

Issue 195

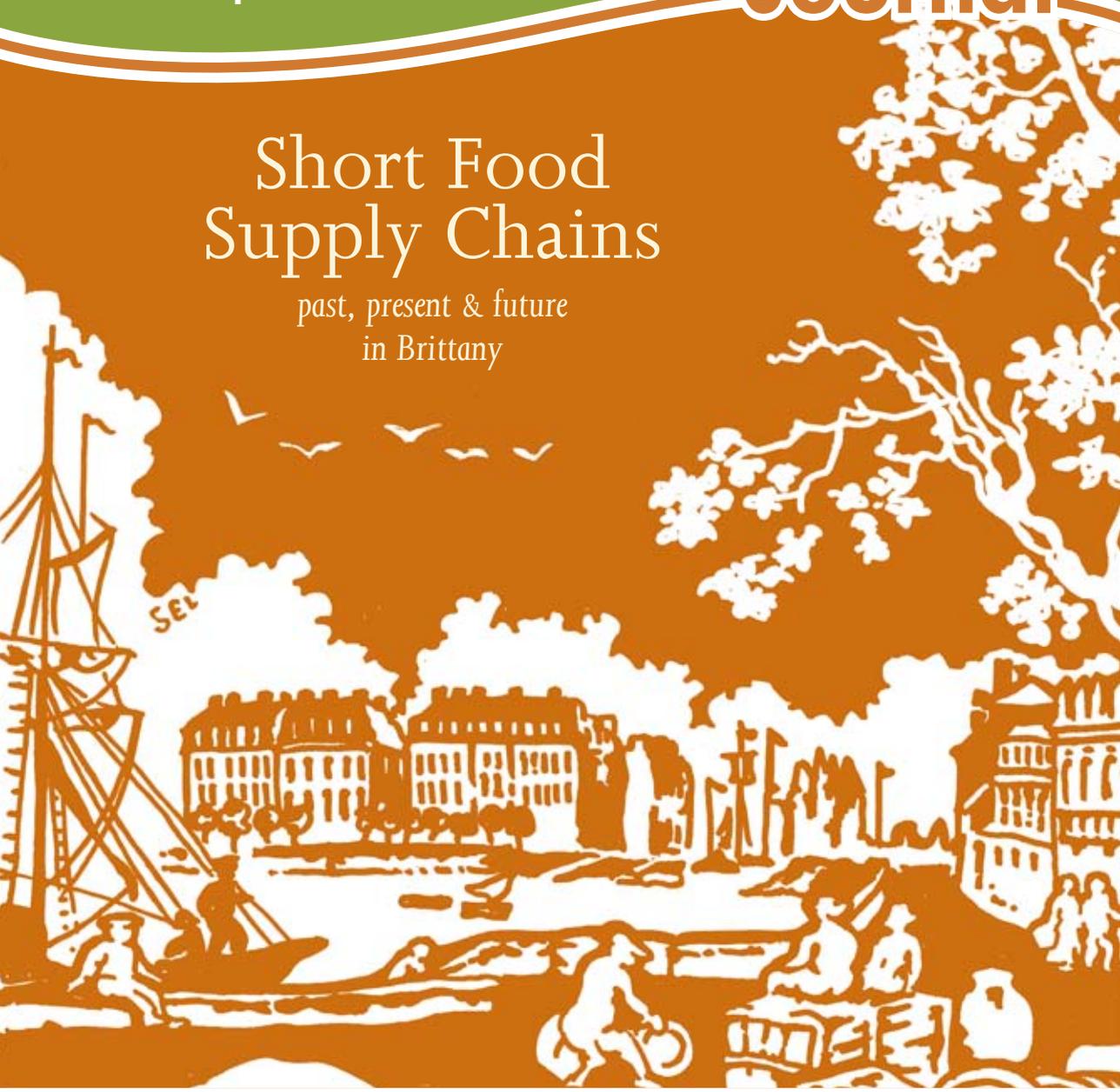
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# Central Brittany Journal

September 2020

## Short Food Supply Chains

past, present & future  
in Brittany



The Guard p.29



Red Poll p.30



Montertelot pp.23-24



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## Cover: The Port of Nantes

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see article 'Short Food Supply Chains' pages 31-33

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## Tim the Gardener pages 20-21



## Back to Monterlot pages 23-24



*Red Poll pages 30*

*The Guard page 29*



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# Nature Photographic Exhibition

## – and a great walk along the Trieux River in Guingamp

This new exhibition features pictures of wildlife and nature found on the banks of the river Trieux, and it is displayed on the walk along the banks of the river, in Guingamp. One of them is Brian Noel's shot of the Black Woodpecker (pictured right) featured in the July CBJ. The Exhibition runs for two years and features the wildlife captured by local photographers .

Make the most of the day by taking the popular river walk beside the Trieux




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### Exhibition

Joris Munier  
*'Watercolours of a Breton in Britain'*  
 1st September -  
 4th November  
 Ch'ty Coz Cafe, Bulat  
 Pestivien  
 02 96 45 75 74

fb: jorismunier  
 joris-munier.com



### NEW ADVERTS: SEPTEMBER

#### Animal Welfare

Penison Feline Bretagne Centre p.42

#### Antique & Second-Hand

La Maison au Coin,  
 St-Nicolas du Pelem p.4

#### Art and Crafts

La Petite Grange p.11

#### Building & Property Maintenance

Handyman p.44

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#### Food & Drink

Tracey of UK products p.7

#### Satellites

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## Contributors September

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Emma Gale	Apples	back page

## Editorial

Welcome to the September issue of the Journal. By my reckoning, we are now in the seventh month since the coronavirus epidemic officially arrived in Europe, and, somehow life continues. The What's On section of the Journal is still very depleted, which, to me, highlights a problem that is not being taken seriously enough by leaders and the media in general – people need to socialise with each other, seven months is already too long to have stayed largely confined to one's house, and there does not seem to be a plan to alleviate matters as the winter months approach.

I have taken up a theme, which is becoming increasingly popular, that short food supply chains might be the way in which epidemics could be managed more effectively in the future (*page 31*). They would allow each region, or commune, to isolate themselves in the event of another epidemic, without depriving people of the social contact that is essential for a reasonable standard of life.

In general, however, I am once again grateful to everyone who has sent in contributions for this issue, and have helped to ensure that the Journal continues to evolve in line with the realities of day-to-day life. *GL*

## Central Brittany Journal

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Central Brittany Journal, B.P. 4, 22160 Callac, France. Editor: **Gareth Lewis** [info@theobj.com](mailto:info@theobj.com)

Deadline for classified ads: 20th of the month.

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# News

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**02.97.27.58.50**

### Hetty's Kitchen

**Mushroom Lasagne p.28**

**Salmon and Broc Spaghetti p.28**

**Blackberry Sponge Cake p.28**

**Apple Blonies p.29**

### CBJ Distribution

There are ongoing problems with magazine distribution in the Eastern part of Brittany, which are affecting the Journal. If you have not been able to find a copy in your local shop, you can take out a subscription (see page 13), or your local shop can contact us to receive a direct delivery.

They should contact us on:

02 96 21 58 40 (mon-fri, 9-12) / [info@theobj.com](mailto:info@theobj.com)

## Kerbian Farm Shop Reopens in Callac 15<sup>th</sup> September

Paul and Dawn are happy to share with you that the Kerbian Farm shop in Callac will open on the 15<sup>th</sup> of September with all the usual favourites of the Gourec shop. We have a new cheese supplier with some great new flavours as well as a full flavoured West Country vintage cheddar.

We still have our award-winning pasties and pies, and new to the Callac shop we will carry a range of Frenchic paints.

And don't forget Christmas is on the way and the order book will be open for you to get stocked up.

Hope to see you all there in September.

## Animal Welfare

### Compassion Animaux Bretagne

'Italian Noche' Compassion Animaux Bretagne will be hosting an 'Italian Noche' on Saturday 10<sup>th</sup> Oct 2020 at 7pm at La P'tite Pause, St Lubin. All monies raised will help dogs here in Brittany. To reserve please contact Compassion Animaux Bretagne via their facebook page or [cabcompassion@gmail.com](mailto:cabcompassion@gmail.com) or via Linda at La P'tite Pause (advert page 7).

**Vide Grenier.** Compassion Animaux Bretagne is hoping to host an open-air Vide Grenier in aid of the refuge at Tregrom in October. Follow the facebook page.

### Les Puces Animal Charity Shop

**"Rentrée" Friday 4th to Sunday 6th September** - Les Puces is celebrating the "rentrée" with a Piedad on Friday 4th Sept:

Cornish pasties, sausage rolls and veggie sausage rolls! (Eat in or take away). PLUS... HALF PRICE on ALL stock for the entire weekend! Books, beautiful new clothes, gifts, DVDs, puzzles, kitchenware, furniture...

**New opening times from September** - Wed, Thur, Fri, Sat and Sun - 2 p.m. to 4 p.m. Spend 5€ and get a free tea or coffee with a biscuit!

**Saturday 26th and Sunday 27th September** - Happy Birthday Les Puces! - 6 years old! Tombola, cakes, canapés and fizz over the birthday weekend!

See Les Puces Facebook Page for more details!

**Twenty cats in foster at the moment.** Some have been reserved. Some haven't. Financial donations to help with vet bills always welcome, as are gifts of blankets, baskets, bedding, etc.

**Looking for a Home:** page 53

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## What's On in September

### Tues 1 - Sun 6 September

1st September -15th December

**Exhibition. Communications and Transmissions in the Resistance, between 1940 and 1944.** Entry 6€. Open Tuesday to Friday, 10.30am to 1pm, and 2pm to 6pm, Sunday open 2pm to 6pm.

Musée de la Résistance en Argoat, Pôle de l'Étang-Neuf 22480 Saint-Connan.

1st September - 4th November

**Exhibition, Joris Munier, 'Watercolours of a Breton in Britain'.**

Ch'ty Coz Cafe, Bulat Pestivien 02 96 45 75 74.

fb: jorismunier joris-munier.com

1st September - 15th September

**Exhibition** of drawings from Tim the Gardener's new book 'Une année avec la Terre'. Cafe-bookshop 'Le Temps qu'il Fait', Mellionnec. 02 96 36 40 90.

Thursday 3rd September

**Light of my life.** Rostrenen Cinema. Directed by and starring Casey Affleck. Also stars Anna Pniowsky and Tom Bower. Starts 8.30pm.

Friday 4th, Saturday 5th, Sunday 6th September

**Autumn Plant Sale,** Le Grand Crenard Nursery, Crenard Bras.

50% off everything. 10am - 5pm 22570 Lescouet-Gouarec.

Contact Marie: 02 96 24 93 62 [bowen.ken@hotmail.co.uk](mailto:bowen.ken@hotmail.co.uk)

Saturday 5th September

**Veterans' Breakfast Club.** La P'tite Pause, St Lubin. 10am. Telephone 02 96 24 77 43 to book, or e-mail [lapetitepause060617@gmail.com](mailto:lapetitepause060617@gmail.com). Any enquiries telephone Remy Savigar on 02 98 99 77 11.

Saturday 5th September

**Garage Sale. Moving Sale.** 10am-4pm, 5 Kerguistin 22530 St Guen.

### Mon 7 - Sun 13 September

Friday 11th September

**Fish and Chips with Friends.** 12.30 at la P'tite Pause St Lubin 22110. Everyone welcome. Please book. Social distancing. Contact Derek Tyson 07 81 58 37 42.

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## Mon 14- Sun 20 September

Saturday 19th September

**Curry Sauce Heaven Curry Night.** Faouet Gite Complex, 22160 Chapelle-Neuve (10mins from Callac). 5 courses, 15€. 7pm. To book contact 02 96 21 53 47 or curry-sauce-heaven@hotmail.com.

## Mon 21- Wed 30 September

Friday 25th September

**Curry Sauce Heaven Curry Night.** Bar le Pommier, Landeleau. 4 courses, 15€. 7pm. To book contact 02 96 21 53 47 or curry-sauce-heaven@hotmail.com.

**7's Evening, St-Nicodeme.** The popular music / poetry evenings in St-Nicodeme (22) re-started in August. Next scheduled event, Monday 7th September. Please check website before for more info <http://lessoireeseveilleesdu7.fr>



### Spotlight on Brittany:

**September:** In this month's programme, we hear from author Suzie Grogan talking about her love of the poet John Keats and the book she has written about him. Before Jane Crisler left Brittany recently to return to the USA, she spoke to us about the highlights of her six-year stay here. We also hear about the crowdfunding platform Kengo, which supports innovative projects in our favourite region. Between these items, some young students from Saint Brieuc tell us about the personalities that have inspired them. So, passion is the common thread to this month's Spotlight on Brittany. Catch up by tuning in to Radio Kreiz Breizh on Wednesdays at 14h00 and Saturdays at 12h00 (102.9 Mhz-106Mhz), or Radio Bro Gwened (101.7Mhz-92.6Mhz) on the first Wednesday of the month at 14h00 and the third Sunday at 9h30. More simply perhaps, you can listen anytime to this month's programme, and others from the archive, by following the links on our website: [www.spotlightonbrittany.fr](http://www.spotlightonbrittany.fr)

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page 4

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# Letters

## Animal Welfare Charities

I have just read the August edition of the CBJ.

I have noticed the huge increase in British run animal welfare charities being promoted in the magazine. By my reckoning, there are at least four charities promoting themselves or advertising events - the SPA is in the small ads, Liberté pour Chiens has a colour photo ad, there is a colour photo piece about Amour des Animaux and Compassion Animaux Bretagne are advertising their curry night and other forthcoming events. I know of several other British run animal welfare charities being operated in Brittany, some more efficiently than others (in my opinion). It seems a shame that all these charities appear to be competing against each other in fundraising activities, so any funds raised are further diluted as there must be meet-up and administrative costs for each charity. Surely it would be better for all the funds raised to be directed to the nationally recognised animal welfare charities, such as the SPA, rather than this ad-hoc manner.

It's also somewhat ironic that funds are being raised for animal welfare charities by events serving meals that include meat from animals (beef, chicken etc.) - do those particular animals not matter as much as cats and dogs?

Lee-Anne Taylor-Oakes

## Update: Christian Fellowship Saint Aignan

The meeting in Saint Aignan took place on 26th July, as arranged. Although few in number, we spoke about forming a Fellowship, and what kind of format it should take. We were aware that members may belong to an existing church, and would wish to continue their membership. It would not be our intent to take them away from their church, simply to unite members of all denominations in Christian Fellowship to work together, and support the community in which we live. We also concluded that worship and meeting could take place either on Sunday afternoons, or in the week. That understanding, it was agreed to form an Association.

I am in the process of setting up such an association, and when that is in place will call our first meeting - which I will publicise in the Journal and through other means where I can.

If you are interested in joining the association, my contact details are: 16 rue de Guerledan, 56480 Saint Aignan. Tel: 02 97 79 18 43 / 07930522253; email: [tamrash@aol.com](mailto:tamrash@aol.com)

Reverend Robert Ash



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**06.49.67.83.25**



## Bees in the Roof

I have a little problem I was wondering if anyone could help with. A couple of years ago I noticed that some brown honey bees had made a hive in my roof space under the eaves through a small hole. I'm very bee-friendly so was loath to disturb them, there weren't many and they were doing no harm. Because the hole is so small it's a bottleneck and now there's hundreds trying to get in and out at any given time and they sound angry sometimes. Hoping a bee-keeper would be interested - free to a good home.

Brian Macfarlane macpharlain@aol.com

*Pickled Walnuts page 34*

## CBJ Boot Sales

The CBJ Boot Sales are still on hold: current regulations are set to run at least to the end of the year, and require everyone attending an open-air market or vide grenier to wear a mask. Authorisation has to be obtained from the prefecture for each event, and requires a detailed dossier of planned security measures.

Info: [www.thecbj.com](http://www.thecbj.com) / 02 96 21 58 40 (mon to fri, 9-12)

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## 12 Worship Reopens in Brittany

# Worship Reopens in Brittany

Just like every other business and institution, churches were closed for public worship from mid-March until June. Christ Church Brittany is the only English language worship opportunity available to the public in Brittany. We have centres in Huelgoat, Rostrenen, Plöermel, and Redon. Only in Plöermel do we have our own permanent space and for the rest we work with the local Catholic parish or schools. Our deep desire has been to open our services back up in a responsible way. All four centres were able to successfully open up in June. We follow the guidelines of our national body and the local authorities, and we use a lot of common sense. Now we feel confident that we can balance the need for public safety and meaningful worship of the Lord and fellowship in the Christian community.

Meanwhile we have developed an online service available every Sunday and accessible on our website. An unforeseen benefit of online worship has been connecting to friends in England and elsewhere who loved worshipping with our community. Also, we discovered folks who in Brittany are isolated for one reason or another, being able to connect even

after we were able to open up the worship centres. Funerals during the lockdown were difficult for everyone and where allowed we offered our help and support. Congregations have discovered what Zoom can offer in the way of bible study groups or coffee mornings! We have also found zoom useful for business meetings; why didn't we think of that before?

None of us knows the path this covid pandemic will take in the autumn or winter but we are determined to adjust, learn, and find creative responses to whatever comes along. Humans are made for community. We need to be in a circle of love, ideally that is found in the extended family, but the Christian family is a great substitute and complement in the fractured world in which we live. Technology cannot replace face-to-face community! But it can expand the reach of that community and keep us going until the pandemic ends. We look forward to planning our special services for harvest, remembrance and Christmas. They will be different in style but the heart will be the same.

If you don't already know us but would like to know more about Christ Church and what we may be able to offer during these difficult times why not contact one of our worship centres, contact details are on our website at [www.churchinbrittany.com](http://www.churchinbrittany.com).

*Chaplain Robin Adams*

*14 Rue Général Dubreton 56800 Ploërmel*

*Below: The Rostrenen congregation after the Church service.*



# CHURCH AND COMMUNITY

## CANCER SUPPORT FRANCE

Cancer Support France provides help and support to English speaking people in France who are touched by cancer. Contact 0800 240 200 or [helpline@cancersupportfrance.org](mailto:helpline@cancersupportfrance.org)

## THURSDAY MORNINGS

**Book Mark II - English Book Exchange.** More than 7000 titles available. Open Thursday mornings from 10am until 12 noon. Bis 10 rue des Ecole. As you leave the traffic lights in Malestroit driving away from the river and bridge in the direction of Vannes, we are about 350 metres on the right just before the sharp bend to the left in the road. For further info contact Adrian at [adrian@telsweb.net](mailto:adrian@telsweb.net)

## ST BARTHOLOMEW'S ANGLICAN CHURCH

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Every Thursday evening in homes at 8pm, God Willing. For Details ring 02 97 28 81 45 or 02 97 51 27 40.

## ALCOHOLICS ANONYMOUS

Every Friday at Noon at the Foyer Culturel Rue du Pont de Fer, Mur-de-Bretagne (over the road from Intermarche). Contact Number 06 79 93 69 30.

## ALCOHOLICS ANONYMOUS

**Thursdays at 2:00pm.** Open meeting at Josselin 56. If you or you partner want to stop drinking, get in touch.  
Tel John 02 97 73 94 99.

## ALCOHOL SUPPORT GROUP: CARHAIX

**Poher Alcool, weekly meetings, different places, different times.** Call 02 98 93 48 95, [louis-marie.mondeguer@orange.fr](mailto:louis-marie.mondeguer@orange.fr)

**Clubs & Associations:** *For a free entry on the Church and Community page, please send information to: [info@theobj.com](mailto:info@theobj.com) / CBJ, BP4, 22160 Callac*

## CHRIST CHURCH BRITTANY

(Church of England – Diocese of Europe)  
14 rue Général Dubreton, 56800 Ploërmel, Morbihan.  
[www.churchinbrittany.com](http://www.churchinbrittany.com) email: [info@churchinbrittany.com](mailto:info@churchinbrittany.com)  
Chaplain: Pastor Robin Adams. Mobile 07 80 56 26 32 or [pastor.robin@churchinbrittany.com](mailto:pastor.robin@churchinbrittany.com)  
Churchwardens: Chris Wilson 02 97 72 19 29 or Janet Lageveen 02 98 99 63 14

**English services are held in four different locations and all are welcome, but please note that the following services may be amended due to the current situation so please check the website for up to date information.**

**HUELGOAT** (Second and fourth Sundays in the Parish Church, first, third and fifth Sundays in the Salle Paroissiale diagonally opposite the church))

**6th** – Fellowship in Finistère 2.30pm

**13th** – Holy Communion 2.30pm

**20th** – Fellowship in Finistère 2.30pm

**27th** – Holy Communion 2.30pm

For more details contact:

Henk Lageveen 02 98 99 63 14 [cub.huelgoat@gmail.com](mailto:cub.huelgoat@gmail.com)

**PLOËRMEL** (in the Chapel at 14 rue Général Dubreton)

**6th** – Word and Worship 11am

**13th** – Holy Communion 11am

**20th** – Word and Worship 11am

**27th** – Holy Communion 11am

Sunday morning services at Ploërmel are normally followed by a shared lunch.

For more details contact: Chris Wilson 02 97 72 19 29.

**REDON** (Eglise St Charles, 10 avenue Gaston Sébilleau, Redon)

**6th** – Holy Communion 10.30am

**20th** – Word and Worship 10.30am

Contact [redon@churchinbrittany.com](mailto:redon@churchinbrittany.com)

## ROSTRENEC

Word and Worship services in the salle paroissiale, 4 Rue Joseph Pennec, Rostrenec, Holy Communion services in the Chapelle du Collège de Campostalat, 5, place du Bourg Coz, Rostrenec (off Rue de la Marne)

**6th** – Word and Worship 10.30am

**13th** – Holy Communion 10.30am

**20th** – Word and Worship 10.30am

**27th** – Holy Communion 10.30am

For more details contact: Linda Doidge 02 96 13 42 71

[lindadoidge@gmail.com](mailto:lindadoidge@gmail.com)

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# Tax & Investment



## Weigh up the tax costs of UK assets when living in France

In preparation for Brexit, most UK expatriates in France have secured residence or put plans in place to settle before the transition period ends in December. But the planning should not end there, especially if you have assets and investments in the UK.

While Brexit itself will not affect the double tax agreements that determine which country has the right to tax expatriates, two key changes are set to happen from 2021 that may affect your tax treatment.

First, UK assets will no longer be EU/European Economic Area assets. In some cases, this means they may stop receiving favourable tax treatment abroad. Second, the UK government will no longer be bound by EU freedom of movement rules for capital, giving them more scope to tax non-residents.

Even without Brexit, once you are living abroad it is a good idea to review whether holding on to UK assets is still in your best interests.

### UK Property

The UK has gradually increased the tax burden on property for overseas residents. For example, after years without capital gains tax liability, ‘non-resident capital gains tax’ (NRCGT) started applying to non-UK residents from 2015.

From April 2021, non-UK residents face a new 2% stamp duty surcharge when buying property in England and Northern Ireland.

### UK Investments

Watch out for situations where non-EU/EEA assets are taxed differently to domestic/EU assets. For example, under French rules some key tax advantages only apply to EU life assurance/assurance-vie policies, so UK equivalents may incur a higher tax bill post-Brexit.

Remember that once you are non-UK resident, UK

investment products such as ISAs become taxable in France. Explore alternative investment vehicles for French residents that may offer better tax-efficiency as well as potential estate planning and currency benefits.

### UK Personal Tax Allowances

Currently, non-UK residents with a British passport receive the same allowances for income and capital gains tax as UK residents. However, a few years ago the government considered restricting the personal income tax allowance for non-residents; it is possible this could come up again post-Brexit.

### UK Pensions

Transferring into a Qualifying Recognised Overseas Pension Scheme can provide various advantages for France residents. Transfers to EU/EEA-based QROPS are currently tax-free for EU residents, but there is a 25% ‘overseas transfer charge’ for other transfers. The UK government could easily extend this to EU transfers once no longer bound by the bloc’s rules. If you are considering transferring, take regulated advice now – pensions paperwork is a lengthy process. Another option is to take your fund as cash and re-invest in a tax-efficient arrangement in France, so explore your options.

Financial planning should be based around your circumstances, objectives and risk profile, and the decision whether to retain UK assets is no exception. Take personalised, specialist advice to establish what would work best for you today and your family in future.

*Catrina Ogilvie, Blevins Franks*

*05 49 75 07 24 / niort@blevinsfranks.com*

*The tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; an individual is advised to seek personalised advice. Keep up to date on the financial issues that may affect you on the Blevins Franks news page at [www.blevinsfranks.com](http://www.blevinsfranks.com)*

*Tim the Gardener*  
pages 20-21



## *Popular phrases and sayings concerning:*

### **THINGS THAT ARE DEAD.**

**Dead as a doornail** – Completely dead. In the Middle Ages the doornail was either one of the heavy headed nails with which large outer doors were studded or the knob on which the knocker struck. As this is frequently knocked on the head, it cannot be supposed to have life left in it. An expression from that time.

**Let the dead bury the dead** – Let by-gones be by-gones – don't dig up old and dead grievances.

**Dead drunk** – So intoxicated as to be wholly powerless.

**The wind is dead against us** – Directly opposed to our direction and instead of making the ship more lively its tendency is quite the opposite.

**Dead heads** – Those admitted to theatres etc, without payment. They are "dead" so far as the

box office receipts are concerned. Has also been applied to persons who receive something of value at the taxpayers' expense.

**Dead lock** – A lock which has no spring catch. Metaphorically a state of things so entangled that there seems to be no practical situation.

**Dead men** – Empty bottles

**Down among the dead men – let me lie** – Let me be so intoxicated as to slip from my chair and lie under the table with the empty bottles. The expression is a witticism on the word "spirit" which means life and also alcohol. When the spirit is out the man is dead, and when the spirit is out of the bottle it is also dead.

**Dead ringer** – Meaning one person closely resembling another. The expression derives from horse racing in the USA, where a "ringer" has been used since the 19th century to describe a horse fraudulently substituted for another in a race. "Dead" here means exact as in "Dead heat".

*By the way*



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# Limericks

## Lockdown - good or bad for dieting?

*They gave us lots of advice every day,  
To keep hours of boredom at bay  
But the best way of beating  
Was to fill time by eating  
That's why we've all put on weight, by the  
way, ( so they say!)*

Cyril Young

*A new fad is for home-made bread,  
Although we'd rather be out instead,  
Once baked we must eat it,  
With butter, can't beat it,  
But it adds to the middle aged spread.*

Shirley McCann

*Lockdown was a chance to diet,  
Or at least for some – the means to try it,  
Buying produce for the week  
With wholesome recipes to seek,  
We had the chance and can't deny it.*

Jim Henderson

*We've been meaning to diet, excess weight  
we will lose,  
And the Covid lockdown is a good time  
to choose.*

*No shopping trips for those tempting sweets,  
No tea rooms open for naughty treats,  
So let's bake some cakes, comfort food  
you can't refuse?*

Bren Turner

*Gaining weight and continuous cough-  
ings,  
Not good, say doctors and boffins,  
But losing the pounds,  
Not as bad as it sounds,  
And will help with the lids of our coffins.*

Anon

### October Limerick Challenge:

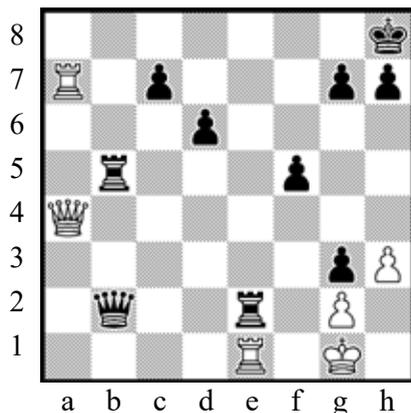
Please send limericks on the theme of:

### Adolescence Today

by the 20th Sept to: [info@thebj.com](mailto:info@thebj.com) /

CBJ, BP4, 22160 CALLAC

## Chess Puzzle



My thanks go to Jean Philippe who supplied this as one of his favourite puzzles. It is one that made me smile!!

### White to play and win

Black is threatening checkmate starting with Rxc2+ but can white get in first?

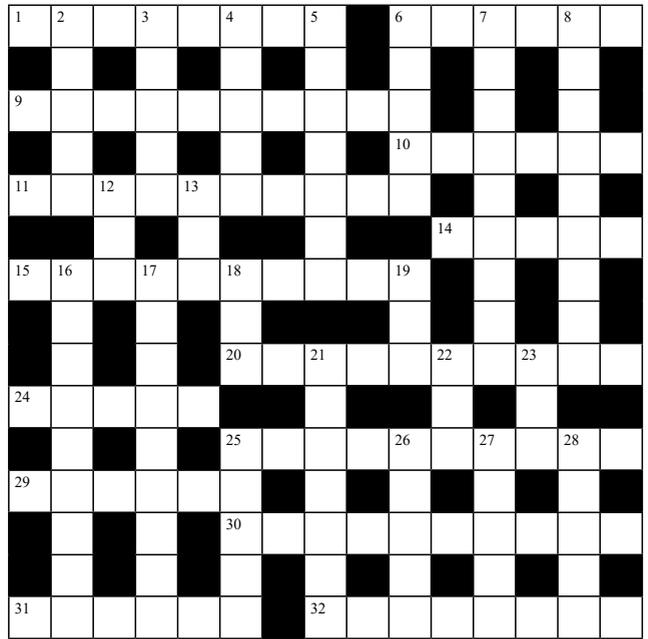
Hint: There is a back rank mate for white but getting the right order of moves is critical

Solution page 48

The Knight in Shining Armor; Huelgoat Chess Club,  
[chrisandmalbody@yahoo.co.uk](mailto:chrisandmalbody@yahoo.co.uk)

# Prize Crossword

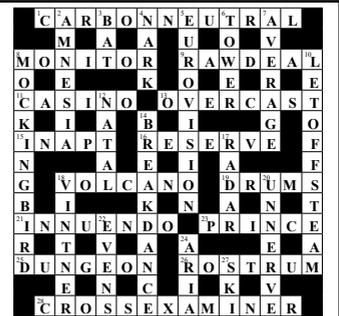
September *Jim Henderson*



## Solution August Prize Crossword:

Winner Aug. prize crossword: Rachel Hodge, Rostrenen

Twenty euros to the first correct solution drawn from the hat for the Sept. prize crossword. Please send completed solutions to: Prize Crossword, CBJ, BP4, 22160 CALLAC, by 20<sup>th</sup> Sept.



### Across

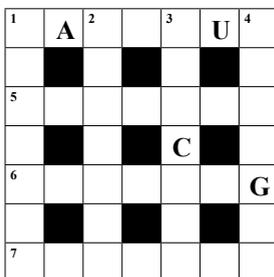
1. Frontline commercial delivery security (8)
6. Dupes the innocent in turn (6)
9. Delay client unnecessarily – with grace (10)
10. Doff thy cap randomly (6)
11. Master line dancing in a smooth way (10)
14. Single and without help is left furious (5)
15. Look out with pride feeling special (10)
20. As a guiding principle – there is no value in level ground (6.4)
24. Standing in garden – no neighbours (5)
25. Another podcast – cast aside for those involved in creation (10)
29. A little less realism for a giggler (6)
30. Use a little ire when dealing with the ignorant (10)
31. Danger averted when evidence is made public (6)
32. Tenderloin cooked – no extra basting – in a slack manner (8)

### Down

2. A man of means (5)
3. Being back on toboggan run, I show gamesmanship (5)
4. Alert to terror? (5)
5. Editing food conversion ratio (7)
6. Hires out cheery lips to tell tales (5)
7. Ate in bars to keep dry (9)
8. By chance, lit up for specialist examination (9)
12. Take to the air and hear N African modern music (3)
13. Somehow own a black cuckoo? (3)
16. Remain proud though endlessly taken out for lecture (9)
17. Harm land values when incendiaries are placed – not under licence (9)
18. Hang back on the trail (3)
19. Pass the finish (3)
21. Holler out and take energy in to avoid the lure of the siren (7)
22. Fruitcake fiend? (3)
23. Space traveller? (3)
25. Impress with replica (5)
26. Spotted distinguished visitor (5)
27. Hourly Romanian circle dance? (5)
28. Found in Eton mess – generally (5)

## The 'Little Toughie'

*Jim Henderson*



### Clues Across

1. Arrogance (7)
5. A presupposition (7)
6. Piece of jewellery (7)
7. Devices (7)

### Down

1. Wretched (7)
2. Bring to light (7)
3. Impressive poetic condition (7)
4. Submits (7)

The following numbers of letters are required to solve this puzzle

A – 4; C – 2; E – 6; G – 1; H – 2; I – 3; L – 1; M – 2; N – 3; P – 2; R – 4  
S – 6 T – 2 U – 2

Four letters are in place to get you started

Solution in the Oct.. issue. Solution Aug Little Toughie page 51

# CBJ Quiz

## September 2020.

Set by *Jon Chambers*

**Target: 25 points. Answers page 34**

### I: General Knowledge & Current Affairs

1. What is nomophobia a fear of?
2. To the nearest 10 years, when was the first female MP elected?
3. Which well-known writer's detective is called *Cormoran Strike*?
4. The phrase 'beyond the pale' comes from the Pale, surrounding which city?
5. When Chinese military conqueror *Qiu Shihuangdi* died, what was buried alongside him?
6. In 1938, governance of the *Sudetenland* passed between which two countries?
7. According to the film *Amadeus* (and to historical fact), which composer claimed to have killed *Mozart*?
8. Which Greek philosopher, a founder of the Cynic school, lived in a large ceramic jar (*pithos*) while in Athens?
9. Which Middle Eastern city is nicknamed 'the pearl of the desert'?
10. The election of President *Alexander Lukashenko* has led to protests in which country? Bonus: what is this country's capital city?

### II: French Language & Culture

1. Which composer wrote *The Carnival of the Animals*?
2. What was Impressionist artist *Monet's* first name?
3. Which French department takes its name from the Latin for 'bare backs' (*Calva dorsa*), describing two off-shore rocks?
4. *Tintin's* dog was called *Snowy* in English. What was his name in French?
5. Which Parisian landmark was designed by the architect *Auguste Bartholdi*?
6. In the *C17*, what was the capital of the French colony, *Nouvelle-France*?
7. A French neologism: what does the word *écocide* mean?
8. *Ajaccio* and *Bastia* are the two prefectures of which French island?
9. Name either Shakespearean comedy set in France.
10. Which animal is a *blaireau*, in English?

### III: Science & Nature

1. On average, how many thunderstorms are there on Earth every hour: 250, 500, 750?
2. Rounded up or down to the nearest 10 degrees, the coldest temperature ever recorded on Earth is: - 80°, - 90°, - 100° C?
3. What was invented by *Robert Watson-Watt* between 1935 and 1939?
4. Which invention, suggested by *da Vinci* in about 1500, finally appeared in 1936?
5. By what name is the star *Polaris* better known?
6. What name is given to lines of equal pressure on a meteorological map?
7. On 1 August, 1861, Captain *Robert Fitzroy* published the first ... what? (In *The Times* newspaper.)
8. How many continents form the Earth's surface?
9. What species is the *Tree of the Year* (2015) that's thought to be 250 years old, and is soon to be cut down in *Warwickshire* to make way for *HS2*?
10. Which amphibian was once believed to be able to live in fire?

### IV: Connections

1. Which English noun is defined by the *Collins English Dictionary* as 'someone who has been appointed to look after the affairs of another person'?
2. Specifically, which pigeon has been selectively bred for its ability to find its way home over long distances?
3. In order to keep ideas secret, *Leonardo da Vinci* devised a distinctive form of 'reverse' writing that reads from right to left. What is this form of writing called?
4. On 24 May 1844, *Samuel Morse* communicated a short passage from the Bible using which of his own inventions?
5. The earliest surviving example of what was made in 1492, by the German map-maker *Martin Behaim*?
6. Which letter in the Roman alphabet corresponds to the Greek letter *iota*?
7. Which heavenly body (in our solar system) has a diameter of 1.39 million km?
8. Which small, two-door car was made by *Triumph* from 1959-71?
9. Which planet is nearest the sun?
10. What is the connection?

# William's War: Part 21

*The war diaries of William Fredrick Spinks, edited by Hilary Bridewell.*

*Summer 1915 - continued*

In the trenches about this period often could be heard singing from the German lines. Working parties were out every evening digging saps (*trenches*), driving in stakes and wiring, and in some places cutting corn in “no-man’s land”. This was done to prevent any surprise attack through the long corn, though on a peaceful section such as this there was little likelihood of a raid.

That period of the War in which raids were part of the everyday order of trench life had not been reached yet. In this part of the Line in front of Neuve Chappelle and Laventie, a feeling of “Live and let Live” existed between us and “Jerry”, and if we care to admit it, the majority of the men in the front line trenches keenly desired that spirit of tolerance to last. A “stray” from the artillery usually meant the inevitable extinction of one or more of the front line residents, caused by a reply to their “stray”.

In the later days of the War, however, brass-hats and red-tape discovered that men who were unmo- lested lost their morale. Hence these raids that came of a later day – to acute the offensive spirit.

To return to my story – August 1915 passed by serenely and September appeared. The evenings were cooler and the nights were becoming longer once again in the trenches. How eerie were those star-shells which hovered over “no-man’s land” and which made patrols stand as still as still. When on fire-step duty one would talk with one’s fellow sentry; of that place which seemed so magic, so far away and so difficult to visit – England. Then ro- mantic pictures would be outlined, of what the fu- ture should be, when we returned again. And Xmas – where would that be spent? Somehow or other, even our untutored minds would not accept the ru- mour the war would be over before then. “Germany was starving, all her best men were killed; they had no more reserves”, did not somehow fit in with the singing Germans over the way, as they went about their domesticities of trench life.

Toward the middle of September our quietude was disturbed. Heavy guns were firing on the Ger- man front trenches day after day. The giant of war, then, was only asleep after all. We could see, as we stood in our trenches, shells bursting in the wire and on their parapets and in their trenches. What were those poor devils doing now, that only a few days back had been singing? Now and again a human body would rise in the air, then fall spread-eagled to the ground. Or an arm and a leg, turning round and round like a windmill sail. There was no thought of hate in my mind as I saw these things, except towards those who were organising this diabolical mode of death. I even hoped that it was not those singing men who were there and that they had been relieved and were now back at rest.

This was the preparation for the Loos affair, though of course, we did not know it then. Our fire was to camouflage the real point of attack, so that there might remain an element of surprise.

On the night of the 23rd of September, our Com- pany was in reserve, behind Neuve Chapelle in Or- chard redoubt. (*A redoubt is a fort or fort system usually consisting of an enclosed defensive em- placement outside a larger fort, usually relying on earthworks, although some are constructed of stone or brick. It is meant to protect soldiers outside the main defensive line and can be a permanent struc- ture or a hastily constructed temporary fortifica- tion*). Some Indians lit a fire close by to cook. The flare of light showed everything nearby plainly, for it was a big fire. Perhaps they had soaked wood with petrol to make it burn easily. A small thing in itself as everyday things go, yet it was a blessing in disguise to me, shortly after, as you will see.

Our Captain ordered this fire to be immediately extinguished by us. We threw earth on and the blaze was damped, much to the disgust of the shivering Sikhs, who had done this for warmth

# Tim the Gardener

Most seed packets  
don't contain very many  
seeds.



But most plants give  
huge amounts of seeds.

## Beans

This year, I have grown quite a few beans for drying, it is not something that I did very much when I was gardening in the UK, probably because the summer season in the North of England was a little too short to allow a frost-sensitive bean to be sown and harvested before the onset of autumnal weather. Since moving to Brittany, however, I have gradually expanded my bean patch each year.

Whereas green beans involve a lot of work if you want to store your surplus – by freezing or bottling – beans that you grow for drying more or less look after themselves during the busy summer months, and it is only now that they start to demand attention. This year, I am growing black beans, flageolet beans, and haricot beans; each has a slightly different growing pattern and ripens at a different time, but if you are growing a small quantity – sufficient for your own needs – you do not need to worry about harvesting at exactly the right time.

If the weather starts to get damp in September, and the plants fall over, allowing the bean pods to trail on the ground, then harvesting can begin, even if some of the pods are still green. Plants should be cut off at the base (if you pull the plants up, you run the risk of getting soil and stones attached to the roots mixed up with the beans), and then tied in bundles. These can then be hung up to dry, preferably in a barn or shed where they are protected from the rain. Most of the beans will ripen and dry in the pods; on a dry day, when the pods are hard and crisp, the bundles can be taken down and threshed. This does not have to be particularly elaborate, the plants can be laid on a sheet on the ground, and beaten with a stick – if the beans are ripe they will jump out of the pods without difficulty. The crop can then be cleaned by sieving and winnowing, and then laid

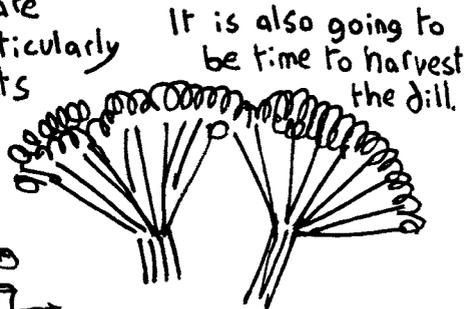
out to dry on a sunny day to drive off any residual moisture. The dried beans are easy to store, and keep well for several years. In a good year, the crop can be very large, making up for years when conditions do not suit the bean crop. An added advantage is that the beans themselves can be used as seed for next year's crop. Beans are also good for the soil – helping to fix nitrogen from the atmosphere, and they play a similar role to animal products in the diet, making them invaluable to small-scale farmers and households around much of the world.

**Leeks** Leeks planted out in the middle of summer should just be starting to get to a reasonable size, but they will keep growing until the winter frosts arrive. They can be weeded and earthed up a little at this time of year.

**Parsnips** If you have time, it might be worth going up and down the parsnip row removing weeds, and earthing up the parsnips sufficiently to cover over the tops. When the tops are exposed to the air, they can collect rain water around the crown, which then freezes on the coldest days of winter, causing the top of the parsnip to deteriorate. I don't cover my parsnips with straw, because I have found that it provides too much encouragement to mice and voles – which do not seem to ever hibernate in the Breton climate.



I probably  
have enough  
marigold  
seeds  
here for  
a couple  
of years.



I cut the dill plants at the base.



Mmm! The pungent seeds are great for flavouring pickles, and bread.



# Taxing Matters – Or Does It?

*This is another extract from an abandoned journal kept in the early years of our residence in France. On reflection, it depicts ways in which your country of birth has a different attitude towards you when you choose to move somewhere else. This episode was partly recalled after reading Richard Griffith's experience with France Telecom (as was) last month here in CBJ.*

We now have to give tax to HMRC although resident in France. I find they try very hard to extract a crumb or two. We have a house that, when we wanted to move would not sell. Maybe it didn't want to let go of us and felt it was being betrayed. We decided to rent it out, and this happened relatively quickly. Renting means that we must fill out a Self Assessment form annually for tax purposes.

Let the Kafkaesque fun begin.

To speak to anybody apart from a disembodied voice that continually refers you to information on the website can take up to 40 minutes. I have done this now on several occasions, while increasing tea shares on the Stock Exchange and reading entire books in the process. I exaggerate, but you know what I mean.

It all started when I was sent a Self Assessment form for 2009/2010, when I was fully employed and paid tax at source. A phone call to the UK cleared things up immediately. The voice on the other end of the phone said: "Not a problem, sir, just ignore it." So I did. Later I began to wonder if this person's "sir" was spelt "c-u-r". Later I added "s-o-b" for good measure, known well in Leith Docks and internationally.

The next riposte from HMRC was to send a general letter without any personal signature; without any signature at all (HMRC are good at the implacable I began to find) that said I was being fined £100 for not returning a tax form. The friendly voice on the phone agreed that this should not have happened and added that this was an automated system and the "computer" sent these things out. I said nothing on the phone but reflected on how there seemed to be no room for human intervention in these matters. We agreed that I would complete a blasted form. When it arrived and was duly completed I also enclosed a copy of my P60 for the period concerned.

The next brown envelope was a demand for £1.20. After falling down laughing I wrote a cheque for that amount and sent it off. The next brown envelope was a final demand for the £100. So I phoned and negotiated all the number options and references and encouragement to use the website instead of wasting the time of a real person who might be redundant next week due to Government cuts. I spoke to a real person and did not ask if they would be out of a job next week and said person said I was fine. Fine! So I thought. There was some mention of £2.40 outstanding amongst my banter of asking if the conversation was being recorded for training purposes and was it now safe for me to re-enter the UK sometime in the future without hindrance.

The next brown envelope was a demand for £2.40, the interest that had accumulated on the fine I need not have had in the first place. I wrote a cheque for £2.40. There has been silence since, though I always retain the sense of the fugitive awaiting extradition; a gendarme car turning into the driveway followed by a car from the UK Border Agency. Of course this can easily be rationalized as most of the Border Agency staff has been made redundant.

What concerns me now is the cost involved in these exchanges when the Chancellor of the Exchequer has instituted drastic cuts in public spending, a new age of austerity. I think of postage, stationery paper, printing, somebody filling envelopes and all the other labour involved. Does this only happen to little people who have no option but to comply with such mad machinery, even when you actually owe nothing as under the tax limit? Does this happen to large corporations such as Starbucks, Google or Amazon?

Note: It turns out that these final thoughts were prophetic: when such questions began to be asked by various business organisations, the spokespeople of several large corporations had to sit in front of parliamentary committees. They squirmed in front of MPs, and, in the end, coughed up a bit more tax than the minimum that they had been getting away with thanks to various creative accounting practices.

*James Bell*

# On and Off the Beaten Track

## Back to Montertelot

**B**ack in the light ages, before confinement, I discovered by chance the charming canal-side commune of Montertelot with its ancient riverside church and wobbly bell tower. Like so many churches it is kept locked nowadays, so I had arranged to meet the keyholder. Then normality was suspended. I finally went back last weekend.

Originally a chapel, of which traces remain, notably the south door and the lower part of the north wall of the nave, it dates from 1443. The work was put in hand by Anne de Montjean, Baroness of Malestroit, who lived with her husband, Jean d'Acigny, in the château of Crévy at nearby La Chapelle Caro. (Sadly, the splendid château is now closed to the public\*.)

You might speculate that she chose the site because at the west end of the church is a spring, which is now a shrine dedicated to the church's patron, St. Laur, although no one knows whether the shrine existed at the time. There might also be a connection with a monastery of which time has erased all trace. But this is pure speculation. How easily is history lost.

Construction of the chapel took 11 years and was only completed in 1454. A second phase of building in 1617 enlarged it almost to its present size and the font was added. However, it was in 1851 that the church we see today was created. The roof was raised by a metre, the transept was added, the charming bell tower was rebuilt at the west end and the windows were enlarged.

As you might expect in such an ancient church, the years have left some gems: vestiges of 16th c stained glass, a fine 17th c painting, *La toile du Rosaire*, restored in 2001, the elaborate 19th c altar, beautifully crafted in 1840 by a local Ploërmelais carpenter, a series of wooden framed stations of the cross painted on metal, no less than two trunks with three locks, two wooden polychrome statues and the 17th century font among others.

*Continued page 24*



\* See: [www.castles.nl/crevy-castle](http://www.castles.nl/crevy-castle)

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# Art & Culture

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## Buff-tip Moth *Phalera bucephala*

Another amazing moth visited my garden in July. It is a remarkable creature, with an unusual camouflage pattern. Its wingspan is 55-65mm and its wings are grayish, like birch bark, tipped with yellow hairs, and it has a yellow thorax.

The overall effect is like a broken birch twig. The larvae are black with distinctive white and yellow lines.

It lives in woodland and is widespread and common.

*Patrica Hebblewhite*



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## Back to Montertelot *continued*

The keys for the trunks were held respectively by the rector, the sacristan and the général de la fabrique, the head of the laic council that looked after the building. The trunk could only be opened when all three were present.

To single out just one feature, the font particularly took my eye, since it has a wooden cover that was held in place by a crossbar, which also locked two hinged panels giving access to the holy water and the baptismal basins. According to my knowledgeable guide – he is the author of the 300 page definitive history of Montertelot – time was when the relatives of someone who had died would pop along to the church and pinch some holy water. So they locked it up!

*Richard Griffiths, rpf@orange.fr*

*How to get there:*

*Take the N24 to Ploërmel and then follow the N166 dual carriageway towards Vannes. (Be prepared for a bizarre intersection.) After two kilometres take the exit signposted to Yves Rocher and immediately turn left to La Chapelle Caro. After approximately 1 kilometre turn right and follow the road to Montertelot village, where there is also a cheerful little restaurant.*

*The interior of the church can be visited by appointment. Contact M. Michel Briend on 06 78 80 99 60. Unfortunately, M. Briend's book is out of print.*



## Textile Art Courses with Shirley McCann.

The new season of textile art workshops with Shirley McCann will start with shadow appliqué and embroidery. We will be meeting on 12th September 2020 at my home in Kergouët near to Pontivy, starting at 9.30 for coffee or tea and then working through to around 16.30 with a break at midday for your packed lunches. The workshop costs 30€ per person and a 10€ deposit will secure you one of the seven places available. Contact me if you'd like to join us for a fun and creative day. Paypal or cheques accepted.

The full programme for the rest of the year's monthly workshops can be seen on my website: [www.shirleyjmccann.com](http://www.shirleyjmccann.com)  
02 97 51 42 54  
/ [shirleyjmccann@orange.fr](mailto:shirleyjmccann@orange.fr)

Instagram:  
[@shirleystitcher](https://www.instagram.com/shirleystitcher)



## Fête des Jardins

The autumn garden festival at the Château de Pommorio in Tréveneuc is scheduled to take place on October 24th & 25th this year. The theme is "Plants and shrubs for the garden birds".

As usual there will be a range of specialist nurseries represented, including producers of organic vegetable and fruit plants, plus workshops and conferences. [www.fetedesjardins.com/](http://www.fetedesjardins.com/)



**The Frynaudour bridge**, otherwise known as the "Leff viaduct", is a metal truss bridge designed by Gustave Eiffel in 1893 over the Leff, connecting the towns of Quemper-Guézennec and Plourivo (Côtes-d'Armor).

This bridge is located on the railway line connecting Guingamp and Paimpol. *Brian Noel*

# Exploring The Worlds Of Beer and Wine

*“He is a wise man who invented beer” (Plato)*

## Brewing Industry, Or Craft Breweries?

One of the most bizarre and tragic events in the long history of brewing beer was an accident that occurred on October 17, 1814 at the Horse Shoe Brewery in London. A 22-foot-tall wooden vat containing fermenting porter burst, due to some hoops slipping, releasing its contents with such force that they also destroyed another vat. Over 300,000 imperial gallons (1.3 million litres) of beer were released in a 15 foot wave that destroyed the back wall of the brewery and rushed through the adjacent St. Giles Rookery slum area. Eight people were killed *“by drowning, injury, poisoning by porter fumes, or drunkenness”* in the torrent, and the lake that it formed. A correspondent at the time wrote *“I have always held it as my firm opinion, that the many breweries and distilleries in this metropolis... are most dangerous establishments, and should not be permitted to stand in the heart of the town. I am only surprised, when I consider the immense body contained in these ponderous vats, that similar accidents do not more frequently occur.”* However the coroner's jury concluded that the people had lost their lives *“casually, accidentally and by misfortune”*, which incidentally spared the brewery the inconvenience of having to pay compensation to the victims' families – no “health and safety” worries in 1814 then!

The London Beer Flood, as the disaster came to be known, reflected the large scale of commercial breweries that had evolved in England, especially in London and Burton-on-Trent, by the early nineteenth century. About 8 million barrels were being produced annually by 1830, increasing to some 30 million barrels by 1900. Before the growth of commercial breweries, beer making had been largely a domestic activity producing the family's staple drink, as well as brewing in monasteries, colleges and great country houses for their own consumption. Interestingly, this mirrors the history of wine making here in Brittany, where families of all classes cultivated grape vines and fermented wine for their own consumption prior to the 1900s.

Between about 1900 and 1952 beer consumption in the UK halved and the number of breweries dropped from about 3,500 to 524, as local brewers ceased operation or were taken over by the large brewing companies. This trend continued through the 1950s and 60s causing



regional variations to disappear, and increasingly bland beers designed for mass consumption became the norm. A new law in 1880 had forced households that brewed their own beer to obtain a licence and be regulated and inspected, and the tradition of home-brewing was in danger of dying out completely. Fortunately the 1880 law was repealed in 1963, and by the 1980s home brewing had revived, with new ingredients such as pre-hopped malt extract, whole grains, whole-leaf hops, and more affordable equipment being developed for the consumer market. The opportunity for home brewers to experiment with new recipes and ingredients led to a demand among beer lovers for more varied and better quality beers at their local pubs, sowing the seeds which would lead to the Campaign For Real Ale in Britain, the return of local breweries and the appearance of micro-breweries. Today craft breweries have captured 15% of the market with a dizzying choice of styles from extreme-hopped American IPAs to traditional British porters and stouts. Some 50 or 60 distinct styles of beer are available to the ardent beer lover, with innovative variations constantly being created by the craft breweries. In Brittany we do not have access to this range of beers, but the high quality craft beer kits now available are a great way to replicate both the classic and new styles of beer in our own homes – and say goodbye to mass produced commercial beer forever!

Roger Dawson

[www.brittanywineandbeer.vistaprintdigital.com](http://www.brittanywineandbeer.vistaprintdigital.com)  
[rogeralan.rd@gmail.com](mailto:rogeralan.rd@gmail.com)



**Autumn Plant Sale**  
 50% off everything  
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 22570 Lescouet-Gouarec

Contact Marie:  
 02 96 24 93 62  
 bowen.ken@hotmail.co.uk

## Bridge Puzzle 20

### Bid Boldly Play Safe

The Bidding. Dealer West

'Bid boldly Play Safe' is a title of a book written by Rixi Marcus, who was a renowned world champion bridge player. In the book Rixi features a hand that

East - West vulnerable  
 W N E S  
 3♥ Pass Pass 4♠  
 Pass Pass X All Pass

she played seated South, with these cards ♠KJ973 ♥A♦AK7♣K85. After West had opened the bidding with 3♥, and after 2 passes, what would you bid with these cards ?

Rixi courageously bid 4♠ which was passed around to East who doubled. 4♠ doubled became the final contract.

Here's the full deal.

How would you play the hand after West leads the J♦ ?

♠ K J 10 9 8 7 5 3  
 ♥ J 10 8  
 ♦ 7 2

♠ 8 4  
 ♥ Q 4 2  
 ♦ Q 5 2  
 ♣ Q J 10 6 3

N	♠ A Q 10 6 5 2
W	♥ 6
E	♦ 9 4 3
S	♣ A 9 4

♠ K J 9 7 3  
 ♥ A  
 ♦ A K 7 6  
 ♣ K 8 5

*Solution page 53*

*Bridge puzzle contributed by Dan Lewis, buildingmatters@yahoo.co.uk*



**Abbey of Relec** - a former Cistercian abbey founded in 1132 *Melvyn Card*

# Hetty's Kitchen

## Salmon and Broc Spaghetti (for 4)

*A very quick meal when you are pushed for time*

## Mushroom Lasagne (for 6)

20g dried porcini mushrooms  
80ml boiling water  
2 tbsp olive oil  
2 large onions, sliced  
1 -2 bay leaves  
2 sprigs fresh thyme  
800g mixed mushrooms  
4 cloves garlic, crushed to pulp  
600ml Passata  
200g fresh lasagne sheets  
200g sliced mozzarella  
25g Parmesan, finely grated  
1 tbsp chopped fresh parsley

### For the sauce:

70g butter  
40g plain flour  
850ml milk  
Grated nutmeg  
250g strong cheese, grated

Soak the porcini in the boiling water for half an hour. Stir occasionally to release any grit.

Heat the oil in a large frying pan over medium heat. Add the onions and cook, stirring, for about 5 minutes until they start to soften. Add the mushrooms, thyme, bay leaves and half the garlic pulp. Cook 5 minutes until the mushrooms have started to soften and the liquid has evaporated. Add the passata and the porcini plus the soaking liquid, avoiding any grit in the bottom of the bowl.

Bring to the boil, stirring, then reduce the heat and leave it to bubble for 10 minutes or so until slightly thickened. Season well and take off the heat.

To make the sauce, melt the butter in a pan over low heat. Stir in the flour and cook, stirring for 2 minutes. Gradually whisk in the milk until smooth and cook until it starts to thicken, keeping the balloon whisk moving.

Stir in about ¼ tsp of grated nutmeg and season well. Stir in the grated cheese a bit at a time, whisking until melted.

Grease a 2 litre baking dish. Layer up one third of the lasagne sheets followed by half the mushroom mix and a third of the sauce. Repeat, then add a third layer of lasagne sheets and pour over the remaining sauce. Top with the mozzarella and Parmesan.

Bake in a preheated oven at 180°C/Gas 4 for about 45 minutes or until golden and bubbling.

Serve with the chopped parsley scattered on top.

300g uncooked dried spaghetti  
2 tbsp olive oil  
250g small broccoli florets  
2 cloves garlic, crushed  
1 mild red chilli, deseeded and chopped  
2-3 tbsp crème fraîche  
150g cooked salmon, flaked

Bring a large pan of water to the boil and cook the spaghetti according to the instructions on the packet.

Meanwhile, heat the oil in a frying pan and cook the broccoli, garlic and chilli over medium heat for about 5-6 minutes, stirring constantly.

Stir in the crème fraîche and then the salmon flakes and heat through.

Drain the cooked spaghetti and add to the frying pan. Toss to coat well, season with salt and pepper and tip on to a warmed serving dish.

Serve with a crispy salad.

## Blackberry Sponge Cake

125g butter at room temperature  
125g caster sugar  
3 large eggs at room temperature  
125g self raising flour  
A little milk  
350g blackberries  
Whipped cream to serve

Grease and base line a 20cm/8" springform cake tin.

Beat the butter and sugar in a large bowl until pale and fluffy.

Add the eggs one at a time with 1 tbsp of the flour each time and beat in well. Sift the remaining flour into the bowl and fold in. Add a tiny splash of milk (about 2 tbsp) to loosen the mix.

Spoon the batter into the prepared tin and level the top. Scatter the blackberries over the top and press them gently into the batter so they are half submerged.

Bake in a preheated oven at 190°C/Gas 5 for about 35 - 40 minutes until golden on top and a skewer inserted into the centre comes out clean.

Cool in the tin for ten minutes then carefully release and cool completely on a wire rack.

Serve with whipped cream or warm custard.



## The Guard

Last year people spoke about the removal of this huge chestnut tree in our village. I decided to paint it on three panels (tableaux 45x60cm) in acrylic: one in black and white, the second in ocre and pink (above), and the third which I am doing now, in full colours.

At this moment The Guard is still standing: proud and powerful. Let us hope he will be saved for future generations.

*Lucy Steen van der Schuit*

## Apple Blondies

- 125g butter, melted
- 1 cup\* white sugar (\*1 cup = 250ml)
- 1 egg
- 3 medium apples, peeled, cored and thinly sliced
- ½ cup chopped walnuts
- 1 cup plain flour
- ¼ tsp salt
- ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp ground cinnamon

Preheat oven to 180°C / Gas 4

Grease and line a 9"x9" (23cm x 23cm) cake tin

Whisk the sugar into the melted butter and cool for a few minutes. Whisk in the egg. Fold in the sliced apple and walnuts.

Sift together the flour, salt, baking powder, soda and cinnamon and fold into the mix until just combined.

Transfer to the cake tin and level the top.

Bake 35 minutes or until a wooden toothpick inserted into the centre comes out clean. Cool in the tin before cutting into squares. Store in an airtight container.

***Bon appétit***

## *Birds to See in Brittany:* Common Red Poll

French: Le sizerin flame Breton: Lineg penn flamm



**W**e are very small, lively finches found mainly in woodland. However in some places we have become birds of the suburbs as we often nest in large gardens and parks. Up to a few decades ago you would expect to find us in birch woods mainly but we have now adapted to most types of woodland including alder and a variety of conifer, which provide us with our main diet of seeds, and we often join with other finches and buntings to feed on weedy stubble, pastures and rough ground. We feed insects and spiders to our young. It has been said that few woods in summer do not have a male circling high overhead trilling in an almost continuous twitter.

We are smaller than the sparrow with a basic plumage of a soft striped brown colour. Wings are brown and have a pale buff bar across the centre. Both sexes have a dark red forehead – from which we get our name – and a tiny black chin. The male has a pink breast which darkens to a deep red in the summer. We all have a very small triangular yellow bill.

We nest in trees, hedges, brambles or other bushes, usually fairly well up. The nest is built of twigs, grass, moss and wool and is lined with hair, feathers and the down from plants – often the fluff from willow catkins. Four to six eggs are laid in mid May with a second clutch often in June. They hatch in ten to eleven days and the chicks can fly weakly after eleven days following their parents around, being fully independent at around twenty-six days old.

Our song is not particularly remarkable but we are noted for continuous activity, usually accompanied by a constant twittering sound,

*Jim Henderson*

# Short Food Supply Chains

## - past, present and future in Brittany

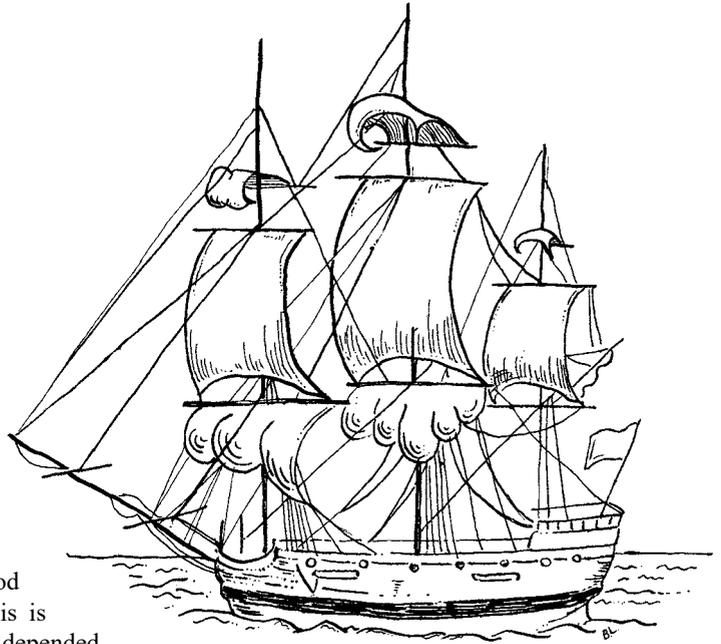
'Short Food Supply Chains' ('Circuits Courts' in French) are food supply networks in which there are as few intermediaries between the producer and the consumer as possible. Before the coronavirus epidemic, they were already being promoted as a means to reverse the negative impact that the food industry was having on the environment, and also as a means to improve food quality. Since the onset of the epidemic, the need to shorten food supply chains has become an urgent priority.

### How Food Supply Chains Became Extended

The shortest food supply chain is one in which someone grows, or produces, food for themselves and their family, and this is the model upon which most people have depended throughout the greater part of history. The food supply chain remains reasonably short when self-sufficient farmers trade their surplus for goods and services provided by specialist craftspeople, allowing the development of small market towns. This is the sort of system that seems to have prevailed in Brittany in the early Middle Ages, when it was, perhaps, at its most prosperous, with the size of towns and villages being limited by the amount of produce that could be brought into market by people in the surrounding countryside. Towns that could be supplied by boat could have longer supply chains, and, as a result, could grow bigger; and it was such towns that tended to suffer most from outbreaks of disease and the plague, providing a warning from the past the danger posed to health by having large concentrations of people living in close proximity to each other.

Even when it was technically possible to supply towns with large amounts of food, however, economic restraints stopped them from growing beyond a certain size. Rennes and Nantes were the twin Breton capitals in the Middle Ages, and their economies were based on the administrative roles that they fulfilled; their economies therefore depended directly, and indirectly, on taxes raised across the country as a whole, and, as a result, their populations rose and fell in accordance with government income. The factor that changed this pattern was the discovery of the New World.

According to legend, the Bretons of the Middle Ages were well acquainted with the existence of a land mass to the west, and they sailed there regularly in the pursuit of fish, and maybe trade; and it is possible that Christopher Columbus could have gathered information from ships' captains from St Malo before embarking on his trans-Atlantic voyage, but, in general, life in Brittany does not appear to have been radically changed in the years immediately after Columbus' voyages and the establishment of Spanish colonies in the New World. The main impact seems to have been that new markets developed for traditional Breton products such



*The 'Triangular Trade' between Europe, Africa, and America extended food supply chains in the eighteenth century.*

## 32 Short Food Supply Chains

as linen cloth and ships' sails, which led to more people working on specialist trades, and towns getting larger. Even so, food supply chains remained short, with most people producing at least some of their own food, and buying most of the rest direct from the producer.

### The Triangular Trade

By the beginning of the 1700s, however, changes in the wider world started to have a greater impact on Breton life: firstly, the independence of Brittany had been steadily eroded, particularly over the course of the reign of Louis XIV, and the Breton economy had become largely absorbed into the French economy. Secondly, the power of the Southern European countries - Spain and Portugal - had declined, and France now vied with Britain to become the dominant force in global trade. Thirdly, the old Breton capital of Nantes found itself conveniently positioned to take a leading role in France's economic expansion. This economic expansion involved France taking a major role in the notorious 'Triangular Atlantic Trade' and Nantes became France's principal slave port: ships were fitted out in Nantes, filled with a cargo of sundry products, and then sailed to French trading posts in West Africa where they were exchanged for human beings, who were then transported (against their will) to French colonies in the Caribbean where they were sold. The ships returned to Nantes laden with a cargo of produce from the New World, the principal component of which was sugar.

The effect on the Breton economy was catastrophic: commerce replaced agriculture as the source of wealth and power, and this led to fundamental changes in the way that society was regulated. Small-scale farmers found their situation downgraded, and they had to start paying rents rather than tithes in order to retain the right to stay on the land. This in turn forced them to prioritise surpluses and cash crops over self sufficiency. Produce started to make its way over longer distances to supply workers in towns and ships for their trans-continental voyages. Furthermore, sugar and other agricultural produce from the new world was gradually established as a significant part of the local diet - and it was an ingredient that had a very long and complex supply chain, setting a precedent for future developments.



*Nantes retained its role as a major centre for sugar refining even after France lost its colony in Saint-Domingue. Sugar beet production was introduced to take the place of imported cane sugar.*

## The Abolition of the Slave Trade

If the abolition of the slave trade had been driven by purely humanitarian concerns, then perhaps other, concurrent injustices, such as small farmers across Europe being forced off their land and made to work in factories and mines, would have been addressed at the same time. But, this was not the case; the economic importance of the Caribbean decreased, colonies were established around the old African trading posts, and trade with other parts of the world was increased. Food supply chains became ever more complex. Throughout the 1800s Breton farmers found themselves living through periods of extreme hardship, unable to compete with foodstuffs imported from distant parts - often produced under conditions not materially different from the old slave plantations.

## Technology in Agriculture

The twentieth century saw the industrialisation of farming, which added another level of complexity to the food supply chain: you might buy a loaf of bread baked from locally-grown wheat, but the production of that wheat might have involved the use of machinery, fuel and chemicals sourced from countries around the world.

This has brought us to the situation that we are in today. People were already worried about the environmental impact of industrial-scale farming - the damage done to the soil, the loss of wildlife, and the impact on water purity. There was also concern about the quality of food that relied upon high levels of sugar and preservatives to stop it deteriorating as it made its way through complex supply chains; and there was already a recognition that local producers and short food supply chains could be the solution. And then we were faced with the possibility of a life-threatening epidemic being spread by a new and little-understood virus. The obvious course of action would have been to halt all travel and all exchange of goods until the nature of the threat became clear. But that would have disrupted the complex food supply chains upon which we now all depend, and it was not, therefore, an option.

The hope now is twofold, firstly that the epidemic proves to be less serious than first feared, or that it is brought under control by a new treatment, and secondly that it is taken as a warning, and that the new, post-epidemic priority will be to make sure that everyone has a chance to produce at least some of their own food again, and that genuinely short food supply chains become re-established, giving everyone the chance to deal directly with the producer of the food that they eat.



*Sugar beet is still produced in France, but its production can only be maintained with the help of banned insecticides, thought to be fatal to the native bee population.*



### Just Watching the Cricket

Brian Noel

#### For Sale: Historic 1964 Red MGB Roadster,



R.H.D, original registration, little used over the last 12 years. 11,950€. Located Locminé 56. Mobile: 0044 793110 1718

### Pickled Walnuts

Further to Tim’s recipe for pickled walnuts on pages 20 - 21 of the July issue, I enclose a copy of a recipe from the 1971 edition of the HMSO Home Preservation of Fruit and Vegetables.

All the recipes contained were tested by the Home Preservation Section of Long Ashton Research Station which was part of Bristol University. Its role was Horticultural research, sadly long since closed down.

Janet Manning

### Home Preservation of Fruit and Vegetables: Walnuts

The walnuts should be used before the shells have begun to form. They should be tested by pricking them with a needle or silver fork, and if any shell can be felt they should be discarded. (The shell begins to form opposite the stalk, about ¼ inch from the end.) Cover the nuts in brine made of 1lb salt, and 1 gal water, and soak for several days. Then change the brine, and soak the nuts for a week. Drain, spread them on dishes, and expose them to the air until they become black, which will take about 1 day. When quite black, pack the walnuts into jars and cover well with spiced vinegar. A sweet spiced vinegar can be used if preferred, as follows:

- 3 pt brown vinegar
- 1 lb brown sugar
- 1½ teasp. salt
- 1 teasp. whole mixed spice
- ½ teasp. cloves

Boil all together for 5 to 10 min, strain out the spices and pour the vinegar over the walnuts.

Cover and leave for a month or longer before use. As walnut stain is very persistent care should be taken in handling.

## Answers CBJ

### Quiz page 18

#### I: General Knowledge & Current Affairs

- 1) Having no mobile phone coverage
- 2) 1918
- 3) Robert Galbraith, pseudonym of JK Rowling
- 4) Dublin
- 5) The terracotta army
- 6) Czechoslovakia and Germany
- 7) Antonio Salieri
- 8) Diogenes
- 9) Damascus
- 10) Belarus; Minsk

#### II: French Language & Culture

- 1) Saint-Saëns
- 2) Claude
- 3) Calvados
- 4) Milou
- 5) Statue of Liberty
- 6) Quebec
- 7) The destruction of an ecosystem
- 8) Corsica
- 9) All’s Well That Ends Well or Love’s Labour’s Lost
- 10) Badger

#### III: Science & Nature

- 1) 750
- 2) 90°C
- 3) Radar

- 4) The helicopter
- 5) The Pole Star
- 6) Isobars
- 7) Weather forecast
- 8) 7
- 9) Pear
- 10) Salamander

#### IV: Connections

- 1) Guardian
- 2) Messenger
- 3) Mirror
- 4) Telegraph
- 5) Globe
- 6) i
- 7) The sun
- 8) Herald
- 9) Mercury
- 10) Newspaper names

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## Animals

See **ANIMAL WELFARE** p.44

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## B & B / Gîtes

See **BED & BREAKFAST** p.44

**Ty Gwennili Chambres d'hôtes** (Gîtes de France 2 epis) Relaxed, quiet country setting between Bourbriac and Callac, ideal for walkers, cyclists, househunters short or longer breaks. Tel: 02 96 45 73 46 [www.brittanystopyovers.eu](http://www.brittanystopyovers.eu) email: [kerlouet@gmx.fr](mailto:kerlouet@gmx.fr)

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See **BUILDING & PROPERTY SERVICES** pp. 44-49, & 55

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See **HELP & ADVICE** p. 10

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See **GARDENING** pp. 40-41

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## Property Wanted to Rent

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See **HELP & ADVICE** page 10

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## Colour Classified

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## Property

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Technology Services  
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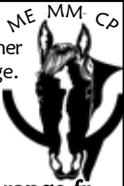
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### Solution: Chess Puzzle *page 16*

- 1) Ra8+, Rb8;
- 2) Qe8+, Rxe8

It does not matter which rook takes the queen!

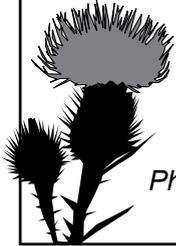
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**Solution**

**Bridge Puzzle 20** page 27

**Bid Boldly**  
**Play Safe**

♠ 8 4  
♥ Q 4 2  
♦ Q 5 2  
♣ Q J 10 6 3

	N	
W		E
	S	

♠ A Q 10 6 5 2  
♥ 6  
♦ 9 4 3  
♣ A 9 4

♠ K J 9 7 3  
♥ A  
♦ A K 7 6  
♣ K 8 5

♠ K J 10 9 8 7 5 3  
♥ J 10 8  
♦ 7 2

West leads the J♦ against 4♠ doubled. How should South (Rixi) play the hand ?

Rixi won the J♦ with dummy's Q♦, and played the 8♠, and ran it when East played low. Next came the 4♠ on which East won with the A♠. East then played a ♦, which South won with the K♦. Then South played the K♣, which won, followed by a low ♣ taken by East's A♣. Then came another ♦ taken by South's A♦. South cashed the A♥, and led her last club to dummy. On another club lead, East, reduced to just trumps, had to ruff, South over-ruffed and led her last diamond – trumped by East who still held the Q♣ but was then end played into South's K J♠.

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