



The Librarian

President's Message

Spring flowers are out, there are glimpses of sun, so we can probably say that spring is here, and with spring comes spring cleaning. Not quite as big a task as in days of yore when four months' worth of soot and dust from coal fires needed cleaning, but the feeling of restarting lingers on.

The library has not escaped. Some books have been taken out, new books have been added, shelves rearranged and tidied, — unfortunately though, no squishy chairs added for the borrower's comfort, that remains a dream. A sort out and a clear out is quite therapeutic and makes you look again at things you may have taken for granted or overlooked, so do come along and see afresh what the library has to offer.

Sue

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*It's your
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LIBRARY HOURS

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& Thursdays

10.00—12.00

Large Variety of
books to choose

Tea & Coffee
Available

Drop in for a
chat

JUNGLE DRUMS

NEW YEAR, SECOND NEW SCAM ALERT

As many of you know I offer an Anglophone Funeral Celebrant service and last week I received into my professional mailbox a letter from the CAF advising me that I was in line for a substantial amount of money on a monthly basis as part of a family support programme for those with start-up businesses. Surprised but intrigued I looked a little deeper and to “complete the dossier” I was required to complete some additional details. I smelt a rat and disconnected. I then brought up the mail again and passed the cursor over the “sender” which was showing as “La caf”, a click on the right hand mouse button displayed the following—

support@sender.citylightsportland.com. Clearly not a French government email address and therefore a scam. Moral—if in doubt check the sender details by a quick right click of the mouse button.

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**The
Book
Review
By
Elaine Morgan**

“Eleanor: a 200-mile walk in search of England’s lost Queen.”

Alice Loxton

The author is a young historian who decided to follow the route taken by the cortege of Queen Eleanor which travelled from Harby (Lincolnshire) to London (Westminster Abbey) stopping at various points along the way.

Eleanor was the wife of Edward I who clearly loved her and grieved at her death. He wrote “ Who in life we dearly cherished and who in death we cannot cease to love” (and before you worry about who and whom I have seen this quote written both ways). In memory of his wife of some 36 years Edward commissioned 12 stone crosses to be erected at each spot where her body rested on its journey south.

So Alice Loxton, the author, decided to follow this route using an OS app on her phone. Obviously much has changed so there were challenges. Now motorways thundered through the landscape, roundabout baffled and, at times, bodies of water appeared unexpectedly on her route. Without her app the author would not have managed the walk in the timescale that matched the cortege of Eleanor. As it was there were some tough times, particularly the first day when she had to walk about 29 miles in mid- December.

However the book is not just about walking, much of it is about what Alice found along the way as well as little historical asides. Only 3 of the stone crosses now remain and they are beautiful so one has to regret the ravages of time and the destruction of Puritan forces.

So since there are not many crosses to examine Alice gives us lots of small discoveries as well as detail on how the crosses were built. In fact there are many plaques, murals and statues commemorating Eleanor (so she is hardly a lost Queen) as well as quirky follies and buildings. There is much to explore and much that is hidden in the landscape which can only be found by walking and observation.

There is a lot to like about this book but I could have done with less of Alice and more of Eleanor. As with most medieval women not enough is known about her life. Later historians focussed on her ability to landgrab in settlement of debts thus acquiring a large property portfolio. But she was also a bibliophile who travelled widely and helped and advised her husband. It was clearly a great partnership as well as a love story and we have only an echo of that in the words Edward wrote about her.

This book inspires you to walk and discover the history that is all around us in Europe. On the downside there are some annoying grammatical errors which are unexpected in a person of Alice’s education. Where have all the editors gone?

FOR THOSE IN PERIL

Until the early 1820s, there were no lifeboats around Britain's shores. Mariners in distress had to rely on local fishermen coming to their rescue. The National Institution for the Preservation of Life from Shipwreck, later to become the RNLI, was founded in 1824. Shipwrecks around the coast of the Isle of Man in 1822 inspired philanthropist William Hillary to 'appeal to the British nation' to establish 'a national institution for the preservation of life and property from shipwreck'. There was little response from the Admiralty, but merchant George Hibbert and MP Thomas Wilson managed to rally support from King George IV, other royalty, leading politicians and merchants. The King granted the word 'Royal' to be added to the title. The RNIPLS changed its name to the RNLI in 1854.

From the outset, all funding was by donations, but these dwindled to almost nothing by 1850. Richard Lewis, secretary to a new committee, proved a doughty fundraiser, although between the 1850s and 1869, the lifeboats had an annual government subsidy of £2000 – the first and only time this has ever happened. Today's service is funded entirely by donations, which provide 90% of the income; the other 10% is from investments.

A committee was formed to study lifeboat designs. The first proved too heavy and a lighter boat became standard until the 1850s. It had six oars and buoyancy tanks in the ends and either side, but was not self-righting. Another was double-ended, fitted with buoyancy tanks and a rudder at either end so that the boat did not have to turn beam-on to heavy seas. As designs evolved, sails were added and vessels became 'pulling and sailing'. Towards the end of the 19th century came steam engines. In the 20th century, first petrol, then diesel motors became standard, the latter improving range.

Today's vessels are a far cry from those wooden rowboats. Sleek hulls for greater speed, composites for hulls, and high-tech navigation aids. The RNLI runs small rubber dinghies as inshore craft, rigid inflatables for 'shouts' near the coast and Severn-class seagoing vessels. These cost around £100,000, £300,000 and £3m respectively.

Suitable craft are deployed at the RNLI's 238 stations around Britain, the Isle of Man, the Channel Islands and the Republic of Ireland, some on inland waters like Lough Erne and the Thames. There are also 80 independent stations. All are manned by mainly volunteer crews, who stand ready 24/7, and in any weather, to answer their pagers and risk their lives. Since 2001, the Institution has provided paid lifeguards at beaches, currently numbering 240.

Saving lives at sea is not for the faint-hearted, and there have been many disasters. In 1886, 14 of the 16 crew of Southport's lifeboat Eliza Fernley, and the whole crew of St Anne's lifeboat died while trying to aid the barque Mexico in heavy seas. The irony was, that unknown to both these lifeboats, the Lytham lifeboat had already rescued the crew.

In 1981, the Penlee lifeboat went to the aid of the freighter MV Union Star, whose engines had failed. An air-sea rescue helicopter was on the scene, but powerless to winch survivors because of the hurricane-force winds. In 100mph winds and 60ft waves, the lifeboat somehow managed to rescue four people before both vessels were lost with all hands, including eight volunteer lifeboat crew.

I salute those who have both served and given their lives in the 200 years of the RNLI.

NW



GARDEN CORNER - SPRING IS COMING SO BE PREPARED!

Rain and more rain, we are fed up with it. I have tried to keep busy, turning out cupboards and dusting bookshelves. Housework definitely needs something to help the job get done, so I tend to listen to podcasts, some about gardening, but mainly wildlife and environmental subjects.

If you watch YOUTube, I really recommend The mediterranean garden society video channel, the last talk was by Jean Vernon, a gardener, botanist and bee expert.

We made a bee hotel several years ago and at this time of year I will replace some of the contents. We naturally have plenty of bee nesting places in the garden so I find the log drilled with holes of different sizes and depths is the most popular. This should be replaced after 2 years to stop any possibility of infection.

As I cut back in the garden I often find plants with hollow stems, in particular *Leycestra formosa* (Himalayan honeysuckle) and these I cut into lengths and either tie together in a bundle or put into an old cardboard tube from a toilet roll or kitchen towels. There are already lots of different bees and insects flying around, so make sure you have plenty of spring flowering shrubs, bulbs and perennials.

Spring seems to come earlier and earlier, lots of things in flower so it would be really nice to clear some of the debris from overwintering plants.

Thankfully our garden drains fairly quickly so we can get on to it to prune the roses and cut back perennials such as nepeta and the sedums. I don't like to walk on bare soil, so mulch helps.

No sign of any frost so I have sown my first seeds in the greenhouse. I now need more space so all those cuttings I took last september have been potted on and taken to the poly tunnel. Plants which have overwintered in the polytunnel are now being moved outside. If there is any really hard frost I will have to fleece. We can look forward to a few days of sunshine and then it looks like more rain, so a bee hotel might be a quick interesting project for yet another rainy day, there are lots of ideas on YouTube.

MG

GALLIVANTING GOURMETS

Cantaranne

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12350

Privézac

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Email: Cantarannechambredhote@gmail.com

Website: <https://fr.cantaranne.com/contact>

Review of Cantaranne

Nestled in the charming countryside of Privezac, Cantaranne is a delightful restaurant set within a beautiful old French manor house. From the moment you arrive, the character of the building and its warm, inviting ambience create a truly special dining experience.

During the winter months, the restaurant opens on the last Sunday of each month and has earned a wonderful reputation for its traditional English Sunday roasts. These are served as part of a three-course set menu (€27 per person), offering a choice of two starters, three roast options—typically chicken, lamb, or pork—and a choice of two desserts or cheese. Wine and coffee are available at an additional cost and are very reasonably priced.

In the main season (May to October), when the bed and breakfast is operating, the restaurant opens more regularly, although hours can vary slightly from season to season.

We have dined at Cantaranne several times, and each visit has been an absolute pleasure. The food is consistently home-cooked, generous, and delicious. Portions are plentiful, and extra vegetables are usually available if requested. The kitchen is visible from the dining area and is spotlessly clean, reflecting the care and pride taken in every dish.

The service is excellent—warm, welcoming, and attentive, with nothing ever too much trouble. Guests with special dietary requirements are thoughtfully accommodated when advised in advance. On two occasions, we visited with plant-based family members, and their meals were just as carefully prepared and equally enjoyable.

There is truly everything to love about Cantaranne. The setting, the hospitality, and especially the Sunday roasts make it a genuine treat and a place we happily return to time and again.

GG

WHAT'S ON THIS MONTH

HOME OF LOCAL INTEREST

DATES TO NOTE IN MARCH

EVENTS

Weekend of 7/8 March Salon Chocolat et Vin at Salle De Fete de 13 Pierres, Villefranche

VIDE GRENIERS—SUNDAYS (Normally)

8 March Vide Grenier/Brocante Rignac (inside and outside salle des fetes)

8 March Vide Grenier Intermarche Figeac (under cover)

15 March Bourse aux Armes Anciennes, Villeneuve

15 March Vide Grenier and Brocante at Club Equestre le Diplodocus Rignac (entry via Lycee Agricole)

Weekend of 21/22 March Limogne mega Salon/Brocante de Peche at the Football Stade

28 March Vide Grenier Vailhourles Salle des Fetes

29 March Big Vide Grenier at La Madeleine, Villefranche. First big VG of season, organised by Villefranche Comite des Fetes.

Interested? Double check late cancellations if weather inclement and find out how to get there on www.vide-greniers.org/office de tourisme websites covering Figeac and Villefranche

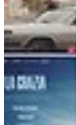
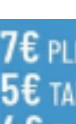
FISH & CHIPS

13th March @ Cesaree, Gare, VdR

17th March @ Café Maison, Parisot, - Film Night

Pre book with "Cod-en-bleu" to ensure satisfaction!!



MARS 2026		CAYLUS	PARISOT	VAREN
	La petite cuisine de Mehdi VF	Sam. 07/03 14h30		
	Jusqu'à l'aube VOSTF	Sam. 07/03 16h30		
	Le gâteau du président VOSTF	Sam. 07/03 18h30		
	Palestine 36 VOSTF	Dim. 08/03 11h		
	Amour apocalypse VOSTF	Dim. 08/03 16h30		
	Animus femina VF	Dim. 08/03 18h30		
	The mastermind VOSTF		Mar. 17/03 17h	
	La grazia VOSTF		Mar. 17/03 20h30	
	Gourou VF			Ven. 20/03 20h30
	Les légendaires VF			Sam. 21/03 17h
	Maigret et le mort amoureux VF			Sam. 21/03 20h30
	Dreams VOSTF			Dim. 22/03 18h
	Urchin VOSTF			Dim. 22/03 20h30

7€ PLEIN TARIF

5€ TARIF RÉDUIT (ADHÉRENTS, ÉTUDIANTS, + 65 ANS)

4€ TARIF SUPER RÉDUIT (- DE 18 ANS, CHÔMEURS, RSA, AAH)

Animals or Vegetables?

Should we continue to eat meat for the protein content or do something to save the planet by eating more fruit and vegetables?
Tricky question.

Avoiding meat and dairy products is the single biggest way to reduce your environmental impact on the planet, Animal farming is an inefficient use of land. The meat and dairy industry provides us with just 18% of global calories while using 83% of land. Not only that, meat and dairy emits 60% of agri greenhouse gas emissions.

Apparently if we did without the meat & dairy industry completely, we could still feed the world and improve the planet at the same time. Apart from green house gasses, there's the suffering of over 80 billion animals slaughtered every year and over a trillion fish caught in huge nets or raised in over crowded fish farms. Excessive red meat consumption is linked to heart disease among other health issues.

The Oxford Martin Programme for example, found that reducing our consumption of meat and consuming a plant-based diet could save up to eight million lives by 2050. In a recent large scale study by Poore and Nemecek, and published in Science, they created a huge dataset based on almost 40,000 farms in 119 countries and covering 40 food products that represent 90% of all that is eaten. It assessed the full impact of these foods, from farm to fork, on land use, climate change emissions, freshwater use and water and air pollution.

There's no doubt we all need protein. It's very important for growing children and also for the elderly. However there are lots of alternatives to meat protein. We don't have to necessarily eat more fruit or vegetables, which don't always have much protein. Many nuts and grains are a healthy alternative and are often rich in protein. A Mediterranean diet for example, could lower body weight, reduce the risk of cancer and lower cardiovascular disease. If we ate less meat and fish, either by smaller portions and/or eliminating it once or twice per week and substituting grains, we would be doing our bit for the planet by helping to reduce greenhouse gasses.

At the same time we would be improving our health.

Win, win!

Average Protein content per 100g:

Chicken 27g. Beef & pork 25g. Salmon 30g. Cheese 22g. 2 Eggs 12g.

Almonds 21g. Pistachios 20g. Oats 17g. Cashews 18g. Hazelnuts 15g Wholegrain bread 14g.

EDITOR'S NOTE

At the recent AGM I requested the members to contribute to the content of the Newsletter and this is the first of the contributions received. It is the personal view of the author and you are free to agree or disagree.. If the latter please remain polite and concise.

AGWM

CLASSIFIEDS

LOCAL TRADERS AND SERVICES

PROFESSIONAL SERVICES

Alan G. W. Mackay - Civil Funeral Célébrant, English Speaking. Dignified, personal, respectful, memories. Contact: 05 65 29 88 54 / 06 89 33 82 45 or anglocelebrant@orange.fr

Andrea May, for a stress free property journey. Buying or selling your home or know someone who is? Refer them to me and upon completion receive Euro 200 as a thank you.. Andrea May Enterprise Individuelle 06 48 69 72 20. Siret 987 513 157 RSAC RODEZ

Ben Naismith, Arborist. Tree and hedge cutting at competitive rates. Tree pruning, reductions, felling, trimming and logging. Contact ben-naismith@outlook.com or T: 0786807434

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English - French translations of documents and interpreting during meetings. Help with French administration and/or with official French letters. Also one to one French lessons or French conversation, contact Jacynth Crozier, Tel. 06 30 31 13 00 contact@crozier-traductions.com <http://www.crozier-traductions.com>

Justin Fairley - Garden Maintenance & Small Projects

Contact: jvfairley@outlook.com or Mob 07 85 17 86 52

Learn French in a friendly, fun atmosphere at So'Happy School in Villefranche. All levels/all ages. Qualified, motivated teacher with excellent OFSTED reports and 15 years experience. Small groups: 18 Euros/1h30 lessons; individual lessons: 22 euros/hour. Contact Sophie on 07963050236 or sohappy-school@gmail.com

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Nicholas Powell— "D Origine", Architectural Salvage Yard
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Contact 06 20 55 10 40

The Writing Desk can swiftly turn your ideas into sharp, punchy script. As an author and experienced freelance journalist I have spent many years creating features for business and lifestyle magazines. For great words and a fast service, contact Nigel on: 05 65 65 81 53 nigelwild@hotmail.co.uk

DOMESTIC SERVICES

Gardener and/or cleaner available. Contact Ruth Patterson on 05 65 34 37 88 or 07 80 45 50 46

We have Small bales of straw suitable for larger animals for sale. Contact Bridget Blunsdon on 0 6 40 46 48 87

LETTINGS

Olive Tree Cottage, Bed and Breakfast:

Self-contained Chambres d'Hôtes in Martiel, suitable for 2 adults, large pool and garden, ample parking. Booking via Airbnb or direct on 0565 29 44 96

Holiday apartment to rent in La Herradura, Andalusia, Spain.

A light and spacious 1 bedroom apartment (sleeps 4) with large terrace, sea and mountain views. Only a 7 minute walk to the beach & restaurants. Monthly winter lets available. Please visit <https://www.facebook.com/profile.php?id=100089978104205>

Holiday apartment to rent in beautiful Nerja, Andalusia, Spain

Apartment Aqua Marina is a modern 2 bedroom ground floor apartment with terrace and spectacular sea and Mountain views. Superb location only a 3 minute walk to the beach and a short walk to the restaurants and shops of the old town. Monthly winter lets available See: <https://www.facebook.com/profile.php?id=100090122020875>

For further details on both these Spanish properties contact: Lynne Harding 06 65 50 95 37 or lafrage.harding@gmail.com

SOCIAL

FripAffaires, a charity shop based in Parisot (82) raises funds for Médecin sans Frontières and Restos du Cœur. Situated at the Pole Medical, next door to the pharmacy, open Tuesday & Wednesday 2-6pm and Friday & Saturday 10am to 12.30pm. Donations always gratefully received

If you would like us to include a small ad in any of these columns, please let us have the details by emailing us at the address below. If you have any questions or comments (complementary or otherwise) please don't hesitate to contact us on the same address.

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