

## Bulletin !

An informal look at life in this part of France and a selection of things to see and do

### Thought for the month:

A recent study found that women who carry a little extra weight live longer than the men who mention it.

Some *vide-greniers/brocantes* in this area [ $\pm$  = stalls expected, '(50)' = area]

W/e 1 <sup>st</sup> / 2 <sup>nd</sup>	Pontorson (50)	v-g / brocante in Foire St Michel; $\pm 70$
“	Bagnoles de l'Orne (61)	Foire aux Greniers, $\pm 30$
“	St. M. d/Andaines (61)	v-g / brocante / foire, rte de Bagnoles; $\pm 50$
Sun. 2 <sup>nd</sup>	Combourg (35)	v-g in Place du Linon, $\pm 150$
“	Oisseau (53)	v-g in Place de l'Eglise, $\pm 50$
“	Romagny (50)	v-g / brocante, $\pm 70$
Sat. 8 <sup>th</sup>	Antrain (35)	v-g, $\pm 180$ ( <a href="http://www.ot-fougeres.fr">www.ot-fougeres.fr</a> )
Sun. 9 <sup>th</sup>	Evron (53)	v-g in Parc Expo Foirail, $\pm 250$
“	Hamelin (50)	v-g on St James' Tourist Office website)
Sat 15 <sup>th</sup>	Mayenne (53)	Brocante Musicale, $\pm 50$ (see page 4)
“	Gavray (50)	v-g in Foire St Luc, $\pm 300$ (see below)
Sun 23 <sup>rd</sup>	Granville (50)	monthly <i>antiquités/brocante</i> in Cour Jonville, $\pm 50$
Sun 30 <sup>th</sup>	Geneslay (61)	v-g, $\pm 50$

Visit [www.brocabrac.fr](http://www.brocabrac.fr) and [www.vid-greniers.org](http://www.vid-greniers.org) which are constantly updated with *brocantes / vide-greniers*, including any changes.

### Foire Saint-Luc in Gavray (50)

This 3-day fair is on Fri. 14<sup>th</sup>, Sat. 15<sup>th</sup> & Sun. 16<sup>th</sup>. It has been taking place in Gavray since the time of Richard *Coeur de Lion*, and is one of the oldest fairs in the *Manche*. Held on 12 hectares of land, each year it attracts 120,000 visitors and 650 exhibitors. On Fri. 14<sup>th</sup> is the horse fair, and there is also farm machinery, dogs, farmyard fowl, a lamb roast, parades and entertainment; On the Sat. 15<sup>th</sup> will be the *vide-greniers* and the *Foire à la Citrouille* (pumpkin fair) where pumpkins are decorated and prizes awarded for the biggest. On Sun. 16<sup>th</sup> is the prize giving for the pumpkins and their recipes. [www.tourisme-coutances.fr](http://www.tourisme-coutances.fr)

### Louis Derbré sculptures in Fougères (35)

Until 16<sup>th</sup> October, to celebrate the 90<sup>th</sup> anniversary of the birth of famous local sculptor Louis Derbré, some of his sculptures are on view at the foot of the château in Fougères.

### Eating out – *Le Grand Cerf* in Ernée (53)

Cedric Huard has run the Hotel de Bretagne in Gorron for 11 years, and is now also the owner of *Le Grand Cerf* at 17-19 Ave Aristide Briand in Ernée. Several people have told me that at this 3-star Logis hotel (10 rooms) and restaurant (seating 80) you will have a wonderful meal, in delightful surroundings, with experienced staff. Fine cuisine at affordable prices. Open Tues to Sun (but closed on eves of Fri & Sun. Several menus, including children's, and take-away is possible. 02 43 05 13 09. [www.legrandcerf.net](http://www.legrandcerf.net)

### *Les Jardins des Renaudies – Fête des Citrouilles* (Pumpkin Fair)

These pretty gardens near Colombiers-du-Plessis (53) are open until 1<sup>st</sup> Nov., and you can find 3,000 plants of different species that have been planted and landscaped in this lovely undulating area. On Sun. 9<sup>th</sup> from 10h-18h is the 21<sup>st</sup> *Fête des Citrouilles* where you can discover the 80 varieties of pumpkin, in all shapes and sizes, grown here by their gardeners. There is a local produce market and sale of plants, also games & entertainment. Entry: adults 5€; 6-16s 2€; under 6s free. [www.jardinsdesrenaudies.fr](http://www.jardinsdesrenaudies.fr) [Advice – try and get there in the morning, if possible, as parking will become 'a long walk' in the afternoon!]

### 'Faire Play' – 13<sup>th</sup> annual Franco-Anglo fête

On Sun. 2<sup>nd</sup> from 10h–18h at the Vire Hippodrome, Square de la Résistance, Vire (14) you will find the *vide-greniers*, artisans market and traditional French & British village fête games, including the now famous *Lancer des Bottes* (Wellie Thowing), *Jeux Equestres Pantomime* (Pantomime Horses Competition), a Tea Corner, and food and drink are available. Free parking and entry. More info at [www.faireplaynormandie.com](http://www.faireplaynormandie.com)

### 19<sup>th</sup> 'Plantes en Fête' – plant sale & exchange

On Sun 9<sup>th</sup> from 10h-18h at the *Manoir de la Guyardière* in La Haute Chapelle (61, NW of Domfront) is this popular annual Plant Fair where 45 specialist exhibitors invite you to buy or exchange a great selection of plants, herbs and other vegetation. Garden decor and some great gardening inspiration! Barrows are on hand for visitors to help take their purchases to their cars, and a horse-drawn carriage is also available for a lift if necessary! Refreshments and tea-room on site. Free entry and plenty of field parking nearby. Sorry, no dogs. A great venue – not to be missed! [www.plantesenfete-manoirdelaguyardiere.fr](http://www.plantesenfete-manoirdelaguyardiere.fr)

### 'Pink Quiz' in support of Cancer Support France Nord

On Thurs. 6<sup>th</sup> at 19h at 'Le Papillon', 23 Grande Rue in Landivy (53). Tickets are 12€ which includes the quiz and refreshments, and drinks are available at the bar. For more info please contact [nord@cancersupportfrance.org](mailto:nord@cancersupportfrance.org) or 02 33 69 01 05.

If you are interested in becoming a volunteer for Cancer Support France then please do get in touch with them. They provide full training, and volunteering can be very rewarding. Your help will be much appreciated.

### *Musée des Jouets* (Toy Museum)

This museum in La Ferté-Macé (61) is open all year (but closed on fête days): visits by reservation at the Tourist Office – [www.tourisme-lafertemace.fr](http://www.tourisme-lafertemace.fr), tel: 02 33 37 10 97. Entry 3,30€; students 1,60€, under 6s free. For groups of more than 10: 2,40€ per person.

### Something for all the family - *la Ferme de la Touche*

On Thurs. 27<sup>th</sup> at 18h *la Ferme de la Touche* near Domfront invites you to watch the milking of their cows, and also visit the flour mill. Perfect for a visit *en famille*. *Accueil Sous les Pommiers*, La Touche, Domfront (61), 02 33 37 03 99 (French mainly spoken)

#### *Petit Dejeuner Anglais Complet* (Full English Breakfast) in St Cyr du Bailleul

On Sun. 2<sup>nd</sup> from 9h to 12h (3 sittings – 9h, 10h, & 11h) the *Comité des Fêtes* in St Cyr du Bailleul (61) is organizing a Full English Breakfast [2 eggs, 2 slices of bacon, 2 *saucisses*, baked beans, mushrooms, tomato, potatoes, toast, coffee or tea] served in the Salle des Fêtes (next to the *Mairie*) in St Cyr du Bailleul. Tickets (by reservation only, please): adults 6€, children under 12: 4€. Reservations can be made via Fientje Vijverman at: [racerke63@hotmail.com](mailto:racerke63@hotmail.com) (English spoken)

#### Curry Night in aid of ‘Grande Daze Rescue’

On Sat. 15<sup>th</sup> 19h-19h30 at the Salle Polyvalente in St Aubin–fosse-Louvain (53) you have a choice of curry: beef, chicken or vegetarian. Starters and dessert included. Tickets: 15€ per person [40€ for a family of up to 5]. Bar, raffle, chutneys & jams on sale. Closing date for tickets: 10<sup>th</sup> Oct.. Contact Denise: 02 43 00 67 27; email [belson.alan@orange.fr](mailto:belson.alan@orange.fr)

#### Hallowe’en events in St Cyr du Bailleul (61)

On Sat 29<sup>th</sup> in the Salle des Fêtes in St Cyr (next to the Mairie): ☺ in the afternoon, a Hallowe’en Dress-up Dance for the children; ☺ in the evening from 20h30, a Hallowe’en Dress-up Dance for adults. All free entry. The evening event will be entertained by the popular group ‘The Merrymakers’. (contact details as above).

#### ‘Euromayenne’ offers French lessons

Euromayenne offers all its members French lessons with a qualified and very experienced native French teacher. Contact Tom King on 02 43 04 66 85, [wigwam02@gmail.com](mailto:wigwam02@gmail.com). For more details: [www.euromayenne.org/french-lessons](http://www.euromayenne.org/french-lessons)

#### *Jardins du Château de la Ballue* near Bazouges-la-Pérouse (35)

20km south of Mont-Saint-Michel (35) is a hidden ‘enchanted garden’. Listed as a Historical Monument, *La Ballue* is marked intrinsically by a series of garden rooms, each with its own atmosphere, designed in harmony with the château firmly rooted in the baroque culture. There is also a *salon de thé* and boutique, there are often weekend demos of topiary art, and it is a lovely venue for concerts of classical music. Open all year (see website for details: [www.laballuejardin.com](http://www.laballuejardin.com)) but in Oct. & Nov. just on Thurs. to Sun., 10h to 18h30. Entry: adults 9,50€, 10s-18s: 7,50€, under 10s free.

#### Road works in Vieuvy (53)

From 1<sup>st</sup> Sept, to 30<sup>th</sup> Oct., the road between Gorrion and Désertines is closed around Vieuvy due to work on the security and accessibility of the village. Costing around 90,000€, new kerbs will be installed and speed reducing measures put in place, as around 1,000 vehicles pass through this village every day.

## Entertainment &amp; Concerts

Fri. 7<sup>th</sup> at 20h30 in *l'Espace le Conquérant* in Saint James (50): 'Matchet' with a concert of French folk music and songs. Tickets from the Saint-James Tourist Office: adults: 9€, children: 4€. More info at [www.culture.manche.fr](http://www.culture.manche.fr)

Fri. 28<sup>th</sup> at 20h30 in *Le Théâtre*, at 34 rue de la Paix, Laval (53): 'That's All Folk!' with *l'Ensemble Instrumental de la Mayenne*. An evening of folk music – a dozen musicians and singers with music from Woody Guthrie to Neil Young. Tickets: Adults: 15€, under 18s: 6€. More info at [www.leteatre.laval.fr](http://www.leteatre.laval.fr) or the Laval Tourist Office (details on page 7)

*Michel Portal - Septembre Musicale de l'Orne*

Sat 2<sup>nd</sup> at 17h in the *Centre d'Animation* in Bagnoles de l'Orne (61), Michel Portal will be playing clarinette and saxophone, with a mix of jazz and classical music. Tickets are from 10€ to 28€; more info available from the Tourist Office or at [www.septembre-musicale.com](http://www.septembre-musicale.com)

*'Volcanic Ash' at Le Jardin de Froulay*

Our very own rock star, Ian Ash, will be playing at *le Jardin de Froulay* in Couesmes-Vaucé (53) on Sat. 22<sup>nd</sup> - the first anniversary of the opening. An evening not to be missed!

## Concert : 'Armstrong Memory'

On Sat. 8<sup>th</sup> from 21h to 22h30 at the *Centre d'Animation* in Bagnoles de l'Orne (61) this concert pays homage to Louis Armstrong with a concert by 'Eric Lutter & the Hot Swing Ambassadors'. More info from the Bagnoles de l'Orne Tourist Office (see page 7)

## Choir 'Résonance la Mélanienne

At the *Centre Culturel du Coglais* in Montours (35) this concert is on Fri. 14<sup>th</sup> & Sat. 15<sup>th</sup> at 20h30, on Sun 16<sup>th</sup> at 15h30. More info and reservations at the Fougères Tourist Office ([www.ot-fougeres.fr](http://www.ot-fougeres.fr))

*Brocante Musicale* in Mayenne (53)

On Sat 15<sup>th</sup>, 10h-17h30 at Le Grand Nord, Esplanade Francois Mitterrand in Mayenne: sale of anything linked to music – vinyl records, CDs, posters, T-shirts, audio equipment, musical instruments, etc. At least 50 stalls expected. Further info at Mayenne Tourist Office.

## English film night in Gorrion cinema

The next English film to be shown in Gorrion cinema is on Monday 3<sup>rd</sup>: '**Jason Bourne**', an action/thriller, starring Matt Damon, Tommy Lee Jones. Tickets (5,50€) are on sale from 20h on the night at the cinema. The *Bar de la Mairie* is open at the bottom of the hill for those who would like a pre-film 'slurp'.

*'Samedi Gourmand'* in Lonlay l'Abbaye (61)

On two Saturdays, 1<sup>st</sup> and 8<sup>th</sup>, there is a sale of 'end-of-series' biscuits, at reduced prices, from the famous *Biscuiterie de l'Abbaye*, route du Val, Lonlay l'Abbaye. More info from the Domfront Tourist Office ([www.ot-domfront.com](http://www.ot-domfront.com)) or 02 33 30 64 74

## Jublains (53) – Exhibition at the Museum

Until 31<sup>st</sup> March 2017, at the *Musée Archéologique* ([www.museedejublains.fr](http://www.museedejublains.fr)) is the exhibition ‘*Les premières villes de l’ouest*’. Long before being invaded by German tribes called the Franks, this country was known to its inhabitants as La Gaule and the people, who were of Celtic stock, were known as Gaulois. The Gallo-Romains left us with Jublains, but before them the Gaulois had already created towns, large villages and capital cities. Excavations carried out in 2009-2011 showed that Jublains was a well organised town. Based on these discoveries, this exhibition traces the history of western towns in Mayenne and Brittany. Entry: 4€, students & handicapped: 3€, under 18s free. Free entry on the 1<sup>st</sup> Sunday of each month. Open all year; closed on Weds. Oct. to April.

### ‘*Le Petit Chef*’ restaurant in St Fraimbault (61) - update

Due to some bureaucratic hiccups, the new owner of this restaurant was unable to open after all in September. However, he will be opening on Monday 3<sup>rd</sup> Oct with a mid-day *menu ouvrier* - 4 courses for 12€. We wish owner Jean-Noel all the best in his new venue.

### *Salon Peintures et Sculptures*

From 8<sup>th</sup> to 23<sup>rd</sup>, in *l’Espace Saint-Benoit* in Saint-James (50), this exhibition is open dails, 15h – 19h. More onfo from the St. James Tourist Office (details on page 7)

### Cheese of the Month : *Bons Mayennais*

The *fromagerie* Vaubernier, in Martigne-sur-Mayenne (53) is promoting 2 new cheeses that can be eaten hot – to heat in the oven, on a BBQ, or as a warm aperitif, as demand for cheese that can be served warm has risen by 40% since last year. There are 2 cheeses, in the same style box, with the words “*à chauffer et picorer*”. Very similar to the Camembert, the cheese can be placed in the oven in its wooden box. You can find some recipes on their facebook page ‘Bons Mayennais’. These new products can be found in most large supermarkets, and the brand ‘Bons Mayennais’ is also sold in Belgium, Australia, Hungary, Austria, Spain, Estonia and Finland.

### *l’Auberge du Lac* in Vezins – closing

A great shame, but this popular restaurant closed at the end of September. It was a lovely venue for lunches at the side of the lake.

### ‘Pages’ bookshop in Passais-la-Conception (61)

Suzanne McGregor would like to let her customers know that Pages will be closed for half-term holidays from Tues 18<sup>th</sup> – Fri. 28<sup>th</sup> Oct.

### ‘Grande-Daze Rescue’ Book Sale

On Sun. 16<sup>th</sup> from 10h-16h at La Boucauderie, La Rouardière (53). Light refreshments available, and bric-a-brac stall. For more info., tel: 02 43 07 42 94

## Sport & Leisure Activities

### Fitness Centre in Changé (53)

The fitness Club 'Willfit Center', in Z.A des Grands Près, Changé, has many new facilities, and there are now courses in *djembel* (African rhythm dancing) on Thurs & Fri. The gym is also equipped for children, with a session of 'Fit-kids' on Weds., 14h to 16s (25€/month). Open Mon to Fri, 9h-21h; at 10h-16h. [www.willfitcenter.fr](http://www.willfitcenter.fr); and on facebook: willfitcenter.

[Remember, for all sporting activities, you need a current health certificate from your doctor]

### 'La Fougeraise' – ladies' road race supporting the fight against breast cancer

On Sun. 2<sup>nd</sup> in Fougères (35), as part of the national event 'Octobre Rose', this 6km run departs from Esplanade des Chaussonnées in Fougères at 9h15. Other animations there, including zumba at 10h30. More info from the Fougères Tourist Office (02 99 94 12 20)

### Show-jumping 2016 ('Jumping') in St-Hilaire du Harcouët (50)

From 14<sup>th</sup> to 16<sup>th</sup> in the *Marché Couvert de Marly* (covered market). More info from the Tourist Office - [www.st-hilaire.fr](http://www.st-hilaire.fr); 02 33 79 38 88

### Walking

Two walks organised by *St James Randonne*. Depart at 14h from Place du Champ de Foire in Saint-James. 1,50€ for non-members. More info [www.saintjamestourisme.fr](http://www.saintjamestourisme.fr):

☞ Sun. 9<sup>th</sup> – walk from Saint James (50) to St Pierre Langers (50):

☞ Tues. 25<sup>th</sup> – walk from Saint James to Les Loges Marchis (50).

### New zumba class

Zumba class with a qualified instructor on Thursday afternoons (term-time only) in the main Salle in l'Epinay-le-Comte (61?). Classes start at 14h for an hour; cost: 4,50€ per session for ladies and gents of any age. Ring Suzanne McGregor for further info (06 84 74 72 70)

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That's all for this month. A shorter issue this month, due to my being in the UK for 2½ weeks of it! But you can find out details of more events and places of interest at any Tourist Office (some details at the end of the Bulletin)..

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La Croix des 4 Epines

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*e-mail: judithsk@free.fr*

Events by the day (not including *vide-greniers*):

October 2016

Date	Event	Town	Page
Sun. 2 <sup>nd</sup>	Faire Play – Franco-Anglo fête	Vire	2
“	<i>Petit Dejeuner Anglais Complet</i>	St Cyr du Bailleul	3
“	Michel Portal – jazz & classical music	Bagnoles de l’Orne	4
“	La Fougèraise – ladies’ road race	Fougères	7
Mon. 3 <sup>rd</sup>	Film in English – Jason Bourne	Gorron	4
Thurs. 6 <sup>th</sup>	‘Pink Quiz’ in support of CSF Nord	Landivy	2
Fri. 7 <sup>th</sup>	‘Matchet’ – French folk music & song	Saint-James	4
Sat. 8 <sup>th</sup>	‘Armstrong Memory’	Bagnoles de l’Orne	4
Sun. 9 <sup>th</sup>	<i>Fête des Citrouilles</i> (Pumpkin Fair)	Colombiers-du-Plessis	2
“	<i>Plantes en Fête</i>	La Haute Chapelle	2
“	Walk to St Pierre Langers	Saint-James	7
14 <sup>th</sup> – 16 <sup>th</sup>	Show jumping	St Hilaire du Harcouët	7
14 <sup>th</sup> , 15 <sup>th</sup> , 16 <sup>th</sup>	Choir ‘ <i>Résonance la Mélanienne</i>	Montours	4
“	<i>Foire Saint-Luc</i>	Gavray	1
Sat. 15 <sup>th</sup>	Curry Night in support of Grande Daze	St Aubin-fosse-Louvain	3
“	<i>Brocante Musicale</i> – sale of music items	Mayenne	4
Sun. 16 <sup>th</sup>	Grande Daze Book Sale	La Rouardière	5
Sat. 22 <sup>nd</sup>	Volcanic Ash – rockin’ to the rafters!	Couesmes-Vaucé	4
Tues. 25 <sup>th</sup>	Walk to Les Loges Marchis	Saint-James	7
Thurs. 27 <sup>th</sup>	<i>La Ferme de la Touche</i>	Domfront	3
Fri. 28 <sup>th</sup>	‘That’s All Folk!’ folk concert	Laval	4
Sat. 29 <sup>th</sup>	Hallowe’en Dress-Up Dances	St Cyr du Bailleul	3

**Advance Notice for November:** Euromayenne Fair

On Sun. 6<sup>th</sup> Nov. at the Hall des Expo, rue Volney in Mayenne (53) – this year’s theme: ‘the 80s’. 80 stalls and also their very popular Tea Rooms. More details next month.

## Some Tourist Office contact details:-

Bagnoles de l’Orne (61)	<a href="http://www.bagnolesdelorne.com">www.bagnolesdelorne.com</a>	02 33 37 85 66
Domfront (61):	<a href="http://www.ot-domfront.com">www.ot-domfront.com</a>	02 33 37 53 97
Fougères (35):	<a href="http://www.ot-fougeres.fr">www.ot-fougeres.fr</a>	02 99 94 12 20
Mayenne (53):	<a href="http://www.hautemayenne-tourisme.com">www.hautemayenne-tourisme.com</a>	02 43 04 19 37
Saint-James (50):	<a href="http://www.saintjamestourisme.fr">www.saintjamestourisme.fr</a>	02 33 89 62 38