

Bulletin !

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

Thought for the month:

May you be as happy as a seagull with a French fry

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

Sun. 1 st	Avranches (50)	Monthly <i>brocante</i> , 1 rue Maurice Chevrel, ±50
“	Bellou-en-Houlme (61)	v-g / <i>brocante</i> at La Chevalerie, ±150
“	St Hilaire-du-Har.(50)	<i>Bourse d'échanges vehicules</i> (see p.3)
“	Pleurtuit (35)	v-g in Salle Omnisports, ±70
“	Rennes (35)	The Retro Market Vintage/ <i>brocante</i> in Halle Martenot, rue de Juillet, entry 2,50€
6 th & 7 th	Rennes (35)	<i>Puces de Couturières et Loisirs Créatifs</i> , at Maison St Cyr, 10h–17h, ±30
W/e 7 th / 8 th	Château Gontier (53)	<i>Salon des Antiquités et de la Brocante</i> (see p.3)
Sun. 8 th	Granville (50)	<i>Marché / troc / v-g</i> in Salle de Herel, ±30
“	Sourdeval (50)	v-g in Place du Champ de Foire, ±50
“	Bagnoles de l'Orne (61)	<i>brocante/v-g de Printemps</i> , Pl. du Marché, ±150
W/e 21/22 nd	Château Gontier (53)	<i>Foire de Printemps / v-g / Foire / Expo</i> in Espace Saint-Fiacre, Parc Saint-Fiacre, 10h-19h, ±250
Sun. 22 nd	Bellou-en-Houlme (61)	v-g / <i>brocante</i> at La Chevalerie, ±150
“	Granville (50)	Monthly <i>brocante</i> [very good], ±60
Sun. 29 th	La Bigotterie (53)	Sale of English books, DVDs, CDs (see p. 2)
“	Granville (50)	<i>Puces Arts Créatifs et Couturières</i> , Salle de Herel, ±150
“	Granville (50)	<i>Bourse aux vélos</i> , Salle St Nicholas, ±30
“	Louvigné-du-Désert (35)	<i>Bourse d'échanges des véhicules & expo</i> , in Place du 8 Mai 1945, 7h to 18h, ±150 (see p.3)

Visit www.brocabrac.fr which is constantly updated with *brocantes / vide-greniers*, including any changes.

Special dates:

Tues. 17 th	St Patrick's Day – celebrated in many towns and villages in France.
Fri. 20 th	Spring Equinox

Eating out : *Le Bacchus*

'*Le Bacchus*' at 1 rue des 3 Sources, Levaré (53, on main road near the church) is a friendly, French-owned bar/restaurant. On Mondays to Saturdays they provide a good 4-course *midi* (buffet starter, choice of 2 main courses, cheeseboard and selection of desserts, with wine, water & coffee included) for 12€. Great value, and the food is well cooked and tasty. They also do pizzas, to eat or take-away, on Fri., Sat & Sun evenings from 19h (02 43 08 09 71)

La Foire Fleuri in Gorron (53)

On the weekend of 28th & 29th Gorron celebrates Spring! There will be races, a clown show (Sun. at 16h15), an exhibition '*Les Epiceries d'Autrefois a Gorron*'. children's face painting, exhibition of bonsais, and a Grande Parade with majorettes and drums. For more details and the programme, go to www.gorron.org

St Malo Craft Beer Exhibition

On 13th, 14th & 15th at le Quai St Malo, Parc des Expos, St Malo (35) this is the 3rd edition and even larger than before, with a selection of 70 French and other European *brasseries*. Prepare to taste the best of *artisanale* beers. A weekend rich in entertainment, discoveries and conviviality. Not only beer but ciders, food stalls & trucks, and a Masterclass. Disabled access. For opening times, etc., go to www.saintmalocraftbeerexpo.com

Events in support of Grande-Daze Animal Companion Centre

- ◆ On Sat 28th at 19h in Saint-Aubin-fosse-Louvain (53): Curry Night. A choice of curries: chicken, beef, beef Madras, or vege, onion bhaji, naan bread, popadoms & dessert. Tickets: 18€, under 12s: 10€. All info on www.grandedaze.com/curry-night
- ◆ Sun. 29th, 14h to 18h at La Bigottière: Bargain Book Sale / DVDs / CDs / bric-a-brac. "Fill a bag [supplied by Grande Daze] for only 1€!" www.grandedaze.com/bargain-book-sale.

Pretty picnic area in Mongiroux, Mayenne (53)

At Martigné-sur-Mayenne, on the Mayenne river at the old site of a lock-keeper's house, is a pretty place to stop when walking, cycling or horse-riding. You will find a picnic area, games for children, toilets, shower facilities, boutique, wifi. Animals accepted.

Afternoon Tea at *Le Moulin Quentinière*

On Sat. 28th March, 13h to 16h, at *Le Moulin Quentinière*, near Désertines, will be their renowned Afternoon Tea. They will be offering a selection from the following sandwiches: citrus-infused mayonnaise with slivers of chilled cucumber; baked ham with a hint of Dijon mustard; free-range egg & cress; open-faced Coronation Chicken; local Brie & fresh grape, also home-made scones with clotted cream & preserve, home-made pastries, a selection of teas & infusions . . . for the Brexit-busting price of 7,50€. You can also treat yourself to a glass of bubbly for only 1€. Groups are welcome. Tickets on a first-come, first-served basis. For enquiries contact lemoulinq@yahoo.com or 0768 821 000

Bringing People Together

‘Bringing People Together’ is an organisation offering French students a week with an English family in France to improve their knowledge and use of the English language. The organisation has recently been asked if it could provide the same service in German. If anyone knows of any native speaking German families who would be interested in hosting French students please ask them to contact ‘Bringing People Together’ by email: christine@bpt.eu.com

Salon des Antiquités et de la Brocante de Qualité

On the weekend of 7th & 8th, 10h to 17h, this takes place in the Halle du Haut Anjou, Quai du Docteur Lefèvre in Château Gontier (53), entry: 4€

Exhibition: *Carnets du Patrimoine*

From 4th March to 11th April in the *mediathèque*, rue Barrabé, Domfront (61) this exhibition, in both French and English, shows the flora and fauna from this region. More info from the Domfront Tourist Office (contact details on page 6)

Murder Mystery play in Passais-la-Conception (61)

There will be a murder-mystery play in 3 acts by *Fun Theatre Communautaire*, and following the success of their dual-language pantomime last year, the dialogue will once again be in French and English. The shows will be on Fri. 20th & Sat. 21st at 19h30: 20€ per person including a 3-course meal; on Sun. 22nd at 12h30, 20€ per person including a 3-course meal (children under 10, on this day only, 15€ including 3-course children’s meal). Each presentation is approx. 4h30 min. long.

Tickets will be on sale in Passais-la-Conception at *La Maison de la Presse*, *Le Bistro du Coin* and ‘Pages’ bookstore; also the *Office de Tourisme* in Domfront (12 place de la Roirie). Ticket numbers will be limited to 120 per performance. There will be tiered seating in the auditorium, with meals being served to your table. You will be encouraged to form teams to work out who the murderer is. Full details are on their website www.funtheatre.fr, on their flyer or on the reverse of the tickets.

Boat trips on the river Mayenne (53)

The *Office de Tourisme Vallée de Haute Mayenne* offers many opportunities for you to board a boat for a trip along the river. You can glide past peaceful riversides and spot the local flora and fauna. The Tourist Office in Mayenne town (Quai de Waiblingen, on the river) has more info (www.hautemayenne-tourisme.com)

Bourse d’échanges véhicules in St Hilaire du Harcouët (50)

On Sun. 1st at this 34th edition, at rue de Marly, you can find parts for new and second-hand cars, caravans, bikes, with documentation, vintage tools and miniatures. Organised by *le Club Citroën*, it is open from 6h30 to 18h30. Free entry. Around 150 stalls expected.

Entertainment & Concerts

Fri. 13th at 20h in the *Centre Madeleine Louaintier* in Flers (61): ‘Violin solo’. Jacinto Munoz, a teacher at the Conservatoire de Flers, presents two facets of the violin.

Fri. 13th at 20h30 in the Cathedral in Laval - ‘Mozart Requiem’ by the choir and soloists of *l’Opéra de Prague*. Tickets: 39€ (first row); or 31€, 20€ for students and children. More info from the Laval Tourist Office (www.laval-tourisme.com)

Soirée Cabaret in Landivy (53)

On Sat. 21st at 20h in the *Salle* in Landivy (on the road towards Louvigné-du-Désert (35): a very classy evening of professional entertainment and superb food, organised by the *Comité des Fêtes* of Fougerolles du Plessis. Tickets are 40€. Contact: 02 43 13 06 72 (English spoken). Tickets are also available at the *Bar GG* (in the village) or via the telephone number on the roadside posters.

The Louvigné Jazz Club

From 6th to 8th at the *Centre Culturel Jouvence* in Louvigné-du-Désert (35): jazz, groove & soul with ‘Swing Society’. For more details and entry price, go to www.ot-fougeres.fr

‘*Flamenco Puro*’ – Flamenco show

On Tues. 24th at 20h30 in the *Théâtre Victor Hugo* in Fougères (35), the company ‘Al Compas de Jerez’ shows the history of flamenco in all its many colours and movements. Duration: 1hr 30. Tickets 12€. More info from the Fougères Tourist Office (see page 6)

Festival Printemps de la Chanson (Spring Festival of Song).

On Sun. 29th, 17h to 18h30, at the *Centre d’Animation* in Bagnoles de l’Orne (61): ‘The Wiggles’ return with their new show: ‘Completely Red’. After 50 shows around the world these 5 men in red have entertained over 30,000 spectators. Tickets: 20€, available from the Tourist Office (contact details page 6).

‘Celtic Legends’ Connemara Tour

On Thurs. 26th at 20h in *l’Espace Aumaillerie* in Fougères (35), this show pays homage to the magnificent area of Ireland: Connemara, with 2 hours of intense dance and emotion. Tickets 39€. Reservation possible at the Fougères Tourist Office (see p.6)

Ciné-Opéra - Giselle

On Sun. 8th at 14h in the cinema in la Ferté-Macé (61) will be a live diffusion from Paris of the ballet ‘Giselle’ by *l’Opéra de Paris*. Tickets: 6,40€ on sale at the cinema.

Cinema in Bagnoles de l’Orne (61) showing VO films

Located in the Casino, beside the pretty lake in Bagnoles-de-l’Orne, this 346-seat cinema holds VO (Version Original) films each Monday night. However, you need to check, as not always in English – it depends on the origin of the film! Tickets: 7€, under 14s: 4€. More info at www.casino-bagnolesdelorne.com

French people whose names are immortalised in history . . . and language

This month: *Béchamel*. This flour-based sauce is attributed to Marquis Louis de Béchamel, steward and favourite of Louis XIV, the Sun King. During this period, a sauce made from meat juices, shallots, vegetables and milk was so often served in court that it took Béchamel's name, though it is unlikely he made it himself. The inclusion of milk gave the sauce luxury status as milk was difficult to keep.

Vicks Steam Inhaler

On sale in the Gorrion *Pharmacie* (and no doubt others also) this Vicks product comes complete with 2 Vapo-pads with essential oils (menthol). Easy to use and dishwasher safe. 6,95€

Something for all the family - *discovery walks*

A la découverte des tritons et autres amphibiens (discover newts & other amphibians):

On Sat. 7th, 14h30 to 16h30, *étang* (lake) in St Roche-sur-Egrenne (61) this informative guided outing (in French) will show how after the long winter months, frogs and newts gather in the ponds to reproduce. Wear boots. www.ornetourisme.com (02 33 81 13 33)

Nuit de la Chouette (Night of the Owl):

On Fri. 13th, 20h to 22h, in St Mars-d'Egrenne, in company with *Groupe Ornithologique Normand*, discover *rapaces nocturnes* (nocturnal birds of prey). After a presentation in the Salle (in French, with photos) you can go on an optional 2km walk to hear the night-calls of the birds of prey. Wear warm clothing, good footwear and take torches.

What and when to feed birds

We are advised to feed birds from mid-November to the end of March. Studies show that extra food in the reproductive season makes birds lay eggs too early for the easy survival of the young. Black sunflower seeds, fresh peanuts and ground maize (*concassé*) are best for small garden birds, which eat seeds and grain in winter. Avoid bread due to salt, gluten and digestion difficulties. Also, please don't prune your hedges from March to August.

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	Pleurtuit, 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).

Sport & Leisure Activities

Les Foulées de l'Espoir (The Races of Hope)

This great event takes place in Fougères (35) on Sat. 29th departing from the front of *l'Espace Juliette Drouet*. For the programme of races and also walks for adults & children go to www.fouleesdelespoir.fr

Tennis Tournament - 3rd Series Seniors Finals

On Sun. 8th at the *Complexe Tennistique Maxime Merlin* in Bagnoles de l'Orne (61). More info from the Tourist Office (contact details below)

Randonnée pedestre (walk) in Juvigny-Val d'Andaine (61)

On Tues. 10th meet by 14h30 in the car park in Place St Michel (in the centre of Juvigny) for this 12.5km guided walk (level: difficult) which includes a visit to the Tour de Bonvouloir. Inscription before 11h30 on the day. Min. age: 10 yrs. More info from the Bagnoles de l'Orne Tourist Office (see below).

Course de Printemps (Spring Race) in La Ferté-Macé (61)

On Sat. 14th there are races around the *plan d'eau* between 8h & 13h. Youngsters start from 10h, with a race for young & veterans, men & women, at 11h. More info from the La Ferté-Macé Tourist Office (see below).

Some Tourist Office contact info:

Bagnoles de l'Orne (61)	02 33 37 85 66	www.bagnolesdelorne.com
Domfront (61)	02 33 38 53 97	www.ot-domfront.com
Flers (61)	02 33 65 06 75	www.ornetourisme.com
Fougères (35)	02 99 94 12 20	www.ot-fougeres.fr
La Ferté-Macé (61):	02 33 37 10 97	www.lafertemace.fr

And finally . . .

What do you think you're doing?" said the zookeeper to a visitor who was throwing £5 notes into a monkey's cage. The man explained: "Well, that sign says 'Do not feed the animals bananas. £5 fine'. (Yup, they're getting worse!)



That's all for this month. I hope you find something here to enjoy!

Judy Skinner

e-mail: judithsk@free.fr

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

March 2020

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Page</u>
Sun. 1 st	Sale of new & used vehicle parts, etc.	St. Hilaire du Harcouët	3
4 th to 8 th	Exhibition : <i>Carnets du Patrimoine</i>	Domfront	3
6 th to 8 th	Louvigné Jazz Club evenings	Louvigné du-Désert	4
Sat. 7 th	Discovery walk – amphibians	St Roche-sur-Egrenne	5
W/e 7 th / 8 th	<i>Salon des Antiquités et de la Brocante</i>	Château Gontier	3
Sun. 8 th	3rd Series Seniors Tennis Tournament	Bagnoles de l'Orne	6
“	<i>Ciné-Opéra</i> : Giselle, direct from Paris	La Ferté-Macé	4
Tues. 10 th	12.5km guided walk	Juvigny-Val d'Andaine	6
Fri. 13 th	Discovery walk – nocturnal birds of prey	St Mars d'Egrenne	5
“	Violin solo and master-class	Flers	4
“	Concert : Mozart Requiem	Laval	4
Sat. 14 th	Spring Race	La Ferté-Macé	6
13 th /14 th /15 th	St Malo Craft Beer Expo	Saint Malo	2
20 th /21 st /22 nd	Murder Mystery Play	Passais-la-Conception	3
Sat. 21 st	<i>Soirée Cabaret</i>	Landivy	4
Tues. 24 th	Flamenco Show	Fougères	4
Thurs. 26 th	Celtic Legends – Connemara Tour	Fougères	4
Sat. 28 th	Curry Night in support of Grande Daze	St Aubin-fosse-Louvin	2
“	Afternoon Tea at <i>Le Moulin Quentinière</i>	Désertines	2
W/e 28 / 29 th	<i>La Foire Fleuri</i>	Gorron	2
Sun. 29 th	Spring Festival of Song	Bagnoles de l'Orne	4
“	The Races of Hope	Fougères	6
“	Bargain book sale / DVDs / CDs	La Bigottière	2