

# Bulletin !

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

## Thought for the month:

Minds are like parachutes –  
they only function if they are open

James Dewar (1842-1923)

Some *vide-greniers/brocantes* in this area [ $\pm$  = stalls expected; '61' = area]

Sat. 4 <sup>th</sup>	Alençon (61)	<i>puces</i> in Place Halle au Blé, $\pm 50$
Sun. 5 <sup>th</sup>	Avranches (50)	monthly <i>brocante</i> , $\pm 50$
“	Sourdeval (50)	v-g / <i>brocante</i> in ZAC Moulin Foulon, $\pm 150$
“	Torigni-sur-Vire (50)	v-g in Place de l'Orangerie, $\pm 150$
Sat. 11 <sup>th</sup>	Bourny, Laval (53)	<i>vide-dressing</i> in Gymnase Marcel Pagnol, 42 Place de la Commune, 13h-20h, inexpensive clothes for men and women + accessories
Sun. 12 <sup>th</sup>	Barenton (50)	v-g, $\pm 50$
“	St Martin de Landelles (50)	<i>foire à tout</i> , $\pm 50$
“	Bellou-en-Houlme (61)	v-g at La Chevalerie, $\pm 150$
Sun. 19 <sup>th</sup>	Granville (50)	monthly <i>brocante</i> , $\pm 50$
“	Laval (53)	v-g in College Sainte-Therèse, $\pm 75$
“	Dol de Bretagne (35)	v-g in the Salle Châteaubriand, $\pm 75$
Sun. 26 <sup>th</sup>	Bagnoles de l'Orne (61)	v-g / <i>brocante</i> in the <i>marché couvert</i> , $\pm 150$
“	Vitré (35)	v-g in Parking St-Martin, $\pm 80$
“	Flers (61)	v-g on rue Paul Bert, $\pm 50$
“	Avranches (50)	v-g in Ecole Mendès-France, $\pm 50$

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

Special dates :

Fri. 17<sup>th</sup> St Patrick's Day (celebrated in many places here in France) + see page 4.

Emmaiüs Spring Sale is on Sun. 5<sup>th</sup> in the Salle Polyvalente in Mayenne (53)

Also, there is a small *Emmaiüs* (the charity in support of the homeless) boutique on rue Alsace Lorraine in St-Hilaire-du-Harcouët (50) selling crockery, clothes, linens, etc., at very low prices Open on Wed. & Sats. 10h-12h & 14h-17h, and Fri. 10h-12h

### Eating out : *Auberge de la Source*

After having re-opened last June, *l'Auberge de la Source* in St Cyr de Bailleul (50) is receiving excellent reviews. The service and food is of the same standard as it was with the previous owners years ago which resulted in its popularity. A great venue for that 'special occasion' or a relaxing meal with friends. Open: Tues. to Sats.. 19h30–21h; Wed. to Suns. 12h–14h; closed all day Mon; Tues. mid-day. For reservations: 02 14 13 64 69

### Walk the iconic GR34 – tour of Brittany on foot

You can enjoy many walks, including the *Sentier des Douaniers* (Customs Officers' walk) organised by the *FFRandonnée* (rambler's federation) *de Bretagne*, trails that are packed with history and picture-postcard views. More info at [www.bretagne.ffrandonnee.fr](http://www.bretagne.ffrandonnee.fr)

### Europe's highest tides – at Saint-Malo (35)

As a result of the combined effects of the sun and moon, these very high tides are a unique and impressive spectacle. Saint-Malo Bay sits at the crossroads of the Channel and the Atlantic Ocean and is famous as one of the best places to view the vast scale of this phenomenon. You'll get a front seat here, to watch the waves smashing themselves against the ramparts of the *cit  corsaire*, just a few yards away from the vast stretches of sand where, at low tide, you can enjoy gathering shellfish.

### Cancer Support France Nord – March events

☞ Sat. 11<sup>th</sup> at 19h: Quiz at Chasseguey (50). Money with names need to be booked for an idea of numbers. Tickets 7€, which includes canapés and nibbles. People are asked to bring their own drinks & glasses. To reserve your tickets please contact 02 33 69 01 05 or [nord@cancersupportfrance.org](mailto:nord@cancersupportfrance.org).

☞ Thurs. 30<sup>th</sup> at 19h: A talk on Bee Keeping by Stuart Canneaux, to be held at the day centre, route de Buais, Notre-Dame du Touchet (50). The talk is free, but places need to be booked for an idea of numbers. Tel: 02 33 60 01 05.

### *Les Soirées Fromages et Vins*

On Thurs. 2<sup>nd</sup> at 19h30 at *Lactopole*, 18 rue Adolphe Beck in Laval (53) you can visit the fascinating *Cité du Lait* (Museum of Milk) and then 2 experts will help you discover the subtle union between cheese, bread and wine, followed by a 'Tour de France de Fromages' and tastings. Tickets 25€. [www.lactopole.com](http://www.lactopole.com).

### Something for all the family – *Capfl'O* Aquatic Centre

*Capfl'O*, at Les Closets, ZA du Champ de Courses in Flers (61) is a large swimming complex offering many activities including aqua-fitness & aqua-bike, and is also a fun place to celebrate a child's birthday. Entry: Adults: 5,50€, 4-12s: 4,30€, under 3s free. For opening times go to [www.flers-agglo.fr](http://www.flers-agglo.fr)

### Book Sale in support of Grande-Daze Rescue

On Sun. 19<sup>th</sup> from 10h to 15h at 'Villagonnais' in Juvigné (53) [on D208 Juvigné to Bourgneuf road]: books, CDs and DVDs at 50c. Tea and coffee available; home-made jams and chutneys for sale. Donations of books and bric-a-brac for *vide-greniers* are always gratefully accepted. For more info phone Jenny on 02 43 02 96 35.

## Exhibitions:

☞ “*L’(extra)ordinaire*”: until 18<sup>th</sup> March at the *Galerie d’Art Albert Bourgeois* in Fougères (35): a collection of works from *FRAC Bretagne* and *FRAC de Pays de la Loire*. Free entry. Open: Wed. to Sats.: 14h-18h. More info: [www.ot-fougeres.fr](http://www.ot-fougeres.fr)

☞ “*Les mariages en Pays de Fougères*” in the Salle d’Expositions at the *Archives Municipales de Fougères*: a fascinating look at weddings in the region throughout the years.

### *Cirque Karl Borsberg* in Fougères (35)

Normandy’s premier circus will be in the Fougères *Jardin des Fêtes* (parking area) on Fri. 17<sup>th</sup> (20h), Sat. 18<sup>th</sup> (15h & 18h) and Sun. 19<sup>th</sup> (15h). 1h30 in duration. [www.ot-fougeres.fr](http://www.ot-fougeres.fr)

### Something you didn’t know you didn’t know . . .

Mussels are cultivated in different ways in different regions. The best known are those grown in the *Charentes* region on wooden stakes, or *bouchots*, to which they attach themselves in clusters, In Brittany mussels are cultivated like oysters – flat, in beds. In the south they are grown standing, and in the *Etang du Thau* the famous *Bouzigues* mussels live permanently submerged but without contact with the bottom of the lagoon.

### Cheese of the Month : *Brillat-Savarin*

This triple cream cow’s milk cheese from Normandy, named after the 19<sup>th</sup> century gastronome and epicure Jean Anthelme Brillat-Savarin, is lightly covered with a white bloomy rind and is buttery-white inside. Rich and silky on the palate, it can be eaten fresh, when there is a bright lactic tang to the taste. With a little maturing – how we tend to prefer it – the texture becomes more dense and earthier in flavour, with hints of mushroom, nuts and truffles. A perfect partnering for a crisp champagne, a rose, or even Pale Ale!

### ‘*Zone bleue*’ parking discs

A reminder when in a town - if using a parking space within blue lines you must show your arrival time by using the official ‘*zone bleu disque*’ that can be purchased at many ‘*presses*’ (newspaper/book shops). A sign nearby will show the time allowed (normally 1½ hours, but it does vary) and if no disc is visible you will be fined – or even towed away. This system does help to keep cars moving and allows more people to visit busy shopping areas.

### More local names for the villagers

More names for the inhabitants of some villages/towns in the area:

If you live in	Fougères (35)	you are	Fougèrais(es)
“	Saint-James (50)	you are	Saint-Jamais
“	Le Teilleul (61)	you are	Teilleulais(es)
“	Villiers-Charlemagne (53)	you are	Caropolitains

### Aide in English

Do you need help with admin. work? Do you need anything translated – or even help with just living in France? Give Jake Moreton a call on 06 43 90 98 52, or send him an email: [jakemoreton65@gmail.com](mailto:jakemoreton65@gmail.com) . [Siret no: 824-216-063-000199].

## Entertainment & Concerts

Sat. 4<sup>th</sup> at 20h30 in the Théâtre de Laval, 34 rue de la Paix, Laval (53): *l'Orchestre National des Pays de la Loire* with «*Paris au siècle des Lumières*», including Mozart's Concerto for flute, harp and orchestra. Tickets: 22€, students 8€. [www.letheatre.laval.fr](http://www.letheatre.laval.fr)

Sat. 4<sup>th</sup> at 20h30 at 'Les Angenaises', 55 rue du Maine, Bonchamp-les-Laval (53): 'Big Funk Brass' - this energetic 8-man band "*totalelement groovy*", has been popular in France since 1990. Tickets 7€, children 3€; [www.lesangenaises.fr](http://www.lesangenaises.fr)

Thurs. 23<sup>rd</sup> March to Sat 1<sup>st</sup> April: 'Festival Jazz' in Fougères (35). More info from the Tourist Office ([www.ot-fougeres.fr](http://www.ot-fougeres.fr)) or [www.infoconcert.com](http://www.infoconcert.com)

Sat. 25<sup>th</sup> at 21h in the Centre d'Animation in Bagnoles de l'Orne (61) as part of the 12<sup>th</sup> *Festival de Printemps de la Chanson*: a concert by Art Mengo - an exceptional singer with one of the most moving French voices – and his musicians. Tickets: 15€/12€ from the Bagnoles de l'Orne Tourist Office (02 33 37 85 66), [www.bagnolesdelorne.com](http://www.bagnolesdelorne.com)

### 'Bullfrog' at *Chez Philippe*

On Sat. 4<sup>th</sup> from about 21h30: 'Bullfrog' (with Chris, Ian, John, Paul & Rico) will be playing at *Chez Philippe* in Montenay (53) with a mix of classic rock & blues. All proceeds from the door (5€) and a percentage of the bar takings will go to the fund for the support of the families of *les pompiers* (firemen) who have died on duty. The band members are donating their fee to the fund. [Note: 'Bullfrog' will also be playing at the *Fête de la Musique* in Montenay on 10<sup>th</sup> June].

### Concert Unisson in Fougères (35)

On Sat. 4<sup>th</sup> at 20h30 in the Centre Cultural Juliette Drouet in Fougères: a concert in aid of the wounded members of the armed forces and their families, featuring *l'Orchestre Harmonie* of René Guizan, and the music of 'Transmission'. For info on tickets please ask at the Fougères Tourist Office: [www.ot-fougeres.fr](http://www.ot-fougeres.fr); tel: 02 99 94 12 20.

### Piano recital in Laval (53)

Sat. 11<sup>th</sup> at 20h30 at the Théâtre de Laval, 34 rue de la Paix - pianist Frédéric Rivault with works from Ravel, Mozart, Chopin, Mendelsohn, Schubert. Tickets: 15€, available from the Tourist Office or at the concert. [www.laval-tourisme.com](http://www.laval-tourisme.com)

### Celebrate Saint Patrick's Day on Friday 17<sup>th</sup>:

☺ at 20h30 at the *Cabaret Fantasy* in Saint-James (50) with 'Group A Fond d'Caie' – French and Irish folk songs. Tickets: 10€. [www.saintjamestourisme.fr](http://www.saintjamestourisme.fr).

☺ discover '*la gastronomie Irlandaise*' at the restaurant of the Casino in Bagnoles de l'Orne (61) with '*fish & chips avec sauce tartare*' for 10€. Then from 22h: Celtic music with many instruments, in the *Lounge Café*. Free entry [ID required].

### English film in Gorrion (53)

The next English film to be shown in Gorrion is on Mon. 6<sup>th</sup>: 'La La Land', which was the top-grossing film in February for 3 over weeks. Also, you can enjoy a light meal before the film' at the *brasserie 'Bar de la Mairie'*, 13 place Mairie, from 18h30 for 15€ which includes a 2-course meal and the cinema ticket. (for reservation: 02 43 08 04 59).

## Lest we forget - Memories of the *Résistance*

I have been asked to repeat some of the articles I featured in 2012 on war-time bravery in this area [so apologies to long-term readers who have already seen them]:

Suzanne Fauque was born in Ernée in 1934, the second child of Auguste and Marie-Louise, and she remembers growing up with a great secret – forbidden to speak about it, not even at school, for fear of them all being shot. Surviving the *débâcle* of 1940, her father had cycled from Picardy to his home in Ernée, and in 1943 he was asked by members of the *Résistance* in Ernée to hide 9 members of the Jewish family Fresco. Using their farm produce they were able to feed everyone, including some escaped prisoners, and had to wait until 6<sup>th</sup> August 1944 when '*les clandestines*' were completely free from the danger of capture. Suzanne, now aged 82, still keeps in touch with members of the family she helped to keep safe.

### Interactive accordion exhibition

Until 11<sup>th</sup> March at the *bibliothèque* in Ballée (53, SE of Laval) you can learn more about the accordion, and possibly have a go at playing one, for free. *Bibliothèque* opening hours: Wed. 10h30-12h30; Fri. 17h30-19h; Sat. 10h30-12h30.

### New bid to reduce repairs rip-offs

[With thanks to The Connexion for this advice]: Getting home repairs done could become less of a nightmare [there are more than 9,000 complaints a year to the fraud squad] with new rules starting in April. The rules mean artisans such as locksmiths, plumbers, electricians, glaziers and anyone doing repair work in your home or on appliances must supply a *devis* (estimate) detailing the work to be done and the price before starting. From 1<sup>st</sup> April, anyone offering *dépannage* (emergency repairs/breakdown) services on an internet site must list their hourly tariff and the cost of various works and give potential clients a full explanation of the work to be done. Customers must also get a *facture* receipt for any work costing more than 25€ incl. tax. The DGCCRF trading standards & fraud squad says it is “a particularly serious problem” and the new law could stop dodgy tradesmen before they start.

## Some weekly markets - in the Calvados (14)

Day of the week	Location
Mondays	Falaise, St Pierre-sur-Dives, Vierville-sur-Mer
Tuesdays	Deauville, Balleroy, Thury-Harcourt, Grandcamp-Maisy Courseulles-sur-Mer, Falaise, Villers-sur-Mer, Vire
Wednesdays	Bayeux, Cabourg, Creully, Falaise, Isigny-sur-Mer, Thaon, Trouville-sur-Mer, Villers Bocage
Thursdays	Caumont-l'Eventé, Condé-sur-Noireau, Falaise, Houlgate, Lisieux, Le Molay-Littry
Fridays	Cabourg, Caen, Courseulles-sur-Mer, Deauville, Falaise, Vire, Trévières, Villers-sur-Mer
Saturdays	Aunay-sur-Odon, Bayeux, Beuvron-en-Auge, Cabourg, Trouville, Deauville, Dives-sur-Mer, Falaise, Honfleur
Sundays	Cabourg, Caen, Falaise, Le Molay-Littry, Port-en-Bessin, Tilly-sur-Seulles, Trouville, St Martin-de-Tallevende

## Michelin-starred restaurants

We have 3 Michelin-starred restaurants in this area, and the *Le Guide Michelin* has revealed that all 3 have been granted their Michelin star again this year: *Le Manoir du Lys* in Bagnoles de l'Orne (61) - a distinction they have achieved each year since 1998; *L'Eveil des Sens* in Mayenne (53) - awarded their star every year since 2011, and *L'Auberge de la Mine* in La Ferrière-aux-Etangs (61) - their first star was awarded in 2008.

## Collecting old candles, wax and paraffin

At the *déchetterie* (local tip) in Lassay-les-Châteaux (61) the Tourist Office has installed a container for unwanted or partly used candles, wax or paraffin. These will be re-formed to make lighting for use in the 'candle-lit' evening visits at the Château, which takes place each September. The *déchetterie* is open Mons. & Weds. 9h-12h and Sats. 9h-12h & 14h-17h.

## Bio bread cooked in wood-fuelled ovens

Artisan-made bread labelled '*écocert*' is available at '*Le Four à Bois*', 1 venelle du Fournil, Contest (53). A bakery since 1970, the wood-burning ovens were later replaced by a new, larger oven to supply high demand, but in 2013 new owner Stéphane Thepot re-lit the flames and offers bread cooked 'the old-fashioned way'. Bread can also be delivered to customers at night, ensuring fresh bread the following mornings. [www.lefourabois-contest.com](http://www.lefourabois-contest.com)

## Introducing *AutoPneuService* in Domfront (61)

*AutoPneuService* is an English-run business on Rte du Mont St Michel (D976) in Domfront - next to the *Brocante/Antiquités* unit, on the left side as you enter from the Le Teilleul direction. They hold over 200 tyres of different sizes for cars/caravans/trailers in stock – any others needed can be ordered in, sometimes within 24 hrs from their suppliers. They also sell trailers of various lengths in double or single axle; log-splitters from 12t – 35t; wood shredders, ramps – including disabled ramps – along with a shop with car/caravan accessories. They supply and fit tyres, wheel balance, wheel alignment and puncture repairs; the unit ramp is also available for hire (advanced booking required). Opening hours: Tues. – Fri. 9h-18h; Sat. 9h-17h (they do not close at lunchtimes) closed Sun. & Mon. You can contact them on 02 33 66 91 15 or see their website *AutoPneuService*.

## 'Zone Créative' in Sourdeval (50)

'Zone Créative' is at 5 rue du General Millet in Sourdeval (north of Mortain). The blue and purple building on the High Street is an art gallery, local arts & crafts shop, tea room - and Jane Jones also sells a small selection of English food. Open on Tues. to Fri. 10h-18h30; on Sats. 10h-16h, closed Suns. & Mons. 02 33 49 59 78

## *Marché de Terroir et Artisanat* in Brecé (53)

On Sun. 5<sup>th</sup> from 10h to 17h in the Salle des Sports, there will be many stalls with local products; also a free tombola in aid of '*Solidarité-fraternité pour les enfants d'Haiti*'.

## UK £5 notes and £1 coins – soon to be replaced

[With thanks to Nigel P for this info.] If you have any £1 coins and £5 notes in your piggy banks now is the time to change them into goods or savings accounts, because the old fiver will cease to be legal tender after 5<sup>th</sup> May 2017, being replaced by the plastic version. The £1 coin ends on 15<sup>th</sup> October (replaced by a 12-sided version).

## Sport & Leisure Activities

### *37<sup>th</sup> Tour de Normandie*

This famous and popular cycle race is in 7 stages on 20<sup>th</sup> - 26<sup>th</sup> March, covering a total of 1,110 km. More info from the Bagnoles de l'Orne Tourist Office: The last 3 stages are:

Stage 5 – Fri. 24<sup>th</sup>: La Ferté-Macé (61) to Bagnoles de l'Orne (61) [158.5 km]

Stage 6 – Sat. 25<sup>th</sup>: Fleury-sur-Orne (14) to Ducey-les-Chérie (50) [166 km]

Stage 7 – Sun. 26<sup>th</sup>: Sourdeval (50) to Caen (14) [144.5 km]

### Basketball matches in Vitré (35)

For those who enjoy basketball, France's no. 1 national basketball team, Aurora Vitré, are playing the following matches at 20h, at rue de la Poultière in Vitré. Tickets: booked seats 10€, non-booked seats: 5€, under 15s free:-

Sat. 4<sup>th</sup> Aurora Vitré vs UJAP Quimper

Sat. 11<sup>th</sup> Aurora Vitré vs Reuil Athletic Club

Sat. 18<sup>th</sup> Aurora Vitré vs Union Tarbes Lourdes

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### Advance notice of two events in APRIL:-

Sat. 1<sup>st</sup> April: *l'Orchestre d'Harmonie d'Ernée* is giving a concert at the Espace Clair de Lune in Ernée (53). The concert begins at 20h30 and tickets are 6€ (available at the door on the night). The theme of the evening is Music of North America.

Sat 22<sup>nd</sup> April in the Salle Polyvalente in Fougerolles du Plessis: *Soirée Cabaret* - an evening not to be missed - wonderful cuisine, spectacular professional entertainers in an atmospheric setting carefully put together by the *Comité des Fêtes*. More info and details of the 7-course menu will be in the next issue (no. 121). For reservations and tickets: 02 43 13 06 72.

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That's all for this month. A reminder that this is just an unofficial selection of things to see and do in the area, with a little local knowledge and items of interest thrown in. Nothing is 'carved in stone' so if something doesn't happen as mentioned – please don't shoot the messenger!

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

## March 2017

Date	Event	Place	Page
Thurs. 2 <sup>nd</sup>	<i>Les soirées fromages et vins</i>	Laval	2
Sat 4 <sup>th</sup>	‘Bullfrog’ – rock and blues	Montenay	4
“	<i>Orchestre Nationale des Pays de la Loire</i>	Laval	4
“	‘Big Funk Brass’ concert	Bonchamp-les-Laval	4
“	Concert in support of the war wounded	Fougères	4
Sun. 5 <sup>th</sup>	<i>Emmaüs</i> Spring Sale	Mayenne	1
“	<i>Marché de Terroir et Artisanat</i>	Brecé	6
Mon. 6 <sup>th</sup>	English film: ‘La La Land’	Gorron	4
Sat. 11 <sup>th</sup>	Cancer Support France Nord: Quiz	Notre-Dame du Touchet	2
“	Piano recital by Frédéric Rivault	Laval	4
Fri. 17 <sup>th</sup>	St Patrick’s Day at ‘ <i>Cabaret Fantasy</i> ’	Saint-James	4
“	Discover ‘ <i>la gastronomie Irlandaise</i> ’	Bagnoles de l’Orne	4
17 <sup>th</sup> to 19 <sup>th</sup>	Karl Borsberg Circus	Fougères	3
Sun. 19 <sup>th</sup>	Grande-Daze Rescue Book Sale	Juvigné	2
23 <sup>rd</sup> to 1 Apr.	‘Festival Jazz’	Fougères	4
20 <sup>th</sup> to 26 <sup>th</sup>	<i>Tour de Normandie</i>	Normandy	7
Sat. 25 <sup>th</sup>	Art Mengo – concert	Bagnoles de l’Orne	4
Thurs. 30 <sup>th</sup>	Talk on Bee Keeping	Notre-Dame du Touchet	2

Advance notice for April:

Sat. 1 <sup>st</sup>	<i>l’Orchestre d’Harmonie d’Ernée</i>	Ernée	7
Sat. 22 <sup>nd</sup>	<i>Soirée Cabaret</i> (res. by 10 April)	Fougerolles du Plessis	7