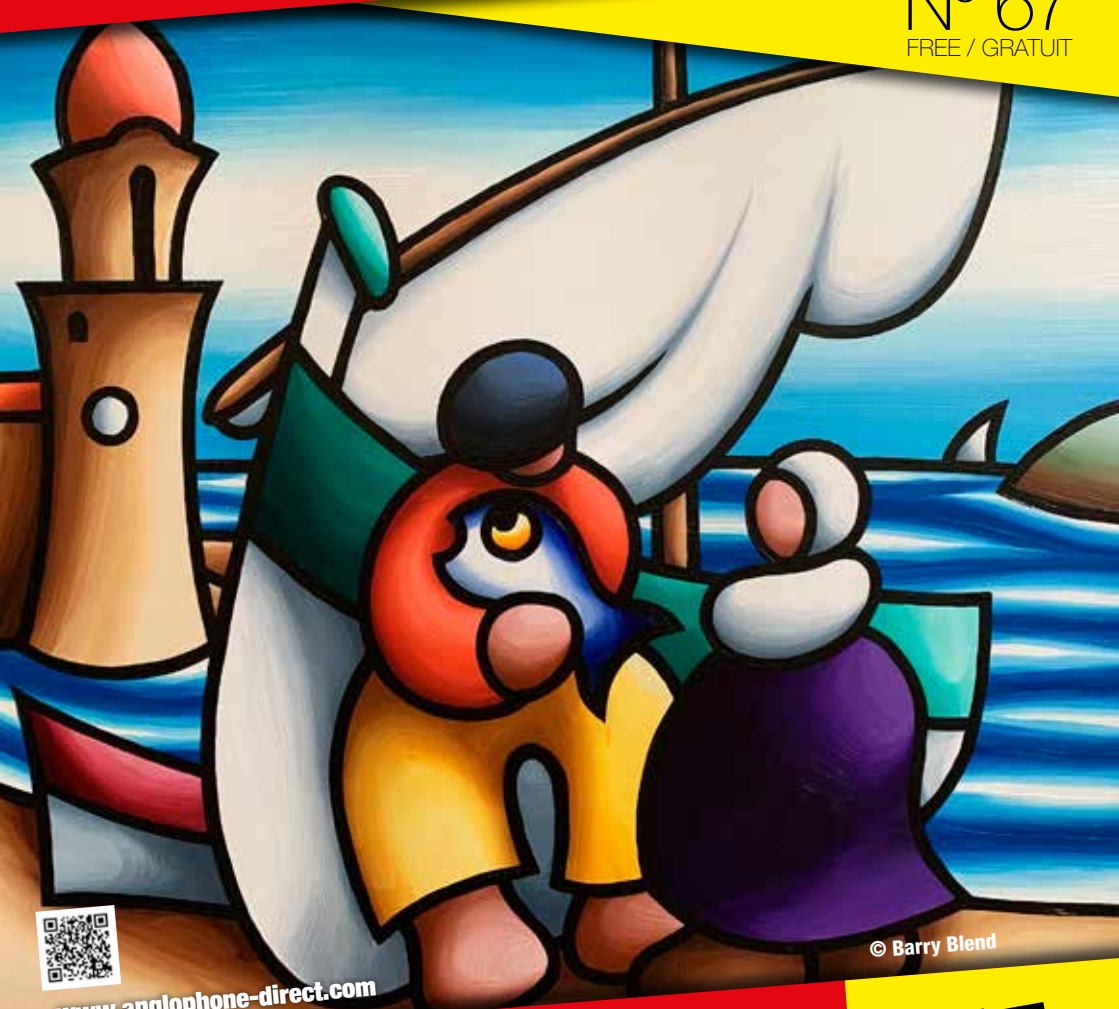


Summer 2020

P-O Life

Life in the Pyrénées-Orientales

N° 67
FREE / GRATUIT



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dans la Manche mais nous,
on habite les Pyrénées-
Orientales. Ça fait
beaucoup trop loin!*

éternuer – to sneeze
la manche – sleeve
la Manche – English Channel

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EDITORIAL

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*Hola Nois
i Noies!*

Well, it's been a funny old year so far hasn't it?

The C word has pretty well taken over all our lives, and nobody has remained untouched by the dramatic events of 2020. Here in the P-O, we've been luckier than most but nevertheless many of us have had to adapt our lifestyles. We still need to be cautious – but we have sunshine, mountains, beaches, terraces and trottoirs and plenty of outdoor space to spread ourselves around!

Our summer edition is once again full to overflowing with walks, days out, interesting bits'n bats about the region, restaurant reviews, French language exercises, some silly stuff (jokes) and some serious stuff (Brexit!).....and the adverts which ensure that we can continue to publish on paper and still pay the high printing costs

Please please use our advertisers whenever you can. Many of them continue to support P-O Life, despite their own difficult start to the season. Without them, we would be out on the street with begging bowls!

Stay safe, stay well, slap on plenty of high factor suncream – and **enjoy your summer in our beautiful Pyrénées-Orientales.**

Kate

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

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P-O Life Index!



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DROP IN ON OUR FACEBOOK GROUP WHERE YOU CAN CHAT, RECOMMEND, ASK QUESTIONS, BUY AND SELL YOUR BITS AND BOBS....OR FOLLOW US ON INSTAGRAM AT POLIFEMAG66

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CENTURY 21

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NEAR CÉRET: On land of 13 370 m², 4 detached houses of 40 m² with living room of 19 m², bedroom, office, bathroom and terrace offering spectacular views of the mountains. Renovation work needed on this exceptional site. **A MUST-SEE!**

PRICE: 310.000 € • REF: 7243 Dpe N/A



MAUREILLAS-LAS-ILLAS: Near Céret, completely renovated, attractive 3-bed villa approx 107 m² living space, close to village centre. Set in tranquil, wooded grounds approx 2,100 m². Independent studio, sunny terrace plus pool with **breathtaking views of Mount CANIGOU.**

PRICE: 336.000 € • REF: 7354 Dpe D



TAILLET: Charming House located in the calm of this small and authentic village, near Céret. Approx 145 m². Sun terrace with breathtaking view over the mountains, 3 bedrooms, pool on 1398 m² of land. **RARE IN THE AREA**

PRICE: 375.000 € • REF: 7013 Dpe E



AMÉLIE LES BAINS: Superb old house of approx 90 m², just 5 minutes' walk from the centre. Entirely renovated on 3 levels, with two bedrooms, living room with open kitchen, bathroom and separate studio with independent access. **UNIQUE AND EXCLUSIVE**

PRICE: 205 000 € • REF: 7311 Dpe C



ARLES-SUR-TECH: Charming detached villa in quiet area near all amenities. Three bedrooms, with master en suite, beautiful living room of 60m² and well equipped kitchen, laundry room, office, double garage. **WELL WORTH A VISIT**

PRICE: 310.000 € • REF: 7225 Dpe C



SAINT JEAN PLA DE CORTS: Village house of approximately 102m², tastefully renovated, with large living room / American kitchen opening onto terrace, three bedrooms, one en suite with walk in shower. **ARRANGE A VISIT NOW**

PRICE: 188 000 € • REF: 7364 Dpe N/A

WELCOME TO THE PYRENEES-ORIENTALES!

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WALK THE DOLMENS

A circular walk of 11 kilometres exploring the group of dolmens above the pretty village of St Michel de Llores. Allow 4½ hours. Although there is 460m of ascent, both the beginning and end sections of walk are on DFCI forest roads, so good for those who like a gradual ascent/descent. The sections of footpath in the middle are in shady cork oak woodland and offer excellent views. Walking boots essential and poles recommended. **Take plenty of water and use sun protection** (hat/sunscreen).



A dolmen is a prehistoric monument of two or more upright stones supporting a horizontal stone slab. These ancient stone constructions are still to be found, especially in Britain and France, and believed to be early tombs or burial chambers. Very little else is known for sure about their original usage. They showcase the skill of Neolithic builders, some of the crowning stones weighing in at as much as 160 tonnes

START OF WALK

As you set off, notice the wonderful collection of metal animal sculptures which start at entrance to car parks. Turn right out of car park, pass Museum of Agriculture and turn left over bridge, direction Caixas. After 200m, on bend, take DFCI piste on left.



Access:
map IGN 1:25,000 Thuir ; Ile sur Têt; 2448 OT

Take the D2 to St Michel de Llores from centre of Ile sur Têt. Plenty of parking next to Mairie or just after it on other side of small park with picnic tables. Toilet available at second car park.

> DFCI piste start

Surrounded as it is by irrigated land planted with cereals and fruit trees, and more arid land of vines and olive trees, it comes as no surprise that the tiny village has its own 'Musée de l'Agriculture Catalane'. More than 400 tools are displayed, presenting the cultivation of cereals, market gardening, viticulture and olive and fruit trees. Unfortunately for agricultural tool anoraks, it doesn't seem to be open very often, but here's the number to try if you're thinking of popping in after your walk. 04 68 84 76 40



THE WALK

Enter valley, soon taking sharp left bend and heading upwards to reach junction. Turn right and continue upwards above the **Ravin des Canalettes**.

(Forty mins from start, when directly under the electricity cables, note large blue arrow on left indicating start of path to **Los Masos**, an incomplete dolmen. Path is steep and overgrown and once past the pylon, it is difficult to spot the dolmen as it is not visible from the path. **(We did this climb, which is an aller/retour, taking about 35 mins but we would not necessarily recommend it. If you are a complete-finisher, add the time and a climb of 70 metres to the walk!)**

Continue up piste and eventually reach a rough tarmac lane. Turn left and soon take a piste to right, indicating direction **Mas d'en Peyrot**.



> Right turn in direction Mas d'en Peyrot

After some distance keep right at Mas d'en Peyrot. Notice the **huge cork oak tree** by its entrance on left.



> Huge cork oak tree

About 45 mins from the blue arrow, on a sharp left hairpin bend, find a footpath on right leading up through the oak trees. At top, arrive at **dolmen of Puig Fournas**. The chamber in the centre is about 2 metres long. Explore the covering stones to find many cupules, some linked in the form of a cross and apparently used when pouring liquids.



> dolmen of Puig Fournas

Cupules (coming from the Latin for 'small cup') rain rocks, were used by ancient healers to control rain and weather. They were carved with lines and grooves to channel the rain, often in the shape of a cross, or several circles. Nobody is absolutely sure of their usage really but they are acknowledged as a form of prehistoric art.

Footpath continues downwards. Emerge on piste and find the **dolmen of la Creu de la Llosa**. This also bears the marks of cupules and crosses.



> dolmen of La creu de la Llosa



> La Llosa Cupules

LET'S TORK CORK!

The bark of the cork oak has benefitted humankind since Roman times and is still an important industry in the Vallespir to this day. Did you know that the thick and deeply fissured bark of the Mediterranean evergreen oak tree or cork oak (Chêne-Liège) provides the tree with an excellent protection against fire damage! Used to produce commercial cork, and harvested approximately every eight to nine years by stripping off the bark, each cork oak is capable of producing 15-16 harvests over its 150 year lifespan.



A cairn at the site marks the start of path uphill towards the final dolmen, **Serrat d'En Jacques**. Views of le Canigou open up behind as you climb.



> Dolmen of Serrat d'En Jacques
Behind the dolmen is a **very large cairn or sculpture in a circle of stones**. Pass to left of it, take the footpath downhill and arrive at a crossroads of pistes - **with a pink water cistern and an armchair!**

Cross to the pink water cistern, pass behind it and follow footpath with high metal fencing visible left.



As the path gets close to fencing, bend right and see crossroad of paths: **turn right downhill (marked by cairn)**.

Path drops and crosses a glade, with piste to right.



At far end of glade reach top of small cliffs and take in great views of the **Ribéral valley and mountains beyond**.

Path descends to right of cliffs into another glade of trees. In this dip, **at crossroad of paths, take path on left which leads down to the car park of the Ermitage St Maurice**. Proceed left to site of Ermitage

HERMITS

The word 'hermit' comes from the Greek 'eremos', meaning wilderness or isolated place. It became popular amongst early Christians, inspired by Old Testament saints, to live a life of prayer and penance, set apart from the world. **From the 17th century, hermits grew closer to the population.** They were believed to be very wise, and villagers would often come to them with confidences or to ask advice. And although they were mostly men, did you know that the feminine of hermit is **hermitess?**



Laroca Immobilier

Property Experts for *Les Albères* and *La Côte Vermeille*

PRICE: 565 000 €



LAROQUE-DES-ALBERES: Exceptional character property in the village centre, on a sunny plot approx 2,300 m². 4 bedrooms, 4 bathrooms, outstanding kitchen and dining room. Approx 176 m² overall. **Garage, 3 terraces and a huge variety of fruit trees!**

PRICE: 359 000 €



BANYULS-SUR-MER: Close to the marina, beautiful villa with fantastic sea view. Approx 85m² living space. 3 bedrooms, 2 terraces and garage. **In excellent condition.**

PRICE: 254 000 €



CERBERE: Just minutes from the beach, very bright village house (approx 90 m²) with 3 bedrooms, garden and terrace. Large utility room to be converted (approx 94 m²).

PRICE: 297 000 €



SOREDE: Charming, semi-detached villa (approx 131m²), close to shops. Large garage, plus 2 spacious rooms for storage. 4 bedrooms, 2 bathrooms. Spacious sitting room. Separate kitchen. Low maintenance garden and sunny terraces. **Quiet location.**

PRICE: 116 000 €



BANYULS-SUR-MER: Located in the centre of the village, very pleasant 2-bed apartment with lovely courtyard. **A lot of charm and character!**

PRICE: 254 000 €



VILLELONGUE-DELS-MONTS: 3-bedroom, stone village house approx 150m². Tastefully renovated, with garden and 2 large terraces. Spacious living room and sitting room. Quiet Location. Short walk to shops. 2 private parking spaces. **Lots of character!**

Contact us to successfully market your property now!



2 agencies at your service:
Place de la Mairie, LAROQUE-DES-ALBERES
1 rue Saint Pierre, BANYULS-SUR-MER
www.Laroca-Immobilier.com



+33 (0)4 68 39 20 94
laroca@live.fr

DOLMENS GALORE!

As you approach the Ermitage notice a **small footpath on right**. After your visit take this path down to the piste. Follow piste downhill, turn left at junction and continue for 3 kilometres or more. **Pass entrance to Mas Montplaisir** halfway. At junction of pistes maintain the level you are on and continue to contour the hills.

When **St Michel de Llores** comes into sight in the valley - a few houses and church evident on left in distance - look for a footpath on right which descends to village. It is just after a bend and another footpath descends from the hill opposite. **Footpath emerges near a bridge over dry river bed**. Cross bridge, turn left to return to car park.

(If you miss the path, emerge from piste at start point, onto D2, turn right to St Michel de Llores and right again after bridge to find car park).



THERE ARE NO REFRESHMENTS AVAILABLE IN THE VILLAGE BUT NEARBY ILE SUR TÊT HAS SEVERAL CAFES AND RESTAURANTS.



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SHADY TERRACE



CASTELNOU Castle re opens to the public

The medieval castle will welcome visitors again this summer 2020 (Covid19 permitting) after being closed to the public for renovations. With over 50,000 visitors a year, it was once the department's third most popular paying tourist attraction. It was handed over to the department for the symbolic sum of 1 euro because of the prohibitive cost of the renovation work required to meet public safety standards. **Look out for a summer programme of special events in the castle and grounds.**



Grotte de Fontrabieuse

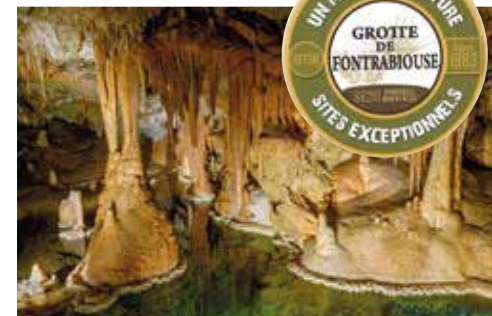
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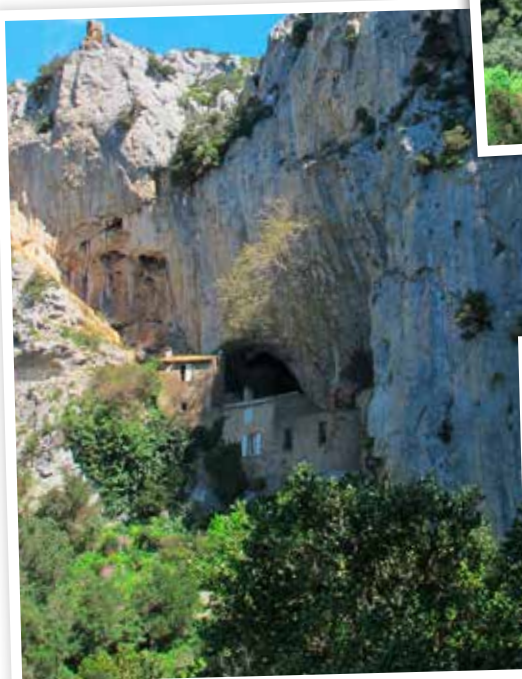
Open every day 10.00 am to 7.00 pm - from 5th December to end of Whitsun holidays



....at the HERMITAGE DE SAINT ANTOINE *and* GORGES DE GALAMUS

Picture the gods cleaving the earth with a monstrous axe and you have the plunging chasm of the **Gorges de Galamus**.

The glory for creating this spectacular passage goes to nature's most patient sculptress, water, in the form of the **Agly River**.



Since time long gone, the pious have been drawn there, living in caves hewn out of cliffs the colour of old bones. Then in the seventh century, Franciscan monks arrived and squeezed a hermitage into a towering crevice that was only accessible by donkey trail. In 1880, intrepid workers abseiled down the rockface and carved out the road we know today, using little more than wrought-iron rods called *barres à mines*.

HOW TO GET THERE:

From **St Paul de Fenouillet**, follow signs to the **Gorges de Galamus**. (See inset for details) until the gorge swallows you and the road, drive on until you reach a **spacious parking on the left**, then hike down the path to the hermitage. The trail is steep, with gravel as slippery as marbles, so **wear good shoes and take a stick if you're unstable on your feet**.

ERMITAGE DE ST ANTOINE

Mystique drifts like mist over the Ermitage de St Antoine. There are **intriguing symbols**, thought to be **Mayan and Templar**, etched into various surfaces, and no-one knows the origin of the **magic square** of words chiselled on the marble block in the main cave.



OUT for THE DAY WITH KATJA WILLEMSSEN

HERMITAGE DE SAINT ANTOINE and GORGES DE GALAMUS

People whisper of a **secret portal** to a feared "other world" **near Sainte Madeleine's font**. A man who ventured through in 1597, reappeared three days later, insane and on death's door. His female companion was never seen again.



CHAPEL CAVE

After the miraculous end to a typhus epidemic in 1782, the womb-like cave behind the hermitage became a chapel. Water drips from stalactites, gleams over walls, and fills the font behind the cross. Worn benches and scraps of handwritten pleas to St Antoine are a poignant reminder that many still pray here. Listen closely and you might hear the beating of the mountain's heart.



La suette miliaire arrived in the Languedoc Roussillon in the early 1780s. Already experienced in England and known as the English Sweat or sweating fever, the symptoms of this mysterious and contagious disease (intense sweating, often-fatal fever) were sudden, with death often occurring within hours. Treatment for this frightening virus ranged from 'faire baisser la fièvre et réhydrater' to 'une succession d'émétiques (vomitifs), purgatifs (laxatifs) et lavements' and 'partir vite, loin et revenir tard', the latter being the nearest equivalent to the present day 'confinement'! Its cause remains unknown



Stand in the shade of the **courtyard's 230-year-old plane tree** and breathe in the view before you climb the steps to the cave where early hermits slept, now dedicated to Sainte Madeleine, and where you'll find a basin of crystal clear water and a startlingly modern wooden sculpture.

STROLL ALONG THE ROAD

Before you drive off, walk a stretch along the road and experience the full magnificence of the imperious cliffs that slice down to the turquoise waters of the Agly River.



ABOUT THE GORGES DE GALAMUS

- 40 kms from Perpignan.
- Magnificent gorge linking the Pyrenees Orientales and Aude departments.
- Hermitage opening hours: 11 am to 6 pm. Visits are free.
- In summer, traffic is regulated to one direction. Camper vans aren't allowed.
- Electric shuttle busses will ferry you through the gorge from the main car park.

HOW TO GET THERE

- Time needed: about an hour from Perpignan by car; a 30 minutes stroll from the parking to the hermitage.
- Take the D117 from Perpignan towards St Paul de Fenouillet.
- Turn right to St Paul de Fenouillet and follow "Gorges de Galamus" signs until the road becomes the narrow D10 through the gorge.

Read **An Elephant in my Kitchen**, Katja's biography about a French woman who rescued a herd of elephants in Africa.

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OUT ^{for} THE DAY

Oh, I do like to be
beside the seaside

BUT...DON'T FORGET THE VILLAGES

Think **Argelès**, think **Saint Cyprien**, think **Canet**....and we immediately think beach and port. A delicious stroll along the prom prom prom (tiddly pom pom pom), long sandy beaches, a wander around the lively ports amidst flapping sails, 'pieds-dans-l'eau bars and restaurants, a certain 'je ne sais quoi'...**But what about the villages?**

Each of these modern, purpose-built marinas and beachside resorts **has its own thriving village**, quintessentially Catalan in contrast to the beach resorts, with narrow, cobbled streets, shops and restaurants, art galleries, churches, chateaux.....

So why not put a village visit on your list next time you head to the beach? Take a stroll, hire a bike or pop into the tourist office and book a guided tour.



Argelès

A short drive from the beach, stroll around the narrow streets of this pretty, bustling village, perfect for people-watching on the trottoirs of one of the many cafés and restaurants. For **traditional French cuisine**, why not try **La Vieille Cave** or **La Fontaine** in the Rue de la Libération, **Café Noisette** further up opposite the church, **The Flowers** or **La Gamate** on the main Route Nationale (also great if you like speciality pizzas!).

Follow the old ramparts, visit the church and its treasures and **climb to the top of the 23-metre tower** to enjoy the unique view of the Plaine du Roussillon (guided visits only).



MARKET DAY:
Wednesday
and Saturday
morning
In the streets and also
Place de la République

Art lovers will enjoy the **Galerie Marianne**, free municipal art gallery showcasing temporary exhibitions from internationally renowned artists, or visit the **Casa de l'Albera** to learn all about the history and heritage of the village.

Don't miss the small **Mémorial du Camp d'Argelès-sur-Mer** on the Avenue de la Libération (www.memorial-argeles.eu/fr) - a stark reminder of darker times in this bright and dynamic resort.



La Table du Coin
Chez Marie et Patrice

Delicious meat
and fresh fish
cooked à la planxa

Open mid-February to mid-December

04 68 55 46 54

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66700 PORT-ARGELES



BEACH TO VILLAGE -

Ten minute drive, 30 minute walk with some main roads, or take the Trainbus
www.trainbus.fr/argeles-sur-mer



Saint Cyprien

Take a guided walk around the village in July and August or visit the **Chapelle Saint-Etienne de Villerasse** on the outskirts of the village, direction Perpignan – nearly always closed, but a tranquil spot for a picnic nevertheless.



MARKET DAY:

Thursday morning

Place de la Mairie

BEACH TO VILLAGE

Ten minute drive, Cypobus shuttle, Little Tourist Train or 40 minute stroll through green and manicured Parc de la Prade with fitness circuit, kiddie's play area, picnic and BBQ area, lakes and fountains...

This pleasant village with attractive church, **17th Century bell tower** and interesting 'rentables', has recently started to rock!

The trendy new '**Pub à la française**' serves, amongst other things, fresh oyster plateaux and exciting tapas, with live music, there is a new '**Crêperie Gourmande**' run by Tom & Nat, and a Brasserie and Sushi Bar to boot! The very original Collections **Museum of Modern Art** is based on the private collection of François Desnoyer and includes works by Maillol, Dali, Chagall and Desnoyer himself.

Le Pub à la française

Pub Bistronomique

Breakfast Lunch

Musie Nights & Tapas

07 86 68 60 33

37 avenue du Roussillon

66750 Saint Cyprien Village

Canet



MARKET DAY:
Wednesday morning
Rue de la Bascule



This traditional village with narrow, cobbled streets, boasts an ancient château and remnants of walls built to protect the villagers from marauding pirates. Some good shops to wander round, the **Galerie des Hospices** for local art exhibitions, the pretty **14th century Église Saint Jacques** with ancient accommodation for pilgrims on their way to Saint-Jacques de Compostelle, the superbly restored 18th century ice well.....

Visit the arboretum on the edge of the village, ancient trees, more than 500 plant species, and take your seasonal pick in the orchards.

Lunch or dine at the **Vigatane restaurant** – as proudly Catalan as they come - serving up Catalan Grillades and other specialities accompanied by Flamenco and Catalan music nights. Why not take a guided visit of the village including wine tasting, (of course), at the very local **Château des Hospices**.



BEACH TO VILLAGE

Ten minute drive, 40 min walk via the marina but some busy roads.

LOOK OUT FOR MORE VILLAGES IN OUR AUTUMN P-O LIFE

Torreilles, Saint Marie, Barcarès & Leucate

THE RACOU

shabby chic, pretty criques, take a peek!

Who doesn't love this beach just south of Argelès port? The original beach houses facing the sea were demolished by the occupation. Amidst fishermen's huts and makeshift shelters thrown together in darker days by Spanish refugees, the small village started to take form from around 1947.



An access road for the very occasional cars and vans, a train stop on the Argelès - Collioure road where the **hôtel du Golfe** now stands, and later **a few shops and a café provided all the essentials**. Demonte Frères of Elne delivered ice twice a week so the drinks could still be served literally 'on the rocks', **there was open-air cinema, dances under the stars, petanque...** and since then not much has changed!



DID YOU KNOW....
....that you can walk from the Racou along the cliffs to Collioure and get either a bus or boat back?



The original Spanish exiles' huts have been done up, even extended over the years. Many of them appear to be in a comfortably reassuring state of genteel dilapidation as the wind, salt and sun do their darnedest, but they're still hanging in there. **It's all part of the charm of the Racou.**

Wander along the beach towards the pretty, pedestrianised port and follow the track alongside the park leading to Argeles marina. A flat and delightful 15 minute stroll to shops, cafés, and some great restaurants on the water's edge.

Le Petit Resteau

Traditional, French Homemade Cuisine

Lunch menu starting at €15,90

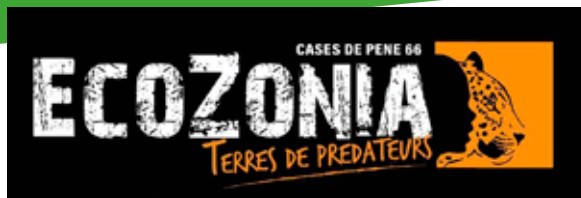
Quai Vasco de Gama, Port d'Argelès sur Mer
Closed on Wednesdays off season only
+33 4 34 10 13 61

@lepetitresteau

AN EXCITING NEW WILDLIFE PARK FOR THE PYRÉNÉES-ORIENTALES

How do you fancy **sleeping amongst some of the most ferocious predators on our planet?** Eagles, panthers, tigers, lynxes.... sounds a purrrrrfectly pawsome experience non?

Well soon, you will be able to, right here in the Pyrénées-Orientales. **Ecozonía is a brand new wildlife park in Cases-de-Pène**, dedicated to the conservation of predators and **scheduled to open in 2021**.



The park, **set over 26 hectares in the Agly valley** is unique to Europe and will house **sixteen species of predator** from four natural ecozones with temperatures and landscapes similar to the Mediterranean climate. On site **eco-lodges will give visitors the chance to sleep in the midst of the park's predatory residents** and eat food prepared by Michelin-starred chef, **Laurent Lamal**. Sounds like an unforgettable experience! Check out our winter 2020 edition of P-O Life for more details and opening dates.



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Maureillas - Traditional stone house 110m² set in pretty garden with mountain views - 2 bedrooms
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Ceret - A rare find! Exceptional apartment in the heart of Ceret village, with large terrace. 2 bedrooms 74m²
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Ceret - Beautiful stone Mas on 1 hectare of land. Large natural swimming pool and garden with 3 bedrooms
€383.000



Laroque-des-Albères - Charming 'hacienda' style villa close to town, in quiet street. Beautiful views, large swimming pool & separate apartment 4 bedrooms **€499.000**



Laroque-des-Albères - Not to be missed! Great villa in Le Domaine des Albères with a separate flat. Large balcony with magnificent views
€225.000



Our team of professional agents have over 20 years experience plus local knowledge of both the Vallespir and Albera regions. Call us now to arrange an evaluation or to visit your next dream home in France! Languages spoken: English, French, Spanish, German.

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OUT ^{for} THE DAY

FESTIVALS & TRADITIONS

BANK HOLIDAYS

14th July
Fête de la Bastille
(Fête Nationale)



The **storming of the Bastille prison** marked the beginning of the **French Revolution of 1789**, leading to the end of the monarchy, and the First French Republic.

The French Aristocracy were the most spoilt and wealthy in Europe, the king and his court frivolous, extravagant and rife with scandal. The poor were starving to death on the streets of Paris. The scene had long been set for the events to follow.

Prison and weapons store, the storming and fall of the Bastille (from old French bastide, meaning fortress and the Provençal 'bastida' meaning built) symbolised the **fall from absolute power of King Louis XVI and his queen, Marie Antoinette.**

Declared a French national holiday in 1880, thousands of euros go up in flames every year to mark the event, with dancing, live music and a whole lot of celebrating.

CHECK WITH TOURIST OFFICES FOR EXACT DATES AND DETAILS. MOST EVENING EVENTS TAKE PLACE ON THE NIGHT OF THE 13TH.

15th August

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

Celebrated by Catholics throughout France and commemorating the departure of Mary from this life and the assumption of her body into heaven, **this religious festival became a public holiday in the 17th century under King Louis XIII.** In 1637, having been married for 20 years and still without a male heir, the king asked his subjects to host processions across the land in honour of the Virgin Mary, in the hope that she would grant him a son.

The very next year, in **1638, Louis XIV was born and the date became a jour férié.**

Non-Catholics also enjoy a mid-summer celebration on this date so whatever your beliefs, there will be plenty of entertainment for everyone.

CHECK WITH TOURIST OFFICES FOR EXACT DATES AND DETAILS.



Buying or selling
a property
in France?

LEGGETT
IMMOBILIER



Fuilla €300,563
Ref: 97338 Superb 4 bedroom house with swimming pool, garden, garage and views.
Agency fees to be paid by the seller. DPE: E



Vernet-les-Bains €66,000
Ref: 107415 1 bedroom apartment with private parking and shared garden. Minutes from the centre of Vernet-les-Bains.
Agency fees to be paid by the seller. DPE: E



Joch €265,000
Ref: 101867 Charming detached 3 bedroom house with garden, swimming pool and lovely views.
Agency fees to be paid by the seller. DPE: N/A



Codalet €299,900
Ref: 105602 Modern 3 bedroom house with large garden, mountain views, pool, orchard and covered terrace.
Agency fees to be paid by the seller. DPE: D



Collioure €243,500
Ref: U39756 Apartment off-plan in a small residence just 10 minutes walk from old Collioure.
Agency fees to be paid by the seller. DPE: B



Eus €420,000
Ref: 96564 Beautifully renovated, 4 bedroom stone olive mill with pool, garden, land and mountain views.
Agency fees to be paid by the seller. DPE: E



Marquixanes €199,000
Ref: 103230 Charming 3 bedroom village house with interior courtyard, terrace and views. Close to Prades.
Agency fees to be paid by the seller. DPE: Ongoing



Millas €341,000
Ref: 102978 Beautiful 4 bedroom villa with double garage, terrace and landscaped garden. 15 min from Perpignan.
Agency fees to be paid by the seller. DPE: D



Argelès-sur-Mer €787,500
Ref: 90489 Superb 4 bedroom detached villa with pool, garden, land and mountain views.
Agency fees to be paid by the seller. DPE: C



Donna Tulloch, sales agent Pyrénées-Orientales

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OUT ^{for} THE DAY

FESTIVALS
& TRADITIONS

When the saints go marching in...



SAINT CÔME and SAINT DAMIEN



Every year, towards the end of September, Argelès-sur-Mer pays homage to its patron saints, Saint Côme and Saint Damien, twin brothers born in Syria in the third century, both doctors, who cared for the sick free of charge. Arrested and beheaded during the persecution of Christians, they were later pronounced martyrs and became patron saints of barbers, doctors and pharmacists.

According to legend, Argelès was struck by plague in the 17th century, an epidemic which disappeared on 27th September 1652 – the feast of the martyred twin brothers. Villagers made a vow to honour them every year in thanks.

Music, dancing, giants, castellers, sardanes.....

SAINTS ABDON and SENNEN

Every year, on 30th July, the procession of the Rodella leaves the church of Montbolo at 7h, heading down forest paths towards Arles-sur-Tech. They carry the Rodella, a coil of beeswax in a spiral around a cross stitched with flowers, offered in thanks to the Saints Abdon and Sennen, who saved their village.

In 1465, a Montbolo shepherd witnessed two witches arranging to bring some particularly bad weather to Montbolo. Abdon and Sennen blocked their path, forcing them to send the bad weather elsewhere, and the crops were saved. Entertainment in the streets, holy water is distributed from the Sainly Tomb and you can even buy mini Rodellas, your own personal storm repellent!

ST. VINCENT

This festival was first celebrated in 1701, when the relics of St. Vincent, patron saint of Collioure and former local fisherman, were returned to Collioure where he was allegedly tortured and martyred for his faith. Taking place around the third week of August, numerous festive events have been preserved including water based games and competitions such as the 'ronde du clocher' (swimming around the port and bay). Demonstrations of Catalan fishing boats, street parades, concerts and fun 'procession sur la mer'



11th to 19th July,
Amelie les Bains

All activities are run
by qualified guides
- SIGN UP ON
www.festivalrandeau.com
or via the
Amelie
Tourist Office.

WILL THIS BE THE YEAR THAT YOU MAKE IT UP TO THE TOP OF CANIGOU?

Philippe Picas and his colleagues at Pyrenees Wellness Valley are the 'real deal' when it comes to hiking and the great outdoors and have probably forgotten more than the rest of us will ever know. The association brings together professional guides and teachers of mountaineering, yoga and well-being for the region's largest outdoor festival.

So who better to organise this joint venture with Amelie Tourist Office!

This full week of guided walks and events for outdoor lovers of all levels is themed around adventure, the respectful enjoyment of nature, edible plants, well-being, spa sessions, yoga, literature.....and for the couch potatoes, there is even a balade gourmande, a more stately stroll for food lovers. Long, short and medium walks are taking place in the Haut Vallespir, the Albères, and on the coast - a great way to get to know the region.



Buy a 'Carte Pass' from the tourist office or online for just 15€ or a book of tickets for 70€ will give you access to all walks and events throughout the week.



For the closing of the Rand'eau Festival, don't miss ...

Nordic Walk day
Sunday, 19 July 2020



7 / 15 / 22 km

AMELIE LES BAINS / PALAURIA

P-O Life

QUARANTAINES OR QUATORZAINES?

Quarantaine Definition

1. Isolement sanitaire de marchandises, d'animaux ou d'êtres humains provenant (originating) d'un pays où il existe un risque de maladie contagieuse.
2. Somme ou nombre de plus ou moins quarante. (about forty)



'Quarantaine' is certainly nothing new, its etymology dating back to the 14th century during the Black Death plague, when ships arriving in Venice had to be isolated for 40 days before passengers and crew could go ashore. In these days of coronavirus however, a new word, 'une quatorzaine', has emerged, referring to a period of fourteen days (or less) of quarantine.

Much used in the French media recently, the word isn't new, but was previously used in the legal world to define a 'space of fourteen days observed between the various stages of a judicial seizure'.

DID YOU KNOW?

The WHO (World Health Organisation, not the band) named the coronavirus 'Covid19' as follows. 'Co' corresponds to 'Corona', 'vi' to 'virus', 'd' to 'disease' and '19' to the year of its discovery, 2019.



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also
in English

Summer in THE



COVID19

DON'T WORRY...BE HAPPY

Your visit is important to us – so is your safety. **All activities, restaurants, galleries, museums, shops and tradespeople will look after you with the strictest respect for the sanitary measures put in place against the spread of the corona virus.**

Fancy watching a few videos before your visit to remind you why everyone loves the Vallespir? Check out our

OTI Vallespir Youtube channel.

After a confined spring **indoors**, where better to let your hair down **outdoors** (with care) than the Vallespir? Hiking, biking, canyoning, tree climbing, teleski, paddle, canoe, paragliding are just some of the activities on offer

WALK

Want to get away from the crowds? Download our free walking guide with detailed itineraries of great walks throughout the Vallespir (<http://vallespir-tourisme.fr>)



© <http://vallespir-tourisme.fr>

CYCLE

Ecological and free, ride the varied itineraries of the many bicycle paths and green ways, from completely flat to as steep as you like it! **Forgot to bring your bike? Ne vous inquiétez pas! Just hire one here!**



© <http://vallespir-tourisme.fr>

TASTE

Have you tried the local produce? **Délicieux!** Olive oil, honey, all things cherry, jams, wine, beers....Find them all at our local markets, delicatessens - or direct from the farm!



© <http://vallespir-tourisme.fr>

DINE

Our restaurateurs are adapting really well to this horrible health crisis by offering take-away and socially distanced dining. From pizzas, crêpes and snacks to local, traditional cuisine, world and gastronomic catering, eating out in the Vallespir will still be a pleasure.

#PRODUITS DUTERROIR ET #GASTRONOMIE



© <http://vallespir-tourisme.fr>

EVERYBODY LOVES A MARKET!

(VIRUS PERMITTING)

CÉRÉT: **Sat am** (Night market every Tuesday in July and August)

LE BOULOU: **Thurs & Sun am**

SAINT-JEAN-PLA-DE-CORTS: **Tues am**

MAUREILLAS-LAS ILLAS: **Thurs am**

LE PERTHUS: **Thurs am** (Food market)



© Tripadvisor



© Corinne Ricart

The Vallespir Tourist Office team is here for you, happy to help and answer any questions to make your visit to the Vallespir even better.

CONTACT

Tel: 04 68 87 00 53

SMS: 06 11 35 71 47

E-mail: accueiltourisme@vallespir.com

Check us out on Facebook, Instagram: **#vallespirtourisme** or **@vallespirtourisme**, Trip Advisor

www.vallespir-tourisme.fr



DID YOU KNOW

'July-ers' and 'August-ers' on the Move

'Le chassé-croisé des juilletistes et des aoûtistes' describes the **traffic chaos on the roads of France late July/early August** as the whole world and his wife heads off to or home from their hols, and the end of both months when the hols are over. **A chassé-croisé is actually a dance step where dancers criss cross and change partners.**

This crossover of the "juilletistes and aoûtistes" sees millions of people moving across the country and traffic monitor Bison Fute issues one of its rare 'black alerts' forecasting more than 600 km of jams.

Fly the Flag

September 11th marks the **Diada de Catalunya**, a **national holiday throughout Catalonia and the Balearic Islands**, the anniversary of the day in **1714 when the Franco-Spanish army captured Barcelona**, bringing an end to the region's independence. It is an **annual commemoration of a bloody and controversial episode of Catalonia's history**. People wave 'senyeres' or 'estelades' (Catalan flags), hang them on their balconies, and red and gold are the colours of the day. Concerts, fireworks, parades through the streets, sardanes, gegants, castellers....

BRA LÀ LÀ!

It's strappy dress and bikini weather ladies, but if you find yourself staring in horror at bra sizes in the 90s and 100s, don't panic! **You won't make a boob if you use this easy conversion table!** (Cup sizes the same as Britain)

32 = 85	42 = 110
34 = 90	44 = 115
36 = 95	46 = 120
38 = 100	48 = 125
40 = 105	50 = 130

Keeping Vernet in Ice

The yearly **Canigou race** honours the intrepid ice carriers of the early twentieth century, who used to climb high into the mountain, cut blocks of ice from the hillside, and run back down with the ice on their backs to sell to the hotels of Vernet-les-Bains. **On the first Sunday of August, each year, walkers and runners, many with loads on their backs, set off from Vernet-les-Bains, to the summit and back.** Not for the faint hearted!



PRATS DE MOLLÓ

and the salt Tax



To punish the villagers, Louis had parts of the medieval walls destroyed.

With Canigou at its back and the River Tech in front, **the views all around the fortified medieval town of Prats de Mollo are stunning. But it was not merely built for the view.**

After the **Treaty of the Pyrenees in 1659, Louis XIV** enforced the outrageous salt tax, '**la gabelle**', intended to finance the maintenance and construction of fortresses and security around France. The tax privileged the wealthy, penalised the poor, and the funds were much misused by the king.

The peasants revolted. Salt was imperative to feed livestock and preserve meat and the new tax sent the price sky high. **They refused to pay it.**

A period of smuggling and resistance against the crown followed. One of Louis's tax collectors was captured and murdered.

Along with armed volunteers, **Joseph Trinxeria**, leader of the rebel group '**Angelets de la Terra**' resisted attempts to impose the unpopular tax for more than 10 years.



The king's engineer, Vauban, rebuilt the town walls, extended the fort and a tunnel was built from the village to the fort, today a long, cool climb up to the castle.

Wander around the fort, **take a guided tour, or check out the local tourist office** for details of times and dates of summer afternoons when the rebellion is re-enacted in a fun 'spectacle' featuring much costume, cavalry, fencing and jousting.

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Restaurant REVIEWS

The following reviews were **compiled before the world was turned upside down by Covid-19**. They are not adverts, they are just restaurants that readers have enjoyed and recommended, based on personal opinion. **They are honest (nous espérons!) objective, (assurément) unrelated to advertising (bien sûr!) and cover a wide range of tastes, prices, and places.**

You might not always agree. The chef might be having a bad day, your standards might be higher....or lower – **but they give you an idea of what's available.**

LE CANIGOU

Villefranche de Conflent.....**with Dee and Howard**
Not a restaurant; but serves snacks and tapas EVERY day of the year 8am to 8pm. You never know what you are going to get in the way of food or welcome but a true local Catalan bar with wonderful decor and atmosphere. **Just next door to the mushroom museum.** Pause for a visit and lunch on your way up to the fort and you get a reduction on entry with your receipt!



Place du Génie,
Villefranche-de-Conflent
Tel: 04 68 96 12 19

LE GARRIANE

Perpignan.....**with Sarah**

Situated near the station, with a bit of a shabby exterior, eating out at **Le Garriane is a refreshing treat** - a couple dedicated to offering fantastically fresh, interesting and delicious food with no pretensions whatsoever, just a simple small space, no bells, no whistles, no fancy swirls, no extraneous chat. **Amazingly good value for this extremely high quality.** And great wine list. Love it.



15 Carrer Frédéric Valette, Perpignan
Tel: 04 68 67 07 44

L'ARAGO PIZZERIA

Saint André.....**with Gill**

Tucked away on the square close to the 12th century church. Friendly and welcoming staff along with their Sicilian chef, offers irresistible pizzas. Good array of pasta dishes and plats à la carte.



8 bis Place Arago, Saint-André
Tel: 04 68 07 06 88

TOM & NAT (Crêperie Gourmande)

Saint Cyprien.....**with Kate and Fiona**

If you fancy an extra special pancake, savoury or sweet, (or both) or a gourmet omelette with a bit of a twist, you must try this recently opened **crêperie in Saint Cyp village**. Homemade, fresh and local, cooked and served by the delightful and dynamic **Tom & Nat**, my savoury pancake with caramelised onions, ham and cheese, was absolutely delicious while **Fiona's omelette was perfect** - both good enough to actually stop us talking for several minutes. A rare event! Immaculately clean, cosy and bijou.

Open non-stop from 11.00 am.



1 Rue Jules Romain, Saint-Cyprien
Tel: 09 53 01 26 58

LE COSTA

Argelès-sur-Mer.....**with David**

Looks fairly basic from outside but **inside the ambience and welcome could not be better.** Friendly service and great wines and a **menu which is not extensive**, but really good. Family run, they know personally where their meat and veg come from. **The steak is superb** and the pizzas are cooked while you watch/wait. **Would recommend a visit.**



Centre commerciale Costa Blanca,
Boulevard de la Méditerranée,
Argelès-sur-Mer Tel: 04 68 09 32 95

ELS SIMIOTS

Arles-sur-Tech.....**with Vicky and Chris**

New Dutch owners Lily and Wim are experienced restaurateurs, warm, incredibly friendly and their English is impeccable. **The menu of fresh, local ingredients** has good variety without being excessive. The **calamari** starter was cooked to perfection and the **rump steak** was melt in the mouth with generously portioned side-dishes. The **tiramisu 'Rousquille'** which **includes a genuine Tournon rousquille with limoncello and lashings of cream was absolutely delicious.** Their takeaway burger menu is superb, the chips are excellent and they even deliver! **I can't recommend them highly enough.**



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



DO YOU KNOW A RESTAURANT YOU WOULD LIKE TO RECOMMEND?
We'd love to hear from you.

CONNAISSEZ-VOUS UN RESTAURANT QUE VOUS VOUDRIEZ RECOMMANDER?
On serait ravi de vous entendre)

send your comments to us at info@anglophone-direct.com
(no restaurant owners please!! :-)

PRICKLY PEAR MARGARITA



Now when you pick a pawpaw Or a prickly pear
And you prick a raw paw Next time beware.
Have I given you a clue?

Good ol' Baloo certainly knew what he was talking about when he warned Bagheera about the prickly pear. Abundant here in the P-O, wear gloves or use tongs to pick these cactus fruits and avoid the prickles getting embedded in your hands or you could be picking 'splinters' out for many days!

Ingredients

- 3 prickly-pear fruit peeled
- 2 cups tequila
- 1/2 cup freshly squeezed lime juice
- 1/2 cup orange-flavour liqueur
- 1/2 cup crushed ice
- Lime wedges for garnish

HOW TO DO

To peel, stick a fork in one end and scrape away prickly skin with a knife, straight into a bin, without touching!

By the time you've gone through all that, you will deserve every last sip of this delicious prickly pear Margarita!

- Place prickly pears in a container, pour over tequila, and leave in fridge at least 24 hours. Pour into blender and puree. Strain to extract seeds but keep pulp.
- Blend puree well with lime juice, liqueur and ice. Taste and add some honey if not sweet enough.
- Serve immediately in Margarita Glasses with coarse salt around the rims of the glasses and a lime slice.

NOTE: To create a salt-rimmed glass, take a lemon or lime wedge and rub around the glass, before dipping the edge of the glass into coarse salt.



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RECOMMENDATIONS

Artaxa a fait un travail brillant du début à la fin - très rassurant et professionnel.

Mr N.B.

Grâce à Artaxa nous avons trouvé notre acheteur. La transaction s'est faite sans difficulté et très rapidement.

Mr et Mme R.

L'équipe d'Artaxa était là pour nous dès notre recherche initiale jusqu'à la négociation et la signature chez le notaire.

Mr et Mme D.

Un intermédiaire efficace entre le vendeur (à l'étranger) et moi-même, et disponible à tout moment. Je recommande Artaxa pour son sérieux et son relationnel.

Mme L.R.

We recommend Artaxa to anyone seeking to market their property with the maximum of efficiency and the minimum amount of stress.

Mr & Mrs W.

I wish other estate agents were as proactive and efficient as Artaxa.

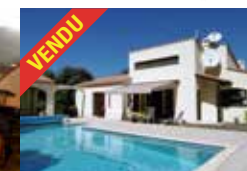
Mr & Mrs S.

As a foreigner buying in France, Artaxa's support has been invaluable. A great property agent which surpasses all others!

Mrs S.C.

The Artaxa team are professional and have outstanding local knowledge and understanding of the property market.

Mr & Mrs K.



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Ideas for EATING OUT

It's been a difficult year for our local restaurants and they need your support more than ever this summer.

Many of us are still anxious, feeling vulnerable.

The restaurants are promising to follow all recommendations for hygiene and distancing and we are lucky that most, if not all, have terraces and outdoor space to make dining out healthier.

Allez! Au restaurant, et bon appétit!

...ARGELES PORT

Le petit Rest'eau 04 34 10 13 61
Traditional, French Homemade Cuisine..... f: @lepetitresteau

La Table du Coin 04 68 55 46 54
Open mid-February to mid-December f: La Table Du Coin

...ARLES-SUR-TECH

Els Simiots 04 68 36 45 24
Local ingredients. Lunch, Dinner and takeaway... f: Els-Simiots

...TWEEN ARGELES AND COLLIOURE

La Table de Valmy 04 68 95 95 25
Open 7/7 for lunch and dinner f: La Table de Valmy

...BANYULS-SUR-MER

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

...CANET

Nu, Cuisine bio, bar & Jardin 04 68 98 85 67
Open all year round www.nu-restaurant.fr

...CERET

Bella Pizza 04 68 87 70 26
Open daily (except Sunday lunch-time and Thursdays)

Quattrocento 04 68 87 15 60
www.lequattrocento.net Open 7/7 all year round

...COLLIOURE

La Cave à Fédé 04 68 37 80 66
Terrace bar, wine by the glass www.cave-fede-collioure.com

L'Ambroisie 04 68 09 79 07
Home-made, seasonal and local fare. f: Restaurant-Lambroisie

...ELNE

Le Carasol Hôtel & Restaurant, 04 68 22 10 42
info@hotelcarasol.com www.hotelcarasol.com

Au Remp'Arts 04 68 22 31 95
Open all year www.remparts.fr

...ILLE-SUR-TET

Le Square 04 68 61 48 40
Only fresh ingredients Shady terrace

...LAROQUE-DES-ALBERES

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

...MAUREILLAS

Herman's Curry Truck 04 68 87 18 30 / 06 75 15 88 99
Freshly made, take-away curries, etc order yours now!

...MONT LOUIS

Le Dagobert 04 68 04 14 32
Bookings recommended f: Restaurant-Le-Dagobert-A-Mont-Louis

...PALAU-DEL-VIDRE

Resto du Camping Le Haras 04 68 22 14 50
Bar, Tapas, etc www.camping-le-haras.com

...PERPIGNAN

Frida's 06 16 97 10 29
Vegan Cuisine Bookings recommended

Lou Grilladou 04 68 34 86 81
..... Closed Sat lunch-time, all day Sun and Mon eves

...PORT-VENDRES

Les Poissonneries de la Côte Catalane 04 68 98 46 00
Indoor Fish Market & Oyster Bar . f: facebook.com/cotecatalane

...SAINT CYPRIEN

Kim Long 04 68 55 15 89/06 25 89 14 93
Open all year www.restaurant-vietnamien-stcyprien.fr

Le Pub à la française, Village 07 86 68 60 33
Tapas, breakfast, music nights, etc f: lepubalafrancaise/

...SAINT GENIS-DES-FONTAINES

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

...SOREDE

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

...THUIR

Arbequina 04 68 34 46 64
www.arbequina-restaurant.com f: ArbequinaRestaurant

Joséphine Glaces/Café 04 30 19 77 40
7/7 – Ice-creams galore and more! : josephine thuir

...VILLELONGUE-DELS-MONTS

L'Axurit 04 68 89 89 28
Home-made stir fries, pizzas etc. Take away/Eat in..... f: L'Axurit

Le Soixante Six 04 68 68 08 31
Bodega, Resto, Tapas, Take-away .. https://bodegale66.eatbu.com

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Restaurant & Tapas Bar

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APRICOTS AND FIGS

Chutneys



Chutney. Hmmmmmm. Some love it, some hate it. This relish-like sauce actually originated in India, usually based upon a combination of fruits and vegetables, and herbs and spices. Try these two tried and tested chutneys, easy to make with local fruits.

APRICOT Chutney

Did you know that two to three apricots per day provide you with as much as 50 per cent of your daily vitamin requirements?

High in vitamins A and C, with a good amount of potassium, the intense orange colour of these feisty little fruits reflects its high content of beta-carotene and lycopene, two antioxidant compounds which promote heart health and have anti carcinogenic qualities.

If you're not lucky enough to be able to reach out and grab an apricot from a tree in your garden, look out in the shops for a well-defined crease, a slight give to the flesh, avoid fruit with green around the stem or with shrivelled skin, and most importantly, the smell should give you a preview of the taste.



DID YOU KNOW

Trawling the Restaurants

There are several restaurants around the region called Le Chalut but **did you know** that a **chalut** is actually a large trawling net whilst a chalutier is the trawler which pulls the net.



APRICOT CHUTNEY

Ingredients (4 people)

- 2 lbs fresh apricots, stoned and halved
- 10 oz brown sugar
- 1 onion
- 1 tblsp salt
- 1 cup cider vinegar
- 1 tsp coriander seeds
- cloves garlic

HOW TO DO

Slice onion and garlic thinly and place all ingredients into a heavy pan. Boil until apricots are very soft.

Remove apricots from the pan with a slotted spoon and place in clean, dry jars.

Boil the remaining liquid until a thick syrup, pour the syrup into the jars, seal and allow to cool before storing.

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APRICOTS
AND FIGS

Chutneys

**FIG Chutney**

Rich in minerals, a good source of potassium, manganese and iron, figs also contain vitamins A, B and C and a decent amount of fibre.

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

INGREDIENTS

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

HOW TO DO

- > Remove the stalk from the figs and cut into quarters.
- > Heat the oil in a large pan over a medium heat and fry the onion for 5 minutes until soft and slightly caramelised.
- > Add all the other ingredients to the pan except for the figs, season with salt & pepper, bring to the boil, and simmer for 30 minutes.
- > Once the liquid has reduced to syrup, add the figs and cook for a further 15 minutes, stirring occasionally.
- > Pour into sterilised jars, and allow cooling.

**Quel fruit obtient-on en tirant
sur la queue d'une vache ?**

Un meuhh-long (melon!!!!)

(en tirant – by pulling la queue – tail meuh – mooo)

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PERPIGNAN / CÉRET

The Withdrawal Agreement and you

Kalba Meadows,
co-founder of France Rights and member of the British in Europe steering committee, looks at what the Withdrawal Agreement means for British nationals living in France.



So, Brexit happened, and the UK left the EU on 31 January 'in an orderly fashion', with a Withdrawal Agreement. We've heard of some British people rushing back to the UK because they're scared of the future here, while others are desperately trying to make the move from the UK to France before the end of the transition period. Misunderstandings are rife ... so here we give you some facts about the Withdrawal Agreement (which we'll call the **WA**) and how to make sure that you're covered by it so that your future rights are secure.



You'll be covered by the WA if:

- you're legally resident in France at the end of the transition period (currently 31 December 2020), and you continue to live here after this date. Beware - legal residence is more than just a foot on French soil ... you have to meet certain conditions. Now is the time to check whether you do, and get your house in order if you don't! Find out what legal residence means here: www.francerrights.org/living-legally-in-france.html.
- you moved to France to become legally resident after 31 January 2020 and before the end of the transition period.
- you're a family member of someone who meets either of the above conditions. This can be a complicated area so if it's relevant to you, find out more here: www.francerrights.org/withdrawal-agreement.html

IMPORTANT: if you're not fully resident in France - for example, if you split your time between the UK and France - your rights may not be covered by the WA and you may find that you're restricted to spending 90 days out of every 180 days here in future. You might need to do some tough thinking - and do it fast. Please read this page for more information: www.francerrights.org/not-yet-resident-or-only-partly-resident-in-france.html.

Three more important things

- (Almost) nothing changes until the end of the transition period - you'll keep your existing rights, including the right to free movement, until 31 December 2020. The only thing that you've already lost is the right to vote in local and European elections and to stand as a local councillor.
- Your rights will be covered by the WA only in the country where you are living at the end of the transition period. They're not transportable to another EU country after that time.
- The WA is now in force as an international treaty and your rights under it are guaranteed for your lifetime as long as you continue to fulfil the conditions under the WA. **They cannot be removed even if the EU and the UK don't reach an agreement on trade and the future relationship** (ie if there is a 'no deal' situation at the end of transition).

How is the WA different from France's no deal ordonnance and decree?

The no deal legislation that France passed last year would have applied if the UK left the EU without a WA. It was specific to France and would have come into effect at the moment of a no deal exit, which didn't (and now can't) happen, so it has no legal effect - it's defunct, as dead as a dead parrot in fact. All the citizens' rights provisions of the WA must be implemented in every EU country, so France can't decide to treat you less favourably than another country would and you'll have exactly the same rights as a British person living in Sweden or in Spain, just as you do now.



...>

Residence rights and applying for a carte de séjour

Every British citizen living in France will have to apply for a new residence status and a new carte de séjour (CdS), even if you already have one - no exceptions! Unless you already hold a current CdS permanent (see below) you'll have to apply under one of four categories - **employed/self-employed, student, retired or otherwise non-economically active**, or a family member of someone meeting the conditions under one of these categories. See this page for more about these categories: www.francerrights.org/legal-residence.html.

How will the system work, and how will I get my new card?

- The French government will be introducing a new online application platform (similar to that piloted for a no deal scenario), due to go live at the beginning of July 2020.
- You'll **apply via an online** form, uploading your supporting documents at the same time. Your application will then be forwarded to your préfecture for processing; once that's done, you'll be offered an appointment for fingerprinting and verification of your passport. Your new CdS will then be sent by post - meaning that only one visit to the préfecture is needed.
- If you **already hold a CdS permanent**, you can exchange this for a new card with few formalities. You'll need to prove your identity and continuing residence.

- If you **qualify for permanent residence rights (ie have lived legally in France for over 5 years) but don't hold a CdS**, you'll have to make a full application for permanent residence status and provide evidence that you've met the conditions for legal residence for 5 years.
- If you **haven't been legally resident for 5 years** when you apply for your new card, you'll still be able to build up your years and then apply for a CdS permanent once you've reached 5 years.
- You'll have **until 30 June 2021 to apply for your new card**, which means that there will be a little under a year for everyone to get their applications in. There are somewhere between 150k and 200k British people living in France, so you'll be pleased to hear that this date may be extended if France faces 'administrative difficulties'.
- If you've already made an application for a CdS either on the previous online portal or at your local préfecture, we've been advised that this will remain 'in the system' pending the start of the new application process, and that you won't be asked to reapply.
- If you haven't yet made an application for a CdS, you should now hold fire until the new online platform is available in July 2020.
- The government has advised that all cartes de séjour issued under the Withdrawal Agreement will be **free of charge**.

There are still a good number of things that we don't yet know about the process of applying for a residence status and card - for example, exactly what documents will be asked for, and what guidelines will be used to determine whether someone who is not economically active has 'sufficient resources'. France Rights is in contact both with the British Embassy and the Ministry of the Interior and we'll publish new information on our website as we get it.

...>

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Health care, pensions and social security

This is a subject close to the heart of many resident Brits, but fortunately it's a good news story, and a simple one to explain: all your current rights - for example, your S1 health cover, your annually uprated UK state pension, your right to receive exportable benefits from the UK, and your ability to aggregate social security contributions paid in the UK with those in France - will remain just as they are now, for your lifetime.

Although you may have received a letter or seen announcements last year from the UK government putting a time limit on your S1 health cover and your uprated state pension, these would have applied only if the UK left the EU without a WA ... which it didn't, meaning that the letters and announcements are null and void. So please don't worry that these things are time limited - under the WA, they're not!

What if I have to be absent from France?

- To be covered by the WA, you don't need to be physically present in France at the end of the transition period, but you do need to be already legally resident at that point, and your overall period of absence must meet the rules applicable to your residence status.
- **If you've been resident for less than 5 years, you can be away from France for no more than 6 months every year** without losing your resident status. You're allowed one longer absence of up to 12 months in the 5 year period for 'important reasons': eg childbirth, serious illness, study, vocational training or posting elsewhere.
- **Once you've acquired permanent residence, you can be away from France for 5 years** and still retain the right to return and keep your rights of permanent residence.
- Even if you have permanent resident status, **if you're away from France for more than 5 years you lose your automatic right to return under the WA**, and would have to return under France's more onerous immigration rules for third country nationals. You would lose your rights under the WA.

MORE INFORMATION

You'll find much (much!) more info about your rights on the France Rights website: <https://www.francerights.org/>.

Bookmark the site, and if you're a Facebook user follow our page at www.facebook.com/FranceRights/ too.



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Some treasured catalan traditions

FESTA MAJOR

Each town and village celebrates its own patron saint, usually held over several days, with music and dancing, fireworks and some or all of the traditions below.

SARDANE

Circles within circles, **hands raised and joined together, small, precise steps**.....but don't be fooled. This 'hokey cokey' style dance may look like a sedate bit of hop, skip and jump but requires effort, muscle control and coordination. **Music for the sardane is played by a 'cobla', a band of 11 people, including 10 wind instruments and a bass.**

Franco resented the Catalan national pride and desire for independence. When he enforced bans against certain aspects of Catalan culture, the dance quickly became a powerful symbol of national unity. Today the Sardane is danced in villages and towns throughout Catalonia, by Catalan and non Catalan alike, and is a **great way to make friends and take a little exercise at the same time.**



CORREFOC

Meaning "fire runs", this spectacular shows of devils and fireworks **represent the fight of good against evil.** Dressed in red and black, wearing horns and masks, 'colles de diables' (groups of 'devils') dance amongst the crowds accompanied by loud music, waving sparklers, firecrackers, and roman candles, spitting fire into the crowd.

Leave your health and safety training head at the entrance! Amongst other useful advice during a correfoc, the Generalitat de Catalunya suggests **"If by any chance your clothing catches fire, throw yourself on the ground and roll over to put out the flames.** Above all, do not run, as this will spread the flames and make them burn more fiercely."

CASTELLS AND CASTELLERS

The casual observer may not necessarily be aware of the skill, discipline and organisation that goes into the building up (and taking down) of these human pyramids, **but stand around the base or 'pinya' of a 'castell' before the human tower begins and you will hear the 'castellers'** – usually made up of men in this first tier – working out angles and distances in the same way that foundations are planned for building works.

Once a strong base is formed, the rest of the castellers must shimmy up to the top very quickly, as the strain on the levels below, and particularly the pinya, can be enormous.

The tower is only complete once the 'anxeneta', often the youngest and lightest child, climbs into place at the top and raises one hand with four fingers erect, in a gesture said to symbolise the stripes of the Catalan flag.



Some night markets... (virus permitting)

MANY OF THESE MARKETS ARE UNCONFIRMED THIS YEAR. PLEASE CHECK WITH THE LOCAL TOWN HALL OR TOURIST OFFICE BEFORE PLANNING YOUR EVENING AROUND THEM!

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Every evening (sea front)
and every Saturday (Port)

Cérét

Every Tuesday

Collioure

Every Wednesday

Le Barcarès

Every night (Port)
Monday, Wednesday, Friday (village)
Friday and Sunday (Coudalère)

Port Vendres

Every Thursday

Prades

Every Friday

Saint Cyprien

Every evening (port)

Ste-Marie-La-Mer

Monday, Wednesday and Friday (sea front)

Torreilles

Tuesday, Thursday and Sunday (beach)

Theza

Saturday 10th August
(from 4pm, place de la Promenade) - vide grenier

Torreilles

Every Tuesday, Thursday and Sunday (beach)



We'd love to hear from you!

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

Contact us on info@anglophone-direct.com





Until OCTOBER 2020

This airport info was compiled for this period **BEFORE** our world went **crazy**. Assume that at least 50% of these flights will not be running! Impossible to update amidst a daily changing situation.

Between quarantine and various restrictions, **all you can do is keep your eyes on airline websites**. If you receive a cancellation from an airline, check if they are operating flights any days either side of the booking. Bon voyage et bonne chance.



LAST MINUTE INFO:

Early this year, Flybe sadly ceased operations, meaning that there will no longer be a flight from Southampton to Perpignan.

FRANCE PERPIGNAN

After the usual quiet winter and early spring, **direct UK flights are back on the menu at our local airport**. Aer Lingus have increased their weekly flights from Dublin (with most departures from at 0550!) and there is still no Gatwick service.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	2	RYANAIR 31/03-20/10
DUBLIN	6	AER LINGUS 19/05-12/09
STANSTED	4-5	RYANAIR 29/03-24/10

BEZIERS

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



FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	3	RYANAIR 30/03-23/10
EDINBURGH	2	RYANAIR 29/03-21/10
LUTON	3	RYANAIR 30/03-23/10
MANCHESTER	2	RYANAIR 31/03-24/10
STANSTED	3	RYANAIR 29/03-23/10

CARCASSONNE

Ryanair remains the sole operator here, with the



Edinburgh service being added in 2019, but Glasgow has now been dropped this year.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
EAST MIDLANDS	2	RYANAIR 31/03-24/10
EDINBURGH	2	RYANAIR 31/03-24/10
MANCHESTER	2	RYANAIR 30/03-23/10
STANSTED	7	RYANAIR 31/03-24/10
CORK	2	RYANAIR 01/06-31/08
DUBLIN	3	RYANAIR 31/03-24/10

MONTPELLIER

Daily flights from Gatwick in the summer. If only



they would move one of those flights to Perpignan! They **also operate to Montpellier from Luton**, but only for a short period. Ryanair have pulled out of Montpellier completely.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
DUBLIN	3	AER LINGUS 20/05-15/09
GATWICK	11-14	EASYJET 29/03-30/08
LUTON	3	EASYJET 23/07-29/08

NIMES

Ryanair is the sole operator for P-O readers.



FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
LUTON	3	RYANAIR 31/03-24/10
STANSTED	4	RYANAIR 29/03-23/10

TOULOUSE / BLAGNAC

Ryanair are introducing a Dublin service in competition with Aer Lingus, but they have ceased service to Edinburgh. **EasyJet have ceased the Luton service**. Virgin Connect (formerly Flybe) have dropped their Birmingham and Manchester flights for the summer.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	4-7	EASYJET 29/03-30/08
GATWICK	16-18	EASYJET 29/03-30/08
HEATHROW	28	BRITISH AIRWAYS
STANSTED	14	RYANAIR 01/04-24/10
DUBLIN	3-6	AER LINGUS 29/03-15/09
	7	RYANAIR - 01/04-24/10



SPAIN

BARCELONA / EL PRAT



As always a huge variety of flights to Barcelona, most of which run all year round, but with seasonal increases. **A significant increase in the number of flights to Gatwick by Vueling, who have ceased their Cardiff service.** However, Ryanair have introduced flights from Cardiff and are running plenty of flights from Dublin and Stansted. Jet2 have added flights from Birmingham, Glasgow and Leeds Bradford. Aer Lingus also run a thrice weekly Shannon service.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BELFAST	5	EASYJET 29/03-30/08
BIRMINGHAM	2	JET2
	9	RYANAIR 31/03-24/10
BRISTOL	12-14	EASYJET 29/03-30/08
CARDIFF	2	RYANAIR 31/03-24/10
EAST MIDLANDS	7	RYANAIR 29/03-24/10
EDINBURGH	2	NORWEGIAN 24/06-13/08
	7	RYANAIR 29/03-24/10
GATWICK	40-42	EASYJET 29/03-30/08
	14	NORWEGIAN 01/04-17/09
	49	VUELING 29/03-24/10
GLASGOW INT'L	2	JET2 29/03-24/10
GLASGOW PRESTWICK	6	RYANAIR 29/03-29/10
HEATHROW	35-48	BRITISH AIRWAYS
LEEDS BRADFORD	2-4	JET2 29/03-30/10
LIVERPOOL	10-11	EASYJET 29/03-30/08
	6	RYANAIR 29/03-24/10
LUTON	21	EASYJET 29/03-30/08
MANCHESTER	24	JET2
	2	NORWEGIAN 30/03-16/10
	7	RYANAIR 29/03-24/10
NEWCASTLE	4-6	EASYJET 29/03-30/08
SOUTHEND	4	EASYJET 29/03-30/08
STANSTED	28	RYANAIR 29/03-24/10
CORK	4-5	AER LINGUS 30/04-15/09
DUBLIN	12	AER LINGUS 29/03-15/09
	18	RYANAIR 01/04-24/10
SHANNON	3	AER LINGUS 02/05-26/09

A PRAT IN BARCELONA AIRPORT?

You might have noticed there are quite a few prats around in Catalonia, but it's not actually anywhere near as insulting as it sounds in English! In fact, **prat is the Catalan word for prairie or meadow.** Prats de Mollo, for example, is so called after Mollo, a village over the border in Spain, whose land was where Prats de Mollo is now, hence the prairies of Mollo.

GIRONA

Nice to see Ryanair still running from Girona despite rumours at the end of last year that they would be pulling out of the airport completely. Jet2 dominates.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BELFAST	1	JET2 21/05-17/09
BIRMINGHAM	2	JET2 30/04-29/10
EAST MIDLANDS	2	JET2 22/05-26/10
EDINBURGH	2	JET2 22/05-19/10
GATWICK	2	TUI 02/05-26/09
GLASGOW INT'L	2	JET2 03/05-21/10
LEEDS BRADFORD	3	JET2 30/04-01/11
MANCHESTER	2-4	JET2 01/05-31/10
NEWCASTLE	2	JET2 30/04-01/11
STANSTED	2-3	JET2 01/05-30/10
	5	RYANAIR 31-03-24/10



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PERPIGNAN / CÉRET

Test your FRENCH

and have a bit of a giggle at the same time

Bonjour! C'est la réception? J'aimerais connaître l'état de santé d'un patient qui se trouve chez vous. Est-ce qu'il va mieux ou est-ce que son problème s'est aggravé?

Quel est le nom du patient?

Il s'appelle Jean Dupont et il est à la chambre 123.

Un instant je vous prie, je vous passe l'infirmière.

Bonjour, ici Tiffany, l'infirmière de service. Je peux vous aider?

J'aimerais connaître l'état du patient Jean Dupont de la chambre 123.

Après une longue attente:

Un instant je vais essayer de trouver le médecin de garde

Après une longue attente:

Ici le docteur Fred Blogois, médecin de garde. Je peux vous aider?

Bonjour Docteur, je voudrais connaître l'état de Monsieur Jean Dupont, chez vous depuis 2 semaines à la chambre 123.

Un instant, je vais consulter le dossier du patient.

Après encore une autre attente :

Hmmmm, et bien: le patient a bien mangé aujourd'hui, sa tension et son pouls sont stables, et il réagit bien aux médicaments prescrits. Si tout continue comme ça encore 48 heures, son médecin signera sa sortie d'ici ce week-end.

Aaaahhh! Quelle nouvelle merveilleuse! Je suis fou de joie! Merci.

Vous êtes sûrement quelqu'un de très proche?



VOC

l'état de santé – condition/health status
chez vous – at your (hospital)
Est-ce qu'il va mieux – is he getting better?
je vous prie – please
une (longue) attente – a (long) wait
l'infirmière de service – duty nurse
le médecin de garde – doctor on call/duty
le dossier – file
tension – blood pressure
pouls – pulse
il réagit – he's reacting
sa sortie – his release
d'ici ce week-end – by this weekend
une nouvelle – news!
quelqu'un de très proche – someone very close
moi-même – myself
personne ne me dit rien – no one tells me anything
comment je me porte – how I am!

Brexit and residence in France.

Limited time to lock in your rights.

If you plan to live in France in 2021 and beyond, you need to ensure you are 'legally resident' before the Brexit transition period ends on 31 December 2020. This will guarantee the same residence, pensions and healthcare rights as British expatriates received before Brexit. There are currently no guarantees for UK nationals arriving from 2021, so act today if you can, rather than risk leaving it too late. For personalised advice about your secure future in France, talk to your local Blevins Franks advisers.

Talk to the people who know

06 14 24 61 29

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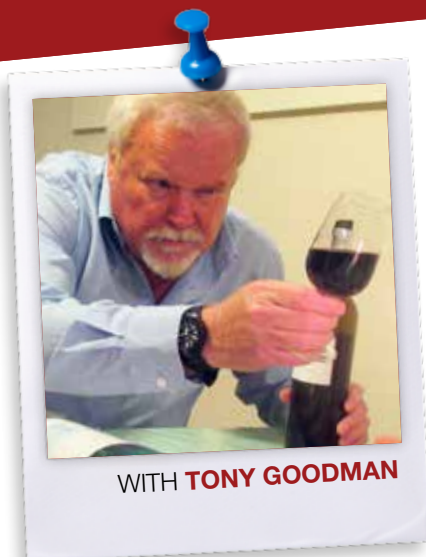
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TO BIO OR NOT TO BIO? THAT IS THE QUESTION.



WITH TONY GOODMAN

Green manure and bio-diversity. **No pesticides nor artificial fertilisers.** Vines in the same open shape used by the ancient Greeks. Grapes harvested slowly and gently to avoid breaking the skin. Cow horns buried by moonlight to improve the soil. Computer controlled cellars. Tradition and science, silicon chips and folklore. **BIO wine production techniques increasingly resonate with consumers.** However, if a wine is not up to expectations, if quality and price

don't match, does it deserve support just because it has the green BIO logo? If a BIO wine is outstanding, is that due to the production technique or would it have been magnificent regardless? Would a similar wine produced using standard techniques represent better value? We talked to **BIO producers of the Vallee de L'Agly** and looked at what's behind their labels.



DOMAINE LE VIEUX CHENE

Mas kilo, Espira De L'agly Tel: 06 08 57 17 34
www.hautvaloir.com

Denis Sarda, is passionate about his outstanding BIO wines. It's how his family have been making wine for three generations. His vines grow in a mound of red clay and limestone pebbled terroir surrounded by the valley's black schist. Watch as you drive up and see the quite dramatic change in soil colour. The roots of the vines have to force their way down to the black bedrock to access ancient deep clear water. **This unique geology and his grandfather's BIO techniques he believes, are why his wines are so good.**

YOUR VISIT

Take the D18 north from Espira de L'Agly. After you cross the river take the signposted left turn. The sealed road meanders, which is a good thing. **Denis is a great fan of rugby, and a favourite among local Anglo-Saxons.** The tasting rooms are adjacent to the cellar. Ask for a quick peek. Take a camera. Open for visitors Easter onwards.

DOMAINE SARDA BOBO VIN ROUGE

Côtes Catalanes

Light, everyday wine. Smooth, useful initial attack. Good fruit. Perfect for a Thursday night pasta or just get the pals around, light the BBQ and put the match on. At around 5€ no excuse. **Serve 14C.**

DOMAINE DE ROUSSILLON ROUGE

2018 Côtes du Roussillon Villages

Syrah, Cabernet Sauvignon.

A great fun big bold red. Deep red, plenty of tannins. Quite powerful dry initial attack which softens quite quickly. Beef, a deep rich spaghetti or lasagne. Excellent value. Has enough structure to be set aside for two years or so, Around 8€, **Serve 16C**



CAZES

4 Rue Francisco Ferrer, Rivesaltes
Tel: 04 68 64 08 26 - www.cazes-rivesaltes.com



A very early adapter, **has produced first class BIO wines since 1997.** Absolutely committed to the production of BIO wines. Based at Rivesaltes their wines are **served in some of the best national and international restaurants.**

YOUR VISIT

Everything you would expect from a first class winery. **Bright open tasting rooms, cellar tours.** A well respected restaurant where you will be dining with master winemakers. Good parking 15 mins from Perpignan.

EGO 2018

Côtes du Roussillon Villages

Grenache, Syrah, Mourvèdre

A family favourite. **Plenty of smooth Grenache.** Delicate warm Syrah. Liquorice and a faint hint of dark chocolate. Perfect for a roast chicken Sunday lunch. Keep one or two in a dark corner. **15C 12.50€**

CANON DU MARÉCHAL ROUGE 2018

Côtes Catalanes - **Syrah, Grenache**

Plenty of red fruit, light and great fun. A delightful alfresco dining companion. Happy to be slightly chilled. Grilled red and white meat. Hard cheese and fruit. Ready for action, no need to wait. **14C. 7- 8€**

DOMAINE DES SCHISTES

12 bis Boulevard Victor Hugo, Estagel
Tel: 06 89 29 38 43 - www.domainedeschistes.com



The Sire family embraced BIO wine production 10 years ago and have never looked back. They believe the obvious quality of their wines reflects their success in improving the health and structure of their soil using BIO methods. The proof is in every glass.

YOUR VISIT

Located in the heart of Estagel, good parking. The bijou tasting room has the essentials. Ring ahead if French is not your strong suit. If unattended buzz the door and wait, someone will come.

ILICO BLANC 2019

Côtes Catalanes. **Macabeu 100 %**

Clear, clean, crisp. Nice initial bite. White peach, slightly floral. Oysters, langoustines. Serve 12 – 14C. 7€.



LE PARCELLAIRE LA COUMELLE 2017

Cotes Du Roussillon. **Syrah, Grenache Noir, Carignan**
Deep ruby colour, plenty of smooth tannins and warmth. Planted in schist the vines work hard to deliver outstanding, well structured wine from the thin soil. Manually harvested. Roast pork or wild boar, grilled red meat, hard cheeses. Good to go now or put it somewhere cool and dark for a further year or two. Open a few minutes before serving at 22C, perhaps slightly cooler in warmer weeks. 16€

LES VIGNERONS DES COTES D'AGLY

Avenue Louis Vigo, Estagel
Tel. 04 68 29 00 45 - <https://agly.fr>

YOUR VISIT

There are four outlets. **We visited Estagel.** Located on the left hand side just after the D117 comes off the bridge and turns hard left. Light'n bright, plenty of parking. The english was limited the day we visited however the layout made things easy.

The Vallee de L'Agy cooperative, sweet and dry wines including a range of BIO wines.



DOMAINE AGLY BIO RÉSERVE

Côtes du Roussillon Villages **Syrah, Grenache**
Lovely deep purple blockbuster, powerful well tamed tannins. Red berries, spice and mountain herbs in the background. Slow roasted shoulder of El Xai lamb, venison. **Good to go now.** Serve 16C 10€
Selected outlets and on-line.

Your teeth don't need glasses!



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What's that bird of PREY?

Identification of raptors can be hard, especially during spring and autumn when all sorts of migrant species are just passing through. Here, then, are some pointers for our bigger summer residents, to help sort **buzzards** from the **harriers** and **eagles** that breed in the **P-O**.



Lesley McLaren is one of "The Warblers" – a group of natural history enthusiasts in the P-O.

www.mediterraneanpyrenees.com
Twitter @66warblers



BUZZARD



BOOTED EAGLE

BOOTED EAGLE (*Aigle botté*)

How common	Uncommon
When in P-O	April - Sept
Where in P-O	Wooded, often more lowland areas. Vallespir, sometimes Albères
Wingspan	1.1-1.35m. (small for an eagle)
Underside	Pale and dark forms. Pale form easiest to identify by white body, white leading edge to wing and dark trailing edge and wingtips.
Above	Dark brown, with whitish crescent on rump; Diagonal pale bands on wings and white "headlight" spots either side the neck
Key features	Impossible to confuse with other species in pale form or seen from above.
Flight	Catches prey on the ground, often after a very fast, near-vertical stoop from a great height.
Other	Secretive. Never sits about in full view!

COMMON BUZZARD (*Buse variable*)

How common	Common
When in P-O	All year
Where in P-O	Everywhere
Wingspan	1.13-1.28m
Underside	Pale & dark variants. Generally: pale underside, with dark chest. Front of wings darker than back, with distinctive dark, "wrist" patch. Some barring
Above	Fairly uniform dark brown
Key features	Pale U-shaped "necklace" across the middle of chest
Flight	They flap more than the other larger raptors: flap-flap-flap-glide
Other	The most vocal of larger raptors, usually during flight. Loves to perch on fence-posts

BOOTED EAGLE (DARK FORM).



MARSH HARRIER
FEMALE © A Salura

MARSH HARRIER
MALE © M Brand

MARSH HARRIER FEMALE
Drawn by Terry Parker

MONTAGU'S HARRIER
MALE © cks3976

MONTAGU'S HARRIER
FEMALE © Clpramod

SHORT-TOED EAGLE
Drawn by Terry Parker

SHORT-TOED EAGLE
© J.M. Garg

GOLDEN EAGLE
IMMATURE

MARSH HARRIER (Busard des roseaux)

How common	Uncommon
When in P-O	Some females all year (males & most immatures migrate for the winter)
Where in P-O	Marshy areas around reservoirs and wetlands (eg. Canet)
Wingspan	1-1.25m
Underside	Male: Dark belly; pale tail & midwings; black wingtips Female: Dark brown with creamy leading edge to midwings
Above	Male: Dark back & shoulders; silver-grey midwings & black wingtips Female: Dark brown; creamy head and throat; creamy patch on shoulders
Key features	Female's creamy markings; male's dark back; both long-tailed & long-winged
Flight	Flies low across open ground
Other	Similar size to buzzard, but tail longer & more elegant in flight

MONTAGU'S HARRIER (Busard cendré)

How common	Uncommon
When in P-O	March-June
Where in P-O	Arable farmland & garrigue (eg. around Castelnou)
Wingspan	1-1.2m
Underside	Male: Red-brown bars on pale underwings; pale, streaked flanks Female: Pale with bold streaks
Above	Male: Pale grey with black bar across inner wings; black wingtips Female: brown, with white rump; black bar across inner wings; banded tail
Key features	Black bar across inner wings helps differentiate from Hen Harriers
Flight	The most elegant of harriers with swept-back, tapered wingtips
Other	Easily confused with Hen Harrier (Busard Saint-Martin), which doesn't breed here but passes through on spring & autumn migration

SHORT-TOED EAGLE (Circaète Jean-le-Blanc)

How common	Common
When in P-O	March-September
Where in P-O	Mountains (Albères, Vallespir, Cerdagne) & Roussillon Plain.
Wingspan	1.62-1.78m
Underside	Variable dark "hood". Some darker than others but generally underside appears white at distance. Seen closely: fine barring on wings, body and tail
Above	Pale brown
Key features	Can appear totally white underneath apart from hood.
Flight	Wings appear long relative to body, so less square than buzzard. When hunting, sometimes hovers (legs dangling), before making a fast, long plunge, with wings almost closed.
Other	Often mistaken for Bonelli's Eagle (Aigle de Bonelli), but Bonelli's are so rare (possibly only 1 bird in the whole of the P-O), you're most likely watching a Short-toed. Also called Snake Eagle because that's its favourite prey.

GOLDEN EAGLE (Aigle royal)

How common	Rare
When in P-O	All year
Where in P-O	High mountains (mainly Canigou massif. Occasionally in Albères)
Wingspan	1.9-2.2m
Underside	Mature adult: uniform dark brown; head golden brown
Above	Immature: white patches on wings and tail (which diminish year on year)
Key features	Uniform dark brown
Flight	Very dark & huge! It's our biggest raptor; anything bigger will be a vulture.
Other	Wide, slow soaring or gliding, with long, splayed "fingertips"
Other	Once see, never forgotten

In a future edition we'll cover the smaller birds of prey: falcons and hawks.

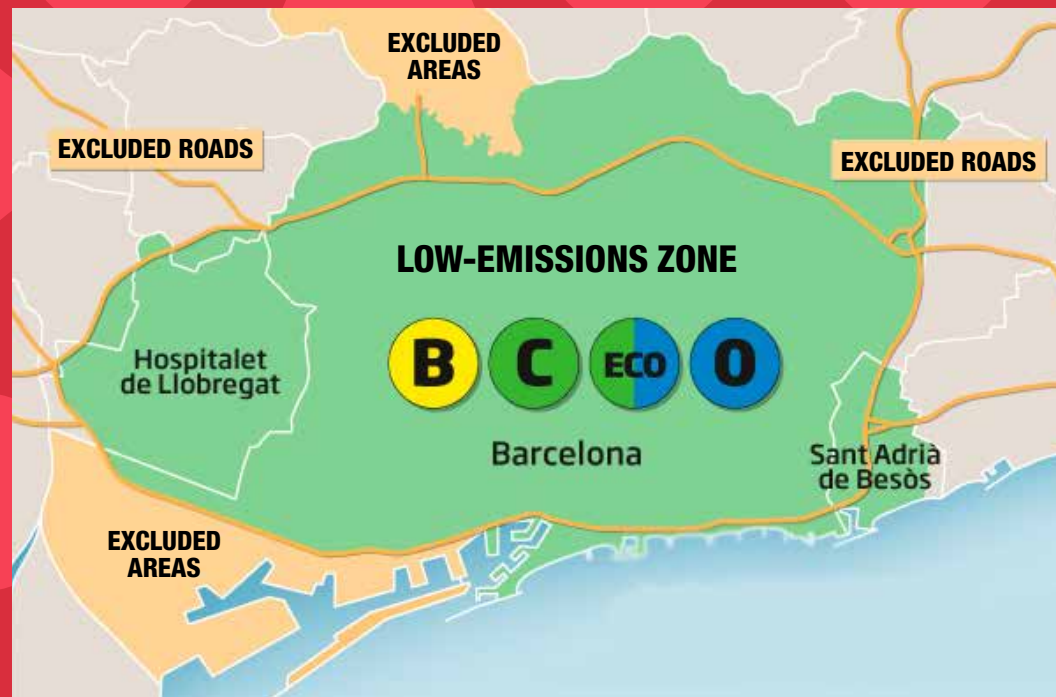
Coming clean IN... BARCELONA

If you regularly fly from Barcelona and enjoy a drive around the town and suburbs before catching your plane, make sure you are registered for your DGT air quality sticker, designed to reduce air pollution caused by motorised vehicles..... unless you want to risk a €100 fine.

From January 1st 2020, vehicles that do not qualify for an environmental sticker from the DGT (Dirección General de Tráfico) have restricted access to the "ZBE" low-emissions zone of Barcelona, from Monday to Friday, 7 am to 8 pm.

This 95km square area includes most of the city and several suburbs. It is estimated that around 50,000 vehicles, about 7% of the present traffic, will no longer be able to use these areas.

DGT environmental labels, which classify vehicles according to their environmental impact, can be obtained for 5€ from certain post offices. Each vehicle must have its own sticker (which relates to the vehicle, not the driver) and costs a one off payment of €5.... BUT read on if your car is not Spanish registered.

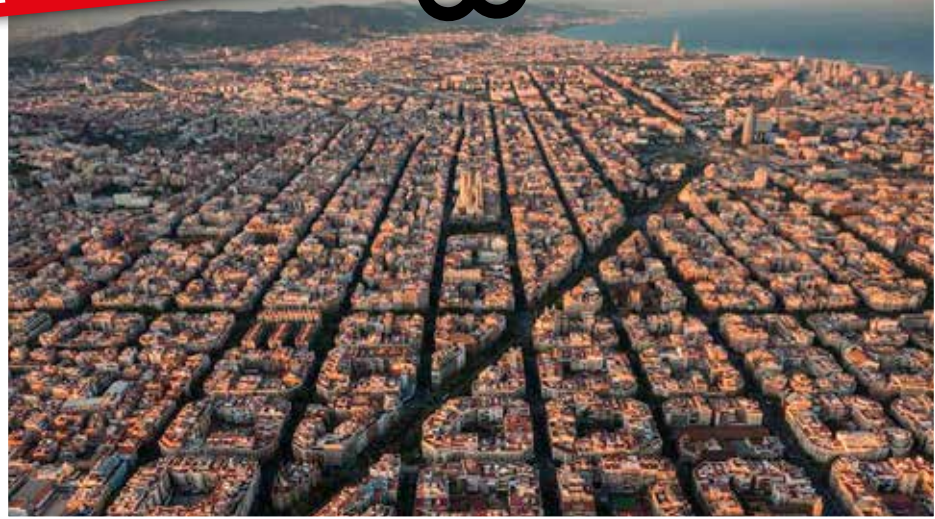


As long as your vehicle complies with the requirements of the DGT environmental label, you can drive around the capital with no restrictions. If your vehicle does not comply, you can apply for daily permits, up to a maximum of ten per year, at a cost of 2€ per permit.

VEHICLES WITH FOREIGN NUMBER PLATES

Vehicles registered outside Spain are not classified according to the environmental criteria of the Spanish Traffic Authority DGT. For this reason, all foreign vehicles must be registered before they qualify for a sticker allowing them to drive in the low emission zone of Barcelona. This can be done at <https://zberegistre.ambmobilitat.cat/en/VehiclesEstrangers>.... but at the time of writing (Feb 2020) this site is still having teething problems.





ARE ENVIRONMENTAL STICKERS COMPULSORY?

According to the DGT, the placement of the badge is voluntary as long as the car is registered. However, cities like Madrid or Barcelona require that you wear it attached to the upper right of the front windshield.

Failure to comply with these municipal regulations will result in fines of 90€ in the case of Madrid and 100€ in Barcelona, applicable from March 2020. Foreign vehicles will certainly have some leeway until it is made clear to car owners how to proceed.



STICKERS FOR THE DISABLED?

Vehicles with disabled stickers, emergency services and essential services are exempt.

DOES IT INCLUDE THE RING ROADS?

No, the Ronda de Dalt and the Ronda del Litoral, the two main ring roads, are not included, so if you are heading straight for the airport, you do not need a sticker, unless you intend to leave the ring road at an exit that will take you through the city.



RENTAL CARS

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



P-O Life reader JAN WEST COMMENTS....

So, after reading about getting a clean-air sticker in order to drive into Barcelona and that this was available from Spanish **post offices**, we set off with girded loins to **Figueres**. First to Tourist Office to find out where they've hidden the main Post Office where the young lady said; **"Oh yes, post office or garage, no problem."**

Off to the Post Office where a young lady tried her best but was eventually put out of her misery by a colleague who said; **"If the car's got a French plate then it can't be done here."** You must go to the (insert appropriate make of car) concessionaire and they'll do it. **Sensing a degree of get-them-out-the-door-ishness**, we beat a hasty retreat and took ourselves

to the Honda concessionaire on the **road to Rosas**.

After much discussion in multi languages, with all three of the employees, we were told. **"If you have foreign plates and are not resident in Spain, you won't get a sticker"**. The vehicle needs to be on a Spanish data base. Entering the zone **there are cameras reading plates and stickers**. Your foreign plate will (or should) trigger a letter to be sent to your home with a request for payment. **This may take 5 months.**

So dear ones, panic not. Either take the train to Barcelona or adopt the phlegmatic approach of drive and pay if and when they catch up with you. **I think this very new system needs more work!**

Test your FRENCH

Tongue Twister

Répétez trois fois
Un plat plein de pâtes plates.

See Page 89 for answers

1 A pour Aie!

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

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

- | | | | |
|-------------|----|---|--|
| abri | 1 | a | jeune mouton |
| abeille | 2 | b | qu'on boit avant le repas |
| agneau | 3 | c | bande multicolore après la pluie |
| alouette | 4 | d | le bleu du ciel |
| apéritif | 5 | e | légume long et blanc |
| arc-en-ciel | 6 | f | endroit pour se protéger |
| abonnement | 7 | g | insecte volant jaune et noir |
| atterrir | 8 | h | petit oiseau des champs |
| asperge | 9 | i | se poser par terre |
| azur | 10 | j | payer d'avance pour recevoir quelque chose |

Language Tip

Penser à / penser de – both mean 'to think about'.
...but with slightly different senses.

> **Penser à** – to consider, have in mind
Je pense à ma mère. I'm thinking about my mother.

Je pense à ce que je dois faire demain.
I'm thinking about what I must do tomorrow.

> **Penser de** – to have an opinion about. (Often used in a question)
Qu'est-ce tu penses de mes cheveux?
What do they think about my hair?

Que penses-tu de ce beau temps?
What do you think about this beautiful weather?

INTERESTING QUOTE

*Ils nous ont fait chier pour rentrer,
maintenant ils nous font chier pour
sortir: les Anglais, les chats de l'Europe
(anonymous french politician!)*

*(Ils nous ont fait chier (slang)
They hassled us*

2 Can you match these dictionary definitions to the word they are describing?

- | | | | |
|---|----|---|------------|
| Crème grasse pour calmer la douleur | 1 | a | parasol |
| Jeune sanglier | 2 | b | inondation |
| Grosse guêpe | 3 | c | anchois |
| Canot léger qui utilise une pagaie pour avancer | 4 | d | marcassin |
| Sorte de grand parapluie | 5 | e | frelon |
| La langue parlée en Angleterre | 6 | f | dommage |
| Une chose que je regrette | 7 | g | pommade |
| Une grande quantité d'eau qui se répand | 8 | h | ruche |
| Un petit poisson de mer | 9 | i | kayak |
| Abri pour élever les abeilles et récolter leur miel | 10 | j | anglais |

Useful phrase

Moit-moit (mwat mwat)

Half and half

On partage moit-moit?

(Shall we go halves?)

Useful phrase

**Mieux vaut tard
que jamais**
(better late than never)

How do you do it?

À la française/à l'américaine/à l'anglaise
(French/American/English way/style)

3 Vive la France

The following expressions all use the verb 'vivre' to live (past participle *vu*) Can you find their english equivalents?

- | | | | |
|--------------------------------|----|---|----------------------------------|
| Il fait bon vivre | 1 | a | Good manners |
| La joie de vivre | 2 | b | Live on love alone |
| Vivre vieux/centenaire | 3 | c | Live from hand to mouth |
| Vivre au jour le jour | 4 | d | What will be will be |
| L'espoir fait vivre | 5 | e | Easy going/to live with |
| Vivre d'amour et d'eau fraîche | 6 | f | Live to a ripe old age |
| Etre facile à vivre | 7 | g | It's good to be alive. |
| L'art de vivre | 8 | h | Where there's life, there's hope |
| Qui vivra verra | 9 | i | Love of life |
| Le savoir vivre | 10 | j | way of life |

LANGUAGE

Test your FRENCH

Language Tip

Je veux que tu/vous + subjunctive.....
I want you to....

Oooops. If you want to use this construction, you can't really avoid the subjunctive....but don't panic! You don't really need to understand why. Just learn these common verbs by heart and you're well on your way!

Je veux que tu....

...fasses (do)

...saches (know)

...prennes (take)

...sois (be)

...aies (have)

...ailles (go)

Eg Je veux que tu sois à l'heure

I want you to be on time.

Je veux que tu fasses la vaisselle

I want you to do the washing up

Blague bête

Dans un restaurant...

Bonjour monsieur, servez-

vous des nouilles?

Bien sûr, nous servons tout le monde

(nouille – noodle or nitwit!)

>>> Really bad jokes

Tu as déjà vu une tomate chanter?

Non, mais j'ai vu une carotte rapper!

Even worse joke

Quel est la capitale de Tamlou?

– Bobola (Tu as mal ou? Bobo là)

4

FIND THE ENGLISH FOR THESE COMMON FRENCH EXPRESSIONS

Que je sache 1 a What's up with you?

Tant mieux 2 b I don't mind

Ca m'est égal 3 c Bless you!

Il tient à son père 4 d So to speak

Pour ainsi dire 5 e Stop thief!

Bon débarras 6 f As far as I know

A tes souhaits 7 g Good riddance

A la limite 8 h If worst comes to the worst..

Quelle mouche t'a piqué? 9 i All the better

Au voleur! 10 j He takes after his father

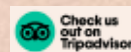
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- We gather for Sunday celebrations at **Église Saint Vincent de Paul**, 24 Avenue de Gérone, Perpignan (100m from the Auchan hypermarket's Drive pickup point). **Sunday services begin at 10:45am with refreshments served from 10:30am.**
- A simultaneous translation of the service into French is provided via individual headsets.
- Children have their own activities during the second half of the service.
- Small groups meet in various homes and venues as appropriate for prayer, encouragement, the Alpha Course etc.
- During the Covid-19 restrictions we have maintained regular virtual services and midweek groups via the internet.

We warmly welcome everyone from all nationalities and all church backgrounds (or none) as we encourage and inspire a community of Christians across the region.

These are some of our regular attenders, who come from all corners of the Department: **Argelès, Barcarès, Bompas, St Cyprien, Le Boulou, Lllupia, Maureillas, Montferrer, Perpignan, Port Vendres...** Some are permanent residents, others part-time.



06 15 32 36 36

Contact@riverchurch.fr

www.riverchurch.fr

Améliorez votre ANGLAIS

See Page 89 for answers

**Tongue twister
(virelangue)**

**Seven silly shabby
sheep sleep! X3**

**YOU KNOW YOU'RE
getting old....**

**..... when you bend
down to tie your shoe
lace and wonder what
else you can do while
you're down there**

1 E is for Egg!

**Trouvez la définition des mots suivants
qui commencent tous avec la lettre E**

- | | |
|--------------|-------------------------------|
| emergency 1 | a long, slippery fish |
| empty 2 | b contains nothing and no one |
| earthquake 3 | c wicked |
| escape 4 | d get free |
| eagle 5 | e sudden shaking of the earth |
| expensive 6 | f needs immediate attention |
| elbow 7 | g strong hunting bird |
| eel 8 | h costs a lot of money |
| evil 9 | i thin brown insect |
| earwig 10 | j joint where arm bends |

2 Bring out the animal in you!

**Trouvez la bonne définition pour ces
phrases 'animal'**

- | | |
|----------------------------|------------------------------|
| To open a can of worms 1 | a Le monde t'appartient |
| Wild goose chase 2 | b Attends! |
| The world is your oyster 3 | c Ouvrir la boîte de Pandore |
| Guinea pig 4 | d Mon petit doigt m'a dit |
| Hold your horses 5 | e Avoir le trac |
| Puppy love 6 | f Un premier amour |
| A little bird told me 7 | g Un bouc émissaire |
| To have butterflies 8 | h Plus de bruit que de mal |
| All bark and no bite 9 | i Un cobaye |
| A scapegoat 10 | j Une quête futile |

Attention!

Would you like et Do You Like...?

WOULD YOU LIKE ...? - VOUDRIEZ- VOUS ...?
DO YOU LIKE ...? - AIMEZ VOUS?

Really Silly Joke

**Did you hear
about the shrimp
that went to the
prawn's cocktail
party? He pulled
a mussel.**



3 Read this amusing text and fill in the blanks from the words below.

Wife: I have a 1 full of used clothing I'd like to 2 to charity

Husband: Wouldn't it be 3 just to throw them in the 4.

Wife: But what about all the 5, starving people who could use these 6?

Husband: 7, anybody who can 8 your clothes is certainly not 9!

The husband is expected out of 10 at the end of the week.

**a Darling b wear c bin d starving e easier f hospital g poor h bag
i clothes j donate**

Can February March?

No, but April May!

**What do you call
bears with no ears?**

B

**Two cannibals are eating a clown.
One says to the other, does he taste
funny to you?**

4 Some More of Those Very British Idioms!

Can you find their equivalent in French?

- | | |
|---------------------------------------|-----------------------------|
| Old Blighty 1 | a T'affole pas! |
| It's the dog's bollocks (vulgaire) 2 | b Quel idiot! |
| What a wimp! 3 | c Arrête de râler |
| Sweet Fanny Adams 4 | d L'Angleterre |
| Fancy a cuppa? 5 | e Quelle mauviette! |
| Toodle Pip! 6 | f Pousse-toi |
| What a plonker! 7 | g Tu veux une tasse de thé? |
| Budge up 8 | h Rien du tout |
| Stop whinging 9 | i Au revoir |
| Don't get your knickers in a twist 10 | j C'est très très bien |

SUGGÉRER QUELQUE CHOSE

Comme dans toutes les langues, il y a plusieurs façons de proposer quelque chose à quelqu'un. En voici quelques unes

HOW ABOUT + VERBE + ING

How about going into Perpignan?
(Si on allait à Perpignan)

SHALL WE + VERBE

Shall we go?
(On y va?)

WHY DON'T WE + VERBE

Why don't we go to the cinema?
(Pourquoi pas aller au cinéma)

LET'S + VERBE

Let's say at home tonight
Restons à la maison ce soir

WE COULD + VERB

We could eat pizza
(Restons à la maison ce soir)
On pourrait manger des pizzas



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E-mail: kevinmaggie@orange.fr



Bioclimatic House FOR SALE

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Contact Alain: almet66@orange.fr or telephone 06 32 05 89 78 / 04 68 35 36 06 / 05 55 28 30 97



Things You might NEED To KNOW



FROM BURGUNDY TO BLUE

Now that we have Brexited, the colour and design of the British passport is to change. Burgundy gives way to blue. However, you can still keep your burgundy passport (with 'European Union' on it!) until it expires, and travel to most countries in Europe, as long as it is valid for at least 6 months.



STOPCOVID APPLICATION

StopCovid, has been designed in collaboration with medical professionals to help counter an eventual 'second wave' of Covid19, and break the chains of transmission. Download StopCovid to your smartphone and it will allow special 'Covid teams' to trace and monitor users infected with the virus.

How does it work? Well, it all sounds a bit James Bondy but when a telephone with the app identifies a nearby user who also has the app, information is exchanged and stored automatically. If a person tests positive, he or she is given a QR code to record in their phone and alerts are sent to anyone who has been within one metre of the infected person, for more than 15 minutes, within the last 14 days.

Whilst the application is not compulsory, it must be used by at least 80 percent of the population in order to be efficient. It is free and available on Android and iOS systems and using bluetooth.

Easy to install On your French smartphone, go to Apple store and search for StopCovid (one word) France. Click on GET, follow the clear and easy instructions – et Robert est ton oncle.

Your Privacy We are assured that users will remain anonymous and data will only be held temporarily.

TOLL-FREE MOTORWAYS

Good news for motorists heading over the border: the AP-7 motorway in Spain is going toll-free. The toll barriers have already been removed between Tarragona and Alicante and the Valencia section of the motorway is now free. Those of us travelling from France into Spain on the section of the AP-7 between the French and Spanish border and Barcelona will have to wait until summer 2021 for the tolls to be abolished. Still, better late than never!



ENGLISH SPEAKING HEALTH CARE HELPLINE

For any enquiries on your health care rights in France, contact the English speaking helpline 0 811 36 36 46 (from France) and 0033 811 36 36 46 (from other countries)



TRANSPORT FROM JUST 1€

A limited number of 1€ train tickets already existed on TER lines but the Conseil Régional is adding thousands more and launching other public transport offers between 2€ and 5€. opening up a range of exciting destinations to a greater number of travellers.

The 1€ bus, already well-known in the region, is also being extended and bus travel to destinations across Occitanie will be capped at 2€, although many journeys will be the usual 1€.

Find out more at

www.ter.sncf.com/occitanie/offres/tarifs-occitanie/billets-1euro or pop into Perpignan bus or train station for more info

BON VOYAGE!



I received a text telling me that the post office had a parcel which was under-stamped. I was to pay 2 euros on line and then it would be delivered. Stupidly, I did that as I was half expecting something from my granddaughter. It was all very professional, looked just like La Poste / Colissimo, no spelling mistakes - and it worked very efficiently. Too efficiently!

The 2 euros was taken first, then a few days later another 68 euros. It's unlikely I will get it back as I sanctioned the first payment. Could have been worse and I'm lucky I spotted it quickly, but I am still left feeling stupid!

The word that appeared on my statement was **Yocourse** and if you google that it gives a good summary of the scam.

MORE BREXIT STUFF!

According to the French government, a new website will be available in early July 2020, allowing Britons who are resident in France to apply for new 'Brexit deal' residency cards. The present website for applications is now closed.

This new 'titre de séjour' card will be called 'accord de retrait du Royaume-Uni de l'UE' (Brexit deal card).

This will not invalidate the cartes de séjours that have already been applied for and granted, though you could be asked to swap them for the latest card, depending on negotiations to come.

Check out <https://brexit.gouv.fr>



LANGUAGE EXERCISES ANSWERS

TEST YOUR FRENCH

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

AMÉLIOREZ VOTRE ANGLAIS

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





P-O Life

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.*



FROM MARCH TO OCTOBER, DON'T FORGET TO PROTECT YOUR DOG AGAINST THE 'PHLEBOTOMUS' OR 'SANDFLY' whose 'bite' can be fatal. This unpleasant little beastie can carry and transmit 'leishmaniasis', by depositing parasites on the skin which invade the dog's cells, and can damage the immune system. **Ordinary flea/tick collars do not provide protection.** Use Spot-on pipettes and Scalibor collars with deltamethrin, available from most vets and pet shops.

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 Third Wednesday of the month

and at our Book Exchange at
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Emmaus 04 68 54 59 60
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