

# Bulletin !

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

## Thought for the month:

It used to be that people needed products to survive.

Now products need people to survive.

(Nicholas Johnson)

Some *vide-greniers/brocantes* in this area [ '50' = area; ± = stalls expected]

Sun. 3 <sup>rd</sup>	Sourdeval (50)	v-g in ZAC Moulin Foulon, ±50
“	Avranches (50)	monthly <i>brocante</i> , ±50
“	Lassay-les-Châteaux (53)	v-g & <i>vide-jardin</i> ; la Roseraie, ±50
“	Ernée (53)	v-g in car park of <i>Espace Clair de Lune</i> , ±50
“	La Frenais (35)	<i>foire à tout</i> , ±70
“	St. Meloir-des-Ondes (35)	v-g around the town, ±250
“	La Ferrière-aux-Etangs (61)	v-g / <i>brocante</i> , place Buron, ±150
Sun. 10 <sup>th</sup>	Mayenne (53)	<i>brocante</i> at Quai de la République, ±50
“	Moulay (53)	v-g in Place de l'Ecole, ±50
“	Evron (53)	v-g in <i>Parc Expo le Foirail</i> , ±250
“	St. Mars d'Egrenne (61)	v/g in <i>Fête de la St. Médard</i> , ±70
Sat. 16 <sup>th</sup>	La Ferté-Macé (61)	v-g in Leclerc car park, ±70
W/e 16/17 <sup>th</sup>	Bellou-en-Houlme (61)	v-g / <i>brocante</i> at La Chevalerie, ±150
Sun. 17 <sup>th</sup>	St Hilaire-du-Harcouët (50)	v-g in the <i>marché couvert de Marly</i> , ±50
“	Lécousse (35)	v-g in <i>Complexe Sportif</i> , ±250
“	La Dorée (53)	v-g in <i>Terrain de Foot</i> , ±70
“	La Haie Traversaine (53)	v-g in rue du Breuil, ±30
“	Changé (53)	v-g in <i>Complexe Auguste Dalibard</i> , ±250
Sat. 23 <sup>rd</sup>	Villaines-la-Juhel (53)	<i>braderie, centre-ville</i> , ±30
W/e 23 <sup>rd</sup> /24 <sup>th</sup>	Sourdeval (50)	v-g in Place Charles de Gaulle, ±200
Sun. 24 <sup>th</sup>	Saint Siméon (61)	v-g & <i>Fête de la Saint-Jean</i> , ±50
“	Ambrières-les-Vallées (53)	v-g in <i>Parc de Loisirs de Vaux</i> , ±30
“	Pleurtaut (35)	v-g / <i>braderie</i> in <i>Parc Emeraude</i> , ±300

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

## Eating out – for that ‘special occasion’

The 3-star hotel/restaurant ‘*Le Cygne*’ at 99 rue Waldeck Rousseau in Saint-Hilaire-du-Harcouët (50) has a modern, airy restaurant, with a pretty terrace for eating outside in good weather. As well as the *à la carte* gourmet menus for that ‘special occasion’ (from 21,50€ to 31,50€), there is also a mid-day 3-course *formule* for Monday to Fridays at 12,50€. For more info: [www.hotellecygne.com](http://www.hotellecygne.com)

### 10<sup>th</sup> *Fête des Plantes* - ‘*Entre Ville et Jardin*’

On the weekend of 2<sup>nd</sup> & 3<sup>rd</sup> from 10h to 18h, this popular garden fête, organised by the *Association Entre Ville et Jardin*, is held in the grounds (*le parc-arboretum*) of the château of Bagnoles de l’Orne (61) surrounded by 154 species of magnificent trees. The theme at this festive and convivial event will be ‘*le parfum au jardin*’ and there will be 72 stands with artisans and expo/sale of plants and garden objects. Entry 3€, under 12s free. More info: [www.bagnolesdelorne.com](http://www.bagnolesdelorne.com)

### *Les Jardins des Renaudies* – events in June

At these pretty gardens at Le Mézerais, near Colombiers-du-Plessis (53) you can enjoy over 3,000 species of flowers, plants and trees. There is also the *Ecomusée* and *Salon de Thé Anglais*. For more info: [www.jardinsdesrenaudies.fr](http://www.jardinsdesrenaudies.fr)

Sun. 3<sup>rd</sup> - ‘*Rendezvous aux Jardins*’ with an exhibition of works by local artists with music through the day.

Sat. 16<sup>th</sup> & Sun. 17<sup>th</sup> - ‘*Journées du Patrimoine de Pays*’ (heritage days) with a workshop on making *savons et bougies* (soaps and candles) at 14h and 16h30.

Sun. 24<sup>th</sup> - ‘*Peintres aux Jardins*’ (artists in the gardens): artists set up their easels around the gardens and from 10h to 18h you can watch them as they paint. Judging from 17h.

### Events in support of Cancer Support France Nord

☞ On Sat. 9<sup>th</sup> at the CSF Centre in Notre-Dame du Touchet (50), at 19h for a 19h30 start, is the Quiz Night – tickets (to be purchased in advance): 9,50€ which includes a hot meal (please take your own drink and glasses). For more info: [nord@cancersupportfrance.org](mailto:nord@cancersupportfrance.org).

☞ CSF’s ‘Party in the Park’ will be on Sun. 17<sup>th</sup> in Saint Symphorien-des-Monts (50). The party will be from 15h to 19h and there will be hot food, horse & carriage rides and live musical entertainment. Tickets are 15€ for adults, 7€ for children. More info as above.

### French Inventors: Louis Braille

Louis Braille (1809 – 1852) invented a coded system of raised dots that is used by the blind to read. He was blinded as a child and invented his amazing system in his early teens, and it is still used around the world today. Louis Braille is buried in the Panthéon in Paris as a French national hero.

### Artists in the Streets – in Lassay-les-Châteaux (53)

Sun. 3<sup>rd</sup> will be a day for creation and passion, with artists painting in the streets around the town and in the gardens, producing their masterpieces throughout the day.

### *Concours photo* (photo competition) in Domfront (61)

Organised by *l'Union Apicole Ornaise*, the theme is '*les abeilles*' (bees). Open until 30<sup>th</sup> September. Free, and open to all. Ask at the Domfront Tourist Office for registration and more details ([www.ot-domfront.com](http://www.ot-domfront.com))

### Electric bikes to rent in Domfront (61)

From 15<sup>th</sup> May, an experimental service will be available until 15<sup>th</sup> November. The *Conseil Municipal* have invested 21,000€ for the provision of 20 electric bikes and associated equipment. They will be available in 4 sites in the town, including outside the Tourist Office (place de la Roirie). The bikes can be hired to explore the medieval city of Domfront and surrounding area within 15 kms (30 km return). With a returnable deposit of 150€ (to cover damage or theft), the charges are: free for the first 10 minutes, then 1€ for the first hour and 2€ for each following hour. More info at the Domfront Tourist Office (02 33 38 53 97).

### *Salon du Modélisme* in Fougerolles du Plessis (53)

On the weekend of 9<sup>th</sup> & 10<sup>th</sup> from 10h to 18h in the *Salles Communales*, rue de Bretagne (route de Landivy) there will be radio-controlled models of farm vehicles and equipment, model buildings and demonstrations. See roadside posters for directions.

### *A la découverte des ânes* (discovering donkeys)

On Sat. 2<sup>nd</sup> from 15h to 17h at the Château du Bois Gamats, Laval (53) this is a great visit for families and children. An introduction to the animal (the different races, their food, etc.) and information on the asses' milk used for the making of cosmetics, soaps, etc. Also a children's farm with chickens, rabbits and other small animals. Tickets: 3,50€. It is a lovely river-side site for a picnic. More info from the Laval Tourist Office (02 43 49 46 46).

### Event in support of Grande-Daze Animal Companion Centre

On Sat. 16<sup>th</sup> from 19h at Grande Daze, 'La Grande Gaudinière', La Bigottière (53): *Jambon à l'os* (ham on the bone) dinner: [menu: starter - toast and *verrine*; main course - ham on the bone and *gratin dauphinois*, desert, 1 drink]. Tickets: 16€. There is a bar and tombola. Entry by ticket only – call Denise on 02 43 00 67 27 or Jenny on 02 43 02 96 35 or e-mail [belson.alan@orange.fr](mailto:belson.alan@orange.fr). Details available on their website: <https://grandedaze.com/jambon-a-los/> and on facebook: <https://www.facebook.com/events/385376358612985/>.

### Craft & art classes at *La Maison des Beaux Cadeaux*

At *La Maison des Beaux Cadeaux*, 8 Place de la Mairie in Gorron (53) will be the following groups in June and everyone is very welcome.

📅 Tues. 5<sup>th</sup> - 14h to 16h30: Watercolours for Beginners / Improvers with Joe Morgan. 14€, includes materials & refreshments.

📅 Thurs. 14<sup>th</sup> - 14h to 16h30: Fabric Wreath Making. 12€, incl. materials & refreshments

📅 Tues. 19<sup>th</sup> - 14h to 16h30: Loom Knitting. 10€, includes materials & refreshments

For more info or to book, e-mail Anne Bush ([bush.anne64@gmail.com](mailto:bush.anne64@gmail.com)) or call into the shop.

## Entertainment & Concerts

Sun. 3<sup>rd</sup> at 17h30 in the *Basilique Notre-Dame des Avesnières* in Laval (53): ‘*Concert Unique de l’Ensemble Improvisation*’ (soloists d’Orchestres Symphoniques). Cello (Natalia Ermakova) and classical accordion (Eric Blin), with selections from Bach, Dvořák, Vivaldi, Massenet, Beethoven. Free admission with donations welcome. [www.laval-tourisme.com](http://www.laval-tourisme.com)

Fri. 8<sup>th</sup> at 20h30 in *l’Eglise Notre-Dame-sur-l’Eau* in Domfront (61): a concert with ‘Dom La Nena’. Born in Brazil, she studied the cello in Paris, and later toured the world with Jane Birkin. Tickets: 10€, children 5€. More info: [www.ot-domfront.com](http://www.ot-domfront.com)

Sat. 30<sup>th</sup> at 20h in the Barn at *le Jardin de Froulay* in Couesmes-Vaucé (53): a ‘*Rock Française*’ event with French rock band *La Boétie*. The event is free and food is available from 18h30 (with prior reservation, please). More info at 02 43 00 93 79.

## Welsh Male Voice Choir

On Fri. 1<sup>st</sup> at 20h will be a concert by a Welsh Male Voice Choir in St. Bartholomew’s Church in Dinard (35) There is no admission charge, but a retiring collection will be made for church funds. St Bartholomew’s is the Anglican church which was built in the 19<sup>th</sup> century for the American and British community in Brittany.

## *Fête de la Musique* – all around France

♪ This is the time of year when almost all villages/towns celebrate music with an evening when groups, choirs and solo musicians play in the towns from around 18h30 until . . . well, until they run of our breath, really! For most towns it will be either the Sat. 16<sup>th</sup> or 23<sup>rd</sup> but it may be on other days. Ask at your local Tourist Office for the date for your town.

## Something you didn’t know you didn’t know . . . about local cows

The present cattle Herd Book in France was started in 1883. The *Normande* breed has its origin in cattle that were brought to Normandy by the Viking conquerors in the 9<sup>th</sup> & 10<sup>th</sup> centuries. It is known by its 3 colour markings: white, cream and dark brown; the head is white with black or brown patches around the eyes - the lack of these patches bar a beast from entry in the Herd Book. Though the breed was decimated by the invasion of Normandy during WW2, there are currently 3 million *Normandes* in France, their main role being to provide rich milk for the cheese industry

*Normandes* have been exported world-wide but have received their greatest acceptance in South America where they were introduced in the 1890s. They are a highly adaptable & hardy breed and have done well in beef operations in the Andes Mountains at elevations up to 13,000 ft. The *Normande* cow with her sound feet and legs can travel great distances over rough terrain to economically convert native roughage.

## Monthly *brocantes* in Le Teilleul (50) and Gorrion (53)

On one weekend per month, G D Arielle open their *brocantes* at 2 local venues. The owner, Pascal Martin, organises house clearances and there are always different items each time:-

Sat. 2<sup>nd</sup> & Sun. 3<sup>rd</sup> in the large warehouse at Le Teilleul (on *route de Domfront*: on the bend in the road on leaving the town in the Domfront direction). 9h to 18h, non-stop.

Sat. 9<sup>th</sup> & Sun. 10<sup>th</sup> in the old *Meubles du Menhir* warehouse on rue des Frères Lumières, Gorrion. 9h to 18h. For more info phone 02 33 51 62 10 (some English spoken).

## Remembrance ceremony

On Sun. 10<sup>th</sup> at 17h, the *Comité La Ferté-Macé du Souvenir Français* invite the population to commemorate the 74th anniversary of when the plane flown by American pilot Conrad Netting was shot down over the commune of Saint-Michel-des-Andaines (61). The ceremony will be at the *stèle* (monument) at the cemetery of Saint-Michel, to honour the memory of this young Texan who died fighting for our freedom on 10<sup>th</sup> June 1944.

### *Fête: 'La Belle Epoque' in Bagnoles de l'Orne (61)*

This takes place on Sun. 24<sup>th</sup> from 11h to 18h at the *Jardins du Lac* (gardens by the lake). At 11h will be the presentation of 19<sup>th</sup> century costumes, the parade at 12h, and you could then maybe enjoy a picnic lunch on the grass (food and drink also available on site). There will be buggy rides, artists in the streets and musical entertainment. The closing parade will be at 17h30. Free. More info from the Tourist Office ([www.bagnolesdelorne.com](http://www.bagnolesdelorne.com))

## Discovery of ancient trades

On Thurs. 7<sup>th</sup>, 14h to 17h in *la Maison du Sabotier* (the Clog-maker's House), le Bourg, Tinchebray (61) you can visit the *Forge du Cloutier* and learn about the old way of making *les clous* (nails) and hear the story of *les cloutiers* of St Cornier-des-Landes (61). There is an exhibition of different machines & tools, and an interesting 20 minute film (in French) showing the history of the *sabotiers* (wooden clog makers) and their work methods. Free. More info from [www.ornetourisme.com](http://www.ornetourisme.com)

## Some weekly markets in the *Ille et Vilaine*(35)

Day of the week	Location
Mondays	Combours, Vitré
Tuesdays	Antrain, Dinard
Wednesdays	Tinténiac
Thursdays	Bazouges-la-Pérouse, Dinard
Fridays	Pleurduit, St Malo (Intra-Muros)
Saturdays	Dinard, Dol de Bretagne, Fougères
Sundays	Cancale, La Richardais

(It is wise to double check before going, as these can change without notice).

### *Fromage frais or fromage blanc ... ?*

*Fromage frais* (lit. "fresh cheese") differs from *fromage blanc* in that, according to French legislation, *fromage frais* must contain live cultures when sold, whereas with *fromage blanc* fermentation has been halted. It has the consistency of cream cheese, but less fat. Yoghurts and *fromage frais* are both made using cultures - however, certain types of bacteria go into yoghurt and others into cheese cultures. *Fromage frais* is made using a cheese culture rather than a yoghurt one, which gives it that slightly different flavour. *Fromage blanc* is prepared in much the same way as *crème fraîche*, but is made with milk instead of cream for a lower fat food. It is also more tart in flavour than *crème fraîche* and can be softer in texture so it can be used as a topping for soups and fruits and in other similar ways.

### Saturday 'Promenade cruises' on the boat *le Vallis Guidonais*

On Sat. 2<sup>nd</sup> June, and every Saturday from 16h30 to 18h, you can sail along the river Mayenne, departing from the *Halte Fluvial*, 100 rue du Vieux Saint Louis in Laval (53). Tickets are 7€ - reservation advised 48h in advance, as a min. of 20 people is required (and good weather!) See other cruises also available at the Laval Tourist Office.

### *Journée: la vie du Château* (a day in the life of a Château)

On Sun. 3<sup>rd</sup> this day helps you discover the art of living in the Château of Carrouges (61) through the years. During the day there are also games in the gardens and entertainment of the period. Free. More info at [www.ornetourisme.com](http://www.ornetourisme.com)

### *Le Studio de Réalité Virtuelle* (the Virtual Reality Studio)

At 5, rue du Clos Vert, on the SE edge of Saint-Malo (35), you can discover new experiences and immerse yourselves in a virtual world - with helmets, not on a screen. English is spoken. Open all year. From 15€

### Exhibition: *Léo Lelé: imagier de l'Art Nouveau*

From 2<sup>nd</sup> June to 1st July, at the *Musée Ecole de la Perrine*, 10 Allée Adrien Bruneau, Laval (53). Léopold (known as Léo) Lelé (1872 – 1947) was a famous artist and also poster & postcard illustrator and you can see examples of his work. Free. [www.musee.laval.fr](http://www.musee.laval.fr)

### Something for all the family : *Enigmaparc*

This *parc de loisirs* (leisure park) at ZA du Bois de Teillay, Janzé (35, west of Fougères) is open all year on weekends, fête days and school holidays. Unique in Europe, *Enigmaparc* is under cover – a world with a pinch of culture, adventure, humour – a day full of experiences. There is a bar, restaurant, games area and young children's area. More info at [www.enigmaparc.fr](http://www.enigmaparc.fr)

### *Jardins ouverts* / Open Gardens

Open Gardens/*Jardins Ouverts* is a registered association that was founded in 2013 to raise funds for worthy causes in France through the generosity of owners who open their gardens to the public. Admission to these gardens is by annual membership card (10€) which entitles the owner to visit any of the gardens throughout the year on their stated Open Days.

On the weekend of 2<sup>nd</sup> & 3<sup>rd</sup>, from 11h to 18h, you can visit Les Durbellières in Deux Evailles (53, SE of Mayenne town) where Angela Rowlands has created a garden in 1.5 acres, with roses, shrubs, rockeries, ponds, fruit garden, vegetable patch, etc. More info on this and other gardens at [www.opengardens.eu](http://www.opengardens.eu)

### '*Rendez-vous aux Jardins*' at the *Château de la Ballue*

On Fri. 1<sup>st</sup> to Sun. 3<sup>rd</sup> at these Italian baroque-style gardens of the Château de la Ballue in Bazouges-la-Pérouse (35) the theme is '*l'Europe des jardins*'. Entry: adults 9,50€, 10s-18s: 7,50€, under 12s free. On Sun. 3<sup>rd</sup> there will be musicians of the *Ménéstrudie* with 17<sup>th</sup> century music and medieval dances. More info from the Fougères Tourist Office: [www.ot-fougeres.fr](http://www.ot-fougeres.fr); 02 99 94 12 20

## Sport & Leisure Activities

### *Le Mans 24-Heures – 86<sup>th</sup> edition*

On the weekend of 16<sup>th</sup>/17<sup>th</sup> this iconic 24-hour race attracts around 250,000 spectators each year from around the world. The race starts at 15h on Sat. 16<sup>th</sup> and finishes at 15h on the Sun. 17<sup>th</sup>. More info at [www.les24heures.fr](http://www.les24heures.fr).

### *'Spartan Race' Grand Ouest Sprint & Super in Ernée (53)*

This obstacle course will be held on Sat. 9<sup>th</sup> at the *Circuit Moto Club*, Vahais du Milieu in Ernée (53). 'Spartan Race' is a world leader in obstacle courses, offering competitive events for everyone, in all levels of physical condition. To register & for more info, see [www.spartan.com](http://www.spartan.com)

### Local swimming pool

The outdoor swimming pool in *Le Parc de Vaux* in Ambrières-les-Vallées (53) is open from 2<sup>nd</sup> June until 2 September. – although until 23<sup>rd</sup> June it will only be open on Wed. afternoons and on weekends. The new entry prices are: adults: 3,40€ (card for 10 visits: 23€), children 6 – 17s: 2,30€ (card for 10 visits: 11,50€). [www.parcdevaux.com](http://www.parcdevaux.com)

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



That's all for this month. The spring/summer season is certainly getting under way, with lots of choice this month - gardening, painting, crafts, boating, music and sporting events. Your local Tourist Office will be able to give you info on lots more things to do, also.

Have fun!

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

June 2018

Date	Event	Location	Page
Fri. 1 <sup>st</sup>	Welsh Male Voice Choir	Dinard	4
1 <sup>st</sup> – 3 <sup>rd</sup>	<i>Rendez-vous aux Jardins</i>	Bazouges-la-Pérouse	6
Sat. 2 <sup>nd</sup>	Discovering donkeys	Laval	3
“	Promenade mini-cruise	Laval	6
W/e 2 <sup>nd</sup> /3 <sup>rd</sup>	<i>Fête des Plantes</i>	Bagnoles de l’Orne	2
“	Open Garden	Deux Evailles	6
Sun. 3 <sup>rd</sup>	<i>Rendez-vous aux Jardins</i>	Colombiers-du-Plessis	2
“	Artists in the streets	Lassay-les-Châteaux	2
“	<i>Concert Unique</i>	Laval	4
“	<i>Journée: la vie du Château</i>	Carrouges	6
Tues. 5 <sup>th</sup>	Watercolour class	Gorron	3
Thurs. 7 <sup>th</sup>	Discovery of ancient trades	Tinchebray	5
Fri. 8 <sup>th</sup>	Concert with Dom La Nena	Domfront	4
Sat. 9 <sup>th</sup>	‘Spartan Race’ obstacle course	Ernée	7
“	Cancer Support France Quiz	Notre-Dame-du-Touchet	2
W/e 9 <sup>th</sup> /10 <sup>th</sup>	<i>Salon du Modélisme</i>	Fougerolles-du-Plessis	3
Sun. 10 <sup>th</sup>	Remembrance ceremony	St. Michel-des-Andaines	5
Sat. 16 <sup>th</sup>	<i>Jambon à l’os</i> dinner	La Bigottière	3
Thurs. 14 <sup>th</sup>	Fabric wreath-making class	Gorron	3
W/e 16/17 <sup>th</sup>	<i>Journées des Patrimoine de Pays</i>	Colombiers-du-Plessis	2
Sun. 17 <sup>th</sup>	CSF Nord ‘Party in the Park’	St Symphorien-des-Monts	2
Tues. 19 <sup>th</sup>	Loom knitting class	Gorron	3
Sun. 24 <sup>th</sup>	<i>Peintres aux Jardins</i>	Colombiers-du-Plessis	2
“	<i>Fête ‘La Belle Epoque’</i>	Bagnoles de l’Orne	5