

Issue 217

July 2022

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# Central Brittany Journal



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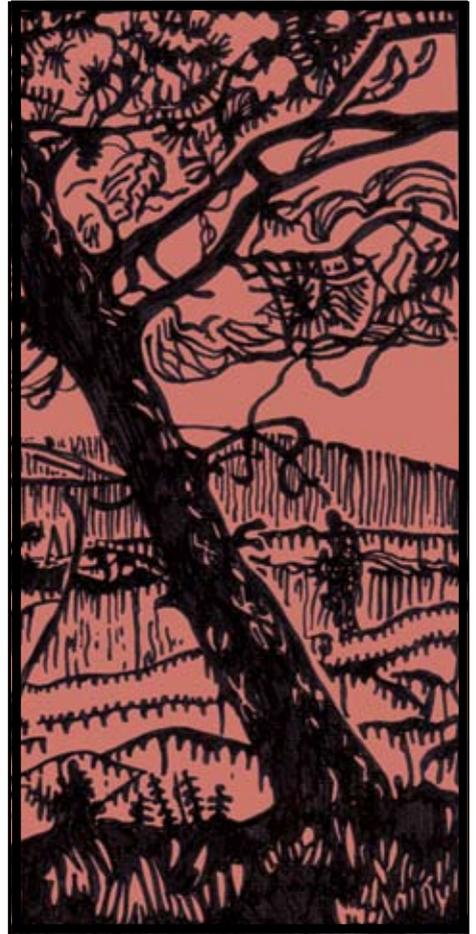
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**The Old Tree.**  
Copy of a woodcut by Jeanne Malivel 'Le Vieil arbre'.  
Pen and ink drawing by Samuel Lewis  
See article on pages 20-23

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## Jeanne Malivel

pages 20-23



## Brittany's Hawk Moths

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## Redstart

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## G is for...

### Guerlesquin

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**25th July**  
to  
**12th August**

**In the Mairie & Office de Tourisme of Belle-Isle-en-Terre**

**Free Entry**



## Contributors: JULY

Dan Lewis	Bridge Puzzle	6
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Kevin Brule		
	Photo of the Month	back page

## Editorial:

This month's article about Jeanne Malivel, who was probably Brittany's most celebrated artist of the twentieth century, provides a timely reminder of mankind's long quest in search of the perfect form of government. Although passionate about her native land, and closely involved with people who became involved in radical politics, she does not herself appear to have believed that they had a solution to the question of how Breton society could be run in everyone's best interest. Issues of governance are in the news again as both Britain and France seem to have reached something of an impasse in their respective forms of democracy. Given the challenges with which we are now faced (perhaps at least partly due to many years of bad government?), now might be the time to think creatively about the sort of world in which we would all like to live, and how it might be achieved. We have tried a top-down approach, and it hasn't worked, so it might make sense to try to start making something work locally, and then to build upwards.

The deadline for contributions for the August issue should be sent in by the 20th July if possible, but there is a little room for manoeuvre this month, and I will try to find space for material arriving up until the Friday (22<sup>nd</sup>).

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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6 Bridge Puzzle

# Bridge Puzzle 42

**Trick Two**

Dealer East	EW	Vulnerable
W	N	E S
Pass	2♣	Pass 1♠
Pass	4♠	Pass 2♣
		All Pass

West leads the K♣.

What's your plan?

Solution page 52

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

♠ Q 10 7

♥ Q 5

♦ K Q 8 4

♣ A 9 6 3

	N	
W		E
	S	

♠ A K J 8 3

♥ 6 4 3

♦ A 6 2

♣ 5 2



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## Hetty's Kitchen

Page 33

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## New Advertisers: July

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Exhibition, Resistance museum,  
St-Connan .....p.4  
Jodie Redon Leggett agent .....p.53  
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The Place to B&B.....p.6  
Your French Business.....p.10

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8 What's On

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## Help & Advice page 10

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# What's On in July

## Fri 1 - Sun 3 July

### Saturday 2nd July - 30th October

**Exhibition.** The water gardens of Mael-Carhaix will be hosting an outdoor exhibition throughout the Summer, featuring 20 animal portraits by local artist Alain Goutal and metal sculptures by Manu Chouffeur. Free to view and open at all times.  
Jardins de Kervezenec, Mael-Carhaix.

### Sunday 3rd July

**Top Gun: Maverick.** Callac Cinema. In English with French subtitles. Starts 8.30pm

## Mon 4 - Sun 10 July

### Tuesday 5th July

**Royal British Legion Monthly Social** at the Relais de L'Oust, Josselin. Open to non-members as well as members, lunch, quiz, bric a brac, book, 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).

### Thursday 7th July

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

### Friday 8th - Sunday 10th July

**De Jam en Jazz Festival**, Espace Kan an Dour (by the lake), Callac. Concerts on Friday start 6pm, Saturday 5pm, Sunday 4pm. On Saturday there will be a small craft market from 2pm -6pm. To book a stall contact [association.argoat@gmail.com](mailto:association.argoat@gmail.com), or ring Colin on 06 49 56 40 54. Organised by the Association Argo'Art, with the support of the Commune de Callac.

### Friday 8th July

**Chinese 3 course meal.** Starts 7pm. Starter of chicken / veggy nems served with sweet chilli dip on a bed of salad or veggy chinese noodle soup with prawn crackers. Main course, chicken or veg chinese curry. or chicken or veg chinese sweet and sour. Dessert ice cream gateau. 16€ per person. Bar Le Pommier, Landelau.

### Friday 8th July

**Fest Noz** celebrating 10 years of Titom. Chapel Pempinod, Bourbriac. Starts 7pm. Entry 10€. Refreshments and food available.

### Sunday 10th July

**6 km Walk**, from the landes of St Maudez (Plourac'h, 22) to the ruined mill. Songs and performers all along the route. 2.30pm-5pm. Start from the landes de St Maudez parking area, Lieu-dit Coatrescar, 22160 Plourac'h. Entry 5€. Organised by ARES.

**Sunday 10th July**

**Tim the Gardener's Summer Open Day.** 10am-4pm (bring-your-own picnic if you plan to be there over lunchtime).  
Le Nezert, 22160 Duault. For more details please ring  
02 96 21 58 40 (9-12, mon to fri) or contact thecbj@orange.fr

**Sunday 10th July**

**Elvis** directed by Baz Luhrmann and starring Austin Butler and Tom Hanks. Starts 8.30pm. Rostrenen Cinema. In English with French subtitles.

**Mon 11 - Sun 17 July**

**Tuesday 12th July**

**Quiz at Le P'tit Pelem,** St Nicolas du Pelem (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.

**Saturday 16th July**

**House clearance,** moving back to UK everything must go.  
10am to 6pm. At Kervran, Berrien 29690 near Kernon. Washing machine. Tumble dryer. 3 king size beds. Single bed with Teddy bear headboard. 2 x wardrobes. 3 x Ikea bedroom drawer units. Small wooden dining table and chairs. Kitchen crockery, cutlery and glass wear. Electric food mixer. 3-piece navy leather suite. Cement mixer. 2 wheelbarrows plus other small tools and garden equipment etc. etc.

**Thursday 14th - Sunday 17th July**

**Festival des Vieilles Charrues,** Carhaix.

**Saturday 16th & Sunday 17th July.**

**Festival ' Binettes Yaouank'.** Tremargat (22110). Open-air festival featuring music, artisanal market, theatre and workshops. Food and drinks served all day. The event takes place in the field in the centre of the village.

**Sunday 17th July**

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

**Mon 18 - Sun 24 July**

**Friday 22nd and Saturday 23rd July**

**Grand Garage Sale** (due to house sale)... furniture, knick-knacks, mirrors etc. Everything must go! Free refreshments. 11am onwards. Le Cosquer, Bonen, Rostrenen, 22110 LivingSpace@live.co.uk for directions.

**Sunday 24th July**

**Vide Grenier and Local market.** Saint-Nicodeme. Food & bar. 8am-1pm. Organised by Epicodeme 06 33 34 07 49

**Sunday 24th July - Saturday 30th July.**

**Exhibition of 20 floral and undersea works by local artist Richard Barron** (two other artists will also be exhibiting.) 10.30am - 1pm and 4.30pm until 7.30pm . Loc-Art Gallery, Loctudy, on the south coast of Brittany

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

## 10 Spotlight on Brittany

### Mon 25 - Sun 31 July

**Monday 25th July - Friday 12th August**

**10th Art Exhibition.** Brenda Hayes & Ann Marie Ray. In the Mairie & Tourist office of Belle-Isle-en-Terre. Free Entry

**Thursday 28th – Sunday 31st July**

**Fest Jazz 2022.** The annual jazz festival in Châteauneuf-du-Faou. Buy tickets at [www.fest-jazz.com](http://www.fest-jazz.com).

**Sunday 31st July**

**Artisan and craft market,** Saint-Gilles-Pligeaux. Local products, crafts, books and artwork. (places still available for local craftspeople - 06 21 14 50 32). 9am-6pm.

**Sunday 31st July**

**Belle'Fest.** Art and Craft Market. 10am-7pm. In the streets of Belle-Isle en Terre, around 'Les Halles'.

### August

**Friday 5th, Saturday 6th and Sunday 7th August**

**Jazz in Langourla.** Open-air jazz festival. See advert on page 4. [www.jazzinlangourla.com](http://www.jazzinlangourla.com). [reservations.jazzinlangourla@yahoo.fr](mailto:reservations.jazzinlangourla@yahoo.fr)

**Sunday 7th August**

**'Fete du Bois',** Ecomuseum of Pledeliac. Traditional crafts fair, featuring woodland and wood crafts. 12pm to midnight. 5€ entry (under 12s free). Food and drinks on site. 61 Le Saint Esprit des Bois 22270 PLEDÉLIAC. Tel 02 96 34 80 77.

## Spotlight on Brittany:

**July:** On this month's programme, whilst it might be holiday time for students, 'school is not out' for you listeners, as we learn more about INSEAC, based in Guingamp, from teacher, Linda Watson and student Zalihata, and how the newly renovated former prison in Guingamp, featured in their Art Exhibition there. Then our number one professor of music, Carl Smith, takes us on a tour of Spain where we hear a diverse range of regional music and the story behind it. Your feet will be tapping! All this and more 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 09h30. More simply perhaps, you can listen anytime to this month's programme by following the links on our website: [www.spotlightonbrittany.fr](http://www.spotlightonbrittany.fr)

# Letters

## Foot Passengers

Not so long ago I had to go to the UK as a foot passenger from St. Malo to Portsmouth and back again. Both crossings were overnight ones, and as I never sleep on these journeys I passed the time writing a little poem on one of the trips. It is just for laughs and if you do print it, please can you keep it Anonymous!

*We are a special crowd  
Boarding early is allowed  
A motley crew  
A chosen few  
The be-fleeced grey-heads  
Tippy and ready for bed -  
And definitely un-wired!*

*Guided by those of Orange Hue  
For the Ferry Bus we queue  
Then pass with gratifying smugness  
Weary lines of cars, the people wine-less  
Whilst we a happy herd : -  
For we are the elite  
We travel on our feet!*

M. Sakka

# Animal Welfare

## Looking For a Home

Three very interesting dogs featured this month, very different but all lovely. Anyone thinking of taking one of them on will be well rewarded with affection and friendship. There are plenty of other boys and girls in our local rescues needing new homes, so if you are considering having a prrt please check them out.

see page 53



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# Tax & Investment

## Making a home in France? Six financial essentials to consider

If you are quite new to living in France or in the process of organising your move here, you probably have a list of jobs to get through. While it may seem long enough already, you need to include a wealth management review on the list. It is important to adjust your tax, financial and estate planning for your new life in France and spending a little time on it now will reap dividends and give you peace of mind.

If you have been living here for a while, when was the last time you reviewed your financial planning? Are you sure it is up-to-date and specifically designed for your life in France?

### 1) Residence

There are two concepts of residence you need to be aware of and plan for, legal residence and tax residence. Make sure you understand the rules for French tax residency and, if you meet any of them, that you correctly declare your worldwide income, gains and property wealth as required by French tax law.

### 2) Tax planning

The headline rates of tax in France can be high, but the tax regime does offer opportunities to lower your liabilities, from the parts system for general income, to tax-efficient arrangements for your savings and investments.

Do not presume that what was tax efficient in the UK is tax efficient in France. You may need to convert existing arrangements to ones more suitable and effective for French residents.

### 3) Property

If you have not yet moved to France, investigate whether you are better off, tax-wise, selling your UK home while UK or French resident.

How your own French property can have unexpected tax and inheritance consequences. Explore all ownership options to determine which is best for your family situation.

If your household's worldwide real estate portfolio

amounts to over €1.3 million, you will be liable for France's annual property wealth tax.

### 4) Inheritance taxes and estate planning

French succession tax can be high, up to 60% for distant or non-relative, and succession law imposes forced heirship.

Take professional advice to help ensure your wishes are carried out and your assets will pass to your heirs with as little tax as possible.

### 5) Your investment portfolio

Review your savings and investments to check they are suitable for you now. Are you holding the right spread of assets to meet your objectives, time horizon and risk tolerance? Do you need to hold more assets in Euros and diversify away from UK shares and bonds?

### 6) Pensions

Review your pension funds and the options available to consider how to maximise your retirement savings.

Living in France presents opportunities. For example, you may be able to transfer your UK funds into a Qualifying Recognised Overseas Pension Scheme (QROPS) which can provide various benefits. Note also that under certain circumstances, France only levies 7.5% income tax on pension lump sums.

The sooner you review your finances, the sooner you can get on with enjoying life in France.

Taking professional guidance from a locally based adviser will ensure you have all the facts and understand your options.

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

*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)*

#### Wednesday 27th July

Art workshops with  
Marine Bonnier, local artist  
Water gardens, Mael-Carhaix

#### Linocut workshop

10am - 12pm. (14yrs+)  
Materials provided, 10€.

#### Drawing workshop

2.30pm - 4.30pm  
For beginners, free.

Reserve with text:  
06 37 43 54 56



# CHURCH AND COMMUNITY

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## CHRIST CHURCH BRITTANY

Acting Chaplain: Rev Jeremy Cross,  
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))**

- 3rd – 3rd after Trinity – Zoom service 10am
- 10th – 4th after Trinity – Holy Communion 2.30pm
- 17th – 5th after Trinity – Zoom service 10am
- 24th – 6th after Trinity – Holy Communion 2.30pm

**31st – 7th after Trinity – Zoom service 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  
**3rd – 3rd after Trinity – Word and Worship 11am**  
**10th – 4th after Trinity – Holy Communion 11am**  
**17th – 5th after Trinity – Word and Worship 11am**  
**24th – 6th after Trinity – Holy Communion 11am**  
**31st – 7th after Trinity – Holy Communion 11am**  
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)

**10th – 4th after Trinity – Word and Worship 10.30am**  
**24th – 5th after Trinity – Holy Communion 10.30am**  
For more details contact [redon@churchinbrittany.org](mailto:redon@churchinbrittany.org)

## ROSTRENEH

**Word and Worship services in the salle paroissiale, 4 Rue Joseph Pennec, Rostreneh. Holy Communion services in the Chapelle du Collège de Campostalat, 5, place du Bourg Coz, Rostreneh (off Rue de la Marne)**  
**3rd – 3rd after Trinity – Zoom service 10am**  
**10th – 4th after Trinity – Holy Communion 10.30am**  
**17th – 5th after Trinity – Zoom service 10am**  
**24th – 6th after Trinity – Holy Communion 10.30am**  
**31st – 7th after Trinity – Zoom service 10am**  
For more details contact:  
John Cullingford 02 56 43 11 27 [cullingj47@gmail.com](mailto:cullingj47@gmail.com)

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

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

# CBJ Quiz

Target: 20 points. Answers page 39

Set by Jon Chambers: jonchambers1825@hotmail.com

## I: General Knowledge & Current Affairs

- 1 Which science-fiction film of 1999 demands choosing between the red pill and blue pill?
- 2 What is the two-word term used to describe a one-off levy by the government on the unforeseen and largely undeserved revenues made by some companies?
- 3 Which Edinburgh company manufactured the original Walnut Whip, from 1910 at their Beaverhall Road factory: Cadbury's, Duncan's, or Fry's?
- 4 Which American space telescope was launched in 1990 and is named after a US astronomer who lived from 1889 to 1953?
- 5 Which £89 million midfielder was released by Manchester United last month on a free transfer?
- 6 Which national team will make their first World Cup appearance for 58 years in Qatar?
- 7 What shape is an object that's 'lenticular'?
- 8 What plant has the Linnean name *Papaver somniferum*?
- 9 Which spirit is used to fortify port?
- 10 Which Russian novelist faced a firing squad – only to be reprieved at the very last moment: Dostoyevsky, Pushkin, or Tolstoy?

## II: French Language & Culture

- 1 How is the organisation l'Otan known in English?
- 2 Which famous French street artist died in May aged 66?
- 3 What is the only French possession that shares a border with The Netherlands? Clue: It's in the Caribbean.
- 4 Franky Zapata had a watercraft accident at the end of May. What is his nickname?
- 5 In French, the film is *Orange mécanique*. What is it in English?
- 6 What art medium is aquarelle?
- 7 French manufacturer Michelin are currently developing the 'Tweel', a portmanteau word. Which two elements make up its name?
- 8 Which distinctively Breton icon was designed in 1923 by Morvan Marchal? Bonus: What is it called in Breton?
- 9 La Cité Mariale, or the Marian city, is the nickname of which town in south-western France?
- 10 You may well find houblon listed as an ingredient of your beer. What is it?

## III: History & Geography

- 1 Ships (and people) made in Newcastle are known as Geordies. Where were ships called Jamies built?
- 2 In which country is Europe's largest solar farm? (It's the 16th largest in the world.)
- 3 What term is used to describe a victory that comes at great cost?
- 4 Nauru, the third smallest country in the world and located in Micronesia, tops the world list of countries with the highest: life expectancy, gun-crime, obesity, or GDP?
- 5 Which British PM once played cricket for Middlesex?
- 6 Which year in the 1920s is the most important to back-bench Tories?
- 7 Which currency was immediately preceded by the Reichsmark?
- 8 Which US National Park flooded in mid-June?
- 9 Which educational and environmental centre near Machynlleth, Wales, celebrates its 50th birthday next year?
- 10 TV history: James Alexander Gordon was the voice of football in what specific way?

## IV: Connections

- 1 What is the shortest village name in France? Clue: It has just one letter.
- 2 In respect of Communism, what two-word term was coined by Winston Churchill in a speech in Fulton, Missouri, in March 1946?
- 3 Which Liverpool FC striker was born on 15 June, 1992?
- 4 Which play by Tennessee Williams won the 1955 Pulitzer Prize? A 1958 film of the play starred Elizabeth Taylor and Paul Newman.
- 5 What is the international vehicle registration code for Cuba?
- 6 What is the literal meaning of the name, Argentina?
- 7 What is the Chinese unit of distance that's equivalent to 0.5 km?
- 8 In Greek mythology, he's Hermes. What's his Roman equivalent?
- 9 What slang term for a policeman is first recorded in 1704? The term derives ultimately from the Latin for 'to catch'.
- 10 What is Italy's longest river? It flows eastwards across northern Italy. What is the connection?

## Less Insolent Than I Thought, maybe

**M**y diatribe against recalcitrant authorities gave rise to a very helpful email from a reader who has also had to register a last-ing power of attorney with First Direct and was able to supply a contact number for the correct department. (You may recall that my wife dared not approach them in case the bank froze the account as had happened with her mother's NatWest account.) She rang the number and to our astonishment it worked like a charm, or seemed to. Her interlocutor undertook to pay expenses relating to care on submission of invoices and to cancel two outdated standing orders. And we confirmed the conversation and instructions by letter, however, although my wife and her sister had already submitted sworn proof of identity, both were required to upload it again.

Simple, you would have thought. Alas, no. 18 months ago, our less than inspired municipality numbered the houses in all the lieu-dits, but then failed to register them in the national database. As requested, we had dutifully added the number to our address at the time, but were challenged by First Direct because the address on the bank statement my wife had provided did not correspond with the address of the subsequent correspondence. The individual from the "identity department" was unable to grasp that adding a number did not actually "change" the address. I fear the simple question was way above her paygrade. Stymied at every turn. We think we have now resolved the issue and await the next phase with bated breath. It is always interesting to receive feedback, good or bad, or, as was this, useful. Thank you, kind reader.

*Richard Griffiths*



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# Limericks

## Television Cookery Programmes

*Cordon bleu cooking can be very clever,  
Often resulting from great endeavour,  
But rarely a plateful,  
Occasionally distasteful,  
Un-economic for most family budgets, however!*

Cyril Young, Saint-Nicolas-du-Pélem

*When our television host chefs start to get to work,  
A broken sauce, ticking clock, the tempo goes berserk.*

*I like to watch them all,  
But then stare at the wall,  
Ideas gone, all zeal lost, I feel such a berk.*

Sally Wilson, Rosporden

*Ramsay, Oliver, Martin and Stein,  
TV celebs who love to fine dine,*

*One who was Galloping,  
Floyd's wine-sizzle-scalloping,  
But Delia's really the favourite of mine.*

Gerard Dunmoore, Pontivy.

*Once known for bad grub, we're now firmly on the map,  
Now all think they're master chefs: for pros a real slap,*

*If we Brits just learn to cook,  
That's a bonus in my book,  
Rather pseudo-gourmets than a country eating cringe-worthy food.*

Steven Daniels - St. Brieuc

*Count up the TV cook shows – there's an awful lot,  
All about the stars and how many views each got,*

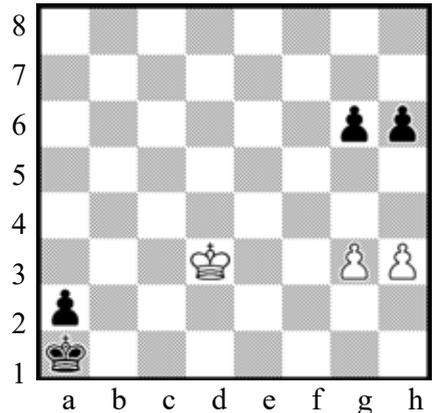
*But hot food on a tray  
And that was every day  
Makes school dinner ladies real stars – may they never be forgot.*

Gerard Dugdale, Gourin

## Chess Puzzle

White to play and win.

Hint  
First trap in the black king and then deliver checkmate with the queen, when she arrives!!



Solution page 54

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

*For years now TV chefs came through,  
With meals that saved a bob or two,  
But all this effort now seems lost.  
For if it's all about the cost,  
Then who would use "Deliveroo?"*

Jim Henderson, Carhaix

### July Limerick Challenge: 'Friends' (on social media)

Please send limericks on this theme by the  
20th June to: [info@thebj.com](mailto:info@thebj.com)  
CBJ, BP4, 22160 CALLAC

**Across**

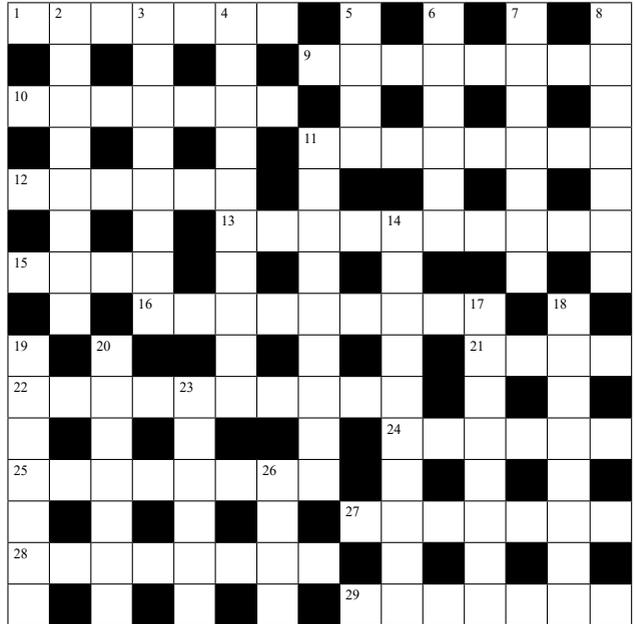
1. Rose is the one giving the drawn-out speech (7)
9. Nothing remaining from fire around very cool time of year (8)
10. Fellow sets out to get fruit (7)
11. Ornamental outline in old mug, unusually (8)
12. Youngster the first to become an artist (6)
13. Borrowing against one's property free of charge? (2,3,5)
15. Said to be the top dog? (4)
16. Keep on editing paper? Not I (9)
21. Cricket ground where there's a duck, a five and a fifty (4)
22. Misguided oboist has ruse to appear wildly exuberant (10)
24. Iona unexpectedly caught in the middle of a lawsuit (6)
25. Allow new development sites to begin in areas close to sea level (8)
27. Rogue gets in at the back of the house (7)
28. Drink to celebrate top cover for retirement? (8)
29. Feeling bad, so has made reparation (7)

**Down**

2. Choppy sea in which scubas are used – you can count on them (8)
3. Seed kept in beat-up barge – makes a powerful sound! (8)
4. The voters choose to speak out (10)
5. Give Welsh lad a ring? (4)
6. Money made by breaking the law? (6)
7. Inclined to quibble over leaving out verb at random (7)
8. One is pressed to make a report (7)
11. Manage a posh term for figures of speech (9)
14. Ambassadors from the East fail to spot the sign (10)
17. Work below hill rewarded with a Spanish omelette (8)
18. Arrived after getting special vehicle to roll up in time for tea (8)
19. Sailor solitary as a snail in its shell (7)
20. Has their sense of their own importance gone to their heads? (7)
23. Drinks, or food for a young child perhaps (6)
24. Can't win in this heat! (4)

# Prize Crossword

## July Dave King



**Solution June**

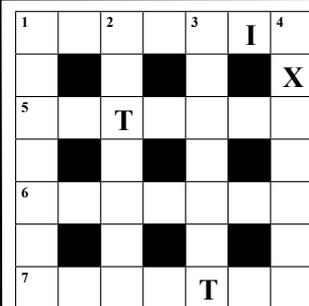
**Prize Crossword:**

Winner June prize crossword:  
S. Marsden Lanvenegon (56)

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



## The 'Little Toughie' Jim Henderson



**Clues Across**

- 1 Scottish curd cheese (7)
- 5 Of enormous size (7)
- 6 Dejected (7)
- 7 Ecstatic (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 - 3; D - 2; E - 4; G - 1; I - 5; L - 2; M - 2; N - 2; O - 3; R - 3; S - 1; T - 5; W - 1; X - 2

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

**Down**

- 1 Soft white cheese (7)
- 2 Pottery for writing on in Ancient Egypt (7)
- 3 Borders name for male sheep (7)
- 4 Stimulated (7)

18 Popular Phrases & Sayings: Keep

*Popular phrases & sayings involving the word:*

**KEEP**

**A** security saying from the Second World War asked us to “**Keep Mum, She’s Not So Dumb**” which came from the Ministry of Information in 1941. The security theme was paramount in both UK and US propaganda. Civilians along with military personnel were urged not to talk about war-related matters lest the enemy got to hear. Another version of this saying was “**Be like Dad, Keep Mum**”

These were presumably based on an older saying “**Mum’s the Word**”, meaning we are keeping silent on this matter. However this was from Shakespearean times and had nothing to do with Mum as in Mother, but is a representation of “MMMM” – the noise we make when lips are sealed.

**Keep it Dark** – a similar wartime saying, which refers to something particular being kept a dead secret, and a refusal to enlighten anyone about the matter. The basic expression, meaning keep it secret, had been in use from 1681. However, as a wartime saying it appeared in more than one form and in Limerick verse.

*If you’ve news of our munitions / Keep it Dark,  
Ships or plans of troop positions / Keep it Dark,  
Lives are lost through conversation,  
Here’s a tip for the duration,  
When you’ve private information/ Keep it Dark.*

From the First World War, and from between the wars, we were advised in song to **Keep the home fires burning** and **Keep right on to the end of the road**.

**Keep your powder dry** – meaning keep prepared for action – keep your courage up. The phrase comes from a story told of Oliver Cromwell during his campaign in Ireland in 1649. He concluded an address to his troops, who were about to cross a river before attacking, with the words “Put your trust in God and be sure to keep your powder dry” – practical advice with regards to gunpowder, which has to be kept dry if it was going to be used at all. As this quote was attributed to Oliver Cromwell a long time after his death there is some doubt as to its authenticity.

**Keep body and soul together** – to keep oneself going – chiefly by eating properly.

**Keep taking the tablets** – what a doctor would advise you to do, particularly to someone who is getting on in years and needs to have medication to keep on going. It is also often used as the punch line of a sort of joke.

**Keep your pecker up** – meaning keep up your spirits and don’t be downhearted. Derived from the word “peck”, meaning appetite, with pecker meaning courage and resolution in 1855.

**Keep up with the Jones’s** – meaning to strive not to be outdone by one’s neighbours. The expression comes from an American strip cartoon of the same name from 1913 to 1931.

**Keep that schoolgirl complexion** – used by Palmolive soap in the USA from 1917. Having travelled to the UK it was still in use during the Second World War – “Driving through blitzes won’t spoil that schoolgirl complexion”.

**Keep the wolf from the door** – meaning to keep poverty and hunger at bay – to find the necessities for survival. In use from 1470.

**Keep at arm’s length** – To prevent another from being too familiar.

**Keep down** – To prevent another from rising to an independent position, also to keep expenses low.

In order to fend off sexual advances young ladies were advised to **Keep their legs together or crossed** and to **Keep their hand on their ha’penny** – with the implication that she should save herself until the right man turns up – dating from the 1880’s.

Two well used messages issued from the Central Office of Information – **Keep death off the road/carelessness kills** – from 1946 and **Keep Britain Tidy** – which appeared as a sticker produced for the Ministry of Housing and Local Government in 1952.

**Keep the ball rolling** – to keep something going especially a conversation. Possibly from an elementary game where this had to be done, or from Bandy – a form of Hockey. If the ball was not kept rolling it was a slow game and uninteresting for the spectators. Known by 1840

One which is particularly appealing is **Keep your breath to cool your porridge** – Look after your own affairs and don’t put your spoke in someone else’s wheel. Use your strength to keep your own state safe and well and do not waste it on matters in which you have really no concern.

*By the way*

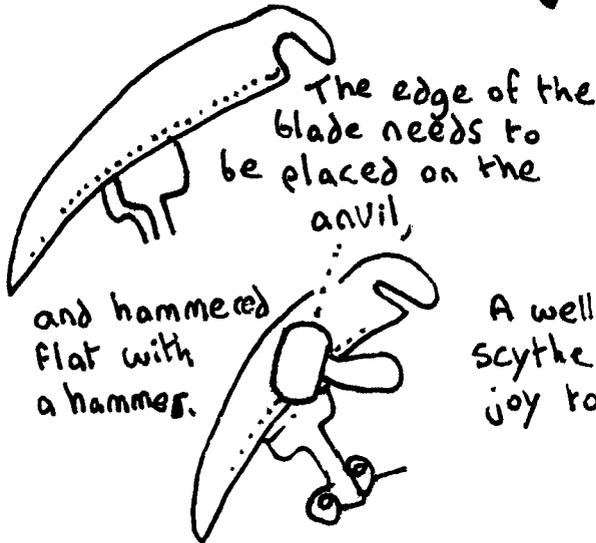
# Tim the Gardener

I am always busy in July scything grass



In order to keep my scythe sharp, I'll need a little anvil, or 'enclumette!...

...hammered into a block of wood.



The edge of the blade needs to be placed on the anvil,

and hammered flat with a hammer.



A well-sharpened scythe is a real joy to use.



July is generally a very busy time of year for me in the garden, and a very enjoyable one. My system of gardening involves using as much mulch as possible on my crop areas, and this gives me the perfect excuse to spend the summer months indulging in the time-honoured activity of scything grass fields.

Depending on the weather, I either dry out the cut grass and make a haystack in the field, or apply it directly to a fallow area, that may come back into production next year.

## Potatoes

I will probably dig up my potatoes towards the end of the month. Digging them up early has disadvantages - they may not be fully ripe and it is difficult to store them - but I find that these are outweighed by

the advantages. Potatoes left in the ground may be attacked by wire worms and eaten by mice, and the patch may be overrun by weeds, making it difficult to clear later in the year. I store the potatoes in a temporary clamp, which I open up in the autumn, and sort through the crop, throwing out any tubers showing signs of going off, before making a new clamp in which they can overwinter.

## Weeding

If the current fairly unsettled weather continues, it is worthwhile to spend a little time in the vegetable garden hoeing up and down the rows. Weeds that seem well under control can quickly grow without you noticing, particularly in warm, wet weather.

If the dry weather returns, things will dry out quickly, and some watering may need to be done.



# JEANNE MALIVEL

In 1532 the Duchy of Brittany became part of the kingdom of France. Since that time, some people have considered that its unique history and culture have been overlooked. In between the two world wars a controversial group of artists came together with the aim of honouring, and building on, Brittany's artistic traditions. The name of the group (founded in 1923) was Ar Seiz Breur (the Seven Brothers) and one of its most famous members was a young woman called Jeanne Malivel.

*“(Jeanne was) short in stature, with a modest air, and earnest expression. Unremarkable enough, perhaps, but witness the transformation when the subjects of art, or social issues, were raised. Then, with wide eyes, Jeanne's whole being quivered with eagerness. Her voice was calm, but her passion was palpable, and she had a way of emphasizing her words with her right hand that her friends will not soon forget” (Maurice Frey, art critic).*

Jeanne Malivel was born in 1895 in Loudéac, in a part of Brittany that spoke the dialect of Gallo, rather than Breton. Her father was a businessman, and well-respected in the town, and throughout her life she was close to both him and her mother. Jeanne's parents encouraged her early interest in drawing and woodcuts, and she also received instruction from a distant relative, Louise Gicquel, who was a drawing teacher.

Jeanne attended one of the rare academies in Paris that admitted women, but in 1914, war broke out, and she returned home. She and one of her sisters became volunteer nurses at the hospital of Loudéac, which was soon full of wounded soldiers, and she also found time to prepare some sketches and paintings for an exhibition.

In 1917 she was admitted into the prestigious Ecole des beaux-arts, in Paris, but archives show that her attendance was erratic – and she did not complete the course.

However, it was during her time in Paris that she became acquainted with a group of artists and writers who were, like herself, originally from Brittany. They held regular meetings in Jeanne's studio, and it was here that the Breton Independence group which produced the magazine, *Breiz Atao*, was founded. One of its two founders, Olier Mordrel, noted that:

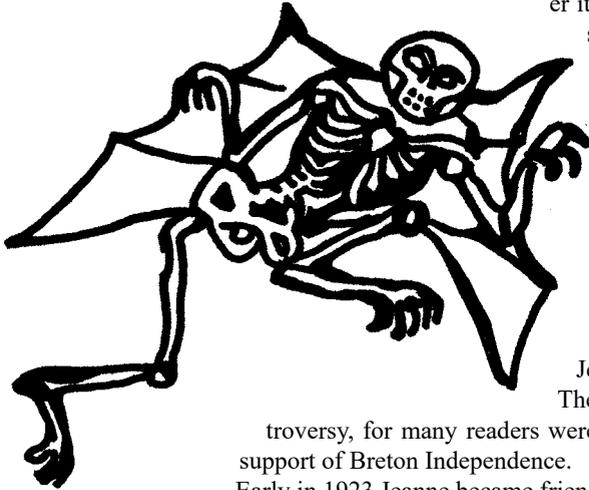
*“...Malivel remained as unfamiliar with the Ville lumière (Paris) as if she had never left her native Loudéac. She was dedicated heart and soul to the revival of stained glass and woodcuts, within the framework of the renaissance of the Breton Culture as a whole. For her, the two went hand in hand.”*

There is still debate over the extent to which Jeanne shared the views of the Breton Independence movement, but in a letter to her friend and collaborator, Jeanne Coroller, she stated that she did not dislike France itself, but rath-



*Left: The Union of France and Brittany. This is probably the most controversial illustration that Jeanne Malivel provided for l'Histoire de notre Bretagne. Right: A copy of a self-portrait by Jeanne Malivel*

## 22 Jeanne Malivel



er its government, and indeed all governments, which she considered universally detestable.

She left Paris for good in 1921, and returned to Loudéac, where, in 1923, she organised her first (and only) solo exhibition. As well as paintings, there were woodcuts, and embroideries made to her designs.

It was at this time that she completed the series of illustrations that have probably brought her the most lasting fame. Her friend, Jeanne Coroller, had written a history of Brittany, (*Histoire de notre Bretagne*) under the pseudonym of C. Danio, and Jeanne Malivel provided 72 remarkable illustrations. The book was published in 1922, but not without con-

trovery, for many readers were displeased by its criticisms of France, and open support of Breton Independence.

Early in 1923 Jeanne became friendly with René-Yves Creston and his wife, Suzanne Creston. They decided to prepare an exhibition of Breton art and crafts for the 1925 International Exhibition of Decorative Arts and Modern Industry in Paris. The name they would exhibit under would be *Ar Seiz Breur*. The exhibition was a success, but the preparation and organisation created tensions amongst the artists. Jeanne did not attend the opening of the exhibition, and shortly afterwards she left the group.

That Summer she had married a young man called Maurice Yung, and at the end of the year they moved to Vitré, in the east of Brittany. Jeanne threw herself with her usual enthusiasm into decorating the house, painting pictures for the walls, and designing furniture, but her health began to fail, and she was admitted into the hospital of Rennes.

The news of her death – at the age of 31 – shocked her former friends and collaborators, and René-Yves Creston wrote that:

*“In spite of all the difficulties we had with her, (this news) causes me great sorrow, for I cannot forget the happy times we had together.”*

*Readers interested in learning more about Jeanne Malivel, and seeing reproductions and photographs of her work, can read the book “Jeanne Malivel”, by Olivier Levasseur, published in 2013, Editions Coop Breizh 88 pages.*

### 17<sup>th</sup> Fest Jazz

28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup> July **Châteauneuf-du-Faou**

Fest Jazz, held on the banks of the River Aulne at Châteauneuf-du-Faou, started as a Franco-British venture in 2005, and has developed to being one of the biggest and most popular jazz festivals in Brittany. Spectators stroll between the four stages (all covered, it sometimes rains in Brittany !) and the music is lively, dynamic and enjoyable, there is no “pretentious jazz” at all. Hundreds of dancers add to the occasion and the atmosphere. Bands this year include Tuba Skinny, direct from New Orleans, the irrepressible and multi talented Gunhild Carling, and, from New York, the rising star, Tatiana Eva-Marie. There are plenty more too, over 120 musicians and 40 concerts during the weekend. All this in one of the most beautiful corners of Brittany. Don't miss it ! Information and tickets: [www.fest-jazz.com](http://www.fest-jazz.com) or write to [contact@fest-jazz.com](mailto:contact@fest-jazz.com). Tickets: [www.fest-jazz.com/la-billetterie](http://www.fest-jazz.com/la-billetterie)



# A Brittany Alphabet

by Hilary Bridewell

## G is for...

### Guerlesquin

“Red Eo” (“Il faut”) is the motto of Guerlesquin. This “Petite City of Character” has been hosting markets since the 15th century, and every Monday morning you can enjoy a stroll amongst the stalls. In the summer there are also various activities; including learning and taking part in a Breton dance, where the instructors (both men and women) are clad in traditional Breton costume. You can also enjoy a horse and cart ride (pulled by a lovely huge Breton horses) or a pony ride.

Overlooking the market is the Presidium, the former seigniorial prison of the jurisdiction of the Lords of Guerlesquin. It was built circa 1640 by Vincent du Parc de Kerret, Lord of Guerlesquin. The square-shaped monument is presented as a fortress, flanked at each corner by a dome-topped watchtower. The dungeon was on the ground floor and the upper floor provided living space for the guards. Justice was served on Monday at the nearby pretoir (courtroom).

In 1826, the monument was sold to the city of Guerlesquin by Baron de Tocqueville (father of the famous writer Alexis de Tocqueville), and son-in-law of the Marquis de Rosanbo. The Marquis, along with his wife and her father, had been executed in Paris during ‘The Terror’ in 1794. Baron de Tocqueville, and his wife, Louise Madeleine, themselves only narrowly escaped the same fate due to Robespierre's regime coming to a bloody conclusion the night before their scheduled execution.

In the mid-nineteenth century, the monument was about to be destroyed but, eventually, it was saved, and restored in 1872. The building was classified as a historical monument in 1875 and, from that date until 1965, served as the town hall.



Just to the West side of the Presidium is the fountain of Saint Barbe (Saint Barbara in English), which was restored in 1988. Two side stairs lead to the small basin where in a niche is a statue of Saint Barbe.

According to the legend, Barbe was the daughter of a rich pagan named Dioscorus, who kept her locked up in a tower in order to preserve her from the outside world. Having secretly become a Christian, she rejected an offer of marriage that she received through her father.

Eventually she openly acknowledged her faith, and her father had her dragged before the prefect of the province, who ordered that she be tortured. During each night, however, her dark prison was bathed in light, and each morning her wounds were healed. Torches that were to be used to burn her went out as soon as they came near her. Finally, she was condemned to death, and her father carried out the sentence. He was struck by lightning on the way home and his body consumed by flame. Since then, Barbe has been considered by many to be the patron saint of fire, thunderstorms, insurance companies, and the fire service.

The precise connection with Guerlesquin is not clear.



# Art & Culture

## Art Exhibition

### Loctudy

Sunday July 24<sup>th</sup>  
to Saturday July 30<sup>th</sup>

10.30. - 13.00 & 16.30 - 19.30

Richard Barron, an English artist working in Loctudy on the south coast of Brittany, is taking part in an exhibition at the new Loc-Art Gallery in Loctudy. He is exhibiting 20 floral and undersea works, and will be sharing the gallery with two other artists all showing different subject matter. The gallery is located at the top of the High Street. Everyone is welcome if they are in the area in late July.

### Exhibition - Maël-Carhaix.

Saturday 2nd July - 30th October

The Water gardens of Mael-Carhaix will be hosting an outdoor exhibition throughout the Summer, featuring 20 animal portraits by local artist Alain Goutal and Metal sculptures by Manu Chouffeur.

Free to view and open at all times.

Jardins de Kervezenec, Mael-Carhaix.



### Fest Noz

Friday 8<sup>th</sup> July

Chapel Pempinod

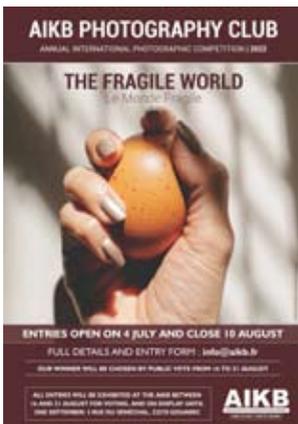
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10€ entry



### AIKB Photography Club

### International Photography Competition 2022

#### 'The Fragile World'

The AIKB Photography Club will be running an International Photography Competition over the summer with the theme of 'The Fragile World'.

The competition is open to everyone and images may be taken on a smartphone, camera or tablet. Entries will be accepted from 4th July until 10th August and judging will take place by public vote from 16th to 21st August. All photographs entered will remain on show after the voting at AIKB, 3 rue du Sénéchal, Gouarec until 2nd September.

Full details of the competition, together with an entry form can be obtained by contacting [info@aikb.com](mailto:info@aikb.com)

# New Businesses

## Karinsballetfusion

Karinsballetfusion is the creation of Karin Burt-Hughes, a 61-years-old classical dancer. Over time she has developed a range of exercises, comprising of ballet, yoga, pilates and callenetics, designed to lengthen, strengthen, add flexibility, tone and streamline your body regardless of age and experience. She offers classes online or on a one-to-one basis (with up to 2 friends if you wish) in her studio in Saint Mayeux. *To find out more, contact Karin via her FB page Karinsballetfusion, or by email: karinsballetfusion@gmail.com.*



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# Brittany's Hawk Moths



*Eyed Hawk resting (left) and then, after being disturbed (right), showing its eye spots to frighten off predators.*



*Above: The Poplar Hawk is seen resting. Its hind-wings have a bright orange flash on them (hidden when at rest) which it uses to scare away potential predators.*

*Above right: The Lime Hawk Moth has no 'eyes' or bright colours on its hind-wings and relies on camouflage to hide from predators.*

*Right: The Willowherb Hawk Moth is superficially similar to the Lime Hawk but is only half its size. It is widespread in Brittany but unlike the other three species has only been recorded twice in the UK.*

*All photos by Phil Horton:*

*Nos. 1, 2, 3 and 5 taken during May 2022. Photo no. 4 in May 2020. In May 2022 a moth trap belonging to John & Mary-Anne Creedy was used to attract the moths.*



# Letters & Photos



## Bees & Glow Worms

This month, I have two interesting insects in my garden: the "carpenter bee" or "xylocope" ("abeille charbonnière" or "abeille charpentière" in French) on sweet peas, and also a "glow-worm" or "lampyre" ("ver luisant"). The carpenter bee is recognizable by its bluish black colour, its four purplish wings and its noisy flight. It is solitary.

The glow worm can be identified at night by its fluorescent green colour.

News from the dove featured in the CBJ in May (dove with a black collar – collared dove) / "tourterelle" :

There is a third brood.  
Marie-Josée CONAN



**The bottlebrush plant** in our garden is a mass of flowers this year and is constantly humming with the sound of the bees on it. I love this bee and the colours of this photo. Sandy Peat. Maël Carhaix

## Beetle

I have been an avid reader of the CBJ for the last 15 years, and, as a Franco/American living in Brittany, must say that you do an outstanding job. I am submitting a recent photograph taken in my, 'Le Quillio' backyard, which could possibly be interesting for some

Best Regards  
Kevin BRULE  
(see also back page)



## Exploring the Worlds of Beer and Wine

*"In a nutshell, the sommelier has summed up the snobbishness surrounding Champagne and English wine. It's got nothing to do with the taste and everything to do with the name."*

*Gentlemens Journal*

### THE ONLY WAY IS SUSSEX ... WINE, THAT IS !

**T**he quality of the best English wines is now recognised throughout the wine world. This month we salute Sussex wine, and mark "English Wine Week" that was staged from Saturday 18 to Sunday 26 June this year.

What do Scotch whisky, Welsh lamb, Herefordshire cider, Stilton cheese, Jersey royal potatoes, Cornish clotted cream and Melton Mowbray pork pies have in common ? As well as tasting absolutely scrumptious, all have PDO. Not some terrible new pestilence, PDO stands for "Protected Designation of Origin" and recognises the unique characteristics of a product from a geographical location in the UK. Sound familiar? It should. Equivalent designations in France are Indication Géographique Protégées ("IGP") and Appellation d'Origine Controlée ("AOP") that protect the quality of French wines as well as other products having unique characteristics, as we discussed in this column in April 2022 in relation to the "Bordeaux" wine designation.

The BBC recently reported that still and sparkling wines produced in East and West Sussex have been added to the list of products given geographically protected status. "Sussex sparkling wine now has the same protection as Champagne and Prosecco."

Wine grapes were cultivated in southern England at least from Roman times but died out in the medieval era because of a cooling climate and the availability of better wines from the Bordeaux region. Viticulture made a return in Sussex when the Bolney wine estate was established in 1972, and the county is now home to Plumpton College, the UK's specialist centre for wine research and training and the only facility in Europe offering wine degrees in the English language.

What gives Sussex wines their unique character? The county's chalk, clay and greensand soil and mild climate are similar to the Champagne region of France, and it is claimed they provide Sussex wines with a unique 'flavour of the South Downs'.

To qualify for "Sussex PDO" on their labels, sparkling and still wines must be made from classic grape varieties such as Chardonnay, Pinot Noir and Pinot Meunier that were grown within the county. Harvest

yield is limited to 14.0 tonnes per hectare to ensure grape quality, and wines must pass tests to ensure their quality and character. For sparkling wines, traditional methods like those used in France's Champagne region must be followed and the wine must be aged in bottle for at least fifteen months. The alcoholic content must be at least 11% for sparkling wines and 10% for still wines. Finally, levels of tartaric acid, acetic acid, sulphur dioxide, iron and magnesium are tested and approved by the Wine Standards section of the UK Food Standards Agency.





## **AIKB Photography Club**

*Photography club June challenge, "Sunrise and Sunsets"*

*1st place: Colin Bond; Misty dawn over lake.*

*2nd place: Chris Platts; Final hours.*

*3rd place: Colin Bond.*



Andrew Griffith, the MP for Arundel and South Downs, welcomed the decision to grant protected status to Sussex wines. "I want people at home and abroad to be queuing up to buy Sussex wine" he said. And according to Martin Green in Decanter magazine, the news has winemakers "cracking open the bubbly to celebrate victory in their long-running bid to secure Sussex PDO status for the region." Not everyone is equally impressed though. Surprisingly, some Sussex wine producers do not support the PDO designation. Frazer Thompson, founder of Chapel Down winery, is quoted by Decanter as saying "I think the Sussex appellation is a very bad idea. If you have an appellation, you get lazy. If you ask consumers to name a brand of Prosecco, they can't. You then produce a product that's only as good as the weakest, cheapest link. The wine only becomes as good as the worst Sussex producer."

Across the border in Kent, some winemakers are also critical of the decision, branding it a "joke". According to the Telegraph, Graham Barbour of Woodchurch Wine Estate in Ashford, on the Kent-Sussex border, said: "This is just a marketing exercise based on the political boundaries of a county. It tells you nothing about the geographical features of a particular vineyard or the quality of the wine. Some Kent vineyards share the same geographical features as parts of Sussex so it's meaningless to lump everything together under one arbitrary county designation." Many of his fellow Kent producers had no wish to gain a PDO for their county based on administrative boundaries, rather than "terroir" or geography. Might this have anything to do with long-standing rivalries between Sussex and Kent, from beaches to North and South Downs, and of course cricket teams - in other words, just a case of sour grapes ?

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

*Roger Dawson  
rogeralan.rd@gmail.com*

# Way Off the Beaten Track

## Heart of Europe 3 – Mainz and the first media revolution

The Rhine river cruise about which I started writing last April included excursions to both Colmar and Strasbourg, which are charming, but require more than a fleeting visit to a Christmas market to write about. So, just as Puck put a girdle round the earth, I skip lightly over them and whisk you forward to Mainz, a johnny-come-lately stop which should have been Heidelberg. I had really been looking forward to Heidelberg, but alas, some forgotten disaster, probably Covid related, forced the diversion. Initially I was disappointed, but in the event it was great.

Mainz started life as a Celtic settlement, was developed by the Romans who remained until the early 5th century and it has subsequently had a sometimes turbulent frontier history. Allied bombing in WWII destroyed four-fifths of it, but the centre was rapidly rebuilt in the traditional style (unlike some ghastly post-war construction). Outside Germany, it is best known as the birthplace of Johannes Gutenberg, the inventor whose mechanical, moveable-type printing press revolutionised access to knowledge and changed European society. It was the first such revolution, but with wide-ranging consequences on much the same scale as the internet has had today, although its impact has been global.

The misty overnight voyage downriver had been uneventful and we breakfasted at the quayside before a monochrome backdrop of grey structures, sky and water, interspersed by the passage of the massive riverboats. At the appointed hour we assembled on the quayside to be met by our guide with her “follow me” blue flag. She introduced herself in flawless English as Frederika, announced that our first stop was the Gutenberg Museum and invited us to follow. Dutifully, we



crocodiled after her, baa-ing gently as might acquiescent lambs.

When writing about Breisach a couple of months ago, I mentioned that the Rhine was once an untamed beast, flooding frequently, until massive hydraulic engineering projects in the 19th century brought the floods under control. As if to reinforce the point, Frederika's first pause was at a doorway marked to show the record-breaking flood of 1784. Observing the shoulder-high mark, it was difficult to imagine the tranquil river we had just left as a swirling torrent.

Since Mainz was a last-minute visit, we had no idea what to expect. It turned out to be a practical demonstration of Gutenberg's technique by Frederika and was totally absorbing. The demo over, we were ushered upstairs and past printing presses through the ages to the hallowed centre: a low-light room in which a copy of a Gutenberg bible was displayed in a glass case.

Next Frederika showed us the cathedral, the tower of which was irritatingly covered in scaffolding, so not great to photograph. Like all our guides she was competent, informative and charming. We chatted a little after the visit before saying farewell and reluctantly refusing an invitation to come to hear her choir sing that evening. We skirted the Christmas market and headed up the hill to St. Stephen's church that overlooks the town.

St. Stephen's was flattened during the war and the scorched relics in its cloister are testament to the ferocity of the attack. For me, the most powerful image was one of the bells, two thirds melted away. After the war, as an act of reconciliation, Marc Chagall offered to design and replace the stained glass. The overall effect is stunning, though my pictures hardly do justice to the windows.

We left the church and ambled back to the boat. Ambling is remarkably easy in Mainz because an inspired municipality has colour-coded the street signs: names of streets running parallel to the river are red, while those running down to the river are blue. Brilliant. And so simple.

I suppose it is a good thing to leave a place wanting more, but such visits are frustrating. A fleeting moment in time or "the small components of the scene" as the war poet Donald Bain so aptly put it.

*Richard Griffiths, rpf@orange.fr*



## *Birds to See in Brittany: The Redstart*

French: Rougequeue a front blanc

Breton: Rulosteg bailh



**W**e arrive from Central Africa around mid-April and can be seen in our favourite birch and oak woodland. We are likened to the Robin in many of our habits and actions. We are around the same size but slightly slimmer and lighter. The adult male has a blue/grey head and neck, a black face and throat with a white patch over the forehead and eye and rust coloured breast, flanks and rump. The female is browner than the male, while both have rusty red tails from which we get our name – start is an old name for a tail.

We prefer to nest on the edge of woodland clearings but can nest in areas such as parks and old gardens in urban areas. In general we are hole nesters, and will use natural holes in dead trees and old woodpecker cavities, but can on occasion nest in a hole in the ground or in an occupied house.

The nest is built entirely by the female from blades of grass, moss, small roots and leaves and is thickly lined with feathers and hair. The clutch of six or seven eggs sometimes does not appear in the nest for about a month. The eggs are bluish/green and are only occasionally marked with indistinct, brownish/red spots. The female starts to sit on the eggs before laying the last one and incubates them for 12-14 days without any assistance from the male. Both parents feed the young for 14-15 days. It was found that a pair of Redstarts fed their young 3,457 times over a twelve day period.

Our male birds sing from the very top of tall trees or down in the thick foliage of a big oak with a song similar to the Robin. We are busy birds and always on the move, flitting about and settling briefly, with our tails constantly vibrating up and down flashing rusty red. We begin returning to Central Africa from the middle of August to early October.

*Jim Henderson*

### BBQ Chicken Shawarma Skewers

(for 6)

1 kg skinned and boned chicken thighs  
(weight after skinning and boning)

#### Marinade:

2 tbsp ground cumin  
2 tbsp ground coriander  
8 cloves garlic  
2 tsp salt  
6 tbsp olive oil  
¼ tsp cayenne pepper  
2 tsp turmeric  
1 tsp ground ginger  
1 tsp ground black pepper  
2 tsp allspice

#### Sauce:

Juice of 1 large lemon  
14 cloves garlic  
¾ tsp salt  
250ml grapeseed or olive oil

Cut the chicken thighs into 2.5cm/1" cubes and place in a large, sealable plastic bag.

Put all the ingredients for the marinade in a food processor and blitz to a smooth paste. (Alternatively, pound the garlic to a smooth paste and whisk in the remaining ingredients).

Pour the marinade into the bag with the chicken and seal. Massage the bag to coat the meat well and place in the fridge for 24 hours. From time to time, massage the meat in the bag to ensure everything is soaking up flavours.

**For the sauce:** whizz the garlic, lemon juice and salt, then drizzle in the oil while the motor is running. (Alternatively pound together as above.) Transfer to a screw top jar and keep in the fridge. This will keep for three days.

**To cook:** if the skewers are wooden, soak for 40 minutes. Thread the meat on to the skewers and brush with any remaining marinade while cooking on the BBQ.

Serve with rice, flatbreads and salad with the sauce on the side.

### Courgette, Smoked Mackerel and Broad Bean Salad (for 4-6)

1 pack smoked, peppered mackerel  
Ice cubes  
4 courgettes  
200g podded broad beans or peas (if frozen, defrosted)  
Juice of half a lemon  
2 tbsp light salad oil  
25g pine kernels  
¼ tsp chilli flakes  
15g basil leaves

Fill a large and medium bowl with cold water and add ice cubes.

Trim the ends off the courgettes, then slice into thin ribbons lengthways with a vegetable peeler. Drop into the large bowl of iced water.

Blanch the broad beans in boiling water for 2 or 3 minutes. Drain, rinse with cold water then tip into the medium bowl to chill.

When thoroughly chilled, drain the beans/peas and add to the bowl of courgette ribbons. (If you don't like the skins on broad beans, pinch them out of the skins first. If they are very young, don't bother.)

Whisk together the lemon juice, oil, chilli flakes and some seasoning. Skin and flake the mackerel.

Drain the courgettes and beans well, mix in the mackerel and basil leaves and arrange on a serving platter. When ready to serve, drizzle over the dressing and scatter over the pine kernels.

### Orange and Cream Cheese Tart

#### For the pastry:

225g plain flour  
Pinch salt  
140g cold butter  
50g icing sugar  
2 egg yolks

#### Filling:

50g caster sugar  
225g cream cheese  
2 eggs, separated  
3 tbsp single cream  
Grated zest of 1 large orange  
2 tbsp flour

Grease a 9"/23cm loose-bottomed tart tin.

Place the flour in a large bowl. Cube the butter and toss in the flour. Rub in until the mix resembles breadcrumbs. Sieve in the icing sugar and mix well. Drop the egg yolks into the centre and work in with a fork until well combined. Form the dough into a ball with your hands. If the dough isn't coming together well, add a little cold water. Turn the dough out on to a floured surface and knead lightly. Wrap in cling film and chill for half an hour. Roll out on a floured surface and line the tart tin. Trim the edges and prick the base all over with a fork. Return to the fridge while assembling the filling.

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

Beat the sugar and cream cheese until smooth. Beat in the egg yolks then the cream. Stir in the orange zest and the flour. Whisk the egg whites to soft peaks and fold gently into the cheese mixture. Pour into the pastry case.

Bake for about 35-40 minutes in the centre of the oven until the filling is set. Cool in the tin.

**Bon Appétit**

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## Garden Services

See **GARDENING** pp. 40-41

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See **HEALTH & BEAUTY p.39**

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**Caroline Lotoux**, English-speaking psychotherapist, is in Maël-Carhaix (22) on Mondays & Wednesdays and in Ploërdut (56) on Tuesdays & 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@chatquillit.com

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See **HELP & ADVICE** page 10

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**Property** *pages 53 - 54*

**Colour Classified** *page 34*

## Answers

### CBJ Quiz *page 14*

#### I: General Knowledge & Current Affairs

- 1) The Matrix 2) Windfall tax 3) Duncan's
- 4) Hubble 5) Paul Pogba 6) Wales 7) Lentil, or lens-shaped 8) Opium poppy 9) Brandy
- 10) Dostoyevsky

#### II: French Language & Culture

- 1) NATO 2) Miss Tic 3) St Martin 4) The flying man/L'homme volant 5) A Clockwork Orange
- 6) Watercolour 7) Tyre & wheel 8) Breton flag; Gwen ha du 9) Lourdes 10) Hops

#### III: History & Geography

- 1) Sunderland's 2) Spain 3) Pyrrhic 4) Obesity
- 5) Alec Douglas-Hume 6) 1922 (Committee)
- 7) Deutsche Mark 8) Yellowstone 9) Centre for Alternative Technology 10) He read the football results on Grandstand

#### IV: Connections

- 1) Y (yttrium) 2) Iron Curtain 3) Mo (molybdenum) Salah 4) Cat on a Hot Tin Roof 5) CU (copper) 6) Silver (Argentina = the silver one)
- 7) Li (Lithium) 8) Mercury 9) Copper (from capere = to catch) 10) Po (polonium); Metals

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# 40 Gardening & Property Maintenance

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More GARDENING  
ads on page 55

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**Dog Grooming**

Looking for a Home  
page 53

## Removals

Watson European page 53

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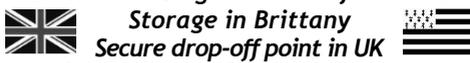
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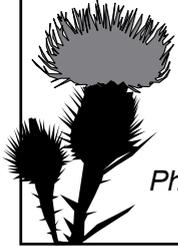
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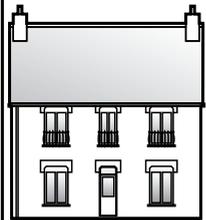
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## Mr Biznuz Energy - facing facts



The degree to which energy is essential not only to all forms of business activity, but to all aspects of human life, has largely gone unacknowledged until recently, and even now there seems to be a reluctance to face facts on the subject.

Generally, in business, the people who are most successful are those who are able to see a situation most clearly, and who are not deceived by the various smoke screens that the powers-that-be might be creating in an attempt to obscure the facts.

So the first thing that one has to try to understand in the modern world is the degree to which one's activity is dependent upon fossil fuels. This in itself is not an easy task; in France, we are told that only around thirty per cent of our electricity comes from the burning of fossil fuels (which may be reassuring to some), but most of the products that we sell, or materials that we use when building etc. will have been manufactured by a process that has involved burning fossil fuels to a greater or lesser extent. Transport of these products will have involved fossil fuels, and travel involved in the business will also involve fossil fuel. It is difficult to evaluate how much fossil fuel is burnt to fuel the IT equipment that we use, because the internet and the cloud operate across national borders, accessing electricity from the cheapest sources. Business premises themselves are subject to the same energy constraints as private housing - being constructed from manufactured materials, and requiring an input of energy for heating, lighting, and power.

Over recent years, governments have been trying to convince us that they are in the process of transitioning energy supplies from fossil fuels to renewable resources. Presumably they have been doing

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Solution June Little Toughie  
see page 17

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this because they want us to continue pursuing business as usual, and to drive economic growth to new levels - but the current energy crisis gives pause for thought. If renewable energy sources were really in the process of reducing our dependence on fossil fuel, then we would be able to cope with an annual reduction in oil and gas supplies with relative ease. Instead, each year sees a new record set for global fossil fuel consumption, and the relatively small disruption to global supplies caused by the war in Ukraine, has led to steep increase in prices, and the re-booting of the world's coal-mining industry.

The second point is to decide for oneself how comfortable one is with this level of dependence on fossil fuels. For example, are you able to indefinitely pass on price increases to customers in line with fuel-price increases if they continue to escalate? Do you have independent concerns about the environmental impact of your business? Do you have confidence in the overall energy policies of the global economy? etc.

And the third point, if you consider your business to be over-reliant on fossil fuel, is to start working on a strategy to find alternative sources of energy. It is important to remember that businesses around the world thrived for thousands of years prior to the Industrial Revolution, using sources of energy that did not involve the burning of any fossil fuels at all.

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## Solution

### Bridge Puzzle 42 page 6

#### Trick Two

Full Hand:

♠ Q 10 7

♥ Q 5

♦ K Q 8 4

♣ A 9 6 3

♠ 9 5 2

♥ K 10 8

♦ 10 3

♣ K Q J 7 4

♠ 6 4

♥ A J 9 7 2

♦ J 9 7 5

♣ 10 8

♠ A K J 8 3

♥ 6 4 3

♦ A 6 2

♣ 5 2

South is playing in 4♠. West leads King of clubs.

There are ten tricks if diamonds divide kindly 3/3, about a 36% chance: 5 trumps the A♣ and 4 diamonds. Good players prefer better odds.

Win the A♣ at trick 1 and at trick 2 duck a heart immediately with the intention of trumping your third little heart in dummy with a high honour at trick 6.

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### Solution: Chess Puzzle

page 16

- |   |                 |
|---|-----------------|
| 1) Kc2!! Now black can only move the pawns on the g and h files | 1)..... h5      |
|   | 2) h4, g5;      |
|   | 3) hxg, h4      |
|   | 4) g6, h3       |
|   | 5) g7, h2;      |
|   | 6) g8(Q) h1 (Q) |
|   | 7) Qg7 mate     |



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