiers, are not just called out for fires. Trained and equipped to deal with medical emergencies, they are very often the first responders for both road and domestic emergency medical situations.

Lith approximately **250 thousand fire fighters** throughout France, **only 30 to 40 thousand are 'professionals'** (SPP) on a regular salary – **the rest are volunteers**, (SPV) **paid peanuts to risk their lives when fires break out!** This is worth remembering next time you reach into your pocket to make a donation to a fire fighter event, or for the yearly Christmas calendar.

In smaller communes, the emergency sirens of the 'réseau national d'alerte' (RNA) still blast out in short sequences to alert volunteer firemen to man their posts for fire or accident. However, most towns now use the more modern and much quieter system of the beeper on the belt!

Don't panic though if you still hear the regular air raid sounding racket, as this national network of 4,500 sirens is tested out for one minute on the first Wednesday of each month at midday. DO panic if you hear the siren sound in three sequences of 1 minute each, separated by a silence of five seconds. This warns of imminent and major catastrophe.

LES SAPEURS-POMPIERS

The word 'pompier' comes from the verb 'pomper' (to pump), referring to the manual fire pumps that were originally used at fires. 'Sapeur' probably comes from 'saper' meaning to undermine or destroy, as early firefighters often had little choice but to knock down whole buildings to stop a fire advancing.

USEFUL VOCAB

- > Call the fire brigade/police
Appelez les pompiers/ la police
- > There's a fire/road accident
Il y a un feu/accident de la route
- > Fire
Un feu/une incendie
- > The fire began..... in the stairwell/chimney...
L'incendie a commencé... dans la cage d'escalier/ la cheminée...
- > Fire station
Une caserne de pompiers
- > Smoke alarm
un détecteur de fumée
- > Hose used by firefighters
une lance à eau
(use tuyau d'arrosage for ordinary hosepipe)
- > Fire alarm
Une sirène d'incendie
- > Fire escape
Une sortie de secours
- > Where is the fire escape?
Où est la sortie de secours?
- > Emergency
Une urgence
- > When will the firefighters get here?
Quand arriveront les pompiers?
- > How is the axe used?
Comment utiliser la hache?

In an emergency....

15

Ambulance (SAMU)

17

Police

18

Fire brigade

112

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TEST your FRENCH

1 N pour Non!

Match up the words, all beginning with N with their definitions.
(Why not try to work them out first just from the definitions?)

noix	1	a	bébé qui se nourrit du lait
nid	2	b	nouveau
nuque	3	c	trou rond au milieu du ventre
nourrisson	4	d	coiffure avec les mèches croisées
nénuphar	5	e	petit fruit avec coquille
nombril	6	f	propre
navette	7	g	plante qui pousse dans l'eau
natte	8	h	voyage court et régulier
net	9	i	contruit par un oiseau
neuf	10	j	l'arrière du cou

Tongue Twister

Répétez 3 fois
Six chats choisissent
seize chiens



2 Can you find the English equivalents to these French synonyms, all used in past exercises?

Il est arrivé comme un cheveu sur la soupe	1	a	He always sticks his oar in.
Il m'a posé un lapin	2	b	It works
Il appelle un chat un chat	3	c	He calls a spade a spade
Tu te fous de moi ?	4	d	Just saying!
Il est complètement à l'ouest	5	e	He arrived at a difficult moment.
Ça coute les yeux de la tête	6	f	He stood me up
Je dis ça, je dis rien	7	g	He's on form.
Il a la patate	8	h	He's out of it.
Ça marche!	9	i	It costs an arm and a leg
Il met toujours son grain de sel	10	j	You're pulling me leg!

3 Bonbons!

Can you find the equivalent of these 'bon' words?

Bon débarras	1	a	Get well soon
Bon retour	2	b	Good riddance
Bonne réception	3	c	Enjoy your walk
Bonne continuation	4	d	Enjoy the rest of (what you're doing)
Bon marché	5	e	Hope this reaches you safely
Bon rétablissement	6	f	Cheap
Bonne promenade	7	g	Safe trip home

Nice word
méli-mélo
jumble, mish-mash,
eg Au vide grenier il y a un
méli-mélo d'objets.....

Useful Expression
Oh, la vache!
Flippin' 'eck!

Language tip

What's Your Number?

Numéro - an actual number
(eg le numéro 5, un numéro de téléphone)

Nombre - a quantity
(eg le nombre de bonbons dans ma bouche)

Chiffre - individual numbers or digits
(eg mon numéro de téléphone a huit chiffres).

Les Ados et



Entrer dans la chambre d'un ado,
c'est comme aller chez Ikea.
Vous entrez juste pour regarder et
finissez par sortir avec 8 tasses, 4
assiettes, 2 bols, des fourchettes,
des cuillères, 3 serviettes...

(un ado – teenager)



Terrible Joke

Quelle est la femelle du hamster ?
L'Amsterdam

**And the jokes
get worse!**

Quel métier les chiens peuvent-ils
exercer?
Electricien!



TEST your FRENCH

4 Match up the proverbs

- | | | | |
|---|----|---|---------------------------------------|
| L'habit ne fait pas le moine | 1 | a | Better safe than sorry |
| Vouloir, c'est pouvoir | 2 | b | To each his own. |
| Petit a petit, l'oiseau fait son nid | 3 | c | All's well that ends well |
| Après la pluie le beau temps | 4 | d | Every cloud has a silver lining |
| Il ne faut pas courir plusieurs lièvres à la fois | 5 | e | Don't bite off more than you can chew |
| Chacun voit midi à sa porte | 6 | f | Look before you leap |
| Mieux vaut prévenir que guérir | 7 | g | Don't judge a book by it's cover |
| Tout est bien qui finit bien | 8 | h | Life goes on |
| Il faut réfléchir avant d'agir | 9 | i | Where there's a will, there's a way |
| Un clou chasse l'autre | 10 | j | Every little helps |

Le or La?

Communication is far more important than perfect grammar. In fact some people might tell you that a few mistakes and a pronounced 'eengleesh' accent are rather sexy! However, some words change their meaning completely depending upon whether you use the correct gender (le or la).

Here just a few

le pub - pub/bar
la pub - advert

un somme - snooze, nap
une somme - sum, amount
un crème - coffee with cream
la crème - cream

le capital - capital (money)
la capitale - capital city, capital letter

le cours - lesson
la cour - courtyard, playground

un air - air, look,
une aire - area, (services)
un boum - bang, explosion
une boum - party

Words that sound alike but are completely different.

La mer — *the sea*

Le maire — *the mayor*

(la maire is also possible in some regions)

La mère — *the mother*

Blague bête!

Even the french have trouble with genders !

Regarde maman, une moustique !

Ce n'est pas UNE moustique, mon chéri, c'est UN moustique.

Ah bon??? WOW ! Comment as-tu fait pour savoir que c'était un male ???



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AMÉLIOREZ votre ANGLAIS

See Page 86 for answers

1 T is for Two!

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



- | | | | |
|------------|----|---|--------------------------------|
| tip | 1 | a | Worn when exercising |
| to and fro | 2 | b | Round container |
| toad | 3 | c | Wild plant with prickly leaves |
| tracksuit | 4 | d | Prickle on a plant |
| turnip | 5 | e | Aged between 13 and 19 |
| thorn | 6 | f | Two children born on same day |
| teenager | 7 | g | Backwards and forwards |
| tub | 8 | h | Money for good service |
| twins | 9 | i | Round root vegetable |
| thistle | 10 | j | Similar to a frog |

2 Many proverbs and idioms tell you what NOT to do. Can you find their equivalents?

Don't....

- | | | | |
|--|----|---|--|
| ...count your chickens before they hatch | 1 | a | Sans blague |
| kid yourself | 2 | b | T'as pas intérêt |
| ...mention it | 3 | c | T'affole pas ! |
| ...judge a book by its cover | 4 | d | Arrêtés tes excuses |
| ...you dare! | 5 | e | N'abuse pas |
| ...look a gift horse in the mouth | 6 | f | Il ne faut pas vendre la peau de l'ours avant de l'avoir tué |
| ...give me that! | 7 | g | Ne te fie aux apparences, |
| ...push it | 8 | h | De rien |
| ...you (don't) say | 9 | i | À cheval donné on ne regarde pas les dents |
| get your knickers in a twist | 10 | j | Ne te fais pas d'illusions |

Interesting expression

Couch potato

A person who spends a lot of time sitting in front of the television.

INTERESTING WORD

Nonplussed

Surprised and confused.



Tongue twister (virelangue)

Répétez trois fois
Which wristwatches were Swiss wristwatches?

3 Choose the correct word to fill in the gap

- I _____ a new car last month.
A) bought B) have bought C) buyed
- Are there _____ cherries in Céret?
A) much B) many C) lots
- I like _____ music.
A) listening B) listen to C) listening to
- I went _____ Perpignan yesterday.
A) at B) in C) into
- What _____ in your free time?
A) you do B) do you do C) are you doing

JUST SILLY

One hat says to another....
'You stay here, I'll go on a head.'

(ahead - en avant)

Interesting fact

In British supermarkets.....
.....you can withdraw (retirer) cash (espèces) at the till, (caisse) using your English bank card (carte bleue.) The cashier (caissier) might say ... "Do you want any cash back?" (Voulez-vous retirer du liquide?)

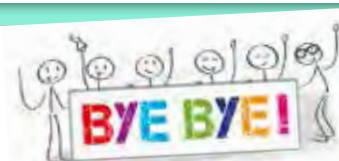
New words in the latest Oxford English Dictionary (OED).

Hangry

bad-tempered or irritable as a result of hunger (usually men - ed)

Mansplaining

explaining something needlessly, overbearing, or condescendingly, to a woman, showing a patronising or chauvinistic attitude.



Ne dites pas toujours 'Goodbye'...

DITES....

Bye

Bye-bye

Cheerio

So long
(USA)

Farewell
(old fashioned)

Pip pip

Toodle pip

Bye for now

All the best

Parting is such
sweet sorrow
(Shakespeare)

See you

Later

Have a nice day

See you later alligator

IN EACH P-O LIFE, WE 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!

"Listen very carefully. I will say this only once."

(Catchphrase from popular TV series 'Allo, Allo'.)





Red Lorry, Yellow Lorry....but no motorway!

It's easy to understand why La Jonquera turned into a trucker's paradise of cheap booze, cigarettes sex shops, and available ladies on the road side when you understand the motorway rules for lorry drivers. Most HGV's over 7.5 tonnes (excluding perishables) are banned from the French road and motorway network between 10pm Saturday and 10pm Sunday? From early July to mid August, the ban is even longer - Saturday 7 a.m. to Sunday 10 p.m. and they are also banned on public holidays, normally from 10 p.m the night before, until 10 p.m on the holiday itself.

This means that many truck drivers have to spend the night in La Jonquera if they arrive on Saturday evening, as they can't carry on through France until Sunday evening.

p-O Life

Healthcare Changes

Look out for changes to your healthcare in France over the next two or three years that could save you a euro or two. One of Macron's election promises, this new initiative, '100% Santé', will give greater, and in some cases full cover for glasses, dental treatment and hearing aids.



Need a chemist out of hours?



There will always be at least one chemist open on Sundays and bank holidays. **This is called the 'pharmacie de garde'** and details can usually be found on pharmacie doors, in local newspapers and at the local police station.

You can also ring 32 37 to find out the location of the nearest chemist – but it's not a cheap call. Hurry though. Brexit approaches!

ASPA pension allowance

UK pensioners in France may qualify for French state benefits of up to 500 euros per month due to the poor exchange rate pushing some expat pensioners below the poverty line. They may also be exempt from income tax, taxe d'habitation and TV licence (audio-visuelle). **The ASPA** (allocation de solidarité aux personnes âgées) is similar to the UK's pension credit scheme. If you fulfil certain conditions (age, present pension) you may be entitled to be topped up monthly. You should apply for this allowance via your local 'mairie'. **They may tell you that they know nothing about it, so ask them to find out for you by contacting SASPA www.saspa.fr** – the passing on of the correct information and the organisation of the allowance is their responsibility so do not be fobbed off!



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DID YOU KNOW



Fancy an Ada?

The Catalan tradition for an **"-ada"** (a collective meal for many, based around a single ingredient,) often creates some highly unusual, charming festivals where the whole community meet up in the 'place'. Some examples are bullin**ada** (fish stew), cargol**ada** (grilled snails), oll**ada**, (a winter stew), escaliv**ada** (grilled veggies), calçot**ada** (char grilled onions)...



BANK HOLIDAYS

Festivities and fireworks throughout France
(Most shops close although more and more large supermarkets remain open)

14th July

Fête de la Bastille (Fête Nationale)

Symbol of the absolute power of the monarchy of Louis XVI, the day of the storming of the Bastille was declared a French national holiday in 1880, a celebration of the birth of the Republic.

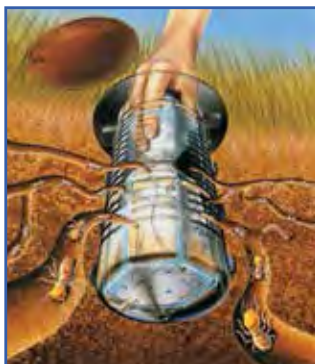
15th August

Assomption

Commemorating the departure of Mary from this life and the assumption of her body into heaven.

School holidays

Return to school – Monday 3rd September 2018



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Third Wednesday of the month

and at our Book Exchange at **Laroque des Albères**, Café des Artistes
10h30 to 12 noon Third Monday of the month

P-O Life



Emergency numbers

SAMU (medical emergency) 15

POLICE emergency 17

Fire service emergency 18

European emergency line 112

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Emergency vet	04 68 83 35 85
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Perpignan Hospital	04 68 61 66 33
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International directory enquiries	118 700
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GDF (gas problems)	08 10 43 30 66
EDF (electricity problems)	05 56 17 40 70

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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Near the Aquarium www.pascal-borrell.com

Frankette, Perpignan 04 68 29 60 76
Homemade sandwiches, salads ... to take away or eat in
..... f: franketteperpignan66.com

Frida's, Perpignan 06 16 97 10 29
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La Fringale, Port-Vendres 04 68 85 07 24
Traditional cooking f: La-Fringale

Garriane, Perpignan 04 68 67 07 44
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Le 7 Grill, Port-Vendres 04 68 82 03 24
Rotisserie Grill Restaurant f: Le 7 grill

Le Jardin, Céret 04 11 64 41 12
www.lejardin-restaurant-ceret.fr f: Le-Jardin-Restaurant

Kim Long, St Cyprien Plage... 04 68 55 15 89/06 25 89 14 93
Vietnamese restaurant & take-away
Open all year www.restaurant-vietnamien-stcyprien.fr

Lou Grilladou, Perpignan 04 68 34 86 61
Closed Sat lunch-time, all day Sunday and Mon eves
..... www.restaurant-lou-grilladou.fr

Moana Nui, Thuir 04 68 64 19 72
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La Moulerie de St Jean, St Jean Pla-de-Corts (on roundabout)
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Open all year www.leportofino-restaurant.fr

La Praline, Tearoom/Lite Bites in Céret 04 68 87 71 21
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Racou Beach Snack, Le Racou (just before grocery shop)
..... 04 68 55 30 78

Take away only - Open every day f: Racou-Beach-Snack

Le Relais d'Oulrich, Céret 04 68 39 17 28
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Le Relais de Villefranche, Villefranche-de-Conflent
..... 04 68 96 31 63 / www.lerelaisdevillefranche.com
Catalan fare and home-made pizzas

Au Remp'Arts, Elne 04 68 22 31 95
..... www.remparts.fr

Restaurant du Camping Le Haras, Palau-del-vidre
Open daily (except Weds) from 5th April to 25th Sept
..... www.camping-le-haras.com / f: campingleharas.com

Restaurant du Télési Nautique, Le Barcares 04 68 86 23 45
Exit 15 off the D83..... www.teleskibarcares.com
La Salamandre, Sorède 04 68 89 26 67
Bookings preferred <http://restaurant-salamandre.com>
Section 10, Le Boulou..... 04 68 88 95 28
Open Thurs-Sun..... Bookings recommended.
Le Square, Ille-sur-Têt 04 68 61 48 40
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La Table de Valmy & Oyster Bar, Argelès-sur-Mer
www.chateau-valmy.com 04 68 95 95 25
La Table du Coin, Port-Argeles 04 68 55 46 54
Open February to December f: La Table Du Coin
Tefiti, Thuir 04 48 89 29 00
Oriental and Tahitian food to take away
La Vieille Cave, Banyuls-sur-Mer 04 68 88 39 86
Restaurant-Pizzeria www.restaurant-vieille-cave.com
Quattrocento, Céret 04 68 87 15 60
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..... www.cazes-rivesaltes.com

Château Valmy, Argeles-sur-Mer 04 68 81 25 70
..... <http://www.chateau-valmy.com/fr/>

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..... claudeliver@orange.fr

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Dom Brial, Baixas 04 68 64 22 37
..... www.dom-brial.com

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Jonqueres d'Oriola Vignobles, 04 68 22 73 22
Corneilla-del-Vercol www.jonqueresdoriola.fr

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..... contact@domaine-lafage.com / www.domaine-lafage.com

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