

Issue 211

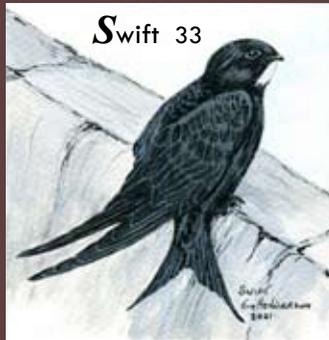
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Central Brittany Journal

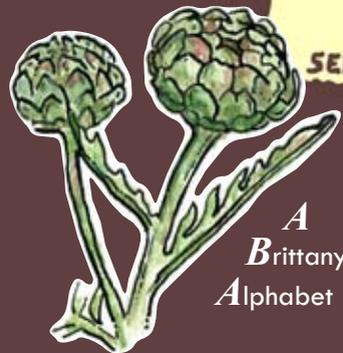
January 2022



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*Ancient Oak Tree at Rosterc'h,
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Original drawing in felt-tip pen,
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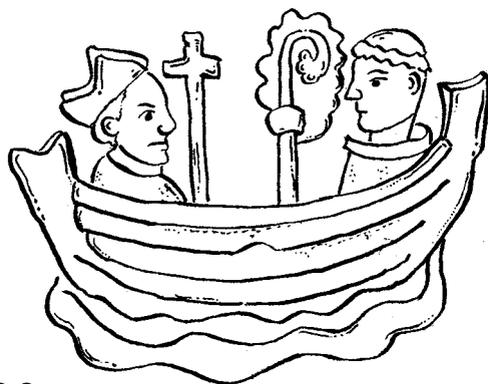


Monday 9:00 - 12:00
Tuesday - Saturday
9:00 - 12:00 14:00 - 17:30

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l'Abbaye de Beauport 22-24



Swift 33



A Brittany Alphabet 34



Mont St-Michel 28-29



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4 New Businesses

New Businesses

Equimotion Video

After finishing 6 years of studies in cinema and post-production / editing, Lois Chadwick has set up her own business, working as a freelance videographer in and around Brittany.

Her specialisation is in family and animal short films, but she also films and produces promotional videos for businesses.

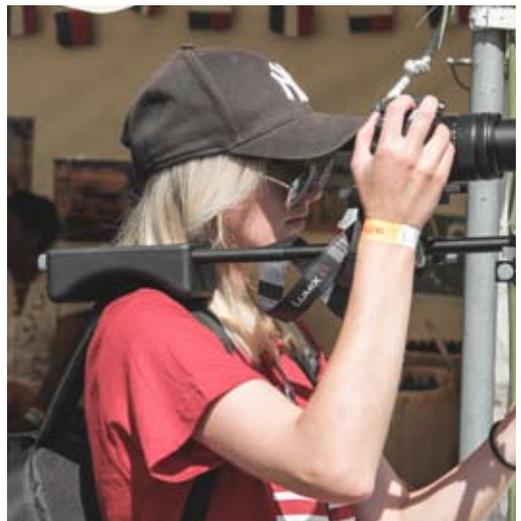
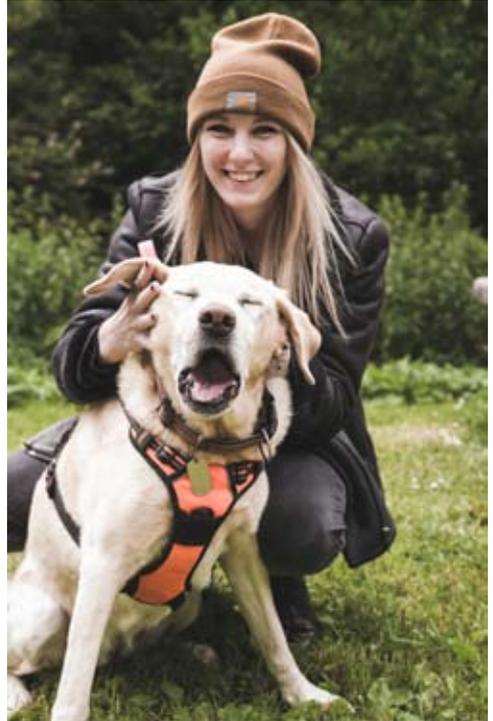
The family videos combine music, images and colorimetry, knitted together through editing, and can be kept for personal use or be uploaded and shared on social media.

The promotional videos offer a visual representation of a business be it selling, creating or offering a service and can be used to boost interest and draw the eye of future clientele. As such, these short videos can be uploaded across social media, websites and used as advertising media (facebook / google / instagram).

To see some of Lois' recent work visit;

Instagram @equimotionvideo; Youtube Equimotion video;

www.equimotionvideo.com / equimotionvideo@gmail.com



MORBIHAN AM DRAM: OUR NEXT PRODUCTION

Join us for a laugh-out-loud comedy!



by Trevor Wood
and Ed Waugh

3 elderly cleaning ladies, facing redundancy, decide to set up their own Sex Chat Line to make ends meet...

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PASS SANITAIRE OBLIGATORY

Contributors: JANUARY

Dan Lewis	Bridge Puzzle	6
Jon Chambers	CBJ Quiz	14
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Editorial:

My family roots are in South Wales, and when I moved to Brittany I was already aware of the strong cultural, religious, and linguistic ties between Brittany, Wales, and other Celtic countries, which date back for thousands of years. That was one of the reasons why I found it so difficult to understand the sovereignty argument put forward by the pro-Brexit campaign in 2016. Now I am grateful to Ian Beckwith for his well-researched article (*l'Abbaye de Beauport*, page 22) looking into the links between an Abbey on the north Breton coast and a region of Lincolnshire; showing that England too has long-standing and deep-rooted connections with Brittany and its institutions.

Probably, Brittany is one of the regions of Europe that has suffered the most as a result of Brexit (a recurrent theme in recent history: the Breton economy was ruined by a Franco-British trade war in the time of Louis XIV, and again by the British blockade during the Napoleonic wars). Hopefully, 2022 will be a year in which some of the rancour of recent times can be forgotten, and old friendships between Brittany and the various parts of the UK can be renewed. *GL*

Central Brittany Journal

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

Deadline for classified ads: 20th of the month.

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6 Bridge Puzzle / MAD

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Bridge Puzzle 36

Elimination Endplay

♠ A 8 6 3
♥ 9 4
♦ A Q
♣ 9 7 5 4 2

Bidding:

W	N	E	S
1NT*	Pass	2♦	2♠
3♥	4♠	All Pass	

*16 - 18 pts



West leads the K♥. How should declarer plan the play?

♠ Q J 10 9 7 4
♥ A J
♦ J 4
♣ K 6 3

Solution page 54

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

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Central Brittany Journal**

12 issues 18€ (France)

12 issues 30€ (UK & rest of world)

See page 13 or online www.thecbj.com

MAD

Morbihan Am Dram



Morbihan Am Dram (MAD) is an amateur dramatics group, based in Mohon 56490, which presents shows in English. After an 18 month absence due to COVID, we were delighted to be able to present a Dinner-Theatre Show, 'Lockdown in Little Grimley' by David Tristram in August 2021. Along with the laugh-out-loud comedy, the audience were also wowed with a delicious 3 course meal and around 160 people enjoyed the performances over 3 days.

Our next show will be at the end of January 2022 on the evenings of Friday 28th and Saturday 29th January plus a matinee on Sunday 30th January (see advert page 4).

"Dirty Dusting" written by Ed Waugh and Trevor

Wood is another very funny comedy, about 3 elderly cleaning ladies, facing redundancy, who decide to set up their own Sex Chat Line to make ends meet.... What could POSSIBLY go wrong??!

Tickets, priced at just 6€ will be on sale via our facebook page (online box office) www.facebook.com/morbihanamdram and we will have our usual bar and snacks available. We welcome new members of any nationality who would like to act in English or help with the group and we are delighted to have the support of Leggett Estate Agency who sponsor our shows.

Please contact morbihanamdram@gmail.com for any information.

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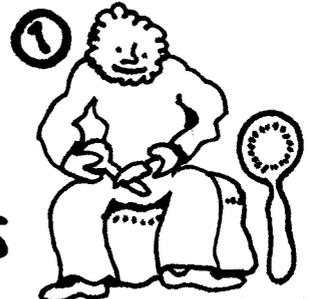
© https://www.epiceriecentrale.fr

La P'tite Pause will be closed until Thurs-
day 6th January. Reopens Friday !

Hetty's Kitchen

Blueberry Citrus Cake - p.12
Apple, parsnip & potato soup - p.32
Blue cheeses mini tarts - p.32
Pork & Pineapple casserole - p.32

Tim's
10
new
year
Challenges



pages 7, 8, 10, 15,
18, 19, 38, 39,
41, 43.

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8 What's On

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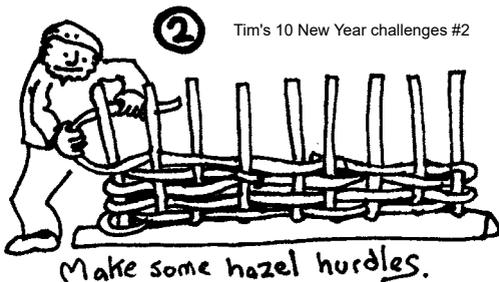
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Tim's 10 New Year challenges #2

What's On in January

Sat 1 - Sun 2 January

Sunday 2nd January

West Side Story (2021). Directed by Steven Spielberg. Starring Ansel Elgort, Rachel Zegler, Ariana DeBose. Starts 5.30pm. In English with French subtitles. Callac Cinema.

Mon 3 - Sun 9 January

Monday 3rd January

West Side Story. Starts 8.30pm. In English with French subtitles. Rostrenen Cinema.

Tuesday 4th January

Spider-Man: No Way Home. Directed by Jon Watts. Starring Tom Holland, Zendaya, Benedict Cumberbatch. Starts 8.30pm. In English with French subtitles. Callac Cinema.

Wednesday 5th and 19th January

Sale at the Secours Populaire, Callac. 1.30pm to 4.30pm. Rue Louis Morel, behind the library.

Sunday 9th January

Matrix Resurrections. Directed by Lana Wachowski. Starring Keanu Reeves, Carrie-Anne Moss. Starts 5.30pm. In English with French subtitles. Callac Cinema.

Sunday 9th January

Gospel Concert with Cynthia Musson and the Gospel Poh'Wer choir. Church of Landeleau at 3pm. Free entry with participation of the hat. More info contact 02 98 93 82 16 or commune_de_landeleau@wanadoo.fr

LTA DRAMA GROUP

AN APOLOGY

I have been involved in amateur dramatics for the best part of 50 years, and have never known a production to be cancelled. There have been floods, heat waves, problems with scenery, family illness, venue suddenly unavailable, caterers not booked, any disaster you can possibly think of.

But who could have foreseen that after weeks of hard work "Christmas Crackers" would be undone by an infinitesimally tiny but deadly virus and force the cancellation of the production.

It was not an easy decision, although having said that it was the only decision. The hall where we stage our productions is relatively small and simply did not meet

the latest requirements for the safety of both actors and audience. The virus thrives in social gathering conditions and the risks were unacceptable.

We, as a Group, hope that you will accept our sincere apologies for cancelling what was intended to be pre-Christmas fun for all the family. We can only hope that one day our lives will return to normality, and look forward to welcoming you all back in 2022.

Stay safe, and stay well. With best wishes from us all at La Troupe Arlequin.

Tina Alexander

Mon 10 - Sun 23 January

Sunday 16th January

Tim the Gardener's Winter Open Day. 10am-4pm (picnic at mid-day). Duault 22160. For more details please ring 02 96 21 58 40 or contact samuel@thebcj.com

Wednesday 26th January

Cry Macho. Directed by and starring Clint Eastwood. Starts 8.30pm. In English with French subtitles. Rostrenen Cinema.

Mon 24 - Mon 31 January

Friday 28th, Saturday 29th and Sunday 30th January

Morbihan Am Dram presents Dirty Dusting, a laugh-out-loud comedy panto. Salle des Fêtes, 56490 MOHON. Tickets 6€ Buy tickets via www.facebook.com/morbihanamdram or email: morbihanamdram@gmail.com Bar and snacks available. Passe sanitaire needed. See advert on page 4.

Sunday 30th January

Licorice Pizza. Directed by Paul Thomas Anderson and starring Alana Haim, Cooper Hoffman, Sean Penn. Starts 8.30pm. In English with French subtitles. Rostrenen Cinema.

Sunday 30th January

Gospel Concert with Cynthia Musson and two choirs, **Gospel Poh'Wer** from Carhaix and **Power of Gospel** from Lampaul-Guimiliau at 3pm at the Church of Saint Trémeur in Carhaix. Free entry with participation of the hat for the benefit of the Church. Contact 07 86 96 94 32 or gospelpohwer@gmail.com

Spotlight on Brittany:

January: A new year, and new beginnings on Spotlight, with students from Saint Brieuc taking their first steps in poetry in English. Sylvia Wigger from Germany tells us about plans to settle in Brittany while expanding her hobby into a retirement income: meet Miss Penny-money! And when you thought that we had forgotten to mention the pandemic, we learn from documentary film maker Simon Coss all about the innovative Guingamp-based enterprise, La Co-op des Masques. All this, and a hint of things to come in 2022, can be heard by switching to Radio Kreiz Breizh on Wednesdays at 14h00 and Saturdays at 12h00 (102.9Mhz-106Mhz), or on Radio Bro Gwened (101.7Mhz-92.6Mhz) on the first Wednesday of the month at 14h00 and the third Sunday at 09h30. 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

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56 - Taupont

Tim's 10
New Year
challenges
#3



Popular phrases & sayings using the word: Blue

Blue is the symbol of divine eternity and human immortality and features heavily in popular phrases such as **"Blue for a boy, Pink for a girl"**. For centuries blue has been the colour of the Virgin Mary's robe; however, from the beginning of the 20th century blue became the colour code for newly born baby boys and pink for girls, despite the influential "Women's Institute" advising "Blue for girls and Pink for boys" as late as 1920.

Did the manufacturers of greetings cards get it wrong? Or maybe as has been suggested, they preferred the alliterative qualities of "Blue for a boy"? Whatever their reason "blue" has been a colour chosen to include both sexes, as the following examples show.

"Blue Bonnets or Caps" - so called from the blue woollen cap worn generally by Scots. Not uncommon even today.

"Blue Rinse Brigade or Set"- a blue rinse was favoured by middle class women of advancing years to disguise grey or white hair and led to this phrase being applied collectively, suggesting their respectable, conservative tastes and views.

"Dark Blue" – was a name given to the ribbon awarded by Oxford University to students who represented their university, originally in the Boat Race, but now covering other sports.

"Light Blue" – same as above for Cambridge University.

"Bluestockings" – A nickname often with derogatory connotations for educated women, widely used when opportunities expanded for the education of middle class women in the late 19th century. However, it has its origins in Venice in 1400 when the name was given to a literary or studious woman. A society of ladies, and some gentlemen, was formed in that year in Venice called "Della Calza"- then in Paris by 1590, where it was all the rage among the lady savantes. By 1780 it reached London, when Mrs Montague displayed the badge of the Bas-bleu club at her evening assemblies. The distinguishing feature in all cases was the wearing of blue stockings by all who attended.

“Blue blood” – High noble birth or descent. A phrase of Spanish origin referring to the fact that the veins shown in the skin of the pure-blooded Spaniard whose race had suffered no Moorish or other admixture were more blue than those of persons of mixed, and therefore, inferior ancestry.

“Blue Peter” – is the name for a flag with a blue background and a white square in the centre, hoisted as a signal that a ship is about to sail. It has been suggested that “Peter” is a corruption of the French “partir”.

“To shout Blue Murder” – why is murder blue? It has been suggested that this is a pun on the French exclamation “morbleu” which sounds as if it means “blue death” but is actually a version of “mort Dieu” meaning God’s death. The call is probably more indicative of terror or alarm than of real danger.

“The Blues” – A style of Black music related to Jazz originating around 1900 in America. The singing of the blues is essentially an improvisatory art often reflecting a melancholy state of mind while also conveying the vitality and often the humour of black working class Americans.

“A fit of the Blues” – at one time known as “Blue devils” meaning a fit of spleen and low spirits, was considered to be prevalent among indigo dyers, and raised the thought that there may be more science in calling melancholy “blue” than is generally allowed.

To end on a lighter note **“Blue Hen’s Chickens”** – The nickname for the inhabitants of the State of Delaware. It is said that during the Revolutionary War a certain Captain Caldwell commanded and brought to a high state of efficiency a Delaware regiment. He used to say that no cock could be truly game whose mother was not a blue hen, Hence the Delaware regiment became known as “Blue Hen’s Chickens” and the name was transferred to the inhabitants of the state generally.

By the way

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12 Thanksgiving

Thanksgiving

My mother sent me this "Thanksgiving Prayer" and I thought that it might be of interest to CBJ readers. It is the kind of "prayer" someone like me can relate to, and written by a vegetable-loving, unknown author.

Momo Hiromi

Let us give thanks for a bounty of people:

For children who are our second planting, and though they grow like weeds and the wind too soon blows them away, may they forgive us our cultivation and fondly remember where their roots are.

Let us give thanks:

For generous friends...with hearts...and smiles as bright as their blossoms;

For feisty friends as tart as apples;

For continuous friends, who, like scallions and cucumbers, keep reminding us that we've had them;

For crotchety friends, as sour as rhubarb and as indestructible;

For handsome friends, who are as gorgeous as eggplants and as elegant as a row of corn, and the others, as plain as potatoes and as good for you;

For funny friends, who are as silly as Brussels sprouts and as amusing as Jerusalem artichokes, and serious friends as complex as cauliflowers and as intricate as onions;

For friends as unpretentious as cabbages, as subtle as summer squash, as persistent as parsley, as delightful as dill, as endless as zucchini, and who, like parsnips, can be counted on to see you throughout the winter;

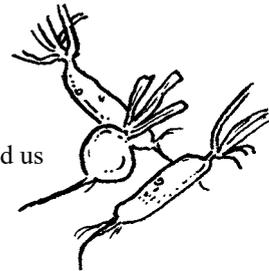
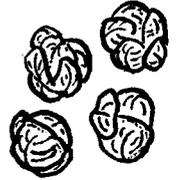
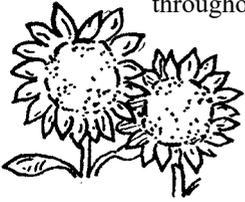
For old friends, nodding like sunflowers in the evening-time, and young friends coming on as fast as radishes;

For loving friends, who wind around us like tendrils and hold us, despite our blights, wilts, and witherings;

And, finally, let us give thanks:

For those friends now gone, like gardens past that have been harvested, and who fed us in their times that we might have life thereafter.

For all these, we give thanks.



Hetty's Kitchen

Blueberry Citrus Loaf Cake (for 8)

200g butter
200g white sugar
200g self-raising flour plus 1 tbsp extra
4 large eggs
Finely grated zest of one lime or lemon
200g fresh or frozen blueberries
Topping:
125g butter at room temperature
250g icing sugar
Juice of 1 lime or lemon
Extra blueberries to decorate (optional)

Grease and line a 900g/2lb loaf tin with baking paper. Sprinkle a tablespoon of flour over the blueberries in a small bowl and toss to coat. (This helps to stop them all sinking to the bottom of the cake.)

Beat the butter and caster sugar together until pale and fluffy. Beat in the eggs one at a time with a heaped tablespoon of the 200g flour. Stir in the remaining flour and citrus zest. Mix until combined.

Fold the blueberries through the cake mix and pour into the prepared tin. Bake 50 – 55 minutes in a preheated oven at 180°C/160° fan/ Gas 4, until a skewer inserted into the centre comes out clean. Remove the cake from the oven and cool in the tin on a wire rack.

To make the topping, beat the butter until soft, sift in the icing sugar and beat until combined. Add the citrus juice last and mix in well. Spread over the top of the cooled loaf and decorate with extra blueberries.

more recipes on page 32

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

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 Ecoles. 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

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CHRIST CHURCH BRITTANY

Acting Chaplain: Rev Jeremy Cross,
e-mail: jandscross@aol.com, tel: 02 97 93 27 24
Churchwardens:
Chris Wilson 02 97 72 19 29 and Janet Lageveen 02 98 99 63 14

We have provisionally planned for the following mix of live and online services during January. Please check our website at www.churchinbrittany.org for any changes that may be made to this schedule. Services from Ploërmel will be live streamed each Sunday and a recorded version of the service will also then be available on the Facebook page to watch at any time.

HUELGOAT (Holy Communion services held in the parish church, Huelgoat)

2nd – Epiphany – Chaplaincy Zoom service 10.30am
9th – Baptism of Christ – Holy Communion 2.30pm
16th – Epiphany 2 – Zoom service 10.00am

23rd – Epiphany 3 – Service of Christian Unity 2.30pm
30th – Epiphany 4 – Songs of Praise Zoom 10am

For more details contact:
Henk Lageveen 02 98 99 63 14 ccb.huelgoat@gmail.com

PLOËRMEL (in the Chapel at 14 rue Général Dubreton)

2nd – Epiphany – Chaplaincy Zoom service 10.30am
9th – Baptism of Christ – Holy Communion 11am
16th – Epiphany 2 – Holy Communion 11am
23rd – Epiphany 3 – Word and Worship 11am
30th – Epiphany 4 – Holy Communion 11am

For more details contact:
Chris Wilson 02 97 72 19 29 chriselbeau@gmail.com

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

9th – Baptism of Christ – Word and Worship 10.30am
23rd – Holy Communion 10.30am
contact redon@churchinbrittany.org

ROSTRENEH

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

2nd – Epiphany – Chaplaincy Zoom service 10.30am
9th – Baptism of Christ – Holy Communion 10.30am
16th – Epiphany 2 – Zoom service 10am
23rd – Epiphany 3 – Holy Communion 10.30am
30th – Epiphany 4 – Songs of Praise Zoom 10am

For more details contact:
John Cullingford 02 56 43 11 27 cullingj47@gmail.com

Other Activities:

Our clergy officiate at baptisms, weddings and funerals and the ministry team offer pastoral care to those in need, where possible. There is also an outreach centre in Ploërmel, supporting an English library, which is open Friday and Sunday mornings.

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

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Please return this form to CBJ, BP4, 22160 Callac, France

CBJ Quiz

Set by Jon Chambers: jonchambers1825@hotmail.com

Target: 25 points.

Answers page 40

I: General Knowledge

- 1 A ‘traffic light’ coalition has recently assumed power in which EU member state?
- 2 Which British newspaper’s nickname is ‘The Thunderer’?
- 3 What is the technical name for the dot above the lower-case letters i and j?
- 4 What prominent public position does Lindsay Hoyle hold? Bonus: Who was his predecessor in this role?
- 5 Who was the Downing St Press Secretary from November 2020 until April 2021?
- 6 What is the name of a triangle with two sides of equal length? Bonus for correct spelling.
- 7 What is the world’s latest republic?
- 8 What is the collective noun for a group of sea-lions?
- 9 A ‘pogonip’ relates to fog; rain; or blizzard?
- 10 Winfield House is which country’s ambassadorial residence in London?

II: Sports & Games

- 1 What dubious accolade does Rory Burns (2021) now share with Thomas Worthington (1936)?
- 2 Who was the England captain during their last Ashes win in Australia?
- 3 In which city was the First Test held last month?
- 4 Zhao Xintong is a leading player of which indoor game?
- 5 Which Premiership football club recently became the first English team to win all six matches in their qualifying group in the UEFA Champions League?
- 6 If The Pharaohs played The Fennecs (‘foxes’) in the African Nations’ Cup, which two teams would be involved? ½ point for each.
- 7 In snooker, blue plus green plus pink equals how many points?
- 8 What was the venue for the last GP race of the recently concluded season?
- 9 Besides repaint, what is the only 7-letter anagram of PAINTER?
- 10 Which winter sport is regulated by the IIHF?

III: French Language & Culture

- 1 Pieuvre is another word for which sea-creature?
- 2 Which market research/polling organisation was founded by Didier Truchot in 1975?
- 3 What is a sondage in English?
- 4 Which composer (1835-1921) wrote Danse Macabre?
- 5 What is the French equivalent of the German diacritical mark, the umlaut?
- 6 The French government recently signed a €17 bn arms deal with which state?
- 7 Who is the leader of France’s far-right party, Reconquête?
- 8 What is the name of the transaction in which land was purchased from the French government in 1803 for \$15m?
- 9 Which island’s capital is Pape’ete (alternatively, Papeete)?
- 10 Who famously said, ‘Never interrupt an enemy when they’re making a mistake’?

IV: Connections

- 1 What are the five words that immediately precede ‘for ever and ever, Amen’ in the Lord’s Prayer?
- 2 What outfield cricket position covers the space between longstop and the cover point boundary?
- 3 Who was Sancho Panza’s lantern-jawed fellow adventurer – or his French namesake, perhaps?
- 4 The House of Commons has only one Green Party MP. What sticky holiday confection might one buy from her constituency?
- 5 What is the world’s largest island?
- 6 What is Cuba’s main port and commercial centre?
- 7 Which historic market town in Hertfordshire is situated 26 miles NW of London?
- 8 What was the highest elected office of the Roman Republic?
- 9 What was the name of the 1971 tv series, filmed before a live audience in Manchester, that featured stand-up comedy routines by people like Russ Abbot, Jim Bowen, and Bernard Manning?
- 10 Which potentially lethal game of chance gives a 1 in 6 chance of suicide? Bonus: What is the connection?

Limericks

Post-Covid Greetings

*Touching elbows to replace a kiss,
To me seems rather remiss,
But to go back cheek to cheek,
Not having shaved for a week
Is what ladies would rather miss!!*
Cyril Young, Saint-Nicolas-du-Pélem

*Greetings after Covid? What to do! What to do!
Non - contact kissing may satisfy a few,
Elbow touching is bizarre some would say,
But our hands we sanitise day after day,
So here's a shake from me to you.*

*Jim Henderson, Carhaix
continued overleaf*

Tim's 10
New Year
challenges #4



*Boot sale in Bulat Pestivien. Organised
by the Mairie 02 96 45 72 00. Sunday
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Limericks

Post-Covid Greetings *continued from page 15*

*In France they've stopped kissing each other.
You can do it, but you must be a mother:*

*When Covid has gone,
Will elbows catch on,
Or will anyone even bother?*

Ian Griffiths

*A nod of the head, a simple hello,
Some of the greetings that we used to know,
People met—they'd shake hands,
But not now—there are bans,
Words through masked faces and smiles that
don't show.*

Gerard Dugdale, Gourin

*A touch of the elbows, a shake of clenched fists,
The Covid 19 saga sure has its twists.*

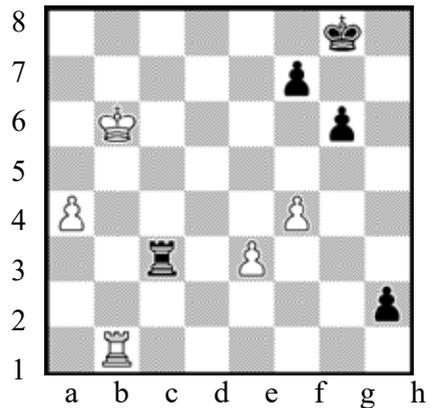
*Handshakes now frowned upon,
Those kisses, well they're gone,
Pre-Covid greetings saved for top-secret trysts.*

Gerard Dunmoore, Pontivy

Chess Puzzle

Black to move and win

This is taken from the recent World Championship match between Magnus Carlsen and Ian Nepomniatchi. Magnus, as black, would like to be able to promote his pawn on h2. Can you see how he can do this safely?



Solution page 41

*The Knight in Shining Armor
Huelgoat Chess Club,
chrisandmalbody@yahoo.co.uk*

February Limerick Challenge: James Webb Telescope

The NASA James Webb telescope will be launched next week on an Ariane 5 rocket from the European Spaceport located near Kourou in French Guiana rather than in the USA. This was chosen as it is better to be nearer the equator to give extra "push" with the extra load and achieve the 1 million mile final orbital distance from the earth. This telescope has the largest mirror ever to be attempted to be put into earth orbit and is aimed at eventually replacing the Hubble telescope, now in its 30th year in space and ready for retirement. It is hoped that the vastly improved optical availability in visible and infrared aimed at the furthest part of our universe in JW will see the origin of the very first stars some 100-200 million years after the 'Big Bang' and unknown space before the existence of time itself!

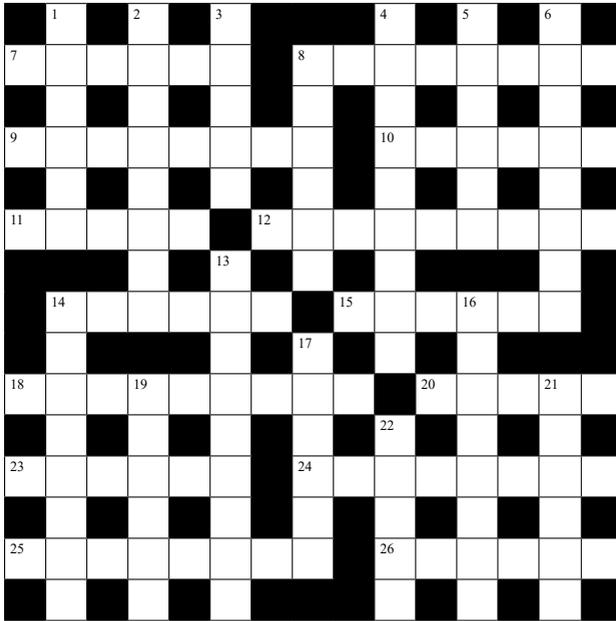
So, it has cost \$10 billion so far with a shelf-life of about 30 years and at the moment not able to be repaired like Hubble, which failed to give any readable images soon after being placed in orbit!

Cyril Young

Please send limericks on this theme by the 20th January to: info@theobj.com CBJ, BP4, 22160 CALLAC

Prize Crossword

January Dave King



Across

7. Dined after a reverse circuit, according to her preference (6)
8. Lacking in stature perhaps ? don't mention it ! (3,2,3)
9. You're making desk tilt – now you've knocked it over ! (8)
10. Catch out, net, and deliver quick blow (6)
11. One resigned to interrupting thus ! (5)
12. Raised matter of uncouth union members being embraced by oil company (7,2)
14. Visitor to bank, perhaps, left in indignation (6)
15. Having welcomed leader of Conservatives, make amends immediately (2,4)
18. The sound of tropical grasses will mystify (9)
20. The American soldier retreating in disarray, we've got his number (5)
23. Alpine engineer from a mountainous country (6)
24. You may have read these at your convenience (8)
25. One German street – yes, one – named after celebrity (8)
26. In bed and snoring ? Turn round please ! (6)

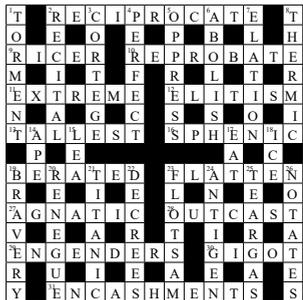
Down

1. Hamper such a hopeless case at your peril (6)
2. Old money's a distant prospect (8)
3. Nightmare duck for opener ? (5)
4. I hear you breakfasted after nine, to get slimmer (9)
5. The way an irritation becomes a pain ? (6)
6. Appeal certain to bring gratification (8)
8. Drains are directed to the lowest points (6)
13. Thought of as wicked, yet no misdeed to match (9)
14. Getting three "A"s launches potential medic into higher education (8)
16. Secure data you may need at your fingertips (4,4)
17. So long as reform is possible, there'll be a battle-cry (6)
19. Cook is welcomed in Northern hill country (6)
21. Assassins who spare women ? (3,3)
22. Is a novice allowed to barge in there ? (5)

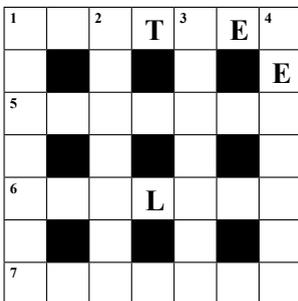
Solution December Prize Crossword:

Winner Dec. prize crossword: S. Marsden, Lanvéneën

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



The 'Little Toughie' Jim Henderson



Clues Across

1. One of Santa's reindeer (7)
5. Retribution (7)
6. Poured in a fine stream (7)
7. Related to food allowance (7)

Down

1. Castigated (7)
2. Reckoning (7)
3. Umbrella fabric (7)
4. New Years Day in Scotland (7)

The following numbers of letters are required to solve this puzzle – a few have been inserted already to help you to get started

A – 4; B – 1; C – 1; D – 2; E – 10; G – 1; I – 3; L – 4; N – 3; O – 1; R – 4; T – 3; V – 1; Y – 1; Z – 1.

Solution in the January issue. Solution November Little Toughie page 51

The Celtic League

60th Anniversary

1961-2021

The Celtic League was, according to legend, founded in the Plaid Cymru tent at the 1961 National Eisteddfod, in Wales. In keeping with the idealistic spirit of the times, it sought to forge links between people in different countries, speaking different languages, and having distinct cultures, and brought together representatives of six Celtic nations - Cornish, Irish, Scottish, Manx, Breton and Welsh.

Unlike many such organisations, it has managed to weather sixty turbulent years, and to have remained true to its original principles. In broad terms, the league supports the political, language, cultural, and social rights of the Celtic nations, and is pledged to use peaceful means to further political, cultural and economic independence. The league has a long history of commitment to non-violence, and has been active for many years in the monitoring of military activities in and around the Celtic countries. It has participated in successful campaigns to limit low-flying military aircraft over rural areas, to restrict military activity on the Isle of Mann, and to highlight the problems caused by the dumping of military equipment and ammunition.

The league has published its own quarterly magazine, *Carn*, since 1973, which has proved to be a pioneer of multi-language publishing. It is predominantly written in English, but also contains articles in Manx, Cornish, Scottish and Irish Gaelic, Welsh, and Breton, with short English-language summaries.

The Celtic League is a grassroots organisation, with all administrative posts filled by volunteers, and *Carn* is run on a non-profit basis with contributors providing their time and expertise free of charge. Unusually, for such a people-based enterprise, it was granted United Nations roster consultative status in 2010, meaning it can designate representatives at the United Nations headquarters in New York, and in Geneva and Vienna.

For details of membership (24€ per year), which includes a subscription to Carn, visit the website: www.celticleague.net

Breton branch secretary: Jean-Yves Le Goff, legoffjeanyves@orange.fr

Mr Biznuz



Not Very Logical

The finally-collated figures for fossil-fuel consumption in 2021 show that more coal was burned last year to produce electricity than in any previous year, ever. This may be a surprising piece of information for anyone who has only paid attention to the big headlines about climate change, inter-governmental conferences, and the eco-transition, and has not searched the inside pages of their newspapers for information about real-world business activity.

The idea of the electric city originated in China, and is part of the Chinese initiative to re-establish itself as the dominant world power: economists decided that supremacy could only be achieved through rapid urbanisation, and town planners worked out that the best way to avoid the pitfalls of poor air quality and traffic congestion that plague Western cities, was to make new conurbations all digital, and all electric. Ideally, this would have been achieved with the help of clean, renewable energy, but there has proved to be a limit to the number of hydro electric dams, solar panels, and wind farms that can be built. When you have two, competing objectives, it is the one that is most important to you that wins through; and in China's case that seems to be the goal of becoming the world number one. The United States' objective appears to be to stop that happening, and India does not intend to be left behind. Hence, all three countries have burnt more coal for electricity production than ever before.

This is a cause for concern. On the one hand, the people in charge of global businesses, world finance, and national governments are telling us that coal is the most polluting of all forms of electricity generation, and that its use is the main cause of global warming (which is in the process of making the world uninhabitable), and at the same time, these same people are responsible for increasing the amount of coal being burnt, which is not really very logical.

Tax & Investment

Resolve to review your financial planning for 2022

The New Year is a time when most of us take stock of our situation, and set goals to improve our health, happiness, lifestyle and wealth. This year, make it one of your resolutions to check your financial planning is on track to meet your needs and protect your family's long-term financial security.

Why regular reviews are important

Regular reviews help keep your financial affairs compliant and up to date. Tax and financial regulations can change any time, potentially affecting the tax efficiency of your arrangements, or you may find new opportunities beneficial. And with Brexit still relatively new, it's important to keep ahead of any developments that may affect you.

Consider also if any changes in your personal and family circumstances mean you should adjust your arrangements.

Tax planning

Make sure you know where you are resident for tax purposes, especially if you are new to France or spend time in two countries. Then structure your investments and wealth in the most suitable way to minimise taxation, while still meeting your obligations.

In today's world of 'automatic exchange of information', it is more important than ever to get it right. Cross-border tax planning is complex, so take specialist advice to achieve peace of mind and potentially secure significant tax savings.

Savings and investments

If you do not already have a financial plan in place for France, take a fresh look at your savings and investments. Are they better suited to a UK resident? Do they meet your risk/reward appetite? Are you taking advantage of tax-efficient opportunities in France?

Successful investing is about having a strategy specifically based around your circumstances, time horizon, needs, aims and risk tolerance. Ensure you have adequate diversification to avoid over-exposure to any given country, asset type, sector or company.

Explore investment structures that allow multi-currency flexibility to help minimise exchange rate risk.

Pensions

Pensions are usually key to financial security through retirement; deciding what to do with yours could be one of the most important financial decisions you make. Take time to explore all the options, weighing the pros and cons and considering the tax implications and potential benefits in France.

Take regulated advice to protect your retirement benefits and do what is right for your circumstances and aims.

Estate planning

It is vital to review your estate planning when living in France as French succession law, and tax, work very differently to the UK.

France's 'forced heirship' rules can automatically pass a significant proportion of your worldwide estate to your direct family. You can specify in your will for the EU regulation 'Brussels IV' to apply relevant British law to your estate instead, but first understand your options and any tax implications.

To bring all these complex elements together and ensure you have not missed out on any suitable opportunities, take expert, cross-border advice. Spending time on a financial health-check now can secure peace of mind that you are in the best position to enjoy a prosperous 2022 and beyond.

*Dave Lamont, Blevins Franks
rennes@blevinsfranks.com*

Summarised tax information is based upon our understanding of current laws and practices which may change. Individuals should 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





Tim the Gardener

According to my farming neighbours, now is the time to start thinking about firewood for the winter of 2023/2024! Their advice is that in order to get the maximum calorific value from the wood, it should be stacked and allowed to dry out over the course of at least two summers.

Traditionally, people tried to source most of their firewood from coppiced trees, leaving the big trees for timber. Hazel trees are the most-common coppiced tree in Brittany; the local climate, being warm and wet, is ideal for hazels, which are quite shallow rooted and very quick growing. For firewood, they can be cut every nine years, which allows time for the branches to become thicker, but still workable.

If you are using a chainsaw, follow basic safety rules; more people have accidents with chainsaws than any other piece of garden equipment, and most accidents could, with hindsight, easily have been avoided. The saw should be in good working order, regularly serviced, and sharp, and protective clothing should be worn. When working with hazel, or other fairly small trees, some, or all of the work can be done with hand tools. Trimming can be done with a billhook, and quite large branches can be cut to length with a billhook and a chopping block. Heavier work can be done with a saw and an axe.

One advantage of working with hand tools is that they are silent, allowing you to connect with the surrounding Nature while you are working. For instance, it is common to have one or two robins, hopping around close by when working outside in the colder months.

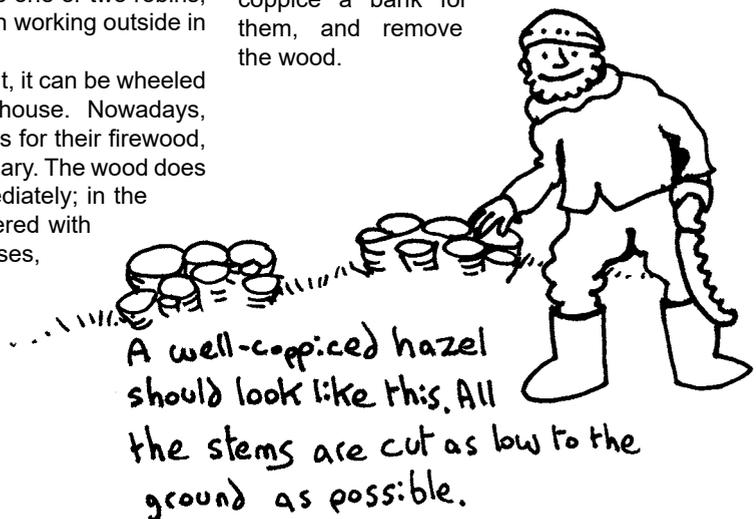
Once the wood has been cut, it can be wheeled and stacked close to the house. Nowadays, people build elaborate shelters for their firewood, but they are not strictly necessary. The wood does not need to be covered immediately; in the summer, the pile can be covered with vegetation – bracken, grasses, etc. – that you cut from the banks and rough areas of ground; this acts like a thatch, and keeps rain off the wood while still allowing it to breathe. An extra layer can be added in subsequent years. After the pile has been taken down, and the wood burnt,

this thatch can be used as a semi-rotted mulch on the vegetable garden.

Over the past few years, I have developed the habit of making the trimmed branches that are too small for firewood into faggots. Faggots themselves were at one time used as a major source of fuel for heating the home, cooking, and baking, but they are not adapted for use in modern wood-burning stoves. However, they can be used for kindling, and also provide a ready source of heat if you are working outside and need to get warm.

Nowadays, faggots have once again become quite a practical solution to the question of what to do with all the small branches and prunings that build up over winter. One is no longer allowed to burn green wood on a bonfire, and it does not rot down very quickly; putting it through a mulcher seems to be a waste of energy, and driving it to the tip is time consuming. Tying the twigs together in bundles before stacking them up in a convenient corner solves the problem. Unlike the larger wood for the fire, the faggots dry out in the course of a single summer, and can be burnt the following winter.

One of the ironies of the current situation with regards to energy supply, is that many local people are suffering the same fear of energy-supply problems and price rises as people living in big cities – even though there is a plentiful supply of uncut, unmanaged hazels on the banks around their homes. Hazel trees have no economic value in the modern system of farming (which is based around fossil-fuel consumption), and farmers are often more than happy if a local person offers to coppice a bank for them, and remove the wood.



A well-coppiced hazel should look like this. All the stems are cut as low to the ground as possible.

L'Abbaye de Beauport

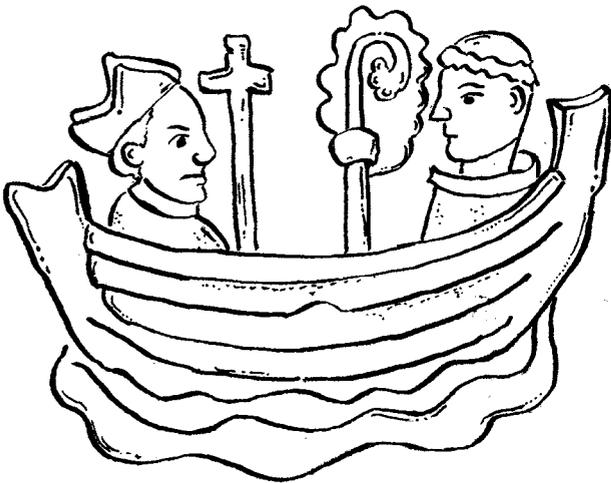
In Brittany:

Its Lincolnshire Connections. Part 1

While visiting part of the Brittany coast in 2019, historian Ian Beckwith came across the familiar name of Waltham in Lincolnshire. His subsequent research revealed long-established links between the Abbaye de Beauport, near Paimpol, and Lincolnshire in the UK.

The Goelo Coast is the name given to a strip, running between Binic and Pointe de l'Arcouest, of the North Brittany Cotes d'Armor ('ar mor' is Breton for sea), also known as the Cote de Granit Rose (Pink Granite Coast). At the centre of the Goelo Coast is the fishing port and bay of Paimpol, the setting for the story of *The Iceland Fisherman (Le Pecheur d'Islande)* by the French novelist Pierre Loti (1850-1923).* From Paimpol every February, after they'd been blessed, the fishing and whaling fleets set out for Iceland and the Grand Banks off the coast of Newfoundland. It is highly likely that the cod fishermen of Paimpol knew of the existence of Newfoundland long before John Cabot arrived in 1497.

Approximately three kilometres along the Goelo Coast, south-east of the Bay of Paimpol, following the Chemin de l'Abbaye (so much more romantic-sounding than Abbey Road, the Beatles notwithstanding), direction Kerity, you come to l'Abbaye de Notre Dame de Beauport – the Abbey of Our Lady of Beauport. Screened from the road by trees, its ruins bring to mind such similar 'bare ruined choirs' in Lincolnshire as Bardney, Crowland and Tupholme. Nor is it only a visual reminder: from its foundation in the early thirteenth century there existed a close, even intimate, connection between l'Abbaye de Beauport in Brittany and a group of parishes, almost 370 miles away as the crow flies, or ten days hard riding on horseback, deep in the Wolds of north-east Lincolnshire.



The monks of Count Alan's original foundation on L'île au Cerf could only attend to their pastoral duties on the mainland by making the difficult crossing by boat.

Between 1184 and 1189, at the instigation of the local lord, Alan d'Avaugour, a small group of monks had been brought from the great royal abbey of St Victor in Paris, to establish a monastery on the tiny Ile au Cerf (Island of the Deer) in the bay of Paimpol. Alan founded the island monastery, dedicated to St Rion (Rhian), for the salvation of his parents, Henry I de Penthievre (c.1110-1183) and Matilda, daughter of John I, earl of Vendome: the brothers would pray every day for the souls of Henry and Matilda. However, not the least of the difficulties the monks faced was the one and a half kilometre crossing from the island to the mainland in order to serve the parishes committed to their charge

**The protagonist Yan bears the Breton version of my first name. Aged about thirteen and ill in bed with flu during a school exchange visit to Paris, my hosts gave me *Le Pecheur d'Islande* to pass the time. By the time I had recovered and was ready to return home (the rest of my party having left over a week earlier), I had not got through the first chapter. I still haven't!*

The Original Connection between Beauport and Lincolnshire

What has any of this to do with Lincolnshire? Alan's father, Henry I de Penthievre, was the third son of Stephen (c.1058-1136), lord of Treguier in Brittany and, at the same time, earl of Richmond, the greatest feudal honour in England. An honour was a lordship comprising many manors scattered among several shires or counties. The earldom and honour of Richmond had been granted by William the Conqueror to his cousin and tenant-in-chief, Alan 'Rufus', Alan 'the Red', also known as Alan 'Fergant' ('Iron Glove'), Count of Brittany. Alan 'Rufus' led the Breton contingent in the Conqueror's army in 1066 and played a significant part in



Baie de Paimpol: the creek that gives Beauport its name.

the victory at Hastings. Following the revolt of the Northern Earls three years later, he was rewarded by King William for his support by the grant of their confiscated estates, numbering 166 manors in Yorkshire and 101 in Lincolnshire, including the Soke of Waltham, as well as receiving the hand in marriage of the Conqueror's daughter, making him the greatest baron in eleventh century England. It was he who gave the *caput* or headquarters of his new earldom its French name, Richmond. Alan 'the Red' died in 1093 without progeny and was succeeded by his brother Alan 'Niger' I, 'Black' Alan, who died in 1098, also without children. Consequently he, likewise, was succeeded in the honour of Richmond by his brother, Stephen, lord of Treguier in Brittany. During his lifetime, Stephen divided his lands between his three sons. His estates in Brittany went to his eldest son Geoffrey 'Boterel'; his younger son, 'Black' Alan II, received the Honour of Richmond. To his third son Henry, Stephen assigned the Soke of Waltham in Lincolnshire. Later, however, it seems that Earl Stephen changed his mind: he divided his Breton lands between his eldest and youngest sons, adding to Henry's holdings the lordship of Treguier, with its main castle (its *caput*) at Guingamp. However, in 1146, shortly before he died (at the hand, so to speak, it is said, of poisoned gloves), 'Black' Alan II had embarked on a campaign in Brittany against his brother Henry to gain Treguier for himself and after his death, his son Conan IV continued his father's campaign, ejecting his uncle from Treguier and incorporating its lands into the duchy of Brittany.

Foundation of l'Abbaye de Beauport

Hence, Alan, son of Henry, lord of Avaugour, founder of the abbey of Beauport was the nephew of 'Black' Alan II, earl of Richmond, one of the most powerful men in England. It wasn't mere filial piety that drove Alan d'Avaugour to found a new monastery. The task of saving his father Henry's soul probably needed considerable support. In the 1150s Henry, as local overlord, had set up his concubine in the abbey of Holy Cross at Guingamp and lodged a number of prostitutes there as well, not, it seems, out of concern for their spiritual welfare. His actions, not surprisingly, created a huge scandal and brought the wrath of the Pope down upon his head. Hence, perhaps, Alan felt that he had to make what might seem an extravagant propitiation for his father's sins. However, after twenty years of struggling to survive, most of the community of St Rion pulled out from L'île au Cerf, leaving only the abbot and three monks on the island. To replace the failed foundation, Alan chose a new site on the mainland, south-east of Paimpol, at the head of a shallow creek. Whether it was already known as Le Beauport – the beautiful haven or anchorage – or whether that became

24 L'Abbaye de Beauport

the name when the abbey was founded, it is an appropriate name for a place that was intended to be a safe haven for the souls of those who came there, either as residents or pilgrims.

To staff this new monastery, Count Alan applied to the Abbey of the Holy Trinity of La Lucerne at Outremer, (a name meaning at, or even beyond, the extreme edge of the land, equivalent to 'Finisterre' in Brittany or the Cornish 'Lands End') at the southern tip of the Cotentin Peninsular in Normandy. It is possible that La Lucerne's coastal situation played a part in Earl Alan's thinking. The monks of St Victor had been brought from a city to an island. The 25 brothers from La Lucerne who formed the nucleus of the new community would be more accustomed to the exigencies of a coastal location. Not more than sixty years old itself, the Abbey of La Lucerne belonged to the religious order known as the Premonstratensians (or White Canons), named from Premontre in Picardy where St Norbert had founded the first such community in 1120. A friend of the great Cistercian monk St Bernard of Clairvaux, St Norbert was influenced by Cistercian standards of austerity, but, whereas the Cistercian abbeys were always built in locations 'remote from the habitations of men', the Premonstratensians were strictly-speaking not monks but (like the monks on L'île au Cerf) communities of priests living under a rule, hence their name 'canons', a word meaning 'rule'. Although they lived the monastic life, vowed to poverty, celibacy and obedience, they were not located in isolated situations, but open to secular society, in view of which, their houses tended to be sited near to towns where the Premonstratensian canons might also staff the parishes. Established in 1202, Notre Dame de Beauport, daughter house of La Lucerne, would be the only Premonstratensian abbey in Brittany.

The lesson of L'île au Cerf had been learnt. Not only was the new abbey located on the mainland, but the canons of Beauport were also allocated sixty hectares of farmland in the immediate vicinity of the abbey. In time the estates of Beauport Abbey amounted to about 400 hectares, slightly less than 1000 acres: it owned the hunting rights in the local forest, kept pigs, maintained fisheries which provided conger eels, salmon and sturgeon, grazed flocks of sheep on the marshes, and grew cereals, which necessitated mills to grind the flour. All this would, in due course make the Abbaye de Notre Dame de Beauport rich and powerful.

Ian Beckwith

Next month: How the Abbaye de Beauport came to possess estates in far-away Lincolnshire.



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L'abbaye de Beauport: Count Alan's new foundation c.1202 on the shore of the Baie de Paimpol. (Much of what can be seen today is the result of rebuilding in a later architectural style.)

Art & Culture

AIKB Photography Club Brian Noel Trophy

Earlier this year long term AIKB Photography Club member and President, Brian Noel, died after a period of illness. The Club decided that, as a lasting memorial to Brian and all he did for the club and its members, a new annual trophy would be awarded bearing his name. The trophy is awarded to the member with the highest cumulative score over the year from the club photography challenges. Each month a new challenge theme is set, ranging from “flowers” through to “winter landscapes”. Members then submit images and these are voted upon. Points are awarded for first, second and third places.

The recipient of the first award is Don Taylor. The presentation was made at the Club’s Christmas lunch held at Auberge Guerledan in Caurel and was presented by Glenda Noel, Brian’s wife.

Don said “Brian was a huge help and source of encouragement to me when I joined the club as a complete novice and it is a great honour to receive this award. It was very special to receive it from Glenda”.

To find out more about the AIKB Photography Club e-mail aikb.hopmg@gmail.com



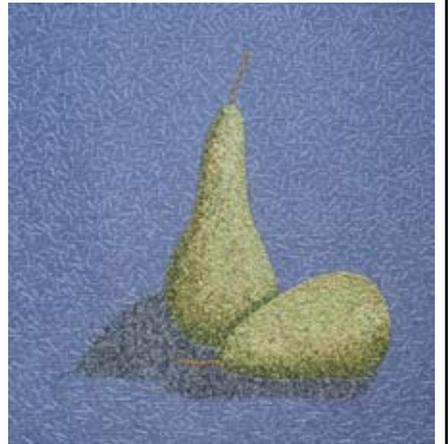
Left to right: Colin Bond, Club Committee member; Don Taylor; and Glenda Noel. Photograph by Yvon Botcazou

Textile workshops with Shirley McCann

The next in the series of textile art workshops with Shirley McCann will be on the layering of simple straight stitches to achieve shading and subtle colour effects. The motif is to be finalised but the image shows one of my pieces from a few years ago.

The date for your diaries is Saturday 8th January and we start at 09.30 for coffee or tea before working through to around 16h30 with a break for your packed lunches. The workshops take place in my home near to Pontivy.

The workshop will cost 30€ per person and will include materials. Please contact me on shirleyjmcann@orange.fr if you would like to join us. A 10€ deposit will secure you one of the seven available places.



Devil's Fingers

In response to Francesca Milsom’s question ‘What is it?’ in the December 2021 edition of CBJ – it’s a fungus called Devil’s Fingers. I had to look it up a few years ago when I found half a dozen in the field opposite the ‘Village de l’An Mil’, just outside Melrand where we live.

Ian Griffiths



AIKB



AIKB (Association Intégration Kreiz Breizh) is one of the oldest, and best-established, associations in Brittany dedicated to helping new arrivals to the region to settle in and find a place for themselves in local life. It was founded in 2003 by current president, Marilyn Le Moigne, who with her late husband, George, noticed that there were large numbers of recently-arrived British people in Central Brittany, many of whom were in need of help with dealing with administrative matters, learning French, and meeting local people.

Marilyn was able to persuade George to put the 'Pavilions des Rohans', a listed building in the centre of Gouarec, at the disposal of the new association, and successfully applied for grants from the local government to help fund its activities. This enabled AIKB to quickly establish itself as a cultural hub both for newcomers to Brittany, and for longer-term residents who wanted to develop their English-language skills by participating in the events and clubs that it oversees.

Current activities include cultural outings to places of interest, social events, a weekly informal conversation club, an English-language lending library, groups that meet on a regular basis (Art Group, Textiles Group, Photography Club, Book Club, and Garden Club), plus Spotlight on Brittany, a monthly English-language community radio programme produced by AIKB.

At the heart of AIKB's activities, however, is office

administrator Maggie Fee who helps members with administrative matters including understanding official letters and forms, making telephone calls to the administrative services, and explaining the steps to take with other tasks such as applying for health cover, declaring income, applying for a residency permit, exchanging a driving licence, setting up a business, registering a car, applying for planning permission, etc.

AIKB works with the department of Côtes d'Armor Conseil to promote European cultural exchange projects, and is a partner with CPAM Côtes d'Armor – making it easier to sort out issues with health cover.



Members pay an annual subscription of 45€ per household, plus a one-off joining fee of 10€. All members are entitled to vote at the Annual General Meeting.

To find out more, visit the website www.aikb.fr; or contact Maggie: Email: info@aikb.fr / 02 96 24 87 90

Pavillon de Rohan, 3 rue du Sénéchal, 22570 Gouarec

Opening Hours: Tuesday-Friday Afternoons, 2pm-6pm

Appointments: All day Monday plus Tuesday-Friday Mornings, 10.30am-1pm



Clockwise from top right: Spotlight on Brittany at the AIKB Christmas market; Checking the passe sanitaire at the Summer fair; Walk around Bon Repos; Art and Textile group members at the Mairie in Gouarec, exhibiting 'Tiger' (based on Tiger in a Tropical Storm, Henri Rousseau) a project that members worked on in their homes during lockdown; stalls at the AIKB plant fair; The café at the Summer fair.



On and Off the Beaten Track

Twenty years after

For many years now we have always visited touristy places well out of season. Consequently, it is many years since we last tried to visit le Mont St. Michel, since it seems that it's never out of season. The last time we went must have been about 20 years ago. The children were with us so it must have been during the summer holidays and it was heaving. That was long before the bridge that now crosses the narrow strip of water and facilitates a steady stream of buses shuttling large numbers of people to and fro. Mostly the people we saw last month were from the far east, so clearly it's high on the "bucket" list.

20 years ago, parking was haphazard and places difficult to find. Having finally squeezed into a spot and seen the hordes of people trailing back and forth, we demurred and settled for viewing it from afar. And so we did, vowing to return. One day. Meanwhile, C and the children braved the reptile display (still there) during which show the handler was demonstrating a cobra or some such, then suddenly threw a piece of rope into the crowd. Screams of horror.

Neither, at that time, did I know anything of the lost forest of Scissy, otherwise I should have been crawling around the shoreline. I first mentioned it in the CBJ ten years ago following a visit to Cancale. Legend has it that when the first monks hauled their stones up the Mont at the beginning of the 8th century, it was surrounded by said lost forest. Around 708, they decided to pootle off to Rome in search of a relic seller and when they returned, the forest was gone. Although there are no contemporary accounts, the stories started circulating about two centuries afterwards, which is as near as yesterday at that time. Also, archaeologists have found the roots of fossilised trees. Climate change weep for me.

Well, our "one day" finally arrived in November. We had a Wonderbox with one night's accommodation and breakfast to use up before December 31st. We meant to use it last year, but Covid flexed its ugly suckers and put the kibosh on it. The only hotel in the scheme close enough was an Ibis, near Pontorson. (Pontorson is an interesting place in itself once you find your way to the old quarter.)



On and Off the Beaten Track 29



As one might expect, the Ibis was formulaic, but comfortable, even if the bedroom was not particularly warm. Well, cold actually. However, the staff were good, being almost without exception young and semi-itinerant, from different parts of France and consequently interesting to talk to. So we chatted with some and passed a pleasant evening over a surprisingly good dinner.

The following morning, we hied us hither to the Mont. How things have changed. Where once there was free-for-all parking, now the car parks range in expensive, serried ranks. We parked, but decided to ignore the shuttle buses, not least because M. Augustin, the Jack Russell, was with us. We have also been trying to avoid being closeted with strangers.

It was a longish walk, which pleased Augustin, because the smells were transformational, and it was a beautiful, frosty day, which had the disadvantage of making the slatted walkway lethal! A light haze glazed the Mont, but still wonderfully clear in the morning light. The tide was at about its mid-point and the

sheep that graze on the wetlands were venturing perilously close to the mudflats, still I suppose they know what they are doing. The odd wader dipped its toe in the water leaving muddy claw prints.

We crossed the bridge and arrived in the shuttle bus terminus, to be greeted with a Covid contradiction, but then, haven't we got used to them in these plagu-y times? Back in the car park in the open air, we were admonished to wear a mask on pain of death. On the island, crowded as it was with trippers from all over the world even at 10 in the morning, we were told that it was not necessary, except in the shops. Erm?

We kept ours on and passed under the portcullis to enter the narrow streets, where Mère Poulard's restaurant sells its modestly-priced omelettes (from 32€ to 72€), and panted our way up the steps to the top. Living on the Mont, must be like living in a zoo, where you are the exhibits, but I imagine that residents develop a lofty, proprietorial sense after a while. Smoke billowed from some chimneys and we saw a pair of seagulls smoke bathing on a chimney cowl. The view to the south across the channel and the wetlands was glorious.

So as I leant panting on a railing making a mental note that I really must get myself into a better condition, I mused on the sheer scale of the structure and the determination of those early monks who built it. Before Notre-Dame de Paris burnt down, it had a very interesting model showing building techniques in late mediaeval times. But the monastery on the Mont preceded Notre-Dame by half a millennium. It must have been tough, daunting, cold and uncomfortable, particularly in the early stages. Although the defenses, the walls with their turrets and bartisans, were built much later, they must have been hard going too.

Finally, we arrived at the top and considered our position. Two large parties of Chinese were limbering up for the guided tour of the interior, so, once again, discretion trumped valour and we decided to give it a miss till next time, post-pandemic. Say 2025?

Richard Griffiths, rpf@orange.fr



My Favourite Photography Location

What did you do during Lockdown?

Paul Nicholson inaugurates a new series about favourite photography locations.

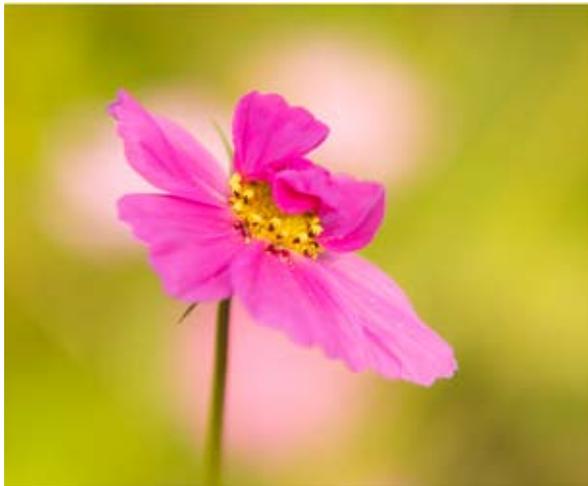
Most of us enjoy a golden sunrise, or a red sunset, a landscape vista or a water scene, and I would travel to various places to see and photograph them. Then came Lockdowns and restricted travel. So I looked to photograph what was closer to home.

This continued in and out of the lockdowns and became a project to get as much out of a small area as possible. Early mornings, different weather conditions, the flora,

the wildlife and domestic animals: the more I looked the more I saw. Now it is almost 2 years exploring the half kilometre square that starts at my front gate.

Finding out what is in the area around where you live is something that is available to us all. Sometimes I just go for a walk around and enjoy what my senses experience – the sights, the sounds, the smells and textures of nature. I chat to my neighbours who tell me where certain things are, or events that are occurring. This can be from the location of ‘champignons’ to when ‘les vaches seront au champ’.

I have also spent a lot of time in the garden. This gives another chance to discover and see things that perhaps I may have walked past on my way to partake in ‘jardinage’. Gardening tasks get you close to the flowers, vegetables, shrubs and trees, so, with a phone camera handy, it is easy to record this. There are colours, shapes and textures as well as the interaction of butterflies, bees, and other insects. It is never the same, it is always changing and giving new opportunities and experiences. To take





the photos I sometimes use a large digital camera and, at other times use the camera on my 'phone. Both give me images that get shared on social media. So recording what is happening closer to home may be an enjoyable activity you could try.

Paul Nicholson is a member of the AIKB Photography Club. For more information about the club, please e-mail aikb.hopmg@gmail.com”



32 Hetty's Kitchen

Hetty's Kitchen

Apple, Parsnip and Potato Soup

(for 4)

20g butter
1 tbsp grapeseed oil
2 onions, skinned and diced
3 cloves garlic, crushed to pulp
1 large potato, peeled and roughly chopped
1 large parsnip, peeled and roughly chopped
2 dessert apples, peeled, cored and diced
400ml chicken or vegetable stock
Black pepper
Grated Parmesan

Heat the butter and oil in a pan over fairly gentle heat and add the onion and garlic. Cook until soft and translucent.

Stir in the potato, parsnip and apple and season well with black pepper. Stir in enough stock to almost cover the vegetables. Bring to a gentle boil and simmer gently for 30-40 minutes, stirring occasionally.

Off the heat, blitz the soup with a stick blender and check the seasoning.

Serve with a sprinkle of Parmesan and a swirl of cream (optional but recommended!) with crusty baguettes.

Blue Cheese and Walnut Mini Tarts

1 tbsp olive oil
375-400g pack pastry
2 shallots, sliced thinly lengthways
2 large eggs
75ml crème fraîche
175g Gorgonzola (or other blue cheese)
40g walnuts, chopped roughly

Roll out the pastry thinly and cut into 12 three inch/7.5cm circles. Grease a 12 hole tart tin and line with the pastry rounds. Prick the bases with a fork and put in the freezer while you make the filling.

Heat the oil in a frying pan over medium heat. Add the shallots and cook, stirring for about ten minutes until beginning to colour. Set aside to cool.

Preheat the oven to 180°C/160°F/Gas 4.

Line the pastry cases with small squares of greaseproof paper or plain cupcake cases and fill with baking beans. Bake for 15 minutes until crisping at the edges, remove the paper and beans and return to the oven for another 5 minutes until the bases are dry.

With a fork, beat the eggs and cream in a jug until combined. Divide the shallots, Gorgonzola and walnuts between the pastry cases and fill with the egg mix, almost to the brim. Bake for 20-25 minutes until golden. Cool in the tin for a few minutes, then remove.

Serve warm or cold as a starter (two per person) with a little dressed salad garnish, or pile on a plate for canapés.

Pork and Pineapple Casserole

(for 4)

750g lean diced pork
1 tbsp grapeseed oil
1 large onion, peeled and sliced
1 green pepper, seeded and chopped
225g can of pineapple pieces in natural juice
3 tbsp soy sauce
2 tbsp dry white wine
2 tbsp tomato purée
2 tbsp brown sugar
1 dessert spoon Dijon mustard
1 tsp ground ginger
Salt & pepper
1 tbsp cornflour

Heat the oil in a heavy based flameproof casserole and lightly fry the onion and green pepper for two minutes. Toss in the diced pork and cook two minutes more to seal the meat. Sprinkle in the ginger and season well. Stir in all the remaining ingredients apart from the cornflour. Bring to a gentle simmer.

Cover and transfer to a preheated oven at 160°C/140°F/Gas 3 for 1½ hours.

Blend the cornflour with 2 tbsp water until smooth, then stir into the casserole and return to the oven for a further 20 minutes to thicken the sauce.

Serve with mashed potatoes or rice.

Bon Appétit, Bonne Année et Bon Santé!

See also: [Blueberry citrus loaf cake](#) page 12

Birds to See in Brittany: Swift

French: **Martinet noir**

Breton: **Glaouer du**

We are graceful, fast flying little birds often confused with Swallows and House Martins. However, we are very different, with shorter forked tails, and our sickle-shaped wings are longer than our body, which gives our silhouette the shape of an anchor. Our flight is characterised by fast wheelings and glidings with a series of wingbeats alternating with gliding on fully extended wings. We never voluntarily land on the ground for fear of predation – we also have difficulty getting back into the air again – but we can be seen occasionally perching on walls and rocks.

Our short legs make us more suited to clinging than walking. We are almost always seen in flight, with some of us spending up to 10 months in constant flight, being able to sleep and even mate on the wing.

We are blackish in appearance with a whitish face, a short head and a tiny bill. We arrive from South Africa in late April leaving by September. Our nest can be in a former woodpecker's hole, a crevice in the wall, building, cliff, under the rafters of roofs, or in a church tower. We form pairs that may couple for years, often returning to the same nesting site and partner, where we repair any damage suffered during our absence, and throw out any other occupying bird and their nest. Our nest consists of airborne materials caught in flight and bonded with our saliva which dries on contact with the air, taking 10-12 days to build. The clutch consists of two, or sometimes three, eggs which are incubated for 18-21 days by both parents. We feed the young with special gobbets containing small insects caught in the air and stuck together with our saliva. We often have to fly many kilometres to find swarms of insects. In cold, wet weather, we have difficulty finding food, but our young can survive for several days without being fed, by letting their body temperature drop by 10 degrees centigrade. The young remain in the nest for an average of 42 days, but once they leave it they never return. Young birds wait until they are three years old before returning to Europe and it may be that only then do they come down to cling or perch for the first time.

Our call is a loud scream in two different tone pitches, the higher of which comes from the female bird. We often form screaming parties during summer evenings when 10-20 of us will gather in flight around our nesting area, calling out and being answered by other nesting Swifts.



Jim Henderson

A Brittany Alphabet

A is for the Aon.

Better known to non-Bretons as the Aulne, both names derived from the original Roman name Alaunus. The name Aulne translates to Alder in English.

The Aulne bubbles up in Lohuec (according to the inhabitants of that commune), although a Plourac'h friend claims that the actual source is in Plourac'h (but he



may be biased). The official coordinates are 48° 28' 27" N, 3° 29' 46" W. However, both agree that the 144 km (89 miles) long river empties into the Rade de Brest, one of the many fiord-like bays in Brittany. The river forms part of the Nantes/Brest canal; the canal is still navigable in parts, but traffic is interrupted by the hydro-electric dam of Guerledan.

The Aon/Aulne/Alder continues from Lohuec/Plourac'h through the picturesque town of Chateaulin, but my favourite part is the huge Térénez Bridge that crosses the Aulne estuary, linking the Crozon peninsula to the road to Brest.

This wonderful Pont de Térénez is the first curved cable-stayed bridge (with a span of 515 metres) in the world! It is a fan cable arrangement with a curved deck, and it uses steel cables to transfer loads from the bridge deck to the towers.

Construction commenced on the 19th of April 2007 and it was inaugurated on the 17th of April 2011 after 4 years of work, and opened for general traffic later that day. It cost in the region of 35,000,000€. There is a viewing area (with car parking) where you can walk out onto a platform and admire the bridge; it is where I took the photograph. The French Army were using it that day for abseiling training.

It replaced another suspension bridge, completed in 1952, which had fallen victim to concrete disease (also known as concrete cancer), where dark veiny cracks form over time, as a result of an alkali-aggregate reaction.

Before the 1952 bridge, the crossing of the Aon was done by ferry, because the previous suspension bridge (of 350 metres completed in 1925) had been destroyed during World War 2.

A is also for:

Armorica – Derived from Celtic “Ar” (on) and “Mor” (sea) Armorica, also spelt Aremorica, was the Latinised form of the Celtic word or name: Aremorio, for the north-western extremity of Gaul which is now called Brittany. In Celtic, Roman and Frankish times Armorica also included the western part of what later became Normandy.

Artichoke – Anyone who has used the Roscoff to Plymouth ferry will have driven past field after field of Artichokes. A vegetable delicacy (along with its onions) the area is famous for.

Hilary Bridewell



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Animals

See **ANIMAL WELFARE** p.42

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B & B / Gîtes

See **BED & BREAKFAST** p.52

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

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Garden Services

See **GARDENING** pp. 40-41

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Health & Beauty

See **HEALTH & BEAUTY** p.39

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Caroline Lotoux, English-speaking psychotherapist, is in Maël-Carhaix (22) on Mondays, Wednesdays and Fridays and in Ploërdut (56) on Tuesdays and Thursdays (medical offices). Phone : 02 56 25 11 68. www.caroline-lotoux.fr

Counsellor/Psychotherapist, Peter Mickelborough, formerly British Association for Counselling and Psychotherapy Senior Registered Practitioner, for individuals or couples, Central Brittany, 02 96 36 59 00, peter@chatquilit.com

Klassic Kuts by Karen. Please call 02 56 33 50 11 or 06 35 95 05 37 for an appointment. I am in Le Faouet (56) and cover surrounding areas.

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Clothing Alterations and Repairs. Pamela Loy – Seamstress. pamfm1956@gmail.com, mob: 0780 02 48 02. (Guiscriff)

SINGING LESSONS (solo / group), see kokovocals.com. Great with kids / beginners-intermediate. Holiday Gift Vouchers! Musical Theatre, Pop, Choral. Ring Koko today: 07.84.58.32.16 / via kokovocals.com Contact

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Translation & Advice

See **HELP & ADVICE** page 10

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projects, conferences on current topics and cultural events. Free service for members. Annual household membership 40€ plus 10€ initial one-off joining fee. 02 96 24 87 90, aikb@wanadoo.fr, www.aikb.fr, www.spotlightonbrittany.fr.

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Property

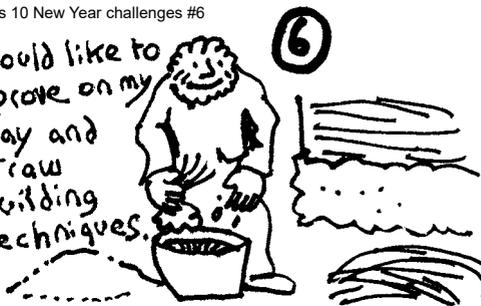
pages 53 - 54

Colour Classified

page 54

Tim's 10 New Year challenges #6

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Gems Nails Ongles

Mobile Nail service page 2



Tim's 10
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challenges
#7

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Answers CBJ Quiz page 14

I: General Knowledge 1) Germany 2) The Times
3) Tittle 4) Speaker of the House of Commons;
John Bercow 5) Allegra Stratton 6) Isosceles
7) Barbados 8) A raft 9) Fog 10) USA

II: Sports & Games 1) Out first ball in an Ashes
series 2) Andrew Strauss 3) Brisbane
4) snooker 5) Liverpool 6) Egypt, Algeria
7) 14 8) Abu Dhabi 9) Pertain 10) Ice-hockey

III: French Language & Culture 1) Octopus 2)
Ipsos 3) Survey 4) Saint-Saëns 5) Trema

6) UAE 7) Eric Zemmour 8) The Louisiana
Purchase 9) Tahiti 10) Napoleon

IV: Connections 1) The Power and the Glory
2) The Third Man 3) (Monsieur) Don Quix-
ote 4) Brighton Rock 5) Greenland – Greenel-
and is the witty term for the kind of seedy,
turbulent, dangerous terrain of GG's fiction
6) Havana (Our Man in) 7) Berkhamsted
– birthplace of GG 8) Consul (The Honora-
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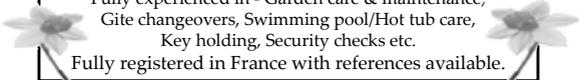
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Solution: Chess Puzzle *page 16*

- 1)..... Rb3+
- 2) Rxb3, h1(Q)

Nepomniatchi resigned a few moves later
 as the rook is no match for a queen.

More GARDENING ads on page 55



Tim's 10 New Year challenges #8

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Watson European page 53

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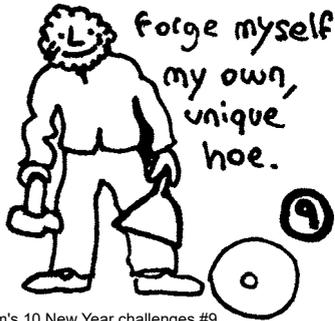

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Tim's 10 New Year challenges #9

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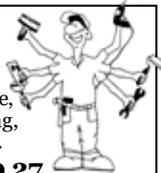
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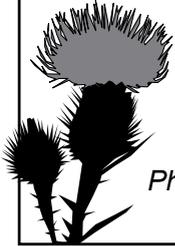

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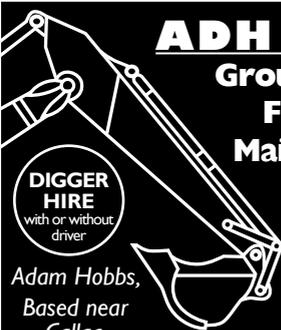
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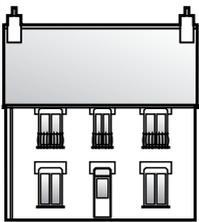
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Solution

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♠ A 8 6 3

♥ 9 4

♦ A Q

♣ 9 7 5 4 2

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♠ K 5

♥ K Q 10 6

♦ K 8 7 6

♣ A Q 8

♠ 2

♥ 8 7 5 3 2

♦ 10 9 5 3 2

♣ J 10

♠ Q J 10 9 7 4

West leads the K♥ against 4♠. How should declarer plan the play?

♥ A J

♦ J 4

♣ K 6 3

Declarer is in possession of 22 of the high-card points. West, having opened 1NT holds the missing kings, and the heart Queen, from the lead. Declarer should win the K♥ and run the Q♠. If West covers, draw the other trump and take the diamond finesse, but if West fails to cover, take the diamond finesse then cash the ace of spades. Now cash the A♦ and exit with the J♥ so eliminating two of declarer's suits. West is now in the unenviable position of having to concede a club trick or a ruff and sluff – (dummy ruffs while declarer discards a club). Whatever west elects to do, declarer loses one heart and two clubs.

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