Issue 218
August 2022

Central Brittany Journal

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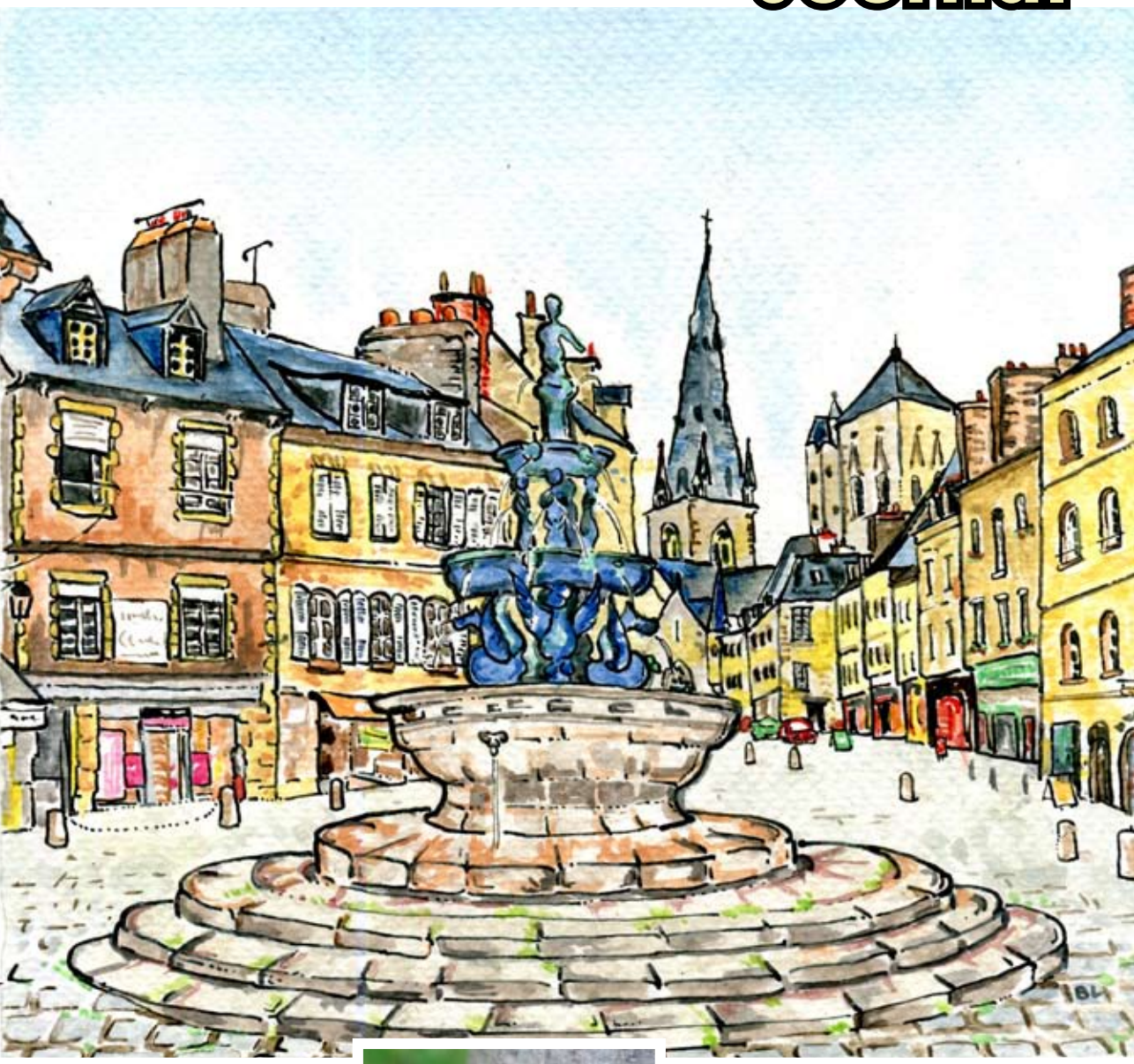
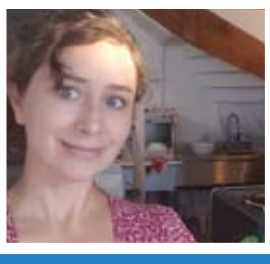


Crested Lark 33

Brittany's Hawk Moths 26-27



New Businesses 6 & 31

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Crested Lark

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Limericks

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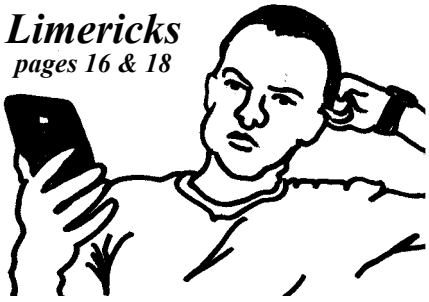

Tim the Gardener

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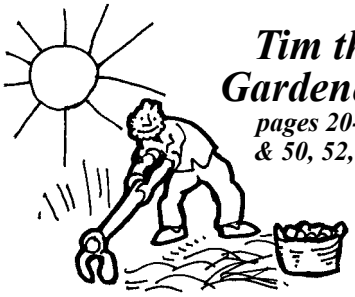

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Bot er Mohet Dolmen back page

Editorial:

One of the things that people say about living in Brittany is that it is much easier to feel connected to nature here, than when one lives in one of the more urban and industrialised areas of the world. This is borne out by many of this month's contributions, which have a particular focus on the world of insects.

I took an early interest in insects myself – learning the art of beekeeping from my grandfather in my teens, and bringing my English beehives over with me when I moved to France. I was, therefore, very worried when I first became aware of the excess bee colony mortality phenomenon a few years ago, and the subsequent confirmation that nearly all insect populations in agricultural areas were under threat. I think that we all now realise that insects are a good indicator of the health of the natural world in our area, and it is rewarding to know that CBJ readers are monitoring the situation so closely. My own contribution to the subject is the article about mulch, and what we can do to regenerate soil fertility and the micro-organisms that are the starting point upon which all more complex forms of life, animal and human, depend.

GL

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Bridge Puzzle 43

Suit Combination

Dealer South All non Vulnerable

W	N	E	S
			1NT
Pass	6NT	All Pass	

West leads the 8♠

What's your plan? How do you play the club suit most effectively?

Solution page 54

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

♠ A Q J
♥ Q 9 2
♦ A K 6 3
♣ Q 5 3

N
W E
S

♠ K 9 4
♥ A K 6
♦ Q J 10 2
♣ A 10 2

New Businesses

Verte Vallée page 31

New Businesses

Olrun

Vegetarian Restaurant / Salon de Thé

Guémené-sur-Scorff

Chloé Dubocq has opened a new vegetarian restaurant / salon de thé on the high street in Guémené-sur-Scorff. All the dishes are prepared on the premises, and wherever possible use organic, locally-sourced ingredients. The lunch menu changes daily, depending upon what is in season; and the salon de thé is open in the afternoons with a selection of patisseries and drinks. Special diets can be catered for by request.

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Hetty's Kitchen

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Cherry Tomato Tarts
Chicken & Potato Salad
Lemon & Courgette Cake

New Advertisers

Britany Move Assist *p.42*
Jounees des Plantes *p.4*

'Petit Marché de Quenequen'
Producers' market. Every Friday, 4pm-7pm, at the crossroads of Quenequen, 29640 Scrignac
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Help & Advice page 10

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What's On in August

Mon 1 - Sun 7 August

Every day in July and August

Exhibition at the musée du Faouët . "Portrait painting in Brittany" (Le Portrait dans la peinture en Bretagne). 10am to 6.30pm. Over 130 paintings and drawings from the 19th and the 20th century. Adults 5€, free for children under 18.

Tuesday 2nd August

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. For Poppies please contact Kissmekate1@orange.fr.

Wednesday 3rd, Friday 5th, Saturday 6th,Wednesday 10th, Friday 12th & Saturday 13th August

The Bon-Repos Son et Lumiere Show. Two-hour sound & light show, tracing Brittany's history, from the Romans to the French Revolution. Tickets cost 21€ (children 12€). Bon Repos Abbey, 22570 Bon Repos-sur-Blavet. www.bonrepos.bzh 02 96 24 85 28.

Thursday 4th August

Concert of Latin-American song, (La Matusita). 8.30pm. Concert followed by shared dessert. Free entry, contributions welcome. La Grange, Crégoat, 22160 Carnoët (22) E-mail isabellecaignard22@gmail.com.

Friday 5th - Sunday 14th August

51st edition of the Lorient Interceltic Festival. Year of Asturias. 250 concerts, 4 500 artists, 13 stages, 1 700 volunteers, 9 celtic nations. www.festival-interceltique.bzh

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

Jazz in Langourla. Open-air jazz festival. *See advert on page 4.* www.jazzinlangourla.com. reservations.jazzinlangourla@yahoo.fr

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Saturday 6th August
Open Mike Night. Community Cafe, Les Pieds dans l'Plat, Callac. More info lespiedsdanslplat@ecomail.bzh or 06 21 80 28 96

Saturday 6th & Sunday 7th August.
House clearance, 10am-6pm. Pictures, minerals, books, dishware, clothes, etc. 7 la Gare 22720 Plesidy. 06 83 70 15 18

Sunday 7th August
'Fete du Bois', Plédéliac Ecomuseum. 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 PLÉDÉLIAC. Tel 02 96 34 80 77.

Friday 5th August
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, Landel**au.**

Sunday 7th August
Vide Maison / Garden Sale. 43 rte de Berrien, Huelgoat 29690. 10am - 6pm. Parking opposite.

Mon 8 - Sun 14 August

Tuesday 9th August
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 dale-fraser01@gmail.com

---

Saturday 13th August
The Armed Forces & Veterans Breakfast Club (AFVBC Brittany) will be meeting at le Black Dog pub, le Corboulo, 15 Rue du Blavet, Saint–Aignan, 56480. Tel: 02 97 27 84 22. Starts 10:30am. If you wish to attend please contact venue with the number in your party to avoid disappointment on the day.

Mon 15 - Sun 21 August

Monday 15th August
Closing Fest-Noz of the week-long Plinn festival (9th-15th August), Chapelle du Danouët, Bourbriac. Communal meal at 7pm, followed by traditional Breton music and dancing from 9pm-2am.

Friday 19th August
Visit to the megaliths at Bot er Mohet, Cléguérec. All welcome. Reservation at the tourist office 02 97 25 04 10.

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Saint Nicodeme (22160)

Sunday 7th August
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.

Sunday 28th August
Vide Grenier and Local market. Saint-Nicodeme. Food & bar. 8am-1pm. Organised by Epicodeme 06 33 34 07 49

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Sunday 21 August
Plant Fair and Artisanal Market , Loc-Envel. 10am-6pm. The event takes place in the streets of Loc-Envel (22810). Bar and food available all day.

Sunday 21st August
AIKB Summer Fair (Kermesse). 11am-5pm. Stalls including bric-a-brac, craft, local produce, and second hand books. Café and bar, raffle. Free entry and parking. Le Foirail, 22570 Gouarec, Please contact Maggie to reserve a stall on info@aikb.fr. Le Foirail, 22570 Gouarec, free entry and parking

Sunday 21st August
Vide Grenier, Bulat Pestivien. Organised by the Mairie. 8am-1pm

Mon 22 - Wed 31 August

Saturday 27th August
Fest Noz. Breton music and dancing, as part of the Fisel Festival, Rostrenen. 8pm-2am. 10€ entry. Salle des Fetes.

Saturday 27th & Sunday 28th August
Journees des Plants, Garden Festival. Saint-Antoine 22480 Lanrivain. Specialist nursery stands. Expert gardening advice. Nature Walk. 4€ entry (under 12's free). 10am-6pm.

Spotlight on Brittany:

August: On our programme for 'August' , Gaby Siberil tells us about the project ' Atlas de Biodiversite Communale', then we meet Mireille Airault, a former Mayor of Quintin and explore newly discovered Roman ruins in Carhaix with Clement Perrichot.

All this and much 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 (101Mhz-92.6Mhz) on the first Wednesday of the month at 14h00 and the third Sunday at 09h30. More simply perhaps, you can listen anytime to this month's programme, and others from the archive, by following the links on our website: www.spotlightonbrittany.fr.

However, there are currently some technical problems at Radio Breizh, which makes listening to the whole programme via the Internet not possible. We hope this will be resolved very soon. Be patient!

See also *FRENCH LESSONS*, on page 8

Letters

Heritage Vehicle Rally

I wonder if your readers may be able to help solve a riddle. About five or six years or so ago whilst on my annual June trip to southern Brittany I visited a heritage vehicle rally at a village somewhere north east of Quimper. The rally consisted of a variety of old cars, tractors, agricultural machinery etc. which processed up a road to a small quiet village perched upon a hill top. There was also a collection of all sorts of bits and pieces of machinery, food and drink in a close-by field. In particular, there was a Brittany resident English man who ran a miniature steam traction engine.
On subsequent visits I could not find out if the event was repeated and, of course, no visits for the last two years have not helped. A classic car event was held at Locronan this year but that definitely was not it. Does anyone know if this event of that time was an unique occasion.
Replies, if any, to my email address please: doug_rundle@hotmail.com.

Doug Rundle

Life From Outer Space

Now that the new James Webb telescope has been put to use, the media has been inundated with stories of mysterious stellar transmissions sourcing from galaxies trillions of miles away in the outer limits of our universe. In addition, there have been reports of recent archaeological finds of pre-historic material, hundreds of thousands years old, containing objects that required advanced technology to create, well beyond the scope of any known previous civilisation on the earth. One possible explanation put forward is attributed to aliens occupying the earth at that time!
A suitable Limerick Challenge for September?

Cyril Young

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Tax & Investment

Making your money last as long as you do

By Dave Lamont, Blevins Franks

Are you looking forward to enjoying your retirement year in France? This may be longer than you expect; thanks to medical advances over the years and a better quality of life, people are generally living longer than the previous generation.

Living to a ripe old age does sound rather appealing, provided we are healthy enough. There are, however, implications at both personal and government levels, with the key issue being: can we afford the cost of living longer?

Income and inflation

Starting with the big topic of the moment – the cost of living. Even low levels of inflation, compounded year after year, will reduce how far a fixed income will stretch in the future.

Let's say you spend €5,000 a month. Assuming an inflation rate of 3% a year, in 10 years' time you could need €6,720 a month to maintain the same spending, and €9,030 in 20 years. Your capital and income would need to grow by the same amount to maintain your standard of living.

Making your savings and investments last

Many retirees favour low-risk investments like bank deposits in their later years. But with a potential 30+ years to fund in retirement, this can be a risky strategy.

By following some key investment principles and taking specialist guidance, you can invest capital to give it the opportunity to keep pace with inflation while keeping risk to a comfortable level.

A taxing problem – not just for governments

Rising life expectancy is expensive for governments. The higher the proportion of older people, the greater the costs of state pensions and healthcare – and with less taxpayers to fund it. The solution usually lies in pension/ healthcare reforms and tax increases.

Higher taxation can be a threat to your long-term financial security– just like inflation it erodes your income. This is where personalised tax planning is vital to make use of available opportunities.

Getting the most from your pensions

Pensions are key to financial security in retirement, so take care to do what is right for you. Consider all your options, carefully weighing the pros and cons and looking at your income needs, investment options, risk, taxation, and what happens to the balance when you die.

There may be ways for expatriates to make pension funds go further, but before making any decisions, take regulated advice to avoid pension scams and establish the best approach for your objectives and circumstances.

Leaving wealth behind

Estate planning is complex – more so for expatriates who have to consider the inheritance regime of two countries and navigate foreign inheritance taxes and succession laws.

Whatever your stage of life, good financial planning can help you afford the lifestyle you want, for as long as you need, so you can focus on enjoying your retirement in France.

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

Savoir-Faire Art Centre: Maël Carhaix
Sunday 6th August 10am
Informal meeting to discuss new art class and art group crit.
Refreshments provided. Easy parking
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07 64 52 94 05 savoirfaireartcentre@gmail.com Facebook: SavoirFaireArtCentre/

CHURCH AND COMMUNITY

CANCER SUPPORT FRANCE
Cancer Support France provides help and support to English speaking people in France who are touched by cancer. Contact 0800 240 200 or helpline@cancersupportfrance.org

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

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ALCOHOL SUPPORT GROUP: CARHAIX
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Clubs & Associations:

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

We have provisionally planned for the following mix of live and online services, but please check our website at www.churchinbrittany.org for any changes that may be made to this schedule.

HUELGOAT (Holy Communion services held in the parish church, Huelgoat))
7th Online zoom service 10am
14th Holy Communion 14.30am
21st Online zoom service 10am
28th Holy Communion 14.30am
For more details contact:
Henk Lageveen 02 98 99 63 14
ccb.huelgoat@gmail.com
For more details contact:
Henk Lageveen 02 98 99 63 14 ccb.huelgoat@gmail.com

PLOËRMEL (in the Chapel at 14 rue Général Dubreton) Ploërmel
7th Holy Communion 11am
14th Word and Worship 11am
21st Holy Communion 11am
28th Holy communion 11am
For more details contact:
Chris Wilson 02 97 72 19 29 chriselbeau@gmail.com

REDON (Eglise St Charles, 10 avenue Gaston Sébilleau, Redon)
14th No Service
28th Holy Communion 10.30am
For more details contact redon@churchinbrittany.org

ROSTRENEN
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)
7th Online zoom service 10am
14th Holy Communion 10.30am
21st Online zoom service 10am
28th Holy Communion 10.30am
For more details contact: John Cullingford 02 56 43 11 27
cullingj47@gmail.com

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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 Tadej Pogačar, winner of the 2021 Tour de France, represents which country? Clue: Recently deceased Ivana Trump was born there as well.

2 Although disputed, which informal expression, sometimes written as two letters and sometimes as a four-letter word, allegedly originated when Greek immigrants in the US wrote home saying that all was well?

3 What is another name for brown coal? It's usually regarded as the 'lowest' form of coal because of the lack of heat it produces when burnt.

4 The Japanese name for it is kombu. What is this marine vegetable in English?

5 Which ex-PM of Japan was assassinated last month?

6 Which Tory MP inadvertently brought down Johnson last month? He groped two men at the Tory Carlton Club and was, apparently, 'a serial pincher'.

7 What might you expect to find on the body of a stigmatophile?

8 Who wrote the Italian C14th poem, The Divine Comedy?

9 What are you doing when you osculate?

10 There are only two naturally radioactive metals: thorium is one, what's the other?

II: French Language & Culture

1 What is the name of the new coalition of the left led by Jean-Luc Mélenchon?

2 Which southern French city allowed the 'burkini', only for it to be banned by central government?

3 Which French novelist and artist lived in Jersey and Guernsey after his self-imposed exile from his native country?

4 Pheasant Island is shared between France and which other European nation? Clue: It lies off San Sebastien.

5 In which French city is the Roman temple, La Maison Carré?

6 Which French king did Francois Ravaillac assassinate in 1610?

7 What is record-breaking about Mouthe, in the Bourgogne Franche-Comté region of France: record high temperature; record low temperature; highest rainfall; lowest rainfall?

8 Which French artist died at Giverny in 1926?

9 What was the occupation of Dom Pierre Perignon, the creator of champagne?

10 Which literary figure wrote the article 'J'accuse' on the Dreyfus affair of 1889?

III: History & Geography

1 Which king's heraldic symbol was a boar?

2 Who was the US President at the end of WW2?

3 What French name gives the capital of South Dakota?

4 What German name provides the capital of North Dakota?

5 Who was the last Czar of Russia?

6 In 1702, who succeeded William III

7 What was Shackleton's ice-bound ship called?

8 Who was the first monarch from the House of Lancaster? Clue: Shakespeare's Falstaff impersonated him to Hal.

9 Tallin is the capital of which country?

10 Whereabouts in Britain could you study at the Robert Gordon University?

IV: Connections

1 Which Scottish football club plays its home matches at Easter Road in Edinburgh?

2 Which percussion instrument has 47 strings?

3 Portugal produces over half of the world's supply of which wood?

4 Who was 'the Northampton poet'? He wrote on rural themes and died in 1864.

5 Egg, olive oil, and lemon juice, and vinegar are the central ingredients of which dressing?

6 Which gemstone mineral is given its distinctive colour by traces of chromium or vanadium?

7 Which US medical drama screened for five seasons from 1961?

8 Conventionally, which two letters are used to represent the Latin words for 'that is'?

9 The head office of which country's rugby union is at 10 – 12 Lansdowne Road?

10 Which popular and often coarse poetic form has the rhyme scheme, a, a, b, b, a? What is the connection?

continued on page 20

Telephone: 0033 (0) 2 97 27 01 71
Mobile: 0033 (0) 6 77 35 67 34
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Limericks

'Friends' (on social media)

I`d like to be your friend they say,
I get dozens of requests every day,
They claim ` A friend in need`,
Is a friend indeed!`
But most times I wish they`d simply go away!

Cyril Young, Saint-Nicolas-du-Pélem

Can you have genuine friends on social media?
Will they be kind or maybe they're out to getcha?
Be alert to those giving feint praise,
Are their intentions to harm or amaze?
You choose if cyber chums are real or fantasia?

William Martin

The psychology behind it makes people want to be
A part of social media groups where speech is truly free,
Get hearts and likes and lots of friends,
By commenting on latest trends,
And following and storying – it all seems daft to me.

Gerard Dugdale, Gourin.

There once was a man from Plumaugat,
Who with friends on Twitter, liked to chat,
He scored an own goal,
When he started to troll,
His own wife's account, the silly fool!

Steven Daniels

Facebook, now called Meta, plus twitter on your phone,
And followers on Instagram mean no one's now alone,
I can't reply, my battery's flat,
Where's my charger? Damn and drat,
Must reply, or new-found friends may block and then disown.

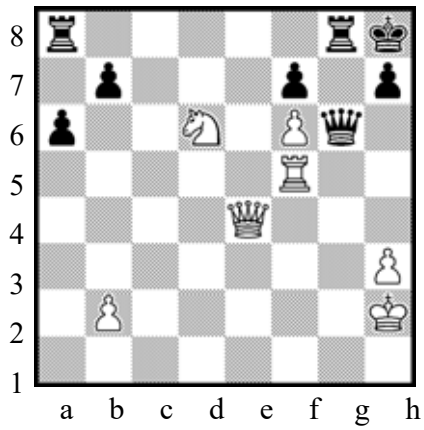
Sally Wilson

Chess Puzzle

White to play and win.

Hint

The black queen is stopping white from playing Nxf7 mate. Can she be persuaded to move?



Solution page 55

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

September Limerick Challenge:

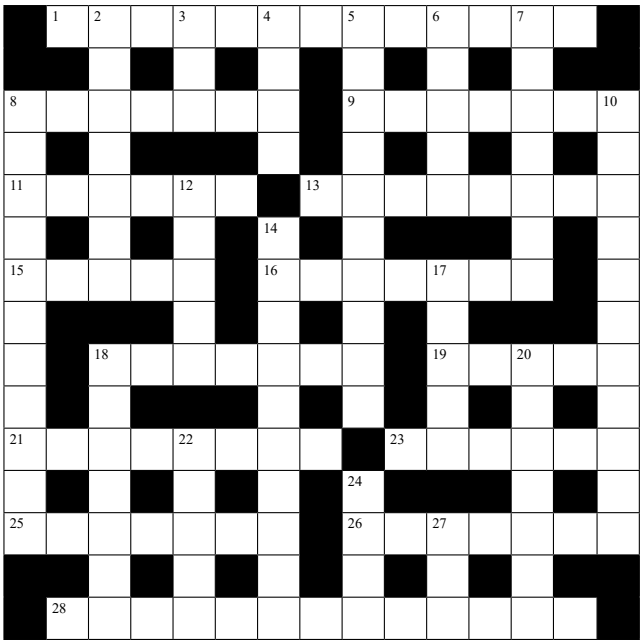
Aliens

(see Letters page 11)

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

Prize Crossword

August Darren Milsom



Across

1. Steptoe misses beginnings of awkward bandanna embargo (3,3,4,3)
8. Soldier drops cat on balcony (7)
9. Game which leaves one all bent and twisted (7)
11. It's the bee's knees for gods' drink (6)
13. London team call in debt, but it's still dodgy (8)
15. Mythical plant and sports car (5)
16. Nadal hits back and makes a comeback (7)
18. Pungent mess takes time for one bird's suit (7)
19. Avoid muscle car (5)
21. Protection for and against the person (8)
23. Small piece dashed by Dorothy, the student (6)
25. Sounds like it was me who has seen the ugliness of the place (7)
26. He's determined to stand and deliver (7)
28. Modern Tate Modern in Nebraska (5,2,3,3)

Down

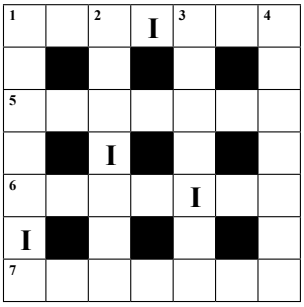
2. Fruit tapioca prepared with right ingredient, but missing one (7)
3. European summit is so far away from Salop (3)
4. Bits of information returned at a distance (4)
5. Point to men, controversially, for supremacy (10)
6. Come in and sign up! (5)
7. Clueless and out of pocket (2,1,4)
8. Write the best, but come nearly last (11)
10. Couldn't find allotment and went crazy! (4,3,4)
12. First run and the boy set the pavilion alight (5)
14. As a focal point, a bit of coffee is nothing (6,4)
17. Western gymkhana (5)
18. Be tolerant when at the doctors! (7)
20. Drunk aspired to hit rock bottom (7)
22. Left on board vessel causes swell (5)
24. Questionable power, we hear (4)
27. Casualty services get cross and bury the hatchet (3)

Solution **July** Prize Crossword:

Winner July prize crossword: Mme Kitson, Le Faouët

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

The 'Little Toughie' *Jim Henderson*



Clues Across

1 Wardrobe (7)
5 Earthenware hawkers (7)
6 Axis of a grass spikelet (70
7 Greek Orthodox monk (7)

Down

1 Breton language (7)
2 Entrancing (7)
3 Rebuild (2-5)
4 Energetic person (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 – 7; C – 2; D – 1; E – 4; F – 1; G – 2; H – 2; I – 4; L – 3; M – 2; O – 2; R – 5; S – 1; T – 1; U – 2; Y – 1

Solution in the September issue. Solution July Little Toughie page 51

Limericks

'Friends' (on social media)

One day in lockdown as I sat at home,
Out of the blue, a message on my phone,
A long-lost school friend: 'Hi how's things?'
I joined the group – just friends – no strings,
Thanks to those chats, I wasn't on my own.

Sally Wilson

All those Facebook-lonely-hearts collecting online friends,
Squinting faces, tiny screens and messages each sends,
Can true happiness be found
As they miss the world go round?
They look no more through human eyes – life's real focal lens.

Gerard Dunmoore - Pontivy

Having social media friends,
Is one of this day`s growing trends,
So because they`re only on the screen,
And everything`s behind the scene,
You can still have quiet week-ends.

Jim Henderson, Carhaix

Popular phrases & sayings involving the word:

RED

Red signified fortitude in Heraldry, and was worn in honour of martyrs in ecclesiastical circles. In folklore it was the colour of magic, while nowadays, it is more often symbolical of anarchy and revolution as well as being the colour of danger.

Not a red cent – No money at all, stony broke. An Americanism, where the cent used to be made of copper, but is now an alloy of copper, tin and zinc.

Caught red handed – In the very act, as though with blood still on the hand.

Red-laced jacket – Military slang, from the days of flogging.

Red letter day – A lucky day, a day to be recalled with delight. In almanacs, saints' days and holidays are printed in red ink while other days are in black.

Seeing the red light – Being aware of approaching disaster. Often said of one who is pretty sure that his number is up: he is getting the sack or a serious reprimand. The saying comes from the railway line, where the red light signifies danger.

Like a red rag to a bull – Anything that is calculated to excite rage.

Red rag – Is old slang for the tongue. In French "Le chiffon rouge" and "Balancer le chiffon" meant to talk foolishly. (The French also say that a **Red man** commands the elements, and causes those whom he dooms to death to be shipwrecked, particularly off the coast of Brittany. Legend affirms that he appeared to Napoleon and foretold his downfall.)

Red snow – Snow reddened by the presence of a minute alga "Protococcus nivalis" in large numbers. It is not uncommon in Arctic and Alpine regions where its sanguine colour caused it to be regarded as a portent of evil.

Red Herring – Trying to divert attention from the main question by some side issue. From the Red Herring which was a herring dried, smoked and salted, and used as a device to encourage dogs to follow a scent, from 1686.

A Brittany Alphabet

by Hilary Bridewell

H is for... Hotel

The word "Hotel" can lead to some confusion in France, as is illustrated in a true story told to me by a close friend.

She and her husband were holidaying in France in their "GB" plated car travelling with no planned itinerary, and just going where the mood took them. Every afternoon they would find a hotel, book in, and explore that area.

One day they saw a town with an interesting name, and for no better reason, my friend suggested that they drive into it, and look for somewhere to stay. Now her poor long-suffering husband didn't like driving in France, especially in busy cities. So he agreed, as long as they could easily find a hotel with safe parking.

On espying a rather grand Hotel which had a bizarre name they parked outside the large imperial-looking closed gates. My friend exited their car and tried to open the gates which appeared to be locked. Undaunted she hitched up her skirt, and was climbing over the low wall when stopped by a helpful gentleman. He enquired as to what she was doing, to her surprise in fluent English.

She told him that the she was attempting to enter the hotel, but the gates appeared to be shut. The kind man informed her that the building was actually closed for the day, and told her that they would find a lovely hotel just around the corner, which was very clean and reasonably priced, and, more to the point, open.

Thanking him profusely for all his help she asked how he knew to talk to her in English.

"Madam," he replied with a smile. "Only the British would attempt to book into the tax office for the night (Hotel des Impots).

See also New Businesses page 31

Reds under the bed – A watchword of anti-Bolshevik scares; current within a few years of the 1917 October Revolution in Russia and continuing through the Second World War and into the cold war period. A red flag was used in the 1789 French revolution and the colour had become to be associated with revolutionary movements during the 19th century, before being adopted by the Communists and their sympathisers. Indeed, as far back as the Roman Empire it signified war and the call to arms.

Red Tape – Describing official formality or rigid adherence to rules and regulations carried to excessive lengths. So called from the 18th century because lawyers and government officials tied their papers together with red ribbon. Charles Dickens is said to have introduced the expression but it was the scorn continually poured upon this practice by Thomas Carlyle that brought it into popular use. During the Great War many attempts – some considered ill-advised – were made to get rid of Red Tape in government departments, but perhaps when sensibly considered it has its uses, for without it things were liable to go wrong with possibly fearsome consequences.

Redder – one who tries to separate parties fighting, the adviser, the person who "redes" or interferes. Thus the proverb **"The redder gets aye the warst lick of the fray"**.

Red Cross – the badge adopted internationally in accordance with the Geneva Convention of 1864 as that of military ambulances and hospital services, hospital ships, etc. It is a red Greek cross on a white background and is also called the Geneva cross. The **Red Crescent** is an equivalent used by Turkey and some other countries.

By the way

Tim the Gardener

Watering & Weeding

The dry weather returned in July, and it now seems likely that the garden will suffer from drought in August, and maybe into September. If this does turn out to be the case, you have to work out a plan for what you are going to water, and what you are not, and to a certain extent this depends on how much water you have available.

If you have a well in your garden (and many older Breton properties do), then you can gauge how much water you can take out each day, and use that as the basis for your watering programme. If you do not have a well, then it is worth re-cycling water from the house, particularly if you use easily biodegradable cleaning products in the kitchen and bathroom.

If water is scarce, it is probably best to prioritise trees and bushes that you planted last year, and any cuttings that you are trying to establish. Plants that have not had time to establish their root systems might not survive a very dry August, but can be saved by the occasional bucket of water. Other priorities might be plants grown under cover, and salad crops.

Pulling up the weeds will help the plants in the vegetable garden by reducing competition for water, and mulching round plants will reduce evaporation from the soil surface.

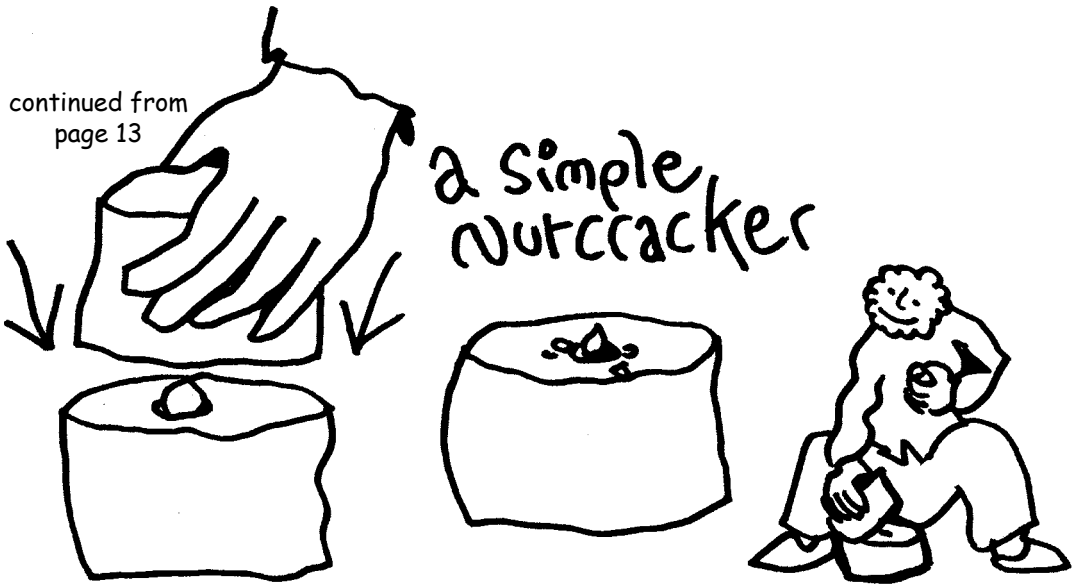
Mulch

In the bigger picture, there is plenty that can be done to improve the long-term soil fertility this month. Overall, soil fertility has been one of the blind spots of horticultural and agricultural experts over the years. In the early days of the agricultural revolution, people relied on animal manures to ensure that gardens and fields kept yielding crops year after year, and when this started to fail, switched to inorganic fertilisers – with all the problems that that involves.

Vegetable matter

The secret to restoring soil fertility is to get as much vegetable matter back into the soil as possible. Initially, it might not break down very rapidly, but its presence will encourage the re-establishment of bacterial and fungal populations in the soil, which in turn will allow worms and insects to return. Then you get a greater diversity of wild flowers, which themselves contribute to soil fertility, plus more birds, frogs, toads, small mammals, and larger mammals.

Continued page 50



Fat hen has overtaken my potato patch!
By the end of August I can dig up the whole crop.
The pea crop is over.
But before I pull up the plants, I'll collect all the dry pods for seed.
My buckwheat is in flower and bees are busy sucking the nectar.
ZZZZZ
Hot work! Don't forget to pop a bottle of cider in the well!

On and Off the Beaten Track

Roundabout battles

Had I been sitting in this spot on 16th March 1322 – an improbable contingency I admit – I would have had a grandstand seat for the battle of Boroughbridge in which you will doubtless recall the rebel Earl of Lancaster was defeated by Edward II's troops. Consequently, the rascally earl lost his head, literally. Nowadays, the site is a roundabout with a canal running below it. The only battling is done by young males whose sad purpose is to try to go round it on two wheels. On the far side, a quixotic sign announces a 20mph zone, more honoured in the breach than in the observance.

The "spot" is the terrace of the Grantham Arms, a rather nice pub-hotel that is unsurprisingly named after Lord Grantham who lived at Newby Hall, a modest pile up the hill on the Ripon road. He was the foreign secretary who made the unfortunate error of drawing up the treaty that granted America its independence. And look at the mess we've been in since. Still, I imagine he made a better job of it than the present incumbent would have. (As I write she is still foreign secretary.) The informative cuttings in our bedroom also tell us that the good lord was the inspiration for the Earl of Grantham in Downton Abbey, which was apparently based on Newby Hall.

Boroughbridge, if you don't know it, is an ancient market town on the old A1 - the Great North Road of yore. Given the number of coaching inns and pubs, it must always have bustled, although now the through-traffic tears up the A1M about half a mile distant. Mounted on the wall of one such inn, The Crown, a coach wheel and plaque marks the bi-centenary of the Boroughbridge mail coach: 14th to 16th October 1989. And in a way that sums up the spirit of the place to which I have been coming for over 40 years. A nice little market town, proud of its heritage, marred a little by the behaviour of a moronic minority, but otherwise comfortable with itself. Sadly, it is no longer master of its own destiny, having long since been subsumed by the sprawling, distant and unconnected Harrogate Council, the territory of which stretches practically into Lancashire. Still, that's progress, innit? Or not. (I don't have much time for English local government, as you might infer.)

The "bridge" – wooden at the time of the battle – crosses the river Ure that flows on to York and it has been an important crossing for centuries. After months without rain, it is a tranquil stream, but for much of the time it is far from it. To help to control the floods, there is a pumping station, together with some complicated waterworks including a massive weir that separates the river from the canal. Boroughbridge still floods occasionally, but much less than before. (When we were here in February, we could not cross the bridge to reach the pub.) The flood plain to the east can and does flood to a depth of two metres and more.

The weir, currently relatively tranquil, is awesome in flood. We walked up to see it as we always do,

and came across a well-meaning, but totally idiotic 'elf and safety notice, this one perpetrated by the Canal and River Trust (an organisation for which I have some respect). The trust has installed a rescue line about 50 yards from the weir. Very sensible, I hear you say. Indeed, I agree, except…

One sign very properly warns of the weir. So far so good. To its left is the "emergency throwline". Operation is simple. Or not. First you must telephone 999 (if there is a signal and you have your mobile phone with you), then ask for the fire service and announce the location. The fire service will tell you the number of the combination padlock that will enable you to release the line. Unfortunately, the closest descent to the water's edge is steep and likely to be muddy when the river is in flood, so if you take it, you may follow your lost companion into the foaming torrent.

Once discretion has been the better part of valour, you will have had to run about 50 yards to a less precipitous approach where you have a sporting chance of not falling in. Alas, by the time you get there, the person to be rescued will be halfway to York and probably dead. History does not record whether the line has been used successfully (or unsuccessfully).

But to finish on a positive note back at the Grantham Arms, which many clearly do regularly. The pub has placed a very witty sign which you can read if you quit the roundabout at less than 100mph. No doubt some humourless official would say it infringes the trade descriptions act because, viewed from afar, it says "Free Beer". Viewed close up, you see that the "free" refers to the wifi and the beer is described as "great", both writ small. Well, it made me smile and it is also true. Cheers.

Richard Griffiths, rpfg@orange.fr

Letters & Photos

Hummingbird Hawk Moth

We enjoyed the article in the July edition (217) on some of Brittany's Hawk Moths and, having delighted in watching another around Plourac'h and again in Plougonver, thought we should add the Hummingbird Hawk Moth (Macroglossum stellatarum) to the list for other readers to look out for and enjoy.

This small ("bumble-bee size") day-flying moth darts swiftly from flower to flower hovering hummingbird-like above each, feeding on nectar with its very long proboscis.

Like a hummingbird, its wings beat so rapidly, they appear a blur – difficult to freeze even with a high speed camera.

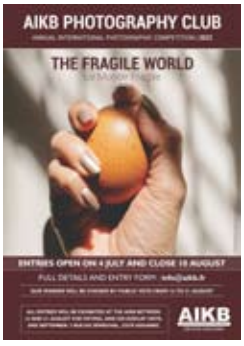
According to my reference books (which are now over 10 years old), this species is a resident of southern Europe where they breed all year round, migrating northwards in the summer. Is it possible that the warmer summers and milder winters make overwintering and breeding in Brittany feasible for these amazing insects? I doubt that we have any shortage of the bedstraw (Gallium) on which the larvae feed.

John Bentley

Photos taken by John Bentley

Brittany's Hawk Moths: Part 2 *page 26*

AIKB Photography Club International Photography Competition 2022



'The Fragile World'

Entries accepted until 10th August; 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

Burnet's Companion

The moth featured on page 23 of the June edition is a Burnet's Companion, so named as it often flies during the day in sunny meadows or on road verges with the small black and red 5 or 6-Spot Burnet Moths (right).

Phil Horton

Art & Culture

Sunday 21 August
AIKB Summer Fair (Kermesse) 11h-17h Gouarec

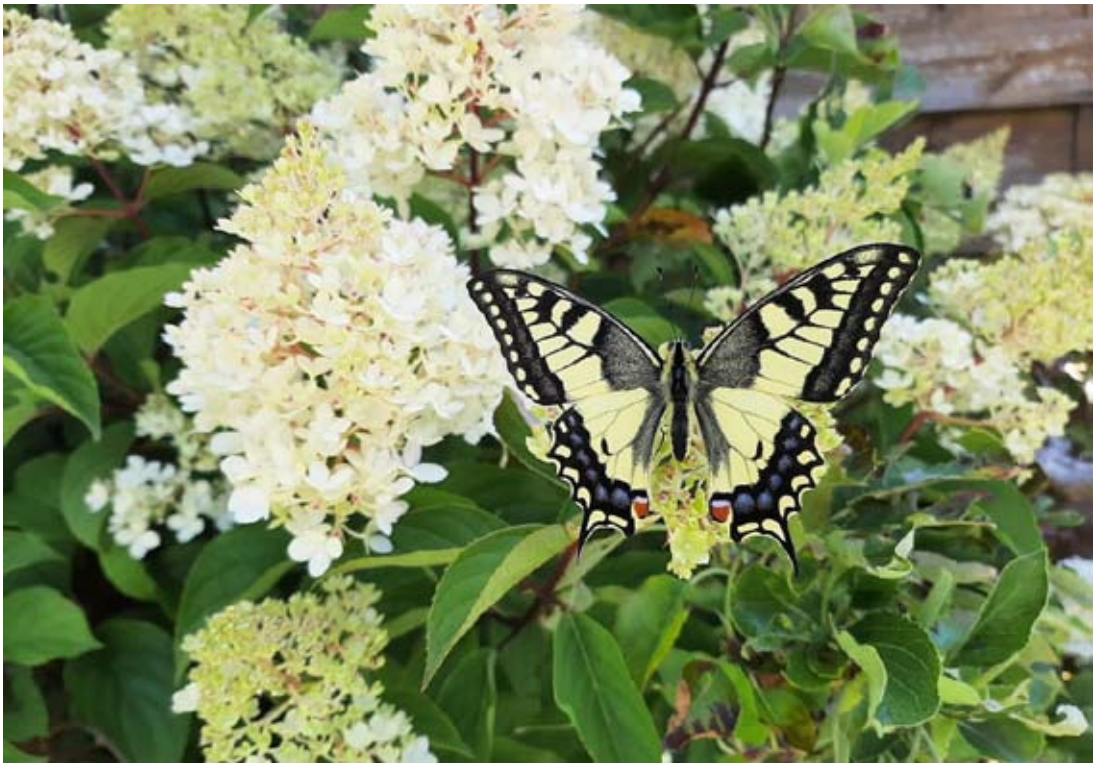
Browse around our many stalls, which include bric-a-brac, craft, local produce, and AIKB's second hand books. Come and meet our clubs: Art and Textiles, Photo, Gardening, Conversation, Relais Europarmor, and "Spotlight on Brittany" radio. Relax at the AIKB café and bar - a great choice of food will be on offer. And…don't forget to buy your raffle tickets for the various prizes and the handmade patchwork quilt!

Please contact Maggie to reserve a stall on info@aikb.fr.

Le Foirail, 22570 Gouarec, free entry and parking

Friday 19th August

Visit to the megaliths at Bot er Mohet, Cléguérec.
All welcome. Reservation at the tourist office, 02 97 25 04 10.



Yesterday (7th July) I was surprised by the fluttering of a butterfly in the veggie poly-tunnel, and even more surprised when it settled on my hand, enabling me to 'rescue' it. I gently placed it outside on our cone-hydrangea and grabbed the camera! What an absolutely stunning specimen of the common yellow swallowtail (Papilio Machaon). Barbara Blackwell

Brittany's Hawk Moths: Part 2

Five more species of Brittany's hawk moths:

***The Large Elephant Hawk Moth** is one of the most attractive and also one of the commonest in Brittany. Its name comes from the caterpillar. The front of the body can be extended to form a 'trunk'. False 'eyes' are also present. If the caterpillar is disturbed it can contract its trunk, rearing up like a small snake, its 'eyes' prominent.*

***The Striped Hawk Moth** does not breed throughout the year in Brittany but arrives as a migrant from the south. It is not too unusual here while some also reach the UK. A few have even reached Shetland.*

*With a wingspan of 55mm **the Privet Hawk Moth** is the largest of Brittany's common hawk moths. The pink-striped underwings and abdomen are usually hidden but are 'flashed' if the is moth disturbed. It is related to the rarer and much larger Deah's-Head Hawk Moth although the latter has a much more pronounced 'skull' on its thorax and yellow-striped hindwings.*

*The **Pine Hawk Moth** is slightly smaller than the previous two moths. Although not uncommon in Brittany, especially where Scots Pine grows, its drab brown colouring means it is often overlooked.*

The Convolvulus Hawk Moth *can also have a wing-span of 55mm but it is much rarer than the Privet Hawk. It too has a pink-striped abdomen but with much paler striped pink underwings. The moth is also a migrant from the south, usually arriving in Brittany in autumn. Some reach the UK each year and again have been recorded as far north as Shetland.*

Photos and text by Phil Horton:
Large Elephant Hawk Moth, Striped Hawk Moth, and Privet Hawk Moth were taken in Brittany during May/June 2022; Pine Hawk Moth in September 2016; and Convolvulus Hawk Moth in July 2010.

Art & Culture

Fête des Jardins
Château de Pommorio, Tréveneuc October 22nd and 23rd 2022
The theme chosen for this autumn is "Butterfly-Friendly Plants for your Garden".

Exhibition at the Musée du Faouët
Portrait painting in Brittany
(Le Portrait dans la peinture en Bretagne). Open every day in August 10am to 6.30pm. Over 130 paintings and drawings from the 19th and the 20th century. Adults 5€, free for children under 18.

51st Lorient Interceltic Festival
Year of Asturias
5th to 14th August 2022
15 Days, 800 000 festival goers, 250 concerts, 4 500 artists, 13 stages
Tickets and full programme: www.festival-interceltique.bzh

Exploring the Worlds of Beer and Wine

"We brewers don't make beer, we just get all the ingredients together and the beer makes itself."
— Fritz Maytag

ANYONE KNOW A GOOD PUB?

Always on the lookout for a good brew to quaff in Brittany, we were delighted to hear from Brasserie de Torlann, a small microbrewery at Malguenac, a few kilometres west of Pontivy. In what can only be described as "fermentation karma", we were also contacted by Len, a reader in Rohan a few kilometres east of Pontivy, who was looking for "a nice community pub" - surely a familiar lament to many a thirsty British expat.

Ian and Vicky, Brasserie de Torlann

Now happy to be a permanent resident of Brittany, Len fondly remembers The Plash Inn, the local in his village of Llanfallteg in Carmarthenshire. A true community pub with quizzes and music events throughout the year, Len says the pub's proprietor Steve "did the village proud during lockdown by offering a takeaway menu along with carry-out ales." Although Len enjoys the bars in Brittany, he has also been searching for more nice pubs and bars "since La Clochette in Credin, a lovely bar/restaurant, has sadly closed". He has discovered one gem, Preteseillle Boutte Monique in Pomeleuc near Josselin, "just a nice place with shop-come-bar and a warm welcome".

Brasserie de Torlann was established in 2019 by a father and daughter team, Ian Brewster and Vicky Longden and has received coverage in Ouest France and Pontivy Journal. They brew a mix of traditional and modern beers in French and English styles using barley grown organically in Brittany and malted at Vannes.

Ian moved to France from Yorkshire in 2003 with his wife Carol. He had always been a keen home brewer, following in the footsteps of his father who worked at Heys brewery in Bradford, and living up to the family name "Brewster", which had its origins in the Scottish borders and meant a female brewer. After visiting a craft brewery fair in St Malo, where he tasted many of the beers offered, Ian decided that he could do better, and suggested to daughter Vicky, who had moved to Brittany in 2017, that they set up a microbrewery. Vicky jumped at the chance, and after twelve months of experimenting with recipes they registered their brasserie. Starting business with a single 50 litre fermenter, they soon realised more capacity was needed and added another four, including a 100 litre fermenter.

Art & Culture

Exhibition - Maël-Carhaix.

Until 30th Ocotber

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. Poems in Breton, French and English.

Free to view and open at all times. Jardins de Kervezenec, Mael-Carhaix.

3rd, 5th, 6th, 10th, 12th & 13th August
Bon-Repos Son et Lumiere

Two-hour sound & light show, tracing Brittany's history, from the Romans to the French Revolution. Tickets: 21€ (children 12€). Abbeye de Bon Repos Abbey (22570)
www.bonrepos.bzh 02 96 24 85 28.

Brasserie de Torlann's range includes beers such as “TPA”, a highly hopped India Pale Ale, “Smash” an amber beer made with simple barley malt and hops, “Blonde” light beer made with pilsen barley malt and saaz hops, and “Porter”, a dark beer registering 7% ABV (alcohol by volume) with hints of chocolate and coffee on the palate. Beer is sold in 50 cl bottles direct from the microbrewery and can also be found at outlets such as Halles d’is supermarket in Malguenac, Jardiland in Pontivy and the quarterly market at Noyal Pontivy. The brewery has recently begun kegging for local bars and restaurants such as La Longere restaurant in Malguenac, and Le Boeuf qui Fume restaurant in Pontivy They also make special beers on request, rent out bar equipment and offer a rinse and return policy for consignments . Further information is on the brewery's Facebook page.

Brasserie de Torlann Beer Cellar

Having introduced Len and the Brasserie de Torlann to each other we look forward to hearing more from them and suspect it will be a marriage made in heaven! In the meantime we are laying down a challenge to all our readers: let us know your favourite watering holes and breweries, and the beers they offer, and we will try to feature them in future columns. For now though, in Len's words, “Cheers … or as we say in Wales Iechyd da ! “

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

Roger Dawson
rogeralan.rd@gmail.com

AIKB Photography Club

As part of its programme of activities, the AIKB Photography Club recently organised a visit to Reserve des Bon Abri at Hillion for its members and their guests.

After a delicious lunch of moules frites at a local restaurant, everyone departed for the Reserve. Though relatively small, Reserve des Bon Abri encompasses a range of habitats covering wetlands and ponds, woodlands, dunes and coast. The reserve is famous for the Southern Marsh-Orchids which have the delightful and descriptive French name of Orchis Néglige. The timing of the Club's visit was perfect, with drifts of thousands of orchids and flag irises.

The members of the club were joined by Diane and Peter Chandler, two experienced naturalists, who guided club members around the reserve, explaining the different habitats and the fauna and flora found in each, plus helping with bird recognition.

The visit was a great success, with many club members making subsequent visits.

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

New Businesses

Verte Vallée

Chambre D'Hôte: Callac.

The "Verte Vallée", a new Chambre D'Hôte run by Juliet Bridewell, is close to the lake in Callac (22), which is a popualar local attraction, with many footpaths for walkers, and fishing (with a licence easily obtained nearby) for the angler.

The premises offers up to 3 rooms, all with large comfortable beds, 2 with ensuites, 1 with a private shower room right next door to the bedroom. Breakfast is freshly prepared each day for each individual's dietary requirements.

Juliet speaks French and English and is able to help guests with advice and information.

26 Rue de la Verte Vallee, Callac, 22160

It can be found on booking.com (search booking.com Callac Verte Vallee) or book directly on 00 33 (0)6 04 01 54 31.

Savoir-Faire Art Centre Maël Carhaix

SAVOIR-FAIRE ART CENTRE
Centre d'Art Contemporain
S.F.A.C. PROJET ARTISTIQUE

Gavin Lawley and Rufina Muraviova purchased the old Catholic secondary school in Maël Carhaix two years ago, with a view to converting it into an art centre promoting contempory art and sustainable living. Work has progressed on the inside of the building, and the centre is now ready to offer courses / workshops in art and sculpture. A meeting is scheduled for August 6th - for everyone interested in the centre or who has ideas how it might evolve.

see page 12

Pictures © Rufina Muraviova

Birds to See in Brittany: Crested Lark

French: **Cochevis - huppe** Breton: **Koggenneg – Koch**

We are fairly small stocky birds, a little smaller than the Skylark – distinguished from it by lighter colouration and a longer distinct spiky crest, slightly curved and conspicuous all the time, though more pronounced during territorial or courtship displays and when singing. We have a fairly long bill, a short tail and rounded wings. Our upperparts are sandy brown, less streaked than the Skylark. Our underparts are buffish cream, streaked on the breast. In flight we show an orange/buff patch on our underwing which also distinguishes us from the Skylark.

We are non-migratory birds who prefer to remain in the area in which we were born. As with other larks we walk well and run quickly but never hop. We prefer dry open country and are often seen trotting along roadsides or scuttling about on dry sandy ground. We also frequent cultivated and urban areas, railway sidings and building sites.

Although basically territorial we will perch freely on walls, buildings and telephone wires but seldom on trees and bushes.

We nest on the ground in the shelter of a tussock of grass or on the verge of quiet tracks in wasteland or even on the outskirts of towns.

Both sexes build our cup shaped untidy nest of dead grasses and small roots. Three to five buffish/white eggs are laid, speckled yellowish brown and ashy. The female alone incubates the eggs for 12/13 days, both parents then feed the chicks which remain in the nest for 9/13 days, flying by 15 days. There are two and sometimes three broods in a year.

We are largely vegetarian and feed on grains and seeds, occasionally insects, mostly beetles.

We are songbirds with a warbling “whe-weee-oo” sung in flight from high in the sky, though less of an outpouring than the Skylark, also a high pitched double note when scuttling about on the ground.

Jim Henderson

Hetty's Kitchen

Cherry Tomato Tarts (for 4)

250g cherry tomatoes, halved
Olive oil
Balsamic vinegar
Pack of ready rolled butter puff pastry
4 tbsp cream cheese
1 egg yolk
25g Parmesan, finely grated
1 tbsp Dijon mustard
100g strong cheese, grated
2 tbsp fresh chives, finely chopped

At least two hours before assembling the tarts, place the halved tomatoes in a shallow dish with a drizzle of olive oil and a good glug of balsamic vinegar. Stir well and set aside to marinate, stirring from time to time.

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

Line a baking sheet with parchment.

Divide the pastry into 4 and transfer to the baking sheet. Score a border about 1cm/½" from the edge of each piece.

In a small bowl, beat together the cream cheese, egg yolk, mustard, Parmesan and half the chives. Spread over the pastry portions evenly inside the scored border. Scatter the grated cheese on top, followed by the tomatoes, removed from the dish with a slotted spoon. Brush over the tomatoes with the remaining marinade and grind some black pepper over each portion. Bake for about 20 minutes until the pastry is puffed up around the edges and golden. Serve immediately with the remaining chives scattered over the top and accompanied by a crispy salad.

Swedish Style Chicken and Potato Salad with Croûtons (for 4)

1.2kg small new potatoes, scrubbed
3 slices dark rye bread
Small bunch of fresh dill, chopped
1 tin anchovy fillets in oil, drained
12 small tomatoes, halved
4 tbsp grapeseed oil
1 dessert spoon red wine vinegar
Small clove garlic
80-100g watercress or rocket leaves
Half a radicchio, finely shredded
2 cooked skinless chicken breasts, cut crossways into 5mm slices

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

Cook the potatoes in a large pan of boiling water fpr 15-20 minutes until tender. Drain and set aside.

Meanwhile, cut the bread into 2cm/1" squares and spread out on a baking sheet and lightly brush or spritz with oil. Bake 10-15 minutes until crisp, but keep an eye on them so they don't get overdone.

Drop the anchovies, most of the dill, grapeseed oil, garlic and vinegar into a food processor with 2 tbsp water and whizz to a smooth paste. A stick blender also works or use a mortar and pestle.

Halve the warm potatoes and tip into a mixing bowl with the torn watercress, radicchio, tomatoes and sliced chicken. Drizzle over the dressing and toss to coat well.

Divide between serving plates and scatter on the croûtons and remaining dill.

Lemon and Courgette Cake with Cream Cheese Frosting

375g butter, softened
300g caster sugar
5 eggs at room temperature
375g self-raising flour
1 tsp baking soda
2 tsp ground ginger
300g courgettes, grated
Grated zest 4 lemons

For the frosting:

Lemon Curd
350g butter softened
200g icing sugar, sifted
300g full-fat cream cheese150g white chocolate, melted and cooled
Lemon juice

Grease and line two 20cm/8" loose bottomed cake tins. With a hand held electric whisk, beat the butter and sugar until light and fluffy. Whisk in the eggs one at a time with a spoonful of flour if it looks like curdling.

Sieve together the flour, ginger and baking soda and fold into the mixture until just combined. Squeeze excess water out of the courgettes and fold into the mix with the lemon zest.

Divide between the tins and level the tops. Bake in a preheated oven 180°C/160° fan/Gas 4 for 25-30 minutes or until a skewer inserted into the centre comes out clean. Cool in the tins for 10-15 minutes, then turn out onto a wire rack to cool completely.

To make the frosting, beat the butter and icing sugar together until well combined. Gradually beat in the cream cheese. Stir in the melted chocolate and a spoonful of lemon juice. Cover and chill for a couple of hours to firm up.

To assemble, cut the cakes in half horizontally and arrange the first half cutside up on a serving plate. Spread two tablespoons of lemon curd then two large spoonfuls of frosting. Repeat twice more, finishing with the final cake layer. Chill the cake and remaining frosting for an hour, then spread the last of the frosting over the top and sides of the cake.

Decorate (optional) with candied lemon slices and a few edible flowers. Marigold petals always look good, as do nasturtium flowers and borage.

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*See **ANIMAL WELFARE p.42***

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B & B / Gîtes

*See **BED & BREAKFAST p.46***

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

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*See **HELP & ADVICE p. 10***

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*See **GARDENING pp. 40-41***

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Health & Beauty

*See **HEALTH & BEAUTY p.39***

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

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Translation & Advice

*See **HELP & ADVICE page 10***

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Property *pages 54*

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Answers
CBJ Quiz *page 14*

I: General Knowledge & Current Affairs
1) Slovenia 2) Okay, from ola kala = all is well 3) Lignite 4) Kelp 5) Shinzo Abe 6) Chris Pincher 7) Tattoo 8) Dante 9) Kissing 10) Uranium

II: French Language & Culture 1) Nupes 2) Grenoble 3) Victor Hugo 4) Spain 5) Nîmes 6) Henri IV 7) Record low temperature (-41˚C) 8) Monet 9) Monk 10) Zola

III: History & Geography 1) Richard III 2) H. S. Truman 3) Pierre 4) Bismarck 5) Nicholas II 6) Anne 7) Endurance 8) Henry IV 9) Estonia 10) Aberdeen

IV: Connections
1) Hibernian 2) Harp 3) Cork 4) John Clare 5) Mayonnaise (Mayo) 6) Emerald (isle) 7) Dr Kildare 8) i.e. (the International Internet Code for Ireland) 9) Ireland 10) Limerick; Ireland

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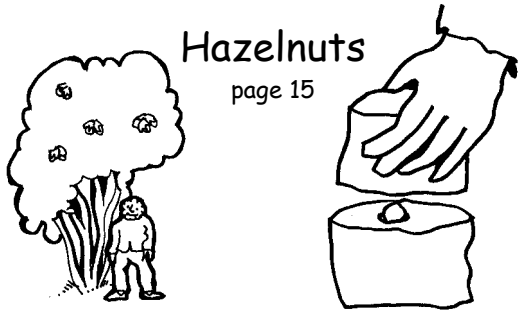

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Watson European page 53

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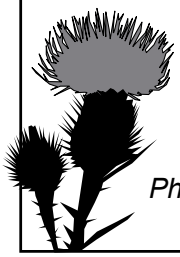

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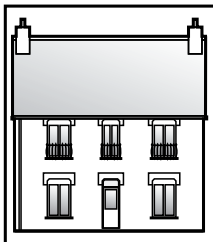

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Tim the Gardener

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Where to Get the Organic Material

One of the ironies of the current state of impoverishment of our soils is that there is no actual shortage of organic matter. Anyone who has a large garden can testify to the fact that vegetation grows (particularly in Brittany) at a frightening rate, and working out how to keep it under control is often seen as being more of a problem than anything else.

It has become fashionable to keep this vegetation cut close to the ground by constant mowing, and strimming; this is not only expensive and wasteful of fossil fuels, it also represents work that most people find quite unpleasant.

From a land-management point of view, vegetation on banks, on meadow land, and beside paths does not need to be cut more than once or twice a year. This will encourage grasses and wild flowers to grow, whilst deterring brambles, bracken, gorse and trees from becoming established.

The work can be done with a scythe or sickle, provided that not too big an area is tackled at a time; this provides a relatively gentle form of exercise when compared to having to wrestle with a strimmer or mower. If a little cutting is done regularly, over the course of the summer, a large amount of vegetable matter can be collected.

Drying Mulching and Composting

Material cut early in the year will have a much higher water content than material cut later on. It has to be handled carefully: if it is simply piled up, it is likely to rot, and its use in the garden will be severely reduced. If possible, it should be dried and stacked up for later use.

Later in the year, areas of the garden will have become clear as the various crops are harvested, and the vegetable matter can be applied directly as a mulch. If the material is dry, it can be applied

continued from page 52

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Solution July Little Toughie see page 17

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Solution
Bridge Puzzle 43 *page 6*
Suit Combination

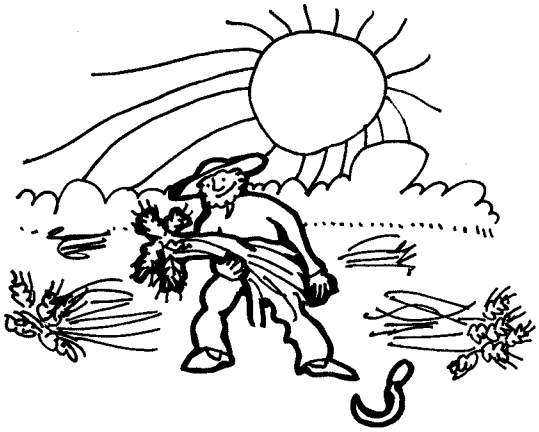
You are South playing in 6NT. West leads 8♠. How do you play the club suit?

With eleven tricks on top the only chance for a twelfth is with the club suit. Try to make two finesses out of this combination. Play small to the Q♣. If West has the K♣ you win, If your Q♣ loses to East's K♣ you still have an extra chance of finessing the 10♣. Try to maximise your chances.

♠ A Q J
♥ Q 9 2
♦ A K 6 3
♣ Q 5 3

N
W E
S

♠ K 9 4
♥ A K 6
♦ Q J 10 2
♣ A 10 2



Tim the Gardener

in quite a thick layer, and that will stifle the weeds.

When the time comes to sow the next crop, the mulch can be removed and stacked up - it will break down into high-quality compost surprisingly quickly.

Thinking Long Term

It is difficult to understand how short-term thinking entered into our land-management systems. In the United States today, people often quote an idea said to be derived from the Native Americans that when one commits an action, one should not just consider what effect it will have in the immediate future, but also the impact it will have on the next seven generations.

Working on restoring soil fertility fits in well with this way of thinking. The short-term fo-

continued from page 54

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If you would like more 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.

Tim the Gardener

cus has to be on getting a crop for oneself, but that does not need to be to the detriment of the long-term plan to hand over a more fertile soil to the next generation. In a sense, when one embarks on the project, one is aided by the depleted state of wildlife in the modern countryside: the garden might not yield as much as it should initially, but there is less competition to eat it. As soil fertility improves, wildlife returns, but it should still always be possible to keep enough of the crop for yourself.

In the early days, mulch may sit on the surface of the soil, without much happening to it; but gradually the worm and insect populations recover, and the mulch starts to disappear at an alarming rate. At the same time, the areas that you are cutting by hand are also becoming more fertile, the plants are being allowed to complete their life cycles, and a stable root culture is being given time to establish itself. The vegetation becomes denser, and grows taller, and the volume of the mulch crop increases.

Page 52, Clockwise from top left: Rye cut and stacked in the sun to ripen; Cereals have been a staple food in Brittany for thousands of years, making it imperative to have a sustainable way to replenish the field after the harvest; Water meadows can be cut to give an ideal form of mulch: This vegetable garden has not been treated with manure or inorganic fertiliser for at least a quarter of a century

This page, from top: Areas that are to be used for mulch can be left until late summer or autumn before being cut; Material cut earlier in the year can be dried and stacked up in the field. It will keep in good condition for several years, and can be used when needed; Once a crop has been harvested, it can be mulched. If plenty of material is available, several layers of mulch can be applied.

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Solution: Chess Puzzle *page 16*

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2) Qd4, Rg6;
3) Rxg6, Qxd4;
4) Nxf7mate

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