

# Bulletin !

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

## Thought for the month:

Age doesn't always bring wisdom. A lot of the time  
it turns up all by itself

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

Wed. 1 <sup>st</sup>	Le Pas (53)	v-g in the village, ±50
Sun. 5 <sup>th</sup>	Avranches (50)	monthly <i>brocante</i> , Place Valhubert, ±30
“	Beaucé (35, nr Fougères)	v-g in Salle des Sports, 8h-18h, ±70
“	Lessay (50)	v-g in Foire Saint-Thomas, ±300
“	St Cormier des Landes (61)	<i>puces motos</i> (motorbike flea market)
“	Montigne-le-Brillant (53)	v-g in centre of the village, ±300
“	Montsûrs-St-Cénére (53)	v-g in Place du Champ de Foire, ±150
“	La Haie-Traversaine (53)	v-g, ±30
Wed. 8 <sup>th</sup>	La Chap. d'Andaine (61)	v-g, route de Geneslay, ±300
“	Sourdeval (50)	v-g at ' <i>A la Belle Epoque</i> ', ±50
Sat. 18 <sup>th</sup>	St Michel des Andaines (61)	v-g on route de Bagnoles, ±300
W/e 18 <sup>th</sup> /19 <sup>th</sup>	Bagnoles de l'Orne (61)	v-g in <i>Foire des Andaines</i> , 9h-19h, ±300
Sun. 19 <sup>th</sup>	Fougerolles-du-Plessis (53)	v-g in the Salle Polyvalente, 6h30-18h, ±70
“	Champéon (53)	v-g, ±250
“	La Chapelle-Ransouin (53)	v-g & <i>Fête du Pain</i> , rue du Maine, ±70
Sun. 26 <sup>th</sup>	St Ellier-du-Maine (53)	v-g, <i>centre ville</i> , ±300
Thurs. 30 <sup>th</sup>	Port-Brillet (53)	v-g in rue de la petite vitesse, ±150

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

Special dates / public holidays:

Weds. 1 <sup>st</sup>	<i>Fête du Muguet</i> (see page 2), also <i>Fête du Travail</i>
Weds. 8 <sup>th</sup>	<i>Victoire 1945</i> (Armistice Day)
Thurs. 30 <sup>th</sup>	<i>Ascension</i>

## Eating out - *l'Echauguette*

*L'Echauguette* is a pizzeria at 12, Grand Rue, Domfront (61). It is one of the 1,300 restaurants in France to have been given an accolade in the prestigious *Gault et Millau Guide* for 2018-2019. New owners since 2017, Sicilians Amelie Lys and Onofrio Ciancio have brought a little bit of Sicily to this corner of Domfront! Sited in one of the remaining towers of the original town ramparts, the restaurant has welcoming decor and also a terrace with exceptional views over the surrounding area for summer eating. Open Tues. to Sats., 12h to 15h & 19h to 21h30 (weekends to 22h30). For reservations: 02 33 37 1 71.

## *Fête du Muguet* (Lily of the Valley)

On 1<sup>st</sup> May it is traditional to offer friends and family *le muguet* to bring luck and joy. This tradition was started in 1561 by King Charles IX - but some say only the sprigs which have 13 flowers bring luck! May 1<sup>st</sup> is the only day when people are allowed to sell *le muguet* in the streets without having the authority to operate as a business

## *Les Jardins des Renaudies*

Events at these lovely gardens at Les Mézeris, Colombiers-du-Plessis (53) where the impressive azaleas and rhododendrons will be in full flower. Entry: 6€, 6-16s: 3€, under 6s free. For opening dates and times go to [www.jardinsdesrenaudies.fr](http://www.jardinsdesrenaudies.fr). Dogs are accepted on leads.

☼ Sat. 4<sup>th</sup> to Wed. 8<sup>th</sup>, 14h-18h, the opening of the gardens for the benefit of Neurodon to help research into the diseases of the brain.

☼ Wed. 8<sup>th</sup>, 10h-18h, is the *Fête de Printemps* with a *marché de terroir* (market with regional produce) demonstrations of cookery and floral art, sale of plants, pony rides, children's entertainment, bouncy castle and *salon de thé*.

☼ Sat. 25<sup>th</sup> & Sun. 26<sup>th</sup>, 14h-18h: '*Week-end de la Rose*' – expo and sale of roses

## Something you didn't know you didn't know . . .

The French flag was white until 1790, when blue and red were added, after the Revolution. This was for merchant and war ships and there were three bands, with the red nearest the flagpole. They had to be vertical, as the Dutch had been flying horizontal red, white & blue stripes for nearly a century. In 1794 the final design for the national flag was given with the blue stripe nearest to the flagpole and the red stripe "floating in the air". Over the next century there several changes in design, the final one being in 1976 when President Valéry Giscard d'Estaing lightened the blue and the red to make them more tele-visual.

## '*Les motards ont du cœur 53*' charity ride

For any bikers who would like to join a good cause on Sun. 12<sup>th</sup>, this is the annual 'motards ont du coeur' charity ride. There are about 2,000 bikers who set out from Laval (53), split over 8 different circuits, all arriving back in the town of Laval around 17h in the afternoon where there is a concert. Tickets: 15€, which includes a platter lunch mid-route (usually in a Salle des Fêtes). The roads are closed off by the police and it's has security riders allowing passage through roundabouts, major junctions, etc. It is an official, well organised event. Inscriptions are open now on this site: [http://lesmotardsontducoeur53.e-monsite.com/?fbclid=IwAR00DT0Li8MUTt9Th3WPdeHh\\_MqHBBqthqBF9MskwYevle7z-Ys000rjSOK](http://lesmotardsontducoeur53.e-monsite.com/?fbclid=IwAR00DT0Li8MUTt9Th3WPdeHh_MqHBBqthqBF9MskwYevle7z-Ys000rjSOK)

### *Fête de la Nature*

On Wed. 22<sup>nd</sup> the theme is ‘*Eveil de Sens*’ (Awakening of the senses) at *la Fosse Arthour*, St Georges de Rouelley and Rouellé. More info from the Domfront T/Office (02 33 38 53 97)

### *Samedi Gourmand*

On Sat. 4<sup>th</sup>, 9h to 12h at the famous *Biscuiterie* in Lonlay l’Abbaye (6), there will be a special sale of biscuits from their discontinued lines.

### *Balade en calèche* (horse and buggy rides)

Take a relaxing trip around Bagnoles de l’Orne (61) in this timeless mode of transport every Sunday (14h to 17h45) from April to end of September. A maximum of 8 - 10 people each trip, so you need to book at the Tourist Office before 13h latest on the day. Tickets: 7€, under 14s: 3€, under 4s: free. [www.bagnolesdelorne.com](http://www.bagnolesdelorne.com).

### “*Un enfant, un arbre*” (one child, one tree)

This event began in Niort in 2006, when the *Maire* organised that a tree be planted for each baby born that year. Since then, 55 trees (including 7 different types of oak) have been planted. After the space ran out in Niort, it is now held in the Val des Ecoliers in Lassay-les-Châteaux (53). In 2018, 20 trees were planted by the parents for the children born – 10 girls and 10 boys. Each tree bears the name and date of birth of the child.

### *Le Jardin du Ridrel* in La Ferté-Macé (61)

In these gardens at 26 rue des Ridrel, a path links different material (wood, brick, gravel) and you can discover a succession of pleasant spaces with vintage roses, acers, clematis and many other plants. Open 15<sup>th</sup> April to 15<sup>th</sup> Nov. Entry (cash only) 3€ (under 18s free). [www.ornetourisme.com](http://www.ornetourisme.com)

### Events in May for Cancer Support France

Fri. 3<sup>rd</sup> : Quiz Night at the bar ‘*Le Viking*’ in Notre-Dame-du-Touchet (50), 19h45 for a 20h start. Entry 3€ each and teams of up to 6 people/

Wed. 8<sup>th</sup> : Monthly Brunch at the Salle Polyvalente in N-D-du-Touchet, 10h to 14h. Last orders taken at 12h30.

Wed. 15<sup>th</sup> : Tea Dance at the Salle Polyvalente in N-D-du-Touchet. Dancing from 15h till 18h, to include Ballroom, Latin and Sequence Dancing. There will be a buffet with tea, or if you require something stronger, Pimms or beer will be available. Tickets (by emailing [nord@cancersupportfrance.org](mailto:nord@cancersupportfrance.org)) 7€ per person (not including alcohol).

Fri. 24<sup>th</sup> : Live Music Night at 20h in the Salle Polyvalente in N-D-du-Touchet. You can listen to some excellent local bands whilst enjoying light refreshments.

### Exhibition – “*Zhu Hong et Rika Tanaka*”

Until 6<sup>th</sup> June at the *Centre d’Art Contemporain* in Pontmain (53) from 14h to 17h30, this is an exhibition of design, sculptures and effect of light. More info available at: [www.centredartpontmain.fr](http://www.centredartpontmain.fr); [www.zhuhongart.com](http://www.zhuhongart.com); [www.rikatanaka.com](http://www.rikatanaka.com)

## Entertainment & Concerts

Sat. 4<sup>th</sup> at 20h30 in *l'Eglise* in Commer (53): *l'Ensemble Instrumental de la Mayenne et le Choeur Ephémère*, with a selection from J.S. Bach's 'Passions'. Tickets 10€. Res: 02 43 67 60 90. More info at [www.mayenneculture.fr](http://www.mayenneculture.fr)

Sun 5<sup>th</sup> at 16h in *l'Espace Colmont* in Gorron – *Concert de la Chorale du Bocage Mayennais*. 1st part: popular and classical songs. In second part, *Le Chorale de Bocage Mayenne* invites the Brass Band '*Les Conques*' with their 30 musicians. Tickets available on site

Fri. 17<sup>th</sup> from 20h30 in *l'Espace Colmont*, Gorron (53): 1<sup>st</sup> part: pupils of *l'Ecole de Musique*, with saxophones & clarinettes. At 21h: 'Mantekiya' – Jazz and Afrobeat. 4 upbeat musicians ([www.mantekiya.com](http://www.mantekiya.com))

Sat. 25<sup>th</sup> at *l'Eglise St Julien* in Domfront (which has wonderful acoustics): Organ and Trumpet concert. More info: 02 33 38 56 66

### 'Le Girly Swing Big Band'

On Sun. 12<sup>th</sup>, at the *Centre d'Animation* in Bagnoles de l'Orne (61), 17h to 19h, this 3-girl group is joined with 17 musicians of the Utah Beach Band – 4 trombones, 5 saxophones, 4 trumpets, piano, guitar, drums, cello. Tickets (available from the Tourist Office): 25€ for floor level seats, 20€ for balcony seats.

### Brecéfit – dance, fitness, well-being and fun

On Mondays at 14h, Tuesdays at 9h30 and Fridays at 14h in Brecé (53) Alex will be holding an hour long cardio-class for all ages and abilities which can be adapted to suit each person's level and needs. Her approach in these classes is to have fun whilst building cardio-vascular endurance, using movement to increase the range of motion at the same time as strengthening the core. Find them on [facebook.com/brecefitt](https://www.facebook.com/brecefitt).

Alex is also looking for couples to re-start their evening jive classes. A jive class covering some basic jive steps to help you wow family and friends at social gatherings! If you are interested please find them on facebook (as above) or email Alex at [a.beech@me.com](mailto:a.beech@me.com)

### *La Rando de la Colmont, Brecé (53)*

Sun. 26<sup>th</sup>, this is a cycle ride, open to all – with a choice of 14km, 25km, 39km 45km or 67km. Depart between 8h and 10h from the *Salle des Sports* in Brecé. Coffee and a *brioche* are offered on departure, with 3 refreshment stops on the course and a sandwich on arrival. Alternatively, you can go on a 13km walk, departing between 9h and 10h. More info: [www.tourmayennevt.free.fr](http://www.tourmayennevt.free.fr)

### 'A la découverte de la Rivière la Mayenne'

These 2-hour boat trips along the river Mayenne, with locks, can be taken on Sun. 5<sup>th</sup>, Wed. 8<sup>th</sup>, and Sun. 12<sup>th</sup> from 14h30 to 16h30. Reservations, and details of other river cruises, available at the Mayenne Tourist Office: 02 43 04 19 37 (English spoken) or by contacting at [info@valleedehautemayenne.fr](mailto:info@valleedehautemayenne.fr). Tickets: 8,70€ (3 to 11s: 6,20€).

## Advice on ticks in the region

Along with the better weather, *les tiques* (ticks) are back. They need damp conditions, such as forests and near rivers. To avoid getting one on you, here are a few tips:- when walking in forests or damp areas (especially where there are ferns) wear closed shoes, clothing that covers you well, a cap or hat, and to tuck trousers into socks or shoes. One you have returned from your walk, put all your clothing to one side and, if in doubt, you can put them in a tumble dryer at 40 degrees, which will kill them. A shower is also advised, and that you check your body, especially in the folds of skin. If you find a tick on you, do not pull it off – the part left inside could transmit disease (Lyme disease is prevalent further south). Use a special tool, if possible, and if in doubt visit your *Pharmacie* for advice.

### *Randonnée à pied* (Walking)

Further info on these walks is available at the Domfront Tourist Office (02 33 38 53 97)

Tues. 7<sup>th</sup> : “Berjou” - depart at 13h30 from l’Espace Rocton, Domfront (61)

Tues. 7<sup>th</sup> : “Tinchebray” - 7km, depart at 20h from Place St Remy in Tinchebray (61)

Sun. 12<sup>th</sup> : “Landivy, Fougerolles-du-Plessis” - depart from l’Eglise at Ceauce

Tues. 14<sup>th</sup> : “Larchamp” - 8km, depart 20h at the *base de loisirs*, Larchamp (61)

Wed. 22<sup>nd</sup> : “Pierre Blanche” - 8km *Randonnee fraicheur*, 20h to 22h. Depart from Place des Tilleuls in St Denis de Gastines (53)

Mon. 27<sup>th</sup> : *Rando douce* (gentle walk) – dep. 13h30 from l’Espace Rocton, Domfront.

### Advance notice for June:

**Sunday 30th June:** The *Phoenix Auto Moto Club de Desertines* will be holding their Summer Show at the ‘terrain de foot’ in Désertines (53) from 11h onwards. There will be a Hog Roast (provided by Elliotts of Gorron), Club bar, live music courtesy of Missing Lynx, the Red Lion Morris Dancers, *bourse d’echanges* and more! Trophies for Best Car & Motorbike in Show. Free entry. For more information and FREE Auto & Moto registration email [infosummershow2019@gmail.com](mailto:infosummershow2019@gmail.com)

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I hope you enjoy the contents here – a bit rushed this month as I have just returned from Spain and have run out of month! So, apologies for any errors!

*Judy Skinner*

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

May 2019

Date	Event	Place	Page
Fri. 3 <sup>rd</sup>	CSF Quiz Night	N-D-du-Touchet	3
Sat. 4 <sup>th</sup>	Sale of biscuits	Lonlay l'Abbaye	3
“	Classical concert	Commer	4
Sun. 5 <sup>th</sup>	Concert, also ‘ <i>Les Conques</i> ’	Gorron	4
Wed. 8 <sup>th</sup>	<i>Fête de Printemps</i>	Colombiers-du-Plessis	2
“	CSF Monthly Brunch	N-D-du-Touchet	3
Sun. 12 <sup>th</sup>	‘ <i>Les motards ont du cœur</i> ’ charity ride	Laval	2
“	‘ <i>Le Girly Swing Big Band</i> ’	Bagnoles de l’Orne	4
Wed. 15 <sup>th</sup>	CSF Tea Dance	N-D-du-Touchet	3
Fri. 17 <sup>th</sup>	‘ <i>Mantkiya</i> ’ concert	Gorron	4
Wed. 22 <sup>nd</sup>	<i>Fête de la Nature</i>	St Georges de Rouelley	3
Fri. 24 <sup>th</sup>	CSF Live Music Night	N-D-du-Touchet	3
Sat. 25 <sup>th</sup>	Organ & Trumpet concert	Domfront	4
W/e 25 <sup>th</sup> /26 <sup>th</sup>	<i>Week-end de la Rose</i>	Colombiers-du-Plessis	2
Sun. 26 <sup>th</sup>	<i>Rando de la Colmont</i> cycle ride	Brecé	4