

Bulletin !

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

Thought for the month:

Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best

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

Thurs. 3 rd	Granville (50)	<i>Marché d'Antiquités Brocante</i> in Cour Jonville, ±30
Sun. 6 th	Avranches (50)	monthly <i>brocante</i> , Place Valhubert, ±30
"	Dinard (35)	<i>brocante</i> in Pl. du Marche, 9h-18h, ±30
"	St. Benoit-des-Ondes (35)	v-g in rue des Verdières, ±250
Sun. 13 th	Bellou-en-Houlme (61)	v-g/ <i>brocante</i> at La Chevalerie, ±150
"	Sainte-Suzanne (53)	v-g & <i>fête communale</i> , 10h-18h, ±80
"	Bagnoles de l'Orne (61)	<i>Foire à la brocante et aux antiquités</i> , place du Marché, entry: 2,50€, ±50
Tues. 15 th	Rânes (61)	Grand v-g in Parc du Château, 8h-18h, ±300
"	Le Ham (53)	v-g in the town, 8h-17h, ±70
Sun. 20 th	Charchigné (61)	v-g in <i>fête communale, centre-ville</i> , 8h-18h, ±150
Sun. 27 th	Bellou-en-Houlme (61)	v-g/ <i>brocante</i> at La Chevalerie, ±150
"	Passais la conception (61)	v-g in the town, 6h-18h, (± unknown)

House clearance (*vide-maison*):

Mon. 14th) Bagnoles de l'Orne (62) 7-day *vide-maison* at 1 rue Robert Cousin, 15h-18h to Sun. 20th)

Special date : public holiday

Tues. 15th *Assomption* – the celebration of the Virgin Mary ascending bodily into Heaven. Traditional parades are held in France, often with dances and fireworks.

Eating out : *Au Soleil d'Italie*

'*Au Soleil d'Italie*' at 183, Les Isles, St Hilaire-du-Harcouët (50) is a pizzeria/restaurant (on the road leaving the town towards Mont-Saint-Michel). They offer several menus and a *midi ouvrier formule* (3 courses, wine/cider/soft drink included, for 14,50€) with great help-yourself buffet choices, and pizzas. Open daily: 12h-14h (plus 19h-21h30 on Fri. & Sat. cves). For more info: 02 33 91 79 59, www.restaurant-pizzeria-ausoleilditalie.com and facebook.

Saulges prehistoric cave tours in English

On several dates in August - 8th, 10th, 17th, 21st, 24th & 28th - 11h30 to 13h, there will be two 45 min. guided tours, in English, of two of the Saulges prehistoric caves: Rochefort at 11h30 and Margot cave at 12h15. You can discover the magic and splendour of an underground world over 100,000 years old in two from more than 30 caves discovered at 650 route de la Roche-Brault, Thorigné-en-Charnie (53, SE of Laval). Artefacts found in the Margot and Rochefort caves show that man has been there for more than 25,000 years. There are stalagmites and stalagmites, a troglodyte cave and prehistoric wall paintings & engravings to wonder at. Nearby, the tranquil village of Saulges, with its 9th century church, is also worth visiting. More info at www.grottes-de-saulges.com

Les Jardins des Renaudies

Near Colombiers-du-Plessis (53), these lovely gardens offer a delightful wander through the gardens with pretty flowers, shrubs and trees, also a museum showing how farming life was in the 1920s & 1930s, an exhibition of art, English tea room, and the maize maze. Events in August:

Sun. 20th – *Fête du miel et marché gourmand* (honey festival & food market) – discover bees, their care and learn about honey extraction. There will be a produce market and *brocante* for bee-keeping items, pony rides and a concert by David Luka. Entry 5€, ages 6-16s 3€, under 6s free.

Sun. 27th, 14h-18h, **Ikebana**: floral Japanese art - discover the art of **Ikebana Ohara**, the traditional Japanese art of flower arranging. Entry: 6€, 6-16s: 3€, under 6s free.

Fête de la Terre in Fontaine-Daniel (53)

On the weekend of 26th & 27th, this 20th edition of the *Fête de la Terre* offers exhibitions, street entertainment, a produce market, pony rides and David Luka in concert. Free.

Les guinguettes in Saint-Fraimbault (61)

For an evening of dancing to the sound of an accordion, this popular event by the lake has been held on Friday evenings since July. The next chance will be this Fri. 4th from 18h to 23h. There are many tables, snacks & drinks available to purchase, and a specially built dance floor. A lovely venue for an enjoyable evening to the music by Jérôme Ortet.

Foire aux Tissus material shop

For every need in embroidery, dressmaking, home furnishing materials, this is the place! A HUGE shop (doesn't look big from the outside) holding every possible design and colour – including, for example, several tartans and many colours of gingham (unusual to find in rural France). Very good prices – some materials are only 3€ a metre! Located just at the edge of Avranches – 90 Route de Granville, 50300 Marcy-les-Grèves. Open: Tues. to Sats.: 10h-18h (non-stop). Also on facebook.

They say, we say – and why

J'ai la chair de poule (lit. I have the skin of a chicken) – English version: I have goose bumps. In both cases it is the same physiological reaction to a source of threat or fear. Technically it's called piloerection or horripilation and it is thought to be a vestigial response from our more primitive days. We would fluff up our hair to scare off a predator; now all we can do is come out in a temporary rash.

Upcoming HeartSong singing sessions

HeartSong Summer Singalong Sessions at HeartSong Normandie in Mortain (50). Join them on Thursday 17th, 14h to 16h - fun, friendly and supportive pop rock group singing sessions for all singing levels. Beginners very welcome. 15€ per session, followed by après singing tea and cake.

Weekly Meditation and Mantra sessions: singing for well-being at HeartSong Normandie, every Tuesday from 10h30 to 11h30. Meditate and sing simple, soulful songs, chants, mantras and sound meditations from around the world to uplift, relax, bring joy and nurture your well-being. No experience necessary. 10€ per session or 6 for 50€.

Booking essential for all their workshops. 1-2-1 sessions and private group bookings also available. To book your place please get in touch with them at HeartSong Normandie. For further details: helloheartsong@gmail.com; <https://www.heartsongnormandie.com>

Cheese of the Month - *Saint Marcellin*

Nowadays, *Saint Marcellin* is made from cow's milk but in the 13th century it was made exclusively from goat's milk. Originating from the *Dauphine* region, east of Lyon, the cheese is mild, acidic and salty. It needs a long time to mature, developing from a fresh to a dry, ripe cheese. Although quite similar to *Banon* (without the chestnut leaves) Saint Marcellin is even creamier and the nutty & fruity flavour is complex. It is good at any time as a quick lunch, an *entrée* or on the cheeseboard. It should be chewed a long time to release its full flavour. Good wines to drink with it: (red) Châteauneuf-du-Pape, Côtes de Ventoux.

33rd *Foire à la brocante* - *Antiquités*:

This is on Sun. 13th in Place du Marché in Bagnoles de l'Orne (61), 8h30 to 19h30. Many stalls to browse around. Entry: 2,50€

Entertainment & Concerts

Fri. 4th at 16h in *l'Eglise du Sacré-Coeur*, Blvd Albert Christophle in Bagnoles de l'Orne (61): '*Les Cordes et Voix Magique d'Ukraine* – 6 young ladies and their choirmaster with an instrument unique to the Ukraine : the oval-shaped *bandoura*, with 65 cords and the sound of a harp. Concert in 2 parts of 40 minutes – classical music, traditional and religious orthodox. Tickets: 15€, available from the Tourist Office or from 15h on the day at the door.

Sat. 5th at 19h15, the GEMINI singers and dancers present a Musical Theatre Production, featuring an evening of music, in the Municipal Theatre (in Mayenne Château grounds). The show is called AROUND THE WORLD and features popular songs from many countries. Tickets are now on sale at 15€ for adults and 10€ for children under 12 years of age. All proceeds go to Cancer Support France. For further info and to reserve tickets e-mail: normandymusic@yahoo.com . Book now to avoid disappointment.

New Orleans Jazz in Laval with 'Saint Vénérand JazzOgnons'

On the weekend of 19th & 20th, Laval (53) comes to life with jazz played around the town for 2 days! 8 jazz groups will entertain – on Sat. from 12h to 22h30, and on Sun. 12h to 18h. Free entry, and collection hats will be passed around! Look for local posters for venues.

'Les Clés de Bagnoles' in Bagnoles-de-l'Orne (61)

In Bagnoles de l'Orne (61) in August in the *Jardins du Lac* there are free open-air concerts on Sundays. Reservation is recommended as places are limited. Info & reservations from the Tourist Office: 02 33 37 85 66, www.bagnolesdelorne.com

Les Clés de Bagnoles (music) on Sundays, 17h to 18h, ♪ 6th: '*Que tango!*' - tropical cambia. A lively quartet with Afro-Caribbean music. ♪ 13th: 'Mazingo – a Franco-American trio with rock 'n roll influenced by country folk & blues. Guitar, cello, drums; ♪ 20th: Duo with blues/rock/pop – multi-instrumentalist Welshman Jack Ellie & Franco-British singer Alice Bela.

Organ recital in Bagnoles de l'Orne (61)

Organised by *Les Amis de l'Orgue de Sainte Madeleine de Bagnoles de l'Orne*, this recital at 9 Place de l'Eglise in Bagnoles de l'Orne is on Wed. 2nd, 17h to 18h15, with works by Bach, Handel, Purcell, Vivaldi. Free, with collection..

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

. . . about pipistrelle bats. Pipistrelles ('pipistrello' means bat in Italian) are the smallest and most common of the 17 species of bat known to be breeding in Britain (and France hosts 34 of the 41 bat species present in Europe). Weighing no more than a 20-cent piece (3 grams) they are tiny enough with folded wings to fit into a matchbox. Despite their size, individual microbats have an enormous appetite – eating up to 3,000 insects in one night. They feed mainly on small flies, midges, mosquitos, lacewings and small moths. Rapid in flight 'with lots of twists and turns' these are the bats you are most likely to see 'aerial hawking' 2 to 20 metres above the ground after sunset.

21st Medieval weekend in Domfront (61)r

On the weekend of 5th and 6th you will find Domfront thrown back in time!! Around the town and up in the old city there will be a medieval market, a medieval banquet on Saturday evening (tickets available from the Tourist Office) and musical entertainment around the town.

At the château – for visitors to enjoy scenes of life from those times – will be tents and an encampment, with workshops for young and old. On Sunday is the tournament! Costumes can be hired at the *Maison des Associations*, 5 rue de Godras, Domfront (02 33 38 56 66), e-mail: *comite-socioculturel-domfront@wanadoo.fr*

Fête du 15 août

On Tues. 15th is this traditional festive day in Bagnoles de l'Orne (61) with horse racing (3€ entry), archery from 14h to 18h indoors in the *Complexe Tennistique*; with entertainment in the streets. At 22h45: fireworks around the lake.

Rallye d'Andaine – gathering of classic cars

On Sun. 27th, organised by *l'Association Bagnoles Moteurs Classiques*: in the morning a drive through the countryside and gathering at the aerodrome with members of the aero-club, then return to Bagnoles de l'Orne. 11h-16h: gathering at the Casino car park; at 14h30: leaving the Casino car park with a procession through the streets of Bagnoles de l'Orne. To admire the vehicles: free entry to the public. To exhibit – reserve your place at l'Association: *bagnolesmoteursclassiques@gmail.com*

Something for all the family – *La Fosse Arthour* (61)

You can enjoy a great day out at this legendary site where King Arthur and Queen Guinevere are reputed to be buried. A lovely area and an optional gentle climb with a panoramic view from the top, and a peaceful lake and river at the bottom, where you can also enjoy a picnic. There is also a pretty Auberge by the car park where you can have a lovely lunch, or just a drink and maybe an ice cream! Look for signs to '*La Fosse Arthour*' from the village of St Georges de Rouelley (61, west of Domfront).

Day ticket at *Etang de Launay*

Anglers looking for a decent coarse fishing day ticket will be pleased to learn about the *Etang de Launay*, which is situated on the D5 route between Gorron (53) and Chatillon-sur-Colmont (53) and is easily visible from the D5. The lake contains carp to 20lbs+, tench, pike & roach, is not deep and the carp respond really well to sweetcorn fished over depth on the bottom.

The Fishery is open daily from 8h to 20h and a day ticket is 5€ per rod (4€ per rod for children under 12 – who must be accompanied by an adult). A half-day ticket is 4€ per rod. Tickets are available at the lakeside from the Fishery owner, who will be there several times during the day. Fishing must be by rod & line with a single barb-less hook. Spinners, lures and treble hooks are not permitted. Further information is available from the Fishery owner, Jack PetitHomme, on 06 81 69 88 22 (please note: Jack does not speak English!)

English film in Gorron (53) cinema

The first English (VO) film in Gorron cinema in August will be:

Monday 7th : Mission Impossible : Dead Reckoning Part 1

by Christopher McQuarrie, with Ving Rhames, Tom Cruise, Simon Pegg.

– “Ethan Hunt and his IMF team must track down a dangerous weapon before it falls into the wrong hands.”

The film starts at 8pm and tickets (5,50€) are available at the cinema (beside the church) from 7.30pm on the night. As always, the '*Bar de la Mairie*' at the bottom of the hill serves pre-film refreshments, including a platter of cheese and/or meat with a glass of wine/beer, for 8€. [It might be advisable to check on www.gorron-cinemas.fr before setting off in case of any last-minute changes].

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And finally:

Don't tell secrets in the garden. The potatoes have eyes. The corn has ears, and the beanstalk.

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That's all for this month. Apologies to those who noticed it – I made an error with the date of David Luka in Ambrières-les-Vallées – I put Mon. 20th and it should have been Mon. 27th.

Judy Skinner

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Events by the day (not including vide-greniers)

August 2023

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”	<i>Foire à la brocante- antiquités</i>	Bagnoles de l'Orne	3
Tues. 15 th	<i>Fête du 15 aout</i>	Bagnoles de l'Orne	5
Thurs. 17 th	HeartSong singing workshop	Mortain	3
W/e 19 th /20 th	Saint Vénérand JazzOgnons	Laval	4
Sun. 20 th	Duo with blues/rock	Bagnoles de l'Orne	4
”	<i>Fête du miel et marché gourmand</i>	Colombiers-du-Plessis	2
W/e 2 th /27 th	<i>Fête de la Terre</i>	Fontaine-Daniel	2
Sun. 27 th	Discover Ikebana Ohara	Colombiers du Plessis	2
”	Gathering of classic cars	Bagnoles de l'Orne	5