

Issue 215

1€

# Central Brittany Journal

May 2022



Photography 26-27



Letters & Photos 4



Oystercatcher 32

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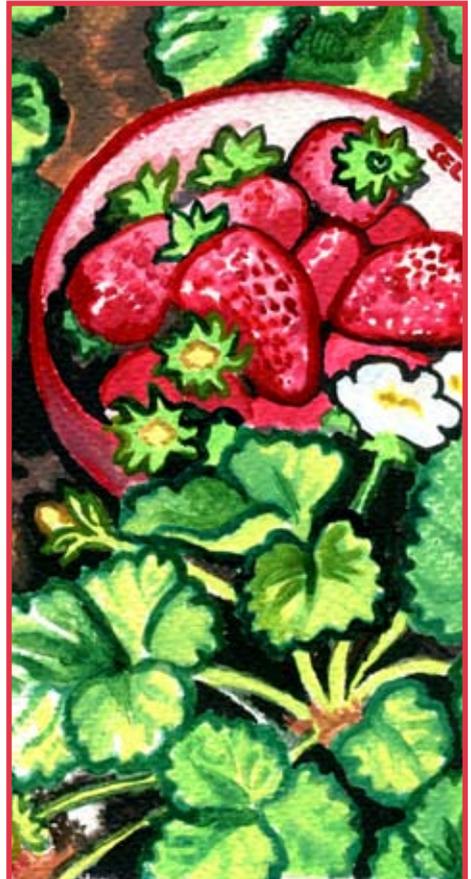
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water-soluble crayons and watercolour, by Samuel Lewis.

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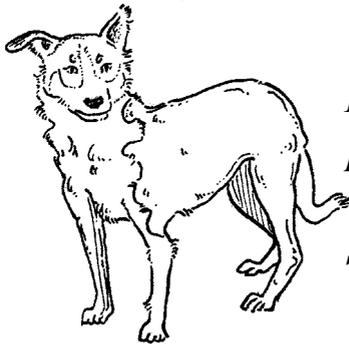
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# Letters & Photos

## It's spring !

In addition to the flowers that are blooming, spring has brought some special surprises such as birds' nests. My dog has shown me two nests.

One contained 6 eggs, and we now have 6 chicks (oisillons). But, I don't know what bird's it is. From the color of the eggs, I think it might be a warbler (fauvette).

The other nest was occupied by a dove with a black collar - a collared dove perhaps (tourterelle turque); two young doves (that did not yet have their black collar) have now flown away. The dove is collecting twigs again for the nest. Will there be a second litter ?

Marie-Josée CONAN



## Bridge Puzzle 40

### Double Squeeze Play

Dealer West. All Non Vulnerable

W	N	E	S
Pass	Pass	Pass	1♣
1♣	2♣	Pass	2♠
Pass	3♣	Pass	5♠
All Pass			

♠ 5 4 3 2

♥ 8 5 2

♦ K 3 2

♣ Q J 7



♠ Q 8

♥ A K 4

♦ A 4

♣ A K 10 9 8 5

West leads the Ace, King and 10 of spades, East following with Jack and six of spades and then discarding the 6 of hearts.

How should declarer plan the play?

Solution page 34

Bridge puzzle contributed by Dan Lewis, [buildingmatters@yahoo.co.uk](mailto:buildingmatters@yahoo.co.uk)



## Reducing Dependence on Russian Oil

I have been asking myself how we can help each other to be less dependant on Russian petrol. Lift sharing is one possibility; Switzerland, Austria, and Southern Germany, already have schemes in place with special benches and pick-up / drop-off points. If anyone has ideas of how to get a similar scheme started here, I would like to hear from them.

Elisabeth Biederbick (send messages to [info@thebcj.com](mailto:info@thebcj.com), and they will be forwarded to Elisabeth).

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## Editorial:

Most people that I have met over the past month have been in a state of semi-shock about the state of the world (as reported in the news), as I probably am myself. There is some solace to be obtained from spending more time in the garden, taking notice of what is going on around one, and caring for loved ones, but that hardly compensates for the sense that something has gone wrong in the wider world, and that we are all heading towards some sort of disaster.

One of my motivations for working to produce the Journal each month (this is the 215th edition published without interruption) is that, personally, I do not see the solution to the problem coming from national governments, international organisations, super-qualified people, or global business. If there is a solution (and life must surely be better if one believes that there is), then my guess is that it lies in us all somehow learning how to extend the love and kindness that we nurture in our own homes and in our family life, out into the wider world.

I have not made much progress re restarting the CBJ boot sales; I have received some feedback, but am not sure of the demand from stallholders. There was a mistake in last month's Journal, ideas for the boot sale should be sent to: [theobj@orange.fr](mailto:theobj@orange.fr)

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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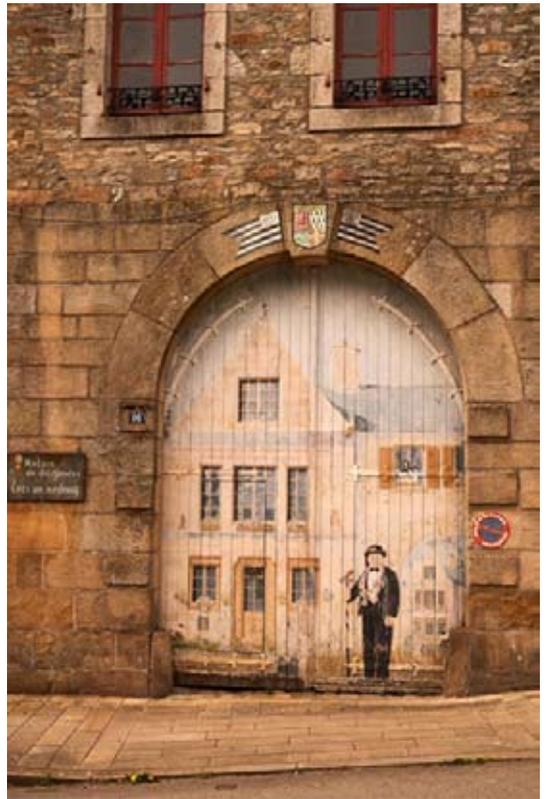


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# New Advertisers: May

- Équilibre & Bien-être .....p.7
- FlyHi Drone.....p.7
- French for Beginners .....p.8
- Gardener / Ground Maintenance .....p.41
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AIKB Photography Club April Competition, Joint 3rd place  
Ulrika Landau, Guémené-sur-Scorff.

Full results page 31

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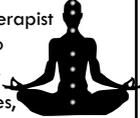
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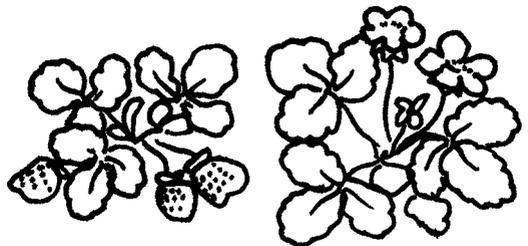
## Netty's Kitchen

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'Cream Tea' Blondies p.25

Potato and Celery Gratin p.33

Roast Poussin p.33



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### Help & Advice page 10

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# What's On in May

## Sun 1 - Sun 8 May

#### Sunday 1st May

**AIKB Concert of European Music**, 5pm, Les Halles Gouarec.  
With the Fanfare Harmonie de Corlay, the Chorale Franco-Britannique de St Mayeux, and some guest soloists, under the direction of Carl Smith. 5pm, free entry

#### Sunday 1st May

**Artisanal Market**, Carhaix. Open air market in one of Carhaix's oldest streets, Rue Brizeux. 10am-6pm. Numerous craft stalls, including wood turning, leatherworking, copper beating, etc. Drinks and crepes served all day. Live music with 'Soulmates' at 3pm.

#### Saturday 7th May

**Rock, metal and humour concerts with Princesses Leya and Rage Against the Peppers**. 9pm. 16€ on the door. La Grande Ourse, St Agathon, Guingamp. Contact 06 59 15 18 32 or [www.ourse.fr](http://www.ourse.fr)

#### Saturday 7th May

**Open Mike Night**, Callac. Les Pieds dans l'Plat cafe associative (opposite the salle des fetes) 6pm-10pm with interval in the middle. Food and bar.

#### Saturday 7th May

**Festival Kleg**. Free concert at 11am. Traditional kost ar c'hoad dance competition at 2pm. Fest noz from 9pm with Le Bour / Bodros, Startijenn, & others. Cléguérec.

#### Saturday 7th May

**Soirée du Sept**. Open mike and variety evening. Music, poetry and sketches. Register from 7pm for 7.30 start. St Nicodème (22160) salle des fetes.

#### Sunday 8th May

**Plant Swap, Peumerit-Quintin** from 2.30pm, in the boulodrome (signposted in the village).

### Callac Cinema

#### English Language Films in May

#### Sunday 1st and Tuesday 10th

**Fantastic Beasts: The Secrets of Dumbledore (Les Animaux Fantastiques 3: Les Secrets de Dumbledore)**.

Directed by by David Yates. Starring Eddie Redmayne, Jude Law, Starts 8.30pm

#### Tuesday 3rd

**Jim Harrison - Seule la Terre est Éternelle**. Documentary directed by François Busnel. Starts 8.30pm.

**Tuesday 10th May**

Quiz, Le P'tit Pelem Saint Nicolas du Pélem. See page 14

**Mon 9 - Sun 15 May****Tuesday 3rd May**

**Royal British Legion Monthly Social** at the Relais de L'Oust at Josselin. Open to non-members as well as members, lunch, quiz, bric a brac, books, poppies, and there is a raffle each month. Starts around midday and lunch is served about 1pm. For further information please contact Greg on [CentralBrittany.Secretary@RBL.Community](mailto:CentralBrittany.Secretary@RBL.Community). For Poppies please contact [Kissmekate1@orange.fr](mailto:Kissmekate1@orange.fr).

**Saturday 14th May**

**Blues Rock Concerts** with Gaëlle Buswel and Howlin' Grassman vs. Stomp'n' Bigfoot. 9pm. 20€ on the door. La Grande Ourse, St-Agathon, Guingamp. Contact 06 59 15 18 32 or [www.ourse.fr](http://www.ourse.fr)

**Saturday 14th May**

**Concert & Fest Noz**, The event will take place in the polytunnels of the organic vegetable growers, Pauline Cabaret and David Roulleau at the farm of Kerionvarc'h, 22110 Rostrenen. Concert with Léo Corrêa at 6pm and fest noz from 9pm. Food and bar.

**Mon 16 - Sun 22 May****Tuesday 10th May**

**Quiz at Le P'tit Pelem**, St Nicolas du Pélem (near the church) 7.5€ each for chicken with sauce or omelette or vegetarian steak with chips. Plenty of parking nearby. Please pre-book. Maximum 20 teams of 4. To find out more please email [dalefraser01@gmail.com](mailto:dalefraser01@gmail.com).

**Saturday 14th and Sunday 15th May**

**Free Boules Tournament**. Between 10am and 4pm on the commune's boules court at Lann Lano, 56480 Cléguérec. Just come along and take part. Delicious homemade refreshments available. All proceeds going to animal welfare charities. Contact 0780365763 for more information.

**Sunday 15th May**

**Fête du Jardinage**, Belle-Ile-en-Terre. Plant and seed swap, market, plant stalls. Free entry. 10am-6pm Organic food available. In the grounds of the chateau in the town centre. Organised by Eau et Rivières.

**Rostrenen Cinema****English Language Films in May****Thursday 12th**

**Seule la Terre est Eternelle**. Documentary by François Busnel about American poet Jim Harrison. In English with French subtitles. Starts 8.30pm

**Tuesday 24th**

**Downton Abbey II**, directed by Simon Curtis and starring Hugh Bonneville, Maggie Smith etc. Starts 8.30pm.

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**See also FRENCH LESSONS, on page 8.**

**Sunday 15th May**

**Vide Grenier**, Bulat Pestivien. Organised by the Mairie. 8am-1pm.

## Mon 23 - Tue 31 May

**Sunday 29th May**

**Vide Grenier and market**. St Nicodème. 8am-1pm. Refreshments and buvette. Organised by Epicodeme, Epicerie Associative.

## June

**Friday 3rd, Saturday 4th and Sunday 5th June**

**The first Coup de Vent festival in Saint Nicolas du Pélem**. Vide grenier, plant sale, musicians, refreshments. To book a stall at the vide grenier contact [contact@vendeursdevent.com](mailto:contact@vendeursdevent.com) or 06 13 12 15 06. Organised with the support of the Ville de Saint Nicolas du Pélem and CCKB.

**Sunday 12th June**

**The Green Valley Summer Market**, Callac, Espace Kan An Dour, from 10am-5pm. Craft and plants stalls, vide grenier, live music, food & drinks, childrens' entertainment area and much more. In aid of the The Green Valley animal charity.

If you would like to book a stall please contact us via email: [events@thegreenvalleybrittany.org](mailto:events@thegreenvalleybrittany.org)

## Spotlight on Brittany:

**May:** With May being 'Fete de L'Europe' month here in Brittany there's a European theme running through the programme! Inspired by an Erasmus trip to the Spanish mountains, Pierre Blivet and Quentin Hamonic undertook a trek of 300kms over 17 days along the Via Alpina from Slovenia to Austria. Joan Cundy shares some typical recipes from her country of birth, Ireland, and we meet cellist Graham Summersgill who is looking out for some new pupils! Still with music, Carl Smith, from La Fanfare Harmonie de Corlay explains how important a part music 'plays' in our lives.

All this can be heard by joining us on 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 09h.30. More simply listen anytime by following the links on our website: [www.spotlightonbrittany.fr](http://www.spotlightonbrittany.fr)

# Letters

## In Defence of Christmas Markets:

The Christmas Markets are not like watching paint dry (*Way Off the Beaten Track, April CBJ*), unless it is being put lovingly on hand-crafted toys to delight any child, or perhaps on those delicate glass baubles we like to hang on our trees for the festive season.

The markets are sheer magic, where you can wander amongst the varied colourful stalls displaying local hand-made crafts, be it local wood carving, glass blowing, needle-craft, special spiced cakes and warming gluh wine. They encourage the delight to be found in Old Fashioned Christmases, no matter how geriatric you might feel.

I have had the pleasure of taking groups to these seasonal markets throughout Europe, and all have been thoroughly enjoyed as evidenced by the volume of gifts bought for family and friends.

I hope to be able to get to Strasbourg for the markets again this year, having had the trip cancelled in 2020 because of Covid. I intend to enjoy myself once again in this wonderful Alsatian city.

And I might add, there are many people who would like to see more of France, or even of our Brittany, without the stress of driving. I can thoroughly recommend Agence Rouillard, Laura who works in their office in Guingamp is very knowledgeable and helpful. They can take you anywhere in France, for day trips, weekends, or longer holidays. Their selection is extensive. The coaches are excellent as are the drivers, who are always well presented, something I always insisted on for all my tours.

*Marie Yvonne Moran,*

*retired, sadly, and missing the travel agency life of coach holidays.*

## Animal Welfare

The love of a pet is so important to so many people, especially in times such as we are now in; people will always come first, of course, but the comfort and companionship our furry friends bring can really make a difference to lives, and what better way to enjoy pet ownership than to rescue an abandoned animal? All of the refuges in our area do brilliant work in providing temporary care for homeless animals - please support them any way you can.

This month, we have some lovely oldies looking for a new home – see page 34.

*Brian Swift*

## ART & CRAFTS

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# Tax & Investment

## How does inflation impact your retirement savings?

With inflation surging in France, the EU and UK, now is the time to review your savings and investments to establish if they are suitably structured to provide protection from this threat. Even low levels of inflation can erode your spending power over time and retirees need to plan for this.

Inflation for the Eurozone as a whole has been hitting new records this year. France tends to have lower inflation than the average, but it has been climbing here too. It was a flat 0% in December 2020 before hitting 3.4% in December then 4.5% in March. UK inflation has been rising at its fastest pace for 30 years.

Much of the initial inflation surge was caused by factors relating to the pandemic and economies re-opening after lockdowns, and so was expected to be temporary. Electricity prices had also risen sharply. The crisis in Ukraine then introduced new uncertainty to the outlook, in particular energy prices are expected to stay higher for longer now.

In the UK, the Bank of England has acknowledged that CPI could increase to around 8% in the second quarter of 2022. However, it then expects inflation to fall considerably over the next couple of years, explaining that it is unlikely that the prices of energy and imported goods will continue to rise as rapidly as they have done recently.

### Protecting your retirement savings

You cannot just consider inflation rates on their own, you need to compare them to your earnings. If your savings generate a lower return than inflation, the real value of your money is falling, and your income will buy less than it used to. Put very simply, and ignoring the impact of compounding, if your bank account pays 1% interest but inflation is 2%, after 10 years you

will have 10% more money, but goods and services will cost 20% more. In real terms, you'll effectively be 10% poorer.

Official figures are based on a representative basket of goods and rarely reflects our own personal inflation rate. As an illustration, a personal annual rate of 4% would reduce the spending power of 100,000 to around 67,000 after 10 years; after 20 years it will have lost around 55% of its value.

To generate returns that outstrip the rising cost of living, you need to invest in assets that historically generate returns in excess of inflation over time. Work with a wealth management adviser to reduce risk and follow a disciplined investment process:

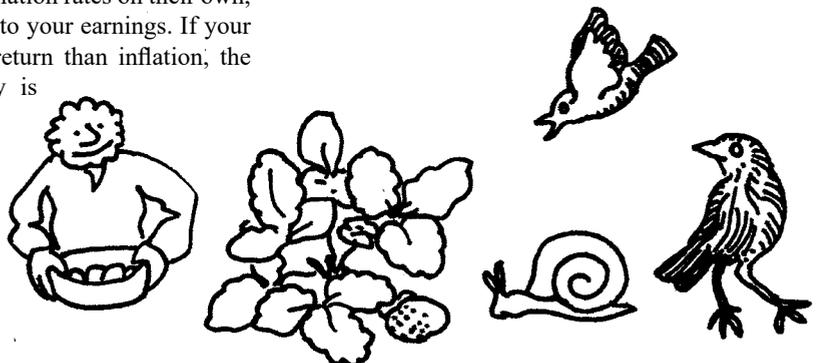
- Establish your goals and time horizon.
- Determine your attitude to objectively.
- Construct a suitable, well-diversified portfolio to achieve goals.
- Use quality investment managers.
- Review your portfolio annually to keep it on track.
- Be patient and stick with your plan – it is time in the market, not timing the market, that is likely to help you achieve your longer-term goals.

Holding your portfolio within an arrangement which is tax-efficient and compliant in France will help protect your savings from both inflation and taxation.

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

*This article should not be construed as providing any personalised investment 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)*



# CHURCH AND COMMUNITY

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e-mail: [jandscross@aol.com](mailto: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, but Please check our website at [www.churchinbrittany.org](http://www.churchinbrittany.org) for any changes that may be made to this schedule.**

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

**1st – 3rd of Easter** – Chaplaincy Zoom service 10.30am followed by the Chaplaincy Annual Meeting  
**8th – 4th of Easter** – Holy Communion 14.30

**15th – 5th of Easter** – Zoom 10am  
**22nd – 6th of Easter** – Holy Communion 14.30  
**29th – Sunday after Ascension** – Zoom 10am

For more details contact:  
Henk Lageveen 02 98 99 63 14 [ccb.huelgoat@gmail.com](mailto:ccb.huelgoat@gmail.com)  
For more details contact:  
Henk Lageveen 02 98 99 63 14 [ccb.huelgoat@gmail.com](mailto:ccb.huelgoat@gmail.com)

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

**1st – 3rd of Easter** – Chaplaincy Zoom service 10.30am followed by the Chaplaincy Annual Meeting  
**8th – 4th of Easter** – Holy Communion 11am  
**15th – 5th of Easter** – Word and Worship 11am  
**22nd – 6th of Easter** – Holy Communion 11am  
**29th – Sunday after Ascension** – Holy Communion 11.00am

For more details contact:  
Chris Wilson 02 97 72 19 29 [chriselbeau@gmail.com](mailto:chriselbeau@gmail.com)

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

**1st – 3rd of Easter** – Chaplaincy Zoom service 10.30am followed by the Chaplaincy Annual Meeting  
**8th – 4th of Easter** – Word and Worship 10.30am  
**22nd – 6th of Easter** – Holy Communion 10.30am  
contact [redon@churchinbrittany.org](mailto:redon@churchinbrittany.org)

## ROSTRENEU

**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)**  
**1st – 3rd of Easter** – Chaplaincy Zoom service 10.30am followed by the Chaplaincy Annual Meeting  
**8th – 4th of Easter** – Holy Communion 10.30am  
**15th – 5th of Easter** – Zoom 10.00am  
**22nd – 6th of Easter** – Holy Communion 10.30am  
**29th – Sunday after Ascension** – Zoom 10am  
For more details contact:  
John Cullingford 02 56 43 11 27  
[cullingj47@gmail.com](mailto:cullingj47@gmail.com)

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# CBJ Quiz

Set by Jon Chambers: [jonchambers1825@hotmail.com](mailto:jonchambers1825@hotmail.com)

Target: 20 points. *Answers page 39*

## New Quiz Venue Saint Nicolas du Pélem

Keen quizzers will know that live quizzes returned to our region last month. Hats off to Le P'tit Pelem for picking up the gauntlet and providing an excellent venue (and chicken and chips!). And special thanks to principal quizmaster Dale Fraser for getting things back on the road. I asked why she'd helped organise this new event, and why the choice of venue:

'I love quizzes, as I believe it helps to keep your brain active - as they say "use it or lose it!". Pre-Covid we used to quiz at the Hotel du Vallée, St Gilles Vieux Marché. Then Covid put a stop to it and the hotel was sold. Recently, the new owners were approached to host future quizzes but their proposed charges were too high.

'A few of us regularly meet on a Friday evening at Le P'tit Pelem in St Nicolas du Pélem, which was totally refurbished during lockdown by the current owners Sebastian and Jean-Phillipe. They bought the bar/restaurant just before the first Covid lockdown! They must have struggled in the early days, only being able to cater for takeaways.

'I had the idea of starting up again in that venue as I thought it would be suitable for all, and so I ap-

proached Seb and J-P and they agreed to host the quizzes, not really knowing what they were letting themselves in for!

'The first quiz was Tuesday 12th April and seemed to be very well received by all parties. We had 14 teams and a total of 53 people. It was a great, friendly atmosphere and my quiz seemed to be well received with the winning team of four receiving a bottle of wine each. The winners of the half-time quiz had some sweets.

'Future quizzes will be held at the same venue every 2nd Tuesday in the month and with a different Quizmaster each time. The next date will be May 10th. The cost is €7.50 each which covers the meal. Choice is chicken with or without sauce, Omelette, or vegetarian steak all with chips. Desserts are available at extra cost. All places must be pre-booked by the closing date which will be the Thursday prior to the quiz. If you wish to go on our email list please contact me at [dalefraser01@gmail.com](mailto:dalefraser01@gmail.com) or Jon Chambers at [jonchambers1825@hotmail.com](mailto:jonchambers1825@hotmail.com) with your email address.

'Please also note that the restaurant is open every day (except Monday) for lunch, and Friday and Saturday evenings too. They also operate a takeaway service. Hope to see some of you at future quizzes!'

### I: General Knowledge & Current Affairs

- 1 Who played keyboard in the 1990s group, D:Ream?
- 2 Which insect produces 'cuckoo spit'?
- 3 Which official but honorary UK post carries a salary of £5,750 and a barrel of sherry? Clue: the current incumbent is Simon Armitage.
- 4 Which team was knocked out of the World Cup in Qatar by being beaten at home by North Macedonia 0-1?
- 5 What do silvologists study?
- 6 What was the last mainland European country to switch from driving on the left to the right?
- 7 What occurs once in a minute, twice in a week, and once in a year?
- 8 A famous Australian test ground is the WACA. What do the initials WACA stand for?
- 9 What does an anemometer measure?
- 10 Which two Beatles were left-handed?

### II: French Language & Culture

- 1 Which day of the week is named after the Roman god of war?
- 2 Who won the TdF in 2013?
- 3 Which 70 year-old politician, born in Tangier, Morocco, came third in the first round of the French Presidential elections?
- 4 Grande Terre is the main island of which French-owned territory in the South Pacific?
- 5 What board, much beloved by spiritualists, takes its name from the French for 'yes'?
- 6 In which city would a Bordelais live?
- 7 Which island is the larger, Mayotte or Réunion?
- 8 In France, what term is used for an 'ungradeable' energy rating on an old house?
- 9 Which French actor, born in Sceaux in 1935, starred in such films as Purple Noon and The Leopard?
- 10 Paris is 'the city of lights'. But what is 'the city of popes'?

**III: History & Geography**

- 1 Dubris was the Roman name for which English town?
- 2 Before Canberra became the Australian capital in 1913, which two cities had been vying to become the capital? ½ point for each
- 3 Hannibal was the leader of which ancient city?
- 4 In which war was the Victoria Cross first awarded?
- 5 What does the name Swindon mean?
- 6 Which US statesman is on the \$100 bill?
- 7 In the Bible, the construction of what building led to language confusion?
- 8 In what year was the Heysel Stadium disaster?
- 9 Where in London is Poet's Corner?
- 10 What is the state capital of Arizona?

**IV: Connections**

- 1 Which famous German war-film is set on board a submarine?
- 2 What do Warwick, Alnwick, Edinburgh, and Harlech have in common?
- 3 What name has been given to Germany's new coalition, formed following the General Election of 2021, over which Olaf Schultz presides?
- 4 If you're fond of ABBA, for example, whose Corner might suit you best in Westminster Abbey?
- 5 Something we might expect at daybreak if the weather's good?
- 6 Which gemstone, a variety of the mineral beryl, derives its green colour from traces of chromium or, less frequently, vanadium?
- 7 Which geometrical shape has interior angles of 120°?
- 8 Which reality tv programme, that aired its fourth series in 2021, is an international hit featuring matchmaking singletons?
- 9 The dish for those with a sweet tooth!
- 10 Which mythological creature sits at the centre of the Welsh flag? What is the connection?



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# Limericks

## Digital News Media

*Today, media viewing can be a real nightmare,  
Hundreds of sources that we can all share,  
Plus mobile phone mantraps,  
Messenger and What`s Apps,  
You just can`t escape them anywhere!!*

*Cyril Young, Saint-Nicolas-du-Pélem*

*It`s easy to reach and easy to take,  
But do it with salt for everyone`s sake,  
Their news is their choice  
But you too, have a voice,  
And some platforms` output is fake.*

*Jim Henderson, Carhaix*

*Digital news media work fine for some,  
But for others we simply will not succumb,  
So say what you like,  
Of this digital hike,  
But for many it just leaves us numb.*

*Gerard Dugdale, Gourin*

*D for digital, N for news,  
Is unlike print so as not to confuse,  
But they don`t mean tv,  
Nor news reality,  
They publish whatever they choose.*

*Gerard Dunmoore, Pontivy*

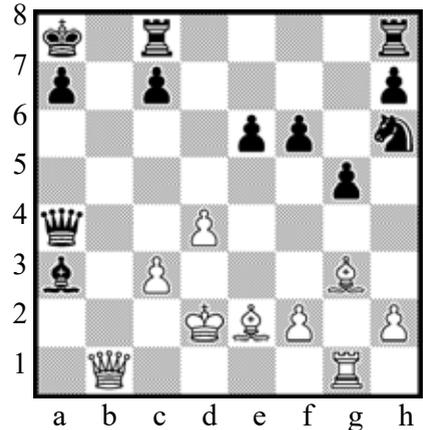
*Online media is what it is,  
This digital news media-thingy this, THIS  
So like it or not  
It is what we`ve got  
But if you ask me they`re takin` the Micky*

*Steven Daniels - St. Brieuc*

## Chess Puzzle

White to play and win.

Hint  
White has to find the best way of using the diagonal from h1 to a8. With the black king trapped in the corner,



Solution page 42

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

For the last 24 months or so, we seem to have been bombrded with with bad news almost every day, so I thought that, for June, we could aim the limerick challenge to highlight some good news hidden in this depressive morass!

*Cyril Young*

### June Limerick Challenge: 'Good News Stories'

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

Prize Crossword / Little Toughie 17

# Prize Crossword

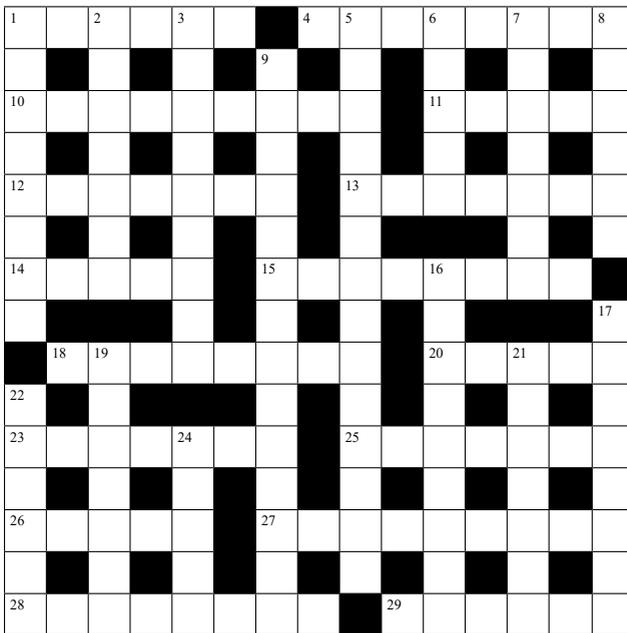
May Darren Milsom

**Across**

1. I'd see red if I lost it ! (6)
4. Bit by bit, the story is copied in a revised edition (8)
10. Earn cool hard cash – but no more ! (3,6)
11. Five hide inside lair turned over by opponent (5)
12. Warning as Brazilian diplomacy read out (4,3)
13. Classic uniform (7)
14. Put a gloss on South Wales diet (5)
15. This guy's a menace, after drugs found at his hideaway (5,3)
18. Conditionally sounds like he could finagle his way to a boring job (8)
20. Being shy outside Monday and Friday puts one at ease (5)
23. Extended use is futile without fellow to mess it up (7)
25. Put foot down about last bad rodent (7)
26. Extract fifty with a drone, say (5)
27. Eating disorder for the weak (9)
28. Wirral, say, has no right to reschedule GWR and LNWR (8)
29. Text after Jacuzzi makes one twitch a lot (6)

**Down**

1. Best alloy used by powers that be (3,5)
2. Might our man in Warsaw enjoy current dancing attraction ? (7)
3. Reserved after bad piercing (9)
5. An ode on the road ? (6,2,6)
6. Be quiet on the carpet of indifference ! (5)
7. Reduce when expected to be round minced veal (7)
8. Sounds a bit like a basement ingredient and stems from the garden (6)
9. On a train from Euston, no one spoke to him for an hour and a half (4,2,8)
16. Some hardware is small fry (9)
17. Cocktail syphon is under the spell (8)
19. Give him a giro cheque, and he'll return for some folding stuff (7)
21. DNA mess is a nonsense (7)
22. Stone the crows! Now they're dead! (5)
24. Legally and relatively speaking (2-3)



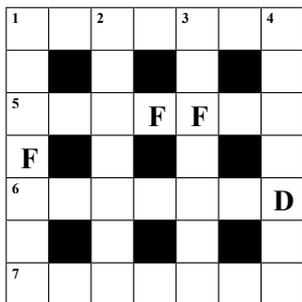
**Solution April Prize Crossword:**

Winner April prize crossword:  
Mme S. Strudwick  
Plestin-les-Grèves

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



## The 'Little Toughie' Jim Henderson



**Clues Across**

1. Player of the hard stone in curling (7)
5. To flutter wings (7)
6. Branch off point on highway (4,3)
7. Tools for shaft boring (7)

**Down**

1. Small presentation box (7)
2. Canoe waterway in Brazil (8)
3. Thin glossy fabric (7)
4. Back of fireplace (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; C – 1; D – 2; E – 7; F – 5; G – 1; I – 1; L – 2; N – 3; O – 3; P – 2; R – 5; S – 1; T – 3.

Solution in the June issue. Solution April Little Toughie page 51

## Popular phrases & sayings using the word:

# COME

**Come down** – meaning to descend, to be reduced and to lose financially. Also to emerge from a state induced by a hallucinogenic or addictive drug. **Come down a peg** – means humiliation: the allusion here is to a ship's colours, which used to be raised and lowered by pegs - so down a peg meant less honour.

**Come back** – meaning a return to former glory, to be fashionable again, and in more recent years, it takes the form of a retort. When we add 'all is forgiven' it could be said to a prodigal son or an old protagonist who has fallen out of favour. In this form the saying can be dated back to 1896.

**Come by** – to come near or pass by; a command to sheep dogs herding sheep to move to the left. Also meaning to obtain or acquire.

**Come out** – to emerge, to be published, to declare openly one's sexuality, to stop work, to remove stains. A young lady after she has been introduced at court, or has entered into society as a "grown up" person, as she "comes out" into society.

**Come a cropper** – to have a bad fall physically or, in a transferred sense, to run into major misfortune. Neck and crop means altogether and to come a cropper is to come to the ground neck and crop. Possibly also from horse riding where a rider may fall with a riding crop in hand. The phrase has been in use since 1875.

**Come to a grinding halt** – meaning to come to a sudden and spectacular stop, not necessarily in a vehicular sense. Date of origin is unknown, perhaps coming from the sound made by a railway train stopping in an emergency. Now considered as a modern cliché.

**Come in** – to become fashionable, to reply to a radio signal, to have a role or function. When we say **Come inside**, it is a humorously scornful remark made to one who is talking nonsense or behaving in an idiotic manner. The allusion is to a picture in "Punch" show-

ing an inmate looking over the wall of an asylum at an angler fishing, and, when he hears that the latter has been there all day without getting a bite and yet proposes to remain, the inmate feelingly invites him to come inside to the asylum.

**Come all Yorkshire over one** – to bamboozle one, to overreach one. The north country men are proverbially "long headed and cannie".

**Come up and see me sometime** – attributed to Mae West in the 1933 film "She done him wrong". Her actual words were re-arranged to make them easier to say and used by W.C.Fields to Mae West in the film "My Little Chickadee" 1939, but the crux of the saying comes from 1907 in a book by author Gelett Burgess.

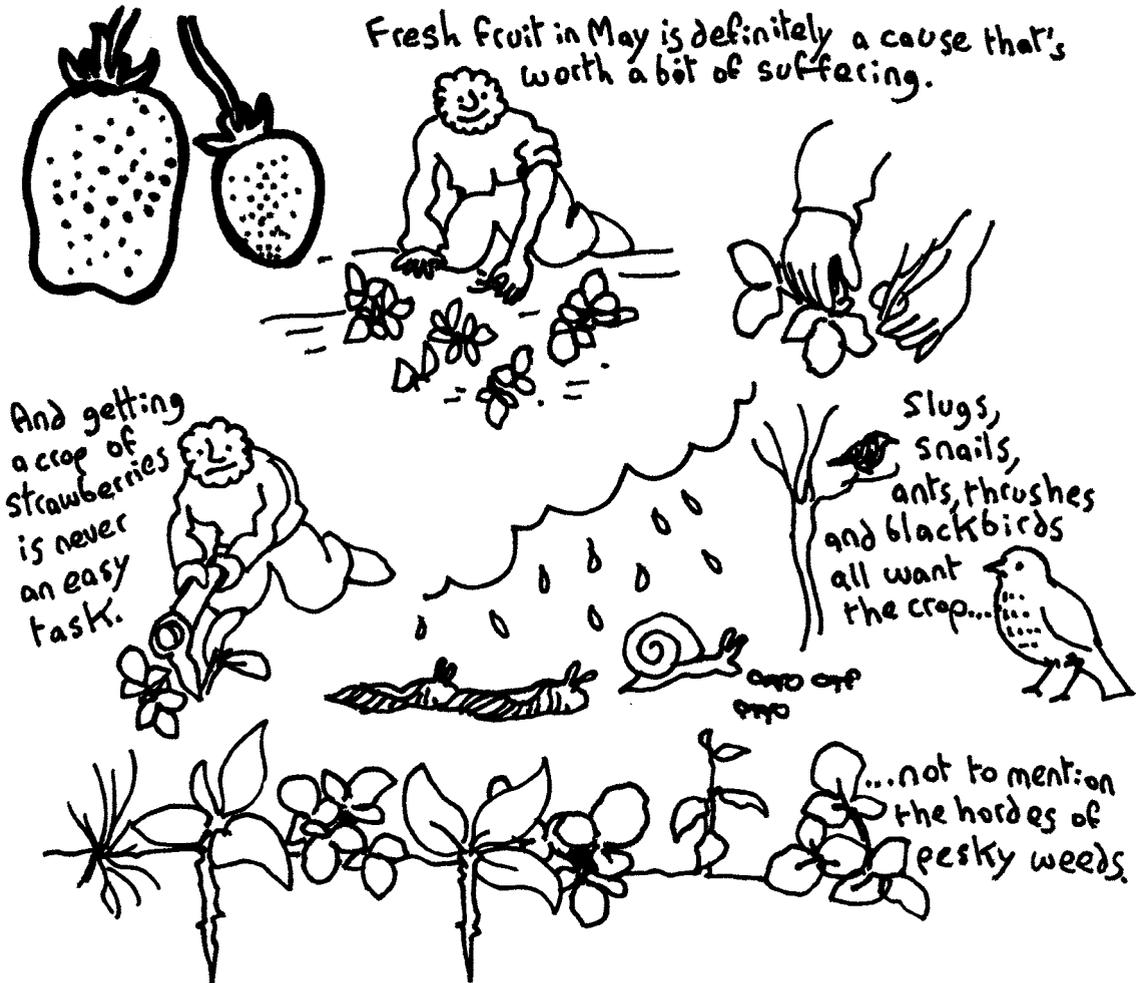
**Come over on the last boat** – A phrase used in response to someone who has doubted your wisdom. Said to have been used by the Royal Navy from the mid 40's. Has since been used in several similar versions.

**Come the revolution** – an introductory phrase to some prediction of what life would hold when, a, usually communist, revolution has swept across the world, also used in conjunction with the black revolution in America.

*By the way*



# Tim the Gardener



When I moved to Brittany one of the first things that I did was to plant strawberries – after all, Brittany is the original home of the modern strawberry. The plants did well, and even though the soil was poor, the following year we had a good crop. It was beginner's luck, in the ensuing years we encountered multiple problems – deer, blackbirds, weeds choking the plants in the winter, and a general lack of vigour. I decided that the crop demanded too much work, and concentrated on other soft fruit, such as raspberries and blackcurrants; then a neighbour told me how she grew them. Her plan is

outlined in the accompanying pictures. It takes account of the fact that strawberry plants gradually lose their vigour, and it does not involve as much work as one might imagine. Digging up the crop every three years is an effective way of preventing perennial weeds becoming established. The best thing about it is that in the second year the vigorous leaf growth of the plants hides the strawberries from the view of birds, meaning that you do not have to resort to using a net to protect them. You have to remember to pick the strawberries every day, or every other day, but that is not a hardship; the main reason that one takes the trouble to grow fresh outdoor strawberries in the

# Strawberries should be grown in a 3-year cycle

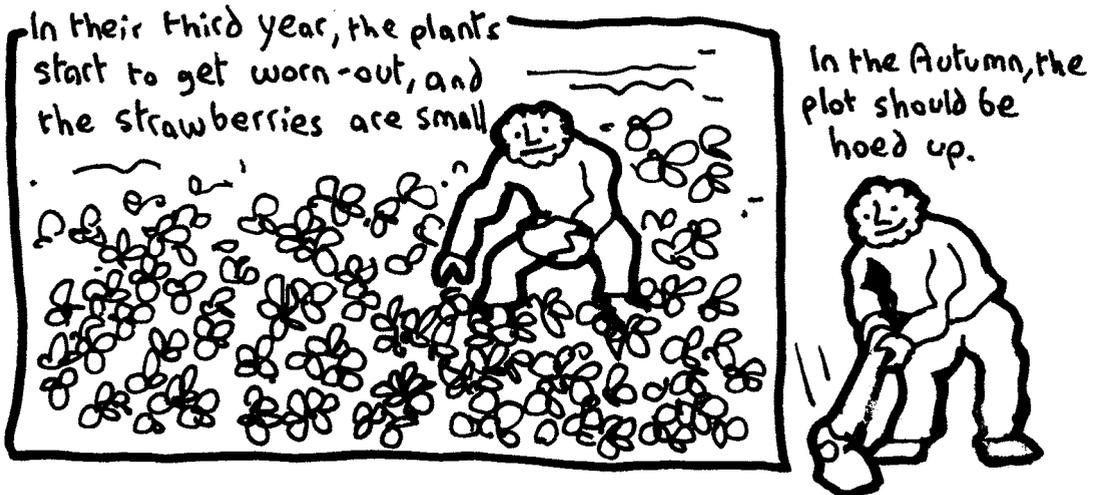
In Autumn, plant vigorous runners from 1-year-old plants. The following Spring they should give a small crop. You may want to protect them in their first year with netting.



It is really in their second year that the plants are at their best. The bushy leaves should help to hide the strawberries from birds.



In their third year, the plants start to get worn-out, and the strawberries are small. In the Autumn, the plot should be hoed up.



garden is because they taste so much better than shop-bought fruit, which is usually grown in polytunnels using hydroponic techniques.

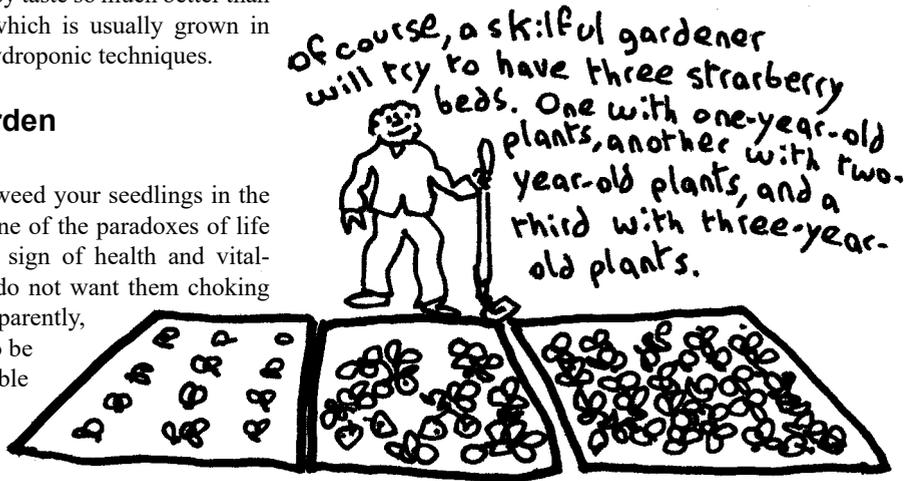
## May in the Garden

### Weeding

Now is the time to weed your seedlings in the vegetable garden. One of the paradoxes of life is that weeds are a sign of health and vitality – but we really do not want them choking our young crops. Apparently, weeds are proving to be the one insurmountable problem in modern organic agriculture: you can improve soil quality by adding organic material, and this means that plants grow well without chemical fertilisers, and do not have to be treated with pesticides and fungicides. But the conditions that are good for your plants are also good for the weeds, and you often identify an organic field by the catastrophic presence of rampant weeds. This need not be a problem for a gardener growing food for themselves and their family and friends. Remember to mark the rows when you sow the seeds, and hoe between them as soon as the seedlings come up. Then, while the plants are still small, work your way down the row, hand weeding. The small weed seedlings can be pulled up without disturbing your crop plants. If the weeds re-grow, you can hoe between the rows again, one or two times, slightly earthing up your plants. Later on in the summer – in July or August – it should not be too much if you have a few weeds growing amongst your vegetables - they provide a little extra nourishment for the birds and insects.

### Planting

If you have not got round to planting much yet, there is no need to worry. Most things that could have been planted in April will do equally well if planted in May, especially if we get a little rain over the next few weeks. Beans, courgettes, cucumbers, etc. can be planted from seed towards the end of the month. Frost-sensitive plants are best hardened at the end of May, and planted out in June



### Frost

There is still some risk of frost over the first two weeks of May. April was quite warm in general, so plants have been growing, making the risk of frost damage more acute. Keep an eye on the weather forecast, and if frost is expected, cover over sensitive plants, such as potato shoots, with straw or mulch.



Ah! A fresh strawberry in May, is a luxury indeed!

# Healthcare in France - How Does It Work?

In the UK, the National Health Service is fairly simple: you pay your taxes and the government pays your medical bills. Regardless of what your opinion is of the British healthcare system, it is undeniably easy to understand. Other countries, like the US, have no nationalized health service and require you to pay a private institution for insurance to cover any medical bills (like you would with car insurance).

When it comes to French healthcare, things are a little more complicated than that. Let's try to simplify it.

## 70% Reimbursed with a Carte Vitale

All residents in France can apply for a 'Carte Vitale' from the government, regardless of whether they have paid any "contributions sociales" (social charges) during their time in the country. The Carte Vitale is a medical card that essentially grants you the right to a refund on any medical bills, and prescribed medication, of 70%. If your visit to the dentist costs 100€, show them your Carte Vitale when you pay. In a few weeks you'll get 70€ back from the government.

However, while that 70% is the base rate for reimbursement, some things lie outside of that bracket:

- Medical Transport is usually 65% reimbursed.
- Hospitalization is 80% reimbursed if you're admitted for less than 30 days. From day 31 onwards you should pay nothing.
- Paramedic intervention is 60% reimbursed.
- Not all medications are considered equal, some are 100% refunded, others as little as 15%.

Simply put, you probably won't know how much you're spending, or how much you will get back, until it's all over. That's why most French citizens turn to a "Mutuelle" for extra security.

## Mutuelle Insurance

A "Mutuelle" is what you might refer to as "top-up insurance". Insurers will charge you a monthly fee to ensure that that final 30% (or more) is covered, meaning peace of mind and not having to worry about fluctuating medical bills.

Since these are private insurers, both prices and coverage can vary hugely. You might find one for as little as 15-20€ per month, but that probably won't cover things like dental care, eye tests and nurse visits. Others might cost as much as 100€ a month but include everything from free glasses to a physical therapist.

If you decide to get a Mutuelle, you'll have to do some shopping to find exactly what works for you. Also bear in mind that a "Mutuelle" and "Mutual Insurance" aren't exactly the same. While Mutuelle has become a blanket term for all companies offering health insurance, they aren't all Mutual Insurance companies. Mutual Insurance would mean the company is run not-for-profit. In theory, all profits are either retained within the organization or rebated in the form of reduced future premiums.

If you are with a French Bank, then ask them about health insurance. Many banks offer that service and they might give you a good deal if you're a pre-existing customer.

## Completely Free (CSS)

If you're not certain whether you can afford a Mutuelle, there's one last system in place to help you out. It's called the Complémentaire Santé Solidaire. In simple terms this is a healthcare top-up offered by the Government. It's designed for anyone who pays social charges but earns under a certain threshold. This is the perfect system for small business owners, the self-employed, part-time workers and unemployed people who don't quite have the funds yet to pay for their own top-up.

Since CSS eligibility is based on how much you earn, it is also able to transform into a paid top-up once you have the means to pay for it, based on a percentage of your income but never exceeding 1€ per person per day. So at the absolute most it will cost 30€ a month for individual coverage, and that's only if you're earning more than enough to cover that.

I have tried to keep this article as simple as possible, but am aware that there is a fine line between 'simplifying' and 'leaving out key information'.

If you need advice about applying for a Carte Vitale, picking a Mutuelle or checking your CSS eligibility, I may be able to help. I can be contacted via the contact page of the housemasters website.

*Francis Hoffmeister  
www.housemasters.fr*

# A Brittany Alphabet

by Hilary Bridewell

## E is for Eglise

In Plourac'h, our Eglise St Jean-Baptiste is also called the Church of Notre-Dame and Calvary, and is also nicknamed the Cathedral of the Argot. However, in his excellent book "Plourac'h 22 Eglise Saint Jean-Baptiste" the author Jean Paul Rolland calls it the former. It was classed as a historic monument on the 29th January 1912.

It had great importance during the Middle Ages and received several important donations, including a chalice in vermeil and a silver reliquary given by Duchess Anne of Brittany. The pillars of the nave date from the end of the 14th century. The windows and south porch are from the 15th century. The ossuary and bell tower date from the 16th century. The wooden vaults are carried by a cornice carved with fantastic animals and grotesque characters.

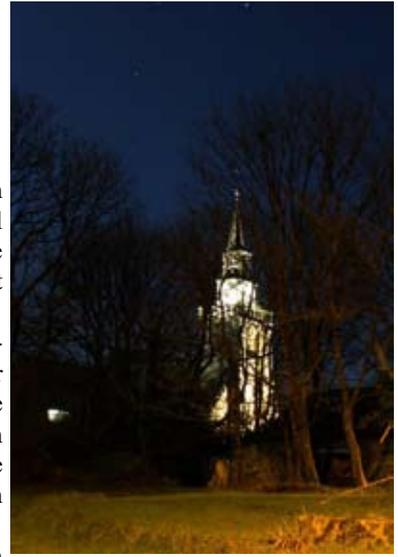
Next to the church, in the cemetery, is a Calvary built in the 15th century; the base is surmounted by three crosses bearing representations of Jesus and the two thieves. Below them, an angel carries the instruments of the Passion, and at the back, there is a scene of the flogging of Christ.

The south façade opens with a magnificent Gothic porch that houses, under richly crafted canopies, the statues of the 12 apostles with curiously curved and curly beards – except Saint John who is beardless. Several statues bear at their feet small, illegible coats of arms; St Peter is recognizable by his key (closest to the front door), St Andrew by his cross, St James by his shell and pilgrim's staff, and St John by his chalice with poisoned beverage, symbolized by a small dragon.

At the bottom of the porch, is a head of a figure out of whose mouth emerges the roots of foliage. On either side of the heavy carved door are venerable statues of Christ, the Virgin, St. Mark and St. Luke. The porch opens through a window lined with grids. The interior of the church contains beautiful polychrome wooden statues of Saint Guénolé, Saint Maudez, Saint Sebastian and the Holy Trinity. All of these are from the 16th century. There are also stone statues of Saint Adrian and Saint Margaret and especially a remarkable Pieta embedded in a corner of the north cross where the Blessed Virgin is dressed in the Breton mourning cape.



Photograph by Hilary Bridewell



Photograph by Graham Brown

The stained glass windows were recently renovated; this was done under the auspices of Yannick Lavor, the current mayor of the commune.

On one of the bells is carved a Swastika, I have been told two different stories concerning this: the first is that it was carved by a bored German soldier on lookout duty, and the second that it was carved by the mother of a Plourac'h resistance hero who was executed for storing guns in his house during WW2 and the date refers to the day he was shot.

My favourite part of the church is the carvings of the procession of wild animals, in the eaves of the Church; I often wonder who did them and are they going into the Ark?

# Art & Culture



**Sunday 1<sup>st</sup> May 5pm**  
**Concert of European Music, 5pm**  
**Les Halles Gouarec**

To celebrate May, the month of Europe, AIKB has organised a concert at Les Halles in Gouarec. The Fanfare Harmonie de Corlay, the Chorale Franco-Britannique de St Mayeux, and some guest soloists, under the direction of Carl Smith, have chosen European pieces to perform. The Chorale Franco-Britannique of Saint Mayeux will end the afternoon with the Hymn of Joy, the official hymn of Europe. *Free entry*



**8th Festival de Musique**  
**Itinéraires en Morbihan**  
**20th May to 5th June**

12 concerts in 11 communes in Morbihan. Concerts held in historic sites, giving each one a different atmosphere; baroque, romantic and contemporary music performed by established artists and new, upcoming musicians. Ticket prices from 8€ to 18€. Times & dates: [www.academie-musique-arts-sacres.fr](http://www.academie-musique-arts-sacres.fr) / Tickets: [www.billetweb.fr/festival-itinéraires-en-morbihan-2022](http://www.billetweb.fr/festival-itinéraires-en-morbihan-2022)



**Sunday 12th June**  
**The Green Valley Summer Market**

Callac, Espace Kan An Douar  
10am-5pm.  
Craft and plants stalls, vide grenier, live music, food & drinks, childrens' entertainment area and much more. In aid of the The Green Valley animal charity. To book a stall, contact: [events@thegreenvalleybrittany.org](mailto:events@thegreenvalleybrittany.org)

## Hetty's Kitchen

### Rhubarb and Orange Chutney

(makes about 3 lbs)

- 2 medium onions, finely chopped
- 350ml cider vinegar
- 5 whole cloves
- 1 cinnamon stick
- 1 orange
- 400g Demerara sugar
- 100g dried cranberries
- 75g sultanas or raisins
- 1 kg rhubarb

Pare the orange rind with a potato peeler and shred finely.

Cut the rhubarb into 2cm lengths. Split any huge stalks down the middle before cutting up.

In a large, heavy bottomed pan, stir together the onion, vinegar, cloves and cinnamon stick. Bring

to the boil over medium heat and simmer for 10-15 minutes until the onions are tender.

Add the orange rind, sugar, cranberries and sultanas to the pan and keep stirring until all the sugar has dissolved. Simmer gently for about 15 minutes until the syrup is thick. Discard the cinnamon stick.

Tip in the rhubarb and stir well. Cook very gently, stirring occasionally, until the rhubarb is soft but still holding its shape and just a small amount of liquid remains in the pan. A wooden spoon dragged across the bottom of the pan should leave a trail that closes over slowly.

Cool in the pan for 10 minutes, then stir gently before spooning into hot, sterilized jars. Seal immediately with vinegar-proof lids. Store in a cool dark place for four weeks to mature. Good accompaniment for cheese, ploughman's lunches and cold meats.

## Music Win Tickets

With 500 gigs in Europe and the USA under her belt, Gaëlle Buswel presents her husky blues voice along with energetic rock and blues co-headliners Howlin' Grassman vs Stompin' Bigfoot at 9pm on Saturday 14th May at La



Grande Ourse, St Agathon, Guingamp. To have a chance of winning a pair of tickets, answer the following question:

**Gaëlle Buswell was inspired by the voices of Joe Cocker and Janis Joplin. In 1968, which Beatles cover (featuring Jimmy Page on guitar!) catapulted Joe Cocker to a No. 1 and further fame and fortune?**

*Text answer with name and number to 06 02 31 29 41 by Saturday 7th May, when the draw will be made.*

*No correct entries were received for the Melvin Taylor competition. (Answer: Noel Redding or Mitch Mitchell). Moonlight Benjamin tickets (Answer: Rolling Stones), Trish Williams, Glomel*

**Friday 3rd, Saturday 4th and Sunday 5th June**

**The first Coup de Vent festival in Saint Nicolas du Pélem.** Vide grenier, plant sale, musicians, refreshments. To book a stall at the vide grenier contact [contact@vendeursdevent.com](mailto:contact@vendeursdevent.com) or 06 13 12 15 06.



### 18th Festival of Gardening & Agriculture Sunday 15th May

Belle-Isle-en-Terre Town Centre  
Plants, market, workshops, refreshments

Free entry

Organised by Eau & Rivières de Bretagne  
02 96 43 08 39



## “Cream Tea” Blondies

- 225g strawberries
- 50g white sugar
- 150 butter
- 25g sour cream/crème fraîche
- 275g brown sugar
- 2 large eggs, beaten
- 2 tsp vanilla essence
- 200g plain flour
- 1 tsp baking powder
- 175g white chocolate chips or chopped white chocolate

Hull and quarter 175g strawberries

Add to the white sugar in a pan with 1½ tbsp water. Over medium heat, bring to a simmer and cook, uncovered, for 15 minutes, stirring occasionally until the fruit is jam-like. Chop the remaining strawberries into small pieces and stir into the compote. Set aside to cool.

### For the blondies:

Grease and line a 20-22cm/8”-9” square cake tin and preheat the oven to 180°C/160° fan/Gas 4.

In a medium pan, melt the butter over gentle heat, beat in the brown sugar and crème fraîche and cool for 15 minutes. Gradually beat in the eggs and vanilla (Throw in a tablespoon of the flour if it starts to curdle), then fold in the remaining flour and baking powder until just combined (don't overmix!). Fold in the chocolate chips and spoon into the tin.

Drizzle the compote over the top, then swirl in with a knife blade to marble the mix.

Bake 35-40 minutes until the top is golden and slightly cracked. Cool in the tin and cut into 12-16 squares to serve.

*Hetty's Kitchen continued page 33*

## Photographing with the Rule of 3rds

Composition is the arrangement of objects within a given scene. It can be further enhanced by including colour, lighting, shape, texture, geometry, relationship, use of space, size and dynamic balance.

How these are used can change the style or sense of an image. They can also be used to affect how a viewer may feel when looking at the image.

Many of the Compositional Styles used in art and photography have been given a name. One that is very popular is called the *Rule of 3rds*. It is popular because the elements in the scene are arranged to be pleasing to the eye and create a harmonious overall effect.

Some of the world's famous paintings and painters, from Dali to Van Gogh, follow this style and it is also used in television and movies.

So how do we compose the scene for our photograph ?

Imagine a noughts and crosses game. The grid that is used is the same as the Rule of 3rds grid !

First the scene is divided into 9 equal areas. The interesting areas, or the subject is placed where the points, or third lines in the vertical and horizontal, meet.

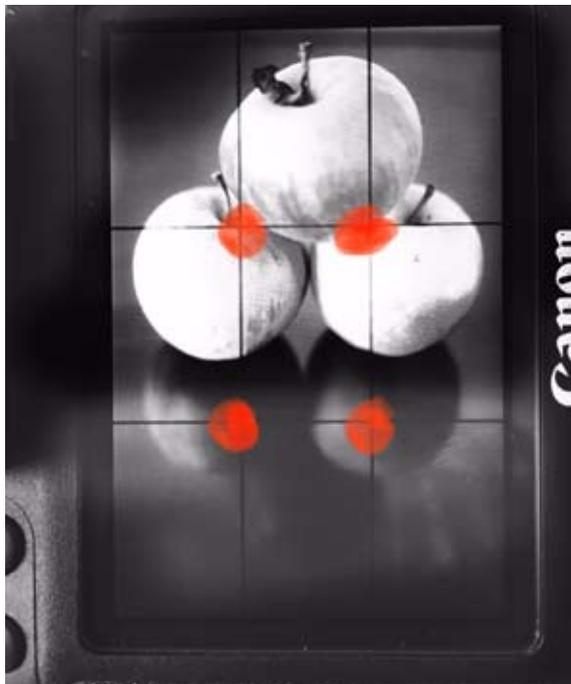
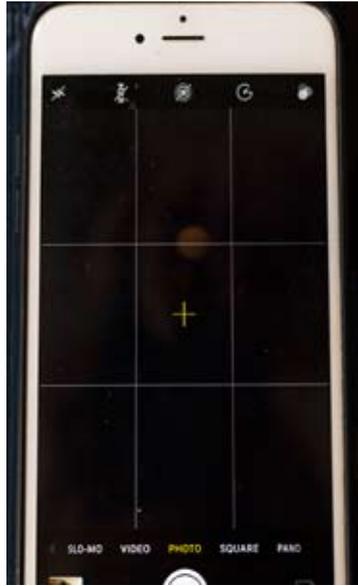
The great thing nowadays is that most 'phone cameras and digital cameras have this grid built into the viewfinder. This allows easy subject arrangement for this compositional style.

The scene can also be divided into blocks using the 3rds. An example would be a view of a sunrise with the land in the lower 3rd and the clouds and sky filling the middle and top 3rds.

It can be especially effective with landscape pictures and when photographing flowers, animals and people.

By using other elements such as colours, light and shade, different textures, etc, along with the Rule of 3rds, you can start to make your photographs really pop !

Although it is called a rule it is really more of a guideline to help improve the structure of your photographs. Why not give it a try and see the difference it can make.





*Facing page: Phone camera grid; 3rd grid on camera screen; three apples. This page: Rye; Hyacinth; Dandelion; Dog in field*



*Paul Nicholson is a member of the AIKB Photography Club. To find out more about the Club and its activities e mail [aikb.hopmg@gmail.com](mailto:aikb.hopmg@gmail.com)*

# Way Off the Beaten Track

## Heart of Europe 2 – Breisach and its Minster

I left you last month having just boarded a luxury river cruiser on the Rhine at Basel in Switzerland. Having unpacked, we met our travelling companions in the spacious and largely empty lounge for an aperitif. The pianist – Bulgarian as it turned out – was playing light music. Talking to him later, we discovered that he was a really classical musician “filling in”. On one occasion we caught him practising the moonlight sonata, an appropriate accompaniment to a cruise on the Rhine, and he was very good.

Dinner was in the restaurant on the deck below. Given the disproportionate number of crew (48) to passengers (33) the service and food (and wine) were excellent, although I think they would still have been had the boat been full. During dinner we eased gently away from our mooring and headed north. (Sailing down-river yet heading north creates a rather bizarre and totally illogical sensation at first.) Returning to our cabin after dinner, we found that the bed had been turned down and that there was a picture of a roaring fire on the television. A nice touch for a December night. We later discovered that we could switch to pictures from the fixed camera on the bow to observe our progress through the spectral riverscape.

Our first stop was Breisach about 65 km north of Basel. We awoke in an unprepossessing industrial area a couple of kilometres from the town. However, the stop was not chosen for its scenic qualities, rather its proximity to Colmar, the first of the Christmas markets that were the object of the cruise for the majority of passengers. Breakfast was buffet style and better than any hotel buffet I have known. And as a reminder that Covid was still messing up our lives, a crew member took our temperature each morning. (Perhaps the international community should unilaterally add a Covid Rampant to the Chinese flag, since most scientific opinion now points to China and the Chinese government’s chronic mismanagement of the burgeoning pandemic that has visited this blight on us and their own people.)

Afterwards I went walkabout. Leaving the port, the road runs towards the Munsterberg, a hill rising steeply from the plain and dominating the landscape. A tatty reproduction of the Statue of Liberty graces the forecourt of a Harley-Davidson dealership. Alongside there is a tired-looking Harley in a glass case with a leather-clad mannequin Fraülein sitting beside it.

Although I had done some homework before the cruise, I didn’t have a map, so I was not quite sure where the town centre was. Should I go round or up? I chose up, guessing that in former times it must have been fortified and potentially interesting. In fact, the Munsterberg has a long history of fortification having once been the seat of a Celtic prince and, as I have later discovered, an “oppidum”, as the main administrative centre was called back then. Subsequently the Romans also fortified it.

In ancient times it was an island and remained so



until the 19th century, when it was marooned like a beached whale by the massive hydro-engineering programme to make the Rhine more navigable. History – or at least the bit I read – does not record how the good burghers of Breisach reacted to losing their natural moat. The plain around it tended to flood, so it may have been welcomed by some. I would have been incandescent. (Nantes was subjected to similar ecological vandalism in the 1920s which I remain convinced was avoidable.) Breisach also narrowly avoided being the site of a nuclear power station in the 20th century, but the project was moved elsewhere and then abandoned.

At the top of the Munsterberg is the Munsterplatz. On one side stands the Rathaus, or town hall, and on the other the magnificent St. Stephen's Minster dating from the late 13th century. The town itself spreads westward on the plain below. Unsurprisingly it was badly damaged during the Allied invasion of Germany in WWII. Looking down I realised that I had made the right choice as I would not have had time to explore it, even had I found my way there.

And anyway, there was the Minster, with its twin towers dominating the plateau. The vaulting white walls of the interior make it extraordinarily luminous. The eye is drawn down



the nave to the stone roodscreen, in itself an intricate masterpiece. Initially it hides the astonishing high altar, making it all the more remarkable when it comes into view. Breisach's website describes it as "one of the most beautiful carved altars in Germany."

And some. While I am no expert, I have spent a lifetime exploring old churches and I have never seen anything like it. It quite literally caused me to catch my breath. Again I quote from the English translation of the website:

"The high altar was created between 1523 and 1526 by Master HL (Hans Loi)... The central shrine shows the coronation of Mary in an extremely lively representation. God the Father and Christ hold high above Mary's head a crown beautifully decorated with blossoms and angels playing music, the Holy Spirit is symbolized by a dove hovering above it."

Sadly I had no time to linger, for lunch and Colmar beckoned, but I could have gazed into its intricacies for an hour.

I made my way back past the grubby Statue of Liberty to the river. A journey through time from the spiritual marvels of German Renaissance art to the industrial banality of today. Each has its place, but I know which I prefer. A must if you are in the east.

*Richard Griffiths, rpgf@orange.fr*

# Exploring the Worlds of Beer and Wine

## WHO ARE THE CHAMPIONS ?

*“The most expensive bottle of wine ever sold - a 1787 Chateau Lafite Bordeaux, supposedly once the property of Thomas Jefferson - was sold at Christie's in London in 1985 for \$156,000.00. Like a lot of high-priced art, the bottle is essentially undrinkable” Robert Genn*

In last month's CBJ we noted that French wines are classified into three broad categories. Vin de France covers the most basic wines and imposes few restrictions on how they are made except that French grapes must be used. By contrast, Vin de Pays wines with regional appellations such as “Bordeaux”, “Burgundy” and “Loire” must meet specific requirements for how they are made. In the highest classification, “Appellation d'Origine Controllee”), vineyards must comply with detailed and stringent regulations for the sub-region, district or village in which they are located.

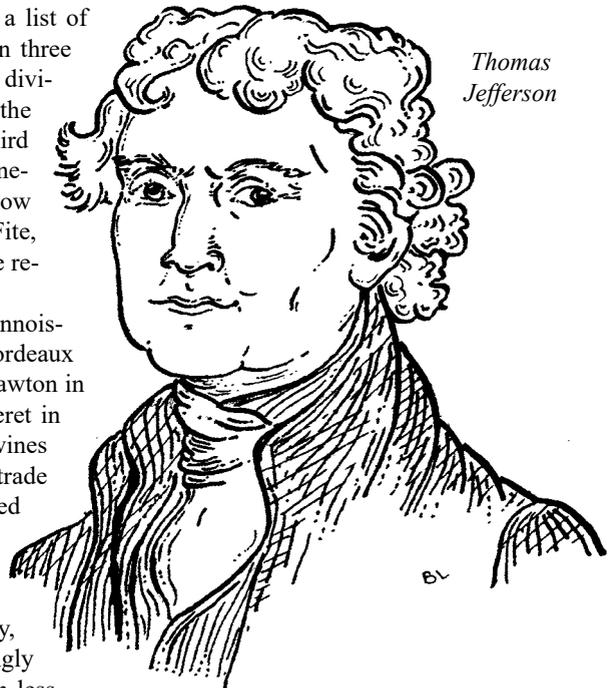
The origins of this classification system are relatively recent. In the late nineteenth century a devastating phylloxera epidemic decimated French vineyards and spread to the rest of Europe. This led to widespread fraudulent practices such as the adulteration of wine and passing off cheap wines as superior types. To combat this, in 1889 comprehensive codes were devised setting the wine standards and production methods allowed, and by 1937 the system included all the major wine regions of France.

Even before the phylloxera epidemic many attempts had been to protect France's reputation for making reliable wine. In the 1600's, as her wine merchants were expanding Bordeaux's export markets, the only information that was available to buyers was that the wine came from the Bordeaux region. Some estates such as Lafite, Latour, Margaux, and Haut Brion began to acquire reputations for making higher quality wines than other producers. Buyers began to look for these wines and merchants responded by drawing up unofficial rankings to promote sales - and charging more, of course!

In 1666 the owner of Haut Brion, Arnaud de Pontac came up with another original marketing idea: he opened his own tavern in London exclusively selling and promoting his own brand - surely the earliest example of a “tied house” in the drinks sector!

In 1797 the U.S. President Thomas Jefferson, a lover of Bordeaux wine, visited the region and came up with a list of Medoc wines that he ranked in order of quality in three divisions. He placed the “best” chateaux in the top division (“First Growths” in today's terminology) and the remaining chateaux in “Second Growth” and “Third Growth” divisions. Thomas Jefferson's top four vineyards were Chateau Margaux, La Tour Segur (now Chateau Latour ), Haut-Brion and Chateau de la Fite, (now Chateau Lafite Rothschild). Remarkably these remain among the top ranked estates to this day.

Throughout the nineteenth century other wine connoisseurs devised their own unofficial rankings of Bordeaux wines, such as Andre Simon in 1800, Guillaume Lawton in 1815, Wilhelm Franck in 1845, and Cocks and Feret in 1850. In 1855 Napoléon III wanted to display the wines of France at the Exposition Universelle de Paris trade show. Thousands of Bordeaux wine producers wanted their wines to be included and the public wanted to know which were the best. As no one could possibly taste them all an official classification was sorely needed to help consumers decide which to try, so the wine trade rolled up their sleeves and amazingly created the official 1855 Bordeaux classification in less



Thomas  
Jefferson



## AIKB Photography Club

*The results of last months AIKB Photography Club competition on the theme of "The rule of thirds"*

*Below: 1st place, Ulrika Landau, Above left: 2nd place, Safely into port, Don Taylor; Left: Joint 3rd place, Sunrise, Bernie Faiers; Page 6: Joint 3rd place Ulrika Landau, Guémené-sur-Scorff.*

*To find out more about the AIKB Photography Club, e-mail [aikb.hopmg@gmail.com](mailto:aikb.hopmg@gmail.com)*

than 2 weeks – an example perhaps to today's civil servants!

The 1855 classification included the sixty-one top, red wine chateaux in Bordeaux in five classes. The chateaux that topped this league table were Lafite Rothschild, Margaux, Latour, Haut-Brion and Mouton Rothschild (sound familiar?) Remarkably, in the ensuing 167 years the 1855 classification has required only two changes, one of which was to add an estate that had been accidentally omitted by the original draftsmen the year after it was published! Today, these leading Bordeaux estate wines sell for anywhere between 15 euros and 2,000 euros a bottle.

Although Bordeaux wines are almost always made with a blend of three grape varieties, Merlot, Cabernet Sauvignon and Cabernet Franc, this information is rarely shown on their labels, in contrast to the practice in most "New World" regions such as California and Australia - further evidence of the market power of a good Appellation d'Origine Controlee, especially one that includes a famous Chateau's name.

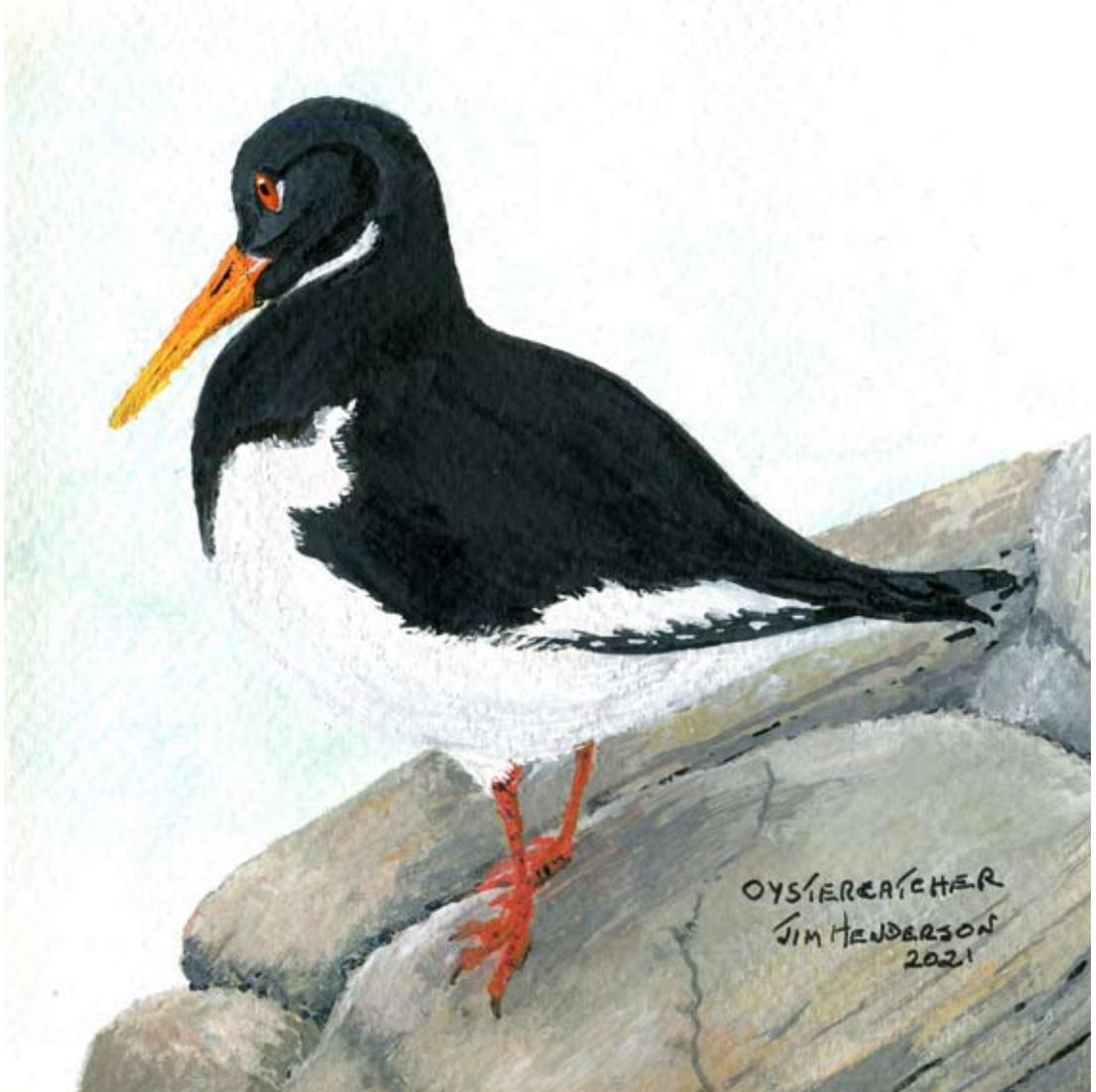
Questions or suggestions? We'd love to hear them!

*Roger Dawson ([rogeralan.rd@gmail.com](mailto:rogeralan.rd@gmail.com))*

## *Birds to See in Brittany: Oystercatcher*

French: Huitrier – Pie

Breton: Morbig



**W**e are medium sized coastal birds. We have a long powerful orange bill and our plumage is black and white or all black. We have long pinkish legs and three toes which are slightly webbed, and have a short tail and long pointed wings. We are good walkers and fast runners, and can swim reasonably well if necessary. The seacoast is our habitat, where we generally nest on rocks at the top of a sandy beach or in a patch of shingle, but we also breed inland on open grassland, usually by a river bank or the shore of a lake. Our nest is usually in a slight hollow or scrape in the ground, either completely unlined or with a scanty lining of plants, small stones or pieces of broken shell. At times, however, we are more ambitious and line the nest with plenty of grass, seaweed and other plants. Laying generally begins in early May, and there is only one clutch containing 2/4 eggs.

Both sexes incubate the eggs for up to 24-27 days and look after the young until they fledge in about 5 weeks. Our diet consists mainly of molluscs, crustaceans, insects and worms. A chisel on the tip of our bill is used to

# Hetty's Kitchen

## Potato and Celery Gratin *(for 4)*

50g butter plus 1 tbsp extra  
 1 tbsp grapeseed oil  
 2 bay leaves  
 1 large onion, chopped  
 6 sticks celery cut into 3cm/1" pieces  
 2 large potatoes, peeled and cubed in 1cm/½" pieces  
 ¼ tsp salt  
 ¼ tsp black pepper  
 Generous pinch of chilli flakes (optional)  
 50g plain flour  
 600ml milk  
 100g strong cheese, grated  
 10g parsley, chopped (or 2 tsp dried)  
 100g stale bread, grated or blitzed into breadcrumbs  
 50g walnuts, chopped finely  
 20g Parmesan cheese

Heat the oil and 1 tbsp butter in a pan. When melted, stir in the bay leaves and onion and cook for a few minutes over medium heat to soften the onion. Add the celery and cook for five minutes more. Toss in the potato cubes and increase the heat a little. Cook, stirring, until the potato starts to colour. Season with the salt, pepper and chilli flakes, then transfer the mix to an ovenproof dish.

Preheat the oven to 200°C/180° fan/ Gas 6.

In a saucepan, over low heat, melt the remaining butter. Once melted, stir in the flour and continue to cook gently for a couple of minutes. Add the milk gradually, whisking all the time. Keep stirring over low heat until the mix starts to thicken and bubble. Off the heat, stir in the cheese and parsley plus a good grind of pepper and a pinch of salt. Pour over the vegetable mix and nudge the veg so that the sauce coats everything and is evenly distributed. Sprinkle the walnuts on top. Mix the breadcrumbs with the Parmesan and scatter evenly over the top.

Bake 35 – 40 minutes until golden and bubbling. Stand for a few minutes before serving on its own with leafy salad or as a side with grilled fish or roasted meat.

## Roast Poussin *with cream cheese, sun-dried tomato and olive stuffing (for 2)*

2 whole poussins, oven ready and at room temperature  
 2 tbsp softened butter

### Stuffing:

150g cream cheese  
 1 clove garlic, crushed to pulp  
 2 sun-dried tomatoes, chopped  
 20g pitted olives, chopped  
 1 tbsp grated Parmesan  
 1 small bunch fresh basil, chopped  
 Finely grated zest of 1 lemon  
 2 tsp olive oil  
 Salt & pepper

Preheat the oven to 200°C/180 fan/Gas 6.

Combine all the stuffing ingredients in a bowl and season well.

Set the poussins with the cavities facing you and carefully prise away the breast skin from the flesh by getting your fingers underneath to make a pocket for the stuffing. Carefully push half the stuffing evenly under the skin of each bird and secure with toothpicks if necessary. Cut the zested lemon in half and push a piece into each body cavity.

Rub the softened butter over the outside skin of each poussin and season well. Roast for about 35 minutes, basting half way through. Test with a skewer to make sure they are properly cooked and the juices run clear.

Transfer to a wooden board and cover with foil to rest for ten minutes before serving.

***Bon Appétit***

chip through the hard shell of molluscs such as the oyster from which we get our name.

Our call is a strident “kleep” or “lie-eep”, while our song is a long whispering trill. We are one of a few species of bird that are guilty of “egg dumping” where we lay our eggs in the nest of another bird such as the seagull, thereby abandoning them to be raised by the other birds.

We are prone to a curious foot problem where weeds become twisted around our legs, thereby restricting the circulation and causing the loss of a toe or sometimes an entire foot.

*Jim Henderson*

**Solution**  
**Bridge Puzzle 40**  
**Double Squeeze Play** page 4

Full Hand:           ♠ 5 4 3 2  
                           ♥ 8 5 2  
                           ♦ K 3 2  
                           ♣ Q J 7

♠ A K 10 9 2     ♠ J 6  
 ♥ Q 3             ♥ J 10 9 7 6  
 ♦ J 7 6 5         ♦ Q 10 9 8  
 ♣ 6 3             ♣ 4 2



South is playing in 5♣. West leads the Ace, King and 10 of spades, East following with Jack and six of spades and then discarding the 6 of hearts.

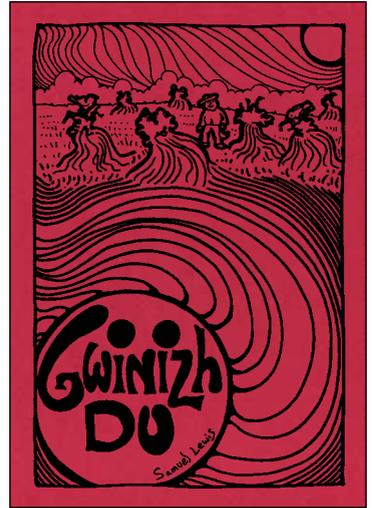
♠ Q 8  
 ♥ A K 4  
 ♦ A 4  
 ♣ A K 10 9 8 5

With 10 tricks on top, declarer needs to find one more for the contract. There are no finesses or long side suits available. However, declarer has the long club suit to run, and defenders can often find it hard to retain the right cards. Ruff the third spade, noting East's discard of the 6 of hearts. (Experts might assume this discard is from length and West may hold length in spades)

Then draw trumps, cash the Ace and King of hearts, and then play off all the trumps to reach the four-card ending underlined in the full deal.

On the eight of trumps West cannot afford to discard the nine of spades because of dummy's five so he discards a diamond. Declarer discards the five of spades from dummy and now it's East's turn to feel the pressure. He must retain the Jack of hearts because declarer has the four, so he also discards a diamond. The Ace, King and three of diamonds take the last three tricks.

This is quite difficult to do at the bridge table because you must watch and count the cards, especially the small ones. However, when there's little alternative play it's often a good idea to run the long suit and see the opponents struggle with their discards. You might get lucky.



**New book from**  
**Tim the Gardener**  
**'Gwinizh Du'**

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**Looking for a Home**



**Hisa:** Small female Beagle, aged 11. She was rescued when her owner went into care. Hisa gets on well with other dogs but has not had a lot of human contact and needs some training. Contact: Compassion Animaux Bretagne via their facebook page or Lovebest Refuge, Laurenan, tel 06 15 50 88 32.



**Hatchi:** Male Siberian Husky X, aged 7. Loves to run and play with a ball, and loves walking. Hatchi gets on well with children - even small children - and female dogs and cats. He is not good with some male dogs. Contact: APAA Trégrom tel 07 78 39 99 27.



**Gibus:** Lovely male Teckel, 11 years old. He has no health issues and has the energy of a six year old. Needs a cat-free home and an enclosed garden. Contact: Compassion Animaux Bretagne via their facebook page or Lovebest Refuge, Laurenan tel 06 15 50 88 32.

If you would like further information about these or other dogs in the local refuges, please go to the Liberté Pour Chiens facebook pages or contact us on 02 96 72 26 53 and we will do our best to help.

**Classified Advertising** 25 words 3€ / **Colour Classified** 5€

## Classified Index

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## Animals

See **ANIMAL WELFARE** p.42

**LE BEAU CHIEN**, Dog grooming Salon, All Pet care considered, 15 km radius. Boarding of domestic pets. CCAD held (Certificat de Capacité Animaux Domestique) Siret: 52226624600019. Fiona, Corlay (22) Tel: 07 60 25 59 77. fiona@lebeauchien.com www.lebeauchien.com

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See **BED & BREAKFAST** p.46

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

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See **GARDENING** pp. 40-41

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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

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## Services

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**New Advertisers**  
*page 6*

## Translation & Advice

See **HELP & ADVICE** page 10

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Don't plant anything frost-sensitive outdoors before the last frosts on the 15th of May



**Property** *pages 53 - 54*

**Colour Classified** *page 54*

**Answers CBJ Quiz** *page 14*

**I: General Knowledge & Current Affairs**

- 1) Brian Cox 2) Froghopper 3) Poet Laureate
- 4) Italy 5) Forests and woodland 6) Sweden
- 7) The letter E 8) Western Australian Cricket Association 9) Wind speed (and direction)
- 10) Paul McCartney, Ringo Starr

**II: French Language & Culture**

- 1) Mardi (after Mars) 2) Chris Frome 3) Jean-Luc Mélenchon 4) New Caledonia 5) Réunion
- 6) Ouija (the other half's German, of course)
- 7) Bordeaux 8) Vierge 9) Alain Delon
- 10) Avignon

**III: History & Geography**

- 1) Dover 2) Sydney, Melbourne 3) Carthage
- 4) Crimean 5) Pig Hill 6) Benjamin Franklin
- 7) Tower of Babel 8) 1985 9) Westminster Abbey 10) Phoenix

**IV: Connections**

- 1) Das Boot (Italy) 2) Castles (Land of castles, Wales) 3) rainbow (South Africa) 4) Poets (Land of Poets, Chile (abba is a common rhyme scheme)) 5) Rising sun (Japan)
  - 6) Emerald (Ireland) 7) Hexagon (France)
  - 8) Love Island (Cyprus – Island of Love) 9) Sugar bowl (Cuba) 10) Dragon (China);
- Connection: countries' nicknames

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More GARDENING ads  
on page 55

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### Dog Grooming

Looking for a Home  
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## Removals

Watson European page 53

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### Solution: Chess Puzzle

*page 16*

1) Bb5!! Black must give up the queen to stop immediate mate by Bc6

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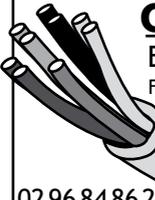
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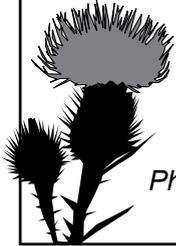
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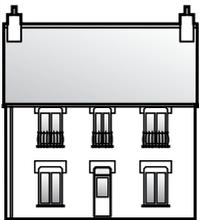
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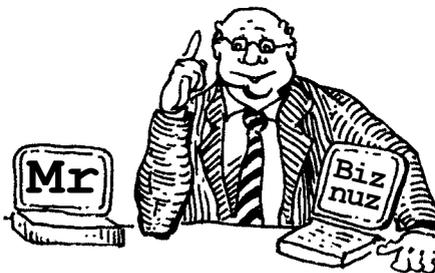
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more complicated. The Chinese government is reportedly still pursuing a zero-Covid policy, which is, apparently, supported by the majority of the population, even though an increasing number of health professionals no longer believe the policy to be viable. The media is reporting all sorts of associated problems, ranging from the ex-patriot business community being more or less obliged to leave the country, which could have a huge effect on East/West trade links, to confusion over what rules apply where. Some accounts report a drive by companies to keep business going at almost any cost (including having workers sealed into factories,

with no contact with the outside world for weeks on end) while government officials are maintaining transport restrictions that make it impossible for factories to be restocked with raw materials, or to export their products. To complicate matters, Covid restrictions have made it difficult to get accurate data about business activity in China, and it is unclear in what ways the Chinese zero-Covid policies might affect global supply chains over the coming weeks and months - but it seems that the impact of Covid on business activity is far from over.

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## Tim the Gardener

Growing Strawberries  
pages 19-21



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Strawberries, see *Tim the Gardener*, pages 19-21

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