

THE LIBRARIAN



A Message from the President

Hello everyone

Well, we made it through the heat! We can all breathe more easily, move more easily and do things when we want instead of having to do things early in the morning when it is cool. It has been a trying three months (only three! it feels much longer) but now let's hope and pray that it is over, though beware, forecasters are warning of another possible heatwave in September.

Has it made you reassess things? Will the probability of a similar summer next year alter your forward thinking on your way of life / your way of thinking / your hobbies and pastimes? This summer took us by surprise really, so will you plan more? Maybe even, as seems to be the trend, take holidays in Northern Europe?

I didn't go to Villefranche market during the heatwave, but I went today and it was very busy indeed - tourists, a couple of school parties and a band playing in the square, - and it was a joy to see it all.

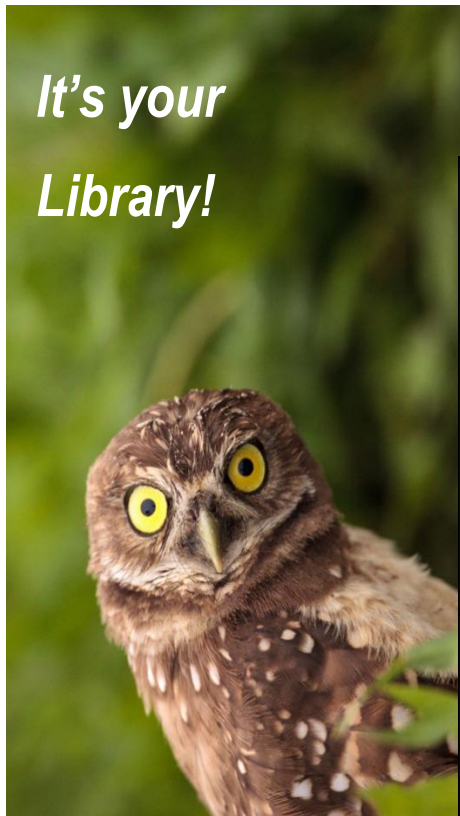
Enjoy the coolness
Sue

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*It's your
Library!*



Library Hours

Open Tuesdays

& Thursdays

10.00—12.00

**Large Variety of
books to choose**

Tea & Coffee

Available

**Drop in for a
chat**

Jungle drums

**Have You Seen the New Library
Website?**

<http://abav12.fr/>

Take a Look!!

LIBRARY SEPTEMBER SOCIAL – 13th September

Don't forget to contact Sue for directions (colandsuereeve@gmail.com) to the September Social. DO NOT TRUST your Sat Nav as it will drop you in the middle of their parish but nowhere near their front door!

SEPTEMBER SOCIAL CENTRE FUN DAY – 30th September

Once a year we assist the Social Centre's Fun Day for the Children they support by hosting a HoopLa game outside the Library. Our involvement is how we "pay our rent" as we are not charged for the Library space and it seems little for them to ask in return. This year we again need you to volunteer to assist and a rota of willing souls is being prepared by Heather whom you can contact with your offer of help via the Editor's email address. Many hands make light work and with the right numbers it will take just an hour of your time.

SOCIETY CONTACTS:

• BRIDGE:

lesley.sharrock@gmail.com or pellalean@gmail.com

• EDITOR

editor.elnbafvdr@orange.fr

• MEMBERSHIP / MAILING LIST—ADDITIONS / CHANGES

Membership@abav12.fr



**The
Book
Review
By
Elaine Morgan**

“One more croissant for the road” Felicity Cloake

In 2018 Felicity Cloake, a freelance food writer for the Guardian, among other publications, went on her own tour de France. She wanted to sample and rate croissants in as many places as possible and to savour classic French dishes where they originated.

She is a braver woman than I am on every front. She undertakes to cycle most of the way and does over 2000 kms. Each chapter ends with a high and a low from her visit to various places. There are also recipes. As I am not a foodie and Felicity is, these sections of the book were not of much interest to me. However, if you like cooking she has researched and experimented thoroughly. Thus we have recipes that are as authentic as she can make them for such classics as:

- Poule au pot
- Tarte tatin
- Clafoutis
- Beef bourguignon
- Croque monsieur
- Croissants

Yes, croissants, as if anyone would be mad enough to make them when they are so readily available to us. Some of these recipes take hours to prepare and cook so they are not for a someone who flees the kitchen as quickly as possible.

On her tour Felicity muses about aspects of French life such as opening hours. This made me laugh out loud. She was travelling in May and June in 2018 and found to her dismay that many of the attractions were not open or were not keeping to the hours advertised. As a victim of the vagaries of the Post Office in Villeneuve I can sympathise. The dreaded words “exceptionnellement fermé” appear all too often on the closed shutter and I think to myself “why don’t you write – exceptionnellement ouvert” which would be more apt.

Felicity is undaunted by foods that sound, to me, disgusting such as tripe and tete de veau. There is nothing this woman won’t try in the name of research whether it’s a risky bike ride or a giant oyster.

All in all it is an amusing and informative book. She has just published her first novel “The underdog” and will be coming to Festilitt by bike and train to talk about that and other things, no doubt.

EM

The Gallivanting Gourmets visit:

LE RESPOUNCHOU

The brand new Le Respouchou restaurant is the brainchild of Quentin Bourdy, erstwhile and Michelin Bib-winning head chef of the family's Hotel L'Univers. He also ran Jacques a dit, but had to shut up shop when the lease expired. With the hotel sold, he began to realise a long-held ambition to create a different kind of establishment.

Le Respouchou, which means wild bryony, a bitter herb resembling wild asparagus, is located at the family home in the charming village of Saint Igèst, 20km north-east of Villefranche. The tasteful conversion now offers a light and spacious restaurant in the former barn and a courtyard terrace for those seeking to enjoy an apero al fresco. Unique door handles shaped as wild bryony bunches add that special touch.

Quentin has set the bar between standard fare and Michelin-starred. Everything is freshly prepared with ingredients sourced from top local suppliers. The deliberately restricted menu offers three each of starters, mains and desserts, including vegetarian. A thoughtful wine list is there to suit every palate and pocket. We opted for an entrée and a pud, and chose the pork and the tuna. My cochon, slow-cooked for hours in the wood-burning oven, just fell off the knife and had that lovely smoky tang. I would have liked more vegetables than just a sprinkling of baby carrots, though. My wife devoured her fish, pronouncing it tender and perfectly cooked. Its jus was so delicious, every last drop was mopped up with bread. Not to our taste, the bread we found heavy and doughy.

Our two pavlovas, with crisp little meringues, fresh strawberries with mint in cream and garnished with ice cream, rounded off a most enjoyable meal. Complete with a glass of house rosé and an alcohol-free beer, our bill was €85.

Any gripes? The flies. We constantly batted away flies throughout our lunch, but their numbers grew as the temperature rose and diners were becoming visibly disturbed by the swarm. Why is it that French restaurants pay no attention to insect control? We hope they find a solution quickly.

Despite les mouches, will we be returning? Absolutely!

The restaurant is open from Thursday to Saturday, lunchtimes and evenings, Sunday for lunch only. Reservations at www.lerspouchou.fr.

G.G aka NW



Garden Corner

Heavy showers and much cooler, a welcome change. The grass at the bottom of the garden is growing again, it is actually green. I am now more inspired to do something in the garden. First job was to get rid of the dead Hebes, a good plant 10 years ago, but not suitable for our hot, dry summers. I would love to plant up the spaces, but I am going to have to be patient, the ground is far too dry.

However, I have potted on all the plants standing outside the greenhouse. I have some really good plants, mainly cuttings which I took last summer. At the moment the plants are stressed, but I should be able to find some good material for cuttings, just waiting for more rain.

Early September, first thing in the morning, I will go around the garden collecting material. Priority are the less hardy plants, which are unlikely to survive winter, such as geraniums and plectranthus, plants for next year's pots. Last winter I lost several salvias and the ones that survived are getting quite woody. They are not long-lived plants, certainly they do not like very cold winters, but tend to do well, even survive in our drought stressed gardens. I am always looking for something different, so I have spotted a shrub outside Mr Bricolage, no idea what it is, but it still looks good. I have no idea if they water, but most of their planting still looks good. I just might ask them if I could take a few bits for cuttings. People don't normally say no, but do ask first. Next time I shop there I will take my secateurs and plastic bag and hope they say yes.

I don't bother with special compost for cuttings, I use sieved leaf mould, mixed with perlite and this works really well. I do have a heated mat and a greenhouse, but I used to manage with just a tiny propagator. It is very satisfying to grow from seed and take cuttings, some plants are certainly easier than others, but it costs nothing to give it a go. I buy very little for the garden, my main expenses are vegetable seeds. I normally produce far more plants than I need, so I exchange them for something different at a plant exchange.

Garden centres are like sweet shops, it is very easy to fall to temptation. Before you buy, ask yourself these questions ; Is this plant going to like your garden ? Will it survive winter and next year's hot dry summer?

Some specialist nurseries produce plants with good root systems, most are pot bound and forced so will need extra care to establish in your garden. I suspect we are all looking at those empty spaces and hoping to find replacements. If it rains, September is a very good month to plant.

MG

WHAT'S ON THIS MONTH

HOME OF LOCAL INTEREST

Vide Greniers and Brocantes for September

A small list for this month's local-ish picks as the season winds down....and even more weather sensitive than usual, so swap your bottle of water for a broly perhaps. Check for more events near you on www.vide-greniers.org and the Tourist office website.

Sunday 6 September **Villefranche de Rouergue**, at La Madeleine, organised by Comite des Fetes (big)
 Belcastel (throughout the Village, many professional dealers mopping up the last of the tourists)
 St Parthem (another very pretty Village, worth visiting if you don't know it)

Sunday 13 September **Villefranche**, la Madeleine (organised by Hospital Staff)
 Fons, sweet village in the Lot, worth a visit though parking tricky
 Le Trioulou (up in the Cantal, on the hillside)

Sunday 20 September **la Rouquette** (to coincide with opening of the Moulin, about 30 stalls)

Library Social Gathering

Sunday 13th Home of Sue and Colin Reeve
 Inscriptions and access details contact Sue on colandsuereeve@gmail.com
 "Be there! Don't be square"

FISH & CHIPS

Fri 11 Chez David, Carrefour, Villefranche de Rouergue

Tues 15 Cafe Maison, Parisot

WHAT'S ON THIS MONTH

HOME OF LOCAL INTEREST

14th Edition of FESTILITT

October 9-10-11, 2026



***Check out the Authors in the Book
reviews in this publication!!***

They will be in Parisot.

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

Andrew Whelan – Grass & Hedge cutting, Property maintenance and small renovation works, stonework and re-pointing Email: Andrew@artificer.fr Web: www.artificer.fr Mobile: 07 68 68 33 48 (WhatsApp)

Contact Amy, Administrative and Everyday support for English speakers in France. Admin meetings, phone calls, translation and explanations. Contact Amy on Whatsapp 0632611968, contactamy.france@gmail.com

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>

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 sohappyschool@gmail.com

Nicholas Powell— "D Origine", Architectural Salvage Yard
160 Rue de jonquekkes, 46260 Limogne en Quercy
Contact 06 20 55 10 40

PROFESSIONAL SERVICES

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.

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

Creative design including web sites, logos, and graphics. Websites fully hosted and monitored including ecommerce, blogging, gîte/rental bookings integration & email. Contact will@outrighthosting.net

Justin Fairley - Garden Maintenance & Small Projects Contact: jvfairley@outlook.com or Mob 07 85 17 86 52

M & K Construction Professional English Builders & Renovators All types of building work : roofing, groundwork, carpentry, masonry, decorating 40 years of experience. Free estimates Tel +33 0673299095.
mandkrenovation@gmail.com Facebook: M & K Construction

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

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.
editor.elnbafvdr@orange.fr

LETTINGS

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 lafage.harding@gmail.com