



# British Association of the Var

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Association Loi 1901 No: W831001750

[www.baofthevar.com](http://www.baofthevar.com)

April 2014

Newsletter

No 143

## Lily of the Valley on 1 May

The lily of the valley has always been associated with the month of May. For the Celts, 1 May was the start of their new year and lily of the valley was involved in their celebrations. In the Middle Ages, May was the month to get engaged, and lily of the valley was hung over the doorpost of your beloved. Then during the Renaissance, Charles IX revived the tradition to give lily of the valley on 1 May, but as a guarantee of good luck. Finally, as 1 May became the *Fête du Travail*, workers took over this custom as their symbol.

Nowadays, French people buy a sprig of lily of the valley by the roadside (normal laws concerning street selling are lifted for this day) or from a florist to give to friends and family to wish them good luck and good health.



## April Gardening Tips



We are, at last, coming out of winter, which this year has been particularly mild and humid. This is now the time to prune your olive trees and to feed them with organic fertiliser. This is also the moment to plant olive trees either with a root ball or containerised. Of course, it is also necessary to aerate the soil with a pick axe or by mechanical means. Think also of treating the garden generally with *engrais* (fertiliser) – your plants will thank you with their display of intensity and colour.

We hope to see you at the *Bourse aux Plantes* in the beautiful park at **Villecroze** on **27 April** 10.00 to 16.00.

*Laurent Blanc, Le Savoir Vert, Traverse Du Moulin, 83690 Villecroze*

*06 84 42 84 84 or 06 29 80 83 17*

*laurent.blanc83@wanadoo.fr*

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## Forthcoming Events

**Committee Meeting**  
**14 April**

**Lunch – St Maximin**  
**23 April**

**Talk & Lunch – Cotignac**  
**13 May (please note new date)**

**Summer Soiree – La Motte**  
**11 June**

**Lunch at Trout Lake, Entrecasteaux**  
**end June**

**Commemoration lunch for WWI**  
**July**

**Lunch at Fayence**  
**end September/early October**

**Quiz lunch at St Antonin**  
**October**

**10 pin bowling and Asian buffet lunch,**  
**Fréjus - November**

**Christmas lunch at St Aygulf**  
**December**

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**Please let us have your Advertisements, Articles  
and Reports for the May issue by**

**Tuesday 15 April**  
**All contributions to:**  
**[newsletter@baofthevar.com](mailto:newsletter@baofthevar.com)**

or to Shirley Rowson,  
\*\*\*\*\*, 83920 La Motte

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### Special treat for St Georges Day

On 23 April at 12 noon we will be lunching at the 3\* gastronomic restaurant, the Couvent Royale, next to the Basilica in Ste Maximin-la-Ste-Baume. We have opted for the "Menu du jour" at €29. This is a beautiful restaurant beneath the vaulted ceiling of the former convent attached to the Basilica in former times. Arrive early to visit the market and to enjoy a coffee in the pretty main square then tour the Basilica before lunch. The address is Place Jean Salusse, but as it is market day the town centre will be full. Look for parking signs on the outskirts.

## A new event for May

On May 13 we propose a lunch with a speaker – a local historian. This will be something of an experiment to see if Members would appreciate this type of event. The topic for the first event is the British in the Var. We plan something similar to remember the centenary of the First World War. On 13 May we will hold the event in Cotignac in the conference room of Notre Dame de Grâces where we shall also eat. There will be a 3 course buffet with a glass of wine for €25 at 12 noon followed by the talk. In the afternoon there will be a tour of Cotignac.

*Directions: Entering Cotignac from Carcès or Brignoles make a U-turn immediately after the petrol station and before the bridge. From Sillans-la-Cascade or Entrecasteaux turn right 45 degrees after passing over the bridge. Keep going to the top of the hill on Chemin des Verdaires. GPS: 43510526N 6220761 E*

Peter and Shirley Rowson invite you to join them for a

**Summer Soiree & "Finger"  
Buffet with Boules Tournament**  
(beginners welcome)

**18h00 - Wednesday 11 June**  
**10€**

If possible, bring along your own boules if playing.

**Books on sale weather permitting.**

Directions will be given on request. Please bring a plate of "finger" food, savoury or sweet.

**Numbers limited to 60 – no exceptions!**

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83920 La Motte. 04 94 \*\*\*\*\*  
peterandshirley.rowson@\*\*\*\*\*



**[www.baofthevar.com](http://www.baofthevar.com)**

See the Latest News and Forthcoming Events on our BA website

## "What's On" Guide

Zenith Oméga, Toulon: 0892 700 840

[www.zenith-omega-toulon.com](http://www.zenith-omega-toulon.com)

Opera House, Toulon: 04 94 93 03 76

[www.operadetoulon.fr](http://www.operadetoulon.fr)

Draguignan Theatre: 04 94 50 59 59

[www.theatresendracenie.com](http://www.theatresendracenie.com)

Forum Theatre, Fréjus and Centre Culturel, St Raphaël: 04 94 95 55 55 [www.aggloscenes.com](http://www.aggloscenes.com)

### April 2014

**2 Apr Fréjus**, Chapelle St François de Paule. Musique Ancienne. 16h00

**3 Apr Ste Maxime**, cinema. La Belle au Bois Dormant, Petipa – ballet film. 16h00. €19.80

**3-5 Apr Draguignan**. Festival Play Bach. Eglise des Minimes – 3 Apr: Groupe Motus Animae, 4 Apr: Olivier Salandini. Eglise Notre Dame du Peuple – 5 Apr: Adventi Voce. 20h30. Free. 04 98 10 26 95

**4 Apr Grimaud**, Chapelle des Pénitents. Les Voix Animées – classical concert. 21h00. €20. 04 94 55 43 83

**4-6 Apr Fréjus**, Villa Aurélienne. Fête des Plantes. 04 94 51 83 83

**5 Apr Fréjus**, cinema. La Bohème, Puccini – opera film. 18h55. €23.10

**5 Apr Montauroux**, Cinema. La Bohème, Puccini – opera film. 18h55. 04 94 50 40 30

**5-13 Apr Brignoles**, centre ville. Foire de Brignoles. 9h30-19h00. €5. 04 94 69 10 88

**6 Apr Lorgues**, Château de Berne. Journée du Chocolat. 10h00-18h00. 04 94 60 43 60

**6 Apr Fréjus**, Cathedral. Organ Recital. 16h00

**10-13 Apr Ste Maxime**, town centre. Classic Car Rally. 14h00. 08 26 20 83 83

**12 Apr Les Arcs**, Collège Jacques Prévert. Barrio de Tango. 21h00. €18. 06 86 96 41 73

**12-13 Apr Ste Maxime**, Théâtre Le Carré. Carmina Burana – ballet. 12 Apr: 20h30, 13 Apr: 17h30. €25. 04 94 56 77 77

**13 Apr Aups**, town centre. Fête de l'Olive. All day. 06 09 16 22 49

**13 Apr Fréjus**, Salle H Fabre, Fréjus-Plage. Harmonie Aurélienne – concert. 16h00

**13 Apr Ste Maxime**, Théâtre le Carré. Mozart Ellington – classics and jazz. 20h30. €15. 04 94 56 77 77

**18 Apr St Maximin la Ste Baume**, La Croisée des Arts. Piers Faccini – pop, folk concert. 20h30. €16. 04 94 59 84 59

**19 Apr Ste Maxime**, Théâtre le Carré. Duo Varnerin – soprano and guitar. 20h30. €6. 04 94 56 77 77

**20 Apr Fayence**, parking de la Brèche. Classic Car Rally. 9h30-12h30.

**20 Apr Lorgues**, Château de Berne. Journée aux Couleurs de Provence. 10h00-18h00. 04 94 60 43 60

**25 Apr Lorgues**, Espace F. Mitterrand. Concert du Printemps – Harmonie Lorguaise. 20h45. €10.

**25 Apr Les Arcs**, Café de la Tour. Fish and chips lunch. 12h00. €11. Booking essential, by preceding Tuesday. 04 94 73 30 56

**26 Apr Ste Maxime**, Théâtre Le Carré. West Side Story – concert version. 20h30. €21. 04 94 56 77 77

**26 Apr Flayosc**, Usine de la Redonne, Le Flayosquet. Karin Quintet – jazz.

**26 Apr Fréjus**, cinema. Così fan tutti, Mozart – opera film. 18h55. €23.10

**27 Apr Villecroze**, Parc de Villecroze. Bourse des Plantes. 10h00-18h00

**27 Apr Ste Maxime**, Place Jean Mermoz. Foire Annuelle. 9h00-19h00. 08 26 20 83 83

**27 Apr Plan de la Tour**, town centre. Classic Car Rally. 04 94 55 20 50

**28 Apr Draguignan**, cinema. Ballet film – A Winter's Tale. 20.15

**30 Apr Le Cannet des Maures**, Eglise St Michel, vieux village. Classical concert. 20h30. €10. 06 60 90 17 23



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At first glance, it would appear that we have no shortage of competition, however, if you look closely, you will realise that we are the only company based here in the Var. You may also notice we are one of the very few British "certifié" (French qualified) advisers in the whole country.

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## Chairman's Report

The AGM will have passed, hopefully uneventfully, by the time that this newsletter is published. I would therefore like to reiterate my appeal for new Committee members to particularly shadow the Treasurer and Welfare Coordinator, both of whom will have served three years on the Committee by the next AGM and who wish to stand down from these positions at that time, although I believe that Ann will continue then on the Committee. The position of Treasurer need not necessarily be taken on by an accountant as Lesley has very successfully carried out the function for the last two years. Certainly, a head for figures is needed, as is, ideally, a knowledge of spreadsheets. The rôle of Welfare Coordinator is however totally different and is very much that of a 'people person' in assisting the general welfare of members and others in many differing forms. Ann will naturally give every assistance to the incoming person, as will the Committee in general.

These rôles are vital to the running of the BAV and are at the heart of the organisation. If we are unable to fill these positions then we will be seriously fettered in carrying on the Association. In any event we have only six Committee members at present and the *statut* anticipates more than this. We would therefore also look for additional Committee members in a general capacity.

On a lighter note, Spring really seems to have sprung as of late February with temperatures already up to about 23 degrees in the central Var, and Easter is fast approaching. There are many spring carnivals in the various villages and more major events in the larger towns so do please enquire of your local Mairie or tourist office to see what is featuring in your area. Also look in the very useful 'What's On' columns of the newsletter. There are also many plant fairs around which offer an excellent opportunity to check out and purchase a wide variety of plants and flowers.

### Emergency contacts:

Medical help/SAMU	15
Police/Police Nationale	17
Fire and accident/Sapeurs Pompiers	18
SOS – all services (calling from a mobile)	112
BAV Welfare phone	06 42 86 49 01
EDF English speaking number	05 62 16 49 08
Orange English speaking No.	09 69 36 39 00

## The Bereavement Support Network of the Var (BSN)

This organisation exists to support not only the bereaved but also those who are terminally ill, and their families and friends. If you, or someone you know, could benefit from our confidential, free support, then please contact: Sandra - 04 94 84 64 89 or 06 32 35 31 24 [info@bsnvar.org](mailto:info@bsnvar.org) or [www.bsnvar.org](http://www.bsnvar.org) for further information.

## Compulsory smoke alarms in 2015

In a year's time it will be compulsory for all homes in France to have at least one fitted smoke alarm. The new law comes into effect on March 8, 2015, and requires the owners and occupants of a property to ensure a properly functioning detector is fitted. Between 600 and 800 people die in house fires in France every year. Seven in 10 blazes start at night, after people have gone to bed. The ministry believes the number of fatalities would be halved if smoke detectors, which cost between €10 and €20 were fitted.

The Ministry of Housing, in conjunction with the Ministry of the Interior and the Ministry of Ecology, Sustainable Development and Energy, has published the following information to help people select and fit an appropriate detector:

The device should be installed in a corridor or hallway leading to rooms that are used regularly. The sensor should be fitted to the ceiling or at the top of a wall, away from a source of smoke. The occupant, the owner or agency managing a property is obliged to check the sensor is working properly on a regular basis. CE-accredited detectors are fitted with a 'test' button for this purpose.

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Mike Lorimer - Orias No. 07032481



## Benefits for BAV members

(Please show your membership card)

Cigalon, Grand Rue, Flayosc 04 94 70 45 85. Offer: complementary espresso coffee at this fine dining restaurant.

Flayosc Co-operative - 5% discount available with the special BAV fidelity card. Full range of wines and sparkling wine available together with fresh cheeses, wine accessories etc.

Le Petit Romain, opposite Casino, Salernes 04 94 67 54 11. Offer: complementary espresso coffee at this popular restaurant with a menu de jour at 14.50€.

Lei Cigales, Route de Draguignan, Villecroze 04 98 53 02 88. Offer: complementary espresso coffee in this restaurant specialising in galettes and crepes with a separate menu du jour at 13.50€.

Nathalie and Fabrice Alric Antiquities, Place de l'église, Villecroze - Offer 10% discount on a range of antique style household furnishings and a larger discount on antiques.

La Provençal, Place Martin Bidoure, Aups. 04 94 70 00 24. Free espresso coffee with meal.

Le Grand Hotel, Place du Général Duchatel, Aups. 04 94 70 10 82. Free coffee or *digestif* with meal.

Les Trois Marches, 11 Cours Gambetta, Cotignac. 04 94 04 65 99. Pretty provençal restaurant. Free espresso coffee with meal.

Hotel and restaurant L'Orée du Bois, Quartier Ste Roseline, Le Muy. 04 98 11 12 40. Free coffee or tea with meal.

New York Break, 19 rue Picot, close to Place de la Liberté, Toulon. 04 94 98 69 14 or 06 42 65 08 21. Free drink with every meal.

## The Azur Photography Group

In the era of digital photography, camera phones, laptops etc, it is all too easy to forget that just a few years ago the only way of viewing our photos was by printing them out, using a friendly high street processing facility such as Boots. For our latest meeting and with more than a hint of nostalgia in the air, we devoted the session to printing and the use of various software programmes such as 'Photoshop' which are capable of taking the raw image and enhancing it in different ways.

We focused on some of the portrait photographs taken previously and examined the ways in which the sitter could be presented more naturally and also on eliminating some of the unwanted harshness thrown up the studio lighting, before printing out. Apart from the convenience of viewing digital photographs on screen these days, there is also a huge cost factor to printing out the images which deters many a keen photographer from experimenting with printing techniques.

Mike Harper

[mikeharper6@\\*\\*\\*\\*\\*](mailto:mikeharper6@*****)

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## Painting Group

Please contact Stella for details

Stella

04 94 \*\*\*\*\*

## New members

We welcome Margaret Killerby and Robin Ellson from Strasbourg to membership of the British Association of the Var.

## MEMBERS' GROUPS

### Happy Boules



The boules group meets every week on Mondays at central Var locations and has lunch at 12.00 followed by boules. Whilst not formally being a BAV event, the lunches are extremely friendly and informal, typically with 10-16 people and at modest prices of 14-16€ plus wine. If you would like to join us or find out where we are meeting (announced at the beginning of the week) please contact [chairman@baofthevar.com](mailto:chairman@baofthevar.com) You will be assured of a friendly welcome and you may even want to try playing boules, spare boules are always available.

Rob Flanagan

[robertflanagan@\\*\\*\\*\\*\\*](mailto:robertflanagan@*****)

## House contents sale

Patricia Poisson is in the throes of downloading, or downsizing, as she is in the process of moving from Bagnols en Forêt to Fréjus at the beginning of May. She will be leaving a three bedroomed house complete with Granny Flat, for a two bedroomed flat, so there is quite a lot of pruning to be done. She will open her home to a so-called garage sale on Thursday April 24th from 10.00 a.m. to 18.00 p.m. A padded rocking chair, a Victorian nursing chair, many picture frames, with or without the pictures, lots of knickknacks, some preserves, cooking pots and pans and lots of other bits and pieces will be on show.

Her home is at \*\*\*\*\*  
83600 Bagnols en Forêt. Her 'phone n° is  
06 \*\*\*\*\*. Hope to see you there!

## The end of S1s for early retirees (with acknowledgement to "The Connexion")

THE UK government has stated that it plans to stop issuing S1 health forms to early retirees moving to France, probably from April 1, 2014, in a bid to save money for the NHS. From that date, it means new expats who are not drawing state pensions, not in work, nor self-employed will have to take out private health cover on arrival, which could involve substantial costs and complications if there are any pre-existing conditions excluded by such policies. This would relate only to new S1s - existing residual S1 forms will remain in place and continue to be valid until their cessation date. There are no plans to change the issue of S1s to state pensioners.

In the longer term the UK states it will also look at ensuring all non-residents are identified as such, so as, for example, to recoup money for treatment from their country of residence (via the EHIC card scheme) or to charge them directly for many kinds of healthcare if they do not have such entitlements. It has not been clarified how this would work. The kinds of healthcare deemed "chargeable" are expected to be extended to include matters such as A&E care but not just ordinary hospital treatment as is the case under current UK rules.

One further effect of the loss of S1s is that future early-retiree Britons in France would not be eligible

for an EHIC (or its French equivalent, a CEAM) and therefore would have to pay for treatment in the UK. However, the report favours allowing free UK treatment to people with a "long-term relationship" with the UK, relating to National Insurance records – a plan which, depending on details to be agreed, may benefit early retirees. Details as to who would be entitled and for how long have not been given. The S1, also issued permanently to British state pensioners, means the UK pays France for holders' treatment in France to the same level as received by people in the French system.

The effect of the changes would mean that any early retirees leaving Britain to live in an EU country such as France would not be able to join the French reimbursements system with funding from the UK, and they cannot pay individually to enter it. Most will therefore have to take out a full private policy with immediate effect.

If you are in the system through work in France or through the CMU, you are entitled to a French CEAM when visiting the UK. On presenting this you would be entitled to free treatment for essential medical care that becomes necessary during your trip, with the UK recuperating the costs from France.

If you are a British state pensioner with a permanent S1 then you would present your British EHIC. Effectively your rights should not change, but you should expect more thorough checks on your residency status and EHIC details to avoid "health tourism" - those who seek free treatment they are not entitled to. "Medical tourism" – treatment organised and paid for – is still acceptable.

Early retirees will have no EHIC or CEAM. On visiting the UK they would have to pay for chargeable services themselves, potentially then seeking reimbursement from an insurer if they have a comprehensive policy including foreign travel, or have bought separate travel insurance for the trip.

### **EHIC and CEAM cards**

The EHIC card covers essential health care needs arising while travelling away from your home country within the EU and is supplied by the UK to British residents who are travelling abroad – such as holiday home owners in France – and to British state pensioners in France (including for treatment in the UK). France issues its version (the CEAM) to residents of France in the French system. The EHIC lasts for five years, the CEAM just a year. You request a CEAM (free) from your CPAM via your personal space at [www.ameli.fr](http://www.ameli.fr) or on 3646, or from RSI if you are self-employed.

*Verdon Conciergerie Privée*

## Need help with French paperwork?



- We can deal with all your French correspondence
- We can prepare documents for CAF, Conseil General, mairie, notaires, tax office etc...
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TO SUBSCRIBE OR FOR MORE INFORMATION,  
CALL 06.58.56.83.34 OR EMAIL  
[verdoncp@gmail.com](mailto:verdoncp@gmail.com)



## British TV in France

Thank you for the feedback to the article I wrote in last month's March edition of this esteemed journal. It seems many of you have new satellite dishes on order awaiting delivery. Some have had their current dish adjusted and or changed (at a cheaper price!) and managed to obtain a better signal. I have now installed our bigger dish and am pleased to say it is receiving well even in wet weather. Even with my larger dish the satellite signal does vary in strength daily so wait to see if Astra make any future adjustments. The remaining UK TV channels that have not moved to the new Astra2E and Astra2F satellites are expected to move to Astra2G being launched in the next few weeks. These satellites have a design lifespan of 15 years so perhaps that will be the last of the changes. Others have managed to get UK TV working via their internet connection successfully. I have heard stories of computers being moved to other rooms and long cables fitted. What a resourceful lot of BA members we have in the Var!

*Rob Ward*

## Mosquitos are back early

Mosquitos have benefited from the wet and very mild winter and have been annoyingly active since mid-February, two months earlier than usual, coming off the stagnant pools of floodwater left behind by the storms in the Var. As usual, the advice is to drain away any water lying in watering cans, flowerpots and other containers.

There is also a strong risk of tiger mosquitos in Alpes-Maritimes and the Var, which can pass on diseases such as dengue fever and chikungunya – although no cases have been recorded in mainland France so far. They are identified by black and white stripes on their legs and body.

## PayPal scam

There is a new scam going around from a supposed Pay Pal site in French. It is asking you to send the password for your (and it quotes it) e-mail address. Please ignore messages like this and, once again, **never give out your passwords.**

**British Association of the Var  
Welfare Coordinator**

**Ann Mitchem**

04 94 \*\*\*\*\* or 06 43 86 49 01

[welfare@baofthevar.com](mailto:welfare@baofthevar.com)

## Bargain Basement

Thompson Mobile Electronic Climatiseur, model THCLI099E , H75 W45 D35. White,streamline. 12 hr programmer. 3 ventilation speeds. Telecommand. Energy Economy A. Operation manuel. Original box, used 1 season, as new. Cost 299 euros. Absolute bargain 100 euros. Tel: 04 94 \*\*\*\*\*. Mazaugues.

## Reminder about "Microsoft" scam

No apologies for repeating this warning, as members are still being contacted. A person with an Indian accent rings you to say they are from Microsoft and there is a problem with your computer, which they will help you to solve. The purpose is to trick you into giving them your passwords so they can access any on-line bank details. **Do not get involved in any conversations like this and never give out your passwords.** As one member said, "I told them to go forth and multiply!"

Be careful how you dispose of your old BAV Address Book so that it cannot be used for identity theft – burn it or shred it, but do not just put it in the bin or recycling bag.

## No phone ban for pedestrians

Pedestrians can continue to use their phones and listen to their MP3 players while crossing the road, despite a plea by a senator for them to be banned as they were a danger to themselves and other road users. The Interior Ministry has replied saying that although 500 pedestrians were killed in France in 2012 and nearly 12,000 were injured, it does not intend to impose any ban, especially as it would be "very difficult to enforce". Drivers who use their phone while driving, to phone or send or receive texts, face a €135 fine and three points off their driving licence.

 Assurance et Epargne long terme	Luc de Bardonnèche Agent général VIDAUBAN 04 94 73 00 11
<b>Car insurance</b>	<b>House insurance</b>
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<b>Professional insurance</b>	<b>Life insurance</b>
<b>Local agency - Friendly advice - English fluent</b>	
<a href="http://www.aviva-vidauban.fr">www.aviva-vidauban.fr</a> <a href="mailto:de-bardonneche-luc@aviva-assurances.com">de-bardonneche-luc@aviva-assurances.com</a>	

## Get to know your Consul

(from "The Riviera Times" – used with permission. [www.rivieratimes.com](http://www.rivieratimes.com))

In this new series, The Riviera Times will be interviewing a number of international consuls on their important role in the community, as well as a few hidden truths. This month, we spoke to Simon Taylor who took up the post of British Consul in Marseille in 2007. Liverpool-born, Mr Taylor lived an exciting international life due to his father, who worked in the Foreign Office. With French blood running through his veins thanks to his grandmother, Mr Taylor headed to Paris where he met his wife and had two children, now aged 21 and 24. After a 20-year career at the British Consulate in Paris, Mr Taylor accepted a position in the southwest of France because he "wanted a new challenge and to live in the south of France". Now it's time to get to know your consul...



Simon Taylor and his team cover the whole of the south east of France from Marseille, including Monaco and Corsica

**First, the obvious...**

**What are your main responsibilities as British Consul?**

Together with my team in Marseille and Bordeaux, we provide consular assistance to British nationals in the south of France who get into difficulty. These include hospitalisations, deaths, victims of crime - including sexual assault and rape, those arrested and imprisoned, missing persons, people with mental health issues, and authorising the issue of emergency travel documents to those who have either had their passports lost or stolen.

**Describe what an average day is like for you at work?**

I usually get in at around 8.30am and start the day meeting with my team to discuss what our priorities are for the day and who is doing what. We check and see if there have been any new assistance cases overnight. I then might do some project work which could include assessing one of our preventative campaigns like the current 'Stay Safe on the Slopes' initiative, aimed at the 200,000 British nationals who come skiing to

France every year, or ensuring that our on-line information packs on subjects such as death in France are up-to-date and relevant. Then, for example, a call to a *Gendarmerie* to ask if a missing British person has been found or a discussion with a *procureur* to ask what action the court is taking to investigate the rape of one of our nationals. Lunch will invariably be a sandwich at my desk if I'm not out meeting contacts. Then some emergency travel document authorisations, management tasks with my team, planning a prison visit perhaps. I may respond to an urgent letter from a member of the public. I usually leave the office around 6pm and head home if I haven't got an invitation to an event such as a reception to meet our new *Préfet* or an event involving the British community.

**Wow. That's a busy day. What do you most enjoy about your job?**

Being able to help and make a difference to British nationals who have suffered tragedies in usually dramatic circumstances.

**What do you least enjoy?**

Dealing with cases of serious injury or death involving children or young people.

**What is the most important piece of advice you could give to a British expat coming to or living in France?**

Thoroughly research your destination and have a plan B. Learn French. And check out our on-line information at [www.gov.uk/living-in-france](http://www.gov.uk/living-in-france)

**How often do you manage to visit the Var and the other PACA regions?**

With my team of two in Marseille, we cover the whole of the south east of France including Monaco, Corsica, and the French Alps. (We organised a reception for the British community in conjunction with the *Mairie de Nice* in November which the Ambassador attended.) I'd like to visit more and am working on it.

**What have been the most significant changes you have seen over the past five years working with the British Embassy?**

With tight public resources we have had to adapt and do more with less. We now work very much as a team with our colleagues based in Paris and Bordeaux.

**What has been the strangest request for help you have received?**

I have been asked lots of strange things. One of my favourites was a request for a list of English-speaking kennels.

**With the enormous boost in budget travel, and hence the increased accessibility of France to the British population, has the consulate seen an increase in demand for its services?**

Absolutely. We have seen a sustained increase in the number of assistance cases as well as peaks in demand for emergency travel documents.

**Now, something a little different...**

If you had one hour to do whatever you liked, what would it be?

Horse riding.



**What is your favourite local dish?**

*Pieds et Paquets* (a Marseille speciality made of sheep belly and feet, simmered in a white wine and tomato sauce).

**What is your favourite French wine?**

Gigondas (an *Appellation d'Origine Contrôlée* (AOC) wine from the southern Rhône wine region).

If you could only listen to one song on repeat while at work, what would that be? I did it my way' by Frank Sinatra.

**What kind of animal would you be and why?**

A dog - my dog has the best life ever!

**What was the proudest moment of your life?**

When my two sons left home!

**Where do you see yourself in five years?**

Hopefully in Marseille

## Lower laundry temperatures

Households are being encouraged to do their laundry at a lower temperature to benefit from better detergents, better washing machines and the chance to cut electricity costs and greenhouse gas emissions. A new Europe wide campaign says that an average 3°C drop across laundry temperatures could reduce electricity consumption across the continent by the equivalent of a town of 300,000 inhabitants and cut greenhouse gas emissions equal to 23,000 cars. At the moment much of the energy used by a washing machine is used to heat the water and there are nearly 98million washing loads done per day across Europe, with people using 30°C, 40°C and 60°C washes. With nearly 46% of all washes done at 40°C the campaign says that if people did more 30°C washes they could cut laundry electricity use by 11% for each 3°C drop in temperature used. Washing at 60°C is still recommended for heavily soiled materials or for a sick person's bedding.

## Committee Members

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**Secretary - Michael Wharton**

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**Newsletter Editor - Shirley Rowson**

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## Michelin stars in the Var

Three new 2013 awards in the Var from this prestigious restaurant guide:

3 stars – La Vague d'Or at Saint Tropez, chef Arnaud Donckele

1 star – Le Relais des Moines at Les Arcs, chef Sébastien Sanjou

1 star – Côte Rue at Draguignan, chef Benjamin Collombat

Venue solved for your next special occasion – start saving up now!

## New lead piping rules

Around eight million homes in France do not meet new standards on lead piping due to come in at Christmas. An official report shows that 22% of French homes - notably those built before the 1950s – probably still have lead water pipes that would need replacing to meet the standards. Owners of detached homes are not obliged to change their pipes under the law; however pipes in shared ownership buildings, like blocks of flats, should have been replaced if necessary by December 25.

The law reduces the amount of lead permitted in water from 25 micrograms per litre to 10. Lead in water rarely causes lead poisoning, but it can contribute to a build-up in the body, especially in young children. Official advice for people with older pipes is to avoid drinking the first morning flow of water. Preferably, allow the water to run for a minute or more before using it which will reduce any concentration of lead. Also avoid using water from the hot tap for cooking food. European rules allow for the application of the law to be postponed for three years, which would give the government more time to look at the possibility of grants to help with the estimated cost per apartment of €2250, as many apartment owners have already had to pay out towards upgrading their lifts to meet new norms.

## NEIGHBOURHOOD NETWORKS

### **Cabasse, Carces, Correns, Cotignac, and Le Val**

We will be meeting again at the Cafe de Cour in Cotignac at 10.30 on **25 April**.

*Michael Wharton*

07 \*\*\*\*\* [mjw57@\\*\\*\\*\\*\\*](mailto:mjw57@*****)

### **Draguignan, Le Cannet des Maures, Les Arcs, Le Luc, Taradeau and Vidauban**

We meet on the **second Friday of the month** at the Café de la Tour, Les Arcs at 10h30. You will find a warm welcome and interesting discussions if you care to attend. We make available a limited selection of popular English paperback novels.

*Pauline and Jim North*

04 94 \*\*\*\*\* [jim.north@\\*\\*\\*\\*\\*](mailto:jim.north@*****)

### **Entrecasteaux, Salernes, Tourtour and Villecroze**

The Villecroze, Tourtour etc coffee morning will be on the **4th Tuesday of the month**, place to be announced later.

*Ann & Maurice Mitchem*

04 94 \*\*\*\*\* [mamitchem@\\*\\*\\*\\*\\*](mailto:mamitchem@*****)

### **La Motte and Le Muy**

The Bar des Cascades in La Motte played host to fourteen of us on a Tuesday in March! Our group was happy to welcome back those from the UK seeking spring sunshine as well as regular members delighted to see the end of the rainy season.

Our next meeting is on Tuesday **8 April**, 10.00-12.00 at the same bar in La Motte.

*Alexandra Lewis-Smith*

04 94 \*\*\*\*\* [andrew.lewis-smith@\\*\\*\\*\\*\\*](mailto:andrew.lewis-smith@*****)

### **Les Issambres**

We meet **every other Tuesday** at 11h00 at L'Arpillon café next to Casino.

*Richard Tolaini*

04 94 \*\*\*\*\* or 06 \*\*\*\*\* [tolaini83@\\*\\*\\*\\*](mailto:tolaini83@****)

### **St Maximin la Ste Baume, Brignoles, Brue Auriac, Mazaugues, Meounes, Neoules, Ollieres, Pourcieux, Pourrieres, Seillon Source d'Argens and Tourves**

We shall meet on Thursday, **17 April** from 10.30 onwards at the Cercle Philharmonique in the main square of St. Maximin la Ste. Baume. We have become a friendly group of regulars, but there is always room for more.

*Diana Andre de la Porte*

04 94 \*\*\*\*\* [adlp.diana@\\*\\*\\*\\*\\*](mailto:adlp.diana@*****)

### **Le Pradon Congregation of the Ascension CALLIAN** part of the Anglican Church of Lorgues with Fayence in the Var

You are very welcome to join us at

**Le Pradon Maison de Retraite Callian.**

We meet on the **1st and 3rd Sundays** of the month at **11h00** for Family Communion

We also have a Bring and Share lunch afterwards.

**Please ring** Hilary Rost at 04 94 47 70 67 or Rev Peter Massey at 04 94 73 93 37 for details

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### **St John's for the Var St John the Evangelist Ave Paul Doumer, St Raphaël**

Rev Keith Bretel

Holy Communion is held **every Sunday at 10h30**

followed by refreshments and a monthly lunch.

13 April – AGM, 11h45

18 April – Good Friday meditation, 11h00

20 April – Easter Sunday Holy Communion at **St John's**, 10h30

20 April – Easter Sunday Holy Communion at **Port Grimaud**, 17h00

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### **Grimaud Village Church**

Ecumenical service at Grimaud village church on first Thursday of the month at 11h00

**Please ring** 04 94 60 87 05 for details

[www.sievar.com](http://www.sievar.com)

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### **L'Oasis Christian fellowship LORGUES** part of the Anglican Church of Lorgues with Fayence in the Var

**Every 2nd Sunday at 11h30** at

Arc-en-Provence, 1801 Chemin des Pailles

and **every 4th Sunday at 11h30** at

**Notre Dames des Anges Maison de Retraite**

We have a Bring and Share lunch afterwards.

For details or directions **please contact**

Rev Peter or Shirley Massey 04 94 73 93 37 or 06 87 94 04 83

**Please Note:** We appreciate the support of our advertisers and encourage members to consider using their services; however, BAV cannot take responsibility for the quality of goods and services.

Before taking action in response to articles about law and finance in the Newsletter, please take advice from a suitable qualified person.

**British Association of the Var Reservation Slip**  
**LUNCH, TALK AND TOUR AT COTIGNAC €25.00. 13 May 2014**  
**Venue: Sanctuaire Notre Dame de Grâces, Chemin des Verdares, 83570 Cotignac. 12h00**

| Names of those attending              | Member<br>Y/N | Value<br>€ |
|---------------------------------------|---------------|------------|
|                                       |               |            |
|                                       |               |            |
|                                       |               |            |
|                                       |               |            |
| <b>Donation to BAV Welfare Fund</b>   |               |            |
| <b>Total value of cheque enclosed</b> |               |            |

**Additional names overleaf      Please add contact details below as an acknowledgement will be issued.**

**Email address:**

**Phone No:**

**Please return this slip with your cheque made payable to BRITISH ASSOCIATION OF THE VAR  
To: Kevin Bell, \*\*\*\*\*, 83570 COTIGNAC by 3 May.**

**British Association of the Var Reservation Slip**  
**SUMMER SOIREE AND BOULES IN LA MOTTE €10.00. 11 June 2014**  
**Venue: 262 Chemin des Bastides du Mitan, 83920 La Motte. 18h00. Limit: 60 people**

| Names of those attending              | Boules<br>Y/N | Member<br>Y/N | Value<br>€ |
|---------------------------------------|---------------|---------------|------------|
|                                       |               |               |            |
|                                       |               |               |            |
|                                       |               |               |            |
|                                       |               |               |            |
| <b>Donation to BAV Welfare Fund</b>   |               |               |            |
| <b>Total value of cheque enclosed</b> |               |               |            |

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**Email address:**

**Phone No:**

**Please return this slip with your cheque made payable to BRITISH ASSOCIATION OF THE VAR  
To: Kevin Bell, \*\*\*\*\*, 83570 COTIGNAC by 4 June.**