

Bulletin !

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

Thought for the month:

Your future self is watching you right now
through memories

Here are some *vide-greniers* (v-g) & *brocantes* in this area, with safety measures in place - but double-check beforehand, if possible, at www.brocabrac.fr in case of any cancellations ['50' = area; ± = number of stalls expected]:

Sun. 6 th	Avranches (50)	monthly <i>brocante</i> , Place Valhubert, ±30
“	Bellou-en-Houlme (61)	v-g/ <i>brocante</i> at 215 La Chevalerie, ±150
“	Rives d'Andaine (61)	v-g / <i>brocante</i> at Place Roland Fléhard, 6h-18h, ±70
Thurs. 10 th	Rennes (35)	Weekly ' <i>Puces du jeudi</i> ', ±30
Sun. 13 th	Rennes (35)	<i>Les puces de Rennes, Pl. St Germain</i> , ±30
Sun. 20 th	Granville (50)	<i>Marché d'Antiquités / Brocante</i> in Cour Jonville, ±30
Sun. 27 th	Bellou-en-Houlme (61)	v-g/ <i>brocante</i> at 215 La Chevalerie, ±150

Special dates / public holidays

Tue. 1st - *Toussaint* (All Saints' Day): a festival honouring the saints of the Roman Catholic church. It precedes the *Fête des Morts* on the 2nd, when people honour the dead and bring flowers, usually chrysanthemums and heather, to the graves of relations.

Fri. 11th - *l'Armistice* (Remembrance Day): the day when those killed in both WW1 and WW2 are remembered. Services take place across France – one of the most well-known being the Memorial Ceremony at the Tomb of the Unknown Soldier in Paris.

Eating out - 'Le Grand Cerf'

Cédric Huard is still going strong in Ernée (53), having once owned the Hotel de Bretagne / Sheridan Bar in Gorron, and 'Le Grand Cerf' at 17-19 Av. Aristide Briand – a 'Logie de France' hotel/restaurant – is a great place to find high quality meals, service and décor. Open Mon. noon to Sat. evenings, there are several menus using quality, locally sourced ingredients; also a children's menu. For reservations: 02 43 05 13 09

Marchés de Noël (Christmas markets)

Sun. 6 th	Laval (53)	in <i>Salle des Fêtes</i> , 73 rue Salvador Allende, 10h-18h; Santa Claus arrives: 14h-16h, ±50
W/e 26 th / 27 th	Lessay (50)	in <i>Salle des Fêtes Saint-Cloud</i> , Place Saint-Cloud, 10h-18h30.
Sun. 27 th	Désertines (53)	At the 'Bar du RDV', 21 rue de Normandie, 11h-16h, is this Christmas Fayre and Market, inside and outside. There will be Father Christmas, Xmas grotto, cards, children's gifts, unique presents, and 30+ stalls. Food truck on site ('Route 66'). Free entry. [If you would like a stall contact Ann: tel: 0786 81 80 95; email: ann@enchantefrance.fr]

Visit Vitré – 1,000 years of history

At the gateway to Brittany, take time to explore the fascinating medieval period in Vitré (35) with its castle, charming old streets and half-timbered houses. The castle – built in the 11th century then re-built in the 13th, 14th & 15th centuries – was a fortress to defend the entrance to Brittany. It is now a town hall and museum and well worth a visit.

Cancer Support France Nord - events

Quiz Nights – on Fridays 4th and 25th at the bar 'Le Viking' in Notre-Dame du Touchet (50). Teams of 6, but if you are unable to make up a team, no problem – do go and take part. Price: 3€ per person. The quiz on the 4th starts at 19h, the quiz on the 25th starts at 20h. They look forward to seeing you.

Monthly Brunch – on Wednesdays 9th and 23rd at the *Salle des Fêtes* in Notre-Dame du Touchet. Doors open at 10h, last orders at 12h30.

For more info please contact nord@cancersupportfrance.org

Flour Power

In France, on packs of wheat flour you can see the letter 'T' (for type), followed by a number. The flours are classified according to their mineral content calculated on the dry matter. The higher the type, the higher the proportion of bran in the flour, and the less pure and white the flour is. This can range from the T45, ideal for pastry, to the T150 to make bran bread. Rye flour has its own codes.

Water Colour Open Day

On Thurs. 10th, 14h to 16h in Jane's Studio in Notre-Dame du Touchet (50): spend a daft afternoon with water colours! Tea, coffee, chat 'n tuition. To book a free place via email: jane.bicknell.art@gmail.com.

Salon multi-collections

On Sun. 13th, 9h to 18h, at the Communs du Château, Allée Aloïs Monnet in Bagnoles de l'Orne (61) you can buy, sell, exchange or just admire postcards, stamps, coins, cheese labels, old toys, etc. Snacks available on site. Entry 1€ (under 18s free). More info from the Tourist Office (for contact details see page 5).

Something for all the family – *le Zoo de Jurques*

This animal park, at *La Butte Jurques*, Dialan-sur-Chaîne (14: 20 mins SW of Caen), has over 700 animals from all over the world in 21 hectares. It is open until 6th November, then again next February onwards. You can watch the feeding of lions, red pandas, Humboldt penguins, lemurs, giraffes, vultures and polar foxes. Open daily, April to November. More info from www.zoodejurques.fr

English film in Gorron cinema

On Monday 7th – 'Ticket to Paradise'

Directed by Ol Parker, with George Clooney, Julia Roberts, Kaitlyn Dever.

The film starts at 20h and tickets (5,50€) are available at the cinema (next to Gorron church) from 19h30 on the night. The '*Bar de la Mairie*' at the bottom of the hill (by the *Mairie*) is open for pre-film refreshments and also a light snack if required (e.g. cheese and/or meat platter + glass of wine/beer, for 8€). It might be advisable to check on www.gorron-cinema.fr before setting off in case of any last-minute changes.

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

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

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

Entertainment & Concerts

Sat. 12th at 21h in the *Centre d'Animation et du Congrès*, 8 rue du Prof. Louvel, Bagnoles de l'Orne (61): '*La vie devant soi*' by the Renaud Garcia-Fons Trio. Mediterranean and Hispanic music, with accordion, drums & cello. Tickets: 15€ (students &, unemployed: 13€) available from the Bagnoles de l'Orne Tourist Office (see page 5).

Fun Théâtre Communautaire

Fun Théâtre Communautaire are producing 2 versions of the same play by Alan Ayckbourn: 'Table Manners', part of the Norman Conquests trilogy, and the French adaptation: '*Les Bonnes Manières*'. Both versions will be accompanied by sub-titles in the alternative language. Starting at 20h30 in the Salle Multiculturelle, 15 rue de Bretagne in Passais-la-Conception (61) the performances are:

'Table Manners' – Fri. 18th & Sat. 26th

'*Les Bonnes Manières*' – Sat. 19th & Fri. 25th

Tickets are available online at thelittleboxoffice.com/funtheatre and more details are on funtheatre.fr or email: tickets@funtheatre.fr for enquiries.

Secondly, *Fun Théâtre* are looking for a Prince Charming for their dual-language production of Cinderella (*Centrillon*) in March 2023. This role has been cast as French, so the young man (guideline 18 to 25 years old) should either be French or fluent in French. For more info, or to apply for this part, please email contact@funtheatre.fr

Markji Yoga

Beginner's Yoga class every Tuesday at the *Salle des Fêtes* in Hercé at 18h. A 1 hour traditional yoga practice suitable for all. Please take your own mat and your enthusiasm. 10€ per class. Markji – a Yoga Alliance (India) certified teacher.

Hockney Exhibition at the Bayeux Tapestry

This exhibition – in the David Hockney Room on the 2nd floor of the Bayeux Tapestry Museum, 13 bis rue de Nesmond, Bayeux (14) – is entitled "The Meeting of Two Legends" and is being held in Bayeux from 22/9/2022 until 23/4/2023 (closed in January 2023). The English painter is world famous and his works sell for exorbitant prices. In 2019, David Hockney fell "definitely in love with" Normandy, to the point of settling there and devoting a gigantic work to it which represents it over the seasons – with, as a backdrop, the Bayeux Tapestry (listed by UNESCO) which inspired his giant fresco "A Year in Normandy".

Cheese of the Month – *Mont d'Or*

This soft, round-washed cheese is from the east of France, near Switzerland. It has a distinctive woody taste because it matures in a round wooden frame and is sold in a spruce bark belt which keeps its shape and gives it a woody perfume. Featuring a beige crust, it appeals to everyone, making it a popular cheese. Available from September to May, it goes well with a dry white wine from the Jura, or a Saint-Emilion or Graves.

The specialities of Mont-Saint-Michel (50)

How can you talk about gastronomy at Mont-Saint-Michel without mentioning the famous salt-meadow lamb and the omelettes from Mère Poulard? To be tasted in the autumn or at Christmas, the salt meadow lamb first grazes for 70 days on the grassy meadows of the bay which is regularly covered by the sea. The fluffy omelettes of Mère Poulard can be enjoyed all year on the Mont.

Vélek'tro electric bikes

Along the *Côtes d'Armor* department of Brittany you can hire electric bikes. 250 bikes are available for hire at 40 rental points in the region – with a 'one-way' service that allows you to pick up the bike at one location and drop it off at another. For more info, go to www.brittanytourism.com & at the Rennes Tourist Office (see below).

Exhibition to discover stained-glass windows

From 8th to 26th November at the Culture & Heritage department at the *Mairie* in Domfront (Place Roirie) there is an exhibition by master glass artists Carina Tornatoris and Anne Regnault. These two artisans invite you to discover a world of light and colours that is usually only seen in churches and chapels. More info at the Domfront Tourist Office.

Yoga Retreat in Gorrion (53) - 1st weekend of each month

From Fri. 17h to Sun. 14h: ♦ swimming pool, jacuzzi, steam room daily; ♦ 2 hrs meditation and/or prayer (each person chooses) at the Chapel du Bignon; ♦ 2 hours yoga; ♦ walk, weather permitting; ♦ organic vegetarian meals. All activities proposed ☺ nothing imposed. Day only: 9h to 20h: 50€; weekend: 150€. For more info contact Maria on 06 61 71 90 00.

Telephone numbers

I have been asked to repeat, for people who have newly arrived in France, the following advice. When giving your phone number, the figures should be divided into blocks of 2 (for example: 02 43 60 17 77) and it is very important to pause between the numbers to avoid ambiguity. Without the pause, 60 followed by 17 could be understood to be *soixante-dix-sept*, which is 77. So, when dictating the number 02 54 60 17 77 you would say: *zero deux* [pause] *cinquante-quatre* [pause] *soixante* [pause] *dix-sept* [pause] *soixante-dix-sept*.

Some Tourist Office contact details:

Bagnoles de l'Orne (61)	www.bagnolesdelorne.com	02 33 37 85 66
Domfront (61)	www.ot-domfront.com	02 33 38 53 97
Flers (61)	www.ornetourisme.com	02 33 65 06 75
Fougères (35)	www.ot-fougeres.fr	02 99 94 12 20
La Ferté-Macé (61)	www.lafertemace.fr	02 33 37 10 97
Mayenne (53)	www.mayenne-tourisme.com	02 43 04 19 37
Rennes (35)	www.brittanytourism.com	08 91 67 35 35

Sport & Leisure Activities

Learn archery

Do you know how to hit the bulls-eye? On Wed. 2nd a qualified instructor will introduce you to this age-old discipline in complete safety at the *Complexe Tennistique Maxime Merlin* in Bagnoles de l'Orne (61). Ages 6 to 9 years: at 16h-17h; adults and children from 10 yrs: at 17h-18h. Tickets: 8€. Reservation (at the Tourist Office) required before 11h on the day. Appropriate equipment will be provided, wear sports clothing.

Story-telling walk (in French) in the *Marais de Rouellé* (61)

In the heart of the marshes the kingfisher (*le martin-pêcheur*) has disappeared. On Wed. 2nd, during a walk of about 3km, a guide will help you understand what could have happened to him! You can also discover more about the Rouellé marshes. Suitable for families – wear rain boots. More info from the Domfront Tourist Office (12 place de la Roirie, Domfront); email: info@ot-domfront.com

Free yoga classes in Gorron

On Fridays 11h to 12h, September to June (except school holidays). Association fees only required: 15€ (to cover insurance). More info from Maria on 06 61 71 90 00.

Advance Notice: - Vivace Christmas concerts in December:

These Christmas concerts will be held at the following locations:

Fri. 9th December at 19h15 in Notre-Dame du Touchet (50); Sun. 11th December at 16h in l'Eglise Saint-Julien in Domfront (61); Wed. 14th at 18h in Passais-la-Conception church (61).

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And finally,

I'm taking care of my procrastination issues. Just you wait and see.

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I hope you find some interesting things in here - next month we have the Christmas lights in the villages and towns nearby to enjoy. Have a great November.

Judy Skinner

e-mail: judithsk@free.fr

Events by the day (not including vide-greniers)

November 2022

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Page</u>
Wed. 2 nd	Learn archery	Bagnoles de l'Orne	6
“	Seek the kingfisher!	Rouellé	6
Fri. 4 th	CSFN Quiz Night	Notre-Dame du Touchet	2
Sun. 6 th	Christmas market	Laval	2
Mon. 7 th	Film: 'Ticket to Paradise'	Gorron	3
Wed. 9 th	CSFN Monthly Brunch	Notre-Dame du Touchet	2
Thurs. 10 th	Water Colour Open Day	Notre-Dame du Touchet	3
Sat. 12 th	Concert: ' <i>La vie devant soi</i> '	Bagnoles de l'Orne	4
Sun. 13 th	<i>Salon multi-collections</i>	Bagnoles de l'Orne	3
Fri. 18 th	Play: 'Table Manners'	Passais-la-Conception	4
Sat. 19 th	Play: ' <i>Les Bonnes Manières</i> '	Passais-la-Conception	4
Wed. 23 rd	CSFN Brunch	Notre-Dame du Touchet	2
Fri. 25 th	CSFN Quiz Night	Notre-Dame du Touchet	2
“	Play: ' <i>Les Bonnes Manières</i> '	Passais-la-Conception	4
Sat. 26 th	Play: 'Table Manners'	Passais-la-Conception	4
W/e 26 th / 27 th	Xmas Market	Lassay	2
Sun. 27 th	Xmas Fayre & Market	Désertines	2
8 th to 26 th	Exhibition of stained glass	Domfront	5