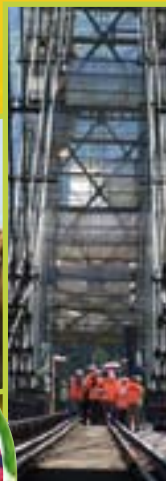


P.O Life

Life in the Pyrénées Orientales

FrenchLife
WHAT TO DO
IN CASE OF
ACCIDENT



English
Speaking
Services
Directory

DISCOVER THE
REGION

DAY OUT FOR THE DAY OUT

AMÉLIOREZ VOTRE ANGLAIS
& TEST YOUR FRENCH

What's On
EVENTS AROUND
THE REGION



A selection of events
from the Palais des Congrès

FREE / GRATUIT

n°24

August
September

Mosquito screens

Gates

Aluminium & PVC windows

Blinds

Shutters



aluminium chain link curtains

Torredemer

www.torredemer.fr

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66400 Céret
Tél/Fax: 04 68 87 01 96

2, avenue de France
66480 Le Perthus
Tél: 04 68 83 62 40

Contactez nous ...

Kate : kate@anglophone-direct.com

Jane : jane.mann@wanadoo.fr

www.anglophone-direct.com

Salut !

August is a bit of an 'in limbo' period for the PO. Between 'fête' and 'bal' the PO becomes a whirling hurricane of entertainment and restauration as it hurtles along its dizzy course towards the end of the season, but try getting a plumber, builder, tiler, baker or candlestick maker! They're all on their hols! Fortunately we have a willing selection of all the trades at your service here in P-O Life along with walks, days out, what's on... Eat in our advertised restaurants, many of whom offer you a free apero, great views, good grub, or try some superb summer sports suggestions.

We are having difficulty keeping up with demand for P-O Life. It disappears so quickly from our distribution points. If you really want to be sure of receiving the next edition, why not take out a subscription?

(see p43) It will arrive 'chez vous' in the post, cost 30 euros p&p for the year (french cheques only please), and would make a great Christmas or birthday pressie if you have neighbours, friends or family who love to hear news about the region.

Happy summer!

Jane & Kate



To ADVERTISE HERE...

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Magazine gratuit - Droits réservés - Reproduction interdite - Concepteur et rédacteur Kate & Jane - Maquette: MS Lang <http://ms.lang.free.fr> - Impression: Imprimerie du Mas - Tirage: 5000 ex - Ne pas jeter sur la voie publique - Anglophone-direct accept no responsibility for the competency of people and services advertising in PO Life

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welcome to the Pyrénées-Orientales!
www.cdt-66.com

Comité Départemental du Tourisme des Pyrénées-Orientales
16 avenue des Palmiers - BP 80540 - 66005 Perpignan cedex - France
Tel. +33034 68 51 52 53 • Fax +33034 68 51 52 50 • cdt66@wanadoo.fr

CONSEIL GÉNÉRAL
PYRÉNÉES-ORIENTALES

Docteur, docteur, j'ai
besoin de lunettes.
Oui certainement. Ici c'est une banque.

All along the watchtowers...

with Leigh and Merry Foster

The clever network of signal towers (tours à signaux) that you see on the high mountain tops around the region date back to the 13th century. They were originally set up by the Rois de Majorque as a defence system to protect the Roussillon from invaders and to enable the passing of information around the region, using fire and smoke signals.

walk 1 : Tour de la Massane

The Tour de la Massane or Torre de la Maçana dates from circa 1293AD, and restoration works in the last 25 years or so have seen it rebuilt to almost its full height.

This is a steep walk, which takes 2-3 hours each way depending on your ability. The views are stunning, all along the coast from Port-Vendres to Canet on a clear day, overlooking Collioure and Argeles, and across the plain to the Corbieres in the north.

Access : Park either above Château de Valmy (Argelès) or above Lavall outside Sorede, both at around 230m altitude. From there it is a steep climb (less steep from Valmy) up to the ridge of hills leading to the tower. If coming from Valmy, make your way up the dirt track to the turn off to Chapelle St Laurent. From there the walking path heads straight up the slope to about 380m alt. where you turn left and head to the Roc del Grill (501221E 4706520N), 525m alt. The path is well marked with yellow bars and meanders through the trees with occasional fantastic views down to Valmy and Port-Argeles. *Map IGN 1:25000 Banyuls/Col de Perthus/Cote Vermeille (GPS) 25490T*

Walk :

Yellow marks throughout

✓ If coming from Lavall the path is shorter but steeper and climbs through the forest with lovely views back down and across the valley. It joins the hill crest path at the Puig dels Oms, a rocky outcrop at 550 m alt. (501588E 4706081N)

✓ From there the path climbs slowly along the crest of the hill weaving in and out of amazing rock formations and lovely forest, heading south east almost one km to a grassy clearing (502317E 4705604N) 660m alt.

✓ Now you are almost there. The path climbs steeply for a hundred metres or so up to a rocky ridge, from where you can



see the tower in all its glory! Beware of the wind which can accelerate up the valley and be quite strong, even when it's gentle elsewhere.



✓ The tower (502163E 4705089N) 790m alt. is reached from the north side by some steps set in the rock. The views from the top are fantastic and well worth the climb. From here you can see down to Collioure, Port Vendres and down to the Tour de Madaloc to the south east, one hundred and forty metres lower. Banyuls sur Mer is just behind it, and the Spanish border is just a couple of km to the south.

walk2 : Tour de la Madeloc

The "Tour de la Madeloc" dates from circa 1285AD, and was modified by Vauban in the XVIIth century. The views are stunning, overlooking Collioure, Port Vendres and Banyuls, and south to Cap Cerbere and the Spanish border. Another steep walk, which takes 1-2 hours each way depending on your start point.

Access : The start point is reached from the Collioure



bypass D914, take exit 14. Follow the track by car up to the Table d'Orientation 505140E 4706076N – 307m alt. Park and enjoy the views from the table and identify places in the distance from the graphic guide. The hills in this area are described as being like a turkey's foot, with high ridges splaying out from each peak and separated by steep-sided valleys. *Map IGN 1:25000 Banyuls/Col de Perthus/Cote Vermeille (GPS) 25490T.*

Walk :

Yellow marks throughout

- ✓ Walk from here, following the footpath, and signs to the Tour Madeloc. The path climbs steeply up the hillside (follow the yellow marks) up to the Batterie de Taillefer 493m alt. 505635E 4705381N.
- ✓ From here there is a rough road where you actually descend a little and can enjoy the views over Collioure and Port-Vendres and the neatly terraced vineyards to the north east.
- ✓ After about 700 meters the path rises more steeply again and starts to zig-zag across the hillside as you climb towards the tower.
- ✓ After several zigzags you finally reach the top ridge of the hill and can see the tower, with its incongruous TV antennae belying its age. The tower is at 506134E 4704248N, 652m alt.
- ✓ Once at the tower you realise that there is actually a road from Banyuls and those wishing to enjoy the views without spending the effort (or time) to hike all the way can drive (if brave enough to negotiate the narrow tracks and steep drops) almost to the top.
- ✓ From the centre of town, follow the D86 inland on the north side of the river under the railway bridge, turn right towards the cave cooperative, past the chapel of Notre Dame de La Sallette and towards the Col de Llagastera. Then continue to the Col des Gascons. From here there is a good path up to the tower. The walk is about 1-1/2 km, still a good climb but with no rocky precipices to scale! Remember to take lots of water especially in summer.
- ✓ Coming down is easier but take care on the rocky patches. Allow 2½-3 hours for the whole walk.

Did you know?

ESPACE NATURE DECOUVERTE OF THE SERRAT D'EN VAQUER

Here's a little jewel tucked away off the Auchan roundabout opposite the Villa Duflot hotel! The former Fort of Serrat d'en Vaquer stands on the highest hill of the Roussillon plain, near the XIV century Aqueduct les Arcades, with superb views to the sea and to the mountains. Its strategic situation placed the fort in an excellent position to defend Perpignan against the Spanish as it is mainly underground and faces two ways, allowing maximum use of artillery while concealing the troops. Now used for walking, bike riding and picnics the site is not only known for its historic importance. In the XIX century, more than fifty varieties of fossilised animals, including wolves, monkeys, gazelles and a giant tortoise from five million years ago were found by Dr Albert Donezans of Perpignan, and can now be seen in museums in Perpignan, Lyon and Paris.

LE P'TIT BUS

Do you know about the P'tit bus in Perpignan? It is a free bus service which runs approximately every 7 minutes from 7h45 to 12h20 and 13h15 to 19h40, every day apart from Sunday and Bank holidays. Pop into the tourist office for a plan of the route and designated stops.

AUTHOR OR TRAVELLER?

WHICH COMES FIRST?

THE CHICKEN OR THE EGG?

Psychologists have now proved that creativity in artists and writers can be associated with living in foreign parts. The Pyrenees Orientales has been home or holiday refuge to some of the greats such as Rudyard Kipling, Pablo Picasso, Ernest Hemingway, Hans Christian Andersen. It seems to have worked quite well for them, so if you couldn't write or paint before, try again now – the P-O might have worked its magic!

The name Argelès comes from the Latin «argila» meaning clay. Its motto is rather fascinating - «qui s'hi acosta, té resposta» meaning 'he (or she) who rubs himself up against it will get pricked' – a Catalan way of saying "Once you get here, you won't ever want to leave"!!!

Hello Dolly

Have you visited the Musée Bella in Perpignan yet? French doll Cathie, was manufactured in 1967 by Bella in Perpignan. In 1969, she was created with a growing hair feature similar to Treissy, preferred doll of my childhood. Up to 2,2 million dolls were made every year in the 70s but in 1984, the Bella factory closed. Today, around 500 different models of Bella dolls can be seen in the museum, set up not far from the original factory, including the first dolls made of papier maché, made in 1946 to 1952, along with those made of Celluloid from 1953 onwards, later to

be replaced by PVC. *Espace Primavera.*
6 avenue du Languedoc. 04 68 22 97 11 /
04 68 61 42 94 / 04 68 34 50 66.

Open by prior arrangement or according to season. Free.



DO YOU LIVE NEAR A PRAT?

Well, best not to answer that one if you don't want to fall out with the neighbours but you will probably have noticed that there are a lot of Prats around. 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.

EARLY CROWD CONTROL

The small town of Toulouges was chosen by the church in 1027 for the signing of the 'Truce of God' (Treuga Dei), an attempt to limit violence in a feudal society where the smallest disputes between lords and knights, and even whole counties were regularly settled by war and violence. With an initial ban on fighting on Sundays and holy days, this was the first organized, non violent attempt to control society in medieval Europe.

CATALAN NATIONAL ANTHEM

Els Segadors (the reapers) was declared the national anthem of Catalonia in 1993 by the Catalan Parliament. It is based upon an anonymous ballad written in the second half of 1640, and refers to the Revolt of the Reapers in a Catalonia occupied by the troops of Philip IV in which the peasants played a key role. The anthem is a fierce call to defend the freedom of the land, calling upon the peasants to cut down the Spanish oppressors with their scythes, and contains lines such as "We must not be the prey of those proud and arrogant invaders. . . . Let us swing the sickle. . . . Let us sharpen our tools. . . . May our enemy tremble. . . !"

In contrast, listen out for another well known national song, El cant dels ocells (Birds song), popularised by Pau Casals as a message of peace and freedom.

CANIQUO

In a letter to M. Georges Aurioi of Perpignan, Rudyard Kipling wrote: "I came here in search of nothing more than a little sunshine. But I found Canigou, whom I discovered to be a magician among mountains, and I submitted myself to his power. . . I watch him with wonder and delight. Nothing that he could do or give birth to would now surprise me, whether I met Don Quixote himself riding in from the Spanish side, or all the chivalry of ancient France watering their horses at his streams, or saw (which each twilight seems quite possible) gnomes and kobbolds swarming out of the mines and tunnels of his flanks." Wow! This man should have been a writer!!

So lar, so good

Built 36 years ago, the solar furnace in Odeillo, an enormous satellite which captures the sun's rays via 10,000 mirrors, is the LARGEST in the world, its location chosen due to the air quality and 300 sunny days per year. The solar furnace in Mont Louis, built in 1949, was the FIRST solar furnace in the world. An enormous construction of 1420 mirrors, this dual reflection solar furnace is used for industrial and manufactured products such as the firing of ceramics, and bronze and aluminium products.

Montferrer Montagne et Musique

Saturday 1st of August, place de l'église, Montferrer - 16h (young musicians) and 20h (main concert starts)

The lovely little village of Montferrer, just after Arles-sur-Tech, at an altitude of 800m, will once again be the venue of the Mountain and Music festival.

All different styles of music... Catalan, French, English, Irish, Welsh, Spanish, Portuguese/Dutch... playing Rock, Blues, Jazz; Manouche... in fact something for everyone - and it's FREE!

More info: Virginia - 06 29 72 47 10 or e-mail: montferrer musique@gmail.com.

Festival Pablo Casals

Sunday 26th July - Thursday 13th August

Now in its 58th year, the Pablo Casals festival is one of the most respected chamber music festivals in France and, indeed, in Europe. It presents an inspiring series of concerts played by some of the greatest musicians of our day in the delightful abbey of Saint-Michel de Cuxà and other churches in and around Prades, Pablo Casals' adopted town.

As you might expect from a festival named after a world famous cellist, many of the 39 concerts focus on the cello, although there are also evenings devoted to organ music, Mozart's clarinet concertos, orchestral works for children and Czech music

The Student Concerts held in the last week of the festival present a great opportunity to visit the charming villages of the Conflent and to listen to the stars of tomorrow performing in the small churches packed full of gems of Baroque Art and proud parents.

For more info, visit www.prades-festival-casals.com



WHAT TO DO IN CASE OF ACCIDENT?

Minor Road accidents and the 'constat amiable d'accident'

Hopefully, it will never happen to you, but if it does, forewarned is forearmed, and it is important to know exactly what to do if you are involved in a minor road accident (accident d'auto) in France.

Place the warning triangle (which the law requires you to carry in your car) at least 30 metres from the vehicle to alert oncoming traffic. Put on the reflective safety vest, also a compulsory part of your car equipment and turn on your hazard warning lights.

If there are casualties, call the fire service (sapeurs-pompiers) on 18, the European Emergency line on 112 or use the emergency phones (orange boxes with SOS written on them) which you will find along the motorway and on main roads.

Always carry an accident report form (constat amiable d'accident) with you in the car 'just in case!' You can pick up a blank form from most French insurance offices or bring with you a European Accident Statement normally provided by your British insurer. This form is NOT obligatory, but it makes any subsequent legal proceedings or insurance payments quicker and easier. It is simply an "agreed statement of facts" between those involved in a motor vehicle accident but can save memory lapses or changing of the fact later on and avoid a lot of stress.

- ✓ Never sign a 'constat' unless you are absolutely sure that you fully understand and agree with the statement. Make sure that you tick the boxes that apply, add up the number of ticks and write this number in the box at the bottom to prevent the form from being altered later.
- ✓ Never let the other party fill in your part of the 'constat', no matter how nice they may seem!
- ✓ Ask to see the other party's ID and proof of insurance, particularly if

they refuse to fill in the 'constat'.

- ✓ As there is a carbon copy, only one constat is necessary for two cars or less, and both parties should send their copy to their own insurer, within five days.
- ✓ If more than two cars are involved, each party should fill in a separate form.
- ✓ List all the damage you can see, and add "Réserves sur les dégâts non apparents" to cover damage which may be discovered later.
- ✓ Try to take some photographs.
- ✓ Note down names and details of any witnesses.
- ✓ If the other party refuses to sign the constat, note the registration. The police will not normally attend an accident where there are no injuries but should be called nonetheless if the other party is being awkward.
- ✓ If neither party have a constat, the report can still be sent by letter, within five days, to the insurance companies.
- ✓ If there is only minor damage, one party may offer to settle directly if the responsibility is clear and agreed, to avoid losing the no-claims bonus. You are advised to fill in the constat as backup anyway, to avoid a change of heart later.
- ✓ Read through the constat carefully and check that the other driver's details are complete before signing. Although not obligatory, it is still a legal document which you will not be able to change later, and may be used in evidence.

Useful vocab

<i>Tout s'est passé très vite</i>	<i>it all happened very quickly</i>
<i>un témoin (an taymwan)</i>	<i>witness</i>
<i>heurter (urtay), entrer en collision avec (ontray on colliz-ee-on avec)</i>	<i>to hit /smash into</i>
<i>une file de voitures (oon feel duh vwaatt-sure)</i>	<i>a line /queue of cars</i>
<i>Attestation d'assurance (attest-at-shon dass-urance)</i>	<i>proof of insurance</i>
<i>Constat amiable d'accident consta amee ab daccidon)</i>	<i>accident report sheet</i>
<i>J'ai essayé de... (chay essayay duh..)</i>	<i>I tried to</i>
<i>J'ai failli... (chay fai-ee...)</i>	<i>I nearly</i>

THINGS YOU MIGHT NEED TO KNOW...

PROBLEMS WITH YOUR ELECTRICITY BILL OR SUPPLY?

EDF have an English speaking telephone line
05 62 16 49 08 (+33 562 164 908 from the UK)
and an English email address
simpleenergywithedf@edf.fr

SCAMS, SCAMS AND MORE SCAMS

Electricity...

Watch out for unscrupulous reps from electricity companies claiming to be the EDF, who are ringing people, making appointments, taking down details from the EDF bill and changing your supplier without your consent. It is then difficult and costly to be reconnected to the EDF. The EDF have all your details on their computer. Anybody asking to see those details should be treated as suspicious.

Rentals...

If you advertise your property to rent on the internet, always keep an eye out for scams from potential 'rentees'. A typical one is as follows. An email will come from another country, often Nigeria, looking for villa/gite rental, (often poor spelling and grammar, maybe for an important person or a large group, always prepared to pay the price, no questions asked, often a @yahoo address...) When the cheque arrives, it will have been accidentally made out for more than you requested and they will ask you to wire the extra amount back to them. The scam is simple. A cheque transfers money from one bank to the other but only becomes 'real' money after the 'real' transaction has taken place between the two banks. This takes time. A Western Union money transfer is instant and the recipient can withdraw almost instantly! Et Voilà! They get YOUR money instantly, whilst THEIR money is reclaimed much later by the bank, once the cheque is shown to be false!

Bank holidays

15 August - Assomption - «jour férié» celebrated by Catholics throughout France. Most shops and businesses close and there are festivities throughout France.

According to a proverb, if it rains on that day, it will rain until the 'nativité' (8th September!)

Quand il pleut le jour de l'Assomption, Il pleut jusqu'à la nativité)

School holidays for our region (Zone A)

Class will start again on Wednesday 2nd September

WHERE TO GO FOR...

...proof of residence, registration of births, death and marriage, planning permission, school registration information: **LA MAIRIE** (town hall)

...car registration, driving licences, French ID cards and passports, information about rights of foreign residents: **LA PREFECTURE**, Perpignan www.pyrenees-orientales.pref.gouv.fr (also Prades, Cérêt – sous préfèctures)

... information about starting up a business in the region:

CHAMBRE DE COMMERCE (CCI)

www.perpignan.cci.fr

and **CHAMBRE DES METIERS** (for trades)

www.cm-languedocroussillon.fr

Any old iron?

If you want to get rid of your old vehicle and are unable to sell it, you are obliged by law to take it to a scrap yard (une casse) so it can be disposed of ecologically. This can cost you anything between €50 and €200. Visit www.ecologie.gouv.fr for a list of registered scrapyards and click on 'Véhicules hors d'usage' in the left panel, then 'liste des démolisseurs et des broyeurs agréés' at the bottom of the page.

LA FÊTE DU BABAU

Wednesday 12th August 2009

Rivesaltes - from 10h

(pronounced ba-ba-oh)

Rivesaltes will become a pedestrian-only zone all day long as the town relives the tale of the legendary Babau, half-iguana, half-dragon, who parades through the streets accompanied by stilt walkers, fire eaters, jugglers, brass bands and the Rivesaltes giants, Galdric Trencavent and wife Radegonda. At nightfall, the monster is 'put to death' on the banks of the Agly, in a dazzling cacophony of noise and fireworks.

Based upon the medieval legend, the "Babau" is reputed to have terrorised Rivesaltes during the middle ages, when he scaled the town walls and polished off several children! He was finally vanquished, and one of his ribs is on display today in the Office de Tourisme at Rivesaltes (although bone experts might well recognise it immediately as a whale bone!)



FESTIVAL FOLKLORIQUE INTERNATIONAL

Tuesday 4th - Sunday 9th August 2009

The yearly Festival Folklorique International in Amélie-les-Bains is actually the oldest dance festival in the Pyrénées Orientales, having been created in 1935 by Jean TRESCASES, founder of the 'Danseurs Catalans d'Amélie' Originally a national festival, it quickly attracted international attention, first from other Mediterranean countries, and then from Eastern Europe, at a time when the Cold War and governmental controls made trips out of these countries a virtual impossibility. Now in its 67th year, the 2009 festival will be represented by dancers from Columbia, Greece, Spain, Malasia, North Ossetia, and of course France, 300 dancers who will light up Amélie with a kaleidoscope of colour and rhythm, on a journey through the dance culture and traditions of other nations.

More info: 04 68 39 24 01

THE DIADA DE CATALUNYA

11th September

On the anniversary of this day in 1714 when the Franco-Spanish army captured Barcelona, bringing an end to the region's independence, this yearly reminder of a bloody and controversial episode of Catalonia's history takes many forms; political demonstrations, concerts and celebration events such as fireworks, parades through the streets, music, dancing, eating and drinking, punctuated in unique Catalan style by sardanes, gégants and castellers amongst other events. People wave senyeres or estelades (Catalan flags) and hang them on their balconies.

Comment appelle-t-on
un boomerang qui ne revient pas ?
Un bout de bois



Catalan home cooking. Weekday lunch for 12€50 all inclusive



Restaurant Totsonpops

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17496 - COLERA (Girona)
Teléfono: 972 38 91 96 - Móvil: 645 955 830
info@totsonpops.com - www.totsonpops.com

Free apéro on presentation of P-O life



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Restaurant Traditionnel

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04 68 87 40 84
www.lechaudronmagique-ceret.fr

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- Terrace overlooking Port Vendres
- Patisserie
- Fruits de Mer

Place de l'Arrière - 66300 Port Vendres
04 68 39 22 32

Restaurant L'entrée

Fresh fish specialities

"Le patron" does the cooking & speaks English

closed on Wednesdays

19 place de la république
66 130 Ille sur Têt 04 68 84 25 95



Restaurant CÔTÉ MER / CÔTÉ GERS

Restaurant owners Martine and Didier hail from Gascony, land of foie gras, Armagnac and of course the bold d'Ar-tagnan of 'Three Musketeers' fame. From their recently opened restaurant in Port Vendres, they invite you to dine in style on their panoramic terrace, with superb views across the port. (See photo above taken from terrace)

Home-made, regional specialities such as escalivade, lamb chops 'à la plancha' and

boles de Picolat from Catalonia mingle easily with mixed grill of duck and duck

breast from the Gers in Gascony. Keen young chef Jean-Marie is a master of fish and shellfish cuisine and their 'parillade royale de poisson' is a fabulous platter with assortment of fresh fish and seafood which varies according to the catch of the day.



Fresh, spontaneous, colourful and delicious, with set menus to suit all pockets, and English speaking Marilyne to help you with your choice.

Free apéro on presentation of P-O Life

3bis, rue Jules Pams - 66660 Port-vendres 04 68 98 00 88

What's on?

Our pick of events around the region.
For a more detailed events calendar,
visit us on www.anglophone-direct.com

FESTIVAL DE LA PELOUSE

1st August /Thuir

Modern music festival. Guinguette,
(french music hall) rock and roll...

FIREWORKS

5th August /Canet / Argelès

Fireworks and a variety of entertain-
ment.

FESTIVAL DES MÉDITERRANÉENNES DE LEUCATE

5th - 7th August / Leucate

Between the beach and the oyster
beds in Port Leucate, this three
day Mediterranean festival offers a
cocktail of talent, both new and esta-
blished artistes, rock, pop and reggae.
More info: www.lesmediterraneennes.fr

NUIT DE LUMIÈRE JAZZ

6th August /Thuir

The story of jazz via music and images
More info: 04 68 53 45 86

NEW ORLÉANS NIGHT

12th August / Canet

Entertainment between port and
centre. Jazz concert (18h) and Street
musical (21h30) « Mississipi Show
Boat » (Show Boat on the seafront
with jazz musicians aboard)

Vide-grenier

Litterally translates as 'empty your attic, whilst a 'bra-
derie', similar idea to a vide grenier, comes from the
word "brader" meaning to sell at very low prices.

FESTIVAL OF ST. VINCENT & FÉRIA

**14th - 18th August /
Collioure**

First celebrated in 1701, on the day
when the relics of St. Vincent, the
patron saint of Collioure, were returned
to the village, numerous festive events
have been preserved such as the ronde
du clocher (swimming around the port
and bay), and the Catalan Procession
on the Sea.

FIREWORKS

15th August / St Cyprien

St Cyprien boasts one of the most
talked about firework displays in the
region, the 'setting alight' of the port
and the firework extravaganza attract
folk from far and wide. The display is

preceded at 19h by a 'sardinade' when
local fishermen share their sardine
catch in this traditional Catalan feast
of grilled sardines, bread and aioli
(garlic dip).

SON & LUMIÈRE'

19th August/Mont Louis

'Son & Lumière' and firework display
with music, parades and entertain-
ment all day.

FESTA MAJOR DE BANYULS

**22nd - 23rd August /
Banyuls-sur-Mer**

A weekend of sardanes, music, dan-
cing, beach games for kids, sardinade
and fireworks.

A selection of...

NIGHT MARKETS (AUGUST ONLY)

Usually take place from around 19h – midnight

CANET Every evening (sea front) and every Saturday (port)

CERET Every Tuesday

ARGELES-SUR-MER Every Tuesday and Friday (Port)

Every night - craft (Parking des Platanes)

PRADES Every Friday

TORREILLES Tuesdays and Thursdays (Espace des Capellans)

LE BARCARES Every evening (craft)

STE MARIE LA MER Wednesday, Friday and Saturday (sea front)

Visit our site and register
for our free **weekly newsletter** !

A selection of...

MEDIEVAL FESTIVALS AND MARKETS

PASSEPORT Kid

24th - 29th August / Argelès

Organised evenings for the U12s at the beach with games and shows and 'passport' with reductions and discounts on regional attractions:
More info: 04 68 81 10 15

BODEGA DEL MAR

28th - 29th August / Le Barcarès

A weekend of bull including festivity, and entertainment in the streets with the running of the 'vachettes', music and fireworks. Bodegas will serve paella, BBQ, tapas...

MUSIQUE EN CATALOGNE ROMANE

4th - 26th September / Céret area

A chain of concerts featuring ancient music in the Romanesque churches around Roussillon.

Opera and music from the middle ages performed in churches where the acoustics are considered particularly well suited to the music.

LA RONDE CÉRÉTANE

12th - 13th September / Céret

Sporting weekend with a fun theme on Saturday of dancing and pasta, followed by the Ronde Céretane on Sunday. Three different races of 20km, 6km and children's race.

More info: www.rondeceretane.com



ARLES-SUR-TECH

22nd - 23rd August

The ancient village of Arles-sur-Tech goes back in time. Rendezvous in the old town for 'la Cour des miracles' (thieves, beggars, lepers and all manner of street walker at your service!), le marché medieval, (apothecary, potters, glass blowers, weavers, wood sculptors, blacksmiths...), fire eaters, jugglers..... or quench your thirst at the medieval 'taverne de l'Ours'

CANET VILLAGE

29th - 30th August

Medieval crafts, stalls, people dressed up in the costumes of the XIIIth century, fire eaters, sword fighting, re-enactments of medieval scenes, jugglers..... Lively and colourful, with music and dancing from medieval times and grand firework display along with the 'setting alight' of the chateau.

CAMPO SANTO, PERPIGNAN

12th September

Great fun for all the family, this medieval market takes the town back in time to the days of the kings of Majorque, lively and colourful, with a careful reconstitution of the affluent and long ago times. In and around the Campo Santo, you will find crafts, stalls, public executions, (?) people dressed up in the costumes of the XIIIth century, fire eaters, sword fighting, re-enactments of medieval scenes, street battles, leper's colony, children's workshops, music, dance, makeup, pottery, archery demos...



What's on?

Our pick of events around the region. For a more detailed events calendar, visit us on www.anglophone-direct.com

It is worth checking with the local tourist office or town hall to confirm dates and times of these events, which have been known to change. This is particularly so for the vide greniers which are dependant on the weather.

INTERNATIONAL ART FESTIVAL

19th September - 4th October / Chateau Valmy, Argelès-sur-Mer

Art 'salon' paying homage to artists and sculptors, with grape-pickers' meal, auction, evening viewings, concerts...

More details: <http://assosarg.fr>

FÊTE DE LA ST CÔME ET ST DAMIEN

25th -27th September / Argelès-sur-Mer

A variety of different events and entertainment punctuate several days of festivities, crashing to a grand finale on Sunday 27th with the parade through the streets of the Argelès giants.

FESTIVAL INTERNATIONAL du DISQUE

26th-27th September / Chapelle Saint-Dominique - Perpignan

Vinyl, cassettes and CDs from buyers and sellers from around the world, concert, cartoons strips, books, photos

YOGA

From September / Mas Pallagourdi Céret

Classes from September:

Yoga for Health, suitable for all abilities and ages, Thursdays 3-4.30

Yoga for Relaxation, Tuesdays & Wednesdays 10-11

Mantra & Meditation, Tuesday afternoons monthly

More information: marianthornley@hotmail.co.uk

Vide-greniers (car boot sales)

Taking place mainly on Sundays, the vide-grenier, the nearest equivalent to the car boot sale, is a chance to get rid of those unwanted bits and pieces. Get there early if you want to get the bargains and avoid the rush! NB if you wish to display/sell at a vide-grenier, you will normally need to register in advance to book your 'emplacement' and show some proof of identity when registering. More information on how to do this from your local town hall.

AUGUST

Sunday 2nd
Pontella
Angoustrine
Mont Louis
Elne
Mont-Louis
Perpignan
Sunday 9th
Valcebollère
La Cabanasse
Saint-Marie (village)
Saint Cyprien
Maury

Perpignan

Saturday 15th
Bouleternère
La Llagonne

Sunday 16th
Les Angles Perpignan

Sunday 23rd
Err

Sunday 30th
Claira

SEPTEMBER

Sunday 6th
Vinça Perpignan Saint-Féliu-d'Amont

Sunday 13th
Llupia
Rabouillet

Sunday 20th
Osseja

Sunday 27th
Vernet-les-Bains
Laroque-des-Albères
Corbère les Cabanes

Palais des Congrès, Perpignan

The Perpignan Exhibition and Conference centre, with its spacious, purpose built facilities in the town centre, organises events, exhibitions, salons, concerts and conferences throughout the year as well as hiring out space for private functions and events.



Check out their website on <http://www.congres-perpignan.com>

Free cocktail
on presentation
of P-O Life

Bar Restaurant



Tucked in between purveyors of pizza and moules frites in Argeles Port is Las Papallonas, a gem of a restaurant serving fresh local food cooked with a flair learned, would you believe, in London.

Frank, proprietor/chef extraordinaire, spent eighteen years working under such culinary stars as Marco Pierre White and Gordon Ramsay, acquiring his considerable skills as well as a very colourful brand of English... He is widely travelled, always cooking, "It's all I do, I love it!"

And his love shows. His menu of the day at 12.90 euros changes daily. Having eaten his Tapas Menu of a selection of ten hot and cold tapas, a fillet of cod topped with finely chopped chorizo and cranberries, I knew each dish he proposed would be delicious, the seasoning complimenting rather than overpowering the main ingredient. Tapas with a view: from the tables you look through a sea of

masts to Fort St Elme standing guard over Collioure.

He cooks simple food as well. His hamburgers are made from steak he minces himself, his menu a la planxa at 19.50 has king prawns, sea bream and steak all grilled, served with frites and seasoned with local herbs. Last summer, when the rest of Port Argeles was awash with Moules Frites, Frank served nine versions of 500 grams of king prawns, salad and chips for 10 euros a dish and got through two thousand kilos of prawns in two months... Les Gambas Papallonas are available this summer as well.

He loves the Brits and is keen to do Sunday Lunches of Roast Beef and Yorkshire Pud. All he needs is a booking for eight... P O Life readers will be guaranteed a warm welcome and a great gastronomic experience. Booking is recommended.

3 Quai Vasco de Gama - Port Argeles 66700

Tél : 04 68 56 85 23





Restaurant reviews

LAURENS'O Perpignan

Traditionally, it is to Italy and France that one looks for the most memorable European dishes, so, when someone mentioned a restaurant in Perpignan with a Franco-Italian slant, I just had to give it a go.

✓ Laurens'O is situated at 5 Place des Poilus in the middle of the Rue des Augustins/Poissonnerie area, hot spot for the most imaginative of the city's new crop of restaurants. The owner, Cédric Laurens has somehow achieved the difficult task of doing it out in the minimalist modern style without making it feel cold and soulless. Warm, vibrant colours abound in the spacious dining area, and there are about 15 tables on the sheltered outside terrace.

✓ The menu changes seasonally, with regular classics and seasonal specialities printed in different colours on the card. The "antipasti, followed by pasta, followed by meat or fish, followed by dessert" formula so redolent of Italy seems to be used in Laurens'O, but there is indeed a nod to

France in many of the dishes as well. Starters range from salads to salmon tartare, via brandade de morue and a small parma ham pizza, all priced around 11€. A "tasting plate" for two costs 18€.

✓ Those who like their pasta simple are well catered for, with the usual spaghetti/tagliatelle done in traditional ways, but there are some very interesting "fusion" methods of serving cannelloni and ravioli; I had ravioli of foie gras with truffle cream, my wife cannelloni stuffed with scallops, small vegetables in a leek and seafood sauce. Prices range from 12-21€.

✓ Meat/fish dishes cost about the same, and include Veal



Milanese, Boconccini, and cod with cream of sweet garlic. Even Thailand gets a look in with fried gambas with sweet basil, ginger and two Thai sauces.

✓ As you'd expect in an Italian themed restaurant, home made ices and sorbets feature well in the desserts, but there are also such creations as strawberry millefeuille, a gratin

of fresh fruit with sabayon, and a warm chocolate fondant gateau with Madagascar vanilla ice.

A lunchtime formule of dish of the day plus either starter or sweet is on offer at 17€.

✓ Good quality local picket wine is available at 8€ per half litre, and there is a wide list of both French and Italian bottled wine starting at 14€.

✓ Service is prompt and friendly, (Cédric came round the tables to introduce himself), and the American family at the next table had no difficulty in finding English speaking waiting staff.

✓ Outside Italy, too many "Italian" restaurants rely on the safe old pizza/pasta routine. This is not a criticism that can be levelled at Laurens'O. To my mind, though not cheap, it provides excellent Italo-French fare in comfortable surroundings at a moderate price. Ease of access and plentiful nearby parking are bonuses. Whilst reservations do not seem to be necessary those who wish to be sure of a table, any time from Tues to Sat, can do so by phoning 04 68 34 66 66 or using the booking tool on their website www.laurenso.com

Say cheese...

'fromage' comes from the Latin word 'forma' (made in a mould) used to describe the basket or container in which compressed curds were moulded to make cheese. In the 13th century "forma" became "formage", and finally 'fromage'

www.boulangerie-poch.com

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**LE COUVENT - 66130 ILLE SUR TET
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LE COUVENT Bakery Ille sur Têt

A year ago, in an old Couvent in Ille sur Tet, Christine and Henri Poch opened a most spectacular bakery.

A better-qualified couple would be hard to find. Henri Poch is a MOF, a member of the select group of artisans who have been awarded the title of Meilleur Ouvrier de France (Best worker in France), in Henri's case, for his bakery skills. As you enter the Couvent the warm smell of baking leads you by the nose into the shop where the results of those skills are on display. Large plate glass windows allow you to watch him at work in his large garden-level baking workshop below. His wife Christine serves in the shop, runs the office and their three room B&B.

This summer they will be doing simple table d'hôte lunches in the garden consisting of cuisine catalane a la plancha. A selection of grilled meats, salads and, of course, Henri's splendid breads and pastries will be served at small tables under the old trees.

The bakery is open from Friday to Monday. On the other days Henri leads bread-making workshops and teaches his culinary skills to groups of up to eight students. For a full programme see their website www.pochboulangerie.com Several times a year local primary school children spend a morning in the old Couvent. Henri shows them how to make their own bread and, as they queue up to place their small loaves in the great oven, their eyes are shining with excitement. And, to their great delight, even the schoolmaster gets a turn.

On the edge of Ille sur Tet on a roundabout where the old route national joins the expressway to Andorra, one might have thought the Couvent bakery too difficult to find for it

to be busy. One would have been wrong. It is almost as if the smell of the baking reaches the centre of town. The cars parked on the verges from Friday to Monday bear witness to the Poch's success and the ability of the French to seek out quality cuisine in general and good bread in particular.

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Visa pour l'Image

For the first two weeks of September, Perpignan fills to overflowing with photographers. It is VISA time! Amateurs and professionals, they swirl around the city, admiring and criticising some of the best photojournalism in the world.

This year's 21st festival of VISA pour l'Image will be no exception. Jean Francois Leroy, despite declaring a multitude of difficulties, problems he sees as rising from the digital revolution and the internet, has nevertheless assembled thirty top quality exhibitions and planned six evenings of projections in the Place de la Republique and the Campo Santo. And we can be sure they will be varied and fascinating... and free!

"21st festival of VISA pour l'Image"

Abbas of Magnum Photos, who was in Siberia on 9/11, traces a seven-year's journey through the Islamic world questioning fanaticism, and religious beliefs. There is a homage to Françoise Demulder a brilliant photographer who covered wars in Vietnam, Angola, Libya, Cambodia, Ethiopia and was known by Yasser Arafat as "Fifi" as he could not pronounce her Christian name. Seriously handicapped in 2003 she died on September 3rd 2008. VISA honours her...



PLACE DE LA REPUBLIQUE

Miquel Dewer-Plana shows us Guatemala's "other war," the war against violence. 6292 assassinations took place in Guatemala in 2008.

The rise of Barak Obama is covered by Callie Shell of Time Magazine, Pascal Maitre photographs many facets of Somalia for National Geographic and there are many, many more. Pick up a programme at the Tourist Office. A handy map ensures you find the exhibitions that interest you.

For those with even the slightest interest in photography, a better way to discover some of Perpignan's heritage buildings would be hard to imagine: Hotel Pams in the Rue Emile Zola is the meeting place for all the press photographers. It was Pierre Bardou of JOB cigarette paper fame who bought it and several surrounding houses in the 1850s. He ended his days living in Hotel Pams with his daughter Jeanne (for whom Ch Valmy was built) and her husband, Jules Pams the brilliant lawyer, politician and art lover. After Jeanne's death Jules Pams married again and, with the architect designer Leopold Carlier and the artist Paul Gervais, created the rich and fantastic interior visible today. His second wife, Marguerite Holtzer sold Hotel Pams to the town hall in 1946. The Tourist Office in Perpignan offers tours of these beautiful old "hotels particuliers" or, during VISA you could pop your head



HOTEL PAMS



around the door, for a glimpse of the wealth of Perpignan a century ago.

It is in the Couvent des Minimes that the largest number of the exhibitions are assembled. There you will find the prize winners. World Press Awards, news, war, peace, sport, nature, all are represented and

hung upstairs in one of the collection of buildings grouped around a vast courtyard. The Couvent, dedicated to Ste Marie de la Victoire, was built close to the ramparts in 1573 in what was then Perpignan's Jewish Quarter. The building, almost exclusively of red brick, took many years. There is a church, there are several small chapels, cloisters round what may have been a ritual Jewish bath, a grand staircase with interesting sculpted details. However, from 29th August to 13th September the church, the old monk's dormitories, the grand corridors, the kitchens, will all be filled with photographs, the cloisters and courtyard with parasols and photographers taking a welcome break from the troubled world represented within.

*"best photojournalism
in the world"*

One of the most beautiful buildings in Perpignan is the XIII/XIV century Chapelle des Dominicains. The soaring 26 metre high nave, light streaming through clear, tall, narrow windows, has photographs at hung at eye level on wires reaching almost out of sight making it the most impressive exhibition space of all VISA. The buildings are well worth visiting in their own right. Part of the Cloisters was sold to the army in the XVIII century and was, until recently, the base of the French Foreign Legion.

After April 1791 with the secularisation of religious buildings, the Dominicans departed. Now, throughout the year, it is used as a venue for any number of concerts, art and antique fairs, festivals and demonstrations and workshops.

From the southernmost corner of the chapel a door leads to the Chapelle du Tiers Ordre on the Place de la Revolution Francaise. The heavy religious art depicting the "Battle of the Dominicans against Heresy" covering the walls and ceiling of the nave is the work of Jacques Gamelin. Having been employed by the Pope for a while he became a military painter after the Revolution, attached to General Dugommier and much admired at the time. In 1846 the chapel served as the Court where the "Trabucaires" a band of Catalan brigands who had been very effective in terrorising much of the P.O. were tried. VISA hangs some controversial photographs on its walls





each September. The Place de la Revolution Francaise is an ideal spot for lunch in the dappled shade of tall plane trees. Many small restaurants abound, offering menus for most tastes and budgets.

The XVIII century Ancienne Universite, is another VISA venue. Marechal Mailly, commander of the Province in 1760, decided to build the "new" university and personally donated 20,000 books. Forty years on it had ceased to function as a university became a Library then the Musée des Beaux Arts. Since 1980, it has been the home of the Communal Archives... and another venue for VISA.

"events of 2008 projected on a huge screen"

The Castillet, symbol of Perpignan was built in 1368 by Pierre IV of Aragon to defend his kingdom of Mallorca against the French. To finance the project huge taxes were imposed on all merchants arriving at the main town gate it guarded. When the troops of Louis XI took Perpignan between 1475 and 1483 the Castillet was reinforced to defend his city against the Spanish...and to control the locals revolting against the French... A beautiful crenulated terrace was added to support the cannons and survey the

CATHEDRALE SAINT JEAN



plain of Roussillon. After enjoying the photographs it is well worth going on up to this terrace for the spectacular views it affords over the city, the plain and Canigou.

It is to Campo Santo, the largest and oldest funeral cloister in France that you must go to enjoy the VISA evenings. There the events of 2008 will be projected on a huge screen; differing subjects, differing points of view will be displayed, each continent represented. The Democratic Republic of the Congo, the Gaza Strip, Georgia, Zimbabwe, Madagascar and Mexico will be on the programme. 2009 is a year rich in anniversaries: Our current economique crisis echoes that of 1929, Jazz celebrates its centenary, it is 40 years since man first landed on the moon... These events and many more will be explored as night falls on Perpignan.

In the Place de la Republique, on the 3rd 4th and 5th of September a second huge screen repeats the Campo Santo screenings to an even larger audience sitting in the many cafes and bars with which the Place is blessed.

And to add to the interest VISA OFF presents the work of many, many more photographers. Local businesses, predominantly in the town centre, have, since 1996, been hosting exhibitions of an interest and dynamism that has gained them a considerable following and added a still greater incentive to explore and enjoy Perpignan in the first half of September every year.



The wild valley of Nohedes and the Balades en Estives

Three km SE of Prades you will see Ria on the right hand side of the N116. The village is dominated by the ruins of a Visigoth castle. Over the centuries Ria, of strategic importance, was fortified by Romans, the Counts of Barcelona and whoever was in charge at the time. From the castle ruins you look across the Têt to the church of

"summer grazing grounds"

Sirach (also fortified) backed by the Massif of Canigou. The road from Ria to Nohedes passes through the tiny village of Conat with an XII century church and X century chapel before climbing and climbing till the village of Nohedes appears with towering mountains and wild scenery all around it. This is the starting point for some of the Balades en Estives as well a good spot for fantastic walking with or without a guide.

The Balades en Estives are walks organised by the Association des Rosée des Pyrénées in the Parc Naturel Regional des Pyrénées Catalanes or PNRPC (we all know how the French love acronyms).

For the last fifteen years the farmers of the association have been farming veal by traditional methods. The calves are fed exclusively on their mother's milk and the grass and herbs of the high Pyrenean meadows. From June to September the farmers lead a series of day long "balades" up to their summer grazing grounds. There you will meet the cattle they breed to produce their "pink Pyrenean" veal.

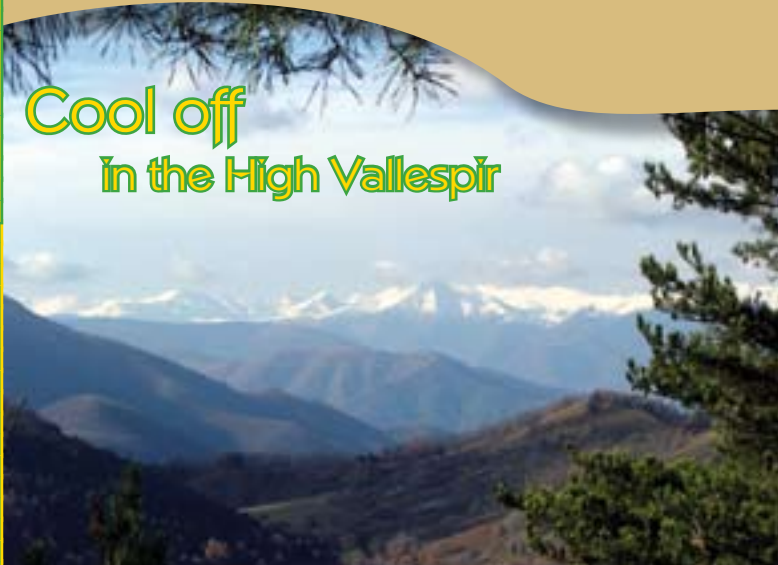
The day starts at 9am at one of six mountain villages. The farmer, after a short introductory talk, leads the group off and up. The pace is gentle, the scenery magnificent and the farmer has a wealth of local stories to tell.

The talk is of cattle-raising and farming methods. He shares his passion for and knowledge of the spectacular countryside in which he works. After two or three hour's walking bells are heard and out of the magnificent landscape the gentle cattle emerge. They are of rustic race, "Aubracs" and "Gasconnes". Caramel coloured or grey, little calves, doe-like mothers and, occasionally, a bull. Here you see no mad cows, these cattle are raised in liberty, perfectly at peace in their surroundings.

In the distance, beside a lake or a babbling mountain stream, a drift of wood smoke hangs on the air. The other members of the Rosee des Pyrenees team have arrived in a 4x4, set up trestle tables groaning with food, and lit fires for the grillade. The feast is delicious, the atmosphere relaxed and friendly. By 6 pm the farmer has led the group back to the cars and an unforgettable and stimulating day spent in the breathtaking scenery of "Parc Naturel Regional des Pyrenees Catalanes" and in the company of the men and women who work has ended. 0468052580 or 0468966183



Cool off In the High Vallespir



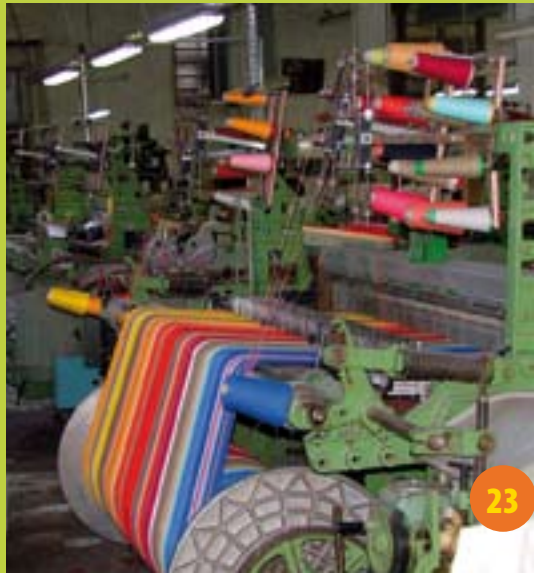
ment and machinery. The town itself clings to the mountainside, old village houses wrapped around the church with its tall steeple. All around the views are spectacular. If you continue up the D3, on top of the world, between France and Spain, you will find the tiny village of Coustouges with its XII

When the coast gets too hot, too crowded or if (heaven forbid) it rains, a day out in the High Vallespir beckons. Drive up the D915 and 6 km north of Arles sur Tech turn left on the D3. After 10km you will arrive in St Laurent de Cerdans. Immediately, on the right, is the vibrantly wonderful showroom shop of "les Toiles de Soleil". Woven in the somewhat Dickensian factory behind, the striped fabrics emerging from the ancient machines glow with colours designed to brighten any day. At the Espadrille factory, higher up in the village, similarly brilliant fabric is used to make traditional Catalan rope soled shoes. Each shoe of the pair is identical as espadrilles acknowledge no difference between left and right feet. Visits can be arranged via the tourist office 04 6839 5004.

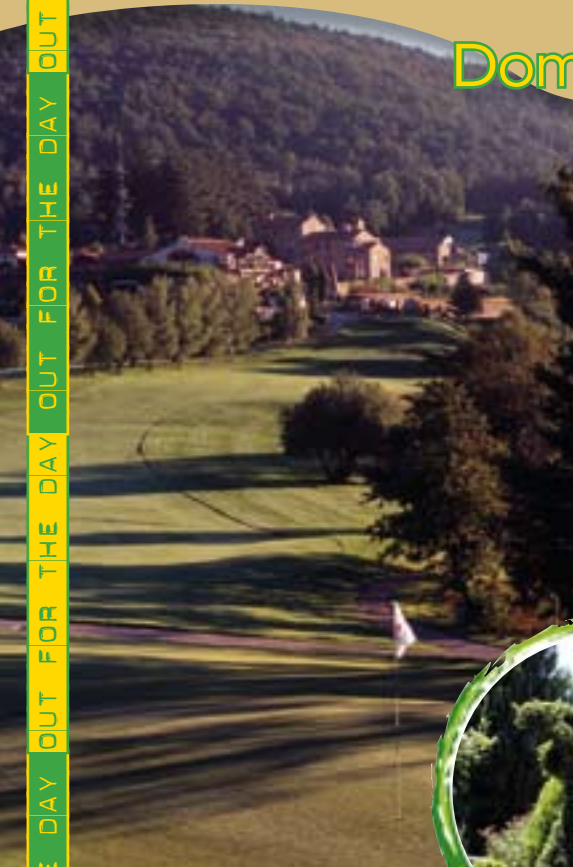
"ancient machines glow with colours"

The Museum of Popular Arts and Traditions in an old cooperative workshop is more than worth while visiting. You can see how the espadrilles are made, and study the history of the Bear Festival which still takes place in St Laurent each February. A fascinating photographic record of the Retirada is displayed on the wooden dormitory bunks in which some of the 70,000 refugees slept in St Laurent de Cerdans at the end of the Spanish Civil War. Yet another corner of the museum is dedicated to cinema history in the form of numerous old film posters, film equip-

century church and strangely named streets. Alternatively, branch off right after St Laurent on the road to Villerouge and the Domaine de Falgos and you will arrive at a Golf resort and Spa par excellence. Very close to the Spanish border, with views forever, open all year round anyone can play golf, learn to play golf, relax and swim in the pool, be pampered in the spa. From Falgos there are endless walking possibilities. The Tours de Cabrens, for example, are a mere two and a half hours stroll away. Or a game of tennis could build up an appetite for lunch in their attractive restaurant...



Domaine de Falgos



prices. Salads, pasta dishes, grills and omelettes range from 8 to 18 euros or you could enjoy a tempting three course menu "decouverte terroir" for 29 euros. There is a three course children's menu for 9 euros. And the wines are good value too, mostly local, and costing 15 euros a bottle upwards.

"a beautifully tended corner of paradise"

For a rather perfect and extremely relaxing day out all the year round in any weather the combined lunch and SPA day rate ranging from 25 euros in winter to 42 euros in high summer includes a three course meal with ¼ l of wine and coffee and unlimited use of the heated indoor pool and outdoor sun terrace. Probably less than you would pay at an average restaurant on the coast... Add in a round of golf including caddy or chariot and the prices range from 47 to 94 euros. All year round children under 4 go free and 4 – 12 year olds are 16 euros. Check out the many treatments available at the SPA on www.falgos.fr or www.falgos.com and book yourself a day of pampering and pleasure... You know you're worth it!



As soon as you enter the gates you are aware of having arrived in a beautifully tended corner of paradise. Small but perfectly formed topiary golfers are practicing their swings in discreet corners. A sweeping glance over the immaculate greens takes in both the Massif of Canigou and the Bay of Roses. The welcome from the staff is warm and friendly. Small children can be cared for while parents have a round of golf or a game of tennis. There is table tennis, you can practice your putting, there is a football and rugby pitch where top European teams come to brush up their skills.

The restaurant in the old "Bergerie" spilling out onto a terrace of dappled sunshine serves high quality food at very reasonable



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Virelangue

Ces seize chiens choisissent ce saucisson

Bodily functions! (YOU NEVER KNOW WHEN YOU MIGHT NEED THEM!)

Éternuer (ay-ten-you-ay) / to sneeze
« Ah...ah... ah... je vais éternuer! »

Avoir le hoquet (ockays) / to have hiccoughs
« Ah non! J'ai le hoquet! »

Peter (pett-ay) - to break wind.
« Ooops Désolé, j'ai peté ! »

(More fun with bodily functions
in the next edition!)

1 C pour chat! Match up these words, all beginning with C, with their definitions.

- | | | | |
|--|----|---|-------------|
| endroit où les routes se croisent | 1 | a | caniche |
| grande tente, centre du cirque | 2 | b | caoutchouc |
| passage entre deux sommets | 3 | c | carie |
| objet en papier ou tissu, qu'on fait voler | 4 | d | carrefour |
| oiseau blanc que représente la paix | 5 | e | cerise |
| trou dans une dent. | 6 | f | cerf volant |
| petit chien aux poils frisés. | 7 | g | chapiteau |
| fleur qui a des feuilles piquantes. | 8 | h | chardon |
| fruit rouge qui a un noyau | 9 | i | col |
| matière élastique et imperméable | 10 | j | colombe |

Match up these useful phrases which all involve body parts

3

- | | | | |
|-------------------------------|----|---|-----------------------------------|
| les amuse-bouches | 1 | a | to have a lot of influence |
| faire la sourde oreille | 2 | b | to be astonished, gob smacked ! |
| avoir un coup dans le nez | 3 | c | to put your foot in it! |
| avoir le bras long | 4 | d | to make eyes at s.o. |
| faire les yeux doux | 5 | e | that's fantastic |
| tenir la jambe à qn | 6 | f | to keep somebody talking |
| mettre les pieds dans le plat | 7 | g | appetizers |
| ça me prend la tête | 8 | h | to turn a deaf ear |
| c'est le pied | 9 | i | It's really annoying ! |
| rester bouche bée | 10 | j | to have had one too many (drinks) |

✓ **Useful phrase**
lapsus - a Freudian slip

✓ **Language tip**
Etre en train de + infinitif...
to be in the middle of doing sth (je suis en train de lire)

Etre sur le point de + infinitif...
to be about to do sth
Ils sont sur le point de partir

✓ **Some useful slang words**

- Accro hooked/addicted (Je suis accro du chocolat)
 Bouffer to eat - (Qu'est ce qu'on bouffe aujourd'hui?)
 Choper to catch or nick (J'ai chopé une grippe - qui a chopé mon porte-feuille?)
 Clébard dog, mutt (j'adore les clébardes)
 Toubib doctor (il faut voir le toubib ?)
 Bosser to work - (j'ai bien bossé aujourd'hui)
 Boulot work (noun) - (Argghh! j'ai trop de boulot)
 Chiottes toilet (bog) - (Où sont les chiottes ?)
 (not to be used in polite company please !!)

ANSWERS TO 'TEST YOUR FRENCH' PO Life n°23

- 1 1g 2d 3j 4h 5i 6f 7a 8b 9e 10c
- 2 1b 2b 3c 4c 5a
- 3 1h 2e 3f 4g 5j 6d 7b 8i 9a 10c
- 4 1c 2b 3c 4c
- 5 1i 2d 3l 4c 5e 6k 7f 8 (ooops! Did you spot the deliberate mistake?) 9m 10h 11a 12b 13 g or j
- 6 1e 2f 3a 4d 5b 6c

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Améliorez votre Anglais

Répétez cinq fois ! *Tongue twister*
The sixth shocked sheep sits silent
Le sixième mouton choqué
s'assied en silence

Trouvez l'équivalent en anglais de chaque proverbe français

2

- | | |
|--|--|
| Tout est bien qui finit bien. ① | ⑥ Forgive and forget |
| Un sou est un sou ② | ⑦ It never rains but it pours |
| Il vaut mieux s'adresser à Dieu qu'à ses saints. ③ | ⑧ There's no smoke without fire |
| Il ne faut jamais dire « Fontaine, je ne boirai pas de ton eau ! » ④ | ⑨ Better to talk to the organ grinder than the monkey! |
| Il faut oublier et pardonner. ⑤ | ⑩ he who laughs last laughs longest. |
| Qui ne risque rien n'a rien. ⑥ | ① It takes all kinds |
| Il n'y a pas de fumée sans feu. ⑦ | ② Nothing ventured, nothing gained |
| Rira bien qui rira le dernier ⑧ | ③ All's well that ends well |
| Un malheur ne vient jamais seul ⑨ | ④ Every penny counts |
| Tous les goûts sont dans la nature ⑩ | ⑤ Never say never |

Choisissez la bonne partie du corps pour compléter ces phrases idiomatiques ! ①

discuter – to have a 1 wag
changer d'avis – to have a change of 2
couter cher – to cost an 3 and a 4
bonne chance – break a 5

Daft joke

Doctor, Doctor, everyone
keeps ignoring me.

Next, please.

3

D is for dog! Trouvez les définitions de ces mots suivants, qui commencent tous par D

- | | |
|--|------------|
| yellow flower of early spring ① | ⑥ doughnut |
| not much, or no, light ② | ⑦ dice |
| small, pointed object used in game ③ | ⑧ drum |
| cubes with numbers on ④ | ⑨ daffodil |
| toy which looks like tiny person ⑤ | ⑩ dream |
| sweet cake with a hole in the middle ⑥ | ① doll |
| bird and symbol of peace. ⑦ | ② doodle |
| noisy musical instrument. ⑧ | ③ dart |
| Thoughts and images while asleep ⑨ | ④ dark |
| quick and thoughtless drawing ⑩ | ⑤ dove |

✓ Attention!

Mes cheveux SONT blonds (plur) **mais** My hair IS blonde (sing)

J'ai acheté MON pantalon à M&S (sing) **mais** I bought my trousers at M&S (plur)

RÉPONSES D'AMÉLIOREZ VOTRE ANGLAIS PO LIFE N° 22

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

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Figs



August and September in the P-O turn every trip out into a potential wild figgy feast, but how do we know when they are ripe and how do we eat them?

The edible fig is actually one of the first plants to have been cultivated by humans, and as we know, Adam and Eve used fig leaves to protect their dangly bits. Figs are rich in minerals, vitamins A, B and C, contain a decent amount of fibre, and the leaves are also edible.

Do not pick until completely ripe as they don't ripen well once picked. A perfect pick is when the fig is just on the point of bursting. Look for the telltale honey-like drop of moisture on the surface to tell you that it is just ready to eat.

They also have a very short shelf life. Keep in the refrigerator and use within a day or two.

To present and eat, remove the stem and halve the fig or cut a cross in the top and press your finger in to splay it out.

Mosquitos

Mosquitos (meaning "little fly" in Spanish) track their "prey" via chemical sensors.

They are able to sense perspiration, lactic acid and carbon dioxide, given off by the normal breathing process. They can also detect heat and movement! Only the female mosquito bites!

It is believed that diet plays an important role in making us more or less attractive to mozzies, along with perfumes, soap residues, make-up, deodorants, and even medication.

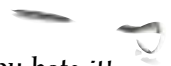
- ✓ Use an unscented antiperspirant to keep your sweat levels down and avoid wearing perfumes and body lotions.
- ✓ Wear light clothing as mozzies are more apt to bite people wearing dark colours.
- ✓ Use a DEET-based insect repellent (use cautiously with children).
- ✓ Avoid standing near water which attracts mosquitoes.
- ✓ Citronella candles can help to repel the mozzies, but don't rely on them, particularly in the P-O as wind can dissipate the smoke and smell quickly.

Tips from our forum

- ✓ *Drink or bathe in gin and tonic - heavy on the tonic - as the quinine in tonic keeps them at bay*
- ✓ *Take brewers yeast tablets or eat plenty of marmite as the yeast comes out of your pores and repels the mozzies.*
- ✓ *Mash cooked garlic into cider vinegar, leave it overnight, then rub it into your feet and legs between your toes, in your armpits and groin. The mozzies won't come near you. Nor will anyone else!*

You either love it or you hate it!

The name Marmite actually comes from the French word for cooking-pot (pronounced mar-meet) because it originally came in a small earthenware pot. You can still see the original 'Marmite' pot pictured on the front.



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THUIR-LLUPIA

Choosing your fish

SOMETHING fishy...

Having trouble choosing your fish supper? Port Vendres Fish market or the fish counters of major supermarkets as well as most fish shops will certainly have a few of the following fish with which you can vary your summer menus. Fish is so quick to cook and so scrumptious when fresh it is a shame not to take advantage of the many varieties on sale here in the Pyrénées-Orientales.

Loup or Bar Sea Bass



A coastal fish much prized by line fishermen. Firm-fleshed, not too many bones, it can be grilled, barbecued or baked in a court bouillon or en papillote. Delicious cooked in white wine or served with fresh herb sauce. It is a very popular fish in Turkey so middle eastern recipes work well...

Daurade Gilt-head Bream



It has a splash of gold on each cheek and is consecrated to Aphrodite. Perhaps because of its beauty or maybe because of its hermaphroditic tendencies. Who knows? In any case it is considered to be one of the best of the local fish. It holds its shape well and can be cooked whole, filleted or stuffed. Particularly good baked in white wine with mushrooms.

Useful vocab

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

Galets



Galets, for which I could find no translation and which you can see in the water when snorkelling or paddling up to your knees, are bonier and less tasty than the Loup or Daurade. They are also cheaper and well worth trying fried, grilled or barbecued.

Port Vendres Fish Market

"It serves no proper meals, just dégustation, samples of its retail selection of seafood. It has no tables, so you cannot book one. It doesn't advertise and has no website. It closes at 7 pm, just as traditional dinnertime starts. Yet the retail niche in the Port Vendres wholesale fish market (Criée aux poissons) is a popular seafood eatery and shopping point. With good reason: the best of raw materials are close at hand, as the market is among the largest in the western Mediterranean." MMBrady P-O Life 21"

Espadon Swordfish



Steaks of swordfish are brilliant on the barbecue, can be grilled or baked or made into a stew. Versatile, firm, tasty, a useful alternative to fresh tuna. (thon)

Rouget Red mullet



Much sought after, a jolly red fish that is usually cooked without cleaning. Just de-scale, drizzle some olive oil over it, a squeeze of lemon and fry, grill or bake in the oven. Do not steam or poach.

PONT GISCLARD

Every fifty years the Pont Gisclard gets a paint job

A hundred years have slipped by since the famous Little Yellow Train began carrying freight and passengers to and from the high cantons of the Capcir and Cerdagne. In 1960 it had its first repaint, this year, to mark its centenary, the paint brushes are in action again.

90 tons of scaffolding have been erected, 2.5 tons of paint are ready. The RFF is spending 1,314 million euros to make sure the bridge is fit for the next fifty years. (RFF = Réseau Ferré de France, created in 1997 it is responsible for modernising and maintaining all 30,000 km of French rail track.)

The Yellow Train runs the 63 km from Villefranche de Conflent to Latour de Carol connecting lines from Paris to Port Bou, from Toulouse to Barcelona. Conceived in 1883, the work started in 1903, and, when it was completed in 1911, it brought the high cantons of the Cerdagne and Capcir into the XX century. It now carries at least 200,000 tourists a year.

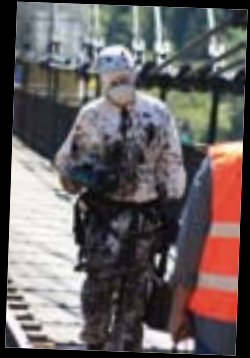
The engineering problems it overcame as it climbed to Bolquere Eyne, (at 1593 metres the highest station in France), powered by electricity created along its route, were remarkable and not without mishap. On 24th September 1909, during an important visit to the Pont Gisclard by the Minister of Public Works, a terrible accident caused the death of 6 men including Albert Gisclard himself. His elegant metal suspension bridge, 241 metre long by 80 metres high, was considered quite revolutionary at the time and, since 1997,

has been classified as a Historical Monument. It is the only railway suspension bridge still in service on the highest line in France.

The RFF are taking their task very seriously.

Members of the local press (including PO Life of course) were invited onto the bridge one fine June day to see the work in progress. We were issued with florescent orange waistscoats and helmets, handed a torch and walked the normally forbidden track, through a tunnel and onto the bridge.

The pillars have been encased in polythene to protect the environment as the old paint with a high lead content is removed. The residue is filtered and all toxic waste disposed of. The cables are scraped by hand then painted, the painters swinging from them, faces masked in protective white grease, boiler suits spattered with black paint. The work started on April 20 and by July 20 the towers had had their three coats, the side rails two coats each and the work was finished. Throughout the whole process the train ran at weekends and on holidays allowing locals and tourists a glimpse of the facelift the RFF are carrying out on one of the most beautiful bridges of the entire French rail network.



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For further information, contact: Hans Peters, info@creationjardin.com, 06 09 85 94 39, creating and coaching your gardening. (Dutch, French and English spoken)



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FIRE

Those lazy, hazy, hot days of summer are here. Do remember that a carelessly discarded cigarette or a stray ember from a barbeque can quickly set off a fire that can destroy lives and livelihoods.



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SUMMER SPORTS AT THE SEASIDE

All along the coast the sea becomes more and more attractive as the summer temperatures rise. Scudding over the waves on a wind-surfer becomes almost essential.

Exciting, exhilarating and actually pretty skilful, they can be hired and the art of windsurfing learnt in most of the coastal towns and villages. This summer a gentler version of board is to be seen propelled by paddle, the paddler standing or kneeling on the board and slipping over the waves with a dip of his oar.

Or, if oars are your thing, kayaking is a tempting way to explore caves and creeks inaccessible by land. Again they can be hired, the skills taught and excursions organised by many of the kayaking schools found in the holiday centres along the coast. In Banyuls sur Mer *Le Kayak de Mer*, 0468883425, has a wide choice of kayaking possibilities from beginners to full day including a picnic and swimming in wild coves. A great way to explore the



beautiful coast of the Cote Vermeille.

Most boats for hire require a "permis bateaux" and this can be learned in a couple of days. Some companies have a few boats for hire without licence as well a great range of motorboats and sailing dinghies.

Jets-skis look like a heady way of swooshing about the bay. Like sea-borne motorbikes, riding the waves, fast and noisy and very thrilling, they too can be hired at most resorts

along the coast. Life jackets and wet suits are generally provided, instruction given and enormous fun had by all over sixteen.

And then, of course, for those who really want to explore the watery wonderland in depth, there is diving. Courses for all levels, abilities and ages can be organised by the many diving schools and *Rederis Sub* 0468883166 of Banyuls sur Mer is well worth checking out: www.rederis.com. With them you can discover the Reserve Marine Naturelle which opened in 1974 and covers 650 hectares of sea between Banyuls and Cerbère. It provides a protected space for threatened species of sea-life to flourish and allows the public to appreciate and





enjoy the richness of the 12000 fish and shellfish, plus 500 sea-plants that live in its 6.5 x 2 km coastal strip.

The "Sentier Sous-Marin" (Underwater Trail), organised by the Conseil General, is a sub-marine paradise. The area is marked off, no boats may enter and no fishing is done. Masks and snorkels can be hired. The trail of 250 metres has bouys at intervals, each with an underwater notice listing the different species that may be seen. Back in Banyuls sur Mer more information about the Marine Reserve is available from their office on Quai Georges Petit.

Meanwhile, inland at *Tet Adventure* in Marquixanes, tubing is a great way to cool off after an hour or so swinging through the trees and whizzing down zip wires. Open till end September, ring 0624038060, 0468057212 (www.tet-aventure.com) for details... Children of all ages are guaranteed an exciting day's activity and a good sleep at the end of it.



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LE PERTHUS

In the 14th century, Le Perthus was known as Pertusium de parrochia Santa Maria de Clusa. Ouch! Imagine filling that in on a form every time you're faced with French bureaucracy!

Walk down the main street of Le Perthus from the large car park on your left as you head from Le Boulou – and you are still totally in France until you arrive at the 'borne' or marker on the left hand side, a little further down from the town hall. At this point, Le Perthus becomes Spanish on the left hand side and French on the right, a rather bizarre border which dates back to the signing of the treaty of the Pyrénées in 1659.

Most of the large shops on the left (Els Limits) are resolutely Spanish and belong to the municipality of La Jonquera, so of course the booze and tobacco ring up at Spanish prices. This,



of course, explains the permanent presence of sweaty, jostling bodies on the left hand side heaving shopping trolleys of pastis and Saint Miguel along the narrow, packed pavements, towards cars that are mainly parked in large car parks to be found at either end of the town.

The presence of the 'bonimenteurs' or 'vendeurs à la sauvette' - street sellers surreptitiously touting their wares of sunglasses, video cameras, watches. . . . only adds spice to the slightly seedy fairground feel for some. For others, Le Perthus is somewhere to visit quickly, make your purchases, and skedaddle! Le border was an important passage (via Dolmitia) through the Pyrénées in Roman times, and if you head up to the fort of Bellegarde there are spectacular views from its high walls.

The name Perthus comes from the latin "pertusiare" (to drill or pierce) or 'percer' in French as it is a main point of passage between France and Spain.

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Jenny Rhodes tells us

"On a visit to the Sunday morning market in Puigcerda, we managed to find a small parking space between a couple of cars. We checked that there was no sneaky little sign to say "no parking" and off we went to the market. When we came back..... no car! We don't speak Spanish. We were in trouble! It turned out it had been carted off by the police. At the police station, we had to pay a horrendous fine to get the car back. Even worse, the price on the ticket I was given was more than doubled when I paid with my card! How do you argue with the Police in Spain? The answer is you don't. Next time you visit Spain, watch where you park. Even when there is no sign, they can still tow you away, and unless you speak the language, there is absolutely nothing that you can do about it. Be careful out there."

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"CÉRET, UN SIÈCLE DE PAYSAGES SUBLIMÉS"

Céret

20th June - 31st October 2009

The main exhibition at the Céret Art gallery, « Céret: un siècle de paysages sublimes » takes a look, via landscape, at 20th century painters who have stayed in or around Céret, or been linked to the town through their painting.

Pablo Picasso, Georges Braque, Auguste Herbin, Chaïm Soutine, Pierre Brune, André Masson, Manolo, Pinkus Krémègne, Juan Gris, Francis Picabia, Georges Deniker, Marc Chagall, Raoul Dufy, Jean Marchand, Moïse Kisling, Max Jacob, Maurice Loutreuil, Frank Burty Haviland, André Lhote..... have all left their mark.

The exhibition also includes regional artists such as Etienne Terrus, Aristide Maillol, Louis Bausil, Camille Descosy...

The Museum of Modern Art in Céret was inaugurated on the 18th June 1950 in the rooms of a 17th. Century Carmelite Couvent. As the years passed, its reputation grew. In the 1980's the town decided to enlarge and renovate it and entrusted Joséphine Matamoros with the project. The new museum was inaugurated on the 17th. December 1993 by the President of France.

This exhibition of more than 250 great works, painted by more than 50 artists, allows the visitor to wander through the great painting movements (cubism, expressionism, figuration, abstract) that have marked the region through the 20th century and to see on canvas the magnificent scenery around us.

Vernissage

A private showing or preview of an art exhibition.

Originally used to describe the day before an exhibition opens, reserved for artists to varnish and put finishing touches to their paintings, but now used for a grand exhibition opening.

Literally means 'varnishing' taken from vernis (varnish)

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CHAPPERT-GAUJAL

When work is play

A child at play or an artist exploring his craft? In the person of Patrick Chappert-Gaujál the two converge. For the painter-sculptor in grey T shirt, dusty jeans and work boots, "Things arrive on the tide".

Each shape is a discovery. Each form holds happiness. By osmosis with my work, I have become an optimist.

"That joy is reflected in the earthy red and marine blue totem poles which greet the visitor to his workshop.

As a boy he was "a dreamer", inventive and solitary, happiest in a world of his own making. What delighted him were the tackle, hooks, iodes, bulbs, tapes and lenses he discovered in fishing, electricity and cartography. By age 11 he was already creating abstract compositions with disparate materials. Driftwood collected during his summers at La Franqui was prized because "it looked like nothing" and encouraged a freedom of expression.

At 16, he enrolled in the Beaux Arts of Perpignan. He found ideas everywhere and dedicated himself to creating things that no one had ever seen before. He admires artists, like Christo and Tinguely, "who understand that there are no such things as limits".

Chappert-Gaujál's work feeds on constant innovation and



reinvention. He travels to visit photo installations, primitive art, any exhibit that may point in a new direction. His current project involves stainless steel plates, cut, engraved, polished and brushed. It is the process, the play, the discovery of possibilities within the material which interest him. The results are extra-terrestrial landscapes, aerial views of complex urban spaces, microscopic views of cellular diversity. His stainless steel work can be seen at Chez Biquet, a restaurant on the beach at Leucate.

His workshop/ gallery in La Franqui is like an adventure playground. The entrance is cluttered with stacks of driftwood, plastic bottles and buoys, pram wheels and sponges, treasures from the floating world. Boxes of rusting steel, walls of brushes, shelves of paint and rolls of paper line his inner sanctum. The worktables abound with ink-on-paper designs exhibiting a draughtsman's deft touch and models of the monumental sculptures which seem to levitate between sand and sea at Barcares.

You can explore the exuberant invention and joyous chaos of Chappert-Gaujál's world throughout August and September at an exhibit of his work at Chateau de Lastours in Sigean. See his website: www.chappert-gaujál.com for details.

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