

Winter 2018 / 19

# P-O Life

*Life in the Pyrénées-Orientales*

N° 62  
FREE / GRATUIT



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Le Racou. © Simon Brown

**OUT for  
THE DAY**  
In Narbonne

**FOOD &  
DRINK**  
Ideas for Eating  
out in Winter

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LIFE**  
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Edito ☺

Hola  
amics meus

It will probably be well into 2019 by the time you read this but *Bon Any Nou* - Happy New Year in Catalan of course - with warmest wishes for a Happy, Healthy and Lucky New Year!

As usual, autumn and early winter have been magnificent, with daily generous doses of that magnificent **P-O light, the perfect antidote to the winter blues, and bold splashes of mimosa, almond blossom and early flowers already tempted out by the winter sun.**

I feel so lucky to be a part of it all!

In this edition, we bring you readers' winter restaurant recommendations (say that 3 times quickly!) for all pockets, walks and days out, great local theatre, wine reviews, airport news, language exercises, a local nature quiz .....and some really bad jokes!

P-O Life has now been around for **14 years!** Phew! A big **THANK YOU** to our advertisers who keep this ship afloat. and an even bigger **THANK YOU** to the many amazing people who graciously and generously contribute material to P-O Life — it just wouldn't be the same without you.

Whether you're heading for the ski slopes, or curling up in front of a log fire with a good book, we wish you a sunny winter.

*Fins aviat*

*Kate*

PS And talking of really bad jokes...

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....

...Jean est peut être né avec 5 quequethes  
mais son slip lui va comme un gant!



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Le Racou by  
Simon Brown



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## WELCOME TO THE PYRENEES-ORIENTALES!

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OMS: Attractive 3-bedroom bungalow with independent 1-bed apartment. Lounge with chimney, kitchen, terrace. Master bedroom with en-suite shower/WC. Garage approx 25m², carport. New septic tank. Reversible AC and radiators. UNINTERRUPTED, SOUTH-FACING VIEWS.

PRICE : 356 000 € • REF: 5958 Dpe D



CÉRET: Magnificent, detached, private bungalow in quiet, sunny setting close to the town centre on foot. 3 bedrooms, 3 shower rooms. Fabulous views over Mount Canigou. Room for pool. IDEAL RETIREMENT OPPORTUNITY

PRICE: 272 000 € • REF: 6474 Dpe D



CÉRET: Superb, detached villa in excellent condition. 3 bedrooms. Walk-in shower. Approx 95 m² living space on a plot of approx 551 m² close to the town centre and all amenities on foot. Large garage. Room for pool. Sunny position. RIPE FOR A RELAXING RETIREMENT!

PRICE: 278 000 € • REF: 6502 Dpe N/A



CÉRET: Fabulous, detached villa with pool. 4 bedrooms with 2 adjacent bathrooms. 2 WCs. Lounge with chimney, dining room approx 49m² leading out onto terrace approx 22m². Kitchen, utility storeroom. Large garage, cellar and workshop. Stunning, open mountain views. A MUST-SEE!

PRICE: 448 000 € • REF: 6310 Dpe D



LES CLUSES: Gorgeous villa on one level, with pool in leafy residential area. Approx 143 m² living space on a plot of around 1,020m². Lounge / Living area / Kitchen. 3 bedrooms, shower room. Office with shower room. Separate studio approx 18m². Garage approx 24m². Utility room. PEACE AND QUIET.

PRICE: 390 000 € • REF: 6408 Dpe C

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# Le Fort de BELLEGARDE

CIRCULAR

A 2 hour straightforward walk over the hills from Le Perthus, with lots of historical interest. Well signed route with yellow way marks including sections of the GR 10 (red and white way marks). Some footpaths and a lot of forest road.

**One for a day when you fancy a nice walk but not a big climb!**

**Distance:**  
6.5 kms with 150m of ascent

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

**Take the D900 from Le Boulou to Le Perthus.**  
**Turn right after car park1, following sign to Fort Bellegarde and arrive quickly at car park 2.**  
**(Parking 2.50 for 3 hrs, 3.50 6 hrs). Toilets available.**

## START

Find wooden post for GR10 beside woodland at rear of car park. Take the path up through the woods to meet tarmac road leading to the Fort. Turn right to reach junction with DFCI VE19 on right. Take the DFCI and descend. Within 10 mins from junction pass 2 **military fountains from the 17th century – Fontaine de Colomer** on left and below it, behind electricity station, **Fontaine de Pedres Blanques** on right.



> Fontaine de Colomer



> Fontaine de Pedres Blanques



Continue descent to meadow area. (30 mins from start) Ignore track to left (GR 10) and continue straight on. Track rises gently to emerge after 15 mins on a concreted cycle route.

Look back for great views of **Fort Bellegarde**, the Albères and mountains beyond.

Vauban was responsible for the massive fort with its sixty-two metre high, six metre thick walls, built on a previous Spanish stronghold and France still maintains sovereignty over it. From its terrace, the views over Canigou, the TGV line linking Paris to Madrid, the Pyramid of Ricardo Bofill symbolising the junction of the two Catalonias, the archaeological site of the Panissars joining the Via Domitia to the Via Augusta are breathtaking.

Turn left and find another military fountain on left - **La Fontaine de Miquelets**, a military fountain named after Les Miquelets, mercenaries fighting in the area in 1688-9, both French and Spanish

The spectacular views from its high walls and fabulous walks in the area make Bellegarde well worth a visit at any time any time of the year. The actual Fort however is open from June to September 20th 10h30 to 18h30 or off season by appointment (Tel: 04.68.54.27.53).

> Ruins at Col de Panissars



Continue towards the **roman ruins at Col de Panissars**, leaving concreted road and taking broad track to right leading directly to this well preserved archaeological site.

The area has a long history. Here the Via Domitia military route build by the Emperor Domitius in 118 BC, met the Via Augusta as it continued into Spain, the two routes connecting Rome with Cadiz.





## Le Fort de BELLEGARDE CIRCULAR

In 71 BC, Pompey had a monument constructed at the Col de Panissars, just below the fort of Bellegarde, to commemorate his victories over the Spanish who had, unwisely, revolted against Roman rule. **The 31 x 15 metre foundations were discovered in 1983** beneath the remains of the Benedictine Abbey of Ste Marie des Panissars. One can see the shape of many rooms and the ruins of the Abbey, destroyed by Vauban for "strategic" reasons.

Having explored the ruins, stay on the crest of the hill and follow footpath to the look out **tower (redoute)** with its typical Vauban design.



> Tower Vauban

Continue down to visit the **17th century military cemetery**.



Take narrow footpath behind the cemetery leading directly upwards through cork oaks to the **smaller moated fort below Fort Bellegarde**. Turn left alongside moat. Entrance to this small fort is forbidden but main gate can be seen on left of the building.



> small Fort entrance



> My Dad



> Small Fort



> View of Fort Bellegarde from small Fort

Continue left below Fort Bellegarde to emerge on the access road.

According to the terms of the Treaty of Versailles, Roussillon was returned to France in 1659, and Vauban undertook extensive development of the site. Six hundred men could be fed here in times of peace and double that number in wartime. Apart from barracks, kitchens and the Governor's quarters there is a sixty-three metres deep well, the deepest in Europe, a chapel and hospital. During the French Revolution, the fort was taken by Spain but reclaimed by French General Dugommier. Later, when the Retirada saw nearly half a million Spanish civilians and soldiers flee over the border into France (see page 56 & 57), the Fort was used as a hospital. Occupied by German troops during World War 2, it was finally bought by the Mairie of Le Perthus in 1974.

Reserved for fire engines DFCI tracks (Défense contre l'incendie) are situated at regular intervals in most forest areas and reserved for fire engines in case of emergency. Strictly forbidden for unauthorised motorised vehicles but bikers and horses may use these tracks unless there is a fire warning, high winds etc.

Descend the road a short distance to pick up GR10 footpath on left to return to car park 2.

Pop into Le Perthus for a large choice of places to eat, drink or shop to your heart's content – and out of season is the best time as the crowds can be rather overwhelming!

The Via Domitia was the first of the vast network of roads in Gaul (France) built by the Romans, crossing southern France to link Italy and Spain. It was planned by and named after the proconsul, Gnaeus Domitius Ahenobarbus in 118 BC, originally for military purposes. Domitius chose the same route that had been taken one hundred years before, in the opposite direction, by Hannibal and like his illustrious predecessor, he rode an elephant. The route was laid out in a virtual straight line, mainly a dirt road but usable all year round and paved or flagged where it passed through populated areas.





# ...In NARBONNE

WITH MARTIN BAILEY

Just a hop, skip and a jump to the north of Catalan Country, Narbonne is a leafy and well-appointed town, initially founded by the Romans in 118 BCE, when it was known as Narbo. Once a very prosperous port and a major city due to its strategic location, it was in fact Rome's first colony in Gaul.

**T**he town is now 15km from the Mediterranean shoreline, due to a change in the course of the Aude River, but connected by the wonderful Canal de la Robine. This very pleasant part of the city-centre complete with it's winding medieval streets, and fantastic rue Droite also boasts the Pont des Marchands bridge spanning the broad tree-lined canal; one of only a handful in the world to be built on.



*pont des Marchands >*

The nearby Cathedral of Saint Just and Saint Pasteur is a marked example of the changing fortunes of this southern French town. A quick detour to the rear of the cathedral finds the structure frozen in time, **for this cathedral, although one of the tallest in France**, was never finished as it would have involved demolishing the city wall - a step too far!



Plague, **an invasion by the Black Prince in 1355**, and a series of other disasters all contributed to the decision to stop building. However, the vaulted choir, side chapels, sacristy, and courtyard remain intact, and **there are some lovely 14th century stained glass windows**, and a Flemish tapestry of the 15th century depicting the creation of the world. The cathedral is still an important place of worship and a major tourist attraction.

...





... Pause a while for a coffee in the square outside the cathedral in place de l'**Hôtel-de-Ville**, or if you'd like a cheaper option, like me, continue walking along rue Droite until you reach **place du Forum**, this bustling but less touristy part of town is a great place to people watch



and has an **organic market every Saturday morning**. As you stroll along this street you're surrounded by the sights and sounds of a busy and typical Mediterranean French town. Why not **call into British-owned La Fringale** for a spot of lunch, a newly opened restaurant serving a fusion of French and British international cuisine? Or **visit the 1901 wrought-iron and glass indoor market, Les Halles** with its chic market bustle of fresh fish stalls, seafood, olives, oysters, cheese, wine, tapas...



The **canal de la Robine** deserves a special mention. Less well-known than the nearby canal du Midi, to which it ultimately links, **this waterway was constructed in the 16th century** in a bid to hold onto trade when the River Aude changed its course in the 14th century. Used extensively for cruises and pleasure craft these days the canal forms an attractive part of the centre, **perfect for that post lunch or evening stroll**.



Narbonne also has museums to visit including the **Musée Archéologique**, with the third most important archeological collection outside Paris, the **Musée d'Art et d'Histoire** and my favourite attraction, **the Horreum**, underground labyrinth of ancient warehouses, and the only building to have survived from Roman times. Hidden in the quaint medieval streets away from the hustle and bustle of the centre, **two of its subterranean tunnels are open to the public** and equipped with the sights and sound of Roman Narbo.

Surrounded by vibrant and stunning countryside and vineyards, Narbonne is as **typically 'Sud de France'** as you could hope for on the French Med.



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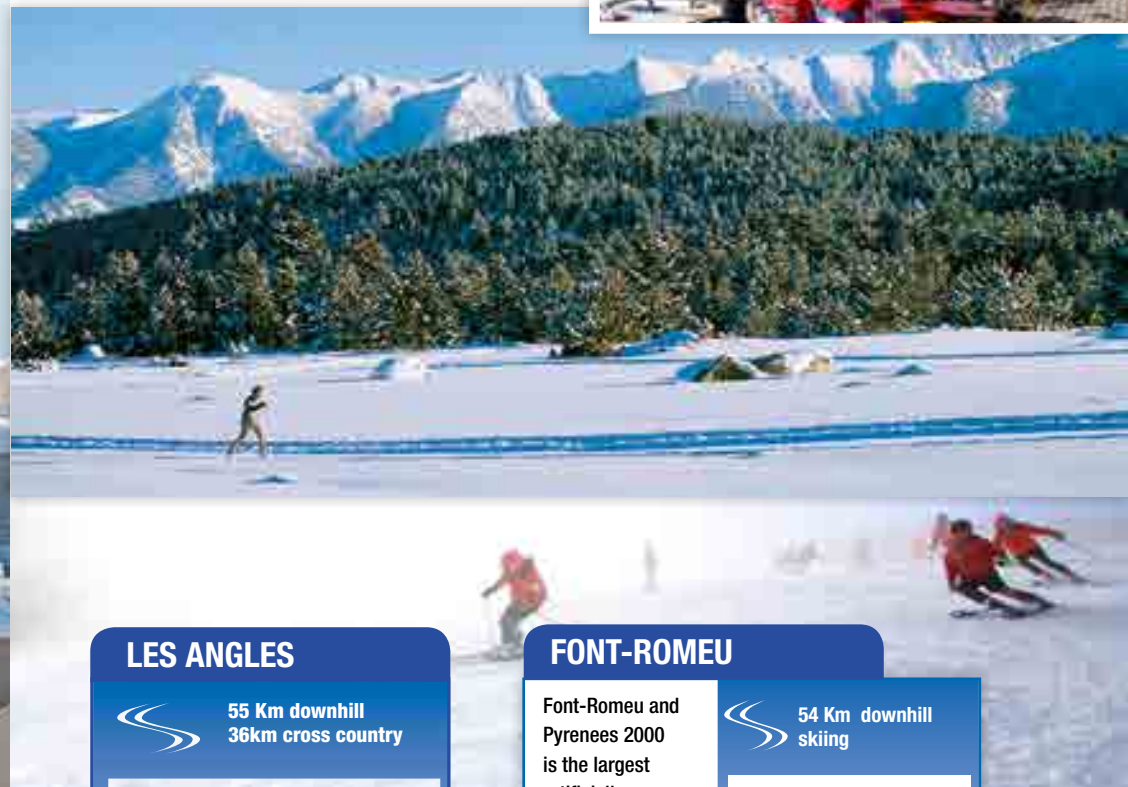
# In The HIGH PYRENEES Les Angles



This pretty alpine village, huddled around the **church of St Michel**, and the remains of the XIII century chateau, overlooks a glistening **Lake Matemale** and offers attractive old houses, gites, and restaurants, combined with the modern buildings and equipment of an exciting ski centre.

**P**ossible whatever the weather thanks to a battery of snow canons, there is a great snow park and downhill and cross country pistes catering for all levels in the only resort in the Pyrenees where the ski slopes descend through the pine forests into the old village itself.

There are two restaurants on the slopes, warm and welcoming, and a "Salle de Grillade" at the top of the télécabine where **you can leave your own barbecue meat at the start of your skiing day and arrive to have it grilled and served for you at lunch-time!**



## LES ANGLES

 55 Km downhill  
36km cross country




### In brief

**Advanced skiers** ★★★★★  
**Intermediate** ★★★★★  
**Beginners** ★★★★★  
**Snowboarding** ★★★★★

**Tourist Office: 04 68 04 32 76**  
[www.lesangles.com](http://www.lesangles.com)

## FONT-ROMEU

Font-Romeu and Pyrenees 2000 is the largest artificially snow covered skiarea in Europe with ski runs to suit all levels (downhill and crosscountry skiing), and the biggest snow making machine in the Pyrenees.

 54 Km downhill  
skiing



### In brief

**Advanced skiers** ★★★★★  
**Intermediate** ★★★★★  
**Beginners** ★★★★★  
**Snowboarding** ★★★★★

**Tourist Office: 04 68 30 68 30**  
[www.font-romeu.fr](http://www.font-romeu.fr)

where  EAT

Restaurant Crêperie La Grange see P. 28





# OUT for THE DAY

## In The HIGH PYRENEES

### FORMIGUERES

Is a safe and family-orientated ski resort. All the runs return to the base where a large cafeteria with vast sunny terrace, a crèche for under threes, sports and ski hire shops and the possibility to leave ski equipment over night make life easy and relaxing.

25km downhill  
20km Cross Country



#### In brief

Advanced skiers ★★★★★  
Intermediate ★★★★★  
Beginners ★★★★★  
Snowboarding ★★★★★

Tourist Office: 04 68 04 47 35  
[www.formigueres.com](http://www.formigueres.com)

### PORTÉ PUYMORENS

Just a fifteen minute drive from Pas de la Case, it is often overlooked by skiers rushing to buy cheap booze & cigarettes. However, it offers a variety of different levels for such a small resort, & its vast snow park attracts young snowboarders from all around.

45 Km downhill  
20 Km Cross Country



#### In brief

Advanced skiers ★★★★★  
Intermediate ★★★★★  
Beginners ★★★★★  
Snowboarding ★★★★★

Tourist Office: 04 68 04 82 41  
[www.porte-puymorens.net](http://www.porte-puymorens.net)

### La QUILLANE

A family resort made up of just three small green and one blue runs, La Quillane is fabulous for first timers or nervous beginners!

Tiny!!



#### In brief

Beginners ★★★★★  
Snowboarding ★★★★★

Tourist Office: 04 68 04 22 25  
[www.laquillane.fr](http://www.laquillane.fr)

### CERDAGNE - PUIGMAL

The highest of the Pyrenees ski resorts, with challenging black runs and superb panoramic views. There's an 85 ha area for off-piste skiing, snow permitting. Relatively few snow cannons, so you do need to be sure of the weather!

305 Hectares of skiable area



#### In brief

Advanced skiers ★★★★★  
Intermediate ★★★★★  
Beginners ★★★★★  
Snowboarding ★★★★★

Tourist Office: 04 68 04 70 15  
[www.puigmal.fr](http://www.puigmal.fr)

### PUYVALADOR

With its lake of the same name, Puyvalador is the last village before the P-O drops into the Aude and boasts a chairlift which is open most of the year. Not the biggest skiable domain but in the right conditions provides some good 'thru' the trees skiing.

2 Snowparks  
4 Km Cross Country



#### In brief

Advanced skiers ★★★★★  
Intermediate ★★★★★  
Beginners ★★★★★  
Snowboarding ★★★★★

Tourist Office: 04 68 04 44 83  
[www.puyvalador.com](http://www.puyvalador.com)

### CAMBRE D'AZE

St Pierre dels Forcats (linked to Eyne) is the first resort on the way up the mountain from Perpignan, & nestles at the foot of the impressive glacial cirque of Cambre d'Aze. Good for beginners and families.

35 Km downhill  
5 Km Cross Country



#### In brief

Advanced skiers ★★★★★  
Intermediate ★★★★★  
Beginners ★★★★★  
Snowboarding ★★★★★

# if skiing IS NOT YOUR THING.....



### THE PARC ANIMALIER

Boar, wolf, bison, bear, reindeer, marmotte and izards in very large enclosures. Follow one of two walking circuits, the longer taking around one and a half to two hour, amidst local animals in their natural surroundings - a delight for all ages. Picnic spots (no food and drink on site so take your own) and beautiful views through to the lake and mountains.

Take boots!

<http://parc-animalier.faune-pyreneenne.fr>



### CAVES DE FONTRABIOUSE

These nearby caves, fascinating and perfectly preserved underground world, are the highest in France and well worth a visit. Underground lake, hundreds of stalagmites and stalactites in a spectacular array of colours - and perfect conditions for maturing wine, so you can even taste as you visit!

[www.grotte-de-fontrabieuse.com](http://www.grotte-de-fontrabieuse.com)



### THE FOUR SOLAIRE D'ODEILLO

You could be mistaken for thinking the aliens have landed! The biggest solar furnace in the world, with its immense parabolic mirror, tall as the Arc de Triomphe, can produce temperatures in excess of 3200 degrees Centigrade - that's hot! Visit the all-year-round exhibition which explores uses of solar energy for domestic purposes, and solutions for the energy crisis.

[www.foursolaire-fontromeu.fr](http://www.foursolaire-fontromeu.fr)



>...>

# An exhilarating winter drive



If you're looking for some spectacular mountain scenery on your way up to the high cantons of the Cerdagne and Capcir, you can't beat the twisty-turny road from Olette to Les Angles via Sansa.

**D**rive up the N16 past Prades and Villefranche de Conflent. At Olette, take the road towards Evol and turn left onto the D4. The twisting and turning begins pretty well too sweet!

Pass the tiny chapel of Cabrils perched on a rocky out-crop



Chapel of Cabrils

above a stream, isolated farms and spectacular scenery on your way to the remote village of Sansa in the valley of Garrotxes, site of French resistance activity during WW2. Stop a while in this stone and slate village, the starting point of several great walks. Look out too for the 21m by 5m 'orri', ancient shepherd's hut built from dry stone and big enough to shelter 300 to 400 sheep - and one shepherd!



Sansa

Continue your drive via either the D4, or the D5 which will bring you out in the high Capcir, via the Col de la Llose or the Col de Creu. Not a drive for the faint hearted, or the easily travel sick, but for lovers of wild and remote country, it is a joy!

## Grotte de Fontrabieuse

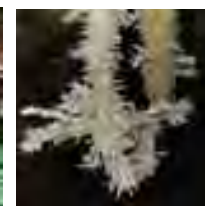
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## Test <sup>your</sup> FRENCH



### Les Effets Néfastes de l'Alcool

La police arrête un vieil homme en mauvais état à 1h du matin.

«Que faites-vous si tard, monsieur?» demande le policier.

«Je vais à une conférence sur 'Les effets néfastes de l'alcool', répond l'homme.

"Vous plaisantez ou quoi?", déclare le policier, "qui organiserait un séminaire comme ça à cette heure ?"

L'homme soupire, "ma femme."

en mauvais état - in a bit of a mess / une conférence - a lecture  
les effets néfastes - harmful effects / Vous plaisantez - you're joking / soupire - sighs



# Les Angles

STATION DE SKI



## PICK OF THE MOUNTAIN HIGHLIGHTS!

**JANUARY 11TH - 13TH**

### GAROSNOW

Party on the pistes at this winter music festival.



**MARCH 30TH - 31ST**  
**SNOW RUGBY PYRÉNÉES**  
Rugby tournament in the snow... sounds like an (oval) ball!



**ALL SKIED OUT?**

**New in Les Angles....**  
**Balnéo Well Being Centre,**  
Swim, Steam, Sauna, Salt, Solarium,  
Skin care...



## CET HIVER, DOUBLEZ LES PLAISIRS



**JANUARY 20TH**  
**TRACE CATALANE**

Exciting mountain ski and climb race.



**COMBINE SNOW AND SHOW!**

You don't have to be a fluent French speaker to enjoy a good belly laugh with some crazy French humour! Pop into the Les Angles Tourist Office for programme or visit [www.lesangles.com](http://www.lesangles.com)



[www.lesangles.com](http://www.lesangles.com)

# Restaurant REVIEWS



We love publishing your reviews. They're honest and objective, (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.

The following restaurants are open throughout winter.... but most take some time out too, so do please check in advance.

As usual in winter, we start by going back over a few past reviews and picking out some choice phrases. We've checked they are still open. Over to you now to see if the review still fits the restaurant.

The old...

## LES SIMIOTS

Arles-sur tech.....with Florence

Incredible burgers, giant salads and meat... set menu very reasonably priced and extremely good. Large choice of Bio wine and beers as well as the normal ones. **Best to book as often full in evenings.**



2 Rue de la Place, ARLES-SUR-TECH  
Tel: 04 68 36 45 24

## LE JARDIN

Céret.... with Lisa

Great food, interesting starters and mains, and amazing desserts. For my birthday, they presented me with a large 'tuile with' 'Bon Anniversaire'. Friendly, efficient and professional. **Two courses at lunchtime** (excluding weekends) from just 14.50€. What's not to like?



7 rue de la République, Céret  
Tel: 04 11 64 41 12

## Café Vienne

PERPIGNAN.... with Sam

Beautiful Art-deco restaurant & bistro in the centre of Perpignan, very convenient for all the shops and attractions, and perfect for a snack, a meal or just a drink and a bit of people watching. **Delicious moules frites!** Service was efficient and friendly and they serve food all day, unlike most restaurants around Perpignan.



3 Place Francois Arago, Perpignan  
Tel: 04 68 34 80 00

## L'AUBERGE DES ALBÈRES

Saint Génis-des-Fontaines.... with Sue C

A pleasant, light restaurant with easy parking and good space between the tables. Something for everyone from **Magret de Canard, succulent duck breast fillet wrapped in bacon, accompanied by Banyuls sauce, to Entrecôte**, grilled exactly to requirement and very lean, Duo of Sea-Bass and Gambas in a Langoustine Sauce, Moules-frites, Paëlla royale, Zarzuela..... We'll definitely be going back.



78 Avenue Maréchal Joffre  
Saint-Génis-des-Fontaines  
Tel: 04 68 89 88 38

And the new...  
well, new to P-O Life

## LE BOUDOIR

PERPIGNAN.... with Mike

Close to the Cathedral de St-Jean in a quiet tranquil street, the food is typically French/Catalan, meat and fish dishes as well as an extensive fine wine list. All dishes are made with fresh local produce and the quality of the food is outstanding. **The lunchtime 'plat du jour' starts at €11, or €17 for starter/main/dessert. In the evenings, there is a 3 course menu for €30** as well as the à la carte menu. Kristelle the owner will welcome you. She is charming, helpful and attentive. It may not be one of the cheapest restaurants in town, but it does have 'ambitions'. Closed Sunday and Monday.



4 Rue Jacques Manuel  
Perpignan  
Tel: 04 34 10 32 71





### Restaurant REVIEWS

#### BISTROT LE CISTEIL

Calmeilles.....**With Lynn**

New in the heart of the small pretty village of Calmeilles 66400 (next on from the village of Oms on the D13) you will find the Bistrot Le Cisteil. Simple fresh food cooked by the charming Marie-Ange, from mainly locally sourced ingredients. **Three course lunch** (steak and chips as our main course) **was 13€** including a beer each. Phone to let her know you are coming and to discuss menu options.



Le Village. Calmeilles  
Tel: 06 80 64 79 16

#### BISTRO LE CORTAL

Vernet les Bains...**With Peter**



Our little vintage car group ventured here whilst there was still snow on the ground. The welcome and the excellent food helped warm us up. They also do self cooking on hot stones so you can't blame the chef if your meat is over cooked! **Good choice for vegetarians too.** This restaurant is cosy, quaint and in lovely setting as well. Book ahead so you won't be disappointed.

Rue du Château, Vernet-les-Bains  
Tel : 04 68 05 55 79

#### LIFE IS A CABARET OLD CHUM

Montesquieu des Albères .....**with Kate**

I have visited but not actually eaten yet at Le Cabaret at the bottom of Montesquieu des Albères so this is a pre-review! Hidden away down a dirt track off the roundabout by Les Trompettes Hautes, this old farm building is totally unexpected, full of character and has no menu or prices....you just get what you're given! **Hosts Antoine and Émilie choose their menu last minute and tell you what you're getting when you arrive.** I'm told it is a 'unique dining experience with superb food served with flair and style and wine selected by the hosts'. So no menu - it may not suit everybody but it sounds like it could be an adventurous night out! **(Menu usually about 35 – 40 euros** depending upon offering + wine) Not open every day. Ring well ahead for reservation.



11 Mas Trompettes Hautes  
Montesquieu des Albères  
Tel: 468 83 34 57

#### L'OLIVIER

Catllar...**with Jan**

Had a lovely meal here on Sunday lunchtime. They have somewhat odd opening hours in the winter but it's worth making the effort to find out! **We had a 17€ menu** - starters were feuilletés aux épinards, beautifully cooked, served hot. Another option was home made herring and potato salad. Main was stuffed cabbage - very delicate – in a delicious sauce and rice. **OH had caramelised pork and that too was lovely.** I had a pud - chocolate mousse and we had a carafe of house rosé. Everything is cooked in-house.



Place de la République, Catllar  
Tel: 04 30 45 60 42

#### OVER THE BORDER

#### LA SIRENA

Roses...**with Phil and Jackie**

We found this great restaurant purely by accident, when looking to grab a quick lunch. **Dishes based on Catalan traditions, with a nod to France,** excellent fresh fish and seafood. The Tapas is probably the best we have eaten in the area, service quick and friendly, great view of the harbour and the sea. Enjoyed it so much that we just had to go back for more with friends the following week. **Can't wait to visit again! Top Tapas!**



Placa Sant Pere, 8,  
17480 Roses,  
Tel: +34 972 25 72 94



Do you know a restaurant you would like to recommend?  
We'd love to hear from you.  
(Connaissez-vous un restaurant que vous voudriez recommander? On serait ravi de vous entendre)  
send your comments to us at [info@anglophone-direct.com](mailto:info@anglophone-direct.com).  
(no restaurant owners please!! :-)



The winter sun is still tempting us out for sunny lunches and cosy suppers. Quite a few small restaurants take a month or two off to recharge their batteries, particularly on the coast. Here are some of the stalwarts waiting to welcome you this winter come rain or shine! **Bon App!**

## Ideas for EATING OUT In...

### ...ARLES-SUR-TECH

**Els Simiots** ..... 04 68 36 45 24 / 07 86 60 66 82  
Bistrot de Montagne ..... richard.guix@orange.fr

### ...BANYULS-SUR-MER

**La Vieille Cave** ..... 04 68 88 39 86  
Restaurant-Pizzeria ..... www.restaurant-vieille-cave.com

### ...CANET

**Les Halles, Le Haut et Le Bas** ..... 06 70 61 51 33  
www.julieetlacreterie.com ..... f: leshallescanet

### ...CÉRET

**Le Jardin** ..... 04 11 64 41 12  
www.lejardin-restaurant-ceret.fr ..... f: Le-Jardin-Restaurant  
**Quattroceto** ..... 04 68 87 15 60  
www.lequattroceto.net ..... Open 7/7 all year round  
**La Galerie** ..... 04 68 09 71 33  
restaurant-la-galerie.busines.site ..... f: restaurant La Galerie Céret

### ...LAROQUE-DES-ALBÈRES

**Cave Le Carignan** ..... 04 68 56 83 01  
Cosy Wine Bar... Belgian beers, wine at winegrowers' prices  
**Café des Artistes** ..... 04 68 89 76 53  
GAA and rugby coverage, WIFI ..... www.cafedesartistes66.com

### ...LES ANGLÉS

**La Grange** ..... 04 68 30 90 98  
Our 'Pick of the Mountain' Restos f: Restaurant-Crêperie-La-Grange

### ...MAUREILLAS

**Auberge du Chêne** ..... 04 68 55 26 23 / 06 70 70 95 58  
..... Closed Mondays and Tuesdays

### ...MONT LOUIS

**Le Dagobert** ..... 04 68 04 14 32  
Bookings recommended. ... f: Restaurant-Le-Dagobert-À-Mont-Louis

### ...MONTNER

**El Suquet** ..... 04 68 07 40 61  
Bookings recommended. .... www.el-suquet.com

### ...PERPIGNAN

**Frankette** ..... 04 68 29 60 76  
Homemade baps, salads - take away/eat in. f: franketteperpignan66  
**Frida's** ..... 06 16 97 10 29  
Vegan Cuisine ..... Bookings recommended  
**Lou Grilladou** ..... 06 68 34 86 81  
..... Closed Sat lunch time, all day Sun and Mon eves

### ...PORT-VENDRES

**Le Chalut** ..... 04 68 82 00 91  
Fish specialities ..... Open all year  
**Les Poissonneries de la Côte Catalane** ..... 04 68 98 46 00  
Indoor Fish Market & Oyster Bar ..... f: facebook.com/cotecatalane

### ...PRADES

**Le Galie** ..... 04 68 05 53 76  
Elegant, Creative cuisine ..... www.restaurantlegalie.com

### ...SAINT CYPRIEN

**Le Portofino** ..... 09 51 58 89 55  
Open all year ..... www.leportofino-restaurant.fr  
**Jardin Catalan** ..... 04 68 21 36 64  
Zone Technique du Port ..... Open all year

### ...SAINT GENIS-DES-FONTAINES

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

### ...THUIR

**Bella Cosa** ..... 04 30 82 53 50  
Opposite Caves Byrrh ..... f: bellacosa.thuir  
**Hôtel-Resto Cortie** ..... 04 68 34 58 66  
Open 7/7 all year ..... 06 26 53 64 28  
..... www.hotel-cortie.com

### ...VILLELONGUE-DELS-MONTS

**Bar Cordoba** ..... 04 68 88 57 37  
..... f: Cordoba café  
**L'Axurit** ..... 04 68 89 89 28  
Home-made dishes, Stir Fries, Pizzas - take away/eat in. ... f: L'Axurit

Superb, traditional  
French cooking  
Shady courtyard

Lunch from 14,90 €  
(2 courses - Mon-Fri)

04 11 64 41 12  
7 rue de la République - 66400 Céret

le jardin  
RESTAURANT

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

RESTAURANT  
Lou Grilladou

www.restaurant-lou-grilladou.fr

**Lunch-time  
3-course menu  
just 15,50€**  
(Mon-Fri)

**Sunny terrace**

Closed Sat lunch-time,  
all day Sun and Mon eves

7 place de Belgique  
66000 PERPIGNAN

04 68 34 86 81

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Place des 9 jets - 66400 CERET  
www.lequattroceto.net

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www.fridasperpignan.fr

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THIS WINTER, DISCOVER OUR FAMOUS COQ AU BYRRH, ASSIETTE CORTIE, TAPAS ...  
AND OUR KARAOKE NIGHTS OF COURSE!

Open 7/7 all year

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(Monday to Saturday)

3 rue J. J. Rousseau 66300 THUIR  
04 68 34 58 66 - 06 26 53 64 28

www.hotel-cortie.com  
f: Hotel-Restaurant Cortie

LE GALIE  
RESTAURANT  
PRADES

04 68 05 53 76  
3 avenue du Général de Gaulle  
66500 PRADES  
www.restaurantlegalie.com

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Route d'Espagne  
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Ideas <sup>for</sup>  
**EATING**  
**OUT** in...

**RESTAURANT**  
**Le Chalut**

3-course menus from **15,00€**  
Delicious seafood  
and fish platters,  
Zarzuela, Bouillabaisse ...

**04 68 82 00 91**  
Quai François Joly  
66660 Port-Vendres

Open all year

For just 9,70 €, tuck into a  
generous bap filled with tasty veg  
and the Farsou of your choice,  
plus a delicious, home-made  
sweet (the brownie is to die for!)  
and a spicy fruit drink. Enjoy!

Hearty, home-made 'potages',  
sweet & savoury pancakes  
galore, plus exciting regional  
specialities

P-O Life  
'Pick of the Mountain  
Restaurants'

**04 68 30 90 98**  
6 place du Coq d'Or, 66210 Les Angles

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100% HOMEMADE SANDWICHES  
& SALADS MADE WITH LOVE  
AND FARSOU\*

ORGANIC SWEET 'N' SAVOURY TARTS TO GO  
EPICERIE FINE I TABLE IDEAS

\*Sausage meat & Sultana Mix / Tuna Curry / Vegetarian

**04 68 29 60 76** **f** 3 rue Cité Bartissol,  
66000 PERPIGNAN

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04.30.82.53.50 **f** @bellacosa.thuir

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www.restaurant-vieille-cave.com • **04 68 88 39 86**  
12, rue Marius Douzans • 66650 Banyuls sur mer

**Café des Artistes**  
L'Art du Café  
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**Le Carignan**

*Cosy Wine Bar  
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and make friends!*

Belgian Beers,  
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**04 68 56 83 01**  
2 rue de la Pompe - 66740 Laroque-des-Albères

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Delicious, traditional fare in a rustic setting  
Raclette, Tartiflette, Camembert Rôti ...

Try  
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specialities.  
Menus from  
18,90€

Bookings recommended: 04 68 04 14 32  
8 boulevard Vauban, 66210 Mont-Louis

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**Le Portofino**

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FISH AND MEAT PLATTERS,  
HOME-MADE DESSERTS

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QUAI ARTHUR RIMBAUD,  
66750 ST CYPRIEN PORT  
09 51 58 89 55  
WWW.LEPORTOFINO-RESTAURANT.FR

ENGLISH  
SPOKEN

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Bistrot de montagne Resto // Bar à vins  
2, La Place - 66150 AILES-SUR-TECH  
Tel: 04 68 36 45 24 ou 07 56 60 66 62  
e-mail: richard.guillot@simiots.fr

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04 68 98 46 00 • www.cotecatalane.com  
**f** facebook.com/cotecatalane  
Anse Gerbal - La Criée, 66660 Port-Vendres



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and **DRINK**



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 OR EAT INSIDE  
 OUR COSY  
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 66740  
 VILLELONGUE-DELS-MONTS  
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**CORDOBA**  
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 Choose from a superb range of cocktails!  
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 All year round  
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 04 68 88 57 37

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 Opening Hours – Mon-Sat: 9.00 am to 12.30 pm and 4.00 pm to 7.00 pm. Sunday: 9.00 am to 12.00 pm.  
 04 68 21 36 64 • ZT du Port, 2 rue Henri Becquerel, 66750 St Cyprien Plage

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Anse Gerbal - La Criée, 66660 Port-Vendres





Ideas <sup>for</sup>  
EATING  
OUT  
th...

## EL SUQUET

COVERED TERRACE WITH PANORAMIC VIEWS



RESTAURANT/BAR/COCKTAILS

7, rue Montnègre 66720 MONTNER (Opposite the Cave Cooperative)  
Bookings: 04 68 07 40 61 • www.el-suquet.com • f

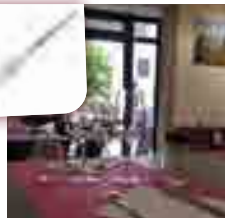
La Galerie  
L'ART DE LA TABLE

Fine, French cuisine  
locally sourced

04 68 09 71 33

95 rue Saint Ferréol, 66400 Céret

f: restaurant La Galerie Céret  
restaurant-la-galerie.business.site



## L'Auberge des Albères

*Restaurant & Tapas Bar*

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- Couscous, Zarzuela, Tartiflette,  
Tournedos de magret Rossini ...  
and much more!
- Lunch-time menu just 15,90€  
(Tues-Fri)
- Adjacent, free parking

For reservations, telephone:

04 68 89 88 38

78 avenue Maréchal Joffre  
66740 Saint Genis des Fontaines



## P-O RECIPES

# VERMUT

a Vermouth Cocktail  
from Hilary Cacchio



Catalonia has made and consumed 'Vermut' for hundreds of years and it used to be the popular drink of choice in the cafes following Sunday Mass. Over recent years, South Catalonia in particular has seen a revival of the tradition, including the emergence of several "vermuterias" dedicated to its production.

I have made a slight addition to this simple, traditional vermut recipe. I do hope you enjoy it!

- 2 parts Ice (add this to the glass first)
- 1 part Red Grapefruit Juice
- 1 part Badoit
- 2 parts Byrrh (or Yzaguirre, Ambassadeur... visit Byrrh in Thuir to find the right tasting tippie for you)
- A generous squeeze of Fresh Lime Juice.



**SANTE!**



Visit Hilary's blog at  
<http://hilarycacchio.com>  
for a slightly more modern take on  
Catalan recipes, or order **her book,**  
**Sourdough Suppers'**  
(Amazon.fr or by email to  
hilaryjj@btinternet.com)



## HERE COMES THE CHERRY ORCHARD THEATRE!

NEED SOME LIGHT RELIEF?  
MISSING ENGLISH THEATRE?

Let's hear a round of applause for a brand new English Language Theatre Company who take to the stage this year, made up of an international group of actors and musicians.

Their first production, 'Chuckle Soup' celebrates the best of British humour, with a treat of sketches, songs, monologues and a one-act play.....and no mention of Brexit. AND IT'S FREE!

With a second show planned for the Autumn of 2019, they would love to hear from new members to work on stage, backstage, (lighting, make-up, costumes, set


builders, props and general hands) or front-of-house.

Don't miss 'Chuckle Soup' at the Salle Polyvalente, Saint Jean Pla de Corts on **Saturday 16** and **Sunday 17 February 2019**. Performances start at 19h30.


Admission for their premier show is FREE!

Donations will be gratefully accepted.



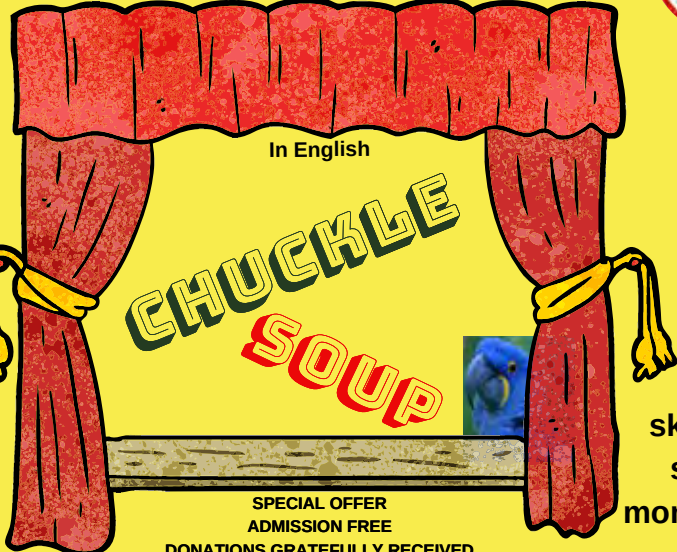


### C.O.T.A Proudly Presents



At  
Salle  
Polyvalente  
St Jean  
Pla de  
Corts  
66400

Sat 16 &  
Sun 17 Feb  
19h30



In English

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a  
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act  
play

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[www.bains-saint-thomas.fr](http://www.bains-saint-thomas.fr)

**DID YOU KNOW**



### WHERE'S MY PETROL CAP?

If you regularly hire a car – or you're just a bit fluffy like me about remembering which side your petrol cap is found.....did you know that if you look at the petrol pump symbol on your fuel gauge, there is a small arrow showing you which side to find your cap? Clever eh?

**DID YOU KNOW**




### FRANÇAIS OR FRANÇAIS?

Did you know that nationalities and languages (English, French, Spanish....) are always capitalised in the English language whereas in French, only the 'people' noun is capitalised?

'Les Français aiment le fromage' but 'j'aime le fromage français', or 'je ne parle pas français'



# MUSIC, DANCE and THEATRE

## OUR THEATRE BY THE LAKE

GREAT  
ENTERTAINMENT  
AT PRICES THAT  
MAKE REGULAR  
THEATRE-GOING  
EASY.

Named after the lake on which it stands, this purpose-built theatre has plenty of parking space, access for the disabled, and offers high quality music, dance, theatre, comedy and culture - from just 5€ per person! *Elle n'est pas belle la vie?*

### some highlights

#### ONE-MAN SHOW 'CANOPEE' (Sortie de Résidence): Boris Vigneron

**Saturday 19th January at 20h**  
Acrobat, actor, musician, singer/songwriter – multi-talented, Boris Vigneron is all of these and so much more ... but you'll need to go along and find out! A show with a difference.



#### OPERA: Les Enfants du Levant

**Saturday 2nd February at 20h30**  
Poignant opera performed by children for children...and adults. The little-known true story of children sent to hell in a labour camp on the Mediterranean island known as l'Île du Levant.

#### APÉRO-CONCERT: Long Ride Band

**Saturday 9th February at 19h**  
Take a trip back in time to the Wild West. Classic Elvis Presley, Johnny Cash, Nancy Sinatra, Bluegrass and country...



#### FILM FESTIVAL

**FREE ADMISSION**  
**Thursday 14th - Saturday 16th March**  
See Theatre website for full programme.



#### COMIC OPERA: La fille du Tambour Major

**Sunday 31st March at 16h**  
Set in Lombardy, Stella falls in love with Robert, a young lieutenant in Napoleons's invading army, but her father has promised her hand to an aging marquis.



These are just some of the highlights.  
Visit their website at  
[www.theatre-de-letang.fr](http://www.theatre-de-letang.fr) for a full and varied programme.

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

**2019 SEASON** La vie est belle ...



**SHEILA**  
**Saturday 26th January 2019**  
Singer



**Les Enfants du Levant**  
**Saturday 2nd February 2019**  
Child Opera



**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](http://www.theatre-de-letang.fr) - 04 68 38 34 95 Tickets at the FNAC or go to [www.fnac.com](http://www.fnac.com)





APRIL - JUNE 2019



## SPRING/SUMMER 2019 FRANCE

### AVIGNON

A bit too far north for P-O readers perhaps, this small airport offers brief summer only programme. As of late November 2018 Flybe is up for sale, so things could change.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	1	FLYBE from 25 May to 31 Aug.
SOUTHAMPTON	1	FLYBE from 25 May to 7 Sept.

### BEZIERS

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

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



### CARCASSONNE



Ryanair remains the sole operator here. Glasgow flights no longer operate as Ryanair has closed its base there to operate more flights from Edinburgh.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
EAST MIDLANDS	2	RYANAIR
EDINBURGH	2	RYANAIR
MANCHESTER	2	RYANAIR
STANSTED	7	RYANAIR
CORK	2	RYANAIR from 3 June
DUBLIN	3	RYANAIR

### MONTPELLIER

FROM NUMBER OF WEEKLY FLIGHTS AIRLINE



DUBLIN	2	AER LINGUS from 17 May
GATWICK	11	EASYJET
LUTON	4	EASYJET
		from 25 June
BRISTOL	4	EASYJET (NEW)

### NIMES

Ryanair is the sole operator for P-O readers.

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

### PERPIGNAN

As can be seen in the table below, Perpignan comes to life in the spring. Aer Lingus starts their Dublin flights on 17 May with an increase to five flights a week, note though that the weekend flights leave Dublin at 0600.

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

If you find the fares to P.O. are very high at certain times, look at the rugby fixture list. Often changing just a few days can reduce the fare. Early in May there are two French holidays in the same week, so car hire prices increase. Also fares are generally cheaper midweek, especially in the summer months – or ridiculously expensive in school mid-term.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	2	RYANAIR
DUBLIN	5	AER LINGUS
SOUTHAMPTON	1	FLYBE from 25 May to 7 Sep.
STANSTED	5	RYANAIR

### TOULOUSE / BLAGNAC

There tends to be more flights to Toulouse from UK regional airport in the winter due to skiing opportunities, with Andorra not too far away. The Birmingham service has been suspended for 2018.



FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	7	EASYJET
EDINBURGH	2	RYANAIR
GATWICK	18	EASYJET
HEATHROW	21	BRITISH AIRWAYS
LUTON	6	EASYJET
MANCHESTER	1	FLYBE
STANSTED	14	RYANAIR
DUBLIN	2-7	AER LINGUS

Starts with 2 a week, increasing to seven a week by 16 May.



## SPAIN

### BARCELONA / EL PRAT

As always a huge variety of flights to Barcelona,



most of which run all year round, but with seasonal increases. For those unfamiliar, take care on the Barcelona ring-road, one wrong turn could be very time consuming. As you can see there is no shortage of flights to Barcelona.

#### FROM NUMBER OF WEEKLY FLIGHTS AIRLINE

BELFAST	5	EASYJET
BIRMINGHAM	9	RYANAIR
	7	VUELING
BRISTOL	14	EASYJET
CARDIFF	2	RYANAIR
EAST MIDLANDS	7	RYANAIR
EDINBURGH	7	RYANAIR
GATWICK	42	EASYJET
	9	NORWEGIAN
	42	VUELING
GLASGOW PRESTWICK	6	RYANAIR
HEATHROW	55	BRITISH AIRWAYS
LIVERPOOL	12	EASYJET
	7	RYANAIR
LUTON	21	EASYJET
	7	RYANAIR
MANCHESTER	3	EASYJET
	6	JET2
	14	RYANAIR
	10	VUELING
NEWCASTLE	6	EASYJET
SOUTHEND	4	EASYJET
STANSTED	28	RYANAIR
CORK	4	AER LINGUS
DUBLIN	14	AER LINGUS
	18	RYANAIR

## GIRONA

There has been a big increase in flights to Girona and it seems as though Leeds based Jet2 have suddenly found the airport, and since summer 2017 have introduced a whole raft of flights. In 2019 these flights start on 29th April. There are a few TUI flights, which do seem to be rather expensive.

#### FROM NUMBER OF WEEKLY FLIGHTS AIRLINE

BELFAST	2	JET2
	2	RYANAIR
BIRMINGHAM	2	JET2
	3	RYANAIR
BOURNEMOUTH	4	RYANAIR
BRISTOL	5	RYANAIR
EAST MIDLANDS	2	JET2
	2	RYANAIR
EDINBURGH	2	JET2
	2	RYANAIR
GATWICK	1-2	TUI from 4 May
GLASGOW INT'L	2	JET2
GLASGOW PRESTWICK	2	RYANAIR
LEEDS BRADFORD	2-3	JET2
	2	RYANAIR
LIVERPOOL	2	RYANAIR
LUTON	3	RYANAIR
MANCHESTER	2-4	JET2
	3	RYANAIR
	1-2	TUI from 4 May
NEWCASTLE	2	JET2
	2	RYANAIR
STANSTED	2-3	JET2
	5	RYANAIR
CORK	2	RYANAIR
DUBLIN	2	RYANAIR
KNOCK	2	RYANAIR

Please note that these are the average number of flights per week, and will be variable in the shoulder and peak seasons. If you think I have missed any, please contact us at P-O. Bonne recherche!

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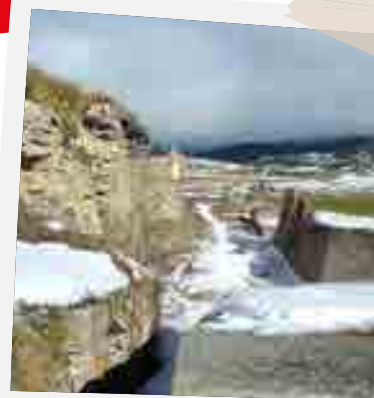
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PERPIGNAN / CÉRET

# My Life in The P-O

**A LITTLE KNOWLEDGE IS A DANGEROUS THING**

It's nearly **15 years** since **P-O Life** was born! It started off as a piece of A4 paper folded in half, and a website ([www.anglophone-direct.com](http://www.anglophone-direct.com)) created by tekkie cousin Fabien and run by untekkie me. Today, I'm still technically challenged, but have progressed from technical numpty to dangerous know-all!!! Take my hand and step back in time to wander through diary excerpts of my life here in the P-O from the creation of P-O Life to present day.



Mont Louis

**JANUARY 2006**

After a few day's skiing and a memorable and fabulous New Year's Eve with the Catalan cousins up in the mountains, we headed back down past a closed and silent Mont Louis, Villefranche de Conflent and Prades. A quick pause pipi (never eat yellow snow no matter how thirsty you are) led to a wander around pretty Mont Louis, fortress town built by Vauban 1600m above sea level, and one of the highest fortified town in France. I found a map on one of the ramparts depicting the mountain layout around Mont Louis and was delighted to discover Pic Bastard. Sad, I know!

Spring never feels far away in this magical part of the world but do

look out for Tent caterpillars (chenilles processionnaires) partying right now at the top of the pine trees. The larvae live in large 'tents' and march out to feed on the pine needles, leaving a trail of silk behind to find their way home. I could do with that myself when I leave my car in Auchan car park! Anyway, **the fine hairs on their backs can cause severe irritation so keep dogs well away from them...**and no pipi sauvage in the woods at this time of year ladies unless you want to end up with an itch that you just can't scratch!



PIC BASTARD

Went out delivering the second of my 'AngloFactFile', four pages of useful telephone numbers, interesting facts about the region, quizzes, language exercises... I just love my new, self-given job, sharing what I learn every day in my new world! Olivier is hoping that as I write more, I will talk less. Not gonna happen cheri!

I don't know how long my editorial adventure will last, but for now, I'm enjoying every minute of it.



Tent Caterpillars





### FEBRUARY 2006

Woke up to a splendid frost this morning - white bushes and plants and a bright blue sky. By midday, the sun was actually giving off enough heat to make you want to grin at it and do a little jig - so we set off to the sea side to deliver more of the FactFiles. They're not being welcomed everywhere if I'm honest but there are some advantages to being stubborn and pig headed! I will not give up!



camera and me

Treated myself to a new camera to take photos to illustrate the articles. Have discovered I have absolutely no photographic talent whatsoever but clicked away merrily anyway. **Nobody was safe!** Family bewared in their baths and bed, neighbours ducked out of sight and friends remained determinedly sober at the 'heure de l'apéro' for fear of committing a photographic 'betise' that I could record and publish! Yes, I was everywhere. Sat down this morning to post them all to my brand new website and discovered I hadn't put the memory card in. Doh!

If you're around in February, you must visit the Fete de l'Ours in Prats de Mollo, Arles sur Tech and Saint Laurent de Cerdans. Great fun and very original...but there are some aspects of the festivities that I find quite puzzling, one being the Tio-tio.

Dressed in white, covered in flour, and holding a lit candle, participants dance round in a circle and try to set the person in front alight! Why? Call me a killjoy, but I'm absolutely certain that there is no way that I would enjoy, in any circumstances, having my bottom set on fire!



Fete de l'ours



### MARCH 2006

Great excitement this morning. Fame at last with a telephone interview with France Bleu Roussillon, the regional radio station for a chat about the site and my 'petite brochure'! Brochure? BROCHURE? It's not a flippin' brochure, it's a very small MAGAZINE!

**Grrrrrrrrrr.** I was very nervous and answered most questions with a loud whinny. Friends later asked me if the interview had taken place in a stable! Maybe I'll stick to the written word in future!



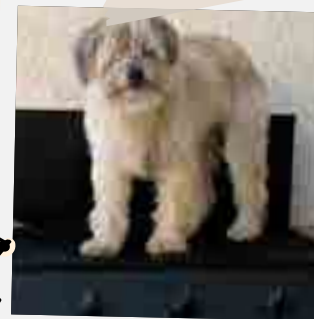
The small "MAGAZINE"

On a fabulous, practically all off-road, super sunny bike ride through sweet smelling cherry blossom, I got the compulsory 'fly in the gob' as I sung along to Lady in Red by Chris de Burgh. I spent several kilometres trying to master the projectile spit, that no amount of practice on my part has every perfected, ending in the usual spaggy dribble down my right arm, dripping off my right thigh! Now all that I need is to be pooed on from above, and I'll know that cycling season has really started!



Projectile Spit Failure

Today is cold, miserable and very, very wet! Bisou refused to get her hairy little bottom out of the house all morning. When the rain finally stopped and the sun came out, Bisou and Kate set off for a bike ride. In fact, by the time we reached the vineyards, the heavens had opened and loyal Bisou had legged it! (or should that be pawed it?) Big panic when I realised that she was no longer trotting alongside me as she rarely leaves my side! When a tour of the cherry orchards, vines and village did not reveal a cowering, frightened hound-dog, I set off home with heavy heart. She was there of course, sitting in the shelter of the front door, licking her bottom without a care in the world!



I'm Bisou



# It's The Cold SEASON

We can't make you better, but we can help you to moan about it more efficiently in French!

**Remettez-vous vite!**

**J'ai...**

...un (gros) rhume > *(bad) cold*  
...mal à la tête/au crâne > *headache*  
...le nez qui coule > *runny nose*  
...un chat dans la gorge > *frog in my throat*  
...le nez rouge/ bouché > *red/blocked nose*  
...de la fièvre > *fever*  
...une angine > *throat infection/tonsillitis*  
...une toux grasse > *loose cough*  
...une toux sèche > *dry cough*  
...la crève (slang) > *bad cold*

**SAY...**

'A TES SOUHAITS!  
for one sneeze

'A TES AMOURS!  
for two sneezes

Je suis enrhumé > *I have a cold*  
Je ne peux pas respirer > *I can't breathe*  
Avez-vous des mouchoirs en papier (des kleenex)? > *Do you have any paper hankies?*  
Il faut que je me mouche > *I need to blow my nose*  
Je tousse > *I'm coughing*  
Je ne me sens vraiment pas bien > *I really don't feel too good*

"docteur, docteur...  
J'ai mal ici, au genou  
et j'ai mal ici, au ventre.  
et j'ai mal là, au nez"

"JE CROIS MONSIEUR  
QUE VOUS AVEZ LE  
DOIGT CASSÉ!"



**PRADES** €1,890,000  
Ref: 80923 Exceptional B&B, gîte and apartment complex with pool, fitness suite, hamman, and mountain views.  
Agency fees included paid by the seller. DPE: C



**JOCH** €438,000  
Ref: 94504 Superb 3 bed villa near the lively village of Vinca with amenities, swimming lake and train station.  
Agency fees included paid by the seller. DPE: C



**PERPIGNAN** €1,890,000  
Ref: U92448 Tastefully renovated 6 bed property with a gym, steam bath and pool, close to Perpignan centre.  
Agency fees included. 0% paid by the buyer. DPE: N/A



**JOCH** €295,000  
Ref: 88238 Charming village house and large garden, close to a busy village with shops and restaurants etc.  
Agency fees included paid by the seller. DPE: N/A



**VERNET LES BAINS** €36,000  
Ref: 94975 Empty commercial premises in the centre of Vernet les Bains including a cellar, shop and kitchen.  
Agency fees included paid by the seller. DPE: N/A



**FINESTRET** €387,000  
Ref: 94760 Superb villa with pool and mountain views. A short drive from the lively village of Vinca.  
Agency fees included paid by the seller. DPE: D



**LLAURO** €499,500  
Ref: 77346 6 bed / 5 bath house with spectacular views towards the sea and mountains. Garden, garage and pool.  
Agency fees included paid by the seller. DPE: D



**PRADES** €415,000  
Ref: 51498 Beautiful 5 bed stone mas, benefitting from a pool, mountain views, garden and parking.  
Agency fees included paid by the seller. DPE: C



**VERNET LES BAINS** €580,000  
Ref: 62923 Château at Vernet Les Bains, thermal spa town with garden and breathtaking 360° degree views.  
Agency fees included paid by the seller. DPE: N/A

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# P-OLife



Donate any unwanted items by taking them along yourself (off the roundabout at Pollestres on the Perpignan - Le Boulou road) or arrange for larger items to be collected.

Mas Garria, Pollestres -  
04 68 54 59 60



## TIME for a spring CLEAN?

**EMMAÜS** was founded in Paris in 1949 by Father **Henri-Antoine Groues**, Catholic priest, MP and former member of the French Resistance during WW2.

He was better known by his resistance name of Abbé Pierre.

**During the Second World War, he helped many of the persecuted to escape to safety**, including Jacques de Gaulle, brother of Charles, and his wife whose escape he assisted to Switzerland.

At the end of the war, he was awarded the **Croix de Guerre 1939-1945** with bronze palms and the Médaille de la Résistance.

Georges became the first of a group of **'Emmaus Companions'** supported by and living in the home of Abbé Pierre, working to build temporary homes for those in need.

When the money ran out, Abbé Pierre toured the restaurants and businesses of Paris begging for donations.

His 'companions' were outraged. There had to be another way. **They became rag and bone men, going through bins, collecting people's unwanted items and selling them on....**and so Emmaus was born.

**Emmaüs is named after a village in Israel appearing in the Gospel of Luke, where two disciples extended hospitality to Jesus just after his resurrection without recognizing him.**



Abbé Pierre



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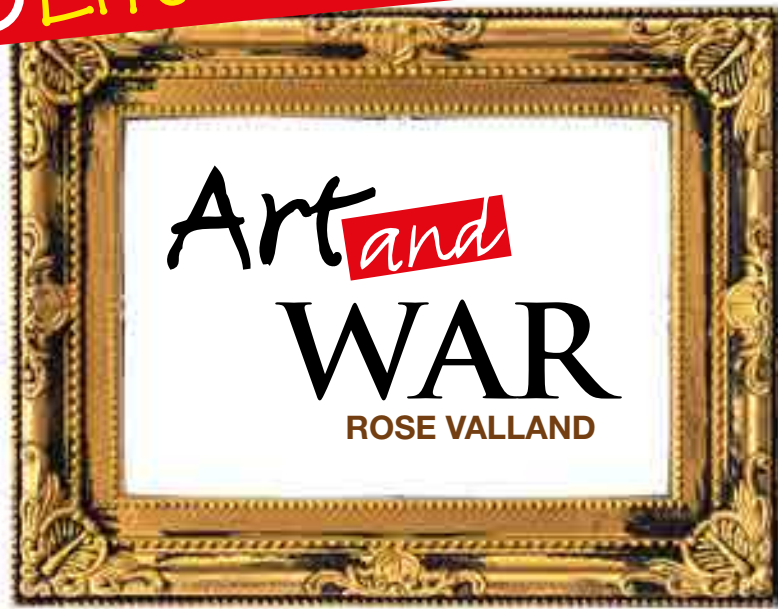
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Cultural artifacts have long been targeted by armies as a demonstration of their superiority, dominance and power. The Spanish Civil War and WW2 were no different. Collectors and curators were therefore anxious to protect their cultural heritage.

**W**hen vast waves of refugees flooded across the French Spanish border in both directions, fleeing Franco on one side and the Nazi occupation on the other, many important pieces of art from both France and Spain were also being moved.

In Figueres, an agreement was established allowing Spanish artwork to pass over the border.

**Tens of millions of cultural artefacts were removed from palaces, museums, churches, libraries and private collections across Spain.**

These priceless works were placed in lorries which then joined the snaking lines of Spanish refugees, all making the perilous route towards safety.



Many paintings, sculptures, books and tapestries passed via the mines of **La Vajol** above **Maureillas Las Illas** or the **Château d'Aubiry** in **Céret** before continuing their journey, en route for Geneva.



Art historian **Rose Valland** studied art history in Paris and graduated in 1931 with a special diploma from the École du Louvre. She went on to become overseer of the **Jeu de Paume Museum** in Paris during the German occupation.



Between **1940** and **1944**, the Nazis systematically looted the artworks from National and private art collections throughout France. The **Jeu de Paume Museum** became their central storage and sorting depot. From there, the plunder was sent by train for distribution to various persons and places in Germany.



**Rose Valland** didn't tell the Germans that she understood enough of their language to eavesdrop on their conversations. At risk to her life, she secretly kept meticulous notes on the destinations of train car shipments filled with looted art, recording as many details as **she could of the 20,000 pieces of art brought to the Jeu de Paume Museum**, and regularly informed Jacques Jaujard, the Director of the **Musées Nationaux**, about the status of Nazi art looting.

She also informed the French Resistance of rail shipments of art so that they would not mistakenly blow up the trains loaded with France's priceless treasures.

**She was present in 1941 when Reichsmarschall Hermann Göring came personally to choose some of the stolen paintings for his own private collection.**

...





Just before the **Liberation of Paris, on 1 August 1944, Valland** informed the French Resistance that the Germans were about to ship out a full train of stolen artwork. They prevented the train from leaving Paris and the works were saved.

After the war, **Rose worked for the 'Commission de Récupération Artistique'** tracking down the stolen art. She was wary. Collaboration had been wide spread, and trust in those early post war years did not come easily. Eventually, her detailed records served as a treasure map for seeking out and returning objects to the families of their rightful owners, many of whom had perished in the camps.



Her character has inspired several books and films including John Frankenheimer's film 'The Train', starring Burt Lancaster, the 2014 novel 'Portrait of a Woman in White' by Susan Winkler, 'Pictures at an Exhibition' by Sara Houghteling, 'The Monuments Men' by Robert M. Edsel.....

**For her heroic war efforts, Rose Valland received the Legion of Honour, amongst many other awards.**

**She died in 1980, a French heroine of the art world.**



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## DID YOU KNOW

### Exceedingly Nice Walk

If you head up the Conflent to pretty Vernet-les-Bains, leave yourself some time to stroll around the 'Kipling circuit', a short walk around Vernet with illustrated panels and quotations from Kipling's own writings - the village seen through the pen of the celebrated author.

Visit our site at [www.anglophone-direct.com](http://www.anglophone-direct.com) to read the amusing and light-hearted 'Why does it snow in Vernet?' written by Kipling during one of his stays in Vernet, in which he pokes fun at the English habit of talking about the weather.



## DID YOU KNOW

### Yo Ho Ho me Hearties



French pirate **Emanuel Wynne** is believed to have been the first to hoist up the skull and crossbones of the Jolly Roger but **did you know that the name actually comes from the French 'joli rouge'** and originally referred to a plain red flag, flown to indicate that the ship would fight to the death.



## test your nature knowledge...



With  
Lesley McLaren

This winter we're taking another quizzical look over the year's articles – with one or two extra questions thrown in!



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](http://www.mediterraneanpyrenees.com)

Twitter @66warblers



### MAKE YOUR CHOICE

- What is the French name for *cornflower*?  
a. Le coquelicot bleu  
b. Le bleuet  
c. La fleur de maïs  
d. Le muscari à toupet
- Which spider can change its colour?  
a. Furrow spider  
b. Lobed spider  
c. Wasp spider  
d. Crab spider
- Where do red palm weevils originate?  
a. Asia  
b. Europe  
c. South America  
d. North Africa
- Which flower's roots contains a compound used as soap?  
a. Campion  
b. Pansy  
c. Mullein  
d. Geranium

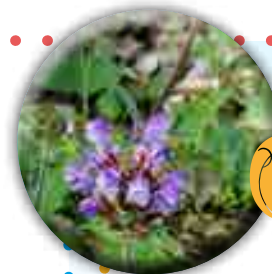


### TRUE OR FALSE

T F

- Nematodes are young toads
- Tassel hyacinth plants belong to the asparagus family
- Adult palm moths and their caterpillars feed on palms
- Ticks are arachnids
- Spiders do not have antennae
- Mouldy seed is not harmful to birds

<input type="checkbox"/>	<input type="checkbox"/>
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### DON'T YOU JUST KNOW IT?

- Spider silk contains which vitamin?  
a. C  
b. A  
c. D  
d. K
- What smell attracts palm moths and weevils to palms?  
a. Pheromones  
b. Sap  
c. Pollen  
d. Fronds
- What is the maximum wingspan of a bearded vulture/lammergeier?  
a. 2.00m  
b. 1.50m  
c. 2.75m  
d. 0.95m

1. How many different types of spider web can you name?

2. What's the common name of a plant renowned since the 17th century for healing properties?

3. Why did wolf spiders get their name?

4. Which warbler, present in the P-O all year, could be confused with the Blackcap?

ANSWERS ON THE NEXT PAGE...



#### MAKE YOUR CHOICE



1. **b. Le bleuets**

2. **d.**

Crab spiders often match the colour of flowers they hide in to ambush prey.

3. **a. Asia**

4. **a. Campion.**

The compound saponin has long been used as soap.

5. **d.** Vitamin K helps blood to clot. Ancient Greeks used spider silk to help heal wounds.

6. **b. Sap**

from cut fronds or wounds on trunks.

7. **c.**

2.75m



#### TRUE OR FALSE

1. **False.**

Nematodes are tiny worms.

2. **True**

3. **False.**

Only the caterpillars feed on the palms.

4. **True.**

Ticks have 8 legs.

5. **True.**

6. **False.**

Mouldy seed can be fatal! If you feed birds in winter, check that seed is dry and unspoiled.



#### DON'T YOU JUST KNOW IT?

1. **Orb, tangle, funnel, sheet, radial**

2. **Self-heal**

3. **Because of a myth that they hunted in packs, like wolves.**

4. **Sardinian Warbler.**



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#### DID YOU KNOW

#### LES CALÇOTS - a fine old mess

Pronounced 'cal-show', this treat for onion lovers, a long, thick green onion rather like a skinny leek, is usually served up music and dancing. Cooked on a BBQ, burnt black on the outside, but soft and sweet inside, they are traditionally served on an upturned terracotta roof tile, dipped in salvitxada or romesco sauce,

and accompanied by red wine or cava.

If you don't know of a 'calçotada' in a village near you, they can be ordered at many typical Catalan restaurants, particularly in south Catalonia....usually supplied with a bib, and a pair of surgical gloves!



#### Just a cardie...

Unless you're a complete hermit, you may have noticed the word gilet (jaune) has dominated the news recently. Here are a few less chaotic ways you might see it used.

**Un gilet...**  
 cardigan or waistcoat

**Un gilet.....**  
 .....pare-balles - bullet proof jacket  
 .....de sauvetage - life jacket  
 .....de haute visibilité - hi vis jacket (any colour!)

**Va pleurer dans le gilet de tsa Maman** - Run crying to Mum







# Marina - un Refuge POUR CÉRET

**F**or animal lovers in Britain it is always comforting to know that the R.S.P.C.A are there to help rescue and protect all animals that are abandoned or mistreated, along with Battersea Dogs and Cats, the Blue Cross and so many other local animal rescue centres.

So, we live in France. How does it work here?

## The SPA

La SPA (Société Protectrice des Animaux) was created in 1845 by Doctor Etienne Pariset. Touched by the poor treatment of many cart and carriage horses on the streets of Paris, the society was at first devoted to the welfare of horses. It grew quickly, thanks to support from several renowned French 'intellectuals' such as Victor Hugo and Guy de Maupassant.

There is now a national network of 'refuges', thanks, to the generosity of thousands of volunteers, and animal lovers with big hearts and welcoming homes, sheltering and re-homing the hundreds of thousands of pets abused and abandoned every year.

As well as the SPA, there are several other animal shelters around the region, set up by animal lovers, taking in the constant stream of abandoned pets.

**LYNN HALL** reports on this newly set-up shelter in Céret

**S**ince June 2018 Céret has a new animal refuge where the lovely Marina Pastou, her husband André and her small team of supporters, take in abandoned and rescued dogs, cats and other animals in need. They are cared for, and then re-homed whenever possible. The land has been provided by the Céret council, who also installed the outer fencing and secure gates. A number of local companies have helped by donating items.



The centre is well situated, with enough room to expand as funds permit - and this is where you come in dear reader!

*We can judge the heart of a man by his treatment of animals.*

Immanuel Kant

## JUST MAYBE.....

- Maybe you are looking for a four-footed friend.
- Maybe you can spare some of your euros to \*donate much-needed funds.
- Maybe you can offer practical help with DIY skills or as a volunteer at the refuge.

\*If you make a donation and are a French taxpayer you can receive a 'reçu fiscal' (tax relief)



Many of these animals are available for adoption right now. They have been vaccinated, sterilised and have microchips. As Marina says, to adopt one animal is to save two, by freeing up space in the refuge. All you are asked is to reimburse the veterinary fees.



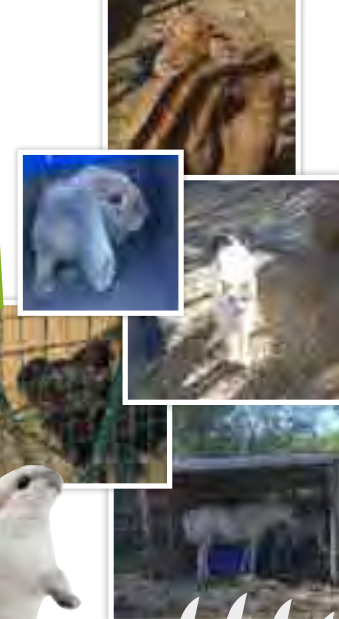
On my recent visit, I saw not just dogs, cats and kittens, but goats, guinea pigs, rabbits, a Vietnamese pot-bellied pig, a horse and a pony! Marina and her small team care for any animal they have space for. They will also investigate cases of mistreatment or cruelty to animals.

## MARINA - UN REFUGE POUR CÉRET

Address:  
Chemin de Moulin, 66400, Céret

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Opening hours:  
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*To err is human,  
to forgive, canine.*



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The greatness of a nation  
and its moral progress can  
be judged by the way its  
animals are treated.

Mahatma Gandhi

Research has shown that  
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non-pet owners. They have  
lower blood pressure and  
cholesterol, are less likely  
to become depressed. Pets  
can lift our spirits and help  
us relax.

## SOME USEFUL VOCAB

Gamelle

*doggie/moggie bowl*

Ramasse crottes

*poop scoop*

Chatière

*cat flap*

Panier

*basket*

Niche

*kennel*

Chenil

*boarding kennel*

Griffoir

*scratching post*

Bac à litière

*litter tray*

Porte-adresse

*address holder*

Collier

*collar*

Laisse

*lead*

Chiot

*puppy*

Chaton

*kitten*

Traitement anti puces/anti-tiques

*flea treatment*

Vermifuge

*worm treatment*

Jouet à mâcher

*chew toy*



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DID YOU KNOW

### Coustouges Customs

The village of Coustouges in the  
High Vallespir was one of the main  
crossing points for refugees of the  
Retirada, escapees from occupied  
France, and soldiers of the Franco  
Spanish wars. An area awash with  
legend and tales of smugglers and  
customs officers, it is not surprising  
that the village owes its name to  
the guard post 'custodia', set up by  
the Romans in 130BC. Built at the  
very summit of the mountain pass,  
timeworn menhirs and dolmens bear  
witness to its ancient turmoil.



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# Test your FRENCH

**Tongue Twister**

Repeat quickly three times!  
**Poche plate,  
plate poche...**

See Page 87 for answers

## 1 P pour Papa

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

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



- |              |    |  |
|--------------|----|--|
| pagaie       | 1  | a grand désordre                         |
| pelage       | 2  | b oiseau noir et blanc                   |
| pelouse      | 3  | c tarte d'oignons, d'olives et d'anchois |
| pic          | 4  | d terrain couvert d'herbe                |
| prestation   | 5  | e large pelle                            |
| puce         | 6  | f appareil qui fournit de l'électricité  |
| pissaladière | 7  | g insecte sauteur                        |
| pagaille     | 8  | h service fourni                         |
| pile         | 9  | i poils d'un animal                      |
| pie          | 10 | j sommet pointu de montagne              |

## Interesting word

### Saucissonner

to slice/divide up, tie up with string/rope (as you would tie up a saucisson!)

Eg Le cambrioleur a saucissonné sa victime avant de fouiller la maison)

## 2 Find the plurals

- |           |           |
|-----------|-----------|
| 1. ciel   | 4. pneu   |
| 2. oeil   | 5. madame |
| 3. cheval | 6. jeu    |

## Blague Bête

Comment appelle-t-on une gousse d'ail qui rebondit après avoir été jetée contre un mur?

Le retour du jet d'ail

(gousse d'ail – garlic clove, rebondit – bounces back après avoir été – after having been...)

## 3 Faux amis

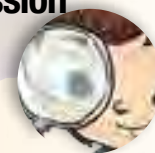
Aie aie aie! Those false friends! There 's a lot of them around ! Here are a few more.

Chose the correct definition

- |  |  |
|--|--|
| <b>1. Contrôler</b><br>a) to inspect<br>b) to be responsible<br>c) to signal                 | <b>6. Blessé</b><br>a) pray<br>b) injure<br>c) sneeze                              |
| <b>2. En Biais</b><br>a) prejudice<br>b) valid ticket<br>c) at an angle                      | <b>7. Un string</b><br>a) a vest<br>b) a rope<br>c) a thong                        |
| <b>3. Change</b><br>a) money exchange<br>b) coins<br>c) disappear                            | <b>8. Un acompte</b><br>a) an account<br>b) a deposit<br>c) an accountant          |
| <b>4. Ball trap</b><br>a) painful experience<br>b) clay pigeon shooting<br>c) wild boar hunt | <b>9. Assister (à)</b><br>a) to arrest<br>b) to be present<br>c) to help           |
| <b>5. Bail</b><br>a) lease<br>b) free from prison<br>c) jump off                             | <b>10. Un avertissement</b><br>a) a housing estate<br>b) an advert<br>c) a warning |

## Useful Expression

Fais (faites!) voir  
Let's have a look



## Blague très bête

Méfiez vous de l'oiseau sur le lac  
C'est peut-être un mauvais cygne!



## Funny translation

Talkie walkie  
(walkie talkie)



## 4

Can you match up these common French acronyms with their meanings?

- |      |    |                                      |
|------|----|--------------------------------------|
| PV   | 1  | a Legal alternative to marriage      |
| API  | 2  | b Tax not included                   |
| DAB  | 3  | c Enclosed (business letter)         |
| HS   | 4  | d Nothing to report (e.g. on a form) |
| SMIC | 5  | e Parking ticket (fine)              |
| HT   | 6  | f Bank account details               |
| RIB  | 7  | g International Phonetic Alphabet    |
| PJ   | 8  | h Cash point (ATM)                   |
| RAS  | 9  | i Out of order                       |
| PACS | 10 | j Minimum wage                       |

....and here they are  
in full for an extra helping hand

Procès-verbal  
Alphabet phonétique international  
Distributeur automatique de billets  
Hors service  
Salaire Minimum Interprofessionnel de Croissance  
Hors Taxe  
Relevé d'Identité Bancaire  
Pièces jointes  
Rien à signaler (informal)  
Pacte civil de solidarité



## Test your FRENCH

### 5 Match up the idiomatic sayings

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| J'ai la flemme                    | 1 a Better late than never      |
| Quand les poules auront des dents | 2 b When hell freezes over      |
| A tout à l'heure                  | 3 c Let's get back to business  |
| Je dis ça, je dis rien            | 4 d You're getting on my nerves |
| Ça marche!                        | 5 e Like father, like son       |
| Revenons à nos moutons            | 6 f He's really out of it       |
| Mieux vaut tard que jamais        | 7 g Works for me                |
| Il est complètement à l'ouest     | 8 h I can't be bothered         |
| Tel père, tel fils                | 9 i See you later               |
| Tu me prends la tête              | 10 j Just saying...             |

### Le or La?

More words that change their meaning completely depending upon whether you use the correct gender (le or la).

- le champagne - champagne
- la Champagne - Champagne region
- le chèvre - goat cheese
- la chèvre - goat
- le crème - coffee with milk
- la crème - cream
- le forêt - drill bit
- la forêt - forest
- le livre - book
- la livre - pound (currency and weight)
- le merci - thanks
- la merci - mercy
- le mode - method, way
- la mode - fashion
- le moule - mold
- la moule - mussel
- le vase - vase
- la vase - silt, mud
- le voile - veil
- la voile - sail

### Language tip

#### 'SAVOIR' OR 'CONNAÎTRE'?

Savoir and Connaître both mean 'to know'.  
Use 'Savoir' + verb to express the idea of knowing  
HOW TO DO SOMETHING

Eg

#### Je sais parler français

#### Tu sais danser la sardane?

Use 'Connaître' + noun to express the idea of knowing  
SOMEONE OR SOMETHING:

Eg

#### Il connaît le maire de Perpignan

Connaissez-vous la route pour Font Romeu?

### Attention!

Bon matin can NOT be used for 'good morning'  
Use 'bonjour'.



## Pet Talk: Building Healthy Cats and Dogs



**C**hoosing the right dog or cat food for the boss of the house sounds like a simple enough decision, but so many different options can be overwhelming, very much dependent on your best friend's overall health, age and behavioural needs. The wrong choice can cause food intolerance and allergies.

Géraud Mathy of SUD CROQUETTES explains that food intolerance in cats and dogs is often attributed to the type of biscuits that they are fed, but the real issue is the AMOUNT of wheat, etc. that they contain. Basic ranges are often guilty of putting too many cereal grains in their products, at the expense of vital animal proteins needed to build healthy cats and dogs. **Quality dry food, however, includes real meat or fish without by-products and contains at least 70% animal proteins where**



**dogs are concerned and 80% for cats.** The wheat component, greatly reduced, is thus easily absorbed by the animal's digestive system making the chances of developing allergies very low.

Chat with Géraud and his staff at Sud Croquettes. They would be happy to advise you on the best croquettes or suggest a suitable, grain-free diet.

### Allez, à table les toutous et les minous!



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# Améliorez votre ANGLAIS

See Page 87 for answers

1

## A is for Aha!

Trouvez la définition des mots suivants qui commencent tous avec la lettre A

- |         |    |   |                          |
|---------|----|---|--------------------------|
| aim     | 1  | a | clumsy, difficult        |
| ant     | 2  | b | top of the house         |
| awkward | 3  | c | keep away from           |
| ashamed | 4  | d | in front                 |
| ash     | 5  | e | point or direct          |
| angler  | 6  | f | feeling guilty           |
| attic   | 7  | g | fisherman                |
| ache    | 8  | h | continuous pain          |
| ahead   | 9  | i | small insect             |
| avoid   | 10 | j | tall tree or grey powder |



2

## It's a Dog's Life!

Trouvez la bonne traduction pour ces phrases 'chien'!

- |                                  |    |   |                                  |
|----------------------------------|----|---|----------------------------------|
| A shaggy-dog story               | 1  | a | Une histoire sans queue ni tête  |
| In the doghouse                  | 2  | b | Pleuvoir très fort               |
| Dog-eared                        | 3  | c | Nager comme un chien             |
| Dog tag                          | 4  | d | Un mégot                         |
| Raining cats and dogs            | 5  | e | Plaque d'identité                |
| Doggy paddle                     | 6  | f | Ecorné                           |
| Let sleeping dogs lie            | 7  | g | Tu te trompes                    |
| You're barking up the wrong tree | 8  | h | Ne réveille pas le chat qui dort |
| A dog end                        | 9  | i | Tu es fou!                       |
| You're barking                   | 10 | j | En défaveur                      |



Tongue twister  
(virelangue)

Répétez trois fois  
Three thick thieves fight thugs!

Useful Expression

Warts and all -  
y compris les défauts  
eg I love you warts and all



Very Bad Joke

What did the farmer  
say to the cow stuck on  
the barn roof?

"Get down, cow!"

3

## Ouch, that English humour

Remplissez les blancs

A 1 standing nude in front of a 2 says to her husband:  
'I look horrible, I feel 3 and ugly. Pay me a compliment.'  
He 4, 'Your 5 is perfect.'

a mirror b eyesight c woman d replies e fat

4

## Encore quelques expressions 'very British' Trouvez leur équivalent en Français.

- |                                    |    |   |                             |
|------------------------------------|----|---|-----------------------------|
| Let's have a butchers              | 1  | a | Je suis ravi                |
| it's the dog's bollocks (vulgaire) | 2  | b | Quel idiot!                 |
| I'm chuffed to bits                | 3  | c | Arrête de râler             |
| That's bog standard                | 4  | d | Fais voir                   |
| I am totally cheesed off           | 5  | e | Quel trouillard             |
| What a big girl's blouse           | 6  | f | Pousse-toi                  |
| What a plonker!                    | 7  | g | Je suis écoeuré             |
| Budge up                           | 8  | h | C'est tout à fait ordinaire |
| Stop whinging                      | 9  | i | J'en ai marre               |
| I am gutted                        | 10 | j | C'est très très bien        |



Daft JOKE

What do you say  
to persuade a  
French bear to  
eat cheese?

"Cam-em-ber!"  
(Come on bear!)

Language TIP

DO OR MAKE?

DO - quand on parle d'une activité sans la préciser ou pour parler d'un travail

MAKE - exprime souvent une idée de création, ou de construction

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!

"Oooh, you are awful ... but I like you!" (The Dick Emery Show)



# When Urine PARIS



If you're caught short in the centre of Paris, look out for these bright red, eco-friendly urinals or 'uritrottoirs' filled with straw and designed to be odour-free.

They can be found in the middle of public paths and pavements, they are not hidden away at all, and their aim (no pun intended) is to discourage gentleman from public peeing at random against walls, behind bushes.....

When full, about 200 pipis-worth depending on bladders, a sensor alerts an attendant to empty the contents. Yes, really! This is not an April Fool!



The melange is then turned to compost, and eventually becomes plant food - "but only for flowers" its co-creator Laurent Lebot was quick to inform the media. "Not for fruit or vegetables."

Some of them even have a view, like the one on quai d'Anjou looking out over the Seine and its bateaux-mouches!

Coming soon to Perpignan or a town near you?  
Wee or non?



## DID YOU KNOW

### ARSE BOATS

Le Boulou, or El Voló, takes its name from the Catalan for cliff, situated as it is between rivers Tech and Valmanya with sheer ravines overlooking the town.

In the early 18th century, 150 years before the present, suspension bridge was built to allow passage into Spain, the Tech River regularly flooded the valley. The wooden bridges rarely won the watery war with the angry river and at times of high rainfall, it was impossible to cross. A group of young men built up a nice little business by forming a human chain and transporting travellers across the river on their naked backs. Known as 'Les Barques de Cul' (arse boats) due to their bottoms sticking out of the water to form a bridge, they provided a sight for sore eyes for the ladies of Le Boulou on a rainy day!



## DID YOU KNOW

### How to Survive Pancake Day

Apart from the well known **Mardi Gras**, the nearest French equivalent to Pancake Day is the '**Fête de la Chandeleur**' (Candlemas), on 2nd February. Dating back to roman times, the tradition was to light a candle in the church and carry it home without the flame going out if you wanted enjoy your pancakes.....and see the year out!

Celui qui la rapporte chez lui allumée  
Pour sûr ne mourra pas dans l'année

Bonne journée



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# The Dossier Médical Partagé

**T**he Dossier Médical Partagé (DMP) is a free, confidential and secure health record that stores your information in one centralised, digital location.



Details of all your treatments, test results, pathologies, allergies and other health information will be grouped together in one place in a bid to provide coordinated health care, particularly in case of emergency.



## Why create a DMP?

By simplifying and securing the sharing of relevant health information, the DMP promotes coordination between all health professionals, even in hospitals.

After an experimental phase, the **DMP is now available everywhere in France**. It is not mandatory and has no impact on your medical reimbursements.

## Who is concerned?

**Anybody with a social security number can create a DMP** for themselves or for their dependents. The DMP is particularly useful for people who often use multiple care services, such as patients with chronic diseases, the elderly or pregnant women.

## What information is held?

To improve efficiency and minimise the dangers of anesthesia risks or dangerous drug interactions, the service will amalgamate:

- **Your care history** over the past 24 months, automatically updated by your health insurance
- **Your test results** (X-ray, biological analyses etc.)
- **Your medical history** (pathology, allergies etc.)
- **Your hospitalisation reports**
- **Your next of kin**
- **Your advance instructions** for end-of-life treatment (from April 2019)

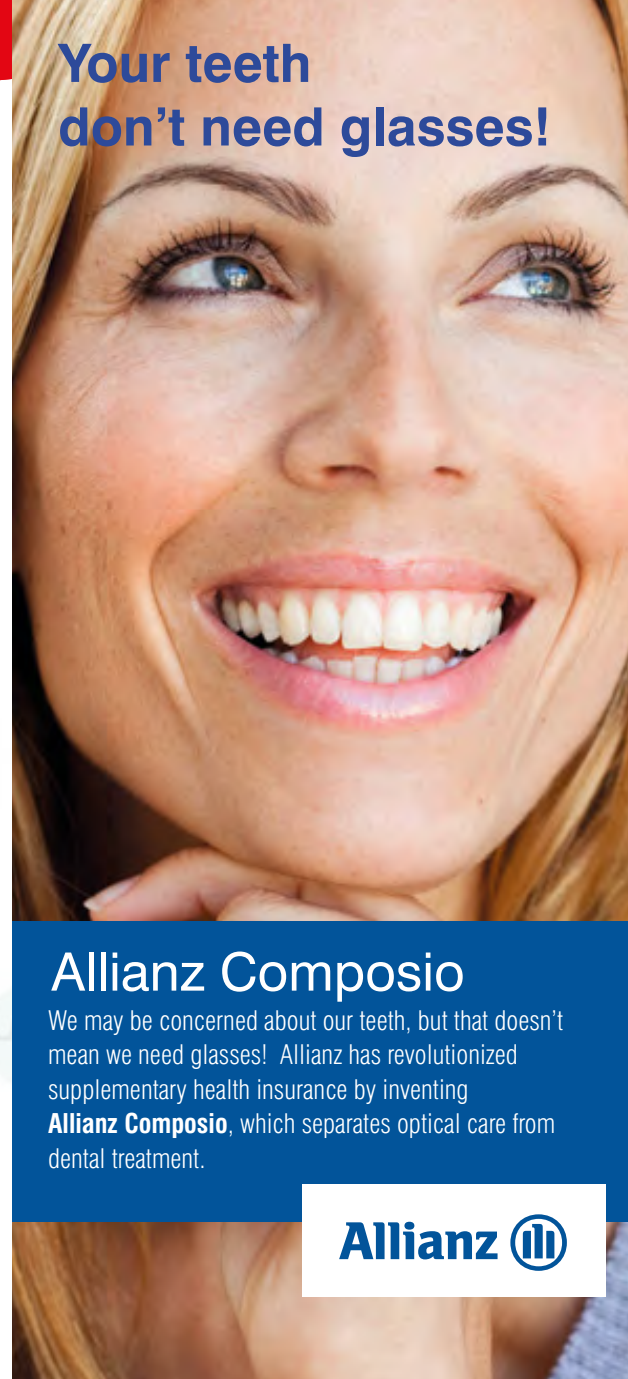
## How do I create a DMP?

You can create your DMP :

- **Online**, directly from the DMP website at [www.dmp.fr](http://www.dmp.fr)
- **In a pharmacy** or with a healthcare professional equipped with the relevant computer tools
- **At the reception desk** of your Caisse primaire d'Assurance maladie
- **With an adviser** from your health insurance organisation

Once created, your DMP is **accessible at any time** from the **My DMP** section of the website or via the downloadable DMP mobile application for iOS and Android systems.

**Your teeth  
don't need glasses!**



## Allianz Composio

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



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# Tapestry of WAR

BY JANE MACKENZIE



Our own local author from Collioure, **Jane MacKenzie**, has had a new novel published this year. Many will be familiar with Jane's best-selling Catalonia trilogy of novels, **Daughter of Catalonia**, **Autumn in Catalonia** and **Mediterranean Summer**.



**T**hese are naturally popular in our region because of the way they bring local history to life, and explore the impact of the turbulent events of the last century on ordinary people and communities.

For her fourth novel, *Tapestry of War*, Jane still maintains her passionate interest in twentieth century history, **this time following the course of World War Two**. She writes about quite different parts of the world, but her depiction of the bravery of Free French forces in the war, young men who defied calls to capitulate, and who didn't know if they would ever be able to return home, will touch chords with anyone who loves France.



The story is a dual one. From the deserts of North Africa, to the waters of Scotland, **the Second World War touches the lives of two women from two very different worlds**. In Alexandria, journalist **Fran** finds her world turned upside down as Rommel's forces advance on the idyllic shores of Egypt. The life of luxury and stability that she is used to is taken away as she finds

herself having to deal with loss, heartache and political uncertainty. Meanwhile, in the Firth of Clyde, **Catriona** struggles between her quiet rural life and her dreams of nursing injured servicemen on the front lines. As the war rages on, the two women's lives and families become intertwined, creating what author **Elisabeth Gifford** has called a **"quite compelling story of courage, hope and love"**.

Press reviewer **Anne Cater** has followed Jane from the early stages of her career. She wrote in her blog:

*"Jane MacKenzie has clearly put such a lot of research into this story. She brings the customs and cultures of two such different places to life so very well. Both Fran and Catriona have tragedy and despair to deal with and both of these characters are beautifully created; appearing incredibly real and I for one was completely swept up by both of their stories."*

*Wonderfully atmospheric and highlighting the perils and consequences of war, for everyone, despite where they lived, or who they were. Tapestry of War is an evocative and tender story, perfectly executed and will delight fans of this genre."*



The paperback version of **TAPESTRY OF WAR** is available on **Amazon.fr**, or you can buy the Kindle version on **Amazon.co.uk**.



# The RETIRADA of 1939

by NORMAN LONGWORTH

1939 was a difficult year for France. Not only did it experience the indignity of an invasion on its North East border from Hitler's hordes, but it suffered a very different incursion in its far South-West in the early months of the year.



**N**ot a military attack, but the result of the aftermath of the Spanish civil war, **when a flood of desperate refugees from Southern Catalonia fled Franco's bombs and reprisals, and came knocking on the gates of the Conflent and its neighbouring regions in the Pyrenees-Orientales.**

Despite initial French efforts to keep them out, **almost half a million people** crossed the French border over the Eastern Pyrenees in the depths of winter, suffering incredible hardships, hunger and deprivation on the way.

The Gods of winter didn't care to ease their burden. They provided one of the coldest on record.



And so these ill-clothed exiles tramped their way in temperatures of minus 20 degrees up through the snow-filled cols and valleys. Along the coast they came, over the high mountains, along paths later followed in the opposite direction by the fallen airmen seeking refuge

Along the 'route des aviateurs' (8000 ft) leading to Mantet in the Conflent, over the Coll d'Ares (5000 feet) to Prats de Mollo in the next valley, through the Cadi mountains (8000 feet) into the Kingdom of the Cerdagne and thence down the Tet valley to the Conflent.



Families with children of all ages, grannies and granddads, exhausted soldiers and civilians, the poor, the destitute and the shattered – all hoping, expecting, that their cultural cousins across the border would recognise their plight and welcome them into their homes. Or at the very least offer them some kind of sanctuary.

Back in what was now Franco's Spain, many of the men had, for 3 years, fought bravely against the dictator's well-equipped forces, winning some battles, losing most. Side by side with them, the rag-tag army of the international brigades had made their own history, some of them retiring home to write about their experiences – Laurie Lee, Ernest Hemingway, Jack Jones, George Orwell and many others lesser known.

But Franco had the support of the Fascist dictators, Hitler and Mussolini, and when Barcelona became the last Spanish city to fall on January 26th 1939, the cause was lost.

This was 'the Retirada,' – the retreat – as hundreds of thousands of republicans, many with their families in tow, sought sanctuary in France.



By the first week of March, **87,000 men alone had been incarcerated into what was euphemistically called an internment camp on the beach at Argeles-sur-Mer.** Here, enclosed by razorwire fences, they endured the ice-cold tramontane whistling down from the frozen mountains, the indignity of prison life and the kind attentions of Senegalese troops with a well-deserved reputation for ruthless violence.

Thousands of the exiled 'undesirables', on the wrong side of political orthodoxy, were exterminated in the Nazi gas chambers, mainly at Mauthausen in Austria. The majority, though, were conscripted into squads of foreign workers, unpaid of course, while others were sent to be further abused in the Foreign Legion. One of the most notorious of these concentration camps, now immortalised as a museum, can be found at Rivesaltes, near to Perpignan airport.

*Never again it says on the blurb. Some hope!*

**Norman Longworth lives in Eus.**

Order his light hearted look at life in the Conflent, immortalised in 'The Conflent Tales', available from Amazon.

# Tried and TASTED

It's been an absolute joy exploring the region's wines and meeting new friends under our beautiful tramontagne blue sky in this very special corner of the globe. I have been lucky to meet some absolutely delightful people amongst the P-O wine community: Hawaiian beach paddlers, Tuscan hill hikers, Parisians, natives of Nantes, New York, London and Lisbon. American, Australian, Dutch, English, German, Irish, Italian and Spanish. Successful, thoughtful people who have chosen to live here for the trinity of climate, wine and people. Looking back at the superb wines I've sampled and shared, in no particular order, these are now some of the permanent residents of a dedicated corner of our kitchen.

WITH TONY GOODMAN



## Terrassous Wines La Reserve Blanc 2017

A fresh crisp, citrus apple blossom special with an intense affinity for seafood. Sufficient structure to be put aside for 12 months, it is ready, willing and able to be enjoyed now. Fantastic value, there is no excuse for not having a bottle on hand for some impromptu lunchtime moules. Serve 10 - 12C 5.50€

## Chateau Valmy Le Premier de Valmy (2016)

Big and bold special event wine. Smooth Jonny Wilkinson reliable. Syrah and Mourvèdre tannins, Grenache Noir pepper. Liquorice with hints of vanilla. Cleared for departure now or perfectly happy to remain in the hanger for a few years. Serve 14C 15.50 - 18.50€



*Les Français sont si fiers de leurs vins qu'ils ont donné à certaines de leurs villes le nom d'un grand cru.*

Oscar Wilde

(grand cru - great vintage)

## Mas Christine Vin Blanc

An on-point alert showcase of master-winemaker Andy Cook's skills. Nice hints of schist driven peach and lime. Has enough style and structure to open the pre-dinner proceedings, support a goats cheese and roquette salad entrée then carry on to a free range roast chicken main course or just team it with a party platter of the region's seafood. Serve 10C - 12C around 12.00€

## La Perdrix VDN



A quiet smooth post dinner performer, a soft apricot/peach five iron approach shot to the green then a light touch of vanilla to the pin. One of the very rare things in life that will never let you down. 21.50€

## Lafage Nicholas

A family favourite and a visit to Lafage's brand new tasting facilities is always a crowd pleaser. Gorgeous deep garnet colour. Old vine Grenache Noir at its Cote de Boeuf best. It never fails to impress. 11 - 12.50€

These are just a few of the superb wines I've tried and tasted this year. Unfortunately space does not allow to showcase many other great wines. Abbé Rous and Arnaud de Villeneuve VDN's, wines from Terres des Templiers and Terre Romains, Cazes and Mas Deu bio wines, soft reds from Lauriga, Chateau Planères and Chateau de Corneilla. Thank you one and all for reading my humble jottings and wine suggestions in each edition of P-O Life. Wishing you peace and prosperity for the New Year.



# International ASSOCIATIONS

BY PENNY O'KANE

Our beautiful corner of France is a magnet for people from all over the world. Whether new to the region, or long time residents, **there are several international organisations in the P-O providing links between nationalities.** They help people to settle in, reply to questions and problems, and offer new skills and interests within a social, supportive environment. Here are a few organisations in the department where you can join in, meet up, **share interests and have fun!**

## Maureillas Sans Frontières

**GROUP:** Maureillas Sans Frontières (MsF)

**AIMS:** To break down barriers through social and cultural activities

**LOCATION:** Maureillas-las-Illas, Ceret, St Jean-Pla-de-Corts, Le Boulou, and far beyond

**NUMBERS:** 359 members

**NATIONALITIES:** 72% French/Catalan, 17% Anglophone, 13 other nationalities

**ACTIVITIES:** Language exchange, social gatherings, group outings and holidays, charity events....

**CONTACT:** Maggie (in English) on **04 68 83 03 86** or Martine (en français) on **04 68 83 02 57**

**WEBSITE:** [www.maureillassansfrontieres.org](http://www.maureillassansfrontieres.org)



### Fais tomber les barrières à Maureillas!

MsF began in 2008 when a group of English, French and Catalan friends in Maureillas set out to help newcomers to the village and encourage integration amongst residents. **Originally a weekly 'linguistic exchange', today a thriving association**, with a large French membership and members from 14 other nationalities, **for a mere 10 Euros a year**, members can take language lessons, go on organised walks of different levels, attend social events throughout the year, learn new skills and meet and integrate with others in the area. Key events include the weekly language 'ateliers', biannual tapas evenings, 'Chez Nous' events where members are invited to local houses and boules tournaments.

Learn a recipe from another country (from Yorkshire Pudding to foie gras!), help to raise money for the Telethon and other local charities, join in the famous Viking Games events, followed by a tasting of Danish beer and snacks, sign up for a trip to Prague, Vienna and Budapest, or a visit from a bagpipe band from Scotland. **New members are very welcome, wherever you live - after all, the association is 'sans frontières'!**

## Vermeille Internationale (VI)

**GROUP:** Vermeille Internationale (VI)

**AIMS:** Having a good time with friends, while raising money for good causes

**LOCATION:** Port-Vendres, Collioure, Banyuls-sur-Mer, Argeles, and far beyond

**NUMBERS:** 200 members

**NATIONALITIES:** 50% Anglophone, 25% French/Catalan and 25% other nationalities

**CONTACT:** David Cadwallader **04 30 44 52 79** or by email: [vermeilleint@outlook.com](mailto:vermeilleint@outlook.com)

**WEBSITE:** [www.vermeille-internationale.com](http://www.vermeille-internationale.com)



Set up just 6 years ago by a group of 4 friends living in Port-Vendres, **Vermeille Internationale's main aim is to raise and donate funds to both local and international charities: meet up, make friends and give something back!**

For the princely sum of **2 Euros per year**, members can attend numerous social events and activities. There are language groups, wine tastings and vineyard tours, walks to suit all levels of fitness, musical and poetry evenings, picnics and dining experiences, visits to festivals, as well as regular apéros evenings.

**A recent innovative and very successful project has been the publication of a beautiful full-colour recipe book** with recipes from around the world from VI members.

The Port-Vendres lifeboat is another project which is supported by the association, and the inauguration of the refurbished boat is eagerly anticipated (with a toast to her, bien sûr!).

Funds are raised throughout the year, and it is estimated that an impressive total of about 10,000 Euros has been donated to charities by the generosity of the VI members.



## International ASSOCIATIONS

### The University of the Third Age

**GROUP:** The University of the Third Age (Pyrenees Orientales) (U3A PO)

**AIMS:** Cultural, educational, social and open to all.

**LOCATION:** Throughout the PO

**NUMBERS:** 440 members

**NATIONALITIES:** 80% Anglophone, 8% French and 12% other nationalities

**CONTACT:** Lesley Wellings at membersu3apo@gmail.com

**WEBSITE:** [www.u3apo.org](http://www.u3apo.org)



**The University of the Third Age (U3A)** in the Pyrenees Orientales is NOT a university and is open to all ages and nationalities! The emphasis is on a friendly, inclusive organisation, and the **only rules are NO politics, religion or commercial activity**. The association is non profit-making and self-funding.

There is really something for everyone in the list of activities for members, and all for an **annual subscription of 10 €**. There are 40 different groups, including French conversations and Spanish language classes (for all levels), yoga, zumba, pilates, petanque, cycling, walking, golf, book groups, a music appreciation, a motor cycle enthusiasts' group, amateur chefs, quiz evenings, art, bridge, wine tasting and fine dining.

As well as the group activities, there are regular events for the whole association, such as the Christmas Party, Annual Dinner dance at the Casino in Le Boulou, and the Fete Champêtre (picnic in the park). The U3A even has its very own band, Zircon, who perform at U3A events. **The activities occur throughout the region, whether in members' own homes or in halls in village halls or restaurants.**

*This is just a 'taster' of some of the international associations in the PO.  
If you're a member of another association, let us know. We'd love to talk to you and to spread the word about what you do and how to join.*

### The Association France Grande-Bretagne

**GROUP:** The Association France Grande-Bretagne

**AIMS:** To organise social events and outings to promote integration between France and GB

**LOCATION:** Based in Perpignan, with members throughout the PO

**NUMBERS:** 65 members

**NATIONALITIES:** 50% Anglophone, 50% French

**CONTACT:** Richard Eyres: [rmeyres@gmail.com](mailto:rmeyres@gmail.com).

**WEBSITE:** [www.association-france-grande-bretagne.fr](http://www.association-france-grande-bretagne.fr)



AFGB has a very long history. **It was originally formed in 1916 following the battle of the Somme**, with the aim of fostering friendship and cultural links between the citizens of France and Great Britain. **The organisation now has 35 branches in France, including one in Perpignan which was started in 1981.**

**AFGB (PO)** is a small but active, friendly association which is based in Perpignan but has members all over the region. Regular meetings include French and English conversation classes, an apéro once a month at the Café de la Poste in Perpignan and visits to the Cinema Castillet.

Different outings and visits include a very recent visit to the saffron farm, a medieval banquet (with full medieval regalia!), a ride on the Petit Train Rouge, a trip to the salins (salt flats) at Gruissan in Narbonne...

**The annual subscription is 25 Euros per person, or 40 Euros for a couple.**

CSF - Sud de France (11, 09, 66, 82) Association no. W 112000594

Sud de France

*"Supporting those whose lives have been touched by cancer"*

Language support, information or someone to talk to... with our informal groups and book exchange

CSF Sud can provide practical and confidential support **when you need it most**

Contact us to find out how you can help CSF or **how we can help you**  
**Penny on 04 68 38 81 28**  
[sud-president@cancersupportfrance.org](mailto:sud-president@cancersupportfrance.org)  
**Maggie on 04 68 96 55 46**  
[sud-po@cancersupportfrance.org](mailto:sud-po@cancersupportfrance.org)

**A warm welcome awaits you at our informal groups at Céret and Ille**

**Céret**, Pablo's Bar Place Picasso  
10h30 to 12h on the First Wednesday of the month

**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

[www.csf-suddefrance.webs.com](http://www.csf-suddefrance.webs.com) | [www.csf-forum.org](http://www.csf-forum.org)



# Things You Might NEED To KNOW



## ENGLISH HELP LINES

No matter how hard you've been working on your French lessons, telephone conversations are not easy, and **sometimes you just need the reassurance of an english voice at the other end of the line.** **HERE ARE A FEW ENGLISH HELP LINES.**

### >> FRANCE TELECOM –

Orange English speaking helpline  
**09 69 36 39 00** (free from FT landlines) or  
**0033 9 69 36 39 00** from outside France:

### EDF (ELECTRICITÉ DE FRANCE)

**05 62 16 49 08** or  
**0033 562164908** from outside France

**CPAM** (social security insurance, benefits and healthcare rights...)

**08 11 36 36 46** from France or **+33 811 70 36 46** from Foreign Countries

### EUROPEAN EMERGENCY NUMBER – 112

Universal, free **'any-emergency'** number that can be used anywhere in the EU from any phone for immediate assistance from the fire brigade, a medical team or the police.

## THE WEBSITE'S LIMIT!

Stick to the limits and you won't have any problems - but if you're one of those people who forgets to check their speedo, the government has set up **radars.securite-routiere.gouv.fr** for an up-to-date look at the positions of speed traps in each region, to help you to remember when and where to slow down. **By clicking on one of the images, a window appears with the radar's location** (department, road), type, date of activation and maximum authorised speed at that location. The map will be updated every two months and a road accident map will also soon be added.

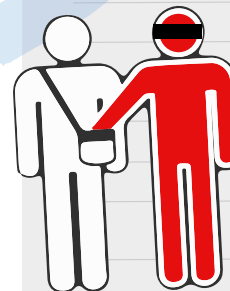


## UNDER PRESSURE

If you have your blood pressure taken in France, and have difficulty interpreting it, just add a zero to each, and hey presto, you have the UK measures. For example, if le medecin says you are 14/8, that is 140/80 in UK money!



## IF YOU ARE A VICTIM OF CRIME IN SPAIN...



...call **902 102 112** to make a 'denuncia' (English speaking number for foreign tourists. Not free)

...file a report on the Spanish Police website at

**<https://denuncias.policia.es/OVD>** (English version available).

... report a crime in person to any police station (comisaria de policia)

**Most insurance policies require you to have some sort of crime number from the local police.**

## ON-LINE CARTE GRISE

It sounds so simple. Log book or 'carte grise' vehicle registration is now **on-line only** - (ANTs <https://ants.gouv.fr>) - and causing chaos as the site is regularly 'en panne' or overloaded.

To solve this, ANTs have set up a **telephone helpline** - which is not without its problems either!

Several private companies will now help you to jump the hurdles for around 30 €, calculating taxes payable on registration and holding your hand through the on-line procedure. Contact **editor@french-property.com** for more info on help available.

## ON THE BUSES



Did you know that **local and school buses, including the 1 € bus**, are now run by liO (Lignes Intermodales d'Occitanie)?

Finding the various bus timetables on the Internet is a little problematic as their new website takes shape but **check out [www.laregion.fr/transport-pyrenees-orientales-regulier](http://www.laregion.fr/transport-pyrenees-orientales-regulier)** and with luck, bus information will soon appear there.

And don't let it stop you taking the wonderful 1€ bus for an incredibly cheap gallivant around the region. **Pay your 1€ when you get on the bus, and the ticket is valid for 2 hours**, so you can change buses within that time and not pay again.

Tickets can be purchased at the bus station in Perpignan and the weekly and monthly ones are available on the bus itself. (The annual ticket requires a photo.)

## English-speaking Alcoholics Anonymous

If you seem to be having trouble with your drinking, or if your drinking has reached the point where it worries you a bit, you may be interested in **contacting the English speaking Alcoholics Anonymous** in the south of France. You will be most welcome to join the thousands of men and women in A.A. who have put their drinking problems behind them.

Call today in complete confidence on  
**08 20 20 02 57**





## 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.**

### P-O SMALL ADS

Contact Fiona on  
fiona@anglophone-direct.com

**FIND OUT MORE ON OUR WEBSITE**  
[www.anglophone-direct.com](http://www.anglophone-direct.com) - Directory - Property for Sale/To Let

### FOR SALE

#### THUIR

**Architect's house in perfect condition, with outside space.** Situated in the centre of Thuir, a few minutes' walk away from this lively town's many facilities. Garage, laundry room and play room featuring a billiard table, spa tub and shower. Downstairs WC. Large, light-filled living room and kitchen-diner opening onto 20m2 private patio. High-tech fitted kitchen with central island. A spectacular, spiral staircase leads to 2 en-suite bedrooms, plus master bedroom with private balcony/solarium overlooking the patio. All rooms have reversible AC.

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E-mail [catherine.astie@orange.fr](mailto:catherine.astie@orange.fr) for more info/viewings



### Sale or Long Term Let

#### AMÉLIE-LES-BAINS

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### Gîte to rent

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### LANGUAGE EXERCISES ANSWERS

#### TEST your FRENCH

- 1 1e 2i 3d 4j 5h 6g 7c 8a 9f 10b
- 2 1 cieux 2 yeux 3 chevaux 4 pneus 5 mesdames 6 jeux
- 3 1a 2c 3a 4b 5a 6b 7c 8b 9b 10c
- 4 1e 2g 3h 4i 5j 6b 7f 8c 9d 10a
- 5 1h 2b 3i 4j 5g 6c 7a 8f 9e 10d

#### AMÉLIOREZ votre ANGLAIS

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





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f: facebook.com/cotecatalane ..... www.cotecatalane.com

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Smoked Fish ..... www.lespoissons-fumes-pv.com

**Les Roses de la Prade**, St Génis-des-Fontaines ..... 06 21 35 28 64  
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SOS HELP - English-speaking ..... [www.cancersupportfrance.org](http://www.cancersupportfrance.org)

**Emmaus** ..... 04 68 54 59 60  
Donate any unwanted items [fr.gaiadlr.com/emmaus-pollestres](http://fr.gaiadlr.com/emmaus-pollestres)

**Les Restos du Cœur** ..... 04 68 85 04 53  
Provides food packages & free meals to the poor & homeless,  
organised & served up by volunteers. [restosducoeur66@wanadoo.fr](mailto:restosducoeur66@wanadoo.fr)



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**SOS Help** ..... 01 46 21 46 46  
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English-speaking Accountant (Perpignan) ..... contact@sorecconsultants.fr

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**Les Roses de la Prade**, St Génis-des-Fontaines ..... 06 21 35 28 64  
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**Argelès Tourist Office**, Argelès-sur-Mer ..... 04 68 81 15 85  
Place de l'Europe ..... www.argeles-sur-mer.com

**Argelès Heritage & Culture** ..... 04 68 81 42 74  
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**Bains de Saint Thomas**, Fontpédrouse ..... 04 68 97 03 13  
http://www.bains-saint-thomas.fr/ ..... f: bainsdesaint.thomas

**Canet Tourist Office**, Canet Plage ..... 04 68 86 72 00  
1 bis av de la Méditerranée ..... www.ot-canet.fr

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**Domaine de Falgos, (Golf)** ..... 04 68 39 51 42  
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**Font Romeu Tourist Office** ..... 04 68 30 68 30  
office@font-romeu.fr / www.font-romeu.fr / f:  
StationDeSkiFontRomeu

**Fun Bike Center** ..... 04 68 22 29 34  
Espace Tech Oulrich, Céret ..... www.funbike-center.com

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**Les Aventuriers**, St Jean Pla-de-Corts ..... 06 71 60 37 44  
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**Les Angles Tourist Office**, 2 avenue de l'Aude, Les Angles .....  
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www.lesangles.com ..... f: LesAnglesSki

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**Rando et Chariot**, Palau-del-vidre ..... 06 15 41 38 14  
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**St Cyprien Tourist Office**, St Cyprien Port ..... 04 68 21 01 33  
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**André Slatkin** ..... 04 68 35 24 06  
English speaking Lawyer based in Perpignan  
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## MUSEUMS

**Collection François Desnoyer**, St Cyp Village 04 68 21 06 96  
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**Cherry Orchard Theatre**, St Jean Pla-de-Corts  
..... info@cherryorchardtheatre.fr

**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  
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..... info@theatredelearchipel.org / www.theatredelearchipel.org

**Théâtre de l'Etang**, 6 allée des Arts et des Lettres, Saint Estève  
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www.restaurant-la-galerie.business.site  
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**Le Jardin**, Céret ..... 04 11 64 41 12  
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**Kim Long**, St Cyprien Plage ..... 04 68 55 15 89/06 25 89 14 93  
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**Lou Grilladou**, Perpignan ..... 04 68 34 86 61  
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**La Praline**, Tearoom/Lite Bites in Céret ..... 04 68 87 71 21  
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**Le Relais d'Oulrich**, Céret ..... 04 68 39 17 28  
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richard.guix@orange.fr ..... f: Els-Simiots

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**Château Valmy**, Argeles-sur-Mer ..... 04 68 81 25 70  
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**Domaine du Mas Deu**, Trouillas ..... 06 81 55 04 05  
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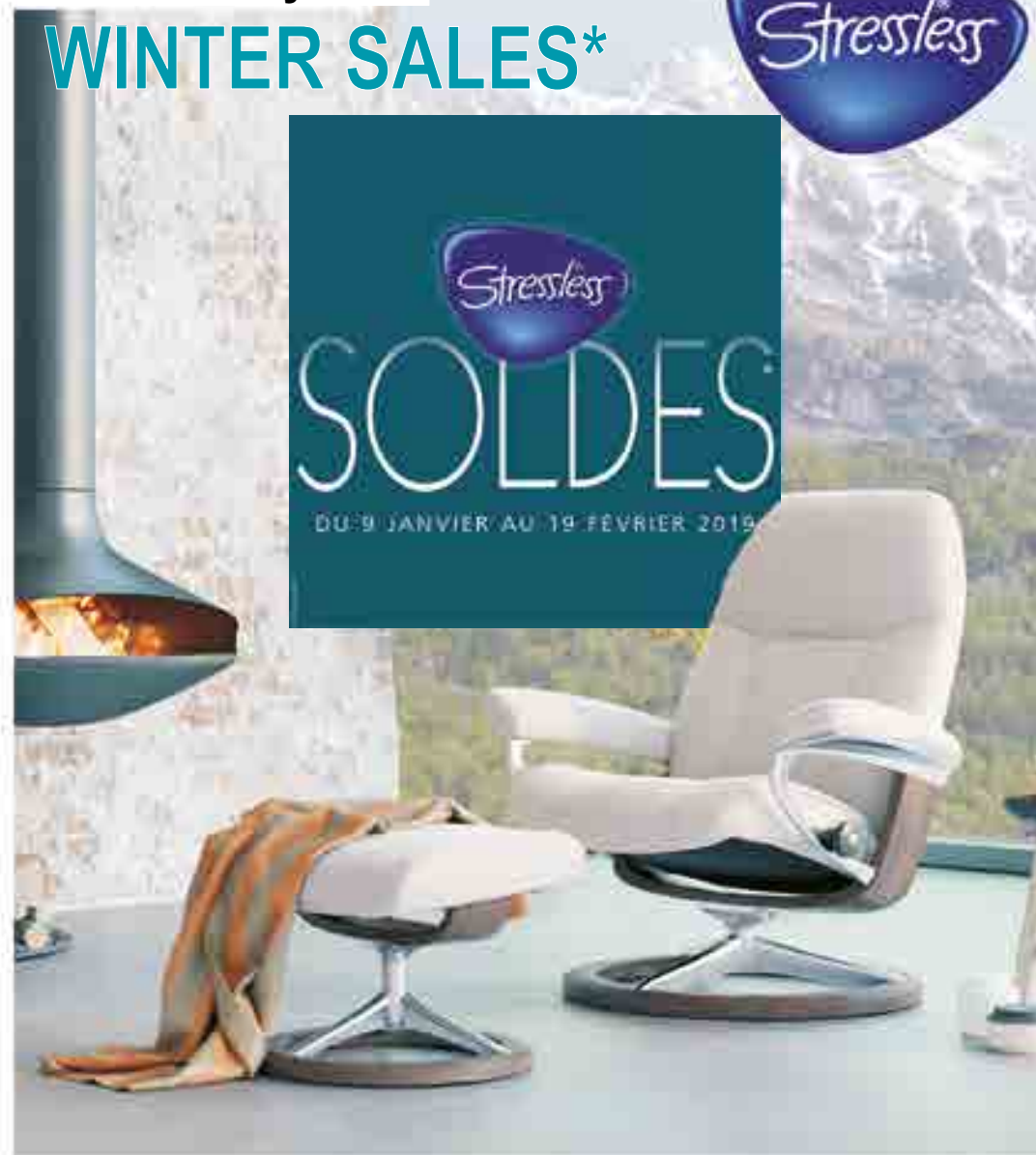
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