

Autumn 2018

P-O Life

Life in the Pyrénées-Orientales

N° 61
FREE / GRATUIT



© Anita Garcia



www.anglophone-direct.com

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in Gruissan

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EDITO:-)

*Concou
mes amis*

Well, summer may be over but the best is yet to come. Crisp pink mornings, sunny days, cool nights, **kaleidoscopes** of wild yellows and cornflower blues twisting and turning against a **backcloth** of faded summer green, turning to flaming reds and cinnamon oranges..... **Golden days that I would love to bottle and drink with you all over the winter months to come.**

As usual we bring you some fabulous **dining** ideas on sunny terraces, some of the best of local theatre and music sorties, walks, drives, picnics and splendiferous days out, wine reviews, airport news, **language exercises**, spiders cute and cuddly (not) and some pretty bad jokes!

And to the host of talented guest writers who volunteer (or are volunteered) to be your personal guides around the region go my **grateful thanks!** – **you are what make P-O Life special!**

HOPE YOUR AUTUMN IS GOLDEN

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....



IT'S A CONSTANT STRUGGLE FUNDING THE PRINTING AND DESIGN COSTS TO KEEP P-O LIFE FREE AND MADE OUT OF PAPER.

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PS WHAT DO YOU CALL A SPANISH STREAKER?

Señor Willy.



OMS: Superb villa on one level in leafy setting. Open-plan living space leads into spacious conservatory approx 37m². 3 bedrooms (one en-suite). Fitted kitchen, dining room with chimney, lounge, mezzanine. Large pool. Summer kitchen. PANORAMIC VIEWS.

PRICE : 650 000 € • REF: 6189 Dpe D



ARLES-SUR-TECH: Spacious, detached villa approx 165m² on private, landscaped plot with fruit trees (approx 2,227m²) and amazing views. 5 bedrooms (one en-suite), lounge approx 43m² with chimney, open kitchen, terrace, mezzanine. Huge garage. LOTS OF CHARACTER.

PRICE : 430 000 € • REF: 6199 Dpe C



ARLES-SUR-TECH: Character building consisting of 3 apartments plus, on the ground floor, a garage approx 19m² and an area approx 30m² which could be made into another garage. IDEAL INVESTMENT OPPORTUNITY.

PRICE : 135 000 € • REF: 6218 Dpe N/A



ST JEAN-PLA-DE-CORTS: Modern, bright villa on one level, with roof terrace. 4 bedrooms, living area with kitchen and bathroom all encircle a central patio area. Utility room and garage. UNUSUAL PRODUCT.

PRICE : 245 900 € • REF: 6237 Dpe C



MAUREILLAS-LAS-ILLAS: Renovated village house with 2-3 bedrooms, lounge / open kitchen leading out onto south-facing balcony, plus roof terrace with views of Mt Canigou. Shower room and 2 WCs. LOTS OF CHARM.

PRICE : 135 000 € • REF: 5960 Dpe N/A



AMÉLIE-LES-BAINS-PALALDA: 1-bed furnished apartment on top floor of an upmarket, gated residence. Excellent condition. Fabulous views over mountains and the village of Palalda. Garage. Close to shops and all amenities. NOT TO BE MISSED!

PRICE : 64 900 € • REF: 6212 Dpe D

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Canyon, Talc and Tunnel

> View over Roussillon on ascent

ACCESS

map IGN 1:25000 Céret, Amelie-les-Bains-Palada 24490T

A delightful and very interesting circuit of 3 hours, with 460 metres of ascent. Most of the route is in forest and offers good protection from a warm autumn sun.



> Mairie at Reynès

Remnants of mining history, a tunnel through rock, views into a gorge – what more could you want! Good paths. Walking boots essential. Take a torch for the tunnel! River crossings are straightforward but route not advisable immediately after very heavy rain. Waymarking yellow lines present but patchy. Some cairns. An excellent medium level walk.

START

Take D115 from Le Boulou to Pont de Reynès. At entrance, cross roundabout by Lidl and take first left (sharp turn into narrow street – easy to miss!) D15 to Reynès (3km). Park by bus stop opposite Mairie or in parking field opposite Mairie.

THE WALK

Take road to right of church and follow its zig zags uphill for about 500m to reach Mas de la Creu on hairpin bend. (Return path exits here.) Keep on tarmac road a little longer to reach set of post boxes and sign “Le Roc”. Turn left up broad track. (20 mins to this point)



> Mas de la Creu

Follow track to a Mas and pick up footpath into the woods signed as Canyon walk (Canyon Rando).

Excellent path leads up to small col with superb views over the Roussillon plain by some large rocks. (45 mins from start)

Continue straight on, soon descending with rock on right side and then contouring through the woods above the canyon. Views down to the river below.



> Turning off the road



> View into Canyon.

At a junction descend left to cross the river. Climb up opposite side to arrive at the site of old talc mine ...

The talc/fuller's earth mine was operational from 1876 to 1978. The material was used in soap making at Marseille, porcelain making at Limoges and also used in curing leather. In 1929 an aerial wire system was installed to carry the wagons down towards the valley and remnants of this are seen on the descent. The buildings are in bad repair and the entrance to the mine is closed off, but it is amazing to think that it operated for so long. In 1930, for example, 440 tons of talc were mined from this spot from some deep veins underground.

WALK REGION *The*

with Tim and
Chris Parker



> Part of old mine

... Bend left past the old mine buildings and follow the grassy piste, which soon becomes stony and rises slightly. On reaching a cairn on a bend (right hand bend leads round to a Mas) descend footpath to left, pass a burnt out car and soon arrive at the first of a number of support towers for the wires which took the wagons away.

Continue downhill, passing under a couple of the wagons above!



> Aerial wires to carry talc

At small cairn, where a single wagon is on the ground, turn left. Follow path down to a tunnel. Pass through carefully with aid of torch. Mind your head!



> Burned out car by path –
how did it get here?!

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WALK *The* REGION



> Tunnel entrance

On emerging, find ruined Mas Calsan but do not enter as it is in a dangerous state. Go round building to right and pick up long flight of worn steps on right. Take care descending.

Follow path downhill, avoiding all paths to left and finally arrive at a flat area by the river with a ruined building on left. Continue to river and cross via large rocks.



> Chris at river crossing

Climb up on other side via little zig zags then contour round hill to descend at Mas Cristofol. Turn left on the access track and follow it up, past a couple of properties, to emerge at Mas de la Creu.

Turn right and descend to Reynès taking in a wonderful view of Le Canigou between the hills.



> View to Le Canigou on the final descent.

There are no refreshments in Reynès itself, but nearby Pont de Reynès offers a choice of places to eat and drink, although most may be closed out of season.

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DID YOU KNOW

October 12th

DÍA DE LA HISPANIDAD Spain closed!

Well, not quite closed, but all the shops and businesses are. Here is an excerpt from my 2005 diary when we first moved over here.

Popped across the border (such a jet setter!) into Spain - then popped more or less straight back into France! Spain was closed. Yes it was, although it took us until Figueres to figure it out.

We just assumed everything was closed for the siesta until 15h.... then

16h..... then we caught on that something wasn't quite right. After searching around for a warm living body in the deserted wastelands of the zone commerciale, we finally discovered

(very painstakingly, in a mixture of French, Spanish, English, German and Arabic) that today is 'Día de la Hispanidad', Spain's National Holiday, held annually on October 12th.

It commemorates the exact date when Christopher Columbus set foot in the Americas and there are apparently processions and parades throughout the country. Could have heard a pin drop in Figueres! They must have been partying like quiet little mice, the rascals. Anyway, put it in your diary - no shopping in Spain on this day, though there were more than the usual quota of roadside ladies on plastic chairs with parasols and very short skirts, to cater, I suppose, for all the very quiet parades and processions of people partying quietly.



MUSIC ^{DANCE} & THEATRE

Perpignan's Still Poppin'

by Henry Shaftoe

Following on from the flurry of festivals and summer events in the P.O. region, autumn/winter calms down only a little bit:

If you read this in time you will catch the tail end of the wonderful Jazzebre Festival (until late October). Of all the events, I would recommend above all **Roberto Fonseca and his Quartet at the Théâtre de l'Archipel** in Perpignan, on **Sunday 21 October at 6pm**. I have already heard this young Cuban pianist twice (in England) and it is a real treat that he is bringing his joyous and lyrical take on Afro-Cuban music to Perpignan.

www.jazzebre.com

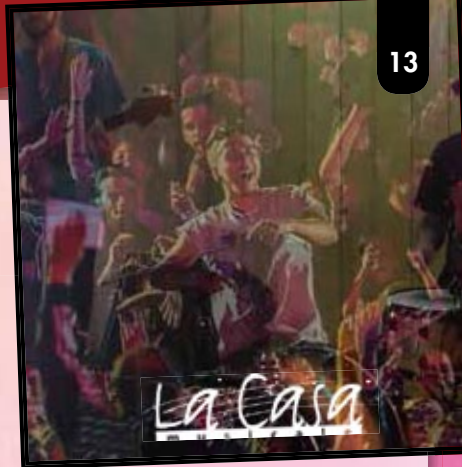


Talking of the **Théâtre de l'Archipel**, do check out

their programme of international quality performances, including: a circus starring a real live magpie (2 & 3 Nov), Musical juggling (18 Nov) and even a concert featuring a meal cooked for the audience live on stage! (19 & 20 November)



Another super cultural asset in Perpignan is the **"Casa Musicale"**, in the old Arsenal (not the football team!) **adjacent to the Palais des Rois de Majorque** (www.casamusicale.net). They run loads of musical workshops (including flamenco dance, gospel singing and latin percussion). **They also put on concerts, many of them free; for example on Friday 23 November there is a concert/dance, featuring the Harlem Nights Big Band** led by British expatriate Gavin Hackett. The event is free and you can dance the night away to music from the thirties to the sixties, by the likes of Count Basie, Glenn Miller and Duke Ellington.



Although a lot of the cultural action is in Perpignan, the region is dotted with quality venues, for example the **Salle de l'Union in Céret**, a Tardis-like venue (looks small from the outside but is enormous inside) **which has a programme running right through the autumn and winter.**



Finally, if you haven't already been, be sure not to miss the **exhibition dedicated to Raoul Dufy** at the **Musée Rigaud in Perpignan (until 4 Nov.)** Even if you are not a great art connoisseur, **Dufy's figurative paintings (many done in Perpignan) are a colourful joy to behold.** And the refurbished museum is pretty impressive too.



There's plenty going on in theatres outside Perpignan too!

Read on to check out the exciting programme of **Saint Esteve's fabulous lake side theatre**



Find out more about many of these events on our website at www.anglophone-direct.com



Automne Musical en Vallespir 2018

Superb concerts by professional musicians, from September 22nd to November 30th in the 10 communes that make up the Communauté de Communes du Vallespir.

with
Musiques et Voix en Pays Catalans



Saturday 6th October, 17h

Taillet, Eglise St Valentin.

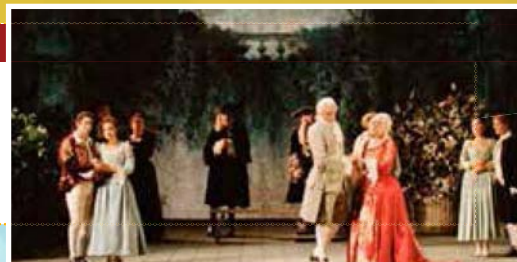
The young talent of Valentine Satou-Bineau (guitar and song) with a programme of Celtic music from Ireland, Scotland and Brittany.



Sunday 14th October, 17h

Maureillas, Salle Communale.

Christian Papis presents: Mozart's 'The Marriage of Figaro', with the Choir 'l'Accent Lyrique' and 8 soloists, accompanied by Emilie Benterfa on piano.



Sunday 7th October, 17h

St Jean Pla de Corts, Salle Polyvalente.

Grand concert
'Clarinettes en fête'
with Florent Pujaila,
Romain Descharmes
(piano) and François
Salque (cello).
From Brahms to
the Balkans, from
South America to
Beethoven.



Saturday 20th October, 20h

Vivès, Salle Communale.

'Les Medicis' (violin, cello and piano).
Rachmaninov, Mozart and Dvorak.



Sunday 21st October, 17h

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

Duo 'Vagabonds' (accordeon and double bass). These two musicians present an eclectic and lively programme of music and voice.

Sunday 3rd November, 20h

Céret, Salle de l'Union.

Christian Papis presents: 'Gerardo' opera by Bonaventure Petit, the Catalan composer, with the Choir 'l'Accent Lyrique' and 8 soloists, accompanied by Emilie Benterfa on piano.



Saturday 10th November, 19h

Le Perthus, Salle Communale.

Closing concert of the Festival with the 'Ladies Orchestra' (10 musicians and a tenor), with a meal.



Friday 30th November, 20h

Céret Salle de l'Union.

The Duo Fortecello with 'Musiques du Monde'.



PLACES: 15 € or 12 € for members of
Musiques et Voix en Pays Catalans
and FREE for those under 15

Reservations: Tel: 06 99 88 90 43 or email:
fcpc.ceret@gmail.com.

And then pay on the door
For the full programme visit:
www.amuvall.org

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

MUSIC DANCE & THEATRE



Our Theatre by the Lake

This purpose-built theatre puts on some great entertainment at prices that make regular theatre-going easy, with many shows at just 5€! Plenty of parking space, access for the disabled, and a high quality of music, dance, theatre, comedy and culture mean that you've got no excuse not to get yourself out to the theatre this season! Elle n'est pas belle la vie?

some highlights

THURSDAY 11th OCTOBER AT 20h30

Guitares du Sud

An unconventional guitar quartet interpret an adventurous repertoire of classical and contemporary composers. Jazz, bossa nova, pop, Mozart, Bizet....

Admission: 5€



SATURDAY 20th OCTOBER AT 19h

Apéro-Concert with Griots Méfis

Rhythm is king in this mix of African and western pop music. Admission: 5€



SATURDAY 10th NOVEMBER AT 20h30

Opera. Orpheus in the Underworld

This 'Opéra-bouffe' or comic operetta is an irreverent parody on many aspects of French society and politics.

Admission: from 12€

FRIDAY 21st DECEMBER AT 20h30

Alice, the Musical (Christmas Show)

Join Alice on her journey through an imaginary wonderland bursting with colour, music and familiar characters...the White Rabbit, the Queen of Hearts, the Mad Hatter..... Unique and unforgettable.

Admission: from 22€



THURSDAY 10th JANUARY AT 20h30

Top of the Rock with Zig-Zag

Rock around the different eras of pop and rock from Bill Haley, Elvis, The Beatles, The Rolling Stones, The Beach Boys, Joe Cocker, Steppenwolf, Deep Purple to U2, David Bowie, Nirvana, Oasis... Admission: 5 €

SATURDAY 9th FEBRUARY AT 19h

Apéro-Concert - Long Ride Band

Yee haw! Pull on your cowboy (and girl) boots and head back to the days of the wild west with Elvis, Johnny Cash, Nancy Sinatra, Bluegrass & Country music,.....

Admission: 5€



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

2018-2019 SEASON

La vie est belle ...



Chantal LADESOU
Saturday 17th November 2018
One-woman Show



Alice, the Comedy Musical
Friday 21st December 2018
Christmas Show



SHEILA
Saturday 26th January 2019
Singer



Et si c'était ça le paradis ?
Les Cas Talents
Friday 8th February 2019
Comedy



François-Xavier DEMAISON
Friday 15th February 2019
Comedian



Les Fantômes de la rue Papillon
With Michel JONASZ
Saturday 13th April 2019
Play



BOLÉRO
Homage to Maurice Béjart
Saturday 18th May 2019
Ballet

www.theatre-de-letang.fr - 04 68 38 34 95 Tickets at the FNAC or go to www.fnac.com



CHECK OUT THEIR FULL PROGRAMME. THERE'S SO MUCH MORE!

MUSIC ^{DANCE} Theatre AND CIRCUS



At the Théâtre de l'Archipel

performance rooms present a rich and diverse cultural programme of performance arts for audiences of all ages.

Look out too for interactive workshops, lectures, conferences, exhibitions, lunch-break performances and an independent programme hosted at El Médiateur.

Be sure to book well in advance as shows often sell out quickly!

Designed by renowned French architect **Jean Nouvel**, the giant concrete bubble of this exciting and eye-catching theatre is hard to miss as you enter Perpignan from the North. Representing the garnet stone, iconic jewel once mined in the region, the rounded 'Grenat' and its surrounding

OCTOBER



Friday 5th at 19h
CHAMBER MUSIC
TRIO WANDERER

One of the most beautiful trios of their generation with a repertoire of pieces by Haydn, Shostakovitch and Brahms.



Sunday 7th at 19h
BLUES
FRED CHAPPELLIER & THE GENTS
(El Médiateur)

Top French guitarist, Fred Chappellier, accompanies Louisiana born blues singer, Dale Blade, creating a unique musical style of soul and blues.



Saturday 27th at 20h30 & Sunday 28th at 16h30
MUSICAL THEATRE
TRAVIATA

Verdi's great opera, inspired by Alexandre Dumas' Dame aux Camélias, returns to its theatrical origins. Sung in French and Italian, with French subtitles.

NOVEMBER

Friday 2nd at 20h30 & Saturday 3rd at 19h

LÀ

A new creation from the Franco-Catalan circus company, Baro D'Evel Cirk. The improbable, the abstract, the absurd and the instinctive come together in a kaleidoscopic spectacle of black and white!

Friday 16th – Sunday 25th
CONTEMPORARY MUSIC FESTIVAL

FESTIVAL AUJOURD'HUI MUSIQUES

Musical theatre, circus, dance, musical juggling, musical cuisine (yes, really. And why not?) concerts, shows, multimedia...in fact a bit of everything! Check out the impressive programme at <http://aujourdhuimusiques.com/>



DECEMBER

Wednesday 5th at 20h30

CONTEMPORARY MUSIC

CALI CHANTE LÉO FERRÉ

Cali grew up with legendary French singer Léo Ferré. Tonight he performs some of the poetry and melodies of one of the greatest artistes of his time.



Wednesday 19th – Sunday 23rd

CHRISTMAS SPECIAL

SLAVA'S SNOWSHOW

Fairytale poetry, whirlwind snowstorms, shaggy, hilarious clowns in a land of childhood dreams.... the perfect recipe for Christmas.
For kids age 6 upwards. Prices from 11,20 €

AND IT DOESN'T STOP THERE! 2019 PROMISES MORE DELIGHTS IN THE SHAPE OF THE TOULOUSE SYMPHONY ORCHESTRA, RED-HOT FLAMENCO, JANE BIRKIN SINGING SERGE GAINSBOURG, CINDERELLA – THE BALLET.....

WHAT ARE YOU DOING ON SATURDAY 3RD NOVEMBER AT 15h30?

How about a spot of lunch in Perpignan centre followed by a FREE, up-close-and-personal guided tour of this fabulous iconic theatre.....in English? Sounds like a great afternoon out! Interested?

Contact.....04 62 62 62 15 or h.brahimi@theatredelarchipel.org



LE THÉÂTRE DE L'ARCHIPEL • Avenue Général Leclerc. Perpignan • Box Office: 04 68 62 62 00
info@theatredelarchipel.org • www.theatredelarchipel.org

Readers'

Restaurant REVIEWS

Summer may be over, but it's still warm enough to eat lunch outside in the autumn sunshine or dine 'en terrasse' beneath the stars, 'though you might need 'une petite laine'!

Please keep sending us your reviews. We love publishing them, we really do. They're honest (we hope), objective (mostly), 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.

FRANCE

L'HORLOGE

Perpignan.....with Mike

Although actually located on Rue Font Froide, l'Horloge has a beautifully situated terrace on Place Gambetta giving a breathtaking view of the Cathedral de St-Jean. On a sunny afternoon, find a shady spot under one of the olive trees or if the weather is not so good, take a seat inside and check out the collection of clocks on the wall. Plenty of tables are laid out for either simply having a drink, or for eating. Wine and Sangria is available either by the glass, bottle, or pichet.

Food is mainly French/Catalan as well as a nice mix of tapas. A plat du jour is available for 10 €, although my particular favourite is the burger (15 €), one of the best that I have tasted! During December, a chalet is erected serving mulled wine as well as tasty winter snacks. Nico is the helpful and attentive owner who will greet you with a smile. Closed Sunday & Monday.



2 Rue Font Froide, 66000, Perpignan
Tel: 09 86 73 83 61

LA GALERIE

CÉRET.... with Penny

Thanks to whoever it was that recommended 'La Galerie' restaurant in Céret. We had a fabulous lunch there today. We all had the 'formule' which was 15 € for 2 courses and 19 € including dessert. Gorgeous tomato/mozza salad or gazpacho for starters (both very good) followed by beautifully cooked dorade with veg. Peaches in wine sauce with raspberry sorbet for pud. Only slight 'bemol' is wine not served by the pichet, but a yummy glass of Dom Brial white was great. Delightful service - quite slow as they were very busy on market day in August. Great to find a new resto in Céret which is well priced, fabulous food and great service. Five stars from all of us! The restaurant is at the bottom end of Rue

Saint Ferreol by the fountain (which apparently commemorates the engineers who built the arrosage system!).



95 Rue Saint-Ferréol, Céret
Tel: 04 68 09 71 33

LES ARESTOCHATS

PERPIGNAN.... with Maria

Ate lunch with grand children in the Cat Café in Perpignan. Great fun and good food too. The best macarons ever. Friendly couple running the place. He speaks English. The cats are used to people but there's a shy one. It's also a salon de thé and there's a little boutique corner with 'catty' items. The cats are free to do as they please and of course no harassment is allowed.



8 bis Rue Gustave Flaubert, Perpignan
Tel: 04 68 92 75 37



LA TABLE DU CAPIL (Hôtel Corrieu)

Llagonne.... with Susan

We love this restaurant and have been several times at midi. For any of you who watched Les Innocents on TV, the whole crew stayed there and a lot was shot in and around Llagonne, a pretty village on the way to the ski resort of Formiguères, so easily accessible from Les Angles and/or Font Romeu. The restaurant has fabulous views across the mountains and valley, is cosy but smart and the service is excellent. Produce is sourced locally and it is run by Francis and his wife who are passionate about their food.

Lunch menu is 18,00 € and dinner from 28,00 € as well as an à la carte menu. The food is imaginative and fait maison and they serve a good selection of wines. We particularly like the Mas Camps.



6 Rue de la Quillane, La Llagonne
Tel: 06 12 41 59 63

Restaurant REVIEWS

LE JARDIN DU JASMIN

VERNET-LES-BAINSwith **Shelby**

This small, family run restaurant brings the flavours of India to the foothills of Canigou.

Naans, Tikkas and Tandoori meats are cooked in a traditional Tandoor oven giving that authentic smoky taste that you simply can't get in your own kitchen. The menu is full of favourites including Korma, Balti, Sag, Vindaloo, Bhuna, Dopiza, Aloo Chat, Dal... Choose from chicken, lamb or prawn..... and vegetarians are equally spoilt for choice.

Most dishes err on the mild side (perfect for spice wimps like me) but if you like more of a kick, just ask and they will spice to to your taste.

Start with the house cocktail, a refreshing blend of sparkling white wine and elderflower juice and a pile of hot crispy poppadoms with pickles and mint raita or share a Thali for 2 – an Indian take on a Tapas sharing plate giving you a taster of their specialities. Portions are generous, but

don't worry about ordering too much as any left overs are boxed and bagged for you to enjoy again at home!

If spicy doesn't flick your taste buds, book for Saturday lunch. Fish 'n' Chips (with an optional glass of London Pride). Flaky fish in a perfectly crispy batter with home made chips and pea purée.

Indian Restaurant & Takeaway and Fish 'n' Chips in one town – what more could you ask for.



Boulevard de Cady · Vernet-les-Bains

Tel : 04 68 96 51 30

www.le-jardin-du-jasmin.com

BELLA PIZZA

Céret.....with **Steven and Denise**

Bella Pizza is your typical French street-corner eatery, a small terrace opposite the music museum and space indoors if the weather is unpleasant, but alongside the Vesuvios, Romanas and Margaritas, there are now fabulous salads, steaks, desserts and even sweet pizzas for the seriously sweet-toothed. Noticeably absent from the menu is a starters section, but who needs an entrée when the portions are so generous? We had steaks seasoned to perfection, and a healthy portion of crispy, fluffy fries and dressed greens - delicious. And all for 14 €.

Chocolate fondant was gooey and gorgeous and the patisserie of the day was a fruit roulade which was fresh, light and crisp.



13 Avenue Michel Aribaud, Céret.

Tel 04 68 87 70 26.

LE TEMPS DES CERISES

PRATS DE MOLLO....with **Geraldine**

A long time ago I had a delicious and interesting meal at Montferrer and heard the owners had moved to pretty Prats de Mollo. Sitting at one of a couple of tables outside, we were warmly welcomed, and offered amuse bouche of sweet melon with salty ham, and crunchy and acidic dried fruits and nuts. We enjoyed an apéritif looking at the amazing trompe-l'oeil - hard to work out what's real! We all chose the 25 € menu (there is a 18 € formule du midi too). Pêches farcies à l'ancienne and saumon façon gravelax proved to be both a fantastic blending of textures and flavours with herbs, fruits and flowers from the garden. Really delicious, followed by equally amazing dishes

and desserts.

With two demi pitchers of a fresh and fruity pink wine, water and freshly made mint tea, a really lovely and interesting meal, well worth the twisty drive. After lunch, take time to enjoy and explore the village too.



11 rue Porte de France, Prats de Mollo
Tel: 04 68 95 40 10

OVER THE BORDER

CAL SAGRISTA

PERALADA...with **Peter**

This gem is situated in the backstreets of Peralada with a very nondescript exterior, but once inside you will be pleasantly surprised by the menu, the views and the outstanding dessert trolley. Excellent choice of meals and friendly service.

Carrer de la Rodona 2, Peralada

Tel: +34 972 53 83 01

EL CAFE DE LA CONCORDIA

CANTALLOPS...with **Peter & Pèpè**

Rediscovered an old haunt. Changed hands since we last passed this way. Really good, simple, Catalan fare at the Casino (or village bar) in Cantallops. Not a frozen chip in sight. Midday

HOTEL PARIS

FIGUERES...with **Martina**

I strongly recommend the restaurant of the Hotel Paris in Figueras on the ramblas ... Eating outside on the terrace with your doggy isn't a problem, and it's very pleasant. Food is tasty and their menu prices are more than reasonable! Also the manager/owner is ever so nice!

La Rambla, 10, Figueres

Tel: +34 972 50 07 13

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Progres, 1, 17708 Cantallops, España
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FOOD & DRINK

Summer may be over, but the winter sun is still shining and many restaurants advertising in this edition remain open most of the season (though it's always worth ringing them a ring in advance to be on the safe side!). **Bon App!**

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IN CÉRET

Le Jardin 04 11 64 41 12

Quattrocento 04 68 87 15 60

IN SORÈDE

La Salamandre 04 68 89 26 67

IN VILLEFRANCHE-DE-CONFLANT

Le Relais de Villefranche 04 68 96 31 63



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04 68 96 31 63 www.lerelaisdevillefranche.com
39 rue Saint Jean - 66500 VILLEFRANCHE-DE-CONFLANT

DID YOU KNOW

ONE EURO, TWO EURO....

If you look at a euro banknote, you will see that **the word euro is always in the singular** (eg 20 euro) even if you are lucky enough to have lots of them! In fact, **guidelines on the use of the euro state that the plurals of both 'euro' and 'cent' should be written without the 's'** as not all of the countries in the euro zone form the plural in the same way.



FOOD & DRINK

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IN SAINT CYPRIEN

Le Portofino, St Cyprien Port 09 51 58 89 55
Jardin Catalan, St Cyprien Plage 04 68 21 36 64
Kim Long, St Cyprien Plage 04 68 55 15 89

IN ARGELÈS PORT

La Table du Coin 04 68 55 46 54

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Le Dagobert 04 68 04 14 32

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Port. 06 25 89 14 93
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restaurant-Kim-Long
http://www.restaurant-vietnamien-stcyprien.fr
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FOOD & DRINK

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Bella Cosa 04 30 82 53 50
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FOOD & DRINK

IDEAS
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Restaurant

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DID YOU KNOW



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Did you know that the small village of Arles-sur-Tech was once a lively, bustling, working village with a population of around 2,400, not so far off the 2,700 of today, and probably much busier. There was a direct train line from Perpignan to Arles, St Laurent and Prats de Mollo, transporting goods from the village's three main industries, iron mining, weaving....and chocolate!

In fact, the first real chocolate factory in France was created in 1814 in Arles-sur-Tech! And another first.

Arles was one of the first villages in France to produce and use its own electricity.

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Logis table



DID YOU KNOW



DES BONBONS OU UNE FARCE

That's one way of begging for sweets on Hallo' eve. 'Friandises ou bêtises' is another.....but there is no literal translation of 'trick or treat', so just about anything goes.

If you're dressing up for Halloween, you might be interested to know that the English word 'costume' was actually borrowed from the French 'coutume' (originally from the Latin consuetudo – custom or habit) and referred to clothing customarily or habitually worn by a particular group.



La Castanyada

Not much beats a sweet chestnut hunt on a bright autumn day in the P-O. Delicious roasted, steamed or pureed, chestnuts are gluten free, low in calories compared to most other nuts, but rich in minerals and vitamins.

Look out for a 'castanyada' near you, village festival celebrating the sweet chestnut, traditionally held on the **1st November at Toussaint**, but a hot treat on any cold day of the year.

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

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

THE FOLLOWING CHESTNUT RECIPE IS NOT QUITE SO LOW IN CALORIES!!

Chocolate Chestnut Pie

Ingredients:

- 200g/7oz Shortcrust Pastry
- 225g/8oz Cooked Chestnuts (steamed or boiled and peeled)
- 3 tbsp Cocoa Powder
- 1 Egg, beaten
- 4 Tbsp Caster Sugar
- Milk

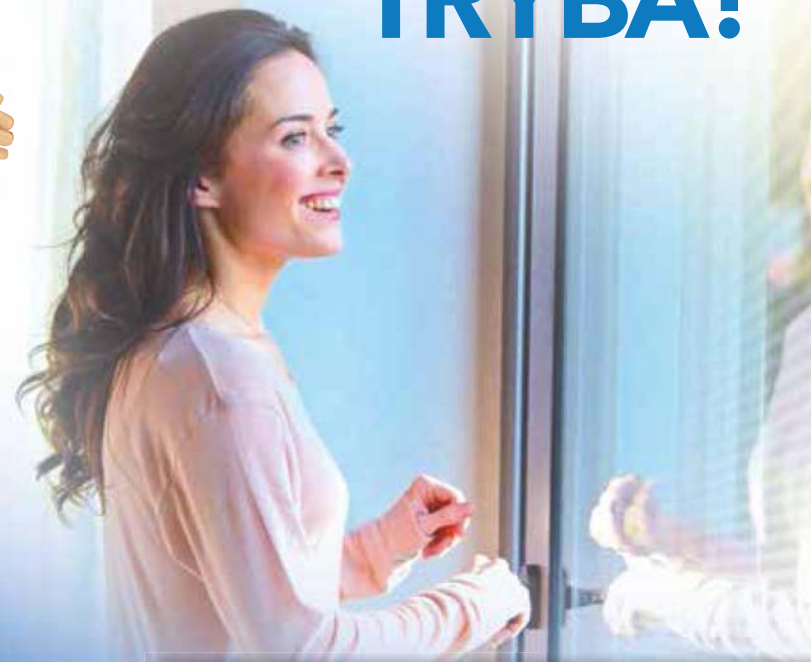
Method:

- Preheat oven to 180C, roll out pastry thinly and line flan tin.
- Mash chestnuts until smooth in a large mixing bowl.
- Stir in sugar and cocoa and add enough milk to make thick cream.
- Add beaten egg, mix well and pour into pastry case.
- Bake for 35 – 40 minutes. Serve hot or cold.



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One of my favourite winter sorties, this delightful drive twists and turns ever upwards through ancient, gnarled cork oaks, chestnuts, and beech till you arrive at the top of the world - or so it seems.

Take the **RN9, le Boulou - Le Perthus** road, and just before entering Le Perthus, look out for the filter lane on the left, **the D71 towards St Jean d'Albère**.



The narrow but spectacular tree-lined route, criss-crossed by well trodden footpaths formed over the years by escapees, smugglers, refugees, and shepherds, will tempt you back another time, for another visit.



Same for the tiny village of L'Albère, named after the Albères mountain range, which boasts a meat eater's dream restaurant and two churches....a little jewel of a visit on our way up the top.

The nearby neolithic dolmen of Na Cristiana (3500-3000 BC) is signposted on your right,



(direction Coll de Linas) a short sharp climb to this fascinating and ancient monument.



For now, continue past the hamlet of L'Albère, and a left-hand turn will soon put you on the approach **to your destination, the Col l'Ouillat**.

Listen out for the bells - you will very likely need to slow down or stop for the pretty, unhurried cows that graze free along the road side, or their stubborn donkey friend, who will let you pass only when HE is ready. All part of the charm of the drive.



WALK OR DRIVE



Suddenly the tree-lined road opens up to wide and spectacular views.

Keep climbing and you will arrive at a perfect picnic and BBQ area.

Park up, grab some of that winter sun, light up a fire for your steaks, unpack your sandwiches and wine, sit on the terrace of the on-site 'Chalet de L'Albère', where there are loos for the disabled, with a warm drink or a cold beer..... or continue straight on until disabled signs welcome you to a small parking area.

The path on your left has been specially adapted and equipped for the disabled, prams, wheelchairs, or those just wanting a short, easy trot in idyllic surroundings.



Look out for 'La Reyne de las Founs' - man-made rock formation surrounding a source coming out of the mountain, forming a pretty waterfall and stream. Illiterate shepherd Manel built several of these stone features in the 19th century, lovingly diverting streams and fountains, often engraved with text copied for him by the school teacher of Saint Jean d'Albères.

'La Reyne de las Founs' is inscribed with 'les douaniers ici trouvent souvent ce qu'ils cherchent' and was later used by smugglers to indicate, via cleverly coded pebble formations, where the custom officials were and how many were about!

A flat, ten minute woodland stroll past tables and benches, sparkling waterfalls, tree identification signs, brings you out at a stunning viewpoint with orientation panel.

The whole of the P-O and beyond lies at your feet, edged by miles of sparkling blue Mediterranean. On any day, it is spectacular. On a clear day, it will take your breath away.

P-O Life

ARE FRENCH MEN TOO MACHO?



The '#MeToo' hashtag spread across borders and social media like wild fire last autumn, denouncing sexual assault, harassment and sexual misconduct.

In France, President Emmanuel Macron and his gender balanced cabinet are working to rid France of its '**macho culture**'.

The intention is to make street harassment, including wolf whistling, a criminal offence. According to Macron, French men are just too 'manly' and women don't feel safe enough on the streets to dress as they wish or walk where they please.

So where does flirting stop and harassment start? When does a compliment become a threat? Is it just a French thing?

Well, of course not....but in a recent poll on the rudest people in the world, guess who came out on top? (no pun intended). Yes. French men! They also come first, along with the Italians, as top of the cheaters.

Historically, French culture has tended to be more tolerant of infidelity than Anglo-Saxon countries, and French men are traditionally very confident in their own sex appeal- but the-times-they-are-a-changing!

According to a survey by GoEuro, the online travel planner, British men have overtaken the traditionally sexy Frenchman for charm, gentlemanly behaviour and general 'lady-appeal'.

Personally, as a middle aged woman, I rather like a gentle reminder every now and then that I haven't become totally invisible since I arrived at 'a certain age'.....but that's just me.

SO ARE FRENCH MEN TOO MACHO?

We thought they should have a chance to defend themselves.



1

JE NE PENSE PAS QUE LES FRANÇAIS SOIENT PLUS MACHOS QUE LES AUTRES MAIS DANS MON CAS CELA N'AURAIT PAS MARCHÉ CAR JE SUIS MARIÉ À UNE MACHOTTE.

Olivier, Maureillas

2

CERTES, ILS ONT L'IMAGE DE MACHO, OUI, MAIS CE N'EST PAS VRAIMENT UNE QUESTION QUI A UNE RÉPONSE! LES FRANÇAIS SONT ILS TOUS DES BUVEURS DE VINS? C'EST LE MEME GENRE DE QUESTION

Axel, Maureillas

USEFUL
VOCAB

1

cela n'aurait pas marché - That would not have worked
car - because
machotte - made up feminine of macho

2

Certes - admittedly
buveurs - drinkers
genre - kind/type

OUT for THE DAY...

By Martin Bailey

It's Grand in Gruissan

Another weekend away I hear you ask? We are so lucky - but there's a reason why we've decided to get away from it all on this particular long weekend: it's the Fête de Jeunes in our village and as we live in the centre, it means two nights of drunkenness, debauchery and loud music. One year we did stay to enjoy the festivities, but I'm a tad older now and do need to sleep otherwise I become crabby.

So Gruissan it is then, not far from us and as it's out of season, it's never too busy which suits us and BobDog fine.

Occupying an enviable location on the Mediterranean coast, between the tidal lagoons or étangs, surrounded by pink salt fields, this ancient circular fishing village lies in the heart of the Regional Natural Park of Narbonne and the Mediterranean. Built around a former Château, wander the pretty,

narrow streets in the historical centre or make the short, steep climb to the medieval **Tour Barberousse (Redbeard Tower)**. It's all that remains of the 10th century Gruissan château, built to guard the town against seaborne invasion, and the climb is well worth the effort for the spectacular reward of breathtaking views of sea and salt water étangs.

New Gruissan contains a number of marinas and many quayside restaurants and bars.

There's a gentle air of the 1970's here mainly caused by the slightly shabby chic architecture of the apartments and holiday lets.

Ours is right on the quiet quayside a little out of the centre, a short walk to the bars which unfortunately serve our greatest temptation - cocktails! We limit ourselves to just two as we watch the world go by; **young families out for a day trip, older residents walking their dogs and the more adventurous speeding out of the harbour into the choppy Mediterranean.**

The rectilinear Gruissan Plage has lots of painted wooden chalets on stilts as protection against

flooding during those colder winter months. It's a sight to see and has a somewhat eerie tranquility since there's no one around. Unfortunately most of the beachside bars are closed too as summer fades into autumn and heads towards winter.

Nearby there's the Massif de la Clape, still in the regional park, with great views over the Mediterranean, **ideal for longer walks with the dog.** Access may be limited in the height of summer due to fire risk but at this time of year it's well worth the visit to experience vineyards, scrubland, combes and pechs of this former ancient island, **a truly magical place.**



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P-O PICNICS

With
Katja Willemsen

At the Tour de la Massane



Red flames blazing from the Massane Tower in the 13th century spiked the adrenaline of even the most hardened guard. It meant only one thing: Collioure's Royal Castle was under threat. The King of Majorca would have rushed into the castle's safe room, the "donjon", and horsemen would have sped up the mountain to find out exactly where the danger lay.

Before phones and social media, fire was the fastest way to communicate. The crumbling watchtowers dotting our mountains formed a powerful surveillance system built by the kings of Majorca. Stand next to the Tour de Massane and you'll see how ideal it is for monitoring enemy activity up and down the coastline and deep into the Roussillon plains.

A little-known sand road gives you a head start to our picnic spot, with your car doing most of the climbing. From the freeway to Collioure (D914), take exit 13 which feeds onto a small roundabout. Take the concrete slipway to Mas Cristine, and 100 metres later, turn right. After roughly 8 kms [see inset for more detailed directions], the road stops dead and it's time to walk!



Park your car and follow the first yellow hiking trail sign, "Torre de la Maçana", on the right. It says 30 minutes to walk 1.5 kms to the top, but rather take your time and aim to do it in an hour. Parts of the hike are steep but they're short and tough rather than long and breath-stealing.

After a bit of a scramble at the start, the path weaves comfortably between winter-bare chestnut trees. Dry leaves pop 'n' crackle under your boots and Mother Nature's lacework of branches criss-cross the sky above.



When the path hairpins upwards into a climb, don't panic! It's brief and your reward is the first spectacular coastal view.

At the Forêt de la Massane nature reserve sign, go right, and at the tree circled by a low stone wall, keep right.

The terrain turns into a slow easy rise where massive chunks of mountain lie strewn amongst the trees like marbles tossed by the gods. If you come across cattle, keep your distance just in case one is a grumpy bull.

Keep following the yellow signs and before you know it, you'll see the Massane Tower's stark outline against the sky. Even from a far it looks both grand and frail, as if a nudge might send it tumbling over the cliff.



P-O PICNICS

One last short uphill and you're out of the trees and walking on the sparse scrubland that flows down from the peak. **Climb up the stone steps to the tower's platform - the 360° views are breathtaking.**

Blue-black peaks serrate the skyline on the Spanish side, the Roussillon plains sprawl towards the Corbières mountains and the sea seems to stretch to the end of the world.

An excellent vertical orientation table outlines the coastline, and up ahead you'll see the Tour de Madeloc, the main tower with which the Tour de la Massane exchanged fire signals.

On the other side of the platform, just past the tower gate, the old perimeter wall is a perfect table for your picnic. Bon appétit!

P.S: If you're adventurous and equipped with torches, go up in the afternoon for sundowners and come back down in the dark – but choose a clear day with no risk of storms. At dusk, the sky darkens into indigo blue and the mountains and sea shimmer in reds and oranges straight from Matisse's palette.

HOW TO GET THERE

- **FROM PERPIGNAN**, take exit 13 off the freeway to Collioure (D914). At small roundabout, take concrete slipway to Mas Cristine.

- **(IF ON D914 FROM PORT VENDRES**, take exit 13 and at 1st roundabout, take 5th exit to cross freeway. At next roundabout, on other side of bridge, take concrete slipway to Mas Cristine.)

A mere 100 metres later, turn right at sign "Elevage chèvres Mohair Cabrilaine"

After about 5-10 minutes, the road becomes a sand track, keep left, following "Elevage chèvres Mohair Cabrilaine" sign. After this, drive past any "mas Cristine" and "élevage chèvres" signs and don't deviate from this bumpy but driveable road until it stops dead.

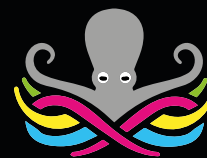
It's time to walk!

Read Katja's latest book, *An Elephant in my Kitchen* - the bestselling memoirs of a Frenchwoman living in the middle of nowhere in Africa. Available on Amazon



- **NOTE ON HIKE:** it's well sign-posted ("Torre de Maçana/ Tour de Massane") but there are occasional junctions where it's not clear whether to go right or left. Don't worry. They're loops created by cattle and always join up with "official" path.
- **WALKING BACK:** follow signs to "Coll de la Plaça d'Armes"

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DID YOU KNOW



LA CORRELENGUA Supporting Catalan language and culture

The signing of the Treaty of the Pyrénées on 7th November 1659 ended the 30 years war between France and Spain. Unfortunately, it also divided Catalan territory and families between France and Spain, and put a ban on speaking Catalan

on French or Spanish territory.

More than three and a half centuries later, Catalans continue to defend the Catalan language and culture.

Described as the "Caravan de Promotion de la Langue catalane" the "Correllengua" is the support of the Catalan language and culture, symbolized by the carrying of a flaming torch, the 'Flama de la Llengua', (Language Flame) through the Catalan territories

Originally a relay race, today it involves a series of celebrations, street dances, fanfares and cultural events of all kinds to spread the Catalan language.

DID YOU KNOW

THE DEATH OF THE CIRCUMFLEX - BUT ARE WE BOVVAD?

You may not even have noticed the little hat that often sits on a French vowel. **The circumflex accent usually represents a letter that has been dropped over the centuries**, often an **s**, but has now been officially dropped from the French language - much to the irritation of language purists of course! Soooooo.....

for example, the word **hôtel** will now **change to....hotel**, **hôpital** will **change to hopital**, and **forêt** will **change to foret**.

I think we can cope!

*Offer valid until 31/12/2018 when you buy two ink jet cartridges or laser toners. Applies to the cheapest of the two upon presentation of this advert. (limited to one offer per household). Cannot be used in conjunction with any other offers.



Pop the Bubbles...

With Tony Goodman

As we enjoy a Raoul Dufy hued autumn, dare I suggest that it's nearly time to plan for the festive season and think about popping those bubbles. The PO is slowly starting to produce some fabulous festive wine using traditional methods, which are a fraction of the price of big brand champagnes and neighbours both north and south of the border, produce some very glass-worthy good value fizz. Its easy to be overwhelmed with the choice so we dived into this fabulous whirlpool of bubbles and surfaced with some suggestions. Visit the producer if it's not too far for an autumn day out, or buy most of these bottles in local supermarkets or specialist wine and food shops such as Le Jardin Catalan in Saint Cyprien.

LOCAL

JAUBERT & NOURY VIGNOBLES (Château Planères)

Plenty of exotic fruit and citrus. An intriguing hint of mountain herbs and wild flowers. Good weight and balance, slightly acidic driven by the Tourbat de Roussillon grapes. Elegant fine bubbles that linger.

Love it, love it. 13 €. You may need to visit the Château, however that's a good thing.

St Jean Lasseille: 04 68 21 74 50

<http://chateauplaneres.com/>



DOMAINE JOLLY FERRIOL

A totally bio-dynamic methode traditionnelle sans sulphite petiller for the in-house Indiana. A history lesson in winemaking in your glass. Don your fedora and whip one of these open to get the party talking. Serve as an apéritif accompanied by spicy Malabar Coast samosas. Serve well chilled. Around 16 euros at time of writing. **To secure a bottle or two ring the domaine in Espira de l'Agly: 06 13 22 96 73.**

Isabelle has excellent English.

Check out their website in English too:

<http://www.jollyferriol.fr/en/>

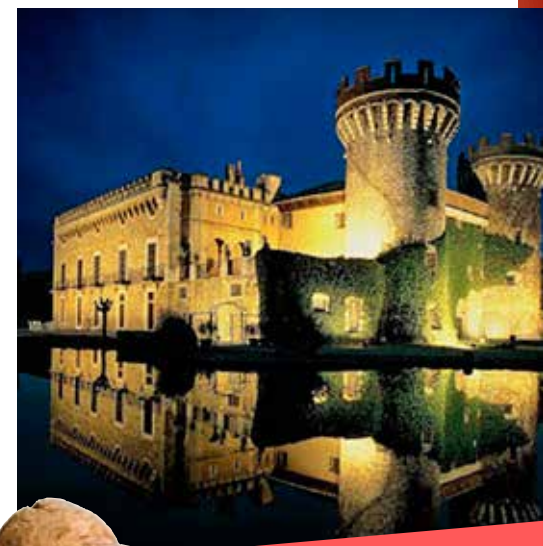


LOCAL-ISH

CASTILLO PERELADA BRUT RESERVA

Quite light yet with plenty of peach and citrus. Fine persistent bubbles. A family favourite as it is not as sharp as others. An excellent match for a festive season turkey. A good excuse for a trip over the border to Perelada itself for a tour around the Perelada wineries, the castle and gardens and museum.

Prices range from less than 5 € to over 10 € so shop around.



**ATTENTION
UN BOUCHON DE
CHAMPAGNE INCONTRÔLÉ
PEUT ATTEINDRE UNE VITESSE
DE PRÈS DE 50KM/H
(ATTEINDRE - REACH)**

WINE CLUB

P-O
Wines
Tried & Tasted

NOT AT ALL LOCAL

CHARLES VOLNER VIN MOUSSEUX ROSE

Cabernet Franc blended with Gamey so it has a nice bite yet is quite floral. A soft festive rose colour. Slip in a slice of local nectarine to really get into the festive spirit. **Readily available around 5 - 6 €.**

ARESTEL CAVA BRUT

Light, plenty of citrus with a hint of kiwi fruit and apple. A soft cava, a great value party performer. Good persistent bubbles. Add a good dash of freshly squeezed orange juice for Bucks Fizz fans. Serve with Pan con tomate, a local soft cheese.

Readily available 4 - 6 €.

FREIXENET BRUT CORDON ROSADO CAVA

An elegant pink cava. As graceful on the palate as in the glass, a lovely fresh bite. Leave a flute of this out for Santa and don't be surprised if there is an extra treat in your stocking in the morning or just serve as an apéritif. **Readily available 5 - 6 €.**

Dans un bar, un homme murmure
à l'oreille d'une femme :
"Le champagne vous rend belle."
"Ah bon? Je n'en ai pourtant pas bu
une goutte!"
"Oui, mais moi j'en suis à mon
neuvième verre!"

vous rend – makes you look....
Pourtant – however
une goutte – a drop
j'en suis à mon neuvième verre –
I'm on my 9th glass

Lots of lovely exotic fruit, pale straw with a hint of green. Generous bubbles. Add a healthy dash of freshly squeezed orange juice to accompany a sliver of local ham smeared with marmalade on a slice of toasted baguette for a festive breakfast. **Readily available. Around 7 €.**

CRÉMANT DE LIMOUX SIEUR D'ADARQUES



BLASON ROUGE

Elegant and vivacious. Gorgeous pale straw colour. Chardonnay with a dash of Chenin, Mauzac and Pinot Noir. Lots of lovely floral notes. Fine persistent bubbles. You may need to get together with the neighbours and order a case or two on line. **Around 12 €.**

ANDREA BERRO PROSECCO

A quite dry prosecco but still with plenty of Tuscan pizzazz. Good persistent bubbles yet quite light. Works well with a slice of peach in a tall flute or a dash of Cassis. **Readily available around 6 €.**

FRENCHLife

with
Caroline Manson

KEEP CALM.....AND PREPARE FOR

BREXIT

Applying for a Carte de Séjour

(DON'T FORGET
YOUR BIRTH
CERTIFICATE!)

In view of the anxiety and uncertainty (mainly in my head!) over the future effects of Brexit, I have just applied for a Carte de Séjour. While none of us 'ex-pats' in France think that we are going to be asked to leave next March, many of us feel that it is better to do 'something' rather than 'nothing', and applying for a Carte de Séjour appeared to be a good option for me.



It seemed to be easier than applying for French citizenship which, due to the fact that applications have increased ten-fold this year, can take up to 2 years to be approved. This process also involves a mind-boggling amount of paperwork including providing translated copies of parents' birth/marriage/death certificates, full education history (mine wouldn't take long!) employment details, financial information and a language test. Apart from the time and effort involved, there is the considerable expense of applying for official copies of all the documents and then having them translated by an official translator – Google translate doesn't seem to impress French officialdom.

By comparison, the application for the Carte-de-Séjour seemed less complicated...

Caroline Manson is an independent Property Consultant – for advice on buying, selling, renting or renovating, don't hesitate to contact her at caroline@perpignan-properties.com



Firstly I emailed the Préfecture de Perpignan with my request and they replied very quickly, attaching the form to fill in, together with the list of all the documents required (**no mention of a Birth Certificate**), and offering me a rendezvous in 3 months' time.

Page 1 was pretty easy – Valid Passport, Proof of Address, 3 recent photographs (took some time to get one I wasn't too ashamed of). I also managed to rustle up an impressive batch of documents showing my self-employed status; ie 'auto-entrepreneur' declarations. **Strangely, there was no request for a copy of my Birth Certificate.**

Then it got more interesting. **They needed proof that I have been resident in France non-stop, apart from holidays**, for the past 5 years, one document per trimester for each of the 5 years – ie 20. With a slight pang of guilt at destroying yet another rain forest I duly printed out the relevant pages of bank statements. As a double back-up I also photocopied garage bills, prescriptions, a cat kennel bill and as my 'piece de resistance' attached a copy of my dog's Pet Passport showing more than 5 year's worth of dates! **They still didn't ask for a copy of my Birth Certificate.**

On the appointed day, armed with all my **paperwork** (but not my birth certificate as it wasn't on the list of required documents), I arrived at the Préfecture. A security guard asked if he could do a search of my handbag – I have no idea what would have happened if I had said no!

I had imagined the application interview to be a formal affair but arrived at the relevant booth in front of a girl who looked about 14 years old! **She flicked through my paperwork, didn't seem interested in any of my vet or dentist bills, asked to see my Carte Vitale (equivalent of a Health Card) and made a copy of it – even though there was no mention of this being a requirement on the official list.** She then stamped something, stuck my picture on a document, stamped it again, asked me to put my fingers on a machine to take my finger-prints - **and asked for a copy of my Birth Certificate.**

I don't know if I've mentioned this **but nowhere on the list of documents do they say that they require a copy of the applicant's birth certificate.**



KEEP CALM.....AND PREPARE FOR BREXIT Applying for a Carte de Séjour



She admitted this was the case but shrugged her shoulders, (as only french bureaucrats can do) looked almost apologetic, (very rare) but said that they needed it.

– but not to worry, I could put it in the post and then my Carte de Séjour should arrive within 1 month!

I have now sent the photocopy of my birth certificate (but not translated into French) and am crossing my fingers that they will manage to put it in the file with the rest of the documents and that I will receive my Carte in the post.

If not, is anyone available to pick me up from Dover on 30th March next year.....?

Your Carte de Séjour Experiences

Appplied on-line to Perpignan in May for 1 to 5 year CdS-UE - consecutive rendezvous for us both at the end of July. Very pleasant interviewer, fingerprints taken and told to expect CdS to be ready for collection in about 5 weeks. In fact only waited 3 weeks, and now we both have max. 5 year cartes. Whole process was efficient, and for us retirees with S1s, fairly straightforward. **Essential to take original documents + photocopies of everything** for each person (passport, birth certificate, marriage certificate, recent domestic bill with the applicant's name on [otherwise an attestation d'hébergement from the bill payer], carte vitale or equivalent + current attestation, S1 form [if applicable], proof of house ownership or equivalent. For proof of income, although we had taken annual pension statements and bank statements etc., the most important thing seemed to be our 3 years of avis d'impôts, which provides conclusive evidence of all income.

Nick

They want a very recent Edf bill. They wanted Tax returns for the past 5 years. It's all on the list, we took extras such as attestation for the house ...

Anne

Whatever you do, take all the originals with the photocopies and don't forget to photocopy everything as they will not do photocopies there.

Lisa

I had my Perpignan rdv September 3rd, documents were accepted, no surprises, friendly lady interviewer. Fingerprints taken, told to expect to hear from them in 4 weeks. Waiting....

Tim

**Check out
www.remaininfrance.org
for loads more info on this
and other Brexit related matters.**

L'ironie dans l'histoire du Brexit, c'est que c'est quand même le pays qui a colonisé un tiers de la planète qui demande son indépendance.

Anonymous

**quand même
nevertheless
un tiers
one third**

Your swimming pool in winter

CHECK, MAINTAIN, REPAIR AND REPLACE...

Yes, really. The time to start getting your pool ready for next season is NOW!

Expensive, time consuming.... it's certainly much cheaper and simpler to go jump in the sea to cool down during our hot P-O summers.....but for those of us lucky enough to have a pool, what a joy, that first 'plouffff'!



We asked Olivier, of TPM Piscine Services (and by no coincidence husband to the editor!) for advice for a worry-free pool-opening next season.

WHAT SHOULD POOL OWNERS BE DOING NOW?

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

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

And a couple of answers to frequently asked questions

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

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



WHAT ARE THE ADVANTAGES OF CONVERTING TO A SALT UNIT?

People often choose salt pools because they want a non-chlorine based treatment, but actually salt units also create a different kind of chlorine. **They are simply a more controllable treatment method.**

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



AND THE COST?

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



- > POOL RENOVATION AND REPAIR
- > CLEANING & MAINTENANCE CONTRACTS
- > ONE-OFF CLEANS
- > GREEN POOLS
- > POOL LEAK DETECTION

T 06 75 46 93 65
info@tpm66.com

HEAT PUMPS,
SALT SYSTEMS...

Do I Need to Exchange my British Licence?



Legally you don't need to exchange your European driving licence for a French one unless you commit an infraction and lose/gain points or unless you are no longer contactable at the address to which it is registered in the UK as DVLA rules don't allow foreign addresses.

However once Brexit comes into effect you will no longer have a European driving licence and as such will only be able to drive for a year on your current one before being obliged to swap it for a French licence. Here's how you do it. If you wish to see the explanation in French from which it is taken, it is on the Service Public site at www.service-public.fr

POSTAL SERVICE ONLY

This can no longer be done at the Mairie, Préfecture or Police Municipale, but must be sent by post to a centralised office in Nantes.

Download 2 forms: 'cerfa, 14879*01 'demande d'échange de permis de conduire étranger' and 'cerfa, 14948*01 ref 06 'Demande de permis de conduire – format de l'Union européenne', Fill in, date and sign both, print off in colour and send with the following:

- colour photocopy of both sides of your driving licence
- photocopy of your proof of identity (passport)
- photocopy of proof of residence (utilities bill or similar)
- photocopy of both sides of a document proving residence in France for at least 6 months (eg lease, employment contract, tax notification...)
- 3 photos, 2 of which need to be stuck on to the 2 forms
- A printed-postage 'lettre suivie' envelope for 50g made out to yourself. (You can buy this at the post office)

This all has to be sent off to the Centre d'expertise et de ressources de titres (CERT) – Échanges de permis de conduire étrangers:



Stage 1

Once they get round to working on your file, you will be contacted to send them your actual driving licence rather than the copy you've supplied. You will be given a receipt for your foreign licence.



Timeframe

This varies 'depending on the number of requests and the complexity of the case' to quote the government site.



The French Licence

The new licence will be sent to your home address. It will be a full licence unless you passed your test within the last 3 years in which case it will be a provisional one.

The start date shown is the date of your French licence, so you are best to keep a photocopy of the old one to prove when you first started to drive for insurance purposes.

The French licence is valid for 15 years, unless you are allowed to drive HGVs in which case it will be valid for 5 years. However all that is required at present is to update it with a new photo, as there is no age limit for driving in France and no requirement to attend a medical after a certain age, unlike the UK.

Madeleine McMullin runs SOURCE MARKETING, a marketing and web design company based in the P-O. 04 11 64 59 85 www.sourcemarketing.net

OH, WHAT A TANGLED WEB ...

By Lesley McLaren

OUR P-O spiders come in all shapes and sizes.

Spiders might not be cuddly, cute or welcome in our homes, but they're part of nature's balancing act. It's estimated that, worldwide, 25 million tons of arachnids kill 400-800 million tons of prey (mostly insects) each year. That's something to be grateful for.

HOW MANY SPECIES?

In the world: **Over 45,700**
In Europe: **Around 5,400**

PER SQUARE METRE OF UNDISTURBED LAND, YOU COULD FIND, ON AVERAGE, 150.



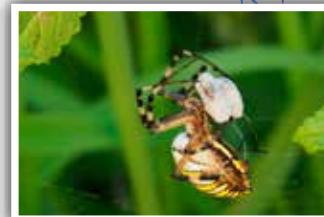
Some catch insects in webs, while others hunt or sneakily ambush them. Nearly all immediately inject their prey with venom to paralyse or kill.



THE CRAB SPIDER (L'ARAIGNÉE—CRABE DES FLEURS) IS OFTEN MUCH SMALLER THAN ITS PREY.



TO AMBUSH POLLINATORS MORE EFFECTIVELY, IT CHANGES COLOUR TO MATCH THE FLOWER.



WEB-SPINNERS QUICKLY WRAP WASPS AND BEES IN SILK, TO PREVENT THEM FROM STINGING.

THEY DON'T EAT.

Rather, they suck their victims dry after an injection of digestive enzymes has turned internal organs to liquid.

Two of our biggest and (arguably) prettiest species belong to the same group. **There's the lobed argiope** (Argiope lobée):



ONLY THE GIRLS HAVE LOBED ABDOMENS.



Argiope lobée

And the wasp spider (Araignée tigre ou Argiope frelon)



Argiope frelon

These are big and bulbous – usually preying on crickets and grasshoppers, but wasps and dragonflies are also fair game.



A ZIGZAG OF SILK NEAR THE CENTRE OF THEIR WEB IS DISTINCTIVE. PURPOSE UNCLEAR. ONE THEORY IS IT HELPS ATTRACT PREY BECAUSE IT REFLECTS UV LIGHT THE WAY FLOWERS DO.

NATURALLY

© Alvaro,
Wiki commons licence



In keeping with most spiders, male lobed and wasp spiders are much smaller than the females. Less colourful too – which makes a change for the natural world!

WEB DESIGN.

depending on species, varies from orb and tangle to funnel, sheet and radial.



ORB



TANGLE



FUNNEL (P-O FUNNEL WEB SPIDERS AREN'T DANGEROUS LIKE THEIR AUSTRALIAN COUSINS)



The strongest of spider silks requires 7 to 10 times more energy to fracture than an equivalent volume of synthetic Kevlar, which is designed to stop bullets.

Not all webs are spun to catch prey. One type of spider hunts underwater and lives in air trapped in its underwater web! They also provide refuges for adult spiders or nurseries for young.

Silk contains high levels of vitamin K, which helps blood to clot. No wonder the Ancient Greeks used it to heal wounds – and it's still being used in modern medicine.

REPRODUCTION AND SPIDERLING-CARE CAN BE A RISKY BUSINESS, ESPECIALLY FOR THE BOYS.

In some species, immediately after mating, Dad will be eaten by Mum – or simply die. Mum, in turn, may be eaten by her own young once they've hatched. Or else she'll eat them before she dies. Lifespan is rarely longer than two years for any spider.

Some are more civilised. The female furrow spider (*l'épeire des roseaux*) sits in a silk cocoon and emits pheromones to attract a male. They will mate inside this gossamer bower and afterwards, for a while, both parents will protect the egg cocoon before they die.



Females of our biggest species (up to 25mm long) have a different approach from most. If you come across one in October/November, at first sight her back may look horribly deformed. These **wolf spiders** not only carry egg sacs under their abdomen (which they'll defend with their lives) but ferry the hatched spiderlings around on their backs until they can fend for themselves. **They are master hunters of the P-O's spider world.**

Some members of this family – not necessarily the giantess Kate found in her pool – **skate over water**, casually dangle one leg under the surface as bait, and even dive to catch insects and small fish. Watch out when swimming in the buff!



© Kate

THEY GOT THEIR NAME BECAUSE PEOPLE WRONGLY BELIEVED THEY HUNTED IN PACKS, LIKE WOLVES.



MUM WITH SPIDERLINGS



If you're terrified of spiders, the feeling's mutual, but **they'll only bite you as a last resort, in self-defence**. Even then, only about 1% of European species are capable of piercing human skin. It shouldn't be worse than a wasp sting, but children, the elderly and those usually allergic to such things might have a stronger reaction. There's no need to take it out on the spider, though. Just think of the good work they all do.

INSECT V ARACHNID

INSECT	ARACHNID
3 pairs of legs	4 pairs of legs
"Compound" eyes comprising lots of little eyelets, each of which has a lens	6 - 8 separate "simple" eyes, with one lens each
Antennae	NO antennae



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

LEST ^{we} FORGET

The Comet Line



Did you know that the WW2 escape route known as the Comet line (Le Réseau Comète), inspired the 1970s BBC television series, *Secret Army*?

The line, so named because of the speed needed to whisk stranded airmen down through occupied France to safety, helped hundreds of allied soldiers and airmen to escape from occupied France.

The original route started in Brussels, with several main routes south through occupied France and on to the western Pyrénées into Spain.

Escapees were moved via a chain of safe houses, leading ultimately to the "last house" in the Basque village of Urrugne, where Basque guides led by a giant known as Florentino, accompanied them across the mountains.

Courageous Belgian lady, Andrée de Jongh, (codename Postman, nickname "Dédée") along with support from MI9, and famed Colditz escapee Airey Neave, **helped 400 Allied soldiers to escape from Belgium to Gibraltar, personally accompanying more than 118 airmen over the rugged Pyrénées herself.**

In 1943, the line was betrayed and Dédée and others were captured. Under Gestapo torture, she admitted to being the leader of Le Réseau Comète, but they did not believe her – how could this petite, young girl have possibly set up such a massive working network? **She was sent to Mauthausen and Ravensbruck concentration camps until, desperately ill and undernourished, the allied armies liberated her in 1945.**

After the war, she was honoured by Britain, Belgium and America and made a Belgian countess in 1985.

Escaped airmen described her as "... always smiling and brimful of enthusiasm" and "... the force, the power and the inspiration that brought us from Belgium to Spain."

Andrée de Jongh died in Brussels on 13th October 2007.



Whilst the poppy is a powerful and iconic symbol of remembrance in England, the French equivalent, 'Le Bleuet de France', is their own poignant reminder of the First World War symbolising delicacy and innocence. Like the poppy, the blue cornflower used to grow abundantly in France, often the only sign of life and colour amidst the mud and desolation of the trenches. Look out for it on November 11th, the only day it is sold, and pin a cornflower next to your poppy.



P-O Life

Opteam Energies.... for Environment, People and Planet

"Papa qu'avez vous fait à notre planète?"

Laurent has two daughters and is very aware that what he does today could have a major impact on their tomorrow.



Opteam Energies in Pollestres is a small, local company looking to make a big difference.

Their team of English-speaking consultants are committed to helping you to reduce your consumption by up to 90% by maximising your energy independence and offering real energy solutions that could help both your pocket and our environment!

Their aim is to make these energy saving solutions accessible to as many people as possible, customised to individual needs with personalised studies proposing solutions at the right price.

Their photovoltaic installations allow you to operate your devices via solar production during the day. What is not consumed is stored in batteries for use in the evening.

Whilst you remain connected to EDF, the network is only used when absolutely necessary, priority being given to "free" solar energy rather than fossil fuels or nuclear.

Have a chat with Laurent and invest in your future and that of your family.

DAD! ...
What have
you done
to protect
my planet?

OPTEAM ENERGIES

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GET 500€ IN GIFT VOUCHERS!***

*to spend on electrical goods at Excédent with every solar panel installation (3kw minimum).
<https://www.excident-electromanager.fr/nos-magasins/excident-perpignan>



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solar panels



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Tel: 06 51 30 84 38

BANK HOLIDAYS

**1ST NOVEMBER -
LA TOUSSAINT
(ALL SAINTS' DAY)**

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

**11TH NOVEMBER -
ARMISTICE OF WW1 (1918)**

Remembrance ceremonies and flowers placed on war memorials (most shops closed). Recently suggested that this day should represent all wars.

**25TH NOVEMBER -
LA SAINTE CATHERINE -**

Now rarely observed, but unmarried ladies over 25, known as 'les Catherinettes', used to wear eccentric hats to help hook a husband! (not a public holiday).

SCHOOL HOLIDAYS FOR OUR REGION

Beginning of Summer term -
Monday 3rd September

La Toussaint (half term)
Saturday 20th October - Monday 5th November

Christmas
Saturday 22nd December - Monday 7th January 2019

DON'T FORGET TO TURN YOUR CLOCKS BACK

Sunday 28th October
(during the night of
Saturday/Sunday morning)

Mornings will be lighter
but it will grow dark earlier.

DID YOU KNOW

28TH DECEMBER IN SPAIN

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

Today, the festival is more for kids – practical jokes (inocentadas) and silly stories, much like April Fool's Day in Britain, pranks like sticking stickers on people's clothes without them knowing – and the newspapers sometimes take advantage of this day to invent news, (so nothing new there then!) so watch out for what you read!

DALI SHOCKER!

Did you know that Dali produced a short 17 minute film in 1929 called 'Un Chien Andalou', designed specifically to shock? And it did! A woman's eyeball is slashed open, ants crawl out of a man's hand, priests, (one of whom is Dali) are attached to grand pianos, each with a bloody, dead donkey inside – an absolute gift to the psychoanalysts! Controversial then ...and not my 'tasse de thé' today either!



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DID YOU KNOW

JUST A LITTLE PRICK

I know, I know....same old title, same old content every year....but the title makes this immature editor giggle and the content is a reminder that flu can be very serious and it is easily prevented.

Buy your own vaccine at the chemist for around 8 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 jab is particularly recommended for over-65s and for those with health problems** which could make them more vulnerable to the bug. If you are amongst the above, you will probably receive a letter recommending the vaccination, along with a 'prise en charge' voucher for free vaccination. If this is the first time you receive the voucher, you will need to see your doctor beforehand, so that he or she can be sure that the vaccine is suitable for you.



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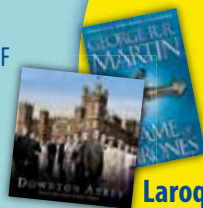
Penny on 04 68 38 81 28

sud-president@cancersupportfrance.org

Maggie on 04 68 96 55 46

sud-po@cancersupportfrance.org

www.csf-suddefrance.webs.com | www.csf-forum.org



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Ille-sur-Têt Route de Prades
Lizzie's Kitchen, 10h to 12 noon
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



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DID YOU KNOW



Bonfire

WORD ORIGINS

Bonfire

Whilst it would be natural to assume that 'bonfire' comes from the French for good fire, the word actually originates from 'bone fire', and describes the Celtic practice of burning animal bones to ward off evil spirits - and possibly to provide fuel. An occasional heretic is believed to have been chucked onto these fires too.

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The Liberation of Perpignan

Photo Credit: Auguste Chauvin

On November 12th 1942, the Germans invaded 'la zone libre' (the unoccupied part of France) and arrived in Perpignan.

First the airport was taken over by a detachment of the Luftwaffe, installed with anti-aircraft protection, and a bunker built on the hill at Peyrestortes, which still exists today.

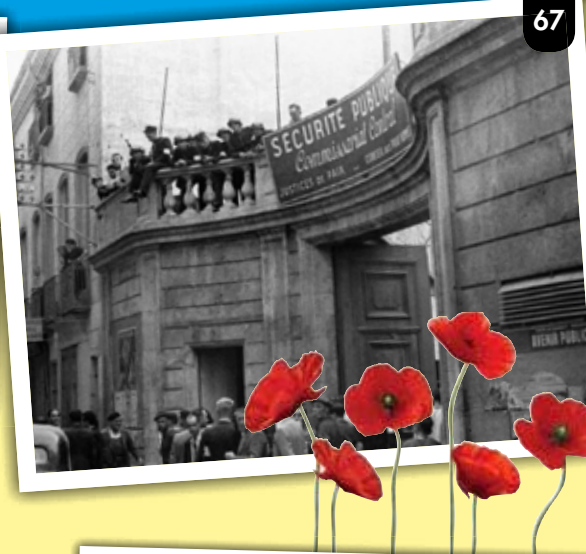


In 1944, 10,000 German soldiers were stationed in the department.

Between 1943 and 1944, 9,000 hectares of land were mined.

Early 1944, facing an imminent allied landing, the Germans evacuated Collioure.

On 2 February 1944, the Préfecture evacuated anyone living within 15 Km of the coast. Many villages were completely emptied.



On 19 August 1944, the Germans blew up most installations before the arrival of the allied landing in Provence. In Perpignan the ammunition dump was destroyed, taking with it warehouses, a convent...

LEST ^{we} FORGET



In Port-Vendres, the depot containing sea mines was dynamited. Fortunately it did not all go up, or it would have destroyed the whole town. Many buildings were destroyed, however, to cause maximum confusion for future Allied landings.

Towards the end of August 1944, resistance fighters from all around the region fought Germans and French militia to take back Perpignan.

The fighting started in the Rue Mailly. By morning the German major Parthay had been captured, marking the end of the German occupation, made official on August 18, 1944.

With Thanks to Estève Valls of NordSudCom



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DID YOU KNOW



CHÂTEAU D'AUBIRY, CÉRET

Constructed in locally mined marble, with 15 bedrooms, chapel, billiard room and swimming pool, frescoes by Parisian painter Henry Perrault, and a greenhouse designed by Gustav Eiffel, you would think that Château d'Aubiry, the magnificent building on your right half way between Le Boulou and Céret, would have been snapped up by now.

Originally on sale for 22 million, the price was cut by half to a mere 11 mill but still didn't sell. Rumour is that the Château is now rented to a former world ski champion. As for the rent... well, a bras and a jambe I would imagine!

A RECENT NEW ENTRY INTO THE FRENCH DICTIONARY

Pronounced "nya, nya, nya" and roughly translated as "blah, blah, blah" this fabulous word is used to express 'I so don't care what you're rambling on about'.





Cher Papa Noël

Un petit garçon écrit au Père Noël

"Cher Papa Noël,
Je voudrais une PS3 qui coûte 400 euros mais
mon papa est au chômage, ma maman est malade
et nous habitons un appartement dans un grand
immeuble où il n'y a pas de cheminée pour toi.
Peux-tu m'envoyer les sous, cher papa Noël ? Merci
d'avance"

Il met simplement "PERE NOEL" sur l'enveloppe, qui arrive au bureau de
poste ou une jeune postière l'ouvre et lit la lettre. Emue, elle fait une collecte
parmi ses collègues de la poste, tous très généreux, et arrive à récolter 300
euros, qu'elle envoie au petit garçon de la part du Père Noël.

Le petit garçon répond au Père Noël :

"Cher Papa Noël,
Je te remercie beaucoup pour l'argent que tu m'as envoyé
mais je dois te dire qu'il manquait 100 euros. Je parie que
c'était encore ces abrutis de postiers!>>>

au chômage – unemployed
grand immeuble – block of flats
cheminée – chimney
les sous – money (familiar)
postière – postwoman
émue – moved
(ému, émue = feminine)
une collecte – a collection
parmi – amongst
arrive à – manages to
récolter – to collect
de la part de – on behalf of

Je te remercie – thank you
je dois te dire – I must tell you
il manquait 100 euros –
100€ was missing
je parie – I bet
abrutis – idiot/moron (abrutie - feminine)
postier – postal worker (général)
facteur – delivery postman



Your teeth
don't need glasses!



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AN ELEPHANT IN MY KITCHEN

BY KATJA WILLEMSSEN

INTERVIEW WITH THE AUTHOR

How does someone living in a tiny hamlet in the P-O come to write a book about elephants?

I fell in love with elephants while growing up in South Africa. They're amazing animals - sentient, clever and emotional. When Françoise Malby-Anthony asked me to write her memoirs about life in the African bush, I jumped at the chance!



She's a Frenchwoman from Montpellier who, along with her husband Lawrence, rescued a herd of elephants that was on the verge of being shot for "going rogue".

The book picks up after Lawrence died of a heart attack in 2012 and Françoise found herself alone and having to cope with poaching attacks, money problems and the macho attitude of the wildlife conservation world. She more than survived, and even built an orphanage for rhino calves whose mums have been slaughtered for their horns.

The title is intriguing. Tell me more.

Elephant females are superb mothers and would never abandon a newborn calf so when Françoise discovered a baby elephant running around her garden, it was a code-red disaster. She managed to coax the little thing into her kitchen while the



rangers scoured the game reserve for her mother.

These men are fearless because believe me, driving up to a four-ton elephant whose baby you have in the back of your 4x4 borders on madness!

I think you need a touch of craziness to live in the middle of nowhere to look after elephants and rhino orphans as Françoise does.

You live in the middle of nowhere too don't you, Katja?

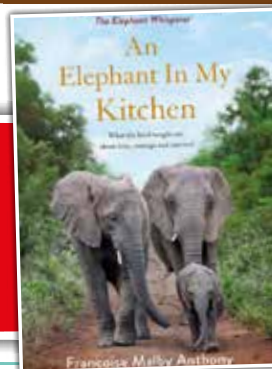
I guess a tiny hamlet in the Pyrénées is pretty much the French equivalent of living out in the sticks in Africa. Whenever I have writer's block, I take a stroll amongst the oaks on our property and boom, the ideas flow. The Pyrénées-Orientales is heaven for creativity!

It's no surprise that this amazing book has already gone international and is currently being translated into French and German! How do you feel about that?

It's thrilling to see my name on a book that's available from Vancouver to Sydney. I moved to the P.O. to write and it was the best thing I ever did!

The stories of the baby animals Françoise rescues and raises in the orphanage are funny and uplifting, but there are also times of sorrow, horror and heartbreak. This is Africa at its most raw. I read this book in a few hours. It is a page turner of note. Highly recommended.

Liz Balaam



A chic Parisienne, Françoise never expected to find herself living on a South African game reserve. But when she fell in love with renowned conservationist Lawrence Anthony her life took an unexpected turn. Lawrence died in 2012 and how Françoise survived and the Thula Thula herd thrived is beautifully described in this charming, funny and poignant book.

Available on Amazon.



TEST your FRENCH

Tongue Twister

Repeat quickly three times! **Seize chaises sèchent chez Sally**

See Page 87 for answers

1 0 pour Oh là là!!

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

- | | | | |
|-----------|----|---|------------------------------------|
| oculiste | 1 | a | maladie contagieuse |
| œillet | 2 | b | pour poser sa tête au lit |
| ombre | 3 | c | gros oiseau au long cou |
| orage | 4 | d | partie dure des doigts |
| ordures | 5 | e | jolie fleur parfumée |
| ouistiti | 6 | f | qu'on met à la poubelle |
| oie | 7 | g | petit singe |
| oreiller | 8 | h | médecin qui soigne l'œil |
| ongle | 9 | i | grosse pluie, éclairs, tonnerre... |
| oreillons | 10 | j | endroit qui n'est pas éclairé |

Useful Expression

À la limite

At the worst comes to the worst, at the end of the day....

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

2 Popular proverbs to match up with their English equivalents.

- | | | | |
|--|---|---|---|
| Un de perdu, dix de retrouvés | 1 | A | No pain, no gain |
| Qui dit fortune, ne dit pas félicité. | 2 | B | Talk of the devil! |
| Quand on parle du loup, on en voit la queue. | 3 | C | Better safe than sorry |
| La curiosité est un vilain défaut. | 4 | D | Curiosity killed the cat! |
| Nul plaisir sans peine. | 5 | E | Plenty more fish in the sea |
| Mieux vaut prévenir que guérir | 6 | F | Money doesn't necessarily bring happiness |

3

Use the **USEFUL VOCABULARY** and the words at the end of the exercise to help you to fill in the blanks on these seven Rules of Life that we would all do well to observe!

Les 7 Règles de la Vie

Fais la 1 avec ton passé pour qu'il ne dérange plus ton présent.

Ce que les autres pensent de 2 n'est pas ton problème.

Le temps soigne presque tout. Sois 3.

Personne n'est en charge de ton bonheur. Sauf toi.

Ne 4 pas ta vie à celle des 5. Et ne les juge 6. Tu ne connais pas leurs épreuves.

Arrête de trop 7. Les 8 arriveront quand tu t'y attendras le moins

Souris. Tu ne 9 pas tous les problèmes du 10.

a autres b compare c réponses d paix e portes f penser
g patient h monde i pas j toi

USEFUL VOCAB

pour qu'il ne dérange plus - so it no longer upsets...

Ce que - what(ever)

soigne - heals

Sois... - be....

Personne - nobody (when used with ne)

ton bonheur - your happiness

Sauf - except

celle - that

leurs épreuves - their ordeals/what they are going through.

quand tu t'y attendras le moins - when you expect it the least

Souris - smile

WORDS THAT SOUND SIMILAR BUT ARE COMPLETELY DIFFERENT.

l'amour - love (lamoo-r)

la mort - death (lamore)

l'humeur - mood (loomur)

l'humour - humour (loomoo-r)

Daft joke.....

Deux pêcheurs, assis sur un poisson, se disputent :

L'un dit à l'autre

« Ne me parle sur ce thon! »
(thon - tuna ton - tone)

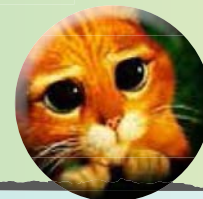
Cat and tongues

Tu as perdu ta langue?

The cat got your tongue?

BUT

Je donne ma langue au chat
I give up (can't answer)



PARDON MY FRENCH

Ever wondered why some people excuse their bad language by adding 'Pardon my French'? After the Norman invasion of England in 1066, the French language became the preferred tongue of the governing, educated and upper classes. Common people took the mickey out of the toffs by speaking French badly and adding 'pardon my French'.

TEST your FRENCH

4

More familiar words and expressions, which are not quite rude, but probably best to avoid in polite company to be on the safe side!!
Can you find their meanings in English?

- | | | | |
|---------------------------|----|---|-----------------------------|
| C'est le bordel! | 1 | a | I have a cold |
| Tu me gonfles | 2 | b | It's perfect |
| J'ai la crève | 3 | c | What a mess |
| Je suis nase | 4 | d | It's rubbish (untrue) |
| Yo, frérot, quoi de neuf? | 5 | e | Would you like sex? |
| J'ai la flemme | 6 | f | I can't be bothered |
| C'est du pipeau! | 7 | g | I'm half asleep |
| C'est nickel! | 8 | h | How's it going bro? |
| Tu veux faire crac crac? | 9 | i | You're getting on my nerves |
| J'ai la tête dans le cul | 10 | j | I'm knackered! |

Blague bêtes!

Quelle nationalité est un cochon heureux ?

Un porc tout gai.

.....and another

What do the French call a really bad Thursday?

A trajectudi!

Don't confuse.....

Avoir envie (de faire quelque chose)

- to want (to do) something with

Jaloux – jealous

J'ai envie d'une bière fraîche –

I fancy a cold beer

Je suis jaloux de sa bière fraîche –

I'm jealous of his cold beer

Deuxième or second?

Both are interchangeable

(La seconde guerre mondiale, la deuxième guerre mondiale)

However....a guideline not always followed uses **second** when something is the second in a series of only two, and **deuxième** when there's a third, fourth.....

The Longest Word
in the French Dictionary
intergouvernementalisation(s)

P-O Life



A Catalan Jardin Party?

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ALL IN ALL, A HIDDEN TREASURE TROVE!

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DID YOU KNOW

PALALDA AND ST ROSAIRE

Every October, pretty Palalda's 'Chapelle du Rosaire' celebrates the **Fête du Rosaire** with a **programme** of songs, traditional dancing, prayers and concerts.

In 1571 Christian troops provided by the Vatican overcame a Turkish armada in the entrance to the Corinth gulf. **The Pope at the time, Grégoire XIII, attributed this victory to the daily processions of St Rosaire** brotherhoods who promoted the rosary in the streets of Rome. He promptly changed his planned 'Victory Day' to 'St Rosaire day', to be **celebrated on the 7th October**. The celebration continues to this day, with special masses held in St Rosaire sanctuaries all over the world.



AMÉLIOREZ votre ANGLAIS

FUN EXPRESSION

I'll go to the foot of our stairs!
Je suis étonné

Tongue twister (virelangue)

Répétez trois fois
**She shrank
three frogs
and six slugs**

FUN WORD

**I am
flabbergasted**
*Je suis
époustouflé*

1 Quite a few English phrases use men's names.
Can you match them up with their meaning?

Bob's your uncle	1	a	Heureux
A Peeping Tom	2	b	Un sceptique
A Doubting Thomas	3	c	Mon Dieu!
As happy as Larry	4	d	Un jeune frimeur
A Smart Alec	5	e	Et voilà!
A Jack the lad	6	f	Un gros malin
Great Scott!	7	g	Un voyeur
To take the Mickey	8	h	Se moquer de quelqu'un

How good is your Scottish?

(You might need to ask an English speaking friend to understand this piece of Scottish humour! :-)

Two biscuit bars having a chat.

**Just back fae
ma holidays**



**How lang huv
ye been a wafer?**

2 W is for Wine

Find the definitions for the following words which all begin with the letter W

Wealthy	1	a	Wave from side to side
Weed	2	b	Talk without much point
Warlock	3	c	Unwanted wild flower
Wag	4	d	Open and close an eye
Weep	5	e	Wild dog
Wink	6	f	Ready and eager
Waffle	7	g	Cry
Wage	8	h	Male witch
Willing	9	i	Rich
Wolf	10	j	Salary

See Page 87 for answers

Interesting expression

**There's something fishy going on
around here**
Ca me paraît louche tout ça



VARY YOUR LANGUAGE

**Ne dites pas que quelque chose est
'very good'.
DITES....**

great	ace	stupendous
marvellous	sound	tip-top
wicked	first-class	the bee's knees
superb	first-rate	the cat's pyjamas
wonderful	splendid	

3 Vous pensez que vous vous débrouillez très bien en anglais? Hmmmm. On verra!
Trouvez les définitions de ces mots anglais, un peu extraordinaires!

To discombobulate	1	a	Idiot (e)
Nincompoop	2	b	Comportement bizarre
Cantankerous	3	c	Se faire des câlins
Gobbledygook	4	d	Charabia
Kerfuffle	5	e	Confondre quelqu'un
To mollicoddle	6	f	Maquignonnage
Codswallop	7	g	N'importe quoi
Shenanigans	8	h	Coléreux, grincheux
Skulduggery	9	i	Couver
To canoodle	10	j	Chahut

Ouch, that ENGLISH HUMOUR!

A duck goes into the chemist.
'A tube of Lipsil please.'
'Certainly, that will be fifty pence.'
'Put it on my bill, please.'
(bill – facture OR bec Lipsil
– baume pour les lèvres)

SERIOUSLY BAD JOKES

What do you get if you cross a
Scottish legend and a bad egg?

The Loch Ness Pongster!
(pong – sentir mauvais arg)

and more...

What did the dog say when he lost
all his money?
« I'm paw »

Language Tip

To get - recevoir/obtenir/s'acheter/devenir/
commencer à....

Et oui! Get' a plusieurs sens et est
largement utilisé en anglais.

En voici quelques exemples

We're getting nowhere

(Nous n'avancons pas)

I'm getting a new car tomorrow

(je m'achète une nouvelle voiture demain)

What did you get for your birthday? (Qu'est
ce que tu as reçu pour ton anniversaire?)

It's getting dark (Il commence à faire noir)

Let's get to work (Mettons nous au travail)

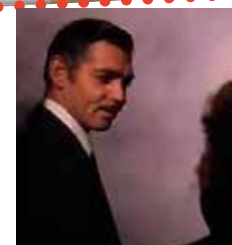
I can't get over it (Je n'en reviens pas)

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!

"Frankly, my dear, I don't give a damn." (Je m'en fous)

(Famous quote from Gone with the Wind – Autant en emporte le Vent)



AIRPORT NEWS

with Robbie Shaw

The winter season starts after the last weekend in October. What is really noticeable is how few flights there are to the south of France in the winter compared to the summer months. Some airline schedules completely omit the south of France at this time of year.

The most startling news is that Girona has not a single flight this winter from either the UK or Ireland, quite incredible after a really busy summer with lots of new routes.

Once again Barcelona's El Prat airport has the vast majority of traffic.

This information was amassed in late August 2018, so by the time you read these words there might have been some changes.

AUTUMN/WINTER 2018 / 19 FRANCE

AVIGNON

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

BEZIERS

Like Carcassonne, Ryanair has a free run at this small airport. In the summer five routes were operated, but this has now been cut to just Luton for the winter months.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
LUTON	2	RYANAIR



CARCASSONNE

Ryanair remains the sole operator here, with three routes operating in the winter.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
MANCHESTER	2	RYANAIR
STANSTED	3	RYANAIR
DUBLIN	2	RYANAIR

MONTPELLIER

The airport we use as easyJet has daily flights from Gatwick in the summer, and in fact this London airport is the only UK destination served this winter as the Luton service terminates in the autumn.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
GATWICK	4 - 7	EASYJET

NIMES

Ryanair is the sole operator for P-O readers, but not in the winter.

PERPIGNAN

Sad news is that yet again we have a winter with no direct UK flights. I am afraid that Ryanair do seem to have blinkers on. Argelès-sur-Mer has the most camp sites in Europe, so a definite need for a low-cost service to Gatwick.

The airport has been trying hard for a Gatwick service, but Gatwick's single runway is just so busy that there are no availability of slots at the right times.

TOULOUSE / BLAGNAC

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

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	4 - 6	EASYJET (stops 24/03/19)
EDINBURGH	2	RYANAIR
GATWICK	13 - 18	EASYJET
HEATHROW	19	BRITISH AIRWAYS
LUTON	2 - 6	EASYJET
MANCHESTER	3	FLYBE
STANSTED	2	RYANAIR
DUBLIN	4	AER LINGUS



SPAIN

BARCELONA / EL PRAT

As always, a good variety of flights to and from this airport.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	7	RYANAIR
BRISTOL	10	EASYJET
EDINBURGH	6	RYANAIR
GATWICK	8	EASYJET
	32	NORWEGIAN
	10	VUELING
	27	BRITISH AWAYS
GLASGOW INT'L	2	JET2
HEATHROW	47	BRITISH AIRWAYS
LEEDS-BRADFORD	4	JET2
LIVERPOOL	5	EASYJET
	4	RYANAIR
LUTON	21	EASYJET
MANCHESTER	2 - 4	JET2
	7	RYANAIR
NEWCASTLE	3 - 4	EASYJET
SOUTHEND	2 - 3	EASYJET
STANSTED	31	RYANAIR
DUBLIN	14	AER LINGUS
	18	RYANAIR

GIRONA

After a busy summer where no less than fifteen UK and three Irish destinations were served from this airport, the winter of 2018/19 sees a big fat zero in the number of flights.

Please note that these are the average number of flights per week and will be variable in the shoulder and peak seasons - that is why you will sometimes see a minimum and maximum number listed. If you think I have missed any, then please contact Kate at P-O Life. Please do bear in mind airline schedules do fluctuate. At Perpignan last year, a French airline decided to cancel planned flights at three weeks' notice - after the airport had spent money advertising the said route.



OH WHAT A MUDDLE! RYANAIR LUGGAGE CHANGES

From November, small 10 kg suitcases will no longer be free on board Ryanair flights and no luggage will be carried in the hold free of charge.

YOU CAN EITHER....

.... book priority boarding (limited to 95 per flight) at £6 each way, enabling you to take small suitcases up to 10kg onto the aircraft at no extra charge.

OR

.... check the bags into the hold at £8 each way for cases weighing less than 10 kg or £25 for a 20 kg case.

The good news is that handbags, laptops etc will still be free and the maximum size allowed is to increase by 40% as long as it fits under the seat in front.

According to Ryanair's chief marketing officer, the new policy will "speed up boarding and cut flight delays"!

TEST YOUR FRENCH

Le président de Ryanair entre dans un pub et commande une Guinness.
"Ça fera un euro", dit le serveur.

"C'est trois fois rien!", pense O'Leary tandis qu'il laisse la pièce sur le bar.

"Dites, si vous n'êtes pas venu avec votre propre verre, il va falloir payer deux euros de plus", fait remarquer le garçon.

Le président de Ryanair sort les pièces en grommelant, prend sa chope et se dirige vers une table lorsqu'il entend à nouveau:

"Si vous vous asseyez, c'est trois euros de plus et, comme vous n'avez pas fait de réservation, un supplément de deux euros vous est demandé."

L'homme d'affaire irlandais, très contrarié, s'approche du garçon et lui lance :

"Tout ceci est une attrape-nigaud, je veux parler avec le responsable du pub".

Le serveur lui sourit et répond:
"Vous ne pouvez le joindre que par courrier électronique !"

A propos, si vous ne comptez pas laver votre verre, c'est deux euros de plus.

Et n'oubliez pas de tout ranger avant de partir."

VOCAB

C'est trois fois rien! - it's nothing
tandis que - as/whilst
Dites - by the way
votre propre verre - your own glass (Vot
verre propre - your
clean glass)
il va falloir - you'll
have to

....sort les pièces -gets
the coins out
en grommelant - grumbling
prend sa chope - takes his
beer (chope - large beer
glass or tankard)
lorsqu'il - when he
à nouveau - again
un attrape-nigaud -
a con/trap



VINCA €450,000
Ref: 91063 4 bed house within walking distance of village amenities. Well located for beaches and skiing.
Agency fees included paid by the seller. DPE: C



VERNET LES BAINS €294,000
Ref: 76023 Great business opportunity - property of 7 apartments with garden bringing in rent of 2000€ pcm.
Agency fees included paid by the seller. DPE: N/A



RIGARDA €345,000
Ref: 82399 Fabulous location for this 3 bed / 2 bath home near the busy village of Vinca. 40 mins from the coast.
Agency fees included paid by the seller. DPE: C



PY €152,500
Ref: 89000 2 bed village cottage near the spa town of Vernet-le-Bains. Garden, cellar and mountain views.
Agency fees included paid by the seller. DPE: F



CABESTANY €945,000
Ref: 88311 Spacious 5 bed / 3 bath house with pool, double garage and large garden, 11 kms from the beach.
Agency fees included paid by the seller. DPE: B



PRADES €250,000
Ref: 88135 Lovely 3 bedroom house in an elevated position with garden, terrace, garage and mountain views.
Agency fees included paid by the seller. DPE: D



MOLITG LES BAINS €420,000
Ref: 77073 South-facing villa with mountain views, swimming pool and an independent apartment.
5% agency fees included paid by the buyer. DPE: D



RODES €358,000
Ref: 74482 7 bed / 5 bath property with large garden, terraces, swimming pool and independent apartment.
Agency fees included paid by the seller. DPE: C



ILLE SUR TET €997,500
Ref: 88366 Elegant Maison de Maître with 4 bedrooms, a studio apartment, guest house and swimming pool.
Agency fees included paid by the seller. DPE: N/A

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Direction the Gendarmerie!

"No need for directions, I'll put it in my SatNav." More and more of us are using technology to get to our destinations but **did you know that you could end up with a fine of up to €1,500, and confiscation of both the device and your vehicle?**

The SatNav itself is completely legal but if you have software which detects speed cameras, you can get into big trouble with the law. **Check your SatNav settings and disable alerts or contact the car manufacturer for advice if the device is inbuilt into your car.**



Taxing Questions!

Have you been incorrectly taxed by French income tax? What can you do about it?

- **Check** your tax declaration and make sure that the error is not yours.
- **Pop** into your local tax office and discuss it face to face.
- **Submit** a 'réclamation' on line at <https://www.impots.gouv.fr> by logging in to your account and clicking on 'Effectuer une démarche > faire une réclamation > réclamation sur l'impôt sur le revenu'.
- If you prefer not to make your claim on line, **write** directly to the address at the top of your tax form.

Bonne Chance!!



'Veiller sur mes parents' ('Watch over my parents')

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

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

For a monthly payment, the postman/woman will pop in for 5 – 10 minutes as many days as arranged by you. They will have a chat, go through a list of specific questions (Are you well? Do you need anything? etc) and inform children or relatives if there are any problems. After each visit, you will receive a summary by text or email.

If you live in another country, call 00 33 1 41 85 97 91.





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Shopping for Money: 'cash back' comes to France

Many of us use the cash back option in supermarkets in England, avoiding a trip to the bank or cash point. **French shops will now be able to offer cash back of €10 - €50 euro on your debit card, accompanied by a purchase.** The 'Casino' group are to first to go ahead with the scheme. Elsewhere, the response so far is rather lukewarm, so whether retailers will take up the initiative remains to be seen.

Passport Renewal on Line

Need to renew or replace your British passport? It really is simple. Visit www.gov.uk/apply-renew-passport and follow the clear and easy instructions. You can even take your photo there and then with your computer camera and the site will tell you whether it's acceptable. Pay on line and all that remains is to send back your old passport - et Robert est ton oncle.



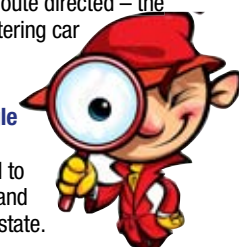
Green Light for Private Speed Traps

In 2017, a section of the mobile 'radars nouvelle génération' manned at present by the police, was handed over to **"prestataires agréés", approved, private service suppliers.**

The move, initially experimental, is **now being set up around France.**

Cars installed with radar equipment are driven by 'civilian' drivers, who are told what areas to patrol, and will simply drive the route directed – the equipment will do the rest, registering car speeds and number plates.

These cars are virtually unrecognisable, a small triangle on the number plate being the only sign. The move is expected to generate 10 times more tickets and millions in extra revenue for the state.



ASPA Giveth and Taketh Away!

In the last edition of P-O Life, (60) we mentioned the ASPA pension allowance and tax exemptions for which some UK pensioners in France may qualify.

Beware however! **What we didn't mention is that these contributions can be reclaimable from your estate on your death if you leave more than 39,000 €. Take advice before making your claim.**



Emergency numbers

SAMU (medical emergency) 15

POLICE emergency 17

Fire service emergency 18

European emergency line 112

SOS Doctor 24/24	08 20 20 41 42
Emergency vet	04 68 83 35 85
Anti-poison centre	04 91 75 25 25
Perpignan Hospital	04 68 61 66 33
CPAM (English spk serv)	0811 36 36 46
Cancer Support France	04 68 69 01 37

Directory enquiries	118 008
International directory enquiries	118 700
International Mastercard	08 00 90 13 87
Local weather forecast	08 36 68 02 66
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 (a lot) > *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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- 1e 2f 3b 4d 5a 6c
- 1d 2j 3g 4b 5a 6i 7f 8c 9e 10h
- 1c 2i 3a 4j 5h 6f 7d 8b 9e 10g

AMÉLIOREZ VOTRE ANGLAIS

- 1e 2g 3b 4a 5f 6d 7c 8h
- 1i 2c 3h 4a 5g 6d 7b 8j 9f 10e
- 1a 2b 3a 4c 5b
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www.grottescanalettes.com 06 32 36 30 60

Grotte de Fontrabieuse, Fontrabieuse 04 68 30 95 55 / 04 68 26 22 21 (24 hour)
www.grotte-de-fontrabieuse.com

Les Aventuriers, St Jean Pla-de-Corts 06 71 60 37 44
http://lesaventuriers66.com / f: Les Aventuriers de St Jean

Mar E-vents, Collioure, Upmarket boat trips 06 52 68 87 49
contact@mar-e-vents.com / www.mar-events.com

Rando et Chariot, Palau-del Vidre 06 15 41 38 14
Chemin d'Ortaffa f: Rando et Chariot

St Cyprien Tourist Office, St Cyprien Port 04 68 21 01 33
Quai Arthur Rimbaud www.tourisme-saint-cyprien.com

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AXA Côté St Génis 04 68 89 72 75

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English speaking Lawyer based in Perpignan
..... andre.slatkin@parrat-llati-slatkin.fr

MUSEUMS

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Rue Emile Zola www.collectionsdesaintcyprien.com

Musée d'Art Hyacinthe Rigaud, Perpignan... 04 68 66 19 83
21 rue Maillay www.musee-rigaud.fr

Musée d'Art Moderne de Céret, Céret 04 68 87 27 76
8 bd Maréchal Joffre www.musee-ceret.com

MuSIC Musée des Instruments, Céret 04 68 87 40 40
14 rue Pierre Ramell www.music-ceret.com

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Perpignan - Mon to Fri 13h30 to 18h30
And also 44 rue Foch, Perpignan. Mon to Fri 10h to 13h
..... 04 68 34 07 48
..... www.boitaclous.com

Festival Folklorique International, Amélie-les-Bains
..... https://anglophone-direct.com/events/

Festival des Musiques dels Monts,
Villelongue-dels-Monts and surrounds
..... www.musiques-dels-monts.com/programme.html

Festival Pablo Casals, Prades and surrounds 04 68 96 33 07
..... www.prades-festival-casals.com

Musiques et Voix en Pays Catalans www.amuvall.org

Théâtre de l'Archipel, Avenue Général Leclerc, Perpignan
Box Office: 04 68 62 62 00
..... info@theatredelelarchipel.org / www.theatredelelarchipel.org

Théâtre de l'Etang, 6 allée des Arts et des Lettres, Saint Estève
Box Office: 04 68 38 34 95
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Open all year www.restaurant-auberge-alberes.fr

Bar Cordoba 04 68 88 57 37
Villelongue-dels-Monts f: Cordoba café

Bella Cosa, Thuir 04 30 82 53 50
Opposite Caves Byrrh f: bellacosa.thuir

El Bodegon Catalan, St Jean Pla-de-Corts (on roundabout)
..... 04 68 85 33 18
Pizzas, burgers... to take away or eat in f: el bodegon catalan

Café des Artistes 04 68 89 76 53
Laroque des Albères www.cafedesartistes66.com

Café Vienne, Restaurant, Perpignan 04 68 34 80 00
Open non-stop – noon to late – 7/7

Can Pla, Collioure 04-68-82-10-00
Open Feb to Mid-Nov. www.restaurant-can-pla-collioure.com

Le Carasol Hôtel & Restaurant, Elne 04 68 22 10 42
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Hôtel-Resto Cortie, Thuir 04 68 34 58 66 / 06 26 53 64 28
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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
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Open all year www.restaurant-vietnamien-stcyprien.fr

Lou Grilladou, Perpignan 04 68 34 86 61
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..... 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)
Mussels and fries, etc 04 68 85 33 18

Le Portofino, St Cyprien Plage 09 51 58 89 55
Open all year www.leportofino-restaurant.fr

La Praline, Tearoom/Lite Bites in Céret 04 68 87 71 21
(opposite Musée d'Art Moderne) www.lapraline.net

Le Relais d'Oulrich, Céret 04 68 39 17 28
Open all year Lunch-times only (Mon-Sat)

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
Open all year www.remparts.fr

La Salamandre, Sorède 04 68 89 26 67
Bookings preferred http://restaurant-salamandre.com

Section 10, Le Boulou 04 68 88 95 28
Near Tourist Office Bookings recommended

Le Square, Ille-sur-Têt 04 68 61 48 40
Open all year

La Table de Valmy & Oyster Bar, Argelès-sur-Mer,
www.chateau-valmy.com 04 68 95 95 25
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La Table du Coin, Port-Argeles 04 68 55 46 54
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Quattrocento, Céret 04 68 87 15 60
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..... claudie.oliver@orange.fr

Domaine Jolly Ferriol, Espira de l'Agly 06 13 22 96 73
Ask for Isabelle http://www.jollyferriol.fr/en/

Domaine de la Perdrix, Trouillas 04 68 53 12 74
Open all year Mon-Sat www.domaine-perdrix.net/

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

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Jaubert & Noury (Château Planères), St Jean Lasseille
http://chateauplaneres.com 04 68 21 74 50

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

Lafage, Perpignan 04 68 80 35 82
..... contact@domaine-lafage.com / www.domaine-lafage.com

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