

Issue 230

1€

# Central Brittany Journal

August 2023



**Brent Goose**  
25



**Jervaulx Abbey**  
22-23



**Tim the Gardener** 30-32



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Watercolour by  
Bethan Lewis

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9:00 - 12:00 14:00 - 17:30

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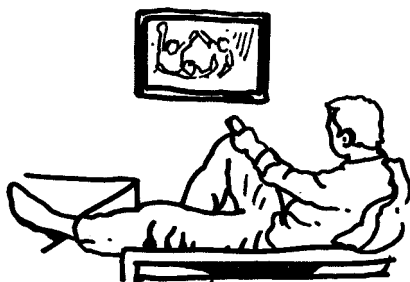


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**Limericks**  
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# ART EXHIBITION

## BRENDA HAYES & ANN MARIE RAY

### 24th July to 11th August 2023



*In the Mairie & Tourist Office of Belle-Isle-en-Terre Free Entry*

**Mairie.** Monday-Friday 9am-5pm. 02 96 43 30 38

**Tourist Office.** Monday - Saturday 9am-6pm. 02 96 43 35 08

**Brenda Hayes** 02 96 45 73 96 / 06 31 44 78 32    **Ann Marie Ray** 02 96 45 09 14 / 06 74 48 12 05



## Contributors: August

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	Photo of the Month	back page

## Editorial:

I hope that this issue of the Journal has managed to strike the right balance between featuring articles about all the good things that are going on (particularly on the local level), whilst not ignoring the fact that problems in the wider world continue to pile up.

Something that we still do not hear enough about is the need to re-build local communities – not along sectarian or religious lines, but in a way that enables people living in the same commune, region, country, etc. to build bridges across cultural and linguistic divides to work together, make the most of available resources, and take care of each other, and the world in which we live. This probably does involve keeping half an eye on the problems in the wider world, but the main objective is to do everything possible to improve the quality of life for everyone, and everything around one. Which is why I am grateful once again for the effort made by all the contributors to this month's issue who have succeeded in painting a picture of a positive, dynamic region, welcoming to newcomers, and where nature still has a chance to thrive.

GL

## Central Brittany Journal

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Letters: [letters@theobj.com](mailto:letters@theobj.com) Whats On: [whatson@theobj.com](mailto:whatson@theobj.com)

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 / Books



**Maël – Carhaix**

# Reflets de Campagne

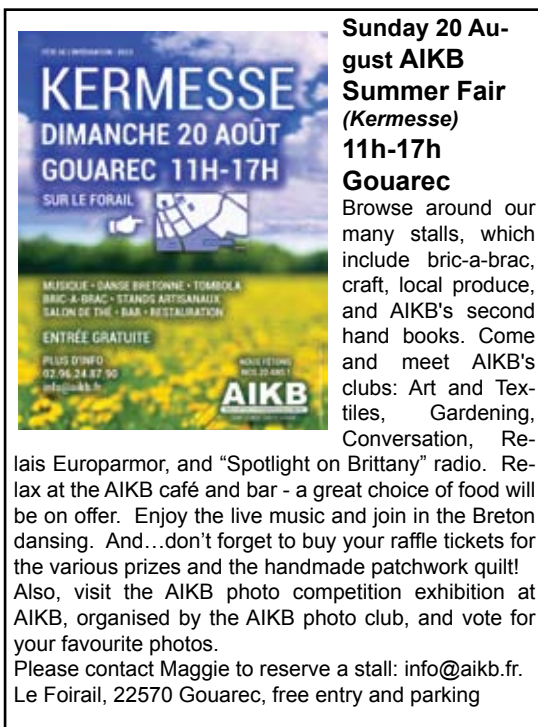
*Countryside Reflections*  
**Lucien Pouëdras**  
Paintings

**David Steer & Alastair de Grandis**  
3D mini-farm

**Bernard Bretonneau**  
Photographs

**1st July - 30th August 2023**  
In the shops and library

organised by  
**Le Chaudron des Arts**



**Sunday 20 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 AIKB's clubs: Art and Textiles, 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. Enjoy the live music and join in the Breton dancing. And...don't forget to buy your raffle tickets for the various prizes and the handmade patchwork quilt! Also, visit the AIKB photo competition exhibition at AIKB, organised by the AIKB photo club, and vote for your favourite photos. Please contact Maggie to reserve a stall: [info@aikb.fr](mailto:info@aikb.fr). Le Foirail, 22570 Gouarec, free entry and parking

## Bridge Puzzle 55

Dealer East. N/S vulnerable

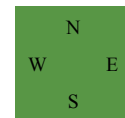
W	N	E	S
Pass	Pass	3♥	6♠
Pass	Pass	Pass	Pass

♠ 4

♥ 8 3

♦ Q 10 8 7 2

♣ K J 9 5 3



West leads the 2♥.

Bearing in mind that East opened the bidding with three hearts, how can you make the contract?

♠ A K Q J 10 9 2

♥ A 9 6

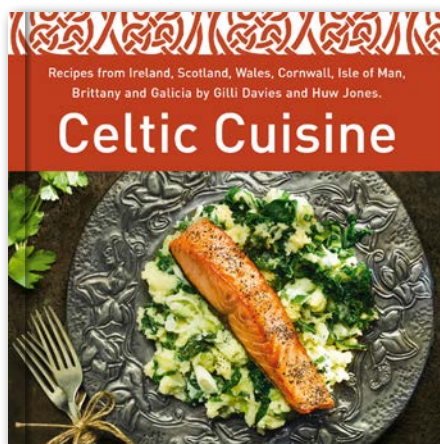
♦ A K

♣ A

*Solution page 47*

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

## Books



### Celtic Cuisine

**Gilli Davies**

A new book from Welsh publishing company Graffeg, featuring recipes from Wales, Ireland, Scotland, Brittany, the Isle of Man, Cornwall and Galicia.

The recipes sit alongside information on the background and traditions behind each dish. Photography by food photography specialist Huw Jones.

*Publication: 24 August 2023.*

*Hardback, 150 x 150mm. 160 pages*

*Publication 24 August 2023*

**£9.99 ISBN: 9781802584448**

*Graffeg. Limited 24 Stradey Park Business Centre, Llanelli SA14 8YP Wales, UK*



# Food & Drink

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## Hetty's Kitchen

**Chicken Escalopes** p.29

**Mango & Prawn Salad** p.29

**BBQ Peaches & Caramel** p.27

**Fruit Shrub** p.29

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## 8 What's On

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## English Language Films in August

### Rostrenen Cinema

English-Language Films

**Monday 14th August at 5pm**

**Oppenheimer**, directed by Christopher Nolan and starring Cillian Murphy et al.

**Sunday 20th August at 8.30pm**

**Sisu**, directed by Jalmari Helander and starring Jorma Tommila.

**Callac Cinema** *page 26*  
**Gourin Cinema** *page 11*

# What's On in August

## Tues 1 - Sun 6 August

### Tuesday 1st to 11th August

**Art Exhibition of paintings by Brenda Hayes & Ann Marie**

**Ray.** In the Mairie & Tourist Office of Belle-Isle-en-Terre. Free Entry. Mairie. Monday-Friday 9am-5pm. 02 96 43 30 38. Tourist Office. Monday - Saturday 9am-6pm. 02 96 43 35 08.

### 1st to 27th August

**Festival de Lieux Mouvants.** Culture, concerts, debates, and talks. Day pass 10€. Free for children under 12. Bar and refreshments. Picnics welcome. Hamlet of Saint-Antoine, 22480 Lanrivain. [www.lieux-mouvants.com](http://www.lieux-mouvants.com)

### Tuesday 2nd August

**Celtic music concert with Rosewood.** 7pm. L'Autre Rive Café-bookshop, Restidiou Vras, 29690 Berrien. 02 98 86 94 05.

### Thursday 3rd August

**The Royal British Legion** monthly social has changed venue.

The social is now held at 'Carpaccio Ristorante' on Rue du Caire, Pontivy from 12pm. Open to non-members as well as members, there will be a topical Quiz, a book stall, poppy items and a raffle with lunch served from 1pm. For further information please contact Greg on [greg.lockwood@btinternet.com](mailto:greg.lockwood@btinternet.com) or Karen on [centralbrittany.secretary@rbl.community](mailto:centralbrittany.secretary@rbl.community).

### Friday 4th, Saturday 5th, Sunday 6th August

**Jazz in Langourla.** Covered site for concerts, 2 and 3 day passes available on site. Concert tickets 28€ / 23€.

Free for children under 8; 8- 12, 5€; 13-15 10€.

Food available all day. Free camping. Land art workshops.

Jam sessions, exhibitions, jazz in the cafes & bars.

22330 Langourla.

### Friday 4th - Sunday 13th August

**52nd Lorient Interceltic Festival.** This year Ireland is the guest of honour. [www.festival-interceltique.bzh](http://www.festival-interceltique.bzh)

### Saturday 5th August

**Open Day at Callac's Jardin Solidaire (Community**

**Garden).** 10am-6pm. Visitors are invited to look round the garden and meet visiting poets and artists. Refreshments available. Donations welcome. The Jardin Solidaire is on the right, on the main road into Callac, just after the Brocante.



## What's On 9

### Saturday 5th and Sunday 6th August.

**Open weekend at "The Barn".** Sculptures, paintings, cards, jewellery and brocante. Open the first weekend of every month 10am till 6pm. Refreshments available. "The Barn" 14 Le Roselier 22150 Gausson.

### Sunday 6th 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.

## Mon 7 - Sun 13 August

### Tuesday 8th August

**Quiz at Le P'tit Pelem,** St Nicolas du Pelem (near the church) 8.50€ each for chicken with sauce or omelette or vegetarian steak with chips plus salad. Quix only 2.50€. Plenty of parking nearby. Starts 7.15pm. Please pre-book. Maximum 20 teams of 4. To find out more please email [dalefraser01@gmail.com](mailto:dalefraser01@gmail.com)

## Mon 14 - Sun 20 August

### Tuesday 15th August - Friday 1st September.

**AIKB International Photography Competition Exhibition.** Voting from Tuesday 15th August - Sunday 20th August. Exhibition open 10.30am - 12 noon and 2pm - 5pm. AIKB, 3 Rue du Senechal 22570 Gouarec. Entry free.

### Tuesday 15th August

**Fest Noz.** Breton music and dancing, as part of the Plinn Festival, Bourbriac. Local musicians. 9pm-1am. 6€ entry. Danouët Chapel, Bourbriac.

### Saturday 19th August

**Bulat Wool Festival (Marché de la Laine).** Stalls, workshops, sheep shearing demonstration. Second hand clothes sale at the Ch'Ty Coz Cafe. 10am-6pm.

### Sunday 20th August

**Meet Gerard Dunmoore,** author of The Water Man Legacy at The Bookshop, 22 Route de Berrien, 29690 Huelgoat .1.30 - 5pm. Light refreshments offered. see page 27

### Sunday 20th August

**AIKB Summer Fair (Kermesse).** Stalls selling bric-a-brac, crafts, local produce, and second hand books. AIKB café and bar. Live music and Breton dancing. 11am-5pm, Gouarec. Also, visit the AIKB photo competition exhibition. Le Foirail, 22570 Gouarec, free entry and parking. Please contact Maggie to reserve a stall on [info@aikb.fr](mailto:info@aikb.fr).

### Sunday 20th August

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

## ANTIQUES & SECOND HAND

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**Fb : kristyne.agency**

## 10 What's On

### Mon 21 - Thurs 31 August

#### Wednesday 23rd August

**Celtic harp concert** with Andrea Seki. 7pm. L'Autre Rive Café-bookshop, Restidiou Vras, 29690 Berrien. 02 98 86 94 05.

#### Friday 25th August

**Monthly Quiz at La Pergola, Plouray.** Starts 7.30pm. Quiz master Andrew Chamberlain. A mere ten-minute drive from Rostrenen, along a very quiet road, the D790.

#### Friday 25th August

**Chinese Night, Bar le Pommier Landelau.** Chicken or prawn nems served with sweet chilli dip on a bed of salad, or veggie chinese noodle soup, both served with prawn crackers; chicken or veg chinese curry, or chicken or veg sweet and sour, both served with basmati rice; ice cream cake. 16€ pp To book call 02 96 21 53 47 or email damon.parry@sky.com

#### Saturday 26th August

**Fest Noz.** Breton music and dancing, as part of the Fisel Festival, Rostrenen. Live music groups including Dièse3, ARN', Skolvan. 8pm-2am. 10€ entry. Salle des Fetes, Rostrenen.

#### Saturday 26th and Sunday 27th August

**Plant Sale at St-Antoine, Lanrivain.** 10am to 6pm. Over thirty stalls with plants suited to the Breton climate. Entry 4€. Free for children under 12. [www.lieux-mouvants.com](http://www.lieux-mouvants.com)

#### Sunday 27th August.

**Evening of Praise and Worship**, hosted by Pastor Cynthia Musson, Worship Leader and Gospel Choir Director. Meetings take place from 4pm to 5pm at Saint Tremeur Church in Carhaix. For more information, please call 06 08 82 15 21.

#### Sunday 27 August

**Boot Sale, St-Nicodeme.** 9am - 12pm. Organised by 'Epico-deme'. In the village square of Saint-Nicodeme (22160).

## September

#### Sunday 3rd September

**Pardon St Gilles Vieux Marché.** Mass at 10.30am followed by the procession. Meal, reservation only. Price 13€ and stipulate eat in or take away when making reservation. To reserve call 02 96 67 19 58 or 06 50 41 82 66. Meal prepared by the Association du Pardon.

### ALL FRENCH MATTERS

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Vehicle & Business Registration

Any type of French paperwork or procedure

**Call us on 06.73.60.18.55**

**or email: [allfrenchmatters@gmail.com](mailto:allfrenchmatters@gmail.com)**



## September

### Saturday 9th September

**Soul, Motown and Northern Soul Night.** Presented by the Central Brittany Soul Club. 7pm 'til late. At the Coëtlogon (22210) Salle des Fêtes. Pay on the door. 5€. Bring your own snacks. Bar available. DJ's Malcolm Falle, Ronnie Falconer, Mark Oakley, Niveene.

### Stop Press: *What's On:* **Bulat Pestivien**

#### Lucid Dreaming: Saturday 26th August

1-day Lucid Dreaming workshop at Bulat Pestivien - La ferme de Ma zadou. Learn how to control and play with your dreams as well as all the techniques needed to enhance your daily life. From myths to daily exploration.

#### Qi Qong from the Wudang Mountain

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<http://www.reveslucides-obe.com>  
[www.qiqonglannion.com](http://www.qiqonglannion.com)

### Jeanne D'arc Cinema, Gourin.

19 Rue Hugot Derville [www.cinegourin.fr](http://www.cinegourin.fr)

English Language film in August

Friday 4th August 2pm: Documentary film.

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## DIRECTORY

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# Tax & Investment

## Are your savings and investments suitable for you?

A key element of protecting your wealth – whether you are looking at tax and estate planning, investments or pensions – is that the arrangements and strategies you use should be designed around your personal circumstances and aims.

Your circumstances change over time, as can your objectives, at which point you need to review your wealth management. So, for example, you should re-evaluate your financial planning when you retire, and likewise carry out a thorough review on moving to France to take your new circumstances, income needs and the French tax regime into account.

A tailor-made strategic approach is key for the success of your investment portfolio, created and managed to meet your objectives, time horizon and risk tolerance.

Many people have portfolios which are unsuitable for them. They carry a higher level of risk than they realise or want; have inadequate diversification or own many illiquid assets or unregulated investments. Or the investment choices or combination of them may not meet their needs.

Alternatively, being too cautious can have consequences in your later years.

### Inflation risk

Many retirees leave savings in bank deposits, believing it's the safe approach, but you need to consider the impact inflation and low interest rates can have on cash deposits.

Even low inflation rates will erode your value of your savings when compounded year after year. As a basic illustration, if you have €50,000 in a current account with no growth and inflation is 3% every year, after 10 years its value falls to around €37,000.

After 30 years it's just €20,555 – a 59% reduction in purchasing power.

### Managing and balancing risk

Some risk is unavoidable to achieve an investment return to keep pace with inflation. To avoid undue risk, obtain a clear and objective assessment of your personal appetite for risk.

You then look at allocation of assets between equities, bonds, real assets and cash to create the most appropriate portfolio to match your profile and objectives.

The tried and tested strategy to mitigate risk is diversification — a well spread portfolio of investments across asset classes, geographic regions and market sectors, to limit your exposure to any single sector. It is widely acknowledged that asset allocation is of greater importance than the selection of individual stocks and shares.

Specialist advice is essential to select the most appropriate investment strategies and asset managers to meet your needs.

### Regular reviews

Reassess your portfolio regularly and adjust the strategy accordingly. Market conditions change and asset prices rise and fall, affecting the portfolio risk. Also consider any changes in personal circumstances.

For peace of mind, get your appetite for risk assessed objectively and matched to the optimum investment portfolio; diversify across assets markets and investment views, ensure your assets are in a tax-efficient structure, and carry out annual reviews.

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

*This article should not be construed as providing any personalised investment or taxation advice.*

*Keep up to date on the financial issues that may affect you on the Blevins Franks news page at [www.blevinsfranks.com](http://www.blevinsfranks.com).*

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**New advertisers page 15**



# 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))**

**6th** – Trinity 9 – Zoom Service 10am

**13th** – Trinity 10 – Holy Communion 2.30pm

**20th** – Trinity 11 – Zoom Service 10am

**27th** – Trinity 12 – Holy Communion 2.30pm

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) Ploërmel**

**6th** – Trinity 9 – Holy Communion 11am

**13th** – Trinity 10 – Word and Worship 11am

**20th** – Trinity 11 – Holy Communion 11am

**27th** – Trinity 12 – 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)**

**13th** – NO SERVICE

**27th** – Trinity 12 – Word and Worship 10.30am

For more details contact [redon@churchinbrittany.org](mailto:redon@churchinbrittany.org)

## ROSTRENE

**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)**

**6th** – Trinity 9 – Zoom Service 10am

**13th** – Trinity 10 – Holy Communion 10.30am

**20th** – Trinity 11 – Zoom Service 10am

**27th** – Trinity 12 – Holy Communion 10.30am

John Cullingford 02 56 43 11 27 [cullingj47@gmail.com](mailto:cullingj47@gmail.com)

## Evenings of Praise and Worship

Hosted by Cynthia Musson, pastor, worship leader, and Gospel Choir director.

**27th August, entry free to all.** Every last Sunday of the month from 4pm to 5pm. Saint Tremeur Church in Carhaix. More information, please call; 06 08 82 15 21.

## Saturday 19th August

**The Armed Forces & Veterans Breakfast Club (AFVBC Brittany)** will be meeting at Café de la place, 13 pl. du 9 Avril 1944, 22160 Callac at 10:30 moving forward. If you wish to attend please contact me (Remy) by Facebook page no later than the Wednesday before the meeting.

# CBJ Quiz

**Target: 20 points. Answers page 40**

*Set by Jon Chambers:  
jonchambers1825@hotmail.com*

## I: General Knowledge & Current Affairs

- 1 Which money-saving expert was the victim of a 'deep-fake' scam last month, in which he appeared to be promoting Elon Musk's enterprises?
- 2 What plant is nicknamed 'the butterfly bush'?
- 3 What animal is sometimes referred to as 'a moke'?
- 4 Which company makes Europe's fastest train – the ETR1000?
- 5 Robert the Bruce massacred an army of Edward II's in which decisive battle of 1314?
- 6 Which mountain range shares a name with a sign of the zodiac?
- 7 Marketa Vondrousova won the Women's Wimbledon title last month. What country is she from?
- 8 The Faroe Islands are part of which country?
- 9 Which well-known scientist and broadcaster had a pop hit with 'Things can only get better'?
- 10 What is the world's commonest blood group?

## II: French Language & Culture

- 1 In which major French city is the main avenue La Canebière?
- 2 Which French king passed l'ordonnance de Villers-Cotterêts in 1539, giving the French language primacy over Latin?
- 3 French society is often described as laïque. What is this in English?
- 4 In what year did the Fifth Republic begin? (+/- 2 yrs)
- 5 What is the title of Ridley Scott's latest film, due out later this year?
- 6 Which Ethiopian rider made a big impact in the TdF this year, after winning a stage in the Giro d'Italia?
- 7 How would passer un examen translate into English? (False friend warning!)
- 8 Which sport's nickname is 'le ballon rond'?
- 9 Which island do the French call 'l'île de beauté'?
- 10 In English, it's a waffle. What is the French word?

## III: Connections

- 1 What did South African Lewis Washkansky receive in 1967?
- 2 What is the collective name for a group of hounds?

- 3 Which vitamin cocktail consists of orange, carrot, and lemon? The juice takes its name from its three main vitamin groups.
- 4 What made 1589 such an important year for Henri of Navarre?
- 5 The Flemish Hunting Deck, dating from the C15 and now housed in the Metropolitan Museum of Art in NYC, is the oldest surviving example of what?
- 6 What are White's, The Athenaeum, and Pall Mall?
- 7 In French, they are piques, and in Italian, picche. What are they in English?
- 8 Which song, sung by Marilyn Monroe, begins: 'The French are glad to die for love'?
- 9 What does Roman numeral LII equate to in Arabic numbering?
- 10 In the arts, what first name is shared by Benny, Lemmon, and Kerouac? Bonus: What is the connection?

**IV: Wipe-out** (*Two points per correct answer; no points for the whole round if any single answer is incorrect! You are not obliged to answer every question.*)

- 1 What is the dominant country of Oceania?
- 2 Who is the only person to have been World Champion on two and four wheels?
- 3 In 1296, the 'Auld Alliance' was born, pledging friendship between which two countries?
- 4 Which English composer was born in Down Ampney in the Cotswolds in 1872? His work includes 'Fantasia on a Theme by Thomas Tallis'.
- 5 According to Greek myth, what liquid flowed through the veins of the gods?
- 6 Which king of Scotland and future king of England wrote a book called Daemonology in 1597?
- 7 Which England cricketer boasts a pie-chart on his tee-shirt having scored a match-winning one not out against Australia in 2019?
- 8 Mark Cavendish pulled out of this year's TdF, still having a share of the greatest number of stage wins. How many?
- 9 Which American poet's name always appears in lower-case letters?
- 10 In Roman times, it was called Lugdunum. What is its current name?

## Spotlight on Brittany:

**August:** Spotlight offers you a rich and varied programme for 'August'! We hear again from Mike Lucas, who writes for Le Poher newspaper; meet Sheila Morris from AIKB's Photography Club; then Solenn Le Ferrec shows us an unusual 'Chambre d'hotes' on a stationary train in Guis-criff and play out with bagpipe music from Padraig McGovern!

So, take a break from gardening, put your feet up and tune in.....'

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 (101.7Mhz-92.6Mhz) on the first Wednesday of the month at 14h00 and the third Sunday at 09h30. More simply perhaps, you can listen anytime to this month's programme and others from the archive, by following the links on our website: [www.spotlightonbrittany.fr](http://www.spotlightonbrittany.fr)

## NEW ADVERTISERS: AUGUST

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# Limericks

## TV Channels – are there too many?

*There's nothing like multiple choice, so they  
say,  
However there's a limit to hours we have in a  
day,*

*Overloaded with repeats,  
Many highlighting defeats,  
When most TV topics are rubbish anyway!  
Cyril Young - St Nicolas-du-Pélem*

*Averred as a tsunami of flat screen media  
choice,  
Repeats most often or anchormen, vying for a  
voice,*

*Or even worse, reality shows,  
With faces on that no one knows,  
I never watch it - tune in instead to Radio 4  
- rejoice.  
Gerard Dunmoore – Pontivy*

*Lying on the sofa, surfing up and down,  
Nothing fun to watch, my forehead forms a  
frown,  
I must pull up my socks,  
Switch off this rotten box  
Leave the house right now I will, 'n' stretch my  
legs round town.*

*Gerard Dugdale – Gourin*

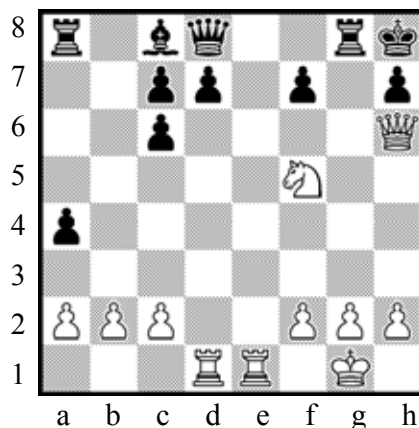
### August Limerick Challenge: "Hobbies"

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

## Chess Puzzle

White to play and win

Hint:  
The black Queen and Rook on g8 are both  
stopping a checkmate, if you can get either  
of them to move...



Solution page 43

What is being described as one of the greatest chess games ever played was won by Magnus Carlsen recently by beating ex World Champion Vishwanathan Anand. Not only was the chess of the very highest standard it was played with each player having just 15 mins for the whole game.

The game, and expert analysis of the endgame, can be seen on 'GM Peter Svidler analyzes the absolutely epic endgame between Anand and Carlsen' - YouTube

([https://www.youtube.com/watch?v=w\\_GRMXUWms&t=3s](https://www.youtube.com/watch?v=w_GRMXUWms&t=3s))

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

*I remember them numbering one to four,  
And now there are a hundred – or more,  
There's no way they can all survive,  
But they seem to think they'll stay alive,  
By repeating the repeat they repeated before.*

*Jim Henderson, Carhaix*

*There once was a man from Llanelly,  
Who just lay around watching telly,  
And Uber he'd ring,  
So his food they would bring -  
Got so round, couldn't see for his belly.*

*Sally Wilson – Rosportden*

*TV channels – are there too many?  
Why not ask those that don't have any?  
With numerous channels brings choice,  
Particularly to people unable to voice,  
Their discontent at the loss of Telly miscellany.*

*William Martin*



### Solution July Prize Crossword:

*Winner July Prize Crossword:*

*S. Strudwick, Plestin-les-Grèves*

*The prize crossword returns next month.*

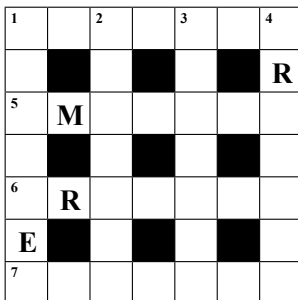


### Music: Win Tickets

Winners of **Guit Armor Fest** tickets  
(answer Lovedrive):

Yvonne Curtis, St Nicolas-du-Pélem  
(22), David Richards, Ploumagoar (22)

### The 'Little Toughie' *Jim Henderson*



#### Clues Across

- 1 Hanging basket lamp (7)
- 5 A ladies man (7)
- 6 Horse's ambling canter (7)
- 7 Rugby formation (4-3)

#### Down

- 1 Personal Property (7)
- 2 Feelings (7)
- 3 Sign of the zodiac (7)
- 4 Take across (7)

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

*A – 2; C – 3; E – 5; H – 1; I – 3; J – 1; L – 2; M – 2; N – 1; O – 4; P – 2; R – 5; S – 3; T – 5; U – 1*

*Solution in the August issue. Solution June Little Toughie page 47*

## 18 Popular Phrases & Sayings: Straw

### *Popular phrases & sayings involving the word:*

# STRAW

In popular sayings and phrases, “straw” generally refers to something which is considered worthless, such as ‘**Not worth a straw**’ – valueless, not worth a rap or a fig etc.; ‘**To care not a straw**’ – not to care at all.

However it can also be used to mean the opposite: ‘**I have a straw to break with you**’ – meaning I have something with which to reproach you. In feudal times possession of a fief was conveyed by giving a straw to a new tenant. However if the tenant was guilty of misconduct the lord would dispossess him by going to the threshold of his door and breaking a straw and then verbally breaking the contract.

Straw gains importance in other sayings such as, ‘**A straw shows which way the wind blows**’ – mere trifles often indicate the coming of a great event, they are shadows cast before coming events; better known now as, ‘**Straw in the wind**’.

**In the straw** – was applied to women in childbirth. The allusion is to the straw with which beds were stuffed at one time, and not to the litter that was laid outside a house to break the noise of wheels as carts passed by.

**The last straw** – the only hope left, the last penny.

**Tis the last straw that breaks the camel’s back** – in weighing articles such as tea, salt and sugar etc. it is the last pinch which turns the scale and likewise – a series of small events that have collectively brought an individual to the point of endurance beyond which the situation becomes intolerable or irreparable.

**Clutching or grasping at straws or at a straw** – to resort to an inadequate remedy in desperation.

**To draw the short straw** – to draw the shortest straw from within a bundle of straws and be entrusted with an unpleasant task.

**To throw straws against the wind** – to contend uselessly and feebly against what is irresistible, to sweep back the Atlantic with a besom.

**Man of straw** – a person of no substance, often financially; one nominally, but not really, responsible. A sham opponent or argument set up for the sake of disputation.

**Straw poll or vote** – an unofficial vote to get some idea of the general trend of opinion.

**To make bricks without straw** – to attempt to do something without the proper and necessary materials. The allusion is to the Egyptian taskmasters mentioned in Exodus v, 6-14.

**To pick straws** – to show fatigue or weariness, as birds pick up straws to make their nests or bed.

*By the way*



*Traditional Irish Mummer's costume*



# Farming Paradoxes 2

## *The Legacy of the Slave Trade*

No one can deny that life in a modern, developed country is radically different from that which was lived by someone three or four hundred years ago. Until recently, almost everyone was prepared to believe that this change was for the better, and that, sooner or later, everyone on the planet would have a chance to partake in it. Nowadays, we are not so sure - some aspects of the change may not have been as good as others, and we are having to accept that if everyone lived the same consumer lifestyle as those in the most developed countries, it would almost certainly lead to a resource crisis, and a global environmental disaster.

Farming is one of the fields of activity that has changed the most, and in order to sort out the good from the bad, it is worthwhile to look at each successive change, what brought it about, and the long-term benefits that accrued from it.

### **The Economy Before Innovation**

The history of modern farming is often told as a series of remarkable inventions - starting with bigger ploughs and ending up with satellite-guided combine harvesters - each of which brought about an agricultural revolution; but this version fails to explain why these inventions should have taken place at one particular time and place, rather than at any other point in human history. Economics provides the answer.

In Middle-Ages Europe, agriculture dominated all aspects of economic life; there were different models, ranging from feudal estates to independent, small-scale farms, but no matter what sort of farming they were practising, rural communi-

ties were self-sufficient - not just in food and fuel, but they also manufactured most of their tools, and made their own clothes. There were manufacturing centres, but demand for their products was limited, and did not grow from one year to the next. Similarly, there was a certain amount of trade, both within Europe, and between Europe and other parts of the world - mainly the Middle East, Central Asia, India, and China. Demand for European products was fairly limited, and that restricted the amount of luxury products that merchants could afford to import from the affluent Eastern civilisations. Essentially, Europe had a fairly robust, sustainable economy that did not grow, or decline, much over periods of time - even if there were fluctuations due to political instability, warfare, and disease.

This all changed with the discovery of America. Politically, Europe was divided into many different countries, but, even so, it still operated in many ways as a single economy. One of the main economic consequences of the discovery of America was an increase in the demand for European manufactured goods. Initially, this was on a relatively small scale, and mainly involved producing the goods needed to fit out the ships that were going back and forth to the New World, but it still had a radical effect on communities across the continent. In Brittany, for example, it led to a dramatic rise in the number of people working in the textile industry, specialising particularly in supplying the spiraling demand for sail cloth.

As time went on, the demand for manufactured goods further increased, as they became integral to the Atlantic slave trade. European slave merchants loaded their ships up with cargoes of European goods that they hoped to be able to trade for slaves in Africa. At the time, African rulers had little interest in money, but they did want some of the goods manufactured in Europe, including copper items, iron, textiles, alcohol, glass goods, weapons, and trinkets.

### **The Impact on Agriculture**

The immediate effect of the rise in manufacturing activity in Europe was that some people to moved off the land to work making things that were destined for sale. This meant that there were fewer people on the land, but that they were still

## *The Legacy of the Slave Trade*

expected to produce food not just for themselves, but also for people in the towns. Initially, this probably just involved working a little harder to produce a surplus. It must have seemed like a development in which everyone won: for the first time people in the countryside were able to earn money from their day-to-day activity. At first, no new agricultural innovations were required: people were already skilled in the use of animal traction, fallow land could be brought into production, and large surpluses could be produced from land that had a good store of long-term fertility.

However, two factors related to the discovery of the New World made the situation more complicated, and, perhaps, prevented Europe from finding a new point of balance between manufacturing and agriculture. The first of these was the large amount of gold and silver that was brought to Europe from America in the early years of Spanish occupation. It gave rise to inflation and a devaluation in the value of the currencies in circulation. The phenomenon was little understood at the time, and probably led farmers to selling their produce for less than it was worth, and, as a result, even though they were working harder, and producing more, they did not find themselves better off. The second factor was that many of the products coming back to Europe from the new world were relatively new, and people did not know what their true value might be, and how much they should be prepared to pay for them – these products included tobacco, chocolate, and, most especially, sugar, which was introduced into America in some of the earliest voyages of discovery. In this environment, farmers found their status downgraded; their produce was not regarded as being as valuable as some of the imported products, and they became vulnerable to being exploited by a new emerging class of merchants and landowners.

The sugar trade, in particular, became a dominant factor in the European economy; more slaves from Africa were needed all the time for the plantations, and the slave traders became more demanding as to what they wanted in exchange for the people that they were offering for sale. More goods had to be manufactured, more workers were required, and more people left the countryside to work in the towns. People found themselves in a condition of

acute poverty, and ready to adopt changes in the way that they farmed, even if they were not necessarily a genuine improvement on traditional methods – anything to increase the saleable yield.

As more countries became involved, the European economy moved from being based around self-sufficient communities, to being a money economy, and the countryside started to concentrate on produce that could be sold to feed the growing urban population – which meant growing more cereals, and raising more livestock, with the help of fewer people. Previously-common-land was enclosed, highlands were cleared, bigger horses were bred to pull bigger ploughs in bigger fields, and the use of the scythe was perfected, so that larger areas could be harvested in less time by fewer people. None of these refinements of ancient techniques were designed in themselves to improve anyone's quality of life, nor to produce better quality food, nor to improve soil fertility; they were a practical response to an economic pressure.

By the time that the Atlantic slave trade was outlawed, Europe's manufacturing economy had taken root. Many of the mechanisms developed to run the slave trade were found to work well in the new colonial era, which also relied upon the trade of manufactured goods to bring wealth from other parts of the world, back to Europe. By this time, people were beginning to say that the technological advances linked to the development of the manufacturing industries, were bringing tangible advantages to ordinary people's lives, which, perhaps, further fuelled the move towards a money economy – and put further pressure on people in the countryside to produce more, so that they could afford the modern luxuries available to townsfolk.

Threshing the grain was the bottleneck in the early commercial production of cereals, and this was resolved by the introduction of the threshing machine onto farms in the early eighteenth century. It did not represent a true agricultural step forward: it could thresh vast quantities of grain, but, in the process, broke up the straw, making it unusable for thatching. Over time, this had the effect of further impoverishing people in the countryside. The increased production of grain caused the price to fall, but people now had the extra expense of having to pay for roofing materials. Nevertheless, the

threshing machine augured the gradual process of mechanisation of farming, which led to horses being replaced by tractors, and men with scythes being replaced by satellite-guided combine harvesters.

As the process of mechanisation gathered pace, and chemical fertilisers were developed, a hundred or so years ago, voices were raised questioning what was happening to soil fertility, and to wildlife; this was the start of the 'organic' food movement. Its leaders were able to attract enough public attention, both in Europe and the United States, to make many people question the direction in which agriculture was heading. However, commercial pressures, combined with the need to keep feeding people in times of war, plus the near-miraculous way in which science and industry managed to come up with short-term solutions to the problems being created by the new agricultural methods, meant that these concerns were largely ignored. Chemicals were introduced to compensate for the decline in soil fertility. Which brings us to where we are today.

The main achievement claimed for the agricultural revolution of the past few hundred years is that it has freed people from having to work on the land, making them available for other forms of work. Another way of looking at it is that economic pressures drove people off the land, thereby depriving them of the autonomy that comes from living close to nature; and the people who remained in the countryside found themselves having to adopt agricultural techniques that have led to the impoverishment of the soil and the destruction of wildlife.

Some of the legacies of the Atlantic slave trade are being acknowledged, but there is still the idea that it was an historical episode in which there were winners and losers. It might be better to see it as an enormous mistake, a form of madness that harmed everyone that it touched. The urban populations of Europe are the descendants of country folk driven from their land, deprived of their rights, and forced to work for an odious system of human exploitation. The countryside still bears the scars of this misadventure, suggesting that the underlying malaise has not yet been healed.

*Gareth Lewis*

## EDUCATION #5

### The Third Year At Secondary School

Quatrième (year nine in the UK) is a pivotal year. It is the year which requires your child to start making a number of major decisions. The choices made will affect their post-secondary life. It is also important to note that you ought to work closely with teachers and school counsellors. Whether your child is thinking in terms of an apprenticeship, planning for college or considering going to university, here are some suggestions which you, as a parent, may want to take on board.

- The child must be made to understand that it is a foundation year. It is not a year for having a rest.
- Teachers prefer to have in their groups those students who show the potential to do well and the willingness to do well.
- Talk to your child about the importance of having a good education. Talk about careers you find interesting and about the possibilities open to them with a good education.
- Explain that they are now at a major set of crossroads and that year nine is a time for redoubling their effort. Point out that it is now highly likely they will be going in a direction different to that of their friends. Impress upon them that they should choose an optional subject because they like it, because they find it interesting and strongly believe they can do well in it and not because their friend wants to do it.

The idea is to encourage the student to do some advanced reading on the options chosen. The youngster can even spend some time strengthening those areas in core subjects like maths, English and science, where they may be a bit weak. This enables the young student to begin cinquième with greater confidence in themselves and their ability to succeed.

During the summer holidays, it may be a good idea to arrange for your child to visit a place connected with what he or she would like to do later on.

*Dr Dean Alleyne*

*Author of 'Don't Leave It All To The Teachers', available from Amazon, or directly from [deanalleyne.com](http://deanalleyne.com) or*

*<https://adsnolimits.com/store>.*



# Way Off the Beaten Track

## Jervaulx Abbey

*“But yet I know, where’er I go, That there hath past away a glory from the earth.” William Wordsworth*

**T**he North Riding of Yorkshire – I refuse to use that abomination “North Yorkshire” that obliterated 1300 years of history at the stroke of a bureaucrat’s Bic biro – has four great abbeys: Fountains, Rievaulx, Jervaulx and Byland. I was taken to Fountains as a child, but was too young to appreciate it. Nor at the age of ten did I have a clue about the Reformation, Cardinal Wolsey and the odious Henry VIII. Last year, when we were staying near Ripon, we tried to visit Rievaulx, but it was closed due to the heatwave (q.v. CBJ August ’22), so when we were in Yorkshire again last month, I was determined to visit it, or Jervaulx. We chose Jervaulx since it was closer and, as ever, we didn’t have much time.

Jervaulx abbey, the guide book tells us, is distinguished by being “one of the largest privately owned abbeys in the UK”. Are there others? It was a Cistercian Monastery – cue quick search to discover the difference between the Cistercians and the Benedictines. The Cistercians, also known as the White Monks, were a monastic order that was founded in 1098 at Cîteaux (Cistercium in Latin) in Burgundy. They were Benedictine monks “dissatisfied with the relaxed observance of their order, who wished to live a solitary life under the strictest interpretation of the Rule of St. Benedict.”\* St. B, meanwhile, had established his Benedictine Rule half a millennium earlier in 535 A.D. The “Rule” provided a “complete directory for both the government and the spiritual and material well-being of a monastery by carefully integrating prayer, manual labour, and study into a well-rounded daily routine.”

In our secular, materialistic age, I find it hard to understand why shutting yourself away and living a Cenobite life of flagellation and denial was thought by some to be a good way of serving God. My prosaic nature makes me think that any Gods worth their salt might think it better to go out and be useful. True the monasteries were the guardians of knowledge and learning, but again, what’s the point of learning if you don’t do anything useful with it? Knowledge is power, perhaps?

Ah, I waded into deep waters and am already way out of my depth, so I will stay with Jervaulx as it is today. I suppose without Henry’s narcissistic indulgences (Trump and Johnson spring to mind), the English monasteries might have lasted until much later. And who knows how our society might have developed? One benefit might have been that the magnificent buildings survived. As it is, we are left with faded magnificence, tinged with melancholy.

The ruins are glorious, if you like that sort of thing, which regular readers of my ramblings will know I do. Jervaulx today is due to the first Earl of Ailesbury, who owned the site in the early 19th century. He instructed his agent to begin a programme of “excavating and preserving” the ruins and to lay them out as a garden. It is also a credit to the present owners, who have conserved and developed the earl’s legacy, funded by their commercial activities and the voluntary contributions of visitors.

From the car park you approach through open parkland. Disinterested sheep, clearly well-used to visitors, bask in the sun and look lazily on. A shrub pushes up from the vestiges of an ancient tree, young perhaps in the early 16th century, but long since laid low by a storm. At the entrance, you are invited to contribute £10 per person to an honesty box and to purchase postcards and a guidebook. I would love to know if the contributions correspond with the number of visitors. Whether they have any way of telling, I do not know. I didn’t see any surveillance cameras.

You pass a carved monk before you arrive at the haunting ruins themselves. Walls stand tenuously, vacant arches lead nowhere, a small window gives on to pasture where distant sheep graze... As with all such complex ruins, you need time to comprehend where you are, and what you are looking at. And, as it seems with all my visits, not to mention life, there is never enough.

*Richard Griffiths, [rpfg@orange.fr](mailto:rpfg@orange.fr)*

\* References to Cistercians and Benedictines come from Britannica, other information comes from the abbey guidebook. For more information go to <https://www.jervaulxabbey.com/>





## My Favourite Place to Take Photographs: Grand Tranche and Créharer

*Chris Platts, a member of the AIKB Photography Club shares his favourite place to take photographs, along his local stretch of the Nantes Brest Canal, near Glomel.*

When we arrived in France at the end of 2020, during the pandemic, and the pre-Brexit confusion, I started to look around for places to walk the dog. It just so happened that one day having been to the shops, and having ticked the appropriate box on my authorisation to go out, I stumbled across this area of the Nantes Brest canal.

It was a quiet day, with few people about, so I went for a walk. I entered the woods and followed a path that looked down onto the canal; after about 800 metres, I came to a cross-roads, straight on would take me two kilometres towards Pont ar Lenn. There was another small path that went into the woods and then there was a slope that led down to the canal. I chose the slope; at the bottom was a big iron bridge, built in the 1800's. The pathway at the bottom led back the way I had come, hugging the canal in the other direction. The bridge went over to the other side which was again covered in woodland. Being quite late, I decided to follow the path back the way I came. There were trees that had fallen into the canal and had been left in place, providing perches for birds, and homes for the ducks and the numerous coypu that were enjoying splashing about in the water.

I have been back regularly since the first visit, and, as restrictions have been lifted, it is a very popular area to go to explore other pathways and routes. The ducks have remained, as have the herons and other

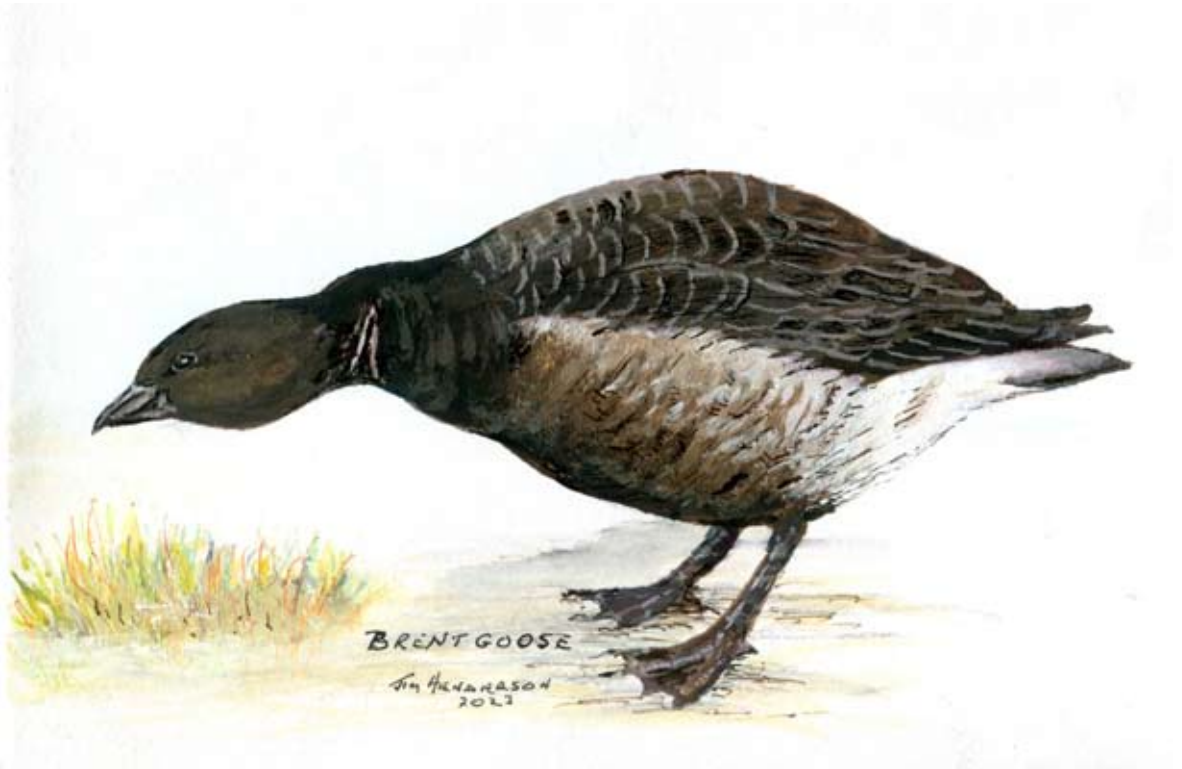




# *Birds to See in Brittany:* **Brent Goose**

French: **Bernache cravant**

Breton: **Garreli du**



**W**e arrive in the autumn from our breeding grounds in the Arctic and spend the winter months on your coastal areas, estuaries and tidal areas.

We are small birds, similar in size to the Mallard and get our name from the old Norse word meaning burnt - which aptly describes our head, neck and breast colouring. We have a white marking on either side of our neck, and our tail coverts and rump are mainly white in contrast to the rest of our body. Our bill, feet and legs are also black.

We have come to these regions for many years mainly because of the quantities of Eelgrass and other seaweeds, however after a serious blight in 1931 our numbers dropped alarmingly and those that did come were forced to change their diet, venturing a short distance inland to feed on grasses and winter grown cereals. Shooting us was also made illegal and helped with the numbers which began to rise again, with our diet remaining more varied.

We are often seen in small groups flying along the coast low above a rough sea. We rarely fly in V formation preferring a right angled one. Our chorus is largely made of a deep single-note “Kowk”.

*Jim Henderson*

aquatic birds. The tree trunks have been removed, and unfortunately the coypu have disappeared. The changes have taken away some of the wildness but it is still an attractive place to visit.

I go via Creharer, which can be accessed off the N164 following signs to the Basse nautique. The other way is via the D3. There is a large carpark, and the Grande Tranchée can be reached via that. Both ends have a little café kiosk offering snacks and drinks. Sadly they are not open in the winter.

*To find out more about the AIKB Photography Club please email [aikb.hopmg@gmail.com](mailto:aikb.hopmg@gmail.com)*

## Letters & Photos

### Poppy Seed Heads



Following on from my photos published in the June 2023 CBJ, here is a photo of the poppy capsules after harvesting the seeds.

A good supply of seeds for sowing next Fall !

*Marie-Josée Conan*



### Bumblebee

Summer at Carvarc'h, Cléguérec.

*Lucy Steen-van der Schuit*

## Sport & Leisure

pages 48



### La Gacilly

These pictures were taken at La Gacilly on the 20th July, the bridge is looking lovely. *Sandy Smith, Saint Grvé*

### Callac Cinema: English-language Films

**Indiana Jones and the Dial of Destiny:** Thurs. 3rd Aug. 6pm

**Oppenheimer:** Mon. 7th Aug., 8.30pm & Tues. 15th 8.30pm

**Barbie:** Fri. 11th Aug., 8.30pm & Tues. 22nd Aug., 6pm

**Mission Impossible - Dead Reckoning Part 1:** Sun. 13th 8.30pm

**Sabotage:** Thursday 17th August, 8.30pm

**Donnie Darko (2001):** Tuesday 22nd Aug., 8.30pm

**Three Ages** Buster Keaton, (1923): Wed. 23rd Aug. 8.30pm

**Amadeus (1984):** Tuesday 29th August, 8.30pm



# Books

## The Water Man Legacy

Gerard Dunmoore

The Water Man Legacy is a first novel from local author, Gerard Dunmoore. It is an action thriller, classed as speculative fiction, set in the heart of Brittany.

The story revolves around the hero's quest to solve a puzzle related to his Breton grandmother's estate.

'In the year 2015, news of the death of his grandmother takes Declan O'Leary away from his life in Ireland to his ancestral home in Brittany. An attempt on his life followed by a brutal kidnapping, soon uncover his family's involvement in a legend steeped in mystery and a secret as old as the dawn of time: a secret someone would kill for'.

In the book, Gerard Dunmoore, who is well-known to CBJ readers as a regular contributor to the Limerick column, draws upon his extensive knowledge of Brittany to weave a plot that links the realities of modern life to the mysteries of the region's Middle-Ages history.

Readers are invited to meet Gerard at the book's launch on Sunday, 20th August, 1.30pm, at The Bookshop, Huelgoat.

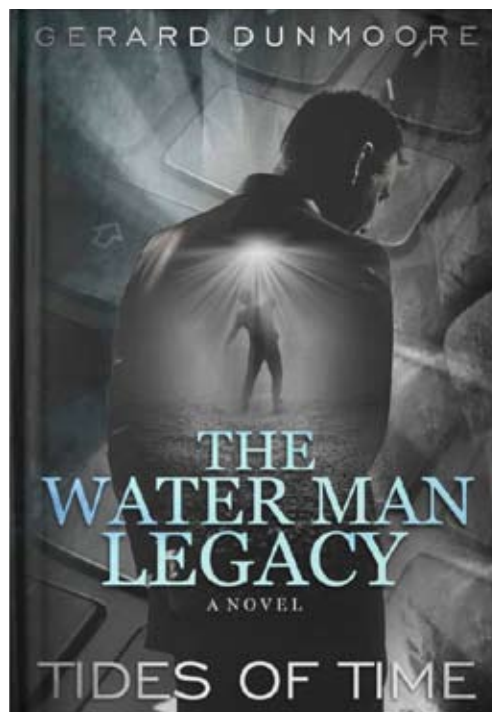
*Paperback c250pp*

*Publisher: Green Man Books*

*Paper back – 7,99€*

*(eBook – 2,99\$)*

*Further details: gerarddunmoore@gmail.com*



*ISBN and Website, but not in time for this month's CBJ. Will all be provided for the launch date and will be available and searchable on Amazon books under its book title and or author name Gerard Dunmoore.*

### Author Event 20th August, Huelgoat 1.30 - 5pm.

Meet Gerard Dunmoore, author of The Water Man Legacy at The Bookshop, 22 Route de Berrien, 29690 Huelgoat (situated 50m from the turning for the Intermarché heading towards Berrien).

Tel: 02 98 99 78 04 E-mail: bookworm22@live.co.uk. Light refreshments offered.

## Hetty's Kitchen

### BBQ Peaches and Caramel

#### Per Person:

15g butter

30g caster sugar

10g runny honey/maple syrup

15g flaked almonds (optional)

Pinch salt

2-3 tbsp thick cream

203 peach halves, depending upon size

Ice cream to serve

In a shallow pan over medium-low heat, warm the butter, sugar and honey without stirring. Bring to a gentle simmer and cook for a few minutes until the mix turns a golden caramel colour. Stir in the flaked almonds if using and take off the heat. Stir in the thick cream and set aside.

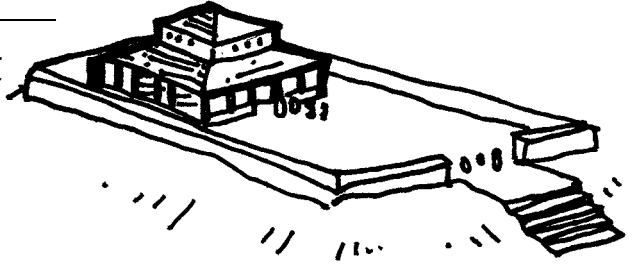
Either on a BBQ or in a frying pan, grill/fry the peach halves until just charred (about 5 minutes). Serve with the caramel sauce spooned over and a scoop of vanilla ice cream.



# A Brittany Alphabet

by Hilary Bridewell

## T is for Temple



*The remains of the Coz Ilis Fanum. Photograph taken by Juliet Bridewell, my husband Phil and dog Jenny are included to give an idea of the scale of the building.*

At Cos Ilis, Plestin les Greves, 22310, you will find the site of a Gallo-Roman Temple.

Located on the Grand Rocher plateau, the site served as a temple between the first and third centuries. The building was a place of prayer, open to all. It was 12 metres long on each side, and dominated the town. It may have had pre-Roman origins, with the site being an ancient Celtic holy place. Between 1988 and 1990 the department of Antiquities of Brittany and the municipality began excavations, and in 2017 the site was made accessible to the general public.

## T is for Therms Hogolo

These Hogolo Thermal Baths overlook the Plage des Roches d'Argent, Plestin les Greves, 22310. They are a vestige of the Gallo-Roman era (1st – 4th century A.D.) Baths were once integrated into the properties of the wealthy notables settled in Brittany and, unlike the Temple, not open to all!

The goal was to warm up the body, sweat, and bathe in very hot water in order to rid the body of all impurities.

The last step after passing through the warm room and the hot pool, was the cold pool to reinvigorate yourself. Even today it is possible to distinguish the different elements that made up the thermal complex.

They may seem small but they were the standard size for the time. They were discovered in 1892 by a local resident who was digging their field. In 1938 Colonel Peres, then a municipal councillor of the town started excavations. The site as we know it today was cleaned and restored in 1991 and 1992.



*Photograph taken by Author.*

# Hetty's Kitchen

## Mustard Crusted Chicken Escalopes *(for 4)*

2 large chicken breasts, skinned  
Salt and black pepper  
50g/2oz dried breadcrumbs  
3 tbsp Dijon mustard  
Finely grated zest of 1 lemon  
2 tbsp sunflower oil  
4 eggs  
Lemon wedges to garnish

Slice each chicken breast lengthways to give two thin portions. Place between cling film layers and beat with a rolling pin to flatten them to a uniform thinness.

Season both sides of each breast portion.

Sprinkle the breadcrumbs evenly on to a large plate. Spread one side of each breast generously with mustard and press into the crumbs, mustard side down. Spread the other side with mustard then sprinkle with lemon zest. Press into the breadcrumbs to coat the second side.

Heat 1 tbsp sunflower oil in a non-stick frying pan and pan fry the escalopes for 1-2 minutes on each side or until golden brown and cooked through. Drain on crumpled kitchen paper and keep hot.

Wipe out the frying pan with kitchen paper and add the remaining oil. Fry the eggs.

Serve each escalope topped with a fried egg and tossed salad or potato salad on the side.

## Thai Style Mango and Prawn Salad *(for 4)*

1 ripe mango  
½ cucumber  
½-1 red chilli, deseeded and finely chopped  
1-2 tbsp sesame seeds  
100g mangetout, halved  
2 red peppers, deseeded and thinly sliced  
300g white cabbage, thinly shredded  
20 raw tiger (or other large) prawns, shelled and deveined  
Olive oil  
8 wooden skewers

### For the Dressing:

1 tbsp grapeseed oil  
1 tsp sesame oil  
1½ tbsp runny honey  
1 tbsp soy sauce  
Juice of half a lemon

Peel the mango and cut the flesh away from the stone. Cut into dice and place in a large serving bowl.

Halve the cucumber lengthways, scoop out and discard the seeds. Cut into small dice and add to the bowl with the chilli, sesame seeds, mangetout, peppers and cabbage.

In a jug, whisk together the salad dressing ingredients and season well. Pour over the salad, toss together and set aside.

Thread five prawns per person on to double wooden skewers to make it easy to turn them while cooking. Heat a griddle or large frying pan over high heat. Brush the prawns with a little oil and cook for a few minutes, turning occasionally, until pink and cooked through.

Divide the salad between four plates and top each with a prawn skewer

## Fruit Shrub

*A SHRUB is a delicious fruit infused drinking vinegar to use in cocktails, mocktails, salad dressings and sauces. It is an old way of preserving the essence and flavour of fruit.*

2 cups\* fresh berries of choice (\*1 cup = 250ml)  
1 cup cane or caster sugar/honey/agave syrup  
1 cup cider vinegar

Place the fruits and sugar in a bowl and mash lightly together. Cover with cling film and set aside at room temperature for 24 hours.

Strain the mixture into a large jug, pressing the fruit gently to extract as much juice as possible, then discard the pulp. Stir in the vinegar and pour into a sterilized bottle or container. Seal and keep in the fridge for up to six months. The flavour improves with keeping so let it "mature" for a couple of weeks at least.

This recipe also works with ripe peaches, mangoes etc. If using rhubarb, cut into 1 cm/½" dice and marinate in the sugar for 3-4 days, covered, stirring every day, then proceed as above.

For a refreshing pick-me-up try a tablespoon (or more) of shrub in a glass of ice cold sparkling water.

***Bon Appétit!***

## BBQ Peaches and Caramel

*page 27*



## Tim's flowers of the month

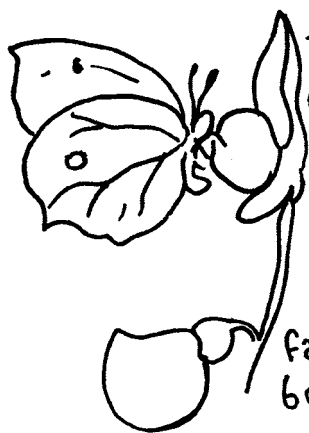
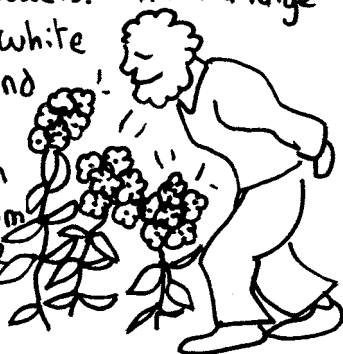
Uper's bugloss is surprisingly not very well known. It is a robust annual, which readily self-seeds. Planted



once, it will grow up every year. Bumble and honey bees adore its nectar-filled flowers



Phlox is one of the sweetest-smelling flowers. I have a large pink-and-white variety, and a purple one. Both saved from old cottage gardens.



The perennial sweet pea can be found in most old gardens. It has no scent, but plenty of nectar. It is a particular favourite of the brimstone butterfly.





A few years ago  
deer ravaged  
my garden.



So I decided to  
make a woven  
wood fence.

which has been working  
well for several years.



But this  
summer I saw  
signs of deer  
intrusion!



And then I saw the deer  
INSIDE the fence!



...he easily  
jumped  
out and  
away!



But the fight  
will never  
end.

There where the fence looks weakest, I am adding bamboo to  
make it higher



Deer, please stay outside the  
fence. It is better for you and  
for me.

## Tim the Gardener

The weather in July proved to be something of a surprise: instead of having the drought that the dry start to the summer seemed to presage, it rained almost every day. This was very welcome in the vegetable garden, but the weather patterns do seem to be becoming more erratic. I follow the debate about the impact of human activity on the climate quite closely, and, it seems to me to be generally missing the point. Most of the argument is about the scientific evidence for climate change, and scientific predictions for the rate of change, how much temperature will change here or there, what effect this will have on the ice cap, on glaciers, on the permafrost, on sea level, etc. So far, by my estimation, none of these predictions have proved to be accurate, they have all had to be revised from one year to the next, and any new data collected is always a surprise, meaning that everything has to be re-calculated.

Clearly, the planet, and all the interactions between its living and non-living systems, is far more complex and intricate than we, as human beings, have so far been able to understand; and, logically, there is no reason to believe that we even have the capability to understand it.

That is why I believe that the sensible approach to climate change is to try, as far as possible, to re-integrate oneself into the natural world. That is, rath-

er than trying to understand it (and control it) from the outside, work with it from the inside – become a gardener!

### Grass Cutting

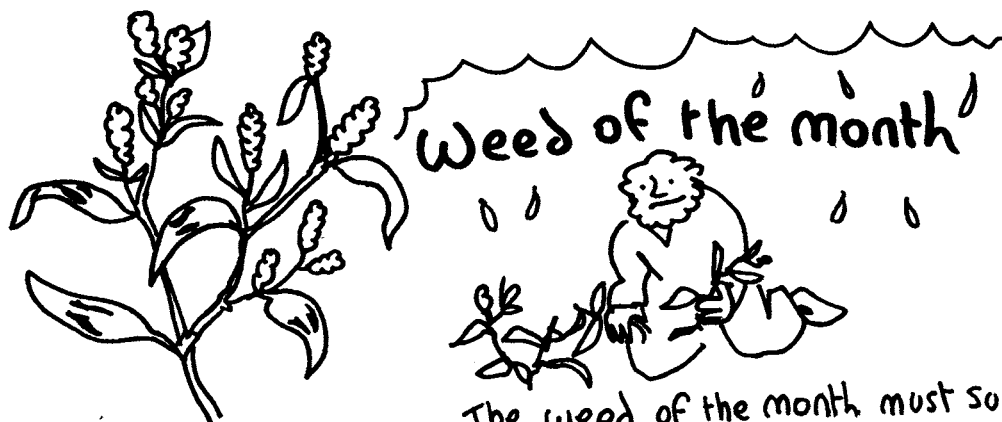
Last year, I delayed cutting some areas of my garden right up until December, mainly because I was overwhelmed by other jobs in the summer – but it worked quite well. I could use the cut material directly as mulch without having to find some way to temporarily store it first, and the grass did not grow again until the spring, so the area remained looking neat and tidy for several months. It also gave a chance for ground-nesting birds, small mammals, and insects to complete their life cycles relatively undisturbed.

### Harvesting Onions

I will be pulling up my onions soon, they seem to have benefitted from the July rain, but I will take care to dry them thoroughly before storing them for winter, laying them out in the sun in wooden trays, and taking them in and out of shelter if the weather continues to be showery.

### Potatoes

I plan to lift most of my potatoes towards the end of the month. If I leave them in the ground too long, I lose a lot to mice. I will store them in a temporary clamp, and move them to a winter clamp in the autumn.



*Polygonum persicaria*  
Redshank or Persicaria  
*renouée persicaire*

The weed of the month must surely be redshank. It is just as prolific as fathen, and after the copious July rains, has swamped my vegetable garden!

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

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## Animals

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## B & B / Gîtes

See **BED & BREAKFAST** p.41

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

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**Chambre d'hôtes**  
 View over the lake, l'Etang Neuf (22480). Peace and calm. En-suite. Garden access. Countryside. 60€ per night. 0621184161/emilie.cheron27@gmail.com

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## Garden Services

See **GARDENING** pp. 38-39 & 51

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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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Looking for a Home  
page 48

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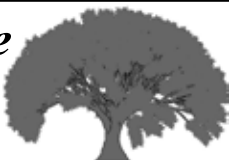
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## Answers

### CBJ Quiz page 14

#### I: General Knowledge & Current Affairs

- 1) Martin Lewis 2) Buddleia 3) Donkey  
4) Hitachi 5) Bannockburn 6) Taurus 7) Czech Republic 8) Denmark 9) Brain Cox 10) O+

#### II: French Language & Culture

- 1) Marseilles 2) Francois I 3) Secular 4) 1958  
5) Napoleon 6) Biniam Girmay 7) To take an exam (not pass) 8) football 9) Corsica  
10) Gaufre

#### III: Connections

- 1) First heart-transplant 2) Pack 3) Ace  
4) Became king of France 5) Card pack  
6) Clubs 7) Spades 8) 'Diamonds are a girl's best friend' 9) 52 (cards in a pack) 10) Jack;  
Connection: Playing cards

#### IV: Wipe Out

- 1) Australia 2) John Surtees 3) Scotland & France 4) Vaughan Williams 5) Ichor 6) James I/VI 7) Jack Leach 8) 34 9) e.e.cummings  
10) Lyon



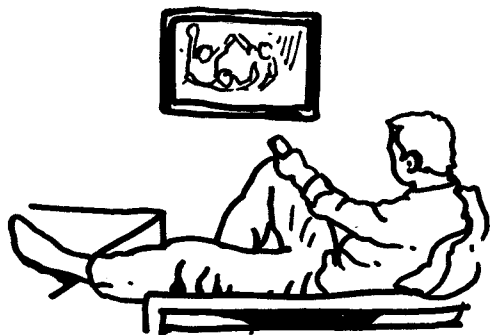
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*Limericks pages 16-17*

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Suppliers in Brittany for quality stoves. p.51

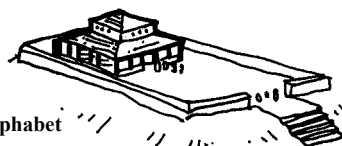
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page 28

A Brittany Alphabet  
T is for Temple



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**Solution: Chess Puzzle**  
page 16

1) Re8

If 1).....Rxe8 then      If 1).....Qxe8 then  
2) Qg7 mate                      2) Qf6+, Rg7  
3) Qxg7 mate

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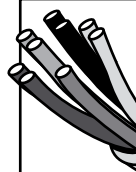
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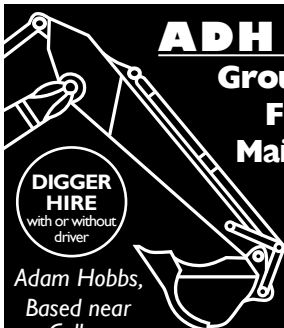
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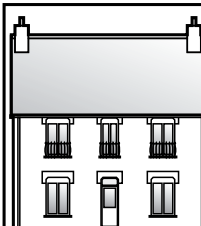
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Solution July Little Toughie  
see page 17

1	R	E	2	G	I	3	N	A	4	L
	E			R			I			O
5	C	L	A	M	O	U	R			
	E			N			B			R
6	D	A	D	A	I	S	T			
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## Solution: Bridge Puzzle 55 .page 6

You are South playing in 6♠  
West leads the 2♥.

Win the opening lead with your ace, cash two rounds of trumps.  
Now cash the A K♦ and the A♣. Now lead the 2♠. West is forced  
to win, and lead either a diamond or a club, whereupon declarer  
can use dummy's winners to discard the losing hearts. Only if  
East has more spades than West can the contract be defeated.  
However, this is unlikely on the bidding.

♠ 4  
♥ 83  
♦ Q 10 8 7 2  
♣ K J 9 5 3

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

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

♠ A K Q J 10 9 2  
♥ A 9 6  
♦ A K  
♣ A

Diagram showing a green bridge puzzle grid with letters N, W, E, S.

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Help & Advice page 10



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**Panda:** Panda is a male Border Collie X, aged 2. He arrived at the refuge following a legal process. He is very affectionate, loves human company and loves to play. He's also good with cats.



**Pablo:** A handsome, male Husky aged 1 year. Pablo is very energetic and needs lots of exercise. He loves cani-cross and cani-VTT. He needs an enclosed garden and a family which is familiar with the breed.



**Lasko:** Male Malinois X aged 7. Lasko has been seriously maltreated in the past. He is independent but loves human affection. He gets on well with other dogs, and needs a family without small children.

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More REMOVALS on page 46

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The 4 winners of each mat (John Collings, Pete Gardner, Ron Caldicutt and Libby Pummell) qualified for the semi-finals which were also played over 7 ends.

The final was played over 8 Ends with Pete Gardner beating Libby Pummell 11 -2.

Our Club Captain, Norman Cook, presented the Peter Stubbings Trophy and the medals."



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Tim's flowers of the month page 30





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More GARDENING ads on pages 38-39





Photo of the Month: A young Kestrel exercising its wings, before flying off and leaving the nesting ledge the following day.  
Jean Ogston

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